

ROAR



Sydney Uni
SPORT & FITNESS

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MARINA CARRIER

10/ Flames harvest championship season

CHAMPION TEAM SECURE 2016/17 WNBL TITLE

20/ Diversify your workout

WORKOUT NOT WORKING? CUE VARIETY

35
WINTER
2017

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FROM THE EDITOR



WELCOME TO THE WINTER ISSUE OF ROAR.

Team sport offers many social, emotional and physical benefits that extend far beyond winning. In saying that, winning can make the experience all the sweeter and this issue of ROAR is bursting with pride as we celebrate teamwork and the magnificent championships of three of our top club sides. All three are worthy of featuring on our cover but in a tough call that honour goes to Brydens Sydney Uni Flames for capturing the 2016/17 Women's National Basketball League title, 16 years since their last championship. Read their remarkable story on page 10.

Our Sydney Uni Lion's Water Polo Club also created history this year being the first ever National Water Polo League club to win both the men's and women's minor premierships. Our women's team unbelievably didn't drop a game all season on their march to the 2017 title. You can catch all their winning plays on page 32.

Finally, cricket caps off our Championship trio. It seemed unlikely that our Sydney University men's cricketers could hang on to win their ninth McDonald's NSW Premier First Grade title until wicketkeeper Ryan Carters strode to the crease. Relive this miraculous triumph on page 18.

Despite being a niche sport in comparison to our teams mentioned above, Ultimate Frisbee should not be underestimated. We profile our Sydney Uni Ultimate Frisbee Club star, Robert Andrews, who will debut for Australia at the World Games in Poland next month (page 30).

ROAR 35 also pays tribute to our 2016 Sydney University Sportswoman and Sportsman, named at the prestigious annual Sports Awards in the Great Hall. Huge congratulations to all nominees and award winners whose names feature on page 36.

As the temperature cools and days grow shorter our motivation to keep active can falter. Personally, I can speak to the value of engaging one of our highly credentialed Sydney Uni Sport & Fitness personal trainers to reignite your workouts. We provide a guide on how to get the best out of your personal trainer so you work together as a finely tuned team (page 8). This issue of ROAR also offers some great advice on natural ways to boost your immunity (page 28) and we put the case forward for mixing up your training routine to keep you hungry for more (page 20).

Lastly, if you are looking for a relatively inexpensive and fun way to catch up with friends I'd suggest you can't go past being in the stand cheering on your favourite Sydney Uni sports team. From AFL, Baseball, Basketball, Hockey, Rugby Union, League or Soccer, both men's and women's, it's all happening so make a date with our Home Events Calendar on page 48.

Laura Hanlon
Editor



ROAR

35 EDITIONS
MAGAZINE YOUNG

ROAR

35
WINTER
2017

EDITOR

Laura Hanlon

DEPUTY EDITORS

Graham Croker
Helen Jomoa
Nicole Safi

CREATIVE DESIGN & PRODUCTION

Southern Design

CONTRIBUTING WRITERS

Graham Croker
Harry Croker
Lachy France
Laura Hanlon
Rebecca Hay
Helen Jomoa
Nicole Safi

SYDNEY UNI SPORT & FITNESS

EXECUTIVE DIRECTOR

Robert Smithies

FINANCE & ADMINISTRATION MANAGER

Aleksandra Pozder

HIGH PERFORMANCE MANAGER

Tristan Liles

OPERATIONS & INFRASTRUCTURE MANAGER

Ed Smith

FUNDING & DEVELOPMENT MANAGER

Conn Droulias

ELITE ATHLETE PROGRAM MANAGER

Leonie Lum

PROGRAMS & PARTICIPATION MANAGER

Melinda D'Arcy

MARKETING & COMMUNICATIONS MANAGER

Laura Hanlon

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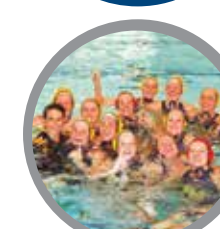
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ROAR | IN CASE YOU MISSED IT



NEWS BITES

Sydney University Boat Club (SUBC) rowers turned in some stunning performances to finish **on top of the medal count at the recent 2017 Sydney International Rowing Regatta**, doubling as the Australian Open Championships, held at Penrith Lakes. The club provided a swag of rowers in the men's and women's NSW eights in the coveted King's and Queen's Cups. NSW, with SUBC's Will Raven coxing, won the men's eight, while the women's crew finished second to Victoria.

In the President's Cup, SUBC's Rio silver medallist Cameron Girdlestone claimed the Interstate Men's Single Scull. SUBC's Genevieve Horton, the youngest member on the Australian Olympic rowing team in 2016, claimed bronze in the Open Women's Single Scull. With a host of fine performances across the board, SUBC ranked first on the medals table with 22.652 points, just ahead of UTS on 21.625.



Athletics

The figures speak for themselves when evaluating how Sydney University Athletics Club (SUAC) representatives fared at the recent 2017 Australian Athletics Championships, which attracted 3500 able-bodied and para-athletes to Sydney Olympic Park. SUAC had **61 entrants who made 32 finals and came home with 20 medals, including nine golds.**

The nine national championships went to:

- Ian Dewhurst - 400m hurdles
- James Nipperess - 3000m steeplechase
- Nick Hough - 110m hurdles
- Sarah Clifton Bligh - javelin, 100m wheelchair, 200m wheelchair and 400m wheelchair
- Tavleen Singh and Larissa Pasternatsky - 4x100m open relay

SUAC's silver medallists included Justin Merlino (110m hurdles), Ella Nelson (200m sprint), Angie Ballard (100m wheelchair), Gen Cowie (400m hurdles), Angus Armstrong (400m hurdles), Anneliese Rubie (800m) and Joshua Ralph (4x400m relay), while bronze medals were won by Michelle Jenneke (100m hurdles), Rohan Browning (100m) and Larissa Pasternatsky (200m). In the junior ranks SUAC's Jasmine Fountas won the National triple jump title and Lara Hamilton won silver in the 5000m.



Hockey

Embracing a wonderful opportunity, Sydney University Hockey Club's (SUHC) Director of Coaching **Scott Barker recently accepted an invitation to jet out to Germany to help prepare the Russian national team for Round 2 of the World Hockey League tournament**, played in Trinidad & Tobago. A great deal is at stake for the lower-ranked Russian and other teams in the early rounds of the World Hockey League as they vie for qualification to the World Hockey League semi-finals in June and July.

The ultimate prize is winning qualification into the 2018 Hockey World Cup. Barker has already had a stint as assistant coach of the Australian Under 21 men's team. With a wealth of coaching experience, Barker joined SUHC in 2012 and his guidance has brought much success to the club, including our Women's 1st grade team in winning the Club's first ever premier league title.



MODERN Marina

FROM MODERN PENTATHLON TO MEDICAL SCIENCE; NICOLE SAFI CAUGHT UP WITH SYDNEY UNIVERSITY ATHLETIC CLUB'S MARINA CARRIER TO DISCUSS THE VERY BUSY LIFE OF A STUDENT PENTATHLETE.

How were you introduced to modern pentathlon?

My family and I lived in England for a year when I was 13, and it was assumed by the master who was showing us around our new school that because I was Australian I did, "all that running-shooting stuff." I had absolutely no idea what he was talking about! He explained what modern pentathlon was, and that the school offered it as part of a program, and I just thought it would be the coolest thing to do. Undeterred by the fact that I had little to no experience in any of the five sports involved, I started training in my very first week at school and absolutely loved it!

Explain to us exactly what the modern pentathlon involves...

A pentathlon competition spans a single day, and begins with fencing every athlete in the field in a one-hit duel or bout, followed by a 200m freestyle swim, then completing a 1.2m show-jumping round on a previously unknown horse. The points from these three separate events then add up to seed your starting position going into the combined run/shoot, where you must shoot five scoring targets with a laser pistol before running 800m - four times.

How do you approach training for five different events?

I spend a lot of time with my parents and coaches working out how I can most effectively split my time and energy five ways. Currently, this means training 2-4 times a day, seven days a week, and involves a lot of running across the Uni campus with sore legs, wet hair, a sword in one hand and pistol in the other. I've learnt the importance of balance, organisation and communication, as well as recognising when you need a break.

Do you have a soft spot for one event over the others?

I often get asked this, and it's a really tough question! There are definitely times when I'll enjoy one sport more than another, or I'll find training for one a bit of a slog, but in the end they're all so unique and I enjoy them all for different reasons. It's also probably best not to pick a favourite, I don't want to start a riot amongst my coaches.

What's your favourite sport outside of fencing, swimming, riding, running and shooting?

Tennis! I love playing it, and at the elite level I think it's beautiful to watch. I really admire the mental and physical tenacity and athleticism the high-level players put into their game, as well as the way they handle the pressure-cooker world of the media and fan expectations.

As well as training and competing in modern pentathlon, you are completing a Medical Science degree at the University of Sydney. How do you balance the two?

I really love science, so my studies actually provide the perfect switch-off from pentathlon. I can't be thinking about my swimming technique if I have any hope of figuring out some chemical formula or following an impossible maths calculation. Logistically, I try to coincide lectures and tutes for times I need to be in at Uni for training, so it's all down to planning and effective time management.

How has the support of the Elite Athlete Program and Sydney Uni Athletic Club (SUAC) helped?

The Elite Athlete Program and SUAC are bedrocks of my pentathlon. The Elite Athlete Program provides invaluable on-ground support, from helping me contact people and access facilities for training, to offering an excellent Strength & Conditioning program and academic support when I'm away

competing. SUAC's Dean Gleeson is probably my pentathlon equivalent of a fairy godmother; his depth of knowledge as a coach and incredible generosity of his time, energy and humour has almost single-handedly transformed how I approach and train for pentathlon. Above all, both the Elite Athlete Program and SUAC make me feel part of a family of sporting people, and that is something that is really special to me.

Earlier this year you won your first Senior Australian Modern Pentathlon Championship. What did the win mean to you?

It was a really wonderful reward for the hard work we've been putting in over the last year, and a great indication that we're on track. The riding component was also the final qualification criteria I needed to represent Australia, so it was a huge relief to nail that.

Australia's Chloe Esposito won the Olympic Gold Medal for Modern Pentathlon in Rio, 2016. It must've been inspiring to see a fellow Aussie do so well in your sport...

Inspiring, emotional and just so awesome! Watching Chloe storm home in the combined run/shoot was such a triumph and a real testament to her hard work and determination. Hopefully those Europeans have learnt to be a bit more wary of us Aussies!

Tokyo 2020... is this something you're aiming towards?

Absolutely.

How to find the best personal trainer for you

Personal training is just that, it's personal. Here are 10 things to consider when selecting the best trainer for you...

1. Are they qualified?

Personal Trainers (PT's) should have relevant qualifications such as a Certificate III and IV in Fitness, or have a relevant degree such as Exercise Science. It is also good practice to be registered with a recognised industry association such as Fitness Australia or Exercise & Sports Science Australia (ESSA). All PT's at SUSF are well-qualified. One advantage is that they work alongside other professionals such as Exercise Physiologists, so there is a strong network of expertise.

2. How long have they been doing it?

PT's who have been in the industry for a while are more likely to be experienced at giving the correct cues for exercises and help work around different injuries.

