

# ROAR



Sydney Uni  
SPORT & FITNESS

SYDNEY UNI SPORT & FITNESS MAGAZINE

19

WINTER 13

## SYDNEY UNIVERSITY WOMEN'S PREMIER LEAGUE

TAKING AN INTELLIGENT  
APPROACH

## SYDNEY UNI RUGBY

NEW LOOK TEAM  
AND HEAD COACH  
IN THE FIGHT FOR  
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# ROAR MAGAZINE. NOW 19 EDITIONS YOUNG.



## FROM THE EDITOR

Welcome to the winter 2013 issue of ROAR magazine. The year is already flying by and here at SUSF we are getting more and more excited about the new extension opening at the Sports & Aquatic Centre. By August, we will have a brand new facility for our loyal gym and club members.

The new extension will feature some great new benefits for Sydney Uni Sport & Fitness members: a double-court basketball stadium, home of the Southern Design Sydney Uni Flames; a new larger group fitness room with natural light and a city view; a martial arts dojo room; and boxing ring.

It is one of the most significant developments in SUSF's history and we are really looking forward to 'cutting the ribbon' and celebrating with a Family Open Day on 17 August with free activities and access for the whole family.

Our cover star this issue is Chris Friend, SUSF Elite Athlete Program member. Chris is slowly breaking the mould of surfing stereotypes – studying a full-time Commerce degree and competing in the Association of Surfing Professional (ASP) World Championship Tour. Our features reporter Aaron Scott chats to Chris (page 10).

In club news we have some great stories across a range of sports. Libby Clouston chats to Alex South, who has been sailing since the age of four, and has now formed the 'Skiff Chicks Racing' team; Andrew Tilley reports on The Sydney University Boat Club's successful start to the year, winning its sixth straight Kings Cup; and the Football Club's season is now in full swing, with Sydney Uni focused on winning another premiership in their 150th anniversary year.

The Universities Women's Cricket Club is continuing to go from strength to strength; meet the new Sydney University Women's Premier League team, most of whom are studying at Sydney University; and the Sydney Uni Canoe Club gives us an insight into some of their adventures on the water.

This issue also has some great fitness advice on how to use weights to get fit and keep toned – without bulking up – and our nutrition feature will keep your stomach full during winter without putting on the extra kilos.

I would like to thank all our members and customers for their patience as we build a fantastic, state-of-the-art sport and fitness facility, with activities to cater for everyone.

**Jessica Laycock**  
Editor

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# NEWSBITES

## PRAGNELL AND SUBC MAKE IT NINE IN A ROW



Fergus Pragnell set a unique club record at the 2013 NSW Rowing Championships when he stroked the Sydney University Boat Club (SUBC) men's eight to their ninth win in a row.

Pragnell, a former SUSF Elite Athlete Program (EAP) scholarship holder, has been the only athlete to row in all nine winning crews.

When asked after the race if he would be back in 2014 to try for 10 in a row Fergus replied: "Looks like I'll have to go around again!"

Starting on the southern bank in lane two, the SUBC crew took an early lead of two seconds over the Sydney Rowing Club at the 500m mark. They extended the margin to three seconds at the 1500m point and 3.7 seconds at the line.

## BOMBERS TAKE OUT A SECOND CONSECUTIVE 9s COMPETITION



Sydney University Women's AFL team kicked off their 2013 season in emphatic fashion by winning the 9s competition.

The defending champions were intent on retaining the title and impressing their new coach, Yucel Celenk. Undefeated after their first four rounds at Centennial Park, the Sydney Uni Bombers defeated their semi-final opponents, the Auburn Tigers, before turning their attention to a second consecutive grand final.

It proved to be much the same for Sydney University in the decider as they easily accounted for last year's runners up, the Wollongong Saints, winning 73-39.

## SYDNEY UNI SAILS TO NSW TEAM RACING TITLE



The Sydney University Sailing Club completed a remarkable three days at the Woollahra Sailing Club, when their undefeated effort earned them the 2013 NSW Team Racing Championship.

Having finished as runners-up at last year's event, the helms for the Sydney University team, Alexandra South (Bachelor of Arts and Social Sciences), Nick Howe (Bachelor of Arts and Social Sciences) and Jeronimo Harrison (Bachelor of Engineering and Information Technologies) – all SUSF Elite Athlete Program (EAP) scholarship holders – went one better this year.

The team won medals at the 2011 and 2012 Australian University Games (AUG) and hope to continue their success at this year's AUG on the Gold Coast in September.

## THREE SELECTED IN JILLAROOS WORLD CUP TRAINING SQUAD



SUSF EAP scholarship holders and Sydney University Hockey Club (SUHC) representatives Nina Khoury, Mathilda Carmichael and Georgina Morgan have been selected in the Australia Under 21 women's training squad for the Junior World Cup following their performances at the Under 21 Women's National Hockey Championships in Darwin.

Khoury (Bachelor of Commerce/Laws), Carmichael (Bachelor of Medical Sciences) and Morgan (Bachelor of Applied Sciences) were part of the NSW team that were undefeated throughout the Championships before suffering a heart-breaking penalty stroke shoot-out loss to Queensland in the final.

## HOUGH AND FOX HONOURED AT SPORTS AWARDS

Hurdler and sprinter Nicholas Hough was named 2012 Sportsman of the Year and Olympic canoeist Jessica Fox was named 2012 Sportswoman of the Year at the annual SUSF Sports Awards.

Hough faced stiff opposition for the award from premiership-winning rugby captain Tim Davidson, NSW Waratahs rugby captain Dave Dennis, Australian Under 23 rower Sasha Belonogoff and Olympic modern pentathlete Ed Fernon, but earned the award with some stunning performances during 2012.

The 19-year-old Bachelor of IT/Laws student and SUSF Elite Athlete Program scholarship holder recorded the seventh-fastest time ever in the 110m hurdles when he finished second in the event in 13.27 seconds at last year's World Junior Athletic Championships in Barcelona.

Fox also faced stiff competition in the Sportswoman of the Year category. London Paralympic 100m freestyle gold medallist Prue Watt, Australian 10,000m and half-marathon representative Lara Tamsett, and Olympic water polo representative Hannah Buckling were also in contention.

But 18-year-old Fox earned the title on the back of her silver medal in the women's K1 canoe slalom at the 2012 London Olympic Games, along with a string of dominant performances at World Cup events in 2012, including a silver medal in World Cup 1, and gold medal efforts in the K1 and C1 events at the Oceania Championships.







# GIRLS IN OF THE

LASER RADIAL-CUM-SKIFF SAILOR ALEX SOUTH EXPLAINS WHY SHE IS SO KEEN TO SEE HER ALL-GIRL CREW SUCCEED AGAINST SOME OF THE WORLD'S BEST SKIFF SAILORS IN A CLASS TRADITIONALLY DOMINATED BY MEN, *with Libby Clouston*

**ROAR: You recently decided to form an all-girl team, known as 'Skiff Chicks Racing', to compete against 18 foot skiff crews. What is this all about?**

It started this year when I decided to sail an 18 foot skiff, which is a boat traditionally sailed by three men who normally weigh about 265kg. We entered with just 200kg. So it's a really physically demanding class.

**ROAR: In April 'Skiff Chicks Racing' became the first all-girl crew to contest and finish the JJ Giltinan Championship in its 74-year history. How important is it to you to promote women in sport?**

It is very important to me. This type of racing really is an institution on the harbour – and to bring three girls into it – the idea was to create a greater awareness of women in sport and an awareness that we can bring it to the boys. I really do believe that girls should have equal opportunities to boys and it has never really been highlighted in this class as traditionally, men have always competed.

**ROAR: You have also competed and represented Australia in laser radial? What is the difference?**

The laser radial is a boat with one sail and one person sailing it. The skiff has three sails and three people sailing. The sheer size of the 18 foot skiff is the big difference between the two. The skiff has two different rigs and it depends on the weather as to which one you use in the race.

**ROAR: Why did you move from laser radial to skiff racing?**

I lost the Olympic trials (finished second) and I wanted to do something a little different. I got sick of training five-seven days a week, fulltime. My dad is an ex-world champion so I had grown up watching skiff racing and it's something that I always wanted to be a part of and it seemed the best time to do it. Having him (he's my coach – in the radials and now in the skiffs) there made it so much easier. It was good to have a sounding board the whole time – especially in such a huge move from radial to skiff.

**ROAR: At what age did you begin sailing?**

I was four years old. I went down to the sailing club and on the first day of 'learn to sail' I got caught underneath the boat and nearly drowned. It wasn't a great start and I didn't go back to it

for almost a year.

**ROAR: When did you decide that you wanted to move into competitive sailing?**

When I finished the junior class and made the move to radials a guy at the club said to me "Which Olympics are you aiming for?" I said "Probably 2012", but I hadn't really thought about it. Then I qualified for the Youth World's where I was the youngest member of the NSW Youth Squad at age 11 and it was only open for 16-19 year olds and they let me in. That's when it all kicked off.

