



South Australian Sports Institute

# 2020 YEARBOOK





South Australian Sports Institute

## DIRECTOR'S MESSAGE

It goes without saying that 2020 was a year like no other. The COVID-19 pandemic struck the world with devastating consequences.

Sport globally was just one sector dramatically affected. The 2020 Olympic and Paralympic Games were postponed to 2021. Many national and international sporting events were cancelled. It was year of monumental disruptions to everyday life, including to our athletes and staff.

Despite this, we can all be very proud of what the South Australian Sports Institute achieved in 2020. The results may appear sparse, but the personal journeys, achievements and contributions were rich.

It was a year in which SASI rebuilt its cultural foundations as; *One Team, Bringing Energy, Being Courageous and Demanding Excellence* to establish itself as the heart of South Australia's sporting success.

### Wes Battams

SASI Director

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.



## COACHING

Michael Nelson	Beach Volleyball
Laurence Fletcher	Canoe Sprint
Brett Aitken	Cycling
James Glasspool	Cycling
Loz Shaw	Cycling - Para
Aurelie Gibson	Diving
Christine MacLaren	Rowing
Daniel Mitchell	Hockey
Tim White	Hockey
Jenny Borlase	Netball
Jason Lane	Rowing
Peter Bishop	Swimming
Craig Stewart	Swimming

## DIRECTORATE

Wes Battams	Director
Gayle Rogers	High Performance Coordinator
Letizia Gentile	Volunteers and Projects Coordinator (*2020)
Jasmin Dawe	Sports Services Officer

## SPORT PROGRAM DELIVERY

Lorinda Rugless	High Performance Manager
Simon Cain	High Performance Lead
Edward Denis	High Performance Lead

## SPORTS MEDICINE TEAM

Dr Geoff Verrall	Chief Medical Officer	James Trotter	Physiotherapist
Andrew Darcey	Physiotherapist	Scott Smith	Physiotherapist
Steve McArthur	Physiotherapist	Leisa Stringer	Physiotherapist
Henry McGregor	Physiotherapist	Chris Bishop	Podiatrist
David Spurrier	Physiotherapist	Olivia Warnes	Sports Nutrition Coordinator

## UNIVERSITY STUDENTS

Sam Tebeck*	University of South Australia
Georgina Barrat	University of South Australia

\* Concluded

## PERFORMANCE SERVICES

Sian Barris	Sports Biomechanist; Skill Acquisition Specialist
Susan Bassett	Talent Search Coordinator
Craig Colduck	Senior Strength and Conditioning Coach
Jay Collison	Strength and Conditioning Casual
Kent Dredge	Strength and Conditioning Casual
Mark Gregory	Athlete Careers and Transition Lead
David Haydon	Sports Engineer
Michael King	Strength and Conditioning Casual
Luke Knappstein	Senior Strength and Conditioning Coach; Discipline Lead
Michael Maloney	Skill Acquisition Specialist (*2020)
Joshua Manuel	Strength and Conditioning Casual (*2020)
Charlotte Matthews	Strength and Conditioning Casual (*2020)
Alex McNaughton	Psychologist and Wellbeing Lead
James Pearce	Senior Strength and Conditioning Coach
Tim Rawlins	Performance Analyst; Discipline Lead
Eileen Robertson	Technical Lead Sports Physiologist
Ashley Ross	Coach Development Lead
Jamie Stanley	Sports Physiologist
Sarah Woolford	Sports Physiologist
Steven Van Diepen	Talent Search Coordinator



# 2020 WORLD CHAMPIONSHIP MEDALLISTS

	Paige Greco	Cycling – Para	C3 Individual Pursuit
	Meg Lemon Stephanie Morton	Cycling – Para Cycling	C4 Individual Pursuit Women’s Team Sprint
	Stephanie Morton	Cycling	Women’s Keirin

# 2020 TOKYO OLYMPIC GAMES

(Postponed due to COVID-19)

## SELECTED SASI/SA ATHLETES

David Barnes	Archery
Catherine McArthur	Canoeing
Bernadette Wallace	Canoeing
Josephine Bulmer	Canoeing
Matthew Glaetzer	Cycling
Stephanie Morton	Cycling
Alexander Porter	Cycling
Annette Edmondson	Cycling
Maeve Plouffe	Cycling
Dane Sampson	Shooting
Jack Rossiter	Shooting
Alex Hoberg	Shooting
Katarina Kowplos	Shooting

