

ROAR



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12

SYDNEY UNI SPORT & FITNESS MAGAZINE

SPRING 2011



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Rubie **CLASS SET IN STONE**

SYDNEY UNIVERSITY STUDENT ANNELIESE RUBIE IS FAST MAKING A NAME FOR HERSELF ON THE ATHLETICS TRACK IN THE TORTUROUS WORLD OF THE 400M.

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MOTIVATION IS THE KEY.

As the last month of winter is upon us and everyone is looking forward to the warmer weather, now is the time when we all search for that motivation to get fit, tone up and get active for the season that makes everyone smile – spring.

ROAR 12 is packed full of stories to inspire and motivate you. Aaron Scott takes a look at the promising career of Anneliese Rubie and how she went from dreading every race at the young age of 14 years old, to loving the tortuous world of the 400m track where she is now a contender in the IAAF World Championships in South Korea.

The features in this issue focus on some great individual sportspeople but also on the team spirit and mateship that exists in the culture of our clubs making a name for themselves in Australia's sporting landscape. Sydney Uni pentathlete Ed Fernon gives insights into how he manages to train for five sports and study for a Masters degree, Sarah Hilt talks on overcoming her battle with meningococcal to qualify for the 2011 Para Pan Pacs, the Rugby Club showcase their talent via the possibility of 6 players being selected for the World Cup, Sydney University Boat Club journal their experiences at the Henley Campaign, the cream of Sydney Uni athletes unite at the World Uni Games in China and the Flames showcase their new line-up for the 2011-12 season.

If you are still searching for that little bit extra, we expose some common exercise myths on page 6. Check out our new group fitness class on page 11 or read up on the nutrition and eating habits that will put you in good stead for upcoming endurance races.

We hope you enjoy this issue of ROAR and it inspires you to get out and enjoy the sunshine!

Jessica Laycock
Editor

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FEATURES

8 PROFILE: ED FERNON
Sydney Uni's modern day sportsman heading to London in 2012.
BY NICK HALLIDAY

12 DIAMONDS & RUBIE
How Anneliese Rubie is making a name for herself in the tortuous 400m.
BY AARON SCOTT

16 SIX OF THE BEST
Sydney University Rugby Club - breeding quality players with their sights set on the World Cup.
BY GRAHAM CROKER

22 THE HENLEY CAMPAIGN
The diary of events that took place for Sydney University Boat Club's meet in London.
BY JAMES MACARTNEY

26 OVERCOMING THE NEAR IMPOSSIBLE
Hilt's personal battle in the hope of qualifying for the 2012 Paralympic team.
BY ANDREW TILLEY

30 STUDENTS OF THE WORLD UNITE
Sydney Uni students on their way to the World Uni Games in China.
BY PADDY WOOD

34 FLAMES IN FOR RED HOT SEASON
"FAN THE FLAMES" with their new look 2011/12 team.
BY PETER LONERGAN

REGULARS

- 2** Welcome
- 6** Fitness
- 7** News Bites
- 11** Group Fitness
- 18** Facilities Guide
- 20** Nutrition Tips
- 24** Membership Options
- 37** Clubs
- 42** 'Blue & Gold'
- 47** SUSF Events Calendar
- 48** Over the Line
- 49** Sponsors



6 MYTHS ON EXERCISE

EVERYONE SEEMS TO HAVE THEIR OWN THEORY ABOUT EXERCISE. ALTHOUGH DIFFERENT THINGS WORK FOR DIFFERENT PEOPLE, THERE ARE MANY EXERCISE THEORIES THAT SIMPLY AREN'T TRUE. HERE, OUR VALUED PARTNER MBF, LOOK AT SOME COMMON EXERCISE MYTHS.



MYTH 1 YOU DON'T NEED TO EXERCISE TO LOSE WEIGHT

If you want to lose weight, you need to burn more energy (kilojoules) than you eat. The healthiest way to do this is to eat a healthy diet and get regular exercise. Even moderate intensity exercise can increase the body's metabolic rate and help you burn more energy. Walking, cycling and chores such as gardening have all been shown to help reduce body fat. The amount of energy you burn during exercise varies based on your age, gender and level of activity.¹

MYTH 2 IF YOU DON'T LOSE WEIGHT, THERE'S NO POINT EXERCISING

You should exercise even if you don't lose weight because there are many other health benefits. Apart from helping you to maintain a healthy weight, exercise improves your heart's health, immune system, energy levels and muscle tone, and strengthens your bones. Exercise is also a great way to relieve stress, anxiety and depression, and improve your sleep quality and quantity. In fact, you can gain remarkable health benefits with just 30 minutes of moderate exercise most days of the week.¹

MYTH 3 STRENGTH TRAINING MAKES WOMEN TOO MUSCULAR

Strength training alone, also known as resistance training, will not make a woman become too muscular. Women often have less muscle mass than men so it is more difficult for women to 'bulk up'. Strength training is beneficial for women, especially as they age. Postmenopausal women experience bone loss that can lead to osteoporosis and bone fractures. Muscle mass naturally diminishes with age. Strength training helps build muscle mass and power, and can improve bone density, balance and fitness.

MYTH 4 THE RIGHT EXERCISE CAN GET RID OF 'PROBLEM' AREAS

You cannot lose fat from a specific area of your body by exercising that part of your body. 'Spot training' will only strengthen and tone the muscles in the area you are exercising. Losing weight is the only way you can get rid of excess fat and, unfortunately, there is no way to control where you lose the weight. Most people lose weight all over the body, although where you lose weight mostly depends on genetics.¹

MYTH 5 EXERCISE NEEDS TO BE REGULAR OR YOU'RE WASTING YOUR TIME

You can experience health benefits from exercise even if you don't do it regularly. If you get just 30 minutes of moderate exercise most days of the week, you'll eventually notice a difference in your health and wellness, but it can take a while. The good news is that you can do this in small increments of 10 minutes at a time and you can vary the type of activity to suit your lifestyle. Try taking the stairs instead of the lift or getting off the bus one stop early.

MYTH 6 IT COULD BE TOO LATE TO START EXERCISING NOW AT MY AGE

You're never too old to start exercising. In fact, exercise and strength training are a great way to combat physical decline as you age.¹ Exercise may help slow or prevent age-related changes in your brain and improve your memory.² It assists in: maintaining bone and muscle mass; improving joint mobility, balance and movement; and in improving the health of your heart and lungs. However, if you're over 40, overweight or obese, have a long-term health condition or haven't exercised for a long time, you should talk to your doctor before starting any physical activity.¹

Sources: 1. Better Health Channel, Victorian Government, www.betterhealth.vic.gov.au 2. Mayo Clinic, www.mayoclinic.com/health August 2008

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NEWSBITES

UNIVERSITY ROWERS DOMINATE NSW TEAM



Sydney University will have 12 representatives on the NSW team to compete at the 2011 Australian Youth Cup Regatta in Sydney in July. The selection of five men and five women, all of whom are Sydney University Elite Athlete Program scholarship holders, means that Sydney University will represent 50 per cent of the total State team. Sydney University coaches Mark Prater and Michael Doyle have also been selected as coaches for the NSW team.

MEDALS GALORE FOR SWIM CLUB



Sydney University Swim Club (SUSC) secured eight medals at the NSW State Open Championships held at the Sydney Olympic Pool and Aquatic Centre. Sydney University, represented by a squad of 18 swimmers, finished fourth on the points ladder (477) slightly behind Hunter (639), Cranbrook

Eastern Eagle (539) and Carlile (523). Melanie Houghton was the star of the meet, finishing with gold in the 50m butterfly (26.93) in front of Commonwealth Games gold medallist Yolane Kukla, and silver in the 100m butterfly (1.00.70).

NATIONAL TITLE FOR AFL WOMEN



Nine members of Sydney University's Women's Australian Football Club helped NSW to win the Division 2 title at the Women's AFL National Championships held in Adelaide. NSW went through the round matches undefeated to earn a place in the final where they defeated the ACT. Sydney University stars Libby Sadler and Marie Keating were rewarded for outstanding performances with selection in the All Australian team. Sadler also took out the honour of highest goal scorer in Division 2 for the tournament.

GOLDEN FINISH AT GAMES



Sydney University athletes finished with two gold, one silver and two bronze medals at the Eastern University Games. Gold medals came Sydney University's way in women's basketball and women's volleyball, the ultimate frisbee team secured a silver medal, while the handball and men's tennis teams won bronze medals.

LAWRENCE TAMES WILD WATER



Rosalyn Lawrence is a canoe world champion after her stellar performance in the women's C1 to take gold at the 2011 ICF Wildwater Sprint World Championships in Germany. Lawrence triumphed over Radka Valikova of the Czech Republic by 0.09 seconds to take gold, a win that doubled as Lawrence's debut in the C1 wild water boat.



Rosalyn Lawrence in action.



\$500 REBEL SPORT VOUCHER AWARDED FOR SUSF MEMBER SURVEY



During June-July, Sydney Uni Sport & Fitness (SUSF) offered its members the chance to win a \$500 Rebel Sport voucher by filling out the SUSF member feedback form. The best response to "Please tell us in 20 words or less what you like most about SUSF for your chance to win a \$500 Rebel Sport voucher" was awarded to Abbey Smith who answered: "The fitness equipment, knowledge and friendliness of the staff and atmosphere of the club is exceptional." Abbey was presented with her \$500 Rebel Sport voucher by SUSF Executive Director Robert Smithies on Wednesday, July 13 at the Sydney Uni Sports & Aquatic Centre (SUSAC). SUSF would like to thank each and every one of its members who took the time to complete the survey and contribute to the continuous improvement of SUSF facilities.



MODERN DAY SPORTSMAN

Ed Fernon's training and study schedule is not for the faint-hearted, as ROAR connoisseur Nick Halliday found out when interviewing the pentathlete.

ROAR: You got involved in modern pentathlon (MP) rather late at age 19 — what made you start then? Had you already tried all of the MP events?

I started pentathlon when I was 19 years old in my first year at The University of Sydney. I had ridden horses all my life and was a strong runner at school but I had never shot a pistol or picked up an epee (used in fencing) and I was a very poor swimmer — I didn't even finish a 400m freestyle race at a university college carnival in my first year. However, I was excited for a new challenge and I wanted to keep fit while continuing my riding in Sydney.

ROAR: How do you balance training for five sports and studying a Master's degree?

Balancing training for five sports plus other life commitments is one of the significant

challenges that I encounter on a daily basis. For the past two years I have been studying a part-time Masters of Commerce degree and am involved in the Elite Athlete Program (EAP), which enables me to focus on training and competing. As pentathlon is a small sport in Australia I train individually in each sport with swimmers, fencers, shooters and I also spend a large amount of time training and competing in Europe and the United States.

ROAR: You lived on campus, what did you take away from your time at college?

I believe living on campus really complemented my training regime. It was so convenient getting to University, and I also had fantastic training venues and facilities close at hand. I didn't need to worry about preparing my own meals

as it was all catered for, and I had the opportunity to live with many of my closest friends, which provided both support and an opportunity to switch off from training. Having such a busy training program, I developed great time-management skills — I had to plan each week and each day very thoroughly and there was no time to procrastinate.

I really enjoyed my time living at St. John's College. College life provided me with a great opportunity to meet so many amazing people, many of whom remain my closest friends today. I participated in a number of the college sports (cricket, swimming, rugby, athletics), which gave me an opportunity to form friendships with people not only from my own college, but also from the other colleges. I will always remember the strong sense of community and mateship that

**"THE 2012 OLYMPICS
WILL NO DOUBT
BE AN AMAZING
EXPERIENCE."**



I experienced from my time at John's, whether it was on the sporting field, at intercol events, University classes, or just along the corridors.

