

# 2018 OUTCOMES SMARTER, STRONGER, FAIRER

## SUSTAINABLE QAS GROWTH

- » QAS staff and athletes assisted the department with Queensland Sport and Active Recreation Strategy focus group sessions, including hosting sessions focussed on high performance sport at QAS
- » Commenced a review of QAS's current state and future direction by external consultancy firm, BDO
- » The QAS provided 31 Queensland based Invictus Games athletes with specialist knowledge. QAS Prospecting for Gold (P4G) also facilitated opportunities for those athletes to undertake benchmark testing and talent identification for Paralympic sports. The Queensland Government awarded each of the athletes with a bonus grant
- » Hosted Papua New Guinea High Performance Sport, Thailand Sports Institute and Zhejiang Sports Delegation (China) to share ideas on current and future delivery of high performance
- » QAS Board Members attended State Sporting Organisation Board meetings
- » QAS Performance Science Committee continued to oversee the Unit operations
- » Completed 8 research projects and supported 14 new ones
- » Supported 34 post-graduate research scholars with 2 PhD and 1 Honours thesis completed
- » Leveraged government funding with collaborative research funding from partners and grants exceeding QAS investment by 1:2.23 (2017-18 financial year)
- » 9 universities partnered with QAS on SPIKE supported projects
- » QAS Prospecting for Gold (P4G) completed several talent testing days with external collaborating organisations
- » Contributed to the Department's 2018/2019 budget process
- » Managed budget to a 0% variance showing strong ongoing financial management capabilities
- » Continued to invest in capital infrastructure in the gymnasium and laboratory
- » QAS Executive Team attended the Housing, Homelessness & Sport (HHS) Leaders Forum
- » Continued scoping project for QAS Facility refurbishment
- » Reviewed the QAS High Performance Framework for 2019
- » Developed Work Place Health and Safety user manuals

## WISE INNOVATION

- » QAS staff presented best practice approaches to innovation and knowledge management to Sport and Recreation staff in the Policy, Research and Planning area
- » QAS Executive Director attended National Institute Network meetings and the 2018 Oceania Association of Sport Performance Centres (ASPC) forum held in New Zealand
- » QAS High Performance Manager was invited to present at the Australian Institute of Sport's Sport Technology and Applied Research symposium in September
- » Respective QAS staff attended Physiology, Biomechanics, Strength and Conditioning, Athlete Well-being and Engagement, Research and Innovation and Data Analytics conferences
- » QAS staff attended Australian Institute of Sport Coach and Leadership Workshops
- » Attended the Australian Institute of Sport World Class to World Best conference. QAS supported 15 participants from the QAS and supported State Sporting Organisations
- » Continued development of Fusion Athlete Management System (AMS) user interface to improve the user experience
- » Rolled out the updated QAS Athlete Induction Process
- » QAS Personal Development staff completed the Certificate 4 in Athlete Well-being
- » Continued rolling out DDI Success Profiles along with a revised Key Deliverables Framework to select staff
- » Team 2 conducted a staff workshop using the Strength Deployment Inventory (SDI) which highlights people's motivation, conflict sequences and strengths/overdone strengths
- » Communities of Practice meetings were held regularly with the various disciplines
- » Engaged with Enogerra Army Barracks about future partnership for professional development
- » SPIKE collaborative research was presented at 45 QAS and State Sporting Organisations research seminars and national and international conferences
- » SPIKE scholars and academics had 13 articles published and 20 papers submitted to peer reviewed journals
- » Developed 4 research infographics for poster presentations at conferences and digital displays at the QAS and via social media (eg Facebook, Twitter, LinkedIn etc)
- » Assisted coaches and support staff with 2543 requests for information and article requests
- » SPIKE hosted several presentations by internationally renowned researchers. The presentations were attended by QAS, National and State Sporting Organisations and university academic staff and students, all which were subsequently uploaded to the QAS YouTube channel and the Australian Sports Commission's Clearinghouse for Sport.
- » A high performance forum was held on the Sunshine Coast over two days with a focus on surf lifesaving. The forum was attended by 84 people from sports, universities and industry

