

ROAR



Sydney Uni
SPORT & FITNESS

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2020

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ALL WELCOME

ALL YEAR ROUND



FROM THE EDITOR

I'd like to extend a warm welcome to all those joining us for the first time this year – new students, staff and community members. I am hopeful that you will leave SUSF better than you arrived, either with a few extra laps under your belt, a personal best on the squat rack or a championship win in our social netball competition.

I'd also like to welcome back all of our existing members. We appreciate your commitment to SUSF and are delighted to see you again.

We begin this edition by meeting one of our student members, Sam Turner, who shares how her perspective of training has changed for the better since joining SUSF. Check out our catch up with Sam on page 4. We also introduce student-athlete Serika Shillingsworth who is the textbook definition of a "Jack of all trades" – a proven master in not one, not two, but *five* sports on offer at the University of Sydney. Serika's story is one of my favourites and can be found on page 18.

This issue of *ROAR* marks the 30th anniversary of the Elite Athlete Program which we celebrate on page 22 – made even more special by the upcoming Olympic Games in Tokyo where we have over 60 University-affiliated athletes in the picture. Read more on page 20.

In our first edition of the new decade, we also take the opportunity to spotlight some key moments from the last 10 years – from first-time championships to major capital works that have transformed SUSF for the better. Turn to page 10 for a snapshot of some of these incredible milestones that signal great promise for the future.

Lastly, no issue of *ROAR* is complete without a full-to-the-brim events calendar. On page 36 we have shortlisted a stack of not-to-miss campus activities including an Australian Club Championship rugby match on 14 March, Interfaculty Basketball on 8 April and the inaugural Run Syd Uni fun run on 20 May. I encourage you to get involved by attending or participating in one of these great Uni events.

Until then, wishing you a happy and healthy start to the year.



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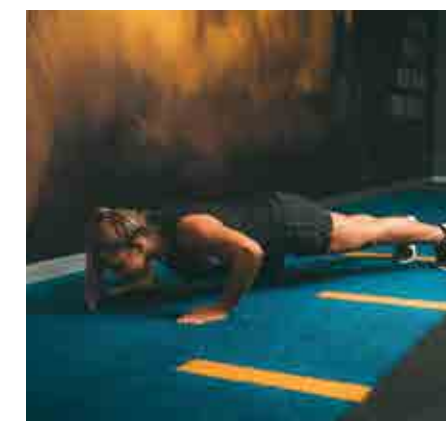
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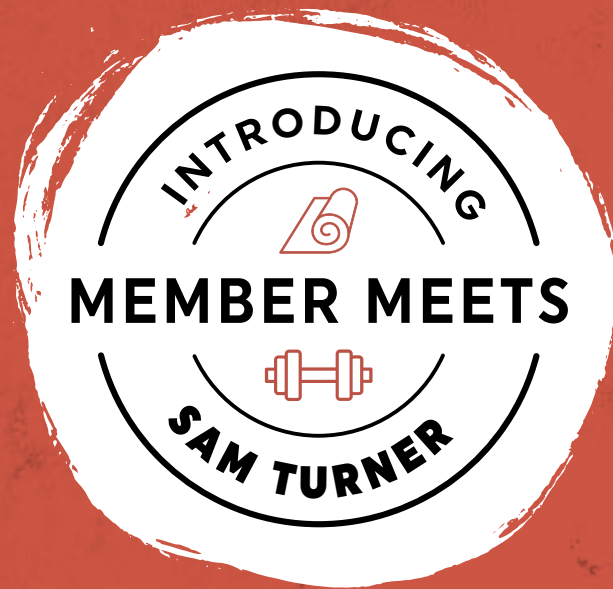
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DEDICATED MEMBER AND UNIVERSITY OF SYDNEY STUDENT SAM TURNER SAT DOWN WITH SERA NAIQAMA TO SHARE HOW HER PERSPECTIVE OF TRAINING HAS CHANGED FOR THE BETTER SINCE JOINING SUSF.

How long have you been training at Sydney Uni Sport & Fitness?

I have been training at SUSF since April 2019. I've always trained regularly but really started getting into it last November.

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

Initially I liked coming because of how affordable the membership is and how I could hire towels, which is very convenient.

Since then I've chosen to stay because as part of my membership, I can have fitness programs tailored to my training goals. I've found that coming to the gym can be quite daunting especially when you have no idea how to use the equipment, however the staff are so friendly and always willing to help which has shifted the experience of coming to the gym to be a real positive thing for me.

Can you run us through your gym routine?

My gym routine is structured. I train five days and alternate between focussing on my upper and lower body.

Warm up: I used to row so I start my workout on the erg. I find it as a great way to warm up most of my body without having to do anything too complex.

Reps: I do three sets of eight for each exercise. I place a huge emphasis on getting proper reps in and increasing the weight where I feel comfortable to do so.

My upper body workout:

- Bench press
- Overhead press
- Chin-ups
- Seated row
- Abs

My lower body workout:

- Banded hip thrusts
- Squats
- Hip abduction machine
- Lunges (moving or stationary)
- Hyperextensions on the Roman Chair

Do you enjoy any other types of exercise outside of the gym?

I used to play hockey and soccer competitively which I really loved but due to time constraints I've stopped playing. Nowadays I enjoy going for a walk on my days I'm not in the gym.

You feel most alive when...

Whenever I do something well or better than I anticipated. Especially if I've been grinding at it mercilessly for a long period of time with no results and then I finally get it. That's a good feeling.

What is your biggest accomplishment?

In the gym...

I've come a long way from not feeling intimidated by people in the gym. I feared judgement of what others might think of me but the more I came into the gym, the less I thought about it. Now I realise most of us are in the gym to workout and don't really pay too much attention to anyone else. Noise-cancelling earphones don't hurt either.

Outside of this...

Managing the balancing act between work, uni, gym and life without blowing up or without sacrificing sleep. It can be hard so massive kudos to anyone who has lots on their plate and still manages to do their best!



5 SIMPLE WAYS TO GET THE MOST OUT OF YOUR DAY

EVER FELT LIKE THERE AREN'T ENOUGH HOURS IN A DAY? FOR SO MANY OF US A LACK OF TIME IS A WELL-USED EXCUSE FOR NOT GETTING TO THE GYM, RETURNING AN EMAIL, CATCHING UP WITH AN OLD FRIEND OR JUST SLOWING DOWN AND TAKING A FEW BEATS. ALTHOUGH IN OUR DEFENCE, WE'RE BUSIER THAN EVER JUGGLING A MOUNTAIN OF TASKS, DEADLINES AND COMMITMENTS. WHILE WE'RE EACH GIVEN THE SAME 1,440 MINUTES EVERY DAY, THERE ARE SOME SUPER SIMPLE HACKS TO GENUINELY MAXIMISE THEM. READ ON FOR FIVE WAYS TO GET THE MOST OUT OF YOUR DAY.



1. WIN THE MORNING, WIN THE DAY

While the temptation to hit the snooze button once, twice or even ten times is real for us all, waking up on time or better still *early* does a great job at setting you up for the day ahead. You will be rewarded with an extra hour or two so you can do the activities you often struggle to find time for – like exercise or a load of washing.

It won't be easy getting out of bed right away, and yes, you may hit a proverbial "wall" in the early-arvo, but the struggle is worth the reward. To rise early and achieve something before so many have even woken up is huge incentive and the most straightforward way to add time to your day. And if you play your cards right, you may even find some time for a cheeky arvo nap.



2. PRIORITISE

There are some days it feels like your list of things to do is endless. You'd like to fit in some exercise, but you have a full day of Uni from 9am, you need to study during your breaks and then meet a mate for an early dinner at 6pm. Oh, and you also need visit the Apple Genius Bar to get your cracked phone screen fixed. To manage this full plate, it is essential you prioritise to make the best use of your time.

Arrange your to-dos in order of most to least important and go from there. What is non-negotiable? What can wait until tomorrow or next weekend? You shouldn't skip your tutes or neglect study but maybe you can make an online Genius Bar appointment for *next week* during your study break? Perhaps you can check whether your friend is available for breaky tomorrow instead of dinner tonight, and you can finish the day with a group fitness class on campus?



