

# ROAR



Sydney Uni  
SPORT & FITNESS

13

SYDNEY UNI SPORT & FITNESS MAGAZINE

SUMMER 2011/12



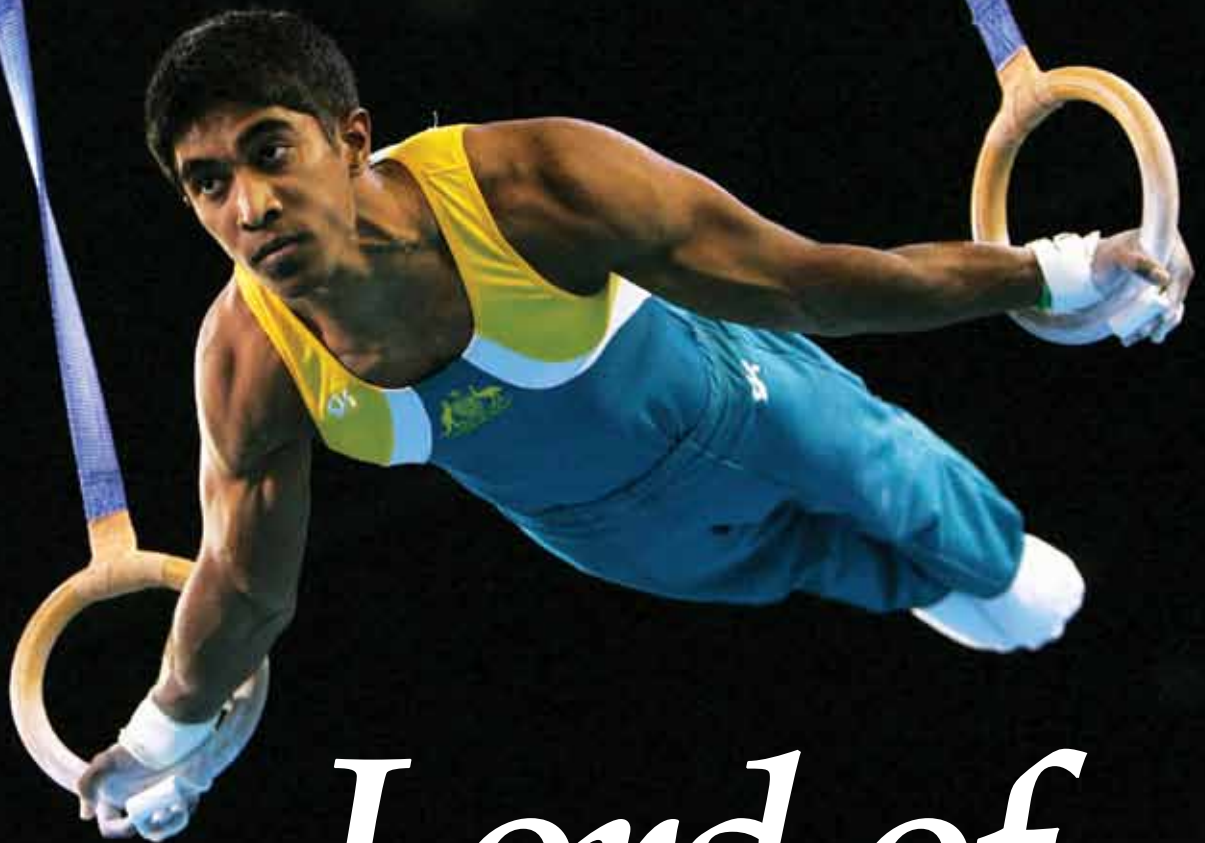
**AUSTRALIAN  
UNI GAMES.**  
2011 OVERALL  
CHAMPIONS.



**CRICKET.**  
DEFENDING  
THREE TITLES  
IN THE 2011/12  
SEASON.



**FUN SCHOOL  
HOLIDAY CAMPS.**  
ENROL NOW  
FOR SUMMER.



## Lord of THE RINGS

GYMNAST PRASHANTH SELLATHURAI'S CV OPENS WITH HIS SILVER MEDAL ON THE POMMEL HORSE AT THE 2006 GYMNASTIC WORLD CHAMPIONSHIPS. NOW, IN 2011, THE LONDON OLYMPICS ARE ON THE RADAR – PAGE 12.

**PLUS:** VOLLEYBALL > FITNESS TIPS > SNOW SPORTS > RUGBY UNION > HOCKEY



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# ROAR MAGAZINE. NOW 13 EDITIONS YOUNG.



## FROM THE EDITOR

Longer days, beach weather, swimmers and board shorts, salads and seafood, Christmas holidays... that's right, summer is here – finally!

In some cases, exercise takes a back seat over this fun holiday season. We eat and drink too much over Christmas and New Year and routine has gone out the window. This is why we are here to help you with an article on some of those common party habits to avoid and the answers to some frequent questions on how to achieve that beach body.

In most other cases, Australians love getting outdoors and enjoying a team sport, whether it's a game of cricket on a Saturday afternoon or a social game of netball after work – it's built into our culture. We enjoy going to watch outdoor sports in the warm weather, and for some of us, we begin training for the next season of our chosen competition.

Our cover star this issue, Prashanth Sellathurai, doesn't stop his training regime depending on the season. He buries himself in the gym, working hard on his shoulder and arm strength with the aim of adding to the already long list of achievements in his chosen gymnastic disciplines. Aaron Scott describes him as 'faultlessly humble' – page 12.

Up-and-coming Elite Athlete Program (EAP) scholarship holder Nina Khoury entertains us with the 'rumours' on the hockey circuit, the Cricket Club introduces some of their new season players, we feature a World Uni Games wrap up and

the Sydney Uni Football Club report on their excruciating extra-time battle against Eastwood in the grand final.

We've also covered off a report on the Snow Sports win at the Australian University Snow Sports Championships, a wrap-up on our success at the Australian University Games on the Gold Coast, the highlights of the small but powerful volleyball club and Graham Croker asks Phil Waugh a few questions on which path he will take now that he's graduated from The University of Sydney.

It's the season we all love to enjoy, so spend some time celebrating but make sure it's in moderation! For more information on how to keep up your fitness program, just call in and see us for that extra little bit of motivation to get you through.

**Jessica Laycock**  
Editor

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# KEEP HOLIDAY KILOS AT BAY

IF YOU CONSIDER THAT AN EXTRA MINCE PIE A DAY WILL LEAVE YOU WITH AN EXTRA KILO OF BODY WEIGHT OVER THE COURSE OF A MONTH, IT'S NOT DIFFICULT TO UNDERSTAND HOW CHRISTMAS CHEER CAN REALLY PILE ON THE KILOS.

So on the eve of another holiday season, perhaps it is worth considering if there are any changes to your diet that are easily implemented but go a long way in reducing your kilojoule intake and supporting weight control, even during the festive time of year.

Remember, one-off over-indulgences do not cause weight gain – weight gain is caused by gradual and sustained increases in kilojoule intake or dietary habits that develop and support higher kilojoule intakes each day – an extra biscuit here, a large glass of wine there and before you know it, an extra kilo has snuck on.

Here are some common party season habits to avoid:

## 1 GOING TO PARTIES HUNGRY

A common mistake made when it comes to party season is over-indulging on high-fat pastries, chips and dip which are consumed mindlessly while waiting for the 'real' food. Avoid over-eating at cocktail events by ensuring you do not arrive starving. Events held late afternoon and early evening pose the biggest issue so try a highly filling food 60-90 minutes beforehand such as a meal replacement shake, apple, protein shake, cheese and wholegrain crackers or a handful of nuts.

## 2 DITCHING THE EXERCISE

The warmer weather and longer days present a perfect opportunity to do more activity, not less. Make it a priority to maintain gym commitments, regular walks and take the kids to the beach or park as much as you can to help compensate for the extra food you are likely to be eating.

## 3 BUYING TOO MUCH FOOD

Remember, if food is there, you will eat it. Large Christmas hampers, chocolates, lollies and cupboards stocked with excessive amounts of snack food are a recipe for disaster. Shop in small amounts, purchasing only what you need. Try to avoid extra large boxes of chocolates and lollies, and give away leftovers to remove temptation.

## 4 OVER-INDULGING IN ALCOHOL

As is the case with activity, the festive season should not be seen as an excuse to forget your personal limits with alcohol intake. Try to have at least two alcohol-free days each week to give your liver a break, drink plenty of water and be aware of high kilojoule mixers such as juice, soft drink and flavoured drinks which can really increase the number of kilojoules you are taking in. A great refreshing, low kilojoule alternative is soda or sparkling water with a slice of lime or lemon.

## 5 LETTING CHRISTMAS RUN UNTIL JANUARY

Aim to get back on track with your usual diet and exercise habits by January 2 or before you know it, February will be here, you will be rushing to go back to work or get the children ready for the school year and the extra Christmas weight will be with you for the rest of the year.

## 6 DEVELOPING AN 'ALL OR NOTHING' ATTITUDE TO DIETING

Rather than mentally writing off the next four weeks in terms of your food intake and activity patterns, think like a thin person. Enjoy good quality, tasty treats in controlled amounts but balance them with nutritious summer foods including salads, seafood and fresh fruits. Look at the time off as an excuse to move your body more and you will be well on your way to a fitter and healthier 2012. 🍌







# NEWSBITES

## JUDO CLUB COACH CLAIMS WORLD MASTERS

AUG  
03  
2011

Sydney University Judo Club coach Kristof Frankowski has beaten a field of 11 international competitors in his age and weight division (55 to 60 years under 100kg) by four full points to be the first Australian to win a gold medal at the International Judo Federation's World Gr and Masters Championships in Frankfurt, Germany. Frankowski had previously won gold at the World Masters Judo Associations Championships and at the World Masters Games.

## BADMINTON DUO CLAIM EDE CLENDINNEN SHIELD

AUG  
15  
2011

Sydney University Elite Athlete Program (EAP) scholarship holders Elena Kwok and Honesto Buendia have placed first, as part of the NSW badminton team,

at the 2011 Ede Clendinnen Shield. The feat was all the more impressive considering NSW had not won the event since 2002. Following the team event, Kwok went on to reach the semi-finals of the women's doubles event at the Australian Closed Badminton Championships, while Buendia made the quarter-finals of the men's singles event (receiving an Australian men's singles ranking of 8).

## BACK-TO-BACK TITLES FOR RUGBY WOMEN

AUG  
29  
2011

Sydney University made it back-to-back titles when they accounted for Merrylands 35-0 in the Sydney Women's Rugby grand final played at Pittwater Rugby Park. The students held a commanding 28-0 lead at half-time and posted a fourth try after the break to wrap-up their second title.

## ROWERS RAISE THOUSANDS FOR OXFAM AUSTRALIA

SEP  
01  
2011

Sydney University Elite Athlete Program (EAP) scholarship holders and Boat Club representatives James Goswell, Ed de Carvalho and Henry Mander, along with fellow rower Rob Taylor, raised over \$6,000 by completing the 2011 Oxfam Trailwalker.

Led by Goswell, 'Voldemort's Hooded Ones' was one of 550 teams who set off on Friday, August 26, through the bushland of northern Sydney, from the Hawkesbury to Sydney Harbour, aiming to walk 100km within 48 hours. Despite injury and illness, the team still managed to complete the race in eighth position, in an incredible time of 16 hours and 36 minutes.

Pictured (L to R): Ed de Carvalho, Henry Mander, James Goswell and Rob Taylor.



## HOCKEY CLUB FAREWELLS STALWARTS

SEP  
05  
2011

Sydney University Hockey Club bid farewell to a legend when Sam Lobsey played his last game for the club in first grade's 3-1 win over Briars in the final round of the 2011 Sydney Hockey Association Premier League. A University hockey Blue and first grade best and fairest player in 2003 and 2006, Lobsey played 156 first grade games for the University after joining the club in 2000, when he enrolled in a Bachelor of Arts (Geography and Archaeology) degree. Off the field Lobsey has been just as valuable. During his stint as President of the club, Lobsey established the SUHC Advisory Committee to encourage former players to continue to contribute their expertise to the club, and continued the club's push for a turf pitch. Lobsey departs Sydney with his fiancée Jemima Bartlett, a SUHC Women's Premier League squad member, who has played 153 games for the club and scored 83 goals.