# 2020 TOKYO PARALYMPIC GAMES

(Postponed due to COVID-19)

## SELECTED SASI/SA ATHLETES

Michael Roeger	Athletics
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## VOLLEYBALL AUSTRALIA NATIONAL TRAINING CENTRE – BEACH

### COACHING STAFF

Andrew Schacht	Senior Men's Coach
Kirk Pitman	Senior Women's Coach
Simon Naismith	Operations and Senior Performance Analyst
Michael Nelson	SASI Coach and National Coach
Ben Haines	Head of Physical Performance
Tom Kroeger	National Coach
Margo Wiltens	National Coach

### NETWORK STAFF

Edwina McCarron	VSA Academy Coach
Tom Patrick	Performance Behavior Coach
Dr James Ilic	Principal Medical Officer
James Trotter	Lead Physiotherapist
Tim Joy	Soft Tissue Therapist
Olivia Warnes	Nutritionist

### VOLLEYBALL AUSTRALIA BEACH VOLLEYROOS

Mariafe Artacho Del Solar	Maximillian Guehrer
Phoebe Bell	Nicole Laird
Paul Burnett	Christopher McHugh
Taliqa Clancy	Jessyka Ngauamo
Cole Durant	Zachery Schubert
Marcus Ferguson	Damien Schumann

## INTERNATIONAL BENCHMARK EVENT RESULTS

### SENIOR

#### FIVB 3\*, China

Mariafe Artacho Del Solar/ Taliqa Clancy	4th
Cole Durant/ Damien Schumann	9th

**Team Members:**  
Maximillian Guehrer  
Zachery Schubert  
Nicole Laird  
Becchara Palmer

#### FIVB 4\*, Mexico

Mariafe Artacho Del Solar/ Taliqa Clancy	Gold
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**Team Members:**  
Cole Durant  
Damien Schumann  
Maximillian Guehrer  
Zachery Schubert

#### FIVB Women's 2\*, Cambodia

Nicole Laird/ Becchara Palmer	9th
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**Team Members:**  
Phoebe Bell

#### AVC Continental Cup Phase 1 – Oceania Zone

Chris McHugh/ Damien Schumann	Silver
Maximillian Guehrer/ Zachery Schubert	Silver



## COACHING STAFF

Laurence Fletcher SASI Head Coach – Kayak

## NETWORK STAFF

Jim Murphy Volunteer  
Cristi Florian State Development Coach – Canoe  
Luke Haniford State Development Coach – Kayak

## SASI SCHOLARSHIP ATHLETES

Reece Bacchus Catherine McArthur  
Josephine Bulmer Charlie Smyth  
Jesse Kneebone-Ellis Bernadette Wallace  
Matthew Goble Caitlin Webber  
Francesca Kidd Will Spencer  
Daniel Kucharski

## INTERNATIONAL BENCHMARK EVENT SELECTIONS

### SENIOR

**2020 Tokyo Olympics, Japan**  
(Postponed due to COVID-19)

Catherine McArthur  
Bernadette Wallace  
Josephine Bulmer

**Paddle Australia Paris 2024 Academy**

Reece Bacchus  
Jesse Kneebone Ellis  
Daniel Kucharsk

### JUNIOR

**2020 Under 23 & Junior ICF Canoe Sprint World Championships, Germany**  
(Cancelled due to COVID-19)

Reece Bacchus Australian Under 23 Team  
Will Spencer Australian Under 18 Team

### OTHER

**Junior - Asia Pacific Regatta, Japan**  
(Cancelled due to COVID-19)

Jesse Kneebone Ellis Australian Under 21 Team  
Daniel Kucharski Australian Under 21 Team  
Demi Bates Australian Under 18 Team



“

Winning the Olympic Trials was something I envisioned and replayed over and over in my head before I got to the race but ... I could never have been able to envision the crazy journey I had to take to get there. Before I started my journey to Tokyo 2020, I drew a mountain in my diary and the steps I had to take to climb that mountain. 2020 feels like the peak I couldn't see from behind the clouds. But it's given me time to become stronger, take in the view and gain a new perspective.

