

ROAR



Sydney Uni
SPORT & FITNESS

37
SUMMER
2017

05/ Member Meets

"THIS PROGRAM HAS TURNED MY
LIFE AROUND." - SARAH JONES

10/ SUSF President takes a bow

CELEBRATING BRUCE
ROSS' LEGACY

20/ Goal shooter

SETTING AND SCORING YOUR
FITNESS GOALS THIS SUMMER

GAME CHANGER

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ELITE ATHLETE **PROGRAM SUPPORT**

PERSONAL TRAINING
TO REACH YOUR GOAL



THE LEDGE
CLIMBING
CENTRE

FROM THE EDITOR



"SUCCESS IS THE PRODUCT OF PARTNERSHIPS."

While editing our cover story on Bruce Ross, President of Sydney Uni Sport & Fitness (1991-2007), I couldn't help but to scribble this on my office whiteboard and when writing this now I think I should keep it up there in permanent marker...

There's a lot to be said about having the best product but what's often overlooked is how it's delivered. This magazine for

instance could not come about without our dedicated writers, photographers who volunteer their weekends capturing that winning goal or devastated face of defeat, skilful designers piecing content together and most importantly the member stories and club successes which we have the privilege of sharing with you.

In this summer edition of ROAR, let's appreciate just how much partnerships have and will continue to drive our success. From Exercise Physiologist Carmel teaming up with SUSF member Sarah Jones who four years ago was unable to walk (pg. 5) to our American Football team vying for their 15th straight championship (pg. 32) and our rowers claiming the double victory in this year's Australian Boat Race (pg. 22). Behind these results stands a string of support and the large number of podium finishes at the recent Australian University Games (pg 36) could not have happened without the High Performance team managing our strong contingent of 530 students

competing across 27 sports on the Gold Coast.

Of course, our Elite Athlete Program's dedication to nurturing talent can't be underestimated. It's wonderful to see their members giving back (pg. 17), alumni still achieving (pg. 18 & pg. 28) and those retiring, like Cricket club stalwarts Greg Mail and Ryan Carters (pg. 30), transition from sport to future endeavours made that little bit easier by being equipped with education and a community behind them for the rest of their lives – something which Bruce Ross (Cover) has certainly played a part in after proposing the scholarship system in his first year of presidency.

I hope you enjoy ROAR 37.

Laura Hanlon
Editor



ROAR MAGAZINE

37 EDITIONS YOUNG

ROAR



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**IT'S EASY
TO BECOME
AN ANNUAL
MEMBER**
at Sydney Uni
Sport & Fitness



With **two on-campus health and fitness centres**, a range of short courses, social sport, and over **40 sporting clubs** to get involved in, our annual membership gives you access to an amazing range of benefits at unbeatable prices.

PRICES

Sydney Uni Students

\$60

Sydney Uni Staff
& Community Members

\$65



Ten years ago, Sarah Jones developed chronic arthritis that rapidly spread to every joint in her body, from her jaw to her neck; wrist, knees, hips, ankles and everywhere in between. Four years ago, a back injury rendered Sarah almost immobile. She was unable to walk and suffered acute pain when sitting or lying down. Within two months of her first spinal surgery, Sarah relapsed, and her neurosurgeon performed a second round of emergency spinal surgery. Sarah has no connecting nerves to her calf muscle but she has found the key to unlock an improved quality of life here at SUSF, writes Susannah Walmsley.

Now in her second year of membership at SUSF, Sarah's determination and persistence combined with a specialised program have been vital tools in managing her conditions.

When did you join SUSF?

About two years ago I was made aware of a new Exercise Physiology* program that was being introduced [at SUSF]. Once the program was established, I sought a referral from my specialist and booked a series of five sessions. In my first session the Exercise Physiologist, Carmel, conducted extensive prep work and identified my baseline abilities.

By the third session, Carmel had developed a tailored program for me. I booked in a few more sessions and, by the sixth session, I took up a 12-month gym membership and, as they say, the rest is history.

Were you apprehensive to get started?

To say that I was nervous is an understatement. I was not a gym person. It was unfamiliar territory and I did not feel confident that I would be able to do the exercises. I was worried that I would re-injure my back (and I could not endure the thought of more spinal surgery), and I was concerned that the exercises would trigger arthritic 'flares', and thus further exacerbate a deteriorating condition.

What was the most difficult obstacle you had to overcome whilst training?

The initial couple of months were tough. I remember how limited I was both physically and mentally. I worried that every new pain was a reoccurrence of my spine injury. Carmel was supportive, always patient... but also tough. Her encouragement pushed me forward. It wasn't long before I developed the confidence to work more independently through the various challenges.

With a busy work schedule, how do you make time for the gym?

During the first year it was about developing a rhythm and getting into a good routine. As soon as I began to see and feel the results of the training, I made a commitment to ensure that I made time for it. I simply made training a habit and scheduled time each night after work.

Later, the key factor in making this permanent change to my lifestyle was finding out that I could modify my program. I realised that I did not have to do the full hour/ hour and a half, and could simply focus on different aspects of the program even if it was just for 30 minutes during the day. I don't overcommit - I do what can be reasonably done in the time that I have. This ensures that I don't make excuses for not going to the gym!

Have you found going to the gym and leading a more active lifestyle has improved your life in other ways?

Absolutely, I can't even tell you how much. I am stronger and more resilient - both physically and psychologically. This program has turned my life around.

*Exercise Physiologists are qualified allied health professionals equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise programs for individuals with acute or chronic injuries, medical conditions or disabilities. Visit susf.com.au for more information.

Sleep BETTER

According to the 2017 Sealy Sleep Census, 70 per cent of Australians say their day-to-day performance is impacted by a lack of sleep. This means reduced productivity in the workplace, as well as compromised physical, emotional and mental health. How can we sleep better to reduce the effects of inadequate sleep? Nicole Safi explains.

We spend roughly a third of our lives sleeping – and somehow go through entire days feeling tired, or worse still, wake up feeling grossly under-slept. While we can't avoid the often frantic pace of day-to-day life, or the occasional lunchtime yawn, there are simple ways to improve our quality of sleep.

Set a schedule

Take control of your sleep cycle. Set and adhere to a sleep schedule by going to bed and waking up at roughly the same time on weekdays and weekends. This adds consistency to your sleep-wake cycle to routinise and better your overall quality of sleep.

It is also imperative to regulate the length and time of napping. Although sometimes we feel like we could nap for hours, The Sleep Foundation recommends limiting naps to approximately 20 minutes to avoid sleep inertia, grogginess and an impaired ability to fall asleep in the evening.

Reduce Caffeine

I hate to say it, but cutting (or more realistically, reducing) your caffeine intake will help you sleep better. Although coffee is a useful - and to some, indispensable pick-me-up used during the working day, because it is a stimulant, consumption too close to bedtime (anywhere between three to six hours) will affect your ability to fall asleep at night, and even your total sleep time. This goes for energy drinks and alcohol too.

Declutter

It is essential your sleep space promotes relaxation, so ensure your room is quiet, cool and dark. It also helps if your room is tidy to minimise any avoidable distractions.

Workout

We know the benefits of exercise are manifold; contributing enormously to good physical, mental and emotional health. Incorporating exercise into your daily routine also helps you sleep better, and longer. Exercise tires the body to promote a readiness to sleep at night, as well as releasing endorphins to reduce stress and sleep easier. Sleeping well can also influence how efficiently you exercise. A good night's sleep often makes you more focused, motivated and productive on the gym floor.