3. Do they keep up-to-date with new research and fitness trends?

They may have been doing it for a long time but make sure they are still keeping up-to-date with industry trends and research. It is a requirement that all PT's do a certain amount of professional learning to maintain their qualifications but not everyone does, so it is essential to know whether the trainer is up-to-date.

4. What do they specialise in?

Is the trainer used to training people like you? There are many different types of training including; postnatal, sport-specific or hypertrophy. Also consider lifestyle factors such as your age, interests and what you are training for. SUSF has a team of over 12 PT's who have different interests and specialties such as; Carmel - soccer, Paulo - body-building, Jeremy - athletics, Hilary - calisthenics and Pete - triathlon.

5. What is their style?

Think about how you like to learn things. Some people like to have lots of reassurance, others like to be pushed hard, or be shouted at drill-sergeant-style! Choose someone who is the best fit for your personality.

6. What is their fee structure or cost?

Know what you are financially committed to, as far as number of sessions and flexibility. SUSF charges its student members \$80 per session or \$700 for a pack of 10. How about training with a friend? It is a good way to motivate each other and you can split the cost: \$85 session or \$800 for a pack of 10.

7. Do they look at your medical history?

Your PT should assess you before you start training to understand your medical history, medication and injuries. In this way they can build a suitable, safe exercise plan for you so you can get the most out of your training. At SUSF this is covered in your initial assessment.

8. Do they track your progress?

Once you have started training, your PT should track your progress to see how you are doing and modify your exercise plan accordingly - you do have to keep to your end of the bargain too and you can't do this by sitting on the couch! At SUSF you will have an initial assessment before you start your PT program and then periodic fitness assessments every 3-4 months to track your progress. These include measuring your weight, BMI (Body Mass Index), body fat percentage, blood pressure, strength, flexibility, body measurements and submaximal VO2 (a fancy test for measuring cardio fitness!)

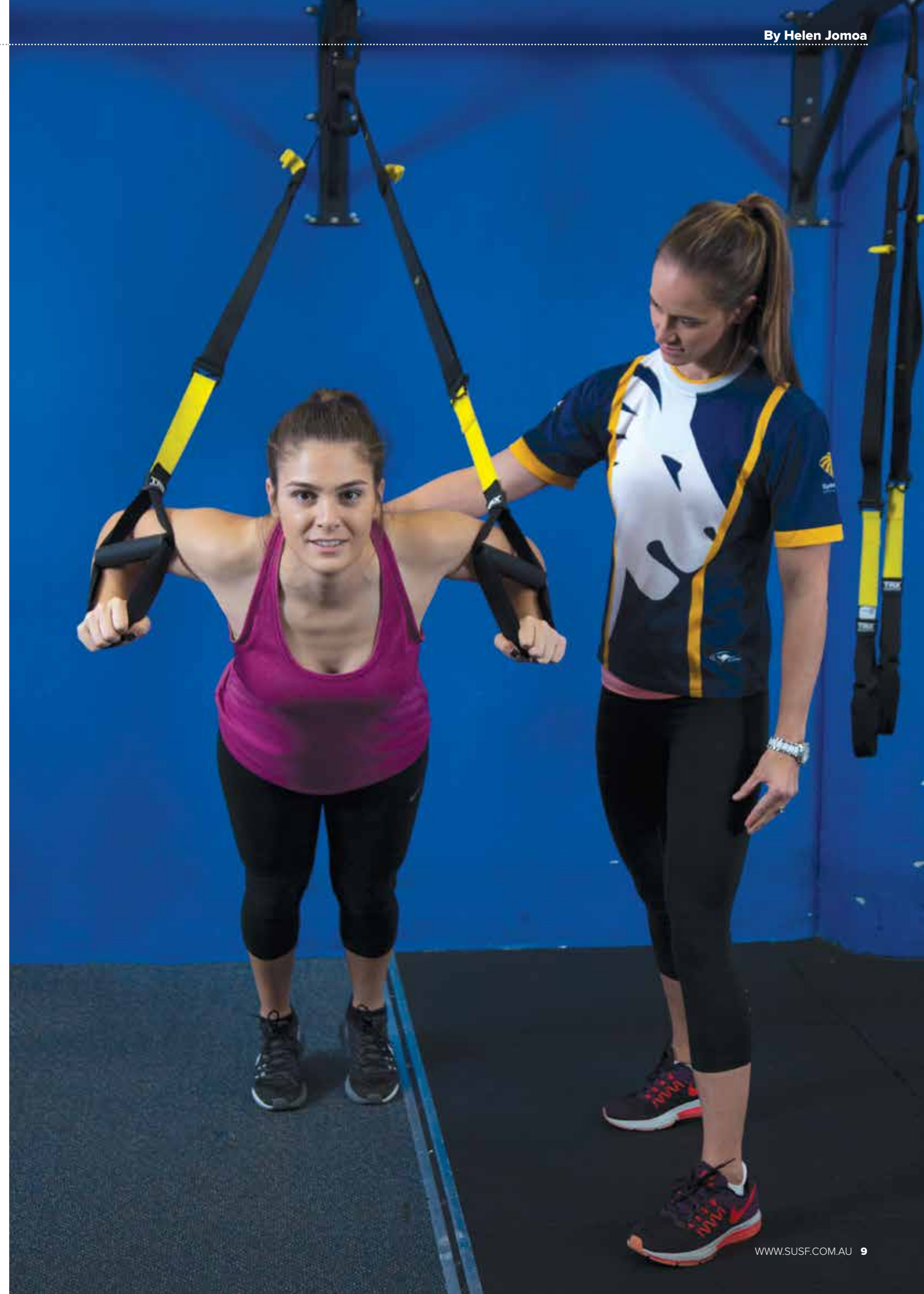
9. Do they listen?

Personal training is about you, not the trainer. They should listen to what you want, so that they can articulate and create a plan which can help you reach your goals.

10. Do you like them?

Last but not least, do you like them? If not, there won't be much incentive to go to the gym when you are feeling demotivated. Having a trainer who you have a good rapport with is a really important factor when finding someone who is going to bring out the best in you.

Personal training is personal. Trainers share a small part of your life when you meet for training - they see you for an hour in the whirlwind of your day, whether you are happy, sad, stressed or busy. They help you focus in the eye of the storm and to train at your best. But the real magic happens when you learn how to work as a team.



FLAMES HARVEST CHAMPIONSHIP SEASON

BASKETBALL TRAGIC AND FLAMES INSIDER, LACHY FRANCE, REVEALS HOW BRYDENS SYDNEY UNI FLAMES, AFTER AN INTERVAL OF SIXTEEN YEARS, SWEEPED THE FIELD TO BE CROWNED WNBL 2016/17 CHAMPIONS.



REDEMPTION

Redemption was the goal of Brydens Sydney Uni Flames for the 2016/17 Women's National Basketball League (WNBL) Season after their previous year had been rocked by injury just as the team was set to make a run at the title. The Flames sat atop the WNBL standings coming into the final stretch before injuries to key players stopped their 2015/16 championship bid in its tracks, with the team eventually missing the finals altogether.

REBUILD

Before redemption came the rebuild. With incumbent coach Shannon Seebom leaving the club and captain Katie-Rae Ebzery departing to play in Russia following her Olympic campaign, there were big holes to be filled, and in short order.

In what proved to be a masterstroke, the club was able to secure former Bulleen Boomers and Australian Under 19s coach Cheryl Chambers to lead the team from the sidelines, and slowly yet surely the player signings came rolling in as General Manager Karen Dalton set about building a team that could go all the way. With just four players returning from the previous season, there was plenty of opportunity to mould a side with championship credentials, however the right players, locally and internationally, needed to be available and burning to come on board.

Returning players Tahlia Tupaea, Carly Boag, Hayley Moffatt, and Alex Wilson all contributed significantly in the previous season, but it takes more than four players to fill a basketball roster. Adding Opals legend and former Flames star Belinda Snell was a coup in itself, whilst the addition of American imports Asia Taylor and Jennifer Hamson proved to be a stroke of genius as both players evolved into bona-fide stars of the League. Triple Olympic medallist Snell, 2004, 2008 and 2012, was honoured with the captaincy.

The team's final major signing would prove to be the consummate piece of the puzzle. With Tahlia Tupaea and new signing Lauren Nicholson both set to miss the start of the season with injury, the Flames were able to lure current Australian Olympic representative Leilani Mitchell back to the club to fill the void at the point guard spot. The

American-born point guard had spent the 2014/15 season with the Flames, but left to join Adelaide for the 2015/16 campaign. Mitchell's signing would prove to be a massive boon for the club, which transitioned from a roster lacking in healthy point guards to starting the best one in the league with a stroke of a pen.

RIPENING

As with any team that brings in a number of new players, there is a period of adjustment and gelling, and the Flames were no exception. Dropping their first two games at home in nail biters against Perth and Canberra, the Flames faced a double-header against 2015/16 grand finalists Townsville and Bendigo, staring at an inconceivable 0-4 start to their campaign, in a season heavy with the expectation of success. The side had unfortunately added another player to an ever-growing injury list - starting small forward and fan favourite, Hayley Moffatt, who had gone down with a season-ending knee injury in the loss to Perth.

The Flames instead chose to stare down their opponents, knocking off Bendigo on their home court before returning home to Brydens Stadium to edge out Townsville in a one-point thriller to immediately right the ship. Rather than succumb to the injury curse that had threatened to derail their season, the Flames instead showed an impressive resolve to put together a solid first half of the season.

On a week between Christmas and New Year that saw many teams in the League enjoy a prolonged rest, the Flames were instead dealt the doomsday double playing away to both Adelaide and Perth. Coming at a pivotal time in the season, the Flames desperately needed to pick up at least one win to avoid putting themselves behind the eight-ball in the fight for playoff basketball.

The team started well enough by picking up a win over Adelaide, cruising to an 89-72 victory on the Thursday night. 24 hours later, the Flames came up against a high-flying Perth Lynx side. With seemingly no after-effects from the travel and the previous night's game, the Flames dominated for 40 minutes in a 93-69 win that would set the team up for the second half of the season.

ROCK SOLID

With everything seemingly on the up-and-up the team stumbled in a tight loss to Canberra at home in their first game of the New Year, but it proved to be a mere blip. Strengthened mentally by their ability to put together a solid record despite a number of injuries, and a roster bolstered by the return of Tahlia Tupaea, the stage was set for a second half to the season that would transcend the wildest expectations of all and sundry.

A return to Adelaide saw the Flames saved by some Leilani Mitchell heroics against the bottom-placed Lightning in a 74-77 win, before an equally close 68-71 win in Bendigo the next day put the Flames right back amongst the top teams. However, the team's real turning point may have come on the Australia Day weekend. Pulling out a thrilling 75-77 in Canberra on Thursday, the side then travelled to Townsville. In the teams' three previous meetings throughout the season, the biggest margin had been the Flames' six point win at Brydens Stadium in November. On this occasion, the Flames pulled out a thrilling one point win to secure six wins from six games across their three doubleheaders between Christmas and the end of January, an outstanding record for such a tough stretch of basketball. February brought three more wins, with the Flames securing the minor premiership in a comeback win over Dandenong.

