

# ROAR



**Sydney Uni**  
SPORT & FITNESS

**44**  
SUMMER  
2019

**04**

## THE GOLDEN ERA

A farewell to our Executive Director, Rob Smithies

**10**

## WHERE THERE'S A WILL...

Quiet achiever William Yang sets his sights on Tokyo 2020

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## WINTER WINNERS

Celebrating a season of sporting success

# READY, SET, TOKYO





SOMETHING

FOR **EVERYBODY.**





## FROM THE EDITOR

### ROAR 44, A CELEBRATION

In sport, we celebrate points scored, championships won and milestones reached. We cheer when our team kicks a goal or our favourite runner wins a race; when our teammate is recognised for their hard work or our captain retires after a spectacular career.

In my first edition as editor, I am proud to see this magazine full of stories of achievement worthy of celebration.

We meet Joe Bouchahine on page 8, a gym member who has recommitted to his fitness through hard work and perseverance; William Yang, a World Uni Games gold medallist and Sydney Uni student who has his sights set on the 2020 Olympics; and spotlight our sports clubs who had a season of success like no other, crowned champions in over 20 different competitions.

However it is the 12 years of achievement described on page 5 that I am most pleased to share, celebrating the enormous contribution of SUSF's outgoing Executive Director, Rob Smithies. We reflect on Rob's legacy and what is being called the "Golden Era of SUSF".

I hope you enjoy ROAR 44.

NICOLE SAFI | EDITOR

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# THE GOLDEN ERA OF SUSF

After 28 years in university sport and with the incorporation of Sydney Uni Sport & Fitness (SUSF) safely underway, Rob Smithies, SUSF's Executive Director for the last twelve years, has decided to step out of the driver's seat and "just go surfing for a while". And so, while he reflects on the next set to roll in at Curl Curl, we reflect on his extraordinary contribution to SUSF and the amazing legacy that he leaves the students and their sporting clubs.



## ROB - THE OVER-ACHIEVING STUDENT ATHLETE

Rob's involvement with university sport began in 1991 when he was recruited out of Killarney Heights High School, NSW, to Marquette University via West Bend, Wisconsin in the U.S.A. on a four-year soccer scholarship (fair to say "a path seldom trod"). After a stellar four-year stint in a U.S. college sports program, Rob graduated in Economics from Marquette and was awarded Magna Cum Laude Honours, the University Prize for Best Paper in Economics, a four-year letter winner and the captaincy of the team in his senior year. More importantly, Rob learnt how beneficial a good university sports program can be to a developing young student.

Rob then returned to Australia to study law at Sydney University in 1996 at which time he joined the Sydney Uni Soccer Football Club (SUSFC). Less than a year later, he was awarded both SUSF's first ever soccer scholarship and a University Blue.

Graduating with an honours degree in law in 1998, Rob practiced as a solicitor in some of Sydney's big law firms while also playing as the club's premier striker, captaining its various teams as it won three grand finals, two premierships and promotion from Division 4 all the way up to the NSW Super League (scoring a club-record 205 goals in 212 games).

Rob's soccer career reached its peak in 2004 (apart from his annual staff soccer match hat-tricks, of course) when he was awarded NSW Super League's Player of the Year, notably a year in which Australian soccer collapsed and many future A-League players were back playing in the NSW Super League.



## ROB - THE SUSF LEADER

2004 was also the year that Rob decided to sacrifice his high-flying legal career for the more rewarding pursuit of university sports administration. Having volunteered many years as an SUSFC administrator and as a student representative and Vice President on the SUSF Management Committee, the then SUSF Executive Director, Greg Harris, saw something special in Rob and offered him the esteemed position of SUSF Operations Manager.

By 2007, Rob worked his way up to Deputy Director and, in January 2008, was asked by the SUSF President, Bruce Ross to take on the role of SUSF Executive Director, a position he has filled in exemplary fashion ever since. Over the last twelve years in charge, Rob's leadership as a crusader for student programs, as a champion of the Clubs program, and as a great builder, has been instrumental in what will become known as the 'Golden Era of SUSF'.



## ROB - THE STUDENT PROGRAMS CRUSADER

One of Rob's first big decisions as Executive Director was to establish the Programs and Participation Department in order to provide and promote greater student engagement opportunities in sport and recreation outside of SUSF's already successful clubs program.

Under Rob's guidance, SUSF's P&P Department has grown such that it now provides an extraordinary array of programs and competitions all year round for our students including Interfaculty, Intramural Sports, Lunchtime and Evening Sports Competitions covering over twelve different sports. The same P&P team manages the legendary Rawson Cup and Rosebowl Competitions, campus fun runs, 3x3 basketball competitions, SUSF's First Aid and CPR Courses, Holiday Camps, tennis programs and, most recently, free squash lessons for female students of all levels of experience.

When added to the 700 overseas students who have learnt essential life skills in SUSF's free Water Safe Program over the last two years, Rob's crusade to engage students in campus life and physical wellbeing programs has a positive impact on over 12,500 Sydney University students every year – and that does not even include the 4,000 students who are currently members of SUSF's impressive Sports Clubs Program. Nor does it include the other members of the University and local communities who also benefit from the University's tremendous social sports programs.

## 2008

20 Olympians at the Beijing Olympics & Paralympics win 3 silver & 4 bronze medals  
Men's Rugby win the Shute Shield first grade title, Club Championship (5th year in a row)  
Boat/Rowing Clubs win the overall point score at the NSW State Championships (6th year in a row) & win the Centenary Oar for best club at the National Championships  
American Football win 6th straight NSW Championship title  
Volleyball wins NSW State Club Championship for the first time ever & the UTS/Sydney Uni team win the National Women's Volleyball League

## 2009

Men's Rugby win the Shute Shield first grade title, Club Championship (6th year in a row)  
Boat/Rowing Clubs win the overall point score at the NSW State Championships (7th year in a row)  
Swimming Club wins Australian Club of the Year  
American Football win 7th straight NSW Championship title  
Australian Boat Race held for the first time in Melbourne  
Men's & Women's Handball win NSW League Championships  
Volleyball wins NSW State Club Championship (2nd year in a row)

## 2010

Men's Rugby win the Shute Shield first grade title, Club Championship (7th year in a row)  
Swimming Club wins Australian Club of the Year for the second year running  
Women's rugby first ever championship win of the Jack Scott Cup. Men's & Women's Clubs become the first ever Club to win both men's and women's titles in the same year  
The Sydney Uni Flames Women's Wheelchair Basketball Team win the WNWBW Championship for the first time ever  
Boat Club wins the men's Australian Boat Race  
7 Athletes to Commonwealth Games in Delhi  
American Football win 8th straight NSW Championship title

## 2011

Men's Rugby win the Club Championship (8th year in a row)  
Men's Cricket win the Belvidere Cup first grade title, minor premiership & one-day titles  
Women's Rugby win the Jack Scott Cup (2nd year in a row)  
Crowned Overall Australian Uni Games champions after our wins in the summer and winter games  
Boat Club wins the men's Australian Boat Race  
American Football win 9th straight NSW Championship title

## 2012

24 Olympians at the London Olympics win 1 gold, 3 silver, 3 bronze (39th in the world if we were a country)  
Men's Rugby win the Shute Shield first grade title, Club Championship (9th year in a row) and 7 grand final wins across 9 grades  
Men's first grade cricket win the Belvidere Cup & 2nd grade premiership  
Women's Hockey win their first ever senior women's first grade hockey title  
Boat Club wins the men's Australian Boat Race  
Athletics Club win the NSW Open Pennant Championship for the first time  
American Football win 10th straight NSW Championship title  
AFL Men's Club complete their first season in the NEAFL

## 2013

Men's Rugby win the Shute Shield first grade title, Club Championship (10th year in a row), celebrating their 150th year  
Women's AFL win major and minor premierships  
Athletics wins summer & winter premierships, Treloar Shield, NSW Champs medal tally  
Baseball Club wins Club Championship  
Women's Hockey win first grade premiership (2nd year in a row)  
American Football win 11th straight NSW Championship title & claim Australian Club Championship  
SUSF opens the Sports & Aquatic Centre Extension





## ROB – THE CLUBS’ CHAMPION

While driving up three-fold the amount of non-club related participation, Rob was always very careful to ensure that the SUSF Sports Clubs continued to be well supported and to flourish. As the leader of the parent organisation of over 40 men’s and women’s sports clubs, Rob was aware of SUSF’s responsibility to ensure that all of its clubs were given as much resources and support as SUSF could afford in order to ensure that the clubs thrived – and thrive they did during his term as Executive Director as can be seen in the timeline below.

Throughout his tenure, and regardless of the unfortunate pressures that universities, politics and sports can bring to bear on such a position, Rob retained his integrity and remained even-handed with all of SUSF’s clubs. This exemplary approach not only saw the continued success of SUSF’s traditional clubs, but also the tremendous growth and success of new clubs that cater for the ever-expanding range of sporting interests of the University’s evolving student cohort.



## ROB – BY THE NUMBERS

As a keen student of economics, Rob has always studied the numbers – and what a fine set of numbers they make.

Under Rob’s leadership over the last 12 years, SUSF memberships have increased by 40% to now exceed 15,000 while the price of student membership has gone down by 28% from \$55 in 2007 to what will be a \$40 price tag in 2020. Meanwhile, Sydney University student and staff gym, group fitness, pool and other pass sales have increased by 250% and gym attendances have grown by over 100,000 entries per year.

