

# ROAR

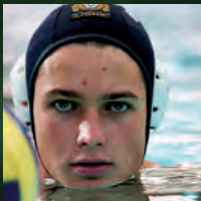
10



Sydney Uni  
SPORT & FITNESS

SYDNEY UNI SPORT & FITNESS MAGAZINE

AUTUMN 2011



**JEREMY DAVIE**  
MAKING  
A SPLASH  
ABROAD.



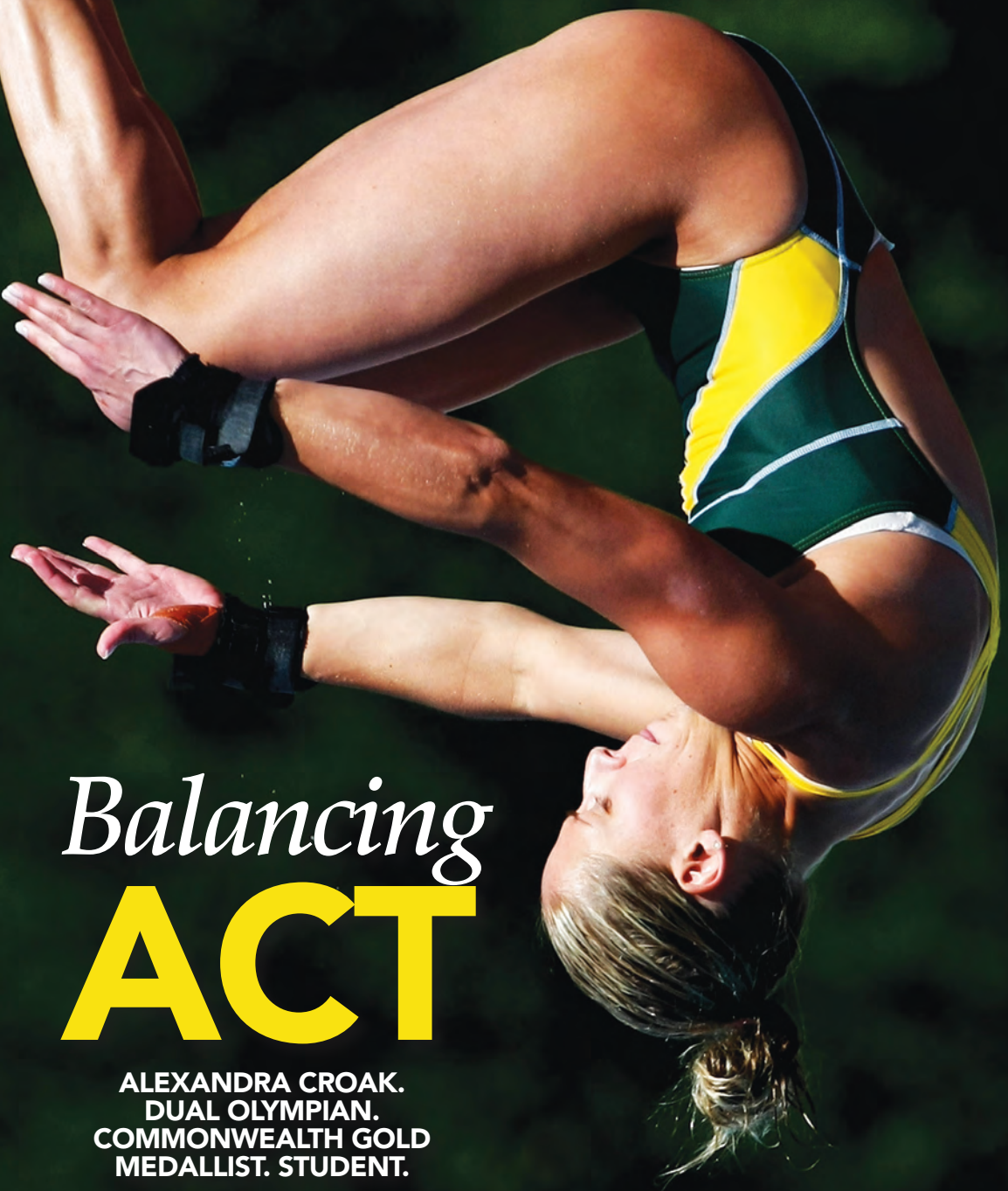
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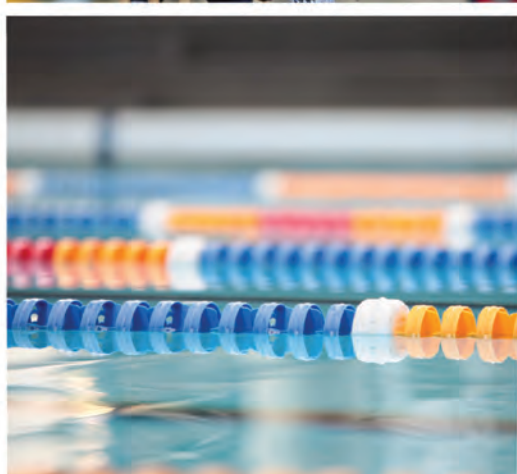




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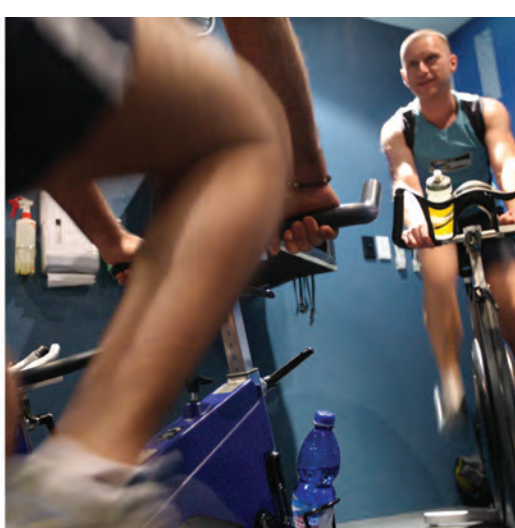


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## ROAR MAGAZINE. NOW 10 EDITIONS YOUNG.



## WHAT MATTERS MOST.

Alex Croak tells a great story of her most memorable moment from the 2008 Beijing Olympics – one of her close friends, and fellow Sydney Uni student Matthew Mitcham, achieving the single highest scoring dive in Olympic history – and that by sheer bad luck, she didn't see it. As she tells the story of looking through the video camera viewfinder only to have it die the moment Mitcham hits the water, what becomes incredibly apparent is that regardless of her own personal triumphs, her Olympic success, her place in Australia's sporting history, what matters most is the camaraderie and the enjoyment that she derives from her sport.

As Aaron Scott characterises, (from page 12) Croak holds no bitterness at first arriving at the AIS at age 10. Of the unique childhood she experienced balancing eight hours of training as a student – in primary school. Or the toll those years of gymnastics training have taken on her body. Rather, she's filled with an enjoyment that, once removed from her life, she sought once more in diving.

The enjoyment, satisfaction and lifelong values of sport are common themes in the pages to come. Jeremy Davie (page 8) is Sydney Uni's newest National Champion, having conquered America with his adopted college, the University of Southern California. He's a goal-scoring freshman phenomenon, who's now become Sydney Uni's latest Australian representative. London, here he comes.

The euphoria and satisfaction that sport offers is far from constrained to the elite. Staff of this very University (page 26) have embraced it in droves - more involved in social sport and Interfaculty programs than ever before. The least renowned of our football clubs (page 37) – American Football – has found it too and arguably made it the driving force of their dominant unbeaten streak.

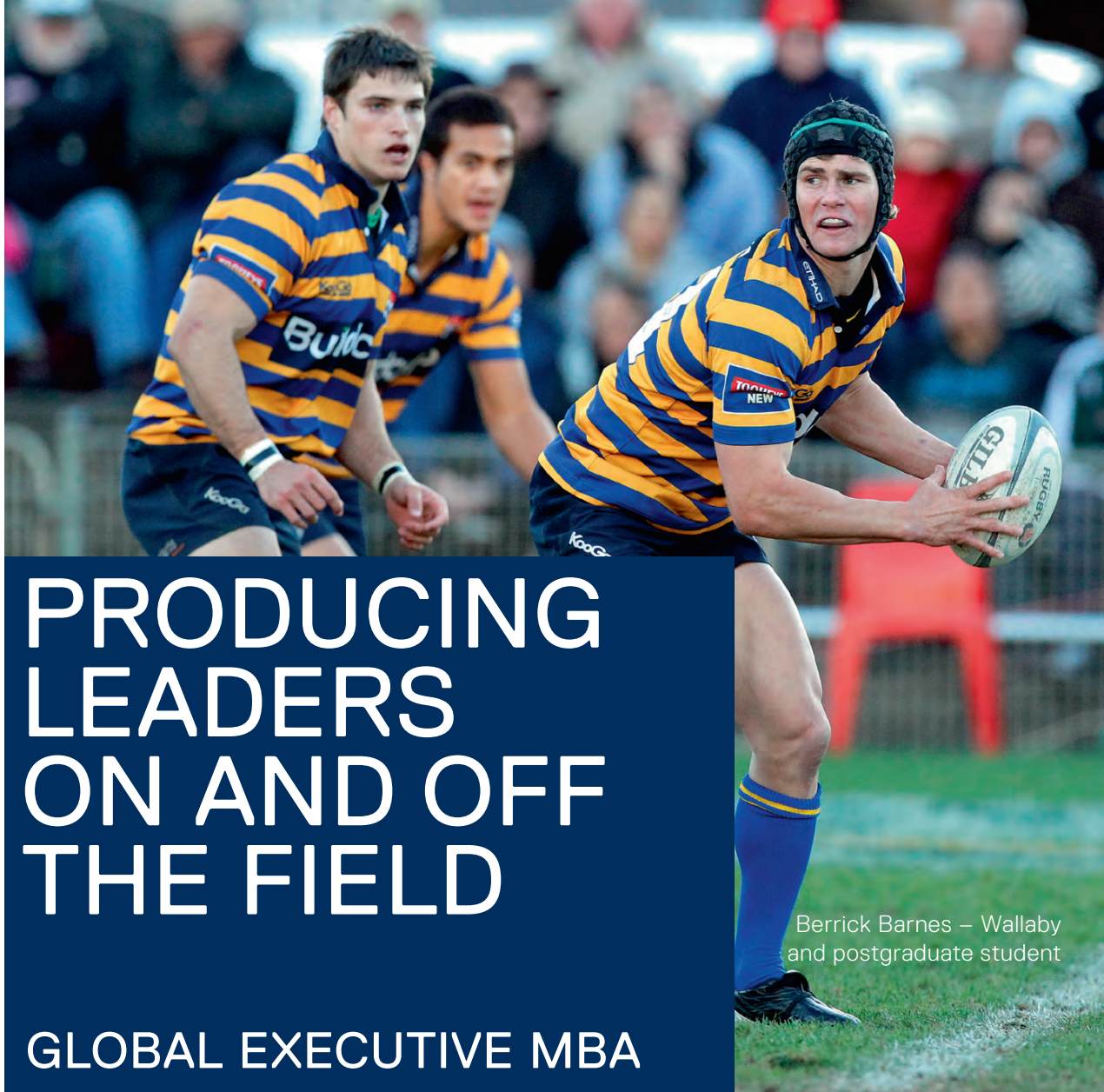
You can find it too.

Admittedly, it won't be in the pages of this magazine. Even celebrating our 10th issue I can't promise that reading this alone will offer a semblance of the joy and satisfaction described above. To experience that for yourself, you'll need to be active and get involved in the programs, clubs and facilities we detail in this edition.

Enjoy.

**ROSS XENOS**  
Editor





Berrick Barnes – Wallaby  
and postgraduate student

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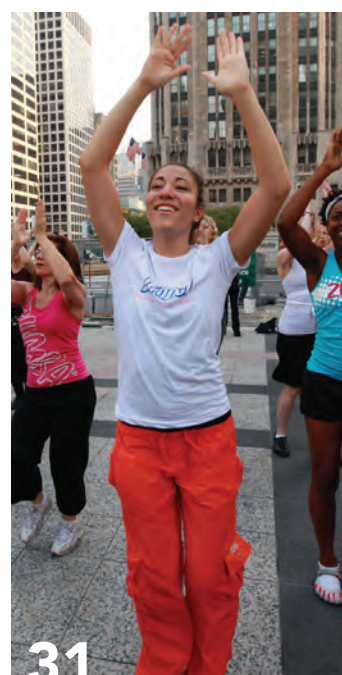
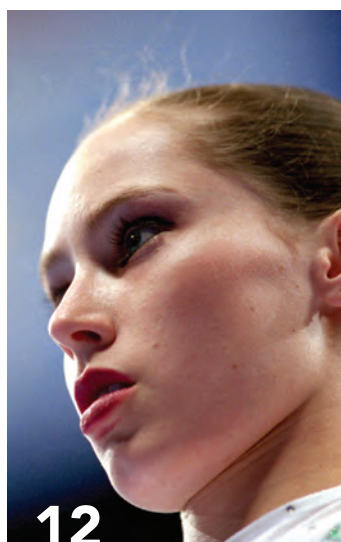
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# NEWSBITES

## SILVER FOR SYDNEY UNI WATER POLO REPRESENTATIVES



Six Sydney Uni Elite Athlete Program (EAP) members won silver medals as part of the NSWIS water polo team at the 2010 Institute Challenge, held at the AIS in Canberra. The women's team, featuring Keesja Gofers, Alicia Brightwell, Hannah Buckling, Emily Scott, Georgia Clarke and Joanne Whitehorn, fell to Queensland in the gold medal match 10-8. Scott Nicholson joined fellow EAP members Lachie Hollis and Nathan Cargill in claiming silver for the men's team.

season, while coach Karen Dalton has renewed her contract for a further two seasons.

## SWIM CLUB MAKES HISTORY



Sydney Uni Swim Club has made history by becoming the first club to win the 'Australian Unity Go Club of the Year' twice. It's the fourth year in succession the club has been awarded 'Gold Go Club' status and the second time in three years that the club has taken out the coveted award. The award recognises the significant improvement, growth and performance of the club and the strong administration within the Swim Club.

