

ROAR

OLYMPIC EDITION




Sydney Uni
SPORT & FITNESS





5 AUGUST - 21 AUGUST, 2016. RIO DE JANEIRO.




11 The number of **Sydney Uni** representatives confirmed so far for the **Rio Olympics**.


Milly Clark – Marathon 


Will Ryan & Jaime Ryan – 470 Class Sailing 


Michelle Jenneke – 100m hurdles 

Joshua Clarke – 100m Sprint 


Annie Rubie – 400m Sprint & 4 x 400m Relay 

Ella Nelson – 200m Sprint 

Brendon Reading – 50k Walk 

Jessica Fox – Single K1 Canoe Slalom 

Madeline Hills – 3000m Steeplechase 

Murray Stewart – K4 1000m Kayak 



2 The number of **Sydney Uni Paralympic Athletes** confirmed so far for the **Rio Olympics**.

Angela Ballard – T53 Wheelchair Sprint Events 

Prue Watt OAM – Swimming S13/SB13/SM13 Events 

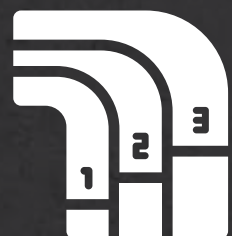


OLYMPIC DATES
5 – 21 Aug, 2016

PARALYMPIC DATES
7 – 18 Sept, 2016

146 OLYMPIANS

The number of Olympians Sydney Uni has produced to date.



1904, the year, Nigel Barker, our first Sydney Uni representative competed in the Olympics for athletics.



2000 The last time a Sydney Uni athlete won Gold at an Olympics. Our gold medalist (Murray Stewart, Masters of Architecture Graduate, K4 1000m Kayak)



149

The minutes it took **Milly Clark** to finish the **Amsterdam** Marathon and qualify for **Rio 2016**.

1924

The year the first Winter Olympic Games were held in Chamonix, France.

39TH THE POSITION ON THE MEDAL TALLY

Sydney Uni would have placed if it were a country in the 2012 London Olympic Games.
(1 Gold, 3 Silver, 3 Bronze)



13,523

The straight line distance in kilometres from **Sydney Uni** to the **Olympic Village in Rio**.

SYDNEY UNI

Olympic Athlete gender split to date.



91 Men
= 62.3%

55 Women
= 38.7%

FROM THE EDITOR



WHETHER YOU'RE A SPORTS FAN OR NOT, THERE'S SOMETHING ABOUT THE OLYMPIC GAMES THAT IGNITES A PASSION AND PRIDE THAT CANNOT BE REPLICATED.

So much so, that almost 900 million people around the world watched at least part of the 2012 Olympic Games Opening Ceremony, and that didn't even showcase the gut wrenching competition that most gold medal contests provide. While I can't speak for everyone, I think some of the Olympic appeal is in the fact the competition takes place once every four years. Knowing that athletes spend almost half a decade preparing and training for their fleeting moment in the spotlight is truly awe inspiring. Especially when you consider some competitions

are won and lost in ten seconds. That's what really impresses me; the sheer commitment to excellence.

ROAR 31 makes up half of our two part Special Olympic Edition, in which we aim to keep readers up to date with the latest athlete qualifications and announcements in the lead up to Rio De Janeiro. With 24 athletes from Sydney University being selected in the London 2012 Games, we hope to better this achievement in 2016, with approximately 30 athletes likely to attend, not to mention coaches and officials.

And because you'll be hearing all about our Sydney Uni Olympians, I thought I would explain from the outset exactly what that classification means. A Sydney Uni Olympian is defined as either a Sydney University graduate who has been part of the SUSF Elite Athlete Program or a current Sydney University student or club member who gained their Australian Olympic selection while representing Sydney Uni at their respective sport. More or less, our athletes are those with that strong commitment to excellence, not only in sport but also in their academic pursuits, which works nicely really, because at Sydney Uni Sport & Fitness we have the same mantra.

In this issue, we explore the triumphs and heartaches associated with Olympic selection as we hear from Murray Stewart, a Sydney Uni Gold Medallist

kayaker, who has been plagued with illness in the lead up to a number of pivotal sporting moments throughout his career. Even now - he's battling Glandular Fever while on a modified training program in the lead up to Rio.

We also gain a neat perspective on the gruelling training schedules athletes commit to in the lead up to the Games. Will Ryan, a Rio selected sailor, talks us through his daily routine which includes upwards of six hours training. Now while you and I aren't squeezing quite that much into our day, our nutrition feature will give even the busiest reader some important tips to stay on top of your healthy eating plan.

If those stories don't get you inspired, why not jump on the treadmill next time you're in the gym and try to clock a Milly Clark marathon run PB, of 2 hours 29 minutes. You'll need to be running at a casual pace of 18km/hr. Now, that might put the achievements and abilities of our amazing athletes into perspective!

So get behind our high achievers and support them as they #RoarToRio

Kristen Barnes
Editor

ROAR

31 EDITIONS
MAGAZINE YOUNG

ROAR



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2016 'BLUE & GOLD' OLYMPIC CELEBRATION LUNCHEON

DATE

Friday 16th September 2016

VENUE

The Ivy Ballroom, 320 George Street, Sydney (opposite Wynyard Station)

TIME

Pre-luncheon drinks at 12.00 noon; lunch & entertainment from 12.30pm; cleansing ales at 3.00pm

DRESS CODE

Business attire or Olympic blazers for the Sydney Uni Olympians

COST

\$160 for individual places (*only \$145 for 'Blue & Gold' Club members and up to 3 guests) OR
\$1,750 for a corporate table of 10 guests (**only \$1,575 for 'Blue & Gold' Club corporate members)

BENEFITS

You and your guests will enjoy pre-luncheon drinks, superb 3-course luncheon with fine wines, sparkling entertainment, appropriate acknowledgements for corporate table sponsors and post-luncheon cleansing ales in the adjacent Palings Bar.

BOOKING FORM

Name(s) of individual luncheon guest(s):

OR Name of Corporate Table Supporter:

☐ Luncheon only payment of \$160 or \$145* per person enclosed for person(s)

OR

☐ Luncheon only payment of \$1750 or \$1575 enclosed for table(s) of 10 persons

Total payment = \$ (NB: Payments will not be processed until a week before the function)

Cheques to be made payable to Sydney Uni Sport & Fitness or complete credit card details below:

☐ Visa ☐ MasterCard

Cardholder's Name: Expiry Date: /

We also accept direct deposits into the SU Sport NAB General Account. BSB: 082-057. Account Number 55 292 4252. Please notate such deposits with name followed by the words B&G Olympic Celebration Lunch.

Mail to: Sydney Uni Sport & Fitness, Sports & Aquatic Centre G09, Sydney University NSW 2006 or fax 9351 4962


This is an input taxed fundraising function. ABN 96 121 520 371.



1896 The year the first Olympic Summer Games were held. Host Greece won the most medals (47).

University of Sydney athletes who won medals at the **2012 London Paralympic Games**

Prue Watt – Gold

100m Women's Breaststroke SB13 

Prue Watt – Bronze

50m Women's Freestyle S13 

Angela Ballard – Silver

200m Women's T53 Track 


Angela Ballard – Silver

400m Women's T53 Track 


Angela Ballard – Bronze

100m Women's T53 Track 

Sarah Stewart – Silver

Wheelchair Basketball Women 

Katie Hill – Silver


Wheelchair Basketball Women 

University of Sydney athletes who won medals at the **2012 London Olympic Games**


Murray Stewart – Gold

Kayak Sprint Men's K4 1000m 

Jessica Fox – Silver

Kayak Slalom Women's K1 

Brooke Pratley – Silver

Rowing Women's Double Sculls 


Olivia Price – Silver

Sailing Women's Elliott 6m 


Matthew Butturini – Bronze

Hockey Men 

Kaarle McCulloch – Bronze

Track Cycling Women's Team Sprint 

Belinda Snell – Bronze

Basketball Women 



172

The combined number of goals that **SYDNEY UNI WATER POLO POTENTIAL OLYMPIANS** Bronte Halligan, Hannah Buckling, Isobel Bishop, Keesja Gofers and Lea Yanitsas scored in the National Water Polo League this season

1908 The year RL (Snowy) Baker represented Sydney Uni at the Olympics in **THREE SPORTS, DIVING, SWIMMING** and **BOXING**.

In it for the long haul

AFTER STARTING OUT AS A MIDDLE DISTANCE RUNNER, MILLY CLARK COMPETED IN HER FIRST MARATHON IN OCTOBER LAST YEAR, MAKING AN OLYMPIC QUALIFYING TIME. SHE NOW HAS HER EYES SQUARELY SET ON RIO. CLARK, A MASTERS GRADUATE IN DIETETICS TOOK A MINUTE BETWEEN RUNS TO SPEAK TO KRISTEN BARNES ABOUT THE JOURNEY SO FAR.

Tell us about your move from middle distance running to marathons?

Initially, the move from 400m to distance running was definitely NOT my choice! I got a scholarship to Drake University in the USA and as part of that I had to do cross-country. The first season I was NOT a fan as I had struggled to run more than two laps in the past, but eventually I started to really enjoy it. I liked the longer jogs with the team and the different cross-country courses. It was more interesting than just running around in circles! I started to have more success over longer distances and I found myself running further and further!

What is your training schedule like?

At the moment, it is pretty intense. I have built my mileage up slowly and consistently over the years to remain injury free (aside from a couple of niggles here and there). Right now I run 10-12 times a week (about 180-210km) and go to the gym twice a week. My running is a mix of easy jogs and harder sessions. When I refer to the "gym" I definitely do NOT mean lifting heavy weights! I work with my trainer, focusing on the parts of my body I need for running – so no, I am not getting shredded for Stereo.

What motivates you during a race when you're feeling exhausted?

I try to imagine how I want to feel at the finish line. I visualise myself celebrating with my friends and family. I try to tell myself that 30 minutes of pain will be worth the excitement and reward that awaits me at the end.

What's your best marathon time, and what time are you looking to achieve as a target in Rio?

I ran 2:29:07 in Amsterdam to qualify for Rio. That was my first marathon, so I took a lot away from that race.

Nonetheless, I have heard that Rio is more humid than Amsterdam, so I'm not sure how that will impact my performance. I will spend the next few months thinking about how I can best prepare for those conditions so that on race day it won't be a shock to the system. I always try for a personal best – so anything under 2:29 would be a win!

Will any of your family and friends make the trip over to support you in Rio?

