

# ROAR



**Sydney Uni**  
SPORT & FITNESS

**40**

SPRING  
2018

**05**

## MEMBER MEETS

Insights into how to prioritise your health at Uni with international student, Minh Nguyen.

**10**

## ROWER ON THE RISE

Wallis Russell joins the ranks of ROAR's 'Top 40'.

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## NUTRITION

Find a healthier version of your favourite comfort meal.

*Celebrating*  
**40 EDITIONS**





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# Campus Map



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## FROM THE EDITOR

### CELEBRATING 40 EDITIONS OF ROAR

A small, blue and gold lion emblem snuck onto the first ROAR cover just over 10 years ago and has proudly remained ever since. Now into its 40th edition, the flagship publication of Sydney Uni Sport & Fitness continues to inform; inspire and acknowledge.

Our celebration is centred on our cover trail - a 'Top 40' of athletes who represent an impressive 18 different sports, with the enduring honour of the first-ever front going to Australian Olympic freestyle sprinter from Athens 2004, Michelle Engelsman.

With such a decorated line-up (see full list on page 13), we've kept to task in marking this milestone with another fitting athlete feature in the form of Wallis Russell. In my 8th edition as Editor, I was lucky enough to catch-up with Wallis just before she headed to Poland for the Under 23 World Rowing Championships.

The 18-year-old rower now joins the likes of Australian Fast Bowler, Stuart Clark (ROAR 4), Olympic diving gold-medallist, Matthew Mitcham (ROAR 6) and Australian hurdler, Michelle Jenneke (ROAR 26 & 38) to name a few.

This free magazine offers a special window into our world that will hopefully open up a door for you here at the University of Sydney now and for the rest of your life.

LAURA HANLON | EDITOR



### ROAR CREDITS

EDITOR  
Laura Hanlon

DEPUTY EDITORS  
Nicole Safi  
Graham Croker  
Susannah Walmsley

CREATIVE DESIGN  
& PRODUCTION  
Southern Design

CONTRIBUTING  
WRITERS  
Graham Croker  
Roselyn D'Angelo  
Laura Hanlon  
Nicole Safi  
Susannah Walmsley  
Charmaine Yabsley

CONTRIBUTING  
PHOTOGRAPHERS  
Gabriel Hutcheon

### SYDNEY UNI SPORT & FITNESS MANAGEMENT

EXECUTIVE DIRECTOR  
Robert Smithies

FINANCE &  
ADMINISTRATION MANAGER  
Aleksandra Pozder

HIGH PERFORMANCE  
MANAGER  
Tristan Liles

OPERATIONS &  
INFRASTRUCTURE  
MANAGER  
Ed Smith

ELITE ATHLETE  
PROGRAM MANAGER  
Leonie Lum

PROGRAMS &  
PARTICIPATION MANAGER  
Melinda D'Arcy

LEGAL & HUMAN  
RESOURCES MANAGER  
Natalie Brown

DEVELOPMENT &  
SPONSORSHIP MANAGER  
Jo Brischetto

MARKETING &  
COMMUNICATIONS  
MANAGER  
Laura Hanlon

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# WHAT OUR MEMBERS SAY



“SUSF provides me with the opportunity to socialise with new and interesting people that share interests similar to mine. It also has many clubs that I have taken part in that really add to my university experience.”

“The classes and trainers are so wonderful! I like that there are multiple options, and always an incentive to come back and do more.”



“I love the group fitness classes. The trainers motivate me to push harder and become the best version of myself.”

“SUSF provides a complete range of facilities, activities and support across age groups, fitness levels and interests at competitive pricing.”



“I enjoy the variety of classes and that I can also do my own thing in the gym and alternate between the two locations depending on where my classes are at the Uni. Gives a great break in my day and all the facilities are close by.”

“I like the friendliness of the staff and the wide range of facilities - I am always able to find what I need and get advice without feeling intimidated or out of place.”



“I love that the gym has everything I need in one place - great facilities, super friendly staff and awesome classes!”

“I enjoy that I can diversify my workout each day. Whether I want to swim, take a class or workout in the gym I have the options available.”



“The Ledge climbing centre has some of the best indoor climbing routes in Sydney!”

“SUSF offers facilities, programs and staff that transform lives.”



Sydney Uni Sport & Fitness (SUSF) member Minh Nguyen is an International Student at Sydney University who consistently prioritises health and fitness. Susannah Walmsley sat down with him to discuss how he finds balance and why living a healthy lifestyle is essential.

#### How long have you been training at SUSF?

I have trained here for over a year. I first came to Sydney University from Vietnam last year as I chose to study Health Science here. It was the convenience of the gym being on campus that brought me to SUSF.

#### What do you enjoy most about training at the Sydney Uni Sports & Aquatic Centre (SUSAC)?

Australia is so different to back home and the first people I really connected with were here in the gym. All of the trainers especially Peter, Lou Lou, Paolo & Hilary really opened up to me and I feel like I have a family here. They are very supportive and helpful, and have inspired me to work hard each time I come in.

#### What does a typical session at the gym include for you (weights/group fitness/cardio)?

I do a variety of things, but my main focus is on strength training.

#### What keeps you motivated?

Fitness has always been important to me and the gym is something that is a part of my life. I am not training to look

a certain way but rather strengthen my body and mind. So I challenge myself every day to reach my full potential.

#### Have you had to overcome any obstacles when training?

I have been a cancer patient for seven years, so being in the gym and having good nutrition is really essential. It is important that I am consistently maintaining a healthy lifestyle. When I have discussed this with the trainers they are very supportive and empathise with my situation.

#### How do you find balance between training, study and work?

I'm very consistent with my schedule. On a typical day I wake up early, cook my lunch, meditate in the park for 15 minutes and then head into the library at the University by 8am. At 11am I come into the gym to train. I like training at this time because it does not interfere with my daily activities and I can make time to push myself to achieve my goals.

Studying Health Science, my focus is more on the psychological aspect. So this helps me see how physical activity is linked to psychological ability.

Since I am studying during the week, I use the weekends to work. I also have a YouTube channel where I explore the brain and how we can use our cognitive ability to balance our emotions and be driven by our thought processes. I try to apply these concepts to my training and all aspects of my life.

#### What keeps you coming back?

The facilities are good, but it's not about that. It is the connections and the friendships that I have made that definitely keep me coming back.



# KETTLEBELLS: ADDING EXTRA WEIGHT TO YOUR WORKOUT

- BROUGHT TO YOU BY BUPA -

## COULD KETTLEBELLS – THEY LOOK LIKE A CANNONBALL WITH AN IRON HOOP ATTACHED – BE THE ANSWER TO RAMPING UP YOUR WORKOUT?

Iron kettlebells were first used hundreds of years ago, by Russian strongmen, who used the weights as a way to build strength, balance, flexibility and endurance. And it seems they may have been onto something.

Research shows that using kettlebells during a workout can help boost your aerobic capacity, improve your core strength and dynamic balance.

"Kettlebells are a great addition to any intermediate or advanced exercise program," agrees personal trainer Amelia Phillips. "The exercises combine strength and fitness, so you [can] get more out of each workout."