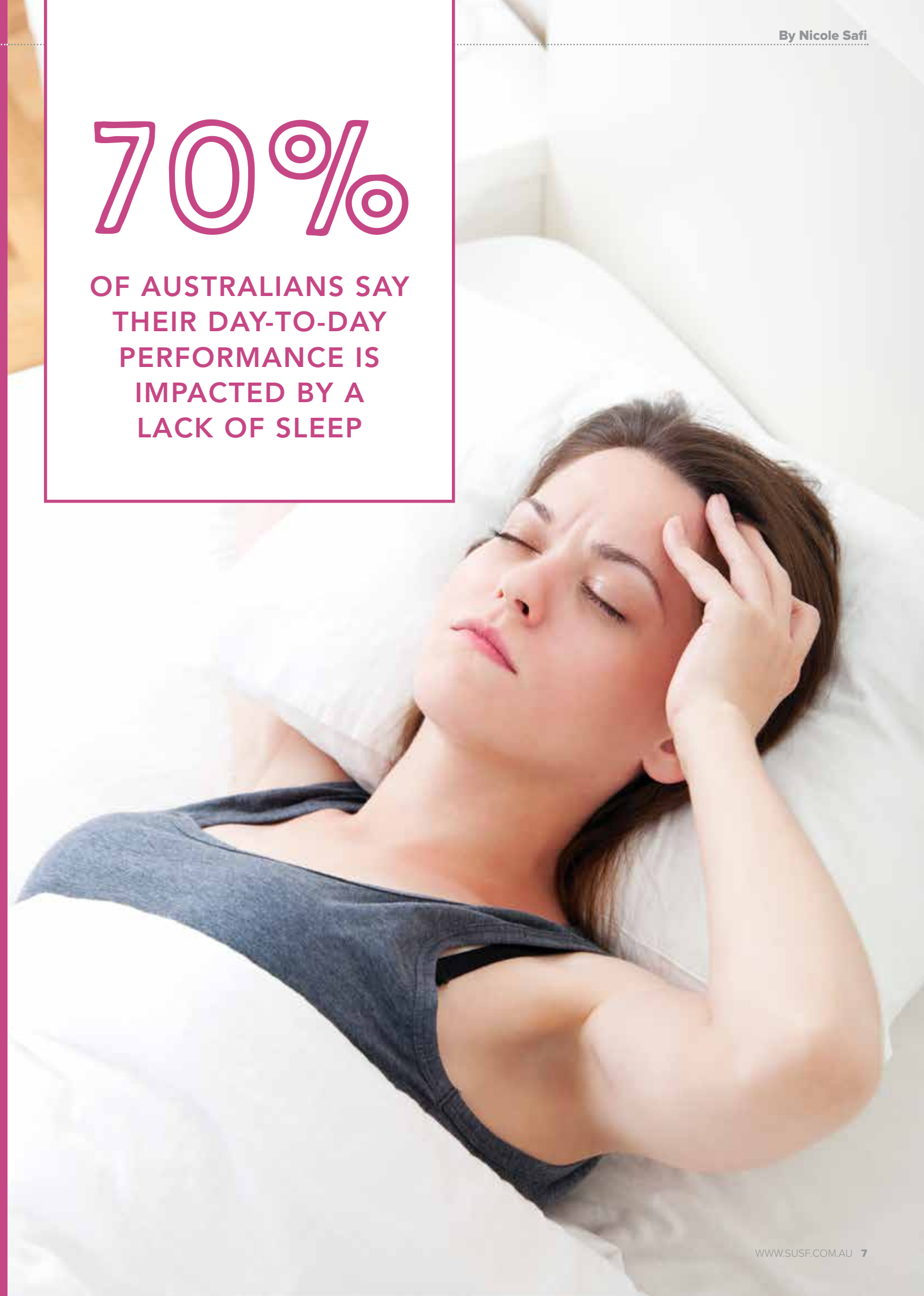
Give technology the flick

Make a point to steer clear of your smartphone, digital e-reader or laptop before bed. The light that emits through these electronic devices suppresses levels of the sleep-promoting hormone, melatonin, and can delay sleep, peeling valuable time off your overall sleep.

There are tremendous personal, physical and psychological advantages of a good night's sleep. Small adjustments aimed at improving the quality and amount of sleep we receive at night has a great impact on enriching the valuable time we spend awake.

70%

OF AUSTRALIANS SAY
THEIR DAY-TO-DAY
PERFORMANCE IS
IMPACTED BY A
LACK OF SLEEP



NEWS BITES

No holds barred: Sydney University Wrestling Club member Yareni Guerrero has her sights set on the 2018 Commonwealth Games on the Gold Coast after a winning foray in Mexico. Competing at the XII Opening Season Tournament of Mexican Universities, the Elite Athlete Program member won the senior female 69kg freestyle category. Yareni spent five weeks in Mexico preparing for the tournament. "The training sessions were tough but great experience," she said. "I feel fitter, stronger and nearly ready for the qualification tournament [for the Commonwealth Games] in late November." Yareni will now focus on training with head coach Leonid Zavlasky at the Brydens Sydney Uni Sports and Aquatic Centre Dojo ahead of the qualification tournament. A PhD candidate, Yareni's studies might give her an advantage in her sport. Studying in the Faculty of Health Sciences, her research covers biomedical engineering, bioengineering and biophysics.

Grand Final MVP after wreaking havoc on the base paths with three hits, three runs and four stolen bases. Matt was also named SWBL 3rd Grade MVP. Big offensive contributions were turned in by Sam Collins with two hits and three RBIs and Tim Nelson with one hit and three RBIs, while Mitch Liddle and Anthony Palmer each provided two hits. The Thirds earned a grand final berth with a 7-3 win over Hawkesbury in the final.

Three hundred club: Sydney University Australian National Football Club stalwart Leigh McWhirter celebrated his 300th game for the club during the past season with a 77-37 win over Western Magic in Division Four of the Premier competition in Sydney. McWhirter joined the exclusive 300 Club in his 16th season with SUANFC after moving to Sydney from Victoria in 2001. "Lethal" Leigh started his Sydney University career as a marking, mid-sized forward, but a switch to half back led to more consistent performances and more senior opportunities. He was a key member of the 2003, 2005 and 2013 premiership teams, also acting as assistant coach of the 2013 side. And he played in the 2002, 2004, 2006, 2008 and 2010 sides that finished runners-up in the Premier Sydney competition. He also won the 2008 Sanders Medal (for the League's Best and Fairest), and at club level was the leading goalkicker in 2007, 2008 and 2009 and club Best in Finals in 2004. Here's to 400 games.