# ST YO

**ROAR: You are originally from Tasmania. How are you finding living in Sydney?**

I'm loving Sydney. My family is from Sydney originally, so I was here a lot growing up. Don't get me wrong, I love Tasmania but you need to get out, move to a bigger place and Sydney is definitely that.

**ROAR: Aside from hockey, I understand that you're also quite a good tennis player?**

I used to play when I was younger; I went away with the Australian team a few times. I was in the Under 12 squad that went to New Zealand and the Under 14 squad that went to Delhi for the Junior World Qualifying Event. I liked the team aspect of hockey more though, which is how I ended up pursuing it over tennis.

**ROAR: You have achieved a lot in hockey so far, including representing Australia A and captaining the Australian Under 21's. What has been your best achievement?**

From a state perspective it would definitely be winning the Under 21 Nationals with Tassie, especially because we were never really given a chance of winning. Being selected for the Junior World Cup squad, which is an Under 21 group, when I was only 16 years old was definitely a highlight. Lastly, and this is a silly one, but winning two club championships in a row back in Hobart. The club hadn't done much for a while and we won two in a row, so that was really nice.

**ROAR: This is your first year at The University of Sydney and your first year with the Sydney University Hockey Club. Are you enjoying your time at the Club?**

Definitely, we're a good team. Unfortunately we (1st grade) were recently defeated by a goal in our semi-final. The team has played at a very high standard all season and for me it's been an arena to practice and have fun as well.

**ROAR: Congratulations on your**

**nomination as Sydney Women's Hockey League Metro League 1 Players' Player award – the equivalent of the AFL's Brownlow Medal.**

(laughs) Let's call it that, it makes it sound better. I believe it's the Loretta Dorman medal; she was a selector at the last camp. I thought I'd slide that in, "Loretta I've been nominated for your medal," and I did when I saw her! She was like "Ah cool, ok, alright I'll see you there." (laughs).

**ROAR: Did you receive many Players' Player awards in Tasmania?**

Our Tasmanian awards were always voted and organised by umpires, and look, I have fun with the umpires – let's just say I like to entertain myself.

**In other words you get in their grill?**

I do, but we give each other respect, and always say thank you after the game. I like to make a comment here or there, tell them what I think about decisions, but the Loretta Dorman medal is voted by coaches and managers...so I think I stand a better





# RIKE WHILE DUARE HOT

SELECTION IN THE HOCKEYROOS, A BERTH ON THE 2012 LONDON OLYMPIC GAMES TEAM AND OWNING A BLACK PORSCHE ALL HEAD NINA KHOURY'S WISH LIST. ROAR AFICIONADO NICK HALLIDAY GETS THE INSIDE STORY.

chance of winning. I can be quite assertive towards umpires.

**ROAR: It's a fine line between aggressiveness and assertiveness...**

As long as we (umpires and players) can laugh about it. One of the umpires at Nationals used to be really hard on me growing up, and we were on a first name basis because I knew her so well. Then I get to Sydney club hockey this year with Sydney Uni, walk out for my first game and she was the umpire. I'm not going to name her, but it was great. We'd have a chat during the game and after the game, it was good fun.

**ROAR: You have recently come back from Perth, where you were part of the Hockeyroos training camp. How was that experience?**

The camp was really good. It was a great environment being around the senior Hockeyroos and working with the head coach. It was a really supportive environment and I was able

to train really well.

**ROAR: Australian women's hockey is quite well known for the number of blonde-haired players. Are you the only hockey player that isn't blonde within the Australian set-up?**

The blonde culture is slowly changing, which is a good thing. I have a friend, I won't name her, who rocked up to a National camp and had dyed her hair blonde. We laughed about it, because at one point it was inferred that you needed blonde hair to be selected – she did get selected but trust me, it had nothing to do with her hair colour. And I definitely won't be changing my hair in search of an Australian call up.

**ROAR: What's next for you?**

Well, I'm currently in selections for the Oceania Olympic qualifier where we play against New Zealand and I have to wait and see if I'm selected in that. I'm also waiting to see if I get offered an AIS scholarship. At the moment everything is focused on London 2012 (Olympics). It really depends if I get

a shot at the National squad – I'm getting there but I guess it comes down to how they see me and what they like.

**ROAR: You are in your first year of a Bachelor of Commerce/Law degree. Why did you choose that course?**

Well when I was about six years old we had to write about what we wanted to do when we grew up and I wrote down that I wanted to drive a red Porsche – which by the way has changed to black now. I wanted to be a lawyer, and I wanted to earn the 'big bucks.' I really liked the movie Legally Blonde and I like to argue, so I figured law was the course for me!

**ROAR: You are part of the Sydney Uni Sport & Fitness Elite Athlete Program (EAP). How do you find the program?**

Really good, it's been really helpful. I've managed to balance the academic and sporting commitments quite well due to the assistance I get from the team at SUSF. 🙌

# ACCESS BENEFITS THESE HOLIDAYS

## EVENTS & ENTERTAINMENT

**ABL Karaoke** Lansvale 10% off room charge incl. disc. periods  
**Albert's Tavern** Nth Sydney Thur 8pm–10pm 15% off drinks & disc. function packages on Sat  
**The Belvedere Hotel** City 15% off drinks  
**Big Fun** Syd, Melb, Bris, Canberra & Perth 15% off rides for adults  
**Candy's Apartment** Kings Cross Free entry Thur & Sun & disc. entry Fri & Sat  
**CEO Karaoke** Sydney 10% off room hire  
**The Eastern** Bondi Junction Free Entry Wed + Fri with a Free drink before 11pm  
**Favela** Kings Cross Free entry before midnight  
**Future Entertainment** Sydney Exclusive offers & discs for events such as Future Music Festival, GodsKitchen + more  
**The Hampshire Hotel** Camperdown \$5 spirits & \$8 Jugs, \$10 Bottles of wine & \$10 meals with a complementary drink  
**Home the Venue** Darling Harbour Free entry Thur + Fri + Sat before midnight  
**Intencity** Broadway 1 free game + Buy 1 Super Session get another free  
**Jackson's on George** The Rocks 15% off drinks  
**Marlborough Hotel** Newtown 15% off drinks  
**The Nags Head** Glebe \$10 bar food at all times 5% off bar, food & bottle shop  
**Oxford Art Factory** Darlinghurst \$4.50 tap beer & \$7 house spirits before 11:30pm  
**Paragon Hotel** Circular Quay 15% off meals  
**Red Lion Hotel** Rozelle 15% off  
**Soho** Kings Cross Free entry Fri + Sat, Free drink before 11pm  
**Strike** Moore Park & Chatswood \$7 Bowling & \$5 Strike Laser Skirmish Mon to Thur  
**The Sugarmill** Kings Cross Free entry Fri & Sat & \$50 bar tab for booked groups of 5 or more  
**Urbanagent** City Disc. Entry at Bamboo & Flaunt  
**The Watershed Hotel** Sydney 15% off drinks  
**The World Bar** Kings Cross 20% off House Spirits + Tap Beer  
**3 Weeds** Rozelle Free Hotel membership valued at \$45 p.a.  
**99 on York** City 50% off membership, 15% off bar & bottle shop

## THEATRE/MOVIES

**Australian Chamber Orchestra** Sydney Opera House \$38 tickets for under 30 yr olds save up to \$81 Also free ACO CD  
**Belvoir St Theatre** Surry Hills Student Rush \$25 per ticket, available performances Tue 6.30pm & Sat 2pm, from 10am on the day, subject to avail.  
**Dendy Cinemas** Newtown \$11.50 Session Tickets 3D \$14.50 \$7.50 Candybar deal  
**New Theatre** Newtown \$20 Tickets, \$17 Rush Price  
**Seymour Centre** Chippendale 15% off food & drinks from the bar  
**Stagedoor Promotions** Online \$55 tickets to smash hit musicals

## RECREATION & TRAVEL

**Captain Cook Cruises** Sydney Harbour 50% off cruises & free birthday cruise  
**Chartis Insurance** Online 40% off travel insurance

**Colourful Trips** 15% off day trips & tours  
**HCBS Whale & Diving Tours** 20% off Whale, Dolphin & diving tours plus Food on return to Manly Skiff Club  
**Inner City Cycles** Glebe 15% off parts & accessories & 12.5% off bikes  
**Jin Wu Koon** Chippendale 20% off Tai kickboxing & Kung Fu  
**Kingpin Bowling** Darling Harbour 20% off games, food + the bar  
**Luna Park** Milsons Point 20% Off Unlimited Ride Passes Up to 4 people per card  
**Mojo Surf** Sydney 15% off Mojo surf tours  
**M9 Laser Skirmish** Darling Harbour 20% off Skirmishes  
**Oceanworld** Manly 15% off student price  
**RedBalloon** Online \$30 off selected experiences, changing every 3mths  
**RocknBowl** Sydney \$18 per person sessions over 18% off  
**Rhythmboat Cruises** Online 20% off lunch + dinner cruises  
**Seido Juku Karate** Darlington Membership Discs. & 2 Free Classes!  
**Skydive the Beach Sydney** Central Coast \$30 off tandem skydive  
**Sydney Aquarium** Darling Harbour 15% off student price  
**Sydney Tower** City 15% off student price  
**Sydney Wildlife** World Darling Harbour 15% off student price  
**Sydney Buddhist Centre** Newtown \$20 off Meditation classes & retreats  
**Thunderjet** King Street Wharf Up to 25% off, Adults at kids prices  
**USIT Australia** 15% disc. on Teach in China or Thailand programmes. Equates to \$211 off Thailand & \$296 off China  
**YHA International** 2 yr membership for the price of 1  
**yTravel** Sydney \$1000 off any Trip

## FASHION, HEALTH & BEAUTY

**Ablaze Beauty Salon** Camperdown 30% off services Mon to Fri, 15% off services Sat & 10% off products.  
**Ambo Ars** Newtown 30% off hair services excl. Sat  
**Attik Clothing** Broadway 15% off  
**The Bedroom Boutique** Randwick 15% off  
**Detail for Men** Sydney CBD 50% off premium grooming & spa service & 20% off all ongoing services  
**Fair Story Fashion** Online 15% off  
**Jay Jays** Broadway 15% off clothes & accessories  
**Newtown Nutrition** 25% off initial consultation 15% off thereafter  
**Oscar Oscar Salon** Paddington 25% off all salon services Mon to Wed & before 2pm Thur & Fri  
**Provocator** Darlinghurst 25% off Storewide  
**Show Pony** Broadway 15% off  
**Stellino** Newtown 15% off ongoing & 25% Shopping Nights  
**Strawberry Snips Hairdressing** Newtown 20% off Services + 10% off hair products  
**Urban Eyewear** Broadway 20% off Complete Spectacles & Sunglasses 20% off Contact lenses with 6 mths supply purchase  
**Yoga in Daily Life** Annandale \$10 per lesson save \$2 off student price

