

ROAR

6/ Cohen conquers Glasgow

PROFILE ON
JAELE COHEN

10/ Runs on the board

RYAN CARTERS

**20/ Sydney University
reclaims Games crown:**

AUSTRALIAN UNI
GAMES WINNERS



Sydney Uni
SPORT & FITNESS



RUNS ON THE BOARD

Celebrating Sydney University Success at the 2014 Commonwealth Games



Sydney University Representatives

★ ATHLETICS ★

Angela Ballard 

Women's 1500m wheelchair

Anneliese Rubie

Ella Nelson

Emily Brichacek

Ian Dewhurst

James Nipperess

Jarrood Geddes

Jin Su Jung

Joshua Ralph

Lara Tamsett

Michelle Jenneke

Nicholas Hough

★ SEVENS ★

Ed Jenkins 

Australian Sevens rugby team

Greg Jeloudev 

Australian Sevens rugby team

★ DIVING ★

Matthew Mitcham  

Gold – men's synchronised 10m

platform dive. Silver – 1m springboard

& 3m synchronized platform

★ SWIMMING ★

Matt Abood 

Men's 4X100m freestyle relay

★ PISTOL ★

Emily Esposito

★ RHYTHMIC

GYMNASTICS ★

Jaelle Cohen

★ WRESTLING ★

Jayden Lawrence

★ TABLE TENNIS ★

Kane Townsend

FROM THE EDITOR



With the recent departure of our long-standing Marketing Manager, Jess Laycock, you're stuck with me for this issue as the stand-in Editor. A big thank you to Jess for her years of service to SUSF and best wishes to her in her new role as Marketing Manager of Women's Football at the FFA.

As usual, there are a number of exciting things happening at SUSF. Our Commonwealth Games athletes

competed with distinction – if Sydney Uni were competing as a country in its own right, we would have provided the 51st largest team and finished 14th in the medal tally – an impressive achievement and a real credit to our highly talented athletes. In addition, Sydney Uni has just won the Australian University Games title by a record margin – details are in this issue.

As spring finishes up and summer approaches, it's time for many of us to start thinking about losing some of those winter kilos and preparing for lazy days on the beach. We have a number of fitness and nutrition tips inside from our regular contributors so that you can get the inside word on how to get into shape and feel healthier as the weather warms up. Our waterski and wakeboard club is also featured inside. It's a sport that definitely lends itself to the milder summer months, and you can read about their activities and learn what it's like to water ski or wakeboard behind a high performance power boat.

Our Rugby League Club has produced a Lazarus-like comeback – they were unable to field a team in 2013, and this year they made it to the grand final of

their competition. Congratulations to the Club for an incredible comeback season and for getting it together both on and off the field. Speaking of triumphs, our Women's AFL team won the competition again – they have won both the minor and major premiership for two years in a row and have established themselves as the form team in that competition – read all about it in this edition.

Our cover story features Ryan Carters, a scholarship holder with our Elite Athlete Program and NSW's State Cricketer of the Year last season. Ryan combines a phenomenal academic workload with an equally large training and playing regime, and manages to excel at both. Catch up on his interview with Aaron Scott on page 10.

I hope you enjoy our summer edition of ROAR.

A handwritten signature in black ink, reading 'Rob Smithies'.

Rob Smithies
Editor



ROAR MAGAZINE 25 EDITIONS YOUNG



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WHAT'S INSIDE

FEATURES



RUNS ON THE BOARD

Many young cricketers' minds are mired at the crease. Not so Ryan Carters, who is motivated to score runs in a bid to assist the less fortunate. **By Aaron Scott**

10



ATHLETES GIVE BACK

Sydney University's Elite Athletes recently immersed themselves in life-changing experiences, helping indigenous children in Central Australia. **By Anika Lalic**

14



TERTIARY TILT A LEARNING CURVE

The resurrection of Sydney University Rugby League Club and their return to the NSW Tertiary Students competition was an inspired move. **By Graham Croker**

16



TWO IN A ROW FOR TALENTED TEAM

Sydney University's Women's AFL team have wrapped up another successful year bagging a second premiership and a number of other accolades. **By Kristen Barnes**

18



SYDNEY UNIVERSITY RECLAIMS GAMES CROWN

Sydney University athletes performed with distinction at the 2014 Australian University Games, being awarded the overall Games crown. **By Graham Croker**

20



TITLES ON THE LINE

Sydney University Cricket Club and Universities Women's Cricket Club have plenty of talent to defend their titles for the 2014-15 season. **By Graham Croker**

22



LEAVE YOUR WORRIES IN OUR WAKE

One Sydney University sporting club operates all year round. Whether on the water or on the snow, this club wakes up the senses. **By Tim Wakeling**

32

REGULARS

- 2 Welcome
- 5 News Bites
- 6 Profile: Jaelle Cohen
- 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



NATIONAL TREASURE

SUSF Elite Athlete Program (EAP) scholarship holder, Jasmine Rafiq, won the Australian Under 21 Female Kata Individual title at the recent National Karate Championships in Perth. Jasmine also placed third in the Senior Female Open Kata, which she won in 2013, when she finished second in the Under 21 championships. Her efforts at the 2014 titles resulted in selection in the Australian team to contest the Oceania Karate Championships in both Under 21 and Open divisions. Rafiq, a Bachelor of Pharmacy student, recently returned from the 2014 World University Karate Championships, held in Bar, Montenegro in June. The 2014 World University Karate Championships are a part of the high performance pathway within the Australian University Sport and Australian Karate Federation programs. It is an elite level event held every odd year under the auspices of the International University Sport Federation (FISU) and run to the highest standards involving International athletes.

NET RESULT

Sydney University Tennis Club members and SUSF sports scholarship holders, Alex Silcock and Martina Hudaly, ended the Bathurst Australian Money Tournament with titles to their credit. "Eighth seed" Silcock, a Bachelor of Law student, won the Men's Open Singles at the tournament which was shifted from Bathurst to the Woodriff Gardens Tennis Complex at Penrith. Silcock accounted for third seed David Barclay 7-6 6-1 in the final, having defeated Daniel Alameh 7-6 4-6 7-5, third seed Sean Carson 3-6 6-3 6-1 and second seed Marious Zelba 7-6 6-4 on his way to the decider. He also reached the final of the Men's Doubles, with Sean Carson, which they won on forfeit. Hudaly teamed with Tyra Calderwood to win the Women's Open Doubles. They defeated Sonja Balic and Alexandra Bozovic 6-4 6-1 in the final, having accounted for Stephanie Pang and Emily Thomson 6-1 6-0, Jacinta Paing and Cristina Schulz 6-1 6-1 and Amne Ghamraoui and Zoe Tanti 6-2 6-1 along the way.

CANADIAN CAPER

Sydney University Boat Club's Under 23 men's eight, who recently toured Canada, had a great win in the final event of the 2014 Canadian Henley Regatta. Rowing into a strong headwind, the Sydney University crew started slowly, falling behind over the first 500m to be a few seconds off the leaders. They pushed hard from the 700m mark, chasing the field and coming within striking distance of the leaders at the 1000m. By the 1500m mark, Sydney University had gained the upper hand and went on to win by almost three seconds from Mendota Rowing (Wisconsin), London (Ontario), a Canada National Training Centre crew, New York Athletic, Mendota 2, the University of British Columbia and Durham University. It was a gritty row by the youngest team in the race. The crew of Nik Belonogoff, Tom Whitehead, Dan Whitehead, James Davies, Jake Bicknell, Campbell Watts, Jack Cook, Alex Purnell and cox Franc Gourlas and reserve Ed de Carvalho were prepared by SUBC head coach, Rick van Hooydonk, and assistant coach for this campaign, Tom Sacre.

HICKEY AWARD

David Hickey was named Sydney University Football Club's Best and Fairest player for 2014 at the annual presentation of awards. The tireless flanker enjoyed a strong season on the side of the scrum and was competitive to the end. While Hickey earned the major award, winger James Dargaville was awarded the Michael Griffin Cup for Players' Player for 2014. Other First Grade awards saw Tom Carter named Best Back and Tom Boiden named Best Forward, while Dan Kelly was the leading pointscorer with 139 for the season, and Dargaville was the leading try scorer with 19 for the year. In the Colts' ranks, Ben Hughes was named Best and Fairest in First Grade, with Matthew Sandell (best forward), Matthew Hood (best back) and Christian Yassmin the leading try scorer – for Colts and the club – with an amazing 32 for the season.



COHEN conquers GLASGOW

SYDNEY UNIVERSITY STUDENT AND COMMONWEALTH GAMES RHYTHMIC GYMNAST JAELE COHEN TOOK A MOMENT OUT OF HER BUSY SCHEDULE TO SPEAK WITH KRISTEN BARNES ABOUT HER RECENT EXPERIENCES REPRESENTING AUSTRALIA IN GLASGOW AND THE SKILLFULNESS REQUIRED TO COMPETE IN THE SPORT.

Tell us about some of the differences between mainstream gymnastics and rhythmic gymnastics?

Most people think of artistic gymnastics when I say I do gymnastics. There are several major differences between this and rhythmic gymnastics. Firstly in artistic gymnastics the participant uses the beam, bar, floor and vault, whereas in rhythmic competition I use the hoop, ball, clubs and ribbon all on the one floor. The artistic floor is bouncy whilst the rhythmic floor has a soft carpet with a hard wood underneath. Athletes that compete in rhythmic gymnastics are also a different build. Usually it is preferred that we are taller with longer limbs. We also wear leotards which are extremely sparkly and covered in Swarovski crystals.

There seems to be a misconception that gymnastics is quite a delicate sport; in rhythmic gymnastics only females can compete. Can you tell us about the difficulties?

Gymnastics, as a sport, although designed to look effortless or dainty, is actually extremely skillful. The amount of training hours that go into one 1 minute 30 second routine is proof of the difficulty level. Imagine trying to throw a ball up in the air, turn three times underneath it then catch the ball using your legs, all while looking graceful. It is not an easy sport. It requires a large amount of coordination and skill.

