

ROAR



Sydney Uni
SPORT & FITNESS

SYDNEY UNI SPORT & FITNESS MAGAZINE

17

SUMMER 2012/13



**SYDNEY UNI
CRICKET.**
THE CLUB
CHAMPIONSHIP
IS CALLING IN
SEASON 2012/13.



LONDON 2012.
TOP 10 MAGIC
MEDAL
MOMENTS.



FITNESS.
GET ON BOARD
THE GROUP
FITNESS HYPE.



The Club

THE SHIELD

PLUS: HOCKEY > NUTRITION > SOCCER > KEMPO KARATE

CONGRATULATIONS TO OLYMPIANS &



Angela Ballard, Jennifer Blow, Brodie Buckland, Matthew Butturini, Sarah Cook, Ed Fernon,
Jessica Fox, Francis Hegerty, Katie Hill, Sally Kehoe, Toby Lister, Sam Loch, Kynan Maley,
Kaarle McCulloch, Sam McGregor, Matthew Mitcham



Sydney
SPORT & P

ALL OUR LONDON 2012 PARALYMPIANS



Katrina Porter, Brooke Pratley, Olivia Price, Nicholas Purnell, Megan Rivers, Sarah Rose, Matthew Ryan, Belinda Snell, Murray Stewart, Sarah Stewart, Bronwen Watson, Prue Watt, Krystal Weir, Thomas Whalan, Loudy Wiggins



ROAR MAGAZINE. NOW 17 EDITIONS YOUNG.



FROM THE EDITOR

It's quickly approached that time of year again when we program our bodies to daylight savings time and there is a lot more opportunity to enjoy outdoor activities and make the most of the longer days. It's the time of year when everyone is getting excited for summer and the new season of sporting fixtures.

We have had a big year at Sydney Uni Sport & Fitness. This issue of ROAR features some exciting season wrap-ups and a preview into the season of some of our popular summer sports. Amongst the usual accomplished club activity, some of the highlights have included:

- SUSF sent a contingent of 31 Sydney University Olympians and Paralympians to London – seven Olympians and four Paralympians returned home with medals;
- Sydney Uni Football Club welcomed home the Shute Shield this year, with a nail-biting Grand Final 15-14 win over Southern Districts;
- Sydney Uni won the Sydney Women's Hockey League Metro League 1 Grand Final. The 3-1 victory over Briars was Sydney University's first-ever victory at this level;
- The Sydney Uni Women's AFL Grand Final against Balmain was a tough contest with the Uni girls just missing out on the win;
- The Sydney Uni Cricket Club took out their second straight First Grade Premiership;
- The Sydney Uni Women's Rugby Club played in their third straight Grand Final against Warringah, narrowly finishing up as Minor Premiers; and

- The Sydney Uni Soccer Football Club Women's Premier League team finished second in the overall Football NSW Club Championship.

It is a credit to all of our athletes and their coaches for achieving fantastic results and Sydney Uni Sport & Fitness would like to congratulate each and every one of them for creating such a strong culture of winning throughout their chosen sports and clubs.

This issue also features an informative article on eating well to make the most of your recovery time (page 6) and a great read on the changing face of group fitness (page 24).

Summer – it is the season we all love to enjoy so take advantage of the longer days, the warmer weather, the upcoming cricket season, the Australian Open, the holiday break and the range of sporting activities on offer. Of course, if you need some extra motivation to get fit and toned for summer, please visit SUSF and chat to one of our friendly team members.

Jessica Laycock
Editor

Would you like to receive a free copy of ROAR in the mail?

Just email
marketing@sport.usyd.edu.au

ROAR MAGAZINE 17

Editor
Jessica Laycock

Deputy Editor
Andrew Tilley

Assistant Creative
Costa Popolizio

Design
Southern Design

Contributing Writers

Susie Burrell
Graham Croker
Nick Halliday
Vincent Hampel
Andrew Tilley
Rodney Tubbs
Tim Wakeling
Ross Xenos

Contributing Photographers
Terry Constanti
Getty Images
istock photography
Paul Seiser Photography
Dave Stanton
Andrew Tilley
Thomas Whitaker

SYDNEY UNI SPORT & FITNESS

Executive Director
Robert Smithies

Finance & Administration Manager (Acting)
Aleksandra Pozder

High Performance & Club Development Manager
Matthew Phelps

Corporate & Alumni Relations Manager
Rodney Tubbs

Commercial & Regulatory Manager
Charlotte Churchill

Elite Athlete Program Manager
Leonie Lum

Marketing & Membership Manager
Jessica Laycock

Operations & Facilities Manager
David Shaw

Programs & Participation Manager
Stephen King

Property & Projects Manager
Ed Smith



FEATURES

6 FRESH THOUGHTS ON RECOVERY
Tips on eating well and recovering to minimise fatigue on your body.
BY SUSIE BURRELL

8 PROFILE: JESSICA FOX
SUSF's Olympic silver-medal winner chats to Nick Halliday about life after the Games.
BY NICK HALLIDAY

10 SHUTE FOR THE TOP
The future of Sydney Uni rugby after the 2012 Shute Shield win.
BY GRAHAM CROKER

14 MAGIC MEDAL MOMENTS
Relive the Top 10 Sydney Uni moments at the 2012 Olympics and Paralympics.
BY ANDREW TILLEY

16 2012/13 CRICKET SEASON
Will Sydney Uni take out the one title that's missing? The Club Championship.
BY ANDREW TILLEY

20 SYDNEY UNI HOCKEY CLUB
Going from strength to strength.
BY GRAHAM CROKER

24 FITNESS: THE GROUP FITNESS HYPE
Find out why you should get involved.
BY VINCENT HAMPEL

28 SYDNEY UNIVERSITY SOCCER FOOTBALL CLUB
Highlights of the SUSFC 2012 season and future plans for the club.
BY ROSS XENOS

REGULARS

- 2** Welcome
- 5** News Bites
- 18** Facilities Guide
- 26** Membership Options
- 31** Participation Programs
- 35** Event Calendar
- 37** Join a Club
- 44** 'Blue & Gold' Event Wrap Up
- 48** Over the Line
- 49** Sponsors

ACHIEVE YOUR GOALS FASTER!

Book a personal
training session today.

Contact Pete Feain, Fitness Centre Coordinator,
on p.feain@sport.usyd.edu.au or 9351 4977 for more information.

www.susf.com.au



Sydney Uni
SPORT & FITNESS

Bupa

**JOIN BEFORE
30 NOVEMBER**
AND RECEIVE UP
TO **\$200** WORTH
OF SPORTS GEAR
VOUCHERS*

CORPORATE HEALTH COVER

JOIN BUPA TODAY

There are lots of good reasons for having health insurance. When you join your Sydney Uni Sports & Fitness corporate health plan, you can look forward to the following benefits:

- we'll waive 1 excess for singles and 2 excesses for families for same day or overnight admissions per calendar year[^]
- access to the 'no gap' range of glasses and contact lenses[#]
- don't re-serve the waiting periods for services you were previously covered for on your other health fund[^]



Call us on 134 135 and quote ID 401789



Email sydneyuni@bupa.com.au



Drop by your local Bupa centre



are part of Bupa

*Only for new members on new hospital and extras cover policies issued by Bupa Australia Pty Ltd ABN 81 000 057 590 who join on direct debit or payroll deduction (if available) who join their corporate health plan before 30/11/2012. New Balance voucher is valued at \$100 for singles cover or \$200 for couples and families cover. New Balance vouchers can be redeemed online only and are subject to New Balance's terms and conditions at www.shopnewbalance.com.au. Eligible members will receive a letter with instructions on how to redeem vouchers within four weeks of joining and becoming financial. Vouchers cannot be transferred or redeemed for cash or credit. Bupa is not liable for any loss or damage suffered as a result of this promotion (except that which cannot be excluded by law). Not with other offers. [^]Available on Corporate Hospital Top, Intermediate and Saver Level 2. [#]Gap free optical available on selected services and subject to your level of cover. Fund rules, waiting periods and annual maximums apply. *Applicable if you transfer within 60 days of leaving your previous health insurer. Waiting periods may apply for benefits not fully covered with your previous health cover. Any unreserved waiting periods will apply. Bupa Australia Pty Ltd ABN 81 000 057 590 11042-10-12P



NEWSBITES

SYDNEY UNI DOMINATES AT INTERNATIONAL FENCING TOURNAMENT



Sydney University Fencing Club's Margarita Sokolovskaja has won Open Women's Foil gold at the Australian Fencing Federation's International Fencing Tournament and Australian Club Teams Championships. Held in Perth, the club also had a number of other impressive performers, including Cai Wei-Ting – Open Men's Foil (bronze) and the Men's Foil team of Simon Capon, Patrick Daley, Samuel Mooney-Grant and Cai Wei-Ting, who won silver.

In other news, Flames guard Katie-Rae Ebzery won bronze at the inaugural FIBA 3X3 World Championship in Athens after the Australian women's basketball team bounced back from their semi-final loss to defeat Ukraine 18-17 in the third-fourth playoff.

ROWERS 'GREAT' VICTORY



The Harry Mahon Trophy is heading over the Tasman for the first time in its 11-year history, after the Sydney University men's eight crew rowed a strategically superior Gallagher Great Race. After fighting a pitched battle in the early stages of the race, Sydney Uni came from behind to defeat the University of Waikato crew on the 3.85km upstream course on the fast flowing Waikato River through central Hamilton. The two crews, which had already established a break on the University of Queensland in the three-boat race, clashed oars on numerous occasions, seemingly forcing race umpires to order Sydney Uni to move into the middle of the river. But coxswain Toby Lister instead impressed on his crew the need to stay close to Waikato and to be ready when the opportunity opened up. And when the opportunity presented itself Lister gambled as he directed his oarsmen to head to the eastern bank as they neared the final bridge. When Waikato crossed to join them, the hosts had to give way, and couldn't bridge the gap. "It was a gamble we had to take – it could have either worked or it couldn't – luckily for us it did," said Lister.

PANOUSIS STARS AT U17 WORLD CHAMPS



Sydney Uni Flames Academy Program representative and new Flames squad member Vanessa Panousis has inspired the Under 17 Australian women's basketball team to finish the 2012 FIBA Under 17 Women's World Championships on a high, defeating Italy 58-49 to claim fifth place at the Amsterdam based tournament. The point guard's double-double (11 points 13 rebounds) led the charge to ensure Australia finished with a 5-3 win-loss record for the tournament. "We wanted to finish in the medals, unfortunately we couldn't do that, but we are stoked to finish fifth," said Panousis. Panousis led the Australian charge throughout the tournament, putting up the impressive numbers of 11 points and 5.5 rebounds per game, while racking up a team-high 234 minutes on the court.

GOLD FOR WOMEN'S HONOURS



The Sydney Uni women's honours volleyball side have brushed aside a committed UTS United to claim their third State Volleyball League gold following an undefeated 2012 season. Playing in front

of their supporters at the Sydney Olympic Park Sports Halls, Sydney Uni started very strongly and held their momentum throughout the grand final, finishing with a 3-0 victory. Outside hitter Dana Hutchinson and libero Stef Lalic were further rewarded for their brilliant seasons by earning selection in the NSW all-star merit team.



SYDNEY UNI FALL JUST SHORT OF BACK-TO-BACK AUSTRALIAN UNI GAMES TITLES



Despite a series of Herculean performances, Sydney University has fallen just short of back-to-back Australian University Games (AUG) titles after a titanic fifth and final day of competition in a wet and windy Adelaide. Having already been named pennant champions (overall gold medal winners) in men's and women's athletics, women's golf, men's judo and women's rowing in the week, Sydney University won a further seven sport gold medals, including two sensationally close extra time victories in women's football and women's hockey. Other Sydney Uni teams who won gold on the final day of competition were men's and women's water polo, women's badminton, women's tennis and men's rugby 7s. Despite a string of gold medal performances during the 20th anniversary of the AUG, Sydney University finished in equal second place with Monash University, and three gold medals behind winners Melbourne University at Australia's largest annual multi-sport participation event.



FRESH THOUGHTS ON RECOVERY

WITH SO MANY OF US LIVING FRANTIC LIVES, IT IS NOT SURPRISING THAT MANY OF US ALSO SPEND OUR TIME IN A CHRONICALLY FATIGUED STATE. LONG WORKING DAYS, LONG COMMUTES, FAMILY COMMITMENTS, AND REGULAR TRAINING AND COMPETING CAN LEAVE EVEN THE FITTEST ATHLETE PRONE TO ILLNESS, PHYSICAL AND MENTAL FATIGUE. WHILE REST MAY SEEM THE LOGICAL SOLUTION, WHEN THAT'S NOT A VIABLE OPTION, YOU CAN MAKE SURE YOU ARE EATING WELL AND RECOVERING ON A DAILY BASIS TO MINIMISE FATIGUE.