## FOOD & BEVERAGE

**Agave Mexican Restaurant** Surry Hills 15% off Sun to Thur.  
**Bambino Torino Pizza** Newtown 15% off  
**Boost Juice** Newtown 15% off  
**Café Capucines** Newtown 10% off on all items & catering  
**Cellarmasters** Online \$50 off first order, 5% off thereafter  
**Cicco Chocolaterie** Broadway & Chatswood 15% off food excl. chocolate & 10% off drinks  
**Clipper Café** Glebe \$0.50 off ALL Coffees  
**Coffee School** Haymarket 15% off classes + 10% off courses  
**Coffee2Home** Online \$3.50 off per kg of coffee ordered  
**Eagle Boys** Newtown 30% off Lrge pizzas. From \$7.95 ea. Pick up only  
**Gloria Jeans** Bondi Junction 15% off  
**Grill'd** Darlinghurst, Crows Nest, Darling Harbour Free small drink or mini chips with any purchase Mon to Wed  
**GuzmanYGomez** All NSW locations 10% off  
**Himalayan Chargrill** Glebe 15% off lunch & dinner  
**Hoochie Mamma's Café** Missenden Rd 10% off  
**Ice + Slice** Newtown 20% off selected items & \$4 Tooheys New  
**LYNN Shanghai Cuisine** City 20% off food Mon to Thur  
**McDonald's** Stanmore 10% off  
**Nando's** Broadway, Camperdown & Market City 10% off  
**Oporto** Broadway 10% off all items  
**Saucepan Café & Restaurant** Darlington 15% off meals  
**Sole Espresso** Newtown 15% off  
**Sumo Salad** Broadway 10% off excl. beverages  
**Taste** Newtown 15% off  
**Thai Times 9** Newtown 15% off dinners  
**Uni Thai** Glebe 15% off Lunch & Dinner  
**Wendy's** Broadway 15% off hotdogs & hotdog meals  
**Well Connected** Glebe 1 free reg sized coffee with any purchase over \$10 (1 coffee per Access Card)  
**Ziggy's Café** Broadway 15% off

## GOODS & SERVICES

**Acacia Immigration** Sydney \$20 off in-house visa consults & 10% off prof fees on applications (up to \$200)  
**Acorn Media** Online 15% off DVDs + free delivery on orders over \$100  
**Adult English School** City 15% off 2 hour private lessons & 15% off English language courses  
**Alexander Technique Greg Ford** Enmore 30% off \$70 45min lesson  
**Alexander Technique The Sydney**  
**Alexander School** Surry Hills \$15 off \$80 45min lesson  
**Alan Rigg Repairs** Guitars Glebe 15% off services  
**Alfred's Dry Cleaning & Laundry** Newtown 15% off  
**Allans Music & Billy Hyde** All stores in NSW 5% off  
**Blackwattle Pottery Ceramic Supplies** Ingleburn 15% off Excl. Major Plant & Equipment  
**Blue Dog Posters** Newtown 15% off with 2 or more posters  
**Books on King** Newtown 20% off

**Breville, Kambrook & Philips**  
**Factory Outlet** Redfern/Ultimo 10% off all items including sale items  
**Broadway Dry Cleaners** 15% off all services excl. bag wash  
**Central Coast Proofreading**  
**Editing Service** Online 15% off  
**Civic Video** Newtown Free Weekly with disc. New Release & Free Extra Day on 2 day Game hire  
**Coles Gift Cards** Save 5% when purchased at the Access Desk  
**Comtext** Online 15% off textbooks & \$2.50 shipping for up to 10 books  
**The Costume Shop** Waterloo & City 15% off hire section  
**Digital Fun Stuff** Ultimo 15% off photography services & free care kit with any Nikon/Cannon/Pentax camera or video camera  
**Electric Velocity Cycle** Waterloo & City 20% off bike repairs & servicing, 15% off all new bikes & accessories & 10% off regular & electric bike rental  
**Europcar** Sydney 15% off car hire  
**Excel Driving Michael McVickers** Camperdown \$60 hourly lessons & buy 5 lessons & receive the 6th free  
**Game Broadway** 10% off preloved games  
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# PERFORMING WELL

By Andrew Tilley

# ABOVE THEIR WEIGHT

**S**ydney University Volleyball Club (SUVC) is one of the quiet achievers in the Sydney Uni Sport & Fitness family. While the club is small, with just 78 members, their dedication has ensured the club punches well above its weight.

Competing at State and National levels, SUVC women's teams have dominated the sport. The Honours team (division one) has made the past five State Volleyball League (SVL) grand finals – winning two. During that time the girls have also won a medal at every Australian University Games (AUG's) - including gold at this year's Games.

The team's success can be largely attributed to player-coach Julie Kim, whose professionalism is unquestionable.

"Players are expected to turn up to training every session and play with the same level of commitment as they do in a game," says Sydney University Elite Athlete Program (EAP) scholarship holder Gabrielle Woodhouse. "The performances in our games are a complete reflection of our hard work on the practice courts."

The SUVC men's team has won four AUG silver medals since 2006, while in the SVL men's first division, coach Liu Nam Cho has spent the past few seasons

developing existing players in the team while keeping an eye on the club's youth. They include Ben Lalic and Nikolas Kukic, who have been training with the Honours team since they were teenagers. Both have come a long way under Cho's watchful eye, with Lalic often starting in the Honours line-up and Kukic playing in first division. Both have also represented NSW – Lalic in the Under 19's and Kukic in the Under 17's.

The Club has six EAP scholarship holders – Kiel Briggs, Dana Hutchinson, Anika Lalic, Victor Nguyen, Gabrielle Woodhouse and Dinghua Xiao – an extraordinary effort for the size of the Club.

Due to the number of competitions Sydney University is involved in, volleyball seasons stretch throughout the year. Players are often restricted to having 10 - 14 weeks off competing and training each year. Being a smaller club, injured players aren't easily replaced and international students come and go as their Sydney University study often ends half-way through the season. The division one teams don't train or play competitive matches at the University due to size constraints. Instead, the teams train at Summer Hill twice a week and play all of their matches at Homebush.

The barriers are not just restricted to club-based factors. Despite being the second most popular sport (based on participation) in the world, volleyball still seems to be misunderstood within the psyche of Australian sport.

"In Australia, beach volleyball tends to grab the spotlight over indoor," says Anika Lalic, a NSW State Volleyball League silver medalist. "Often when we talk to people about volleyball, they immediately ask if we wear bikinis and play on the beach."

"Unfortunately we don't get to dive on soft surfaces. Just have a look at our knees, elbows and forearms. We are constantly covered in bruises. So yes, we wear kneepads for a reason."

Despite these challenges, the Club continues to drive forward thanks to the dedication shown by the members, who largely manage the Club. It is now focusing more than ever on the growth of participation numbers in their social programs. The popularity of these programs, coupled with the success of the club competitively, as well as the spirit shown by its members in getting involved on and off the court, augurs well for the future of the Sydney University Volleyball Club. 🏐



# HORSES FOR COURSES

BY THE TIME YOU READ THIS, PRASHANTH  
SELLATHURAI MAY WELL BE AUSTRALIA'S MOST  
DECORATED MALE GYMNAST.

*By Aaron Scott*







The 24-year-old – born of Sri Lankan doctors who immigrated to Australia in 1983, raised in the thick of Sydney's Greater West, and currently working through a Bachelor of Applied Sciences degree, majoring in diagnostic radiography, at Sydney University's Cumberland campus – has steadily compiled a superlative CV of achievement in his chosen gymnastic disciplines of rings, parallel bars and, most prominently, the pommel horse.

It's a CV that opens with his silver medal on the pommel horse at the 2006 Gymnastic World Championships in the Danish port city of Aarhus. In a performance that emerged seemingly from nowhere, the 20-year-old produced a cracking routine, stunning the field to finish a bare 0.275 points behind China's Xiao Qin.

Hardened Olympic champions like Russia's Nikolai Kryukov and Japan's Hiroyuki Tomita were thoroughly outclassed by the youngster. And yet, in Australia, the performance barely created a ripple.

Since then, Sellathurai's CV shows a pair of World Championship bronze medals at London 2009 and Rotterdam 2010, a pair of Commonwealth silvers at Melbourne 2006, a pair of Commonwealth golds at Delhi 2010, and a World University Games gold at Shenzhen this year. It's a magnificent record of achievement. And yet still the young man sits quietly on the peripheries, his various successes sinking like stones in the vast lake of Australian sport.

All of which, I suspect, suits Sellathurai nicely. As a child he fizzed with energy, forever climbing, scrambling up any vertical surface he could find. One day, a patient of his mother's watched as the toddler swung from the branches of a tree. She suggested to his mother he could make a handy gymnast, maybe burn off some energy. His mother seized on the idea and enrolled him in gym classes at Sydney Olympic Park.

The toddler threw himself into the activity. He remembers hauling himself up ropes and turning somersaults into foam pits. "But I'm not sure if my mother's plan actually worked," he says, "because when I got home from the gym I was still pretty hyper."

But as his gymnastic talents have flowered, his tiny 151cm frame a perfect weapon on his chosen apparatus, so Sellathurai has grown into a quiet

and reflective adult. There's no hint of that hyper child in his adult voice. He is, by his own estimation, "pretty reserved." He's immaculately mannered, faultlessly humble. I imagine the idea of marketing his achievements, of thrusting himself on the Australian sporting public, would strike him as slightly unseemly. And so he's content with his virtual anonymity.

But all of that could change if Sellathurai wins that elusive World Championship gold at this month's tournament in Tokyo. If he can finally move to the top step of the pommel horse podium, becoming the first Australian man since Philippe Rizzo in '01 to claim gymnastics gold on the senior world stage, then he might just become a household name in these parts. He laughs nervously at the prospect. "I haven't really thought about it to be honest," he says.

In the panoply of world sport it's difficult to think of a more bizarre pursuit than pommel horse. Turning hand-powered tricks on a leather coated horse – 115cm high, 160cm long, 35cm wide, and studded by two pommels 40cm apart – is surely an odd activity in anyone's book. But as the discipline is bizarre, so it's both highly skilled and intricately detailed, demanding equal measures of elephantine strength and feline agility.

The key to the pommel horse, according to Sellathurai, is building sufficient strength through the shoulders and arms to support the legs as they travel in circuits about the horse – "kind of like break dancing, I guess." It's a strength that takes years to build and persistence to maintain. Three to four mornings a week Sellathurai will bury himself for two hours in a gym. He avoids weights for fear of over-muscling his arms and shoulders and instead punches out set after set of body resistance exercises: chin-ups, push-ups, sit-ups and hand stands. It's a program that's honed an astonishing strength-to-weight ratio. He will, for instance, churn out 30 chin-ups per set, 15 if he ties a 10kg weight to his waist. When I suggest these numbers are impressive, he turns bashful. "Oh, well, thank you."

Beyond raw strength, the pommel horse also requires supreme balance and finely-tuned spatial awareness. Like all gymnastic disciplines, routines are judged to infinitesimal angles, fractional movements and deft touches, all but invisible to the layman's eye. The gentlest brush of the thigh on the horse, the slightest separation of

"KIND OF LIKE BREAK  
DANCING, I GUESS."



the knees, the minutest bending of the hips and an entire routine is shredded. For this reason Sellathurai will do three skills sessions a week, working through the individual skills, threading them into a routine, grooving the movements into his subconscious. These sessions will generally stretch to four hours. He'll arrive at the gym mid-afternoon and leave well after dinner time.

