

# ROAR



**Sydney Uni**  
SPORT & FITNESS

**41**  
SUMMER  
2018



**05**

MEMBER MEETS

How improving your general wellbeing can transform your outlook on life.

**10**

RUGBY RENAISSANCE

Students' skies are looking blue & gold.

**28**

WATER SAFE SUCCESS

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## FROM THE EDITOR

### ON BEHALF OF SYDNEY UNI SPORT & FITNESS, I'D LIKE TO SAY THANK YOU.

We recognise that our continued success is driven by both the individual and the community.

The volunteers making team lunches on the road, the Body Attackers arriving early for class to claim their usual spot on the floor, the clubs who turn up each week determined to go one better, the support staff rising to new challenges, the sponsors supporting the vision, the students making the most of their campus experience, the parents rushing from work to make the swim school drop-off, the Seniors staying back for coffee with friends. Combined, you make this place come alive.

Whether it started with a simple visit to our website, a tour of the facilities, a friend's recommendation or perhaps a page turn through ROAR, we are proud and humbled to see veterans alongside newcomers adding to the SUSF experience, together.

We wish you a wonderful summer and look forward to bringing you more of what you bring us.

**LAURA HANLON | EDITOR**

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# CONTENTS

ROAR 41 | SUMMER 2018



## 05

MEMBER MEETS: INTRODUCING  
PETER BOUZIANIS

By Susannah Walmsley



## 06

SUN MYTHS EXPOSED

By Johanna Young



## 10

STUDENTS' RUGBY  
RENAISSANCE

By Nicole Safi



## 14

HOME SWEET VICTORY

By Matt Cleary



## 16

IT'S ABOUT THAIM

By Harry Croker



## 28

WATER SAFE SUCCESS

By Laura Hanlon

08 WINTER SPORTS WRAP  
By Graham Croker

18 ATHLETE INTERVIEW:  
CRAIG BIRD  
By Jessie Swindell

20 SILVER LINING &  
BRONZED AUSSIES:  
WATER POLO  
By Graham Croker

22 NATIONALS WRAP  
By Nicole Safi

24 SOLID START TO THE  
SEASON: CRICKET  
By Graham Croker

30 COMMUNITY  
CONNECTION: BRYDENS  
SYDNEY UNI FLAMES  
By Laura Hanlon

32 TAKING IT TO THE MAX:  
ST PAUL'S COLLEGE  
COMMUNITY  
By Laura Hanlon

36 HOME EVENTS CALENDAR

39 JOIN A CLUB



# 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.”



**Named Sydney Uni Sports & Aquatic Centre Member of the Month for October, Peter Bouzianis has worked consistently to improve his physical fitness which he says has had a hugely positive effect on his general health and wellbeing. Susannah Walmsley sat down with Peter to discuss his fitness journey at SUSF.**

## What inspired you to join the gym?

I'd had enough: I made the tough but long overdue decision to start making necessary changes that would help improve my general wellbeing and outlook on life.

Weight had crept up on me to the point I found it easier to park the problem and not deal with it. This exacerbated the situation, not just physically but mentally.

When everyday things started hindering my daily life, I knew I had to make changes and face hard truths. I came to the realisation that it was imperative to look after myself in order to continue to look after others.

In December 2016, I visited my local GP for a full health check and had a chat about how to get started on a fitness program. He referred me to see an exercise physiologist at Sydney Uni.

## Is there anyone in particular who has helped you on your fitness journey at SUSF?

I was welcomed by Carmel who professionally put me at ease, and soon tailored me an exercise program, consisting of a mix of cardio and resistance training but not too much to overwhelm me.

During the first few months I met with Carmel regularly. She was always encouraging and patient, and with my ongoing progress, adjusted my exercise program as needed. This was particularly helpful and made me comfortable with the gym environment enough to become a member in early 2017.

## Have you had to face any obstacles when reaching your goals?

Mainly aches and pains which are easily managed through continual training and stretches learnt from staff at the gym.

## What drives you to stay motivated?

The results! I'm 45 kilos lighter, healthier, fitter and stronger, both mentally and physically.

I see how proud my son is as a result of my achievements which makes me feel like a better role model.

I've managed to maintain my goal weight this past year by being a regular at the gym and now have the tools to help maintain my weight and fitness without looking back.

## “MY ONLY REGRET IS THAT I HADN'T DONE THIS SOONER, BUT IN SAYING THAT, IT'S NEVER TOO LATE TO START.”

## Have you found that leading a more active lifestyle has improved your life in other ways?

Being active has improved my outlook on life immensely. I now embrace opportunities, experiences and have that get up and go attitude. This benefits not just myself but those that surround me in my day to day life as I am able to enjoy activities and be more active in their lives.

## What do you enjoy doing when you are not at the gym?

I enjoy being a family man and engaging with my son's interests, sporting activities and events.

Cooking is another passion of mine because I love to eat (don't we all). I enjoy cooking for family and friends and am constantly exploring different cuisines of the world and experimenting with spices and ingredients.



# SIX COMMON SUN MYTHS EXPOSED

- BROUGHT TO YOU BY BUPA -

THERE ARE SO MANY WONDERFUL THINGS TO LOVE ABOUT SUMMER. WHETHER IT'S A BBQ WITH SOME BACKYARD CRICKET THROWN IN OR AN AFTERNOON AT THE BEACH, IT'S IMPORTANT NOT TO FORGET ABOUT THE DANGERS WHICH COME WITH TIME IN THE SUN, PARTICULARLY AS WE HEAD OUTDOORS MORE OFTEN.



## MYTH 1

**A SUN TAN'S FINE, AS LONG AS YOU DON'T BURN**  
**FALSE.**

Tanning is a sign of sun damage. If you think tanning gives you a healthy glow, think again. Your skin turns brown as a way of trying to protect itself because the UV (ultraviolet) rays are damaging living cells. One damaged skin cell can start a melanoma growing. Melanoma is the most deadly type of skin cancer and at only 1 millimeter deep it can start spreading to other parts of the body.



## MYTH 2

**YOU DON'T NEED TO BE CONCERNED ABOUT SKIN CANCER BECAUSE IF IT HAPPENS YOU WILL SEE IT, AND IT IS EASY TO TREAT.**  
**FALSE.**

Skin cancer treatment can be a lot more serious than having a lesion burnt off or cut out. It sometimes results in surgery, chemotherapy, permanent scarring and potentially death. You should keep an eye out for any new moles or changes to existing ones and see your GP or skin specialist if you notice anything unusual. If caught early, the survival rate of skin cancer and melanoma is high.



## MYTH 3

**CLOTHES ALWAYS PROTECT YOUR SKIN FROM THE SUN.**  
**FALSE.**

Not all fabrics protect the same from the sun. Some standard t-shirts only provide the equivalent protection as sunscreen with SPF5.



## MYTH 4

**YOU CAN'T GET BURNT IN THE CAR OR THROUGH A GLASS WINDOW.**  
**FALSE.**

There are two main types of ultraviolet (UV) rays: UVA which causes skin damage and ageing, penetrating deep into the skin, and UVB which causes burning. Glass only filters UVB rays – but UVA rays can still get through. That's why many adult drivers have more wrinkles and sun spots on the right side of their face and their right arm than their left arm and left side – it's from UV exposure through the car window. To avoid sun damage, make sure you regularly apply sunscreen and wear sun protective clothing.



