

ROAR



Sydney Uni
SPORT & FITNESS

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SPRING
2017

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KNOCKOUT SEMESTER 2

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MEET MIKEY MENDOZA & AMAR HADID

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FITNESS FACT OR FICTION?

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FROM THE EDITOR



DING DING DING! IT'S TIME TO ENTER ROUND 2 OF THE UNIVERSITY YEAR.

Sport has certainly been heating up with some fantastic results recorded and many more within reaching distance headings towards finals. In particular, our strong contingent of athletes representing the University of Sydney at the Eastern University Games recently returned from Newcastle with seven medals to show after a successful week of competition. This tournament leads into the Australian University Games on the Gold Coast from 24-29 September, 2017 and I encourage all students to get on board with this celebration of university life.

This issue of ROAR coincides with the start of Semester 2 and I'm pleased to advise the very popular Semester 2 Uni Gym Pass promotion is on again for a limited time. Perfect for students, the pass will help you knockout the rest of the university year right through to the last day of exams!

Two students ready to take on the second semester, and the world, are our cover stars Amar Hadid and Mikey Mendoza. Like the rest of their cohort, the pair will return to campus for classes but with boards in toe as the first ever skateboarders to receive a SUSF Elite Athlete Program Scholarship (page 10).

While fresh faces join our community, valuing the University of Sydney's sporting heritage also involves keeping alive the connections with our previous Elite Athletes. To this end, we catch up with two inspirational Alumni and Olympians, David Hynes and Lavinia Chrystal (page 18).

So many have contributed to the development of SUSF as a world renowned centre of sporting excellence and a key contributor to the vitality of Sydney University. However, it's impossible to go past Bruce Ross

who this year stepped down after an amazing 26 years as President of SUSF. I was honoured to sit down with him, look back at the last quarter of a century and, in true Bruce Ross style, ahead to the future (page 36).

One of the keys to success over the years is being hungry to achieve your goals but that next meal is pretty important too! Our nutrition article (page 16) delves into those post-exercise foods so crucial to refuelling your energy stores so you can be your best. ROAR also laces on the gloves to examine the benefits of boxing (page 6), which last well beyond the ring.

As we go to press many of our winter teams, such as rugby union, soccer, AFL, baseball, basketball and rugby league, are well in contention for finals appearances. I welcome you to roar with us through the Home Events Calendar (page 9) and hope to see you in the 'Blue & Gold' supporting our Lions.

Laura Hanlon
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ROAR



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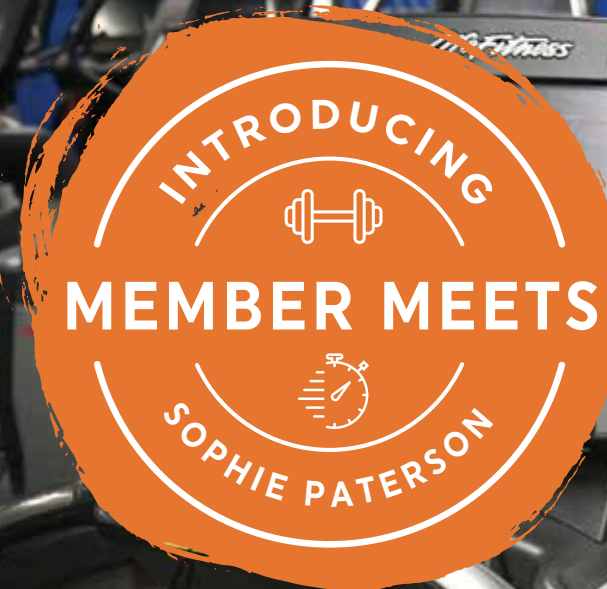
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ROAR | MEMBER MEETS

By Nicole Safi



Sophie Paterson, a 21-year-old Design student, has been a part of the Sydney Uni Sport & Fitness (SUSF) family for over 10 years. Nicole Safi caught up with her to discuss dealing with injury and illness, setting goals, seeing results and finding balance.

How long have you been training with SUSF?

When I was eight I began swim training at the Sports & Aquatic Centre, then at 16, I began Personal Training (PT) with Carmel who I was training with for over a year. I've had my membership for a long time!

Did you continue with PT or find new ways to train?

Well, I was a rower in high school but in Year 12 I developed a cyst which forced me to stop rowing. I was still swimming as I was doing my Gold Duke of Edinburgh but had lost a lot of motivation. Then in my first year of Uni, I became super sick and anaemic, and was diagnosed with celiac disease. I put on a lot of weight. From then, I struggled with motivation and consistency. I returned to rowing, had surgery on my cyst, took a year off, competed in three Uni games, but then my cyst started to re-grow. I decided to take a break as I didn't want to have a second surgery. Then with study, work and obviously a lack of exercise, I gained more weight. I got to a point where I hit a wall and decided I needed to get back into it and here I am!

And how's it been being back? Have you achieved any goals?

Something has clicked; I've been enjoying it this time. I manage my diet now – taking out processed sugars and simple carbs. I'm down 9.5 kilos after four months of more intense training. I've also increased my incline on the treadmill, walking at 8 with a speed of 6.8km/h. I did the Triathlon Pink Ultra for Breast Cancer last year just after I'd started training again as well!

How do you approach training at SUSF?

I primarily gym and sometimes swim, so individual fitness. My routine is pretty basic. I do about 40 minutes on the treadmill every day, and because I'm trying to lose fat, I aim to burn

about 400 calories. I'll then do TRX or do basic weights training like using the leg press. I normally do TRX training twice a day, depending on which one I'm doing and how sore I am!

And do you enjoy other types of exercise outside of the gym?

Yes, all sorts! I come from a super active family so I surf a lot. I do a stack of horse riding and mountain biking. I'm not a runner, but I love to go on big walks.

Other than the trainers, what has kept you here at SUSF?

The quality of the gym. I train at the Sports and Aquatic Centre where the weights are high-quality and the cardio equipment is up-to-date so I don't have to spend time figuring out how it all works. Also, I've been spoilt training at the pool here at SUSAC since I was a kid, so the bar is set pretty high for swimming.

As a student, it must be tough to juggle study and achieve your fitness goals. How do you find balance?

I study full-time and work an internship on top of that so it's taken a while to find a sweet spot. I'm lucky because I'm an early riser and wake up at about 5.45am each day and head straight to the gym, which works for me. On Sundays I let myself sleep a bit more and will sometimes go on a walk rather than the gym. I also go to bed between 10 and 10.30pm. Sleeping at a reasonable time allows me to get to the gym early following a good night's sleep, which then allows me to get on with my day, be productive and not procrastinate.

Has there been anyone in particular that has helped motivate you to achieve these goals?

Trainers Lou Lou and Carmel! Diet-wise, fitness-wise, motivation-wise; the two of them have been so great. Carmel was there through my injury (surgery and post-surgery) so she really helps with my fitness, suggesting maybe I do this or try that. Lou Lou is great with food, lifestyle and personal motivation. As she says, if you don't change your diet while doing weights you're not going to gain the lean muscle you want. My mum is super motivating as well. She's trains here too and is a chef so knows all about nutrition!

TIME TO GET *HOOKE*



Boxing as a *fitness* activity enables the average person to aspire to the same athletic skills as Mohammed Ali without being repeatedly smacked in the face! It is also a great way to relieve stress in the run up to exams, so you can walk away feeling as calm as the great man himself, writes Helen Jomoa.

Burn more calories

Boxing is the ultimate High Intensity Interval Training (HIIT) workout. It alternates intense activity with periods of active recovery. HIIT workouts tend to burn more calories than traditional ones, especially after you have finished your session. This post-exercise period is called 'EPOC', (excess post exercise oxygen consumption). The vigorous nature of boxing training means that 'EPOC' tends to be greater, adding about 6-15% more calories to the overall energy expenditure of the workout.

Manage stress

Feeling stressed? Instead of cranking-up the stress, dial-up the exercise intensity. Let's face it, it's incredibly satisfying taking

out your frustrations on a punching bag, especially as the bag can't talk back! The last thing you will be thinking about when you are in the middle of a boxing drill is how anxious you are and even during your rest periods you will be focusing on other things, like trying to catch your breath.

Build strong bones

Bones and ligaments may be out-of-sight but not out-of-mind. Bone strength is built more effectively with short, intense bursts of exercise like boxing rather than slow, low-impact exercise. That is why boxing beats swimming and cycling for improving bone density.

Your bones also love resistance training. In boxing this comes from using focus pads and punching bags and by adding body weight exercises to your workout like push-ups. Bone density is also built by incorporating high-impact exercises like skipping.

While this mightn't mean much to you now, higher bone density can help prevent osteoporosis as you get older.

Develop muscular endurance

Boxing requires your muscles to contract repeatedly causing the muscles involved to fatigue. With continued training, your muscles can keep going for longer without getting tired and ultimately burn more calories and improve your fitness and body shape.

Drive cardiovascular fitness

If punching, kicking and jumping doesn't get your blood pumping, then what will. When you throw punches a huge number of your body's muscles are recruited at the same time. To sustain the speed and force of your punches your heart and lungs have to work overtime to pump oxygen through your blood stream to keep the muscles going. A boxing workout will make your heart and lungs happy by training them to become more efficient.

