



South Australian Sports Institute

2021 YEARBOOK

THE *Heart* OF SOUTH AUSTRALIA'S SPORTING SUCCESS

The South Australian Sports Institute (SASI) as the High-Performance sports hub in South Australia is committed to a vision of being the heart of South Australia's sporting success. We support South Australian based coaches and athletes ensuring they have access to world leading coaching, sport science and medicine and facilities to achieve podium performances at World Championships, Olympic, Paralympic and Commonwealth Games.

As part of this commitment to international sporting excellence, SASI strives to develop outstanding athletes whose character, journey and performances are inspirational for South Australians.

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Cycling

Loz Shaw
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Jenny Borlase
Netball

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Rowing

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Swimming

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Swimming

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Sports Engineer

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Sports Physiologist

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Strength and Conditioning Casual

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Physiotherapist

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University of South Australia

Louis Raniga
University of South Australia

INTRO

Throughout 2021, there was never a more challenging yet important time to empower people to achieve their sporting dreams.

As we continued to grapple with effects of the COVID-19 pandemic, national and international sporting competition slowly resumed. It was imperative to provide additional support to our entire team to ensure they could not only cope but thrive in an ever-changing high-performance environment.

No test was greater than reaching the Olympic and Paralympic Games and I am immensely proud of the challenges our athletes and staff overcame to make it to Tokyo this year. During a time when our country really needed a lift, the Australian team's performances inspired an entire nation and gave us something to cheer for and believe in. That's the power of sport!

With the Games wrapped up for another year, we now switch our focus to Paris 2024 and beyond that, Brisbane 2032!

To ensure South Australia continues to achieve success on the world stage, SASI will be moving to its own purpose-built headquarters for the first time in our 39-year history. This is an exciting milestone which will see \$49 million invested in a new facility located at Mile End, with construction set to commence next year.

Once complete, the state-of-the-art facility will revitalise the identification, development and support of high-performance athletes and programs in this state – further establishing SASI as the heart of South Australia's sporting success.

Wes Battams
SASI Director



JAMIE STANLEY'S ROAD TO TOKYO AND BEYOND

SASI Sports Physiologist Dr Jamie Stanley worked with several SASI athletes and programs in preparation for the Olympic and Paralympic Games, specialising in performance and recovery optimisation.

The 2020 Exercise and Sport Science Australia Accredited Sports Scientist of the Year has worked with the likes of Olympic gold medallist Kyle Chalmers and the Australian Men's Track Endurance Cycling Team who have broken two world records as a group.

Becoming a Sports Physiologist was not always the primary goal for Jamie, as he originally aspired to be a professional triathlete.

"In my early years, triathlons were big on TV, and I thought it would be pretty cool to become a pro triathlete," Stanley said.

"It took me 10 years to tick that box, and I then raced at an elite level for five years."

It was when Jamie took a school trip to Canberra in Year 10 and visited the Australian Institute of Sport (AIS) that he realised he wanted to be involved in elite sport in some way if an athletic career was not viable.

"I thought the AIS was a really cool place doing really cool things, so if I wasn't good enough to be an athlete, I wanted to be a part of the industry another way."

Jamie is originally from New South Wales but moved to South Australia in 2014 to become the Senior Sports Physiologist at SASI, after spending 10 years in Queensland chasing triathlons and tertiary education.

"The sports science job industry is quite small, so if you get tapped on the shoulder to take a job, then you take it."

"Having said that, it has been the best career move for me."

The former triathlete's original role with SASI was to work with their programs such as cycling, swimming, water polo and hockey.

"They were all very developmental programs at the time, and then as the years went on, I tried doing more innovative things."

"I was really keen to push myself and push the programs I was working in."



Jamie's work caught the attention of people across other elite athlete programs, and he found success with Kyle Chalmers at the Rio Olympics in 2016.

Following Kyle's gold medal performance, AusCycling approached Jamie to play an integral role in their high-performance program, giving him the opportunity to work as their Senior Sports Physiologist for the national track team for the past five years.

A special interest of Jamie's work is integrating environmental stress into training to enhance adaptations.

"Typically, if you have a competition in the heat, you go and train in the heat so your body is ready for when you compete."

"Having previously spent time as an athlete, I was interested in finding smarter ways to train and getting the most out of what you've got, when you're not as genetically gifted as others."

"That mentality led me to investigate ways for us to get more out of training, because at the Olympic level the athletes are already training a lot, so it's about being smarter."

"The effect of heat is very similar to what exercise is, so going in the heat is like doing low-level exercise."

"If you ramp that up and really turn the screws with the heat, then potentially that might give the athletes a little bit extra in terms of adaptations."

SASI para-cyclist and Tokyo gold medallist Paige Greco is one of the elite athletes who works with Jamie, and she had high praise for the training they were doing going into the Games.

"Jamie has been really amazing and is always coming up with new ways to push me on the bike," Greco said.

"We are doing a lot of training in the heat chamber getting used to the conditions in Tokyo, which makes me feel a lot more confident heading into the Paralympics."

Along with Jamie's many roles in the sports science industry, he is also a member of the AIS Tokyo Heat Project.

"That was a pretty cool thing to be invited to be on."

"Essentially, the goal of the project is to help develop guidelines that can be used across all sports to prompt coaches and staff to think about the potential heat stress that athletes might experience in Tokyo."

"The project has been a good conversation starter with various sports who now want to learn more about how they can do things better, more specifically in their context."

On the back of his work preparing athletes for the upcoming Games, Jamie was asked to travel to Tokyo with the Australian Paralympic Team.

Jamie says he looks forward to hopefully seeing the athletes deliver the results they have been working hard for over many years.

Beyond Tokyo, the Senior Sports Physiologist's long-term hope is to help athletes achieve success at the Games in 2032.

"The Olympics and Paralympics being in Brisbane will likely mean there will be increased opportunities to work with athletes in Australia which is exciting."

Jamie has already achieved so much in the sports science industry, and there is no doubt his future ventures will be closely followed by the sporting world.

TOKYO OLYMPICS & PARALYMPICS MEDAL WINNERS

The Tokyo Olympic Games were one to remember!

Our athletes overcame many challenges on the road to Tokyo including a postponed Games date, training in lockdown, quarantine periods and not being able to compete against their international rivals in the 12+ months prior.