## MYTH 5

**IF IT'S COOL OR CLOUDY OUTSIDE, YOU DON'T NEED SUN PROTECTION.**  
**FALSE.**

Up to 80% of the sun's UV rays can pass through clouds. This is why people with no sun protection sometimes end up with serious sunburn on overcast days. Heat is also not an accurate reflection of the UV levels. Even on cool days the UV can be high.



## MYTH 6

**ONLY SUNBATHERS GET SKIN CANCER.**  
**FALSE.**

Excessive sun exposure doesn't only happen when seeking a tan. We can be exposed to high levels of UV radiation during all different kinds of daily activities such as gardening, working outdoors, having a picnic in the park or walking the dog. This sun exposure adds up over time and if we aren't properly protected from the sun's rays, can increase our risk of skin cancer.

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# WHAT A winter WE'VE HAD

**Sydney University's winter sport clubs performed with distinction across the grades in 2018, as Graham Croker reports.**

Premierships. Minor premierships. Club Championships. Sydney University clubs shared the spoils this year as a result of multiple finals and grand final appearances across a range of winter sports.

Men's and women's clubs in Australian football, soccer, rugby union, rugby league, baseball and hockey made 34 finals from a possible 45 grade sides.

And that resulted in 18 teams reaching grand finals, with nine coming away with premierships. There were also two Club Championships won.

*"This success didn't come easy and is a testament to the quality of people committed to our pursuit of excellence."*

**- Rob Smithies, Sydney Uni Sport & Fitness Executive Director.**

Sydney University Australian National Football Club fielded teams in the finals of seven of the nine competitions they contested during the 2018 season.

After finishing third on the NEAFL ladder, Sydney University dipped out of the competition with a 103-94 loss to Canberra in their elimination final. Defender Ryan Hebron capped off a stellar season by being awarded the 2018 Driscoll Medal. He had already been included in his second NEAFL Team of the Year, invited to the AFL State Draft Combine, and been awarded a University Blue.

In the Sydney Premier AFL competition, Sydney University teams made the finals in six of the eight divisions and made it through to grand finals in five divisions.

The Premier Division lost their grand final 58-55 to UNSW Eastern Suburbs in a nail-biting affair, where the Students went into the final term with a 10-point lead.

Premier Division captain Allister Clarke capped off a fine season for the Students, winning the Harvey Gordon Medal for the side's best and fairest player. He also won the award in 2016.

Sydney University's Reserve Division side lost their grand final 60-45 to Pennant Hills, the Division One side lost their season ender 54-46 to Pennant Hills, and the Division Two side lost their grand final 45-27 to UNSW Eastern Suburbs.

It was left to the Division Three side to bring home a flag with a 54-8 win over Camden Cats.

It was a similar story for **Sydney University Soccer Football Club's** men's and women's teams. Sydney University featured in the finals of six of the seven NPL Men's 3 NSW and Youth 2 NSW competitions.

The men's First Division side missed out on finals football, finishing seventh on the ladder. The Under 20 side made it to the grand final where they went down 2-nil to St George City, while the Under 18's bowed out in the semi-finals after finishing second on the ladder.

Sydney University's Under 16's won the minor premiership in the NPL 2 NSW Youth competition and went on to claim the 2018 title with a 2-nil win over St George City.

The Club's Under 15's exited the competition in an elimination, the Under 14's made it as far as the preliminary final, and the Under 13's went down 3-nil to Camden Tigers in the grand final.

Sydney University's women's soccer teams made it to the finals in all five divisions in the NPL NSW competition, claiming minor premierships in First and Reserve grades and the Under 17's. The Club's Under 15's and Under 14's bowed out in elimination finals, while the Reserve Grade made it to the preliminary final.

Macarthur Rams caused an upset in the First Grade grand final with a 4-3 result over Sydney University.

The Students had some consolation with the Under 17's defeating Manly United 3-2 to claim the 2018 title.



**Sydney University Football Club** made the finals in all seven men's grades in Sydney's Premier competition (four senior and three Colts) and were Minor Premiers in First Grade.

While the three lower grades and three Colts sides bowed out in preliminary and semi-finals, First Grade went on to win the Shute Shield with a comprehensive 45-12 result over defending premiers Warringah.

Sydney University's Women's Rugby Club won the 2018 title for the Jack Scott Cup with an emphatic 38-17 result over Warringah at Woollahra Oval.

Sydney Uni went through the season undefeated, claiming the Minor Premiership with an average winning margin of 40 points. Sydney Uni's Tasmin Sheppard was named MVP of the match, following a strong performance in the front row.

**Sydney University Rugby League Football Club** claimed the 2018 Tertiary Championship with an 18-12 win over UTS Tigers at Sydney University Football Ground.

SURLFC had already won the Minor Premiership, going through the nine-round competition with six wins and two losses. Sydney University racked up 226 points during the competition proper while conceding 118.

**Sydney University Baseball Club** won the Second and Third Grade titles in the Sydney Winter Baseball League.

Second Grade accounted for Hawkesbury 4-2, with Jarryd Stanley throwing eight phenomenal innings to claim the MVP accolades, while Wade Shipard closed out the game well, pitching the last innings.

Sydney University Thirds made it three titles in a row when they defeated Hawkesbury 2-nil in the season decider. Scott Moran hit a triple to drive in Dean Pousini and Sam Collins at the bottom of the fourth innings, while John Nicoll was impressive on the mound, pitching a shutout.

**Sydney University Women's Hockey Club** fielded five teams in the Sydney Women's Hockey League, reaching the semi-finals in four divisions and grand finals in two divisions.

The Metro 3 side won the 2018 title, defeating Moorebank in the decider, while Moorebank won the Metro 5 grand final with a 2-nil win over Sydney University.

In the men's, the Club fielded seven teams in the Sydney Premier League and Sydney League competitions with the Premier 3 and 4 teams making it to the quarter finals before bowing out.



## RUGBY UNION

- Made finals in all seven men's grades in Sydney's Premier competition (four senior and three Colts) and were Minor Premiers in First Grade.
- Won Club Championship.
- Won First Grade title (Shute Shield).
- Won Women's title (Jack Scott Cup) and Minor Premiership.

## AUSTRALIAN FOOTBALL

- Made finals in seven of the nine competitions the club contested, including the NEAFL and Sydney's Premier Division.
- NEAFL beaten in elimination final.
- Five divisions made it to grand finals. Premier Reserve Grade and Men's Division One and Division Two finished as minor premiers.
- Won Division Three grand final.

## SOCCER FOOTBALL

- Men: Sydney University featured in the finals of five of the seven NPL Men's 3 NSW and Youth 2 competitions and were Minor Premiers in Under 16.
- Made three grand finals (Under 20, Under 16 and Under 13).
- Won Under 16 NPL 2 NSW Youth title.
- Women: Made finals in all five divisions and won Minor Premierships in First and Reserve grades.
- Made grand finals in three divisions (First Grade and Under 17's).
- Won Club Championship.
- Won Under 17 NPL NSW Women's title.

## RUGBY LEAGUE

- Finished Minor Premiers in NSW Tertiary Championship.
- Won First Division NSW Tertiary Championship.

## BASEBALL

- Made grand finals in two of the three divisions in the Sydney Winter Baseball Premiership.
- Won Second Grade grand final.
- Won Third Grade grand final.

## HOCKEY

- Women: Fielded five teams across Sydney Metro League and reached the semi-finals in four divisions and grand finals in two divisions.
- Won the Metro 3 grand final.
- Men: Fielded seven teams in the Sydney Premier League and Sydney League competitions, with the Premier 3 and 4 teams making it to the quarter finals before bowing out.