The ultimate workout

In addition to gearing up your cardiovascular system, boxing works most of the muscles of your body in some way. A powerful punch starts with the long muscles of the legs, surges through the glute muscles, up through the 'abs' and upper body muscles, ending with your fist. Most boxing circuits also incorporate strength training exercises within a fast-paced boxing class. Boom – your full body workout has just been delivered.

Develop coordination

Moving lots of body parts at the same time requires good connection between your brain and your body. Whether you punch a speed bag or your partner's focus pads, you need to be able to see, hit and react to a moving target. It's tricky to start with, but with practice your hand-eye coordination and reaction times improve significantly. There is hope for us all!

Give it a go

What's not to love? It builds fitness, strength, coordination and speed. When you put on those boxing gloves for the first time, you may not feel like a pro but you will certainly look like one. Before long you will be hooked, and then you will know that your inner 'Mohammed Ali' has been born.

Keen to Knockout Semester 2?

Sydney Uni Sport & Fitness has a fully equipped Brydens Boxing Gym, free for all Gold and Silver Pass holders. Our personal trainers can also provide boxing based PT sessions. **Turn to the back cover to see special offer!**

Do it yourself - grab some gloves, punch some bags and try some skipping at Brydens Boxing Gym.

Do it with others - try our Kickbox and Aerobox group fitness classes.



NEWS BITES

Home of rowing: The University of Sydney's Chancellor Belinda Hutchinson AM, Vice Chancellor Dr Michael Spence and the Hon Anthony Roberts MP joined around 250 guests to celebrate the official opening of the Thyne Reid Boatshed in Lane Cove on Saturday 27th May, 2017. The Boatshed was completed earlier this year, nearly eleven years after the previous boatshed was destroyed by fire in March of 2006. Former President of the Club, Chris Noel thanked all those involved in bringing the project to fruition including its architects, major donors, the University of Sydney, Lane Cove Council and the NSW Government, Sydney Uni Sport & Fitness, and club officials and coaches. The event concluded with a ribbon cutting ceremony before the men's and women's eights emerged for a demonstration row.



Athletics

Taking on the world: Sydney University Athletics Club (SUAC) has 11 athletes bound for Taipei to compete at the 29th Summer Universiade (2017 World University Games) in August. Among the selected athletes are Rio Olympians Michelle Jenneke (100m hurdles) and Jenny Blundell (1500m and 5000m), Angus Armstrong (pole vault) and 2015 World Championship representative Nicholas Hough (110m hurdles). Other SUAC representatives include Larissa Pasternatsky (4x100m relay), Jess Stafford (4x400m relay), Nicola McDermott (high jump), Paige Campbell (3000m steeplechase), Elizabeth Clay (100m hurdles) and Rohan Browning, who will join returning Unirow and Elite Athlete Program member Jin Su Jung in the men's 4x100m. Browning will also run in the 200m and Jung, the 100m. Three-time representative and SUAC athlete James Nipperess was included in the Unirows team but had to withdraw. Since 1937, SUAC has had 40 athletes selected to compete at World University Games level.



Rugby Union

Top of the world: Sydney University Women's Rugby Club members Ashleigh Hewson and Grace Hamilton have been selected in the 28-woman Australian squad to contest the 2017 Rugby World Cup in Ireland in August. Hewson, who

captained the Wallaroos on their recent New Zealand tour, needs just two more points to become the highest pointscorer in Wallaroos history. Backrower Hamilton, started playing rugby while on a university exchange to the US. She was selected in the Sydney team in 2014 and won Wallaroo selection on the recent tour to New Zealand. The Wallaroo squad will convene in Sydney at the end of July for a three-day camp, before flying out for Ireland on August 1. Hewson and Hamilton were among 10 Sydney University players in the Sydney women's rugby union squad that went through the 2017 National Championships undefeated to claim a third successive title. The Sydney squad also included Sera Naiqama, Lope Leiatua, Kirrily Mariie, Fi Jones, Iliseva B, Emily Chancellor, Kim Davey and Taz Lam from Sydney University Women's Rugby Club.



Handball

Handy effort: Sydney University Handball Club won the recent 2017 Men's Australian and Oceania Club Championships played at Geelong, Victoria. Hosted by Handball Victoria, the tournament drew more than 250 players from teams across Australia, New Zealand, Tahiti and New Caledonia. The tournament was the largest handball event since the Sydney Olympic Games in 2000. Following an emphatic 26-11 win over St Kilda in their semi-final, Sydney Uni met local rivals UTS in the

final. A strong first half saw Sydney Uni head into the break with a 15-11 advantage. They went on to win the final 30-24. Dutch national Daan Versleuwen scored seven goals for Sydney Uni in the final, while Sebastian Mess scored five and Luka Krajnc and Vincente Sancho each finished with four. The win qualified Sydney University Handball Club for the International Handball Federation Super Globe in Qatar in August.



Water Polo

Sting in the tail: The Australian Women's Water Polo Team claimed gold with an emphatic 10-7 win over the US at the recent FINA World League Tournament in California. Sydney University Women's Water Polo Club members Isobel Bishop, Hannah Buckling and Keesja Gofers contributed to the win with Gofers scoring three goals and Buckling scoring one in the final. Locked at 7-7 late in the final quarter, the Stingers managed to score three quick goals against the favourites to collect the gold. The Stingers had defeated Canada, China, Japan and Kazakhstan earlier in the tournament. The gold medal win secured the national squad a start at the FINA World League Super Final in Shanghai, where the US clinched an 11th crown with a 12-6 win over Canada in the final. Sydney University's Bronte Halligan joined the Stingers for the tournament. They reached the semi-finals but were edged out 9-5 by the Netherlands.

HOME EVENTS CALENDAR

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

AUGUST:

DATE	TIME	SPORT	GAME	
05.08.17	2:00pm	Aussie Rules	Sydney Uni (Men's) v NT Thunder	Henson Park
05.08.17	5:00pm	Aussie Rules	Sydney Uni (Women's) v Western Wolves	Henson Park
12.08.17	1:00pm	Rugby League	Sydney Uni (Men's) v NSW TAFE Polecats	Henson Park
12.08.17	6:30pm	Hockey	Sydney Uni (Men's) v Gordon North Sydney	Bruce Pryor Hockey Field
12.08.17	7:00pm	Soccer	Sydney Uni (Men's) v Stanmore Hawks FC	Sydney University Football Ground
19.08.17	2:00pm	Aussie Rules	Sydney Uni (Women's) v Auburn-Penrith Giants	Sydney Uni Oval No 1
20.08.17	1:30pm	Hockey	Sydney Uni (Women's) v GNS	Bruce Pryor Hockey Field
26.08.17	5:00pm	Hockey	Sydney Uni (Men's) v Moorebank-Liverpool	Bruce Pryor Hockey Field
26.08.17	7:00pm	Soccer	Sydney Uni (Men's) v Fraser Park FC	Sydney University Football Ground
27.08.17	1:30pm	Hockey	Sydney Uni (Women's) v Glebe	Bruce Pryor Hockey Field



HALF-PIPE *dream*

WHAT IS SKATEBOARDING?

WELL, IT DEPENDS ON WHO YOU ASK. AN ACTION SPORT, A COMMERCIAL ENTERPRISE AND A RECREATIONAL ACTIVITY ARE AMONG THE MORE POPULAR ANSWERS. BUT HOW ABOUT THE PATHWAY TO A SPORTING SCHOLARSHIP AT THE UNIVERSITY OF SYDNEY? **NICOLE SAFI INTRODUCES US TO MIKEY MENDOZA AND AMAR HADID.**

THEY'RE THE TWO AUSSIE TEENAGERS WHO HAVE REDEFINED WHAT IT MEANS TO BE AN ACADEMIC ATHLETE IN 2017, THIS YEAR BEING NAMED RECIPIENTS OF AN AUSTRALIAN-FIRST SCHOLARSHIP FOR SKATEBOARDING AT THE UNIVERSITY OF SYDNEY.

Sydney Uni Sport and Fitness' (SUSF) Elite Athlete Program introduced the scholarship late last year, adding it to a list of over 350 scholarships awarded annually.

Since 1991, the program has helped academic athletes excel in both their sport and study, assisting the university in servicing athletes enrolled at the university, or representing it in their chosen sport. It provides access to a number of benefits and services including financial assistance and academic advice; tutoring and high performance services.

Energised by the opportunity to combine a tertiary education and skateboarding career, Amar, 18, and Mikey, 19, have become staunch advocates of the program.

"The program brings together a diverse range of athletes and creates an environment for us to learn, improve, succeed and encourage each other to grow in our sport, and our studies and as individuals," Amar explained.

Skateboarding wasn't always Amar's sporting focus, developing a serious knack for soccer in her early teens. She even met with the University of Sydney's Director of Soccer to discuss her future in the sport.

"I was at a crossroads and faced a difficult decision," she said. "Soccer is a beautiful sport, but skateboarding gave me the personal challenges that I needed." Amar consolidated her skateboarding skills and tricks at Monster Skatepark in Sydney Olympic Park, ultimately joining a development program to cultivate her 'Tech' discipline.

As well as her love of skateboarding, Amar has used her platform as a young female athlete, and an Australian-Muslim, to promote diversity and empower young people across the country to realise their potential. "Being given this privilege is a responsibility," she said. "I want all female skateboarders to be given a fair go all over Australia."