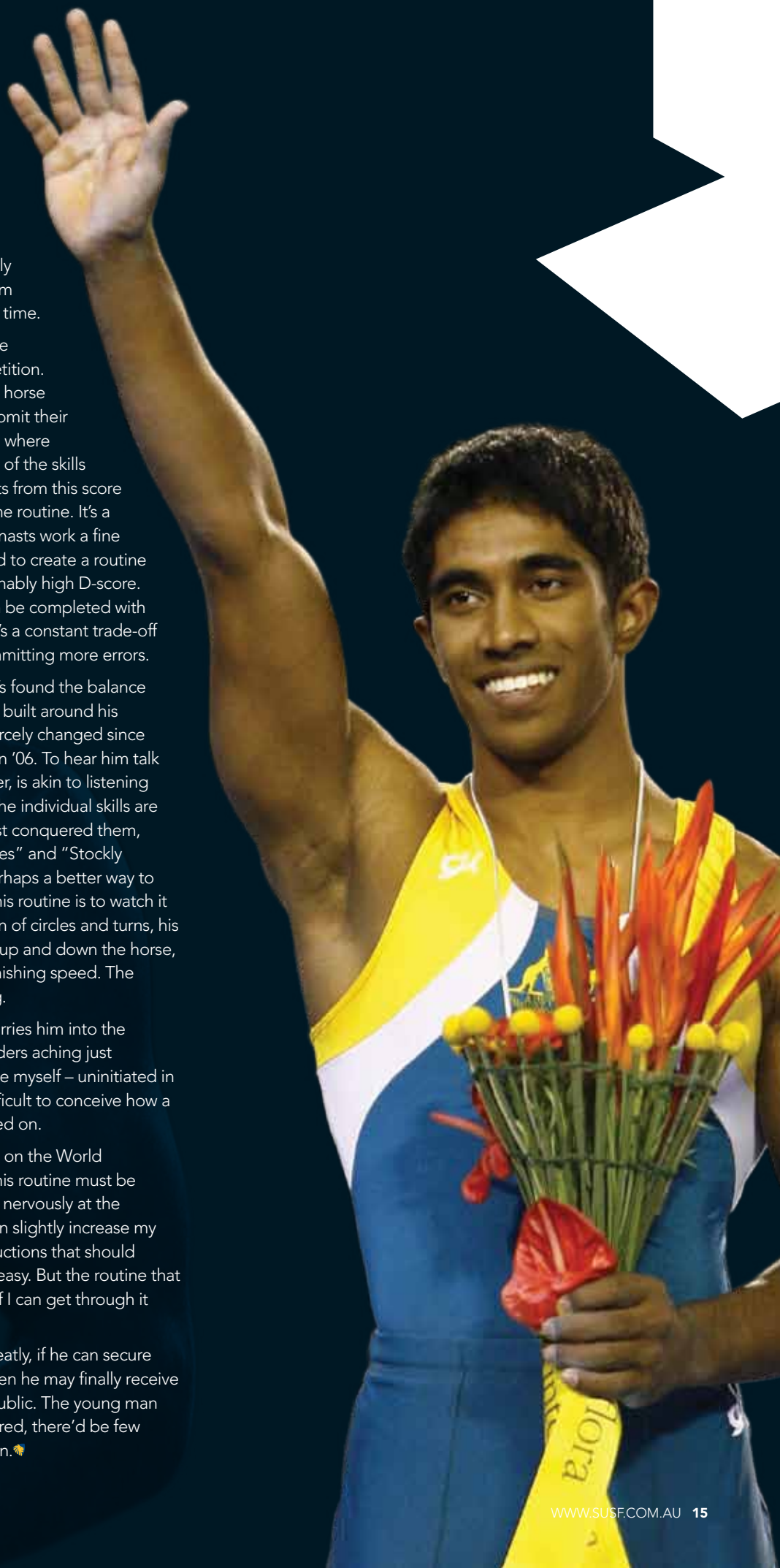
All of this training condenses around the minute-long routines presented in competition. Here, again, the discipline of the pommel horse shows its intricacy. Each gymnast must submit their routine to the judges before competition, where it's given a D-score based on the difficulty of the skills attempted. The judges then deduct points from this score for each miniscule error incurred during the routine. It's a system, of course, that demands the gymnasts work a fine balancing act. On the one hand they need to create a routine demanding enough to give them a reasonably high D-score. On the other they need a routine that can be completed with a fluid rhythm and a minimum of errors. It's a constant trade-off between increasing the difficulty and committing more errors.

Sellathurai, for his part, is convinced he's found the balance between difficulty and error. His routine is built around his speed in the turns and circles and has scarcely changed since he won that silver medal in Aarhus, back in '06. To hear him talk about the specifics of this routine, however, is akin to listening to a conversation in Swahili. The titles of the individual skills are typically named after the gymnast that first conquered them, so his routine is a mess of "Russian Wendes" and "Stockly Combinations" and "Magyar Circles." Perhaps a better way to understand the difficulty and intricacy of his routine is to watch it on Youtube. It's a bewildering construction of circles and turns, his hands working furiously as they carry him up and down the horse, his legs pin straight and swinging at astonishing speed. The precision of the whole thing is astounding.

Although he insists the routine rarely carries him into the territory of lactic build-up, I find my shoulders aching just watching the performance. For those – like myself – uninitiated in the minutiae of the pommel horse, it's difficult to conceive how a routine so clean, so exact, can be improved on.

But if Sellathurai is to take that top step on the World Championship podium in October, then his routine must be improved. Surely? The young man laughs nervously at the crudeness of the suggestion. "Well, if I can slightly increase my start value without gaining any extra deductions that should probably do it. Unfortunately it's not that easy. But the routine that I've been doing is pretty competitive, so if I can get through it neatly, I'll be a pretty good chance."

And if he can get through his routine neatly, if he can secure that World Championship gold medal, then he may finally receive the adulation of the Australian sporting public. The young man may not enjoy the attention but, rest assured, there'd be few athletes more deserving of the recognition. 🏆







*Photography credit: Paul Seiser from Seiser*



# SUFC

## FIGHT TO THE DEATH

*By Baden Stephenson*

### THE SYDNEY UNIVERSITY FOOTBALL CLUB FIRST GRADE TEAM STARTED THE SEASON IN THE PURSUIT OF A COMPETITION-RECORD SEVENTH CONSECUTIVE FIRST GRADE PREMIERSHIP

**A**t full-time in the 2011 First Grade grand final against minor premiers Eastwood, the scores were locked at 16 all. Then, after 20 minutes of extra time in cold, windy and slippery conditions, Eastwood had kicked a penalty goal and were able to withstand a very gallant Sydney University team to win the 2011 premiership 19-16.

It was foreign territory for the players not to be embracing each other with joy at full-time and this loss hurt. Eastwood had claimed back-to-back minor premierships and were the form team all year with only one loss from 22 starts.

They disposed of Randwick by over 60 points in the preliminary final and were red-hot favourites leading into the grand final. Sydney University had also built plenty of momentum during the back half of the season and were on a 10-game winning streak, having battled hard to defeat a strong Manly team in the preliminary final.

Led by captain Tim Davidson, the students trained hard, prepared extremely well under the guidance of head coach Todd Loudon and had strong self-belief.

It wasn't to be in 2011 and it took an exceptional team and the first extra time grand final in history to stop Sydney University's stranglehold on the Shute Shield.

"It is disappointing we couldn't break the record but we gave it everything right to the 100th minute," skipper Davidson said. "Going into the game we knew it would be a huge challenge against a quality team and the result was certainly in the balance until the final whistle."

In a remarkable feat of longevity and service to the club, only two players have played in all of the last seven grand finals – Davidson and Dean Mumm.

In a season where many so-called experts and opposition clubs predicted Sydney University would struggle, the club was able to maintain its status as the premier rugby club in Australia. In a show of strength, depth and professionalism across all teams, SUFC won the coveted Club Championship (Gregor George Cup) for the eighth consecutive year, which surpassed the Randwick Rugby Club's record of seven consecutive Club Championships held in the 1980's during their golden run.

Not to be outdone, SUFC Colts won the Colts Club Championship (Eric Spillstead Shield) for the seventh consecutive year. "I am extremely proud of the performances and achievements in 2011 which are the direct result of hard work from many people," SUFC President, David Mortimer AO, said.

All seven SUFC teams made the finals – three teams were minor premiers and the club won four premierships with Third Grade, Colts 1, Colts 2 and Colts 3 all capping off successful seasons on grand final day. Colts 2 and the SUFC women's team both had the perfect year recording undefeated seasons in fine style.

SUFC has once again provided more players in representative teams than any other club in Australia. The club has had five players in the recent Wallabies Rugby World Cup squad, 28 players participated in the 2011 Super Rugby season, six players represented the Australian Sevens team, four players represented three different teams at the IRB Under 20 World Championships and six players represented the Australian Universities team. This is an outstanding achievement which the club can be very proud of.

The huge challenge now is to maintain our high standards, success and develop the next generation of representative stars while dealing with the drain of players at the top level. This has been evident with 64 players pulling on a First Grade jersey this year – 21 of whom made their First Grade debuts and 12 of whom were Colts aged players.

There were many highlights on and off the field at No. 1 Oval, including SUFC hosting the Australian Universities v New Zealand Universities Test Match, a 20-year Irish tour reunion, an exhibition Sevens game with the Sydney Convicts gay rugby team as part of our inaugural Community and Diversity Day, and a highly successful Emergency Services Day which included a guest appearance from the police helicopter and dog squad at half-time in the main game.

Sydney University Football Club will commence pre-season training through the Elite Development Squad on November 1 before most clubs even start thinking about next season. It has been a great season and there is already much excitement building for 2012. 🌟



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Fax: 02 9351 4982

Email: nmrc@sport.usyd.edu.au

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Sunday: 6am-10pm

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## ARENA SPORTS CENTRE

Arena Sports Centre, Western Avenue.

Tel: 02 9351 8111

Fax: 02 9351 8105

Email: arena@sport.usyd.edu.au

### Opening Hours

Monday - Friday:

6.30am - 10pm

Saturday: 8am - 5pm

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

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## THE LEDGE CLIMBING CENTRE

Arena Sports Centre, Western Avenue.

Tel: 02 9351 8115

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Fax: 02 9351 4990  
Email: [hk@sport.usyd.edu.au](mailto:hk@sport.usyd.edu.au)

### Opening Hours

Monday - Friday:  
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Get among the elite at HK Ward Gym. Situated between the two main ovals of the University, it's a focal point for high performance sports, recreational activities and club sport. Hire a variety of sports equipment at reception.

### HK Ward Gym features:

- Martial arts facility
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- Change room lockers for casual and permanent use – conditions apply

Casual and permanent bookings are available for clubs and individuals, either in person at reception or by calling: 02 9351 4988.

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Monday – Friday until 3pm  
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The place to meet – perfect for sporting celebrations (and post mortems!). The Grandstand Restaurant is located in the Bruce Williams Pavilion on No.1 Oval, in the grounds of historic Sydney University.

The Grandstand Function Centre is available for weddings, dinners, birthdays, fund-raisers and cocktail parties. Seating 150 people comfortably, the venue is available for hire at competitive rates.

For booking enquiries please contact:  
The Venue Manager  
Tel: 02 9518 6222  
Email: [contact@thegrandstand.com.au](mailto:contact@thegrandstand.com.au)





# BOOK YOUR BODY IN FOR A TUNE-UP

IT'S NO SECRET AS TO WHY GYM ATTENDANCES SPIKE SHARPLY EVERY SEPTEMBER. THE FIRST POST-WINTER DAY THAT CREEPS ABOVE 20C AND SUDDENLY THE MIND SHIFTS FROM JEANS AND HOODIES TO BOARD SHORTS AND BIKINIS – RESULTING IN THE PREDICTABLE PILGRIMAGE BACK TO THE GYM FOR THE ANNUAL TUNE-UP BEFORE SUMMER HITS. WELL, THE GOOD NEWS IS THAT YOU'RE CERTAINLY NOT ALONE AND SUSF IS COMMITTED TO HELPING YOU ACHIEVE THE BEACH BODY YOU DESIRE.





Firstly, I'd like to address a few of the common questions and myths that our fitness staff are faced with, just to make sure we're all on the same page.

### **You can't turn fat into muscle**

Muscle and fat are two entirely different substances. Muscle is a fibrous, contractible tissue that can only be built through exercise — via a break-down-and-rebuild process. Fat is adipose tissue that can be converted into energy in the service of building muscle, but the tissue itself can't be transformed into muscle tissue.

### **Can those ab machines on TV get rid of your pot belly?**

I'm sure all of you have seen those late night commercials that guarantee miracles with rollers, chairs, crunchers, and various other contraptions.

They all promise a Brad Pitt six-pack in just minutes a day. But if you're starting with a Homer Simpson beer gut, it's going to take more than rocking back and forth a few minutes in a modified

lawn chair every day to see any results. No matter how ripped your abs are, if they're covered in inches of fat, no one is going to be able to appreciate them.