IRON UP

There are a number of key nutrients crucial for optimal energy production and regulation in the body, especially for busy athletes. It's not uncommon to see low iron and zinc blood levels in athletes who are training at high intensity, especially for those who don't eat red meat 3-4 times each week. Red blood cells required to deliver oxygen to the working muscle also require iron to do their job, so a poor intake of dietary iron can put this transport system under pressure. For cyclists who may be sporadic red meat eaters, while there is some iron in white meats and fish, it is relatively low. So red meat eaters need to make sure they

enjoy it in small amounts regularly, to allow the body to absorb what it needs.

FRESH IS ALWAYS BEST

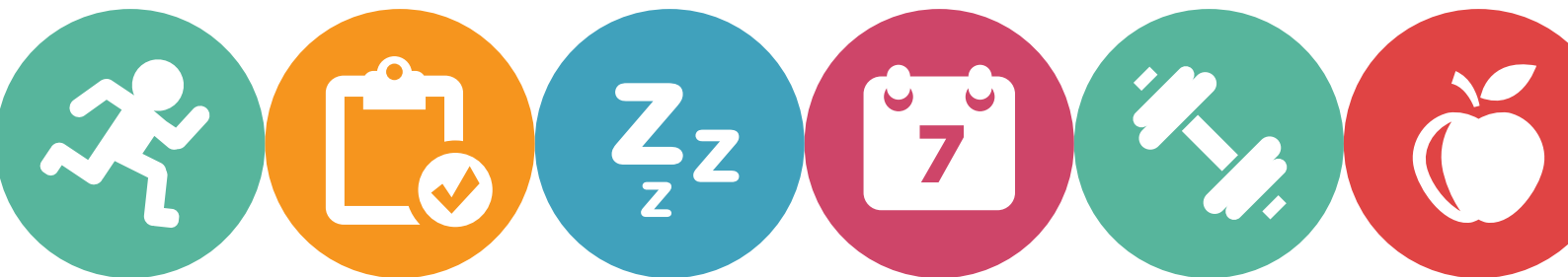
For busy people, grabbing a quick meal replacement or protein bar in place of a meal or snack is not an issue, but if your diet is based solely around processed foods and supplements, you will not be doing your energy or immune system any favours. Fresh foods; including fruits, grains, vegetables and seeds; offer numerous nutritional benefits over any processed foods. As a rule of thumb, the brighter the fresh food, the better it is. You'll need at least 2-3 cups of brightly coloured vegetables and a couple of pieces of fruit each day. Easy ways to get

a vitamin hit each day include fresh juice, keeping quick cook vegetable packs at work and home, and snacking on fresh carrots and other vegetables.

RECOVER, RECOVER, RECOVER

In sports nutrition, the word 'recovery' is bandied around regularly but few athletes recover properly. Inadequate recovery practices are also likely to explain muscle physical fatigue for those training multiple times each day. Grabbing a sports drink after training is not enough – recovering properly means getting the right nutrient mix after every training session, at the right time. Ideally, recovery takes place immediately post session, and includes a source of quickly

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|---|---|---|---|---|---|---|
| Breakfast | Fruit salad + 1 cup of natural yoghurt + ¾ cup of oats or muesli and a glass of vegetable juice | 2 eggs + 2 slices of wholegrain toast with a glass of 100% orange juice | 3 multigrain Weetbix + low fat milk + fresh berries | 2 eggs + 2 slices of wholegrain toast with a glass of 100% orange juice | Fruit salad + 1 cup of natural yoghurt + ¾ cup of oats or muesli and a glass of vegetable juice | 2 eggs + 2 slices of wholegrain toast with a glass of 100% orange juice | Bacon and egg sandwich on grain bread with a glass of 100% orange juice |
| Mid Morning | Piece of fruit + protein shake | Fresh yoghurt with berries | Piece of fruit + protein shake | Fresh yoghurt with berries | Fresh yoghurt with berries | Piece of fruit | Piece of fruit |
| Lunch | 100g tuna/ salmon + mixed salad + 1 grain bread roll | 3 sushi rolls with seaweed salad | Roast beef sandwich with salad | 100g tuna/ salmon + 2 slices of grain bread | 100g chicken breast + 2 slices of grain bread | Warm lamb wrap with salad | Plain hamburger or steak sandwich |
| Mid Afternoon | Nut based snack bar | Peanut butter wrap | Trail Mix + 1 piece of fruit | 30g almonds + protein bar | Nut based snack bar | Protein shake | Protein shake |
| Dinner | 200g grilled salmon + roasted sweet potato + salad + 1 tablespoon olive oil dressing | 200g chicken breast + 1 cup brown rice + steamed vegetables | 200g lean steak or lamb + 1 jacket potato + salad | 200g chicken breast + 1 cup brown rice + steamed vegetables | 200g salmon/ tuna steak + roasted sweet potato + salad | Off | 200g steamed salmon and stir fry vegetables |



digested carbs (30-60g) as well as some protein (10-20g). The carbohydrate allows muscle glycogen to be restored, while the protein supports muscle cell recovery. To ensure proper recovery, carry top recovery snacks and consume them as quickly as possible after training.

WATCH THE STIMULATION

The irony of consuming 'energy' type drinks to help increase energy is they are just as likely to leave you feeling worse than before you consumed them. The reason is that even though stimulants, whether they be caffeine or sugar, give an initial 'hit', they also have a subsequent 'drop' once the stimulant has been metabolised. So using caffeine in small

amounts regularly and avoiding all sugar based drinks is a better option than relying on them for an energy hit in times of trouble. Ideally, large volumes of water, some herbal tea and a couple of cups of tea or coffee each day are the best types of fluid to ingest to keep optimally hydrated and energy systems at their best.

ADD IN YOUR ENERGY SUPERFOODS

When energy demands are high, it makes sense to include as many nutrient and energy rich foods into your diet as you can. Often, as athletes try to keep lean, they consciously drop carbohydrates from their diet but it should be remembered that wholegrain carbs are

a rich source of both essential nutrients required for energy production, including the B group vitamins. If you have been feeling tired, make sure you include at least one serve of wholegrain carbs in each of your meals and snacks.

Just as important is to ensure you are getting plenty of powerful antioxidants from brightly coloured fresh fruits and vegetables on a daily basis. Add in a fresh vegetable juice and aim for serves of salad or vegetables at lunch and dinner to give your body every chance of being at its best, day in, day out and fend off fatigue with as much good nutrition as you can. 🍏



SILVER FOR C

OLYMPIC SILVER MEDAL-WINNING KAYAKER JESSICA FOX RELIVES SOME OF THE BEHIND-THE-SCENE ACTION FROM THE 2012 LONDON GAMES, *with Nick Halliday*

ROAR: Congratulations, you recently won a silver medal at the London Olympics. Can you tell us about your experience at the Games and some of your favourite moments?

I loved everything about the Games. The Opening Ceremony was absolutely unbelievable and something I'll remember forever – there are really no words to describe the rush of emotions you feel walking into the stadium alongside the other Australian athletes, with 80,000 people in the stands. Obviously winning a silver medal was a dream come true and to stand up on the dais was a very special moment for me. After my event I watched as many events as I could and my favourite memory was witnessing the athletics when Great Britain won three gold medals in the space of an hour. I'd actually managed to sneak into the stadium with some other athletes and find some seats in the stands. The atmosphere was just incredible. I was also lucky enough to see Sally Pearson win her gold medal. I can't really pinpoint it down to one moment, there were just so many!

ROAR: There's always a lot of conversation about what happens at the Olympic Village. What were some of your experiences while you were there?

There's so much happening in the Village, when I first arrived I felt like a kid in Disneyland. We spent hours in the food court just people watching, seeing what they were eating, and

guessing which sport they were from. The Australian residences were decorated with Aussie flags, green and gold banners, boxing kangaroo stickers and there were three emu statues out the front of the blocks to mark the Aussie territory. In the last few days of the Games as more athletes were finished and arriving back in the early hours of the morning after a night out, the emus started to disappear and there'd be one floating in the pond or one up in a tree. One night someone thought it would be funny to bring it back to their room and took it in the lift, where it actually got stuck, and one of the team managers got quite a fright when the lift doors opened and an emu was staring right back at him! (Laughs).

ROAR: It's well known that your parents are Olympians and your sister is a promising young athlete. Do things ever get a little competitive at home?

We are all competitive individuals but things at home are usually pretty relaxed. My dad sometimes trains with me on the flat-water or in the gym and he will push me quite hard because the last thing I want is to be beaten by my dad on the water! My sister is also starting to paddle and has made the Australian Youth Olympic Festival team so I think I'll have to keep an eye out for her in the next few years . . . Olympic trials in four years might be a case of sister rivalry!

ROAR: You lead a very busy life these days; tell us about a normal day for Jess Fox?

Before the Olympics I was at uni two days a week and working three days a week. It would usually go like this: Wake up at 6am and train in the gym or do cross-training in the form of a run. Then be on the 8.30am train to uni or start work at 9am. I would be at uni or work until 3pm then head back home to train on the whitewater for an hour-and-a-half. Usually every third day I would have physio treatment for an hour, then do some study, have dinner and be in bed by 9.30pm.

ROAR: You would receive a lot more media attention now, how do you handle this? Do people come up to you when you're out at the shops or just buying groceries?

Before the Olympics I wasn't getting much media attention – newspaper articles here and there and maybe a couple of TV interviews but that was about it. After my race at the Games I had over five hours of media interviews, keeping me busy until 2am and then more held over the next few days. It was quite exciting to get that exposure, not only for me but for my sport as well. I don't mind the interviews, I actually enjoy them and I have some fun with the reporters and get to meet new people, which is always great. I'm appreciative of the positive media attention I've had and think I'm becoming better at doing interviews and other media appearances. I also think it's great

GOLDEN GIRL

practice for me if I continue with my Media and Communications course at Sydney Uni.

People recognise me in Penrith. I'll be at the shops buying my groceries or just in a coffee shop and people will come over and give me a pat on the back or shake my hand and congratulate me. They like telling me where they were and who they were with when they watched my race and how they reacted when I won the medal. A lot of the time it's the kids who recognise me and come up to me as I've visited most of the local schools in the area. I've even been recognised in the city and interstate... it's the hair! I'm known either as the 'silver fox' or 'that girl with curly hair and a big smile in a kayak who won a medal' (laughs).

ROAR: With your Olympic campaign over I'm sure you're enjoying a little R&R. What have you got coming up?

Hmm . . . not much R&R actually. I had about a month off training after the Games and enjoyed catching up with friends and celebrating my 18th birthday. But it was also a busy month as I was visiting lots of schools, doing public speaking gigs, attending charity events such as the School of Hard Knocks in Melbourne and a dinner for the Black Dog Institute for fighting depression. I've had some great opportunities and experiences but I am now back into training twice a day getting ready for our selection trials next February which lead to the World Cup events in June and July and World Championships in September. It's looking like a busy year ahead, I'm really looking forward to it. 🌟





SHUTE FOR



LOST IN THE CELEBRATIONS OF SYDNEY UNIVERSITY FOOTBALL CLUB'S (SUFC) RECENT SHUTE SHIELD WIN IN THE SYDNEY FIRST GRADE RUGBY UNION COMPETITION WAS A NOTABLE MILESTONE – IT WAS THE CLUB'S 29TH TITLE, THE MOST BY ANY CLUB SINCE THE DISTRICT SCHEME COMPETITION BEGAN IN 1900.

THE TOP

By Graham Croker



When SUFC started a run of grand final appearances in 2005, they began closing in on the 28 titles held by Randwick. SUFC drew level with the 'Galloping Greens' when they won the 2010 Shute Shield, but had to wait until this season to draw ahead after losing to Eastwood in the 2011 decider.

The nail-biting 15-14 win over Southern Districts to claim the 2012 title capped off a memorable and record-breaking year for the club. SUFC also won the Second and Third grade titles, along with the First and Second Grade Colts titles. With all seven teams contesting the finals, they had the Club Championship and the Colts Club Championship wrapped up early. And to

round off the year, Sydney University later won the rugby gold medal at the 2012 Australian University Games.

Also lost in the celebrations was the effort of First Grade captain Tim Davidson, who has skippered the team in 10 consecutive First Grade grand finals and come away with seven titles. NSW Rugby Union altered the competition in 2005 and 2006, running the Shute Shield in the first half of the season and a new competition, the Tooheys Cup, in the second half.