3. TAKE MEANINGFUL BREAKS

Many people think productivity is concentrating for uninterrupted hours at a time (often in front of a computer screen) and starving yourself of a break. How productive could it be to step away from your desk and go for a 10-minute walk around the block? Believe it or not, very! According to a 2019 Australian Financial Review article on productivity, "brief periods of distraction have been shown to improve decision-making and creativity."

Planned time outs are designed to reenergise you – get your blood flowing and boost your brain function. They give you an opportunity to recharge and stay motivated, and ensure you maximise the time spent at your desk or on a task. Breaks are also a good time to practice mindfulness or read a chapter of your book.



4. EXERCISE

Put simply: exercise releases endorphins (which makes you happy), improves energy levels and promotes better sleep. Allocating time to exercise improves not only the quality of your day but also represents an activity that with it comes a strong sense of achievement. Exercise in the morning, or any time of the day for that matter - whether it be going for a run, playing sport or hitting the gym - sets you up for a day of productivity and positivity.



5. UNWIND PROPERLY

Take time to reset. As important as it is to attack your to-do list and carry a sense of accomplishment for a workout, chore or job well done, it is equally as important to switch off. Learning to relax and unwind by reading, playing a board game or enjoying a routine cup of tea before bed gives your body and mind a chance to calm down, reducing stress and fatigue.

So, there you have it... five tips to get the most out of your day, although truth be told, none of us are ever going to fit in everything, all the time – so the best advice? Don't be so hard on yourself. Enjoy your days the best you can and where possible, maximise them through earlier starts, setting priorities, taking meaningful breaks, working out and finally, switching off.

*Tank, Aytekin. "Wasting time will make you more productive (but only if you do it properly)" *Australian Financial Review*. Last modified 6 February, 2019. [afr.com/work-and-careers/management/how-properly-wasting-time-at-work-increases-productivity-20181203-h18njh](https://www.afr.com/work-and-careers/management/how-properly-wasting-time-at-work-increases-productivity-20181203-h18njh)

WE'RE NOT JUST A GYM...

WE'RE A SPORTING *Paradise!*



SYDNEY UNI SPORT & FITNESS OFFERS MORE THAN JUST WEIGHTS AND TREADMILLS, SERVING UP A RANGE OF PROGRAMS AND ACTIVITIES TO KEEP USYD STUDENTS, STAFF AND COMMUNITY MEMBERS ACTIVE ON CAMPUS.

LUNCHTIME SOCIAL SPORT

Grab a group of friends or workmates and test your skills in our Lunchtime Social Sport competition, offering futsal, basketball, touch football, netball and volleyball. Games run from 12-2pm between Monday and Friday on campus and are a great way to kill time between lectures. You don't need to be in a team to enter – individuals are encouraged to join and will be allocated to a side where they can make new friends in a sport of their choice.



INTERFACULTY SPORT

Free to enter, Interfaculty Sport is a fantastic opportunity for undergraduates, postgraduate students and staff to have fun and compete for their faculty in a social atmosphere. Fight for the pride and honour of your faculty in a number of sports including Oztag, soccer, ultimate frisbee, basketball, netball and more! Starting on March 11, the competition runs every Wednesday throughout Semester 1.



WATER SAFE

Not confident in your swimming? The Water Safe program, which starts on March 3, gives students who have no or limited the opportunity to learn and water survival skills stroke technique in a safe and friendly environment. Be quick though – there are limited spots available and they fill up fast!



SHORT COURSES

Get creative with your training with SUSF's Short Courses, focussing on the development of skills in a range of sports including yoga, pilates, kickboxing, rock climbing, archery, women's self defence, beginner's tai chi and ballroom dancing. Catering for all levels, the courses are a perfect way to break up your day and refresh your training routine in one-hour sessions.



JOIN A CLUB

SUSF is home to over 40 sporting and recreational clubs that pride themselves on delivering success with a proven track record. Work under the guidance of some of Australia's most accomplished coaches and sportspeople and enjoy access to state-of-the-art facilities. If you're looking to play at a social level or are searching for a competitive edge and want to take your game to the next level, our clubs cater for all!



BEST OF THE DECADE

Welcome to 2020!
As we gear up for the year ahead, we reflect on the decade past by spotlighting standout moments from the last 10 years. From first-time championships to major capital works; four National University titles and two Olympic games, we've seen milestones and achievements aplenty which points to not only a tradition of success, but great promise for the future.

Two Olympic & Paralympic Campaigns | 2012 & 2016

For most athletes the Summer Olympic Games are the pinnacle – the apex of their sporting goals; a competition reserved for the best of the best which takes place only every four years.

The dream of representing Australia at the Olympics became a reality for over 50 members of our community twice over the last decade. The University added 24 Olympians and seven Paralympians to the Australian team for the 2012 London Games, followed by 27 Olympians and six Paralympians four years later at the 2016 Games in Rio. In London, our athletes added one gold, three silver and four bronze medals to Australia's tally (placing the University equal 38th in the world if we were a country), and one gold, two silver and one bronze medal in Rio (placing us 45th in the world if we were a country)*. Not included in this count are the hard-fought medals won at the Paralympic Games with seven athletes winning a total of six medals in 2012 and six athletes competing in 2016 to take home three.^

For these few Olympic weeks in 2012 and 2016, the University of Sydney's sporting community was electric with excitement, pride and passion, forming two pivotal moments of the decade we won't be forgetting any time soon.



Four National University Titles | 2011, 2014, 2015 & 2019

Nationals, formerly known as Australian University Games, gives universities across the country the opportunity to compete in a fierce intercollegiate sports competition. Over the last decade, the University of Sydney has won a whopping four of these annual events, crowned overall champions in 2011, 2014, 2015 and 2019 – more wins than any other University. Being crowned Australia's top University sports program is no easy feat with hundreds of academic-athletes proving the quality and commitment of the student cohort at Sydney Uni.



Flames Win First Championship | 2017

It was a win 16 years in the making achieved for the first time by the Sydney Uni-based Flames, claiming the highest accolade in Australian women's basketball – the WNBL championship. Finishing the regular season three wins clear at the top of the standings, the Flames had a stellar season with two players named in the All-Star Five, Cheryl Chambers awarded Coach of the Year and a TV deal with Fox Sports Australia announced at the end of the season to mark the return of women's basketball to television screens across the country. "I can tell you our players and fans alike are still walking on air at being crowned 2016-17 Champions," Flames General Manager, Karen Dalton said.



First Double Australian Boat Race Victory | 2017

The University of Sydney men's and women's crews rowed to victory in the 2017 Australian Boat Race with the women's eight breaking Melbourne's eight-year hold on the trophy. Sydney University Boat Club's women's eight made history in downing the eight-time defending champions, Melbourne University Boat Club, going on to win every title since, alongside the men.



Decade Of Development

The 2010s were demarcated by highly successful capital projects, beginning with the major extension of the Sports & Aquatic Centre, which opened in 2013. The expansion included the building of a home for the Brydens Sydney Uni Flames (Brydens Stadium) plus a second multi-purpose court, a group fitness studio, boxing gymnasium and dojo. This colossal project was one of the biggest developments of the decade, but not the only one:

Sydney University Football Ground (formerly known as No. 2 Oval) officially opened in April, 2016 and includes:

- Grandstand viewing platform
- Two-level high-performance strength and conditioning gym
- Meeting room
- Function room and adjacent bar area
- Indoor cricket centre

- Change rooms
- Club offices and lunch room
- Medical room

The Thyne Reid Boatshed at Burns Bay, Lane Cove, was officially opened in May 2017, more than 11 years after the previous boatshed, which served for 42 years, was destroyed by fire in March 2006. The Boatshed is now home to Sydney University Boat Club.

The Bruce Pryor Hockey Field continues to earn praise as the best hockey playing surface in Sydney. The field, named after club stalwart Bruce Pryor, is located at the University of Sydney's Cumberland Campus and officially opened in October 2017.

A 350m² gym extension was unveiled at the Sports & Aquatic Centre in February 2018 with a functional training zone, sled track and new equipment added for gold and silver gym members to enjoy.

15,000 Members | 2019

A milestone if we've ever seen one! Sydney Uni Sport & Fitness celebrated cracking 15,000 members in March 2019, covering our active gym-goers, club members and program users.

Thank you for helping us achieve this milestone – it was the cherry on top of a spectacular decade.



While we are in awe of all that has been achieved over the last decade, we are confident that the best is yet to come. From Tokyo 2020 to our thriving student sports program, you don't have to look too far ahead to see an enormously bright future for SUSF.

