

ROAR



Sydney Uni
SPORT & FITNESS



04 CONVERSATIONS CREATING CHANGE

What our members say and the proof we listen.

06 FIVE THINGS TO DO WHEN YOU'RE FREE AT LUNCH

SUSF is serving up a lion's feast of activities on campus.

10 ALL IN

The team that has brought out the best in Greta Hayes.

14

JOIN OUR PRIDE

Student Annual Membership
drops to \$50

20
19



ALL WELCOME

ALL YEAR ROUND



FROM THE EDITOR

ALL IN FOR 2019.

Sydney Uni Sport & Fitness welcomes all, all year round. We're a team made up of all ages and all abilities working as one.

Thank you to everyone who has teamed up with us over the years and to those who have recently joined us or are about to enter our community this year.

One member of our team is cover athlete Greta Hayes. Before meeting Greta in person, I had researched her sporting achievements and heard great things. I wondered what support she had behind her. It was clear that reaching full potential requires being surrounded by the best. Greta acknowledged that her family, team mates, club, coach and partner all rise for her. The other person that she calls upon is herself - this important component of your team cannot be underestimated.

In her words, "You can only do your best and no one can ask anything more of you; but to do your best you need to know deep down that you did everything you possibly could to perform at 100% on the day. This inner drive has always driven me to train my hardest and take no shortcuts."

I hope you enjoy this edition of ROAR and encourage you to lean in, all the way, at Sydney Uni Sport & Fitness.

Here's to a successful twenty ninetteam!

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CONTENTS

ROAR 42 | AUTUMN 2019



05

MEMBER MEETS:
INTRODUCING ANGELA DIXON

By Nicole Safi



08

SLOW DOWN AS LIFE
SPEEDS UP

By Susannah Walmsley



10

ALL IN:
GRETA HAYES

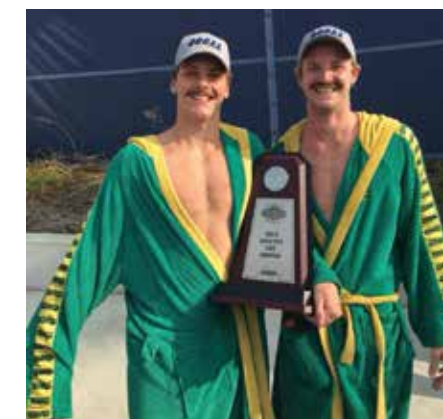
By Laura Hanlon



20

SUMMER OF
CYCLING

By Harry Croker



22

GOLDEN BOYS ABROAD:
WATER POLO

By Susannah Walmsley



24

STUDENTS IN A LEAGUE
OF THEIR OWN

By Graham Croker

04 WHAT OUR
MEMBERS SAY
By Nicole Safi

14 JOIN OUR PRIDE

16 DELAYS TO SUCCESS
AREN'T DENIALS
By Mark Alabakov

18 ATHLETE INTERVIEW:
SIMON MCTAVISH
By Nicole Safi

26 THE STUDENT STARTER
PACK OF PROGRAMS

30 TITLES IN SIGHT FOR
MEN IN WHITE: CRICKET
By Graham Croker

32 GROUP FITNESS

34 MEMBERSHIP & PASSES

36 HOME EVENTS CALENDAR

39 JOIN A CLUB

46 FACILITIES

WHAT OUR MEMBERS SAY and the proof we listen

Since 2009 Sydney Uni Sport & Fitness has given its members the opportunity to formally have their say through our member survey; each year asking them what they like and where they'd like to see SUSF improve.

The valuable feedback provided on the facility, staff, programs and overall SUSF experience has informed some of the positive changes implemented over the years, from little things, like taking ROAR Magazine online to the expansion of the Sports & Aquatic Centre gym floor, twice in five years.

GYM IMPROVEMENTS

"At times it is hard to have a good workout as there are too many people and not enough equipment." 2011 Member Survey

The rise of comments like this in the early 2010s preceded Sydney Uni Sport & Fitness' decision to initiate a \$15 million extension and refurb at the Sports & Aquatic Centre in August 2013. The gym nearly doubled in floor space with new equipment installed and a far greater stretching and free weights area made available to members. Around this time, the Arena Sports Centre gym also received a revamp with the installation of fresh wall designs and new equipment.

However with an appetite for an even more modern and spacious gym, members continued asking: *"The gym gets pretty crowded and is looking a bit old - how about an update?" 2016 Member Survey*

When an opportunity presented itself in 2017 to further expand the Sports & Aquatic Centre gym, we took it, knocking down walls and extending the gym space by 350m². This came with a myriad of new equipment including a 17-metre sled track, two TRX stations, assault bikes, branded weight plates and a Hammer Strength HD Athletic Rig.

While we are always striving to further improve our facility, in 2018, we saw many members proffer positive comments on the quality of the new space: *"Overall a great centre with good facilities. Very happy with the renovations, makes the experience a lot better." 2018 Member Survey*

GROUP FITNESS GROWTH

Our Group Fitness program has grown exponentially over the last 10 years and has never been in better shape. This has in part been thanks to the feedback of our dedicated group fitness goers.

Prior to 2013, some members may recall

the Group Fitness Studio being attached to the Sports & Aquatic Centre gym floor, however as the program's popularity grew, we began to see feedback like this: *"more space for the fitness classes please - they can be very crowded." 2012 Member Survey*

Following the Group Fitness Studio's expansion and relocation in 2013 to its own state-of-the-art space atop Brydens Stadium, crowding was no longer a common theme in member feedback. What became more popular, however, were suggestions to better the Group Fitness timetable, based on member preferences.

"Can we have more mid-week lunchtime classes?" 2015 Member Survey

We currently offer nine Les Mills lunchtime classes across the Group Fitness and RPM Studios, plus two lunchtime UNLEASH sessions in the Sports & Aquatic Centre gym and HIIT boxing, both short, functional training programs that reflect global fitness trends. This is compared to a total of seven lunchtime classes according to a November 2015 timetable.

"More wellness classes like yoga please. I really enjoy them and would love to attend more." 2016 Member Survey

In 2016 we offered 10 wellness-related classes like Yoga, Pilates and Body Balance compared to 12 in 2019. This increased offering doesn't include our Stretch N Balance classes for Seniors plus the number of opportunities to enrol in Short Courses specialising in Yoga and Pilates.

MOVING BUSINESS ONLINE

"Putting more stuff online is definitely a good idea - it's a very convenient medium." 2011 Member Survey

We believe it is important for members to be able to engage with us online, whether it be to keep up-to-date on what's happening around the facility, check our opening hours or to book

themselves into a class or court.

Since the launch of our website and the growth of our Facebook, Instagram and Twitter accounts, we update and use the platforms daily to ensure nearly all facets of our business are accessible to members online.

"How about the option of an online version of ROAR? I'd be happy to glance through an online version." 2013 Member Survey

Each article featured in ROAR Magazine has been available via our website and across social since February 2017, with the entire publication also available in full at susf.com.au. The triannual publication is one of the key ways members stay across the goings on at SUSF.

"I would like to be able to book a basketball court online rather than having to call up." 2017 Member Survey

"Moving over to a system where squash and tennis courts can be booked online." 2018 Member Survey

Current Annual Members are now able to book a Squash, Tennis, Badminton, Indoor Football, Full Court Basketball and Volleyball courts online via the Member Login button on the top-right-hand corner of our website.

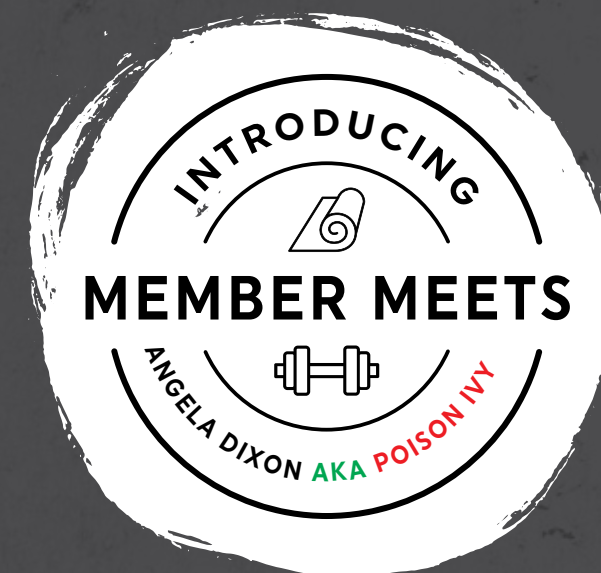
This update shaves time and hassle off the court booking process, enabling members to enjoy our facilities more easily – a recurring request over the last couple of years.

As a members-based organisation, listening to what our members have to say is paramount – whether it be through the Member Survey or during a friendly conversation around the facility.

Year in, year out, we strive to continually improve our facility, programs, offerings and the overall experience of our members – an objective we will continue working towards in 2019. Speaking of which, our cardio spaces have just received a major boost, with 71 pieces of new machinery installed across both of our sites!

the
children's
hospital

Poison Ivy – pictured here with Batman just before completing the City2Surf at lightning speed and raising money for the Children's Hospital at Westmead – all made possible by the vigorous fitness prep from the experts at SUSF!



Poison aka Angela Dixon reflects on how her long and loving relationship with SUSF, and how her pet program, Boot Camp, has helped her become the superhero that she is today.

