

# ROAR



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11

SYDNEY UNI SPORT & FITNESS MAGAZINE

WINTER 2011



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## WHAT MATTERS MOST.

For the Sydney University Cricket Club (SUCC) the 2010-11 season can only be described in one way – record-breaking. This season the Cricket Club were Belvidere Cup minor-premiers and became the first to win all three major competitions – the Belvidere Cup (two-day competition), the Limited Overs Cup (50 over a side competition) and the Poidevin Gray Shield (Under 21 competition) – in the Sydney Grade competition.

Aaron Scott delves (page 12) into the major changes that have been made at SUCC to help turn a club from one that was stuck in the groove of defeat to one that has set the highest of standards and vowed to create a culture of winning like no other in history.

The recent creation and implementation of the Sydney University Elite Athlete Program (EAP) has proved instrumental in SUCC's dominance of Sydney Grade Cricket. This program has enabled 28 young cricketers to train 48 weeks of the year under the guidance of full-time coach Gary Whitaker – who was recently named the 2010-11 Sydney Grade Cricket Coach of the Year. This program has become the motor that has powered the club's success.

The Cricket Club is certainly not the only SUSF club to have benefited from the EAP, and this edition of ROAR is certainly testament to that. Our premier men's and women's rugby union teams, women's wheelchair basketball, American football, Australian football, tennis, athletics, boat and women's rowing club (page 30), just to name a few, have all seen recent success that can be largely attributed to the program.

With winter just around the corner a number of our sporting clubs are gearing up for, or are in the midst of, their competitions (page 47). We also take a look at effective fitness tips that can help you to improve your experience on the slopes (page 20) and training for fun runs, such as the City to Surf. They are a lot more fun when you're prepared!

With more sport and fitness stories included in this issue – our 11th – than ever before, we still find the time to chat with bubbly 2012 Olympic swimming hopeful Emma Gray (page 8) about her goals and attributes, the impact of the EAP and those controversial swim suits!

Let's hope that this issue helps to fire up your winter sport and fitness ambitions.

**ANDREW TILLEY**  
Editor





Berrick Barnes – Wallaby  
and postgraduate student

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# NEWSBITES

## WOMEN ADD KIAMA 7S TO TROPHY CABINET



Sydney University Women's Rugby team are the Kiama 7s Tournament champions after an undefeated run against a host of strong representative sides, including NSW Country, ACT and Sydney rivals Warringah. Roisin McNulty, Alex Hargreaves and Iliseva Batibasaga scored tries in their 19-12 win over ACT in the final. Wallaroo recruit Batibasaga scored six tries on the day, while Hargreaves scored five.

## CLUB CHAMPIONSHIP FOR MEN'S WATER POLO TEAM



Strong displays across the grades have netted Sydney University the 2010-11 Sydney Men's Water Polo First Division Club Championship. The club fielded the most teams in all grades to finish the season with 335 points, ahead of UNSW-Wests on 323 points.

## FLAMES GUARD NAMED IN NATIONAL JUNIOR TEAM



Sydney Uni Flames guard Ashleigh Karaitiana has been named in the Australian Under 19 team for a tour of China in May as part of their preparation for the FIBA World Under 19 Championships to be held in Chile in July. The athletic youngster gained selection in the "Gems" outfit after impressing at a 4-day camp in Melbourne, which included games against SEABL teams Knox and Dandenong. Karaitiana played in her first season in the blue and gold in 2010/2011 and is also a member of the Sydney Uni Flames Academy Program.

## SWIM CLUB FINISHES SECOND AT AUSTRALIAN CHAMPIONSHIPS



Sydney University Swim Club (SUCC) finished the Telstra Australian Swimming Championships at the Sydney Olympic Pool and Aquatic Centre as the second-ranked

NSW team with one gold, one silver and one bronze. SUSC had high expectations leading into the Championships, with a squad of 22, including 17 Elite Athlete Program scholarship holders, in what was a genuine selection trial for the FINA World Championship teams, World University Games and the Para Pan Pacific Championships. Elite Athlete scholar

Matthew Abood sealed his selection for the FINA World Championships, to be held in Shanghai in July, after his sizzling performance in the 50m freestyle, which earned him gold, a 4x100m freestyle relay silver (Stephen Parkes, Andrew Abood and Gordon Willis) and bronze in the 4x100m medley relay (Parkes, Alistaire Pickles and Sam McConnell).



ASHLEIGH KARAITIANA



## CROAK AND SELLATHURAI WIN SPORT AWARDS



Dual Olympian Alex Croak and dual Commonwealth Games representative Prashanth Sellathurai were named 2010 Sydney University Sportswoman and Sportsman of the Year, respectively, at the annual Sports Award presentations held in the Great Hall. Croak, who is undertaking a Master of Health Science degree having graduated with a Bachelor of Applied Science, is the first Australian athlete to win gold medals in two different disciplines (diving and gymnastics) at the Commonwealth Games. Sellathurai is a member of the NSWIS Gymnastics program and the NSW Men's High Performance program at Homebush where he is coached by Songliang Xiong. He is presently studying a Bachelor's degree in Diagnostic Radiography.



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# Emma GR

ROAR ENTHUSIAST NICK HALLIDAY CHATS WITH SYDNEY UNIVERSITY ELITE ATHLETE PROGRAM MEMBER AND 2012 OLYMPIC SWIMMING HOPEFUL EMMA GRAY.

**ROAR: You recently raced in the 50m butterfly final at the National Swimming Championships. How was that?**

It was very exciting. I've seen the video a thousand times, but when you're actually there behind the blocks you don't think through your race like that. It happens in 27 seconds. It's a flash and you can't remember a thing.

**ROAR: Last year you made the semi-finals at the Nationals. What was different this year?**

New coach, new attitude, new house - living close by is very convenient - new gym program, new taper. Everything, starting from scratch really.

**ROAR: Swimming is a very individual sport. What led you to take it up?**

I didn't choose it, it chose me (laughs). I played a few other sports. Water polo, basketball, touch football, tennis and horse riding. Everything really. I started swimming later than everyone else. Even though I did 'Learn to Swim' classes when I was younger, I really only started when I was about 13 with school. The coaches at school thought that I was pretty good, so I just kept going and here we are (laughs).

**ROAR: Right now you are training to make the Australian squad for the World Uni Games. Imagine the**

**name 'Emma Gray' is called out. How would you feel?**

Oh my God, I would be very excited and it means we ship off to China (the Australian squad) and compete over there, which would be a whole other experience (representing Australia).

**ROAR: What do you think about while you're swimming?**

During long sets I sing whatever I've recently heard on the radio, but a lot of the time you need to think about what you're doing. Our Head Coach Bobby Folan has made the sets shorter and sharper, breaking it up into different sections. There will always be something new and hard to get over. Recently he's installed a rope at the 12.5m mark in the short course pool that we have to go under otherwise we'll get coat-hangered.

**ROAR: Is there much of a team environment among your squad of Sydney University swimmers, or swimmers in general?**

I would say it's more of a team sport than an individual sport. On the actual day, you get up and it's only you behind the blocks. But, with all the training we do all semester, you're going away as a team, bonding as a team, spending weekends together as a team. It's only that 50m or 100m that you're actually on your own.



# AY



*I CALLED MY MUM AND SAID "I'M DOING SOME TESTING FOR SPEEDO," AND SHE SAID "OH MY GOD DOES THAT MAKE YOU THE NEW LARA BINGLE?"*

**ROAR: How have you found your time as part of the Elite Athlete Program (EAP)?**

I guess during my first year at Sydney Uni I was a little bit out of it after the HSC. I didn't have the best attitude towards my swimming. I didn't really know what to expect at Uni, but the Elite Athlete Program helped me in regards to my diet, tutoring, a gym program and they introduced me to the best facilities.

**ROAR: You have been very proactive in regards to networking at our EAP induction evenings, where you have spoken, and a few other events. How have these events helped you?**

Well, one of those events helped me to get a job. After one of those evenings I met with a guy and he set up a job interview for me with a company in the city. It's really helped me build up some professional contacts, and getting that job will help me in the future.

**ROAR: What was it like assisting Speedo with some testing on their swimsuits last year?**

It was great, although my mum had a strange response when I told her that I'd be working with Speedo (laughs). I called my mum and said "I'm doing some testing for Speedo," and she said "Oh

my God does that make you the new Lara Bingle?" (laughs). And I said "No mum, no it doesn't" (laughs). I'd call it scientific testing, not so much modelling.

**ROAR: What's your take on the banning of non-textile swim suits?**

Well it was actually the best thing to happen to me because before those suits were banned I decided not to spend \$700 on a swim suit. A lot of my competitors had gotten used to those suits, and when they (FINA) banned the suits their times all blew out by about a second, whereas I was right up there.

**ROAR: You are currently sporting a supportive brace on your right wrist, what happened?**

Over-training (laughs). No it occurred doing wheel barrows. They're much harder than when you were five (laughs). They form part of our dry land training, and coming into an Olympic year, this type of training will continue to be very important during our preparations. It's all about swim, gym, run and body pump.

**ROAR: Of all the strokes to swim, why did you choose butterfly, arguably the least fun stroke?**

The least fun? (Laughs) Breaststroke is the least fun! Breaststroke isn't even a real stroke. It's a survival stroke! 🐬





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# PUTTING THE FUN IN FUN RUN

80,000 PEOPLE COULDN'T BE WRONG. THE CITY TO SURF IS THE WORLD'S BIGGEST FUN RUN FOR MORE THAN ONE REASON. IT'S NOT THAT THE COURSE IS FLAT OR FAST. NOR IS IT BECAUSE OF THE ELITE ATHLETES THAT THE EVENT DRAWS. THE MAIN ATTRACTION TO THIS MASS PARTICIPATION ROAD RACE IS THE FUN YOU HAVE WHILE WINDING YOUR WAY TOWARDS THE BEAUTIFUL BONDI BEACH.

