

Otago Academy of Sport

CHAIRMAN'S REPORT 2021

Another year of disruption due to Covid has been endured and as I write this report we are again in Level 4 lockdown with uncertainty as to for how long. Fortunately our Paralympians have settled into Tokyo, to follow up a successful Olympic Games for our Kiwi athletes, albeit one year delayed. The unfortunate death of cyclist, Olivia Podmore, only serves to enhance the value of efforts that go into instilling in our young promising athletes the mental health skills, strength and conditioning and general life skills that help them adapt to the pressure of highperformance sport. The Otago Academy and its predecessors have for the last 20 years sought to prepare our young athletes for what is expected in the high performance areas of their chosen sports. The support of family, friends and fellow OAS athletes is regarded as a most valuable contribution in their preparation and is reflected in the outstanding performances of our graduates. As we await HPSNZ's announcement of their programme for the future, we are hopeful that it will enable the OAS to continue to deliver the high level of services that have assisted our athletes to achieve their successes in the past.

After "being thrown in the deep end" last year our manager, Carmel Leslie, has helped drive the Academy and our athletes to increasingly higher levels of commitment and achievement. Covid restrictions last year meant redeveloping the athletes programme delivery to an on-line service, along with the delivery of the 2 yearly Coach's Conference, which Otago presents. Board member Dr Tania Cassidy and Carmel arranged guest speakers to deliver their message, 'On the Couch" (a la Graham Norton), to attendees on-line throughout



New Zealand and around the world. The theme was "Adapting our Coaching in a Changing World" and guest presenters included Dame Noeline Taurua, Emma Humphries, Jamie Joseph and Heath Mills. An excellent initiative which was much appreciated.

After the disappointment of 2020 when the NZ Elite Motorsport Academy week programme had to be cancelled, it was great to welcome them back to Dunedin in early July this year. The 8 young drivers who took part were full of praise for the programme and for the excellent presentation by all our providers. We look forward to seeing the names of some of the drivers appearing in future, up with the van Gisbergens, McLaughlins, Hartleys and Paddons and many other successful drivers who have graduated from the NZ Elite Motorsport Academy programme in the past. Many hours went into organising this week by Carmel, along with the presenters, Nat, Megan, Fiona, Helen and the Otago University facilities

It was great to see Courtney Duncan follow up her world championship title of last year with a win again in 2020-2021. After the disappointments of the previous 3 years and with her obvious determination it was only a matter of time! Also, another of our athletes who has burst onto the world stage is Erica Fairweather who stood out at the Tokyo Olympics with NZ records and PB's that indicate future success at the highest levels. They are not our only successful athletes this year as is recorded in this report and thanks must go to Carmel, all our contractors, the athlete's coaches and their families for their input which has helped our athletes achieve their successes.

In this past year we have provided our services to various local sports and their development squads, including the hockey, netball (NHL squad), basketball and rowing academies. This is enabling us to share our skills with a lot more athletes than just those chosen to attend the Otago Academy programme. It is also assisting us to earn more income for OAS so we can continue to provide our services. We are very grateful to our financial supporters, The Otago Community Trust, Southern Trust, The Bendigo Trust and for the support of Sport Otago, the Dunedin City Council and High Performance Sport



New Zealand. We look forward to the announcement from HPSNZ as to the future of delivery services to our athletes in what are increasingly changing and stressful times.

Finally, thanks to our board members, Helen Littleworth, Dr Tania Cassidy and John Brimble for their contributions this year, which were extended at times due to the restrictions and extra work imposed by Covid and we all acknowledge the contributions of Carmel, who has spent considerable extra time in these early years, successfully learning and enhancing our systems; financial, athlete management, Coaches Conference, Motorsport Academy and the provision of our services to the Sport's Academies.

As we 'go to print' with this annual report it is very pleasing to acknowledge the gold medal efforts of Anna Grimaldi and Holly Robinson in Tokyo, along with the valuable support of their coaches, Brent Ward and Raylene Bates, respectively. Great efforts by both athletes and coaches who have benefitted over many years from the support of the Academy, our service providers as they continue to enhance our vision "to see New Zealand athletes winning on the world stage."

Steve Brocklebank
Board Chair - 2021

ACADEMY OTAGO, CENTRAL OTAGO AND NORTH OTAGO

2021

The Otago Academy of Sport talent accelerator programmes launched into action in February, with the year two athletes coming together to discuss the academies' expectations and workshop schedule for the year. Soon after, the new year one athletes were welcomed, and they immediately started to bond as a group.

They all began their workshop journey in March and worked their way through the year attending many tailored and informative sessions which were delivered by our wonderful Dunedin based Providers. These include Natalie Fraser (athlete life and mental skills), Fi Simpson (nutrition), Steve Brocklebank (financial skills and planning), Hannah Morgan (emotional health and wellbeing), and via zoom with Olivia McTaggart (Drug Free Sport). Lexie Jones-Hall (Strength and Conditioning coach) joined the OAS team in April when Megan Gibbs went on maternity leave and has done a sterling job with our athletes in the gym. She has programmed for them, and taken them through some gruelling workouts, but also taught them many valuable lessons around building one's physicality, whilst staying injury free. We have also been truly fortunate to have Lexie working with some of our team academies including the Otago University rowing development squad, Netball Souths' NHL development players and Otago Hockey's talent development squad. Lexie has put these athletes through their paces and is hoping to continue to work with them again in 2022.

We have also offered performance support to Otago Basketball holding a nutritional workshop for their coaches, parents, managers, and development players. We have two very special athletes from Oamaru who were part of the year one Academy Programme along with our wonderful Central Otago athletes who followed the same path as their academy year group, with all the workshops recorded and/or watched and interacted with through zoom.

We had a real focus this year on nurturing the athletes and assisting them through tricky times, both in their personal and sporting lives, addressing emotional wellbeing and how to deal with stresses and difficult or uncomfortable situations. Many of our year two athletes transitioned from school and home life into work and tertiary education learning to fend



for themselves in flats and hostels. This posed another layer of challenge around nutrition, getting to training, managing their time, and addressing issues on their own. Hannah and I were on hand to help them through many of these as well as Fi and Nat. This year has seen our athletes get close, as they have supported each other through changes, injuries, inevitable highs and lows of sport and the real disappointments with competitions, tournaments, trials, and team announcements being cancelled once again due to COVID.

