

ROAR



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SYDNEY UNI SPORT & FITNESS MAGAZINE

18

AUTUMN 13



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FROM THE EDITOR

Welcome back to Sydney Uni Sport & Fitness (SUSF) for what is tipped to be one of our biggest years yet!

For new students to The University of Sydney, this will be a challenging year for you whilst you try to find your feet in a new environment and balance the aspects of study, work, social life, and sport. When it comes to sport, we have you covered with a range of facilities, clubs and activities.

SUSF thrives on welcoming new students and members into our sporting community. This issue we invite you to 'join our team' and experience the sense of unity and value that brings passionate people together, whether you are an elite athlete or a social gym member.

The calibre of our athletes appears to be reaching new heights every issue – ROAR 18 is no exception. Nick Halliday chats to Alex Wong, World Uni Games representative and Bachelor of Arts & Commerce student; Sydney Uni men's and women's water polo clubs inject some positive steps to reinvigorate their old winning culture, welcoming back Lea Barta and Johnno Cotteril; and the SUSF & NSWIS Swimming Program of Excellence coaching team of Stoelwinder and Talbot give readers a rare insight into their goals and strategies for their team.

In the world of athletics, Sydney University has had a stellar year, with an even more eventful season in full swing. Our Elite Athlete Program (EAP) athletes are continuing to achieve excellence in their concurrent pursuit of academics and sport, with over 50 athletes graduating this year.

The key highlight this year for our facilities will become more and more apparent as we approach the middle of the year.

The extension of the Sports & Aquatic Centre is well underway and we are excited to unveil the completed centre for our loyal members and new customers at the end of July.

This issue is packed with a range of nutritional information; training tips; social sport; new short course crazes such as Xtend Barre and yoga flow; not to mention details on over 45 sporting clubs you can join.

Welcome to all new and returning members to the SUSF team, 2013 is going to be an exciting year!

Jessica Laycock
Editor



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ROAR MAGAZINE 18

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NEWSBITES

GREAT RACE – GREAT RESULT FOR SYDNEY



Sydney University made it three from three in the modern era of the Australian Boat Race when they held sway over the men's eight from Melbourne University on a 4.3km course on Sydney Harbour on Sunday 4 November.

The Sydney University men's eight crew held a 5.3 second advantage over Melbourne to claim the Edmund Barton trophy, having elected to take the southern station when the toss was made at a pre-race reception on Friday.

In the women's race, even the presence of Olympian Bronwen Watson was not enough for Sydney to stop Melbourne University notching up a decisive win.

TAYLOR JOINS ELITE RHODES SCHOLAR CLUB



Australian Sevens rugby representative Jacob Taylor joined an elite group with the announcement this week that he was the NSW Rhodes Scholar for 2012.

Taylor joins nine other Sydney University Football Club members who have been awarded Rhodes Scholarships since they were established in 1904.

Taylor will take up residency at Oxford University in September 2013 where he will build on his University of Sydney work – his honours thesis was titled 'Why do Chinese rugby players exhibit a different "feel" for the game than their Australian/Fijian/Kenyan counterparts?'

AUSTRALIAN WOMEN'S SIDE SERVES NOTICE TO BRITS



2012 Sydney Uni Women's Rugby captain Sally Carter has led the Australian Services side to a Grand Slam of wins on their tour of the UK.

Over the past three weeks Carter and the Aussie team – including Sydney University team mates Caroline Vakalahi and Lulu Gray – achieved wins over the British Royal Air Force, British Army, British Navy and in their final game, The British Combined Services team.

The Australian services women's team is made up of talented serving female members of the Australian Defence Force (ADF).

FOX AND EDWARDS COLLECT BLUES AWARDS



Olympic kayak silver medallist Jessica Fox and World Championship bronze medallist rower Ryan Edwards were named female and male 'Blues of the Year' at the annual Blues Dinner held in the Great Hall on Saturday night.

Fox, a Bachelor of Arts (Media and Communication) student, won a silver medal in the K-1 Slalom event at the 2012 London Olympic Games to cap off a stellar year on the water.

Edwards, a Master of Commerce student, won the Queen Mother Trophy for the Quad Sculls at the 2012 Henley Royal Regatta.

PERFECT 10 AT THE AUSTRALIAN YOUTH OLYMPIC FESTIVAL



University of Sydney student athletes won an incredible 10 medals at the 2013 Australian Youth Olympic Festival (AYOF) held in Sydney last week.

Jillaroos women's hockey player Nina Khoury (gold) joined Sydney Uni rowers Holly Lawrence (two gold, one bronze), Emma Thomas (two gold, one bronze), India Evans (one gold, one bronze) and Peter Koster (bronze) on the podium at the biannual international under-21 multi-sport event organised by the Australian Olympic Committee.

Khoury was rewarded for her strong performance at the AYOF with selection in the U21 Australian Jillaroos squad to compete in the Oceania Junior World Cup Qualifiers on the Gold Coast in February and March.





DON'T FEED THE FAD DIET CORRECTION

WITH THE SILLY SEASON OUT OF THE WAY AND NEW YEAR'S RESOLUTIONS MADE, MANY OF US ARE LOOKING FOR A QUICK FIX – THE QUICKEST, EASIEST, MOST EFFECTIVE WAY TO SHED THOSE CHRISTMAS KILOS. FAD DIET ANYONE?

Weight loss is a booming industry – it sells magazines, food, supplements, and gym memberships. Creating the latest fad or jumping on the nearest bandwagon means increased sales. All the celebrities have done it and seen results, so it must be good, right? Wrong! They rarely set you up with a healthy lifestyle.

WHAT IS A FAD DIET?

Fad diets describe any diet that promises fast weight loss without a scientific basis; often eliminating entire food groups and a range of important nutrients. These quick-fix, short-term diets come in a range of shapes and sizes whether it be low-fat, low-carb, high-protein, no liquid, all liquid – the list goes on. Most come with one or more of the following characteristics:

- promised quick weight loss without exercise;
- food groups eliminated or excessively consumed;
- a list of "good" and "bad" foods;
- a weight loss approach that claims to be suitable for everybody;
- lack of scientific evidence as support, but plenty of enthusiastic testimonials from followers;

- contains no warnings related to possible medical problems; and
- easy to follow and essentially too good to be true.

Fad diets function mainly by restricting calories. When calories are limited, weight loss occurs, which is the primary advantage of following such a plan – naming any further advantages or disadvantages would be false reporting.

ARE YOU REALLY TRIMMING THE FAT?

Most of these fad diets encouraging fast weight loss usually have little effect on body fat. When very little food is eaten, the body instead begins to break down muscle to meet its energy needs. Unfortunately, this occurs much more easily than the breakdown of our fat stores.

This harmful breakdown of muscle leads to a loss of water, which creates the illusion of rapid weight loss. In addition to this, your metabolic rate is reduced by 15-30 per cent within the first 24-48 hours of starting a kilojoule/calorie restricted diet. This means that when your temporary fix is over it's much easier for the body to regain fat than it was before the diet. The faster the weight is lost, the faster it returns, with health experts

estimating that 96-98 per cent of dieters regain one to two thirds of weight lost on a diet within one year and nearly all of the weight lost within 2-3 years.

CHASING YOUR TAIL

The repeated 'weight loss, weight re-gain' seesaw, also known as weight cycling, often occurs in conjunction with fad diets. Some studies suggest a link between weight cycling and increased total weight gain, high blood pressure, high cholesterol, gallbladder disease, and other health problems.

Those who diet frequently also have a higher risk of developing eating disorders such as binge eating and are less likely to use physical activity to control their weight. In addition, rapid weight loss due to extreme food restriction is unsafe and not sustainable as they may not provide the nutrition required for proper bodily functions. A safe and sustainable rate of weight loss is 0.5-1.5kg per week, so try to avoid diets that claim you can lose more than this – this will reduce the risk of health problems such as the loss of muscle mass and lean tissue.

WEIGHING UP YOUR OPTIONS

Fad diets can act as a kick-start to a healthy lifestyle, however they can also set up problematic eating patterns.

TLY

The trouble with such diets is that they take science out of context or claim something that seems kind of true, but does not sit right or is not realistic.

Unfortunately, there are no quick fixes, so successful weight management and lowering body fat levels effectively requires a long-term commitment to a healthy lifestyle focused on healthy food and keeping physically active in a way that is sustainable and enjoyable for you. Consulting an accredited practising dietitian can provide you with practical, expert, and individual dietary advice on how to lose weight and stay healthy. 🍌

*Most of these fad diets encouraging fast weight loss usually **have little effect on body fat**. When very little food is eaten, the body instead begins to break down muscle to meet its energy needs.*



Pedal to the medal

SYDNEY UNIVERSITY CYCLIST ALEX WONG IS RIDING HIS WAY TO SUCCESS AS HE PREPARES TO COMPLETE HIS FINAL YEAR AT UNIVERSITY. *He catches up with SUSF's Nick Halliday for a chat.*

ROAR: You represented Australia at the World University Games in 2011; tell me about your experience?