ROAR: Do you have a favourite and least favourite event?

I have to admit that the ride is my favourite event, and I have always enjoyed riding from a very young age. The horses used for the show jumping event in a pentathlon competition are provided by the competition organisers and are allocated completely at random, and I particularly love the challenge of riding different horses in this event.

There is no event that would be my least favourite – I have grown to appreciate the unique challenges that each event brings, and have found that the greater the challenge or struggle in a particular event,

the greater the satisfaction when I finally achieve my goal.

ROAR: Have you ever thought of doing a sport which doesn't require the same training commitment?

The demanding training commitment that is required for pentathlon is one of the make or break features of the sport that really motivates me. The sacrifices and commitment that are required to compete in modern pentathlon have solidified my drive and desire to succeed. I initially gained a lot of confidence from the knowledge that I was training harder than many of my competitors who had full-time jobs.

ROAR: What will competing at the Olympics mean to you?

Qualifying for the London Olympic

Games at the Asia/Oceania qualification was obviously a very exciting and gratifying experience and I was quite nervous going into the competition. It's impossible to put words to the joy and elation you experience when you qualify and you know all the hard work and sacrifices have paid off. The 2012 Olympics will no doubt be an amazing experience. I still have fond memories of attending the Sydney Olympics as a kid and being overwhelmed with the whole experience. Now it is my chance to compete on the world stage with so many talented athletes. Not only the competition but the pride of competing for Australia and being able to share it with friends and family in such an amazing city like London will make it truly special. 🇦🇺

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1. Inner Unit - the deepest layer simply supports the spine at loads. CX30 does not address this group, which is best addressed in a rehabilitation setting.
2. Outer Unit - the next layer controls movement of the spine and the position of the pelvis. This layer consists of the strap muscles on the back, our six-pack muscles and the obliques.
3. Slings - this refers to the way our core muscles connect the upper and lower body, and provide maximum strength to the spine. Some of these slings run diagonally from our shoulders to hips, and inspire the name CX30.

CX30 is dynamic core training that really hones in on abs, glutes, back, obliques and slings, connecting the upper body to the lower body. Demanding commitment and determination, CX30 is formulated with a carefully structured, scientific approach and is ideal for anyone looking to build, strengthen, tighten and tone abs and butt, while also improving functional strength, balance, and assisting in injury prevention.



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- A quick, efficient workout in 30 minutes
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- Tightens and tones core muscles
- Improves functional strength for balance, mobility and injury prevention
- A better understanding of how the core works and its importance to your physical health
- Motivation for you to venture outside your comfort zone



HOW OFTEN SHOULD I TAKE A CLASS?

It's best to take a rest day between classes to give your body time to recover, but you can also take CX30 on the end of other LES MILLS programs or before a cardio workout.

WHAT DO I NEED TO BRING?

- Comfortable workout clothes
- Gym shoes
- Drink bottle
- Towel
- Positive attitude

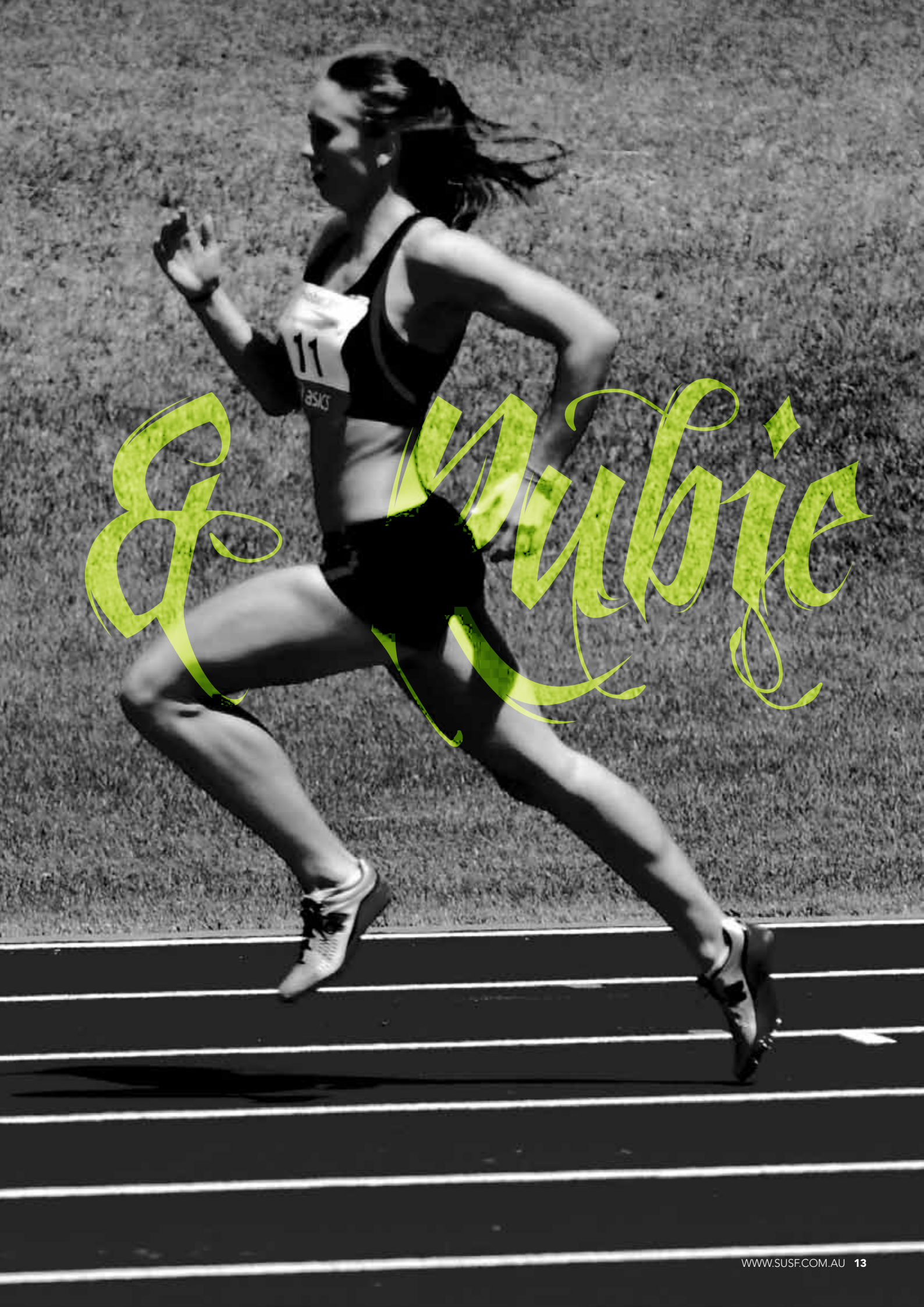
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Diamonds

IF YOU'VE NEVER RUN A 400M RACE – A SINGLE LAP OF AN OLYMPIC-LENGTH TRACK, PUNCHED OUT AT A FLAT SPRINT – THEN YOU'D BE ASTONISHED AT HOW PHYSICALLY WEARING IT IS.

By Aaron Scott





Professional runners make this race look easy: driving out of the blocks, lengthening the stride down the back straight, lifting the knees through the final bend, powering down the final 100. But, make no mistake, the 400 is torture. It's a distance that burns the lungs and builds the lactic like no other.

Considering this, it's odd to hear Anneliese Rubie's voice crackling with pleasure as she describes her pet race: "I love running 400s. I don't know, there's something about them ... I think it's that last bend, coming into the home straight. As much as I hate it, when you're doing it well, it's hard not to love."

And right now Rubie – currently studying a Bachelor of Liberal Arts and Science at Sydney University – is running her beloved 400s very well. At the Australian Championships in April she dropped her PB by half a second, clocking 53.31sec, to finish third behind Tamsyn Lewis and Caitlin Sargent.

For an 18-year-old still in the thick of her development, it was a stunning result that guaranteed her place in the Australian team for the World University Games in Shenzhen, China, in August.

Beyond that a spot beckons on the women's 4x400m team at the IAAF World Championships in Daegu, South Korea.

These are heady times for Rubie. She's currently acclimatising at the AIS base in the northern Italian lake town of Varese.

This weekend she'll head to Ghent, Belgium, for a meet. The following weekend she'll fly to Amsterdam for another race. She's deep in race mode. Her training is focussed on short, sharp speed work. The pressure is building.

But you'd scarcely know it from talking to her. The upcoming months may well be the biggest of her fledgling career but her voice is breezy, her mind uncluttered.

What time is she looking to run at Shenzhen's Universiade? "Well, I find if I think about times more than my race execution then I get flustered and put too much pressure on myself. I find it better to have a general idea of the sort of time I'm looking to run ... But I'm pretty close to running 52, so I'd be happy if I crack the 53 barrier."

What race strategy will get her beneath 53 seconds? "I just like to run races according to how I feel. I don't like thinking I have to run through the

200 mark in 24 flat otherwise I'm going to have a shocking run. I don't have a specific plan. I find I just put too much pressure on myself otherwise. If I don't get nervous then everything feels natural and easy."

But in a brutally individual sport like running, and racing over a distance as torturous as the 400, surely there are going to be some nerves? Rubie laughs: "Well, you need some nerves to get the adrenaline pumping before you run. And you need a bit of pressure, something to push you to go faster in that last 50m when your legs won't move. I just don't want too much pressure because it starts to hinder my performances."

Rubie took up athletics at the age of seven. She saw an ad starring Matt Shirvington and she was sold. But for the next five years, the track had to compete with the barre as she dabbled in both running and ballet. Eventually, at 13, she

"I LOVE RUNNING 400s. I DON'T KNOW, THERE'S SOMETHING ABOUT THEM..."



decided it was time to choose between them. "And at the time I was having more fun with athletics so I thought I'd go down that path."

Those hours at the barre, however, had built a bedrock of strength through her midsection that would serve her running well. Her long-time coach, John Atterton, still attributes her running style – impeccably upright, her core tight, her stride long – to her days in ballet. Rubie herself reckons her technique traces back to a childhood training session where some coach made her stand for an entire hour swinging her arms in a running motion.

Either way, her efficient style powered by a strong core saw her dominate Junior National Championships. As a 13-year-old she scorched the 400m field in a time of 57.8. "It was my first Nationals and I couldn't work out why everyone else got so nervous." She laughs: "I was just like, aah, easy."

A year later she defended her 400m title with a sublime 56.1sec run. She was branded a prodigy – a freakish talent.

Then she stalled. Her times suddenly plateaued. She stopped winning races. For three full years she couldn't improve on that 56.1sec mark she'd set as a 14-year-old. Even now those years of stasis mystify Rubie.

"I was in the middle of my high school years, my body was changing," she says. "I was changing socially, I was becoming aware of my friends, I was going out. And I lost focus on my running. I wasn't enjoying training and so I wasn't competing well. I had no idea how I'd run 56.1 because I hadn't got close to it in a couple of years.

"I just lost focus. I didn't have a proper goal that I was working towards. There were no international teams and I felt I'd done nationals. There was just nothing to work towards."

As she fell further and further behind the pack she began to dread the sight of the track. She felt ill at the thought of running. As she was warming up for a race she'd beg her father to let her pull out. For three years this was how she approached her running. "It was hard to

see myself coming out the other side on top, to be honest. It's difficult going into every race not wanting to do it, having no satisfaction at the end of every race."