## FLAMES' SECURE DENSON



Sydney Uni Flames' star Amy Denson collected the November WNBL 'Player of the Month' Award. Finishing the month with an average of 23.1 points and 7.6 rebounds per game, Denson solidified herself as one of the dominant players in the league. In more good news for the Flames, she has signed on for another

## YOUNG DRAFTED TO COLLINGWOOD



SUANFC product Tom Young has been elevated to AFL club Collingwood's senior playing list. Young was the first SUANFC player to be drafted by an AFL club, though a number of players with AFL/VFL experience have represented the club in previous seasons.



AMY DENSON



## BLUES HONOURS FOR KENNEDY AND MITCHAM



Former Australian Under 20 soccer representative Olivia Kennedy and Olympic diving gold medallist Matthew Mitcham were named the 2010 Female and Male 'Blues of the Year' at the Annual Blues Dinner. Kennedy's list of 2010 achievements included being named the NSW Women's Premier League Player of the Year, the Ray Hyslop Scholar and the winner of the Warrick Segal "Best Fresher" Award. Mitcham's accolade adds to the four silver medals he picked up at the 2010 Commonwealth Games and his gold medal from the FINA World Cup event in China.



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# Jeremy DAVIE

By Nick Halliday

**ROAR NEWCOMER NICK HALLIDAY ASKS THE HARD QUESTIONS OF FORMER SYDNEY UNI ELITE ATHLETE PROGRAM MEMBER AND NOW AUSTRALIAN WATER POLO REPRESENTATIVE JEREMY DAVIE.**

**ROAR: Jeremy, you've just won the NCAA Championship with the University of Southern California and been selected in the 2011 Australian water polo squad. You must look back on 2010 very fondly?**

Winning the American National championship was amazing. Last year was my first year in the States and to achieve this, in my freshman year, is very exciting. Remarkably, we did it without any seniors in our team, so this year and next season are looking very promising again for our young squad. To top that off, it's the first time I have been named in the Aussie squad and it's very exciting just to be a part of it.

**ROAR: You ended the National Championship season with your college as the second highest goal scorer for your team, as only a freshman. How often would that happen?**

I've been told that it's a pretty rare occurrence, although last season another freshman and I were the lead scorers. Our more senior players were big leaders in our team and there is no way either of us would have scored the amount of goals that we did if it wasn't for them.

**ROAR: Why did you decide to go to the University of Southern California in the first place?**

Growing up in New Zealand before I came to Australia I always wanted to play in the States. When the opportunity came up I thought that it would be a fantastic experience to go overseas, gain an education and still do what I love, playing water polo.

**ROAR: Was college life challenging to assimilate into?**

Living overseas was always going to be a challenge because you are away from what's familiar, particularly family and friends. Being part of the water polo team however, made it very easy for me to fit in. I was living within a few kilometres of over 30 guys in the squad, so it didn't take long to feel right at home.

**ROAR: Can you explain the difference between the structure and training at the University of Southern California and what you experienced in Australia?**

In the States there are more coaching staff than I have ever had before. It's great because it allows for us to split into groups and focus on the specifics of our roles before we run through team

structure drills. My favourite difference though is that we only do one or two morning trainings a week, and we start our sessions at 6am. It's a bit easier than the 5am wake ups on most week days in Australia.

**ROAR: What's one highlight of your time in the States beyond the pool?**

We went to a few football games to support our college football team and there was a huge crowd of about 90,000 people. The atmosphere was like nothing I have ever experienced.



# VIE



**ROAR: Do you have any advice for aspiring Australian athletes who want to play in the college system in the States?**

Start talking to coaches in the States early. There are a lot of steps you have to go through and plenty of time is required in the process. With the difference in school marks and what have you, it also is a big help if you can sit your SAT's while you're still in high school.

**ROAR: Why did you decide to play water polo? Do you have a sporty family?**

When I was about seven my sister was an international diver in New Zealand and I spent many hours watching her train. One day I saw a few people throwing a ball around in the pool and I

joined in. I've played ever since. My dad played water polo for New Zealand and my Mum was the number 8 for the New Zealand women's rugby team. Along with being a spring board diver, my sister was also a junior Aussie water polo representative.

**ROAR: Who are your role models?**

Growing up in Christchurch in New Zealand, Richie McCaw is a local hero. He leads the All Blacks very inspirationally with his actions and consistently plays like he is fearless. He puts everything into every tackle and every hit.

**ROAR: Are the Wallabies a chance at winning the 2011 World Cup in New Zealand?**

No chance at all, the All Blacks are due!





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# NATURE'S BUILDING BLOCK

THE USE OF PROTEIN IS A HOT TOPIC FOR ITS ROLE IN WEIGHT LOSS AND ITS POPULARITY AMONG ATHLETES. SO WHAT IS ALL THE FUSS ABOUT?

**P**rotein is an essential nutrient found in every cell of our body, from our muscles down to our fingernails, and without it, our bodies wouldn't be able to function normally.

When we eat proteins they are digested, and broken down into amino acids. These amino acids are our bodies building blocks for growth, maintenance and repair, the synthesis of hormones and even as an alternative energy source.

Twenty different amino acids are required to create protein; they can be divided into two categories: essential (which can only be provided from the food we eat) and non-essential (which can be made by our bodies). Proteins obtained from animal based products contain all of the essential amino acids, whereas plant based products don't.

## So how do we ensure that we are getting the right protein in our diet?

The tables below outline some common examples of a 10g serve of protein.

### ANIMAL BASED PRODUCTS

35g cooked lean beef/pork/lamb
40g skinless cooked chicken
50g cooked fish or canned tuna/salmon
1 cup low-fat milk
200g low-fat yoghurt
30g (1.5 slices) reduced-fat cheese
2 small eggs

### PLANT BASED PRODUCTS

¾ cup cooked lentils/kidney beans
60g nuts or seeds
1 cup soy milk
120g tofu
2 cups cooked pasta
4 slices wholemeal bread
3 cups whole grain cereal or cooked rice

As our bodies are not capable of storing protein, we need to consume these types of food daily to meet our protein requirements.

## So how much do we need daily?

This depends on our weight, age and health status. Sports Dietitians Australia recommend that we consume ~0.8-1g of protein per kilo of our body weight each day; this represents an easily achievable intake. However your protein needs will be greater if you are pregnant, if you are going through a growth spurt, if your body is in trauma or if you are an athlete or very keen gym-goer!

## Protein and sport.

Proteins play a major role for athletes. Endurance athletes require additional protein (~1.2-1.8g of protein/kg) to assist muscle repair and recovery and to replace those broken down during training and events. Athletes requiring increased muscle bulk will benefit from higher protein intakes (~1.2-2.0g of protein/kg) to assist muscle growth during the initial stages of a muscle gain program. During the maintenance phase of the program their protein needs reduce to ~1.2-1.7g of protein/kg.

## Don't overdo it.

Excessive protein consumption will not correlate with enhanced muscle development; instead it is likely to contribute to weight gain and to reduce your opportunity of consuming other essential nutrients, such as carbohydrates, which are our bodies preferred source of fuel.

An easy way to make sure you fill your diet with nutritious protein rich foods is to spread them evenly throughout your day as a component of your regular meals and snacks. This will ensure that you are not only meeting your protein requirements but also the requirements of other important nutrients such as carbohydrates, fibre, vitamins and minerals. For athletes and those very keen gym-goers we talked about earlier, it can be beneficial to include a small pre and post-workout snack into your meal plan, which contains both protein and carbohydrates!







# Commonwealth



9



# QUEEN

IT'S DIFFICULT TO THINK OF TWO MORE PSYCHOLOGICALLY DEMANDING SPORTS THAN GYMNASTICS AND DIVING. BOTH ARE INTENSELY INTROSPECTIVE, BOTH DEMAND PERFECTION OF APPEARANCE, BOTH REQUIRE MINUTE ATTENTION TO DETAIL, AND BOTH ARE HORRIBLY INTOLERANT OF FAILURE. A LEG TWO INCHES OUT OF PLACE HERE, AN ARM THREE DEGREES ASKEW THERE AND AN ENTIRE ROUTINE, AN ENTIRE DIVE, FALLS TO PIECES. IT TAKES AN ATHLETE WITH SUPREME MENTAL STRENGTH, ULTIMATE DISCIPLINE AND COMPLETE COMMITMENT TO SUCCEED IN ONE OF THESE SPORTS. YOU CAN ONLY WONDER, THEN, WHAT IT MUST TAKE TO SUCCEED IN BOTH.

*By Aaron Scott*







Alex Croak never considered doing both. When she committed to gymnastics as a young girl, that sport was her chief love. When she retired from that sport almost a decade later, she had retired from sport for good. It was only boredom, an itch to get back into serious training, that saw her turn to diving. She saw how the skills she'd developed in the gym could be applied to the pool – body awareness, strength, flexibility – so she decided to give diving a crack. And it's a measure of the strength of her mind, the positivity of her outlook and the firmness of her discipline that she's succeeded at both. Her gleaming career has now spanned two Olympics and three Commonwealth games; a gold medal in the team gymnastics event at the '02 Manchester Games, a silver in the platform synchro diving at the '06 Melbourne Games, another gold in the same event at last year's Delhi Games. As things currently stand, she's the only Australian athlete to win Commonwealth gold in two separate sports.

Croak's career as a professional athlete effectively began in 1994. She was 10, and she was leaving the family home in Coffs Harbour, leaving her mum and dad, her two sisters and brother, to take up a residential scholarship at Canberra's AIS. Cocooned in the stainless steel world of the Institute, she knocked out four-hour training sessions each morning, spent the middle hours of the day doing schoolwork, then trudged back to the gym in the afternoon for another four hour session. Her chief memories of those early months are of crippling bouts of homesickness: "I missed my family a lot."

It might sound horribly Dickensian, a virtual form of child labour (the AIS has since shifted its entry age and now only accepts 12-year-old girls for residential scholarships), but Croak insists those were good years. "I remember gymnastics being what I loved," she says, "and I knew that if I was going to achieve my goal of making the Olympics, then I had to be there."

There's earnestness to her voice as she speaks of those hard years in Canberra. "I developed independence; I developed an ability to overcome fear.

It gave me self-discipline, to get up so early and train for all those hours, constantly being watched by someone when you're training, having them pick at every little thing you're doing... I definitely developed a lot of discipline and a lot of mental strength." She speaks without a hint of bitterness. "I wouldn't be who I am or where I am today if I hadn't gone through that program, if I hadn't lived through such a tough and structured lifestyle. A lot of people say to me that I must have missed out on my childhood, but I really don't think I did. The choice I made was to do gymnastics at the AIS and I got to do many, many things that kids my age weren't doing. I got to travel the world, I got to represent my country..." And in 2000, as a willowy 16-year-old, she got the reward of a home Olympics. She finished seventh in the team competition. After her competition finished she went down to the Aquatic Centre and watched the divers plying their trade, oblivious to where she would end up.

After those Games, Croak ground through two more years in gymnastics. She went to the '01 World Championships in Belgium, and the Manchester Commonwealth Games. She won her gold medal but also burnt herself out. Her mind was becoming tired with the routines, her body exhausted by the workload. "I had many, many injuries in my years of gymnastics, and as I got older and a little bit bigger, it just became more and more difficult to push through them. I remember thinking that throughout my career I could probably count on one hand the number of times I walked away from a training session feeling good, without my body hurting. The amount of stress my body went through was pretty intense." After those Manchester Games, 18 years old and midway through her final year of school, Croak decided to walk away from gymnastics. "I just thought, 'That's enough.' My love for the sport was definitely fading at that point."

Croak's careful not to criticise those years in gymnastics, but the intensity of the sport was beginning to twist her into odd shapes. "I was a very anxious gymnast," she says. "I was always very

nervous, always worried about what was going on around me as well as what I was doing." As a symptom of her distress she began to compile a list of "extreme and intense" superstitions: chalking-up before the bars she would have to spray water a certain number of times, have to rub the chalk block a certain amount of times, if she got the numbers wrong then she was destined for a bad routine. "When you're so young these superstitions feel like security. Even though you've created them yourself the superstitions feel comfortable; they become a way to control the stress." So she began to



CROAK IN HER GYMNASTICS DAYS.  
PREVIOUS: CROAK AND PARTNER MEL WU ON  
THEIR WAY TO CLAIMING GOLD IN DELHI.

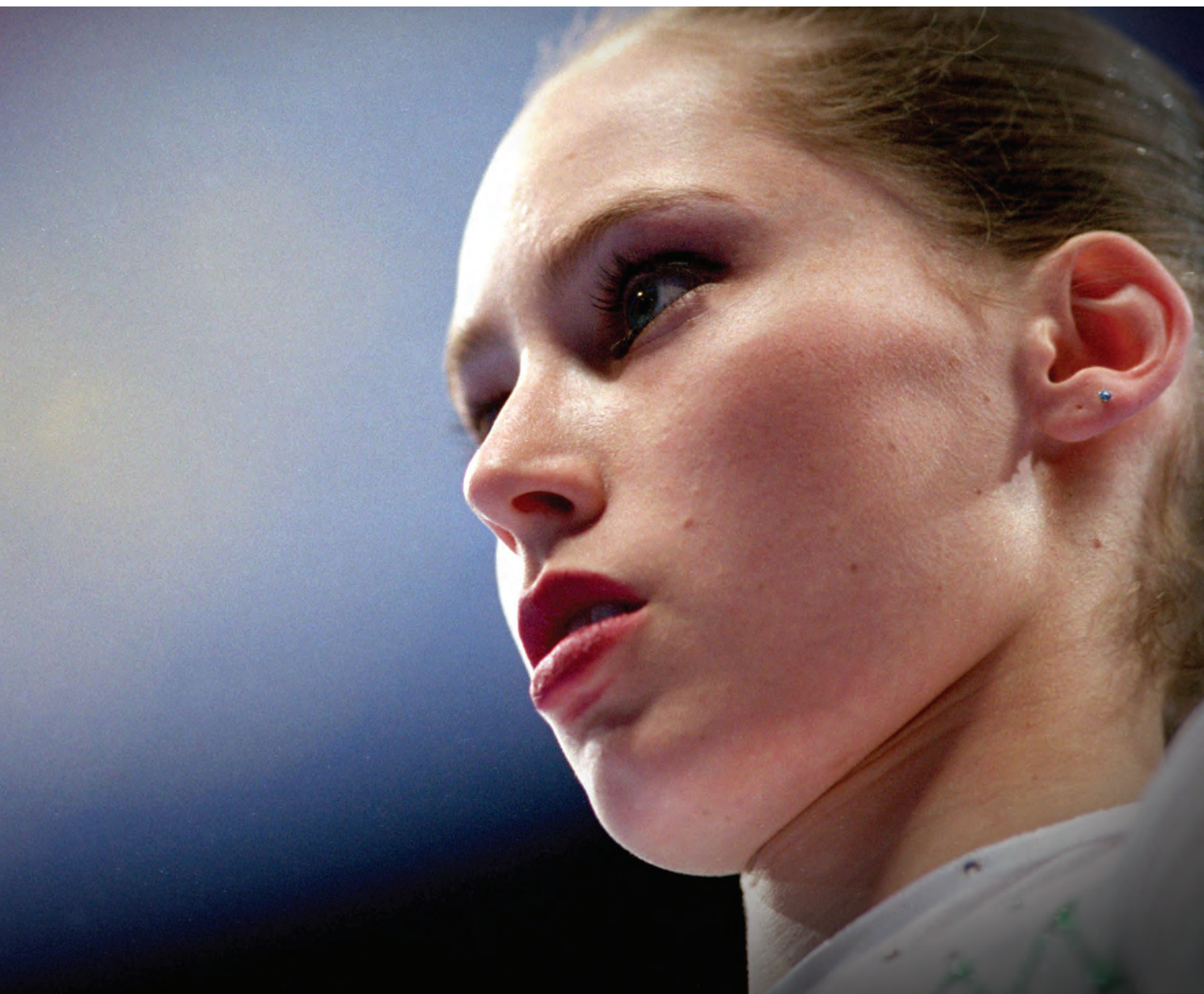


develop more and more superstitions. "And it did my head in after a while."

