

ROAR



Sydney Uni
SPORT & FITNESS

28
SPRING
2015

6/ No half measures
PROFILE ON NICK PHIPPS

10/ Katie's Court
KATIE EBZERY

**20/ Taking it to
the world**
STUDENTS MAKE
WORLD UNI GAMES



REACHING NEW HEIGHTS



SYDNEY UNI MENS NEAFL
CONTINUED TO IMPRESS
DURING 2015

ANGELA BALLARD
SET TWO MORE
WORLD RECORDS



SYDNEY UNI WOMENS AFL
TEAM CLIMBED THE SYDNEY
WOMEN'S DIVISION ONE AFL
LADDER

SYDNEY UNI SPORT & FITNESS

CRUSHES THE COMPETITION



SYDNEY UNI HANDBALL CLUB
WON THEIR FOURTH STRAIGHT
OCEANIA CLUB CHAMPIONSHIPS



TAHLIA TUPAEA OF THE BRYDENS
SYDNEY UNI FLAMES WAS SELECTED
TO COMPETE IN THE UNDER 19
WORLD CHAMPIONSHIPS IN RUSSIA

Drop into one of our facilities, visit www.susf.com.au, or call:
Sports & Aquatic Centre: 9351 4978 | The Arena: 9351 8111

 Sydney Uni Sport & Fitness

 SydUniSportFit

 SydUniSport

 Sydney Uni Sport and Fitness



Sydney Uni
SPORT & FITNESS

FROM THE EDITOR



It's hard to believe that it's July already! Winter is nearly finished and Spring is well on its way. The year has flown by for SUSF with several exciting events and developments. Among many sporting highlights our Men's and Women's AFL teams have excelled this season, wheelchair Athletics' Angela Ballard set two new world records, the Sydney Uni Handball team won their fourth straight Oceania championships and Tahlia Tupaea of the Sydney Uni Flames was selected to compete in the Under 19 World Championship in Russia. Aside from sporting excellence, we've also seen the continued construction of the brand new grandstand at Oval Number 2 – the realisation of many years of dreaming and planning – which has been terrific. Read more about the construction progress on page 22.

Our impressive ROAR cover star is Katie Ebzery of the Sydney Uni Flames (p 10). Katie is an Elite Athlete Program (EAP) member and a powerhouse on the basketball court. Hailing from Newcastle, Katie has been playing basketball since she was five years old. This year, she's trialing for the Australian Opals and has set her sights on qualifying to represent Australia at the Rio Olympics in 2016.

We also have a great interview with Nick Phipps (p 6), another member of the Elite Athlete Program, who has returned to his home state of New South Wales to play rugby for the Waratahs following three years in Melbourne with the Rebels. In September, Nick will join the Wallabies to compete in the Rugby World Cup.

Our nutrition article (p 8) focuses on the dangers of "liquid calories" – the ubiquitous high sugar, high fat content drinks we all know and love, but should drink less of. Susie Burrell reminds us that these beverages offer little nutritionally and don't do our waistlines any favours. In addition, Graham Croker provides some insight into the state of Soccer at Sydney Uni (p 14). We have a recap of our most recent Sports Awards – the night that celebrated the amazing achievement of athletes in 2014 and recognised new scholarship holders for

2015. Congratulations to all of the award winners!

There's a lot happening in the rowing world in the coming months, and Sydney University Boat Club legend, Chris Noel, provides an update on page 18. Nineteen University of Sydney students, including many members of the Elite Athlete Program, have just competed in the Summer World University Games at Gwangju City, South Korea (p 20). This is a great achievement and I congratulate all of our University of Sydney Unirooms.

One of my personal highlights in this issue is the story about our Elite Athlete Program's involvement in the National Aboriginal Sporting Chance Academy (NASCA), a group that works with aboriginal youth and encourages them to chase their dreams (p 32).

I hope you enjoy this latest issue of ROAR.

Rob Smithies
Editor



ROAR MAGAZINE

28 EDITIONS YOUNG

ROAR

28
SPRING
2015

EDITOR
Robert Smithies

DEPUTY EDITORS
Kristen Barnes, Graham Croker,
Laura Hanlon & Sarah Odgers

**CREATIVE DESIGN
& PRODUCTION**
Southern Design

ASSISTANT CREATIVE
Sarah Odgers

CONTRIBUTING WRITERS
Graham Croker
Kristen Barnes
Susie Burrell
Carmel Dimarco
Laura Hanlon
Anika Lalic
Aaron Scott
Ed Smith
Rodney Tubbs

CONTRIBUTING PHOTOGRAPHERS
Laura Hanlon
Narelle Spangher
Geoff Tripp
David Stanton
Andre' Stefan White
Craig Golding Photography

**SYDNEY UNI SPORT
& FITNESS**

EXECUTIVE DIRECTOR
Robert Smithies

**FINANCE & ADMINISTRATION
MANAGER**
Aleksandra Pozder

HIGH PERFORMANCE MANAGER
Matthew Phelps

**OPERATIONS, PROPERTY
& PROJECTS MANAGER**
Ed Smith

**CORPORATE & ALUMNI
RELATIONS MANAGER**
Rodney Tubbs

**COMMERCIAL & REGULATORY
MANAGER**
Charlotte Churchill

**ELITE ATHLETE PROGRAM
MANAGER**
Leonie Lum

**PROGRAMS & PARTICIPATION
MANAGER**
Melinda D'Arcy

WHAT'S INSIDE FEATURES



KATIE'S COURT

One Australian Opal has found a winning formula, mixing study and sport.
By Aaron Scott

10



KICKING GOALS

Raul Blanco says he's "still learning" the secrets of coaching, while Heather Garriock says she's "keen to learn" the secrets. By Graham Croker

14



SPORTS AWARDS

Lavinia Chrystal was named Sportswoman of the Year, while James Dargaville and Nick Hough shared the men's award. By Kristen Barnes

16



THE ROW TO RIO

Sydney University Rowing Club athletes and coaches are making every finishing line count.
By Laura Hanlon

18



WORLD UNI GAMES

Our best emerging athletes make the Aussie team for World Uni Games.
By Laura Hanlon

20



OUTSTANDING GRANDSTANDING

If you've taken a walk down Grose Farm Lane lately, you will have noticed something big is brewing.
By Ed Smith

22



INTERVAL V AEROBIC

Exercise is all about getting moving, being active and making a positive change to your lifestyle. But which is the best way to do it? By Carmel Dimarco

26

REGULARS

- 2 Welcome
- 5 News Bites
- 6 Profile: Nick Phipps
- 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



ROAR | IN CASE YOU MISSED IT

NEWSBITES



TOWELL IN NATIONAL SQUAD

CSNA/Sydney Uni Netball representative Laura Towell earned selection in the Australian Under 17 squad after attending the recent National Netball Championships in Sydney. Towell is a member of Sydney Uni's Division Two side who had a strong season in the Waratah Cup State League, finishing fifth, just a point off a semi-final berth. While competing in the State League, Laura has also been participating in a series of training camps at the Australian Centre of Excellence in preparation for international tournaments. Sydney Uni's netball club has been thriving this season with the Division One side winning the Waratah Cup with a 53-40 result over Eastwood-Ryde in the grand final at Netball Central. Meanwhile, another CSNA/Sydney Uni player, Madeline McCathie, has been selected in the 2015 Canberra Darters team. McCathie was named in a final squad of 13, with two more import players expected to join the roster. She will compete with the Darters in the 2015 Australian Netball League, a seven-week winter competition that aims to promote talented young players.

AUSTRALIAN HONOURS FOR KEIGHLEY

Sydney University Elite Athlete Alice Keighley won selection to represent Australia at the 2015 International Handball Federation's inaugural Four Nations tournament in Kazakhstan. The winner of the tournament will gain a spot at the Women's World Championships 2015 in Denmark in December. The Four Nations Tournament will be the future pathway to the World Championship and Olympic Games for teams from Oceania, with the winner of the Oceania Handball Nations Cup earning the region's spot at the tournament. The Four Nations Tournament will be contested by the first non-qualified team from Asia, Africa and Pan-America. Asia will be represented by Four Nations host, Kazakhstan, and Algeria will make up the African contingent whilst Uruguay will represent Pan-America. Keighley's selection in the national team is a testament to her hard work and determination over the years. Playing handball since age 16, she has competed on the world stage a number of times including co-captaining the Australian Junior Women's Handball Team in Mexico, 2013.

RUNNING HOT

Sydney University Athletics Club enjoyed one of their most successful evenings at the Athletics NSW Awards Dinner held recently at Sydney Olympic Park, winning an array of awards across a number of categories. SUAC collected the most prestigious award of the evening, the Metropolitan Club of the Year, tipping out rivals UTS Norths for the honour and sending campus historians scrambling to determine the last time the club had won this honour. As SUAC coach Dean Gleeson says, considering the year the club was able to put together, which included winning every senior club title at metropolitan, state and national level, having 15 athletes represent Australia, including 10 selected in the Commonwealth Games team, it was just reward for a phenomenal effort from the Club and its membership. Other awards on the night went to Nick Hough, who won the Best Senior Sprint/Hurdles as well as The Best Performance by a Male at the Australian Championships. Michelle Jenneke won the President's Award, Nicole Fagan won the Donis Clark Award for Best Female Distance Walker, and Georgia Wassall won the Best Junior Middle Distance Athlete. All in all, a good night out.

FLAMES BOLSTER THEIR ROSTER

Brydens Sydney Uni Flames haven't been idle during the off-season, announcing a number of signings to post a strong roster for the 2015-16 Women's National Basketball League season. They include import Joslyn Tinkle, a 24-year-old Stanford University graduate who became the University's 34th 1000 point club member when she started all 36 games in their 2012/13 season. She will add another dimension to the Flames with her attacking style and scoring ability. And she's no slouch at the defensive end, having collected 66 blocks in her senior year at Stanford, the third highest single season total in the University's history. Joslyn has spent the past two seasons playing in the Euro league in Turkey and Hungary. Flames coach Shannon Seebohm was keen to sign Tinkle. "Joslyn's versatility suits our style of play very well since she can score from both in the paint and from the perimeter," he said. "She is also going to add great game experience to the team with her time spent playing in some of the best leagues in Europe. We are very excited to have her join the Flames for next season." Other signings include Hayley Moffatt, Katie Rae Ebzery, Rohanee Cox, Tahlia Tupaea, Casey Samuels, Carolyn Swords and 20-year-old Alex Wilson, who has committed for the next two seasons.