The nadir came at the 2008 Nationals in Canberra. Her parents were watching from the stands. At the 200m mark the track was obscured by a huge screen. They watched as eight runners disappeared behind the screen. Only seven emerged on the other side. Their eyes widened. Finally Anneliese appeared. "I was running so slowly - I'd died before I'd even got to the 200 mark. I came dead last and ran a terrible time." After that debacle she sat down with Atterton and told him she was embarrassed, told him she never wanted that to happen again.

He laid out a goal for her – to qualify for the 2010 Junior World Championships in Canada. He drew up

a foundation for Rubie as a child, so Atterton's program built a foundation for her as a young woman. In the first race after that winter she came out and ran 55 seconds flat. She suddenly loved running again.

From that point on, Rubie's times over 400m have been in freefall. "I've never clocked PBs so close to one another," she says. "I was literally clocking a new PB every time I ran."

A week out from the 2010 Nationals she ran a 54.1. At the Nationals themselves she ran 53.8, finishing a full 10m in front of the pack. As she crossed the line and saw her time she raised her fists in disbelief. A back injury stymied her at the Junior World Championships in Canada, but any lingering disappointment was blasted away by that bronze medal performance at April's Australian Championships.



a rugged 12-month training schedule. It was all training, no racing. Every session was designed to build fitness and strength. She ground out rep after rep of hill sprints. She built a bank of over-distance work, running 600m and 500m reps on grass tracks.

As the racing season approached, the program changed. The distances grew shorter, the pace higher. "It was all designed to get me fit and strong. And I found that the fitter and stronger I was, the more able I was to run faster. I'd built a base for myself that allowed me to go higher."

Just as those ballet classes had built

Atterton now refers to those dark times when she dreaded the track, when her stomach turned at the thought of a race as "the years that never happened." Rubie laughs at the phrase. Ensnared in the AIS base at Varese, the World University Games almost upon her, the World Championships roaring closer, those years feel a long time ago. She's bubbling with enthusiasm at the thought of what lies ahead.

"But you need to go through those times to really appreciate the highs," she says. "You can't be constantly running well every single race. You need those lows to fuel to work a bit harder." 🍌



SIX TEST

By Graham Croker

WITH THE 2011 RUGBY WORLD CUP – TO BE HOSTED BY NEW ZEALAND – LOOMING LARGE, SYDNEY UNIVERSITY COULD HAVE SIX PLAYERS IN THE AUSTRALIAN SQUAD COME SEPTEMBER AND OCTOBER.

Halfbacks Luke Burgess and Nick Phipps, backrowers Dave Dennis and Ben McCalman, and second-rowers Dean Mumm and Dan Vickerman, were included in the 40-strong Australian train-on squad announced in early July. That squad will be culled to 30 players before Australia's first pool match against Italy in Auckland on September 9.

When halfback Nick Phipps ran on for Australia for his first Test, in the shock 32-23 loss to Samoa at ANZ Stadium on July 17, he became Sydney University Football Club's 91st Wallaby. With Burgess, McCalman, Mumm and Vickerman all seasoned Test campaigners, this just leaves Dennis to make his Wallaby debut.

Should the six make it through to the World Cup squad it would be a long-shot for all of them to appear in a Test together, given there are two halfbacks in the group.

But it has been achieved. SUFC has twice provided six players in a Test. It was back in 1923 when NSW was the only playing province in Australia. The Waratahs

from most of that decade were later given Wallaby status because they were effectively representing Australia.

The first time SUFC fielded six players in a Test was on June 23, 1923 when NSW (Australia) met New Zealand Maori at the Royal Agricultural Ground in Sydney. SUFC had legendary fullback Otto Nothing, winger Roland "Pup" Raymond, centres R.G "Bot" Stanley and Billy Sheehan, prop Arthur Erby and hooker Duncan Fowles in the team that won 21-16.

Raymond, who was studying medicine, went to Oxford as a Rhodes Scholar the following year; while Nothing, also a medical student, went on to play 19 Tests before retiring from football to concentrate on medicine – and cricket. A right-arm fast bowler, he was called into the Australian XI to play his one Test against England at the Sydney Cricket Ground in 1928. And the man he replaced was . . . Don Bradman.

Having hosted New Zealand Maori in mid-1923, the Waratahs toured NZ later that year and on September 15, in the Third Test played at Athletic Park, Wellington, SUFC provided six players in the team defeated 38-11 by

the All Blacks. They were fullback John Crakanthorp, second-rower Hugh Taylor, Nothing, Stanley, Sheehan, and Erby.

SUFC had also provided five players in the Second Test of that campaign, at Christchurch, with Nothing, Sheehan, Stanley, Taylor and Erby in the side, while on July 16 the following year Nothing, Stanley, Taylor, winger Reg Foote and number eight J.E. "Roy" Hoskins played against New Zealand at the RAS Ground in Sydney.

The two other occasions SUFC provided five representatives in a Test side were on September 14, 1946, when fullback Brian Piper, centre Paul Johnson, winger John McBride, number eight Arthur Buchan and lock Phil Hardcastle were in the side defeated 31-8 by the All Blacks at Carisbrook Park, Dunedin, and on September 23, 1949, when utility back H.J. (John) Solomon, centre Jack Blomley, winger Ralph Garner, five-eighth Nev Emery and flanker David Brockhoff wore Wallaby colours in the 16-9 win at Eden Park, Auckland.

That win secured the Bledisloe Cup for the first time on New Zealand soil – Australia had won the First Test at Wellington 11-6.

It also launched





the wonderful careers of Brockhoff and Solomon, who had played together at The Scots College, St Andrew's College and Sydney University. And it saw the continuation of the career of war veteran Emery, the senior student at St Paul's College in 1950.

SUFC has provided four Test representatives on seven occasions, the most recent being last year when number eight McCalman, five-eighth Berrick Barnes, halfback Burgess and second-rower Mumm played against South Africa in Brisbane and later on the Spring Tour of Britain when the quartet played against Wales.

Burgess, Phipps, Dennis and McCalman are products of the highly successful SUFC Colts system and were on the Elite Athlete Program (EAP), while Barnes enrolled at Sydney University last year and Vickerman returned to the campus this year after three years studying Cambridge. 🏉

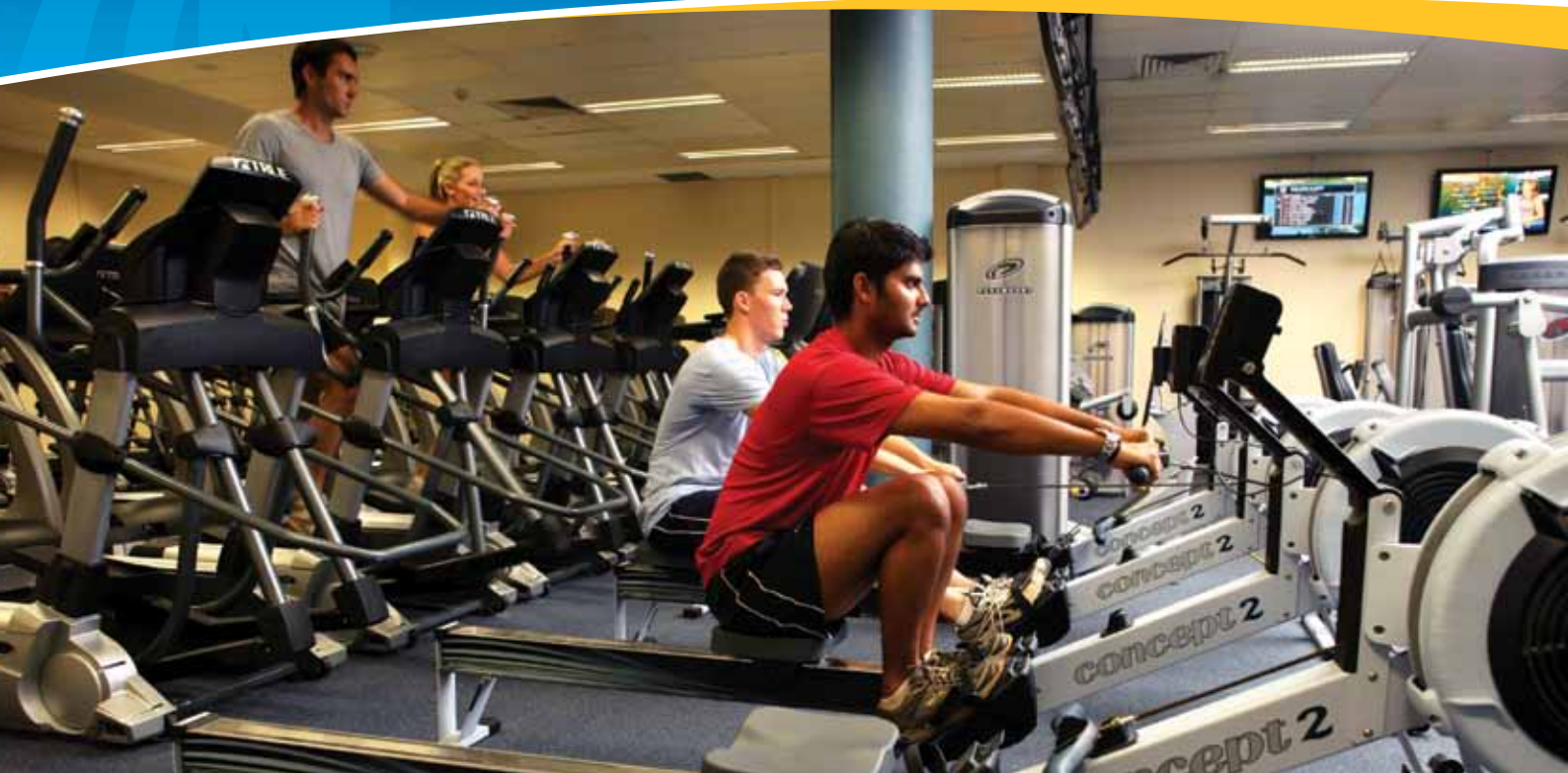




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THE RIGHT KIND OF FUEL

WHEN IT COMES TO PARTICIPATING IN ENDURANCE EVENTS, WE KNOW HOW TO PUT THE HARD YARDS IN WITH TRAINING BUT HOW CAN WE ENSURE THAT WE ARE PROVIDING OUR BODIES WITH ADEQUATE NUTRITION TO KEEP US GOING UNTIL THAT FINAL STEP ACROSS THE FINISH LINE?

Our best bet is to take a closer look and increase our awareness of the fuels our body requires to get through these events. Then we can focus on priming our body before the event, topping up stores during the event and replenishing fuel after the events.

Pre-race

Our main concern prior to the event is to ensure our body has optimum carbohydrate (CHO) and fluid levels. Consuming CHO will help to top up our muscle glycogen stores, which is our bodies preferred fuel source during endurance events. Fluid intake is vital to ensure adequate hydration; by adding sodium to your fluids it can help increase fluid absorption and retention in the body. This is especially important when competing in hot conditions as a greater amount will be excreted via sweat.

Ideally it is best to consume your pre-race meal and fluids two hours prior to the event. This will allow your body to hold on to what it needs, giving it a chance to excrete what isn't required and ensures that you won't be competing on a full stomach. If possible, ensure your pre-race meal is high in CHO, with moderate amounts of protein

and sodium, and low in fibre and fat; this will help prevent bloating and potential gastro intestinal upset during the event.

