

what he needs to improve.

"We do a lot of running and track work as well and some aerobic workouts too," he said. "Part of it here is that I can't just train, I have to study as well."

Dr Gulbin explains that for athletes to perform at their best a work/life balance must be maintained, so education or employment is a must for anyone participating in the AIS scholarship programs.

"Getting the results from these athletes requires that we maintain the right environments for them," Dr Gulbin said.

"A lot of it is about making the actual sporting facilities available to the athletes, but it goes far beyond that. The athletes know that they can't just train all of the time, it doesn't work that way."

The AIS career and education unit also ensures the educational needs of younger athletes are met while older participants, like Cameron, attend vocational training, or work.

"I only went to Year 9 in Moree, so when I came to Canberra I completed Year 10 and now I am doing my Certificate 3 in fitness," Cameron said. "I want to have something to go back to after my boxing is finished and I'd like to be involved in fitness instructing, or training others."

Another young athlete with a vision for the future is 18-year-old Queensland archer Jane Waller who joined the 433 athletes in Beijing.

After being introduced to the sport as a 10-year-old by her dad John, Jane was selected to train at the AIS in 2004 and is currently studying Year 12 over two years at Lake Ginninderra College, ACT. Her teammate and fellow archer Lexie Feeney is also juggling the HSC with the pressure of Olympic competition.

At 19 years of age, Lexie, like Cameron, has already secured a strong future for herself by becoming qualified as a Grade 1 archery coach and balancing her own training with the coaching of others. She plans to study management at university after returning from Beijing.

Securing a career after competition is an important consideration for all AIS athletes according to Dr Gulbin. In addition to building on their training and education, he said creating the right environments for success meant giving AIS athletes access to the best specialists and clinicians available. Nutritionists, sports psychologists, biomedical practitioners, sports scientists and leaders in sports medicine are all on call to tailor a program of diet, training, motivation and emotional support for the developing athletes.

"That's where the technology we can access here takes their progression ahead in quantum leaps," Dr Gulbin said. "It's something they don't have access to outside of the metropolitan areas and it makes all the difference. So they're not wasting hours training when another method could take less time and be twice as effective."

Dr Gulbin and his team are charged with the task of ensuring our nation is represented across

Young archers combine HSC and training



Lexie Feeney



Jane Waller

LEXIE FEENEY

Secondary Education: Lake Ginninderra College, ACT. Currently completing HSC

Career highlights

- Came second at the European Grand Prix in 2006 to win the Women's Recurve silver medal (Sassari, Italy).
- Making the World Championship team in 2007.

Interesting facts

- Her introduction to archery was with her father while on holidays in Fiji at the age of 10, both continuing the sport on their return from the trip.
- She had just completed the beginner's course when Simon Fairweather won his gold medal at the Sydney 2000 Olympic Games. His success motivated her to keep going and after eight years in the sport she made her Olympic debut.
- In 2006, just days after celebrating her 17th birthday Lexie won her semi-final to place second at the European Grand Prix in 2006.
- Her first Open National title came in 2007 in the match play. She has been NSW Junior Champion in the Target every year from 2000 to 2006, except for 2002 and the Australian Junior Target Champion in 2002, 2004 and 2006.
- She competed at the 2003 and 2005 Australian Youth Olympic Festivals, taking silver in 2005.
- A qualified Level 1 archery coach, Lexie coaches junior archers at her Club, giving back some of the support she has received during her sporting career.
- Lexie is hoping to study management at university after the 2008 Olympic Games.
- Her father has maintained his involvement in the sport and is the NSW and National Pathway Co-ordinator for Archery.

JANE WALLER

Secondary Education: Lake Ginninderra College, ACT. Currently studying year 12 over two years to finish in 2009

Career highlights

- Winning the Cadet Recurve at the Junior World Championships in Mexico in 2006 with a 114 in the gold medal match.

Interesting facts

- She was introduced to the sport in 2001 aged 10 by her father John, who was president of the Mt Petrie Bowman Archery Club at the time.
- January 2004, selected for a scholarship at the AIS, moving from her home in Queensland to Canberra at 13 years of age. For the first two years she stayed on residence until her father, who is a teacher, transferred to Canberra to support her.
- January 2005, selected to compete at the Australian Youth Olympic Festival where she finished fourth in the Individual event and second in the Team.
- In early May 2005 she had a serious allergic reaction to antibiotics prior to a training camp in Korea. She was in intensive care for a week and spent over a month in hospital, losing almost 10 kilos from her 57 kilo frame. With concern that Jane might never shoot again, it was five months before she was back on the archery field. She returned to shoot an impressive 1300 at the Australia Day shoot in 2006 at the Canberra Archery Club. Only six Australian women have ever shot a 1300.
- She was just 18 years, one month and a handful of days when she arrived in Beijing. This made her the youngest Australian female archer ever to compete at the Olympic Games.