*2012 Murray Stewart – Gold – Kayak Sprint Men's K4 1000m, Jessica Fox – Silver – Kayak Slalom Women's K1, Brooke Pratley – Silver – Rowing Women's Double Sculls, Olivia Price – Silver – Sailing Women's Elliott 6m, Matthew Butturini – Bronze – Hockey Men, Kaarle McCulloch – Bronze – Track Cycling Women's Team Sprint, Belinda Snell – Bronze – Basketball Women & Nicola Zagame – Bronze – Water Polo. 2016 Chloe Dalton – Gold – Women's Rugby Sevens, Cameron Girdlestone & Sasha Belenogoff – Silver – Rowing, Men's Quadruple Sculls, Will Ryan – Silver Medal – Sailing, Men's 470 class & Jess Fox – Canoe/Kayak – Bronze – Women's Single K1 Slalom.

^ 2012 Prue Watt – Gold – Swimming: SB13 100m women's breaststroke, Angela Ballard – Silver – Athletics: T53 200m, 400m, Katie Hill & Sarah Stewart – Silver – Wheelchair Basketball, Angela Ballard – Bronze – Athletics: T53 100m & Prue Watt – Bronze – Swimming: S13 50m Women's Freestyle. 2016 Angela Ballard – Silver – Women's 4 x 400m T53/54 Relay; Bronze – Women's 100m T53; Bronze – Women's 400m T53.

THERE'S NEVER BEEN A BETTER TIME TO TEAM UP WITH SUSF AS AN ANNUAL MEMBER!

USYD
Students

\$10

Community
or USYD Staff

\$60

BENEFITS INCLUDE

FREE SUSF training T-shirt



Access to **STATE-OF-THE-ART** health and fitness facilities at casual rates

Ability to join any of our sports clubs with **EXCLUSIVE BENEFITS**
such as training time, equipment and coaching

FREE ENTRY into Interfaculty Competition

Up to **20% DISCOUNT** on a range of Short Courses

\$5 DISCOUNT per hour off all tennis, squash & badminton bookings

MEMBER RATES on First Aid Courses

See the full list of inclusions at susf.com.au/annual-membership.html



NO BOUNDARY FOR THESE TEENS

Should Universities Women's Cricket Club take out the Sydney Premier competition Limited Overs and Twenty20 double in the 2019-20 season, they'll be doing so with possibly the youngest team to ever collect either title.

Captained by 18-year-old Olivia Porter, the average age of the Universities First Grade hovers around 19, depending on selection and the availability of representative players.

The squad includes Stella Campbell, Maddy Darke, Rachel Trenaman, Carly Leeson and Olivia Porter. They all have WNCL contracts while Campbell, Darke and Trenaman also play for the Sydney Sixers in the Women's Big Bash League; Carly represents ACT/NSW Country and Olivia plays for the Thunder.

And there is also 19-year-old all-rounder Zoe Benjamin and two overseas recruits in the ranks: 18-year-olds Bess Heath, an opener and wicketkeeper, and Sophie Munro, a fast bowler, both from the England Transitional squad.

Universities have already won the Sydney Premier competition Twenty20 title and are currently running second to Northern District in the Limited Overs competition for the Ruth Preddy Trophy.

But as all-rounder Benjamin says, the 50-over competition is a tough affair this season, with the top five teams all well in contention.

"It's a very tight competition and top five positions have been changing by the week," Zoe says. "Northern District can't be under-estimated, they're playing good cricket, but it would be nice to go all the way and claim both titles."

And it's the youthfulness of the Universities team that could be the key to achieving that aim.

As Zoe says, many in the squad have been playing together in club and representative teams since they were 11- and 12-year-olds. Most started playing in backyards with brothers and fathers and then in boys' teams. When they were selected in state Under 15 and Under 18 girls' teams some were three and four years under the age limit.

And when they arrived at Universities Brewer Shield (Under 18) side in 2012-13, it was no surprise that they went on to win the title in the 2013-14, 2014-15 and 2015-16 seasons. By then many had earned First Grade selection and they duly went on to win the 2015-16 Ruth Preddy Trophy.

It was timely arrival for the group. They had the benefit of playing under some wonderful senior players, including former Australian captains Alex Blackwell and Lisa Sthalekar, Georgia Redmayne, Molly Gibson and Erica James.

Zoe is typical of many of the girls in the present Universities squad. Her dad was a cricketer and he played in the backyard with Zoe and her brother.

"I had a fantastic teacher in Year 6 at school who encouraged me to try out with the boys' teams," she said. "I met Maddy Darke at the PSSA (Public Schools Sports Association) tournament when we were 11. Kate Owen (a former Universities captain and Australian Under 23 representative) was the coach. I then joined an all girls' team at Miranda.

"Most of us started playing together in junior representative sides and then progressed to the Brewer Shield. But we were playing Brewer Shield as 13-, 14- and 15-year-olds. Everyone moved up through the grades.

"Coming from the Shire, via Sylvania High School, I had a first taste of Brewer Shield with the St George club – against Universities – and against all of my friends. I switched to Universities when I was 13 and I'm now in my seventh season with the club."

It's a similar story for most of the others. When Olivia Porter started playing club cricket at the age of 10, she had no alternative but to join the boys' team. Porter said the lack of women's cricket in her youth made her the player she is today. She played with the Ryde Hunters Hill Pirates Cricket Club in the boys' team from the ages of 10 to 14.

Since linking up with Universities in the 2013-14 season, when she made her Brewer Shield debut, Porter has played 99 games for the club. She's edging towards 2000 runs in all formats at a healthy 31.03 average.

Stella Campbell is a 17-year-old right-arm fast bowler in the Australian Under 19 team. As a 15-year-old she toured South Africa with the Under 19s for a tri-series against England and the host nation in 2018. Claiming nine wickets at 17.11 in the series, including 3-28 from 6.5 overs to rout England in a memorable debut.

Rachel Trenaman, from Wagga Wagga, scored 122 against the hosts and 91 against England on the tour. As a 12-year-old she represented NSW and School Sport Australia and in the Under 15 National Championships. And as a 15-year-old she represented in the Under 18s at the national championships.

Maddy Darke, 18, a wicketkeeper/batter with the Australian Under 19s found her way into cricket when she was seven. She played soccer in the winter and when summer arrived, she followed her teammates – all boys – to Easts Cricket Club and soon found a love for 'keeping. "I just like being in the action," she said.

Carly Leeson, 21, a right-arm medium pacer and right-hand batter, had a stellar junior career in NSW representing the state in Under 15s and Under 18s and was a member of the Shooting Stars squad when they toured Sri Lanka in 2015.

"THEY'RE NOT JUST YOUNG CRICKETERS, THEY'RE TALENTED PLAYERS. THERE ARE DIFFERENT OPPORTUNITIES FOR WORK, STUDY AND LIFE FOR THE YOUNG PLAYERS THESE DAYS."

Club coach Tim Carter, who has just finished a three-year stint with Samoan Cricket, is impressed with the talent in Universities ranks. "They're not just young cricketers, they're talented players," he said. "There are different opportunities for work, study and life for the young players these days.

"In keeping with that, the club has had a change of structure and approach around playing and recruitment. Cricket NSW allows each club to field two overseas players, and they now have a Pathways Program for both boys and girls. We have a number of players progressing through the program."

As Zoe Benjamin muses: "It would be nice to win the Sydney Premier competition double. Because we've been together for a number of years and had success we're experienced in finals and we know how to win."

They're ominous words.

A JACK OF ALL TRADES



A guard in basketball, wide receiver in gridiron, centre in rugby league, forward in AFL and goal-keeper in soccer – there is nothing that the talented Serika Shillingsworth can't do.

We sat down with the Flames hopeful to understand what drives her sporting passion and why it is such a major part of her life.

Looking at your sporting resume, we can see basketball, gridiron, AFL, rugby league and most recently soccer on your list. Is there any sport you don't like?

No, I like everything. I like to give everything a go. I would play anything when it is in season. My heart definitely lies in basketball though. I started playing it at the age of six and ever since then I've fallen in love with the game. It's the first sport I ever played.

What elements of the game make you more drawn to basketball?

