

ROAR

22

AUTUMN
2014



Sydney Uni
SPORT & FITNESS

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FROM THE EDITOR



WELCOME TO THE FIRST 2014 EDITION OF ROAR MAGAZINE.

At Sydney Uni Sport & Fitness (SUSF) we are very excited to begin another great year, with bigger and better facilities, programs, sporting clubs and enthusiasm!

Last year we celebrated one of the biggest years in Sydney Uni Sport & Fitness' history with the opening of the \$15 million Sports & Aquatic Centre extension in August. This was a major development and allowed us to strengthen our group fitness offering, extend our gym floor space, and cater for a range of SUSF sporting clubs who train in the Brydens boxing gym, dojo and new basketball stadium.

For students who are new to the University of Sydney, good luck for your first year. While you are working out your uni timetable, trying to find lecture halls, and deciding which clubs and society groups to join – make a visit to the Sports & Aquatic Centre and the Arena Sports Centre top of your list for all your fitness needs.

ROAR 22 features a selection of articles on talented Sydney Uni clubs and athletes:

- Ryan Carters chats to us about his up-and-coming cricket career with Sydney Uni, Sydney Thunder and NSW (p6);
- Debutant Olympian Lavinia Chrystal gives a very personal insight into her battle to make it to the 2014 Winter Games (p10);
- We take a look at 2013 in review and the historic achievements by SUSF athletes and clubs (p14);
- The new era of the Sydney Uni Netball Club is in motion, with new coaching appointments and the drive towards a place in the Netball NSW Premier League in 2015 (p20);
- The Elite Athlete Program (EAP)

continues to produce high-quality graduates and sporting professionals with the likes of Stuart Clarke and Nathan Trist (p22); and

- On p28 the coaches of the men's and women's Sydney University Water Polo Club provide a preview of their 2014 National League season.

This issue also contains the regular features on good nutrition practices for eating for energy (p8); and time management (p24) for the person whose schedule demands work, study, fitness and family. Get motivated by taking part in a dancing, sport or recreational short course; choose from a range of sporting clubs for all levels; or join the gym on the special Uni Pass offer available until 9 March.

So start your 2014 off on a positive note – whether you are an elite athlete, have an interest in getting fit at the gym, have a love for social sport competition, would like to try a short course; or looking to get involved in a sporting club – Sydney Uni Sport & Fitness is for you.

Jessica Laycock
Editor



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NEWSBITES



SYDNEY UNI EIGHT WIN 6 IN A ROW

Sydney University Boat Club's (SUBC) number one eight equaled the record (six) for the most consecutive wins in the historic Riverview Gold Cup, after finishing in front of the Sydney Rowing Club. Sydney University has now won this event 10 of the last 12 years. The Sydney University crew was stroked by Nick Wheatley (2013 Australian U23 eight) and coxed by Will Raven (2011 and 2012 Australian U23 teams). Also part of the eight were Nick Purnell (London Olympics stroke of Australian men's eight), Sasha Belonogoff (national team double scull 2013) and Australian U23 representatives Pete Koster, Cam Girdlestone, Hamish Playfair, Kit Cunningham-Reid and Jack Hargreaves. The crew was coached by SUSF's Mark Prater.



FOUR HEADING TO CANADA FOR WHEELCHAIR BASKETBALL WORLD CHAMPS

The four Sydney Uni Wheelkings/Sydney Uni Wheelchair Flames representatives who helped the Australian men's and women's wheelchair basketball teams to triumphs at the 2013 IWBF Asia-Oceania Championships have been rewarded for their efforts after gaining selection in teams to compete at next year's IWBF World Championships. Sarah Stewart, Kylie Gauci and Caitlin de Wit have all been re-selected in the Australian women's Gliders team, while Michael Auprince has also been selected again in the Australian men's Rollers team for his second consecutive squad. The 2014 IWBF Women's World Championships take place in Toronto, Canada from June 19-29, with the Men's World Championships taking place in Incheon, South Korea from July 1-12, 2014.



HOSKING CLAIMS MITCHELTON BAY CYCLING CLASSIC STAGE VICTORY

Roxsolt Sydney Uni team member and 2010 Commonwealth Games bronze medallist Chloe Hosking has finished fourth overall at the 2014 Mitchelton Bay Cycling Classic after winning a stage 2 criterium race. Double world champion Giorgia Bronzini finished first. The highlight of the Criterium event was undoubtedly Hosking's performance to hand Bronzini her only defeat of the four days of racing, after she sprinted away from the world champion some 400m from the finish. Orica-AIS rider Annette Edmondson finished in third position. Hosking's strong showing comes after she helped the Roxsolt Sydney Uni team to win Australia's richest bike race in Australia – the 2013 Logie-Smith Lanyon Super Criterium in Melbourne in December.



SYDNEY UNIVERSITY ATHLETICS CLUB WINS TRELOAR SHIELD

The Sydney University Athletics Club (SUAC) has started 2014 in the best possible way, winning its third consecutive Open title at the Treloar Shield (formerly the Club Premiership). The eight week competition, which is held across a variety of venues throughout NSW, saw SUAC take out the Open (senior) Pennant in dominant fashion beating home second placed UTS Norths by more than 800 points. It was a big team effort for SUAC, with more than 70 athletes scoring points for the club over the course of the competition. On the same weekend, walkers Brendon Reading and Nicola Fagan won their 20km and 10km races respectively. Reading has qualified for the World Race Walking Cup, while Fagan will compete at the Australian Championships.

SYDNEY UNIVERSITY AND STATE REPRESENTATIVE WICKETKEEPER-BATSMAN RYAN CARTERS TALKS WITH ANIKA LALIC ABOUT JUGGLING THE DEMANDS OF A CRICKETING CAREER ON THE RISE, WITH AN ECONOMICS AND POLITICS DEGREE AT THE UNIVERSITY OF SYDNEY.

ROAR: What were the reasons behind your recent move from Melbourne to Sydney?

Cricket NSW approached me with some pretty good opportunities and I jumped at the chance to come and make a change, play cricket for NSW and Sydney University. I got in touch with Sydney Uni Sport & Fitness (SUSF) and they were immediately very positive about studying here and offering me a sport scholarship. It made the decision a lot easier knowing that my studies would be taken care of at a really high quality institution.

ROAR: What was your experience like with the Sydney Thunder in your first T20 Big Bash tournament?

It was very exciting to be a part of it. I love playing in front of crowds and I love the concentrated format of T20 where every moment counts. Unfortunately, this season hasn't gone as well as we would've hoped with the Thunder, but we're looking to bounce back next season.

ROAR: You've had an incredible start to the Sheffield Shield season with NSW, including a performance of some note against England. Tell us about that.

It's been a great start to the season. We (NSW) are currently sitting second on the ladder. I've played most of the games so far and have done well with the bat and I've enjoyed being a part of the team. I got 94 against England which was a good experience. It's really exciting to play against international opposition and challenge yourself. I had an opportunity three years ago to do the same when I made my first class debut (with Victoria), but it was nice to come back and test my skills at that level again.

ROAR: Is representing Australia a serious goal for you?

I've aspired to play for Australia and wear a baggy green ever since I was a little boy and that's still my main cricketing goal, which I think is no different to any other aspiring cricketer in Australia. Hopefully that will come true one day. But if not, the journey is a pretty incredible one and I'm really lucky to be playing cricket at this level. As long as I'm enjoying it, I think it's still a great thing in itself.

ROAR: Who did you look up to when you were younger?

Growing up, the standout player for me was Justin Langer. I loved watching him open the batting for Australia. I loved his determination and fight and his big smile whenever he performed well. He never seemed to engage in sledging with the opposition. He always just offered his broad smile instead. I used to read all of his books and get inspired by him. I was lucky enough a few years ago to do some extensive one-on-one coaching with him, so I was able to pick his brains in person.

ROAR: The Sydney University Cricket Club (SUCC) has had a lot of success in recent years and this has continued into the 2013-14 season. How do you think the club will fare during the remainder of the season?

We are right up there in the Club Championship, which shows that overall our teams are performing well. Coming around to finals time it's up to each XI to really gel and have a strong sense of what the individuals' roles in the teams are. If you can get that right, you can get a nice rhythm coming into the finals series. Having been part of a successful finals campaign before, I know that momentum is really important and if we can gather that and believe in our individual roles and how they come together in the XI then I think we can go all the way this season.

ROAR: What are you hoping to do with your Economics and Politics degree?

I'm definitely interested in postgraduate study. I'm also interested in development studies as a career option as well. At the moment I'm keen to continue with my cricket and my undergraduate degree and see where it takes me.

ROAR: How has SUSF's Elite Athlete Program (EAP) assisted you?

The EAP provides us with the opportunity to access strength and conditioning, extra sessions, nutritional consultations, sports psychology and assistance with academic requirements, all of which allow us to perform at our best. Personally, it's helped me to balance my studies and cricket in a semester where I was really flat out and things were going well on the field so I was a bit busier than I anticipated.

KEEPING THE *dream* ALIVE



ENERGY: MAKE THE RIGHT CHOICES

COMBINING THE DEMANDS OF A BUSY LIFESTYLE IN ADDITION TO TRAINING COMMITMENTS MEANS BOTH RECREATIONAL AND ELITE ATHLETES NEED PLENTY OF ENERGY – ENERGY FROM SOUND NUTRITION PRACTICES.

As we move into another demanding year, things can become a little more challenging as we are lured by high carbohydrate and high fat comfort foods, while dealing with the long days and mounting stress. The trick to surviving these demands with your energy and weight in-check is to simply focus on the key areas of nutrition that will benefit your training - the rest will follow.

1) TOP UP ON CARBS PRE-TRAINING

One of the biggest mistakes many athletes make is failing to fuel adequately pre-training. Failing to fuel pre-training, especially after an overnight fast, is not only likely to compromise your training quality but leave you vulnerable to fluctuating blood glucose levels and hunger throughout the day. Ideally, consuming a carbohydrate rich, pre-training snack with a small amount (5-10g) of protein will help to fuel the muscles and regulate your glucose levels throughout the training session. Good food options that offer this nutrient ratio include meat wraps or sandwiches, liquid meal drinks, yoghurt, skim milk protein shakes, and energy bars.

