

ROAR



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SECOND CHANCES



SYDNEY UNIVERSITY FOOTBALL CLUB ENJOYS A STRONG START TO THE SEASON

SYDNEY UNI FLAMES SOAR INTO THE WNBL FINALS

SYDNEY UNIVERSITY ARE EXTREMELY IMPRESSIVE AT ROWING NATIONAL CHAMPIONSHIPS

MICHELLE JENNEKE FINISHES 2ND IN A NSW RECORD OF 12.82 IN THE 100M HURDLES

SYDNEY UNI SPORT & FITNESS

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FROM THE EDITOR

The winter months are just around the corner! And as the weather gets colder and days shorter, most of us struggle to find the motivation to keep fit. However, maintaining a healthy lifestyle during this time of year proves to be very important; not only will it keep us from feeling lethargic but it will ensure a strong immunity to most common colds. To try and help you stay determined at this time of year we have included a special piece in this issue of Roar; Winter Warmer, page 24. In this piece Lou Lou Stanley one of our Fitness Consultants here at SUSF, approached our gym members to find out what inspires them throughout winter. She has also included a handy winter workout for your convenience.

This issue of Roar covers a number of other great stories too!

Aaron Scott has interviewed both Tom

Young and Lewis Stevenson from AFL, as our feature athletes for this edition (page 10). This story proved to be an inspiration and provides insight into how quickly life can change when you are a professional athlete. Both men spoke about their new journeys in joining Sydney Uni to study and continue playing the sport they love.

Kristen Barnes gives us an overview of the 2014/15 Brydens Sydney Uni Flames season (page 14), one which proved to be full of both triumphs and tribulations. Regardless of the setbacks, injuries and hurdles thrown at the team – the Flames did not disappoint. Backed by an incredibly talented new coach, Shannon Seeböhm, who won the WNBL Coach of the Year, the team's performance has left fans excited and looking forward to the upcoming season.

Plus much, much more...

Struggling to understand why you're not

getting the outcomes that you should be on the scales? Check out Susie Burrell's Weight Loss Woes article on page 18.

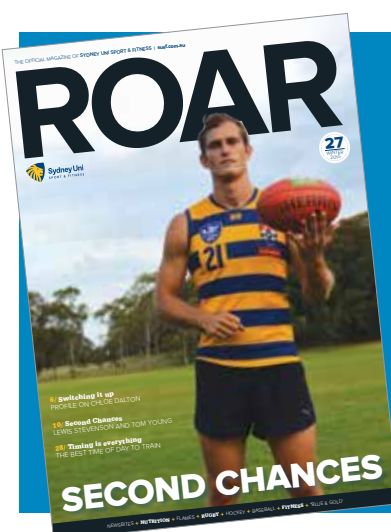
Not sure what time of day provides the best results for your body when it comes to exercise? Kristen Barnes has some tips for you on page 28, Timing is everything!

Also Winter Snow Camps are back and they cater for all ages! More information can be found on page 30.

Remember, regardless of what time of year it is, it's always a great time to join Sydney Uni Sport & Fitness and allow us to help you stay active and motivated!



Sarah Elias
Editor



ROAR MAGAZINE 27 EDITIONS YOUNG

ROAR



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JUMPING TO CONCLUSIONS

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TIMING IS EVERYTHING

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NEWSBITES



SUMMER TIMES

Sydney University Athletic Club will field nine of the 36-strong Australian track and field team for the 28th Summer Universiade to be held in Gwanju, Korea, from July 3-14. SUAC's four male representatives include Nicholas Hough in the 110m hurdles and 4X100m relay, Joshua Ralph in the 4X400m relay, Jin Su Jung in the 100m and 4X100m relay and Angus Armstrong in the pole vault. The club's five female representatives include Anneliese Rubie and Kate Spencer in the 400m, Michelle Jenneke in the 100m hurdles, Nicola McDermott in the high jump and Alix Kennedy in the discus throw. Jenneke, a Bachelor of Mechatronics student, became the second fastest Australian hurdler of all time when she finished second behind Sally Pearson at the recent Australian Championships in Brisbane. Armstrong, 18, became the youngest ever winner of the Australian pole vault title in Brisbane, while Hough is one of six athletes who return for their second Universiade. He reached the semi-finals of the 100m and 200m at Kazan, Russia in 2013. Kennedy also competed at Kazan, while Rubie competed in the 2011 edition in Shenzhen, China. The 2015 Australian team features three IAAF world championship-bound athletes in Hough (110m hurdles), Jenneke 100m hurdles and Madeline Heiner (5000m and 3000m steeplechase).

TWO FOR TWOS

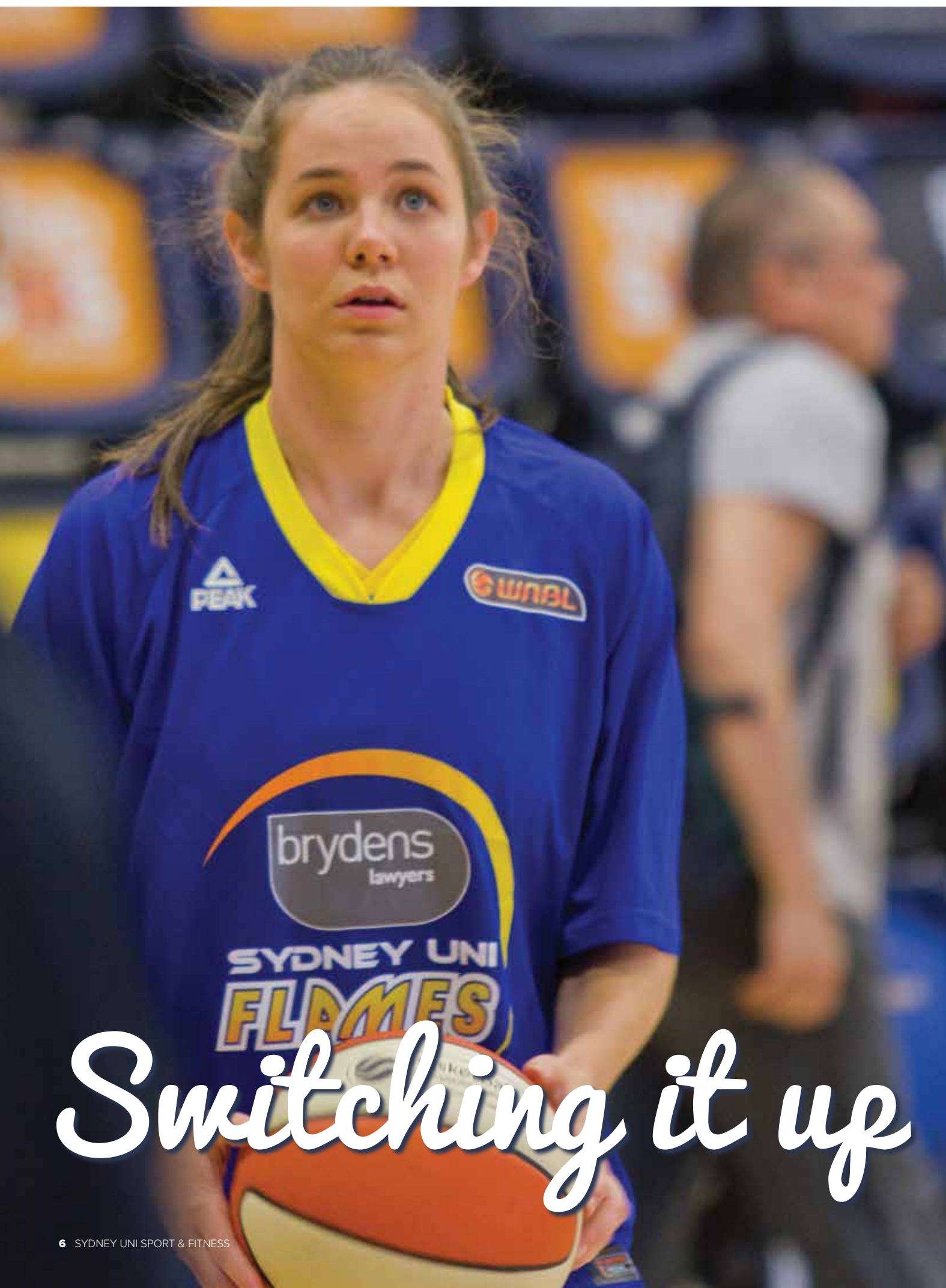
A boundary-laden century from Steven Hobson and a five-wicket haul from Josh Toyer helped Sydney University Second XI claim back-to-back Abert Cup titles in a rain-interrupted win over Manly-Warringah at Sydney University No.1 Oval. Entering the fray at No.6, with the Students teetering at 5-112, Hobson posted a match-defining 133, with 20 boundaries and a six in his 220-ball stay. He shared useful partnerships down the order, but it was a 103-run stand with No.10 Jim Ryan (46) that carried the Students to 330 off 118.4 overs. Manly-Warringah were always in trouble, chasing down the big total after Toyer trapped opener Luke Edgell lbw for five and Ben Joy had Rowan Hamman caught by Tom Kierath for a duck. Toyer went on to claim 5-35 and Joy finished with 3-40 as the visitors were all out for 117 in 43.5 overs. It was Hobson's seventh century for the club. His first was back in the 2011-12 season when he moved from England and arrived at Sydney University "for a bat". In his first game for SUCC he cracked 240 in a Fifth Grade encounter with Parramatta.

