

ROAR



Sydney Uni
SPORT & FITNESS



6/ ATHLETE INTERVIEW

Matt Solomon

10/ RIO WRAP

31/ LIONESSES FEAST ON ROUND BALL

Women's soccer success



GEARING UP

Athletes In Action

AFL

THREE SYDNEY UNIVERSITY WOMEN'S AFL BOMBERS SELECTED BY GREATER WESTERN SYDNEY (GWS) IN THE INAUGURAL AFL WOMEN'S DRAFT.

NICOLA BARR CREATED HISTORY AS **NO. 1 PICK OVERALL**; ERIN MCKINNON & STEPHANIE WALKER WERE ALSO SELECTED BY GWS FOR THE 2017 LAUNCH OF THE FIRST EVER AFL WOMEN'S LEAGUE.

Athletics

SYDNEY UNIVERSITY ATHLETIC CLUB CROWNED WINNERS OF THE WINTER PREMIERSHIP IN BOTH THE MEN'S AND WOMEN'S OPEN COMPETITION FOR 2016.

THE WIN WAS THE **6TH CONSECUTIVE WIN** FOR THE CLUB IN THE MEN'S COMPETITION, WITH THE WOMEN WINNING THE TITLE FOR THE **4TH CONSECUTIVE YEAR**.

Baseball

SYDNEY UNIVERSITY BASEBALL CLUB WON TWO CHAMPIONSHIPS.

BOTH THEIR 3RD AND 4TH GRADE SIDES **WON GRAND FINALS** ON SATURDAY, SEPTEMBER 3, 2016.

Hockey

SYDNEY UNIVERSITY METRO LEAGUE THREE WERE CROWNED PREMIERS AFTER WINNING THEIR SYDNEY WOMEN'S HOCKEY LEAGUE GRAND FINAL ON SUNDAY, SEPTEMBER 18, 2016.

THE METRO LEAGUE FOUR TEAM **WENT DOWN TO UNSW** IN THEIR GRAND FINAL.

Rugby

SYDNEY UNI WOMEN'S RUGBY CLUB WON BACK-TO-BACK PREMIERSHIPS, BEATING PARRAMATTA 25-24 IN THE GRAND FINAL ON SATURDAY, AUGUST 6, 2016.

SYDNEY UNIVERSITY FOOTBALL CLUB'S TOM ROBERTSON **DEBUTED FOR THE WALLABIES** IN THEIR TEST AGAINST ARGENTINA IN PERTH ON SATURDAY, SEPTEMBER 17, 2016. THE SPECIALIST TIGHT-HEAD PROP IS CAPPED WALLABY NO. 898.

Sailing

SUSF ELITE ATHLETE PROGRAM MEMBER, ALICE TARNAWSKI, IS NOW A WORLD UNIVERSITY CHAMPION SAILOR.

AS A MEMBER OF THE WOMEN'S CREW, TARNAWSKI **TOOK GOLD IN THE 8TH WORLD UNIVERSITY SAILING CHAMPIONSHIP** HELD IN PERTH, LATE SEPTEMBER 2016.

FROM THE EDITOR



While this issue of *ROAR* hits the stands on the cusp of summer break, our love of sport never takes a holiday. Winter competition has given way to the warmer weather brigade, with a number of Sydney Uni Sport & Fitness (SUSF) clubs gearing up for the field once again and our gym-goers continue to treadmill towards the festive feasting time of year.

This issue is all about stepping-up, taking that next-level option towards self-improvement. Whether it be adding an extra hit of cardio to your next workout (prepared for you on page 20) or finding the next 'up' after touching down in Australia post-Rio representation on the world stage. Where to gold from gold? That's what Sydney University student

and the Women's Rugby Sevens team are now contemplating after writing history for their sport at the Olympics. Mapping out the road ahead requires some reflection so our 'Top Eight Rio Moments' should spur discussion on page 10.

And if you thought our Olympic sprinters were fast just listen to this engine roar. Our striking cover star is Matt Solomon, SUSF's first ever Elite Athlete Program motorsports scholarship holder. Battling the congested Sydney traffic, we can only dream what it must be like to hurtle around a race track with no red lights in sight. The face under the helmet is revealed on page 6.

No highlight reel of 2016 would be complete without mentioning the opening of the TAG Family Foundation Grandstand and redevelopment of University No.2 Oval. I can report these world-class facilities are being fully utilised by a number of our sporting teams including rugby, football and cricket. One of those teams, our Sydney University Soccer Football Club (SUSFC) women, have ticked three goals off their list. The triple-threat Lionesses captured the 2016 Club Championship, National

PS4 Premier League back-to-back Championships and the Premiership crown (page 32).

Hitting your targets might take some assistance so we've also included a guide of the best mobile apps to help you move (page 24) and your fuel is covered on page 22 with a trail mix recipe for that hike you've been putting off. The days are getting longer and stepping outside of your local neighbourhood footpath to the bush tracks around Sydney not only provides a great physical challenge but also unwinds the mind. The benefits of regular exercise in helping manage life stresses are well known and as more outings cramp the calendar towards Christmas and the busyness of exams hit, I encourage you to still find time for exercise. Clear your schedule to clear your mind in the gym and the space created for some sweat may just give you that edge.

Laura Hanlon
Editor



ROAR MAGAZINE

33 EDITIONS YOUNG

ROAR



EDITOR
Laura Hanlon

DEPUTY EDITORS
Rob Smithies, Graham Croker,
Helen Jomoa, Harry Croker

**CREATIVE DESIGN
& PRODUCTION**
Southern Design

CONTRIBUTING WRITERS
Graham Croker
Harry Croker
Dane Gray
Laura Hanlon
Rebecca Hay
Joseph Kerrigan
Tom Morrison
Douglas Noble Brown
Rodney Tubbs

CONTRIBUTING PHOTOGRAPHERS
Laura Hanlon
Jeremy Ng

**SYDNEY UNI SPORT
& FITNESS**

EXECUTIVE DIRECTOR
Robert Smithies

**FINANCE & ADMINISTRATION
MANAGER**
Aleksandra Pozder

HIGH PERFORMANCE MANAGER
Tristan Liles

**OPERATIONS, PROPERTY
& PROJECTS MANAGER**
Ed Smith

**CORPORATE & ALUMNI
RELATIONS MANAGER**
Rodney Tubbs

**ELITE ATHLETE PROGRAM
MANAGER**
Leonie Lum

**PROGRAMS & PARTICIPATION
MANAGER**
Melinda D'Arcy

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ROAR | IN CASE YOU MISSED IT

NEWSBITES



CRICKET

Sydney University Cricket Club's (SUCC) team represented Australia at the ICC sanctioned fifth Red Bull Campus Cricket World Twenty 20 finals. Despite their best efforts, SUCC lost their three pool matches at the Sinhalese Sports Club Ground in Colombo. Sydney University were all out for 74 (Ben Trevor-Jones 28) in the first round game against the University of Liberal Arts, Bangladesh who then rattled up 75 without loss. In their second round match against University of Pretoria, representing South Africa, the opposition scored 6-186 before restricting Sydney University to 8-132 (Hayden Kerr 53). Loughborough University, England (4-211), accounted for Sydney University (8-167 – Nicholas Craze 68) in the third round match at the Sinhalese Sports Club Ground. The Business Management School, Sri Lanka (9-191), won the 2016 title with a 24-run result over the University of Liberal Arts, Bangladesh (8-167), at the Galle International Stadium. Never giving up, Sydney University won the 2016 Australian University Games T20 title to earn the right to represent Australia at the Red Bull tournament again next year.

SAILING

Sydney Uni Sport and Fitness, Elite Athlete Alice Tarnawski was part of the five-member Australian crew which won gold in the women's event at the 8th World University Sailing Championships, recently held on the Swan River, Perth. Tarnawski, a Bachelor of Applied Science (Physiotherapy) student, was a member of the crew skippered by Sarah Parker from the University of Newcastle. They prevailed in a series of tough round-robin races against sailors from Switzerland, France, Singapore and Korea to progress to the finals. In challenging weather conditions, the Australians beat Switzerland in the final, with Singapore taking the bronze. All teams used Bakewell-White eight metre yachts in the regatta that was held under the auspices of the International University Sports Federation. The 9th Edition of the World University Sailing Championships will be held in Cherbourg, France, in 2018.

RUGBY LEAGUE

Michael Ambados capped off a strong season by being awarded the 2016 Pollard-Chadwick Medal for Sydney University Rugby League Club's (SURLC) best and fairest player at the recent annual awards night. The hard-running forward was a consistent performer in the club's Division One side that made it through to the NSW Tertiary Cup

final. Other Division One awards for the season went to Adam Vrahnos (best forward, leading try-scorer) Jake Vrahnos (leading point-scorer) and Anthony Jury (best back). Awards in the Division Two ranks went to Kelvin Quinn and Tuariki Matapuku (best forwards), Daniel Rowe (best back), Kelvin Quinn (leading try-scorer) and Dave Turner (leading point-scorer). First year Sydney University student Charles Slinger was named Rookie of the Year, and Kurt Lewis and Troy Haroyan shared the Clubman of the Year award. On a sad note, the club lost one of its greatest supporters during the season with the passing of former player, coach and administrator Dave Chadwick. SURLC President Chris Kintis announced the establishment of the first perpetual scholarship in rugby league in Mr Chadwick's honour.

ROWING

Sydney University Boat Club (SUBC) men's eight came away from a recent trip to China with gold and bronze medals from two university rowing regattas attended by a number of top international teams. The SUBC crew of Hamish Playfair, Jack Hargreaves, Jacob Bicknell, Campbell Watts, Franz Förster, Andrew Judge, Jack Hanley, Matt Murray and cox William Raven competed in regattas at Changsha and Chengdu. Strong winds at the Changsha regatta resulted in the races being cut short to

1000m. Sydney University progressed through heats, a repechage and a semi-final to finish third in the final behind two Chinese crews from Shanghai Jiao Tong University and Wuhan University. At the second regatta in Chengdu the course was over 800m with the accumulated time after two races being the determining factor for the medals. SUBC drew Brown University from the US in both races which they duly won in fast times to collect the gold medal, with Brown and Tohoku universities winning the silver and bronze.