Wow, where do I start? The World Uni Games in Shenzhen, China was something really special. For me the athletes' village was one of the defining features of the experience – there were about 10,000 people populating the village. There is something unique about travelling so far and the build-up to compete while living with all your fellow competitors and your own team. Going for some training rides on the streets of China was also probably the best way to see what was going on outside the village. Getting lost out in the countryside and accidentally riding through a major tunnel was a little scary and dangerous but definitely a great way to see Shenzhen – it was all part of the experience!

ROAR: How did you get into cycling at a competitive level?

I started road cycling when I was 14 and have really enjoyed the sport ever since. With a bit of competitive spirit and a willingness to train, I have been able to experience some of the great races of competitive cycling.

ROAR: Have you always been a cyclist? Are there any other sports you've been involved in?

When I started high school I was introduced to rowing and soon after went on to compete at the highest level of schoolboy rowing. I continued to row in my first year of University, joining the Sydney Uni Boat Club (SUBC), although I decided to dedicate my time towards competitive cycling which had long been a passion of mine.

ROAR: What do you do to keep yourself entertained on long rides?

Being out on the road anywhere from one to seven hours can definitely become a little tiresome mentally, although the time does pass quickly. I'm lucky that I have a really good training group who are some of my closest mates and can manage to have a good time while doing the kilometres.

ROAR: What are some of the goals you've set yourself for 2013?

This is my final year at Sydney Uni, so it's set to be a big one on the books as well as on the bike. There isn't a lot of racing going on at the beginning of the year, so that should help me prepare for graduate applications before the



season gets into full swing. The plan is to have a strong representation for Sydney Uni Velo Club (SUVCL) at some of the National Road Series and club races. Another goal is to win some medals at what could be my final Australian Uni Games.

ROAR: How have you managed to balance your studies with a sport such as cycling?

One of the best and worst things about cycling is that most of the training is done early in the morning. So although a training ride often means riding out the door well before 6am, there are still plenty of hours left in the day to study and go into Uni. Sometimes keeping the head up in the afternoon lectures is a struggle – but I love the sport so it makes it all worthwhile. 🚴



NEW BLOOD, OLD CULTURE

SYDNEY UNI MEN'S AND WOMEN'S WATER POLO CLUBS ARE TAKING POSITIVE STEPS TO ONCE AGAIN DOMINATE THE NATIONAL LEAGUES, *as Aaron Scott writes.*



Nothing is more synonymous with the sport of water polo than the egg-beater kick – that circular grinding of the legs that keeps the players afloat while they use their hands and arms for more important tasks like passing, shooting and general rough-housing.

It's a peculiar motion, the egg-beater. It involves a lot of effort and expends plenty of energy but seldom propels a player forward. Instead, players employing the kick simply hover in one place, keeping their head above water. In this way, it forms an instructive metaphor for the performances of the Sydney Uni Lions water polo club over recent seasons. There's been plenty of effort but little forward motion. Results have been consistently solid but seldom outstanding.

In the 2012 National League season, the men finished fifth on the ladder with 12 wins and 10 losses across the regular season. They edged into the finals but were promptly eliminated following losses to Fremantle and UNSW Wests. The women, meanwhile, missed the finals by a whisker, finishing eighth on the ladder with a neat split of 11 wins and 11 losses.

For the men, it was far removed from the glory days of the early 2000's, when they won three National League titles between 2002 and 2005. For the women it was even further removed from the glory days of the 1980's, when they dominated the game in this country with a string of state and national titles.





**“WE HAVE
A BRILLIANT
NEW COACH
AND THE
CLUB’S PUT
IN PLACE A
GREAT NEW
SYSTEM.”**



The recently completed NSW State League competition, however, has given hope that this period of mediocrity may be drawing to a close. Throughout the summer competition the Lions were in imperious form. The men’s team lost just one game before dismantling UNSW Wests 9-2 in the final, while the women’s team swept through the competition undefeated before hammering Balmain 11-5 in the decider.

These titles are a signal to the water polo fraternity: the Sydney Uni Lions have rebuilt their premiership credentials. But the interesting thing is this: the men have achieved it by looking forward to youth and expansion, while the women have achieved it by looking back to culture and heritage. Both approaches, it seems, are working.

Ben Turner, the assistant coach of the men’s club, is in no doubt that it’s an injection of youth that has reinvigorated his teams. “Across the past 18 months we’ve had a huge intake of juniors,” he says, “and I think that influx has been driven from a couple of key areas. The first is our association with Sydney Uni Sport & Fitness (SUSF), which provides us with our facilities and our equipment. And the second is our coaching staff and the senior players at our club. A lot of the juniors see both those factors as real drawcards in coming to this club.”

For Turner, this growing base of juniors has steadily strengthened the elite grades above. “As the guys get older, the competition to get into the National League team

increases. And when we have guys really competing for spots, that drives them to excel. In the past the National League team might have had a core of, say, five players who knew – to put it bluntly – that they were the premier group of players at the club. Now, that core has grown to 13 or 14 players, plus a couple of younger guys on the fringes who know that in one or two years they'll be fighting for a spot. So, from that point of view, the program's worked really well. It's all about building the club from the base up."

Of course, a young club can prove rudderless without experienced leaders – which is where new coach Dmitry Gorshkov and veteran utility Johnno Cotterill come into play. Coach Gorshkov was a pivotal member of the Russian team that won a silver medal at the 2000 Sydney Olympic Games and bronze medals at the 1992 and 2004 Games. The 45-year-old Muscovite, who has settled in Sydney with his Australian wife, brings a wealth of hard-nosed pragmatism to the club. His remit has been to simplify things, to pare the game back to its basics, to have his men doing one thing perfectly rather than a dozen things adequately. "The guys all love him," says Turner.

Cotterill, meanwhile, has been lured back to his junior club after playing a string of seasons at UNSW Wests. A key figure in the national team that finished in seventh place at last year's London Games, Cotterill is very much the engine that powers the team in the pool. "There's a real leadership quality about him," says Turner. "When the boys lose focus at training he reels them all back in. When the guys are training with Johnno they're really putting in 100 per cent; they want to lift their game to his level. And that not only motivates the team, it motivates Johnno as well."

Cotterill himself courses with enthusiasm at the prospect of the coming National League season: "We have a brilliant new coach and the club's put in place a great new system," he says. "We have juniors coming up, fighting for places, and we have a couple of older blokes leading the team, providing a level for the juniors to rise to. It's really promising."

For the women, meanwhile, the challenges have been deeper. Unlike the men, they haven't experienced significant success in decades. For new coach Ian Trent, the focus has been recapturing a culture of success. And the key to this winning culture, according to Trent, is to strengthen the ties binding the University and the club.

"We've been trying to get Sydney University people back into this club and we've been trying to get younger students into the scholarship scheme. That's exactly what it's there for – to get people who are attending this University to be part of the scholarship scheme. Traditionally, that's where we've found our success."

A key part of Trent's project has been finding current and former Sydney University students playing at other clubs and luring them back to the Lions. Thus far, Lea Barta has been enticed from UNSW, Michelle Walsh from Ryde, Holly Edstein from Sydney's Northern Beaches. "Getting these sorts of people back into the Sydney University fold is why we've had a good season so far," Trent says.

Indeed, Trent has deep experience at wringing "good seasons"

from women's water polo teams. He coached the Sydney University women from 1972 to 2001, a period in which the club experienced unprecedented success. And the old mentor is convinced that the women's club can rediscover this winning beat.

"Back in the '70's and '80's we won 14 L1 premierships consecutively, we won 10 National Club Championships – and it was all done with Sydney University people," he says. "In those days we used to be an absolute powerhouse club. Now, we're trying to bring that back. We really want to rediscover that culture that existed here. That's the key, I believe. And I think, by winning that Summer League premiership, we've shown the girls that they can do it, they can recapture that winning culture."

Central to Trent's "winning culture" is goalkeeper Lea Barta. A former University of Sydney student – she completed her Bachelor of Physiotherapy a year ago – Barta was the chief target in Trent's mission to stock the women's club with "University people". Since arriving at the Lions she's outstripped all expectations. "She's an absolute train-a-holic," says Trent, "so when she comes to training her attitude rubs off on everybody else. She directs the team from the back, so she makes everyone a better defender. And when she speaks, people act. Look, Lea not only brings a rock-like defensive quality, she also brings a real air of leadership. She doesn't just solidify our defence – she directs it."

Barta, meanwhile, is convinced that a winning culture is well within the club's grasp: "I think the most important factor in rebuilding [a winning culture] is to have a group who are willing to learn, adapt and challenge themselves. If you continue making the same mistakes you can never move forward; if you always remain in your comfort zone without pushing your limits you can never grow. At Sydney Uni we're encouraged to stretch our boundaries and learn from each obstacle. There's a real emphasis on constantly improving ourselves."

