

ROAR



Sydney Uni
SPORT & FITNESS

39
WINTER
2018

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PROTEIN POWDER -
THE WHEY TO GO?

28

LIONS BREAK
13-YEAR DROUGHT

30

STUDENTS TEACHING
STUDENTS LIFE SKILLS

ANITA
STRIKES GOLD

Life gets busy. You become rushed and pulled in too many directions, too often.
Remove the stress.

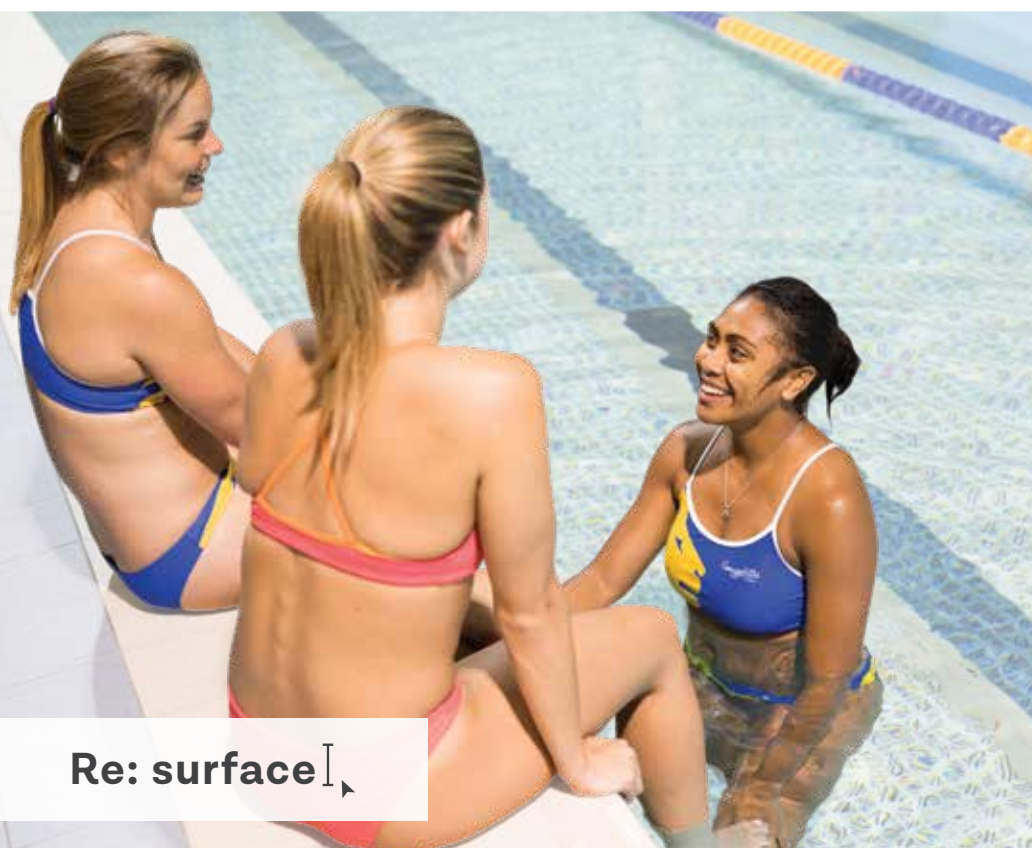
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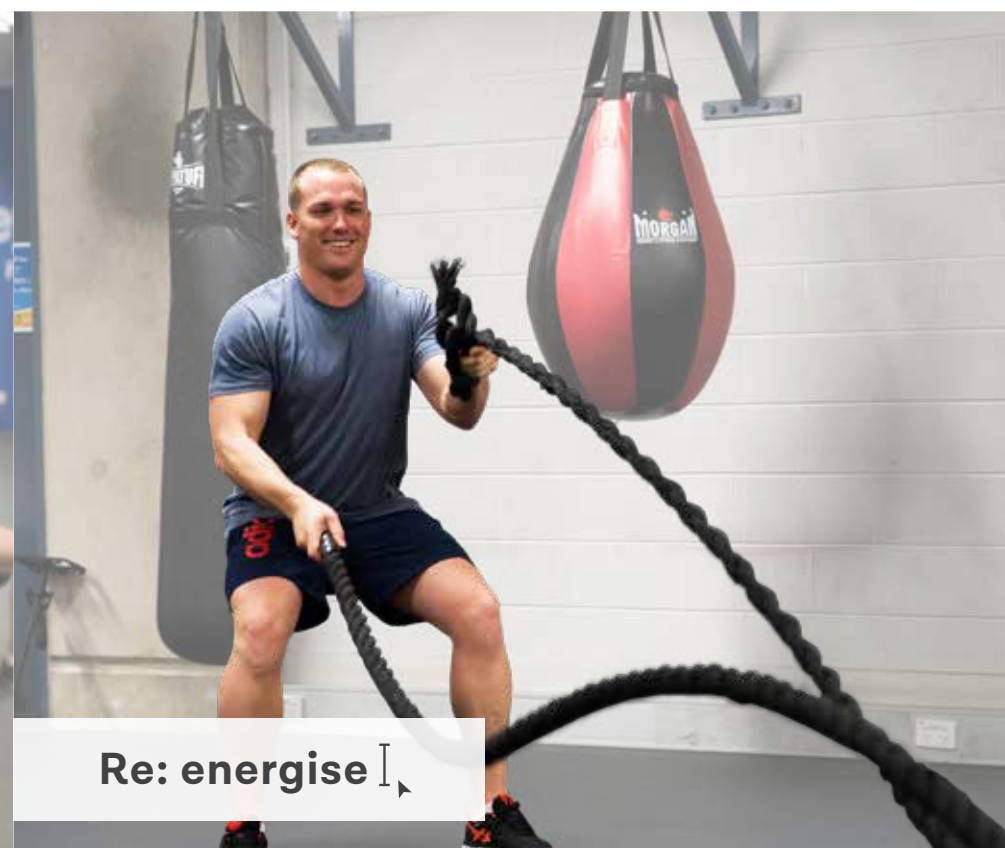
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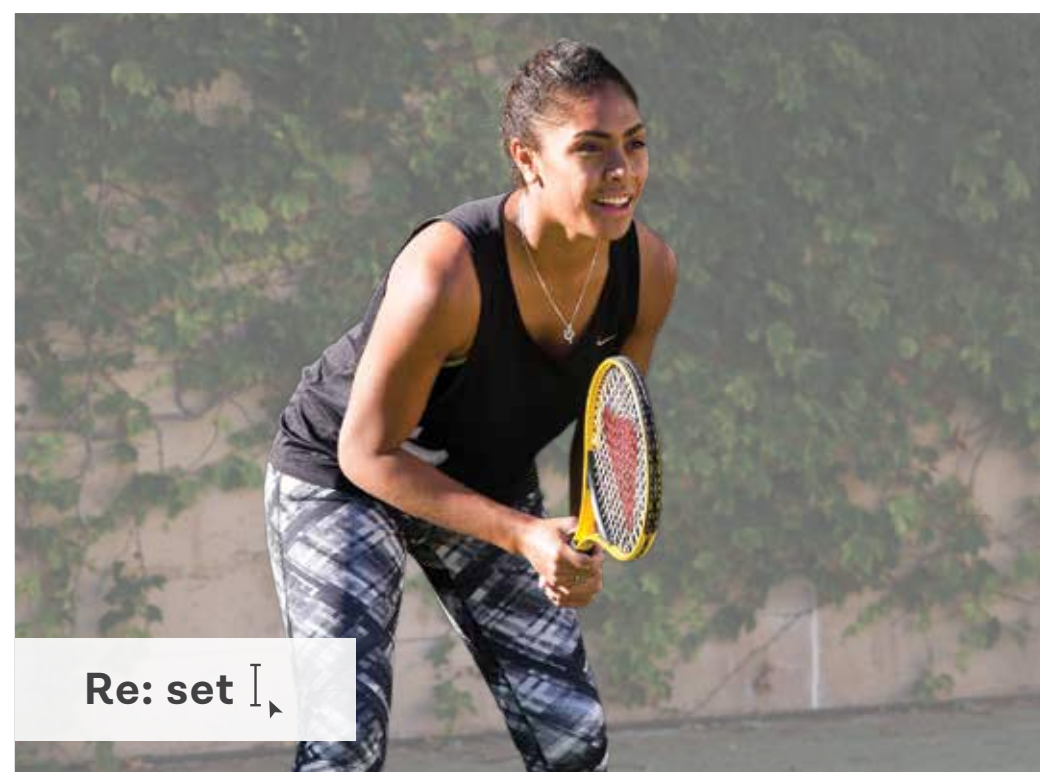
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Sydney Uni
SPORT & FITNESS



FROM THE EDITOR

IN SPORT, ANYTHING IS POSSIBLE.

