

# ROAR



**6/ Townsend turning the tables**  
PROFILE ON KANE TOWNSEND

**10/ Jumping to conclusions**  
MICHELLE JENNEKE

**20/ Shining bright**  
2014 GRADUATING  
ELITE ATHLETES

# TALENT ON TRACK





AUSTRALIAN  
UNIVERSITY GAMES  
CHAMPIONS

WARATAH BOWL 2014  
AMERICAN FOOTBALL  
CHAMPIONS

SYDNEY UNIVERSITY  
ATHLETICS CLUB WIN  
EVERY OPEN TITLE

MEN WIN THE EDMUND  
BARTON TROPHY IN THE  
AUSTRALIAN BOAT RACE

## 2014 – another year of outstanding sporting achievements at Sydney Uni Sport & Fitness



MEN'S & WOMEN'S CRICKET  
TEAMS CLAIM PREMIERSHIPS

NEW COACH,  
NEW LOOK FOR  
BRYDEN'S SYDNEY  
UNI FLAMES

COMMONWEALTH  
GAMES SUCCESS:  
ANGIE BALLARD  
WINS GOLD

WOMEN'S AFL  
TEAM CROWNED  
PREMIERS

Drop into one of our facilities, visit [www.susf.com.au](http://www.susf.com.au), or call:  
**Sports & Aquatic Center: 9351 4978 | The Arena: 9351 8111**





# FROM THE EDITOR

Welcome back to Sydney Uni Sport and Fitness (SUSF) and to the first edition of our magazine for 2015. Whilst 2014 is now behind us, we are pleased and very proud of the successes and achievements of our athletes and clubs. Some of the highlights included; our men's rowing team winning the Edmund Barton Trophy in the Australian Boat Race, the women's AFL team crowned premiers, Angie Ballard winning gold at the Commonwealth Games in the T54 1500m and the Bryden's Sydney Uni Flames welcoming their new coach Shannon Seebohm.

At SUSF we understand that this time of year always proves to be a very busy for both new and returning students. Whether you are trying to familiarise yourself with the University routine or trying to get back into study mode after the long break, rest assured that when it

comes to sport and fitness we are here to help you achieve your goals.

ROAR 26 is full of articles which we are sure you will enjoy reading and that will motivate you in the New Year. In this edition; Kristen Barnes' interview with Kane Townsend (page 7) gives us great insight into how he manages his sporting and education commitments and how he became involved in competitive Table Tennis.

Our feature story Talent on Track (pages 10-13) is a great read on champion athlete Michelle Jenneke. It speaks about her famous warm-up technique which caught the attention of approximately 30 million viewers on YouTube, the results she has achieved and her time at Sydney Uni Athletic Club (SUAC).

Our regular features will help you to understand how you can maintain a healthy lifestyle through your food intake (page 9) and what all the important numbers mean when it comes to exercising and your body (page 31).

Finally, don't forget to check out our events calendar on page 47 for details on when your favourite teams will be playing their home games throughout March and April.



**Sarah Elias**  
Editor



## ROAR MAGAZINE 26 EDITIONS YOUNG

# ROAR



**EDITOR**  
Sarah Elias

**DEPUTY EDITOR**  
Kristen Barnes

**CREATIVE DESIGN & PRODUCTION**  
Southern Design

**ASSISTANT CREATIVE**  
Sarah Odgers

**CONTRIBUTING WRITERS**  
Kristen Barnes  
Graham Croker  
Christa Payne  
Aaron Scott  
Sarah Odgers  
Doctor Christopher Jones  
Andrew Thompson  
Anika Lalic  
Rodney Tubbs

**CONTRIBUTING PHOTOGRAPHERS**  
Kristen Barnes  
David Stanton  
Barbara Olive  
Keesja Gofers  
Nico Beighton  
David Tarbotton  
Edward Hawthorne  
Sydney University Athletic Club

**SYDNEY UNI SPORT & FITNESS**

**EXECUTIVE DIRECTOR**  
Robert Smithies

**FINANCE & ADMINISTRATION MANAGER**  
Aleksandra Pozder

**HIGH PERFORMANCE MANAGER**  
Matthew Phelps

**CORPORATE & ALUMNI RELATIONS MANAGER**  
Rodney Tubbs

**COMMERCIAL & REGULATORY MANAGER**  
Charlotte Churchill

**ELITE ATHLETE PROGRAM MANAGER**  
Leonie Lum

**OPERATIONS & FACILITIES MANAGER**  
David Shaw

**PROGRAMS & PARTICIPATION MANAGER**  
Kristee Arkle

**PROPERTY & PROJECTS MANAGER**  
Ed Smith

**MARKETING & MEMBERSHIP MANAGER**  
Sarah Elias

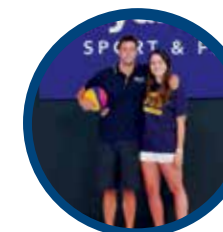
# WHAT'S INSIDE FEATURES



## JUMPING TO CONCLUSIONS

Champion athlete Michelle Jenneke uses her university degree disciplines to produce metronome performances over the hurdles. **By Aaron Scott**

10



## DIPPING INTO THE SAME TALENT POOL

Our men's and women's water polo teams had similar ideas when it came to injecting some exciting new players into their squads. **By Kristen Barnes**

14



## RUNNING STRONG

Sydney University Athletics Club continues to go from strength to strength, with its female competitors taking the spotlight recently. **By Kristen Barnes**

16



## SPORTSMANSHIP ON THE SLOPES

On the sporting field there are a number of qualities an athlete needs to excel; Madii Himbury showcases one unspoken virtue. **By Sarah Odgers**

18



## SHINING BRIGHT

Each year, the Elite Athlete Program strives to push athletes to produce phenomenal results both in and out of the sporting arena. 2014 was no different. **By Anika Lalic**

20



## LIONS SET WARATAH BOWL RECORD

As the only club to play every season in the NSW Gridiron competition, Sydney University Lions keep going from strength to strength. **By Graham Croker**

22



## REVELING IN SPORTING RIVALRY

Sydney University offers its students the opportunity to participate in regular free sporting competitions throughout semester. **By Andrew Thompson**

32

## REGULARS

- 2 Welcome
- 5 News Bites
- 6 Profile: Kane Townsend
- 8 Nutrition
- 24 Facilities Guide

- 28 Membership Guide
- 37 Join a Club
- 44 'Blue & Gold' Event Wrap Up
- 47 Home Events Schedule
- 48 Over the line



# 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 **46 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**



## NEWSBITES



### SHORT FALLS

Sydney University Swimming Club member Matt Abood made it to the semi-finals of the 50m freestyle at the 2014 FINA World Short Course Championships, held in Doha, Qatar, in December, but missed out on a berth in the eight-man final. With 144 competitors taking the blocks in the event, Abood had to wait until the 18th heat to push for a berth in one of the two semi-finals, involving the fastest 16 times. He knew the time needed and finished 6th in the heat in 21.32sec, which ranked him 15th of the 16 to contest the two semi-finals. Abood finished 7th in his semi-final in 21.46sec, missing a berth in the final. It was his second appearance at the World Short Course Championships. He finished fifth in the 100m freestyle and 14th in the 50m freestyle at the 2010 championships in Dubai, United Arab Emirates. Abood, who is coached by Grant Stoelwinder at the Sydney University pool, was a member of the Australian 4x100m men's freestyle team that won gold at the 2014 Commonwealth Games in Glasgow, Scotland.

### COACHING CAPERS

Sydney University Australian National Football Club has re-signed Daniel Gilmore as senior coach until the end of 2016. Gilmore has invested heavily not just into the club at the university but into the code of AFL in NSW. His desire is to see more elite players from NSW find their way onto AFL lists. He was instrumental in assisting the club navigate its way through the NEAFL competition changes and was able to ensure SUANFC attained a sustainable elite talent pathway into the club. The club has also retained Anton Turco as the senior coach of the Premier Division side for 2015, Under 19 Colts coach Paul Markou, and the Division 1 Blues coach Adam Clark, who will be chasing back-to-back titles.

### POULTON POTENT

Universities Women's Cricket Club is glad the Christmas break didn't dampen Leah Poulton's appetite for runs. The former Australian One-Day and Test representative batted six times before the break, starting the season with 48 and 129 in the opening two Twenty20 matches. The 129 came off 66 deliveries and included 12 sixes and eight fours. She followed that with scores of 49 not out, 5 not out, 40 and 74 in four Limited Overs matches. She then began the New Year with an innings of 58 in the Twenty20 semi-final and 48 in the final, which Universities won. Poulton's averaging 76.7 with 461 runs in the bag, and there is still half a season to play.

### LEAGUE OF THEIR OWN

Sydney University Rugby League Football Club returned to the playing ranks with a vengeance in 2014 and finished with grand final appearances in both grades. Off the field, the resurrection of SURLFC continues apace with the announcement of two new appointments to the club's Management Committee and the appointment of two new Community Ambassadors. Former SURLFC players and University Blues David Hill and Judge Stephen Norrish QC have been appointed to Management Committee, while Jimmy Smith and Rory Muscat have been appointed Community Ambassadors. They join SURLFC's other Community Ambassador Corey Payne. While SURLFC is consolidating its non-playing ranks, the club is also spending the off-season building its playing and coaching ranks and aims to start the 2015 season with two fit, competitive teams.



# TOWNSEND

## turning

# THE TABLES

HAVING JUST RETURNED FROM DUBAI WHERE HE REPRESENTED AUSTRALIA IN THE WORLD TEAM CUP, KANE TOWNSEND HAS HAD A BUSIER SUMMER THAN MOST UNIVERSITY STUDENTS. HE SAT DOWN WITH KRISTEN BARNES ON HIS RETURN TO TALK ABOUT HIS EXPERIENCES IN TABLE TENNIS WHILE ALSO JUGGLING THE DEMANDS OF STUDYING A BACHELOR OF ADVANCED SCIENCE.

### 1. How did you get into competitive Table Tennis?

Both my parents played competitively, nationally and internationally. When I was five years old they started up a club in our local area, so I began to play. Then when I was eight I began to play tournaments.

### 2. Do you ever get offended when people call the game Ping Pong, and do you ever play the game socially if someone has a table at home or at a party?

I have never had an issue with people calling it Ping Pong, which is actually the Chinese name for Table Tennis. I enjoy playing Table Tennis for fun with friends, but I don't get involved in party games where table tennis is involved since I don't think it would be fair. An interesting fact is I have never had a table at home.

### 3. Most people wouldn't be very familiar with competitive Table Tennis as a sport. Can you give us an insight into your training regime and competition schedule?

During the university semester I train 5 times a week (1.5-2.5 hour sessions) which keeps me in decent form. During holidays I can train up to 25 hours a week or I often go to Japan for 3-6 weeks with my brother where I train 6 hours a day. Most of my training is done on table since Table Tennis is a highly technical sport. My competition schedule has increased quickly as I have moved into the national men's team. The national events I play include the National Championships, Australia Open, National Top 10 and if it's a Commonwealth or Olympic year there are specific qualification tournaments for those as well.

### 4. What is the level of competition like in Australia? Do you ever feel intimidated in international events competing against Asian athletes who have typically dominated the sport?