According to Phillips, a kettlebell workout will give you:

### Functional strength

The movement patterns mimic everyday life activities such as lifting, bending, and rotating, which helps strengthen your muscles in a functional way, compared with just using weights machines.

### Range of motion

Kettlebell exercises can take your joints through their full range of motion, helping increase flexibility and prevent tightness.

This is one of the reasons why correct technique is very important.

### Combines strength and cardio

Many of the exercises, such as 'swings', can help get you both stronger and fitter, in a time-efficient way.

### Joint Stability

Kettlebells can help strengthen the stabilising muscles that support your joints. Due to the unusual shape of the bell, your stabilisers have to work harder to control the load on your joints compared with a dumbbell, where the weight is evenly distributed.

One study found that using kettlebells can increase core strength by around 70 per cent. A separate small study suggests that certain kettlebell exercises can help strengthen the spine in a unique way, which may help some people with back pain issues.

### How to get started

If you're new to using kettlebells it's a good idea to have a few sessions with a qualified trainer first so you learn the correct fundamental moves.

### Weight

"The weight you use in a kettlebell workout is often heavier than you think," says Phillips. "A woman will usually use between 10-16kg kettlebells (for single arm work use 4-8kg) for optimum results."

Men should start off with a kettlebell weighing roughly 16kg.

## 3 BEGINNER'S KETTLEBELL EXERCISES



1

### DEADLIFT

- Place your kettlebell on the floor just in front of you.
- Stand with your feet slightly wider than shoulder-width apart, with your toes turned out.
- Squat down, pick up the kettlebell with both hands and then, keeping your chest and back straight, stand up.
- Tighten your bottom muscles when you're standing up and then squat back down.
- Repeat ten times.



2

### SWING

- Place your kettlebell on the floor just in front of you.
- Stand with your feet slightly wider than shoulder-width apart, with your toes turned out.
- Squat down, pick up the kettlebell with both hands and then, keeping your chest and back straight, stand up.
- Once you are upright, swing the kettlebell two inches in front of you.
- Bend at the hips while bending your knees and pushing the kettlebell backwards between your legs.
- Swing the kettlebell forward again until your arms are parallel with the floor.
- Repeat this swinging motion ten times.



3

### ONE ARM HIGH PULL

- Place your kettlebell on the floor just in front of you.
- Stand with your feet shoulder-width apart.
- Bend your knees and pick up the kettlebell with your right hand with your palm facing towards you.
- Bend forward and lower the kettlebell back between your legs.
- Then, as you extend your legs to rise to standing, push the kettlebell out in front of your body until it's about level with your right ear.
- Repeat ten times and then do the same with your left hand.

## HOW TO AVOID INJURY

**If you are new to kettlebells don't try and learn off YouTube! Book in for a PT session and ask your qualified trainer to show you.**

Phillips also recommends that you pay close attention to maintaining a neutral spine and engaging your core muscles.

"It's easy for your core to fatigue or switch off which puts extra strain on your back," she says. If you have problems maintaining a stable core, it may be best to focus on doing exercises which expressly strengthen this area before commencing a kettlebell workout."

If you're time poor, but want to achieve a leaner, stronger body, then head for the kettlebells the next time you're at the gym!





## NEWS BITES

**Seventh consecutive title:** Sydney University Handball Club were recently crowned National Champions, securing the Oceania Title at the Australian Open Club Championships for the seventh time in a row. As Oceania Champions, Sydney University cemented its spot at the next Club World Championships (Super Globe Cup) which will be held in Qatar in October. The 2018 IHF Super Globe is the eleventh edition of the tournament, where the best club teams from each continent compete to become the World Club Champion.



**Dynamic duo:** Former University of Sydney Elite Athlete Program member, Will Ryan and his sailing partner, Mat Belcher were crowned 2018 World Series Champions in the Men's 470 Class in the World Cup of Sailing Final in Marseille, France. Ryan and Belcher won races five and six and secured two third place finishes in the 11 events of the World Series before the medal race to set-up their overall victory. Ryan and Belcher are a formidable pairing in World Sailing, also winning silver medals for Australia in the Men's 470 Class at the 2016 Rio Olympics. Ryan graduated with a Bachelor of Commerce from Sydney University in 2012 and began his Master of Management in 2016.



**Stellar season start:** Sydney University Boat Club have started the year's international racing with success. In Shangyu, China, the club sent a crew to compete in the World Famous Universities Rowing Regatta where they claimed victory, defeating Shanghai Jiao-Tong, Yale and Princeton in the A-Final to secure the title. Six club reps contested podium finishes in the A-Finals at World Cup 2 in Linz, Austria where four came away with medals. As well, the club's number of underage national representatives entered double digits with 10 rowers selected to don the green and gold following national team trials.



**Students dominate:** Sydney University Football Club are leading the Club Championship (Gregor George Cup) ahead of Warringah, Eastern Suburbs and Eastwood following a standout start to the 2018 season. Firsts are sitting atop of the ladder after 13 rounds in the Intrust Super Shute Shield competition, three points clear of second place and four points clear of third. Second grade are also sitting in the top spot, with third grade in third place and fourths in second.



**Third place finish:** Sydney University Athletics Club and Elite Athlete Program member, Marina Carrier excelled at the Polish Open Championships in Modern Pentathlon, finishing in third place. She recorded a PB in the swim and her second fastest time in the combined running and shooting discipline.



# WE ARE LIONS, ROAR WITH US. HOME EVENTS CALENDAR

For all the latest news visit: [www.susf.com.au](http://www.susf.com.au)

## AUGUST

Date	Time	Sport	Game	Location
04.08.18	3:00pm	Aussie Rules	Sydney Uni (Women's) v Macquarie University	Sydney University No.1 Oval
11.08.18	3:00pm	Rugby	Sydney Uni (Men's) v Gordon	Sydney University Football Ground
11.08.18	3:30pm	Hockey	Sydney Uni (Men's) v Gordon North Sydney	The Bruce Pryor Hockey Field
12.08.18	3:00pm	Soccer	Sydney Uni (Men's) v Inter Lions	Sydney University Football Ground
18.08.18	11:10pm	Aussie Rules	Sydney Uni (Women's) v UNSW Eastern Suburbs	Sydney University No.1 Oval
18.08.18	12:00pm	Aussie Rules	Sydney Uni (Men's) v Canberra Demons	Blacktown International Sportspark
25.08.18	11:00am	Rugby	Sydney Uni (Women's) v Warringah	St Paul's College Oval
25.08.18	2:00pm	Aussie Rules	Sydney Uni (Men's) v NT Thunder	Blacktown International Sportspark
25.08.18	3:00pm	Soccer	Sydney Uni (Men's) v Western NSW	Sydney University Football Ground
26.08.18	12:00pm	Hockey	Sydney Uni (Women's) v Ryde Hunters Hill	The Bruce Pryor Hockey Field