Mikey's passion for skateboarding began a little earlier than Amar's - at age six, in Mudgeeraba on the Gold Coast. "I begged my mum to buy me a skateboard for Christmas after seeing it in the Xgames on TV," he said. "It was a lime green skateboard straight out of Kmart."

He says a number of Gold Coast-based skaters helped him realise skateboarding was something he wanted to pursue professionally, going on to compete in a string of world championship events across the globe before being offered a sponsorship opportunity by Red Bull.

This competitive experience led Mikey to the university's program. "I did my research online and realised that as a skateboarder, I too should be recognised for my commitment to the sport in a professional sense."

The Elite Athlete Program provides Amar and Mikey with a suite of high performance services including elite training programs, coaching, sports psychologists and nutritionists, as well as full access to its sporting facilities.

"An athlete can be very talented, but without the proper management, coaching and support, an athlete isn't complete," Amar said. She explained a few weeks of training at the Sydney Uni Sport & Fitness' David Mortimer High Performance Gym made an immediate difference to her skating. "I feel fitter and lighter on my board, which allows me to confidently learn new tricks and further improve myself."

Mikey agreed, saying the Strength & Conditioning coaches at SUSF have helped him with injury prevention and to meet and exceed his overall fitness goals.

In addition to the program's support of Amar and Mikey's sport and fitness, it is equally committed to its member's excelling in the classroom. Mikey, who is studying a Bachelor of Arts in Management and Economics, says the Elite Athlete Program helps to ensure his academic performance remains up to scratch while pursuing a heavily committed skateboarding career.

"Travelling and skateboarding often go hand-in-hand, and sometimes assessment dates fall on the dates that are vital to your skateboarding," he said. "Extensions or special consideration allows me to work with the Uni on my assessments and not have to lose out on opportunities that only come around once."

Amar, also an Arts student majoring in Biology and Arabic, says the program provides athletes with academic counselling, tutoring and helps her arrange special consideration and assessment extensions with the University.

What is most striking about Mikey and Amar is their genuine support of one another.

"Amar's journey alone has inspired many young women to never settle for less," he said. "Skateboarding has historically been a largely male dominated sport, but the women's part in skateboarding is completely equal to that of men."

"As a female, Muslim skateboarder, Amar is the personification of what skateboarding represents. It's all about equality, progression and individualism."

Amar reverberated Mikey's praise, calling him a, "gentleman and all-round good sport," saying that being introduced to the program together has been extremely helpful. "We're able to reflect off each other, plan together and correct one another. It helps us to be more effective in doing our part for both women and men in the sport of skateboarding."

Skateboarding was this year approved to feature at the 2020 Olympic Games in Tokyo, a historic event both athletes have in their sights.

"I'll be attending all of the Australian Skate Federations' Olympic Camps and doing everything in my power to represent Australia," Mikey said. "It's once in a lifetime; it's cementing your name and legacy into the history books of skateboarding forever."

"It gives due recognition to the sport of skateboarding," Amar added, "It gives me and all skateboarders the bar to reach to be truly recognised as athletes."

Like the rest of their cohort, Mikey Mendoza and Amar Hadid will return to campus this semester, boards in toe; ready for class. But on top of the typical lectures and late-night assignments, Mikey and Amar will be working fervently to make their half-pipe dream a reality.

"IT'S ONCE IN A LIFETIME;
IT'S CEMENTING YOUR NAME
AND LEGACY INTO THE HISTORY
BOOKS OF SKATEBOARDING FOREVER."

MEMBERSHIP PACKAGES 2017/18



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The ins and outs of recovery nutrition

You've just finished a training session, and you're exhausted, sore and getting hungry – sound familiar?

For some people, the first thing they think of post-exercise is food, and for others, food is the last thing on their mind. But what is the right way to recover post-exercise? Accredited Practising Dietitian and Accredited Sports Dietitian, Samantha Lewis looks into what our bodies actually need to refuel.

First things first – we know without a shadow of a doubt, that adequate nutrition is a huge factor for recovering optimally. Including a recovery meal or snack post-exercise can optimise training adaptations, refuel the body, help with muscle recovery, repair and growth, and support adequate rehydration. I am often presented though, with questions relating to what and when to eat after exercise and knowing the answers to these questions is very handy!

Important nutrients: Which ones, how much and why?			
Nutrient	Why	Some Sources	How much
Carbohydrates	Carbohydrates are a great source of fuel. Think of these like petrol for the fuel tank that is your body. When training or exercising at high intensities, carbohydrates will be used to fuel the body and working muscles. As such, in order to recover and refuel effectively, as well as maintain a healthy immune system after exercise, carbohydrates are important to replace!	Cereal, bread, pasta, rice, fruit, fruit flavoured yoghurt, flavoured milk and sports drinks. Note that the type of carbohydrate you choose (i.e. white grains vs. wholegrains) will depend on your overall goals, needs and tolerance.	This depends on your personal goals, needs, training load/intensity, frequency of training, and rest periods in between sessions. A common recommendation is around 50 grams of carbohydrates post-exercise.*
Protein	Protein is important for the growth of lean muscle mass, muscle recovery, and muscle repair. It acts as a switch to turn on muscle protein synthesis, and therefore, post-training, assists with recovery and training adaptations. Protein is also helpful in keeping us feeling full, and supporting the immune system.	Meat, chicken, fish, eggs, nuts and seeds, dairy products, legumes, lentils, some grains, like quinoa and protein powders (e.g. whey protein).	This can depend on the type of training you are doing, however on average, around 15-25g of protein post training is sufficient. This is especially helpful following resistance training.
Fluids	Important for rehydration. When we exercise, our body sweats to keep us cool, which results in fluid losses from the body. In order to maintain our body temperature, reduce the load on our cardiovascular system, and manage fatigue, fluid replacement is critical.	Water**, sports drinks, milk and juice.	Weighing yourself dry, on the same scales pre- and post-exercise can give you some insight into how much you need to drink afterwards. We can assume that 1kg of weight lost after training = 1L of fluid lost, and we recommend replacing 150% of this. E.g. if you lose 1kg, replace 1.5L of fluid in the hours that follow.

* Carbohydrate requirements can be highly variable. For individualised advice, consult your sports dietitian.
** Recommended as the main fluid choice in most diets. For some people, specially formulated sports drinks may prove useful for (re-)hydration.



Meal and snack examples, containing approx. 50g of carbohydrate and 15-20g of protein:

- ½ cup rolled oats + 2/3 cup skim milk + a banana
- 1 cup of boiled brown rice + 60g chicken breast (plus non-starchy vegetables or salad)
- 1 grainy sandwich with lean ham, a slice of cheese and salad + a piece of fruit.
- 200g flavoured Greek yoghurt + 1 large banana + ¼ cup blueberries.
- 3 eggs on 2 slices of toast + ½ cup (125ml) 100% fruit juice

Nutrient timing

For optimal, efficient recovery, it is recommended that you consume a meal or snack within 30-60 minutes of finishing training. The sooner your next session is, and the harder your training is, the sooner this meal or snack should take place.

Do supplements have a place?

The topic of supplements is incredibly complex, but also

prevalent in the health and fitness world. Protein supplements appear to be the most commonly discussed, and if you are monitoring your total calorie intake, or need a fast option, these can be a good way to recover well. Whey protein supplements are usually my recommendation, as they are quickly absorbed, are well-tolerated (though they are usually dairy based), and have a high leucine content (leucine is an amino acid that supports muscle protein synthesis). Two important considerations around protein supplementation: these usually have a very low carbohydrate content, so consider where your carbohydrates are coming from, and ensure a proper meal soon after! Also, keep in mind that protein supplements aren't essential for recovery. Food is a great option, and many other nutritional needs can be met this way too.

Overall, optimal recovery can be achieved through the consumption of some protein, carbohydrates, and adequate fluid replacement. Different food combinations, and in some cases supplements, can meet these needs, however for personalised advice, chat with your sports dietitian. For me, though? A bowl of cereal with Greek yoghurt and a banana certainly ticks all the of the recovery (and taste) boxes!

WHERE are they now?

Alexa Vandevanter reaches out to Sydney Uni Sport & Fitness' Elite Athlete Program alumni and Olympians, David Hynes and Lavinia Chrystal.

Pursuing excellence in tertiary studies and elite sport simultaneously can be especially challenging. The right assistance and encouragement is crucial. Since 1990, Sydney Uni Sport & Fitness (SUSF) has provided sporting

scholarships and the Elite Athlete Program to assist student athletes to excel.

It is fitting that we catch up with two of our Elite Athlete Program Alumni in this issue of ROAR where we also salute Bruce Ross (pg 36), who first proposed the system of sports scholarships that have assisted so many. Indeed, Ross took a particular interest in encouraging past sporting scholars to keep alive their involvement with the University and its sporting clubs.

LAVINIA CHRYSTAL

Lavinia Chrystal represented Australia in Alpine Skiing (Slalom and Giant Slalom) at the 2014 Sochi Winter Olympics.

You cannot get much more of a local to the University than Chrystal who was born in Camperdown.

Chrystal attained a Bachelor of Economics and Social Sciences, 2008-2012 and a Masters in International Management (CEMS), 2013-2015, from the University of Sydney.