**GRAND FINALS**



**PREMIERSHIPS**



**MINOR  
PREMIERSHIPS**



**FINALS  
FROM POSSIBLE  
45 GRADES**



**CLUB  
CHAMPIONSHIPS**



# STUDENTS' RUGBY RENAISSANCE

THE BUZZ AROUND CLUB RUGBY IS RIFE. THERE IS NO GREATER EVIDENCE OF THIS THAN THE 15,500-STRONG CROWD THAT PACKED OUT NORTH SYDNEY OVAL TO WATCH SYDNEY UNIVERSITY THUMP WARRINGAH, 45-12 IN THE 2018 SHUTE SHIELD GRAND FINAL.



Photo credit: Karen Watson



"When walking out of the sheds through a tunnel of blue and gold fifty metres long I had goose bumps on the back of my neck, and pride in my chest," University prop Paddy Ryan said, in a column he penned and published on the Super XV website. "The electric energy coming off the crowd was contagious... they oooo'd and ahhh'd, they cheered and booed, they encouraged and they sledged."

Sydney University Football Club has arguably become the face of club rugby's renaissance; crowned champions of a competition that attracts rugby-lovers genuinely excited by a Saturday afternoon at the footy among friends; physically close to the field, the high-quality, fast-pace action; familiar with the club, the players.

The stands in North Sydney were peppered with bright yellow University shirts, an enormous show of support for the Student colours with a tongue-in-cheek 'ANYONE BUT UNI' banner stretched across the railing, a turn of phrase used in club rugby-land which reflects the hostility towards Uni, but turned on its head.

The Students performed well across all grades in 2018 with firsts, seconds, thirds and fourths each progressing to finals off the back of dominant seasons. It was a different story for Colts who began their year slowly, regenerating at the backend of the season for each group to enjoy a competitive finals berth.

Together, the Club won the prestigious club championship for the fifteenth consecutive year.

While it was only First Grade who claimed a premiership for the men, Sydney University Women's Rugby Club powered through their season undefeated to reclaim the 2018 Jack Scott Cup.

Also defeating Warringah, 38-17, the self-proclaimed Lionesses personify the club culture growing in the men's game with a supreme sense of community.

Sydney University backrower, Grace Hamilton agreed, saying the women's club have always had not only a robust culture, but a hugely strong playing program and talent pool.

"We had a really solid season – we basically had the same team for every single game and in the final I think that showed," she said.

"It was such a fun year, and with a new bunch of girls too. Every season is great, but this year was a particularly great experience."

Hamilton's rugby career goes beyond competing for Uni at the club level, representing the Waratahs in the winning NSW Women's Buildcorp Super W side in 2018 and being called up to the Buildcorp Australian Wallaroos for her 11th cap against New Zealand in August.

However the Elite Athlete Program member who is completing her Masters of Teaching (Secondary) at the University of New England says playing for Sydney University holds a special place for her.

"My heart lies in club rugby," she said.

"Club rugby is how you get to where you are. I had a lot of different people asking whether I'd come back to play the grand final for Uni, and my answer was always 'of course!' I wouldn't have missed it."

Another formidable talent representing the Student colours is Guy Porter, also a current scholarship holder at the University of Sydney in his fourth year of a combined Bachelor of Commerce and Law degree.

He joined the Students in 2014 and played centre in the number-13 jersey for all but two games this season. Heading into 2018, Guy remarked his aim was to, "stay on the field and be part of a winning team," and says achieving this was incredibly satisfying.

"The feeling in the moment was pure elation – it was the culmination of a lot of hard work," he said.

"We set high standards for ourselves in 2018 and early on, set our eyes on going all the way to the grand final having not made it last year, so to get there, and win it, was very satisfying indeed."

Reflecting on the game itself, Guy said the support shown for Uni on the day was proof of how special the club is.

"It might be a cliché to say but it really was a club effort this year. There was, and is, such a high standard across all teams which means everyone lifts, and that really drove the first grade team," he said.

**"THE PHRASE THROWN AROUND IS 'TRIBALISM' AND I THINK THAT'S PROBABLY TRUE WITH WHAT WE'VE EXPERIENCED AT UNI THIS YEAR, AND REALLY UNIQUE TO CLUB RUGBY AT THE MOMENT."**

"It creates a special atmosphere – the phrase thrown around is 'tribalism' and I think that's probably true with what we've experienced at Uni this year, and really unique to club rugby at the moment."

Discussing the feeling around club rugby this season, Guy said one needed to look no further than grand final day to see the passion for the game, saying this was felt throughout the regular season too.

"Home games are obviously great, but it's also a pleasure at away games to go to awesome venues where you meet people who love their club and are really passionate, week-in-week out. You see it with volunteers, staff; people who are willing to come out on a Saturday to support the team they love."

In 2018, Sydney University Football Club recorded 202 full season members compared to 147 in 2017. This does not include the sponsors, families, staff, students and community that venture to Sydney University Football Ground every other week to fill the grandstand and watch the Students play – proof of the growing appetite for club rugby.

However, spectator numbers and premiership wins are not the only measure of growth with both men's and women's clubs passing resolutions to merge.

Sydney University Football Club will make an offer to members of the women's club to become members of the men's, thereby amalgamating the two clubs. The women's club will dissolve,

and create an eighth strand – for women – in the large rugby program at Sydney University.

It seems as though the merger has already taken shape with Grace commenting on how important collaboration was this season past.

"The feel amongst the women's club was so much better and it really was because of that connection," she said.

"There was just so much more exposure; so many more people were involved. And more people want to be involved, girls want to be involved; the sisters of the boys have that pathway to start playing. The connection was really important."

Guy agreed, saying the opportunity to build upon the two great clubs is only a positive.

"Any synergy we can build upon is awesome."

The individual success of both clubs – historically and today – is irrefutable, proof by not only their recent premierships, but the plethora of Wallabies, Wallaroos, Super Rugby, Super W, NRC and Uni 7s representatives each program has produced.



Guy Porter (left) and Grace Hamilton (right) on Sydney University Football Ground.

So, one can only imagine the success that will ensue off the back of a combined men's and women's club.

As it currently stands, it doesn't seem like we'll be waiting too long to find out.





# Home sweet victory

**SYDNEY UNIVERSITY BACK UP FOR DOUBLE WIN, writes Matt Cleary.**

It's a cloudy and woolly-wet morning on Sydney Harbour as the men's and women's eights from Sydney University and Melbourne University prepare to contest The Australian Boat Race, a facsimile of The Boat Race that Oxford and Cambridge contest each year on the River Thames. And like the delicious quarter-pounder burger of McDonald's known as a "Royale with Cheese" in France, the Australian version is just a little different.

For one it's held on two different waterways. In odd years it's on Melbourne's Yarra River. On even ones it's held on the glittering harbour of Sydney town, where it winds 4.6km from Onions Point in Woolwich, past islands named after a cockatoo and a goat, and into Cockle Bay in Darling Harbour.

It's all quiet on the waterfront as we sit bobbing about in the media boat surrounded by sexy sandstone real estate. The women's eights jockey into position as a helicopter buzzes above and a media man releases a drone like a falconer setting free a bird of prey. There are police boats with lights a-flashing, yellow water taxis with official flags, and a small flotilla of pleasure craft out for a look.

The starter barks "Go!" from a mega-phone and go they do, the rowers, oars ripping in, carving, heaving, the boats sluicing fluidly through the sea. And they're quickly away and we chase after them in the camera boat, close on their tails, photographers lying prone shooting clenched teeth and rictus faces, the money shots of rowing photography.

