

ROAR



Sydney Uni
SPORT & FITNESS



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Grab and go or make it at home

10 PLAYING THE LONG GAME

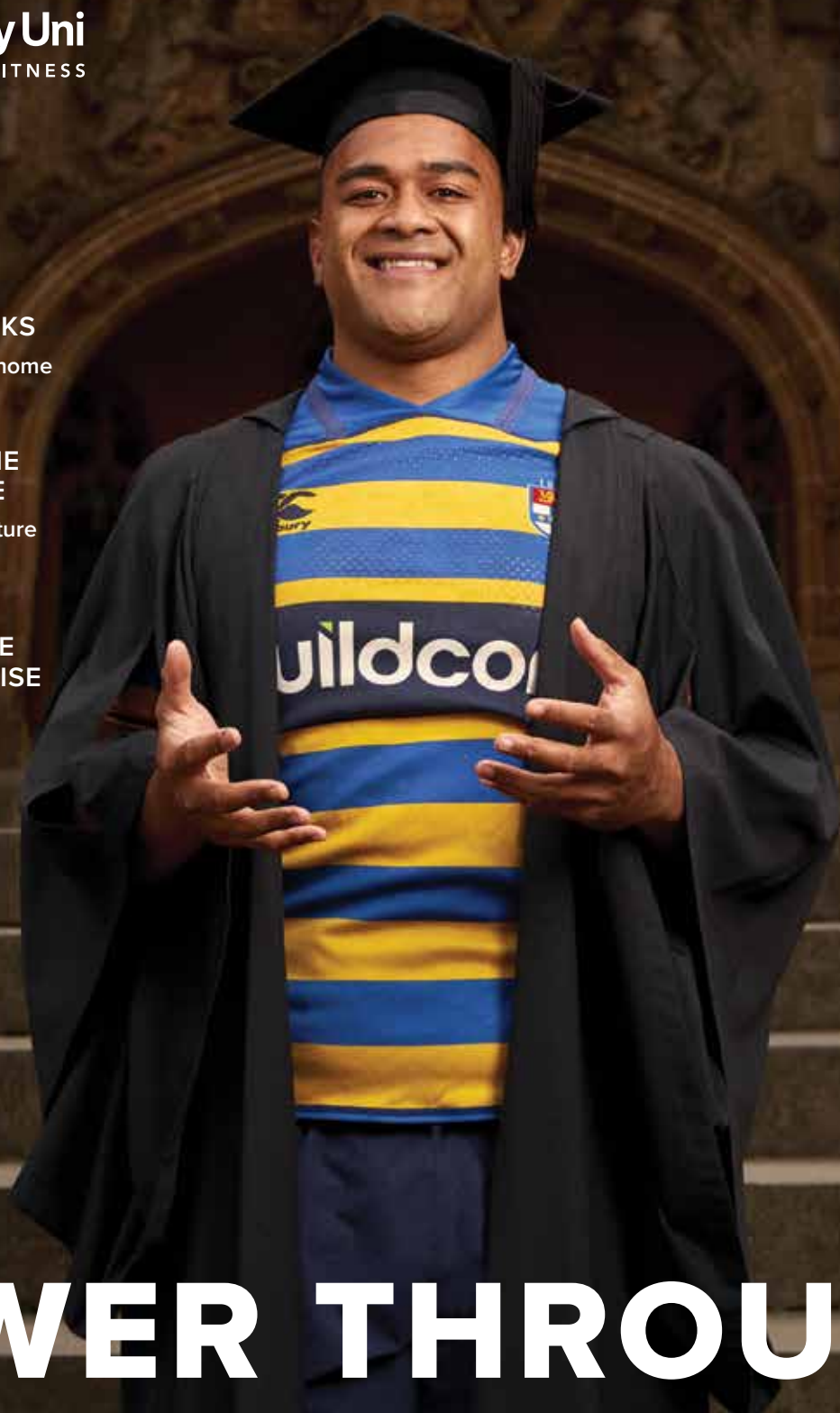
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lives on campus



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ALL WELCOME

ALL YEAR ROUND



FROM THE EDITOR

POWER THROUGH, AT YOUR OWN PACE.

Have you ever taken a shortcut or 'crammed' something in to get to where you want to be faster but in the process of speeding up you've lost control? Maybe a workout you weren't quite warmed up for, an essay submitted without thorough research or a rushed decision?

This issue of *ROAR* reminds us to persevere with patience. Easier said than done but our cover athlete Chris Talakai shows it's possible and left me in awe of his determination.

We also take a midyear check on the steps taken by our members to better their health. From our count, there's been over 70,000 workouts recorded on our cardio equipment across the Sports & Aquatic Centre and the Arena since the start of the year and that doesn't even include our group fitness program, pool activity and club training session stats. Pretty impressive and it keeps ticking over.

It's fair to say there's a lot of good things going on at SUSF. We specialise in offering something for everybody and look forward to seeing you bring the energy for the remainder of the year and beyond.

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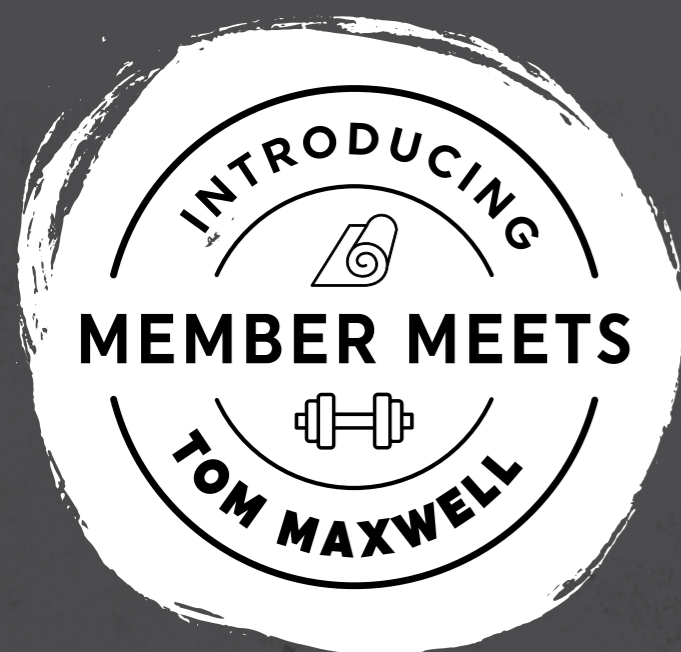
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LONG-TIME MEMBER AND UNIVERSITY OF SYDNEY EMPLOYEE, TOM MAXWELL, SITS DOWN WITH LOUISE LIN TO DISCUSS THE BENEFITS OF TRAINING AT SUSF, AND HIS SESSIONS WITH EXERCISE PHYSIOLOGIST CARMEL DIMARCO.