**ROAR: Can you run through a typical race day?**

I get up, go for a walk and come back home. At about 10am I make my way to the yacht club, get the boat off the trailer and start looking at the weather. Then you choose whether you need the big rig or little rig and make sure your sails are ready to go. Once you have the boat off you have to start thinking about rigging and that takes about two hours to get the boat on the water.

**ROAR: What is your involvement with the Sydney Uni Sailing Club?**

I am the vice-president. I sail in the Varsity squad and I have sailed in two



# AT A CLASS AIR OWN



Australian University Games (AUG) where we won bronze in both and I received Green & Gold selection at the last AUG. We also have representative sailing at the World University Games.

**ROAR: Did you play any other sports growing up?**

Yes, netball and swimming. I swam a lot and was the City of Sydney State

Under-10 champion (laughs). I still have the trophy. Netball trials for states were on the same day as sailing state trials and I had come off a good season of sailing, so I chose to go to the sailing trials.

**ROAR: You are completing a Bachelor of Arts at the University of Sydney. What would you like to do**

**work-wise outside of sailing?**

With 'Skiff Chicks Racing' I have really enjoyed working in the area of marketing. I'd like to work in sponsorship management or something along those lines. It has been really satisfying growing the brand of 'Skiff Chicks Racing'. 🌟



# PREVENTING WINTER WEIGHT GAIN

WELL, IT IS THAT TIME OF YEAR AGAIN. THE COLD WEATHER HAS SET IN AND IT'S GETTING HARDER TO GET OUT OF BED IN THE MORNING TO GO FOR YOUR DAILY WALK. THE KILOS ARE BEGINNING TO PILE ON, BUT HEY, UNDERNEATH THOSE BIG JUMPERS AND TRACKSUITS WHAT DOES IT MATTER?

**M**any people find that they put on weight during the colder months. The extra weight that people accumulate can often simply be equated to the nature of the foods that are consumed during these months and the significant reduction in activity levels. In summer we snack on fresh fruit and ice blocks on the way to the beach for a swim or a surf. Whereas in winter there is less incentive to engage in activity due to the colder weather, and video nights with a block of chocolate often take precedence to other forms of social activity. It's no wonder we put on weight.

The key to avoiding winter weight gain is to not let it get out of control. Always remember that it is 100 times easier to put on weight than it is to take it off, so now is a perfect time to take action before it's too late.

## NO EXCUSES

Just because the clothes are thicker and you do not have to show as much flesh does not mean it is an excuse to eat more. Often clients will 'let themselves go' and eat things they would not usually eat during the colder months as they know it will be some time before they

need to bare their legs, arms or stomachs again. Monitor your weight regularly so if it starts to creep up you can gain control of it again quickly. For accurate results, weigh yourself first thing in the morning, but at most once a week.

## WATCH THE HEAVY FOOD

Cream-based and starch-based soups eaten with bread, heavy desserts and extra glasses of wine or spirits each contribute a significantly greater number of calories to the diet compared to the salads, barbecues and ice creams of summer. Look for lighter, vegetable-based soups and skip the extra bread, stick to fruit for dessert and watch the number of glasses of alcohol you consume each day. Keep in mind that these types of food are also likely to be consumed at night which can make individuals prone to fat gain.

## COMFORT FOODS

Try not to use food for comfort. Hot chocolates with marshmallows, biscuits and chocolate may taste fantastic and make you feel good momentarily but they are also packed with the types of fats that are extremely difficult to burn

off. Look for other options when you are feeling down. Instead, grab a massage, take a bath or savour one glass of wine. These are all feel-good options which will not negatively impact on your weight.

## SOUP IT UP

Soup, particularly vegetable-based soups, are a great option nutritionally as they combine a high nutrient density with a low energy density – this means that we get lots of key nutrients, including vitamins and minerals for relatively few calories. At a time in which foods with a high energy density and low nutrient density such as white bread, snack foods, sugar-based drinks and high fat, and fast foods dominate our intake, a low calorie option that fills us up is 'gold standard' when it comes to foods that need to be regularly included in the diet.

Naturally, home-made soups are the best option. This way you can control the type and amounts of vegetables that you use to make your soup, as well as choosing to use salt-reduced stocks and few other additives. Try to avoid pre-made and packet soups that tend to be high in sodium (salt), relatively low in protein and high in carbohydrates.



#### **MAINTAIN YOUR EXERCISE PROGRAM**

The cold weather inevitability means that people spend more time indoors. The extra time spent at home, with easy access to food means that people are more likely to snack. There is nothing wrong with snacking; it's the types of foods that people choose to snack on that is the problem. Chips, cakes, muesli

bars and biscuits are the types of snack foods that are commonly chosen. These foods are high in fat and refined sugars and low in satiety.

Foods which have a low satiety value are digested quickly and do not keep you full for long after eating them, which in turn makes you likely to eat more in total. Stick to your regular meals and mid

meals and always choose filling snack food options such as low fat cheese and crackers, skim milk cappuccinos or hot chocolate, fruit and low fat yoghurt or nut-based muesli bars.

If you choose to follow these simple steps to avoid the extra winter kilos, come spring you will be glad that you did! 🍷







# TURNING THE TIDE

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SUSF ELITE ATHLETE PROGRAM SCHOLARSHIP HOLDER CHRIS FRIEND IS HOPING TO CHANGE THE CULTURE OF PROFESSIONAL SURFING TO INCORPORATE STUDIES, *as Aaron Scott reports.*

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Could there be a more sublime partnership than surfing and uni? Imagine it: a morning on the board at Bondi followed by an afternoon lecture or two on campus topped off by an evening beer on the Manning balcony. At least, that's how the days run according to stereotype. But for Chris Friend, the reality of fitting full-time study with professional surfing is somewhat different.

As evidence, he points to a manic week he endured in October last year. "I was sitting just outside the top 100 in the world rankings," he says, "and I really needed to get a good result, get back in that top 100.

"I saw that there was a six-star event on in the Canary Islands in Spain but, at the same time, it was week 12 of uni and I had exams coming up, assignments due. I was tossing up whether I could fit it in and at the last minute I went with my gut and booked the flight. I had to fly to London, then transfer to Dublin, then transfer again to the Canary Islands.

"I got there on the day of the contest, surfed a couple rounds, got one of my best results of the year, finished 13th, then drove back to the airport, dumped the hire car and flew straight back to Australia. I got back on the morning of the Monday of the last week of semester and drove straight from the airport to uni, dragging my big board bag around campus. That was a challenge. I was a bit out of whack."







So no time for a sundowner at Manning? He laughs: "I got the job done: got back in the top 100 and finished the semester with a distinction average. So I suppose it worked out well."

Friend is midway through a commerce degree, majoring in economics. At the same time he's competing in the ASP Prime Tour, a second-tier competition that feeds into the big-time of the World Tour. His current world ranking is 50. To crack the World Tour he needs to nudge into the top 32. By his own admission, there's scant chance of that happening while he's studying full-time. The pros are on the road 24/7, travelling from comp to comp, racking up as many points as they can. Friend, meanwhile, has to pick and choose his competitions.

"I try to duck off once or twice a semester," he says, "then spend the entire summer and winter breaks competing. I've been to most of the waves on the tour now, so I know which ones suit my surfing, which breaks are worth travelling for. I factor all that in and come up with a schedule that works best."

His plan is to finish his degree in 2015, then make a concerted push for a top 32 ranking and the bright lights of the World Tour. "Let's see how I go . . ."

It's an impressive niche the 22-year-old has carved out for himself. He operates alone, without the guiding hand of a manager. He negotiates his own contracts, selects his own events and books his own flights. In the cosseted world of professional sport, this kind of self-sufficiency is all but unheard of.

Then there's his commerce degree. He is, by his own estimation, the only surfer on tour studying at the same time.

"A few of the other guys were studying, but they ended up dropping out of the surfing," he says. "I guess it's not really ingrained in the culture of professional surfing like it is in, say, rugby union where tertiary education's a big part of the sport. Surfing's pretty much the exact opposite."

A Sunshine Coast boy by birth, Friend's surfing education began at age eight, on a foam board at Mooloolaba. As a sun-scorched grommet, his days were wiled away in the nipper ranks of the local surf lifesaving club. But, by the time he hit his teens, his mates began focusing on their own surfing. Friend followed suit. "I found with the surf lifesaving you had to get up at five in the morning every day to go swimming," he says. "With surfing we got up at five and went for a surf – which is what we all loved to do anyway. So it was a natural move, really. Me and my brothers were fanatic surfers. Growing up on the Sunshine Coast everyone was involved with the water in some way. Plus, I found I was completely awful at all ball sports. The only place I felt really comfortable was in the water."

With his days devoted to surfing, Friend's talent began to flourish. At 15 he won the Billabong Occy Grom Comp and the Rusty Gromfest. "They're the two biggest under-16 comps in Australia so after I won them, sponsors started calling and offering me contracts to do the junior circuit in their kit," he says. "That's when I realised I could have a shot at taking this a bit further."