HOME EVENTS CALENDAR

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

NOVEMBER

DATE	TIME	SPORT	GAME	LOCATION
25.11.17	10:30am	Cricket	Sydney Uni vs Sydney	Sydney University Oval
29.11.17	7:00pm	Basketball	Sydney Uni Flames vs Adelaide Lightning	Brydens Stadium

DECEMBER

02.12.17	10:30am	Cricket	Sydney Uni vs Sydney	Sydney University Oval
02.12.17	3:00pm	Basketball	Sydney Uni Flames vs Townsville Fire	Brydens Stadium
09.12.17	3:00pm	Basketball	Sydney Uni Flames vs Perth Lynx	Qudos Bank Arena
16.12.17	3:00pm	Basketball	Sydney Uni Flames vs Bendigo Spirit	Brydens Stadium
23.12.17	3:00pm	Basketball	Sydney Uni Flames vs Adelaide Lightning	Brydens Stadium
29.12.17	6:00pm	Basketball	Sydney Uni Flames vs Townsville Fire	Brydens Stadium

JANUARY

06.01.18	10:00am	Cricket	Sydney Uni vs St. George	Sydney University Oval
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FEBRUARY

03.02.18	10:30am	Cricket	Sydney Uni vs North Sydney	Sydney University Oval
04.02.18	10:30am	Cricket	Sydney Uni vs North Sydney	Sydney University Oval
10.02.18	TBC	Water Polo (Male/Female)	Sydney Uni Lions vs Hunter Hurricanes	Peter Montgomery Pool
11.02.18	TBC	Water Polo (Male/Female)	Sydney Uni Lions vs Drummoyne Devils	Peter Montgomery Pool
25.02.18	TBC	Water Polo (Male/Female)	Sydney Uni Lions vs ACU Cronulla Sharks	Peter Montgomery Pool

MARCH

11.03.18	TBC	Water Polo (Male/Female)	Sydney Uni Lions vs FYFE Adelaide Jets	Peter Montgomery Pool
25.03.18	TBC	Water Polo (Male/Female)	Sydney Uni Lions vs Hunter Hurricanes	Peter Montgomery Pool



Rugby League

League of his own: Adam Vrahnos capped off a strong season by being awarded the 2017 Pollard Chadwick Medal for Sydney University Rugby League Club's best and fairest player. The hard-running forward was a consistent performer in the club's Division One side competing in the NSW Tertiary Cup. Vrahnos said despite not making the finals, he had enjoyed "a cracking season" with Sydney University and looked forward to a stronger 2018. Other Division One awards for 2017 went to Daniel Rowe (best back), Marcus Pappas (best forward), Tom McCarthy (top pointscorer), Daniel Rowe (top try scorer), Odyssey Ladervs (coach's award), Myles Fowler (players' player award) and Christian Maini (rookie of the year). In welcoming players and supporters to the function, club captain Myles Fowler made particular mention of members in the 2018 women's team who will be entering the competition for the first time. The club is in the process of attracting players for the inaugural side.



Baseball

Base camp: Sydney University Baseball Club's Third Grade team made it back-to-back titles in the Sydney Winter League competition when they defeated Petersham 11-8 in the 2017 Grand Final at Petersham Oval. Matt Currey was awarded



SUSF PRESIDENT *Takes a bow*

THE PRESIDENT OF SYDNEY UNI SPORT & FITNESS, BRUCE ROSS, RECENTLY RETIRED AFTER A RECORD 26 YEARS IN THE ROLE AND A PLETHORA OF ACHIEVEMENTS UNDER HIS BELT.

"ALMOST EVERY CLUB AT SUSF HAS
had the most successful year
 IN THEIR HISTORY SOME TIME
 DURING BRUCE'S TENURE."

THANK YOU BRUCE

A countless list of achievements were mentioned by guest speakers at a farewell function in Mr Ross' honour at the Sydney University Soccer Football Club Function Room in the TAG Family Foundation Grandstand.

Speakers included Karen Dalton, General Manager of the Brydens Sydney Uni Flames WNBL side; James Flynn, Mr Ross' SUSF successor; Greg Harris, former Executive Director of SUSF; Rob Smithies, Executive Director of SUSF; and Dr Michael Spence AC, University of Sydney Vice-Chancellor.

Master of ceremonies Rodney Tubbs opened proceedings with the line: "Some of you will know that during the 100 years between 1890 and 1990 there had been 38 presidents of Sport at Sydney University. Then along came Bruce Ross... for the next 26 years."

He then provided a precis of events and achievements Mr Ross was involved in during his reign. They included:

- The establishment of a sporting scholarship scheme and subsequent Elite Athlete Program;
- The mid-1990s prevention of Sydney University's cricket and rugby clubs being relegated to subdistrict status;
- The 2003 amalgamation of the men's and women's sports administration bodies and the emergence of a new era of sporting domination by Sydney University female athletes and women's teams;
- The provision of professional support services for high performance clubs and the development of links with outside sporting organisations;
- The creation of school holiday sports camps and physical education services for schools; and
- A program of recent sporting infrastructure developments.

"It is impossible to conceive that this voluntary role could have been served with more distinction," Mr Tubbs said.

"In terms of major premierships won and numbers of Australian representatives, Bruce presided over the truly golden era of sport at Australia's premier university."

Mr Harris, who started his 16-year term as CEO of SUSF at the same time Mr Ross took up the presidency, said one of the biggest hurdles a CEO faces is having the right president.

"A good organisation begins with sound corporate governance and the right values and culture," he said. "The president is essential to this philosophy. Bruce Ross brought that to sport at this university – and for a long period.

"History is the window to the future and when Bruce and I first started here the Rugby Club and others would do a lap of honour if they so much as won the toss, let alone a game. You were never going to be successful if you were not smarter than the next bloke or woman. We were lucky that there was some yin and yang; me brash and have a go; Bruce solid and considered."

Mr Harris said during Mr Ross' tenure he had negotiated with four vice-chancellors and four chancellors and the engagement of sporting alumni to govern and manage the affairs of many sporting clubs.

"A brief run-through of what has occurred during Bruce's tenure is a wonderful testimony to the achievements to which many have contributed," he said. "And no doubt Bruce is the first to share the acknowledgement around and to agree that success is the product of partnerships."

Mr Harris' successor as CEO of SUSF, Rob Smithies, said measuring a quarter of a century of service is almost impossible. "One way is by the accolades he's received," he said.

"Officially, Bruce is an Honorary Fellow of the University of Sydney Senate; the longest serving President of the Men's Sports Union and the longest serving President of SUSF; a Life Member of SUSF; and a University Gold."

Mr Smithies said another way to gauge the Ross years is to measure how far university clubs have come during his time as President – the multiple titles won in rugby, cricket, soccer, water polo, AFL, athletics, netball, rowing and more. "Almost every club at SUSF has had the most successful year in their history some time during Bruce's tenure," he said.

"You could measure the growth in high performance sport – the growth in the number of Olympians and Australian representatives, and the expansion of the Elite Athlete Program from one to almost 400.

"You could measure it by the massive growth in participation sport, the huge advances in women's sport since the 2003

amalgamation with the Women's Sports Association. The amalgamation itself was an incredible step forward for sport and fitness at this University, and Bruce was heavily involved in that together with Greg Harris, Denise Wee and Ann Mitchell.

"Sydney Uni has won almost half of the titles contested at the Australian University Games which started in 1993.

"Then there are the huge sums of money raised philanthropically – over \$7 million in the past four years, and something like \$9 million during Bruce's time. When we started raising funds for the Sports & Aquatic Centre extension in 2013 Bruce was the first donor and remains the largest individual donor to that project."

Mr Smithies said there have also been the enormous advances in sports infrastructure – the Sports & Aquatic Centre extension parts 1 and 2; the TAG Family Foundation Grandstand, the Thyne Reid Boatshed and the Bruce Pryor Hockey Field - \$44 million worth of construction during his presidency.

"Much of this came about as a result of SUSF pivoting its relationship with the University to one of partnership and collaboration and working with them to achieve results – it's been a terrific partnership and has yielded so much for the students of the University," he said.

"None of these achievements are Bruce's alone, and he would be the first to admit that, but none of them would have happened without Bruce's influence and impact, one way or another.

"A quote I learnt from Bruce is 'Don't do things for people expecting gratitude'. This explains Bruce's tireless attitude of service towards people, to keep investing in them and don't expect anything in return. I've seen this first-hand. Bruce has given so much of his time to people, he's loaned them money that was never repaid, he's donated large sums of his own money, he's comforted people, and he's arranged jobs for people who never said 'thank you' – time and again he's given of himself and not expected anything in return.