In fact, when combining attendances at all of SUSF’s sports club programs, SUSF’s sports centres and SUSF’s student participation programs, SUSF now boasts approximately 840,000 genuine interactions with students and community visitors every year – and that’s without counting the website and social media hits of SUSF and its clubs (a new set of numbers he loves to track weekly to our great chagrin).

Importantly, during Rob’s time in charge, SUSF’s annual business revenue has increased from \$4 million in 2007 to a forecast \$7.5 million in 2019. Using 2007 as a base year, these annual increases in revenue, when totalled across the last 12 years, amount to an additional \$19.4 million for sport at the University. This increase in revenue has allowed SUSF (as a not-for-profit organisation) to provide more support for student sporting programs and, perhaps most importantly, more sports infrastructure for university students of the future.



## ROB – THE BUILDER

Of all of Rob’s achievements as SUSF Executive Director, his most significant will be the addition of over \$40 million worth of new sporting infrastructure. In 2013, Rob and the Vice Chancellor, Dr Michael Spence, cut the ribbon on the \$15 million SUSAC Extension, in 2016 it was the \$13.6 million development of the new TAG Family Foundation Grandstand and Sydney Uni Football Ground and, in 2017, the two of them were on the scissors again with the opening of the \$7.1 million Thyne Reid Boathouse and the \$4.2 million Bruce Pryor Hockey Field.

To achieve this unprecedented increase in Sydney University’s sports infrastructure, Rob worked closely with the University of Sydney Sports Foundation to lead a philanthropic drive that has raised over \$13 million for sports infrastructure alone since 2013.

When combined with the \$1.45 million raised for sports scholarships under his watchful eye, Rob is leaving the organisation and the University’s student-athletes of all levels with the resources that should ensure Sydney University student engagement and success for the next 50 years.



# ROB – A BIG ‘THANK YOU’ FROM THE UNIVERSITY AND YOUR SUSF TEAM

Throughout his tenure, Rob has been a devoted, loyal, caring and wise leader of the SUSF team and its clubs. A passionate family man, he shares these qualities at home with his four sporty children and his very patient and supportive wife, Tasha. They are qualities that he no doubt learnt from his own parents and his strong faith in God. On behalf of the SUSF team and the University, I thank them all for sharing so much of Rob’s time and talents through what will be looked back on as the ‘Golden Era of SUSF’.

Thanks Rob, enjoy the surf.

## 2014

4 Olympians to Sochi Winter games  
20 Athletes to Glasgow Commonwealth Games- 3 gold, 2 silver, 1 bronze (14th on medal tally if we were a country)  
Winners of Summer University Games – a record 18 Pennants – & Overall Champions  
Men’s Rugby win the Club Championship (11th year in a row)  
Men’s first grade cricket win the Belvidere Cup, Minor Premiership & Club Championship, celebrating their 150th year  
Women’s cricket win major premiership  
Boat Club wins the men’s Australian Boat Race  
Athletics wins summer & winter premierships, Treloar Shield, NSW Champs medal tally  
Women’s AFL win major and minor premierships (back to back)  
American Football win 12th straight NSW Championship title

## 2015

Men’s Rugby win the Club Championship (12th year in a row)  
Women’s Rugby win the Jack Scott Cup  
Athletics win the winter premiership and Club Championship (4th year in a row)  
Overall Winners in Summer & Winter University Games, & Overall Champions  
Lauren Fitzgerald wins the National Road Series title for the Velo Club (first time ever)  
Women’s Hockey win the Premier League  
Women’s Soccer win the NPL1 Championship (first time ever)  
Women’s Cricket win Club Championship  
Netball win the State League Waratah Cup Champions  
Boat Club wins the men’s Australian Boat Race

## 2016

27 Olympians at the Rio Olympics – 1 gold, 2 silver, 1 bronze (45th in the world if we were a country)  
Men’s Rugby win the Club Championship (13th year in a row)  
Brydens Women’s Soccer win NPL 1 Club Championship, Premiership, Championship  
Women’s Water Polo win the National title for the 1st time  
Men’s and women’s water polo win the Peter Kerr Club Championship – 1st year it’s awarded  
Women’s rugby team win the Jack Scott Cup (2nd year in a row) and the minor premiership  
Nicola Barr – first ever draft pick for AFLW  
Athletics win the winter premiership (men’s & women’s) and Club Champions (5th year in a row)  
Boat Club wins the men’s Australian Boat Race  
SUSF opens the TAG Family Foundation Grandstand

## 2017

Brydens Sydney Uni Flames win their first National title  
Women’s Water Polo win National title – 2nd year in a row  
Men’s and women’s water polo win the Peter Kerr Club Championship – 2nd year in a row  
Athletics win the NSW Club Championship  
Men’s first grade cricket win the Belvidere Cup, for the 6th time in the last 15 years  
Men’s Rugby win the Club Championship (14th year in a row)  
Boat Club win the men’s & women’s Boat Race (first ever victory for the women)  
SUSF opens the Bruce Pryor Hockey Field & the Thyne Reid Boathouse

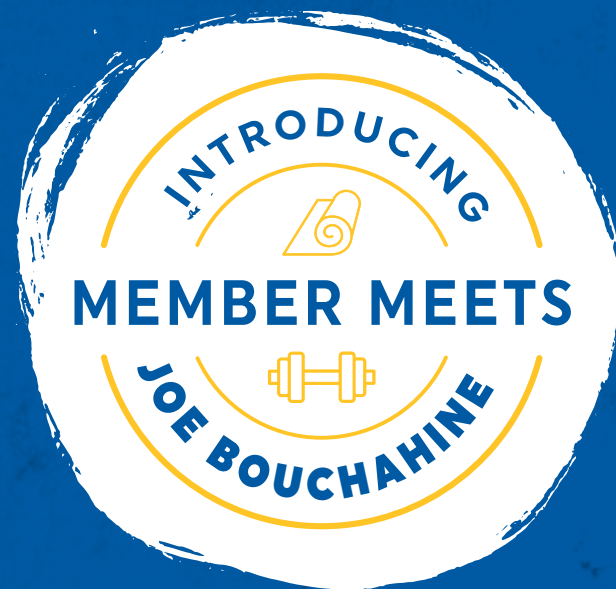
## 2018

19 athletes at the Commonwealth Games - 7 medals  
4 athletes at 2018 Winter Olympics - 1 silver medal  
Men’s water polo win their first National title since 2005  
Men’s and women’s water polo win the Peter Kerr Club Championship - 3rd year in a row  
Rugby League win the NSW Tertiary Cup  
Men’s & Women’s Cricket win the Limited Overs titles  
Men’s rugby win the Shute Shield first grade title, minor premiership & Club Championship (15th year in a row)  
Women’s rugby win the Jack Scott Cup first grade title  
Women’s Soccer win Club Championship & NPL1 Premiership  
Boat Club win National Club Championship point score, men’s & women’s Boat Race  
Athletics win the NSW Club Championship, put 13 athletes on the Commonwealth Games team  
The Velo Club again win the NSW Road Premiership

## 2019

Men’s rugby win the Shute Shield first grade title (2nd year in a row), minor premiership & Club Championship (16th year in a row)  
Women’s Rugby win the Jack Scott Cup (2nd year in a row undefeated)  
Women’s Soccer win the Club Championship (back to back), Premiership and Championship  
Currently sitting first for Nationals Div 1 – winning 7 pennants and 12 overall  
Men’s Cricket win the Club Championship & 1st, 2nd, 3rd & 4th grade minor premierships  
The Sydney Uni Flames Women’s Wheelchair Basketball Team win the WNWB L Championship  
Boat Club win National Club Championship point score, men’s & women’s Boat Race





## DEDICATED MEMBER AND GYM-GOER JOE BOUCHAHINE OPENS UP ABOUT HIS HEALTH JOURNEY AT SUSF, TALKING GOALS, CHALLENGES AND LIFE OUTSIDE OF THE GYM.

### Icebreaker question! What animal represents you, and why?

A wolf best represents me. They're loyal, work well in a team and are protective of others; that definitely describes me.

### How long have you been coming to SUSF and what keeps you coming back?

I've been to many gyms, but what has kept me coming back for the past four years is all the friendly, energetic staff/trainers who really take an interest in my wellbeing and assist me in achieving my goals.

I can ask anyone for help and they will gladly drop what they're doing to come and help me with workouts or answer any questions.

### How would you describe what it's like to train here?

For years I've been training at SUSF and it's always been an easy-going, humble atmosphere. I've also grown many great relationships with staff and gym members.

### Can you run us through some of your favourite exercises?

Work can be busy but I still manage to get my workouts in three times a week.

I warm up with cardio using the treadmill, cross-trainer and more recently the stair-climber. Three months ago I started slowly incorporating free-weights again. My wife suggested to reintroduce them into my program because she knows how much I used to love them. The 'pump' is the best feeling and I hadn't felt it in a while!

In-between sets I like to stretch my muscles, but I always make time to focus on stretching for 15+ minutes at the end of my workout.

### What have been some health goals you have achieved while training here?

I'm very fortunate that my current employees encourage frequent physical training to break up the day, so I take the opportunity to come to the gym at SUSF.

Because of it, I feel stronger and more fit. My blood tests for the past two years have been excellent, cholesterol levels are at a minimum and my general health is the best it's been for years!