NO HALF MEASURES

SUSF ELITE ATHLETE PROGRAM (EAP) SCHOLARSHIP HOLDER, NICK PHIPPS, CHATS WITH ANIKA LALIC ON MASTERING THE BALANCE BETWEEN INTERNATIONAL BUSINESS AND PLAY.

AL: Nick Phipps, please tell us a little about your life over the past couple of years after moving from the Rebels to the Waratahs.

NP: After three awesome years down in Melbourne with the Rebels I was lucky enough to be given the opportunity to come back to my home state and represent the Tahs. I moved into "The Pentagon," a house in Bondi with four other mates (three of them are SUFC players as well) and have had a great ride over the past two years juggling footy and uni.

AL: Obviously 2015 is a big year for Rugby with the World Cup just around the corner in September. You've already experienced a RWC in 2011. How do you think this one will compare?

NP: It's important for me to finish the year strongly with the Tahs. There are so many club stalwarts moving on, including the big man, Michael Cheika, so it's important to send them all off in the style that they deserve. As for the World Cup, I hope to be actually playing in this one! This is going to be by far one of the biggest World Cups ever staged, with most of the games being played at the traditional home of rugby, Twickenham Stadium.

AL: How did it feel to win the Super Rugby Premiership in 2014 with the Tahs?

NP: Words sort of elude me to accurately convey what it meant. It's an unbelievable feeling to achieve something that many out there thought that we wouldn't be able to do. To work so hard for your whole life to get even close to the opportunity to make your teammates, family, friends and state proud is the ultimate experience.

AL: Alongside your rugby career, you've recently come back to complete a Masters of International Business at the University of Sydney. How has it been this time around?

NP: I guess when I was a bit younger I didn't really know how lucky I was to have the opportunity to get an

education. Everyone gets stuck into their studies at different stages of their life and obviously I studied hard and enjoyed my uni experience at the time, but it's one thing turning up and it's another really throwing yourself into it and wanting to learn. Now that I've matured a little I am really enjoying myself.

AL: The pinnacle for any sports person is the Olympic Games. You played in the 2010 Delhi Commonwealth Games with the Aussie Sevens team winning silver. Having experienced that, is there any chance for you to be an Olympian in the 2016 Rio Games?

NP: I would love to as I really loved my time in the Sevens and the game is so exciting to play. The skill set required and the dependence you have upon your six mates out there is something that's very special to be a part of. I don't know whether or not I'll be able to compete in the Olympics but I know that Australia will send a strong team!

AL: Tell us a little about the person behind the student and the rugby star; where did you grow up and go to school? Was being a professional athlete always a goal? Has it been a case of good luck, hard work, or a combination of both?

NP: I grew up on a school property out in Sydney's west. My old man is a teacher at Kings and we lived on the property next to a boarding house. With so much room to move it was pretty hard to keep still growing up! I threw myself into every sport possible to keep out of trouble at school and whether it was rowing, rugby, athletics, cross country or swimming I just enjoyed the hard work in a team. I never wanted to be a professional rugby player. I grew up just having fun with sport and not wanting to let anyone down. That brought me to where I am today. Good luck is a big part of any athlete's life and I have certainly had my fair share but hard work put me in that position to also make my own luck.

AL: Outside of sport and study, what are your hobbies, interests and pursuits?

NP: Getting to chill out with mates over dinner or a coffee or just a swim down at the beach are my favourite things to do when I get a chance.

AL: What do you think you would be doing if you weren't a professional athlete?

NP: Well I am hoping to move into the business world one day so maybe I would be there. If I had a chance to live the dream, I'd be a landscape gardener or a chippie!

AL: Who inspires you?

NP: The people around me inspire me. I'm pretty lucky to have a great bunch of friends and family. It sounds corny but during the big moments or the tough times in life I can think of those people and they will always get me through.

AL: Do you have any pre-game rituals?

NP: Carbs and chocolates the night before the game and pack your bag the night before.

AL: What's your mantra/favourite quote?

NP: "The game is won or lost well before you go out under those lights."

AL: What is your advice to other student-athletes?

NP: It's good to have expectations of yourself to compete well, but you have to make sure you are still enjoying yourself. During my first few years at Sydney Uni, I made the most of getting to know new people and took advantage of all the social opportunities I could. Sport is awesome because you get to play alongside people you wouldn't have met otherwise. Also, make sure you stay ahead on your studies; once you are catching up it's almost too late. Look ahead to what's coming up like touring and competing and map your way around with the help of the EAP program at Sydney Uni Sport & Fitness. You will find it easier than you thought.

RETHINK YOUR DRINK

IF WE STUCK TO WATER WITH A LITTLE TEA AND COFFEE WE COULDN'T GO WRONG BUT THE GROWTH OF SUGAR SWEETENED BEVERAGES INCLUDING SOFT DRINKS, JUICES, CORDIALS, VITAMIN WATERS, FLAVOURED MILKS AND, OF COURSE, ALCOHOL IS A RECIPE FOR DISASTER WHEN IT COMES TO WEIGHT CONTROL.

Not only are liquid calories easily over-consumed, they are rarely compensated for and offer little nutritionally, and are hence known as empty calories.

What are you drinking?



WATER

Water should be the main fluid of choice for all of us and if you are not drinking two to three bottles of the good stuff every day, you are not drinking enough. Not only does keeping hydrated help us (and our skin) to look and feel better, keeping optimally hydrated also helps to prevent fatigue, bloating and constipation; all symptoms frequently experienced and which can be easily prevented by drinking a little more water.

FRUIT JUICE

For many reasons, freshly squeezed fruit juice epitomises good health and while fresh fruit is a nutrient dense snack choice packed with fibre, vitamins and minerals, the concentration of fresh fruit juice means that it can be a kilojoule dense fluid choice, without the fibre and satiating properties fresh fruit has.

Always choose 100 per cent fruit juice, stick to small serving sizes (~200ml) and limit your intake to one serve each day to avoid a kilojoule overload. Better still, try vegetable juices which have up to a 1/3 of the kilojoules than that of fruit juice.



COFFEE

Starting the day with a latte or cappuccino is an indulgence for many people but it is worth being specific about the size and type of coffee you choose to enjoy. Large milk-based coffees with added syrup, cream and sugar can contain as much as 500ml of milk which makes them more like a meal than a drink.

Secondly, slowly sipping sugar and milk based coffees over many hours is less than ideal metabolically as it tells the body that you are constantly eating. Aim for just one to two coffees each day, avoid adding sugar or syrups and choose small and regular sized cups.

TEA

Tea, green tea in particular, has a number of powerful nutritional properties, most notably being a rich source of antioxidants. There is some evidence that has found that drinking a cup of strong green tea after meals does slightly increase metabolic rate. Anecdotal reports have also suggested that green tea may help to curb sugar cravings. Naturally, all types of tea are best consumed without added sugar.

Kilojoules in your favourite drinks

Regular skim cappuccino (200ml): 250kJ
Grande caramel latte (450ml): 1300kJ
Cola drink (600ml): 1000kJ
Kid's skinny Boost (350ml): 500kJ
Regular Boost smoothie (650ml): 1500kJ
Vitamin water (500ml): 470kJ
Powerade (600ml): 780kJ
Green tea (200ml): 6kJ
Standard wine glass (120ml): 350kJ
Large wine glass (240ml): 700kJ
Stubby of light beer: 430kJ
Stubby of regular beer: 550kJ



VITAMIN WATER

Vitamin waters have been available for a number of years, but have experienced a recent resurgence courtesy of powerful marketing campaigns which align these waters with attractive mind-body states such as "vitality" and "energy." While these rather expensive waters do contain added vitamins, the harsh reality is that the vitamins that have been added are rarely lacking in the average adults diet and, with up to six teaspoons of sugar per bottle, save your money and get your vitamins from fresh fruit and vegetables instead.

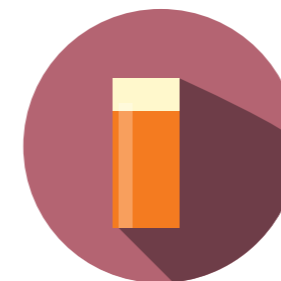


SPORTS DRINK

Sports drinks are a specially formulated mix of rapidly absorbed carbohydrates and mineral salts which were originally developed for elite athletes to aid in the recovery and rehydration process after competition. While sports drinks have a specific role in high level sport, for recreational athletes training for less than one hour each day, their relatively high cost, high kilojoule and carbohydrate load means that sports drinks are generally unnecessary.

SOFT DRINK

With up to nine teaspoons of sugar per 375ml can, in addition to a number of colours and preservatives, soft drink is a kilojoule dense, nutrient poor food choice. If you do choose to purchase "diet" varieties of soft drink, it is useful to be aware that some of the additives being used in the production of these drinks have been banned overseas.



CORDIAL

Cordial, like soft drink, is a nutrient poor, high kilojoule food choice and needs to be limited in the diet, for both adults and children.

WINE

Of all types of alcohol, there is some evidence to show that drinking a glass of red wine a night can help to increase the amount of "good" cholesterol in the blood stream. Please note that these results are based on drinking just one standard sized glass, not a goblet.



BEER

While beer does not offer the potential health benefits that spirits and red wine do, the wide range of beers available does mean that you can significantly reduce your kilojoule intake by choosing low carbohydrate and low alcohol varieties. Remember that it is recommended adults consume no more than two standard drinks each day with at least two alcohol free days a week.