How long have you been a member of SUSF, and what has kept you coming back?

Forever! Well, not quite, but when I (Poison) joined, dinosaurs roamed the Earth.

I've been at SUSF for over 20 years. After returning home to complete my PhD after several years in the U.S., I couldn't wait to take advantage of the splendid facilities and privileges of being a SUSF Gold Member – a personal fitness assessment, a dip in the pool, a workout at the gym etc.

Bouncing into a Step Aerobics class and boogying along to Jazzercise was the perfect antidote for the PhD pressure. I thought I'd achieved true happiness here, but I was wrong...

How did you find true happiness at SUSF?!

True happiness came with the introduction of the most fabulous SUSF offering ever – BOOT CAMP! Always a trailblazer, I was at the very first SUSF Boot Camp.

Boot Camp isn't your typical workout. They change it up every session so you don't know what's coming next and the hour whizzes by in no time. The regimen emphasises whole-body fitness and general preparedness rather than specialising in one particular discipline.

To accomplish this, Boot Camp training often commences with dynamic stretching and running, followed by a wide variety of interval training, including lifting weights/objects, pulling rubber straps, push ups/sit ups, plyometrics, and various types of intense explosive routines. Sessions usually finish with yoga stretching. But most of all – here comes the cheesy bit – it involves exquisite FUN!

It can be as intense and competitive as you want it to be (you're only competing against yourself), and primarily it is communal. Boot Camp has become such a social thing. So many recidivists are part of each new session block – just waiting to welcome the newbies into the fold – trying to turn them into repeat offenders too.

Boot Camp caters for everyone – all ages and fitness levels. Sessions run in six week blocks, three times a week. Such a fabulous way to start the day – and we all feel so VIRTUOUS afterwards.

What would Poison say to someone considering giving Boot Camp a go?

To channel that gorgeous Greek goddess of strength, speed, and victory - just do it! Come and be virtuous with us.

FIVE THINGS TO DO WHEN YOU'RE FREE AT LUNCH

Sydney Uni Sport & Fitness is serving up a lion's feast of activities during lunchtime on campus, delivered straight to students and staff at the University of Sydney.

3 UNLEASH

Maximum effort, maximum results. UNLEASH is Sydney Uni Sport & Fitness' signature group training program. A HIIT (high-intensity interval training) workout, UNLEASH trains your muscles for the tasks they perform in everyday life. It's a vigorous strength & cardio workout that will leave you stronger and fitter than ever. It's a snack at only 30 minutes and is available for GOLD Members and UNLEASH 10-Visit pass holders.



1 SOCIAL SPORT

Don't be fooled by the "social" title, fierce table tennis rallies and dodgeball slings are sure to get your heart racing. Gather your glory-hunters from 12-2pm and make some mates while playing basketball, futsal, netball, touch football plus more. Oh, and you can enter as an individual or form a team of your own.



4 \$2 TENNIS TUESDAYS

Grab a racquet and have a hit around... for just \$2! Head to the Sports & Aquatic Centre on a Tuesday between 2-3pm during semester, and let the front desk know you're interested in the program. Once paid, you'll be given a wrist band and informed of your court allocation. Available on a first come, first serve basis.



2 INTERFACULTY SPORT

Did someone say free? Each year since 1939, USYD students and staff have competed against each other for the honour and pride of their faculty at no cost in a variety of sports including soccer, cricket and tennis to name a few. Get involved to make sure your faculty is in the running for the 2019 title.



5 SQUASH & SWIM

Squeeze in a game of squash on one of our courts and stick around for a free dip in our 50 metre indoor pool after. This combo is one of the most refreshing ways to break up your day!



VISIT OUR FACILITIES OR SUSF.COM.AU TO GET STARTED!

Slow down as life speeds up...



Do you feel like you're rushing through life?
Do you feel overworked, and at times, overwhelmed?

With many of us leading such busy lives – juggling work, study, sport, fitness and leisure; trying to fit in relationships and time for ourselves – it is often difficult to schedule in down-time and unwind.

Not finding the time to do this can go hand-in-hand with higher levels of stress and anxiety.

However, it's not all gloom. A few small habit changes can make a substantial difference. Read on for a few suggestions on how to slow your life down and be more present.



So many of us are attached to our smartphones or computers. It has become the norm to constantly check for texts, emails, tweets and Facebook updates or to mindlessly scroll through Instagram. Set time to disconnect from technology – even for just an hour a day, or alternatively, you can set a notification across your social media accounts to remind yourself when you have used the app for a specific period of time that day. Have a phone-free policy at dinnertime so you can take the time to chat to family or friends about your day, laugh about memories or make plans for a fun trip away. Get involved in other little projects, such as sewing, cooking or gardening. Unplugging will allow you to increase your awareness of your surroundings.



Sydney has no shortage of beautiful parks and beaches. With picturesque coastal walks and vast bushland, there are many different places waiting to be explored.

Get outside, go for a walk and bask in the sunshine. Sit under a tree, read a book and listen to the sounds of nature – by yourself or with a friend. You'll be sure to feel better for it.



Wellness through activity

Sydney Uni Sport & Fitness has a fantastic range of wellness classes to suit all experience levels. These classes can enable you to build flexibility and strength, and also leave you feeling centred and calm.

Les Mills Body Balance

Controlled breathing, concentration and a structured series of moves, poses and stretches to music create a holistic workout that brings the body into a state of harmony and balance. It's your personal time out from the stress and strains of daily life.

Yoga

Yoga brings the body and mind together and is built on three main elements – exercise, breathing and meditation. It is great for relaxation, creating a deeper awareness of your body and increasing flexibility and balance.

Pilates

Experience positive body awareness. Teaching balance and control of the body, Pilates yields numerous benefits such as flexibility and strength, particularly of the core.

While we are all familiar with the fact that exercising regularly can have benefits such as maintaining a healthy weight and improving overall physical health, it can also go a long way to improve our general mood, quality of sleep and also support the immune system. It can also enable us to attack the day with a clearer awareness following a morning exercise class!



Practise mindfulness

Sit still for a few minutes, focus on your breathing, and be aware of the sounds and feelings around you. Mindfulness simply means paying attention to the present moment while consciously accepting your thoughts without judgement.

You can develop mindfulness in day to day activities, from in the morning when you wake up, to sitting at your desk at work or brushing your teeth before bed.

Worrying about ourselves and others is often a default setting for our brains. If we can break the cycle, happiness and success in our daily lives can follow.



ALL IN

With a heck of a lot of hard work, spanning over 10 years, Greta Hayes has aimed high and reached the revered Hockeyroos inner sanctum, writes Laura Hanlon.

SUSF Elite Athlete Program member and Sydney Uni Hockey Club player, Greta Hayes, made her debut in Australian colours at the senior level in 2018 and recently moved to Perth to train at the Australian Institute of Sport full-time with the national squad, hoping to continue her nursing studies cross-institutionally.

That's where she is now, but what got her there? Talent, sacrifice and skill are just some of the reasons which have landed the down to earth "dynamic midfielder" in the green and gold. Beyond that there's a team throwing full support her way and for good reason.

The 22-year-old has thrown her full self into the sport since picking up the stick for Woollahra Public School in Year 5. She stuck to it and went on to play nationals in nearly every state. These representative opportunities broadened Greta's aims.

Then came selection in the Australian Under 21 squad for the World Cup. Greta was on her way to Chile and returned home with a medal to the team that has brought out her best...

TEAM GRETA



FAMILY

My parents are the reason I started playing hockey at the age of 10. My dad used to play at quite a high level and my mum likes to think she was a gun UNSW first grader, but when both my sisters started playing I thought I better join in too. From when I started I loved the game, and as such, Dad would take me to our local hockey field for regular training sessions. He's always put a lot of time and effort into helping me with my hockey... he even coached the teams I was in for a few years! Even now I still do skills sessions with him when we can both fit it in. As for my mum, she put a lot of time (and petrol) into driving me all over Sydney for rep trainings throughout high school. When I recently debuted for the Hockeyroos, Mum, Dad, and my sister Georgina were there cheering me on for the tournament... they are my number 1 supporters.



NSWIS

I've been involved with the NSW Institute of Sport hockey program since 2014. Katrina Powell has been my coach there the entire time and she is so dedicated to her athletes' success, and I definitely wouldn't have debuted for the Hockeyroos if it wasn't for her coaching over the past 5 years.



TEAM MATES

Once I started playing hockey, the main reason I continued was due to my team mates and the friends that I made through hockey. I've always favoured playing team sports since I was a kid, purely because of the friends I have made through team sports and the social aspect of it. My hockey friends form a huge proportion of my social network and I'm still extremely close with friends who stopped playing in previous years.



PARTNER

My partner also plays hockey so he's my training partner too. He always joins in on my running sessions (making me feel slow as a snail) but it makes such a huge difference having someone there to get you through the really hard interval sessions or to get you down to the park to do sprints when you really can't be bothered.



CLUB

Sydney University Hockey Club is my hockey family as I have been playing with the Club for about seven years. Our premier squad is an awesome bunch of girls, and we all love to hang out outside of hockey. The Club has always been very understanding of my rep commitments and has always encouraged me to play at a high level. Since I started at the University of Sydney, the Elite Athlete Program has also been incredibly helpful in organising special consideration for missed exams due to overseas trips.