I am absolutely STOKED that my family are all making the trip over! My mum and dad are both coming over from Indonesia where they live and work, while my brother and his partner are coming over from Tasmania. It will be so incredible to have them there – it will definitely make the whole experience that much more special for me. My coach will also be there, so I will have a great little support crew there to cheer me on for 42kms! I'll just have to make sure they are placed strategically along the course!

Where did you grow up, tell us about your schooling and your scholarship to a US college?

I left Tasmania when I was 11 and my family first moved to Munich in Germany. I had an absolute ball there – I just loved it. It was cool seeing it snow and learning how to ski in the Alps and being able to travel to a whole new country in Europe within two hours! It was the best experience of my life. After two years there, we moved again to Jakarta, Indonesia where I finished high school. That again was a whole new world and experience! But I can honestly say I wouldn't change it for the world. I learned so much about different cultures and have been able to travel to so many countries. Once I finished high school, I was offered a scholarship to Drake University in Iowa for the 400m hurdles. The US college system is so

unlike Australia – I really enjoyed the experience of being part of the track and cross-country team over there. It's just so different – living in dorm rooms, running on indoor tracks, traveling 14 hours in a bus with your teammates to race NCAA championships. It's so unique and I think that's what really ignited my passion and desire to take my running to the next level.

Tell us about your dog, what type of breed is he, does he motivate you to get a little more exercise into your day?

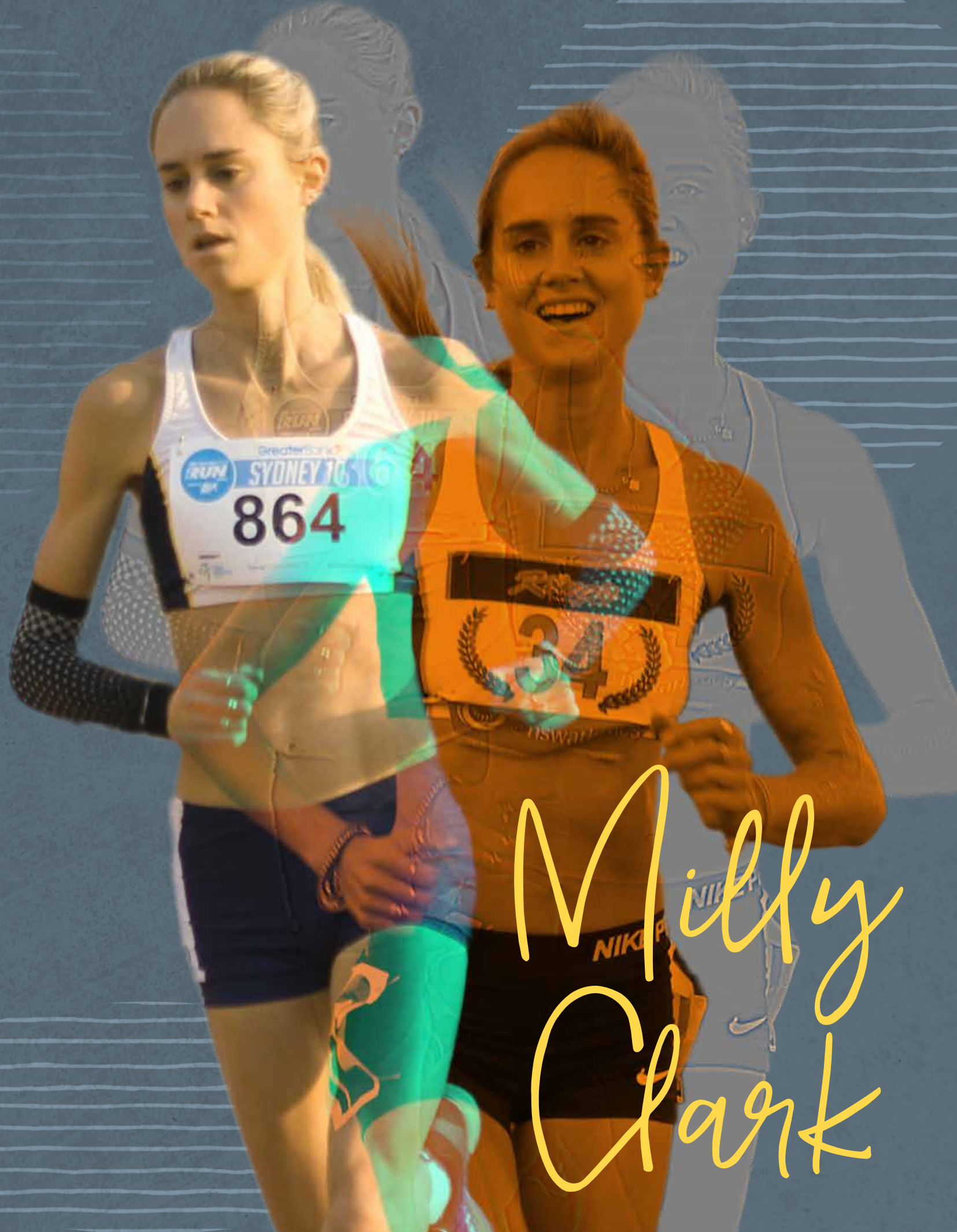
He is a Pug, named Ollie, and it's fair to say he gets more attention than anything else in my life! Ha. I got him when I moved to Sydney, as I didn't know anyone, and he has been plodding along beside me for six years since. I walk him twice a day – anyone who knows me can confirm that my world revolves around the pug!

I've been told you graduated from the University of Sydney with a Bachelor of Dietetics; will you be looking to pursue a career in this field after the Olympics wrap up?

I would love to work as a Sports Dietitian at some point. It's a lengthy process to get there, but it is something I want to be able to share with other athletes. I will definitely be looking for something when I return – so hopefully something comes up!

How has competing with the Sydney Uni Athletics Club (SUAC) assisted you in your career to date?

What I love most about SUAC is the team spirit and closeness that we have. With a club so big, often it's hard to create that close-knit bond. But you can always guarantee that no matter how big or small the competition may be – SUAC will always be there to cheer, congratulate and support your performance. I love it.



A QUICK COMMITMENT TO GOOD NUTRITION

By Susie Burrell

YOU'RE NOT ALONE IF YOU STRUGGLE TO FIND TIME IN YOUR DAY FOR ALL OF LIFE'S MUNDANE TASKS. BUT THE GOOD NEWS IS YOU DON'T HAVE TO DEDICATE HOURS EACH WEEK TO BUILD A STRONG NUTRITIONAL PLATFORM THAT WILL SUPPORT BOTH WEIGHT CONTROL AND OPTIMAL ENERGY LEVELS. YOU JUST NEED TO FOLLOW A FEW SIMPLE STEPS.

1. POWER PLANNING

Good nutritional practices come about largely due to planning rather than knowledge. Often we know what we 'should' be eating but life takes over and we find ourselves in situations where we do not have the supplies on hand to eat well. For this reason, a crucial step in taking control of your nutrition for good, is dedicating a little time each week to plan some of your meals and snacks in advance. The weekend or Mondays are generally a good time to set aside 5-10 minutes to run through your diary and consider your commitments and the impact it will have on your food choices. Ideally we should start the week knowing what we will be eating for lunch most days and for dinner at least a couple of nights, to keep in control of our nutrition.

2. COOK OCCASIONALLY

Very few people have the time to prepare a healthy, nutritionally balanced meal on a daily basis, especially if they are not cooking for others. The trick is to keep a supply of back up options in the fridge or freezer so should you

find yourself home for dinner. There are better options on hand than your local Thai or pizza takeaway. One option is to cook when you do have time and then freeze a few favourites – spag bol, stir fries and soups freeze well and can be reheated for both lunch and dinner.

Another option that is becoming increasingly popular is to order meals from a meal delivery service each week that can be used when needed. There is a wide range of meal delivery options and generally speaking, the higher the price, the better the quality. Ordering individual meals occasionally can be a much more cost effective option than ordering an entire week of meals that you are unlikely to eat.

3. FOCUS ON VEGETABLES

The key dietary area that suffers when we are not organised with our food is our intake of nutrient rich vegetables. Often foods we grab on the run contain very small amounts of salad or vegetables leaving us with a fatty, carbohydrate rich diet. Vegetables and salad are low in calories, they bulk up meals so we eat fewer calories overall and they are rich sources of vitamins, fibre and essential nutrients. A dietary pattern that frequently sees us consuming less than 2-3 cups of salad or veggies on a daily basis is one that is also likely to see us feeling bloated and gaining weight over time. For this reason, when you are grabbing meals and snacks on the run, always focus on increasing your salad and veggie intake. Order extra sides of vegetables when eating at a restaurant; look for vegetable based dishes when enjoying Asian cuisines and actively seek out salads and soups for lunch.

4. UTILISE ONLINE OPTIONS

While we may not find ourselves at home often enough to need a full supermarket shop or order groceries regularly online, don't forget how handy it can be to have some supplies delivered to work. Unlike home, we are generally at work a certain number of hours each week, and often there is someone there to sign for the delivery. A weekly delivery of staples and snack foods such as fresh veggies to snack on; tins of fish for lunches and nut or protein bars to have on hand for quick and easy nutritious snacks, can go a long way in helping to prevent the daily trip to the coffee shop. Once you know that you will have a supply of your favourite yoghurt, nuts, cheese and crackers on hand to serve as nutritious snacks throughout the day, your daily food platform starts to take a healthy shape.

5. SCHEDULE A LIGHT DAY

Chances are if you are trying hard to balance work, life and relationships there are a number of days each week when you eat and drink a lot more than you should. This is completely normal and dietary perfection is neither possible or a desirable goal. A simple strategy to help strike a balance between life and good nutrition is to work towards regularly compensating for these higher calorie days with a routine light day or two to help buffer the effects of overindulgence. This may mean a day each week of vegetables and fish or a couple of weekly meals of low calorie soup, whatever you can regularly schedule into your routine to strike a good balance. Most importantly, be wary of cleanses and fasts that encourage juice only, or no food whatsoever. These extreme regimes will do your metabolism no favours long term.



GOLD FEVER



AS A STAR ON THE RISE IN 2007, MURRAY WAS MOWN DOWN BY A BOUT OF GLANDULAR FEVER, THWARTING HIM FROM COMPETING FOR A BERTH AT THE 2008 BEIJING GAMES, WRITES GRAHAM CROCKER.

He made the team for the London Olympics four years later only to be struck down with a chest infection on the eve of the kayak competition.

History shows he battled it out in the K1 200m event and to the semi-finals in the K1 1000m, and then won gold in a dramatic K4 1000m final, thanks to his own grit and the faith of his three crewman.