When Croak moved into diving, 18 months after walking away from gymnastics, she determined that the superstitions had to go. "I just didn't give myself the option to introduce them into that sport. I just made that decision. I told myself: if I'm going to have a diving career, I'm not going to have any superstitions." It was an impressive show of will for a 19-year-old. "I just didn't give myself the option," she says simply. Of course, a few little ones snuck through. For a time she needed to have an aqua shammy –

## **"THE AMOUNT OF STRESS MY BODY WENT THROUGH WAS PRETTY INTENSE."**

*AFTER THOSE MANCHESTER GAMES, 18 YEARS OLD AND MIDWAY THROUGH HER FINAL YEAR OF SCHOOL, CROAK DECIDED TO WALK AWAY FROM GYMNASTICS.*







but that's faded since she's started grabbing them for free at competitions. And she does like to walk up the steps to the platform before her synchro partner, Melissa Wu – but she's not too concerned if Mel goes first every now and then. It all points to a more settled mind, a more loosely-wound athlete.

Croak baulks at comparing her two sports. "It's so difficult to say. I was really young when I was doing gymnastics and I'm a lot older now. I don't want to say I prefer one over the other because I know that, as a child, I loved gymnastics - I loved it so much, it was all I wanted to do." She pauses, then gets to the nub of things. "I have a lot more balance in my life now as a diver." She's finished her occupational therapy degree at Sydney University and has a year to go in her Health Science Masters. In the past she found full time study a punishing imposition on her sport. Now she loves turning to the text books: "It gives me something outside diving to focus on and concentrate on, and that in turn helps me perform in the pool."

The 2012 London Olympics will be Croak's last hurrah. After those Games she'll call it quits. And then? "Real life!" she laughs, sounding oddly exhilarated by the prospect. "I'll be finishing my studies this year, so after that I'll have to go get a real job, live like a real person. I'm not meant to be parading around the world my whole life..." Real life? Given the challenges she's overcome and the will she's shown, her athletic career has been all about real life. But she laughs at that: "I just need to work nine to five, make some money, get a house, start a family - all of those things that come with getting older."



AT A PROMOTIONAL EVENT WITH DENNIS RODMAN

# Sydney

In October last year Sydney Uni athletes returned from the 2010 Delhi Commonwealth Games with 13 medals (individuals who win a team medal count as one medal on the official medal tally), with incredibly 11 of our 14 athletes received medals.

Significantly, a number of these athletes are, or were formerly, part of the Sydney Uni Elite Athlete Program.

Matthew Phelps, High Performance and Club Development Manager for Sydney Uni Sport & Fitness, was extremely pleased with the overall results of the athletes in Delhi.

"Given the calibre of our athletes we expected they would perform very well, but they certainly exceeded expectations," Phelps said.

Interestingly, if Sydney University was a country it would have finished in 12th place on the Commonwealth Games ladder (five gold, seven silver and one bronze) in front of the likes of Northern Ireland, Cyprus, Samoa, Wales and Jamaica.

While Alex Croak led the charge, fellow gymnast Prashanth Sellathurai also returned from Delhi as a Commonwealth Games champion. Sellathurai achieved gold in two events – Men's Individual Apparatus – Pommel Horse and the Men's Team event. He also received a bronze medal in the Men's Individual Apparatus – Parallel Bars. Sellathurai is currently studying a Bachelor of Applied Science (MRS) Diagnostic Therapy at Sydney University, having previously studied a Bachelor of Health Science.



PRASHANTH SELLATHURAI



# University's

By Andrew Tilley

# DELHI SUCCESS

2008 Olympic gold medalist and Australian diving golden boy Matthew Mitcham secured silver in each of his four events. Mitcham, in his second year of studying a Bachelor of Arts & Science, is now optimistically looking forward to a golden 2012 Olympics in London.

The Sydney Uni quartet of Pat McCutcheon, Nick Phipps, Bernard Foley and Ed Jenkins took out the Rugby Sevens silver medal.

Former Sydney University athletes Kaarle McCulloch, Susan Pratley, Megan Rivers and Emily Hurtz had successful appearances at the Games. McCulloch achieved gold in the Women's Cycling Team Sprint and silver in the 500m Time Trial, while Pratley helped Australia to netball silver. Rivers and Hurtz picked up gold in women's hockey.

Sydney Uni Sport & Fitness would like to congratulate all of our current and former athletes who competed at the 2010 Commonwealth Games.

*"GIVEN THE CALIBRE  
OF OUR ATHLETES  
WE EXPECTED THEY  
WOULD PERFORM  
VERY WELL BUT  
**THEY CERTAINLY  
EXCEEDED  
EXPECTATIONS."***







# MENTAL BLOCK

KEEPING COMMITTED IS SO OFTEN THE HARDEST PART OF AN EXERCISE PROGRAM. HERE ARE OUR BEST TIPS TO KEEP YOU GOING AS YOU EMBARK ON YOUR FITNESS JOURNEY.

We can all come up with plenty of excuses for why today is not quite the right day to get active. Do any of these sound familiar?

- "I'm just so busy with work and/or study. I don't have time to exercise;"
- "I feel so tired at the end of the day. The last thing I want to do is go to the gym;"
- "I like to start new activities on a Monday - I'll wait til then;" or
- "I'm going to get myself a bit fitter first and then I'll be ready for something like the gym or classes."

All of these are valid concerns, but for most of us we are the biggest barrier to

our success with exercise. We create the hurdles or road blocks in our minds and just can't seem to get past them. We all know the importance of being active - it's great for our bodies, our minds and makes a huge difference to the way we feel about ourselves. If you're keen to get started on a fitness program but keep coming up with excuses, try these strategies:

## **Make it a date.**

You wouldn't miss a doctor's appointment would you? Make exercise the priority it deserves to be in your day. Put it in your diary and treat it like an unmissable appointment. You have to change your mind-set to make this

happen. Acknowledge that without regular exercise you will never live your healthiest life. Block the time out, and commit to turning up.

## **Make it social.**

Exercising on your own is much harder than working out with a buddy. Ask a friend to join you for an early morning gym session. Invite your workmate to come along and try a class. Every time you exercise with someone else you improve your health and your emotional wellbeing.

## **Make it fun.**

Choose exercise activities that you know you'll enjoy. Exercising to music in group fitness classes is a proven way to get great results and the feeling of satisfaction that comes from working through to the end of the class is addictive.

## **Make it a habit.**

If you happen to miss a session, don't panic. Get straight back into the next day. Just because you skip a day at the gym doesn't mean you should give up and never go again! The more often you make it, the more established your habit will become.

## **Make it rewarding.**

Let yourself have your favourite thing or activity only after your exercise is done for the day. It might be 15 minutes of reading a magazine, or a phone call to a friend. Make this favourite thing a reward that only kicks in when your daily exercise activity is sorted.

Establishing a regular exercise program can be challenging but the rewards are so worth it. And if you're worried that you need to be fit and in great shape before you join a gym, relax. At SUSF we have a whole range of exercise facilities and programs to suit your needs, whatever your level.







**Join us  
today for  
just \$55.**

With three on-campus health & fitness centres, over 30 recreation courses and more than 40 sporting clubs, whether you're a social sportsman or an Olympic athlete our annual membership gives you access to an amazing range of benefits, at an unbeatable price.

Turn to page 24 to view our membership options or visit us at [www.susf.com.au](http://www.susf.com.au)



**Sydney Uni**  
SPORT & FITNESS





# New Year's RESOLUTIONS

By Anthony Ellison

**DO YOU HAVE RENEWED DETERMINATION TO MEET YOUR WEIGHT LOSS GOALS THIS YEAR? IF A HEALTHIER LIFESTYLE AND WEIGHT LOSS ARE AMONG YOUR NEW YEAR'S RESOLUTIONS, GIVE YOURSELF A PAT ON THE BACK FOR MAKING YOUR HEALTH A TOP PRIORITY.**

**S**adly, most Fitness Centres see a high percentage of those people who vow to make weight loss a priority every New Year fall tragically short of their objectives as they fail to take the necessary steps to achieve weight loss success. Here are a few tips to help you keep on track with your weight loss resolution.

**Write your goals down.**

Goal setting is the first and most vital step in achieving weight loss. I like to divide my goal setting into short term (within a month), medium term (1-3months) and long term (3-12months). I place greatest importance on the short-to-medium goals as it is during this time-period where statistically most people fall out

of routine. The goal setting process should be ultimately controlled by you but it's great to have some guidance from gym staff and personal trainers to make sure your goals are not only realistic but appropriately placed on your path to success. If you hold a 3, 6 or 12 month pass at our facilities this service is free and I encourage you to make an appointment at the Fitness Office to discuss your weight loss goals for 2011 with our qualified gym staff.

**Set a definite date.**

If you just say you're going to meet your goal sometime within the year, that will not work. In fact, you will probably fall into the "I'll start next week" trap. Instead, mark your calendar for a certain date for each

goal that you want to achieve. For example, by March you want to be taking four Group Fitness classes per week. Setting a definite date is a great way to make sure you stick with your plan!

**Remove the temptations.**

An increase in exercise is simply not enough to achieve weight loss success. When talking about 'long-term sustainable weight loss' it's no secret that exercise and diet are inextricably bound. We also know that the calorie restricted, fad diets that take vital nutrients out of your eating plan are not the answer either. More often than not, it's simply a case of a few dietary manipulations and some behaviour change. Go into





your kitchen and remove all bad foods from your refrigerator and pantry. This includes all snack foods such as cakes, pies, cookies, chips, soft drink, crackers and any "empty calorie" foods that will impede on your weight loss goals. This step is very crucial step since the temptation to cheat will be increased 10-fold if you have cheat foods lingering inside your home. Fill your kitchen with healthy, nutrient dense food, such as:

- Lean protein (chicken breast, turkey breast, fish, egg whites);
- Fresh fruits (oranges, apples, grapes, strawberries);
- Raw vegetables (mushrooms, broccoli, squash, green beans, red peppers);

- Healthy snack foods (non-fat cottage cheese, low carb protein bars); and
- Bottled Water.

#### **Document everything.**

I've said it to hundreds of clients previously and will continue to do so for years to come, "What gets measured, gets results!" Utilise our complimentary fitness assessments for 3, 6, and 12 month pass holders and keep a detailed record of training frequency, dietary intake and how you're feeling. Regular reviews of training methods, and finding pitfalls or areas of concern in your eating habits will prevent that plateau most clients face throughout various stages of their training cycle.

#### **Friends forever.**

You don't have to go it alone! Tell your friends and family what you want to accomplish and tell them how they can help you (and warn them of what doesn't help). Telling someone else your goals will probably make you feel that much more dedicated to reaching them. Who knows, maybe you'll even find a weight loss buddy among your peers who will join you on your journey to weight loss. Two heads are always better than one, especially when it comes to staying motivated!

By incorporating these important tips, you will have a better road map to succeed with your new year's weight loss resolution!





Sydney Uni  
SPORT & FITNESS

# HEALTH & FITNESS FACILITIES

Whatever you're after we've got it for you.



## UNIVERSITY SPORTS & AQUATIC CENTRE

Corner Codrington Street  
and Darlington Road.  
Tel: 02 9351 4978  
Fax: 02 9351 4982  
Email:  
nmrc@sport.usyd.edu.au

### Opening Hours

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

Splash out in the University Sports and Aquatic Centre (USAC) with its wide range of fitness services, indoor swimming pool, state-of-the-art cardio and resistance equipment and group fitness classes by Les Mills. Let our professional, caring team help you on your way to a better you. USAC features:

- 50m heated indoor
- swimming pool
- 6 synthetic grass tennis courts
- 4 squash courts
- Multi-function sports hall
- Modern fitness equipment
- Group fitness studio

- RPM Studio
- Health assessments
- Fitness testing
- Personal training
- Mint Cafe
- Sports Bistro

## ARENA SPORTS CENTRE

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

### Opening Hours

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

Improve your lifestyle through improved fitness at The Arena. Our new, media integrated cardio equipment will raise your heart rate, whilst our pin loaded resistance weight machines and wide range of free weights continue to prove to be extremely popular amongst our diverse range of clientele. Whether you're a complete beginner to exercise or an elite athlete our highly qualified, friendly and

caring staff are always at hand to assist you on your way to achieving your personal goals.