DAVID HYNES

David Hynes was the recipient of the first Sydney University Sports Scholarship way back in 1990.

Hynes played with the Sydney University Baseball Club and represented Australia in Men's Baseball at the 1996 Atlanta Olympic Games.

Hynes graduated from the University of Sydney with a Bachelor of Economics (Social Sciences), Bachelor of Laws, 1990-1994.



Where are you now professionally since your time as a student athlete here at Sydney Uni?

David:

In addition to being a property developer, I advise a number of individuals and companies regarding the property aspects of their business and am a director of Sydney Markets Limited and President of Baseball Australia.

Lavinia:

Now that I've retired from sport, I am living and working in Oslo, Norway. For the past year I've worked for a global software company and in August I will start a new role as a Management Trainee in Norway's largest telecommunications company.

What did being a part of the Elite Athlete Program and a sports scholarship mean to you?

David:

At the time, the sports scholarship had little to do with my studies. What it did do was to introduce me to the broader Sydney University sporting community. The relationships that I made through my time as a sports scholarship holder remain strong to this day.

I remain amazed at the ongoing development and success of the program at Sydney University which has grown on the back of this initial sports scholarship. It is the best program by miles across the country and has provided so many young people with wonderful opportunities.

Lavinia:

The Elite Athlete Program meant that I was able to pursue my sporting goals and academic ambitions at the same time. Education has always been so important to me and when many of my fellow competitors were dropping out of school or choosing not to go to university, I thought I could fall behind in my sport. But it actually had the opposite effect - studying gave me another focus and I believe it helped me become a better athlete. I was able to balance both thanks to the support and flexibility of the program and all the staff in helping me meet my university deadlines and travel commitments for training and competition. I was able to reach my sporting dreams and secure my future professional career.

Did you have a role model at Sydney Uni who helped you pursue your dreams during or after your studies?

David:

I have benefited immensely throughout my life from people who have selflessly taken an interest in my future and have

either provided or advised on opportunities that have arisen along the way.

It is a great gift to be able to help out a young person with dreams and ambition and Sydney Uni provides a wonderful environment for this to occur.

Lavinia:

Bruce and Annie Corlett have been great mentors to me, particularly since my retirement and completion of my studies. This transition can be a particularly difficult for athletes, but they've been very supportive and always lend their ear and advice whenever I need it. They're very generous with their time, not only to me but to the University and have been particularly supportive of women's sport at the University.

Both of you represented your country in the Olympics. What was your most memorable moment or experience competing for Australia in front of the entire world?

David:

1996 Atlanta Games

Walking into the opening ceremony of the Olympics has to be up there for a sporting highlight. It seems a lifetime ago (nearly 20 years) but it was an amazing privilege and something you never forget. That said, it was more satisfying to actually perform well on the Olympic stage.

Lavinia:

2014 Sochi Games

Outside of the competition itself, the opening ceremony was my favourite. Australia was the first country behind Greece to enter the stadium and it is a moment I'll never forget. The pure noise of the crowd gave me goosebumps. It was such a proud moment and one I had dreamed of my whole life. Meeting so many other athletes from other sports and countries was also a great highlight!

What is the best advice you were ever given?

David:

I worked for Harry Triguboff for 5 years and he used to always say, "find out what you are good at and do it and you will be a success." While that advice sounds simple, it is my view that most people have never really worked out what they are good at.

Lavinia:

Expect the unexpected. As Mike Tyson said - "Everyone has a plan until they get punched in the face." We all set goals and plans but they never turn out the way we expect. Be flexible, adaptable and tough. Until you no longer feel the burn, always get back up again.

MYTH BUSTERS

Fitness fact or fiction?



WITH SO MUCH INFORMATION OUT THERE, WHICH FITNESS MYTHS ARE YOU HOLDING ONTO THAT ARE HINDERING YOUR HEALTH? HELEN JOMOA CLEARS UP COMMON MISCONCEPTIONS.

1. Weight training makes you bulk-up

This may be true for men, but not so for women. Why?

Women have lower levels of testosterone than men. The reason why female body builders gain muscle and definition is by sticking to a highly tailored weights program coupled with a strict dietary plan. Both of which are specifically designed to produce a high muscle, low fat physique. However for the rest of us mere mortals, we don't need to be concerned about morphing into a female version of Arnie. Normal strength training at the gym helps us strengthen muscle and speeds up our metabolism. The more muscle we build - you've got it - the more calories we burn-baby-burn.

2. Sit-ups give you a six-pack

Sorry, but no! Why?

You cannot 'spot reduce' fat from specific areas of the body such as 'abs' or thighs, by simply doing exercises that work the problem area. The best way to lose fat is by combining high intensity cardio with strength training. Total body exercises that work lots of muscles are more effective than isolated exercises and will burn more calories. Combine this with a reduced-calorie eating plan and you are likely to see your muscles starting to peek through as you lose body fat. Yes, believe me. Your 'abs' are in there somewhere underneath it all, so don't let Tim Robards get all the adulation.

3. You need to work out every day

Move every day, not burn every day. Why?

When you do an intense work out you may be sore the next day. This is called delayed onset muscle soreness (DOMS). This is the pain felt 24-78 hours after exercise because of the micro damage caused to the muscle fibres. This process of tear and repair actually makes muscles stronger. But the word 'repair' is critical. Hammering the same muscle group everyday will only lead to injury and fatigue. Building in rest days is essential. Days-off may include less intense exercise such as a light jog round the park or a recovery swim.

The Department of Health's recommended guidelines for physical activity per week are:

- Accumulate 2 ½ to 5 hours of moderate intensity physical activity or 1 ¼ to 2 ½ hours of vigorous intensity physical

activity, or an equivalent combination of both moderate and vigorous activities.

- Do muscle strengthening activities on at least 2 days each week.

4. No pain, no gain

Pushing through pain can actually hinder your fitness. Why?

It is normal to feel a bit of discomfort after trying something new or when returning to exercise after a break. However, don't ignore persistent pain during your workout because it is usually an indicator that something is wrong. Ask yourself if you are doing the exercise correctly, or if you have the start of an injury. Pushing through the pain threshold will just make things worse and is a recipe for disaster. If the aggravation continues, stop and ask for advice from an expert. It takes longer to heal an injury than to make one.

5. It is best to exercise on an empty stomach

Have you heard it is best to exercise before breakfast because your body will go directly to fat burning, then think-again! Why?

Exercising on an empty stomach does not assist weight loss and will usually cause you to train at a lesser intensity than normal. Exercising regularly is more important than what time of day you exercise. Find a time that best suits your lifestyle and stick to it. Training first thing in the morning doesn't work for everyone. Changing your training time may help you avoid those exercise-induced early-morning head spins.

6. Eat little and often

Eating smaller meals more often does not actually lead to weight loss. Why?

Scientific research has proven that constant grazing often leads to overeating and does not improve people's appetite control or their perception of fullness. If you consume more energy from food than your body needs it will be stored by the body and you will gain weight, if you eat less than it needs you will lose weight. It is more important to consider total calories consumed, rather than the number of meals each day.

7. Avoid 'carbs' at night

'Carbs' are not the guilty culprit. Why?

Oh those poor 'carbs' always get the blame! The reality is your body doesn't notice what time of day you eat them; it is more to do with the quantity you are eating. The 'no-carbs-after-6' strategy often works because people are forced to modify their eating behaviour, swapping less healthy choices for healthier ones. This strategy works because it reduces total calorie intake. Carbohydrate verdict: innocent.

Poolside with ANTHONY HRYSANTHOS

Alexa Vandevanter chats with Sydney Uni Sport & Fitness Elite Athlete Program member Anthony Hrysanthos about achieving to his highest degree, in and out of the water.

What is your biggest sporting accomplishment to date?

My biggest accomplishment was making my first Australian Men's Senior Team for the FINA World League Intercontinental Water Polo Tournament in April 2017. We took gold which was an incredible achievement, made even sweeter on home soil in the Gold Coast.

What would be your ultimate athletic achievement?

My ultimate goal would be to first and foremost represent Australia at the Olympics in Tokyo 2020, and then to win an Olympic gold.

Any tactics for tackling the pressures of excelling in your sport and in the classroom?

Given such a demanding sport and degree, it is always difficult to achieve a balanced and stress-free life. Fortunately, I have a great support team of family and friends that allow me to have time away from sport and studies. This has been crucial in giving me some 'breathing room.'

What does being a part of the Elite Athlete Program and earning a scholarship mean to you?

Being part of the Elite Athlete Program allows me the opportunity to excel at my sport without compromising my studies. Having the support from the program and earning the scholarship allows me to be flexible with my studies, as the staff will do everything they can to make sure I can complete my course on time.

Where do you draw your inspiration from?

I draw my inspiration from my parents, who were able to do so much with such little support. Given that I am extremely fortunate enough to be presented with ample opportunities to succeed with water polo and my studies, I am inspired to work as hard as they did to both achieve and exceed my potential.

First memory of swimming?

My first memory of swimming in a pool was when I was doing swimming lessons at Col Jones in Hurstville. I would have been very young and can't recall exactly how old I was but I remember being in a class with my brother and we were both in floaties in a little spa pool. I really enjoyed swimming even at such a young age and I remember moving up classes really quickly.