OLYMPIC IDEALS

With two rounds of the 2014-15 World Rugby Sevens Series to be played, the chances of Sydney University Football Club members Ed Jenkins, Greg Jeloudev and Tom Lucas making the 2016 Olympic Games in Rio De Janeiro are on a knife's edge. The top four teams in the World Rugby Sevens Series gain automatic entry to the Games, along with the host nation. Australia went into Round 7 of the Series in Tokyo in fourth place, with a six-point buffer over fifth-placed England. But the Aussies were knocked out of Cup contention of the tournament and then lost the final of the second-tier Bowl 17-12 to the USA in sudden-death extra time. Meanwhile, England surprised everyone by defeating South Africa 21-14 in the Cup final, to edge past the Aussies in the overall standings. The Australians must find form in the final two tournaments – in Glasgow on May 9-10 and London on May 16-17 – to earn an Olympic berth.

NET RESULT

After eight rounds of competition in the Netball NSW Division 1 Waratah Cup, CSNA/Sydney Uni are sitting third on the ladder with a 6-2 record. Despite being two points behind competition leaders Sutherland Shire, and a point behind St George, CSNA/Sydney Uni boast the best for and against record in the league, having posted 439 points while conceding 315. As a result, they're well entrenched in the top four with expectations of a semi-final appearance. The talented team includes shooter Kristina Brice, who was recently named in the Australian Under 21 squad. She is one of five NSW representatives in the squad which was selected at the end of the 2015 Under 21 National Netball Championships played on the Sunshine Coast. Sydney Uni also has teams in Divisions 2, 4 and 5 of the State League. Division 2 sit second on the ladder, Division 4 head their competition on percentages, and Division 5 hold down third spot.



Switching it up

CURRENT SYDNEY UNIVERSITY STUDENT, FORMER WNBL AND NOW ONE OF AUSTRALIA'S FINEST RUGBY SEVENS SUPERSTARS, CHLOE DALTON HAS HAD A BUSY YEAR TRANSITIONING INTO A NEW SPORT. SHE SAT DOWN WITH ANIKA LALIC OF THE ELITE ATHLETE PROGRAM RECENTLY TO DISCUSS HOW HER WORLD HAS CHANGED SINCE DONNING A GREEN AND GOLD RUGBY JERSEY.

What abilities and qualities do you have as a basketball player that are driving your performance in rugby sevens? Do you have a competitive advantage, given your skills in basketball?

There have been a surprising amount of skills that transition across from basketball to rugby. Basic catch and pass coordination has been really helpful, but I think a real point of difference has been my vertical jump in competing for restarts.

What have been the biggest challenges in switching from professional basketball to rugby sevens? Is there anything you miss about being with the Flames?

The biggest challenge has probably been adapting to the contact side of rugby. People describe basketball as a contact sport, but it's obviously completely different playing a game that involves tackles. I remember in my very first game of sevens I came out with a pretty nice black eye because I put my head on the wrong side of a tackle; I learnt my lesson pretty quickly after that.

Being a member of the Australian Women's Rugby Sevens Team and representing the nation in the World Series Tour means you don't get to stay still for too long. Tell us a bit about the tour, where it has taken you and where you're going next?

Competing in the Women's Sevens World Series has been an amazing experience. There are six stops on the tour, with 12 teams competing in the series. Our first three stops were Dubai (UAE), Sao Paulo (Brazil) and Atlanta (USA). One of the highlights in Sao Paulo was playing games of footy with the local Brazilian kids down at the park. The next three destinations are Victoria (Canada), London and Amsterdam.

Rugby Sevens is a relatively new sport for women on the world stage. What have been your experiences with this, positive, negative and otherwise?

Women's sevens is currently one of the fastest growing games in the world, which has been a whirlwind to be a part of. We are still significantly behind the men in terms of media coverage, sponsorship and spectator numbers, but there has been marked progress over the past season. All games are streamed online so that family and friends back home can watch our games (often in the middle of the night due to time zone differences). Finals day however is now being shown on Fox Sports, a big step for women's rugby. Moving forward it would be great to see the women receiving even more exposure and financial support in order to continue the games' growth.

Alongside your Rugby Sevens career, you're also studying at The University of Sydney. Tell us about your progress and your ambitions in this facet of your life.

I am currently in my fourth year of Physiotherapy at the University of Sydney. After graduating I would love to work in sports physiotherapy, with a long term goal of owning a private practice.

Balancing your tertiary studies and Rugby Sevens commitments must be tricky. How are you managing to meet the rigorous demands of your tertiary degree and play professional Rugby Sevens?

Balancing sport and University is always tough, but I enjoy having the mental stimulation away from the footy field. My part time study load wouldn't be possible without the consistent support from the Elite Athlete Program and the directors of the Physiotherapy course. An added bonus is having a fulltime team physio, meaning when we are overseas I can ask for his help with some of the tricky subjects.

Tell us a little about the person behind the student and the athlete; where did you grow up and go to school? Was being a professional athlete always a goal? Has it been a case of good luck, hard work, or a combination of both?

I grew up on the Northern Beaches of Sydney, attended Oxford Falls Grammar School until year 10, and then moved to Pymble Ladies' College for year 11 & 12. Being a professional athlete was always my dream job, but to have that turn into a reality has been incredible. It would be nice to say it was all luck, but in reality it's been a combination of both, while taking some calculated risks along the way.

Outside of sport and study, what are your hobbies, interests and pursuits?

I always love spending time at the beach, reading a good book, cooking a feast, or catching up with family and friends. After a tough week of training, I don't mind hanging out on the couch watching a good TV series, that's a hobby right?

What do you think you would be doing if you weren't a professional athlete?

I'd probably be creating a stamp collection.

Who/what inspires you?

I have always looked up to Anna Meares as a female athlete who displays physical and mental toughness. Watching her bounce back after breaking her neck in a cycling accident, to win an Olympic medal was something I'll never forget.

Finally Chloe, share with us your personal mantra if you have one?

This isn't exactly a mantra but one of my favourite quotes, "Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back... play for her." – Mia Hamm.

FOOD FOR THOUGHT

EVER SINCE YOU WERE A CHILD YOU HAVE MOST LIKELY BEEN TOLD TO 'EAT YOUR VEGETABLES'.

Once upon a time it was more than acceptable to grab a banana before a workout. Nowadays, there are special shakes; low carb high protein mixes and even pre workout formulations available to help you get the most out of your training. So here is a run-down on what to eat both before and after your favourite type of exercise to get the most out of your training and from your body.

RUNNING

One of the biggest calorie burners, running for just 30 minutes at a moderate pace will burn at least 300-400 calories, or the equivalent of a meal. Running is one type of exercise where what you choose to eat before the run can significantly affect your gut comfort level and hence the choices need to be tummy friendly.

What to eat before

Most runners will need to eat at least an hour before a run to avoid feeling stomach discomfort. Good choices will contain both slowly digested carbohydrates and protein to give you a sustained energy release over the next 1-2 hours but are also choices that are light on the tummy. If it has been more than 2 hours since your last meal try wholegrain crackers with cheese; an energy snack bar that contains 20-30g total carbs and 5-10g of protein or a slice of wholegrain bread with 100% almond or peanut spread.

What to eat after

If you are planning to enjoy your dinner immediately after a run, there is no need to eat again but if you are looking at an hour or longer before your next meal, a fuel top up is a good idea to help your muscles recover for your next session.

Protein rich options include a milk based drink such as a latte, berry or banana smoothie or a protein shake made using a scoop of 100% whey protein with milk. Greek yoghurt with fruit or a small protein bar is also a good choice.

YOGA

Depending on the type of yoga you choose, chances are that you will need some fuel on board before you start an intense class of moving, stretching and balancing. Stomach comfort is crucial as all of us know; the last thing you want is the sounds of your stomach entertaining the entire class.

What to eat before

Something very light, but a source of readily available energy is perfect pre yoga – a piece of fruit; a slice of toast with spread or a small wholegrain snack bar will be all you need to get your blood pumping without too much tummy stress.