The competition level within Australia for Table Tennis is actually quite strong. We finished 3rd overall at the Commonwealth

Games held last year in Glasgow.

I have never felt intimidated against the internationally dominant athletes from Asia and Europe as I feel no pressure to perform. I just trust my technique.

### 5. I hear you're not originally from Sydney, how did you find the relocation to here? Why did you make the decision to come down?

I'm from northern NSW (Cabarita Beach), which is a 20 minute drive from the QLD border. The relocation was pretty easy as I moved in with my Grandfather and I had friends living in Sydney too. I had to move away from home as there were no universities in my area offering courses I was interested in. The University of Sydney seemed like an obvious choice to get a balance between my sporting and academic endeavours.

### 6. I hear you're a bit of an academic whiz, tell me about what you're studying and how you balance your sporting commitments with your education.

I am about to start my 3rd year of a Bachelor of Science (Advanced) degree majoring in Mathematics. During university time I train 5 times a week so I have to make sure I stay ahead of the work being covered in lectures and complete assignments as soon as they are released. This makes it easier to stay up to date when I am travelling for various Table Tennis tournaments.

### 7. How did you feel about being named Blue of the Year? What does that award mean to you?

I felt extremely honoured to be named Blue of the Year, especially after seeing some of the names of the previous winners of the award and with the calibre of current Sydney Uni athletes. I also think the award has made me more determined to improve and achieve greater success at the international level.

### 8. You represented Sydney University at the Australian Uni Games last year in Sydney; tell us a little bit about that experience.

I had a really good time at the last AUG's. For Table Tennis, Uni Games is a great mix of both social and competitive players, with some high quality, close matches and everybody there seems to generally have a good time. I managed to win the men's singles and get bronze in the doubles. Sydney Uni Women's side also had amazing results, with gold medal wins in both the singles and doubles!

### 9. How do you feel the Elite Athlete Program has assisted you in your sporting and academic goals thus far?

The EAP has helped me to balance and manage my studies and sporting ventures. Whenever I miss assessments for sporting commitments the EAP helps to reorganise them to suit me, so I have time to catch up and complete the assessment when I am able to. The EAP coordinators are always extremely efficient and helpful, giving me more time to concentrate on my studies and training. This has allowed me to train enough so that I could compete at the major events while still achieving my academic goals.

### 10. What are your future aspirations both in and out of sport? Do you think the Olympics in 2016 are a possibility for you at this stage?

The 2016 Olympics are definitely possible with three Australians usually qualifying for a team. However, the selection process is much tougher than for the Commonwealth Games with a qualification tournament within Australia followed by another for the Oceania region. I am also aiming to win medals in future Commonwealth Games. I am still unsure of my future aspirations outside of sport.

### 11. Finally Kane, what is your favourite song, TV show and movie at the moment?

Album: Caustic Love by Paolo Nutini

TV Show: Sherlock

Movies: Guardians of the Galaxy and the Grand Budapest Hotel



# ADDING COLOUR

## EVER SINCE YOU WERE A CHILD YOU HAVE MOST LIKELY BEEN TOLD TO 'EAT YOUR VEGETABLES'.

No doubt the health benefits of vegetables are well known and have been promoted for some time. Vegetables provide us with a powerhouse of disease fighting and wellness promoting nutrients. These nutrients include antioxidants and phytochemicals for protection and repair of damaged cells in the body. They also have soluble and insoluble fibre, both vital for optimum digestive health. Vitamins such as Vitamin A, C and folate for healthy eyes, skin and DNA replication and minerals such as potassium help maintain healthy blood pressure. The rich combination of nutrients found in vegetables combined with their low kilojoule content helps explain why people who eat more fruit and vegetables are less likely to suffer health problems.

The Cancer Council of NSW, in their position statement on fruit and vegetables, highlight the direct protective effect of vegetables against cancers of the digestive tract including the mouth, pharynx, larynx, esophagus, stomach and bowel. Interestingly, research also suggests that the protective effect of vegetables cannot be accounted for by any sole nutrient in isolation but rather has something to do with the combination of these nutrients. Thus, is it best to eat whole vegetables rather than rely on supplements and extracts. The Australian Guide to healthy eating recommends that women eat 5 or more serves and men 6 or more serves of vegetables per day to optimize health. Despite the known benefits of fruit and vegetables, fewer than 1 in 10 Australian adults regularly eat the recommended daily serves of vegetables. I've heard a range of different excuses from clients over the years as to why they don't consume enough vegetables, these have included convenience, time, taste, and

the fact that vegetables go off quickly if not stored properly. However, no excuse seems to justify not regularly getting enough veggies when stacked up against the good they do for our bodies.

When considering your veggie intake, remember: variety is key! There is no 'super-vegetable:' they are all good for you and each provides a different mixture of nutrients, so experiment with recipes that include new vegetables you have never tried before and eat as many different kinds as you can.

Here are some practical tips to make getting enough vegetables a habit, not a chore!

Stir Fries are an excellent way to eat a wide variety of vegetables in one quick dish! Start with a base such as garlic and onion then aim to add at least 5 different types of vegetables such as cabbage, snow peas, capsicum, broccoli, carrot and Asian greens. Aim for a ratio of 2:1 for vegetables to meat. Add flavor with a salt reduced soy sauce, honey, ginger and sesame seeds or just use your favorite marinade. This same idea also works for pasta dishes. Try your favorite meat or seafood with a jar of tomato based sauce such as Napolitano and then add lots of chopped veggies such as zucchini, celery, carrots, eggplant or mushrooms.

Soups are another great way to include large quantities of vegetables regularly and provide a warming and filling meal. You can make a big batch of soup and freeze leftovers in individual serves for easy lunches or quick dinners. Chunky soups such as Minestrone and Chicken Noodle soup allow you to add plenty of different types of vegetables and legumes such as kidney and butter beans. Tomato based soups are better choices than cream based soups, such as mushroom soup, if you are also watching your weight. Blended soups such as pumpkin and ginger are also delicious and work well as vegetable based entrées to main meals.

Frozen Vegetable packets should be an essential for those with a busy lifestyle. Mixes of peas, beans, carrots, corn and broccoli are available in the freezer section of all major supermarkets. These

can be heated in the microwave for 2-3 minutes and then added as a side to grilled salmon or steak to make a balanced meal in less than 10 minutes. They are also great to stir into pasta dishes to bulk up the vegetable content or whisk them up with eggs and some low fat cheese to create vegetable omelets.

Super-size your salads when preparing your evening meal. Spruce up boring lettuce, tomato and cucumber by adding ingredients such as marinated olives, artichokes, feta or ricotta cheese, sundried tomatoes, baby beets, home grilled eggplant, capsicum and avocado to your regular salad. You can also add loads of extra flavor with fresh herbs such as mint, basil, coriander, parsley or dill. As for the dressing, avoid creamy or super-sweet packaged dressings and make your own with some lemon juice, pepper, grainy mustard and olive oil. Or, if you are strapped for time just add white-wine or apple cider vinegar to your salad for a tasty low kilojoule dressing. Finally by adding some protein such as a can of tuna as well as a carbohydrate such as cooked pasta, rice or quinoa you can turn a salad into a complete meal in itself!

Snacks are another great opportunity to get in some extra vegetables, especially if you know you struggle to get enough veggies at lunch. Cut up carrots, capsicum, and cucumber sticks with hummus, tzatziki, tahini or eggplant dip. Other snacks ideas include a small can of baked beans; wholegrain crackers with low fat cheese and tomato or celery sticks and peanut butter

Get them in early. Vegetables can often be forgotten at breakfast time as we reach all too quickly for cereal or toast. However grilled mushroom, tomato, baby spinach or kale are all excellent additions to eggs and wholegrain toast in the morning. Getting vegetables in early will give you a fibre boost to keep you full well into the late morning and also the piece of mind that you are well on your way to reaching your recommended daily intake of veggies.

## One serve of Vegetables is equal to:

- 1 cup/ handful of salad veg (eg: lettuce, tomato, cucumber, capsicum)
- 1/2 cup/ handful cooked vegetables (eg broccoli, carrots, beans, bok-choy, asparagus, eggplant)
- 1/2 cup/ handful of legumes (eg: kidney beans, lentils, black eyed peas, chickpeas)
- 1 medium potato/ sweet potato/ parsnip

For expert advice please contact Christa Payne, Accredited and Practicing Dietitian: [payne\\_christa@hotmail.com](mailto:payne_christa@hotmail.com)



# JUMPING TO CONCLUSIONS

Champion athlete Michelle Jenneke uses her university degree disciplines to produce metronome performances over the hurdles, writes Aaron Scott.

If the name Michelle Jenneke rings a bell then you're either a dedicated hurdles fan or – more likely – you're one of the 30-odd million people worldwide who have seen that video on Youtube.

For the uninitiated, the then 19-year-old Jenneke caught the gaze of the camera (and the approval of the commentators) with her hip-swaying, finger-shimmying warm-up on the blocks of the 100m hurdles at the 2012 Junior World Championships. Clearly the dancing worked - she won the heat and went on to finish fifth in the final. But all that was largely forgotten in the tumult that followed.

The clip was posted on Youtube where it promptly went viral, earning 19 million views in a week and turning the hurdler into an overnight internet sensation. She appeared in Top Gear, racing against a Nissan GTR (the car won); she earned a mention on The Tonight Show Starring Jimmy Fallon and she was photographed for the Sports Illustrated Swimsuit Edition. She smiled her way through the hype and continued her steady rise through the hurdling ranks.





Three years on, and Jenneke has no regrets about that blast of superstardom. For starters, she'd been doing her dancing warm-up since 2009, when she ran a scorching PB of 12.05sec in the 100 flat. Beyond that, it's given her a profile in Australia's athletics landscape and it's brought sponsors to her door.

"There are times when I baulk at talking about the video," she says, "but that's mostly when I'm with my friends and they're cracking jokes about it. I mean, it's given me so many opportunities it would be kind of silly for me to have a problem with it. It's done so much good for me that whatever irritations it causes, I just shrug them off."

It's a pragmatic response from a young woman who deserves to be known for far more than a titillating 60-second video clip. Indeed, the reality of Jenneke's life is a world removed from the frivolity of Youtube videos and featherbrained media hype. She's currently in the second year of a Mechatronics degree, a complex academic pursuit that mingles mechanical engineering and electrical engineering. ("It's sort of like robotics," she explains.) The assiduous scientific mindset she applies to her degree is

equally applied to her hurdling.

"Hurdling is very, very technical," she says. "You have eight steps up to the first hurdle, then three steps in between each hurdle. I break my technique down to every single step; what I'm trying to achieve with every single stride."

In the course of her training she can easily wile away an entire afternoon studying video footage of her races and breaking down the minutiae of her stride, her arm swing, her leap into each hurdle.

"I guess having that scientific mindset really helps me," she says. "I do a lot of research into different running techniques, certain arm swings – it can be quite difficult."

Hailing from the hills of Sydney's north-west, Jenneke was a tireless child, her days largely spent torching energy on a variety of sporting fields.

"I don't like to sit still," she laughs, "so I pretty much grabbed any opportunity to play sport. I did everything I could do. I played soccer, I played touch footy, I did gymnastics, I did dancing; I even played some European handball for a while."

