

# ROAR



Sydney Uni  
SPORT & FITNESS

SYDNEY UNI SPORT & FITNESS MAGAZINE

15

WINTER 2012



## SYDNEY UNI RUGBY.

ALL YOU NEED  
TO KNOW FOR  
SEASON 2012.



FOX, MALEY &  
STEWART.  
THREE  
PADDLERS  
LONDON  
BOUND.



PERSONAL  
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## high FIVES

ED FERNON'S TRAINING FOR OLYMPIC GLORY HAS BEEN  
A CASE OF EVENT MANAGEMENT.





**London is calling Sydney University athletes** – in the 2008 Olympic Games we had a total of 21 representatives....







How many Sydney University athletes will be representing Australia in London this year?





# ROAR MAGAZINE. NOW 15 EDITIONS YOUNG.



## FROM THE EDITOR

As we are getting closer to the final official Olympic selections, almost everyone remotely involved in the sporting arena is waiting with anticipation for – London. Sydney Uni Sport & Fitness (SUSF) can proudly confirm ‘officially’ we have four athletes selected to go to the Olympics, with many more to be announced. Our many Olympic hopefuls are striving for selection in sports that include the modern pentathlon, rowing, diving, water polo, gymnastics and athletics, with the likelihood that we will have over 20 athletes at the Opening Ceremony on July 27.

Our cover shot this issue is the impressive Ed Fernon, a pentathlete who has been training in his discipline for just four years, which may sound like a long time but in the realities of elite-level sport, some people train for many more years and don’t get this far. And this is a sport that includes pistol shooting, epee fencing, swimming, showjumping and cross country running. Read Ed’s story about his qualification for the London Olympics on page 12.

This winter issue has Olympic theming scattered throughout it: our feature interview with Hannah Buckling, one of our up-and-coming water polo players, who has recently returned from an Australian Olympic train-on squad camp at the Australian Institute of Sport; and two of our former Elite Athlete Program (EAP) scholarship holders and one of our first year EAP students who have all qualified to go to London for canoe/kayaking.

In Club news, the 2012 rugby season is well underway, with a feature inside on all the essential information you need to be an avid supporter and help cheer the Students to a premiership; the Cricket Club celebrates their 2011/12 season win; and we explore the new NEAFL competition that the Sydney University Australian National Football Club is competing in for the first time in its history.

Don’t forget to check out the hearty soup recipe and nutrition tips on page 6, plus the positive social effects of personal training on page 30. Keeping active during the winter months takes a lot of motivation, but everyone at Sydney Uni Sport & Fitness is here to help you, and it’s worth it when spring comes around and there is less work to do!

**Jessica Laycock**  
Editor

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# NEWSBITES

## COLREAVY HAS FUN IN THE SUN

Sydney University Athletics Club member Jack Colreavy led home 4,500 athletes in the Sydney Morning Herald Sun Run over a 6.5km course from Dee Why to Manly. Colreavy, an Arts student and Sydney University Elite Athlete Program (EAP) scholarship holder, clocked a fast time of 20min 07sec to claim the 2012 Sun Run crown ahead of Keith Macpherson (20.22) and Vlad Shatrov (20.49), who filled the minor placings. The young Sydney University runner's season has included a win in the 10km Balmain Fun Run last November, and a win in the 3,000m steeplechase at the Illawong and Districts Athletics Club's New Year meet on January 4.



## FERRINGTON MAKES STATE TEAM

Sydney University netball Waratah Cup representative Gemma Ferrington has been selected in the 2012 NSW Under 19 State team to compete at the National Netball Championships. Ferrington joins the squad after a very successful 2011 season with the NSW Under 17 State team.



## JUDO ATHLETES CLAIM TITLES

The Sydney Uni Judo Club performed strongly at the Illawarra Senior Kyu Grades Championships, taking out two division titles. In his return to tournament competition Kai Ohlsson was victorious in the under 81kg



3rd-4th Kyu division.

Andrew Roberts continued his recent string of tournament successes when he won the under 81kg 1st-2nd Kyu division.

## FRIEND FIRST AMONGST AUSSIES

Sydney Uni Talented Athlete Program (TAP) scholarship holder Chris Friend has finished as the highest placed Australian in the Burton Toyota Pro surfing event, taking home an equal fifth place finish after bowing out in his quarter-final battle. The Bachelor of Commerce student's result is the highest Friend has finished at an Association of Surfing Professionals (ASP) 6-star rated event and he was thrilled to collect the valuable 1,560 ASP World Tour ratings points.



## POTO NAMED DEFENSIVE PLAYER OF THE YEAR

Southern Design Sydney Uni Flames guard Alicia Poto has solidified her reputation as one of the premier defensive players in the Women's National Basketball League (WNBL), winning her second Robyn Maher Defensive Player of the Year award. In further great news, fellow Flames representative Belinda Snell was named in the WNBL All Star Five. Flames assistant coach Peter Lonergan took out the award for Best Online Coverage.



## MITCHAM FINDS FORM AT THE RIGHT TIME

Olympic gold medallist and Sydney University Elite Athlete Program (EAP) scholarship holder Matthew Mitcham is one step closer to a second Olympic berth after he turned on a spectacular display of precise diving on the final day of the nomination trials for the 2012 Australian Olympic Team. Mitcham, an Arts student at The University of Sydney, won the men's 10m platform event – the same event that he won gold in at the 2008 Beijing Olympics, having received the highest single-dive score in Olympic history. "I am very pleased with my result here today. It is the first time since my injury last year that I have dived with no pain," said Mitcham. Mitcham scored perfect tens in his fifth dive of the competition today. "I scored over 550 points here in the final today. My personal best is 564 points, so I am well on the way to regaining my form." His combined score in winning this event was 1514.85 points, ahead of Victoria's James Connor, scoring 1362.80 points. The team for the 2012 London Olympics will be announced on May 25.







# WINTER WEIGHT: THE POWER OF SOUP

IN WINTER THE DAYS ARE SHORTER, COLDER AND WETTER. AS A RESULT, MANY OF US TEND TO SPEND LESS TIME BEING PHYSICALLY ACTIVE. THIS CAN LEAD TO WEIGHT GAIN IF WE ARE EATING TOO MANY KILOJOULES COMPARED TO WHAT WE CAN BURN OFF.

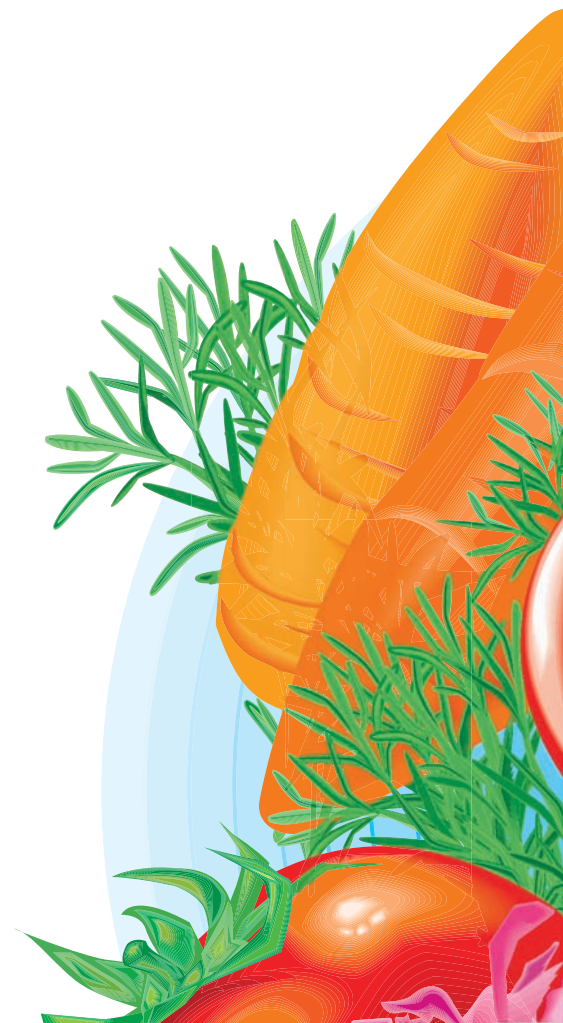
Winter also sees a trend towards light meals and salads being replaced with hot comfort foods, stodgy meals and treats. Soup offers a warming winter meal option, ideal for snacks, lunches and dinners. It is inexpensive, high in nutritional value and will leave you feeling satisfied throughout, without going up a pant size. Soups provide an opportunity to include plenty of vegetables and liquid and as a result, can help control hunger and reduce kilojoule intake, whilst leaving us more satisfied, well hydrated and increases our intake of essential vitamins, minerals and antioxidants.

Soups, like fruit and vegetables, are 80-95% water and thus low in energy density. Energy density refers to the given amount of kilojoules per given weight of the food (or more specifically per gram of the food). Individuals tend to eat roughly the same volume or weight of food each day, irrespective of energy density. Foods high in water content and fibre (as these nutrients have no kilojoule content); will help to avoid unwanted weight gain. On the flip side, fat increases the energy density of a meal or snack as it provides the highest amount of energy per gram (~37kJ/g); more than double that of protein (~17kJ/g) and carbohydrate (~16kJ/g). A healthy diet should aim to keep total fat below 40-60

grams per day (30-40 grams if aiming for weight loss), whilst minimising saturated fat intake.

Eating soup prior to a main meal has been shown to reduce the total daily kilojoules consumed by 16-30%, along with greater fullness and reduced hunger (versus eating a pre-meal solid snack of equal energy content). This may be attributed to the large volume of liquid in soup filling up the stomach more significantly than with a solid meal. Researchers have found that when our stomachs are relatively full, we are more sensitive to hunger control signals such as cholecystikinin (CKK), an intestinal hormone that suppresses appetite. Further, soup gives our body a better chance to register how satisfied we are because it takes longer to eat. Our bodies need 20 minutes to register food ingested, so sipping slowly through a hot soup means we are less likely to overeat before our bodies sense how full we are.

In terms of diet quality, individuals who indicated eating soup frequently (once every 2 days), had a lower body weight, were found to consume less kilojoules, saturated fat, cholesterol, added sugars and more fibre, folate, beta-carotene and vitamin C.