### **Swimming is effective for weight loss**

Without offending the swimming fraternity here, I'd be prepared to declare this statement a half-truth. Swimming is great for building lean muscle and increasing cardiovascular endurance, which does lead to weight loss. But because the water supports so much of your body weight, swimming has been found to be less effective than land-based aerobic activity for weight loss, since the effort it takes to haul your body around does a lot more for fat burning. Swimming is a great thing to add to your fitness regimen, but should not be an exclusive form of exercise in any fat loss program.

### **Steady cardio is best for fat loss**

Stored body fat is the chosen source of fuel during steady-state cardio workouts but a few things need to be considered. It doesn't burn many calories during the workout and almost none afterwards. When the body adapts it becomes more energy efficient which means reduced calorie expenditure every time you complete the workout. A much better option is interval training (like most of our group fitness classes). This will not only increase the calorie burning during your workout but also extend that effect for hours after you've finished.

So, how can you put all this into practice? To simplify the process I'll take you back to the foundations of exercise prescription – the FITT principle. For fat loss success you must be prepared to:

**Increase Frequency**  
(more sessions per week)

**Increase Intensity**  
(exercise harder)

**Increase Time**  
(exercise longer)

**Increase Type**  
(keep variety in training)

A great way to start is to set out some short-term goals like a two-week training program detailing your intended frequency of exercise. The next step is the most difficult – which exercise is best? If you continue to do the same workouts you'll continue to get the same results, so why not throw in a few different sessions – for example, jump in on a group fitness class, enrol in the boot camp program or have a chat to our fitness staff for a few fresh ideas.

The next step is to assess regularly, but remember – the scales are not the best way to measure fat loss. As you increase in lean muscle but lose fat the scales won't show much change at all. Speak to our fitness staff about more effective ways to measure progress.

Finally, there's no substitute for hard work! If you are prepared to put in extra effort as you strive to achieve your beach body then you'll be well on your way to success.💪



# GOLDEN YEAR — AT THE — GAMES

*By Andrew Tilley*

WHEN SYDNEY UNI SPORT & FITNESS (SUSF) SENT 425 ATHLETES TO COMPETE IN THE AUSTRALIAN UNIVERSITY GAMES (AUG's) ON THE GOLD COAST, THERE WAS ONLY ONE ACCEPTABLE RESULT - BECOME OVERALL AUG CHAMPIONS.

## MONDAY, 26 SEPTEMBER - DAY 1

It all kicked off today! Almost all of the Sydney University athletes, competing across 23 sports (most of which were in men's and women's divisions), were in action.

Alex Wong won Sydney University's first individual medal of the week – gold – in this morning's cycling road race event.

There were a number of highlights from the team sports on day one, including: baseball hammering UNSW 29-0; men's basketball defeating last year's silver medalists, Monash University, by two points in an absolute nail-biter; and women's football (soccer) scoring 25 goals in their first two matches.

## TUESDAY, 27 SEPTEMBER - DAY 2

Sydney University athletes did the business on the track today, collecting five individual athletics medals. The swimming team also began well, collecting three individual medals. Despite being knocked off his bike, cyclist Alex Wong collected another medal – bronze – in the team time trial with Matthew Andersen. Our fencers also won three individual medals.

It was also another excellent day for our sporting teams: baseball continued on their merry way thrashing UWA and Bond University by a combined total of 42 runs; women's basketball defeated UNSW by six points to remain undefeated; the men's and women's football teams also remained undefeated after the first







two days of action; and the women's softball, women's volleyball, women's water polo and men's water polo teams are all still undefeated and will be looking to cement top spots in their pools tomorrow.

#### WEDNESDAY, 28 SEPTEMBER - DAY 3

Sydney University teams will be in the thick of the action in many of tomorrow's quarter-finals and semi-finals after a host of strong performances today. Badminton (women), basketball (men and women), football (men and women), handball (mixed), hockey (men and women), tennis (men and women), touch football (men and women), sailing (men and women) and water polo (men and women) will all be involved in finals action tomorrow. There are also a number of other team sports that are battling for finals spots on the same day.

The sailing team will also be involved in finals tomorrow after they won eight of their ten team races. It was another superb day for the Sydney University athletics team, who won a further six medals. Sydney University swimmers and fencers today came away with three medals each.

#### THURSDAY, 29 SEPTEMBER - DAY 4

Sydney University will be involved in an incredible 14 gold medal play-offs tomorrow after a stellar day of performances.

There were a number of team sport highlights today, including: men's and women's basketball teams winning by a combined margin of 58 points in their respective semi-final matches this afternoon; our men's football team scoring a dramatic 4-2 penalty shoot-out win – Sydney University's oldest 2011 AUG representative Simon Turner, 38, stepped up to convert the final pressure-cooker penalty; and softball winning in the sudden death extra innings.

The athletics team sealed equal first position in the overall points standings after a phenomenal day of action that included nine medals. In swimming, Sydney

University finished fifth at the end of the three-day competition, after a further four medals. The fencing team claimed second spot on the ladder with another two medals today. The judo team also placed second overall after their one and only day of competition. In golf, Sydney University men's and women's teams were both just edged out of bronze medal placings to finish fourth. The Sydney University sailing team finished with an overall silver medal today.

#### FRIDAY, 30 SEPTEMBER - DAY 5

Sydney University added the golden touch on an impressive week, today winning gold in 10 of 14 gold medal play-offs on the fifth and final day of competition, to be named the overall AUG champions.

The start to the day was nothing short of spectacular. By 2pm, Sydney University tennis (male and female), softball and water polo (women) had all taken out overall gold medals. Despite badminton (women), hockey (women), water polo (men) and basketball (men) teams losing gold medal play-offs, Sydney University continued to power on through the final afternoon of competition.

The men's football team scored deep into extra time to claim a 2-1 win; mixed handball put UWA to the sword 43-30; men's hockey edged out Monash University 4-3; while the women's volleyball team added icing to the Sydney University cake with a stirring comeback victory coming from two sets down.

In other sports staged today, the Sydney University tae-kwon-do team claimed an overall silver medal thanks to 21 individual medals. Cyclist Alex Wong secured his third medal of the week when he finished third in the criterion event. Despite shocking conditions in Penrith (Sydney), the Sydney University rowing team finished with an overall bronze medal.

Sydney University can now lay claim to being both the summer and winter sports champions, after taking out the overall Australian University Championships (AUC's) in Canberra, in August. 🏆

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- A free locker at each visit
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# WINNING RUNS

THE TROPHY CABINET AT SYDNEY UNIVERSITY CRICKET CLUB IS WELL-STOCKED, BUT THERE IS ROOM FOR MORE.

*By Graham Croker*



*Pictured: Scott Henry*



*Pictured: Nick Larkin*



*Pictured: Leg-spinner, Beau Casson*





Sydney University Cricket Club's quest for silverware showed no sign of abating when the First XI recently kick-started the 2011-12 season by winning the State Challenge Cup.

The Students travelled to Ron Hills Oval, Toronto, to defeat Newcastle for the Cup, an annual contest between the winners of the NSW Country and Sydney limited overs competitions.

It now sits alongside the Belvidere Cup (Sydney First Grade competition), the Limited Overs Cup and the Poidevin-Gray Shield (Sydney Under 21 competition) which SUCC won in the 2010-11 season – the first time a club has won the three titles in one year. SUCC Director of Cricket and club coach Gary Whitaker says the players are keen to maintain the winning run.

To that end, SUCC has retained all of its squad from last season, including leg-spinner Beau Casson (pictured) and batsmen Nick Larkin and Scott Henry (pictured), who have been selected to represent NSW in Second XI matches against Western Australia and Queensland.

Larkin captained Sydney University's victorious Poidevin-Gray team last season and scored his debut First Grade century in the semi-final against Bankstown, while Henry earned man-of-the-match honours when he cracked a brilliant 132 in the University's win over Randwick-Petersham in the Belvidere Cup. Henry also earned the Michael Bevan Medal as Player of the Match in the Limited Overs final.

Casson's timely arrival at the University filled the gap left by the retirements of fellow spinners, Stuart MacGill and Greg Matthews. He is pushing for a permanent NSW First XI berth.

Whitaker says the strong blend of youth and experience in the limited over and two-day squads has been bolstered with the recruitment of some new talent, including off-spinner Will Somerville,

who last season claimed 33 wickets at a tick over 29 for Eastern Suburbs, and fast bowler Tim Ley, who is returning to the campus after a season with Easts.

Among the new young recruits are Jason Date, a promising batsman from Kinross College at Orange, who has been selected in the NSW Schoolboys side to play Queensland. And there's batsman-wicket-keeper Will Trevett, from St Andrew's Cathedral School. Both are completing their Higher School Certificates and will begin playing full-time with the club after their study commitments.

The club has not lost hope that former Australian fast bowler Stuart Clark will make an appearance after his commitments with the 20Twenty competition.

"The success of the club last season attracted plenty of interest, particularly with young players, and attendance at early season training days has been up almost 50 per cent this year," Whitaker says.

"We have a number of very good schoolboy cricketers who'll hopefully be in the ranks, but they're concentrating on their Higher School Certificate examinations first. The lower grades have also been boosted by some new faces and that is important to winning the Club Championship, a title we'd like to win as it emphasises the strength of the club overall."

"Our successes have come from plenty of hard work and application and the players through the ranks know what is required to maintain that standard."

The coach says winning the Challenge Cup was a great way to start the new season. "It is usually played at the Sydney Cricket Ground, but it was unavailable this year so it was played in Newcastle," he says. "We hope it's the precursor for another good season at Sydney University." 🏏



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KEY: ● Camp ● Public Holiday

	Location	Times	Mon	Tue	Wed	Thur	Fri	Cost
WEEK 1			12 Dec	13 Dec	14 Dec	15 Dec	16 Dec	
Multi Sport (3 Days)	HK Ward	9am-3pm	●	●	●			\$170
Soccer	Oval 2	9am-3pm	●	●	●			\$180
Aftercare	HK Ward	3pm-5.30pm	●	●	●			\$25
WEEK 2			19 Dec	20 Dec	21 Dec	22 Dec	23 Dec	
Multi Sport (3 Days)	HK Ward	9am-3pm	●	●	●			\$170
Soccer	Oval 2	9am-3pm	●	●	●			\$180
Aftercare	HK Ward	3pm-5.30pm	●	●	●			\$25
WEEK 3			PUBLIC HOLIDAY	3 Jan	4 Jan	5 Jan	6 Jan	
Multi Sport (3 Days)	HK Ward	9am-3pm	●	●	●	●		\$170
Soccer	Arena	9am-3pm	●	●	●	●		\$180
Tennis (3 Day)	SUSAC	9am-3pm	●	●	●	●		\$190
Swimming	SUSAC	9am-12pm	●	●	●	●		\$140
Aftercare	HK Ward	3pm-5.30pm	●	●	●	●		\$25
WEEK 4			9 Jan	10 Jan	11 Jan	12 Jan	13 Jan	
Multi Sport (5 Days)	HK Ward	9am-3pm	●	●	●	●	●	\$210
Multi Sport (3 Days)	HK Ward	9am-3pm	●	●	●			\$170
Multi Sport (JNR)	St Andrews	9am-3pm	●	●	●			\$170
Soccer	Arena	9am-3pm	●	●	●			\$180
Soccer Girls Only	Arena	9am-3pm				●	●	\$130
Cricket	Oval 2	9am-3pm	●	●	●			\$180
Tennis (3 Day)	SUSAC	9am-3pm	●	●	●			\$190