Amidst this avalanche of activity, her running career got off to an innocuous

start when the seven-year-old was taken to a Little Athletics meet. "I absolutely hated it! It was a Saturday morning competition and it was hot and I was just standing around," she says. "Afterwards I told Mum I was never going back."

"I had a couple of years off, then came back to it in the Under-10s. Suddenly we were running on Friday nights and there was a great group of people there and I absolutely loved it. From then on it's been a big passion of mine."

Despite her enthusiasm, the youngster never looked likely to crack the elite ranks. "I have a lot of very good friends who were incredible athletes when they were younger," she says. "They'd go out and win all the time – but I was never that kid. I was best friends with (fellow SUSF athlete) Jenny Blundell and she would go out at the State Championships and win her 800 by 200 metres."

"So when I was at State and coming third or fourth, I guess I thought I simply wasn't that good. I tried hard, but I used to just go out and have fun with it. It didn't really bother me if I was winning or not, I just enjoyed it." She laughs; "I don't know, somehow I guess I managed to run a bit faster..."



"EVERYONE'S REALLY SUPPORTIVE OF ONE ANOTHER AND WE HAVE A REALLY GOOD TEAM ATMOSPHERE."

"THERE ARE TIMES WHEN I BAULK AT TALKING ABOUT IT."



It wasn't until she won a silver medal in the 100m hurdles at the 2010 Youth Olympics in Singapore, that the realisation of her talent began to sink in.

"That's still my best result so far," she says. "And it's still the result that surprised me the most. I didn't even think I deserved to be at that competition; I didn't think I deserved to be in the Australian team."

"Until I won the Junior Nationals in 2010, I'd never won a national title before. So to win at my first Nationals, then go out a few months later and come second at the Youth Olympics? I really shocked myself. It was the first time I realised that hurdling was something I could do competitively."

From that point, her athletics career flourished. A third-place finish at the 2011 Australian Championships was followed by a fifth-place finish at the 2012 Junior World Championships in Barcelona. More recently, a series of strong performances earned her – alongside 10 other members of the Sydney University Athletics Club (SUAC) – a spot in the 2014 Commonwealth Games team.

She arrived in Glasgow with low expectations: "I came in ranked about 13th or 14th, so I thought I'd be very

lucky to make the final." Her showing in the heats seemed to confirm these low expectations. Running alongside the crack pairing of England's Tiffany Porter and Jamaica's Danielle Williams, she clipped the first hurdle and lost all rhythm, eventually finishing fourth in a time of 13.33.

"I thought I was pretty much done for after that," she laughs. "I didn't even put my shoes on after the race. I just walked off in my socks, sat down in the grass, and watched the other heats. It was only a few minutes after the last heat that I suddenly realised I was actually in the final. I thought, 'Hmm, better do a warm-down.'"

She came into the final as the slowest of the non-automatic qualifiers, leaving her marooned out in lane one. But a strong start followed by a slick performance in typically frigid Scottish weather saw her finish fifth. Her time may have been well over half a second slower than teammate and gold-medallist Sally Pearson, but for a 21-year-old in her first senior competition it was a resounding success. "It was certainly a big surprise for me," she grins. "I really didn't expect to do that well."

Low expectations followed by shock success seems to be the shape of Jenneke's hurdling career thus far. And

so, with a World Championships in Beijing this year, followed by the Rio Olympics in 2016, how far can she go?

Jenneke's typically circumspect. Her focus for now is July's World University Games in South Korea where she's aiming to crack the 13-second mark – a time that would ensure qualification for the Beijing World Championships.

But all that's a long way off. Right now, she's revelling in the on-track success and collegiate atmosphere of the SUAC. "I know a lot of athletes my age who wanted to go to Sydney Uni to be part of the SUAC," she enthuses. "And a lot of that comes down to the strength of the club – we go out and we win pretty much all of the State Championships. Everyone's really supportive of one another and we have a really good team atmosphere. We cheer each other on, we have chants, we share jokes, we're having a good time – people just want to be part of that."

For Jenneke, athletics remains a passion. And she should know – perhaps more than most – that when you approach your passion with enthusiasm, flair and a broad smile, good things tend to happen.





**Sydney Uni**  
SPORT & FITNESS



# DIPPING

*into the same talent pool*

**OUR MEN'S AND WOMEN'S WATER POLO TEAMS HAD SIMILAR IDEAS WHEN IT CAME TO INJECTING SOME EXCITING NEW PLAYERS INTO THEIR SQUADS AHEAD OF THE UPCOMING SEASON, WRITES KRISTEN BARNES**

Sydney University Lions have had a very impressive summer of competition and recruitment with the men's and women's squads using the off-season to strengthen and build solid foundations for the year ahead.

This resulted in the women's team signing talented American centre forward Madeline Rosenthal. Maddy has just graduated with a degree in marketing and communications from the University of Southern California, one of the top water polo colleges in the country, with a winning culture.

Maddy was a member of the 2013 USC Trojans that won the National Women's Water Polo Championship. Also in that team was Australian Hannah Buckling, who was on exchange from Sydney University at the time. It was just one of many college career highlights for 22-year-old Maddy.

While at USC, Maddy received an array of awards, including being named an MPSF All Academic Scholar Athlete on multiple occasions. In her senior year she also captained the Trojans. She has competed in a number of international tournaments representing the US in junior national teams and at the 2013 Maccabiah Games where she was named MVP of the competition.

Ian Trent, the director of women's water polo at Sydney University, was very pleased to have Maddy on the team, believing she will drive the Lions offence and create scoring opportunities.

While Trent was securing Rosenthal, the men's program was also in discussion with an American import of their own.

Enter Michael Rosenthal, a USC graduate with an amazing five National Men's Water Polo Championships under his belt, and boasting NCAA tournament MVP accolades.

He was also put into contact with Sydney University after a friend and teammate from USC had sold him on the great Australian lifestyle.

A vastly experienced player, Michael has spent two years outside the college system, playing in Brazil and Serbia. He is in the US squad and has represented at the FINA World Cup qualifiers and Championships.

Michael is a scoring powerhouse who will drive Sydney Uni's attack. "I decided to sign with Sydney Uni due to the family culture of

the club and the quality of competition in Australia," he said. "Of course, being with my sister was just the icing on the cake."

The Sydney Uni women's team has had a strong National Women's Water Polo League (NWPL) off-season, competing in the L1 NSW competition. They won the premiership decider against Balmain, making it the club's 24th women's premiership. In the 2014 NWPL season, Sydney Uni women also came away with a bronze medal, the club's best result since the league's inception.

The women's team has a colourful history of success dating back to the 1970s and '80s when the Lions won 14 championships in a row in the then NSW competition. And they're hoping to build on that culture this season.

Adding to their impressive roster is another import Kelly Mendoza, a USC National Championship teammate of Hannah Buckling and Maddy Rosenthal, with a wealth of international experience. She is a utility for the team and will be invaluable in providing versatility in a number of roles.

Other vital members of the squad include Buckling, who represented Australia in the 2014 World National Championships as a centre back, Australian teammate Keesja Gofers, Lea Yanitsas and Isobel Bishop, who are very experienced, long standing stars for the club.

The men's Lions side is also looking strong for 2015 with a number of other key players signing to join Rosenthal. This includes Croatian import Goran Tomasevic, an outstanding centre forward who was named three times All American from his years at Pacific College, in California. They will join a talented core group at the University who have played together for a number of years.

Johnno Cotterill, who represented Australia at the London Olympics, will spearhead the team with his experience and leadership. He will be supported by Australian junior goalkeeper Anthony Hrysanthos, along with New Zealand junior captain Tom Kearns and newcomer Chris Dyson.

As with the women, the men's side were unlucky to miss out on the 2014 NWPL final, but they powered away to collect a bronze medal against Fremantle and will be looking to better that result in 2015.

The Rosenthal siblings have been reunited in Sydney after two years apart since Michael graduated and started competing overseas. The stars have aligned for them with the opportunity to compete in Australia's premier competition alongside one another.

As for the Sydney Uni men's and women's teams, the Rosenthal's are vital pieces to the puzzle that will assist two squads with unlimited potential in the season ahead.



# RUNNING STRONG



Left to right: Jess Stafford, Ella Nelson, Georgie Wassall, Jacqui Fry, Georgina Pembroke, Jo Dawson, Courtney Schultz, Michelle Jenneke

SYDNEY UNIVERSITY ATHLETICS CLUB CONTINUES TO GO FROM STRENGTH TO STRENGTH, WITH ITS FEMALE COMPETITORS TAKING THE SPOTLIGHT RECENTLY WITH SOME HISTORY-MAKING PERFORMANCES THAT MIGHT NOT BE SUCH A COINCIDENCE, WRITES KRISTEN BARNES.

Sydney University has a rich history of sporting achievement, a lot of which is underpinned by the strength of its Athletics Club.

But it wasn't always one club. As per standard practice within university sport throughout the 1900s, men's and women's sporting groups were separate entities. The Sydney University men's athletics club dates back to 1878, while the women's club was formed in 1926.

While separated, the women's club saw a number of extremely talented athletes pass through its doors; Betty Moore being one such person. A Sydney University athlete, Betty was the club's

first female to race on the international stage, competing in the 1962 Empire and Commonwealth Games in Perth, where she equalled the world record and broke the Commonwealth Games record for the 80m hurdles.

Following those achievements, the women's club was honoured with its first female Olympic representative in Cheryl Peasley (later Collins), who competed in the 4x400m relay at Munich in 1972. Other notable female athletes from the club were Angela Cook (Commonwealth Games 1974, 1978) and Rachel Thompson (World Race Walking Championships 1983).

An instrumental moment leading to the club's success came in 2001 when the men's and women's clubs amalgamated to become the Sydney University Athletic Club. This ended a history of administrative separation and set the scene for an outstanding unified athletics club. It would

seem this commitment to excellence by the club and its athletes has formed the cornerstone of the competitive, winning culture that is now coming to fruition.

The last three seasons have been watershed years for the club in domestic competition which saw SUAC win every Open men's and women's title in 2013 and 2014. NSW State Relay Championships results have illustrated the success of the women in particular. In 2012 all six Open track events were won, a feat that had not been achieved since the all-conquering Ryde Athletics Women's Club in the early 1980s. Just for good measure, the SUAC women came back for an historical repeat in 2013, winning all six track events yet again and breaking two Australian relay records in the process.

The number of female members of SUAC increases year on year and half of the 2014 Australian University Games (AUG's) team was made up by women.

In both years the team was crowned women's and men's AUG champions with a number of Australian Green & Gold selections; a direct reflection of the club's strength and depth.

In recent years, the club has continued its long-standing tradition of athletes competing on the international stage. Last year was a monstrous year of competition with SUAC athletes representing at the Commonwealth and Oceania Games, World Juniors as well as IAAF World Relays and Continental Cup. Angela Ballard became the club's first international Gold medallist by winning the T54 1500m at the 2014 Commonwealth Games, adding to her swag of medals over an illustrious career across sprints of up to 1500m and winning Athletics Australia Para Athlete of the year.