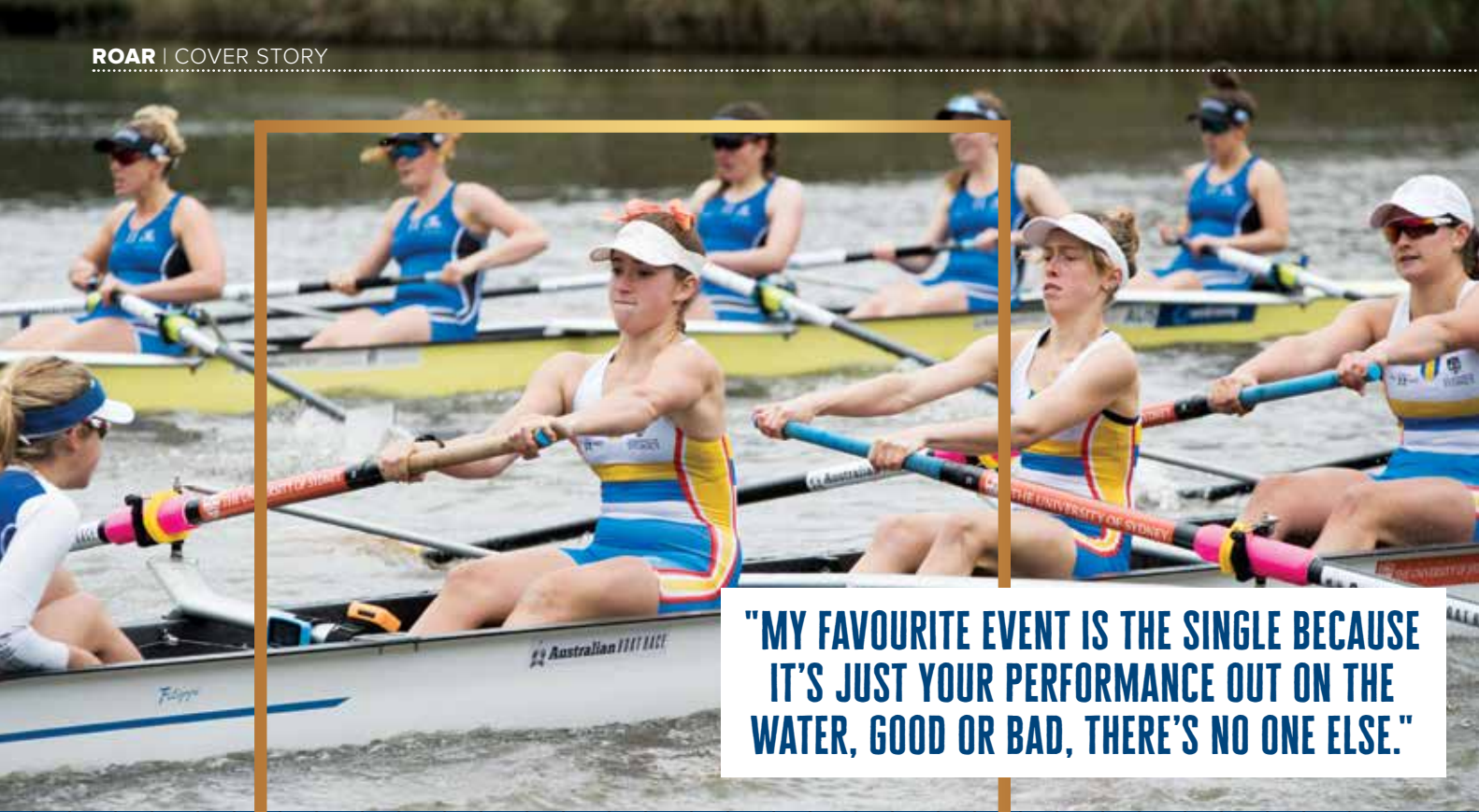




# ROWER *on the* RISE

ROAR covers represent a window into the very best of sport at Sydney University. Now, by no stroke of luck, Wallis Russell has made it to the front, writes Laura Hanlon.





AS WE ENTER OUR LANDMARK 40TH EDITION, THE FACES OF PAST ISSUES TELL A REMARKABLE STORY AND WALLIS RUSSELL'S CHAPTER ADDS A SPECIAL SOMETHING TO THIS DEVELOPING TALE, INTERSECTING WITH SOME FAMILIAR FACES ALONG THE WAY.

Navigating your way in a new sport can be challenging for a teenager, so having someone to look up to, who just happened to be at the pinnacle of rowing, was perhaps an indicator of things to come for the young rower on the rise. Incredibly, that person was none other than Sydney University Boat Club (SUBC) legend, Sally Kehoe.

"I really look up to Sally who is also a St. Margaret's old girl (2003), three-time Olympian, SUBC member and Queensland rower. I've looked up to Sally since I started rowing at St. Margaret's in year 8 and she has been a constant inspiration since," said Russell.

Russell chose to move to Sydney for the Bachelor of Pharmacy and Management degree, which wasn't offered in Queensland, but soon realised the Management side was not to her liking, changing to straight Pharmacy. The relocation also aligned with the new Thyne Reid Boatshed being ready for her arrival.

"I joined SUBC at the perfect time last year. I had moved to Sydney a couple of weeks before the Club moved into the new boathouse at Lane Cove so I can fully appreciate how wonderful it is. It's a fantastic facility and the culture at the Club cannot be beaten," Russell said.

The timing of Russell's transition became even better as she stroked Sydney University women's crew to its maiden victory in the 2017 Australian Boat Race. For the uninitiated, the stroke seat is closest to the stern of the boat and usually reserved for the most technically sound rower whose rhythm everyone follows.

A beat not to be beaten, Russell then claimed an astonishing triple-triple achievement at the AON Sydney International Rowing Regatta. The Sydney Uni Sport & Fitness Elite Athlete Program Member captured gold in the U23 Women's Lightweight Single Scull, Double and Quadruple in both 2017 and 2018.

While a winner in multiple boat types, Russell does have a favourite race.

"I love getting into crew boats but my favourite event is the single because it's just your performance out on the water, good or bad, there's no one else and I find it very rewarding," she said.

Russell will contest the U23 World Rowing Championships in the Women's Lightweight Single Scull in Poznan, Poland, late July and will be accompanied by her SUBC Coach, Alfie Young. Young is in awe of Russell's tenacious spirit but nothing quite prepared him for her assortment of pre-race superstitions.

"My coach Alfie will tell you I'm the most superstitious 18-year-old he has ever met. I have a little red pouch of lucky things that I've randomly collected over the years and it goes everywhere with me in my training bag. I also have a lucky green sports bra that I have worn every race since year 8 and a fluoro-orange ribbon that I wear for racing. I've been known to drive back to our Sydney base from Penrith to retrieve this ribbon before," Russell revealed.

With the world of rowing in the palm of her hands, Russell now joins SUBC luminary, Dual World-Champion and Olympian, Bronwen Watson as the only rowing Cover Stars in our 'Top 40'.