What to eat afterwards

As yoga is unlikely to burn as many calories as more intense types of training, your next meal will be more than adequate. Hydration is perhaps the most important thing to focus on after a yoga class, so aim to get through at least a bottle of water once your session has finished, and more if you are a fan of hot yoga.

SWIMMING

Swimming is thought to burn a significant number of calories and can also drive appetite as the body has to work hard to maintain body temperature. This physiological response can explain the feeling of ravenous hunger swimmers describe after each session.

What to eat before

Unless you are about to swim the English Channel, a light fuel top up an hour before a session is all you need if you are a swimmer – some Greek yoghurt; a

protein shake or a slice of toast with ham and cheese will keep you well fuelled until your next meal.

What to eat afterwards

In an attempt to take control of excessive hunger that can lead to overeating after a big swim, stick to protein rich food choices. A protein bar or shake; a hard-boiled egg or a cheese and cracker snack pack will keep you going until your next meal.

THE GYM

What you eat before and after your regular gym workout has much to do with how hard you are training. A 20 minute treadmill session is not significant enough to warrant an extra meal or snack but a 90 minute weights and cardio class will require some serious fuelling.

What to eat before

If your gym session is more than 30 minutes at high intensity, topping up your fuel stores an hour before the session will help to prevent extreme hunger and overeating later in the day. Half a sandwich, Greek yoghurt and fruit or a milk coffee and a nut bar are all good choices.

What to eat afterwards

Ideally your next meal will fall within an hour after your gym session but in the case where it will be a little longer before you eat, why not try a skim milk coffee; a protein bar or cut up vegetables with a little hummus. These are all relatively low calorie choices that will keep you satisfied until your next meal without undoing all the hard work of your session.

Susie Burrell is the Sydney University Sport Dietitian. Susie also runs the online program Shape Me, the 30 day plan and has a nutrition practice in Bondi Junction

Choc Peppermint Bliss Balls

Ingredients

1 cup almond meal
1/4 cup coconut flour
1 tbsp. cocoa powder
1/2 scoop vanilla protein powder (Use vegan protein powder if needed.)
1/4 cup water
1/4 tsp. stevia
Pinch of salt
1/4 tsp. vanilla extract
Few drops peppermint extract
1 tbsp. honey
1/4 cup almonds, crushed

Method

- Mix almond meal, coconut flour and cocoa in a bowl.
- In a small bowl mix protein powder, pinch of salt, water, stevia and vanilla extract.
- Add to dry ingredients a bit at a time whilst mixing.
- Once combined, add the peppermint extract and honey.
- Use heaped tablespoons of the mixture to roll into balls and then roll in coconut flour and crushed almonds to cover the balls.
- Refrigerate for an hour until set and either keep in the fridge or an air tight container.





SECOND CHANCES

EVER SINCE YOU WERE A CHILD, YOU'VE DREAMED OF PLAYING FOOTY FOR A LIVING. YOU'VE GROWN UP WITH A SHERRIN IN YOUR HANDS AND LOVED THE SMELL OF FRESHLY CUT GRASS.

IN YOUR TEENAGE YEARS, THE DREAM HAS BECOME A MAGICAL REALITY – YOU'VE BEEN SIGNED BY AN AFL CLUB. SUDDENLY YOU'RE PERFORMING IN FRONT OF PACKED STADIUMS, PLAYING ALONGSIDE MEN YOU'VE REVERED SINCE INFANCY.

THEN THE DREAM ENDS. YOU'RE DELISTED. YOU'RE ONLY IN YOUR EARLY 20S – AT THE PEAK OF YOUR PHYSICAL POWERS – BUT SUDDENLY YOU FEEL OLD. THE FUTURE'S BLEAK AND UNCERTAIN. SO WHAT DO YOU DO NOW?

THIS WAS THE DILEMMA FACING TWO YOUNG AUSSIE RULES FOOTBALLERS 12 MONTHS AGO.

Tom Young admits that he balked when Daniel Gilmore, head coach at the Sydney Uni Australian National Football Club (SUANFC), first asked him if he'd be interested in heading north to play in the blue and gold guernsey. "I thought, there's no way I'm going back to play in Sydney," says the 22-year-old with a wry smile. But as Gilmore teased out the details of his offer, Young realised the glittering opportunity that had been laid before him.

Not only would he get to play state-league football in the NEAFL (the North East Australian Football League, comprising

teams from the ACT, NSW, Queensland and the Northern Territory), he would also be part of a flourishing club that included former Swans utility Lewis Roberts-Thomson on its coaching staff and former AFL draft picks Ryan Brabazon, Will Sierakowski and Matthew O'Dwyer on its playing list. But the clincher for Young was the chance to study commerce at Sydney University's Business School. "It was too good an opportunity to pass up. Studying at Sydney University? That's huge for me. Massive."



A Bowral boy by birth, Young had shown an impressive aptitude for Aussie Rules from a young age. Running around for his local Wollondilly and Campbeltown clubs, he'd caught the eye of AFL talent scouts. At the age of 14 he was offered a scholarship at Collingwood.

Even now, there's a wistful tone to his voice as he talks about those days: "It had obviously been my dream as a kid to play footy for a living. And at 14 that dream got real quickly. It was an incredible experience. Absolutely incredible." From that moment on, Young admits, he put all his eggs in the AFL basket. He dropped out of school in Year 11 and devoted himself to his training. In 2011, at the age of 18, he made his AFL debut against the Brisbane Lions at the MCG.

He spent two seasons on the periphery at Collingwood before being traded to the Western Bulldogs in 2013 where he ground out another two seasons, flitting in and out of the top-grade team. At the end of the 2014 season, he was delisted by the Melbourne club. It was at this point that Gilmore sent Young a Facebook message floating the idea of a season or two in Sydney.

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 "THERE'S NO FOOTY CLUB IN AUSTRALIA THAT CAN OFFER THE SORT OF SCHOLARSHIPS SYDNEY UNI CAN. IT'S DEFINITELY A DRAWCARD."

Now ensconced in his Graduate Certificate of Commerce while also charging around for the SUANFC on weekends, Young is relishing the turn his life has taken. "I'm just enjoying living a normal life where I can work two days a week, go to uni and enjoy time with my mates," he says. "Plus, I don't have that intense pressure to perform anymore, so I'm really starting to enjoy my footy again."

Lewis Stevenson is a colleague of Young's – both on the footy field and in the Business School. Like Young, the Perth-born Stevenson grew up immersed in the footy culture. "My dad played for Perth in the WAFL, so he got me into it. I've been playing for as long as I can remember."

Like Young, Stevenson's ascension to the AFL was rapid. In 2007, at the age of 18, he was drafted by the West Coast Eagles. "That was really exciting for me," he says. "I'd never played any state representative footy, and I'd always supported West Coast as a kid, so it was amazing to be suddenly playing with guys like Peter Matera, Andrew Embley, Darren Glass. These were men I'd idolised for a long, long time so it was a very exciting moment."

But just as Young failed to entrench himself in the top-grade at Collingwood, so Stevenson failed to become a regular in the Eagles list. He spent five years on the fringes of the club, collecting a handful of AFL appearances, before being traded to Port Adelaide in 2012. He played nine games for Port across two seasons before being delisted at the end of the 2014 season.

The news came as a hammer blow: "Of course I was disappointed. I felt like I still had a lot to offer the team, but I'd been told that there were younger guys they'd play ahead of me even if I was playing better than them. I guess that's just part of the process of an AFL club. It's a pretty stressful existence. There's intense pressure to perform every week; there's a lot of hard work and pain you're putting your body through. So, yeah, I was very disappointed."

Mingled with the disappointment, however, was an intriguing sense of possibility. Back in his early days with the Eagles, Stevenson had completed a course in photography. Throughout his playing days, the hobby had grown into a passion. So when the SUANFC called him, offering a spot on their list and a position in the Business School, his ears pricked. "I was drawn to coming to Sydney Uni where I could play with a lot of my old mates from Perth, like Ryan (Brabazon)," he says. "But I was particularly drawn to a city like Sydney where there's a lot happening, a lot of job opportunities. There's no footy club in Australia that can offer the sort of scholarships Sydney Uni can. It's definitely a drawcard."

The quality of the footy impressed Stevenson, too. "Coming down to training at Sydney Uni I was pleasantly surprised," he says. "The guys train at a really high standard. It was a tough decision to move to Sydney, but I'm happy with the choice I made."

And what of a return to the AFL? Do these two men still harbour hopes of reprising their childhood dreams?

Stevenson laughs: "Oh, I suppose I'd have to think about it..."

Young, meanwhile, grimaces: "No, it's definitely not a dream. You never know – if I have a good year this year it might spark the love for it again. But at the end of those five years in the AFL, I'd been in and out of teams, working hard but never quite good enough to break into that top level. So, no, it's definitely not a dream to get back into that. But, hey, you never know. I might freshen up this year, knuckle down and have another crack at it. I'm only 22 – I'm still young."