Davidson captained the Students in a controversial 29-23 loss to Warringah in the 2005 Shute Shield before winning his first title in the 2005 Tooheys Cup when Sydney University defeated Eastwood 41-5.



Eastwood defeated Sydney University 17-10 in the 2006 Shute Shield decider, but Sydney University retained the Tooheys Cup with a 16-10 win over Randwick, both with Davidson at the helm.

In its wisdom, the NSWRU restored the Shute Shield as the stand-alone competition in 2007 and Sydney University triumphed 34-11 over Eastern Suburbs to take the title. The Students continued their run with a 45-20 win over Randwick for the 2008 title, a 24-19 win over Randwick for the 2009 title and a 46-6 win over Randwick for the 2010 title.

The run came to an end last year when they lost 19-16 in extra time to Eastwood. But with Davidson still at the helm, they collected the Shute Shield again this season. The wily number eight has a season left on his Super XV contract with the Melbourne Rebels and is committed to playing on in 2013, which should lead him back to Sydney University for another defence of the Shield.

"I make up my mind each year on retirement," he said. "But it's the club's 150th anniversary in 2013 and that would be a great way to retire." Expect him back in the blue and gold next season.

Davidson played Colts in 2002 and started in grade in 2003. He now has over 150 First Grade games under his belt and can speak with insight on the success of the club in recent times.

"When I came into grade they were setting up the Elite Development Squad (EDS)," he said. "I've been able to see it evolving – it's come a long way in the past eight seasons.

The EDS was established by Todd Loudon (Director of Coaching from 2002-05) and the club appointed Marty Harland, one of the best conditioners in Australia to develop a program.

We began training properly at the start of each year and we gained an edge over other teams at the start of each season because we were always physically well prepared.

When Todd was appointed again in 2011 there was a new Super Rugby franchise and we were losing players again so we needed to cover for them. It changed the way we looked at the EDS model, but it was simple to change the parameters.



"It has evolved and taken on board other grade players and Colts. There are bigger numbers across the whole club involved in the program and that has a direct correlation to grand finals we've been involved in across the grades."

Davidson said he was lucky when he came into grade to have players like Ed Carter, Paul Dearlove, Scott Stumbles, Michael Griffin and Trevor Walsh in the ranks. "I learnt a lot about captaincy from Ed and Paul," he said, "but they all passed on knowledge to the next generation. I appreciated that they took the time to tell us."

"They'd pull players aside if they were out of line. We were young and inexperienced back then. We learnt a lot of what was expected as players and representing the club."

Coach Loudon and club president David Mortimer AO have similar views on the importance of the EDS program in the club's recent on-field success. When asked whether a period of dominance, as SUFC is going through, is good for the code or has a negative effect on the competition, the answers are positive.

"The way to answer that," Mr Mortimer says, "is as premiers we have become a target for other clubs to knock off and I'm sure they all lift a little when they meet us. It would have been the same for Eastwood, the reigning premiers this season. But when they lift to meet us, we lift that little bit too, and that makes for some strong rugby."

He said some clubs have taken aspects of Sydney University's successful program on board with some success. He cited the Manly, Northern Suburbs and South Districts clubs. "They're in building stages and have already had success," he said. "And they all figured in the finals this year. West Harbour are investing heavily in junior rugby in the region and that should pay dividends, and Eastwood continue to be powerful."





Coach Loudon harks back to the days when Randwick dominated the competition for over a decade (he played halfback for the club in the latter years). "No one railed about their dominance and everyone lifted when they played the Wicks," he said. "Eventually other clubs raised their standards through recruitment, coaching and retention."

"Sydney University did that and have managed to stay at the helm for a long period. Other clubs certainly lift when they play the premiers. That's the way it works – it's healthy for the competition and for rugby."

Captain Davidson says other clubs are compelled to do something about it. "Manly have taken that approach with recruitment – better training programs and retaining players at the club," he said.

"It's hard to keep a core group of players together and that's been one of the reasons behind SUFC's recent success. The players love playing for the club and stay on after completing their degrees. And others want to be involved, too – team managers, supporters, doctors, volunteers and coaches. They all enjoy coming back and putting in."

Davidson said much of that culture harks back to good administration. "Good leadership off the field allows the players to do their job," he said. "It makes a great difference to players when they're being supported by good administration off the field. It makes you want to repay that on the field."

Coach Loudon, who finished his second stint at the club this season with a premiership, has another reason for the success in recent seasons. "The club is great at implementing – looking at itself and finding a solution," he said. "The club has this ability to evolve and succeed."

Mr Mortimer said the club has never accepted being second best since being relegated back to Second Division in the 1980's and fighting its way back up. "The club resolved not to go back to second best and each administration since has helped to build an organisation to see that we didn't. We established a Foundation to help fund the club and control our destiny."

The Foundation provides only part of the club's funding. A booked-out, 1,000-seat annual Finals Lunch that has been

organised by former general manager Ray Dearlove for the past decade has contributed over \$1.5 million, and the club continues to be supported by a host of sponsors, the long-time principal one being Buildcorp.

And talk of a return to the Australian Club Championship, or a tier between club and Super Rugby?

Louden says he'd like to see the club competition supported more by the hierarchy and promoted better in Brisbane, Canberra and Sydney. "Instead of a national club competition, I'd like to see an FA Cup style competition at the end of each season where it is open to anyone up for the challenge," he said.

"Sydney University is in good nick for the future. We blooded a lot of new players in the past two seasons and there is another generation of good young blokes coming through."

Davidson said players who have had exposure at club level for two solid seasons should be able to adapt to the step up to Super Rugby. "The big difference for me was the pace is much quicker and if you make a mistake they punish you more," he said. "I wouldn't be going back down the Australian Rugby Championship track. Club rugby has been doing the job for 100 years. They should be helping the clubs get better and share the knowledge."

"If they get the program right and the players training properly – young players with 40-60 games start to dominate and they can be exposed to compete at the next level. And don't just give them one game – give them some time to adapt to the standard."

The skipper certainly did. 🏉

RECENT FIRST GRADE RECORD

| |
|---|
| 1999: Lost Shute Shield grand final 34-17 to Eastwood. |
| 2000: Failed to make the finals. |
| 2001: Won Shute Shield grand final 27-20 over Eastwood. |
| 2002: Lost Shute Shield grand final 19-15 to Eastwood. |
| 2003: Lost Shute Shield preliminary final 32-25 to Randwick. |
| 2004: Lost Shute Shield minor semi-final 35-nil to Manly. |
| 2005: Lost Shute Shield grand final 29-23 to Warringah. Won Tooheys Cup grand final 41-5 over Eastwood. |
| 2006: Lost Shute Shield grand final 17-10 to Eastwood. Won Tooheys Cup grand final 16-10 over Randwick. |
| 2007: Won Shute Shield grand final 34-11 over Eastern Suburbs. |
| 2008: Won Shute Shield grand final 45-20 over Randwick. |
| 2009: Won Shute Shield grand final 24-19 over Randwick. |
| 2010: Won Shute Shield grand final 46-6 over Randwick. |
| 2011: Lost Shute Shield grand final 19-16 to Eastwood. |
| 2012: Won Shute Shield grand final 15-14 over Southern Districts. |



MAGIC MEDAL

THE CITY OF LONDON WAS THE VENUE FOR THE GREATEST SHOW ON EARTH, THE 2012 OLYMPIC GAMES AND PARALYMPIC GAMES, AND OUR SYDNEY UNIVERSITY ATHLETES WERE RIGHT IN THE THICK OF THE ACTION.



The 31 Sydney University athletes who participated came home with an incredible 14 medals and provided their supporters with countless edge-of-the-seat moments. Andrew Tilley takes you through the top 10 Sydney University moments, as they happened in London 2012.

Jessica Fox – Silver – Kayak Slalom Women’s K1 (Olympics, Day 6)

Jessica Fox, 18 years old, became Australia’s best-performing Olympic kayaker ever after winning a silver medal in the women’s K1. After capsizing in her first heat run a day earlier, Fox scraped through to the 10-woman final as the eighth-fastest qualifier, but then set the field a mighty task to better her with a blistering run on the tricky Lee Valley White Water Centre course. Of the seven who followed, only France’s Emilie Fer was able to top her, and only by 0.61sec.

Kaarle McCulloch – Bronze – Track Cycling Women’s Team Sprint (Olympics, Day 6)

On the cycling track Kaarle McCulloch teamed up with Anna Meares to take bronze in the women’s team sprint event. McCulloch and Meares clocked 32.727 to beat the 33.491 from the Ukrainians

Olena Tsyos and Lyubov Shulika in the bronze ride-off. They were in front by 0.733 at the midway point and were never troubled by the Ukrainian duo as they cruised into the bronze medal spot in 37.727, a comfortable 0.764 seconds in front.

Brooke Pratley – Silver – Rowing Women’s Double Sculls (Olympics, Day 7)

In only their second international regatta and just their sixth row together, Brooke Pratley and Kim Crow secured silver in the women’s double sculls final behind the heavily favoured British duo of Katherine Grainger and Anna Watkins, who were unbeaten over their past 24 races. Making the accomplishment more impressive was that a rib injury to Pratley in April kept her out of the boat until just eight weeks before the race.

Murray Stewart – Gold – Kayak Sprint Men’s K4 1000m (Olympics, Day 13)

Despite upsetting the world champions, Germany, in the semi-final 48 hours prior, most experts didn’t expect the world No.2 ranked Australian crew of Tate Smith, David Smith, Jake Clear



MOMENTS

By Andrew Tilley



and Sydney University's Murray Stewart to win gold in the K4 1000m event at Eton Dorney, London. Stewart and his team weren't distracted by a false start by their Hungarian rivals to start the race well and maintain their lead throughout, before powering away near the finishing line to win clearly. Roared on by a huge Hungarian contingent on the banks, the eight kayaks came through the last 100m with bodies straining forward, arms whirling, legs driving and water splashing everywhere as Australia prevailed.

Olivia Price – Silver – Sailing Women's Elliott 6m (Olympics, Day 15)

Australia's women's match racing crew captain Olivia Price won silver along with teammates Nina Curtis and Lucinda Whitty after being defeated 3-2 by Spain in a final that included sailors flying overboard, comebacks, penalties and intense competition. Price's gutsy crew twice fought back to send the best of five final into a decider, before finally going down to the French.

Belinda Snell – Bronze – Basketball Women (Olympics, Day 15)

The Australian women's basketball team containing Belinda Snell, won their fifth consecutive Olympic Games medal after defeating Russia 83-74 to clinch bronze. Earlier in the tournament Snell sent an Opals group game into overtime after nailing a miraculous three-pointer from beyond the half-court with less than one second remaining.

Matthew Butturini – Bronze – Hockey Men (Olympics, Day 15)

Matthew Butturini claimed men's hockey bronze after the Kookaburras thrashed host nation Great Britain 3-1 at Riverbank Arena. The key defender was outstanding for his country throughout the tournament.

Sarah Stewart and Katie Hill – Silver – Wheelchair Basketball (Paralympics, Day 10)

The Australian women's wheelchair basketball team claimed silver after battling Germany valiantly, before being edged 58-44 in the final. Katie Hill and

Sarah Stewart were part of the silver medal winning team that managed one medal position better than in Beijing in 2008.

Prue Watt – Gold – Swimming SB13 100m Breaststroke (Paralympics, Day 11)

Prue Watt stole the show in the pool winning gold in the women's SB13 100m breaststroke on the final day of the Paralympic swimming competition. Qualifying fastest for the final with an Oceania record of 1:20.36, Watt then lowered that mark again to clock a sizzling 1:19.19 and secure her maiden Paralympic gold medal at her second Paralympic Games. Watt also secured a bronze medal earlier in the meet.

Angela Ballard – Silver – Athletics T53 400m (Paralympics, Day 11)

Angela Ballard won silver in the women's T53 400m. It was Ballard's third medal from the London Games, and her fifth Paralympic medal overall. It was a just reward for Ballard who has now competed in an incredible four Paralympics.



PUTTING THE CLUB FIRST

SYDNEY UNIVERSITY CRICKET CLUB'S TROPHY CABINET MIGHT BE BULGING, BUT THERE'S AN ELUSIVE PIECE OF SILVERWARE THAT HASN'T FOUND ITS WAY TO THE CAMPUS, AS ANDREW TILLEY WRITES.

Over the past two Sydney Grade Cricket Club seasons the Sydney University Cricket Club (SUCC) has all but filled its trophy cabinet with two First Grade Premierhips, a Second Grade Premierhip, a Poidevin-Gray (Under 21) Shield and a Limited Overs Cup. Despite the rush of recent success there is still room for the one major title that has eluded the club since 2005 – the Club Championship.

