

Jack Bobridge broke Commonwealth Games records with his gold medal wins in both the 4000m Individual and Teams Pursuit in Delhi. He also broke the 4000m Individual Pursuit World Record when he claimed gold at the Australian Track Championships in February. At the World Championships in Copenhagen, Denmark, he claimed gold in the Teams Pursuit, and bronze in the 4000m Individual Pursuit.

Matthew Cowdrey won a total of six gold medals and one silver at the IPC World Championships in Eindhoven, the Netherlands. He broke the world record in both the S9 100m backstroke and S9 4x100m freestyle relay. At the Commonwealth Games in Delhi, Matthew also broke the World Record when he took gold in the S9 50m freestyle.

Junior Female Athlete of the Year Olympia Aldersey (Rowing) Age 18, Hyde Park

Olympia Aldersey competed in the World Junior Rowing Championships in Racice, Czech Republic, and she and her crew won bronze in the coxless four. She also competed at the Youth Olympic Games in Singapore, and won a silver medal in the pair with former SASI rower Emma Basher. At the 2010 Australian Rowing Championships Olympia won silver medals in the U19 women's pair, women's four, and women's single scull.

Junior Male Athlete of the Year Matthew Glaetzer (Cycling) Age 18, Paradise

Matthew Glaetzer achieved dual Junior World Champion status at the 2010 UCI Junior Track World Championships in Italy – winning gold in the Sprint and Keirin events. He is the current Australian U19 200m sprint record holder. Matthew has recently been selected to the AIS sprint cycling program.

Athlete with a Disability Matthew Cowdrey (Swimming) Salisbury Heights

Matthew Cowdrey broke three World Records while competing in the IPC World Championships and Commonwealth Games in 2010 (see above – Athlete of the Year).

Demonstrating that he is always up for a challenge, Matthew, a single arm amputee, took the opportunity in Delhi to compete in the 100m freestyle in the S10 category, despite being officially classified as S9 (i.e. he was competing against swimmers with more physical ability). He finished fourth in the race.

Program of the Year Water Polo

The Water Polo Program achieved a milestone in 2010, with the first selection of a SASI female athlete to the national senior squad.

Sophie Ricketts and Isobel Bishop travelled to Asia and Europe with the Australian Squad, and Isobel was selected for the team which contested the World League rounds in China and Japan. Jessica Martin was selected to the Australian team to attend a training camp and four nation tournament in Canada.

A number of juniors were also selected to Australian squads and development squads.

Led by coach Eddie Denis, the Water Polo program has one of the most comprehensive athlete management and monitoring systems of any program at SASI, and the program will thrive in the new state of the art training environment when it moves to the State Aquatic Centre at Marion in 2011.

Coach of the Year

Yu Bo (Men's Artistic Gymnastics)

Yu Bo is the coach of the SASI Men's Gymnastic Program, and is responsible for coaching a broad range of ages and abilities, with his squad members ranging from 13-23 years old, from state champions to senior international medallist.

In 2010, the SASI Men's Gymnastics Program reached a new level under the leadership of head coach Yu Bo, with Sam Offord's dual gold medal winning performances at the Commonwealth Games and Gold and Silver medal performances at the Pacific Rim Championships. Yu Bo was selected as a national team coach for both the Commonwealth Games in Delhi and the World Championships in Rotterdam.

Sam said before the Commonwealth Games that much of his success was thanks to his coach.

"It's such a hard sport that you need to do so much training and so much work before you see results. He has done everything that I could have needed from him for me to get the success that I have."

Amy Gillet-Safe Memorial Award

Anna Haymes (Canoe Sprint)

Age 26, Henley Beach

The Amy Gillet-Safe Memorial Award is presented annually to an athlete who displays some of the characteristics that Amy possessed and lived by. The award is presented by Amy's parents Mary and Dennis Safe.

- Persistence, sacrifice and commitment to achieve prominence in their chosen sport, even in the face of adversity
- Passion and commitment in the pursuit of excellence in their sport
- Actively promote their sport and demonstrate leadership and be an active role model
- Possess and display the qualities of fair play and sportsmanship.