**Bernadette Wallace**

”



## COACHING STAFF

Brett Aitken      Head Coach  
James Glasspool      Sprint Coach  
Loz Shaw      Para Cycling Coach

## NETWORK STAFF

Andrew Holmesby      Soigneur  
Steve Nash      Mechanic  
Kerryn Holmesby      Chaperone

## SASI SCHOLARSHIP ATHLETES

Alli Anderson      Chloe Moran  
Carlos Carisimo      Amber Pate  
Katarina Chung-Orr      Ella Sibley  
Leigh Hoffman      Lara Tucker  
Maxwell Liebeknecht      Luke Wight  
Angus Miller      Tess Wight

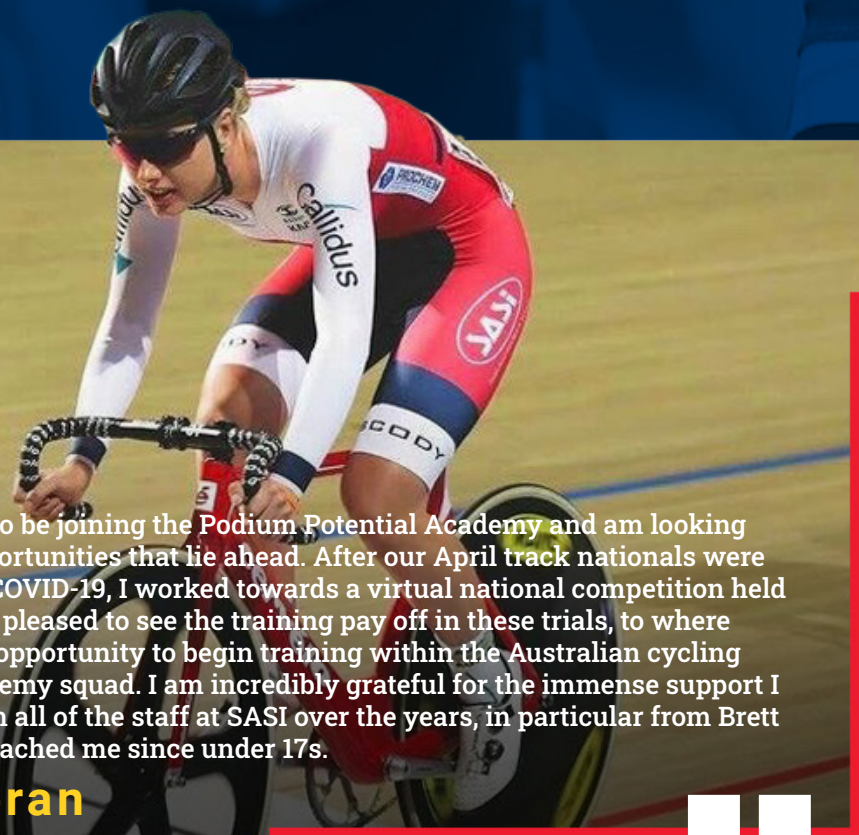
## SASI PARA SCHOLARSHIP ATHLETES

Grant Allen      Darren Hicks  
Lachlan Glasspool      Meg Lemon  
Paige Greco      Kaitlyn Schurmann

## INTERNATIONAL BENCHMARK EVENT SELECTIONS

### Australian 2020 Olympic Cycling Squad (Olympics postponed due to COVID-19)

Matthew Glaezer      Annette Edmondson  
Stephanie Morton      Maeve Plouffe  
Alexander Porter



“

I am very excited to be joining the Podium Potential Academy and am looking forward to the opportunities that lie ahead. After our April track nationals were postponed due to COVID-19, I worked towards a virtual national competition held this October. I was pleased to see the training pay off in these trials, to where I was awarded an opportunity to begin training within the Australian cycling team in their Academy squad. I am incredibly grateful for the immense support I have received from all of the staff at SASI over the years, in particular from Brett Aitken who has coached me since under 17s.