And it's all quite cool for no reason you can put a finger on. It's like mariners enjoying dolphins at the bow. Or like that bit in Jaws when they put three harpoons in the great shark and it toes the barrels and we chase them, and there's jaunty music and laughter.

And so, two teams of eight row in harmony, surging powerfully through the sea. To the lay eye they all look the same. To the rowing fellows on our boat – who include Harald Jahrling, who trained East German gold medal winners in the double sculls in the 1980 Olympics – the form of individual rowers is critiqued.

"There's your bridge!" says Harald, as the mighty arch of Sydney Harbour Bridge haws into view. Even seasoned commuters will poke their heads up from their phones to look at The Bridge. And they will think as one: it's a bloody great bridge.

A nor-easter picks up and whips specks of salt water across our stern. Sydney pulls a length clear. Sea spume blots the journo's notepad. Rough water now, and choppy. Rio was like this. Beautiful setting. But as Egyptian sculler Nadia Negm said: "If you are rowing this week you better know how to swim."

The water smoothes in Walsh Bay and the Sydney eight draws clear, open water now between the crews, lengths negligible. Skyscrapers are the backdrop as the teams row into the shade of Barangaroo and giant bank buildings. And Sydney University wins the Bella Guerin Trophy.

Ms Guerin? Activist, suffragette, teacher. In 1883 she became the first woman to graduate from an Australian university. Aged 33 she married an 80-year-old. Aged 50 she married a 21-year-old. She protested wars, decried religion and walked to the beat of her own drum. Hero.

The men's trophy is named after Australia's first Prime Minister, Edmund Barton, who rowed in the first official intervarsity race in 1870. Barton later umpired a cricket match between Australia and Lord Harris's XI that turned into "the Sydney Riot of 1879". And so back to Onions Point for the start of the men's race.



Melbourne's cox is a girl, a recent initiative that would have pleased Bella Guerin. And as her crew sluice ahead of us she's into them with good lungs.

The race is a long one by rowing standards. Normally the eights will row for one or two kilometres across flat water. This is nearly five kilometres over lumpy seas. But they're good with it, these people. They train over ten times a week – on the water, on the rower, in the gym. Outside that they're studying, eating or sleeping. Sasha Belonogoff won silver in the quad sculls in Rio. David Bartholot is heading to Canberra to try out for the same. These people are rowing machines. And this is what they train for – the pleasure of pain.

Sydney owning it now. They tear into Darling Harbour multiple lengths clear. Pre-race they had joked about sledging the Melbourne lads across the water. Impossible now – Melbourne's too far away. And they're too bugged anyway.

They slide by a Star Ship, a paddle steamer, a submarine. Into the winner's circle and Sydney celebrate. They pick up the boat over their heads, water rains. They pile it on their truck, work not done. Discipline will stay with these men forever.

There's a presentation and medals, watched on by boat people in stripy blazers and Trump-like red caps, and a smattering of rubber-necking tourists. The race is brilliant yet something of a hard sell to an Australian public so saturated with sport.

Yet a great race down the Yarra and across Sydney Harbour is a very good idea indeed. And you'd think it would make decent TV with Ray Warren commentating, and various cams, and drones, and the jaunty soundtrack of Jaws. Perhaps the race – even the odds – could be live-streamed and beamed onto the sails of the Opera House. Perhaps not.



## CREWS



**Mens Eight:** William Raven, Coxswain; Will O'Shannessey, Stroke; Leon Chambers; Alexander (Sasha) Belonogoff; Andrew Judge; David Bartholot; Jordan Duff; Morgan Brooking and Marcus Britt, Bow. Reserves: Devlin Walsh and Andrew Le, Coxswain. **Coaches:** Don McLachlan and Chris Holliday.

**Women's Eight:** Talia Barnett-Hepplles, Coxswain; Wallis Russell, Stroke; Dyone Bettega; Lauren Graham; Harriet Hudson; Jaime Ford; Carina Simpson; Georgia Masters; Tara Rigney, Bow. Reserves: Lizzy Treloar and Michaela Franz. **Coaches:** Alfie Young and Debbie Fox.



**Men's Eight:** Sarah Ben-David, Coxswain; Robert Corden-McKinley, Stroke; Carl Tomczak; Josh Booth; Max Fisher; Edward Walmsley; Carl Doedens; Thomas Page; James Heath, Bow. Reserves: Joel Cain and Chris Hargreaves. **Coaches:** Michael Poulter and Matt Ryan.

**Women's Eight:** Phoebe Georgakas, Coxswain; Ria Thompson, Stroke; Jacqueline Hart; Brigid McKeagney-Douglas; Jennifer Cleary; Eleanor Price; Kate Duggan; Charlotte Wirtz; Milla Marston, Bow. Reserve: Bianca Litchfield. **Coach:** James Smith.





# IT'S ABOUT THAIM

**For many years, the University of Sydney has been a breeding ground for sportsmen and sportswomen, alike. SUSF has worked tirelessly to ensure all students' sporting interests are catered for, and in 2018 launched Sydney University Muay Thai Club (SUMT); the first of its kind, which is open to all.**

While muay thai classes have existed for 20 years in the form of fitness classes, run through the Sydney University Boxing Club, it was only this year that it became a fully-fledged club.

Winding the clocks back to 1998, the classes consisted of a small amount of passionate individuals learning the discipline under the guidance of coach, Chin-Liang Beh (CL), at the old HK Ward Gym. Fast forward to present day, and the muay thai classes have now evolved into a standalone club, SUMT.

The decision for the evolution of class to club stemmed from a repeated demand from the campus' muay thai community, who wanted more opportunity to further their skills in the discipline, and represent the university in state and national competitions. The formation of the club will allow for a broader range of class styles, which will cater to all athletes, regardless of their ability. The opportunity to represent the university at tournaments will give enthusiasts, such as the club's President, Philip Le, a chance to showcase their skills on a larger stage.

While the club's long-term focus is to compete in state, and nationwide tournaments, it's still only in its initial stages of growth.

This means the current priority is building membership, developing the coaching team, and growing the club's presence around campus. The classes run at a manageable pace for those participating for fun and fitness, which means more cardio and conditioning circuits are integrated into the training regime.

However, for those athletes who wish to further their muay thai training, or even create an amateur career from the sport, the club offers more complex drills, 1-on-1 training, and competition guidance. As part of the club's current strategy, amateur competition development pathways are being established to provide representative opportunities for athletes in 2019.

"Part of what makes this club so great is that it truly caters to everyone, whether they are looking for something social, or seeking to enter competitions. It's not uncommon to see veteran members training alongside newcomers. As our coach, CL, puts it, 'Training ethos is driven by both the individual, and the community. All abilities are welcome,'" Le said.

According to Le, many athletes, such as himself, start combat sports through boxing, however, can't help but be drawn to the discipline of muay thai.



"It's a true test of combat as a sport," Le said. "While the Sydney Uni Boxing club is fulfilling; I always found myself drawn to the style of muay thai. I first tried the sport in 2015, through the fitness classes, and I was immediately hooked. I loved the sport's full body physicality, and the great training environment that CL had fostered. I've been training with him ever since."

Getting any sport off the ground is a challenge in itself, particularly one that is as niche as muay thai. "It's worth noting that none of this would've been possible without the university's muay thai enthusiasts and the SUSF team that were heavily involved throughout this journey," Le credited.