Rhythmic gymnastics is also hard on your body. I am continually bruised from the apparatus hitting my legs and arms, and it is common to get carpet burns too.

Do you feel any pressure to adhere to a particular body image and what type of body image would you hope to portray to young girls out there?

Body image is a big factor in rhythmic gymnastics and yes I do feel a certain pressure to adhere to the required ideals. Although it is sad, it is very difficult to be successful if you do not observe these requirements. For me it is always important to watch my diet; however I am never over the top and am always healthy about my decisions.

A healthy, fit body image is what I hope to portray to younger girls. You do not need to be stick thin or boney. I would much prefer to see a strong and muscular girl.

You've just returned from the Commonwealth Games in Glasgow; tell us a little bit about your experience there?

The Commonwealth Games was the greatest experience in my life so far. It was incredible stepping out into such a huge arena and performing for the audience. I have competed at world championships prior to this competition but this was different again. Staying in the athlete's village was also a great experience. Being surrounded by other athletes across a variety of sports and countries was great. It was fun attempting to guess what sport people played while you sat in the food hall.

I also grew closer to my fellow Australian teammates. The team is located across the country so we rarely see each other. It was nice to get to know them better and compete alongside them. I believe we were a strong team and I am very thankful to have shared this experience with them.

After competing in Glasgow, what are your aspirations in sport moving forward?

I am not sure what the future holds for me in the sport. I am very keen to start coaching and assist in developing new talent. I would love to become a head coach like my coach Danielle Le Ray and travel with my gymnasts.

You're studying a Bachelor of Education (Secondary Human Movement and Health Education), how do you balance your studies with your training schedule and your travel for competitions?

I have been balancing training, travelling and study my entire life so the transition to university wasn't too bad. I have had great support from my school and The University of Sydney so I have been able to cope well. I also have great friends that help me out whenever I am in need. Being an elite athlete takes great dedication and requires me to plan out all of my assignments and complete them ahead of time.

How has the Elite Athlete Program assisted you in meeting your sporting and academic goals?

The Elite Athlete Program provides great support. Whenever I travel overseas for competition I require special consideration and the program is always happy to help me juggle my study commitments and receive this. The program has also assisted me financially. There is very minimal funding in rhythmic gymnastics meaning when I travel overseas I pay for my own expenses which can be quite difficult but assistance through the program makes things easier.

You're currently on exchange in Wisconsin. How are you finding studying in America? How does it compare to Australia?

I am really enjoying my university experience in Wisconsin. Some things are very similar but there are also a lot of differences. Firstly everyone lives on campus, unlike in Sydney where most people live at home. It has been great experiencing a dorm lifestyle and I have made many friends this way. Another difference in the American system is college pride. Attending a football game is an incredible experience; the entire stadium is filled with people in red (the Wisconsin colours). In the student section everyone stands the entire game, cheering various chants. There are many traditions and overall it has been great. I am glad I am experiencing university in a different way.

PROTEIN FIX

HOW TO USE PROTEIN TO REACH YOUR FITNESS AND HEALTH GOALS

High protein diets have steadily grown in popularity since the 1960s becoming widely accepted in the 1990s with the introduction of the Atkins and Zone Diets. Infatuation with these sorts of diets grew due to claims of weight loss and increased life expectancy.

There is also an increasing emphasis on high protein foods and supplements within the sporting and gym arena, with the belief that this builds “bigger, leaner” muscles. Many bodybuilding websites continue to promote the “more is more” approach to protein. This is reflected in reports of American college athletes eating up to 80 eggs and over 4 grams of protein per kilo of body weight a day. So what is the deal when it comes to protein and exercise? Can it really help you bulk up and lose fat and can too much be damaging for your health?

LET'S GET STRAIGHT TO THE FACTS:

Research tells us that adults need 0.8-1 g of protein per kg body weight / day for the repair of cells and regulatory proteins required for normal body function. This includes maintenance of muscle tissue.

INCREASED DEMANDS IN SPORT AND TRAINING:

During physical activity, protein requirements may increase to varying levels depending on the type of exercise undertaken. During endurance exercise, lasting greater than 1.5 hours, carbohydrates (the body's preferred fuel) may become depleted and protein can be used as a secondary fuel (note: this also occurs if carbohydrates are restricted

in the diet). Protein needs are increased for individuals regularly engaging in endurance activities.

Resistance training also results in increased protein demands due to muscle fibre breakdown and increased protein synthesis that occurs for 2-48 hours following a session. This natural process allows muscles to adapt and grow in size over time.

Interestingly, studies show that individuals who are new to weight training have greater needs than those who have been training for a period of time due to increased protein breakdown rates.

DO HIGH PROTEIN DIETS LEAD TO WEIGHT LOSS?

Indeed most high protein diets are by default low in carbohydrates and therefore deplete glycogen stores resulting in a rapid, short-term weight reduction due to the loss of water weight that is usually stored with this glycogen (note: this is not 'fat' loss). Further evidence shows low carbohydrate diets are hard to maintain, so are not a long term fat loss solution. It is also important to mention that consuming more energy from any of the macro-nutrients (carbohydrate, protein, fats or alcohol) than your body burns off through activity, will lead to fat gains.

SO IS MORE REALLY BETTER?

Research indicates there is no benefit to lean muscle mass or strength by consuming more than 2g of protein/kg body weight per day.

In fact there are negative side effects to

ingesting too much protein. This includes greater calcium excretion which affects bone metabolism; acceleration of pre-existing liver or kidney disease which may also lead to high levels of uric acid in the blood, increasing the risk of gout. Further to this, high intakes of red meat and processed deli meats increase the risk of bowel cancer.

Indirectly, high protein intakes may result in the exclusion of other essential food groups and nutrients from the diet. For example, low intakes of dietary fibre from grain foods, fruit and vegetables are associated with increased cancer risk.

For a 75 kilo male, depending on their activity level and training goals, this equates to a safe and effective daily protein requirement of between 1-2g/kg bodyweight = 75-150g. To put things in perspective, 100g of cooked lean beef, lamb, chicken or pork contains roughly 25g of protein, as does 120g of fish or 1.75 cups of cooked legumes (lentils, kidney beans). Meanwhile, 2 slices of bread or a cup of pasta gives you 5g of protein. The protein content of foods can be found at <http://www.calorieking.com.au>

WHAT ABOUT TIMING PROTEIN AROUND TRAINING?

Whether you are training for endurance or to increase size, you can optimise the effect on your muscles by including 15-25g of protein and good sources of carbohydrates within one hour (either before or after) your session. This “trigger” has been shown to increase the rate of post-exercise protein synthesis.

Examples of foods that provide 20g protein and offer a good source of carbohydrate:

- 60g nuts, 200g or 300ml of low fat yogurt (add fruit for extra low GI carbohydrate)
- A sandwich with a 60g roast beef or 45g low fat cheese or a combination of these
- A can of tuna and 1.5 cups of rice
- Protein shake with 20g protein and a carbohydrate as required.



Carbohydrates are vital to this effect as it reduces the amount of protein breakdown that occurs. Aim to include 1g of carbohydrate / kg body weight within 2 hours of finishing exercise. If you are prone to putting on weight, a good strategy is timing your workouts close to main meal times where you would normally include protein and carbohydrates.

On the other hand, a common mistake of many young athletes is forgetting the

carbohydrates around your workout and overall throughout the day. Remember that if the body isn't getting enough carbohydrates it will break down muscle to use this protein as fuel.

DO I NEED SUPPLEMENTS?

You can easily achieve a protein-carbohydrate trigger from real foods (see post-exercise snack ideas). However a shake or bar can offer a convenient alternative for those with a busy schedule.

When selecting products, stick to the basics; ensure your supplement contains adequate carbohydrate and protein to suit your goals. Also choose a supplement that contains leucine (an essential amino acid found naturally in many foods such as milk, required for the protein synthesis trigger). You can also make your own high protein shake by adding milk protein powder to skim milk and eating it with a piece of fruit. For further information see <http://www.ausport.gov.au/ais/nutrition/factsheets>

Practical tips for increasing lean muscle mass:

1. Ensure you get enough total energy
2. Don't skip meals
3. Don't train on an empty stomach
4. Include a carbohydrate and protein snack pre-exercise or within 1 hour post-exercise
5. Do not over-do the protein and don't forget carbohydrates for total energy.



RUNS ON THE BOARD

MANY YOUNG CRICKETERS' MINDS ARE MIRED AT THE CREASE. NOT SO RYAN CARTERS, WHO IS MOTIVATED TO SCORE RUNS IN A BID TO ASSIST THE LESS FORTUNATE.

Aaron Scott reports



Ryan Carters is not your normal cricketer. Case in point: in July last year, after signing a contract that would see the keeper-batsman leave his cricketing home in Victoria to play with the NSW Blues and Sydney University Cricket Club, he decided to take a holiday to clear his mind.

So did he fly to the Gold Coast? Bali? Europe? No, he travelled to Lake Khovsgol, in the north-western corner of Mongolia. There, he and two mates from school spent three weeks paddling a canoe down the rivers Eg and Selenga.

"It was an amazing trip," he says. "Getting away from city life helps you to slow down, both physically and psychologically. It allows you to reconnect with what is important and what are the less important details that can become a distraction when you're in a city. For me, just slowing down and thinking intelligently about things, deciding what I wanted to do with my life in a more meaningful sense, is something best done in nature."

So, did the trip confirm his commitment to cricket? "Definitely. I came back from that trip with a fresh perspective on my cricket," he says. "I decided I was going to enjoy the game, no matter what the situation. I decided I was going to see every training session or match as a challenge. I need to remember how lucky I am that I have the chance to challenge myself against the best cricketers in the country. Not many cricketers have the chance to challenge themselves in that way."