AUSTRALIAN FOOTBALL

Despite finishing their season with a 117-30 preliminary final loss to UWS Giants, Sydney University fared well at the 2016 annual NEAFL awards. SUANFC was named Team of the Year, while Tom Young, Matt Rawlinson, Will Sierakowski and Jake Derickx were awarded NEAFL Team of the Year honours. Young, the 2015 NEAFL MVP fell short of consecutive awards, settling for equal third place with Southport's Andrew Boston behind 2016 MVP Matt Payne (Aspley) and Jordan Harper (Canberra). Rawlinson averaged 25 disposals and led the competition in clearances; Sierakowski averaged a fraction over 18 disposals and five marks a game; and Derickx, with 43 goals, finished third in the NEAFL Goalkicking Award behind Darren Ewing (NT Thunder) and James Stewart. Bring on season 2017.

MATT SOLOMON

TOM MORRISON TALKS STEERING AND STUDYING WITH THE FIRST EVER SYDNEY UNI SPORT & FITNESS (SUSF) ELITE ATHLETE PROGRAM MEMBER FOR MOTORSPORT, MATT SOLOMON.

Take us back to where it began. How did you get involved in motorsports?

My Dad has always been a car enthusiast, so I've been around motorsports and cars for as long as I can remember. Having attended so many races as a child, it was practically embedded in me at a young age. I had my first taste of a go-kart when I was 6.

You have a very diverse cultural heritage and upbringing. Can you shed some light on this for us?

My Dad is Australian, my Mum is Chinese and I speak Cantonese, Mandarin and English. I was actually born in Melbourne and lived there until I was three years old, before moving to Hong Kong. I lived there until 2014, then to England for a year when I was racing in the European F3 Championship and now I reside in Sydney.

What team do you currently drive for and at what level are you currently competing?

I currently race as a Customer Sports Driver for Mercedes-AMG. I race in a number of GT Sportscar categories around Asia and Australia. GT3 is the top tier of production sportscar racing and features different manufacturers such as Mercedes AMG, Ferrari and the like.

Talk us through how it felt to race in the GT Asia Championships in Shanghai in August?

It was a privilege to be asked by AMG to race for them in Shanghai. It was their official comeback to the Asian GT scene, after having won in 2013 with myself and two-time F1 World

Champion Mika Hakkinen behind the wheel. The Shanghai weekend was tough, as the level of competition was extremely high. While we didn't get the results we wanted, due to unforeseen circumstances, we showed that we had the pace and performance to compete at the front.

How has the SUSF Elite Athlete Program aided your development as a sportsperson?

The SUSF Elite Athlete Program has aided me immensely with preparation for my races and keeping me in good shape. It is easy to lose focus when living in a college environment, however, the program has kept me focussed and on track.

I know you work hard at your strength and conditioning in the new David Mortimer High Performance Gym on campus, how does a workout specific to Motorsport vary from other sports?

People generally don't understand the physical component of motor racing. But it is among the toughest sports, physically, in the world. We have an average heart rate of 160bpm in the car, over a duration of anything between 40 minutes and three hours, with cockpit temperatures getting up to 70 degrees on a hot day.

We experience G-forces of up to four times our body weight, steering forces close to 30kg and braking forces of over 50kg. Imagine doing this 12 times a lap, for over 60 laps. It adds up. Working with my strength coach Dane Gray at the new High Performance Gym has helped me focus on race-specific exercises which include neck training, endurance strength and cardio.

What are the main mental challenges in your sport?

Not only is racing physically challenging, but it requires huge mental capacity as well. Drivers are constantly making decisions

throughout the lap. Whether the surface grip levels are changing, where the bumps are, how much throttle to apply when coming out of a corner, how much steering input is needed to keep the car balanced, and how much brake pressure to apply at the right time in order to efficiently slow the car down into a corner, in the shortest amount of time possible. The list is endless. Take this, and add 30 or more cars around you, travelling at 250km/h.

You are clearly a very good driver when it comes to GT3 motor vehicles but how do you go on the streets of Sydney?

I've driven a couple times in Sydney and I have to say it's quite hectic! Not quite as hectic as driving in Hong Kong, where I grew up, but drivers here are pretty aggressive! Believe it or not, I'm a grandpa on the roads; leave the racing at the circuit!

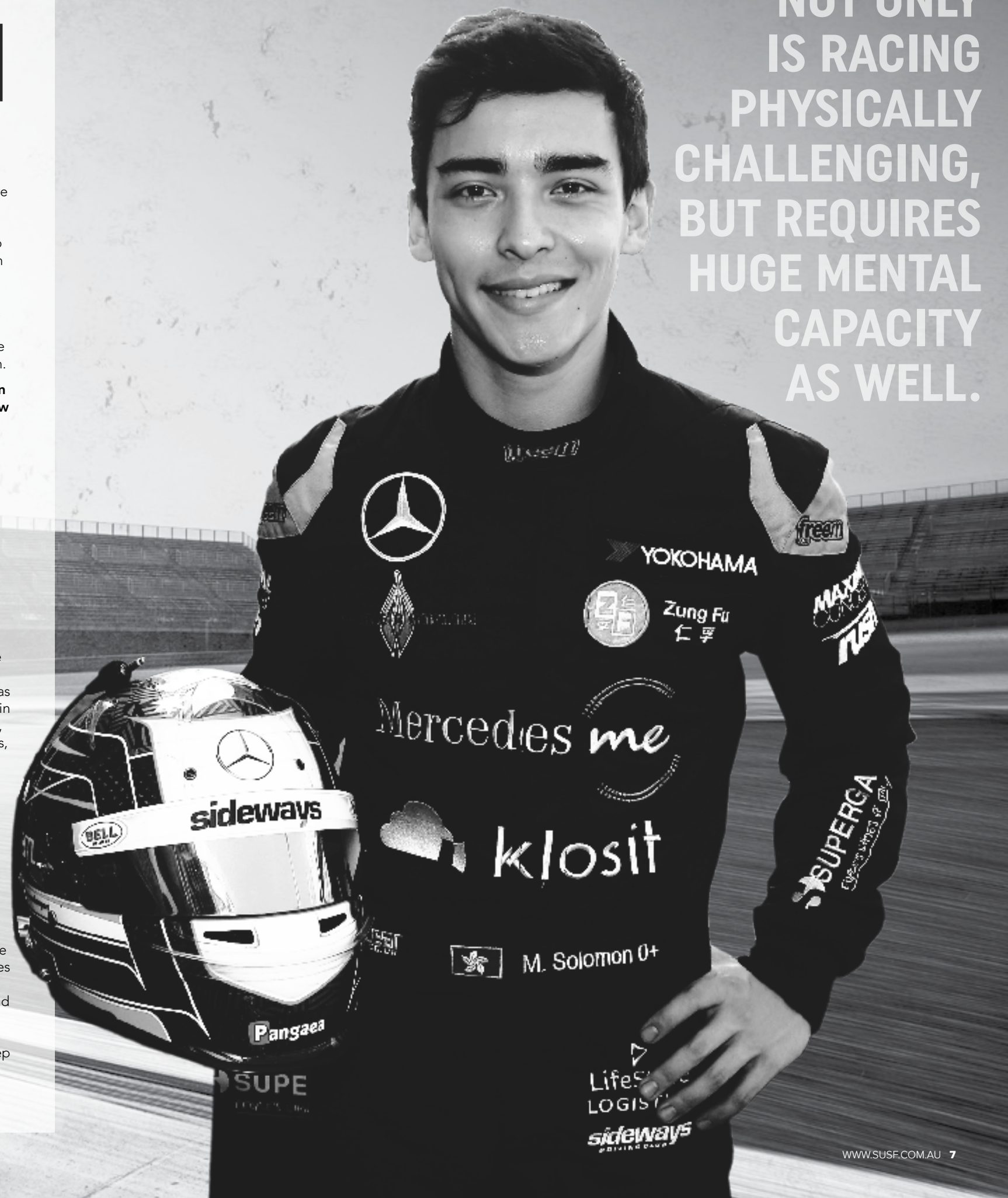
Who inspires you?

Apart from my family, one particular ex-driver is a huge inspiration to me. His name is Alex Zanardi. He used to compete in Formula 1, but in 2001, he suffered a tremendous crash, losing both legs as a result. Since then, he has continued to compete at a high level in the World Touring Car Championship, and in the Rio 2016 Paralympic Games, he won his second gold medal for handcycling. This really proves that if you want something bad enough, there is nothing that will stop you.

What advice would you give to aspiring motorsport athletes?

Never give up. There were times last year while racing in Europe, where I thought I would not be in a position to race at the top again. However, hardwork and perseverance during the off-season led to exciting opportunities this year, the highlight being winning the Australian GT Race at the F1 Grand Prix in Melbourne and then being selected as a driver for AMG. There will always be ups and downs, but keep pushing through!

NOT ONLY
IS RACING
PHYSICALLY
CHALLENGING,
BUT REQUIRES
HUGE MENTAL
CAPACITY
AS WELL.



SARAH ROY: 3-1

SARAH ROY KNOWS ALL TOO WELL THE STRUGGLES AN ATHLETE ENDURES ON THEIR CLIMB TO THE TOP. SHE WENT THROUGH IT, AND NOW SHE'S REAPING THE BENEFITS, WRITES HARRY CROKER.

An established triathlete, fate led Sarah Roy to discover her true passion for cycling while studying at the Australian Institute of Sport (AIS), and she hasn't looked back since.

In the race against her body's expiry date, the velo cyclist had an income of \$0 at one stage during her pursuit for success. Enter Sydney Uni Sport & Fitness which threw her a life-line in the

form of the SUSF Elite Athlete Program scholarship, allowing her to continue racing and compete for professional contracts all over the world.

Originally hailing from St Leonards in Sydney, Roy was a triathlete until her early 20s, so she was no novice to the taxing sport of cycling. When applying for a National Talent ID and Development program in 2007, Roy was one of six female applicants who had demonstrated promising triathlon competition times that warranted a shot at the 2008 Beijing Olympics.

"Six women from 75 applicants were selected for the program, but none of us were ready for Beijing," Roy says.

Already an established competitor in the triathlon, Roy had taken part in an AIS research camp in May 2009 to study the cycling component of the sport. It was during this time she fell in love with the sport and eventually left the camp as a cyclist. Shortly after, she became a member of the Sydney University Velo

cycling club (SU Velo).

In 2013, Roy kicked it up a gear. She spent the best part of the year earning a professional contract, making many sacrifices along the way. She sold her bike and did everything in her power to raise funds to compete as a solo racer. After a strong performance, her sacrifices paid dividends. She signed her first professional contract on the first day of 2014. Part of this contract meant she had to compete in France, and she only had four months' preparation time.

"Heading to France, not speaking a word of the language, I was nervous but I also had the 'leap and you shall fly' attitude," she says. "I didn't really know what I was getting into, I had no expectations and a lot of experience to gain."