Why do you like coming to the gym here at Sydney Uni?

The gym has been here for as long as I've been here. I've been coming since 1998 (20 years!) so the gym is like my family. I remember some of the trainers back then like Hilary who are still here!

Can you tell us a bit about what you do for work at Fisher Library?

I've been at Fisher Library for about five months now. I started in February this year as an Administrative Assistant, and it's been really good. I have two offices, and I got all 5s for my performance review.

Can you run us through your gym routine?

I come to the gym every Monday and Tuesday and do a mix of cardio and weights. The treadmill is my favourite piece of cardio equipment. I hate squats though, and Carmel makes me do a lot of them.

What do you love most about your training sessions with Carmel?

Every Monday, I get to come in and see the most pretty, sassy and vivacious Carmel. Carmel actually went to my primary school, so she's a primary school friend to me. Her mother was also my Italian teacher in primary school.

Have you seen your fitness and strength improve since training with Carmel?

I've been training with Carmel for years. I have smashed my weight goals and my training goals, and I also keep a food diary.

How's the food diary going?

It's going really well. Carmel has been helping me with it. She keeps me accountable for my dietary intake, especially because I love carbs so much.

Carmel told us that you also go swimming...

I go swimming at SUSF every Thursday from 6 o'clock in the evening until 7. I do freestyle, breaststroke - all the strokes really.

What do you like to do in your spare time?

I go to the movies, I drink coffee regularly, I travel a lot - I'm going to Italy this year. I also love making new friends - like Paulo who works in the gym (I call him the Ninja Warrior!) Oh, and I also love fish and chips.

Is there anything else you'd like to tell us about your time at SUSF or about your training sessions with Carmel?

I have a secret about Carmel you may not know... she has a wild chocolate addiction!



STUDY SNACK HACKS

GRAB AND GO OR MAKE IT AT HOME?

The types and amounts of nutrients you consume can contribute significantly to how well your brain performs, something that is particularly important for university students, writes Nina Weiss.

“Food is fuel”- I’m sure you’ve heard this saying before. Most people recognise the importance of food to fuel their physical performance, whether that means completing a gym session or simply walking to and from the train station. But what many people don’t consider is the importance of food for mental performance.

To say that university students are busy would be an understatement. Trying to balance studies, work, sport and a social life often leaves little time to plan and prepare nutritious meals. That’s why knowing where you can buy a healthy snack on campus, or having an easy-to-prepare snack-recipe is so important!

While consuming a balanced diet comprised of well-rounded meals is the best foundation for a healthy body and mind, certain nutrients may assist your cognitive function during periods of intense study. These nutrients include protein, antioxidants and omega-3 fatty acids which are easy to include in your everyday diet if you know where to find them.

PROTEIN

When you think about consuming protein, what comes to mind? Muscle gains? Recovery after a period of exercise? While protein is important for physical activity, it also plays an important role in assisting mental performance. Protein is required by the body to produce hormones and neurotransmitters, which are chemicals that support cognitive function and memory. Additionally, consuming enough protein can help keep your immune system strong which is especially important for university students, because the last thing you want is to fall sick in the middle of exams.⁽¹⁾

GRAB AND GO!

PROTELLA PROTEIN BALL
from Ralph’s Cafe

In a rush, but don’t want to succumb to the infamous vending machine snack? Why not head to Ralph’s Café for one of their delicious ready-to-go protein health balls! Packed with wholesome ingredients and lots of protein, they’re sure to keep you going for longer!



MAKE IT AT HOME!

CHOCOLATE & COCONUT PROTEIN BALLS

While buying food at university may save you some time, it may not be saving your bank account. Why not make a batch of these delicious protein balls at home instead?

INGREDIENTS

- 3 scoops of chocolate protein powder
- 150g frozen mixed berries, defrosted
- 2 cups rolled oats
- 1.5 tbsp honey
- 2 tbsp peanut butter
- 2 tbsp cocoa powder
- ½ cup desiccated coconut

METHOD

1. Blend the defrosted berries to form a puree.
2. Put the blended berries, protein powder, oats, honey, peanut butter and cocoa powder in a bowl and stir to combine.
3. Use your hands to form twelve balls from the mixture.
4. Place the coconut in a small cup. Toss each ball in the cup to coat it. Enjoy!



ANTIOXIDANTS

Antioxidants are chemicals found in a range of different foods that help prevent cellular damage by free radicals. What does this mean? Free radicals are chemicals produced during oxidation, a normal chemical reaction that occurs in the human body. However, if free radical levels get too high in the body (because of stress or other factors) they can cause cellular damage⁽²⁾. Consuming a range of antioxidants during periods of study may therefore help support your brain health and overall wellbeing. Well-known antioxidants include vitamins A, C and E, which you can find in fruits and vegetables.

GRAB AND GO!

FRUIT & VEG JUICE OR SMOOTHIE

from Taste

To bump up your antioxidant intake, head to Taste Café on campus for a delicious fruit and vegetable juice or a scrumptious smoothie! There are a range of juice and smoothie options to pick from, but choosing ingredients such as orange, strawberries, carrot or spinach will give you the most antioxidant-bang for your buck! My personal favourite is the Taste Fire, which contains carrot, orange, beetroot and ginger!



MAKE IT AT HOME!

BERRIES AND DARK CHOCOLATE

Not only are berries delicious and packed full of fibre, they are also a rich source of antioxidants. For a sweet and healthy snack, try filling a container with a mix of berries (such as blueberries, strawberries, blackberries and raspberries) before you head to university. To complete your snack, simply add a square or two of antioxidant loaded dark chocolate (that contains 70% cocoa or more) and you’re ready to go!



OMEGA-3S

Omega-3 fatty acids are a type of polyunsaturated fat, and an important part of a healthy diet. Consuming omega-3 fatty acids has been associated with a range of health benefits, including reducing the risk of cardiovascular disease⁽³⁾ and supporting brain function and development. Omega-3 fatty acids are an essential component of neuronal cell membranes which allow effective communication between the different cells in the brain⁽⁴⁾. While unfortunately consuming omega-3s won’t magically super-charge your brain power, eating healthy amounts (no need to take supplements) can help support your cognitive function and overall health.

GRAB AND GO!

AVOCADO, POACHED EGGS, SPINACH AND SMOKED SALMON ON SOURDOUGH

from the Poolside Café (Sports & Aquatic Centre)

Oily fish like salmon are an excellent source of omega-3 fatty acids. This breakfast option from the *Poolside Café* is a winning combination, that provides valuable omega-3 fatty acids from smoked salmon, alongside protein, healthy fats, vegetables and slow releasing carbohydrates.