**"WITH SO MANY SUCCESSFUL CLUBS ON OFFER, SPORT HAS BECOME JUST AS IMPORTANT AS ACADEMICS AT USYD. A HEALTHY BALANCE BETWEEN THE TWO SHOULD BREED THE BEST RESULTS IN BOTH"**

SUBxC is firmly part of the fabric of our sandstone surroundings, but will the next decade see SUMT regarded as one of the campus' most popular clubs? Philip Le seems to think so, "If the past few months are any indication, I see this club only thriving in 10 years time." The fusion of, ever growing, newcomers, and veterans training together will make for an attractive environment to students, and members of the public, alike. Through the help of SUSF, the club offers Elite Athlete Program positions, which only serves to draw more people on board. "So long as we continue to have the backing of our wonderful community of muay thai enthusiasts at the university, I don't see an end in sight for the sport with SUSF," Le said.



# BIRD IN FLIGHT

**Sydney Uni Sport & Fitness (SUSF) Elite Athlete Program Member and former Sydney Swan and Essendon Football Club player, Craig Bird, managed to break the record for NEAFL clearances on limited game time during his first season competing for Sydney Uni.**

**Jessie Swindell sat down with Craig to discuss his career in AFL, how it all began and what has helped him get where he is today.**

**Tell us about growing up in Nelson Bay. How did your interest in Aussie Rules begin?**

Growing up in Nelson Bay was great; it is such a great spot on the coast, surrounded by nice beaches, and my family still lives up there today. Like most kids there, I played all types of sport growing up - AFL, rugby league, soccer, cricket, surfing and touch football. It is probably not known as an AFL town with league and soccer being the dominant sports, but I got into AFL through my dad. He played quite a bit of football in Sydney, as well as coaching a few teams, so if it was not for him, I probably would have played rugby league like most of my friends.

**Was being a professional athlete always a goal for you?**

Probably when I was around 15 and started making the state teams I thought professional AFL could be a chance. That's when I started to dedicate time towards achieving that.

**What was it like winning the Premiership in 2012 with the Sydney Swans?**

Obviously a dream come true to just play for the Swans, but to win the Premiership in 2012 was pretty surreal and something I was very grateful to be a part of.

**Who or what inspires you?**

What inspires me is to constantly just get the best out of myself, while always looking to improve.

**How has the transition been from a full-time athlete in Melbourne, to now, relocating back to Sydney, managing study (Master of Commerce), semi-professional sports commitments, wedding planning, employment and social life?**

The transition has been a big change from playing football full-time and has been challenging at times, as I knew it would be.

Getting the time management right has been a learning process with juggling work, study and football. It has been rewarding, though, with helping me transition out of football and into the workforce.

**What advice do you have for student-athletes who may be struggling with time management regarding sports, study and work?**

I guess I have managed by prioritising certain tasks and planning ahead, so I don't get swamped with too much work at certain stages. That would be my advice.

**What have you learned from sport that you have applied to other areas of your life?**

What I have learned from playing AFL is how to get the best out of yourself and the self-discipline it takes to achieve goals.

**Where do you see yourself in 10 years?**

In 10 years I am not sure - I would like to be involved in sport at some level, maybe coaching, and also working behind the scenes in a business role.





## SYDNEY UNIVERSITY MEN'S AND WOMEN'S AUSTRALIAN WATER POLO REPRESENTATIVES CAME HOME FROM THEIR RESPECTIVE 2018 WORLD CUP'S WITH SOME BLING.

Goalkeeper, Anthony Hrysanthos, was a member of the Australian men's team that won a silver medal in Berlin, Germany. The Sharks reached the FINA World Cup final, where they went down 10-4 to Hungary, in a solid build-up to the 2020 Tokyo Olympic Games.

Sydney University Women's Water Polo Club's Australian representatives, Keesja Gofers, Hannah Buckling, Isobel Bishop and Bronte Halligan returned home with bronze from the 2018 FINA Women's Water Polo World Cup hosted in Surgut, Russia.

The Australian Stingers competed in Group A with host nation Russia, Spain and China. The Stingers defeated Spain 9-8 in the play-off for third, while the United States claimed gold with an 8-5 result over Russia in the final.

It was a busy year for the Sydney University quartet, starting with a three-match international series against Italy in Perth in January. Gofers scored eight goals and Buckling scored one as the Stingers won the series three-nil.

Gofers and Bishop then participated in a two-game series against the US on the Sunshine Coast in April. They each scored two goals in the 11-7 and 12-10 losses to the visitors.

Buckling was added to the squad, alongside Gofers and Bishop, for the FINA World League International Cup in Auckland in April. Australia finished second to the US overall, with Gofers scoring eight goals, Buckling four and Bishop four during the series.

The trio backed up for the FINA World League Super Final, held in China, during May-June where Australia finished seventh.



The Stingers then departed on a European tour in the lead up to the World Cup, playing a three-game series against Spain, Greece and Russia in Spain. This was followed by a three-game series against the USA, Hungary and Japan in Hungary.

Meanwhile, Hrysanthos's silver medal was reward for a busy year with the Australian men's team.

The powerful goalkeeper was a member of the Aussie Sharks squad in an international series with the US on the Gold Coast in April. The US won the first match 11-7 before Australia tied the series with a 13-12 result.

The Sharks then competed in the FINA World League Intercontinental Cup in Auckland, where they finished second to the US after putting New Zealand, Canada, Argentina and Kazakhstan to the sword on their way to the final, which they lost 9-6. Hrysanthos was also in the squad that competed at the FINA World League Super Final in Hungary, where the Sharks finished sixth.

It was a solid build-up to the 2018 World Cup hosted by Berlin in September, where the Sharks collected a silver medal.

Sydney University also had representatives in the Australian Under 18 women's side that finished fourth at the FINA Youth World Championships in Belgrade. The team featured Sydney University's Carla Traplin, Matilda Kearns and goalkeeper Lily Hawthorn along with assistant coach/team manager Debbie Watson.

Traplin was named MVP with her five-goal haul in the Aussie's 18-5 win over Uzbekistan, while Kearns earnt back-to-back MVPs in their 15-6 win over Brazil and 9-9 draw with Greece. Traplin was named MVP as Australia finished their round matches with a 6-3 result over Canada.

On the home-front Sydney University have men's and women's teams competing in the NSW Premier League competition which started in October.

Sydney University Men's Water Polo Club president, Antony Green, said the strong representation at national and state levels was the result of the development of the junior programs over recent years.

"We're the defending men's national champions and the women's team just missed out on making it three consecutive national titles last season," Mr Green said.

"We also won the Club Cup for the combined efforts of the National League men's and women's teams.

"With the development of the junior programs we're now producing more state and national representatives in the age team, from 12's through to 18's."

Mr Green said catering for a big junior program required many volunteer helpers, coaches and managers and the University Water Polo clubs are very thankful for all of those involved.

"Young players can see pathways to getting a good education while competing at high levels in their sport," he said. "We also cater for the social side and enjoyment of the sport."



# SILVER LINING AND BRONZED AUSSIES



# EIGHT PENNANTS WON AT NATIONALS

**THE UNIVERSITY OF SYDNEY WILL LOOK BACK ON ITS FIRST EVER UNISPORT AUSTRALIA DIV 1 NATIONALS CAMPAIGN WITH PRIDE AFTER WINNING EIGHT PENNANTS, SIX SILVER AND EIGHT BRONZE MEDALS.**

The event replaced the former Australian University Games to lift the level of competition and that it did.

It hosted 43 universities from across Australia who competed in 33 sporting competitions, all in the hope of obtaining as many pennants (overall first-place finishes) as possible.

This year, the University of Sydney sent 410 student-athletes to the Gold Coast to form 40 teams (male, female and mixed) and compete across 26 sports.