Just the thrill of the game and how fast-paced it is. Going up and down and having to be on your feet, I really enjoy that speed. Because I know that game the most, it's such a mind-game and that's what really got me engaged with the sport. You have to think quick on your feet and the decisions I make aren't always great, but I guess that will come with time through more training and playing.

You've spent time in the Flames program as part of the Sydney Uni Sparks. How has your involvement with them developed your game?

It's been a huge help playing with people that have a lot of experience and learning from people like Karen Dalton (Flames General Manager) and the coaches, as well as the girls that play. It was a big leap from being in juniors when I was 17 and moving into the Sparks program and then the Flames. I've learnt to have patience when I'm playing and have a bit more poise. I've been doing a lot of gym work, working on my quick feet and hands which is pretty much everything you need for basketball. My education around basketball has grown vastly and I've learnt many things which I didn't think I needed until now.

Do you have your sights on suiting up for the Flames one day in the WNBL?

The Flames is such a big goal for me and hopefully I get to wear that jersey sometime soon.

You traded the hoops for a pair of gloves at the FISU University World Cup in China. I understand it was your first time playing goal-keeper, was it a nervous experience and what was racing through your head when you got the call?

I was at home when Karen Dalton called me and said

'do you want to go to China to play soccer?' I told her that I hadn't played keeper before but if they needed someone then I was keen. It was about a week-and-a-half before the trip and I had never been overseas before so I had to rush around and get everything done. I was just excited to go overseas, see another country and meet a new group of friends.

I remember walking up to John Curran, our coach, and telling him half-an-hour before our game that we needed to go through the rules before kick-off. He told me to put your body on the line and that is exactly what I did. I did two training sessions with a keeper-coach and then I rocked up to the airport and met the team for the first time. I got taught the basics in those sessions like how to fall, how to catch the ball and keep one hand behind the ball to stop it.

You are a proud Indigenous person and are vocal about your heritage and community. How important has sport become for the Indigenous culture?

Sport has a special way of getting all cultures together and not many people know about Indigenous country, especially people coming from overseas, so playing basketball while getting to know girls that don't know about that stuff gives me a chance to really show them what our culture is like. For me that means a lot because I like telling people about my culture and it gives me a platform to voice myself.

You are pursuing a Bachelor of Liberal Arts and Sciences at the University of Sydney. What drove you to this degree?

I didn't really know what I wanted to do at university, so my plan was to go, see what I liked and figure it out from there. I've changed my major about two or three times but I think I have finally found what I want to do. I started with Psychology, then I moved to Socio-Legal and now I'm in my current major which I'm really enjoying.

Beyond sport, what does Serika Shillingsworth do to keep herself busy?

My family and I all do a bit of art and so at the moment we are trying to help with the drought appeal in north-western NSW. We do our art to build up funds and make sure that people are getting fresh water which is something that is really important to me.



2020 TOKYO TRACKER

The countdown is on for the world's most prestigious sporting event, the 2020 Summer Olympics, and for many athletes around the globe the next few months are make or break. The University of Sydney is well-represented by 66 athletes in the Olympic picture, divided into those who have been selected, others who have qualified and a sizeable contingent of hopefuls with work in front of them before July. We've broken down the long list of USYD talent, from club-affiliated athletes to current and former students and Elite Athlete Program (EAP) members, who are in the midst of achieving their dreams, showing encouraging signs months out from the major event.

Note – Selected athletes have their place secured. Qualified athletes have achieved an Olympic standard set by their sport or in the event of a team sport, the team has qualified in their sport and the individual is part of that team.

SELECTED



WILL RYAN
(SAILING, 470 CLASS) – EAP ALUMNI

Ryan was among the first three athletes selected on the 2020 Australian Olympic team, rewarded for a stunning season which saw him and skipper Mat Belcher, who he won silver with in Rio, bank four European titles. Carrying hot form into Tokyo, the pair secured their fifth consecutive 470 class World Championship together in Japan in August and the combination were named Male Sailor of The Year for the fourth time together at the Australian Sailing Awards in October.



EDWARD FERNON
(MODERN PENTATHLON)
– EAP ALUMNI

The Sydney Uni Athletics Club superstar has been selected for his second Olympic Games following a remarkable Oceania Modern Pentathlon Championships victory in China. Fernon hadn't competed in a major international event for four years and had just three months of full-time training under his belt, yet still delivered one of the best performances of his career.

QUALIFIED

Angela Ballard (Athletics, Para – 100–1500m WC (T53)) – EAP Alumni

Isobel Bishop (Water Polo)
– EAP Alumni

Catriona Bissett (Athletics, 800m)

Hannah Buckling (Water Polo)
– Current USYD Student, EAP Member

Milly Clark (Athletics, Marathon)
– EAP Alumni

Johnno Cotterill (Water Polo)

Chloe Dalton (Rugby 7s) – EAP Alumni

Katie Ebzery (Basketball) – EAP Alumni

Keesja Gofers (Water Polo)
– EAP Alumni

Jack Hargreaves (Rowing)

Greta Hayes (Hockey)
– Current EAP Member

Matthew Hood (Rugby 7s) – EAP Alumni

Genevieve Horton (Rowing)

Anthony Hrysanthos (Water Polo)
– EAP Alumni

Emma Jeffcoat (Triathlon) – EAP Alumni

Tilly Kearns (Water Polo)

Alice Kunek (Basketball, 3x3)

Kristina Mah (Karate)
– Current USYD Student, EAP Member



CAMERON GIRDLESTONE
(ROWING) – EAP ALUMNI

Girdlestone, a silver medallist at the 2016 Rio Olympic Games, ensured Australia would have a Men's Quadruple Scull in Tokyo after helping his boat finish in third place at the World Rowing Championships in August. Before his first Olympics appearance, Girdlestone spoke to ROAR in 2016 about his goals: "Standing on top of the podium at the Olympics is number one on my bucket list."

Carmen Marton (Taekwondo)
– Current USYD Student, EAP Member

Georgina Morgan (Hockey)
– EAP Alumni

Gabi Palm (Water Polo)

Alex Purnell (Rowing) – EAP Alumni

Nick Purnell (Rowing) – EAP Alumni

Andrew Randell (Rowing)

Anja Stridsman (Boxing) – EAP Alumni

Kane Townsend (Table Tennis)
– Current USYD Student, EAP Member

Campbell Watts (Rowing) – EAP Alumni

Jakiya Whitfeld (Rugby 7s)
– Current EAP Member



NICOLA McDERMOTT
(ATHLETICS, HIGH JUMP) – CURRENT
USYD STUDENT, EAP MEMBER

The 2019 Female Blue of the Year, McDermott recorded a Tokyo qualifier with a PB of 1.96m at the Ostrava Golden Spike High Jump – a prestigious European event. Putting that in perspective, the gold medal was won with a 1.97m jump at the 2016 Rio Olympic Games. The breakthrough jump moved Nicola to equal third on the Australian all-time rankings list.

HOPEFULS

Tim Anderson (Canoe Slalom)
– Current USYD Student, EAP Member

Rae Anderson (Athletics, Para–Javelin, Discus)
– Current USYD Student, EAP Member

Nadine Apetz (Boxing) – EAP Alumni

Angus Armstrong (Pole Vault)
– EAP Alumni

David Bartholot (Rowing)
– Current USYD Student, EAP Member

Alex Beck (Athletics, 400m, 4x400m Relay)

Rebecca Bennett (Athletics, 400m, 4x400m Relay)
– Current USYD Student, EAP Member

Jennifer Blundell (Athletics, 1500m)
– EAP Alumni

Emily Brichacek (Athletics, 10km)

Rohan Browning (Athletics, 100m, 4x100m Relay)
– Current USYD Student, EAP Member

Paige Campbell (Athletics, 3000m Steeplechase)
– Current USYD Student, EAP Member

Marina Carrier (Modern Pentathlon)
– Current USYD Student, EAP Member

Joshua Clark (Athletics, 100m, 4x100m Relay)
– Current USYD Student, EAP Member

Ian Dewhurst (Athletics, 400m Hurdles)
– EAP Alumni

Fiona Ewing (Rowing) – EAP Alumni

Georgie Gotch (Rowing)