History does repeat. With the Rio de Janeiro Olympics fast approaching, Murray has again made the kayak team, but is once again overcoming another illness.

"I'm just getting over another bout of glandular fever, so I'm on a modified training schedule at present," he says of his frustrating preparation for early August. Given his efforts in London, he's hoping history also repeats on the medal dais.

Murray's road to the Olympics was paved in his genes. He has not only followed in the footsteps of his family, he's also followed in their wake.

As a youngster, he took up his father Robbie's sporting passions in surf lifesaving, surf paddling and eventually sprint kayaking.

He later followed his mother Jean's lead and studied architecture. When time permits he now works with her on residential design.

And, he says, his brother Jamie, who is two years older than him, has always been the perfect person to look up to, particularly back in his school days.

Those school days were divided between primary school in Durban, South Africa, and high school in Sydney after the family moved to Australia in 2000.

"We came to Australia when I was 13, so I went straight into high school at Scots College in Sydney," Murray says. "I played water polo and swam for the school. But I got into surf lifesaving with the Manly Lifesaving Club and that's how I got into paddling.

"My dad Robbie was a passionate kayaker and lifesaver. He still competes in masters' events. He represented South Africa in both disciplines, so he was an inspiration for me in the sports."

Indeed, Robbie was one of the leading sprint, slalom and surf paddlers during the 1970s and 80s. He was the South African champion in the 500m K1 among a host of other paddling

titles. But a sporting ban on his country at the time prevented him competing for world and Olympic titles.

And that's partly where Murray's drive and determination derives. It drove him to the 2012 London Olympic Games and to selection for Rio, possibly in the K1 and the K4.

As with most of Australia's sprint paddlers and ocean racers, Murray took up the sports from surf lifesaving. He has since become one of the best in the world in each discipline, but focused on kayaking to achieve his Olympic dream.

Before coming to Australia he had represented his state in water polo, swimming and surf life saving, so it was no surprise when he began bagging national medals as a talented junior on the surf ski.

He eventually took up kayaking in mid-2005 while following some mates around Manly Dam to help their surf ski paddling.

But a bout of glandular fever cut short his first year in the kayak, so he concentrated on his university studies.


"I actually started a Commerce degree at Sydney University and did a year of that before deciding to switch to architecture," he says. "Mum is an architect, so I was passionate about doing it and she is a very good mentor."

Murray was on a Vice-Chancellor's sporting scholarship (for the academically gifted) while completing his Master of Architecture degree in 2012.

He played water polo for Sydney University during his years on the campus and went to the Australian University Games with the Sydney University team. "Unfortunately, kayaking is not an Australian University Games sport, so I couldn't represent Sydney University in that discipline at the domestic level. I did enjoy racing at the World University Championships in 2010 though," he says.

"The Sports Scholarship program at Sydney University was a huge help while I was studying and competing. I definitely wouldn't have ended up with two degrees without their great support.

"The other part of the program was meeting athletes from other disciplines. I went to the Australian University Games with the water polo club and crossed paths with many Sydney University athletes and made some good friendships."



“IT WAS LIKE WAKING UP OUT OF
A DREAM AND REALISING YOU’RE
WINNING AN OLYMPIC FINAL AND ALL
YOU HAVE TO DO IS GET THROUGH
100M OF ABSOLUTE PAIN”

After recovering from the illness, Murray joined the Manly Warringah Kayak Club in 2007 and soon after earned selection in the Australian Under 23 team. From that point his career took an Olympic dream slant, and that started with perfecting his technique.

While he was out of the water in recovery, he spent hours in front of a mirror simulating his paddling style. Once back in the craft he began putting the knowledge to work.

“I’m right-handed but I paddle with a left-handed blade offset,” he says. “A lot of right-handed paddlers use the different angle. We hold the left hand firm and rotate with the right hand, which is the opposite of the more common right-handed blade offset. Regardless of which sort of paddle you use though, it’s crucial that the blade is square when it hits the water. In the kayak it’s very important to make the boat move forward while minimising unwanted lateral and vertical boat movement. To achieve this you need to apply force in the right place at the right time and maintain a symmetrical rhythm.”

“The arms are important, but not as dominant as the core and legs. Most of the drive comes from the paddler’s back, core and leg muscles.”

But Murray’s chances of pushing for an Olympic Games berth for Beijing in 2008 were thwarted when he suffered a burst appendix competing at the 2007 ocean racing world championships in South Africa. And, to make matters worse, he also injured his spine.

He eventually made it back on the water in early 2008, qualified for the national kayak team two months later, and again made the Australian Under 23 team. He backed that up by winning the 2008 world surf lifesaving championship single ski.

The following year he was runner-up in the world ocean racing series, won the prestigious 20 Beaches and then won the single ski at the Australian championships, the first win in the event for his Manly club since 1948.

With the London Olympics approaching, he concentrated on kayaking and finished eighth in the K2 in 2009 and fifth in the K4 at the 2010 World Championships. The K4 crew of Tate Smith, Dave Smith, Jacob Clear and Murray backed up with a silver medal in 2011, the best an Australian crew had ever achieved.

And they franked that win with the K4 gold in London, but it came with a backstory.

Murray caught a chest infection on the eve of the Games’ kayak program. He finished sixth in his heat of the K1 200m, missing the semi-finals, and eighth in the B final of the K1 1000m as the infection took its toll.

With only three days to recover, his teammates still backed him to race in the K4 final after he paddled through K4 heats and a B-final during the intermittent two days.

My crew members, who could have subbed me out at that stage, all backed me up and said ‘If you think you can do it, we believe you can do it’,” Murray says.

He competed and the rest is history, although he says he can only remember the last 100m when the boat began to wobble. The Australians had held a 0.09sec lead at the halfway mark before edging out Hungary by 0.61sec on the Eton Dorney course.

“It was like waking up out of a dream and realising you’re winning an Olympic final and all you have to do is get through 100m of absolute pain,” he says.

“I will always be incredibly proud at what I was able to push my body to do, despite the obvious setback.

“I tried hardest in the K1, but missed the final. It would have been good to get a result in that too, but (the K4) was our top priority and I was over the moon to get a result. I didn’t realise it was (Australia’s) first team gold. We had such success with Clint Robinson and Kenny (Wallace) in the past, so it’s amazing to be in their company.”

He is one of only six Australian men to win gold in Olympic Games paddling. In honour of his efforts he was awarded an Order of Australia in 2013.

Since the London triumph, Murray has become the dominant paddler in the country. He finished fifth in the 2014 World Championship K1 1000m and then went on a winning streak at the 2015 and 2016 Australian Championships, finishing first in the K1, K2 and K4 each year.

The 2016 K4 title, with Clear and world championship K2 silver medallists Ken Wallace and Lachlan Tame, earned him a berth

in the Australian 1000m squad for Rio.

Murray said there is a realistic option to double up in the K1 and K4, as he did in London, and he’ll be trying for both.

“My objective is to win medals at the Olympics, so I want whatever is the best opportunity to do that in Rio,” he said.

While the latest bout of glandular fever has dented his training program it has given him a little more time to spend with wife Rebecca. And, as an architect, he also enjoys drawing, but as he says, between paddling and architecture there isn’t much time to pursue that passion.

Perhaps there’ll be more time after Rio?

“I haven’t thought too hard about what I’ll do after the Rio Olympics, it’s a big call,” Murray says. “I turn 30 in July, so I’ll take some time off and re-evaluate my position.

“My body can handle the workload, and I feel I’ve been getting better and better in later years, so it might be possible to push for the 2020 Olympics.

“I used to paddle because I was good at it and I never really stopped to think about why I did it. Though after a few recent setbacks, I’ve gained a little more perspective. I love waking up in the mornings and getting out on the water in my boat, I love the adrenaline and excitement of competition and I love the Olympic movement. I’m very lucky to get to do what I do. So in Rio I will go out there and give my very best for my country.”

That sounds very much like a bout of gold fever coming his way.

HANG IN THERE

By Dylan Rivier

HAVE YOU EVER FOUND YOURSELF LOOKING AT AN OLYMPIAN AND MARVELLING AT THEIR PHYSIQUE? US TOO. ELITE ATHLETES WORK THEIR ENTIRE LIVES TO PERFORM ON THE OLYMPIC STAGE, SHOWCASING THEIR HARD WORK ONCE EVERY FOUR YEARS.

While each event focuses on sport-specific training for optimal performance, core strength is a constant across all disciplines. But what does it actually mean? Dylan Rivier, founder of Built by Dylan fitness and trainer for over 10 years with Sydney Uni Sport & Fitness, shares his core tips.

Your 'core' is the group of muscles that make up your mid-section which are largely responsible for keeping your spine stable. What we will be talking

about, however, is everybody's favourite obsession – abs.

But does a visible 6-pack mean a stronger core? Not necessarily. A visible 6-pack comes down to 3 things:

1. Your body fat percentage (BF%)
2. Your genetics
3. Your muscle mass

Plenty of big, strong guys don't look like much through the mid-section yet they are incredibly strong through their core as a result of heavy compound weight training (think power lifting or Olympic weight lifters). For these guys, having a visible 6-pack is not important. On the other end of the scale, some people have a BF% below 10 (think distance running), and although super lean and flat through their mid-section, the 6-pack doesn't pop like the rest of us want it to.

Here are a couple of tips to get you on your way:

BE CONSISTENT

Consistency is key. I say it all of the time because it's so true.

Spare a thought for the Olympic athlete that's strung together 15 years of training. Many individuals string together 2 or 3 weeks before it all goes out the window and wonder why the 'Rio rig' isn't in sight.

STRENGTH TRAINING

All over body strength training is crucial to developing your physique in general. Whether you're lifting heavy weights in the gym or monkeying around doing calisthenics on a bar, increasing muscle mass means you'll burn more fat (even when resting), which will in turn mean a stronger foundation of muscle and a decrease in overall BF%.

REDUCE YOUR BF%

You might have a killer 6-pack but if it's hiding under a layer of abdominal fat, it'll never see the light of day. Everyone has heard the saying, "abs are made in the kitchen," and there is some truth to that. You need to be eating the right amount of lean protein, quality carbs and good fat to lose fat. Everyone is different so this will require some experimenting to find out what foods work for you, especially when you're living an active lifestyle.

TRAINING

Here's the fun stuff. Your abs are muscles just like any other in your body, and they need to be trained. Thousands of crunches are not going to be effective if you're serious about results.