They triumphed not only with medal wins but with inspirational performances, graciousness in victory and defeat, and an outstanding display of teammanship and the Aussie spirit! With 17 gold medals, 7 silver and 22 bronze, the Tokyo Games sit equal with Athens 2004 as Australia's most successful ever Games.

Our SA athletes came home with 11 medals (2 gold, 3 silver and 6 bronze), contributing to 24% of the nation's medal tally.



OLYMPICS

GOLD

- 1 Alexander Hill (SASI Graduate) Rowing M4-M4-
- 1 Madison Wilson (SASI Athlete) Swimming 4x100m Freestyle Relay

SILVER

- 2 Taliqua Clancy (Previously SA Based) Beach Volleyball
- Mariafe Artacho Del Solar (Previously SA Based)
- 2 Tom Wickham (SASI Graduate) Hockey
- 2 Kyle Chalmers (SASI Athlete) Swimming 100m Freestyle

BRONZE

- 3 Joe Ingles (SASI Graduate) Basketball
- 3 Rohan Dennis (SASI Graduate) Cycling - Road Individual Time Trial
- 3 Alexander Porter (SASI Graduate) Cycling - Track Team Pursuit
- Kelland O'Brien (SA Based)
- Leigh Howard (SA Based)
- Lucas Plapp (SA Based)
- Sam Welsford (SA Based)
- 3 Kyle Chalmers (SASI Athlete) Swimming 4x100m Freestyle Relay 4x200m Freestyle Relay
- 3 Madison Wilson (SASI Athlete) Swimming 4x200m Freestyle Relay

PARALYMPICS

GOLD

- 1 Paige Greco (SASI Athlete) Cycling - Track C1-3 3000m Individual Pursuit
- 1 Darren Hicks (SASI Athlete) Cycling - Road C2 Time Trial

SILVER

- 2 Darren Hicks (SASI Athlete) Cycling - Road C2 3000m Individual Pursuit
- 2 Sam von Einem (SASI Athlete) Table Tennis Singles - Class 11
- 2 Isabella Vincent (SASI Athlete) Swimming 4x100m Freestyle Relay 34pts

BRONZE

- 3 Paige Greco (SASI Athlete) Cycling - Road C1-3 Time Trial C1-3 Road Race
- 3 Meg Lemon (SASI Athlete) Cycling - Road C4 Time Trial
- 3 Isabella Vincent (SASI Athlete) Swimming 4x100m Medley Relay 34pts



The Tokyo Paralympic Games will forever be remembered for the courage, strength and perseverance displayed by our athletes.

While overcoming challenges is something all para-athletes must face, the additional hurdle of making it to a Games which were postponed by a year is a true credit to the athletes and the team of people who helped them get there.

It was an amazing result for the Australian team, achieving a remarkable feat winning 80 medals! Coming away with 21 gold, 29 silver and 30 bronze, we finished 8th in the overall medal tally. Our South Australian athletes did us proud, coming home with 9 medals (2 gold, 3 silver and 4 bronze), contributing to 11% of the nation's medal tally.



BEACH VOLLEYBALL

VOLLEYBALL AUSTRALIA NATIONAL TRAINING CENTRE - BEACH

COACHING STAFF

Ben Haines
Head of Physical Performance

Simon Naismith
Operations and Senior Performance Analyst

Michael Nelson
SASI Coach and National Coach

Kirk Pitman
Senior Women's Coach

Andrew Schacht
Senior Men's Coach

Margo Wiltens
National Coach

NETWORK STAFF

Edwina McCarron
VSA Academy Coach

Dr James Ilic
Principle Medical Officer

Tim Joy
Soft Tissue Therapist

Tom Patrick
Performance Behavior Coach

James Trotter
Lead Physiotherapist

Olivia Warnes
Nutritionist

VOLLEYBALL AUSTRALIA BEACH VOLLEYROOS

Phoebe Bell

Paul Burnett

Izac Carracher

Marcus Ferguson

Maximillian Guehrer

Thomas Hodges

Joshua Howat

Nicole Laird

Christopher McHugh

Jessyka Ngauamo

Becchara Palmer

Zachery Schubert

Damien Schumann

James Takken

OLYMPICS RESULTS

Christopher McHugh and Damien Schumann

=19 Men's



I am proud of Damien Schumann, the warrior he is on the court and the amazing bloke off the court. This Olympics wouldn't have come to fruition without you and for that I am forever grateful. You have helped me to achieve a childhood dream!

- Christopher McHugh speaking about going to the 2020 Olympics with teammate Damien Schumann.



CANOE SPRINT

COACHING STAFF

Laurence Fletcher
SASI Head Coach

NETWORK STAFF

Cristi Florian
State Development
Coach - Canoe

Jim Murphy
Volunteer

Luke Haniford
State Talent Coach -
Kayak

SASI SCHOLARSHIP ATHLETES

Reece Bacchus
Josephine Bulmer
Jesse Kneebone-Ellis
Daniel Kucharski
Charli Smyth
Will Spencer
Oliver Tucker
Bernadette Wallace
Caitlin Webber
Finn White

SASI GRADUATE ATHLETES

Cat McArthur

OLYMPICS RESULTS

Josephine Bulmer
32nd Women's C1 200m
13th Women's C2 500m

Bernadette Wallace
21st Women's C1 200m
13th Women's C2 500m

Cat McArthur
7th Women's K4 500m



MAKING HISTORY - SASI ATHLETES COMPETE IN THE FIRST-EVER WOMEN'S CANOE SPRINT EVENT IN TOKYO

Bernadette Wallace and Josephine Bulmer have made their mark in the history books after competing in the first women's canoe sprint event at the Tokyo Olympics.

It was the first time in Olympic history that women's canoeing had been added to the events list, with the two SASI athletes competing in the C1 200m individually and then teaming up for the C2 500m.

In the singles both progressed to the quarterfinals, finishing in 4th and 7th place and then in the double event together they reached final B and finished 5th.

In 2020, Wallace and Bulmer secured their Olympic positions by winning the C2 500m at the Oceania Canoe Sprint Championships.

Beginning their Olympic preparations, Wallace returned to South Australia from overseas to train with Bulmer.

Both athletes are thankful for the support provided by SASI and credit their success to their team in South Australia.

"SASI has played a very important role in my canoe career, so I moved back to South Australia to take it more seriously," Wallace said.

"They (SASI) got behind me and provided me with the platform to be able to get to the Olympics."