#### TIPS FOR COOKING YOUR OWN SOUP

The options are endless so experiment with your favourite herbs and spices for flavour. Use plenty of vegetables, especially onion, garlic, leek and celery which help to reduce fluid retention (onion and garlic are considered superfoods, due to their high antioxidant properties). Include a moderate portion of lean protein (e.g. beans, chickpeas, lentils, chicken breast, prawn, firm fish or heart smart beef/lamb/pork/kangaroo) and if you are after a more complete meal, some low GI carbohydrate (e.g. barley, quinoa, wholemeal pasta). Avoid creamy based soups (or replace cream with evaporated milk). Soups freeze well; they can be kept in the freezer for up to 3 months. Have a big cook up then store in individual serves. This way you will have healthy lunches for work or uni and dinner on demand for busy weeks or late nights. To get started try this recipe and search the web for more exciting soup ideas ([www.taste.com.au](http://www.taste.com.au)). 🍲

## SPICED LENTIL AND TOMATO SOUP

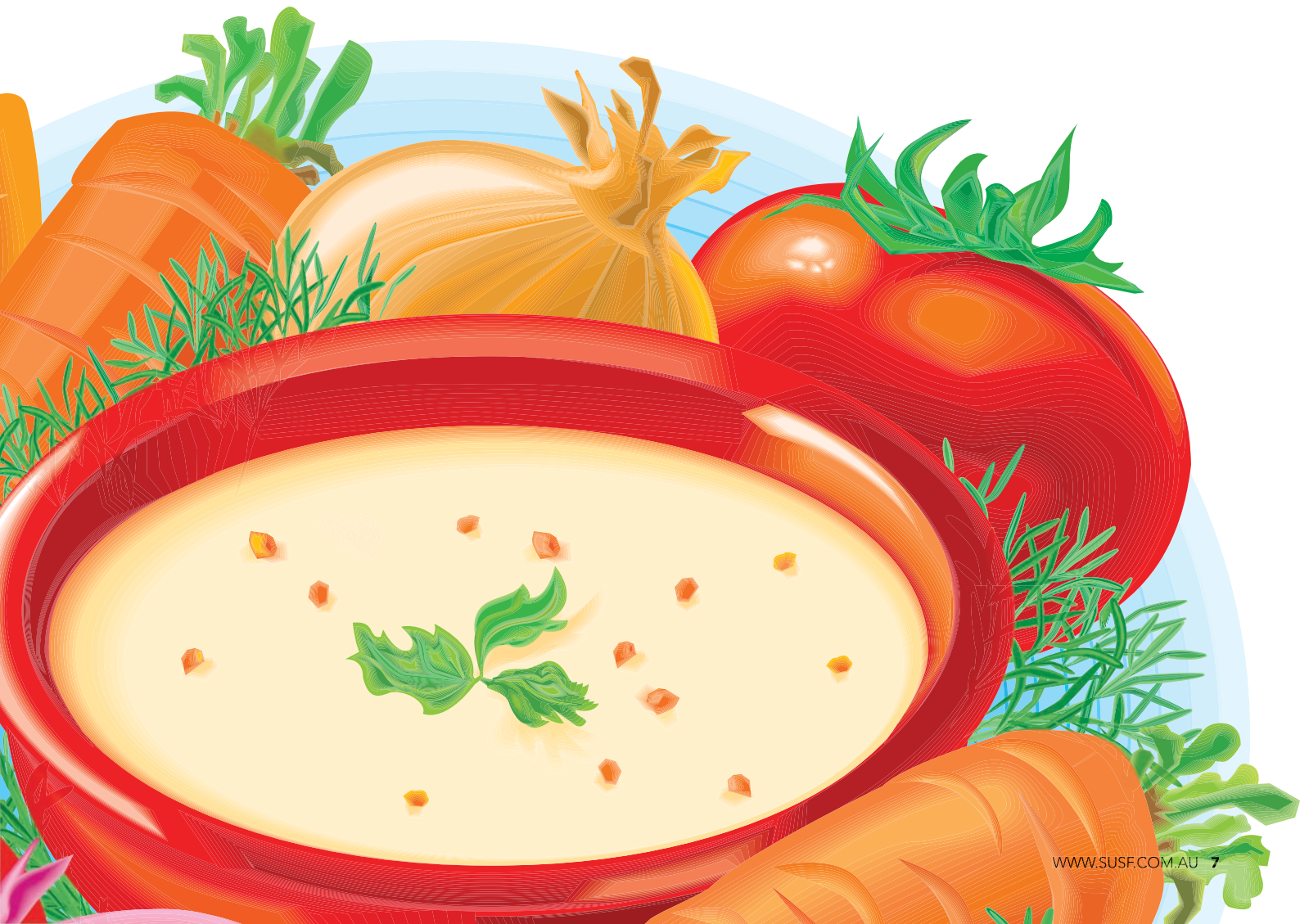
**Preparation Time:** 10 mins **Cooking Time:** 40 mins **Serves:** 8

#### INGREDIENTS:

1 teaspoon ground ginger  
1 onion, finely chopped  
1 teaspoon of olive oil  
2 cloves of garlic, crushed  
½ teaspoon of tumeric  
1 cup red lentils  
1 large green chilli, finely chopped  
1 bay leaf  
3 stalks of celery, sliced  
3 cups salt-reduced vegetable or chicken stock  
3 cups water  
1 x 400g can chopped tomatoes  
2 tablespoons tomato paste  
1 tablespoon chopped coriander  
Freshly ground black pepper  
\*Wash all vegetables thoroughly.

#### METHOD:

1. Heat oil in a large saucepan. Add onion and garlic and cook gently until softened. Add turmeric and ginger and cook, stirring, until fragrant.
2. Add lentils, chilli, bay leaf, celery, stock and water. Bring to the boil and simmer for 25 minutes or until lentils are soft. Remove bay leaf.
3. Stir in tomatoes, tomato paste and coriander and cook for 2 minutes. Season with black pepper.
4. Can be reheated and served with crusty wholemeal bread or rolls, sprinkled with extra coriander.







# LAST TRAIN- FOR LONDO

HANNAH BUCKLING IS HOPING TO BE SELECTED IN THE AUSTRALIAN WOMEN'S WATER POLO OLYMPIC SQUAD – ROAR LEGEND NICK HALLIDAY GETS THE INSIDE WORD ON HER OLYMPIC CHANCES, HER TIME AT THE AIS, AND HER SECRET LOVE OF ANOTHER SPORT.

**ROAR: You've just returned from an Australian Olympic water polo training squad camp at the Australian Institute of Sport (AIS). How was the camp?**

The training camp at the AIS was really good. We have all the facilities we need in one place – accommodation, food, physio, pool and gym in a 1km radius – so it's pretty easy to train down there. Overall, it was a good experience for me. It was hard at first coming into a team that is pretty close knit, but I've really enjoyed it. It was tough, training was hard, but it was all worth it.

**ROAR: How do you assess your chances of making the final national water polo squad for London?**

To be honest, I'm not sure what my

chances are. I'm one of the youngest in the squad, so fingers crossed that if I work hard to prove myself over the next few weeks then I'm a chance. If I don't make it it's okay because in the long run this experience is going to help me greatly in terms of working towards 2016 and Rio.

**ROAR: How is the Sydney University women's water polo team performing in the National Water Polo League (NWPL)?**

The season's been pretty up and down. Sometimes we have a blinder of a game and play really well and other days it's just not our day. I think that can be largely attributed to a new coach and new players who haven't played with each other too much. But

there is no doubt that we're getting better, and we are on the verge of making the finals this year.

**ROAR: You are an AIS scholarship holder, and you spend a lot of time in the nation's capital. What do you do at the AIS when you're not training?**

Well there isn't much to do in Canberra. What I get up to in Canberra varies from going to the Canberra Fair (their version of the Easter Show) to hanging out and watching TV. Actually, sleeping, I sleep a lot. I try to fit some uni work in there too.

**ROAR: You're currently studying a Bachelor of Science and you just sat the GAMSAT. Does a career in medicine beckon?**





# CON N

I'm doing my Science degree now – very slowly due to all the training – and I'm hoping to move into medicine within the next three years.

**ROAR: Was this something that you always wanted to do?**

No, actually. I liked science at school but I was never thinking 'I'm going to be a doctor.' And my plans changed so many times that when I started uni I really had no idea what I wanted to do. I started off by trying out a combined Bachelor of Science/Bachelor of Engineering degree and that lasted about two weeks.

**ROAR: So then you dropped the engineering degree?**

Yeah, it just wasn't for me. I really didn't know what I was going to do

until I started doing subjects like anatomy and physiology and I just loved them.

**ROAR: What are your hobbies?**

I love netball. I feel like secretly I should have been a netball player. I've got Sydney University Intercollegiate Rosebowl Netball coming up (run by SUSF) and I play old girls netball for Wenona as a goalkeeper.

I like to read. I'm currently reading Shandaram. It's about an Australian who got sent to prison for drug dealing, escaped and moved to India where he gets involved with the Indian mafia doing passport forgery. I also enjoy shopping, but I think I have a problem.

In September I'm doing an adventure

race called 'Tough Mudder.' It's going to be tough but fun. I'm doing it as part of the Hulk Hogan team. It's a 20km course with 54 different military style obstacles, including running through fire and electrical wires, all while dressed as Hulk Hogan. Yellow Speedos for the boys and fake moustaches all around.

**ROAR: Where has water polo taken you?**

I've been to Hungary, Greece, America, Italy, Holland and I'm going to China in May for a tour.

I've pretty much been all over the world with water polo, but unfortunately I haven't seen much of it besides pools. 🌊



# Healthy body, healthy mind



By Graham Croker

John "Sparrow" Dowse has been awarded an Achievement Certificate in the 2012 NSW Seniors Week Awards.

Sparrow was honoured in the Health and Wellbeing (Individual) category of the awards for his efforts in running the fun circuit classes with the Senior Wellness Program at Sydney Uni Sport & Fitness (SUSF).

His work was initially recognised when he was chosen to give the opening address to 1,000 attendees at a fitness industry convention in 2009. Despite having never used a gymnasium before he turned 70, it's hard to keep him out of one now, partly for his own fitness, but mostly to help other over-55's stay healthy.

The four-Test Wallaby, who played five-eighth to the prince of halfbacks Ken Catchpole on the 1961 South African tour, was given an unusual present by his children when he turned 70 in 2005. It was the chance to attend a Certificate IV personal training course at the Australian Institute of Fitness at St. Leonards.

Having never used a gymnasium before,

he was worried he would make a fool of himself, but as with his football career, he "had a go" and soon discovered the benefits of working out.

On finishing the course he was encouraged by Greg Harris, the then executive director of SUSF, to start up a pilot program for seniors and, as they say, the rest is history.

That was six years ago and thanks to Sparrow's enthusiasm and personality, and being a walking endorsement of what he preaches, the program took off and now incorporates eight sessions a week for over-55's and over-80's.

The program is a strength workout using free weights in a circuit mode. In groups of 25-30 of both sexes, there are 30 stations using dumb bells, bar bells, swiss balls and medicine balls.

Sparrow's participants spend one minute on each exercise and then move on to the next. All stations involve free weights with no machines being used. It is a low intensity strength workout with the emphasis on technique, breathing and posture. And although it's not a

weight loss program, some who have combined the strength classes with diet and a suitable cardio schedule have experienced great results.

As Sparrow says: "If you regularly swim, walk the dog or have a round of golf and combine it with a regular strength workout, it's all you need to feel great. At Sydney Uni Sport & Fitness, we don't provide a six or eight-week course; we give you a workout that encourages you to exercise regularly."