A highlight this year was heading away to Invercargill to attend the annual camp with Southland. This year it was coordinated by Carly Anderson of Academy Southland and she did an amazing job. It started with getting the athletes to do a strengths profile survey and the results were used to help the athletes draw on their strengths in different situations, and they were asked to reflect on their decisions and performances during camp based on their strengths and weaknesses. They all had an enriching experience as many of them were stretched and pushed out of their comfort zones, leading to the development of new broad skills that they can apply to situations in the future. Many of the athletes were billeted and they enjoyed the schedule which included hot yoga (looking at how fluid loss can affect your performance), cycling at the velodrome, squash, wheelchair basketball, clip n climb, functional movement, and fitness,

stretching and self-massage, media skills, and public speaking. A packed two days and some tired athletes on our journey home to Dunedin.

The silver lining of yet again more cancelled events and another lockdown is seeing the many inspiring performances that we witnessed at the 2020 Olympic Games in Tokyo. In particular Erika Fairweather, who has gone through the Otago Academy programme and who trains in the gym with many of our athletes. and more recently in the Para Olympics with Holly Robertson and Anna Grimaldi smashing it to both win gold. We need to draw strength and inspiration from these athletes who have never given up on their goals, and who have trained through adversity and overcome obstacles to be $\overline{\text{NZ}}$ Olympic heroes.

Grit and determination is the name of the game and here at the Academy we're doing our best to support our athletes through giving them knowledge, experience, practical skills and the relationships they need to climb the ladder into elite sport.



ATHELETE HIGHLIGHTS 2021

OTAGO ACADEMY YR 1

Tom Meder Hockey

U18 Otago team. Selected in the U18 New Zealand training squad.

Tom Gold Swimming

Results:

2nd Mens 17-18 50m freestyle at NZ Champs. 5th Mens Open 50m freestyle at NZ Champs. Broke Otago open record and age group record for 50m free. Qualified for national age group programme. Short Course Champs were cancelled on first day, but after time trial had projected time for 2nd overall in 50m free.

Aspirations:

Commonwealth Games 2022, Short course world champs 2022 and Olympics 2024.

"The opportunity to access the highperformance gym and providers has been amazing."

Madi Wills Swimming

Results:

NZ Champs 2021 - 400 IM 5th 17-18yrs. NZ Secondary Schools 2021 - 6th 400 free, 5th 200 breaststroke, 5th 200 IM, 7th 200 butterfly. NZ Short Course Champs - qualified for the Open C final in 200m breaststroke.



Lachlan Colquhoun Hockey (Goalie) and Handball

Results:

Otago U18 hockey team: 3rd at the National Tournament in Hamilton. Otago Handball Junior team: 3rd at NZ Junior Cup, 4th top goal scorer and highest goal scorer for Otago. Otago beach handball team for Nationals.

"The access to the high performance gym and trainers has helped me reach a higher level of physical performance."

Jess Tyrell Netball

Captain of the Dunedin Netball U18 Representative team that placed 7th at Nationals. I was also Co-Captain of OGHS Senior A netball team.



Cameron Moffitt Athletics

Results from the 2020/2021 session: 3rd senior boys shot put at NZSSA, 1st senior boys 110m hurdles at NZSSA, 1st senior boys 300m hurdles at NZSSA, 3rd U20 men's long jump at 2021 NZ track and field championships, 1st U20 men's 110 hurdles at 2021 NZ track and field championships, 1st U20 men's 400 hurdles at 2021 NZ track and field championships, 1st in the senior men's 4x400 relay NZ track and field championships, 1st U20 men's decathlon at 2021 NZ combined events championships. 3 otago records; mens 17 decathlon, mens 17 300m hurdles, mens 17 4x400m relay.

"The academy has also provided a place in which everyone has similar goals and aspirations for their desired sport, so everyone is really supportive and understanding."

Cole Gibbons Pole Vaulter

2019 NZSS title in junior boys pole vault by 50cm with a height of 3:25. 4th in club nationals being the youngest in the field. 2020 NZSS: Injured knee on first practise jump. 2021: 2nd in SISS athletics championships, jumping the highest I've ever jumped with a PB of 3.85m. Aiming to place at NZSS 2021.

Grace Southby

Netball

2020 Selected to attend NZ Secondary Schools Camp. 1st at the Southern zones secondary schools tournament (replacement for South Islands) and named as a talented player from Southern zones secondary schools tournament. 2021 Selected to attend NZ Secondary Schools Camp.

Basketball

2020 Placed 4th at U17 Nationals. Named MVP for St Hildas Senior A. 2021 Selected in NZ Junior Tall Ferns Squad.

Ella Booth Hockey

Otago U18 Hockey Team. St Hildas first XI.

Hannah Sime Figure Dancing and Ice-Dance

Dunedin Club Championships 2021
Junior Ladies 6th/8, Dunedin Club
Championships 2021 Open Solo Dance 1st,
Ice Sports Southland club championships
2021 Junior Ladies 2nd, Ice Sports
Southland club championships 2021 Open
Solo Dance 1st, Otago South Islands 2021
Junior ladies 2nd, Otago South Islands
2021 Open solo dance 1st, South Islands
2021 Junior Ladies 2nd, South Islands
2021 Open solo dance 1st.

"I hope to move to Moscow in Russia January 9 2022 and begin to compete in competitions in Europe. My ultimate goal is to represent NZ at the Winter Olympics 2026."

Hayley Marx Heptathlete

2021 Results:

3rd in the Senior Women's Heptathlon NZ Champs in February.

"I would like to make it as far as I possibly can with the big dream and goal of making the Olympics/ Commonwealth Games."

NORTH OTAGO ATHLETES

Ben Kay Rugby

Selected in both the under 16 and 18 North Otago Rugby teams and still aim to make the Highlanders under 18 training camp.

Georgie McCarthy Rowing and Rugby

Results:

1st South Islands U18 8's, 3rd Nationals U18 4's. St Kevins rugby team played very well being undefeated all season.
Selected into the Hannan shield team which will be playing later in the year. I hope to be selected into the Highlanders under 18 rugby camp as well as go to touch nationals with my school team.



OTAGO ACADEMY YR 2

Ella Cox Luge

Didn't compete in the 2020/21 International luge season due to the pandemic and couldn't compete in the 2021 national season due to a head injury. Selected to the long list for Beijing Winter Olympics and will be going overseas later this year to compete in the qualifiers.