"I think one of his biggest contributions was that the organisation was there for all clubs to prosper and succeed, and the feuds between our clubs have mostly faded as the rising tide has lifted all boats. SUSF is at its strongest when our

clubs work together and Bruce brought peace between the clubs and peace between the clubs and SUSF.

"It's almost impossible to find anything where Bruce has spoken about himself, but I found one reflective quote in my research. In one of the annual reports, Bruce writes: 'I would like to thank the members of the Sports Union for the opportunity to have been involved in the most exciting and enjoyable enterprise of my life'.

"It wasn't Bruce big-noting himself – it was Bruce saying 'thank you' for the opportunity to serve everyone and to have given back so much. You'd be forgiven for thinking that he wrote that last year – it was written in 2002, less than half-way through his term as President.

"However, Bruce's most repeated and famous quote is to say 'our story is just beginning'. It's Bruce's way of doing what he does best – deflecting attention away from himself and onto SUSF's future. If our story is just beginning then his role is not large, and it's the bright future that will claim the credit.

"I think I'll be bold and say that maybe our story has at least reached the end of the first chapter, and it's a chapter that heavily features your time, your optimism, your vision and your legacy. You dared to dream that SUSF could make a difference in people's lives and it has. Your legacy will live on in many ways, but most of all in the hearts and minds of the thousands of people who have been positively affected by your contribution.

"And for that, on behalf of SUSF, on behalf of everyone here tonight, on behalf of our Clubs, donors, our stakeholders, our staff and our student-athletes, I want to say 'thank you'. Thanks for your drive, your ambition, your enthusiasm and your time. Our story may well be just beginning but you're a huge part of it."

While Mr Ross has now signed off, Vice Chancellor Spence confirmed that the University had taken the decision to name the Boardroom in the new Grandstand building 'The Bruce Ross Meeting Room' as a lasting reminder of his impact, particularly through the age of "digital disruption" whereby the sporting community on campus has flourished and brought so many together.

Introducing your MANAGEMENT COMMITTEE

The Management Committee of Sydney Uni Sport & Fitness is a board made up of regular members like you. They are responsible for overseeing all aspects of the organisation and work hard to maintain our place as an internationally leading sports organisation and improve services for members.

The main goals and objectives of the Management Committee are to:



Find new ways to help every member enjoy sport and compete at national and international levels.



Develop a strategy that will support our members and sports clubs for years to come.



Ensure SUSF is sustainable and well managed so it continues to benefit members like you.



Strengthen our relationship with key stakeholders like the University and other leading sports bodies.



Plan infrastructure projects that will help benefit future generations at Sydney University.

The Management Committee represents a wide range of skills, from business and law through to elite athletes and sports administrators.

The board is led by the President, James Flynn, an alumnus of the University who holds a number of honorary roles, and was formerly a Fellow of Senate of the University.

He is joined by four elected Vice Presidents, four appointed Senate Representatives, six elected students and the SUSF Executive Director Rob Smithies.

You can contact members of the Management Committee by emailing president@sport.usyd.edu.au.



James Flynn
PRESIDENT



Robert Smithies
EXECUTIVE DIRECTOR



Anika Lalic
VICE PRESIDENT



Ed Fernon
VICE PRESIDENT



Emily Chancellor
VICE PRESIDENT



Paul Dearlove
VICE PRESIDENT



Anne Titterton
SENATE REPRESENTATIVE



Annie Corlett
SENATE REPRESENTATIVE



Clinton Cole
SENATE REPRESENTATIVE



David Wright
SENATE REPRESENTATIVE



Annobel Starr
STUDENT REPRESENTATIVE



Elizabeth Miller
STUDENT REPRESENTATIVE



Jacinta Mallon
STUDENT REPRESENTATIVE



Nick Kelland
STUDENT REPRESENTATIVE



Ross Xenos
STUDENT REPRESENTATIVE



Will Raven
STUDENT REPRESENTATIVE

ATHLETES GIVE BACK



ELITE ATHLETE PROGRAM MEMBER JAKE VRAHNOS RECENTLY VOLUNTEERED HIS TIME IN A REMOTE INDIGENOUS COMMUNITY, IMPLEMENTING SPORT AND EDUCATION PROGRAMS ORGANISED THROUGH THE NATIONAL ABORIGINAL SPORTING CHANCE ACADEMY (NASCA) ATHLETES AS ROLE MODELS TOUR. THIS IS AN INSIGHT INTO HIS WEEK-LONG IMMERSION TRIP:

"When I started studying at The University of Sydney, a big part of this was to play rugby league for the university and be a part of the Elite Athlete Program. Studying an education degree (majoring in Aboriginal Studies) has allowed me to further develop my interests and knowledge within Aboriginal affairs and the importance of our nation's First Peoples.

Having heard of the volunteer roles NASCA provides through the Elite Athlete Program, I was quick to register my interest. A main part of this was to challenge myself and jump out of my comfort zone. I can truly say that this experience enlightened, empowered and encouraged me to continue the path that I had decided to take within education.

I have volunteered twice now, once in 2016 and once this year, and look forward to volunteering in the near future again. To be able to spend a week with some of the most talented and inspiring kids means so much to me. We go there to educate and inspire through sport and school, however the kids are the ones who educate and inspire us. It is as simple as kicking the footy around every day or shooting hoops and having a laugh which makes it the most enjoyable time.

I am all about sport. This opportunity to volunteer each time has made my status as an athlete at Sydney University so much more valuable and worthwhile. The knowledge that I can give to the kids in remote communities about a variety of sports is priceless - they are talented beyond measure."

Jake Vrahnos
RUGBY LEAGUE



WHERE are they now?

Kyla Bremner



THEN



NOW


FEMALE
WRESTLER

REPRESENTED
AUSTRALIA

Mike Wiseman



THEN



NOW


MALE
ROWER

SYDNEY UNIVERSITY
SPORTSMAN OF THE YEAR
(1997 & 1998)

SINCE 1990, SYDNEY UNI SPORT & FITNESS (SUSF) AND THE ELITE ATHLETE PROGRAM HAS HELPED ASSIST STUDENT-ATHLETES ACHIEVE EXCELLENCE IN BOTH THEIR SPORT AND TERTIARY STUDIES. WE CAUGHT UP WITH TWO ELITE ATHLETE PROGRAM ALUMNI AND AUSTRALIAN REPRESENTATIVES, KYLA BREMNER AND MIKE WISEMAN.

Kyla Bremner

Kyla Bremner was Australia's first female wrestler to compete at an Olympic Games. She placed 17th at the 2008 Beijing Olympics in the 48kg weight class. Kyla is a seven-time Australian National Wrestling Champion and five-time Oceania Wrestling Champion. The Elite Athlete Program alumna also represented Australia at the 2010 Delhi Commonwealth Games, all the while completing a Bachelor of Medicine, Bachelor of Surgery (MBBS) (Hons) at Sydney University.

How did your athletic experience at Sydney Uni help push you towards the 2008 Beijing Olympic Games?

Sydney Uni Sport & Fitness and the Sydney Uni Wrestling Club were huge supports in my time at Sydney Uni. I was able to train on campus for no cost, which was great as a student. I had a casual job at The Ledge Climbing Centre for about six years, so SUSF was my employer and provided me with flexible work hours that fitted around my Uni and training schedules.

Access funding to help subsidise trips for international competition gave me valuable experience in the years leading up to the Beijing Olympics. When qualifications came around I had built up my skill level and was able to qualify.

How has being a student-athlete at Sydney Uni shaped your life post-athletic career?