The Arena features:

- State-of-the-art cardio room
- Extensive weights room
- Personal Training
- Scientific health assessments
- Complimentary fitness programs
- Multi-purpose sports hall
- 2 squash courts
- 3 Badminton courts
- The Ledge Climbing Centre
- Ralph's cafe

## LEDGE CLIMBING CENTRE

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

### Opening Hours

Monday - Friday:  
12pm - 10pm  
Saturday - 11am - 5pm  
Closed on Sundays & Public Holidays

Move up in the world at The Ledge. Experience rock

climbing, one of the world's fastest growing indoor sports. The Ledge Climbing Centre offers over 300 metres of textured walls up to 8 metres high and a variety of vertical and overhanging wall systems complete with aretes, roofs and slabs.

The Ledge features:

- 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.

### For school bookings, contact:

Peter Butcher  
on 02 9351 8115.



## HK WARD GYMNASIUM

Grose Farm Lane  
(between Oval Nos. 1 & 2)  
Tel: 02 9351 4988  
Fax: 02 9351 4990  
Email: [hk@sport.usyd.edu.au](mailto:hk@sport.usyd.edu.au)

### Opening Hours

Monday - Friday:  
11.30am - 10pm  
Saturday - Sunday:  
9.30am - 6.30pm

Get among the elite at HK Ward Gym. Situated between the two main ovals of the University, it's a focal point for high performance sports, recreational activities and club sport. Hire a variety of sports equipment at reception. Change room lockers are available for casual and permanent use. Conditions apply.

HK Ward Gym features:

- Martial arts facility
- Multi sports hall
- Boxing ring and gym
- Group fitness studio
- Boxercise and kick boxing classes
- Ergometer training
- Sports equipment hire

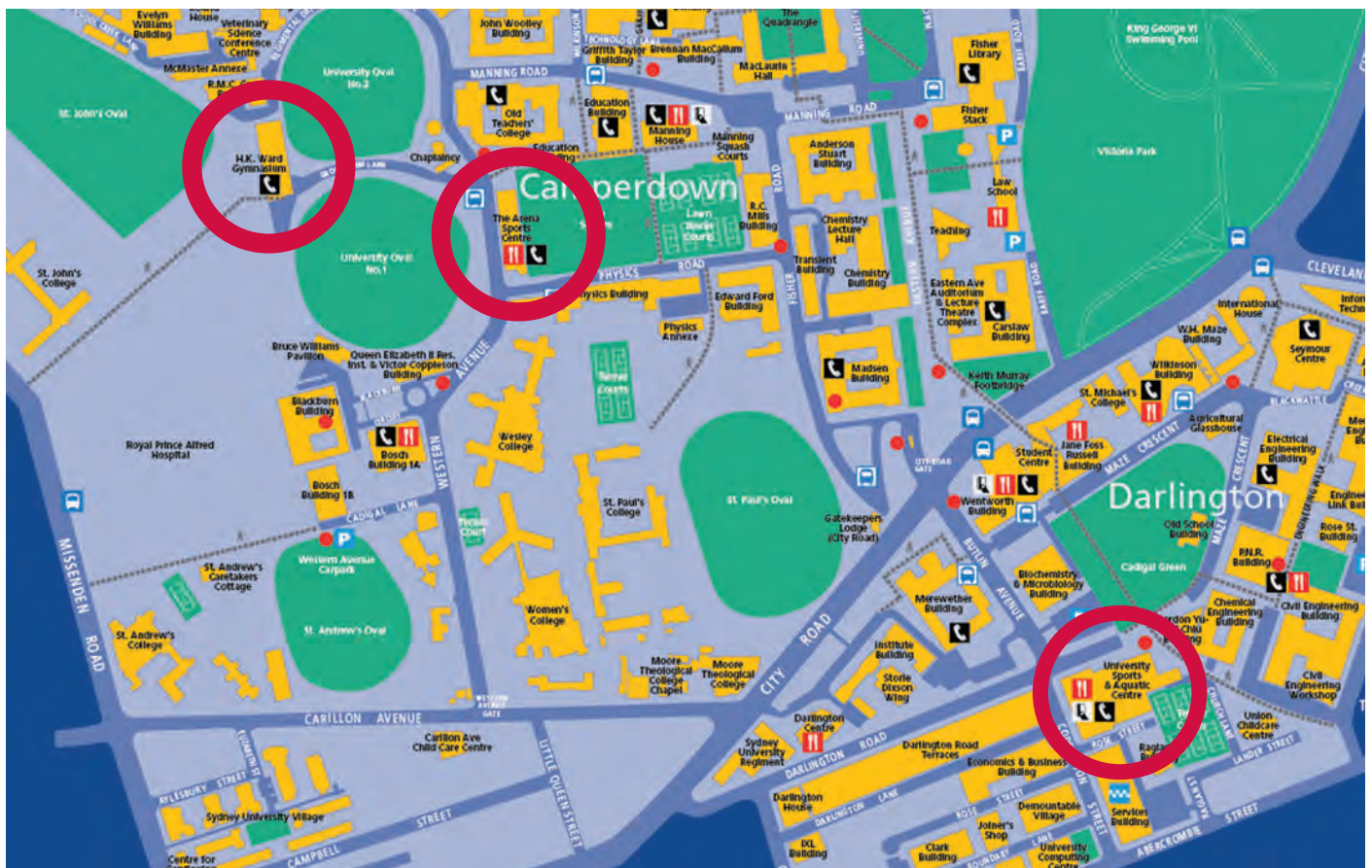
Casual and permanent bookings are available for clubs and individuals, either in person at the reception or by phoning: 02 9351 4988

## THE GRANDSTAND RESTAURANT & FUNCTION CENTRE

The place to meet – perfect for sporting celebrations (and post mortems!) The Grandstand Restaurant is located in the Bruce Williams Pavilion on No.1 Oval, in the grounds of historic Sydney University. Open Monday to Friday for lunch daily until 3pm, except for public holidays. Takeaway meals are also available. The Grandstand Function Centre is available for weddings, dinners, birthdays, fund-raisers and cocktail parties. Seating 150 people comfortably, the venue is available for hire at competitive rates.

### For booking enquiries please contact:

The Venue Manager  
Tel: 02 9518 6222  
Email: [contact@thegrandstand.com.au](mailto:contact@thegrandstand.com.au)





# BECOME A MEMBER.

Three easy steps.



1. Join the club.

2. Choose the pass that suits you best according



## ANNUAL MEMBERSHIP

'Become a part of Australia's most successful sporting club'

### ANNUAL MEMBERSHIP BENEFITS INCLUDE:

- Open invitations to any of our sports clubs with exclusive benefits such as training time, equipment and coaching
- Access to all Sydney Uni Sport & Fitness facilities at casual rates
- Access to our member benefits program

Only \$55.00 per year



## GOLD LION PASS

'Experience our premium pass, without the premium price'

### GOLD BENEFITS INCLUDE:

- Access to all three facilities on campus, including unlimited access to pool, access to cardio/weights room, group fitness classes
- Unlimited access to the Ledge Climbing Centre
- Access to HK Ward boxing facilities
- A complimentary fitness assessment
- Ongoing fitness management consultations every 6-8 weeks
- Free towel and locker hire at each visit
- Exclusive sporting accessories
- Use of Time Stop available
- Complimentary subscription to ROAR magazine

Available as 3, 6 or 12 month upfront options. Fortnightly Direct Debit option also available.

**Sydney Uni Staff and Students**  
from \$14 per week  
**Community** from \$18 per week



## SILVER LION PASS

'Enjoy the choice to get what you really want'

### SILVER BENEFITS INCLUDE:

- Unlimited access to pool
- Unlimited access to cardio/weights room\* OR
- Unlimited group fitness classes\* (All facilities)
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Access to HK Ward boxing facilities
- Use of Time Stop available

Available as 3, 6 or 12 month upfront options. Fortnightly Direct Debit option also available.

**Sydney Uni Staff and Students**  
from \$11 per week  
**Community** from \$14 per week





to your taste and timetable.

3. Enjoy the benefits.



#### BRONZE LION PASS

'Sweat it out with our finest and let performance become your passion'

##### BRONZE BENEFITS INCLUDE:

- Unlimited access to the cardio and weights facilities at The Arena Sports Centre
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Access to HK Ward boxing facilities
- Use of Time Stop available

Available as 3, 6 or 12 month upfront options. Fortnightly Direct Debit option also available.

**Sydney Uni Staff and Students**  
from \$9 per week  
**Community** from \$12 per week



#### BLUE LION PASS

'Dive in, and paddle your way to a healthier you'

##### BLUE BENEFITS INCLUDE:

- Unlimited access to the Sports and Aquatic Centre's 50m heated Olympic pool
- A free locker at each visit
- Use of Time Stop available

Available as 3, 6 or 12 month upfront options. Fortnightly Direct Debit option also available.

**Sydney Uni Staff and Students**  
from \$7 per week  
**Community** from \$9 per week

### A GREAT RANGE OF EXCLUSIVE MEMBER BENEFITS:

- A healthier, more active lifestyle.
- A sense of belonging to one of Australia's richest sporting traditions.
- No messy contracts or long-term lock-ins.
- Maximum flexibility at an unbeatable price.

**PLUS**, a great range of exclusive member benefits, including:

- Up to 20% discount on Recreation Courses.
- Member's rates on Sydney Uni Sport & Fitness branded apparel at the Co-op Bookshop.
- Access to the Sydney Uni Sport & Fitness Corporate Health Plan with MBF
- 5% MVP discount at Rebel Sport.
- Discounts on enrolments in Sydney Uni School Holiday Sports Camps.
- Great savings at the Grandstand Sports Bar and Restaurant.

\* prices quoted denote weekly breakdown of 12 month pass.





**THE SLEEPING GIANT HAS AWOKEN. THE STAFF & ALUMNI OF THE UNIVERSITY OF SYDNEY ARE MAKING THEMSELVES HEARD (OR RATHER, SEEN) IN GYMNASIUMS, SPORTS FIELDS AND IN OTHER RECREATION ACTIVITIES ALL ACROSS THE UNIVERSITY.**

• *By Stephen King*

# Active

**N**o longer are University sport and recreation activities dominated by students, who now rub shoulders with enthusiastic Executives & Deans in the gym, and find more than worthy adversaries in the form of lecturers and administrators in the social sport competitions.

The University of Sydney has 3,067 academic staff (as at 31 Mar 2010). Add to that administrative staff, and all of a sudden there is a huge range of staff members willing to get out of their offices and cubicles and get the most out of their workplace environment.

When you break it down, each staff member at The University of Sydney shares an office the size of two Sydney suburbs. They have three company gyms and 45 sporting clubs. They can play social sport every day of the week, and even have their own home teams to support on weekends. Is there another employer that could lay claim to this sort of health and fitness offering?

Yet, these opportunities are still unknown to the many staff of the University. Let them be unknown no longer!

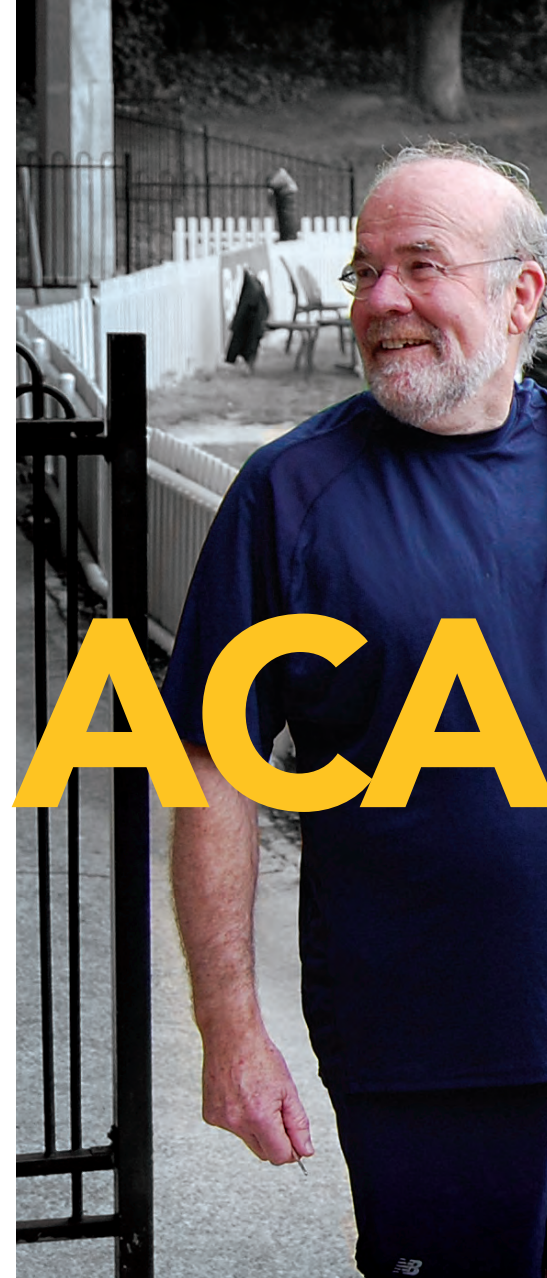
All University staff receive a 20% discount on all SUSF gym passes – something many have taken advantage of. Others have chosen to join in group sporting activities, spearheaded by enthusiastic staff members from the many departments on campus. Information and Communications

Technology (ICT) is one such department, with Chief Information Officer, Bruce Meikle and his team leading the charge.

ICT is responsible for the development, implementation and support of technology-based services that support the core functions of the University.

In 2010, the ICT department was at the forefront in utilising sport and recreation on campus to foster a positive workplace environment for their staff, while promoting healthy living and team building. They provided opportunities for their staff to take part in a ballroom dance short course run by Sydney Uni Sport & Fitness in semester 1, and followed this up with latin dance and then salsa. The ICT department has blazed the way in being the first to enquire about the possibility of running a course just for their staff.

The ICT department has also joined many other student groups, faculty members and local businesses in submitting a team in the Lunchtime Social Sport Competitions, which run each semester at the Sports & Aquatic Centre. Fielding two indoor soccer teams, of which Bruce is a member, and one mixed netball team, the department had 30 players competing once a week each semester, making at least the semi finals on each occasion. With other faculties such as Law joining them, a healthy rivalry has emerged between



the teams, proving that the staff teams can more than match their student counterparts.

Perhaps the greatest endorsement received of the initiatives employed by ICT was in an email received from one of their staff members – “it’s great working in ICT where people want to get out and compete as a group. Great for the morale here”.

