

# ROAR

23  
WINTER  
2014



**6/ Life on the run**  
PROFILE ON  
BROOKE LANGEREIS

**10/ Running on thin air**  
JOSHUA RALPH

**20/ Campus cricketers**  
DOMINATION BY  
BOTH THE MEN'S AND  
WOMEN'S TEAM

# RUNNING AROUND THE WORLD



EXCITING TENNIS PROGRAM

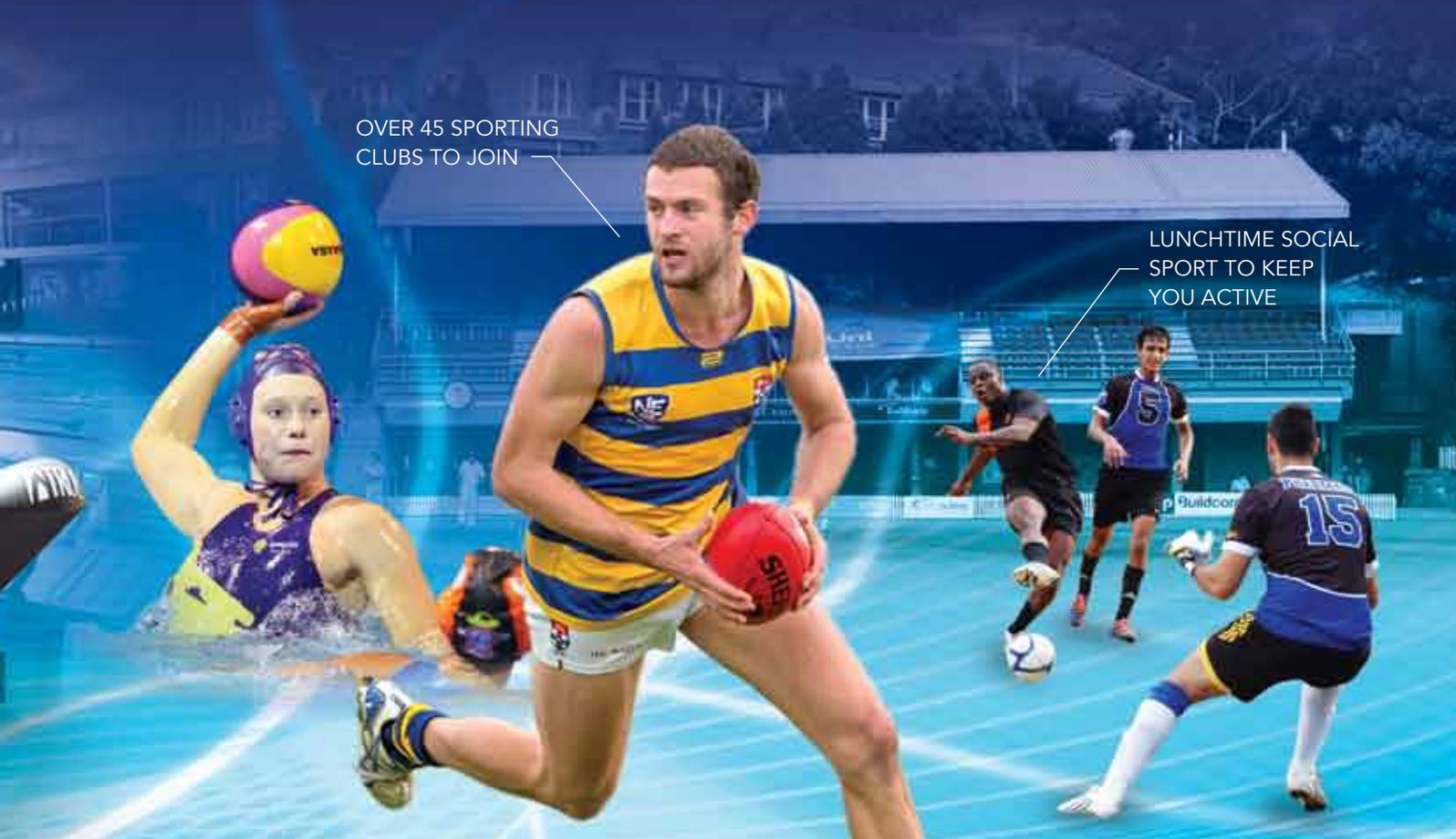
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# FROM THE EDITOR



## HOW TIME FLIES...

This is the 23rd issue of ROAR magazine – and my 12th issue as Editor. And I am still in awe of how our Sydney Uni Sport & Fitness (SUSF) athletes and clubs continue to achieve 'best ever' seasons and amazing results year after year. A huge congratulations not only to the athletes featured in this issue; but also to the SUSF Elite Athlete Program (EAP) members; the many club athletes and teams; and to all our gym members who are dedicated to getting fit and staying healthy.

In an incredibly exciting time to be part of the SUSF team, we are preparing for another significant facility project. The \$10million grandstand infrastructure on Oval No. 2 has been approved, and

the Building on Excellence campaign is underway to raise over \$2.4million to support the project. The campaign is off to an impressive start with more than \$1,565,000 already given or pledged. The goal is to raise another \$835,000 from naming rights and donations from the many generous supporters of sport at Sydney Uni.

As we are striving to improve our infrastructure, the standard of our athletes continues to soar, with some truly inspirational stories in this edition of ROAR:

Triathlete Brooke Langereis gives an insight into the demands of training competitively for not just one sport, but three (p6);

Cover star Josh Ralph from the Sydney University Athletics Club (SUAC) talks to Aaron Scott about how he qualified for the Commonwealth Games, after almost giving up running on his return from an exchange trip to France in 2010 (p10);

A record-equalling five Sydney University athletes competed at the 2014 Winter Olympics and Paralympics – and Toby Kane returned home with medal results (p14);

Sydney University Australian National Football Club (SUANFC) announces their partnership with Australian Indigenous Mentoring Experience (AIME) and their strategies to perform both on and off the field (p16);

We mark the men's and women's cricket club successes in the Sydney Grade competition – as the Sydney University Men's Cricket Club celebrate their 150th year (p22);

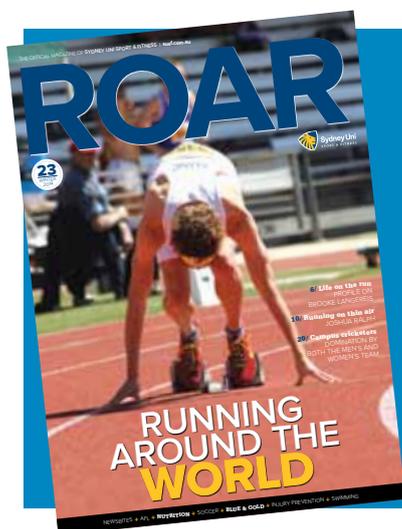
Jeremy Roff, former Commonwealth Games representative and SUSF personal trainer, speaks frankly on the importance of injury prevention and listening to your body (p24); and

Graham Croker interviews Sydney University Soccer Football Club Director John Curran, who explains the team dynamics and the plans to produce the desired results this season (p28).

As you flick through this issue of ROAR you will notice some small changes. We are always looking for new ways to appeal to our readers and keep it interesting, not only from a club sporting point of view but also from the fitness, nutrition and lifestyle perspective.

As this issue goes to print we are farewelling ROAR's Deputy Editor, Andrew Tilley. 'Tilley' has played a significant role in producing each and every issue. He will be missed and I would like to wish him all the best for his future adventures.

**Jessica Laycock**  
Editor



# ROAR

## MAGAZINE

### 23 EDITIONS

# YOUNG



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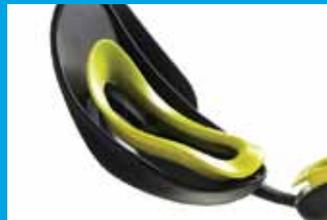
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# NEWSBITES



## SUAC SMASHES PREVIOUS BEST AT NSW TRACK & FIELD CHAMPS



Sydney University Athletics Club (SUAC) achieved its best ever results at the NSW Track and Field Championships, winning an incredible 24 medals. SUAC athletes, many of them SUSF Elite Athlete Program (EAP) scholarship holders, finished with 10 gold, nine silver and five bronze medals at the Sydney Olympic Park Athletics Centre in March. The 24 medal haul demolished SUAC's previous best of 17 (10 of which were bronze) at last year's Championships. The outstanding performance saw SUAC take out the NSW Summer Premiership in the open men and women's divisions, meaning the club has won every senior title in NSW in the 2013-14 season.



## FIVE NAMED IN GLIDERS WORLD CHAMPIONSHIP SQUAD

Five Sydney Uni

Wheelchair Flames have been selected in the Australian Gliders women's national wheelchair basketball 20-player squad that will be cut to 12 for the 2014 IWBF Women's World Wheelchair Basketball Championships to be held in Toronto, Canada, from June 20-28. Wheelchair Flames representatives Sarah Stewart (three-time Paralympian, two-time World Championships representative, and former SUSF Elite Athlete Program scholarship holder), Katie Hill (two-time Paralympian, and one-time World Championships representative), Caitlin Lisle (Under 25 Australian team in 2011 and SUSF Elite Athlete Program scholarship holder), Hannah Dodd (one-time equestrian Paralympian and Under 25 Australian squad) and Stephanie van Leeuwen have all been selected in the Gliders squad.



## RYAN SISTERS READY TO CREATE WAVES IN TRENTRINO

SUSF Elite Athlete

Program scholarship holders and sailing sisters Sasha and Jaime Ryan have been selected for the 2014 World University Match Racing Championships. Sasha (Bachelor of Diagnostic Radiography) and Jamie (Bachelor of Commerce/ Bachelor of Arts) have sailed together in the 470 class since 2012. The girls were officially nominated by Australian University Sport and Yachting Australia to represent Australia at the 2014 World University Match Racing Championships to be held in Trentino, Italy from 29 June to 5 July 2014. The 2014 World University Match Racing Championships is a part of the high performance pathway within Australian University Sport and Yachting Australia programs.



## HIGH FIVE AT BEACH HANDBALL WORLD CHAMPS

An incredible five Sydney Uni Handball

Club (SUHC) representatives have been selected to represent Australia at the 2014 Beach Handball World Championships in Recife, Brazil. SUSF Elite Athlete Program scholarship holder Alice Keighley will be joined on the national women's team by SUHC teammates Aline Viana, Allira Hudson-Gofers, Daniela Cook and Emma van Bussel. Keighley, a Bachelor of Science (Advanced) student at The University of Sydney, was excited about the team named saying: "This is the strongest team we've ever had and we're aiming for the top six this year." Sydney Uni Men's Water Polo Club National League representative Scott Nicholson will swap the pool for the beach thanks to his selection in the men's team.

**ROAR: How did you get involved the sport of triathlon?**

In 2005 I fractured my spine at a national gymnastics competition after falling off the high bar, which meant I had to leave the sport. My orthopaedic surgeon suggested that I do some swimming as my rehab. I was a squad swimmer when I was younger, so I thoroughly enjoyed getting back into it. I participated in athletics and cross country carnivals at school, state and national level, as well as riding a bit on the weekend on my heavy bike with my dad. I competed in a Weet-Bix Triathlon in Sydney and really enjoyed putting all three disciplines together! I went through the ranks and was picked for different development and talent squads which has led to where I am today – representing Australia.

**ROAR: You must train extremely hard. Could you take us through a typical day of training?**

A typical day of training for me would generally involve three sessions. I complete a 6-7km swim session at the pool from 5am-7am. When I get home I have a big bowl of banana oats, as well as maybe having a nap, before a 60-70km solo bike ride. After the ride I'm starving, so it's time for lunch followed by some uni work or I may have to go to work. I then have either a 5km recovery run with drills or a specific running session which involves repeats of 800m or 1km runs. I then head home for dinner and I'm hopefully asleep by 9:30pm.