### Were there any challenges you faced along this journey?

My goal was mainly to get fit and healthy again. Back in my 20s I used to be very strong, training five times a week, but as work commitments grew this frequency shrunk. After an extended period of no physical training, getting back into it was very difficult. Knowing what you've achieved before and trying to get back to that fitness level has its challenges.

The staff and trainers at the gym have played a big part in my overall morale and fitness improvements. Trainers, Peter, Lou-Lou and Hilary in particular, have been great with providing encouragement and guidance over the past few years.

### What are your favourite things to do in your spare time?

I like to keep fit, hang out with my family and play or watch any kind of sport. My wife and I love to travel - we recently came back from Hawaii, which was a great experience.

### What is your favourite "treat/cheat day" meal?

Every Saturday night I'm spoilt for choice and have an array of local restaurants to choose from like Chinese and Thai food, but 'Mario's Pizza & Pasta' takes the crown! They have great food and it's my favourite place to unwind.







# THE PRESSURE OF PERFECTION

**Wrapped in gold, William Yang looked on top of the world. But a smile can sometimes be deceiving.**

The University of Sydney Architecture, Design and Planning student was standing on the podium after winning the 50m butterfly at the World University Games in Napoli in July with a blistering time of 23.32 seconds - a time that would have won gold at the 2018 Commonwealth Games.

It's a proud addition to the resumé, but the newly-crowned gold medallist still wasn't satisfied.

"If you look back at the footage in the finals and semi-finals for the 50m butterfly, you won't see too much excitement on my face after the race because in my head I was thinking, 'How am I swimming so bad?'" Yang said.

"I don't think the World Uni Games were actually a success for me because it was only the 50m butterfly that I won, and even then it wasn't my best time."

Competitive to his core, Yang demands perfection from himself. Even in his most glorious moment, the thought of improvement still lingered in the back of his mind.

Having underachieved in the build up to his gold medal victory, Yang was still reeling over his efforts in the 100m backstroke, where he failed to qualify for the final.

"Going into the race (50m butterfly), I was quite angry and frustrated because of my performance in the 100m backstroke," he said.





A red-hot favourite in the 50m butterfly, all eyes were on Yang and there was nowhere to hide as the roaring crowd created an electric atmosphere that made it impossible to hear his own thoughts.

The drama from his previous races played on his mind and added to the spectacle, missing the start in the 50m backstroke, while his cap broke his streamline in the 100m backstroke.

But solid preparation, combined with the hottest hits on his Spotify playlist, helped Yang shrug off a nervy start to the race he was made to win.

“In the 50m butterfly, I was certainly feeling a bit of pressure going into the race. My first stroke wasn’t a clean breakout, I was maybe one underwater kick short and at that point I thought the race was over,” Yang said, critically analysing his every move.

“But I got that out of my head and I just thought ‘I have to get this done’, and then I powered my way through.

“I try to keep everything as normal as possible in the build-up and try to forget that I’m racing that night. Thinking about the race all day makes it harder because you drain all your energy and become

mentally exhausted. I like to keep it simple and normal.

“Before the race I put my headphones on, get in the zone, get angry and ready to race.”

On reflection, Yang learned to appreciate the weight of his achievement, becoming the nation’s 23rd gold medal winner at the event and joining an illustrious group to reach the same feat including Australian swimming greats Mark Kerry and Cate Campbell, leading him to hang his World Uni Games medal from the top of his trophy cabinet.

“World Uni Games is definitely my career highlight so far because it’s an international gold. It may not be an Olympic event, but it’s a huge box I get to tick, winning gold and getting the job done,” he said.

And the boxes have been ticking for the rising star on his path to what seemed to be an unimaginable dream – the 2020 Tokyo Olympics.

Yang started to create shockwaves at the Australian Championships in April where he beat Mitch Larkin, regarded as the nation’s elite backstroke, in the 50m backstroke to win gold.

It was no fluke either – Yang backed it up by winning the 50m butterfly, also falling second to Larkin in the 100m backstroke at the same event.

This was all achieved by an athlete who only took up competitive swimming a couple of years ago.

In his early career, adversity threw itself at the promising swimmer and it has been an incredible turnaround considering his situation only twelve months ago.

“I had quite a rough 2018. I moved clubs, I changed coaches. I came second in the 50m butterfly at the Commonwealth Games trials and it was a missed opportunity. Then I missed the FINA Short Course World Championships team at the end of last year and I thought I really could have made that,” he said.

“After 2018, it was about proving a lot of people wrong. I just thought I had to show everyone what I’ve got.”

Now training under the wing of former backstroke world record holder Bobby Hurley, Yang has ramped up his commitment over the past two years with four morning sessions in the pool, two aerobic sessions and two gym sessions, with the bright lights of Tokyo shining in his eyes.

“The Olympics are a life-time goal. It would be a dream come true. I’ve thought about it since the day I started swimming,” he said.

“It’s all in the preparation. Right now there is still plenty of time before trials so I’m really going to make the most of it to get where I need to be.”

Study took priority in high school, but an Olympic dream is now hogging up six days of the week, all while balancing a laborious university degree and any scraps of a social life that he can.

A member of the Elite Athlete Program (EAP), the pressures of university have been alleviated enormously for Yang, who aims to take on more of a workload in his studies if he eventually qualifies and attends the 2020 Olympic Games.

“The EAP assists me in getting extensions which helps take the load off and allows me focus on my training,” he said.

“My priorities are certainly shifting towards swimming for now with next year’s Olympic Games in mind.”

Yang will put the books down over the semester break and channel his focus into improving the 23.32 seconds he produced in Napoli, marking the 2020 Olympic trials in July in Adelaide next year as the main event on his calendar.

He might have the times on the board and the potential to compete with the elite, but Yang knows it’s all about delivering when it counts.

“Obviously the time (in Napoli) is very good, but on a big stage like the Commonwealth or Olympic Games, every athlete goes through a different mental process and it’s quite challenging for everyone to perform under pressure,” he said.

“I did that spectacular time which was great, but it doesn’t guarantee that I’m going to go out next year at the trials and do it again.

“But that is also the beauty of World Uni Games for me because it was all about executing my time, my technique under pressure and I did that on the big stage which is a very promising sign.”

**“World Uni Games is definitely my career highlight so far because it’s an international gold. It may not be an Olympic event, but it’s a huge box I get to tick, winning gold and getting the job done.”**

It’s easy to get caught in the hype, but Yang has remained level-headed and is taking every measure he can to be his best, picking the brains of some of the best swimmers in the world, including Russian Vladimir Morosov and American Michael Andrew.

He recognises his turn needs working on, his underwater kick could be better and there’s always room for improvement in his flexibility.

Yang’s ability to own his flaws and demand better from himself give him the blueprint for success, while events like World Uni Games prove he is ready to take his career to the next level.

Come Adelaide, William Yang will truly know how far he has come. And he might have one slight advantage on his competitors.

“I’ve never swam badly in Adelaide, so hopefully luck is on my side,” he chuckled.

*Photo Credits: Swimming Australia and Delly Carr*





# Student sport snapshot: Celebrating 2019

**Whether it be on the iconic Eastern Avenue, near the crystal-clear waters on the Gold Coast or on the various venues around campus, student participation in sport has been flourishing across a number of electrifying competitions.**

Flicking the calendar back to July, Sydney University's frantic and picturesque pedestrian thoroughfare caught a case of basketball fever when the **NBL's 3x3 Big Hustle Uni** event landed on the campus' sacred turf.

The pearly grey tiles on Eastern Avenue were overpowered by two half-courts that were the podium for 112 students from 18 universities to showcase their raw athleticism across two days of jam-packed action.

A one-of-a-kind event, the bleachers filled to the brim to witness a three-point bonanza, a hard-fought grind in the paint and handling skills that would give NBA superstar Kyrie Irving a run for his money.

Hurricane-like conditions flipped marquees on their head, sent tables flying and challenged the long-range shooters, but it didn't detract from the jaw-dropping spectacle that was blessed with the university's most prized piece of real estate.

Sydney University were well represented in both the men's and women's competitions, headlined by the Brydens Sydney Uni Flames star power combination of Maddie O'Hehir and Lara McSpadden.

With a dream ticket to the FISU 3x3 University Cup in China and a spot on the NBL 3x3 Hustle Pro tour in their sights, Sydney University's women's team cruised through the pool stages until their hopes came crashing down in the semi-finals with a defeat to eventual champions UTS.

They didn't walk away empty-handed though, taking a shot at redemption with both hands as Sydney Uni Sparks product Serika Shillingsworth inspired an 8-7 win over Deakin University with a late burst of energy in the bronze medal match.

In the men's, two early losses in the pool stage sent a shock through the system and it made it difficult to bounce back, despite winning their next four games.

Sydney University had the honour of hosting an event with a phenomenal quality of basketball, giving students the platform to showcase their talents on a walkway that has rarely been touched by the beauty of sport.

Around the grounds of the university, the passion and competitiveness that drove the 3x3 Hustle event has been instilled into the **Intercollegiate and Interfaculty competitions** for years.

These are no muck-around events – the students mean business.

During a St John's College versus St Andrew's College women's football match, the latter had a stranglehold on the game with a 6-0 lead, but it did nothing to cool the fire in St John's belly as they fought to the death and were determined to put a score on the board, later rewarded with two late goals that got the crowd to its feet.

This first experience with Intercollegiate Sport was a real eye-opener. Forget the score, the commitment to stay in the fight signified the culture shift within the athletes who have turned around the College ethos through competitive spirit, transforming the tournament into one of the most hotly-contested battles that the University has to offer.