Social Sport hasn’t been the only place where we have seen University of Sydney staff members mixing it with the students. Interfaculty Sport is almost as old as the University itself, with Interfaculty football matches played between the Arts & Medicine faculties as early as 1887.

Interfaculty Sport is a FREE competition where students & staff can compete for their faculty to help win the Emily Small Shield by accumulating points across a series of sporting competitions during the year. In 2010,



# DEMIC



the importance of University staff was realised when the Education faculty welcomed their Dean, Professor Robert J. Tierney and other staff members to participate in the final event of the year, the 5km Run. Education had started the day in 4th place, but through weight of numbers, had enough participation points to tie with Health Sciences for the overall title.

The participation from *one* University of Sydney staff member had made all the difference.

So the message is clear – watch out students, because there is another sporting powerhouse at the University of Sydney – over 6,000 staff.

**If you would like some more information about social sport competitions or short course opportunities for your staff please contact the Participation & Programs Department on 1300 068 922.**







Sydney Uni  
SPORT & FITNESS

# SHORT COURSES

Whatever You're After We've Got It For You.

## DANCE SHORT COURSES

### Ballroom For Beginners

Learn body isolations and the basics of the Waltz, Foxtrot and Tango. This course is an introduction to ballroom using simple choreography, which is perfect for beginners. Get ready to swing around the dance floor with grace while getting a workout and having fun.

**When:** 8 x 1hr classes, Wednesdays, 6:20-7:20pm, 16 Mar–11 May (ex. 27 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140  
– Enrol by: 14 Mar

### Belly Dancing

Performed before royalty in the ancient courts and danced in sacred celebration of feminine rites; this course is fun and accessible to all levels of fitness. You will learn basic techniques including body isolations, footwork and shimmies and have fun putting it all together in simple routines.

**When:** 8 x 1hr classes, Tuesdays, 5:10-6:10pm, 15 Mar–10 May (ex. 26 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140  
– Enrol by: 11 Mar

### Brazilian Samba

Brazilian samba is the dance of Rio Carnival. It works on increasing range of motion in movement, improving body isolations and agility, is highly energetic, and is almost impossible to do without a smile on your face. Get fit the fun way, and learn some great dance moves at the same time.

**When:** 8 x 1hr classes, Mondays, 6:20-7:20pm, 14 Mar–9 May (ex. 25 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140  
– Enrol by: 11 Mar

### Burlesque (It's Back!)

Ever wanted to dance like a pussy cat doll? Now is your chance! Slow, sexy, sassy, girly...learn various moves and dance combinations to music such as Pussy Cat Dolls, Beyonce and Rhianna.

**When:** 8 x 1hr classes, Thursdays, 6:20-7:20pm, 17 Mar–12 May (ex. 28 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140  
– Enrol by: 15 Mar

### Commercial Jazz

If you want to dance like they do in video clips this is the class for you. Usher, Nelly, Britney, Justin, Pink, Janet, you name it and Mel will have a routine to go with it. Suitable for girls and guys.

**When:** 8 x 1hr classes, Thursdays, 7:30-8:30pm, 17 Mar–12 May (ex. 28 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140  
– Enrol by: 15 Mar

### Contemporary

Develop your strength, flexibility and fluidity through a variety of dynamic dance moves. Be empowered by this self centering technique and discover the importance of expression in movement, as you learn to perform an inspiring dance piece.

**When:** 8 x 1hr classes, Mondays, 7:30-8:30pm, 14 Mar–9 May (ex. 25 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140  
– Enrol by: 11 Mar

### Hip Hop

Mel Hitchcock will teach you foundation Hip Hop club movements from the 80's, 90's and today, danced to Hip Hop music from NYC, LA, South and Mid-West! So many moves you will be hogging the dance floor when you have finished this course!

**When:** 8 x 1hr classes, Thursdays, 5:10-6:10pm, 17 Mar–12 May (ex. 28 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140  
– Enrol by: 15 Mar

### Salsa

Learn the basics of NYC-style salsa and end with enough tantalising twirls and exciting moves to keep you dancing for hours.

**When:** 8 x 1hr classes, Tuesdays, 6:20-7:20pm, 15 Mar–10 May (ex. 26 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140  
– Enrol by: 11 Mar







# MORE PARTY THAN WORKOUT

Zumba is the latest world-wide aerobics craze captivating seasoned fitness enthusiasts and first-timers alike. **BY ANDREW TILLEY**

Zumba is a unique aerobic work-out that utilises various dance styles.

It borrows Latin flavour from salsa, flamenco, tango and hip hop, just to name a few. There's plenty of hip turning and wiggling (think Shakira) and booty popping (think Beyonce), which encourages participants to really move, dance and get involved in the Zumba routine, while toning the body and burning fat.

## THE ZUMBA DANCE CRAZE IS BORN

Zumba was created in cheerfully accidental circumstances over a decade ago. In Columbia in 1999, "Beto" Perez, a celebrity fitness trainer, discovered at the beginning of his aerobics class that he had forgotten his music. Luckily for Perez he had a back-pack full of Latin music. Perez used these tunes for his class, advancing the choreography as he went along. The Zumba dance craze was born!

## GET REAL RESULTS IN AN UNREAL WAY

The dances keep the body constantly moving, burning between 400-600 calories every class. This work-out is set

to Latin rhythms and catchy dance moves and the speed of the rhythms has distinct periods where the music appears faster and periods when it is slower.

Interval training improves cardio-vascular fitness, burns calories and is often more effective than moving at a continual pace. While interval training and cardio exercise are effective, resistance training must be added to tone muscle. Enter Zumba. Muscle is the ultimate calorie burner and it keeps working even when your body is resting. For every kilogram of muscle you gain, your body will burn 25 more calories a day. Your metabolism is increased and both your muscle and bones are effectively strengthened.

## HELPFUL CLASS HINTS & TIPS

Instructors of Zumba rarely cue the choreography for their exercises (dance moves) and there is very little verbal instruction. Often instructors will just point or clap to indicate a change of movement. Zumba choreography is often introduced slowly until the music begins to rapidly increase

in pace. If you're new to Zumba try and position yourself up the front of the class so that you can see exactly what your instructor is doing.

One of the exciting and unique facets of a Zumba class is the way that class-goers participate. Cheering is encouraged and there is definitely a dance party vibe. Don't be afraid to hoot, clap and holler as you dance to the music and burn those calories.

## ZUMBA - COMING TO SUSF SOON!

SUSF is very excited to announce that Zumba will be added to the Group Fitness Class Timetable as of this week commencing March 14, 2011. In the week commencing March 7, 2011, SUSF will be offering a free Zumba class to all SUSF members.

**For more details closer to these dates, please check out the SUSF website [www.susf.com.au](http://www.susf.com.au) or contact us on 1300 068 922.**

So if you are keen to Zumba throw on your gym gear and get ready to sweat!



**BASKETBALL**



**INDOOR  
SOCCER**



**NETBALL**



**NEW!  
TOUCH  
FOOTBALL**



**Semester 1, 2011**

# **LUNCHTIME SOCIAL SPORT**

## **Open To Everyone!**

**Lunchtime Social Sport is open to Sydney Uni students, staff & the general community.**

**Get a team together...NOW!**

Registrations close 5pm on Friday 11th March 2011 (Earlybird registrations close Friday 4th March 2011). Places are limited.

Competitions commence the week beginning Monday 14th March 2011.

**Don't have a team?**

Contact us and we'll try and find one for you to join.

### **ENQUIRIES**

1300 068 922 or [socialsport@sport.usyd.edu.au](mailto:socialsport@sport.usyd.edu.au)

### **YOU CAN NOW REGISTER ONLINE**

[www.susf.com.au/page/lunchtime\\_social\\_sport.html](http://www.susf.com.au/page/lunchtime_social_sport.html)



**Find us on Facebook - SUSF Lunchtime Social Sport**

Proudly Sponsored By



**Sydney Uni**  
SPORT & FITNESS



## SPORT SHORT COURSES

### Archery For Beginners

Release your inner Robin Hood. Learn the basics of how to shoot a bow and arrow from Sydney Uni Archery Club instructors. Develop your hand-eye coordination and mental concentration. All equipment supplied (bow, arrows, arm guard and finger tab).

**When:** 5 x 2hr lessons

Course 1: Tuesdays, 3:00-5:00pm, 15 Mar–12 Apr

Course 2: Fridays, 3:00-5:00pm, 18 Mar–15 Apr

**Where:** St. Paul's College Oval, University of Sydney

**Cost:** Members \$100, Non-Members \$120 – Enrol by: 11 Mar (Course 1), 16 Mar (Course 2)

### Introduction To Fencing

Develop quick reflexes, coordination and stamina through the dynamic sport of fencing. Professional fencing instructor, Angelo Santangelo, will help you master the basic techniques, including duelling. This popular course has been running for the last 20 years and has produced many fencing champions. Angelo is a maestro of arms (foil, epee & sabre) and level 3 fencing coach.

**When:** 9 x 1hr lessons

Course 1: Tuesdays, 5:30-6:30pm, 15 Mar – 17 May (ex. 26 Apr)

Course 2: Wednesdays, 6:15-7:15pm, 16 Mar – 18 May (ex. 27 Apr)

Course 3: Saturdays, 12:00-1:00pm, 19 Mar–21 May (ex 23 Apr)

**Where:** Course 1 & 2: Activities Hall, Arena Sport Centre, University of Sydney

Course 3: Group Fitness Room, HK Ward Gymnasium

On 19 Mar, 9 Apr & 30 Apr, the lesson will be held in the Education Annexe Dance Studio.

**Cost:** Members \$125, Non-Members \$145  
Enrol by: 11 Mar (Course 1), 14 Mar (Course 2), 17 Mar (Course 3)



### Introduction To Fencing (Juniors)

Due to popular demand, fencing is also available for juniors! Open for those aged 8 to 13, fencing for juniors is a safe, unique and fun sport option for kids. All equipment is provided and alongside a fellow instructor, fencing maestro Angelo Santangelo will help aspiring youngsters to develop concentration, coordination and patience through the art of fencing.

**When:** 6 x 1hr lessons

Term 2: Saturdays, 2:30-3:30pm, 30 Apr–4 Jun

Term 3: Saturdays, 2:30-3:30pm, 30 Jul–3 Sep

**Where:** Group Fitness Room, HK Ward Gymnasium, University of Sydney

**Cost:** Members \$125, Non-Members \$145 – Enrol by: 28 Apr (Term 2), 28 Jul (Term 3)

### Fencing For Beginners

#### – FOIL, EPEE or SABRE\*\*

Had an introduction to fencing and want to learn more? Get training in the basic techniques of Olympic fencing in any of the three weapons disciplines from the Sydney Uni Fencing Club. Experienced coaches will provide instructions in footwork, bladework and tactics with modern electric scoring equipment. Each class will include supervised bouting and will put you on the path towards participation in fencing at a club or competitive level.

**When:** 5 x 2hr lessons

Adults: Saturdays, 11:45am – 1:45pm

Juniors: Sundays, 1:00pm – 3:00pm

**Where:** Activities Hall, Arena Sport Centre, University of Sydney

**Cost:** \$110 (Must be a Fencing Club Member)

\*\*Please see [www.fencing.soc.uyds.edu.au](http://www.fencing.soc.uyds.edu.au) for more information and to enrol.

### Golf For Beginners

Let a golfing pro teach you the basics of this tricky sport. From grip, stance, posture, basic swing path, putting and chipping, to essential rules and etiquette; you'll feel confident in your golfing abilities after participating in this useful and practical course.

**When:** 4 x 1hr lessons



Course 1: Tuesdays, 5:30-6:30pm, 22 Mar–12 Apr

Course 2: Tuesdays, 5:30-6:30pm, 28 Jun–19 Jul

**Where:** Moore Park Golf Course (meet at the Pro Shop)

**Cost:** Members \$125, Non-Members \$145 – Enrol by: 18 Mar (Course 1), 24 Jun (Course 2)

### Golf For Intermediates

Need to improve your game? With the guidance of a golfing pro, you will review the basics, begin to develop more advanced swing fundamentals and advance your short game skills. Fine-tune your putting and chipping, pitching and bunker play and make an impression next time you hit the golf course!

**When:** 4 x 1.5 hr lessons  
Tuesdays, 5:30-7:00pm, 3 May–24 May

**Where:** Moore Park Golf Course (meet at the Pro Shop)

**Cost:** Members \$175, Non Members \$195 – Enrol by: 29 Apr

### Sailing For Beginners\*\*

Learn to sail on Sydney's beautiful Harbour with Sydney Uni Sailing & Boardsailing Club. The YA/RYA Training Scheme Level 1 course will introduce you to the terminology of sailing, whilst on the water you'll learn how to take control of dinghies and

the appropriate sail controls. The Level 2 course builds your experience and advances your knowledge of sail trim and points of sail.

**When:** Each course is made up of a total of 8 hours of intensive on the water training broken down into 4 x 2 hours lessons. Details of course dates will be published at [www.usydsailing.com](http://www.usydsailing.com)

**Where:** Woollahra Sailing Club, Rose Bay

**Cost:** Please visit [www.usydsailing.com](http://www.usydsailing.com) for more information and to enrol.

### Tennis For Beginners

Learn the basics of playing this all year sport with help of our experienced coaches. You will develop all strokes as well as doubles play, tactics and fitness. These classes sell out so book early!

**When:** 6 x 1 hr lessons

Course 1: Wednesdays, 12:00-1:00pm, 16 Mar – 20 Apr

Course 2: Thursdays, 6:00-7:00pm, 17 Mar – 21 Apr

Course 3: Thursdays, 6:00-7:00pm, 5 May – 9 Jun

**Where:** Tennis courts, Sports & Aquatic Centre, Sydney Uni

**Cost:** Members \$100, Non-Members \$120 – Enrol by: 14 Mar (Course 1), 15 Mar (Course 2), 3 May (Course 3)



## RECREATION SHORT COURSES



### Hula Hoop Fitness

This course will introduce you to hula-hooping on the body and in the hands. You'll build core strength and cardio fitness as you learn simple and fun dance moves to funky music in a friendly environment. No experience necessary. Hoops will be provided and also available to order or buy in the first class.