**Chloe Moran**

”

## INTERNATIONAL BENCHMARK EVENT RESULTS

### SENIOR

#### UCI Track Cycling World Championships, Germany

Annette Edmondson	Women's Team Pursuit	5th
Stephanie Morton	Women's Team Sprint	Silver
	Women's Keirin	Bronze
	Women's Sprint	10th
Maeve Plouffe	Women's Individual Pursuit	10th
	Women's Team Pursuit	5th
Alexander Porter	Men's Team Pursuit	4th

**Team Member**  
Alexandra Manly  
Matthew Glaetzer (withdrawal)

#### UCI Para-Cycling Track World Championships, Canada

Paige Greco	C3 Individual Pursuit	Gold
Meg Lemon	C4 Individual Pursuit	Silver
	C4 500m Time Trial	7th
	C4 Scratch Race	6th
Darren Hicks	C2 Individual Pursuit	4th
	C2 Scratch Race	9th
	C2 1km Time Trial	10th

### OTHER

#### Track World Cup Round 2, England

Annette Edmondson	Women's Madison	Gold
	Women's Omnium	Bronze

#### Track World Cup Round 4, New Zealand

Annette Edmondson	Women's Team Pursuit	Gold
Matthew Glaetzer	Men's Keirin	Bronze
Alexandra Manly	Women's Team Pursuit	Gold
	Women's Madison	Gold
Stephanie Morton	Women's Sprint	Bronze
	Women's Keirin	Bronze
	Women's Team Sprint	4th
Alexander Porter	Men's Team Pursuit	Silver

#### Track World Cup Round 5, Australia

Jarrad Drizners	Men's Team Pursuit	5th
	Men's Madison	10th
Annette Edmondson	Women's Omnium	Gold

Special thanks to the following Cycling sponsors:







## COACHING STAFF

Richard Schavone National Coach  
Andy Banks National Coach  
Aurelie Gibson Lead Development Coach

## NETWORK STAFF

Amber Cameron State Talent Program Coach  
Duncan Roy Network Coach  
Malcom Morris Massage Therapist

## SASI SCHOLARSHIP ATHLETES

Matthew Carter Kate Rosman  
Lillian Foster Macie Wheeler  
Nikita Hains

## SASI ASSOCIATE SCHOLARSHIP

Jaxon Bowshire Brodie Scapens  
Luis Fazzalari Senna Takahashi  
Bailey Flynn Ross Todd  
Ella Nixon-Dores

## INTERNATIONAL BENCHMARK EVENT RESULTS

### FINA Grand Prix, Spain

Nikita Hains Women's 10m Synchronised 2nd

### FINA Grand Prix, Canada

Nikita Hains Women's 10m Synchronised 7th

## INTERNATIONAL BENCHMARK EVENT SELECTIONS

### FINA Diving World Cup, Japan (Postponed due to COVID-19)

Matthew Carter Men's 3m Springboard  
Men's 3m Synchronised

Nikita Hains Women's 10m Synchronised



## COACHING STAFF

Tim White                      Head Coach  
Daniel Mitchell                Assistant Coach

## NETWORK STAFF

Matt Morton                    Scholarship Coach  
Jaimie Holland                Network Coach  
Henry McGregor              Physiotherapist

## SASI SCHOLARSHIP ATHLETES

Lachlan Busiko                Jack Holland  
Emma de Broughe             Damon Leng  
Angus Fry                        Hattie Shand  
Fred Gray                        Michaela Spano  
Amy Hammond                 Simon Wells  
Carly Hoffmann



“

This year has been a tough one for all athletes and sports but we have been lucky enough to continue on the pitch and in the gym in a really intense training block. Our SASI program is such a unique, positive and close knit group which has made this year such an enjoyable one, as well as improving all round as a hockey player.