The results, of course, speak for themselves. Last summer, the 24-year-old enjoyed a breakout season that established him as one of Australia's most promising young cricketers. He was named NSW's Sheffield Shield Player of the Year after scoring a season tally of 861 runs at an average nudging 55. Those runs included a pivotal first innings knock of 72 in the Shield final against Western Australia. Carters' defiant dig on a green and

lively Manuka Oval deck allowed the Blues to hold on for a rain-marred draw, confirming their first Sheffield Shield title since 2008.

He also won the Sydney Grade premiership with Sydney University, with the Students edging Bankstown in a thrilling decider at Hurstville Oval. "Yeah," he smiles, "the season certainly exceeded all expectations."

But it wasn't just on the pitch that Carters thrived last summer – he also established his charity, Batting For Change, which aims to improve education opportunities in developing nations across the cricketing world.

Last summer's campaign encouraged people to pledge money for every six that Carters' BBL team, the Sydney Thunder, hit in the T20 competition. In the end, they raised over \$30,000 – money that will allow the Heartland School in Kathmandu, Nepal, to build three new classrooms that will mean the school can expand their offering to a Year-12 level instead of the children having to finish their education in Year 10. The classrooms will open early next year.

Carters' voice swells with enthusiasm as he talks about this charity work.

"Professional sportspeople in Australia can be role models and people do listen to them, so I think they have a responsibility to promote things which are important to them," he says. "For me, that's education in the developing world. I'm very interested in the economics and politics of global development.

"Look at the cricket-playing world at the moment – there are so many obvious inequalities that people face in life. If, through Batting for Change, I can raise some valuable awareness and funds to try to create a more level global playing field in terms of education, then I reckon that's a worthwhile thing to do."

It's a line of work he hopes to pursue when he finally sheaths his cricket bat and hangs up his keeping gloves. He's studying a Bachelor of Arts, majoring in Political Economy and Philosophy – a degree he's chosen to deepen his understanding of the intricacies of global development.

Yes, Ryan Carters is most certainly not your ordinary cricketer.

But if the young man's passions and enthusiasms set him apart from his peers, then his upbringing in the game

was all too ordinary. Born and bred in Canberra, Carters' early years were devoted to burning his youthful energies on any sporting paddock he could find.

"But cricket was always the sport I loved the most," he says. "I had a go at all the winter codes when I was growing up – rugby union, rugby league, soccer, AFL. I also played a bit of tennis – basically any sport I could get my hands on. But for some reason, cricket in general and batting in particular was my natural sporting passion. I never wanted to get out, always wanted to bat as long as possible. I think I liked the fact that, in cricket, you get immediate feedback in the form of a score next to your name."

And the feedback he got in those early years was invariably positive. He excelled in Canberra's junior ranks, playing first grade for his club Western Districts when he was just 16. "It was at a young age that I developed the dream of playing for Australia – like most young boys, I guess," he says.

"But during my high-school years I started to arrange my time around that dream to a large degree. I structured my time to allow myself the maximum opportunity to train for cricket, play cricket and learn from some of the better players around Canberra at the time. Nathan Lyon was the captain of my club team and his brother Brendan was also in the team, so the three of us used to train together a lot."

Not that the teenage Carters sacrificed his academic potential on the altar of cricket.

In his final year at Canberra's Radford College he still found sufficient study time between net sessions to notch a UAI of 99.95. He celebrated by scoring two centuries for the ACT U19s team before signing a rookie state contract with Victoria.

But the years in Melbourne proved frustrating for the youngster. Firmly ensconced behind Matthew Wade in the pecking order, he played just 11 games in three seasons.

"I was in and out of the side at Victoria," he says, "and I think that whenever you're in and out of a side you feel insecure in your place in the team. So when I did get that chance to play in the top team, I felt a huge amount of pressure, both internally and externally. They were definitely challenging times at Victoria."

When NSW offered him a contract last season it presented as an ideal second chance – a chance he grabbed with both hands.

So Carters' childhood dreams of playing for Australia appear to be drawing inexorably closer. Certainly his teenage ambitions of playing cricket for a living have come to fruition.

Which raises a nagging question: for a young man with such a sharp intellect and broad-ranging interests: what's the great appeal of cricket? Where does he find mental stimulation in the game? He pauses: "It's an interesting question ... I guess there's always room to improve in sport. There are always changes to be made and ways to try and get better.

"You can always achieve something that you haven't achieved before. That's the biggest appeal for me. If I ever felt like my career was plateauing and I was just going around year after year, doing the same thing and not improving any longer, then I would really start questioning why I was still playing cricket. The joy for me is in constantly getting better."

Well, with a Sydney University premiership to defend, a Sheffield Shield to retain, and a new Batting For Change project – this season the charity's aiming to raise enough money to send 500 poverty-stricken girls in Mumbai through to university – we suspect Carters will find ample scope to keep getting better this summer.

“CRICKET
WAS ALWAYS
THE SPORT I
LOVED THE
MOST.”



ATHLETES GIVE BACK: THE NATIONAL ABORIGINAL SPORTING CHANCE ACADEMY ARMTOUR

A GROUP OF SYDNEY UNIVERSITY'S ELITE ATHLETE PROGRAM MEMBERS RECENTLY IMMERSED THEMSELVES IN LIFE-CHANGING EXPERIENCES HELPING INDIGENOUS CHILDREN IN CENTRAL AUSTRALIA.

The National Aboriginal Sporting Chance Academy (NASCA) is an organisation that aims to bridge the gap between indigenous and non-indigenous populations in Australia.

This is achieved by implementing numerous programs which develop the knowledge and skills of young indigenous Australians and their communities in sport, education, personal development and culture.

One of the programs that NASCA runs is the Athletes as Role Models Tour (ARMTour). ARMTour is a unique experience for individuals to volunteer a week of their time and spend it delivering sport and education programs as well as assisting in general classroom and community activities in one of four remote indigenous communities in the Northern Territory.

It is truly life-changing and provides the opportunity to give back and make a difference to the lives of Aboriginal youth.

In recent years, the Elite Athlete Program (EAP) has endeavoured to build relationships with charitable and volunteer organisations to enable athletes to become involved within the community and offer their sporting expertise and academic knowledge to those who are less fortunate.

Since 2013, the EAP has sent eight athletes to ARMTour with a handful more due to attend the October tour in 2014. Each of the athletes who have been a part of the program say it has changed their outlook.

The EAP hopes to send more athletes out to volunteer in 2015 to create a stronger relationship with NASCA. We feel their programs are instrumental for the development of young indigenous Australians.

NICOLA MAITLAND (SOFTBALL) B. APPLIED SCIENCE (EXERCISE & SPORTS SCIENCE)

During second semester I joined a team of 24 role models who went into remote Northern Territory to work with Aboriginal communities for the week. NASCA took four teams of six role models on their program ARMTour and we worked with the kids to help improve their quality of life and promote good education and lifestyle choices.

I went to Yuelamu, three hours north-west of Alice Springs where there is a community of about 200 people. The children who attended school were some of the happiest kids I've ever seen but witnessing the trauma that is associated with their lives was quite confronting.

The kids have phenomenal athletic ability, so playing sport with them was amazing. The experiences that I was lucky enough to be part of with ARMTour were truly inspiring. This has encouraged me to find out more about similar working opportunities I could pursue at the completion of my degree. It has also prompted me to gather and send out resources to continue to work alongside the community in establishing healthy lifestyles.

ALIX KENNEDY (ATHLETICS) B. COMMERCE/B. LAWS

I recently returned from a week in the central desert of Australia, volunteering in the school of a remote Aboriginal community. I had always wanted to visit this part of Australia and am so glad that I was able to live with the locals, rather than just experiencing the sites as a regular tourist.

It provided me with an insight into daily life without phone reception, internet, traffic and meant that I could fully appreciate the people around me and beautiful landscape I was in. It was certainly full of unique experiences that will stay with me for life, such as sleeping in a swag under the incredible desert stars, walking nine-month old foals at sunrise, organising an athletics carnival

with nothing but a dirt oval and four wheel driving to prehistoric landscapes. Despite all my overseas travels, Australia has diversity like no other country in the world and I urge everyone to take a week to volunteer in this hidden and untouched corner of the Northern Territory.

JONNY VAUX (RUGBY) B. ARTS/B. LAWS

In 2013, I was lucky enough to visit the community of Santa Teresa, about 80km south-east of Alice Springs, participating in a program called the NASCA ARMTour.

Our objective for the week was to show the kids that they have the ability and the potential to go far in life. It seems a daunting task to achieve in only a week; however the nature of the program meant that we formed close bonds with the kids quickly.

They are some of the most energetic, enthusiastic and community-orientated kids I've ever met. Everyone was stoked at the opportunity to learn something different to AFL and they all took to rugby like little masters straight away. A highlight of the trip was being taken by some of the young boys to their local dried up creek, where we kicked the footy between the high banks and they found some bush tucker for us to eat. It was a unique experience to see how much pride they had in exhibiting those things that were so unique to both themselves and to their culture. I've developed a special bond with Santa Teresa that has compelled me to go back there again in October 2014.

While being injured for the 2013 and 2014 seasons has not been ideal, it has also given me the opportunity to experience the NASCA ARMTour. It would be great to have some more Sydney University athletes experience an ARMTour and help transform kids' lives. It is a fantastic opportunity to enhance our development as well-rounded students and to help show kids in remote indigenous communities that they have the power and potential to succeed.



Tertiary tilt a *learning curve*

The resurrection of Sydney University Rugby League Club and their return to the NSW Tertiary Students competition in 2014 was an inspired move, **writes Graham Croker**

Sydney University Rugby League Club's (SURLFC) fairytale return to the NSW Tertiary Students competition fell just short of a dream finish at Henson Park in September with losses in the First and Second Division grand finals.

The University of Technology won the Division One crown for 2014 with a 28-18 win over Sydney University, while the University of Western Sydney claimed the Division Two title with a 36-10 win over Sydney University.