MAKE IT AT HOME!

CHIA PUDDING

Chia seeds are another good source of omega-3 fatty acids, and can be used to make a creamy chia pudding that’s easy to transport to university. To make a single serve chia pudding, simply combine 2 tablespoons of chia seeds with ½ cup of milk of your choice and 1 teaspoon of honey. Mix the ingredients well and store covered overnight in the fridge. The next morning, top your pudding with a handful of berries before packing it into your bag for university.



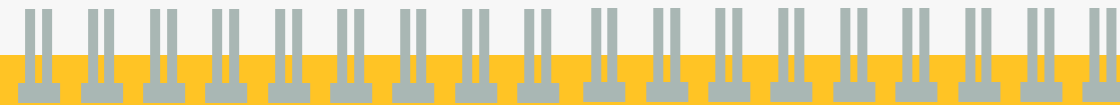
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By Nina Weiss | *Nina Weiss is a Student Dietician and SUSF Programs & Participation Customer Service Assistant.*

FOR MORE, FOLLOW @NUTRITION_BY_NINA

CARDIO LOG BOOK:

CRUNCHING THE NUMBERS



There are **24 hours in a day**, **168 hours in week** and **196.5 hours in...**

Any guesses?

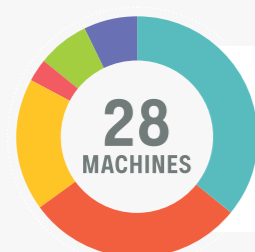
It's the number of hours our gyms – at the Sports & Aquatic Centre and Arena – are open each week. That's approximately **785 hours** per month and more than **9,000 hours** each year.

That's nearly **400 opportunities** for members to schedule in a **30-minute run** or **10km on the bike**, each week; **57 windows** every day. Quite remarkable if you think about it.

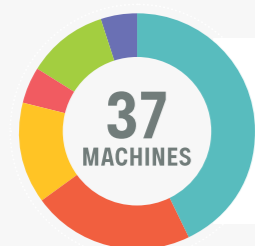
With more members working out at SUSF than ever before, we wondered if it were possible to measure the actual time spent or the physical distance travelled on our equipment.

And, thanks to our high-tech Life Fitness equipment installed in **February 2019**, we learned it was.

WE WILL MEASURE THE ACTIVITY OF...



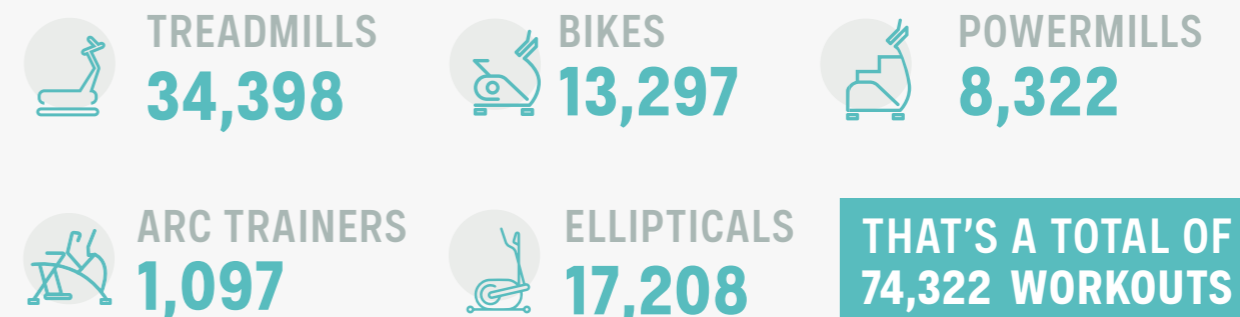
THE ARENA		
36%	18%	7%
TREADMILLS (10)	UPRIGHT BIKES (5)	POWERMILLS (2)
29%	3%	7%
ELLIPTICALS (8)	RECUMBENT BIKES (1)	ARC TRAINERS (2)



SPORTS & AQUATIC CENTRE		
43%	14%	11%
TREADMILLS (10)	UPRIGHT BIKES (5)	POWERMILLS (2)
22%	5%	5%
ELLIPTICALS (8)	RECUMBENT BIKES (1)	ARC TRAINERS (2)

Which means across both facilities, we will measure the activity of 65 machines

IN FIVE MONTHS, THE AVERAGE NUMBER OF WORKOUTS ON EACH PIECE OF EQUIPMENT...



BIKES TRAVELLED THE FURTHEST DISTANCE
80,229 KILOMETRES

THAT'S THE TOUR DE FRANCE...
23 TIMES OVER

HOWEVER TREADMILLS TRAVELLED THE LONGEST
8,947 HOURS

IMAGINE WALKING FROM SYDNEY
TO PERTH AND BACK... SIX TIMES,
NONSTOP...

MONDAY

The Sports & Aquatic Centre's busiest day

TUESDAY IS ALSO

The most popular day for members to jump on the PowerMill

SUNDAY

The quietest day in the cardio room at both facilities

TUESDAY

The Arena's busiest day

WEDNESDAY

Recumbent Bikes are ridden most

ELLIPTICALS

are most consistently popular in the week with a daily average of **8 WORKOUTS**

These figures were recorded in mid-June, 2019, so just imagine what the numbers will look like at the end of year, and then again in five. Better still, imagine your own numbers as they stand, and what they'll look like the further you travel.



Playing the long game

IF SOMEONE TOLD YOU IT'S GOING TO TAKE OVER 15 YEARS TO REACH YOUR DREAM ROLE, WITH SETBACKS ALONG THE WAY AND NO GUARANTEE OF SELECTION, WOULD YOU APPLY? CHRIS TALAKAI DID.

It was club rugby union on Friday night, school rugby union on Saturday, rugby league on Sunday.

"I started in league for Mascot Jets. I then attended Waverley College and we had to do sport on the weekend. The closest thing to rugby league was rugby union....and from there, I did both," says Talakai, now a University of Sydney graduate signed with the NSW Waratahs.

He played both codes until joining Sydney University Football Club (SUFC) where he spent six years as a student, teaching us all a lesson in the long game.



“I never thought I would get here. I’ve been through a lot of injuries and to be on the Waratahs’ roster just felt so far away,” says Talakai, who slowly progressed through the grades, balancing sport, study and work.

The saying “good things take time” is thrown up a lot when discussing success, yet we live in a world that adores speed. Chris remained patient and evolved from one of his greatest “weaknesses”.