For now, however, both men have their gaze fixed on their studies and the NEAFL season. As the only university-based second tier-club in Australia, SUANFC's profile has grown exponentially since entering the NEAFL in 2012, with an expanded High Performance Program encouraging a flood of elite talent into the club. Last year, a strong start to the season saw the blue and gold finish a single place short of the finals. This year, the recruitments of Young and Stevenson, coupled with promising pre-season performances, have sent expectations soaring.

"Yeah, we've got a really good list," says Stevenson. "We should definitely be looking at the finals."

Young is more bullish: "We've got a tight bunch of boys and some strong players. If we don't go the whole way I reckon the boys'll be really disappointed."



BREAKING THE *shackles*

With a stable, young roster and a coach on the rise, the Flames are looking to break the shackles next season.

Brydens Sydney Uni Flames had a remarkable 2014-15 Women's National Basketball League season full of triumphs and tribulations.

When the season opened in October, the Flames looked set for a tough road ahead with the competition and quality of teams in the WNBL better than ever before.

The squad assembled under the direction of a new coach in Shannon Seebohm, a young and talented sporting product from Millicent in country Adelaide. It was his first year leading a professional team and there was some criticism about how the Flames would perform with two unknown imports joining a relatively new roster.

Six rounds into the season the team could not have been doing better. They had a record of 5-1 and were sitting at the top of the ladder. Sydney Uni produced a great style of team basketball borne from tough full court defensive pressure which coach Seebohm built into the culture at Brydens Stadium.

Leading into the second half of the season, the team saw some setbacks. Veteran Rohanee Cox broke her nose and was sidelined for several weeks in the lead up to Christmas and later the team's leading rebounder Mikaela Ruef also suffered a hand injury meaning she missed the last couple of regular season rounds.

The momentum swung out of Sydney's favour. However, credit to the team, younger players lifted their game in the absence of some key contributors. Casey Samuels and Tahlia Tupaea provided a spark off the bench. Meanwhile co-captain Katie Ebzery and Leilani Mitchell found amazing form which saw them carry the torch.

The setbacks saw the team teetering in and out of the top four for the better part of the season; leading to a do or die final round game. The Flames needed to win against ladder leaders Townsville to secure their position in the top four and ensure a finals berth. And they didn't disappoint.

In a crowded Brydens Stadium, the Flames were commanding, finding their early season form and taking an authoritative 13-point lead over the Fire at the major break. A shaky final half by the home side saw the opposition team bridge the gap; but the Flames managed to cling on to the game in a nail-biting two-point win to keep their finals dream alive.

With nothing to lose, the Flames would now need to win an away in Melbourne against the Dandenong Rangers, who finished third on the ladder to progress to the semi-final. The Rangers had a team full of household names; such as Australian superstar Penny Taylor who averaged 20.2 points per game and 6.5 rebounds for the season. The opposition also boasted WNBA star Cappie Pondexter but this did not deter the Flames who were accustomed to being the underdogs.

In an unprecedented outcome, the Flames managed one of the best finals comebacks in WNBL history. They were as many as 18 points down in the third quarter, before Rohanee Cox went on a final quarter offensive blitz and helped the Flames to an 89-80 win.

"I really think our group is starting to believe what we're capable of when we stick to our style of play," Seebohm said. "I'm just really proud of my group and the way they have continued to find a way to keep grinding it out."

The fairytale was almost complete; the Flames were now just one game shy of a Grand Final, something the club had coveted for some time. They would meet two-time WNBL premiership winning team Bendigo Spirit in this match and would again demonstrate their never say die attitude.

Despite trailing by as many as 11 points in the game, a second quarter, unanswered 15-point blitz would bring momentum and hope to the Flames, but not enough. It was a close fought game which saw the Flames hopes flickering right into the fourth quarter when scores were levelled several times. However Bendigo hit the last eight points in the final minute-and-a-half to close down the game.

If the Flames were trying to prove a point to anyone who might have doubted them throughout the season, they certainly did. The result this club has achieved was nothing short of emphatic.

Demonstrating the level of success the Flames have achieved this season, the WNBL bestowed its highest honour onto Seebohm, rewarding him with Coach of the Year. He directed his troops unwaveringly throughout the season. Despite being young, Shannon filled his players with confidence, leading them to play with fearlessness and resilience ensuring no task was too tough both individually and as a team.

Seebohm has an expansive knowledge of the game which he developed playing at the highest level himself. He moved to the Australian Institute of Sport in his teen years when he competed in junior Australian sides. He later also played professionally for the Adelaide 36ers. This playing experience gave him the perfect ability to communicate well with his players and get the best out of them.

Given these qualities, Seebohm was not only recognised by the WNBL, but Basketball Australia appointed him Head Coach of the Under 17 Australian team, the Sapphires. This is a huge achievement and demonstrates the bright future he has as a coach. He will return to lead the Flames again next season with these experiences under his belt. He will come back better as will a number of his star players who have already announced their return, including Ebzery, Cox, Casey Samuels and Tupaea.

Sydney have shown they are an exciting side with unlimited potential. They are a team on the rise that will only continue to impress with a young core group and coach.

MALONE

HOPING FOR STABILITY

SYDNEY UNIVERSITY RUGBY COACH CHRIS MALONE SAYS SELECTION STABILITY IS THE KEY TO RECLAIMING THE SHUTE SHIELD IN SYDNEY'S PREMIER RUGBY UNION COMPETITION.

Having won nine of the 10 premierships leading into the 2014 decider, Sydney University were pipped on the bell by Southern Districts in the minor semi-final, denying them a berth in the final three.

Eastwood toppled Southern Districts in the grand final as Malone watched on with thoughts of what might have been.

While not begrudging the Woodies and Southern Districts their dues or denigrating their efforts, he says a big injury toll through the ranks hampered the Students in the latter part of the season.

Even without a massive contingent of Super 15 players, the Students went within a whisker of having a team in each of the seven grand finals – four grades and three Colts.

"The story that everyone else would like to tell about us last year is that Uni didn't make the Grand Final for the first time in 10 years," he told Rugby News.

"But ultimately, we got very close and were very close to having seven teams in Grand Finals.

"Considering how much of a hit we took to our depth in terms of injury, it was a really outstanding achievement. I thought it was a great effort in the sense that a lot of those players were probably thrust in there before they were ready."

The coach's hopes of team stability for the 2015 Shute Shield took a hit one game into the season when inspirational club captain Tom Carter was sidelined with a leg injury. The Students then dropped close games to Eastern Suburbs (at Eridge Park, Bowral) and Manly (at No.1 Oval) with the skipper watching from the sidelines.

While the club has lost the services and experience of flanker Tom Boidin; winger James Dargaville and long-serving five-

eighth Dan Kelly, the senior ranks have been boosted by some very talented Colts from 2014, the return of some former First Graders, and a sprinkling of new faces to the club.

They include winger Chris Chapman, who has returned from a stint overseas; hooker Tom Coolican, from Easts Suburbs; centre Michael Hodge, back from the Waratahs; second-rower Matt Philip, from Manly; five-eighth Angus Roberts, back from the Rebels; number eight Jake Wainwright, from the Balmain Subbies club; and second-rower Liam Winton, who is returning from an injury lay-off.

Malone said a number of talented Colts from 2014 will be pushing for First Grade berths during the season, among them

fullback Matt Hood and backrower Nathaniel Deans. "I'm really excited about Matt moving into the grade ranks," the coach said. "And Nathaniel Deans is one to watch. He's a talented backrower who played in the 4th Grade Grand Final last year.

"While we'll be bleeding young blokes and pushing a lot of exciting youngsters through, it's really important for them to have that experience around them as well.

"And that's why I was pleased that Tom Carter came out of a brief retirement to lead the side. And we now have Tim Davidson as coach of the forwards and Peter Playford as attack coach. They have won a swag of premierships between them and are inspirational characters to have around the troops."

Malone said selection stability was not just about First Grade, but across the ranks. "The big one for me, and it always is, is being strong across the club," he said. "I know that, traditionally, Uni haven't finished in the top spot in the regular season in First Grade, so that would be a nice target, but if we can get into the top three going into the finals, that would be handy.

"Good people who are around the club want to come back and get involved and to have blokes like Davo (Tim Davidson) and Peter (Playford) on board with their experience is terrific."

"All we need now is some stability to build cohesion and confidence." The return of the captain would be a start.

WEIGHT LOSS WOES

THERE'S NOTHING WORSE THAN TRYING TO LOSE WEIGHT BUT NOT SEEING THE RESULTS ON THE SCALES. SO, IF YOU HAVE BEEN STRUGGLING, BELOW ARE SOME OF THE COMMON REASONS WHY YOU MAY NOT BE GETTING THE OUTCOMES ON THE SCALES THAT YOU THINK YOU SHOULD BE.