Canoe Sprinter Anna Haymes was identified through SASI Talent Search in 1998, and progressed through the program to be selected in her first national senior team in 2005, and established herself as a role model and leader to all members of the canoe sprint squad. Alongside her athletic training, Anna completed a Physiotherapy degree with distinctions. She has chosen to manage a minimised working schedule so that she can commit fully to her sporting endeavours. In the 2009-10 season, Anna returned from shoulder surgery to perform strongly at the National Championships, becoming the 3rd ranked senior female paddler in Australia. Forced to withdraw from the national team due to surgery for an elbow injury, Anna has once again worked through rehabilitation to get herself back in the kayak. Despite her own challenges, she has maintained herself as a support and mentor for the rest of the squad. She has her sights set on gaining selection to the 2012 Australian Olympic team.

Athlete Career and Education Award Sean O’Hara (Men’s Gymnastics) Age 20, Hawthorndene

Sean’s progress as an athlete, and a student over the past five years, has required clear planning and good balance. He has had close contact with the Athlete Career and Education support staff at SASI, and achieved a good transition from school to university, and manages the demands of his study, and his 30 hour a week training regime well. Sean is currently studying a Bachelor of Health Science at Flinders University, with a view to studying Medicine. Sean has achieved selection to the national senior gymnastic squad, and is currently competing at the prestigious Liuken Cup in Texas.

Freemason’s Regional Scholarship Karri McMahon (Hockey) Age 18 Berri/ North Adelaide

The Masonic Foundation is the charitable arm of the Freemasons of South Australia. The \$1,500 regional scholarship is in its seventh year, and was established to recognise the difficulties and expenses country athletes experience in meeting the expectations of their sport program and following their sporting dream.

Karri McMahon spent many years travelling from Berri, in the Riverland, and in 2010 has moved to Adelaide to further her hockey career and studies at Flinders University, where she is completing a Health Science degree in Paramedics. In 2010 she toured with an Australian A team in a five test series in Japan.

PROGRAM AWARDS:

Baseball Jackson Lodge Age 17, Woodville South
Member of the Junior AAA National Team, signed a pro contract with the Pittsburgh Pirates

Basketball Aneeka Smith Age 17, Strathalbyn
Selected in the national U17 team, and competed in the World Championships in France.

Canoe Sprint Anna Haymes Age 26, Henley Beach
Australian senior team member, won multiple medals at the 2010 national championships.

Cycling Damien Howson Age 18, Greenwith
Won the U19 Trofeo San Rocco in Italy, and achieved another five top-five results in international road races.

Diving Rachel Bugg Age 21, Netherby
Competed in Grand Prix events in the USA and Spain, achieving top ten placings in the Platform event.

Men’s Football

Martyn Crook

Memorial Award Jacob Melling Age 15, Walkley Heights
Selected in the U17 Joeys team in 2010.

Women's Football	Victoria Balomenos <i>Top goal scorer of the FFSAU16 Boy's League (in which the SASI women's team competed) in 2010. Current Australian squad member.</i>	Age 22, Mile End
Men's Gymnastics	Sam Offord <i>Dual gold medallist, Commonwealth Games – Rings and Teams Competition.</i>	Age 24, Eden Hills
Hockey	Tom Wickham <i>Selection to the Australian senior squad program, based in Perth.</i>	Age 20, Peterhead
Netball	Amehlia Schmidt <i>Selected in the 2010 Australian under age training squads and the 2011 extended Thunderbirds squad.</i>	Age 17, Lewiston
Rowing	Christopher Morgan <i>Won gold in the men's coxed pair at the 2010 World Rowing Championships.</i>	Age 28, Greenhill
Sailing	James Paterson <i>Won gold at the Sail Melbourne World Cup and silver at the 2010 National Championships.</i>	Age 27, Glenelg North
Swimming	Hayden Stoeckel <i>Won silver in the 50m Backstroke at the 2010 Commonwealth Games.</i>	Age 26, Wayville
Tennis	Jack Schipanski <i>Played in the Australian junior Davis Cup team and won the national 16s clay court championships.</i>	Age 16, Brighton North
Trampoline	Blake Gaudry <i>Australian team representative at the Pacific Rim Championships and a 2010 national champion.</i>	Age 19, Port Adelaide
Volleyball	Sam Halliday <i>Selected on the youth national team and competed at the World Youth Championships in Portugal.</i>	Age 17, Stirling
Water Polo	Sophie Ricketts <i>2010 saw Sophie offered an AIS scholarship for the second year in a row, and she was a member of the 2010 Australian touring team.</i>	Age 22, Toorak Gardens