**ROAR: You spend a fair bit of time in Thailand at a training camp. Why do you enjoy training there?**

The facilities at Thanyapura Sport Centre in Phuket, Thailand are world class. There's a 500m running track, a 50m and 25m swimming pool, synthetic grass oval for rugby/soccer, undercover tennis courts, as well as a state-of-the-art-gym. Phuket is the ideal place to train because a lot of my races are situated in hot destinations or are during summer months. The roads are in perfect condition and the Thai people are so patient, making it much safer to train there than in Sydney. The 15-person international squad that I train with is coached by triathlon legend Jugan Zack and everyone has the same mind set. Thanyapura's slogan is "Get more out of life" and the training does exactly that. I

love it there and in the middle of June I will be moving there permanently.

**ROAR: What goes through your mind when you are out there in a race?**

My races only go for about two hours so I'm usually thinking about how I want the race to pan out, and trying to control all of the 'controllables'. When the pain sets in all I'm thinking about is getting to the finish line!

**ROAR: Do you have a favourite race discipline?**

Swimming is my favorite discipline, especially in the summer months because I do most of my open water swims at Manly beach. The swim from Manly to Shelly Beach and back has the most incredible scenery – the water and the ocean is just amazing. It's full of sea life and never gets boring.

**ROAR: What is your ultimate triathlon goal?**

To be able to walk away from the sport one day and know that I made the most of all of my opportunities and enjoyed every minute of it.

**ROAR: How hard is it to balance your sporting and academic workload?**

From a young age I've always been very organised and I'm one of those people who likes to be kept busy rather than being bored and not knowing what's next, so I manage everything pretty well. Last year was big in terms of the amount of travel I did while doing uni full-time, which was a big work load. With the help of SUSF's Elite Athlete Program (EAP) I was able to travel, train, work part-time and study at uni at the same time. Libby (SUSF's EAP Senior Co-ordinator) helped me to organise special considerations towards tutorial participation and assessments, as well as organising a tutor to help me catch up on work I had missed while I was away. The EAP also assisted me with my travel (by contributing substantial amounts of money to assist me) which went a long way.

**ROAR: What's the best thing about being a triathlete?**

I travel and compete in races around the world. I have the opportunity to train with a group of people whom I have the most fun with, and I get to share my passion with so many others. Triathlete's also know how to throw incredible after parties!





# LIFE ON THE THE MUM

SUSF ELITE ATHLETE PROGRAM (EAP) SCHOLARSHIP HOLDER BROOKE LANGEREIS TALKS WITH LIBBY CLOUSTON ABOUT THE SACRIFICES SHE MAKES TO BE A TRIATHLETE AND HER FAVOURITE LOCAL AND INTERNATIONAL TRAINING LOCATIONS.



# LATE NIGHT DINNERS

YOU KNOW THE FEELING ALL TOO WELL. IT'S BEEN A FRANTIC DAY, YOU HAVE BARELY HAD TIME TO USE THE BATHROOM LET ALONE EAT ANYTHING SUBSTANTIAL AND NOW IT'S 9PM, AND YOU FIND YOURSELF AT HOME, TIRED AND HUNGRY.

As modern life places more and more demands on our time and as work days get longer and longer, it is not surprising that the evening meal is often enjoyed after 8pm each night. For our bodies, this is not good news as it means that the bulk of our calories are consumed during the second half of the day, the time that we tend to be relatively inactive as we socialise, relax or sit in front of the television.

The side effect of this is often gradual weight gain, especially if our late night meal options are quick, heavy meal choices such as Thai takeaway, pasta, toast or breakfast cereal.

While it may not make a whole lot of sense that eating the same foods as you usually would, just later at night would make weight control more challenging, it comes down to the fact that the human body is programmed according to a 24-hour, circadian rhythm.

This means that our metabolism and hormones are programmed to do their work in the day when humans are active, and then store, build and recover at night when we rest, sleep and regenerate. In real life terms this means that in order to keep our metabolism, or the body's ability to burn calories at its best, ideally we will eat most of the calories we need during the day, and then allow our bodies to have 10-12 hours without food overnight. When it comes to dinner, this means ideally we

should try to consume our last meal of the day by 8pm at the latest.

For many of us though, this is just not possible and as such we need strategies to achieve the right balance between a full and busy life, a social life outside of work, and good food choices to keep our bodies in the best shape possible.

So, here are some tips to point you in the right direction and make some better choices when you do find yourself searching for dinner after a very long day.

## 1) SWAP YOUR MEAL TIMES

If you regularly find yourself eating dinner after 8pm, it may be worth swapping your evening meal to lunchtime and then enjoying a lighter snack in the evening. Great lunchtime meal options include leftovers, a stir fry with noodles and lean protein, a large meat and salad sandwich or a hot meal from a local café or pub which includes vegetables and that will keep you full and satisfied for four-five hours.

## 2) KNOW YOUR BEST QUICK OPTIONS

There is a big difference between choosing a high fat curry and pad thai from your local Thai or ordering stir fry vegetables. It is crucial to remember that any meal you purchase away from the home will contain at least 200-300 calories more than the same meal you would prepare at home thanks to the extra oils, sauces and condiments. So, if you do find yourself relying on quick

meals purchased on the go, make a concerted effort to choose lighter menu options. Grilled fish with salad, barbecue chicken with salad or plain vegetable dishes are some of the better choices.

## 3) PREPARE AN EXTRA MEAL AND FREEZE IT

There is nothing worse than arriving home hungry and having no decent meal options on hand. To avoid this scenario entirely make a concerted effort to prepare a soup, stir fry or baked vegetable dish that you can keep in the fridge or freezer for a quick yet healthy late night meal. Just as importantly, keep a supply of tinned soups, tins of beans, tuna or salmon and at least one-two salad vegetables that can be converted into a quick, yet nutritious meal in no time.

## 4) THINK SALAD, VEGETABLES AND PROTEIN

The later you consume your final meal of the day, the lighter it needs to be. Eating heavy, carbohydrate rich meals late at night is not only related to higher body weights and a high intake of calories at night but it can also mean that you do not wake up hungry for breakfast the next day. For this reason, lighter dinner options for late night dinners include a small piece of fish or eggs served with salad or vegetables. And remember, toast or breakfast cereal is not a meal.

## TOP 10 LATE NIGHT DINNERS

- Omelette or frittata
- Vegetable stir fry
- Meal replacement shake
- Tuna or chicken salad
- Salmon or tuna on crackers
- Potato stuffed with tuna and coleslaw
- ¼ barbecue chicken or chicken strips with salad
- Sashimi with seaweed salad
- Bowl of vegetable based soup
- Four-bean mix or corn with mixed salad

### ZUCCHINI OMELETTE

- Olive oil spray
  - 2 eggs, lightly beaten
  - ½ small zucchini, finely grated
  - Chopped mushrooms
  - 1 tomato
  - 1 red capsicum
  - 50g of 97 per cent fat free ham
- 1) Spray oil on surface of non-stick fry pan over medium heat, add the egg and swirl to coat the base of the pan.
  - 2) Sprinkle the egg with the grated zucchini, tomatoes, capsicum, mushrooms, ham and cheese. Cook for 2 minutes or until set, then turn over and cook the other side.
  - 3) Remove the omelette from the pan and set aside to cool slightly before rolling up and cutting into slices.



# Running

on

# thin air

Flagstaff, a city of 68,000 in the deep north of Arizona, bears the motto “service at a higher elevation”. Little wonder: perched on the western rim of the Colorado Plateau, the city sits at an elevation of 2200m and is ringed by huge mountains that carry snow deep into the northern spring. The mountain air is crisp and thin and the vast Ponderosa pine forests that ring the city are scored with trails. For these reasons, Flagstaff has become something of a mecca for endurance athletes seeking to bolster their fitness with high-altitude training.

**“I didn’t  
make  
my first  
nationals till  
I was 15.”**

Two-and-a-half-months out from the Commonwealth Games, and Joshua Ralph has just touched down for two weeks of Flagstaff’s high-elevation service.

“I’m just settling in here,” he says. “I only arrived on Tuesday and it normally takes a few days to acclimatise to altitude. Plus, I’ve had a busy past few weeks. So I’m just trying to get a few days of rest.”

The Sydney University athlete is, perhaps, underplaying things a touch. There’s little time for rest. Each afternoon he’s out on the track, snapping out dedicated sessions under the watchful eye of his coach Phil Moore. And each morning he’s out in the pine forests,

running trails out into the mountains. Judging by the smile on his face, the 22-year-old is in paradise.

“When you’re getting up to 2400m the running’s tough,” he says. “The sun’s getting warm but there’s still snow on the mountains so when the wind blows off them it’s freezing cold ... but it’s such a beautiful backdrop. And I love the outdoors, love bushwalking. I’ve done a few challenging treks in Tasmania, up Cradle Mountain and whatnot. For me and my family, the idea of a holiday has always been going out into the wilderness, setting up a camp and bushwalking or fishing all day.”

Yes, life is good for Joshua Ralph right now. A golden vein of form has seen him power through Australia’s middle-distance running ranks over the past two years. He’s unbeaten across the 800m in local meets this season. In March, he won the 800m at the Nationals in Melbourne, the victory confirming his place in Australia’s Commonwealth Games team, his first major international competition. And now, with those Games just over the horizon, he’s here, in Flagstaff, running on pine-needle trails while snow-capped granite peaks rear overhead. No wonder the young man’s smiling. After all, just four years ago it looked as if his athletics career had finished before it had even begun.

**“The first goal in Glasgow is to make the final. If I run smart and I run well, then I have the capability to achieve that.”**

As a schoolboy in Sydney's north, Ralph had shown promise as a cross-country runner but had never excelled on the track. “I didn't make my first nationals till I was 15,” he says, “and that was in steeplechase, which is more or less at the cross country-end of the spectrum.”

Any hopes of senior career appeared to evaporate in 2009, his final year of school. He'd just finished fourth in the Balmoral Burn – a 420m sprint up the torturous incline of Balmoral's Awaba Street. It was a solid result for the 17-year-old – he'd out-sprinted some strong competitors – and he was feeling sanguine about his future in the sport as he began his warm-down.

“I was thinking: Balmoral, one of the richest suburbs around, there couldn't be a pothole, right? I didn't see it coming. I went over on my right ankle and snapped three ligaments,” he says. “I can't explain how much it hurt. I was on crutches for six weeks, then in a boot for two months. So that wrote off the rest of the year.”

The following year, with his right ankle still aching, he took an exchange trip to France, staying with local families in the tiny northern farming town of Bethune. The trip may have done wonders for his linguistic skills, but it did little for his athletic talents.

“I can probably count on one hand the number of runs I did over there ... I had intentions of keeping fit, but the next minute I realised months had passed and I hadn't done anything,” he says. “I was just travelling, partying and enjoying life

over there. When I came home at the start of 2011 I had no intentions of getting back into my running. I was just enjoying life way too much. I caught the travel bug. All I could think about was where my next trip was going to be.”

Ironically, it was the travel bug that lured him back to athletics. After clocking a blistering time of 49.2sec in the 400m at the 2011

University Games, missing the win in the final by two-hundredths of a second, he realised running could be a portal to travel. He laughs: “I thought, let's have a go at this and see what happens. I gave myself six months, and if I wasn't enjoying it after that, or hadn't got to travel anywhere, then I was going to quit. So I set a goal of running 48.5sec in the 400m by the end of the season. Well, I ran that in my next race. So, the goal then became to break 48; which I did in my next race. From there I thought, ok, let's see how fast I can go here.”

By the end of that season, the fledgling 19-year-old with a fitness base decimated by two years out of the game had made the 400m final at the nationals, finishing seventh in 47.1sec. “Which no one expected; including me,” he says.

The 2013 season, saw his progress continue. His times continued to plummet as his focus on athletics grew stronger. At the National Championships in April, he again made the final, finishing sixth in 47.04. It was enough to secure selection for Australia's 4x400 team at the Moscow World Championships. For Ralph, the dream of travelling through running was becoming a reality.

But those Moscow Championships proved a turning point. Ralph remained on the reserves list, forced to watch from the stands as the Australian team finished last in the final. The experience stung.

