



LINDISFARNE SPORTS ACADEMY

PRINCIPAL

It is with great pleasure that we launch our Lindisfarne Sports Academy.

The Sports Academy has been based on the highly successful Griffith University Sports College which is a program supporting tertiary students to combine their studies with careers as elite athletes.

As part of the development of our strategic intent in 2016, it became clear that a similar program would be necessary at Lindisfarne to support our highly talented students who are combining school and HSC studies with careers as elite junior athletes at a state, national and international level. Through the Lindisfarne Sports Academy our leading athletes have contact with ambassadors with records of high achievement at the national and international level in their own careers as elite athletes.

In addition, members of the Academy have access to specialist services including Physiotherapy, Sports Psychology, Dietetics and weights training in consultation with their specialist coaches outside of the School.

I am most appreciative of the encouragement that we have received from the Director of the Griffith University Sports College Mr Duncan Free OAM, and the drive and vision of the inaugural Directors of the Lindisfarne Sports Academy Mr Matthew Fydler and Mr Matthew Bedford in bringing this exciting initiative to fruition.

The launch of the Academy is another important step in our aspirational journey as a School and I look forward to our exceptional Lindisfarne student athletes performing with distinction on the national and international stage in the years to come.

Mr Stuart Marquardt



DIRECTORS' NOTE

In keeping with the Strategic Intent of the school, it gives us great pride to oversee the first intake of the Lindisfarne Sports Academy.

Mr Marquardt's vision has quickly taken shape and the result is a Sports Academy which will allow our elite student athletes to continue to strive at the highest level.

Students will benefit from the expertise of past Lindisfarne students who are now industry leaders in their chosen fields. By attending a number of "masterclasses", Academy students will be presented with opportunities to enhance their knowledge to further achieve in their chosen sport. A key component of the Lindisfarne Sports Academy's framework was the recruitment of these past students in the role of "industry specialists." Their involvement will further enhance the strong sense of community that has become synonymous with Lindisfarne over recent years.

The inaugural inductees to the Lindisfarne Sports Academy will have displayed an outstanding level of achievement in their chosen fields. Of course, continued success requires further dedication and commitment, and the Sports Academy is designed to work in conjunction with these talented athletes to support them on this journey.

The Lindisfarne Sports Academy is proudly supported by our Sports Ambassadors. Duncan, Chris, Sharon, Joel, Samantha and Bill will each bring a wealth of experience from a vast sporting landscape and we look forward to the role they will play with the Academy members.

The vision shown by Mr Marquardt late last year in the initial planning of the Sports Academy has been wonderfully supported by the key staff around him. It is with great pleasure that we launch the Lindisfarne Sports Academy and look forward to working alongside the inducted athletes and celebrating their future successes.

Mr Matthew Bedford
Mr Matthew Fydler



Sporting and academic success are both underpinned by hard work, commitment and a desire to leave no stone unturned in the pursuit of this.
– Samantha Riley

DIRECTORS

Kobie Enright,
Tweed Coast Pro at Cabarita.
Picture 18 Second Magazine

Front Cover: Piper Harrison, Victoria Rip Curl Grom Search
Flynn Southam – Lindisfarne Swimming carnival

AIMS

OUR VISION

Lindisfarne Anglican Grammar School acknowledges the commitment and sacrifices needed to achieve at an elite level within any given sport. Starting in Term 2, 2017, the Lindisfarne Sports Academy will harness the phenomenal power of sport by offering an innovative education alongside a professional sports development program thus allowing our students to reach their potential. With highly qualified coaches, proven training methodologies, professional sports Ambassadors and a motivating learning environment that brings together like-minded sporting individuals, the Lindisfarne Sports Academy will provide the ultimate foundation for our student athletes' future success.

OUR PROGRAM

- Access to a holistic program that balances academic achievement and sporting excellence.
- The right to participate in any of the Lindisfarne Sports Academy activities.
- Access to strength and conditioning programs, and associated health facilities such as Physiotherapist, Dietician, Sports Performance Management.
- Access to personal development programs including camps, guest speakers and excursions.
- Counselling with mentor and other appropriate staff to advise on tertiary studies, career and sport goals, time management, overall well-being and pastoral support.
- Access to "Athlete Friendly" services including flexible academic timetables, e-learning support when absent, 1 on 1 tutorials with teachers when needed.
- Regular contact with mentors to remain up-to-date with student progress.
- Liaison with Griffith Sports College for tertiary studies.