You've been selected in the Senior Aussie Sharks squad for European Tour starting with a training camp in Dubrovnik before a test series against Serbia. How have you been preparing for this camp and what do you hope to get out of this experience?

The European Tour lasts for 8 weeks which is almost twice as long as any junior Australian team trip I have been on. To prepare for the training camp and to start the tour off it really came down to making sure I was at my fittest, as our schedules are based around two consecutive days of one gym session and two pool sessions followed by a third day of just one pool session. The only way to deal with such high volumes of training whilst on tour is to try and mimic that back in Sydney so that your body doesn't get shocked whilst you're overseas. I hope that, for both me and the team, we are able to grow together and form a tight unit as over half the team is on their first senior men's tour. Although we have important tournaments and games scattered throughout the tour, all the work is leading up to the FINA World Championships in Budapest, Hungary starting mid-July.

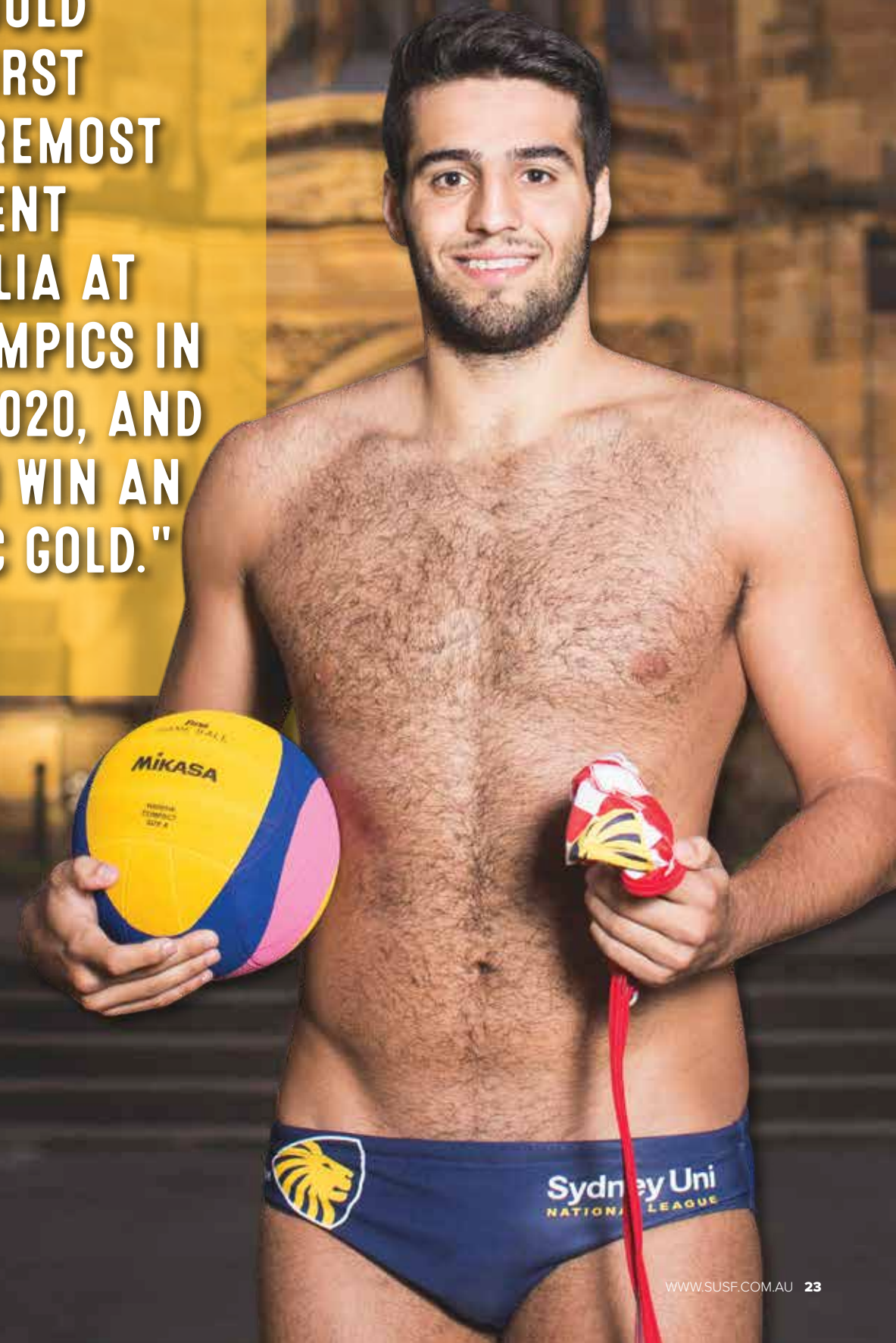
You are pursuing an impressive Bachelor in Applied Science focusing on Physiotherapy. What drove you to this degree?

I have always been passionate and fascinated by sport and helping others and it just seemed like studying physiotherapy would be the perfect mix of both. Especially in such a demanding sport like water polo, our physiotherapists have essentially performed miracles to be able to get everyone ready and at 100% come game day and this is definitely something I want to give back to the sport and others once my water polo career ends.

Where do you see yourself in 10 years from now?

In 10 years' time I see myself graduated as a physiotherapist and hopefully have started up my own private practice. Within that space I also would love to be able to have represented Australia at the Olympics and to be married and have started a family.

"MY ULTIMATE GOAL WOULD BE TO FIRST AND FOREMOST REPRESENT AUSTRALIA AT THE OLYMPICS IN TOKYO 2020, AND THEN TO WIN AN OLYMPIC GOLD."





MARK OF A BIG SEASON

WITH THE FINALS SEASON FAST APPROACHING AUSTRALIAN RULES FOOTBALL TEAMS ON THE SYDNEY UNIVERSITY CAMPUS COULD HAVE A SWAG OF FLAGS AFLUTTER COME SEPTEMBER, WRITES GRAHAM CROKER.

Tom Morrison, coach of Sydney University's North East Australian Football League (NEAFL) side, is quietly confident his squad can go all the way this year after finishing third in 2015 and 2016 before being knocked out in the preliminary finals.

"We're a stronger side this year," Morrison said. "While we lost our past two games to the top two sides - the Sydney Swans and Brisbane Lions - they had full lists and we had some key players out with injury, including Jonathon Williams. We also lost Lewis Stevenson (dislocated shoulder) and Tom Young (ribs) in the first half against Brisbane.

"But we'll have players coming back in the run to the finals. We have plenty of work to do but I'm excited by the make-up of the squad and our prospects."

The coach said fielding a NEAFL side in Sydney has benefitted local clubs and strengthened the competition because local talent stays here instead of going off to Western Australia, South Australia or Victoria to get drafted.

"We need to be able to compete with full-time athletes - that's the challenge for the coaching staff and the players," he said.

"From the list of 47 players, the match committee meets on Wednesday night to name the 23-man NEAFL squad for each Saturday's game and those not selected go back to their respective Sydney clubs."

Sydney University's Australian National Football Club's (SUANFC) General Manager Chris Goodrope agrees.

"The 47-man squad is made up from boys studying at the university, former AFL players and players from other Premier Division clubs in the Sydney competition," he said.

"It's a unique make-up, particularly when we play the Swans or Brisbane Lions, which are fully professional outfits representing senior AFL sides.

"We try to be as professional as possible with the NEAFL side from management and coaching perspectives without having the resources of the major clubs.

"When the 23-man squad is selected each week the other players go back to their respective clubs. We have players in the NEAFL side from many Sydney AFL Clubs including, North Shore, UNSW, Pennant Hills and Manly. So the talent strengthens the Sydney Premier League by being spread across the board.

And Sydney players who miss the draft now have a pathway to the AFL without having to move interstate. "Having a NEAFL club in Sydney allows them to play in Sydney and gives back to their clubs," the General Manager said.

"It's important for NSW to retain local talent so it's a win, win for everyone."

Goodrope spent five years at the Sydney Swans as a talent and recruitment Manager before transferring to Sydney University last year. As a result, SUANFC has a strong relationship with the Swans, so those who don't get drafted come to Sydney University.

This season they include Darcy Baron-Hay, Ryan Hebron, Nathan Cooper, Ned Reinhard, Matt Wilson and Callum McFadden, four of whom have won NEAFL Rising Star awards in 2017.

"Those players have added to the talent and depth of the club and that's partly why the Premier League side is also doing so well in 2017," Goodrope said.

"Premier Division coach Tony Overall is also reaping the rewards from NDS Swans Academy members and players who've been in the NEAFL for a few seasons and are dropping back to the Premier Division club football."

Since coming across from the Swans the General Manager said he has been pleased with the process. "It's an elite and professional environment in the playing group and coaching staff," he said. "Players can now get into the AFL and be drafted. And all of our boys are retained locally, making the Sydney competition that much stronger and competitive."

"THE 47-MAN SQUAD IS MADE UP FROM BOYS STUDYING AT THE UNIVERSITY, FORMER AFL PLAYERS AND PLAYERS FROM OTHER PREMIER DIVISION CLUBS IN THE SYDNEY COMPETITION"

The North-East Australian Football League started in 2011 and Sydney University entered the competition in 2012 when they finished eighth. They finished eighth again in 2013 and seventh in 2014 before making preliminary finals appearances in 2015 and 2016.