**"I TRY TO DUCK OFF  
ONCE OR TWICE A  
SEMESTER, THEN  
SPEND THE ENTIRE  
SUMMER AND WINTER  
BREAKS COMPETING."**



That same year he made the Australian Junior Team and travelled to Brazil, Portugal and France. He went to "high-intensity" training camps at the Surfing Australia High Performance Centre at Casuarina Beach, on the NSW north coast. When he won the prestigious Red Bull Junior Masters Championships in 2010 his future in the sport seemed assured.

At the same time, however, a fascination with finance was developing. As a young pro he was constantly mingling with the managers of the big surf brands, negotiating sponsorship contracts, signing endorsement deals. "And I became interested in how these companies work. I began doing a bit of work with the marketing guys at Volcom, who've been my long-term sponsor," he says. "By the end of 2011 I decided I wanted to give it a crack."

Accepted into Sydney University and backed by SUSF, he moved south and set up camp at Bondi. He shrugs: "Obviously it's not as good a wave as back home. But you still get a good, consistent wave all year round."

The pro surfing industry Friend finds himself in now, however, is a world removed from the heady days of 2007 when he was winning junior comps and sponsors were knocking on his door. "Back then the surfing industry was basically printing money," he says. "I was on the Australian junior series and there were 18-year-old guys who were earning over \$100,000. There were a lot of wasted dollars . . ."

The Global Financial Crisis put an end to the profligacy. These days, the sport is no longer saturated with cash; the rich sponsorship deals have dried up. In Friend's eyes, this is a good thing.

"The guys who are running the surf brands these days are being a lot smarter in the way they're spending their money," he says. "With junior surfers now, it's going back to a more developmental approach. And that's good. These young guys can get supported from a training and development perspective through to the time that they crack the pro ranks. That's when

they start seeing the big sponsorship dollars."

For Friend, it's a new economic reality that should force changes in the sport's acceptance of tertiary education. "It would be so good if the pro surf culture was more like the rugby culture where you finish school and get your degree; a culture where you're not under all this pressure to leave school at 15 and hit the road straight away," he says.

"You know, most of the guys who qualified for the World Tour last year were in their late 20's. There's no rush to get out there and start competing fulltime. I think you need to spend a bit of time letting your surfing mature and develop. So I reckon it'd be a good thing if the culture changes and more young surfers can get out there and do a bit of study.

"Hopefully if I can get some big results this year it'll spread the message that you can do both. Show the younger guys that they can still get an education and stay on the Tour. Show them that it's do-able."

Over the next few months Friend will have ample opportunity to spread his message. Across the winter break there's a whole northern summer of events to sample. He'll compete in Brazil and Mexico before heading to California's Huntington Beach for the US Open.

"That's an exciting one," he says. "It's a big event in terms of crowds and excitement. There's massive energy down there. This'll be the first time I've been there, so that's the main event I'm training for at the moment. It'd be a good stage to perform well on."

After the stint in California he heads east as the Prime Tour moves through the big European breaks. What of his studies as the long northern summer rolls out? "Ah, I'm doing an exchange semester at the Stockholm School of Economics . . ."

So more manic flights? More board bags carted around campus? "Yeah, it's going to be a good year." 🏄







# Students Re

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HOME WATERS PROVED A HAPPY HUNTING GROUND FOR SYDNEY UNIVERSITY ROWERS COMPETING AT THE AUSTRALIAN CHAMPIONSHIPS, THE KING'S AND QUEEN'S CUP INTERSTATE REGATTA AND THE OPENING ROUND OF THE SAMSUNG WORLD CUP, as *Andrew Tilley* reports.

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The highlight of the seven-day meet, held in late February, was the NSW Open men's eight – containing six Sydney University Boat Club (SUBC) representatives – who continued their dominance of Australia's premier rowing event, the King's Cup, with yet another win over arch rivals Victoria.

SUBC athletes Fergus Pragnell, Matt Ryan, Nick Purnell, Francis Hegerty, Sam Loch and Toby Lister (coxswain) were joined by 2012 bronze medallist Dan Noonan, fellow Olympian James Chapman and first time King's Cup rower Spencer Turrin.

The star studded crew, coached by SUBC's Director of Rowing Mark Prater, and Nick Garratt from the Mosman Rowing Club, claimed NSW's longest continuous winning streak ever, taking gold for the sixth straight time by the skin of their teeth, after Victoria came within three-quarters of a second of stealing their thunder.

The victory, in 5min 37.37sec, was the 34th for the Light Blues in the famous men's interstate race, which has been running since 1920. NSW took command early and looked to have the race sewn up at the halfway (1000m) mark, but they could not shake the Victorian crew who put on a determined challenge to close the gap to only 0.7sec.

SUBC's Loch, Pragnell and Ryan, had particular cause for celebration having rowed in all six victorious crews, thereby emphasising their legendary status amongst NSW rowing.

Sydney University Olympian Sam Loch rated the win as one of the best of his career: "It was a very competitive race, we went out well and felt comfortable, but it was a race towards the line. It is different to the Olympics but it is the same emotional feeling and doing it with your great mates, sharing the same passion is fantastic. We all bonded really well."

Not to be outdone by their more experienced teammates, the NSW Youth men's eight – containing eight SUBC members – won the event for the second year running.

Jon Rundle, Peter Koster, Jack Hargreaves, Nick Wheatley, Alex Purnell, Harry Foxton, Ben Scott and Frank Gourlas comfortably defeated their nearest rivals, South Australia, by 3.81sec.

Sasha Belonogoff, competing in the Open men's single scull (silver); Ed de Carvalho in the Open men's lightweight coxless four (bronze); and Marianna Doumanis and Jo Wood in the Open women's lightweight quadruple scull (bronze), also won medals at the regatta.

## AUSTRALIAN CHAMPIONSHIPS

Sydney University's success wasn't restricted to the King's and Queen's Cup Interstate Regatta, as SUBC and the Sydney University Women's Rowing Club (SUWRC) combined to bring home a haul of seven gold, six silver and three bronze medals at the annual Australian Open Rowing Championships – the best result achieved by the University since 2010.

## GOLD

Among the Sydney University rowers to come home with gold medals were Nick Purnell in the Open men's quad; Hamish Playfair and Peter Koster in the Under 23 men's double scull; Jon Rundle, Kit Cunningham-Reid, Tom Sacre, Hamish Playfair, Tom Bowditch, Peter Koster, Tom McClintock, Ben Scott and Will Raven (coxswain) in the Under 23 men's eight; Alex Purnell and Nick Minch in the Under 19 men's quad; Sasha Belonogoff in the Open men's single scull; India Evans and Candice Williams in the Under 21 women's pair; and Jo Wood in the Open lightweight women's quad.

## SILVER

Silver medals were won by Harry Foxton and Hugh Miller in the Under 23 men's quad; Nick Wheatley and Tom Sacre in the Under 23 men's pair; Ed de Carvalho





Photography credit: ©Rowing Australia

# gn Supreme

in the Open lightweight men's single scull; Fergus Pragnell in the Open men's double scull; Holly Lawrence and Marianna Doumanis in the Under 23 lightweight women's double scull; and Holly Lawrence, Marianna Doumanis and Emma Thomas in the Under 23 lightweight women's quad scull.

## BRONZE

Jack Hargreaves and Kit Cunningham-Reid in the Under 23 men's pair; Peta

Blundell, Rebecca Humphris, Nicole Petrin and Emma Wilson in the Under 21 women's quad; and Emma Thomas in the Under 21 lightweight women's single scull, all won bronze medals.

## SAMSUNG WORLD CUP

Sydney University's Australian representatives also achieved some outstanding results at the 2013 first World Cup of Rowing, as seven rowers came away with medals.

SUBC Club Captain Ed de Carvalho, representing Australia in the lightweight double scull with James Wilson of Mercantile won silver; Alexander Belonogoff and Ryan Edwards won bronze in the men's double scull; while Jack Hargreaves, Nicholas Wheatley, Tom Sacre and Christopher Cunningham-Reid came home with bronze as part of the Australian men's eight crew. 🏆







“NO ONE  
LIKES US AND  
THEY COME UP  
AGAINST US  
READY TO PLAY  
– THERE ARE NO  
EXCEPTIONS.”



# PLAYING SMART FROM THE HEART

SYDNEY UNIVERSITY FOOTBALL CLUB'S (SUFC) STUTTERING START TO THE 2013 SEASON IN THEIR DEFENCE OF THE SHUTE SHIELD HAS NOT CAUSED NEW COACH CHRIS MALONE TO REACH FOR THE PANIC BUTTON. *By Graham Croker*



The Students opened the season with a comfortable win over Parramatta and followed up with close losses to Eastwood, Eastern Suburbs and Warringah.

For Malone, who coached second grade to a Colin Caird Shield last season, it's been a tough welcome to the first grade coaching ranks.

But for the pragmatic former pivot, who enjoyed a wonderful career at Sydney University before embarking for England and professional stints with Exeter Chiefs, Bath, Harlequins and London Irish, it's all about "getting the processes right".

"We've had a lot of young players stepping up to play first grade this year and not had the depth of experience we've had in past seasons," he said.