Carbohydrate loading

CHO loading involves consuming a higher CHO diet for three days prior to your event (if greater than 90 minutes in duration), with the ultimate aim of increasing muscle glycogen stores. When carried out correctly, CHO loading can increase both your endurance and performance on race day.

During the race

During the event our main goal is to provide our body with extra fuel in the form of CHO to prevent us from tapping into our own muscle glycogen stores and to help stabilise our blood sugar levels. More recently, studies have shown that just by having CHO in our mouths, parts of our brain can become activated which directly lead to improvement in performance. The other big obstacle to overcome is preventing dehydration and maintaining electrolyte balance. One of the best ways to achieve this is through the use of gels and sports drinks. Remember, if you feel stomach trouble, then ease up on the gels and sports

drinks and sip on water until you're feeling better. Then keep gunning it for the finish line.

Post race

Hooray! You have made it across the finish line; however don't get too carried away. Now is the perfect opportunity to replenish your body's supplies. We want to refuel muscle glycogen stores so your body is ready to start training for the next event, and so you don't walk around with 'jelly legs' for the rest of the day. Fluids are essential to rehydrate and help restore electrolyte balance, so now is not the best time to drink any alcohol — instead try some flavoured sports drink. Protein intake is going to be important for muscle re-synthesis so your body can repair itself and adapt. So get munching.

Trial and error

One of the most important things you can do is to trial your nutrition plan during your training. Familiarity is the key. It won't do you any favours to follow an eating plan you are familiar with throughout your training and then to trial something new on race day — you won't be prepared for how your body is going to react.

RACE DAY FOODS

Remember it is important to enjoy the foods and drinks you are consuming. You don't want to run the risk of reduced performance because you can't stomach eating the food.

PRE-RACE



You are looking for something that is high in CHO with moderate amounts of protein and sodium, but is also low in fibre and fat.

- Banana and 1 x toast with jam/honey
- 2 x toast with jam/honey
- Cereal (muesli/Special K/Weet-Bix) with skim milk
- PLUS FLUID - 400-600mL sports drink

DURING THE RACE



Try and choose from some of the following, ideally you want to be consuming 30-60g CHO/hr.

- Sports gels
- Sports drinks
- Cola drinks
- Sports bars
- Jam/honey sandwich
- Jelly babies/beans
- Cereal bars

POST RACE



Now it's time to replenish your body with some of the following:

- Banana and sustagen
- Rice porridge with banana, honey and skim milk
- Muesli/Granola/Weet-Bix with blueberries and yoghurt
- Fruit smoothie
- Fruit salad, yoghurt and mixed nuts
- Sandwich with meat or cheese and filling





2011

Henley Campaign

By James Macarthey

The Sydney University Boat Club's big adventure in the United Kingdom, competing for The Britannia Challenge Cup at Henley Royal Regatta.

Monday, 20 June 2011

Today we were told we don't have qualifiers on Friday. This meant that we could start a good block of training, tweaking the little technical flaws that will give us the extra boat speed we need. To win at Henley you need to be the fastest boat even when you are having a bad row. We had two long sessions this morning with a hard focus on the pick-up and the patient legs required to get a coxed four moving well. The result was obvious when we hit the water for our third session of the day. It was a satisfying day with a step forward in building our speed and our ability to maintain the rhythm needed.

Wednesday, 22 June 2011

Today we had a training session alongside the University of London (UL). Chris George, their coach, who is a lightweight world champion and Olympic coach (GB women), ran the session, to give the crew a new voice and for us to benefit from Chris's experience.

Chris helped us fine-tune our catches (this is where the oar blade is placed in the water). We need to be more direct and accurate. He then lined both crews up for a race piece to the Barrier. We started really well and smashed UL, who are a really fast crew, which was a big morale boost. The second race piece saw us row to Frawley (about four minutes) and again, our intent and sheer horse power meant UL were left behind and we won by about 1.5 lengths of clear water.

Thursday, 23 June 2011

Today was our day off and the start of the taper. To kill the time we went to London on a sightseeing trip and we managed a whistle-stop tour of London where we visited Big Ben, Tower of London and Tower Bridge, then off to lunch. The afternoon training session was interval retail therapy. What goes on tour stays on tour, but someone paid three pounds for a pair of silk leopard skin boxer shorts...

After the challenges of shopping a serious work out was needed, so we headed down to Thames Rowing Club for weights and a technical session on the indoor tank. Unfortunately the severe gastro bug that is doing the rounds has now hit our young coxswain, so not sure if we will be able to get onto the water tomorrow.



L to R: Ryan Edwards, Ryan Barraclough, Hamish Playfair and Jason Wadde.





In the lead up to Henley, on 18 June the Thames crew won the Elite Coxed Fours event at the Marlow Regatta.

Tuesday, 28 June 2011

Tomorrow is our first race against Henley R.C. so today was a very light day of boat cleaning and killing time. We also had to weigh in. This information goes into the race program tomorrow and our crew average is about 14 stone. I'm not sure where this puts us compared to the other crews but there are definitely some big units out there!

We had to wait all day to get on the water, but finally managed to get on at 5pm. Our cox was at work and then got stuck in traffic - something that most people here seem to just accept, and don't get too worked up about. We completed a couple of short work pieces with the Sydney Rowing Club Frawley quad. The fast starting quad really kept us on our toes and made us really work to stay in contact.

Everyone is looking forward to the experience of racing at their first Henley, there really is nothing like it anywhere else.

"Good rowers & good sportsmen, well done London."

Wednesday, 29 June 2011

We were race No.5 at 9.20am. An early race meant that we were up at 6am, warming up and having a light breakfast. We got to the boat tents at 7.30am, which gave us plenty of time to go to the bathroom 20 times. The weather could not have been better - bright blue skies and a hint of a tail wind.

"Attention... go!" At exactly 9.20am both crews started cleanly and well. At the half-way mark we were four lengths clear. We kept an eye on Henley but were able to drop the rate and develop a clean, strong rhythm, finishing with a total time of 7.18.

It was a good performance with no mistakes and a great confidence boost for what will be a much tougher race tomorrow against London Rowing Club 'A' who finished one second slower than us.

Thursday, 30 June 2011

Unfortunately our campaign is over. After a very good race where neither crew gave much away, London's experience and maturity showed. The start from both crews was aggressive and fast. Neither crew was able to draw away for most of the race, but London ended up just being a little too strong and ended up winning by

11/4 lengths. After the boats were put away the London crew came across to our bay and shook hands with our crew thanking them for a great race. Good rowers and good sportsmen, well done London.

Saturday, 2 July – Sunday, 3 July 2011

The first race on Saturday was the semi-final between Banks and Radley Mariners, an alumni club of Radley College. Banks got off to a good start and maintained that lead for the entire race to take it out with a time of 7min 15sec. The next was between London Rowing Club and Taurus, an Oxford Brookes University Alumni club. Both crews went out hard. London looked the better crew and it finished that way with a quick time of 6:59.

FINALS DAY – At the top of the island, Banks led London by a canvas. At the quarter mile signal both crew were striking 37 and Banks maintained their lead of a canvas. London tried to repeat their devastating last race push but they just didn't seem to have the legs and Banks stayed half a length ahead. London were unable to close the gap and Banks crossed the line to win in a time of 6:59.

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- Ongoing fitness management
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- Use of Time Stop available

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Overcoming

THE NEAR IMPOSSIBLE

By Andrew Tilley

Sydney Uni Elite Athlete Program scholarship holder and multi-class swimmer Sarah Hilt has proven that anything is possible, with the application of hard work and spades of determination.

After a meteoric rise through the disability swimming ranks, Hilt's results have culminated in her selection in the Australian team for the Para Pan Pacs, to be held in Canada in August.

Hilt was first diagnosed with meningococcal septicaemia in October 2004. The disease ravaged her body, causing her to lose 60 per cent of her skin and undergo multiple amputations as a result.

However, she maintained an optimistic attitude and survived meningococcal disease to become one of five quadruple amputees living in NSW. She has courageously overcome the disease to assist others living with similar illnesses through the Sarah Hilt Foundation: www.sarahhiltfoundation.org.au.

Hilt maintains that sport, and in particular swimming, has helped her to improve all areas of her life.

"Try as many sports as you can until you find one that suits you," she says. "I would recommend swimming because most people can do some sort of swimming and I've just found that it's improved my life so much. I've become a lot stronger, much healthier. I've noticed a real change in myself."

"But also being involved in a squad and back with other people really provides you with another social network, which is something that I was missing out on

when I was sick."

Unfortunately, Hilt's battle didn't stop there. After suffering severe kidney complications in 2008, she faced the uncertainty of her future until her father Gary donated a kidney to her. His donation saved her life.

Since then Hilt has embraced her sport and swam at the NSW titles earlier this year, and on the back of some impressive results she was asked to join the Sydney University Swim Club.

"It happened really quickly. I met the swim team at States (NSW titles)," she said. "They were really keen and positive and willing to make things happen. I started two weeks later and haven't looked back. They have slotted me into their elite squad without a problem and I'm just so grateful for that."

Under the tutelage of coach Vanessa Smith, Hilt, 25, put in a solid five weeks of full-time training in the lead-up to the Nationals in April.

All of her hard work paid off as she swam a Pan Pacs qualifying time for the 50m backstroke (S4 category) to earn a spot in the national team.

Given the phenomenal improvements seen in Hilt's times this year it's no surprise that the full impact of her achievements are yet to properly sink in.

"I didn't know that my times were good for my classification until I started competing, and then I realised that maybe there was a future in this," she said.

"I was really enjoying it and I competed at States and I got some good results, then I met the people at Sydney

University and since then it's really become a competitive focus in my life."

Hilt's swimming goals started small. She was training one day a week. Now, you'd be mistaken for thinking that all she does is eat, sleep and train.

"A typical week would involve six hour-and-a-half swimming sessions, and before most of those I do half-an-hour of dry land, which is abs and core work," she said. "Then I've also been doing three sessions a week with a strength and conditioning coach."

Despite the hectic nature of her training, Hilt still finds the time to complete a Bachelor of Economics and Social Science (Marketing Honors) degree at The University of Sydney – something she heavily credits the Elite Athlete Program for assisting her with.

"They've helped with adjustments with my study and they've helped me to fit my Uni requirements around my swimming," she said.

In July Hilt stepped her performance up as she broke the Australian record in the 100m freestyle at the Short Course Nationals and the 50m freestyle Australian record at the Metropolitan Short Course Championships.

Hilt will compete at the Queensland State Championships later in the year but her main focus is the Para Pan Pacs in Canada in August, and then hopefully earning qualification into the Paralympic team for 2012 Olympic Games in London.

"It's all building towards London," she said. "It makes me think it's a possibility - something I'd never thought about."



**"IT'S ALL
BUILDING
TOWARDS
London"**

AN EARLY TASTE OF CAMPUS LIFE

The University of Sydney's Social Inclusion Unit (SIU) provides early pathways for school children to follow as they get their first taste of the university experience. Sydney Uni Sport & Fitness has had the privilege of being able to take part in a variety of their programs, providing students from Year 3 and up with fun, educational and stimulating activities. **By Stephen King**

Falling under the umbrella of the SIU, The University of Sydney's *Compass - find your way to higher education* program aims to encourage post-school education to those primary and secondary school children who are traditionally less likely to participate in higher education.

Research has shown that the best way to ensure sustained involvement with the partner schools is to focus on the pre-transition periods (Years 3, 4, 5, 8, 9 and 10). This also provides the opportunity to positively influence the perceptions of students and their parents about higher education, and their subsequent choices.