Ella Nelson and Annie Rubie were both prolific at club and international level last year achieving Australian selection for

## 2014 INTERNATIONAL REPRESENTATIVES

ANGELA BALLARD  
(Commonwealth Games Gold Medallist)

ELLA NELSON  
(Commonwealth Games and IAAF World Relays)

ANNELIESE RUBIE  
(Commonwealth Games, Continental Cup and IAAF World Relays)

MICHELLE JENNEKE  
(Commonwealth Games)

GEORGIA WASSALL  
(World Juniors)

TAVLEEN SINGH  
(World Juniors)

EMILY BRICHACEK  
(Commonwealth Games)

KATE SPENCER  
(World Juniors)

JOSIE NICHOL  
(World Juniors)

NICOLA MCDERMOTT  
(World Juniors)

KASANDRA VEGAS  
(Oceania Games)

MADDIE BERGFELD  
(Oceania Games)

## 2014 LIST OF ACHIEVEMENTS

NSW CLUB CHAMPIONS

STATE RELAY CHAMPIONS

SUMMER PENNANT CHAMPIONS

WINTER PREMIERS

SUMMER PREMIERS

AUSTRALIAN UNIVERSITY GAMES CHAMPIONS

the IAAF World Relays in the Bahamas and at the Commonwealth Games.

Annie also represented Asia-Pacific at the IAAF Continental Cup in Morocco.

The strength and depth of the women within SUAC was again apparent when 25 females from a group of 45 athletes competed at National Championships and Commonwealth Games selection trials last April. Not only was the combined figure a record, but the number of female athletes qualifying for nationals was its largest ever and 10 females were State Champions.

This year 26 scholarship holders for athletics have represented Australia at senior or junior level which indicates the exceptional talent pool the Sydney University Athletic Club boasts. There is no doubt the club will continue to build on its historical culture of success in 2015 and beyond.



# SPORTSMANSHIP *on the slopes*

**THERE ARE A NUMBER OF QUALITIES AN ATHLETE NEEDS TO EXCEL—ESPECIALLY TO MAKE IT AT AN ELITE LEVEL. AMONG THEM ARE DEDICATION, STRENGTH, AND TALENT. MADDI HIMBURY, A MEMBER OF THE ELITE ATHLETE PROGRAM (EAP), SHOWCASES ONE OF THE ADDITIONAL, UNSPOKEN VIRTUES THAT AUSSIES PRIDE THEMSELVES ON: SPORTSMANSHIP, WRITES SARAH ODGERS.**

It's January 2015, and competitors from around the world have assembled in Utah, USA to compete in the Deer Valley World Cup. At the top of the frozen hill, two female dual mogul skiers, Perrine Laffont of France and Maddi Himbury of Australia, mentally prepare for their journey down the icy slope, visualising the bumps and jumps and the finish line. This has been a whirlwind experience for the Aussie: she qualified for this event just a few days prior after placing top ten at US selections. The day prior to this she competed in the single moguls event, putting down a solid run with a score of 63.17, so she is feeling confident. As the starting bell chimes, the athletes hurtle through the starting gates and down the slope neck and neck, negotiating the snowy mounds with dexterity and determination. This is a sensation that Himbury has experienced thousands of times before. What happens next is what makes this particular descent an incredible experience for all in attendance.

As the two competitors race down the slope, the French competitor loses control, crossing into Himbury's lane and crashing heavily. She is disqualified from the race. Himbury, who now only needs to complete the run to win the event, chooses to do something that has never occurred in World Cup skiing: she stops to assist her fallen competitor. The crowd goes silent as she collects Laffont's skis and helps her to her feet. Then, together, they cross the finish

line. Himbury demonstrated the treasured quality of sportsmanship, making Sydney Uni Sport & Fitness and Australians everywhere very proud.

It's hard not to draw comparisons between Himbury and John Landy, a famous Australian middle distance runner who heroically helped a fallen competitor in the Australian National Championships in 1956. Not only did he stop and assist Ron Clarke (another Australian runner) but he managed a remarkable return, regaining the lead to win the 1500 metre National Title. This is one of Australia's most proud sporting moments. Not often do we see selfless acts in such high pressure situations. Himbury, like Landy showed true, uplifting human spirit despite these crucial moments being ones they had worked toward for years.

*"The whole competition was a great experience," she says, "and I was really happy with these results."*

Justly, Maddi went on to compete in the quarter finals, finishing the competition in eighth place, an especially impressive result considering this was her first World Cup and she competed against seasoned athletes who had placed in the top six at the Olympics.

"The whole competition was a great experience," she says, "and I was really happy with these results."

Himbury, 21, is a third year exercise sports science student at Sydney Uni. She has been on the Talented Athlete Program for the last two years and is currently on an NSWIS scholarship for freestyle moguls.

She is an integral part of Sydney Uni's excellent ski team, which also features another EAP athlete, James Matheson, who also competed at the Deer Valley World Cup, finishing in 38th place following an impressive number 16 finish in the Men's World Cup Mogul Skiing in Calgary, Canada in mid-December 2014.

Himbury will be based in Colorado until March 2015 and will compete in the upcoming North American and Canadian Cups. We are confident that she will continue to display her incredible skill and sportsmanship on the slopes and look forward to cheering her on for the rest of her promising career.





# SHINING BRIGHT

Each year, the Elite Athlete Program strives to push our athletes to produce phenomenal results both in and out of the sporting arena. 2014 was arguably one of the best years yet for the program with our athletes rising to incredible heights to fulfil their academic and sporting goals. Numerous athletes were selected as Australian representatives across a broad range of sports and a large number of athletes also put in the hard yards with their studies to achieve excellent grades in the classroom. The EAP prides itself on the success of our athletes and we spend an enormous amount of our time assisting them to achieve a steady balance between both sport and study in order to achieve their best. We want our athletes to be leaders both on and off the field and assisting them with their studies at The University of Sydney means that when it's time to hang up the boots, they've got a world class tertiary education in conjunction with invaluable industry connections to help them build a successful career. Our athletes are simply the best and 2014 certainly didn't disappoint with 58 athletes completing their studies. Below is a snapshot of a few of our graduating athletes from 2014 and their plans for 2015 and beyond.



## Alice Keighley – Handball

I began my studies at the University of Sydney in 2012. Last year, I completed my Bachelor of Science (Advanced), with majors in Physiology and Modern Greek. Throughout my time at University, I competed in 6 international championships, 3 national tournaments and 2 Australian University Games. Had it not been for the extensive support provided by the EAP, none of this would

have been possible. I had access to a number of services that enabled me to accomplish my sporting and academic goals. More importantly, I felt genuinely supported and encouraged by the EAP staff, for which I am very grateful. In 2015, I will be commencing my medical degree at the University of Wollongong and continuing my training in preparation for the 2016 Beach Handball World Championships.



## Gina Ricardo – SU VELO (Cycling)

I studied a Bachelor of Commerce majoring in Marketing and International Business. My degree was a short and sweet three years, the highlight being the three months I spent at UCLA in California on exchange and racing for their Cycling team. I'm a massive fan of the EAP and the team behind it. Without EAP I wouldn't have been able to do the racing that I've done over the past few years. Being able to take the time

off uni to travel, the financial support, the tutoring, gym use... it's all helped significantly along the way. I'm lucky in that I've landed my dream job at a cycling company that is supportive of my training and racing goals. Post-degree, I'm still racing for the Sydney Uni Velo Women's Race Team, contesting the National Road Series. My goals are to see how much I can improve over the next few years... who knows what the future holds!



## Chris Friend – Surfing

I started my Bachelor of Commerce at Sydney Uni in semester one, 2012. I was lucky enough to be selected as a member of the Elite Athlete Program for surfing in my first year of studies, giving me access to the world class facilities of the Arena Sports Centre - in particular training with S&C coach Tim Leahy and sports psychologist Paul Penna. This opportunity was huge for me; providing a level of professional sporting support I hadn't experienced before. The combination of

training with Tim and working with Paul helped me achieve my career best results at the Burton Toyota Pro at Newcastle and reach the top 50 in the ASP Pro Tour World Ranking. Not only did the program benefit my surfing, but also provided the flexibility to excel in the academic arena, where I was able to maintain my goal of a distinction average throughout my degree. Now that I have finished my degree I am starting work in a graduate role at Nous Group, a management consultancy in Sydney CBD.

## 2014 Elite Athlete Program Graduates

FIRST	LAST	SPORT	DEGREE
Adam	Campbell	AFL	Master of Commerce
Alexander	Belonogoff	Rowing	Bachelor of Applied Science (Exercise & Sport Science)
Alice	Keighley	Handball	Bachelor of Science (Advanced)
Alice	Brown	Netball	Masters of Physiotherapy
Amy	Sarandopoulos	Soccer	Bachelor of Social Work
Andrew	Wood	Ultimate Frisbee	Bachelor of Arts
Annabelle	Wright	Touch Football	Bachelor of Health Sciences
Anthony	Tuong	American Football	Bachelor of Law
Antony	Rowda	Volleyball	Bachelor of Health Sciences
Bernard	Foley	Rugby	Bachelor of Economics
Brittany	James	Athletics	Master of Physiotherapy
Caitlin	De Wit	Wheelchair Sports	Bachelor of Vet science
Carmel-Ann	Dimarco	Soccer	Bachelor of Applied Science (Exercise Physiology)
Chris	Ingate	Rugby	Bachelor of Agricultural Economics
Christopher	Friend	Surfing	Bachelor of Commerce
Dane	McCarthy	Rugby	Master of Commerce
Emily	Kempson	Triathlon	Bachelor of Health Science
Fiona	Tout	Hockey	Bachelor of Science
Georgia	Clarke	Water Polo	Bachelor of Applied Science (Occupational Therapy)
Gillian	Bennett	Hockey	Masters of Speech Language Pathology
Gina	Ricardo	Cycling	Bachelor Commerce
Greg	Jeloudev	Rugby	Bachelor of Liberal Arts and Science
Hannah	Buckling	Water Polo	Bachelor of Science
Hannah	Gibbs	Athletics	Master of Nursing
Hayley	Ericksen	Tennis	Bachelor of Commerce/B. Arts
Honesto	Buendia	Badminton	Bachelor of Engineering (Mechanical)(Hons)
Ian	Dewhurst	Athletics	Master of Physiotherapy
Jack	Jones	Rugby	Bachelor of Health Sciences
Jack	Caspersonn	AFL	Master of Teaching (Secondary)
James	Willan	Rugby	Master of Commerce
Jasper	Odgers	Baseball	Bachelor of Arts (Honours)
Jessica	Moro	Taekwondo	Master of Exercise Physiology
Jo	Dawson	Athletics	Bachelor of Applied Science (Exercise and Sport Science)
Joshua	Tassell	Athletics	Bachelor of International and Global Studies
Joshua	Ellice-Flint	Rugby	Master of Commerce
Joshua	Collier	Basketball	Bachelor of Social Work
Kara	Sutherland	Cricket	Bachelor of Applied Science (Exercise & Sports Science)
Lara	Tamsett	Athletics	Graduate Diploma in Publishing
Larissa	Pasternatsky	Athletics	Bachelor of Commerce
Madison	Regan	Touch Football	Bachelor of Applied Science (Exercise & Sport Science)
Mary	Vlachos	Soccer	Human Movement and Health Education
Matt	Hutton	AFL	Bachelor of Commerce
Meagan	Ramsay	Swimming	Bachelor Liberal Arts and Sciences
Meegan	Shepherd	Soccer	Master of Education - Health Professional Education
Michael	Hodge	Rugby	Bach of Education (Sec: Human Movement/Health Education)
Miles	Waring	Athletics	Bachelor of Economics (Honours)
Miles	Cole-Clark	Athletics	Bachelor of Science
Montgomery	Krochmal	AFL	Bachelor of Commerce
Natalie	Ambrose	Soccer	Bachelor of Medical Science
Nathaniel	Romeo	Swimming	Bachelor of Health Science
Nishan	Abey Suriya	Volleyball	Bachelor of Science (Hons Physics)
Olivia	Kennedy	Soccer	Master of Physiotherapy
Rosemary	Stewart	Cycling	Bachelor of Science (Advanced)
Ryan	Edwards	Rowing	Master of Commerce
Shakti	Rathore	Athletics	Master of Public Health
Stephanie	Ambrose	Soccer	Bachelor of Science (Advanced)
Tim	Reid	Rugby	Bachelor of Pharmacy
Tom	Elkington	AFL	Bachelor of Arts & Social Sciences



# LIONS SET WARATAH BOWL RECORD

AS THE ONLY CLUB TO PLAY EVERY SEASON IN THE NSW GRIDIRON COMPETITION, SYDNEY UNIVERSITY LIONS KEEP GOING FROM STRENGTH TO STRENGTH, AS GRAHAM CROKER REPORTS.