	Location	Times	Mon	Tue	Wed	Thur	Fri	Cost
WEEK 4 cont...			9 Jan	10 Jan	11 Jan	12 Jan	13 Jan	
Tennis (5 Day)	SUSAC	9am-3pm	●	●	●	●	●	\$230
Netball	SUSAC	9am-3pm	●	●				\$130
Basketball	SUSAC	9am-3pm			●	●		\$130
Swimming	SUSAC	9am-12pm	●	●	●			\$140
Fencing/Archery	Arena	9am-3pm				●		\$105
Aftercare	HK Ward	3pm-5.30pm	●	●	●	●	●	\$25
WEEK 5			16 Jan	17 Jan	18 Jan	19 Jan	20 Jan	
Multi Sport (5 Days)	HK Ward	9am-3pm	●	●	●	●	●	\$210
Multi Sport (3 Days)	HK Ward	9am-3pm	●	●	●			\$170
Multi Sport (JNR)	St Andrews	9am-3pm	●	●	●			\$170
Soccer	Arena	9am-3pm	●	●	●			\$180
Cricket	Oval 2	9am-3pm	●	●	●			\$180
Tennis (3 Day)	SUSAC	9am-3pm	●	●	●			\$190
Tennis (5 Day)	SUSAC	9am-3pm	●	●	●	●	●	\$230
Netball	SUSAC	9am-3pm	●	●	●			\$180
Hockey	MLC Burwood	9am-3pm	●	●	●			\$180
Basketball	SUSAC	9am-3pm				●	●	\$130
Waterpolo	SUSAC	9am-12pm	●	●	●			\$140
Fencing/Archery	Arena	9am-3pm				●		\$105
Aftercare	HK Ward	3pm-5.30pm	●	●	●	●	●	\$25



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# GOLDEN DAYS IN SHENZHEN

*By Phil Brennan - a 20-year member of Sydney University Athletics Club, reporting from Shenzhen as a sub-editor for the Universiade News Service.*

The University of Sydney provided 16 members of the Australian team – the Unirooms – at the 26th World University Games (Universiade), held in the southern Chinese city of Shenzhen.

They provided two of the Unirooms' five gold medal performances, with Lachlan Renshaw winning the very competitive 800m final, and gymnast Prashanth Sellathurai winning the pommel horse gold.

Sydney University's two other Universiade medallists were sailor Alexandra South and basketballer Katie-Rae Ebzery. South, suffering injury, withdrew from the individual laser radial to concentrate on the team's event and came home with a brave silver medal.

Bronze medallist Ebzery was a significant part of the Australian team who were overcome by the might of the US in the semi-finals. However, they bounced back to clinch the bronze medal in the play-off for third. Ebzery was a regular contributor with both points and assists for her team.

For Renshaw, the lead-up to the Universiade was one of chasing an automatic qualifying time for the World Championships in Daegu, Korea, held just after Shenzhen. Despite some competitive results, the required time proved elusive and the selectors failed to use their discretion to pick the Sydney-sider. Having qualified for the 800m final in Delhi, Renshaw was unable to take the start line due to a hamstring injury sustained in the semi-final. With that problem behind him, he had a good northern hemisphere season this year and came into the sweltering Shenzhen conditions in good form.

Ignoring the standings, Renshaw belied his 10th ranking going into the competition and went about his work, quietly qualifying for the final.

From the earlier rounds, Kenyan Fred Samoei looked the main danger. In the final, Samoei led the field through the bell in a solid 51.29s. With 250m to go, American Casimir Loxsom and China's Teng Haining took up the running while

Renshaw looked to be losing contact.

Entering the home straight, the Australian's momentum saw him pulling the field back. With 20m to go he saw a gap between the two leaders and wormed his way through. The disappointment of missing the World Championships was quickly erased as he crossed the finish line first to claim gold.

After watching the front-on shot of the finish, later that night, Renshaw said he might have to buy a beer for Casimir who ended up fourth behind Teng and Samoei. Casimir is likely to train with Renshaw in Oregon next year, hence the need for an icebreaker.

Renshaw's win emulated Ralph Doubell's 1967 Universiade win the year before he was victorious at the Mexico Olympics. While Renshaw balks at the comparison, he has shown he can perform in championship conditions.

"I need to lower my times. I want to do more than just run next year. I want to be a major competitor," Renshaw said.

For Sellathurai, his Commonwealth Games experience was a much better one with gold medals coming in the team's event and the pommel horse. In Shenzhen, the multiple world championship medallist was always going to be one of the favourites.

And when Vid Hidvegi of Hungary fell off the apparatus in the final, Sellathurai was in shock after his victory. "I just don't know how I made it. I think I just got lucky," he said.

Sellathurai, a health science student, is hoping the World Championships in Tokyo in October will provide the springboard for him to qualify for the London Olympics.

"I am not sure whether I will make the Olympics, it all comes down to my performance in the World Championships," he said.

The Universiade represents an unpolished diamond on the world sport circuit. The challenge for the International University Sports Federation is to promote the Games to the level of the mini-Olympics that they are. 🌟





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# PROGRAM WITH A PATHWAY

By Kate Gould



When we were little most of us wanted to be firemen, nurses, or represent our country when we grew up. If we were lucky, when we were in high school we got the opportunity to test the waters and see exactly what it was all about.

Picking the right subjects at school and achieving the necessary marks to get into university isn't easy, but with the assistance of Sydney Uni Sport & Fitness (SUSF) Education Programs, Year 10 students from Sarah Redfern High School were given the opportunity to engage with representatives from the sporting industry and in particular, people who have experienced this pathway to success.

After a session of rock climbing, where students were able to physically experience the biomechanics behind the exercise, they were then able to learn a little about their sporting guests' background and how they got to where they are today.

Sydney University Football Club's (SUFC) Jack Farrer was first up, and he spoke about his role as Rugby Union Colts Co-ordinator. Students were able to hear about some of Jack's roles and responsibilities while also discovering the path that he took to reach this point in his career.

For student athletes, juggling sport and study commitments is a difficult balance, so students were educated about SUSF's Elite Athlete Program (EAP), which plays a significant role in assisting scholarship athletes who are studying at The University of Sydney.

The most exciting part of the session for the students was hearing from SUFC and Australian Rugby Sevens athletes Michael Hodge and Trent Dyer, who are fourth year students studying Human Movement and Health Education degrees at the University. The students listened as Michael and Trent discussed their leap from high school to university, as well as how to achieve a healthy balance between sport and study.

The day ended with Dr Wayne Cotton, Sydney University Course Co-ordinator for the Human Movement Health Education (HMHE) program, who informed students about what they can expect while studying at university, how it is different from high school and the most relevant subjects to choose at high school should they wish to enter the HMHE program.

The Education Program was beneficial for the Sarah Redfern High School students, who had a great university experience and took away a wealth of information that will help them choose the best subjects to achieve their future career goals. 🏆





# TACKLING ACADEMIA

*By Graham Croker*



While Phil Waugh has been busy combatting the toughest forwards in world rugby for many years, he's also been tackling a degree at The University of Sydney.

Pilfering a ball at the feet of a marauding All Blacks pack takes great courage, skill and commitment – attributes Australian flanker Phil Waugh has in spades. He's been doing it at Test level for a decade.

Studying for a university degree at the same time, in the hours while the bruises change hue, also takes commitment. He's been hitting the books for over a decade.

But it paid off for Waugh on October 7 when he graduated from The University of Sydney with a Master of Commerce and a Master of International Business degree.

Having enrolled in an agricultural economics degree when arriving at the university in 1998 fresh-faced from the Shore School, where he also excelled in cricket and athletics, Waugh says in his understated way: "I've chipped away at it over the years."

Indeed he has. Soon after enrolling, Waugh found life in academia was always going to be one interrupted by rugby. He was selected in the Australian Under 19's in his freshman year, made his debut for NSW and Australian Sevens as a sophomore and was signed up for the Waratahs in 2000, making his Super 14 debut against the Stormers at Capetown. He also cracked the Australia A side that year.

The degree took a passenger seat while he played a full season of Super 14 and was relegated to the back seat when he won selection on the Spring tour of the northern hemisphere. He made his Test debut at the end of 2000 with an off-the-bench appearance against England at Twickenham.

During those years he was part of the Sydney Uni Sport & Fitness Elite Athlete Program (EAP), which was established in the early 1990's to assist athletes to combine their academic and sporting careers.

"The program at Sydney Uni Sport & Fitness has been very helpful," Waugh says. "They certainly make the degree do-able when you have to fit it in with a sporting career. But in saying that, you have to work hard to get the degree. There is a perception out there that you

play for Sydney University and they sort out a degree – that is far from the truth. You have to get the runs on the board and put the work in."

Waugh consolidated his place in the NSW team and pushed for a regular berth in the Australian team over the next two years, and culminated the effort by producing a 2003 season that should have been bottled.

He won the John Eales Medal as the best and fairest Australian player, was selected in the World Cup squad and named Australian vice-captain.

Australia against Wales in 2006 and was at the helm twice more in 2007. That year he also assumed the captaincy of NSW, a role he fulfilled until officially retiring at the end of this season (although he was available for the World Cup in New Zealand had injuries led to a call-up).

During his 12 years in the representative cauldron he played a record 135 games for NSW and won 79 Test caps. While amassing that enviable record, his appearances for Sydney University were limited, but he still managed to pull on the



*Photography credit: Paul Seiser from Seiser Photography*

## "I'VE CHIPPED AWAY AT IT OVER THE YEARS."

And as his career blossomed, with Super Rugby seasons followed by Test campaigns – interspersed each four years by World Cup campaigns – he found ways to "chip away" at the degree.

"I always took university work away on tour," he says. "Sitting on aeroplanes and in hotel rooms provides good time to keep up with reading and work on assignments. It was often the best time to get things done."

And when marriage and children followed, that time spent studying on tour became even more valuable.

Then captaincy intervened and ate up more study time. Waugh captained

blue and gold hoops 47 times in first grade, the last being the recent grand final loss to Eastwood. And whenever he couldn't play he always turned up to 'run the water.'

While travelling the world and representing state and country have provided many highlights, a career after football was always in the back of Waugh's mind and to that end he kept at his studies.

"I've enjoyed studying for the degree, it adds a different sort of pressure from the rugby field," he said. "It's added a balance to life away from football."

Sharing his big day on October 7 were his three biggest supporters - wife Michelle and sons Jack, 6, and Charlie, 5.

"I'm not too sure if there'll be more university study on the horizon," he says, with two youngsters eager for some of his time. "But the degree gives a certain amount of credibility moving into the workforce."

And another season with Sydney University? Waugh says he's undecided. But you can count on commitment if he kicks on. 🏉



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# Medals *on the* Mountain

*By Andrew Tilley & Joshua Himbury*

**S**ydney University won the 2011 Australian University Snow Sports Championships, held in Thredbo in early September, and in the process collected 20 medals across 27 events.

Not only were Sydney University named the overall University Champions, but they were also awarded the following: Men's Overall Snowboard Champion – Cam Batten, Women's Freestyle Ski Overall Champion – Eliza Graham, Men's Overall Skiing Champions and Women's Overall Skiing Champions.

Sydney University got off to a flying start at the Championships on day one. Lavinia Chrystal, a Sydney University Elite Athlete Program (EAP) scholarship holder, won the first gold medal with victory in the alpine giant slalom. Chrystal also secured a bronze medal in the women's snowboard giant slalom and Cameron Batten took home gold in the men's event.

The skier cross event on day two was on a tough course set up in Thredbo's Merritts area. Sydney University athletes competed extremely well with multiple skiers and boarders progressing into the final round of 16. In the male event, Alex Podgorski (EAP) ended up on the podium in third place, after an exciting final.

In the women's event Rebecca Wyatt (EAP) secured a silver medal and then

backed up her silver medal with a fourth place finish in the alpine slalom event. And Emma Chapman-Davies (EAP) won the silver medal in the women's cross country individual event.

Sydney University also won silver in the women's cross country relay, with excellent legs from Chapman-Davies, Brittany Ainge and Steph Boden, while the men claimed bronze with the powerhouse team of Michael Chapman, Nick May and Alexander Campbell.