1. YOU ARE EATING BREAKFAST TOO LATE IN THE DAY

One of the most important things to remember when it comes to weight loss is - the earlier you eat breakfast, the better. Waiting until you get to work to

enjoy your first meal of the day is a little late when you consider that breakfast fires up the metabolism for the day ahead. A good sign you are on the right track with your breakfast timing is if you are feeling hungry 2-3 hours later at 9:30 or 10am.

2. EXTRA CALORIES ARE SLIPPING IN

An extra coffee or two here, a biscuit there or a chocolate can be the difference between losing weight and not. If there was any doubt as to what you're consuming, spend a day keeping a record of everything you eat or drink. Either keep a food diary for a few days or download a calorie monitoring program and make a concerted effort to log everything you pop into your mouth. You may be surprised at the little extras that do slip in.

3. YOU ARE OVERDOING THE COFFEE

There is nothing wrong with a coffee or two each day but if you find yourself constantly sipping on a latte, therein lies the problem. Not only are liquid calories a nightmare when it comes to insulin release and weight gain, but we rarely compensate for them, which means they become extras that many of us do not need. A single milk coffee such as a latte or cappuccino has as many calories as a small meal, so make sure that you factor them in to your entire daily food intake. The timing of your coffee is also important so make sure you enjoy your milk based coffee with meals or as a snack and drink only water or herbal tea in between.

4. YOU HAVE AN 'ALL OR NOTHING APPROACH'

While you may eat extremely well 4 days each week, when it comes to the weekend you may find yourself overdoing the high calorie restaurant meals, binge drinking or extra treats and snacks. There is nothing wrong with enjoying yourself on weekends, but completely blowing out your calorie intake will be the difference between weight loss and not. Rather than adopting a 'binge' style mentality from Thursday night until Monday morning, try isolating just a meal or two to overindulge and also factor in some more exercise to compensate for the extra weekend calories.

5. YOU UNDER EAT IN THE DAY AND THEN OVEREAT THROUGH THE AFTERNOON AND EVENING

Night eating is one of the biggest barriers to successful weight loss. What starts as a 'good' day with a light breakfast and lunch then becomes a feeding frenzy throughout the afternoon and evening as your body sends signals that it has not had enough calories throughout the day and seeks to make up for it. Avoid consuming excessive calories throughout

the second half of the day by ensuring that your lunch choices contain both wholegrain carbs (such as wholegrain crackers, sweet potato or brown rice) and lean protein (from fish, chicken or beans). Also try and include a protein rich snack at 3-4pm and limit sweet treats after dinner to less than 100 calories.

6. YOU ARE SITTING DOWN TOO MUCH

While it is great to commit to regular exercise, if you then spend the remaining 14 hours of your day sitting, you are completely negating the benefits of training. Start to wear a pedometer and become more aware of how much (or how little) you really are moving. Ideally, we need at least 10 000 steps every single day in addition to regular exercise. Try and avoid hours spent lying in front of the television at night after work, get outside at lunchtime and move around because the more you move, the more calories you burn and the greater your chance of sustainable weight loss.

7. YOU ARE TRAINING INEFFICIENTLY

It may sound harsh but the longer you have trained, the more you are going to have to push yourself in order to achieve the same calorie burn you did initially. Change things around with your

training as much as you can, and focus on working out intensely for just 20-30 minutes, burning 200-300 calories in this time. Change the settings on the machines, swap the order in which you do your cardio and/or weights and swap between different machines and classes. When you have trained for many years, sometimes all you need to do is change the type of training and intensity to get things moving again.

8. YOUR HORMONES ARE OUT OF WHACK

Extreme fatigue, irregular periods, bad skin, extreme mood swings and unexplained weight gain may all be reasons that you are not getting the weight loss results you have been expecting. Your thyroid, insulin levels, adrenal hormones and even pituitary can all be factors that significantly influence your energy levels and even your ability to burn body fat. So, if you have been feeling out of sorts, maybe it is time to book a thorough check up with your GP to see where things are up to in your body hormonally.

Susie Burrell is the Sydney University Sport Dietitian. Susie also runs the online program Shape Me, the 30 day plan and has a nutrition practice in Bondi Junction.



CYNICS REBUILDING ON SOLID BASE

SYDNEY UNIVERSITY BASEBALL CLUB STARTED THE 2015 SEASON IN STYLE, WITH A PERFECT SIX FROM SIX ACROSS THE THREE GRADES IN THE FIRST TWO ROUNDS OF THE SYDNEY WINTER LEAGUE WRITES GRAHAM CROKER.

Playing from a new home base at Petersham Oval – their regular mound at Sydney University No.2 Oval is making way for a new football square – the club is in a rebuilding phase having lost a host of regulars from last season, including Australian University Games (AUG) legends Jasper Odgers and Ivan Turnbull.

After reaching the 2014 Winter League finals in Second and Third grades, SUBC finished the season on a high by winning the Australian University Games title with a gripping 15-10 result over Monash University. The 2014 AUGs were hosted by Sydney University and the Cynics will head to the Gold Coast this year to defend their crown.

Despite the loss of a number of seasoned players through graduations and employment commitments, SUBC secretary Alex Cobb said the club has posted several big wins in the first two rounds of the 2015 Winter League.

"First Grade opened the season with an 18-2 win over UNSW and followed that

with an 8-4 win over Greenway," he said.

"And Thirds had a 16-5 win over UNSW and a 10-1 result over Greenway. Pitchers Matt Thebridge and Anthony Palmer didn't concede a hit in the Greenway result.

"Seconds have had two close results; a 4-3 win over UNSW and a 3-1 win over Greenway." Alex pitched six innings in the Greenway tilt.

The Cynics finished fifth in First Grade in 2014 after a strong start to the season. But the loss of pitcher Chris Jolley saw them struggle in the latter part of the season.

Second Grade finished minor premiers but were knocked out in the semi-final by eventual winners Hawkesbury, while Third Grade lost to Hawkesbury in the final.

This year the club has Jason Moir as head coach and coach of First Grade, with Matt Curry in charge of Seconds and Josh Goldsmith and Will Symons in charge of Thirds. Matt, Josh and Will are also players.

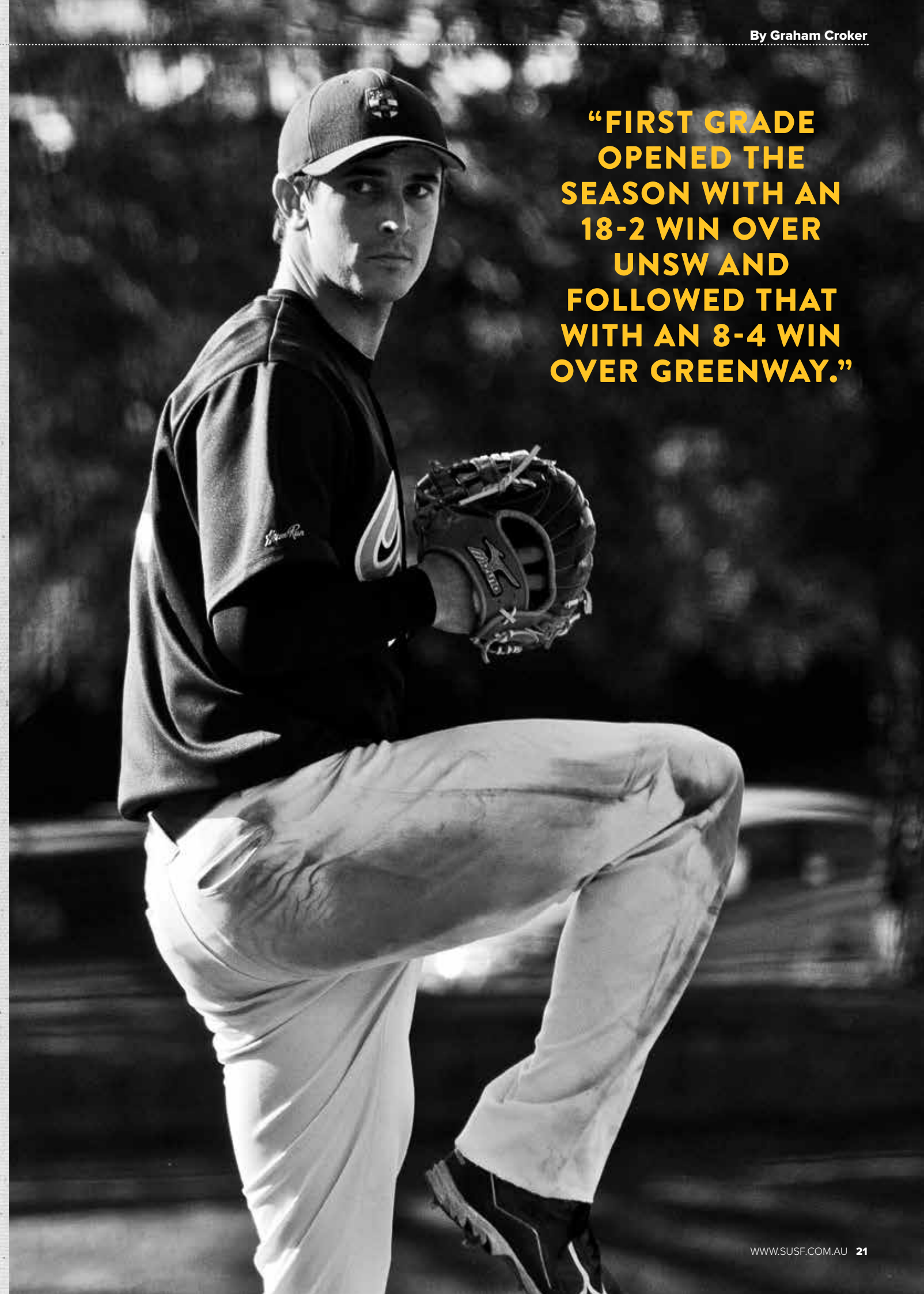
First Grade have James Miller on the mound, Josh Goldsmith at centrefield and 18-year-old rookie Adam Barbaro catching. And club president Huw McKay is still going strong approaching his 20th season with the club.