SPIRITS

Spirits, like red wine, contain powerful antioxidants which appear to help increase the levels of good cholesterol in the bloodstream. Spirits, too, do not tend to be over-consumed to the extent that wine and beer is which can help to control kilojoule intake. The most important thing in relation to spirits is to watch your mixers – stick to soda water, diet soft drinks or enjoy them on the rocks to help lower your kilojoule intake.



KATIE'S COURT

One Australian Opal has found a winning formula, mixing study and sport, writes **Aaron Scott**.



KATIE EBZERY IS EXHAUSTED. CAN'T BLAME HER REALLY. THE DAY BEFORE WE SPEAK, SHE ARRIVED HOME FROM HER FIRST TOUR WITH THE NATIONAL TEAM, A TWO-WEEK GRIND THROUGH SERBIA, ITALY AND SPAIN.

Since arriving home, jet lag has sunk its claws in. Last night she awoke at some ungodly hour and spent the early hours staring at a darkened ceiling.

So, yes, she's exhausted. But there's an edge of elation to her voice, too. The tour was a success. Playing against full-strength opposition on the verge of their Olympic qualifiers, the young Opals team returned with victories over Italy and Venezuela balancing hard-fought losses to Serbia and World Championship silver-medallists Spain.

In all, the matches augur well for the Opals' Olympic qualifiers in August this year. At a personal level, Ebzery was quietly content with her own performances.

"I felt I had a reasonably strong tour," she says. "It's a bit of a process when you have a group of girls who haven't played a lot together – it takes a couple of games to get into a groove and work out how everyone plays. But I thought I did OK."

And the nerves – were they firing as she took the court in the green and gold for the first time?

She grins: "I guess it was a bit nerve-racking. But I've played with most of the girls before. Plus, the basketball doesn't change..."

Indeed. And this 25-year-old has a knowledge and understanding of basketball that belies her years. A Newcastle girl by birth, Ebzery grew up immersed in the rhythms of the game. Her mother and cousins played for the Newcastle Hunters, and young Katie used to wile away her weekends at the Broadmeadow Basketball Stadium watching them pound up and down the hardwood floor.

She first took to the court as a five-year-old. By the age of nine she'd earned selection in the Newcastle Under 12 rep program.

She competed in other sports in these years – netball, touch football, athletics,

cross country – but the fluid and expansive nature of basketball entranced her.

"I've just always loved how everyone can do everything in basketball," she explains. "You're not restricted in any sense like you are in other games, where you might be restricted to a certain part of the court or a certain role on the field. In basketball you can do everything and anything."

"It's a game that includes a lot of skill, a lot of different points of athleticism. For these reasons I've always been attracted to basketball."

This love of the game combined with a natural athleticism to produce a prodigious talent. She blasted through the local and state rep teams before being invited to the AIS as a 15-year-old. She accepted the invitation without question. "At that point AIS scholarships were hard to come by and when you were being offered one it was hard to say no," she says. "Going down to Canberra was just the natural progression if you wanted to go somewhere with your basketball. The program down there was so prestigious, so successful."

She packed her bags, said her farewells, and moved to Canberra. It was only when she arrived at the Institute, a wide-eyed kid surrounded by women three, four, five years her senior that the scale of the challenge slipped into focus.

"It was tough; it was very difficult. I was a baby, pretty much," she says. "I was living out of home and fending for myself. I was living with a bunch of 18 and 19-year-olds and I was suddenly playing in the women's national league. I had to grow up pretty quickly. It was certainly a big jump from running around with my friends in the Newcastle Under 16 comp. A big learning curve."

On court, Ebzery's game continued to flourish. She ensconced herself in the AIS's WNBL outfit, racking up 65 games in the national league over the following three years.

Off court, however, the strain began to show. The 24-7 focus on basketball wore her down, sapping her love of the game. In 2009, with the 19-year-old at the peak of her physical powers, Ebzery decided to walk away from the court.

"I'd just gotten to a point where basketball wasn't fun for me anymore – and I think my experience at the Institute might've contributed

to that," she says. "I was burnt out; I was over it. I just wanted some normality in my life. I wanted to get a job and have some friends."

She moved out of home and took up a full-time job in a law firm. The sudden freedom thrilled her.

"I finally had some money and I could just be a normal person," she says. "It was nice to have a bit of normality; to go to work, earn a bit of money and be independent. That was a really big thing for me: I wanted to be able to look after myself, not have to rely on Mum and Dad."

She didn't touch a basketball for months, instead quenching her competitive thirst with netball. But, as the year wore on, she felt a familiar urge tugging at her.

"Ultimately, what I was hoping would happen is that I would miss basketball," she says. "And that's exactly what happened. I'd hoped the break would rekindle my love of the game and reinforce to me that basketball was something I really wanted to do. And that's exactly what it did."

In 2010, Ebzery emerged from her 12-month hiatus. She moved to Sydney and joined the Sydney Uni Flames. While the team had a disappointing summer, missing the finals, Ebzery took to the competition with a will, finishing the season with career highs in points, rebounds and field goal percentages.

She was rewarded with selection in the Emerging Opals team that went on to win bronze at the 2011 World University Games in Shenzhen, China.

Over the following seasons, Ebzery's game has continued to flourish. It's a revival she credits to the holistic nature of playing in the WNBL while simultaneously completing her Human Movement and Health Education degree.

"Being in the program here at Sydney Uni, I've been able to sort

"I've just always loved how everyone can do everything in basketball."

things out, been able to get a bit more balance in my life," she says. "And doing that has helped me on-court. I'm not solely focusing on basketball anymore – I've got other things going on. And that's evened my life out. That all-round balance has contributed to me being able to perform on-court."

In this modern age of hyper-professionalism it's a quaint, almost anachronistic, approach to elite sport. But for Ebzery, who was awarded the Vice-Chancellor's Scholarship at the Sports Awards this year, the results speak for themselves.

"When I solely focused on my basketball, I got so caught up in it that it became counter-productive," she says. "It became stressful; something that I was constantly thinking about and worrying about. I need study and work; I needed other aspects to my life. And now that I've got those things going on, now that

basketball's not my sole focus, I feel so much more comfortable on court."

And it shows. Last season, Ebzery thrived in a new-look Flames outfit under the mentorship of new coach Shannon Seebohm. The team finished fourth in the regular season, before disposing of Dandenong in the first round of the finals – a match in which Ebzery bagged 22 points and five rebounds. The run eventually ended with a fighting eight-point loss to Bendigo in the major semi-final, but Ebzery maintains the season was an unexpected success.

"There were so many unknowns, with three out of our starting five new to the team and a new coach," she says. "Obviously that's a pretty big deal. It was a different period for the Flames; we weren't sure where we were at. But it really came together in the end."

This season, the team will face similar challenges, with US imports Joslyn Tinkle

and Carolyn Swords drafted in to replace the departing Mikaela Ruef and Paris Johnson. Ebzery, however, is unfazed.

"Shannon's still there as coach," she says. "And we have a key group of girls who've been in the program for two or three years now in myself, Casey Samuels, Rohanee Cox, Tahlia Tupaea, Nicole How and Kathryn Rendell. So we need to build on the success we had last year."

"Obviously there are some new players, but we think we have a good recipe in terms of the plays we're running and the style of game we're playing."

For Ebzery, of course, it's a season brimming with possibilities. The Olympic qualifiers are already casting a long shadow. Beyond that, the Rio Games are glinting on horizon. Are the nerves jangling?

She smiles wearily, no doubt focusing more on a good night's sleep rather than matches 12 months down the track: "We'll see what happens ..."





KICKING GOALS

He coached the Socceroos in 1998-99 and the Olyroos at the 2000 Sydney Olympic Games. She played 125 internationals for Australia, representing the Matildas at the 2003, 2007 and 2011 World Cups and two Olympics.

Raul Blanco, 72, says he's "still learning" the secrets of coaching after 20-plus years in the elite ranks. Heather Garriock says she's "keen to learn" the secrets.

And she's come to the perfect place to kick off her senior coaching career: Sydney University Soccer Football Club, where Raul was appointed head coach in 2014.

While there's a 40-year age difference between the pair, they share many similar traits, including the will to achieve and succeed. And that's why she's been keen to query her mentor.

"I'm happy to pass on any knowledge I have to younger coaches," Raul says, adding sagely "but I haven't finished learning myself.

"Heather has achieved so much in football. She's played and represented her country at so many places around the globe and has great experience to call on now that she is starting on a coaching career.

"But coaching is different to playing, although with her experiences and personality she has the ability to succeed. She is well equipped for a new and demanding career.

"The Football Club is fortunate to have somebody with her pedigree, with the knowledge she has from a long career. It's great to have her here."

Heather, who has been appointed senior head coach in SUSFC's women's program, says Raul has been very open and honest with her since she first walked on the campus.

"I've spoken with him on many occasions and also asked questions through John (Curran, SUSFC technical director, who was responsible for getting Heather involved)."

While Heather has coached at the grassroots level in junior and senior football programs at Westfield Sports High School, she was keen to start a career at senior level when motherhood put a hold on her playing career.

"I wanted to go into coaching because I have a passion for the game," she says. "I've coached at grassroots level and I jumped at the chance when John Curran called to see if I'd like coach when I was taking time off having my first daughter.

"I've loved it since I took on the role at Sydney University and I'd like to go as far as I can, to national level. I've finished my

AFC B Certificate and enrolled in a Master of Education (Sports Coaching) at the University. It will give me credibility as a coach and academically."

Heather says she's quizzed Raul what he would do in certain circumstances on the field. "He's coached at national levels in Australia and New Zealand; he's very knowledgeable," she says.

Heather says the SUSFC system is perfect for coaches and players. "John Curran has done a great job with the program," she says. "It helps the girls with scholarships and playing football. They can be focussed on their sport and their career.

"And the new square and grandstand (on No.2 Oval) are going to be fantastic. The facilities are close to the city and are world-class – the complete package."

Raul agrees. "It's very exciting with the new stadium and facilities," he says. "The University is progressing the right way.

"The new square for sport at the University will be fantastic, not only for the football and rugby players but also for the spectators. It will help to attract supporters for the clubs using the facility. People will come to support rugby and football.