Speak to any of the club's representatives – whether they be players, coaching staff or management – and this season's major objective is crystal clear.

"It's the one thing that's missing, and that's our focus, to make sure that we get the Club Championship," says Sydney Uni Sport & Fitness (SUSF) High Performance Manager and SUCC batting coach Matthew Phelps.

First Grade fast bowler, Tim Ley, agrees. "It's almost the final frontier," he says. "I think it would be disappointing if we didn't win it. We feel like we are one of the leaders in the Sydney Grade competition, and without winning the Club Championship it doesn't cement it."

While it would be too simplistic to suggest that the club's season should be solely judged on its performance in the Club Championship – won by accumulating more points than any other club across all teams during the regular season – finding the last piece of the jigsaw should result in most teams making finals appearances, certainly a successful season in most eyes.

Irish writer and poet Oscar Wilde once wrote: "Success is a science; if you have the conditions, you get the result." While sporting success is less certain (the Club Championship, for example, is often won or lost due to one round), SUCC continues to identify all of the possible conditions that lead to success.

Despite losing former Test players Stuart Clark, Stuart MacGill and Beau Casson to retirement, the club has been bolstered by improved player depth – NSW representative Sean Abbott, amongst others. The club has also added to their list of specialised coaching (Casson), placed a greater emphasis on quality pre-season training and a particular focus on the performance of the Poidevin-Gray and Green Shield (Under 16) sides. Each of these changes have placed the club in

its best position yet to take out the Club Championship.

The main driver of these programs is SUCC Director of Cricket and Head Coach Gary Whitaker. It's no coincidence that Sydney University's golden run began with the appointment of the former grade player and Randwick First Grade coach at the end of the 2009-10 season. "I've made sure that since I've arrived here that I've been able to accommodate and facilitate as much as I can for all of the players," says an understated Whitaker.

Listen to Whitaker talk about cricket and you can be easily convinced that the process of winning is a simple one. "We have the facilities, we have the infrastructure and we have the programs," he says. "Every player has to buy in, and if we all do that then we will be successful again this year."

"He's calm, but firm, and very organised," says Phelps, who is full of praise of Whitaker. "The good thing about Gary is that he challenges people and asks them questions about how they want to improve. It's not coach orientated, where he's telling them what they need to do."

Instead, Whitaker asks his players

what areas they feel that they need to improve on and how they are going to achieve that improvement. He then puts the infrastructure and the framework together that allows his players to get there.

The players seem to thrive on that empowerment. "Gary is an extremely good facilitator," stresses former SUSF scholarship holder, University of Sydney graduate and First Grade batsman Nick Larkin. "He will let you know if you are not pulling your weight, but at the same time he's someone you can talk to. He really helps you to look at all sides of the game."

Complementing this philosophy, Whitaker also encourages his charges to take advantage of a strength and conditioning program, access to sports psychologists, and pilates classes.

Despite cricket being a statistically dependent sport, one factor can't be measured in stats – the effect of an extremely strong club culture. SUCC's positive culture has existed for many years, and it has continued to flourish in more recent years.

"Gary's driven a very strong group culture with a lot of the scholarship players and the club is reaping the benefits of that," says Phelps. "The good thing is that all of these players who have finished studying now want to stay and give something back to the club."

SUCC has established a valuable culture of togetherness and mateship. "Guys tend to stick around here," says Larkin. "A lot of guys stay at Sydney Uni for their entire playing career, which says something about the culture of the club – it's a very successful club and you want to stay at it and do well in whatever grade you are in."

It's that type of attitude, displayed throughout the club, which will hopefully propel SUCC to the top of the coveted Sydney Grade Cricket Club Championship points table in season 2012-13. It's an incredibly challenging target that the club has set, but as Whitaker argues: "If we remain content with where we are, we will stagnate and our competitors will catch up." 🙌



SUSF HEALTH & FITNESS FACILITIES

Whatever you're after we've got it for you.

SPORTS & AQUATIC CENTRE



Corner Codrington Street and Darlington Avenue.
Tel: 02 9351 4978
Fax: 02 9351 4982
Email: nmrc@sport.usyd.edu.au

Opening Hours

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

Splash out in the Sydney Uni Sports & Aquatic Centre (SUSAC) with its wide range of fitness facilities and services. Let our professional, caring team help you on your way to a better you.

USAC features:

- 50m heated indoor swimming pool
- 6 synthetic grass tennis courts
- 4 squash courts
- Multi-function sports hall
- Modern fitness equipment
- Group fitness studio
- RPM studio
- Health assessments
- Fitness testing
- Personal training
- Mint Cafe & Sports Bistro

ARENA SPORTS CENTRE



Arena Sports Centre, Western Avenue.
Tel: 02 9351 8111
Fax: 02 9351 8105
Email: arena@sport.usyd.edu.au

Opening Hours

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

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

The Arena features:

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

THE LEDGE CLIMBING CENTRE



Arena Sports Centre, Western Avenue.
Tel: 02 9351 8115

Opening Hours

Monday - Friday: 12pm - 10pm
Saturday: 11am - 5pm
Closed on Sundays & public holidays.

Move up in the world at The Ledge. Experience rock-climbing, one of the world's fastest growing indoor sports. The Ledge Climbing Centre offers over 300 metres of textured walls up to 8 metres high and a variety of vertical and overhanging wall systems complete with aretes, roofs and slabs.

The Ledge features:

- Climbs ranging from beginner to advanced
- Experienced staff on hand for coaching and assistance
- Specialised high-standard safety equipment. All first-time climbers must complete a thorough safety orientation session
- Casual climbing and bouldering is open to all
- Both beginner and intermediate climbing programs can be organised on request

THE GRANDSTAND SPORTS BAR & FUNCTION CENTRE

Opening Hours: Monday to Friday 9am - 3pm
Closed on public holidays. Takeaway available.

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

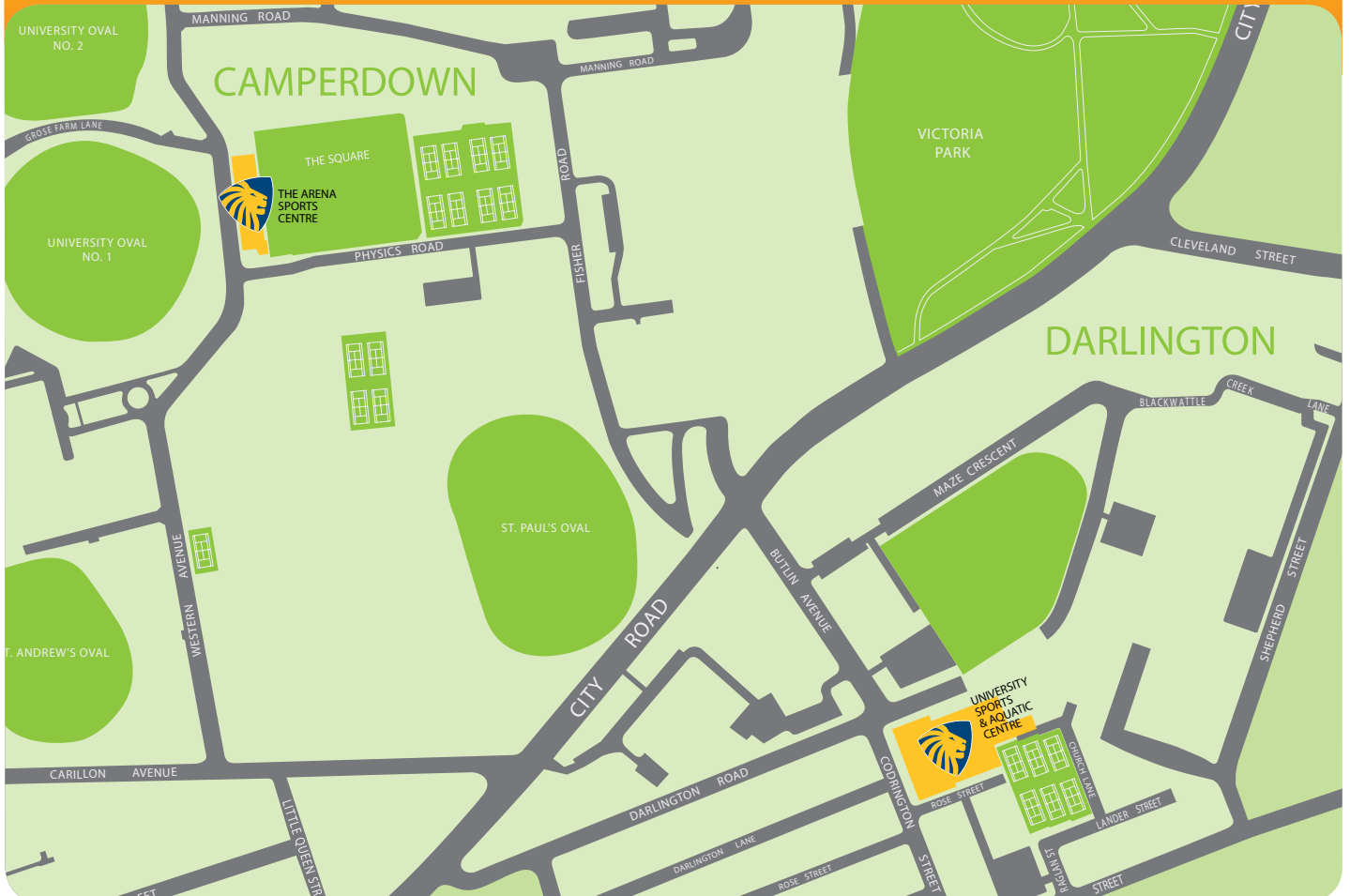
The Grandstand is available for weddings, dinners, birthdays, fund-raisers and cocktail parties. Seating 150 people comfortably, the venue is available for hire at competitive rates.

For booking enquiries please contact:

The Venue Manager on 02 9518 6222 or
email: contact@thegrandstand.com.au



SYDNEY UNI SPORT & FITNESS FACILITIES MAP





HARD WORK NETS GOOD RESULTS

SYDNEY UNIVERSITY FIELD HOCKEY PLAYERS WON'T BE RESTING ON THEIR LAURELS FOLLOWING A HISTORY-MAKING 2012 SEASON. *By Graham Croker*

Off-seasons have nearly become a thing of the past for members of the Elite Athlete Program, who will have a short break – just in time for university exams – before resuming training in mid-November.

Director of Hockey, Scott Barker, says members of the men's and women's Premier hockey squads will undertake strength and conditioning work and skills coaching through the summer months before being drafted into teams in preparation for the new season in March, 2013.

But there'll be no downtime for some members of the women's elite squad who created history in 2012 by becoming the club's first team to win a Sydney Women's Hockey League Metro 1 grand final.

Having topped the ladder on 41 points from 12 wins, five draws and one loss during the competition proper to collect the minor premiership, the Metro 1 side defeated Briars 3-1 in the final on the Olympic Pitch at Homebush to add the major premiership.

It was the fourth time in eight days that a SUHC team had faced Briars in a grand

final, with the men's fourth grade, women's sixth grade and Under 13's all beating their neighbours in their respective grand finals the previous weekend.

The achievements reflect the hard-work, commitment and passion of the players and coaching staff and the continued development of the club's Premier Squad during the past few seasons.

Under the leadership of Barker, and with the support of the Sydney Uni Sport & Fitness Elite Athlete Program (EAP), SUHC provides one of the best club programs for elite hockey players in NSW.

Five members of the winning grand final team – Nina Khoury, Mathilda Carmichael, Hollie Webster, Georgie Morgan and Cara Simpson – have stayed in training with the NSW team, who are contesting the Australian Hockey League titles in Perth. Carmichael, Khoury, Morgan and Cara Simpson are also members of the Australian Junior World Cup team. They are all also members of the Sydney Uni Sport & Fitness EAP, along with Sophie Boyle, Jamaya Ferguson, Emma Scriven, Fiona Tout and Georgie Forbes-Smith.





“WHILE THERE ARE PATHWAYS FOR THE ELITE PLAYERS, THERE ARE ALSO PATHWAYS FOR JUNIORS TO PROGRESS THROUGH THE RANKS.”



Tout, a talented striker, has been selected in the NSW Under 18 team to contest the Australian Championships. The club also has several other players who attend Sydney University but represent their home states. Kalindi Commerford and Forbes-Smith played for Tasmania at the Australian Under 21 Championships this year. In the men’s ranks, Peter Kelly played in the World Series in India, and former EAP member Tom Lobsey is playing for ACT in the Australian Hockey League.