2) AVOID HIGH SUGAR FOODS

While seeking out a sugar hit when your energy is a little low may seem like a good idea, it won't have a lasting effect. Though sugary foods such as energy gels, lollies, juice and low-fat snacks may not contain significant amounts of fat, their highly processed nature as well as high sugar content may give you an energy hit for an hour or so, but also a subsequent energy drop. As most athletes will generally require sustained energy across a long period of time for training, a better option is to leave the sugary foods until the end of a long session and rely on the more slowly digested carbs for energy on a daily basis.

3) RECOVER AFTER EACH SESSION

We all know that we should do it and yet there are still many athletes who train numerous times a day who forget to maximise their recovery opportunity by waiting too long to eat after each of their sessions. Remember that you have just 30 minutes to consume some quickly digested carbs to support optimal muscle recovery. Aim to eat a banana, snack bar, low fat dairy food or half a sandwich immediately after each of your training sessions to help ensure optimal energy for the day ahead.

4) ALWAYS CARRY YOUR WATER BOTTLE WITH YOU

Dehydration is one of the most common reasons individuals feel tired and fatigued and if you are not getting through 1 litre of water, as well as an extra 500-1000ml for every hour of training you do, you will not be drinking enough. Always carry your water bottle with you and get into the habit of hydrating properly on a daily basis. Alternatively, as the days get longer, opt for herbal teas for a refreshing, hydrating, warm alternative to water. Peppermint, green and licorice teas are all good choices.

5) CHECK YOUR IRON INTAKE

Meat eaters will need a small serve of lean red meat such as beef or lamb at least every second day in order to receive all of the well absorbed iron they require for optimal oxygen transport around the body. Women in particular are often not receiving this amount so make a conscious effort to check your iron intake, particularly if your energy levels are feeling lower than usual. The common scenario that presents is a 'sporadic' meat eater who is eating red meat just once or twice each week which may not provide adequate iron for an individual training each day.



RECOMMENDED RECIPE: FAJITAS

- 500g lean beef strips
 - 1 red capsicum, sliced
 - 6-8 mushrooms, sliced
 - 1 cup taco sauce
 - 8 wholemeal fajitas
 - 420g can refried beans, heated
 - 1 brown onion, sliced
 - 2 zucchinis, sliced
 - 1 teaspoon olive oil
 - ½ cup brown sugar
 - Extra light sour cream
- 1) Combine beef and taco sauce in a bowl and marinate for 5-10 minutes.
 - 2) Stirfry onion and zucchini with olive oil until brown. Add red capsicum and mushrooms, ½ cup brown sugar and ½ cup water. Stirfry and allow sugar to caramelise. When cooled through, set aside.
 - 3) Stirfry beef strips until cooled through.
 - 4) To serve, place vegetable and beef mixture into warmed fajitas. Add sour cream and refried beans as desired.

There's always HOPE on the slope

Lavinia Chrystal

IT'S 9PM IN ZELL AM SEE, A SMALL TOWN IN THE HEART OF THE AUSTRIAN ALPS, AND LAVINIA CHRYSTAL HAS JUST LEARNED SHE WILL WEAR THE GREEN AND GOLD IN THE SLALOM AND GIANT SLALOM EVENTS AT THE SOCHI OLYMPICS.

The 24-year-old is, of course, glowing. Indeed, she's glowing double-wattage after the troubles of the past week.

overturned. They were free to compete in their first Olympics. As Chrystal basks in the news, I imagine editors across the country crafting their headlines: Olympic

"I always had Sochi in the back of my mind, but I also knew

at that stage that the other girls had a year's head-start on me."

Chrystal's selection, along with that of skiing teammate Emily Bamford, had been contested by a pair of Australian male skiers who'd contended that the girls had received favourable treatment on gender grounds. Their appeal had gone to the Court of Arbitration and, for a nervous week, Chrystal and Bamford had sat on their hands while the case was considered by the court's arbitrators.

Finally, on January 28 – a bare 10 days before the start of the Games – the girls received word that the appeal had been

dream crystallises for Aussie skier ... Sochi run now chrystal-clear for Lavinia ...

Chrystal herself looks remarkably unflustered by the whole ordeal. She shrugs off the stress. "It was a bit of a saga," she says. "But we got there in the end." No doubt she's used to this sort of stress now. Indeed, the tribulation of waiting for the arbitrator's verdict was a drop in the bucket compared to the larger trials the Sydney University skier has endured over the past two-and-a-half years.



A career in skiing was, perhaps, preordained for Chrystal. Her parents met on a skiing trip in Europe and, once the children arrived, skiing trips to the Snowy Mountains became an annual affair. Lavinia first took to the slopes when she was three. "I've got two older brothers, five and seven years older," she says, "so when they started doing things, I tried to do them, too. I just wanted to be like them. I was that little girl following her big brothers around on her skis, trying to copy what they did."

She started skiing for her school, Ascham, in Sydney's east, and joined local race clubs in Thredbo, her home mountain. "When I was about 12, I was skiing with my mum and one of her friends, and she turned to mum at one point and said, 'Oh, your daughter's out of control! You need to do something with that. She's got speed but she's out of control...'" Those words planted a seed. From there she tore through

the junior ranks before bursting into the open leagues. In 2009 she went to the Junior World Championships. The following year she won the Australian National Open Giant Slalom and Slalom titles. In 2011 she went to the World Championships in Germany. Throughout it all, slalom skiing seemed as uncomplicated as lying in the sun. Then, in September 2011, as a Sydney Uni Sport & Fitness Elite Athlete Program (EAP) representative at the University Games at Thredbo, it all came undone. She was warming up for the slalom when an innocent stumble derailed her entire career. "I crossed my skis, twisted and fell," she says. She heard an ominous crunch and felt a shot of pain. She went to a medical centre where a doctor peered at an X-ray and announced that she'd damaged her medial collateral ligament. She returned to Sydney for a second opinion. Doctors confirmed the initial diagnosis and told her she should

be right to ski on it after two months of rest and rehabilitation.

She buckled down to the task of getting her leg right. As she worked at her rehab, a nagging pain told her something was amiss. Doctors, however, assured her it was normal; a common by-product of the ligament regenerating itself. So she ignored the pain and kept toiling away. In December that year she re-entered competition. "I knew something wasn't right," she says. "I just knew my knee wasn't good." Still, she gritted her teeth and pushed down the slopes.

In January 2012, as she was struggling through a season on a leg that throbbed ceaselessly, Chrystal received bad news. Her best friend Emily, a girl she'd met at Women's College and lived with for three years, had taken a bad fall while on a snowboarding holiday in Canada. "She caught an edge and fell before she could get her hands out in time," says Chrystal. "She landed on her face,



shattered her sternum and broke her neck. From that moment on she became a quadriplegic."

The news hit Chrystal like a punch. As her best friend settled into a 12-month stay in a spinal unit in Sydney, she began to stew on her chosen career. Her knee was still throbbing despite months of rehab and the dangers of slalom skiing now hung over her like a thunder cloud. "But when I thought about my frustrations I just looked at my best friend and saw what she was going through," she says. "My situation wasn't great but it was nothing compared to what she goes through on a day-to-day basis." She decided to keep skiing through the pain and the doubt.

Finally, three months after learning of Emily's accident, the pain grew too intense. She went to another hospital and had more scans. Again, a doctor peered at the scan. This time, however, the diagnosis was very different. "I'd actually broken my leg," she says. "I'd also torn my anterior cruciate ligament and torn-up the meniscus in my knee." For a year she'd been toiling in the gym and carving down slopes on a broken femur. Shaking his head, the doctor rushed her into surgery.

"That put me out for a while," she says with blithe understatement. "I had the surgery in April 2012 and I didn't start competing again until July 2013. So from the initial injury in September 2011 through to those first races back in July 2013 it was a long, long road to recovery."

The frustration of those years still echoes in her voice. "Yeah, I also got a blood clot from the surgery so that prolonged my rehab and also made me feel pretty sick. Look, it's all part of it. Yeah, I was frustrated. But at the same time, there was nothing I could do. It happened. I couldn't change what had happened in the past – all I could do was look forward to the future."

It's easy, of course, to be blasé about injury in sport, to reduce the whole experience to a pithy whatever-doesn't-kill-me cliché. But, for Chrystal, the stress of those years was acute. She found herself locked in a bitter race against time. Ever since the prodigiously-talented teenager had started collecting national titles, she'd targeted Sochi as her Olympic Games. But now, with the

botched diagnoses, the niggardly rehabilitation and the dark spectre of her friend's accident, her chance of making the Games was disappearing before her eyes.

"I remember waking up in the hospital bed after my surgery and the doctor said to me, 'This is going to be a long road. You're not going to be skiing for a long, long time'. And that hit me. But, along with my support crew, I've always believed I could do it. That's the only thing I could do." She ticks her "crew" off on her fingers: her mum and dad; Stu Pavely, her physio at the Sydney Uni Sports Clinic; and Tim Leahy, her strength and conditioning coach at SUSF. "They really helped me get back on my feet," she says with just the slightest twinge of irony. "They believed in me and that allowed me to believe in myself."

"I always had Sochi in the back of my mind, but I also knew at that stage that the other girls had a year's head-start on me [Olympic qualification starts two years before the Games]. So I knew I had nothing to lose and everything to gain. I just had to put everything out there; I had to go and ski my best."

Finally, she got back on the snow in July last year. With her leg at full-strength, she attacked the slopes with a will, posting the best season of her career. "I had personal bests in every discipline, which was fantastic. In my first race back I got the second-best result in my career to date, so that was a great achievement for me personally. Then, in August last year, I won the National Championships in the slalom and the Australia/New Zealand Continental Cup in giant slalom."

Selection for the Sochi Games – alongside fellow Sydney University representatives Danielle O'Brien, Astrid Radjenovic (nee Loch-Wilkinson) and Aimee Watson – was the ultimate reward. For Chrystal, the opportunity to stand atop the Rosa Khutor Alpine Centre this month was the dividend for three years of painful struggle and gnawing doubt.

And when she enters that Sochi start gate, she'll have a small sticker bearing the words "For Em" on the inside of her helmet. "I always rub it when I'm in the start gate and say, C'mon Em. I think everyone's silently looking at me and wondering, 'Has she gone crazy? That's not her name...' But it's just nice to feel I can have Em with me when I ski."