Distance running is now no longer the domain of only the elite and super fit ultra endurance athletes. The City to Surf, The Bridge Run, or even the Sydney Morning Herald Half Marathon are highly attainable goals that can be achieved by anyone with a bit of planning and hard work.

One of the key pleasures of being part of a fun run is the community atmosphere of the day. The whole event can be like one big party – minus the drinks. These races can be a real social event, with camaraderie amongst the participants, music, crazy costumes and loads of excited people, all with the shared goal of completing the challenge that lays ahead of them. Plus, there's the added benefit of it being great for your health!

The fun starts weeks before you nervously lace up your joggers on the morning of the event. It all begins when you take the plunge and commit to the task. Then it's a matter of finding a few friends to join you in the challenge, and joining a running group such as the Sydney Uni Sport & Fitness City to Surf training group. From there you can treat your training as a social get together. It's really just an opportunity to join others and encourage one another as you work towards your fitness goal.

## Consistency.

The key to getting yourself ready for the big day is consistency. The real improvements come from setting yourself an attainable objective, be it a level of weight loss or a particular time for a run you regularly do, and then chipping away at it.

## It's hard work.

The most common thing people say when I talk to them about using running as a means to improve their health, is



that it's such hard work. Well, it is, but that's why it's so good for you. That said, there are ways of making the process a lot more pleasurable.

## Ease into it.

Start with brisk walks that include short bouts of jogging. Gradually increase the duration of your running segments and over the course of a few weeks you will be able to run consistently for longer and longer. For those of you that have reasonable fitness, you can start with a few 30 to 40 minutes jogs, with one longer run a week. The basic goal of your training runs is to slowly increase the intensity and duration of each session. As an addition to your running, add in a few gym sessions and you'll be in great shape in no time.

## Variety is the spice of life.

Instead of always doing the same old run, day in, day out, try to have different routes and distances you do each time you jog, including different surfaces.

Mix it up. You can jog along pathways and roads. On another occasion do your session on grass. You may even decide to just go and run up a few big hills in your area.

So whether you're a seasoned gym user or just someone that watches the race on TV, and says "I'm gonna do that next year," well now is the time to toe the line. Make 2011 the year you push yourself that little bit extra and take on the challenge of the City to Surf!

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CREATING A SUCCESSFUL CLUB HAS BECOME A TRUE SCIENCE OVER THE PAST FEW DECADES. AS SPORT BECOMES AN EXPANDING BUSINESS, SO THE COGS AND WHEELS THAT DRIVE A SUCCESSFUL TEAM ARE BEING EXAMINED IN SHARPER AND SHARPER DETAIL. WHY DO SOME CLUBS HAVE A "WINNING" CULTURE? WHY ARE OTHER CLUBS FOREVER MIRED IN DEFEAT? AND, MOST INTRIGUINGLY, HOW DO CERTAIN CLUBS MANAGE TO CHANGE THEIR CULTURE FROM ONE OF DEFEAT TO ONE OF SUCCESS?

# *Three Titles.* **HOWZAT FO**





# OR A SEASON?

*By Aaron Scott*





Well, a boffin scratching his head over that last question should make a case study of the Sydney University Cricket Club. Because - for a long, long time - the club was certainly stuck in a groove of defeat. Without a district to call its own, it struggled to find young talent. Without a record of note, it struggled to lure high profile players. With a main oval that was torn to shreds by the football codes every winter, it struggled to produce pitches conducive to good cricket. And so the club plodded along, a bit-player in Sydney's cricketing scene. If a good young cricketer wanted to push into the First Class game he went to a club like Bankstown or St George. If he wanted to while away a few lazy afternoons in the field, then he came to Sydney Uni. It was little surprise that for 79 seasons the club's first grade team went without a title.

That, of course, has changed now. Since a breakthrough first grade

premiership in 2003, the club's stocks have risen at an astonishing rate. There was another first grade title in 2005 and second grade titles in 2008 and '09. Then, last summer, Sydney University established itself as the preeminent force in Sydney grade cricket with an incredible run of titles. The beat began in February when a disciplined bowling display saw the first grade team edge Manly to notch their debut one-day premiership. It continued in the second week of March when the Under-21 team obliterated Hawkesbury to win the Poidevin-Gray Shield, the club's first since 1997. And it reached its crescendo in the first weekend of April when the first grade team won their third Belvidere Cup in a decade, with a grinding victory over a Randwick-Petersham team gilded by Test players Simon Katich and Usman Khawaja.

It was a summer of unprecedented dominance - no club has ever won all three major titles in one season. Sydney

University now stands at the centre of Sydney's cricketing scene. The club boasts the NSW skipper, Stuart Clark; it boasts NSW players like Mark Cameron and Beau Casson; it boasts the most prodigious first grade run scorer in Greg Mail; it boasts the most prolific top grade all-rounder in Ian Moran; and it boasts an incredibly strong batch of young first-grade talent in Josh Toyer, Nick Larkin, Scott Henry, James Crowley and Liam Robinson. The question is: how has Sydney Uni Cricket Club gone from a culture of defeat to one of success so completely?

Well, of course, there are many reasons.

The gnarly old veterans of the club like Greg Mail and Ian Moran, and the First Class reps like Mark Cameron, Beau Casson and Stuart Clark, have become the hard chassis that's held the club together. As Matthew Phelps, the High Performance Manager at SUSF and former NSW opening batsman, says: "Those players have brought a lot



SYDNEY UNIVERSITY FIRST GRADE CELEBRATE WITH THE BELVIDERE CUP AFTER THEIR GRAND FINAL VICTORY OVER RANDWICK-PETERSHAM. PREVIOUS: ALL-ROUNDER JAMES LARKIN GOES ON THE FRONT FOOT AGAINST HAWKESBURY IN THE SUCCESSFUL POIDEVIN-GRAY GRAND FINAL.



**"WE TARGET PEOPLE WHO WANT TO STUDY. WE BUILD OUR CULTURE AROUND THAT."**

*ALL OF OUR SCHOLARSHIP HOLDERS ARE STUDYING, AND MOST OF THE PLAYERS AT THE CLUB ARE EITHER STUDYING AT THE UNIVERSITY, OR HAVE STUDIED."*

of stability to the team. They've been very good at instilling pride in the club and creating a standard of play that's now expected of our players. Their expectations of themselves are high and that rubs off on the people around them. The expectation in the top grades now is that you have to raise your game to that level or you won't stay in the team."

Then there's been the sharp improvement of the University's pitches, particularly Number One Oval. Back in the dark days, the Sydney Uni strip was dreaded on the grade circuit. Slow, low and grassless, it was back-breaking for bowlers and frustrating for batsmen. As Phelps argues, it was a pitch that produced poor cricket: "It meant that average cricketers could get away with playing an average game." Now, however, Ray Hunt and his ground staff have crafted a deck that is hard and well-grassed; a strip that rewards both



MIDDLE-ORDER BATSMAN NICK LARKIN TAKES IT TO THE BANKSTOWN ATTACK.

aggressive bowling and intent batting. As Phelps says, "The ball's bouncing, the keeper's standing back, batsmen can play their cross-batted shots, and that's meant we've been able to play some good attacking cricket that's allowed us to dominate other teams."

But the true driving force behind the club's success has been the creation of the Elite Athlete Program. This program sees 28 young cricketers training 48 weeks of the year under the guidance of Director of Cricket and full-time coach Gary Whitaker. And, as Whitaker says, the key to this program is a "holistic view of preparation" – it's not simply about grinding out hour after hour in the nets. During the off-season, the program focuses on strength and conditioning in the gym, and education in fields like nutrition, psychology and sports science. As the season approaches, the focus shifts to technical work in the nets, honing skills specific to the game. During the season, the focus moves to simulating the weekend's battles in centre wicket practices, and studying footage of games recorded at Number One Oval. It's a remarkably thorough program. And the 28 young cricketers involved in it - training throughout the year at a professional level - have become the motor that's powered the club's success.

Beyond this, however, the Elite Athlete Program has also become a magnet in attracting young talent to the University. As Phelps says, "If kids want to play

cricket in Sydney, then we've got the best program for them. We can offer strength and conditioning, we can offer a full-time coach. No other program has 20 young cricketers lifting weights at six o'clock in the morning, or running up sandhills, or doing pilates – all these things make their game better. If you're a young cricketer and someone came to you and said, here's our program – compare it to the rest, I don't think any good young cricketer wanting to improve could say no." Whitaker agrees: "The only other program that's similar to this in scope is the program that's run at Cricket Australia's Centre of Excellence in Brisbane."

As Phelps stresses, however, the aim is not simply to attract good cricketers: "We target people who want to study. We build our culture around that. All of our scholarship holders are studying, and most of the players at the club are either studying at the university, or have studied. So our culture's built around people who are highly educated. We recruit good people and good players who want to study – that's the basis of our criteria." Given this attitude, it's little surprise the club also won the Spirit of Cricket Award last year, a recognition of outstanding on-field conduct across the grades. "It's a fantastic effort," says Whitaker, "to not only support a winning culture, but to support it with the right values. This program doesn't just make these kids better cricketers, it makes them better people."

Sydney Uni's Cricket Club is now in the happy position where success will breed success. With its chassis of old heads and its motor of young talent, the club's reputation as the dominant force in Sydney grade cricket is concreted. And this bodes well for the future. "I think the real strength of our program," says Phelps, "is that we can say to young blokes: look at the players you get to play with. You get to learn from a guy like Greg Mail who's scored 11,000 runs in first grade; you get to learn from a guy like Ian Moran who's won three first grade premierships with the club. You get to learn how to play proper cricket. That's the strength of our program." 🏏





# *The rise and rise of* **RULES**

By Brett Pettersen

**SYDNEY UNI AUSTRALIAN FOOTBALL CLUB (SUANFC) IS A DOG WITH A BONE. IT'S CAREFULLY MANAGED RISE AS A FORCE IN THE SYDNEY AFL PREMIER DIVISION IS NO SURPRISE GIVEN IT HAS BECOME A LEADING DEVELOPER OF TALENT IN RECENT YEARS. THE SUSTAINED EXCELLENCE DEMANDED BY THE CLUB WILL DEPEND ON IT.**

The establishment of the club's Colts (Under 18) program in 2009, along with the consolidation of a quality coaching program with a focus on developing elite talent through the support provided by SUSF's Elite Athlete Program, internal coaching structures and a strategic relationship with AFL club Collingwood have been instrumental.