“That really, really upset me,” he says. “I said to myself when I got home, I don't ever want to be in the position where someone else decides whether I run or not. So my coach sat me down, and we decided to try an 800m race

in December. After that, we would decide whether my best distance was the 400m or the 800m. In that first 800m in December I ran a B-Qualifier for the Comm Games.” He grins: “So we decided pretty quickly: maybe we should give the 800m a go.”

A bare four months later he would outspurt the pack over the final straight at Melbourne's Lakeside Stadium to win the 2014 National Championships, confirming his Commonwealth Games selection.

“If you'd asked me a few months ago: would I have been shocked by that run, then the answer would've been 'yes',” he says. “But throughout that season I just kept running faster every race, so I guess I knew I had the capability to win the Nationals, it was just a matter of whether I could bring it on the day. So when I won, it was more a relief than anything else. I put a lot of pressure on myself to win that race.”

Nonetheless, in the world of athletics, where glacial progress is typically underpinned by season after season of honest toil on the training track, Ralph's rise through the local middle-distance ranks has redefined meteoric. It's a fact not lost on the man himself.

“In the scheme of things I'm still young,” he says. “In terms of training age and race experience, I'm probably one of the youngest people heading to Glasgow. So it's going to be a huge learning curve for me.”

Indeed, so green is Ralph, he bashfully admits he's yet to settle on the race tactics he'll take to Glasgow: “Yeah, I'm still trying to work that out. After all, I've only run five 800s at this level ...”

But despite all of this, there's an undergirding confidence. “The first goal in Glasgow is to make the final. If I run smart and I run well, then I have the capability to achieve that.”

The second goal? “Well, once you're in the final it's anyone's game, anything can happen,” he says. “Obviously the ultimate dream is to get a medal. But I've also got to be realistic: this is the first major championship that I've competed in. Really, this is all preparation for the Rio Olympics. I've got to keep that in the back of my mind.”

Joshua Ralph's travelling days, it seems, may be just about to begin.

# Ready

# Set



# GO!

# KANE SIGNS OFF WITH A MEDAL AT SOCHI

A record-equalling five Sydney University athletes competed against the world best at the 22nd Winter Olympic Games and 11th Winter Paralympic Games at Sochi, Russia.

Toby Kane, a former Sydney Uni Sport & Fitness (SUSF) Elite Athlete Program (EAP) scholarship holder, led the way at Sochi, signing off on an incredible career by winning bronze in the men's super-combined Super-G at his third and final Winter Paralympic Games.

The one-legged alpine skier's bronze medal performance was all the more impressive after an admittedly poor slalom run, which forms one of the two timed standing giant speed slalom events.

"Amazingly happy," Kane said after the Super-G.

"I thought it was going to be tough. I was pretty disappointed with my slalom run. It was probably my worst run of the Games and I thought the distance to third was going to be tough to get."

Following his phenomenal performance in Sochi, Kane also announced his retirement from the sport.

"I didn't know how hard these things (a bronze medal) were to get, in Torino (2006)," he said. "I was 19 and I was at my first Games. I put a run down there and snuck onto the podium. I really learnt to appreciate it in Vancouver (2010), and now I've learnt to appreciate just how hard they are to come by."

The University of Sydney graduate (Bachelor of Medical Science) will not only leave the sport as a three-time Paralympian and two-time bronze medallist, but also as the deserved winner of the 2014 Whang Youn Dai Achievement Award, after being recognised for his role in spreading the Paralympic message and best exemplifying the spirit of the Paralympics.

"I'm a very proud Paralympian," Kane said. "And I really believe in sport for people with a disability in terms of

what it can show the world."

While Kane was outstanding at the Winter Paralympic Games, Lavinia Chrystal, Danielle O'Brien, Astrid Radjenovic (nee Loch-Wilkinson) and Aimee Watson all flew the flag for Sydney University and Australia at the 22nd Winter Olympic Games.

Competing in her first Games, alpine skier Lavinia Chrystal braved tough conditions to finish 32nd in the women's slalom and 40th in the women's giant slalom – in a field of 90 competitors.

"The conditions on the mountain made things quite difficult for my events," said Chrystal, who is part of SUSF's EAP scholarship program and is studying a Master of Management. "Unfortunately it was very warm and raining, but I'm very proud of my results nonetheless."

Chrystal's performances in Sochi are all the more remarkable taking into account the serious injury setbacks the 25-year-old has endured over the past few years.

A torn anterior cruciate ligament, a torn meniscus (knee) and a broken leg should have cruelled her chances of even making it to Russia. "Sochi was incredible and I feel very lucky to have had the honour of representing Australia at the highest level," she said.

"I'm also very grateful to SUSF for supporting my academic and sporting goals over the past few years. It's been a long journey and I couldn't have done it without the support and encouragement of the program and staff."

Former SUSF EAP scholarship holder Danielle O'Brien and her figure skating partner Greg Merriman finished in 20th position overall in the ice dancing competition.

Having already achieved their goal of securing a top 20 berth after the short dance (first round) routine, Merriman and O'Brien scored 75.85 points in the free dance. Inspired by the circus in a competition where athletes are allowed to choose their own music, themes and rhythms in the dance, their performance proved to be a wonderful display of theatrics and choreography.

"The Sochi Olympic Games was a whirlwind experience, to compete on winter sport's largest stage and qualify for the final in the ice dance event is the height of my competitive career," O'Brien said. "It was an honour to be part of such a strong Australian team and the opportunity to witness some of their performances from the athlete stands was exhilarating."

Astrid Radjenovic and partner Jana Pittman equalled Australia's best result in the women's bobsleigh, with the pair finishing 14th. It equalled the best Australian result in this event at an Olympics; a record Radjenovic set back in 2006 in Torino with Kylie Reed.

"The race in Sochi threw us some bad luck with weather conditions not suiting our equipment, but that's a part of sport and our performance was strong so that's all we could do," the former SUSF scholarship holder said. "In the end, the Olympics are about all the work it took to get there and just going out and giving your best."

Rounding off Sydney University's representation in Sochi was former SUSF scholarship holder and cross country skier Aimee Watson. Having pulled out of the 15km skiathlon due to injury (Watson broke her pinky toe just four days before the event), she finished 63rd in the Ladies' 10km Classic and 63rd in the 30km freestyle mass start.

"The race course itself was really tough, probably the hardest race tracks I have skied," Watson said. "But I guess that's how it goes."



PARTNERSHIP MADE IN

# HEAVEN

SYDNEY UNIVERSITY AUSTRALIAN NATIONAL FOOTBALL CLUB (SUANFC) HAS SIGNED THE AUSTRALIAN INDIGENOUS MENTORING EXPERIENCE (AIME) AS THEIR OFFICIAL CHARITY PARTNER FOR THE NEXT THREE YEARS.



SUANFC General Manager, Tristan Liles (pictured top left), said the club was delighted with the partnership that is sure to benefit both organisations, with one individual, Nick Winmar, having already grasped the opportunity to make a significant difference.

"With SUSF's backing and a side in the North East Australian Football League (NEAFL), SUANFC is developing pathways towards excellence, both on and off the field," Mr. Liles said. "This is the standard we are striving for and why we have chosen to partner with AIME who share the same philosophy."

AIME is a dynamic educational program with a proven record of supporting Indigenous students through high school and into university, employment or further education at the same rate as all Australian students. AIME aims to provide Indigenous students with the skills, opportunities, belief and confidence to grow and succeed.

AIME's Partnership Manager (Corporate and Philanthropic), Jarrod Myers, said 3,500 mentees are presently connected with 1,250 mentors in partnership with 16 universities in all mainland states and the ACT. "And kids in their program are

bucking the trend big time," he said.

"In 2013, the Year 9 to Year 12 completion rate for AIME students was 76 per cent, well above the national Indigenous average of 38 per cent and close to the national non-Indigenous average of 80 per cent.

"By 2018, AIME plans to annually reach 10,000 Indigenous kids across Australia and support their transition to university, employment or further education at the same rate as every Australian child."

Mr. Myers said AIME's decision to partner with SUANFC was an easy one.

"The University of Sydney is the initial stomping ground of the AIME program and remains our longest standing university partner," he said. "Without the support of the University, we would not be where we are today; in a position to take one of the biggest practical whacks at closing the gap in Australian history.

"AIME is pumped to be joining forces with SUANFC as their Charity Partner. SUANFC is on track to be a premier club in the NEAFL and Sydney AFL leagues, and to be the charity sponsor of a club with such a strong future is an honour."

Mr. Myers said the partnership was

particularly special in light of how AIME came about in 2005 when 25 University of Sydney students walked down the road to Alexandria Park Community School to meet with 25 Indigenous students.

"This is our stomping ground, so our partnership with SUANFC runs close to home," he said. "We hope to build upon the strong progression results we've seen among kids attending AIME at the University, while offering casual work and mentoring to SUANFC's Indigenous players where possible. It's a match made in heaven."

The partnership between SUANFC and AIME has already reaped some very practical results, not least in the form of SUANFC new recruit Nick Winmar (pictured far right), who now works for AIME as a Program Manager Assistant.

Winmar, the cousin of legendary Indigenous footballer Nicky Winmar, spent three seasons with AFL club St. Kilda before playing with Claremont last season in the West Australian Football League (WAFL). This year Winmar made the move to Sydney to sign with SUANFC and study a Bachelor of Arts at the University of Sydney as an SUSF Elite Athlete Program (EAP) scholarship holder.



National Hoodie Day is AIME's winter fundraiser on Friday, July 11, 2014. It's a chance for the whole nation to don an AIME hoodie and support more Indigenous children to finish school at the same rate as every Australian child.

Every limited edition hoodie sold brings AIME closer to working with 10,000 Indigenous children annually across Australia by 2018.

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"Nick expressed an interest in relocating to Sydney to a current player he had a friendship with," SUANFC Head Coach Daniel Gilmore said. "The current player talked about SUANFC's AFL program within the NEAFL and what it offers our players in terms of education, support and mateship. From there Nick took the initiative to look at his options to study and to his credit he put in the effort to turn it into a life-changing opportunity."

Winmar couldn't be happier with the move to Sydney.

"It's proven to be one of the best decisions of my life," he said. "I'd almost walked away from playing altogether. The move has helped me enjoy my footy again. There's an amazing bunch of people at this club who do so much more than expected, so it's hard not to enjoy my time here."

Despite an injury interrupted pre-season, Winmar has made a positive start to his SUANFC career – so far booting four goals in two victories for the club. His contributions off the field with AIME have been equally, if not more, important.

Winmar started working at AIME in March and he has loved every minute of

it. "Working with kids has always been something I've enjoyed and to couple that with helping young Indigenous kids finish high school and move on to the next phase of their lives is something pretty special," he said. "I'm extremely proud to be working at AIME and thankful for the opportunity to help change not only my life but hundreds of kids who may not think they can go to uni or get a job."

Winmar's positive contributions to AIME have attracted the attention of AIME Centre Manager at The University of Sydney, Nat Heath (pictured top right). "I have been very impressed with Nick. He has a great attitude and is keen to help in any way he can," he said.

"Nick assists in the daily running of programs, which includes Outreach programs, Core Program and Tutor Squad. He handles a lot of the communication between mentors and our team. He has also been out to schools to assist with mentee recruitment.

"We plan on getting Nick to do some presenting by the end of the year as we believe he has the ability to be a really strong presenter."

When asked whether being an elite sportsman helped him to be a positive role model for Indigenous kids, Nick's response was far wiser than his 23-year age would suggest. "No sportsperson ever thinks they are a role model, but I think I'm a better role model now than when I was playing in the AFL," he said. "Honestly, I think attending the University of Sydney and one day graduating would make me a far better role model than running around on an oval for two hours on a Saturday."

Luckily for SUANFC and AIME, he plans to continue to kick goals on and off the field.

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Corner Codrington Street  
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Tel: 02 9351 4978  
Fax: 02 9351 4982  
Email: nmrc@sport.usyd.edu.au

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Arena Sports Centre, Western Avenue.  
Tel: 02 9351 8111  
Fax: 02 9351 8105  
Email: arena@sport.usyd.edu.au

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## The premier men's and women's cricket competitions in Sydney in 2013-14 were dominated by the universities.