"My biggest future goal is to compete in the Beijing Winter Olympics in February. For this I also have the goals to do well in the World Cup qualifying races, and the two Junior World Cups I will be competing in France."

Annie Timu Netball and Touch

Results:

Top 4 for Premier A netball, lost semifinal, and 3rd and 4th play offs were cancelled due to Covid. Won all games at netball senior champs as an invitational team. Made the trials for NZ touch open women's team but didn't trial due to study. 2nd at Otago Womens touch Nationals awarded MVP. 2022 Touch NZ trial.

"The Academy has helped to keep me grounded and balanced in my uni studies and sport, as it can be very overwhelming at times. I always feel supported and feel like I could go to any of my mentors to seek advice or just have a chat."

Harriett Cuttance Netball/Cricket

Achievements:

Member of the Southern Blast National Netball League team, award most improved player. Member of the Dunedin Women's open netball team (tournament likely to be cancelled due to Covid). Just begun the cricket season training with the Otago Sparks and hope to make this squad, as well as U19's Otago Women's Team to attend Nationals.

Maia Joseph Sevens and 15's rugby

2020/2021 season: Selected in the New Zealand world school's sevens team. Attended the Ignite sevens tournament. Selected in the Black Ferns Sevens development squad. Played for the Otago Spirit in both 2020 and 2021- selected to trial for the New Zealand women's touch blacks. Recently selected in the New Zealand Universities Women's rugby team.

"I would like to thank the Otago Academy of Sport for helping me achieve all these goals. I hope to play for both the Black Ferns and Black Ferns Sevens teams"

Patrick Ward Hockey

Results:

Co-Captain of Otago U18 Hockey team that placed 3rd in the National Tournament. Selected for New Zealand U18 Hockey Squad (camp to be held later in the year). Selected in the Otago Men's Hockey team, (National Tournament to be held later in the year). Captain of Kings High School Hockey 1st team. Kings team in the Secondary School final. Member of the Kings 1st football team in the Secondary School Final.

Ethan Walker Javelin

1st U20 nationals, 4th in senior men's at

"My goals are to try and get to the Paris 2024 Olympic Games and be the senior men's javelin champ."

Sarah Langsbury Athletics (hurdles)

3rd at National Secondary School Athletics Championships in the Senior Girls 300m hurdles with a personal best time of 46.44s. 4th in the 100m hurdles and 7th in the long jump. PB in the U18 women's 100m hurdles at the Southland Combined Events with a time of 14.52.

"Being part of the Academy has given me the wrap around support I've needed this past season. I have struggled through injuries and health complications and the Academy has never failed to support me."



James Gardner

Road Cycling/Mountain Biking

Achievements:

Road Cycling: Vantage Criterium National Championships 2021- U17 Champion. Vantage Age Group Road Nationals 2021 National ITT (Individual Time Trial) U17 Champion. Cycling NZ National Road Series 2021 National Road Series U17 Champion (1st Crit, 1st ITT & 1st Zwift). New Zealand Junior Development Cycling team for Yunca Tour of Southland U19. Lake Dunstan Road Race 96km 3rd U20. Cycling Otago ITT 1st U17. Otago / Southland Secondary Schools U17 1st ITT, 2nd Road Race, 1st overall. SISS Road Champs ITT 3rd place, Road Race-4th.

Mountain Biking: MBO XC (Cross Country) Otago 1st 2020. South Island MTB XC (Cross Country) Champs. U17 4th SISS MTB Champs XC (Cross Country). 2nd U17 Otago/Southland Secondary Schools MTB Champs. DH 4th. XC 1st, Enduro 3, Overall 1st. 2020 Coastal Classic MTB (Cross Country) 1st Men. XC (Cross Country) Bannockburn Adventure Classic 56km 1st U19, 2nd overall.

"My two years in the Otago Academy have enabled me to grow in all aspects of cycling. I am very grateful to have been a part of this group and am very thankful in learning so much that will have a lasting impact on me and my cycling."

Reuben Cook Rowing

1st U18 quad Aon Maadi cup 2021. 3rd U18 double Aon Maadi cup 2021. 1st men's club double NZ national champs 2021. 2nd men's club single NZ national champs 2021. NZ U19 Men's quad 2021.

"OAS workshops have presented me with the knowledge, skills and tools to help me progress further in my rowing to things I had only dreamed about. The opportunity that OAS has given me has transformed me not only into a better athlete but a better person."

Annabelle Ring Basketball

Otago Goldrush basketball team.
Otago U19 team came 5th at nationals, selected for the tournament team.
Invited to the Steven Adams Invitational camp with the top 20 secondary school girls, where we competed in a show case game for College coaches and Steven Adams himself.

"My aspirations for the next coming years are to get a scholarship to college in America to study and play. I also want to be selected to trial for the Tall Ferns and hopefully play at the next Commonwealth Games."

Taylor Duffy Hockey

Selected for the Otago women's national hockey championship team. This team played Canterbury in the Mainland Cup and is to travel to Tauranga for the NHC later in the year.

OTAGO ATHLETES -SCHOLARSHIP YR 3

Dyani Shepherd-Oates Hammer throw

"Following a PB of 57.44m in early December 2020, I backed it up with two 55m throws a week later. In the latter stages of the 2020-2021 season I under-performed slightly, but still threw 54.41m as my 2021 best so far. Athletics' offseason began in March, and I have had a really solid winter of training, consistently putting out testing PBs in the gym and out throwing. Our 2021-2022 season begins in October and I am very excited to start competing again."



Hannah Matehaere Basketball

2021: In the Ajax team that won the Dunedin Womens A basketball league. Named in the All Star 5. Member of the Goldrush team competing in the women's Sal's NBL league.





Ben Mason Rowing

1st premier single at South Islands. Didn't race at Nationals due to preparations for my breast cancer campaign row (1000km ocean row). Selected for the NZ World University rowing team. 1st men's double at Uni champs 2021. 1st men's single, Otago champs 2020.

CENTRAL OTAGO YR 2

Zoe Harman Curling

1st NZ mixed fours curling comp. Participated in New Zealand mixed doubles qualifier event.

"I would like to improve my doubles game strategy and place in a New Zealand doubles competition in the next 4 years and continue on to Olympics after that."



Brayden Whyte Rugby

Won the southern premier competition and the Otago Country wide Competition. Selected for the NZ Area School Barbarians team.