Wallace's bid to make selection for the Rio Olympics was cut short when she was diagnosed with melanoma, following the removal of a lump on her neck.

In 2021, she was finally able to defy all odds and compete in Tokyo with Bulmer by her side.

"It was such a relief finally competing at an Olympic Games and getting to celebrate it with the people I know have worked the hardest was really awesome."

Both Wallace and Bulmer said that they were extremely honoured to be pioneers for the coming generations of girls who want to compete on the world stage.



CYCLING

COACHING STAFF

Brett Aitken
Head Coach

James Glasspool
Sprint Coach

Loz Shaw
Para Cycling Coach

NETWORK STAFF

Carol Goddard
Chaperone

Deborah Kennedy
Chaperone

Steve Nash
Mechanic

SASI SCHOLARSHIP ATHLETES

Alli Anderson

Oliver Bleddyn

Carlos Carisimo

Katarina Chung-Orr

Aston Freeth

Will Holmes

Maxwell Liebeknecht

Meg Marker

Zac Marriage

Angus Miller

Chloe Moran

Amber Pate

Ella Sibley

Dylan Stanton

Leo Zimmermann

SASI PARA SCHOLARSHIP ATHLETES

Paige Greco

Darren Hicks

Meg Lemon

Madelene McNeil

Luke Wight (Pilot)

Beau Wootton

SASI GRADUATE ATHLETES

Matthew Glaetzer

James Brister

Alex Porter

Alexandra Manly

Annette Edmondson

Sophie Edwards

Maeve Plouffe

Rohan Dennis

Tiffany Cromwell

Jarrad Drizners

Callum Scotson

Miles Scotson

OLYMPICS & PARALYMPICS RESULTS

Alexander Porter
3 Men's Team Pursuit

Rohan Dennis
3 Men's Road Individual Time Trial

Tiffany Cromwell
26th Women's Road Race

Annette Edmondson
5th Women's Team Pursuit
7th Women's Madison
12th Women's Omnium

Alexandra Manly
5th Women's Team Pursuit

Maeve Plouffe
5th Women's Team Pursuit

Matthew Glaetzer
4th Men's Team Sprint
5th Men's Keirin

Paige Greco
1 Women's 3000m Individual Pursuit C1-3
3 Women's Road Time Trial C1-3
3 Women's Road Race C1-3

Darren Hicks
1 Men's Road Time Trial C2
2 Men's 3000m Individual Pursuit C2
12th Men's Road Race C2

Meg Lemon
3 Women's Road Time Trial C4
4th Women's 3000m Individual Pursuit C4
8th Women's Road Race C4-5
9th Mixed Team Sprint C1-5



ALEX PORTER'S COURAGEOUS EFFORT HELPS AUSSIES WIN BRONZE

To win a medal at the Games is a tremendous feat in itself...but to do it in the face of adversity demonstrates an incredible amount of courage, as was shown by Alex Porter in Tokyo on the cycling track.

The SASI graduate is no stranger to tackling challenges head on, having overcome a broken collarbone, six cracked ribs and a lung puncture in just six weeks, to pull on the green and gold at the 2019 Track World Championships.

Fast forward to the Tokyo 2020 Olympic Games during the Men's Team Pursuit qualifiers and the quartet of Leigh Howard, Kelland O'Brien, Sam Welsford and Alex Porter were less than 1km into their 4km, when Porter hit the boards of the Izu Velodrome after the handlebars snapped off his bike.

The team immediately called off their initial qualifier and the injuries/shock of the incident were instantly felt by Porter.

"I lost most of the skin down the centre of my face and I've taken a good chunk off my arm and to be honest my brain is still trying to work it out," Porter said when recalling the accident.

"I remember, I'd done my turn, I was on the back and was just trying to settle in and get ready for my next go at the front.

"Then all of a sudden I've just felt my arms pointing down and then I could just see the track getting closer to my face.

"At first, it kind of felt like a dream because my brain couldn't work out what was quite happening and then just before I hit the track it kind of clicked that something at the front of my bike had just fallen away and before I knew it I was sliding."

The boys bravely had another attempt in the qualifiers with a battered and bruised Porter leading out the first lap.

"It's the Olympic Games; this is what we've trained all this time for," Porter said at the time.

"I'm not letting something like this stop us now.

"We've got everyone behind us; this is just a minor speedbump – let's go again."

In a courageous second ride, the team placed 5th with a time of 3:48.448.

The result meant our Aussies missed out on an opportunity to contest for the gold medal, leaving bronze as their only option to win a medal.

It was a devastating blow for the boys who knew they had a good shot at taking out top spot on the podium in the lead up to the Games.

"I was really angry...I was really frustrated – we'd all put in so much hard work.

"I had this feeling before the start that we were going to be able to go out there and do something special."

Despite the disappointment, the team showed the world what they were made of, bouncing back in the heats the following day and smashing the Australian record for the Team Pursuit with a time of 3:44.902.

While Porter was still nursing his injuries from the crash, Lucas Plapp came in as a substitute to help the team earn a spot in the bronze medal race.

In their final ride, Howard, Plapp, O'Brien and Welsford put in another gutsy effort to win the bronze medal over New Zealand, who unfortunately had a crash of their own where the Australians ended the race by catching the Kiwis.

Porter watched the race from the sidelines; still just as big a part of the team as he was when racing on the track.

"This is the first time I've watched the team pursuit and felt like I was 100% out there on the track.

"They've had my back the whole way through this process and I was just so pleased that they were able to go out there and have the chance to show everyone what they're capable of."

While a gold medal would have been nice to win, the merit in bringing home a bronze medal under such challenging circumstances is something which is just as special.

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Supporting seriously ill children

GOLD FOR GRECO

On Day 1 of the Tokyo 2020 Paralympics, SASI para-cyclist Paige Greco claimed Australia's first medal of the Games, winning gold in the Women's C1-3 3000m Individual Pursuit.

Greco also smashed her own World Record she set in her qualifying race a couple of hours earlier, crossing the line in 3:50.815 minutes to beat China's Wang Xiaomei in the final.

"I'm so happy, I just can't believe it," Greco said after the race.

Going into her first Paralympics, the 24-year-old described the 3000m Individual Track Pursuit as her favourite event.

"It's really hard and fast for a short amount of time which I love."

While Greco began her sporting career in para-athletics, she switched to cycling in 2018 after she attended a Talent Search program and tests found she would be well suited to competing on the bike.