Having dipped out of the NSW Tertiary Students competition after the 2011 season, Sydney University re-emerged for the 2014 competition and went from strength to strength as the season unfolded.

The Division One side finished second on the competition ladder behind Sydney Trains and earned a grand final berth with an extra-time 26-20 win over the minor premiers in the major semi-final.

The Trains went down 31-30 to UTS in another close encounter in the preliminary final. Having lost the 2012 and 2013 grand finals, UTS turned up the heat on Sydney University this year and their hunger for a premiership was pivotal to the outcome.

They scored six tries to four, with tries just before and just after half-time stretching their lead to a tantalising margin.

Sydney University's Division Two side came home with a wet sail to finish third on the competition ladder behind UWS Ducks and ANU Grizzlies.

They defeated Sydney Trains 30-20 in the minor semi-final and accounted for ANU Grizzlies 26-20 in the final to earn a berth in the season decider. But the Ducks weren't minor premiers on privilege and

proved too strong in the grand final, running out worthy 36-10 winners on the back of eight tries.

The President of the resurrected Sydney University Rugby League Football Club, Chris Kintis, while disappointed not to pick up a title, was nonetheless very happy with the club's efforts in 2014.

"For two teams that only got together at the start of the season, it was a great effort on the part of the players, coaches and support staff to reach both grand finals," he said.

"The effort of the boys on the field has resulted in getting the rugby league community together again and we had ex-players from the 1960s supporting us at Henson Park. There were also many children of former players in attendance. It was a great atmosphere and augers well for the future."

Mr Kintis said the efforts of the players had also lifted the profile of the sport on the campus, in the local community and in schools. He also praised the efforts of the coaching staff headed by Steve Freeborn, who had coached at Sydney University before they went into hibernation, and Timothy White, a former Sydney University player who was welcomed back into the fold.

Among those offering support for the reformation of the club was new patron Brian Smith, a former NRL and UK Super League coach, who was happy to return to the campus, being a Sydney Teachers College graduate.

"Having resurrected the club from scratch, we can now prepare for a proper recruitment program and pre-season in 2015," said Mr Kintis, who only learned of

the club's three-year hiatus when he was looking for scores in a Sunday newspaper.


"That's how I discovered the club had folded," he said. "I found it really disappointing and annoying that one of the foundation clubs of rugby league in Australia hadn't been functioning for three seasons."

Having formed in 1920, SURLFC was the 11th team to join the rugby league premiership. The nine foundation teams of 1908 included Newtown Jets, Glebe Dirty Reds, South Sydney Rabbitohs, Balmain Tigers, Eastern Suburbs, Western Suburbs Magpies, North Sydney Bears, Newcastle Rebels and Cumberland. Annandale Dales joined the competition in 1910 and University and St George Dragons started in 1920.

SURLC played in the NSW premiership from 1920-37 and then in the NSWRL Second Division and Metropolitan League competitions until 1976 before becoming part of the NSW Tertiary Student Rugby League competition.

SURLFC provided two Kangaroos and eight NSW representatives during its first decade-and-a-half. Jim Craig played for the University in 1921, when he represented NSW and Australia, while three-quarter Ray Morris played for the Students in 1933, when he represented NSW before departing on the 1933-34 Kangaroo tour to Britain.

Other NSW representatives in the golden period included SURLFC foundation players Edmund "Feather" Hanrahan (1921) and Tom Linskey (1923). Harry "Butt" Finn and Frank O'Rourke, who played for University in their 11-5 grand final loss to South Sydney in 1926, also



represented NSW along with Clive Evatt, Jim McIntyre, A.S. "Georgie" Lane, Harleigh Hanrahan and Ross McKinnon.

It was that history, and his own days playing that inspired Mr Kintis to get the club back on its feet. He organised an information evening in the University grandstand last October and the idea flourished into reality.

After attracting enough players to enter two teams, the club received a boost when three players, Jake Vrahnos, Dominic Dagher and Thomas McCarthy, were awarded scholarships under Sydney Uni Sport & Fitness's Elite Athlete Program.

"We're very proud of the boys," Mr Kintis said. "They're a credit to the club and a great example of what we're trying to achieve, which is to work with SUSF to support the players as athletes and in their personal development as part of the wider community.

"As with the other successful clubs on campus, we want to provide the players with an environment where they can balance their sport and study and succeed at both.

"While we'll never get back to the main NRL competition like our forebears did in 1920, we do have plans to progress to the Sydney Shield, the Ron Massey Cup and from there the NSW Cup might just be a possibility, hopefully by our centenary year."

TWO IN A ROW FOR A TALENTED TEAM

SYDNEY UNIVERSITY'S WOMEN'S AFL TEAM HAVE WRAPPED UP ANOTHER SUCCESSFUL YEAR, BAGGING A SECOND CONSECUTIVE PREMIERSHIP AND ITS PLAYERS COLLECTING A NUMBER OF PERSONAL ACCOLADES AT THE COMPETITIONS AWARD NIGHT.

A female AFL player in a yellow and blue Sydney University jersey is shown in profile, running with the ball. She is wearing a blue headband and has a determined expression. The background is a blurred green field.

”

THE ON FIELD SUCCESS IS INDICATIVE OF OUR STRONG CLUB FOUNDATION AND WONDERFUL TEAM BOND

Being one of the founding teams in the Sydney Women's AFL established in 2000, the club has gone from strength to strength in the past two years, having now collected its fourth premiership. The club's previous victories took place in 2003, 2007 and 2013.

The 2014 Grand Final win culminated a 34-match winning streak for Sydney University in the Women's Premier League. After losing the 2012 Grand Final, the Uni Bombers went through the 2013 season undefeated through 15 rounds, the major semi-final and the Grand Final. They repeated that effort this season.

In a low-scoring affair at Blacktown International Sports Park, Sydney University ran out 37-20 winners over Eastern Suburbs Tigers, with the goals coming from Katrina Byrne, Amy Foo, Stacey Lancaster, Aoife McDonnell and Libby Sadler.

Sydney University led 25-16 at the half-time break. With no majors in the third term they led 30-19 at the final break and kicked the only goal of the final quarter to take the title.

Rachael Stack, Sera Kaukiono, Jennifer Lew, Alice Wood, Aoife McDonnell and Lara Creber turned in fine performances for the winners, while Luisa Marzotto, Courtney Gum, Madelane Collier, Jasmine Smith, Nicola Vrachnas and Sasha Banki were among the best for Eastern Suburbs.

The Uni Bombers were excellent in defence, keeping UNSW's attack under constant pressure. Rachael Stack took a number of great contested marks and controlled the backline, resulting in her being named best on ground on the day.

On winning the premiership, Club President Ash Morgan stated "The unity, passion and commitment within the playing group, coaches and our club volunteers is like nothing I've

experienced in years gone by. The on field success is indicative of our strong club foundation and wonderful team bond".

The depth and talent within the Sydney University roster was highlighted again this year, with many of the team's players recognised at the AFL Sydney awards night. Uni Bombers player Stephanie Walker, was announced the Division One Best and Fairest. She won convincingly by seven votes ahead of Macquarie University's Amanda Farrugia.

After debuting in the competition in 2013, Stephanie has had a fantastic season. She is explosive in the forward half and creates goal scoring opportunities for the team. Her consistency was demonstrated in her polling votes in 10 of the 15 games she played in this season, finishing on 24 points.

Jennifer Lew, who was named the captain of the Women's Team of the Year also finished strongly in the Best and Fairest voting, just eight points behind Walker. Joining Lew and Walker were five other Sydney Uni players in the Team of Year: Rachael Stack, Olivia Warren, Aoife McDonnell, Libby Sadler and Ashlee Morgan.

In addition to honouring a tremendously talented team, Sydney Uni's own coach Yucel Celenk was named Coach of the Year.

The haul of awards demonstrates the strength of the Sydney Uni Women's program and indicates that things are looking positive for another successful season in 2015.

Club President Ash Morgan is pleased with the club's continued development, saying "It is a great time at our club and I very much look forward to building on our success as we enter 2015. Without hesitation we are aiming for another premiership title to go back-to-back-to-back" she said.





Sydney University athletes performed with distinction across the board at the 2014 Australian University Games held in Sydney and were rewarded with the overall points championship.

In winning a record 18 pennants (first place team finishes), Sydney University headed both the men's and women's pointscores to win the overall points championship by a record margin.

Sydney University amassed 456.5 points (women 261, men 195.5) to finish well ahead of second-placed Melbourne University (eight pennants and 176.6 points), who were chasing a third consecutive crown. Monash University finished with seven pennants, University of Technology Sydney finished with four, and the University of Western Australia finished with four.

On the teams front, Sydney University won gold medals in Athletics (Men), Athletics (Women), Baseball, Fencing (Men), Cycling (Women), Football (Men's Division 2), Football (Women), Handball, Hockey (Women), Judo (Women), Kendo (Men), Kendo (Women), Rowing (Men), Rowing (Women), Rugby 7s (Men), Rugby 7s (Women), Swimming (Men), Table Tennis (Women), Tennis (Men), Ultimate Frisbee (Division 2 Mixed) and Water Polo (Men).

Sydney University also won team silver medals in women's basketball, women's touch football and sailing, and team bronze medals in men's and women's badminton, men's T20 cricket and women's water polo.

Smiles returned to the faces of Sydney University women's hockey team, who

collected gold with a two-nil win over Melbourne University. Tayla Edmunds was in the right position at the right time to score both Sydney University goals in the second half.

Under the captaincy of Edwina Paul, Sydney University not only reclaimed the AUG women's hockey crown, but ended the season on a happy note having lost the final of the Metro 1 competition in the Sydney's premier women's grade competition a fortnight earlier.

Sydney University midfielder Nina Khoury said the team gelled from day one to go through the tournament undefeated. "It was a really happy team and the girls played some great hockey throughout the week," she said. "And it was a great way to finish the season."