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With six premierships and a Club Championship in the trophy cabinet, and two Australian representatives and three Sheffield Shield players in the ranks, university cricketers ruled the roost in Sydney's premier men's and women's competitions in 2013-14.

Sydney University Men's Cricket Club (SUCC), won the first and second grade titles and the 6th grade Metropolitan Cup, along with the coveted Club Championship, while Universities Women's Cricket Club (UWCC), a collaboration of Sydney University and UNSW players, won the first grade Limited Overs title along with the Under 17 Twenty20 and Limited Overs titles.

The men's first grade also made it to the Limited Overs final, while third grade finished minor premiers only to dip out in the finals.

The silverware included the two most sought after: the Belvidere Cup for the men's first grade title, and the Ruth Preddy Trophy for the women's Limited Overs final.

SUCC Director of Cricket and Head Coach Gary Whitaker said it was an extremely satisfying season. "The players work so hard to get the rewards; it doesn't just happen," he said. "The senior playing group, newcomers and those on the scholarship program have all put in to win the Club Championship, for just the third time in the club's history.

"We're aiming to repeat that in the club's 100th anniversary in the 2014-15 season."

Mr Whitaker said the club had taken a systematic approach to the Club Championship.

"There's an average of 15 rounds across

all grades, so we set a target of 100 points on a week-to-week basis and we achieved that for 14 rounds," he said. "That's a solid, consistent performance across the grades, including Poidevin-Gray (Under 21) and Green Shield (Under 16).

"It would have been nice to win the top three grades. Thirds were minor premiers and on target, but just failed in the semi-finals. Fourths won their first seven games and just missed the finals, while fifths were one game away from the semi-finals.

"Sydney University's Green Shield side beat the two best teams in the competition but were not consistent, while the Poidevin-Grey side featured many new players, including some just starting university, and some still at school who were making the transition. There is plenty of improvement in the club."

During the year SUCC fielded three Sheffield Shield players in openers Ryan Carters and Scott Henry, and all-rounder Sean Abbott. Carters was named NSW Sheffield Shield Player of the Year on the back of 886 runs, including three centuries, while Abbott was overall NSW Player of the Year for his Shield and Limited Overs efforts.

SUCC also supplied three players to the NSW Future League in Nick Larkin, Tim Ley and Nigel Cowell, while batsman Stephen Birch played for NSW Under 19s and leg-spinner-batsman Jonte Pattison for the NSW Under 17s.

“Our stocks are strong,” Whitaker said. “Fast bowler Ben Joy was second in the bowling aggregate for the third year in a row. Our State players are all returning and Greg Mail will be back for the 150th year. The depth and spirit have never been better.”

Whitaker is in his fourth year as the Director of Cricket and Head Coach. The club has won seven premierships across the grades in that time, including three first grade titles, three second grade titles and the first grade One-Day title.

Universities Women’s Cricket Club (UWCC) began their 10th year as a unity with a record-laden win over Northern District.

Universities Alex Blackwell and Rachael Haynes smashed a number of records when they combined in a 387-run partnership in the season-opener at the Village Green. The two Australian representatives put on the highest opening partnership in the Sydney women’s grade competition history, eclipsing the 224-run stand they shared against Gordon in October 2011. It was also the highest partnership for any wicket.

Blackwell’s 223 surpassed the previous highest individual score, which she held with 181. Her runs came off 138 balls and included 35 boundaries. Her last 50 came off just 18 balls. It was also the first double century in the women’s grade competition and remarkably came in a 50-over match.

Haynes’s contribution to the partnership was 168 off just 109 deliveries, including 25 boundaries and four sixes.

Having won the toss and batted, Universities were 6-472 at the end of

their 50 overs, the highest score by a team in women’s grade cricket. They then restricted Northern District to 8-179.

While Blackwell and Haynes set the standard, UWCC’s ranks are breaming with young talent coming through to mix with Australian and state players. The club won three titles in the 2013-14 season, including the first grade Limited Overs title with a win over St George-Sutherland, the Under 17 Twenty20 title with a win over Northern District and the Under 17 Limited Overs final, with a win over Campbelltown.

The under 17’s only lost one match during the season to clinch the minor and major premierships.

UWCC Secretary David Mifsud said the depth in the ranks was evident when Blackwell and Haynes were absent at the Limited Overs World Cup which Australian won. “They were also away with the Ashes team, with Alex in the team and Rachael the squad,” he said. “Alex was also part of the Australian side that won the Twenty20 World Cup in Bangladesh.

“And Kara Sutherland, a SUSF Elite Athlete Program scholarship holder was a member of the Australian Second XI – The Shooting Stars.”

UWCC also provided a number of State players in Sarah Hungerford and former SUSF EAP member Kate Owen with ACT, who made it to the National League Twenty20 final won by Queensland; and wicketkeeper Georgie Redmayne, who is on scholarship at UNSW and plays in the NSW Second XI.

Mr Mifsud said Kate Blackwell made a welcome comeback for the 2013-14 season and played a starring role in the first XI final win, hitting 50 and taking two screaming catches. She also represented Western Australia in the interstate series.

“While Kate ‘retired’ again after the final, we have a number of up-and-comers to fill the ranks,” he said. “They include openers Clara Iemma, Katherine Wong and Serena Liu. Clara is still at school, but moved up from the Under 17s to the second XI this year, while Katherine is a wicketkeeper who did exceptionally well with the bat. Serena is also an Under 17 player who dominated matches with the bat.

“There’s also Maddy Darke, 13, another

wicketkeeper who bats at No.3 or No.4; Megan Jones, 13, who is dynamic in the field and explosive with the bat; and 12-year-old Olivia Porter, an all-rounder who plays in the Under 17s. Indeed, the average age in our Brewer Shield (Under 17) side this season was 14.

“Other solid performers included Mel Norup who travels from Port Macquarie each week to play and was our leading bowler, Alison Parkin who has been bowling well for us all season, but achieved her highest ever score with the bat in the grand final, and also batted well in the final. Emily Mifsud who took 15 wickets in a handful of matches due to her HSC commitments, and Felicity Goodwin, our Twenty20 captain who has been with UWCC since its inception and is a former SUSF Vice President.”

Mr. Mifsud said UWCC started the season with a fun-filled 10-year reunion match which set the tone for the year. “It was arguably our best season with three titles and second in the Club Championship,” he said. “And we’re grateful for our sponsors in Scolarest, Buildcorp, Mipzone and Aussie Bodies.”

It could be said, campus cricket was the winner in 2013-14.

## AWARDS

NSW Sheffield Shield Player of the Year

Ryan Carters

NSW Player of the Year

Sean Abbott

Bob Curtin Player of the Year

Katrina Serena

Brewer Bowler Average and Aggregate

Jade Christie

Second Grade Batting Average

Katherine Wong

First Grade Wicketkeeper of the Year

George Redmayne

First Grade Batting Average

Rachael Haynes

Brewer Twenty20 Player of Grand Final

Megan Jones

Brewer Limited Over Player of Grand Final

Serena Liu

First Grade Player of Grand Final

Rachael Haynes





BACK ON TRACK –  
**WITH  
HINDSIGHT**

EVERY ATHLETE ASPIRES TO BE THE BEST THEY POSSIBLY CAN BY HAVING THE BEST COACH, TRAINING PRINCIPLES, EQUIPMENT, SUPPORT CREW, TRAINING ENVIRONMENT AND IF YOU'RE LUCKY ENOUGH, EVEN SPONSORS. THE THING MOST ATHLETES OFTEN NEGLECT IS INJURY PREVENTION; AND IT IS ONE OF THE MOST IMPORTANT PARTS OF TRAINING WHICH IS MORE OFTEN THAN NOT FORGOTTEN.

The old saying "prevention is better than cure" applies all too often to the elite athlete. Injuries are every athlete's worst nightmare and are a constant reminder that no one is invincible. They can be dealt with in two different ways – treat the specific injury or find the problem causing the injury which is often elsewhere in the anatomy chain.

Too often I have been treated by medical practitioners who focus on what's right in front of them, rather than find the cause of the problem. Much like a car, the human body is a complicated machine. Take your car in for a service and you come away with 10 extra problems you had no idea were even there.

The past eight months have taught me the importance of dealing with injury and more specifically the need for injury prevention exercises or "pre-hab".

Surgery to clear up plantar fasciitis (known as jogger's heel) could not have been more successful. Waking up pain free for the first time in several years was an amazing feeling that is taken for granted by most people. Newly cured, I took the time to come back slowly only to find after eight weeks of running that I had developed a stress fracture in my third metatarsal (foot). Another eight weeks of cross training with expert help from SUSF's Miles Downie and Tom Carter and I was ready to run again.

With Commonwealth Games trials nearing in April 2014, I had five months to prepare to be a contender for the Australian 1500m title (athletics) and a spot on the team for Glasgow. Everything had to go right with no more setbacks.

A routine altitude training camp at Falls Creek, Victoria over the festive season would help get the ball rolling. Things were finally on the upward curve heading into a new year. But two weeks into the trip I began to feel the pinch again in my infamous right foot. At 30 years of age and with so many injuries over the years (stress reactions, stress fractures, osteitis pubis, torn peroneal tendons, bulged discs, plantar fasciitis in both feet, torn muscles, and tendonitis) I heard alarm bells and headed home the next day to be safe.

Several days off, some attempted runs, and a trip to the sports doctor led to yet another expensive MRI scan. It's an empty feeling when you walk into the imaging practice and the radiologist knows you by first name. While lying on the table listening to the buzzing of machines, I had 30 minutes to ponder the situation. Something in my head clicked and I immediately expected the worst.

The welcome voice of the radiologist came through the headphones as the buzzing subsided. Then he uttered the words calcaneus (heel) stress fracture and my heart sank. Most bone fractures require a minimum recovery time of six weeks. My Glasgow hopes were dashed. I immediately sent my coaches, mum and girlfriend a text. I couldn't bear to talk as the reality sank in, so I headed home and ate a bowl of ice-cream and cookies to drown my sorrows.

My thought process turned to questioning why this keeps happening. The answer is my foot structure. Surgery on my foot had changed my mechanics and therefore loaded my foot differently with every step I took while running.

It came back to treating the cause not the specific problem and I now have an excellent physiotherapist in Kim Murray

Ward helping me improve hip control, thoracic rotation and intrinsic foot muscles which all help as part of the chain in human movement. Podiatrist Richard Windybank is also helping me to rectify the problem foot before I return to running again in six weeks.

Athletes and people in general need to surround themselves with the best practitioners in their respective fields when dealing with the human body. When you believe you need a scan to clear up any doubt then trust your instinct and get it done. Many a time I have wasted weeks with medical practitioners, ultimately ending with a scan anyway. Much like the working world has deadlines, an athlete's deadline is usually a race. Training is paramount to build up toward the race and every set-back is like your computer crashing before you save an important document.

Athletes spend so much time burying themselves in the pool, on the track, on the water and in the field of play adapting their body to the intensity and volume needed to be the best. What they often forget is the prehabilitation and recovery process which is often more important than the actual training. Massage, physio, ice baths, stretching, diet, and sleep – the key ingredient – are crucial. Athletes neglect the "one per centers" which make a good athlete great and keep any athlete injury free.

Since returning to running I have developed a greater appreciation for my sport and my health in general. Lessons learned the hard way have made me a more mature person on and off the track. My threshold of patience has increased dramatically over the past nine months. I am super excited about the future, with my main goal being the 2016 Rio Olympic Games. Having learned from previous mistakes my focus is now solely on being injury free and reaching my full potential. At 30 years of age, I believe the best years are still to come.

Hindsight is a wonderful thing but maturity is second to none.



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# STEERING A STEADY COURSE

After a slow start to the season, the Sydney University Soccer Football Club's [SUSFC] men's first grade side are starting to hit their straps after seven rounds of the Premier League 2 Division.



Director of Soccer at SUSFC John Curran is confident the team can produce the results required to stay competitive in Division 2.