In 2010, the club made the Premier Division Grand Final after finishing minor premiers and winning 15 games straight with an average age of 21.5. The finals berth was the club's first since its re-elevation to the Premier Division in 2007. The one and only flag won at this level by the club was in 1992 when former Sydney Swan, Rod Carter, was player-coach of the team. In 2011, the club is well placed to again challenge for the premiership and has started the season strongly.

In the first two years since the club started its Under 18 Colts program the Colts have won two premierships. Several players have already graduated to senior football this year, the first of many to come. Watch out for names

such as James Lewington, Monty Krochmal, Todd Considine, Craig Moller, Michael Hartley and Jarrod Witts.

Tom Young became the club's first ever player drafted to an AFL club – landing on Collingwood's senior list in late 2010. Tom came to the club as a NSW scholarship listed player with Collingwood in 2009 from Wollondilly and Campbelltown. He then went on to win the Sydney AFL Rising Star award while at the club (2009 – Best Young Player in the Premier Division), earning State Under 18 selection in the National Carnival, and relocating to Melbourne last year where he won Collingwood's reserves Best and Fairest award in the VFL at only 17 years of age.

University Blue, Tim Barton was invited and played with Greater Western Sydney (GWS) in the NAB Cup and Challenge matches against AFL teams this past pre-season. Tim, at 21, is in his third season with the club and just his fourth year of Australian Football ever. A rugby league and touch football background, Tim has elite athletic attributes which have





been noted by Kevin Sheedy and the Giants.

Equally exciting is that Mitch Thompson, Kane Murphy and James Brain will play with the Sydney Swans in the North Eastern Australian Football League (NEAFL) – elite second tier competition – as part of their Academy this year after impressing at club level, and in Kane and James' cases impressing with the State U18 and TAC Cup last year. All harbour a strong ambition to play at the highest level.

Mitch Thompson came to the club as a talented but raw 18-year-old in 2009. After two years playing outstanding football for University, Mitch capped 2010 as the club's best player in its losing Grand Final and an invitation to join the Swans.

Sam Crichton, a former Trinity College student and elite cricketer, played his first meaningful football at the club in the Reds (fourth grade) in 2008. After three years in the system Sam is now a Sydney AFL representative player and trained with the Swans in the 2010 preseason and narrowly missed being rookie listed.

Sam is one of a number of players who were introduced to the game through the club (at least at a more serious level) and have developed into first grade players. The club has prided itself on this for many years.

The club has a pair of exciting 6"11 players rising through the ranks in Craig Moller (Fremantle Scholarship) and Jarrod Witts (Collingwood Scholarship) who are both joined in this year's State U18 Rams squad by team-mate Michael Hartley (Collingwood Scholarship). Craig is a local Sydney Boys High School student and elite basketball talent. Witts was discovered playing basketball and rugby in the GPS system and is completing just his third year of football ever. Hartley similarly has had a dramatic upward learning curve to complement his elite athletic attributes. All have excellent prospects of being drafted within the next two years given plenty of hard work and making the most of their opportunities.

Having such a young senior team and successful Colts program has placed upward pressure for positions and developed depth that is the envy

of many other clubs. It is this depth, combined with healthy competitiveness for positions and opportunities, that has combined to more significant on-field results. The rewards included seven of the 25 Sydney AFL under 21 squad at the 2010 NSW State Championship being selected from the club, and a further three players selected in the senior Sydney AFL representative team that played the Victorian Amateur Football Association.

Senior Coach Roger Moten has relished the opportunity to work with the emerging talent at his disposal. "I have been extremely pleased with the development of these players," he said. "We can attribute much of our improvement directly to the development of these players once they have accessed our system. To be able to put them in a world class gym, take advantage of the expert health and medical advice at their disposal and enjoy such terrific facilities is a huge advantage."

In 2010 the club had nine Under 18 regional, three Under 16 regional, two Under 18 State, one Under 16 State,





seven Under 21 Sydney AFL Rising Star and three Sydney AFL league representatives. Furthermore, the club had four players in the Sydney AFL Team of the Year and had the Coach of the Year in senior coach Roger Moten (also SUSF Premier Coach of the Year). Alex Lee won the Phelan Medal (Premier Division League Best & Fairest), Tim Air the Snow Medal (First Division Best & Fairest) and Monty Krochmal the Kealy Medal (U18 Premier Cup Best & Fairest – first recipient ever from the club).

The Sydney Uni Sport & Fitness Elite Athlete Program, club sponsors, coaches and a highly dedicated volunteer member administration have provided terrific support to Australian Football athletes, which has helped the club to attract quality talent and given them every chance to maximise their opportunities. In recent years this support has been supplemented by the contributions of The Trust Company, through the Fred P. Archer Foundation, who have provided scholarship funds and contributions to the club to support junior development in the local community. A key focus of this program is also to develop quality people through education and community service, in-turn creating leaders and role

models. Scholarship holders volunteer their time with coaching and some also mentor indigenous youth through AIME. Plans are afoot to establish stronger links with these community groups.

General Manager Brett Pettersen said: "Importantly the club is very active conducting coaching sessions with local junior clubs, Newtown Swans and Glebe Greyhounds, and has traditional and expanding ties to other schools and junior clubs within the Inner West, Eastern Suburbs and lower North Shore. Fostering the junior pathway is a critical part of the development cycle, as is highlighting the power of combining education and sport to reach your dreams, no matter what socio-economic background you are from. The Trust Company, Bendigo Bank, CplusC Design Construct and Sydney City Toyota, in particular, have been pivotal in enabling us to establish these community programs."

Given the track record of the club, and the increased emphasis on its high performance program, it is little wonder that the club is now enjoying on-field success at the higher levels and the youth level, success it hopes to soon translate into a senior premiership. Given the progress achieved, it is not

*"IN THE FIRST TWO YEARS SINCE THE CLUB STARTED ITS U/18 COLTS PROGRAM THE COLTS HAVE WON TWO PREMIERSHIPS. SEVERAL PLAYERS HAVE ALREADY GRADUATED TO SENIOR FOOTBALL THIS YEAR."*

surprising the AFL is courting the club to consider a possible opportunity to participate in the NEAFL competition in the near future. It seems, as 'Yazz and the Plastic Population' famously sang, for SUANFC, the only way is up. 🦁



TOM YOUNG, SUANFC'S FIRST EVER AFL DRAFTED PLAYER, PLYING HIS TRADE FOR THE COLLINGWOOD MAGPIES IN THE VFL.



MITCH THOMPSON, IN ACTION FOR SYDNEY UNIVERSITY ABOVE, WILL BE SPENDING PLENTY OF TIME PLAYING FOR THE SYDNEY SWANS IN THE NEAFL THIS SEASON.





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# *Raring to go to the*

**IF YOU ENJOY HEADING TO THE SNOW DURING WINTER HERE ARE A FEW TIPS TO HELP YOU MINIMISE MUSCLE SORENESS AND MAXIMISE YOUR TIME ON THE SLOPES.**



**A**s the first frost of the winter covers suburban lawns across Sydney, my mind immediately turns to the annual snow trip with mates. The six-hour drive down to Jindabyne, the early mornings to get fresh tracks each day and the unrelenting rigidity and soreness of the legs, glutes, lower back, arms – in fact everywhere – makes me ask the question: why do I do it? For those of you who can relate to this, I believe you know the answer already.

But this year I am determined to break the habit. I'll persist with the drive, I already relish the early mornings, but for once I'm going to heed my own advice and incorporate a ski-specific conditioning program into my regular routine.

Here are a couple of things to keep in

mind if you're planning to head down to the snow this winter and are hoping to maximise your time on the slopes, minimise the "day-after" soreness and of course reduce the likelihood of injury.

First of all you need to assess the situation:

#### **Have you tried skiing or snowboarding before?**

If you're a beginner you'll undoubtedly spend plenty of time on the ground so you will need to incorporate an upper body component into your training. If you're a little more competent, then the focus can shift towards some leg and core strength/endurance exercises.

#### **How many days are you planning on skiing/snowboarding?**

Five days back-to-back is taxing on

the body, even for the most advanced snow-goer, so it's wise to plan a rest day or perhaps a half-day ticket to give the body a chance to recover (in the hot tub is a personal favourite!).

#### **Do you have any pre-existing injuries that may affect your snow experience?**

Skiing and boarding have a very high incidence of ankle, knee, hip, wrist and shoulder injury. It's best to consult your health professional to discuss adequate rehab/strengthening exercises prior to committing to a ski trip.

#### **How do you rate your current fitness level?**

If you're currently physically active (i.e. at least 30 minutes exercise on most days of the week) it may only take some small alterations to your current routine



# SNOW

By Anthony Ellison

to target those ski-specific muscles. A more periodical approach is required for those not used to regular exercise. Speak to our fitness staff to organise a tailor-made snow-fit program.

## Are you planning to ski or board?

The muscles used vary between skiing and boarding so this needs to be addressed in your program.