## OPTIMISING QAS PROGRAMS AND SERVICES TO SUPPORT ATHLETE PREPARATION AND PERFORMANCE

- » Bonus Grants were paid to 128 Queensland Athletes who competed at the 2018 Commonwealth Games. Queensland athletes won 36 gold medals, 27 silver medals and 27 bronze medals
- » A review of QAS4Schools was completed by ORIMA research which showed that QAS4Schools was fundamentally a well-received program contributing to its intended objectives
- » The QAS4Schools program successfully transitioned to a new program named 'Olympics Unleashed' and will continue for the next two years until the 2020 Tokyo Olympics and Paralympics
- » Attended planning and review meetings with National Sporting Organisations regarding 2020 plans
- » Contributed to National Sporting Organisation review processes post 2018 Commonwealth Games
- » Support Staff more embedded in Sport Program operations
- » Conducted Sport Program Reviews for Softball and Triathlon to ensure program operations are optimal
- » Rolled out a more rigorous Individual Athlete Performance Plan (IAPP) process for Triathlon, Rowing, Water Polo and Softball which has seen an increase in engagement of the athletes and support teams
- » Engaged Dr Tim Gabbett to provide expert knowledge and advice on load management strategies for Water Polo, Softball and Athletics
- » Engaged Craig Purdam to provide advice on the strategic direction for QAS health services, professional development for Sport Program Physiotherapists and input in to managing complex athlete injury cases
- » Supported Triathlon Australia and the Australian Institute of Sport in the delivery of the Athlete Availability Program with the Periodic Health Assessments
- » Filled two (2) intern and three (3) junior positions (3 x Strength and Conditioning Coaches, 2 x Performance Scientists)
- » Designed the MY360 personal development tool for athletes which is housed in the Athlete Management System (AMS) along with a dashboard to show athlete progress over time
- » Engaged athlete well-being experts Dr Rosemary Purcell and Simon Rice to provide input in to the design of the MY360
- » Engaged a contractor to oversee Performance Culture and People (1.5 days per week)
- » Conducted Team 2 Leader workshops monthly to build on staff capability, delivery expectations and share best practice
- » The Team 3 Leadership Group formulated an all-of-team-3 forum to identify shared goals, realign with QAS values, and strengthen our collaboration and contribution towards the success of HPT3, QAS and Queensland sport stakeholders as a whole
- » QAS Staff/Service Providers were engaged in various capacities at the Commonwealth Games with National Teams and Commonwealth Games Australia.
- » QAS Prospecting for Gold (P4G) staff implemented Individual Athlete Performance Plans for all P4G athletes.
- » Continued regular medical team meetings in Athletics, Softball, Water Polo, Triathlon and Rowing
- » Commenced roll out a Coach Support Program for Rowing
- » QAS staff were invited to attend a high performance training camp for Archery at the Mt Petrie Bowmen (MPB) club at Belmont in September

## STAND OUT PERFORMANCES FOR THE YEAR

### SAILING:

**Men's 470**  
Mathew Belcher  
Will Ryan

### SWIMMING:

**200m Backstroke**  
Emily Seebohm

### TRIATHLON:

**Team Relay**  
Mathew Hauser  
Jake Birtwhistle  
Charlotte McShane  
Ashleigh Gentle

### PARA TRIATHLON:

**Women's PTVI Race**  
Katie Kelly

### PARA CYCLING:

**Para / C3 – 3km Pursuit**  
David Nicholas

### PARA CANOE/KAYAK:

**Para / Canoe single  
VL2 200m, Para /  
Kayak Single KL3 200m**  
Curtis McGrath

**Para / Canoe single  
VL2 200m**  
Susan Seipel

### 2018 WINTER PARALYMPIC GAMES:

**Gold Men's Snowboard  
cross | Bronze Men's  
Banked Slalom**  
Simon Patmore

### GC2018 COMMONWEALTH GAMES:

**World Record |  
Women's 4x100m  
Freestyle Relay Team**

Cate Campbell,  
Bronte Campbell,  
Shayna Jack, Emma McKeon

### ITU WORLD TRIATHLON GRAND FINAL:

**Elite Women | 1st**  
Ashleigh Gentle



**Queensland  
Government**