"Head coach Raul Blanco had to adjust his plans due to long-term injuries to Jeremy Butnaru and Andrew Nkpolukwu," Curran said. "The final squad selection was also delayed by overdue International Transfer Contract requests for Isaac Lee and Alexander Tomohiro and visa complications for Niram Kanoun."

Curran said Lee, Tomohiro and Kanoun are now an important part of the first grade team. "The side will also benefit greatly with the return of Butnaru and Nkpolukwu, who are gaining match fitness through the Under 20s," he said.

Firsts started the season with a home draw in the opening round followed by three close losses.

"We were competitive enough but lacked the finishing touch required to win the tight matches," Curran said. "The breakthrough came against Bankstown Berries with a 4-2 home victory followed by a courageous 2-1 come-from-behind victory against the Mounties at Cook Park."

Closing out the first seven rounds was a very unlucky 1-0 home defeat to

Northern Tigers in a Saturday night fixture where the Students had two goals ruled out in the second half.

"The team's confidence has risen sharply over the past few weeks and the coaching staff are confident we can match it with any team in the competition on the day," Curran said.

While first grade sit ninth on the ladder after seven rounds, they are just one win from fourth-placed Hills Brumbies. Macarthur Rams head the ladder, with Parramatta and Northern Tigers filling second and third berths.

Sydney University's men's Under 20s were expected to do well this year but are sitting in 11th position after seven rounds.

"They have been most affected by the uncertainties associated with the first grade squad," Curran said. "Now that this is all beginning to settle and with almost all players back on deck the coaching staff are positive it will not be long before this team start climbing the ladder once again.

"The Under 18s are travelling well, as expected, and sit second in the league. A number of players have been invited to train with the first grade squad which will only benefit the players and the club long term."

In the all-important Club Championship table Sydney University sit in ninth place, with strong indications of improving on that during the back end of the season.

In the men's junior ranks, Sydney University's Under 12s, 13s, 14s and 16s were all positioned ninth after seven rounds, while the Under 15s, under the guidance of Sydney University alumnus David Barrett, are nicely positioned in equal first spot.

Curran said all teams are adhering to the Football Federation of Australia curriculum which encourages coaches to teach the skills and style that best suit Australian football.

"Our Skill Acquisition Program teams are training well and playing good football too under the watchful eye of Craig Sharpley," Curran said. "The overall performances have been encouraging in this, our second, full season."

Sydney University Women's first grade began their season in the Women's Premier League Division 1 with 2-1 results over FNSW Institute and Blacktown Spartans before going down to Northbridge 4-3 in their round 3 encounter.

The team had been ably handled by the reserve grade coach Luke Kelly



while the club sought a new first grade mentor. She came in the form of Heather Garriock, the proud owner of 126 caps for the Australian Matildas.

"We believe Heather's selection to the top job will be an enormous boost not only for our club but the whole league in general," Curran said. "All of our players will benefit from her many playing experiences around the world as well as providing first grade with the winning mentality required to win the major trophies.

"She has begun to stamp her presence on the squad, with a close 3-2 loss to Marconi Stallions followed by a 6-0 win over Illawarra Stingrays on their own turf." Sydney University led Manly before

going down 2-1 in the round 6 encounter and sit fifth on the ladder with seven home matches in their kitbag.

After starting the season with a 6-0 loss to FNSW Institute, Sydney University Women's reserve grade regrouped and put together five wins to move to second on the ladder.

The Under 17s, who also contribute to Club Championship points, have had a tough run, recording just two wins, but Curran says despite the losses they have been improving and should record more wins as the season unfolds.

"We're currently second in the Club Championship, one point behind Macarthur Rams, our round 7 opponents," Curran said.

"Our development squads are again competing well this season with the Under 13s sitting second and the Under 15s running fifth in their leagues. The Under 13s remain undefeated, with FNSW Institute posing their biggest hurdle to back-to-back championships leading the way.

"The Under 15s, coached by Sydney University student Stephanie La Spada, are looking for more consistency. They've created plenty of chances but need to turn them into goals."

The Director of Soccer says the hard work put in by players and coaches is starting to show and he's looking forward to the second half of the competition.

## And off the field . . .

While SUSFC is busy providing fun and competition for over 40 teams in various age groups and competitions, the executive has been busy off the field as well.

SUSFC weighed in with the largest ever donation pledge to Sydney Uni Sport & Fitness (SUSF) at the official launch of the SUSF Building on Excellence campaign launched at the recent Sports Awards Dinner. The Building on Excellence campaign hopes to raise a seven figure sum that will be used to assist the

building of a grandstand on No.2 Oval.

As SUSF Executive Director Rob Smithies announced at the Awards, the Asia-Pacific's leading provider for University-based sport, fitness and recreation services got off to a strong start. "I am very pleased to acknowledge that on the night we received a pledge for the largest sum of money ever contributed to SUSF," he said.

"The Sydney University Soccer Football Club, through a combination of club monies, funds already donated and funds to be raised, has pledged the sum of \$500,000 towards the Oval

No. 2 grandstand project. This is a significant milestone for SUSF and I would like to place on the record SUSF's gratitude to the Soccer Football Club for this enormous contribution.

"In particular, Club President Andrew Bray and Soccer Football Division Chairman Brendan Casey have shown great vision and leadership to their Club and to SUSF in providing this sum of money.

"It should also be noted that the Soccer Football Club were the largest contributors to the Finishing Touches Campaign in support of the SUSAC Extension Finishing Touches fundraising campaign during 2013."



# DIVE IN THIS WINTER

At the Sports & Aquatic Centre, our 50m heated indoor pool means that you can swim all year round and enjoy the key benefits of swimming:

- Stronger immune system
- Practice your skills and stay fit doing something you love
- Workout every muscle group simultaneously
- Kids who swim all year around feel safer and happier in the water
- Improve endurance and overall strength and performance for the upcoming competitive season
- Stay strong, fit and injury free in the off-season of your summer sport

## OUR TOP TIPS TO STAY WARM THIS WINTER IN THE POOL:

- 1 Always wear a swimming cap to keep your hair as dry as possible
- 2 Don't leave the pool wrapped in a wet towel
- 3 Wear a beanie/hat and pull it down over your ears
- 4 Cozy trackies, jumper and boots should be worn to and from the pool
- 5 Have a warm drink after your swim

From our Junior Development Squads through to our Adult Squad swimmers, we have a program to suit everyone. If you would like to get involved in this popular sport during the cooler months, please just call the friendly Swim Program staff on: 9351 8735 or visit: [www.susf.com.au](http://www.susf.com.au)



# ALTER G

treadmill developed using NASA technology

**Are you an elite athlete? Do you need rehabilitation help with an injury? Or maybe you are overweight and need to get in shape?**

The Alter G treadmill is a game changer in physical therapy rehabilitation for both recreational and competitive athletes. It allows the athlete to train longer, run faster, gain additional strength, and enhance cardiovascular performance all while minimising impact and stress on their joints.

The two main reasons why you need to experience the Alter G phenomenon, according to physiotherapist Stuart Pavely, are:

**Sporting Performance:** Athletes need to run and when they experience lower back or lower limb injuries that disrupt their training their rehabilitation options have been traditionally restricted to the pool, bike or cross trainer. With the Alter G they are able to reduce their body weight by up to 80 per cent. This decreases the pain and allows the athlete to keep running.

**Rehabilitation and Movement:** When experiencing severe pain from injuries or accidents, it makes it difficult to exercise, therefore creating a vicious cycle of pain, no activity, weight gain, loss of strength and more pain. With the Alter G, clients are able to decrease their body weight by 30-40 per cent and walk and run pain free.

Working in conjunction with your physiotherapist, the Alter G will literally help you get back on your feet sooner.

The Alter G treadmill is available at The Sports Clinic, corner Western Ave and Physics Road, University of Sydney.



# STEPPING OUT



## YOU DON'T NEED A DOG TO GO FOR A WALK.

### IF YOU ARE LOOKING FOR THE EXERCISE RECIPE THAT WORKS EVERY TIME WHY NOT GO BACK TO BASICS ?

I'm talking about the simple, pure pleasure of walking. 24% of Australians voted with their feet, saying that walking was their most popular form of exercise (ABS, 2011-2012). It's an old saying, but sometimes the simplest things in life are the best.

Nearly one-quarter of all Australians over 15 still rate walking as their most popular physical and recreational activity, with or without the dog.

Not to say there is anything wrong with other types of exercise, but step for step and value for effort, you just can't put a foot wrong with walking. You can do it straight from your front door; it's free; suitable for people of all ages; has great health benefits, and best of all it only takes 30 minutes a day.

### WALKING IS GOOD FOR YOUR HEALTH

It's a myth that exercise has to run you ragged to do you any good. Walking is low impact (which means it offers less risk of injury); requires no special equipment; you can choose a pace that works for you; and it can be enjoyed at any hour of the day. It's a great social activity too.

Walking regularly with a friend, family member, pooch, or on your own should all be celebrated – just like your parent's proud faces when you took those first steps as a baby. As a society, we

increasingly undervalue the benefits of walking.

Research has shown that just 30 minutes of walking a day is good for you on many levels:

- Increased heart and lung fitness
- Simply being outdoors, enjoying the scenery and breathing fresh air can lift your spirits and clear your head
- Stronger bones and improved balance
- Increased muscle strength, tone and endurance
- Assists medical conditions such as high blood pressure, high cholesterol, stress, joint stiffness and diabetes
- Reduced body fat – walking uses your biggest muscles – your quads – and is a proven way to keep in shape. All code for "legs to die for".

Word on the street is that walking is the best way to stay fit, lose weight and feel terrific. Walking can also complement other exercise to offer variety, or if you wish it can be all you need.

### PACING OUT THE WALKING PLAN FOR YOU

So how fast should you walk? The beauty is that the pace is your choice. A simple rule of thumb is you should still be able to talk while walking but not have the breath to be able to sing.

Your heart rate should be raised to what is comfortable for you. You may be surprised to learn that there is next to no difference in how much energy is chewed up by walking or running a kilometre – it's simply that walking takes longer.

### SEEING THE SIGHTS

Enjoying the outdoors and seeing the sights is one of the real attractions of walking. Camperdown, Glebe, around the University campus, Glebe Point, Centennial Park and the coastline are big favourites. Working out an interesting circuit from home is a must to and helps you connect with your neighbourhood.

If the weather is not co-operating you should have a back-up indoor plan, from something as simple as stairs at home to a treadmill at our gym. Even the local shopping centre is an option if you can trust yourself not to stop at every 'sale' sign.

### PREPARATION

Recommended checks: Walking is generally a safe way to exercise, but if you have not exercised for a while, are over 40 years of age and have any health conditions or concerns it makes sense to have a medical check-up with your doctor first.

Warm up the motor: With any exercise it's best to start slowly. Begin your walk at a leisurely pace to give your muscles a chance to warm up before you build up speed. A spot of stretching won't go astray either.

Equipment: What you wear is your choice, but with any exercise, weather permitting, wear light, comfortable clothing. Keep hydrated, 'Slip, Slop, Slap' if the sun is out and importantly, make sure your shoes are comfy and have adequate heel and arch support. MP3 and phones are optional and a device to measure time is handy.

In summary, you don't need a leash to take the lead on your health. Make walking a part of your lifestyle today.

# SNOWCAMP

EXPERIENCE THE SLOPES OF PERISHER OR  
THREDO SKI FIELDS THIS SNOW SEASON

WEEKEND SNOW TRIP FROM \$235

Travel between June – September

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- 2 x nights accommodation at the Snowy Valley Resort, Jindabyne
- Return transfer from Sydney, Wollongong or Canberra (pick up of your choice)
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- National park fees
- 2 x hot breakfasts
- 1x 3 course dinner on Saturday night
- Dedicated trip tour guides
- Party night on Saturday night (Big PARTY NIGHT!)