“It takes me a little bit longer to understand new things, from knowledge (university) to actions (rugby union). But, I think this has led me to my greatest strengths. How so? Because I know this and acknowledge it, I just tell myself to work harder so I can understand things a lot easier. I tend to unpack a lot of situations, terminologies and processes to understand why things happened and what they’re about. It helps me to come up with a precise solution to execute.”

Breaking down the big picture, the prop has not only realised his rugby dream, but he was able to score a degree (Master of Teaching) and give back to aspiring juniors.

“I was the SUFC Junior Development Officer for a year, I really enjoyed that role. I spent time going to the different association clubs. I went to Canterbury on Monday’s, Petersham on Tuesday’s and Balmain on Thursday’s. I did that, along with another two jobs, playing and training for SUFC while studying full-time.”

With so much going on Talakai drew up a “Life Timetable” with support from the Sydney Uni Sport & Fitness Elite Athlete Program staff.

“Leonie Lum helped me through the stressful times, and oh boy she’ll tell you there were so many, and through the great moments too. While Dustyn helped me a lot in finishing strong in my studies.”

Their guidance allowed Chris to show up again and again.

In rugby it was about training hard enough and smart enough so that come the weekend, everything was second nature.

In academics it was about clarifying anything learnt, covering everything before the exam, doing the work, meeting assignment deadlines or preparing for a speech.

Pressure arises throughout the process not just on the day of winning that 2018 Shute Shield grand final. How you handle the moments dictates how you turn up and Chris was determined.

“I learnt to get organised. Things get so easy if you can plan what you can do daily, to achieve your goals monthly, to achieve success yearly.”

Step by step Chris has succeeded.

Never giving up, he’s landed in professional sport and relished the places, the people and the passion to get there.

The growth period wasn’t a spurt. It was on Talakai’s time and now that he’s applied himself entirely towards achieving his dream he will be growing towards the next one.

“I want to reach my full potential in this sport and leave the game in a place that I know I gave it my all.”

It’s a long-range vision with many unknowns but Chris will continue playing his slower, soothing tunes of reggae or Tongan Hymns before lacing up his boots for the game he loves.



SYDNEY UNIVERSITY ATHLETICS CLUB (SUAC) ALUMNI ARE REAPING THE REWARDS OF THEIR FARSIGHTED TARGET TOKYO INVESTMENT.

The Target Tokyo concept was conceived to help SUAC athletes achieve their Olympic dreams by providing athletes financial assistance to train and compete overseas.

“Our athletes have significant financial stress when trying to achieve Olympic and major championship qualifying performances,” SUAC president Phil Brennan said.

“Competing overseas is expensive and, in some cases, prohibitive; especially for student athletes.” Despite this, SUAC international representation has been phenomenal.

“The Target Tokyo program has been hugely successful with 64 athletes representing Australia at World University Games level or above since its inception. Our alumni and friends have fully funded this program in its entirety.”

SUAC’s recent rise to prominence can be tracked. The club had four athletes at the 2013 World Championships and eight each at the 2015 World Championships and Rio Olympic Games. Since the inception of Target Tokyo, 10 competed at the 2017 World Championships and 13 at the 2018 Gold Coast Commonwealth Games, winning three medals with high expectations for this year’s Doha World Championships and 2020 Olympics.

SUAC Director of Athletics Dean Gleeson recently accompanied 13 athletes to Belgium to the ‘Target Tokyo House’ - the training base funded by the Target Tokyo program for the third consecutive year.

Immediate success was achieved by Nicola McDermott, reaching the Olympic qualifier of 1.96m in a personal best on 20 June which moved her to equal fifth in 2019 world rankings.

As of June, two other club members – Rohan Browning and Catriona Bisset – had achieved selection for September’s Doha World Championships with the aim of qualifying for the 2020 Olympic games and a number of other athletes came very close.

“Given their times during the 2018-19 Australian season, they’re all strong chances of qualifying for Tokyo,” Gleeson said. “Their fellow Target Tokyo athletes are intent on achieving the same across events ranging from sprint hurdles (Club Co-Captain Michelle Jenneke and Commonwealth Games bronze medallist Nick Hough) to 3000m steeplechase (rising star Paige Campbell who finished 29th at World Cross Country Championships in March).”

As a portent to that ‘Australian season’, SUAC’s male and female teams were crowned UniSport Nationals Division 1 Champions. They backed up that form by fielding a record 58 athletes at the 2019 Australian Championships where the club dominated the medal tally. SUAC athletes came away with 10 National Championship titles and three Junior National titles.

During the summer season Australian records were set by Jess Pascoe in the 5000m indoor, and Josh Ralph and Catriona Bisset in the 2x2x400m medley at World Relays, winning silver behind USA – Australia’s best ever performance. And while not a record, Bisset moved to fourth fastest in the Australian women’s 800m with an astonishing time of 1:59.78 - the fastest by an Australian in a decade. Another stellar performance came from Rohan Browning, the 21-year-old Arts-Law student, who clocked 10.08 at the Queensland Track Classic to become the third fastest Australian over the distance behind Matt Shirvington and Patrick Johnson. McDermott, a Science student, ranks equal third on the Australian all-time list and will have competed in five prestigious Diamond League meets whilst on the Target Tokyo program.

Target Tokyo housemate and Medical Science student Marina Carrier, following on the heels of Rio Olympian Ed Fernon (both coached by Dean Gleeson), is also seeking Tokyo selection in modern pentathlon with upcoming qualifying events in Belarus and China.

Gleeson, who can rattle off times, distances and heights at the speed of an Eastern suburbs auctioneer, said SUAC has been enjoying a “golden run” in recent years. “Both 2017 and 2018 were hugely successful opening years on the Target Tokyo program,” he said.

“Based out of Brussels, our athletes have access to high-profile meets in Europe and access to outdoor and indoor training tracks, elite strength training facilities and transport assistance.

“They also receive race entry assistance, which is often a time-consuming and stressful task for athletes, allowing them to focus on their physical preparation.

“The European training base will certainly help us to prolong the golden run. And for that we thank our alumni and supporters who have been asked to help this ambitious and valuable program by investing in our athletes.”



The return on their investment will be franked by the happiness and enjoyment of seeing SUAC athletes achieve their Olympic and major championship dreams.



For more information visit suac.org/targettokyo

From left to right: Andrew Heil, Larissa Pasternatsky, Madeline Hills, Nicola McDermott



ROAR STORE



GEAR UP TODAY!
— Available in-store —





TAYLAH

MADE FOR GOLD

SYDNEY UNIVERSITY BOXING CLUB MEMBER TAYLAH ROBERTSON WILL USE THE 2019 AUSTRALIAN TITLES AS A STEPPING STONE TO SELECTION FOR THE 2020 TOKYO OLYMPIC GAMES.