In 2011 Sydney Uni Sport & Fitness has participated in a number of Compass and Social Inclusion events, looking to give an insight into how sport and education success can be achieved at a tertiary level.

The year began with a *Year 3 Introduction to University Day* in March, when 600 school children graced the front lawns, with sport activities including hula hoop fitness and football fever, alongside science, dentistry and arts and crafts just to name a few.

This was followed in June by the *Year 7 and 8 Indigenous Student's Experience Day* and *Year 9 and 10 Smith Family Experience Day*, where high school students took rock climbing to a new level exploring how the body's mechanics work under the guidance of Sydney Uni Sport & Fitness education staff.

Compass has come a long way since its inception in June 2009. Since then, the program has engaged over 7000 students from 18 different schools, facilitating over 170 events, both at the university and at their partner schools.

The program's success lies in its ability to provide engaging and exciting activities supported by all faculties at the University. Sydney Uni Sport & Fitness has been thrilled to be part of the program, whether it be through exploring the body's mechanics when rock climbing, or through members of the Elite Athlete Program (EAP) discussing how they came to further their education and sporting careers at The University of Sydney.

There is plenty to get excited about for the SIU and while the number of schools involved has increased, with children as young as eight excited about one day coming back to university, the real rewards will be revealed as those students who first engaged with the program in 2009 finish high school and find their way into higher education.

Events coming up in 2011

- Year 8 Indigenous High School Students – *Step Forward 3 Day Camp* – October 5-7
- Year 8 *Compass Experience Day* – October 20
- *Compass Showcase* – November 20





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STUDENTS OF THE WORLD UNITE

By Paddy Wood

WITH ALMOST 10,000 ATHLETES, 306 EVENTS, 22 SPORTS, AND 21 SPARKLING NEW VENUES – IT'S NOT THE OLYMPICS, BUT IT ISN'T FAR OFF.

On August 12 the fireworks will explode above Shenzhen's Main Stadium, marking the Opening Ceremony of the 26th Summer Universiade - the World University Games. For two packed weeks, the Southern Chinese city will play host to the world's most talented university athletes.

It's a far cry from the infamous Australian University Games – known as much for hedonistic excess as sporting prowess. Athletes competing in Shenzhen mean business. They are there to do their country proud, and among them will be the cream of Sydney University's athletes.

13 students in the University's Elite Athlete Program (EAP) have been selected to travel with the Australian University Sport delegation.

"Getting selected to play for Australia, it's really the ultimate," says Scott Nicholson, 22 (pictured), who will represent Australia in water polo. "Getting to put on the colours and play under the flag, it's unbelievable."

Currently completing his final year of a Bachelor of Arts degree, Nicholson plays for the University's National League Water Polo team and has played consistently at representative level, including regular spots in the NSW and Australian Youth teams. Shenzhen, however, represents an entirely new challenge.



"This is the first major tournament I'll compete in," he says.

Expectations are high in the Australian camp. The team won gold at the last University Games, held in Belgrade in 2009, and are hopeful of defending their title. Nicholson is confident his team, which includes fellow Elite Athlete Program member Lachlan Hollis, will make the semi-finals at the very least.

"I'd say we're looking pretty good," he said. "We have a good mix of players from the national team and blokes like myself who are on the fringes, looking to make their mark."

Victory will be especially sweet for Nicholson. "I've had a few seconds and thirds in my career," he says, "but not a whole lot of gold."

Nick Davies, 21, will similarly be aiming for gold. The second year Biomolecular and Chemical Engineering student will compete in fencing at the Universiade.

Having taken up the sport only six years ago, Davies has traversed the Australian Fencing Federation circuit and is now ranked fourth nationally.



**"YOU GET
VERY FEW
OPPORTUNITIES
TO EXPERIENCE
SOMETHING
LIKE THAT"**

He specialises in the épée – one of three classes alongside foil and sabre. A heavier thrusting weapon, épée targets the entire body, and allows simultaneous hits.

He says his ultimate goal is to qualify for the 2016 Olympic Games in Rio – a task made difficult by existing qualification processes wherein Australia must qualify through Asia.

In the meantime, he says he is relishing the opportunity to compete in Shenzhen.

"It's a great opportunity to experience a very much Olympic-style event," he says.

"You get very few opportunities to experience something like that."

Australia has rarely sent fencers to the World University Games because it is uncommon for members of the Australian squad to also be university students. Davies breaks the mould and is understandably relishing the opportunity.

"It's a very hard competition – probably the second or third hardest competition in the world, so I'm pretty pumped," he says.

"I've had decent results in World Cups before, so I'm very keen to get a good result."

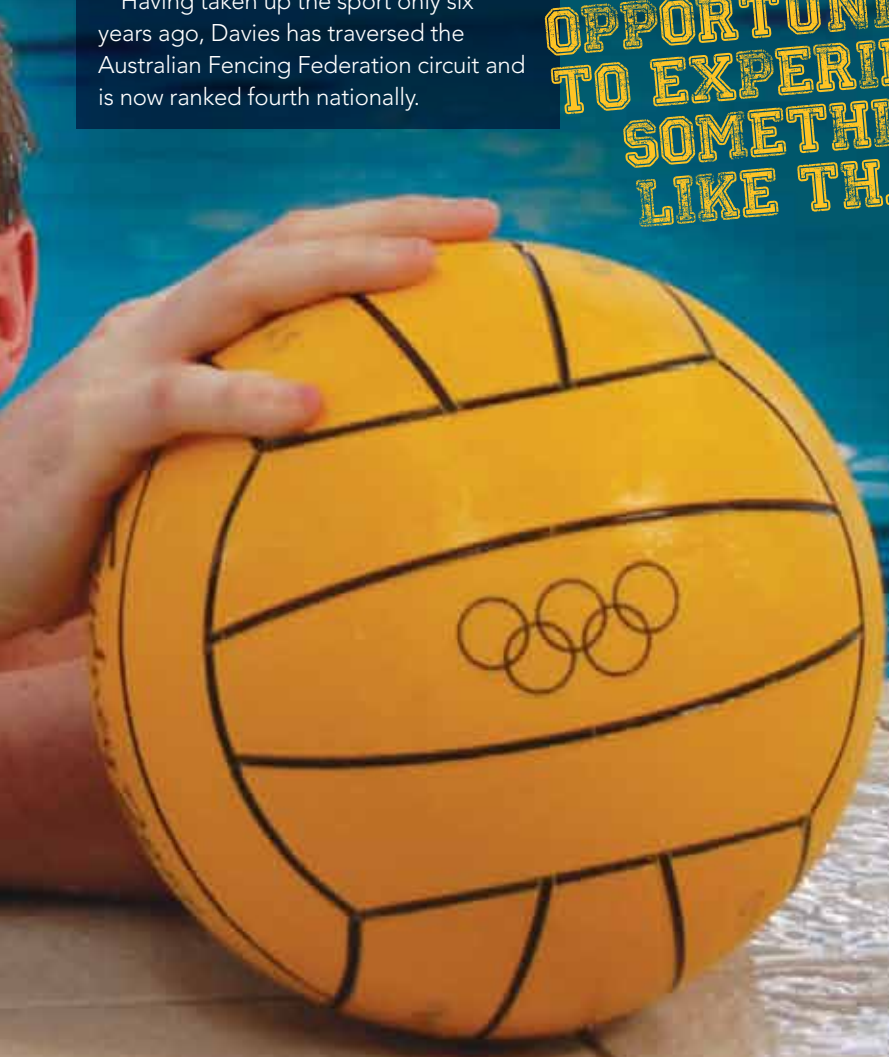
The Universiade clashes with the opening weeks of Sydney University's second semester, but neither Nicholson nor Davies have had to choose between their sport and their university degree.

As members of the Elite Athlete Program they receive scholarships and, if the University permits, can have assignment deadlines postponed and exam times changed to fit training and competition commitments.

The EAP will organise a tutor for Davies to help him catch up on any work he misses while he is competing.

"Balancing sport and study is the easiest thing in the world," Nicholson says. "Being in the EAP is great, and my lecturers are always very understanding."

Rounding out Sydney University's representation at the Universiade are Anneliese Rubie, Lachlan Renshaw, James Nipperess (athletics), Katie-Rae Ebzery (Basketball), Prashanth Sellathurai (artistic gymnastics), Alexander Wong (cycling), Alexandra South (sailing), Sisi Zhang (table tennis), Alex Rogers (volleyball), Lea Barta, Alicia Brightwell, Georgia Clarke, Keejsa Gofers and Lachlan Hollis (water polo). 🏊



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7th September 11am - 4pm	Basketball (Female) HK Ward Gymnasium
14th September 11am - 4pm	Basketball (Male) HK Ward Gymnasium
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FLAMES IN FOR RED HOT SEASON

The 2011-12 Women's National Basketball League looms as one of the most exciting and dynamic ever, with the Southern Design Sydney Uni Flames set to launch a new look team and number of initiatives to "FAN THE FLAMES."

With a host of Australian Opals and WNBA players signed with teams throughout the league and the lure of the 2012 London Olympics in their minds, the WNBL season, tipping off on October 7, promises to be one of the most competitive and exciting in league history.

For the Southern Design Flames, the 2011-12 season is about two key areas – engaging members and fans and returning to the play-offs after narrowly missing the post-season last year in a season riddled with injuries.

With the return of 2004 Athens Olympian Alicia Poto to join MVP Amy Denson and athletic guard Katie-Rae Ebzery, plus some key off-season additions, the Flames have the roster to not only compete with the top echelon of teams, but also to play an exciting brand of up-tempo basketball.

Long-time supporter of the Flames, Southern Design, who recently signed as the naming rights sponsor of the team, will play a key role, along with all of our corporate partners, in helping the team work towards a return to play-off action.

Off the court, the theme of the season is "FAN THE FLAMES," with a focus on making the game night experience an entertaining family affair, which will provide real value-for-money entertainment to supporters from the youngest basketball fan to the more mature devotee of WNBL hoops.

Despite a somewhat inconsistent season last year, attendance and membership numbers were up and the club has a strong focus this year to engage families, corporates, local clubs and associations in the on-court action and the off-court entertainment.

Curtain-raisers and school games will return prior to the big WNBL clash each week and there will be a wide range of game-night entertainment, competitions, give aways and prizes for Flames fans. There are not many national sporting leagues where the fans get such close contact with the players and the Flames

By Peter Lonergan

have always been firm believers in fan engagement and interacting with supporters of all ages.

"The Flames club has its origins in association basketball and all the girls have come through the club and association system to progress to the WNBL," Flames coach Karen Dalton said.

"The players really enjoy the interaction with the fans before and after the game and it is that ability for fans to meet the players and feel part of it that makes the Flames and the WNBL such a unique league. When you consider eight of the current squad learnt their basketball as juniors at associations in Sydney and regional NSW, it is not hard to see why they have a strong affinity with the sport locally."

The 2011-12 schedule includes 11 home games at the Sydney Uni Sports & Aquatic Centre and that makes for match-ups against 2011 WNBA No.2 draft pick Liz Cambage (Bulleen) and rising Los Angeles Sparks star Jenna O'Hea (Dandenong).

Flames experience an enjoyable and dynamic one.

Included in the new membership package is the Junior Sparks Club, a unique junior supporter's club that provides a season ticket for any child aged 6 – 14 years, as well a special t-shirt,

YOU HAVE THE CHANCE TO BE PART OF THE SOUTHERN DESIGN SYDNEY UNI FLAMES THROUGH ONE OF OUR EXCITING MEMBERSHIP PACKAGES.