**DON'T WAIT, ENROL NOW!**

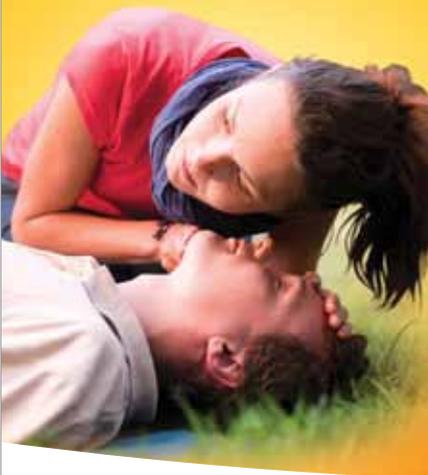
Visit [www.susf.com.au](http://www.susf.com.au), email: [recreation@sport.usyd.edu.au](mailto:recreation@sport.usyd.edu.au) or call 1300 062 922



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SPORT & FITNESS

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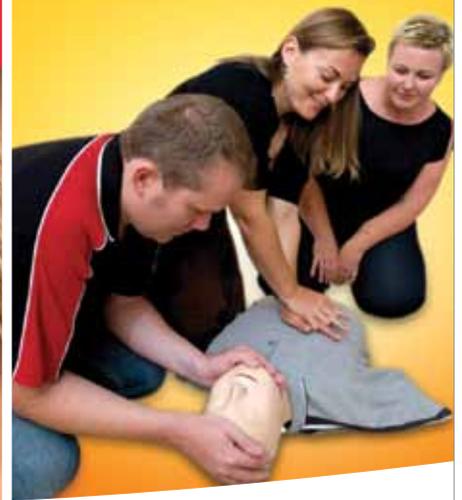
## APPLY FIRST AID



## EMERGENCY ASTHMA & ANAPHYLAXIS MANAGEMENT



## CPR



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[www.susf.com.au](http://www.susf.com.au)



OR

**2** CALL  
1300 068 922



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# Winter SHORT COURSES

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Learn a new skill, sport or just have fun with your friends and co-workers by joining a short course at Sydney Uni!

**Our winter short courses include:**

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# SCHOOL HOLIDAY SPORTS CAMPS

For kids aged 5-15 years

**Camps we offer include:**

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- Archery
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- Swimming
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- Netball
- Water Polo

For enquiries, call 1300 068 922  
or visit [www.susf.com.au](http://www.susf.com.au)

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- 2 **CALL**  
1300 068 922



**Sydney Uni**  
SPORT & FITNESS

# It's easy to become an annual member at Sydney Uni Sport & Fitness

With **two on-campus health and fitness centres**, a range of short courses, social sport, and more than **45 sporting clubs** to get involved in, our annual membership gives you access to an amazing range of benefits at unbeatable prices.

## PRICES

Sydney Uni Students

**\$60**

Sydney Uni Staff  
& Community Members

**\$65**



For the full range of membership passes, please turn to page 26,  
visit [www.susf.com.au](http://www.susf.com.au) or call into one of our centres today.



**Sydney Uni**  
SPORT & FITNESS

# JOIN A CLUB

There are over 40 SUSF sporting clubs! They are open to everyone and cater for all levels.



## AFL

The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club has six teams competing in the Sydney Football Association, providing opportunities for both elite players and beginners. The women's club is continuing to grow with two teams competing in the Sydney Women's AFL competition. Over the past 27 years the club has won seven senior first grade flags and has been runners up six times.

FOR MORE INFORMATION:

-  (Men) [www.suanfc.com](http://www.suanfc.com)  [afl@sport.usyd.edu.au](mailto:afl@sport.usyd.edu.au)
-  (Women) [www.suwafc.com](http://www.suwafc.com)  [suwafc@sport.usyd.edu.au](mailto:suwafc@sport.usyd.edu.au)



## AMERICAN FOOTBALL

The Sydney Uni American Football Club, established in 1984, fields an open team (Sydney Uni Lions in Division 1) as well as an under 18 team (Sydney Uni Cubs in the Colts Division) in Gridiron New South Wales, the highest level of competition for American Football in the state. The Lions have won 15 NSW championships in the 30 years of competition, including the last 10 years. The Sydney Uni Cubs have won 11 NSW championships in their 18 years of competition.

FOR MORE INFORMATION:

-  [www.sydneyunigradiron.com](http://www.sydneyunigradiron.com)
-  [americanfootball@sport.usyd.edu.au](mailto:americanfootball@sport.usyd.edu.au)



## ARCHERY

The Sydney Uni Archery Club, established in the 1970's, 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 levels. The club trains on an outdoor range at St. Paul's Oval, enabling members to train up to 90m, the furthest distance for Open Men's FITA events. Basic equipment and coaching is available to members and personal equipment is also welcome. Training times are Tuesdays and Fridays 1-5pm all year.

FOR MORE INFORMATION:

-  [www.suac.org.au](http://www.suac.org.au)
-  [archery@sport.usyd.edu.au](mailto: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.

FOR MORE INFORMATION:

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



## BADMINTON

The Sydney Uni Badminton Club welcomes badminton players of all levels. The club is open to the public, but cater specifically for University of Sydney students. Whether you are a social player looking for a fun hit, or a competition-regular looking for some practice 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. The club also competes in various intervarsity competitions throughout the year, including the Australian University Games and the Eastern Conference Games.

FOR MORE INFORMATION:

-  [www.usydbadminton.com](http://www.usydbadminton.com)
-  [usydbc@hotmail.com](mailto:usydbc@hotmail.com)





## 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 Pacific Coast team plays in a more social league to foster development amongst players. The club is a great place to play baseball, and is always looking for new members.

FOR MORE INFORMATION:

[www.sydneyuni.baseball.com.au](http://www.sydneyuni.baseball.com.au) [baseball@sport.usyd.edu.au](mailto:baseball@sport.usyd.edu.au)



## BASKETBALL

The Sydney University Basketball Club has both men's and women's teams playing in various Sydney competitions. In 2003, Sydney University took ownership of the Sydney Uni Flames, which competes in the Women's National Basketball League. The Sydney Uni Flames take pride of place as our signature women's program.

FOR MORE INFORMATION:

[www.sydneyuniflames.com.au](http://www.sydneyuniflames.com.au) [basketball@sport.usyd.edu.au](mailto:basketball@sport.usyd.edu.au)



## BOAT (MEN'S ROWING)

The Sydney University Boat Club was established in 1860. The club, together with the women's rowing club, competes as Sydney University in the club, state and national Championships and includes members of the Australian squad. For the past few years Sydney University has been the leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last nine years.

FOR MORE INFORMATION:

[www.subc.org.au](http://www.subc.org.au) [boat@sport.usyd.edu.au](mailto:boat@sport.usyd.edu.au)



## BOXING

The Sydney Uni Boxing Club was established in 1908 and is a founding member of the NSW Amateur Boxing Association. 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.

FOR MORE INFORMATION:

[www.subxc.com.au](http://www.subxc.com.au) [boxing@sport.usyd.edu.au](mailto:boxing@sport.usyd.edu.au)



## CANOE/KAYAK

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.

FOR MORE INFORMATION:

[www.sydneyuniversitycanoecub.com.au](http://www.sydneyuniversitycanoecub.com.au) [canoe@sport.usyd.edu.au](mailto:canoe@sport.usyd.edu.au)



## CRICKET

The men's club has eight teams that compete in the Sydney Grade Competition that caters from the elite to social player. The Universities Women's Cricket Club also has 1st, 2nd, 3rd, U/17 (Brewer), U15 & Juniors (8 to 12 year olds) grades competing in the Sydney Women's Grade and Sydney Juniors Competition. The club is open to females with or without experience.

FOR MORE INFORMATION:

(Men) [www.sydneyuniversitycricket.com.au](http://www.sydneyuniversitycricket.com.au) [succ@sport.usyd.edu.au](mailto:succ@sport.usyd.edu.au)  
 (Women) [www.uwcc.com.au](http://www.uwcc.com.au) [uwcc.secretary@gmail.com](mailto:uwcc.secretary@gmail.com)





## FENCING

The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club, consisting of more than 100 members presently, 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. The club also participates in all national competitions run by the Australian Fencing Federation.

FOR MORE INFORMATION:

[www.sufc.org.au](http://www.sufc.org.au) [fencing@sport.usyd.edu.au](mailto:fencing@sport.usyd.edu.au)

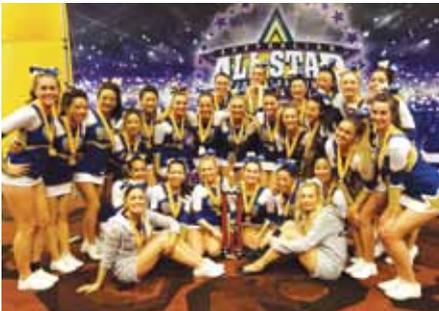


## GOLF

The Sydney University Golf Club (SUGC) offers the opportunity to play competitive and social golf at highly discounted rates. The club regularly plays on some of the best courses in Sydney, including the superb St Michael's and Moore Park Golf Clubs. Over the past year, events have also been held in the Blue Mountains and the Hunter Valley. Weekly practice/tuition nights run by the club's low marker members at Moore Park Driving Range are a great way to receive support as a beginner or as more experienced player wanting to improve your game off the course.

FOR MORE INFORMATION:

[golf@sport.usyd.edu.au](mailto:golf@sport.usyd.edu.au)



## GYMSPORTS

The Sydney University Gymsports Club is a thriving recreational and competitive club for adults. The club features a very social general gymnastic program, welcoming gymnasts from all disciplines, including artistic gymnastics, trampolining, acrobatics and aerobics. The club supports artistic gymnasts competing yearly in State Stream, invitational and Masters Competitions. As well as this, the club features a nationally-ranked cheerleading program. This program includes a cheerleading and dance team, and competes regularly in national and state competitions.

FOR MORE INFORMATION:

[www.sugymcheer.org](http://www.sugymcheer.org) [gymnastics@sport.usyd.edu.au](mailto:gymnastics@sport.usyd.edu.au) or [sydunicheer@gmail.com](mailto:sydunicheer@gmail.com)



## HANDBALL

The club enters men's and women's teams in the NSW Handball League. It is open to everyone from beginners to international representatives. During summer, the club plays Beach Handball and arranges social competitions for those interested in trying out the game

FOR MORE INFORMATION:

[handball@sport.usyd.edu.au](mailto:handball@sport.usyd.edu.au)



## HOCKEY

The Sydney University Hockey Club is one of our largest clubs with numerous men's, women's and junior teams. The men's teams play in the Premier A Sydney competition while the women compete in both the Eastern Districts Women's Hockey Competition and the Sydney Women's Hockey League. The club sends teams to University Games.

FOR MORE INFORMATION:

[www.suhc.asn.au](http://www.suhc.asn.au) [hockey@sport.usyd.edu.au](mailto:hockey@sport.usyd.edu.au)



## JUDO

The Sydney University Judo Club (SUJC) 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 AUG's. SUJC is run by students and has black-belt instructors with international experience. Over the last four decades, SUJC has trained nine Olympians and numerous Australian representatives. The club's training program includes classes tailored for beginners and experts, dedicated women's classes, and runs numerous social activities.

FOR MORE INFORMATION:

[www.sydneyjudo.com](http://www.sydneyjudo.com) [judo@sport.usyd.edu.au](mailto:judo@sport.usyd.edu.au)





### 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-defense techniques, yogic exercises and the Buddhist philosophy and psychology that underlie them.

FOR MORE INFORMATION:  
 ✉ [kempokarate@sport.usyd.edu.au](mailto:kempokarate@sport.usyd.edu.au)



### KENDO

Since 2004, Sydney University has offered kendo, a traditional Japanese fencing martial arts practiced by the samurai. Today it is both a martial art as well as an internationally competed sport. The club practices 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 coordination. The club is open to all levels of students, with beginners' courses and active participation to all level of tournaments.

FOR MORE INFORMATION:  
 🌐 [www.usydkendo.com](http://www.usydkendo.com) ✉ [kendo@sport.usyd.edu.au](mailto:kendo@sport.usyd.edu.au)



### NETBALL

The Sydney University Netball Club, competes in the City of Sydney Netball Association, and is open to all abilities. The club has four teams entered in the NSW State League/Waratah Cup competition. Social players can compete in the weekend club and social competitions. The club also sends women's and mixed teams to the Australian University Games.