Pennants were won by Men's Baseball, Women's Ultimate Frisbee, Kendo's Men and Women, Women's Soccer-Football, Women's Cycling and both Men and Women in Rowing.

Sydney University rowers entered 15 of the 16 events held, winning a total of seven gold, three silver and three bronze medals to claim the Men's, Women's and Overall Championship.

The team placed first the Men's eight to retain the Oxford and Cambridge Cup, the Mixed Eight, Men's and Women's Coxed Pair, Women's Lightweight Quad and Men's Lightweight Single. Silver was won by the Women's Eight, Men's Double and Mixed Coxed Four.

Like rowing, Kendo claimed the Women's, Men's and Overall Champion title off the back of a dominant two-day campaign, winning a string of individual medals in the process.

Men's Baseball had a flawless run to beat Griffith University in the final, 11-1, while Women's Football dominated in their competition with a succession of 10+ point wins, beating Melbourne University in the gold medal match, 3-1, to earn their 8th consecutive pennant. Women's Cycling and Women's Ultimate Frisbee also added pennants.

On top of this, a number of teams produced standout performances to take individual gold, second and third-place medals.

Gold-medal winners included Kane Townsend in the Men's Singles in Table Tennis and Cormac Guthrie in the Men's 800m Freestyle. In Fencing, the Men's Foil Team won gold and in the 27km Individual Women's Time Trial, Georgia Whitehouse won gold with a convincing one-minute lead.

Teams that finished with silver (6) were Aussie Rules, Men's Volleyball, Women's Hockey, Men's Rugby 7s, Men's Ultimate Frisbee and Women's Judo. Individual second-place finishes included Sarah Tan in the Women's Singles for Table Tennis.

Bronze-medal winners (8) included Mixed Touch Football, Men's Water Polo, Women's Futsal, Women's Table Tennis, Women's Badminton, Men's Tennis and Men's Fencing (who placed equal third.)

Women's Taekwondo also took bronze overall, with the team pulling together an impressive eight gold, seven silver and 10 bronze medal-performances. Individual bronzes included the women's and men's relay teams who finished third in the 4x50m Freestyle.

"We had a clear purpose for the event which was to be as competitive as possible," SUSF High Performance Manager, Tristan Liles said.

"As we travelled to each sport, the most common question asked by team managers was 'how are the other teams doing? Are we winning?' This sense of unity was tremendous to see and shows that the culture we are trying to cultivate is already there."

"We will continue to refine and improve, and without a doubt be back stronger and more prepared in 2019."

Congratulations to all student athletes who took part – it was a terrific week of competition where teams and athletes alike performed with distinction.

UniSport Australia will announce an overall champion following more sport-specific events set to take place this year.

## STUDENTS FOURTH AT 2018 AON UNI 7S

Also in conjunction with UniSport Australia, the 2018 Aon University Sevens Series saw the University of Sydney enter a team for its first year and finish an impressive fourth overall.

The finish was behind victors, Griffith University, 2017 champions, the University of Queensland and Macquarie University.

The five-round, 10-team competition was held over two months on university fields across the country, with the Students notching two fourth, a second, third and ninth place finish.

A special mention to Jakiya 'Winx' Whitfeld who was named Player of the Series and featured in the series Dream Team.

Congratulations to the entire squad, coaching and support staff on an exceptional campaign.



**410** ATHLETES

**26** SPORTS

**40** TEAMS

**8** GOLD MEDALS

**6** SILVER MEDALS

**8** BRONZE MEDALS



# SOLID START TO season

## INCOMING DIRECTOR OF CRICKET AT SYDNEY UNIVERSITY CRICKET CLUB (SUCC), CAMERON BORGAS, IS MORE THAN HAPPY WITH HIS NEW SURROUNDINGS, BUT HE'S EVEN HAPPIER WITH THE STANDING OF THE CLUB.

Having coached at another sandstone campus, Adelaide University, for the past three seasons Borgas, who played 37 Sheffield Shield matches for South Australia, has inherited a solid band of cricketers through the grades.

"A number of our young First Graders have hit early season form, including opener Ben Trevor-Jones, leg-spinner Devlin Malone, all-rounders Ryan McElduff and Hayden Kerr, and left-arm quick Dugald Holloway," Mr Borgas said. "All of them have the potential to go to the next level."

Trevor-Jones, who posted 124 in the Round 4 clash against Fairfield-Liverpool, is averaging 105 from four knocks, while Malone has already taken 19 wickets.

"Devlin and Ryan have already played for NSW Under 19s, while Hayden recently made his NSW Future League debut for ACT-NSW Country," the coach said.

"Hayden's a handy top-order right-hand batsmen, who also bowls left-arm medium pace, while Dugald is a deceptively quick left-arm bowler. He's also a hard hitter down the batting order."

"Of course skipper Liam Robertson, Ed Cowan and opening bowler Joe Kershaw, another Future League player for ACT-NSW Country, have also been contributors."

Sydney University's solid start to the season began in Round 1 with a clean sweep in all five grades (limited overs fixtures) against Manly-Warringah. The Students collected a bonus point in First, Second and Fourth grades to take an early lead in the Club Championship.

First Grade cleaned up Manly-Warringah by 144 runs at University Oval. The hosts posted 7-277, with Cowan (69), McElduff (63), Robertson (50) and Damien Mortimer (38) the main contributors. Batting at No.4, Cowan cracked seven boundaries and a six in his 57-ball stay.

The Students then earnt a bonus point by dismissing Manly-Warringah for 133 in 37 overs, thanks to Malone's nine-over spell which produced 4-35, complemented by Ben Joy (2-13) and Tim Ley (2-25).

Steven Hobson provided the highlight of Sydney University's collective Round 1 afternoon with a sparkling 122 in Third Grade's 43-run win at Camperdown Park. He shared a 102-run opening partnership with Jack Hill (37) as the Students amassed 8-265 before dismissing Manly-Warringah for 213. Newcomer Nihir Gandhi led the University bowling assault, taking 4-35 off his 10 overs.

Malone's early season form continued in the rain-affected Round 2 draw with Eastern Suburbs at University Oval. In the first of the two-day fixtures the visitors were all out for 215 thanks to the leg-spinner's 6-73 in a 27-over spell, including six maidens. The Students were 3-44 at stumps and both sides had to settle for a draw when the next Saturday's play was washed out.

A Liam Robertson century helped Sydney University to an 86-run win over Sydney in their Round 3 NSW Premier competition match at Drummoyne Oval.

With the first day of the two-day fixture washed out, the match was rescheduled as a 50-over contest, with skipper Robertson electing to bat first after winning the toss. He entered the fray with the Students 3-91 and posted 105 off 125 balls, with eight boundaries, as Sydney University amassed 8-235.

Tim Ley and Joe Kershaw struck early as Sydney struggled to post runs. Ley finished with 3-15 and Kershaw finished with 2-41. Malone (2-27) and Holloway (2-19) also shared in the spoils.

Sydney University had a second century-maker in their ranks on the day. Newcomer Nicholas Walker cracked an unbeaten 104 in Second Grade's 87-run win over Sydney at University Oval. Batting at No.4, Walker hit seven boundaries and six sixes in his 112-ball occupation, and shared a 112-run seventh wicket stand with Charlie Cassell (70 not out) as the hosts amassed 6-258.

*"A number of our young First Graders have hit early season form"*

They then rolled Sydney for 171, with Cassell collecting 4-19 in a big day out on the campus.

With four wins and a draw in the five grades against Sydney, Sydney University extended their lead in the Club Championship ladder on 278 points, with Randwick-Petersham (245) and Penrith (239) sitting second and third.