It wasn't easy studying medicine, working to support myself through Uni and training for international competition, but it was worth it. I'd advise young student-athletes to do the same and set themselves up for an excellent post-athletic career as well. I've just turned 40 and I work as a doctor, have three little boys and a wonderful husband. I'm now coaching wrestling and am President of ACT Wrestling, plus I am a coach educator for United World Wrestling, the international wrestling body. Life is busy but fantastic.

What was your favourite part about being a student-athlete at Sydney Uni?

SUSF provided a fun, supportive environment for us as

athletes, so going to the gym was like going to hang out with mates. When you're studying, working and training, there's not much time for going out or being with friends and the gym provided an important social support as well. Plus there were some amazing top level athletes around who helped us all lift our game and realise what was possible.

What was the best advice you were ever given?

The harder you work the more talented you look. Nothing beats persistence and hard work in getting to your goals. Also, use your time well.

Mike Wiseman

Mike Wiseman represented Australia in rowing, winning three world titles in consecutive years (Junior 1995, U23 1996 and Open 1997). Wiseman was also awarded the Sydney University Sportsman of the Year (1997 & 1998) twice while completing his Bachelor of Civil Engineering (Hons).

What has been your biggest accomplishment in your sport?

I was a lightweight rower – so hitting 70kg's before each race when you're 6'2" was a huge accomplishment. I was also fortunate enough to win three world titles.

In what ways is rowing still incorporated in your life?

Aside from a couple of years of masters rowing, I have had limited involvement in rowing since I stopped competing. Over recent years I have had a number of 20 year reunions for various crews and the old friendships remain strong with lots of fond memories of days when we were 'invincible.'

You recently helped in the development of the new Thyne Reid Boatshed at Burns Bay, Lane Cove. Which aspect of this new facility are you most enthusiastic about?

The boat club facilities from a rowing perspective are world class and any athlete would be excited to use them. However, I am most enthusiastic that this will be the facility that allows the old separate men's and women's clubs to come together as the new combined club which will enable a wider participation base for anyone interested in rowing. Both of these aspects are key to ensuring the club can grow with an active and supportive student and alumni group.

How did your athletic experience at Sydney Uni help you find your first position after graduation?

Rowing gave me confidence and a point of difference that people respected when there are so many other talented people looking for positions.

What was the best advice you were ever given?

Keep studying or working while you pursue your sporting career – elite sport was a relatively short window in life.

Do you have a saying or motto that you live your life by?

When you are the last one to give up you inevitably have a win.

GOAL Shooter

SETTING AND VISUALISING GOALS CAN HELP US ACCOMPLISH THINGS THAT MAY OTHERWISE FEEL OUT OF REACH. HELEN JOMOA EXPLAINS HOW TO SET AND ACHIEVE YOUR SUMMER FITNESS GOALS.

Imagine you are a netballer playing at the Olympics. Your position is goal shooter and your key job is to score goals. You have focused on the Olympics for a long time and done what was necessary to get there. Finally you are here, in this moment you have visualised over-and-over in your head: the ball travelling in slow motion towards the goal, the roar of the crowd, sweat dripping down your face, lungs bursting, heart racing... you score!

It seems so easy when we watch someone else achieve, but not so easy when we try it ourselves. Here are a few tips to help you get started on scoring your very own fitness goals this summer.

WHAT IS YOUR FITNESS GOAL?

Make your goal clear. What do you really want to achieve this summer? For example you may want to run your first half marathon in February 2018 or lose 5kg by Christmas.

WHAT WILL YOU GAIN BY ACHIEVING YOUR GOAL?

What will make your goal really worth going for? You may want to feel better and improve your health; however general statements like this don't always work. Use really specific, positive wording like: "I want to feel really confident and comfortable in my favourite pair of jeans." Avoid the negative alternative like: "I don't want to feel cut-in-half by my waistband."

WHAT WILL I LOSE IF I ACHIEVE MY GOAL?

Try not to skip this part because this is the Big Kahuna. Why can't you stop yourself skipping the gym in favour of a sleep in? We often can't reach our goals, because at the unconscious level, there is something sabotaging them. For example, our fear of change.

We are all very good at having a long list of excuses why not to do something, which is precisely why we need to have a longer and more convincing list of why we do want to do it. Once you know the benefits your goal can give you outweigh the losses, you can start the exciting phase of making it happen.

BREAK YOUR GOAL DOWN INTO SMALL ENOUGH CHUNKS

It is easy to get overwhelmed so break it down into stages. For example in the first week you could: join the gym, book a personal trainer and plan your cycle route to work. Tick.

TAKE RESPONSIBILITY FOR YOURSELF

Achieving your goal can't be dependent on other people. Keep it within your control. Make sure it is something you can directly influence and maintain.

HOW WILL YOU KNOW WHEN YOUR GOAL HAS BEEN REALISED?

How will you know when you have achieved the outcome and how will you measure it? Set a timeline – whether it is week-to-week or month-to-month – so you can track your progress.

VISUALISE IT

See yourself achieving it. What will you see, hear and feel when you have it? Use all of your sensory power to visualise it.

Summer is coming which means there's no better time for action. Get started today, because 'big shots' are only 'little shots' for those who keep shooting.

SYDNEY SURGE TO DOUBLE VICTORY



THE UNIVERSITY OF SYDNEY MEN'S AND WOMEN'S CREWS ROWED TO VICTORY IN THE AUSTRALIAN BOAT RACE 2017, WITH THE WOMEN'S EIGHT FINALLY BREAKING MELBOURNE'S EIGHT-YEAR HOLD ON THE TROPHY.

In total, the University of Sydney won three of the four head-to-head races on the program after St Andrew's College Men's Eight proved too strong for the University of Melbourne's Ormond College, while Wesley College went down by just one-boat length against Ormond in the Women's Colleges Eight race.

Sydney University Boat Club's (SUBC) Women's Eight made history in downing the eight-times defending champion

Melbourne University Boat Club's (MUBC) women's crew by four-boat lengths, over a 4,200 metre course.

There were rumblings that the SUBC women could finally break Melbourne's stranglehold on the Bella Guerin Trophy after Sydney beat Melbourne at the recent Australian Uni Rowing Championships on the Gold Coast.

Sydney Captain Dyone Bettiga received the trophy at the presentation, and said of the win: "We've always had heart in our racing. That passion, combined with strong preparation and good coaching, got us there."

The Australian Boat Race Men's Eight event, also over 4,200 metres on a winding Yarra River course in the heart of Melbourne, was a spectacular show. SUBC, with flashing yellow oars, started strongly and edged their bow in front. As the river narrowed on one section, the two boats came perilously close together with the bow oar of the Melbourne boat and the blade of Sydney Olympian and number seven rower in the boat, Sasha Belonogoff, millimetres from clashing.

The Sydney crew, under the experienced command of Cox and Captain Will Raven, held their nerve and continued to push hard, extending to a three-quarter of a boat length lead. SUBC

found a powerful rhythm and extended their advantage to cross the line four-boat lengths ahead.

Raven, competing in his seventh successive Australian Boat Race said, "It's a great rivalry and puts rowing on the map. Today we rowed the best line, and river racing has that edge where you get to play out tactics around the bends."

In retaining the Edmund Barton Trophy, named in honour of Australia's first Prime Minister, the Sydney men's crew celebrated their fourth consecutive victory and a total of seven out of nine wins since the Australian Boat Race was re-introduced in the modern era in 2009.

The Australian Boat Race, based on the famous Oxford and Cambridge University Boat Race, features current and alumni rowers from Australia's oldest universities.

