

THE OFFICIAL MAGAZINE OF
SYDNEY UNI SPORT & FITNESS



Sydney Uni
SPORT & FITNESS

PROAR

SEMESTER 1 2022



NOT OUT

SPECIAL EDITION



CELEBRATING 50 EDITIONS





FROM THE EDITOR

50 Not Out!

It has been an honour and a privilege to have overseen such a special edition of the beloved ROAR magazine. Having recently joined the Sydney Uni Sport & Fitness (SUSF) family as Head of Marketing and Sponsorships, to be afforded the opportunity to delve into the past 49 editions has been truly amazing. While reviewing so many of the wonderful and captivating articles, you get a true sense of the greatness that has come before us at Sydney Uni and the foundations which have been laid for future success.

Not only will ROAR 50 take you on a trip down memory lane, but it will also showcase the bright future which lays ahead for SUSF in 2022 and beyond. As we prepare to welcome students back onto campus for the first time in what feels like an eternity, we at SUSF are excited about what we have planned for students across our various sporting programs, platforms, and facilities.

I hope you enjoy reading this edition and look forward to seeing you all back on campus.

Yours in sport,

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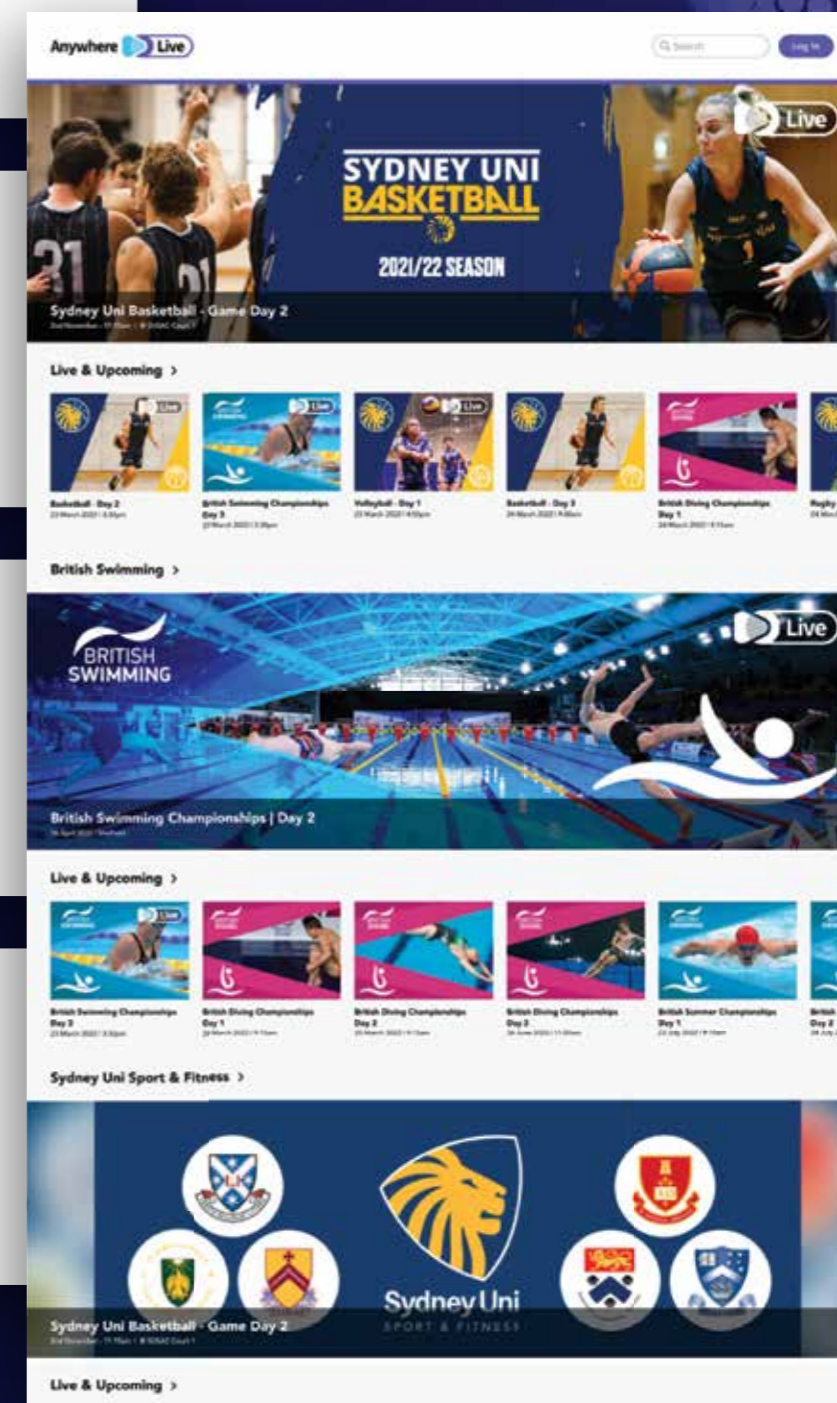
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50 NOT OUT

From the first edition in 2008, ROAR has been at the forefront of sport reporting at all levels across campus.

When tasked to write an article behind the stories in the first 49 editions of ROAR, a quick perusal revealed the startling breadth and depth of sport at the University of Sydney and the important role it plays on campus, in the local community and on club, state, national, and world stages.

ROAR was the brainchild of Rob Smithies, the then head of Sydney Uni Sport & Fitness. His welcome in the first edition in February 2008 was titled 'The Roar of the Lion'. "When you become part of Sydney Uni Sport & Fitness, you take your place within the oldest and richest sporting tradition," he wrote. "But we are not focused on the past. Our goal is ahead. Sport and fitness have never been stronger and bolder than at the University of Sydney."

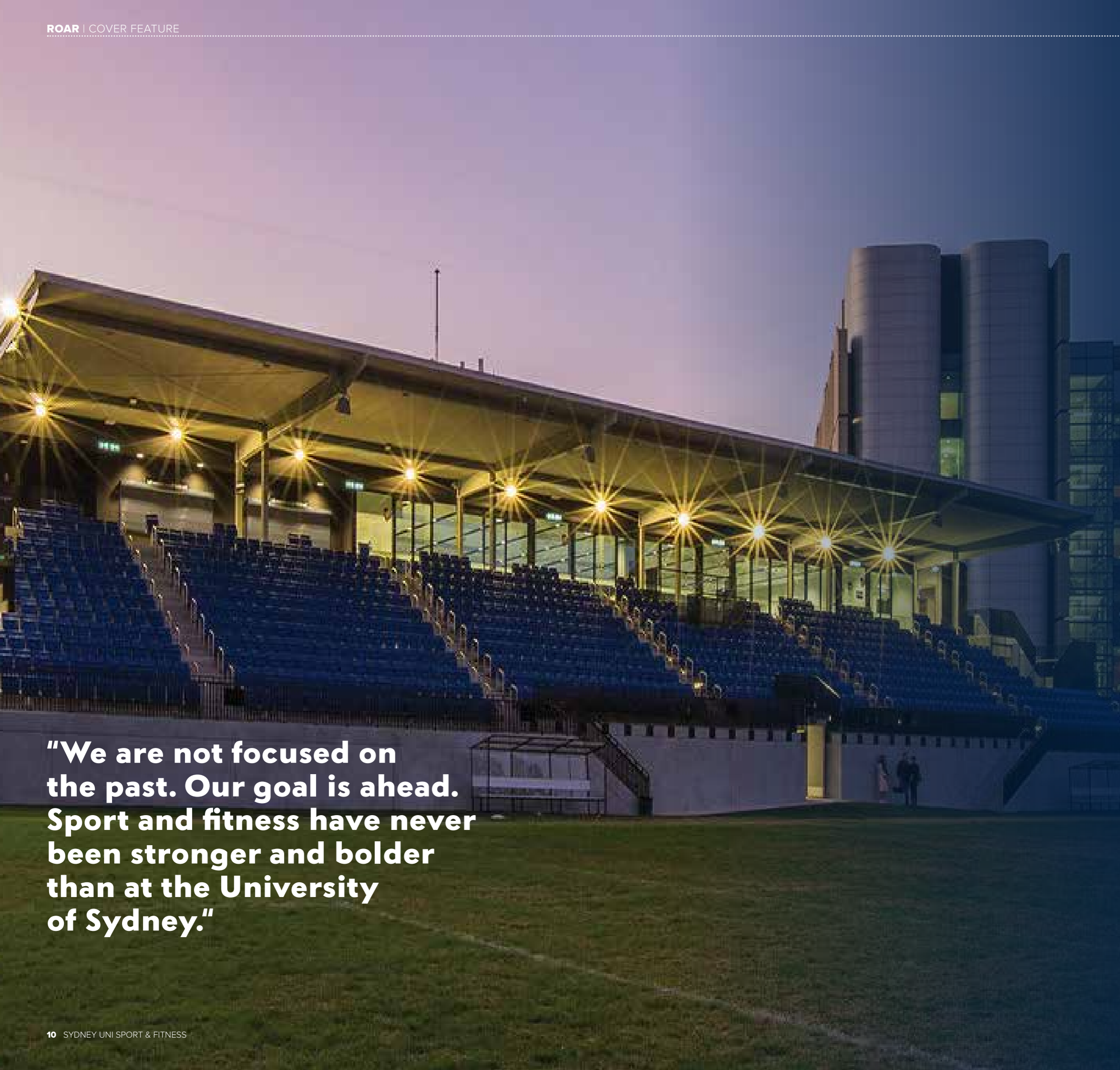
Flicking through these pages, you will see great athletes and some of the highest level sporting facilities in the country. Alongside the world-beaters and Olympians are regular people, like you and me, popping into the gym or swimming centre on the way to and from work and study; hitting the rugby field or the cricket pitch; the tennis or basketball court on the weekend.