Due to the vast amount of travel involved in the sport, there is very little opportunity to make money to pay for food and other travel expenses. Furthermore, there is also no minimum wage in women's cycling. This meant

Roy was in desperate need of financial support. Through her connection to the SU Velo Club, she was offered an Elite Athlete Program scholarship.

"[The EAP] made the biggest difference in my life," she says. By holding the scholarship, Roy could survive on the international stage in her pursuit for greater professional pathways.

"The SUSF Elite Athlete Program and the SU Velo cycling club have been incredible, actually invaluable to my cycling career... [It] sounds clichéd, but I literally wouldn't be where I am today without the support from SUSF and SU Velo."

With the vast amount of travel involved in professional cycling, the constant flying, driving and riding can take its toll. "I am a well-drilled traveller now, but, I don't love it," Roy says. "Flying, driving, it all leaves you lethargic. Not to mention stinky. The travel sweats is a thing and you need to prepare for it, i.e. pack a spare shirt."

Between the months of November and January, Roy races on multiple tracks in

just about every region of Australia and then the international season begins.

"Throughout the [international] season, we take up to 12 flights in a month, travelling from race to race," she says. "Sometimes we drive, which can mean an entire day in the car. Usually the international season ends around September."

Once she is on her 3-4 week holiday in October, she enjoys coming home to Mortlake to visit her family. While extremely grateful for the opportunities Roy has been afforded throughout her career, she regrets the toll it takes on other aspects of her life.

"It is very hard to balance uni work, family, friendships and relationships but we do our best to make it work," she says.

When she's not on the bike, Roy enjoys following the journeys of other athletes she has met over the course of her career. This off-season she plans to spend her time enjoying other sports, including kayaking, surfing and hiking, however she is adamant she's not a "sports freak"...



OUR TOP 8 RIO MOMENTS

AS THE SIGHTS AND SOUNDS OF RIO DE JANEIRO SUBSIDE FROM OUR SENSES, IT IS TIMELY TO REFLECT ON THE MAGNIFICENT EFFORTS OF OUR UNIVERSITY OF SYDNEY OLYMPIANS AND PARALYMPIANS.

Some magazines have produced their ten greatest moments, one settled on seven, however we're throwing our 'Top Eight' University of Sydney moments into the post-Games 'Greatest Moments' cauldron.

1

RECORD-BREAKING REPRESENTATION

Our 33 representatives, 27 for the Olympics and 6 for the Paralympics set a new Games-participation record for our University. Additionally, we had three Rio Officials; John Boulton, Team Leader in Volleyball, Indoor and Beach; Chris Fydlar OAM, Australian Team, Deputy Chef de Mission, Information Services and Mark Prater, Rowing Coach.

2

MEDALS FROM HEAVEN

Olympics: It's more a case of 'Sevens Heaven' for Chloe Dalton who was part of the first ever gold-medal team for Women's Rugby Sevens. Dalton is honoured as our sole Rio gold medallist. Dalton's story is the stuff of legends, being a talented basketball player with Brydens Sydney Uni Flames and then switching to rugby. Dalton was a key player taking all of the drop kick-offs and try conversions.

Paralympics: Angela Ballard won more medals in Rio than any other Sydney Uni athlete with a superlative strike-rate of one silver and two bronze from five events in wheelchair racing. Ballard is the consummate competitor, always striving for the Holy Grail to align her world's best goals with meticulous preparation. With a total of eight medals from five consecutive Games, Ballard is a true champion of Australian Paralympic athletics.



3

GUTSY AND GREAT

Olympics: Our eyes were glued to the television screen every time Madeline Hills hit the track, so courageous and compelling were her performances. Hills was a model in determination as she reached the final in her two events, the Women's 3000m Steeplechase and the 5000m. Producing personal bests in both races, Hills has blazed a trail for young female athletes to follow.

Paralympics: Prue Watt OAM, is one of Australia's all-time most successful Paralympic swimmers. While she didn't claim a medal in Rio, Watt once again proved her consistency at the highest level in making a number of finals. Competing at her fourth straight Paralympic Games, Watt faced a new brigade of international swimmers and pushed herself to the max in every race.

6

GOING THE DISTANCE

Olympics: Considered the least experienced of the three Aussie runners contesting the Women's Marathon, Milly Clark won the lead role and finished an amazing 18th place and the first Australian to cross the line. Clark revealed she had set her own gold, silver and bronze goals before Rio and a top-twenty finish was her gold level and in every way her performance was golden. Clark's run was the fifth best ever by an Australian woman in an Olympic marathon.

Paralympics: Resigned to having missed selection for Rio, the Australian Women's Goalball team were making plans to watch the action on television. Enter the International Paralympic Committee who excluded Russia from the Rio Paralympics. Jennifer Blow and our Goalball team were handed a lifeline to compete, with the Games just two weeks away. Blow and teammates went the distance, to arrive in Rio with no time to spare. Blow helped the Aussie Belles finish ninth overall.

4

YOUNG AND RESTLESS

Olympics: Sprinter Ella Nelson turned in a world-class performance with a flying third in her Women's 200 metres semi-final. The 22-year-old sizzled with a personal best time of 22:50, to just miss the final by one-hundredth of one second. Nelson's run had Australian Olympic commentators in raptures that we have a female sprinter who can mix it with the best in the world.

Paralympics: Rae Anderson, making her Games debut, similarly declared she belongs on the big stage with standout performances in both the Women's Javelin F37 and Discus F37/38 finals. The 19-year-old threw a javelin personal best and a discus season best. Anderson was the only field-events competitor among our Rio contingent and it is fantastic we have a world-class competitor on the inside grass.

7

WALKING ON WATER

Olympics: It's a given that you are meant to remain in your boat during a sailing race, let alone the Medal Race of the Men's 470 class. In challenging this law of sailing, Will Ryan slipped overboard at the beginning of the home straight, only to be miraculously grabbed and hauled back on board by crewmate, Mat Belcher. History shows the Aussie pair went on to claim a spine-tingling silver medal.

5

NO ROCKING THE BOAT

Olympics: Sasha Belonogoff and Cameron Girdlestone, as half of the Men's Quadruple Sculls, had no time to rock the boat in Rio as they powered to claim silver. On Olympic debut, the Sydney University Boat Club stars presented in the form of their life and rowed out of their skin. Every aspect of these two athletes dedicated approach to their sport, spells medal-winning Olympians.

Paralympics: Australia had never managed to qualify a Legs, Trunk and Arms (LTA) Mixed Coxed Four boat, until the Rio Paralympics. Into history rowed Josephine Burnand (Coxswain) and Jeremy McGrath (Rower 3), as two members of the Aussie crew. Disappointed at just missing the A Final, they consoled themselves by triumphing in the B Final and seventh overall.

8

PADDLING PROUD

Olympics: Digging deep, Men's K1 paddler, Murray Stewart narrowly missed a medal in finishing fourth in his final. Murray navigated a rocky road to Rio as he was originally picked in the Men's K4 crew, but was replaced when he suffered some illness. As a member of the gold medal K4 crew from London, Murray's heart had been set on trying to defend that title in Rio. Needing to put that disappointment aside, Murray showed great character as one of the world's premier kayakers, to have a real tilt at the Men's K1 title.

These 'Top Eight' moments represent just a small sample of the outstanding feats of all our University of Sydney, Rio 2016 representatives. Sydney Uni Sport and Fitness and ROAR salute you.

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HISTORY

REPEATS ON THE HARBOUR

In an amazing déjà vu experience, the results of the 2016 Australian Boat Race mirror those of the last two editions of the time-honoured rowing grudge match between Sydney and Melbourne Universities.

The victory tally now stands at seven-nil Melbourne's way for the Women's Eight, and six-one to Sydney in the Men's at the close of the seventh edition of the annual Australian Boat Race, held on a blustery Sydney Harbour, October 23, 2016.

The University of Sydney Men's Eight, captained by Rio silver medallist Cameron Girdlestone, out-rowed the University of Melbourne Men's Eight to retain the Edmund Barton Trophy, while this result was reversed in the Women's Eights as Melbourne preserved their unbeaten status with an unyielding grip on the Bella Guerin Trophy.

History has repeated results but the rowing conditions were decidedly different. Challenging cross-winds generated choppy wash, testing the blade work of all crews. Perhaps it was all part of the strategy to make the visiting Melbournians feel more at home.

The women's race saw the Sydney Uni crew, starting on the favoured northern side, steal a slender half-a-boat lead. Given the turbulent water this seemed a smart strategy to go out quick and hold the margin as long as possible. Melbourne responded though and was not going to concede Sydney any advantage. Neck and neck, the two boats came perilously close at times with oars not far from clashing. The Melbourne boat was pressuring Sydney for space and the guile of Melbourne and Rio Olympic Women's Eights Coxswain and Captain, Sarah Banting, was on full display. Indeed the stern of the Melbourne boat was formidable with Banting sitting closest to fellow Rio

Olympian, Jennifer Cleary, in the Stroke seat. Sydney never relented, however Melbourne pulled away gradually over the 4.3 kilometre course to win by approximately eight boat lengths. Despite the loss, those in the know commented that the Sydney crew had improved from last year and the margin between the boats is diminishing.

While the women's crews faced testing wind, swell and waves at times, the weather deteriorated markedly by the time the men's crews squared off on the start line. Gushes of spray flew off the blades making the risk of sinking a possibility with the amount of water flying in the air and into the boats.

RIO SILVER MEDALLIST AND SYDNEY OARSMAN, SASHA BELONOGOFF HAS NOW WON EVERY AUSTRALIAN BOAT RACE HE HAS CONTESTED, THAT IS SIX WINS FROM SIX STARTS.

Melbourne, having won the coin toss, started from the preferred northern side; however it was Sydney who captured a slight two-seat lead on a very exposed part of the course. Both crews could have been forgiven for reverting to survival mode, yet they ploughed on as oarsmen do in the midst of a match race. Later, Master of Ceremonies and Sydney University Blue, John Boulton, would quip the men's contest

resembled a, "surf boat race," such were the conditions, and at times the water looked like the surf at Bondi, whipped up by a fresh southerly. The crews did find a little reprieve as they steered closer to land. Sydney, slowly and surely, gained ascendancy to win by approximately four boat lengths.

Despite the elements, the racing attracted a large flotilla of spectator craft and it made for great vision to see all of these vessels in seeming pursuit of the powerful rowing boats, against a backdrop of the magnificent Sydney Harbour and the iconic Harbour Bridge.

The Sydney crews wore black arm bands as a mark of respect for the late esteemed journalist, Rebecca Wilson, who was a supporter of Sydney University Boat Club (SUBC) and rowing generally.