"The Academy has helped me to reach these goals, by giving me the knowledge on how to train inside and outside of my sport."

Olivia Key Skiing/Rowing

2020 ski season 4th in the U16 age group and in 2021 progressed to FIS international rankings. 3rd in 2021 national championships GS in u21 4th in FIS race at cardrona tech series in both GS and SL. Rowing - competed at Maadi in March 2021 and came 3rd in the double.

Aja Tate-Bell Karate

Results:

New Zealand Open Championships: 3rd 16/17 kata, 3rd 16/17 open. Kumite.

"I'm going to Auckland to pursue karate up there and be more successful within a new club and hope to make world teams"

Abby Fisher Athletics

Achievements:

Selected for the Otago Athletics Squad 2020-2021. Nationals in Tauranga: 3rd U19 girls 200m, 2nd U19 girls 4x100m relay, 2nd U19 girls 4x400m relay (anchor). 2021: Otago Secondary schools -1st girls 100m, 1st girls 200m (0.01s off record), 1st girls 4x100m relay. South Island Secondary Schools -1st U19 girls 100m, 2nd U19 girls 200m, 1st U19 girls 4x100m relay. Nomination for Central Otago Best Junior Sportswoman of the Year 2021

"I have gained a lot of insight on how to become a better athlete and appreciate all the time and effort put into educating us all."

Zara Mackley Rowing

1st U16 quad at South Island Club Champs. 3rd U16 four at South Island Club Champs. 3rd U16 eight at South Island Club Champs and South Island Secondary Schools

"In the coming years, one of my main goals is to medal at a national regatta."

CENTRAL OTAGO ACADEMY YR 1

Olive Watherston

2021 highlights:

Senior A netball team for Wakatipu High School. Captain of 1st fifteen rugby team, season competition winners. Named in the Otago Country U19 team. Played in the Spirit Development team. Captain of senior A touch team.

Michol Hinton Alpine ski racer

Last year received the U21 women's NZ Gs title finishing 3rd overall in the open category.

"Otago Academy has allowed me to understand to a greater depth the different requirements of high performance sport - supporting me with nutrition, S&C and financial planning workshops."



Flynn Coburn Luging

Member of the New Zealand Luge Team. Competed in the 2019/2020 International Season, spending 2 months in Europe racing in five Junior World Cup races. Qualified and competed in the 2020 Junior World Championship in Austria. Overall placing 24th. This year's National Season was a very successful: 3rd overall in the Nationals and 1st overall in the Naseby Cup.

"I believe what the Academy has to offer has had a large influence on me as an athlete and a person. I want to continue to compete overseas and strive for future goals including reaching podiums internationally."

Nico Arnold MTB

Into physio for my wrist injury and training for 2022 season.

Olivia Flight Skiing Downhill

No race results for this season as yet – due to COVID. Training hard for the season.

Meghan Hood Skiing Downhill

Hasn't raced this season and unable to go overseas to compete.

Luke Hancock

March 2021 - won the national title at SKODA Mountain Bike Champs in the under-17 field. This event attracts 400 school riders to Methyen.

TEAM ACADEMIES

Rowing

Success and representative achievements from the rowing squad include; Kobe Miller: NZ U23 trial, NZU21 team, RNZ Pathway. Marlborough Provincial Team. Ben Mason: NZ World Universities Squad, RNZ Pathway, Otago Provincial Team. Oliver Fahey: NZ Universities Eight. RNZ Pathway. Angus Kenny: RNZ Pathway, Otago Provincial Team. Helena Rikiti: NZ Universities Eight, Southland Provincial Team. Sally Wylaars: NZ Universities Eight, Canterbury Provincial Team. Phoebe Trolove: NZ Universities Eight. Greta Hawke: NZ Universities Eight. Claudia Kinder: Otago Provincial Team. Emily Broomfield: Otago Provincial Team. Ella Price: RNZ Pathway, Otago Provincial Team

Providers

Lexie Jones-Hall joined OAS as the S&C coach when long term OAS S&C provider Megan Gibbs went on maternity leave. I'm so happy to report that Megs had a healthy wee girl. Lexie is a passionate sports enthusiast from the Waikato. She has completed a Masters program in Sport Science and Human Performance at Wintec, with a focus on physiology, biomechanics and strength and conditioning. She has previously worked as a strength and conditioning coach with a track sprint cycling team and has participated in two strength and conditioning based internships. She has also worked with athletes in team and individual sports from school age through to National representatives. She was selected for the HPSNZ Strength and Condition internship program 2019/2020, based in Cambridge.

Previous roles have included; Guided programming creation, periodising

and session facilitating for New Zealand para-cycling teams. Guided programming creation, periodising and session facilitating Junior and U23 New Zealand Rowing Squads - Junior World Championships 2019 - 1 x Gold, 4 x A-finalists, U23 World Championships 2019 - 2 x Silver, 6 x A-Finalists. Programming and coaching RPC rowing athletes (regional athletes). Observing and assisting many other squads across cycling (sprint and endurance), sprint kayaking, rowing (RPC and elite), athletics, and triathlon.

We are really fortunate to have Lexie working with our Otago and Central Otago athletes and our team academies including netball, rowing and hockey.

Nat Fraser

Natalie is a mental skills coach and athlete life advisor who is currently working with the Otago Volts Cricket team, High Performance Sport New Zealand athletes including Erika Fairweather, Holly Robinson and Anna Grimaldi and atheletes in the Otago Academy of Sport programmes. She has also previously worked with the Highlanders rugby team as a Mental skills advisor. She studied a Bachelor of Science in Psychology at the University of Canterbury and continued her post graduate education in Sport Psychology at Otago University. Natalie has also been involved with the Motorsport Academy athletes since 2012.

Fi Simpson

Fiona has spent the past 20 years working as a Sports Dietitian and Performance Nutritionist and Anthropometrist. She has worked with a broad range of sports from novice to high performance including snow sports, netball, basketball, athletics, swimming and cycling. She has spent 7 seasons as Performance Nutritionist for the Highlanders and now works with the Japanese National Rugby Team, the Brave Blossoms as Lead Nutrition Provider. She is a Professional Practice Fellow at the University of Otago, supervising master's students working with athletes and teams. Fiona has been with the Motorsport Academy Programme since its inception in 2004. Before arriving in Dunedin to pursue tertiary study, Fiona represented New Zealand in athletics. She enjoys giving athletes the tools to become more intentional about fueling their sport and raising awareness of the importance of nutrition in the high-performance arena.