The first day of Sydney University's Round 4 match against Fairfield-Liverpool was highlighted by Trevor-Jones's 124 at University Oval. Having been called up to open while Nick Larkin was on NSW duties in the Sheffield Shield, Trevor-Jones made the most of his promotion hitting 12 boundaries and a six in his 262-ball stay. Skipper Robertson declared Sydney University's inning closed at 9-295.

Day two saw Malone's early season wicket-taking streak continue, when he claimed 5-65 as Sydney University took first innings win over Fairfield-Liverpool who were all out for 206. He bagged another two in Sydney University's 79-run win over Australian Capital Territory in a Twenty20 fixture at University Oval the following day to take his season tally to 19.

In the women's premier competition, Georgia Redmayne cut loose with the willow in Universities 105-run win over Northern District in their Round 5 limited overs fixture at Mark Taylor Oval.

The opener hit 20 boundaries in scoring 165 as Universities tallied 7-336. She shared partnerships of 168 with No.4 Carly Leeson (66) and 74 with Maisy Gibson (26). Universities held Northern District to 5-231 with Stella Campbell claiming 2-26.

Campus cricket is in good hands.





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# WATER SAFE SUCCESS

**AS A NATION GIRT BY SEA, SWIMMING IS A NATURAL PART OF LIFE FOR MANY AUSTRALIANS. THINK ABOUT YOUR EXPERIENCES GROWING UP IN AND AROUND THE WATER... SCHOOL SWIMMING CARNIVALS, A FAMILY OUTING TO THE BEACH OR SOME LAPS IN THE LOCAL POOL.**

The reality is the majority of us didn't have to think about our ability to stay safe during these activities. Learning to swim is often taken for granted, so ingrained in the Australian culture as being fundamentally important to every individual's safety and overall motor skill development - Why wouldn't you learn to swim?

University of Sydney student and Water Safe participant, YiYi Zhou (Zoe) is from Shanghai, China. Before joining the free program, piloted in Semester 1 at the Sydney Uni Sports & Aquatic Centre, Zoe had some basic stroke knowledge but wanted to improve and feel more confident.

"Swimming is a rarity in China. Few Chinese learn to swim as there isn't really a need," explained Zoe who is in her final year of Masters of Accounting.

In contrast to China, swimming is one of Australia's most popular past times but it isn't always just a matter of recreation.

The Royal Life Saving National Drowning Report shows that there were 249 drowning deaths across Australia between 1 July 2017 and 30 June 2018.

An episode of Bondi Rescue makes clear that it's not all

summer, sunshine, and smiles. With a coastline linked by over 10,000 beaches, more than any other country in the world, locals and tourists alike flock to our stretches of sand. The unpredictability of the surf combined with waves of people on holiday mode can be dangerous.

A 10 year study just released into drownings in Australia highlights one in four drowning deaths involved people born outside of Australia. Last year alone there were 20 overseas tourists who drowned, predominately from European (45%) and Asian (40%) countries, as well as 6 international students.

Justin Scarr, CEO Royal Life Saving says, "Reducing drowning in these high risk populations requires an integrated approach, working with universities, local tour operators, national parks and lifeguard services."

Run for University of Sydney students with limited or no experience in water, the SUSF Water Safe program attracted over 300 enrolments in 2018.

"I first learnt about the program during O-Week and thought that fitting in 45 minutes per week to learn a life skill was a no brainer," said Zoe.

Students were also granted free pool access outside of their lesson time to practise their newly learnt skills.

A unique aspect of the course is the student to student connection achieved through all instructors being USYD students themselves.

"The instructors were all super friendly and really helped me to correct my technique. My progress from the first lesson to the last was huge and I'm so grateful to have had this opportunity while studying," said Zoe.

A social event was incorporated into the program, allowing all Water Safe participants to discuss their experiences and enjoy each other's company outside of the water.

SUSF hopes to grow this free initiative into the future and continue to play a small part in the national drowning prevention strategy by providing a campus experience that will hopefully be cherished forever by all participants.

## "1 IN 4 DROWNING DEATHS INVOLVE PEOPLE BORN OUTSIDE OF AUSTRALIA"





# COMMUNITY IS CORE FOR THE FLAMES



**CELEBRATING 15 YEARS OF THE FLAMES AT SYDNEY UNIVERSITY THIS YEAR PROMPTED LAURA HANLON TO DISCOVER THAT CONNECTION TO COMMUNITY HAS BEEN CENTRAL TO THE TEAM'S LONGEVITY AND SUCCESS.**

Cast your eye over any successful sporting organisation and what stands out is a commitment to engage with the community as often as possible. The magnificent 2016/17 WNBL Championship won by the Brydens Sydney Uni Flames was made extra special because it was shared with their loyal fans.

Success though doesn't hinge on winning a trophy every year. A national-level sporting entity such as the Flames has much to offer through positive engagement with community all year round.

It is heartening to see that Flames players, coaches and management relish opportunities to engage with communities throughout NSW as they promote the healthy lifestyle, female sporting participation and inspire persons of all ages, especially young people, to play basketball.

"We work in partnership with the community. You cannot expect a community to support your vision if you are not involving your community," commented Brydens Sydney Uni Flames General Manager, Karen Dalton.

Some might argue sporting teams connecting with schools and the community are just doing it to build their brand and supporter base. True and critically important, however, such a view fails to acknowledge that those involved in such initiatives represent much more than a marketing initiative.

Witnessing Brydens Sydney Uni Flames stars Alex Wilson and Amanda 'AJ' Johnson interact with enthusiastic students at St Bernadette's Primary School in Lalor Park recently as they conducted a basketball clinic with seven 10-12 year olds and eight 15-16 year old high school mentors says it all.



The smiles and excited chatter from the students highlighted how much the occasion meant to them. The school counsellor reflecting on the visit said many of the students have now expressed a desire to play basketball together.

It is recognised that sports stars can influence attitudes towards sporting participation. Perhaps less appreciated are the two-way rewards that can be garnered from the Flames players and coaches being out and about in the community.

"These opportunities help the Flames stay in touch with the community and to hear what they are saying. The Flames players individually gain satisfaction in knowing they have possibly enriched the life of a young person by igniting a passion for basketball given the friendships and personal development that can flow through involvement in sport," said Dalton.

In other situations just turning up can offer a huge boost for someone doing it tough. In late September four Flames players, Emily Matthews, Britt Smart, Ally Wilson and Tahlia Tupaea visited Molly Croft at Westmead Hospital, Ronald McDonald House. Molly, an U12 representative netballer in her home town of Dubbo, 370 kilometres from Sydney, was diagnosed with a form of bone cancer and faces a long stay in Sydney with family while she receives vital treatment. The four Flames spent the day with Molly, with family friend Emily Matthews commenting on what an inspiration Molly is.

The Flames do not seek accolades of any kind, however, their community ambassadorial work offers the perfect vehicle to make a difference.



Leading by example is Flames Captain and former Australian Opals Captain, Belinda Snell. Snell treated a grade-three class at a Mascot school in June this year by showing off her 2018 Commonwealth Games gold medal and talking about what inspired her to play basketball as a kid and her role as the Southern Design Sydney Uni Sparks head coach. Needless to say the eyes of the children lit up as they passed around the gold medal, with Snell invited for a return visit next year.



The above examples might seem simple but each needs to be well planned and conducted in the right spirit. The universal values of sport: respect, inclusivity, fair play and giving your best are pivotal to the Flames culture. Sydney Uni Sport & Fitness (SUSF) shares these values and is immensely proud to support Brydens Sydney Uni Flames.