While defending the 51kg (flyweight) crowns she won in 2017 and 2018 are her priority, she's also keen to "atone" for the bronze medal she won at the 2018 Commonwealth Games on the Gold Coast.

With only seven athletes registered to compete in the flyweight division at the Games, Taylah was fast-tracked straight into the semi-finals by virtue of a randomly selected first-round bye.

She went the distance with English opponent Lisa Whiteside before eventually losing the semi-final 2-3. Bronze medals are awarded to the losing semi-finalists – a rule that has been in place for women boxers since the 1952 Olympics in Helsinki.

While she was proud to earn selection to represent Australia at the Games, Taylah says she'd like to win a medal through her efforts in the hempen square.

And while she'll be chasing a third consecutive 51kg Elite title at the Australian championships, she'll also be chasing a fifth successive national.

Taylah won her first title as a 15-year-old in the Junior division and followed that with a title in the Youth division before stepping into the elite ranks.

She said her main opposition in claiming her third Elite title will come from Kristy Harris and Viviana Ruiz. "Kristy is coming down from the 54kg division," Taylah said. "She competed at the Glasgow Commonwealth Games and won the Elite Women's 54kg World Title in India last year.

"Viviana and I have met five times. She's always a tough opponent. I've won four of those bouts, three by unanimous points decisions, while she's beaten me once on a split point decision."

Taylah's preparation for the Nationals included a trip to Europe in May, when she competed at the 36th annual Feliks Stamm International Boxing Tournament in Warsaw, Poland.

"It's a prestigious tournament on the European circuit that attracts boxers from around the globe," she said. The 21-year-old Australian defeated Roumaysa Boualam of Algeria 4-1 and then lost 5-0 to Sousa Grazielle of Brazil.

Taylah then went to Spain to compete in the Boxam Elite tournament at Castellon, where she won gold by defeating Tasmin Benny of New Zealand 4-1 in the final.

Originally from Bribie Island, just north of Brisbane, Taylah's introduction to the 'sweet science' came about in an unusual way when she was 12.

"I'd just started high school at St Columban College at Caboolture and was on my way home on the school bus when I saw a sign advertising boxing classes," she said. "I was a bit of a tomboy at the time and I thought it would be cool to give it a try.

"No-one in the family had any interest in boxing, it was just a decision I made and I enjoyed the training and classes. Mum didn't know where I was on those early training afternoons.

"I was self-driven to do it. I just wanted to get into a sport and it really appealed to me. I did it for fitness and helped some of the boys as a sparring partner.

"Then the coach asked if I wanted to have my first fight and I really enjoyed it so I started going (to training) once a week, then three times a week and then every day and weekends. I just got addicted to it."

Her first coach was Ty Gilchrist, a former super lightweight professional turned trainer at the Bribie Island Boxing Club before she began training with Mark Evans, now President of Boxing Queensland, at his Impact gym at Cooroy. "I did the hour-and-a-half drive every day through school to train with Mark," she said.

He was in her corner when she won her first national junior title in 2015 and as she progressed through the junior and youth divisions to win her elite 51kg national titles in 2017 and 2018.

In late 2018, Taylah moved to Sydney to join the Sydney University Boxing Club where the legendary Johnny Lewis is head coach. While she still works with Mark Evans, she also trains with Lewis, with Anthony Redwood at the Grand High Performance gym at Picton, and with the national team in Canberra.

"I'm starting a bridging course next semester to get into Sydney University. I want to get into media studies to study film and post-production," Taylah said.

She'll be part of her own production if she fights her way to the dais in Tokyo.

FIJI SPORTS PROJECT

Taylah Robertson and Sydney University Boxing Club teammate Ella Boot recently visited Fiji for the launch of the Johnny Lewis Fiji Sports Project at the Police Special Response Unit training centre in Suva.

The Boxing Club, with the assistance of dedicated and passionate sporting sponsors, was the conduit for \$60,000 of equipment to assist boxing in Fiji. The equipment included two full-sized Olympic boxing rings to the Fiji Police Boxing Club and the Fiji Amateur Boxing Association as well as boxing bags, gloves and training equipment.

"I have been visiting Fiji now for many years and watched sports emerge, grow and even decline often because of a lack of training equipment," SUBC head coach Johnny Lewis said.

"The Fiji Sports Project was set up to provide Fiji with up-to-date sporting equipment through fundraising, donations and the vision of generous businesspeople in Australia. Regardless of the lack of equipment Fiji has always had exceptional sporting talent and this project is about allowing those talented Fijians to train in Fiji for Fiji."

Lewis was assisted by Robertson and Boot in leading training sessions with local boxers.

THE CLASSES *CHANGING* LIVES ON CAMPUS

PAULA MAYERO REFLECTS ON HOW MUCH SHE HAS LOVED AND FELT “USEFUL” TEACHING HER WATER SAFE STUDENTS. PAULA IS A USYD ALL-ROUNDER. SHE’S AN INTERNATIONAL STUDENT FROM SPAIN, A COMPETITIVE SWIMMER IN SYDNEY UNI’S VARSITY PROGRAM AND A SUPER POPULAR CURRENT SWIM SCHOOL INSTRUCTOR.

COULD YOU TELL US A BIT ABOUT YOUR BACKGROUND AND YOUR LOVE FOR SWIMMING?

I have been swimming since I was 3 and joined the competitive squad in Spain when I was 13. I decided after that to stop training at a national level and started swimming just for fun.

However, when I came to Australia I realised how much I missed swimming for a team and Sydney Uni gave me a great opportunity to enjoy swimming again.

WHAT MOTIVATED YOU TO BECOME A SWIM SCHOOL INSTRUCTOR AT THE UNIVERSITY OF SYDNEY?

When I became a member of the swimming squad at the University of Sydney, I felt like I was working back home again. To me, that’s very important when you are in a new place, if your passion is your job, then everything is made easier. I really feel very lucky to have gained this opportunity.

WHAT DREW YOU TO BECOMING A SWIM SCHOOL INSTRUCTOR SPECIFICALLY FOR SUSF’S WATER SAFE PROGRAM?

The Water Safe program is something new for me as we don’t have this sort of culture in Spain. It was very challenging but at the same time it made me feel useful and was very rewarding. It was undoubtedly a lot better than I expected.

WHAT HAS BEEN THE BEST AND MOST REWARDING PART OF BEING A SWIM SCHOOL INSTRUCTOR FOR THE WATER SAFE PROGRAM?