When Sydney University Lions powered to a 43-14 victory over West Sydney Pirates in December to win Waratah Bowl XXXI and claim the premier NSW gridiron title, they moved into rarefied status.

The win saw them pass the legendary record of the St George Dragons, who won 11 consecutive Sydney rugby league titles from 1956 to 1966, to stand alone in Australian sporting history with 12 consecutive titles.

And they did it with a quarterback who defied his own medical prognosis to play, a young running back who progressed through the club's junior ranks to earn Most Valuable Player in the Waratah Bowl final, and a coach who has been involved in every aspect of the club, since it was formed in 1984.

Kieran Dorney, a Sydney University medical graduate, broke a finger on his throwing hand making a touchdown-saving tackle three weeks before the final, but decided to play with a splint and passed for two touchdowns.

Running back Alex Watson, a former Sydney University junior, was voted Most Valuable Player in the final and was later named the club's Most Valuable Player for the 2014 season, having rushed for 1669 yards and produced 18 touchdowns.

And who better to guide Sydney University to their record-breaking status than coach Andrew Ogborne, who was the Lions inaugural quarterback when the club formed in 1984.

"I was walking back to (St Paul's) College from lectures and saw a group of blokes practising American football," he said. "I decided to check it out and I've been a member of the club ever since."

In the ranks of understatement, that's up with the club's present status. Ogborne was the Lions first signal caller from 1984-87.

He led the Lions to the 1984, 1985 and 1986 grand finals, won the MVP award in 1985, and led the 1985 and 1986 teams through undefeated seasons. After a brief hiatus, he came back in 1995 and led the team to another championship, before hanging up the cleats.

Ogborne's coaching career has spanned all levels of

competition, from juniors to the Australian team. He was the Lions head coach from 1989 to 1996 and from 2012 to the present, winning the state championship in 1992, 1995 and 2012, with his teams being runners-up in 1989, 1990, 1991, 1993 and 1996. He was also an assistant coach in 2003, 2005-2009.

During that decade of dominance, the Lions went on a 99-game winning streak that began in the fourth round of 2006, against the UTS Gators, and stretched through to the second game of the 2014 season, against the North Sydney Pirates.

He was also on hand when the Lions secured gold medals at 1999 and 2000 Eastern Australian University Games, the only years American football has been contested, and when the Lions won the first National Club Championship in American Football in Australia in 2013 when they defeated the Gold Coast Stingrays 45-13.

The Lions were honoured as the University's Sporting Club of the Year in 1985, 1991, 2006 and 2012.

The 2014 Waratah Bowl decider could hardly have started any better for the Lions. After kicking off to the Pirates, they immediately regained possession when defensive tackle Chris Peel dived on a fumble by the Pirates' quarterback on the first play. In a taste of what was to follow, Lions running back Watson broke off a 25-yard run to put the ball on the goal line and then went in for a touchdown to give the Lions an early 7-0 lead. Watson had a banner day, rushing for 201 yards on 29 carries while scoring three touchdowns.

While Watson received the club's 2014 MVP award, strong safety Keenan Mackett headed a strong field, including Nick Olive, Michael Rigney, Steve Dabin and Nicolai Hansen, to claim his second successive Defensive Player of the Year award.

Special Teams Player of the Year was awarded to Liam Erby for his fine season as kicker and punter. Erby slotted 63 of 69 PATs, the second most accurate performance on record. Pride of the Lions awards were given to Nick Olive, Justin Klein, Kiernan Dorney, Michael Rigney, Mitchell Haney, Anthony Sinton and Nicolai Hansen for outstanding contributions on and off the field.

James Gifford was named Lineman of the Year, having started all 14 games. The Most Improved Player Award was received by running back and slot receiver Mazen Saffkouni, Sam Darcy received the Coaches Award, Freshman of the Year went to defensive tackle Jack Danielson and the Clubman of the Year award was presented to Keenan Mackett.

And for the record, the Lions' present winning streak stands at 12. Bring on the new season.



# SUSF HEALTH & FITNESS FACILITIES



## TENNIS PROGRAM

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

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

Adults can also enjoy the benefits of exciting tennis programs, including group coaching, cardio tennis, private coaching, social play, doubles and competitive leagues.

### ENQUIRIES

CALL (02) 9351 4978 EMAIL [tenniscoaching@sport.usyd.edu.au](mailto:tenniscoaching@sport.usyd.edu.au)



## SWIMMING PROGRAM

SUSF offers programs for pre-school, school age, teen and adult Learn to Swim, Junior, Teen and Adult squads all year round.

With swimming classes running 7 days a week and a free assessment before enrolment, there has never been a better time to start swimming. SUSF also offers adult swim classes for all levels - beginner, intermediate, advanced and stroke correction.

All lessons include a water safety component.

### ENQUIRIES

CALL (02) 9351 4978 EMAIL [swimschool@sport.usyd.edu.au](mailto:swimschool@sport.usyd.edu.au)



## SPORTS & AQUATIC CENTRE

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

### SUSAC features:

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

### Opening Hours

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

### ENQUIRIES

CALL (02) 9351 4978 EMAIL [nmrc@sport.usyd.edu.au](mailto:nmrc@sport.usyd.edu.au)

FAX 02 9351 4982 Cnr Codrington St & Darlington Ave

**WE HAVE  
OPTIONS  
FOR  
EVERY  
BODY!**



## ARENA SPORTS CENTRE

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

### The Arena features:

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

### Opening Hours:

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

### ENQUIRIES

CALL (02) 9351 8111 EMAIL [arena@sport.usyd.edu.au](mailto:arena@sport.usyd.edu.au)

FAX 02 9351 8105 Arena Sports Centre, Western Avenue



## THE LEDGE CLIMBING CENTRE

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

### The Ledge features:

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

### Opening Hours

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

### ENQUIRIES

CALL (02) 9351 8115 Arena Sports Centre, Western Avenue



# CAN RUNNING CAUSE ARTHRITIS?

IF YOU'VE EVER SEEN RETIRED FOOTBALLER PETER STERLING WALK, YOU COULD BE MISTAKEN FOR THINKING THAT EXERCISING MIGHT DO MORE HARM THAN GOOD FOR YOUR BODY. FOR A LONG TIME THE JURY HAS BEEN OUT ON WHETHER RUNNING CAN EVENTUALLY LEAD TO OSTEOARTHRITIS IN THE KNEES.

Osteoarthritis is basically a fancy way of saying that the joints have suffered wear and tear over time. There are things that can speed this process up (such as traumatic injuries to the knee or previous surgeries) and if we're saying that it's wear and tear over time, it makes sense that the more you do with your joints, the quicker you can wear them out. But new research has concluded that people who run are less likely to suffer arthritis in their knees compared to people who don't run. In fact, running appears to safeguard you against the development of arthritic changes.

A couple of studies have looked at this over the last few years. The most recent, a 2014 study<sup>1</sup> of 2,863 people that found regardless of age, runners had less knee pain and arthritis. This supported the results of a larger 2013 study<sup>2</sup> which compared 74,752 runners with 14,625 walkers. The researchers found that the

runners were 18.1% less likely to suffer knee arthritis and 35.1% less likely to need a hip replacement.

This study concluded that running leads to weight loss and lower body mass index (BMI). Having a lower BMI has a protective effect against the development of arthritis. Being overweight however, is known to be a big risk factor for the development of arthritis. Carrying extra weight means you are putting additional pressure on your joints, which in the case of the knee can lead to degeneration of the cartilage.

Apart from helping maintain a healthy weight, running can also help protect your joints in other ways. Compared with inactivity, running helps develop strong leg muscles, which can help support and stabilize the knee joint. Running also takes the knee joints through a good range of motion, so it assists in maintaining flexibility and drives the circulation of joint lubricating fluids.

If you are intending to run on a regular basis, you will want to have good shoes, as poor (or worn out) footwear can increase stress on the joints. Running shoes are usually able to withstand somewhere between 500-1000km of running. Faulty biomechanics or alignment can also create uneven weight bearing, leading to excessive pressure on certain joints, which is something an osteopath or physiotherapist can help with.

Good running technique is also vitally important. Running 5 minute kilometres puts stress on your joints of up to 5.2 times your body weight. According to a 2013 study<sup>3</sup>, if you increase your stride length (over stride) by 10% you increase the amount of force in the knee joint by 31%. However, if you shorten your stride length by 10%, you decrease the amount of force in the knee joint by 22%. Most people over stride without even being aware of it.

There has also been research conducted saying that there is such a thing as too much running. Previous studies on elite i.e. Olympic level athletes who have done an enormous amount of running in their lifetime, have shown that they were likely to have knee problems. But for the rest of us, it looks like not only a safe way to exercise, but a great way to exercise.

Sydney University Head of Athletics Coach Dean Gleeson is an excellent person to talk to for advice, exercises and drills to correct technique. If you are seeking treatment of an existing injury please contact our endorsed Osteopath Chris Jones for expert advice. (02) 9389 5457 or visit [www.chrisjonesosteo.com.au](http://www.chrisjonesosteo.com.au).

1. American College of Rheumatology (ACR). "Running does not lead to knee osteoarthritis, may protect people from developing disease, experts say." ScienceDaily, 16 November 2014.
2. Med Sci Sports Exerc. 2013 Jul;45(7):1292-7. Effects of running and walking on osteoarthritis and hip replacement risk. Williams PT.
3. Clin Biomech (Bristol, Avon). 2014 Mar;29(3):243-7. Epub 2013 Dec 30. Effects of step length on patellofemoral joint stress in female runners with and without patellofemoral pain. Willson JD, Sharpee R, Meardon SA, Kernozek TW.





# BECOME A MEMBER

in two easy steps



1 JOIN SUSF

2 CHOOSE THE PASS THAT SUITS YOU BEST

## JOIN TO EXPERIENCE:

- A healthier, more active lifestyle.
- A sense of belonging to one of Australia's richest sporting traditions.
- Maximum flexibility at an unbeatable price.