Each edition over the past 12 years has told the tales of our success. While clubs have been a constant source of inspiration, what has been most impressive is the growth of women's sport on campus.

The first issue opened with a cover story about Sydney University athletes hopeful of selection for the 2008

Beijing Olympic and Paralympic Games. Among the many contenders listed were; hurdler Justin Merlino, middle-distance runner Lachlan Renshaw, water polo legend Trent Franklin, wheelchair basketballer Sarah Stewart, and wheelchair athlete Angela Ballard. The latter three had already represented Australia at the 2004 Athens Games.

The number of different clubs with athletes preparing for Games' selection was also telling. They included basketball, rowing, canoe-slalom, diving, swimming, gymnastics, cycling, hurdling and judo.



"We are not focused on the past. Our goal is ahead. Sport and fitness have never been stronger and bolder than at the University of Sydney."

Since then, ROAR has covered pre- and post-Games stories of the many Sydney University athletes who competed at the London, Rio de Janeiro and Tokyo Olympics and Winter Games at Vancouver, Sochi and PyeongChang. Indeed, it was a paragraph in a ROAR story that compared the medal tally from Sydney University athletes to some small, and not so small, countries.

Not forgetting the coverage at Commonwealth Games, World Championships and Australian & State Championships.

The main profile story in the first issue was on Sydney University Cricket Club member Stuart Clark, who completed a Masters in Commerce while playing Test cricket for Australia. Clark was selected on the 2006 tour of South Africa when fast bowler Glenn McGrath was unavailable. He took 5-55 and 4-34 in the First Test at Cape Town – at the time, the best debut for an Australian bowler behind Bob Massie and Clarrie Grimmett.

Another profile featured NSW Waratahs second-rower Will Caldwell - an Agricultural Economics graduate who played every second of every game in the 2007 Super 14 rugby season. Hailing from Young in Southern New South Wales and graduating to Sydney University via The King's School, Caldwell came to the campus on an SU Sports Scholarship and quickly established himself in the Football Club First XV and played in three Shute Shield premierships while an undergraduate.

After Rob Smithies started the ball rolling, subsequent editions have followed the initial style and standard, covering the performances of our clubs and athletes both domestically and internationally. Indeed, going through the previous 49 editions unearths a who's who of Australian sport.

Many of the individuals profiled have been SU Sports Scholarship holders on the Elite Athlete Program (EAP), which has been the subject of a number of ROAR stories.

The program began 30 years ago when Bruce Ross, former SUSF President, and Greg Harris, the then Director of the Sports Union, saw sporting scholarships as a way of fusing sport and study. They embarked on a research expedition in the US to sound out their comprehensive scholarship system, returning home with valuable lessons on how financial, academic, high performance and wellbeing support, together with other benefits and services, could allow athletes to excel in both their sport and study. The first scholarship was created and awarded to David Hynes, who played in the Australian Baseball League and competed at the 1996 Atlanta Olympic Games while studying a Bachelor of Economics (Social Science)/Law.

Over the past three decades, hundreds of students have benefitted from the EAP. Staff have been constantly and rightfully praised for their efforts as they continually go above and beyond to see students succeed both on and off the playing field.

The program is not just about sporting results. “The academic pass rate among EAP students is higher than the average across the University,” Ed Smith, SUSF CEO says. That’s because the aim of the program has always been to produce graduates who can contribute to society and sport.

Another theme across the 49 ROAR’S has been the continued growth of women’s sport on the campus, and that is reflected in more than half of the covers featuring female athletes, mostly on the world stage, from two-time world champion and Olympic rower Bronwen Watson in ROAR 3 to Tokyo high-jump silver medallist Nicola McDermott in ROAR 48.

“Sydney University is at the forefront of women’s sport at club level across the country from semi-professional to elite levels.”

Yet another theme to take from the past 49 editions of ROAR has been the contribution sport has made to the University. “Sports administrators and volunteers are extraordinary people with great passion and drive and we have them across all of our 41 clubs, from archery to wrestling,” Mr Smith says. “And then there’s interfaculty sport, intercollegiate sport, School Holiday programs, gym programs, first-aid classes and swimming programs.”

“Some of our clubs cater for junior sport so youngsters can start from Under 10s and progress through the one club to grade level and beyond. It’s a massive contribution and commitment that puts the University’s name in good stead in the broader community.”

And as the CEO acknowledged, ROAR has been there to cover all of those moments, and more.

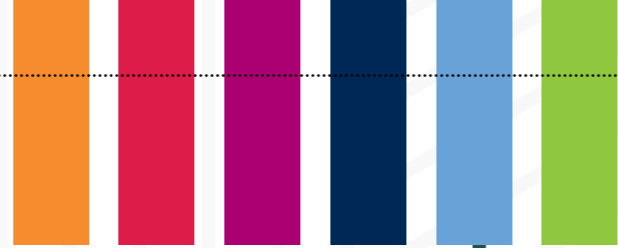


SUSF Starter Pack

Welcome Fest is a highlight on the student calendar. You're exposed to the breadth of societies and clubs available to you, collect one too many goodie bags and consume a fair chunk of information about the University landscape. That's great; as a matter of fact, exactly what we want.

Before your weekly schedule is jam-packed with classes, lectures, and tutorials, we wanted to let you in on the 'need to know' for Sydney Uni Sport & Fitness (SUSF).

Now, we are not in the business of just adding another thing to your diary. We believe we can complement your experience by maximising your time on campus through our offerings. Undergrads and post-grads, here's your SUSF starter pack.



Gym Trial



Have a break between classes? Reap the benefits of SUSF's location by getting your workouts in, in the middle of the day. The Arena Sports Centre and Sports & Aquatic Centre are our two gym facilities, conveniently located on opposite sides of campus. Whether you're new to exercise or an elite athlete, try our 3-day gym trial to see if we are the right fit for you.



Water Safe



Throughout semesters 1 and 2, we offer free water safety classes for University of Sydney students. Over 6 weeks you will learn basic water skills, stroke, and water survival skills in a safe and friendly environment. Registrations are open now, and classes will commence on Tuesday, 1 March 2022.

Annual Membership



First up, get bang for your buck by purchasing our annual membership for \$10. This will give you discounted rates to access our two health and fitness centres, a variety of short courses, reduced court booking fees and the gateway to be part of one of our 40+ sports clubs.



Interfaculty Sport



Whether you're a student or staff member, compete against other faculties in different codes. It is a great chance for everyone to have fun and contest for their faculty in a social atmosphere. Sports on offer include touch footy, soccer, basketball, and volleyball - to name a few.



Intercollegiate Sport



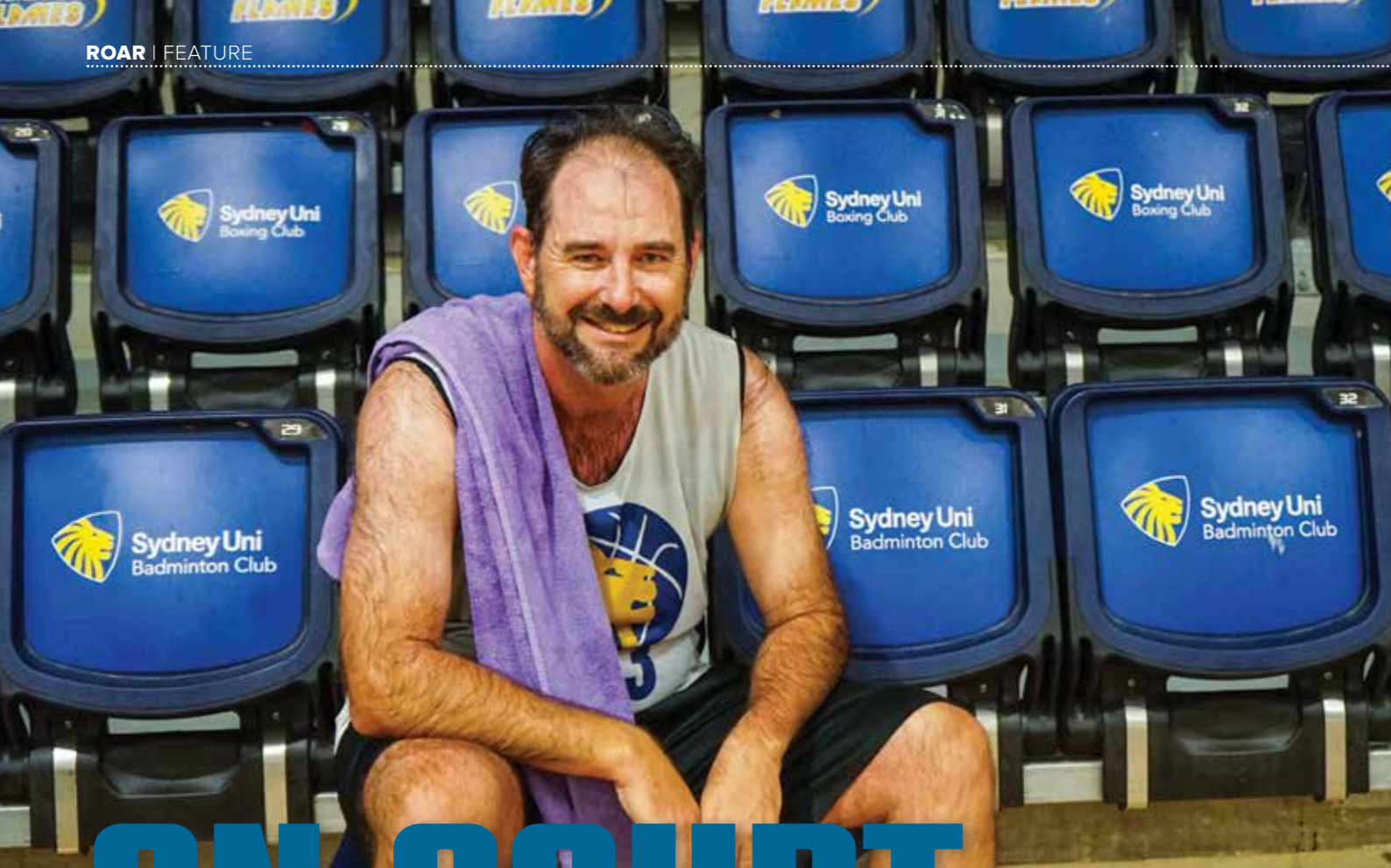
Immerse yourself in the longstanding history of Intercollegiate Sport. For decades we have provided residents of St Andrew's, St Paul's, Sancta Sophia, St John's, Wesley and The Women's College with opportunities to compete against each other in a range of sports. The rivalry and tribalism each college showcases makes it an electric scene for both competitors and spectators alike.