**Hattie Shand**

”

## INTERNATIONAL BENCHMARK EVENT SELECTIONS

### Jillaroos Australian Under 21 Tri Series V New Zealand and India

Hattie Shand  
Emma de Broughe

### Jillaroos Australian Under 21 Tri Series V Japan

Hattie Shand  
Emma de Broughe  
Amy Hammond

### Kookaburras Australian Under 21 Nations Johor Cup

Lachlan Busiko – Captain

## NATIONAL SQUAD MEMBERS

### Hockeyroos National Senior Squad

Jane Claxton – 2019 Hockeyroos Player of the Year  
Karri McMahan  
Gabi Nance

### Hockeyroos National Pro League Squad

Jane Claxton  
Gabi Nance  
Karri McMahan

### National Development Squad

Lachlan Busiko  
Michaela Spano

### National Junior Squad

Fred Gray  
Hattie Shand  
Amy Hammond  
Emma de Broughe



## COACHING STAFF

Jenny Borlase      Head Coach

## NETWORK STAFF

Khao Watts      Network Coach  
 Kim Hocking      Network Coach  
 Michelle Den Dekker      Coaching Consultant

## SASI SCHOLARSHIP ATHLETES

Nyah Allen	Georgie Horjus
Amelia Anderson	Ivy-Rose Hughes
Krystal Anderson-Ives	Georgia Kraft
Lucy Austin	Olivia Nicholls
Casey Bernhardt	Tyler Orr
Chelsea Blackman	Rachel Redden
Sophie Casey	Paris Sinclair
Georgia Dent	Aaleya Turner
Tahlia Dnistrjanski	Molly Watson
Poppy Gilfillan-Silk	Tayla Williams
Jessie Grenvold	Sasha Glasgow
Kimberly Hearnden	Hannah Petty

## SASI SCHOLARSHIP GRADUATES

Sarah Klau	Hannah Petty
Maddy Turner	Kate Shimmin
Sasha Glasgow	Maisie Nankivell



“

2020 has been a dream come true for my netball. I never expected to play for the Thunderbirds this year, but I loved every minute of it. Can't wait to get stronger, fitter and get out on the court in 2021.

**Georgie Horjus**

”

## INTERNATIONAL BENCHMARK SQUAD SELECTIONS

### SENIOR

#### Australian Diamonds Squad

Sarah Klau  
 Maddy Turner

#### Emerging Diamonds Squad

Sasha Glasgow  
 Hannah Petty

### OTHER

#### National Youth Cup Squad

Nyah Allen	Kimberly Hearnden
Lucy Austin	Georgie Horjus
Chelsea Blackman	Tayla Williams
Georgia Dent	

#### Under 19 National Squad

Nyah Allen	Molly Watson
Lucy Austin	Chelsea Blackman
Georgie Horjus	Krystal Anderson-Ives
Georgia Dent	Tahlia Dnistrjanski
Tayla Williams	Paris Sinclair
Tyler Orr	Casey Bernhardt

#### Under 17 National Squad

Kimberly Hearnden	Aaleya Turner
Poppy Gilfillan-Silk	Amelia Anderson
Sophie Casey	Jessie Grenvold
Olivia Nicholls	



# ROWING



## COACHING STAFF

Jason Lane	Head Coach
Christine MacLaren	Rowing Talent Pathway Coordinator

## SASI SCHOLARSHIP ATHLETES

Simon Albury	Angus Dawson
Jed Altschwager	Oscar McGuinness
Nathan Bowden	Katelyn Nicholson
Ella Bramwell	Will Smith
Celia Cowan	Verayna Zilm

## SASI SCHOLARSHIP GRADUATES

Olympia Aldersey  
Molly Goodman  
Alexander Hill

# SWIMMING



## COACHING STAFF

Peter Bishop	Head Coach
Craig Stewart	Assistant Coach

## NETWORK STAFF

Shaun Curtis	Norwood Club
Anthony Davies	Barossa Club
Shelly Jarrett	Marion Club
Leigh Nugent	South Australian State Head Coach

## SASI SCHOLARSHIP ATHLETES

Brittany Castelluzzo	James McKechnie
Kyle Chalmers	Emily Muir
Harliai Curthoys-Davies	Leiston Pickett
Thomas Lightfoot	Emily White
Travis Mahoney	Madi Wilson



“

This year has been a year where I've been able to spend extra time preparing myself and gearing up to achieve my goals. It has allowed me to learn to be adaptable and learn how to train in many different ways. I'm excited leading into 2021 as this year has prepared me to be an even better professional athlete.