Sydney University opened their 2017 NEAFL campaign with wins over Southport, the Giants, Redland, Aspley, Gold Coast Suns and Southport before losing to the Swans. They hit back with wins over Canberra Demons, Northern Territory Thunder and Redland before losing to the Swans and Brisbane Lions.

"They're the benchmark sides," coach Morrison said. "They are fully professional outfits with full-time athletes. Brisbane have 20 AFL listed players in their NEAFL ranks.

"We only get to train twice a week; once at Sydney University and once at Henson Park and we play most of our home matches out at Blacktown International Sportspark - an hour's drive away. They're the barriers the players have to overcome."

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On TRACK



SYDNEY UNI ATHLETIC CLUB'S SARAH CLIFTON-BLIGH IS TAKING THE WORLD OF AUSTRALIAN SPORT BY STORM WITH HER RAPID RISE THROUGH THE RANKS OF PARA-ATHLETICS, WRITES HARRY CROKER.

When reading about Sarah's sporting credentials, one would be forgiven for assuming that they're reading about the achievements of an athlete in their senior years of secondary schooling, or even at the beginning of university, however, Sarah is just 13 years old...

Born and raised in Sydney, Sarah has been living with cerebral palsy since birth. The condition causes her to suffer from severe coordination impairment in all four of her limbs and trunk, but this hasn't stopped her from pursuing a successful sporting career. Sarah competes in the official Paralympic classification 'T/F32', which means she is matched against other athletes who also suffer from a similar condition.

Sarah's sporting career began when she showed signs of natural talent at the Year 5 school athletics carnival, particularly in the 100m track, shot put, and discus events. After demonstrating promising ability, Sarah was lent a proper athletics wheelchair, which was actually once also borrowed by Paralympians Kurt Fearnely and Sydney University's Angie Ballard. This initial brush with fame was almost an omen of things to come for Sarah as after a few short years she was selected in the NSW Junior Wheelchair development squad, which is coached by Angie Ballard, who has won numerous medals at the Paralympic Games in 2004, 2008, 2012, and 2016. Earlier this year at the NSW Open Championship, Sarah cleaned up, winning gold in the 100m, 200m and 400m track events, and javelin in the field – as a 13 year old... In fact, in the process of winning gold in her favourite event, the 100m, Sarah beat her champion coach, Ballard. It was quite a shock for the teenager, "I was absolutely shocked. I didn't want to beat her, I wanted to get the silver medal." Despite the epic victory, Sarah is humble in victory, and relishes the opportunity to train with Ballard, let alone race against her, "It's really cool training with Angie because she's so amazing, and has won so many medals at the Paralympics over the years, and I'm only 13 years old."

Despite knocking off Paralympians in state tournaments, Sarah is still at school and enjoys studying History and Art at the Presbyterian Ladies' College in Croydon. She hopes to study engineering at University when she completes high school so she can design "really cool" wheelchairs for athletes in the future. However, studying engineering at university won't get in the way of her sporting aspirations in wheelchair athletics. Sarah hopes to continue improving her PBs so she can qualify for the 2019 Para World Junior Championships held in Switzerland. Assuming she successfully qualifies, she will compete in shot put, and 'club' (which is the equivalent of discus) in her official Paralympic classification (F32) at the tournament. Sarah is certainly on the right track to qualify for the Junior Championships, earlier this year at her school athletics carnival,

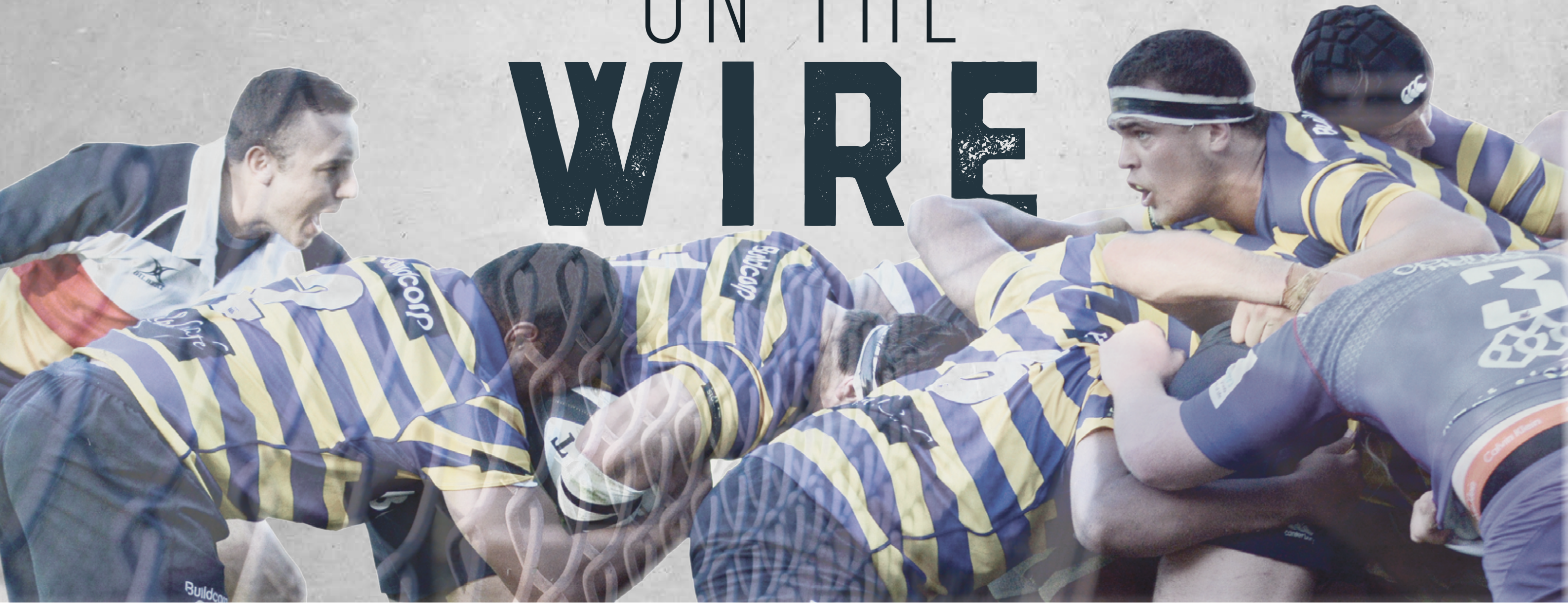


she beat the previous U16 shot put record, which actually allows her to qualify for the 2019 Junior Championships. Age is the only thing restricting Sarah, as she's too young to be selected for an Australian team. Following this, Sarah has her sights set on shot put and club at the 2020 Tokyo Paralympics. In terms of competing on the track, Sarah will look to race at the International Wheelchair and Amputee Games after she receives an International Classification, so she can officially start breaking some world records on the track. Currently, all of her Australian track records are faster than those in the world, however, unfortunately they don't count yet as she doesn't have the International Classification.

With such potential demonstrated at a young age, Sarah has an intense training program that fits in with her schooling so she can ensure a balance between the academic and sporting domains. She balances multiple training sessions a week with both her school athletics team, and her state team, as well as the occasional swimming session to ensure an overall fitness balance. Her mother ensures that she's keeping up her schooling as well as her athletics, "With all the training I do, I tend to get a bit tired, and so mum sometimes has to yell at me to do my homework." Outside of wheelchair athletics, Sarah is a self-proclaimed "book worm", and spends the little down time she has reading and eating chocolate.

Forget being a star of the future, Sarah is a star of the present.

ON THE WIRE



WITH FINALS PLACES ON THE LINE, OUR CHIEF SPORTS WRITER GRAHAM CROKER PROVIDES A SNAPSHOT OF THE SEASON SO FAR FOR OUR RUGBY UNION SIDES.

Despite being in a season of transition, Sydney University Football Club can still make the finals and retain the Club Championship.

That's the belief of Rob Taylor, the club's Rugby Performance Manager and Colts Head Coach.

"It's going to be a very tight finish for a lot of the clubs in First Grade, particularly those in the top six who are drawn to play each other in the remaining rounds," Taylor said.

This season saw plenty of youngsters making their First Grade and grade debuts after the club lost a host of players from 2016.

"We were a very stable team for most of the 2016 season, particularly down the spine," Taylor said. "But we lost Stu Dunbar (five-eighth), Jim Stewart (centre), Angus Roberts (fullback) and Matt Philip (halfback) for this season. Plus Tolu Latu, Tom Robinson, Matthew Philip and Jake Gordon moved up to Super Rugby ranks."

"In the first six rounds of 2017 we fielded four different halfbacks and four different five-eighths."

"We've blooded plenty of Colts in First Grade this year, including Theo Strang, who played games at halfback and five-eighth, Banjo Travers (halfback), Tom Horton (hooker), Harry Johnson-Holmes (prop), Lachie Swinton (second-row), Daniel Calavassy (halfback) and Tim Clements (fullback), who has played three games and won the Michael Griffin Cup on debut," Taylor said.

"In a year of transition and with an eye to the future, we've deliberately blooded other Colts in the lower grades to give them a taste of senior football."

Taylor said the loss of key players from 2016 and the need to develop new combinations resulted in a "few splutters" at the start of the 2017 Shute Shield season when First Grade were leaking too many points.

"That was partly due to the number of combinations we were cycling through," Taylor said. "We have a team of good tacklers, but decision making in defence takes time to develop."