The two university clubs met informally on the Yarra in 1860, with the rowing competition a regular event by 1870. The Vice-Chancellors of both universities agreed to celebrate 150 years since the founding of their two boat clubs with the resurrection of the annual rowing challenge in 2009.

The race now alternates between Sydney Harbour and the Yarra River, with the race returning to Sydney in 2018.



2017 AUSTRALIAN BOAT RACE CREW

Men's Eight

William Raven, Coxswain and Captain; Cameron Girdlestone, Stroke; Alexander (Sasha) Belonogoff; Leon Chambers; Jake Bicknell; Andrew Judge; Devlin Walsh; Marcus Britt and Jack Hanley, Bow. Morgan Brooking was Reserve. **Coaches:** Don McLachlan and Dustyn Butler.

Women's Eight

Rebecca Harrison, Coxswain; Wallis Russell, Stroke; Georgie Masters; Dyone Bettiga, Captain; Emma Fessey; Harriet Hudson; Carina Simpson; Laura Triggs and Elizabeth Treloar, Bow. Reserve was Jaime Ford. **Coaches:** Alfie Young and Debbie Fox.



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FERNON CONQUERS *Mongol Derby*



Sydney Uni Sport and Fitness' Vice President and London 2012 Olympian, Ed Fernon, has won the world's longest and toughest horse race in record time. The 29-year-old conquered the gruelling Mongol Derby, crossing the finish line with South African Barry Armitage in equal first.

Exhausted and exhilarated post-race, Fernon reflected, "Winning wasn't important, rather it was the desire to push myself to the absolute limit and I've done that so I'm happy."

The 2017 race saw 42 competitors, from nine countries, riding 1,020 kilometres across Mongolia on 27 semi-wild horses. Mostly riding full tilt, they charged through the rugged terrain of the Mongolian steppes, fording rivers, deserts and wide open plains on a course that is designed to recreate Genghis Khan's ancient postal system.

Putting the competitor's survival skills, horsemanship, navigation and sheer endurance to the test, just finishing the race is a feat in itself. Out of the 42 competitors that set out, nine of the riders were forced to withdraw. Despite having the least amount of injuries of any year, the race still included two people with broken ribs, an evacuation with a suspected broken neck, a broken collarbone, concussion and a broken ankle.

Fernon's love of riding inspired him to take up the sport of modern pentathlon at the age of 19, while studying a Bachelor of Commerce at Sydney University. After mastering the five disciplines of swimming, fencing, running, shooting and show jumping, he represented Australia at the 2012 London Olympics.

Craving a new challenge post-Olympics, Fernon undertook a charity horse ride to increase awareness of rural depression and raised \$55,000 for The Black Dog Institute. Starting in Braidwood, NSW the 1100km ride took participants through Canberra and then all the way down to Melbourne along the Bicentennial National Trail.

As a chaser to that adventure, Fernon climbed Argentina's Aconcagua. The enormous 7000m peak, is the second highest of the seven summits and the highest mountain in the southern hemisphere.

YOUTH STEP UP TO THE CREASE



SYDNEY UNIVERSITY'S PUSH TO WIN BACK-TO-BACK FIRST GRADE TITLES IN SYDNEY'S PREMIER CRICKET COMPETITION WILL HAVE TO BE ACHIEVED WITHOUT TWO MAINSTAYS IN GREG MAIL AND RYAN CARTERS.

Mail, the record-breaking Belvidere Cup batsman, announced his retirement from the game after the Students collected the 2016-17 First Grade title back in March.

During his long and industrious career he amassed a record 44 First Grade centuries and 72 fifties with a record aggregate of 15,242 runs.

While Mail's career spanned 22 seasons, Carters' four seasons with Sydney University were also littered with achievements, highlighted by his epic, unbeaten 110 in the 2016-17 final to force a draw and help the Students claim the title.

The 26-year-old NSW batsman-wicketkeeper decided in May to announce his retirement from all forms of cricket to focus on higher education and his charity work.

Sydney University Cricket Club's Director of Cricket, Gary Whitaker, says while the retirement of Mail and Carters leaves some big shoes to fill, they offer the opportunity for young players to step up to the mark.

"The program we've been developing over the past seven years has been designed to bring young players through the ranks with the aim pushing for First Grade spots and preparing them for higher honours," he says.

"We saw that in the first two rounds of this season with First Grade captain Nick Larkin out with a hand injury he suffered in a NSW warm-up game and leg-spinner Devlin Malone also on the injured list," he said. "He fractured a cheekbone on the recent tour of Sri Lanka for the World Red Bull Campus Cricket Finals.

"Liam Robertson took over the captaincy and led from the front with a century in the season opener against Gordon. Hayden Kerr took over Nick's opening duties and scored 86 and Joe Kershaw took the new ball with Ben Joy.

"We won the opening two rounds of the season without our skipper and our leading wicket-taker from last season. In fact we won four of the five grades in each of the first two rounds.

"That's indicative of the talent and depth at the club. When available we have NSW openers Nick Larkin and Ed Cowan and NSW Under 19 representatives Ryan McDuff and Lawrence Neil-Smith.

"McDuff is an opening batsman and right-arm off-spinner and Neil-Smith is a right-arm quick.

"And we welcome wicketkeeper Tim Cummins, brother of Australian fast bowler Pat Cummins, to the ranks. He made his debut in First Grade against Gordon."

Mr Whitaker said Sydney University Cricket Club (SUCC) also has a number of young players coming through the ranks who are being provided with the opportunity to develop their games and go to higher levels.

They include 17-year-olds Dominic O'Shannessy, a tall right-arm quick, and Ben Mitchell, an all-rounder and left-arm fast bowler, who'll link up with the club after they finish their playing commitments with NSW Country. Both played Green Shield with Sydney University last season.

Mr Whitaker said the squad taken to Sri Lanka for the World Red Bull Campus Cricket Finals in September performed admirably and put them in good stead for the opening of the Sydney grade cricket season.

"We lost on the last ball to Sri Lanka in the semi-final," he said. "The boys played exceptionally well against South Africa, India and Pakistan in the pool matches. Those sides were littered with professional players from around the world." While Mail won't be competing for Sydney University anymore, he will still be an influential figure at the club as a consultant and mentor.

After announcing his retirement as a player, the Sydney Cricket Association (SCA) awarded him Life Membership of the association.

Along with his immense numbers in NSW Premier Cricket, he had been a guiding voice for the players on the SCA Committee of Management for a number of years.

He joins fellow SUCC members, the late Mick O'Sullivan (2002), former chairman James Rodgers (2004) and current chairman Max Bonnell (2016) as Life Members of the SCA.

Former Australian Test player and Sydney University team-mate Ed Cowan endorsed Mail's nomination.

"Greg's impact on not only Sydney Uni, but the entire NSW Premier Cricket competition has been immense, striving for excellence and bringing out the best from team-mates and opponents alike, while forming friendships all across Sydney cricket ovals," Cowan said.

SUCC also acknowledged Mail's contribution, and that of Mark Faraday, another long-serving player for the club who also announced his retirement, with Life Memberships. They became SUCC's 18th and 19th Life Members.

In announcing his retirement in May, Carters finished on a high. The 26-year-old NSW batsman-wicketkeeper scored three centuries for SUCC – all in the past season – including his epic, unbeaten knock in the 2016-17 final.

He said he is looking towards post-graduate opportunities. On the fund-raising front, along with the LBW Trust, Carters founded the Batting for Change charity, which has the goal of improving educational opportunities for disadvantaged females in cricket-playing nations around the world. Batting for Change has raised \$140,000 during the past two BBL seasons.