And so it seems the Sydney Uni Lions have broken the static grind of the egg-beater kick. Certainly the early signs are positive. The State Summer League premierships were a firm indication that the changes are working; that new leaders like Gorshkov and Trent, Cotterill and Barta, are pulling the club in the right direction.

But, despite the good vibes sparked by those titles, Trent cautions against over-confidence. The State Summer League is no more than a prelude to the cut-and-thrust of the National League, which begins in February. Come the main event, the terrain changes entirely as clubs import talent from across the globe. Indeed, the Sydney Uni women's club will welcome three All-American players in Whitney Delado, Daisy Carrillo and Diana Romero from Los Angeles' Loyola Marymount University for the National League season.

"In the context of the National League," says Trent, "these State League premierships mean nothing. They've just given people a bit more confidence, that's all. Certainly that premiership double was really good for the club. It was an excellent achievement in the short run. Now we need to build on it." He cracks a sly laugh. "If we win National League, then you can really talk to us." 🍷

NEW STATE-OF-THE ART CARDIO EQUIPMENT

SUSF are excited to now have 70 brand new **LifeFitness Discover SE Cardiovascular machines** installed at the Sports & Aquatic Centre and The Arena for our members.

All gold, silver and bronze pass holders can experience the most complete range of convenience while they train, having access to the following features on all cardio machines:

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NEW FACILITY TAKING SHAPE

WHEN EXTENSIONS TO THE SPORTS & AQUATIC CENTRE ARE COMPLETED IN JULY, SYDNEY UNI SPORT & FITNESS (SUSF) WILL HOUSE ONE OF THE LARGEST AND BEST-EQUIPPED SPORTING AND RECREATIONAL FACILITIES IN AUSTRALIA.

Exciting progress has been made over the past eight weeks as SUSF, together with the University of Sydney, have well and truly begun upgrading and expanding the sport and fitness facilities on the Darlington campus, in what will be the biggest step forward in sports infrastructure in the history of SUSF.

After a prolonged period of diversions, physical construction work started late last year. Since then, the structure of the dojo and boxing room has been completed, and the roof of the group fitness room will be added shortly.

By late July this year, SUSF is planning to unveil the expanded and upgraded Sydney Uni Sports & Aquatic Centre, which will house:

- a new larger group fitness room with a capacity of up to 70 attendees;

- approximately 70 new state-of-the-art cardio equipment pieces across both SUSAC and The Arena;
- a double basketball court with permanent grandstand seating, which will serve as the home court for the Southern Design Sydney Uni Flames WNBL franchise;
- a martial arts dojo and;
- a boxing room.

This expansion will make the Centre one of the largest sporting and recreational facilities in Australia. We are very excited about launching an fantastic new facility for our loyal members and community later this year.

Be sure to check www.susf.com.au for more information and images on the progress of the new facility.





THE GAMES COACHES PL

ONE HAS COACHED A WORLD CHAMPION AND A WORLD RECORD HOLDER, AND GUIDED SWIMMERS TO OLYMPIC PODIUMS. THE OTHER HAS COACHED AT OLYMPIC AND COMMONWEALTH GAMES' AND SEEN HIS CHARGES LEAVE THE POOL DECK WITH MEDALS HANGING FROM THEIR NECKS. BOTH SWAM AT THE HIGHEST LEVELS BEFORE TURNING TO COACHING. *By Andrew Tilley*

Meet Grant Stoelwinder and Scott Talbot, swimming's dynamic duo stalking the pool deck at the Sydney Uni Sports & Aquatic Centre (SUSAC) as part of the new Sydney Uni Sport & Fitness (SUSF) and NSWIS Swimming Program of Excellence.

As I sit down to chat to Stoelwinder and Talbot after a two-hour pool session at SUSAC, one thing is abundantly clear – both men are bullocky communicators who have a lucid understanding of the types of athletes their swimmers are, or will rapidly need to become under their stewardship.

"Athletes are doing this (swimming) for themselves, and that's what they have to realise," says Stoelwinder. "I have a map of what we're going to do as far as gym, pilates, yoga or their work in the pool. But at the end of the day they are the drivers and I want them to follow the map that I set out for them.

"If they don't want to follow it, and they want to take their own turns then they have to live with the consequences.

They aren't swimming for me, they are swimming for themselves."

Appointed as SUSF & NSWIS Swimming Program of Excellence Head Coach in November last year, and specifically in charge of the sprint group, Stoelwinder's weekly 'map' includes eight swim sessions, up to three gym workouts, a pilates or yoga class, and a couple of core workouts.

"On top of that they are responsible for getting their massage and physio done on a regular basis," he says. "So their weekly program is quite stacked. Then they have studies or work on top of that. They are pretty busy athletes."

Talbot, the program's Senior Coach and middle distance specialist, is equally happy to guide me through his training 'map' – 10 swims, three gym sessions and two circuits will see you through Talbot's week.

But just like Stoelwinder, Talbot's training is not all about the physical. What's going on "upstairs" is equally as important. "It's all about getting them

to believe in themselves," the pensive Talbot elucidates.

"Getting them to break down barriers mentally every day about how good they can be all the time is really important, because then when it comes to racing at high performance meets such as the National Championships or anything higher, it's not such a big jump. We want them to train at that level all the time rather than feeling like they have to climb Mount Everest on the day of their race." Talbot pauses before adding: "Because that's never going to happen."

At the time of our discussions there are 15 weeks before the Australian Swimming Trials begin on April 26 and the immediate task of the coaches is to impart this belief onto their athletes. I mention that "15 weeks is a long time." They both laugh. I am quickly corrected.

"We are now in what I would call a competitive phase," says Stoelwinder. "Everything is now tailored towards a race strategy, a race plan and race energy systems, and a lot more quality



"OUR HOPE IS THAT IN FOUR YEARS ALL OF OUR SWIMMERS ARE AT THE OLYMPIC TRIALS COMPETING FOR OLYMPIC SPOTS."

training. We are now getting them psychologically switched on and race ready. It's not a long time (15 weeks), it goes quickly."

The trials mark just one section in their long-term blueprint. Over the next four years the focus will shift to athlete development, where they will gain an understanding of where each athlete is positioned before making plans for individuals, because as Stoelwinder explains, all swimmers are different.

"Coaching at a university we have a lot of young athletes, so it's about us looking at their gym programs and getting some of them stronger," he says. "And then we have athletes at the other

end of the scale like Matt Abood – so we look for opportunities for him to develop himself and his career. Whether it's more racing or getting him to go to high altitude training, he will be different to someone like a Brendan Micallef."

I'm assured that even for swimmers four years is a long time "but we want to perform quickly," adds Talbot. "We are going to be looking at meets such as the World Champs, Short Course, Olympics, Commonwealth Games, Pan Pacs, and World Uni Games (which is a good target for our group).

"We want to get them to that level as soon as possible. That level may be achieved in a shorter time for some

and take longer for others, but that's our goal."

The expectations attached to the high profile coaching pair charged with elevating their swimmers to succeed at the highest levels can't be ignored. It is something both Stoelwinder and Talbot are realistic about.

"Our hope is that in four years all of our swimmers are at the Olympic trials competing for Olympic spots," says Talbot. "That doesn't mean that they are all going to get there, because if it was that easy everybody would do it, but it means that they're all competing for it and racing for that spot." 🏊



SUSF HEALTH & FITNESS FACILITIES

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Fax: 02 9351 4982
Email: nmrc@sport.usyd.edu.au

Opening Hours

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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.

SUSAC features:

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- 6 synthetic grass tennis courts
- 4 squash courts
- Multi-function sports hall
- Modern fitness equipment
- Group fitness studio
- RPM studio
- Health assessments
- Fitness testing
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- Indoor & Outdoor Bootcamp

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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
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- Scientific health assessments
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- 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.

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TENNIS PROGRAM



Sydney Uni Tennis prides itself on providing the highest quality tennis coaching available in Sydney. As an official Tennis Australia MLC Hot Shots Ambassador, Sydney Uni Tennis offers a wide range of modified tennis programs for children aged 4-12 years.

Adults can also enjoy the benefits of exciting tennis programs, including group coaching, cardio tennis, private coaching, social play, doubles and competitive leagues.