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Add to that 2008 Olympians Suzy Batkovic (Adelaide), Kristi Harrower (Bendigo), Jenni Screen (Adelaide) and Rohanee Cox (Perth) and Flames supporters will have the chance to see some of the world's elite female basketballers at close quarters. The Flames will also have plenty of firepower, with key signings Lauren King and Ellyce Ironmonger joining the core of Denson, Ebzery, Eva Afeaki and Natalie Stafford in a deep and versatile line-up.

The club has launched a new range of membership options, with a focus on great value for money, access to the team and special offers to make the

prize pack and personalised birthday card from the team, all for just \$55.

Flames fans will have their first chance to see the new look line-up at the Fan Appreciation Day and Season Launch on Saturday, September 17, with a huge pre-season clash with traditional rival Canberra, face-painting, prizes for the children and the chance to meet the team.

If you want to keep up with all the news from the Southern Design Sydney Uni Flames and help "FAN THE FLAMES," visit www.sydneyniflames.com.au, follow us on Twitter @syduniflames or find Southern Design Sydney Uni Flames on Facebook.



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CLUBS

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AFL

The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club has six teams competing in the Sydney Football Association, providing opportunities for both elite players and beginners. The women's club is continuing to grow with two teams competing in the Sydney Women's AFL competition. Over the past 25 years the club has won seven Senior first grade flags and has been runners up five times.

For more information go to www.suanfc.com.au or email: (Men) australianfootball@sport.usyd.edu.au (Women) anfwomen@sport.usyd.edu.au

AMERICAN FOOTBALL

The American Football Club, established in 1984, fields an open team (Sydney Uni Lions in Division 1) as well as an under 18 team (Sydney Uni Cubs in the Colts Division) in Gridiron New South Wales, the highest level of competition for American Football in the state. The Lions have won 12 NSW championships in the 27 years of competition, including the past 8 years consecutively. The Sydney Uni Cubs have won 8 NSW championships in their 16 years of competition.

For more information go to www.sydneynigridiron.com or email: americanfootball@sport.usyd.edu.au

ARCHERY

The Sydney University Archery Club, established in the 1970s, caters to all levels of archery, from the beginner to the elite. Members compete in various competitions through Archery NSW and Archery Australia at club, state and national levels. Currently the club has a member ranked in the top 20 in the Australian Ranking list.

Email: archery@sport.usyd.edu.au

ATHLETICS

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

For more information go to: www.suac.org or email: athletics@sport.usyd.edu.au

BADMINTON

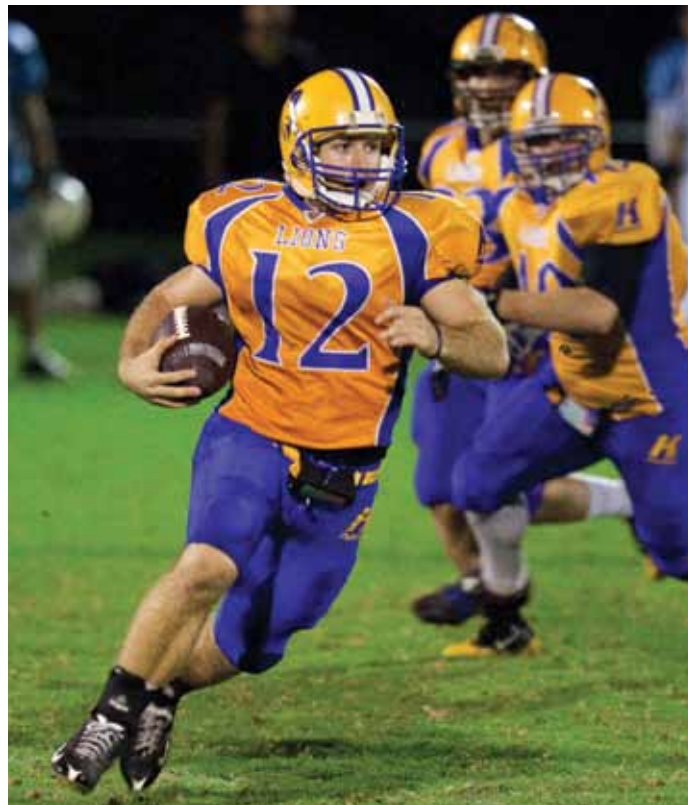
The Badminton Club provides open opportunities for men and women, from elite to beginner players. The Badminton Club is affiliated with the Sydney Badminton Association Inc. and competes in all of the association's tournaments, as well as various intervarsity competitions throughout the year, including the Australian University Games and the Eastern University Games.

For more information go to: www.usydbadminton.com or email: 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 Pacific Coast team plays in a more social league to foster development amongst players. The club is a great place to play baseball, and is always looking for new members.

For more information go to: sydneyuni.baseball.com.au or email: baseball@sport.usyd.edu.au



BASKETBALL

The Sydney University Basketball Club has both men's and women's teams playing in various Sydney competitions. In 2003, Sydney University took ownership of the Sydney Uni Flames, which competes in the Women's National Basketball League. The Sydney Uni Flames take pride of place as our signature women's program.

For more information go to: www.sydneyniflames.com.au or email: basketball@sport.usyd.edu.au flames@sport.usyd.edu.au

BOAT (MEN'S ROWING)

The Sydney University Boat Club was established in 1860. The club, together with the women's rowing club, competes as Sydney University in the Club, State and National Championships and includes members of the Australian squad. For the past few years Sydney University has been the

leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last eight years. Also, at the 2010 National Championships, the club won the "Centenary Oar" for the most points.

For more information go to: www.subc.org.au or email: boat@sport.usyd.edu.au

BOXING

The club offers something for all levels, from non-contact aerobic fitness classes to amateur competition for men and women. Training is held in a dedicated boxing gym at HK Ward Gymnasium.

For more information email: boxing@sport.usyd.edu.au



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CANOE/KAYAK

The Sydney University Canoe Club caters to all levels of people who just want to paddle! The student and alumni run organised trips around NSW for beginners as well as trips for those who want to take on high grade rapids. The club conducts white water canoe/kayak weekends and competes in canoe polo leagues and tournaments around Sydney. The club also utilises a canoeing facility at the Penrith Whitewater Course.

For more information go to: www.sydneyniversitycanoeclub.com.au or email: canoe@sport.usyd.edu.au

CRICKET

The men's club has eight teams that compete in the Sydney Grade Competition that caters from the elite to social player. The Universities Women's Cricket Club also has 1st, 2nd and U15 grades competing in the Sydney Women's Grade Competition. The women's club also organises a twilight 12 over social competition.

For more information go to: (Men) www.sydneyniversitycricket.com.au or email: (Men) succ@sport.usyd.edu.au or (Women) uwcc.secretary@gmail.com

CYCLING

See Velo.

FENCING

The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club, consisting of more than 100 members presently, welcomes members of all standards. The club has a large amount of equipment available for the use of members, offering training with foil, epee and sabre.

For more information go to: www.fencing.soc.usyd.edu.au or email: fencing@sport.usyd.edu.au

GYMSPORTS

The Sydney University Gymsports Club is a thriving recreational and competitive club for adults. The club features a very social general gymnastic program, welcoming gymnasts from all disciplines, including artistic gymnastics, trampolining, acrobatics and aerobics. The club supports artistic gymnasts competing yearly in State Stream, invitational and Masters Competitions. As well as this, the club features a Nationally-ranked cheerleading program. This program includes a cheerleading and dance team, and competes regularly in National and State competitions.

For more information go to: www.sugymcheer.org or email: gymnastics@sport.usyd.edu.au

HANDBALL

The club enters men's and women's teams in the NSW Handball League. It is open to everyone from beginners to international representatives. During summer, the club plays Beach Handball and arranges social competitions for those interested in trying out the game.

Email: handball@sport.usyd.edu.au

HOCKEY

The Sydney University Hockey Club is one of our largest clubs with numerous men's, women's and junior teams. The men's teams play in the Premier A Sydney competition while the women compete in both the Eastern Districts Women's Hockey Competition and the Sydney Women's Hockey League. The club sends teams to University Games.

For more information go to: www.suhc.asn.au or email: hockey@sport.usyd.edu.au

JUDO

The Sydney University Judo Club is the oldest judo club in Australia, founded in 1954 by Gary Grennan and Andy Shepherd. The club competes in all levels of judo competition, from national and state to local competitions and Australian University Games. SUJC is run by students, has black-belt

instructors with international experience, and is the most affordable judo club in NSW. Over the last four decades, SUJC has trained nine Olympians and numerous Australian representatives.

For more information go to: www.sydnejudo.com or email: judo@sport.usyd.edu.au

KEMPO/KARATE

The club conducts classes for all levels throughout the year, focusing on self defence skills and coordination.

Email: kempokarate@sport.usyd.edu.au

KENDO

Since 2004, Sydney University has offered Kendo, a traditional Japanese fencing martial arts practiced by the samurai. Today it is both a martial art as well as an internationally competed 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, with beginners' courses and active participation to all level of tournaments.

For more information go to: www.usydkeno.com or email: kendo@sport.usyd.edu.au





NETBALL

The Sydney University Netball club, recently joined as a part of the City Of Sydney Netball Association, is open to all abilities. The club has three teams entered in the NSW State League competition and a team in the NSW Regional Inter-district competition. Social players can compete in the weekend club and social competitions. The club also sends women's and mixed teams to the University Games.

For more information go to: www.sunetball.com.au or email: netball@sport.usyd.edu.au

ROCKCLIMBING AND MOUNTAINEERING

The Sydney University Rock Climbing and Mountaineering Club is not a competitive club. Instead, it fosters the development of rock climbing as a social sport for men and women. SURMC runs trips on weekends to give members the opportunity to climb outdoors during the semester, as well as indoor climbing which takes place all year around at The Ledge. There are opportunities for elite climbers in the club to compete in state and national events; however there are currently no members involved in these competitions.

For more information go to: www.surmc.org.au or email: rockclimb@sport.usyd.edu.au

ROWING

The Sydney University Rowing Club was established in 1960s. The club, together with the men's boat club, competes as Sydney University in the Club, State and National Championships and includes members of the Australian squad. For the past few years Sydney University has been the leading competitive rowing club in New South Wales. The club has won Honours Trophy at the NSW Championships for scoring the most points at the championships for the last eight years. Also, at the 2010 National Championships, the club won the "Centenary Oar" for the most points.

For more information go to: www.sydneynirowing.org or email: rowing@sport.usyd.edu.au

RUGBY LEAGUE

The club has two teams and welcomes new members. The club also encourages and supports players to participate in NSW and Australian representative teams.

For more information email: rugbyleague@sport.usyd.edu.au

RUGBY UNION

The Sydney University Football Club is one of the strongest clubs in the NSW rugby union competition. The club caters for a range of players through to the elite level. The club won the Club Championship for the 7th successive time in 2010, along with the Colts Club Championship for the sixth successive time, 1st Grade Premiership, Colts 1 Premiership and Colts 2 Premiership. The women's club enters a team in the Sydney competition.

For more information go to:
(Men) www.sydneynirugby.com.au
(Women) www.sydneyniwomen.rugbynet.com.au
or email:
(Men) sufc@sport.usyd.edu.au
or (Women) rugbywomen@sport.usyd.edu.au

SAILING AND BOARDSAILING

The Sydney University Sailing Club is based down out of Woollahra Sailing Club in Rose Bay on the harbour. The club runs courses for university students in partnership with WSC under the YA/RYA training scheme. Members participate in club, state and national class events using the club boats. The intensive courses are run during the semester and cover everything from start sailing through to start racing. A number of weekend social trips are organised each semester which provide the perfect opportunity to escape the city for pure sailing.