In fact, injuries and unavailability saw him call on 31 players in the first four games, including four different halfback-five-eighth combinations, 11 players on debut, eight Colts from 2012 and three players who are eligible for Colts this season.

Malone didn't bring up those statistics; he was more concerned about getting the players available to deliver to their capabilities.

"We've suffered a couple of losses so we'll have to get better at what we do," he said. "We could have won the three games we lost. Against Eastwood we were pressured into the old style for a 10-minute period and they scored three tries in that time.

"Against Easts we led until after the bell, and the Warringah game was there for the taking. We were really in the game (against Warringah), but we're not executing as we would have liked.

"We've haven't changed the style much from last season, but it is an evolving thing. We haven't just rolled out a new style – there are subtle changes we're

introducing to the way we play. But it takes time with new groups of players and it needs to happen across all grades."

Early season points are gold to SUFC, who have a team-and-a-half tied up in Super XV franchises and unavailable until late in the season.

And there is also next month's Under 20 World Cup in France. SUFC has two players in the Australian side in loosehead prop-cum-hooker Tolu Latu and halfback-cum-five-eighth Jock Merriman.

Both are eligible to play Colts but have been drafted into first grade to bolster the ranks.

"Tolu is a 110kg prop who can also play hooker," the coach said. "He played hooker in first grade at the weekend – it was his run-on debut. He also played hooker for the seconds when we won the grand final last year.

"Jock is a recognised No.9 but can also play five-eighth. In fact he's played two games at No.9 and two at No.10 for us this year.

"We've had to play him in both positions because of a shortage of No.10s through injury, including regular five-eighth Dan Kelly.

"It's not great for him but he is very versatile and reads the game well for a young player. He played really well in the Australian Club Championship win against Queensland Uni in the pre-season and against Parramatta in the season opener. They were good for his experience in the top grade."

Malone said he wants to coach a team that plays rugby that people like to watch. "But there is a balance between executing it and respecting possession," he said, alluding to a similar ideal being pursued by NSW Waratahs.

And while he's bleeding a big crew

of youngsters into the top grade, and trying to earn valuable competition points at the same time, he's mindful of the experience he can call on.

Centre Tom Carter has been available for some early games when not on Waratahs duty. "Hopefully Tom will be available when the Waratahs come back from South Africa," he said. "He's very influential around the group and is very passionate in getting players to follow the script and perform well."

Malone also has winger-fullback Nathan Trist in the mix. "Nathan's in the final year of his medical degree and is very busy," he said.

"It's difficult to get him to training sometimes when he's involved in a surgical procedure at Canterbury Hospital.

"We're also fortunate to have (second-rower) Liam Winton in the core group. He's a very experienced first grader with plenty of experience. He's been made captain for that reason."

Are other clubs getting better or do they play stronger against the defending premiers?

"Every team we meet thinks we're the grand final match for them and that's how they prepare," Malone said. "No one likes us and they come up against us ready to play – there are no exceptions. We have to deal with it; and if we do, that can make us a better team."

Of course the other pressures on the young coach include trying to win a premiership in the club's 150th year, and becoming one of a select few to captain a premiership side, which he achieved in 2001, and coach a winning Shute Shield side.

"They haven't entered my mind," he says, in his unflustered way. "It's all about the players, not the coach."

No need to panic. 🍀

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## SYDNEY UNI SPORT & FITNESS FACILITIES MAP





# EXECUTIVE DIRECTOR UPDATE

## THE SUSAC EXTENSION IS ALMOST FINISHED!

The concrete base of the 730 seat grandstand was finalised last week, and work has begun on the change rooms underneath it. The group fitness room, boxing gym and martial arts dojo are all nearing completion, and the fit outs for all change rooms are underway. Squash court 1 is no longer in use, and preparations are being made for the final transition to a single Centre.

SUSF is excited to see the finishing touches being put in place on what will be our flagship facility. By the time the next edition of ROAR is released, the 5 year process to build the SUSAC extension will be finished and we will be using the new Centre – and so will you!

**Robert Smithies** - Executive Director of SUSF

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Our campaign is off to a flying start – donations to date by the SUSF community already amount to more than \$90,000!

Your donations, made to the University of Sydney Sports Foundation, will help us put the **FINISHING TOUCHES** to the project.

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or call 02 9351 4960 for further details!



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# FINE BLEND BREWING AT UWCC

**WHEN THE NSW BREAKERS WON AN EIGHTH STRAIGHT WOMEN'S NATIONAL CRICKET LEAGUE TITLE IN JANUARY AND FOLLOWED UP WITH THE MAIDEN NATIONAL TWENTY20 TITLE, SKIPPER ALEX BLACKWELL TALKED OF BUILDING A DYNASTY.** *By Graham Croker*

**"T**his is our first T20, but I want to encourage the girls to extend that streak," she said. "I think St. George Dragons 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."

Blackwell was leading a team with that wonderful blend of experience and youthful talent and she was never afraid to let the young ones test their mettle. The same has applied at Universities Women's Cricket Club (UWCC), where she has been at the helm in recent seasons.

Blackwell, 29, was one of the founding players of the Universities Club in 2003, when the UNSW and Sydney University clubs joined forces.

They were minor premiers in the 2012-13 Twenty20 competition and went on to win their first title as a club, albeit with the aid of washed out weekends. Universities then won the minor premiership in the Sydney Grade Limited Overs competition, but missed out on the double when Bankstown won a low-scoring final at Oval No.1.

Blackwell's words to her troops after the loss were not focused on a dynastical concept, but more on the second theme of her Breakers speech – the wonderful mix of youth, skills and experience the First XI had fielded and the need to keep fostering and encouraging new talent.





Universities had no hesitation in doing just that. They fielded 16-year-old leg-spinner Maisy Gibson in first grade during the year. Gibson, a member of the NSW Under 18s, travels down from Singleton each weekend to play for the club.

Other youngsters who blossomed with first grade experience this season were former NSW Under 18 representative, wicketkeeper Georgia Redmayne, and current NSW Under 18 squad member, keeper-cum-off-spinner Emily Mifsud.

Aside from playing some handy top order innings, Redmayne spent her first full season behind the stumps with Universities and was named Wicketkeeper of the Year for the first grade competition.

Mifsud, who last season kept for UWCC and was still keeping for NSW Under 18 City this season, won the Wicketkeeper of the Year award in 2011-12 and gave up the gloves part way through this season at the request of Blackwell to pursue life as an off-spinner. It was an inspired decision – she ended up being named the competition's Twenty20 Bowler of the Year with an average of six, and was second in the bowling awards for the Limited Overs competition.

The experience in the side came from a multi-talented group that includes genuine switch hitters, down-the-wicket six hitters and opening bowlers who also command a position at the top of the batting order.

They're headed by Blackwell, who is also the Australian vice-captain, and fellow Australian representative Rachael Haynes.

The pair almost claimed a unique clean sweep in 2012-13, being members of the Australian Southern Stars, who won the ICC 50-over Women's World Cup in February and the ICC Twenty20 World Cup in September 2012. They were also members of the NSW side that won an eighth consecutive Australian title (Limited Overs) and the National Twenty20 crown during the season. The Sydney Twenty20 crown followed but they missed out on the Limited Overs title.

Blackwell won the Sydney grade batting award, averaging in the 90s on the back of one century.

Universities also fielded two Australian Under 25 Shooting Star representatives in all-rounder Erin Burns and Kara Sutherland.

Burns, who recently graduated with a Master of Physiotherapy and picked up a senate scholarship from Sydney University for her academic achievements, plays for Tasmania in the national competition. She was a pace bowler but has moved to the off-spinning ranks this season. A big-hitting right-hander, Burns had the highest average and strike rate in the Women's National Cricket League this season and was also the leading batter in the Sydney Twenty20 competition.

Sutherland also represents the Shooting Stars and NSW. She has been focusing on her batting this season and came second to Blackwell in the club's aggregate. She's a left-arm quick and bats at No.3 for the club and opens the bowling for the NSW Breakers.

Then there's Kate Owen, who plays for the ACT Meteors in the National League and is the stand-in first grade captain when Blackwell is off on representative duties. A right-hand opening bowler and a top order batter, Owen missed the final because of a broken thumb.

Universities also field two other ACT Meteor representatives in Alison Parkin and Sarah Hungerford. Parkin, a left-arm seamer who has converted to orthodox off-spinner, also bats in the middle-order. She was named bowler of the year in the Sydney grade competition and at Universities. Hungerford, who bats at the top order, wasn't available for much of the season because of her first year cardiology work in different hospitals.

UWCC honorary secretary David Mifsud, who won the Rosenblum Family Award for the Male Club Administrator of the Year at the recent SUSF Sports Awards night, said 2012-13 had been a watershed year for the club.

"Aside from the efforts of first grade, we fielded a strong Brewer Shield (Under 17) side, second and third grades and junior teams in the 8-12 and Under 15 competitions," he said. "We finished second in the Club Championship and one of our aims next year is to win that title. To do that you need to win some minor premierships.

"We have one player on scholarship with SUSF – Kara Sutherland – and one at UNSW – Georgia Redmayne. And we hope to have more as the club's school program progresses."