They made up the bulk of Sydney University’s team that contested the Australian University Games in Adelaide last month, where they capped off a memorable season by winning gold in the women’s tournament. Sydney University men’s won silver.

Barker said the summer training program would include about 30 players, with more places open for new talent.

“The program is devised to provide pathways for young athletes to play and

to study,” he said. “We’re aiming to get the word out that the pathways and opportunities are there.”

While the club has had plenty of success at the elite levels, Barker said it provided hockey for most ages – from Under 11’s through to Masters. Upwards of 400 players turn out in the blue and gold each weekend.

“We cater for all standards, from the elite to the social players and for all levels of expertise,” he said. “While there are pathways for the elite players, there are also pathways for juniors to progress through the ranks.

“Indeed, we’re focusing on getting the message out to local schools that the opportunities are there for youngsters to join the club.”

He said Tout, Carmichael and Simpson are products of Sydney University’s junior program, along with First Grade coach Liam Dixon.

Bring on 2013. 🍀





Master of arts

SUSF'S ANDREW TILLEY SWAPPED HIS PEN AND PAPER FOR A BLACK TRAINING OUTFIT AS HE EMBARKED ON A KEMPO KARATE BEGINNER CRASH COURSE UNDER THE GUIDANCE OF SHAOLIN MASTER SERGE MARTICH-OSTERMAN.

Walk into The Warehouse – SUSF's temporary sporting facility for many of its clubs – and you are instantly struck by the flurry of noise and hurried activity.

Judo athletes can be seen grappling each other before being flung across mats; kendo sticks can be heard clattering into each other, accompanied by sounds of charging; while boxers – training with music blaring – can be seen and heard pounding punching bags or moving targets.

It's fair to say that I now hold some reservations about my choice of plans this evening. Kempo Karate is a form of martial arts and deep down (infact the fear is evidently written all over my face) I'm not keen on getting beaten up for two hours by my Kempo Karate compatriots.

Contrasting my concerns is the calm and almost tranquilised nature of a line of black track-suited Kempo Karate students. Sitting cross-legged with the rest of the class, I begin to feel much more relaxed listening to the Shaolin Master, or 'teacher' as Serge prefers.

"The word master is a fancy name for 'teacher'," he explains. "An intelligent teacher doesn't massage his ego by assuming too much about too little."

The 'teacher' speaks with clarity and confidence. As well he might, given he founded the Sydney Uni Kempo Karate Club in 1965. Several years prior he received formal training from three Chinese Shaolin teacher-masters. The last of them, judged that he was qualified to teach and encouraged him to do so.

And teach, Serge certainly does.

While performing a series of salutes in a Buddhist meditation posture (the first is to the master; the second is respect for the tradition; and the third is to everyone), followed by a plethora of push-ups, sit-ups, squats, and a raft of yogic stretches that have me attempting to hide my anguish behind a clearly forced languid smile, Serge explains clearly what we're trying to do and how we go about doing so.

"This is how beginners learn," Serge says. "Old hands (regular students) are not discomfited thereby because, in the process

of seeing the can't-dos transform into can-dos, they gain additional insights into the basic pattern that underlies mastery of any kind."

Each of these exercises is performed slowly and with an emphasis on posture and breathing. Serge rationalises the impact that the two have on each other: "If one attempts to continue with the kind of breathing one automatically performs with trunk (body) extended when attempting to flex, one's attempted flexion is impeded."

Depending on what position your body is in while exercising, your breathing – whether 'in' or 'out' – must support it, not interfere with it. As I concentrate on these things I am surprised by my ability to improve both the quality and quantity of my exercises. On the latter improvement, I am reminded that the focus shouldn't be on how many repetitions you perform, but rather the process of the exercise, and trying to do it correctly.

However, I'm kept on my toes (so to speak) as Serge recounts a story from many years ago where he and some of his class members completed a set of 400 squats. . . followed by another set of 300.

I cringe as I'm certainly not feeling that advanced yet, but I'm soon informed that this is far from the norm. "One night I felt motivated," Serge says with a wry smile.

Beneficial as it may be, not all of Kempo Karate training is restricted to stretching exercises and posture as it was for me. It's like walking before you run or chewing before you swallow. Each of the exercises performed in the session "are pre-requisites for the successful performance of any action (fighting techniques)."

Those fighting techniques will have to be left for another day. I leave the class still in one piece and my eyes far more open and full of respect for the intricacies and origins of this martial art.

For more information about the Sydney Uni Kempo Karate Club, please visit www.body-mind.net.au or search for Shaolin Australia on Facebook. 🍷

WALKING ON WATER

SYDNEY UNI WAKEBOARD AND WATERSKI CLUB, ALSO KNOWN AS USYDWAKE, HAS SURVIVED A SOMETIMES TURBULENT HISTORY SINCE BEING FORMED IN THE 1960'S. *By Tim Wakeling, USYDWake club member.*

The club has overcome hurdles thrown at it from maritime authorities, to financial difficulties associated with running and maintaining the boat. In 2012, UsydWake is alive and flourishing, and is in my opinion, one of the best clubs Sydney University has to offer.

As we say goodbye to winter and hello to what has so far been a very warm spring, we are on the verge of launching our 2012-13 summer season of wakeboarding, waterskiing, lounging in the boat on weekends, soaking up some rays along the beautiful Hawkesbury River and all the related shenanigans that go with it. It's going to be an epic season, with some huge deals, a new sponsorship opportunity and some massive trips coming up.

I became involved in UsydWake in my first year of university. I had seen the club boat on Eastern Avenue and decided it looked awesome and that wakeboarding was something I wanted to try. Although I was a little apprehensive; not knowing anyone involved with the club and picturing wakeboarding as an extreme sport; and the image of wakeboarders being the hardcore, dreadlock sporting type – how was I, an English and Ancient History major, meant to fit in with that?

After signing up for one of the clubs many weekend camps, I shared a lift out to the river and checked into our cabin accommodation. Everyone converged on the deck of one of the cabins, beverage in hand and merriment

ensued. It was great to meet so many new people, not just from Australia, but from around the world – this particular trip had a strong American contingent taking full advantage of their semester studying abroad.

New friends in hand, for the record, none of whom were covered in tattoos or dreadlocks as I had imagined; we set out on the boat for my first day of wakeboarding. Being an absolute beginner, needless to say I was a bit nervous. But being able to watch other riders before my turn and with the expert instruction which is included with each ride for beginners and intermediates, I managed to get up and ride easily, which was met with a rousing cheer of encouragement from everyone on the boat.

The day concluded with a barbecue on the water, sharing stories and laughs about each other's rides and then doing it all again the next day!

Having been involved with the club for some years now, it never gets old seeing a first-timer stand up on a board or ski with a brimming smile and a sense of achievement that no one can take away from you.

For more information about UsydWake and upcoming day trips, 'come and try' memberships and camps over summer 2012-13, find Usydwake on Facebook, www.facebook.com/Usydwake and 'like' our page. Alternatively, send Tim Wakeling, Usydwake club member, an email at usydwake@gmail.com 🙌





*The Changing
Face of*

GROUP FITNESS

By Vincent Hampel, Fitness Centre Co-ordinator & German Aerobics Champion



THE FASTEST CHANGING ASPECT WITHIN THE FITNESS WORLD IS UNDOUBTEDLY GROUP FITNESS, AND TAKING A LOOK AT ITS EVOLUTION THROUGHOUT THE YEARS PRODUCES A MUCH GREATER APPRECIATION FOR WHERE WE ARE TODAY.

Throughout the 1980's and '90's, most fitness clubs called their classes 'aerobics classes'. Subsequently this terminology evolved to 'group fitness' and in many aspects classes today are quite different from the way they used to be. While still providing gains in cardiovascular fitness, strength and flexibility, new research and adapting to current trends contribute to the fact that the types of classes today surpass those of the past.

Before this group fitness revolution, classes used to be 60-minutes long and freestyle aerobics instructors chose exercises, music, and made up their own choreography. They led participants through often complicated variations (such as step combinations) from week to week, developing specific, repeated skills for that chosen style of class.

With the new millennium came a new approach to leading group fitness classes and pre-choreographed training, incorporating different styles and genres, and this has now become the cornerstone of centres around the world.

This new approach grew out of the observations of Phillip Mills, the founder of Les Mills International, and the driving force behind the popularisation of the modern group fitness experience. He noticed that there was a huge variety of talent and quality amongst freestyle aerobics instructors, with only a handful of really great instructors. Aerobics was not a known commodity; many participants were sceptical because from club to club, instructor to instructor, day to day, they were just not quite sure what they were going to get when they walked into a studio.

Phillip's goal was to "raise the bar" with "standardisation the key". Inspired by the aerobics boom in the US, he developed his own group exercise training system that would grow to include the 11 group fitness programs distributed by Les Mills International. For example, strength training was made accessible with BODYPUMP by keeping the order of the exercises and repetition ranges the same week after week, and because of the predictability and intensity of the format, it made it easier for participants to gauge their progress by comparing apples to apples each time they attended.

Early on many thought the pre-choreography idea would never work but the sceptics have been proved wrong. Not only has Les Mills International succeeded (in over 14,000 fitness clubs in 80 countries with 11 programs to choose from), they have also inspired many companies to follow their formula. Today, pre-choreographed and pre-formatted class options are flourishing because their formula is always the same, no matter where you go.

In many cases, the 60-minute class format has diminished in popularity and we see not only shorter classes but we also find more of an emphasis on the use of different equipment. The fitness industry once again has evolved to reflect a changing market that finds busy members with even less available time than before. It realised that, in an effort to capitalise on the most important commodity of time, offering shorter classes attracts more people.

With core training, strength training and functional training being among the top fitness trends, it is no wonder that 30-minute programs like the revolutionary core training program CXWORX and the high-intensity interval-training GRIT Strength have proven hugely successful since their introductions. While CXWORX is already well established on the Sydney Uni Sport & Fitness (SUSF) timetable and very popular amongst SUSF members, the new kid on the block, GRIT Strength, is quickly gaining the reputation of being the workout for gaining strength and getting fit really fast.

Completely different in style, both CXWORX and GRIT contain the proven formula of a standardised, results-oriented workout, wrapped in a short high intensity class.

Always up to speed with current trends and preceding consumer demands, not only was SUSF at the forefront of the fitness industry and the first centre in NSW to offer both CXWORX and GRIT to their members, we are also extremely fortunate to have the national coaches for both programs teaching here at SUSF.

If you haven't experienced the very latest group fitness phenomena yet, book into a class today at www.susf.com.au. But hurry, spaces are strictly limited! 🌟



Sydney Uni
SPORT & FITNESS

BECOME A MEMBER.

Two easy steps:

A GREAT RANGE OF EXCLUSIVE MEMBER BENEFITS:

- A healthier, more active lifestyle.
- A sense of belonging to one of Australia's richest sporting traditions.
- No messy contracts or long-term lock-ins.
- Maximum flexibility at an unbeatable price.

PLUS, A GREAT RANGE OF EXCLUSIVE MEMBER BENEFITS, INCLUDING:

- **Great discounts** on recreation courses.
- **Member's rates** on Sydney Uni Sport & Fitness branded apparel at the Co-op Bookshop and online store.
- Access to the Sydney Uni Sport & Fitness **Corporate Health Plan with Bupa.**
- Discounts on enrolments in **Sydney Uni Sport & Fitness School Holiday Sports Camps.**
- Great savings at the **Grandstand Sports Bar & Function Centre.**

For more information,
call (02) 9351 4978 or visit www.susf.com.au



1 Join SUSF.

ANNUAL MEMBERSHIP

ANNUAL MEMBERSHIP BENEFITS INCLUDE:

- Open invitations to any of our sports clubs with exclusive benefits such as training time, equipment and coaching.
- Access to all Sydney Uni Sport & Fitness facilities at casual rates.
- Access to our member benefits program.

| | |
|----------------------------|-------------|
| Sydney Uni Student: | \$40 |
| Sydney Uni Staff: | \$55 |
| Community: | \$55 |





2 Choose the pass that suits you best according to your taste and timetable.

GOLD LION PASS



'Experience our premium pass, without the premium price'

GOLD BENEFITS INCLUDE:

- Access to two facilities on campus, including unlimited access to pool, access to cardio/weights room and group fitness classes
- Unlimited access to The Ledge Climbing Centre
- A complimentary fitness assessment
- Ongoing fitness management consultations every 6-8 weeks
- Free towel and locker hire at each visit
- Exclusive sporting accessories
- Use of time stop available
- Complimentary subscription to ROAR magazine

PRICE PER WEEK

- Sydney Uni Students from \$14*
- Sydney Uni Staff from \$15*
- Community from \$19*

SILVER LION PASS



'Enjoy the choice to get what you really want'

SILVER BENEFITS INCLUDE:

- Unlimited access to pool
- Unlimited access to cardio/weights room OR unlimited group fitness classes
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

PRICE PER WEEK

- Sydney Uni Students from \$11*
- Sydney Uni Staff from \$12*
- Community from \$14*

BRONZE LION PASS



'Sweat it out with our finest and let performance become your passion'

BRONZE BENEFITS INCLUDE:

- Unlimited access to the cardio and weights facilities at The Arena Sports Centre
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

PRICE PER WEEK

- Sydney Uni Students from \$9*
- Sydney Uni Staff from \$10*
- Community from \$13*

BLUE LION PASS



'Dive in, and paddle your way to a healthier you'

BLUE BENEFITS INCLUDE:

- Unlimited access to the Sports & Aquatic Centre's 50m heated indoor pool
- A free locker at each visit
- Use of time stop available

PRICE PER WEEK

- Sydney Uni Students from \$6*
- Sydney Uni Staff from \$7*
- Community from \$9*

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.