Social Netball



Be part of one of our fastest-growing competitions, social netball. Running 3 times a week on our state-of-the-art courts, you'll be working up a sweat and having an absolute ball at the same time. You can join as an individual, or a whole team. Rally the troops and secure your place today!



ON COURT WITH THE CEO

WITHIN 12 MONTHS OF ITS NEW BOARD AND CEO APPOINTMENT, SYDNEY UNI SPORT & FITNESS (SUSF) HAS ALREADY DEVELOPED AND APPROVED ITS NEW SUSF STRATEGIC PLAN 2021 – 2026.

IN SUMMARY, OVER THE NEXT FIVE YEARS AND BEYOND, SUSF'S MISSION IS TO IMPROVE THE LIVES OF THE UNIVERSITY COMMUNITY BY PROVIDING A WORLD-LEADING UNIVERSITY SPORTS ORGANISATION FOR PARTICIPATION TO HIGH-PERFORMANCE MEMBERS.

To find out more about SUSF's new Strategic Plan, Graham Crokes caught up with CEO, Ed Smith, after an early morning 'old-man basketball scrimmage' in which he was missing more shots than he hit.

Mr Smith was quick to point out that, in addition to establishing our mission, SUSF's Strategic Plan also sets out our organisation's goals and initiatives across all levels of sports, from sporting infrastructure to the ongoing promotion of what our students, clubs and members are achieving.

The Strategy puts goals in place across all areas of sport from the more general participation, diversity, and high-performance targets. It also drives the development of some complementary single sports-specific strategies such as the Swimming, Basketball and Tennis programs that have each been developed in parallel with the master strategy. Importantly the Strategy establishes specific initiatives and timelines to help SUSF achieve each of those goals.

From a promotion's perspective, Mr Smith said that part of SUSF's new marketing strategy is to correct a possible

misconception of SUSF as an old-fashioned sports club to that of a world-leading sports organisation catering to all the University's community needs.

"We also want to develop a greater sense of understanding and appreciation within the University for the role played by SUSF and its clubs," he said. "There's a great focus on us to communicate at all levels."

“”

I STARTED WITH SUSF AS A VOLUNTEER AND THEN JOINED THREE DAYS A WEEK AS A CONSULTANT BEFORE BECOMING A FULL-TIME EMPLOYEE IN OPERATIONS AND INFRASTRUCTURE

"To that end, we want a stronger sense of University engagement and belonging within the student cohort and a wider variety of social sports offerings and spectator/participant-friendly events.

We also want an environment that eases the transition from secondary school to campus life to ensure that everyone feels welcome and can participate."

Mr Smith said that, to achieve the goals of the Student Participation Strategy, SUSF would revamp and heavily promote interfaculty, intercollegiate, and intramural sporting competitions and institute a reward system to encourage clubs to assist in the roll-out of the mid-week student participation events.

Another important component of the plan is its Infrastructure and Sustainability Strategy – a particular passion of our CEO. Armed with a background in project development and property law, and having been Operations Manager since 2015, Mr Smith was well-placed for his new role as SUSF's first CEO when it was incorporated in January 2020, and the long-serving Executive Director, Rob Smithies, stepped down. During the previous nine years, the pair had worked together on the biggest sporting infrastructure program in Sydney University's history.

"I started with SUSF as a volunteer and then joined three days a week as a consultant before becoming a full-time employee in Operations and Infrastructure," he said. "It was a wonderful opportunity for someone who loves sports and loves getting things built. In the next six years, we invested \$40 million in sports infrastructure projects."

Those projects included the \$15 million Sports & Aquatic Centre extension in 2013, the \$13.6 million development of the TAG Family Foundation Grandstand and Sydney Uni Football Ground in 2016, the \$7.1 million Thyne Reid Boathouse and the \$4.2 million Bruce Pryor Hockey Field in 2017.

During that time, the University of Sydney Sports Foundation raised \$13 million for sports infrastructure, while the sports scholarship scheme raised another \$1.45 million. Naturally, the new Strategic Plan and the future infrastructure goals it establishes will also rely heavily on the Plan's philanthropy strategy.

As Mr Smith says, it was part of a golden era for sport on the campus, and that golden era could continue. The new Plan proposes the development of a sports complex at the Cumberland campus, the installation of a synthetic grass field at the Square, working with our University colleges for the possible development of the fields at St Paul's, St Andrew's, and St John's (including a possible athletics track), and the redevelopment of No.1 Oval to allow for more premier events.

"I believe that we run the best multi-sports club program in the land, and that our members and clubs need first-class facilities," Mr Smith said.

“”

ULTIMATELY, WE ARE HERE TO IMPROVE THE LIVES OF THE UNIVERSITY COMMUNITY, AND WE DO THIS THROUGH THE MEDIUM OF SPORT

"Ultimately, we are here to improve the lives of the University community, and we do this through the medium of sport. From teaching them to swim to offering great gyms, group fitness classes and social sports programs, to the running of an Elite Athlete Program, which is the envy of all Australian universities, we want to help our students and members become the best people they can be, whether or not they compete for country or for fun."

Having fought its way through the 'rough referee calls' of the COVID pandemic, SUSF's future looks brighter and its offence well-charted with the new Board as our coach and Mr Smith running point.

**PLEASE CONTACT
MARKETING@SPORT.USYD.EDU.AU
FOR A COPY OF THE SUSF
STRATEGIC PLAN**

HOW TO FIND US ON CAMPUS



**TAG Family Foundation Grandstand**


**The Arena Sports Centre & The Ledge Climbing Centre**


**Sydney Uni Sports & Aquatic Centre**


FIND

THE PASS

THAT SUITS YOU BEST

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1 JOIN SUSF

2 CHOOSE YOUR PASS

Gold, Silver, Bronze & Blue Passes are available as 3, 6 or 12 month prepaid options. Fortnightly Direct Debit option also available on a minimum 12 month basis. SUSF operates out of COVIDSafe facilities. *Prices quoted denote weekly breakdown of 12 month prepaid pass. Off Peak Staff & Student prices are available.

ANNUAL MEMBERSHIP

ANNUAL MEMBERSHIP INCLUDES

- Access to all Sydney Uni Sport & Fitness facilities at casual member rates
- Ability to join any of our sports clubs with exclusive benefits such as training time, equipment and coaching
- Great discounts on recreation courses and school holiday programs
- Discounts on SUSF First Aid and education courses
- Discounts on court bookings
- See the full list of benefits/inclusions at susf.com.au

PRICES

Sydney Uni Student \$10
 Sydney Uni Staff \$60
 Community \$60

GOLD PASS

EXPERIENCE OUR PREMIUM PASS WITHOUT THE PREMIUM PRICE

- Access to two facilities on campus, including unlimited access to a 50m heated indoor pool, access to cardio/weights facilities and functional training zone and group fitness classes (including LES MILLS and UNLEASH)
- Unlimited access to The Ledge Climbing Centre & Brydens Boxing Gym
- A complimentary fitness assessment & ongoing fitness management consultations
- Free towel and locker hire at each visit
- Free casual basketball entry
- Complimentary use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under \$14* per week
 Sydney Uni staff from under \$20* per week
 Community from under \$22* per week

SILVER GYM OR GROUP FITNESS PASS

ACCESS OUR PREMIER GYM OR GROUP FITNESS PROGRAM

- Unlimited access to cardio/weights room and functional training zone OR unlimited LES MILLS, Yoga & Pilates group fitness classes with up to 65 classes per week
- Unlimited access to a 50m heated indoor pool
- Access to Brydens Boxing Gym
- Free casual basketball entry
- A complimentary fitness assessment & ongoing fitness management consultations
- A free locker at each visit
- Use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under \$11* per week
 Sydney Uni staff from under \$16* per week
 Community from under \$19* per week

BRONZE PASS

PERFECT FOR PERFORMANCE TRAINING

- Unlimited access to the cardio and weights facilities at The Arena Sports Centre
- A complimentary fitness assessment & ongoing fitness management consultations
- A free locker at each visit
- Use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under \$9* per week
 Sydney Uni staff from under \$13* per week
 Community from under \$15* per week

BLUE PASS

SWIM YOUR WAY TO A HEALTHIER YOU

- Unlimited access to the Sports & Aquatic Centre's 50m heated indoor pool
- A free locker at each visit
- Use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under \$8* per week
 Sydney Uni staff from under \$9* per week
 Community from under \$11* per week

BALL LIKE BOWMAN

Oliver Bowman, affectionately known as Olly, is a 21-year-old high-achieving basketballer both on and off the court. Between taking advantage of remote learning to explore the world, running an online business, and producing content for his TikTok account boasting over 155K followers - it's safe to say he's doing well for himself.