I think the best part has been the students. They are really motivated and have come because they want to learn how to swim. This makes lessons a lot easier and more fun. The best part is when you see they are having fun in the water when just minutes before they were panicking.

WHAT HAS BEEN THE MOST CHALLENGING PART OF BEING A SWIM SCHOOL INSTRUCTOR FOR THE WATER SAFE PROGRAM?

The most challenging part is when students start panicking in the water. Being afraid of the water is one of the many obstacles to overcome.

DO YOU HAVE A STORY TO SHARE ABOUT A PARTICULAR STUDENT ACHIEVING SOMETHING EXCEPTIONAL?

I had really good students in my classes. I remember one of my students told me on the first day that she had never swum before and was really scared. I started talking to her and we realised we had some things in common. Both of us are international students that had completed a law degree. We were like friends having fun in the swimming pool. Last week she started swimming by herself and I couldn’t be happier. Also at the end of the program she asked to join the Learn to Swim adult program so she could keep improving.

DANIELLA COLLISON AND **MASOUD SALEHPOUR (POUYA)** HAVE BEEN LABELLED STAR STUDENTS IN THE WATER SAFE PROGRAM. DANIELLA HAS BEEN COMMENDED FOR ALL HER ACHIEVEMENTS IN THE WATER THIS SEMESTER, AND POUYA HAS EXCELLED IN BREASTSTROKE.

DANIELLA COLLISON

WHAT HAVE YOU ENJOYED MOST ABOUT THE WATER SAFE PROGRAM?

I have enjoyed every aspect of the Water Safe program. The environment which I learnt in was completely safe, I was always watched over by an instructor and I always felt comfortable. My swim teacher was always so supportive and patient at all times. At no point in time did I ever feel embarrassed or ashamed in the water whilst swimming, because similar to me everyone else was also learning how to swim. At first I thought it would be absolutely horrible and I would look terrible in my bathing suit (like an adult in a swimsuit not knowing how to swim and looking like a drowning fish) but this feeling never occurred to me. My swim instructor was as encouraging as I could ever imagine her to be, and everyone that was involved in the 2019 Semester 1 Water Safe program worked together as a team. I overcame my fears of going out into the deep-end and after my swim classes, I swam laps of the swimming pool (with many stops along the way) but I MADE IT! It was honestly such a great opportunity to be a part of.

WOULD YOU RECOMMEND THE WATER SAFE PROGRAM TO OTHER STUDENTS WHO HAVE NO OR LIMITED EXPERIENCE WITH THE WATER, AND WHY?

Absolutely!!!!

If a country girl from rural NSW that’s 20 years old, with very limited abilities in the water can get into a bathing suit and be a part of the Water Safe program - so can anyone else! There is no excuse to not take this class. I grew up in a small town with no beaches or open bodies of water anywhere, and I believe that knowing how to swim is an essential part of living. You haven’t got anything to lose, so just take this class and enjoy the perks of knowing how to float, freestyle and backstroke in the water.

MASOUD SALEHPOUR (POUYA)

WHAT HAVE YOU ENJOYED MOST ABOUT THE WATER SAFE PROGRAM?

The Water Safe program provided me with the opportunity to get familiar with different water skills such as common swim strokes and survival techniques. I liked seeing how carefully this program was designed and managed. I also enjoyed the warm and friendly atmosphere of the pool.

WOULD YOU RECOMMEND THE WATER SAFE PROGRAM TO OTHER STUDENTS WHO HAVE NO OR LIMITED EXPERIENCE WITH THE WATER, AND WHY?

I would highly recommend the Water Safe program to all students. This is because you will learn a new water skill from a professional teacher every week if you attend regularly.



NOT YOUR AVERAGE STUDENTS...

They commute from Redfern, buy coffee from Ralph's, attend lectures in Wallace and study in Fisher – their campus experience is similar to so many, but also different.

While most students spend their evenings at home or weekends relaxing, student-athletes often spend that same time in the gym getting stronger, on the field getting better, at the physio getting healthier, travelling to compete, and ultimately, representing their team, club, state or country in their sport.

Nicole Safi spotlights the experience of some of the University of Sydney's Elite Athlete Program members for 2019.



ERIN MCKINNON

(Australian Rules Football, B. Applied Science)

"Time management and being organised is really important when it comes to balancing study and sport. I have to make sure I prioritise all of my homework, assignments and study, and make sure that I utilise the limited time I have before trainings to the best of my ability."



CARMEN MARTON

(Taekwondo, Masters of Business Administration)

"Taekwondo is a global sport which means that all our competitions are overseas, so the biggest challenge for Australian athletes is getting overseas and having the funding to go and compete and punch on with the best."



ISOBEL MCCALMAN

(Netball, B. Commerce (Liberal Studies))

"We start preseason in January and then we finish in September/October. It can be hard to stay motivated, especially towards the end of the year and in the middle of winter, but luckily we've got a great team."



MIA WILLOWS

(Water Polo, B. Science)

"The Elite Athlete Program has been there when I've not made teams and when I have – they're constantly there for both moral and mental support which is just priceless."



AUSTIN LUCY

(Australian Rules Football, Masters of Business Administration)

"There's nothing worse and nothing better than having a crappy day and then coming down to a group of 30 or 40 guys at training, full of energy, who really love what they're doing – you just get this huge release doing something you enjoy and that you're good at."



ROHAN BROWNING

(Athletics, B. Arts/B. Laws)

"You can't get away with being at 99%. You have to be at 100% all the time, so it's hard. You have to be able to switch on and off, and going to class everyday gives me a good opportunity to switch off and do something a bit more stimulating, in a different way."



NICOLA MCDERMOTT

(Athletics, B. Science)

"A career highlight for me has to be the 2018 Commonwealth Games. We had the home stadium at the Gold Coast – my family and friends were there – and I jumped a personal best and got the bronze medal for Australia."



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This winning community once again gathered together in the Great Hall to celebrate their 2018 successes and recognise new scholarship holders for 2019.

The night also saw a terrific panel discussion featuring Canoe athlete, Noemie Fox, Cricketer, Hayden Kerr and Cyclist, Georgia Whitehouse, and a thoughtful Valedictorian speech delivered by Australian Rugby player, Tomas Robertson.

Congratulations to all those who were honoured on the night with special mention to Rohan Browning (Athletics) who won Sportsman of the Year and Nicola McDermott (Athletics) and Greta Hayes (Hockey) who were joint recipients of the Sportswoman of the Year award.