"Once I finished athletics and felt I had accomplished what I wanted, I tried cycling and really enjoyed it."

To further progress her sporting career, she made the decision to move from Melbourne to Adelaide.

"I thought that Adelaide would be the best place for my training.

"The support staff here are really good, and I thought the training environment would be well suited for me - and it has been.

"SASI have been really supportive from when I moved to Adelaide, and I am grateful for what they have given and supported me with.

"The coaching and staff, like my Gym Coach and Sports Physiologist, have all been really amazing and keep coming up with new ways to push me on the bike."

In the lead up to Tokyo, Greco was training around 17 hours a week and spending a lot of time in the SASI lab.

"I was on the treadmill a lot which is really good because we can manipulate the speed and my power which really benefits me with my cerebral palsy," Greco said.

"It helps me get more stability on the bike.

"We have also been doing work in the heat chamber, getting used to the conditions in Tokyo which will be hot and humid."

SASI Sports Physiologist Dr Jamie Stanley was working with Greco in the lead up to the Games and predicted her record-breaking performance in Tokyo.

"Paige broke an unofficial record in training a few months ago so I'm sure we will see plenty more record-breaking from her in Tokyo," said Stanley prior to the Games.

Greco has had a journey like no other becoming a Paralympian, but it has all led to this moment.

"I've had a lot of career highlights and also a few setbacks off the bike," the SASI athlete explained.

"But I think all of it has helped me prepare and ready myself for the Tokyo Paralympics."



AN INSPIRATION...DARREN HICKS WINS ROAD CYCLING GOLD

SASI para-cyclist Darren Hicks brought home a gold medal after securing the fastest time in the Road Cycling Men's C2 Time Trial at the Tokyo 2020 Paralympic Games.

The 36-year-old took out the top spot on the podium with a time of 34:39.78 and was more than a minute faster than Edwoud Vromant of Belgium who came in second position.

Speaking after his race, Hicks was clearly overcome with emotion thinking about the result.

"I've worked so hard for this and I've wanted it for so long - I'm just so happy," Hicks said.

There's been heartbreak, pain and tears on Hicks' road to Tokyo.

A horrific motor accident in 2014 left Hicks with severe neck and leg trauma, a fractured left leg, a broken C2 vertebra that required surgical fixation as well as amputation of the right leg.

Three months after his accident, Darren rode a bike for the first time as an amputee with a prosthetic leg.

Spending time on a BMX bike in his adolescent years, Hicks decided he wanted to take up para-cycling as a form of release from all the trauma he experienced during this difficult period of his life.

"I used cycling as my way of working through my grief, working through my pain and not taking it out on myself in bad ways."

SASI para-cycling coach Loz Shaw, began working with Hicks in 2015 and was a major influence in re-establishing Hicks' love for the sport.

"We got him out and got him enjoying riding a bike again with myself and a group of my mates that were both able-bodied and para-athletes," Shaw said.

The big difference that Shaw suggested was the idea of riding without a prosthetic leg.

"Five years ago he was still riding with a prosthetic leg and we went, well the only way you're going to be able to do this is without it.

"As much as he hated me at the time for it, we both persevered and he has absolutely come out on top."

Being a part of Hicks' Paralympics journey and seeing him stand on top of the podium was an incredibly proud moment for Shaw.

"I can't put it into words what it means for me and I definitely can't describe what it means to him."



DIVING

COACHING STAFF

Andy Banks
National Coach

Aurelie Gibson
Lead Development Coach

Richard Schavone
National Coach

NETWORK STAFF

Amber Cameron
State Talent Program Coach

Melissa Millsteed
Massage Therapist

Duncan Roy
Network Coach

SASI SCHOLARSHIP ATHLETES

Jaxon Bowshire
Matthew Carter
Lillian Foster
Nikita Hains
Kate Rosman
Macie Wheeler

SASI ASSOCIATE SCHOLARSHIP ATHLETES

Luis Fazzalari
Bailey Flynn
Brodie Scapens
Senna Takahashi
Ross Todd

OLYMPICS RESULTS

Nikita Hains
21st Women's 10m Platform



NIKITA HAINS

“Yesterday I became an Olympian. Although there's disappointment in not being able to showcase the best of myself and the hours of training leading into the Games, how can I not smile and be so proud to have achieved my lifelong dream.

- Nikita Hains reflecting on her debut Olympic Games in Tokyo.



HOCKEY

COACHING STAFF

Hugh Purvis
Head Coach

Dan Mitchell
Head Coach*

NETWORK STAFF

Melody Cooper
Network Coach

Holly Evans
Technical Development
Coach

Jaimie Holland
Network Coach

Henry McGregor
Physiotherapist

Matt Morton
Network Coach

SASI SCHOLARSHIP ATHLETES

Lachlan Busiko
Emma de Broughe
Emily Cochrane
Angus Fry
Fred Gray
Amy Hammond
Carly Hoffmann
Jack Holland
Damon Leng
Hattie Shand
Hassan Singh
Miki Spano

SASI GRADUATE ATHLETES

Jane Claxton
Tom Wickham

OLYMPICS RESULTS

Tom Wickham
2 Men's

Jane Claxton
5th Women's

*Concluded



SA TALENT SELECTED IN HOCKEY AUSTRALIA DEVELOPMENT SQUADS

Two of SASI's up-and-coming athletes are knocking on the door of the Hockeyroos after being selected for the 2021 National Women's Development Squad (NDS).

Miki Spano and Amy Hammond are among the 24 players who have been selected from across Australia who are all aspiring to break into the Hockeyroos squad.

For Miki, this is the third consecutive year she's been chosen for the squad which shows her consistency playing to such a high standard.

"Being selected for the National Development Squad again is a massive honour," Spano said.

"I am looking forward to what the future holds for me on the back of this selection."

Amy is a new addition to the squad who impressed while competing in an international junior series against Japan in February last year, playing for the Australian Junior Women's Hockey Team (Jillaroos).

"I am very excited to have been named in the squad," Hammond said.

"With last year being an unusual year with new difficulties, I am very pleased that I was able to achieve my goal of making the squad."

SASI Head Hockey Coach Hugh Purvis shared his excitement for the girls saying it's a well-deserved accolade.

"2020 was a challenging year for many and I'm thrilled to see two of SA's athletes rewarded for their commitment and drive towards continued improvement, despite minimal competitive opportunities in their daily training environment," Purvis said.