**When:** 8 x 1hr classes, Mondays, 7:30-8:30pm, 14 Mar – 9 May (ex. 25 Apr)

**Where:** Group Fitness Room, HK Ward Gymnasium, University of Sydney

**Cost:** Members \$120, Non Members \$140 – Enrol by: 11 Mar

### Kickboxing Fitness

Combine fitness, self-defence and fun in this popular course. Become confident in performing a combination of strikes such as punches, elbow strikes, knee strikes and kicks while getting an exhilarating workout. Classes are non-contact and utilise bags as targets. Ideal for both men and women; challenge yourself today!

**When:** 8 x 1hr classes, Wednesdays, 7:30-8:30pm, 16 Mar–11 May (ex. 27 Apr)

**Where:** Group Fitness Room, HK Ward Gymnasium, University of Sydney

**Cost:** Members \$120, Non Members \$140 – Enrol by: 14 Mar

### Latin Dance Fitness

Learn choreography dances like Salsa, Cha-Cha and Rumba to form multi-peak aerobic workouts. Also included are exercises for core muscles and larger muscle groups for well-rounding training and tons of fun!

**When:** 8 x 1hr classes, Tuesdays, 7:30-8:30pm, 15 Mar–10 May (ex. 26 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140 – Enrol by: 11 Mar

### Massage

Discover the heavenly benefits of the healing art of massage. Through giving AND receiving massage under the guidance of a professional masseuse, you will learn basic massage techniques for the head, neck and shoulders in a safe and relaxing environment.

**When:** 8 x 1hr classes, Tuesdays, 7:30-8:30pm, 15 Mar–10 May (ex. 26 Apr)

**Where:** Education Faculty Dance Studio, University of Sydney

**Cost:** Members \$120, Non Members \$140 – Enrol by: 11 Mar

### Pilates

Learn to perform a series of slow, controlled movements that focus on developing good posture, pelvic stability and rebalancing the body through correct breathing and alignment. Popular for injury rehabilitation and body conditioning, this course is suitable for most people and is taught by an experienced, professional and qualified Pilates instructor.

**When:** 8 x 1hr classes, Mondays, 6:30-7:30pm, 14 Mar–9 May (ex. 25 Apr)

**Where:** Group Fitness Room, HK Ward Gymnasium, University of Sydney

**Cost:** Members \$120, Non Members \$140 – Enrol by: 11 Mar

### Scuba Diving

Learn to dive in the beautiful depths off Sydney's coastline. This course is internationally accredited with SSI (Scuba School International) and you'll learn from a dive master with over 30 years experience.

**When:** Each course involves 1 x 3hr Orientation Session & 2 x Practical Weekends (4 days) of diving tuition and practice.

Orientation: Tuesday, 6-9pm (unless stated otherwise)  
Diving: Saturday & Sunday, 8am-5pm

Course 1: Orientation: 8 Mar, Diving: 12, 13, 19, 20 Mar

Course 2: Orientation: 29 Mar, Diving: 2, 3, 9, 10 Apr

Course 3: Orientation & Diving: 22, 23, 24, 25 Apr (EASTER FULL TIME COURSE)

Course 4: Orientation: 10 May, Diving: 14, 15, 21, 22 May

**Where:** Orientation: Mezzanine Meeting Room, Sports & Aquatic Centre, University of Sydney

Diving: Meet 8am @ Sports & Aquatic Centre, Sydney Uni for transport to dive locations

**Cost:** Members \$310, Non Members \$360

Enrol by: 4 Mar (Course 1), 25 Mar (Course 2), 20 Apr (Course 3), 6 May (Course 3)

### Advanced Diver Trip

Explore a new diving location, on this weekend adventure to the jewel of the South Coast – Jervis Bay. All transportation, accommodation, meals, equipment and a video of your diving experience are included. Scuba Diving Certification is required.

See [www.subaquatics.com.au/sydneyuni/](http://www.subaquatics.com.au/sydneyuni/) for full details on all courses and trips.

**When:** This trip involves 1 x 3hr Orientation Session & 1 weekend of diving in the beautiful waters of Jervis Bay.

Orientation: Tuesday 3 May, 6-9pm

Advanced Diving: Friday 6 May 5:30pm – Sunday 8 May 5pm

**Where:** Orientation: Mezzanine Meeting Room, Sports & Aquatic Centre, University of Sydney

Advanced Diver Trip: Meet 5:30pm @ Sports & Aquatic Centre, Sydney Uni for transport to Jervis Bay

**Cost:** Members \$310, Non Members \$360  
Enrol by: 29 Apr





### Free Diving Trip

The introduction to the purest form of diving. Learn proper breathing techniques. You will acquire the proper skills & knowledge to partake in free diving to depths of up to 20m. All transportation, accommodation, meals and a video of your diving experience are included. (This trip runs in conjunction with the Snorkel Safari Trip)

See [www.subaquatics.com.au/sydneyuni/](http://www.subaquatics.com.au/sydneyuni/) for full details on all courses and trips.

**When:** Each trip involves 1 x 3hr Orientation Session & 1 weekend diving.

Orientation: Thursday, 6-9pm

Free Diving Trip: Friday 5:30pm – Sunday 5pm

Course 1: Orientation: 24 Mar, Snorkel Safari Trip: 25-27 Mar

Course 2: Orientation: 14 Apr, Snorkel Safari Trip: 15-17 Apr

**Where:** Orientation: Mezzanine Meeting Room, Sports & Aquatic Centre, University of Sydney

Snorkel Safari Trip: Meet 5:30pm at Sports & Aquatic Centre, Sydney Uni for transport to Jervis Bay

**Cost:** Members \$310, Non Members \$360  
Enrol by: 22 Mar (Course 1), 12 Apr (Course 2)

### Snorkel Safari Trip

Learn to snorkel the proper way as you embark on a weekend trip to the Jewel of the South Coast – Jervis Bay. All transportation, accommodation, meals, equipment and a video of your diving experience are included. (This trip runs in conjunction with the Free Diving Trip).

See [www.subaquatics.com.au/sydneyuni/](http://www.subaquatics.com.au/sydneyuni/) for full details on all courses and trips.

**When:** Each trip involves 1 x 3hr Orientation Session & 1 weekend snorkeling in the beautiful waters of Jervis Bay.

Orientation: Tuesday, 6-9pm

Snorkel Safari Trip: Friday 5:30pm – Sunday 5pm

Course 1: Orientation: 22 Mar, Snorkel Safari Trip: 25-27 Mar



Course 2: Orientation: 12 Apr, Snorkel Safari Trip: 15-17 Apr

**Where:** Orientation: Mezzanine Meeting Room, Sports & Aquatic Centre, University of Sydney

Snorkel Safari Trip: Meet 5:30pm @ Sports & Aquatic Centre, Sydney Uni for transport to Jervis Bay

**Cost:** Members \$310, Non Members \$360  
Enrol by: 18 Mar (Course 1), 8 Apr (Course 2)

### Stand Up Paddle Boarding

Soak up the magnificent surrounds of Sydney's beautiful Rose Bay, whilst learning how to stand up paddle board. Experienced instructors from OZSUP will have you up on your feet and enjoying the fun and fitness benefits of this latest leisure craze that's safe and suitable for everyone.

**When:** Stand Up Paddle Boarding lessons run every Saturday & Sunday between August and June, with weekday

lessons by appointment only. Each course is 1 x 2hr.

**Call 1300 068 922 to book a day that suits you! Please book at least 1 week ahead.**

**Where:** Woollahra Sailing Club, Rose Bay

**Cost:** Members \$50, Non Members \$60

### Surf Camp

Learn to surf with friendly, accredited coaches from Surf Camp Australia at Seven Mile Beach – Australia's best 'learn to surf' beach. Stay 2 nights in modern beachside cabins where all meals are included and a BBQ dinner/party on Saturday night! Price includes return transport, use of a Rip Curl wetsuit and custom-designed surfboard, as well as your own Rip Curl T-shirt to keep.

**When:** Surf Camp Runs every weekend between September & April

Bus departs Fri 6:00pm from outside Scubar/Central YHA,

Rawson Pl. Sydney and returns Sun 7:00pm

**Call 1300 068 922 to book a weekend that suits you!**

**Where:** Seven Mile Beach, Gerroa (130km south of Sydney)

**Cost:** Members \$255, Non Members \$295

### Zumba® (New!)

Zumba® is the latest worldwide aerobics craze. Fitness enthusiasts interested in Zumba® will immediately realise that this aerobics class is more like a party than a workout! There's no other fitness class like a Zumba® fitness-party.

**When:** 8 x 1hr classes, Wednesdays, 7:30-8:30pm, 16 Mar – 11 May (ex. 27 Apr)

**Where:** Education Annexe Dance Studio, University of Sydney

**Cost:** Members \$120, Non-Members \$140 – Enrol by: 14 Mar

## THREE EASY WAYS TO ENROL!

- > Enrol online at [www.susf.com.au/page/short\\_courses.html](http://www.susf.com.au/page/short_courses.html); or
- > Call 1300 068 922; or
- > Complete the enclosed enrolment form and submit at reception at University Sports & Aquatic Centre, Arena Sports Centre, or HK Ward Gymnasium.





# Kings of the KIDS

For over a decade Sydney Uni Sport & Fitness (SUSF) has offered school holiday sports camps for kids aged 5-15 years old. The focus of our camps is to introduce and encourage kids to participate in sport and fitness by focusing on skill development, enhancing self confidence and social interaction. In the process, our campers develop the knowledge and skills required to participate in various activities, whilst stimulating their desire to participate in sport and fitness in a safe environment. Most importantly, they have a whole lot of fun!

SUSF prides itself on recruiting and employing the highest quality staff at our camps and consistently offering a low camper to coach ratio. This allows all campers to receive quality, personal attention.

This summer our camps boasted the addition and involvement of the resurrected Sydney Kings along with the support of our own Sydney Uni Flames.

Community Programs Manager Libby Horsley was ecstatic with the involvement of both teams at the basketball camps recently held at the Sydney University Sports & Aquatic Centre.

"Having the Sydney Kings, along with our own Sydney Uni Flames as coaches, is a prime example of how we strive to offer kids in our school holiday sports camps the best possible coaching," Horsley stated.

"It was just delightful to see the smiles spread across the kid's faces as these giant basketball players from the Sydney Kings took them through drills & games, not to mention showing the campers how you slam dunk in the NBL!"

*By Andrew Tilley*







THE KIDS ENJOY THE COMPANY AND AEROBATICS OF THE KINGS (BEN HOLLIS, LUKE COOPER, JARROD WEEKS AND TIM HUDSON) AND FLAMES (BREE PARSONS AND PAIGE MELVILLE).







Sydney Uni  
SPORT & FITNESS

# CLUBS

Join a club! There are so many to choose from and they're open to everyone.

## AFL

The Sydney University Australian Football Club, run entirely by its members, is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. The men's club has six teams competing in the Sydney Football Association, providing opportunities for both elite players and beginners. The women's club is continuing to grow with two teams competing in the Sydney Women's AFL competition. Over the past 25 years the club has won seven Senior first grade flags and have been runners up five times.

For more information go to [www.suanfc.com.au](http://www.suanfc.com.au) or email: (Men) [australianfootball@sport.usyd.edu.au](mailto:australianfootball@sport.usyd.edu.au) (Women) [anfwomen@sport.usyd.edu.au](mailto:anfwomen@sport.usyd.edu.au)

## AMERICAN FOOTBALL

The American Football Club, established in 1984, fields an open team (Sydney Uni Lions in Division 1) as well as an under 18 team (Sydney Uni Cubs in the Colts Division) in Gridiron New South Wales, the highest level of competition for American Football in the state. The Lions have won 12 NSW championships in the 27 years of competition, including the past 8 years consecutively. The Sydney Uni Cubs have won 8 NSW championships in their 16 years of competition.

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

## ARCHERY

The Sydney University 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. Currently the club has a member ranked in the top 20 in the Australian Ranking list.

Email: [archery@sport.usyd.edu.au](mailto: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 is for athletes of all abilities from elite to social, and from undergrads to veterans. The club competes in a wide range of competitions around Australia including national and state championships, state relays and Athletics NSW all-comers events, in both the summer (track) and winter (cross country/road walks) seasons.

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

## BADMINTON

The Badminton club provides open opportunities for men and women, from elite to beginner players. The Badminton Club is affiliated with the Sydney Badminton Association Inc. and competes in all of the association's tournaments, as well as various intervarsity competitions throughout the year, including the Australian University Games and the Eastern University Games.

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

## 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. Their Pacific Coast team plays in a more social league to foster development among players. The club is a great place to play baseball, and is always looking for new members.

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



## BASKETBALL

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

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

## BOAT (MEN'S ROWING)

The Sydney University Boat Club was established in 1860. The club, together with the women's rowing club, competes as Sydney University in the club, State and National Championships and includes members of the Australian squad. For the past few years Sydney University has been the

leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last eight years. Also, at the 2010 National Championships, the club won the "Centenary Oar" for the most points.

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

## BOXING

The club offers something for all levels, from non-contact aerobic fitness classes to amateur competition for men and women. Training is held in a dedicated boxing gym at HK Ward Gymnasium.

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





# ROARING SUCCESS!

Winning isn't everything, but this club has certainly made a habit of it.

**BY ANDREW TILLEY**

Imagine finishing your regular season with a 10-0 record. You then crush your opponent 63-6 in your playoff game and 37-0 in the Grand Final to record your eighth straight Waratah Bowl and your 12th NSW Championship overall. Your record over the last seven seasons reads 96 wins and just two losses, and your winning streak is now an incredible 56 games. Your all time record over 27 seasons is 260 wins, 52 losses and five tied games for a winning percentage of 82.8%.

Just so you know, we're talking about the Sydney Uni Lions American Football team. Based on winning percentages, this team can arguably lay claim to being the most successful American Football team in the world.

Last year the Lions won the 2010 Waratah Bowl with a 37-0 victory over the UTS Gators. The result was a just reward for a team which had gone undefeated in the regular season and set a new league record in scoring an average of 58 points per game.

The success of the Lions has led to the recognition of several players at the representative level.

At the 2010 National Championships, the NSW team was dominated by Lions players, with 13 of the 22 starters on the team playing for the Lions. The NSW Wolfpack went undefeated through the tournament and won an unprecedented fifth straight National Championship in the process.