"The greatest kick I get is watching a person who hasn't done any, or very little exercise in their lives, after a few weeks negotiate all the moves and lifts of the circuit before finishing to thunderous applause from all of the group."

Anyone interested in joining one of John's classes must become an SUSF annual member at the Sports & Aquatic Centre, which is \$55 for 1 year. The facilities include a 50-metre pool, squash courts, tennis courts and a fully equipped gym. Phone 9351 4978 for more information. 🐾





# Biggest sports infrastructure upgrade in the history of SUSF

*By Rob Smithies*



SITE PRIOR TO CONSTRUCTION.



CURRENT SITE UNDER CONSTRUCTION.

**S**ydney Uni Sport & Fitness (SUSF), together with The University of Sydney, are in the process of upgrading and expanding the sport and fitness facilities on the Darlington and Camperdown campuses in what will be the biggest step forward in sports infrastructure in the history of SUSF.

The catalyst for this construction work has been the demolition of the H.K. Ward Gymnasium, which was vacated by SUSF in late January and recently demolished to make way for the new Charles Perkins Centre. The facilities in H.K. Ward are to be transferred to two new buildings – an extension to the existing Sydney Uni Sports & Aquatic Centre (SUSAC), and a new grandstand on Oval No. 2. The SUSAC extension is underway with several

buildings having been demolished and extensive preparatory work completed. When finished in 2013, it will house a new group fitness room, a double basketball court (which will serve as the home court for the Sydney Uni Flames WNBL franchise), a dojo and a boxing room. Our club sport program that was previously using these facilities in H.K. Ward will move to these newer facilities as soon as practical.

The new grandstand on Oval No. 2 will provide a new home for our rugby, football and rectangular sports programs whilst still being used for cricket. The facility will house three indoor cricket nets, a strength and conditioning room, home and away change rooms, a medical room, a multi-purpose function room and storage, and

the grandstand will seat approximately 1,500 spectators. This will be an exciting addition to the campus and also provides a solution to the massive usage issues on Oval No.1.

To be able to finance the two projects, SUSF will be undertaking the biggest fundraising exercise in its history as it looks to raise a minimum of \$2 million in tax-deductible donations towards these facilities. When completed, our end users will have great facilities to use and enjoy. The disruption inevitably caused by construction during 2012 will lead to some wonderful outcomes in 2013. Everyone at SUSF is looking forward to the completion of construction and a bigger and better sport and fitness offering that will showcase SUSF for decades to come. 🦁



# DISCIPLINED TO GOLD





# APPROACH

ED FERNON HAS TAKEN A CAVALIER APPROACH TO OLYMPIC GLORY, PACKING FOUR YEARS OF HARD SLOG TO GET TO LONDON.

*By Aaron Scott*





The modern pentathlon is, surely, the most wonderfully nuanced of Olympic sports. The personal invention of Baron De Coubertin himself, the event lumps five disciplines – pistol shooting, epee fencing, a 200m freestyle swim, a 450m showjumping course and a 3,000m cross-country race – into a single withering day of competition. The hoary old Baron envisaged it as a modern equivalent of the ancient pentathlon which saw competitors recreate the skills of hand-to-hand combat: running, wrestling, jumping, throwing javelins and tossing discuses. De Coubertin's modern version continued the martial theme, with his five disciplines simulating the plight of a cavalryman caught behind enemy lines: he must shoot and fight his way out of captivity before riding, swimming and running to safety. First contested at Stockholm's 1912 Games, this bizarre sport will celebrate its centenary in London. But just as the modern pentathlon is a wonderfully nuanced event, so it is fiendishly difficult. Indeed, it's hard to conceive of five more disparate skill sets: the fast-twitch fibres of the fencer, the steady hand of the pistol shooter, the animal instinct of the horse rider, the broad shoulders of the freestyle swimmer, and the lean limbs of the distance runner. It's a bewildering array of physical skills that demand supreme levels of concentration and fitness. All of which makes Ed Fernon's achievement even more remarkable. See, four and a half years ago Fernon had never fired a pistol, never thrust an epee, and his swimming was, by his own admission, absolutely terrible. In short, he was a poor prospect for pentathlon. The only weapons he possessed in his limited arsenal was a schoolboy background in middle distance running, a deep love of horses fostered during holiday trips to the family property outside Wagga and a year jackarooing in Far North Queensland after school. These two hobbies were his only connection to De Coubertin's splendid vision of stranded cavalymen fighting their way to safety. But in August 2007, at the age of 19, Fernon sat down and figured he needed "a new personal challenge – something to keep me out of trouble." He looked at his options and decided on pentathlon. "I thought, I'm going to start really training for this." He pauses and cracks a grin. "It was very, ah, interesting getting started, that's for sure." Four years later, however, he qualified for the London Olympics after finishing as the top-ranked Oceania pentathlete at the Asian-Oceanian Championships last year. It's an astounding achievement.

If you're not au fait with the realities of elite-level sport, four years of hard toil may sound like a long time. In fact, it's the blink of an eye. Current theories of skill acquisition – such as Malcolm Gladwell's renowned 10,000-hour rule – suggest it takes around a decade of concerted effort for an athlete to become truly elite in their field. Fernon has managed it in four. And his field includes five vastly separate disciplines. It is, by any estimation, a truly staggering feat. Fernon laughs at the suggestion. "Yeah, and going by my results at the moment, I should be able to give it a pretty decent shot in London."

How has he gone from being a complete novice to an Olympic-standard athlete in four years? Although Fernon is quick to praise the efforts of his various coaches and mentors, his rise has been chiefly fuelled by an all-consuming dedication to the sport. It's a dedication that's forced him to pare the luxuries from his life as he's poured his energy into thousands and thousands of hours of training. "You know, I haven't really done much else for the last four years," he says. "I live and breathe this sport. I've finished my Bachelor of Commerce and now I'm doing a Masters of Commerce. But as soon as I took pentathlon up, that was all on the side. It had to fit around my sport. I just train all day, really. Take today for example. I got up, went for an hour's run, came back and had breakfast. Then I had fencing training for two hours, came home, had lunch and had a bit of a sleep. Then I had shooting training for an hour, then swimming for two hours, then I had another fencing lesson tonight. It fills up my days." Fernon knows a host of Olympic swimmers and triathletes, and he reckons none of their regimes match his for sheer weight of hours. "None of 'em even come close."

It's a work ethic that Fernon has found self sustaining. The harder he's worked, the harder he's wanted to work. "At the beginning I used that as motivation. I knew most of my competition in Australia weren't willing to put in

**"YOU KNOW, I HAVE  
THE LAST FOUR YEARS  
THIS SPORT."**





those hours. So every time I did put in those hours, it was like, more money in the bank, more money in the bank. I knew I was getting further and further ahead of these other guys. You know, to qualify for the Olympics, I had to beat a past gold medallist – a Chinese national who'd come over to Australia – and two other really good local athletes, so the path to the Olympics wasn't easy at all. But knowing I was doing more than everyone else motivated me."

This, in short, is how Fernon has managed to buck all the current theories of skill acquisition: he's simply crushed a decade's worth of toil into four and a half years. From the earliest days, back in 2007, he knew it was the only way he could succeed. He's moulded himself into a fencer and a shooter; he's lopped a cool 40 seconds off his 200m freestyle time; he's strengthened his cross-country legs, honed his showjumping instincts. What's more, he's done it without a scrap of national funding. In a funding model that empties buckets of money on sports likely to garner Olympic medals, pentathlon – a sport that has never returned an Australian medal – has been virtually ignored. For this reason, Fernon's rise has been largely fuelled by Sydney Uni Sport & Fitness (SUSF). "I cannot sing the praises of Sydney Uni high enough," he says. "In the beginning I had no results, no nothing, and I went to Sydney Uni and said, 'Can I have some support?' And they were willing to take a punt on me at that stage."

Come the Olympics, it's likely Fernon's efforts will flit by without too much fanfare. The pentathlon hardly captures the Australian imagination, and Fernon's unlikely to finish at the pointy end of the field. But you suspect that if old Baron De Coubertin were still alive today, with his fantasies of his stranded cavalryman, he'd admire Fernon's efforts. After all, there's something of the romance of the cavalry in Ed's impetuous and cavalier dash to the peak of world sport. 🐾

**'N'T REALLY DONE MUCH ELSE FOR  
RS," HE SAYS. "I LIVE AND BREATHE**







# 5 THINGS YOU SHOULD KNOW ABOUT SYDNEY UNIVERSITY FOOTBALL CLUB (SUFC) Season 2012

By Conn Droulias

## 1 UNRIVALLED HISTORY

If you Google "Sydney University Rugby", it quickly becomes obvious you are researching information about one of the most successful clubs in world rugby. The Sydney University Football Club (SUFC), founded in 1863, is the birthplace of Australian rugby and is the oldest rugby club outside of Britain.

The past few seasons have been amongst the most successful in the Club's history. Since 2001, the Club has won seven 1st grade (Shute Shield) Premierships, along with nine Club Championships, including the last eight consecutively. As a product of this success, SUFC has been able to develop countless Super Rugby franchise players, Australian U20 and 7's representatives.

25 SUFC players are contracted to play for an Australian Super Rugby team in 2012, by far the greatest representation of any Club. Furthermore, four players, led by Captain Ed Jenkins, are representing the Australian 7's team in the 2011/2012 International Rugby Board (IRB) Sevens World Series. SUFC had the largest representation of any club in the Wallabies 2011 World Cup squad, continuing its contribution to Australian rugby, which has seen SUFC contribute 111 national representatives since 1863.

The Club's history and achievements are unrivalled by any other sporting team in this country, making SUFC the leading club rugby brand in Australia.

## 2 NEXT GENERATION OF STARS POISED TO FOLLOW THE PATH OF PAST GREATS IN 2012

Season 2012 promises to be another exciting year for the Sydney University Football Club, as the Club continues to build on the progress it made in 2011 with its player development. With the expansion of the Super Rugby competition, 2011 was all about developing the next generation of players to come through the ranks. "This is by no means an ordinary Club and to play for the Club you have to choose to take an extraordinary path", said head coach Todd Loudon. "For the young group of players that we have at the Club, many of whom we saw for the first time last year, pushing them to learn and excel and to achieve greatness is what we as a coaching group are hoping to accomplish in 2012."

Anyone visiting University Oval No.1 on a Saturday afternoon in 2011 would have witnessed the emergence of some of the Club's future stars, through the likes of Sam Talakai, Tom English, Tom Heslop, Jack De Guingand and David Hickey. Other players expected to make their mark from season 2012 include Zubayr Abrahams (wing), Oliver Atkins (lock), Dylan Evans (loosehead prop/hooker), James McMahon (centre) and Angus Roberts (flyhalf/fullback).

The future looks bright.



