

# Annual Report

2023-2024



**PRAS**

Peel Regional Academy of Sports



## Purpose

The Peel Regional Academy of Sports provides support for Peel based athletes, coaches, and officials; to encourage progression along their 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

## 50 athlete scholarships offered each year

The program was established to assist with the development of the region's athletes and reduce the impact of travel on the athlete, family and community.



### Operations

The Peel Regional Academy of Sports has been in operation since 2015. During the past 9 years the program has continued to expand and develop. Over 400 athletes have been supported by PRAS scholarships during this time.

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### Scholarships

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 their development pathway.

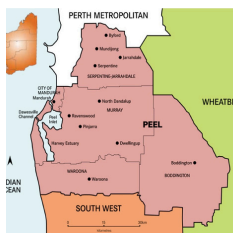
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### Sports

PRAS has partnered with numerous sports, during 2023-2024 including: Athletics, Basketball, BMX, Cricket, Cycling, Golf, Hockey, Ice Skating, Mountain Biking, Netball, Rock Climbing, Shooting, Sailing, Swimming, Tennis, Triathlon, Volleyball, Wakeboarding, Water Polo and Weightlifting,

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### Location

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

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# PRAS Board of Management

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. Due to recent vacancies, we have welcomed three new general members to our management team.

## **Chairperson - Craig Johnson**

Executive Manager of Strategy, City of Mandurah

## **Vice Chair - Corey O'Brien**

Club Development Officer, City of Armadale

## **Treasurer - Casey Mihovilovich**

Chief Executive Officer, City of Mandurah

## **Secretary - Geraldine Puzey**

Volunteer, Local Community Representative

## **DLGSC Representative - Brendan McNally**

Regional Manager, Peel/South West DLGSC

## **General Member - Marc Pike**

Game Development & Performance Manager, Golf WA

## **General Member - Caroline Koorts**

Golf Operations Manager, The Cut Golf Course

## **General Member - Ronan Hays**

Alumni Athlete, Student, Exercise & Sports Science



RASP & DLGSC Staff at a networking event



# Chairperson's Report

**Over the last 12 months, the Peel Regional Academy of Sports has remained dedicated to its goal of nurturing Peel's most talented young athletes resulting in some outstanding achievements across a wide range of sports.**

The Peel Regional Academy of Sports continues to facilitate the growth of sport across the region while highlighting PRAS and celebrating the successes of its athletes, coaches, and officials. Our organisation actively participates in the talent development pathway programs that are conducted across Western Australia and works to provide support to ensure opportunities that inspire elite performance are available locally.

PRAS continues to focus on building program stability, and I would like to thank all our sponsors who provide such strong support to the program, namely, the Department of Local Government, Sport and Cultural Industries who are our funding partner, the City of Mandurah, Apex Radiology, Lakelands Physiotherapy, Miami Physiotherapy, Halls Head Physiotherapy, and 4 Life Physiotherapy. We are very thankful for their contributions and look forward to their ongoing support as we consolidate our relationships within the region.

Early in 2024, the PRAS board farewelled long-standing member Bradd Gardiner who stood down after 7 years, and we take this opportunity to sincerely thank Bradd for his efforts and dedication. After a recruiting process, we have recently expanded the PRAS board to eight members and welcome as new board members Marc Pike, Ronan Hays and Caroline Koorts. 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 continuing, passionate support of our local athletes.

The board eagerly anticipates another year dedicated to executing our strategic and operational plans. We are excited to witness the positive impact these initiatives will have in enhancing the support offered to high-performance sports and aspiring athletes within the Peel region.

**Craig Johnson**  
**PRAS Board Chairperson**

# Executive Officer Report

**Our athletes and coaches have shown exceptional dedication over the past year, and it has been thrilling to witness progress and successes within our training group.**

PRAS has offered 19 new scholarships this year with 31 athletes retaining their scholarships. Athletes from new sports have joined the program with the inclusion of rock climbing and weightlifting. We also have the return of netball and sailing, with new athletes from these sports applying. Our Strength and Conditioning team have been diligently working on enhancing and growing this aspect of the program. This effort ensures that our athletes are thoroughly equipped for their daily training sessions along with upcoming national and international competitions. We appreciate our coaches for their dedication and hard work towards the development of our athletes.