Celebrating 40 Editions



ROAR ISSUE	DATE	COVER STAR
1	February 2008	Michelle Engelsman, Swimming
2	August 2008	Adam Spencer, Sydney Uni Soccer Football & ABC Radio Jock
3	Autumn 2009	Bronwen Watson, Rowing
4	Spring 2009	Stuart Clark, Cricket
5	Summer 2009	Suzy Batkovic, Basketball
6	Autumn 2010	Matthew Mitcham, Diving
7	Winter 2010	Sarah Stewart, Wheelchair Basketball
8	Spring 2010	Berrick Barnes, Rugby Union
9	Summer 2010	Keesja and Taniele Gofers, Water Polo
10	Autumn 2011	Alexandra Croak, Gymnastics and Diving
11	Winter 2011	Sydney University Cricket Club - Special Feature
12	Spring 2011	Anneliese Rubie, Athletics
13	Summer 2011	Prashanth Sellathurai, Gymnastics
14	Autumn 2012	Belinda Snell, Basketball
15	Winter 2012	Ed Fernon, Modern Pentathlete
16	Spring 2012	The Best- Sydney Uni Athletes, 2012 London Olympics
17	Summer 2012	Sydney Uni Football Club, 2012 Shute Shield Premiers
18	Autumn 2013	Sydney Uni Sport & Fitness, All Sports Promotion
19	Winter 2013	Chris Friend, Surfing
20	Spring 2013	Nina Khoury, Hockey
21	Summer 2013	Sydney Uni Football Club, 2013 Shute Shield Premiers
22	Autumn 2014	Sydney Uni Sport & Fitness Welcomes New Students
23	Winter 2014	Josh Ralph, Athletics
24	Spring 2014	Emily Chancellor, Netball and Rugby Union
25	Summer 2014	Ryan Carters, Cricket
26	Autumn 2015	Michelle Jenneke, Athletics
27	Winter 2015	Lewis Stevenson, AFL
28	Spring 2015	Katie-Rae Ebzery, Basketball
29	Summer 2015	Jin Su Sung, Athletics
30	Autumn 2016	Hannah Buckling, Water Polo
31	Winter 2016	Roar to Rio - Special Olympic Edition, Part 1
32	Spring 2016	Roar to Rio - Special Olympic Edition, Part 2
33	Summer 2016	Matt Solomon, Motorsports
34	Autumn 2017	Nicola Barr, AFL
35	Winter 2017	Brydens Sydney Uni Flames, Basketball - 2016/17 WNBL Champions
36	Spring 2017	Amar Hadid and Mikey Mendoza, Skateboarding
37	Summer 2017	Bruce Ross, President of SUSF, 1991-2017 (26 years)
38	Autumn 2018	Nicholas Hough and Michelle Jenneke, Athletics
39	Winter 2018	Anja Stridsman, Boxing
40	Spring 2018	Wallis Russell, Rowing



# FIND A HEALTHIER VERSION OF YOUR FAVOURITE COMFORT MEAL

- BROUGHT TO YOU BY BUPA -

**DO YOU EVER FEEL LIKE YOU SHOULDN'T BE INDULGING IN YOUR FAVOURITE COMFORT MEALS? WHETHER IT'S PIZZA, PARMAS, SPAG BOL OR EVEN ICE-CREAM, HERE ARE SOME GREAT TIPS AND RECIPES FROM BUPA DIETITIAN ROSALYN D'ANGELO ON HOW TO MAKE THEM A LITTLE HEALTHIER, AND YET NO LESS DELICIOUS.**

Let me save you some worry and guilt. There is no such thing as a perfect diet. Instead, what I encourage people to do, is just to try to make the healthier choice where possible. Using this theory, there are no meals that you can never have. A few small tweaks can make your favourite 'cheat' meals healthy and balanced.

## PIZZA

Forget processed meats like ham, bacon or salami that are high in saturated fat and salt. Instead, top a thin wholemeal pizza base with some homemade tomato sauce, then throw on some lean protein such as salmon, chicken breast, prawns, ricotta, nuts or black beans - and then the more veggies the better! Think sweet potato, baby spinach, capsicum, onions, mushrooms... the combinations are endless. It's a great way to get the whole family involved in the meal preparation.

## GREEN CURRY

Coconut cream and milk are high in saturated fat. This doesn't mean you must give up the taste or texture of your favourite curry. Use coconut flavoured evaporated milk with a little corn starch to thicken. Make sure there are as many vegetables as there is meat, and serve with brown rice. Delicious and healthy.

## SPAGHETTI BOLOGNESE

Pasta gets a bad wrap. In its essence it's all about the portions of macronutrients on the plate. Pasta is carbohydrate, which should typically take up about a third of your plate (depending on your activity levels and health goals of course). The problem with how we often eat pasta, is that 90 per cent of the plate is carbohydrate. Pull back a bit on the pasta, use a lean 'heart smart mince' and load the sauce up with veggies: carrot, celery, olives, eggplant, onion, or whatever you have leftover in the fridge. Aim to have an equal amount of veggies on the plate as there is pasta. To up the fibre of the meal even more, use wholemeal pasta and replace the mince with a can of 4 bean mix. Just remember to rinse the beans well before adding them in.

## CHOCOLATE MOUSSE

Chocolate mousse is typically high in saturated fat because of the chocolate, cream and butter, and usually has quite a bit of added sugar. The healthy version is the simplest thing you could ever make. Blend avocado for the creamy texture and healthy fats, with banana for the natural sweetness together with some cocoa powder. Add a little vanilla essence or honey if you like a little extra sweetness. Pop in the fridge for a few hours, and enjoy topped with some fresh berries.

## ICE CREAM

There is nothing wrong with enjoying an ice cream every now and then, but if you're looking for a healthier version, simply chop up a few bananas and freeze them overnight. The next day, blend them together with a little milk and voila! Smooth and creamy banana ice cream. To add even more flavour, top with some shredded coconut, chocolate chips or slivered almonds.

*Rosalyn D'Angelo is an accredited practising dietitian at Bupa.*



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# SYDNEY UNIVERSITY GUNNING FOR GLORY AT NATIONALS

Since its inception in 1993, the Australian University Games (AUGs) grew to be Australia's largest annual multi-sport event. The Games were renowned for providing a friendly but competitive environment for Australian university athletes, building a reputation as a not-to-be-missed event and attracting over 6,000 participants each year.

However from 2018, the Australian University Games and its various offshoots (the Eastern University Games and Snow University Games) will cease to exist with the exciting launch of the UniSport Nationals.

The restructure by UniSport Australia aims to de-emphasise the traditional Australian University Games social program and promote a divisional, national championship model of competition, providing 42 universities from across Australia the opportunity to go head-to-head in search of becoming Australia's strongest competitor.

UniSport Australia anticipates this transition will not only attract the highest level of university athletes, but also endorse a safe sports-focused program.

"The recent elevation of Uni Games to Nationals Div 1 and Div 2 is an exciting shift in the university sporting landscape," Sydney Uni Sport & Fitness High Performance Manager, Tristan Liles commented.

**"THE UNIVERSITY OF SYDNEY IS IN A SOLID POSITION TO TAKE OUT THE TITLE AND REGAIN THEIR POSITION AS AUSTRALIA'S STRONGEST UNIVERSITY SPORTING BODY."**

"We are going to see an increase in performance from all athletes involved. The program will provide increased leadership opportunities for our students, which I see as a major strength of this transition."