Amar Hadid (Skateboarding)
– Current USYD Student, EAP Member

Aiden Harvey (Athletics, Shot Put)
– EAP Alumni

Nicholas Hough (Athletics, 110m Hurdles)
– EAP ALUMNI

William Yang (Swimming)
– Current USYD Student, EAP Member

Michelle Jenneke (Athletics, 110m Hurdles) – EAP Alumni

Jin Su Jung (Athletics, 4x100m Relay)
– EAP Alumni

Mackenzie Little (Athletics, Javelin)
– EAP Member

Rowena Meredith (Rowing)
– EAP Alumni

Pit Seng Low (Badminton)
– EAP Alumni

Simon McTavish (Canoe/Kayak)
– EAP Alumni

James Nipperess (Athletics, 3000m Steeplechase) – EAP Alumni

Hamish Parry (Rowing)

Jess Pascoe (Athletics, 5000m, 10000m)

Larissa Pasternatsky (Athletics, 200m)
– EAP Alumni

Joshua Ralph (Athletics, 800m)
– Current USYD Student, EAP Member

Anneliese Rubie (Athletics, 400m, 4x400m Relay) – EAP Alumni

Kate Rowan (Rowing)

Jaime Ryan (Sailing) – EAP Alumni

The swimming sensation enjoyed a breakout season, winning gold in the 50m butterfly at last year's World Uni Games. Yang, the 2019 Male Blue of the Year, made a name for himself at the Australian Championships, beating the renowned Mitch Larkin in the 50m backstroke to finish first. He will need to back that performance up at the Australian Olympic trials in July in Adelaide to secure his place.

Celebrating 30 years of the Elite Athlete Program



**ELITE
ATHLETE
PROGRAM**

BEFORE 1990, YOUNG ATHLETES NEEDED TO MAKE A CHOICE BETWEEN PURSUING A CAREER IN SPORT OR A LONG TERM-COMMITMENT TO STUDY. THIS PREDICAMENT IGNITED A FLAME IN THE SYDNEY UNIVERSITY SPORTS UNION (NOW KNOWN AS SYDNEY UNI SPORT & FITNESS) WHO SAW AN OPPORTUNITY TO CHANGE THE UNIVERSITY SPORTS GAME FOREVER.

The moment it all began

It's impossible to begin telling this story without mentioning the people who carried this idea from conception to completion. Bruce Ross, former SUSF President and Greg Harris, the then Director of the Sports Union, saw sporting scholarships as a way of fusing sport and study, embarking on a research expedition in the U.S. to sound out their comprehensive scholarship system, returning home with valuable lessons on how financial, academic, high performance and wellbeing support, together with other benefits and services, could allow athletes to excel in both their sport and study.

The first scholarship was created and awarded to David Hynes, who played in the Australian Baseball League and competed at the 1996 Atlanta Olympic Games while studying a Bachelor of Economics (Social Science)/Law.

Relationship with the University

The University plays an integral role in ensuring the continuity of sporting scholarships – from providing support during a time Voluntary Student Unionism threatened the existence of the program to funding international travel grants and infrastructure, and recognising student-athletes in their Coursework Policy, the University's contribution is enormously valuable.

There is a mutual understanding that balancing high-performance sport and studies is challenging, but it is possible and important. Helping to unlock the potential in each student-athlete is crucial because they may not just be the next world champion in their sport, but also a difference-maker in their professional field.



Phil Waugh – Former Australian Wallaby and SUSF sporting scholarship holder.

Retention

While the Elite Athlete Program aims first to support student-athletes, it is also meant to assist University sporting clubs to attract and retain talent. The program's first scholarship holder, David Hynes speaks to the success of this strategy:

"When I was awarded the scholarship in the first year, I didn't play baseball for the University. I ended up switching to play for Sydney University and it was the best thing that I ever did. After the 1996 Olympics, I had an opportunity to try out with the Chicago Cubs and visited New York with the team. I was sitting in a bar with the Cubs players after a game and was looking at each of them thinking these guys are on million-dollar contracts but they are so boring to be around. Then I remembered sitting at a bar with the SU Baseball guys and looking around the table was a world debating champion, a vet and a scientist. Within that moment I realised how grateful I was that I played baseball at Sydney University and how much more I valued the SU relationships."



David Hynes fielding at the 1996 Atlanta Olympic Games.

The most striking example of the success of the sports scholarship is evident in the Rugby Club. In the early 90's, the club had no representative players and struggled to maintain a competitive edge. Footballers like Nick Farr Jones and Dan Vickerman saw the advantages of studying and playing at the University. This not only changed the club forever, but also the lives of many athletes who were able to secure their academic future while enjoying illustrious sporting careers.

One-size-doesn't-fit-all

The need of every student-athlete varies, and their opportunities are vastly different. There is no one-size-fits-all plan that works for everyone. This is why the program relies heavily on Leonie Lum (Elite Athlete Program Manager) and her dedicated team of three who work tirelessly behind the scenes to ensure students feel properly supported.

While the demands of sport and study can be quite consuming, the best support that the Elite Athlete Program can give any student-athlete is helping them find balance, as it has done for Water Polo sensation, Hannah Buckling.

"From a personal perspective, the program has helped me through both my Bachelor of Science and the first two years of my Doctor of Medicine, whilst allowing me to compete in international and Olympic-level Water Polo. Finding the balance between these commitments has been extremely difficult, but the support of the EAP has been critical in enabling me to reach my goals in both aspects of life."



Hannah Buckling (Water Polo) at the 2016 Summer Olympics.

The evolution of scholarships

Funding plays a significant role in the sustainability of sporting scholarships. While scholarships have always been generously backed by partners such as the University of Sydney and the residential colleges, during its infancy the scholarships were funded by sponsors such as Nike, Citibank and Tooheys.

Fast forward to 2020 and scholarship categories have expanded ten-fold, the program is continually supported by reputable sponsors, while the perpetually-named scholarship count currently sits at 28. It is hoped this number will grow exponentially in the future.



Student-athlete Clare Wheeler (Soccer) and Adam Spencer.

Continuing a legacy

Moving forward, a key focus area of the Elite Athlete Program is continuing to build its alumni network. The transition after university presents an opportunity for the program and its alumni to information-share and aid the next generation of student-athletes. Alumni will have a rewarding opportunity to give back through a Mentoring Program that will be launched in 2021. The knowledge and advice alumni can provide is invaluable, not only for student-athletes, but program administrators too.

Securing the financial future of sporting scholarships will be the top priority. Philanthropic giving towards sporting scholarships is already underway through the 'Five by '25' campaign. Over the next five years, SUSF are committed to raising \$5 million by 2025. As of August 2019, \$1.563 million has been raised and this will continue to increase with donations and fundraising initiatives over the next few years.

The best is yet to come...

Celebrating three decades of sporting scholarships that have been awarded to over 2,500 athletes is no small feat. This milestone is one we are proud to have reached and gives us great confidence that the best is yet to come.

OUTSMART YOUR NEW YEAR'S RESOLUTIONS IN 2020

Did you know that 92% of people fail to achieve their New Year's resolutions each year?

We've all been there. We've all made these extravagant New Year's resolutions when we are feeling down on ourselves - to cut out chocolate, quit alcohol or go to the gym five days a week for the rest of the year. We've also all been there when our motivation runs thin, life gets in the way and it all becomes too hard.

New Year's resolutions tend to fall into a phenomenon that I like to call the "all-or-nothing" mentality. This mentality is a black-and-white state of mind where you are either going gung-ho with your goals (like in the first week of January) or you have totally and utterly lost the plot. Ask yourself these questions: do you "try to be good" all week only to blow out on the weekend? Do you feel guilty for dipping into the chocolate draw, again? Do you continually bash yourself up for having one-too-many wines? Is eating one slice of pizza or cake enough to ruin your diet and make you think "stuff it, I'll just start again tomorrow/Monday/on the first of January"? If any of these statements resonate with you, you are most likely experiencing the "all-or-nothing" mentality.

So, what's the solution?

Realistic & Sustainable Health Habits

The word 'realistic' realises that we are only human, and were born to be imperfect, so why not USE this trait, rather than constantly fighting this losing battle to perfectionism? Realistic health habits incorporate and celebrate ALL the foods and drinks we love – whether it's pasta, salad or ice cream - rather than demonising and shaming the 'unhealthy' ones. Being realistic is about recognising what we truly want to achieve for our health, and WHY. It is about distinguishing what we ARE and what we ARE NOT willing to give up, in order to achieve that goal. The most important part, and perhaps the most difficult, is finding the fine balance between the two.