PRAS successfully applied for additional funds which was secured for the next three years

This past year PRAS has trialled some additional athlete services including expanding our athlete one on one coaching sessions and piloting a psychology support program. Our one-on-one coaching sessions were very successful last year so we have extended the sessions to all athletes, increasing the number of sessions to four for each athlete. This has continued to be successful, and we received very positive feedback from both coaches and athletes. We piloted a psychology support program with a select group of athletes, providing them with two face-to-face sessions with sports psychologist Sandy Gordon. The athletes were able to address a range of topics and select what was most specific to their needs and sport. These sessions proved to be beneficial and will be offered to all scholarship athletes in 2024.

PRAS successfully applied for additional program funds for 2024/25 and also secured an increase in its grant funding for the next three years. This will provide for stability within the program and allow us to increase the number of one-on-one coaching sessions delivered, implement our psychology program and have an increased focus on developing coaching in the Peel region. Our academy is always endeavouring to provide our athletes with an increased access to high performance coaching and services within their home communities. The PRAS team is excited about supporting Peel-based athletes in the upcoming year as they strive for athletic greatness.

**Tracey van der Laan**  
Executive Officer



Addison Heatley, Youth World Sailing Championships



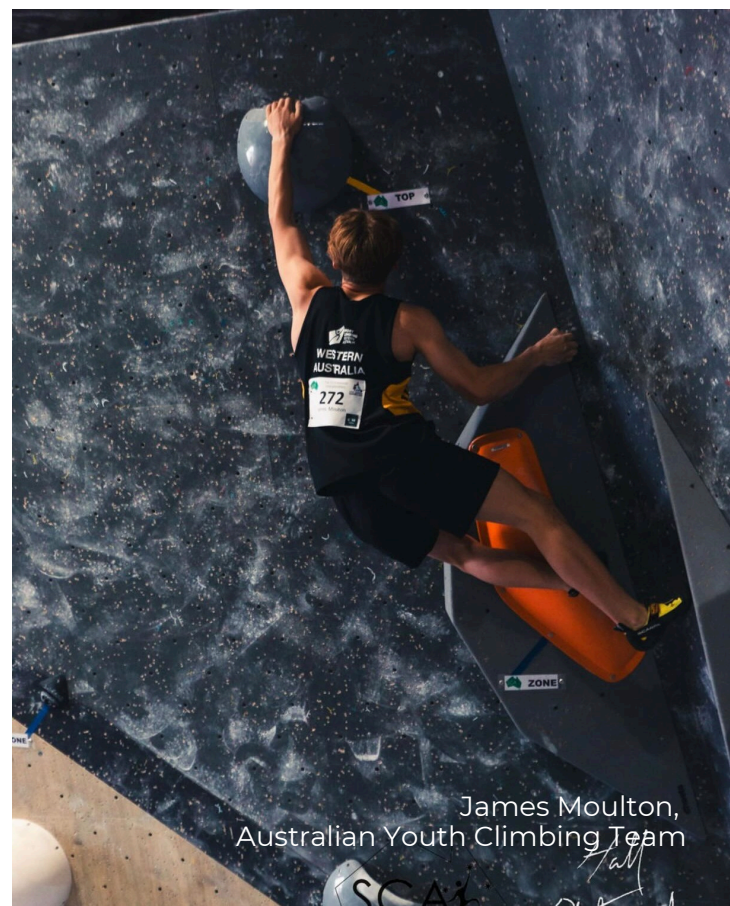
# Financial Statement

The Peel Regional Academy of Sports has been sustained primarily by funding from the Department of Local Government, Sport, and Cultural Industries. Program sponsors have also provided valuable in-kind support by offering additional wrap-around services.