For more information go to: www.usydsailing.com or email: sailing@sport.usyd.edu.au

SKI

The Sydney University Boarders and Skiers Club, established in 1997, hosts approximately 2000 members and is the largest Sporting and Recreational University Club in Australia.

For more information go to: www.subski.net or email: ski@sport.usyd.edu.au

SOCCER

The Sydney University Soccer Football Club caters for players of all abilities from elite to beginner. It enters both men's and women's teams in the NSW Super League. It also enters a large number of men's teams in the Eastern Suburbs Football Association and women's teams in the Gladesville/Hornsby competition.

For more information go to: www.susfc.org.au or email: soccer@sport.usyd.edu.au

SOFTBALL

Softball has been very successful over the years at the Australian Uni Games, and will be looking to defend the title in October. All players are welcome!

Email: softball@sport.usyd.edu.au

SQUASH

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

For more information go to: www.squash.soc.usyd.edu.au or email: squash@sport.usyd.edu.au





SWIMMING

The Sydney University Swimming Club trains at the University Sports and Aquatic Centre. All levels of experience are catered for, from beginners to the elite. The club competes in all levels of competition from club nights to state and national events, as well as Eastern and Australian University Games. In 2008, the club earned 'Gold Status,' as one of Australia's leading swimming programs.

For more information go to: www.suswimclub.com.au or email: swimming@sport.usyd.edu.au

TABLE TENNIS

The club provides table tennis from the beginner to the elite level. It enters regional competitions as well as University Games. We meet at HK Ward Gymnasium regularly during the week with coaching available.

For more information go to: www.usydt.org or email: tabletennis@sport.usyd.edu.au

TAEKWONDO

The Taekwondo Club started in 2001 and welcomes people of all experience levels the opportunity to learn the Korean martial art and Olympic sport of Taekwondo. Classes teach kicking, sparring, self-defence and the core traditional aspects of Taekwondo such as spirit, focusing on improving an individual's health and fitness while learning in a fun, safe and social environment.

For more information go to: www.usytdkd.com or email: taekwondo@sport.usyd.edu.au

TENNIS

Founded in 1885, the Sydney University Lawn Tennis Club enters teams in the Metropolitan Grass Courts Clubs Association Badge competitions and other competitions conducted by Tennis NSW and the NSW Hardcourt Tennis Association. The club organises weekly social tennis for club members at the Manning lawn courts. The Tennis Club's representative teams compete annually at the Australian University Games.

Email: tennis@sport.usyd.edu.au

TOUCH

Established in 2001, the Sydney University Touch Club provides opportunities for students to participate in touch in social to challenging competition, including University Games, Vawdon Cup and State Cup. The club conducts a weekly mixed competition providing students and community members the opportunity to play competitive touch in a social environment on a regular basis.

For more information go to: www.sydneytouch.asn.au or email: touch@sport.usyd.edu.au

ULTIMATE FRISBEE

Sydney University Ultimate Frisbee is open to all ability levels, entering many local, state and national tournaments. It has an important social aspect and remains competitive at University Games where the club has posted excellent results since the sport's inclusion.

For more information go to: www.suuf.ufnsw.com.au or email: ultimatefrisbee@sport.usyd.edu.au

VELO

Whether you're an elite and experienced peloton rider or a casual cycling enthusiast, the inception of SU Velo has finally created a club in Sydney that caters for you, in a fun and interactive community.

For more information, go to: www.suvelo.com.au or email: secretary@suvelo.com.au

VOLLEYBALL

The Sydney University Volleyball Club enters men's and women's teams into the Australian Volleyball League, as well as teams in local and state competitions. The club has done particularly well in University competitions, with the men's team coming first in the country in 2000. Also, the men's and women's teams have won the NSW University Games often over the past few years.

For more information go to: www.suvolleyball.com or email: volleyball@sport.usyd.edu.au

WATER POLO

The Water Polo Club provides opportunities for members to play water polo at all levels. The club has junior programs, social teams and beginner teams right up to first grade. Both the men's and women's teams compete in the National Water Polo League.

For more information go to: (Men) www.sydneyniwaterpolo.com.au or (Women) www.suwaterpolo.com Email: (Men) suwtc@sport.usyd.edu.au or (Women) waterpolowomen@sport.usyd.edu.au

WATER SKI AND WAKEBOARD

The Water Ski Club informally began as early as the 1960s. The club offers an opportunity for all abilities to enjoy organised trips throughout the year. The club's season runs from late September to late April, offering organised water ski days for members at Riverside Ski Park at Cattai, on the Hawkesbury, about one hour north-west of Sydney.

For more information go to: www.usydwake.com or email: waterski@sport.usyd.edu.au

WRESTLING

The club welcomes all levels of wrestlers from beginners looking for a social sport experience to elite level competitors.

Email: wrestling@sport.usyd.edu.au

'Blue&Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | SPRING 2011

BY RODNEY TUBBS

2011 'BLUE & GOLD' ATHLETICS LUNCHEON



Nick Moore, presenting the late Jack Metcalfe's daughter, Ann Hornbrook, with his *Hall of Fame* recognition.



Panellists Paul Greene and Anneliese Rubie.

The 'Blue & Gold' Club is a coterie of individuals and business organisations with a shared passion for sport at Sydney University. 'Blue & Gold' sporting functions date back to 1997, but it is only now that the number of 'Blue & Gold' Club members from the Sydney University Athletics Club has reached a level which supports a 'Blue & Gold' Athletics Luncheon.

On Friday 13th May, approximately 100 past and current Sydney Uni Athletics Club (SUAC) members assembled at the exclusive Boathouse on Blackwattle Bay restaurant for the first ever 'Blue & Gold' Athletics Luncheon.

The Master of Ceremonies was 'Blue & Gold' Club Manager, Rodney Tubbs, and he commenced proceedings with a brief account of SUAC successes

over its 134 year history and an outline of the luncheon's sequence of events. Before inviting SUAC President, Bobby Broadhurst, to offer a few words of welcome, the MC declared that the weekend had officially commenced and that no-one was expected to return to their office until Monday morning!

Bobby Broadhurst whet everyone's appetite for sumptuous entrées, which were followed by Nick Moore's Hall of Fame presentation to Jack Metcalfe's daughter, Ann Hornbrook. The luncheon guests were reminded that Sydney Uni's triple jumper, Jack Metcalfe, was the only Australian medal winner at the infamous Berlin Olympics of 1936.

The very erudite and highly amusing panel moderator was Greg O'Mahoney – a Rhodes Scholar who was also a world

champion debater and orator. Greg's first panel comprised three "SUAC Legends:"

- Cheryl Collins – 1972 Olympian who won three National 400m titles, four National 800m titles and one National 1500m title between 1966 and 1971;
- Betty Moore – the equal world record holder for the 80m hurdles, who began her SUAC career in 1952, but finished up living in and representing Great Britain; and
- John Treloar – a triple gold medallist at the 1950 Empire Games and Australia's champion sprinter at the 1948 and 1952 Olympic Games.

Cheryl provided fascinating insights into the Munich Olympic Games, when members of the Israeli team were taken hostage and eventually killed by the



Panellists Cheryl Collins (née Peasley).



L to R: Joanna Cubis, Marilyn Fraser, James Dooley, Hannah Gibbs, Larissa Pasternatsky and Scott Fraser.

Palestinian terrorist group known as Black September. Betty Moore proved herself to be a marvellous raconteur, who needed little or no prompting from the panel moderator! In similar vein, John Treloar politely thanked Greg O'Mahoney for one of his questions, but then announced that he would rather tell a couple of stories from the London and Helsinki Olympics... which he proceeded to do in fine style.

After delicious main courses, Greg O'Mahoney was back with a panel which was described as SUAC "Young Guns." Whilst the adjective "young" very definitely applies to Anneliese Rubie, it was a less apt description for Paul Greene and the balding Andrew Pym! Nevertheless, all three were thoroughly entertaining panellists:

- Anneliese Rubie – 400m Junior National Champion and 400m bronze medallist (at the age of only 18) in the Open National Championships;
- Paul Greene – the 200m specialist at two Commonwealth Games, two World Championships and the 1996 Atlanta Olympic Games; and
- Andrew Pym – the competitive national level sprinter and surprise (to everyone but himself!) winner of the 2001 Stawell Gift.

Anneliese impressed the luncheon guests with her very pleasant manner and exceptional enthusiasm for the exciting athletics future that awaits her. Paul Greene communicated the great passion that he had for his sport and described how his athletics' experiences groomed him well for a subsequent career as a very

successful professional musician. Andrew Pym gave a wonderfully entertaining account of his triumph in the 120th Stawell Gift. This covered the pre-race betting ring, wins over Olympic sprinters in his heats and semi-final and his ultimate victory by a very clear margin.

Following exquisite desserts, the raffle and auctioning of just four items helped raise more than \$7,000 towards the SUAC 2013 USA Tour.

Over cleansing ales at the Toxteth Hotel at the top of Ferry Road, Glebe, the first ever 'Blue & Gold' Athletics Luncheon was deemed to have been an outstanding success. Much of the credit for this goes to Brian White and his most enthusiastic SUAC function sub-committee.

An annual 'Blue & Gold' Athletics Luncheon is now definitely on the calendar.



2011 'BLUE & GOLD' SOCCER FOOTBALL DINNER



Sydney FC Women's Captain, Heather Garriock, on a panel with Holger Osieck and Andy Harper.



Media personalities, Peter Fitzsimons and Andy Harper, appearing to be nonplussed by Adam Spencer's "soccer ball" sportscoat!



Elite Women's Soccer players: Emma Schiller, Olivia Kenedy and Monica Holmwood.



Expert commentator, Andy Harper and coach of the Socceroos, Holger Osieck.

The annual Sydney Uni Soccer Football Club (SUSFC) function differs from all of the other 'Blue & Gold' sporting functions in that it is held as a dinner rather than a luncheon. And in the quest for more attendees, this function moved off campus for the very first time on the evening of Friday 10th June.

The move to Doltone House on Darling Island Wharf at Pyrmont was vindicated when 220 people (50 more than ever previously) attended the 2011 'Blue & Gold' Soccer Football Dinner.

In another change, Ross Xenos replaced the incapacitated Rod Tubbs as the Master of Ceremonies and took to his new role like a duck to water!

The principal entertainment at 'Blue & Gold' Soccer Football Dinners is Adam

Spencer's panels, which are renowned for the quality of both the moderator and his panellists over the past six years.

That reputation was only enhanced this year when Adam, who was in sparkling form, matched wits with:

- Peter Fitzsimons – Wallaby, media personality and raconteur;
- Andy Harper – 321 game NSL veteran, author and expert commentator;
- Heather Garriock – Sydney FC Women's Captain and World Cup-bound Matilda; and
- Holger Osieck – Football mastermind and current Coach of the Socceroos.

Nathan Kosmina, SUSFC Operations

Manager, and John Curran, Director of Football, managed to source some amazing live and silent auction items which generated lots of interest and plenty of money! A competition to correctly identify "Famous Faces" from fairly grainy photographs stumped most of the tables, but was also a good money spinner.

Much fun and lots of additional cash was raised when 25 Hummel soccer balls (signed by high profile Matilda and also Australian fast bowler... Ellyse Perry) found new homes that evening.

There was a really good feeling in the room and SUSFC stalwarts predicted that this function would inspire a stellar run to the finals by our senior men's and women's soccer football teams!