With only the top 10 University teams in each sport able to qualify for Nationals Div 1, the University of Sydney qualified every single team, with only one team qualifying for Div 2. At the Div 2 event, held from 1-5 July on the Gold Coast, Sydney University's men's hockey team took gold after an undefeated run and were promoted to Nationals Div 1 in 2019.

This year's tightly contested Div 1 competition will be held from 22-27 September 2018, and will consist of 33 different sports across men's, women's, mixed and open categories.

The rivalry between university teams to claim the inaugural Nationals title is fierce as only the top 10 teams from previous event rankings were able to qualify for each competition.

The University of Sydney is in a solid position to take out the title and regain their position as Australia's national university games champion.

"We are looking forward to utilising all the experience gained from our other elite programs and funnelling that knowledge into the preparation and execution of the Nationals Div 1," Liles said. "We want to win."

Learn more about the new Nationals format at [susf.com.au](http://susf.com.au), and for more information, please contact Club Development at [club.development@sport.usyd.edu.au](mailto:club.development@sport.usyd.edu.au).

## NEW IN 2018

**NATIONALS DIV 1 & DIV 2**

**NATIONALS SNOW**

28 August-1 September at Mt Buller.

**AON 7S**

First domestic Australian sevens competition for women, with the University of Sydney joining in 2018. Series to run from August-October.



# GEM OF AN OPAL RETIRES

**IT'S A LONG WAY FROM THE SMALL TOWN OF MIRBOO NORTH, IN SOUTH-EAST VICTORIA, TO MOSCOW, BUT BELINDA SNELL'S INCREDIBLE BASKETBALL JOURNEY HAS TAKEN HER THERE AND BACK AND MANY OTHER PLACES IN BETWEEN.**

The long-time Australian Opal retired from representative basketball after this year's Commonwealth Games on the Gold Coast, but she'll play one last season for the Brydens Sydney Uni Flames in the 2018-19 WNBL competition before bowing out as a player.

The journey from Mirboo North began in 1998 when 6-year-old Belinda had to choose between tennis, netball or basketball – she played at representative level in each sport at varying stages from the Under 8s.

A basketball scholarship to the Australian Institute of Sport lured her to Canberra and the first stop on her journey began there. She completed Year 12 at Lake Ginninderra Secondary College while playing for the AIS where her teammates included other future Opals Lauren Jackson, Penny Taylor and Suzy Batkovic.

They were all members of the AIS side that won the WNBL title in the 1998-99 season. While competing in the young, star-studded side Belinda was named in the WNBL's All-Star Five before joining the Flames in the year 2000.

Belinda's Opals journey began in 2003 when she was selected to compete at the Oceania Championships. Her form warranted selection in the team for the 2004 Olympic Games in Athens where the Opals came home with silver medals.

Belinda was picked up by Phoenix Mercury in the US after being spotted at the Athens Games and scouted throughout the 04/05 Flames season. Here she would work with the likes of Carrie Graf and Michelle Timms. During her subsequent six stints in the US in the Australian off-season she also played for Seattle Storm.

Belinda also spent seven off-seasons playing in Europe, including stints with La Spezia in Italia, Bourges in France, Dynamo Moscow, Ros Cosaras Valencia and Salamanca in Spain and CCC Polkowice in Poland.

In 2006, she was a member of the Australian team that won a gold medal at the Commonwealth Games in Melbourne and a gold medal at the World Championships in Brazil, one of the highlights of her career.

The medals kept coming, with a silver at the 2008 Olympic Games in Beijing and, bronze at the 2012 London Olympics and a gold at the 2018 Commonwealth Games, her swan song at representative level.

Belinda represented the Opals 159 times, including three Olympic Games, two Commonwealth Games, World Championships and Oceania Championships. Her medal collection includes two Olympic silvers and one Olympic

bronze, two Commonwealth Games golds, and gold and bronze at the 2006 and 2014 World Championships.

Since retiring from representative basketball, Belinda has been coaching the Southern Design Sydney Uni Sparks in the Sydney Premier Winter competition and studying for a Sports Coaching degree at the University.

"I'm enjoying the coaching role, but it can be frustrating – it's a whole new world. I now appreciate the preparation and the hours coaches put in preparing for a game," Belinda said.

She also appreciates the efforts of coaches and teammates during her European forays to Italy, Spain, France, Poland and Russia. "You have to make the effort as a person and as a player to learn enough of the language to get by – on and off the court," she said. "Some clubs provided language lessons, so I have a smattering of Italian, French and Spanish."

"Teammates also helped out with language, but I had to be very careful if they were teaching me good words or bad words!"

"Russian was the most difficult language to pick up, so I was relying on a lot of hand signals and body language. While playing there I was able to catch up with Opals teammates Lauren Jackson and Penny Taylor who were linked with other clubs over there."

Belinda's journey brought her back to Australia where she finished her career with a gold medal at the Gold Coast Games. "It was an amazing experience. The whole atmosphere

**"BELINDA REPRESENTED THE OPALS 159 TIMES, INCLUDING THREE OLYMPICS GAMES, TWO COMMONWEALTH GAMES, WORLD CHAMPIONSHIPS AND OCEANIA CHAMPIONSHIPS."**

was fantastic," she said. "To win the gold medal and enjoy that memorable moment with an incredible team was a huge honour."

"I'm so grateful Sydney Uni brought me back. I've been rewarded with a WNBL title and the Commonwealth Games medal. I'm very thankful and want to put back into the sport." Belinda capped it off by being named the University of Sydney Female Blue of the Year for 2017 after captaining the Flames 2016-17 WNBL Championship winning side. And she passed the 300 WNBL-game mark during the season.

Finishing the 2018-19 season with another WNBL crown would be a fitting end to a wonderful sporting journey.



# Clean sweep IN THEIR SIGHTS

## SYDNEY UNIVERSITY'S WOMEN'S SOCCER TEAMS IN THE ELITE WNPL NSW COMPETITION HAVE SECURED THE SOUGHT-AFTER CLUB CHAMPIONSHIP FOR THE SECOND TIME.

Following Round 18 where First Grade recorded a convincing 4-0 victory over Blacktown and reserve grade also claimed a 2-1 win, Sydney University Soccer Football Club (SUSFC) were able to claim the 2018 Championship with four rounds remaining - the last was in 2016.

When ranking the clubs within the NPL NSW Women's Club Championship, points are calculated from all premiership matches in all grades, with First Grade premiership points multiplied by three and Reserve Grade premiership points a multiple of one.

Director of Football at SUSFC, John Curran said that the Championship was achieved in record time, with a fantastic Club effort bringing Sydney University 35 points ahead of the Macarthur Rams on the table - a lead that couldn't be chased down."

"Rob Smithies (the Executive Director of Sydney Uni Sport & Fitness) says the Club Championship is more important than individual titles."

"In that sense, it's an indicator of how the club is performing across the board, so if we make the finals in every grade we will have had a big season."

Should that happen, the women's club would have their sights on an unprecedented clean sweep of titles.