"We've certainly worked on our defence and over the past six weeks we've been very physical in the contact zone. The players have been working hard to get off the ground and make another tackle. The return of the Waratahs in the win over Norths helped with that continuity. The younger players really benefited from the experience."

"With the number of players we've blooded and the strength of the Colts program, over the next two or three years the club is building for a bright future," Taylor stated.

Sydney University remain well in the hunt for the Club Championship, though Eastwood are neck and neck.

In the Colts ranks, Sydney University are undefeated in First Grade at the time this issue of ROAR went to press, with Second and Third Grade also well placed on the ladder. The Students currently lead the Colts Club Championship with Randwick and Eastwood in pursuit.

In another outstanding year, our Sydney University Women's Rugby Club remain far and away the benchmark side in the Jack Scott Cup competition. Undefeated so far, the side is averaging a phenomenal 40 points a match with many of those games being won conceding no points at all. The defending premiers look imposing favourites for 2017 if they can maintain their stellar form. Bring on the finals.

CAMPUS COMPETITION >> INTRAMURAL SPORTS



THE NEWEST OF THE SPORTING COMPETITIONS FOR ON-CAMPUS STUDENTS, INTRAMURAL SPORTS (IS) IS AN INTEGRAL PART OF SYDNEY UNI'S DISTINCTIVE RESIDENTIAL EXPERIENCE.

Going strong since its inception last year, the sports program connects students from 8 residencies and sees them compete for the men's Thomas Whalan Cup and the women's Liane Tooth Cup.

On the court, teams from Queen Mary Building, Abercrombie Student Accommodation, International House, Mandelbaum House, Urbanest, Sancta Sophia College, UniLodge and Sydney University Village go head-to-head in Futsal, basketball, badminton, table tennis, netball, ultimate frisbee and spike ball.

But where's rugby, cricket, rowing or even the traditional track and field? This is the best part. Intramural Sport is adaptive, with different sports chosen by the students for the students. The program evolves with its participants and can change year-to-year based on what's most popular at the time.

And while winning is the icing on this one-year-old's cake, just ask 2016 champs Queen Mary Building and International House, the real topping is so much more... but rather than us telling you how good we think this Intramural thing is, we thought it best for a participant to get you up to speed in their own words. Take it away, Tiger Zhifu Li of UniLodge:

"Studying a Masters in the History Department at the University of Sydney, I like doing sports because I believe it's a good way to release my academic stress and it can keep me fit as

well. I think though that the best part of Intramural Sport so far is meeting new friends not only from where I stay, but also people from different university halls.

Although I am not particularly good at any sport, I like to be involved. During tournaments my role is to be an organiser, a coach and a cheerleader.

As the sports representative my role is to first generate interest around UniLodge ahead of upcoming matches, then form the team and arrange a couple of practise sessions. This training time helps players get to know each other and of course form a strategy.

Come game day, while I'm not playing on the court, I can sometimes see different things that our players may not be able to see and give feedback. I am pleased to report that our male Fustal team went on to reach the Semi-Finals and was very impressed to see our female basketball team win two games at Pool Stage and also reach their Semi-Final.

I have made many new friends through Intramural Sport and it makes my University experience much better. In fact, it is one of the reasons that I like to live at UniLodge. It's great to see so many people smiling and having a good time while playing sport."

Friendly competition, a place to meet new people and build friendships, a chance for a study-break and the physical activity tick. Ah, where can we sign up?!

After strong performances in futsal and basketball, Queen Mary Building currently leads the charge towards victory, closely followed by Sydney University Village in 2nd place and International House rounding off the top 3 but there's plenty more to come and come they will as Semester 2 fixtures bring the bulk of points to the table.

CHECK OUT THE TIMETABLE

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Community from under \$10*



ONE-ON-ONE with Bruce Ross

Would you do it all again? "Undoubtedly." Bruce Ross has retired after 26 years as President of Sydney Uni Sport & Fitness.

After more than a quarter of a century of SUSF service, Bruce Ross' legacy can be seen all around us in the achievements and activities of so many. Yet with so much work to be thanked for, Bruce never fails to express his gratitude at being permitted to work with so many extraordinary people along the way. Here's a small insight into the passion that has driven excellence in University of Sydney Sport over such a long period of time.

Can you tell us about your love of sport and where it comes from?

Growing up I was always very keen on sport but lacked ability and size. Through high school I was the second smallest boy in my year.

Did you enjoy playing any particular sports as a younger man?

In my late teens I started doing weight training in an era when few people did it. Over four years I put on 25 kg and then started playing rugby in Wollongong at the age of 23. In 1970 I was the foundation President of a rugby club, the Woonona Shamrocks, which is one of the oldest surviving clubs in the Illawarra.

Starting at the beginning can you let us know when and how you first became involved with the University of Sydney?

After studying at Wollongong University College, which was then part of UNSW, I came to the University of Sydney as a Lecturer in Economics. Intending to stay for 18 months while establishing a business in Wollongong, 44 years later I am still here.

What was your initial involvement with sport at the University of Sydney?

For the first 15 years of my employment at the University I commuted from Wollongong and was heavily involved in sport there. After I moved to Sydney I began following the Sydney University Football Club, and then began coaching the Club's First Colts team in 1989. The following year I was appointed as a Senate Representative to the men's Sports Union Management Committee, and in 1991 was elected as Sports Union President.

What are your recollections of sport at this University all those years ago?

In the early 'Nineties virtually all of the sporting clubs at the University were chaotically run and uncompetitive. They boasted about their historic status and past glories but were regularly beaten each weekend.

You have an extensive background in successful business management - did the skills you acquired in that arena help you succeed in sports administration?

The common factor in my involvement in business and sport at the University is that I am entrepreneurial in temperament. I am driven to innovate and do things differently, hence my regular statement at Blues and Sports Awards Dinners, "Our story is only just beginning." I truly believe that there are no limits to what can be achieved. This has created some tension over the years as I always want to forge ahead faster than what other people are comfortable with. But it has played some part in enabling us to create a truly unique sporting organisation here at the University.

SUSF's Executive Director Rob Smithies said at the Annual University Blues Awards last November that you will be remembered for many wonderful things but especially your relationships with people, particularly with athletes and coaches, many of whom you have mentored and guided over the years. Can you share any stories of any special connections with athletes or coaches?

I firmly believe that organisational change, whether in sport or more generally, requires not just leaders but "drivers"; individuals who are focussed on striving to achieve almost to the point of obsession. Over the years I have had close involvement with three of our coaching staff who fit that description. In 2004 Todd Loudon set up the Rugby Club's Elite Development Squad (EDS) system which was a major factor in the Club's rise to pre-eminence. Around the same time we took ownership of the Flames franchise in the Women's National Basketball League. Karen Dalton has been the driving force throughout the ensuing years culminating in the Brydens Sydney Uni Flames winning the Premiership last season. Nine years ago John Curran became the first Director of our Soccer Club. His tireless work has seen our women's teams achieve pre-eminent status in the WNPL1 competition in Sydney.

You must have incredible dedication and passion to have led SUSF for so many years as President. Where does that drive to keep turning up come from?

I have been extremely fortunate to have discovered my real purpose in life, and to have been given the opportunity to pursue it. You never tire of doing something you are genuinely passionate about.

Do you see yourself as an enabler in the role of President, helping chart the course and ensuring everyone shares that vision?

Interestingly, I can't really recall a situation where everyone involved shared the vision. It is enough that sufficient people share the vision and the rest don't actively oppose it.

Is there any one achievement during your record term as President of SUSF that you are most proud of?

I tend not to think in terms of a single achievement but rather the totality of being involved in developing a system which can make a significant difference to young people's lives.

The academic athlete is central to the culture of SUSF. Why do you think the combination of study and sport is so important?

Historically in Australia gifted young people had to choose between sport and tertiary study, unlike in the US where the college system enables athletes to obtain a degree qualification as part of their athletic development. There is now general recognition of the problems many elite level athletes face when their sporting careers end. This is less so where, as with our system, athletes are assisted to reach their full sporting and academic potential.

Over many years the University of Sydney has become the university of choice for aspiring elite athletes. What do you see as the value of the SUSF Elite Athlete Program, a system which you proposed?

The sporting scholarship system began in 1991. A few years later, the then Executive Director of the Sports Union, Greg Harris, and I visited major universities in the US to observe their sporting programs. We noted the very extensive support structures provided to their scholarship athletes and decided to implement some of these provisions. This was the start of what was later formalised as the Elite Athlete Program. Its importance is reflected in the fact that many of our alumni acknowledge the critical importance of the support they received in enabling them to successfully cope with both sport and study.

You've been described as a quiet achiever. Is that part of your approach to leadership?

Two things I learnt decades ago are that you don't do anything expecting gratitude nor do you do anything expecting recognition. It's very gratifying when either happens but you do things for your own personal satisfaction. Knowing you have helped to make a difference is reward enough.

What will you miss most about not being SUSF's President?

One big change I have noticed already is when I see something and think, "We should get that fixed," and then remember that it's not really my problem now.

What are you looking forward to spending your time on now?

I'll remain just as involved with sport at the University but in a different role. Over the past couple of years I've begun to focus heavily on women's sport, in particular with the women's soccer program and the Flames. But there are many other sports where our women are performing at an extremely high level. I want to help us achieve recognition as the pre-eminent non-government organisation in women's sport in Australia.