In both the Rawson Cup (men's) and Rosebowl Cup (women's), St Andrew's College sit at the top of the tree, impressively winning all but the rowing event in the women's at the time ROAR 44 was published, with one sport left on the calendar.

**A one-of-a-kind event, the bleachers filled to the brim to witness a three-point bonanza, a hard-fought grind in the paint and handling skills that would give NBA superstar Kyrie Irving a run for his money.**

Over 3,000 participants competed across 10 sports, including cricket, swimming, hockey, rowing, netball, soccer, rugby, basketball, tennis and athletics, in more than 80 fixtures and a vast number of races.





There were flocks of spectators rolling through the gates, particularly on the final nights of the rugby and football events that attracted a strong alumni crowd of former residents – a sign that the competition leaves a lasting mark on the students.

Those kind of numbers were replicated in the Interfaculty competition which has been a popular event for all staff and students since 1939. The competition promotes inclusiveness and participation, but honour and pride are on the line for every faculty in this social environment.

Competing teams included the faculties of Agriculture, Architecture, Design and Planning, Arts, Dentistry, Business, Education & Social Work, Engineering & IT, Health Science, Law, Medicine, Music, Nursing & Midwifery, Pharmacy, Science and Veterinary Science.

Across the semester, a record 1,755 participants competed in sports such AFL 9's, ultimate frisbee, futsal, dodgeball and touch football to name a few. With 14 sports to choose from, it seemed to be basketball that was the more popular option with 163 participants walking onto the court.

But if there was any event that encapsulated the high level of student participation at Sydney University, the **2019 Nationals Div 1** competition trumped all.

Represented by one the largest groups in the competition, Sydney Uni sent 428 athletes, totalling 39 teams (male, female and mixed).

Any venue you visited around the Gold Coast, whether it be the modern Carrara Indoor Stadium or the lush green fields at Coomera Sports Park, the blue and navy lion was by far the most popular logo.

Most popular, but more importantly, most successful.

In a tremendous effort, the University of Sydney ended their 2019 Nationals Div 1 campaign on top of the table after claiming a whopping seven pennants across the event.

Entering the week on four pennants - made up by athletics men's and women's, League of Legends and cross-country skiing - Sydney Uni added another seven to the collection through women's hockey, ultimate frisbee, women's football, men's beach volleyball, women's rowing and kendo men's and women's.

Remarkably, women's football claimed their ninth straight title, winning 2-0 over rivals UTS in the final, while ultimate frisbee and hockey rebounded from second places in 2018 to reclaim top honours.

Overall, Sydney Uni claimed seven gold medals, three silver medals and one bronze medal.

Special mentions must also go out to our silver medallists in women's netball, men's water polo and women's badminton who all fought with resilience throughout the week, while baseball snared bronze.

A total of 11 pennants puts Sydney Uni narrowly on top, sitting above University of Queensland who did phenomenally well to win 10 pennants in one week.

There are still three pennants across two events up for grabs at the time *ROAR 44* was published in marathon and T20 cricket.

The overall Nationals Div 1 title would put the cherry on top on what has been an enthralling year for student participation across a range of events, highlighted by some incredible numbers and achievements that emphasise Sydney Uni's unrivalled passion for sport.



# INTRAMURAL SPORTS

## BRINGING COMMUNITIES CLOSER



An integral part of the residential experience, the Intramural Sports Competition has strengthened the relationship between Sydney University's residencies, creating a competitive yet friendly environment for students to battle it out across six different sports.

Teams from Queen Mary Building, St John's College, Regiment Building, the Women's College, International House, Urbanest, Sancta Sophia College, UniLodge, Iglu and Sydney University Village take battle in futsal, oz-tag, badminton, volleyball, basketball and quidditch – yes, quidditch. Students from Abercrombie Student Accommodation, The Terraces and Mandelbaum House make up the final team, named the Darlo Bears.

The Women's College started on a trial basis this semester and will formally join the competition in 2020, while St John's College joined at the start of 2019, expanding the competition to 10 contestants to fight it out for the Thomas Whalan Cup (men's) and Liane Tooth Cup (women's).

The Sports Council, made up of students from each residence, make recommendations for what sports they would like to compete in each year, ensuring the sports that are picked suit their desires and they are included in the selection process.

Having had hands-on experience in the competition as a participant, Sancta Sophia College resident Katie Merriman praised the competition's diversity of sports and gave it a glowing recommendation.

"Sancta participate in the Intramural competition as it is a great way to interact with the other University residences and a good opportunity for our post-graduate men to get involved in a sport competition as they are unable to compete in all the Rawson Cup events (in Intercollegiate Sport)," she said.



"It is a fun way for our residents to get involved in something and represent our college as the wide range of sports allows everyone with all skill levels and experience to participate.

"By having sports like volleyball, basketball and quidditch, and a combination of mixed and single-sex sports, the competition is able to have a good balance of competitiveness and fun which makes it really enjoyable.

"Our residents always say how nice it is to get to know the students at other residences through the competition and sometimes organise social events after the games which are fun.

"I would definitely recommend this competition to others as it brings people in our college closer together and gives them a chance to participate in something as a team, while also getting to know others in the community."

Regiment Building resident Andrew Thanh Le echoed his competitor's admiration towards the competition.

"I really like the way it is organised and planned with the different sports that are offered. There are sports that allow people to compete in teams such as volleyball and basketball, while also giving new opportunities to learn a different sport such as quidditch," he said.

"I believe through sport you can make life-long friends, and this certainly relates to the Intramural competition."

After the second-last event in quidditch was unfortunately washed out, International House have a slight lead over Regiment Building in the Thomas Whalan's Cup at the time *ROAR 44* was published, with the latter also displaying a strong showing in the Liane's Tooth Cup in first place as St John's College trails closely in second.





# FLAMES STARS HAVE EYES ON TOKYO



**THREE MEMBERS OF THE SYDNEY UNI FLAMES WHEELCHAIR BASKETBALL TEAM WHICH RECENTLY CLAIMED THE 2019 NATIONAL LEAGUE TITLE HAVE THEIR SIGHTS SET ON SELECTION IN THE 12-PLAYER SQUAD FOR THE 2020 SUMMER PARALYMPIC GAMES IN TOKYO.**

Hannah Dodd, Annabelle Lindsay and Sarah Stewart are in contention for selection in the Gliders, although Sarah has to overcome a hand injury to push for a fourth Paralympic Games.

The trio were integral in the Wheelchair Flames securing the WNWBL Championship, with Lindsay being named Most Valuable Player of the Finals series, while Dodd won the one-pointer MVP for the 2019 season and was named in the 2019 season All-Star Five.

However Stewart admitted the title didn't come easy for the Flames. In the first game of the finals weekend against competition leaders Perth, Lindsay posted a double-double of 25 points and 10 rebounds, while Brodie Palmer scored 11 points and eight rebounds and Liesl Tesch had four points and 10 rebounds. Dodd posted eight points and Stephanie van Leeuwen contributed four points.

The scores were level at half-time and three-quarter time, but Perth pulled away with two extra baskets in the final quarter.

Having finished second in the competition proper, the Flames had a second run at the title and didn't waste the chance, accounting for Sydney Metro Blues 66-46 in the preliminary final on Saturday.

Lindsay led all scorers in the game with a double-double of 30 points, 14 rebounds and six assists, Palmer scored 14 points, Dodd had 12 points and five assists, and van Leeuwen had six points, five rebounds and four assists.

The win put the Flames into the gold medal Sunday game and, again, they seized the moment and came away 55-50 winners.

Stewart said it was a great team effort on and off the bench, including some clutch free-throws from Lindsay to secure the win in the last seconds of the game.

"Annabelle top-scored for us in the game with a double-double of 25 points and 14 rebounds, while Hannah had 12 points and four rebounds," Stewart said.

"We also had solid contributions from Stephanie with six points and four rebounds, Brodie with two points, Tracey Carruthers with two points and Liesl Tesch with eight points, five rebounds and 11 assists. What a weekend!"

It was a busy day for Dodd. She also won gold with her team, the Wollongong Rollerhawks, in the NWBL Championship immediately after the Flames' title. (The WNWBL and NWBL finals were played at the same venue.)

**"HAVING AN OUTLET TO STAY IN ELITE SPORT WAS AN AMAZING OPPORTUNITY AND I'M GRATEFUL FOR IT EVERY DAY. I LOVE THE SPEED AND THE INTENSITY OF THE GAME, ALL THE TACTICS AND BEING ABLE TO PLAY A TEAM SPORT."**

And, to top off a great season, Wheelchair Flames head coach Alan Cox was also named WNWBL Coach of the Year.

While a hand injury kept Stewart out of the finals, her efforts through the season as Manager and Assistant Coach were instrumental in getting the Flames into second position. And she's no stranger to WNWBL titles having won the 2008 and 2009 championships with the Hills Hornets before being instrumental in linking them with the inaugural Sydney Uni Wheelchair Flames who duly won the 2010 title.

The Club President is philosophical about making a fourth Paralympic Games, having won a silver in Athens in 2004, bronze in Beijing in 2008, and silver in London in 2012. The Gliders didn't qualify for the 2016 Games.

