



# PEEL REGIONAL ACADEMY OF SPORTS

2018/2019  
ANNUAL REPORT

# CHAIRMAN'S REPORT

**This year marks the fifth year of operation for the Peel Regional Academy of Sports. As an organisation we are continuing to grow and develop, establishing a firm foundation and a recognisable, marketable brand.**

We have continued to support the development of the regions highest performing junior athletes through access to local services, culminating in some outstanding achievements. During the past year, two of our athletes have won international events, with another two finishing in the top five.

PRAS has expanded over the past year to support referees and coaches in addition to the existing athlete program. We believe that sport as a whole needs to develop in the Peel Region, starting at a grassroots level and growing into a more elite environment. By supporting coaches and referees we hope to develop sport in all facets to create a growth in high performance sport.

This year we have welcomed a new executive officer, Tracey van der Laan. She has been part of the program since its initiation at a Strength and Conditioning level and we are delighted with the drive and enthusiasm she has displayed in taking on this new position. She is continuing to execute the Board's strategic plan and drive the program to new heights.

The Board has also welcomed a new member, Brodie Green, who is the WACA's cricket manager for the Peel Region. Brodie brings a range of experiences to the Board and is active in building the PRAS brand.

I would like to thank all our sponsors who continue to support the program, namely, the Department of Local Government, Sport and Cultural Industries who provides the majority of our funding, City of Mandurah Recreation Services, Global Diagnostics, Lakelands Physiotherapy, Miami Physiotherapy, Healing hands Physiotherapy, Halls Head Physiotherapy, and 4 Life Physiotherapy. We are extremely grateful for their contributions and look forward to their support as we strengthen our relationships with the region.

I would also like to sincerely thank the volunteer members of the PRAS Board for their commitment and valuable contributions over the last 12 months. 2019/20 promises to be the best year yet for PRAS as the programme continues to evolve and we grow the level of support provided to sport in the Peel region.

**Craig Johnson**  
Chairman of the Board

# PRAS REVIEW

## MISSION

The Peel Regional Academy of Sports aims to support the development of high performance sport in the Peel Region.

## VISION

A sustainable high performance program within the Peel Region.

## KEY PRIORITIES

- Improve athlete access to local services
- Continue to develop the level of coaching across the Peel Region
- Engage local referees within the program
- Cultivate relationships with partner sports
- Enhance program sustainability



## EXECUTIVE OFFICER REPORT

**2018/2019 has been an exciting year for PRAS. We have welcomed a new cohort of athletes and have started to see some of our younger athletes achieve some great results.**

This year we could also welcome our first referees into the program. The integration of referees into the program allows them to have access to the high-performance support they need to excel in their chosen sport. It also assists in promoting a healthy relationship between players and referees as they are peers at training. We have welcomed referees from the sports of Rugby and Basketball initially and will be looking to expand this in the future.

PRAS has extended its scope to include local coach development throughout the Peel Region. One of the barriers associated with coach development is the cost of upskilling. PRAS is supporting the development of sport in the region by providing funding grants for coaches who are looking to move from a foundation level of coaching to a more advanced high-performance qualification. PRAS has been able to support four local coaches so far by providing funding for them to complete advanced coaching qualifications.

Our strategic plan this year involved improving athlete access to support services through sponsorship. We have been fortunate to have the City of Mandurah Recreation Centres support us through athlete access to Pilates and Yoga classes in addition to the Aquatic Centres; this has provided athletes with access for rehabilitation and given us the opportunity to begin running pool recovery sessions. Several physiotherapists throughout the Peel Region have agreed to support the program in various ways, allowing athletes easy access to their preferred provider in a location close to them. We will be continuing to pursue sponsors this coming year allowing us to provide a wider range of services to our athletes in a local setting.

**Tracey van der Laan**  
Executive Officer



# PRAS STATISTICS

35

Athletes received  
full PRAS  
scholarships

2

referee

scholarships

500 hours of  
coaching



5 athlete  
workshops



300 gym  
sessions



4 practicum  
students



3 coaching  
grants



12 board  
meetings



29 State  
representatives

2 WORLD  
CHAMPIONS

OVER THE PAST YEAR,

148

strength and conditioning  
programs written

18

DIFFERNT  
SPORTS



# JORDAN DAWSON

## Athlete Profile

**SPORT:** Cycling, track & road

**AGE:** 18

**HOURS SPENT TRAINING EACH WEEK:** 20

**GOAL:** to be a professional cyclist

**GREATEST ACHIEVEMENT:** Winning bronze at the Australian National Championships in 2018.

PRAS has provided me with a tailored strength and conditioning program which has allowed me to improve my performance; as well as supporting and encouraging positive habits through seminars and coach to athlete communication.



**BWA has maintained and sustained a great working partnership with PRAS and their staff. The services provided to our High Performance athletes in the Peel region are thorough and holistic to the benefit to the athlete and the individual. We are in sincere gratitude to the work PRAS does for our athletes.**



# Application Timeline 2020



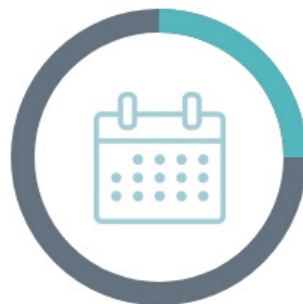
**1st February**

Applications & Reapplications  
Open



**28th February**

Applications Close



**31st March**

Existing Scholarships End



**1st April**

New Scholarships Commence



## GEORGIA PAYNE

### Athlete Profile

**SPORT:** Sailing, Nacra 15

**AGE:** 16

**HOURS SPENT TRAINING EACH WEEK:** 20

**GOAL:** 2024 Olympics

**GREATEST ACHIEVEMENT:** Winning the Dutch Youth Regatta in 2019.

As a regional athlete PRAS has given me the opportunity to get expert support, advice and strength and conditioning training without the hours of travel usually expected of a regional athlete. In conjunction with WAIS, Tracey and Chris have helped me work to develop physical

strength and cardiovascular endurance, whilst the informative workshop nights have provided extra support for me to achieve my goals.

## PARTNER SPORTS



WACA



## SPONSORS



Global  
Diagnostics



GOVERNMENT OF  
WESTERN AUSTRALIA

Department of  
Local Government, Sport  
and Cultural Industries



Lakelands



HEALING HANDS PHYSIO  
PUT YOURSELF IN OUR HANDS



Halls Head  
hysio

Miami