BEFORE THE PROCEEDINGS, GUESTS GATHERED INSIDE THE QUADRANGLE FOR AN HOUR OF MINGLING



INSIDE THE GREAT HALL, THE NIGHT BEGAN BY RECOGNISING OUR NEW SCHOLARSHIP HOLDERS FOR 2019



WE THEN ANNOUNCED THE NOMINEES AND WINNERS
OF THE 2018 SPORTS AWARDS



WINNERS

CLUB OF THE YEAR

Sydney Uni Women's Rugby Club

PREMIER CLUB OF THE YEAR

Sydney Uni Athletics Club, Sydney Uni Boat Club,
Sydney Uni Men's Water Polo Club

COACH OF THE YEAR

Milos "Wolfie" Vrcelj (American Football)

PREMIER COACH OF THE YEAR

Don McLachlan (Boat) & Rob Taylor (Rugby)

ANN MITCHELL UNISPORT AUSTRALIA AWARD

Boat & Women's Soccer

ROSENBLUM - MALE CLUB ADMIN OF THE YEAR

Antony Rowda (Volleyball)

PAT SHARP - FEMALE CLUB ADMIN OF THE YEAR

Jamie-Erin Hardaker (American Football)

PROFESSIONAL ADMINISTRATOR OF THE YEAR

Stephanie Glanville-Fyfe (Soccer)

THE VICE CHANCELLOR'S PARTICIPATION PROGRAM OF THE YEAR

Water Safe Program

SPORTSMAN OF THE YEAR

Rohan Browning (Athletics)

SPORTSWOMAN OF THE YEAR

Nicola McDermott (Athletics) & Greta Hayes (Hockey)

PURSUE.



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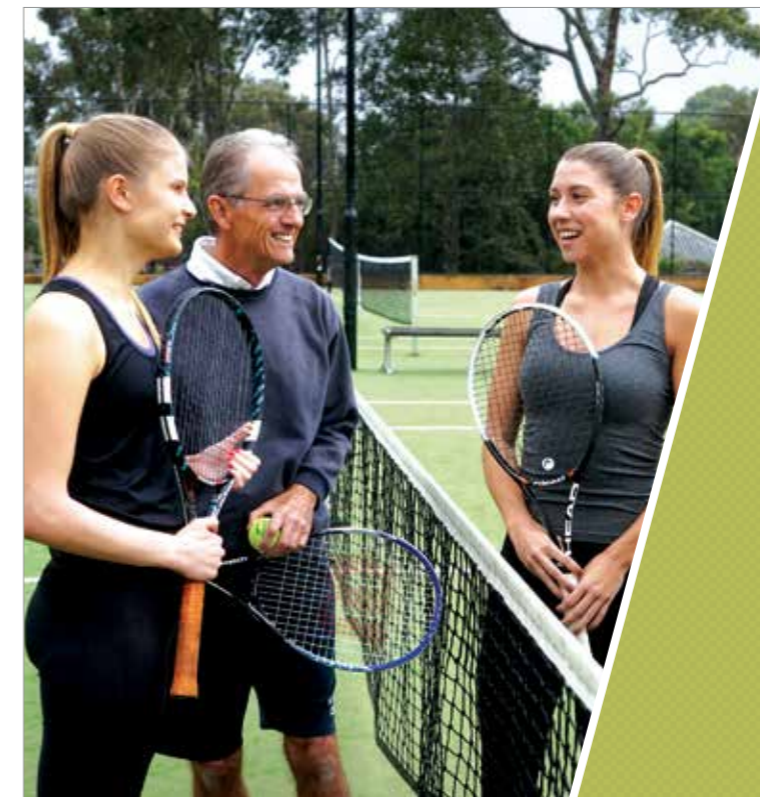
EMAIL interfac@sport.usyd.edu.au



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EMAIL tenniscoaching@sport.usyd.edu.au



THE CHANGING FOOTPRINT OF SPORT

Executive Director of Sydney Uni
Sport & Fitness, Rob Smithies

I've been fortunate enough to be in and around the sport and fitness industry for many years. There are any number of significant changes occurring to a variety of sports – some good, some not so good, and some are genuinely exciting.

Perhaps the biggest change is the growth in women's sport at all levels. At SUSF we've been proudly involved with women's sport since at least 1910 - the year the Sydney University Women's Sports Association was founded. Our women's sports are varied, healthy and growing, but there is more to do.

To accommodate the increased volume of sports being played, by men and women (at a faster rate of growth than the men), more sports facilities are needed, right across Sydney and Australia. Unfortunately, by just about any measure, there won't be enough facilities to accommodate the growth in Sydney's population, let alone the increases in participation across the board. This is an urgent problem for all levels of government but what it means in the short to medium term is that existing sports facilities have to accommodate increased usage – how can the industry make that happen? One way is to increase off-peak usage – whilst this sounds like a panacea, the difficulty is that the people wanting to play sport are not available to do so during the off-peak hours – they're at school, University and work. That's why peak is peak...

Another method that has helped outdoor sports is to convert natural grass to synthetic surfaces. This has been done relatively well across Sydney, and increased usage has been able to be accommodated using the same land – helpful for sure. A number of public and private school grounds are being used on weekends and this also helps. But none of this is enough to cater for the demand tsunami that's headed our way.

As we live longer, stay active for longer, and society tackles the obesity epidemic, sports facilities will become more important than ever. Eye-watering housing prices in Sydney mean land usage gravitates toward housing, so in an environment where

space is already at a premium, how do we get a balance that includes sport, fitness and recreation usage?

First, governments of all persuasions can't sell off, or convert, the sports facilities we already have. In Sydney the sports industry needs to hang on to every facility it already has, and lobby for more.

Second, when a new suburb or housing estate is opened, we need to factor in sports facilities for the next 50 years and beyond – build them as if they are surrounded by high-rise buildings, because one day they probably will be.

Third, we need the maximum amount of flexibility factored in to every new and existing sports facility – mark out courts and fields for as many sports as they can accommodate.

Fourth, the grouping, or co-location, of sports facilities is critical as the same staffing load/amenities/parking can often look after multiple facilities. This is a trend that is increasing, particularly with gym facilities often being paired with pools etc.

Fifth, we need to work out how to attract more off-peak usage. Discounted pricing won't help – it needs people to be free during the off-peak times, and more flexibility in workplaces will assist.

Sixth, people need to understand that physical activity helps your mental health, and prioritise exercise into their routines. This will solve two of society's problems at once.

At SUSF we have been working in partnership with The University of Sydney to build bigger and better sports facilities. We've been able to accommodate more participants than ever on a slightly bigger footprint.

We don't have all of the answers, and some of the issues raised in this article require deep, long-term commitments to solve problems, but at least we've made a start in our own backyard.