"In the lead up to WNWBL 2020 and the Tokyo 2020 Paralympic Games, we have a few smaller competitions around Australia to prepare for the Games," she said. "There's the Sunny Coast tournament in January and the HERSport Women's Festival of Basketball in February. And the 2020 WNWBL will be held from March to June leading up to the Tokyo Paralympic Games.



"My injury is quite serious, so it will be tough to make the 12-player squad. But Annabelle and Hannah are definitely performing well and on the selection radar."

Lindsay made her Australian debut with the Gliders at the Osaka Cup in 2017 after being named the WNWBL's Best New Talent in 2016 and moving from the Canberra Chargers to the Sydney Uni Flames. A graduate of the University of Canberra with a teaching degree in Physical Education, she has been awarded a four-year scholarship at the University of Texas at Arlington to study for her Masters and play basketball.

Lindsay was a member of the Australian Under 25 team, the Devils, who won silver at this year's World Championship in Suphanburi, Thailand.

Dodd has already competed at a Summer Paralympic Games – as a para-equestrian at the 2012 London Games.

Her journey to London started in 2008 when she won the Australian national Grade IV para-equestrian championship. She was runner-up in 2009, and won the Australian championship again in 2011 before being selected for the London Games.

Dodd then switched to wheelchair basketball and made her Australian debut with the Under 25s at the 2015 Osaka Cup. "My first sport was equestrian which I competed in at an elite level since I was 12," she says in her profile. "I competed in London Paralympics for equestrian before being recruited to wheelchair basketball. Due to expenses and my deteriorating function, equestrian was becoming harder and harder for me to stay competitive.

"Having an outlet to stay in elite sport was an amazing opportunity and I'm grateful for it every day. I love the speed and the intensity of the game, all the tactics and being able to play a team sport."

The Paralympic dream burns deep for this trio. After all, the Flames are on fire.



# CELEBRATING A SEASON OF SUCCESS

**What is a winning culture? Is it sacrificing the 'me' for the 'we'? Is it being passionate as well as performance-focussed? Is it hard work, sacrifice and success combined?**

**At Sydney Uni Sport & Fitness, we'd say it's all of the above.**

**In the winter of 2019, our clubs experienced a season of success like no other, embodying the “winning culture” SUSF is proud to cultivate.**

**Read on for a snapshot of some of the incredible results recorded across several thriving programs.**



## AUSSIE RULES

Growthbuilt Sydney Uni Australian National Football Club were well represented in finals across all their high-performance competitions. The Club claimed the AFL Sydney Division 1 premiership, however despite a valiant effort, were unable to seal the deal in NEAFL, Premier Division and 1st Colts. The Women's Premier Division and Reserves team also appeared in their respective finals series, falling just short of the grand final.



## BASEBALL

While first grade fell painfully short of a claiming their championship, going down to eventual winners Petersham in the minor semi final, Sydney Uni Baseball's second and third grade teams celebrated consecutive titles in the Sydney Winter Baseball League. In fact, third grade's win was the team's fourth straight championship.



## ATHLETICS

Sydney Uni Athletic Club were named 2019 Winter Premiers, the seventh consecutive title for the women and eighth victory in nine years for the men.

## RUGBY

It was a titanic year for Sydney Uni Football Club with First Grade securing back-to-back Shute Shield Premierships, the Women retaining the Jack Scott Cup, 1st Colts defeating 2018 premiers, Randwick and 2nd and 4th grade winning their respective fixtures. The club picked up 5/8 possible championships plus their 16th consecutive Club Championship. Turn to page 24 for the full wrap.



## SOCCER

Sydney Uni Soccer Football Club had another standout season, spearheaded by the women claiming the Club Championship in record time, 1st and Reserve Grade Major Premierships, the 1st Grade NPL1 Championship and NPL Women's Challenge Cup against ACT champions, Belconnen United. Other results included:

- Reserve grade won the minor premiership but lost the grand final
- AW1 and AAW3Gold won the competition in the All-Age division
- U15 Girls won the championship
- U17 Girls won the premiership
- U14 Girls went undefeated but finished 2nd
- Men's 1st Grade finished 11th, U20s finished 2nd and U18s finished 2nd
- Boys U13s won the competition and championship
- U20s made semi-finals, while U18s were narrowly defeated in their grand final
- U15 and U16 Boys made the semi-finals

## BASKETBALL

The Sydney Uni Flames wheelchair basketball team were crowned 2019 Champions, winning the WNWBL gold medal match over Perth, 55-50. Read more about their championship win on page 18.



## HOCKEY

In a historic year for Sydney Uni Hockey Club, all top five women's grades enjoyed a grand final appearance with 2nd, 3rd and 4th grade claiming victory in their respective competitions. It was heartbreak for 1st and 4th grade who were narrowly edged out by their opposition, settling for runner's up honours. The men claimed the Premier League 3 premiership while the Masters A team were scarcely beaten in their grand final.

And it isn't over yet... at the time *ROAR 44* was published, our American Football Club (across three grades) are in contention to take out their respective competitions, while the Brydens Sydney Uni Flames has begun its WNBL 2019-20 campaign. The Cricket Club has also begun their season and have started on a high note, and Sydney University Boat Club has won the Australian Boat Race to retain the Edmund Barton and Bella Guerin Trophy (their third consecutive victory).

Here's to not only a season of success, but a full year of it.



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# FOUNDATIONS OF FORTUNE



## Success is one thing. Maintaining it is another.

It's a formula every sporting organisation across the globe strives to achieve, and it's one that Sydney University Football Club (SUFC) is fortunate enough to have unlocked.

In 2019, the revered rugby club secured its 16th consecutive Club Championship as they were the only club to have qualified all seven of their men's teams into the semi-finals.

16 years on the throne. Not even the All Blacks have been able to dominate for a period that long.

The envy of the competition for the past decade-and-a-half, SUFC are to club rugby what Melbourne Storm are to the National Rugby League.

You must tread carefully when comparing different codes, but there are glaring similarities between the two organisations that can't be disputed.

A month ago, Storm General Manager of Football Frank Ponissi addressed SUSF staff in a seminar when Melbourne landed in Sydney for an away game against Manly.

When asked to pinpoint why Melbourne, who haven't missed

a finals series since Craig Bellamy took over in 2003 bar their salary cap-plagued year in 2010, have been able to stay at the top for so long, Ponissi circled one word – culture.

It's the same driving factor behind every SUFC achievement over the years, from premierships to Club Championships and everything in between, culture is at the core. SUFC female club captain Emily Chancellor couldn't agree more.

"Culture is critical to success," Chancellor said. "If you can have a team or a club where everyone is working towards the same goal, with a similar attitude to success and respect for each other, you will be successful."

"We (the women's team) have so easily blended into the club as we already work within a winning culture, hold each other accountable and expect we all train and behave in a certain way."

Ponissi also identified the three pillars behind Melbourne's cultural focus: Understanding of expectations, accountability and consistency. Without having knowledge of the Storm boss' comments, Chancellor singled out very similar values when asked to describe SUFC's culture.

"If as a club you know what is right and wrong, have standards of behaviour and everyone buys into it, culture grows stronger," she said.

"If you fall out of line or do something stupid, your teammates will call you out on it. That's pretty powerful to be told by someone you respect as an equal to pull your head in if you are drifting away from the culture that exists at SUFC."

You bear the fruits of strong culture through positive results, and that's exactly how it played out for SUFC on grand final day. Nerves were running wild and a buzz of excitement was in the air at the state-of-the-art Bankwest Stadium as all four men's grade teams were gunning for premiership glory.

On a day where anything can go wrong, the script for the most part favoured Sydney Uni with three teams lifting the trophy, while first colts joined the winner's circle a day later, and the women's team claimed back-to-back Jack Scott Cups the following week.

And what would a grand final be without a fairytale story.

**"If you can have a team or a club where everyone is working towards the same goal, with a similar attitude to success and respect for each other, you will be successful."**

Trailing 16-0 with 15 minutes left on the clock, Sydney University flicked the switch to score three tries in the space of 10 minutes to secure back-to-back titles, inspired by a 30-minute cameo from half-back Nick Phipps off the bench.

You can call it a lucky day, but 16 years of success cannot fall under the umbrella of good fortune.

It's pride in the jumper. It's a system that produces and develops elite athletes. It's the staff behind the scenes working tirelessly. It's a winning culture that starts from the top and is bought into by everyone down to the last man.

The Shute Shield triumph was the club's 11th premiership since 2001, while the women's side have established themselves as a dominant force with four premierships in the past five years.

On their road to glory, Sydney University also swept up a list of perpetual trophies including the Colin Caird Shield, Henderson Cup, W McMahon Memorial Shield, Jack Scott Cup, John Thornett Trophy, White Ribbon Cup, David Brockhoff Trophy and the Poidevin Farr-Jones Trophy.

Rewards followed on the international scene, with prop Harry-Johnson Holmes making his Wallabies debut in July, while Grace Hamilton was anointed Wallaroos captain and played alongside Emily Chancellor and Iliseva Batibasaga in separate two-Test series against Japan and New Zealand.

The downside, and upside at the same time, to this success is that it grabs attention and players get noticed. The club's 2019 Best and Fairest recipient Harry Potter has inked a one-year deal with the Melbourne Rebels and will be joined by back-rower Josh Kemeny, while first grade captain Guy Porter is bound for the same journey with the Brumbies, along with young gun Tom Horton who has signed with the Waratahs.

The retention and recruitment of players poses possibly the largest hurdle in maintaining success and it's one SUFC will need to leap over next season following the loss of some key personnel.