## PLUS, A GREAT RANGE OF EXCLUSIVE MEMBER BENEFITS:

- Great discounts on recreation courses and school holiday programs.
- Discounts on all tennis and squash bookings.
- Ability to join any of our sports clubs with exclusive benefits such as training time, equipment and coaching.
- Access to all Sydney Uni Sport & Fitness facilities at casual rates.
- Member's rates on Sydney Uni Sport & Fitness branded apparel at the Co-op Bookshop and online store.
- Access to the Sydney Uni Sport & Fitness Corporate Health Plan with Bupa.
- Great savings at the Grandstand Sports Bar & Function Centre.

**Sydney Uni Student: \$60**  
**Sydney Uni Staff: \$65**  
**Community: \$65**

FOR MORE INFORMATION



CALL  
(02) 9351 4978



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

Gold, Silver, Bronze & Blue Lion Passes are available as 3, 6 or 12 month upfront options. Fortnightly Direct Debit option also available on a 12 month pass only. \*Prices quoted denote weekly breakdown of 12 month pass.

## GOLD LION PASS

Experience our premium pass, without the premium price

### GOLD BENEFITS INCLUDE:

- Access to two facilities on campus, including unlimited access to pool, access to cardio/weights room and group fitness classes
- Unlimited access to The Ledge Climbing Centre
- Access to the new Brydens Boxing Gym outside of booked training hours
- A complimentary fitness assessment
- Ongoing fitness management consultations
- Free towel and locker hire at each visit
- Use of time stop available
- Complimentary subscription to ROAR magazine

### PRICE PER WEEK

Sydney Uni Students from under \$15\*  
Sydney Uni Staff from under \$16\*  
Community from under \$19\*

## SILVER LION PASS

Enjoy the choice to get what you really want

### SILVER BENEFITS INCLUDE:

- Unlimited access to pool
- Unlimited access to cardio/ weights room OR unlimited group fitness classes
- Access to the new Brydens Boxing Gym outside of booked training hours
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

### PRICE PER WEEK

Sydney Uni Students from under \$12\*  
Sydney Uni Staff from under \$13\*  
Community from under \$15\*

## BRONZE LION PASS

Sweat it out with our finest and let performance become your passion

### BRONZE BENEFITS INCLUDE:

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

### PRICE PER WEEK

Sydney Uni Students from under \$10\*  
Sydney Uni Staff from under \$11\*  
Community from under \$13\*

## BLUE LION PASS

Dive in, and paddle your way to a healthier you

### BLUE BENEFITS INCLUDE:

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

### PRICE PER WEEK

Sydney Uni Students from under \$7\*  
Sydney Uni Staff from under \$8\*  
Community from under \$9\*



# THE NUMBERS GAME

IN A RESULTS DRIVEN SOCIETY FASCINATED BY DATA, WHAT FIGURES ARE ACTUALLY MEANINGFUL AND WHAT NUMBERS SHOULD WE BE CONCERNED WITH WHEN TRYING TO ACHIEVE HEALTH AND WELLNESS GOALS?

I'd be lying if I said there hadn't been a time I had set a health goal for myself and hadn't seen the result I wanted. But perhaps this was a product of me being fixated on the wrong number. Often people depend upon the old faithful bathroom scales to track their progress but in most cases simply following your weight is not a great indicator of change. Despite the number of kilos remaining constant, our body composition, or fat to muscle ratio might be shifting without us knowing. If you have a fitness goal that you are working toward, some sort of tracking is vital – just make sure you adopt a sensible approach. You may wish to consider some of the following:

## 1. BODY FAT PERCENTAGE

As the name would suggest, this measure calculates your body's fat content as a percentage against the rest of your composition including your muscles, organs, tissue, water etc. It can be done a couple of ways, and most cheaply with a pair of callipers (also referred to as skin folds). You could ask your personal trainer to do this for you to ensure accurate measurement and the best pinch. Using callipers (think a big pair of tweezers) measurements are taken from seven different places on the body and the millimetre measurement is recorded and a percentage is derived. Another way to do this is with an electronic scale which uses bioelectrical impedance analysis. Essentially a painless electrical current runs up your body and depending how much resistance the current receives will dictate one's fat percentage. This is because fat stores are harder for the current to pass through and this is what the electronic scale measures.

## 2. LOGBOOK FIGURES

Keeping track of your sessions seems logical but many people don't actually have a log book. Tracking your cardio and strength performance (distance/time) and (kilos lifted/number of reps) etc. are great ways to better understand how much your body has changed over time. This is an especially great measure of physical fitness and strength if you are not concerned with actually losing weight. These changes can take place in as little

as a couple of weeks. This measure will help you to appreciate an improvement in muscle definition and toning.

## 3. BODY MEASUREMENTS/THE MIRROR

If your mum ever told you that it's not about the size on the tag of your jeans because it's more about how the clothes fit, well, she's a keeper. Sometimes the best way to track your progress is by having a good long look in the mirror or trying on that pair of jeans you thought you'd never get back into after 2012. Building muscle will actually help you to become leaner and the best way to help you see that this is happening is by making sure you take measurements of each key area on your body including biceps, waist, hips and thighs and tracking this week to week. This could be in actually recording the number or in trying some older clothes on – either way this is fool proof.

## 4. BMI

Body Mass Index is a measurement of weight against height. It is a quick and easy tool to generally assess whether you fall within a healthy weight range, (weight/height<sup>2</sup>) however it does have several limitations. Similar to a standard set of scales, BMI does not take into account a breakdown of weight between muscle and fat and therefore strong/muscular people achieve a skewed result. The measure also fails to consider gender which is important in determining a healthy scale because body composition varies between men and women. Despite this, it is possibly a better indicator than weight alone as it takes height into consideration.

If you're a number cruncher and the figures motivate you in your health goals, then it would seem the best way forward it to adopt a holistic approach. Don't let one number dictate your lifestyle, instead consider using a multitude of measures as above which look at the bigger picture so you can assess how your body is changing. Remember: weight isn't everything; it's about reflecting on your improvements, how much fitter, stronger and leaner you are and, most importantly, it's about how you feel and how exercise helps you to lead a happy, more energetic life.



# REVELING IN SPORTING RIVALRY



**SYDNEY UNIVERSITY OFFERS ITS STUDENTS THE OPPORTUNITY TO PARTICIPATE IN REGULAR, FREE SPORTING COMPETITIONS THROUGHOUT SEMESTER TO BUILD FACULTY PRIDE AND ENCOURAGE FRIENDLY BANTER**  
WRITES ANDREW THOMPSON.

In 1939, students and staff at the University of Sydney began competing against one another in the name of faculty honour and pride in a variety of different sports. This tradition, managed by Sydney Uni Sport & Fitness, has continued and the competition has now expanded, getting better every year. Participation is free for everyone and people of all abilities are encouraged to get involved.

Each semester, teams battle it out on the court or field to collect points each week and more importantly to earn bragging rights over competing faculties. Points are awarded to the winners and place-getters of each competition whilst participation points are also given to all faculties whose students or staff compete. There are also great friends to be made, prizes to be won and free BBQ's to be enjoyed in a fun and social atmosphere.

Interfaculty sport competition is held during the day on a Wednesday from week 3 to week 11 of semester. Sports include Touch Football, Soccer, Basketball, Netball, Tennis, Cricket, Futsal, Ultimate Frisbee, AFL 9's, Rock Climbing, Badminton and Volleyball. The biggest event of the interfaculty sport calendar is the final event, the 5km run. This event attracts over 200 participants annually, with runners converging on Oval No1 with a DJ blasting music and a BBQ sizzling.

**WHY NOT GET INVOLVED IN INTERFACULTY SPORT THIS YEAR? REGISTER YOUR DETAILS AT [WWW.SUSF.COM.AU](http://WWW.SUSF.COM.AU).**

## HEAR FROM THREE CURRENT SYDNEY UNI STUDENTS ABOUT THEIR INTERFACULTY SPORT EXPERIENCE

### TERRENCE KWOK

#### EDUCATION & SOCIAL WORK FACULTY REPRESENTATIVE

The interfaculty sport program provides an experience that is completely unique to Sydney University! Having the opportunity to represent your faculty is an awesome way to build faculty pride and offers a chance to interact with students from other faculties that you rarely see around the campus. The wonderful part of the program is that it caters for all sporting abilities. Despite Sydney University's rich sporting culture, not everyone here is an elite athlete. With a large array of sports there is always something for everyone. It also allows students to utilize the state of the art sporting facilities that are available here on campus.

Faculty banter aside, it's great to see students from different sporting backgrounds competing on the same field. With the recent inclusion of Interfaculty activities during O-week alongside the end of year 5km run, this program forms an integral part of the Sydney University experience!

In 2015, Education's goal is to claim the Emily Small Shield. Since taking out the championship in 2012, we have finished runners-up for the last two years to the Law faculty. Two other faculties to look out for are Engineering and Vet Science, who always seem to accumulate more points in semester 2!

### KATHRYN RENDELL

#### ENGINEERING FACULTY REPRESENTATIVE

Hump day gets a whole lot better with Interfaculty sport here at the University of Sydney. Every Wednesday you'll see numerous engineers make the long trek across City Road to the Square, lured by the free BBQ's, great prizes

and interfaculty rivalry. Over the last two years, Engineering has cemented itself in the top three behind the ranks of Law and Education. Our goal for 2015 is to take that trophy home back to the side of campus it truly belongs and to teach our friends from Education a thing or two about sport along the way. After all you couldn't spell physical education without physics – am I right?

### NINA KHOURY

#### LAW FACULTY REPRESENTATIVE

Between countless coffees and hours upon hours in the depths of the Law library stalking fellow students on Facebook while pretending to do readings, many would think you don't have time to venture outside at all let alone for Interfaculty sport – but I'm here to tell you you're wrong!

Every Wednesday during semester, interfaculty sport provides the perfect opportunity to have a run around and get some quality, and much needed, study

free time. Whether it is Tennis, Netball, AFL, Touch Football, Soccer or a quick 5km run, interfaculty sport is a great way to get some exercise and meet some fantastic people!

Those who know me are well aware that playing a game of sport with friends is my favourite activity. Through interfaculty sport, I get to enjoy some light competition (I choose to not take it too seriously), take a break from readings and most importantly, finish with a few afternoon drinks with my teammates!

My advice to any student who likes to play or even watch sport is to get involved!

I'll see you on Wednesday in week three; I'll be the one in the blue SULS shirt itching to get on the field!



Stay fit and active with your friends! Learn a new skill, sport or dance by joining a course at Sydney Uni Sport & Fitness. We also offer day and weekend trips.

Our courses are open to everyone; students, staff, community, SUSF members and non-members are all welcome.