In the earlier College races, which proved an omen for the main event, University of Sydney's St. Andrew's Men's Eight secured an impressive win over Ormond College, from the University of Melbourne. The tables were turned though, in the Women's Eights with Ormond prevailing by just one boat length in the tightest finish of the four races on the programme.

While there is a fierce rivalry between the respective Colleges and Universities, the annual Australian Boat Race is renowned for the wonderful spirit and camaraderie displayed by all competitors and coaches, who enjoyed brunch together afterwards at Dockside, Darling Harbour.

The Australian Boat Race goes from strength to strength each year as an event and the final order of business was Dr Glyn Davis (Vice Chancellor, University of Melbourne) issuing the challenge to the University of Sydney to battle on the Yarra River against the University of Melbourne in one year's time.



CHOOSING SUPPLEMENTS

WHEN IT COMES TO CHOOSING THE RIGHT SUPPLEMENT FOR YOUR TRAINING, IT CAN BE HARD TO DECIDE ON WHAT IS APPROPRIATE AND MOST EFFECTIVE, WRITES JOSEPH KERRIGAN.

The internet and social media are always advertising the next 'magic' pill or powder that can help you lose weight, build muscle or run faster. Most of the products that are commonly advertised have very little scientific evidence showing they have any benefit, some are even on the WADA (World Anti-Doping Agency) prohibited list for sports.

Companies can get away with this as the regulation of supplements in Australia is controlled by the Therapeutic Goods Administration. Companies do not need much evidence to advertise that their products are doing what they claim, they only need to provide proof that their product does not contain any substances that are banned by our custom laws.

This makes choosing the correct supplement that will suit your needs a difficult decision. A recent review article in the journal of *Free Radical Biology and Medicine*, put together all of the current evidence to help answer some of these questions.

The article summarised supplement choice into three categories: 'Endurance', for sports such as cycling and triathlon and people who enjoy the occasional fun run; 'Strength and Size' for the gym junkies; and 'General Health'. It then classified different supplements as either having a green light (strong evidence for increased performance or a positive effect), amber light (moderate or emerging evidence for increased performance) and red light

(lack of evidence, may be contaminated with other products and may be a prohibited substance by WADA).

ENDURANCE

Green light: Carbohydrate gels/drinks (for events/training lasting over 90 minutes), caffeine (great for all of the coffee lovers), beta-alanine (to help buffer acid build-up in muscles), beetroot juice, sodium bicarb and antioxidants.

Amber light: Taurine, cherry active and L-carnitine.

Red light: Ephedrine, methylhexanamine, herbal supplements, citrulline malate, L-arginine and synephrine.

STRENGTH/SIZE

Green light: Protein and creatine.

Amber light: Leucine and BCAAs (branched chain amino acids).

Red light: ZMA (Zinc Monomethionine Aspartate), anything "anabolic", testosterone, boosters, herbal supplements and colostrum.

GENERAL HEALTH

Green light: Probiotics, electrolytes and vitamin D.

Amber light: Vitamin C, multi-vitamins, glucosamine, quercetin, glutamine, fish oil and collagen.

Red light: Magnesium and herbal supplements.

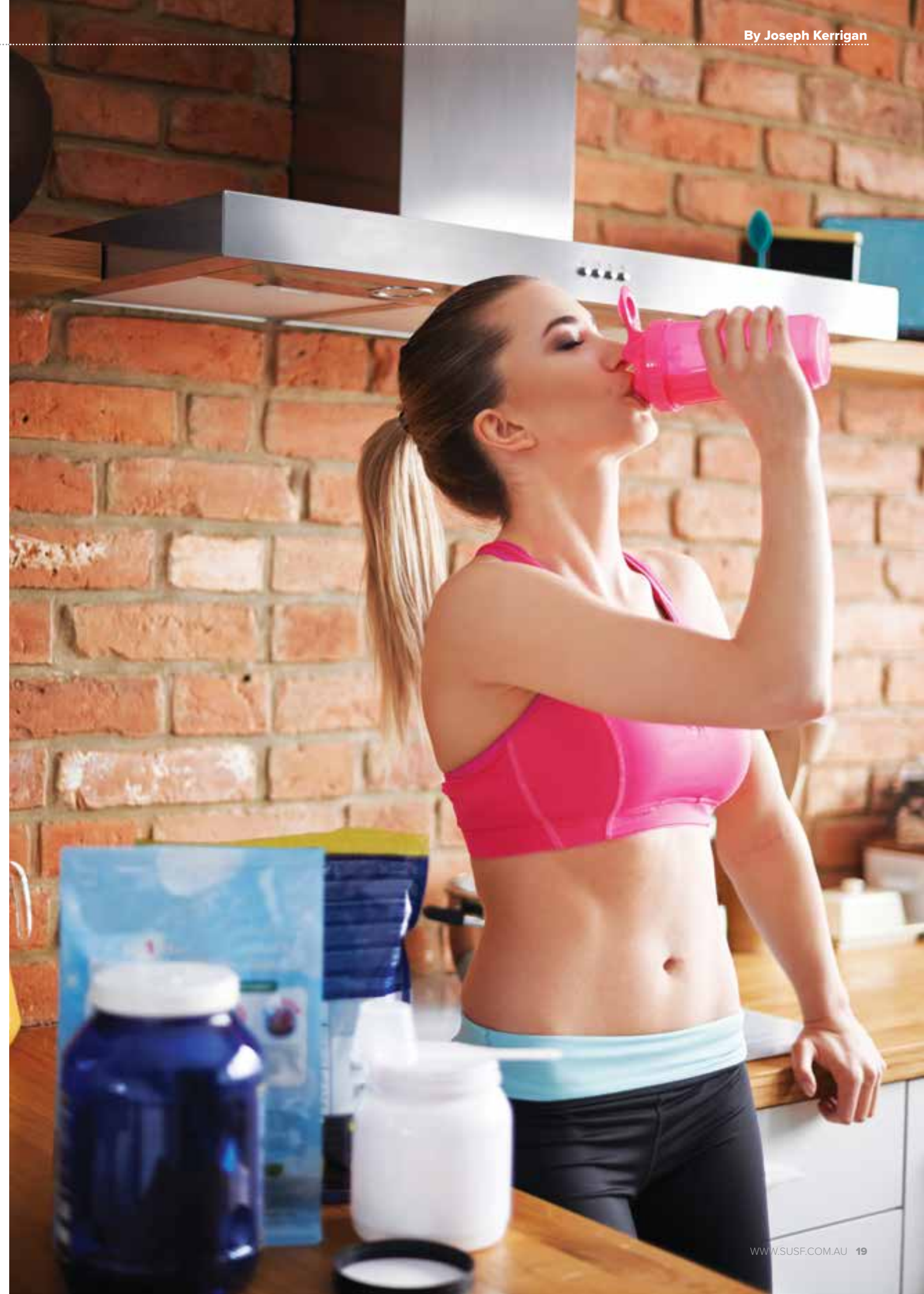
As you can see, most supplements fall into the red light classification, with only a couple in each training category with strong enough evidence to give them a green light. This agrees with the AIS (Australian Institute of Sports) 'ABCD' categorising system of supplements, where 'A' means they support the use of the supplement and have strong evidence of their effectiveness, 'B' which

is deserving of further research and may be beneficial, 'C' which has nearly no evidence or proof of beneficial effects and 'D' which is not recommended as the product may be banned or contaminated with substance that could lead to a positive drug test.

If you are still unsure on what supplement would best suit your needs, there is growing support in something you may have been drinking your whole life, milk. There is strong evidence stating that having milk post-exercise will assist recovery from endurance and strength training. Drinking a glass of low-fat milk after your strength training session will alter protein metabolism to help increase protein synthesis, leading to an improved net protein balance.

Milk has also been shown to be an effective rehydration drink post-endurance exercise, being equal to and beating all of the commercially available sports drinks. When you are undertaking concurrent training (combining endurance and strength training together) milk is an ideal nutrient dense drink that will optimise recovery, making you ready for your next session.

When choosing a supplement always do some research to confirm that the product is safe and does what it claims. The Australian Institute of Sport (AIS) website is a great place to start, as well as Sports Dietitians Australia. Always check the labels on supplements to ensure the ingredients match your training needs and if you are unsure talk to a nutritionist about your individual dietary requirements.



YOUR NEXT WORKOUT

Here's something Strength and Conditioning Coach Dane Gray prepared earlier...No matter your age or gender, a strength based training program is recommended to develop lean muscle mass, which in turn has a tremendous impact on the body's ability to burn excess fat.

A weighted full body circuit, performed with low loads, high repetitions and minimal rest will ensure your heart rate is elevated throughout the entire workout, burning fat while you develop strength and muscle tone. The extra hit of cardio at the end will take the workout to another level.

STRENGTH

Perform all exercises in a circuit, with 45 seconds work time, and 15 seconds rest between each one. Have 1 minute rest after you have completed the whole circuit. Repeat the workout 3-4 times.

1) Overhead Plate Reverse Lunge

- a. **Beginner** – Start with a light weight plate.
- b. **Advanced** – Use a heavy plate or include a step-up after the reverse lunge.



2) Dead Bugs

- a. **Beginner** – Start with no weight.
- b. **Advanced** – Hold light dumbbells or weight plates in your hands.



3) TRX Row

- a. **Beginner** – The higher you stand the easier it will be. Start high and aim to get lower each set.
- b. **Advanced** - Put feet onto a bench so your body is parallel to the floor.



4) Lateral Glute Walks

- a. **Beginner** – Start with a thinner band as you get used to the movement.
- b. **Advanced** – Progress to using thicker bands to increase tension.



5) Plank Plate Transfers

- a. **Beginner** – Start with small weight plates.
- b. **Advanced** – Use heavier weight plates or raise alternate leg to the arm moving plates.



6) Tricep Dips

- a. **Beginner** – Bend knees to a 90 degree angle.
- b. **Advanced** – Place feet on a bench.



7) ADD BONUS EXERCISE FOR EXTRA CHALLENGE – Push Ups

- a. **Beginner** – Place hands on a bench and perform on an incline.
- b. **Advanced** – Place a weight plate on your back.

Cardio Kicker

3 x 5 minutes – Constantly alternate between 15 seconds hard effort and 15 seconds active rest for the 5 minute duration.

This can be performed running outdoors or on any form of cardio equipment.

MIXING IT UP

GETTING OUTSIDE FOR SOME EXERCISE ON THE BUSH TRAILS AROUND SYDNEY IS DEFINITELY ON THE AGENDA THIS SUMMER. SO WHAT DO YOU PUT IN YOUR PACK TO EAT AND DRINK WHILE YOU ARE OUT ON THE TRAIL?