Despite finishing the regular season three wins clear at the top of the standings, the Flames would come up against the danger team amongst the finalists in the shape of the in-form defending champion Townsville Fire. Despite losing their last regular season game, the Fire were in solid form and looking for an historic third title in a row after defeating Bendigo in the previous two grand finals.

In a telling sign of what was about to unfold in the finals series Chambers was named WNBL Coach of the Year, while Mitchell and Taylor were selected in the WNBL All-Star Five.

RUTHLESS

The Flames entered the matchup as deserved favourites being minor premiers and any notion of a potential upset by Townsville was monumentally crushed by the Flames in Game 1 of the semi-final series. Brydens Sydney



“**THIS IS THE BEGINNING OF WHAT PROMISES TO BE AN ELECTRIFYING NEW ERA FOR WOMEN'S BASKETBALL IN AUSTRALIA.**”

**FLAMES
GENERAL MANAGER,
KAREN DALTON.**

Uni Flames torched Townsville for 40 minutes, setting a number of WNBL playoff records in a 111-69 demolition of the defending champions. The Flames confidence seemingly moved from sky high to beyond measurable after that win. The manner and enormity of the victory was akin to a tectonic shift in momentum, to the extent that any thought of stopping the Flames now seemed almost unthinkable. Taking the trip to Townsville in their stride, the Flames swept the Fire with a 61-76 win to move to the three-game grand final series against Dandenong.

Interestingly, the teams had played twice in Sydney and once at Dandenong during the regular season, as would occur in the grand-final series. The home team had won on each occasion, but Dandenong's win came against a Flames side missing Asia Taylor and Tahlia Tupaea. The Rangers began Game 1 in Sydney with a scintillating performance, but the Flames were no stranger to close games and fightbacks. Winning this way was their modus operandi, and once the Rangers gave the Flames a sniff, there was only going to be one result. Trailing by six at one point in the first half, the Flames rode an impressive team performance

led by Alex Wilson's 22 points to steal the initiative in taking out Game 1, 91-82.

The Rangers were even better in the early stages of Game 2 down in Dandenong, opening up an 11 point lead in the first quarter. However, the Flames remained unperturbed, and were able to take a slender lead into halftime. Enter our inspirational skipper, Belinda Snell. Already a Flames stalwart, the captain cemented her legacy as a Flames legend with 13 third-quarter points that gave the team a 10-point lead which they would not relinquish. The Flames ran out 75-62 winners to finish the season with an astonishing 12 wins in succession and deliver the club its first title since 2001 and the first under the Brydens Sydney Uni Flames banner. Twice in the finals series the Flames didn't need to go to Game 3, accounting for their opposition with a clean sweep of the first two match-ups.

REJOICE

With a pair of 15 point performances and 10 assists across the two games, Leilani Mitchell was named Grand Final MVP, but the award could have gone to a number of players, including Alex Wilson, Belinda Snell, and Asia Taylor. That in itself speaks to the value of a well-rounded team, with the Flames

seeing all five regular starters' average in double figures for scoring throughout the season.

The good news continued for the Flames even after the season ended, with the recent announcement of a new television deal for the WNBL. Fox Sports will commence coverage for the next three seasons starting in October 2017, showing at least one regular season game per week as well as all finals games.

Flames General Manager, Karen Dalton is naturally excited for what this will bring to the table for both the club and the WNBL.

“This is the beginning of what promises to be an electrifying new era for Women's Basketball in Australia and everyone at the Flames are energised to embrace the future possibilities.”

“I can tell you our players and fans alike are still walking on air at being crowned 2016/17 Champions and this broadcast deal is the news everyone has been wishing for to take our magnificent sport to another level.”

With the League back on television, the team reigning Champions and the establishment of the Sparks academy program, the future is certainly bright for Brydens Sydney Uni Flames.

MEMBERSHIP PACKAGES 2017/18



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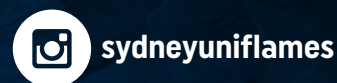
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Amanda Clark watched a good friend transform his life from being overweight - due to too much partying - to becoming an IRONMAN. She would get goose bumps watching him complete an event that lasted for over 10 hours. At that point she knew she had to be part of that one day. So she signed up for her first Elite Energy triathlon, and after her first race she knew that she would not stop until she completed an IRONMAN, writes Helen Jomoa.

What is an IRONMAN?

An IRONMAN Triathlon is one of a series of long-distance triathlon races. It consists of a 3.86 km swim, a 180.25 km bicycle ride and a marathon - yes really - a 42.20 km run after the swim and bike ride! It needs to be completed in under 17 hours and is widely considered one of the most difficult one-day sporting events in the world.

Why did you choose to train at SUSF?

I really can't stress enough how much the SUSF community gives me. IRONMAN is a solo event, and training for long hours can be lonely and demotivating. SUSF staff, particularly Lou Lou and Pete, are always interested and supportive. SUSF is very convenient and has all of the facilities I need so I can pop out and train at lunch time.

What drives you?

After having a three month break after my first IRONMAN in June 2016, I was ready to get back into training and feel fit again. I signed up for IRONMAN Australia, knowing my motivation would kick in as soon as I was committed. I knew I wanted to crush my previous race time of 12.09 and lose the 7kg I gained in the 3 months break from training - whoops, how did that happen?!

What is your secret to such dramatic weight loss?

Wanting to get stronger, fitter and faster is what drives me to eat well and to drop the weight. I have lost over 12kg in 7 months. I put this down to a clean diet, including wholefoods and good fats - but still allowing wine and chocolate! To build my aerobic fitness, I train at a low heart rate, which specifically burns fat (as I am in the fat burning zone for hours). This training methodology is called Maximum Aerobic Function (MAF) by Dr Phil Maffetone. It has changed the way I approach training and I have seen huge improvements in my personal bests over the last eight months. My weight loss seems to accelerate as my times get quicker.

What is the hardest part of your training?

The hardest part is listening to your body and knowing when you need to rest and put some balance back into life.



As an endurance athlete you are used to training every day, sometimes three times a day. I train up to 20 hours per week on average. It's learning when to have a rest day to give your body time to repair.

Training requires a lot of discipline. Not only do you have to know when to stop training, but you also have to know when to stop partying! It can be pretty hard leaving a friend's party when you are having so much fun, but I know if I don't go to bed I will not be able to wake up for training the next day.

How do you motivate yourself when you want to give up?

I picture myself running towards the finish line. I tell myself to 'push hard, give

everything you've got' and 'rest after the race is finished.'

Has fitness always been important to you?

Fitness has always been important to me as obesity runs in my family. I have travelled Australia and overseas with triathlon and have made some lifelong friends. I have recently just been made one of the Ambassadors for Elite Energy to help encourage people of all ages and abilities to jump on board and have a go. Because if I can do it - anybody can! Amanda Clark is currently employed as a PMO Resource Manager ITC at the University of Sydney.

AN INNINGS FOR THE AGES

Ryan Carters' epic three days of concentration and grit helped Sydney University to win the 2016-17 Sydney First Grade cricket competition, writes Graham Croker.

Sydney University Cricket Club (SUCC) wicketkeeper Ryan Carters has enjoyed some great times on the cricket field in his 26 years, but March 31 and April 1 and 2, 2017, will be forever etched in his memory.

Carters was on the ground for all but 17 minutes of the three-day Sydney Premier grade cricket final which Sydney University won with a nail-biting draw.

His stoic, unbeaten 110 helped Sydney University to their ninth title in Sydney's Premier cricket competition, now the Belvidere Cup, since the competition began in the 1893-94 season.

The NSW squad member batted for eight hours and 46 minutes to force a draw against Bankstown at Bankstown Memorial Oval in the Friday, Saturday and Sunday encounters. As minor premiers, the Students finished ahead of Bankstown in the competition proper, meaning the hosts had to win the contest to claim the trophy.

And they held sway for most of the three days after winning the toss and electing to bat. Bankstown reached 6-312 at stumps on Friday, with Philip Wells (95), Kerrod White (83) and Mitch Brown (62) the main contributors.

Number three Wells and No.4 Brown put on a 149-run stand after Bankstown had lost openers Luke Reece (9) and Daniel Solway (15) with just 25 on the board. Wells also shared a 46-run stand with White before being run out five short of a fourth century for the season.

Skipper Jarrad Burke held the key to Bankstown's fortunes when play resumed on day two and he didn't disappoint. Burke became the first No.6 to post a century in the final of the Belvidere Cup with his unbeaten 100 coming off 156 balls, including 12 picket rattlers. He put on a 90-run stand with Michael Stretton (61 not out) before declaring at 6-441, leaving plenty of time to roll the Students.

Sydney University lost skipper Nick Larkin for three, but opener Ed Cowan and No.3 Carters came to the rescue with a 109-run stand before Cowan departed for 95.

The Steve Waugh Medallist for 2016-17, with 959 runs at 73.76 for NSW, was the sparkling touch, hitting 11 boundaries in his 100-ball stay. His first 60 came off just 40 balls. And he became the fourth player to pass 8000 runs for SUCC.

The Students lost Damien Mortimer (33) and Greg Mail (8) late on day two, going to stumps at a precarious 4-185.

Day three belonged to Carters, who watched the wickets of Ashton May (1) and Liam Robertson (0) fall as the Students slumped to 6-185. But he found willing allies in No.8 Thomas Rogers and No.9 Tim Ley. Carters and Rogers put on a 97-run stand, with the No.8 posting a patient 56 in a 125-ball occupation. It was his first half century for the club.

Ley (31 not out off 100 deliveries) and Carters then sealed the deal with an unbroken 66-run stand to secure a draw and the title. Having played one of the great Belvidere Cup innings, which included seven boundaries and a pair of sixes, Carters was duly awarded the Benaud Medal as Player of the Final.

Sydney University Director of Cricket Gary Whitaker is still shaking his head at Carters' powers of concentration. "He was on the ground for all but 17 minutes of the match, concentrating on every ball as our wicketkeeper for a day-and-a-half and then coming in at No.3 and facing 431 balls over 526 minutes. It was an astonishing effort," Whitaker said.

Indeed, of the 1,644 balls bowled in the match (272 overs plus eight no-balls and four wides), he was on the ground for 1,634 as a keeper and then as a batsman.

"The final was a riveting affair," Whitaker said. "The pressure to hold on for the draw was massive. Ed Cowan's 95 gave us momentum and Tom Rogers and Tim Ley were excellent at the end.

"Our captain Nick Larkin had a big season with the bat – four centuries including a double hundred, over 1,000 runs and an average of 63. We also had young Devlin Malone who took 55 wickets with his leg-spinners in his first full season of First Grade.

"It's our fourth premiership in seven years; I couldn't be happier."

Indeed, it was SUCC's 15th trophy in Whitaker's seven years at the club, including four Second Grade, two Third Grade and two Fourth Grade titles, a limited overs title and a Poidevin-Gray title.

"We came second in the Club Championship, missing out by 15 points," Whitaker said. "We had one round washed out when every other club got on and that cost us points. The last six weeks of the competition were subject to rain, which made it difficult gaining momentum and vital points.

"We've been in a buoyant position for a while with a really good playing group, including plenty of youngsters coming through the ranks. They're a happy group and they play for each other. I couldn't be happier being part of this club.

IT'S OUR FOURTH PREMIERSHIP IN SEVEN YEARS; I COULDN'T BE HAPPIER.