Mr. Mifsud said the club conducts school visits in the off-season, attends

schoolgirl carnivals and provides coaches at schoolgirl level to attract players.

"We're hoping to field a similar number of teams next season. We've been seeing a growth in numbers in the lower grades. Some are new to cricket having never picked up a bat or ball.

"We play them in third grade teams. It is different to men's cricket – if you're starting at university you can still join a team and learn to play.

"We decided that third grade would provide an entry level for those who've never played. There are also players returning to the game after taking time off to start families or establish their careers. We'll field as many teams as the numbers require."



**"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."**

Of course every successful club has solid volunteer and sponsorship support. Universities have their fair share including Mr. Mifsud and Dr. David Frede, who has been the club's official first grade scorer for the past two seasons, and this year was awarded a service award by Cricket Australia for 50 years of continued service as a volunteer to the game.

The sponsorship ranks are filled by Buildcorp, long-term supporters of sport at Sydney University, and Scolarest, who run catering services at a number of the residential colleges on both campuses.

In addition the club have official product suppliers in both Mizone and Aussie Bodies, where both companies provide product to the teams each week.

Should the 10th season produce the elusive Limited Overs premiership and the Club Championship, that nice blend of youth and experience will hold the key. 🍀





# WEIGHT TRAINING

## – MORE THAN MUSCLE

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### **So why won't females pack on muscle just by walking into a gym?**

Hormones play a big role in increasing muscle mass, with testosterone and human growth hormone (which are both naturally produced in the body) being the major ones involved. Males produce far greater amounts of both these hormones which is why they are generally bigger, stronger and have greater potential to pack on muscle. Without high levels of these either occurring naturally in the body or being synthetically taken, large amounts of hypertrophy (the increase in the size of muscle cells) will not occur. This is why females are not at risk of building Arnie-like muscles.

To gain a lot of muscle requires a huge amount of dedication to training consistently, at high intensity levels and eating increased volumes of the right foods. Most people who are of herculean proportions are spending six days a week in the gym just lifting heavy weights, with the specific goal of putting on muscle mass. This is another reason why females need not worry that they will get big and bulky from lifting weights two-three times per week (which is the recommended

requirement set by the American College of Sports Medicine).

### **So we aren't going to pack on muscle, but why do weights?**

You can get some great improvements in your overall fitness and health by lifting weights without large amounts of muscle gain. One of the very functional gains is an increase in strength. This will occur in people of

**"An increase in lean muscle mass will increase your resting metabolic rate meaning you will burn more calories not just during your workout but even when you aren't working out"**

any age and will help improve sporting performance; rehabilitate and prevent new injuries; and improve overall quality of life.

Along with the increase in muscle strength is an increase in bone density, which can help ward off osteoporosis, a bone disease that is very common in females. Diabetes is another major disease on the increase that resistance training can play a vital role in managing and decreasing the incidence of. Lifting weights can develop lean muscle tissue which can aid our bodies in regulating blood sugar levels, hence decreasing the likelihood of developing diabetes and helping to manage it if you already have the disease.

A big plus of resistance training is that it will help you burn more fat. An increase in lean muscle mass will increase your resting metabolic rate, meaning you will burn more calories, not just during your workout, but even when you aren't training! So no matter what your goals are, to get more out of your time in the gym, make sure you include weight training in your program. 🦁



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Lat pull down 3 x 12-15 reps	Seated row 3 x 12-15 reps
Dumbbell bench lateral raise 3 x 12-15 reps	Dumbbell bench shoulder press 3 x 12-15 reps
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# COLLEGE SPORT A HEALTHY RIVALRY

By Stephen King



There is a rapturous noise emanating from an expectant crowd. Two rival supporter groups stand side-by-side. They are armed with an array of cheers and chants as their teams run onto the court to play their first netball match for 2013. If you've just arrived you could be forgiven for believing that these two groups of supporters loathe each other.

In fact, it is the opening match of Rosebowl Netball, and while these participants aren't playing for a premiership, the stakes are that high. These colleges are competing for the Rosebowl and Rawson Cup, a symbol of collegiate sporting prominence within the University that dates back over 100 years.

This is just one of 16 events that students of St. Andrew's, St. John's, Sancta Sophia, St. Paul's, Wesley and The Women's College compete in to win the Rawson Cup (men) and Rosebowl (women).

The very first recorded inter-college sporting competition was in 1892; a 5km rowing race between St. Andrew's, St. John's and St.

Paul's colleges, won by St. Paul's. To put this in perspective, the FA Cup began in 1871 and the AFL was founded in 1897, so intercol sport is in worthy company.

The Rawson Cup officially commenced in 1907, with the cup having been donated to the colleges in 1906 by the NSW Governor, Admiral Sir Harry Rawson. Wesley College entered the competition in 1919.

The Rosebowl competition has a shorter, yet no less impressive history. Sancta Sophia and Women's have been competing since 1925, but it wasn't until 1958 when principals Juanita Macrae (Sancta) and Betty Archdale (Women's), donated the Macrae-Archdale Cup that the competition was formalised. Wesley, St. John's and St. Andrew's have since joined the competition, having become co-ed in intervening years.

College alumni who have participated include World Cup winning Wallaby captain Nick Farr-Jones who played for St. Andrew's, while current Melbourne Rebels and Wallaby halfback Nick Phipps played for Wesley College in 2010.

St. Andrew's holds the most Rawson Cup victories with 52, and currently hold the Rosebowl and Rawson Cup. Overall, Wesley has tasted the most success in the Rosebowl. Some of the best contests have come in recent years, with St. John's and St. Andrew's playing out a thrilling draw in the rugby in 2011 as well as a final over tie in cricket in 2013. On their day any college can produce a result, as shown by Women's College who this year produced a remarkable turnaround to win netball, having finished fifth in 2012.

But there is much more to intercol sport than the silverware on offer. Since its inception the colleges have collaborated in a joint effort to co-ordinate and manage the competition, providing opportunities for students to enhance their university experience. In doing so, they have created sporting memories that will remain with them well past graduation.

Thank you to Intercol Sport archivist, John Sergeant from St. Andrew's College for his contribution. For more information, please contact [john.sergeant@uni.sydney.edu.au](mailto:john.sergeant@uni.sydney.edu.au)





INTRODUCING THE 2013 SYDNEY UNIVERSITY WOMEN'S PREMIER LEAGUE (WPL) SOCCER SQUAD: 23 SUSF ELITE ATHLETE PROGRAM (EAP) AND TALENTED ATHLETE PROGRAM (TAP) SCHOLARSHIP HOLDERS, MOST OF WHOM ARE STUDYING AT THE UNIVERSITY OF SYDNEY, 11 HIGH SCHOOL STUDENTS AND TWO FULL-TIME EMPLOYED WOMEN.

*By Andrew Tilley*



# THE INTELLIGENT APPROACH

Sydney University's youngest player is 16-year-old Taren King and the squad is book-ended by 28-year-old defender Emma Schiller, who just manages to tip the average age of this squad to 19.

Having missed out on the 2012 WPL first grade premiership on goal difference and the overall Club Championship by just one point, an argument could have been made for a few more experienced heads to be added to a squad littered with some of the country's best young prospects, including current W-League stars Sian McLaren, Sam Spackman, Alesha Clifford and Jenna Kingsley.

The adage that "you can't buy experience" has long been thrown around sporting circles, but this was a genuine option for the Sydney University Soccer Football Club (SUSFC) after the Matilda's (Australia's senior women's team) and the young Matilda's (Under 20s) failed to qualify for this year's major tournaments. These players, along with an entire squad of NSW Institute players (the club decided not to field a team in season 2013), suddenly became available to sign.

The club resisted this temptation and instead backed the ability of their younger girls, believing that a longer-

term focus on quality youth players would net them success for years to come. It certainly hasn't appeared to hamper their chances of short-term success either. At the time of writing, after four rounds, the First Division team remains undefeated and the club sits in first place on the overall Club Championship ladder. "This year we have strengthened the squad with younger girls, who we believe have a long-term future with Sydney University, rather than established players from the W-League teams or Institute programs," SUSFC Director of Soccer Football, John Curran says.



Curran's recruitment policy places an emphasis on signing girls who are achieving as much off the pitch as they are on it. Players such as Grace Henry, Carmel Dimarco and Gemma Griffin head this impressive list. "These girls will become role models for our under 12s, 14s and 16s," Curran says. "They will prove that it's achievable to study and play football successfully."

Henry, a 17-year-old first year Chemical & Biomolecular Engineering student is a good example. "For a lot of the girls, study is our number one focus and the coaches at the club are really understanding of that," she says.

A defender who played two seasons in the W-League with Adelaide United, Henry has represented Australia at under 16 and under 17 tournaments, all while completing her high school studies. "They (the club) can appreciate the time you need to balance your study with soccer. It's a really good environment to train in," she says.

Carmel Dimarco, a 20-year-old two-time Australian University Games Green and Gold representative, is all too aware of the balance required to excel on the pitch and in the classroom, while also managing part-time work. "Playing for Sydney Uni is perfect because there are

a lot of other girls in the team who are in the same position as me," says Dimarco, who played all of her junior soccer with Sydney University before having a season with North West Sydney Koalas last year.