Awakening the

Giant

By Ross Xenos



NOT LONG AFTER THE SEPTEMBER ECHO OF FULL TIME WHISTLES ON FIELDS ALL OVER SYDNEY, A STEADILY PROGRESSIVE RUMBLING IN THE DISTANCE HAS BECOME AN UNDENIABLE ROAR AS ONE CLUB, OFTEN RAUCOUS BUT ALWAYS HUMBLE, HAS REAFFIRMED ITS PLACE IN THE FOOTBALL WORLD. HAVING LEAPT THROUGH THE LOWER GRADES THROUGHOUT THE YEARS AT THE TURN OF THE MILLENNIUM, IT HAS FOUND ITS FEET AMONGST THE ELITE AND IS BEGINNING TO CONFIDENTLY PROWL.

The giant that is the Sydney University Soccer Football Club (SUSFC) has awoken and announced itself to the football community with an impressive year of success.

There are few clubs in Sydney bigger than SUSFC. In fact, with over 600 members, making up 35 teams in five different competitions throughout NSW, SUSFC is the University's largest sporting club.

While the highlights reel for 2012 deserves plenty more column space, particularly punchy recognition must go to:

- Women's Premier League finished second in the overall Football NSW

(FNSW) Club Championship by a single point;

- This included placing second, only by goal difference, in the 1st Grade Premiership and Grand Final appearances for the Reserve and Under 12's teams;
- The club's 'Golden Boot', Jenna Kingsley, was also awarded the FNSW Women's Premier League Golden Boot after amassing a ridiculous 35 goals throughout the season;
- In the Men's Super League, the U/20's took out the Championship for the second consecutive year and broadened the target on their backs;

- Their younger counterparts in the Boys Super Youth League finished second overall in their Club Championship, which consists of teams in U/13, U/14, U/15, U/16 and U/18 divisions;
- With three of these teams Premiers after topping their leagues, all five teams went on to make the Grand Final with three then taking out the Championship;
- The club's elders were led by the Women's All Age 3s and the Men's All Age 9s, who brought home more silverware for the club;
- Monumentally, the Women's All Age 1s became the first team in SUSFC history



to play in the FNSW State Cup Grand Final. Cruelly they fell 1-0 in extra time, and had to endure a torturous carbon copy result in their North West Sydney Women's Football Grand Final; and

- The Women's Australian University Games team continued their recent dominance of varsity football by collecting the gold medal in Adelaide.

"We're really proud of what we've achieved in 2012," said SUFC President Andrew Bray. "But for us, it's more about what we can do to build on this success. There is a new respect for the club based on our commitment to youth and our ongoing investment in developing players."

That development is emphatically clear with five Women's Premier League

players, including Kingsley, earning W-League contracts and many of the elite men progressing on to play in the Premier Leagues themselves.

"It's fantastic that we are ambitiously becoming a contributor to the elite football pathway and it's inspiring that our youth teams are leading the way for the club. But just as we focus on the results, the participation and culture in our all age teams and the commitment of our over 35's all merge in a melting pot to create this club" Bray continued.

"I got involved as a quiet country boy who grew up playing football in cow paddocks and I hope that there are others out there who are enjoying their experiences with this club as much as I am." 🙌

"While there are pathways for the elite players, there are also pathways for juniors to progress through the ranks."

**MENTORING
NETWORKING
BUSINESS EXPERIENCE
INDUSTRY PLACEMENTS
ACTIVE EXPERIENTIAL LEARNING
PARTNERSHIPS
INFLUENCING SKILLS
DEVELOPMENT**

BUILD YOUR BUSINESS ACUMEN

THE UNIVERSITY OF SYDNEY
BUSINESS SCHOOL



THE UNIVERSITY OF
SYDNEY

To really understand something, you need to experience it. That is why the University of Sydney Business School places such an emphasis on building business acumen through active experiential learning.

Apply now for postgraduate study at

sydney.edu.au/business

Accredited
by



Australian
member of



THE GLOBAL ALLIANCE IN MANAGEMENT EDUCATION



You've been putting it off for far too long, haven't you?

Enrol now in a **First Aid** or **CPR course**

3 easy enrolment options

1 ENROL ONLINE: www.susf.com.au 

2 CALL: 1300 068 922 

3 COMPLETE A FORM: Visit any SUSF facility 

www.susf.com.au

Transaction fee applies to online and phone bookings.



Sydney Uni
SPORT & FITNESS



WATERWORKS

SUSF has a range of water-based short course activities for you to enjoy and the best part is they suit any budget!

STAND UP PADDLE BOARDING

1 x 1.5hr lesson

Keen for a day out on the water? Our instructors will have you up and paddling from your very first lesson!

SCUBA DIVING

1 x Orientation session

4 x Days of diving (weekend)

Learn a skill for life! Internationally accredited course.

SURF CAMP

1 x Weekend (Fri night - Sun)

What a great way to get the most out of your weekends!

DISCOUNTS AVAILABLE

For SUSF Members, USYD Staff & Students

To book a date that suits you call **1300 068 922** or email: recreation@sport.usyd.edu.au

 Facebook: 'Sydney Uni Sport & Fitness'  Twitter: 'SydUniSportFit'



Sydney Uni
SPORT & FITNESS



SYDNEY UNI SPORT & FITNESS SCHOOL HOLIDAY SPORTS CAMPS

To help you plan for the long summer school holidays we have released the summer camp program early!

Enrolments open:
19 November 2012

Earlybird Special ends:
26 November 2012

3 easy enrolment options

1

CALL
1300 068 922



OR

2

ENROL ONLINE
www.susf.com.au



OR

3

COMPLETE A FORM
Visit any SUSF facility





Summer Timetable

KEY: ● Camp ● Public Holiday

| | Location | Times | Mon | Tue | Wed | Thur | Fri | Cost |
|---------------------|------------|--------------|----------------|----------------|--------|--------|--------|-------|
| WEEK 1 | | | 10 Dec | 11 Dec | 12 Dec | 13 Dec | 14 Dec | |
| Multi Sport (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | | | \$180 |
| Soccer | Arena | 9am - 3pm | ● | ● | ● | | | \$185 |
| Cricket | Oval 2 | 9am - 3pm | ● | ● | ● | | | \$185 |
| After Care | SUSAC | 3pm - 5:30pm | ● | ● | ● | | | \$25 |
| WEEK 2 | | | 17 Dec | 18 Dec | 19 Dec | 20 Dec | 21 Dec | |
| Multi Sport (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | | | \$180 |
| Tennis (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | | | \$195 |
| Cricket | Oval 2 | 9am - 3pm | ● | ● | ● | | | \$185 |
| After Care | SUSAC | 3pm - 5:30pm | ● | ● | ● | | | \$25 |
| WEEK 3 | | | PUBLIC HOLIDAY | PUBLIC HOLIDAY | 2 Jan | 3 Jan | 4 Jan | |
| Multi Sport (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | ● | ● | \$180 |
| Soccer | Arena | 9am - 3pm | ● | ● | ● | ● | ● | \$185 |
| Tennis (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | ● | ● | \$195 |
| Swimming (ADV) | SUSAC | 9am - 3pm | ● | ● | ● | ● | ● | \$145 |
| After Care | SUSAC | 3pm - 5:30pm | ● | ● | ● | ● | ● | \$25 |
| WEEK 4 | | | 7 Jan | 8 Jan | 9 Jan | 10 Jan | 11 Jan | |
| Tennis (5 day) | SUSAC | 9am - 3pm | ● | ● | ● | ● | ● | \$235 |
| Tennis (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | | | \$195 |
| Multi Sport (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | | | \$180 |
| Multi Sport (JNR) | St Andrews | 9am - 3pm | ● | ● | ● | | | \$180 |
| Cricket | Oval 2 | 9am - 3pm | ● | ● | ● | | | \$185 |
| Water Polo | SUSAC | 9am - 3pm | ● | ● | ● | | | \$145 |
| Soccer | Arena | 9am - 3pm | | | | ● | ● | \$145 |
| Soccer Girls Only | Arena | 9am - 3pm | | | | ● | ● | \$145 |
| Basketball | SUSAC | 9am - 3pm | | | | ● | ● | \$145 |
| Fencing/Archery | Arena | 9am - 3pm | | | | ● | | \$115 |
| Dance | Ed Annexe | 9am - 3pm | | | | | ● | \$115 |
| After Care | SUSAC | 3pm - 5:30pm | ● | ● | ● | ● | ● | \$25 |

| | Location | Times | Mon | Tue | Wed | Thur | Fri | Cost |
|---------------------|------------|--------------|--------|--------|--------|--------|--------|-------|
| WEEK 5 | | | 14 Jan | 15 Jan | 16 Jan | 17 Jan | 18 Jan | |
| Tennis (5 day) | SUSAC | 9am - 3pm | ● | ● | ● | ● | ● | \$235 |
| Tennis (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | | | \$195 |
| Multi Sport (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | | | \$180 |
| Multi Sport (JNR) | St Andrews | 9am - 3pm | ● | ● | ● | | | \$180 |
| Soccer | Arena | 9am - 3pm | ● | ● | ● | | | \$185 |
| Swimming (ADV) | SUSAC | 9am - 3pm | ● | ● | ● | | | \$145 |
| Cricket | Oval 2 | 9am - 3pm | | | | ● | ● | \$145 |
| Touch Football | Arena | 9am - 3pm | | | | ● | ● | \$145 |
| Netball | SUSAC | 9am - 3pm | | | | ● | ● | \$145 |
| Fencing/Archery | Arena | 9am - 3pm | | | | ● | | \$115 |
| Martial Arts | Aus St | 9am - 3pm | | | | | ● | \$115 |
| After Care | SUSAC | 3pm - 5:30pm | ● | ● | ● | ● | ● | \$25 |
| WEEK 6 | | | 21 Jan | 22 Jan | 23 Jan | 24 Jan | 25 Jan | |
| Tennis (5 day) | SUSAC | 9am - 3pm | ● | ● | ● | ● | ● | \$235 |
| Tennis (3 day) | SUSAC | 9am - 3pm | ● | ● | ● | | | \$195 |
| Multi Sport (3 day) | HK Ward | 9am - 3pm | ● | ● | ● | | | \$180 |
| Multi Sport (JNR) | St Andrews | 9am - 3pm | ● | ● | ● | | | \$180 |
| Soccer | Arena | 9am - 3pm | ● | ● | ● | | | \$185 |
| Cricket | Oval 2 | 9am - 3pm | ● | ● | ● | | | \$185 |
| Netball | SUSAC | 9am - 3pm | | | | ● | ● | \$145 |
| Basketball | SUSAC | 9am - 3pm | | | | ● | ● | \$145 |
| Fencing/Archery | Arena | 9am - 3pm | | | | ● | | \$115 |
| Dance | Ed Annexe | 9am - 3pm | | | | ● | | \$115 |
| After Care | SUSAC | 3pm - 5:30pm | ● | ● | ● | ● | ● | \$25 |





TOYOTA

Sydney City Toyota

0% comparison rate*

FOR A LIMITED TIME*
on the entire current
Camry and Aurion range



Camry

Aurion

Camry Hybrid

It's all **about YOU!**



proud supporters of:



Sydney City Toyota

Glebe

CNR Parramatta Rd and Ross Street

(Opposite Sydney Uni)

Ph: 9550 2233

sydneycitytoyota.com.au



Oh what a feeling!