"It's not easy to win premierships; it's a very tough competition, right through the grades, so everything has to align. I'm grateful for the support of SUSF and the Cricket Club for making everything that much easier. It might be noted that 12 of the 17 players who played First Grade during the season are, or have been, Sports Scholars in the Elite Athlete Program."

And the burning question for all SUCC followers: Why was the final played at Bankstown Memorial Oval and not Sydney University Oval (the top team through to the final usually plays host).

"The Sydney Cricket Association made that decision because the outfield on Bankstown Memorial Oval was deemed to have a better chance of drying than Sydney University Oval should rain interrupt play during the three days," Whitaker said.

And then there's Greg Mail. The former NSW player announced his retirement after the Students had claimed the 2016-17 crown. His record 15,242 runs in First Grade (including 10,247) for Sydney University will take some beating, as will his record 43 First Grade centuries (including 30 for the Students). What a wonderful career.

SCOREBOARD

Bankstown 6(dec)-441 (Jarrad Burke 100 not out, Philip Wells 95, Kerrod White 83, Michael Stretton 61 not out; Devlin Malone 2-99, Greg Mail 1-12) drew with Sydney University 7-348 (Ryan Carters 110 not out, Ed Cowan 95, Thomas Rogers 56, Damien Mortimer 33, Tim Ley 31 not out; Kerrod White 2-36, Jarrad Burke 2-54) at Bankstown Memorial Oval.

Toss: Bankstown. **Batted first:** Bankstown.

Umpires: Gerard Abood and Greg Davidson.

THE SQUADS

Sydney University: Nicholas Larkin (c), Ed Cowan, Ryan Carters, Damien Mortimer, Gregory Mail, Ashton May, Liam Robertson, Thomas Rogers, Timothy Ley, Devlin Malone, Ben Joy, Hayden Kerr.

Bankstown: Jarrad Burke (c), Daniel Solway, Luke Reece, Philip Wells, Mitch Brown, Kerrod White, Nathan McAndrew, Michael Stretton, Brendan Smith, Thomas Sowden, Mitchell Phelps, Chris Ridley.

SUCC BENAUD MEDALLISTS

- Ryan Carters (2016-17)
- Stuart Clark (2012-13)
- Scott Henry (2010-11)
- Danny Waugh (2002-03)

Club Championship: 2004-05, 2013-14.

First Grade Belvidere Cup (including Rawson Cup): 1909-10, 1911-12, 1913-14, 2002-03, 2004-05, 2010-11, 2011-12, 2013-14 and 2016-17.

First Grade Limited Overs: 2010-11.

Second Grade (Albert Cup): 1898-99, 1911-12, 1962-63, 1963-64, 1964-65, 1979-80, 2007-08, 2008-09, 2011-12, 2012-13, 2013-14, 2014-15.

Third Grade (Mitchell Cup): 1980-81, 1994-95, 1997-98, 2015-16.

Fourth Grade (Reid Cup): 1976-77, 1980-81, 1988-89, 1994-95, 2015-16.

Fifth Grade (David Sherwood Cup): 1980-81, 1981-82, 1987-88, 1988-89, 1998-99, 2001-02, 2002-03.

Poidevin-Gray (Under 21) Shield: 2010-11

diversify YOUR WORKOUT



As creatures of habit, we tend to stick to what we know – especially on the gym floor. However, the benefits of adding variety to your workout are countless and will improve your health in more ways than one, writes Nicole Safi.

Prevent boredom

Nobody wants to exercise out of obligation. Beginning to dread your daily one-hour run on the treadmill or 45-minute spin class is an age-old sign you need to mix things up. Repetitive workout schedules often cause boredom, leading to compromised fitness goals and a loss of motivation. Complimenting your run with some weights training or substituting a cycle class for yoga will present new, exciting and highly beneficial challenges. Making an effort to avoid overly familiar workouts by trying something

different will ensure your trip to the gym doesn't feel like a chore but an exciting part of your day.

Avoid Plateau

We all want to maximise our workout to ensure it's helping us achieve our fitness goals. A repetitive fitness regime that does not incorporate variety or present us with new challenges may cause the body to hit a plateau. This means that although you're eating well and exercising; sweating and burning calories, you are stalling on progress. For example, you will not maximise your fitness returns if you run on the treadmill every day, at the same speed and incline. Bumping up your treadmill speed every now and again, or adding some swimming or resistance training to your running routine will contribute to your body overcoming the plateau.

Promote Challenge

Shocking your body with new fitness challenges forces your body to utilise different muscle groups. Ever woken up the

morning after your first boxing class or round one of your touch footy season and felt a little sore? Muscle soreness after a new fitness challenge means you have used your muscles differently or harder to what they're used to – which is a good thing. Diversifying your workout to incorporate new exercises or movements or activities guarantees this same benefit – transforming your muscles to become stronger. Introducing variety to your workout also affords you the opportunity to cultivate new skills, meet new people and develop new passions.

Exercise your brain

Neuroplasticity refers to your brain's ability to reorganise neural pathways, and brains with more pathways have more plasticity. This helps you learn new things. Your brain enriches its network of dendrites and neural passageways every time it processes new experiences. Every time you learn something new, your brain creates neural passages to sustain that knowledge or skill, such as when you diversify your workout and try something new like a dance class.

Repair

Adding variety to your workout allows your body to recuperate. For instance, while the health benefits of high-intensity training are well-known, engaging in this kind of exercise for one-hour, six to seven days each week could begin to take a negative toll on your body. It is essential your muscles are given time to repair by adding different, lower-intensity exercises to the mix like a light jog or swimming.

It is also important to listen to your body to avoid overtraining. Take a break and allow your body some time to recoup – that way, you'll avoid plateauing and ensure you get the most out of your workout next time you hit the gym. These strategies combined will reduce the risk of injury and expand your fitness horizons.

If you're ready to face a new fitness challenge or are bored with your current exercise regime, the next time you're at the gym, try something different. Enjoy the benefits of diversifying your workout.

A LEAGUE *Of Their Own*

Women's sport on campus will take another step forward in 2018 with the establishment of a rugby league team to compete in the NSW Women's Division 2 competition, writes Graham Croker.

The announcement of the formation of a women's team was made by Chris Kintis, the President of the Sydney University Rugby League Football Club (SURLFC).

"Every year at Orientation Week on campus we've fielded enquiries from female students wanting to play rugby league, so this year we decided to take names and did some recruiting with the aim of entering a team for 2018," he said. "I don't think we'll have any trouble getting the numbers given the interest we have seen to date from female students."

The club then went a step further by appointing Elizabeth Vrahnos as General Manager of the new team. "She's an accredited coach and also the mother of Jake and Adam Vrahnos, who play in our Division One side in the NSW Tertiary Cup competition," Mr Kintis said. "Elizabeth will work on getting the numbers and start to build a culture for the side which will come under the umbrella of the NSW Rugby League."

"There are two women's divisions, so we'll be looking at starting a team in the Division Two competition."

"And to stay connected with the Club's history, we held a Foundation Dinner at Forest Lodge Hotel which has had a strong affiliation with SURLFC, its players and supporters going back to the 1960s."

The establishment of the women's team was one of two big recent announcements made by SURLFC, the other being the new alliance between the club and the NSW Physical Disability Rugby League Association (PDRLA) for the 2017 season.

The partnership will see SURLFC as the naming rights sponsor of a range of awards, including "Most Improved Player" and "Encouragement Award" for the Physical Disability League program. Mr Kintis said SURLFC has long been committed to fostering an all-inclusive and collegiate sporting environment.

"I'm keen to see the disability league become more involved," he said. "I think both teams can learn a lot from each other and opportunities to train together such as this are important in promoting greater participation in rugby league."

"I understand that participation rates in sport of people with a disability tapers off around mid to late teenage years. The NSW Physical Disability Rugby League gives both adults and children with disabilities the opportunity to learn and stay involved in a game they love."

Former Chairman and Associate Founder George Tonna said rugby league is one of the most popular sports in NSW, so kids and adults with disability want the opportunity to play the game just like their peers.

"Life is about opportunities and learning from them, and it's amazing what confidence can be gained when given the opportunity to play our great game," Mr Tonna said.

Mr Tonna said training, playing and, indeed, any physical exercise leads to enhanced general health both physically and mentally and is linked to reduced depression, stress and anxiety.

"These are issues that affect the whole of society and are not restricted simply to people with a physical disability," he said.

Both organisations aim to remove any negative perceptions of people with a physical disability and to focus on actual abilities of the playing group.

"SURLFC is looking forward to building a long relationship with the NSW PDRLA," Mr Kintis said. "This is a really exciting



Photo Above: The establishment dinner of the SURLFC Women's Rugby League Team at the Forest Lodge Hotel on 30 March 2017. (L to R): Elizabeth Vrahnos (General Manager); Alena Striebel (Digital Communication and Culture); Mary Economy (Mechanical Engineering); Danielle Bea Lincon (Education Primary); Astrid Vermeulen (Biomedical Engineering); Bailey Liddell (Government/International Relations); Umaira Ahmad Sial (Sydney Medical School); Camilla Schumacher (Logistic and Supply Chain Management) & Gaby Marosz (Science) (Absent Katya Ghirardello, (Science))

partnership that will enable the NSW PDRLA to grow and create more opportunities. Our club is proud of its work in the community and a big part of that is inclusion, which this partnership fosters.

"We really look forward to working with the NSW Physical Disability team to help increase the awareness of opportunities for people with physical disabilities to play."

Mr Kintis said SURLC had been busy consolidating its position before making the two announcements.

"The men's team is now coached by the experienced Luke Srama," he said. "The player numbers and standard are good and can only improve. We had 10 players selected for the annual City versus Country game at Mudgee, including Marcus Pappas, Myles Fowler, Leon Fifita, Jade Ferguson, Daniel Rowe, Daniel Hicks, Aristoteli Taktikos, Max Linden-Smith and the Vrahnos brothers."

"Marcus Pappas is our second elite level SUSF Elite Athlete Program Sports Scholar. He's a Bachelor of Applied Science (Diagnostic Radiography) student. Producing elite players for the Scholarship program is a real boost for the club and hopefully they'll be the first two of many more."

"We also have our first Dave Chadwick Scholar in Jake Vrahnos who has been an outstanding player for us for a number of seasons."

The Scholarship was established to honour Dave "Pear" Chadwick, who helped resurrect the club in the early 1960s and had a 50-year association as a player and administrator. Mr Chadwick, who passed away last year, was a talented player with SURLFC and was awarded a Blue in Rugby League in 1964.

"Dave was a driving force behind the club since 1962 and a highly respected club man," Mr Kintis said. "I'm sure he'd be pleased with the direction we're taking with the establishment of a women's team and the sponsorship affiliation with the Disability League."

"And we haven't forgotten our other mission of moving up to a more elite level competition in the NSWRL."

Further information:

Email: sydneyunirugbyleague@gmail.com

Website: www.susf.com.au/page/rugby_league.html

Facebook: Sydney University Rugby League Football Club

FIELD OF DREAMS FOR HOCKEY

PLAYING A HOME GAME TAKES ON
A WHOLE NEW MEANING FOR SYDNEY
UNIVERSITY HOCKEY CLUB (SUHC),
WRITES LAURA HANLON.