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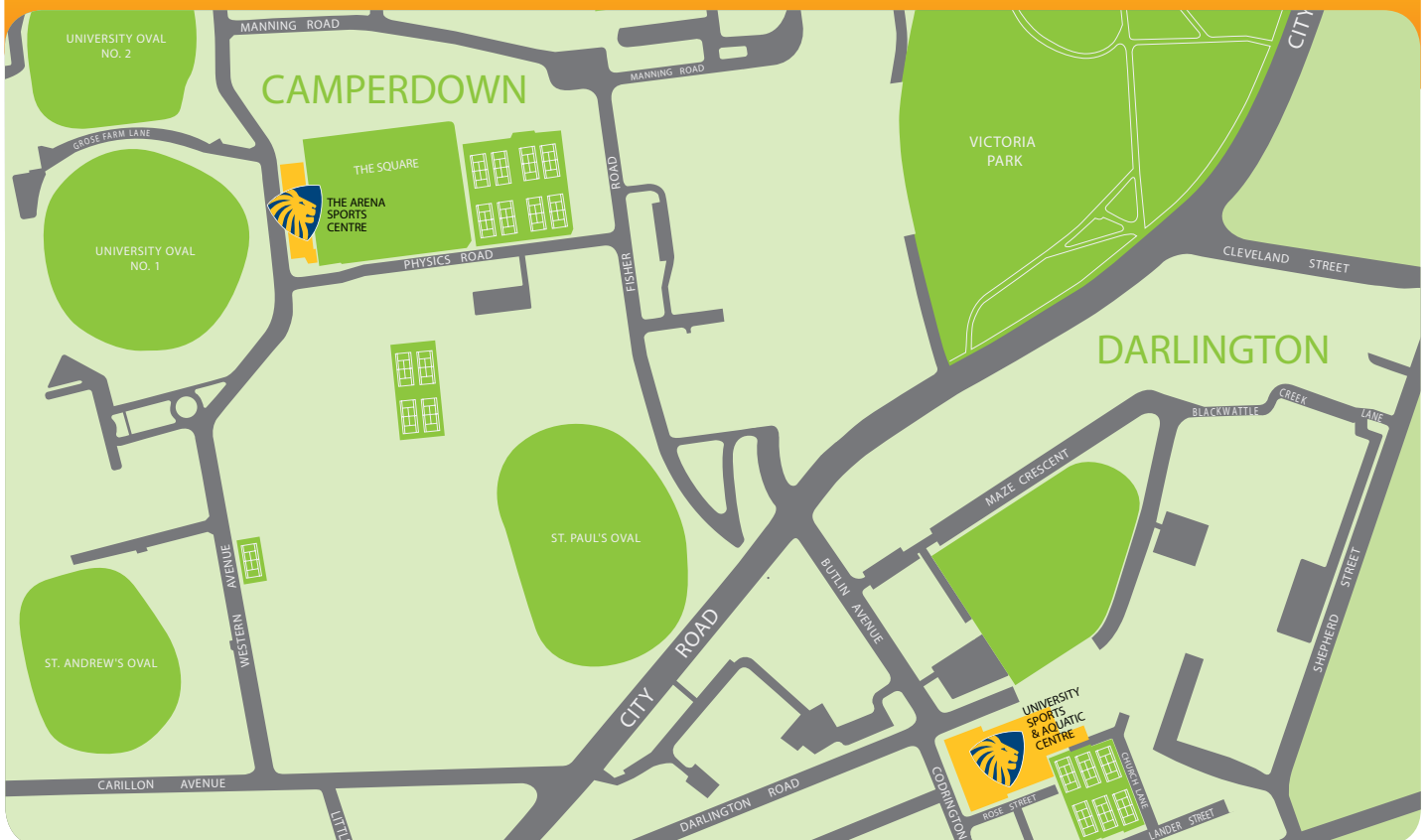


SUSF offers Learn to Swim, Junior Squads, Competitive Squads and Disability Swimming classes all year round. With swimming classes running 7 days a week and a free assessment before enrolment, there has never been a better time for you or a child to start swimming.

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SYDNEY UNI SPORT & FITNESS FACILITIES MAP





LIFE IN THE FAST LANE

"DOMINANT," "BEST EVER," "CHAMPIONS," "HISTORIC."
THESE ARE JUST SOME OF THE ADJECTIVES THAT HAVE BEEN
USED TO DESCRIBE THE SYDNEY UNI ATHLETICS CLUB (SUAC)
OVER THE PAST 12 MONTHS. *By Dean Gleeson*

Sydney University Athletics Club (SUAC) has had a number of successful seasons over its illustrious 134-year history, but it would be hard to argue that the club has had a more successful season than the one just passed.

The 2012-13 season began for SUAC with the Athletics NSW Winter Premiership. SUAC were the defending men's champions and 2012 proved to be no different with the men winning the Winter Premiership by the large margin of 32 points. The SUAC men were so impressive that they finished either first or second in each of the seven events contested.

SUAC stalwart Russell Dessaix-Chin was named NSW Distance Runner of the Year, James Nipperess won the Australian Cross Country Championship for the first time and Lara Tamsett won the City2Surf for the second time. Not content with winning Australia's most prestigious road race, Tamsett went on to represent Australia at the World Half Marathon Championships where she finished a credible 14th.

Another notable set of overseas



performances came from Lachlan Renshaw, who ran six Olympic B qualifying standards as he narrowly missed Olympic selection by only 0.15 of a second. Renshaw's highlight came in the Paris Diamond League where he finished third to world record holder and now Olympic champion David Rudisha.

The other standout international performance came from Nick Hough. The big newcomer won silver in the 110m hurdles at the World Junior Athletic Championships. He was also a member of the 4x100m team that finished fifth at the Championships, setting a new Australian junior record in the process. Hough has incredible potential having recently posted the third fastest time by an Australian junior ever at 200m (20.67) with only Darren Clarke and Fred Martin ahead of him on the all-time list.

SUAC took its largest ever team to the Australian University Games (AUG) in Adelaide, making up nearly 60 athletes. To provide some perspective, at the 2010 Games – previously SUAC's most successful – the club was dominant, winning the men's, women's and overall competition. The women's team was so dominant their score alone would have won the overall competition.

At the 2012 AUGs, Sydney University produced the most dominant performance in the event's history winning the men's, women's and overall competition this time, with both the men's and the women's team's scores alone being good enough to win the overall competition.

The first major event of the NSW Summer Season was the NSW State Relay Championships. SUAC has a proud history at this event but what unfolded over the weekend of the Championships could not have been expected. On the women's side of the program (excluding the walks), SUAC won all six track races, as well as

finishing third in the 4x javelin. On the men's side of the program (excluding the walks), the club ran either first or second in every track race. Incredibly, in the 4x100m, an event that is always well contested, SUAC men finished first and second – a rarely achieved feat. The SUAC men received medals in all six track races, third in the 4x discus and second in the 4x javelin.

The NSW Summer Premiership is contested over six rounds across a variety of venues in NSW. SUAC, the defending champions in the Open Age Pennant Champions, did it again in 2012, retaining their title in impressive fashion winning the pointscore over rivals UTS Norths by more than 1,000 points.

The next event on the club's calendar was the NSW Club Championships. For the past two years SUAC had finished second in the overall competition to UTS Norths. The club went into this season's competition with high expectations and they were smashed with SUAC winning the men's, women's and overall competitions, all by significant margins, confirming the club's position as NSW's premier senior athletics club.

The upcoming months should see many of the club's athletes put their hands up for either World Championships or World University Games selection later in the year. Lara Tamsett has already qualified and been selected for the 10,000m at the World Championships to be held in Moscow in August; with Lachlan Renshaw, Nick Hough, Anneliese Rubie, Charlotte van Veenendaal, Justin Merlino, James Nipperess, Alix Kennedy, Milly Clark and Elliot Lang all well and truly in the hunt for green and gold selection.

With so many SUAC athletes hitting top form, many are tipping that the club's golden form is well and truly set to continue into 2013. 🏆





Scholars embrace program

THE REMARKABLE DEVELOPMENT OF SYDNEY UNIVERSITY'S PIONEERING ELITE ATHLETE PROGRAM (EAP) HAS TAKEN A NEW TURN; IT IS NOW INFLUENCING STUDENTS TO CONTINUE THEIR STUDIES THROUGH POSTGRADUATE COURSES. *By Graham Croker*

Andrew Giltrap, a javelin thrower who has just graduated with a Bachelor of Science (Advanced) has applied to enrol for a PhD in Organic Chemistry, starting in July after a semester off to recharge his batteries. He held the Vice Chancellor's scholarship for a high-achieving student in academia and sport.

Australian Under-23 rowing representative Edward de Carvalho has completed his Bachelor of Arts and would like to pursue further studies in media and art history.

Skier Lavinia Chrystal has completed an undergraduate degree in Economics and Social Science and has applied to undertake a Master of International Business and Law degree.

Erin Wilson, a goal sneak for Sydney University Women's Soccer Club, has completed a degree in Applied Science and Exercise Sports Science and is continuing her studies with a Graduate Certificate in Science and a Diploma of Education.

They're a small snapshot of the 380 students on the Elite Athlete Program but, according to the President of Sydney Uni Sport & Fitness, Bruce Ross, they are representative of a growing trend.

"When the scholarship program was started in 1990 it was basically to assist people to balance sport and studies –

we didn't have many support structures at that stage," Mr. Ross said.