FOR MORE INFORMATION:  
 🌐 [www.sunetball.com.au](http://www.sunetball.com.au) ✉ [netball@sport.usyd.edu.au](mailto:netball@sport.usyd.edu.au)



### 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; however there are currently no members involved in these competitions.

FOR MORE INFORMATION:  
 🌐 [www.surmc.org.au](http://www.surmc.org.au) ✉ [rockclimb@sport.usyd.edu.au](mailto:rockclimb@sport.usyd.edu.au)



### ROWING (WOMEN)

The Sydney University Women's Rowing Club was established in 1960's. The club, together with the men's boat club, competes as Sydney University in the club, state and national Championships and includes members of the Australian squad. For the past few years Sydney University has been the leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last eight years.

FOR MORE INFORMATION:  
 ✉ [rowing@sport.usyd.edu.au](mailto:rowing@sport.usyd.edu.au)



### RUGBY LEAGUE

SURLFC plays in the NSW Tertiary League Competition, where they field both a first and reserve grade team. 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 field.

FOR MORE INFORMATION:  
 ✉ [ckintis@ro.com.au](mailto:ckintis@ro.com.au) 📞 8263 6639 or 0408 290 197





## RUGBY UNION

The Sydney University Football Club is one of the strongest clubs in the NSW rugby union competition. The club caters for a range of players through to the elite level. The club won the Club Championship for the 10th successive time in 2013, along with the Colts Club Championship for the ninth successive time. The women's club won the 2011 Sydney competition.

FOR MORE INFORMATION:

- (Men) [www.sydneyunirugby.com.au](http://www.sydneyunirugby.com.au) (Men) [sufc@sport.usyd.edu.au](mailto:sufc@sport.usyd.edu.au)
- (Women) [www.sydneyuniwomen.rugbynet.com.au](http://www.sydneyuniwomen.rugbynet.com.au)
- (Women) [rugbywomen@sport.usyd.edu.au](mailto:rugbywomen@sport.usyd.edu.au)



## SAILING & BOARDSAILING

The Sydney University Sailing Club is based down out of Woollahra Sailing Club in Rose Bay on the harbour. The club runs courses for university students in partnership with WSC under the YA/RYA training scheme. Members participate in club, state and national class events using the club boats. The intensive courses are run during the semester and cover everything from start sailing through to start racing. A number of weekend social trips are organised each semester which provide the perfect opportunity to escape the city for pure sailing.

FOR MORE INFORMATION:

- [www.usydsailing.com](http://www.usydsailing.com) [sailingboardsailing@sport.usyd.edu.au](mailto:sailingboardsailing@sport.usyd.edu.au)



## 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.

FOR MORE INFORMATION:

- [www.susfc.org.au](http://www.susfc.org.au) [soccer@sport.usyd.edu.au](mailto:soccer@sport.usyd.edu.au)



## SOFTBALL

Softball has been very successful over the years at the Australian Uni Games, winning a gold medal in 2011. All players are welcome!

FOR MORE INFORMATION:

- [softball@sport.usyd.edu.au](mailto:softball@sport.usyd.edu.au)



## 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 that 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 practice twice a week.

FOR MORE INFORMATION:

- [squash@sport.usyd.edu.au](mailto:squash@sport.usyd.edu.au)



## SWIMMING

The Sydney University Swimming Club trains at the Sydney Uni Sports & Aquatic Centre (SUSAC). All levels of experience are catered for, from beginners to the elite. The club competes in all levels of competition from club nights to state and national events, as well as Eastern and Australian University Games. In 2009, the club earned 'Gold Status,' as one of Australia's leading swimming programs.

FOR MORE INFORMATION:

- [www.suswimclub.com.au](http://www.suswimclub.com.au) [swimming@sport.usyd.edu.au](mailto:swimming@sport.usyd.edu.au)





### TABLE TENNIS

The club provides table tennis from the beginner to the elite level. It enters regional competitions as well as University Games.

FOR MORE INFORMATION:

[www.usydt.org](http://www.usydt.org) [tabletennis@sport.usyd.edu.au](mailto:tabletennis@sport.usyd.edu.au)



### TAEKWONDO

The Sydney Uni Taekwondo Club started in 2001 and welcomes 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.

FOR MORE INFORMATION:

[taekwondo@sport.usyd.edu.au](mailto:taekwondo@sport.usyd.edu.au)



### 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 Australian University Games.

FOR MORE INFORMATION:

[tennis@sport.usyd.edu.au](mailto:tennis@sport.usyd.edu.au)



### TOUCH

Established in 2001, the Sydney University Touch Football Club provides opportunities for students to participate in touch in social to challenging competition, including University Games, Vawdon Cup and State Cup. The club conducts a weekly mixed competition providing students and community members the opportunity to play competitive touch in a social environment on a regular basis.

FOR MORE INFORMATION:

[www.sydney.touch.asn.au](http://www.sydney.touch.asn.au) [touch@sport.usyd.edu.au](mailto:touch@sport.usyd.edu.au)



### 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 University Games where the club has posted excellent results since the sport's inclusion. Club trainings are run at 3.30pm on Thursdays.

FOR MORE INFORMATION:

[www.suufa.ufnsw.com.au](http://www.suufa.ufnsw.com.au) [ultimatefrisbee@sport.usyd.edu.au](mailto:ultimatefrisbee@sport.usyd.edu.au)  
[f](#) SUUFA



### 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. Many of the clubs members are actively involved in racing, and there is strong competitive spirit across the club. The club wants its members to achieve their cycling goals, whatever they may be and whatever their ability. 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.

FOR MORE INFORMATION:

[www.suvelo.com.au](http://www.suvelo.com.au) [suvelo@sport.usyd.edu.au](mailto:suvelo@sport.usyd.edu.au)





## VOLLEYBALL

The Sydney Uni Volleyball Club is a National League club for both men and women. As well as this, it competes in the Sydney Volleyball League in opens and junior divisions, AUG's and other major tournaments such as NSW State Cups. It also runs its own mixed social competitions and social trainings throughout the year. The club is open to students and non-students, locals and internationals, beginners and elite athletes. The club provides an opportunity for people to participate at social and representative levels.

FOR MORE INFORMATION:

[www.suvolleyball.com](http://www.suvolleyball.com) [volleyball@sport.usyd.edu.au](mailto:volleyball@sport.usyd.edu.au)



## 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.

FOR MORE INFORMATION:

(Men) [www.sulionswaterpolo.com](http://www.sulionswaterpolo.com) (Men) [waterpolomen@sport.usyd.edu.au](mailto:waterpolomen@sport.usyd.edu.au)

(Women) [www.suwaterpolo.com.au](http://www.suwaterpolo.com.au) (Women) [waterpolowomen@sport.usyd.edu.au](mailto:waterpolowomen@sport.usyd.edu.au)



## WATERSKI & WAKEBOARD

The Sydney Uni Water Ski 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 & wakeboarding days for members at Cliftonville Ski Park, at Wisemans Ferry on the Hawkesbury River (about one and a half hours north-west of Sydney). The club also runs a number of weekend trips in cabins on the Hawkesbury, Lake Conjola and Wyangala Dam, and a legendary houseboat weekend each year.

FOR MORE INFORMATION:

[www.usydwake.com](http://www.usydwake.com) [usydwake@gmail.com](mailto:usydwake@gmail.com)

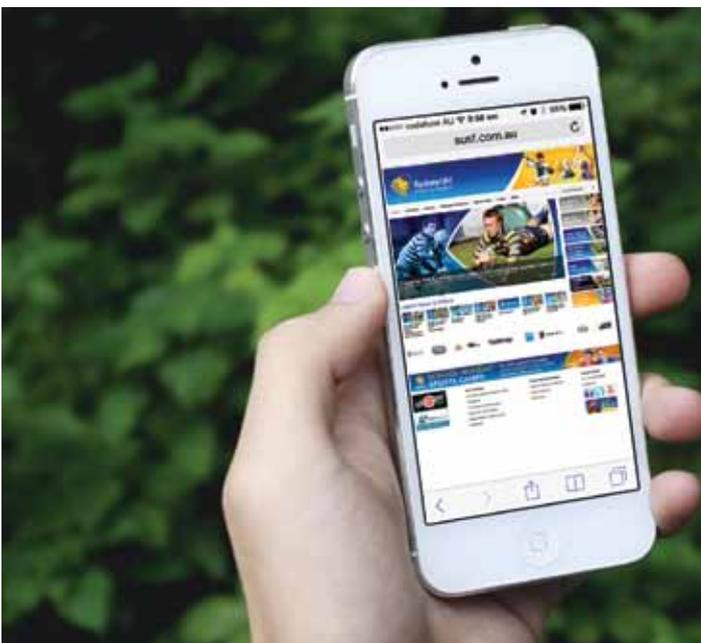


## WRESTLING

The Sydney Uni Wrestling Club teaches Freestyle Wrestling which attacks the upper and lower body of 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). Australia's Wrestling Coach Leonid Zaslavsky is the club's head coach and Dez Nedim is assistant coach.

FOR MORE INFORMATION:

[wrestling@sport.usyd.edu.au](mailto:wrestling@sport.usyd.edu.au)



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# BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY



A rose among thorns – L to R: Wayne Martin, Daniel Gilmore, Leonie Lum, Tristan Liles, Tom Ayton and Tom Reddin.

## 2014 'BLUE & GOLD' AUSSIE RULES LUNCHEON

On Friday 28th March, an enthusiastic crowd assembled for the 2014 'Blue & Gold' Aussie Rules Luncheon at The Ivy Ballroom. There were lots of past and present AFL players in attendance, as well as numerous celebrities from other sports. The biggest contingents were Sydney University Australian National Football Club (SUANFC) past players and members of the Sydney Swans' coterie known as Centre Circle.

There has always been a strong link between Sydney Uni and the Sydney Swans and, on this occasion, four of the Swans players on Adam Spencer's panels were studying in the Commerce Faculty at Sydney Uni.

Adam Spencer's first panel discussed:

- Life after 325 AFL games with Jude Bolton;
- Sydney Uni's buoyant prospects for NEAFL success with Daniel Gilmore; and
- Rugby, Australian citizenship, contested AFL marks and fatherhood with Mike Pyke.

Adam Spencer's second panel discussed:

- AFL developments in NSW and the ACT with Craig Bolton;

- Stunning grand final performances, hair styles and groin injuries with Lewis Roberts-Thomson (LRT); and
- Knee injuries and domestic changes with Kurt Tippett.

LRT did particularly well in parrying Adam Spencer's highly technical question on the Swans first round loss to their across town rival, the GWS Giants!

As a result of very generous support for the raffle and auctions, some most useful funds were raised for the promotion of Aussie Rules football at Sydney Uni.

The most spirited bidding was for five soft touch Sherrin footballs signed by Adam Spencer and his six panelists. Two of the successful bidders were ladies, one of whom later acquired the right to dine with LRT and Pyke at one of Sydney's premier seafood restaurants, The Boathouse on Blackwattle Bay. Fortunately, the MC had declared that nobody was expected to return to their office until Monday morning, so the party continued until late in The Ivy's most congenial Paling Bar!



Craig Bolton (with handheld microphone) gets a laugh from panel moderator Adam Spencer and fellow panelists Lewis Roberts-Thomson and Kurt Tippett.



Supporters and players from a more recent era: Paul Younan, David Pearson, James Edwards, Simon Nash, Chris Clarebrough, Ben White and Tim Air



Which way to look? Daniel Gilmore (in smart blue and gold tie) is out of sync with fellow panelists Jude Bolton and Mike Pyke. And who is that sporting a new hair cut in front of Adam Spencer's lectern?



Supporters and players from an earlier era: Lynn and Dick Mullins, Roger Little, Butch Rogers and Bill Anderson.