## 4 MANY FUN AND EXCITING EVENTS PLANNED FOR HOME GAMES

Throughout season 2012, SUFC is again planning to entertain crowds at University Oval No.1 with some exciting attractions.

### Family Day

The Club's Grand Final re-match against Eastwood in Round 10 will be played on Sunday 24th June. Many family-friendly events are planned on this day, including several mini rugby games from the Club's junior teams of Balmain, Canterbury and Petersham. The hugely popular Kids Animal Farm is expected to once more be a hit with the kids.

### Ladies Day

Ladies Day – 14 July – allows the girls to dress up and be pampered at the rugby. A hugely popular event, crowds each year are treated to live entertainment and an after match party.

### Emergency Services Day

First introduced in 2011, the Club will once more dedicate one of its home games to the outstanding efforts of the Emergency Services. This inaugural event last year was a major success, with the highlight being a Police helicopter landing on University Oval No.1, releasing a Police dog which rounded up a makeshift bandit. Crowds can expect another similar highlight in 2012.

## 5 150th ANNIVERSARY YEAR IN 2013

In 2013, the Sydney University Football Club turns 150. To mark this occasion, planning is already underway to stage many unique events to celebrate the remarkable milestone of 150 years of rugby excellence at Sydney University.

Leading into season 2012, head coach Todd Loudon believes the actions of today will have a long lasting effect. "With an eye on the Club's 150th anniversary in 2013, what we are able to set in place now will provide a solid foundation for the players to come. We often talk about the history of this Club and of the players that have gone before us, but I see 2012 as the year we leave a legacy for those who come in the future", he said.

For more information please visit [www.sydneynirugby.com.au](http://www.sydneynirugby.com.au)

## 3 GRADE DRAW

In season 2012, all clubs will complete the first 11 rounds in a home and away format, with a bye being called after round 11. During rounds 12-16, the competition will be split into "Top 6/Bottom 6" based on the Club Championship table. Round 15 will be a split round for the grade competition with three games played on Saturday 4th August and three games played on Saturday 11th August. Competition points will be accumulated over the full 16 rounds.

The finals series for both the grade and Colts competitions will be played over four weeks, with the competition culminating on Saturday 15th September with the grade Grand Final. The format for the 2012 finals will be based on an 8-team elimination series over four weeks.

DATE	HOME V AWAY	VENUE
Round 1 – 14 April	SUFC v West Harbour	Oval No.1, Sydney University
Round 2 – 21 April	Manly v SUFC	Manly Oval, Manly
Round 3 – 28 April	SUFC v Randwick	Oval No.1, Sydney University
Round 4 – 5 May	Gordon v SUFC	Chatswood Oval, Chatswood
Round 5 – 12 May	Southern Districts v SUFC	Forshaw Rugby Park, Sylvania
Round 6 – 18/19 May	SUFC v Northern Suburbs	Oval No.1, Sydney University
Round 7 – 26 May	Penrith v SUFC	Nepean Rugby Park, Penrith
Round 8 – 2 June	SUFC v Warringah	Oval No.1, Sydney University
<b>9 June</b>	<b>BYE</b>	
Round 9 – 16 June	Eastern Suburbs v SUFC	Woollahra Oval, Bellevue Hill
Round 10 – 24 June	SUFC v Eastwood	Oval No.1, Sydney University
Round 11 – 30 June	Parramatta v SUFC	Granville Park, Merrylands
<b>7 July</b>	<b>BYE</b>	
Round 12 – 14 July	SUFC v TBC	Oval No.1, Sydney University
Round 13 – 21 July	TBC v SUFC	Away
Round 14 – 28 July	SUFC v TBC	Oval No.1, Sydney University
Round 15 (a) – 4 August	TBC v SUFC	Away
Round 15 (b) – 11 August	TBC v SUFC	Away
Round 16 – 18 August	SUFC v TBC	Oval No.1, Sydney University
Finals – 25 August	TBC	TBC
Finals – 1 September	TBC	TBC
Finals – 8 September	TBC	TBC
Grand Final – 15 September	TBC	TBC





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### USAC features:

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Arena Sports Centre, Western Avenue.  
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Fax: 02 9351 8105  
Email: arena@sport.usyd.edu.au

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- Scientific health assessments
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- Ralph's Cafe

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Tel: 02 9351 8115

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Closed on public holidays. Takeaway available.

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

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The Venue Manager on 02 9518 6222 or  
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## SYDNEY UNI SPORT & FITNESS FACILITIES MAP





# UP WITH THE BIG BOYS

*By Andrew Tilley*

THE NORTH EAST AUSTRALIAN FOOTBALL LEAGUE (NEAFL) IS THE PRE-EMINENT SECOND TIER FOOTBALL COMPETITION IN NEW SOUTH WALES, ACT, QUEENSLAND AND THE NORTHERN TERRITORY, FEATURING AFL RESERVE GRADE TEAMS FROM THE SYDNEY SWANS, THE GREATER WESTERN SYDNEY GIANTS, BRISBANE LIONS, AND GOLD COAST SUNS.

This season the Sydney University Australian National Football Club (SUANFC) join these heavyweight clubs and others, and will play games in Canberra, the Gold Coast and a host of venues throughout Sydney – including Skoda Stadium and the hallowed turf of the SCG.

It's no mean feat for a club with a relatively humble recent history. Six years ago, the Students were re-admitted to the top flight of the Sydney AFL after an absence of 12 years.

Over the next five seasons the club worked hard on developing internal coaching structures. As a result of this, with the assistance of Sydney Uni Sport & Fitness (SUSF), a part-time administrator was employed in 2009. In the same year Roger Moten was employed as Senior Coach. Then, in 2010, the first full-time role was created – a Director of Football.

The building blocks had been set. The club executive and committee recognised the need for greater changes to be made if further steps were to be taken to improve the club. With inclusion to the NEAFL, the club has grown to carrying a staff of one full-time and four part-time positions, including coaches.

This season, with Moten reappointed as Senior Coach, Daniel Gilmore was brought in as the NEAFL Assistant Coach and High Performance Manager. His experience includes several years playing with Fremantle in the AFL, two premierships playing with South Fremantle in the WAFL and two years coaching at Colt level at South Fremantle. Recognised as a talented development coach, Gilmore played a major role in the recruitment of four South Fremantle players by AFL Clubs through the National Draft, and a further three players through the Rookie Draft, over the past two seasons.

Gilmore has assisted greatly in revamping the club's High Performance Program. The program has evolved from one that was solely focused on strength and conditioning, to one that now includes a heavier skew towards skill development. 40 players – made up of the club's Sydney University Elite Athlete Program (EAP), Talented Athlete Program (TAP) and a number of non-scholarship players – have seen both the quantity of training sessions, which has increased by a further two training sessions a week, and the quality of sessions, create immediate results. Not only have their skill levels increased, but injury prevention and durability amongst the players has been vastly improved.

Further areas of strategy have focused on the identification and development of players through the Colts (Under 18) program. Developed in 2009, this program has already seen the club gain two Colt's premierships. Several players have graduated to senior football with the Students, including James Lewington, Monty Krochmal, Todd Considine, Craig Moller, Michael Hartley and Jarrod Witts. The club expects many more to follow suit.

All the while improvements in the overall professionalism of the club off the field began to result in huge dividends being paid on the field, one season at a time. During seasons 2007-09, steady improvements were seen, with the club's Sydney AFL Senior First Grade team finishing 8th in 2007 and 6th in 2008 and 2009. The 2010 season was when the Students really made their move. The club finished the home and away season as minor premiers, winning 16 games straight to make it into the Grand Final, ultimately finishing the season as runners-up. Last season the Students again performed strongly, finishing 3rd on the





## HOW DOES THE NEAFL COMPETITION WORK?

- ▶ The NEAFL consists of two conferences: The Northern Conference (10 QLD and NT teams) and the Eastern Conference (nine NSW and ACT teams).
- ▶ For most of the year, teams play other teams within their respective conferences.
- ▶ Teams also play cross-conference games and travel interstate.
- ▶ The winner of each conference also then goes on to play in the NEAFL Grand Final.

ladder and reaching the Preliminary Final. All the more remarkable was the fact that all six SUANFC grades competed in finals.

Last year SUANFC was one of a number of club's invited to be part of an extensive application process (which would take a number of months) to be part of the NEAFL, which was in its first year of existence. Having successfully sought the formal approval of its members, the club joined the Sydney Hills Eagles in accepting an invitation for admittance into the 2012 NEAFL season – in the process becoming the first AFL Sydney club to join the NEAFL's Eastern Conference – making it a nine-team competition.

The benefits of admitting SUANFC were obvious to AFL General Manager – International and National Development, David Matthews, who saw this as a significant step in the development of AFL in Sydney.

"Both clubs have not only had success on the field in recent years but are very well structured off it and have a progressive attitude that will enable them to be successful in taking the step up to NEAFL," he said.

"The entry of Sydney University and East Coast will not only help boost the profile of AFL in Sydney but it also gives up-and-coming footballers a clear talent pathway and enhances their prospects of being drafted."

The benefits for SUANFC are arguably greater. Off the field the club has, and will continue to achieve, greater commercial viability – with exposure across NSW, ACT, QLD and the Northern Territory now a reality. A number of the club's games will be streamed online, which will also allow the club to offer greater exposure across its network. There

has already been a noticeable increase in past players, members and supporters coming back to the club.

The new competition will provide Sydney University players with national exposure – with cross-conference games between some of the 10 Queensland and Northern Territory teams making up NEAFL's Northern Conference.

"NEAFL is an excellent opportunity not only for our club and Sydney University, but also for the wider AFL community in Sydney," SUANFC president Chas Wilkinson said.

"It will provide more young and talented footballers the possibility to play a higher standard of the game without moving interstate, which can only enhance the talent, participation and fan pool across Sydney."

"With the support of Sydney Uni Sport & Fitness and other major partners, we have built a successful Under-18 and senior football high performance program over the past five years."

"NEAFL now presents Sydney University the opportunity to provide a clear talent pathway for players looking to play AFL at the highest possible level."

The jump for the club from the Sydney AFL to the NEAFL will be tough. SUANFC will tackle four professional sides this season who possess an armoury of full-time athletes and far deeper resources. But the club is focused on achieving as much as they can by being as thorough as possible both on and off the footy field. It's a strategy that has served them well in recent times and one that should continue to do so in the NEAFL for many years to come. 🏈







# AN INNINGS TO REMEMBER

*By Graham Croker*

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WHEN SYDNEY UNIVERSITY ALL-ROUNDER GREG MAIL WAS AWARDED THE O'REILLY MEDAL FOR THE BEST PLAYER IN SYDNEY GRADE CRICKET FOR THE 2011-12 SEASON THE DECISION WAS APPLAUDED BY HIS PEERS ACROSS THE COMPETITION, AND ALMOST CERTAINLY BY THE GHOSTS OF GREAT PLAYERS PAST.