We're reminded of this message from front to back of ROAR 39. Just when it seems all might be lost one can summon that inner resolve to keep going.

Defying the odds through unbreakable determination is Sydney University student, Anja Stridsman. Just two months out from the Commonwealth Games trials last year Stridsman tore her anterior cruciate ligament (ACL) but found the will to make her way to gold in the 60kg Boxing. Not a comeback, as she never once gave up, Stridsman's lionhearted journey to the gold-medal dais proved that by staying in the game the impossible can happen.

Another demonstration of 'fight' emerged as our Sydney University Men's Water Polo squad broke a 13-year drought in claiming the 2018 Championship. In doing so they took down the most successful national league Club, the Fremantle Mariners in a penalty shoot-out finish, 11-10. A force in the Australian Water Polo League over the years, the win was just reward for the Lions' perseverance.

These moments, both in the struggle and success, are what makes that life-changing stuff happen...and it's happening at all levels. Many of us were lucky enough to learn to swim as children but taking the plunge as an adult is something different altogether. Enter the free SUSF Water Safe Program, introduced in Semester 1 for University of Sydney students who have no or limited experience with water. I recently dropped by the pool deck to see how it was going and the smiles I saw left me in no doubt that this initiative is a winner.

SUSF brings possibilities for all, the everyday and elite and I hope that rings true through this edition.

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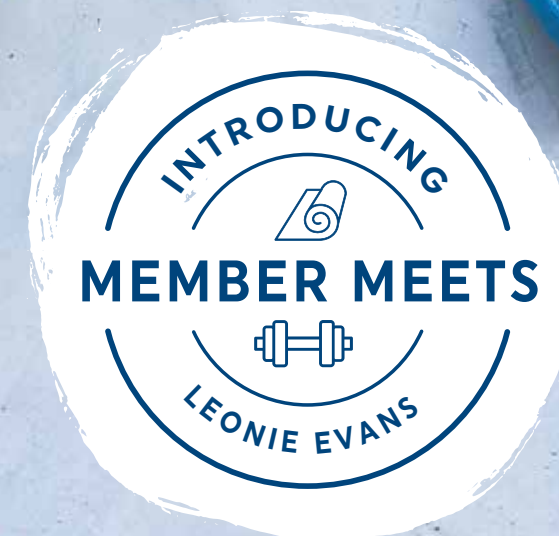


It's easy to become an annual member at Sydney Uni Sport & Fitness

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.

USYD
Students
\$60

Community
or USYD Staff
\$65



What brought you to SUSF?

Back in 2000, my eldest daughter had a promotional voucher that gave us a free trial at a Newtown gym. It took a great deal of persuasion to get me to go with her but we both loved the classes and we both joined up. Eight years later, some of my favourite classes were cancelled due to a lack of numbers so, by now a gym junkie, I looked to find another gym that offered a terrific range of Les Mills group fitness classes and here I am.



What's the most important thing that you look for in a fitness facility like SUSF?

The most important thing for me in a fitness facility is the classes that are on offer. Luckily SUSF has a lot of diversity on its timetable and very importantly, really professional and engaging instructors. Currently I participate in BODYBALANCE, CXWORX, Seniors Circuit Training and Stretch. I enjoy some great friendships that have arisen simply from proximity in class (regulars generally head to the same positions without being rabidly territorial about it). The shared experience of doing a class and working hard in it fosters a great sense of camaraderie among serious participants.

Do you have a favourite group fitness class?

In my opinion, the best fun to be had in a class is in SH'BAM (a Les Mills dance-based class) that I will be getting back to as soon as I have the okay that my knee is up to it from Carmel, my wonderful SUSF exercise physiologist.

CXWORX has been brilliant for my core strength. No more putting my back out regularly, and it's only 30 minutes. BODYBALANCE has helped me maintain flexibility, balance and strength. It can also quieten the mind and can be centring like yoga.

Seniors classes have really improved my upper body strength, with the bonus of being a very sociable environment. I leave each class feeling different but always in a positive way.

Do you have any advice for new members thinking about joining the gym?

Don't let any preconceived ideas about gyms and their members stop you from trying one out. Starting out it may help

to join with a buddy that you'd be reluctant to let down by not turning up.

Try a variety of classes to find what matches your goals for joining. Give the classes a few returns so that you can accustom yourself to the routine of the moves - in this way you'll be more relaxed about what comes next.

Pay careful attention to the advice that the instructors give on how to perform an exercise and you will see some benefits from the workouts.

Smile and say hello to the person next to you, thank the instructor on your way out or ask them for clarification about a move if you need - then you're on your way to making friends, enjoying the classes and looking forward to next time.

Apart from exercising at SUSF, what do you do in your spare time?

Before I retired I was a teacher-librarian, so it will come as no surprise that reading, and listening to audio-books on my walk to and from the gym, are my other favourite pastimes. I love the Comedy Festival and the theatre. Now that I have a new grandson (the first grandchild) I will be traveling to NY to visit a few times a year.

If you're getting bored of the same workout, how do you mix it up to make it fun?

At the risk of admitting to being a Les Mills devotee, I have to say I love their programs, not least because of the great music and the choreography - it's so easy to come back each week. And who gets tired of catching up with friends?

You've been a member for many years, what keeps you coming back?

Apart from maintaining my fitness in a first class facility with the best programs and instructors, I keep coming back because of the sense of achievement and well-being that you earn from working hard in a class. There is a real sense of esprit de corps fostered by group fitness that for me has led to valued friendships and even the passing acquaintanceships that really enrich daily life.

Exercise and social interaction are both recommended for staving off depression and dementia. I can definitely vouch for the former, and am hoping that the latter holds equally true for me as well. Thanks SUSF.

The REAL reason exercise is great for your mental health

We all know exercise can make you physically stronger, but did you know it can also make you mentally stronger? Psychologist and SUSF Group Fitness instructor, Sophie Gray explains how you can fit exercise into your busy schedule.

Exercise empowers you and builds your resilience

No matter who you are or what your fitness level, exercise is uncomfortable (to put it mildly). Whether you're just starting out, maintaining your fitness or extremely fit it can always be challenging. BUT if you keep going, you get better... it may not always be in a straight-line, or happen quickly, but it happens. Although a trainer can help you set the right exercises, your friends can drag you to their favourite classes, or your running group can hold you accountable, you're the only one who can do the work to improve.

Why is this important?

Knowing that YOU are the one who has achieved the changes is empowering. How many times have you been to the gym (or a class) and thought, "this is impossible", but you've walked out of the class alive, having done everything (not necessarily perfectly)? Imagine if every time you thought, "THAT WAS SO HARD", you also recognised that, "IT WAS TOUGH, BUT I DID IT." This helps you develop self-efficacy: your belief in your ability to do something. You start to perceive yourself as someone capable of coping with uncomfortable, difficult, and seemingly-impossible situations.

Willpower ('mental strength') is like a muscle; it can be strengthened with regular 'exercise'. So, when you choose the gym on days you're tired, or choose to finish RPM even though your legs are burning, you strengthen your willpower. That can generalise to choosing to stop procrastinating, making healthier choices, or even doing things you've been putting off (going to the dentist, anyone?!). These actions are self-reinforcing - they're rewards in themselves - so you're more likely to repeat them and make choices that align with them. Sort of like that friend of yours who started going to one BODYATTACK class a week and is now a full-on meal-prepping, early-rising, health nut (we've all got one!).

But how do you fit it in?

There's a quote I love, "the truth will set you free, but first it will piss you off" and it applies here: you will find a way to fit exercise into your life if you want to. External changes will make it easier, but we can't always rely on those. Exercise has to be on your priority list.

This is difficult for anyone to hear, about anything they feel they can't do, because we are hearing something else. With exercise, that 'something else' could be: "You're not doing enough. Other people prioritise exercise but you don't. You *should* want to fit it in. You must be lazy..." and so on.

It's easy to get defensive, so we generate excuses. Although they're valid, they don't resolve the underlying problem. One issue is that we don't feel in control of our lives, which is sort-of true and sort-of not true. When events like injuries happen, they're often out of our control, but that doesn't mean we have zero control - we are in control of the next steps and our reactions.

This doesn't mean you have to be happy. It means you choose to do something to improve a difficult hand. Although we can't make a bad situation perfect, I believe it's better to take control of improving things than doing nothing whatsoever, don't you?

So, if exercise isn't a priority, how do you make it one so you can take control of improving (not perfecting) your life?