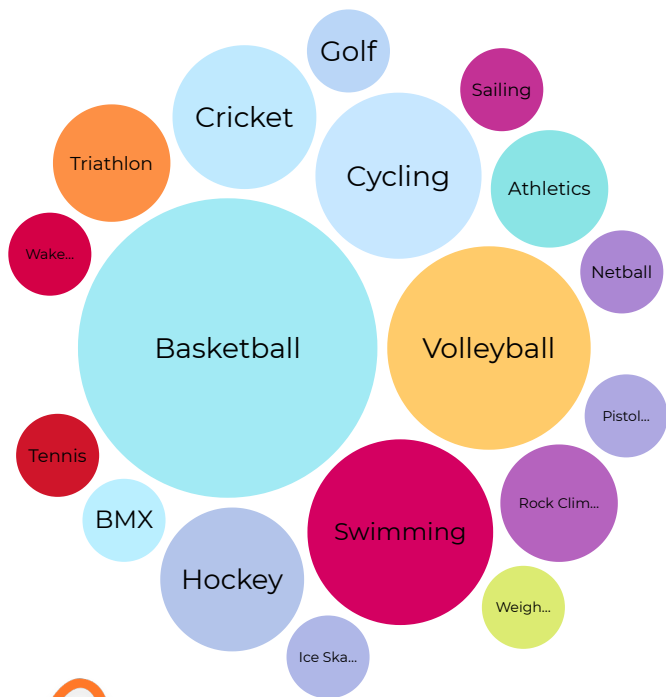
During 2023/24 PRAS was allocated an additional \$50,000 in funding to provide enhanced athlete support services including specialist sports coaching and psychological support. PRAS will also have an increased focus on developing coaches in the region.

Profit and Loss Statement For the Year Ended 30 June 2024		
	Actuals 2024	Actuals 2023
<b>Income</b>		
Interest	8	8
Grant	168,136	140,000
<b>Total Income</b>	<b>168,144</b>	<b>140,008</b>
<b>Expenses</b>		
Insurance	3,304	3,134
Uniforms	11,449	10,606
Stationary/Advertising	235	2,370
Software	571	477
Website	350	540
Gym Equipment	644	634
Project Manager Fees	45,619	43,440
Gym Membership Fees	18,430	18,352
Team Building Expenses	979	756
Strength and Conditioning Coach	30,917	29,653
Assistant Strength and Conditioning Coach	16,902	11,717
Coaches Expenses	485	318
Sports Psychology/Medical	494	4,141
Dietitian	4,817	6,976
Specialist Sports Fees	7,213	4,663
Auditor Fee	400	400
International Athlete Contribution	1,700	1,950
Bank Charges and registrations	6	4
Sponsorship	850	850
Guest Speaker Fees/Workshop Expenses	238	1,861
<b>Total Expenses</b>	<b>150,373</b>	<b>142,841</b>
<b>Net Result</b>	<b>\$17,771</b>	<b>(\$2,833)</b>

Balance Sheet For the Year Ended 30 June 2024		
	2024	2023
<b>Assets</b>		
Cash at Bank	116,500	98,729
<b>Liabilities</b>		
Net Assets	116,500	98,729
<b>Equity</b>		
Contribution	1,613	1,613
Historical Net Earnings	97,116	99,949
Current Net Result	17,771	- 2,833
<b>Total Equity</b>	<b>116,500</b>	<b>98,729</b>
Closing Equipment Held	\$ 10,309	\$ 10,018