MYSELF

Something I've always lived by since I started playing at a higher level is that you can only do your best and no one can ask anything more of you; but to do your best you need to know deep down that you did everything you possibly could to perform at 100% on the day. This inner drive has always driven me to train my hardest and take no shortcuts.

JOIN OUR PRIDE

Team up with SUSF today as an **annual member** and access loads of benefits.

USYD
Students

\$50

Community
or USYD Staff

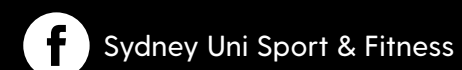
\$65

ANNUAL MEMBER GAINS

- + **FREE SUSF Training T-Shirt**
- + **Join over 40 sporting clubs**
- + **State-of-the-art** health and fitness facilities, with industry leading trainers on hand to help you reach your goals
- + **FREE entry** into Interfaculty Competition
- + **\$5 discount** per hour off all tennis, squash & badminton bookings
- + Up to **20% discount** on a range of Short Courses
- + **Special** member rates on First Aid Courses
- + **\$10 off** total enrolments for School Holiday Sports Camps
- + A supportive **community** where all are welcome



- + **10% off** any meal & beverage purchase at The Grandstand (Mon-Fri)
- + **2% discount** off health cover with BUPA plus more
- + **10% off** RRP of Tailwind Nutrition when purchased via SUSF



DELAYS TO SUCCESS AREN'T DENIALS

ASSISTANT COACH OF THE BRYDENS SYDNEY UNI FLAMES, MARK ALABAKOV, REVEALS HOW SETBACKS CAN SET YOU UP FOR SUCCESS IN SPORT AND LIFE.

In sport, they say that if you hang around long enough you'll win the championship, finish last, and have a number of years in between.

After our memorable and triumphant WNBL Championship season in 2016-17, we had an upper-middle finish in 2017-18, losing in the Semi Finals to eventual Champions, the Townsville Fire. This 2018-19 season was the one remaining in the theory - the one where you finish last.

Judging solely by results, it would appear as though we've had a 'bad' season, winning minimal games and beginning with 12 straight losses before our breakthrough first win. But this is where sport and life are similar. Many circumstances beyond our control have impacted the journey and forced the goalposts to shift. We've had to divorce our minds from measuring success in quantitative measures, like wins and losses, and anchor to qualitative driven ones like diligence of preparation, engagement/enthusiasm and relationships. It was important to be a beacon of those things every day. Be visibly the most prepared, present with a smile and consistently and consciously spend even 30 seconds of quality time engaging with each person, each day.

The net result? You could walk in to any of our practices, from the pre-season til the last round, and you wouldn't be able to tell if we had won 10 games in a row, or lost 10 in a row. Even as the injuries, losses and pressure mounted, we never fractured, trainings and games never became a chore and we never let our commitment or professionalism slip.

Observing and working with highly successful people over many years, I've distilled down 4 traits that I believe can underpin consistency and longevity of high performance: concentration, effort, connection and grit. Throughout our season I referred back and reflected on if I and we were living each of those habitually.

CONCENTRATION

WMI - What's most important? Right now, what is the one 'big rock' I can move that will garner the most positive outcome? Concentrate on one input, for one output – THEN move to the next thing. Too many inputs at once creates confusion, hesitation and overwhelms. I borrowed from the Philadelphia 76ers Head Coach, Brett Brown's playbook and began writing 'WMI' on the top of my practice plans and opposition scouts as a reminder to myself.

The notion of concentration alone narrows your focus. It cuts with depth, rather than breadth. Like a Stoic, it encourages presence to the circumstance, void of emotion or narrative. Is our intended action congruent with being a master or victim? Are we fostering a solution-oriented team and environment, or are we opening an escape hatch and enabling excuse makers and defeatists?

A number of times this season we shelved grand plans and acted on what we SAW, not what we WANTED. We met the learners where they were at and simplified our strategy offensively and defensively to achieve deeper understanding within our team and create more successful repetitions and proficiency, which builds confidence, self-belief and self-efficacy. Almost instantly, margins decreased and we were able to stay competitive on the scoreboard for longer stretches against good teams. In round four we played Canberra in Canberra, who beat us soundly by 30-40 points in round one and, after applying

this narrowed focus with strategy, we lead for most of the game and only lost by a single 3 point basket against a championship contender.

Our only responsibility was to assess where we actually are, and take the team on only the very next step.

EFFORT

With clarity on a singular area of focus - give your honest, best effort in making it work. As injuries, and returnees from injury forced continual shifts in our identity and style of play this became ever so important. We needed to continue to take pride in our work ethic being the great equaliser as we faced every opposition team's full, healthy roster each week. I often think of the 'Mirror and the Window effect' – your athletes are a like a mirror; a direct reflection of you and what you embody and stand for. The window element relates to the idea of 'how would you act if a person you idolised or looked up to, was looking through a window at you right now?'

Kevin Durant popularised the quote, 'Hard work beats talent when talent doesn't work hard' and this described our season high point – beating the Melbourne Boomers, complete with 4 Australian Opals and a WNBA starting point guard, in Melbourne in front of 3000 people and live on National TV. We out-worked, out-competed and out-played players with more notoriety and a team with a price tag over double ours.

CONNECTION

With concentration on an intent and my best effort, how can I connect my actions and words with others to magnify output? Who can help me? Who can I help? None of us is as good as all of us and our style of play, what we praised and rewarded had to reflect that and provide a garden for genuine, transparent connection to organically grow.

In a year where injury necessitated opportunity for role players to become starters, and young, emerging players to become minutes players off the bench, our room for error became smaller and smaller, and our successful possessions, quarters and games were always relative

to the sum of our parts and a lifeblood of connection.

The essence of 'team' is many hands making light work and true fulfillment is found in helping others; contributing to something bigger than just yourself.

GRIT

How bulletproof can we be to circumstances outside our control, physically and mentally, and still present a purposeful, high effort, aligned team to compete each week? Seattle Storm legend, Sue Bird says, 'Tough times don't last, tough people do'. At the completion of our season, we identified that we had 1.5 total games with a full, healthy roster out of a possible 22. Many key players suffered long-term injuries. That's really difficult for a team to deal with logistically, but for a team as 'together' as we were it was much harder mentally because that's your trusted, beloved teammate and friend.

Our resolve was challenged, heading to play reigning WNBL champions, the Townsville Fire in Townsville on National TV, missing 3 starters and grinding out a tough 3 point loss where the Fire only took the lead for the first time in the game in the last minute. Or when we travelled to Perth to play the Perth Lynx, after being soundly beaten by Adelaide the night before in Adelaide and having 2 starters out injured and 2 others hurt the week before and unable to train all week in the lead up, then showing incredible grit to lose that game by a single basket, having to fight back from a 20-point deficit.

Adversity visits the strong, but stays with the weak. Principles such as concentration, effort, connection and grit can allow you, as it allowed us, to find order in the chaos and keep the boat on an even keel during stormy conditions.

Always in our control is to do the best we can, with what we have, where we are. Delays to success aren't denials and nothing is ever a zero-sum game. You can always be putting bricks in the wall of your development and turning what appears on the surface to be losses, into wins.

'A stonecutter hammers away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it splits in two, and I know it was not that blow that did it, but all that had gone before.' – Jacob Riis

IT WAS A FORMIDABLE 2018 FOR SIMON MCTAVISH ON THE DOMESTIC AND INTERNATIONAL PADDLING CIRCUIT; FROM SECURING A PODIUM FINISH AT THE U23 WORLD CHAMPIONSHIPS TO BEING NAMED UNISPORT AUSTRALIA'S MALE ATHLETE OF THE YEAR. NICOLE SAFI CAUGHT UP WITH THE ELITE ATHLETE PROGRAM MEMBER AND SYDNEY UNIVERSITY PROJECT MANAGEMENT STUDENT TO FIND OUT WHAT'S ON THE CARDS FOR 2019, AND BEYOND.

Did you play any other sports growing up and what was it about paddling that sparked your interest?

I have two older brothers and our parents kept the three of us busy in sports every month of the year when we were growing up. I played most sports including Ice Hockey when I lived in Canada. Here in Australia I mostly played Water Polo, Soccer, Basketball as well as competing in Sailing and Cross-Country Running.

I love the water and sailed and surfed most weekends. By circumstance I happened to follow my older brother into Sprint Kayaking and found that it checked a lot of boxes for me. With 370 strokes in a 1000 meter race, Kayaking is a highly technical sport that requires aerobic fitness and strength which are all elements I enjoy training for.

You had an enormous 2018: you were the flag bearer for the Australian Team, won a silver medal in the men's K1 x 1000m at the 2018 ICF Canoe Sprint U23 World Championships in Bulgaria, won two gold and one bronze medal at the 2018 FISU - International University Sport Canoe Sprint Championships in Hungary and were a part of the Australian Senior Team – you must feel incredibly proud of yourself and that your hard work is paying off?

2018 was a very good year! I'm happy with my national and international podium finishes and the times that I posted this past season. I was especially pleased to finish off the season by trying the shorter 200m distance race and surprising myself with a medal in the K1 x 200m at the International University Championships. It was a respectable time and a huge personal best of 35.256. Having added some international medals to my sporting resume I'm looking forward to making 2019 an even bigger year.

Off the back of this, you were named UniSport Australia's Male Athlete of the Year representing the University of Sydney – how does it feel to be recognised for your achievements in the University Sport space?