Mr Curran said the arrival of some new players and the appointment of Alex Epakis as First Grade coach have had much to do with the solid season.

"At 26, Alex is the youngest A-Licence accredited coach in Australia," he said. "He was assistant to Heather Garriock in 2017. Alex is also coach of the First Grade men's team, having stepped into the role during the season. It must be the only time that's happened, but it's working; the boys have gone on a winning streak."

Mr Curran said the new players in the women's First Grade side included three who have just been selected in the Emerging Matildas to contest the ASEAN Football Championship (AFF) Cup in Indonesia in November.

They include striker Courtnee Vine, central defender Tori Tumeth and midfielder Bethany Gordon.

Courtnee and Bethany are Elite Athlete Program Scholarship holders, while Tori is still attending Burwood Girls High School. Tori started her career in the Sydney University juniors before being recruited by the Football Institute of NSW. She returned to SUSFC this year.

Bring on the finals.

**"SHOULD THAT  
HAPPEN, THE  
WOMEN'S CLUB  
WOULD HAVE THEIR  
SIGHTS ON AN  
UNPRECEDENTED  
CLEAN SWEEP  
OF TITLES."**



# THE AUSTRALIAN BOAT RACE

## *Turns 10*

**LEAVING SINGLE DIGITS IN THE WAKE, LAURA HANLON SETS THE STAGE FOR THE 10TH EDITION OF THE AUSTRALIAN BOAT RACE.**

Save the date for Sunday, October 14 because you're invited to this year's grudge match between two great Universities and no one hosts a birthday celebration better than Sydney.

It's fair to say that this year's races carry some extra frosting after Sydney University Boat Club (SUBC) crews surged to double victory in 2017, with the women's eight finally breaking Melbourne's hold on the annual event. As a result, Melbourne will be coming to the party hell bent on capturing the men's and women's titles, while SUBC are determined to repel the Victorians and retain both trophies in Sydney, where they belong side-by-side.

Overall standings in the Men's Eight have Sydney dominating, 7-2, while in the Women's Eight Melbourne rule, 8-1. But why compete? The genuine tribal character attached to these head-to-head races springs from the Australian Boat Race's rich traditions.

Based on the famous Oxford and Cambridge University Boat Race, the Australian Boat Race features current and alumni rowers from not only Australia's oldest universities but also our nation's oldest and most successful rowing clubs. At the suggestion of Chris Noel of SUBC and Peter Antonie of MUBC, 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 and here we are entering double digits of the renewed race.

There's no prize money on the line but the enduring mateship that flows from being a crew member in the Australian Boat Race is priceless, with World Champions and Olympians eager for an invite. SUBC Rio Olympic silver medallists, Sasha Belonogoff and Cameron Girdlestone, are perfect examples of the calibre of athletes drawn to this fierce rivalry on the rowing calendar.

Bound by this historically ingrained passion to win a seat and wear the winning badge of honour, the Australian Boat Race is renowned for the wonderful spirit displayed by all competitors who all appreciate there can be no race without an opponent. It's a respect that underscores the strength of the sporting DNA of both Melbourne and Sydney.

*Save the date*  
**SUNDAY,  
OCTOBER 14**

### KEEN TO ATTEND?

Head online for details here: [australianboatrace.com](http://australianboatrace.com) or follow us on Facebook @AustralianBoatRace for updates.



# INTRAMURAL Sports Program

**THE SYDNEY UNIVERSITY INTRAMURAL SPORTS PROGRAM OFFERS STUDENTS LIVING IN ON-CAMPUS RESIDENCES THE OPPORTUNITY TO PLAY ORGANISED SPORTS IN A RECREATIONAL BUT COMPETITIVE ENVIRONMENT, ADDING TO THE STUDENTS' RESIDENTIAL EXPERIENCE. WITH THE GOALS OF THE PROGRAM TO INCREASE PARTICIPATION AND BUILD A STRONG COMMUNITY WITHIN RESIDENCES, THE FIRST THREE EVENTS OF THE YEAR HAVE DONE JUST THAT.**

Competing for the Thomas Whalan Cup (men's sporting competition) and Liane Tooth Cup (women's sporting competition), residents of Abercrombie, Queen Mary Building, International House, Mandelbaum House, Urbanest, Sancta Sophia College, UniLodge, Iglu and Sydney University Village go head-to-head in a range of sports selected by the students. This year futsal, netball, touch football, volleyball, spikeball and basketball will be contested throughout the academic year.

Semester 1 saw the completion of the futsal, netball and touch football competitions, with great involvement across each event. Touch football was a new addition this year and marked the first time an outdoor sport has been included in the program. On the day of the event, the sun was shining and the students really enjoyed the opportunity to take to the fields and get active.

The competitive nature of the students has shone through with many spirited matches being played out. At the halfway point of the competition Queen Mary Building are leading the charge for the Thomas Whalan Cup, with Sydney University Village not far behind in second spot. In the Liane Tooth Cup competition, International House and Sancta Sophia are sitting in equal spot on top of the ladder. However, both competitions are close across the board and with volleyball, spikeball and basketball to be played in Semester 2 the stage is set for a fantastic finish.



## UPCOMING Intramural Events



**VOLLEYBALL**  
Saturday 11 August



**SPIKE BALL**  
Saturday 25 August



**BASKETBALL**  
Saturday 15 September









**Sydney Uni**  
SPORT & FITNESS

# INTERFACULTY SPORT

**SEMESTER 2 2018 - OPEN TO EVERYONE!**

Participation is free and provides an opportunity for both students and staff to have fun and compete for their faculty.

**Sports Include:**

- Futsal
- Netball
- Volleyball
- 5km Run
- Dodgeball
- Basketball
- Touch Football

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**FOR ANY ENQUIRIES**



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# TENNIS PROGRAM

Sydney Uni Tennis prides itself on providing professional coaching with a demonstrated commitment to all those interested in playing tennis, beginners and advanced.

- Group Coaching
- Private Lessons
- Social Tennis
- Cardio Tennis & more

**CONTACT THE TENNIS TEAM TODAY TO GET INVOLVED!**



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**EMAIL**  
[tenniscoaching@sport.usyd.edu.au](mailto:tenniscoaching@sport.usyd.edu.au)





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# LUNCHTIME SOCIAL SPORT

**SEMESTER 2 2018**

Book before August 5 to take advantage of early bird discounts for all sports. Competitions commence Monday, August 13.

**Sports Include:**

- Dodgeball
- Ultimate Frisbee
- Futsal
- Netball
- Squash
- Basketball
- Volleyball
- Touch Football

**FOR ANY ENQUIRIES**



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**Sydney Uni**  
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# UNLEASH

## SESSION EXPLAINER

**YOU MAY'VE SEEN POSTERS, STICKERS AND SIGNS ABOUT SYDNEY  
UNI SPORT & FITNESS' NEW FUNCTIONAL TRAINING PROGRAM,  
UNLEASH – BUT DO YOU KNOW WHAT IT ACTUALLY IS?**

Nicole Safi breaks down a session to better understand the signature program transforming the way members train at SUSF.