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During a season he'll savour, Mail became the highest run scorer in 119 years of Sydney grade cricket, taking his tally to a mammoth 12,550 runs and setting a host of other records along the way.

Known as 'The Mailman', early on as a basic Aussie nickname but in later years because, with a bat in his hand, he always delivers – Mail surpassed Greg Hayne (12,354 runs) when setting the new mark during Sydney University's Limited Overs semi-final loss to Fairfield-Liverpool. As he recalls, the shot that gave him the record was "a thickish inside edge off 'Lambo' (former NSW team-mate Greg Lambert) to midwicket."

The previous weekend he had cracked 137 against Hawkesbury, leaving Bobby Simpson in his wake and joining Warren Bardsley and Victor Trumper as the leading century-makers in Sydney first grade cricket with 36. They're famous names to be associated with, but there are more.

Mail is also the only player in Sydney grade cricket to score double centuries in consecutive first grade matches. Three seasons ago he hit 214 not out against Randwick-Petersham and backed that up the next weekend with 212 against Northern District. Only two other players had passed 200 twice in the same season: Don Bradman made 246 and 201 in the 1931-32 season, and former NSW player Norbet Phillips made 243 not out and 200 in the 1929-30 season. But neither made them in consecutive matches.

When he reached 28 on his way to scoring 94 in the 2011-12 final against Randwick-Petersham, Mail moved past the 1,000-run mark for the season, the fifth time he has achieved the feat. And in the process he became just the third player, behind Bill Alley and Grant Lambert, to make 1,000 runs and take 40 wickets in the same season.

They're remarkable statistics, made even more so when put alongside his healthy 10 year first-class career with NSW. After making his debut in 1999, Mail played 72 matches

for the Blues, scoring 4,085 runs at an average of 32.16, including nine centuries – one in each innings against South Australia – and a highest score of 176.

Mail was a member of the Sheffield Shield-winning sides of 2002-03, 2004-05 and 2007-08. He officially retired from first-class cricket at the end of 2009 to take up a position in the banking industry. At the time he said he would continue to play club cricket as long as he enjoyed it.

"I'm not playing to collect awards and chip away at records, the times that you remember are the titles that you win," he said.

They were prophetic words. He has since collected back-to-back Belvidere Cups – and the O'Reilly Medal.

"I think it's a privileged award, there is a good list of players who have won it," Mail said. "Part of having a strong Sheffield Shield team in NSW is having a strong and competitive grade cricket competition, so to figure among the better players in that competition is a nice achievement." They're the words of a modest man.

Many fans of the willow-wielding brigade believe he chose an unusual time to retire from first-class cricket immediately after his back-to-back double century effort, and given that he has since piled on two 1,000-run seasons.

But his first-class career might have ended earlier had it not been for Sydney Uni Sport & Fitness' Elite Athlete Program (EAP). Having studied physiotherapy at the Cumberland campus early in his career, Mail was offered a scholarship in 2004.

"It was great to become a full-time student on the main campus; being able to study and play cricket," he said.

"The scholarship allowed me to continue to play first-class cricket by providing practical help with tutoring and managing my workload when I was away playing representative games."





Mail's academic career was on par with his prowess with the bat and ball. In 2006 he was presented with The University of Sydney Academic Excellence award at the annual NSWIS Awards Dinner after earning a high distinction average. He also earned a University Blue that year.

Having topped the fifth grade batting averages as a 15-year-old back in 1993-94, Mail has represented four

teams in first grade: Parramatta (1995-96), Hawkesbury (1996-97 and 1998-99), Balmain-UTS, now the Sydney Cricket Club (1999-2000 and 2003-04) and Sydney University since the 2004-05 season.

With no intentions to retire from the club cricket scene, 'The Mailman' could set up a run aggregate that has a postcode of its own.

## CLARK STEERS STUDENTS HOME

Stuart Clark ended an illustrious career at Test, state and club levels with a man-of-the-match performance when Sydney University won back-to-back Sydney grade cricket titles with a first innings win over Randwick-Petersham at Bankstown Memorial Oval in a three-day final in March.

While he made his mark as a fast bowler at state and Test levels, Clark earned all-rounder status with Sydney University in his final season, cracking his maiden century against Parramatta, a welcome 50 against Manly-Warringah in the qualifying final and 72 off 73 deliveries (11 boundaries) in the final.

He also collected 3-37 off 17 miserly overs as Sydney University skittled the Randy Petes for 185, after they had been set a massive first innings target of 407. Clark was awarded the Benaud Medal for his efforts.

It was the Students' fourth Belvidere Cup win in 10 years – they won in 2002-03, 2004-05 and 2010-11 – and third second grade title in five years. The win was set up on day one (Friday) when the Students won the toss and batted. They went to stumps at 6-319 on the back of a 151-run first wicket partnership between former NSW opener Greg Mail (94) and No.3 Scott Henry (90), who made his NSW debut this season.

With Clark unbeaten on 64 and Will Somerville on 16, the signs were ominous for Randwick-Petersham. Day two was another rare day of sunshine for Sydney in 2012 and while Clark only added another eight, Somerville cracked 39, James Crowley added an unbeaten 36 and No.10 Tim Ley posted 18 as the Students pushed past the 400 mark.

The two wily Test veterans, Clark and leg-spinner Stuart MacGill, strangled the Randy Petes when they took to the crease after lunch. In a 10-over opening spell, Clark ripped through openers Nathan Price (0) and Anthony Sams (10) before collecting the prize wicket of Simon Katich, lbw for a first-ball duck.

Meanwhile, MacGill snared the wickets of the dangerous Coyte brothers, Adam for 42 and Scott for five, as Randwick-Petersham went to stumps at 6-150, with Usman Khawaja also back in the pavilion, run out for 24. The Scholars wrapped up proceedings before lunch on day three, despite the efforts of Adam Semple (58).

Sydney University were also runners-up in the Twenty20 competition and semi-finalists and defending premiers

in the Limited Overs Cup, both of which were won by Randwick-Petersham for 2011-12.

With 94 wickets in 24 Tests and 393 wickets in 113 first-class matches, Clark retired a happy man with consecutive Belvidere Cups to boot.

"I still enjoy playing but I know it's time not to play anymore," Clarke said before the final. "Sydney University have been good to me over the years. Winning the premiership would be a fitting way to end my career." He lived that dream.

Also living the dream were members of Sydney University Second XI, who claimed the Sydney second grade title in a three-day encounter with Manly-Warringah at North Sydney Oval.

Having been sent in to bat, the Students made a paltry 116, despite the efforts of Michael Culkoff (39) and Adam Theobald (25). Aidan Baker's 5-25 was not backed up by his batsmen, who could only muster 85 as Ben Joy (3-12) and Josh Toyer (3-30) went about their business.

The Students racked up 368 in their second visit to the crease, thanks to a marvelous 103 from Tom Kierath and 86 from Kevin Desai.

They then claimed the title by knocking over Manly-Warringah for 131, with Toyer (4-34) and Joy (3-42) asserting themselves once again.

Sydney University fifth grade were knocked over by an innings and 23 runs in their two-day Grand Final against Gordon at Sydney University Oval No.1.

Having won the toss and batted, the Students were all out for 109 in their first dig, with sundries top-scoring with 29. Gordon replied with 224 and then dismissed Sydney University for 92 to claim the 2011-12 title. 🏏







# WESTERN SYDNEY ROVERS OR RUINER?

HOW DOES THE INTRODUCTION OF AN A-LEAGUE TEAM IN AUSTRALIA'S NEWEST FOOTBALLING BATTLEGROUND AFFECT ONE OF NSW'S MOST RENOWNED AND PROMINENT CLUBS?

Last month, Football Federation Australia (FFA) announced that Sydney would finally, and belatedly, have a second team competing in the A-League. Putting aside the dramatic – and at times farcical – events that bookend this decision (one week earlier the FFA terminated Gold Coast United's license on the Gold Coast only for Newcastle to 'hand back' their license two weeks later), what does an A-League team nominally based in Sydney's west mean for Sydney Uni Soccer Football Club (SUSFC)?

Western Sydney is a melting pot of clubs, cultures and histories. High up on the newly formed club's agenda, and rightly so, will be to make itself relevant to these various stakeholders. Managing the delicate balance between club engagement and favouritism will be a process that will require much skill and finesse from the new clubs overseers, namely Football NSW and the FFA – both of who have been accused in the past of being fairly blunt in their methods.

Sydney University's physical distance from the new club represents a natural, and in some ways welcome barrier from this scramble for position out west. Furthermore, SUSFC is very much an inner west/eastern suburbs entity and therefore unlikely to be the focus of any direct engagement strategy by the new club. It's in the realm of player retention and recruitment, an area of the game that SUSFC has often struggled with for various reasons, where the presence of an A-League team in the western suburbs will place significant pressure on the club.

Despite being one of the best resourced clubs in Australia, in terms of support services, facilities, and professional development, SUSFC is, in some circles, considered a football backwater, rather than acknowledged as the Premier/Super League club that it is.

So, how does SUSFC go about changing perceptions amongst the football community?

Indeed, as the closest and highest ranked State League team to Moore Park it would make sense to draw a line in the sand and pursue direct and exclusive links with Sydney's other club – Sydney FC. However, such a definitive move would be selling short the club, its vision and its unique place within Australian football. With a mission to facilitate the simultaneous development of elite athletes and university graduates, SUSFC offers benefits to footballers and football in general beyond that which can be encompassed under an A-League 'feeder club' umbrella.

Rather than take sides, SUSFC will continue to work with

Sydney University and Sydney Uni Sport & Fitness to build an outstanding and unique football club upon the solid foundations that have been laid since its inception in 1946. Through the construction of high quality infrastructure, the development of professional support services, the commitment to youth, the engagement of a partisan and passionate student supporter base and primarily the continued vocal promotion of tertiary education as a means to long-term financial security for players and the game itself, SUSFC will stake its place in the conscience of the Australian football community – looking to add to the lone Socceroo that has come through the ranks since our inception, former Gold Coast captain Michael Thwaite.

The arrival of a second Sydney A-League team is exciting and long overdue. The combined force of the FFA, FNSW and the western Sydney community will grow a club that in time will be the envy of the league.

As President of the Sydney University Soccer Football Club I am concerned the arrival of a second Sydney A-League team has the potential to entrench the prevailing perception that certain clubs are the sole route to a professional football career. Conversely, I see an exciting opportunity to further differentiate ourselves, our club and our vision in what is a saturated and competitive football market.







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#### BRONZE BENEFITS INCLUDE:

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- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

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Gold, Silver, Bronze & Blue Lion Passes are available as 3, 6 or 12 month upfront options. Fortnightly Direct Debit option also available.

\*prices quoted denote weekly breakdown of 12 month pass.