The Cynics, otherwise known as Sydney University Baseball Club, lost their opening game 7-4 to Melbourne University, before going on a six-match winning streak to claim the gold medal.

The Cynics defeated La Trobe University 13-1, Newcastle University 4-3 and the University of Western Australia 13-2 in the pool games, before downing RMIT 4-3 in the quarter-final, Newcastle 9-6 in the semi-final and Monash University 15-10 in the gold medal decider.

Since the Australian University Games were run as an overall event in 1993, Sydney University has emerged as the overall points winner a record nine times, including the 1995 Games in Darwin, 1996 in Canberra, 1999 in Perth, 2000 in Ballarat, 2001 in Sydney, 2002 in Adelaide, 2003 in Newcastle, 2007 on the Gold Coast, 2011 on the Gold Coast and 2014 in Sydney.

The last time the Games were hosted in Sydney was in 2001, off the back of the Olympic Games, and some of those world-class venues were used for the 32 different sports played at the 2014 Games which were hosted by the University of Sydney, Macquarie University, University of NSW and University of Technology Sydney.

The Games attracted over 7100 student athletes from 41 tertiary institutions across Australia.

The John White Spirit of the Games trophy, which is awarded to the university that displays good sportsmanship and fair play, was awarded to Edith Cowan University from Western Australia. Bond University again took out the Doug Ellis per capita trophy, which is awarded to the university winning the most pennants per student numbers. Although the victory was by the barest of margins with Australian College of Physical Education just five points behind them.

AUG Project Manager, Mark Lockie, said he was proud of the event and of the work his staff and volunteers produced during the week-long event. "With high quality competition, brilliant weather all week long, an incredible Opening Ceremony and positive experiences reported by students and university team managers alike, we are proud to have produced such a great event that was thoroughly enjoyed by all," Mr Lockie said.

The Australian University Games will head to the Gold Coast in 2015.

Because of their success in 17 team events this year, Sydney University had a swag of athletes selected in the Green and Gold teams at the end of the Games.



GREEN AND GOLD ATHLETES

Jin Su Jung (Athletics)
 Ella Nelson (Athletics)
 Annaliese Rubie (Athletics)
 Jenny Blundell (Athletics)
 Alix Kennedy (Athletics)
 Callum Kennedy (AFL)
 Sirini Fan (Badminton)
 Jasper Odgers (Baseball)
 Anthony Palmer (Baseball)
 David Hazzard (Basketball)
 Sarah Schicher (Basketball)
 Tristan Black (Basketball)
 Kate Cranney (Basketball)
 Matthew Donald (Fencing)
 Jasper Rowley (Fencing)
 John Downes (Fencing)
 Jemma Griffin (Football)
 Elizabeth Grey (Football)
 Amy Sarandopoulos (Football)
 Natalie Ambrose (Football)
 Benjamin Murray (Golf)
 Daniel Fogerty (Handball)

Ben Fogerty (Handball)
 Jonathon Kriening (Handball)
 Alice Keighley (Handball)
 Paul Counsell (Hockey)
 Nina Khoury (Hockey)
 Donald McDougall (Judo)
 Matt Narracott (Rugby 7s)
 Justin Fourie (Rugby 7s)
 Cameron Mason (Rugby 7s)
 Josh Ash (Rugby 7s)
 Dylan Vierra (Rugby 7s)
 Iliseva Batibasaga (Rugby 7s)
 Emily Chancellor (Rugby 7s)
 Kimberley Davey (Rugby 7s)
 Sarah Halvorsen (Rugby 7s)
 Eilish Sheerin (Rugby 7s)
 Nicola Brady (Sailing)
 Jeronimo Harrison (Sailing)
 Emma Ivllanio (Softball)
 Laura McCredie (Squash)
 Hayley Abood (Swimming)
 Kane Townsend (Table Tennis)

Dawn Ee (Table Tennis)
 Martina Hudaly (Tennis)
 Michael Duong (Taekwondo)
 Hyunwoong Sam-Yang (Taekwondo)
 Clara Choi (Taekwondo)
 Jessica Moro (Taekwondo)
 Paddy Coelho (Touch Men)
 Gabi Chiu (Touch Women)
 Annabelle Wright (Touch Women)
 Bec Cachia (Touch Women)
 Terrence Kwok (Touch Mixed)
 Eleanor Raper (Touch Mixed)
 Ben Trevor-Jones (T20 Cricket)
 Joseph Kershaw (T20 Cricket)
 Liam Elkington (Volleyball)
 Tom Kearnes (Water Polo)
 Anthony Hrysanthos (Water Polo)
 Paul Sindone (Water Polo)
 Emily Scott (Water Polo)
 Hannah Buckling (Water Polo)
 Emma Lewis (Water Polo)

TITLES ON THE LINE

SYDNEY UNIVERSITY CRICKET CLUB AND UNIVERSITIES WOMEN'S CRICKET CLUB WILL BE PUTTING A HOST OF TITLES ON THE LINE FOR THE 2014-15 SEASON. BOTH CLUBS HAVE RECRUITED AND RETAINED THE TALENT TO DEFENDS THEIR CROWNS, WRITES GRAHAM CROKER.

Sydney University Cricket Club has retained most of the players who helped them to First and Second grade titles in 2013-14 and bolstered their depth with the addition of some new talent.

Director of Coaching Gary Whitaker is marshalling his troops to secure back-to-back Belvidere Cups in First Grade but hopefully without the stress of last season.

In one of the lowest-scoring finals on record, Sydney University (37 and 7-144) rolled Bankstown (82 and 98) to collect the 2013-14 title. And that was with NSW representatives Scott Henry, Ryan Carters and Sean Abbott in the ranks.

"We've retained our Sheffield Shield players along with NSW extended squad members Nigel Cowell, Nick Larkin and Tim Ley. Greg Mail, Liam Robertson, Mark Faraday, Ben Joy, David Miller and Jonte Pattison will also be back in action," Mr Whitaker said.

"We've also gained Ben Trevor-Jones, a top order batsman-wicketkeeper from Hawkesbury, Dougall Holloway, a tall,

left-arm quick who's in the NSW Under 19s, and Udain Gaur, a left-arm orthodox spinner from Melbourne University, who's enrolled in a Masters degree in engineering.

"Trevor-Jones will be studying physiotherapy, while Holloway is completing Year 12 at Cranbrook School and hoping to enroll at Sydney University. NSW Cricket have ear-marked Dougall and have high expectations of him.

"And we have batsman-wicketkeeper James Crowley back from a stint in New Zealand. He's now completed his veterinary science degree.

"There is plenty of competition between the players, so we'll set some specific goals through the ranks and hope to get off to a good start."

The club has also bolstered its ranks in the Under 21 (Poidevin-Gray) competition with a view to the future and also to hunt down valuable points in the push for the Club Championship.

"Poidevin-Gray matches provide as many points as Third Grade in the Club Championship," Mr Whitaker said. "We'd like to be more competitive in that competition.

"If we do well in the top three grades and the Poidevin-Gray Shield we could set ourselves up to win the Club Championship. That is our overall aim in a very tough competition."

On paper, the Poidevin-Gray side is oozing with talent, including two batsmen-come-leg-spinners in Pattison and Darius Visser.

Pattison, who made his First Grade debut as a 16-year-old last season, is finishing his Higher School Certificate at St Peter's Catholic College at Tuggerah on the NSW Central Coast.

He missed the first two rounds of the 2014-15 season after being selected in the Australian Under 19 team to tour Sri Lanka for five one-day matches and a three-day match against Colombo Colts Cricket Club.



And Visser is now in his first year at the Australian College of Physical Education.

"We also have Joe Kershaw, an Arts student at Wesley College, who took 10 wickets in the Second Grade final last season," Mr Whitaker said. "He's a right-arm quick who bats left-handed and is very handy.

"Max Hope, another Wesley College resident, who is studying Physical Education, is a left-hand batsman with plenty of potential, and Brodie Frost, a first year Arts student, is a right-arm quick who's also joined the ranks this season.

"Dougall Holloway is hoping to join his brother Jack, a right-handed opening batsman and economics/law student, who resides at St Paul's College.

"They'll form the basis of a strong Poidevin-Gray Shield side that will hopefully assist us with points in the hunt for the Club Championship.

Mr Whitaker said the club had also worked hard during the off-season to

recruit well for the A.W. Green Shield (Under 16) competition. "We're looking at being competitive enough to make the semi-finals," he said.

Universities Women's Cricket Club is also putting titles on the line in First Grade, Twenty20 and Brewer Shield (Under 17) competitions.

Club secretary David Mifsud said the retirement of Kate Blackwell will leave a void, but the club has picked up some handy replacements in former England international Lynsey Askew, former Australian representative Leah Poulton and young, right-arm fast bowler Kate Coppack.

"Lynsey is out here to play for the ACT Meteors in the national league, Leah is playing for NSW and Kate is out from England as an exchange student studying sports-law at UNSW," he said.

Mr Mifsud said the club might also be a chance of securing England international Lydia Greenway for four guest appearances during the season.

"Our Australian representative Alex Blackwell is the club captain, and NSW captain, again," he said. "And our other three NSW players Rachael Haynes, Georgia Redmayne and Kara Sutherland are also back in the ranks along with SUWCC president Kate Owen, who plays for the ACT Meteors.

"We also have Maisy Gibson, a right-arm leg-spinner, returning from injury, Melissa Norup, a right-arm opening bowler and Emily Mifsud, an off-spinner, back in the ranks.

"Maisy travels down from Singleton to play for us, while Melissa comes down from Port Macquarie each weekend."

Mr Mifsud said the club is hoping to enter a Third Grade side in the competition for the 2014-15 season and is on the lookout for players to fill the ranks.

With plenty of titles on the line and plenty of talented players signed up, 2014-15 could be an exciting season for campus cricket.