"All I want – all I really want – is to play just one home game for Sydney University."

These heart-felt words were spoken by SUHC stalwart, Brett Radcliffe back in 2009, echoing the sentiment of so many of his fellow players and now that dream has finally become a reality. No need to be careful what you wish for when you receive everything and more that you had hoped. Indeed that was the outcome when Club legends, Radcliffe (700 games) and Mick Irby (800 games) were given the honour of being the Club's first players to step foot on the newly completed home turf at the University of Sydney, Cumberland Campus on April 11, 2017.

The brand new artificial turf is named The Bruce Pryor Hockey Field in recognition of his colossal 61 years of contribution to the Club. Pryor played at the Hockey Club from 1956 to 1972 and gained a degree from The University of Sydney in Architecture in 1961, followed by a Masters of Architecture in 1963. Pryor played in five intervarsity competitions, winning the Syme Cup twice. Awarded a University of Sydney Blue in 1959, Pryor has volunteered many years to the Club serving in a number of capacities including Selector, Secretary, President and Club Patron. In accepting this honour, Pryor wished to emphasise that the fundraising for the turf was definitely a "team game." In a family affair, Pryor's wife Jenny has also been a valued and long-time supporter of the Club.

SUHC is recognised as NSW's oldest hockey club and can trace its proud history back to 1906. The Club through the

'Home of Hockey Appeal,' as part of the University of Sydney Sports Foundation, has been fundraising for many years to reach the estimated first stage cost of \$4.1 million. The Bruce Pryor Hockey Field is designed as Stage 1 of an international-standard hockey complex, with plans for a second field when planning permission – and funds – allow.

SUHC fields numerous teams each week in the Juniors, Masters, Men's and Women's competitions. The mid-1990s saw new rules requiring hockey to be played on synthetic pitches forcing SUHC to rent grounds around Sydney for the next 25 years. It is difficult to put into words what it means for the Club to at last have its own state-of-the-art home base. However, one palpable indication of the enthusiasm generated was witnessed when SUHC played its first ever competitive games at the new field on Saturday 22 April, 2017. A large and excited crowd was on hand to soak up the atmosphere, catch up with old friends and to simply touch the new turf. Someone close to the project for many years even shed a few tears, such was the emotion of finally having somewhere to call "home."

A remarkable aspect of this story is the tremendous generosity shown by supporters of the Hockey Club in getting behind the fundraising effort. Sydney Uni Sport & Fitness (SUSF), Executive Director, Rob Smithies paid tribute to this philanthropy:

"SUSF has received one of its largest ever responses to fundraising from the Sydney University Hockey Club towards a

new, artificial hockey turf field to be located at the Cumberland campus. This \$1.75 million pledge (in total) is the catalyst behind The University committing to building a new turf for Men's and Women's Hockey at the Cumberland campus as part of an overall masterplan for sport at the site."

**THE BRAND NEW ARTIFICIAL TURF IS
NAMED THE BRUCE PRYOR HOCKEY FIELD
IN RECOGNITION OF HIS COLOSSAL 61
YEARS OF CONTRIBUTION TO THE CLUB.**

The new facility, apart from the synthetic turf, includes goals, lighting for night-time use, fencing, dugouts, scoreboard and landscaping. Recently, in acknowledging the many donors to the new ground Smithies wished to personally thank Tim Dolan, The University's Vice-Principal (Advancement) for all his support and assistance to the Project, along with Anne Simmons, Rowan Johnston, Brian Fitzpatrick, Ant McInnes, all of the donors, and of course, Bruce and Jenny Prior.

The Bruce Pryor Hockey Field will have its official grand opening later in 2017. This is a terrific milestone for one of SUSF's finest clubs.





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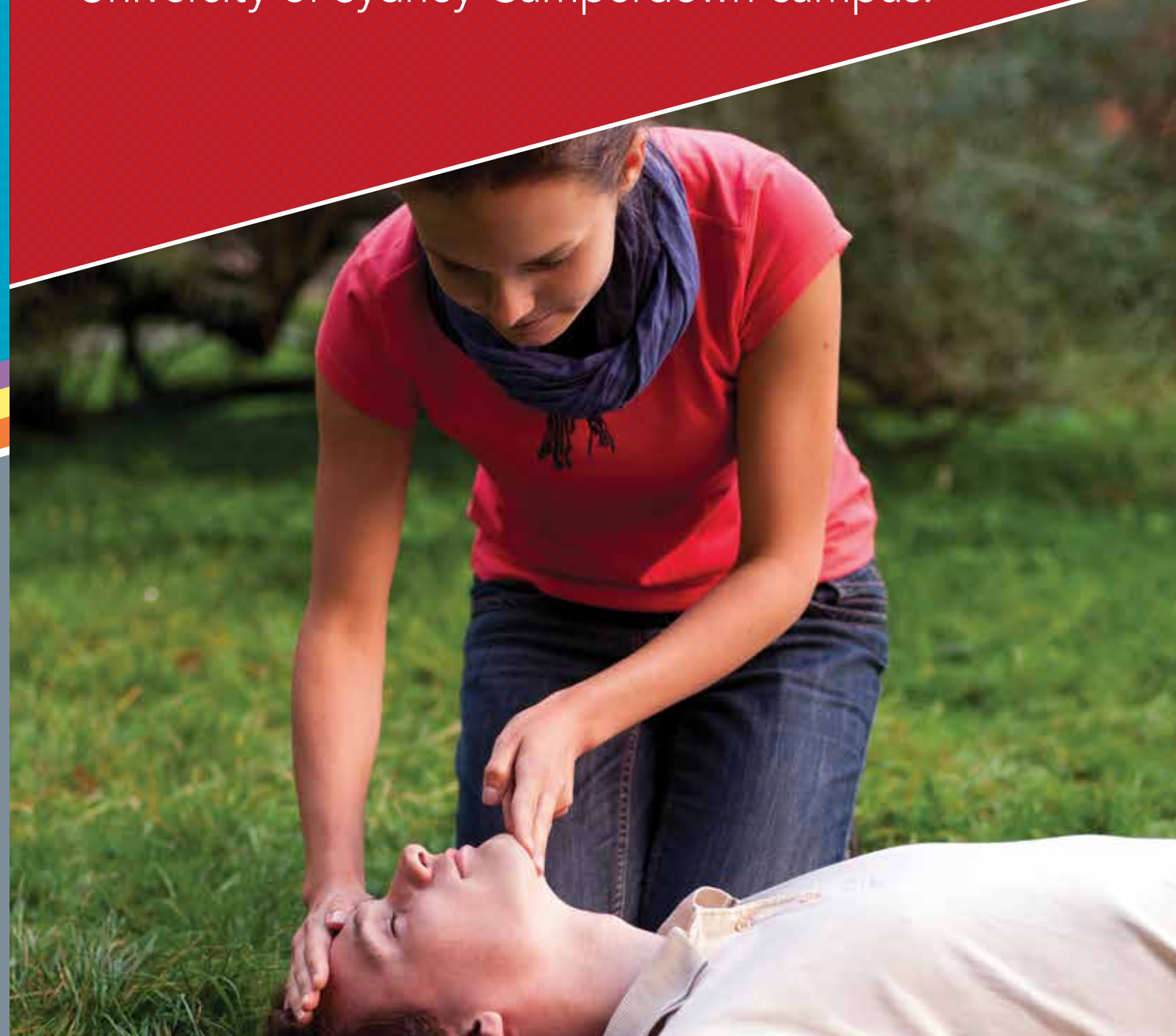
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Flu-fighting foods

How do we boost our immune system and keep ourselves healthy over the winter months? Is there anything we can do or take to reduce how often we get sick? Sports and Performance Dietitian Rebecca Hay explains.

What is the immune system really? It involves several components that work together to defend the body against pathogens and repair body tissue that is damaged through illness or exercise.

Some of the systems involved are:

- Physical, like skin and lining of the respiratory tract
- Cellular, like white blood cells
- Protein production, like immunoglobulins

There are both nutritional and lifestyle factors that help us look after the immune system.

Some of the lifestyle factors include less stress, practicing good infection control procedures - like washing our hands regularly, getting enough sleep and exercising. Nutritional factors include eating lots of fresh vegetables, fruits and whole grains and not drinking too much alcohol.

Good nourishment from food is step one in providing a good base for our immune system. There is evidence to suggest that deficiencies in vitamins A, B6, C, and E, Selenium, Iron, Zinc, Folic Acid and Copper can have an impact on the immune system, while Vitamin D has more robust evidence behind it for improving immune response.

While you can take a tablet to get all of the above nutrients, there are other benefits in getting these nutrients from food - along with vitamins and minerals, we get dietary fibre, prebiotics and energy. More vegetables, fruits and wholegrain foods help to look after these nutrients.

Probiotics encourage the growth of good bacteria in our gut, while prebiotics and dietary fibre feed the good bacteria, promoting a healthy gastrointestinal system. Having plenty of healthy bacteria in the gut helps the functioning of immune and epithelial cells (or lining) in the intestine.

It is well established that Vitamin D is important to keep bones and muscles healthy. It is now becoming clear that Vitamin D is also important in the functioning of our immune system. It works in the immune system to reduce inflammation and improve antimicrobial defenses. Food is not the best provider of Vitamin D but it can be obtained free by exposure to the UV radiation from the sun. Guidelines for sun exposure can be found via The Cancer Council's website (www.cancer.org.au).

Getting enough energy through our dietary intake is also an important part of keeping our immune system functioning.

Regular exercise, for athletes in particular, can compromise the functioning of their immune system with over restriction of energy around exercise and training. So the best practice is to recover properly after exercise with a meal that includes carbohydrates, protein, fat and some fruit, vegetables or salad.

So before you reach for the supplements to give your immune system a boost, have a look at the quality of your diet and lifestyle. It really could be that simple.

Where to find micronutrients, probiotics and prebiotics:

Micronutrient	Food sources
Vitamin A	Carrot, sweet potato, dark green leafy vegetables, capsicum, rockmelon, fish and liver
Vitamin B6	Green peas, mushrooms, peanuts, chicken, liver, tuna, turkey and avocado
Vitamin C	Oranges, capsicum, broccoli, kale, strawberries, grapefruit and brussel sprouts
Vitamin D	Fatty fish (tuna, salmon, mackerel), cheese and egg yolk
Vitamin E	Almonds, sweet potato, spinach, avocado, pumpkin and sunflower seeds and olive oil
Folic Acid	Green leafy vegetables, green beans, citrus fruits, wholegrain bread and cereal, rice and pasta
Selenium	Brazil nuts, tuna, sardines, turkey, chicken and oysters
Zinc	Spinach, beef, prawns, kidney beans, pumpkin seeds and oysters
Iron	Red meat, seafood, beans (legumes) and dark green leafy vegetables
Copper	Sunflower seeds, lentils, almonds, dried apricots, asparagus and beef liver
Prebiotics	Onion, garlic, banana, asparagus, barley, oats, apples, linseeds, wheat bran and seaweed
Probiotics	Yoghurt and fermented foods like sauerkraut, pickles and miso soup



ROBERT ANDREWS

THE ULTIMATE TEST



THIS YEAR IS TURNING INTO A MEMORABLE MILESTONE FOR ROBERT ANDREWS AFTER BEING NAMED IN THE AUSTRALIAN TEAM TO COMPETE AT THE ULTIMATE FRISBEE WORLD GAMES, WRITES HARRY CROKER.