1

To assist students to balance their sporting and academic commitments in a supportive environment.

2

To promote a "High Performance Culture" within the Academy which challenges students to achieve their very best.

3

To support students with flexible curricula that acknowledges the demands placed on them by their chosen sport.

4

To expose students to industry best practice across a range of sports related fields including – Nutrition, Strength and Conditioning, Sports Science and Leadership.

5

Through our partnership with the Griffith University Sports College, the Lindisfarne Sports Academy seeks to provide a clear pathway for students to continue their academic journey.

AIMS



Lily Dick, National Women's Development Team in Darwin.

To be the best in
your sport, you can't
do it alone. You need
support in all aspects.
– Joel Parkinson

AS

AMBASSADORS

MR DUNCAN FREE OAM

Olympic rower Duncan Free has shown how courage and determination can triumph. Widely regarded as the most complete rower in the large Australian Squad, Duncan



has always demonstrated superb athleticism, power, technical precision and tactical smarts.

Duncan first represented Australia in 1991, when he won a silver medal at the Junior World Rowing Championships. He then went on to compete in multiple world championships and four Olympic Games, winning a bronze medal at his first in 1996 in Atlanta. After being part of the International Crew of the Year in 2007, he achieved his sporting dream by going on to win gold at the 2008 Beijing Olympics in the men's pair. During 2009, Duncan took a year off competition before preparing for the 2010 and 2011 World Championships. Unfortunately, injury prevented him from competing in his 5th Olympic Games in London in 2012. Duncan is currently the Director of the Griffith Sports College, and is delighted to be an Ambassador for the Lindisfarne Sports Academy.

MRS SHARON BUCHANAN OAM

Sharon Buchanan started playing hockey at an early age, but as a junior played most sports including tennis, swimming, basketball, softball, and gymnastics. Her



hockey career began with selection in the Western Australia State Under 16 hockey team in 1975, at the age of 12. She captained the team in 1978. Sharon went on to play for Australia from 1980 to 1993 (including four Olympic teams from 1980 to 1992) playing a vital role when Australia won gold in the 1988 Seoul Olympics. She captained the Australian team from 1989 to 1993 at a time when Australia was considered the best in the world. She played in four Champions Trophies teams between 1987 and 1993, winning two silver medals and two gold medals. Sharon was named Player of the Tournament after the 1991 victory in Berlin earning a place in the World Team for the third time. Sharon maintains a close connection to the Australian sporting world as a member of the Olympic Athletes Advisory Committee, the Australian Sports Drug Agency and the Australia Korea Foundation.

MR BILL CHAFFEY

Bill Chaffey, competes in the PT1 (handcycle/ racing wheelchair classification) and was TRI-1



Paratriathlon World Champion in 2009, 2011, 2012, 2013 and 2015. His come-from-behind win in 2013 was named in the International Paralympic Committee's Top 50 moments in Paralympic sport. In the same year, Bill was nominated for the IPC Athlete of the Month and won the inaugural Australian Paratriathlon Championships. He won the Men's TRI-1 classification of the 2014 Oceania Paratriathlon Championships in a world best time and won the 2014 ITU World Paratriathlon event. In March 2013, Bill set a new TRI-1 world best time for an Olympic distance triathlon. His time bettered the previous record by 5 minutes. In May 2013, Bill qualified for the Ironman World Championships in Kona, placing second in this event. Bill was forced to withdraw from the 2014 ITU World Triathlon Series Final in Canada after breaking two bones in his pelvis after falling out of his racing wheelchair training at home just prior to the event. In January 2015, he returned from injury to win the Oceania Paratriathlon Championships PT1. Bill won his fifth world championship at the 2015 World Championships Final in Chicago and competed at the 2016 Rio Paralympics Games, finishing fourth in the Men's PT1 event. Bill brings extensive experience to the Lindisfarne Sports Academy, and is looking forward to helping the School's talented athletes achieve their absolute best.