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GROUP FITNESS STUDIO							
	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					BODYATTACK 55		
4.30pm		BODYSTEP 45					
4.45pm	CXWORX 30		BODYPUMP 45	CXWORX 30			
5.00pm							BODYBALANCE 55
5.15pm		BODYPUMP 55					
5.30pm	BODYATTACK 45		CXWORX 30	BODYCOMBAT 45	BODYPUMP 55		
6.00pm	BODYPUMP 55	CXWORX 30	BODYATTACK 55	BODYPUMP 55			
6.15pm					SH'BAM 45		
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

VISIT [SUSF.COM.AU](https://www.susf.com.au) FOR THE MOST UP TO DATE INFORMATION.

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- ✓ Access to all Sydney Uni Sport & Fitness facilities at casual rates
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- ✓ Access to Brydens Boxing Gym
- ✓ A complimentary fitness assessment
- ✓ Ongoing fitness management consultations
- ✓ Free towel and locker hire at each visit
- ✓ Free casual basketball entry
- ✓ Complimentary use of time stop available for prepaid passes
- ✓ Complimentary subscription to ROAR magazine

PRICE PER WEEK

Sydney Uni students from under \$17* per week

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SILVER LION PASS

Enjoy the choice to get what you really want

SILVER BENEFITS INCLUDE:

- ✓ Unlimited access to cardio/ weights room and functional training zone OR unlimited LES MILLS group fitness classes and more
- ✓ Unlimited access to pool
- ✓ Access to Brydens Boxing Gym
- ✓ Free casual basketball entry
- ✓ A complimentary fitness assessment
- ✓ Ongoing fitness management consultations
- ✓ A free locker at each visit
- ✓ Use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under \$14* per week

Sydney Uni staff from under \$15* per week

Community from under \$17* per week

BRONZE LION PASS

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 consultations
- ✓ A free locker at each visit
- ✓ Use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under \$12* per week

Sydney Uni staff from under \$13* per week

Community from under \$14* per week

BLUE LION PASS

Dive in and swim 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 for prepaid passes

PRICE PER WEEK

Sydney Uni students from under \$8* per week

Sydney Uni staff from under \$9* per week

Community from under \$10* per week

THERE'S SOMETHING FOR YOU IN SEMESTER 2

3 RD AUG	SYDNEY UNIVERSITY FOOTBALL CLUB (MEN'S) V WEST HARBOUR CONCORD OVAL 3:00 PM
8 TH & 9 TH AUG	LOOKOUT FOR THE 3X3 BASKETBALL BIG UNI HUSTLE
10 TH AUG	SYDNEY UNIVERSITY WOMEN'S AFL BOMBERS V NEWTOWN BREAKAWAYS SYDNEY UNI NO. 1 OVAL 5:50 PM
11 TH AUG	TEAM SUSF DO THE CITY2SURF
18 TH AUG	SYDNEY UNIVERSITY RUGBY LEAGUE CLUB V OWLS WENTWORTH PARK 12:00 PM
18 TH AUG	SYDNEY UNI HOCKEY CLUB 1 (WOMEN'S) V GNS 1 CUMBERLAND 3:00 PM
18 TH AUG	FINAL DATE TO PURCHASE SEMESTER 2 UNI GYM PASS
19 TH AUG	LUNCHTIME SOCIAL SPORT KICKS OFF

21 ST AUG	INTERFACULTY FUTSAL (MIXED) SUSAC COURTS 3 & 4
24 TH AUG	SYDNEY UNIVERSITY RUGBY LEAGUE CLUB V SAINTS HENSON PARK 10:30 AM
25 TH AUG	SYDNEY UNI HOCKEY CLUB 1 (WOMEN'S) V ND STRIKERS 1 CUMBERLAND 1:30 PM
28 TH AUG	INTERFACULTY BASKETBALL (MEN'S) SUSAC COURTS 3 & 4
1 ST SEP	SYDNEY UNIVERSITY SOCCER FOOTBALL CLUB (MEN'S) V GRANVILLE RAGE SYDNEY UNIVERSITY FOOTBALL GROUND 3:00 PM
4 TH SEP	INTERFACULTY BASKETBALL (WOMEN'S) SUSAC COURTS 3 & 4
11 TH SEP	INTERFACULTY NETBALL (MIXED) SUSAC COURTS 3 & 4
18 TH SEP	INTERFACULTY INDOOR TOUCH FOOTY (MIXED) SUSAC COURTS 3 & 4
25 TH SEP	SOCIAL NETBALL FAST FIVE COMPETITION COMMENCES
25 TH SEP	INTERFACULTY DODGEBALL (MIXED) SUSAC COURTS 3 & 4
30 TH SEP - 4 TH OCT	MID SEMESTER BREAK
16 TH OCT	INTERFACULTY QUIDDITCH (MIXED) THE SQUARE
19 TH OCT	BRYDENS SYDNEY UNI FLAMES VS DANDENONG (7PM) HOME OPENER
23 RD OCT	INTERFACULTY 5KM RUN THE SQUARE

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JOIN A CLUB

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



AFL

The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club competes in the Sydney Football Association, providing opportunities for both elite players and beginners. The women's club is continuing to grow with two teams competing in the Sydney Women's AFL competition. Over the past 27 years the club has won seven senior first grade flags and has been runners-up six times.

FOR MORE INFORMATION:

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

WOMEN suawfc.com suawfc@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 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)





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/men_sufc1863) | [WOMEN @sufc_lionesses](https://www.instagram.com/women_sufc_lionesses)



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 & GRAPPLING

The Sydney Uni Wrestling & Grappling 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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- 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.

📞 9351 4978 ✉️ nmrc@sport.usyd.edu.au
📍 Cnr Codrington St & Darlington Ave



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- Multi-purpose sports hall
- 3 badminton courts

Opening hours

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

📞 9351 8111 ✉️ arena@sport.usyd.edu.au
📍 Arena Sports Centre, Western Ave



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

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

📞 9351 8115 📍 Arena Sports Centre, Western Ave



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 playing tennis with group coaching, cardio tennis, private coaching, social play or our advanced hitting squad.

📞 1300 068 922 ✉️ tenniscoaching@sport.usyd.edu.au



SWIMMING PROGRAM

Sydney Uni Swim School is proud to offer quality aquatic education to swimmers of all ages and ability, all year round. SUSF offers adult swim classes for all levels - beginner, intermediate, advanced and stroke correction.

From child and adult learn to swim programs, to junior, open and varsity squads, there has never been a better time to start swimming at Sydney Uni.

Swimming classes run seven days a week and offer a free assessment before enrolment. All lessons also include a water safety component.

📞 9351 4978 ✉️ swimschool@sport.usyd.edu.au

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