As coach Whitaker said: "Ryan's a unique character, his own man, and he finished his career on the highest note with his epic contribution in last season's final."

Indeed, that contribution helped Sydney University to their ninth First Grade premiership since the establishment of the competition in 1893-94.

KING OF THE *Jungle*



THE SYDNEY UNIVERSITY AMERICAN FOOTBALL CLUB HAVE WASTED NO TIME IN THE 2017 SEASON SHOWING THE REST OF THE COMPETITION WHY THEY ARE STILL THE KING OF THE JUNGLE, WRITES HARRY CROKER.

Regarded as trailblazers in Australian gridiron circles, the Lions epitomise the old proverb; it doesn't matter where you start, but how you finish matters. At the start, the Lions only had 3 players. Now, they're gunning for a 15th consecutive NSW Gridiron championship, so you could say they've been finishing strong for the past 14 years...

The club came from humble beginnings in 1984 when 3 Sydney University students, Keith Phillips, Phil Moses and David Little, were looking for a welcome weekend

study distraction, when they stumbled across an advertisement in the local newspaper, which was seeking parties interested in joining a gridiron competition. The three young men put the word out around campus and before long the squad had grown from 3 players to 25, all from varying faculties.

Initially known as the Sydney Uni Stormtroopers, the boys took to the field for the first time only a couple of months later, beating the Waverly Raiders 18-0. Ironically, the team was likened to Darth Vader's imperial soldiers because of their excessive amount of playing kit, which, much like a Storm Trooper's blaster, was deemed utterly useless. As a result, the students decided that they would play without traditional gridiron equipment for the first year of competition.

From these early days in the mid-80s, the Sydney University American Football Club (SU AFC) would one-day become the benchmark in Australian gridiron.

The club's current dynasty began over a decade ago. 2003 was the start of the Lion's championship drive that has seen them win 14 consecutive NSW Gridiron titles.

This year, the club is trying to make it 15, and at the moment it's fair to say their chances are looking pretty promising.

This run of championship victories is similar to what Australians witnessed between 1956 and 1966, when rugby league team, the St. George Dragons won the competition 11 years in a row, a feat that is often regarded as the greatest sporting achievement in the nation's history.

However, despite operating out of a country that has a relatively niche American football following in comparison to other sports, the Lions have gained international status with their impressive winning statistics. As of the previous season, the men in blue and gold boast a win percentage of 85.9%, comprised of 337 wins, 53 losses, and 5 draws, making them the most statistically successful American football team in existence.

To put this in perspective, the all time win percentage for the three major gridiron tiers in the United States record the Chicago Bears at 57.4% in the NFL, Michigan University at 73.4% in the premier division of the country's college football

tournament, and finally Valdosta High School at 78.6% in the high school football program. The Lions trump them all.

In addition to the club's success, there have been many individual success stories along the way to come out of SU AFC. One of these stories is the rise of Conor Foley, older brother of Bernard, a Wallaby, and Sydney Uni rugby club stalwart. Foley represented Australia at the American Football world championships in 2015, where he set a national record picking up 132 running yards in a single game. The running back then went on to play for the Dresden Monarchs who compete in the German league.

Gridiron sadly lacks a major following in Australia. Organising and sustaining any amateur sporting club, especially in a niche code, is an arduous task at best. The Sydney University Lions are clearly an exception to this. They are a shining light in the sport of American football on Australian soil, as well as campus sport. Sustaining a foundation club for 33 years, and counting, is an achievement within itself, but achieving an 86% win average within that time is truly outstanding. The Lions show that with a little determination and commitment, anything is possible.

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Sydney University claims third at the 2017 AUSTRALIAN UNIVERSITY GAMES

In winning 6 pennants (1st place team finishes), Sydney Uni were just one pennant short of Melbourne and two shy of UTS in the 25th Edition of the Australian University Games held on the Gold Coast.

To underline the tightness of the contest between the top 3 placed Universities, Sydney University amassed 7 silver medals and 11 bronze, better than both UTS (4S and 3B) and Melbourne (3S and 6B), except in the all-important gold medal stakes.

On the teams front Sydney University won gold in Rowing (Men and Women), Athletics (Women), Football-Soccer (Women), Golf (Men) and Kendo (Women). Most impressive is that our Women's Athletics team have won 7 consecutive Uni Games annual titles.

The large number of podium finishes featuring Sydney University students highlights that our large contingent of 530 athletes, comprising of 39 teams spread across 27 sports performed with distinction.

The best way to appreciate the achievements of our Sydney University competitors is by scanning the highlights:

ATHLETICS

A standout performance in our Women's team was Nicola McDermott setting a new games High Jump record in the final by clearing 1.85m, a whopping 25 centimetres higher than the runner-up. It was a brilliant one-two Sydney Uni finish in the Triple Jump with Stevie Donougher making 12.33m, closely followed by Josie Nichol with 12.00m. On the track Tavleen Singh was in everything, claiming silver in the 100m (12.23) and 200m (25.30) and helping our 4 x 100m Relay to 3rd place and the 4 x 400m Relay to 2nd place. Singh also backed up in the Women's 1600m Sprint Medley to help Sydney Uni place 4th. Holly Campbell was sensational in taking out the 1500m Final and was also part of the 2nd placed 4 x 400m Relay.

ROWING

Sydney Uni dominated the 2017 Australian Uni Games Rowing Championships winning the Men's and Women's point score plus the overall point score. Our Men's pair, coxed four and eight all took gold, placing our Men's crews at the pinnacle of Australian University rowing. Special mention goes to Andrew Judge and Jacob Bicknell for claiming 4 golds over the week, including the Men's pair. Will Raven created history as Cox in his fourth win in the Oxford and Cambridge Cup,

a trophy awarded to the winner of the Australian University Championship Men's Eight.

Our Women's Eight earnt a strong silver medal beating Melbourne Uni, the first time they have accomplished this feat in a number of years. Other outstanding results included our Women's Coxed Four and Lightweight Quad capturing gold, as well as Wallis Russell victorious in the Lightweight Women's Single. Wallis bagged 3 golds and a silver over the week.

GOLF

Our Men's Golf team of 7 players enjoyed a sensational 4 rounds and proved a very consistent group nailing the overall team championship ahead of Griffith University, with the bronze going to Monash. Michael Li was the star, ranked 3rd overall and saved his best till last with a 70 in Round 4, the equal lowest score of any golfer in the tournament. Matthias Wild also deserves a special mention finishing the 8th best player overall. Congratulations to the full team: Michael Collins, Matthew Dane, Hunter Hordern, Todd Levine, Li, Lachlan Mactier and Wild.

KENDO

Our Women's Kendo competitors were inspirational with Mengying (Elva) Shi attaining gold by outpointing Genevieve Borley of Monash Uni in the Individual Kyu Grade for Women. In the Individual Dan Grade Women, Mingrui (Mory) Zhao was equally impressive in defeating her University of WA rival in the final. Congratulations to our first placed Open team comprising of Kai Kikuchi, Takumi Ohashi, Victor Kuo, Wone (Chris) Chon, Zhao, Jeffery Chung, Macca Hou and Brinton Chand who outpointed UTS and UWA respectively to secure the gold medal.

FOOTBALL-SOCCER

Our Women's Football team continues to stock their trophy cabinet and at the Gold Coast they delivered once again to take out the coveted gold in spectacular fashion, winning a penalty shootout 4-3 over Melbourne Uni after the scores were locked nil-all at the end of regulation time. On their march to the gold medal game our team only lost once in 9 games of intense competition played over 5 days.