MR CHRIS FYDLER OAM

Chris Fydler is a former competitive swimmer from Australia, who competed in three consecutive Summer Olympics for Australia. Chris



represented Australia at an international level from 1989 to 2000. During his career, he amassed over 20 national championships including five consecutive national 100-metre freestyle championships. His finest hour came at the Sydney 2000 Olympics, when he was a member of the men's 4x100-metre freestyle relay team that defeated the Americans and won the gold medal in the prestigious event, alongside Michael Klim, Ian Thorpe and Ashley Callus. It was the first time in Olympic history that the US team had been beaten in that event. Previously Chris had been crowned World Champion in 1998 in the 4x100 medley relay and again in the 4x100 freestyle at the Pan Pacific swimming championships, but the Olympic victory is undoubtedly his ultimate highlight. Chris graduated from Bond University with a double degree in Commerce/Law (Honours). He practiced as a lawyer in Sydney before pursuing interests in IT. However, he has maintained a high-level connection with the international sporting world as Deputy Chef de Mission Australian Olympic Team (2012 & 2016) as well as being a member of the FINA Disciplinary Panel. Chris is excited about supporting the development of the Lindisfarne Sports Academy, and looks forward to working with a range of talented athletes.

AMBASSADORS

MR JOEL PARKINSON

Joel Parkinson grew up surfing at Snapper Rocks. His formative years were spent surfing alongside childhood friend, Mick Fanning. Here, Joel developed his own style while also winning the ASP World Junior Championship. He became the youngest surfer to win a Billabong Contest at Jeffrey's Bay, a world event. In 2004, 2009 and 2011 he was ranked number 2, making his own record. During the December 2008 Pipeline Masters third-round heat in Hawaii, he matched Kelly Slater's 2005 record of two perfect 10-point rides under the world tour's two-best-waves scoring system. Parkinson went on to win the Triple Crown of Surfing for 2008 and then again in 2009 and 2010. Another career highlight was in 2012 when he was crowned the 2012 World Surfing League World Champion. A highly successful competitive surfer, Joel has won twelve world tour events including the prestigious Pipeline Masters in December 2012. Joel has featured in dozens of surf movies and featured on scores of surfing magazine covers. He is looking forward to giving something back to the local surf community through his Ambassadorship for the Lindisfarne Sports Academy.




MS SAMANTHA RILEY

During her swimming career, Samantha Riley's tremendous efforts in the pool elevated her to be indisputably one of Australia's and the world's greatest female swimmers. Entering swimming at the age of seven as a way of overcoming her fight with asthma, Samantha won her battle over asthma while gaining respect and admiration in the pool. While her success has already etched her name in Australian swimming history, her enthusiasm, commitment and strong desire to win means she continues to succeed. Officially retired in 2001, Samantha will be forever known as one of Australia's greatest ever female swimmers. Samantha's hard work and determination as a swimmer paid off. Her professional attitude and enthusiasm afforded her international success. Some of her greatest achievements include three Olympic Medals, two World Championship Gold Medals, five Commonwealth Games Medals (4 Gold) and nine Pan Pacific Games Medals. Samantha also set three World and two Commonwealth Records. An active member of the speaker's circuit, Samantha is excited to add another string to her bow through being an active Ambassador for the Lindisfarne Sports Academy.



Oliver Conroy, U18 National Championships Hobart.
Picture ClickinFocus



The opportunity to be exposed to the latest trends and research within the sporting arena is paramount to an individual's success.
– Sharon Buchanan

HIGH PERFORMANCE SPECIALISTS

ALEX RIGBY
(HIGH PERFORMANCE
MANAGER,
PHYSIOTHERAPY
AND
REHABILITATION)



Lindisfarne Anglican
Grammar School Graduate 2004

High Performance Manager
– Lindisfarne Sports Academy

Alex is currently the Rehabilitation Manager at the Gold Coast Suns, a team who are building a reputation as one of the most exciting sporting clubs in Australia. His background in physiotherapy gives athletes the sports science/sports medicine confidence they need in building strength and conditioning which leads to high performance.

Alex's experience is built on extensive time spent in private practice, Cricket Australia and the Melbourne Rebels.

ABBY RIGBY
(DIETICIAN/
NUTRITIONIST)



Lindisfarne Anglican
Grammar School
Graduate 2007

Nutritionist
– Lindisfarne Sports Academy

Abby has extensive experience consulting as a dietician in some of South East Queensland's best medical institutions. Currently in practice at Gold Coast Hospital, Abby brings a wealth of knowledge gained from years of educating and counselling in clinical settings.