Here, it's worth looking at your value hierarchies; these are hierarchies comprised of actions (micro-routines) that help you to achieve your values. To be a priority, exercise must be a micro-routine enmeshed in a value hierarchy, so that your reasons to do it are meaningful. Rather than answering the question, "why does exercise matter?" with an external expectation or standard, you see how exercise can help you to achieve a higher goal or purpose.

"Because I should" - "Because I want to lose weight" - "Because I want to be fit"

Why?

To stay physically and mentally healthy to avoid disease and infirmity?

To prove to yourself that you can achieve a difficult goal?

To have more energy to run around with your kids?

What values do these help you achieve?

Being a contributing member of society?

Being a person who can inspire and help others?

Being a good parent?

Now, if you map out how exercise fits within your value hierarchy, you don't always have to choose it. Sometimes 'contradictory' micro-routines are necessary to achieving your values. Resting and relaxing, for example, also help you stay healthy, avoid burnout, and give you energy for your kids. Rather than black-and-white thinking, find a balance of micro-routines that help you achieve your values - remember, nothing is perfect, you're aiming to do the best you can with what you've got!

For more info on help with mental health, head to:

Sophie's Think Gray Psychotherapy blog: thinkgraydaily.blogspot.com.au

or Facebook page: facebook.com/thinkgraydaily



NEWS BITES

An International Flavour: In collaboration with the Welcome to Sydney Program, Sydney Uni Sport & Fitness recently had the pleasure of treating nine University of Sydney International students to an afternoon of top-grade rugby as our First Grade side took on Manly in Round 6 of the Shute Shield competition. Our special guests revelled in the occasion safely nestled in the impressive TAG Family Foundation Grandstand where they enjoyed a panoramic view of the on-field action. Perhaps the Students knew about our International spectators because they turned on the heat, stunning Manly in a 45-13 drubbing, seven tries to one.



Bursting Clear: The Sydney Uni Men's AFL team is charging hard in the North East Australian Football League (NEAFL), remaining undefeated after eight rounds. Sydney University sits atop of the ladder on 28 points, as at May 27, followed by the Brisbane Lions and Southport, both on 20 points. Sydney Uni's next game is the notoriously tough local derby against the fourth placed Sydney Swans Reserve side at the Sydney Cricket Ground on June 1. This game and upcoming clashes with the Brisbane Lions are shaping as possibly the season's defining rounds of the competition. Four of the NEAFL teams are reserve sides for the Sydney Swans, Brisbane Lions, Greater Western Sydney Giants and the Gold Coast Suns. When you look at the opposition, our Sydney Uni side is punching well above their weight and given their flying start anything is possible this season.



Table Toppers: There is no better way to stamp your authority on your opponents than to set the pace and lead from the front. A 'come and catch me if you can' mentality is exactly what the Sydney University Men's NSW Rugby League Tertiary Cup team are doing. After five rounds they are 5 from 5 and lead the ladder on 15 points, four clear of the second placed UTS Tigers who they meet in Round 6. Not wishing to be outdone, the Sydney Uni Tertiary Nines Rugby League team is also leading their competition, undefeated after four rounds.



Back in Front: Our Sydney Uni 1st NPL NSW Women's Football side has recently regained top spot on a tight ladder, as at May 27, after recently slipping to second place. Uni is making their move on 29 points, four ahead of arch rivals Macarthur Rams FC and 2017 Champions, Manly United FC, both pressing on 25 points. Two other sides sit ready to pounce on 24 points so Sydney Uni are locked in a real scrap if they are to remain in the coveted pole position. Goal Difference may be crucial in this competition and Uni currently hold a four goal lead over second placed Macarthur Rams. A swell of home ground support could make all the difference for Uni in this twelve team competition so please check out their upcoming games in our Home Events Calendar on the opposite page.



Flames Sign Seven: The Brydens Sydney Uni Flames have announced seven key signings ahead of their 2018/19 WNBL campaign to commence in October.

Following the announcement of Cheryl Chambers re-signing for an additional two years, the Flames announced Captain Belinda Snell will be returning, along with Tahlia Tupaea, Alex Wilson, Shanae Greaves, Lara McSpadden, plus new recruits, Brittany Smart and Alex Bunton.

WE ARE LIONS, ROAR WITH US. HOME EVENTS CALENDAR

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

JUNE

Date	Time	Sport	Game	Location
01.06.2018	4.10pm	Men's NEAFL	Sydney Uni vs Sydney Swans	SCG
02.06.2018	11.00am	Women's Rugby Union	Sydney Uni vs Uni of Wollongong	St John's Oval
02.06.2018	1.00pm	Men's Rugby League	Sydney Uni vs UTS Tigers	Macquarie University Oval
02.06.2018	6.00pm	Women's SEABL Basketball	Sydney Uni vs Dandenong	Brydens Stadium
02.06.2018	7.00pm	Men's NPL Soccer	Sydney Uni vs Southern Districts Raiders FC	Sydney University Football Ground
03.06.2018	4.30pm	Women's NPL Soccer	Sydney Uni vs Macarthur Rams FC	Sydney University Football Ground
09.06.2018	7.00pm	Men's NPL Soccer	Sydney Uni vs Bankstown City FC	Sydney University Football Ground
15.06.2018	8.00pm	Men's NPL Soccer	Sydney Uni vs Stanmore Hawks FC	Sydney University Football Ground
16.06.2018	12.00pm	Men's NEAFL	Sydney Uni vs Aspley Hornets	Blacktown International SportsPark
16.06.2018	4.20pm	Women's AFL	Sydney Uni vs Southern Power	Sydney University No 1 Oval
16.06.2018	6.00pm	Women's SEABL Basketball	Sydney Uni vs Kilsyth	Brydens Stadium
17.06.2018	4.30pm	Women's NPL Soccer	Sydney Uni vs Bankstown City FC	Sydney University Football Ground
23.06.2018	12.00pm	Men's NEAFL	Sydney Uni vs Gold Coast Suns	Blacktown International SportsPark
23.06.2018	2.00pm	Men's Baseball	Sydney Uni vs Quakers Hill Pirates	Petersham Oval
23.06.2018	3.00pm	Men's Rugby Union	Sydney Uni vs Randwick	Sydney University Football Ground
30.06.2018	1.00pm	Men's Rugby League	Sydney Uni vs Macquarie Uni Warriors	Kellyville Park
30.06.2018	2.30pm	Women's AFL	Sydney Uni vs Newtown Breakaways	Sydney University No 1 Oval
30.06.2018	6.00pm	Women's SEABL Basketball	Sydney Uni vs Bendigo	Hornsby Basketball Stadium
30.06.2018	7.00pm	Men's NPL Soccer	Sydney Uni vs Camden Tigers FC	Sydney University Football Ground

JULY

Date	Time	Sport	Game	Location
01.07.2018	3.00pm	Women's NPL Soccer	Sydney Uni vs Illawarra Stingrays	Sydney University Football Ground
06.07.2018	6.35pm	Men's Rugby Union	Sydney Uni vs Eastern Suburbs	Sydney University Football Ground
07.07.2018	2.00pm	Men's Baseball	Sydney Uni vs Marrickville (Alumni Day)	Petersham Oval
07.07.2018	3.00pm	Women's Rugby Union	Sydney Uni v Eastern Suburbs	Sydney University Football Ground
13.07.2018	7.00pm	Women's SEABL Basketball	Sydney Uni vs Frankston	Brydens Stadium
14.07.2018	12.00pm	Men's NEAFL	Sydney Uni vs Brisbane Lions	Blacktown International SportsPark
14.07.2018	7.00pm	Men's NPL Soccer	Sydney Uni vs Dunbar Rovers FC	Sydney University Football Ground
15.07.2018	4.30pm	Women's NPL Soccer	Sydney Uni vs Football NSW Institute	Sydney University Football Ground
20.07.2018	7.00pm	Women's SEABL Basketball	Sydney Uni vs Melbourne	Brydens Stadium
21.07.2018	11.00am	Women's Rugby Union	Sydney Uni vs Blacktown	St Paul's College Oval
21.07.2018	2.00pm	Men's Baseball	Sydney Uni vs Hawkesbury	Petersham Oval
21.07.2018	2.30pm	Women's AFL	Sydney Uni vs UTS Shamrocks	Sydney University No 1 Oval
28.07.2018	1.10pm	Men's NEAFL	Sydney Uni vs Giants	Spotless Stadium
28.07.2018	2.00pm	Men's Baseball	Sydney Uni vs Greenway	Petersham Oval
28.07.2018	7.00pm	Men's NPL Soccer	Sydney Uni vs Dulwich Hill FC	Sydney University Football Ground
29.07.2018	3.00pm	Women's NPL Soccer	Sydney Uni vs North Shore Mariners FC	Sydney University Football Ground

Anja

STRIKES GOLD

ON SATURDAY 14 APRIL, 2018, CURRENT SUSF ELITE ATHLETE PROGRAM MEMBER, ANJA STRIDSMAN WON THE GOLD MEDAL FOR AUSTRALIA IN THE WOMEN'S 60KG AT THE GOLD COAST COMMONWEALTH GAMES, DEFEATING ENGLAND'S PAIGE MURNEY IN THE FINAL BOUT.