The combination of answers to the aforementioned questions can greatly impact on how you approach your training regime, but here are a few generic exercises that can assist your preparation:

### 1. Static wall squat.

A large part of a day on the slopes will be spent in knee-flexion with the quadriceps engaged in a semi-isometric contraction (fixed and under tension). Most gym exercises involve movement at the joint, so this squat is quite simple in its approach. Find a wall, sit back against it and aim for a right-angle at the knee joint. Keep your feet flat on the floor and hold. When it begins to burn ... keep holding for a few more seconds. Gradually you will find you will be able to hold longer and longer and this leg endurance will give you the strength to tackle those long runs without having to stop every 30 seconds for a rest while using the beautiful scenery as an excuse.

### 2. Alternate lunges.

The gluteals assist in supporting your body position while skiing and the quadriceps provide protection for your knees. The alternate lunge is a great compound movement to strengthen these areas. Start with your feet together, then stride forward about three-feet and bend your back knee towards the ground without your front knee shifting over the toe. Keep your

torso straight and your abs in as you push through the front heel and return back to your starting position. For a strength focus you may need to hold dumbbells for some added resistance and complete 8-10 repetitions. For endurance, complete 20-25 repetitions on each side.

### 3. Deadlifts.

When skiing downhill you typically hold your body in a forward flexed position from the hips. This requires great strength from your hamstrings and glutes to help stabilise your body. This move requires perfect form to protect your back. Stand with your feet a shoulder-width apart and weights (barbell or dumbbells) in front of your thighs. Keeping your shoulders back, chin up, abs in and the natural curvature of the spine, tilt forward from your hips and lower the weights down towards the ground. Only lower as far as your flexibility allows. You can bend your knees slightly if desired. Push in through your heel and slowly return to your starting position. Complete 12-20 repetitions depending on your desired outcome.

### 4. Stretching.

A component of flexibility training is also important not only to reduce the likelihood of injury but also to help prevent that next-day soreness. A stretching program that covers the quadriceps, hamstrings, glutes, calves, back and arms will round-off a snow-specific strength program.

As always, it's best to get a program that can be tailored to your exact aims and goals, so for any further information or to discuss your preparation for a snow trip this year just drop in to one of our fitness centres and have a chat to our friendly fitness staff. 🏔️



1 Static wall squat



2 Alternate lunges



3 Deadlifts





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# HEALTH & FITNESS FACILITIES

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## UNIVERSITY SPORTS & AQUATIC CENTRE

Corner Codrington Street and Darlington Road.

Tel: 02 9351 4978

Fax: 02 9351 4982

Email:

[nmrc@sport.usyd.edu.au](mailto: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](mailto: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

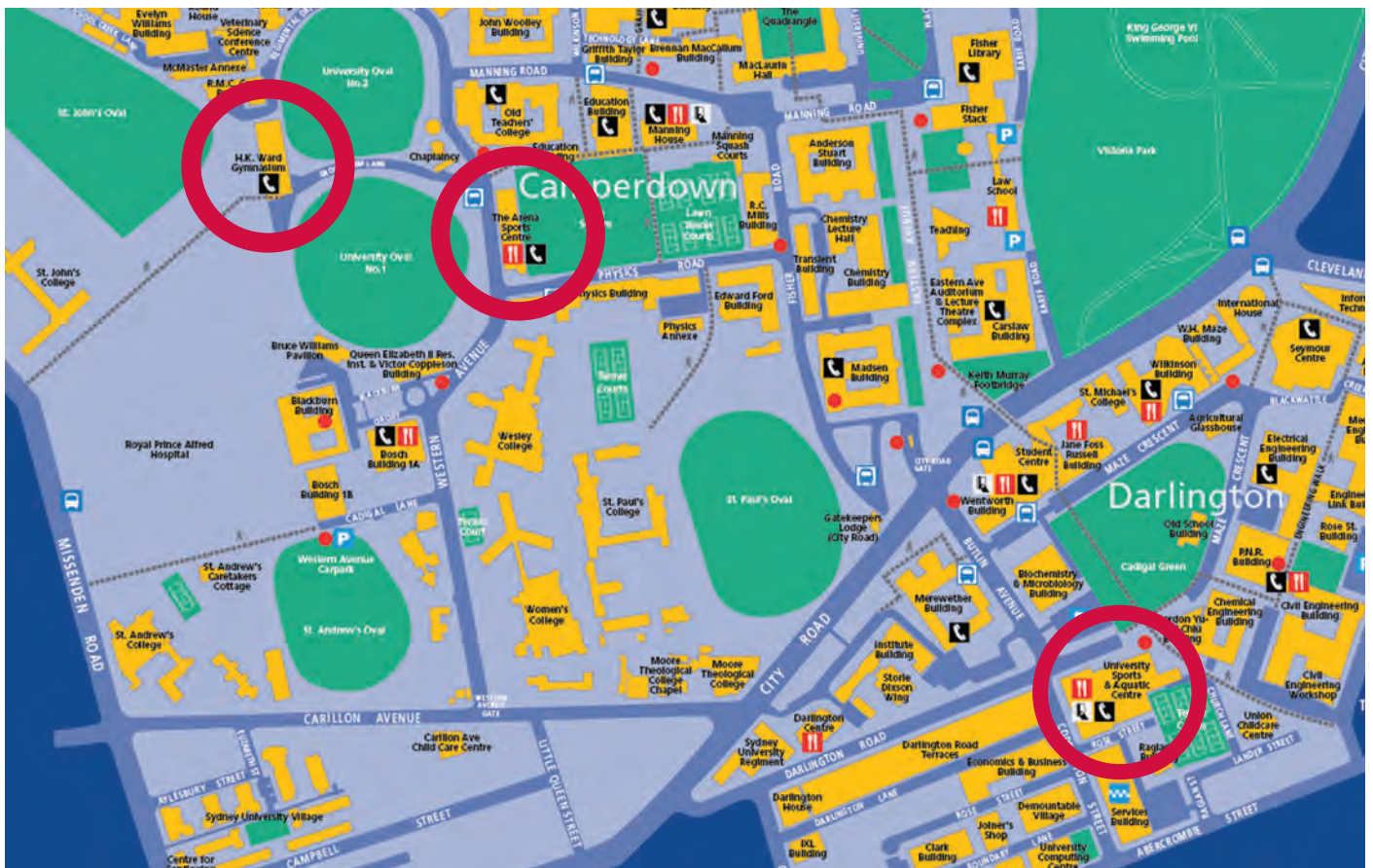
Casual and permanent bookings are available for clubs and individuals, either in person at the reception or by phoning: 02 9351 4988

## 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)





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- 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
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- 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.

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## 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**  
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- **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.





# WHEN IT COMES TO THE WORKPLACE – SAFETY RULES

THERE ARE TWO QUESTIONS WE ASK OURSELVES FROM TIME TO TIME: “WOULD YOU KNOW WHAT TO DO IF A FRIEND OR COLLEAGUE WAS INJURED WHILE AT WORK?” AND “WOULD YOU KNOW THE APPROPRIATE STEPS TO TAKE IN ORDER TO HELP THEM?”

I posed these questions to a few friends and to my surprise the knowledge they have is limited or out of date. It is often only those people who work in high risk industries, such as construction, who are up-to-date with their first aid information.

So, who is in charge of first aid in your work place? Is there a nominated first aid person or is it just everyone for themselves? Do you have a first aid kit at work and would you know how to use it if you were required to? These are all important questions that far too many people are unable to answer ‘yes’ to.

I recently surveyed 50 people who worked in different office settings in regard to their knowledge of CPR. Here is a summary of the results:

1. 50% did not know the correct ratio of compressions to breaths for CPR
2. 50% did not know how far you should push down on the chest
3. 60% did not know the correct rate of compressions per minute



4. 95% were not aware of the new emergency action plan of DRS ABCD

While some individuals remembered the majority of the techniques from the first aid courses that they took years ago, most said they would not be confident in treating someone in the workplace with their current knowledge and skill set.

## How up to date are you?

- Do you know how to do CPR?
- Do you know how to use the materials in your first aid kit?
- Do you know how to use an AED?
- Do you know how to treat a burn?

## Why is it important that you know what to do?

According to the Australian Bureau of Statistics:

- 5.3% of people experienced a work-related injury or illness.\*
- Men and women in the 45–49 year old age group were those who experienced the highest rate of work-related injury or illness, followed closely by those aged 20–24 years.\*
- The most common injuries or illnesses sustained were sprains or strains (30%), chronic joint or muscle conditions (18%), and cuts and open wounds (16%).\*

\*Australian Bureau of Statistics, Work-Related Injuries, Australia, 2009-10. Based on 12 million people who had worked at some time in the 12 months.

## What will I learn?

SUSF's one-day first aid courses are nationally accredited; Aust Swim and Work Cover approved; and will provide you with the skills, knowledge and confidence to deal with common accidents and injuries, as well as medical emergencies.

Our combined (First Aid and CPR) courses will equip you with the

practical and technical skills that apply to the emergency action plan (DRS ABCD), learn the CPR technique, use an automated external defibrillator (AED), treat unconscious casualties, use recovery positions, deal with various injuries, and applying bandages and splints.

We also offer refresher courses for both Apply First Aid and CPR for those whose qualifications are about to expire and need to be updated. Our courses are run frequently at our convenient inner-city campus or you can request in-house group courses, where our instructors will come to you.

SUSF instructors are skilled professionals who have tertiary qualifications in health and sports education and work place training and assessment. They also have extensive first aid training through our first aid partner, Cynergex Group - Australia's full service OH&S partner.

Find out more information by contacting us at 1300 068 922, [education@sport.usyd.edu.au](mailto:education@sport.usyd.edu.au) or [www.susf.com.au](http://www.susf.com.au).

## COURSE OPTIONS

Course	Structure
<b>Apply First Aid</b>	One-day practical course + online workbook <a href="http://www.cynergexgroup.com.au">www.cynergexgroup.com.au</a> (go to course material)
<b>Apply First Aid Refresher</b>	One-day practical course
<b>CPR</b>	Half-day practical course
<b>CPR Refresher</b>	Half-day practical course



# INTERFACULTY SPORT

Get involved in a Sydney Uni Tradition!

