

# 2023

# Annual Report

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## PURPOSE

The Peel Regional Academy of Sports provides support for Peel based athletes, coaches, and officials; to encourage progression along the sporting pathway within their home environment.



## VISION

The Peel Regional Academy of Sports facilitates a high - quality service to athletes, coaches and officials; allowing them to maximise their potential.



## VALUES

Integrity and Quality - Athletes will have access to a quality training environment administered with integrity.

Knowledge and Respect - Develop the knowledge of athletes, parents, coaches and referees, promoting respect.

Excellence in Performance - To excel in providing a high-performance training environment.

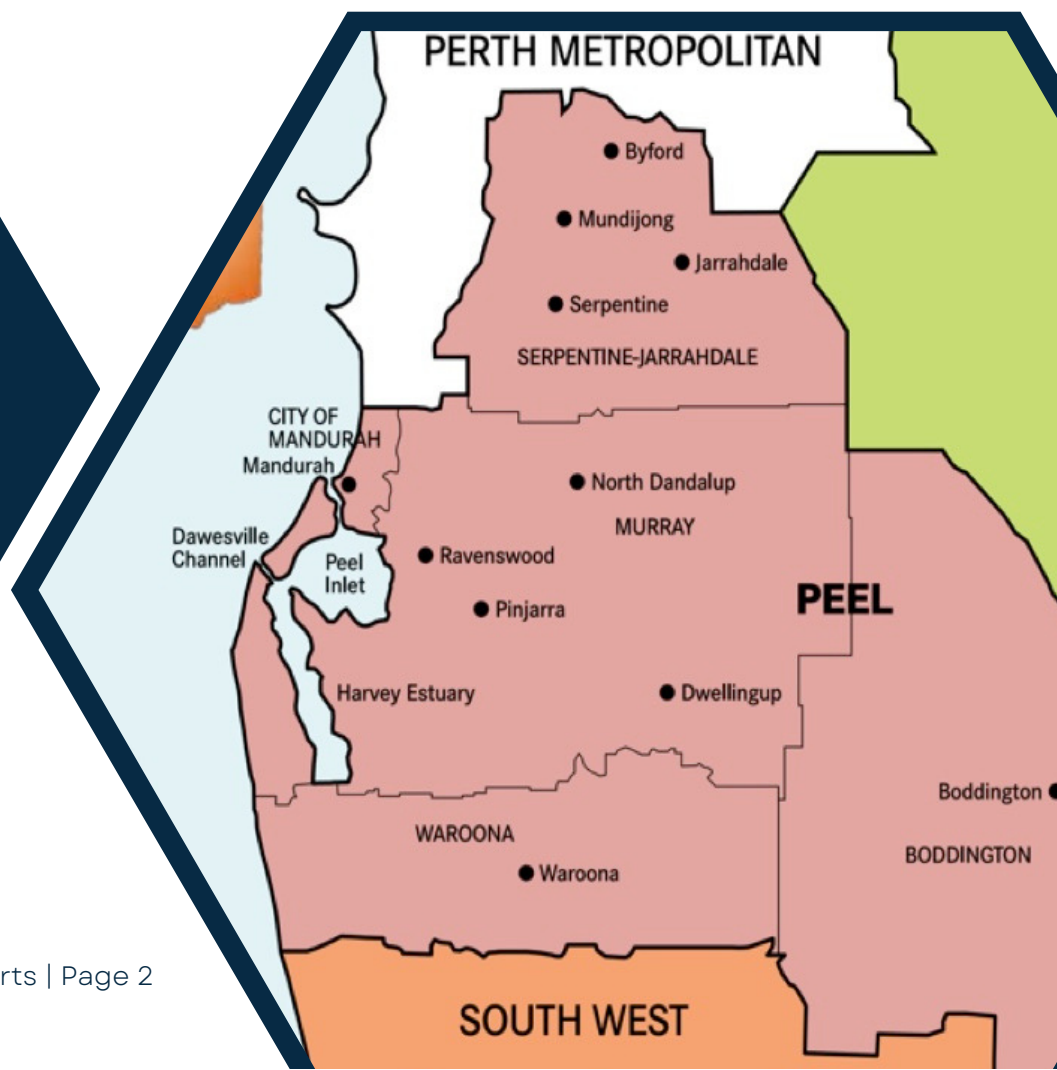
# About PRAS

The Peel Regional Academy of Sports has been in operation since 2015. The program was established to assist with the development of the region's athletes. During the past 7 years the program has continued to expand and develop. Over 300 athletes have been supported by PRAS scholarships during this time.

Athletes who receive a PRAS scholarship have access to a range of support services to assist them in development both in and out of sport. In conjunction with State and Regional Sporting Association's athletes are supported along the relevant pathway.

PRAS has worked with numerous sports, during 2022-2023 we partnered with: Athletics, Basketball, Baseball, BMX, Golf, Hockey, Ice Skating, Mountain Biking, Netball, Shooting, Sailing, Soccer, Swimming, Surfing, Tennis, Triathlon, Volleyball, Wakeboarding and Water Polo,

PRAS operates throughout the Peel Region of Western Australia. The Peel Region includes the local governments of the Shire of Serpentine-Jarrahdale, City of Mandurah, Shire of Murray, Shire of Waroona and the Shire of Boddington.





# PRAS Board of Management

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The Peel Regional Academy of Sports is an incorporated body with an independent Board of Management. The Board is made up of a team of outstanding regional leaders committed to providing the best training and opportunities for our athletes.

**CHAIRPERSON - CRAIG JOHNSON**

Executive Manager of Strategy, City of Mandurah

**VICE-CHAIRPERSON - BRADD GARDINER**

Head of Competitions, WA Football Commission

**TREASURER - CASEY MIHOVLOVICH**

Chief Executive Officer, City of Mandurah