“I REMEMBER THINKING ‘I DID IT. I ACTUALLY DID IT.’”

Anja recalls the exact moment the referee lifted her arm to declare her the gold medallist following a unanimous 5-0 point decision.

“As much as I thought it was possible for me to win, I knew that it was a long shot. To have worked so hard, for so long, and overcoming such a major injury in such a short time, it made me feel proud of myself and of my coach, for succeeding where most thought we’d fail.”

Remarkably, just eight months prior to winning a gold medal for her country, Anja tore her anterior cruciate ligament (ACL) while competing in Poland.

The debilitating knee injury – all too common in competitive sport – threatened to derail not only Anja’s Commonwealth Games campaign, but her ability to even qualify.

“I keep saying that throughout this journey, so many times, I was faced with the choice to either give up or to keep fighting. I obviously chose to keep fighting.”

Her ultimate victory at the Games followed two dominant performances against India’s Sarita Devi in the quarterfinal and New Zealand’s Troy Garton in the semi, where Anja proved herself as a voracious force in the ring.

“Although I wasn’t able to fight at 100%, in qualifying for, or at the actual Commonwealth Games, I think that attitude is what made it possible for me to pull this whole thing off despite all odds.”

Anja qualified for the Games without her ACL, having the replacement surgery before rigorous rehab in the few months between trials and the event proper.

“By no means was it easy,” she said. “My knee kept giving way on me whenever I escalated training, and as we got closer to nationals in November, I still hadn’t been able to spar. After my first and only spar before qualifying, we made the decision to fight to go to the Games.”

Anja’s story is a truly triumphant one, but the elusive gold medal does not mark the end of her pursuit of success in her

sport. She has her sights set on the World Championships in New Delhi at the end of the year, plus the event qualifiers in late-July, which means training will now intensify.

“Training varies; anything between 6-12 sessions per week with Sundays off,” she said.

“Mornings are for strength and conditioning and afternoons are boxing-based, doing partner work; drills or sparring. The afternoon sessions can go for an hour and a half to sometimes almost three hours. It’s generally a very high workload and pace, so it leaves little energy for other things.”

Except Anja is completing a Bachelor of Arts & Bachelor of Economics degree at the University of Sydney, having joined the Elite Athlete Program in 2018.

“Choosing to do full-time study at this time in my life and also having to work means I have to use my time really efficiently,” she said. “It’s not necessarily the sport and study that is difficult to balance for me so much as life in-between.”

Study is clearly no chore for Anja who says she has a passion for learning.

“I want to be able to take part in conversations about the world we live in, as well as take responsibility for my role in it. I study to improve my own person and allow myself to continue growing,” she said. “My subjects are all so different, but so relevant. I can apply a lot of what I’m studying to the world around me which makes it even more interesting.”

Despite being focused on completing her degree and the upcoming World Championships, representing Australia and winning gold at the Commonwealth Games remains a poignant and proud memory for Anja.

“Being a part of team Australia as a whole, not just the boxing team but as a country; both para and able-bodied athletes competing together – with basically the whole stadium backing you – was truly special. It’s something that will stay with me for a very long time.”

ATHLETES SCOOP SEVEN MEDALS AT GC2018

ANJA STRIDSMAN, NICHOLAS HOUGH, ANGELA BALLARD, ENID SUNG, NICOLA MCDERMOTT, KATIE-RAE EBZERY AND BELINDA SNELL.

These seven athletes won medals representing Australia at the 2018 Commonwealth Games on the Gold Coast. They’re also current or former members of the Elite Athlete Program, and students or graduates of the University of Sydney.

The seven medals won by these athletes, three gold, three silver and one bronze – across four disciplines – contributed to Australia’s medal count of 198.

The most success was seen on the athletics track at Carrara Stadium with Nicholas Hough finishing 3rd in the 110m Hurdles with a PB of 13.38 to take bronze. On the same night, Angela Ballard finished 2nd (3:36.85) to win silver in the Women’s T54 1500m.

Four days later, Nicola McDermott won bronze in the Women’s High Jump, recording a PB of 1.91m.

With 13 Sydney University Athletics Club representatives competing at the Games, the track and field program saw athletes produce a plethora of other outstanding results.

- Michelle Jenneke finished 4th in the Women’s 100m Hurdles final.
- Angus Armstrong finished 5th in the Pole Vault final, clearing 5.35m.
- Anneliese Rubie finished 3rd in the Women’s 400m semi, running a PB of 51.51 to qualify for the final. In the final, she finished 7th. A few days later, in the Women’s 4x400m, Rubie and team ran a SB to finish 5th.
- Madeline Hills finished 8th in the 10,000m and 10th in the 5,000m. Hills also made news for a tremendous act of sportsmanship on day five, where she and two other Australian runners waited for the last competitor to finish the 10,000m before leaving the field, cheering her on as she finished.
- James Nipperess finished 9th in the Men’s 3,000m Steeplechase.
- Larissa Pasternatsky finished 4th in the Women’s 200m semi.
- In the 400m hurdles, Ian Dewhurst finished 3rd in his heat with 49.84, just missing out on the final.
- In the men’s 100m, Rohan Browning finished third in the semi with a time of 10.29 however missed out on the event final by 0.001. Joshua Clarke missed out on the semi, clocking 10.56 in the heats. Both athletes also raced in the Men’s 4x100m relay, running a SB of 38:58 to finish 4th, just outside the medals.
- In the men’s 800m, Josh Ralph narrowly missed out on the final, finishing 3rd in his heat. In the 4x400m, Ralph and the Australian team finished 3rd with a final auto-qualification (3:04.22) to be given a DQ.

Outside of Carrara Stadium, Enid Sung performed exceptionally in the Rhythmic Gymnastics to win another medal for Australia.

She scored a total score of 47.450 to qualify for the Individual All-Around final. This score also saw her and Australian teammates, Danielle Prince and Alexandra Kiroi-Bogatyreva win bronze in the Rhythmic Gymnastics Team final, producing a combined score of 120.800.

Sung came painfully close to claiming her second medal in so many days, finishing the Individual All-Around final with 50.725 points, 0.775 points off third place. In the individual apparatus finals, Enid Sung finished 4th in the hoop final, 8th in clubs and 6th in ribbon.

The Australian Opals, with Brydens Sydney Uni Flames Captain, Belinda Snell, Katie-Rae Ebzery and Coach, Cheryl Chambers, had a flawless campaign to win the gold medal for Australia in women’s basketball. The game was Snell’s last for Australia after announcing her retirement from international competition, having played 159 games in the green and gold.

Kane Townsend was part of the Australian table tennis team that defeated Kiribati, Scotland and Sri Lanka. While these strong performances saw the team progress to the quarterfinal, they fell to Nigeria, 3-1. In the Men’s Doubles, Kane and David Powell were beaten by a Singaporean duo, 3-0, unfortunately marking the end of Kane’s campaign.

Sarah Roy finished 5th in the Women’s Road Race, maintaining a top-five position through each split and throughout the entire 112.2km circuit. Also in the cycling, Ashlee Ankudinoff, member of the former NSWIS Sydney Uni Road Cycling Team, won gold in the Women’s 4,000m Team Pursuit.

Congratulations

TO ALL 19 ACADEMIC ATHLETES ON A PHENOMENAL CAMPAIGN

ANGUS ARMSTRONG
ROHAN BROWNING
JOSHUA CLARKE
KATIE-RAE EBZERY
MICHELLE JENNEKE
NICOLA MCDERMOTT
BELINDA SNELL
ANJA STRIDSMAN
ANGELA BALLARD
IAN DEWHURST

MADELINE HILLS
NICHOLAS HOUGH
JAMES NIPPERESS
LARRISA PASTERNAISKY
JOSHUA RALPH
ANNELIESE RUBIE
ENID SUNG
KANE TOWNSEND
SARAH ROY

PROTEIN POWDER

THE WHEY TO GO?