Accredited Sports Dietitian, Rebecca Hay, shares her know-how, hints and tips on hiking food, hydration, menu planning and a nutritious and lightweight trail mix that will keep you right on track.

Bush walking is a little different to a walk around the local oval or stepping out on your neighbourhood footpath. It is harder, much harder! So how does this impact on the foods and drinks you take on a walk? Well, it means you need to eat more than you think. It means you should have a nourishing energy rich meal before you leave for your walk and you need to consume enough energy to keep your brain working as well as your muscles.

When hiking you shouldn't wait till you feel hungry or thirsty to eat or drink. A normal breakfast is best - something like a bowl of cereal with milk, fresh fruit and a slice of multigrain toast with a little peanut butter, would be an ideal pre-walk breakfast. It contains plenty of carbohydrate for energy and a little bit of protein to satisfy the appetite. The timing of your meal is important and I would suggest this is consumed at least 60 minutes, maybe longer than this, before you leave. Make sure you are properly hydrated before you leave too, with a drink of water to wash down your pre-walk meal.

If you are out for an extra-long walk you might want to have a few different things available to keep it interesting and mix it up a bit. Don't underestimate the enjoyment factor that snacks and meals can provide on a long haul. Satisfying food can be a real morale booster, a high point of the day, as you meet the mental and physical challenges of your trip. Avoid boredom by keeping your menu interesting. Energy foods are needed on these long walks, mostly carbohydrate-rich food, and some protein-filled foods to satisfy the appetite. Protein will assist with reducing muscle soreness and muscle recovery after the walk. A good rule of thumb is to pack one to two food items for each hour of walking.

For a 3 hour walk you might choose: 1 cheese sandwich, 2 small pieces of fruit and 1 muesli bar or small bag of trail mix. Eat small amounts often and make sure your food is easy to access. If you have to stop, take off your bag and rummage through it every time you eat, the ordeal will likely mean you skip eating when you shouldn't. So, have your nibbles in easy to access spots like pants pockets, compartments on the outside of your bag or pouches on the straps of your backpack.

The amount of water to carry varies from person to person. If you know you are a heavy sweater you will need to carry more water. Advice with fluid intake is to have small amounts regularly as it is more efficient for absorption and more comfortable on the stomach. The hotter the day, the more fluid you will need. A little extra salt can help with fluid absorption too. It is not always necessary to add this to your water though. Some of the foods consumed are good sources

of salt. For example, bread is a good source of sodium or use salted nuts in trail mix. I would encourage at least 500ml of water for each hour of walking, with more on a hot day.

LESSONS FROM EXPERIENCE

Some of the physiotherapy team from The Sports Clinic at Sydney University and I, participated in the recent Sydney Oxfam Trailwalker event. This is a 100km trail walk from Brooklyn to Manly and took us just over 30 hours. Among the many lessons we discovered on our journey, we learnt what food worked and what food fell flat.

Savoury options we liked included vegemite and cheese sandwiches or wraps, plain brioche buns with a little butter, smashed up potato crisps and trail mix. Some of the sweet options included jelly lollies, sports bars/muesli bars and sports drink. What we learnt on this walk was that fresh food was better. We really got over sweet foods pretty quickly – I would say by the 12 hour mark we were craving the savoury or plain options more.

Of course when we finished we ate whatever we wanted as we had about 15,000 calories to makeup!

The great outdoors can easily live up to its billing if you get the food and water equations right in terms of energy and enjoyment. See you on the trail.

Author at *The Athlete's Kitchen* and Sports Dietitian, Rebecca Hay is based at *The Sports Clinic*, the multidisciplinary sports medicine centre at the corner of Western Avenue and Physics Road, University of Sydney.

Trail mix (makes 5-6 serves)

Ingredients

- 1 cup of your favourite nuts or a mix of nuts (use salted nuts if weather is hot if you like)
- 1/4 cup of seeds
- 1 handful of raisins (you can use any dried fruit here)
- 1 tablespoon of shredded or flaked coconut (toasted is nice)
- 1 tablespoon of dark chocolate bits (optional)

Method

Mix all ingredients together and store in an air-tight container. Will store for up to 1 week.

Phones FOR FITNESS

PHONES ARE OUR CONSTANT COMPANION IN THE SCRAMBLE TO STAY UP-TO-DATE. WE ARE CHAMPIONS AT SCROLLING AND SWIPING, YET WE MAY BE FORGETTING THAT OUR PHONE COULD ALSO HELP US TO STAY HEALTHIER, FITTER AND HAPPIER, WRITES DOUGLAS NOBLE BROWN.

The Apps market is flooded with 'pick me' noise so to give you a hand we review a few of the better nutrition and fitness Apps. The buffet is big so we'll focus on diet and running apps in this first outing.

How much we move each day, given recommendations on daily physical activity and what we put into our mouths remain cornerstones of health and happiness.

MyFitnessPal and **MapMyRun** are two of the most popular health and fitness apps in the world and you'll see why if you give them a try. They are part of the internationally successful sports brand, *Under Armour*, which has produced a suite of apps that gel together, and how far you go, like in building the Lego tower, is totally up to you.

MyFitnessPal contains all nutrition and fitness data in one place, which allows the user to easily view how their daily activity influences their calorie intake, and health goals. It's perfect for anyone on the go looking to lose weight or hoping to sustain their current healthy weight. It can be tailored to doctors' or dietitians' recommendations. There is a free version, which has pop-up advertisements. While there is an option to subscribe (yearly or monthly), it is considered by many to be too expensive to warrant purchase for the limited additional features.

For the first few weeks the app can be

time-consuming, as you learn the ropes. It doesn't contain every single food, and there are multiple versions of certain food groups, which contain different calorie totals. Once you match the food you're eating to the right option on the app, and you get into a weekly routine, the ease of the app increases drastically. **MyFitnessPal** also provides you with an estimate of the calories that you should consume; and adjusts this number to suit your goals. If you wish to get a handle on the foods you eat, this app is for you.

In conjunction with **MyFitnessPal**, the **FitMenCook** app is another excellent tool for maintaining fitness. This app has a huge variety of recipes for all kinds of diets. It is also really useful for those occasions when you just don't know what you should eat for dinner. Just browse through the app and select something delicious. All the foods have caloric (and macronutrient) breakdowns so you can fit it into your calorie budget. Alternatively, you can just eat them anyway because they're healthy and delicious. The app also functions with the *Apple Health* app. The fitness director at Men's Health, B.J. Gaddour, has coupled great meal plans with gym workouts to make **FitMenCook** one of the best apps around.

If the gym isn't for you, or you prefer distance exercise, then **Runkeeper** could be a contender for you. Not only does it have a free version (the paid edition gives you coaching plans), the intuitive

interface and the vast community of like-minded individuals that can be found on the app are great ways to help keep yourself motivated and on track. The app records your pace, distance, total exercise time, calories burned and other useful data. The app uses your phones' GPS to track your running (along with any other distance activities) which you can measure against others, or, if you prefer, you can set-up challenges that you wish to achieve.

An oldie that still features in the charts for good reason is the **MapMyRun** app. You can map and share your walk or run course, no matter the location or length with others and have access to over 70 million routes worldwide. You could even set the world record from your place to your corner shop! The app tracks your speed, intensity, distance and calories burned providing a history of effort and enjoyment. Additionally, this tool integrates data from **MyFitnessPal**, making it easier to adjust your calorie totals accordingly.

These apps are just a select few that are worth checking out. There are hundreds of others which can help you achieve your fitness goals. Apart from needing the odd jolt of electricity, these nominated training buddies are on call 24/7 and provide a great starting point to help you begin your journey towards using your smartphone for physical benefit.

Top Fitness Apps

MyFitnessPal
MapMyRun
FitMenCook
Runkeeper

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Sunday 20 November	Townsville	3.00pm
Friday 25 November	Bendigo	7.30pm
Saturday 10 December	Bendigo	7.00pm
Saturday 17 December	Dandenong	7.00pm
Sunday 8 January	Canberra	5.00pm
Saturday 21 January	Perth	7.00pm
Saturday 11 February	Dandenong	7.00pm
Saturday 11 February	Adelaide	7.00pm

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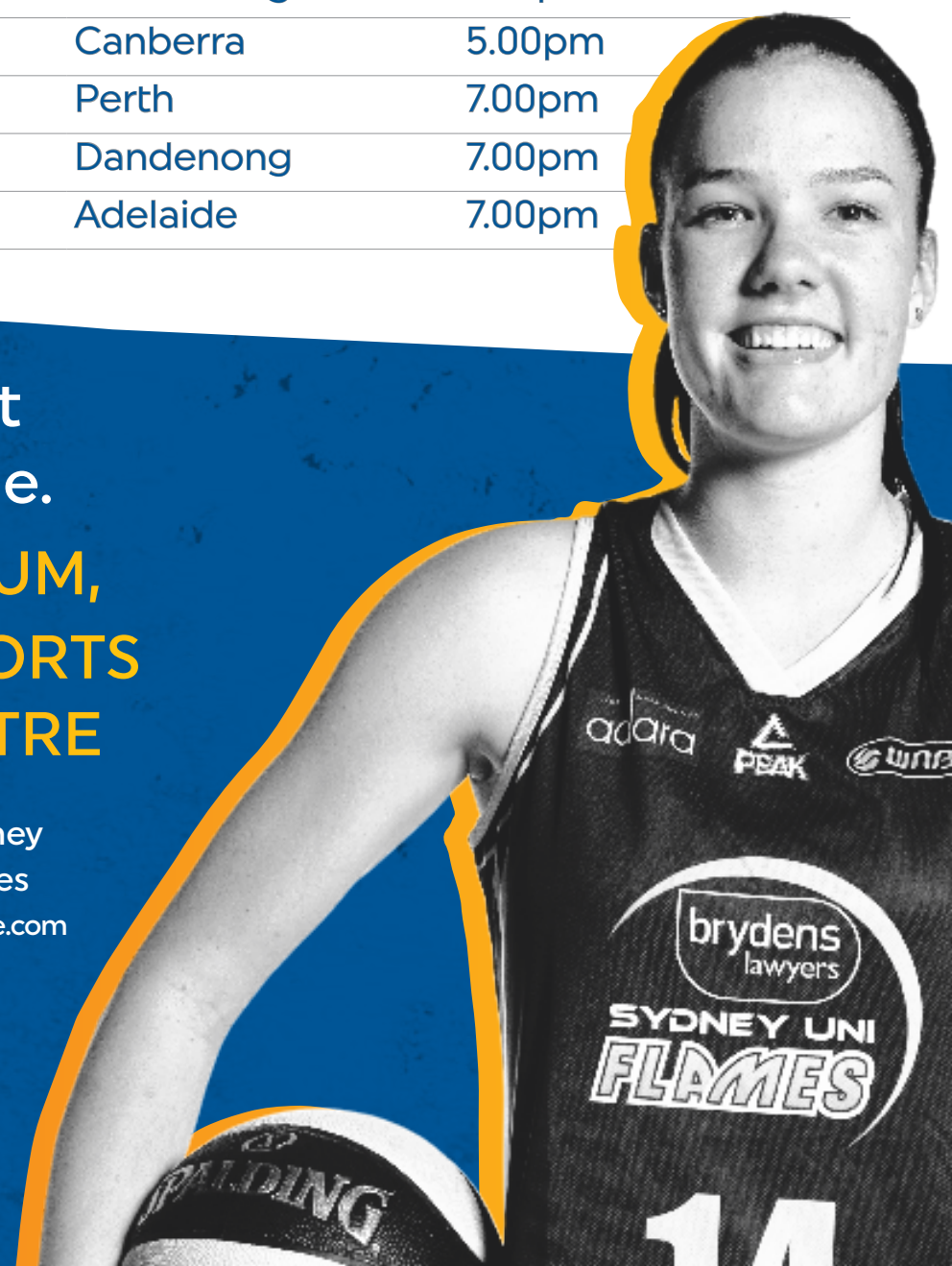
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TACKLING THE CHALLENGES