**SECRETARY - GERALDINE PUZEY**

Volunteer, Local Community Representative

**GENERAL MEMBER - COREY O'BRIEN**

Club Development Officer, City of Armadale

**DLGSC REPRESENTATIVE - BRENDAN MCNALLY**

Regional Manager, Peel/South West DLGSC





# Chairmans Report

The Peel Regional Academy of Sport (PRAS) has continued to support the development of the Peel region's highest performing athletes during the past year, with many of our athletes excelling in their chosen sports. As an organisation, we have continued to work hard to create a recognisable and marketable brand to attract the best local athletes and position PRAS as the region's elite athlete development partner.

The Board of management for the Peel Regional Academy of Sport has been actively implementing its current strategic plan, ensuring that the program continues to grow and develop. We are committed to delivering and supporting excellence through the provision of opportunities and facilitating an environment for talented junior sports people to achieve excellence in their chosen sport. One of our key focuses is to provide athletes with access to specialist support services, including coaching, education and personal development. The people in the PRAS program are our priority, and we endeavour to help develop our athletes into outstanding sportspeople and citizens.

The Peel Regional Academy of Sport will continue to advocate for sport in the Peel region, promoting PRAS and its athletes, coaches and officials and celebrating their achievements. As an organisation we will continue to play an active role in state sport talent pathway systems within Western Australia and assisting in promoting sport and coaching development across the Peel region.

PRAS continues to pursue program stability and I would like to thank all of our sponsors who continue to support the program, namely the Department of Local Government, Sport and Cultural Industries who provide the majority of our funding, the City of Mandurah, Apex Radiology, Lakelands Physiotherapy, Miami Physiotherapy, Halls Head Physiotherapy, and 4 Life Physiotherapy. We are extremely grateful for their contributions and look forward to their ongoing support as we strengthen our relationships within the region.

I would like to thank the Board for their voluntary contributions to the PRAS program as well as our Executive Officer and staff for their ongoing, passionate support of our local athletes.