*0% comparison rate available to approved personal applicants & a 0% annual percentage rate is available to approved Bronze Fleet & Primary Producer applicants of Toyota Finance for the financing of current generation Camry, Camry Hybrid & Aurion models. Excludes demos. Finance applications must be received and approved between 19/9/2012 and 31/12/2012 and vehicles registered and delivered by 31/12/2012. Maximum finance term of 48 months applies. Conditions, fees & charges apply. Comparison rate based on a 5 year secured consumer fixed rate loan of \$30,000. WARNING: This comparison rate is true only for the examples given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Toyota Finance is a division of Toyota Finance Australia Limited ABN 48 002 435 181, Australian Credit Licence 392536.



SYDNEY UNI SPORT & FITNESS

UPCOMING EVENTS CALENDAR

HOME FIXTURES



NOVEMBER

| | DATE | TIME | OPPONENT |
|-------------------|---------------|---------|--------------|
| Cricket (Two-Day) | Saturday 10th | 10:30am | Gordon |
| Flames | Saturday 10th | 7.00pm | Adelaide |
| Cricket (Two-Day) | Saturday 17th | 10:30am | Gordon |
| Flames | Friday 16th | 7.00pm | Bendigo |
| Cricket (Two-Day) | Saturday 24th | 10:30am | North Sydney |
| American Football | Saturday 24th | 7.00pm | Raiders |

DECEMBER

| | DATE | TIME | OPPONENT |
|-------------------|---------------|---------|------------|
| Flames | Saturday 1st | 7.00pm | Logan |
| Flames | Friday 7th | 7.00pm | Canberra |
| Cricket (One-Day) | Saturday 15th | 10:00am | Parramatta |
| Flames | Saturday 22nd | 7.00pm | Townsville |

JANUARY

| | DATE | TIME | OPPONENT |
|-------------------|---------------|---------|--------------------|
| Flames | Saturday 5th | 7.00pm | Dandenong |
| Cricket (Two-Day) | Saturday 12th | 10:30am | Penrith |
| Cricket (Two-Day) | Sunday 13th | 10:30am | Penrith |
| Cricket (Two-Day) | Saturday 19th | 10:30am | Randwick Petersham |
| Cricket (Two-Day) | Saturday 26th | 10:30am | Randwick Petersham |
| Flames | Sunday 27th | 5.00pm | Bulleen |





It's easy to become
an annual member
at Sydney Uni Sport
& Fitness.

With two on-campus health and fitness centres, a range of short courses, social sport, and more than 45 sporting clubs to get involved in, our annual membership gives you access to an amazing range of benefits at unbeatable prices.

Sydney Uni students – just \$40

Sydney Uni staff – \$55

Community members – \$55

For the full range of membership passes, please turn to page 26, visit www.susf.com.au or drop into one of our centres today.



Sydney Uni
SPORT & FITNESS



Sydney Uni
SPORT & FITNESS

JOIN A CLUB!

There are so many to choose from and they're open to everyone.

AFL



Sydney Uni
AFL Club



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 or email: suanfc.wizkidacademy.com.au or (Women) www.suwafcl.com or email: suwafcl@sport.usyd.edu.au

AMERICAN FOOTBALL



Sydney Uni
American Football Club



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 or email: americanfootball@sport.usyd.edu.au

ARCHERY



Sydney Uni
Archery Club



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 or email: archery@sport.usyd.edu.au

ATHLETICS



Sydney Uni
Athletics Club



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

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

BADMINTON



Sydney Uni
Badminton Club



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 or email: badminton@sport.usyd.edu.au

BASEBALL



The Cynics, established in 1904, fields three teams that are open to both students and the community. The club plays in the Sydney Winter Baseball League, the highest level league in NSW. The Pacific Coast team plays in a more social league to foster development amongst players. The club is a great place to play baseball, and is always looking for new members.

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

BASKETBALL



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

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

BOAT (MEN'S ROWING)



The Sydney University Boat Club was established in 1860. The club, together with the women's rowing club, competes as Sydney University in the club, state and national Championships and includes members of the Australian squad. For the past few years Sydney University has been the leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last eight years. Also, at the 2010 National Championships, the club won the "Centenary Oar" for the most points.

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

BOXING



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

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
or email: canoe@sport.usyd.edu.au

CRICKET



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

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

FENCING



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

GOLF



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

GYMSPORTS



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

For more information go to: www.sugymcheer.org

HANDBALL



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

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

HOCKEY



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

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

JUDO



The Sydney University Judo Club (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

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

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 or email: kendo@sport.usyd.edu.au

NETBALL



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

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

ROCKCLIMBING & 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 or email: rockclimb@sport.usyd.edu.au

ROWING (WOMEN)



The Sydney University Women's 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.suwrc.wordpress.com or email: rowing@sport.usyd.edu.au

RUGBY LEAGUE



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

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

RUGBY UNION



The Sydney University Football Club is one of the strongest clubs in the NSW rugby union competition. The club caters for a range of players through to the elite level. The club won the Club Championship for the 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
(Women) www.sydneyuniwomen.rugbynet.com.au or email: (Men) sufc@sport.usyd.edu.au
or (Women) 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 or email: 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 or email: 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

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
or (Women) 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 or email: swimming@sport.usyd.edu.au

TABLE TENNIS



The club provides table tennis from the beginner to the elite level. It enters regional competitions as well as University Games.

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

TAEKWONDO



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

For more information go to: www.usyddtkd.com or email: 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

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.sydney.touch.asn.au or email: touch@sport.usyd.edu.au

ULTIMATE FRISBEE



Sydney University Ultimate Frisbee is open to all ability levels, entering many local, state and national tournaments. It has an important social aspect and remains competitive at University Games where the club has posted excellent results since the sport's inclusion. Club trainings are run at 3.30pm on Thursdays.

For more information email: 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 clubs 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 or email: 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

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
or (Women) www.suwaterpolo.com.au
Email: (Men) suwtc@sport.usyd.edu.au or (Women) 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, email: membership@usydwake.com
or visit their Facebook page: <http://www.facebook.com/groups/usydwake/>

WRESTLING



The Sydney Uni Wrestling Club teaches Freestyle Wrestling which attacks the upper and lower body of opponent. The ultimate goal is to pin your opponent on the mat, winning the round or match. There are no joint locks in freestyle wrestling or Greco roman wrestling. These joint locks are only legal in submission grappling and MMA (UFC). Australia's Wrestling Coach Leonid Zaslavsky is the club's head coach and Dez Nedim is assistant coach.

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

For all the latest updates
please visit www.susf.com.au
or follow us on:



Facebook:

'Sydney Uni Sport and Fitness'



Twitter:

'SydUniSportFit'



YouTube:

'Sydney Uni Sport and Fitness'



'Blue & Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | SUMMER 2012/13

BY RODNEY TUBBS

THE FIRST MONTH OF SPRING 2012 HERALDED A SPATE OF 'BLUE & GOLD' SPORTING FUNCTIONS. THE FIRST OF THESE WAS:

2012 'BLUE & GOLD' OLYMPIC CELEBRATION LUNCHEON

By way of tribute to our 24 Olympians and seven Paralympians at the 2012 London Games, we staged the 'Blue & Gold' Olympic Celebration Luncheon at the Four Seasons Hotel on Friday 7th September.

Mr. Rob Smithies, SUSF's Executive Director and Dr. Michael Spence, the Vice-Chancellor and Principal of the University, acknowledged the magnificent performance of our athletes at the Games. Sydney Uni athletes won seven Olympic medals (one gold, three silver and three bronze) and seven Paralympic medals (one gold, four silver and two bronze).

Although they could not all be present at the Olympic Celebration Luncheon, all 31 Sydney Uni 2012 Olympians and Paralympians will receive personal copies of the Simon Fieldhouse artwork which celebrated their selection for the London Games.

Sydney Uni Arts/Law graduate, Greg O'Mahoney, moderated two extremely entertaining panels of Sydney Uni Olympians. The first of these involved two Sydney Uni medal winners at the London Olympics plus a Sydney Uni Olympian of yesteryear:

- Jessica Fox – silver medallist in the women's Kayak Slalom K1;
- Kaarle McCulloch – bronze medallist in the women's Cycling Team Sprint; and
- Peter Hadfield – decathlon competitor at both the 1980 Moscow and 1984 Los Angeles Olympic Games.

Jess and Kaarle provided fascinating insights into their medal-winning performances in London. They also gave an appreciative audience a good feel for life inside the Olympic Village and for the excitement throughout the city of London during the Games of the XXX Olympiad.

London was the ninth Olympic Games attended by Peter Hadfield (two as a competitor and seven as a commentator). Peter covered the athletics events in London for ABC Radio and provided a firsthand account of some amazing track and field performances. The one which impressed

him most was David Rudisha's world record performance in winning the men's 800m event, but his patriotic highlight was undoubtedly Sally Pearson's gold medal in the women's 100m hurdles in Olympic record time.

Greg O'Mahoney's second panel comprised:

- Brooke Pratley – silver medallist in the women's Rowing Double Sculls;
- Thomas Whalan – four time Olympian and London quarter finalist in men's Water Polo; and
- Murray Stewart – gold medallist in the men's Canoe K4 1000m Sprint.

Murray was introduced by way of a replay of Gordon Bray's 2GB call of the K4 1000m gold medal race. Indeed, Gordon was acknowledged as a guest of the Enrizen Financial Group at the luncheon.

Brooke Pratley explained the many difficulties that she and her partner Kim Crow had encountered in the lead-up to London. Brooke completely dismissed the myth that athletes are disappointed to win Olympic silver medals. She also provided some heart-warming anecdotes about the support she received from her hometown of Crookwell.

Thomas Whalan talked about the progress that the Australian men's water polo team has made against the dominant European nations over the four Olympic Games in which he has competed. The audience gained an appreciation of the toughness of this sport when Thomas described the feisty altercation which took place in the pool during a Sharks versus Greece pre-tournament 'friendly' game!

Murray Stewart was a very modest gold medallist. He accredited the K4 1000m success to a full four years of strategic planning, experimentation



Plenty of smiles: Olympic medallists Jessica Fox (Canoe Slalom) and Kaarle McCulloch (Cycling Team Sprint) with 1980 and 1984 decathlete, Peter Hadfield.



with personnel, analysis of opposing crews and good old fashioned hard competition. Very pleasingly, Murray's London gold medal has whetted his appetite for more of the same in Rio de Janeiro 2016.

There was a great atmosphere in the room and it produced particularly spirited bidding for both live and silent auction items. That generosity was also apparent in the raffle, so some very worthwhile dollars were raised in support of our Olympic and Paralympic sports.

'BLUE & GOLD' WATER POLO LUNCHEON

On Friday 14th September, we staged the 2012 'Blue & Gold' Water Polo Luncheon at the Four Seasons Hotel. This function has consistently gained in popularity over the last three years. The numbers attending have increased from 22 (at the 2009 Water Sports Luncheon) to 110 in 2010, to 170 in 2011 and to 220 people in 2012.

There were 16 Olympians in attendance, including three who represented Australia at water polo in four consecutive Olympic Games – Andrew Kerr, Peter Montgomery and Thomas Whalan. Of the three triple Olympians in attendance, two were from other sports – Ben Dodwell (rowing) and Chris Fydlar (swimming). The third triple Olympian was current Sydney Uni Men's Water Polo Club coach, Dmitry Gorshkov, who won water polo medals for Russia in all three of his Olympic appearances.

Antony Green, the President of the Sydney Uni Lions Water Polo Club, welcomed guests with a detailed, and justifiably proud, account of the club's successes over the last twelve months (especially during the recently completed winter competition). The President also advised that, during the



Laughs a plenty from the Water Polo fraternity: Thomas Whalan (Sharks' Centre Back), Ryan Moar (Stingers' Assistant Coach) and Holly Lincoln-Smith (Stingers' Centre Forward).



Sydney Olympic Swimming gold medallist Chris Fydlar "entertains" moderator Rhys Muldoon!

last month, \$50,000 had been donated to the University of Sydney Sport Foundation on behalf of men's water polo and he proceeded to issue further fundraising challenges to the assembled gathering.

The panel moderator on this occasion was Rhys Muldoon, the multi-talented Australian thespian, who has long been a star of stage, screen and television. To children under the age of five, Rhys is instantly recognisable as Mr. Play School! To most of the audience, Rhys was

instantly recognisable as Mark from the current Channel 9 drama, House Husbands.

The first Muldoon panel comprised Sydney Uni's 2000 Olympic swimming gold medallist and 2012 Deputy Chef de Mission, Chris Fydlar, plus Sydney Uni's most recent Olympic gold medallist, canoe kayaker Murray Stewart. The audience was thoroughly entertained as Rhys probed for each of the panellists' thoughts and emotions during the course of their triumphant Olympic gold



medal races. At one stage, Chris Fydler commented: "Rhys, we've been going for fifteen minutes and I haven't even left the blocks yet!"