THERE ARE THOUSANDS OF NUTRITIONAL SUPPLEMENTS ON THE MARKET IN AUSTRALIA. THEY PROMISE WEIGHT LOSS, MUSCULAR GAINS, IMPROVED METABOLISM, ELEVATED ENERGY.

There are powders and shakes and bars AND – suddenly you've spent \$300 on a 5kg tub of something that tastes like off pancake batter and you have absolutely no idea what anything on that 62-ingredient list even is. Ouch.

The promise of rapid results is undeniably alluring. That's why the supplement industry is booming. But does the average gym goer really need added protein to accelerate their results or would a more balanced diet do the trick? Rachel Finch enters the supplement debate.

YAY

- **Convenience:** *wake up, run out door, lecture, tutorial, gym, uni*... This was an average day in my undergrad degree. My textbooks and laptop and sweaty gym clothes became one big happy family in my backpack. There wasn't much room for the big old lunch box I carry around now. After a workout, the body needs protein and carbohydrates to refuel. A scoop of high quality protein powder in a shaker is a quick, simple and space-saving way to make sure you're staying on top of your post-exercise nutrition.
- **Supporting a nutrient poor diet:** in an ideal world (well, my ideal world anyway!) everyone would eat a balanced diet of fruit, vegetables, dairy, grains, lean protein and healthy fats. But for so many reasons, this is often not the case. Supplements can support macronutrient deficiencies, such as those who avoid certain food groups e.g. vegans, dairy free etc.
- **Elite athletes:** these guys train hard and eat hard (sounds like heaven, right?) Seriously though, the amount of food most elite athletes need to consume to support their physical output is often much more than what they can actually eat in a day. A kilojoule dense protein powder can help them meet their protein requirements, enhance performance and aid recovery¹, without forcing them to drink endless chocolate milkshakes (like I said, heaven).

NAY

- **Expensive:** Some protein supplements can set you back hundreds of dollars. Your guess is as good as ours as to which products are worth the price tag.

- **Additives:** 'Peanut Butter Triple Choc Fudge Sundae' flavoured protein powder. Sounds too good to be true? It usually is. Those crazy flavoured proteins often include salt, sugar and synthetic additions to improve the flavour, texture and dissolvability. Some good news is that consumers are becoming increasingly health conscious, encouraging a shift in the market towards 'pure, clean' protein products.
- **How much do you actually need:** Sure, elite athletes require additional protein intake for performance, but for the average gym goer, the National Health and Medical Research Council recommends about 2.5 serves of protein a day for women and about 3 serves for men² (varies with age, activity and health).

Considering other foods like wholegrain bread and yoghurt are also good sources of protein, a healthy balanced diet will generally facilitate adequate protein consumption.

THE VERDICT

When trying to decide whether to supplement with protein powder, consider:

1. How much protein does your body need each day?³

- **Women:** ~0.75g protein for every kg of body weight.
- **Men:** ~0.84g protein for every kg of body weight.

2. How much protein are you already eating?

- Your diet might already be protein-plentiful.

3. What are your goals?

- Weight loss, improved performance, gain muscle, improved recovery times – these goals are distinctive and change your protein requirements.

4. How do you like your energy?

- Don't forget, protein and protein powders are still kilojoule bearing: 1g protein = 17kj. Each to their own (but I'll pick eggs on wholegrain toast over a watery protein mix every time!).

Rachel Finch is a Student Dietician, Les Mills Group Fitness Instructor and blogger at Resolve with Rachel.

Website: resolvewithrachel.wixsite.com/resolve

Instagram: @resolvewithrachel

1. Hoffman, J.R. and Falvo, M.J., 2004. Protein – Which is best?. *Journal of Sports Science & Medicine*, 3(3), p.118 – 130.
2. National Health and Medical Research Council. 2013. *Australian Dietary Guidelines – Summary, Eat for Health.*
3. National Health and Medical Research Council. 2005. *Protein. Nutrient Reference Values for Australia and New Zealand.* p. 29-33.





ON WEDNESDAY 11 APRIL, SYDNEY UNI SPORT & FITNESS HOSTED THE 2017 SPORTS AWARDS AT THE GREAT HALL.

With the 2018 Commonwealth Games in full swing, there was an electric buzz surrounding the evening that honoured the exceptional achievements of Sydney University's sporting clubs and athletes in 2017, and recognised new scholarship holders for 2018.

2017 SPORTSWOMAN & SPORTSMAN OF THE YEAR

In a year of outstanding performances, Wallis Russell (Boat) and Belinda Snell (Brydens Sydney Uni Flames) shared the 2017 Female Sportswoman of the Year award, while Anthony Hrysanthos (Water Polo) was named Sportsman of the Year.

Wallis (pictured) is a talented rower, who despite still being classified as a Junior (U19) in 2017, competed in U23 and Open Aged events with distinction. She was a member of the winning Women's Eight from Sydney University Boat Club at the prestigious Gold Cup regatta and competed for the Sydney University Women's crew in the Australian Boat Race, winning the Bella Guerin trophy for the first time. Wallis was also selected in the 2017 Australian Rowing team in the U23 Lightweight Women's Quadruple Scull, who placed 6th at the World Championships.

Brydens Sydney Uni Flames Captain, Belinda Snell could not be there on the night to accept her award as she was competing at the Commonwealth Games with the gold-medal winning Australian Opals. Snell is a three-time Olympic medallist, a FIBA World Championship gold medallist and a two-time Commonwealth Games gold medallist. She captained the Flames to the 2016/17 WNBL Championship and was also named the University of Sydney Female Blue of the Year for 2017.



Sydney University Men's Water Polo Club goalkeeper, Anthony Hrysanthos (pictured), had an outstanding season both nationally and internationally. He was selected in the Australian side, competing in a number of tournaments ahead of the FINA World Championships where Australia finished 7th. He was an integral member of the Sydney University National League team, who won the minor premiership and finished the season as runners up. He was also selected on the Green and Gold team at the 2017 Australian University Games.

2017 AWARD WINNERS

Demonstrating the all-round strength of the University's sporting clubs, there were highly successful candidates in all categories.

-  **Vice Chancellor's Participation Program of the Year**
Student League - Sydney Uni Touch Football Club

-  **The Pat Sharp Female Club Administrator of the Year**
Tina Gao - Taekwondo

-  **The Rosenblum Male Club Administrator of the Year**
Chas Wilkinson - AFL Men

-  **The Professional Administrator of the Year Award**
Dustyn Butler - Boat

-  **The Ann Mitchell Award for the Most Outstanding Performance at the Australian University Games**
Boat

-  **Club of the Year**
Netball

-  **Premier Club of the Year**
Boat and Brydens Sydney Uni Flames

-  **Coach of the Year**
Andrew Ogborne - American Football

-  **Premier Coach of the Year**
Alfie Young (Boat) and Cheryl Chambers (Flames)



THE VICE-CHANCELLOR'S PARTICIPATION PROGRAM OF THE YEAR AWARD

A new addition to the Sports Awards this year was the Vice-Chancellor's Participation Program of the Year. This award was introduced to acknowledge programs that provide Sydney University students with the opportunity to get involved, engage in an active lifestyle and increase their student experience.

In a field that included Sydney Uni Basketball Club's Basketball League and Sydney Uni Sport and Fitness' Social Netball Competition, it was Sydney Uni Touch Football Club's Student League that took out the inaugural award (pictured above). Continually growing, the league currently has 192 University of Sydney students competing socially and competitively, and is widely enjoyed by all participants.

Congratulations to all award winners who join the prestigious honour roll of sporting excellence at Sydney University!

Tackling the Tall-Order

SUSF ELITE ATHLETE PROGRAM MEMBER AND RECENT SENATE SCHOLARSHIP RECIPIENT, ERIN MCKINNON, PROVES THAT YOU CAN BALANCE COMPETING IN SPORT WHILE MAINTAINING OUTSTANDING GRADES.

Carly Aasheim sat down with Erin, or 'Tall Erin' as she's affectionately known at her club, the Sydney Uni Bombers, to talk AFLW, study and life after sport.

How did it feel to be awarded the 2018 Senate Scholarship for outstanding academic achievement?

It was really great to be acknowledged for my academic achievements, especially considering how challenging it is to try and do well in uni while playing sport at a high level.

You're currently studying a B. Applied Science (Exercise and Sport Science) at Sydney University. What's your favourite part of the degree?

Studying Exercise and Sport Science, I quite like how it incorporates a lot of topics which I can relate to my own experiences playing sport.

What is your dream job?

I know that I want to work in the elite sport industry, though in what area exactly, I'm not sure. Originally, I wanted to be a physiotherapist, but now I think I'm more keen on strength and conditioning coaching or sports analysis.