The Board is looking forward to another successful year as we work to implement our strategic and operational plans. We are enthusiastic to see the impact they will have on strengthening the support provided to high performance sport and aspiring athletes in the Peel region.

**CRAIG JOHNSON**  
**Chairman of the Board**





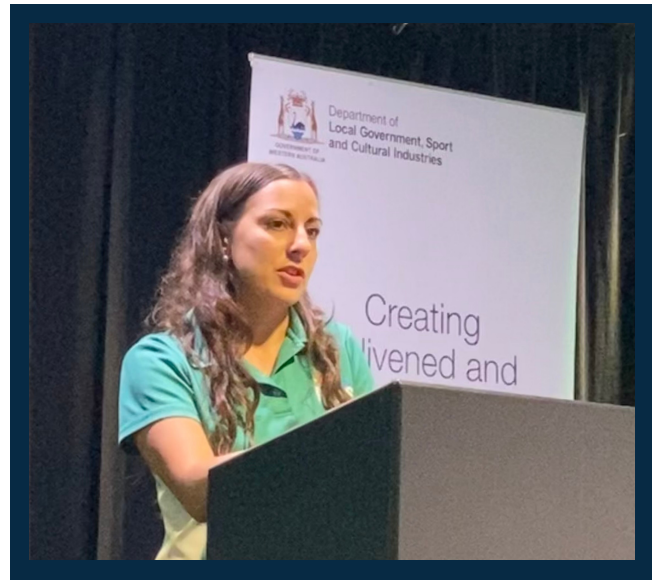






# Executive Officer Report

Our athletes and coaches have continued to work exceptionally hard over the past year and it has been exciting to see development and achievements across our training group. We have also seen our head strength and conditioning coach, Chris Wing, complete his doctorate, an achievement which the board, staff and athlete group are very proud of.



PRAS welcomed 21 new athletes in 2023, including the sports of cycling, ice skating, pistol shooting, tennis and wakeboarding. Our strength and conditioning team have been busy developing and implementing this area of the program, ensuring that our athletes are well prepared for daily training as well as interstate and international events. We thank our coaches for their hard work and tireless dedication to our athlete's development.

PRAS athletes have continued to have access to a range of support services including nutrition and psychology support. This year we have had a wide range of athlete wellbeing and education sessions delivered both face to face and via online platforms. We are excited to have another great schedule of presenters lined up for the next 12 months to help grow our athletes. Our athletes have had the opportunity to have a one-on-one training session with a high-performance coach within their sport. Athletes had the opportunity to work on individual skills and receive take home feedback that they could continue to implement during future training sessions. This was a great success, with positive feedback from both the athletes and coaches involved. We look forward to expanding this service in the coming years.

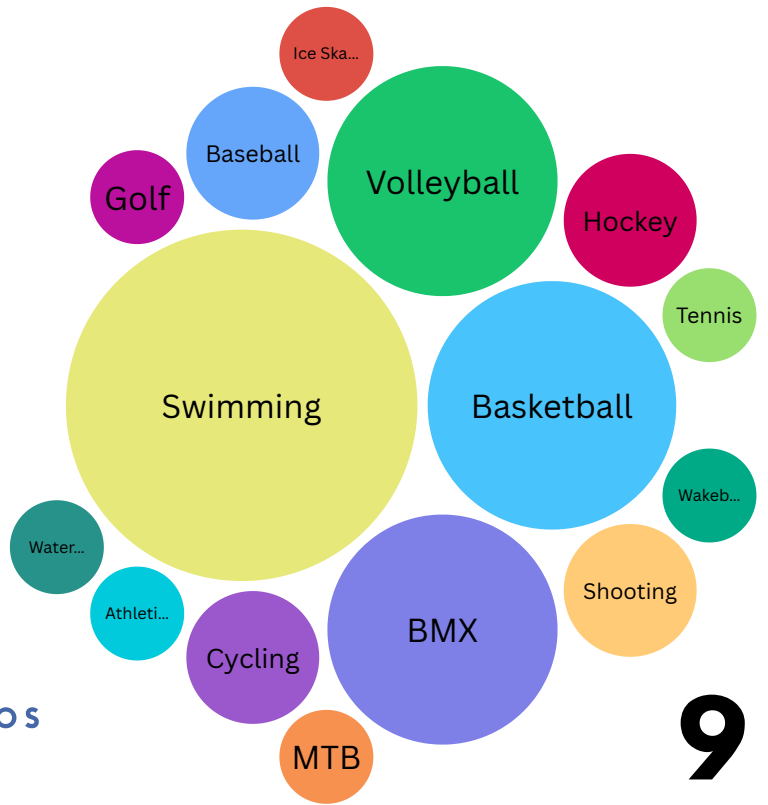
The Peel Regional Academy of Sports has continued to develop with the ongoing implementation of our strategic and operational plan. Our athletes, coaches and officials will continue to receive access to high performance services within their home community; allowing them to continue to develop and strive for excellence in their chosen sport. We are continuing to expand our services to athletes with the gradual implementation of sport specific coaching as well as partnering with several major sports within the region. This will allow athletes more access to high performance coaching in their sporting field, accelerating their performance and allowing for greater development.

