

# 2018

## The Year That Was Queensland Academy of Sport

### SUPPORTED ATHLETES

Over **680**



**346**  
ATHLETES  
in Team 1

**245**  
ATHLETES  
in Team 2

**95**  
ATHLETES  
in Team 3

### PETER LACEY AWARD WINNER

## Simon Patmore

- Winter Paralympic debut in 2018
- Gold Men's Snowboard Cross  
- Australia's first Winter Paralympic gold medal in 16 years
- Bronze Men's Banked Slalom



### PERFORMANCE SCIENCE



140  
days

There were **2083 trials** conducted on KPASS (swimming specific force plates) in the last year, which has produced enough power to run an average QLD household for almost **140 days**. (Based on 2 adults, 2 kids, plus a pool)

### PERFORMANCE HEALTH

- There were over **4000** recorded physiotherapy interactions across the 8 in-house sports alone.
- As a result of health services, there was a **43% reduction** in time lost due to injury
- Over **500** screenings including medical, physiotherapy, psychology and nutrition to help understand athletes health profiles.
- Use of **Telehealth** for the first time assisted regional athletes with the rehabilitation programs

### STRENGTH AND CONDITIONING

**75,820** Tracked Reps Completed  
**25,765** Total Squats (all variations)  
**21,194** Bench Press  
**1.40m** Max standing double leg box jump

### PERSONAL DEVELOPMENT

**6381** athlete contacts

- 7 personal development workshops
- 47 athletes giving back by volunteering their time - Uniting Care, Lifeline, Queensland Children's Hospital, Gold Coast Hospital, Redkite, Channel 9 Telethon, Ronald McDonald House Charities, Sport and Active Recreation Strategy ambassadors

### SPORT PERFORMANCE INNOVATION & KNOWLEDGE EXCELLENCE (SPIKE)

**2543**  
Article Requests

**38**  
Projects Supported

**35**  
Number of Scholars

**9**  
University Research Partners

#### RESEARCH ARTICLE REQUESTS

**985**

Physiotherapists

**914**

Strength and Conditioning Coaches

**235**

Sports Scientists

**151**

Medical Doctors

**77**

Coaches

**36**

Dietitians

**22**

Performance Health

**19**

Psychologists

**15**

P4G

**6**

SPIKE

### SOCIAL MEDIA

Total reach



**414,226**

(as at 20/12/2018)

### QAS4SCHOOLS

**57**  
trained athletes

**438**  
schools visited

**80,473**  
students reached

### PROSPECTING FOR GOLD (P4G)

**267**  
athletes tested

**25**  
athletes in the program

### GC2018 COMMONWEALTH GAMES

#### MEDAL COUNT

**90**  
QUEENSLAND GRAND TOTAL

**36**  
GOLD

**27**  
SILVER

**27**  
BRONZE

**45%**  
OF AUSTRALIA'S TOTAL MEDAL TALLY

**128**

QUEENSLANDERS SELECTED

**87**

AMOUNT OF DEBUTS

### QAS FACILITIES

- Total athlete contact hours: **763,572**
- Indoor sports hall: **590,256**
- Recovery Centre: **56,290**
- Athletic Tracks: **117,026**

Photo: Australian Paralympic Committee (APC)



Queensland  
Government