Dimarco is back playing in the blue and yellow strip of Sydney University this season and feels right at home. "All of the girls have to juggle soccer with uni or work," she says. "Being part of this group really does help, because everyone (team-mates and coaching staff) is so understanding and supportive of the tough balance that we are trying to achieve."

The second year Exercise & Sport Science undergraduate and personal trainer is equally enthusiastic about SUSF's scholarship program. "You play soccer because you love it, but it really is an added bonus being able to access tutoring, physio, sports conditioning and the gym," she says. "It's an amazing network of support."

Dimarco's team-mate and classmate Gemma Griffin also speaks fondly of the support and understanding that has been established in a squad of similarly like-minded individuals. "I have three or four girls in my team who are doing my course," she says. "We have exams

and assessments on at the same time, as well as classes. It's good to know that there are other girls who are managing it all and successfully fitting in study and soccer."

The 18-year-old Australian schoolgirls representative and former Blue Mountains resident was sold on the idea of playing soccer for Sydney University after talking to Curran in November last year. "At the club's first trial John Curran was very supportive," she says. "He asked me what my goals were, what course I wanted to study, where I was from and where I wanted to live in Sydney. He also helped me apply for housing at St. Andrew's College and I was made fully aware of the benefits of the scholarship program."

Curran says the club's vision is to continue to have a University-based squad. "As our junior program continues to improve, and once our under 16s become older, they will continue to move through to the senior squad – as three have this season," he says.

Henry, Dimarco and Griffin offer a snapshot of what is likely to be a production line of intelligent, studious and talented women's soccer players at The University of Sydney for years to come. 🌟





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# *Wild rides* *on the water*

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THEY'D BEEN PADDLING SINCE 4.30AM BUT IN THE MORNING LIGHT THEY STILL COULDN'T SEE ANY SMUDGE OF LAND ON THE HORIZON. *By Mic Cavazzini.*

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The double kayak was collecting water and the swell of the notorious Bass Strait was building. The cross current was so strong it had slowed them to a 1km per hour crawl – and they still had 70km of open water to reach the safety of Deal Island.

“What’s it saying now?” Pete yelled over to their navigator Richard in one of the single kayaks. Richard squinted at his wrist-watch GPS and shook his head; “I think it’s on the blink. The GPS is pointing right ahead but we should be heading 90 degrees from that!”

Sydney University Canoe Club (SUCanoe) members Pete Edney, Andrew Pratley, John Duffy and Richard Barnes were at the crux of a trip that had taken months of planning and training.

Richard is a SUCanoe veteran and since joining as a student in 1982 has completed the Hawkesbury Canoe Classic marathon race 32 times. He’s been a mentor and example to other paddlers throughout that time and had cajoled the team into paddling the 404km Murray marathon only three days before heading to Tasmania, “just as a warm-up”.

There they crammed the boats with supplies and set out. Glassy seas gave an initial sense of optimism and Barren Island offered pristine beach camps and landmarks of lonely lighthouses and shipwrecks. At Flinders and Roydon Islands penguins kept them awake with their cooing. And the agonising 15-hour crossing to Deal Island took the paddlers past a remote

rock shelf hosting a colony of fur seals that ducked and dived around their boats like curious Labradors.

The weather of Bass Strait was not quite so playful however. At one point, 40-knot winds and two-metre swells halted their progress for three days. Finally, the team were able to make landfall at Wilson’s Promontory on January 15 – 13 days after heading to sea. It was an epic journey but just one example of SUCanoe’s newfound vitality.

Jiri Svec is another member whose enthusiasm for whitewater has kept the club’s ambitions high. In his decade of building experience he has earned the nickname Yoda for his uncanny memory for river gradients and gauges.

In September 2012 Jiri watched as his party of 12 ‘put in’ amongst gentle reeds at Jindabyne Dam where a 15m geyser burst from the dam wall. The operators had turned on the taps and 3000 megalitres a day would simulate floodwaters the Snowy River had seen only once since the hydro scheme was built in 1964.

Even the easier grade III sections that began the run provided ‘big river’ features that few of the paddlers were used to. Bouncing pressure waves and deceptive vortices claimed a few swimmers, but nothing could prepare them for the mighty gorge that lay downstream.

The paddlers watched from the rocks in horror as the river spewed over terraces of giant boulders. The river was slashed across most of its width by

three successive stoppers – powerful hydraulics that recirculate like a front-loading washing machine and cling to any stray boat or ditched paddler. But the narrow ‘chicken line’ to the right wasn’t much better as swirling holes blocked progress half way down the terraces and at the very bottom.

Jiri picked his way tentatively through the initial boulder garden, flicking the boat into small eddies to slow its progress and set up the right line. Then with precise paddle placement he committed to the frothing guts of the rapid and carved around the first hole – the momentum sweeping his boat down the last drop where only a couple of firm strokes were needed to barge through the final stopper.

This reporter was not so lucky – stuck fast in a churning rodeo trough for 20 seconds then buried at the bottom drop. An eskimo roll and lacklustre wave was enough to convince most of the spectating party to take the pedestrian route.

This was the last major obstacle before the pull-out but only the first day of a spectacular week of the Snowmelt Safari, when the rivers of the Snowy Mountains rise and reveal their hectic side. The competence and initiative of this band of paddlers reflects the health of SUCanoe in 2013, and it is already trickling down to the diverse group of new members.

Sydney University Canoe Club is outfitted by Horizonline Canoes, Penrith. For more information and trip reports see [www.sydneycanoeclub.com.au](http://www.sydneycanoeclub.com.au) 🐾





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## AFL



Sydney Uni  
AFL Club



The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club has six teams competing in the Sydney Football Association, providing opportunities for both elite players and beginners. The women's club is continuing to grow with two teams competing in the Sydney Women's AFL competition. Over the past 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](http://www.suanfc.com) or email: [australianfootball@sport.usyd.edu.au](mailto:australianfootball@sport.usyd.edu.au) or (Women) [www.suwaflc.com](http://www.suwaflc.com) or email: [suwaflc@sport.usyd.edu.au](mailto:suwaflc@sport.usyd.edu.au)

## AMERICAN FOOTBALL



Sydney Uni  
American Football Club



The Sydney Uni 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](http://www.sydneynigridiron.com) or email: [americanfootball@sport.usyd.edu.au](mailto:americanfootball@sport.usyd.edu.au)

## ARCHERY



Sydney Uni  
Archery Club



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

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

## ATHLETICS



Sydney Uni  
Athletics Club



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

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

## BADMINTON



Sydney Uni  
Badminton Club



The Sydney Uni Badminton Club welcomes badminton players of all levels. The club is open to the public, but cater specifically for University of Sydney students. Whether you are a social player looking for a fun hit, or a competition-regular looking for some practice before your next big game, you are more than welcome to come along. The club is affiliated with the Sydney Badminton Association Inc. and competes in all of their tournaments. The club also competes in various intervarsity competitions throughout the year, including the Australian University Games and the Eastern Conference Games.

For more information go to: [www.usydbadminton.com](http://www.usydbadminton.com) or email: [usydbc@hotmail.com](mailto: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](http://www.sydneyni.baseball.com.au)  
or email: [baseball@sport.usyd.edu.au](mailto:baseball@sport.usyd.edu.au)

## BASKETBALL



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

For more information go to: [www.sydneyniflames.com.au](http://www.sydneyniflames.com.au) or email: [basketball@sport.usyd.edu.au](mailto:basketball@sport.usyd.edu.au)

## BOAT (MEN'S ROWING)



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

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

## BOXING



The 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](http://www.subxc.com.au) or email: [boxing@sport.usyd.edu.au](mailto:boxing@sport.usyd.edu.au)

## CANOE / KAYAK



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

For more information go to: [www.sydneyniversitycanoecub.com.au](http://www.sydneyniversitycanoecub.com.au)  
or email: [canoe@sport.usyd.edu.au](mailto:canoe@sport.usyd.edu.au)

## CRICKET



The men's club has eight teams that compete in the Sydney Grade Competition that caters from the elite to social player. The Universities Women's Cricket Club also has 1st, 2nd, 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](http://www.sydneyniversitycricket.com.au) or email: [succ@sport.usyd.edu.au](mailto:succ@sport.usyd.edu.au)  
(Women) [www.uwcc.com.au](http://www.uwcc.com.au) or email: [uwcc.secretary@gmail.com](mailto:uwcc.secretary@gmail.com)



## FENCING



Sydney Uni  
Fencing Club



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

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

## GOLF



Sydney Uni  
Golf Club



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

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

## GYMSPORTS



Sydney Uni  
Gymnastics Club



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

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

## HOCKEY



Sydney Uni  
Hockey Club



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

For more information go to: [www.suhc.asn.au](http://www.suhc.asn.au) or email: [hockey@sport.usyd.edu.au](mailto:hockey@sport.usyd.edu.au)

## JUDO



Sydney Uni  
Judo Club



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

For more information go to: [www.sydnejudo.com](http://www.sydnejudo.com) or email: [judo@sport.usyd.edu.au](mailto:judo@sport.usyd.edu.au)

## KEMPO KARATE



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

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

## KENDO



Since 2004, Sydney University has offered kendo, a traditional Japanese fencing martial arts practiced by the samurai. Today it is both a martial art as well as an internationally competed sport. The club practices kendo to cultivate one's mindfulness, respect and diligence, through physical training. A practitioner is able to achieve high sense of reflex, alertness, fitness, speed and coordination. The club is open to all levels of students, with beginners' courses and active participation to all level of tournaments.