The PRAS team is looking forward to supporting Peel based athletes in the coming year, assisting them in their pursuit of sporting excellence.

**TRACEY VAN DER LAAN**  
**Executive Officer**



# NATIONAL REPRESENTATIVES FOURTEEN



**73** Athlete Scholarships  
across 22/23

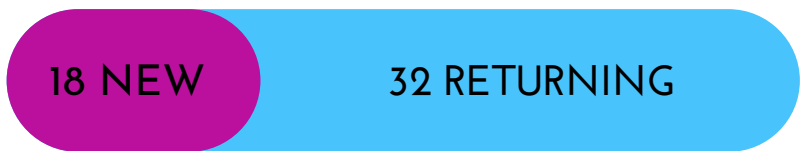
**9**

COACH  
DEVELOPMENT  
GRANTS

**48** ONE ON ONE  
SPORT SPECIFIC  
COACHING SESSIONS

ATHLETE  
EDUCATION  
SESSIONS

THREE



ATHLETES IN THE PROGRAM



**312**

strength and  
conditioning  
programs  
prepared



**354**  
GYM  
SESSIONS



INTERNATIONAL  
COMPETITORS

**82**  
ATHLETE  
APPLICATIONS  
IN 2023

# Financial Statements

The Peel Regional Academy of Sports has continued to operate with the majority of its funding supplied by the Department of Local Government, Sport and Cultural Industries. Sponsors of the program have supported us by supplying in-kind support through additional wrap around services.

The program's funding was increased by \$10,000 which was used to support specialist sports coaching for athletes. Funding was also allocated to assist with the development and promotion of the PRAS brand.

<b>Profit and Loss Statement For the Year Ended 30 June 2023</b>		
	<b>2022</b>	<b>2023</b>
<b>INCOME</b>		
Interest	9	8
Insurance Reimbursement	33	0
Grant	130,000	140,000
<b>TOTAL INCOME</b>	<b>130,042</b>	<b>140,008</b>
<b>EXPENSES</b>		
Insurance	2,983	3,134
Uniforms	3,569	10,606
Adminstration/advertising	4,938	3,791
Gym Equipment	434	634
Staffing	75,640	84,810
Gym Membership Fees	14,292	18,352
Team Building Expenses	1,192	756
Local Coach Grants	930	318
Sports Psychology	840	4,141
Dietitian	6,456	6,976
Sponsorship	850	850
Guest Speaker Fees	1,000	1,861
Specialist Sport Coaching	0	4,663
International Athlete Contribution	0	1,950
<b>TOTAL EXPENSES</b>	<b>113,124</b>	<b>142,841</b>
<b>NET RESULT</b>	<b>16,917</b>	<b>2,833</b>