Abby completed her Masters of Nutrition and Dietetics through Griffith University, and is well-positioned to advise and manage the nutritional needs of the Lindisfarne Sports Academy athletes.

CALLUM KOCH
(STRENGTH AND
CONDITIONING)



Lindisfarne Anglican
Grammar School
Graduate 2009

Head Strength and
Conditioning
– Lindisfarne Sports Academy

Callum is currently the Physical Performance Manager at the Queensland Firebirds in the Suncorp Super Netball league. Having previously been with the AFL's Gold Coast Suns as their Strength and Conditioning Coach, he has worked with elite athletes in the fields of athletic development, rehabilitation and sports science.

Callum has also completed a Master's degree in High Performance Sport and utilises evidence-based practices in order to help athletes achieve their goals.

**To be a great champion and achieve your dreams,
you need to believe in yourself, even when others may not.**

– Chris Fydler

SPECIALISTS

Ruby Meehan, Branch Surf
Lifesaving Championships – Kirra



Make every day count.
– Bill Chaffey

DIRECTORS

MATTHEW BEDFORD

Sport has always been at the forefront of Matthew Bedford's life. Some of his earliest memories revolve around playing backyard cricket and kicking the footy with his brother and father. When the chance came along to pursue his love of sport within a school environment as a Physical Education teacher, it seemed like a natural progression.



Always a talented sportsman himself, it is Matthew's involvement as Coach of the NSW Schoolboys AFL Team, Head Coach of the NSW CIS Under 15 Boys AFL team, Assistant Coach of the NSW Under 15 Boys AFL team and with the Gold Coast Suns Academy that has really motivated him. He looks forward to bringing this enthusiasm to the Lindisfarne Sports Academy.

Paramount to the Academy's success is the involvement of past Lindisfarne students as 'Industry Sport Specialists'. Not only do these professionals provide insights into the latest research and sport methods, they also provide inductees with a look at the very real pathways that exist for them.

The Lindisfarne Sports Academy provides a unique opportunity for members to continue both their sporting and academic journey. Matthew is honoured to be a Director for the first intake of students to the Academy.

MATTHEW FYDLER

As a local youth, Matthew Fydler was heavily involved in the sporting community, firstly as a representative in soccer and rugby league for the Far North Coast region and also as a State CHS medallist for Swimming and Athletics. In Matthew's final year of high school, he received the Pierre De Coubertin Award in recognition of his many sporting achievements at an elite level and for demonstrating the philosophy of the Olympic spirit.




Matthew then continued his passion for sport by completing a Bachelor of Human Movement (Sport Science degree) and a Diploma of Education in order to share his extensive sporting knowledge, skills and experience with high school students.

In 2003, Matthew started teaching PDHPE at Lindisfarne Anglican Grammar School and has been the Head of St Barnabas House since 2012. In this role he is committed to ensuring the well-being of students; supporting and nurturing the individual's emotional, social and academic needs. Now with the launching and implementation of the Lindisfarne Sports Academy, Matthew is looking forward to supporting and inspiring the school's young athletes in achieving their academic and sporting goals.

Having access to a holistic program that balances academic achievement and sporting excellence is fantastic.
– Duncan Free



DIRECTORS

A collage of four action shots from field hockey games, separated by diagonal yellow and blue lines. The top-left photo shows a female player in a maroon jersey with the number 22. The top-right photo shows a male player in a light blue jersey. The bottom-left photo shows a female player in a maroon jersey. The bottom-right photo shows a female player in a maroon jersey. The background of the collage is a mix of green and blue, representing the field and sky.

Kendra Fitzpatrick, U18 National Championships, Hobart.
Picture ClickInFocus.

Joe Sandor,
U16 All Schools National
Tournament, Melbourne

Shania Myers, U18 National Championships, Hobart.
Picture ClickInFocus.

Jesse Reid, National Championships, Gold Coast

Jade Reid, U15 National Championships, Moorebank



Further information:
www.lindisfarne.nsw.edu.au/lindisfarnesportsacademy

SPORTS

Marlon Harrison, Snapper Rocks