Once your BF% is down and your strength is up, here are my favourite ways to get that shredded look in your abs:

1. Involve the hips: Any kind of reverse move (think hanging leg raises, knee tucks etc) is shown to recruit more abdominal tissue than the straight-up crunch or sit-up.
2. Work your obliques: Think twisting. Hang from a bar and bring your knees up to your opposite shoulder in a twisting motion. Try windscreen wipers, hanging from a bar or lying on the floor. Strong obliques helps to create that V shape above your hips that is so aesthetically pleasing.
3. Work your serratus: Boxing is an excellent way to really trim up the serratus anterior which gives you that shredded look along your ribs.
4. Static hold: The good ol' fashioned plank is fantastic for strengthening your whole core and time under

tension for your mid-section is great for developing strength for more difficult exercises such as front levers and human flags.

- 5) Super set. Triple set. Circuit. What do these things all have in common? More than one exercise. Try pairing, or doing three (or more) exercises in a set. Mix up your angles, rep ranges, resistance – the sky's the limit as far as variety is concerned.

So there you have it. Increase your lean muscle mass, reduce your BF%, train your abs like you would any other muscle group and be consistent. Apply some Olympic dedication to the formula and you'll be up for some golden results.

KEEN FOR MORE?

Visit www.builtbydylan.com or follow Dylan through Instagram - <http://www.instagram.com/builtbydylan>





IN LINE FOR SEVENS

WITH RUGBY UNION, ALBEIT SEVENS, RETURNING TO THE OLYMPIC GAMES FOR THE FIRST TIME SINCE 1924, FIVE SYDNEY UNIVERSITY ATHLETES WILL BE COUNTING DOWN THE DAYS UNTIL JULY 14 WHEN THE AUSTRALIAN MEN'S AND WOMEN'S SIDES WILL BE NAMED, WRITES GRAHAM CROKER.

While Australian captain Ed Jenkins has already been named to lead the team, Greg Jeloudev, Tom Kingston and Pat McCutcheon are still in contention for the 14-man men's squad. Meanwhile, Sydney University's Chloe Dalton is a strong contender to be part of the women's team that will be captained by Shannon Parry.

The 15-man version of the code was played at the Games in Paris (1900), London (1908), Antwerp (1920) and Paris (1924) before being discontinued. The Sevens version will debut in Rio de Janeiro and as Jenkins said, it is an honour to be part of Olympic history.

A member of the NSW Waratahs Academy from 2007-10, Jenkins is Australia's most capped Sevens player since making his debut on the Rugby World Sevens circuit in 2009.

He was a member of the Australian Sevens sides that won a silver medal at the 2010 Commonwealth Games in Delhi, and bronze at the 2014 Games in Glasgow, and a member of the Cup winning sides in London (2010) and Tokyo (2012) before injury curtailed his career for a season.

"We definitely can win the gold (in Rio)," Jenkins said of the tough task ahead for the team. "We've proven we can virtually beat every team on the circuit and we've had three podium finishes.

"There's a lot of confidence among the team and a gold medal is definitely on the cards for us."

Having adapted from the 15-man game, Jenkins said the Sevens World Series has seen the game develop into a very skilled sport for very fit individuals.

He said many of the players coming across from the 15-man game and rugby league found it difficult to adapt quickly into the modified Sevens version of the sport. "It's great for our sport (that they're coming across), it shows just how difficult the game is," he said.

Jenkins, who was on the Elite Athlete Program at Sydney University while undertaking his undergraduate studies, said teams that aren't traditionally strong rugby nations, including Kenya, Canada and Russia, have been developing into Sevens specialists and causing upsets.

McCutcheon, a former Australian Schoolboy representative before going through the Colts program at SUFC, was in the 2010 silver medal winning team with Jenkins.

The former Waratahs Super Rugby representative captains the Australian Sevens side when Jenkins is injured or spelled.

He's another who says fitness and adaptability are key components in becoming a Sevens specialist.

Speedster Jeloudev has also had a long association with the Australian Sevens side, making his debut in the 2010-11 World Series when he played all eight rounds in Dubai, George, Las Vegas, Hong Kong, Adelaide, London and Edinburgh.

The former Australian Under 20 representative was also in the 2014 Commonwealth Games bronze medal winning team.

As with Jeloudev, Kingston was also an Elite Athlete Program scholar and also has pace to burn. The former Australian Schoolboy and Under 20 representative played with the Waratahs and Melbourne Rebels in the Super Rugby series before signing up with the Sevens program in 2015.

"We travel to some incredible places on the Sevens tour – Cape Town, Vancouver, Las Vegas, London," he says. "The Sydney leg of the Sevens series this year was a great experience.

"It's extremely motivating to be part of the Olympic squad, but selection in the final squad is going to be tight. The belief in the squad is we're not just there to make up the numbers, we want to win gold."

While the Australian men's team is firmly in the mix for a medal, it is the women's team who are favourites for the gold. Heading into the final stage of the women's sevens World Series Tour, Australia was 10 points clear of second-placed New Zealand.

Dalton, a fifth year Bachelor of Applied Science (Physiotherapy) student and Elite Athlete Program scholar, has had a meteoric rise in the game since switching from basketball with the Sydney Uni Flames 18 months ago.

She trained with the Australian Rugby Sevens program from mid-2014 and was

handed a full-time contract at the end of that year.

Chloe is presently recovering from a broken arm, which she played with for two full rounds of the World Series before being X-rayed.

"It was a fair bit of pain but I didn't actually realise it was broken," Dalton, 21, said.

She made the belated discovery after returning from Europe, where she played tournaments in London and Amsterdam after sustaining the injury in Dubai.

"I think because Olympic qualification was on the line, I was so focused on trying to get the team through those couple of tournaments," Dalton says. "The adrenaline of it all seemed to help, but it pushed my rehab back a fair bit. It would be such an incredible honour to wear the green and gold at the biggest sporting event in the world. It would be the pinnacle."

The Rio Sevens will kick-off on the second day of Olympic action with the women's three-day competition starting on Saturday, August 6 at the Deodoro Stadium.

The men's competition starts on August 9, the day after the women's medal day, and also runs over three days.

Assuming Australia makes the medal rounds, they will play two matches on each of the three days.





SOAKING UP SELECTION

VERY FEW INDIVIDUALS REALISE THE DREAM OF BECOMING AN OLYMPIAN, BUT TO HAVE A SIBLING ALSO ON BOARD THE AUSTRALIAN SAILING TEAM FOR RIO IS A FEELING BEYOND COMPARE FOR JAIME AND WILL RYAN, WRITES LAURA HANLON.

Will, 27 years old, and Jaime, 22 years old, have both won selection in the Men's and Women's division respectively of the 470 class, also known as the two-person dinghy. Jaime is a current University of Sydney (USYD), Bachelor of Science student, while Will maintains his land legs through his USYD Master of Management studies after graduating in 2012 with a Bachelor of Commerce.

The Ryan's, both Sydney Uni Sport & Fitness Elite Athlete Program Alumni, are one of six pairs of siblings so far selected in the Australian Olympic team for Rio 2016.

"Making an Olympic debut alongside my middle sister Jaime will be hugely special, and doubly so for our family who have supported and helped us to get here," said Will.

Growing up under the Southern Cross, the water is close to the hearts of many Australians and our Olympic sailors have consistently shown themselves to

be among the very best in the world. Australia won gold in both the Men's and Women's 470 class in Sydney 2000. When Australian medals were scarce in London 2012 our sailors shone, bagging three gold and one silver, that's more gold than any other sport. Will was a training partner to our London champion pairing of Mathew Belcher and Mal Page, and now heads into Rio with Belcher as the No. 1 world ranked duo having won the 2012, 2013 and 2015 World titles.

Will was taken onto his grandfather's yacht, just two days after being born, to watch the start of the Sydney to Hobart on Sydney Harbour. Growing up at Coal Point on the shores of Lake Macquarie, the second-largest saltwater lake in the Southern Hemisphere, Will has tried his hand with yachts of all sizes but settled on the 470 after a chance meeting with master Olympic coach, Victor Kovalenko, in 2009. With a yearning for many sports, including kite surfing and triathlon, Will was the youngest competitor in the 2006 Rolex Sydney to Hobart Yacht Race.

Will's role in the 470 boat is called Crew as he is positioned at the front using his power and leverage, including operating the trapeze outside of the boat to make it go as fast as possible. Always the competitor, Will jokes that Mat Belcher as Helm, who operates ropes and the tiller, thinks he's driving the boat however Will hints it's more dual-control. The 470 class, which takes its name from the length of the boat (470 centimetres), is designed to plane easily on the water and requires

excellent teamwork to sail it well.

Sharing a strong family preference for the front seat, Jaime Ryan also commands the Crew position in her partnership with Carrie Smith, who hails from Fremantle.

The pair, coached by Olympic sailing gold medallist from Beijing, Nathan Wilmot, were determined opponents growing up in the youth ranks. However, since joining forces two years ago, they have formed a formidable combination.

Ryan and Smith finished the 2015 World Championships regatta in Israel in ninth position, which was good enough to qualify Australia a nation spot for Rio 2016.

"My teammate and I are doing everything to make the most of each day leading to Rio. We'll be fine-tuning our gear selection for the Games, and trying to get our head around the tricky race routes of Guanabara Bay. The topography and the tides that flow through the area make for a challenging course," said Jaime.

Jaime, a relative late starter to sailing at age 15, joined siblings Will, Sasha and Elise on the wide expanses of Lake Macquarie. In a family bursting with sailing talent, Sasha is also a champion 470 yachty, taking out the Women's 2015 Australian title with crewmate Amelia Catt.

When the Olympic sailing program kicks off at Marina da Gloria, Copacabana, Rio de Janeiro come August, Will and Jaime Ryan will be ready to give it their all and do their family and Australia proud as always.

DAILY ROUTINE

MORNING.

Training in specific venues is important for sailors, so we spend around 8 months of the year overseas. We devote 5-6 days to training per week, with the day split between on-water sailing time, time in the gym, and time to manage the logistics of our campaign and maintain the equipment of our boats.



I try to get outdoors to enjoy a little morning 'wake-up' activity like stand-up paddle boarding, a swim or short run for 20/30minutes. This gets me energised for the day and feeling agile again. A morning injury-prevention stretching program is also squeezed in to keep the body and team physio happy.



Eat breakfast while checking emails and the weather forecast.



Training starts at the local sailing club (wherever we may be) and we will often discuss aspects of the previous day, plus update the plan for the day, before getting our boat ready and heading out on the water. Our time on the water can average between 2-5 hours at a time depending on conditions and our focus, for example timing varies if we are building up endurance or tapering towards a big event.



Prepare our boats and stretch again before training & then on-water training or racing.

AFTERNOON & EVENING.