"It has evolved into a very sophisticated program and the quality of students, as athletes and scholars, continues to increase. As a consequence, the results of their achievements on the sporting fields and in academia continues to get better and better."

Mr. Ross likened the program to an iceberg. "Many just equate it with students being paid to participate in sports," he said. "In reality, the funding component is small, but it's the only part people see. As with the iceberg, which has most of its bulk under water, the huge benefits delivered by the scholarships come from the support structures that have been tailored as the program has evolved.

"They might be in time management, tutorial assistance, study assistance while athletes are overseas or interstate, personal development seminars, academic counselling, mentoring or applying for extensions for essays. On the sporting side, the athletes get first-class coaching and training facilities, sports services such as dieticians, sports psychology and strength and conditioning, and travel grants for representative overseas competition."

Andrew Giltrap, a former schoolboy champion and now ranked in the top 15 javelin throwers in the country,

completed his degree while also competing at club, state and national levels. He has applied to undertake a PhD in organic chemistry, starting in July.

"I'll be reapplying for a sporting scholarship mid-year," he said. "I've been on the program for four years and I'm keen to continue. The program has been really good for me and allowed me to focus on sport and study without locking myself into a part-time job. It has played a significant contribution to my degree.

"It is also good to be part of the sporting community at The University of Sydney. It adds another aspect to studying."

Lavinia Chrystal, a three-time Australian champion in alpine skiing, has completed a degree in Economics and Social Science while competing at home and overseas, including the World Championships in Germany in 2011.

"My degree is a three year full-time course but I took five years because I was away so often competing and training," she said. "The Elite Athlete Program has been so helpful, organising time off from classes and with essays. I wouldn't have the degree without the program."

For Lavinia, it wasn't just the competition and training where the program assisted. After an accident in 2011 she

2012 EAP Graduates

FIRST NAME	SURNAME	SPORT	COURSE
Kiernan	Dorney	American Football	B. Medicine & B. Surgery
Annabel	Davies	Athletics	B. Applied Science (Exercise, Sport Science & Nutrition)
Karina	Bangel	Athletics	B. Applied Science (MRS) Diagnostic Radiography
Jack	Colreavy	Athletics	M. Commerce
Hannah	Gibbs	Athletics	B. Liberal Arts & Science
Siobhan	Clayton	Athletics	M. Nursing
Stephen	Andreazza	Athletics	M. Physiotherapy
Hugh	Williams	Athletics	B. Health Science
Andrew	Giltrap	Athletics	B. Science (Adv. Hons.)
Jo	Dawson	Athletics	B. Applied Science (Exercise & Sports Science)
Nicholas	Barton	Australian Football	B. Medicine & B. Surgery
James	Crowley	Cricket	B. Veterinary Science
Nick	Larkin	Cricket	B. Commerce
Rob	Edwards	Cricket	B. Commerce
Caitlin	Rawstron	Cricket	M. Occupational Therapy
Charlie	Arcus	Cricket	B. Arts (Adv.)
Peter	Kelly	Hockey	M. Physiotherapy
Emma	Scriven	Hockey	B. Applied Science (Physiotherapy)
Sophie	Boyle	Hockey	B. Applied Science (Physiotherapy)
Ryan	Barraclough	Rowing	B. Arts
Beatrix	Sheldrick	Rowing	B. Arts
Richard	Allsop	Rowing	M. Commerce
Edward	de Carvalho	Rowing	B. Arts
Daniel	Kelly	Rugby	M. Commerce

FIRST NAME	SURNAME	SPORT	COURSE
Dean	Mumm	Rugby	M. Commerce
Oliver	Gresham	Rugby	M. Commerce
Benjamin	Cannon	Rugby	B. Commerce
Thomas	Heslop	Rugby	B. Arts & Science
Callum	Fryer	Rugby	B. Medical Science
Bernard	Foley	Rugby	B. Economics
Patrick	McCutcheon	Rugby	Dip. Surveying
James	Willan	Rugby	Grad. Cert. Commerce
Edward	Hackney	Sailing	B. Engineering (Mechanical)
Will	Ryan	Sailing	B. Commerce
Krystal	Weir	Sailing	M. Physiotherapy
Lavinia	Chrystal	Snowsports	B. Economic & Social Sciences
Tess	Hawkins	Soccer	B. Applied Science (Exercise & Sports Science)
Meegan	Shepherd	Soccer	M. Health Science (MRS)
Erin	Wilson	Soccer	B. Applied Science (Exercise & Sports Science)
Oliver	Skelding	Soccer	M. Economics
Sarah	Hilt	Swimming	B. Economic & Social Sciences
Benita	Milenkiewicz	Tennis	B. Health Sciences
Anika	Lalic	Volleyball	B. Education (Secondary: Human Movement & Health Education)
Virgil	Robinson	Volleyball	B. Science
Dana	Hutchinson	Volleyball	B. Arts
Dinghua	Xiao	Volleyball	B. Commerce
Victor	Nguyen	Volleyball	B. Law
Kiel	Briggs	Volleyball	B. Medical Science
Tom	Kearns	Waterpolo	B. Arts

had knee surgery followed by a long stint of rehabilitation.

"I'm back to training once a week but I haven't started competing again," she said. "The program is good because it fosters an environment with other athletes. I'm applying for postgraduate studies in Law and a Masters of International Business and Law. The scholarship and study go well together. I'm at home at Sydney Uni – no other university has such an amazing program for athletes. It's been great for me."

Australian Under 23 rowing representative Edward de Carvalho is another who wants to return to the university to study and reapply for the EAP.

"The program has been incredibly helpful!" he said. "I've used just about everything it offers. It has certainly helped me being able to complete

my degree; I've been able to study in Brisbane and abroad with help from the team at Sydney Uni Sport & Fitness. I wouldn't be where I am without the help of Leonie (Lum: EAP Manager) and Nick (Halliday: EAP Co-ordinator).

"The monetary support has been really helpful as has the use of the gym. And the rowing club has excellent coaches. The program has also been useful in meeting people from other sporting disciplines. I've made some good friends through the program."

Having completed her degree in Applied Science and Exercise Sports Science, Erin Wilson is continuing her studies with a Graduate Certificate in Science and a Diploma of Education.

"I'm staying on the program," she said. "I've been on the EAP for my four years at uni and it's been really helpful. It wasn't something I'd really thought

about until years 11 and 12 at school – whether to take a soccer path or an academic path. I knew I wanted to get to university if I wanted to become a teacher, but when I found out about the Elite Athlete Program it helped me make the decision to pursue both."

Mr. Ross, who provides academic counselling for elite scholars, said the scheme is delivering on two fronts.

"While sport is very healthy at the University, as evidenced by the results in recent years, the greatest thing about the sports scholarship scheme is the success of the students on the academic side," he said. "They are collectively more successful academically than other students. And that's because the scholarship offers them academic counselling and time management skills. They develop a study culture and our academic results are now better than that of the overall student body." 🌟



Semester 1

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Visit the Sports & Aquatic Centre or Arena Sports Centre,
call 1300 068 922 or visit www.susf.com.au



SPORT	Day	Times	Start	Member/ Uni Price
Archery for Beginners	Friday	3:00-5:00pm	22 Mar	\$115
Fencing for Beginners	Tuesday Wednesday	6:00-7:00pm 6:15-7:15pm	19 Mar 20 Mar	\$125 \$125
*NEW INTERMEDIATE FENCING	Wednesday	7.15-8.15pm	20 Mar	\$125
Golf for Beginners	Tuesday	5.30-6.30pm 5.30-6.30pm	19 Mar 25 Jun	\$125 \$125
Intermediate Golf	Tuesday	5.30-7.00pm	7 May	\$175
Tennis for Beginners	Wednesday Thursday Thursday	12.00-1.00pm 6.00-7.00pm 6.00-7.00pm	20 Mar 21 Mar 16 May	\$115 \$115 \$115

JUNIOR				
*NEW ARCHERY FOR JUNIORS	Friday	4.00-5.00pm	15 Feb	\$85
Fencing for Juniors	Friday	4.00-5.00pm 4.00-5.00pm	15 Feb 10 May	\$125 \$125
Judo for Juniors	Thursday	4.00-5.00pm 4.00-5.00pm	14 Feb 9 May	\$125 \$125

RECREATION	Day	Times	Start	Member/ Uni Price
Kickboxing Fitness	Tuesday	7.30-8.30pm	19 Mar	\$125
Massage	Monday	7.30-8.30pm	18 Mar	\$125
Pilates	Monday	6.20-7.20pm	18 Mar	\$125
*NEW XTEND BARRE	Wednesday	6.20-7.20pm	20 Mar	\$125
*NEW YOGA FLOW	Tuesday	6.20-7.20pm	19 Mar	\$125

