



# Western Australia Institute of Sport

The Western Australian Institute of Sport (WAIS) looks after over 480 of Western Australia's elite and potentially elite athletes. These athletes are supported across the 28 Olympic disciplines plus netball, which has a cultural significance in Australia. WAIS runs 14 full-time sporting programs based within the Institute as well as catering to various individual scholarship holders from other sports.

Andrew Lyttle, Senior Biomechanist at WAIS, is closely involved with the technical analysis of performance factors in the academy's elite athletes. He explains, "the major sports I am currently involved with include Athletics, Swimming, Rowing and Cycling. Siliconcoach is regularly used for both qualitative and simple quantitative analysis to highlight areas of technical inefficiencies within a skill."

Some examples of simple quantitative analysis completed by Andrew include the recording of x,y coordinate data in order to derive step position information for long/triple jumpers to investigate the use of athlete's visual targeting of the take-off board and their run-up step consistency. Another example is the use of Siliconcoach to provide temporal information during the pole vault to allow the timing of the vault phases to be compared between athletes and between jumps.

Siliconcoach provides an important role in developing Western Australia's elite athletes.

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Andrew Lyttle  
Senior Biomechanist



[www.wais.org.au](http://www.wais.org.au)

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Software used: Pro