# TAKING IT TO THE

*Max*

**LIVING ON CAMPUS AT UNIVERSITY OFFERS A WORLD OF OPPORTUNITY. ROAR EDITOR, LAURA HANLON, CAUGHT UP WITH ST PAUL'S COLLEGE FIRST-YEAR STUDENT AND SYDNEY UNIVERSITY FOOTBALL CLUB (SUFC), COLTS INSIDE-CENTRE, MAX SINCLAIR TO TALK SPORT AND COLLEGE LIFE.**

## What made you choose the University of Sydney (USYD)?

I always wanted to come to USYD because of its prestigious reputation. My brother went to Paul's in 2016 and loved it. I never even knew college existed until he told me all about it. I'm so glad I chose Paul's and feel so lucky to be a part of this community. Playing for SUFC was an easy decision, so close to College, but also because such great players such as, Nick Phipps and Jake Gordon come from the Club.

## It's your first year at Uni, how have you found juggling your Bachelor of Commerce (Liberal Studies) degree with your sporting commitments?

It has been challenging juggling Uni, work, rugby and a social life. I didn't expect Uni to be as full on as it was. The Elite Athlete Program helped. I used tutoring and dietitian assistance the most. Rebecca the nutritionist helped me establish a good eating plan and receiving one-on-one tutoring helped improve my marks. The Elite Athlete Program Manager, Leonie Lum, also helped and she was only a phone call away.

## How have you found the transition from school to Uni?

The transition from Shore to Uni was relatively smooth. The support and mentor program at Paul's helped this move. I think the biggest change came with rugby. Playing three years in the Shore 1st XV, I had only won two competition games. It was really hard mentally to cope with so many losses and my rugby head space became clouded and negative. As Captain in 2017 I felt personally responsible for our team's lack of success. Coming to SUFC, suddenly I was winning most games. I learnt a lot.

## You mentioned you were injured this year – how is it going?

I was injured for 10 rounds of rugby. I did a Grade 3 syndesmosis, high-ankle tear. Luckily no surgery; however the recovery process was slow and at times frustrating. My ankle is back to 95% and hopefully I will be ready for next season.

## Rugby, cricket & rowing – what's the attraction?

I think I have the most passion for cricket. I'll happily sit and watch a test all day on

TV. I work in a cricket retail shop during the summer which I love. I rowed for most of my schoolboy years. I enjoyed the rush of racing, however, my heart wasn't really in the training hence the shift to cricket. Playing Rawson Cricket and representing The College, literally in my first week, was awesome. Taking four wickets in four balls against Wesley was my highlight. I've never felt so supported by the other boys of the College.

I've always loved rugby and think it's probably the sport I am best at. I like that being a good rugby player is multifaceted: mental toughness, gym and strength, speed and agility.

## What is the best part about living at St Paul's and what would you say to any future students looking to live in that community?

I love living at Paul's. I have made mates for life. This year has been the most enjoyable year ever. The events, opportunities, mates, convenience to Uni and social life are all great. I would encourage future students to come and be a part of the college community, you learn a lot about yourself and meet new people.

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Enjoy the choice to get what  
you really want

##### SILVER BENEFITS INCLUDE:

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- 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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Community from under \$10\*

Gold, Silver, Bronze & Blue Lion Passes are available as 3, 6 or 12 month upfront options. Fortnightly Direct Debit option also available on a 12 month pass only. \*Prices quoted denote weekly breakdown of 12 month pass.



# Home Events



November-January

## BASKETBALL

The Brydens Sydney Uni Flames compete in the Women's National Basketball League. The Flames feature a number of current and former Australian Opals, and most recently won the WNBL Championship in 2016/17.

**24**  
11  
18  
**FLAMES**  
**V PERTH**  
5pm  
Brydens Stadium

**14**  
12  
18  
**FLAMES**  
**V DANDENONG**  
7pm  
Brydens Stadium

**01**  
12  
18  
**FLAMES**  
**V BENDIGO**  
5pm  
Brydens Stadium

**30**  
12  
18  
**FLAMES**  
**V TOWNSVILLE**  
2pm  
Brydens Stadium

**05**  
12  
18  
**FLAMES**  
**V ADELAIDE**  
7pm  
Brydens Stadium

**06**  
01  
18  
**FLAMES**  
**V DANDENONG**  
3pm  
Brydens Stadium

**13**  
01  
18  
**FLAMES**  
**V CANBERRA**  
2pm  
Qudos Bank Arena

## CRICKET

The Sydney University Cricket Club is one of the oldest sporting clubs at the University. The Club has eight teams that compete in the Sydney Grade Competition. They won the NSW Premier Cricket First Grade Title in 2016/17 and were Runners Up in 2017/18.

**24**  
11  
18  
**SYDNEY UNI**  
**V UNSW**  
10:30am  
University Oval No.1

**22**  
12  
18  
**SYDNEY UNI**  
**V MOSMAN**  
10:30am  
University Oval No.1

**15**  
12  
18  
**SYDNEY UNI**  
**V MOSMAN**  
10:30am  
University Oval No.1

**26**  
01  
19  
**SYDNEY UNI**  
**V CAMPBELLTOWN**  
10am  
University Oval No.1

## AMERICAN FOOTBALL

The Sydney Uni American Football Club compete in the NSW Gridiron Premier League. The Men's team has had huge success, winning 15 consecutive Senior NSW Championships. The Club has grown substantially with teams also entered in the Women's and Colts competitions.

**24**  
11  
18  
**SYDNEY UNI (WOMEN'S)**  
**V ACT**  
4pm  
Neptune Park

**24**  
11  
18  
**SYDNEY UNI (MEN'S)**  
**V UTS**  
6pm  
Neptune Park

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



# 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.

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

## JOIN A CLUB

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



### AFL

The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club 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.sydneyunigridiron.com](http://www.sydneyunigridiron.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)



## BOAT

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)

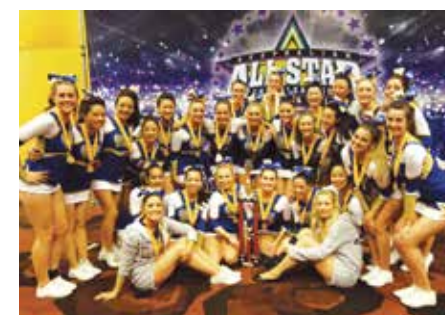


## GOLF

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.solutionswaterpolo.com](http://www.solutionswaterpolo.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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Sydney Uni Sport & Fitness



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# Health & Fitness Facilities

*We have options for everybody!*



## SPORTS & AQUATIC CENTRE

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

### SUSAC features:

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

### 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 & Darlingtown Ave



## ARENA SPORTS CENTRE


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

### The Arena features:


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

### Opening hours

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

 (02) 9351 8111

 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



## SWIMMING PROGRAM

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

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

All lessons include a water safety component.

 (02) 9351 4978

 swimschool@sport.usyd.edu.au





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**Sydney Uni**  
SPORT & FITNESS

# PERSONAL TRAINING

Each individual is different and that is how we approach personal training at Sydney Uni Sport & Fitness.

Team up with a PT today and achieve your goals with guidance.



Turn to  
page 5 for  
the story behind  
this image!

## FOR ANY ENQUIRIES



**VISIT** [susf.com.au](http://susf.com.au)



**CALL** Arena - 9351 8111 or  
Sports & Aquatic Centre - 9351 4978



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



Drop into one of our facilities for a chat