JACK OF ALL TRADES

One thing that has underpinned Bowman's success to date is his passion for basketball. Having grown up as an avid lover of cross country, athletics, and surfing, discovering the orange and black striped ball at 9-years-old was something he connected with almost immediately. Three years and a close call later, Olly began his representative journey.

"I tried out for reps in the U12's, and only just made it. I've played it ever since, representing my club, New South Wales, and have travelled to America playing in various Amateur Athletic Union tournaments."

In his final year of high school at St Luke's Grammar, like all our Elite Athlete Program (EAP) Scholarship holders, Olly was faced with the decision of what institution he wanted to continue his tertiary education at.

"Apart from it being relatively close to home, Sydney University is one of the best universities in Australia. I had heard about the plans to grow the basketball culture and program and knew it was something I wanted to be a part of."



ZERO TO ONE HUNDRED

The basketball program as we know it today didn't exist in 2019. The headlining event for ballers back then was Nationals - a 1-week tournament that took place once a year. Outside of that, there wasn't much happening.

"Over the past 2 years there has been a complete 180 shift in focus, coaching, and the culture for basketball at Sydney University. I've been quite lucky to have witnessed and been a part of the growth and development of it all."

That shift, Olly talks about happened in 2020 when UniSport launched the University of Basketball League (UBL), which involves 11 universities across Australia, each represented by a men's and women's side. Over 8 weeks, teams battle it out all for ultimate bragging right – best varsity basketball team in the country. The UBL at Sydney University has been complemented with more social competitions and scrimmages than ever before.



"The chance to travel around Australia, weekly to play basketball was a very surreal experience, and it felt as if we were professional athletes."

Since the inception of the UBL, Sydney University has performed extremely well. The inaugural season was reduced to a 4-game series against arch-rivals, University of Technology Sydney, due to the Covid outbreak. Playing every game like it was their last, Olly claimed the Southern Design Inter-Varsity MVP title. Fitting recognition for the Manly Sea Eagles junior.

In 2021 both teams secured the premiership after finishing at the top of the table. When asked what the secret sauce to the program is, Olly credits the people in charge and his teammates.

"Tommy (Men's Head Coach), Ed Smith (Sydney Uni Sport & Fitness CEO) and all the staff have been a big reason for why everything has been put together and is organized in such a way that made all of this possible.

We also have a very high standard of players on the team. Everyone clicked early on and got along, which is rare for a large group of boys like ours. Everyone plays for each other and hangs out in their spare time."

RISE TO FAME

Combining his love for travel and his double degree in Arts/Advanced Studies, through our EAP, Olly headed abroad to study

at the University of Georgia. As fate would have it, he met a Norwegian friend who sparked his interest in their culture. Not long after, he found himself learning the language and living in Norway for 6 months.

"It was one of the best experiences of my life. Learning to speak another language was not something I imagined doing before but was one of the most eye-opening things I have done, being able to be part of a very different culture at its deepest level."

It was here that Olly took to TikTok to share about his overseas stint, which has continued to be an absolute hit for his ever-growing fan base.

"Initially, I was only posting Norwegian content and funny observations of Norwegian culture, as a foreigner looking in; however, it has broadened the scope of my content."

ONE STEP AHEAD

With graduation on the cards this year, Olly has already begun preparing for his future.

In 2020, alongside his sister, Lily, they launched their online business, BWMN which is their last name without the vowels. Clever, right?

"Both my sister and I are certified personal trainers and are very passionate about health in general and moving our bodies. We loved the idea of an online business, in terms of the flexibility and freedom it provides. BWMN Active combines these two factors. Working together allows us to merge our skillsets and impact a larger group of people."

So how does he do it all? Olly believes what he's learnt throughout his sport and degree has placed him in good stead for all he's achieved to date.

"Basketball required me to have time-management skills, discipline and the ability to work in a team, which has assisted my approach to business. Of course, my degree has helped me a lot too. The most significant areas being negotiation, understanding the digital landscape and overall business functions."

With an entrepreneurial, go-getting spirit like Olly's, his future looks promising.

When asked what's next, it's simple. "Continue to grow BWMN Active, play basketball and explore more international cultures."

The great thing is, he's already living this out.

Oliver Bowman. Remember the name.



SINCE 1990, SYDNEY UNI SPORT & FITNESS (SUSF) HAS PROVIDED SPORTING SCHOLARSHIPS TO OUR ELITE ATHLETE PROGRAM (EAP), HELPING OVER 2000 SYDNEY UNIVERSITY STUDENT ATHLETES TO FIND BALANCE AND ACHIEVE THEIR GOALS.

With access to a comprehensive range of benefits and services and most importantly, the care and encouragement of our staff and community, SUSF has helped these athletes realise their true potential.

Luci Monk, Intersvarsity Sport & Basketball Program Coordinator recently sat down with 3 our current EAP athletes to understand their journey so far.



2021
class of



Madeleine O'Hehir
BACHELOR OF COMMERCE (LIBERAL STUDIES) BASKETBALL

How has the Elite Athlete Program supported you to graduate?

The EAP supported me through my studies immensely. EAP provided tutors, private study areas and supported me through the process of getting extensions on assignments when there were clashes with my basketball commitments. EAP also connected me with Enrizen, a Financial services company where I was able to get work experience whilst studying.

What are your plans after graduation?

I graduated in July, 2021 and am currently working full time at Deloitte in Audit and Assurance Financial services. I am also continuing to play basketball in NBL1 for Norths Bears.

Do you have any advice for another athlete starting University?

If you're feeling stressed or overwhelmed, reach out to the EAP staff and don't suffer in silence. Whether that's for a tutor or to reschedule your timetable to fit with your sporting commitments, they are always there to help!



Amar Hadid
BACHELOR OF LIBERAL ARTS & SCIENCE SKATEBOARDING

How has the Elite Athlete Program supported you to graduate?

The Elite Athlete Program is a unique program that provided me with real solutions. It's a program specifically designed for student-athletes to pursue university education whilst competing at the highest level in their sport. Pursuing a competitive sport alone is challenging. Adding a university degree into the mix made it even more so. I found the EAP's design to be state of the art in terms of the requirements I needed as a student. What really makes it first class is that it's driven by passionate management and mentors who truly cared and embraced my every need; they guided me to find solutions at times I needed most. The staff had no rigidity and were always fluid, ensuring my needs were catered for. It is through the guidance of the staff I was able to balance any difficulties between my studies and sporting commitments, especially whilst travelling. They always worked in harmony with each other. This was essential to my ability to maintain my schedule as a student-athlete. I am forever grateful for all the hardworking EAP staff who guided me and made it all possible.

What are your plans after graduation?

My plans are now to do a second degree to consolidate my future. I am presently skateboarding better than ever, albeit I am not competing. The support given to me has helped me become what I am in skateboarding and what paved the way for my education.

Do you have any advice for another athlete starting University?

As an athlete starting university, if you're serious about both, you cannot go past the support that you will find at EAP. There is no better way to give yourself the best chance in achieving your goals. The support and backup you get here will be the finest. You're not just a number; they share your journey and your goals. So jump at this opportunity, be thankful, and you will be proud of the support you get.



Leo Yip
BACHELOR OF SCIENCE (HEALTH & NUTRITION SCIENCE) CYCLING

How has the Elite Athlete Program supported you to graduate?

The EAP has provided endless resources that helped me stay organised and efficient as a student-athlete. The EAP is a holistic program that took care of me in every area in order to be successful. They provided academic support through access to tutoring, training support from high-performance coaches and facilities, and even mental and physical support from psychologists and dietitians.

What are your plans after graduation?

After graduation, I plan to continue my professional sporting career in road cycling by first competing at this year's Santos Cycling Festival held in Adelaide and ultimately aim to qualify for the World Championships in Wollongong at the end of this year. It's a rare opportunity that a world championship gets held right here in your backyard, so this will be a major goal. Alongside my cycling career, I'm excited to also bring to life my own business sparked from my passion for health and nutrition. From the connections I've made at the university and the great alumni support network, I hope to also give back to the EAP and continue to utilize and provide opportunities for others in the near and far future, so the whole community continues to grow.

Do you have any advice for another athlete starting University?

One piece of advice I would give to any athlete who may or may not be on the EAP is to take advantage of the resources around you. You are at an amazing university with world-class facilities. Using the EAP is a great way to learn, make connections, and ultimately be focused on your ultimate goal for whatever that may be. Surround yourself with a like-minded community and ground yourself with meaningful relationships with your peers and seniors. There are some incredibly intelligent minds at the university, and don't be afraid to ask and be vulnerable.

2020-21 Blues Dinner

Drawing inspiration from a tradition that began in Oxford and Cambridge Universities, there is no more of an illustrious honour for athletes and club volunteers of the University of Sydney than being named a Blues or Golds recipient.

If you are not yet acquainted with why these awards are so esteemed, a quick scan through the list of previous recipients will bring you up to speed. You'll uncover a who's who list of University and Australian sporting greats; Olympians, Wallabies, Australian Cricketers, etched in the University of Sydney's rich student-athlete history.

Those eligible to join the exclusive 'Blues Club' are student-athletes who have excelled in their studies while achieving outstanding results in their sport at the highest representative level. As for Golds, the recognition is strictly reserved for those individuals who have provided exceptional service in sports administration within Sydney Uni Sport & Fitness (SUSF) or one of its clubs for at least seven years.

To mark the importance of this recognition, Blue and Gold award recipients earn the exclusive right to don a blazer that showcases the traditional Blue & Gold stripes and Sydney University Shield.

The formalities of garbing the blazer and bestowing the honour

take place at the annual Blues Dinner - arguably one of the most anticipated events on the University social calendar.