"THEY
BELIEVED
IN ME
AND THAT
ALLOWED
ME TO
BELIEVE IN
MYSELF."

2013 *Vintage Performances*

The past year turned out to be a stellar one for a host of Sydney University athletes and clubs. There were Premiership wins, medals procured around the globe and long-standing records demolished.

»» Let's look back at 13 of the best Sydney University sporting moments of 2013.



1 Perfect 10 at Australian Youth Olympic Festival

Sydney University student athletes won an incredible 10 medals at the 2013 Australian Youth Olympic Festival (AYOF) held in Sydney in January. Jillaroos women's hockey player Nina Khoury (gold) joined Sydney Uni rowers Holly Lawrence (two gold, one bronze); Emma Thomas (two gold, one bronze); India Evans (one gold, one bronze); and Peter Koster (bronze) on the podium at the Australian Olympic Committee's biannual international under-21 multi-sport event.



2 Record-breaking year for Women's Cricket Club

On February 3 the Universities Women's Cricket Club (UWCC) was crowned 2012-13 Sydney Cricket Association First Grade Twenty20 Premiers, their first ever Premiership in any grade. In October, Universities women's cricket captain Alex Blackwell and teammate Rachel Haynes put on the highest opening partnership in the Sydney women's grade competition history when they combined in a 387-run partnership in the season opener against Northern District at UNSW's Village Green.



3 Rowers put their stamp on a sixth straight Kings Cup

New South Wales Open men's eight – containing six Sydney University Boat Club (SUBC) representatives (Fergus Pragnell, Matt Ryan, Nick Purnell, Francis Hegerty, Sam Loch and Toby Lister) and coached by SUBC's Mark Prater – continued their dominance of Australia's premier rowing event, the King's Cup, with yet another win over arch rivals Victoria at the Sydney International Regatta Centre on March 23.



4 Swimmers selected in national teams

Six Sydney University swimmers were rewarded for their exceptional performances at April's 2013 Swimming Championships in Adelaide, when they were named in Swimming Australia's various teams. Matt Abood (2013 World Championships), Sarah Rose, Sarah Hilt (Australia A), Hayley White, Andrew Abood and Keiran Qaium (World University Games) competed in national teams later in 2013.



5 Sydney Uni shines on world stage

Competing at the second-largest sporting event in the world (by participation) at July's 27th Summer Universiade (World University Games), Sydney Uni's Andrew Abood (swimming silver), Hayley White (swimming bronze), Katie-Rae Ebzery (basketball bronze) and Ian Dewhurst (athletics bronze) all experienced podium conclusions in Russia. Another 13 athletes represented the University throughout the two-week event.



6 Water Polo World Cup silver

The Australian Women's Water Polo team, featuring three Sydney Uni Women's Water Polo Club representatives – Hannah Buckling, Keesja Gofers and Lea Barta – finished as runners-up at the World Championships in Barcelona, going down 8-6 to host nation Spain in the final which was held on August 2.



American Football Club wins inaugural National Championship

The Sydney University Lions crowned their unbroken run of 10 straight NSW Waratah Bowl titles when they won the inaugural American Football National Club Championship on August 11. Held at The Square, University of Sydney, the Lions thrashed reigning Queensland champions the Gold Coast Stingrays 45-13. In December, the Lions went on to win their 11th straight Waratah Bowl and recorded their 97th consecutive win.



Baseball Club creates history

The Sydney Uni Baseball Club secured the Club Championship for the first time since 1984 and only the second time since 1914, when they swept UNSW in the final round of the Sydney Winter Baseball League on August 11. Second grade and third grade went on win Premierships, while first grade finished as grand final runners-up.



Rugby Club wins another Shute Shield

The Sydney University Football Club (SUFC) saved their best for last when they won an eighth Sydney Rugby Union Shute Shield competition in their past nine outings with a 51-6 effort over Eastwood at Concord Oval on September 14. It was a fitting end to SUFC's 150th anniversary celebrations and the conclusion of outstanding careers for skipper Tim Davidson and teammate Tom Carter.



Back-to-back premierships for women's hockey

Sydney University claimed back-to-back Metro League 1 titles in Sydney's premier women's hockey competition when they defeated arch-rivals Briars 2-0 on the Olympic pitch at Homebush on September 15. In October, grand final goal-scorer Mathilda Carmichael made her Hockeyroos debut against Canada in Perth.



Third place finish at Australian University Games

Sydney University maintained its enviable record of finishing in the top three in every Australian University Games

(AUG) since their inception in 1993, after securing a third place finish on the Gold Coast in October's 2013 Games. All up, 62 Sydney University athletes were selected in Green and Gold teams and there were exceptional results achieved in a number of sports including athletics, cycling, women's football, women's taekwondo, women's touch and rowing.



Athletics Club clean up at NSW State Relays

Celebrating their 135th anniversary, the Sydney University Athletics Club (SUAC) produced the most dominant display of track running in NSW Relay Championship history, winning 11 gold medals, two silver and one bronze out of the possible 14 track races in the open division. It was a record-breaking weekend of the highest order – two Australian club records, two NSW records, a NSW club record and six SUAC club records were smashed at Sydney Olympic Park Athletics Centre (SOPAC) on November 23 and 24.



Sydney Uni cycling team win Australia's richest bike race

After taking up co-naming rights of a women's team in October, the Roxsolt Sydney Uni team won the 2013 Logie-Smith Lanyon Super Criterium in Melbourne just a month later. With the help of her teammates, Sydney Uni's Chloe Hosking delivered a convincing two bike-length victory over second-placed Kimberly Wells.

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TEAMWORK APPROACH TO FITNESS

AS KIDS, WE LOVED TO GET TOGETHER TO PLAY WITH OUR FRIENDS. AS TEENAGERS, OUR WORLD REVOLVED AROUND OUR FRIENDS; AND OFTEN AT TIMES, OUR FRIENDS DICTATED OUR CHOICE OF ACTIVITIES. AS ADULTS, WE STILL ENJOY BEING ACTIVE WITH FRIENDS BUT DON'T ALWAYS FEEL LIKE WE HAVE THE TIME OR OPPORTUNITIES TO DO SO.

.....

Group fitness classes provide us with an opportunity to be physically active with others and offer a variety of benefits you might miss out on if you choose to work out on your own. Some of the benefits include exposure to a social and fun environment, a safe and effectively designed workout, a consistent exercise schedule, an accountability factor for participating in exercise, and a workout that requires no prior exercise knowledge or experience.

Most people know exercise is good for them and want to begin exercising. However, they are unsure about the first step to take. They are bombarded with urgent messages from the media to exercise, but receive little guidance on how to initiate that process. This can be a very overwhelming task, especially when our lives are hectic.

Group fitness classes offer a workout for all levels, ranging from beginner to advanced. Participants don't need to know how to develop a safe and effective workout or which machines to use or for how long – it is already done for you. You simply have to show up with a positive attitude, participate, and most importantly, have fun. And with every person in a class aiming to reach similar goals, working together as a team inspires everybody to train to the best of their ability.

A common reason given for quitting an exercise program is boredom. However, with group fitness, a variety of class formats will keep you motivated and interested as well as give you different instructor styles, music selection, and

interaction with other participants. For many, an hour-long workout goes by very quickly when there is music playing and you are trying new exercises. People stay interested because of the social atmosphere provided by group exercise. This offers camaraderie and accountability among participants, as well as between participants and instructor.

When people exercise on their own, they often skip portions of a workout they know less about or are not their favourite to perform. Group fitness classes are structured with a purpose and can be beneficial for people with limited knowledge about safe and effective exercise programming. An appropriately designed class includes warm-up, cool-down and flexibility in addition to a conditioning section. The variety of classes available and components of the exercise are designed appropriately to address all components of fitness.

Some people might quit an exercise program because of time constraints. Participating in group fitness classes may help overcome this obstacle. There are 45-minute and 30-minute classes on offer for individuals with limited time. In addition, the consistency in scheduling offered by group fitness classes allows participants to choose a time and schedule it in their planner as they do other daily activities.

Lastly, group fitness classes appeal to many people because of their diversity. Traditionally, group exercise was only available in the format of choreographed dance to music. While this still exists,

many non-traditional group exercise formats have emerged.

Overall, the group fitness programs available today are far more varied, taking old exercise forms and translating them into a brand new format. In a non-threatening environment you now can try martial arts in BODYCOMBAT or cycling in RPM, lifting weights in BODYPUMP, build stamina in BODYATTACK and BODYSTEP, experience the freedom of dance in SH'BAM or the fusion of mind and body in BODYBALANCE.

Les Mills Group Fitness classes are more than the loud music, fast movements, instructional cues and encouragement that are seen and heard from group fitness studios. They offer social inclusion opportunities, physical benefits and psychological support. You should never be bored with the variety of exercise choices offered with group fitness.

Regardless of your passion or interest, what is most important is to move; group exercise offers an outlet for people to do this while having fun!

With excerpts from Shawn Dolan, PhD, RD, CSSD.

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

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

Opening Hours

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

Opening Hours

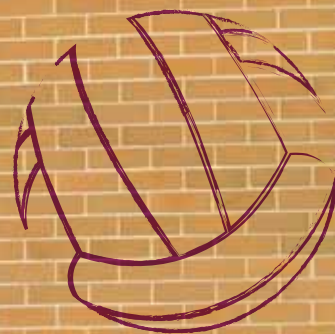
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Shooting for the top



"IT'S A PRIMARY GOAL TO HAVE AS MANY SYDNEY UNIVERSITY STUDENTS PLAYING FOR THE CLUB AS POSSIBLE."

WATCH OUT 2014 NETBALL NSW DOOLEYS STATE LEAGUE, BECAUSE THE SYDNEY UNI NETBALL CLUB IS A CLUB ON THE RISE, WRITES ANDREW TILLEY.

The Sydney Uni Netball Club (SUNC) is entering the upcoming State League season with a new sense of verve and vigour following an off-season featuring high profile coaching appointments, access to new training facilities, shrewd player recruitment and a budding culture.