# Three more paddlers

# LONDON

THE SELECTION OF MURRAY STEWART, JESSICA FOX AND KYNAN MALEY IN THE AUSTRALIAN CANOE/KAYAK TEAM FOR THE 2012 LONDON GAMES IS ANOTHER FEATHER IN THE CAP FOR THE SYDNEY UNI SPORT & FITNESS (SUSF) ELITE ATHLETE PROGRAM (EAP). *By Graham Croker*



KYNAN MALEY PHOTO COURTESY OF SPORTSCENE.



Since the introduction of the Sports Scholarship Program in the early 1990's and the subsequent EAP, the scheme has attracted some quality paddlers, including Robin Bell (2000, '04 and '08 Olympic Games), Lachie Milne (2004, '08) and Louise Natoli (2004).

Fox (kayak), Stewart (kayak) and Maley (canoe) continue a fine production line.

Fox, an EAP scholarship holder and B.Arts student, gained selection after a stellar Olympic nomination performance during which she produced a clean

sweep of the Australian

selection events,

including back-

to-back women's

K1 slalom silver

medals at the

Australian Open

and Oceania

Championships.

The daughter of Olympic kayakers, Richard (five-time world champion for Great Britain) and Myriam (who won an Olympic bronze medal and two world championships for France); she will turn 18 just before the London Games.

While studying for her Higher School Certificate in 2011, Fox won back-to-back C1 gold medals at World Cups 2 and 3, before securing Australia the women's K1 quota after placing 19th overall at the World Championships in Bratislava, Slovakia.

"I'm looking forward to the whole experience of representing Australia at the biggest sporting event," Fox said of her selection.

"I feel lucky and excited to have this opportunity so I want to give it my best shot. Being a part of a big team of all different sports, living in the village and racing on the challenging course of Lee Valley is what I'm excited about."

Having been brought up mixing with top Australian kayakers, Fox said she has always had plenty of inspiration to succeed.

was a huge part of my career and I am sure I would not have managed to earn my degree and achieve this selection without the support I received, so I would like to say thanks to everyone involved," said Maley.

Stewart, who is also a former Sydney University EAP scholarship holder, has qualified in four events in the men's kayak for the London Games.

Competing at the 2012 Australian Sprint Championships at Penrith, Stewart upstaged favourite, Olympic champion Ken Wallace, to win the K1 1,000m. The national title came off the back of the Oceania Championships, where he won the K1 1,000m, the first of the Olympic nomination trials.

He then won the K1 500m, K4 1,000m and the K1 200m sprint to qualify for all four events he competed in. Stewart and the selectors must now decide which events he'll contest in London, but one will almost definitely be the K4 1,000m.

"I sort of counted on two (nominations)," Stewart's coach, Tim Jacobs said after the Australian



"I want to continue to improve and win medals at the highest level – Olympics, World

Championships and World

Cups. I also want to complete my uni degree and in the future get a good job for life after paddling."

For Maley, a former EAP member, London is a case of fourth-time lucky, having missed selection for the Sydney, Athens and Beijing Games.

He has been selected to compete in the C1 slalom and the C2 slalom (with Robin Jeffrey) in London after his efforts at the 2011 World Championships in Slovakia and the 2012 Australian championships in Tasmania.

Maley has fond memories of his time at Sydney University and the scholarship program.

"Although I have graduated and am not a part of Sydney Uni Sport & Fitness at the moment, the association

championships. "Four is a bonus. What's good is that Murray can now pick and choose what he can do best."

Stewart felt for the other competitors who missed out on Olympic nominations despite strong performances.

"I can relate to what it's like to miss out on going to the Olympics because I didn't qualify in 2008," he said. "I hope they're able to bounce back because they are really good paddlers with more time in the sport."

While Stewart's journey to London has been littered with hard work on kayaking courses, he has also been a high achiever on the academic front, having completed his Masters of Architecture in 2011, and once held the Vice-Chancellor's Scholarship for academic and sporting success.

The hard work has paid off for Fox, Stewart and Maley with membership in the Olympic club. 🏆





# PERSONAL TRAINING: AN INVESTMENT WITH

**W**hat is the single most important thing you could invest your time and money into? You! Here at Sydney Uni Sport & Fitness (SUSF) our Personal Training Program is set up for exactly that – creating the fittest, strongest, healthiest and happiest version of you.

Through effective planning and preparation, goal setting, the right exercise program and adequate support and guidance, anyone can achieve their health and fitness goals. We strive to create a sustainable regime for our clients along with an enjoyable workout routine, building knowledge and giving people a more holistic approach to their health and wellbeing that can be applied across their lifespan.

We've seen a vast array of clients over the years. From soon-to-be brides, local athletes, young mums looking to lose post-baby kilos and people just wanting to look good for an upcoming party. We've had clients aiming for a career in the Fire Brigade, Federal Police and Defence Force with specific goals required to fulfil the practical components of the process.

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The SUSF Personal Training Program understands that a happy future depends on a healthy you and that is why it is set up to be so adaptable – with no contracts, the cost structure is well below industry standards, and with both a variety of male and female trainers who have a wealth of knowledge and



specialisations, we are confident we can cater for whatever goals you might have.

The program starts with a fitness assessment and goal setting session where you sit down with a trainer and discuss your aims and goals, training frequency, limitations and a time frame for the goals you have identified. A

training routine is developed, which might be entirely supervised or a combination of individual workouts and one-on-one sessions with your trainer. We evaluate the regime every 6-8 weeks, setting new targets as needed. The formula has proven successful and as the saying goes 'taking good care of your body is money in the bank!'

# LIFELONG RETURNS



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2-on-1 single for community members - \$100	2-on-1 single for Sydney Uni students and staff - \$80
10 pack for community members - \$650	10 pack for Sydney Uni students and staff - \$500
2-on-1 10 pack for community members - \$900	2-on-1 10 pack for Sydney Uni students and staff - \$750

For enquiries please email: [personaltraining@sport.usyd.edu.au](mailto:personaltraining@sport.usyd.edu.au) or call 9351 4977 – Sports & Aquatic Centre or 9351 8111 – The Arena Sports Centre 📞



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- Call 1300 068 922
- Online at [www.susf.com.au](http://www.susf.com.au)
- Visit reception at one of our on-campus sport & fitness centres

Transaction fee applies to phone and online bookings. Information correct at time of printing.



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Earlybird  
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July	2 - Camps	3 - Camps	4 - Camps	5 - Camps	6 - Camps
	9 - Camps	10 - Camps	11 - Camps	12 - Camps	13 - Camps

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1

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24 May - 3 June

2 x weekends 8am

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20 June - 25 July

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Mondays 6:20 - 7:20pm

### Golf Beginners

26 June - 17 July

4 x 1 hour lessons

Tuesdays 5:30 - 6:30pm

### Stand Up Paddle Boarding

Any Saturday that suits you.

For more information visit [www.susf.com.au](http://www.susf.com.au)

Call 1300 068 922 or email: [recreation@sport.usyd.edu.au](mailto:recreation@sport.usyd.edu.au)

 **Facebook:** 'Sydney Uni Sport and Fitness'

 **Twitter:** 'SydUniSportFit'



**Sydney Uni**  
SPORT & FITNESS



SYDNEY UNI SPORT & FITNESS

# UPCOMING EVENTS CALENDAR

## HOME FIXTURES



### MAY

	DATE	TIME	OPPONENT
Baseball	Saturday 26th	2.00pm	Hawkesbury
Soccer (Women)	Sunday 27th	3.00pm	Illawarra Stingrays FC

### JUNE

	DATE	TIME	OPPONENT
Baseball	Saturday 2nd	2.00pm	Q H Pirates
Hockey (Men)	Saturday 2nd	8.30pm	Bankstown
Rugby (Men)	Saturday 2nd	3.00pm	Warringah
Soccer (Men)	Saturday 2nd	7.00pm	Hills Brumbies
Australian Football (Men)	Saturday 9th	2.00pm	Tuggeranong
Soccer (Men)	Saturday 9th	7.00pm	Mounties Wanderers
Soccer (Women)	Sunday 10th	3.00pm	Blacktown Spartans FC
Hockey (Women)	Sunday 17th	4.30pm	Briars
Hockey (Women)	Sunday 24th	12.00pm	Macarthur
Rugby (Men)	Sunday 24th	3.00pm	Eastwood
Soccer (Women)	Sunday 24th	3.00pm	Macarthur Rams

### JULY

	DATE	TIME	OPPONENT
Baseball	Saturday 7th	2.00pm	Petersham
Australian Football (Men)	Saturday 7th	12.00pm	Broadbeach
Soccer (Men)	Saturday 7th	7.00pm	Northern Tigers
Hockey (Men)	Saturday 14th	8.30pm	Northwest Strikers
Rugby (Men)	Saturday 14th	3.00pm	TBA
Baseball	Saturday 21st	2.00pm	Uni of NSW
Australian Football (Men)	Saturday 21st	2.00pm	Hills Eagles
Hockey (Men)	Saturday 21st	8.30pm	University of Technology, Sydney
Soccer (Men)	Saturday 21st	7.00pm	St George FC
Soccer (Women)	Sunday 22nd	3.00pm	Manly United FC
Hockey (Men)	Saturday 28th	5.30pm	Gordon North Sydney
Rugby (Men)	Saturday 28th	3.00pm	TBA







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SPORT & FITNESS



# 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 (Men) [www.suanfc.com.au](http://www.suanfc.com.au) or email: [suanfc.wizkidacademy.com.au](mailto:suanfc.wizkidacademy.com.au) or (Women) [www.suwaflc.com](http://www.suwaflc.com) or email: [suwaflc@sport.usyd.edu.au](mailto:suwaflc@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 13 NSW championships in the 28 years of competition, including the last nine years. The Sydney Uni Cubs have won eight 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 Uni Archery Club, established in the 1970's, caters to all levels of archery, from the beginner to the elite. Members compete in various competitions through Archery NSW and Archery Australia at club, state and national levels. The club trains on an outdoor range at St. Paul's Oval, enabling members to train up to 90m, the furthest distance for Open Men's FITA events. Basic equipment and coaching is available to members and personal equipment is also welcome. Training times are Tuesdays and Fridays 1-5pm all year.

For more information go to: [www.suac.org.au](http://www.suac.org.au) or 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 Sydney Uni Badminton Club welcomes badminton players of all levels. The club is open to the public, but cater specifically for University of Sydney students. Whether you are a social player looking for a fun hit, or a competition-regular looking for some practice before your next big game, you are more than welcome to come along. The club is affiliated with the Sydney Badminton Association Inc. and competes in all of their tournaments. The club also competes in various intervarsity competitions throughout the year, including the Australian University Games and the Eastern Conference 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.sydneyuniflames.com.au](http://www.sydneyuniflames.com.au) or email: [basketball@sport.usyd.edu.au](mailto:basketball@sport.usyd.edu.au)  
or [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



Sydney Uni Boxing Club was established in 1908 and is a founding member of the NSW Amateur Boxing Association. Historically, the Club has competed against other Australian universities, as well as teams from the Australian military. The club is open to males and females. Sydney Uni Boxing Club enters its own competitive boxers in state/national competition. Competition between the University of Sydney's Colleges occur as part of the University of Sydney Inter-Collegiate and Club Boxing Tournament, with male boxers representing St. Andrew's, St. John's, St. Paul's and Wesley competing for the trophy.