"I think it will be the reward for the long wait the clubs have had to get such a facility. Sport needs it, but the players, more than anyone, deserve something of this standard."

Since putting a hold on her playing career, Heather has had a second daughter with fiancé Mathew Louchart - Kaizen is now two-and-a-half and Noa is nine months.

And while she's not with the Matildas at the 2015 World Cup, she has been commentating on the action for SBS television.

"It has been a different element to my career," she said.

"I've taken it naturally. It is similar to coaching in that you have to analyse the game and speak about it, but it is a different dynamic. I've been excited to be a commentator and looking at it from a career perspective."

And she is back in training with the Sydney Uni girls with the aim of being a player-coach. "I should be back as a player in a couple of weeks. I've been working hard on my strength and conditioning to get ready for a return to playing.

"I'd love to get back in the national side, but I'll push to get back to W League level and see how it goes. It also depends on logistics of family and sacrifice."

And that's where Heather says she is fortunate to have the wisdom of Raul and complete support of Mathew by her side. Their busy schedule of family, sport and study will include a wedding in December.

celebrating A YEAR OF ACHIEVEMENT

SYDNEY UNI SPORT & FITNESS RECENTLY HOSTED THE 2014 SPORTS AWARDS AT THE GREAT HALL. THE NIGHT CELEBRATED THE AMAZING ACHIEVEMENT OF ATHLETES LAST YEAR AND RECOGNISED NEW SCHOLARSHIP HOLDERS FOR 2015.

MC Rebecca Wilson did a beautiful job guiding guests, athletes, staff and esteemed members and alumnus of the University through the ceremony which started with a welcome from SUSF President, Bruce Ross. Ross spoke of the longstanding tradition the University holds in producing extremely talented athletes whom also achieve outstanding academic results.

Headlining a glittering year, Sydney University achieved outstanding representation at the Glasgow Commonwealth Games, contributing 20 athletes to the Australian team, including Angie Ballard who won gold. 2014 saw Sydney University's Men's and Women's Cricket teams both triumph, while Sydney Uni's American Football team won the Waratah Bowl. The Women's AFL team also claimed the Premier Women's League trophy and the Athletics club enjoyed a stellar 2014 season, winning every open title.

Among a flurry of successes, Sydney University reclaimed the Australian University Games 2014 crown by a record margin, displaying the all-round strength of its sporting clubs.

The night acknowledged that excellence takes everyone,

concluding with a toast by Valedictorian Meegan Shepherd, who spoke of the importance of athletes being grateful for all the people behind the scenes who make their sporting and academic achievements possible. We congratulate everyone on a highly successful year, and hope 2015 will produce just as many highlights.

PAT SHARP AWARD FOR FEMALE CLUB ADMINISTRATOR OF THE YEAR

Julie Andrews (*Swimming*)

THE ROSENBLUM FAMILY AWARD FOR MALE CLUB ADMINISTRATOR OF THE YEAR

Brett McLeod (*Velo*)

CLUB OF THE YEAR

Australian Football - Women's



AUSTRALIAN UNIVERSITY SPORTS AWARDS

Bruce Ross (*SUSF President*), Dean Gleeson (*Director of Athletics*) and Katie Ebzery (*Bryden's Sydney Uni Flames*)



THE PROFESSIONAL ADMINISTRATOR OF THE YEAR

Andrew Heil (*Athletics*)



COACH OF THE YEAR

Yucel Celenk (*Women's AFL*)



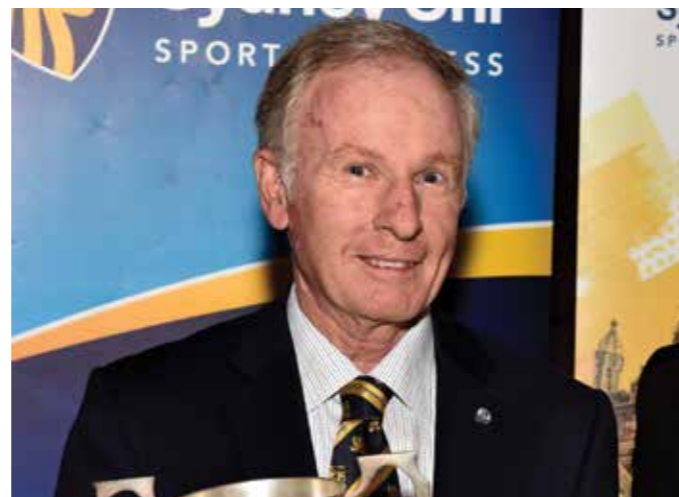
PREMIER COACH OF THE YEAR

Mark Prater (*Boat*) and Gary Whitaker (*Cricket*)



VICE-CHANCELLOR'S SCHOLARSHIPS

Katie Rae Ebzery and Kane Townsend



PREMIER CLUB OF THE YEAR

Cricket



SPORTSWOMAN OF THE YEAR

Lavinia Chrystal (*Snow Sports*)



SPORTSMAN OF THE YEAR

James Dargaville (*Rugby*) and Nick Hough (*Athletics*)

THE ROW TO RIO

WITH SIX SYDNEY UNIVERSITY MEN AND WOMEN ROWERS REPRESENTED AT BEIJING 2008 AND 10 AT THE LONDON OLYMPICS 2012, SYDNEY UNIVERSITY ROWING CLUB ATHLETES AND COACHES ARE MAKING EVERY FINISHING LINE COUNT AS THEY STRIVE FOR RIO 2016 SELECTION. AND, WITH SO MUCH HAPPENING IN THE ROWING WORLD IN COMING MONTHS, WE SOUGHT OUT SYDNEY UNIVERSITY BOAT CLUB HIGHLY RESPECTED LEGEND, **CHRIS NOEL**, FOR AN UPDATE.

As reported in breaking news in our last ROAR, SUBC achieved a stunning eight representatives and a coach in the 2015 Australian Rowing Team, selected at the end of March. In a team of just over 60, this level of representation is a testament to the dedication, hard work and talent Sydney University boasts.

Our magnificent eight, who will represent Australia at the World Cup rowing events in Varese, Italy and Lucerne, Switzerland and possible inclusion in the team for the 2015 World Rowing Championships at Lake Aiguebelette, France, 31 August - 6 September are:

- Sally Kehoe, Women's Double Scull.
- Fergus Pragnall, Matthew Ryan and Nicholas Purnell, Men's Coxed Eight.
- Jack Hargreaves, Nicholas Wheatley and Coach, Mark Prater, Men's Coxless Pair.
- Alexander Belonogoff, Men's Double Scull.
- Cameron Girdlestone, Men's Quadruple Scull.

With many SURC competitors performing so well in multiple events at the Penrith National Championships it is hard to single out anyone for special mention.

However, the effort of Alexander 'Sasha' Belonogoff in winning the Interstate Men's Single Scull Championship for NSW in a time of 6.47.44 for 2000m is hard to beat. Run annually since 1926, this prestigious race is known as the President's Cup with the President of Rowing Australia, Rob Scott, presenting Belonogoff with this trophy for the second consecutive year.

Hailing from Rockhampton, Belonogoff has achieved podium finishes at a series of World Cup events and World Championships in recent years and at 25 years of age, the 90kg powerhouse is hungry for even bigger success.

Sally Kehoe is another athlete deserving of special mention as she flies the flag for Sydney University Women's Rowing in the Australian team. Kehoe is a two-time Olympian, having finished sixth at both the Beijing and London Olympic Games in the women's eight.

Kehoe was introduced to rowing in 1999 while at boarding school in Brisbane. Juggling full-time work as a credit analyst with the National Australia Bank with her passion for rowing hasn't stopped Kehoe's determination to succeed over a long and illustrious sporting career. Now an inspiration for other female rowers, Sally drew inspiration herself as a five year old from a distant relative, Australian Olympic swimming legend Susie O'Neill. That family has both 'on the water' and 'in the water' activities covered!

Also heading to Europe is the Australian team for the 2015 Under 23 World

Rowing Championships to be held at Plovdiv, Bulgaria, from July 22-26. The same Men's Coxless Pair of Hargreaves and Wheatley, along with SURC coach Mark Prater from the Open Australian team, feature again underlining the quality of the University program.

Congratulations also go to Alexander Purnell for winning selection in the Under 23 Men's Quad Scull.

Jacob Bicknell made the Australian team in the Men's Scull for the two-round Under 21 Trans-Tasman Challenge series. Round one will be held at the Sydney International Regatta Centre, Penrith on July 2-4, with round two in New Zealand at the end of August.

With too much rowing never enough, the Australian University Rowing Championships are scheduled for Adelaide, from September 28 – October 2, while the bulk of the Australian University Games athletes are heading to the Gold Coast at the same time. Meanwhile, development rowers are heading to the Trans-Tasman, Brisbane River Challenge and the International Universities Regatta in Shanghai in July.

If the mention of rowing and October gets you twitchy it's no wonder; who can forget the drama and spectacle of the best women's and men's rowing eights from Sydney and Melbourne Universities battling it out in a classic long-distance grudge match on Sydney Harbour last year.

The race that graced the most beautiful harbour in the world last year alternates between the cities and moves to Melbourne and the Yarra River this year. Move over Oxford and Cambridge as the war of words builds up between these two great universities and arch rivals. The honours and bragging rights split in 2014: Sydney won the men's race and Melbourne the women's. So both camps will be fired up to bring home both trophies in 2015.

While it might seem that the focus of the Sydney University Women's Rowing Club and the Sydney University Boat Club is the elite International level athlete, nothing could be further from the truth. Both clubs are keen to grow their membership and it is an exciting time as they plan to redevelop their boatshed on the Lane Cove River. More information about each club is available on the Sydney Uni Sport & Fitness website.



TAKING IT TO THE WORLD

Our best emerging athletes make the Aussie team for World Uni Games, writes **Laura Hanlon**.

Nineteen University of Sydney students have won selection in the Australian team to compete at the Summer World University Games, known as the Universiade, at Gwangju City, South Korea, from July 3-14, 2015.