<b>Balance Sheet For the Year Ended 30 June 2023</b>		
	<b>2022</b>	<b>2023</b>
<b>ASSETS</b>		
Cash at Bank	101,562	98,729
Liabilities		
<b>NET ASSETS</b>	<b>101,562</b>	<b>98,729</b>
<b>EQUITY</b>		
Contribution	1,613	1,613
Historical Net Earnings	83,032	99,949
Current Net Result	16,917	2,833
<b>TOTAL EQUITY</b>	<b>101,562</b>	<b>98,729</b>



# Athlete Support Services

## **SPORT SCIENCE – STRENGTH AND CONDITIONING PROGRAM**

The PRAS Sport Science Program is comprised of an initial movement evaluation, personalised sport specific gym program and regular testing. Qualified and accredited exercise scientists conduct the physical evaluation. The evaluation is managed in accordance with standardised sports- specific physical testing protocols and provides staff with an understanding of the athlete's needs. After assessment and evaluation, a sport specific strength and conditioning plan is developed taking into consideration the athlete's unique needs as highlighted in the evaluation phase. The athlete will then receive free gym access to the Basement Gym where they will be able to attend supervised sessions to work through their program. The program will continually be monitored and developed to ensure that the athlete is working to their full potential and continues to progress. In the event of an athlete becoming injured during training or competition our S&C staff are equipped to liaise with physiotherapists and other medical staff to ensure that the athlete is able to complete the rehabilitation process. Regular testing will take place to measure the athletes progress and develop the athlete's aptitude for testing.

## **SPORTS NUTRITION**

Sports nutrition assessment and interventions are to facilitate the athlete in optimising their diet for sporting performance throughout training and competition, to aid recovery post-exercise, achieve and maintain body composition goals and maintain their health (e.g., prevent infection, fatigue). Dietary advice and nutrition education is tailored to meet the individuals' needs. The athlete's fluid requirements, nutrition supplements, meal planning and travel nutrition strategies are also addressed. During the upcoming scholarship year athletes with a PRAS scholarship have access to individual and group sessions with nutritionist Julie Meek to ensure that they are fuelling their bodies for optimum performance.







## **SPORTS PSYCHOLOGY**

Sports psychologists help athletes cope with the intense pressure that comes from competition. This often involves finding ways to reduce performance anxiety and combat burnout. Elements of sports psychology that are useful to athletes include building mental toughness, increasing attentional focus, visualisation and goal setting. PRAS athletes who have been identified as excelling have been trialling our sports psychology support system. This has involved a one-on-one session with a sports psychologist followed by several individual sessions where they were able to work on and develop individual skills.

## **SPORT SPECIFIC COACHING**

During the past year all PRAS athletes received a one - on - one session with a high-performance coach specific to their sport. These sessions were also accompanied by some take home feedback that the athlete could implement in future sessions. PRAS is investigating ways to fund these individual sessions moving forward to provide the athletes with the opportunity to work with elite coaches in their field and further develop their individual skills without the burden of travel.



"I'm hopeful these junior elite athletes gain an understanding of elite level training along with having access to advice and tips to further improve their game. The benefits of these sessions is for the athletes to take away training techniques to continue to work on their game individually and within their team environment."

SAMANTHA RICHARDS  
AUSTRALIAN BASKETBALLER

Feedback from retired professional basketballer, Samantha Richards, who coaches as part of our one on one athlete coaching program.





# 2023 Scholarship Athletes

Pyper Warren - Athletics  
Chalie Andrews - Basketball  
Josh Brabazon - Basketball  
Nic Brabazon - Basketball  
Brock Caporn - Basketball  
Hannah Chatfield - Basketball  
Sienna Eade - Basketball  
Kobe Sutton - Basketball  
Mitch Van Nus - Basketball  
Shenaye Lett - Baseball  
Korbyn Wilson - Baseball  
Joshua Commons - Cycling  
Jaco Nel - Cycling  
Savannah Birch - BMX  
Aaron Jeffery - BMX  
Sasha Jeffery - BMX  
Bella Pantalone - BMX  
Eli Pantalone - BMX  
Adam Waterman - BMX  
Izaak Heales - Golf  
Bella Rutter - Hockey  
Petra Verster - Hockey  
Isabel Cassidy - Ice Skating  
Cooper Dunlop - MTB  
Arvin Nair - Shooting  
Caitlin Worth - Shooting