In one word – humbling! I think that Australia produces some of the world's best athletes with many of them emerging through various university sports programs and development ladders. To be considered amongst these athletes is an honour. The Olympic sport of Sprint Kayaking is not represented domestically at UniSport Nationals so it was a great honour and experience to still be able to represent the University of Sydney and Australia at the World University Championships.

You're currently studying a Bachelor of Project Management at the University of Sydney – was going to Uni always on the cards for you?

Yes, I think it is important to develop socially and academically as well as athletically. From a more practical perspective, I have always thought it important to set up a career for when my athletic career comes to an inevitable end.

What do you enjoy about your current degree?

My current degree - a Bachelor of Project Management - is a versatile discipline that has taught me about many different aspects of Built Environments. I enjoy the mix it offers as it has allowed me to experience courses from different faculties within the University including Business, Engineering and Architecture. Interestingly there are many parallels between Project Management and managing sport, university, work and a personal life.

We've also heard you may be looking to complete a Bachelor of Architecture after this degree – is that correct? If so, what motivates you to want to pursue further study?

Yes, I'm pleased to say that I've recently been accepted into the Bachelor of Design in Architecture! I discovered an interest in the architectural space through my current degree and wish to continue to build my qualifications while I am paddling so that when I finish, I have a career path I am interested in and qualified to pursue. In my view, University is the best place to be whilst pursuing a World or Olympic title in sport.

You've been a member of the Elite Athlete Program since 2015 – in what ways has it helped you manage your sport and study, especially given a lot of your competitions take place overseas?

The Sydney University Elite Athlete Program (EAP) has been very accommodating to the requirements of being a full-time athlete and have made part-time study possible while maintaining a rigorous training and traveling schedule. Anika is fantastic and has been my EAP point of contact from the beginning. She has helped to arrange various special considerations enabling me to balance my commitments and continue studying whilst training and competing overseas. Access to the sports centre, scholarships and tutoring have all been valuable and much appreciated.

Any tips you'd give to someone juggling sport, study and everything else that comes with being a 22-year-old?

I have found that it is all about a healthy balance and continuing to find time for other things that I enjoy doing. For me, putting too much focus on one area of my life can actually lead to a worse performance in that area. For myself when I am training, I like to focus solely on what I am doing and getting the most out of each session, effort and repetition. When not at training I turn my attention to my studies and enjoy spending time with family, friends and going out in the surf.

Although it sounds cliché, it is important to love what you are doing. If you don't, you won't be able to put in the extra hard yards to reach your goals.

Tokyo 2020 is fast approaching – is the Olympics something you have in your sights?

Definitely.

SIMON MCTAVISH

Paddling his own canoe

STAMINADE'S SUMMER OF CYCLING 'THE CYCLE CONTINUES'

WITH CAMPUS SPORT BOOMING, THE SYDNEY UNI-STAMINADE WOMEN'S CYCLING TEAM IS SET TO COMPETE FOR THE SECOND YEAR IN A ROW IN THE UCI'S (UNION CYCLISITE INTERNATIONALE) SUMMER OF CYCLING. THE TOURNAMENT, WHICH IS RUN BY CYCLING AUSTRALIA, CONSISTS OF THREE RACES HELD AROUND AUSTRALIA, AND IS PART OF THE TOP TIER CIRCUIT OF GLOBAL CYCLING EVENTS.

The tracks to be raced include, the Tour Down Under, which is a traditional multi-day 'stage' race, held close to Adelaide, the Cadel Evans Great Ocean Road Race, a relatively new, truncated race, and finally the Herald Sun Tour, held in Melbourne.

The riders will get an opportunity to race against the best athletes in the sport, with many world touring teams such as Sky, Mitchelton-Scott and the Australian Men's and Women's teams all taking part in the event.

It's the second consecutive year Sydney Uni-Staminade has been invited to take part, a credit to their undeniable success. Typically, the team races in the NRS (National Road Series) tier, which is the premier road racing series in Australia, second to the international tag of the UCI. "We have been invited again this year off the back of the performances of our newly constituted Sydney Uni-Staminade team," David Jordan, co-manager of the team, said, "Our women will be competing against professional female athletes from not only Australia, but also the rest of the world. It's very exciting."

The partnership between Sydney Uni and Staminade was born from the institute's initial alliance with the women's team at the NSW Institute of Sport, formally known as the NSWIS-Sydney Uni Women's Team. However, at the beginning of 2018 NSWIS did not have the funding to compete in the NRS for another year. Fortunately, long time sponsor, Staminade, stepped up to make sure the Sydney Uni team remained a prominent force at national level. Thus the Sydney Uni-Staminade Women's Cycling team was born. "Even during the limbo period after we lost NSWIS, and before Staminade committed even further than what they already had, we were always solely committed to developing women's racing, as we believe the greatest development opportunities for women's cycling exist in a stand-alone women's team," Jordan said.

Due to the support from premier sponsor, Staminade, as well as Sydney Uni Sport & Fitness, Sydney Uni Velo Club, and the University of Sydney itself, the team will remain in the NRS tier for 2019 and beyond.

Key rider, Georgia Whitehouse, believes the team will be more successful this year as experience and team cohesion has had sufficient time to flourish. "The team is a year older now. We have experience working together and know how to harness each other's strengths, as well as minimise weaknesses, which will make us a competitive team," she said.

The formation of this team has been a shining light in the world of female sport, particularly on campus. Before Whitehouse was brought into the Sydney Uni-Staminade team, she was initially drawn to the number of fellow female riders at Sydney Uni's cycling club, SUVelo. She joined the club as she knew she was about to start studying at USYD, and says the club immediately exceeded expectations, connecting her to like-minded women, and providing her with opportunities to develop through the ranks. Now at the top of the pack, Whitehouse believes she is part of something truly special. "The team is unique because it promotes a pathway for female athletes that combines cycling with excellence in tertiary education."

Jordan, who, in addition to co-managing the team, was also one of the 12 disciples who got the ball rolling for the foundation of SUVelo back in 2010 says, "The reason we still exist is because we are totally committed to developing women's cycling, particularly at the university. We grew out of Sydney's best cycle racing club, and want our women to go on to be the very best they can be."

When asked about what drives her to compete in this sport, Whitehouse said, "There's an adrenaline rush that comes with hearing and feeling that mechanical buzz when you're riding or racing in a bunch. That's what makes people fall in love with the sport."

The future looks bright for the Sydney Uni-Staminade cycling team, as they continue to provide a pathway for women, particularly students of Sydney University, to grow from riding local races, to competing on the world stage.

SYD NEY UNI



GOLDEN BOYS

PALM TREES, BEACH VIBES AND A LAID-BACK LIFESTYLE. HUNTINGTON BEACH, CALIFORNIA IS HOME TO SOME OF THE BEST SURFING BEACHES IN THE USA, AND ALSO CALIFORNIAN JUNIOR COLLEGE WATER POLO POWERHOUSE, GOLDEN WEST COLLEGE.

Over the past few years, a number of Sydney University Men's Water Polo players have headed to Golden West for a season to improve their game. Despite the chilled lifestyle, with an elaborate training schedule and winning approach, Golden West has proven to be a fantastic place for our athletes to hone their skills and maintain their edge heading into the upcoming National League season.

Most recently, Andrew Cameron and Cody Ingram played a big part in the Golden West Rustlers third straight CCCAA State Championship, with a 12-10 win over LA Valley. Ingram scored an important goal in the final to give the Rustlers their first lead of the match and Cameron was strong in goals. The win was Golden West's 26th state championship overall, the most of any CCCAA program.

"ANYTHING CAN HAPPEN THIS SEASON, BUT WE ARE DEFINITELY READY TO DEFEND OUR TITLE."

"Last year I was the second goalkeeper for Sydney Uni in the National League, so it was difficult to get a lot of reps in the water. Going to Golden West provided a great avenue for me to gain a lot of high level, quality game experience two to three times a week. This has really helped my game both in the physical and mental sense," Cameron said.

In the lead up to the state championship, Golden West College ran away with the Orange Empire Conference Men's Water Polo title (for the 30th consecutive season), this time defeating Orange Coast College, 16-7. It was the stellar play of the defence and goalkeeper Andrew Cameron in the second half

that guided Golden West to victory. The Rustlers surrendered only two second half goals as the offense for Golden West matched their output from the first half.

The string of players to venture to the Californian College started in 2014 when Reed Cotterill joined the Rustlers. He was then picked up by NCAA Div 1 College UC Santa Barbara following a fantastic season with Golden West where he became the Rustlers' second-highest goal scorer and all-time assists leader. During his time there, the Rustlers had a 28-1 record. He led their team to a state championship and scored two goals in the 5-2 championship win.

The next Lion to head to the Rustlers was Tom McJannett, joining for the 2016 season. He also produced outstanding performances for the Rustlers, scoring 44 goals in 28 games. Likewise, McJannett's side also won a state championship.

Another Lion's player who tasted success in the USA is Keegan Wicken. As a talented junior for the Lion's, Keegan went to Long Beach State University in 2015, playing four years of top level US College water polo. In the 2018 season Keegan was one of his team's highest goal scorers (24 goals) and was instrumental in his school's first Golden Coast Conference Championship and their strong run in the NCAA Finals (their first appearance since 1991).

You can catch Andrew, Cody, Tom and Keegan in action in the upcoming 2019 Australian Water Polo League which commences in early February.