The Australian team of 185 athletes plus coaches, managers and medical staff was chosen by Australian University Sport in consultation with the relevant national sporting organisations and is known as the Australian Uniroos. Nearly all Australian universities have contributed members to the team with some also selected from overseas campuses.

If you followed the fortunes of our University of Sydney contingent who did us proud at the Glasgow Commonwealth Games last year, you will notice some familiar faces. Michelle Jenneke and Nicholas Hough have maintained their high standards to make the athletics squad.

The Summer Universiade is held every two years and is structured along similar lines to the Olympic Games with Opening and Closing ceremonies and multi-sport events under the governance of the International University Sports Federation. The world Universiade comes from university and Olympiad, meaning Olympic Games for students.

The Universiade is both a sporting and cultural festival with around 170 countries and 10,000 athletes participating. Gwangju City, 268km south of the capitol Seoul was established in 57BC, so all attending should experience a rich history with so much to see and do outside of the sporting events.

The 13 compulsory sports range from Athletics, Artistic and Rhythmic Gymnastics, Basketball, Fencing, Football (Soccer), Judo, Table Tennis and Volleyball. Additional sports are added by the host city and the 28th Universiade includes Archery, Badminton, Handball, Golf, Rowing, Taekwondo and Shooting.

The University of Sydney Taekwondo Club is thrilled to have four of its members make the 13 strong Taekwondo team. Founded in 2001, the club teaches this Korean martial art so they are preparing for tough competition from host nation South Korea. Jessica Moro, who is studying a Master of Exercise Physiology and the beneficiary of a previous Sydney Uni Elite Athlete Scholarship, will bring proven experience to the mat at this high level of competition. Jessica, who started Taekwondo training in 1997, has represented with distinction overseas and is primed for a big tournament.

Our sole representative in the Uniroos swimming team, Hayley Abood, is another member of our Elite Athlete Program and a proven performer at this level, gaining a bronze medal in the 200m backstroke at the 2013 World Uni Games in Kazan, Russia. It was one of the six gold, four silver and six bronze medals the Australian won in Kazan, the same medal tally we scooped in 2011 at Shenzhen, China. In Shenzhen, Sydney University middle distance runner Lachlan Renshaw, as men's team captain, recorded one of the biggest results of his career winning gold in the 800m. While Australia won't field competitors in every event, those we do contest will see our Aussie spirit and determination in full flight.

So with such a proud history to inspire them, please join us in

wishing all of our University of Sydney Uniroos a memorable and successful journey to South Korea. Keep an eye on our Sydney Uni Sport & Fitness website as we look to post an update on how our Uniroos perform.

The full University of Sydney group includes:

ATHLETICS

Nicole Fagan, Michelle Jenneke, Alix Kennedy, Nicola McDermott, Angus Armstrong, Nicholas Harris Mylordi, Nicholas Hough and Jin Su Jung

BADMINTON

Melinda Sun

FENCING

Simon Capon and Matthew Donald

RHYTHMIC GYMNASTICS

Enid Sung

SWIMMING

Hayley Abood

TAEKWONDO

Ellie Frayne, Jessica Moro, Hojabr Kakavand and Sam HyunWoong Yang

MEN'S WATER POLO

Anthony Hrysanthos and Paul Sindone

OUTSTANDING GRANDSTANDING

BY SUSF

IF YOU'VE TAKEN A WALK DOWN GROSE FARM LANE LATELY, YOU WILL HAVE NOTICED SOMETHING BIG IS BREWING. AS YOU LOOK ACROSS THE WESTERN EDGE OF OVAL NUMBER 2, YOU CAN NOW SEE THE LARGE FOOTPRINT OF ITS NEW GRANDSTAND.

By the end of 2015, SUSF will have moved into its newest home and will be starting to use many of the wonderful facilities within it. The ground floor of this three-story building will include:

- A three-wicket indoor cricket facility which will double as an indoor sports hall when required;
- The first floor of a two-level High Performance Gym which will become the home of many of our scholarship and elite athletes and squads;
- Four large changerooms that can accommodate the users of Oval Number 2 and the new Indoor Cricket Centre and the High Performance Gym;
- A medical room for the weekday and weekend treatment and strapping of our athletes;
- Offices for the SUSF Strength and Conditioning team and grounds crew; and
- Storage for our clubs and grounds teams.

When fully complete, the middle floor of the new Grandstand will feature:

- Six large offices and a break-out space housing a number of our clubs;
- A large club meeting room that overlooks the Indoor Cricket Centre; and
- The second floor of the two-level High Performance Gym.

The top floor of our newest addition to the SUSF family will host:

- A function room with the capacity to host a sit-down dinner for 300 people and accommodate our education programs, such as first aid and CPR courses;

- A 5m long indoor bar to service the function room;
- An outdoor bar and barbecue overlooking Oval Number 2 with a northern undercover terrace area for those who prefer to stand and watch a game of footy; and
- A large commercial kitchen to cater for dinners and cocktail parties in the Grandstand.

As you look up from the new rectangular field that will take up much of Oval Number 2, the completed, BVN Architecture-designed grandstand will stretch 78 metres along the sideline with a central players' race feeding teams out onto the halfway line. Above and to either side of the race will be:

- 1100 grandstand seats, many of which will have the names of our donors proudly emblazoned on them;
- A southern, open-air deck overlooking Ovals 1 and 2 as well as the St John's fields; and
- A central commentary and camera position for our future broadcasters.

So far, SUSF's "Building on Excellence" fundraising campaign has been a great success and significant early donations have meant that we could afford to build the crucial middle level of this building. Now, with all of the Grandstand's key base build facilities already provided for in the handover from our builder, Kane Constructions, all that will be left for SUSF to do is to fit out the offices, High Performance Gym and kitchen/bar area. Providing our greater SUSF family continue to answer our requests for philanthropy, we expect to be able to afford and install these important final components prior to the end of the year.

For more information on how to contribute to the "Building on Excellence Campaign," please see our website at www.susf.com.au.

The good news doesn't end here for Oval Number 2. In addition to the new Grandstand, SUSF has successfully applied for funding from the University to build a new electronic scoreboard in the north eastern corner of the football field as well as significant new field lighting across the oval which will allow for night games to be played on Oval Number 2 at last.

So what does this really mean for all of our clubs and members in 2016?

- Our Rugby and Soccer Football Clubs will have a new 1100 seat home ground;
- The workload on Oval Number 1 will be reduced, leading to an improved ground for our cricket and Aussie Rules clubs;
- Our scholarship and elite athletes and squads will be even better prepared in a purpose-built strength and conditioning environment;
- Our Arena Gymnasium will be more available for our members as the squads transfer their training across to the new Grandstand;
- Our cricketers will have a controlled indoor training facility;
- Our clubs and holiday camp programs will have a wet weather training venue;
- Oval Number 2 and St John's fields will have closer access to change rooms and medical rooms;
- Our club administration teams will have a new home, storage and meeting space close to where their athletes train;
- Our grounds team will have a much need lunch room and storage facility; and
- SUSF will own its own function venue in which our clubs and members can host events.

While many projects simply replace or improve existing facilities, we are proud to say that the new Oval 2 Grandstand, once finished, will launch SUSF into a new generation of service to its clubs and members.



SUSF HEALTH & FITNESS FACILITIES



TENNIS PROGRAM

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

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

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

ENQUIRIES

 **CALL (02) 9351 4978**  **EMAIL tenniscoaching@sport.usyd.edu.au**



SWIMMING PROGRAM

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

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

All lessons include a water safety component.

ENQUIRIES

 **CALL (02) 9351 4978**  **EMAIL swimschool@sport.usyd.edu.au**



SPORTS & AQUATIC CENTRE

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

SUSAC features:

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

Opening Hours

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

ENQUIRIES

 **CALL (02) 9351 4978**  **EMAIL nmrc@sport.usyd.edu.au**

 **FAX 02 9351 4982**  **Cnr Codrington St & Darlington Ave**

**WE HAVE
OPTIONS
FOR
EVERY
BODY!**



ARENA SPORTS CENTRE

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

The Arena features:

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

Opening Hours:

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

ENQUIRIES

 **CALL (02) 9351 8111**  **EMAIL arena@sport.usyd.edu.au**

 **FAX 02 9351 8105**  **Arena Sports Centre, Western Avenue**



THE LEDGE CLIMBING CENTRE

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

The Ledge features:

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

Opening Hours

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

ENQUIRIES

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

INTERVAL V AEROBIC WHICH TRAINING TYPE ARE YOU?

NUMEROUS TYPES OF TRAINING MODES EXIST AND EVERY DAY WE ARE FINDING NEW WAYS TO TEST AND TRAIN OUR BODIES.

Current research has proven that exercise elicits many health benefits from a cardiovascular, musculoskeletal and neurological perspective:

- Decreases the risk of developing chronic disease
- Increases the strength of our muscles, joints and bones
- Improves our cardiovascular system (heart and lung health)
- Helps to manage our body weight and body composition
- Provides us with more energy
- Improves our sleep quality

It is all about getting moving, being active and making a positive change to your lifestyle. But which is the best way to do it?

There is no specific answer, as research continues to show that each way of exercising will have its own benefits and each individual will have their own goals.

But whether you are an athlete working on power, student needing a quick exercise session as a study break, staff member wanting to clear your head on the bike or someone who just generally engages in exercise, come and explore the benefits of two specific types of exercise with our SUSF staff and members. Interval Aerobic Training and Continuous Aerobic Training.

CONTINUOUS AEROBIC TRAINING

This type of training simply means performing exercise at a constant work rate without rest. These sessions are longer in duration and performed at a lower intensity than interval training sessions. Continuous training can be completed in many different ways, such as running for 30 minutes, cycling for

5km or completing a weight circuit for an extended period of time.

Continuous aerobic training can be appropriate for individuals who have not exercised before, as the intensity is usually quite low, safe and manageable.