"The club has signed Test veterans Mo'onia Gerrard and Sonia Mkoloma (Sonia as a volunteer) as coaches for the 2014 season," an excited SUNC Operations Manager, Sam Dawes, announced.

The two coaching signing coups have come off the back of a long-term plan which was developed to restructure the club's programs in order to strengthen their chances of securing a licence in the inaugural Netball NSW Premier League (a professional senior and Under-19 competition beginning in 2015).

The plan began almost 18 months ago after a disappointing 2011 Waratah Cup (Division One) season.

"We finished in third last position," Dawes said. "With the Premier League fast approaching in 2015, I felt that we needed to take a step back and adjust the program to ensure that we had all the right pieces in place."

This meant taking a calculated risk. "We cut the number of State League teams from four in 2011 to two in 2012 to generate more success," Dawes said. "We had to take everything apart and start again."

The risk paid off. SUNC's Division Five team finished the 2012 season as premiers, while the club's Division Six team was just one spot away from a finals berth.

Suddenly the club had structural stability and a winning culture. With the signatures of Gerard and Mkoloma, the program has continued to improve.

"Having them signed has made the difference to the feel of where we are going," Dawes said. "The program hasn't changed dramatically, but what they bring is their enthusiasm and passion. Mo'onia and Sonia can see that what we have at Sydney University is extraordinary. It's a privileged situation. Our players have access to fantastic training facilities, strength and conditioning and physiotherapy."

Gerrard, who has coached the squad since October, offered an insight into her coaching philosophy under the guidance of Dawes.

"What I want at our training sessions is the best out of every athlete that attends," Gerrard said. "I also like seeing that the girls have pathways and opportunities (Australian National League and the ANZ Championship) that they can aspire to."

Who better to be a tangible, walking and talking example of this than Gerrard? She has represented Australia 68 times and has two World Championship victories under her belt.

"Player welfare is also important to me," she said. "I like to think that the girls have a healthy balance off the court."

Fourteen members of the squad will balance State League netball with study at the University of Sydney in 2014. Some will do so with the support of SUSF's Elite Athlete Program (EAP), allowing them the concurrent pursuit of academic and sporting excellence.

It's something that Dawes is incredibly proud of. "It's a primary goal to have as many Sydney University students playing for the club as possible," she said.

One of those students is 2013 Australian Fast5 Flyers silver medallist Gretel Tippet. Tippet, younger sister of AFL star Kurt, will suit up for SUNC when she isn't playing for the NSW Swifts in the ANZ Championship.

Joining Tippet in SUNC's Waratah Cup team will be new recruits Nicole Deegenars, Georgia Marshall, Elly Willan, Ashlee Weir and Kailah Elliott (Elliot is expected to start in Division Two, before moving into the top grade during the course of the season). The talented group bring with them an exciting mix of Waratah Cup, Australian National League and ANZ experience.

"Most importantly, we (SUNC) have recruited girls that want to play for Sydney Uni," Dawes said.

SUNC have nominated for four teams in this year's State League, which includes a team in the prestigious Waratah Cup (Division One), Division Two, Division Four and Division Six competitions.

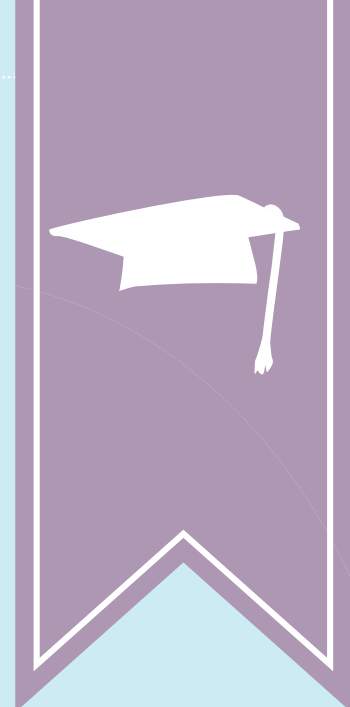
"Winning these competitions is a major priority, but at the same time we want to use the competitions across the board as a pathway by making sure that players are seeing court time and not just sitting on the bench," Dawes said.

The upcoming season will also act as a platform for instilling a desired level of professionalism among the players that will become requisite should the club's proposed submission to enter the Premier League in 2015 be approved.

"Our training set-up for this season is almost the daily training regimen that will be required for the Premier League in 2015," Dawes said.

"Everything that the club is doing this season is in preparation for next season. We believe that we have struck the correct balance of trying to create success this season and forward planning for 2015."

Given the significant strides that the club has made over the past 18 months, it would take a brave person to suggest that this won't be the case.



GETTING THERE, BY DEGREES

SYDNEY UNI SPORT & FITNESS' ELITE ATHLETE PROGRAM MEMBERS ARE A HIGH-ACHIEVING GROUP, WRITES GRAHAM CROKER.

They helped Sydney University teams win first grade rugby union, cricket and hockey premierships in the premier Sydney competitions, competed with distinction at the Australian University Games and won gold at the World University Games. They have also studied as hard as they competed and last year completed their university degrees, some with distinctions and honours.

And they all acknowledge the Elite Athlete Program (EAP) at Sydney Uni Sport & Fitness as a key component to their successes on the sporting fields and in the halls of academia.



JAMAYA
FERGUSON

NATHAN
TRIST

A snapshot of graduating athletes from 2013 includes Jamaya Ferguson, who is awaiting replies to job applications after completing a Bachelor of Education (Human Movement and Health Education) degree; Nathan Trist, now in his first weeks at Royal Prince Alfred Hospital after completing his degree in medicine; Lachlan Renshaw, who has graduated with a Bachelor of Commerce degree, and Stuart Clark, who completed a Masters of Commerce and Law degrees and is now working for Bridges Solicitors in Sydney.

Jamaya came to Sydney University on a sports scholarship from Oxley High School at Tamworth, where she had been a champion schoolgirl hockey player. She combined her studies with her burgeoning hockey career, playing with Sydney University women's firsts and NSW Under 21's.

"The Elite Athlete Program was wonderful," she said. "I couldn't have competed and studied full-time without the support, particularly the financial support and the tutoring I received. I also used the strength and conditioning component of the program."

Jamaya said the emotional support she received was also of great importance to her. "I moved to Sydney from Tamworth and the people running the program really made me feel welcome," she said.

Jamaya earned a hockey Blue in 2011 and topped off her days on campus last year by captaining Sydney University firsts to their first Sydney Women's Hockey Metro League One premiership.

One of her tutors was Nathan Trist, who used the EAP to supplement his income while studying medicine.

Trist hung up his boots last year after helping Sydney University win the Sydney first grade rugby union premiership – the Shute Shield.

In a career that spanned 13 seasons with Sydney University as a fullback and sometimes winger, he played 206 games in the senior ranks, including 119 in first grade, and played in nine grand finals for seven titles. He was awarded a SUSF Blue for rugby in 2009. And, in 2012, he took a year off medical studies to play with the NSW Waratahs in the Super XV competition.

"I was lucky to get a year with NSW," he said. "I would have liked more time on the field but I enjoyed the experience. I also did some tutoring which was really helpful financially. The tutoring was for other EAP athletes. It was a good source of employment and another aspect of the program that proved helpful."

"I used the sports psychology offered by the program for time management while playing and studying and the gym membership was another bonus."

Another who benefited from the gym membership, tutoring and other aspects of the Elite Athlete Program was middle-distance runner Lachlan Renshaw.

He came to Sydney on a sports scholarship in 2006. During that year he won the 800m junior title at the Under-20 National Championships in Adelaide and finished second in a heat at the 2006 World Junior Athletics Championships in Beijing in 1.47.00 – putting him in contention for the 2008 Olympic Games. He bettered that with an 'A' Qualifying time of 1.45.07 the following year at the Melbourne Grand Prix event, and a week later confirmed his selection in the 2008 Beijing Olympic team by winning the national title.

While still studying and competing, Renshaw captained the Australian team to the 2011 World University Games, where he won the 800m gold medal, a career highlight.

"The Sydney Uni Sport & Fitness EAP has allowed me to pursue my athletic career whilst enabling me to continue my studies in the background," he said.

"Whether it is organising exams, assessments or studies overseas, or helping with tutoring for missed classes, the program provides the best university support program in Australia for elite athletes wishing to continue their studies while still competing at the highest level."

The Sydney Uni Sport & Fitness scheme lured Stuart Clark to play with Sydney University Cricket Club and it was a decision he didn't regret. The former Test fast bowler retired from cricket in style at the end of the 2011-12 season when the Sydney University First XI won back-to-back Belvidere Cup titles in the Sydney grade competition. He was awarded the Benaud Medal as the Player of the Final for his double of 72 with the bat and 3-37 with the ball.

"I undertook a Master of Commerce and Bachelor of Laws while on a sports scholarship," he said. "I was studying part-time and playing representative and grade cricket. Any time you study and play professional sport it's hard on the individual."

"It would have been too hard without the help of the scholarship program and the support of the staff on the program. Their support was unbelievable – without their help I wouldn't have been able to get through."

For an elite sporting program, that's as fine a recommendation as there is. **For the complete list of 2013 University of Sydney graduates, please turn to page 49.**



LACHLAN
RENSHAW

STUART
CLARK

PLAN YOUR FITNESS REGIME

On the surface, time management is not an easy task. There's a plethora of seemingly reasonable excuses for managing your time ineffectively, ranging from a lack of concern for self-management to the almost unconscious forgetfulness we are all blessed with from time to time. However, for individuals to exculpate themselves from the lethargic burden of feeling overworked, there are a few key steps to become the master of your own time.

1. GOAL SETTING:

Establish a set of goals at the beginning of your time-management journey. These should include a reasonable endpoint such as achieving greater focus or feeling less tired, and an exposition of what type of person you're planning on becoming. The path for self-improvement can be daunting and by setting the bar too high, we risk falling short of expectations. Make sure your goals are achievable by starting small, such as getting half an hour more sleep instead of being glued to late-night TV. Once these have been achieved, then more ambitious goals can be set.