With Covid resulting in the cancellation of the 2020 Blues Dinner and a lockdown-stricken 2021, SUSF and the Blues Association were delighted to be once again play host to the beloved Blues Dinner on Friday, 26th November 2021.

Despite the evening's severe thunderstorms and heavy rain, family and friends of SUSF braved the elements to assemble into The Great Hall, for what was one of only a handful of events able to take place at the University during 2021 and the first since the end of lockdown.

The Black Tie event was a trifecta celebration, not only dedicated to our incredible athletes from both 2020 and 2021 but also serving as an opportunity to congratulate and celebrate our returning Olympians and Paralympians from the Tokyo 2020 Games.

Among the attendees were special guests of SUSF, The University of Sydney's Chancellor Belinda Hutchinson AC and Vice-Chancellor Mark Scott, who played a role in the reading of dissertations and garbing our Blues and Golds recipients.

On behalf of SUSF and the broader University community, congratulations to our 2020 and 2021 Blues and Golds recipients.



2021 BLUES RECIPIENTS

- Peter Boukouvalas | Archery
- Angus Clark | Athletics
- Thomas Davies | Athletics
- Mia Economou | Athletics
- Harold Fullerton | Athletics
- Tom Galvin | Athletics
- Sally Guthrie | Athletics
- Mackenzie Little | Athletics
- Charlotte McGill | Athletics
- Connor Murphy | Athletics
- Lachlan Raper | Athletics
- Obssa Youssouf | Athletics
- Charlie Dummer | Cricket
- Abbey Baker | Netball
- Jemma Donoghue | Netball
- Natalie Sligar | Netball
- Jack Thomas | Netball
- Wyatt Batt | Rowing
- Eleanor Price | Rowing
- Bridie O'Gorman | Rugby Union
- Thomas Osborne | Rugby Union
- Eddie Poolman | Rugby Union
- Henry Robertson | Rugby Union
- Ryan Wilkes | Swimming
- Carmen Marton | Taekwondo
- Jayden Schofield | Triathlon
- Luke Schofield | Triathlon

2021 GOLDS RECIPIENTS

- Brian White | Athletics
- Jasper Odgers | Baseball
- Anthony McInnes | Hockey
- James Caterson | Rugby Union
- Wayne Erickson | Rugby Union
- Ashley Miller | Rugby Union

Read each recipient's list of achievements as well as our 2020 winners via susf.com



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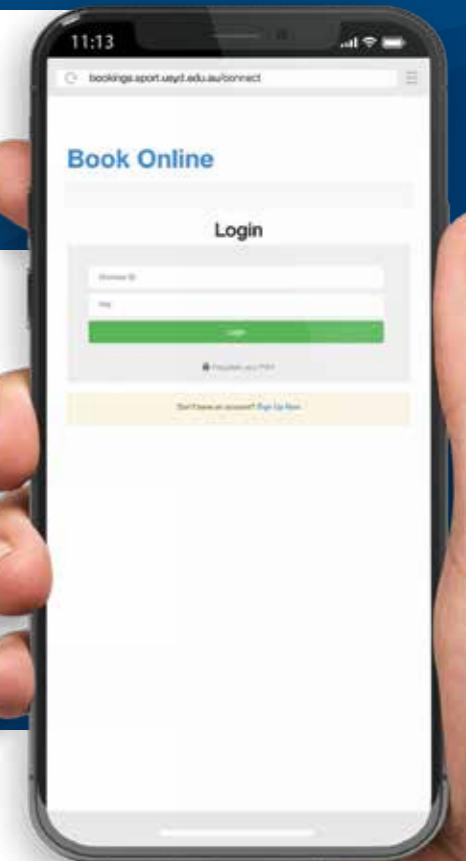
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5 SELF-CARE ACTIVITIES: WE ALL HAVE TIME FOR

2021 IS IN THE REAR MIRROR, AND WE ARE ON THE BRINK OF SOMETHING NEW AND EXCITING. INTERNATIONAL TRAVEL HAS RECOMMENCED, SMALL BUSINESSES ARE SLOWLY REBUILDING, FIRST-YEAR UNDERGRADUATES ARE PREPARING FOR THEIR UNIVERSITY JOURNEY - YET AMONG ALL THIS HOPEFUL EXCITEMENT, THERE'S THIS SMALL SENSE OF DOOM.

Coronavirus cases continuing to rise, political exhaustion settling in, and some restrictions being reintroduced, all have the power to affect our mental and emotional well-being. While we don't have control over these things, the call to look after ourselves has never been louder.

Often when we talk about self-care, the conversation is divided. Half indulge in the time to look after themselves while the other half believe they don't have the time to do it. The purpose of this article is to remind you to prioritise yourself and to provide simple but effective ways to do this.

1. Practice mindfulness

From the moment we wake up, our minds are ticking over with our to-do lists. Before you know it, you're at work and wondering how you even got there. Sound familiar? You're not alone. It is estimated that 95% of our behaviour runs on autopilot. That's because neural networks underline all our habits, reducing our millions of sensory inputs per second into manageable shortcuts so we can function.

Mindfulness is the opposite of this. It's surrendering to the rush and deliberately taking inventory of the present moment. There are many ways to practice mindfulness. Could be as simple as you asking yourself questions like where am I, what can I smell, and what am I feeling? But if you want to take it to the next level, try the breathing function on your fitness watch or download an app for guided mindfulness. Smiling, Headspace and Calm are just a few great resources, and they're also free!

2. Declutter the clutter

There's no denying that when our homes and lives are cluttered, we feel overwhelmed. More stuff equals more demands on our attention. It's hard to focus because we are being pulled in all directions.

A lot of us would be familiar with the work of Marie Kondo. Keep things that speak to the heart, and discard items that no longer spark joy. When was the last time you tidied out your room, closet or even the camera roll in your phone?

Don't try and do everything in one go. Instead, make a list of the things you want to organise and approach it one by one. Before you ride the idea off, give it a shot. It can be weirdly therapeutic.

The benefits of decluttering are tried and true. It reduces stress, boosts productivity, helps you rediscover things you forgot you had but more than all these things, it avails space in your mind to focus on the things that really matter.

3. Play like a kid

When you were a kid, what were your favourite things to do? Was it drawing? Dancing? Maybe it was going to your local theme park every summer.

We all have an inner child within us, which connects us to happiness and optimism in our lives. This inner child is part of our subconscious and helps us process or comprehend situations as we get older.

Give yourself permission to do the things that bring you pleasure and laughter. It doesn't need to be structured. Let it be messy, welcome the wild and feel the freedom and spontaneity of your younger self.

4. Disconnect to reconnect

Our worlds can be loud. Music blaring through our earphones, phone pinging with texts, and notifications constantly flowing that sometimes you think you're in a revolving door that isn't letting you out. The harsh reality is sometimes we choose to stay there.

Try to unplug for 30 minutes or a whole day if you can afford to. Use that time to be present or do something for yourself. We promise you; your social accounts aren't going anywhere. Your newsfeed will still be there when you're ready to connect.

5. Prioritise like it matters

You'd never intentionally dodge an exam or important business meeting. As a matter of fact, you'd be so hyperaware of the details of the where and when, so you don't miss it. Keep the same energy when prioritising self-care. Add it to your diary if you must.

At first, it'll be hard to prioritise yourself, especially if you're not used to it but like any new skill, the more you do it, the easier it'll become.

So, there you have it. Debunk the myth that you don't have time to look after yourself. You do; you just got to choose to have it.

GROUP FITNESS TIMETABLE

In Group Fitness, you'll meet new people, learn how to exercise and constantly be challenged. Whatever you want to achieve, there is a class for you!

| RPM STUDIO | | | | | | | |
|--|----------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| | MON | TUE | WED | THU | FRI | SAT | SUN |
| 6.30am | RPM 45 | LES MILLS THE TRIP | sprint 30 | LES MILLS THE TRIP | RPM 45 | | |
| 7.00am | | | | | | LES MILLS THE TRIP | |
| 7.30am | | | LES MILLS THE TRIP | | | | |
| 8.00am | | | | | | | LES MILLS THE TRIP |
| 9.00am | | | | | | sprint 30 | |
| 9.30am | | LES MILLS THE TRIP | | LES MILLS THE TRIP | | | |
| 10.00am | | | | | | LES MILLS THE TRIP | RPM 45 |
| 11.00am | | | | | | | |
| 12.10pm | | | | RPM 45 | | | |
| 12.30pm | LES MILLS THE TRIP | | sprint 30 | | | | |
| 1.10pm | | RPM 45 | | | LES MILLS THE TRIP | | |
| 1.15pm | | | | | | | |
| 4.10pm | | | | | | | |
| 4.30pm | | LES MILLS THE TRIP | LES MILLS THE TRIP | | | | LES MILLS THE TRIP |
| 5.00pm | | | | | | RPM 45 | |
| 5.30pm | sprint 30 | sprint 30 | | RPM 45 | | | |
| 6.00pm | | | RPM 45 | | LES MILLS THE TRIP | | |
| 6.10pm | RPM 45 | RPM 45 | | | | | |
| 6.15pm | | | | | | LES MILLS THE TRIP | |
| 6.30pm | | | | LES MILLS THE TRIP | | | |
| 7.30pm | | | | | | | |
| SUSAC GYM FLOOR - GOLD & UNLEASH PASSES ONLY | | | | | | | |
| | MON | TUE | WED | THU | FRI | SAT | SUN |
| 12.00pm | | | | | | | |
| 12.30pm | UNLEASH 30 | | | | UNLEASH 30 | | |
| 5.00pm | | | UNLEASH 30 | | | | |
| 6.00pm | | | | | | | |
| BOXING GYM | | | | | | | |
| | MON | TUE | WED | THU | FRI | SAT | SUN |
| 5.15pm | HIT BOXING 45 | | | | | | |
| 6.00pm | | | | | | | |