Second Grade have been bolstered by catcher Mitch Little, who is also helping to coach First Grade, and short-stop Anthony Merritt.

Third Grade have a strong line-up, with third base Matt Curry, right field Andrew Franklin, a former AUG representative, first base Stefan Patterson, and pitcher Alex Cobb, who alternates with Second Grade.

Meanwhile, Alex and the rest of the club are hoping the University finds a ground with a mound on the campus for the Cynics to call home. "Playing on the campus is special for the University players and I'm sure visiting clubs appreciate the atmosphere and the history of the place," he said.

**"FIRST GRADE
OPENED THE
SEASON WITH AN
18-2 WIN OVER
UNSW AND
FOLLOWED THAT
WITH AN 8-4 WIN
OVER GREENWAY."**



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WINTER WARMER

‘THE WINTER BLUES’ IS A FAMILIAR EXPRESSION. COLDER WEATHER AFFECTS US PHYSICALLY AND PSYCHOLOGICALLY RESULTING IN A NUMBER OF BARRIERS TO EXERCISE DURING THE CHILLIER MONTHS. FIRSTLY, PEOPLE TEND TO HAVE A GREATER PERCEPTION OF MUSCLE AND JOINT STIFFNESS AND SECONDLY, EXERCISE BECOMES MORE INCONVENIENT AND LESS COMFORTABLE AS THE WEATHER RESTRICTS OUR OUTDOOR ACTIVITY WITH FEWER DAYLIGHT HOURS.

In light of these facts we need to consider the following issues:

- Does your health become a lower priority in the colder months?
- How can we adapt our lifestyle to ensure health and fitness remains a point of focus in our lives?

There may well be an evolutionary link to our winter responses; in the past there were fewer resources available, hence we would conserve energy and slow down. Animals hibernate, while humans tend to eat more, slow down and consequently feel lethargic.

Given our tendency to increase our calories and decrease our activity during winter, a negative mindset can ensue and our bodies can become susceptible to the real dangers of preventable health diseases. The Australian Institute of Health and Welfare states, “Excess weight especially obesity, is a major

risk factor for cardiovascular disease, type 2 diabetes, some musculoskeletal conditions and some cancers”.

There is plenty of evidence to support the fact that a positive outlook is critical to productivity, levels of success, a deeper sense of self-esteem and boosting levels of happiness. One influential spiritual leader, The Dalai Lama, states, “Happiness is the highest form of health”.

To gain further insight into the motivation behind maintaining good health and fitness throughout the colder months, we turn to a selection of our SUSF members who offer some great strategies to ensure success.

What inspires you throughout winter?

Tom (Longstanding gym member and group fitness enthusiast): I love the restorative benefits of nourishing, slow cooked stews and soups and take time to enjoy the distinctive seasonal flavours and share food with loved ones. I find that having a healthy soup to look forward to at the end of the day keeps me from eating poorly.

Colin (Superstar track cyclist): I savour the momentary discomfort of cold air on my skin before diving into a warm swimming pool. I find that calmness always ensues and there are long term benefits for your cardiovascular health.

Mary (Longstanding gym member): I really enjoy working harder in the gym during the chilly winter months to warm up. I burn calories, I feel better, I get healthier, feel less stressed and it's fun!

Yossi (Student, hoping to enter the fire service): Knowing that I am boosting my immune system and decreasing the

likelihood of getting sick inspires me to work out during winter.

What strategies can you offer to people finding it hard to exercise in winter?

Rick (Professor, running enthusiast): We all love a challenge, so cherish that first step out of your warm bed. The second step is always easier and you will head to the gym (or outdoors) ready to be invigorated.

Collin (Doctor of Mathematics, fitness warrior): Invest in the right clothing; this is a simple, but effective way to ensure comfort. To counteract the inconvenience of a heavier gym bag, try wearing a layer of gym gear under your work clothes.

Sophie (Les Mills Group Fitness Instructor, Director Think Gray Coaching and Counselling): I live by this mantra and also tell my clients: find routine and your health will thank you.

Colin: Train with buddies. Organise a time and be there. It'll encourage you to show up and your enjoyment during the session will soar.

Zack (Australian U/20 Triathlete medalist): As an athlete use the winter months to perfect your technique. Everyone can improve.

If you are still lacking motivation or conviction as to the benefits of winter training, Exercise Physiologist Carmel Di Marco points out that research shows muscles perform better in cooler weather. Simply stated, reducing the temperature of a muscle, decreases the rate of anaerobic glycolysis and you are less likely to hit fatigue, so why not give it a go with a winter workout we have prepared for you!

Winter Workout

This is a simple session that can be adapted depending upon your specific goals. SUSF Fitness Consultants are always happy to ensure correct preparation and technique before you get going.

This general circuit covers all patterns which are necessary for efficient and effective movement. Perform 8 reps of each with a weight that challenges you but enables you to repeat the circuit 3-5 times. Rest for up to 2 minutes between sets; this is necessary to ensure quality and a realistic training stimulus.

Warm Up



Fiona mobilises her upper back

a) Mobility drills

Three minutes of self myofascial release (the foam roller). Be sure to mobilise your upper back, hip flexor and legs.

b) Stability drills

Quadruped with reach
Glute bridge

Heart Rate Preparation



Colin at the finish position of his stroke

1km row, steady on the Erg.

Remember to keep an upright back, strong arms and power through your legs. Keep pace below 25 SPM.

Circuit



Mary holds a strong position

Kettlebell Dead lift

Set up with a strong, long spine and drive with your hips.

Circuit



Gus, Fiona and Yossi dig in deep

Bench Press

As you bring the weights down be sure to keep your elbows level with the bench.



Yossi demonstrates the horizontal row

TRX Horizontal Row

(advanced option: pull up).



Omar demonstrates a vertical torso and square hips

Walking Lunge

Keeping your torso upright, use your back and control every step.

The Finisher

60 second bike sprint, maximum effort of slow controlled push ups, repeat x 3-5 back to back. There's nothing like a bit of lactic acid to complete the party. A surge of growth hormones enables metabolism to be more efficient and let's face it – endorphins are magic. You really will feel amazing.

Stretch

Ask your gym trainers what the best releases for your body are.

Thanks to all of our fantastic gym members for offering your advice and time!

Omar Al-Khayat, Fiona Ferguson, Rick Ferguson, Yosi Boker, Mary Kotselas, Tom Mainwaring, Colin Williamson, Rick Benitez, Collin Phillips, Sophie Gray, Zack Cooper

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TIMING IS EVERYTHING

EXERCISE CAN SOMETIMES FEEL LIKE A LUXURY BEST FIT INTO A BUSY SCHEDULE AROUND OTHER COMMITMENTS; BUT HAVE YOU EVER CONSIDERED WHAT TIME OF DAY MIGHT OFFER THE MOST REWARD FOR YOUR EFFORT? AFTER ALL, IF WE ARE TIME POOR, WHY NOT GET THE MOST BANG FOR OUR BUCK AND REAP EVEN GREATER HEALTH BENEFITS IF WE CAN?

Usually the desire to work out is tied to a fitness or weight loss goal, but beyond those more superficial desires, exercise and, in particular, the time of day you exercise can have an effect on your energy levels, mood, sleep pattern and health. There are a number of studies which suggest exercising in the morning can offer both physical and psychological health advantages.