2. PLANNING:

Once your goals have been set, revolutionise your approach to scheduling by acquiring a page-to-a-day diary. Keeping all of your appointments in one consolidated list avoids physical and mental clutter, and you may find your optimal time for fitting in new activities. Diaries are often used for a short period of time and then quickly forgotten once you believe you can memorise your commitments, yet this is another folly to be avoided. By getting a diary, using it and, most importantly, sticking to it, you're immersing yourself in a mental environment most conducive to being effective.

These are incredibly handy tools in planning and sorting your commitments well in advance. It allows you to conduct one of the key aspects of effective time management – task prioritisation. Former US president Dwight Eisenhower was known for evaluating tasks using the criteria of important/not important and urgent/not urgent. The more important and urgent a task is, the higher priority it must be accorded. The less important and urgent a task is, the longer it can be left in lieu of more pressing matters. This guards against procrastination by encouraging yourself to complete the necessary tasks before the more trivial ones.

Once you have established and habituated yourself into using the diary to avoid scheduling clashes, planning may become more intricate, such as utilising a food or training diary. These can come in handy to manage your physical workload, or to cross-check with your main diary to pinpoint times and reasons for excessive tiredness.

3. DON'T OVERDO IT:

When attempting to manage your time, a common failing of people is the desire to fill up each available space within your diary. Even allowing push alerts on your smartphone for email and instant messaging costs on average 8-10 minutes per notification, according to recent research by Microsoft. Many people fall into the trap of overloading their schedules once they begin to habituate themselves into ever-more rigid plans. Productivity expert Hillary Rettig warns against becoming a 'self-sacrificing saint', which is someone who is entirely committed to giving to others at the expense of their own psychological health.

To avoid this ineffective use of time, schedule in gaps where you're not obligated to lift a finger. Taking a break from activity gives your brain precious time to rest, regenerate, and refuel itself for any further efforts at concentration later in the day.

Planning in more complex social activities can also assist us in using our energies wisely. Use a technique called 'back casting' – imagine yourself in a few years time and ask what will make you the happiest human you could be. By opting for a 'quick drink and a movie', we're conceding that our time is too short to, for instance, go skydiving or fulfil a greater ambition.

4. EXERCISE EARLY AND HAVE A BACKUP PLAN IN CASE:

Research has shown that exercise early in the day can heighten the brain's ability to function when presented with complex situations. So, to avoid being the dullard whose interest is only piqued by a coffee until the afternoon hours, use that extra half an hour of sleep to fuel a run in the morning.

If all else fails, make sure you have an exercise back-up plan. We are protected from rain indoors, so it shouldn't discourage us from a gym visit or a quick core workout at home. You don't need complex equipment to have an excellent workout to begin your day.

All in all, time management strategies vary wildly according to the expert you listen to. What works for you may not work for someone else, but bear in mind that any attempt to unclutter your schedule is going to leave you physically and mentally refreshed.





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- Use of time stop available

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LIONS COACHES LOOK FOR STRONG START



THE COACHES OF SYDNEY UNIVERSITY'S MEN'S AND WOMEN'S TEAMS IN THE NATIONAL WATER POLO LEAGUE (NWPL), BEN TURNER AND IAN TRENT, ARE HOPING FOR A STRONG OPENING TO THE 2014 SEASON, STARTING IN FEBRUARY.

But they have different dilemmas to overcome for their hopes to bear fruit. Trent, the coach of the Sydney University Lions women's squad, has to cover for a number of key players out with injury, while men's team coach Turner has to fit three imports into a solid squad of young and veteran returning players. Trent says selections for the opening rounds of the NWPL will be determined by injuries.

"We have a number of key players who will be unavailable for the start of the season," he said. "So any wins we can earn in the opening rounds will be a bonus for us."

Among those on the injured list are Australian junior representatives Bronte Halligan and former Australian Schools representative Tahlia Bogg.

Australian Stingers star centre back Hannah Buckling, a Sydney Uni Sport & Fitness Elite Athlete Program (EAP) member is back, but won't be hitting the water for the opening rounds of the competition.

Buckling spent last National League season with the University of Southern California in the National Collegiate Championship, winning the National title with the Trojans.

"She'll miss the first part of the 2014 season with a bad shoulder injury, but we're hoping she'll be back through the year," Trent said.

Centre forward Georgia Clarke, an Australian Universities representative and EAP scholarship holder is also returning to the squad after missing the 2013 season with injury.

New to the squad is Australian representative Isabel Bishop, a top left-hander from South Australia as well as fellow Stinger Sarah Harris who has made the move from the Hunter Hurricanes in the off-season.

Co-captains for the 2014 season are Australian representatives Keesja Gofers and Lea Yanitsas (nee Barta, who married in the off-season).

"Keesja and Lea will be captaining a new squad," Trent said. "We finished last year just out of the finals, but we have a completely different team now."

"We went to a camp at the AIS in January with the Australian Junior squad and it was very beneficial. We then won the inaugural Play By The Bay tournament at Gunnamatta Bay in Sydney."

"We'll start the year a little under strength and build as the season progresses. If we can crack a few wins early it would be a real bonus. At this stage we have a short-term import in USA international Jillian Kraus, but study commitments will prevent her from playing more than five games."

Men's coach Turner, in his first season at the helm after acting as assistant to Dmitry Gorshkov last season, has a strong squad that includes three imports and a solid core of players from last season.

The imports include two players from the University of California, Irvine – Dreason Barry, a 208cm centre-back who played with the US team at the World Championships in Melbourne, and Greg Enloe, a right-hand centre-forward/centre-back who has been in the US squad for the past 12 months.

"He just missed the Barcelona World Championships and was the last man cut from the squad," Turner said.

The other import is Paulo Salemi, a centre-back who was part of the Italian Youth squad at the World Championships.

"He was interested in coming to Australia back in September and contacted us," the coach said. "He arrived on his own accord and played with us in the NSW competition from September to December and we asked him to join the squad for the National League."

Among the returning players are Jeremy Davie, a centre-forward who has been playing at the University of Southern California for the past four years, during which he collected four National Championships.

"He and Greg (Enloe) can take on plenty of responsibility in the centre," Turner said.

"We'll also be welcoming back Jonno Cotterill, who will be our captain this year. He's back fit and healthy." Cotterill was in the Australian team at the 2012 Olympic Games and at the 2013 FINA World Championships in Barcelona, Spain.

"Trent Franklin, Clayton Whittaker and Scott Nicholson are also returning to the fray for another season, along with Alastair Visch, the first player to notch 400 games in the 22-year history of the NWPL – all with the Sydney University Lions."

Another returning to the team is Adam Polivka, a left-hander, who has been out of the water for 18 months after undergoing shoulder surgery. He played some minutes in the first grade final of the NSW competition in December when the Lions lost to Wests.

"The danger teams for this season will be the two Western Australian teams – the Fremantle Mariners and the University of Western Australia Torpedoes – and the defending premiers, the Melbourne Tigers," Turner said.

"The Mariners have recruited well, while the Torpedoes finished second last season after upsetting Fremantle to get into the final. Fremantle have picked up New Zealand centre Joe Kayes, who has been playing with Szeged team in the strong Hungarian national league in 2013".

So, if Trent can get through the opening rounds of the season with a win or two while his star players overcome injury, and Turner can get some serious international talent gelling with their Aussie counterparts, the Lions could be in for a good season.

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SPORT & FITNESS

BOOT CAMP

STARTS

MONDAY 10 MARCH

EARLYBIRD OFFER

ONLY \$195

ENROL BEFORE SUNDAY 2 MARCH



TIME: 6.30AM - 7.30AM

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DAYS: MONDAY, WEDNESDAY, FRIDAY

LOCATION: MEET AT SUSAC RECEPTION

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10th - 13th March

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SHORT COURSES TIMETABLE

| SPORT | Day | Times | Start | Member/ Uni Price |
|------------------------------|-----------|----------------|--------|----------------------|
| Archery for Beginners | Friday | 3.00 - 5:00pm | 4 Apr | \$120 |
| Fencing for Beginners | Tuesday | 6.15 - 7.15pm | 18 Mar | \$130 |
| | Wednesday | 7.15 - 8.15pm | 9 Apr | \$130 |
| Intermediate Fencing | Tuesday | 7.15 - 8.15pm | 8 Apr | \$130 |
| Golf for Beginners | Tuesday | 5.30 - 6.30pm | 18 Mar | \$130 |
| | | 5.30 - 6.30pm | 29 Apr | \$130 |
| Tennis for Beginners | Wednesday | 12.00 - 1.00pm | 19 Mar | \$120 |
| | Thursday | 6.00 - 7.00pm | 20 Mar | \$120 |
| | Wednesday | 6.00 - 7.00pm | 7 May | \$120 |
| | Thursday | 12.00 - 1.00pm | 8 May | \$120 |
| Archery for Juniors | Friday | 4.00 - 5.00pm | 14 Feb | \$90 |
| | Friday | 4.00 - 5.00pm | 23 May | \$90 |
| Fencing for Juniors | Friday | 4.00 - 5.00pm | 14 Feb | \$90 |
| | Friday | 4.00 - 5.00pm | 16 May | \$90 |
| Judo for Juniors | Thursday | 4.00 - 5.00pm | 13 Feb | \$90 |
| | Thursday | 4.00 - 5.00pm | 15 May | \$90 |

| RECREATION | Day | Times | Start | Member/ Uni Price |
|---------------------------------|-----------|---------------|--------|----------------------|
| Indoor Rock Climbing | Tuesday | 6.00 - 7.30pm | 18 Mar | \$90 |
| Pilates | Monday | 6.20 - 7.20pm | 17 Mar | \$130 |
| Self Defence Fitness 101 | Monday | 5.10 - 6.10pm | 17 Mar | \$130 |
| Xtend Barre | Wednesday | 6.20 - 7.20pm | 19 Mar | \$130 |
| Yoga Flow | Tuesday | 6.20 - 7.20pm | 18 Mar | \$130 |

| DANCE | Day | Times | Start | Member/ Uni Price |
|----------------------|-----------|---------------|--------|----------------------|
| Belly Dancing | Tuesday | 5.10 - 6.10pm | 18 Mar | \$130 |
| Burlesque | Thursday | 7.30 - 8.30pm | 20 Mar | \$130 |
| Hip Hop | Thursday | 5.10 - 6.10pm | 20 Mar | \$130 |
| Salsa | Wednesday | 7.30 - 8.30pm | 19 Mar | \$130 |
| Latin Fusion | Tuesday | 7.30 - 8.30pm | 18 Mar | \$130 |
| Jazz/Funk | Thursday | 6:20 - 7.20pm | 20 Mar | \$130 |

| DAY/WEEKEND TRIPS | Day | Times | Start | Member/ Uni Price |
|--|-----------------|-----------------|------------------|----------------------|
| Scuba Diving Includes compulsory orientation session. Visit www.susf.com.au for details. | 2 x Weekend | 8.00am | 22 Mar | \$350 |
| | 2 x Weekend | 8.00am | 5 Apr | \$350 |
| | 2 x Weekend | 8.00am | 3 May | \$350 |
| | 2 x Weekend | 8.00am | 24 May | \$350 |
| Snorkel Safari Day Trip Includes orientation. Visit www.susf.com.au for details. | Saturday | 8.00am | 15 Mar | \$85 |
| | Saturday | 8.00am | 17 May | \$85 |
| Stand Up Paddle Board | Saturday | 10.00 - 11.30am | 22 Mar | \$40 |
| | Saturday | 10.00 - 11.30am | 12 Apr | \$40 |
| Surf Camp | Friday - Sunday | From 6pm | Until April | \$295 |
| Snow Camp | Friday - Sunday | From 6pm | June - September | From \$235 |

TERMS & CONDITIONS

All information is correct at time of printing.