**Madi Wilson**

”



## 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

Emma Adams                    Jack Rossiter  
 Michael Davis                 Victoria Rossiter  
 Alex Hoberg                     Dane Sampson  
 Kata Kowplos



“

Our Olympic selection was right at the beginning of the year and the last selection competition happened just before lockdown. It is a great relief now, after seeing how the year went to have this sorted and in my back pocket. I know in certain ways this year has made me a stronger athlete from the experience, though I yearn to share my sport with the world again.

**Dane Sampson**

”

## INTERNATIONAL BENCHMARK EVENT RESULTS

### SENIOR

#### 2019 Oceania Shooting Championships, Australia

Alex Hoberg	10m AR M	Gold
Victoria Rossiter	10m AR W	Gold
Jack Rossiter	50m 3 Positions M	Gold
Emma Adams	50m 3 Positions W	Gold

#### 2020 Meyton Cup, Austria

Alex Hoberg	10m AR jun-M	1st
Dane Sampson	10m AR M	2nd
Jack Rossiter	10m AR Mixed Teams	1st
Victoria Rossiter	10m AR Mixed Teams	1st

## INTERNATIONAL BENCHMARK EVENT SELECTIONS

#### 2020 Tokyo Olympics, Japan (Postponed due to COVID-19)

Dane Sampson	10m AR M
	50m 3 Positions M
Jack Rossiter	50m 3 Positions M
Alex Hoberg	10m AR M
Katarina Kowplos	10m AR W



## INDIVIDUAL ATHLETE SCHOLARSHIPS

(January – December 2020)

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

Brayden Davidson  
Sarah Eckel  
Daniel Kirk  
Michael Roeger  
Jessica Stenson  
Jared Tallent  
Claire Woods

### BADMINTON (PARA)

Richard Davis

### CYCLING (BMX)

Anthony Dean  
Shane Rosa  
Matthew Tidswell

### EQUESTRIAN (PARA DRESSAGE)

Elizabeth Griffiths

### EQUESTRIAN (EVENTING)

Steph Hann

### FENCING

Georgina Barratt

### FIGURE SKATING

James Min

### GOLF

Jack Thompson

### GYMNASTICS

Jesse Moore  
Clay Stephens

### GYMNASTICS (TRAMPOLINE)

Claire Arthur

### KARATE

Michelle Wilson

### LAWN BOWLS

Wayne Ruediger

### SAILING

Quinn Auricht  
Angus Higgins  
Joal Mackenzie  
Matt Meaney

### SHOOTING (PISTOL)

Alison Heinrich

### SOFTBALL

Maddie Cameron  
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  
Connor Holdback  
Hayley Sands  
Amanda Tscharke  
Samuel Von Einem

### TAEKWONDO

Damon Cavey  
Ruth Hock  
Tyrone Staben

### TRIATHLON

Sophie Linn

### WATER POLO

Alyssa West

### WEIGHTLIFTING

Kiana Elliott

### WHEELCHAIR BASKETBALL

Jay Dohnt  
Sammy White

## INTERNATIONAL BENCHMARK EVENT SELECTIONS

### 2020 Tokyo Olympics, Japan (Postponed due to COVID-19)

David Barnes Archery Men's Individual and Men's Team

### 2020 Tokyo Paralympics, Japan (Postponed due to COVID-19)

Michael Roeger Athletics 1500m T46

## INTERNATIONAL BENCHMARK EVENT RESULTS

### SENIOR

#### Para Athletics World Championships, United Arab Emirates

Michael Roeger 1500m T46 Silver

#### Houston Marathon, United States

Michael Roeger 1500m Marathon Gold (WR)