Chris Dillenbeck won gold in the men's rails ski event, with a smooth 270 on to the down rail, the first time he had attempted the trick.

Eliza Graham won gold in the women's rail ski, with an impressive switch on, switch out on the dance floor box, and greasing the down rail with style and grace. Rebecca Wyatt also finished on the podium with a bronze medal, by dominating the down rail – a feat few female skiers manage. And Lara Rotrakarn finished with silver in the women's rails snowboard.

After an early start on day three, the men – once again led by Alex Podgorski (EAP) – finished fifth in the alpine super G. In the women's event, Nicole Wilson followed her form of last year to claim bronze.

In arguably the most exciting event of the week, the moguls, Sydney University

dominated the finals in both the men's and women's event. Bronze was awarded to Joshua Himbury in the men's with a smooth run complete with backflip. In the women's event, it was always going to be a Sydney University tussle, but in the end it was Eliza Graham who claimed gold, with excellent turns and a textbook double twister. Emma Chapman-Davies was close behind in second.

Sydney University sealed their championship status with a brilliant final day of competition, winning four medals across the final four events.

Joshua Himbury claimed bronze in the male slopestyle ski, with a mixture of spins, flips and grabs on the jumps – his second bronze of the Championships. In the women's event, Eliza Graham won her third medal (silver) of the Championships with beautiful straight airs and tweaked out grabs. Emma Chapman-Davies claimed bronze – her third medal of the week.

In the male slopestyle snowboard, Cameron Batten lived up to his name as the freestyle legend, and claimed another medal – silver.

Sydney University skiers finished with five gold, seven silver, eight bronze, and the overall University Championship – an achievement they'll be hoping to defend next year at Mt Buller. 🏔️



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# CLUBS

Join a club! There are so many to choose from and they're open to everyone.

## 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](http://www.suanfc.com.au) or email: (Men) [australianfootball@sport.usyd.edu.au](mailto:australianfootball@sport.usyd.edu.au) (Women) [anfwomen@sport.usyd.edu.au](mailto: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](http://www.sydneynigridiron.com) or email: [americanfootball@sport.usyd.edu.au](mailto: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](mailto:archery@sport.usyd.edu.au)

## ATHLETICS

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

For more information go to: [www.suac.org](http://www.suac.org) or email: [athletics@sport.usyd.edu.au](mailto: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](http://www.usydbadminton.com) or email: [badminton@sport.usyd.edu.au](mailto:badminton@sport.usyd.edu.au)

## BASEBALL

The Cynics, established in 1904, fields three teams that are open to both students and the community. The club plays in the Sydney Winter Baseball League, the highest level league in NSW. The 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](http://sydneyuni.baseball.com.au) or email: [baseball@sport.usyd.edu.au](mailto: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](http://www.sydneyniflames.com.au) or email: [basketball@sport.usyd.edu.au](mailto:basketball@sport.usyd.edu.au) [flames@sport.usyd.edu.au](mailto: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](http://www.subc.org.au) or email: [boat@sport.usyd.edu.au](mailto: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](mailto:boxing@sport.usyd.edu.au)





#### 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](http://www.sydneyniversitycanoeclub.com.au) or email: [canoe@sport.usyd.edu.au](mailto: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](http://www.sydneyniversitycricket.com.au) or email: (Men) [succ@sport.usyd.edu.au](mailto:succ@sport.usyd.edu.au) or (Women) [uwcc.secretary@gmail.com](mailto: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](http://www.fencing.soc.usyd.edu.au) or email: [fencing@sport.usyd.edu.au](mailto: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](http://www.sugymcheer.org) or email: [gymnastics@sport.usyd.edu.au](mailto: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](mailto: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](http://www.suhc.asn.au) or email: [hockey@sport.usyd.edu.au](mailto: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](http://www.sydnejudo.com) or email: [judo@sport.usyd.edu.au](mailto: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](mailto: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.usydkendo.com](http://www.usydkendo.com) or email: [kendo@sport.usyd.edu.au](mailto: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](http://www.sunetball.com.au) or email: [netball@sport.usyd.edu.au](mailto: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](http://www.surmc.org.au) or email: [rockclimb@sport.usyd.edu.au](mailto: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](http://www.sydneynirowing.org) or email: [rowing@sport.usyd.edu.au](mailto: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](mailto: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 8th successive time in 2011, along with the Colts Club Championship for the seventh successive time. The women's club won the 2011 Sydney competition.

For more information go to: (Men) [www.sydneynirugby.com.au](http://www.sydneynirugby.com.au) (Women) [www.sydneyniwomen.rugbynet.com.au](http://www.sydneyniwomen.rugbynet.com.au) or email: (Men) [sufc@sport.usyd.edu.au](mailto:sufc@sport.usyd.edu.au) or (Women) [rugbywomen@sport.usyd.edu.au](mailto: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](http://www.usydsailing.com) or email: [sailing@sport.usyd.edu.au](mailto: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](http://www.subski.net) or email: [ski@sport.usyd.edu.au](mailto: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](http://www.susfc.org.au) or email: [soccer@sport.usyd.edu.au](mailto:soccer@sport.usyd.edu.au)

## SOFTBALL

Softball has been very successful over the years at the Australian Uni Games, winning a gold medal once again in 2011. All players are welcome!

Email: [softball@sport.usyd.edu.au](mailto: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](http://www.squash.soc.usyd.edu.au) or email: [squash@sport.usyd.edu.au](mailto: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](http://www.suswimclub.com.au) or email: [swimming@sport.usyd.edu.au](mailto: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. The club meets at HK Ward Gymnasium regularly during the week with coaching available.

For more information go to: [www.usydt.org](http://www.usydt.org) or email: [tabletennis@sport.usyd.edu.au](mailto:tabletennis@sport.usyd.edu.au)

## TAE-KWON-DO

The Tae-kwon-do Club started in 2001 and welcomes people of all experience levels the opportunity to learn the Korean martial art and Olympic sport of Tae-kwon-do. Classes teach kicking, sparring, self-defence and the core traditional aspects of Tae-kwon-do 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.usydtkd.com](http://www.usydtkd.com) or email: [taekwondo@sport.usyd.edu.au](mailto: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](mailto: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](http://www.sydneytouch.asn.au) or email: [touch@sport.usyd.edu.au](mailto: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](http://www.suuf.ufnsw.com.au) or email: [ultimatefrisbee@sport.usyd.edu.au](mailto: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](http://www.suvelo.com.au) or email: [secretary@suvelo.com.au](mailto: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 to go: [www.suvolleyball.com](http://www.suvolleyball.com) or email: [volleyball@sport.usyd.edu.au](mailto: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](http://www.sydneyniwaterpolo.com.au) or (Women) [www.suwaterpolo.com](http://www.suwaterpolo.com) Email: (Men) [suwtc@sport.usyd.edu.au](mailto:suwtc@sport.usyd.edu.au) or (Women) [waterpolowomen@sport.usyd.edu.au](mailto: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](http://www.usydwake.com) or email: [waterski@sport.usyd.edu.au](mailto: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](mailto:wrestling@sport.usyd.edu.au)

# 'Blue&Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | SUMMER 2011/12

BY RODNEY TUBBS

FOLLOWING THE VARIOUS 'BLUE & GOLD' FOOTBALL (AUSSIE RULES, SOCCER AND RUGBY) FUNCTIONS IN THE WINTER MONTHS, SPRING WAS THE SEASON FOR 'BLUE & GOLD' WATER SPORTS LUNCHEONS AND THE FIRST OF THESE WAS:

## 2011 'BLUE & GOLD' WATER POLO LUNCHEON

This was the second year in which a separate 'Blue & Gold' Water Polo Luncheon has been staged. In 2009, only 22 water polo enthusiasts attended a luncheon for all SUSF water sports. Last year, 108 water polo club members and their guests filled Sydney's premier seafood restaurant - The Boathouse on Blackwattle Bay.

In 2011, SUMWPC stalwarts, Damien Fanning, Trent Franklin, Antony Green and David Whittaker were optimistic that a bigger venue would be required to accommodate the rapidly growing support for the annual 'Blue & Gold' Water Polo Luncheon. And how right they were!

On Friday 26th August, 171 past and current Sydney Uni Men's Water

Polo Club members and their guests assembled at WatersEdge Restaurant for the most significant fundraising function in the Club's illustrious history!

There were no less than 9 water polo Olympians in attendance: Sean Boyd, Trent Franklin, Craig Miller, Peter Montgomery, Rod Owen-Jones, Rebecca Rippon, Erkin Shagaev, Nathan Thomas and David Woods. There were also Olympians from other sports and numerous national representatives from both Olympic and non-Olympic sports.

One such person was Matt Shirvington – Australia's leading athletics sprinter at the Sydney 2000 Olympics. Matt addressed our luncheon guests in his capacity as a Foxtel executive, whetting our appetites with details of Foxtel's coverage of the London 2012 Olympics, which will include extensive water polo coverage.

The panel moderator at this function was Greg O'Mahoney – a Sydney Uni Arts/Law graduate, a Rhodes Scholar, a former World Universities' Debating Champion, a media personality with a highly developed sense of humour and also a prominent Sydney barrister. Greg's prey on the first panel was:



Australian Olympic sprinter, Matt Shirvington, describing the size of the fish he caught!

- Alastair Visch – now in his 18th year with the Sydney Uni Lions and the National Water Polo League's games record holder with 374 appearances;
- Trent Franklin – a 354 game veteran over 16 National League seasons and the scorer of 679 National League goals for the Sydney Uni Lions. Trent has simultaneously accumulated 249 caps for his country and captained the Australian team on numerous occasions; and
- Scott Nicholson – a rising star of Sydney University Men's Water Polo, who gained selection in the 2008 National Junior Men's U20 squad during his first season with the Sydney Uni Lions. Scott has gone on to become a key member of our National League team.

Greg O'Mahoney's second panel comprised exceptional athletes from three different sports: canoe slalom's triple Olympian, Robin Bell; rowing's triple Olympian, Ben Dodwell; and water polo's quadruple Olympian, Peter Montgomery. Half an hour was barely enough time to cover the Olympic reminiscences and endless quantity of



(L to R) Greg O'Mahoney with his Sydney Uni Lions' panel: Scott Nicholson, Trent Franklin and Alastair Visch.





amusing anecdotes delivered by these champion sportsmen.

A key ingredient of the afternoon's entertainment was the wonderfully spontaneous humour of both the moderator and his panellists. Large doses of university wit have always been an integral part of 'Blue & Gold' sporting functions.

Sydney Uni's water polo community is to be congratulated on its ever-increasing support of 'Blue & Gold' Water Polo Luncheons. And water polo enthusiasts sure know how to enjoy themselves – a rollicking post-luncheon party took place from 3pm onwards at the nearby Harbour View Hotel!



(L to R) Greg O'Mahoney's panel of Olympians: canoeist Robin Bell, rower Ben Dodwell and water polo legend Peter Montgomery.

## 2011 'BLUE & GOLD' ROWING LUNCHEON

On Friday 16th September, an intimate luncheon for 71 Sydney University Boat Club members and their guests took place at the exclusive Boathouse on Blackwattle Bay restaurant.

Since the first 'Blue & Gold' Rowing Luncheon twelve months earlier, the Australian Boat Race between Sydney and Melbourne Universities has been very successfully launched. Sydney Uni won

the inaugural 2010 race on our waters and much of the focus of the 2011 'Blue & Gold' Rowing Luncheon was on the imminent 2011 Australian Boat Race to be held on the Yarra River on Sunday 30th October.

During the past year, Sydney Uni has also significantly increased the size of its trophy cabinet, as a result of outstanding successes at both the most recent State and National Rowing Championships. This, in turn, led to Australian representation at the 2011 World Championships for a number of

SUBC and SUWRC rowers.