DANCE	Day	Times	Start	Member/ Uni Price
Ballroom	Wednesday	6:20-7:20pm	20 Mar	\$125
Belly Dancing	Tuesday	5:10-6.10pm	19 Mar	\$125
Burlesque	Thursday	7:30-8.30pm	21 Mar	\$125
Hip Hop	Thursday	5:10-6.10pm	21 Mar	\$125
*NEW MUSIC VIDEO CHOREOGRAPHY	Thursday	6:20-7.20pm	21 Mar	\$125
Salsa	Tuesday	6:20-7.20pm	19 Mar	\$125

DAY/WEEKEND TRIPS	Day	Times	Start	Member/ Uni Price
Scuba Diving Includes orientation. Visit www.susf.com.au for details.	2 x Weekend	8.00am	19 Mar	\$310
	2 x Weekend	8.00am	9 Apr	\$310
	2 x Weekend	8.00am	30 Apr	\$310
	2 x Weekend	8.00am	28 May	\$310
Snorkel Safari Day Trip	Saturday	8.00am	26 Mar	\$65
	Saturday	8.00am	23 Apr	\$65
Stand Up Paddle Board Includes orientation. Visit www.susf.com.au for details.	Saturday	10.00-11.30am	23 Mar	\$35
	Saturday	10.00-11.30am	13 Apr	\$35
	Saturday	10.00-11.30am	4 May	\$35
	Saturday	10.00-11.30am	25 May	\$35
	Saturday	10.00-11.30am	25 May	\$35
Surf Camp	Friday-Sunday	6pm		\$295

All information is correct at time of printing. For the latest information on all short courses please visit www.susf.com.au. Early bird discounts – conditions apply. Community prices available at www.susf.com.au. Online and phone transaction fees apply.



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- 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 under \$12*
Sydney Uni Staff from under \$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 under \$10*
Sydney Uni Staff from under \$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 under \$7*
Sydney Uni Staff from under \$8*
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*prices quoted denote weekly breakdown of 12 month pass.

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BODY

WITH THE INDULGENCIES OF THE FESTIVE SEASON NOW BEHIND US AND A NEW YEAR ALREADY UNDERWAY, MANY OF US HAVE OUR SIGHTS SET ON MAKING 2013 A YEAR OF TRIUMPH.

By Hilary Stelmaschuk, SUSF Personal Trainer

We start the year with motivation at its highest point and an eagerness to accomplish and go beyond all our New Year's resolution expectations. For most of the population this will involve losing a few kilos or becoming a fitter and healthier you.

Each year in January and February it's great to see an influx of people eager and ready to take on this challenge. And as a trainer, we definitely share in this enthusiasm and strive to help you achieve your goals. But more often than not, come March and April it's easy to notice that everyone isn't as excited and motivated as they were a couple of months ago.

Suddenly, that motivation that once burned like an Olympic cauldron has evaporated into thin air and what was most important at the start of the year – you – is put on the back burner.

So what are some things you can do to stay motivated throughout the year? Here are a few hints to help you on your way:

1 GOAL SETTING

This is the most important step in achieving results. Setting a goal of "I want to lose weight" is not quite enough. You need to break your goals down into short term (1 month), mid-term (1-3 months) and long-term (3-12 months). The biggest emphasis needs to be placed on the short-medium term goals as these are the small realistic steps that we take in order to achieve the end result. Saying to yourself "I will lose 0.5-1kg a week" sounds far more achievable than saying "I want to lose 10 kg in 3 months". Goals need to be clear and something you really want, not just something that sounds good. Write your goals

down and pin them to your fridge at home, in your room, your desk at work or somewhere else that you will see every day as a reminder. Talk about your goals with family, a friend or one of our fitness staff – if people around you understand what you are trying to achieve then they can help you stay real about it.

2 HAVE REGULAR FITNESS ASSESSMENTS

If you hold a 3 month, 6 month or 12 month gym pass at SUSF, you are entitled to a free fitness consultation with one of our trainers. This includes a fitness assessment to establish your current health and fitness levels. Your trainer will also discuss your fitness goals and devise a tailored gym program to help you on your way. Having regular assessments (every 8-12 weeks) will help you stay focused.

3 TRAIN WITH A PARTNER OR FRIEND

Let's face it, not everyone lives and breathes training. For most people lifting weights or running on a treadmill is boring. So why not grab a friend with a positive outlook who shares similar goals to you? That way you're in it together, and you are less likely to miss a session if you know that someone is counting on you.

4 TRAIN FOR AN EVENT

Nothing keeps you more motivated than if you know in a few months time you will attempt a 5km fun run, take part in a mini-triathlon,

run 14km in the City2Surf or have a crack at a half or full marathon. Whatever the new venture is, having something to train for is a great way to keep you interested and dedicated to your training.

5 INVEST IN A TRAINER

Even with the best intentions, every now and then we can all become a little complacent and may have a hard time staying on track. Teaming up with a personal trainer might be one of the single best investments you make for your health. At SUSF we have a variety of male and female trainers who have a wealth of knowledge and specialisations to help you with effective training programs.

6 TAKE PART AND ENJOY THE CHALLENGE

You may have noticed messages and posters advertising new challenges and resolutions, and chose to ignore what looked like an impossible mountain. While you may shy away from these challenges, it's a great way to see what you are capable of. Each month, our fitness staff put together a new workout to throw a little variety into our gym members' training plans. You can also have a go at one of our fitness challenges, where prizes are awarded for the best time or score, most improved and most attempts made. While you may not be an elite athlete you can still reap the rewards and challenge yourself.

With a little more planning and structure, make 2013 the year where you achieve your goals. 🏆



**Enrolments
Open:**
4 March
**Earlybird
Special Ends:**
11 March

SCHOOL HOLIDAY SPORTS CAMPS

Multi Sport, Tennis, Swimming, Water Polo, Rugby Union, AFL, Martial Arts, Dance, Fencing & Archery, Basketball and Netball.

Save the date for the April school holiday camps!

Monday	Tuesday	Wednesday	Thursday	Friday
15 Camps	16 Camps	17 Camps	18 Camps	19 Camps
22 Camps	23 Camps	24 Camps	25 Public Holiday	26 Camps

3 easy enrolment options

1

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www.susf.com.au



2

CALL
1300 068 922



3

COMPLETE A FORM
Visit any SUSF facility



For enquiries, call 1300 068 922 or visit www.susf.com.au



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Sydney Uni
SPORT & FITNESS

YOU'RE BEEN PUTTING IT OFF FOR TOO LONG, HAVEN'T YOU? ENROL NOW IN A FIRST AID OR CPR COURSE.

Choose from one of four convenient courses, depending on your needs or previous first aid qualifications. Course dates below:

March

Friday	1st
Saturday	2nd
Wednesday	6th
Friday	8th
Friday	15th
Wednesday	20th
Wednesday	27th

April

Friday	5th
Saturday	6th
Friday	12th
Wednesday	17th
Friday	19th
Wednesday	24th

May

Wednesday	1st
Friday	3rd
Saturday	11th
Wednesday	15th
Friday	17th
Wednesday	29th

APPLY FIRST AID

Sydney Uni
Staff, Students
& Members: \$140

Community: \$150



APPLY FIRST AID REFRESHER

Sydney Uni
Staff, Students
& Members: \$100

Community: \$110



CPR

Sydney Uni
Staff, Students
& Members: \$60

Community: \$70



CPR REFRESHER

Sydney Uni
Staff, Students
& Members: \$50

Community: \$60



Enrolments & Bookings

- Call 1300 068 922
- Online at www.susf.com.au
- Visit reception at The Sports & Aquatic Centre or The Arena

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



Sydney Uni
SPORT & FITNESS



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SYDNEY UNI SPORT & FITNESS

UPCOMING EVENTS CALENDAR

HOME FIXTURES



FEBRUARY

	DATE	TIME	OPPONENT
Water Polo (Men)	Sunday 24th	1.00pm	Cronulla Sharks
Water Polo (Women)	Sunday 24th	2.30pm	Cronulla Sharks

MARCH

	DATE	TIME	OPPONENT
Cricket (Men)	Saturday 16th	10.00am	Manly-Warringah
Water Polo (Women)	Tuesday 12th	6.30pm	Brisbane Barracudas
Water Polo (Men)	Tuesday 12th	8.00pm	Brisbane Barracudas
Water Polo (Men)	Friday 15th	6.30pm	Brisbane Barracudas
Water Polo (Women)	Friday 15th	8.00pm	Brisbane Barracudas
Water Polo (Men)	Saturday 16th	1.00pm	Drummoyne Devils
Water Polo (Women)	Saturday 16th	2.30pm	Drummoyne Devils

APRIL

	DATE	TIME	OPPONENT
Water Polo (Men)	Saturday 6th	2.30pm	UNSW Wests Magpies
Water Polo (Women)	Saturday 6th	1.00pm	UNSW Wests Magpies
Water Polo (Women)	Saturday 13th	1.00pm	UWA Torpedoes
Water Polo (Men)	Saturday 13th	2.30pm	UWA Torpedoes
Water Polo (Men)	Sunday 14th	1.00pm	UWA Torpedoes
Water Polo (Women)	Sunday 14th	2.30pm	UWA Torpedoes
Water Polo (Men)	Saturday 20th	4.30pm	Balmain Tigers
Water Polo (Women)	Saturday 20th	6.00pm	Balmain Tigers
Water Polo (Men)	Sunday 21st	4.30pm	Hunter Hurricanes
Water Polo (Women)	Sunday 21st	6.00pm	Hunter Hurricanes





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 – \$55

Sydney Uni staff – \$60

Community members – \$60

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

JOIN A CLUB!