For more information 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.sydneyuniversitycanoecub.com.au](http://www.sydneyuniversitycanoecub.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.sydneyuniversitycricket.com.au](http://www.sydneyuniversitycricket.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)

## FENCING



Sydney Uni  
Fencing Club



The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club, consisting of more than 100 members presently, welcomes members of all standards. The club has a large amount of equipment available for the use of members, offering training with foil, epee and sabre. The club competes in state competitions run by the New South Wales Fencing Association, participating in both individual and team competitions. The club also participates in all national competitions run by the Australian Fencing Federation.

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

## GOLF



Sydney Uni  
Golf Club



The Sydney University Golf Club (SUGC) offers the opportunity to play competitive and social golf at highly discounted rates. The club regularly plays on some of the best courses in Sydney, including the superb St Michael's and Moore Park Golf Clubs. Over the past year, events have also been held in the Blue Mountains and the Hunter Valley. Weekly practice/tuition nights run by the club's low marker members at Moore Park Driving Range are a great way to receive support as a beginner or as more experienced player wanting to improve your game off the course.

For more information email: [golf@sport.usyd.edu.au](mailto:golf@sport.usyd.edu.au)

## GYMSPORTS



Sydney Uni  
Gymnastics Club



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)

## HANDBALL



Sydney Uni  
Handball Club



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.

For more information email: [handball@sport.usyd.edu.au](mailto:handball@sport.usyd.edu.au)

## HOCKEY



Sydney Uni  
Hockey Club



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



Sydney Uni  
Judo Club



The Sydney University Judo Club (SUJC) is the oldest judo club in Australia, founded in 1954. The club competes in all levels of judo competition, from national and state to local competitions and AUG's. 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. The club's training program includes classes tailored for beginners and experts, as well as dedicated women's classes. Numerous social activities and competitions are organised both within the club and with clubs at other universities.

For more information email: [judo@sport.usyd.edu.au](mailto:judo@sport.usyd.edu.au)



## KEMPO KARATE



The Sydney University Kempo-Karate Club was established in 1965 to facilitate the practice of Shaolin Ch'uanfa. Classes are held on Monday, Thursday and Friday evenings throughout the year. The curriculum includes self-defense techniques, yogic exercises and the Buddhist philosophy and psychology that underlie them.

For more information 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 & MOUNTAINEERING



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

For more information 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 1960's. 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 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.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.sydneyunirugby.com.au](http://www.sydneyunirugby.com.au)  
(Women) [www.sydneyuniwomen.rugbynet.com.au](http://www.sydneyuniwomen.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 & 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: [sailingboardsailing@sport.usyd.edu.au](mailto:sailingboardsailing@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. The club is now approaching 600 members in 35 teams, across all competitions.

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!

For more information 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 email: (Men) [squashmen@sport.usyd.edu.au](mailto:squashmen@sport.usyd.edu.au)  
or (Women) [squashwomen@sport.usyd.edu.au](mailto:squashwomen@sport.usyd.edu.au)

## SWIMMING



The Sydney University Swimming Club trains at the Sydney Uni Sports & Aquatic Centre (SUSAC). 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.

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

## TAEKWONDO



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

For more information go to: [www.usyddtkd.com](http://www.usyddtkd.com) or email: [harryjun@gmail.com](mailto:harryjun@gmail.com)

## 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.

For more information email: [tennis@sport.usyd.edu.au](mailto:tennis@sport.usyd.edu.au)

## TOUCH



Established in 2001, the Sydney University Touch Football 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. Club trainings are run at 3.30pm on Thursdays.

For more information email: [ultimatefrisbee@sport.usyd.edu.au](mailto:ultimatefrisbee@sport.usyd.edu.au)

## VELO



The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. Many of the club members are actively involved in racing, and there is strong competitive spirit across the club. The club wants its members to achieve their cycling goals, whatever they may be and whatever their ability. The club has a varied and interesting ride and training program, as well as a healthy performance culture - one that encourages its members to strive to reach their goals.

For more information 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 Uni Volleyball Club is a National League club for both men and women. As well as this, it competes in the Sydney Volleyball League in opens and junior divisions, AUG's and other major tournaments such as NSW State Cups. It also runs its own mixed social competitions and social trainings throughout the year. The club is open to students and non-students, locals and internationals, beginners and elite athletes. The club provides an opportunity for people to participate at social and representative levels.

For more information go to: [www.suvolleyball.com](http://www.suvolleyball.com)

## 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.sydneyuniwaterpolo.com.au](http://www.sydneyuniwaterpolo.com.au)  
or (Women) [www.suwaterpolo.com.au](http://www.suwaterpolo.com.au)  
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 & WAKEBOARD



The Water Ski Club informally began as early as the 1960's. The club offers an opportunity for people of all abilities (from first timer to professional) to enjoy organised trips throughout most of the year. The season generally runs from September to May, offering organised Waterski & Wakeboarding days for members at Cliftonville Ski Park, at Wisemans Ferry on the Hawkesbury River (about one and a half hours north-west of Sydney). The club also runs a number of weekend trips in cabins on the Hawkesbury, Lake Conjola and Wyangala Dam, and also a legendary houseboat weekend each year.

For more information go to: [www.usydwake.com](http://www.usydwake.com), email: [membership@usydwake.com](mailto:membership@usydwake.com)  
or visit their Facebook page: <http://www.facebook.com/groups/usydwake/>

## WRESTLING



Wrestling is an ancient martial art that features clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. Greco-Roman Wrestling is an international discipline and a Commonwealth Games and Olympic sport, in which it is illegal to hold the opponent below the belt, to make trips or to actively use the legs in the execution of any action. Sydney Uni Wrestling Club is home to not only Australia's Wrestling Coach, Leonid Zaslavsky, but also 2008 Olympian and 2010 Commonwealth Games athlete, Kyla Bremner. The club welcomes all levels of wrestlers from beginners looking for a social sport experience to elite level competitors.

For more information email: [wrestling@sport.usyd.edu.au](mailto:wrestling@sport.usyd.edu.au)

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# 'Blue&Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | WINTER 2012  
BY RODNEY TUBBS

BEING AN OLYMPIC YEAR, 2012 WILL BE AN ESPECIALLY BUSY ONE FOR THE 'BLUE & GOLD' CLUB. HOWEVER, THE FIRST QUARTER STARTED RATHER SEDATELY WITH JUST THE FOLLOWING TWO FUNCTIONS:

## THE POSTPONED 2011 'BLUE & GOLD' XMAS HAMPER GOLF DAY

On Wednesday 8th February 2012, the postponed 2011 Xmas Hamper Golf Day was staged at St. Michael's Golf Club. For the second time in its 15 year history, the Chancellor's Cup was won by the Southern Design team with an outstanding score of 126 stableford points – an accumulation of the best 3 stableford scores on every hole. The other teams to register a podium finish were AKM Projects (a 14 times starter in this event); Club 19 (a six times starter) and newcomer Arthur J. Gallagher & Co.

Competition was also intense for the "Best Dressed Team" award. The Men About Town caught the eye with a uniform which comprised SUFC/Buildcorp jumpers, footy shorts and socks, head gear and an amazing array of strapping and bandages. However, the Men About

Town were relegated to second place in the "sartorial splendour" stakes, when they refused to wear their golf uniforms home on the bus!

The winner of the "Best Dressed Team" award was the "fancy pants" Logan Wines team, while honourable mentions went to teams representing the North Sydney Hotel, the Reed Group, AKM Projects and Southern Design.

Terry Maloney won a dozen bottles of Logan's champagne in the nearest-to-pin competition, while the Club 19-donated box of fine wines for the longest drive was won by Bubba Watson emulator, Sandy Tubbs.

At the 2010 Xmas Hamper Golf Day, Dr. Frank Cheok from that year's winning St. Vincent's Clinic team had purchased a painting by Rex Newell of a bar scene, because Rex had included a harmonica player in the painting and Frank professed to being a keen mouth organist. At this year's presentation ceremony, our guests were delighted to be entertained by fantastic harmonica renditions of Botany Bay and Danny Boy by none other than Dr. Frank Cheok!

Our resident bush poet/storyteller at this event was also in sparkling form.



Dressed to kill! The Men About Town team of (L to R) Arthur Johnson, Stewart Boyce, Campbell Anderson and Jake Dowse (front).

Murray Hartin won a standing ovation for his original and highly amusing poems on the "Drinking Olympics" and "Yoga Classes at Lennox Head"!

Everyone was in great spirits, which augers well for the 2012 'Blue & Gold' Xmas Hamper Golf Day at St. Michael's Golf Club on Wednesday 28th November. We have ordered a sunny day with a light cooling breeze for the sixteenth 'Blue & Gold' Xmas Hamper Golf Day, so make sure that your team gets its entry in early!

## 2012 'BLUE & GOLD' ATHLETICS LUNCHEON

On Friday 17th February 2012, 140 athletics enthusiasts attended the 2012 'Blue & Gold' Athletics Luncheon at WatersEdge restaurant. This function was held earlier than in 2011, in order to coincide with the Sydney Track Classic at Sydney Olympic Park on Saturday 18th February. This year's luncheon was also very well supported by Athletics Australia.

In the opening addresses, it was apparent that the Sydney University Athletics Club has gone from strength to strength since last year's 'Blue &



Winners are grinners! The Southern Design team of (L to R) Steve Swaine, Sam Safi, Jeff Epplert and Stuart Dykstra.



Gold' Athletics Luncheon. The Club won the Open Men's Winter Premiership; won gold at the Australian University Games; won the NSW Open Pennant Championship by a massive 453 points and then got within just 7 points of retaining the NSW Championship crown, which the SUAC had won last year.