This time is generally spent for recovery; however it can also include a debrief from the day, fixing the boats, a bit of time to manage any travel and team logistics and, for me, generally an afternoon strength or cardio session with intensity. Strength sessions for our type of boat target high power to weight focused exercises and endurance, with cardio sessions mixing from a 40 minute run or swim, to an hour-long spin class at the gym.



Short debrief and meal. Fix and repair boats.



Cardio or strength.



Recovery/Physio/Emails.



Time for dinner.



Relax and get our minds away from sailing so we can be fresh again for the next day to do it all again.



ONE dream

WRITES PAT EMERY

Sally Kehoe and Cameron Girdlestone have a multitude of commonalities. They are both Sydney Uni Boat Club members, both current national single scull champions in Australia, and are both headed to the Rio Olympics. But most importantly, Sally and Cameron share the same dream.

Australia has never won a gold medal in either female or male single scull competition at the Olympic level, but our Sydney Uni athletes are striving to rectify this. And while Kehoe and Girdlestone might now be facing similar challenges, they arrived at this point having travelled very different paths.

Girdlestone, a strong-minded 28 year old, started rowing in 2003 at The Kings School, in Sydney's west. Originally a cricket and rugby player, he took a chance on rowing in Year 8 when his three best friends decided to try their hand at a

new sport. Since that defining moment, Cameron has never looked back, stating, "I was instantly drawn to the challenge and the determination needed to be competitive and succeed in rowing."

This determination ensured a quick rise to the top of the Australian rowing scene for Girdlestone. Just two years after picking up the sport, Cameron competed in the men's four at the Junior World Championships in Germany 2005. He then contested the U23 World Championships in Scotland 2007 and made his first senior team at the 2014 World Cup in Sydney, where he took gold in the quad scull and silver in the pair. In 2015 he competed in the quadruple scull and won a silver medal at the World Rowing Championships in France. Cameron will be a part of the quadruple scull team for Rio.

When he's not competing or training,

Girdlestone is a PDHPE teacher at the Shore School in North Sydney. After starting work as a teacher, Cameron's rowing prowess landed him a job as a rowing coach at the Shore School also. He particularly enjoys working with the students to help them achieve their academic and sporting goals.

Sally Kehoe was born and raised in Toowoomba, Queensland and is an Australian rowing veteran. She started rowing in 1999 as a 12 year old, after she was introduced to the sport while boarding at Brisbane's St. Margaret's Anglican Girls School. Kehoe has already competed for Australia at Beijing 2008 and London 2012, making Rio 2016 her third Olympics. Sally will be looking to better her result this time around, after finishing sixth in both her previous two Olympic campaigns in the women's eight.

Kehoe looks on track to better her Olympic results as she and rowing young gun Olympia Aldersey posted the world's fastest time of 6:37 minutes in the double sculls in the semi-final at the 2014 World Championships. Hosted in the Netherlands, the pair picked up a bronze in the final. The pair also won gold at the Sydney and Aiguebelette World Cups in 2014. These results are especially pleasing considering Sally will be competing in the double sculls at Rio. To go with this, Sally has won three junior gold medals, along with several silver and bronze senior finishes at various World Cups and World Championships. Impressively, Sally manages to balance her hefty rowing commitments while working full-time as a Credit Analyst for the National Australia Bank. She received a Bachelor of Business in Economics from the University of New England and

plans to further progress her corporate career by completing a Masters in International Finance at Deakin University. Interestingly, Sally is related to Australian swimmer and Olympic icon, Susie O'Neil. Susie is Sally's godmother and holds the Australian swimming women's record for the most Olympic medals (8). It was Susie's 1992 Barcelona Olympics performances that inspired the then 5 year old Kehoe to become an Olympian.

Now both athletes are on the Olympic path, they're schedules are quite manic. Girdlestone's commitments increased substantially over a year ago, in March 2015 when he moved down to Huon Valley, Tasmania to train with his team. Obviously with rowers positioned all over Australia the re-location was unavoidable in order to ensure regular practise with the crews. Since training in



Tasmania, the crew also moved around Europe in 2015 competing in various World Championships and World Cups at locations including Italy, Switzerland and France. With a few months left until the event commences in August, both Kehoe and Girdlestone are racking up anywhere between 25 and 30 hours of training a week. This includes a combination of gym, bike, erg, and 7 or 8 on-water sessions with additional compulsory recovery sessions as well.

It's a daunting schedule that few could likely manage while also boasting impressive careers outside of sport, but for Cameron and Sally it's been a lifestyle since they were young. Decades of dedication have left them in encouraging positions leading into the Games, we know the pair will leave no stone unturned in their quest for Rio Gold!

HISTORY MAKING

OLYMPIC AWAKENING

OUR SYDNEY UNIVERSITY WOMEN'S WATER POLO TEAM MADE HISTORY IN THE 2015/16 SEASON BY WINNING THE CLUBS FIRST EVER NATIONAL WATER POLO LEAGUE (NWPL) WOMEN'S TITLE. AFTER FINISHING THE REGULAR SEASON IN SECOND SPOT WITH AN 18 - 4 WIN/LOSS RECORD AND OUTLASTING A DETERMINED CRONULLA TEAM IN THE SEMI-FINAL, THE SYDNEY WOMEN FACED THE BRISBANE BARRACUDAS IN THE FINAL, WRITES PAT EMERY.

There was a sense of overwhelming joy and relief as the final siren sounded with the Lions on top 12-8 at full time. After claiming a bronze medal in 2013/14 and coming agonisingly close in 2014/15, going down to the Barracudas in a heartbreaking penalty shootout loss, the girls were finally able to accomplish their championship goal.

Along with the National Water Polo League Championship (NWPL), the hopeful Rio Olympians in the team surely strengthened their chances of gaining selection. Isobel Bishop, Hannah Buckling, Keesja Gofers, Bronte Halligan, and Lea Yanitsas will surely have an upper hand going into the final stages of the Olympic selection process.

At 19 years of age, Bronte Halligan is the youngest of the Sydney Uni girls in the Stingers squad. Elite level athletic success is in Bronte's genes, as her sister Devon is an Iron-Woman champion and surf life saver for the New Zealand Black Fins, while her dad played in the NRL and represented the New Zealand national rugby league team. It has been a fast-track to success for Halligan, considering she only took up water polo at 14 years of age. She has already represented Australia at junior and senior level, including at the 2015 World Aquatic Championships in Kazan, Russia.

Similar to Bronte, Hannah Buckling grew up on Sydney's Northern Beaches where she played junior water polo for the Sydney Northern Beaches Breakers. Hannah is a tremendous sportswoman and academic, having completed a Bachelor of Science degree at Sydney Uni with a distinction average. She majored in Physiology and Immunology, and has been accepted to do a degree in Medicine at Sydney Uni however has deferred her study until 2017 to focus on Rio preparations.

The centre back has achieved great success since moving to the Lions when she started Uni. She was named Australian Junior Female Water Polo Player of the Year, making the 2012 extended Olympic squad, winning Sydney Uni's Sportswoman of the Year, SUSF's Female Blue of the year, claiming silver at the Water Polo World Championships in Barcelona, and of course winning the NWPL Championships for Sydney this year, where she was also awarded the Pat Jones medal for MVP of the finals.

Lea Yanitsas is the Lions' goalkeeper and was also on the Australian team that claimed silver at the 2013 World Championships in Barcelona. Lea is the defensive backbone of the women's Sydney Uni Water Polo team and is largely responsible for the team finishing with only 137 goals scored on them in 22 games. Lea has been lucky enough to be tutored by Sydney Uni women's co-coach, Alicia Smith. Smith has been instrumental in Yanitsas' development as she too was a goalie, winning bronze at the 2012 London Olympics. Interestingly, Lea met her husband Andrew through water polo. He is the current UNSW men's head water polo coach and has helped coach various other NSW and Australian water polo teams.

Isobel Bishop is the only left handed player out of the Sydney girls contending Olympic selection. She was born and raised in Adelaide, South Australia. Bishop has previously been a South Australian Institute of Sport and

Australian Institute of Sport scholarship holder. She also previously played for the Adelaide Jets and Victorian Tigers in the NWPL, before joining the Sydney Uni Lions. Isobel claims that second Sydney Uni co-coach Debbie Watson is her role model, whom has surely been pivotal in Isobel's improvement as a water polo player. Watson is undoubtedly one of Australia's all-time best water polo players; she is the only female water polo player to have ever won gold at the World Cup, World Championships and Olympics, and in 2006 she was inducted into the Australian Sports Hall of Fame.

Keesja Gofers first played water polo when she was six years old in her older sister Taniele's team. She fondly recalls spending most of the game swimming away from everyone else. When Keesja turned 10, she started competing on her own at Sydney Uni, and 16 years on, she is still at the club. Keesja's hard work and loyalty to the club was rewarded this year, when her team won the women's NWPL Championship while she captained the side. Keesja led from the front all season as she was the team's highest goal scorer, netting 63 goals in 22 games!

Keesja draws inspiration from her older sister Taniele who was a regular member of the team that claimed bronze at the 2008 Beijing Olympics. Keesja has achieved just about everything there is to accomplish in water polo; MVP of the NWPL, an NWPL title, various Stinger appearances, and a gold medal at the Junior World Championships. Fittingly however, her one remaining goal is to achieve Olympic selection, and a gold medal to go with it.

Bronte, Hannah, Lea, Isobel and Keesja's hard work has helped the Sydney Uni Lions transform into one of the best water polo clubs in Australia. It's been an incredible season for the girls and when the final Stingers squad of 13 is read out on June 17th, we can only hope that their magical run can last a little longer.



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SPORTS AWARDS

a success

WHILE 2015 ACCOMPLISHMENTS DESERVED MORE THAN JUST ONE NIGHT OF TOASTING, SYDNEY UNI SPORT & FITNESS (SUSF) ONCE AGAIN TOOK TO THE GREAT HALL OF THE UNIVERSITY OF SYDNEY TO CELEBRATE THE OUTSTANDING ACHIEVEMENTS OF ATHLETES LAST YEAR AND RECOGNISE NEW SCHOLARSHIP HOLDERS, WRITES LAURA HANLON.

As well as giving a nod to individuals whom successfully negotiate the challenges of juggling elite sport and tertiary studies, the ceremony acknowledged 125 years since the inception of the Sports Union.

While much has changed from 1890 to 2015, excellence has remained a constant. The ceremony was set to the success of women making grand finals in women's water polo, netball, hockey, volleyball, cricket, rugby, AFL and soccer. Female athletes won every major open title on offer in athletics, while the netball, hockey, cricket, rugby and soccer clubs all took out their respective premierships. Brydens Sydney Uni Flames also finished an impressive third.