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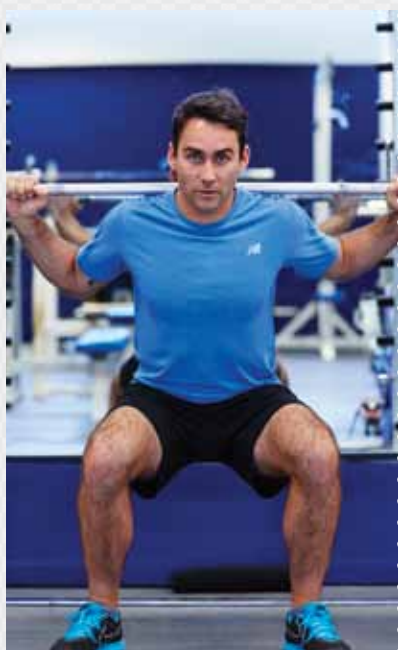


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WE ALL LOVE SUMMER AND THE IDEA OF GETTING FIT, LOOKING GREAT AND FEELING EVEN BETTER. HOWEVER, IF THE HIBERNATION OVER WINTER HAS LEFT YOUR TRAINERS COLLECTING DUST AND THAT WORKOUT GEAR HAS ONLY BEEN USED TO 'RUN' TO THE SUPERMARKET, YOU MIGHT BE A LITTLE WORRIED ABOUT SPORTING THAT NEW BIKINI YOU BOUGHT AT LAST YEAR'S SALE.

Amidst your usual spring clean, why not wipe the slate clean and establish an exercise routine now to prevent having to battle the bulge as 2015 begins?

- 'Lack of time' is the biggest excuse for a missed workout. Just like other important appointments in your life, schedule exercise into your calendar and make it non-negotiable. Setting out your days like this will make you realise, with a bit of forward planning, there are a few extra minutes in a day that could be used more effectively. A simple 20-40 minute session is more than achievable.
- If time constraints still seem to be an issue for you, it is okay to break up your exercise during the day. Small quantities of exercise can add up to big benefits! Start with 5-10 minutes at a time, whether it be a short power walk or a

simple circuit using your bodyweight – 10 reps each of squats, lunges, push-ups, step ups then a 30 second plank. Build these bouts up to three times a day at a moderate intensity and you've hit the recommended physical activity guidelines square on the head. Research also shows that intermittent training such as this actually burns more fat during the post-exercise period (bonus!).

- Didn't get around to setting up that Fitbit you got for Christmas last year? Now is the time! Tracking your activity over time can boost awareness of and motivation for exercise. In this age of technology, there are plenty of free apps that can provide you with an easy platform to track your exercise data. However, if you're not into fancy gadgets or your iPhone is only good for making calls, a humble pen and piece of paper will work just fine.
- As humans we desire companionship. Motivation lifts when someone is depending on you and striving for the same goals. Enlist a workout buddy to make those early mornings or after work slogs bearable. If your friends aren't as fitness savvy, try a group class – this will provide you with a safe and effectively designed workout, a consistent schedule and an accountability factor, all in a social fun environment. What more could you ask for?
- Provide yourself with cues – for example

have your gym bag in the car or leave your trainers by the door as a reminder to get moving! Make sure you brush the dust off, or if they're too far gone, invest in a new pair with adequate cushioning and support that feel so good you'll look forward to putting them on (as if you need another excuse to go shopping).

- Set yourself short and long term goals and don't forget to make them SMART (Specific, Measurable, Achievable, Realistic and Timely). Be sure you write them down and put them in a place you will see every day. Sharing your goals is also important. Informing others of your targets will enhance your motivation and focus. Start small with 2-3 sessions a week of 20-40 minutes or intermittent exercise throughout the day (10min bouts) and build from there. Start too ambitious and you'll feel disappointed if you don't reach your aims, coupled with a greater chance of dropout. Use the old psychological trick – 'under promise and over deliver.'

Follow these tips to step, lunge and jump into a fun and healthy summer with a routine ready to combat the silly season. If you need help getting started book in for a fitness assessment and receive an individualised program tailored to your goals and abilities. Or, inquire about personal training sessions to guide, motivate and help you stay on track.



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- 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

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



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@SYDUNISPORT

TECHNO TRAINING: MEET YOUR NEW WORKOUT BUDDY

IT SEEMS JUST ABOUT EVERYONE HAS TAKEN TO WEARING SOME TYPE OF TECHNOLOGY AID WHEN EXERCISING. FITNESS GIZMOS ARE SPRINTING OUT OF SPORTING SHOPS QUICKER THAN A GROUP OF UNI STUDENTS LEAVING THEIR LAST CLASS FOR THE WEEK. THIS HAS MANY OF US ASKING IF OUR TRAINING PROGRAMME COULD BE IMPROVED BY THE RIGHT TYPE OF GADGET.

Whatever your reason for training, and regardless of how often you exercise, you could find added motivation by incorporating a techno training partner to your workout. To gently introduce the possibilities let's talk the tech without being swallowed up by all of the hype and jargon.

From sporting apps which help plan your workouts and calculate how many calories you burn, to wristbands that record your heart rate, measure how far you ran or chart your sleeping pattern, "wearable technologies" have become a second skin.

Haven't seen these latest accessories? Designers are constantly improving the look and feel of the gadgets to such an extent it is hard to notice if someone is even wearing one. Some are so sleek and lightweight you can wear them anywhere, including in the shower.

The humble wristwatch, long the sign of a punctual person, is now a wearable computer. Newer sports brands offer GPS, map your trail and provide heart rate feedback with Bluetooth connectivity to

smartphone fitness apps. These watches have proven popular with elite sporting teams, as players and coaches can real-time monitor pulse, distance and speed covered. Sydney Uni Sport & Fitness personal trainer, boot camp instructor and Australian middle-distance runner, Jeremy Roff, tells us that the watches often, "dictate how you feel." Their continual relaying of data means your awareness of hitting or missing targets increases. While these checks can be valuable in recognising your achievements or areas of improvement, it is important to remain in the moment and focused on how your body feels, rather than solely how the recordings make you feel.

If watches 'time you out,' there is always the latest generation of wearable wristbands. Wristband technology has become decidedly trendy with fashion, colour and comfort fusing with the latest miniaturisation and scientific know-how. Primarily a movement tracker, these wristbands gather information 24/7 and deliver personalised greetings when nearing your training goals. Users can also access computer apps to log food, water intake and body weight. All of this corporeal data can be converted into graphs and charts, creating a permanent electronic diary of your exercise, which can be shared with others if you wish.

One company spruiks that simply wearing its wristband can be incentive enough for users to increase their activity. For example, their statistics show the average user over time takes 43 per cent more steps per day. Whether you accept such a claim or not, it seems reasonable that the regular feedback one can receive from such a device could provide inspiration to walk to the shop or choose the stairs over a car or elevator

respectively. A word of caution is that while simplified pie-charts can be alluring, one needs to know how to sensibly interpret the information. Further, the price range for such gadgets is wide, with some costing over 400 dollars. It is worth considering what functions you need, as there is no point paying for features you won't use or find fiddly to operate.

Alternatively (we're all about the options), if you're more into investing time than coin, social media platforms have become a popular channel to freely make your fitness efforts known. From Facebook to Instagram, millions of people are sharing their health philosophies, meal plans and sweaty selfies. The posting is thought to keep the individual accountable to their goals, inspire others and allow individuals the opportunity to connect with positive support networks. Again, this public promotion is an individual choice and needs to be considered in the context of a world-wide community which hold their own opinions.

The takeaway from this article, (not the greasy food kind of takeaway), is that YOU know best if your training is enhancing energy or if you are losing your usual sparkle. At the end of the day, you need to be in control as it's about how you feel. A dash of technology can offer new insights on how you're going, however, it's not for everyone and some may prefer to keep it gadget free which is perfectly fine.

Many companies are in overdrive at present as they play with new sporting technologies and test their ideas in the market. So, if you're interested in these wearable devices or you enjoy following fitspo (fitness inspiration) on Instagram, it's a good time to take a look at what is on offer and what may be on the way.

LEAVE YOUR WORRIES IN OUR WAKE

ONE SYDNEY UNIVERSITY SPORTING CLUB OPERATES ALL YEAR ROUND. WHETHER ON THE WATER OR ON THE SNOW, CAMARADERIE AND FUN ARE BOTH PREREQUISITES.

Two houseboats, a group of friends, a wakeboard boat, a pirate themed party, DJs, and giant inflatables. This happens most weekends at Usydwake. The Wakeboard and Waterski Club recently kicked off the summer season in style with their biggest trip yet.

But what is wakeboarding you ask? Like waterskiing, but sideways. Like snowboarding but on water; the rebellious lovechild of a waterski and a surfboard who prefers to get airborne, inverted and stylish. All while being towed behind a monstrous wake-producing boat.

Wakeboarding can be extreme, but it's also easy to learn, lots of fun and a great way to get outdoors and meet new people. Based on Sydney's picturesque Hawkesbury, each trip feels like a holiday, despite being only 90 minutes from the CBD.

Most weekends the Club holds ride days or cabin weekends where members, new and old, first timers and seasoned pros, gather to get out on the water and share the stoke that our legendary club has to offer - and there's plenty of that to go around.

Sydney Uni Wakeboard Club is the cheapest way to try this amazing sport and if you're a student, it costs you nothing to join. Not a student? Fear not. Staff and community members are always a welcome addition to our family of wake. Primarily, Usydwake is a recreational club. Barbecues, picnic lunches, evening events

and a lot of time on the water are what it's all about. It's a relaxed affair and we love to share our little slice of paradise with all newcomers. It gets better. Our vessel of choice is the MasterCraft X2. A wakeboard specific boat that has the capacity to take on ballast to provide a monster wake for the more advanced riders as well as a trim tab which flattens out to barely a ripple for waterskiers to carve up.