Imperative to ensuring optimal bodily function is getting a good night's sleep. Researchers have determined this is between 7.5-9 hours' per night. Ensuring this can lower stress and anxiety levels, leading to improved mood and best brain activity.

By exercising during the morning, it is thought that the body's circadian rhythm or day – night cycle is improved. Melatonin (the hormone that encourages sleep due to the onset of darkness) is suppressed during the day, and sets in at night time meaning the body is naturally prepared for a rested sleep. Conversely, melatonin secretion could likely be delayed if exercising late at night. The body might not recognise the switch to a night cycle as high intensity work outs increase the heart rate and one's core body temperature. Given the body actually requires a drop in temperature

in order to fall asleep, it's no wonder doing exercise before bed will have you buzzing into the night.

In addition to the above, exercising in the morning is also likely to improve your mood. Exercising releases pain-reducing endorphins which trigger positivity in the body. If you work out in the morning, this is likely to have an impact on your entire day as you feel a boost in your confidence, and, like sleep, a reduction in stress and anxiety.

A study conducted by Appalachian State University has also concluded that exercising in the morning can lower your blood pressure by ten percent throughout the rest of the day, and twenty-five percent overnight. Given that having a raised heart rate will again affect your sleep cycle, exercising in the morning can act to reduce this and therefore improve the likelihood of a good night's sleep.

If this wasn't enough, it has also been suggested that exercising in the morning is better for weight loss. By morning our bodies have exhausted burning our carbohydrate and sugar stores and by exercising at this time we are encouraging the burning of fat stores to provide energy for our work out. This is best optimised by exercising prior to having breakfast; however one should always have a post work out meal prepared. (See our nutrition feature on pg. 8 for tips on the best meal to have based on the type of exercise you do.)

And if it's a weight loss or fitness goal you're chasing then exercising in the morning has yet another added benefit – you're likely to stick to your routine. Research conducted by the American Council on Exercise in San Diego has demonstrated that individuals who exercise in the morning tend to strike up a consistent habit that is harder to break. The reasoning for this stems from

the fact people are more motivated in the morning and are less likely to have conflicting commitments which make exercise more difficult to fit into their schedules. This is essential when attempting to reach a weight loss goal because both dedication and persistence are required to achieve results and make positive life changes.

There are just a couple of considerations to be aware of when exercising in the morning and the first is injury prevention. Our body temperature is usually lower in the morning and circulation is also poorer. This means a quality warm up needs to be ensured to avoid unwanted soreness or injury; this is especially true of high intensity exercise. In relation to more intense work outs, mornings have also proven to be more difficult when more technical skill is required. For example, if you are going to be engaging in complex training for a sport, the body is less awake in the morning and therefore won't respond as readily and as functionally, in which case this type of exercise is best carried out later in the day.

Though it seems we can certainly optimise our exercise sessions by the time of day we complete them, this might be unrealistic for people with other pressing commitments. The second important factor to consider is your own personal body clock. You might be a night owl or an early riser and that works well for you. Your own circadian body clock rhythm will dictate your optimal bodily function, and this includes your blood pressure, body temperature, hormone levels and heart rate.

At the end of the day, exercise is something best done whenever you can, as long as you can develop a solid workout pattern and ensure repetition you're likely to reap the rewards training has to offer.

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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.suwaflc.com  suwaflc@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.sydneynigridiron.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



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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



BOAT (MEN'S ROWING)

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

FOR MORE INFORMATION:

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

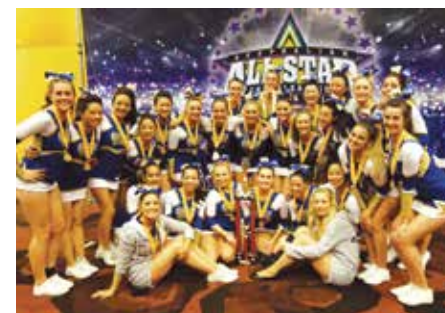


GOLF

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.usydendo.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



ROWING (WOMEN)

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

FOR MORE INFORMATION:

rowing@sport.usyd.edu.au



RUGBY LEAGUE

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

FOR MORE INFORMATION:

ckintis@ro.com.au 8263 6639 or 0408 290 197



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:

www.sydneyunirugby.com.au (Men) sufc@sport.usyd.edu.au

(Women) www.sydneyuniwomen.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.sydneyunisc.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

[SUUFA](#)



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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BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY

2015 'BLUE & GOLD' AUSSIE RULES LUNCHEON

A larger than usual crowd assembled for the 2015 'Blue & Gold' Aussie Rules Luncheon at The Ivy Ballroom on Friday 17th April. There were 14 past and present AFL players in attendance, as well as numerous celebrities from other sports. The biggest contingents were Sydney University Australian National Football Club past players; members of the Sydney Swans' Centre Circle coterie and gourmands from the Liniment & Leather luncheon group.

5 of those 14 AFL players are associated with Sydney Uni's 2015 NEAFL team. Also, 5 of the Swans' players in attendance were either graduates of or students in the Business or Arts faculties at Sydney Uni.

In the welcome address, luncheon guests were introduced to the 2015 'Blue & Gold' sporting scholars:

- Emily Chancellor – an elite netballer and rugby player;
- Tom Young – a Sydney Uni Aussie Rules protégé, who subsequently played two seasons of AFL with both Collingwood and the Western Bulldogs, before returning to Sydney Uni for a tilt at this year's NEAFL premiership.

The luncheon guests all had placemats which profiled the very strong North Eastern Australian Football League team that will be representing Sydney Uni this season.

Adam Spencer distinguished himself in four ways at the 2015 'Blue & Gold' Aussie Rules Luncheon:

1. He arrived with a stunning blonde who turned out to be his ten year old daughter, Ellie!
2. He beat all-comers in the Heads or Tails quiz.
3. He moderated two highly entertaining panels with his usual aplomb.
4. He was very casually attired ...

possibly dressed by St Vincent de Paul on this occasion!

Adam's past players' panel comprised:

- Jude Bolton: The 325 game Swans' legend
- Daniel Gilmore: Former Fremantle Docker and now Sydney Uni's Head Coach
- Brad Seymour: Ex-Swans' enforcer who played 133 games as the hard man in the Swans' backline

Adam's current players' panel contained three senior players who will be instrumental in the Swans' premiership campaign of 2015:

- Dan Hannebery: All Australian 2013
- Josh Kennedy: All Australian 2012 & 2014
- Ben McGlynn: All Australian 2015

There were no holds barred. The panels discussed everything from the Essendon peptide saga to the future AFL career prospects of last year's Australian of the Year. Ben McGlynn, who had been struggling with a strained hamstring muscle, made the surprise announcement that he would be making his comeback the following day as a replacement for the selected, but subsequently injured, Nick Smith.

As a result of very generous support for the raffle and auctions, some most useful funds were raised for the promotion of Aussie Rules Football at Sydney Uni.

The Ivy's Paling Bar was a most convenient watering hole for post-luncheon refreshments.

Special thanks to our corporate table supporters and donors of raffle and auction items.

We look forward to seeing you at the same venue the same time of the year in 2016 for the 15th consecutive 'Blue & Gold' Aussie Rules Luncheon.

In the interim, here's to a highly successful 2015 footy season for both Sydney Uni and the Sydney Swans.

'BLUE & GOLD' CLUB SPORTING FUNCTIONS AND EVENTS IN 2015

Date to be confirmed

2015 'BLUE & GOLD' SOCCER FOOTBALL DINNER

Location to be confirmed

Friday 19th of June

2015 'BLUE & GOLD' RUGBY LUNCHEON

Ivy Ballroom

Friday 4th of September

2015 'BLUE & GOLD' WATER POLO LUNCHEON

Ivy Ballroom

Wednesday 7th October

2015 SUSF/BLUES ASSOCIATION GOLF DAY

St. Michael's Golf Club

Friday 20th November

2015 'BLUE & GOLD' CRICKET LUNCHEON

Ivy Ballroom

Wednesday 25th November

2015 'BLUE & GOLD' XMAS HAMPER GOLF DAY

St. Michael's Golf Club



It looks like a Hollywood scene from the 1920s! Members of the Sydney Uni NEAFL team – front row L to R: Monty Krochmal, Jacob Derickx, Tom Ayton, Matt O'Dwyer, Tom Morrison (in the spotlight!), Sam Fong and Lewis Stevenson; back row L to R: Tom Young, Gabe Orr, Scott Blessing, Kelvin Barnes and Lewis Roberts-Thomson (assistant Head Coach)



L to R: Emily Chancellor, 2015 'Blue & Gold' sporting scholar, and Anika Lalic, EAP Program Coordinator



3 young bucks. L to R: Ben McGlynn, Josh Kennedy and Dan Hannebery



3 wise monkeys. L to R: Brad Seymour, Daniel Gilmore and Jude Bolton

BUILDING ON EXCELLENCE CAMPAIGN

Redevelopment of Uni No.2 Oval



Computer generated impression of the grandstand on Sydney Uni No.2 Oval. Naming rights to the grandstand have been acquired for the next thirty years.