CONNECTING COACHES CONFERENCE 2020

The biennial Connecting Coaches conference 2020 - Adapting our Coaching in a Changing World: Connect, Create and Communicate was coordinated by Carmel Leslie (Otago Academy of Sport), Grant Milne (Sport Otago) and Associate Professor Tania Cassidy (University of Otago). The aim of the conference was to support coaches build their capacity to; be adaptable, be flexible in their thinking and to work together and adapt to what is in front of them.

Responding to the challenges of the COVID-19 pandemic, the conference was held online for the first time. One of the unexpected benefits of running the conference online was that all the presentations were recorded and could be viewed in real time or at a time that was more convenient.

The breadth of topics reflected the view that coaching was a complex enterprise that requires more than just technical and tactical knowledge. In the spirit of creativity, and to overcome zoom fatigue, the organisers used Graham Norton as their "muse" and had conversations with the speakers from the couch, very competently coordinated and steered by Tania Cassidy. Unfortunately, there was no "red chair", however Tania did offer up her multi-coloured patchwork couch which saw many a guest invited to sit on it and be interviewed.

During the two-day conference, 20 speakers made links to the theme of

adapting, connecting, creating and communicating in a changing world as they covered topics ranging from athlete wellbeing, the elite coaching space, athlete voice, youth sport, and Māori and Pacific sporting experiences.

A star-studded line-up of presenters included Silver Ferns World Cup winning coach Dame Noeline Taurua; Liverpool Football Club Women's assistant coach Emma Humphries; Olympic snow sports medallist Nico Porteous and Athletic NZ's successful Paralympic head coach Raylene Bates.

Several top-ranking University of Otago alumni were also among the speakers, including head coach of the Japanese Rugby team Jamie Joseph; Chairperson of the South Pacific Rugby League and Sports Club Dr Gianni Leoni; Chief Executive of the NZ Cricket Players' Association Heath Mills; and former NZ Representative artistic gymnasts Amy Hoosen and Carmel Leslie. Completing the alumni line up was Associate Professor Anne-Marie Jackson who spoke amongst other things, about Te Reo and wellbeing within rugby (professional, regional Māori teams and clubs).

The athlete voice was also present in the line-up of speakers with Holly Robinson, Kiana Pelasio, Nico Porteous, and Ben Smith providing insights from their experiences of 'becoming' athletes and competing on various international and national stages.





The rest of the speakers had varied coaching and sporting backgrounds and/ or worked in/with key organisations across Aotearoa/New Zealand including; Men's New Zealand Kendo team (Blake Bennett), Ireland's Paralympic football and NZ High Performance Sport (Daragh Sheridan), CEO of School Sport NZ (Garry Carnachan), General Manager of Community Sport at Sport NZ (Geoff Barry), Netball New Zealand and Dunedin Gymnastic Academy Manager (Gwen Harrop), Halberg Foundation Youth Council (Kiran Dixon) and Aktive Auckland (Simon Walters and Simone Spencer).

The organisers were overwhelmed by the generosity of the speakers to participate in the conference, and it highlights the special sporting community to which we all belong and to the benefits of developing connections and being creative.

Overall, it was a great success with many reporting back from the regions that they enjoyed watching the speakers as a group and discussing the ideas and experiences as it may apply to them and their situations. Coach development is a key part of the new HPSNZ strategy and performance pathway, and it is important that we keep networking, hearing from our coaches throughout the coaching pathway about what is working and areas that require attention and upskilling so they can continue to adapt and be effective in this changing sporting environment.



MOTORSPORT ACADEMY

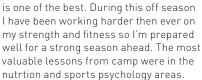
CAMP AND GRADUATE PROGRAMME 2021

The Otago Academy of Sport were delighted to be able to proceed with the 17th New Zealand Elite Motorsport Academy camp which was cancelled in 2020 due to COVID. In 2021 OAS coordinated the event, with drivers and providers descending on Dunedin at the end of June to partake in a gruelling weekly schedule of workshops and physical challenges both at the Otago University of Sport and Exercise Science and the HPSNZ boardroom and gymnasium. The athletes were put through their paces in the classroom learning about the sports science behind optimising performance and had two fantastic days working with physiologists in the lab testing their VO2max and time on the simulators in the heat chamber looking at the effects of heat on performance. It was phenomenal to see the personal growth that occurred during the week, with relationships growing and the drivers absorbing and processing all the knowledge and advice offered to them during the week. They had a special guest Hayden Paddon, a graduate of the Elite Motorsport Academy, who shared his journey about what it's like to pave out a life as a professional Motorsport

Congratulations goes to James Penrose for winning the Ian Snellgrove trophy for top camp graduate, with Flynn Mullany in second and Jordan Grant in third. The Red team (self named "Over Drive from a team challenge) consisted of James Penrose (Captain), Jordan Grant, Flynn Mullany and Brock Gilchrist.

Brock Gilchrist

2021 was a mixed year I finished the season in 4th overall, learning a lot with a new team. It was my third season in the series and I believe it



Flynn Mullany

I have not been back in a race car since coming 3rd for class 1 in the North Island Formula



- **1. BMW E46 Championship** Goal: To find last funds to purchase the car.
- 2. Toyota Racing Series New Zealand Grand Prix Goal: Be selected for funds in both Kiwi Driver Fund and Tony Quinn Foundation.
- 3. Team Porsche New Zealand Scholarship Goal: Be selected for next year's driver Porsche Australia Cup (2022 Championship)

Academy Camp: I personally still can't get over our week at the MS camp. It was really hard but a lot of fun. I got to learn so many new things that I will definitely be able to use on and off the track. I got to meet new people who have been able to help improve my performance in all areas of my motorsport journey.

Jack Hawkeswood

I started 2021 off really well with winning the New Zealand hill climb championship, unfortunately after that with the start of NZRC we had a few issues at the first round at Otago and we weren't able to finish. I got worse at the second round at Whangarei where I had one of the biggest crashes of my career. With the help of everyone around me we managed to build a new car for scratch and get to the fourth round some 2 months later where after a few teething problems we finished 14th.

James Penrose

Updates: Presented at SIFF committee. Presented on my time at the Academy and touched on experiences



and learnings. Interview with Greg Rust 'Catching Up with the Kiwi's". Tested in Formula Renault at Ruapuna. Driver training and data for Formula Ford.