What is your biggest sporting achievement so far?

My biggest sporting achievement would have to be being named in the AFLW All-Australian team this year.

What was the best part about your most recent season?

This last season at the Giants was really amazing. It was great to be a lot more successful this year (finished 4th on the ladder), but quite disappointing to fall short of the Grand Final. The best part would have to be the great group of girls that made up the team as we all got along so well. Also having Alan McConnell come on board as head coach.

Where do you see yourself in 10 years?

Hopefully, if all goes well, I'll still be playing AFLW. By being drafted at such a young age, it's great to have this option.

How do you balance study and sport?

Time management and being organised is really important when it comes to balancing study and sport. After I get home from uni I have to make sure I prioritise all of my homework, assignments and study, and make sure that I utilise the limited time I have before trainings to the best of my ability, rather than just sitting on the couch and watching TV, no matter how tempting it is.

What advice do you have for athletes who are struggling to balance their sport and study?

Try and organise yourself sooner rather than later. I find putting together study schedules a couple of weeks before the exam really helps me. That way I can see how much time I have in between sporting commitments so that I'm not as stressed the night before a final exam.



RIG COMPLETES SUSAC GYM EXTENSION

SYDNEY UNI SPORT & FITNESS HAS OFFICIALLY OPENED 350M² OF NEW GYM SPACE AT THE SYDNEY UNI SPORTS & AQUATIC CENTRE (SUSAC), AVAILABLE TO ALL GOLD AND SILVER PASS MEMBERS.

The exciting new functional training zone features fresh wall aesthetics and is fitted with a fantastic range of equipment, giving members the opportunity to create a range of High Intensity Interval Training (HIIT) workouts.

New Equipment Features Include:

Hammer Strength HD Athletic 'Rig'

Versatile and functional apparatus perfect to mix up and enhance strength and performance training.

17-metre Sled Track and Sled

Improve strength, speed and power.

Two TRX Stations

Low impact full body workout to improve cardio and strength.

Battle Ropes

Combined cardio and strength training targeting core and upper body.

Two Octane Assault Bikes

Upper and Lower Body HIIT workout great for metabolic conditioning.

The space is equipped with cross grind 12mm black rubber flooring and attack turf, featuring two SUSF-branded logos. It is home to a range of state of the art equipment including a plyometric foam box jump, a brand new kettlebell set (4-32kg), a full med ball set (2-10kg), SUSF-branded elite weight plates (94 in total, ranging from 5-20kg) and SUSF-branded dumbbells (complete set ranging from 10-50kg). It also includes a number of new benches (flat and Olympic) and barbells. Plus there is all of the gyms existing features: cardio and strength equipment, free weights, jump ropes, resistance bands & more.

HEAD INTO THE SYDNEY UNI SPORTS & AQUATIC CENTRE TO SEE THE NEW SPACE TODAY AND LOOK OUT FOR THE OFFICIAL LAUNCH OF OUR UNLEASH GROUP TRAINING PROGRAM!



HAMMER STRENGTH HD ATHLETIC 'RIG'



17-METRE SLED TRACK AND SLED



TWO TRX STATIONS



BATTLE ROPES



TWO OCTANE ASSAULT BIKES

STUDENTS TAKE TOKYO



SYDNEY UNIVERSITY FOOTBALL CLUB EMBARKED ON A GROUNDBREAKING TOUR TO TOKYO, JAPAN IN THEIR 2018 PRE-SEASON. THE TOURING SQUAD INCLUDED A HEALTHY MIX OF COLTS AND GRADE PLAYERS, WHO WOULD PLAY THREE BLOCKBUSTER MATCHES AGAINST SOME OF JAPAN'S FINEST TEAMS. THE 10-DAY TOUR WAS A GREAT CULTURAL EXPERIENCE FOR THE PLAYERS, AND ALLOWED THEM TO GET SOME EXTRA PRE-SEASON GAME TIME UNDER THEIR BELTS, WRITES HARRY CROKER.

The Students landed in Tokyo a couple of days out from their first match against Meiji University. This match would be no walk in the park; Meiji had just come off the back of a successful season in the Japanese National Championships, where they lost in the decider against Teikyo University. However, this did not sway the confidence of the boys in the blue and gold hoops as they took the field in front of a crowd in its hundreds.

The rugby gods had blessed Meiji Uni's Hachimanyama field with cool, dry playing conditions – perfect for running rugby. The transition of up-and-coming colt, Tom Osborne, from prop to second row paid dividends, as the visitors dominated all

facets of the set piece. In the backline, smooth handling and good running lines allowed a flexible, broken style of play to unfold – which the Meiji backs simply couldn't contain. Winger, Ed King, bagged himself a double, while hooker, Declan 'Bison' Moore picked up a hat-trick, and was named MVP of the match. Defensively, Uni let in more tries than they would've liked, however, the players put this down to first game cobwebs, and would regroup and refocus before their next match against the Japanese U20s national side. The final score: a comfortable 56-38 victory. Unfortunately, fullback, Ethan Miller, suffered severe ligament damage to his ankle during the match, which ruled him out of the remaining games of the tour. The game was played in good spirits, which made for an entertaining post-match function. The Meiji hosts provided an abundance of rice and beef bowls, and taught the Aussies some local, social quirks, such as insisting on filling up someone else's beer before your own, and bowing before walking onto the rugby pitch.

Game two: the Japanese U20s. The Students were lucky enough to play this fixture at the Canon Eagles' home ground – a Japanese Top League franchise. The U20s side showed their professionalism early, beginning their intense warm-up over an hour and twenty minutes before kick-off. The national side looked well-drilled, but this would not deter the courageous Students. With a strong wind in his face, playmaker, Joe Schwager, found it difficult to use his radar-like boot for good field position. The unfavourable wind, combined with limited attacking opportunities, meant the Students went into the sheds at halftime behind on the scoreboard.

At the resumption of the match, the Students wasted no time catching up, using the wind to their advantage and letting the

ball sing to the backs. To put it bluntly: Sydney Uni put on a clinic against the junior Cherry Blossoms. Combinations began to click, and the hosts simply couldn't handle the mongrel that the Australians brought – led by enforcers, Hamish Dunbar and Will McDonnell. While Japan was technically superior at scrum time, it made no difference; Uni notched up their second victory on the trot. The final score didn't serve justice to the dominant display by the Students, finishing 43-27. Another extremely hospitable post-match function followed, and Japan sent the boys off with luck for their final match against the Meiji Old Boys.

After their previous victories, the Students were confident going into their third and final match against Meiji Uni Old Boys, but not complacent. The Old Boys would be their toughest opponents yet as the club had produced many talented rugby players over the years – all of which were available for selection. To put things in perspective, the incumbent Japanese national flyhalf is a Meiji Old Boy, and so, pulled on the boots for the match. A large crowd gathered to spectate the hard and fast contest. The Students matched the Old Boys in the lineout department, however, weren't up to Meiji's scrummaging prowess. With fairly even possession statistics, Uni went into the sheds at halftime slightly behind: 14-12. The Old Boys rolled out a fresh XV for the second half, which proved to be the nail in the coffin for the visitors. Despite bringing more mongrel, and bigger defensive contacts, 10 days of touring had taken its toll. A gutsy performance from the blue and gold couldn't prevent the loss, with the final score ending up 54-12.

All in all, the tour was a success for the Students, and a once-in-a-lifetime cultural experience for everyone involved.

ON-FIELD



2/3 WINS



3 MATCHES IN 6 DAYS WITH A SQUAD OF 25

OFF-FIELD

THE BOYS EXPERIENCED MANY DIFFERENT ASPECTS OF JAPANESE CULTURE, FROM THE LOCAL CUISINE, THERMAL HOT SPRINGS, SHRINES, TEMPLES, HEDGEHOG CAFES AND KARAOKE BARS, AS WELL AS HAVING THE UNIQUE OPPORTUNITY TO WATCH PROFESSIONAL SUMO WRESTLERS TRAINING IN A SUMO STABLE.

CONQUER THE COURT



Sydney Uni Sport & Fitness recently partnered with the East Coast Squash Academy (ECSA) to create a fantastic opportunity for students and community members to develop skills, have fun and learn from some of Australia's best squash coaches at the Sydney Uni Sports & Aquatic Centre courts.

EAST COAST SQUASH ACADEMY

Founded in 2013 by Aaron Frankcomb, the academy's vision is to reinvigorate squash in Australia. Aaron and his team of elite coaches offer a range of programs to help their students develop advanced skills, regardless of their current ability or fitness level.