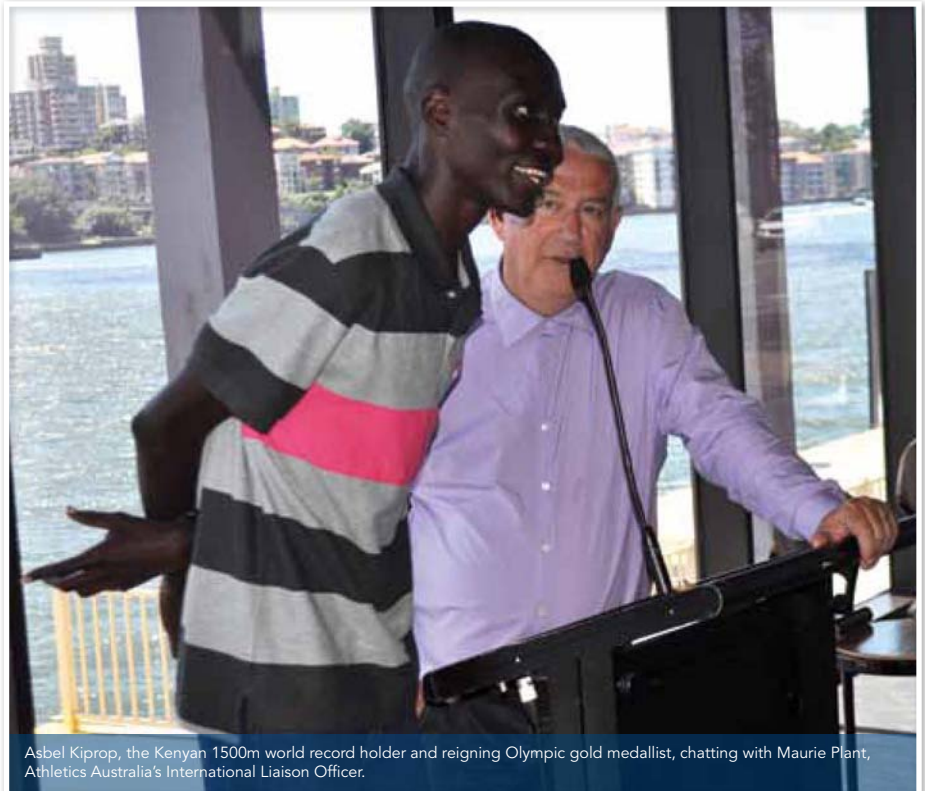
Early in proceedings, Athletics Australia's International Liaison Officer, Maurie Plant, conducted impromptu interviews with two international champions – the Kenyan 1500m world record holder, Asbel Kiprop, and the reigning Olympic gold medallist – American discus thrower, Stephanie Brown-Trafton. Both won their respective events at the following evening's Sydney Track Classic.

Greg O'Mahoney moderated a lively panel discussion with the world's former N°1 ranked sprinter, Marlene Mathews; Maurie Plant and James Templeton – the very successful manager of a small group of outstanding Kenyan-born runners.

Greg O'Mahoney's second panel comprised two of the world's leading 800m runners – three times USA champion, Nick Symmonds, and our very own Lachlan Renshaw – the two times Australian 800m champion. On the following evening, Lachlan finished ahead of Nick Symmonds, but the 800m race was won by Asbel Kiprop.

There was some spontaneous singing when Stawell Gift winner, Andrew Pym, won a prize in the raffle! At approximately 3pm, most of the luncheon guests headed to the nearby Harbour View Hotel for some cleansing ales and "remember when" stories.

The 2012 'Blue & Gold' Athletics Luncheon generated a lot of goodwill and raised significant funds towards a SUAC tour to the USA in April of next year.



Asbel Kiprop, the Kenyan 1500m world record holder and reigning Olympic gold medallist, chatting with Maurie Plant, Athletics Australia's International Liaison Officer.



Olympic legend: Marlene Mathews, the world's former N°1 ranked sprinter, chatting with panel moderator, Greg O'Mahoney.





There's no such thing as a free lunch! The auctioning of this Sir Donald Bradman print raised significant funds for the SUAC.

## UNIVERSITY OF SYDNEY SPORT FOUNDATION NEWS

Over the next 12 to 18 months, Sydney Uni Sport & Fitness is undergoing two very significant capital works, involving major extensions to the Sports & Aquatic Centre and a state-of-the-art grandstand on No 2 Oval. Naturally, capital fundraising for these landmark developments will become the University of Sydney Sport Foundation's priority in 2012 and 2013.

In the previous addition of ROAR magazine, we highlighted the 2011 growth in Named Sporting Scholarships, which involve donations or pledges of \$30,000 up to \$100,000. Fifteen such scholarships were in place at the end of 2011.

In the first quarter of 2012, two Named Sporting Scholarships previously administered at Club level came under the auspices of SUSF's Elite Athlete Program. They are:

- Ron Rushbrooke Scholarship for Baseball
- Warrick Segal Memorial Scholarship for an outstanding 1st year soccer player

Also during the first quarter of 2012, two new Named Sporting Scholarships were donated:

- BUPA/MBF Scholarship – the third such scholarship for Olympic sports
- Kaye Denning AM Scholarship for Tennis – preferably for a female undergraduate

We are keen to see the growth trend in Named Sporting Scholarships accelerate in 2012, so please give serious consideration to becoming an individual or corporate philanthropist.

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)

## 2012 'BLUE & GOLD' SPORTING FUNCTIONS

### SOCCER FOOTBALL DINNER

Friday 8th June  
from 7pm at Doltone House, Pyrmont

### RUGBY LUNCHEON

Thursday 14th June  
from 12noon at the Four Seasons Hotel, Sydney

### OLYMPIC CELEBRATION LUNCHEON

Friday 7th September  
from 12noon at the Four Seasons Hotel, Sydney

### WATER POLO LUNCHEON

Friday 14th September  
from 12noon at the Four Seasons Hotel, Sydney

### AUSSIE RULES LUNCHEON

Friday 28th September  
from 12noon at the Four Seasons Hotel, Sydney

### BLUES ASSOCIATION/SUSF GOLF DAY

Wednesday 10th October  
from 12noon at St. Michael's Golf Club, Little Bay

### ROWING LUNCHEON

Friday 12th October  
from 12noon at The Grandstand Bar & Restaurant overlooking the picturesque Sydney Uni N°1 Oval

### CRICKET LUNCHEON

Wednesday 14th November  
from 12noon at the Four Seasons Hotel, Sydney

### XMAS HAMPER GOLF DAY

Wednesday 28th November  
from 12noon at St. Michael's Golf Club, Little Bay

### WNBL FLAMES/WOMEN IN SPORT LUNCHEON

Wednesday 5th December  
from 12noon 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)

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# OVER THE LINE

## Run machines

While all the cricketing accolades have been rightly directed Greg Mail's way for his extraordinary run-making efforts, several other Sydney University cricketers also wielded mean willows during the 2011-12 season. Steve Hobson turned up mid-season looking for a game and cracked 240 on debut for Sydney University in a fifth grade encounter with Parramatta. It transpired the South African-born right-hander had spent five seasons with Wimbledon in the Surrey Premier League. He was moved up the grades. Double tons then became the order of the day. All-rounder Ian Moran hit a career best 202 not out in first grade's qualifying final draw with Manly-Warringah to earn a semi-final berth, and stalwart Adam Theobald racked up a career-high 226 in second grade's semi-final win over Northern Districts. But just to show he's never out of the action, Mail snared 7-12 in the first round win over Manly-Warringah.

## Sevens heaven

Sydney University Women's Rugby Club has had a busy pre-season preparing to push for a third consecutive Sydney club rugby title. The girls recently cleaned up at the first ever Canterbury Sevens

carnival held at Skilled Park on the Gold Coast. They cruised through the tournament as undefeated champions with only three tries scored against them on the day. Ashleigh Hewson, Caroline Vakalahi and Wallaroo Iliseva Batibasaga were the leading try-scorers at the carnival, while Wellie Clark and Tuaine Inamata turned in strong performances. Roisin McNulty not only played but was also the unofficial tournament physiotherapist. Meanwhile, Sydney University's Ed Jenkins captained the Australian Men's Sevens side to a come-from-behind win over Samoa in the recent Tokyo Sevens tournament, part of the Sevens World Series. Leading from the front, Jenkins scored with 55 seconds of the final remaining, allowing Matt Lucas to land the conversion for a 28-26 win. Nail-biting stuff.

## Oarsome effort

Sydney University Boat Club members made up the bulk of the NSW eight that won a fifth straight King's Cup to conclude the 2012 Australian Rowing Championships held at Champion Lakes Regatta Centre, Perth. The one-length win, which equalled the longest winning streak in the King's Cup, achieved by NSW between

1974 and 1978, was the 33rd victory by the sky blues in the famous men's eight interstate race. Stroked by Dan Noonan, the crew included Fergus Pragnell, Matt Ryan, Nicholas Purnell, James Chapman, Francis Hegerty, Sam Loch, Nicholas Hudson and coxswain Toby Lister. Among the other Sydney University rowers to come home with gold medals from the championships were Jon Rundle, Sasha Belonogoff, Ryan Edwards, Nick Wheatley, Hamish Playfair, Ryan Barraclough, Tom Sacre, Kit Cunningham-Reid and Will Raven (coxswain) in the men's Under 23 eight; Belonogoff in the men's Under 23 single; Belonogoff and Edwards in the men's Under 23 double; Belonogoff, Edwards and Tom McClintock in the men's Under 23 quad; and Holly Lawrence, India Evans and Nicola Metcalfe in the women's Under 19 eight. Silver medals were won by Lawrence in the women's Under 23 lightweight single; Lawrence and Marianna Doumanis in the women's Under 23 lightweight quad; Evans and Metcalfe in the women's Under 19 pair; and Evans and Metcalf in the women's Under 19 four, while Evans and Metcalfe won bronze in the women's Under 19 pair.

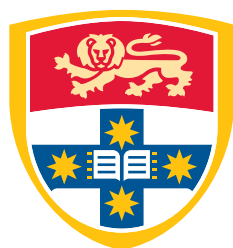
## Track attack

In what has become a very competitive and entertaining annual derby, Sydney University proved too strong for the University of Queensland (UQ) when the two athletics clubs did battle at the St Lucia track in Brisbane last month. The entertaining night of athletics was helped by nine competitors of national or University Games level. Among the highlights was the return of three-time national 110m hurdles champion Justin Merlino, who took out the 100m for Sydney University Athletics Club (SUAC) in 10.82sec. The women's 100m was won by World Championship representative, UQ's Caitlin Sargent, in a touch over 12sec, a whisker ahead of SUAC's Larissa Pasternatsky, who gained some respite by winning the 200m. The men's 400m was won by SUAC's Joshua Ralph, who controlled the race from the outset to finish in a personal best time of 47.84sec. The women's 800m was dominated by UQ's Commonwealth Games gold medallist (4x400) Caitlin Pincott, while the men's 800m was similar story, with SUAC's club captain and Beijing Olympian Lachlan Renshaw going straight to the lead and surging to an easy win. SUAC's James Nipperess won the men's 3,000m, continuing the great form he has shown this year in the steeplechase, while Jack Colreavy and Nick Bellemore also ran personal bests in the event. In the field events SUAC's Andrew Giltrap won the men's discus and finished second to Australian representative Joshua Robinson in the javelin, while Jacqui Fry won the women's javelin for SUAC.





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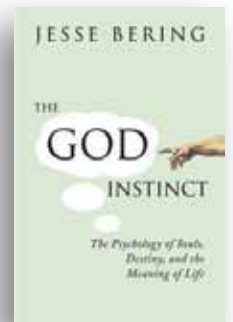
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