

## Australian Institute of Sport

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# AUSTRALIAN INSTITUTE OF SPORT



### [Arnold wins Australian Amateur Championship](#)

AIS golfer Scott Arnold scores 11 birdies to claim national title.



### [Meares wins silver medal at World Track Championships](#)

AIS cyclist Anna Meares claims silver medal in the 500 metre time trial.



### [Australians taste success on track for 2010 Winter Olympics](#)

Australia's winter athletes prepare to qualify for 2010 Vancouver Games.

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## What is the AIS?

The Australian Institute of Sport (AIS) leads the development of elite sport and is widely acknowledged in Australia and internationally as a world best practice model for elite athlete development. The AIS is a pre-eminent elite sports training institution in Australia with world class facilities and support services.

▶ [What is the AIS?](#)

## AIS Programs



[Swimming](#) athletes undertake intensive training prior to competition



[Gymnastics](#) is known as the toughest sport in the world

## NATIONAL YOUTH WEEK

28 MARCH-05 APRIL 2009

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## AIS Athletes and Coaches



Ken Wallace

26th July 1983  
Gosford, NSW

## Recipes

- ▶ [Sesame beef](#)
- ▶ [Thorpie's fruity salsa dip](#)
- ▶ [Roast lamb & vegies with pumpkin damper](#)
- ▶ [Chilli chocolate mousse](#)
- ▶ [Ham & zucchini risotto](#)
- ▶ [More recipes](#)

## News

- ▶ [Brown \(AIS-SQUASH\) has chance for revenge](#)
- ▶ [Boland wins Australian Stroke Play](#)
- ▶ [Alexander downs sixth seed](#)
- ▶ [Disappointing day for Aussies in Asia](#)
- ▶ [Big wins for AIS athletes](#)
- ▶ [More from Our Sports](#)

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