Aaron was formerly World #38 on the Professional Squash Association World Tour and is currently ranked No.1 in the NSW Men's rankings. He has 25 years of playing experience, 14 years of coaching experience and four years as the founder and head professional at East Coast Academy.

Coaching opportunities offered by East Coast Squash Academy at Sydney Uni Sports & Aquatic Centre include:

PRIVATE COACHING

The pinnacle of East Coast Squash Academy's premier service, players are coached on individual aspects of the game requiring improvement. Players will develop advanced skills to achieve greater mastery and understanding of the game, regardless of age or current playing ability.

SMALL GROUP CLASSES (MAXIMUM 6 PLAYERS ON TWO COURTS)

BEGINNER

- Provides the perfect introduction to the basics of the game including swing, movement, strategy and an understanding of the rules.
- Includes intensive cardio work so players get the best mix of fitness and technique within a small class size.

INTERMEDIATE

- Different theme each week to build a firm foundation.
- Includes feeding, drills, routines and conditioned games.

ADVANCED

- Expands on existing skills by targeting one aspect of the game at a time.
- Includes feeding, drills, routines, conditioned games and match play.

CLINICS - TWO HOUR SESSIONS

The two hour session format accelerates learning and retention for critical elements of squash. Involving multiple players and focused feedback, the interactive session is designed to combine theoretical learning with practical application.

SHORT HIGH INTENSITY INTERVAL TRAINING SESSIONS

Each session has a specific outcome with drills, routines and exercises designed to focus on specific skill/ability development. The sessions combine movement and technical development.

WHY PLAY SQUASH?



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SUITS ANY EXPERIENCE AND ABILITY LEVEL



PLAY SOCIALLY OR COMPETITIVELY

ECSA'S ACCOMPLISHMENTS

- Largest junior development program in the country (150 participants)
- Coached 5 top 10 nationally ranked junior players
- Coached 3 Australian Junior National Champions
- 4 NSW Players Ranked #1 in their age group

FURTHER INFORMATION:

Email: aaron@eastcoastsquashacademy.com.au

Website: www.eastcoastsquashacademy.com.au



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lions break 13-YEAR DROUGHT

The athleticism, reach and anticipation of Sydney University Lions goalkeeper Anthony Hrysanthos was put to the test in a penalty shoot-out to decide bragging rights for the 2017-18 National Water Polo League men's title.

In a gripping final against Fremantle Mariners at the Olympic Park Aquatic Centre, Hrysanthos, who is also entrusted in front of goal by the Aussie Sharks, made three crucial saves in the shoot-out to give the Lions their first title in 13 years.

Hrysanthos was duly awarded the Tom Hoad Medal for Most Valuable Player of the Finals Series.

In a very physical encounter the Lions took a 3-1 lead into half-time. The arch rivals traded a goal apiece in the third quarter and went into the final quarter at 4-2.

Both sides cut loose in attack and with a minute on the clock the Lions were up 8-7 before Mariners captain Joel Swift scored to send the match into a shoot-out. It was gripping stuff.

Hrysanthos came to the party and the Lions maintained an unbeaten run with 19 wins and a draw through the season proper – and the minor premiership – a major semi-final win and a win to claim the title.

Lions captain Michael Rosenthal said the win was a long time in the making.

"It feels very good; we worked hard," he said. "Everyone this year made sacrifices and we developed Championship habits."

"We needed to get over the hump of coming second. There

was a culture shift where we started doing things right the whole year long and by the end of the season we had the confidence that we had done what it takes to win."

"After I missed the first penalty in the shoot-out I had a sense of calm because I knew that Tony (Hrysanthos) was going to block some and the rest of the guys were going to make it... it just felt like this was our year."

Lions Head Coach Dusan Krstic agreed. "It wasn't just this year, we have been working for this over the last four years," Krstic said.

"I am really proud of the boys that got through the season undefeated and then we won this gold medal. Our goalkeeper was amazing, saving three goals in the penalty shoot-out. To win a gold medal after 13 years ... I am in shock."

"I think this season we finally got used to each other, we changed the whole culture and we became a family ... all the 20 players were treated equally. We had a long bench this year which was key, we covered every position."

"I didn't like us going undefeated throughout the season as it could be a sword with two blades. I said to the boys we are not invincible we just need to play as we played the whole season."

The Lions took the gold medal ahead of Fremantle Mariners, with ACU Cronulla Sharks earlier in the day taking out the bronze medal.

While Hrysanthos collected the Tom Hoad Medal, team-mate Goran Tomasevic won the Charles Turner Medal for the Most Valuable Player for the Season and was also named in the 2018 AWL All Star Team.

The win capped a remarkable year for Hrysanthos who was selected in the Aussie Sharks Australian side early in 2017, competing in the FINA World League Intercontinental Tournament on the Gold Coast. He played a major role in helping the Sharks secure the gold.

He was also a part of the National team that attended the FINA World League Super Finals, where they placed 7th; the Syracuse Cup, where they finished 3rd; and the FINA World Championships, where the Sharks finished 7th.

Hrysanthos also had a very successful season competing for the Sydney University Lions in the Metropolitan competition, where they finished with the gold, and the National League, where the Lions took out the silver in 2017. He was also selected on the Green and Gold team at last year's University Games.

And to cap it off he was named Sportsman of the Year at the annual 2017 Sports Awards presentation dinner in the Great Hall.

In the women's final, Sydney University's push for a third consecutive title fell one goal short when UNSW-Wests Tigers prevailed 5-4 in a tense final.

After finishing fourth on the competition ladder, Sydney University won their preliminary final and semi-final to earn a berth in the season decider. But they had to be content with the silver medal for 2018.

The combined efforts of the men's club and the women's club led to them being awarded the Peter Kerr Trophy for the Club Championship.

Sydney University water polo is in good hands.



STUDENTS TEACHING STUDENTS LIFE SKILLS

LEARNING TO SWIM IS CHALLENGING YET VERY REWARDING. IN SEMESTER 1, 2018, SYDNEY UNI SPORT & FITNESS INTRODUCED A FREE WATER SAFE PROGRAM FOR UNIVERSITY OF SYDNEY STUDENTS WITH LIMITED OR NO EXPERIENCE IN WATER.

Run out of the Sports & Aquatic Centre's Peter Montgomery heated indoor pool, the 10-week course attracted 108 enrolments.

The primary aim of the program was to provide students with the skills and confidence needed to survive in and around water – something that many Australians take for granted. A secondary aim of the program was to provide these students and their instructors with a genuine campus experience that they will hopefully remember and cherish forever.

A unique aspect of the program is the student to student connection achieved through all Water Safe Program instructors being USYD students themselves.

Having student teachers has allowed the Water Safe participants to build rapport with other University students and, in many cases, has provided the students with their first

real interactions with University students outside of their immediate peer groups. Conversely, it has also given our Water Safe instructors a terrific insight into the lives of other students on campus.

A social event was also held for all water safe participants allowing them to discuss their experience and in November this year, SUSF are planning to coordinate a visit to a beach which will include a briefing session with a Surf Life Saving Club.

Registrations for the Semester 2 Water Safe Program open Monday 2nd July, 2018. Interested or know someone who might be?

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JOIN US IN OUR FIVE BY '25 PROJECT

Donating to our Elite Athlete Program is more than a donation to sport, it is an investment in the future of our brightest stars and fuels the hopes and dreams of all Australians, writes Jo Brischetto.

Sport reminds us that **ANYTHING** is possible.

A passion for sporting success is embedded in Australia's identity. It's part of the Australian culture that connects our diverse population to a common drive - seeing sporting dreams achieved.

Elite sportspeople are our heroes – we share their journeys and understand that becoming a champion is a full-time commitment.



Elite athletes at the University of Sydney face the unique challenge of managing an intense training schedule alongside their demanding academic endeavours.

Studying athletes need support and time to train, recover and compete if they are to deliver the exceptional performances we have all come to expect, while still succeeding in their academic endeavours. Although deeply rewarding, we also acknowledge that these journeys are long and challenging and not without significant sacrifice.



From international to intervarsity-level sport, Sydney University is well-represented in the winner's circle. The Elite Athlete Program is fundamental to this success, with a dedicated staff providing a broad suite of invaluable services so our most promising athletes can reach their potential.

Just as our SUSF athletes are fuelled by ambition and dedication to reach their sporting goals, we are passionately committed to ensuring they have the holistic support they need to allow them to grow as an athlete and a community leader. To do this, we are reaching out to the community to help us fund this support for our future heroes.



With your help, our goal is to raise \$5 million by 2025 to ensure that excellence in sport and tertiary studies remains achievable.