If this wasn't enough, men's rugby won their 12th straight rugby club championship and our NEAFL team finished 3rd in a very tough competition, beating every side at least once. Our male athletes also won every major open title on offer in athletics, seven Sydney Uni athletes competed at the World Championships of athletics and the Sydney Uni men's 4 x 100 metre relay team equalled the fastest time ever run by an Australian club. The Men's water polo team was runner up in the national league and our male rowers won the Australian Boat Race.

Thanks to the combined contribution of our finest men and women, SUSF also won the Overall Australian University Championship for 2015.

Confident the future will produce just as many highlights, Greg O'Mahoney previewed a panel of athletes on the 2016 Olympic Rio radar. Enter rowers, Cameron Girdlestone and Sally Kehoe, as well as Sydney Uni Soccer Football Club's latest recruit Georgia Yeoman-Dale.

Congratulations to all and here's to a highly successful SUSF story that will continue to evolve over the next 125 years and beyond.

AWARD WINNERS

CLUB OF THE YEAR:

Sydney University Women's Rugby Club

PREMIER CLUB OF THE YEAR:

Sydney University Athletic Club

COACH OF THE YEAR:

Phillip Brown
Sydney University Women's Rugby Club

PREMIER COACH OF THE YEAR:

Heather Garriock
Sydney University Soccer Football Club
Mark Prater
Sydney University Boat Club

SPORTSWOMAN OF THE YEAR:

Michelle Jenneke
Sydney University Athletic Club

SPORTSMAN OF THE YEAR:

Nick Hough
Sydney University Athletic Club



COACH AND CLUB OF THE YEAR



PREMIER COACH OF THE YEAR



PREMIER CLUB OF THE YEAR



SPORTSWOMAN OF THE YEAR



SPORTSMAN OF THE YEAR

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WHAT'S IN A NUMBER?

THERE ARE MANY FACTORS THAT SET ELITE ATHLETES APART FROM THEIR COMPETITORS, BUT WOULD YOU HAVE EVER CONSIDERED THAT THE DIFFERENCE MIGHT BE THEIR BIRTH DATE?

By Kristen Barnes

Most people develop an interest in sport from a young age. When you start going to school you're likely also given the opportunity to learn a sport to help you gain an understanding of team work, to help you make friends and to keep you healthy.

At this primary school age, most teams are selected based on a cut-off date to separate you by age group, commonly a year or two year bracket. This means if you're born in December you could be 364 days younger than someone born right at the start of the year, yet be competing against them for a spot on the team. At a young age, of say 6 or 7, this difference can account for a significant amount of your life.

Being born in January, you might be taller, stronger and faster or demonstrate better hand-eye coordination. This cognitive or developmental advantage would have you selected in the team ahead of smaller, younger kids. And from here the cycle begins. If you're a child with an early birthdate corresponding to your age group cut-off, and you're more physically developed, you may begin to take up a leadership role in your team, you might be relied upon to score points, receive extra coaching, or additional minutes on the field and from here your talent is nurtured. Repeat this cycle across your junior sporting career and you will find you are more likely to make it to the elite level than others born in the latter half of the year. Or so is the theory of birthdate bias, also referred to as the relative age effect.

Many studies have been conducted around this theory. Sports such as Rugby Union, Baseball, Soccer and Ice Hockey have even demonstrated the presence of such bias in competition, in both junior and senior national representation, and across multiple countries. For example, Peter Fernley conducted a thesis study over a seven year period, highlighting there was a strong relative age effect in both U16 National Rugby Union representation and U20 Australian squad selection for those born in the first two quarters of the year.

Even looking at our own currently selected Sydney Uni Olympic competitors, we can see birthdate bias at work. With thirteen athletes confirmed by publication print, 79% of them were born in the first six months of the year, while only 21% fell in the last two quarters.

It should be mentioned however, that for each sport there are different parameters around age group selection and the cut-off periods chosen throughout the year. While many sports may adhere to a year end cut-off, others such as Baseball actually fall on July 31, and hence in America in the Major League competition, there is actually a 50-60% greater chance a child born in August will make it to professional level than someone born in July.

Despite the relative acknowledgment of this bias by many researchers, the problem is almost impossible to avoid.

The phenomenon begins at junior level with our coaches, and without an overhaul of the current selection parameters by which athletes are chosen by age division, we will not see a change.

In saying this, there are numerous other factors that help an athlete to succeed which are irrelevant to age and some which are out of our control. You could just as likely come across two junior athletes born in the same month and year who are at completely different developmental stages or whom have completely different genetic traits, for example, height and athleticism. Each person's growth and maturity rate differs and it would be impossible to categorise individuals based on these factors which coaches could again use as a talent identifier. Interestingly, sports where such growth factors and traits play an important part in relative success have seen that birthdate bias is not obvious. Sports such as basketball do not show these patterns.

So, although many researchers have suggested that the relative age effect is having a negative impact on children in sport through a decline in participation, perhaps we need to change the message we are sending them. The focus for young children should not be on becoming an elite level sportsman, there's too much pressure in that, instead we should be encouraging our children to participate and enjoy sport as a social and healthy part of daily life.



WORLD-CLASS FIXTURE UNVEILED

SYDNEY UNI SPORT & FITNESS (SUSF) OFFICIALLY OPENED ITS \$13 MILLION MULTI-SPORT TAG FAMILY FOUNDATION GRANDSTAND AT SYDNEY UNI FOOTBALL GROUND (PREVIOUSLY UNIVERSITY OVAL NO. 2) ON WEDNESDAY, APRIL 6.

By Laura Hanlon

The ceremony was held in the Grandstand's function room, with untrammelled views of the revamped playing field now home to the Sydney Uni Football Club (SUFC) and Sydney Uni Soccer Football Club (SUSFC).

Resounding applause accompanied the distinguished University of Sydney Chancellor, Belinda Hutchinson, as she cut the ribbon to open the magnificent facility alongside SUSF Executive Director Rob Smithies and SUSF President Bruce Ross.

The Chancellor thanked all involved in the project and was thrilled to be able to deliver a facility which will nurture student athletes for decades to come.

"The facility's fruition is an absolute triumph for the entire University community and I look forward to many high-quality games on these grounds," said Hutchinson.

Mr Smithies was justifiably proud of the latest sporting infrastructure development at Australia's premier university.

"We're confident the addition of the Grandstand will transform the future of sport on this campus and are very grateful to everyone at the University who has helped us to build the next generation of sports facilities," said Smithies.

Designed to provide the latest in comfort for 1,100 spectators, the state-of-the-art structure is not just a viewing platform as it strategically incorporates additional facilities underneath and around the new grandstand. With no half measures taken, the site boasts an impressive two-level, high-performance strength and conditioning gym, named after its benefactor and rugby club stalwart, David Mortimer, as well as four spacious

change rooms with ice baths.

"It's an unreal training and playing facility. From the weights we use to our recovery baths and changerooms, it's a top notch environment to develop as an athlete," said Sydney Uni Football Club player, Mitchell Whiteley.

Maximising every design opportunity to accommodate SUSF's growing sports program, other features include an array of club offices, a meeting room, a grounds storage area and a purpose-built medical room. Adjacent to the change rooms are three indoor cricket nets, now formally recognised as the Martin Lambert Cricket Centre.

Put quite simply by President Bruce Ross, "The high standard facility is now worthy of our high achieving academic athletes."

"Sport, and in particular women's sport at Sydney Uni, is only getting stronger. These facilities mark the beginning of a new era at home," said Sydney Uni Soccer Football player, Liz Grey.

Together with the \$15 million Sports & Aquatic Centre extension which was finished in 2013, the completion of this new grandstand takes pressure off Oval No.1 and sees the University of Sydney finalise the suite of sports facilities that was promised after the demolition of the old HK Ward gymnasium, which made way for the Charles Perkins Centre.

The brand new development in conjunction with existing SUSF offerings, including the successful Elite Athlete Program, now places Sydney University as the club of choice for budding student-athletes.





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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.suwafcl.com suwafcl@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.sydneynunigradiron.com

americanfootball@sport.usyd.edu.au



ARCHERY

The Sydney Uni Archery Club, established in the 1970s, caters to all levels of archery, from the beginner to the elite. Members compete in various competitions through Archery NSW and Archery Australia at club, state and national levels. The club trains on an outdoor range at St. Paul's Oval, enabling members to train up to 90m, the furthest distance for Open Men's FITA events. Basic equipment and coaching is available to members and personal equipment is also welcome. Training times are Tuesdays and Fridays 1-5pm all year.

FOR MORE INFORMATION:

www.suac.org.au

archery@sport.usyd.edu.au



ATHLETICS

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

FOR MORE INFORMATION:

www.suac.org

www.facebook.com/SUACinfo

athletics@sport.usyd.edu.au



BADMINTON

The Sydney Uni Badminton Club welcomes badminton players of all levels. The club is open to the public, but cater specifically for University of Sydney students. Whether you are a social player looking for a fun hit or a competition-regular looking for some practice before your next big game, you are more than welcome to come along. The club is affiliated with the Sydney Badminton Association Inc. and competes in all of their tournaments. The club also competes in various intervarsity competitions throughout the year, including the Australian University Games and the Eastern Conference Games.

FOR MORE INFORMATION:

www.usydbadminton.com

usydbc@hotmail.com





BASEBALL

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

FOR MORE INFORMATION:

www.sydneyni.baseball.com.au baseball@sport.usyd.edu.au



BASKETBALL

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

FOR MORE INFORMATION:

www.sydneyniflames.com.au basketball@sport.usyd.edu.au



BOAT (MEN'S ROWING)

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

FOR MORE INFORMATION:

www.subc.org.au boat@sport.usyd.edu.au



BOXING

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

FOR MORE INFORMATION:

www.subxc.com.au boxing@sport.usyd.edu.au



CANOE/KAYAK

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

FOR MORE INFORMATION:

www.sydneyniversitycanoecub.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

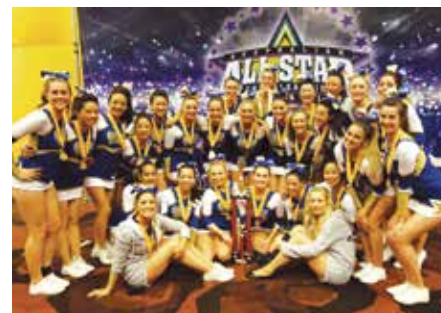


GOLF

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 sydnicheer@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.sydneynjudo.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, yonic 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.usydkendo.com kendo@sport.usyd.edu.au



NETBALL

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

FOR MORE INFORMATION:

www.sunetball.com.au netball@sport.usyd.edu.au



ROCKCLIMBING & MOUNTAINEERING

The Sydney University Rock Climbing & Mountaineering Club is not a competitive club. Instead, it fosters the development of rock climbing as a social sport for men and women. SURMC runs trips on weekends to give members the opportunity to climb outdoors during the semester, as well as indoor climbing which takes place all year around at The Ledge. There are opportunities for elite climbers in the club to compete in state and national events; however there are currently no members involved in these competitions.