James Moulton,  
Australian Youth Climbing Team



400

GYM SESSIONS

ATHLETE APPLICATIONS  
63

72

Athlete scholarships across 23/24



International Competitors

2

Practicum students

Male Athletes Female Athletes

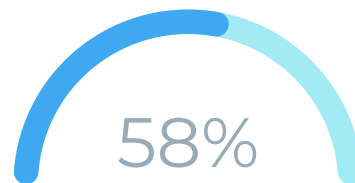


ATHLETE GYM ATTENDANCES

3118

250

Strength & Conditioning programs written

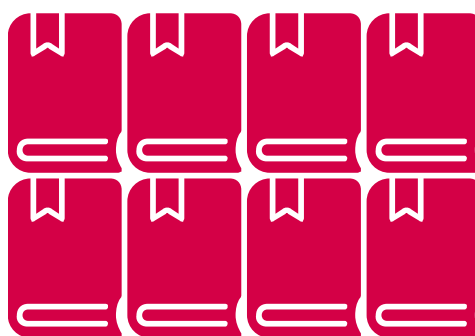


of athletes retained in the program for longer than 12 months

34 Nutrition Consults

196

Individual Sport Specific Coaching Sessions



ATHLETE WORKSHOPS

27

psychology sessions

# Athlete Support Services

## PRAS athletes have access to a range of support services to assist with their growth and development

### 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 access to the 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 assessments and interventions are designed to facilitate the athlete in optimising their diet for sporting performance throughout training and competition. It also aids recovery post-exercise, works to achieve and maintain body composition goals and maintain 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 scholarship year, PRAS athletes 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. After a successful trial period in 2023, scholarship athletes in 2024 have had access to a number of sessions with psychologist Sandy Gordon. These sessions allow athletes the opportunity to work through their individual needs and challenges specific to their sport.

## Sport Specific Coaching

After a successful bid for additional funding, PRAS is now able to provide each athlete with four one - on - one sessions with a high-performance coach specific to their sport, throughout the scholarship year. These sessions are also accompanied by some take home feedback that the athletes can implement in future training sessions. This provides an excellent opportunity for athletes to work with elite coaches in their sporting field and further develop their individual skills without the burden of travel.







# 2024 Scholarship Athletes

Abbey Dunseath - Athletics  
Pyper Warren - Athletics  
Charlie Andrews - Basketball  
Addison Barnes - Basketball  
Joshua Brabazon - Basketball  
Nicholas Brabazon - Basketball  
Brock Caporn - Basketball  
Kenzie du Bois - Basketball  
Abigail Durdin - Basketball  
Sienna Eade - Basketball  
Joel Gillett - Basketball  
Ava O'Neill - Basketball  
Luke Riegert - Basketball  
Kobe Sutton - Basketball  
Monet Webb - Basketball  
Amelie Reid - BMX  
Albert Esterhuysen - Cricket  
Emily Jacobs - Cricket  
Cooper Murphy - Cricket  
Joshua Commons - Cycling  
Cooper Dunlop - Cycling  
Darby Gaebler - Cycling  
Jaco Nel - Cycling  
Izaac Heales - Golf  
Lily Barrowcliffe - Hockey

Bella Rutter - Hockey  
Petra Verster - Hockey  
Ebony Stewart - Netball  
Bastion Finkel - Rock Climbing  
James Mouton - Rock Climbing  
Addison Heatley - Sailing  
Arvin Nair - Pistol Shooting  
Hitomi Cording - Swimming  
Chelsea Maley - Swimming  
Megan Maley - Swimming  
Cassidy Moody - Swimming  
Jemma Thomson - Swimming  
Isabel Cassidy - Synchronised Ice Skating  
Naomi-Mariana Vakadranu - Tennis  
Eric Aspeling - Triathlon  
Caide Ellis - Triathlon  
Casey Czaja - Volleyball  
Isaac Czaja - Volleyball  
Shona Howie - Volleyball  
Kilia Stockton - Volleyball  
Anela Stockton - Volleyball  
Luke Ward - Volleyball  
Stella Kennedy - Wakeboarding  
Jacob Stanesby - Weightlifting



Ebony Stewart, WA State Netball Team



Isabel Cassidy, Synchronised Ice Skating



# Shona Howie

## VOLLEYBALL



**Age:** 21

**Hours spent training:** 18 hours per week, prior to injury

### **Long-term goal:**

Unfortunately I've been battling a shoulder injury for the last 6 years now and after getting another surgery at the start of this year, I have had to readjust my long term goals. I am no longer able to compete in sports that requires any sort of overhead movement, as well as any contact sport due to the instability of my shoulder. My new goal is to get some stability back so that I can return to normal workouts, with a specific goal of returning to chin-ups, and one day being able to bench press!

### **How has PRAS helped you achieve your long term goals?**

I am so beyond grateful for the support that PRAS has provided me over the years and for all of the sponsors that support regional athletes. A special thanks to Chris and Ben who have been instrumental in helping me return to high level performance after my first surgery, and who have been so encouraging in my long rehab this round.

# PRAS Athlete of the year 2023



Shona Howie, National Volleyball Championships



**We thank our sponsors  
for their continued  
support of PRAS.**



**Funding Partner**



**Department of  
Local Government, Sport  
and Cultural Industries**

## Contact

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