"Miki and Amy are fantastic people and athletes, and I'm looking forward to continuing to work with them to help them make the most of their opportunities, with hopefully a similarly positive narrative throughout the year."

NETBALL



COACHING STAFF

Jenny Borlase
Head Coach

NETWORK STAFF

Michelle Den Dekker
Coaching Consultant

Kim Hocking
Network Coach

Khao Watts
Network Coach

SASI SCHOLARSHIP ATHLETES

Nyah Allen
Amelia Anderson
Lucy Austin
Casey Bernhardt
Chelsea Blackman
Sophie Casey
Georgia Dent
Tahlia Dnistrijanski
Poppy Gilfillan-Silk

SASI SCHOLARSHIP GRADUATES

Jessie Grenvold
Kimberly Hearnden
Olivia Nicholls
Tyler Orr
Paris Sinclair
Aaleya Turner
Molly Watson
Tayla Williams

Sasha Glasgow
Georgie Horjus
Sarah Klau
Maisie Nankivell
Hannah Petty
Maddie Proud
Kate Shimmin
Maddy Turner



THUNDERBIRDS ARE GO - GEORGIE HORJUS AND MAISIE NANKIVELL RE-SIGN

SASI graduates Georgie Horjus and Maisie Nankivell have re-signed with the Adelaide Thunderbirds ahead of the 2022 season.

Horjus has committed to the club for a further two years while Nankivell has signed on for next year.

In her second year for the Thunderbirds, Horjus shot 183 goals, had 118 goal assists, and led her team in centre pass receives with 252, improving upon her already fantastic previous year.

On three occasions during the 2021 season (in rounds 5, 6 and 13), Horjus was awarded goal attack player of the Nissan Net Points Team of the round.

Horjus was also named the overall player of the round in rounds 6 and 13 and received her first-ever player of the match accolade in round 13 after her side's nine-goal victory over the Melbourne Vixens.

She was also named in the 2021/22 Australian Development squad at just 19 years of age - a huge accomplishment for such a young athlete.

Maisie Nankivell joined the Thunderbirds leadership group in 2021, proving her versatility by moving from wing defence and centre to her more natural position of wing attack.

During the season, Nankivell led the Thunderbirds in goal assists with 255 and was ranked third in deflections with 23, being selected in the wing attack Nissan Net Points Team in rounds 3 and 9.

Nankivell was also named overall Player of the Match in round 9 after having 31 goal assists, 13 centre pass receives, and two intercepts in the win over the Collingwood Magpies.

Like Horjus, Nankivell was also selected in the 2021/22 Australian Development squad, an outstanding accomplishment for the two SASI graduates.

SASI Head Netball Coach Jenny Borlase, was delighted with the career progress of the two girls and credits their training at SASI as a key part of their development in the sport.

"It's great to see SA athletes who have moved through the SASI pathway being signed with the Thunderbirds," Borlase said.

"This includes several years at SASI establishing technical and tactical skills and physical qualities which prepare them for international competition."

ROWING

COACHING STAFF

Jason Lane
Head Coach

Christine MacLaren
Rowing Talent Pathway
Coordinator

SASI SCHOLARSHIP ATHLETES

Simon Albury
Jed Altschwager
Ella Bramwell
Angus Dawson
Oscar McGuinness
Verayna Zilm

SASI GRADUATE ATHLETES

Olympia Aldersey
Molly Goodman
Alexander Hill



ALEXANDER HILL

“

A massive thank you to everyone around Australia. We're super grateful to be able to head overseas to compete and do what we love. We really hope that we brought you guys some joy in some really tough times.

- Alexander Hill speaking after his gold medal win.

”



OLYMPICS & PARALYMPICS RESULTS

- Alexander Hill
1 Men's 4-
- Olympia Aldersey and Molly Goodman
5th Women's 8+
- Angus Dawson
8th Men's 8+
- Simon Albury
7th PR2 Mixed Double Sculls



SHOOTING

SHOOTING AUSTRALIA NATIONAL CENTRE OF EXCELLENCE – RIFLE

COACHING STAFF

Petr Kurka
Head Coach

Carrie Quigley
National Talent Coach

NETWORK STAFF

Nektarios Stavrou
Psychologist

SHOOTING AUSTRALIA NATIONAL CENTRE OF EXCELLENCE ATHLETES

Elise Collier
Michael Davis
Alex Hoberg
Katarina Kowplos
Jack Rossiter
Tori Rossiter
Dane Sampson



OLYMPICS RESULTS

Katarina Kowplos
22nd Mixed 10m Air Rifle Team
36th Women's 10m Air Rifle
45th Women's 50m Rifle 3 Positions

Alex Hoberg
19th Mixed 10m Air Rifle Team
21st Men's 10m Air Rifle

Jack Rossiter
29th Mixed 10m Air Rifle Team

Dane Sampson
22nd Mixed 10m Air Rifle Team
27th Men's 10m Air Rifle
30th Men's 50m Rifle 3 Positions



THE WORLD IS ON TORI'S HORIZON

Australian Rifle athlete, Tori Rossiter, has seen more of the world over the past five years than many people experience in a lifetime. Now the world is taking notice of Rossiter.

Since travelling to Suhl in Germany and Gabala in Azerbaijan for junior World Cup competitions in 2016, the 19-year old Rossiter has competed in Korea, China, India, Austria, and Argentina plus numerous trips to various Australian capital cities.

And that tally would have been higher if it wasn't for global and domestic travel restrictions as a result of the COVID-19 pandemic.

While the pandemic has severely interrupted training and competition plans over the past 18 months, Rossiter has diligently toiled away under National Rifle Coach, Petr Kurka, either dry firing with brother Jack in the hallway at their Adelaide family home or practicing at the Wingfield Rifle Range.

And all the hard work is paying off.

During the Adelaide Grand Prix this year, Rossiter surpassed the junior 10m Air Rifle final world record when winning the event gold medal.

Competing in the mixed gender open final against Tokyo Olympic team members, Dane Sampson, Katarina Kowplos and her older brother Jack, Tori (252.6 points) topped the previous women's junior 10m Air Rifle final world record set in 2019 by India's Shreya Argawal by a mere 0.1 point.

And Rossiter can thank a perfect final shot of 10.9 to surpass Argawal's score and defeat brother Jack for the gold medal.

However, Rossiter's score is not an official world record as the Grand Prix was not an International Shooting Sport Federation (ISSF) accredited competition but instead an Australian Junior record.