Results from 2021:

- National Formula Ford Champion (5 race wins, 4 second places)
- South Island Formula Ford Champion (clean sweep of series winning 18/18 races, 6/6 pole positions and led 192/192 laps)
- Driver to Europe winner (2022)

Jordan Grant

Due to this lock down we may lose the last round of the rally championship at Rally Coromandel but this hasn't changed our prep for next year and the continuing



improvements to me and the car. Results: Boothwell loop Rallysprint = 2st front-wheel drive overall. Rally Otago= day 1 = 2nd, day 2 DNF. Rally whangarei= day 1=1st,day 2 =2nd. South Canterbury=2nd.

First I recovered from a week of my life I will never forget! From there I have put into action the support and development of the Elite Motorsport Academy graduate program. Race wise has been busy as we still had two rounds of the NZRC CAT 2 Championship left. Rally of Hawkes Bay was first and we had good mental and car prep coming into the event, as well as trying new nutrition ideas to perform at peak performance. We had great morning stages and was sitting in second place and getting closer to the leader and third 2 wheel drive overall and then unfortunately we had an axle break in stage 4. We tried fixing it but it failed again and we didn't have spares due to cost. We have now changed our design of the axles making them cheaper to manufacture and longer lasting. We do have spares this time!

Liam Sceats

I was a late entry into the MS programme and didn't have a lot of time to prepare for it. It was the steepest learning curve and I gained so much from my week in Dunedin. Since camp I have enjoyed working with my providers in the graduate programme and have used lockdown to get to work on improving myself as an athlete. In 2021 I was able to find my first bit of sponsorship which will really benefit me for this up coming season.

Results

- 1st at the Winter Series Round 1
 Formula Ford which was 3 weeks prior
 to the Academy
- 1st at the Winter Series Round 2
 Formula Ford Weekend straight after
 the Academy
- 5th at the Winter Series Round 3
 Formula Ford, Struggled with car issues all weekend but was able to get a good feel for the new tyre that they are bringing on board for this season

Matthew McCutcheon

After I got back from the Academy week and received my individual performance plan including my Providers I couldn't wait to get going. I'm enjoying this journey and have used lockdown to work with many of them. I continue to work on my fitness and fuelling my body with the right nutrition, as well as working hard on the simulators to stay as race fit as possible for when racing starts again.

2021 Results: Last season I got Rookie of the Year and 2nd in the National Formula Ford series and won the North Island Formula Ford series. I am currently aiming to race in the Toyota Racing Series this year.



Jack Noble-Adams

Post camp it was back to Canterbury Universiy to continue with my engineering degree.

Our car is rebuilt and ready for the upcoming season.
Testing has begun on the new yokohama tyres. The plan is to run the South Island Championship and compete for the National title in the two super rounds.

A few of us from the UCM team ran the first stage of the 2021 Formula Student RC competition successfully. All of the competitors made great cars and it was a fantastic event.

I have got the ball rolling on some extra driver fitness and training with Matt Hamilton of WKS. Once out of lockdown I'll be back in a KZ2 at the Christchurch kart track to get as much time behind a wheel as I can before the upcoming

I have also organised some simulator training with Craig Russell on his Motionforce1 Sim. The goal is to further improve my overall driving ability by focusing on building good reactions and habits in a different environment to my usual driving.

I have a new S&C program with the University of Canterbury Sports Academy and I will be getting back into that at level 2.

"Everything that has taken place since camp would not have been as productive without everything I learned during that long camp week. There's a lot more to being a racecar driver than getting in the car and driving. I think it was all of those extra pieces that I wasn't executing well before the camp, but I can say for sure that I am now a better driver and person than I was beforehand.



CLASS OF 2021

Jack Noble-Adams
Christchurch, Formula Ford

Jack Hawkeswood Auckland, Rally

Jordan Grant Tauranga, Rally

Matthew McCutcheon Auckland, Formula Ford

Brock Gilchrist Auckland, TR86

Flynn Mullany

Auckland, Formula Ford/GT

Liam Sceats Auckland, Karting/ Formula Ford

James Penrose Christchurch, Formula Ford

TRUSTEES

A big thank you goes to the Motorsport Trustees for their continued support and dedication to the Elite Academy Programme, which provides an incredible opportunity and platform for young upand-coming New Zealand drivers. All Trustees were present at the camp offering their expertise and knowledge as well as the MSNZ President Wayne Christie and MSNZ CEO Elton Goonan, who were both present at the end of camp and were there to offer encouragement and support.

Elite Motorsport Academy Trustees

David Turner Alastair Wootten Lyall Williamson Tony Herbert

Planning is already underway for 2022 with dates already set for the camp.



Academy South Island Education Trust Otago Academy of Sport Incorporated

SUMMARY STATEMENT OF FINANCIAL PERFORMANCE

For the year ended 30 June 2021

		TRUST		ACADEMY	
	2021	2020	2021	2020	
	\$	\$	\$	\$	
Revenue					
Grants	-	-	46,000	46,649	
Wage Subsidy	-	-	8,823	9,893	
Coach Forum/Projects & Services	18,421	-	56,402	84,038	
Interest	276	953	5	18	
Total Revenue	18,697	953	111,230	140,598	
Expenses					
Employee Related Costs	-	-	51,222	25,881	
Programme Delivery and Operating Costs	2,127	1,671	71,498	117,149	
Coach Education Forum	10,976	-	-	-	
Total Expenses	13,103	1,671	122,720	143,030	
TOTAL NET REVENUE/(EXPENSES)	\$ 5,594	\$ (718)	\$ (11,490)	\$ (2,432)	

SUMMARY STATEMENT OF MOVEMENTS IN EQUITY

For the year ended 30 June 2021

	TRUST		ACADEMY	
	2021 \$	2020 \$	2021 \$	2020 \$
Opening Equity	50,390	51,108	22,074	24,506
Plus Net Revenue (Expenses)	5,594	(718)	(11,490)	(2,432)
Closing Equity	\$ 55,984	\$ 50,390	\$ 10,584	\$ 22,074