It is our strong hope that with your philanthropic donations, we can reach our **Five by '25 target** to support our SUSF Elite Athlete Program and sporting clubs for many years to come!

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- A complimentary fitness assessment
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- A free locker at each visit
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AN INNING WELL PLAYED



THE DIRECTOR OF CRICKET AT SYDNEY UNIVERSITY CRICKET CLUB (SUCC) TOOK HIS LEAVE AT THE END OF THE 2017-18 SEASON AND LEFT A WONDERFUL LEGACY, WRITES GRAHAM CROKER.

When Gary Whitaker arrived on the campus at the start of the 2010-11 cricket season he had no idea the next eight years would shape him as much as he shaped the Sydney University Cricket Club.

During his tenure as the Director of Cricket, SUCC won the 2013-14 Club Championship, four First Grade titles, a First Grade Limited Overs title, four Second Grade premierships, and premierships in Thirds, Fourths and the Metropolitan Cup. Gary was named Sydney Cricket Association Coach of the Year in 2013-14 and he was also acknowledged as the 2016 Sydney Uni Sport & Fitness Premier Coach of the Year.

In the season just finished, First Grade won the Limited Overs Championship and were runners-up as defending premiers in the two-day Belvidere Cup competition, Third Grade were Mitchell Cup premiers and Second and Fourth Grades were finalists.

With that envious record on the board, it's interesting to hear that Gary's career was evolving as much as the cricketers he was coaching.

That came about as he totally embraced the ethos of Sydney Uni Sport's Elite Athlete Program (EAP).

"The emphasis is just as much, if not more, on academia as it is on sport," he said. "The athletes on the programs are gifted academically and in their chosen sports. When they learn the importance of time management and dedication, they can achieve in both fields."

"Younger cricketers coming through to state rookie contracts and representative teams such as Country Seconds are learning how to manage their studies with the time required for cricket training and games. And they're probably becoming better players through the dedication and quality time they put into training."

"That's where the staff at the EAP are so good in helping the athletes with their study and sporting schedules."

And, as a coach, Gary found the SUSF model provided some added benefits. "Many of the sports are based in the same area, so I was able to meet other coaches on a daily basis."

"It was informative to talk with the likes of Karen Dalton (basketball), Chris Malone (rugby) and more recently Rob Taylor (rugby) among others about their coaching methods and player management. It certainly helped to improve my coaching methods."

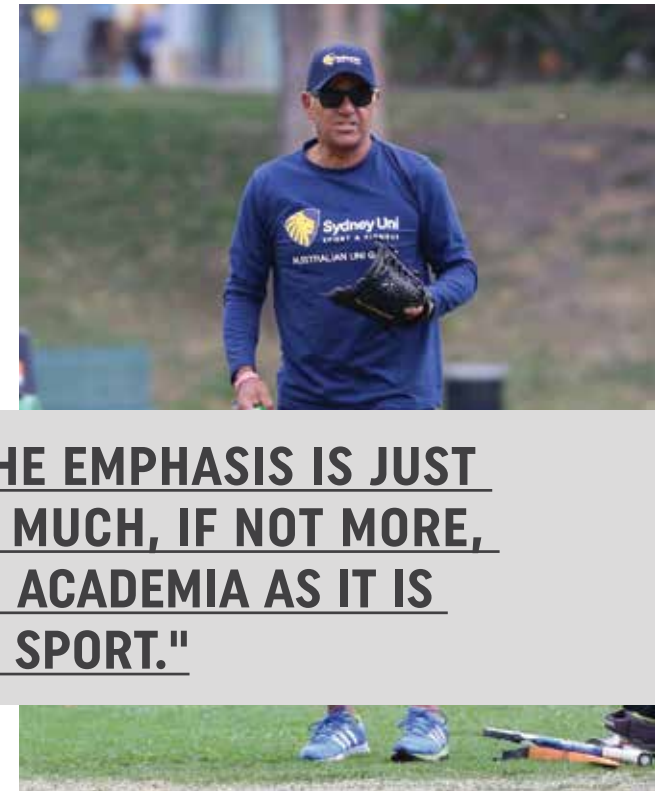
While watching many young cricketers advance through the ranks, Gary continued to develop his skills by undertaking a Master's degree in coaching which he completed in 2016.

"I've had a wonderful time on campus thanks to the players who've come through the ranks, the SUCC board, Sydney Uni Sport & Fitness and the EAP staff. It's been awesome."

"I would have loved First Grade to win back-to-back titles this season, but Parramatta posted a big score and their fast bowlers performed well to restrict us from reeling in the total. Our Third Graders were outstanding winning their title."

"Overall it was another good season without being outstanding. I think the club is in good stead."

Meanwhile, Universities wicketkeeper Georgia Redmayne produced a stunning, unbeaten 141 against St George-Sutherland to help the Students to the 2017-18 Sydney Women's First Grade cricket title.



"THE EMPHASIS IS JUST AS MUCH, IF NOT MORE, ON ACADEMIA AS IT IS ON SPORT."

The stylish left-hander hit 13 boundaries and a six in her 149-ball stay as Universities posted an imposing 5-289 off their 50 overs in the season decider at Blacktown International Sportspark.

She shared a 188-run first wicket partnership with opener Ashley Day, who scored 79, with nine boundaries in her 108-ball stay.

Raised in Alstonville in northern NSW, Redmayne played at state level from Under 15s to Under 18s.

She made the NSW Breakers squad in 2014-15 and made her debut in the Women's National Cricket League final.

Playing for Universities in the 2015-16 season in the Sydney Women's Grade competition, she was named First Grade Player of the Year after notching 656 runs for the season at the healthy average of 82. Not surprisingly, Universities also won the title that season.



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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 competes 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:
www.suanfc.com afl@sport.usyd.edu.au
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 19 NSW titles in their history and have extended their unprecedented run of consecutive championships starting from 2003 to 15 in a row.

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 intervarsity competitions throughout the year, including the Nationals, 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.sydneyuni.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.sydneyuniflames.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.sydneyuniversitycanoeclub.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.sydneyuniversitycricket.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

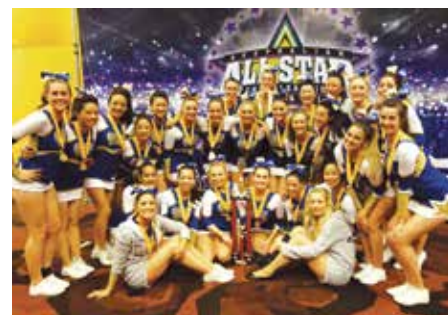


GOLF

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 sydnicheer@gmail.com



HANDBALL

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

FOR MORE INFORMATION:

handball@sport.usyd.edu.au



HOCKEY

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

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.sydneyjudo.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.usydkeno.com kendo@sport.usyd.edu.au



NETBALL

The Sydney University Netball Club is open to all abilities. The club enters teams 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 Nationals.

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.sydneyunirugby.com.au (Men) sufc@sport.usyd.edu.au
 (Women) www.sydneyuniwomen.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 Nationals, winning a gold medal in 2011. All players are welcome!

FOR MORE INFORMATION:
softball@sport.usyd.edu.au



SQUASH

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

FOR MORE INFORMATION:
squash@sport.usyd.edu.au



SWIMMING

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

FOR MORE INFORMATION:
www.sydneyunisc.swimming.org.au suscsecretary@gmail.com



TABLE TENNIS

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

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 Nationals.

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 Nationals, 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 the Nationals where the club has posted excellent results since the sport's inclusion.

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.suilionswaterpolo.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



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Opening hours

Monday-Friday: 5.30am - 10pm, Saturday: 6am - 8pm, Sunday: 7am - 10pm.

- 📞 (02) 9351 4978
- ✉️ nmrc@sport.usyd.edu.au
- 📄 (02) 9351 4982
- 📍 Cnr Codrington St & Darlington Ave



Image credit: Angie Kim

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- Both beginner and intermediate climbing programs can be organised on request opening hours

Opening hours

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

- 📞 (02) 9351 8115
- 📍 Arena Sports Centre, Western Avenue



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.

- 📞 (02) 9351 4978
- ✉️ tenniscoaching@sport.usyd.edu.au



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- Multi-purpose sports hall
- 3 badminton courts

Opening hours

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

- 📞 (02) 9351 8111
- ✉️ arena@sport.usyd.edu.au
- 📄 (02) 9351 8105
- 📍 Arena Sports Centre, Western Avenue



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- 📞 (02) 9351 4978
- ✉️ swimschool@sport.usyd.edu.au

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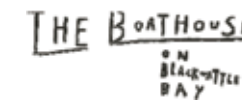
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