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

AFL



The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club has six teams competing in the Sydney Football Association, providing opportunities for both elite players and beginners. The women's club is continuing to grow with two teams competing in the Sydney Women's AFL competition. Over the past 26 years the club has won seven senior first grade flags and has been runners up six times.

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

AMERICAN FOOTBALL



The American Football Club, established in 1984, fields an open team (Sydney Uni Lions in Division 1) as well as an under 18 team (Sydney Uni Cubs in the Colts Division) in Gridiron New South Wales, the highest level of competition for American Football in the state. The Lions have won 14 NSW championships in the 29 years of competition, including the last nine years. The Sydney Uni Cubs have won 10 NSW championships in their 17 years of competition.

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

ARCHERY



The Sydney Uni Archery Club, established in the 1970's, caters to all levels of archery, from the beginner to the elite. Members compete in various competitions through Archery NSW and Archery Australia at club, state and national levels. The club trains on an outdoor range at St. Paul's Oval, enabling members to train up to 90m, the furthest distance for Open Men's FITA events. Basic equipment and coaching is available to members and personal equipment is also welcome. Training times are Tuesdays and Fridays 1-5pm all year.

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

ATHLETICS



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

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

BADMINTON



The 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: usydbc@hotmail.com

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: www.sydneyni.baseball.com.au
or email: baseball@sport.usyd.edu.au

BASKETBALL



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

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

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 go to: www.subxc.com.au or 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.sydneyniversitycanoecub.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, 3rd, U/17 (Brewer), U15 & Juniors (8 to 12 year olds) grades competing in the Sydney Women's Grade and Sydney Juniors Competition. The club is open to females with or without experience.

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

FENCING



Sydney Uni
Fencing Club



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

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

GOLF



Sydney Uni
Golf Club



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

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

GYMSPORTS



Sydney Uni
Gymnastics Club



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

For more information go to: www.sugymcheer.org
or email: (gymnastics) gymnastics@sport.usyd.edu.au or (cheerleading) sydunicheer@gmail.com

HANDBALL



Sydney Uni
Handball Club



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

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

HOCKEY



Sydney Uni
Hockey Club



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

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

JUDO



Sydney Uni
Judo Club



The Sydney University Judo Club (SUJC) is the oldest judo club in Australia, founded in 1954. The club competes in all levels of judo competition, from national and state to local competitions and AUG's. SUJC is run by students, has black-belt instructors with international experience, and is the most affordable judo club in NSW. Over the last four decades, SUJC has trained nine Olympians and numerous Australian representatives. The club's training program includes classes tailored for beginners and experts, as well as dedicated women's classes. Numerous social activities and competitions are organised both within the club and with clubs at other universities.

For more information go to: www.sydnejudo.com or 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, competes in the City of Sydney Netball Association, and 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 Australian 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 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 ninth successive time in 2012, along with the Colts Club Championship for the eighth 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 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: squash@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 2009, 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 email: taekwondo@sport.usyd.edu.au

TENNIS



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

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

ULTIMATE FRISBEE



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

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

VELO (CYCLING)



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

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

WATER POLO



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

For more information go to: (Men) www.sydneyniwaterpolo.com.au
or (Women) www.suwaterpolo.com.au

Email: (Men) waterpolomen@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 or email: usydwake@gmail.com

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
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'Blue&Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | AUTUMN 2013

BY RODNEY TUBBS

SUMMER WAS THE SEASON FOR 'BLUE & GOLD' CRICKET, GOLF AND WOMEN'S BASKETBALL FUNCTIONS. AND THE FIRST OF THESE WAS:

2012 'BLUE & GOLD' CRICKET LUNCHEON

The 2012 'Blue & Gold' Cricket Luncheon was held at the Four Seasons Hotel on Wednesday 14th November. The Sydney University Cricket Club Team of the 1990's was announced and those present were acknowledged on stage.

Adam Spencer moderated a very entertaining panel discussion with Alex Blackwell, Stuart Clark and Mike Coward. Discussions centred on the Southern Stars' retention of their World Twenty20 title; on the Sydney Sixers' stunning win in the international Champions League Twenty20 final; and on the upcoming Test matches against South Africa, Sri Lanka, India and then England.

2012 'BLUE & GOLD' XMAS HAMPER GOLF DAY

On Wednesday 28th November, the 2012 'Blue & Gold' Xmas Hamper Golf Day was staged at St. Michael's Golf Club. For the first time in its 16 year history, the Chancellor's Cup was won by the Buildcorp Interiors team with an outstanding score of 130 stableford points – an accumulation of the best 3 stableford scores on every hole. The other teams to register a podium finish were Southern Design (the 2011 winner) and AKM Projects (last time's third placegetter).

Competition was also intense for the "Best Dressed Team" award. The Men About Town looked a little bedraggled after completing the entire 18 holes



Scottish humour! Best Dressed (well ... really most creatively dressed) Award Winners – Men About Town. L to R: Campbell Anderson, Graham Hurst, Jake Dowse and Doug Grice with prostrate non-playing captain, Arthur Johnson.



The Buildcorp Interiors' Team - 2012 Winners of the Chancellors' Cup. L to R: Michael Gordon, Sue Turpie, Nigel Pollard and Craig Emerton.



Sydney Uni Golf Club representatives: Chris Davey and Sean Kelly.

in kilts, sporrans and tam-o'-shanters. However, their creativity won them the 2012 Best Dressed title, with special mentions to Southern Design and AKM Projects.

Greg Fayn won a dozen bottles of Logan's Weemala Merlot in the nearest-to-pin competition, while the Club 19-donated box of fine wines for the longest drive was won by Sydney University Golf Club's 5 marker, Will Hasko.

Our resident bush poet/storyteller at this event was also in sparkling form. Murray Hartin won a standing ovation for his original and highly emotive or amusing poems on "Paterson and Lawson", "Rain From Nowhere" and "Turbulence".

2012 'BLUE & GOLD' WNBL FLAMES/WOMEN IN SPORT LUNCHEON

The 2012 'Blue & Gold' WNBL Flames/Women in Sport Luncheon was held at The Boathouse on Blackwattle Bay Restaurant on Wednesday 5th December. Adam Spencer moderated two exceptionally entertaining panels of guest speakers.

The Women in Sport panel comprised Kristina Keneally, the former NSW Premier and now the CEO of Basketball Australia; and Prue Watt, our visually impaired swimming gold medallist in the SB13 100m breaststroke event at the 2012 London Paralympic Games. Both Kristina and Prue were very engaging panellists.

The second panel comprised three of the star players from the 2012/13 Southern Design Sydney Uni Flames – Olympic silver medallist, Rohanee Cox; 3-point specialist, Sarah Graham; and our dynamic USA import, April Sykes. All three girls were very at ease with Adam's



Smiles all round! L to R: Guest speakers Kristina Keneally (CEO Basketball Australia) and Prue Watt (2012 Paralympian Gold Medallist).



Flames having fun! L to R: Rohanee Cox, Sarah Graham and April Sykes.



SUSF and Flames' Hierarchy! L to R: David Shaw, Robert Smithies and Karen Dalton.

questions, which stimulated lively and thoroughly entertaining discussion.

We'd like to think that this function helped to inspire the Flames to a remarkable victory over the Canberra Capitals just two days later ... by an incredible margin of 46 points!

A CALL TO ARMS!

From the outset, the 'Blue & Gold' Club was described as a coterie of individuals and companies with a shared passion for sport.

Most 'Blue & Gold' sporting functions focus on a specific sport and they are designed to have mass market appeal (with principal emphasis on what is happening at the highest level of that sport). There is always plenty of reference to Sydney Uni's achievements at club level in that sport, but most of the guest speakers tend to be state or national representatives or coaches/administrators/commentators at the sport's highest levels.

NEW PERPETUALLY NAMED SPORTING SCHOLARSHIP

A perpetually named World Kindness Australia Sporting Scholarship will be funded from the Wednesday 13th March 'Blue & Gold' World Kindness Sporting Dinner referred to above.

World Kindness is an international movement that challenges bullying in schools, in the workplace, in sport, in cyberspace and in all other aspects of our lives.

In relation to our differences, World Kindness encourages:

- respect rather than intolerance;
- inclusion rather than exclusion;
- hospitality rather than hostility; and
- gratitude rather than attitude.