Both Chris and Murray are amazingly humble world champions, who will continue to inspire fellow Sydney Uni athletes for many years to come. They also showed that they have very well developed senses of humour!

The second Muldoon panel involved 2012 Olympic Water Polo bronze medallist, Holly Lincoln-Smith; her coach and former Sydney Uni Lions stalwart, Ryan Moar, plus our four times Water Polo Olympian and one-time Cleo Bachelor of the Year, Thomas Whalan. After lots of wonderfully amusing anecdotes from all three panellists, Thomas Whalan took a few moments to thank all those who had played important parts in his long and successful career with the Sydney Uni Lions and the Australian Water Polo team.

This thoroughly enjoyable function was also a financial success. Much credit for this belongs to Antony Green and principal function organiser, James Young.

'BLUE & GOLD' AUSSIE RULES GRAND FINAL LUNCHEON

The annual 'Blue & Gold' Aussie Rules Luncheon was moved from its traditional "first month of the season" timeslot to the day before the AFL Grand Final, when the interest level of Aussie Rules enthusiasts is at its highest.

However, as the Sydney Swans continued their successful progress through the final series, many of this function's traditional supporters made plans to be in Melbourne and the usual corporate table supporters were less inclined to plan for business entertaining on the eve of this AFL Grand Final.

During his welcome address, the Emcee identified the only known Hawthorn supporter in the room. However, 99% of the luncheon guests were very excited Sydney Swans' supporters and they were full of eager anticipation. This intensified



Swans' 2005 Premiership players: Craig Bolton and Amon Buchanan with panel moderator Adam Spencer.

when former Swans' defender Brad Seymour relived his 1996 AFL Grand Final experience with Adam Spencer.

Adam's second panel comprised two players who took part in the 2005 and 2006 AFL Grand Finals.

Amon Buchanan was a dynamic midfielder who became a Sydney Swans hero when he kicked the winning goal of the 2005 Grand Final. He was also one of the best players in the 2006 Grand Final, which the Swans tragically lost by a single point!

Craig Bolton also played a key role in both of those games. He also won Australian selection on two occasions and was appointed to joint captaincy of the Sydney Swans.

Adam, Amon and Craig drew numerous analogies between the highly successful 2005/06 Swans teams and the Swans side of 2012. Very prophetically, they predicted a close and hard-fought game in which the Swans would ultimately triumph over their more favoured opponents!

History will go on to record that the 2012 'Blue & Gold' Aussie Rules Grand Final Luncheon played an integral part in one of the best 30 hour periods in



Eager anticipation on the day before the Sydney Swans' AFL Grand Final triumph!

the lives of 99% of our luncheon guests. The next day the Sydney Swans won a close and hard-fought game over their more favoured opponents – a glorious Grand Final victory which captured the imagination of all sporting enthusiasts.

2012 SUSF/BLUES ASSOCIATION GOLF DAY

As usual, the 2012 SUSF/Blues Association Golf Day was held at St. Michael's Golf Club on Wednesday 10th October. The weather was truly magnificent, as was this extremely picturesque golf course.

On this occasion, 15 teams of four players per team took part in the main event – a team competition involving the best two stableford scores of the four players on every hole.

The winning team had a most impressive 95 stableford points and comprised four somewhat irregular golfers who represented Sydney Uni Sport & Fitness (SUSF). Anthony Ellison had a day out with 40 individual stableford points, but he was very ably assisted by Matt Phelps, Ed Smith and Rob Smithies.

The runners-up were Team Phillips with 93 stableford points. Dick Hendriks

anchored the team's performance with 39 individual stableford points. Mike Gillespie almost played to his handicap. Jeffery Phillips was in charge of hole-by-hole team strategy and Rob McEwan made up the numbers!

In third place with 92 stableford points were the University of New South Wales team, which comprised two talented students (Stephen Parker with 39 points off a handicap of 11 and Ian Pemberton with 36 points off a handicap of 4); a wily old fox (Craig Davis with 38 points off a handicap of 18) and Mark Lockie who chimed in with a critical 4-pointer.

Once again, there were a couple of additional "Events within the Event". The Sydney Uni team won the University Sports Administration Challenge from very well-dressed teams from UNSW and UTS. Dick Hendriks won the Archbishop John Bede Polding Golf Cup (for current and past St. John's College students). Michael Gillespie was the Polding Cup runner-up and his son Simon was the leading St. John's College student for

the second consecutive year.

All sixty players were contenders for the Singles stableford event, which was run in conjunction with the team competition. The Singles winner was John Trowbridge with a career best 42 individual stableford points off his club handicap of 20. Anthony Ellison (40 points) was second and Stephen Parker (39 points) was placed third on a countback from Ivan Cottom and Dick Hendriks.

The novelty events were won by Gordon Windeyer (nearest-to-pin) and Matthew Sunderland (longest drive).

The 2012 SUSF/Blues Association Golf Day raised enough funds to cover one year of a Blues Association Sporting Scholarship.

Next year, this very relaxed and extremely enjoyable golf day at St. Michael's Golf Club is scheduled for Wednesday 9th October 2013. Enter your teams early to avoid disappointment.



Archbishop John Bede Polding Golf Cup contestants – the St. John's College connection:
Back row: Simon Gillespie, Stuart Boland, Rod McEwan, Peter Zacharia, Andrew Gorrie and Matthew Sunderland.
Front row: Cameron Nichol, Jeffrey Phillips, Michael Gillespie and Dick Hendriks.



Old rugby mates: entertainer Murray Hartin with SUFC Head Coach, Chris "Nobby" Malone.

FUTURE 'BLUE & GOLD' SPORTING FUNCTIONS

CRICKET LUNCHEON

Wednesday 14th November
from 12:00noon at the Four Seasons
Hotel, Sydney

XMAS HAMPER GOLF DAY

Wednesday 28th November
from 12:00noon at St. Michael's Golf
Club, Little Bay

WNBL FLAMES/WOMEN IN SPORT LUNCHEON

Wednesday 5th December
from 12:00noon at the Boathouse on
Blackwattle Bay, Glebe

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



OVER THE LINE

Doing it by halves

Sydney University Athletics Club's (SUAC) golden run is proving just that, with great results in half marathon events on the local and international fronts. The SUAC men's team wrapped up their second successive Winter Premiership by winning the NSW Half Marathon Championships at Bankstown. The NSW Winter Premiership is contested over nine events with cumulative points deciding the overall champion. Needing only a minor placing to secure the NSW premiership, the SUAC team did things in style, recording a win for the team overall and a first individual placing for Russell Dessaix-Chin. Chin was joined in the teams race by Jack Colreavy (4th), Andrew Heil (11th), Drew Hoare (12th) and James Polson. To top off a great day, Dessaix-Chin moved to the lead in the NSW Male Distance Runner of the Year points table. 'Sweet Chin Music', as he is known around the club, has been the backbone of the men's distance and cross country teams for a decade and is staking a claim to being the best ever SUAC male distance athlete at NSW level, having won more than 10 senior titles. Meanwhile, SUSF Elite Athlete Program scholarship holder Lara Tamsett is now ranked 14 in the world following her recent strong showing in the World Half Marathon Championships at Kavarna, Bulgaria. The two-time City to Surf winner finished 14th in a star-studded field beating home a number of well credentialed rivals, including 2008 Olympic 10,000m bronze medallist Shalane Flanagan of the US, who finished 25th. Ethiopian outsider Meseret

Hailu won the event in 1:08.55, slicing two minutes off her previous best time for the distance. Tamsett ran 1:12.58, her best time at international level and just outside her personal best of 1:12.19 set at the Gold Coast Half Marathon in 2011.

Tons of talent

Sydney University opener Greg Mail now stands alone as the most prolific century-maker in Sydney Grade cricket history after crafting an unbeaten 126 in Sydney University's first innings win over Eastern Suburbs in the opening round of the 2012-13 season at Waverley Oval. Mail, the O'Reilly Medal winner for the 2011-12 season, now has 37 First Grade centuries, surpassing legends Victor Trumper and Warren Bardsley, who each scored 36 First Grade tons. Trumper made his 36th First Grade hundred 98 years ago in the opening round of the 1914-15 season, while Bardsley joined him on 36 centuries during the 1932-33 summer. Former Australian captain Bob Simpson was denied a 36th First Grade hundred when his 104 for Western Suburbs against Mosman in October 1976 was expunged from the records. That game was declared null and void when the tea interval was altered by the captains to avoid a solar eclipse! Mail is also the highest runscore in the 119 years of Sydney grade cricket, a record he set in 2011-12 when he ended the season with 12,438 runs, having moved past Greg Haynes' career tally of 12,354. He is also the only player in Sydney Grade Cricket history to score double centuries in consecutive first grade

matches. Trumper holds the record for the most First Grade double centuries with six. Bardsley has four, while Mail, Grant Lambert, Tommy Andrews and Norbert Phillips have three each.

Olympics locked in

Sydney University Wrestling Club member Jayden Lawrence put up a valiant effort to make the Australian freestyle wrestling team for the 2012 London Olympic Games, but age and experience thwarted him in the end. Lawrence, 17, placed 12th at the second World Olympic qualifier in Finland after tying for bronze with compatriot Ali Abdo in the 66kg division at the first qualifying tournament in Morocco. Had he won a berth, Lawrence would have had to gain special dispensation for the Games, which have an age restriction of 18 in wrestling events. Lawrence from Catherine Fields, near Narellan, has been a member of the Sydney University Wrestling Club for four years under the tutelage of coach Leonid Zaslavsky. Having taken up the sport as a nine-year-old, Lawrence progressed through weight ranks quicker than the age ranks and last year was Australia's top ranked wrestler in the 66kg weight division in cadets, juniors and seniors. He gained special dispensation from Wrestling Australia to push for Olympic qualification and competed at the Oceania region Continental Championships and the African Continental Championship before heading off to Morocco and Finland. In wrestling parlance, selection for the 2016 Games in Rio de Janeiro is on hold.

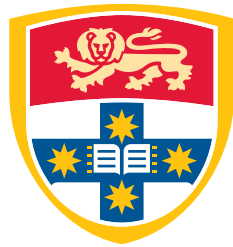
Blitzed

The Sydney University American Football team extended their winning run in the NSW Gridiron Football League to 62 and counting when they delivered their most complete performance of the season to trounce the North Western Predators 48-8 in a recent round three encounter. And, in a warning to other teams, coach Andrew Ogborne vowed to improve all facets of their game. The Lions have won the past nine Waratah Bowls played for the Gridiron NSW Championship in a run extending back to 2003, and are on track for the 2012 title, which will be decided on December 15. "We're a long way from where we want to be, this was a step in the right direction," Ogborne said after the Predators became predatees. The Lions delivered on the three key fronts, with their hard-nosed offence delivering some exotic blitzes, feared defence with solid tackling, and a sound kicking game. They also pulled off a valuable return for a touchdown. Their next opponents, league new boys, the Newcastle Cobras, will need more than venom.





Sydney Uni Sport & Fitness would like to acknowledge our sponsors and strategic partners



THE UNIVERSITY OF SYDNEY

MAJOR SPONSORS



Southern Design



CORPORATE PARTNERS



STRATEGIC PARTNERS

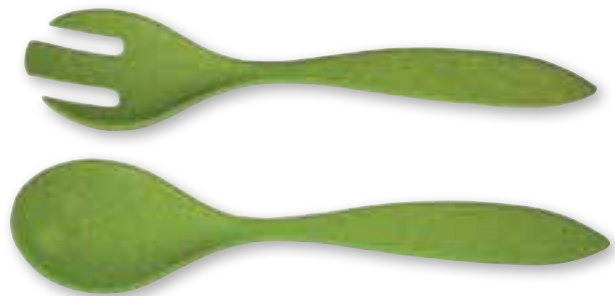




UP TO
30% off
Beach & Outdoor Essentials



Members Price
 From
\$9⁰⁰
 RRP \$12.95 Each
SAVE \$3⁹⁵



Members Price
\$19⁹⁵
 RRP \$29.95 Each
SAVE \$10⁰⁰

Members Price
\$22⁹⁵
 FROM RRP \$29.95 Each
SAVE \$7



The Co-op Bookshop
 SUSF Centre, Building G09,
 Cnr Codrington Street & Darlington Road,
 UNIVERSITY OF SYDNEY NSW 2006
 Phone: 02 9351 3705/2807 Fax: 02 9660 5256
 Email: usyd@coop-bookshop.com.au

Check us out in-store and online

www.coop-bookshop.com.au