**COME 'N' TRY  
FOR FREE!**

**9th–12th March**

For more details visit the Short Courses page at [www.susf.com.au](http://www.susf.com.au)

# SPORT & RECREATIONAL SHORT COURSES\*

SEMESTER 1



**Sydney Uni**  
SPORT & FITNESS



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



CALL TO ENROL  
**1300 068 922**

## PROGRAMS TIMETABLE

SEMESTER 1

### SPORT

	Day	Times	Start	Member/ Uni Price
Archery (Beginner)	Tuesday	3–5pm	10 Mar	\$119
Archery (Intermediate)	Tuesday	3–5pm	29 Apr	\$119
Fencing (Beginner)	Tuesday	6–7pm	17 Mar	\$129
Fencing (Intermediate)	Wednesday	6:15–7:15pm	22 Apr	\$129
Golf (Beginner)	Tuesday	5:30–6:30pm 5:30–6:30pm	17 Mar 5 May	\$129
Tennis (Beginner)	Wednesday Thursday Wednesday Thursday	12–1pm 6–7pm 6–7pm 12–1pm	18 Mar 19 Mar 6 May 7 May	\$119
Archery for Juniors	Friday	4–5pm 4–5pm	13 Feb 8 May	\$95
Fencing for Juniors	Friday	4–5pm 4–5pm	13 Feb 8 May	\$95

### RECREATION

	Day	Times	Start	Member/ Uni Price
Pilates	Monday	6:20–7:20pm	16 Mar	\$129
Yoga	Tuesday	6:20–7:20pm	17 Mar	\$129
Self Defence Fitness 101	Monday	5:10–6:10pm	16 Mar	\$129
Xtend Barre	Wednesday	6:20–7:20pm	18 Mar	\$129
Indoor rock climbing	Tuesday	6–7pm 6–7pm	17 Mar 5 May	\$119

### DAY/WEEKEND TRIPS

	Day	Times	Start	Member/ Uni Price
Scuba Diving <small>Includes compulsory orientation session. Visit <a href="http://www.susf.com.au">www.susf.com.au</a> for details.</small>	2 x weekend	8am–5pm	10 Mar 28 Apr	\$349
Stand Up Paddle Board	Saturday	10–11:30am	14 Mar 18 Apr	\$39
Surf Camp	Friday–Sunday	From 6:15pm	Any weekend	\$295
Snow Camp	Friday–Sunday	From 6pm	June–Sept	From \$239

### DANCE

	Day	Times	Start	Member/ Uni Price
Jazz	Thursday	5:10–6:10pm	19 Mar	\$99
Lyrical/Contemporary <small>NEW!</small>	Tuesday	7:30–8:30pm	17 Mar	\$99
Jazz/Funk/Hip Hop	Thursday	6:20–7:20pm	19 Mar	\$99
Salsa	Thursday	7:30–8:30pm	19 Mar	\$99
Ballet <small>NEW!</small>	Tuesday	5:10–6:10pm	17 Mar	\$99
Kpop	Wednesday	7:30–8:30pm	18 Mar	\$99

#### TERMS & CONDITIONS

All information is correct at time of printing.  
For the latest information on all short courses please visit the Short Courses section at [www.susf.com.au](http://www.susf.com.au)  
Earlybird discounts – conditions apply.  
Community prices available at [www.susf.com.au](http://www.susf.com.au).  
A transaction fee applies to all bookings.  
\*Certificates are not provided at conclusion of Short Courses taken as part of the Sport & Recreational Programs.

Drop into one of our facilities, visit [www.susf.com.au](http://www.susf.com.au), or call:  
**Sports & Aquatic Center: 9351 4978 | The Arena: 9351 8111**



Sydney Uni Sport & Fitness



SydneyUniSportFit



SydUniSport



Sydney Uni Sport and Fitness



**Sydney Uni**  
SPORT & FITNESS



# SCHOOL HOLIDAY SPORTS CAMPS

FOR KIDS AGED 5-15 YEARS

AUTUMN  
2015

## BETTER CAMP PROGRAMS, EVEN MORE FUN!

Keep your kids busy during the school holidays. We'll provide them with the opportunity to learn a range of sports, keep fit, have fun and meet children of their own age in a safe environment. Don't forget camps operate rain, hail or shine!

 Sydney Uni Sport & Fitness

 SydneyUniSportFit

 Sydney Uni Sport and Fitness

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



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



CALL TO ENROL  
1300 068 922



# 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.suwaflc.com](http://www.suwaflc.com)  [suwaflc@sport.usyd.edu.au](mailto:suwaflc@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 1970s, caters to all levels of archery, from the beginner to the elite. Members compete in various competitions through Archery NSW and Archery Australia at club, state and national 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)



- *Try an* -  
**EMERGENCY CARE**  
course at Sydney  
Uni today!

*Learn* to apply  
first aid and CPR.



Enrol now via 2 easy options:



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



CALL TO ENROL  
1300 068 922







## 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.sydneyni.baseball.com.au](http://www.sydneyni.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.sydneyniflames.com.au](http://www.sydneyniflames.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.sydneyniversitycanoeclub.com.au](http://www.sydneyniversitycanoeclub.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.sydneyniversitycricket.com.au](http://www.sydneyniversitycricket.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)

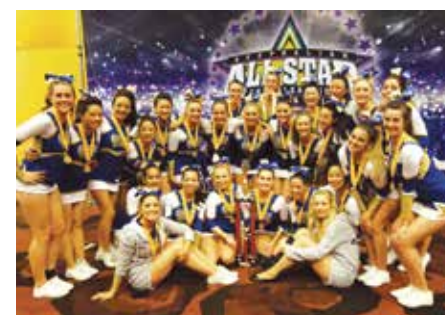


## GOLF

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 AUGs. 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.sydnejudo.com](http://www.sydnejudo.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:

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

(Women) [www.sydneyniwomen.rugbynet.com.au](http://www.sydneyniwomen.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.usysailing.com](http://www.usysailing.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 which compete in the Sydney Pennant Squash Competition. Club members who are students are eligible to play Inter-Varsity against other universities. The club also provides free practice twice a week.

FOR MORE INFORMATION:

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



## SWIMMING

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

FOR MORE INFORMATION:

[www.sydneynisc.swimming.org.au](http://www.sydneynisc.swimming.org.au) [suscsecretary@gmail.com](mailto:suscsecretary@gmail.com)







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

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)

[SUUF](https://www.facebook.com/SUUF)



## 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 club's 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, AUGs 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](mailto:(Men)www.sulionswaterpolo.com)  [\(Men\) waterpolomen@sport.usyd.edu.au](mailto:(Men)waterpolomen@sport.usyd.edu.au)

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



**FOR ALL THE LATEST UPDATES**  
visit [www.susf.com.au](http://www.susf.com.au)

**FOLLOW US**

[f](https://www.facebook.com/SydneyUniSport) Sydney Uni Sport & Fitness

[t](https://twitter.com/SydneyUniSportFit) SydneyUniSportFit

[i](https://www.instagram.com/SydUniSport) SydUniSport



# BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY



Phil Mitchell-Taverner, Josh Kennedy, Ben McGlynn and the team anchorman and captain

## 2014 'BLUE & GOLD' XMAS HAMPER GOLF DAY

The weather conditions were kind at St Michael's Golf Club on Wednesday 26th November for the 18th consecutive 'Blue & Gold' Xmas Hamper Golf Day.

As always, there was intense competition for the Best (or Most Creatively) Dressed Award. The Southern Design team had smart new shirts, but the adjudicator took umbrage at the very prominent barcode on the back of their ensemble. He was similarly unimpressed with the Men About Town's attempt to hijack this coveted award by merely attiring themselves with Fitz Files' red bandanas.

The winner of the Best Dressed Award was the Valvoline/West End Mazda team, which had smart new shirts and cap.

There were two other novelty events. The Nearest-to-the-Pin was won by Kerry Trollope, who collected a dozen bottles of Logan's Weemala Merlot for his trouble.

The Longest Drive on the 18th fairway was won by Sydney Uni Golf Club's Ben Murray – a long hitting 2 marker. Ben Murray was not the low marker of the field. That honour went to Ben Clementson, whose PGA handicap is +4. Undaunted by the prospect of

shooting a round of 68 merely to play to his handicap, Ben had an eagle and six birdies in his 5 under par round of 67.

After last year's all time record high score by the Lunatic 1 Promotional Clothing team, there was a return to normalcy in 2014. The winning score was back to a more traditional 123 points (the total of the best three stableford scores on every hole). More than half the field scored over 100 points and it was a very congested leader board for the 2nd to 9th placings.

The Sydney Uni 'Blue & Gold' Xmas Hamper Golf Day prides itself on unique selling points like:

- Everyone takes home a worthwhile Xmas hamper; and
- Entertainment is provided by a septuagenarian harmonic player with a magnificent shock of pure white hair!

A photogenic team of Aussie Rules enthusiasts played under the banner of Cazaly's Crusaders and won the third prize on the day.

In second place for the second year in a row were the AKM Projects' team comprised of Irishmen, James Bowen and Andy Marren, who partnered their Ryde-Parramatta mates, Ian Hammill and Ron Hinkley.



Terry Dodd and Barry Breen

The winning combination was the splendidly attired team from Southern Design. This victory means that Southern Design now joins Garland Hawthorn Brahe and Finn Foster A\_PB as three time winners of the Chancellor's Cup.

## 2015 'BLUE & GOLD' CRICKET LUNCHEON

The first 'Blue & Gold' sporting function of 2015 was the previous year's rescheduled Cricket Luncheon, which had been postponed from Friday 28th November, when Phil Hughes passed away on the previous afternoon.

At that time and for many weeks after, there were unprecedented outpourings of grief by relatives, friends and members of the general public. There were five Sydney Uni players involved in that fateful Sheffield Shield match, when the South Australian opener was tragically and lucklessly felled with his score on 63 not out.

As a mark of respect for Phil Hughes and his many cricket colleagues, proceedings at the rescheduled 'Blue & Gold' Cricket Luncheon at The Ivy Ballroom started with 63 seconds of silence.

A highlight of the twentieth consecutive 'Blue & Gold' Cricket Luncheon was

the announcement by SUCC Chairman, James Rodgers, of the Sydney Uni Living Legends' team in the Club's sesquicentenary year. This team was selected as objectively as possible by the Club historians, archivists and peer group leaders.

In alphabetical order, the team members of Sydney University Cricket Club's Living Legends' team in its sesquicentenary year were:

**Bert Alderson...1st Grade Cap N° 382**  
**Stuart Clark...1st Grade Cap N° 695**  
**Ed Cowan...1st Grade Cap N° 648**  
**Scott Henry...1st Grade Cap N° 721**  
**Peter James...1st Grade Cap N° 475**  
**Stuart MacGill...1st Grade Cap N° 685**  
**Greg Mail...1st Grade Cap N° 686**  
**Greg Matthews ...1st Grade Cap N° 673**  
**Ian Moran...1st Grade Cap N° 655**  
**Michael Pawley...1st Grade Cap N° 443**  
**Matthew Phelps...1st Grade Cap N° 681**  
**Shane Stanton (wk)...1st Grade Cap N° 656**

James Rodgers also announced a second team of SUCC Living Luminaries in attendance at the 'Blue & Gold' Cricket Luncheon in the Club's sesquicentenary year. In batting order:

**Jon Erby**  
**Mark Faraday**  
**Andrew Ridley**  
**Ian Fisher (c)**  
**Adam Theobald**  
**Rick Lee**

**Eric Stockdale**  
**Alan Crompton (wk)**  
**Tom Kierath**  
**Chris Elder**  
**Geoff Pike**  
**Chris McRae**  
**Manager: Ken Alderson**  
**Umpire: Graham Reed**

Later in the afternoon, Adam Spencer moderated a very entertaining panel discussion with three of the SUCC Living Legends - Stuart Clark, Greg Mail and Mike Pawley OAM. There were some wonderful reminiscences from Mike's playing days in the 1960s. Stuart Clark also endeavoured to sell himself as a now retired elder statesman, while Greg Mail (who had notched up his 41st 1st Grade century less than a week earlier) kept Mr. Clark honest with some highly amusing asides.