The building of a new and magnificently appointed home ground for our Rugby and Soccer Football Clubs is underway. This development will also have a very positive impact on our Cricket Club and some of the new facilities will be enjoyed the majority of SUSF-affiliated Clubs.

The new state-of-the-art pavilion will include:

- Grandstand seating for more than 1,100 “much closer to the action” spectators – naming rights already acquired
- A superbly appointed bar and large function area – **naming rights already acquired**
- Two outdoor entertaining areas (one covered) – **naming rights up for grabs!**
- An elite athlete gym – **naming rights up for grabs!**
- Two home and two away change rooms – **naming rights up for grabs!**
- Club administration offices – **naming rights up for grabs!**
- A highly functional meeting room for Club presentations and post-game analyses – **naming rights up for grabs!**
- Superior indoor cricket nets and an indoor training area – **naming rights up for grabs!**

Funding for this \$12million project is coming primarily from The University and from Sydney Uni Sport & Fitness. However, \$2.4million is budgeted to come from the BUILDING ON EXCELLENCE campaign to sell naming rights to the key facilities and to attract tax-deductible donations from our alumni, affiliated Clubs, sponsors/suppliers, tenants and staff members. There now remains less than \$800,000 of that \$2.4million to be raised by 30th June 2015.

We are appealing to all friends and supporters of sport at Sydney Uni to assist with this exciting infrastructure development by making tax-deductible donations to the BUILDING ON EXCELLENCE campaign. If you can help, please contact Rodney Tubbs on 9351 7958 or r.tubbs@sport.usyd.edu.au.

YOUR SUPPORT WILL BE ETCHED INTO THE VERY FABRIC OF THE NEW PAVILION:

Donations of
\$250
will also be recognised
in the new pavilion

Donations of
\$1000+
will also be recognised on named individual
seats in the new grandstand

Donations of
\$5000+
will also be recognised on a row of named
seats in the new grandstand

HOME EVENTS CALENDAR

MAY

16 SATURDAY 11:00AM St Pauls Oval AFL WOMEN vs Newtown	20 WEDNESDAY 8:30PM Sydney Olympic Park NETBALL vs Baulkham Hills	23 SATURDAY 11:00AM Henson Park NEAFL vs Eastlake	23 SATURDAY 2:00PM Petersham BASEBALL vs Quakers Hill	23 SATURDAY 3:00PM No. 1 Oval RUGBY vs Warringah
23 SATURDAY 7:30PM Lambert Park SOCCER MEN vs Fraser Park FC	24 SUNDAY 3:00PM Wilson Park SOCCER WOMEN vs FNSW Institute	30 SATURDAY 2:00PM Henson Park NEAFL vs Southport	30 SATURDAY 3:00PM No. 1 Oval RUGBY vs Parramatta	30 SATURDAY 3:00PM Marrickville Park RUGBY LEAGUE vs Tigers

JUNE

31 SUNDAY 2:00PM Petersham BASEBALL vs Marrickville	03 WEDNESDAY 7:00PM Sydney Olympic Park NETBALL vs Sutherland Shire	06 SATURDAY 7:30PM Lambert Park SOCCER MEN vs Central Coast FC	07 SUNDAY 3:00PM Wilson Park SOCCER WOMEN vs Macarthur Rams FC	13 SATURDAY 12:00PM Henson Park NEAFL vs Ainslie
13 SATURDAY 11:00AM St Pauls Oval AFL WOMEN vs Macquarie University	13 SATURDAY 2:00PM Petersham BASEBALL vs UNSW	20 SATURDAY 11:00AM Henson Park AFL WOMEN vs Balmain Dockers	20 SATURDAY 1:30PM Henson Park NEAFL vs NT Thunder	20 SATURDAY 7:30PM Lambert Park SOCCER MEN vs Spirit FC

JULY

21 SUNDAY 3:00PM Wilson Park SOCCER WOMEN vs Blacktown Spartans	27 SATURDAY 3:00PM No. 1 Oval RUGBY vs West Harbour	27 SATURDAY 2:00PM Petersham BASEBALL vs Cronulla	04 SATURDAY 3:00PM No. 1 Oval RUGBY vs Southern Districts	04 SATURDAY 3:00PM Marrickville Park RUGBY LEAGUE vs Polecats
05 SUNDAY 3:00PM Wilson Park SOCCER WOMEN vs Central Coast FC	11 SATURDAY 10:30AM St Pauls Oval AFL WOMEN vs Southern Power	11 SATURDAY 1:00PM Henson Park RUGBY LEAGUE vs Grizzlies	11 SATURDAY 7:30PM Lambert Park SOCCER MEN vs Northern Tigers FC	12 SUNDAY 2:00PM Petersham BASEBALL vs Petersham
18 SATURDAY 2:00PM Petersham BASEBALL vs Hawkesbury	18 SATURDAY 2:10PM No 1 Oval AFL WOMEN vs Wollongong Saints	19 SUNDAY 3:00PM Wilson Park SOCCER WOMEN vs Illawarra Stingrays	25 SATURDAY 2:00PM Petersham BASEBALL vs Marrickville	25 SATURDAY 7:30PM Lambert Park SOCCER MEN vs Bankstown Berries FC

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OVER THE LINE

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



AWESOME

Sydney University Rowing Club had seven oarsmen and one woman selected to represent Australia at the 2015 World Rowing Cup and the 2015 Rowing Championships. The men's representation is the most of any club in Australia. The first World Cup this year will be held in Varese, Italy followed by Lucerne, Switzerland. Preceding these events, the crews will be evaluated and reviewed with a final squad being named for the 2015 World Rowing Championships, to be held in Aiguebelette, France. Sydney University's representatives include Fergus Pragnel, Matthew Ryan and Nicholas Purnell in the Men's Coxed Eight; Jack Hargreaves and Nicholas Wheatley in the Men's Coxless Pair; Sasha Belonogoff in the Men's Double Scull; Cameron Girdlestone in the Men's Quadruple Scull; and Sally Kehoe: Women's Double Scull.

HOOP DREAMS

Sydney Uni Basketball Club had a busy summer of training and pickup, resulting in two men's teams competing in the NSW Waratah competition in State League and Youth League divisions. Playing under the moniker Sydney Uni Spiders, both teams injected some exciting new talent into their squads with big expectations to perform well in their second year in the league. Division One is living up to those expectations, they now lead the competition after six rounds. After losing the season opener they've racked up five wins on the trot to push to the top of the table. The Youth Two side sits eighth on the ladder after seven rounds. The best of their two wins was a recent 65-62 result over Moss Vale. Nick Peters, a former resident of St. John's College, had a standout performance for the Spiders scoring 33 points. He was well supported by Gerome Kang, who collected 13 points. Kang was pivotal in the dying minutes of game shooting two big three-pointers to seal the game. Hoop hunters should know that the Basketball Club plays pickup from 4-6pm every Tuesday at the Sydney University Sports and Aquatic Centre.

DOING IT HOUGH

Sydney University's Nick Hough has been in stellar form in the 110m hurdles during the 2014-15 athletic season. He recorded the third fastest time by an Australian and just missed out on the world championships qualifying standard of 13.50sec at the Melbourne Track Classic before upping the ante at the Queensland Track Classic by breaking the NSW 110m hurdles record in a time of 13.52sec. It was the second fastest in history by an Australian and moved Hough one place in front of SUAC's Justin Merlino, who set the NSW record back in 2007. Back in Sydney, SUAC's Joshua Clarke, the form sprinter in Australia, ran 10.31sec for the 100m, the fastest time by an Australian this year. Clarke's time was just 1/100th of a second outside the SUAC club.

ITALY OR BUST

Sydney University Football Club has three players in the Australian Under 20 squad vying for selection in the team to contest the 2015 Rugby Junior World Championship, to be held in Italy in June. Should hooker Folau Fainga'a, prop Matthew Sandell and backrower Harrison Williams make the final squad, they will get to play games in Parma, Viadana, Calvisano and Cremona. But they first have to perform well at the upcoming Federation of Oceania Rugby Unions Under 20 Championship to be held at Bond University of the Gold Coast. The Australian Under 20s will take on New Zealand, Japan and Samoa in a preparation tournament before the World Rugby Junior World Championship. Australian Under 20's head coach Adrian Thompson said the Australian Under 20's program is an extremely important stage in the development of future Australian stars through the Pathway to Gold program.

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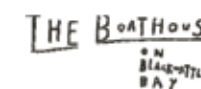
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