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A transaction fee applies to all bookings.



Sydney Uni
SPORT & FITNESS

NEW SPORT
AFL 9's



Semester 1

LUNCHTIME SOCIAL SPORT

Open to everyone!

Registration Period:

Open now until Thursday 13th March

Competitions Commence:

Monday 17th March - Week 3

Limited places, don't wait!

Don't have a team?

Register online and we will try and find a team for you.

**EARLYBIRD
REGISTRATIONS
CLOSE**
Sunday
2nd March

Register online today at www.susf.com.au

Enquiries: 1300 068 922 or socialsport@sport.usyd.edu.au

f Facebook: 'SUSF Lunchtime Social Sport' **t** Twitter: 'SydUniSportFit'

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HAVE FUN JOIN FRIENDS GET ACTIVE PLAY AFL 9S!

WHAT IS AFL 9S?

It's a **fast, free-flowing** game that involves 9 players on each team playing on a smaller field.

Best of all, it's mixed 'touch football' with **no tackling or bumping**, making it great for people of any age or skill level.

SUSF LUNCHTIME
AFL 9S

Thursdays, March 20-June 5
(excl. April 17 & 24)

The Square, Sydney University

Games run from 12:00-1:30pm

\$250 per team

FOR MORE INFO

Register at:

http://www.susf.com.au/page/lunchtime_social_sport.html

Phone: 1300 068 922

Email: socialsport@sport.usyd.edu.au

WIN!

The first three teams to register for the competition will receive 10 free tickets to a Sydney Swans game!





SYDNEY UNI SPORT & FITNESS

UPCOMING EVENTS CALENDAR

HOME FIXTURES

FEBRUARY

| | DATE | TIME | OPPONENT |
|--------------------|-------------|--------|-----------------|
| Water Polo (Men) | Friday 21st | 7.00pm | Victorian Seals |
| Water Polo (Women) | Friday 21st | 8.30pm | Victorian Seals |
| Water Polo (Women) | Sunday 23rd | 1.30pm | Victorian Seals |
| Water Polo (Men) | Sunday 23rd | 3.00pm | Victorian Seals |
| Water Polo (Men) | Friday 28th | 7.00pm | Cronulla Sharks |
| Water Polo (Women) | Friday 28th | 8.30pm | Cronulla Sharks |

MARCH

| | DATE | TIME | OPPONENT |
|--------------------|---------------|---------|---------------------|
| Cricket (Men) | Saturday 1st | 10.30am | Mosman |
| Water Polo (Women) | Saturday 1st | 4.15pm | Drummoyne Devils |
| Water Polo (Men) | Saturday 1st | 6.00pm | Drummoyne Devils |
| Cricket (Men) | Saturday 8th | 10.30am | Mosman |
| Cricket (Women) | Sunday 9th | 10.00am | Campbelltown-Camden |
| Water Polo (Men) | Friday 14th | 7.00pm | Adelaide Jets |
| Water Polo (Women) | Friday 14th | 8.30pm | Adelaide Jets |
| Water Polo (Women) | Saturday 15th | 5.00pm | Adelaide Jets |
| Water Polo (Men) | Saturday 15th | 6.30pm | Adelaide Jets |
| Cricket (Men) | Saturday 15th | 10.30am | Bankstown |
| Cricket (Men) | Sunday 16th | 10.30am | Bankstown |
| Water Polo (Women) | Thursday 20th | 7.00pm | UTS Balmain |
| Water Polo (Men) | Thursday 20th | 8.30pm | UTS Balmain |
| Water Polo (Men) | Sunday 30th | 1.30pm | Hunter Hurricanes |
| Water Polo (Women) | Sunday 30th | 3.00pm | Hunter Hurricanes |

APRIL

| | DATE | TIME | OPPONENT |
|---------------------|---------------|---------|----------|
| Australian Football | Saturday 19th | 12.00pm | Eastlake |
| Rugby Union | Saturday 19th | 3.00pm | Manly |
| Australian Football | Saturday 26th | 12.00pm | Ainslie |



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

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

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\$60

Sydney Uni Staff
& Community Members

\$65



For the full range of membership passes, please turn to page 26,
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Sydney Uni
SPORT & FITNESS



JOIN A CLUB!

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

AFL



Sydney Uni
AFL Club



The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club has six teams competing in the Sydney Football Association, providing opportunities for both elite players and beginners. The women's club is continuing to grow with two teams competing in the Sydney Women's AFL competition. Over the past 27 years the club has won seven senior first grade flags and has been runners up six times.

For more information go to (Men) www.suanfc.com or email: afl@sport.usyd.edu.au
or (Women) www.suwaflc.com or email: 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 15 NSW championships in the 30 years of competition, including the last 10 years. The Sydney Uni Cubs have won 11 NSW championships in their 18 years of competition.

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

ARCHERY



Sydney Uni
Archery Club



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

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

ATHLETICS



Sydney Uni
Athletics Club



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

For more information go to: www.suac.org, www.facebook.com/SUACinfo
or email: athletics@sport.usyd.edu.au

BADMINTON



Sydney Uni
Badminton Club



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

For more information go to: www.usydbadminton.com
or email: usydbc@hotmail.com

BASEBALL



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

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

BASKETBALL



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

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

BOAT (MEN'S ROWING)



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

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

CANOE / KAYAK



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

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

CRICKET



The men's club has eight teams that compete in the Sydney Grade Competition that caters from the elite to social player. The Universities Women's Cricket Club also has 1st, 2nd, 3rd, U/17 (Brewer), U15 & Juniors (8 to 12 year olds) grades competing in the Sydney Women's Grade and Sydney Juniors Competition. The club is open to females with or without experience.

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

FENCING



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

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

GOLF



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

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

GYMSPORTS



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

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

HANDBALL



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

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

HOCKEY



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

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

JUDO



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

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

KEMPO KARATE



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

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

KENDO



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

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

NETBALL



The Sydney University Netball Club, competes in the City of Sydney Netball Association, and is open to all abilities. The club has four teams entered in the NSW State League/Waratah Cup competition. Social players can compete in the weekend club and social competitions. The club also sends women's and mixed teams to the Australian University Games.

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

ROCKCLIMBING & MOUNTAINEERING



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

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

ROWING (WOMEN)



The Sydney University Women's Rowing Club was established in 1960's. The club, together with the men's boat club, competes as Sydney University in the club, state and national Championships and includes members of the Australian squad. For the past few years Sydney University has been the leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last eight years.

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

RUGBY LEAGUE



SURLFC plays in the NSW Tertiary League Competition, where they field both a first and reserve grade team. The club provides a professional and collegiate atmosphere for student and non-student players to enjoy playing competitive amateur rugby league. SURLC provides all of its players with free equipment, gear, playing fields and high level coaches. In addition, the club also hosts social events designed to allow its players to develop networks and friendships off field.

For more information email: ckintis@ro.com.au, call 8263 6639 or 0408 290 197, or find Sydney University Rugby League on Facebook

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 10th successive time in 2013, along with the Colts Club Championship for the ninth successive time. The women's club won the 2011 Sydney competition.

For more information go to: (Men) www.sydneynirugby.com.au
(Women) www.sydneyniwomen.rugbynet.com.au or email: (Men) sufc@sport.usyd.edu.au
or (Women) rugbywomen@sport.usyd.edu.au

SAILING & BOARDSAILING



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

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

SOCCER



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

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

SOFTBALL



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

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

SQUASH



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

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

SWIMMING



The Sydney University Swimming Club trains at the Sydney Uni Sports & Aquatic Centre (SUSAC). All levels of experience are catered for, from beginners to the elite. The club competes in all levels of competition from club nights to state and national events, as well as Eastern and Australian University Games. In 2009, the club earned 'Gold Status,' as one of Australia's leading swimming programs.

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

TABLE TENNIS



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

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

TAEKWONDO



The 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

TENNIS



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

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

TOUCH



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

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

ULTIMATE FRISBEE



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

For more information go to: www.suufa.ufnsw.com.au, email: ultimatefrisbee@sport.usyd.edu.au or search for SUUFA on Facebook.

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's members are actively involved in racing, and there is strong competitive spirit across the club. The club wants its members to achieve their cycling goals, whatever they may be and whatever their ability. The club has a varied and interesting ride and training program, as well as a healthy performance culture - one that encourages its members to strive to reach their goals.

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

VOLLEYBALL



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

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

WATER POLO



The 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.sulionswaterpolo.com
or (Women) www.suwaterpolo.com.au

Email: (Men) waterpolomen@sport.usyd.edu.au or (Women) 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 or email: usydwake@gmail.com

WRESTLING



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

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

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



Facebook:

'Sydney Uni Sport & Fitness'



Twitter:

'SydUniSportFit'



YouTube:

'Sydney Uni Sport and Fitness'



BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY



SUSF staff members out in force – L to R: Leonie Lum, Anika Lalic, Paul Reynolds, Jessica Laycock, Nicole Pearson, David Shaw, Kristee Arkle, Ashlea Myers and Andrew Thompson.