2011 'BLUE & GOLD' RUGBY LUNCHEON



L to R: Rob Carlton and Greg O'Mahoney (*The Gentlemen of Rugby*) with Adam Spencer and Rhys Muldoon (*Low-Life Academia*).



Rugby scholarship holders Edward Wiley, Jack De Guingand and Tom English with SUSF's Nick Halliday.



SUFC panellists: Laurie Weeks, Luke Burgess and coach Todd Loudon.



L to R: Adam Spencer, Phil Harry (the totally biased adjudicator) and Patrick Chapman...aka Rhys Muldoon!

The fifteenth consecutive staging of the annual 'Blue & Gold' Rugby Luncheon was held on Friday 8th July at the Four Seasons Hotel.

The entertainment commenced with Adam Spencer dissecting the Club and Super 15 rugby seasons to that point in time with:

- Todd Loudon – attack coach of the Bulls when they won the Super Rugby title in 2007; attack coach of the NSW Waratahs when they made the Super Rugby final in 2008; the former Director of Football and now Head Coach of the Sydney Uni Football Club;
- Luke Burgess – Australia's third most capped (32) Test halfback; a 56-time NSW Waratah and a Shute Shield winner with Sydney University; and

- Laurie Weeks – a three-time Shute Shield winner with Sydney University and a young veteran of 39 Super Rugby caps with the Queensland Reds and the Melbourne Rebels.

After mains, the principal fare of the day was the much anticipated annual 'Blue & Gold' debate. The Low-Life Academia team of Adam Spencer and Patrick Chapman, the former All Black cum pig farmer from Taranaki (aka Rhys Muldoon), negated the proposition that the only thing more fun than winning the World Cup will be watching the All Blacks lose it.

Affirming the proposition, The Gentlemen of Rugby featured Greg O'Mahoney, who developed a cult following in the early years of the

annual 'Blue & Gold' debates, and Rob Carlton, on secondment from the highly acclaimed ABC drama *Paper Giants: The Birth of Cleo*, in which he appeared as a very credible young Kerry Packer.

Although the Low-Life Academia case was once again based on superb acting and exceptionally clever wit, neither of these attributes impressed the totally biased adjudicator - former ARU President, Mr Phil Harry - who awarded The Gentlemen of Rugby their fifteenth consecutive "surprise" victory!

If you haven't been to a 'Blue & Gold' Rugby Luncheon, make a real point of doing so next year. This function has well and truly stood the test of time and our 'Blue & Gold' debaters are much funnier than stand-up comedians!



UNIVERSITY OF SYDNEY SPORT FOUNDATION NEWS

The most exciting Foundation news this year has been the continued growth of Named Sporting Scholarships, which involve donations of \$25,000 up to \$100,000 by generous philanthropists.

So far in 2011, the following new Sporting Scholarships have been donated:

ROSS BROWN SCHOLARSHIP

Ross Brown is a graduate of the Faculty of Pharmacy. He was a Foundation Governor of the Pharmacy Foundation and a former President of the Pharmaceutical Society of Australia. Ross has long been a tireless ambassador for the University and his faculty. He was made an Honorary Fellow of the University in 2009. The Ross Brown Sporting Scholarship was established in 2011 for a sportsperson who is in the Elite Athlete Program (EAP) and who is studying Pharmacy or an associated discipline.

BUILDCORP SCHOLARSHIP

Buildcorp has been the naming rights sponsor of the Sydney Uni Football Club for more than 20 years, but this scholarship was awarded for the first time in 2011. Donated by the Buildcorp principals, Tony and Josephine Sukkar, this is a perpetual sporting scholarship for an emerging rugby player, who has potential to be considered for future employment

at Buildcorp. The recipient will be studying a discipline relevant to the Buildcorp organisation.

ALLAN KENDALL SCHOLARSHIP

Allan Kendall was an outstanding lawn tennis, squash and table tennis player in the late 1940s and throughout the 1950s. A Blue in all three sports, Allan toured the world playing tennis at the elite level, being in the Wimbledon draw on numerous occasions. The Allan Kendall Sporting Scholarship was established in 2011. It will be awarded annually to an undergraduate resident of St. Andrew's College, who is a member of the Elite Athlete Program (preferably as a specialist in tennis, squash or table tennis).

In addition to these three new Sporting Scholarships, the year-to-year MBF Health Sporting Scholarships have been replaced by two perpetual scholarships for aspiring athletes in Olympic sports.

Thanks to the outstanding generosity of 1953 Hockey Blue, Dr Margaret Tyrrell, the very prestigious perpetual Mollie Dive Scholarship is the first Sporting Scholarship to be fully funded for a six figure sum.

For further information on Named Sporting Scholarships, please contact Rodney Tubbs on 9351 7958 or r.tubbs@sport.usyd.edu.au

UPCOMING 2011 'BLUE & GOLD' SPORTING FUNCTIONS

WATER POLO LUNCHEON

Friday 26th August
from 12:00 noon at the WatersEdge Restaurant, Walsh Bay

ROWING LUNCHEON

Friday 16th September
from 12:00 noon at The Boathouse on Blackwattle Bay, Glebe

BLUES ASSOCIATION/SUSF GOLF DAY

Wednesday 12th October
from 12:00 noon at St Michael's Golf Club, Little Bay

CRICKET LUNCHEON

Friday 18th November
from 12:00 noon at the Four Seasons Hotel, Sydney

XMAS HAMPER GOLF DAY

Wednesday 23rd November
from 12:00 noon at St Michael's Golf Club, Little Bay

WNBL FLAMES/WOMEN IN SPORT LUNCHEON

Wednesday 7th December
from 12:00 noon at WatersEdge Restaurant, Walsh Bay

For advanced bookings (ensuring the best seats in the house or starting tees nearest to the clubhouse), please contact Rodney Tubbs on 9351 7958 or r.tubbs@sport.usyd.edu.au



L to R: Tony Sukkar, Jack Marples and Sydney Uni Rugby President, David Mortimer AO.



SYDNEY UNI SPORT & FITNESS

UPCOMING EVENTS CALENDAR

HOME FIXTURES



AUSTRALIAN FOOTBALL

	DATE	TIME	OPPONENT
Sydney University Australian Football Club	Saturday 20th August	4.10 pm	Illawarra

BASKETBALL

	DATE	TIME	OPPONENT
Southern Design Sydney Uni Flames	Friday 7th October	7.00 pm	AIS
Southern Design Sydney Uni Flames	Friday 21st October	7.00 pm	Logan
Southern Design Sydney Uni Flames	Saturday 29th October	7.00 pm	Bendigo

RUGBY

	DATE	TIME	OPPONENT
Sydney University Football Club	Saturday 27th August	3.00 pm	Manly

WHEELCHAIR BASKETBALL

	DATE	TIME	OPPONENT
Wheelchair Flames	Saturday 20th August	10.00 am	Western Stars
Wheelchair Flames	Saturday 20th August	4.00 pm	Victorian Dandenong Rangers
Wheelchair Flames	Sunday 21st August	11.00 am	Queensland Comets
Wheelchair Flames	Sunday 21st August	5.00 pm	North Sydney Bears
WheelKings	Saturday 27th August	11.30 am	Rangers
WheelKings	Sunday 28th August	11.00 am	Rangers





OVER THE LINE

Lara's theme

Injury thwarted Sydney University Elite Athlete Program (EAP) scholarship holder Lara Tamsett from defending her 2010 Sun-Herald City2Surf crown. The Media-Communications student won the female section of the 14km event at her first attempt last year when she clocked 46min 54sec, almost one minute ahead of second-placed Cassie Fien (47.51) of Queensland and third-placed Jessica Trengrove (48.26) of South Australia. Preparing for the 2011 City2Surf, Tamsett recently braved a heel injury to finish ahead of Trengrove and Abigail Bailey to win the Gold Coast Half Marathon in 1:12.19. Her performance was made all the more remarkable because it was her first tilt at a half marathon. On that form, Tamsett, 22, would have been short odds to defend her City2Surf crown, but the heel injury put paid to those ambitions. But the form line rang true, with Trengrove winning the women's section of the event in 47:29, with Fien running fifth. Tamsett is hoping to be recovered to run the Perth City2Surf on August 28. She has been serving notice of her abilities since making her international debut in 2006 when she lined up for Australia in the 3000m at the World Junior Championships in Beijing.

If the cap fits

Sydney University Waratah Cup team member Mo'onia Gerrard recently notched up her 50th Test cap when the Australian Diamonds defeated Samoa on the opening day of the 2011 World Netball Championships in Singapore. Hailing from a talented sporting family on Sydney's northern beaches, Gerrard was more than handy at touch football, surf lifesaving and athletics, but settled on netball at an early age and made her debut for the Diamonds against South Africa in 2004. "I didn't even think I would get one Test cap because I didn't really aspire to play for the Australian Diamonds, but when I got the opportunity I totally wanted to take it on board and play more," Gerrard said. While the 50th cap was a milestone, Mo'onia's 55th cap was the most memorable. That was the 2011 World Championship final when the Diamonds came from behind to defeat New Zealand 58-57. As Mo'onia was also a member of the winning 2007 World Championship team in Auckland, she now has the big decision of whether to push on for a third title, the temptation being the 2015 championships which will be played at home in Sydney.

Building to golden finish

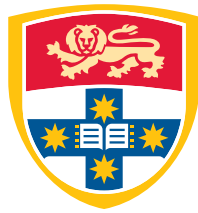
After strong performances at the Kirishi Cup in Russia and the FINA World League finals in China in June, Sydney University Elite Athlete Program scholarship holder Keesja Gofers won selection in the 14-strong Australian Stingers women's water polo squad for this month's FINA World Championships in Shanghai, China. Gofers, a Bachelor of Design in Architecture student and University Blue, joined the Stingers for a nine-day camp in Perth, with lead-up matches against Greece, Hungary, New Zealand and the Australian Under 20 squad, before departing for China where their first round opponent will be Canada, followed by matches against New Zealand and fellow Asian competitor Uzbekistan. Gofers has an excellent record at international events, having been a member of Australian teams that won the World Junior Championship in 2007 and finished second at World League Finals in 2010 and 2011. The 21-year-old hopes to follow in the footsteps of her sister Taniele – another Sydney University Lion – who won World Cup gold in Tianjin in 2006 and bronze at the 2008 Beijing Olympic Games.

On the Wallaby track

Halfback Nick Phipps became Sydney University Football Club's 91st Wallaby when he made his Test debut for Australia against Samoa on July 17. He also became Wallaby No.850 since 1899. Phipps, a product of the SUFC Colts system, might have hoped for a better outcome on debut – Samoa won 32-23, their first win over Australia. The Wallabies owe their moniker to a former SUFC flanker, Dr Herbert "Paddy" Moran, who captained the 1908-09 Australian tour of Britain. While sailing for Plymouth, word reached Moran that the British press were calling the Australians "Rabbits." In a letter home, he declared there was no way the Australians were going to wear the name of a pest that bred in plague proportions. "The position demanded a conference," Moran wrote. "Wallabies, Kangaroos, Kookaburras and Wallaroos had been suggested. For a brief day we were Waratahs, but that was only emblematic of NSW. All were agreed that any name would be preferable to Rabbits. Wallabies won by a couple of votes." Moran became Wallaby No.97 when he played against Wales at Cardiff Arms Park on December 12, 1908 but unfortunately SUFC can't claim him as a Wallaby as he departed for Brisbane early in 1908 to pursue a career as a surgeon and was selected from there.



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