## SEMESTER 2, 2011

**10th August**

11am - 4pm

**Touch Football**

The Square

**17th August**

11am - 4pm

**Table Tennis**

HK Ward Gymnasium

**24th August**

11am - 4pm

**Indoor Soccer**

HK Ward Gymnasium

**31st August**

11am - 4pm

**Volleyball**

HK Ward Gymnasium

**7th September**

11am - 4pm

**Basketball (Female)**

HK Ward Gymnasium

**14th September**

11am - 4pm

**Basketball (Male)**

HK Ward Gymnasium

**21st September**

11am - 4pm

**European Handball**

HK Ward Gymnasium

**12th October**

3pm - 5pm

**5km Run**

Oval #1



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# WINTER SHORT COURSES

## Open To Everyone!

**Would you like to try something  
new in your workplace or faculty  
at a time that suits you?**

Sydney Uni Sport & Fitness can tailor make a Short Course to suit your group! We have a variety of recreation, dance and sporting courses to choose from.

### **Pilates**

**20 June - 25 July**

6 x 1 hour lessons

Held on Mondays from 6.30pm to 7.30pm

### **Introduction to Fencing**

**22 June - 27 July**

6 x 1 hour lessons

Held on Wednesdays from 6.15pm to 7.15pm

### **Golf for Beginners**

**28 June - 19 July**

4 x 1 hour lessons

Held on Tuesdays from 5.30pm to 6.30pm

**Details for Semester 2 courses  
available soon on our website!**

#### **For All Enquiries**

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

 Find us on Facebook - SUSF



**Sydney Uni**  
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# SAVE THE DATES! WINTER CAMPS!

Planning ahead for winter? Here is a calendar of when the Sydney Uni Sports Camps will be running over the winter school holidays.

JUNE 2011						
SUN	MON	TUES	WED	THURS	FRI	SAT
26	27 CAMPS	28 CAMPS	29 CAMPS	30		
JULY 2011						
					1	2
3	4 CAMPS	5 CAMPS	6 CAMPS	7 CAMPS	8 CAMPS	9
10	11 CAMPS	12 CAMPS	13 CAMPS	14 CAMPS	15 CAMPS	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

More details will follow in May.  
Check our website for updates [www.susf.com.au](http://www.susf.com.au)



**Sydney Uni**  
SPORT & FITNESS





# *Ship comes in for* *By Graham Croker* **UNIVERSITY SCHOLARS**

**THE ELITE ATHLETE PROGRAM PROVIDES STUDENTS WITH THE FLEXIBILITY TO PURSUE THEIR SPORTING AND ACADEMIC CAREERS SIMULTANEOUSLY AND THE RESULTS ARE SHOWING IN BOTH ARENAS.**

When Sydney University Cricket Club created history last month by becoming the first club to win the minor premiership, the Belvidere Cup (two-day competition), the Limited Overs Cup and the Poidevin-Gray Shield (Under 21) in the Sydney grade competition in one season, it added another notch in the belt of the University's Elite Athlete Program (EAP).

Scott Henry, who hit a match-winning 132 in the final against Randwick-Petersham, James Crowley, who joined him in a rearguard 165-run partnership, and Greg Mail, who took 5-30 as the Randy-Petes succumbed to 228 in reply to the University's 288, are either current or former Sydney University sports scholarship holders in the EAP.

In a stellar year for University sporting clubs, Sydney University Football Club won the 2010 premier men's and women's rugby competitions in Sydney, the women's wheelchair basketball team won the Women's National Wheelchair Basketball League and the American Football Club collected a 10th State title. The Australian Football Club made it to the 2010 Premier



ELITE ATHLETE PROGRAM SCHOLARSHIP HOLDER BERRICK BARNES IS CURRENTLY STUDYING A GRADUATE CERTIFICATE IN COMMERCE AT THE UNIVERSITY OF SYDNEY.

Division grand final and the Tennis Club enjoyed a great Sydney Badge season. The Athletics Club had one of its best seasons on record and the Boat Club and the Women's Rowing Club dominated at state and national levels.

While the University boasts a long

and proud sporting alumni, the common thread in the rise and rise of its more recent presence in an array of sporting endeavours at local, state, national and international levels is the EAP, which incorporates the sports scholarship program.



The sports scholarship program was established in 1990, but developed into a comprehensive system of academic support and career mentoring after the President of Sydney University Sport, Bruce Ross, and the then Executive Director Greg Harris, visited leading universities in the US in 1988 to study their sports scholarship programs.

The Sydney University version they established incorporated a strong academic component, and as the number of scholarships have increased over the years, the number of supporters has also grown. While the bulk of the scholarships are funded through Sydney Uni Sport & Fitness, other supporters have come on board.

The late Gavin Brown introduced Vice-Chancellor's scholarships for men and women and the University Senate followed suit. The Blues Association and the Blue & Gold Club have been long-time supporters, and the Faculty of Economics and Business has been a key contributor. Some scholars are also housed on campus in University colleges, which offer joint scholarships.

Mr Ross, who has just been elected for his 21st year in office and who still provides academic counselling for elite scholars, said the scheme has delivered on two fronts.

"While sport is very healthy at the University, as evidenced by the results in 2010 and so far in 2011, the greatest thing about the sports scholarship scheme is the success of the students on the academic side," he said.

"They are collectively more successful academically than other students. And that's because the scholarship offers them academic counselling and time management skills. They develop a study culture and our academic results are now better than that of the overall student body."

He said that while the scholarship program had spawned the over-arching Elite Development Programs (EDP), it was still the cornerstone of the system.

The President of Sydney University Football Club (SUFC), David Mortimer, said the scholarship and Elite Development Programs have been critical to the rejuvenation and success of the club in the past decade.

"We've had many players come to



the club because of the scholarships," he said. "Not so much because of any monetary reasons – they don't pay very much – but because of the extra benefits, including the EDP which has led the way among the clubs, and the academic, pastoral and post-football support they receive.

"We've also had a first-rate coaching program through the Colts and grade teams. When combined, it has helped develop a good culture in the club. Most players stay with us after they've graduated, and many have assisted in the coaching ranks after finishing their playing careers. As far as SUFC is concerned, the scholarship scheme has been a success on the sporting and academic fronts."

Gary Whitaker, whose first season as Director of Cricket with the Cricket Club has been one of unprecedented success, is also lavish in his praise for the schemes.

"I've been astounded at the quality of the young men who are at the club, particularly the maturity they showed when under pressure in the finals," he said. "They're here to achieve, not just as cricketers, but in life after cricket and university, and the scheme provides them with the assistance to do that.

Mr Whitaker said he also benefitted from the scheme by being in touch on a daily basis with elite coaches from other university sports.

Sydney University Athletics Club coach Dean Gleeson said most athletes joining the club were well aware of the scheme.

"All of the athletes on the program know about the EAP because there's not much money in athletics and anything that's out there they know about," he said.

"We don't necessarily go out recruiting, but the EAP has attracted some very good athletes who we might not have otherwise gained. If there's some assistance there for athletes they'd be mad not to go for it."

Mr Gleeson said top end athletes in track and field have to compete internationally and they need assistance to do so. "Without the support of SUSF and the University helping them with flexible essay and exam timetables, they would never get to compete overseas and no one would ever finish their degrees," he said. "The assistance they get in that regard is more valuable than the money."

He cited the example of middle-distance runner Lachlan Renshaw who spent six months training and competing overseas in 2010. "He was still able to undertake his university work," Mr Gleeson said. "He was struggling at times, but without the scholarship it would not have been possible. It provides athletes the flexibility to study, train and compete and that's a massive bonus."

Director of AFL Brett Pettersen said the club has 27 players on the EDP (including the Talented Athletes Program and the High Performance Program). "The success of the overall scholarship program across the clubs is





because it doesn't attract athletes who are after money as a first priority," he said. "The scholarship scheme attracts people who take a holistic approach. They're high quality people with good character who are after sustained success in life and in sport."

Sydney University Boat Club vice-

president Chris Noel said the EAP has been a vitally important part of supporting the club's athletes in developing to the highest levels in rowing. "Most of the 11 Sydney University rowers who are currently on the national team have benefited from this program," he said.

The benchmark on standards was established by the first scholarship holder, David Hynes, in 1990. A baseballer and economics/law student, he went on to compete as first baseman for Australia at the 1996 Atlanta Olympic Games.

The program has been hitting home runs ever since. 🏏

## WHAT IS THE ELITE ATHLETE PROGRAM?

- The Elite Athlete Program now boasts 363 athletes, 262 of whom are on financial scholarships of up to \$5000 a year. Scholarship holders are also enrolled at the University and must continue to meet academic standards, as well as sporting standards, to stay on the scholarships.
- The program is mostly restricted to those who are members of one of the more than 40 university sporting clubs - 38 sports are covered scholarship wise.
- Athletes are recruited for clubs. They don't have to be necessarily competing in first grade teams for SU clubs - they can be up-and-coming athletes who are identified as having potential to reach the next level.
- SUSF staff and coaches recruit athletes throughout the year, attending top-level high school competitions such as the Head of the River rowing regatta, athletic carnivals and the NSW schoolboys' rugby championships to identify potential scholarship holders.

- Mentoring; and
- Travel grants for interstate and overseas competition.

### The TAP program

Sydney University Sports & Fitness also offers athletes with recognised potential the opportunity to be involved in the Talented Athlete Program (TAP). While these athletes do not receive a financial scholarship they are able to access all other benefits associated with the scholarship (listed above).

### What the athletes say

**Renee Kirby (rowing):** "My time in the Elite Athlete Program has been amazing. The help and support I have received has been invaluable towards helping me to achieve my sporting and academic goals. The program has allowed me to travel overseas whilst maintaining my studies, including some invaluable tutoring. They

have provided me with great support throughout my recovery from a serious injury, in particular through extra strength and conditioning rehab work."