SOCIAL NETBALL COMPETITION

FOUR COMPETITIONS PER YEAR

Competition 4:

Tuesday 3rd October & Sunday 22nd October

WHO: Mixed & Women's competitions available

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

WHERE: Sydney Uni Sports & Aquatic Centre



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www.susf.com.au



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EMAIL
socialnetball@sport.usyd.edu.au



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- Futsal
- Basketball
- Touch Football
- Netball



ENROL ONLINE
www.susf.com.au



CALL TO ENROL
1300 068 922



EMAIL
socialsport@sport.usyd.edu.au



JOIN A CLUB

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



AFL

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

FOR MORE INFORMATION:

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



AMERICAN FOOTBALL

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

FOR MORE INFORMATION:

- www.sydneyunigradiron.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 interspersed 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

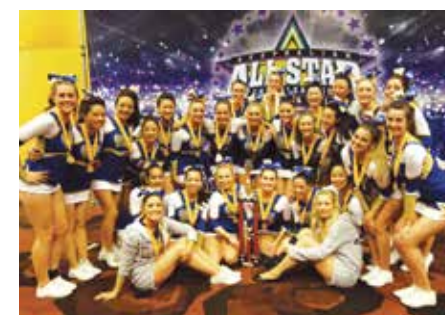


GOLF

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.sydneynisc.swimming.org.au suscsecretary@gmail.com



TABLE TENNIS

The club provides table tennis from the beginner to the elite level. It enters regional competitions as well as University Games.

FOR MORE INFORMATION:

www.usydt.org tabletennis@sport.usyd.edu.au



TAEKWONDO

The Sydney Uni Taekwondo Club started in 2001 and provides people of all experience levels the opportunity to learn the Korean martial art and Olympic sport of Taekwondo. Classes teach kicking, sparring, self-defence and the core traditional aspects of Taekwondo such as spirit, focusing on improving an individual's health, and fitness while learning in a fun, safe and social environment.

FOR MORE INFORMATION:

taekwondo@sport.usyd.edu.au





TENNIS

Founded in 1885, the Sydney University Lawn Tennis Club enters teams in the Metropolitan Grass Courts Clubs Association Badge competitions and other competitions conducted by Tennis NSW and the NSW Hardcourt Tennis Association. The club organises weekly social tennis for club members at the Manning lawn courts. The Tennis Club's representative teams compete annually at the Australian University Games.

FOR MORE INFORMATION:

tennis@sport.usyd.edu.au



TOUCH

Established in 2001, the Sydney University Touch Football Club provides opportunities for students to participate in touch in social to challenging competition, including University Games, Vawdon Cup and State Cup. The club conducts a weekly mixed competition providing students and community members the opportunity to play competitive touch in a social environment on a regular basis.

FOR MORE INFORMATION:

www.sydney.touch.asn.au touch@sport.usyd.edu.au



ULTIMATE FRISBEE

Sydney University Ultimate Frisbee is open to all ability levels, entering many local, state and national tournaments. It has an important social aspect and remains competitive at University Games where the club has posted excellent results since the sport's inclusion. Club trainings are run at 3.30pm on Thursdays.

FOR MORE INFORMATION:

www.suufa.ufnsw.com.au ultimatefrisbee@sport.usyd.edu.au
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.suionswaterpolo.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

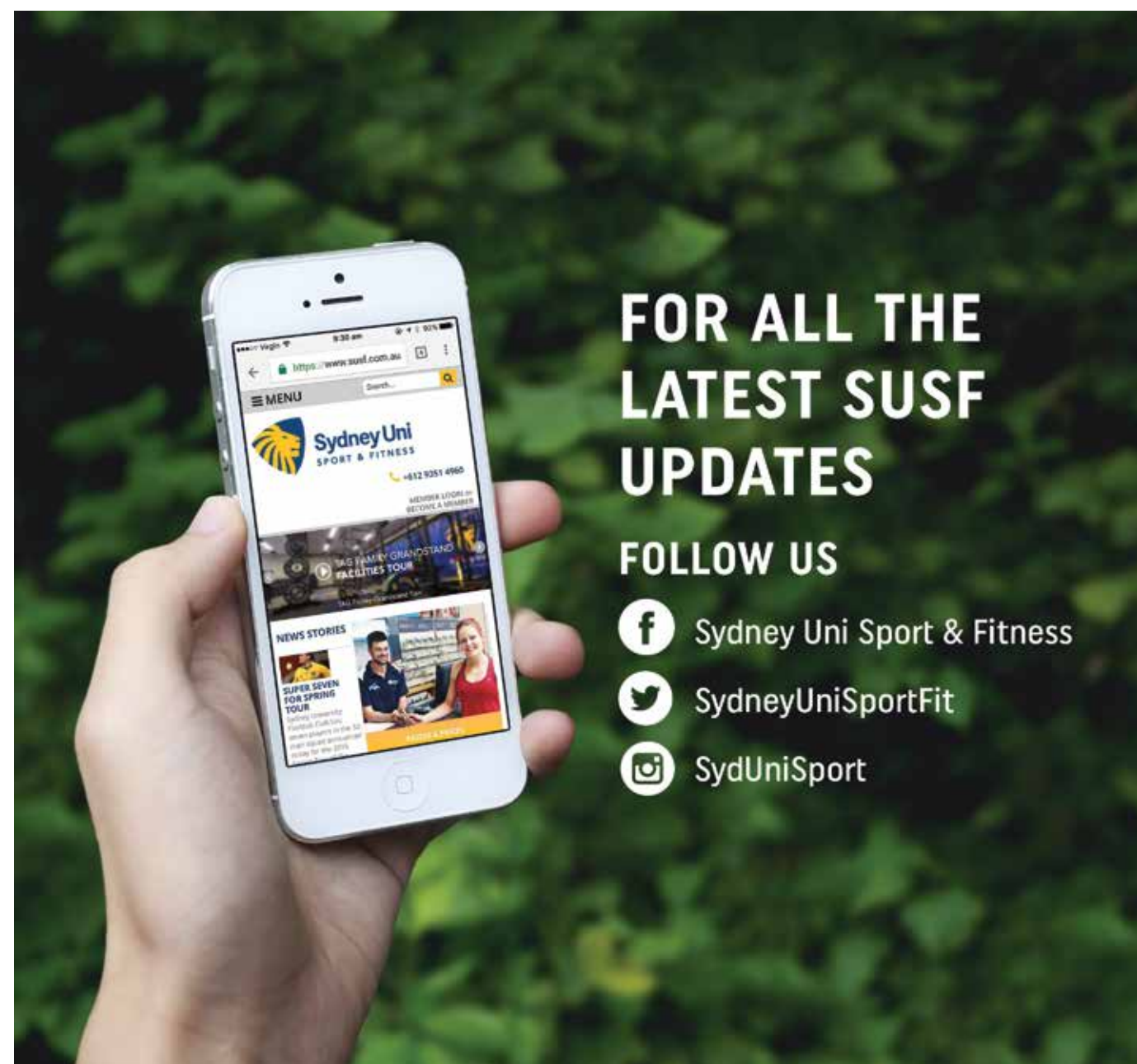


WRESTLING

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**



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- 4 squash courts
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- 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

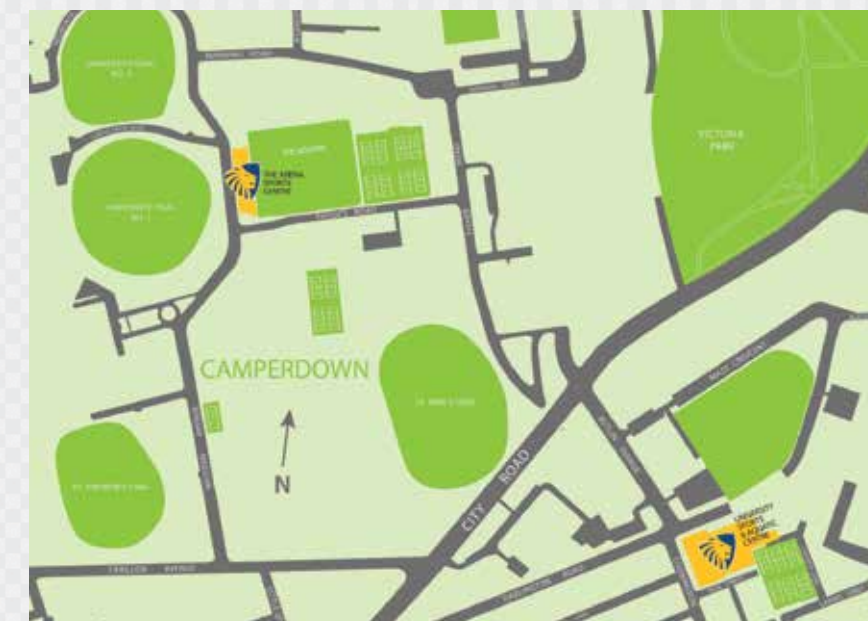
Monday - Friday: 5.30am - 10pm, Saturday: 6am - 8pm, Sunday: 6am - 10pm

ENQUIRIES

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

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

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The Arena features:

- State-of-the-art cardio room
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- Complimentary fitness programs
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- 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**

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