The Club operates year round, with ride days and cabin weekends throughout the warmer months and snow trips during the winter. The most recent trip was an all weekend affair spent aboard two houseboats. Arriving on Friday night, those there early enough enjoyed flat water, a late afternoon set and a few beverages as the sun set over the mountains. Saturday and Sunday were dedicated to wakeboarding with a progression competition, rewarding the biggest improvement regardless of ability level.

There was also plenty to keep the punters occupied in between turns. From sunbathing on the roof to jumping off it, cruising in the tinnie, going for a stand up paddle-board or just having a good old laugh on the best toy of the weekend - a giant inflatable trampoline which floats on the river. One of our members even caught himself a giant eel on a handline. By far, the highlight of the weekend had to be our pirate themed party on Saturday

night. Think swords, pistols and eye patches, Jack Sparrow, an Admiral and a life-sized parrot. Our houseboat was transformed into a nightclub on water.

Waking up with a quick dip and a pancake breakfast on Sunday, we squeezed in even more action before sadly having to return the houseboats and get back to reality. It was a weekend of epic proportions that had to be experienced to be believed.

While in the past the club has seen several national champions pass through its ranks, more recently the club's activities have focused on the lifestyle aspects of the sport. Enter Alex Leat.

Alex has competed in the WWA Wakeboard World Championships and Asian Wake Park Championships since 2008 and just started a Bachelor of Liberal Arts and Sciences at the University of Sydney. Alex is excited to join the Usydwake crew on the water, as well as hitting the competition circuit in both boat and cable disciplines.

A former world championship runner-up, Alex has competed in the professional men's division since he was a teenager and used to be sponsored by Quiksilver. He certainly has the board skills to make his mark on the competition scene at state and national levels for Usydwake and we're excited to see what he can do.

With plenty more weekend adventures on the horizon, Usydwake is simply a must do Sydney University experience.



To learn more about upcoming events check out
www.usydwake.com or facebook.com/usydwake.



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TIMETABLE

Camp Dates

	Location	Times	Mon	Tue	Wed	Thu	Fri	Price
WEEK 1			8 Dec	9 Dec	10 Dec	11 Dec	12 Dec	
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
After Care	SUSAC	3 - 5:30pm						\$30 per day
WEEK 2			15 Dec	16 Dec	17 Dec	18 Dec	19 Dec	
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
Tennis (3 day)	SUSAC	9am - 3pm						\$195
After Care	SUSAC	3 - 5:30pm						\$30 per day
WEEK 3			22 Dec	23 Dec	24 Dec	25 Dec	26 Dec	
Multi Sport (2 day)	SUSAC	9am - 3pm						\$155
After Care	SUSAC	3 - 5:30pm						\$30 per day
WEEK 4			5 Jan	6 Jan	7 Jan	8 Jan	9 Jan	
Basketball	SUSAC	9am - 3pm						\$195
Cricket	Arena	9am - 3pm						\$195
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
Multi Sport JNR	St Andrews	9am - 3pm						\$195
Swimming (ADV)	SUSAC	9am - 11am						\$130
Swimming (ADV) + Multi Sport	SUSAC	9am - 3pm						\$215
Tennis (3 day)	SUSAC	9am - 3pm						\$195
Multi Sport (2 day)	SUSAC	9am - 3pm						\$155
Multi Sport Teen	SUSAC	9am - 3pm						\$155
Netball	SUSAC	9am - 3pm						\$155
Soccer	Arena	9am - 3pm						\$155
Soccer Girls Only	Arena	9am - 3pm						\$155
Tennis (2 day)	SUSAC	9am - 3pm						\$155
Fencing/Archery	SUSAC	9am - 3pm						\$115
Dance	Arena	9am - 3pm						\$115
After Care	SUSAC	3 - 5:30pm						\$30 per day
WEEK 5			12 Jan	13 Jan	14 Jan	15 Jan	16 Jan	
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
Multi Sport JNR	St Andrews	9am - 3pm						\$195
Netball	SUSAC	9am - 3pm						\$195
Soccer	Arena	9am - 3pm						\$195
Tennis (3 day)	SUSAC	9am - 3pm						\$195
Water Polo	SUSAC	9am - 12pm						\$155
Basketball	SUSAC	9am - 3pm						\$155
Cricket	Arena	9am - 3pm						\$155
Multi Sport (2 day)	SUSAC	9am - 3pm						\$155
Tennis (2 day)	SUSAC	9am - 3pm						\$155
Fencing/Archery	SUSAC	9am - 3pm						\$115
After Care	SUSAC	3 - 5:30pm						\$30 per day
WEEK 6			19 Jan	20 Jan	21 Jan	22 Jan	23 Jan	
Basketball	SUSAC	9am - 3pm						\$195
Cricket	Arena	9am - 3pm						\$195
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
Multi Sport JNR	St Andrews	9am - 3pm						\$195
Tennis (3 day)	SUSAC	9am - 3pm						\$195
Swimming (ADV)	SUSAC	9am - 11am						\$130
Swimming (ADV) + Multi Sport	SUSAC	9am - 3pm						\$215
Multi Sport (2 day)	SUSAC	9am - 3pm						\$155
Multi Sport Teen	SUSAC	9am - 3pm						\$155
Netball	SUSAC	9am - 3pm						\$155
Soccer	Arena	9am - 3pm						\$155
Soccer Girls Only	Arena	9am - 3pm						\$155
Tennis (2 day)	SUSAC	9am - 3pm						\$155
Fencing/Archery	SUSAC	9am - 3pm						\$115
Dance	Arena	9am - 3pm						\$115
After Care	SUSAC	3 - 5:30pm						\$30 per day



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Sydney Uni Sport and Fitness

SUSAC = Sydney Uni Sports & Aquatic Centre

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1 x Day of diving (Saturday)

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www.susf.com.au, recreation@sport.usyd.edu.au



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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  afl@sport.usyd.edu.au

 (Women) www.suwafc.com  suwafc@sport.usyd.edu.au



AMERICAN FOOTBALL

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

FOR MORE INFORMATION:

 www.sydneynigridiron.com

 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

 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

 www.facebook.com/SUACinfo

 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

 usydbc@hotmail.com





BASEBALL

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

FOR MORE INFORMATION:

www.sydneyni.baseball.com.au 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 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 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 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 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 succ@sport.usyd.edu.au
(Women) www.uwcc.com.au 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 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



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 gymnastics@sport.usyd.edu.au or 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



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 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 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, yogie exercises and the Buddhist philosophy and psychology that underlie them.

FOR MORE INFORMATION:

 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.usydendo.com  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  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  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



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  8263 6639 or 0408 290 197





RUGBY UNION

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

FOR MORE INFORMATION:

-  (Men) www.sydneynirugby.com.au  (Men) sufc@sport.usyd.edu.au
-  (Women) www.sydneyniwomen.rugbynet.com.au
-  (Women) rugbywomen@sport.usyd.edu.au



SAILING & BOARDSAILING

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

FOR MORE INFORMATION:

-  www.usydsailing.com  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  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



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



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  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 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



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



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 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 ultimatefrisbee@sport.usyd.edu.au
[f](#) SUUFA



VELO (CYCLING)

The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. Many of the clubs members are actively involved in racing, and there is strong competitive spirit across the club. The club wants its members to achieve their cycling goals, whatever they may be and whatever their ability. The club has a varied and interesting ride and training program, as well as a healthy performance culture - one that encourages its members to strive to reach their goals.

FOR MORE INFORMATION:

www.suvelo.com.au 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 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 (Men) waterpolomen@sport.usyd.edu.au

(Women) www.suwaterpolo.com.au (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 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



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BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY



Adam's second panel involved three Water Polo luminaries; Dudi Krstic (with microphone), Keesja Gofers and Johnno Cotterill.

2014 'BLUE & GOLD' WATER POLO LUNCHEON

On Friday 5 September, the fifth annual 'Blue & Gold' Water Polo Luncheon was staged for the first time at The Ivy Ballroom. It proved to be an afternoon of good humour, fellowship and fun.

SUMWPC President, Antony Green, gave a proud summation of another excellent year of results and representative honours from U14s through to the National League side.

One of our Australian representatives, Locky Hollis, gave an extremely moving presentation which covered his diagnosis of two different types of cancer; the 10 hour operation, subsequent treatments; eventual remission and his determination to get back in the pool and on the road to Rio once again.

This year's panel moderator was Adam Spencer and his first panel comprised three of the 2014 Commonwealth Games'

representatives from Sydney Uni. Our amazing wheelchair athlete, Angie Ballard, provided fascinating insights into her 17 years to date as an athlete of international notoriety. Angie also described how she applied her renowned wet weather skills to win the gold medal in the T54 1500m event at the recent Glasgow Commonwealth Games.

The other panelists were two Sydney Uni hurdlers, Nick Hough and Shelly Jenneke. Nick, with the bass-baritone voice, was ranked 15th on qualifying times for the 110m Hurdles in Glasgow. He had no pretensions about making the final, but he did! Not only that, Nick ran 4th in a personal best time of 13.57 seconds.

Back in 2012, Shelly Jenneke became an internet sensation as the "Dancing Hurdler," when footage of her pre-race warm up went viral (more than 19 million views on YouTube). Shelly was one of three Australians in the final of the

Women's 100m Hurdles in Glasgow. She was the youngest of eight competitors in the final and came 5th to teammate Sally Pearson.

All three athletes had bubbly personalities and thoroughly entertained the luncheon guests, with often amusing answers to Mr Spencer's questions from left field.

The subsequent panel of Water Polo luminaries proved equally entertaining. Johnno Cotterill and Keesja Gofers had recently returned from highly successful FINA World Cup campaigns, important stepping stones in their quest for Olympic glory in Rio de Janeiro in two years' time. There was discussion about Keesja's key role in a new Sydney Uni YouTube video about the Junior Academy Development Program. To that point in time the clip had attracted 115 views – not yet in the Michelle Jenneke league!