For more information go to: [www.usydkendo.com](http://www.usydkendo.com) or email: [kendo@sport.usyd.edu.au](mailto:kendo@sport.usyd.edu.au)

## NETBALL



The Sydney University Netball Club, 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](http://www.sunetball.com.au) or email: [netball@sport.usyd.edu.au](mailto:netball@sport.usyd.edu.au)

## ROCKCLIMBING & MOUNTAINEERING



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

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

## ROWING (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](mailto:rowing@sport.usyd.edu.au)

## RUGBY LEAGUE



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

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



## RUGBY UNION



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

## SAILING & BOARDSAILING



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

For more information go to: [www.usydsailing.com](http://www.usydsailing.com) or email: [sailingboardsailing@sport.usyd.edu.au](mailto:sailingboardsailing@sport.usyd.edu.au)

## SOCCER



The Sydney University Soccer Football Club caters for players of all abilities from elite to beginner. It enters both men's and women's teams in the NSW Super League. It also enters a large number of men's teams in the Eastern Suburbs Football Association and women's teams in the Gladesville/Hornsby competition. The club is now approaching 600 members in 35 teams, across all competitions.

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

## SOFTBALL



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

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

## SQUASH



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

For more information email: [squash@sport.usyd.edu.au](mailto: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](http://www.suswimclub.com.au) or email: [swimming@sport.usyd.edu.au](mailto:swimming@sport.usyd.edu.au)

## TABLE TENNIS



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

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

## TAEKWONDO



The Sydney Uni 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](mailto:taekwondo@sport.usyd.edu.au)

## TENNIS



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

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

## TOUCH



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

For more information go to: [www.sydneytouch.asn.au](http://www.sydneytouch.asn.au) or email: [touch@sport.usyd.edu.au](mailto:touch@sport.usyd.edu.au)

## ULTIMATE FRISBEE



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

For more information go to: [www.suufa.ufnsw.com.au](http://www.suufa.ufnsw.com.au) or email: [ultimatefrisbee@sport.usyd.edu.au](mailto: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](http://www.suvelo.com.au) or email: [suvelo@sport.usyd.edu.au](mailto: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](http://www.suvolleyball.com) or email: [volleyball@sport.usyd.edu.au](mailto:volleyball@sport.usyd.edu.au)

## WATER POLO



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

For more information go to: (Men) [www.sydneyniwaterpolo.com.au](http://www.sydneyniwaterpolo.com.au)  
or (Women) [www.suwaterpolo.com.au](http://www.suwaterpolo.com.au)  
Email: (Men) [waterpolomen@sport.usyd.edu.au](mailto:waterpolomen@sport.usyd.edu.au) or (Women) [waterpolowomen@sport.usyd.edu.au](mailto:waterpolowomen@sport.usyd.edu.au)

## WATER SKI & WAKEBOARD



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

For more information go to: [www.usydwake.com](http://www.usydwake.com) or email: [usydwake@gmail.com](mailto: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](mailto:wrestling@sport.usyd.edu.au)

For all the latest updates  
please visit [www.susf.com.au](http://www.susf.com.au)  
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# 'Blue&Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | WINTER 2013  
BY RODNEY TUBBS

## 'BLUE & GOLD' WORLD KINDNESS SPORTING DINNER

On the evening of Wednesday 13th March, the first 'Blue & Gold' World Kindness Sporting Dinner was held in The Great Hall, after pre-dinner drinks had been served in the Main Quadrangle at the University of Sydney.

The credit for this initiative belongs to Craig Spence, who is a long-standing member and active supporter of the 'Blue & Gold' Club. It was Craig who introduced the concept of the World Kindness Movement to the 'Blue & Gold' Club.

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.

The dinner was attended by almost 200 guests who believe that the World Kindness movement is addressing a very relevant issue in today's society.

The dinner was addressed by Mr. Michael Lloyd-White, the Chairman and Founding Director of World Kindness Australia, which currently has the honour of being the Secretariat of the global World Kindness Movement.

Greg O'Mahoney – the Sydney Uni Arts/Law graduate, Rhodes Scholar and media personality – was on hand to moderate two wonderfully entertaining panels of Sydney Uni elite athletes.

The "water sports" panel comprised:

- Nick Purnell – Australian Men's Eight rower at the 2012 London Olympics;



World Kindness Movement guests enjoying pre-dinner drinks in the Main Quad.



Water Sports' panellists (L-R) Olympic rower, Nick Purnell; Paralympic gold medal-winning swimmer, Prue Watt; and four-time Olympic water polo player, Thomas Whalan.



A very relaxed panel moderator – Greg O'Mahoney.





Ball Games' panellists (L-R) Test cricketer, Stuart Clark; Olympic silver-medal winning basketball, Alicia Poto; Wallaby openside flanker, Phil Waugh.

- Prue Watt – swimming gold medallist at the 2012 London Paralympics; and
- Thomas Whalan – four times water polo Olympian.

The "ball sports" panel comprised:

- Stuart Clark – Australian Test cricketer;
- Alicia Poto – basketball silver medallist at the 2004 Athens Olympics; and
- Phil Waugh – Wallaby open side flanker.

The function profits will help fund a perpetually named World Kindness Sporting Scholarship for an elite athlete at Sydney University. This will create a permanent link between Sydney Uni Sport & Fitness and World Kindness. In future years, Sydney Uni sporting scholars on the Elite Athlete Program will be awarded the World Kindness Sporting Scholarship and become new ambassadors for the movement.

The highly sought after raffle prizes and auction items were mostly donated by generous supporters of the World Kindness Movement.

Next year's 'Blue & Gold' World Kindness Sporting Dinner will almost certainly be held in late February at one of four alternative Navarra venues in the Sydney metropolitan area.

### **'BLUE & GOLD' AUSSIE RULES LUNCHEON**

The 2013 'Blue & Gold' Aussie Rules Luncheon was originally scheduled for Friday 3rd May at the Four Seasons Hotel. However, that date clashed with the Sydney Swans' training program and so the luncheon was brought forward to Thursday 2nd May. By that time, the Four Seasons Hotel had prior commitments and so the function moved to The Ivy Ballroom, which is just down the road in George Street, Sydney.



Elite Athlete Program Manager Leonie Lum with SUANFC President, Chas Wilkinson.



Adam Spencer's first panel (L-R) "Himself" with SUANFC NEAFL Head Coach, Daniel Gilmore; SUANFC NEAFL Co-Captain, Ryan Silvester; Sydney Swans' star recruit, Kurt Tippett.

Adam Spencer's first panel comprised:

- Kurt Tippett – the Sydney Swans' star recruit of 2013;
- Daniel Gilmore – the former Fremantle Docker and current Sydney Uni NEAFL coach; and
- Ryan Silvester – co-captain of the 2013 Sydney Uni NEAFL team.

Adam's second panel comprised:

- Jude Bolton – the 2005 and 2012 Premiership player who has chalked up 300 plus AFL games;
- Kieren Jack – another 2012 Premiership player and co-captain of the 2013 Sydney Swans; and
- Josh Kennedy – 2012 All Australian, Swans' Best and Fairest and another Premiership player.

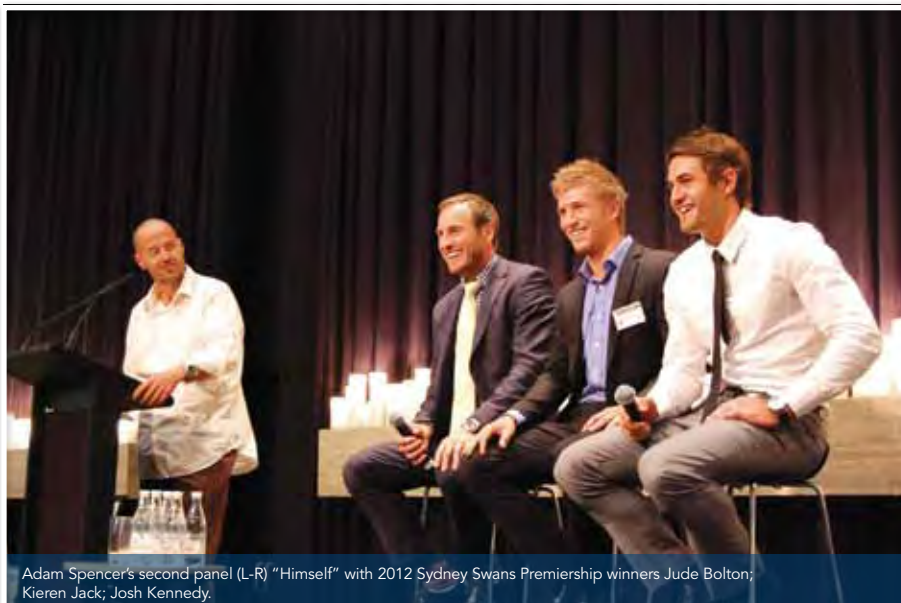
Quite remarkably, all four of these high profile Swans players are undertaking Sydney Uni Graduate Certificates in Commerce during the first semester of 2013. Their teammates Mike Pyke and Lewis Roberts-Thomson are even closer to completing their Sydney Uni commerce studies.