The team have had a unique preparation this year with many of their key players not joining the squad until late in the pre-season, however the group are enthusiastic.

Despite a slight change in the line-up, the Lions will have the target on their backs entering the competition as reigning champions, after an exciting 11-10 victory over the Fremantle Mariners in the 2018 Grand Final.

"Anything can happen this season, but we are definitely ready to defend our title," Cameron said.

Check out the Home Events Calendar on pages 36-37 for the Australian Water Polo League men's and women's draw details.



Students in a league of their own

SYDNEY UNIVERSITY RUGBY LEAGUE CLUB (SURLC) RECENTLY WROTE ANOTHER PAGE IN ITS LONG, ROLLER-COASTER HISTORY WHEN THEY PLAYED A PRE-SEASON TRIAL AGAINST CRONULLA UNDER 20's.

With its centenary coming up next year, the match stamped the SURLC's entry into the Sydney Shield competition for 2019 as part of a pathways program involving other inner-west clubs Glebe-Burwood and Newtown.

SURLC President, Chris Kintis, the man behind the resurrection of the club in 2013, after a three-year hiatus, said gaining entry to the Sydney Shield was the culmination of plenty of hard work and the fulfilment of a five-year plan.

"We have developed a strong connection with other inner-west clubs," Kintis said. "As part of the new arrangement, we'll be a feeder team to Glebe-Burwood's Ron Massey Cup squad. They're a feeder team for Newtown, who are a feeder team for Cronulla in the NRL."

"It's been our aim since reforming to field a team in the Sydney Shield. It's a strong competition with teams from Asquith, St Marys, Guilford, Wentworthville, Hills District, Penrith, East Campbelltown, Moorebank, Belrose and Ryde-Eastwood."

Kintis said the club has been in talks with NSWRL for some time and had to meet certain criteria to gain entry to the Sydney Shield. "We had to prepare an expression of interest which was considered by the NSWRL Management Committee and ultimately the NSWRL Board," he said. "They approved our entry in early December, 2018."

"Since gaining approval we've been recruiting on social media and through

the broader community. We'll be recruiting more on campus as students return to their studies. We'll also still be competing in the NSW Tertiary Cup, where we've been playing since restarting in 2013 and which we won in 2018."

A former prop forward with Sydney University Lions when he was studying law in the late 1980s and early '90s, Kintis was looking for the scores in a Sunday paper in 2012 and discovered the club had folded.

"I found it really disappointing and annoying that one of the foundation clubs of rugby league in Australia wasn't functioning," he said.

So, with the help of some other dedicated individuals, he set about resurrecting SURLC, which joined the Tertiary competition in 2014 and had both teams through to grand finals in the club's comeback year.

Having formed in 1920, SURLC was the 11th rugby league premiership team. The nine foundation teams of 1908 included Newtown Jets, Glebe Dirty Reds, South Sydney Rabbitohs, Balmain Tigers, Eastern Suburbs, Western Suburbs Magpies, North Sydney Bears, Newcastle Rebels and Cumberland. Annandale Dales joined the competition in 1910 and University and St George Dragons started in 1920.

SURLC played in the NSW premiership from 1920-37 and then in the NSWRL Second Division and Metropolitan League competitions until 1976 before becoming part of the NSW Tertiary Student Rugby League competition.

The club provided two Kangaroos and eight NSW representatives during its first decade-and-a-half. Jim Craig played for the University in 1921, when he represented NSW and Australia, while three-quarter Ray Morris played for the Students in 1933, when he represented NSW before departing on the 1933-34 Kangaroo tour to Britain.

Other NSW representatives in the golden period included SURLC foundation players Edmund "Feather" Hanrahan (1921) and Tom Linskey (1923). Harry "Butt" Finn and Frank O'Rourke, who played for University in their 11-5 grand final loss to South Sydney in 1926, also represented NSW, along with Clive Evatt, Jim McIntyre, A.S. "Georgie" Lane, Harleigh Hanrahan and Ross McKinnon.

"Back in the 1920s, all of our players were amateurs," Kintis said. "Other clubs paid their players, but our players were students. Our Club was established after a split from the Rugby Union club. The idea of switching from union to league was highly controversial given the professional status of rugby league. In fact for many years we were forced to include the word "amateur" when describing our club."

"It meant our earliest officials, guys like 'Doc' Evatt — a law student who went on to become both a High Court Judge and UN General Assembly president — had to rebel and battle against the sporting establishment status quo. And because of that, they became sporting outcasts."

"But this created a culture of toughness throughout our club, a toughness the club is built on, and we're extremely proud of that."

It was that history, and his own playing days that inspired Kintis to get the club back on its feet with the aim of returning to NSWRL second division competitions as the centenary of the club approaches.

"It's now history that the club put two strong teams on the field for the start of the 2014 season. As with the other successful clubs on campus, we want to provide the players with an environment where they can balance their sport and study and succeed at both."

"While we'll never get back to the main NRL competition, like our forebears did in 1920, our plans to progress to the Sydney Shield and the Ron Massey Cup have been fulfilled for our centenary year."





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TITLES IN SIGHT FOR MEN IN WHITE



SYDNEY UNIVERSITY CRICKET CLUB (SUCC) IS ON TRACK TO FIELD FIVE TEAMS IN THE QUALIFYING FINALS OF THE 2018-19 NSW PREMIER COMPETITION.

With 10 rounds behind them, SUCC head the First, Second and Fourth grade ladders, with Third Grade running second and Fifth Grade running fifth, just a win behind the leaders.

And with five rounds to be played SUCC head the Club Championship on 1087 points, with Penrith (918) and Parramatta (851) the main threats.

While things are progressing well upstairs, Sydney University also head the Metropolitan Cup competition on 56 points after 11 rounds, with North-West Sydney (46), UNSW (44), Randwick-Petersham Gold (40), Gordon (39) and Warringah (39) making up the top six.

While titles across the grades are in sight, SUCC recently let one slip by when they lost to Sutherland in the final of the Kingsgrove Sports T20 Cup.

Despite the loss, it was Sydney University's most successful season in the T20 Cup and their runners-up finish earned them a ticket to the inaugural National T20 Premier Cricket Tournament to be played in Adelaide in March.

In his first season as Director of Cricket at 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, said he inherited a solid band of cricketers through the grades.

"I've been really pleased with the culture at the club and the attitude of the playing group," he said. "We have a very talented group with excellent depth throughout the grades which is great, but more importantly we have a committed group of genuinely good people who support each other and always put their team and club first."

"A number of our young First Graders 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. All of them have the potential to go to the next level."

"Devlin and Ryan have already played for NSW Under 19s, while Hayden recently made his NSW Future League debut for ACT-NSW Country. Opening bowler Joe Kershaw also plays Future League player for ACT-NSW Country."

Mr Borgas said it has been particularly pleasing to see so many reaching personal best levels, including players such as Nick Larkin, who is enjoying his best Shield Season and currently doing well in the Big Bash, and Ryan Danne making his First Grade debut after starting at the club in Green Shield.

Kerr has posted 560 runs for the season at 37.2, including 133 batting at No.4 in the win over Randwick-Petersham. McElduff has crafted 469 at 39.1 in First and Second grades, including

111 against UNSW, while Trevor-Jones has posted 415 at 51.9 in First and Second grades and Poidevin-Gray Shield, with 124 against Fairfield-Liverpool.

Liam Robertson, who has assumed captaincy duties in the absence of NSW representative Larkin, has cracked 405 runs at 33.8, including 105 against Sydney, while Damien Mortimer has posted 402 runs at 30.9, including 143 against UNSW.

And backing up the solid batting array, leg-spinner Devlin Malone has taken 46 wickets for the season at 18.5, including 6-73 against Eastern Suburbs and three other five-wicket hauls.

The Students' success right through the grades has been built on some solid batting performances. Steven Hobson has scored 432 at 54 in Seconds and Thirds and one First Grade appearance, including 122 against Manly-Warringah, 104 against Fairfield-Liverpool and 98 against Hawkesbury.

Matthew Moran has also posted two centuries in six innings, including 121 not out in a Poidevin-Gray fixture against St George and 181 not out in a Third Grade fixture against Mosman. He's averaging 95.5 with 382 runs on the board.

Lower grade opener Jack Hill has 432 runs at 43.2, including 123 against Hawkesbury, Charlie Litchfield has scored 402 at 44.7, including 106 against Hawkesbury, while Billy Barge cracked an unbeaten 144 against UNSW in Round 7 of the Metropolitan Cup.

Meanwhile, Josh Toyer is closing in on 300 wickets for the club. He's on 293 at 19.57 from 158 matches across all grades.

Mr Borgas said the Club Championship was and still is a major goal that everyone has bought into really well and this focus has contributed to a strong, inclusive culture at the club.

"The Club Championship is massive – we are in a good position and it would be a great result if we are able to take it out. To be 165 points clear of second with five rounds remaining is exciting but there is still a lot of work to do and we will need to maintain our standards against some strong opposition over the next couple of months to achieve our goal."

"Inevitably seasons are judged on premierships and we obviously want to give ourselves a chance to win as many as we can. They never come easily so we will need to maintain our standards and continue to improve in all facets."

"Cricket tends to make clubs/teams/players pay a high price for getting ahead of themselves so we need to ensure we stay in the present rather than looking too far ahead, and bring a finals-like focus and intensity to everything we do. If we keep nailing the process the results will take care of themselves."