SYDNEY UNIVERSITY FOOTBALL CLUB CELEBRATE SUCCESS WITH AN EYE FOR IMPROVEMENT, WRITES GRAHAM CROKER.

Taking over the presidency of Sydney University Football Club (SUFC) after the 15-year David Mortimer reign was never going to be easy, but Angus Stuart is modestly pleased with the on- and off-field achievements in 2016.

Mr Stuart said the club was grateful to be able to start the 2016 season at the Sydney University Football Ground, a new home after 153 years at No.1 Oval.

"With a purpose-built grandstand, a world-class gymnasium, a function centre and a proper football square, it was wonderful to kick-off with a 46-29 win over Eastwood," he said.

"The Shute Shield was one of the most closely contested for many years, with the top eight sides all well matched on their day.

"Working with a very young squad, the coaches and players did well to win the minor premiership and make it through to the Shute Shield grand final. But Northern Suburbs were too good on the day, running out 28-15 winners and breaking a 41-year drought to collect the 2016 title. Congratulations Northern Suburbs."

Sydney University Second Grade dipped out of contention in the semi-finals, but Third Grade collected the Henderson Shield with a 20-12 result over Warringah and Fourth Grade secured the Henderson Cup with a 24-10 win over Eastwood.

In the Colts grand finals played at Forshaw Rugby Park, Sydney University First Grade defeated Northern Suburbs 26-21, Second Grade went down to Randwick 34-27, and Third Grade defeated Eastern Suburbs 25-5.

Sydney University also won the Women's Premier grade grand final with a 25-24 win over Parramatta at Waverley Oval,

making it back-to-back titles.

With a new season came some new faces. Mr Stuart said he enjoyed working in his first year in the role with a new general manager in David Haigh and a new head coach in Tim Davidson, who juggled coaching with his full-time employment.

"We made a conscious decision to ensure we were as efficient and effective off the field as we were hoping to be on the field. We had to think of ways we needed to work as a team off the field to help win games and help produce quality young men and women," he said.

"I think we've worked really well together and it's been very fulfilling trying to implant a new approach in the wake of David Mortimer's long legacy."

Mr Stuart said that while the new structures were being established, they hadn't forgotten the need to provide cutting-edge training programs to maintain the on-field impetus. "It's important that our infrastructure is stronger than ever at the grassroots," he said.

General manager Haigh was also happy with the way the club has progressed.

"It was a start-up year for all of us and a chance to re-set the club," he said. "We had a strong foundation to work with and capitalise on and we were able to look at the club with fresh eyes and fresh ideas.

Despite losing in the Shute Shield grand final, coach Davidson was pleased with the efforts of the club across the board.

"We were club champions once again, we were minor premiers in First and Third grades and First and Second Colts, and we won premierships in Third and Fourth grades and First and Third Colts," he said. "That's a strong season.

"It also says something about the good culture that's been maintained at the club over a long period. It's easy to get carried away with one premiership or one club championship, but the culture here has been able to keep a lid on that. Celebrate the success, but look to the next challenge."

Meanwhile, SUFC's Tom Robertson

became capped Wallaby 898 when he took the field in the 60th minute of the Test against Argentina at NIB Stadium, Perth, on September 10th.

And there might be another SUFC capped Wallaby by the time of going to press, with Tolu Latu in the Wallabies squad for Rugby Championship matches in South Africa and England.

Still on the representative front, SUFC provided 22 players for Australian sides in the Super XV Rugby competition. They included Bernard Foley, Israel Folau, Henry Clunies-Ross, Will Skelton, Paddy Ryan, Nick Phipps, Tolu Latu, Dave Dennis, Dean Mumm, Jeremy Tilse and Brad Wilkin with the NSW Waratahs; Tom English, Mitch Inman, Sam Jeffries, Nik Stirzaker and Laurie Weeks with the Melbourne Rebels; Sam Carter and James Dargaville with the ACT Brumbies; Nathan Charles and Ben McCalman with Western Force; Sam Talakai with the Queensland Reds, and David Duling with the Sharks in South Africa.

SUFC players Pat McCutcheon, Ed Jenkins, Tom Kingston and Greg Jeloudev were members of the Australian Sevens squad which contested the 2015-16 World Rugby Sevens Series. Ed, Pat and Tom also represented Australia in Sevens at the 2016 Olympic Games in Rio de Janeiro. Ed captained the team in both events.

Mr Stuart said it was important to maintain and build on the Club's strategies to make it possible for players to further their careers. "SUFC has such a great system of volunteers, supporters, sponsors, parents and past players who help keep the club going," he said.

"That support network is now more important than ever with the pressures on the code. While we might be the fourth code in Australia revenue-wise, we're the leading code internationally.

"It's important that our infrastructure and support network is stronger than ever to help the club turn out fine young men and women and national representatives.

"With that support you celebrate the wins along the way and keep improving."

Bring on season 2017.

LIONESSES FEAST ON ROUND BALL



**"THE LIONESSES
HAVE ACHIEVED
BACK-TO-BACK
CHAMPIONSHIPS,
2015 AND 2016."**



THE UNIVERSITY OF SYDNEY WOMEN'S FIRST GRADE SOCCER TEAM HAVE THIS SEASON WON, IN THE WORDS OF CAPTAIN LIZ GREY, "ALL OF THEM," WRITES LAURA HANLON.

Competing in the Women's PS4 National Premier League 1 team (NPL 1), the Lionesses have achieved back-to-back Championships, 2015 and 2016, as well as being crowned 2016 Premiers after finishing top of the table after eighteen rounds of the regular season. The Sydney University Soccer Football Club (SUSFC) was also awarded the 2016 Club Championship, effectively claiming, "all of them."

Such a sustained level of success is rare, not forgetting the Lionesses made history last year as the first ever team, male or female, from SUSFC to achieve the honour of Champions at

the NPL 1 level, the top tier of soccer in NSW. The Lionesses retained their Championship mantle this year with a hard fought 2-1 victory over North West Sydney Koalas in the grand final on Sunday 28 August, 2016.

Talk of a dynasty in the making is not a sign of arrogance; it is a sign of aspiration. It is built on a whole-of-club effort from administrators, coaches, support staff, players, family, supporters and sponsors aligned in determination and purpose.

Our top PS4 NPL women's squad cannot maintain their success, season to season, without the Reserves, U17s and lower age sides all striving to achieve as well. The prestigious annual Club Championship Award is a real barometer of how well a club is tracking as it pools overall season results from U17s, PS4 Reserves and NPL 1 teams. Sydney University won this coveted award in 2016 for the PS4 NSW Women's. The status of this accolade is reflected in the official report of the PS4 NPL 2016 Gala Ceremony, where Club Championships for the Women's and Men's competitions are listed first, before all other categories of award winners.

While not in any sense capturing every golden moment, it's worth highlighting just a few noteworthy achievements across the three teams that contributed to securing the 2016 Club Championship.

The 2016 scoring statistics summary for the PS4 WNPL 1 sides is illuminating. Three Sydney University players feature in the top 10 scorers mainly, Evelyn Chronis, third place on the list with 13 goals and Emma Stanburg and Georgia Yeoman-Dale both blasting eight balls into the back of the net. No other team had more than one player feature in this top 10. Such stats speak volumes of a team's overall strike power and not relying on one player to score.

Our PS4 Reserves finished the regular season as runners-up, behind Manly United FC, eventually going down 1-0 to Blacktown Spartans FC in the Preliminary Final. Capping a brilliant year for Uni, Adriane Demetrious was named PS4 NPL Women's Reserves Player of the Year. This award is voted on by their peers.

Sydney University SFC Women's U17 side were the 2016 Premiers, racking up a monumental 41 competition points at season end. This tally even eclipsed our NPL 1 Premiers who notched an imposing 39 points. Our U17s only tasted defeat twice over the eighteen rounds. They made the grand final only to go down 1-0 to arch rivals, Blacktown Spartans in the tightest of games. Sydney University had beaten Blacktown in the main semi-final, 2-1.

For the record, our U15 team finished the season a highly creditable fifth place, while our U13s made it through to the minor semi-final, going down narrowly 3-2 to the Emerging Jets.

In every grade of our women's teams it is about giving your best in all aspects of preparation and on game day; improving as a player; playing for each other and harbouring a motivation for success.

The construction and completion of the centrepiece TAG Family Foundation Grandstand and upgraded facilities on Sydney University Football Ground (formerly known as University No. 2 Oval), along with the magnificent sponsorship from Brydens Lawyers are key pieces in the puzzle that represents a culture of quality. Such corporate support and facilities help create a culture of excellence.

Yes, sport is about enjoyment and participation but that joy is enhanced if you are winning. Liz Grey, our 2015 and 2016 NPL 1 Women's Captain stated last year, "The team behind you is crucial for player support and success." No truer words were spoken.

It doesn't end there as this current period of unparalleled success has all sorts of positive spin-offs. The word is out that if you are serious about your football and wish to go ahead in the women's game then come and play with SUSFC.

BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY



2016 'BLUE & GOLD' WATER POLO LUNCHEON

More than 200 guests and twenty-four national Water Polo representatives were in attendance at the seventh annual 'Blue & Gold' Water Polo Luncheon, staged at The Ivy Ballroom, on Friday 26th August. At the outset, guests were reminded of another excellent year of results for the Sydney Uni Men's and Women's Water Polo Clubs, culminating in:

- The first ever National League title for our women's team;
- A second consecutive National League minor premiership for our men's team; and
- A comfortable win in the inaugural year of the Peter Kerr Trophy for the Club with the best combined performance by its men's and women's National League teams.



The Club Presidents, Simon Lewis and Anthony Green, acknowledged their entire Club performances. The pair emphasised the successes of junior teams and representative players, notably Johnno Cotterill, Iso Bishop, Hannah Buckling, Keesja Gofers and Lea Yanitsas, who were all 2016 Olympians at the recent Games in Rio de Janeiro.

Adam Spencer was once again the panel moderator. Both of his panels comprised of Sydney Uni Olympians with stories to tell from the recent Olympic Games in Brazil.

All of the 2016 stingers implied that they still have some unfinished Olympic business to attend to. We assumed that they were referring to water polo, although Iso Bishop appeared to be very taken by her sighting of the French tennis star, Jo-Wilfred Tsonga, in the Olympic dining room!

2016 'BLUE & GOLD' OLYMPIC CELEBRATION LUNCHEON

There was plenty to celebrate at the 2016 'Blue & Gold' Olympic Celebration Luncheon on Friday 16th September. Sydney Uni had our greatest ever representation at the Rio de Janeiro Games – 27 Olympians and 6 Paralympians. Five of our Olympians brought home medals – 1 gold, 3 silver and 1 bronze. Our Paralympians, who were still competing at the time of the Olympic Celebration Luncheon, eventually came home with 1 silver and 2 bronze medals.

Artist Simon Fieldhouse produced a collage of art card drawings depicting the 27 Sydney Uni Rio Olympians and the 6 Sydney Uni Rio Paralympians. These prints were presented to our Rio Olympians by the Chancellor and the Vice Chancellor. The panel moderator at this function was

Rob Carlton and he was in his element interviewing 2016 Olympic 1500m semi-finalist, Jenny Blundell; 3000m steeplechase finalist and 5000m finalist, Madeline Hills; 200m semi-finalist, Ella Nelson and her best friend/400m semi-finalist and finalist in the 4x100m relay, Annie Rubie.

Rob Carlton's second panel comprised of 2016 Olympic Water Polo quarter-finalist, Hannah Buckling; Rugby 7s quarter-finalist, Pat McCutcheon; silver medal winning 470 class yachtsman, Will Ryan and 1000m Canoe Kayak K1 finalist (and 2012 Olympic gold medallist), Murray Stewart.

Our luncheon guests were intensely interested in the stories told by the 2016 Sydney Uni Olympians. All eight of our panellists did themselves, their SUSF-affiliated Clubs, their University and their country proud.



2016 SUSF/BLUES ASSOCIATION GOLF DAY

The field for this year's SUSF/Blues Association golf day on Wednesday 5th October involved 15 teams mostly comprised of Sydney Uni sporting alumni and their golfing friends. It was held at the picturesque St Michael's Golf Club.

Sam Deguara had 40 stableford points to win the individual event by two shots from Ivan Cottom and Roger Williams.

The main event for teams with Golf Australia handicaps involved the best two stableford scored on every hole and the placings were as follows:

- In equal 3rd place with 88 points were 'Team Adams' (David Adams, Ted

Griffin, Peter James and David Wills) and 'Team Smith' (Jeremy Baker, Craig Davis, Bubba Nickel and Ed Smith).

- 2nd place with 90 points was the Sydney Uni Sport & Fitness (SUSF) Team of has-been Aussie Rules players (John Baistow, Ivan Cottom, Frank Simper and Rod Tubbs).
- 1st place with 93 points was one of SUSF's longest standing sponsors, Southern Design (Paul Khoury, George Neou, Sam Safi and Steve Swaine).

The 2016 SUSF/Blues Association Golf Day is always a great lead-up event to the annual 'Blue & Gold' Xmas Hamper Golf Day, held on Wednesday 30th November. Good golfing to all in the interim.

2016 'BLUE & GOLD' SPORTING FUNCTIONS

CRICKET LUNCHEON

Friday 18th November

From 12:00 noon at The Ivy Ballroom, 320 George Street, Sydney

XMAS HAMPER GOLF DAY

Wednesday 30th November

From 12:00 noon at St Michael's Golf Club, Little Bay

Decade of development

SYDNEY UNI SPORTS & AQUATIC CENTRE

THEN

2012 - After several years of planning, work has begun on the major expansion of Sydney Uni Sports & Aquatic Centre.

The bulk of the HK Ward Gymnasium facilities will be relocated to the Darlington complex, so most of the indoor sports will be housed under the one roof.



NOW

Sydney Uni Sport & Fitness (SUSF) officially opened its \$15 million Sports & Aquatic Centre extension on Thursday, August 15, 2013.

The expanded centre provides a new and vastly improved home for the Brydens Sydney Uni Flames WNBL team; plus a second multi-purpose court, a state-of-the-art Brydens group fitness studio, Brydens boxing gymnasium, and Brydens martial arts dojo, all enabling a vastly enhanced user experience.



SYDNEY UNIVERSITY NO 2 OVAL

THEN

2009 – While planning for the redevelopment of University No 2 Oval began in earnest during 2009, the dream to provide a world-class home for our rugby and soccer football teams, which have always struggled to share the over-worked field with our Cricket and AFL teams, first emerged shortly after World War II!

Only the No 1 Oval has offered a suitable grandstand and standard of facilities required by these football codes but plans for the transformation of No 2 Oval will relieve this pressure.



NOW

The TAG Family Foundation Grandstand, Sydney University Football Ground (Formerly known as University No 2 Oval).

Sydney Uni Sport & Fitness officially opened its \$13+ million multi-sport TAG Family Foundation Grandstand on Wednesday, 6th April, 2016.

The completion of this new grandstand and the remodelled playing field takes pressure off the No 1 Oval. This marks the completion of the University of Sydney's suite of facilities, promised after the demolition of the old HK Ward gymnasium, which made way for the Charles Perkins Centre.

Designed to provide the latest in comfort for 1,100 spectators, the state-of-the-art structure is not just a viewing platform. It strategically incorporates the following additional facilities:

- An impressive two-level, high-performance strength and conditioning gym, named after its benefactor and rugby club stalwart, David Mortimer AO.

- A superbly appointed meeting room (The Bruce Ross Board Room)
- A 300-seat function room and adjacent bar area to which the Sydney Uni Soccer Football Club and its Foundation have acquired the naming rights.
- Martin Lambert Indoor Cricket Centre (An area which also accommodates indoor training for many other sports).
- Four spacious change rooms.
- An array of club offices.
- A purpose-built medical room, a lunch room and storage area for grounds staff.



SYDNEY UNI BOATSHED

THEN

2006 – The Linley Point Boatshed was destroyed by a fire on March 26, 2006, after 42 years of successful operation. It is believed this was the work of an arsonist. Since the fire, the men's sydney uni rowing program has been without a working boatshed.

2015 - After consultation with all stakeholders of the Sydney Uni Boat Club and Sydney Uni Women's Rowing Club, the two clubs voted to amalgamate in September 2015. The amalgamated club will be known as the Sydney University Boat Club (SUBC). This has provided a fully operational, administrative, training and competitive entity.

NOW

The Thyne Reid boatshed complex is taking shape at Linley Point, with completion expected late 2016.

SUBC aspires to be, "the best rowing club in Australia, providing opportunities and experiences to student rowers, alumni and the general university community."



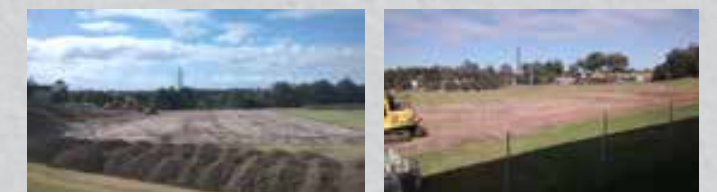
HOCKEY FIELD

NEXT

"The Home of Hockey" Appeal is a call to all Sydney Uni Hockey Club (SUHC) supporters and to benefactors of sport in general to help provide a permanent home base for a club with a proud 110 year history.

The Home of Hockey's immediate goal is to raise the last \$100,000 for the first field at Cumberland. This field is Stage 1 of an international-standard hockey facility.

To help us realise this project, please contact Rodney Tubbs (r.tubbs@sport.usyd.edu.au)





SUMMER
2016/17

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AFL

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

FOR MORE INFORMATION:

(Men) www.suanfc.com afl@sport.usyd.edu.au
(Women) www.suwafc.com suwafc@sport.usyd.edu.au



AMERICAN FOOTBALL

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:

www.sydneyunigrdiron.com
americanfootball@sport.usyd.edu.au



ARCHERY

The Sydney Uni Archery Club, established in the 1970s, 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:

www.suac.org.au
archery@sport.usyd.edu.au



ATHLETICS

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

FOR MORE INFORMATION:

www.suac.org
www.facebook.com/SUACinfo
athletics@sport.usyd.edu.au



BADMINTON

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

FOR MORE INFORMATION:

www.usydbadminton.com
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:

www.sydneyni.baseball.com.au 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:

www.sydneyniflames.com.au basketball@sport.usyd.edu.au



ROWING

Sydney University Boat Club (SUBC) competes as Sydney University in the club, state and national Championships and includes members of the Australian Squad. For the past few years SUBC has been the leading rowing club in New South Wales, catering to men and women across all levels of experience.

FOR MORE INFORMATION:

www.subc.org.au 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. 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:

www.subxc.com.au 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:

www.sydneyniversitycanoeclub.com.au 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 succ@sport.usyd.edu.au
(Women) www.uwcc.com.au 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:

www.sufc.org.au 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:

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:

www.sugymcheer.org gymnastics@sport.usyd.edu.au or 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:

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:

www.suhc.asn.au 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 AUGs. SUJC is run by students and has black-belt instructors with international experience. 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, dedicated women's classes, and runs numerous social activities.