In contrast, continuous aerobic training is beneficial for athletes who compete in long distance events such as half marathons or triathlons, where training must improve aerobic capacity and cardiovascular endurance.

This type of training can also be used in conjunction with a lifestyle management plan for weight loss, as the low intensity nature of the training promotes the usage of fat stores as energy. Continuous aerobic training can also be a good form of recovery from a weight training session or even from a high intensity interval training session.

INTERVAL TRAINING

These sessions will generally involve a bout of work that is performed at a high intensity, followed by a bout of work at a lower intensity. The time, resistance, speed and amount of energy put into each of these two periods can be manipulated. Work rate will continuously change, for example, an interval training session on the cross trainer could involve sprinting for 30 seconds then resting for 30 seconds and continuing this pattern for 10 minutes.

Interval training can be easily integrated into training sessions and can be beneficial for a number of reasons. Research has shown that just two weeks of high intensity interval training (HIIT) can produce significant physiological improvements.

This type of training has been proven to increase your aerobic fitness (VO2max) more than continuous training, as it allows you to work at high intensities that you would not be able to maintain during continuous aerobic training.

We asked the gym floor what they prefer:

Dylan - Interval Training: I prefer interval training as I think it is more time-efficient and not as boring as continuous training. I also think it is easier on my joints to run fast for a short distance compared to running slow for a longer distance. This training also increases the growth hormone response more so than continuous training.

Kat - Interval Training: I don't see the same aerobic fitness gains through continuous training as I do from interval training, which can be really discouraging.

Ben - Continuous Training: With continuous training you can go a long distance, ride for hours and lap up the scenery. It can be more enjoyable as you can listen to your favourite music for longer, you can ride with friends and may help take the guilt away after having a cheeky treat to eat because of all the energy you are burning! Continuous training can be boring, however, and I do often like the discomfort and sense of accomplishment that comes from sprints or hill intervals (burning legs, burning lungs and a high heart rate).

Joelyne - Interval Training: As hard as it is, I prefer interval training. I'm able to catch my breath during the recovery time and then put all my effort into pushing hard within a short timeframe. It is also more fun!

Ash - Interval Training: I get bored with continuous training and end up just wanting to give up! With intervals I can make small goals and reach them!

Whichever way you look at it, both interval and continuous aerobic training will have benefits on your health and doing either would be much better than choosing not to exercise at all. Think about your goals and what you are trying to achieve. Look at your timetable and find the spare 15 minutes to do some short sprints or warm up in winter with a Sunday run. Mix up your training session with some intervals and find the threshold that will inspire you to push for more.



BECOME A MEMBER

in two easy steps



1 JOIN SUSF

2 CHOOSE THE PASS THAT SUITS YOU BEST

JOIN TO EXPERIENCE:

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

PLUS, A GREAT RANGE OF EXCLUSIVE MEMBER BENEFITS:

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

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

GOLD LION PASS

Experience our premium pass, without the premium price

GOLD BENEFITS INCLUDE:

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

PRICE PER WEEK

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

SILVER LION PASS

Enjoy the choice to get what you really want

SILVER BENEFITS INCLUDE:

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

PRICE PER WEEK

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

BRONZE LION PASS

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

BRONZE BENEFITS INCLUDE:

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

PRICE PER WEEK

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

BLUE LION PASS

Dive in, and paddle your way to a healthier you

BLUE BENEFITS INCLUDE:

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

PRICE PER WEEK

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

FOR MORE INFORMATION



CALL
(02) 9351 4978



VISIT
www.susf.com.au

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

PSYCHOLOGY OF SUCCESSFUL WEIGHT LOSS

THE PSYCHOLOGY OF WEIGHT LOSS IS EXCEPTIONALLY COMPLEX, WHICH IS WHY SO MANY PEOPLE BATTLE WITH THEIR WEIGHT THROUGHOUT THEIR LIFETIME NO MATTER HOW MANY PROGRAMS, PILLS AND DIETS THEY TRY.

As weight gain can be caused directly and indirectly by numerous factors including genetics, hormones, behavioural tendencies, disorders, lifestyle choices and, of course an interaction of all of

the above, the traditional "calories in vs. calories out" is a tad simplistic.

In saying that, there is one common trait among those who do manage to lose weight and keep it off. They are mentally committed to doing so. They have a completely different headspace than those who lose weight initially and regain it over time.

The good news is that we can all work towards being mentally committed to weight loss and, empowered with the right mindset, find that weight control is actually very easy.

1. Accept that weight control is something we will have to work at for the rest of our lives

Sure there are techniques that will help you to drop weight quickly if you need to, but ultimately the sooner we accept that eating well and moving our body is something we are going to need to do on most days for the rest of our lives, the sooner weight control will become easy.

2. Adopt a 'failure is not an option' attitude

Individuals who look after their weight will not accept failure when they begin a

new program. They may fall off the rails occasionally or get frustrated when they have not lost as much weight as they would have liked, but in general they remain mentally committed to losing weight no matter what they have to do. If for them it means avoiding alcohol and making time to train at the gym every day without fail, they do so. Ultimately, they expect to lose weight and having such a strong commitment to their goal means that they ultimately do.

3. Focus on self

Every single person has a different genetic code, so for each person the weight loss journey is different. Some of us are genetically blessed and do not have to do much hard work, but in my experience this is rare. Most people have to work pretty hard to control their weight even if they do not openly admit it. As soon as a client comes and complains that their friend, husband or sister can eat whatever they like and never gain weight I know they have the wrong mindset. The truth is that we never know what other people do behind closed doors and to be honest, we should not care. Concentrating solely on yourself and what

you need to do to look and feel your best is one of the easiest ways to take control of your body and, ultimately, your weight.

4. Refuse to be distracted

No matter who you talk to about food and diets, everyone has an opinion – your neighbour loses weight by cutting carbs, your best friend wants you to join Weight Watchers with her and your sister swears that ordering meals online has changed her life. There is always a new fad and a new program, none of which have ever worked long term.

Individuals who are truly ready to commit and lose weight are able to ignore the constant white noise relating to weight loss to concentrate 100 per cent on what they need to do to lose weight and keep it off. They are able to maintain complete focus no matter what is going on around them and feel no reason to justify their choices or decision to others.

5. Go hard

In my experience, new clients and their weight loss attempts generally runs like this: Together we develop a food plan that will result in weight loss if it is followed.

Clients who follow it to the letter lose at least ½ a kg, if not more, in the first week that they try to lose weight. They then feel empowered to continue with their weight loss attempts and go on to lose another ½ – 1 kg a week until they reach their goal weight. These clients have abstained from alcohol for the week and eaten plenty of fresh vegetables as suggested to achieve their results.

Then there are the clients who come in and announce that they have "been bad." They still went out drinking on Saturday night and ate three chocolate biscuits after dinner each night instead of 1. As a result, they have not lost weight; in fact, many may have gained weight as the psychological feelings of restriction have actually driven them to eat more.

Losing weight does not necessarily mean that you can never have the foods you enjoy, but it does mean that at some point you are going to have to become stricter with yourself, even if it's just to get that initial drop in weight to motivate you to stay on track. Just a week or two is all it will take.



PATHWAYS

with a sporting chance

IN THE SUMMER ISSUE OF ROAR, WE REPORTED ON THE NATIONAL ABORIGINAL SPORTING CHANCE ACADEMY (NASCA) ATHLETES AS ROLE MODELS TOUR (ARMTOUR) & NOW WE BRING YOU THE NEXT CHAPTER IN OUR INVOLVEMENT WITH THE ORGANISATION.

The Elite Athlete Program is extremely proud of our connection with NASCA and the work that they do to assist indigenous Youth in chasing their dreams.

Recently, NASCA held a CareerFit Program, a week long program for indigenous students aged 14-18 from all over Australia to come to Sydney to

expand their horizons and learn about possible career pathways after school. These programs are run 8-9 times per year and are extremely beneficial for the students to gain a better understanding of life after school and the opportunities that are before them.

The CareerFit Program is targeted at increasing Indigenous students' awareness of tertiary education pathways, career opportunities, promoting healthy lifestyles, building self-esteem and confidence and encouraging cultural continuance and connection.

Throughout the program, students experience a range of different activities such as NASCA's Career Workshop

where they develop a résumé and work on job interview skills, complete an accredited training course (such as First Aid or a barista course), visit indigenous not-for-profits such as Gadigal, and ALS, visit university campuses and undertake workshops (for example, exercise science), plus sports activities.

This particular CareerFit Program was held from May 3-9 at the National Centre of Indigenous Excellence (NCIE) in Redfern, with students from Korin Gamadji Institute in Victoria attending.

One of our ex-athletes, soccer football player Amy Sarandopoulos, recently gained full-time work with NASCA and spearheaded the program.

When Amy asked the EAP for a few of our athletes to come along to chat to the students about their experiences at university and in their sport as well as participate in an Indoor Soccer Tournament, we jumped at the chance.

Here's a snapshot of what happened:

Eight EAP scholarship holders from a variety of sports volunteered their time to join the students for dinner and some "friendly" indoor soccer. It was a good opportunity for the students to be able to interact with our athletes in order to normalise the idea of being a 'uni' student - to see that uni students are just like everyone else, that going to uni is achievable and that it is possible to get assistance and support at uni if you are an elite athlete.

After the athletes were introduced, they were mixed into teams with the students and played a round robin indoor soccer competition. Everyone had a blast with plenty of banter and great sportsmanship by all as well as some fantastic athletic skill and ability.

The athletes also joined the students for dinner where the students were able to engage informally in discussions about sport, study, uni life, the scholarship program and being an elite athlete.

HERE ARE A FEW QUOTES FROM THE ATHLETES WHO ATTENDED:

"The NASCA CareerFit Program was an opportunity for us as athletes to step out of our comfort zone and interact with kids that we might not normally get a chance to chat to. Some casual sport and chats over dinner allowed us an insight into some of their passions and hobbies. These kids were in high school and all expressed passion for their respective sports as well as their studies. Explaining to these kids the avenues sport has opened for me, to pursue higher studies and support me away from home, while making life-long friendships and memories, was something inspiring for both them and myself. It gave me a humbling opportunity to appreciate my circumstances, while hopefully inspiring these young adults to pursue higher merits, through both their education and sport."