Sean Alcorn - Swimming  
Oliver Brehaut - Swimming  
Amber Head - Swimming  
Jordan King - Swimming  
Summer Houston - Swimming  
Kalel Jacinto - Swimming  
Tamzyn Laverack - Swimming  
Chelsea Maley - Swimming  
Megan Maley - Swimming  
Cassidy Moody - Swimming  
Ben Spagnolo - Swimming  
Jemma Thomson - Swimming  
Calia Vlastuin - Swimming  
Cody Zambon - Swimming  
Naomi-Mariana Vakadrano - Tennis  
Caide Ellis - Triathlon  
Ronan Hays- Triathlon  
Casey Czaja - Volleyball  
Isaac Czaja - Volleyball  
Shona Howie - Volleyball  
Anela Stockton - Volleyball  
Kilia Stockton - Volleyball  
Luke Ward - Volleyball  
Stella Kennedy - Wakeboarding  
Caitlin Leather - Waterpolo



# Ronan Hays

## TRIATHLETE

### Hours Spent training:

Total: 15-18 hours

Gym: 2-3 hours

Swim: 4-6 hours

Bike: 6-7 hours

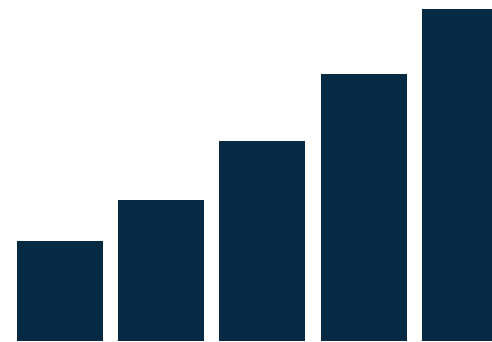
Run: 3-4 hours

**My long term goal for triathlon is to go professional and take out a world title in either a sprint distance or Olympic distance triathlon.**



PRAS has been a major help to all of my growth as an athlete by providing me with a gym strength and conditioning program and the facilities to do this. PRAS has also setup regular workshops with new knowledge and information that I'm able to take on board and use in many different ways such as nutrition for training and racing, travel tips and tricks, and even sports psychology to help cope with the mental challenges that comes with being an athlete.

### PRAS Athlete of the year 2022







# Chelsea Maley SWIMMER

## **Hours spent training:**

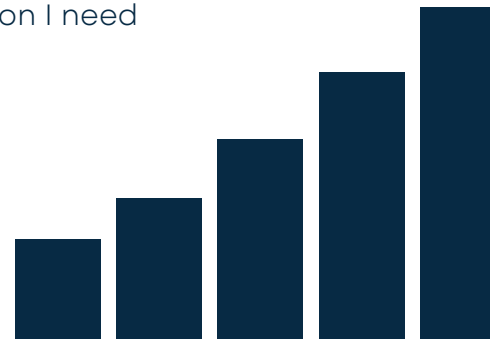
I swim for 14 hours a week

I attend 2 PRAS sessions (3 hours)

**My long-term goal is to continue competing at a national level and potentially swim at an international competition.**

PRAS has improved my fitness and strength, helping me qualify and swim at my first national competition in 2023. The nutrition sessions and athlete workshops have also enabled me to better my swimming by providing the information I need as an athlete.

## **PRAS Athlete of the year 2022**



# Sponsors



Department of  
Local Government, Sport  
and Cultural Industries

**PRAS WOULD LIKE TO THANK ALL OUR SPONSORS FOR THEIR VALUED CONTRIBUTION TO OUR PROGRAM.**

[www.pras.net.au](http://www.pras.net.au)