Academy South Island Education Trust Otago Academy of Sport Incorporated

SUMMARY STATEMENT OF CASHFLOWS

For the year ended 30 June 2021

	TRUST		ACADEMY	
	2021	2020	2021	2020
	\$	\$	\$	\$
Net Cash Inflows (Outflows) from (to): Operating Activities - Investing Activities	6,345	(3,154)	(15,764)	2,911
	-	-	-	-
Net Increase /(Decrease) in Cash Held for Year	6,345	(3,154)	(15,764)	2,911
Cash at the Beginning of the Year	51,266	54,420	30,861	27,950
Cash at the end of the year	\$ 57,611	\$ 51,266	\$ 15,097	\$ 30,861

SUMMARY STATEMENT OF FINANCIAL POSITION

As at 30 June 2021

TRUST		ACADEMY	
2021 \$	2020 \$	2021 \$	2020 \$
\$ 55,984	\$ 50,390	\$ 10,584	\$ 22,074
57,611 7	51,266 94	15,097 -	30,861 -
608	30	7,445	16,074
58,226	51,390	22,542	46,935
		1.000	
2 2/2	1 000		9,298
-	-	-	15,563
2,242	1,000	11,958	24,861
\$ 55,984	\$ 50,390	\$ 10,584	\$ 22,074
	2021 \$ \$ 55,984 57,611 7 608 58,226	2021 2020 \$ \$ \$ \$55,984 \$50,390 57,611 51,266 7 94 608 30 58,226 51,390 	2021 2020 2021 \$ \$ \$ \$ 55,984 \$ 50,390 \$ 10,584 57,611 51,266 15,097 7 94 - 608 30 7,445 58,226 51,390 22,542 - - 1,982 2,242 1,000 9,976 - - - 2,242 1,000 11,958

For and on behalf of the Board :-

Board Chair (S Brocklebank) Date: 14 September, 2021

Board Member (H Littleworth) Date: 15 September, 2021

Academy South Island Education Trust Otago Academy of Sport Incorporated

NOTES TO THE SUMMARY FINANCIAL STATEMENTS

For the year ended 30 June 2021

- These summary financial statements have been extracted from the full financial statements approved by the respective Boards on 14 September 2021. The full statements of Academy South Island Education Trust have been prepared in accordance with PBE standards as stated in its accounting policies.
- The full financial statements have been prepared in accordance with the stated policies of the Trust and Society respectively. These summary financial statements comply with the accounting standard PBE FRS 43 "Summary Financial Statements" as appropriate for a public benefit entity.
- The full financial statements of the Otago Academy of Sport and Academy South Island Education Trust, are available and may be obtained from 130 Anzac Avenue, Dunedin.
- The summary financial statements cannot be expected to provide as complete an understanding as provided by the full financial statements.
- The full financial statements have been independently reviewed and an unmodified review opinion has been issued on the financial statements of Academy South Island Education Trust and the Otago Academy of Sport Incorporated. In addition, these summary financial statements have been reviewed by the auditor, and their report is attached.

SUMMARY OF GRANTS

Otago Community Trust: 35K

- Academy Otago Talent Accelerator Programme
- Academy Central Otago Talent Accelerator Programme
- Academy North Otago Talent Accelerator Programme

The Southern Trust (Aotearoa Gaming Trust): 10K

- Academy Otago Talent Accelerator Programme
- Academy Central Otago Talent Accelerator Programme

Bendigo Valley Sport & Charity Foundation: 1K

- S&C Services for the Academy Otago Talent Accelerator Programme and Team Academies.

AUDIT REPORT



Independent Assurance Practitioners' Review Report on Summary Financial Statements

to the members of the Academy South Island Education Trust and Otago Academy of Sport Incorporated

Report on the Summary Financial Statements

We have reviewed the accompanying summary financial statements of Academy South Island Education Trust and Otago Academy of Sport Incorporated which comprise the summary statements of financial position as at 30 June 2021, the summary statements of financial performance, summary statements of movements in equity and summary statements of cash flows for the year then ended, and related notes, which are extracted from the reviewed financial statements of both entities for the year ended 30 June 2021.

We have issued our independent assurance practitioners' review reports on the financial statements of Academy South Island Education Trust and Otago Academy of Sport Incorporated on 7 September 2021. Our review reports on Academy South Island Education Trust and Otago Academy of Sport Incorporated are unmodified.

The summary financial statements do not contain all the disclosures required for full financial statements under the accounting policies adopted by both entities. Reading the summary financial statements, therefore, is not a substitute for reading the reviewed financial statements of Academy South Island Education Trust and Otago Academy of Sport Incorporated.

$Boards' \, Responsibilities \, for \, the \, Financial \, Statements$

The respective Boards of Academy South Island Education Trust and Otago Academy of Sport Incorporated are responsible for the preparation of the summaries of the reviewed financial statements in accordance with PBE FRS-43: Summary Financial Statements.

Assurance Practitioners' Responsibility

Our responsibility is to express an opinion on the summary financial statements based on our procedures, which were conducted in accordance with the International Standard on Engagements to Report on Summary Financial Statements ISA (NZ) 810.

Other than in our capacity as assurance practitioners conducting the review procedures in accordance with the International Standard on Review Engagements (New Zealand) 2400, we have no relationship with, or interests in, Academy South Island Education Trust or Otago Academy of Sport Incorporated.

$Opinion\ on\ the\ Summary\ Financial\ Statements$

In our opinion, the accompanying summary financial statements have been correctly derived from the reviewed financial statements of Academy South Island Education Trust and Otago Academy of Sport Incorporated for the year ended 30 June 2021 and they are consistent, in all material respects, with those financial statements, in accordance with PBE FRS-43.

Restriction on Distribution or Use

This report is made solely to the members of Academy South Island Education Trust and Otago Academy of Sport Incorporated, as separate entities. Our review work has been undertaken so that we might state to the members those matters which we are required to state to them in a review report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the members, as a body, for our review procedures, for this report or for the opinion we have formed.

Chartered Accountants 15 September 2021

Andit Professionals

Dunedin

BOARD PROFILES

STEPHEN BROCKI FRANK - Chair

Chair Business advisor at BB&S (Accountants) in Dunedin. Chairman of 4 Trades Apprenticeship Trust and the St Clair Golf Club Board of Management. He is a Fellow of Chartered Accountants Australia & New Zealand, a Life Member of the Otago Chamber of Commerce Incorporated, a member of the NZ Institute of Directors and the NZ Trustees Association. He has also held positions on several boards of sporting organisations in Dunedin.

In earlier days he played rugby for Southern and Otago and senior cricket for Albion CC. Now its golf, mountain biking and fishing for fitness and to get into the outdoors.