### OTHER

#### Australian Race Walking Championships, Victoria

Claire Woods 20km Walk 3rd

#### Oceania Shooting Championships, New South Wales

Alison Heinrich Women's Pistol 25m 2nd

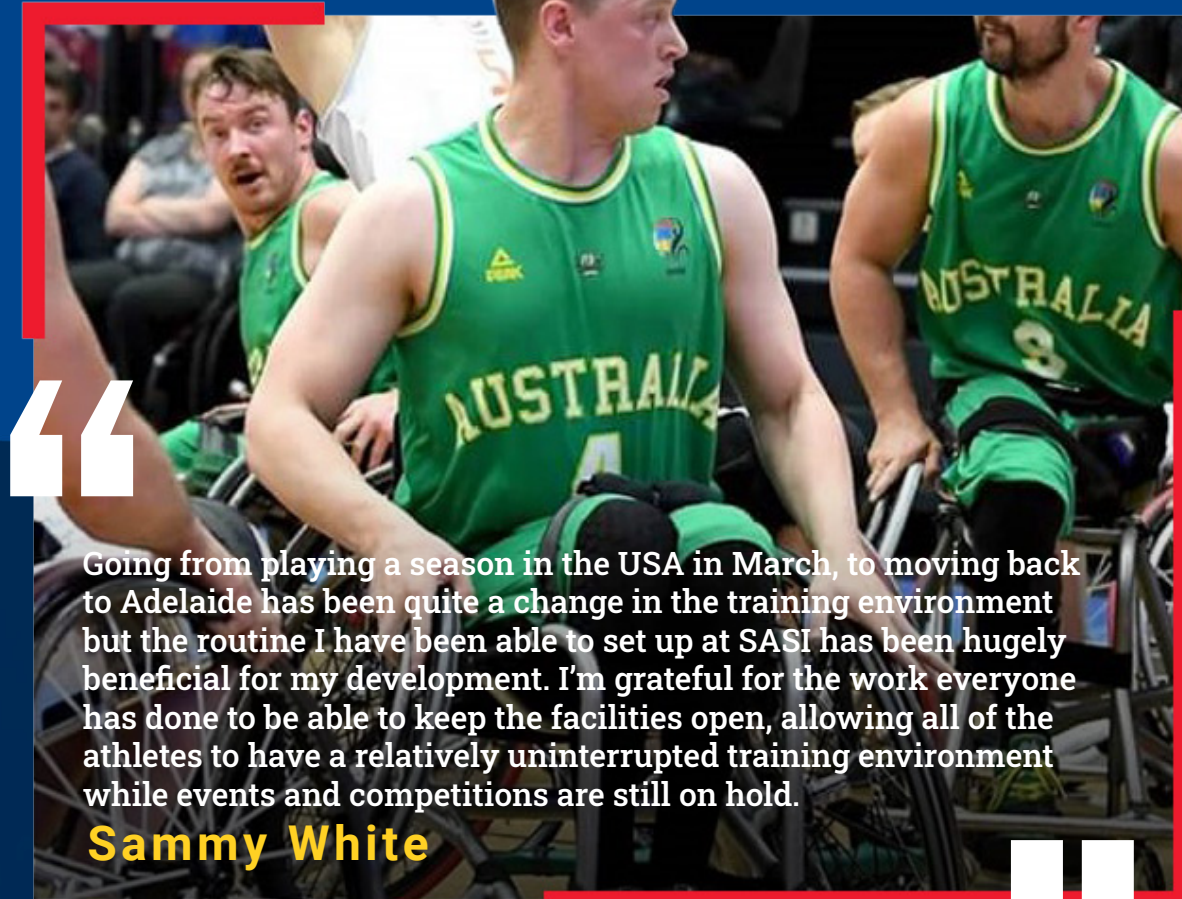
#### Australian Figure Skating Championships, New South Wales

James Min Senior Men 2nd

#### Oceania Karate Championships, New South Wales

Michelle Wilson Female Kumite 68+kg 1st





Going from playing a season in the USA in March, to moving back to Adelaide has been quite a change in the training environment but the routine I have been able to set up at SASI has been hugely beneficial for my development. I'm grateful for the work everyone has done to be able to keep the facilities open, allowing all of the athletes to have a relatively uninterrupted training environment while events and competitions are still on hold.

**Sammy White**

## COUNTRY ATHLETE SCHOLARSHIPS (January – December 2020)

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.

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Nathan Black	Lawn Bowls
Aaryan Ghmire	Football
Blake Hanlon	Tennis
Grace Knight	Surfing
Grace Moloney	Lawn Bowls
Talia Philipps	Hockey
Kalyce Pressler	Swimming
Tess White	Cycling





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:



Government  
of South Australia

Office for Recreation,  
Sport and Racing