Lions' players also formed the core of the 2010 national team, which defeated Great Britain on its UK tour. The Australian Outback were led at quarterback by 2010 University Blue, Kiernan Dorney, who was joined on offence by fellow 2010 University Blue, David Thode, and five other Lions players - Matt Croasdaile, James Gifford, David Allen, Liam Erby and Mathew Freeman. On the defensive side of the ball, another Lion - Joe Lim - was a team captain and received the "Most Valuable Player" award for the tour.

The Lions also swept the pool in the 2010 Gridiron NSW awards. Head Coach Stephen Dunne was announced as Coach of the Year, while the Lions won the Team of the Year award. All the individual honours also went to Lions' players, with Joe Lim being announced as the GNSW Defensive MVP and Liam Erby winning the Offensive and League MVP awards.

Finally, in a most unusual but deserving result, the five man offensive line, consisting of David Thode, Cameron Lawrence, James Gifford, Aaron Carbury and David Allen were jointly awarded the 2010 Waratah Bowl 'Most Valuable Player'. In a way, the presentation of this individual award to a team unit served to underline just how much the success of the Lions has been based on its team spirit and team play rather than merely on individual performances. Long may it continue!



### CANOE/KAYAK

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

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

### CRICKET

The men's club has eight teams that compete in the Sydney Grade Competition that caters from the elite to social player. The Universities Women's Cricket Club also has 1st, 2nd and U15 grades competing in the Sydney Women's Grade Competition. The women's club also organises a twilight 12 over social competition.

For more information go to: (Men) [www.sydneyniversitycricket.com.au](http://www.sydneyniversitycricket.com.au) or (Women) [www.uwcc.com.au](http://www.uwcc.com.au) or email: (Men) [succ@sport.usyd.edu.au](mailto:succ@sport.usyd.edu.au) or (Women) [uwcc.secretary@gmail.com](mailto:uwcc.secretary@gmail.com)

### CYCLING

See Velo.

### 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.

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

### GYMSPORTS

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

For more information go to: [www.sug.gym-oz.net](http://www.sug.gym-oz.net) or email: [gymnastics@sport.usyd.edu.au](mailto:gymnastics@sport.usyd.edu.au)

### 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.

Email: [handball@sport.usyd.edu.au](mailto: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 Premier A Sydney competition while the women compete in both the Eastern Districts Women's Hockey Competition and the Sydney Women's Hockey League. The club sends teams to University Games.

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

### JUDO

The Sydney University Judo Club is the oldest judo club in Australia, founded in 1954 by Gary Grennan and Andy Shepherd. The club competes in all levels of judo competition, from national and state to local competitions and Australian University Games. SUJC is run by students, has black-belt instructors with international

experience, and is the most affordable judo club in NSW. Over the last four decades, SUJC has trained nine Olympians and numerous Australian representatives.

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

### KEMPO/KARATE

The club conducts classes for all levels throughout the year, focusing on self defence skills and coordination.

Email: [kempokarate@sport.usyd.edu.au](mailto:kempokarate@sport.usyd.edu.au)

### KENDO

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

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







### NETBALL

The Sydney University Netball club, recently joined as a part of the City Of Sydney Netball Association, is open to all abilities. The club has three teams entered in the NSW State League competition and a team in the NSW Regional Inter-district competition. Social players can compete in the weekend club and social competitions. The club also sends women's and mixed teams to the University Games.

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

### ROCK CLIMBING AND MOUNTAINEERING

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

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

### ROWING

The Sydney University Rowing Club was established in 1960s. 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 the scoring most points at the championships for the last eight years. Also, at the 2010 National Championships, the club won the "Centenary Oar" for the most points.

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

### RUGBY LEAGUE

The club has 2 teams and welcomes new members. The club also encourage and supports players to participate in NSW and Australian representative teams.

For more information go to: [www.sydneynirugbyleague.info](http://www.sydneynirugbyleague.info) or email: [rugbyleague@sport.usyd.edu.au](mailto:rugbyleague@sport.usyd.edu.au)

### RUGBY UNION

The Sydney University Football Club is one of the strongest clubs in the NSW rugby union competition. The Club caters for a range of players through to the elite level. The Club won the Club Championship for the 7th successive time in 2010, along with the Colts Club Championship for the 6th successive time, 1st Grade Premiership, Colts 1 Premiership and Colts 2 Premiership. The women's club enters a team in the Sydney competition.

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

### SAILING AND BOARDSAILING

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

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

### SKI

The Sydney University Boarders and Skiers Club, established in 1997, hosts approximately 2000 members and is the largest Sporting and Recreational University Club in Australia.

For more information go to: [www.subski.net](http://www.subski.net) or Email: [ski@sport.usyd.edu.au](mailto:ski@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.

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

### SOFTBALL

Softball has been very successful over the years at the Australian Uni Games, and will be looking to defend the title in October. All players are welcome!

Email: [softball@sport.usyd.edu.au](mailto:softball@sport.usyd.edu.au)

### SQUASH

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

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







## SWIMMING

The Sydney University Swimming Club trains at the University Sports and Aquatic Centre. All levels of experience are catered for, from beginners to the elite. The club competes in all levels of competition from club nights to state and national events, as well as Eastern and Australian University Games. In 2008, the club earned 'Gold Status', as one of Australia's leading swimming programs.

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

## TABLE TENNIS

The club provides table tennis from the beginner to the elite level. It enters regional competitions as well as University Games. We meet at HK Ward Gymnasium regularly during the week with coaching available.

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

## TAEKWONDO

The Taekwondo club, started in 2001 welcomes people of all experience levels the opportunity to learn the Korean martial art and Olympic sport of Taekwondo. Classes teach kicking, sparring, self-defence and the core traditional aspects of Taekwondo such as spirit, focusing on improving an individual's health

and fitness while learning in a fun, safe and social environment.

For more information go to: [www.tkd.soc.usyd.edu.au](http://www.tkd.soc.usyd.edu.au) or email: [taekwondo@sport.usyd.edu.au](mailto:taekwondo@sport.usyd.edu.au)

## TENNIS

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

Email: [tennis@sport.usyd.edu.au](mailto:tennis@sport.usyd.edu.au)

## TOUCH

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

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

## ULTIMATE FRISBEE

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

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

## VELO

Whether you're an elite and experienced peloton rider or a casual cycling enthusiast, the inception of SU Velo has finally created a club for you in Sydney that caters for you, in a fun and interactive community.

For more information, go to: [www.suvelo.com.au](http://www.suvelo.com.au) Email: [secretary@suvelo.com.au](mailto:secretary@suvelo.com.au)

## VOLLEYBALL

The Sydney University Volleyball Club enters men's and women's teams into the Australian Volleyball League, as well as teams in local and state competitions. The club has done particularly well in University competitions, with the men's team coming first in the country in 2000. Also, the men's and women's teams won the NSW University Games often over the past few years.

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

## WATER POLO

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

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

## WATER SKI AND WAKEBOARD

The Water Ski Club informally began as early as the 1960s. The club offers an opportunity for all abilities to enjoy organised trips throughout the year. The club's season runs from late September to late April, offering organised water ski days for members at Riverside Ski Park at Cattai, on the Hawkesbury, about one hour north-west of Sydney.

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

## WRESTLING

The club welcomes all levels of wrestlers from beginners looking for a social sport experience to elite level competitors.

Email: [wrestling@sport.usyd.edu.au](mailto:wrestling@sport.usyd.edu.au)





# INJURED OR JUST TOO MANY PUSH UPS?

IS YOUR NEW YEAR'S RESOLUTION TO GET FIT, BUT YOU CAN'T GET OUT OF BED THE DAY AFTER YOUR FIRST SESSION WITH THE PERSONAL TRAINER? YOU ARE MOST LIKELY EXPERIENCING DELAYED ONSET MUSCLE SORENESS (DOMS).

## **DOMS is not an injury, but the muscular pain and stiffness you feel 12-48 hours post exercise.**

It can just be a mild ache or can be quite crippling. It is generally experienced after starting a new exercise program or increasing the intensity or duration of your exercise. A prime example of this is the muscular soreness you experience the day after the first soccer game of the season.

You do NOT need to visit your physiotherapist if you are experiencing DOMS. It is different to the sudden acute pain, swelling & bruising you experience when you sprain a joint or pull a muscle. It is actually a normal physiological response to physical over exertion. Scientists have theorised that DOMS is caused by the microscopic tearing of your muscle fibres. As the muscle fibres heal your muscles actually start to adapt to be able to cope with the higher level of exercise. That means that they heal with greater endurance and strength.

## **How do you recover most efficiently from DOMS?**

There is no actual cure. Generally your pain and stiffness will settle over two or three days. Some activities which may speed up your recovery or reduce the intensity of your symptoms include:

- Gentle stretching;
- Gentle aerobic exercise e.g. swimming;
- Warming down and stretching post-exercise;
- Hot/Cold baths post exercise – these have become quite popular in the change room post games; and
- Remedial Massage.

PeakPhysique offers many of the above services, including Remedial Massage. They can also offer suggestions for appropriate stretching, gentle exercise and post exercise.

The good news is subsequent sessions with your personal trainer or games of soccer are less likely to cause DOMS as your muscles adapt to the new level of exercise.

## **What do you do if that pain is the more acute pain, swelling and bruising you experience while on the sports field, in the gym or out running?**

That sounds like an injury, which would most likely benefit from the advice & treatment of your physiotherapist or sports doctor sooner rather than later.

**PeakPhysique Physiotherapy is able to assist with any queries you may have or treatments you may need and is conveniently located onsite at Sydney University, at the Sports Clinic, cnr Western Ave & Physics Road. Bookings can be made by calling 9351 8118.**

*Sally Done has nine years experience as a Physiotherapist and has helped many a player and fitness enthusiast alike. Sally is also our Clinical Pilates instructor, with a passion for core stability and strength – a very important aspect of all sports and athletes.*







**Our physiotherapists treat:**

- Aches & pains
- Sports injuries
- Neck & back pain
- Accredited providers for work related injuries

**CELEBRATING 10 YEARS IN 2011**  
(AND GETTING BETTER WITH EACH ONE!)

**Preferred physio of Sydney Uni Sport & Fitness, including physios to:**

- Sydney Uni Football Club
- Sydney Uni Flames
- Sydney Uni Soccer Club
- Sydney Uni Cricket Club
- Sydney Uni Elite Athlete Program

In the Sports Clinic, Arena Sports Centre  
Western Ave, Sydney University  
[www.peakphysique.com.au](http://www.peakphysique.com.au)

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# 'Blue&Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | AUTUMN 2011

## XMAS HAMPER GOLF DAY



Doctor Frank Cheok, of the victorious St Vincent's Clinic team, chews the fat with MC Rod Tubbs.



Representing Bullant Sports: (L-R) Gill and Peter Hensman with Wendy and Rex Langthorn.



What lengths some will go to in their endeavor to win the "Best Dressed" award! "Men About Town": (L-R) Arthur Johnson, Graham Hurst, Campbell Anderson and Stewart Boyce.



The Reed Group: (L-R) Garth Graydon, Glenn Robinson, Geoff Reed and Derry Hill.



The Nelson Hotel Team: (L-R) Toby and Karl Richardson with Alex Stone and Sandy Arnold.

The 2010 'Blue & Gold' Xmas Hamper Golf Day was held in the last week of November, as has been the tradition for fourteen consecutive years. By popular demand, it was once again staged at the picturesque St Michael's Golf Club overlooking Little Bay.

So, on Wednesday 24th November 2010, a field of 22 teams competed for the Chancellor's Cup. All but one of those teams were repeat customers, the newcomer being a team representing the Faculty of Economics & Business at Sydney Uni. Four of the teams (Graham Hurst's Men About Town, Logan Wines, North Sydney Hotel and The Nelson Hotel) have played in all fourteen of the 'Blue & Gold' Xmas Hamper Golf Days.

The reigning champions were the St Vincent's Clinic team, which last year had won the Chancellor's Cup for the first time in eight attempts. Having acquired

that taste for victory, the old boys representing St Vincent's Clinic did it again in 2010 – an absolute triumph for the good doctors (Chris Browne, Frank Cheok, David Golovsky and Alan Farnsworth)!

The 2nd and 3rd places were filled by teams making their 14th and 8th appearances in the field – North Sydney Hotel (represented by Michael Armstrong, Peter Dind, Kerry Osgood, Kerry Trollope and non-playing captain, Athol Davis) and Gregro Promotions (represented by the brothers Fayn... David and Greg...Greg Kirkham and Richard Lowe).

Although these three teams received hams and wines to complement their hampers, all players in the remaining 19 teams also took home splendid Xmas hampers.

For some teams, the "Best Dressed" award is a more realistic challenge than the Chancellor's Cup! The 2010 winner of the "sartorial splendor" prize was the Men About Town team, although their top hats, bow ties and formal waistcoats looked a little the worse for wear after 18 holes of golf on the challenging St Mick's layout!

The 'Blue & Gold' Xmas Hamper Golf Day continues to be a very popular and relaxed event. The competing teams genuinely look forward to catching up with one another. As always, Murray Hartin...Australia's modern day Banjo Patterson...entertained our guests at the post-golf presentation dinner.

The 2011 'Blue & Gold' Xmas Hamper Golf Day will again be held at St Michael's Golf Club on Wednesday 23rd November.





## ASHES "9 DAYS OUT" CRICKET LUNCHEON



MC Adam Spencer and his cricket ball blazer.



Adam Spencer's panel at the Ashes 9 Days Out Cricket Luncheon. (L-R) Greg Mail, Corey Collymore, Len Pascoe and Mike Coward.

With the (misplaced as it turned out) anticipation of Australia's cricketers regaining the Ashes in the Series of five Test matches on home soil this summer, a second 2010 'Blue & Gold' Cricket Luncheon was staged at the Four Seasons Hotel on Wednesday 17th November. This one was co-badged as the Ashes 9 Days Out Cricket Luncheon, whereas the Friday 19th February 2010 'Blue & Gold' lunch had been co-badged as the Ashes 9 Months Out Cricket Luncheon.