FOR MORE INFORMATION:

www.surmc.org.au rockclimb@sport.usyd.edu.au



ROWING (WOMEN)

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

FOR MORE INFORMATION:

rowing@sport.usyd.edu.au



RUGBY LEAGUE

SURLFC plays in the NSW Tertiary League Competition, where they field both a first and reserve grade team. The club provides a professional and collegiate atmosphere for student and non-student players to enjoy playing competitive amateur rugby league. SURLC provides all of its players with free equipment, gear, playing fields and high level coaches. In addition, the club also hosts social events designed to allow its players to develop networks and friendships off field.

FOR MORE INFORMATION:

ckintis@ro.com.au 8263 6639 or 0408 290 197



RUGBY UNION

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

FOR MORE INFORMATION:

(Men) www.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.usydsailing.com sailingboardsailing@sport.usyd.edu.au



SOCCER

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

FOR MORE INFORMATION:

www.susfc.org.au soccer@sport.usyd.edu.au



SOFTBALL

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

FOR MORE INFORMATION:

softball@sport.usyd.edu.au



SQUASH

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

FOR MORE INFORMATION:

squash@sport.usyd.edu.au



SWIMMING

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

FOR MORE INFORMATION:

www.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

[SUUFA](#)



VELO (CYCLING)

The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. Many of the 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:

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

www.suwaterpolo.com.au (Women) waterpolowomen@sport.usyd.edu.au



WATERSKI & WAKEBOARD

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

FOR MORE INFORMATION:

www.usydwake.com usydwake@gmail.com



WRESTLING

The Sydney Uni Wrestling Club teaches Freestyle Wrestling which attacks the upper and lower body of opponent. The ultimate goal is to pin your opponent on the mat, winning the round or match. There are no joint locks in freestyle wrestling or Greco roman wrestling. These joint locks are only legal in submission grappling and MMA (UFC). Australia's Wrestling Coach Leonid Zaslavsky is the club's head coach and Dez Nedim is assistant coach.

FOR MORE INFORMATION:

wrestling@sport.usyd.edu.au



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BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY

By Rodney Tubbs

2016 'BLUE & GOLD' PRE-OLYMPIC GAMES DINNER

On Wednesday 4th May, the 'Blue & Gold' Pre-Olympic Games Dinner took place, pre-dinner drinks in the Main Quadrangle and dinner in The Great Hall. Business attire or blazers were the order of the day.

At the outset, the following 31 Olympians were acknowledged by enthusiastic dinner guests, who included many other aspiring Sydney Uni Olympians hoping to be selected for the Rio de Janeiro Games in the weeks ahead.

Rob Bell

2000/04/08 Canoeing

Matt Dunn

1992/96/00 Swimming

Peter Hadfield

1980/84 Athletics

Doug MacLennan

1964 Gymnastics

Milly Clark

2016 Athletics

Peter Farmer

1976/80 Athletics

Chris Harrison

1998 Water Polo

Peter Montgomery

1972/76/80/84 Water Polo

Joshua Clarke

2016 Athletics

Ed Fernon

2012 Modern Pentathlon

Colin Hamilton

1992 Modern Pentathlon

Lachlan Renshaw

2008 Athletics

Lavinia Chrystal

2014 Alpine Skiing

Trent Franklin

2004/08 Water Polo

John Hayres

1956 Swimming

Anneliese Rubie

2016 Athletics

Cheryl Collins (née Peasley)

1972 Athletics

Chris Fydler

1992/96/00 Swimming

Lauren Hewitt

1996/00/04 Athletics

Lionel Robberds

1960 Rowing

Sarah Cook

2008/12 Rowing

Rose Fydler (née Brown)

1980 Swimming

David Hynes

1996 Baseball

Justin Rowsell

1992 Boxing

Bronwen Downie (née Watson)

2012 Rowing

Natalie Galea

1996 Judo

Michelle Jenneke

2016 Athletics

Thomas Whalan

2000/04/08/12 Water Polo

Kyeema Doyle

2004 Rowing

Jinnie Gavin (née Wadhawan)

1972 Diving (for India)

Andrew Kiely

1988 Modern Pentathlon

Chris Fydler, Sydney Uni's gold medal-winning Sydney 2000 Olympian, addressed the dinner in his capacity as Deputy Chef de Mission of the Australian team for Rio de Janeiro. He provided fascinating insights into the venues for the 2016 Olympic and Paralympic Games, as well as the accommodation for athletes in Rio. Chris was very buoyant about construction being finished in time for the Games. He was also very positive about Australia's likely overall performance, especially our medal chances in the pool and in team events. Just prior to the main course being

served, our dinner guests enjoyed a video produced by the SUSF marketing team, featuring players from Sydney Uni Women's Water Polo National League championship team. Five of the sixteen players in the Olympic squad (which will ultimately become a team of fourteen players) are Sydney Uni aspiring 2016 Olympians.

Adam Spencer moderated a thoroughly entertaining panel of past Sydney Uni Olympians. Peter Farmer, a jovial hammer thrower from the 1976 Montreal and 1980 Moscow Olympics, was flanked by two extremely personable rowers – Kyeema Doyle from the 2004 Athens Games and Sarah Cook from both the 2008 Beijing and 2012 London Olympics. All three athletes captivated the audience with really insightful accounts of their personal Olympic experiences.

There was a very generous response to the Olympic-themed live auction, as indeed there was to both the raffle and silent auction items. Special thanks in this regard to the Urbanest table and also Bruce and Annie Corlett.

The final entertainment segment was Adam Spencer's panel of aspiring 2016 Sydney Uni Olympians. That panel included Michelle Jenneke – the "dancing hurdler" – and Joshua Clarke – Australia's answer to Usain Bolt – both of whom had already gained a place in the Australian team for Rio. The third panel member was Chloe Dalton, our brilliant exponent of Women's Rugby 7s, who has high hopes of joining Shelly and Josh in Brazil come August.

The bubbly personalities of the girls made for a great combination with the dry sense of humour of Australia's fastest man. Shelly maintained that her logical goal would be to make the final of the women's 100m hurdles. While Josh will aim for a personal best performance and a wealth of experience towards his future career. Given that Australia has the N°1 ranked team in the Women's Rugby 7s,

Chloe's goal is very definitely a podium finish!

At the conclusion of the dinner, everyone was in the Olympic spirit. We will all take great interest in the Olympic campaigns of Shelly, Josh and hopefully Chloe, but also the performances of the many other Sydney Uni Olympians and Paralympians in Rio de Janeiro.

Everyone was exhorted to enter the 'Blue & Gold' Olympic Celebration Luncheon in their diaries. It will be held on Friday



16th September at The Ivy Ballroom, 320 George Street (opposite Wynyard station). All of Sydney Uni's returning Olympians will be there and hopefully some of them will be wearing new bling!

Get in early with your bookings – payments will not be processed until a week before the event.

In the interim, we will keep you posted with selections of Sydney Uni athletes as they come to hand. The current 'state of the nation' is as follows:



SYDNEY UNI ATHLETES & OFFICIALS SELECTED FOR 2016 RIO OLYMPIC & PARALYMPIC GAMES

(as at Friday 13th May)

OLYMPIC ATHLETES

Amelia (Milly) Clark

Athletics, Women's Marathon

Joshua Clarke

Athletics, Men's 100m Sprint

Madeline Hills

Athletics, Women's 3000m Steeplechase

Michelle (Shelly) Jenneke

Athletics, Women's 100m Hurdles

Ella Nelson

Athletics, Women's 200m Sprint

Brendon Reading

Athletics, Men's 50k Walk

Anneliese (Annie) Rubie

Athletics, Women's 400m & 4 x 400m Relay

Jennifer Blundell

Athletics, Women's 1500m

Jessica Fox

Canoe/Kayak, Women's Single K1 Canoe Slalom

Murray Stewart

Canoe/Kayak, Men's K4 1000m Kayak

Jaime Ryan

Sailing, Women's 470 Class

Will Ryan

Sailing, Men's 470 Class

OLYMPIC OFFICIALS

John Boulton

Volleyball, Team Leader (Indoor & Beach)

Chris Fydler OAM,

Australian Team, Deputy Chef de Mission, Information Services

Mark Prater

Rowing, Coach

PARALYMPIC ATHLETES

Angela (Angie) Ballard

Athletics, T53 Wheelchair Sprint Events

Prue Watt OAM

Swimming, S13/SB13/SM13 Events

SUSF FAMILY MEMBER MEETS OUTSIDE THE GYM

WITH SO MANY FACES SWIPING IN AND OUT OF OUR FACILITIES EVERY DAY, WE'RE BOUND TO UNCOVER SOME INTRIGUING MEMBER STORIES. HAVING RETURNED TO AUSTRALIA AFTER 6 YEARS LIVING IN THE UK AND WORKING IN A STRESSFUL, INTENSE BUT INCREDIBLY REWARDING JOB, FIONA FERGUSON WAS OVERWEIGHT AND IN NEED OF A CHANGE. 11 YEARS LATER, FIONA FREQUENTS SUSF, HAS FOUND HER FITNESS AND IS ABOUT TO SET SAIL STRONGER THAN EVER.

Why do we do it? Why do we drag ourselves down to the gym and punish ourselves relentlessly? Work our way through injury? Battle back after illness? They're good questions and I don't think I'm the only one to be asked these things by friends or family. But I don't think they get it and it's not something you can easily explain. You have to experience it.

Thankfully Sydney weather, inner-city living and setting up a new business, and therefore being my own boss, helped me to regain control of what I lost living overseas.

A regular routine at the Sports & Aquatic Centre really took that lifestyle change up a notch and I now try to get to the gym 6 days a week when I can. It might sound extreme to some but as well as good exercise it's also something that gets me out of the office and apartment. Being self-employed can be a little isolating at times.

After I lost the excess weight, I started entering half marathons and running



became a bit of a thing. It sometimes puzzles me though when people say that I must really enjoy running - it's not something I do because I enjoy it but more because I kind of feel compelled to now, along with pull-ups and bench presses! As anyone who goes to the gym or trains regularly will know however, injuries and sickness do rear their heads, and usually at inconvenient times.