But like the Melbourne Storm, they have mastered one key element that helps combat the loss of star power – player development.

It's what makes playing for the club such an attraction, which is a significant bonus to the recruitment and retention process, with quality lining up outside the door to represent the blue and gold jumper.

Every season will present new challenges, but the goal always remains the same – winning. And we all know where that starts from.





# 'SUPER'FOODS



*SUPERFOODS. NOT JUST YOUR REGULAR SLICE OF WONDER WHITE. WE'VE ALL HEARD OF THEM, MAYBE IN A TWO-MINUTE SEGMENT ON SUNRISE WITH KOCHIE 'ENJOYING' A BOWL OF GOJI BERRIES OR A KARDASHIAN SWEARING BY A FRESH GLASS OF CELERY JUICE. THEY'RE SOLD AS NUTRITION HACKS, OVERLOOKED CULINARY GEMS THAT CAN PROTECT YOU AGAINST CHRONIC DISEASE, MAXIMISE YOUR ENERGY, PREVENT AGING... HECK, THEY CAN EVEN UNPACK THE DISHWASHER\* (\*THEY CAN'T). BUT WHAT MAKES A SUPERFOOD? HOW DO YOU KNOW YOU'RE GETTING BANG FOR YOUR BUCK? (AND LET'S BE HONEST, A LOT OF SUPERFOODS ARE EXPENSIVE, SO IT'S IMPORTANT THAT YOU KNOW WHAT YOU'RE SPENDING YOUR MONEY ON!)*

## WHAT IS A SUPERFOOD?

There is no scientific definition of what makes a superfood. If you google it, you'll definitely see some similarities:

- 1. THEY'RE OFTEN PLANT BASED
- 2. THEY HAVE SOME SORT OF HEALTH BENEFIT
- 3. THEY'RE OFTEN EXPENSIVE
- 4. THEY (MIGHT) TASTE GOOD (... BUT HAVE YOU TRIED UNSWEETENED AÇAÍ?)

The concept of a superfood is more or less a media construct. It's a way to describe food, sell food, sell a lifestyle. Let me show you what I mean.

## 'SUPER'FOOD CHALLENGE

**Kale.** The green, lean, immune-boosting-detoxifying-smoothie-filling-machine. It's the leafy green that everyone loves to hate but eats it anyway because someone once said it was the elixir of life. Kale is packed full of fibre, which helps to keep you regular, and is also a source of calcium and vitamin C.

Personally, I've never met a crispy kale chip I didn't like. But how does it compare to other leafy greens?

	Kale	Rocket	Spinach
Dietary fibre (g)	2.7	2.3	4.1
Calcium (mg)	35	200	54
Vitamin C (mg)	55	5	27

All values are displayed per 100g.

Interesting! When compared to spinach and rocket, there's no clear 'super' green.

**Sweet Potato.** The hip cousin of the humble tater. It tastes great when roasted, and even better in chip form (I feel a pattern emerging!) Sweet potato is full of vitamins and minerals:

	Sweet potato	Potato
Potassium (mg)	250	458
Calcium (mg)	27	4
Vitamin C (mg)	31	15

So while sweet potato kicks potato's spud in the calcium and Vitamin C department, potato comes out on top with respect to potassium, which we need to maintain our bodies' fluid levels, move our muscles and manage our blood pressure.

One more: **Açaí**

	Açaí	Strawberry
Protein (g)	2.66	0.7
Calcium (mg)	70	18
Vitamin C (mg)	3.6	45

Check out the difference between the 'super' berry Açaí compared to the strawberry. While strawberries can be enjoyed cheaply and simply, Açaí is most often enjoyed at a high price in smoothie form (and beware, many commercial mixes are high in added sugar).

## WHAT IS A SUPERFOOD, REALLY?

Do you want the unsexy, unprofitable and far less Instagrammable (but arguably way more delicious) truth?

Eating a combination of fresh colourful foods, including fruits, vegetables, nuts, grains, legumes, lean meat and dairy, is your best chance of getting the purported health benefits that superfoods promise to deliver.

Let's take a look at the Australian Guide to Healthy Eating – conveniently in the shape of a pie (mmm, pie).



Check out the colour, the variety, the diversity! How much more exciting does that look than a kale smoothie?!

## WHAT SHOULD I EAT?

The Australian 'Eat For Health' website has lots of great resources to help you to choose the right amounts of nutritious foods for your age group and gender. As a general guide, try to eat a variety of colourful foods from each of the five food groups and aim for two pieces of fruit and five different veggies every day. You can find out more at [eatforhealth.gov.au](http://eatforhealth.gov.au)

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*Rachel is a Student Dietitian, Les Mills Group Fitness instructor and Group Fitness Coordinator at Sydney Uni Sport & Fitness. You can find her on Instagram at @resolve\_nutrition*



# TENNIS PROGRAM

## INTERESTED IN PLAYING TENNIS?

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



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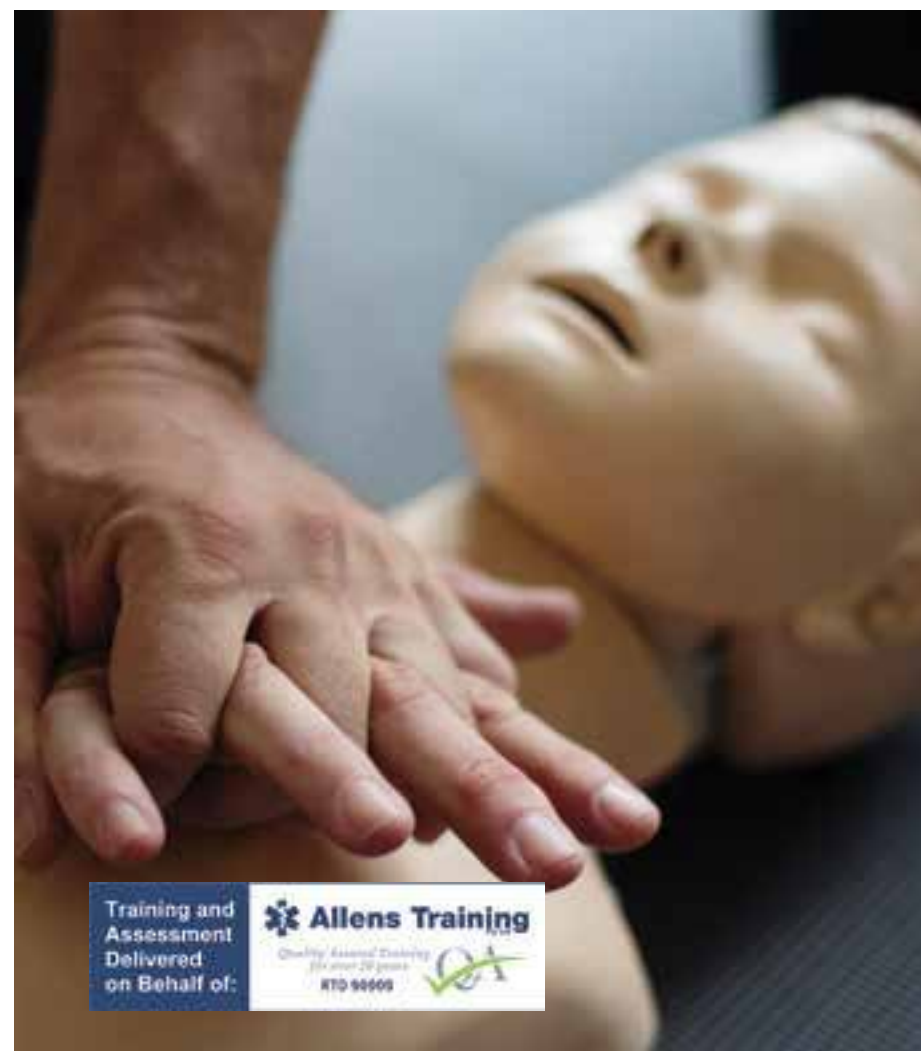


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# 3 REASONS WHY SAYING 'NO' IS OK

**SOMETIMES IT FEELS LIKE YOU ARE IN A CONSTANT UPHILL BATTLE WITH TIME. THERE IS ALWAYS A DEADLINE TO MEET, SOMEWHERE TO BE OR SOMEONE TO SEE. IN-BETWEEN THESE REQUESTS, YOU ARE TRYING TO HONOUR WORK AND UNIVERSITY DEADLINES, BALANCE RELATIONSHIPS WITH YOUR SOCIAL CALENDAR AND SQUEEZE IN MEAL PREP AND A WORKOUT BECAUSE YOU STILL NEED YOUR DOSE OF #SELF CARE.**

Sounds full on but for some, this is your reality. Perhaps you have mastered a method to the madness, however learning to say no more often might be the solution. Many times we say yes to unnecessary plans or hang-outs out of obligation even if it means we are committing to something we really don't want to do.

While it's never easy saying no, you need to find what feels right for you. Here are three reasons why saying no is okay.



## 1. SAVES TIME

**In life, our most valuable resource is time. Saying yes can have a powerful impact on your career, relationships and future. But if you constantly say yes to every invitation thrown your way, when will you have time to switch off and recharge your batteries?**

Spending time on things you don't actually want to do is wasted time that could be spent on things that really bring you joy like having a quiet night in, enjoying a glass of wine over a good book or finally finishing that 5000-piece puzzle you've been putting off for a few weeks.