At the conclusion of each Australian Uni Games an Australian universities merit team, known as the "Green and Gold" side is announced. The 41 Sydney University student-athletes selected are listed. The sport of Rowing is not included in this list.



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2017 GREEN & GOLD ATHLETES

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Athletics

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AFL

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Basketball

Basketball

Basketball

Cycling

Fencing

Fencing

Fencing

Football

Football

Football

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Handball

Hockey

Kendo

Netball

Netball

Netball

Holly Campbell

Nicola McDermott

Allister Clarke

William Stratford

Pit Seng Low

Matthew Kelleher

Chloe Morrissey

Annobel Starr

Jack Larkins

Ella Scanlan-Bloor

Beatrice Hay

Jesse Morris

Alexandre Douglas

Victoria Guzman

Carla Trimboli

James Coomber

Claudia Cholakian

Daniel Fogerty

Maddison Rosser

Wone Chon

Julien Vincent

Eugene Lee

Cassandra Radford

Rugby 7s

Rugby 7s

Softball

T20 Cricket

T20 Cricket

Table Tennis

Tennis

Tennis

Touch

Touch

Volleyball

Volleyball

Volleyball

Volleyball

Water Polo

Water Polo

Water Polo

Water Polo

Water Polo

Water Polo

Water Polo

Water Polo

Water Polo

James Kane

Ben Stanton

Sonia Gan

Nicholas Craze

Dugald Holloway

Yuexiang Zhao

Rebecca Jones

James Palmer

Kirra Dibb

Mark Thorsby

Kristina Knezovic

Buddhima Fernando

Sam Brewer

Deepak Harish

Ashley Colaco

Anthony Hrysanthos

James Butcher

Will Cotterill

Next year, the Australian University Games will be restructured as the National University Championships, with all top 8 place-getters from 2017 set to compete in Division 1. This move aims to lift the level of competition and Sydney University supports this step forward.



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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.suwaflc.com suwaflc@sport.usyd.edu.au



AMERICAN FOOTBALL

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

FOR MORE INFORMATION:

- www.sydneynunigridiron.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 Brydens Sydney Uni Flames, the current WNBL premiers, 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

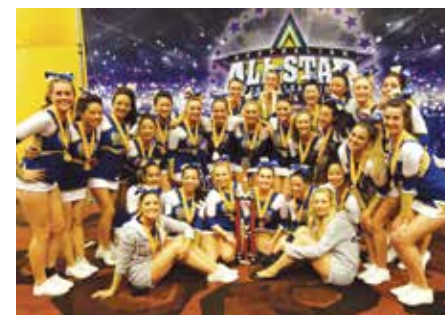


GOLF

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 practise/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 past 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 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-defence 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 practised by the samurai. Today it is both a martial art as well as an international sport. The club practises 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 and will field a women's team in 2018.

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 has won the Club Championship 23 times, including the last 14 years in a row. 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 club's members are actively involved in racing, and there is strong competitive spirit across the club. The club wants its members to achieve their cycling goals, whatever they may be and whatever their ability. The club has a varied and interesting ride and training program, as well as a healthy performance culture - one that encourages its members to strive to reach their goals.

FOR MORE INFORMATION:

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



VOLLEYBALL

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

FOR MORE INFORMATION:

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



WATER POLO

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

FOR MORE INFORMATION:

(Men) www.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

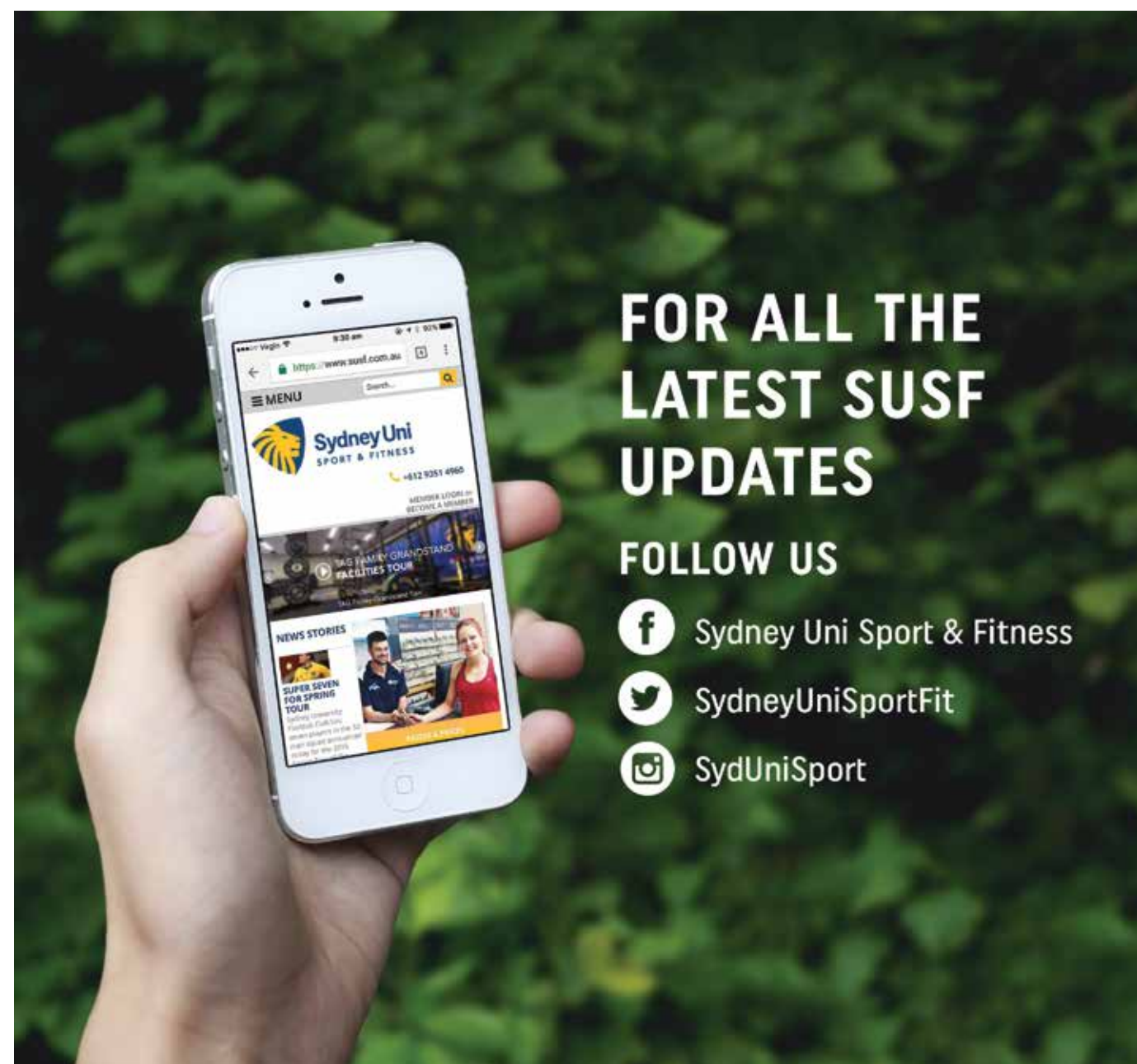


WRESTLING

The Sydney Uni Wrestling Club teaches Freestyle Wrestling which attacks the upper and lower body of an 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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- 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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- 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**



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- 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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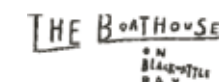
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A woman with dark hair, wearing a black swim cap and goggles, is climbing a metal ladder out of a swimming pool. She is wearing a black Speedo swimsuit with a colorful, abstract pattern on the front. The background shows the blue water of the pool with lane lines.

speedo 

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