Between entrée and mains, Adam Spencer chatted with Steve Newnham, the SUBC stalwart who had just returned from the 2011 World Championships at Bled in Slovenia. Steve had actually been to Bled 32 years earlier, when he occupied the No. 7 seat in the Australian Men's Eight at the 1979 World Championships in what was then known as Yugoslavia.

Steve Newnham is a dual Australian representative. On completion of his still water rowing career, he threw all of his energies into making the Australian Surf Life Saving team. Naturally, he was in the boat crew (which won world titles in 1983 and 1987), but he was also a member of the beach sprinting team. It was somewhat unkindly noted that Steve's current physique bears little resemblance to that of Usain Bolt's!

Steve nervously approached the microphone with copious pages of notes ripped from an exercise book. He clutched these and waved them around throughout the interview, but only once referred to them for a statistic which he was unable to find!



(L to R) Tom Sacre, James Goswell and Edward De Carvalho sporting their Blues' blazers.



(L to R) The Australian Boat Race Panel: James Goswell, Richard Allsop and Tom Sacre parrying Adam Spencer's questions.

Not only the notes, but also the interviewer, proved to be superfluous as Steve got into his stride and thoroughly entertained the luncheon guests with his wonderfully amusing anecdotes and self-deprecating humour.

After mains, Adam Spencer honed in on the 2012 Australian Boat Race with a panel comprised of three likely contestants. They were SUBC rowers, Richard Allsop, James Goswell and Tom Sacre.

Richard Allsop has represented Australia on four occasions, including the 2009 Senior Men's Eight. James Goswell (with the deep and mellifluous voice) was a member of the Australian U23 Men's Eights of 2007, 2008 and 2009, while Tom Sacre represented Australia in the Men's Quad Scull at the 2010 Junior World Championships in the Czech Republic.

Known to their SUBC mates as Slop, The Gos and Doggy, our three panellists provided the luncheon guests with



Steve Newnham amazing guests with highly embellished stories from Bled in Slovenia.

amusing insights into the lifestyles and ambitions of student rowers at Australia's premier university. They also convinced the luncheon crowd that the Australian Boat Race trophy will definitely not be changing hands on Sunday 30th October!

The 2011 'Blue & Gold' Rowing Luncheon was a most enjoyable function, but its future success as a fundraiser will be dependent upon much greater support from our rowing alumni and parents in the years ahead. 🍷

## UNIVERSITY OF SYDNEY SPORT FOUNDATION NEWS

Over the past three months, there has been continued growth of Named Sporting Scholarships, which involve donations or pledges of \$25,000 up to \$100,000.

The most recent of these is the Adam Spencer Sporting Scholarship for Women's Soccer. Adam ... of ABC Breakfast Radio fame ... commenced coaching his much publicised 5th Grade Sydney Uni Women's Soccer team in 2003. Nine years later, Adam's girls became the first Sydney university team to win the 1st Grade grand final.

Adam has also been the resident panel moderator and/or interviewer at 'Blue & Gold' sporting functions for the past fifteen years. In these roles, he is undoubtedly the very best in the business.

To this point in time, most of the Named Sporting Scholarships

have been donated by individual philanthropists, but it is wonderful to note that SUSF's corporate supporters are now also entering into perpetually Named Sporting Scholarships. The first of these was donated by on-campus business enterprise, Ralph's Café. In the last edition of ROAR magazine, we announced that Buildcorp had agreed to donate a perpetually Named Sporting Scholarship.

Since then additional Named Sporting Scholarships have been funded by Bupa/MBF (two scholarships) and the Blues Association.

For further information and/or a mailed brochure on Named Sporting Scholarships, please contact Rodney Tubbs on 9351 7958 or [r.tubbs@sport.usyd.edu.au](mailto:r.tubbs@sport.usyd.edu.au)

## REMAINING 2011 'BLUE & GOLD' SPORTING FUNCTIONS

### 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](mailto:r.tubbs@sport.usyd.edu.au)





# FRIENDSHIP AND FITNESS A HEALTHY COLLABORATION

SYDNEY UNI SPORT & FITNESS IS STEEPED IN HISTORY AND HAS COME A LONG WAY FROM WHEN IT WAS FIRST ESTABLISHED IN 1890.

It was at a meeting in the Stenhouse Library where all of the University's athletes first formed the Sydney University Sports Union – a union of cricket, football, boat, tennis and athletics.

In 2003, the organisation took an important turn and became known as Sydney University Sport when the Sydney University Sports Union and the Sydney University Women's Sports Association amalgamated. Then in 2008 the brand undertook a refresh to become what we know it as today – Sydney Uni Sport & Fitness (SUSF).

At SUSF we strive to expand our facilities to attract new members while also retaining and rewarding our existing members, some of whom have been members for a significant number of years. Take George Baias for example. He originally started at Sydney University in 1969, joined the Sports Union and is now a life member and still has his original badge he was issued with all those years ago.

George has fond memories of SUSF when he first joined.

"There was no pool when I joined the Sports Union," he said. "The Sports and Aquatic Centre (SAC) opened in the early 1970's and I was studying engineering so I decided to try swimming. It has developed into a life-long association with SAC – I have been swimming here since it opened."

"There have been many changes and it has vastly expanded from the original – catering for a much larger and diverse crowd of people."

"The staff can only be described as fabulous! When I started training at SAC it was run by Ray and Joyce – their attitude was that the regulars were part of a family



George Baias, long-standing member of Sydney Uni Sport & Fitness.

and that is the way they treated us and we got to know each other very well. A plaque has been erected in the pool area to the wonderful work that Ray and Joyce did for the centre over the years."

"I have met many people through the Aquatic Centre and friendships have developed with these people having similar interests and backgrounds to myself. I love being a member of SUSF – otherwise I wouldn't have been a member for 42 years and a regular swimmer at the Aquatic Centre! I find the staff approachable, friendly and helpful – they are a real asset."

Jan McClelland is another valued member who has supported SUSF for a number of years. Jan joined in the 1980's with a work colleague who she used to swim with – and they still meet at SUSF once a week for a swim or a group fitness class.

There have been a number of changes since Jan first joined SUSF.

"It's expanded a lot," she said. "I remember the renovations to expand the pool and basic gym to make it into the

complex it is today. With the expansion bought two change rooms for each sex – being a traditionalist I still prefer the 'old' change rooms as many great conversations and friendships have been forged in the female change room over the years."

"There are a lot of things like about SUSF. I love the quality of the instructors in the group fitness classes, they are constantly outstanding; I love the quality of the water in the pool, it is always clean and clear. I like the people behind reception; they are consistently friendly, courteous, welcoming and professional."

Jan lives close by and likes the fact she can pop into the gym any time and it has played a big role in keeping her motivated, fit and healthy.

"I have got to know some brilliant people through Sydney Uni Sport & Fitness whose friendships I have enjoyed over the years," she said. "At a recent art exhibition, I was amused to see about a third of the audience were people I recognised from the pool or gym! It really does feel like my other home." 🐘



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# UPCOMING EVENTS CALENDAR

## HOME FIXTURES



### NOVEMBER

	DATE	TIME	OPPONENT
Flames	Saturday 5th	7.00pm	AIS
Cricket (Twenty20)	Sunday 13th	2.30pm	Fairfield-Liverpool
Flames	Friday 18th	7.00pm	Logan
Cricket (Twenty20)	Saturday 19th	2.30pm	Western Suburbs
American Football	Saturday 19th	7.00pm	Seahawks
Flames	Friday 25th	7.00pm	Adelaide

### DECEMBER

	DATE	TIME	OPPONENT
Cricket (One Day)	Saturday 10th	10.00am	Bankstown
Cricket (One Day)	Saturday 17th	10.00am	Sutherland
Flames	Saturday 17th	7.00pm	Townsville

### JANUARY

	DATE	TIME	OPPONENT
Flames	Friday 13th	7.00pm	Bulleen
Cricket (One Day)	Saturday 21st	10.00am	Eastern Suburbs
Flames	Thursday 26th	6.00pm	Canberra
Cricket (2-Day)	Saturday 28th	10.30am	St George
Cricket (2-Day)	Sunday 29th	10.30am	St George





# OVER THE LINE

## Water way to go

Sydney University Elite Athlete Program (EAP) scholarship holder and canoe slalom athlete Rosalyn Lawrence teamed up with Jessica Fox and Leanne Guinea to win women's C1 team gold at the 2011 ICF Canoe Slalom Championships in Slovakia. The trio totalled 179.44 seconds, including 22 seconds worth of penalties, to finish ahead of China and Germany for the overall World Championship. Lawrence, who is studying for a degree in International and Global Studies, also won the overall 2009 World C1 Championship on her way to being named Female Canoeist of the Year. Meanwhile, Sydney University EAP scholarship holder Murray Stewart joined compatriots Jacob Clear, David Smith and Tate Smith to take second in the men's K4 1000m at the 2011 ICF Canoe Sprint World Championships in Hungary. The Australian quartet nearly pulled off a huge upset before being caught by Germany with less than 250m to go. The silver puts the team in good stead for the 2012 London Olympic Games.

## Unfinished business

Dual Olympian Belinda Snell, who has played 102 games for the Australian Opals, has returned to the Sydney Uni Flames for the 2011-12 Women's National Basketball League (WNBL) season and that augers well for the team and the fans. The dynamic forward, who has played recent seasons with Spanish League champions Ros Casares Valencia in the Euroleague and Seattle Storm in the WNBA, made her international debut in 2001. During the intervening years she won Olympic silver medals at Athens (2004) and Beijing (2008), Commonwealth Games gold at Melbourne (2006), and World Championship gold (2006). She also has two WNBL titles - one as an 18-year-old scholarship holder with the AIS in 1998-99 and another with the Sydney Panthers in 2000-01. But it is the runners-up years with the Flames in 2001-02, 2002-03, 2003-04, and 2004-05 that she wants to atone.

## Trophy time

Sydney University players collected plenty of silverware at the annual Sydney Hockey Awards. While Pete Kelly, an Elite Athlete Program (EAP) scholarship holder, missed out on the coveted Brian Booth Medal, which was won by Norwest Strikers' Troy Sutherland, he finished well up on the count. Kelly took consolation in winning the SHA Sportsmanship Award for PL1. Stefan Hese, a former EAP scholarship holder, had his on and off the field efforts rewarded with the Player/Umpire Commitment Award. He also finished fifth in the best and fairest count in PL2. Marcus Tjong added to his trophy cabinet with a pennant for the Men's 8th Grade minor premiership and another for the Club Championship win in Division 4. And Nicolas Johnston was a joint winner of the Eric Ralph Trophy for SHA Junior Umpire of the Year.

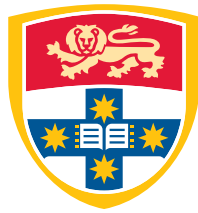
## Power surge

Sydney University tennis representative Michael Power has had plenty of court time in recent weeks. The Elite Athlete Program scholarship holder (Commerce-Law degree), won the Sydney University Open men's singles on the Manning Courts in late September before venturing to the Australian University Games on the Gold Coast, where he captained the gold medal winning men's tennis team that included Kris Balakrishan, Anthony Tuong, Chris Harris, Alex McMillan and Kevin Ye. But his court time wasn't just confined to the Manning grass or the Miami Tennis Club synthetic grass. During the Open he had to reschedule his quarter-final match while he sat a two-hour Criminal Law exam. He hurried back from the exam room to defeat the No.12 seed Miladin Tepsic, before accounting for No. 2 seed Ethan Coker 6-0 6-1 in the final the following day. The 21-year-old St Andrew's College resident is contemplating joining the ITF Futures tour next February for rare grass court tournaments at Mildura and Berry. For the record, Sydney University also won the women's tennis gold at the Gold Coast AUGs, thanks to the efforts of Bianca Chidrawi (captain), Annabelle Scott, Laura Tattersall and SUSF scholarship holders Hayley Ericksen, Benita Milenkiewicz and Rachel Assef.





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