The point is, you are the master of your own time. As you begin to say no to the things that don't feel aligned with what you want to do, gradually you'll feel the subtle satisfaction that comes with self-honouring your personal boundaries.



## 2. YOU CAN'T PLEASE EVERYONE

**When someone you care about invites you to a social event, you feel obliged to say yes, even if it means you're not being realistic about your time commitments or personal needs.**

It is time to debunk the myth that saying no to others makes you an inconsiderate person. We go to great lengths to please people especially if it means we can avoid conflict or confrontation. Remember, you're not responsible for people's reactions. Living life from a place of constantly wanting to please others can feel burdensome, frustrating and eventually lead to you being burnt out.

Saying no takes courage as it requires you to listen to your emotions and speak up. Despite how uneasy it may leave you feeling, be willing to feel those emotions and be okay with the knowing that what you have decided to do is more important than what others think.

As you practice this, you are strengthening the muscle to create boundaries and progressively it'll become easier to say no in the future.



## 3. IMPROVES PRODUCTIVITY

**We live in a culture that celebrates busyness. Our Instagram and Facebook feeds constantly leave us in awe of people who seem to do it all, however these are misconceptions.**

What is important to you varies in different seasons of life and this is okay. What you had the capacity to do last semester might be different to this semester. Our priorities are constantly changing however the key to being productive is ensuring whatever you're doing is leading you towards your goals.

The point isn't to say no to everything but rather to honour your truth and what feels right for you. Saying no to whatever is being asked of you is another way of saying yes to what truly needs your time and energy.



## MOVING FORWARD...

**Saying yes is often a default setting for many of us, hence why saying no doesn't come naturally. Developing the confidence to say no will take time but as you continually choose to put yourself first, soon enough it will feel empowering. That sense of empowerment comes from knowing you are living life on your own terms.**



# SUMMER GROUP FITNESS

Our group fitness classes allow you to train as a team in SUSF’s state-of-the-art facilities with some of Sydney’s best instructors. This summer, diversify your workout by attending one of our classes. You’ll challenge yourself, learn how to exercise and meet new people! Here are our top three picks:

**01 PILATES**  
Beat the heat with Pilates and experience positive body awareness. Teaching balance and control of the body, Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It yields numerous benefits such as flexibility and strength, particularly of the core.

**02 LES MILLS RPM**  
Discover your athlete within. Sweat and burn to reach your endorphin high with the indoor cycling workout where you control the intensity through resistance and pedal speed. Take on the terrain with your inspiring team coach who leads the pack over the equivalent of 20-25 kilometres through various time trials.

**03 LES MILLS BODYATTACK**  
If you’re looking for a new exercise challenge, look no further. This sport-inspired, high-energy team-training class caters for all fitness levels. It combines aerobic movements with strength and stabilisation exercises. With great music and awesome instructors, you will leave feeling fast, fit and ready for anything.

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			

GROUP FITNESS STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		BODYPUMP 55	BODYATTACK 55	BODYPUMP 55			
7.30am	YOGALATES 55	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	BODYCOMBAT 30	BODYSTEP 30	BODYATTACK 55		
4.30pm							
4.45pm	CXWORX 30	BODYSTEP 30	BODYPUMP 45	CXWORX 30			
5.00pm							BODYBALANCE 55
5.15pm	BODYATTACK 45	BODYPUMP 55		BODYCOMBAT 45	BODYPUMP 55		
5.30pm			CXWORX 30				
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						

Timetable is subject to change.


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



# FIND THE GYM PASS THAT SUITS YOU BEST

VISIT ONE OF OUR FACILITIES OR [SUSF.COM.AU](https://susf.com.au) TO GET STARTED TODAY

### GOLD PASS



**EXPERIENCE OUR PREMIUM PASS, WITHOUT THE PREMIUM PRICE**

**GOLD BENEFITS INCLUDE**

Access to two facilities on campus, including unlimited access to a 50m heated indoor pool, access to cardio/weights room, group fitness classes (including LES MILLS and UNLEASH) plus new functional training zone

Unlimited access to The Ledge Climbing Centre & 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

**PRICE PER WEEK**

Sydney Uni students from under **\$17\* per week**  
Sydney Uni staff from under **\$18\* per week**  
Community from under **\$21\* per week**

### SILVER GYM OR GROUP FITNESS PASS



**CHOOSE ACCESS TO OUR PREMIER GYM OR GROUP FITNESS PROGRAM**

**SILVER BENEFITS INCLUDE**

Unlimited access to cardio/weights room and functional training zone OR unlimited LES MILLS group fitness classes with up to 65 classes per week

Unlimited access to a 50m heated indoor 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 PASS



**IS PERFORMANCE TRAINING 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 PASS



**IS ACCESS TO A POOL ALL YOU'RE LOOKING FOR?**

**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**

Gold, Silver, Bronze & Blue Lion Passes are available as 3, 6 or 12 month prepaid options. Fortnightly Direct Debit option also available on a minimum 12 month basis. \*Prices quoted denote weekly breakdown of 12 month prepaid pass. Off-Peak Staff & Student prices are available.



# WHAT'S ON THIS SUMMER



27 <sup>TH</sup> OCT	BRYDENS SYDNEY UNI FLAMES V UC CAPITALS BRYDENS STADIUM*   2:00PM
2 <sup>ND</sup> & 9 <sup>TH</sup> NOV	SYDNEY UNI CRICKET CLUB V UTS NORTH SYDNEY SYDNEY UNIVERSITY NO.1 OVAL   10:30AM
22 <sup>ND</sup> NOV	BRYDENS SYDNEY UNI FLAMES V PERTH LYNX BRYDENS STADIUM*   7:00PM
23 <sup>RD</sup> NOV	SYDNEY UNI CRICKET CLUB V PARRAMATTA SYDNEY UNIVERSITY NO.1 OVAL   10:00AM
29 <sup>TH</sup> DEC	BRYDENS SYDNEY UNI FLAMES V ADELAIDE LIGHTNING BRYDENS STADIUM*   5:00PM
5 <sup>TH</sup> JAN	BRYDENS SYDNEY UNI FLAMES V MELBOURNE BOOMERS BRYDENS STADIUM*   5:00PM
11 <sup>TH</sup> JAN	SYDNEY UNI CRICKET CLUB V SUTHERLAND SYDNEY UNIVERSITY NO.1 OVAL   10:00AM
25 <sup>TH</sup> & 26 <sup>TH</sup> JAN	SYDNEY UNI CRICKET CLUB V BLACKTOWN MOUNTIES SYDNEY UNIVERSITY NO.1 OVAL   10:30AM
26 <sup>TH</sup> JAN	SYDNEY UNI WATER POLO CLUB MEN'S V UNSW WESTS MAGPIES PETER MONTGOMERY POOL   2:00PM
26 <sup>TH</sup> JAN	SYDNEY UNI WATER POLO CLUB WOMEN'S V UNSW WESTS MAGPIES PETER MONTGOMERY POOL   3:30PM
1 <sup>ST</sup> FEB	SYDNEY UNI WATER POLO CLUB WOMEN'S V DRUMMOYNE DEVILS PETER MONTGOMERY POOL   2:00PM
1 <sup>ST</sup> FEB	SYDNEY UNI WATER POLO CLUB MEN'S V DRUMMOYNE DEVILS PETER MONTGOMERY POOL   3:30PM
8 <sup>TH</sup> FEB	SYDNEY UNI WATER POLO CLUB WOMEN'S V ACU CRONULLA SHARKS PETER MONTGOMERY POOL   2:00PM
8 <sup>TH</sup> FEB	SYDNEY UNI WATER POLO CLUB MEN'S V ACU CRONULLA SHARKS PETER MONTGOMERY POOL   3:30PM

\*FOR THE FULL FLAMES HOME FIXTURE, SEE PAGE 38





# WATCH YOUR BRYDENS SYDNEY UNI FLAMES IN ACTION THIS SUMMER



FRIDAY  
NOV 22  
7PM



SUNDAY  
DEC 29  
5PM



SUNDAY  
JAN 5  
5PM



SUNDAY  
JAN 12  
2PM



SATURDAY  
JAN 18  
5PM



THURSDAY  
JAN 30  
7PM

ALL GAMES ARE PLAYED AT BRYDENS STADIUM IN THE SPORTS & AQUATIC CENTRE.

TICKETS AVAILABLE AT [EVENTBRITE.COM.AU](https://www.eventbrite.com.au)



SydUniFlames



sydneyuniflames

[wnbl.basketball/sydney-uni](https://wnbl.basketball/sydney-uni)



## 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 is the oldest Australian Rules club in NSW and the fourth oldest in Australia. The men's club competes in the NEAFL and various AFL Sydney fixtures, 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.

[suanfc.com](https://suanfc.com) | [suwafc.com](https://suwafc.com)

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

[@suanfc](https://www.instagram.com/suanfc) | [@sydneyuniwomensaf](https://www.instagram.com/sydneyuniwomensaf)

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



### 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 18s team (Sydney Uni Cubs in the Colts Division) in Gridiron NSW, the highest level of competition for American Football in the state.

[sydneyunigriron.com](https://sydneyunigriron.com)

[info@sydneyunigriron.com](mailto:info@sydneyunigriron.com)

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

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



### 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 level. The club trains on an outdoor range at St. Paul's Oval on Tuesday and Friday 1-5pm all year.