**Picture this:** you're a University of Sydney staff member who has purchased an UNLEASH 10-pack giving you access to our new functional training program. On your lunch break, you pop down to the Sports & Aquatic Centre gym for a 12.30pm session – 30 minutes of high-intensity functional training. You meet the trainer around the rig with 15 other participants – a healthy mix of staff, community and student gym members.



### INTRO AND DEMO

The trainer will introduce his or herself to the group, explaining what the session is: a high-intensity, short interval workout with eight stations. They'll explain the format and timings before demonstrating each of the movements. They'll spell out the dos and don'ts. For example: set your feet under your hips, soften your knees and slide the bar down the thighs for your kettlebell deadlift.



### NEXT UP: WARM UP

The group will then be led by the trainer in a short warm up. This will include a series of simple movements such as squats, fast feet and high knees to prepare the body for the exercises to come. Warm ups are essential to literally, get warm: bolster the heart rate, loosen the joints and muscles and increase blood flow. Why not get to the gym 10-15 minutes before the session for a longer warm up on your own, for example, a medium pace walk on the treadmill.



### THE WORKOUT

Participants will be paired off to complete eight challenging workout stations, which change every class. Stations are comprised of:

- **Cardiovascular exercises**, designed to improve your aerobic fitness and endurance, such as battle ropes, assault bikes and skipping.

- **Upper body push and pull exercises**, designed to develop your upper body strength, such as TRX rows, kettlebell presses and heavy loaded sled pushes.
- **Lower body push and pull exercises**, designed to build lower body strength, such as dead ball deadlifts, weighted glute bridges and TRX hamstring curls.
- **Upper and lower body plyometric exercises**, designed to train explosive power and fitness, such as burpee box jumps, medicine ball slams and clap push-ups.
- **Core exercises**, designed to strengthen the muscles that form the foundation for great posture and strength, such as mountain climbers, plank shoulder taps and reverse crunches.

This structure sees you train your muscles for the tasks they perform in everyday life – a functional, full-body strength and cardio workout. While at a high-intensity, the 30-minute format is super-efficient to ensure you can get back to the office, class or another appointment within the hour.



### COOL DOWN

While there's no formal cool down in UNLEASH, we recommend you stick around after the session to let your body recover. You've just completed an intense workout so it's important you stretch out to reduce muscle fatigue and promote blood circulation. It'll also feel really good.

**UNLEASH promises that with maximum effort, you'll achieve maximum results. And a sweetener, the pass add-on provides access to not only these sessions in the gym, but HIIT Boxing classes in the Boxing Gym.**

**Visit [susf.com.au](http://susf.com.au) for the full UNLEASH timetable, and purchase your pass add-on in facilities or online today.**



# 5 REASONS YOU SHOULD CLIMB THIS WINTER

1

## HELLO WORKOUT

It's winter – it's cold and it's rainy. For many of us between the months of June and August, it's a struggle to get to the gym; but what about a workout masked as a fun, indoor activity? Enter: climbing. Mounting a textured climbing wall – that simulates a rocky mountain – is a massive cardio and bodyweight workout. It increases your heart rate, builds muscle and endurance. It's a brilliant physical and mental challenge to manoeuvre your entire body up a vertical wall. The *definition* of workout.

2

## COGNITIVE BENEFITS

Climbing is essentially decision-making: 'Where should I place my hand next to ensure my foot can safely follow?' It requires great mental strength to make these tough in-the-moment decisions, enhancing your ability to set goals and problem-solve.

3

## CHALLENGE YOURSELF

An extension of the benefits to your brain is how climbing challenges the climber, and the confidence and self-reliance that comes with making it up that wall. It's a challenge to make these decisions; solve the problem of getting from A to B, but once you ascend out of your comfort zone and make upward strides (literally *and* figuratively), your confidence is sure to rocket.

4

## SOCIAL ACTIVITY

Indoor climbing is super social, offering people a communal environment to practice, challenge and excel as a climber. Whether you give climbing a go with friends or find new climber-friends at the centre itself, climbing is a terrific social activity.

5

## CLIMBING CENTRE ON CAMPUS!

The Ledge Climbing Centre is located right here on campus inside the Arena Sports Centre and features state-of-the-art, textured climbing walls. The Ledge is a vibrant and comfortable space with climbs that cater to all levels. If you're a new climber, experienced staff are always on-hand to supervise and assist. In fact, all new climbers will be greeted with a complimentary safety induction.

A complete bouldering and training area, including finger and campus boards, completes the space, which hosts climbing clubs from the University of Sydney, University of NSW and University of Technology Sydney. The Ledge also hosts High School sport and PDHPE programs.

For more information about climbing on campus, visit [susf.com.au](http://susf.com.au), give us a call on 9351 8115 or email Peter Butcher at [p.butcher@sport.usyd.edu.au](mailto:p.butcher@sport.usyd.edu.au)





# BECOME A MEMBER

## in two easy steps

### 1 JOIN SUSF

#### JOIN TO EXPERIENCE:

- A healthier, more active lifestyle.
- A sense of belonging to one of Australia's richest sporting traditions.
- Maximum flexibility at an unbeatable price.

#### PLUS, A GREAT RANGE OF EXCLUSIVE MEMBER BENEFITS:

- Great discounts on recreation courses and school holiday programs.
- Discounts on all tennis and squash bookings.
- Ability to join any of our sports clubs with exclusive benefits such as training time, equipment and coaching.
- Access to all Sydney Uni Sport & Fitness facilities at casual rates.
- Member's rates on Sydney Uni Sport & Fitness branded apparel at the Co-op Bookshop and online store.
- Access to the Sydney Uni Sport & Fitness Corporate Health Plan with Bupa.
- Great savings at the Grandstand Sports Bar & Function Centre.

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**Community: \$65**

FOR MORE INFORMATION



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### 2 CHOOSE THE PASS THAT SUITS YOU BEST

#### GOLD LION PASS

Experience our premium pass, without the premium price

##### GOLD BENEFITS INCLUDE:

- Access to two facilities on campus, including unlimited access to pool, access to cardio/weights room and group fitness classes
- Unlimited access to The Ledge Climbing Centre
- Access to the new Brydens Boxing Gym outside of booked training hours
- A complimentary fitness assessment
- Ongoing fitness management consultations
- Free towel and locker hire at each visit
- Use of time stop available
- Complimentary subscription to ROAR magazine

##### PRICE PER WEEK

Sydney Uni Students from under \$16\*  
Sydney Uni Staff from under \$18\*  
Community from under \$20\*

#### SILVER LION PASS

Enjoy the choice to get what you really want

##### SILVER BENEFITS INCLUDE:

- Unlimited access to pool
- Unlimited access to cardio/ weights room OR unlimited group fitness classes
- Access to the new Brydens Boxing Gym outside of booked training hours
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

##### PRICE PER WEEK

Sydney Uni Students from under \$13\*  
Sydney Uni Staff from under \$14\*  
Community from under \$16\*

#### BRONZE LION PASS

Sweat it out with our finest and let performance become your passion

##### BRONZE BENEFITS INCLUDE:

- Unlimited access to the cardio and weights facilities at The Arena Sports Centre
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