The Students will have those thoughts in mind in the final five rounds of the competition when they host Campbelltown-Camden for a limited overs fixture followed by two-day matches against Penrith (University Oval), Gordon (Chatswood Oval) and Sutherland (Glenn McGrath Oval), and round out the season proper with a limited overs match against Western Suburbs (University Oval).

Bring on the finals.

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	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		BODYPUMP 55	BODYATTACK 55	BODYPUMP 55			
7.30am		YOGA FLOW 55	PILATES 55	BODYBALANCE 55	PILATES 55		
9.00am	SENIOR CIRCUIT 55	SENIOR CIRCUIT 55		SENIOR CIRCUIT 55	SENIOR STRETCH N' BALANCE 55		BODYPUMP 55
9.30am						BODYCOMBAT 55	
10.00am	SENIOR STRETCH N' BALANCE 55	SENIOR CIRCUIT 55		SENIOR CIRCUIT 55			
10.30am			SENIOR POSTURAL 55				
11.00am						PILATES 55	YOGA JAPANESE 55
12.00pm						YOGA JAPANESE 55	
12.30pm		CXWORX 30		GRIT 30			
1.10pm	BODYPUMP 45	GRIT 30	BODYPUMP 45		CXWORX 30		
4.00pm						BODYPUMP 55	BODYATTACK 55
4.15pm	CXWORX 30	BODYPUMP 55	CXWORX 30		BODYATTACK 55		
4.45pm				CXWORX 30			
5.00pm							BODYBALANCE 55
5.15pm	BODYATTACK 45	BODYSTEP 45	BODYPUMP 45	BODYCOMBAT 45	BODYPUMP 55		
6.00pm	BODYPUMP 55	CXWORX 30	BODYATTACK 55	BODYPUMP 55			
6.15pm					SH'BAM 55		
6.30pm		GRIT 30					
7.00pm	BODYCOMBAT 45	BODYBALANCE 55	YOGA JAPANESE 55	BODYBALANCE 55			
8.00pm	PILATES 55						

SUSAC GYM FLOOR							GOLD & UNLEASH PASSES ONLY
	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm	UNLEASH 30				UNLEASH 30		
5.30pm			UNLEASH 30				

RPM STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	RPM 45				RPM 45		
9.00am						sprint 30	
10.10am							RPM 45
12.30pm			sprint 30				
1.10pm		RPM 45		RPM 45			
5.10pm						RPM 45	
5.30pm	sprint 30				sprint 30		
6.10pm	RPM 45	RPM 45	RPM 45	RPM 45			

BOXING GYM							
	MON	TUE	WED	THU	FRI	SAT	SUN
5.15pm	HIT BOXING 45						
5.30pm				HIT BOXING 45			

POOL							
	MON	TUE	WED	THU	FRI	SAT	SUN
11.00am						AQUA 50	
1.10pm	AQUA 50		AQUA 50				

Timetable is subject to change

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- A complimentary fitness assessment
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- Ongoing fitness management consultations
- A free locker at each visit
- Use of time stop available for prepaid passes

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HOME Events

February - August 2019

AUSSIE RULES (MEN'S NEAFL) @SUANFC

06.04.19	SYDNEY UNI VS ASPLEY	Henson Park	12:00PM
13.04.19	SYDNEY UNI VS NT THUNDER	Blacktown International Sportsground	12:00PM
27.04.19	SYDNEY UNI VS CANBERRA	Henson Park	12:00PM
04.05.19	SYDNEY UNI VS SOUTHPORT	Blacktown International Sportsground	12:00PM
18.05.19	SYDNEY UNI VS REDLAND	Henson Park	12:00PM
08.06.19	SYDNEY UNI VS NT THUNDER	Blacktown International Sportsground	12:00PM
22.06.19	SYDNEY UNI VS BRISBANE LIONS	Blacktown International Sportsground	12:00PM
28.06.19	SYDNEY UNI VS GIANTS	Henson Park	12:00PM
13.07.19	SYDNEY UNI VS GOLD COAST SUNS	Blacktown International Sportsground	12:00PM
03.08.19	SYDNEY UNI VS CANBERRA	Blacktown International Sportsground	12:00PM

CRICKET (MEN'S NSW PREMIER) @succ1864

02.02.19	SYDNEY UNI VS PENRITH	University Oval	10:30AM
03.02.19	SYDNEY UNI VS PENRITH	University Oval	10:30AM
09.03.19	SYDNEY UNI VS WESTERN SUBURBS	University Oval	10:00AM

CRICKET (WOMEN'S COMBINED UNIVERSITIES) @universitieswcc

10.02.19	UNI VS PENRITH	David Phillips Memorial Field	10:00AM
24.02.19	UNI VS PARRAMATTA	David Phillips Memorial Field	10:00AM

RUGBY (MEN'S SHUTE SHIELD) @sufc1863

06.04.19	SYDNEY UNI VS EASTS	Sydney University Football Ground	3:00PM
19.04.19	SYDNEY UNI VS WARRINGAH	Sydney University Football Ground	3:00PM
27.04.19	SYDNEY UNI VS EASTWOOD	Glen Willow, Mudgee	3:00PM
18.05.19	SYDNEY UNI VS WEST HARBOUR	Sydney University Football Ground	3:00PM
25.05.19	SYDNEY UNI VS SOUTHERN DISTRICTS	Sydney University Football Ground	3:00PM
15.06.19	SYDNEY UNI VS MANLY	Sydney University Football Ground	3:00PM
06.07.19	SYDNEY UNI VS WESTERN SYDNEY	Sydney University Football Ground	3:00PM
27.07.19	SYDNEY UNI VS NORTH SYDNEY	Sydney University Football Ground	3:00PM

SOCCER (MEN'S NPL 3) @sydneyunisfc

16.03.19	SYDNEY UNI VS CAMDEN TIGERS FC	Arlington Oval	7:00PM
23.03.19	SYDNEY UNI VS PARRAMATTA FC	Sydney University Football Ground	7:00PM
29.03.19	SYDNEY UNI VS DULWICH HILL FC	Sydney University Football Ground	7:00PM
13.04.19	SYDNEY UNI VS INTER LIONS FC	Sydney University Football Ground	7:00PM
27.04.19	SYDNEY UNI VS BANKSTOWN CITY FC	Sydney University Football Ground	7:00PM
11.05.19	SYDNEY UNI VS NSW MARINERS FC	Sydney University Football Ground	7:00PM
08.06.19	SYDNEY UNI VS GLADESVILLE RYDE MAGIC	Sydney University Football Ground	7:00PM

07.07.19	SYDNEY UNI VS HAWKESBURY CITY FC	Sydney University Football Ground	3:00PM
20.07.19	SYDNEY UNI VS DUNBAR ROVERS FC	Sydney University Football Ground	7:00PM
03.08.19	SYDNEY UNI VS BANKSTOWN UNITED FC	Sydney University Football Ground	7:00PM
17.08.19	SYDNEY UNI VS SD RAIDERS FC	Sydney University Football Ground	7:00PM
24.08.19	SYDNEY UNI VS STANMORE HAWKS FC	Sydney University Football Ground	7:00PM

SOCCER (WOMEN'S NPL 1) @sydneyunisfc

24.03.19	SYDNEY UNI VS SYDNEY OLYMPIC FC	Sydney University Football Ground	4:30PM
29.03.19	SYDNEY UNI VS FOOTBALL NSW INSTITUTE	Sydney University Football Ground	6:30PM
14.04.19	SYDNEY UNI VS EMERGING JETS	Sydney University Football Ground	4:30PM
22.04.19	SYDNEY UNI VS MACARTHUR RAMS FC	Sydney University Football Ground	3:00PM
05.05.19	SYDNEY UNI VS MANLY UNITED FC	Sydney University Football Ground	4:30PM
12.05.19	SYDNEY UNI VS NSW KOALAS FC	Sydney University Football Ground	4:30PM
26.05.19	SYDNEY UNI VS BANKSTOWN CITY FC	Sydney University Football Ground	4:30PM
02.06.19	SYDNEY UNI VS BLACKTOWN SPARTANS FC	Sydney University Football Ground	4:30PM
23.06.19	SYDNEY UNI VS NORTH SHORE MARINERS FC	Sydney University Football Ground	3:00PM
14.07.19	SYDNEY UNI VS NORTHERN TIGERS FC	Sydney University Football Ground	4:30PM
04.08.19	SYDNEY UNI VS ILLAWARRA STINGRAYS	Sydney University Football Ground	3:00PM

WATER POLO (MEN'S NWPL) @sydneyuniwp

05.02.19	SYDNEY UNI VS UWA	Peter Montgomery Pool	9:30PM
07.02.19	SYDNEY UNI VS QUEENSLAND	Peter Montgomery Pool	9:30PM
08.02.19	SYDNEY UNI VS QUEENSLAND	Peter Montgomery Pool	7:00PM
10.02.19	SYDNEY UNI VS UWA	Peter Montgomery Pool	3:30PM
15.02.19	SYDNEY UNI VS UNSW WESTS	Peter Montgomery Pool	3:30PM
17.03.19	SYDNEY UNI VS ACU CRONULLA	Peter Montgomery Pool	3:30PM
19.04.19	SYDNEY UNI VS FREMANTLE	Peter Montgomery Pool	12:00PM
20.04.19	SYDNEY UNI VS FREMANTLE	Peter Montgomery Pool	3:30PM
26.04.19	SYDNEY UNI VS DRUMMOYNE	Peter Montgomery Pool	8:30PM
28.04.19	SYDNEY UNI VS UTS BALMAIN	Peter Montgomery Pool	3:30PM