Rossiter's score would also have been good enough to win the 2018 ISSF World Championship 10m Air Rifle final where Korea's Ha-na Im was victorious with a score of 251.1.

"I am really happy with how I performed, and it is a great reward for all the recent training and training camps we've had," she said.

"Qualification wasn't good for me, but I was really happy with the final.

"It was good that I could change my mentality from the match going into the final because you have to try and not bring the bad stuff, or the stuff that you were a little disappointed about with you.

"It all goes back to zero in the final."

Rossiter enjoys support from SASI and finds the cohort of surrounding athletes beneficial, having formed strong friendships.

"SASI is really good," said Rossiter.

"It's not only the facilities, but it's super close to Wingfield.

"We do gym there and it's good to talk and make friends with other athletes from other sports as well.

"I think we all have stuff we can give each other even if some sports aren't anything alike."

We look forward to watching Tori's international Shooting reputation grow once overseas competition resumes.

SWIMMING



COACHING STAFF

Peter Bishop
Head Coach

Craig Stewart
Assistant Coach

COACHING STAFF

Shaun Curtis
Norwood Club

Shelly Jarrett
Marion Club

Leigh Nugent
South Australian State
Head Coach

SASI SCHOLARSHIP ATHLETES

Brittany Castelluzzo

Kyle Chalmers

Meg Harris

Travis Mahoney

Matthew Temple

Madison Wilson

SASI ASSOCIATE SCHOLARSHIP ATHLETES

Harliai Curthoys-Davies

Sophie Healy

Thomas Lightfoot

James McKechnie

Fergus McLachlan

Bethan Mounfield



OLYMPICS RESULTS

Madison Wilson

- 1 Women's 4x100m Freestyle Relay
- 3 Women's 4x200m Freestyle Relay
- 8th Women's 200m Freestyle

Kyle Chalmers

- 2 Men's 100m Freestyle
- 3 Men's 4x100m Freestyle Relay
- 3 Men's 4x200m Freestyle Relay
- 5th Men's 4 x 100m Medley Relay



A GAMES TO REMEMBER FOR SASI SWIMMERS

In their second Games following Rio 2016, SASI athletes Kyle Chalmers and Madison Wilson had a brilliant run in Tokyo, coming home with five medals between them of the 20 medals the Dolphins won in the pool.

In Tokyo, Chalmers won silver in the 100m Freestyle, bronze in the 4x100m and 4x200m Freestyle Relay, while also finishing an honourable 5th in the 4x100m Medley Relay.

Wilson won gold in the 4x100m Freestyle Relay, bronze in the 4x200m Freestyle Relay and finished 8th in the 200m Freestyle after impressively making the final in a competitive group.

SASI's Assistant Swimming Coach Craig Stewart had been keeping in touch with the swimmers during Tokyo, and said they were both happy with their achievements.

"It's been a very challenging year and a very challenging cycle, especially for Kyle who had shoulder surgery only seven months ago," Stewart said.

"To see them stand up and perform on the big stage and reach peak performance is a huge testament to their character."

Stewart played a pivotal role in Chalmers' and Wilson's Tokyo preparation, assisting SASI's Head Swimming Coach Peter Bishop facilitate the running of their day-to-day programs.

Stewart explained that despite Tokyo being the biggest swimming event on the calendar, the training schedule for the swimmers leading up to the Games was pretty normal.

"On a weekly basis they train nine times, have two to three gym sessions, one or two massages and Kyle would have a lot of physio for his shoulder on top of that.

"Then from March we raced once a month until the trials in June and then the Games began in July."

The swimming coach said it had been very nerve-racking watching Chalmers and Wilson race on TV at home.

"It has been a five year build up and when you sit down to watch the races it's kind of surreal that it's actually happening.

"It's challenging being away from it all and watching it from afar but exciting at the same time."

When asked what it is Stewart most admires about Chalmers and Wilson, he said it is their ability to perform under pressure.

"It's a special thing they've definitely been born with that I'm not sure can be coached.

"They raise their standard to the pressure, and as it raises, they embrace it and lean into it, which not many people can do.

"Their gratitude and humility are also a huge testament to their character."

Chalmers who swam 47.08 seconds and was only 0.06 seconds short of gold in the 100m Freestyle final which he won in Rio, spoke after his race about the result.

"It's half a second faster than I was in Rio, so to win gold in 2016 and come back and win silver is great," the six-time Games medallist said.

"I left absolutely everything in the pool and did everything I could to win for my country.

"Life's not always about winning, but it is nice."

Chalmers underwent shoulder surgery in 2020 and his Tokyo aspirations almost came to a grinding halt.

"If the Games went ahead last year, I wouldn't be here swimming," Chalmers said.

"It's great to be back swimming fast with my shoulder feeling good."

The 2016 gold medallist also took the time to thank everyone back home for helping him along the journey.

"I'm really grateful for all the support from everyone, especially my family who are there with me day in, day out.

"I know that I may be the person standing behind the blocks doing the race, but everyone is in my corner including my coaches, support staff, family, friends, all who I'm forever grateful for."

The swimmer who narrowly beat Chalmers in the 100m Freestyle final, American Caeleb Dressel, made sure to give credit to the SASI athlete after the race.

"I knew Kyle was going to be the guy to beat," Dressel said.

"He brings the best out of me, and I hope I bring the best out of him.

"If you want to learn how to swim 100m Freestyle, watch Kyle not me."

While you may think there is a secret to Chalmers' and Wilson's success, SASI Assistant Swimming Coach Craig Stewart revealed there is no real secret.

"They just work super hard every day, are consistent, have a huge amount of attention to detail and have very high standards," Stewart said.

Australia couldn't be more proud of these two superstars of the pool!

INDIVIDUAL

Individual Athlete Scholarships offer financial and service assistance to athletes who have achieved an elite level of performance at the senior or junior international level in non SASI program sports.