'Sustainable habits' is about taking the control back from our willpower and transient motivation and placing it back into our own hands. It is about breaking away from the 'all-or-nothing' mentality. It is about using a slow and steady approach to changing those behaviours that no longer serve us (e.g. eating 'clean' all day, just to cave into the chips and wine at night when no one is looking – and don't worry, you're not alone!)

How do you know if your current habits are sustainable? If you cannot see yourself eating and exercising the way you currently are in 20 years' time, this is not a sustainable lifestyle for you. Non-sustainable living is setting yourself up to fail, at some point in time. Non-sustainable living is feeding our anxiety and restrictive behaviours around food; it's the embodiment of the 'all-or-nothing' mentality, causing us to restrict and binge and yo-yo through the latest fad diet; it's relying on willpower to "just get through the day without indulging in 'naughty' or 'bad' foods"... Is this how you would like your kids to live? To "just get through" their days? If the answer is no, why are you doing this to yourself? If the answer is no, it is time to make a change.

Where do I start?

1. Find your true WHY

Your true WHY is your intrinsic motivation towards your health and fitness goals. It could be staying healthy as you age so you can be fit enough to play with your grandchildren one day; or to reduce your risk of diabetes, due to a family history of the condition; or simply because you feel happier when you incorporate exercise and nutritious foods on a regular basis. Your true WHY is rarely number-based, such as losing 20kg, shredding 10% body fat or aiming to fit into a size '8' dress.

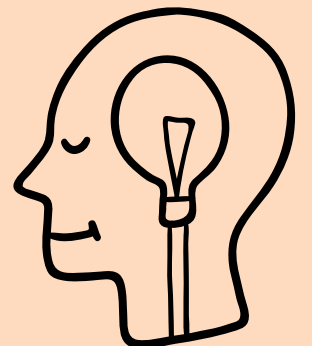


2. Re-calibrate your short-term goals using your WHY as a new perspective

Visualise where you would like to be in 5, 10 and 20 years' time and use this to guide you. Write down one or two small changes that you can start making TODAY (not next Monday!) that will get you one step further to your WHY. Transform these changes into SMART goals (Specific, Measurable, Achievable, Relevant and Time-based). It could be as simple as drinking 2L of water every single day this week or going for a 30-minute power walk on 4 evenings a week for the next month.

3. Keep focussing on this goal until you can do it easily and effortlessly

This may take days, weeks or months but the KEY to creating sustainable and healthy habits is consistency. NOTE: it is important not to try to change everything at once! This will set yourself up to fail and is NOT creating habits, but rather relying on our willpower again.



SO, KICK THOSE VAGUE AND UNREALISTIC NEW YEAR'S RESOLUTIONS OUT THE WINDOW AND START MAKING REALISTIC AND SUSTAINABLE CHANGES TO YOUR HEALTH, TODAY!

Jordan Kain is an Accredited Practicing Dietitian based in Sydney. You can find Jordan on Instagram at @gutful_nutrition for evidence-based nutrition messages and for enquiries about private consultations.

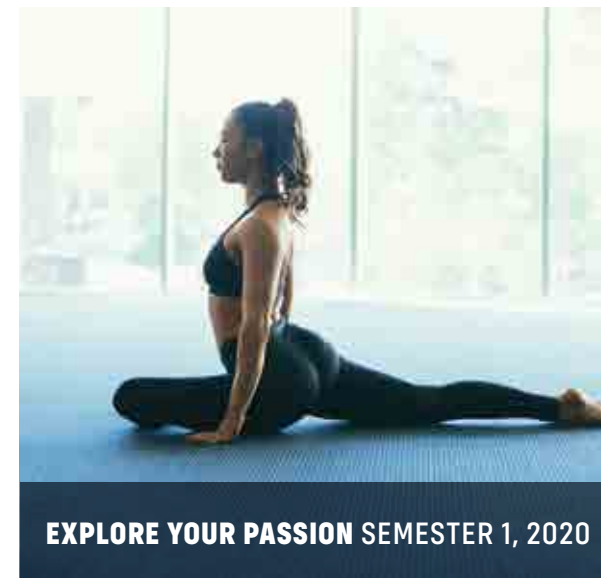


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A TRAINER'S GUIDE TO PYRAMID TRAINING



PYRAMID TRAINING SESSIONS ARE SUITABLE FOR ALL FITNESS LEVELS AND ARE A GREAT WAY TO CHALLENGE YOUR MUSCLES AND MINDSET IN A WORKOUT. THEY ARE PERFECT IF YOU ARE TIME CONSTRAINED AND NEED A SESSION TO GET STUCK INTO AS SOON AS YOU ENTER THE GYM. THIS PYRAMID STRUCTURE STARTS WITH LOW REPS AT 2 – WHICH YOU MIGHT THINK IS EASY - BUT REST ASSURED THE INTENSITY WILL INCREASE, AND YOU'LL BE PUSHED WHEN YOU REACH THE PEAK OF 10 REPS!

Pick weights for each exercise that are challenging but don't go overboard. Going too heavy at the beginning of the workout will compromise your form and fatigue your muscles so be sure to choose your weights wisely.

REPS

2, 4, 6, 8, 10, 8, 6, 4, 2

MOVEMENTS

1. Hand-release Burpees
2. Kettlebell Swings
3. Dumbbell Thrusters
4. Dumbbell Bent Over Rows
5. Reverse Lunges
6. Push Ups
7. Lateral to Front Shoulder Raises

10 calories worth of work on a cardio machine at the end of each round

RECOMMENDATIONS

- Choose three cardio machines for the end of end of each round – you'll end up doing each 3 times
- Use the same dumbbells for exercises 3, 4 and 5

1. HAND-RELEASE BURPEES



INSTRUCTIONS: Brace abdominals. Squat down into tuck. Hands under shoulders. Jump back to push up position. Bring chest to floor. Release hands. Return hands to push up position. Jump back to tuck position. Jump up as high as you can.

BENEFITS: A great way to improve cardiovascular fitness.

2. KETTLEBELL SWINGS



INSTRUCTIONS: Holding the kettlebell in front of the body. Arms straight, shoulders down and back. Brace abdominals. Use leg thrust to swing weight out and up to eye level. Let weight fall back to start, ensuring back remains straight throughout the movement.

BENEFITS: Build your hip strength for everyday activities or sports performance.

3. DUMBBELL THRUSTERS



INSTRUCTIONS: Start with dumbbells at shoulders. Squat. Stand and press dumbbells overhead. Lower dumbbells back to start. Keep movement smooth.

BENEFITS: A full body exercise that has functional correlations to everyday activities.

4. DUMBBELL BENT OVER ROWS



INSTRUCTIONS: Hold dumbbells in neutral grip, palms facing inwards. Bend knees, hinging from the hips. Long spine. Pull dumbbells from knees to hips. Draw shoulder blades together. Lower slowly.

BENEFITS: An effective exercise to strengthen the muscles of your upper back to improve posture.

5. REVERSE LUNGES



INSTRUCTIONS: Stand tall. Step right foot back, keeping back heel lifted. Lunge down, drawing right knee towards the ground. Return to start and repeat on left leg.

BENEFITS: Improve your balance and stability whilst strengthening your legs.

6. PUSH UPS



INSTRUCTIONS: Hands under shoulders. Torso off the floor. Body rigid. Lower chest to floor. Elbows out. Shoulders between wrists. Push back to starting position.

BENEFITS: Use your own body weight to improve your upper body strength.

7. LATERAL TO FRONT SHOULDER RAISES



INSTRUCTIONS: Holding dumbbells in neutral grip down by sides. Chest lifted. Elbows soft. Raise arms to shoulder height. Keep shoulders down. Torso still. Return to start. Turn hands to over-hand grip. Raise arms to shoulder height. Keep shoulders down. Torso still. Return to neutral grip position.

BENEFITS: Improves strength and tone of your shoulders.

THIS PROGRAM IS A GREAT GUIDE FOR AN EFFECTIVE INDIVIDUAL WORKOUT, HOWEVER IF YOU REQUIRE ASSISTANCE, PLEASE SEE ONE OF OUR TRAINERS WHO CAN HELP ENSURE YOU ARE PERFORMING THESE MOVEMENTS SAFELY.

60 SECOND QUESTIONS

THE HEARTBEAT OF SYDNEY UNI SPORT & FITNESS IS ITS PEOPLE.