This very close link between Sydney Uni and the Sydney Swans was one of the themes at this year's 'Blue & Gold' Aussie Rules Luncheon.

The entertainment and new venue were very popular with our luncheon guests. So too were the complimentary drink vouchers for post function use at the Ivy's Paling Bar!



No show without punch: "Himself" again surrounded by the four champion Swans' players.



Adam Spencer's second panel (L-R) "Himself" with 2012 Sydney Swans Premiership winners Jude Bolton; Kieren Jack; Josh Kennedy.

## PREVIEW OF COMING ATTRACTIONS

### '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

For further information or bookings, please contact Rodney Tubbs on 9351 7958 or [r.tubbs@sport.usyd.edu.au](mailto:r.tubbs@sport.usyd.edu.au)





SYDNEY UNI SPORT & FITNESS

# UPCOMING EVENTS CALENDAR

## HOME FIXTURES

### MAY

	DATE	TIME	OPPONENT
AFL (Women)	Saturday 18th	12.00pm	UNSW/ES Stingrays
AFL (Men)	Saturday 18th	2.00pm	Ainslie
Hockey (Men)	Saturday 18th	8.30pm	Ryde Hunters Hill
Baseball	Saturday 25th	2.00pm	Hawkesbury
Soccer (Men)	Saturday 25th	7.00pm	Hills Brumbies
Soccer (Women)	Sunday 26th	3.00pm	Manly United

### JUNE

	DATE	TIME	OPPONENT
AFL (Women)	Saturday 1st	10.30am	Newtown Breakaways
AFL (Men)	Saturday 1st	12.00pm	Labrador
Hockey (Men)	Saturday 1st	2.30pm	South West Strikers
Rugby (Men)	Saturday 1st	3.00pm	Randwick
Hockey (Women)	Sunday 2nd	4.30pm	Briars 1
Soccer (Women)	Sunday 9th	3.00pm	Blacktown Spartans
AFL (Men)	Saturday 15th	2.00pm	Belconnen
Baseball	Saturday 15th	2.00pm	Petersham
Soccer (Men)	Saturday 15th	7.00pm	Bankstown Berries
Hockey (Women)	Sunday 16th	4.30pm	Gordon North Shore 1
Rugby (Men)	Saturday 22nd	3.00pm	West Harbour
Soccer (Women)	Sunday 23rd	3.00pm	Central Coast Mariners Academy
AFL (Men)	Saturday 29th	2.00pm	Hills
Hockey (Men)	Saturday 29th	5.30pm	Gordon North Sydney
Soccer (Men)	Saturday 29th	7.00pm	Bankstown City
Rugby (Men)	Sunday 30th	3.00pm	Eastern Suburbs

### JULY

	DATE	TIME	OPPONENT
AFL (Women)	Saturday 6th	8.30am	Wollongong Saints
Hockey (Men)	Saturday 6th	1.00pm	St George Randwick
Baseball	Saturday 6th	2.00pm	West Sydney
Soccer (Women)	Sunday 7th	3.00pm	North West Koalas
AFL (Men)	Saturday 13th	2.00pm	Tuggeranong
Rugby (Men)	Saturday 20th	3.00pm	Penrith
AFL (Women)	Saturday 27th	12.00pm	Western Wolves
AFL (Men)	Saturday 27th	2.00pm	Queanbeyan
Baseball	Saturday 27th	2.00pm	Cronulla
Hockey (Men)	Saturday 27th	5.30pm	Glebe
Soccer (Men)	Saturday 27th	7.00pm	Spirit FC

For all the latest event news & reviews visit [www.susf.com.au](http://www.susf.com.au)



**Sydney Uni**  
SPORT & FITNESS



# OVER THE LINE

## Long and short of it

Sydney University Athletics Club (SUAC) shared the honours with the Football (Rugby) Club in being named joint Premier Club of the Year at the recent SUSF Sports Awards. While both clubs have enjoyed "best ever" seasons, the Athletics Club has been gradually strengthening its ranks across the board, culminating in some wonderful performances at the recent National Championships and at the Sydney Track Classic meet. James Nipperess (Bachelor of Health Sciences (Physiotherapy)) won his first national track title in the 3000m steeplechase and now only needs to run a B qualifier to be automatically selected for the World Championships in Moscow later in the year. Meanwhile, Nick Hough and Anneliese Rubie smashed personal best times in the sprint events at the Sydney Track Classic. Hough (10.45) broke a 17-year-old SUAC 100m record when he finished sixth. In the women's 200m, Anneliese Rubie (Bachelor of Liberal Arts & Sciences) ran an outstanding 200m in 23.54 to finish hot on the heels of 2012 London Olympic representative Melissa Breen (23.12). While in the men's 400m Josh Ralph (Bachelor of Applied Science) annihilated his personal best time to finish as the third Australian and gain an automatic spot on the World

Championships 4x400m team for Moscow. Alix Kennedy (Bachelor of Commerce/Law) won her first national title in the women's discus, throwing a personal best and qualifying for the World University Games in the process, and Angela Ballard (Psychology Honours) continued her great form from the 2012 London Olympic Games, winning gold medals in the 100m, 200m, 400m and 800m wheelchair races.

## Point taken

Sydney University Fencing Club, first mooted in 1922, briefly formed in 1937 and finally inaugurated in 1945, is still producing good results. Competing at the recent D.H. McKenzie Tournament in Brisbane, the club finished with five top three finishes and a host of other strong performances. Harriet Jordan (women's veteran sabre) won her event; Rita Sokolovskaja (women's foil) came second; while Patrick Daley (men's foil), Sarah Osvath (women's epee) and Cheryl Chan (women's sabre) finished third in their respective events. The D.H. McKenzie Tournament was the first tournament of the 2013 Australian Fencing circuit.

## Two for World Cup

Sydney University Football Club (SUFC) will be represented by two players at the IRB Junior World Rugby Championship

(Under 20) to be held in France from June 5-23. Halfback Jock Merriman and prop Silatolu Latu have been named in the 28-man squad to be captained by Queensland Reds flanker Curtis Browning and coached by Adrian Thompson and Sean Hedger. Other SUFC players who were in contention at selection camp trials included Chris Ingate, Matt Philip, Angus Pulver, Jim Stewart, Mitchell Whiteley and Tom Wilson. While Merriman has been selected as a halfback, he can also handle the five-eighth position, and that's where Sydney University have been playing him in first grade this season.

## Oarsome effort

Former SUSF Elite Athlete Program (EAP) scholarship holder Murray Stewart continued in his winning ways at the 2013 Australian Canoe Sprint Championships in Perth, where he qualified for the Australian World Cup team after a series of strong performances. Stewart (Bachelor of Architecture graduate), a 2012 London Olympic Games gold medallist, teamed up with fellow Olympic champion David Smith to win the men's K4 1000m, before he added silver in the men's K1 1000m and K1 500m. He will now focus on competing for Australia at this year's first Canoe Sprint World Cup, to be held in Hungary in May.

## Time at the crease

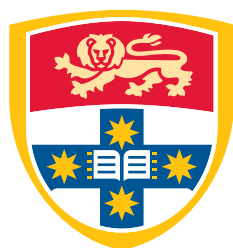
Universities Women's Cricket Club captain Alex Blackwell sets the standard in juggling study and sport. Having recently completed her studies, the Australian women's cricket vice-captain holds down a full-time job as a genetics counsellor while also representing at national and state levels – she's also captain of the NSW Breakers. In the course of many official engagements for Cricket Australia and Cricket NSW, she also attended a Women in Sport forum as a keynote speaker. During the 2012-13 season Blackwell and clubmate Rachael Haynes almost pulled off a unique clean-sweep of titles. They were members of the Australian Southern Stars, who won the ICC 50-over Women's World Cup in February and the ICC Twenty20 World Cup in September 2012. They were also members of the NSW side that won an eighth consecutive Australian title (Limited Overs) and the national Twenty20 crown. Blackwell then captained Universities to their first title, the Sydney Twenty20 crown, but they missed out on the Limited Overs title, going down to Bankstown in the final. Blackwell just happened to average 90.8 in the Limited Overs competition. Now that is time well spent.







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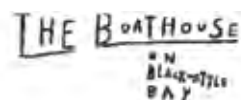
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**SYDNEY UNI  
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# Family Open Day

**SAVE THE DATE**

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**17 August 2013**

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Join us for a fun day of FREE activities  
for the whole family plus meet some  
of your local sporting stars!