A few years ago I started to have some gut problems and was eventually diagnosed with a reasonably rare gut condition that means I can, at times, have trouble fuelling my body. I generally have to eat small meals and a low fibre diet. Low fibre unfortunately means eating less fruit than I used to which can be frustrating. I've found a new balance and can generally manage my diet and exercise, though it must seem strange to anyone who observes it without explanation. One person's healthy diet can lead another person to illness. More than anything, I miss eating broccoli. But if that's a thing to complain about I guess my life must be going ok, right?

I also have some sleep issues which make it difficult to get going in the morning. No

matter how fatigued I feel though, I try to get up and get down to the gym, as I almost always feel better afterwards. I guess what I've learnt is that fitness is as much of a mind game as a physical one. Or at least it is for me. Obstacles come and you learn to battle through them and build your fitness again. Having a goal is important but being flexible is too.

Soon I'll be taking a break from the gym, for a bit, to sail from Copenhagen to near Stockholm. I'm hoping to pull my running shoes on every now and then as we hop our way around the coasts. At least it'll make for interesting GPS maps! Last year we motored through the canals in the Netherlands, ending in Amsterdam which is another great place to run in. In fact, I've never run in such a flat country and even thought about living there. But where would the challenge be then?

Ups and downs are a part of life we all have to deal with but can be incredibly frustrating. It helps to be going to a gym where others understand and support me and I'm grateful for the friends I've gained at SUSF.

Written by Fiona Ferguson

HOME EVENTS CALENDAR

JUNE

04 SATURDAY 10:00AM Sydney Uni No 1 Oval AUSTRALIAN RULES (W) vs UNSW Eastern Suburbs Stingrays	05 SUNDAY 3:00PM Sydney Uni Football Ground SOCCER (W) vs Macarthur Rams FC	09 THURSDAY 8:30PM Robyn Webster Centre NETBALL vs Bankstown City	11 SATURDAY 3:00PM Sydney Uni Football Ground RUGBY (1ST GRADE) vs Penrith	12 SUNDAY 12:00PM Henson Park AUSTRALIAN RULES (NEAFL) vs Gold Coast Suns
12 SUNDAY 3:00PM Sydney Uni Football Ground SOCCER (M) vs Hawkesbury City SC	18 SATURDAY 12:00PM Sydney Uni No 1 Oval AUSTRALIAN RULES (W) vs Auburn Giants	19 SUNDAY 1:30PM SOP Hockey Centre HOCKEY (W) vs Macarthur	19 SUNDAY 3:00PM Sydney Uni Football Ground SOCCER (W) vs North West Sydney Koalas	23 THURSDAY 7:00PM Robyn Webster Centre NETBALL vs Penrith District

25 SATURDAY 3:00PM Sydney Uni Football Ground RUGBY (1ST GRADE) vs Warringah	25 SATURDAY 3:00PM Sydney Uni No 1 Oval AUSTRALIAN RULES (W) vs Power Wolves	26 SUNDAY 1:30PM Field 2, SOP Hockey Centre HOCKEY (W) vs Mosman Harbourside	26 SUNDAY 2:00PM Petersham Oval BASEBALL vs Marrickville	02 SATURDAY 12:00PM Henson Park AUSTRALIAN RULES (NEAFL) vs Aspley
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02 SATURDAY 8:00PM Olympic Pitch, SOP Hockey Centre HOCKEY (M) vs St George Randwick	03 SUNDAY 10:30AM Olympic Pitch, SOP Hockey Centre HOCKEY (W) vs Moorebank-Liverpool	03 SUNDAY 3:00PM Sydney Uni Football Ground SOCCER (W) vs Marconi Stallions FC	09 SATURDAY 4:15PM Syd Uni Sports & Aquatic Centre BASKETBALL vs Bankstown Bruins	10 SUNDAY 10:30AM Olympic Pitch, SOP Hockey Centre HOCKEY (W) vs Briars
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10 SUNDAY 3:00PM Sydney Uni Football Ground SOCCER (M) vs Inter Lions	16 SATURDAY 11:00AM Sydney Uni No 1 Oval AUSTRALIAN RULES (W) vs Auburn Giants	16 SATURDAY 2:00PM Henson Park AUSTRALIAN RULES (NEAFL) vs Canberra Demons	16 SATURDAY 2:00PM Olympic Pitch, SOP Hockey Centre HOCKEY (M) vs Norwest Strikers	16 SATURDAY 3:00PM Sydney Uni Football Ground RUGBY (1ST GRADE) vs Parramatta
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17 SUNDAY 3:00PM Olympic Pitch, SOP Hockey Centre HOCKEY (W) vs Western Districts	17 SUNDAY 3:00PM Sydney Uni Football Ground SOCCER (W) vs North Shore Mariners	23 SATURDAY 12:00PM Henson Park AUSTRALIAN RULES (NEAFL) vs Redland	23 SATURDAY 2:00PM Petersham Oval BASEBALL vs Cronulla	23 SATURDAY 4:15PM Syd Uni Sports & Aquatic Centre BASKETBALL vs St George Saints
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24 SUNDAY 3:00PM Sydney Uni Football Ground SOCCER (M) vs Balmain Tigers FC	24 SUNDAY 4:30PM Field 2, SOP Hockey Centre HOCKEY (W) vs Glebe	30 SATURDAY 5:00PM Olympic Pitch, SOP Hockey Centre HOCKEY (M) vs Glebe	31 SUNDAY 3:00PM Sydney Uni Football Ground SOCCER (W) vs Illawarra Stingrays	For all the latest event news & reviews. Visit www.susf.com.au
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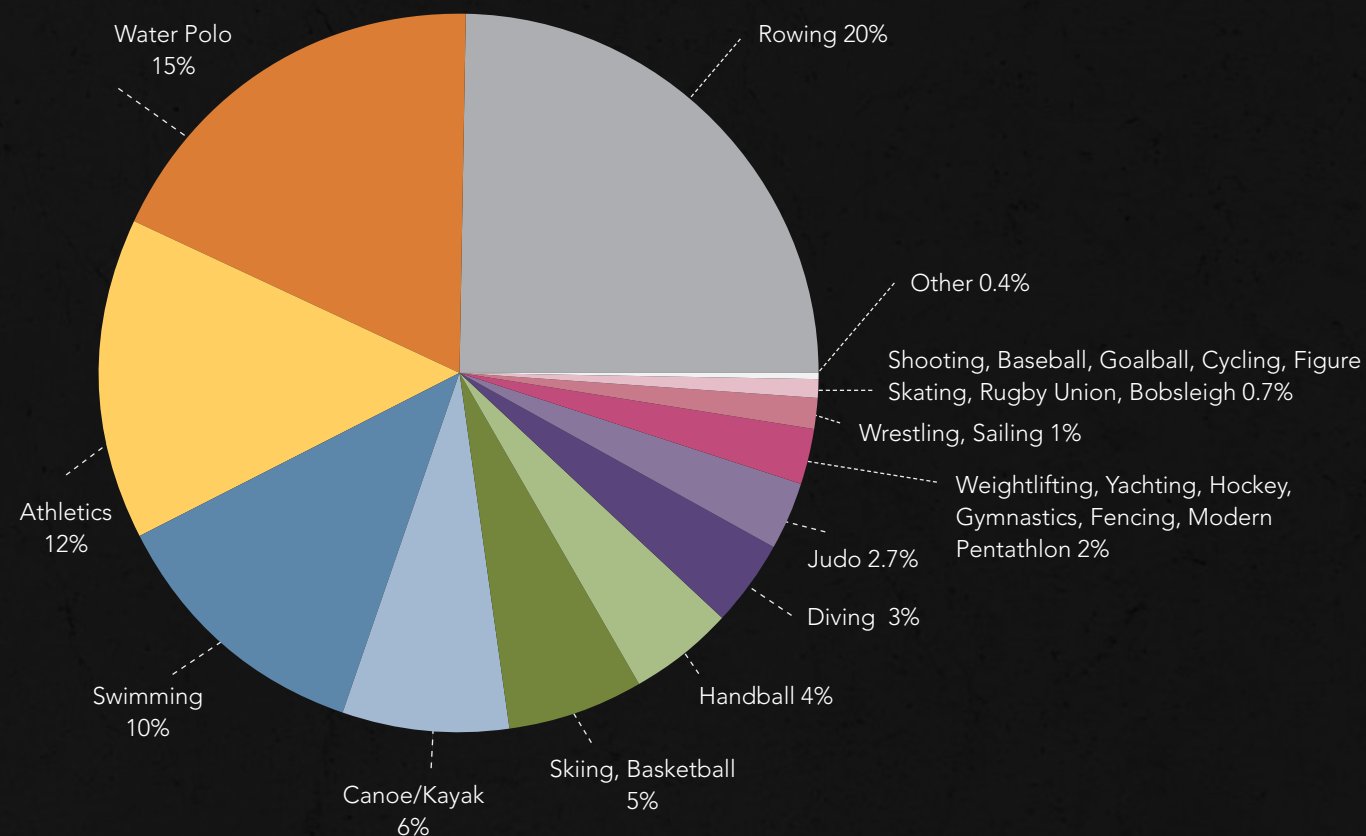


- 4 The greatest number of individual Olympic Games competed at by any Sydney Uni athlete.
- 4 The number of people who have achieved this:

Angela Ballard (Paralympic) Athletics  Liane Tooth (Hockey) 

Thomas Whalen (Water Polo)  Loudy Wiggins (Diving) 

SYDNEY UNI OLYMPIANS BY SPORT



8

The total number of **Sydney Uni** athletes that have competed in the **Paralympic Games**. **Swimming** being the most popular sport among our representatives.

The early Olympic Games were celebrated as a religious festival from **776 B.C. UNTIL 393 A.D.**, when the games were banned for being a pagan festival (the Olympics celebrated the Greek god Zeus). In **1894**, a French educator **BARON PIERRE DE COUBERTIN**, proposed a revival of the ancient tradition, and thus the modern-day Olympic Summer Games were born.

THANKS TO OUR SPONSORS

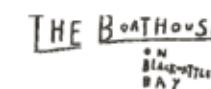
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18 X 1 HOUR GROUP TRAINING SESSIONS OVER 6 WEEKS

BEGINS MONDAY, 4 JULY

Time: 6:30–7:30 am | **Days:** Mondays, Wednesdays & Fridays

Cost: \$195 (\$220 if registered after 26 June) | **Location:** SUSAC



Drop into one of our facilities, visit www.susf.com.au or call:
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