The audience also appreciated the panel's expert review of the 2014-15 cricket season to date and their previews of the 2015 World Cup and subsequent 2015 Test matches in the West Indies and England.

Bidding for auction items was particularly spirited, as were the post-function cleansing ales in The Ivy's Paling Bar!

It was yet another most enjoyable function in the Sydney University Cricket Club's sesquicentenary year.

## 'BLUE & GOLD' CLUB SPORTING FUNCTIONS AND EVENTS IN 2015

**Friday 17th April**  
**2015 'BLUE & GOLD' AUSSIE RULES LUNCHEON**  
Ivy Ballroom

**Date to be confirmed**  
**2015 'BLUE & GOLD' SOCCER FOOTBALL DINNER**  
Location to be confirmed

**Friday 19th June**  
**2015 'BLUE & GOLD' RUGBY LUNCHEON**  
Ivy Ballroom

**Friday 4th September**  
**2015 'BLUE & GOLD' WATER POLO LUNCHEON**  
Ivy Ballroom

**Wednesday 7th October**  
**2015 SUSF/BLUES ASSOCIATION GOLF DAY**  
St Michael's Golf Club

**Friday 20th November**  
**2015 'BLUE & GOLD' CRICKET LUNCHEON**  
Ivy Ballroom

**Wednesday 25th November**  
**2015 'BLUE & GOLD' XMAS HAMPER GOLF DAY**  
St Michael's Golf Club



SUCC Luminaries. L to R: Graham Reed, Ken Alderson, Chris McRae, Tom Kierath, Eric Stockdale, Rick Lee, Alan Crompton, Adam Theobald, Andrew Ridley, Ian Fisher, Jon Erby and Mark Faraday



The Panel. Adam Spencer, Mike Pawley, Greg Mail and Stuart Clark. (Note the panel moderator's different interpretation of the function's 'business attire' dress code!)



## BUILDING ON EXCELLENCE CAMPAIGN

Redevelopment of Uni No.2 Oval



**The building of a new and magnificently appointed home ground for our Rugby and Soccer Football Clubs is underway. This development will also have a very positive impact on our Cricket Club and some of the new facilities will be enjoyed the majority of SUSF-affiliated Clubs.**

The new state-of-the-art pavilion will include:

- Grandstand seating for more than 1,100 “much closer to the action” spectators – naming rights already acquired
- A superbly appointed bar and large function area – **naming rights already acquired**
- Two outdoor entertaining areas (one covered) – **naming rights up for grabs!**
- An elite athlete gym – **naming rights up for grabs!**
- Two home and two away change rooms – **naming rights up for grabs!**
- Club administration offices – **naming rights up for grabs!**
- A highly functional meeting room for Club presentations and post-game analyses – **naming rights up for grabs!**
- Superior indoor cricket nets and an indoor training area – **naming rights up for grabs!**

Funding for this \$12million project is coming primarily from The University and from Sydney Uni Sport & Fitness. However, \$2.4million is budgeted to come from the BUILDING ON EXCELLENCE campaign to sell naming rights to the key facilities and to attract tax-deductible donations from our alumni, affiliated Clubs, sponsors/suppliers, tenants and staff members. There now remains less than \$800,000 of that \$2.4million to be raised by 30th June 2015.

**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).**

**YOUR SUPPORT WILL BE ETCHED INTO THE VERY FABRIC OF THE NEW PAVILION:**

Donations of  
**\$250**

will also be recognised  
in the new pavilion

Donations of  
**\$1000+**

will also be recognised on named individual  
seats in the new grandstand

Donations of  
**\$5000+**

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

# HOME EVENTS CALENDAR

## FEBRUARY

**27**  
FRIDAY  
7:15PM

SUSAC



WATER POLO (WOMEN)  
vs Breakers

**27**  
FRIDAY  
8:30PM

SUSAC



WATER POLO (MEN)  
vs Breakers

**28**  
SATURDAY  
10:00AM

No 1 Oval



CRICKET (MEN)  
vs Western Suburbs

**28**  
SATURDAY  
2:00PM

SUSAC



WATER POLO (WOMEN)  
vs Barracudas

**28**  
SATURDAY  
3:15PM

SUSAC



WATER POLO (WOMEN)  
vs Barracudas

## MARCH

**07**  
SATURDAY  
2:00PM

SUSAC



WATER POLO (WOMEN)  
vs Wests/UNSW

**07**  
SATURDAY  
3:15PM

SUSAC



WATER POLO (MEN)  
vs Wests/UNSW

**14**  
SATURDAY  
2:00PM

SUSAC



WATER POLO (WOMEN)  
vs Balmain

**14**  
SATURDAY  
3:15PM

SUSAC



WATER POLO (MEN)  
vs Balmain

**20**  
FRIDAY  
7:15PM

SUSAC



WATER POLO (WOMEN)  
vs Breakers

**20**  
FRIDAY  
8:00PM

SUSAC



WATER POLO (MEN)  
vs Breakers

**21**  
SATURDAY  
2:00PM

SUSAC



WATER POLO (WOMEN)  
vs Barracudas

**21**  
SATURDAY  
3:15PM

SUSAC



WATER POLO (MEN)  
vs Barracudas

**26**  
THURSDAY  
7:15PM

SUSAC



WATER POLO (WOMEN)  
vs UWA

**26**  
THURSDAY  
8:30PM

SUSAC



WATER POLO (MEN)  
vs UWA

## APRIL

**28**  
SATURDAY

Bowral Rugby Club  
(Showcase home game)



RUGBY UNION  
vs Eastern Suburbs

**29**  
SUNDAY  
2:00PM

SUSAC



WATER POLO (WOMEN)  
vs UWA

**29**  
SUNDAY  
3:15PM

SUSAC



WATER POLO (MEN)  
vs UWA

**11**  
SATURDAY  
2:00PM

Henson Park



NEAFL  
vs Redland

**11**  
SATURDAY

No. 1 Oval



RUGBY UNION  
vs Manly University



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

## ALEX THE GREAT

Universities women's cricket captain Alex Blackwell continues to set standards and achieve. She recently captained Universities to a second Sydney Women's Grade Twenty20 title, topscoring with 55 in the 43-run win over St George-Sutherland. Alex backed that up by steering NSW to the national Limited Overs and Twenty20 titles, topscoring in the latter with 72 from 43 deliveries. Earlier in the season she passed two milestones playing for Australia in their three-nil win over the West Indies in a T20 series. During the second match, played at North Sydney Oval, Blackwell became the second Australian player, alongside Meg Lanning, to post 1000 runs in the short format of the game when she scored 11 off seven deliveries. She had been stranded in the 990s for five innings. It turned into a double celebration for her, as she also eclipsed the great Lisa Sthalekar, a former Universities captain, to become Australia's most capped women's cricketer in her 190th match for the Southern Stars.



## HIGHLAND FLING

Sydney University fencers John Downes and Patrick Daley, who are both Sports Scholarship holders, won bronze medals competing with the Australian Universities team at the Commonwealth Fencing Championships held in Largs, Scotland. Downs finished third in the individual men's epee in a 60-strong field. Dudley Tredger of England won the gold medal, with Marc Burkhalter of Wales collecting the silver. Downs was also a member of the Australian team which came 5th in the team competition. Daley came 16th in the individual men's foil, after being knocked out of the event by fellow Sydney University competitor Sholto Douglas. But he was a member of the Australian team that finished with the bronze medal. Douglas ended up coming 5th in the individual men's foil but did not stay on in Scotland for the team event. Sydney University's Rita Sokolovskaya came 24th in the individual women's foil and was a member of the 5th placed Australian women's foil team. The Championships attracted 300 athletes from 20 countries.

## SEVEN HEAVEN

Sydney University Ultimate Frisbee Club has seven members in the 67-strong Australian team to contest the 2015 World Under 23 Ultimate Championships. Hayley Lambert and Rachel Parsons have been selected in the 23-strong

Mixed team known as the Bluebottles. Alex Ladomatos, Rob Andrews, and Lucas Nicholls are in the 23-strong Open team, the Goannas; and Eunice Cheung and Sarah Perkins are in the 21-strong Women's team, the Stingrays. Alex is a returning member of the 2013 Goannas who won bronze at the World Championships held in Toronto, Canada, while Eunice and Sarah are taking the next step after representing Australia at Under 19 level in Lecco, Italy, earlier this year. The 2015 World Under 23 Ultimate Championships will be held in London from 12-18 July, 2015.

## KICKING GOALS

Young Sydney University Australian football product Jack Hiscox had his bags packed – just in case. Just in case he was picked up by any non-Sydney team at the annual AFL Draft Combine, after a bout of testing at Etihad Stadium, Melbourne. But the 18-year-old need not have worried. He has been confirmed as one of three Sydney Swans Academy picks in the red and white for the 2015 season. The former junior national 800m champion had a strong week at Etihad, sharing the best result in the beep test (level 16.1) and leaving his best for the last day when he broke the long-standing record for the 3km time trial. Hiscox ran the trial in 9min 18sec, exceeding the record of Tom Rischbieth, who ran 9:30 at the 2005 combine.

## STRONG PLAY

Sydney University Football Club players Jeremy Tilse and Pat McCutcheon collected two of the main awards at the annual Rugby Union Players' Association. Tilse, the SUFC and NSW Waratahs prop, was presented with the Academic Achievement Award for 2014, while SUFC and Waratahs flanker McCutcheon was presented with the Community Service Award. The Academic Achievement Award is presented to a professionally contracted Australian player who has undertaken and excelled in any level of education, personal or professional development. The Academic Achievement Award recognises players who have achieved in areas outside of rugby and juggled off-field development with the full-time responsibilities required as a professional player. SUFC's Tom Kingston won the 2013 award. McCutcheon's Community Service Award was a result of the time and effort he dedicated to community activities in NSW metropolitan and regional areas, having grown up in Narromine. He is also an ambassador of the Raise Foundation, and supports several charities including Save our Sons, Batyr - One Sock One Goal and the Cure Brain Cancer Foundation.

## THANKS TO OUR SPONSORS

Sydney Uni Sport & Fitness would like to acknowledge our sponsors and strategic partners



### MAJOR SPONSORS



### CORPORATE PARTNERS



### STRATEGIC PARTNERS





# 2015 UNI GYM PASS

**PERFECT FOR  
STUDENTS!**

**SPECIAL OFFER**  
**9 MONTH UNI  
GYM PASS**

**OFFER ENDS 8 MARCH.**

Drop into one of our facilities, visit [www.susf.com.au](http://www.susf.com.au), or call:  
Sports & Aquatic Center: 9351 4978 | The Arena: 9351 8111

 Sydney Uni Sport & Fitness  SydneyUniSportFit  SydUniSport  Sydney Uni Sport and Fitness



**Sydney Uni**  
SPORT & FITNESS