No fashion plate, but the best panel moderator in the business – Adam Spencer struts his stuff!

2013 'BLUE & GOLD' CRICKET LUNCHEON

The nineteenth consecutive 'Blue & Gold' Cricket Luncheon was held at the Four Seasons Hotel on Wednesday 22nd November – the second day of the first Ashes Test at the Gabba in Brisbane.

In this sesquicentenary season of the Sydney University Cricket Club (SUCC), proceedings commenced with tributes to the late Mick (Micko) O'Sullivan and Dick Mesley. Micko's playing and administrative career with the SUCC over more than four decades was without parallel. Dick Mesley was a stylish batsman and brilliant fielder, who played all of his SUCC first grade cricket with Micko in the late 1960's and 1970's.

The tributes to these SUCC champions combined plenty of humour with pathos. They conjured up wonderful memories of two exceptional characters in the history of the Sydney University Cricket Club.

James Rodgers then provided entertaining profiles on the twelve players selected in the SUCC 'Team of the 21st Century' so far. And what a team it was:

Specialist batsmen: Ed Cowan, Scott Henry, Greg Mail (c), Matthew Phelps and Kevin Pietersen.

Principal all-rounder: Ian Moran.

Wicketkeeper/batsman: Shane Stanton.

Fast bowlers: Mark Cameron, Stuart Clark and Andrew Staunton.

Spin bowlers: Stuart MacGill and Greg Matthews.

Many of these players will undoubtedly be in line for selection in the SUCC Living Legends team at the November 'Blue & Gold' Cricket Luncheon, which will be one of the last SUCC

sesquicentenary celebrations.

Adam Spencer moderated a very entertaining panel discussion with the previous Australian Cricket Head Coach, Mickey Arthur; renowned cricket journalist, commentator and author, Mike Coward; and the SUCC first grade run-machine, Greg Mail.

Mickey Arthur provided a very candid account of the highs and lows of his time as Australia's Cricket Head Coach. Our luncheon guests received new insights



Representatives from the "SUCC Team of the Century" so far, L to R: Dave Stanton (on behalf of his son, Shane), Greg Matthews, Stuart MacGill, Andrew Staunton, Ian Moran, Matthew Phelps, and Greg Mail with SUCC Chairman, James Rodgers.



A particularly entertaining panel, L to R: Greg "Run Machine" Mail, Mike Coward and Mickey Arthur.

into the so-called 'homework-gate' affair and were very impressed by the dignified manner with which Mickey Arthur accepted his termination as Australia's Head Coach and refused to blame ill-disciplined players for his demise.

Perhaps the best entertainment of all occurred as the 2013 'Blue & Gold' Cricket Luncheon was drawing to a close. On a large TV screen, our luncheon guests witnessed England's remarkable middle order collapse – six wickets for nine runs in the space of one glorious hour of Test cricket.

2013 'BLUE & GOLD' XMAS HAMPER GOLF DAY

On Wednesday 27th November, 19 teams arrived at the amazingly picturesque St. Michael's Golf Club to do battle in the 17th consecutive 'Blue & Gold' Xmas Hamper Golf Day.

For the first time, we welcomed a second club 19 team; a Richard Crookes Constructions' team; a Sydney City Toyota team plus one assembled by the University's Executive Manager of Alumni and Development, Steve Knox.

The novelty events were won by:

- the North Sydney Hotel team – the most creatively dressed award;
- Lindsay Doherty – nearest-to-pin on the tricky 12th hole; and
- Chris Malone – longest drive on the 18th hole.

On a pleasantly warm day with only a light sea breeze, some remarkable scores were recorded. Indeed, the winning total of 146 stableford points (from the best three of four scores on every hole) was the highest score in living memory.

The winners were the Fayn brothers (Greg and David), Paul Lawrence and Adam Sumegi, playing under the unlikely banner of the Lunatic 1 Promotional Clothing team. Greg had the game of his life – only 74 shots for 47 individual stableford points off a handicap of 14!

Our resident bush poet, Murray Hartin, combined with our resident harmonica player, Frank Cheok, gave a very moving rendition of his poem entitled Slouch Hat. There was laughter a plenty when Murray recited fanciful poems about the home brewing of beer and the remarkable talents of a hog whisperer.

Murray's serious poems will record the history of our times for future generations. That was particularly evident in Murray's rendition of his



The Orangemen from Southern Design: Jeff Epplett, George Neou, Sam Safi and Steve Swaine, who came 3rd in another podium finish.



Winners of The Chancellor's Cup and copious quantities of Christmas cheer, L to R: Paul Lawrence, the MC interloper, Greg Fayn, David Fayn and Adam Sumegi.



Australia's modern day Banjo Paterson: Murray Hartin.



Kids at heart: Pam & Mac Chambers.

Aussie Heroine poem – an ode to the immortality of the great racing thoroughbred, Black Caviar.

The profit from this event was considerably larger than usual. This was primarily due to the generosity of 14 of Sydney's leading golf clubs, which provided rounds of golf with carts for the silent auction. All such auction items were purchased by the loyal supporters of this annual event.

The date of the next 'Blue & Gold' Xmas Hamper Golf Day is Wednesday 26th November 2014.

A CALL TO ARMS

In 2014, we need 'Blue & Gold' members to be active supporters of the above functions. We also look forward to entertaining the guests of our corporate and individual members.

The following details will hopefully whet your appetite.

The **AFL Luncheon** will feature panels of Sydney Swans' and Sydney Uni NEAFL players responding to the questions

of Adam Spencer – the best panel moderator in the business.

The highlight of the **Rugby Luncheon** is always the nonsense debate, featuring four extremely quick-witted and outrageously funny entertainers – Rob Carlton, Rhys Muldoon, Greg O'Mahoney and Adam Spencer.

The 2014 **Soccer Football Dinner** will again take place at Doltone House, just a few days prior to the Opening Ceremony of the 2014 World Cup in Brazil. As always, Adam's panels will comprise "movers and shakers" from the Australian Soccer Football scene.

The **Water Polo Luncheon** has been the most popular 'Blue & Gold' sporting function in recent years. Greg O'Mahoney moderates exceptionally entertaining panels – one comprised of water polo luminaries and the other featuring champions from other Olympic sports.

The 2014 **Cricket Luncheon** will be one of the last celebrations in the Sydney University Cricket Club's sesquicentenary year. It will feature the announcement of the "SUCC Living Legends" team and Adam Spencer's popular panel of cricket experts.

There are once again **two major golf events** at the wonderfully picturesque St. Michael's Golf Club. In 2014, we are looking for new teams to join in the fun. On both of these golf days, the principal event is a team competition, involving the best two (8th October) or best three (26th November) stableford scores of the four team members on every hole. At the latter event, all participants take home splendid Christmas hampers.

FOUNDATION NEWS

The major success story of 2013 was the campaign to raise \$250,000+ for the Finishing Touches Fund associated with the major extension to the Sydney Uni Sports & Aquatic Centre. This target was achieved in the space of four months with generous tax-deductible contributions from SUSF alumni, SUSF-affiliated Clubs, SUSF sponsors, SUSF tenants and SUSF staff members.

A concurrent campaign to raise a comparable amount from naming rights to the new facilities was also successful. Be sure to visit the new Brydens Stadium, the new Brydens Group Fitness Studio, the new Brydens Boxing Gym and the new Brydens Dojo at the Sports & Aquatic Centre.

In 2014 and 2015, a similar fundraising approach will be used to raise monies for the Oval No. 2 redevelopment, which

will particularly benefit the football codes played on a rectangular field. However, the new grandstand will contain facilities which other SUSF-affiliated clubs will enjoy, for example, a new function centre, a new indoor cricket centre and a new gym for elite athletes.

In 2014 and beyond, our aim is to boost the number of perpetually named sporting scholarships. Most of these will be named after their donors, although some SUSF-affiliated clubs and individual donors have previously funded scholarships named after/in memory of champion Sydney Uni sportsmen and women.

For further information on any of the 2014 'Blue & Gold' sporting functions, on naming rights to Oval No. 2 facilities or on named sporting scholarships, please contact Rodney Tubbs on 9351 7958 or r.tubbs@sport.usyd.edu.au.

2014 'BLUE & GOLD' SPORTING FUNCTIONS

Friday 28th March

AUSSIE RULES LUNCHEON

Ivy Ballroom,
320 George Street, Sydney

Friday 6th June

SOCCER FOOTBALL DINNER

Doltone House,
Darling Island Wharf, Pyrmont

Friday 20th June

RUGBY LUNCHEON

Ivy Ballroom,
320 George Street, Sydney

Friday 5th September

WATER POLO LUNCHEON

Four Seasons Hotel,
199 George Street, Sydney

Wednesday 8th October

**SUSF/BLUES ASSOCIATION
GOLF DAY**

St. Michael's Golf Club,
Jennifer Street, Little Bay

Friday 14th November

CRICKET LUNCHEON

Four Seasons Hotel,
199 George Street, Sydney

Wednesday 26th November

XMAS HAMPER GOLF DAY

St. Michael's Golf Club,
Jennifer Street, Little Bay

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OVER THE LINE

Graham Croker has been chronicling sport for various campus publications and websites at Sydney University for over 20 years

WINNING INNING

Former SUSF Elite Athlete Program (EAP) scholar David Miller starred with bat and ball when a young Sydney University XI retained the annual Intersvarsity Cricket trophy with a comfortable win over Adelaide University at No.1 Oval in January. Led by another former SUSF EAP scholarship holder Nick Larkin, Sydney University defeated Adelaide University by an innings and 70 runs on the third and final day of play. After winning the toss, Adelaide University elected to bat on a flat deck, but the move backfired when they were all out for 207, with Miller and young leg-spinner Ryan Kurtz each bagging four wickets. Miller then led a Sydney University run-spree, top-scoring with 148 as the hosts amassed 425. Darius Visser (86), Larkin (51) and Jack Maddox (36) also helped build the imposing total. With a lead of 218 and a wicket taking turn, Sydney University utilised the advantage. Keiran Tate and Ryan Danne each claimed two early wickets and James Shepherd one scalp before Visser cleaned up the tail with his wily leg-spin as Adelaide slumped to be all out for 148. The trophy will remain with Sydney University for another 12 months before they defend the Intersvarsity title in Adelaide in early 2015.