Dudi Krstic, the Macedonian international and new Director of Coaching at the Sydney Uni Lions, spoke of his experience in the premier National Leagues of Serbia, Spain, Italy, Turkey, Romania and Australia. From 2011–13, Dudi was a Cronulla Shark. To a question from Adam on how the Sydney Uni Lions will go in the next National League season, Dudi's authoritative response was, "We'll win!"

Our luncheon guests were very generous

with their raffle ticket purchases, live and silent auction bids. They also embraced the Heads or Tails Trivia Quiz with considerable gusto.

By 3.30pm, the function had moved from The Ivy Ballroom to the Paling Bar, where thirst-quenching and non-stop conversations were the orders of the day.

Many 'Blue & Gold' Club members without specific Water Polo allegiances declared it to be the best 'Blue & Gold' sporting luncheon of the year to date.

UPCOMING 'BLUE & GOLD' SPORTING FUNCTIONS

Wednesday 26th November

CHRISTMAS HAMPER GOLF DAY

St Michael's Golf Club,
Jennifer Street, Little Bay

Friday 28th November

CRICKET LUNCHEON

Ivy Ballroom,
320 George Street, Sydney



Adam Spencer with Sydney Uni Commonwealth Games representatives: hurdlers Nick Hough and Shelly Jenneke and T54 1500m gold medalist Angie Ballard.



TRB Group guests enjoying the event

BUILDING ON EXCELLENCE CAMPAIGN

Redevelopment of Uni No.2 Oval



Sydney Uni
SPORT & FITNESS

The architect's impression of the new grandstand/pavilion to be imminently constructed on Uni N°2 Oval.

Construction is ready to commence on the new grandstand/pavilion on Uni N°2 Oval. It will include:

- Undercover grandstand seating for more than 1,000 "much closer to the action" spectators
- A superbly appointed bar and large function area
- An elite athlete gym
- Two home and two away change rooms
- Club administration offices and a highly functional meeting room
- Indoor cricket nets and an indoor training area (with application for many sports during inclement weather)

The funding for all sporting infrastructure developments comes primarily from The University and from Sydney Uni Sport & Fitness. However, an important supplement is the funding derived from the sale of naming rights to key facilities and from philanthropic donations by the loyal supporters of sport at Sydney Uni.

The redevelopment of Uni N°2 Oval is an \$11+ million project, of which \$2.4 million is budgeted to come from the sale of naming rights and philanthropic donations. In the three months to 30th June 2014, almost two thirds of that amount was raised by the BUILDING ON EXCELLENCE campaign.

The campaign now needs to **raise another \$800,000** (from naming rights and philanthropic donations). If that financial objective is achieved, the following will also become cost-feasible from the outset:

- A new state-of-the-art electronic scoreboard
- The installation of appropriate lights for night games and training
- The best possible drainage and irrigation

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.

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

Donations of

\$250

will be recognised
in the new pavilion

Donations of

\$1000+

will be recognised on named individual
seats in the new grandstand

Donations of

\$5000+

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

HOME EVENTS CALENDAR

NOVEMBER

01 SATURDAY 7:00PM Brydens Stadium BASKETBALL (WOMEN) vs Adelaide	05 WEDNESDAY 7:00PM Brydens Stadium BASKETBALL (WOMEN) vs Canberra	14 FRIDAY 7:00PM Brydens Stadium BASKETBALL (WOMEN) vs Melbourne	15 SATURDAY 4:00PM SUSAC WATER POLO (WOMEN) vs Hunter Hurricanes	22 SATURDAY 10:30AM No 1 Oval CRICKET (DAY 1 OF TEST) vs North Sydney
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DECEMBER

28 FRIDAY 7:00PM Brydens Stadium BASKETBALL (WOMEN) vs Adelaide	29 SATURDAY 10:30AM No 1 Oval CRICKET (DAY 2 OF TEST) vs North Sydney	05 FRIDAY 7:00PM Brydens Stadium BASKETBALL (WOMEN) vs Bendigo	06 SATURDAY 2:00PM SUSAC WATER POLO (WOMEN) vs UTS Balmain	13 SATURDAY 3:00PM SUSAC WATER POLO (WOMEN) vs SNB Breakers
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JANUARY

13 SATURDAY 3:00PM Brydens Stadium BASKETBALL (WOMEN) vs Townsville	17 WEDNESDAY 9:15PM SUSAC WATER POLO (MEN) vs UNSW Wests	20 SATURDAY 3:00PM SUSAC WATER POLO (WOMEN) vs Hunter Hurricanes	20 SATURDAY 10:00AM No 1 Oval CRICKET vs UNSW	03 SATURDAY 7:00PM Brydens Stadium BASKETBALL (WOMEN) vs Dandenong
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10 SATURDAY 4:00PM SUSAC WATER POLO (MEN) vs Cronulla	10 SATURDAY 7:00PM Brydens Stadium BASKETBALL (WOMEN) vs West Coast	10 SATURDAY 10:00AM No 1 Oval CRICKET (DAY 1 OF TEST) vs Randwick Petersham	17 SATURDAY 3:00PM Brydens Stadium BASKETBALL (WOMEN) vs Melbourne	31 SATURDAY 7:00PM SUSAC BASKETBALL (WOMEN) vs Bendigo
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FEBRUARY

31 SATURDAY 10:30AM No 1 Oval CRICKET (DAY 2 OF TEST) vs Sydney	01 SUNDAY 10:30AM No 1 Oval CRICKET (DAY 2 OF TEST) vs Sydney	07 SATURDAY 10:30AM No 1 Oval CRICKET vs St George	14 SATURDAY 7:00PM Brydens Stadium BASKETBALL (WOMEN) vs Townsville	28 SATURDAY 10:00AM No 1 Oval CRICKET vs Western Suburbs
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▶ For all the latest event news & reviews visit 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

FRUSTRATING FINISH

Sydney University Women's Hockey Club missed out on a third successive Metro title when they were defeated one-nil by Moorebank in the final at Olympic Park. Sydney University opened the match in attacking style but were soon restrained by the close marking and condensed style employed by Moorebank. Midfielders Greta Hayes, Emma Scriven and Fiona Tout were hamstrung by the tactics, and striker Nina Khoury was restricted in her chances. Moorebank scored the only goal of the match in the 25th minute and closed up shop from that point onwards. The Students did force 10 penalty corners but had few scoring shots as Moorebank nullified their space in the goal circle. "We just weren't able to finish," Sydney University co-captain Nina Khoury said. "They condensed our space all over the field and we found it hard to play our attacking style." Nina said despite missing out on the title, Sydney University had a fantastic season and played some great hockey through good combinations. The team had some consolation by defeating Melbourne University 2-nil in the final at the Australian University Games during the mid-semester break.



RYANS LOOKS TO RIO

The Sydney University sailing family of Will Ryan and his sisters, Sasha and Jaime, have the men's and women's 470 class in their sights at the 2016 Rio de Janeiro Olympic Games. Will, who's completing a Masters degree in management, linked up as crewman for Olympic champion, Mat Belcher, after the London Olympics. They made a virtual clean-sweep of 470 events around the globe culminating with gold at the recent 2014 World Championship at Santander, Spain, which gave them entry to the 2016 Games. Belcher and Ryan have since been nominated for World Sailor of the Year, after being named Australian Sailor of the Year, as well as qualifying to compete in the ISAF World Cup Super Final in Abu Dhabi in late November. Sasha, a Bachelor of Health Science student, and Jaime, who is a Bachelor of Commerce and Arts student, have yet to qualify for Rio but have been competitive at European events during the year. Jaime crewed for Carrie Smith at the Santander regatta where they finished 26th, while Sasha sailed with Amelia Catt to finish 32nd. Perhaps they'll team up in a push for Rio selection. All three are Sports Scholarship holders on the Elite Athletes Program.

RUNNING HOT

A win at the NSW Half Marathon Championships helped Sydney University Athletics Club men secure a fourth consecutive NSW Winter Premiership. The team was represented by Lachlan Chisholm (2nd), Pete Costello (3rd), Alex Williamson (5th), Andrew Heil (19th) and Mark Abercromby (32nd). The dominant performance by the men in the Winter Premiership put them 74 points clear of their nearest rival, Sutherland, who mathematically cannot pass SUAC with two rounds of competition left. The team finished second or higher in every event on the calendar, including firsts in the Novice Cross Country, the NSW Cross Country Championships, NSW Half Marathon Championships and NSW Short Course Cross Country, and seconds in the Sydney 10, the NSW Cross Country Relays, NSW Mountain Running Championships, and NSW Road Relays. SUAC women's team, which includes Clair Miles, Rosie Weber, Milly Clark and Georgina Pembroke, are equal first in the Winter Championship with Athletic Easts with two rounds remaining.

SILVER LINING

Sydney University's national women's water polo representatives, Keesja Gofers and Hannah Buckling, returned home with silver medals from the recent FINA Women's Water Polo World Cup, played in Khanty-Mansiysk, Russia, after the United States accounted for Australia 10-6 in the final. The US made it back-to-back gold medals having beaten Australia at the 2010 World Cup in Christchurch, New Zealand. The Australian Stingers won the gold medal at the 2006 World Cup played in Tianjin, China, where Keesja's sister, Taniele, was a member of the winning side. Australia opened the 2014 tournament with a 10-7 win over Hungary, before suffering an 8-6 loss to the US. The Stingers then dominated the host nation, Russia, 20-2 to reach the quarter-finals where they defeated Russia 10-8 to move to the semi-finals. They earned a berth in the final with an 8-2 win over Spain. While the Stingers opened the scoring in the final, the US retaliated to lead 3-1 at the first break. They went to half-time with a 7-3 lead and led 10-5 going into the last quarter. Gofers, a former Sports Scholarship holder on the Elite Athlete Program (EAP) scored in every game, while Buckling, an EAP member, enjoyed plenty of game time during the tournament.

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