JOHN BRIMBLE

John was appointed in 2013 a and has degrees from Auckland, Otago and Australian Universities and a background in production management, industrial relations/advocacy, contract and project management, strategic and business planning, business re-engineering and recovery. He has worked in both the private and public sector in senior roles including Health, Education and Local Government. He has had a long involvement in sport as a competitor/ administrator, and in a governance role and is currently CEO of Sport Otago. He served 14 years on the Board of Presbyterian Support Otago 12 of those years as Chairman of the finance committee

John has previously served on the Board of Basketball Otago and on the Board of Water Safety New Zealand, he remains actively involved with The New Zealand Masters Games Company, is currently Chairman of the Southern Zone NZRL. and a member of the Sport and Recreation Industry Advisory Group.

DR. TANIA CASSIDY

Associate Professor Tania Cassidy is the Associate Dean of External Engagement at the School of Physical Education, Sport and Exercise Science, University of Otago. Her area of teaching and research interest is sports coaching, specifically coach and athlete development. She is the first author of two co-authored texts entitled Understanding Sports Coaching: The Pedagogical, Social, and Cultural Foundations of Sports Practice, and Understanding Strength and Conditioning as Sport Coaching. Bridging the Biophysical, Pedagogical and Sociocultural Foundations of Practice.

Tania has extensive local, national and international networks, which include being a member of Hockey New Zealand's Masters advisory group and the board of Otago Hockey, as well as being on New Zealand Football's women's subcommittee and the board of Football South. In her capacity of the board of Otago Academy of Sport she has been the co-coordinator of the three biennial Connecting Coaches conferences. Tania has developed bespoke coach development programmes for the Chinese Culture University (Taiwan), and the Otago Rugby Union and in pre-COVID times she was a Visiting Professor at the University College Cork Ireland

HELEN LITTLEWORTH

A 2005 appointment, Helen is a director and senior physiotherapist of a Dunedin-based sport and manipulative physiotherapy clinic. She has worked with a wide range of sporting codes and teams, including the 1998, 2002 Women's Rugby World Cup-winning Black Ferns, Paralympic athletics team in 2014-16 and the 2007-2012 Athletics team to World Championships.

Helen has been team physiotherapist at Beijing and London Olympics, 2016 Rio Paralympics, various Commonwealth Games and World Championship events. Helen is presently the physiotherapist for the White Ferns cricket team. A former Black Ferns captain, Helen was also a New Zealand hockey representative.

BOARD OF DIRECTORS

Stephen Brocklebank – Chair John Brimble Dr Tania Cassidy Helen Littleworth

OUR TEAM

Academy Otago & Central Otago

Carmel Leslie

- OAS Programme Manager

Natalie Fraser

- Service Provider
[Athlete Life and Mental Skills]

Fiona Simpson

- Service Provider (Sports Nutrition)

Megan Gibbs / Lexie Jones-Hall

- Service Provider (S&C - Athlete/Coach Liaison)

Motorsport Academy

Carmel Leslie

- Camp Coordinator / Services Coordinator

Natalie Fraser

- Camp Coordinator/Liaison

OFFICE

HPSNZ Building, 130 Anzac Ave, Dunedin 9016

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www.oas.org.nz

EMAIL

admin@oas.org.nz

ACCOUNTANTS

BB&S

SOLICITORS

Preston Russell Law

BANKERS

ASB

AUDITORS

Audit Professionals, Dunedin

2021 **OAS ATHLETES**

ACADEMY OTAGO

(includes two North Otago Athletes)

YEAR ONE

Cameron Moffitt Athletics Hayley Marx Athletics Cole Gibbons Athletics Figure Skating Hannah Sime Grace Southby Netball Jess Tyrrell Nethall Tom Meder Hockey

Hockey/Handball Lachie Colquhoun

Ella Booth Hockey Tom Gold Swimming Madison Wills Swimming Ezekiel Pine Swimming

North Otago

Rugby/Cricket Ben Kay Georgie McCarthy Rowing/Rugby/Touch

YEAR TWO

Harriett Cuttance Netball/Cricket Patrick Ward Hockey Maia Joseph Rugby Grayson Westgate Triathlon

James Gardner Cycling: MTB/Road FIIa Cox Artificial Track Luge

Annie Timu Netball Taylor Duffy Hockey Sarah Langsbury Athletics Ethan Walker **Athletics** Annabelle Ring Raskethall Reuben Cook Rowing

Southland

Table Tennis Maia Cavanagh

MOTORSPORT ACADEMY 2021

Brock Gilchrist Flynn Mullany Jack Hawkeswood James Penrose Jordan Grant Liam Sceats Matthew McCutcheon Jack Noble-Adams

The Academy Otago, Central Otago and North Otago Talent Accelerator programme is kindly supported by:







ACADEMY CENTRAL OTAGO

YEAR ONE

Flyn Coburn Natural Track Luge Olivia Flight Alpine Ski Racing Michol Hinton Alpine Ski Racing Alpine Ski Racing Meghan Hood . Mountain Biking Luke Hancock Mountain Biking Downhill Nico Arnold

Olive Alice Watherston Rugby (7's & 15's)

YEAR TWO

Zoe Harman Curling Aja Tate-Bell Karate Rugby Brayden Whyte

Zara Mackley Rowing, Mountain biking

Abby Fisher Athletics - 200 M's

Olivia Key Rowing

TEAM ACADEMIES

University Otago Rowing Club:

Female: Bridgette Oleary, Jasmine McIntosh, Ella Price, Helena Rikiti, Claudia Kinder, Sally Wylars, Emily Broomfield, Greta Hawke, Mollie Gibson

Male: Germain Hellriegel White, Angus Kenny, Ben Mason, Oliver Fahey, Kobe Millar, Tom Fraser

Netball South:

Ana Taka, Chloe Davis, Daniella Titoko, Georgia White, Grace Namana, Harriett Cuttance, Kate Hartley, Killamey Morey, Lauren Pickett, Lias Lin, Mara McCurdy, Meg Sycamore, Meleitia Tatupu

Otago Hockey:

Dylan Thomas, Jordan Ward, Max Rasmussen, Daniel Torr, Zach Mason, Ethan Booth, Hamish Van Dyk, Allan Carson, Tom Meder, Brooke McAlwee, Ella Booth, Sarah Thomas, Tegan Buchanan, James Nicolson.