SERA NAIQAMA SPOTLIGHTS THREE STAFF MEMBERS IN A LIGHTHEARTED 60 SECOND INTERVIEW TO LEARN MORE ABOUT SOME FRIENDLY FACES YOU MAY NOTICE AROUND OUR FACILITIES.



**EXERCISE
PHYSIOLOGIST
KAY FOONG**

1. WHAT INTERESTS YOU MOST ABOUT THE HEALTH AND FITNESS INDUSTRY?

Helping people live or move better through exercise. As an Exercise Physiologist, working with clients who have chronic conditions or injuries and seeing them get better and stronger each day is so satisfying and rewarding. Simple goals like having the strength to walk up a flight of stairs without pain can make a huge impact in a person's life.

2. WHAT IS ONE MISCONCEPTION IN THE HEALTH AND FITNESS INDUSTRY YOU'D LIKE TO DEBUNK?

Lifting light weights to "tone your muscles". I hear so many members say they want to build muscle mass or muscle tone but they'd be afraid of lifting heavy because it will make them bulky. Two things are necessary for 'toning', decreasing your body fat and increasing your muscle mass. You won't increase your muscle mass by lifting light weights. I tell my clients - what doesn't challenge you won't change you and unless you lift heavy, for a lot of reps, at a high volume, and significantly increase your food intake, you won't get bulky.

3. FAVOURITE SONG TO WORKOUT TO AND WHY?

Anything with a good beat and bass to get me going. Like What So Not, Skrillex and Dillon Francis. Lately, Remember You by Hayden James has been my go-to gym tune.

4. HOW DO YOU PREFER TO BE WOKEN UP IN THE MORNING?

Back when I was living at home, my dad was always the first to be up and he'd put something on the speaker. It would be The Eagles, Andrea Bocelli, Michael Buble or U2 and gradually everyone would wake up to the music playing. It was really soothing starting the day like that.

5. WHAT IS YOUR BIGGEST PET-PEEVE IN THE GYM?

People who obsessively check themselves out in the mirror. You don't have to constantly flex your biceps in front of the mirrors!

6. WHAT IS SOMETHING YOU'VE NEVER TRIED BUT WANT TO?

I got into scuba diving last year so I would like to try diving in Narooma on Montague Island with some furry seals.



**CUSTOMER SERVICE
ADMINISTRATOR
BEN WALDNER**

1. WHAT IS YOUR DAY-TO-DAY ROLE HERE?

As part of the front desk team, I am the first point of contact for members. We make sure everything runs smoothly at SUSAC, people know where they're going and answer any questions for current and prospective members.

2. WHAT IS THE THING YOU LIKE BEST ABOUT YOUR WORK?

The best thing about working at SUSF is definitely the people. I love working with other young students who are passionate about sports and fitness. Everyone is really easy-going and it's an awesome work atmosphere.

3. WHAT DO YOU WORK TOWARD IN YOUR FREE TIME?

I've just graduated from my Master's degree in Risk and Security, so the biggest thing on my mind at the moment is kick-starting my career in that field. Other than that,

I'm focussing on my usual New Year's resolution which is getting stronger for the next footy season.

4. IF YOU COULD INVITE ANYONE IN THE WORLD TO LUNCH, WHO WOULD IT BE? AND WHY?

At this stage, anyone who is willing to buy but I'll take Kevin Hart as a back-up.

5. WHAT ARE YOUR THREE MOST OVERUSED WORDS/PHRASES?

I've been told I overuse pretty much all quotes from Anchorman or Forrest Gump. However, my new favourite is "How good is country music!"

6. WHO IS YOUR HERO AND WHY?

Even if it sounds corny, my hero would have to be my old man. He's pushing 60 and still goes on regular Cross-Alpine mountain bike trips. I would struggle to do that even at my age.



**GROUP FITNESS
INSTRUCTOR
NOURA RIDHA**

1. WHAT IS ONE OF THE MOST SPECIAL THINGS ABOUT WORKING AT SUSF?

Hands down, the members. They amaze me every single session.

2. WHAT CLASSES DO YOU TEACH?

I teach Grit (my personal favourite), Sprint and BodyPump.

3. WHAT MOTIVATES YOU TO GET OUT OF BED IN THE MORNING?

I have the best job in the world so what's not to love? (Oh and also coffee!)

4. WHEN YOU'RE NOT TEACHING A CLASS, WHERE WILL WE MOST LIKELY FIND YOU?

Watching my favorite sports and preferably live. I support the Hawthorn Hawks (AFL) and Sydney Kings (Basketball).

5. WHAT WOULD YOU SAY TO SOMEONE CONSIDERING BECOMING A MEMBER OF SUSF?

You can't go wrong because we have everything here. Great classes, incredible staff and instructors who are really driven about what they do.

6. 3 WORDS TO DESCRIBE YOU...

Passionate, loyal, always hungry.

GROUP FITNESS TIMETABLE

Train in SUSF's state-of-the-art facilities with some of Sydney's best instructors. You'll meet new people, learn how to exercise and constantly be challenged. Whatever you want to achieve, there is a class for you!

SUSAC GYM FLOOR							
	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm	UNLEASH 30				UNLEASH 30		
1.00pm	UNLEASH 30				UNLEASH 30		
5.30pm			UNLEASH 30				
RPM STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	RPM 45				RPM 45		
9.00am						sprint 30	
10.10am							RPM 45
12.30pm			sprint 30				
1.10pm		RPM 45		RPM 45			
5.10pm						RPM 45	
5.30pm	sprint 30				sprint 30		
6.10pm	RPM 45	RPM 45	RPM 45	RPM 45			
BOXING GYM							
	MON	TUE	WED	THU	FRI	SAT	SUN
5.15pm	HIT BOXING 45						
5.30pm				HIT BOXING 45			
POOL							
	MON	TUE	WED	THU	FRI	SAT	SUN
11.00am						AQUA 50	
1.10pm	AQUA 50		AQUA 50				

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						

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PRICE	PRICE PER WEEK	PRICE PER WEEK	PRICE PER WEEK	PRICE PER WEEK
<div>Sydney Uni student \$10</div> <div>Sydney Uni staff \$60</div> <div>Community \$60</div>	<div>Sydney Uni students from under \$15* per week</div> <div>Sydney Uni staff from under \$19* per week</div> <div>Community from under \$21* per week</div>	<div>Sydney Uni students from under \$13* per week</div> <div>Sydney Uni staff from under \$16* per week</div> <div>Community from under \$18* per week</div>	<div>Sydney Uni students from under \$10* per week</div> <div>Sydney Uni staff from under \$13* per week</div> <div>Community from under \$15* per week</div>	<div>Sydney Uni students from under \$7* per week</div> <div>Sydney Uni staff from under \$9* per week</div> <div>Community from under \$10* per week</div>

WHAT'S ON IN SEMESTER 1

16 TH FEB	UNIVERSITIES WOMEN'S CRICKET CLUB V PENRITH DAVID PHILLIPS MEMORIAL FIELD 10:00 AM
20 TH FEB	SYDNEY UNI WATER POLO CLUB WOMEN'S V UTS BALMAIN TIGERS PETER MONTGOMERY POOL 7:00 PM
20 TH FEB	SYDNEY UNI WATER POLO CLUB MEN'S V UTS BALMAIN TIGERS PETER MONTGOMERY POOL 8:30 PM
29 TH FEB & 7 TH MAR	SYDNEY UNI CRICKET CLUB V ST GEORGE SYDNEY UNIVERSITY NO.1 OVAL 10:30 AM
3 RD MAR	WATER SAFE PROGRAM BEGINS
9 TH MAR	LUNCHTIME SOCIAL SPORT KICKS OFF
14 TH MAR	SYDNEY UNIVERSITY FOOTBALL CLUB V UNIVERSITY OF QUEENSLAND SYDNEY UNIVERSITY FOOTBALL GROUND 5:30PM
14 TH & 28 TH MAR	INTRAMURAL SPORT COMPETITION - FUTSAL SUSAC