FOR MORE INFORMATION:

www.sydnejudo.com 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:

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:

www.usydkendo.com 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:

www.sunetball.com.au 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:

www.surmc.org.au rockclimb@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:

ckintis@ro.com.au [8263 6639](tel:82636639) or [0408 290 197](tel:0408290197)



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:

(Men) www.sydneynirugby.com.au (Men) sufc@sport.usyd.edu.au
(Women) www.sydneyniwomen.rugbynet.com.au
(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:

www.usysailing.com 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:

www.susfc.org.au 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:

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 which 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:

squash@sport.usyd.edu.au



SWIMMING

The Sydney University Swimming Club (SUSC) complements squad training offered by Sydney Uni Sport & Fitness (SUSF). The club provides competitive opportunities for members of all ability levels ranging from monthly Club Nights to Area, State, National and International events.

FOR MORE INFORMATION:

www.sydneynisc.swimming.org.au suscsecretary@gmail.com



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:

www.usydt.org tabletennis@sport.usyd.edu.au





TAEKWONDO

The Sydney Uni Taekwondo Club started in 2001 and provides 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:
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:
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:
www.sydney.touch.asn.au 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:
www.suufa.ufnsw.com.au ultimatefrisbee@sport.usyd.edu.au
[SUUGA](https://www.facebook.com/SUUGA)



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:
www.suvelo.com.au 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, AUGs 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:
www.suvolleyball.com 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:
www.sulionswaterpolo.com (Men) waterpolomen@sport.usyd.edu.au
www.suwaterpolo.com.au (Women) waterpolowomen@sport.usyd.edu.au



WATERSKI & WAKEBOARD

The Sydney Uni Water Ski 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 a legendary houseboat weekend each year.

FOR MORE INFORMATION:
www.usydwake.com 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:
wrestling@sport.usyd.edu.au





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SUSF HEALTH & FITNESS FACILITIES



TENNIS PROGRAM

Sydney Uni Tennis prides itself on providing the highest quality tennis coaching available in Sydney.

As an official Tennis Australia MLC Hot Shots Ambassador, Sydney Uni Tennis offers a wide range of modified tennis programs for children aged 4-12 years.

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

ENQUIRIES

 **CALL (02) 9351 4978**  **EMAIL tenniscoaching@sport.usyd.edu.au**



SWIMMING PROGRAM

SUSF offers programs for pre-school, school age, teen and adult Learn to Swim, Junior, Teen and Adult squads all year round.

With swimming classes running 7 days a week and a free assessment before enrolment, there has never been a better time to start swimming. SUSF also offers adult swim classes for all levels - beginner, intermediate, advanced and stroke correction.

All lessons include a water safety component.

ENQUIRIES

 **CALL (02) 9351 4978**  **EMAIL swimschool@sport.usyd.edu.au**



SPORTS & AQUATIC CENTRE

Splash out at SUSAC with its wide range of fitness facilities and services.

SUSAC features:

- 50m heated indoor swimming pool
- 4 squash courts
- Modern fitness equipment
- RPM studio
- Martial arts room
- Health assessments
- Personal training
- Indoor & outdoor boot camp
- 6 synthetic grass tennis courts
- Multi-function sports hall
- Group fitness studio
- Boxing room
- Multi-function sports stadium
- Fitness testing
- Mint Cafe & Sports Bistro

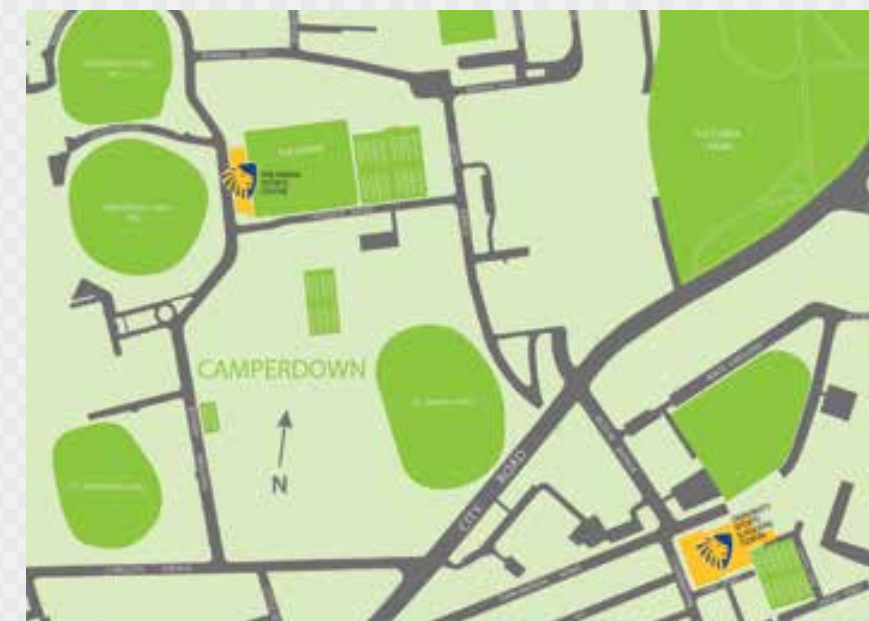
Opening Hours

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

ENQUIRIES

 **CALL (02) 9351 4978**  **EMAIL nmrc@sport.usyd.edu.au**
 **FAX 02 9351 4982**  **Cnr Codrington St & Darlington Ave**

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- Scientific health assessments
- Multi-purpose sports hall
- 3 badminton courts

Opening Hours:

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

ENQUIRIES

 **CALL (02) 9351 8111**  **EMAIL arena@sport.usyd.edu.au**
 **FAX 02 9351 8105**  **Arena Sports Centre, Western Avenue**



THE LEDGE CLIMBING CENTRE

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

Opening Hours

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

ENQUIRIES

 **CALL (02) 9351 8115**  **Arena Sports Centre, Western Avenue**

HOME EVENTS CALENDAR

For all the latest event news & reviews visit: www.susf.com.au

NOVEMBER

DATE	TIME	SPORT	GAME	
11/11/16	7:30pm	BASKETBALL	Sydney Uni Flames vs Melbourne Boomers	Brydens Stadium
12/11/16	10:30am	CRICKET	Sydney Uni vs Eastern Suburbs	No.1 Oval
20/11/16	3:00pm	BASKETBALL	Sydney Uni Flames vs Townsville Fire	Brydens Stadium
25/11/16	7:30pm	BASKETBALL	Sydney Uni Flames vs Bendigo Spirit	Brydens Stadium

DECEMBER

03/12/16	10:30am	CRICKET	Sydney Uni vs Mosman	No. 1 Oval
10/12/16	10:30am	CRICKET	Sydney Uni vs Mosman	No. 1 Oval
10/12/16	7:00pm	BASKETBALL	Sydney Uni Flames vs Bendigo Spirit	Brydens Stadium
17/12/16	7:00pm	BASKETBALL	Sydney Uni Flames vs Dandenong Rangers	Brydens Stadium

JANUARY

07/1/17	10:00am	CRICKET	Sydney Uni vs Northern Districts	No. 1 Oval
08/1/17	5:00pm	BASKETBALL	Sydney Uni Flames vs UC Capitals	Brydens Stadium
11/1/17	7:15pm	WATER POLO WOMEN	Sydney Uni Lions vs Fremantle Marlins	Peter Montgomery Pool
14/1/17	8:30pm	WATER POLO MEN	Sydney Uni Lions vs Fremantle Mariners	Peter Montgomery Pool
14/1/17	2:00pm	WATER POLO WOMEN	Sydney Uni Lions vs Fremantle Marlins	Peter Montgomery Pool
14/1/17	3:15pm	WATER POLO MEN	Sydney Uni Lions vs Fremantle Mariners	Peter Montgomery Pool
20/1/17	7:15pm	WATER POLO WOMEN	Sydney Uni Lions vs KFC Queensland Breakers	Peter Montgomery Pool
20/1/17	8:30pm	WATER POLO MEN	Sydney Uni Lions vs KFC Queensland Breakers	Peter Montgomery Pool
21/1/17	2:00pm	WATER POLO WOMEN	Sydney Uni Lions vs Brisbane Barracudas	Peter Montgomery Pool
21/1/17	3:15pm	WATER POLO MEN	Sydney Uni Lions vs Brisbane Barracudas	Peter Montgomery Pool
21/1/17	5:00pm	BASKETBALL	Sydney Uni Flames vs Perth Lynx	Brydens Stadium

FEBRUARY

04/2/17	10:30am	CRICKET	Sydney Uni vs Parramatta	No. 1 Oval
05/2/17	10:30am	CRICKET	Sydney Uni vs Parramatta	No. 1 Oval
08/2/17	7:15pm	WATER POLO WOMEN	Sydney Uni Lions vs UWA City Beach Torpedoes	Peter Montgomery Pool
08/2/17	8:30pm	WATER POLO MEN	Sydney Uni Lions vs UWA City Beach Torpedoes	Peter Montgomery Pool
11/2/17	2:00pm	WATER POLO WOMEN	Sydney Uni Lions vs UWA City Beach Torpedoes	Peter Montgomery Pool
11/2/17	3:15pm	WATER POLO MEN	Sydney Uni Lions vs UWA City Beach Torpedoes	Peter Montgomery Pool
11/2/16	7:00pm	BASKETBALL	Sydney Uni Flames vs Dandenong Rangers	Brydens Stadium
18/2/17	7:00pm	BASKETBALL	Sydney Uni Flames vs Adelaide Lightning	Brydens Stadium
25/2/17	10:30am	CRICKET	Sydney Uni vs Fairfield-Liverpool	No. 1 Oval

MARCH

02/3/17	7:15pm	WATER POLO WOMEN	Sydney Uni Lion vs Cronulla Sharks	Peter Montgomery Pool
02/3/17	8:30pm	WATER POLO MEN	Sydney Uni Lion vs Cronulla Sharks	Peter Montgomery Pool
04/3/17	10:30am	CRICKET	Sydney Uni vs Fairfield-Liverpool	No. 1 Oval
05/3/17	2:00pm	WATER POLO WOMEN	Sydney Uni Lions vs UNSW Wests Killer Whales	Peter Montgomery Pool
05/3/17	3:15pm	WATER POLO MEN	Sydney Uni Lions vs UNSW Wests Killer Whales	Peter Montgomery Pool
10/3/17	7:15pm	WATER POLO WOMEN	Sydney Uni Lions vs Brisbane Barracudas	Peter Montgomery Pool
10/3/17	8:30pm	WATER POLO MEN	Sydney Uni Lions vs Brisbane Barracudas	Peter Montgomery Pool
24/3/17	7:15pm	WATER POLO WOMEN	Sydney Uni Lions vs KFC Queensland Breakers	Peter Montgomery Pool
24/3/17	8:30pm	WATER POLO MEN	Sydney Uni Lions vs KFC Queensland Breakers	Peter Montgomery Pool

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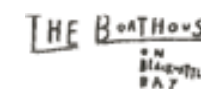
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