[suac.org.au](https://suac.org.au)

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



### ATHLETICS

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

[suac.org](https://suac.org)

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

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

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



### BADMINTON

The Sydney Uni Badminton Club welcomes players of all levels. The club is open to the public. 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.




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





## 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 club is a great place to play baseball, and is always looking for new members.

 [sydneyuni.baseball.com.au](mailto:sydneyuni.baseball.com.au)  
 [baseball@sport.usyd.edu.au](mailto: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.

 [basketball@sport.usyd.edu.au](mailto:basketball@sport.usyd.edu.au)  
 [@sydneyunibasketball](https://www.instagram.com/sydneyunibasketball)  
 [@SydUniBasketball](https://www.facebook.com/SydUniBasketball)



## 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.

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



## FENCING

The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club 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.

 [sufc.org.au](mailto:sufc.org.au)  
 [fencing@sport.usyd.edu.au](mailto:fencing@sport.usyd.edu.au)  
 [@SydUniFencing](https://www.facebook.com/SydUniFencing)



## GOLF




The Sydney University Golf Club 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 Club. Weekly practice 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.

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



## GYMNASTICS/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.

 [gymnastics@sport.usyd.edu.au](mailto:gymnastics@sport.usyd.edu.au)  
 [@sydneyunicheer](https://www.instagram.com/sydneyunicheer)  
 [@sydneyunicheer](https://www.facebook.com/sydneyunicheer)



## BOXING




The Sydney Uni Boxing Club was established in 1908. 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.

 [sydneyuniboxing.com.au](mailto:sydneyuniboxing.com.au)  
 [boxing@sport.usyd.edu.au](mailto:boxing@sport.usyd.edu.au)  
 [@SUBxC](https://www.facebook.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.

 [sydneyuniversitycanoeclub.com.au](mailto:sydneyuniversitycanoeclub.com.au)  
 [canoe@sport.usyd.edu.au](mailto:canoe@sport.usyd.edu.au)  
 [@SUCanoe](https://www.facebook.com/SUCanoe)



## CRICKET




The men's club has eight teams competing in the Sydney Grade Competition that caters for the social to elite player. The Universities Women's Cricket Club also has teams competing in the Sydney Women's and Sydney Junior competitions.

 [sydneyuniversitycricket.com.au](mailto:sydneyuniversitycricket.com.au)  
 [succ@sport.usyd.edu.au](mailto:succ@sport.usyd.edu.au)  
 [@succ1864](https://www.instagram.com/succ1864)  
 [@sydneyunicricket](https://www.facebook.com/sydneyunicricket)



## 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 men's and women's national teams (seniors and juniors). During summer, the club plays Beach Handball and arranges social competitions for those interested in trying out the game.

 [sydneyunihandball.com](mailto:sydneyunihandball.com)  
 [handball@sport.usyd.edu.au](mailto:handball@sport.usyd.edu.au)  
 [@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.

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



## JUDO

The Sydney University Judo Club 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 Nationals. SUJC is run by students and has black-belt instructors with international experience. The club's training program includes classes tailored for beginners and experts, dedicated women's classes, and numerous social activities.

 [sydneyjudo.com](mailto:sydneyjudo.com)  
 [judo@sport.usyd.edu.au](mailto:judo@sport.usyd.edu.au)  
 [@sydneyuni\\_judo](https://www.instagram.com/sydneyuni_judo)  
 [@SUJC.Sydney.Judo](https://www.facebook.com/SUJC.Sydney.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.

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



## KENDO

Since 2004, Sydney University has offered Kendo, a traditional Japanese fencing martial arts practised by the samurai. Today it is both a martial art as well as an international sport. The club practices 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, from beginner to elite.

✉ [usydkendoclub.com](mailto:usydkendoclub.com)  
✉ [kendo@sport.usyd.edu.au](mailto:kendo@sport.usyd.edu.au)



## MUAY THAI

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

✉ [sumt.club](mailto:sumt.club)  
✉ [usydmuaythai@gmail.com](mailto:usydmuaythai@gmail.com)  
f [@usydmuaythai](https://www.facebook.com/usydmuaythai)



## 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.

✉ [sydneyunirugby.com.au](mailto:sydneyunirugby.com.au)  
✉ [sufc@sport.usyd.edu.au](mailto:sufc@sport.usyd.edu.au)  
i [@sufc1863](https://www.instagram.com/sufc1863) | [@sufc\\_lionesses](https://www.instagram.com/sufc_lionesses)  
f [@sydneyunirugby](https://www.facebook.com/sydneyunirugby)



## 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.

✉ [susfc.com.au](mailto:susfc.com.au)  
✉ [soccer@sport.usyd.edu.au](mailto:soccer@sport.usyd.edu.au)  
i [@sydneyunisfc](https://www.instagram.com/sydneyunisfc)  
f [@SUSFC](https://www.facebook.com/SUSFC)



## SOFTBALL

Softball has been a very successful club over the years. Regularly competing in Nationals, the club welcomes all levels of players from beginner to elite.

✉ [club.development@sport.usyd.edu.au](mailto:club.development@sport.usyd.edu.au)



## NETBALL

The Sydney University Netball Club is open to all abilities. The club enters teams in the NSW State League/Waratah Cup competition. Players can compete in weekend club/social competitions and at Nationals.

✉ [sydneyuninetball@gmail.com](mailto:sydneyuninetball@gmail.com)  
i [@sydneyuninetball](https://www.instagram.com/sydneyuninetball)  
f [@sydneyuninetball](https://www.facebook.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.

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



## RUGBY LEAGUE

The club provides a professional and collegiate atmosphere for student and non-student players to enjoy playing competitive amateur rugby league. SURLC provides all of its players with free equipment, gear, playing fields and high level coaches. In addition, the club also hosts social events designed to allow its players to develop networks and friendships off the field.

✉ [c.kintis@clarkekann.com](mailto:c.kintis@clarkekann.com)  
i [@sydneyunirugbyleague](https://www.instagram.com/sydneyunirugbyleague)  
f [@SydneyUniRugbyLeague](https://www.facebook.com/SydneyUniRugbyLeague)



## 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.

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



## SWIMMING

The Sydney University Swim 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.

✉ [sydneyuniswimmingclub.com](mailto:sydneyuniswimmingclub.com)  
✉ [suscsecretary@gmail.com](mailto:suscsecretary@gmail.com)  
i [@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.

✉ [tabletennis@sport.usyd.edu.au](mailto:tabletennis@sport.usyd.edu.au)  
i [@usydtabletennis](https://www.instagram.com/usydtabletennis)





## 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.

✉ [taekwondo@sport.usyd.edu.au](mailto:taekwondo@sport.usyd.edu.au)  
 📷 @usyd.tkd  
 📺 @USYDTKD



## 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.

✉ [tennis@sport.usyd.edu.au](mailto:tennis@sport.usyd.edu.au)  
 📷 @usydawntennis  
 📺 @sultc



## 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.

✉ [sydneyunitouch@gmail.com](mailto:sydneyunitouch@gmail.com)  
 📷 @sydneyunitouch  
 📺 @sydneyunitouch



## 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.

✉ [waterpolomen@sport.usyd.edu.au](mailto:waterpolomen@sport.usyd.edu.au)  
 📷 @sydneyuniwp  
 📺 @SydUniWaterPolo



## 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 and wakeboarding days for members at Cliftonville Ski Park and at Wisemans Ferry on the Hawkesbury River.

🌐 [usydwake.com](http://usydwake.com)  
 ✉ [usydwake@gmail.com](mailto:usydwake@gmail.com)  
 📷 @usyd\_wake  
 📺 @Usydwake



## 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).

✉ [wrestling@sport.usyd.edu.au](mailto:wrestling@sport.usyd.edu.au)  
 📷 @sydneyunigrappling



## 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.

✉ [ultimatefrisbee@sport.usyd.edu.au](mailto:ultimatefrisbee@sport.usyd.edu.au)  
 📷 @suufa  
 📺 @usydultimate



## 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. 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.

🌐 [suvelo.com.au](http://suvelo.com.au)  
 ✉ [suvelo@sport.usyd.edu.au](mailto:suvelo@sport.usyd.edu.au)  
 📺 @sydneyunivelo



## VOLLEYBALL

The Sydney Uni Volleyball Club is a National League club for both men and women. The club competes in the Sydney Volleyball League in opens and junior divisions, Nationals and other major tournaments such as NSW State Cups. The club is open to students and non-students, locals and internationals and welcomes both beginner and elite athletes.

🌐 [suvolleyball.com](http://suvolleyball.com)  
 ✉ [volleyball@sport.usyd.edu.au](mailto:volleyball@sport.usyd.edu.au)  
 📷 @usydvball  
 📺 @sydneyunivolleyball



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

### SUSAC features:

- 50m heated indoor swimming pool
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- 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.

📞 9351 4978    ✉️ [nmrc@sport.usyd.edu.au](mailto:nmrc@sport.usyd.edu.au)  
📍 Cnr Codrington St & Darlington Ave



## ARENA SPORTS CENTRE

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

### The Arena features:

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

### Opening hours

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

📞 9351 8111    ✉️ [arena@sport.usyd.edu.au](mailto: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](mailto: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](mailto:swimschool@sport.usyd.edu.au)





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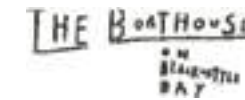
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9351 8735 or visit us online at [susf.com.au/shop/item/swim-program](http://susf.com.au/shop/item/swim-program)