## FUTURE 'BLUE & GOLD' SPORTING FUNCTIONS

There have been some venue and date changes for 'Blue & Gold' sporting functions throughout the remainder of 2014:

### Friday 6th June

Soccer Football Dinner  
Doltone House, Darling Island Wharf, Pymont

### Friday 20th June

Rugby Luncheon  
Ivy Ballroom, 320 George Street, Sydney

### Friday 5th September

Water Polo Luncheon  
Ivy Ballroom, 320 George Street, Sydney

### Wednesday 8th October

SUSF/Blues Association Golf Day  
St. Michael's Golf Club, Jennifer Street, Little Bay

### Wednesday 26th November

Xmas Hamper Golf Day  
St. Michael's Golf Club, Jennifer Street, Little Bay

### Friday 28th November

Cricket Luncheon  
Ivy Ballroom, 320 George Street, Sydney

## REDEVELOPMENT OF NO.2 OVAL – THE BUILDING ON EXCELLENCE CAMPAIGN

On Wednesday 16th April, the Building on Excellence campaign was launched at the SUSF Sports Awards Dinner. The campaign got off to a great start with more than \$565,000 given or pledged to the redevelopment of Oval No. 2 that evening.

The reference to "excellence" in the campaign title refers to the remarkable performances of Sydney Uni athletes and sporting teams. Based on numbers of Australian representatives and major premierships won by our 47 affiliated clubs, Sydney Uni is irrefutably the most successful sporting organisation in the Southern Hemisphere.

Unfortunately, our sporting infrastructure has failed to keep pace with our most impressive on-field performances.

We are appealing to all friends and supporters of sport at Sydney Uni to assist with this exciting infrastructure development by making tax-deductible donations to the Building on Excellence campaign. If you can help, please contact Rodney Tubbs on 9351 7958 or [r.tubbs@sport.usyd.edu.au](mailto:r.tubbs@sport.usyd.edu.au).

# BUILDING ON EXCELLENCE

- OVAL NO.2 DEVELOPMENT -



Sydney Uni takes great pride in our achievements of sporting excellence and over the past decade, has experienced unprecedented success in terms of first grade premierships and club championships at rugby, soccer football and cricket.

Last year's completion of the Brydens Stadium solved the infrastructure needs of the majority of our indoor sports. Our focus has now switched to the infrastructure needs of our premier outdoor team sports and we are excited to be working with the University on solutions to such obstacles to future success.

The redevelopment of Uni No. 2 Oval will accommodate our rugby and soccer football clubs, relieving substantial pressure on Uni No. 1 Oval, which will continue to be used for cricket and Aussie Rules. The Uni No. 2 Oval redevelopment plan will also include:

- undercover grandstand seating for up to 1,250 spectators
- a superbly appointed bar and large function area
- an elite athlete gym
- two home and two away change rooms
- indoor cricket nets and indoor training area

The Building On Excellence campaign is off to a wonderful start with more than **\$1,565,000** already given or pledged to the campaign. The goal, which decreases with every new contribution, is to raise another **\$835,000** from naming rights to all of the new facilities and from philanthropic donations from the many generous supporters of sport at Sydney Uni.

Your support will be etched into the very fabric of the new pavilion:

Donations of  
**\$250+**

will be recognised in the new pavilion

Donations of  
**\$1000+**

will be recognised on named individual seats in the new grandstand

Donations of  
**\$5000+**

will be recognised on a row of named seats in the new grandstand

**Donate Here:** [www.alumniandfriends.usyd.edu.au/susf](http://www.alumniandfriends.usyd.edu.au/susf)  
or call 02 9351 4960 for further details.



# HOME EVENTS CALENDAR

## JUNE

<b>01</b> <b>SUNDAY</b> <b>1:30PM</b> 	<b>01</b> <b>SUNDAY</b> <b>3:00PM</b> 	<b>07</b> <b>SATURDAY</b> <b>12:00PM</b> 	<b>08</b> <b>SUNDAY</b> <b>3:00PM</b> 	<b>14</b> <b>SATURDAY</b> <b>10:00AM</b> 
HOCKEY (WOMEN) vs UTS	SOCCER (WOMEN) vs Northbridge FC	AFL (MEN) vs Belconnen	SOCCER (WOMEN) vs Marconi Stallions FC	AFL (MEN) vs Sydney Swans
<b>14</b> <b>SATURDAY</b> <b>3:00PM</b> 	<b>14</b> <b>SATURDAY</b> <b>5:00PM</b> 	<b>14</b> <b>SATURDAY</b> <b>7:30PM</b> 	<b>21</b> <b>SATURDAY</b> <b>10:30AM</b> 	<b>21</b> <b>SATURDAY</b> <b>3:30PM</b> 
RUGBY (MEN) vs Parramatta	HOCKEY (MEN) vs Gordon North Sydney	SOCCER (MEN) vs Spirit FC	AFL (WOMEN) vs Newtown Breakaways	HOCKEY (MEN) vs Norwest Strikers
<b>22</b> <b>SUNDAY</b> <b>2:00PM</b> 	<b>22</b> <b>SUNDAY</b> <b>3:00PM</b> 	<b>28</b> <b>SATURDAY</b> <b>2:00PM</b> 	<b>28</b> <b>SATURDAY</b> <b>3:00PM</b> 	<b>28</b> <b>SATURDAY</b> <b>7:30PM</b> 
BASEBALL vs Hawkesbury	SOCCER (WOMEN) vs Manly FC	AFL (WOMEN) vs Macquarie University	RUGBY (MEN) vs West Harbour	SOCCER (MEN) vs Macarthur

## JULY

<b>04</b> <b>FRIDAY</b> <b>6:30PM</b> 	<b>05</b> <b>SATURDAY</b> <b>2:00PM</b> 	<b>05</b> <b>SATURDAY</b> <b>3:00PM</b> 	<b>11</b> <b>FRIDAY</b> <b>8:00PM</b> 	<b>12</b> <b>SATURDAY</b> <b>10:00AM</b> 
HOCKEY (WOMEN) vs Esquires	BASEBALL vs Cronulla	RUGBY (MEN) vs Eastwood	HOCKEY (WOMEN) vs Gordon North Sydney	AFL (WOMEN) vs Balmain Dockers
<b>13</b> <b>SUNDAY</b> <b>2:00PM</b> 	<b>13</b> <b>SUNDAY</b> <b>3:00PM</b> 	<b>19</b> <b>SATURDAY</b> <b>2:00PM</b> 	<b>19</b> <b>SATURDAY</b> <b>3:00PM</b> 	<b>19</b> <b>SATURDAY</b> <b>7:30PM</b> 
AFL (MEN) vs Sydney Hills Eagles	SOCCER (WOMEN) vs Blacktown Spartans FC	BASEBALL vs UNSW	RUGBY (MEN) vs Gordon	SOCCER (MEN) vs Mounties Wanderers FC
<b>20</b> <b>SUNDAY</b> <b>3:00PM</b> 	<b>20</b> <b>SUNDAY</b> <b>4:30PM</b> 	<b>26</b> <b>SATURDAY</b> <b>2:00PM</b> 	<b>26</b> <b>SATURDAY</b> <b>3:00PM</b> 	<b>27</b> <b>SUNDAY</b> <b>12:00PM</b> 
SOCCER (WOMEN) vs FSNW Institute	HOCKEY (WOMEN) vs Western Districts	BASEBALL vs Marrickville	RUGBY (MEN) vs Eastern Suburbs	AFL (MEN) vs Belconnen

▶ For all the latest event news & reviews visit [www.susf.com.au](http://www.susf.com.au)

# OVER THE LINE

Graham Croker has been chronicling sport for various campus publications and websites at Sydney University for over 20 years

## CHAMPION EFFORT

When Angie Ballard delivered the Valedictorian's Toast at SUSF's recent annual Sports Awards dinner in the Great Hall, she represented all that is good about studying at Sydney University and competing for her institution and country. Since your scribe wrote about her as a shy, young undergraduate from the country embarking on a big journey in 2002, Angie has conquered more mountains than most could ever contemplate. And she took us on that journey in a humble but wondrous toast to university sport. Having competed at three Paralympic Games (for five medals in various wheelchair distances: 100m, 200m, 400m and 800m), four World Championships (five medals) and one Commonwealth Games, the Bachelor of Science graduate set herself a new goal following the 2012 London Games: to finish her Honours thesis. The study rekindled her competitive streak and she shed thoughts of retirement to finish 2013 with four medals from four starts at the World Championships. She then completed the "toughest assignment"; her thesis and graduated with Honours in psychology. All in the Great Hall toasted Angie – as well as sport.



## STICKY WICKET

Sydney University first XI opener and wicketkeeper Ryan Carters didn't play defensively when delivered a bouncer by Adam Spencer during an interview at SUSF's annual Sports Awards dinner. Asked how he felt when Sydney University were bowled out for 37 in the first innings of the 2013-14 Sydney Premier Grade cricket final, which they went on to win, Ryan, with tongue firmly in cheek, said he and fellow opener Scott Henry weren't overawed. "I top-scored with eight and Scott made seven – we put on 15, which was a good start in the context of the innings!" Having studied double mathematics in achieving a 99.95 TER ranking at Radford College, Canberra, in 2008, Ryan was probably working out the calculations and permutations as the wickets tumbled in the lowest score recorded in a Sydney Grade Cricket final. The SUSF Elite Athlete Program (EAP) scholarship holder was named 2013-14 NSW Sheffield Shield Cricketer of the Year with an 861-run aggregate, including three centuries. A Bachelor of Economics student, he is also a conscientious member of the LBW Appeal, one of cricket's great charities which raises funds

for economically-challenged students in developing cricket nations to further their tertiary education. Adam Spencer will no doubt be switching to googlies for his next interview with Ryan.

## CAMPUS RIVALRY

The continued success of the SUSF Elite Athlete Program has brought with it tougher internal challenges for campus sports. Australian representatives Hannah Buckling (water polo) and Alexander 'Sasha' Belonogoff (rowing) were named 2013 Sportswoman and Sportsman of the Year at the annual SUSF Sports awards. Buckling edged out swimmer Hayley Abood (nee White), and 400m runner Anneliese Rubie, who each represented Australia at the World University Games at Kazan, Russia, while Belonogoff edged out two other Australian representatives in swimmer Matthew Abood and sprinter Nick Hough. The tough competition continued for the Premier Coach of the Year Award, with Dean Gleeson (athletics) and Chris Malone (rugby union) sharing the honour after their respective clubs enjoyed "best ever" seasons. Which made the Premier Club of the Year Award an even tougher

decision: The Football Club (rugby union) won in a split decision from the Athletics, Boat and Swimming clubs.

## DISCIPLINED TRAVELLERS

Sydney University athletes get to visit some exotic locations during the course of their careers, and SUSF Elite Athlete Program scholarship holders Jasmine Rafiq and Michael Basckin will join the throng with interesting stamps on their passports after June. They've been selected to represent Australia at next month's 2014 World University Karate Championships, to be held at Bar, Montenegro. Rafiq (Bachelor of Pharmacy) and Basckin (Bachelor of International and Global Studies) were officially nominated by Australian University Sport and the Australian Karate Federation to represent Australia at the Championships, which are part of the high performance pathway within Australian University Sport and Australian Karate Federation programs. It is an elite level event held every odd year under the auspices of the International University Sport Federation and run to the highest standards involving international athletes.

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# Congratulations to all the SUSF 2013 Sports Awards Winners

16 April 2014, The Great Hall

## SPORTSWOMAN OF THE YEAR

Hannah Buckling - Water Polo

## SPORTSMAN OF THE YEAR

Alexander (Sasha) Belonogoff - Boat

## PREMIER COACH OF THE YEAR

Dean Gleeson - Athletics

Chris Malone - Rugby

## COACH OF THE YEAR

Yucel Celenk - AFL Women

## PREMIER CLUB OF THE YEAR

Rugby

## CLUB OF THE YEAR

Baseball

## ANN MITCHELL AUG AWARD

Athletics

## PROFESSIONAL ADMINISTRATOR OF THE YEAR

Nathan Kosmina - Soccer

## ROSENBLUM - MALE CLUB ADMIN OF THE YEAR

David Jordan - Velo

## PAT SHARP - FEMALE CLUB ADMIN OF THE YEAR

Marjorie Spooner O'Neill - Rugby Women's

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\* Promotional period: 19 May – 8 June 2014. Maximum of 1 trial gold pass per person.