PODIUM PERFORMANCE

In order to provide the world's best training environment and support for Australia's elite swimmers and coaches, Swimming Australia has elevated the Sydney Uni Sport & Fitness & NSW Institute of Sport Swimming Program of Excellence to Podium Performance status. Working in partnership with the SUSF & NSWIS program, the Swimming Australia Podium Performance Program provides improved coach remuneration and well-being, better integration of sport science and sport medicine into the daily performance environment, and access to camps and competitions to improve performances. The announcement by Swimming Australia is a vote of confidence for swimming at Sydney University and its swimming coaches Grant Stoelwinder and Scott Talbot. Following last year's Australian Swimming Championships in Adelaide, the SUSF & NSWIS program was elevated to top five in Australia. Swimmers Matt Abood, Sarah Rose, Sarah Hilt, Hayley White, Andrew Abood and Keiran Qaium were also selected in Australia's 2013 World Championships, Australia A and World University Games teams. "It was testament to how hard our coaches and athletes have worked to get to this point in the first year of the program," Talbot said.

PRICE IS RIGHT

In an exciting final day of competition at the recent ISAF Sailing World Cup in Melbourne, SUSF Elite Athlete Program (EAP) scholarship holder Olivia Price and crew member Eliza Solly won gold in the 49erFX class. Going into the final day in second position, Price (Bachelor of Political, Economic and Social Sciences) and Solly outsailed their rivals in gusty conditions to finish clear winners in the medal race on Port Phillip Bay. "It was really fun," Price told ISAF TV. "I like the wind and the shifty stuff. The trick was to keep it fast through all the pressure and keep it upright. It's really good to win a World Cup and to win it at home is really quite special." Price switched to the 49erFX competition after winning silver in the Elliott 6m class at the 2012 London Olympics. In other news from the World Cup regatta in Melbourne, former SUSF EAP scholarship holder Will Ryan teamed up with ISAF Rolex World Sailor of the Year and London Olympic champion Mat Belcher to win gold in the 470 class. They are now the undisputed world leaders in the men's 470 class.

TACKLING NEW CHALLENGES

Sydney University's two rugby codes are facing an interesting year. When the Australian Rugby Union announced last December that it will be launching a new domestic competition in August 2014,

the National Rugby Championship (NRC), the Sydney University Football Club (SUFC) provided one of 41 submissions when expressions of interest closed on January 13. SUFC wants to enter the competition as a stand-alone club, much to the chagrin of other Sydney clubs. Club president, David Mortimer made the club's intentions quite clear. "SUFC have been at the forefront of club rugby in Australia for well over a decade and we plan to remain a market leader by expressing a very strong interest to be a participating team in the National Rugby Championship in 2014," he said. "SUFC have made a considerable investment into the code and we have the necessary resources, standards and infrastructure required to compete in this competition." Meanwhile, one of Australia's oldest rugby league clubs, Sydney University, is reforming after several years in hibernation from the Tertiary League competition. A new committee combining past players and business professionals has been appointed to the Sydney University Rugby League Club, aiming to provide a reinvigorated approach to supporting the club leading into the 2014 league season. The new club president is Chris Kintis. Interested players or supporters can contact Chris at ckintis@ro.com.au or find the club on Facebook by searching Sydney University Rugby League Football Club.

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James Dooley – B. Applied Science (Exercise & Sports Science)
 Jacqueline Fry – B. Health Science
 Melissa Logan – M. Physiotherapy
 Derek Mulhearn – B. Science (Nutrition) (Hons)
 James Nipperess – B. Applied Science (Physiotherapy)
 Shakti Rathore – B. Science
 Lachlan Renshaw – B. Commerce
 Lara Tamsett – B. Arts (Media & Communications)
 Melinda Witchard – M. Physiotherapy

AMERICAN FOOTBALL

Aaron Carbury – M. Nursing
 David Thode – B. Dentistry

AUSTRALIAN RULES FOOTBALL

Peter Dugmore – M. Commerce
 Ryan Edwards – M. Physiotherapy
 Thomas Elkington – B. Arts
 Ryan Silvester – M. Management

CRICKET

Edward Arnott – B. Exercise & Sports Science (ACU)
 Stuart Clark – B. Laws
 Nigel Cowell – Grad. Dip. Education (Wesley Institute)

CYCLING

Alexander Wong – B. Commerce, B. Arts

HOCKEY

Jamaya Ferguson – B. Education (Secondary) (Human Movement & Health Education)
 Lucy Fitzgerald – B. Applied Science (Sports Pathology)
 Benjamin Morrell – B. Engineering
 Hollie Webster – B. Applied Science (Exercise & Sports Science)

ROWING

Marianna Doumanis – B. Oral Health

Katherine Meredith – B. Applied Science (Exercise & Sports Science)

RUGBY

Duncan Boyd-Jones – B. Commerce
 David Dillon – M. Commerce
 Trent Dyer – B. Education (Sec)(H.M.H.E.)
 Hugh Frazer – B. Commerce
 Stuart Goodman – B. Science
 Thomas Kingston – B. Commerce
 Kurt Larsen – B. Commerce (Hons)
 Geordie McCullea – B. Education
 Elliot Messara – B. Commerce (Liberal Studies)
 James Nonu-Carling – B. Sound & Music Design (UTS)
 Sam Talakai – B. Sports Coaching & Administration (ACPE)
 Nathan Trist – B. Medicine/B. Surgery

SAILING

Hamish Hardy – B. Design Computing

SWIMMING

Emma Gray – B. Commerce, B. Arts
 Craig Hammond – M. Commerce
 Sam McConnell – B. Engineering, B. Commerce
 Clayton Whittaker – B. Business Administration (Macquarie Uni)

TENNIS

Gavin Levy – B. Applied Science (Physiotherapy) Hons
 Bianca Partington – B. Science (Hons)

TRIATHLON

James Goswell – B. Commerce, B. Law
 Dougal Robinson – B. Arts (Hons)

TAE KWON DO

Samantha Parsons – M. Teaching

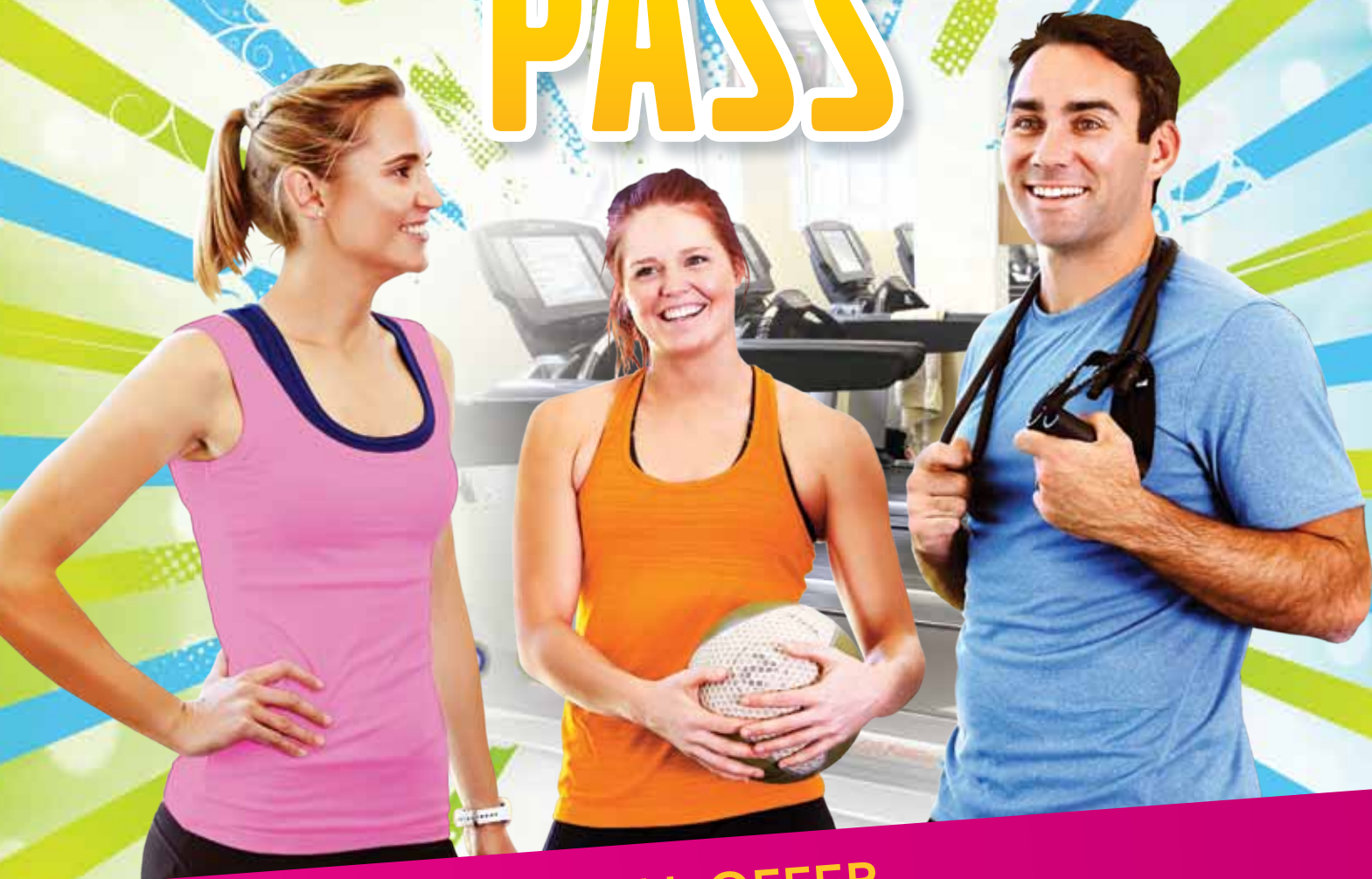
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Nishan Abeysuriya – B. Science

WHEELCHAIR ATHLETICS

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