Robert Andrew's passion, and commitment for the sport of Ultimate Frisbee, or 'Ultimate', as it's commonly referred to, has been a rather recent one. He mainly focused on soccer and cricket for the most part of his life until he commenced his tertiary education. Andrews will travel to uncharted territory in July when he competes at the World Games in Poland, an experience that will cap off an already outstanding 2017.

Born and raised in Sydney, Andrews grew up with a passion for the outdoors, and all sports alike. Focusing primarily on soccer and cricket throughout his high school years, Ultimate was never a sport he'd intended to play, nor knew anything about, until he began studying at the University of Sydney. Andrews followed in the footsteps of his older brother to study at the sandstone institution so he could pursue an engineering course. While looking for a sport to play in between the soccer and cricket seasons, his brother suggested he attend Ultimate training.

"My older brother was playing at the time and convinced me to come along to training one day," Andrews said. "Since then I've never really looked back and the sport has taken me all around the world." From these humble beginnings as a first-year university student, Andrews hadn't the faintest idea that one day he would be named in Australia's Ultimate Frisbee team, the Crocs.

Accompanying the Crocs to the 2017 Ultimate Frisbee World Games in Poland means he's reached the pinnacle of the sport. To be eligible to compete at the World Games, national teams must be ranked in the top five based on results from the Ultimate Frisbee World Championships. Ultimate is a unique sport. A squad comprises seven men and seven women, making it one of the few mixed-gender sports played at an international level. Andrews described the team as a, "really great bunch of people." "The competition is shaping up to be really close and competitive," he added.

Admittedly, Andrews said that representing his country at the World Games hadn't always been a life-long ambition. "I didn't even know about this sport until I started at university, and it's only really appeared on Australia's sporting radar in the past couple of years or so." However, a phone call from the Australian coach soon gave him a newfound sense of patriotism when he realised he would be representing his country on the world stage.

"There were a few days of nervous waiting, but it's an incredible honour to be able to represent my country. The feeling never gets old, and seeing other players at the tournaments just as proud as I am to represent their respective countries really makes you appreciate the opportunity. I couldn't be more excited," Andrews said.

Standing at 6'3", the 23-year-old is the youngest member of the squad; however this does not daunt him. "I don't really feel the pressure. I've been the youngest member of quite a few teams now, and it's more exciting than anything."

Andrews is currently completing his final year of a combined Engineering (Chemical & Biomolecular)/Arts (European Studies) degree, and admits at times it's tough juggling his sporting commitments with work and study, but insists the key to success in all these aspects is keeping a cool head. "The main thing is not to get too flustered, and stay on top of everything. There are more than a few late nights staying up doing assignments but in the end it's all worth it."

Despite being a niche sport in comparison to the other recreational activities available on campus, the training regime for Ultimate should not be underestimated. Andrews clocks up the best part of ten training sessions per week to ensure he's in top physical form. This usually consists of 4 gym sessions a week for strength and conditioning, 3 to 4 team training sessions per week to ensure cohesion within the squad, and a couple of sprint sessions on top of that, which Andrews does autonomously.

His selection in the Australian squad was well-deserved, a reward for his Ultimate ability, and his dedication to the University's Frisbee Club. Andrews is known throughout the club for his tireless efforts behind the scenes to ensure it survives. He's been the club secretary for the past couple of years, and is known to attend every single training session to assist in the development of new players.

Outside of his intense studying and sporting schedule, Andrews enjoys skiing, and relaxing on the beaches near his residence in Manly. He makes an effort to go on a skiing holiday for a few weeks every year, and one day hopes to spend an entire ski season on the slopes in Japan so he can tick it off his bucket list. But for now, he's solely focused on harnessing the elusive flying disc.

LIONS LAP UP TITLES

And History



Sydney University Water Polo Club rewrote the National Water Polo League (NWPL) history books in the 2016-17 season, becoming the first club to finish minor premiers in the men's and women's competitions and then the first club to appear in both grand finals.

The club claimed both Southern Cross Trophies for finishing minor premiers (the men for the third successive season) and retained the Peter Kerr Trophy for the best combined men's and women's club.

The women's team then won a nail-biting final against Fremantle Marlins at PLC Pymble Aquatic Centre to become the first team to go through the season undefeated in claiming back-to-back titles.

Sydney University's men's team were on the verge of creating more history, chasing a men's-women's double, but fell 6-5 to UNSW-Wests Magpies in a gripping finale.

The NWPL women's grand final was a classic season-ender. The Lions kicked out to a 2-0 lead but let that slip to trail 3-2 before managing to level 3-3 at quarter time. Both sides were tentative in the opening fray, with the Lions managing only three shots in the first period, all of which were converted.

A penalty from dual Spanish Olympian Anni Espar was the only score of a tight second period and the Marlins muscled-up to

keep the third quarter at 2-2. The tension was evident in the last quarter with Fremantle levelling with a late strike from the outside. At 8-8 after regular time a penalty shoot-out ensued and the pressure mounted.

Each team converted their first three shots before Lions goalkeeper Lea Yanitsas made a crucial save. But the Lions missed the potential match winner and the game went down to the final "Freo" shooter. She missed and Sydney University claimed the title.

Espar was named as the Lions representative in the NWPL All-Star team. The new-look Australian Stingers squad was also named after the grand final and Sydney University was well represented with Yanitsas, Keesja Gofers, Isobel Bishop, Hannah Buckling and rookies Brooke Dickie and Tilly Kearns included.

New Australian head coach Sakis Kechagias named Rio Olympians Gofers, Bishop and Buckling in the Australian team for the FINA World League Intercontinental Tournament at the Schaal Aquatics Centre at the University of California-Davis in the US in early May.

The Tournament is a qualifier for the FINA World League Super Final in Shanghai from 6-11 June and an important stepping stone for the side on the road to the World Championships in late July.

Meanwhile, Sydney University's Under 20s team made it through to the grand final in the Women's NSW Age Championship, where they lost 7-5 to Drummoyne Devils. Lions Mia Willows,

Brooke Dickie, Bridget Johnston (GK) and Sophie Hodgson all made the Tournament Seven. The club's Under 14s finished fifth at the same Championships, putting them in good stead for the Nationals.

On the men's front Olympian Johnno Cotterill was named in the men's NWPL All-Star team after they went down 6-5 to UNSW-Wests Magpies in the grand final.

Sydney University had already won First Grade, Second Grade and Third Grade in the Sydney Metro Men's competitions and were looking to continue the trend. And, with the women's side having already visited the middle step of the rostrum, the pressure was on the Lions.

They came out firing, taking a quick two-nil lead over the Magpies in the first quarter. They extended that to a 5-3 advantage at half-time. But the Magpies lifted their intensity in the second half, keeping the Lions scoreless while netting three goals themselves to bring the scores to 6-5 with four minutes on the clock.

A mistake in the last possession almost saw another penalty shootout, but the Magpies were able to hang on to the lead with a great save by captain Joel Dennerley from 3 metres out to give his side the trophy.

Cotterill's form warranted his selection in the Australian side to contest the FINA World League Intercontinental Tournament at the Gold Coast Aquatic Centre at the end of April.

Australia went through the tournament undefeated with Cotterill scoring twice in the Sharks' 8-6 win over the US in the final. He had already netted six times in the lead-up matches.

Despite the men's narrow defeat in the NWPL grand final, Sydney University Water Polo Club Operations Manager Ian Trent said it has been a season to remember on the local and international fronts.

"There are plenty of people to thank, including Women's Head Coach Alicia Smith, Men's Head Coach Dusan Krstic, Women's Club President Simon Lewis and Men's Club President Antony Green," he said.



SCOREBOARD GRAND FINALS

National Men's and Women's Water Polo Leagues

WOMEN: Sydney Uni Lions 12 (Keesja Gofers 3, Anni Espar 2, Isobel Bishop 2, Danielle Morrissey, Sophie Hodgson, Madeline Rosenthal goals) defeated Fremantle Marlins 11 (Glencora McGhie 4, Madeline Quinn 3, Zoe Arancini 2, Pia Rodgers, Lauren Martin goals) in a shoot-out, at Pymble Ladies College Aquatic Centre.

MEN: UNSW-Wests Magpies 6 (Richard Campbell 4, Jarrod Gilchrist 2) defeated Sydney University Lions 5 (Jeremy Davie 2, Tom Kearns, Michael Rosenthal, Chris Dyson goals) at Pymble Ladies College Aquatic Centre.

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- Access to the new Brydens Boxing Gym outside of booked training hours
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

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- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

PRICE PER WEEK

Sydney Uni Students from under \$11*
Sydney Uni Staff from under \$12*
Community from under \$13*

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- Unlimited access to the Sports & Aquatic Centre's 50m heated indoor pool
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- Use of time stop available

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Celebrating success at Sports Awards

Sydney Uni Sport & Fitness recently reflected on last year's sporting success, with Olympians Chloe Dalton and Will Ryan named Sportswoman and Sportsman of the Year. We congratulate all award winners who join the prestigious honour roll of sporting excellence at Sydney University.



Sportswoman of the Year
Chloe Dalton - Rugby (Women)



Female Club Administrator of the Year
Olivia Warren - AFL (Women)



Club of the Year
Kendo and Basketball



Sportsman of the Year
Will Ryan - Sailing (Unable to attend due to training, Will accepted his award via video)



Male Club Administrator of the Year
Nathan Richardson - Touch Football



Premier Club of the Year
Water Polo (Women)



Premier Administrator of the Year
David Haigh - Rugby (Men)
and John Curran - Soccer



Coach of the Year
Daniel Kovacic - Basketball



Premier Coach for the Year
Alicia Smith - Water Polo (Women)
and Heather Garriock - Soccer

Read through the list of previous winners to uncover a who's who of Australian sporting history:

Female Club Administrator of the Year

2001 - Kathryn Leonard - Water Polo. 2002 - Lisa Bauer - Hockey. 2003 - Melissa Gangemi - Ultimate Frisbee. 2004 - Tania Finikiolis - Netball. 2005 - Harriet Jordan - Fencing. 2006 - Melinda Hyland - AFL (Women). 2007 - Brianna Heazlewood - Athletics. 2008 - Christine Etter - Swimming. 2009 - Roisin McNulty - Rugby (Women). 2010 - Gillian Blackburn - Swimming. 2011 - Anne Simmons - Hockey. 2012 - Melissa Neumaier - Velo. 2013 - Marjorie Spooner O'Neill - Rugby (Women). 2014 - Julie Andrews - Swimming. 2015 - Anne Simmons - Hockey. 2016 - Olivia Warren - AFL (Women).