**Tom Kingston (rugby union):** "The program has been an important support mechanism in helping me to achieve my educational and sporting goals. The resources available through both the contacts and facilities have been invaluable in allowing me to balance education with rugby. Without those involved in the program helping me with scheduling, timetabling, make-up exams and assistance with travel, the balance would certainly be a lot more difficult."

**Scott Nicholson (water polo):** "The Elite Athlete Program has assisted me during my time as a student at Sydney University by helping me to manage my studies and sport, and providing the extra guidance and counselling to help me achieve my best."

### What the scholarships offer

Scholarships are awarded on an annual basis and are paid in two instalments pending a mid-year review of academic and sporting progress. The scholarships provide financial assistance to the athletes for varying amounts from \$1000 to \$5000. They are claimable for expenses related directly to studying at the University (such as tuition fees and residential expenses).

### Other benefits

- Personal development seminars;
- Tutoring;
- Academic representation and liaison;
- Academic counselling;
- Media exposure;
- Facility access (gymnasium and pool);
- Sport services (dietician, sports psychology and strength and conditioning);

### Elite Athlete Program Alumni

As well as a host of state, national and international representatives, the sports scholarship program boasts 20 Olympians and Paralympians past and present. The scholarship alumni include:

**Lachlan Renshaw (athletics – 2008 Beijing Olympics)**

**David Hynes (baseball - 1996 Atlanta Olympics)**

**Natalie Porter (basketball – silver medallist 2004 Athens Olympic Games)**

**Robin Bell (canoe - three-time Olympian, bronze medallist 2008 Beijing Olympic Games)**

**Stuart Clark (cricket - Australian fast bowler - 24 Tests, 94 wickets at 23.86)**

**Matthew Mitcham (diving - gold medallist 2008 Beijing Olympic games)**

**Alex Croak (gymnastics and diving - dual Olympic sportswoman)**

**Francis Hegarty (rowing - silver medallist, 2008 Beijing Olympics)**

**Liz Kell (rowing - 2006 world champion and 2008 Beijing Olympic Games)**

**Berrick Barnes, Dean Mumm, Phil Waugh, Luke Burgess (rugby union - Wallabies)**

**Matthew Dunn (swimming - three-time Olympian)**

**Michelle Engelsman (swimming – 2004 Athens Olympic Games)**

**Brett Hawke (swimming - two-time Olympian)**

**Chris Fydler (swimmer - three-time Olympian, gold medallist 2000 Sydney Olympic Games)**

**Trent Franklin (water polo - Olympian and Australian captain)**

**Taniele Gofers (water polo - bronze medallist Beijing Olympic Games)**

**Thomas Whalan (water polo - three-time Olympian and Australian captain)**



# SOUND, BUT FOR A GROUND

IT'S NOT EASY BEING AN ELITE HOCKEY PLAYER IN SYDNEY. WHEN OTHER PEOPLE ARE SAFELY AT HOME ON WINTRY WEEKENDS, HOCKEY PLAYERS ARE HEADING OFF TO OUTER SUBURBS LIKE PENNANT HILLS OR NARELLAN FOR GAMES THAT CAN START AS LATE AS 8:30 PM. FOR SYDNEY UNIVERSITY'S PLAYERS IT'S EVEN TOUGHER.

Sydney University doesn't have any specialised hockey facilities, so they train when other clubs have given up for the night. During the week they are still honing their skills at 10:30 pm, with a long drive home to follow. Others would be put off, but Sydney University Hockey Club (SUHC) members seem to embrace it from March to September. Madness or dedication to the blue and gold? Whatever it is, SUHC is re-emerging as a force in Sydney hockey.

This year SUHC has 450 members. There are eight men's teams, eight women's teams, three veteran's teams and seven junior teams. An absence of a home ground makes things challenging, but it hasn't stopped players excelling.

SUHC has won five premiership flags in the past two years, and a number of players have represented state and national teams.

A major contributor to this success has been the appointment last year of Aaron Oman as the Club's Director of Hockey. Oman is a former state player and is also the assistant coach of the NSW men's team.

He has brought a wealth of experience to the club along with his range of programs for players and coaches. Oman has a program for mentoring coaches, and his weekly Elite Athlete Program focuses on improving the core skills of his representative players.

Success was evident in 2010, when the women's 1st Grade team qualified for the finals for the first time in over 10 years. They were coached by Liam Dixon, who has played for the club since he was 11.

Dixon also became the assistant coach for the NSW Under 15 girl's team. Several 2010 and 2011 team members, including some SUSF scholars, also had outstanding seasons. Raffaella Bethke was selected in the NSW Arrows

squad; Nina Khoury made her debut for Australia A; and Hollie Webster has cemented her place as a regular in the Hockeyroos.

Khoury moved from Hobart to Sydney last year to undertake a Commerce/Law degree and says the SUSF scholarship program is a big benefit for her and others.

"Maintaining a sport/study balance is a priority for me, and the club and SUSF have both assisted me in this," she says. "Their support is extremely reassuring." Her 2011 goals are simple: win a club premiership, pass her exams and play for the Hockeyroos!

Oman has also contributed to the renewed strength of the men's 1st Grade team under coach Chris Moylan. The

team missed the finals in 2010, but beat both grand finalists during the rounds. Goalkeeper Ryan Betts has played in the NSW Under 21s and is aiming to break into the Open team this year. Club stalwart and SUSF scholarship holder Tom Lobsey has now become a regular in the NSW Waratahs team.

Oman acknowledges that a lot of work needs to be done for SUHC to be the best hockey club in Sydney but is confident that it has the players and the spirit to achieve this. The greatest single barrier is the lack of a home turf to practice and play on. Who knows: with its own facility, further success could be just around the corner. 🏒







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: [sydneyuni.baseball.com.au](http://sydneyuni.baseball.com.au) or email: [baseball@sport.usyd.edu.au](mailto:baseball@sport.usyd.edu.au)



## BASKETBALL

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

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





## KENNARD'S VISION CARRIED ON

SYDNEY UNIVERSITY SOCCER FOOTBALL CLUB ARE THIS SEASON'S WINNERS OF THE KENNARD CUP – ONE OF THE MOST ANTICIPATED ANNUAL FIXTURES ON THE CLUB'S CALENDAR. **BY NATHAN KOSMINA**

A contest between Sydney University and UNSW for the right to hold one of the oldest cups in Australian soccer, The Kennard Cup, has been a university tradition for over 50 years and the 2011 clash did not disappoint.

A couple of hundred spectators watched two exciting games under the newly installed lights at The Square, as Sydney University got off to a promising start with two early goals to striker Liam McConaghy. McConaghy scored another midway through the first half after great combination work with crowd favourite, French striker, Gerard Ouffoue.

UNSW managed to score a confidence booster goal just on half-time after a defensive lapse of concentration. Coaches John Calleja and Steve Hurd rang the changes at half-time to freshen up their teams. UNSW pressed and got their second goal after a defensive blunder with a back pass. After great build up work, McConaghy settled the proceedings with a fine fourth goal. It was always Sydney University's night.

How did the Kennard Cup come about, and why is it so sought after

by both clubs? William Kennard was a London East End Jew who served in the RAF as a wireless operator in World War II. Prior to his migration in 1947 with his family to Sydney, his involvement in soccer was as an amateur referee. Once settled in the Eastern Suburbs, Kennard became a supporter of the Sydney Hakoah club, just in time to witness and be part of a fruitful time for NSW soccer which saw, among other things, the newly emerging ethnic based clubs.

Kennard served as a member of the promotion committee on the NSW Soccer Federation, of which one of the initiatives was to introduce pre-season night soccer at Lidcombe Oval. He was the patron of this first Federation competition in 1957, donating the silver cup which bears his name and a prize of 100 pounds for the winning team. It was the combination of his business acumen, charitable nature and love of football that led to his sponsorship of the Federation's first competition before it was even known that the organisation would be a success.

He would have been personally gratified when his beloved Hakoah took out the very first Kennard Cup by defeating Lane Cove 5-1 on Friday,

March 27, 1957, in front of almost 4500 spectators. Ampol Petroleum saw the opportunity to advertise itself to a wider community, and took over full sponsorship of this tournament in 1959 – a popular tournament which became known as The Ampol Cup.

The great Canterbury coach Jo Vlasits then suggested that the Kennard Cup be donated to the two Sydney universities for an annual test of strength between the two clubs. This offer was accepted and the first encounter was won by Sydney University at Randwick Oval on July 10, 1960. UNSW then dominated the annual event until 1966, when Sydney University was once again victorious.

UNSW's total dominance of the competition from 1977 to 1986 led to a loss of interest by all parties, until February, 1996, when the presidents of Sydney University and UNSW soccer clubs were brought up to date on the history of the Cup. The clubs agreed to resume a competition called Kennard, complete with a new trophy, in honour of William Kennard, who died, after a long and successful life, in October, 1989, aged 89. 🙏



### 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.sydneyniversitycanoeclub.com.au](http://www.sydneyniversitycanoeclub.com.au) or email: [canoe@sport.usyd.edu.au](mailto:canoe@sport.usyd.edu.au)

### CRICKET

The men's club has eight teams that compete in the Sydney Grade Competition that caters from the elite to social player. The Universities Women's Cricket Club also has 1st, 2nd 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 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.sugymcheer.org](http://www.sugymcheer.org) 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.sydnejudo.com](http://www.sydnejudo.com) 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)

### ROCKCLIMBING 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.surmc.org.au](http://www.surmc.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 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.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 encourages and supports players to participate in NSW and Australian representative teams.

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

### RUGBY UNION

The Sydney University Football Club is one of the strongest clubs in the NSW rugby union competition. The Club caters for a range of players through to the elite level. The Club won the Club Championship for the 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 and welcomes people of all experience levels the opportunity to learn the Korean martial art and Olympic sport of Taekwondo. Classes teach kicking, sparring, self-defence and the core traditional aspects of Taekwondo such as spirit, focusing on improving an individual's health and fitness while learning in a fun, safe and social environment.