ARCHERY

David Barnes

ATHLETICS

Isobel Batt-Doyle
Matthew Clarke
Jack Downey
Daniel Kirk
Michael Roeger
Olivia Sandery
Jessica Stenson
Jared Tallent

BADMINTON – PARA

Richard Davis
Kim Doung
Zashka Gunson
Angelina Melki

CYCLING – BMX

Anthony Dean
Shane Rosa
Matthew Tidswell

FENCING

Georgina Barratt
Roshan Chandran

FIGURE SKATING

James Min

GOLF

Jack Thompson

GYMNASTICS

Nicholas Matthews
Jesse Moore
Chris Remkes
Clay Stephens

GYMNASTICS – TRAMPOLINE

Claire Arthur

KARATE

Michelle Wilson

LAWN BOWLS

Wayne Ruediger

SAILING

Angus Higgins
Joal MacKenzie

SOFTBALL

Maddie Cameron
Georgia Hood
Jordan Lambert
Chelsea Robinson
Stephanie Trzcinski
Belinda White

SQUASH

Alexandra Haydon

SWIMMING – PARA

Jesse Aungles
Isabella Vincent

TABLE TENNIS

Isaiah Lee

TABLE TENNIS – PARA

Caleb Crowden
Sam von Einem
Connor Holdback
Hayley Sands
Amanda Tscharke

TAEKWONDO

Damon Cavey
Ruth Hock
Tyrone Staben

TRIATHLON

Sophie Linn

WATER POLO

Alyssa West

WEIGHTLIFTING

Kiana Elliott

WHEELCHAIR BASKETBALL

Samuel White

COUNTRY ATHLETE SCHOLARSHIP

Liam Coe (Lawn Bowls)
Aaryan Ghmire (Football)
Cody Letton (Lawn Bowls)
Kalyce Pressler (Swimming)
Dylan Stanton (Cycling)

OLYMPICS & PARALYMPICS RESULTS

David Barnes - Archery

5th Men's Team
25th Mixed Team
=33rd Men's Individual

Isobel Batt-Doyle - Athletics

27th Women's 5000m

Matt Clarke - Athletics

38th Men's 3000m Steeplechase

Belinda White - Softball

5th Women's

Kiana Elliott - Weightlifting

11th Women's 64kg

Isabella Vincent - Para Swimming

2 Women's 4x100m Freestyle 34 pts
3 Women's 4x100m Medley Relay 34 pts
6th Women's 200m Individual Medley SM7
10th Women's 100m Freestyle S7

Sam von Einem - Para Table Tennis

2 Men's Singles Class 11

Jesse Aungles - Para Swimming

4th Men's 100m Backstroke S8
4th Men's 100m Breaststroke SB7
7th Men's 200m Individual Medley SM8
11th Men's 100m Butterfly S8

Michael Roeger - Para Athletics

6th Men's Marathon

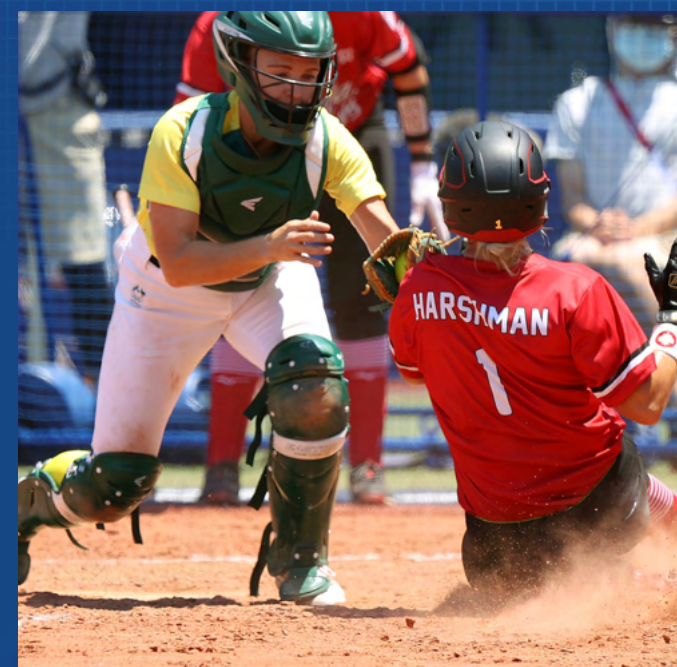
Samuel White - Wheelchair Basketball

5th Men's

ANTHONY DEAN

“As I sit here and look back on it all, I have travelled the world racing my bike, lived in the USA for seven race seasons, competed in two Olympic Games and accomplished more than I could have ever imagined as a kid.”

- Anthony Dean speaking about his career after announcing his retirement.



SAM VON EINEM WINS SILVER IN TOKYO

SASI athlete Sam von Einem claimed the Men's Singles Class 11 Table Tennis silver medal at the Tokyo 2020 Paralympic Games.

It came down to the wire but ultimately Sam went down to world number one, Hungarian Peter Palos in a tightly contested five-game match (11-6, 7-11, 11-7, 6-11, 9-11).

The Adelaide native came agonisingly close to winning Australia's first gold medal in para-table tennis since 1984, with only two points separating the competitors in the final game.

Giving it his all right until the end, the SASI athlete came away with his second Paralympics silver medal and was very happy with his efforts.

"Silver is a fantastic achievement which is still very hard to get," von Einem said.

"I'm super proud of myself to make it this far.

"For the time being I'll keep training at home in Adelaide and keep trying to improve, and hopefully in Paris I'll be able to achieve one better than silver."

One of the key people involved in the 26-year-old's Paralympics preparation was SASI Strength & Conditioning Coach Kent Dredge.

"Initially, I was disappointed for Sam because I knew that he really wanted the gold after his silver in Rio," Dredge explained.

"But on the other side I'm just so happy for him after all the hard work he's done over the past five years with a lot of ups and downs, including being unable to compete against international athletes."

The SASI Strength & Conditioning Coach added that one of von Einem's greatest achievements in Tokyo actually came in the match prior to the gold medal contest.

"What's important to recognise is the semi-final Sam played against Belgium's Florian van Acker (who beat Sam in five games in the gold medal match in Rio), was the first time he has ever beaten van Acker.

"Sam's coach, skill acquisition lead and I worked really hard on a plan to beat van Acker because we expected Sam to verse him in the gold medal match - and he beat him!

"That to us was awesome!"

Dredge has been von Einem's Strength & Conditioning Coach for seven years now and has been heavily involved in his journey from Rio to now Tokyo.

"Over the years my role has mostly been writing his strength program and doing the conditioning work to get him in the right shape.

"For the 3-6 months leading into Tokyo, we would do three sessions a week together - two were gym and strength focused and one was purely about stretching and recovery protocols.

"Sam works a lot on his isometric squat holding, lateral bounding, quick conditioning and having a powerful stroke."