| GROUP FITNESS STUDIO/POOL | | | | | | | |
|---------------------------|----------------------|-----------------------|-------------------------|-----------------------|----------------------|----------------------|-----------------------|
| | MON | TUE | WED | THU | FRI | SAT | SUN |
| 6.30am | | BODYPUMP 45 | | BODYPUMP 45 | BODYATTACK 45 | | |
| 7.30am | | YOGA FLOW 55 | PILATES 55 | BODYBALANCE 55 | PILATES 55 | | |
| 8.30am | | | | | | tōne 45 | |
| 9.00am | | | | | | | BODYPUMP 55 |
| 9.30am | | | | | | BODYCOMBAT 55 | |
| 11.00am | | | | | | PILATES 55 | |
| 12.00pm | | | | | | YOGA 55 | |
| 12.30pm | | CORE 30 | | HIT BOXING | WATCH THIS SPACE! | | |
| 1.10pm | BODYPUMP 45 | GRIT Cardio 30 | BODYPUMP 45 | | | | |
| 4.00pm | | | | | | BODYPUMP 55 | BODYATTACK 55 |
| 4.30pm | CORE 30 | BODYPUMP 45 | | CORE 30 | BODYATTACK 45 | | |
| 5.00pm | | | CORE 30 | | | | BODYBALANCE 55 |
| 5.10pm | BODYATTACK 45 | | | BODYCOMBAT 45 | | | |
| 5.30pm | | | | | BODYPUMP 55 | | |
| 5.30pm | | GRIT Series 30 | BODYATTACK 45 | | | | |
| 6.00pm | | CORE 30 | | | | | |
| 6.10pm | BODYPUMP 45 | | | | | | |
| 6.15pm | | | | BODYPUMP 55 | | | |
| 6.30pm | | tōne 45 | BODYPUMP 45 | | | | |
| 7.05pm | BODYCOMBAT 55 | | | | | | |
| 7.30pm | | BODYBALANCE 45 | YOGA JAPANESE 55 | | | | |

Timetable subject to change.





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AUSTRALIAN RULES





The Sydney University Australian Football Club is the oldest Australian Rules club in NSW and the fourth oldest in Australia. The men's side compete in the NEAFL and various AFL Sydney fixtures, providing opportunities for both elite players and beginners, while the women's side is continuing to grow with two teams competing in the Sydney Women's AFL competition.

-  suanfc.com | suwafc.com
-  afl@sport.usyd.edu.au
-  [@suanfc](https://www.instagram.com/suanfc) | [@sydneyuniwomensaf](https://www.instagram.com/sydneyuniwomensaf)
-  [@SydneyUniAFL](https://www.facebook.com/SydneyUniAFL)



AMERICAN FOOTBALL



The Sydney Uni American Football Club, established in 1984, fields an open team in the Gridiron NSW men's and women's competitions (Sydney Uni Lions in Division 1) as well as an under 18s team (Sydney Uni Cubs in the Colts Division) in Gridiron NSW, the highest level of competition for American Football in the state.

-  sydneyunigriron.com
-  info@sydneyunigriron.com
-  [@suafc1984](https://www.instagram.com/suafc1984)
-  [@SydneyUniGridiron](https://www.facebook.com/SydneyUniGridiron)



ARCHERY





The Sydney Uni Archery Club, established in the 1970s, caters to all levels of archery, from the beginner to the elite. Members compete in various competitions through Archery NSW and Archery Australia at club, state and national level.

-  suac.org.au
-  archery@sport.usyd.edu.au



ATHLETICS


The Sydney University Athletics Club, established in 1878, is one of the oldest athletics clubs in the country. The club caters for athletes of all abilities from elite to social, and from undergrads to veterans. The club competes in a wide range of competitions around Australia including national and state championships, state relays and Athletics NSW all-comers events, in both the summer (track) and winter (cross country/road walks) seasons.

-  suac.org
-  athletics@sport.usyd.edu.au
-  [@sydneyuniathletics](https://www.instagram.com/sydneyuniathletics)
-  [@sydneyuniathletics](https://www.facebook.com/sydneyuniathletics)



BADMINTON




The Sydney Uni Badminton Club welcomes players of all levels. The club is open to the public. Whether you are a social player looking for a fun hit or a competition regular looking for some practise before your next big game, you are more than welcome to come along. The club is affiliated with the Sydney Badminton Association Inc. and competes in all of their tournaments.

-  badminton@sport.usyd.edu.au



BASEBALL




The Cynics, established in 1904, fields three teams that are open to both students and the community. The club plays in the Sydney Winter Baseball League, the highest level league in NSW. The club is a great place to play baseball, and is always looking for new members.

-  sydneyuni.baseball.com.au
-  baseball@sport.usyd.edu.au
-  [@sydneybaseball](https://www.instagram.com/sydneybaseball)



BASKETBALL

The Sydney University Basketball Club provides an opportunity for male and female students and local community members to participate in various levels of basketball. In 2003, Sydney University took ownership of the Sydney Uni Flames, who compete in the Women's National Basketball League.

-  basketball@sport.usyd.edu.au
-  [@sydneyunibasketball](https://www.instagram.com/sydneyunibasketball)
-  [@SydUniBasketball](https://www.facebook.com/SydUniBasketball)



BOAT




Sydney University Boat Club (SUBC) competes as Sydney University in the club, state and national championships and includes members of the Australian squad. For the past few years SUBC has been the leading rowing club in New South Wales, catering to men and women across all levels of experience.

-  subc.com.au
-  boat@sport.usyd.edu.au
-  [@subc1860](https://www.instagram.com/subc1860)



BOXING




The Sydney Uni Boxing Club was established in 1908. The club is open to males and females. Sydney Uni Boxing Club enters its own competitive boxers in state/national competition. Competition between the University of Sydney's Colleges occur as part of the University of Sydney Inter-Collegiate and Club Boxing Tournament, with male boxers representing St Andrew's, St John's, St Paul's and Wesley competing for the trophy.

-  sydneyuniboxing.com
-  boxing@sport.usyd.edu.au
-  [@SUBxC](https://www.facebook.com/SUBxC)



FENCING




The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club welcomes members of all standards. The club has a large amount of equipment available for the use of members, offering training with foil, epee and sabre. The club competes in state competitions run by the New South Wales Fencing Association, participating in both individual and team competitions.

-  sufc.org.au
-  fencing@sport.usyd.edu.au
-  [@SydneyUniFencing](https://www.facebook.com/SydneyUniFencing)



GOLF




The University of Sydney's Golf Club has recently been re-established (2020). Follow the club at the links below to stay up to date with social events, rounds of golf and competitions.

-  golf@sport.usyd.edu.au
-  [@ussydgolf](https://www.instagram.com/ussydgolf)
-  [@USYDGolf](https://www.facebook.com/USYDGolf)



GYMNASTICS




The Sydney Uni Gymnastics Club provides a fully equipped space and coached classes for adults from a recreational to a National level.

-  gymnastics@sport.usyd.edu.au
-  [@sydneyunigym](https://www.instagram.com/sydneyunigym)
-  [@sydneyunigymnastics](https://www.facebook.com/sydneyunigymnastics)



CANOE




The Sydney University Canoe Club caters to all levels of people who just want to paddle! The student and alumni run organised trips around NSW for beginners as well as trips for those who want to take on high grade rapids. The club conducts white water canoe/kayak weekends and competes in canoe polo leagues and tournaments around Sydney. The club also utilises a canoeing facility at the Penrith Whitewater Course.

-  sydneyuniversitycanoeclub.com.au
-  canoe@sport.usyd.edu.au
-  [@SUCanoe](https://www.facebook.com/SUCanoe)



CHEERLEADING





Sydney University Cheerleading is a competitive club which was founded in 2002. The club's competitive team performs routines at state-level competitions and travels interstate to compete at the National Championships each year. The club's recreational program offers a range of classes as a fun and unique way to get and stay fit.

-  sydunicheer.com
-  [@sydneyunicheer](https://www.instagram.com/sydneyunicheer)
-  [@sydneyunicheer](https://www.facebook.com/sydneyunicheer)



CRICKET




The men's club has eight teams competing in the Sydney Grade Competition that caters for the social to elite player. The Universities Women's Cricket Club also has teams competing in the Sydney Women's and Sydney Junior competitions.

-  sydneyuniversitycricket.com.au
-  succ@sport.usyd.edu.au
-  [@succ1864](https://www.instagram.com/succ1864)
-  [@sydneyunicricket](https://www.facebook.com/sydneyunicricket)



HANDBALL





Sydney Uni Handball Club was established in 1995, and has since been one of the most successful handball clubs in Australia. The club is open to everyone from beginners to International level players and consistently has players feature in Australia's men's and women's national teams (seniors and juniors). During summer, the club plays Beach Handball and arranges social competitions for those interested in trying out the game.

-  sydneyunihandball.com
-  handball@sport.usyd.edu.au
-  [@sydneyunihandball](https://www.instagram.com/sydneyunihandball)



HOCKEY





Established in 1906, the Sydney University Hockey Club is one of our largest clubs with more than 20 men's, women's, masters and junior teams. The men's and masters teams play in the SHA metropolitan competition and our top five women's teams play in the Sydney Women's Hockey League. The club also sends both men's and women's teams to Nationals.

-  suhc.asn.au
-  hockey@sport.usyd.edu.au
-  [@sydneyunihockey](https://www.instagram.com/sydneyunihockey)
-  [@SydneyUniHOCKEY](https://www.facebook.com/SydneyUniHOCKEY)



JUDO

The Sydney University Judo Club is the oldest judo club in Australia, founded in 1954. The club competes in all levels of judo competition, from national and state to local competitions and Nationals. SUJC is run by students and has black-belt instructors with international experience. The club's training program includes classes tailored for beginners and experts, dedicated women's classes, and numerous social activities.