Male Club Administrator of the Year

1985 - Andrew Murray - Rugby Union. 1986 - Paul Mulvey - ANF. 1987 - Ian Partridge - Hockey. 1988 - Matthew McCloskey - Athletics. 1988 - Martin Mercer - Triathlon. 1989 - Jacob Woolley - Hockey. 1990 - Julian May - Fencing. 1991 - Michael Irby - Hockey. 1992 - Geoffrey Winterton - Water Polo. 1993 - Richard Finlayson - Rugby Union. 1994 - John Bignucolo - Judo. 1995 - Christopher Noel - Boat. 1996 - Andrew Ogborne - American Football. 1997 - Daniel Cheever - Cricket. 1998 - Brendan Casey - Soccer. 1999 - Toni Johnston - Swimming. 2000 - Ross Skeels - Water Polo. 2001 - Edward Le Couteur - Cricket. 2002 - Simon Phillips - Soccer. 2003 - Edward Binnie - Volleyball. 2004 - Gary Reynolds - Touch Football. 2005 - David Shaw - Soccer. 2006 - Robert Jackson - Tennis. 2007 - Gregory Turner - Water Polo. 2008 - Jason McLennan - AFL (Men). 2009 - Tom Mallett - Sailing. 2010 - John Chow - Fencing. 2011 - Bob McGovern - Rugby. 2012 - David Mifsud - Cricket (Women). 2013 - David Jordan - Velo. 2014 - Brett McLeod - Velo. 2015 - Rowan Johnston - Hockey. 2016 - Nathan Richardson - Touch Football.

Premier Administrator of the Year

2012 - Baden Stephenson - Rugby (Men). 2013 - Nathan Kosmina - Soccer. 2014 - Andrew Heil - Athletics. 2015 - Karen Dalton - Flames Women's Basketball. 2016 - John Curran - Soccer & David Haigh - Rugby (Men).

Club of the Year

1985 - American Football. 1986 - ANF. 1987 - Hockey. 1988 - Lawn Tennis. 1989 - Athletics. 1990 - Speleological Society. 1991 - American Football. 1992 - ANF. 1993 - Athletics. 1994 - Baseball. 1995 - Cricket. 1996 - Water Polo. 1997 - Soccer. 1998 - Rugby. 1999 - Rugby. 2000 - Swimming. 2001 - Rugby. 2001 - Water Polo (Women). 2002 - Water Polo (Men). 2003 - Cricket. 2004 - Boat / Rowing. 2005 - Rugby (Men). 2006 - American Football. 2007 - Soccer. 2008 - Athletics. 2009 - Swimming. 2010 - Rugby (Women's). 2011 - Athletics. 2012 - American Football. 2013 - Baseball. 2014 - AFL (Women's). 2015 - Rugby (Women's). 2016 - Basketball & Kendo.

Premier Club of the Year

2006 - Boat / Rowing. 2007 - Rugby (Men). 2008 - Rugby (Men). 2009 - Cricket (Men). 2010 - Rugby (Men). 2011 - Cricket (Men). 2012 - Athletics & Rugby (Men). 2013 - Rugby (Men). 2014 - Cricket. 2015 - Athletics. 2016 - Water Polo (Women).

Coach of the Year

1994 - Margaret Hamley - Athletics. 1994 - Ian Trent - Water Polo. 1995 - Sandy Burt - Rowing. 1996 - Frank Thorn - Rowing. 1997 - Mick Erickson - Soccer. 1998 - Brian Power - Judo. 1999 - Ian Moss - Water Polo. 2000 - Brian Groos - Hockey. 2001 - Inna Frovova - Rowing. 2001 - Ross Reynolds / Anthony Eddy - Rugby. 2002 - Damien Fanning - Water Polo (Men). 2003 - Elvis De Marelic - Soccer (Women). 2004 - Andrew Randell - Boat. 2004 - Karen Dalton - Basketball. 2005 - Damien Fanning - Water Polo (Men). 2006 - Yvette Higgins - Water Polo (Women). 2007 - Mick Somers - Soccer (Women). 2008 - Stephen Dunne - American Football. 2009 - John Caruana - Soccer (Men). 2010 - Dean Gleeson - Athletics. 2011 - Philipp Enders - Handball. 2012 - Rod Cutler - Rugby (Women). 2013 - Yucel Celenk - AFL (Women). 2014 - Yucel Celenk - AFL (Women's). 2015 - Philip Brown - Rugby (Women's). 2016 - Daniel Kovacic - Basketball.

Premier Coach of the Year

2006 - Phil Bourguignon - Boat. 2007 - Phil Bourguignon - Boat. 2007 - Anthony Eddy / Damien Hill - Rugby (Men). 2008 - Damien Hill / Trevor Woodman / Anthony Eddy - Rugby (Men). 2009 - Nick Ryan Rugby (Men). 2010 - Roger Moten - AFL (Men). 2011 - Jack Farrer - Rugby. 2012 - Todd Loudon - Rugby (Men) & Mark Prater - Boat. 2013 - Dean Gleeson - Athletics & Chris Malone - Rugby (Men). 2014 - Mark Prater - Boat & Gary Whitaker - Cricket. 2015 - Heather Garriock - Soccer (Women's) & Mark Prater - Boat. 2016 - Heather Garriock - Soccer & Alicia Smith - Water Polo (Women).

Sportswoman of the year

1982 - Deborah Clingleffer - Netball. 1983 - Rachel Thompson - Racewalking. 1984 - Sarah Kenny - Boardsailing. 1985 - Lenka Jankovcova - Tennis. 1986 - Jane Hall - Canoe. 1987 - Suzanne Alton - Athletics. 1988 - Adrienne Cahalan - Sailing. 1989 - Naomi Woodberry - Water Polo. 1990 - Jane Spring - Rowing. 1991 - Jantien Saltet - Athletics. 1992 - Tania Burdack - Water Polo. 1993 - Bronwyn Opferkuch - Rowing. 1994 - Diane Nash - Modern Pentathlon. 1995 - Chloe Flutter - Swimming. 1996 - Anna Windsor - Swimming. 1997 - Rebecca Gilmore - Diving. 1998 - Rebecca Gilmore - Diving. 1999 - Rebecca Gilmore - Diving. 2000 - Rebecca Gilmore - Diving. 2001 - Ann Proctor - Waterski. 2002 - Loudy Tourky - Diving. 2003 - Loudy Tourky - Diving. 2004 - Loudy Tourky - Diving. 2005 - Jacqueline Bonnitcha - Sailing. 2006 - Fiona Hammond / Taniele Gofers - Water Polo. 2007 - Susan Pratley - Netball. 2008 - Taniele Gofers - Water Polo. 2009 - Rosalyn Lawrence - Canoe. 2010 - Alexandra Croak - Diving. 2011 - Rosalyn Lawrence - Canoe / Kayak. 2012 - Jessica Fox - Kayak. 2013 - Hannah Buckling - Water Polo. 2014 - Lavinia Chrystal - Snowsports. 2015 - Michelle Jenneke - Athletics. 2016 - Chloe Dalton - Rugby.

Sportsman of the Year

1981 - Michael Hawker - Rugby. 1982 - Michael Hawker - Rugby. 1983 - Christopher McKay (Mackay?) - Water Polo. 1984 - Nick Farr-Jones - Rugby. 1985 - Stuart Gyngell - Athletics. 1986 - Greg Burrows - Rugby. 1987 - Andrew Kiely - Modern Pentathlon. 1988 - Jock Davis - Orienteering. 1989 - David Dix - Rugby. 1990 - Michael Davis - ANF. 1991 - Mehmet Yagci - Weightlifting. 1992 - David Hynes - Baseball. 1993 - Mehmet Yagci - Weightlifting. 1994 - Jacob Vujic - Athletics. 1995 - Brian Power - Judo. 1996 - Michael Wiseman - Boat. 1997 - Michael Wiseman - Boat. 1998 - Mark Catchpole - Rugby. 1999 - Alexander Headley - Boat. 2000 - David Lyons - Rugby. 2001 - Thomas Whalan - Water Polo. 2002 - Simon Strong / Stewart Wood - Boat. 2003 - Brendan Cannon - Rugby. 2004 - Edward Cowan - Cricket. 2005 - Robin Bell - Canoe. 2006 - Stuart Clark - Cricket. 2007 - Stuart Clark - Cricket. 2008 - Matt Jaukovic - Swimming. 2008 - Phillip Waugh - Rugby. 2009 - Francis Hegerty - Boat. 2010 - Prashanth Sellathurai - Gymnastics. 2011 - Lachlan Renshaw - Athletics. 2012 - Nicholas Hough - Athletics. 2013 - Alexander Belonogoff - Boat. 2014 - James Dargaville - Rugby & Nicholas Hough - Athletics. 2015 - Nicholas Hough - Athletics. 2016 - Will Ryan - Sailing.



SOCIAL NETBALL COMPETITION



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Competition 3: Tuesday 11th July & Sunday 23rd July

Competition 4: Tuesday 3rd October & Sunday 22nd October

WHO: Mixed and Women's competitions available

WHEN: Tuesdays from 6:30pm and Sundays from 1:00pm

WHERE: Sydney Uni Sports & Aquatic Centre

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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.sydneyunigrdiron.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



ROWING

Sydney University Boat Club (SUBC) competes as Sydney University in the club, state and national Championships and includes members of the Australian Squad. For the past few years SUBC has been the leading rowing club in New South Wales, catering to men and women across all levels of experience.

FOR MORE INFORMATION:

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



BOXING

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

FOR MORE INFORMATION:

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



CANOE/KAYAK

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

FOR MORE INFORMATION:

www.sydneyniversitycanoeclub.com.au canoe@sport.usyd.edu.au



CRICKET

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

FOR MORE INFORMATION:

(Men) www.sydneyniversitycricket.com.au succ@sport.usyd.edu.au
(Women) www.uwcc.com.au uwcc.secretary@gmail.com



FENCING

The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club, consisting of more than 100 members presently, welcomes members of all standards. The club has a large amount of equipment available for the use of members, offering training with foil, epee and sabre. The club competes in state competitions run by the New South Wales Fencing Association, participating in both individual and team competitions. The club also participates in all national competitions run by the Australian Fencing Federation.

FOR MORE INFORMATION:

www.sufc.org.au fencing@sport.usyd.edu.au

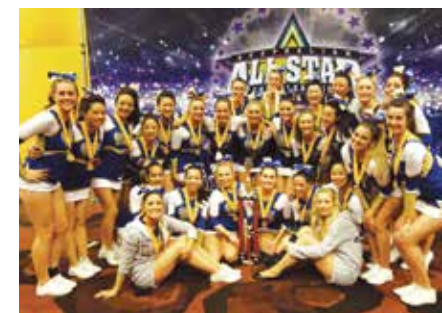


GOLF

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

FOR MORE INFORMATION:

golf@sport.usyd.edu.au



GYMSPORTS

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

FOR MORE INFORMATION:

www.sugymcheer.org gymnastics@sport.usyd.edu.au or sydunicheer@gmail.com



HANDBALL

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

FOR MORE INFORMATION:

handball@sport.usyd.edu.au



HOCKEY

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

FOR MORE INFORMATION:

www.suhc.asn.au hockey@sport.usyd.edu.au



JUDO

The Sydney University Judo Club (SUJC) is the oldest judo club in Australia, founded in 1954. The club competes in all levels of judo competition, from national and state to local competitions and AUGs. SUJC is run by students and has black-belt instructors with international experience. Over the last four decades, SUJC has trained nine Olympians and numerous Australian representatives. The club's training program includes classes tailored for beginners and experts, dedicated women's classes, and runs numerous social activities.