WATER POLO (WOMEN'S NWPL) @suwomenswpc

05.02.19	SYDNEY UNI VS UWA	Peter Montgomery Pool	8:00PM
07.02.19	SYDNEY UNI VS QUEENSLAND	Peter Montgomery Pool	8:00PM
08.02.19	SYDNEY UNI VS QUEENSLAND	Peter Montgomery Pool	8:30PM
10.02.19	SYDNEY UNI VS UWA	Peter Montgomery Pool	2:00PM
15.02.19	SYDNEY UNI VS UNSW WESTS	Peter Montgomery Pool	2:00PM
17.03.19	SYDNEY UNI VS ACU CRONULLA	Peter Montgomery Pool	2:00PM
19.04.19	SYDNEY UNI VS FREMANTLE	Peter Montgomery Pool	10:30AM
20.04.19	SYDNEY UNI VS FREMANTLE	Peter Montgomery Pool	2:00PM
26.04.19	SYDNEY UNI VS DRUMMOYNE	Peter Montgomery Pool	7:00PM
28.04.19	SYDNEY UNI VS UTS BALMAIN	Peter Montgomery Pool	2:00PM

OTHER SPORTS

AUSSIE RULES (WOMEN'S): DRAW RELEASED IN FEB @sydneyuniwomensaf1

BASEBALL (MEN'S): DRAW RELEASED IN MARCH @sydneybaseball

NETBALL (WOMEN'S): DRAW RELEASED IN MARCH @sydneyuninetball

RUGBY LEAGUE (MEN'S): DRAW RELEASED IN FEB @sydneyunirugbyleague

RUGBY (WOMEN'S): DRAW RELEASED IN FEB @suwr1995



We would like to thank the entire Sydney Uni Flames community for a great 2018 / 2019 season.

We look forward to what the future brings for the team.



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brydens.com.au



*Thanks for the great season
from Brydens Lawyers*

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 suanfc.com afl@sport.usyd.edu.au [@suanfc](https://www.instagram.com/suanfc)

WOMEN suwaflc.com suwaflc@sport.usyd.edu.au [@sydneyuniwomensafl](https://www.instagram.com/sydneyuniwomensafl)



AMERICAN FOOTBALL

The Sydney Uni American Football Club, established in 1984, fields an open team in the Gridiron NSW men's and women's competitions (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 (Men) have won 19 NSW titles in their history and have extended their unprecedented run of consecutive championships starting from 2003 to 16 in a row. The Women won a Championship in their inaugural season in 2018.

FOR MORE INFORMATION:

sydneyunigradiron.com info@sydneyunigradiron.com

[@suafc1984](https://www.instagram.com/suafc1984)



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:

suac.org.au archery@sport.usyd.edu.au



ATHLETICS

The Sydney University Athletics Club, established in 1878, is one of the oldest athletics clubs in the country. The club caters for athletes of all abilities from elite to social, and from undergrads to veterans. The club competes in a wide range of competitions around Australia including national and state championships, state relays and Athletics NSW all-comers events, in both the summer (track) and winter (cross country/road walks) seasons.

FOR MORE INFORMATION:

suac.org.au athletics@sport.usyd.edu.au

[@sydneyuniathletics](https://www.instagram.com/sydneyuniathletics) [@sydneyuniathletics](https://www.instagram.com/sydneyuniathletics)



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:

badminton@sport.usyd.edu.au [Sydney Uni Badminton Club](https://www.facebook.com/SydneyUniBadmintonClub)



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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:

sydneyuni.baseball.com.au baseball@sport.usyd.edu.au
[@sydneybaseball](https://www.instagram.com/sydneybaseball)



BASKETBALL

The Sydney University Basketball Club provides an opportunity for male and female students and local community members to participate in various levels of basketball. In 2003, Sydney University took ownership of the Sydney Uni Flames, who compete in the Women's National Basketball League. The Brydens Sydney Uni Flames, are the 2016/17 WNBL premiers and take pride of place as our signature women's program.

FOR MORE INFORMATION:

sydneyuniflames.com.au | sydneyunibasketball.org.au
basketball@sport.usyd.edu.au [@sydneyuniflames](https://www.instagram.com/sydneyuniflames) | [@sydneyunibasketball](https://www.instagram.com/sydneyunibasketball)



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:

subc.org.au boat@sport.usyd.edu.au
[@subc1860](https://www.instagram.com/subc1860)



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:

subxc.com.au boxing@sport.usyd.edu.au [@subxc](https://www.instagram.com/subxc)



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:

sydneyuniversitycanoecub.com.au canoe@sport.usyd.edu.au



CRICKET

The men's club has eight teams competing in the Sydney Grade Competition that caters for the social to elite player. Boasting over 150 years of passion and tradition, the Club were the 2016-17 NSW Premier Cricket 1st Grade Premiers. The Universities Women's Cricket Club also has teams competing in the Sydney Women's and Sydney Junior Competitions.

FOR MORE INFORMATION:

MEN sydneyuniversitycricket.com.au succ@sport.usyd.edu.au [@succ1864](https://www.instagram.com/succ1864)
WOMEN uwcc.com.au uwcc.secretary@gmail.com



FENCING

The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club, consisting of more than 100 members presently, welcomes members of all standards. The club has a large amount of equipment available for the use of members, offering training with foil, epee and sabre. The club competes in state competitions run by the New South Wales Fencing Association, participating in both individual and team competitions. The club also participates in all national competitions run by the Australian Fencing Federation.

FOR MORE INFORMATION:

suffc.org.au fencing@sport.usyd.edu.au

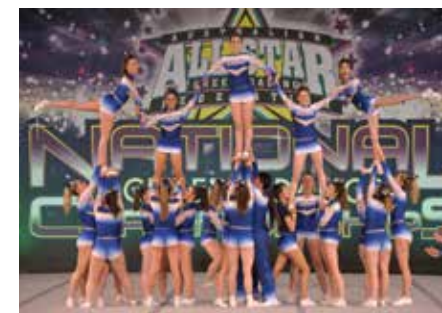


GOLF

The Sydney University Golf Club (SUGC) offers the opportunity to play competitive and social golf at highly discounted rates. The club regularly plays on some of the best courses in Sydney, including the superb St Michael's and Moore Park Golf Clubs. Over the past year, events have also been held in the Blue Mountains and the Hunter Valley. Weekly practise/tuition nights run by the club's low marker members at Moore Park Driving Range are a great way to receive support as a beginner or as more experienced player wanting to improve your game off the course.

FOR MORE INFORMATION:

golf@sport.usyd.edu.au



GYMNASTICS AND CHEERLEADING

The Sydney University Gymnastics and Cheerleading Club is a thriving recreational and competitive club for adults. The club features a social general gymnastic program, welcoming gymnasts from all disciplines, including artistic gymnastics, trampolining, acrobatics and aerobics. The club also 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:

sugymcheer.org gymnastics@sport.usyd.edu.au | sydunicheer@gmail.com
[@sydneyunicheer](https://www.facebook.com/sydneyunicheer) [@sydneyunicheer](https://www.instagram.com/sydneyunicheer)



HANDBALL

Sydney Uni Handball Club was established in 1995, and has since been one of the most successful handball clubs in Australia. The Club is open to everyone from beginners to International level players and consistently has players feature in Australia's mens and womens national teams (seniors and juniors). During summer, the club plays Beach Handball and arranges social competitions for those interested in trying out the game.

FOR MORE INFORMATION:

sydneyunihandball.com handball@sport.usyd.edu.au
[@SydneyUniHandball](https://www.facebook.com/SydneyUniHandball) [@sydneyunihandball](https://www.instagram.com/sydneyunihandball)



HOCKEY

Established in 1906, the Sydney University Hockey Club is one of our largest clubs with more than 20 men's, women's, masters and junior teams. The men's and masters teams play in the SHA metropolitan competition and our top five women's teams play in the Sydney Women's Hockey League. The Club also sends both men's and women's teams to Nationals.

FOR MORE INFORMATION:

suhc.asn.au hockey@sport.usyd.edu.au
[@sydneyunihockey](https://www.instagram.com/sydneyunihockey)



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:

sydneyjudo.com judo@sport.usyd.edu.au [@sydneyuni_judo](https://www.instagram.com/sydneyuni_judo)





KEMPO KARATE

The Sydney University Kempo-Karate Club was established in 1965 to facilitate the practice of Shaolin Ch'uanfa. Classes are held on Monday, Thursday and Friday evenings throughout the year. The curriculum includes self-defence techniques, yogic exercises and the Buddhist philosophy and psychology that underlie them.

FOR MORE INFORMATION:

kempokarate@sport.usyd.edu.au



KENDO

Since 2004, Sydney University has offered kendo, a traditional Japanese fencing martial arts practised by the samurai. Today it is both a martial art as well as an international sport. The club practises kendo to cultivate one's mindfulness, respect and diligence, through physical training. A practitioner is able to achieve high sense of reflex, alertness, fitness, speed and coordination. The club is open to all levels of students, with beginners' courses and active participation to all level of tournaments.