- JACK JONES (RUGBY)

"On Wednesday, May 6 I and several others were incredibly fortunate to be involved with the National Aboriginal Sporting Chance Academy CareerFit Program. This Program hosted 20 indigenous students between the ages of 16-18, from various schools and locations in Victoria with all participants a member of a youth organisation that is run by Richmond AFL Football Club. The aim of this Program was to experience a range of career and educational opportunities to expand their ideas about their future, one of these a visit from some members of Sydney Uni's Elite Athlete Program. On the evening the EAP's were split into different teams with around 4-5 students where a soccer round robin was conducted, followed by dinner. This allowed us to listen to their stories, interests and aspirations whilst also sharing ours in an informal environment. Each had a unique story and their sense of pride and camaraderie was evident from the moment we met them. Like most children some had their goals already written while others were still searching for their passion. Although we were able to share experiences about university and sport, the life skills and lessons absorbed were invaluable. Hearing the students talk with such freedom about what they want to achieve was enthralling, and although it was meant to be an evening where we were the inspiration, I think this was definitely a two-way street. I want to thank Amy Sarandopoulos and the EAP for this opportunity and experience, it is something that will always remain with me. I look forward to witnessing their success in the future."

- CHRISSIE GRUN (ATHLETICS)

"During my time at Sydney Uni I've been able to take advantage of some amazing opportunities offered to me through the EAP program. Few, however, have been as fulfilling as my night at the NASCA CareerFit Program. Being able to spend time with these young adults, share my story with them, and play a small part in exposing them to some new ideas and opportunities, was truly one of the most rewarding things I have done during my time at university."

- JOSH COLLIER (BASKETBALL)

"I really enjoyed the chance to be involved in the NASCA CareerFit Program. We had a great time playing a surprisingly competitive game of indoor soccer! It was so interesting and inspiring to have a chance to get to know some of the young people, and to hear about their goals and ambitions for when they grow up. It was a really nice change to spend time with such a motivated group of young people, and also made me stop and think about my own goals and to appreciate all the support I have received so far to help me achieve them."

- SASHA RYAN (SAILING)

The EAP is hoping to continue the growing relationship with NASCA and we are keen to see many more of our athletes getting involved with NASCA's numerous initiatives, such as ARMTour and the CareerFit Program.

There is a great benefit for both our athletes and NASCA's students in engaging in these initiatives as it creates a wonderful platform for our athletes to interact with the students in a unique way and give back to the community using their talent and expertise in sport and study, something the EAP strives to achieve on a daily basis.

We can only hope that more of our athletes become involved with this fantastic organisation so that they too can realise the positive influence that they can have over indigenous youth in Australia for many years to come.



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

OUR COURSES ARE OPEN TO EVERYONE.

Students, staff, community, SUSF members and non-members are all welcome.

SPORT & RECREATIONAL SHORT COURSES* SEMESTER 2



Sydney Uni
SPORT & FITNESS



ENROL ONLINE
www.susf.com.au



CALL TO ENROL
1300 068 922

PROGRAMS TIMETABLE

SEMESTER 2

SPORT

	Day	Times	Start	Member/ Uni Price
Archery (Beginner)	Tuesday	3–5 pm	11 Aug	\$119
Fencing (Beginner)	Tuesday	6:15–7:15 pm	11 Aug 13 Oct	\$129
Fencing (Intermediate)	Wednesday	6:30–7:30 pm	12 Aug	\$129
Golf (Beginner)	Tuesday	5:30–6:30 pm	11 Aug 6 Oct	\$129
Tennis (Beginner)	Wednesday	12–1 pm	12 Aug	\$119
	Thursday	6–7 pm	13 Aug	
	Wednesday	6–7 pm	7 Oct	
	Thursday	12–1 pm	8 Oct	

RECREATION

	Day	Times	Start	Member/ Uni Price
Pilates	Monday	6:20–7:20 pm	10 Aug	\$129
Yoga	Tuesday	6:20–7:20 pm	11 Aug	\$129
Xtend Barre	Wednesday	6:20–7:20 pm	12 Aug	\$129
Indoor rock climbing	Tuesday	6–7 pm 6–7 pm	11 Aug 15 Sep	\$119

DANCE

	Day	Times	Start	Member/ Uni Price
Jazz	Thursday	5:10–6:10 pm	13 Aug	\$99
NEW! Lyrical/Contemporary	Tuesday	7:30–8:30 pm	11 Aug	\$99
Jazz/Funk/Hip Hop	Thursday	6:20–7:20 pm	13 Aug	\$99
Salsa	Thursday	7:30–8:30 pm	13 Aug	\$99
NEW! Ballet	Tuesday	5:10–6:10 pm	11 Aug	\$99
Kpop	Wednesday	7:30–8:30 pm	12 Aug	\$99

DAY/WEEKEND TRIPS

	Day	Times	Start	Member/ Uni Price
Scuba Diving <small>Includes compulsory orientation session. Visit www.susf.com.au for details.</small>	2 x weekend	8 am–5 pm	11 Aug 8 Sept 13 Oct	\$349
Surf Camp	Friday–Sunday	From 6:15 pm	Any weekend	\$295
Snow Camp	Friday–Sunday	From 6 pm	June–Sept	From \$239

USYD STAFF

	Day	Times	Start	Member/ Uni Price
Yoga	Wednesday	12 pm	19 Aug	\$129
Pilates	Thursday	1 pm	20 Aug	\$129

JUNIORS

	Day	Times	Start	Member/ Uni Price
Archery for Juniors	Friday	4–5 pm 4–5 pm	31 Jul 23 Oct	\$95
Fencing for Juniors	Friday	4–5 pm 4–5 pm	31 Jul 23 Oct	\$95

TERMS & CONDITIONS

All information is correct at time of printing. For the latest information on all short courses please visit the Short Courses section at www.susf.com.au. Earlybird discounts – conditions apply. Community prices available at www.susf.com.au. A transaction fee applies to all bookings.

*Certificates are not provided at conclusion of Short Courses taken as part of the Sport & Recreational Programs.

Drop into one of our facilities, visit www.susf.com.au, or call:
Sports & Aquatic Centre: 9351 4978 | **The Arena:** 9351 8111



Sydney Uni Sport & Fitness



SydUniSportFit



SydUniSport



Sydney Uni Sport and Fitness



Sydney Uni
SPORT & FITNESS

INTERFACULTY SPORT

Participation is **free** and provides an opportunity for both students and staff to have fun and compete for their faculty in a social atmosphere!

Sports include:

- Futsal
- Netball
- Volleyball
- Rock climbing
- Badminton
- Basketball
- Touch football
- 5 km run & BBQ

**FREE
TO
PLAY**

SydUniSportFit

Sydney Uni Sport & Fitness

SydUniSport

Sydney Uni Sport and Fitness

Ralph's Cafe
Est. 1985

Co*op

**DON'T WAIT;
REGISTER NOW!**



REGISTER ONLINE
www.susf.com.au



CALL TO REGISTER
1300 068 922



JOIN A CLUB

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



AFL

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

FOR MORE INFORMATION:

(Men) www.suanfc.com afl@sport.usyd.edu.au

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



AMERICAN FOOTBALL

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

FOR MORE INFORMATION:

www.sydneyunigriddiron.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



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

Learn to apply
first aid and CPR.



Enrol now via 2 easy options:



ENROL ONLINE
www.susf.com.au



CALL TO ENROL
1300 068 922

Allens Training
Delivered in partnership with
Allens Training Pty Ltd RTO 90909



Sydney Uni
SPORT & FITNESS



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

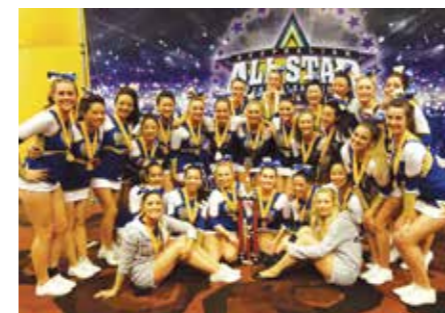


GOLF

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, yogic 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:

www.sydneyunirugby.com.au (Men) sufc@sport.usyd.edu.au

(Women) www.sydneyuniwomen.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.usysailing.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.sydneyunisc.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

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



VELO (CYCLING)

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

FOR MORE INFORMATION:

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

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



WATERSKI & WAKEBOARD

The Sydney Uni Water Ski Club offers an opportunity for people of all abilities (from first timer to professional) to enjoy organised trips throughout most of the year. The season generally runs from September to May, offering organised waterski & wakeboarding days for members at Cliftonville Ski Park, at Wisemans Ferry on the Hawkesbury River (about one and a half hours north-west of Sydney). The club also runs a number of weekend trips in cabins on the Hawkesbury, Lake Conjola and Wyangala Dam, and a legendary houseboat weekend each year.

FOR MORE INFORMATION:

www.usydwake.com 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



FOR ALL THE LATEST UPDATES
visit www.susf.com.au

FOLLOW US

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

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

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

BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY

2015 'BLUE & GOLD' RUGBY LUNCHEON

On Friday 19th June, the nineteenth staging of the 'Blue & Gold' Rugby Luncheon took place at The Ivy Ballroom.

The entertainment commenced with Adam Spencer's Sydney University Football Club panel which comprised current first grade players, Tom Coolican and Greg Jeloudev, as well as their Head Coach, Chris "Nobby" Malone.

Coach Malone maintained that the potential of his young, enthusiastic and talented charges was just about to click into gear for the run up to Finals' football. This prediction appeared very sage the next day when our Shute Shield team inflicted a 44 points to nil hiding on their Eastern Suburbs' opponents!