FOR MORE INFORMATION:

www.sydnejudo.com judo@sport.usyd.edu.au





KEMPO KARATE

The Sydney University Kempo-Karate Club was established in 1965 to facilitate the practice of Shaolin Ch'uanfa. Classes are held on Monday, Thursday and Friday evenings throughout the year. The curriculum includes self-defense techniques, yogic exercises and the Buddhist philosophy and psychology that underlie them.

FOR MORE INFORMATION:

kempokarate@sport.usyd.edu.au



KENDO

Since 2004, Sydney University has offered kendo, a traditional Japanese fencing martial arts practiced by the samurai. Today it is both a martial art as well as an internationally competed sport. The club practices kendo to cultivate one's mindfulness, respect and diligence, through physical training. A practitioner is able to achieve high sense of reflex, alertness, fitness, speed and coordination. The club is open to all levels of students, with beginners' courses and active participation to all level of tournaments.

FOR MORE INFORMATION:

www.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



RUGBY LEAGUE

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

FOR MORE INFORMATION:

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



RUGBY UNION

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

FOR MORE INFORMATION:

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



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 clubs members are actively involved in racing, and there is strong competitive spirit across the club. The club wants its members to achieve their cycling goals, whatever they may be and whatever their ability. The club has a varied and interesting ride and training program, as well as a healthy performance culture - one that encourages its members to strive to reach their goals.

FOR MORE INFORMATION:

www.suvelo.com.au suvelo@sport.usyd.edu.au



VOLLEYBALL

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

FOR MORE INFORMATION:

www.suvolleyball.com volleyball@sport.usyd.edu.au



WATER POLO

The Sydney Uni Water Polo Club provides opportunities for members to play water polo at all levels. The club has junior programs, social teams and beginner teams right up to first grade. Both the men's and women's teams compete in the National Water Polo League.

FOR MORE INFORMATION:

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



WATERSKI & WAKEBOARD

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

FOR MORE INFORMATION:

www.usydwake.com usydwake@gmail.com

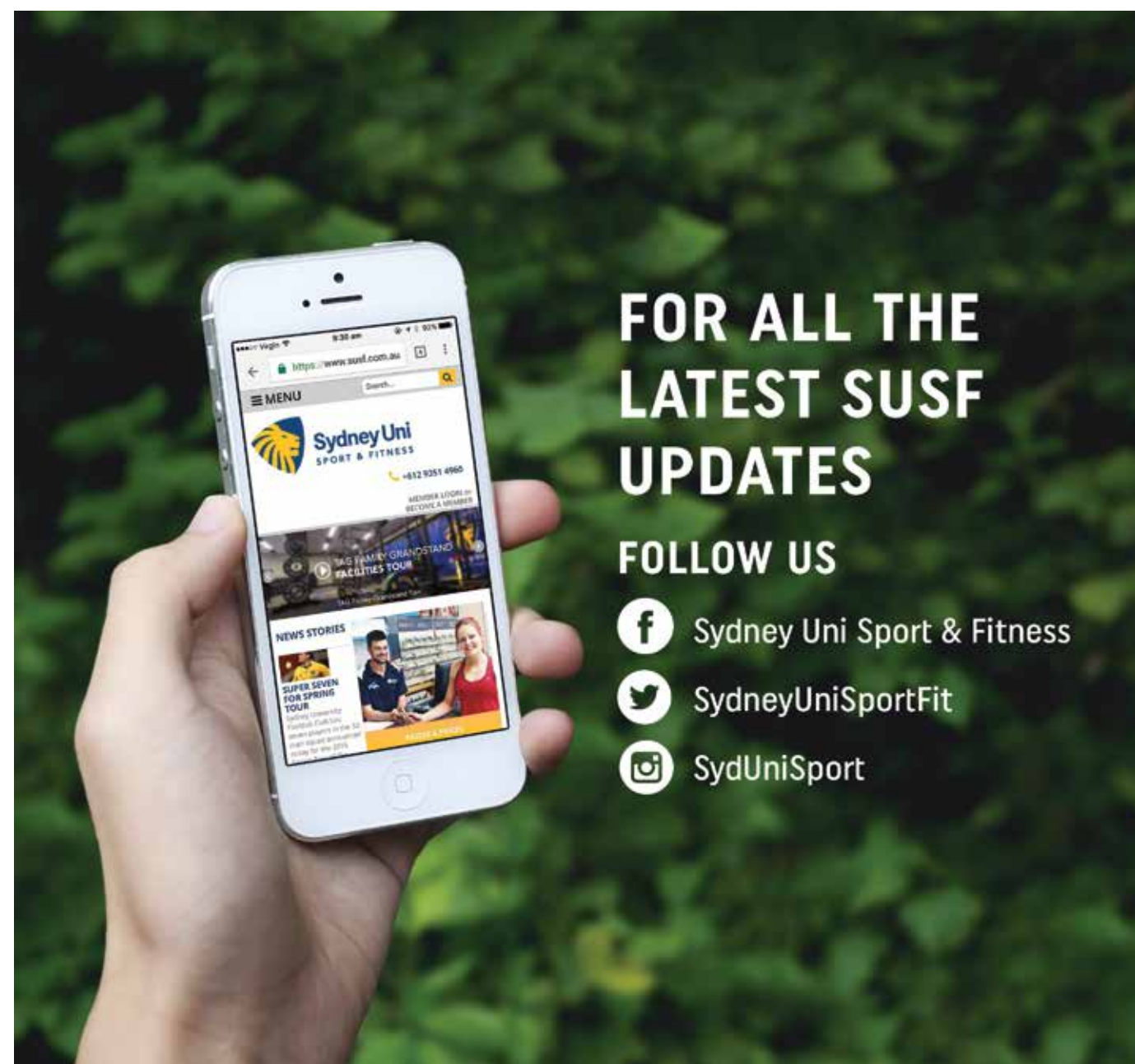


WRESTLING

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

FOR MORE INFORMATION:

wrestling@sport.usyd.edu.au



SUSF HEALTH & FITNESS FACILITIES



TENNIS PROGRAM

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

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

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

ENQUIRIES

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



SWIMMING PROGRAM

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

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

All lessons include a water safety component.

ENQUIRIES

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



SPORTS & AQUATIC CENTRE

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

SUSAC features:

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

Opening Hours

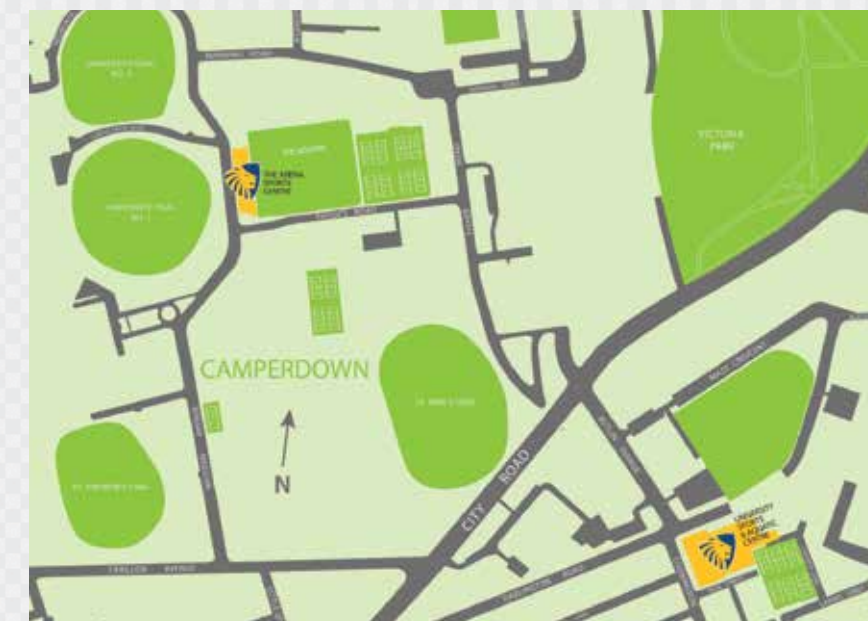
Monday - Friday: 5.30am - 10pm, Saturday: 6am - 8pm, Sunday: 6am - 10pm

ENQUIRIES

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

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

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

The Arena features:

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

Opening Hours:

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

ENQUIRIES

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

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



THE LEDGE CLIMBING CENTRE

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

The Ledge features:

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

Opening Hours

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

ENQUIRIES

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

HOME EVENTS CALENDAR

For all the latest event news and reviews visit: www.susf.com.au

JUNE

DATE	TIME	SPORT	GAME	
10.06.2017	3:00pm	Rugby Union	Sydney Uni vs Parramatta	Sydney Uni Football Ground
11.06.2017	3:00pm	Soccer	Sydney Uni (Women's) vs Illawarra Stingrays	Sydney Uni Football Ground
24.06.2017	2:00pm	Baseball	Sydney Uni vs Hawkesbury	Petersham Oval
24.06.2017	1:00pm	Rugby League	Sydney Uni vs Cumberland Beavers	Henson Park
24.06.2017	6:00pm	Basketball	Sydney Uni Sparks vs Geelong Supercats	Brydens Stadium
24.06.2017	3:00pm	Rugby Union	Sydney Uni vs West Harbour	Sydney Uni Football Ground

JULY

01.07.2017	6:00pm	Basketball	Sydney Uni Sparks vs Ballarat Rush	Brydens Stadium
02.07.2017	3:00pm	Soccer	Sydney Uni (Women's) vs Football NSW Institute	Sydney Uni Football Ground
07.07.2017	6:00pm	Basketball	Sydney Uni Sparks vs Albury Wodonga Bandits	Brydens Stadium
08.07.2017	2:00pm	Baseball	Sydney Uni vs Marrickville	Petersham Oval
08.07.2017	3:00pm	Rugby Union	Sydney Uni vs Manly	Sydney Uni Football Ground
09.07.2017	3:00pm	Soccer	Sydney Uni (Men's) vs Balmain Tigers FC	Sydney Uni Football Ground
14.07.2017	7:00pm	Basketball	Sydney Uni Sparks vs Sandringham Sabres	Brydens Stadium
15.07.2017	2:00pm	Baseball	Sydney Uni vs Pirates	Petersham Oval
16.07.2017	3:00pm	Soccer	Sydney Uni (Women's) vs Blacktown Spartans FC	Sydney Uni Football Ground
22.07.2017	1:00pm	Rugby League	Sydney Uni vs Cumberland Beavers	Henson Park
22.07.2017	3:00pm	Rugby Union	Sydney Uni vs Eastwood	Sydney Uni Football Ground
23.07.2017	3:00pm	Soccer	Sydney Uni (Men's) vs Hawkesbury City FC	Sydney Uni Football Ground
28.07.2017	6:00pm	Basketball	Sydney Uni Sparks vs Hobart Chargers	Brydens Stadium
29.07.2017	7:00pm	Soccer	Sydney Uni (Men's) vs Inter Lions SC	Sydney Uni Football Ground
30.07.2017	3:00pm	Soccer	Sydney Uni (Women's) vs Macarthur Rams FC	Sydney Uni Football Ground

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From beginners to advanced players,
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What's on offer?



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**Group
lessons**



**Advanced
competitions**



**Social
Play**



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Visit **www.susf.com.au** to find out more about our exciting
new tennis program, then contact the tennis team on
tenniscoaching@sport.usyd.edu.au to get involved!



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