FOR MORE INFORMATION:

usydkeno.com 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:

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

sydneyuninetball@gmail.com
[@sydneyuninetballclub](https://www.facebook.com/sydneyuninetballclub) [@sydneyuninetball](https://www.instagram.com/sydneyuninetball)



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:

surmc.org.au rockclimb@sport.usyd.edu.au [@usydsurmc](https://www.instagram.com/usydsurmc)



RUGBY LEAGUE

SURLFC were the 2018 NSW Tertiary League Competition premiers and return to the NSWRL Shield Competition in 2019. The club provides a professional and collegiate atmosphere for student and nonstudent 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 the field.

FOR MORE INFORMATION:

c.kintis@clarkekann.com [8263 6639](tel:82636639) | [0408 290 197](tel:0408290197)
[@SydneyUniRugbyLeague](https://www.facebook.com/SydneyUniRugbyLeague) [@sydneyunirugbyleague](https://www.instagram.com/sydneyunirugbyleague)



RUGBY UNION

The Sydney University Football Club is one of the oldest and strongest clubs in Australia. The club compete in the Men's and Women's NSW Rugby Union Competitions and cater for a range of players through to the elite level. Both the Men's and Women's First Grade team's won the 2018 premiership. They have also won the Club Championship for 15 consecutive years.

FOR MORE INFORMATION:

sydneyunirugby.com.au sufc@sport.usyd.edu.au
[MEN @sufc1863](https://www.instagram.com/sufc1863) | [WOMEN @suwr1995](https://www.instagram.com/suwr1995)



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:

susfc.org.au soccer@sport.usyd.edu.au
[@sydneyunisfc](https://www.instagram.com/sydneyunisfc)



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:

club.development@sport.usyd.edu.au



SQUASH

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

FOR MORE INFORMATION:

squash@sport.usyd.edu.au



SWIMMING

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

FOR MORE INFORMATION:

sydneyunisc.swimming.org.au suscsecretary@gmail.com
[@sydneyuniswimming](https://www.instagram.com/sydneyuniswimming)



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:

tabletennis@sport.usyd.edu.au
[@usydt](https://www.facebook.com/usydt)





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
 📱 @usyd.tkd



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
 📱 @usydawntennis



TOUCH

Established in 2001, the Sydney University Touch Football Club provides opportunities for students to participate in touch, both at the social and the elite level. The Club has a weekly mixed competition providing students and community members the opportunity to play competitive touch in a social environment. The Club also enters teams in the State Cup and Nationals.

FOR MORE INFORMATION:

✉ sydney.touch.asn.au ✉ sydneyunitouch@gmail.com
 📱 @sydneyunitouch 📱 @sydneyunitouch



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:

✉ ultimatefrisbee@sport.usyd.edu.au
 📱 @usydultimate 📱 @suufa



VELO (CYCLING)

The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. Many of the club's members are actively involved in racing, and there is strong competitive spirit across the club. The club wants its members to achieve their cycling goals, whatever they may be and whatever their ability. The club has a varied and interesting ride and training program, as well as a healthy performance culture - one that encourages its members to strive to reach their goals.

FOR MORE INFORMATION:

✉ suvelo.com.au ✉ suvelo@sport.usyd.edu.au 📱 @sydneyunivelo



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:

✉ suvolleyball.com ✉ volleyball@sport.usyd.edu.au 📱 @usydvolleyball



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. The men's team were crowned National League champions in 2018 and the Women won titles in 2016 and 2017.

FOR MORE INFORMATION:

MEN ✉ sulionswaterpolo.com ✉ waterpolomen@sport.usyd.edu.au 📱 @sydneyuniwp
 WOMEN ✉ suwaterpolo.com.au ✉ waterpolowomen@sport.usyd.edu.au 📱 @suwomenswpc



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:

✉ usydwake.com ✉ usydwake@gmail.com 📱 @usyd_wake



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
 📱 @sydneyuniwrestling



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- 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



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- 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.

 1300 068 922

 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



INTRODUCING Quality Suites Camperdown

108 Parramatta Road
Camperdown, NSW, AU, 2050
Tel: (02) 9028 7900
info@qscamperdown.com.au

Perfectly located in Sydney's trendy Inner West, Quality Suites Camperdown offers 35 double, queen and king executive studio apartments with contemporary décor. All suites come with an in-room kitchenette, including microwave, LCD TV and free WiFi, with the additional benefit of access to guest laundry and pantry shopping service.



Hotel facilities + services

- Free WiFi
- Offsite Gym
- Offsite Outdoor Pool
- Guest Laundry
- Business Lounge
- Daily Newspaper
- Late Checkout
- Indoor Car Parking (additional cost)
- Accessible for Disabled Guests
- Copy & Fax Services



INTRODUCING Quality Apartments Camperdown

23-33 Missenden Road
Camperdown, NSW, AU, 2050
Tel: (02) 9557 6100
info@qacamperdown.com.au

Quality Apartments Camperdown encompasses a sleek design, and offers 31 modern studio, one and two bedroom serviced apartments. These one and two bedroom options boast separate living and dining areas, plus laundry and full kitchen facilities. Situated between the Royal Prince Alfred Hospital and the University of Sydney, the property is perfectly positioned for guests looking to stay on Sydney's CBD fringe.



Hotel facilities + services

- Free WiFi
- Outdoor Pool
- Offsite Gym
- In-Room Laundry
- Daily Newspaper
- Late Checkout
- Free Tea & Coffee
- Indoor Car Parking (additional cost)
- Accessible for Disabled Guests
- Copy & Fax Services



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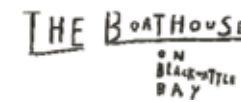


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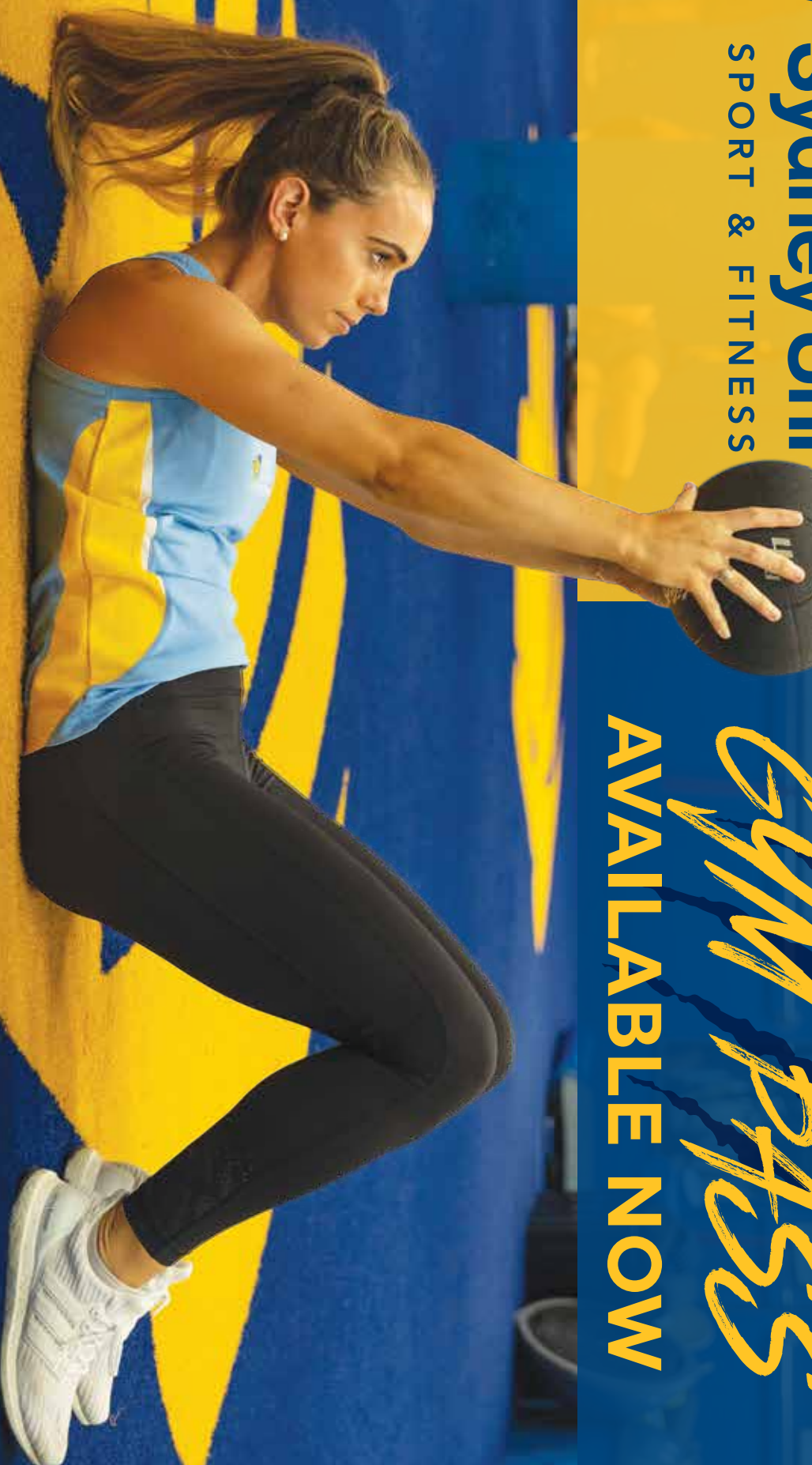




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SPORT & FITNESS



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