18 TH MAR	INTERFACULTY SPORT COMPETITION - OZTAG (MIXED) THE SQUARE
21 ST MAR	SYDNEY UNI WATER POLO CLUB WOMEN'S V FYFE ADELAIDE JETS PETER MONTGOMERY POOL 2:00 PM
21 ST MAR	SYDNEY UNI WATER POLO CLUB MEN'S V FYFE ADELAIDE JETS PETER MONTGOMERY POOL 3:30 PM
25 TH MAR	INTERFACULTY SPORT COMPETITION - SOCCER (MIXED) THE SQUARE
8 TH APR	INTERFACULTY SPORT COMPETITION - BASKETBALL (MIXED) SUSAC
8 TH APR	SOCIAL NETBALL FAST 5 COMPETITION COMMENCES
13 TH - 17 TH APR	MID-SEMESTER BREAK
2 ND MAY	INTRAMURAL SPORT COMPETITION - ULTIMATE FRISBEE THE SQUARE
2 ND MAY	SYDNEY UNIVERSITY AUSTRALIAN NATIONAL FOOTBALL CLUB V BRISBANE LIONS BLACKTOWN INTERNATIONAL SPORTSPARK 12:00 PM
20 TH MAY	RUN SYD UNI INCLUDING INTERFACULTY SPORT 4KM FUN RUN THE SQUARE
20 TH JUN	SYDNEY UNIVERSITY AUSTRALIAN NATIONAL FOOTBALL CLUB V SOUTHPORT HENSON PARK 12PM
21 ST JUN	SYDNEY UNIVERSITY SOCCER FOOTBALL CLUB WOMEN'S V SYDNEY OLYMPIC FC SYDNEY UNIVERSITY FOOTBALL GROUND 3PM
18 TH JUL	SYDNEY UNIVERSITY FOOTBALL CLUB V GORDON SYDNEY UNIVERSITY FOOTBALL GROUND 3PM
24 TH JUL	2020 TOKYO OLYMPIC GAMES COMMENCES

RUN SYD UNI 2020



FREE 4KM FUN RUN

WEDNESDAY 20 MAY, 1PM AT THE SQUARE

20 FREE TRAINING SESSIONS ON CAMPUS
FROM WEEK 2 OF SEMESTER

BEGINNERS & RECREATIONAL RUNNERS
ARE HIGHLY ENCOURAGED TO PARTICIPATE

To register → runsyduni.org | [@runsyduni](https://twitter.com/runsyduni)

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CLUBS ARE
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CATER FOR ALL
LEVELS.



AUSTRALIAN RULES

The Sydney University Australian Football Club is the oldest Australian Rules club in NSW and the fourth oldest in Australia. The men's side compete in the NEAFL and various AFL Sydney fixtures, providing opportunities for both elite players and beginners, while the women's side is continuing to grow with two teams competing in the Sydney Women's AFL competition.

🌐 suanfc.com | suwafc.com
✉ afl@sport.usyd.edu.au
📷 @suanfc | @sydneyuniwomensafl
👤 @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.

🌐 sydneyunigridiron.com
✉ info@sydneyunigridiron.com
📷 @suafc1984
👤 @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.

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



ATHLETICS

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

🌐 suac.org
✉ athletics@sport.usyd.edu.au
📷 @sydneyuniathletics
👤 @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



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
 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
 [@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
 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
 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



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



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
 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



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
✉ kendo@sport.usyd.edu.au



MUAY THAI

Sydney University Muay Thai Club (SUMT) is 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
✉ 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
✉ 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
✉ 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



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
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
✉ 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
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



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
✉ suscsecretary@gmail.com
i [@sydneyuniswimming](https://www.instagram.com/sydneyuniswimming)



TABLE TENNIS

The Table Tennis Club is open to both beginner and elite players. The club enters regional competitions as well as Nationals.

✉ 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
 📷 @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
 📷 @usydawntennis
 📺 @sultc



TOUCH FOOTBALL

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
 📷 @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
 📷 @sydneyuniwp
 📺 @SydUniWaterPolo



WATERSKI/WAKEBOARD

The Sydney Uni Waterski 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
 ✉ 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
 📺 @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 Nationals where the club has posted excellent results since the sport's inclusion.

✉ 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
 ✉ suvelo@sport.usyd.edu.au
 📺 @sydneyunivelo



VOLLEYBALL

The Sydney Uni Volleyball Club is open to 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
 ✉ volleyball@sport.usyd.edu.au
 📷 @usydvball
 📺 @sydneyunivolleyball



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SPORTS & AQUATIC CENTRE

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

SUSAC features:

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

Opening hours

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

📞 9351 4978 ✉️ 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
- 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
📍 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 many programs available including cardio tennis, an advanced hitting squad, social play and group or private coaching.

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



SWIMMING PROGRAM

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

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

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

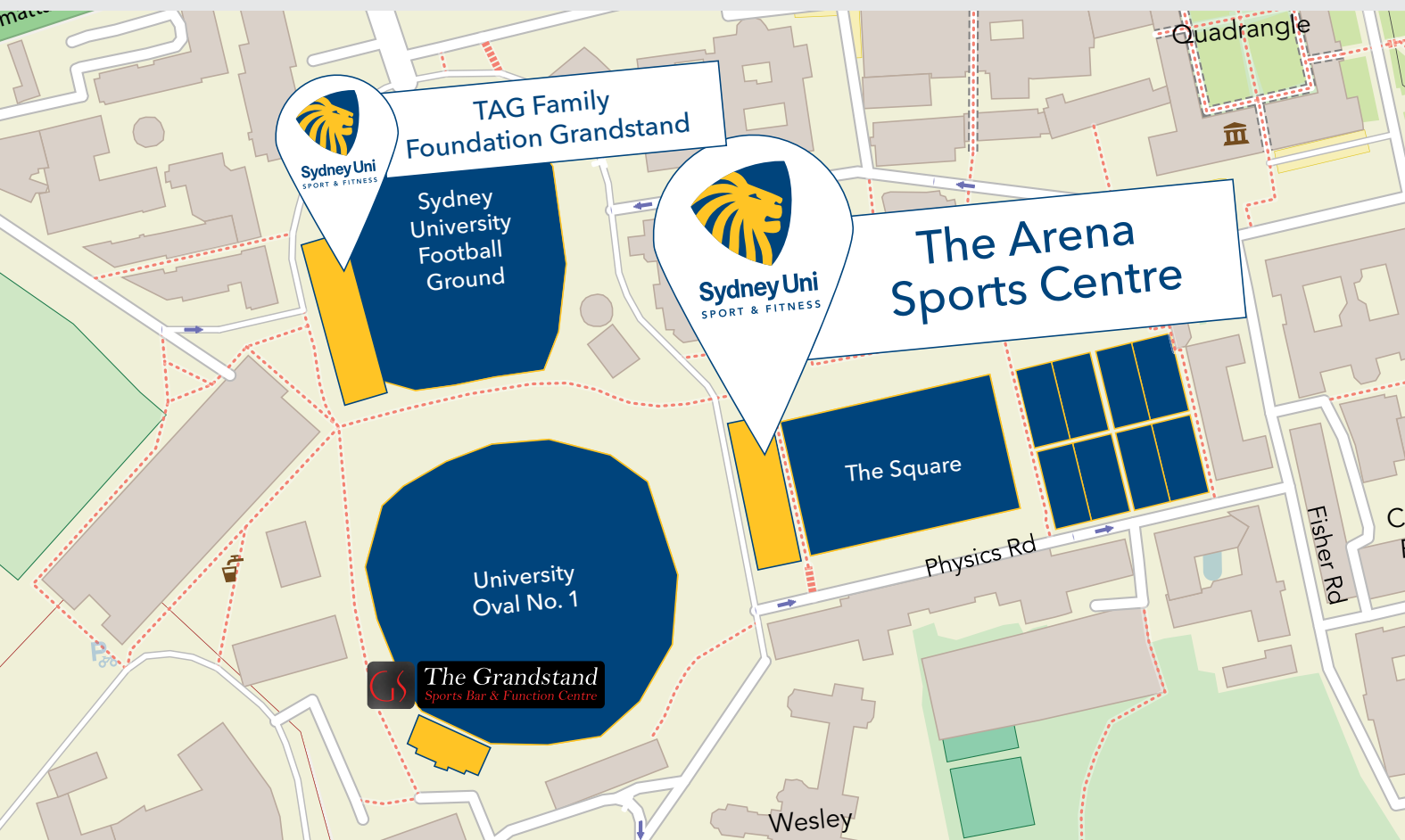


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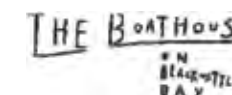
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