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

### ULTIMATE FRISBEE

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

For more information go to: [www.suuf.ufnsw.com.au](http://www.suuf.ufnsw.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 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 have won the NSW University Games often over the past few years.

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

### WATER POLO

The 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.sydneyniwaterpolo.com.au](http://www.sydneyniwaterpolo.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.usydwake.com](http://www.usydwake.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)



# TO CLIMB IS SUBLIME

WITH THE RECENT RELEASE OF THE FILM '127 HOURS', YOU MAY BE ASKING YOURSELF WHY ANYONE WOULD LEAVE THE HOUSE, LET ALONE GO CLIMBING. WHY DO WE DO IT? NOT AN EASY QUESTION TO ANSWER WHEN THE REASONS ARE AS MANY AS THERE ARE CLIMBERS.

Climbing is simultaneously a means and an end, a pursuit without any tangible purpose other than its own intrinsic value, but when partway up a cliff considering your next move and how exactly to get there, everything else just seems to drop away. It's about solving problems with your body and mind, when you are completely in the moment and letting go of everything other than the rock under your fingers. Climbing gets under your skin, and as it does, it teaches you about yourself and about trust, and means that you'll never be able to look at a rock the same way again. Best of all, you get to see places and the world from a perspective that few ever understand and no photo can ever capture.

As for mountaineering and ice climbing, I'm still unconvinced that they aren't actually a form of torture, but if you were born with very little sense, or you dream of spending the night in an ice-cave and have a slight penchant for frostbite, these "sports" could be for you.

Sydney University Rockclimbing and Mountaineering Club (SURMC) is open to anyone who is willing and able, and provides opportunities for people to learn to climb in a safe environment or simply to have fun while getting tips from more experienced climbers. Members of the club meet each Wednesday evening at The Ledge Climbing Centre at Sydney University, and are always happy to welcome new

members and show them the ropes. Every year the club offers training in skills and technique, runs trips from NSW to Victoria to Queensland, and even dabbles in a little non-climbing related Machiavellian fun. We are also working toward returning to competitions this year and hope to have a couple of members representing us at The Block – one of Sydney's premier bouldering contests.

Early this semester, the club offered two beginners' climbing courses, free for new members, and all who came improved their climbing around 4 to 6 grades. After the Easter break another course commenced for intermediates comfortable on grades 16 to 20 who wanted to focus on their technique and move to the next level.

Two trips to Dam Cliffs in the Blue Mountains have provided an opportunity for people to climb outdoors and learn to lead and build anchors. There has also been some bouldering closer to the cityscape, in Lindfield and Queens Park. Over Easter the club headed down to Arapiles, in Victoria, where members jostled with holiday makers to climb in one of the most spectacular and beloved trad climbing destinations in the country.

Other future trips include single and multi-pitch climbing in the Blue Mountains, a women's climbing trip, a foray up to Queensland to escape the winter chills, and some ice climbing at Blue Lake for those who are a little short on sanity.

Whether you just want to climb at the local crag, be involved in competitions, climb mountains, or add something new to the work-life imbalance, SURMC can provide the gear while you bring the drive. So, why not come and learn to climb something other than the corporate ladder while you're at university?

For more information go to [rockclimb@sport.usyd.edu.au](mailto:rockclimb@sport.usyd.edu.au).







# Students' SUPER R

**SYDNEY UNIVERSITY FOOTBALL CLUB HAS A GREAT HISTORY OF BEING A SOLID FEEDER CLUB FOR SUPER RUGBY FRANCHISES AND FOR THE NATIONAL TEAM. OF THE 110 SUFC PLAYERS TO HAVE REPRESENTED AUSTRALIA, 90 HAVE WALLABY STATUS.**

In recent times, SUFC has claimed six Sydney Premierships in succession (five Shute Shields and a Tooheys New Cup). And with the Melbourne Rebels having been introduced into an expanded Super Rugby competition, SUFC now has 24 players involved in Australia's five Super Rugby franchises. An incredible 22 of those 24 players emerged from the SUFC Colts system before making their way into grade ranks and onto Super Rugby.

Berrick Barnes and Julian Huxley are the only two not to come through the SUFC Colts ranks, although Barnes is now studying a Commerce degree at Sydney University.

A further 9 SUFC players have academy contracts with Super Rugby academies. Eddie Bredenmann, Greg Jeloudev, Tolu Latu, Guy Millar and Will Skelton (NSW), Tom Boidin (ACT), Dan Kelly and Alex Rokobaro (Melbourne) and Dave McDuling (Queensland) are all Super Rugby academy representatives, effectively Super Rugby train-on squads for younger players.



All of the starting players in Sydney University's team that defeated Randwick 46-6 in last year's Shute Shield grand final have 2011 Super Rugby contracts. And that was with Phil Waugh, Pat McCutcheon and Nick Phipps all unavailable due to injury, Wallaby or Australian Rugby Seven's Commonwealth Games selection. A further three bench players hold Super Rugby franchise academy contracts.

SUFC is well represented in the NSW side. Waratahs captain, flanker

Phil Waugh, is a former SUFC Colt and Shute Shield grand final winner. Others to appear for the Waratahs this season include five-eighths Berrick Barnes and Daniel Halangahu, halfback Luke Burgess, winger Tom Kingston, centre Tom Carter, flankers Dave Dennis, Dean Mumm, Pat McCutcheon and props Jeremy Tilse and Paddy Ryan.

Australia's newest Super Rugby franchise, the Melbourne Rebels, also has a large contingent of SUFC representatives. Rebels Club Captain and



By Andrew Tilley

# REPRESENTATION



number eight Tim Davidson, second-rower Al Campbell, halfback Nick Phipps, prop Laurie Weeks, wingers Lachlan Mitchell and Peter Betham, and fullback Julian Huxley have all turned out for the Rebels.

At the Western Force, based in Perth, SUFC is represented by number eight Ben McCalman, hooker Nathan Charles, outside-centre Mitch Inman and flanker Jono Jenkins.

Prop Jerry Yanuyanutawa and second-rower Sam Carter are SUFC Brumbies representatives. 🏉

## SUPER RUGBY PLAYER FOCUS

### NICK PHIPPS (MELBOURNE REBELS)

Phipps joined Sydney University in 2009 and played Colts, before he made his grade debut in 2010 and was part of the 1st XV Premiership winning team. He played in the Rugby Sevens World Series in 2010 and was in the 2010 Commonwealth Games team that won silver in Delhi. The Rebels halfback is tough, skillful and enthusiastic in everything he does. He was included in the Wallabies Spring Tour, and played in a game against the Leicester Tigers which makes him an Australian representative, but not yet a Wallaby. Phipps is a former scholarship holder and current Arts and Science student at Sydney University.



### JONO JENKINS (WESTERN FORCE)

A very busy number seven, Jenkins made his Super 15 debut in 2010 and broke his leg within the first three minutes on the field. He recovered quickly and was part of the 2010 1st XV premiership winning squad. He is back playing with the Western Force in 2011 and will use his experience from Rugby Seven's games to continue to improve his general game play. Jenkins is a Sydney University sports scholarship holder.



### TOM KINGSTON (WARATAHS)

Kingston was an Australian Schoolboy representative in 2009, and joined Sydney University in 2010. A versatile player who can cover centre, wing and fullback, Kingston signed a professional contract with the Waratahs in 2011 and made his Waratahs debut against the Blues in round 9. Kingston, a Sydney University sports scholarship holder studying Engineering/Commerce, made his club 1st XV debut against Parramatta just two weeks before he made his Super Rugby debut.



### SAM CARTER (BRUMBIES)

Carter, who joined Sydney University in 2008, was part of the 2010 1st XV premiership winning squad. He was recruited by the Brumbie Runners in the recent off-season. The 200cm second-rower has recently earned himself a Brumbies main squad contract on the back of several standout games with the Runners. Carter is a Sydney University sports scholarship holder and is in his fourth year of an Arts and Science degree at Sydney University.





# 'Blue&Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | WINTER 2011

BY RODNEY TUBBS

## 2011 'BLUE & GOLD' AUSSIE RULES LUNCHEON



Adam Spencer's Second Panel: L to R Craig Bolton raises smiles from Mike Pyke, Jude Bolton and Adam Spencer.



The Long and Short of It: Mike Pyke is flanked by his SUSF Elite Athlete Program hosts, Leonie Lum and Nick Halliday.

The first 'Blue & Gold' sporting function for 2011 was the Aussie Rules Luncheon at the Four Seasons Hotel on Friday 15th April.

As a footy fan, the start of a new season always gives rise to new expectations about how well your team will go. But there is real substance to those expectations when your team is undefeated after three rounds (as were the Sydney Swans) or when your team has started the new season with a win over the reigning premiers (as Sydney Uni did in Round 1 of the Premier Division of Aussie Rules football in Sydney).

So, there was a very positive air in the room for the 12th consecutive staging of the 'Blue & Gold' Aussie Rules Luncheon, which is always the first corporate function of the season to celebrate Australian Rules football with Sydney's business community in the big end of town.

On a sad note, a regular supporter

named Bill Quinn had passed away a couple of days prior to the 2011 'Blue & Gold' Aussie Rules Function. Bill had a very good innings and Aussie Rules football was a fundamental part of his long and happy life. Bill Quinn was both a VFL player and umpire. He coached a number of the luncheon guests at Sydney Uni in the 1960s and he very actively supported the Sydney Swans over the past thirty years. Bill was a great bloke and a really good friend to most Aussie Rules people in Sydney. Condolences were offered to Bill's son Dick and to his daughter-in-law Helen, both of whom were guests at the luncheon.