As happened at the earlier 2010 lunch (when the SUCC "Team of the 60s" was announced), the Ashes 9 Days Out Cricket Luncheon attracted a larger than usual number of Sydney Uni cricketers...this time from the 1970s. This was because the Club's historians, archivists, peer group leaders and Club Chairman had got together to select the SUCC "Team of the 70s" as objectively as they could.

Over the next three 'Blue & Gold' Cricket Luncheons, Sydney Uni "Teams of the 80s, 90s and the first decade of this century" will be similarly announced. This will culminate in the announcement of the Sydney Uni "Living Legends Team" in 2014 – the year of the Sydney Uni Cricket Club's sesquicentenary celebrations.

Nine of the twelve members of the SUCC "Team of the 70s" were present on the day, as were another three tables

of their former team-mates. The team in batting order was as follows:

- Tom Jenkins
- Greg Wilson
- Jim L'Estrange
- Ian Fisher (c)
- Rick Lee
- Mark Perry
- Alan Crompton
- Peter James
- Chris Elder
- Mick O'Sullivan
- Geoff Pike
- Mark Burgess (12th Man)

Following the announcement of the team, all members present were asked for just one recollection from their cricket playing days at Sydney Uni in the 1970s. They all spoke very passionately about their time at the Sydney University Cricket Club, but there was a surprising number of references to one venerable opponent from that era – the former Bankstown, NSW and Australian fast bowler, Len Pascoe (who just happened to be in the audience)!

It was great for current SUCC cricketers at the function to witness the spirit and enthusiasm of this "team" of very good past players.

After the main course, Adam Spencer moderated a panel of cricket experts, comprising of:

- Mike Coward - our resident member of the Fourth Estate;

- Len Pascoe - one half of the revered Thomson/Pascoe (very) fast bowling attack;
- Corey Collymore - the Windies' quick who has played thirty Test matches for his country; and
- Greg Mail - former NSW opening batsmen and current Sydney Uni run machine.

With Adam's help, the panel discussed "cricket through the ages", with emphasis on fast bowling and, of course, the imminent Ashes Test Series. It was a highly stimulating and extremely entertaining segment.

The 2011 'Blue & Gold' Cricket Luncheon will also be held in November...on Friday 18th November...rather than in the February time slot of previous years.



SUCC Team of the 70's: (L-R) Geoff Pike, Mike O'Sullivan, Chris Elder, Peter James, Alan Compton and Rick Lee with MC Rod Tubbs.



## WNBL FLAMES LUNCHEON



2010/2011 Southern Design Sydney Uni Flames WNBL team with Dick Phillips.

On Wednesday 1st December 2010, the third 'Blue & Gold' WNBL Flames Luncheon was held in the Anchorage Room at the WatersEdge Restaurant. From the outset, it was explained that the lunch would be more than a WNBL function – it was a celebration of women's sport.

All bar one of the 2010-11 Southern Design Sydney Uni Flames' WNBL players were in attendance. Early in proceedings they were individually introduced to the luncheon guests and they looked particularly stunning in their 'glad rags'.

In keeping with the "women in sport" theme, Adam Spencer moderated a wonderfully animated panel which involved three elite athletes from sports other than the Women's National Basketball League:

- Ellyse Perry - a dual cricket and soccer international for the past four years (from the age of 16);
- Sally Shipard - our youngest ever Olympic footballer (in 2004) and now a seasoned Matilda; and
- Sarah Stewart - a dual Paralympian and premiership player for the 2010 Wheelchair Flames.

The second panel comprised two of the Southern Design Sydney Uni Flames star recruits for the 2010-11 WNBL season... post player Amy Denson and off/point guard Katie-Rae Ebzery...plus Natalie Porter, a 94 times Australian Opals' representative and an Olympic silver



The WNBL Flames panel consisted of (L-R) Amy Denson, Katie-Rae Ebzery and Natalie Porter.

medalist from the 2004 Athens Games. This luncheon was well supported by Flames' sponsors such as Southern Design, ACUVUE/Johnson & Johnson Vision Care, Bankstown Sports Club, Dick Smith Electronics, Jebam, Jennings Plumbing, PeakPhysique Physiotherapy, Ralph's Café, Rydges Camperdown, Sutherland Basketball Association, Sydney City Toyota and Volvo Bus Australia.

For the third consecutive year, Basketball Australia, Ernst & Young and the NSW Institute of Sport very generously supported this function. It continues to be a great public relations exercise for the Southern Design Sydney Uni Flames and the 2010 WNBL Flames' Luncheon raised some worthwhile dollars towards the funding of our WNBL franchise.

The 2011 'Blue & Gold' WNBL Flames/Women in Sport Luncheon will again be held in the Anchorage Room at WatersEdge Restaurant on Wednesday 7th December.

## 2011 'BLUE & GOLD' FUNCTIONS

### AUSSIE RULES LUNCHEON

Friday 15th April  
from 12:00 noon at the  
Four Seasons Hotel, Sydney

### ATHLETICS LUNCHEON

Friday 13th May  
from 12:00 noon at The Boathouse  
on Blackwattle Bay, Glebe

### SOCCER FOOTBALL DINNER

Friday 10th June  
from 7:00pm at Doltone House,  
Pymont

### RUGBY LUNCHEON

Friday 8th July  
from 12:00 noon at the  
Four Seasons Hotel, Sydney

### WATER POLO LUNCHEON

Friday 26th August  
from 12:00 noon at WatersEdge  
Restaurant, Walsh Bay

### ROWING LUNCHEON

Friday 16th September  
from 12:00 noon at The Boathouse  
on Blackwattle Bay, Glebe

### BLUES ASSOCIATION/SUSF GOLF DAY

Wednesday 12th October  
from 12:00 noon at St Michael's  
Golf Club, Little Bay

### CRICKET LUNCHEON

Friday 18th November  
from 12:00 noon at the  
Four Seasons Hotel, Sydney

### XMAS HAMPER GOLF DAY

Wednesday 23rd November  
from 12:00 noon at  
St Michael's Golf Club, Little Bay

### WNBL FLAMES/WOMEN IN SPORT LUNCHEON

Wednesday 7th December  
from 12:00 noon at WatersEdge  
Restaurant, Walsh Bay

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





**Cricket Luncheon Guests:** (L-R) Leonie Lum, Simon Malcolm, Deputy Vice Chancellor Derek Armstrong, Ed Smith and Rob Smithies.



Jim L'Estrange gets a laugh on the microphone.



**The North Sydney Hotel Team** – runners up in both the “Best Dressed” award and in the “Chancellor’s Cup” – Peter Dind, Kerry Osgood, Athol Davis (non-playing captain), Michael Armstrong and Kerry Trollope.

## UNIVERSITY OF SYDNEY SPORT FOUNDATION NEWS

All USSF Divisions are developing their fundraising plans for 2011, which promises to be an especially busy year for the USSF Capital Works Division.

The catalyst for the most significant capital works ever contemplated by SUSF is The University of Sydney's commitment to a \$400 million Centre for Obesity, Diabetes and Cardiovascular Disease (CODCD). The site for that massive development includes the area that has been occupied since 1927 by our HK Ward Gymnasium. It will have to be demolished.

The University is fully committed to replacing our HK Ward Gymnasium

facilities and recognises that this will be best achieved by the construction of state-of-the-art facilities in two new locations – adjacent to the University Sports & Aquatic Centre (Darlington) and on University N<sup>o</sup>2 Oval.

These essential developments will logically be part of more comprehensive constructions, requiring substantial funds to be raised in the early part of 2011 by the USSF Capital Works Division.

In time, SUSF will be seeking White Knights to come forth and contribute to the long term future infrastructure and success of sport at Sydney University.







SYDNEY UNI SPORT & FITNESS

# UPCOMING EVENTS CALENDAR



## FEBRUARY

	DATE	TIME	OPPONENT
Sydney Uni Flames	Saturday 19th	1.00pm	Canberra
Cricket	Saturday 19th	10.30am	Randwick-Petersham
Water Polo (Men)	Saturday 26th	2.45pm	Balmain Tigers
Water Polo (Women)	Saturday 26th	1.15pm	Balmain Tigers
Water Polo (Men)	Sunday 27th	1.15pm	UNSW Wests Magpies
Water Polo (Women)	Sunday 27th	2.45pm	UNSW Killer Whales

## MARCH

	DATE	TIME	OPPONENT
Water Polo (Women)	Saturday 5th	1.15pm	Drummoyne Devils
Water Polo (Men)	Saturday 5th	2.45pm	Drummoyne Devils
Water Polo (Men)	Sunday 6th	1.15pm	Hunter Hurricanes
Water Polo (Women)	Sunday 6th	2.45pm	Hunter Hurricanes
Water Polo (Women)	Wednesday 9th	7.00pm	KFC Qld Breakers
Water Polo (Men)	Wednesday 9th	8.20pm	KFC Qld Breakers
Water Polo (Men)	Friday 11th	7.00pm	KFC Qld Breakers
Water Polo (Women)	Friday 11th	8.20pm	KFC Qld Breakers
Cricket	Saturday 12th	10.00am	Penrith
Water Polo (Women)	Tuesday 22nd	7.00pm	UWA Torpedoes
Water Polo (Men)	Tuesday 22nd	8.20pm	UWA Torpedoes
Water Polo (Men)	Saturday 26th	1.15pm	UWA Torpedoes
Water Polo (Women)	Saturday 26th	2.45pm	UWA Torpedoes

## APRIL

	DATE	TIME	OPPONENT
Rugby	Saturday 9th	3.00pm	Eastwood
Water Polo (Women)	Saturday 9th	1.15pm	Sealevel Cronulla Sharks
Water Polo (Men)	Saturday 9th	2.45pm	Sealevel Cronulla Sharks
Water Polo (Men)	Wednesday 13th	7.00pm	Brisbane Barricudas
Water Polo (Women)	Wednesday 13th	8.20pm	Brisbane Barricudas
Water Polo (Women)	Friday 15th	7.00pm	Brisbane Barricudas
Water Polo (Men)	Friday 15th	8.20pm	Brisbane Barricudas
Rugby	Saturday 23rd	3.00am	West Harbour







# OVER THE LINE

## Flames stake fire

While other franchises in the Women's National Basketball League were enjoying their Christmas break, the Southern Design Sydney University Flames were busy preparing for the future. The Flames have re-signed import Amy Denson for the 2011-12 season and long-standing coach Karen Dalton for a further two years. Denson will return for a second stint in Sydney after a stand-out debut season in the WNBL where she is second in the league in scoring, and leads the Flames in rebounding, scoring and field goal percentage. For dual Olympian Dalton, the new two-year agreement continues a long relationship with the club, at which she started her career as a teenager. As well as playing the most number of games for the club, Dalton was also assistant coach before taking the helm. "We have a unique model in the WNBL and to have the support of SUSF and Sydney University is a significant bonus for our club and athletes" she said. Meanwhile, Flames players and coaches were involved in a series of junior coaching camps and clinics at Sutherland, Manly, Hornsby and the Hunter Valley during the school holidays. Upwards of 200 young players attended,

with coaches including Tanya Smith, Sally Potocki, Jaimee Kennedy and Eva Afeaki, who started their careers in local NSW associations.

## Milestone for Mail

When Sydney University opener – and science graduate – Greg Mail scored his third century of the season in guiding the Students to a win in their recent limited overs match against Eastern Suburbs at Waverley Oval, he passed 11,000 First Grade runs in the Sydney Grade Cricket competition in the process. Blacktown's Paul Maraziotis also passed the 11,000-run mark on the same weekend. Needing just 28 runs to reach the milestone, Mail went on to make 145, which was also his 33rd First Grade century. Only Bob Simpson (35), Warren Bardsley (36) and Victor Trumper (36) have scored more in the Sydney grade competition. At the time of writing, Mail had 11,117 First Grade career runs, while Maraziotis had 11,023. They are the seventh and eighth players respectively to reach the mark in the history of the competition which spans over 100 years. Fellow Sydney University opener Ian Moran also made his mark in the match at Waverley Oval. While cracking 86 in a 125-run opening stand with Mail, the all-rounder passed 8000 First Grade runs. He also has 283 First

Grade wickets, making him just the 12th player to accomplish the double of 8000 runs and 250 wickets in First Grade.

## Haydon leads Oxford to victory

Former premiership-winning Sydney University halfback, Nick Haydon, recently captained Oxford University to a 21-10 win over Cambridge University in the 129th annual Varsity Match, played at a cold Twickenham. Haydon, a medical graduate from Sydney University now at University College, Oxford, studying for a master's in diagnostic imaging, led the Dark Blues to a two-tries-to-one win. Cambridge now hold a 61 to 53 advantage in the series that dates back to 1872. Haydon's profession stood him in good stead when he was first selected for the Oxford XV. "When I first arrived we played an away match and didn't have a doctor," he said. "I spent the post-match stitching up a big American prop who was playing for us." Haydon, who played in Sydney University's 2007 and 2008 Shute Shield premierships in the Sydney grade competition, said selecting his team for the annual match was one of his toughest tasks as captain. "It's a fantastic affair. We spend a whole year preparing for this one match. It has a lot of tradition behind it and it's a very proud occasion for both universities."

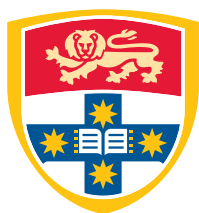


## Vale: Gavin Brown

The passing of Gavin Brown at his home in Adelaide on Christmas Day cast a pall over all involved in sport at Sydney University. During his term as Vice-Chancellor of the University, from 1996 to 2008, Professor Brown was a great supporter of sport in all of its forms and at all levels. He was not only a regular attendee at Sydney Uni rugby, cricket and Flames women's basketball matches, but an avid supporter of sport and sporting clubs behind the scenes, at Sydney Uni Sport & Fitness and on the University Senate. His actions fitted his claim that he liked the egalitarianism sport brought to its practitioners. Those who had the good fortune to attend the annual Blues and Sports Awards dinners in the Great Hall were regularly entertained by his off-the-cuff speeches to create suspense in the naming of the Blues of the Year and the Sportsman and Sportswoman of the Year. His sporting legacy was in establishing the Vice-Chancellor's Sports Scholarships (for men and women) – to fit in with the overall Sports Scholarship program. Such was his contribution to sport, the Blues Association awarded him a University Gold in 2007 and he wore the blazer with great pride.



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