While von Einem was unable to come home with the gold, he has made Australia so proud by winning his second Paralympics silver medal.

"We are all so proud of him and what he has achieved," Dredge said.

"We're now looking forward to Paris 2024 for him to finally achieve that gold medal he's been working so hard for."



AUSTRALIA'S YOUNGEST TOKYO PARALYMPIAN WINS SILVER AND BRONZE

In early 2020, SASI athlete Izzy Vincent had her eyes firmly set on qualifying for the Paris 2024 Paralympics, but thanks to the delay of the Tokyo Games she is now a two-time Paralympic medallist before her 16th birthday!

Izzy, who is part of SASI's Individual Athlete Program (IAP), won her first medal at the Paralympics when the Australian Women's 4x100m Freestyle Relay - 34 points team won silver.

"It's pretty cool," said the excited 15-year-old after the race.

"I can't even process what just happened."

Four days after her first medal, Izzy swam the freestyle leg of the Australian Women's 4x100m Medley Relay - 34 points team who won bronze.

"I'm just really honoured and grateful to be a part of this team and I'm really lucky to be here.

"I felt really exhausted during the warmups, so I wasn't sure how I was going to go but I was trying to keep in that positive mindset for my teammates.

"Seeing them come home strong and setting up a good field for me was really helpful.

"It was a pretty tough race - I don't think I've ever felt so tired in 100m Freestyle."

After the race, Australia's most successful female Paralympian and teammate of Vincent, Ellie Cole, spoke about the 15-year-old's performance.

"Izzy fought so hard until the very end and she earned us that medal," Ellie said.

When asked what advice she would give Australia's youngest team member, Ellie said to always have fun and always keep that giggly sense about herself.

"You started swimming because you loved it, so make sure that you keep that."

Adelaide born Izzy only started swimming three years ago, so when she was selected to go to Tokyo (her first international event), it came as a pleasant surprise to Izzy's Dad, Phil Vincent.

"It was obviously very exciting, a bit of a surprise as we weren't expecting her to make the Tokyo Games - she was aiming longer term for hopefully Paris," Phil said.

While watching his daughter swim on TV, Phil experienced a rollercoaster of emotions ranging from excitement to nerves.

He's now had a chance to start feeling a lot more relaxed and is looking forward to watching the races again with Izzy when she gets home.

Spending a couple of months away from Adelaide over the Paralympic period, Phil said he was grateful to SASI for the support his family has received during this time.

"We reached out to Mark Gregory (Athlete Careers and Transition Lead) who helped us a lot with Izzy around her schooling and that aspect of it and Alex McNaughton (Psychologist & Wellbeing Lead) in terms of her wellbeing and support when she's away."

Being a 15-year-old who competed in four events and won two medals in her debut Games is something no one else can say they have achieved.

There is no doubt this is only the very beginning of the SASI IAP athlete's sporting career and it's exciting to imagine what more she will accomplish in the future!



INDIVIDUAL

MICHAEL ROEGER DOES US PROUD IN TOKYO... AS THE HUNT FOR GOLD CONTINUES

Injured, exhausted and clearly in pain, it was an emotional end to Paralympian Michael Roeger's Tokyo campaign when he crossed the finish line in sixth place in the T46 Marathon.

Roeger was the favourite to win this event after setting a world record time of 2:18:52 at the Athletics Australia Tokyo Qualifying Marathon in April this year.

Sadly, it wasn't meant to be for Roeger this time around, completing the marathon with a time of 2:34:45, 8 minutes and 55 seconds behind the eventual winner.

Post-race, Roeger revealed that he had been battling a stress fracture in his leg in the month leading up to the Games, considerably altering his preparation and training load coming into Tokyo.

"It was probably the toughest run I've ever done but I did it for Australia, for my family, for Langhorne Creek, for Philo (Saunders) and I still believed on the start line that I could do it," Roeger said.

"Unfortunately, the injury came at the wrong time five weeks ago and I'm not using that as an excuse but yeah...no words really."

Roeger's inspirational journey has seen him win one gold and three bronze medals at the World Para Athletics Championships and a bronze at the 2016 Rio Paralympics, but the chase for his first Paralympic gold is something that continues to drive him.

"I know this isn't the end; I've got a lot more in me and my time will come, and I just want to thank Australia and everyone for their messages of support," Roeger said.

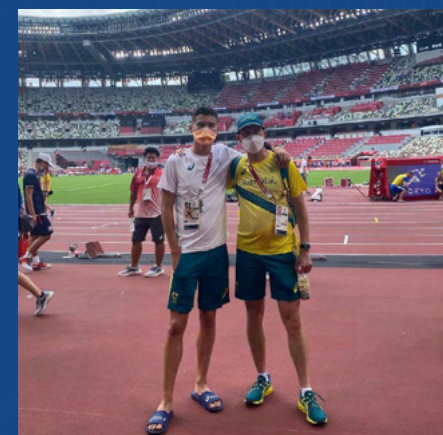
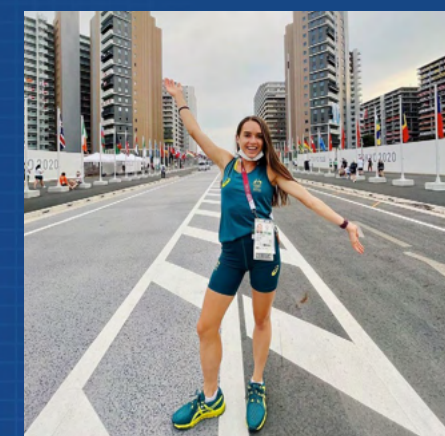
Roeger has been with SASI for more than a decade, providing both financial support and access to facilities and resources whenever the runner is back in Adelaide.

"Having them (SASI) believe in me is pretty special; and the whole South Australian Athletics community has been a big support and I definitely wouldn't be where I am today without them."

SASI Director Wes Battams, watched Roeger compete in the T46 Marathon and was moved by his efforts, saying it's a testament to his character and strength.

"Given the form that Michael has been in over the past few years, to get that injury must have been heartbreaking, but to push through it and still finish in sixth place is an incredible feat," Battams said.

As Roeger continues his quest for Paralympic gold, there's no doubt he will inspire the next generation of Paralympians to have a go and dream big!





South Australian Sports Institute

The South Australian Sports Institute would like to thank the following partners:



SASI would also like to acknowledge our sport and performance apparel partner:



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