After mains, the much anticipated nineteenth staging of the annual 'Blue & Gold' debate took place. This year, the Gentlemen of Rugby (Greg O'Mahoney and Tim Davidson) asserted that 'Rugby is Australia's Real Football!' That proposition was vehemently denied by the Low-Life Academia team (Rhys Muldoon ... in the guise of Ed Miller ... and Adam Spencer).

In attacking the other football codes, Mr O'Mahoney drew some interesting analogies between Rugby League and the Australian prison system. In the audience, Corey Payne (a NRL first grader with three clubs) noticeably blanched when Mr O'Mahoney referred to State of Origin powderpuffs!

Mr Miller came off the bench at very short notice to cover for Mr Muldoon's unexpected absence due to an unscheduled television shoot. Mr Miller had warmed up for the joust by sitting for a three hour Law exam that very morning!

It was immediately obvious as to how Mr Miller had captained the Sydney Uni team to victory at the recent World

University Debating Championships. From the outset, he did something that has never occurred to the regular 'Blue & Gold' debaters – he addressed the topic.

When discussing the beauty of soccer, Mr Miller painted a delightful picture of 22 male models, which he then contrasted with Wallaby prop, Benn Robinson! Mr Miller was clearly unimpressed by Rugby and showed no fear of the next speaker for the affirmative.

Mr Davidson resumed the affirmative case by re-establishing his credentials to speak on the topic. He did this with great subtlety ... not by blowing his own "seven times Shute Shield-winning captain" trumpet, but rather with a series of clever slights against the athleticism of his fellow debaters. In a veiled reference to the next speaker, he thanked Robbie Buck for making ABC breakfast radio understandable for the first time in almost a decade!

There seemed to be universal support for Mr Davidson's disparaging remarks about toothless Collingwood AFL supporters, but he was clearly befuddled by the Aussie Rules' scoring system.

In assessing the merits of AFL, Mr Spencer highlighted that Australia is the best in the world at Aussie Rules football. He then contrasted the Wallabies performances against the All Blacks with Australia's recent World Cup cricket annihilation of the New Zealand team.

This year's debate was once again decided by way of audience acclamation. Tumultuous applause and loud whistles were the order of the day. After a moment's deliberation, the moderator announced that history was again being made. He declared that the result of the debate was a draw – the first such outcome in nineteen consecutive 'Blue & Gold' debates!

In the Heads or Tails quiz, Greg Fayn demonstrated superior rugby knowledge

and/or guessing ability to be the only luncheon guest to answer all eight questions correctly.

Post-function feedback in The Ivy's Paling Bar confirmed that a fun afternoon had been had by all.

We look forward to seeing you all at the same venue and at much the same time of the year in 2016 for the 20th consecutive 'Blue & Gold' Rugby Luncheon.

In the interim, here's to an increasingly successful 2015 rugby season for Sydney Uni, the NSW Waratahs and Australia's Wallabies.

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

Friday 7th August, 2015

'BLUE & GOLD' SOCCER FOOTBALL DINNER

Grandstand Function Centre

Friday 4th September, 2015

'BLUE & GOLD' WATER POLO LUNCHEON

Ivy Ballroom

Wednesday 7th October, 2015

SUSF/BLUES ASSOCIATION GOLF DAY

St. Michael's Gold Club

Friday 20th November, 2015

'BLUE & GOLD' CRICKET LUNCHEON

Ivy Ballroom

Wednesday 25th November, 2015

'BLUE & GOLD' XMAS HAMPER GOLF DAY

St. Michael's Gold Club



L to R: Daniel Panebianco, Bruce Ross (in gold blazer & with eyes closed, praying for a win against Eastern Suburbs – it worked!), Matt Rennick, Pippa Temperley, Jenny Lawler, Paul Reynolds & Ed Smith.



L to R: Adam Casselden & Sasha Kovic sample the sparkling wine, while Clive Copper enjoys a more traditional beverage.



'Blue & Gold' debaters, Greg O'Mahoney, Tim Davidson, Ed Miller & Adam Spencer pretending to be interested in the adjudicator's summation of the debate!



Rydges Camperdown has long supported this function. L to R: Sarah Sykes, Andrew Sykes, Boram Kim & Khush Sheth also enjoying pre-luncheon drinks.

BUILDING ON EXCELLENCE CAMPAIGN

Redevelopment of Uni No.2 Oval



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

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

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

Funding for this \$12.5 million project is coming primarily from The University and from Sydney Uni Sport & Fitness. However, \$2.5 million is budgeted to come from the BUILDING ON EXCELLENCE campaign to sell naming rights to the key facilities and to attract tax-deductible donations from our alumni, affiliated Clubs, sponsors/suppliers, tenants and staff members.

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 also be recognised
in the new pavilion

Donations of
\$1000+

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

Donations of
\$5000+

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

HOME EVENTS CALENDAR

JULY

18

SATURDAY
2:00PM

Petersham



BASEBALL
vs Hawkesbury

18

SATURDAY
2:10PM

Sydney Uni Oval No.1



WOMENS AFL
vs Wollongong Saints

19

SUNDAY
3:00PM

Wilson Park



SOCCER WOMEN
vs Illawarra Stingrays

25

SATURDAY
2:00PM

Petersham



BASEBALL
vs Marrickville

AUGUST

25

SATURDAY
7:30PM

Lambert Park



SOCCER MEN
vs Bankstown Berries

25

SATURDAY
3:00PM

Sydney Uni Oval No.1



RUGBY
vs Northern Suburbs

01

SATURDAY
1:00PM

Henson Park



RUGBY LEAGUE
vs Cumberland Beavers

01

SATURDAY
2:00PM

St John's Oval



WOMENS RUGBY
vs Campbelltown

02

SUNDAY
3:00PM

Wilson Park



SOCCER WOMENS
vs Manly United

08

SATURDAY
12:00PM

Henson Park



NEAFL
vs Aspley

08

SATURDAY
2:00PM

St John's Oval



WOMENS RUGBY
vs Blacktown

08

SATURDAY
7:30PM

Lambert Park



SOCCER MEN
vs Bankstown City

22

SATURDAY
1:00PM

Henson Park



RUGBY LEAGUE
vs UWS Ducks

23

SUNDAY
3:00PM

Lambert Park



SOCCER MEN
vs St George

29

SATURDAY
10:00AM

University Oval No. 1



WOMENS AFL
vs Western Wolves



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



INTERNATIONAL STAGE FOR TAHLIA

Brydens Sydney Uni Flames star Tahlia Tupaea has been named in the 12-strong team to represent Australia at the Under 19 Basketball World Championships. Tahlia will travel with the squad to Europe to compete in a number of pre-tournament matches against the Netherlands, Spain, Canada and the USA before moving on to Russia for the World Championships. She already boasts plenty of international experience, having represented Australia at the 2013 Under 19 FIBA World Championships where the side won bronze. Tahlia earned selection after a strong season with the Flames where she was instrumental off the bench providing energy and scoring power. They'll be the qualities the Australian side will be looking for in Europe and Russia.

I GO TO RIO

With Rugby Sevens being played at the Olympic Games for the first time, at Rio De Janeiro in 2016, there has been good news on the selection front for one Sydney University player. SUSF Elite Athlete and scholarship holder Chloe Dalton is a member of the Australian Women's Sevens side that qualified for an Olympic berth by reaching the final of a World Series tournament in Amsterdam in May. The Australian girls won their three Pool B matches over Russia 29-7, China 48-0 and England 24-7. They then defeated Russia 31-0 in a quarter-final and England 26-0 in a semi-final before falling to Canada 20-17 in the final where the lead changed seven times before the Canadians clinched victory with a try inside the final 30 seconds. A top four finish at the end of the World Series gave the Australians automatic entry to Rio. Dalton has only been playing rugby for 18 months after switching from basketball, where she represented Sydney Uni Flames in the Women's National League.

PAPANDREA PLACES THIRD

Sydney University Elite Athlete Jordan Papandrea finished third overall after an intense week of competition at the recent Australian National Gymnastics Championships held at the Hisense Arena in Melbourne. Papandrea rose to the occasion in a strong finish on the parallel bars and high bar on the final day of action when he secured first place in both disciplines as well as second placings on the rings and vault. "Day one of the nationals wasn't the best comp for me, leaving me in fourth place, so it was important I had a good day two," Jordan said. "Day two was a lot better and I actually came first, but with the overall all-round score they add day one and day two together so I ended up finishing third all round." To top off his outstanding performance, Jordan was selected in the Australian Open team to travel to New Zealand later this year.

EBZERY SHINES FOR OPALS

Brydens Sydney Uni Flames star Katie Ebzery now has her sights set on Olympic representation after being selected in a 12-strong Australian Opals squad for a European tour in May. After attending a grueling training camp at Terrigal, the Opals headed for Europe and tournaments against national teams from Serbia, Italy and World Championship silver medalists Spain, who were preparing for Eurobasket 2015. The Opals lost 75-54 and 86-78 in matches against Serbia, defeated Italy 77-65 and 54-51 and lost 72-56 before losing 80-51 to Spain. Opals head coach Brendan Joyce said selectors had provided a balanced squad for the tour which will provide a great base for the 2015 FIBA Oceania Olympic qualifiers against New Zealand in August. Ebzery, the Flames co-captain this year, was always destined for bigger things after an illustrious career in junior basketball followed by a break from the game and a comeback to the WNBL.

THANKS TO OUR SPONSORS

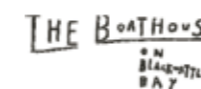
Sydney Uni Sport & Fitness would like to acknowledge our sponsors and strategic partners



MAJOR SPONSORS



CORPORATE PARTNERS



STRATEGIC PARTNERS



SEM 2 UNI GYM PASS

MAXIMISE YOUR TIME ON CAMPUS



PERFECT
FOR STUDENTS
JOIN TODAY!
OFFER ENDS 9 AUG

Drop into one of our facilities, visit www.susf.com.au or call:
Sports & Aquatic Centre: 9351 4978 | The Arena: 9351 8111



Sydney Uni Sport & Fitness



SydUniSportFit



SydUniSport



Sydney Uni Sport and Fitness



Sydney Uni
SPORT & FITNESS