##### PRICE PER WEEK

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

#### BLUE LION PASS

Dive in and paddle your way to a healthier you

##### BLUE BENEFITS INCLUDE:

- Unlimited access to the Sports & Aquatic Centre's 50m heated indoor pool
- A free locker at each visit
- Use of time stop available

##### PRICE PER WEEK

Sydney Uni Students from under \$8\*  
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## JOIN A CLUB

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



### AFL

The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club 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:

(Men) [www.suanfc.com](http://www.suanfc.com) [afl@sport.usyd.edu.au](mailto:afl@sport.usyd.edu.au)  
(Women) [www.suwaflc.com](http://www.suwaflc.com) [suwaflc@sport.usyd.edu.au](mailto: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 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.sydneynigridiron.com](http://www.sydneynigridiron.com)  
[americanfootball@sport.usyd.edu.au](mailto: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](http://www.suac.org.au)  
[archery@sport.usyd.edu.au](mailto: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](http://www.suac.org)  
[www.facebook.com/SUACinfo](https://www.facebook.com/SUACinfo)  
[athletics@sport.usyd.edu.au](mailto: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](http://www.usydbadminton.com)  
[usydbc@hotmail.com](mailto: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](http://www.sydneyni.baseball.com.au)  
[baseball@sport.usyd.edu.au](mailto: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](http://www.sydneyniflames.com.au)  
[basketball@sport.usyd.edu.au](mailto: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](http://www.subc.org.au)  
[boat@sport.usyd.edu.au](mailto: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](http://www.subxc.com.au) [boxing@sport.usyd.edu.au](mailto: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](http://www.sydneyniversitycanoeclub.com.au)  
[canoe@sport.usyd.edu.au](mailto: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](http://www.sydneyniversitycricket.com.au) [succ@sport.usyd.edu.au](mailto:succ@sport.usyd.edu.au)  
 (Women) [www.uwcc.com.au](http://www.uwcc.com.au) [uwcc.secretary@gmail.com](mailto: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](http://www.sufc.org.au) [fencing@sport.usyd.edu.au](mailto:fencing@sport.usyd.edu.au)

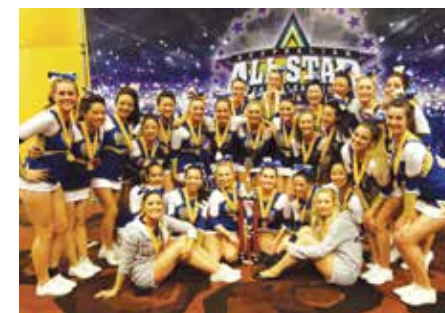


## GOLF

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](mailto: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](http://www.sugymcheer.org) [gymnastics@sport.usyd.edu.au](mailto:gymnastics@sport.usyd.edu.au) or [sydunicheer@gmail.com](mailto: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](mailto: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](http://www.suhc.asn.au) [hockey@sport.usyd.edu.au](mailto: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](http://www.sydnejudo.com) [judo@sport.usyd.edu.au](mailto: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](mailto: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](http://www.usydkendo.com) [@usydmuaythai](https://www.facebook.com/usydmuaythai) [kendo@sport.usyd.edu.au](mailto:kendo@sport.usyd.edu.au)



## MUAY THAI

The Sydney Uni Muay Thai Club (SUMT) was established at Sydney University following 30 years of Muay Thai training programs. SUMT is a club dedicated to assisting individuals to achieve peak fitness and to learn the techniques of Muay Thai. Training is located at the Sydney University Sports & Aquatic Centre every week and is open to members of all skill levels.

### FOR MORE INFORMATION:

[www.usydmuaythai.com](http://www.usydmuaythai.com) [@usydmuaythai](https://www.facebook.com/usydmuaythai) [usydmuaythai@gmail.com](mailto:usydmuaythai@gmail.com)



## 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](http://www.sunetball.com.au)  
[netball@sport.usyd.edu.au](mailto: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](http://www.surmc.org.au) [rockclimb@sport.usyd.edu.au](mailto: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](mailto: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](http://www.sydneynirugby.com.au) (Men) [sufc@sport.usyd.edu.au](mailto:sufc@sport.usyd.edu.au)  
(Women) [www.sydneyniwomen.rugbynet.com.au](http://www.sydneyniwomen.rugbynet.com.au)  
(Women) [rugbywomen@sport.usyd.edu.au](mailto: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](http://www.susfc.org.au) [soccer@sport.usyd.edu.au](mailto: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](mailto: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](mailto: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](http://www.sydneynisc.swimming.org.au)  
[suscsecretary@gmail.com](mailto: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](http://www.usydt.org)  
[tabletennis@sport.usyd.edu.au](mailto: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](mailto: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](mailto: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](http://www.sydney.touch.asn.au)

[touch@sport.usyd.edu.au](mailto: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](http://www.suufa.ufnsw.com.au)

[ultimatefrisbee@sport.usyd.edu.au](mailto:ultimatefrisbee@sport.usyd.edu.au)

[SUUGA](https://www.facebook.com/SUUGA)



## 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](http://www.suvelo.com.au)

[suvelo@sport.usyd.edu.au](mailto: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](http://www.suvolleyball.com)

[volleyball@sport.usyd.edu.au](mailto:volleyball@sport.usyd.edu.au)



## WATER POLO

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

### FOR MORE INFORMATION:

[www.sulionswaterpolo.com](http://www.sulionswaterpolo.com) (Men) [waterpolomen@sport.usyd.edu.au](mailto:waterpolomen@sport.usyd.edu.au)

[www.suwaterpolo.com.au](http://www.suwaterpolo.com.au) (Women) [waterpolowomen@sport.usyd.edu.au](mailto: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](http://www.usydwake.com) [usydwake@gmail.com](mailto: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](mailto:wrestling@sport.usyd.edu.au)



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- Multi-function sports hall
- Group fitness studio
- Boxing room
- Multi-function sports stadium
- Fitness testing
- Poolside Cafe

### Opening hours

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

 (02) 9351 4978

 [nmrc@sport.usyd.edu.au](mailto:nmrc@sport.usyd.edu.au)

 (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.

 (02) 9351 8111

 [arena@sport.usyd.edu.au](mailto:arena@sport.usyd.edu.au)

 (02) 9351 8105

 Arena Sports Centre, Western Avenue



Image credit: Angie Kim

## THE LEDGE CLIMBING CENTRE

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

### The Ledge features:

- Climbs ranging from beginner to advanced
- Experienced staff on hand for coaching and assistance
- Casual climbing and bouldering is open to all
- Specialised high-standard safety equipment. All first-time climbers must complete a thorough safety orientation session
- 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](mailto: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.

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 (02) 9351 4978

 [swimschool@sport.usyd.edu.au](mailto:swimschool@sport.usyd.edu.au)





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**EMAIL:** [personaltraining@sport.usyd.edu.au](mailto:personaltraining@sport.usyd.edu.au)



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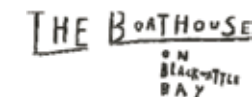
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