-  sydneyjudo.com
-  judo@sport.usyd.edu.au
-  [@sydneyuni_judo](https://www.instagram.com/sydneyuni_judo)
-  [@SUJC.Sydney.Judo](https://www.facebook.com/SUJC.Sydney.Judo)



KEMPO KARATE

The Sydney University Kempo-Karate Club was established in 1965 to facilitate the practice of Shaolin Ch'uanfa. Classes are held on Monday, Thursday and Friday evenings throughout the year. The curriculum includes self-defence techniques, yogic exercises and the Buddhist philosophy and psychology that underlie them.

✉ kempokarate@sport.usyd.edu.au



KENDO

Since 2004, Sydney University has offered Kendo, a traditional Japanese fencing martial arts practised by the samurai. Today it is both a martial art as well as an international sport. The club practises Kendo to cultivate one's mindfulness, respect and diligence, through physical training. A practitioner is able to achieve high sense of reflex, alertness, fitness, speed and co-ordination. The club is open to all levels of students, from beginner to elite.

🌐 usydkendoclub.com
✉ kendo@sport.usyd.edu.au



MUAY THAI

Sydney University Muay Thai Club (SUMT) is dedicated to assisting individuals to achieve peak fitness and to learn the techniques of Muay Thai. Training is located at the Sydney University Sports & Aquatic Centre every week and is open to members of all skill levels.

🌐 sumt.club
✉ usydmuaythai@gmail.com
📱 [@usydmuaythai](https://www.facebook.com/@usydmuaythai)



RUGBY UNION

The Sydney University Football Club is one of the oldest and strongest clubs in Australia. The club competes in the men's and women's NSW Rugby Union Competitions and caters for a range of players through to the elite level.

🌐 sydneyunirugby.com.au
✉ sufc@sport.usyd.edu.au
📱 [@sufc1863](https://www.instagram.com/@sufc1863) | [@sufc_lionesses](https://www.instagram.com/@sufc_lionesses)
📱 [@sydneyunirugby](https://www.facebook.com/@sydneyunirugby)



SOCCER

The Sydney University Soccer Football Club caters for players of all abilities from elite to beginner. It enters both men's and women's teams in the NSW Super League. It also enters a large number of men's teams in the Eastern Suburbs Football Association and women's teams in the Gladesville/Hornsby competition. The club is now approaching 600 members in 35 teams, across all competitions.

🌐 susfc.com.au
✉ soccer@sport.usyd.edu.au
📱 [@sydneyunisfc](https://www.instagram.com/@sydneyunisfc)
📱 [@SUSFC](https://www.facebook.com/@SUSFC)



SOFTBALL

Softball has been a very successful club over the years. Regularly competing in Nationals, the club welcomes all levels of players from beginner to elite.

✉ club.development@sport.usyd.edu.au



NETBALL

The Sydney University Netball Club is open to all abilities. The club enters teams in the NSW State League/Waratah Cup competition. Players can compete in weekend club/social competitions and at Nationals.

✉ sydneyuninetball@gmail.com
📱 [@sydneyuninetball](https://www.instagram.com/@sydneyuninetball)
📱 [@sydneyuninetball](https://www.facebook.com/@sydneyuninetball)



ROCKCLIMBING/MOUNTAINEERING

The Sydney University Rock Climbing & Mountaineering Club is not a competitive club. Instead, it fosters the development of rock climbing as a social sport for men and women. SURMC runs trips on weekends to give members the opportunity to climb outdoors during the semester, as well as indoor climbing which takes place all year around at The Ledge. There are opportunities for elite climbers in the club to compete in state and national events.

🌐 surmc.org.au
✉ rockclimb@sport.usyd.edu.au
📱 [@usydsurmc](https://www.instagram.com/@usydsurmc)



RUGBY LEAGUE

The club provides a professional and collegiate atmosphere for student and non-student players to enjoy playing competitive amateur rugby league. SURLC provides all of its players with free equipment, gear, playing fields and high level coaches. In addition, the club also hosts social events designed to allow its players to develop networks and friendships off the field.

✉ c.kintis@clarkekann.com
📱 [@sydneyunirugbyleague](https://www.instagram.com/@sydneyunirugbyleague)
📱 [@SydneyUniRugbyLeague](https://www.facebook.com/@SydneyUniRugbyLeague)



SQUASH

The Sydney University Squash Club provides an ideal opportunity for players of all abilities to improve their game. The club members play in competitions against other squash clubs in Sydney as well as fielding men's and women's teams which compete in the Sydney Pennant Squash Competition. Club members who are students are eligible to play Inter-Varsity against other universities. The club also provides free practise twice a week.

✉ squash@sport.usyd.edu.au



SWIMMING

The Sydney University Swim Club (SUSC) complements squad training offered by Sydney Uni Sport & Fitness (SUSF). The club provides competitive opportunities for members of all ability levels ranging from monthly Club nights to Area, State, National and International events.

🌐 sydneyuniswimmingclub.com
✉ suscsecretary@gmail.com
📱 [@sydneyuniswimming](https://www.instagram.com/@sydneyuniswimming)



TABLE TENNIS




The Table Tennis Club is open to both beginner and elite players. The club enters regional competitions as well as Nationals.

✉ tabletennis@sport.usyd.edu.au
📱 [@usydtabletennis](https://www.instagram.com/@usydtabletennis)



TAEKWONDO




The Sydney Uni Taekwondo Club started in 2001 and provides people of all experience levels the opportunity to learn the Korean martial art and Olympic sport of Taekwondo. Classes teach kicking, sparring, self-defence and the core traditional aspects of Taekwondo such as spirit, focusing on improving an individual's health, and fitness while learning in a fun, safe and social environment.

-  taekwondo@sport.usyd.edu.au
-  @usyd.tkd
-  @USYDTKD



TENNIS




Founded in 1885, the Sydney University Lawn Tennis Club enters teams in the Metropolitan Grass Courts Clubs Association Badge competitions and other competitions conducted by Tennis NSW and the NSW Hardcourt Tennis Association. The club organises weekly social tennis for club members at the Manning Lawn Courts. The Tennis Club's representative teams compete annually at the Nationals.

-  tennis@sport.usyd.edu.au
-  @usydawntennis
-  @sultc



TOUCH FOOTBALL




Established in 2001, the Sydney University Touch Football Club provides opportunities for students to participate in touch, both at the social and the elite level. The club has a weekly mixed competition providing students and community members the opportunity to play competitive touch in a social environment. The club also enters teams in the State Cup and Nationals.

-  sydneyunitouch@gmail.com
-  @sydneyunitouch
-  @sydneyunitouch



WATER POLO





The Sydney Uni Water Polo Club provides opportunities for members to play water polo at all levels. The club has junior programs, social teams and beginner teams right up to first grade. Both the men's and women's teams compete in the National Water Polo League.

-  waterpolomen@sport.usyd.edu.au
-  @sydneyuniwp
-  @SydUniWaterPolo



WATERSKI/WAKEBOARD



The Sydney Uni Waterski Club offers an opportunity for people of all abilities (from first timer to professional) to enjoy organised trips throughout most of the year. The season generally runs from September to May, offering organised waterski and wakeboarding days for members at Cliftonville Ski Park and at Wisemans Ferry on the Hawkesbury River.

-  usydwake.com
-  usydwake@gmail.com
-  @usyd_wake
-  @Usydwake



WRESTLING/GRAPPLING




The Sydney Uni Wrestling & Grappling Club teaches freestyle wrestling which attacks the upper and lower body of an opponent. The ultimate goal is to pin your opponent on the mat, winning the round or match. There are no joint locks in freestyle wrestling or Greco roman wrestling. These joint locks are only legal in submission grappling and MMA (UFC).

-  wrestling@sport.usyd.edu.au
-  @sydneyunigrappling



ULTIMATE FRISBEE



Sydney University Ultimate Frisbee is open to all ability levels, entering many local, state and national tournaments. It has an important social aspect and remains competitive at Nationals where the club has posted excellent results since the sport's inclusion.

-  ultimatefrisbee@sport.usyd.edu.au
-  @suufa
-  @usydultimate



VELO (CYCLING)





The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. The club has a varied and interesting ride and training program, as well as a healthy performance culture – one that encourages its members to strive to reach their goals.