We believe that the World Kindness movement is addressing a very relevant issue in today's society. On Wednesday 13th March, we plan to increase public awareness of the World Kindness movement and achieve greater recognition that "it's cool to be kind".

NAMING RIGHTS OPPORTUNITIES WITHIN THE SUSAC EXTENSION

The major extensions to the Sydney University Sports & Aquatic Centre (SUSAC) are well underway and by the middle of this year our SUSAC members and SUSF-affiliated clubs will be availing themselves of the magnificent new facilities.

Naming Rights opportunities are available to businesses which are prepared to promote their brands or products/services in this way. The best possible fit-out of the SUSAC facilities is dependent upon businesses taking-up these Naming Rights opportunities.

MATCHING DONATIONS FROM A BENEFACTOR'S EMPLOYER

The University of Sydney Sport Foundation (USSF) has recently received some very significant donations in support of men's water polo. One of those donations has also been matched by the benefactor's employer – a wonderful windfall for the men's water polo club and the USSF.

For further information on any of the 2013 'Blue & Gold' sporting functions, on Naming Rights to new SUSAC facilities or on Named Sporting Scholarships, please contact Rodney Tubbs on 9351 7958 or r.tubbs@sport.usyd.edu.au



Panel moderator Adam Spencer – the best in the business.

The 'Blue & Gold' Soccer Football Dinners are a case in point. Over the past seven years, Adam Spencer – the most entertaining panel moderator in the business – has interviewed:

- Craig Foster, Damien Lovelock and Paul Wade in 2006;
- Branko Culina, Andy Harper and Simon Hill in 2007;
- Francis Awaritefe, John Kosmina and Lawrie McKinna in 2008;
- John Aloisi, Mark Bosnich and Les Murray in 2009;
- Alex Brosque, Zeljko Kalac, Kylie Ledbrook and George Negus in 2010;
- Peter Fitzsimons, Heather Garriock, Andy Harper and Holger Osieck in 2011; and
- Mark Arbib, John Kosmina, Brendan Schwab and Tom Sermanni in 2012.

Our other 'Blue & Gold' sporting functions also attract similarly impressive celebrities from their sports.

Whatever the sport, Sydney Uni past players, athletes and supporters of that sport are encouraged to do some

personal or corporate entertaining at these functions. Of course, these guests (perhaps a corporate table or just one or two business associates) are primarily interested in the big picture and they become an important new source of fundraising to supplement the contributions of the usual Club benefactors.

In the main, our luncheon or dinner guests attend 'Blue & Gold' sporting functions:

- to be thoroughly entertained;
- to provide memorable experiences for their guests;
- to enjoy the company of former teammates or fellow sporting enthusiasts; and
- to add to the coffers of the Sydney Uni Club(s) involved in the sport being celebrated.

So, the call to arms is a call to entertain more club outsiders (personal friends and business associates) at 'Blue & Gold' sporting functions in 2013. You'll be a very proud host and your guests will have a genuinely memorable entertainment experience.

2013 'BLUE & GOLD' SPORTING FUNCTIONS

'BLUE & GOLD' WORLD KINDNESS SPORTING DINNER (NEW)

Wednesday 13th March
at The Great Hall, Sydney University

'BLUE & GOLD' AUSSIE RULES LUNCHEON

Friday 3rd May
at Four Seasons Hotel, 199 George Street, Sydney

'BLUE & GOLD' SOCCER FOOTBALL DINNER

Friday 14th June
at Doltone House, Darling Island Wharf, Pyrmont

'BLUE & GOLD' RUGBY LUNCHEON

Friday 21st June
at Four Seasons Hotel, 199 George Street, Sydney

'BLUE & GOLD' WATER POLO LUNCHEON

Friday 6th September
at Four Seasons Hotel, 199 George Street, Sydney

SUSF/BLUES ASSOCIATION GOLF DAY

Wednesday 9th October
at St. Michael's Golf Club, Jennifer Street, Little Bay

SUSF ALUMNI GATHERING IN MELBOURNE (NEW)

Friday 25th October
to coincide with the 2013 Australian Boat Race on Sunday 27th October

'BLUE & GOLD' CRICKET LUNCHEON

Friday 22nd November
at Four Seasons Hotel, 199 George Street, Sydney

XMAS HAMPER GOLF DAY

Wednesday 27th November
at St. Michael's Golf Club, Jennifer Street, Little Bay

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



OVER THE LINE

Missed . . . by that much

Sydney University Cricket Club's (SUCC) under-16 Green Shield side dipped out in the semi-finals of the recent competition staged during the school holidays after being on track to become the first SUCC side to make it through to the final. In the semi-final at Rosedale Oval, Fairfield-Liverpool won the toss and batted, posting 7-228 off their allotted 60 overs. Sydney University did it tough from the start, and two run-outs didn't help as they reached 129 off 50.2 overs in reply. During their nine-match trek to just below the summit, Sydney University had a number of solid performers in Jonte Pattison, a leg-spinner from the Central Coast who also scored plenty of runs, Ryan Danne, an opener who also took wickets, top-order batsman Jack Maddocks, who made plenty of starts but didn't capitalise, and opening bowler Harry Day, who didn't need a rotation system to play in every match. Pattison, who made his first grade debut for the University in a limited overs match against Parramatta on December 22, took 15 wickets at 12.13 during the tournament as well as posting 320 runs at 53.3 – a fine all-round effort. Danne, who plays fifth grade for the University, scored 206 runs at 22.28 and collected nine wickets at 22.2, while Maddocks, who

has also played fifth grade, scored 168 at 24. Day, who played in the University's nine matches, took 12 wickets at a miserly 14.65. The future looks bright for SUCC.

Decade of dominance

Sydney University Lions clinched a 10th straight Waratah Bowl for the NSW American Football League with a comprehensive 38-nil win over UTS in the final at Endeavour Sports High School Ground. And that was on the back of a 62-34 win over Wollongong Mustangs in the semi-final the previous week. The Lions went through yet another season undefeated, extending their unbeaten run to 83 matches. What is often forgotten in their incredible streak is that they played in three consecutive Waratah Bowl finals before breaking the ice in 2003. The quarterback in nine of the winning finals has been Kiernan Dorney, who was one of the first American Footballers to be awarded a scholarship at Sydney Uni Sport & Fitness. With time off during his medical studies for a stint at Santa Barbara City College in the U.S, Dorney finished his MBBS last year and is now undertaking his internship at Hornsby Hospital. Despite the busy demands of medicine, he is keen to be back directing traffic this season for the Lions, NSW and Australia.

Sports scholars join AIS

Hard work and strong performances during 2012 paid off for Sydney University Women's Water Polo Club representatives Lea Barta and Hannah Buckling when they were awarded Australian Institute of Sport (AIS) scholarships for 2013. Goalkeeper Barta and centre back Buckling, a former SUSF Elite Athlete Program scholarship holder, have joined 11 other players in a senior national squad that includes eight members of Australia's London Olympic bronze medal winning team, along with five players from the original 2012 national senior squad. The national squad will take part in a number of training camps at the AIS in coming months in preparation for the FINA World Championships in Barcelona in July. Barta and Buckling were both in fine form in Sydney University's NSW State League Summer Premiership Grand Final win in December. In a busy summer, they then joined Sydney University team mate Keesja Gofers at a training camp in Perth before parting ways – with Barta and Gofers to play for the University in the upcoming Australian National League season, while Buckling heads off to play a season with the University of Southern California in the NCAA competition in the U.S.

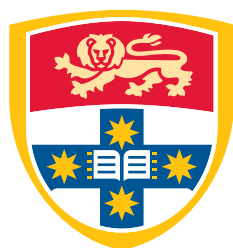
Blackwell talks of a NSW dynasty

Talk about pressure. Not content with captaining the NSW Breakers to an eighth consecutive Women's National Cricket League (WNCL) title, followed by a maiden National Twenty20 title, Alex Blackwell wants the Breakers to establish a dynasty in both forms of the game. After hitting the winning runs with a boundary to secure the T20 title, Blackwell, who also captains Universities in the Sydney Cricket Association women's first grade competition, challenged the Breakers to become the best team in Australian sporting history. "This is our first T20, but I want to encourage the girls to extend that streak," she said. "I think St George Dragons (rugby league) had 11 straight titles or something like that. We want to give ourselves every opportunity to be a historic team. We've already achieved some of those milestones, but I think there's more to come." A week before the T20 success, in which she hit 40 off 38 balls in the final, Blackwell scored 135 not out off 110 balls in the semi-final win over Western Australia in the WNCL (50-over) championship – her second century of the summer and eighth in the WNCL, moving her to second on the all-time list in the league. The medical graduate hopes to continue a stellar season at the 2013 World Cup (50-overs) in India as vice-captain of the Australian Southern Stars, who are pitted against New Zealand, Pakistan and South Africa in the round-robin matches.





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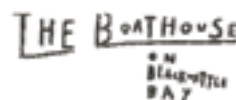
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