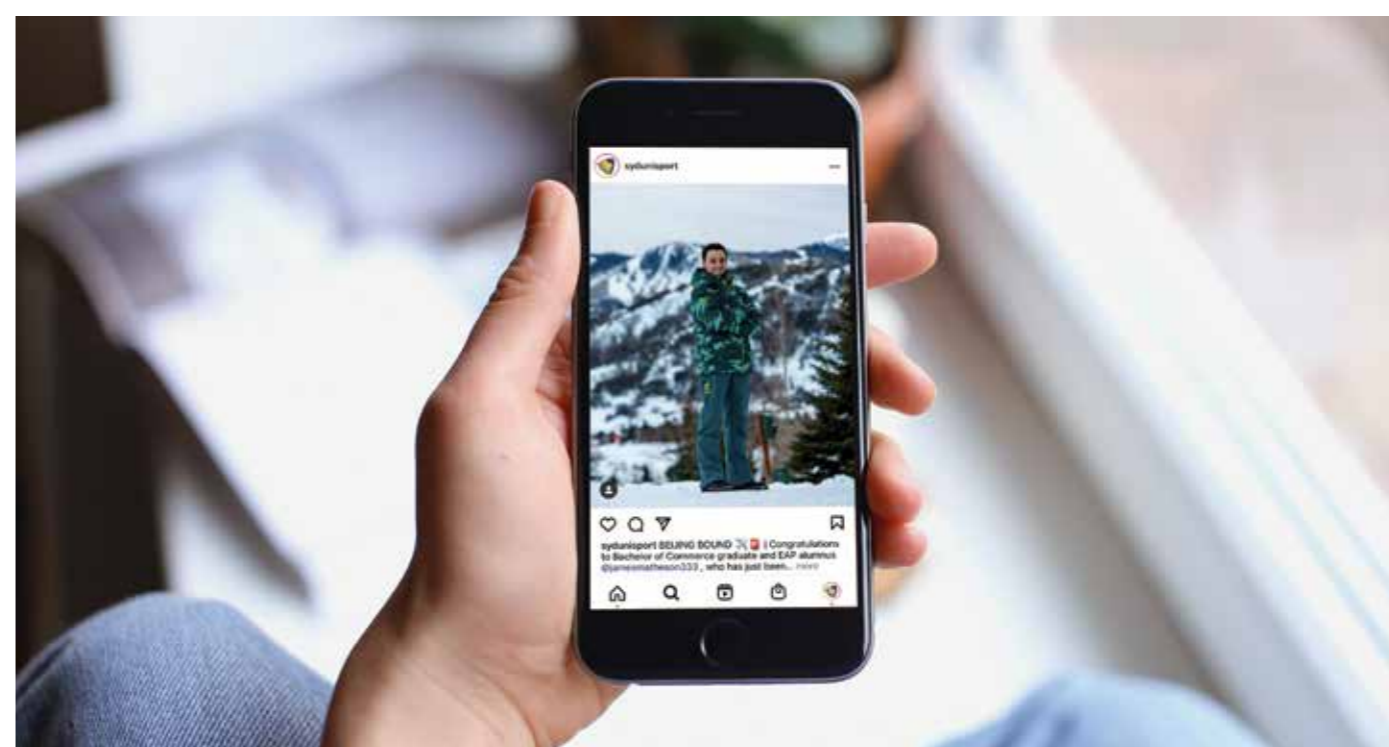
-  suvelo.com.au
-  suvelo@sport.usyd.edu.au
-  @sydneyunivelo



VOLLEYBALL

The Sydney Uni Volleyball Club is open to both men and women. The club competes in the Sydney Volleyball League in opens and junior divisions, Nationals and other major tournaments such as NSW State Cups. The club is open to students and non-students, locals and internationals and welcomes both beginner and elite athletes.

-  suvolleyball.com
-  volleyball@sport.usyd.edu.au
-  @usydvball
-  @sydneyunivolleyball



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SPORTS & AQUATIC CENTRE

Splash out at SUSAC with its wide range of fitness facilities and services.

SUSAC features:

- 50m heated indoor swimming pool
- 4 squash courts
- Modern fitness equipment
- Functional training zone
- RPM studio
- Martial arts room
- Health assessments
- Personal training
- Indoor & outdoor boot camp
- 6 synthetic grass tennis courts
- Multi-function sports hall
- Group fitness studio
- Boxing room
- Multi-function sports stadium
- Fitness testing
- Poolside Cafe

Opening hours

Monday-Friday: 5.30am - 10pm, Saturday: 6am - 8pm, Sunday: 7am - 10pm.

📞 9351 4978

✉️ nmrc@sport.usyd.edu.au



ARENA SPORTS CENTRE

Improve your lifestyle through improved fitness at The Arena. Whether you're a complete beginner to exercise or an elite athlete, our highly qualified, friendly and caring staff are always at hand to assist you on your way to achieving your personal goals.

The Arena features:

- State-of-the-art cardio room
- Personal training
- Complementary fitness programs
- 2 squash courts
- Extensive weights room
- Health assessments
- Multi-purpose sports hall
- 3 badminton courts

Opening hours

Monday-Friday: 6.30am - 10pm, Saturday: 8am - 5pm, Sunday: 12pm - 5pm.

📞 9351 8111

✉️ arena@sport.usyd.edu.au

📍 Arena Sports Centre, Western Ave



Image credit: Angie Kim

THE LEDGE CLIMBING CENTRE

Move up in the world at The Ledge. Experience rock climbing, one of the world's fastest growing indoor sports. The Ledge Climbing Centre offers over 300 metres of textured walls up to 8-metres high and a variety of vertical and overhanging wall systems complete with aretes, roofs and slabs.

The Ledge features:

- Climbs ranging from beginner to advanced
- Experienced staff on hand for coaching and assistance
- Casual climbing and bouldering is open to all
- Specialised high-standard safety equipment. All first-time climbers must complete a thorough safety orientation session
- Both beginner and intermediate climbing programs can be organised on request

Opening hours

Monday-Friday: 12pm - 10pm, Saturday: 11am - 5pm, Closed on Sundays & Public Holidays.

📞 9351 8115

📍 Arena Sports Centre, Western Ave



TENNIS PROGRAM

Sydney Uni Tennis prides itself on providing the highest quality tennis coaching available in Sydney.

As an official Tennis Australia MLC Hot Shots Ambassador, Sydney Uni Tennis offers a wide range of modified tennis programs for children aged 4-12 years.

Adults can also enjoy playing tennis with many programs available including cardio tennis, an advanced hitting squad, social play and group or private coaching.

📞 1300 068 922

✉️ tenniscoaching@sport.usyd.edu.au



SWIMMING PROGRAM

Sydney Uni Swim School is proud to offer quality aquatic education to swimmers of all ages and ability, all year round. SUSF offers adult swim classes for all levels – beginner, intermediate, advanced and stroke correction. The program also caters to junior, open and varsity squads.

Swimming classes run seven days a week and offer a free assessment before enrolment. All lessons also include a water safety component.

📞 9351 4978

✉️ swimschool@sport.usyd.edu.au



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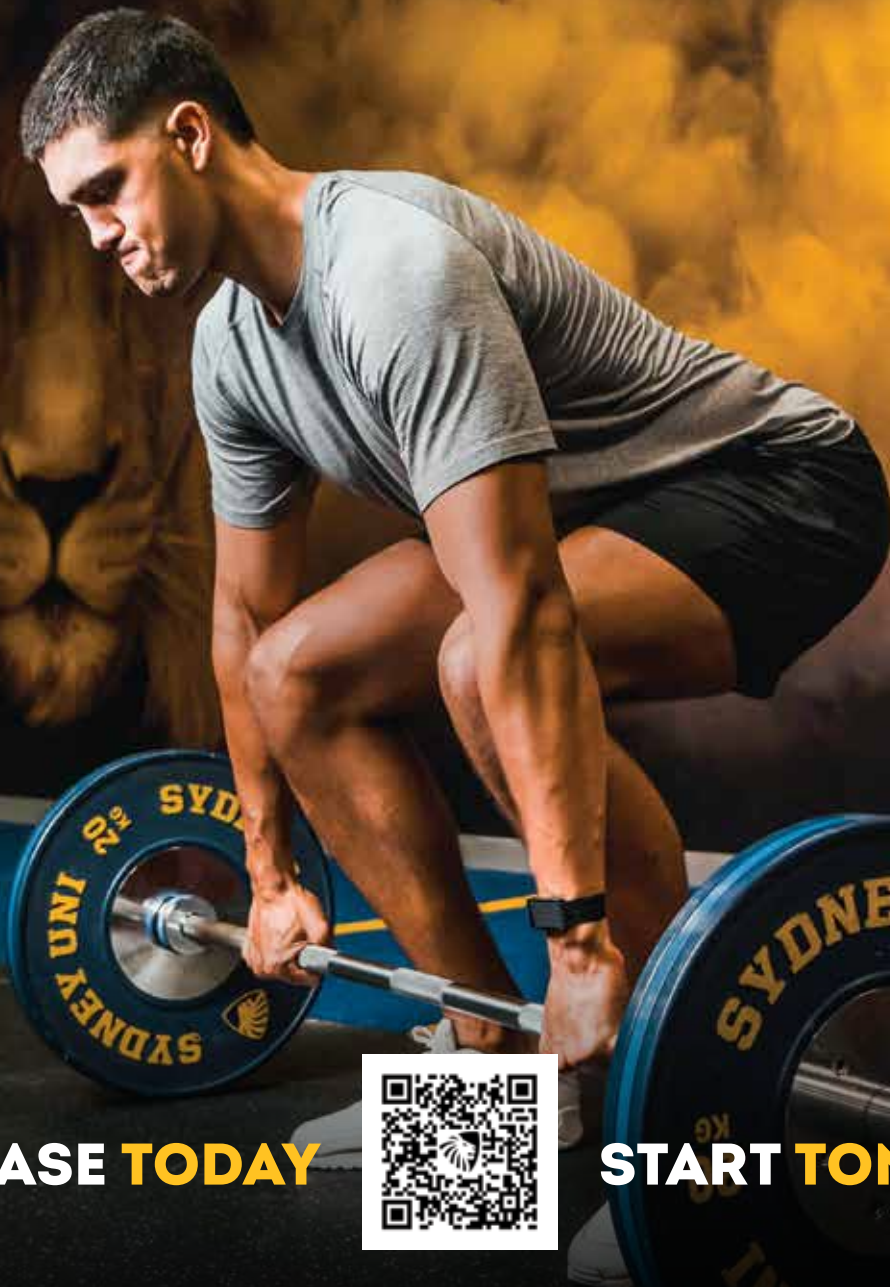


Sydney Uni Sport & Fitness (SUSF) is a not-for-profit organisation that reinvests any profits back into our programs, services and facilities for the benefit of our students, alumni and the wider community. SUSF is partly supported by the University of Sydney through Student Services and Amenities Fee funding.



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