Special mention was made of Colin Keeble, the holder of the "most games played" record for the Sydney University Australian National Football Club. The MC confided that the Sydney Uni records on the precise number of games that Col Keeble played are actually a bit hazy, because he wasn't always a

legitimate student. In fact, during the MC's time at the Club, Colin played at least 200 of his massive number of games as Stan South – a bona fide student at that time!

As always, the principal entertainment segments at this function were panels (moderated by Adam Spencer) of leading Sydney Swans' footballers. Apart from being Sydney Uni Sport's favourite son and the highly successful host of ABC breakfast radio, Adam Spencer is also a Sydney Swans' ambassador and he regularly plays in the Red Kite Celebrity Challenge match, which is an annual AFL curtain raiser. Somewhat unkindly, the MC advised that on at least two of these occasions, Spencer had been completely outplayed by Humphrey B Bear!

Adam's first panel comprised Jude Bolton, Kieren Jack and Shane Mumford.

At that time, Jude was a 260 game veteran who had started the 2011





Who Spilt the Red Wine??? Col Keeble (aka Stan South) and his daughter Gina rise to their feet as a result of Dennis Mattiske's clumsiness!



Adam Spencer's First Panel: L to R Jude Bolton raises smiles from Kieren Jack and Shane Mumford.



Enjoying a Pre-Luncheon Drink: L to R Bob Chambers, Shane Mumford, Jude Bolton, Michael Rogers and Roger Little.

season with three best-on-ground performances. The media were proclaiming a career second-coming after Jude completed 19 effective tackles in the previous weekend's gutsy win over the West Coast Eagles. That was the highest number of effective tackles in the game's recorded history, joining Jude Bolton's 26 contested possessions last year against Essendon as yet another AFL benchmark.

Last season, Kieren Jack won the Bob Skilton Medal as the Sydney Swans' Best and Fairest player. This was a remarkable achievement for a young player who had only played 50 senior games at the start of the 2010 AFL season.

Kieren is clearly one of the most improved players in the AFL. He has quickly developed from being a solid run-with player to a classy midfielder in his own right. He plays with tremendous commitment, using bursts of pace to break away from packs. Kieren is another relentless tackler, but he is also very handy near goal. In 2010 Kieren polled 10 Brownlow Medal votes and represented his country in the International Rules Series against Ireland – not a bad achievement for the son of a Rugby League legend!

Shane Mumford was recruited from Geelong after playing 21 games for the 2009 AFL premiers and has been an instant success at the Sydney Swans. In 2010, he was second only to

Collingwood's Darren Jolly for hit-outs (535 of them), despite missing 4 games through injury or suspension. Shane was also the runner-up in the Sydney Swans' 2010 Best and Fairest. From the moment he arrived at the Swans, Shane Mumford's ruck and ground work have been simply outstanding. This season, he is getting more game time than ever and he has already had to compete against some of the best ruckman in the AFL competition. The fact that the Swans were undefeated after three games in 2011 was testimony to Mummy's tireless efforts.

These three champion Swans' players parried the Spencer questions with great aplomb. There was plenty of mirth in amongst some serious footy chat.

Later that afternoon, there was a DVD tribute to the outstanding playing and coaching careers of Paul Roos. Then Craig Bolton and Mike Pyke joined Jude Bolton on the stage to answer Adam's questions about the Roos' influence on their own careers.

The recently retired Craig Bolton was surprisingly spritely, given that his medicos had him wearing a very large moon boot on his injured right foot. Craig's inspirational career encompassed 199 senior games, a premiership in 2005, All Australian selection on two occasions and joint captaincy of the Sydney Swans. Like Paul Roos, Craig Bolton was a legend to both his club and the game.

Mike Pyke was the very popular winner of the Swans' Most Improved Player award in 2010. He had some very interesting insights into how Roosy converted a Canadian World Cup Rugby player into a highly effective AFL ruckman. In his answer to a question about half time sprays from Paul Roos, Mike said there was one game when he knew he'd be in for a lambasting as a result of trying to take spectacular marks in defence rather than attempting to spoil his opponent. On that occasion, Roosy said something like: "And as for you Pyke ... do you think you're Polly Farmer?" The big Canadian innocently asked: "What's a polly farmer?" This caused a further sharp increase in the Paul Roos' blood pressure!

Both Jude Bolton and Mike Pyke paid tribute to Craig Bolton's ... as well as Paul Roos' ... wonderful contributions to the Sydney Swans. They also left us in no doubt that the new Sydney Swans' Academy is an incredibly important development for both the Sydney Swans and for Aussie Rules football in Sydney.

Our luncheon guests then steeled themselves for the Lobby Bar prices that they were then asked to pay for post-function cleansing ales! Most of them took the MC literally when ... at the start of the luncheon ... he'd declared that the weekend had officially commenced and that no one was expected to return to their office until the following Monday morning!





## 2011 'BLUE & GOLD' ATHLETICS LUNCHEON

By the time you read this copy of ROAR 11 the inaugural 'Blue & Gold' Athletics Luncheon will have been held on Friday 13th May at the Boathouse on Blackwattle Bay.

The Sydney University Athletics Club formed a Function Sub-Committee to plan and market their first 'Blue & Gold' Athletics Luncheon. The sub-committee comprised eleven passionate SUAC members across many decades, ensuring that all of the recent eras in the Athletics Club's history would be well represented at the Friday 13th May luncheon.

The panel moderator for the inaugural 'Blue & Gold' Athletics Luncheon will be Greg O'Mahoney and his first panel will comprise the following legends:

- John Treloar: champion sprinter who represented Australia at both the 1948 and 1952 Olympic Games.

- Betty Moore: NSW record-holding hurdler in the 1950s – later competed for Great Britain and equalled the World Record for 80m hurdles at the 1962 Commonwealth Games.

- Cheryl Collins: 800m and 4x400m relay runner at the 1972 Munich Olympic Games.

Greg O'Mahoney's second panel will comprise more recent athletes:

- Paul Greene: 400m runner at the 1996 Atlanta Olympic Games and then successful songwriter and guitarist with the band Ghostwriters.
- Andrew Pym: the 2001 Stawell Gift winner.
- Anneliese Rubie: 400m qualifier for the World Junior Championships and a likely member of the 4x400m relay at this year's senior World Championships at Daegu in South Korea.

## 'BLUE & GOLD' SPORTING FUNCTIONS THROUGHOUT THE REMAINDER OF 2011

### SOCCER FOOTBALL DINNER

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

### 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 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 table bookings (ensuring the best seats in the house), contact Rodney Tubbs on 9351 7958 or [r.tubbs@sport.usyd.edu.au](mailto:r.tubbs@sport.usyd.edu.au).**

## UNIVERSITY OF SYDNEY SPORT FOUNDATION NEWS

The objective of the University of Sydney Sport Foundation is to facilitate the development of sport at the university by encouraging donors and prospective donors to make gifts which will be directed to sport. At the same time donors receive the benefit of tax deductible receipts.

Wherever possible, funds are invested in medium and long term investments which enable an interest income stream to be created.

The Sporting Scholarship Division of the Foundation provides an ideal opportunity for donors to contribute to the long term scholarship program, either by pledging an amount to create a Perpetual Scholarship named after the Donor, or to scholarships in general. All funds received are invested in Capital

Preserved Trusts. In the past 3 years for example an additional \$250,000 has been received/pledged for Named Sporting Scholarships, with an additional \$100,000 in the pipeline at the time of writing. A Sporting Scholarship Brochure is available upon request to anyone interested in finding out more about the program.

Online giving is now available at: [www.alumniandfriends.usyd.edu.au/susf.asp](http://www.alumniandfriends.usyd.edu.au/susf.asp).

Further information about the Sport Foundation can be found at its webpage: [www.susf.com.au/page/sports\\_foundation.html](http://www.susf.com.au/page/sports_foundation.html).

Feel free to call David Collins on 9351 4960 or Rodney Tubbs on 9351 7958 or by emailing [ussf@sport.usyd.edu.au](mailto:ussf@sport.usyd.edu.au).





# IF THE GROIN PAIN PERSISTS...

GROIN INJURIES HAVE BEEN GETTING A LOT OF MEDIA ATTENTION IN SPORTS LATELY, WITH NUMEROUS SPORTS STARS MISSING SIGNIFICANT TIME OR GOING UNDER THE KNIFE TO HELP REPAIR THEIR INJURED LOINS. EVEN THOUGH "GROIN PAIN" CAN DESCRIBE NUMEROUS INJURIES, ONE THAT KEEPS POPPING UP IS OSTEITIS PUBIS.

## What is osteitis pubis?

Osteitis pubis is inflammation, and resulting pain, of the pubic symphysis, which is the joint at the front center of the pelvis. The two main sets of muscles that attach to this point are the leg adductors and the rectus abdominus. Overloading of these muscles by excessive training, coupled with poor stability/biomechanics can cause these muscles to be strained. The injured muscle cannot provide adequate support causing unwanted shearing and mobility of the pubic symphysis. Inflammation and pain soon follows.

## What are the signs and symptoms?

- Loss of flexibility in the groin.
- A dull ache in the groin, which sometimes can move from one side to the other.
- Sharper groin pain with kicking, sprinting and changing direction.
- Pain moving from the groin to the abdomen.

Just because you have groin pain or these symptoms, it doesn't mean

you have osteitis pubis. Many other conditions and injuries will result in groin pain. However, initial management, treatment and prevention are quite similar:

## Management: If you experience symptoms:

- DO NOT ignore the pain. Hoping it will go away is not the best option, and if left too long can lead to long-term rest from sports. Even if the pain does go away, weaknesses need to be corrected.
- Avoid painful activities. Sprinting, change of direction and kicking puts a lot of stress on the groin and should be minimised or eliminated.
- Avoid stretching your adductors. When you stretch your adductors, you are pulling the muscle fibers from the inflamed bone.
- Ice after activity. It will help calm the pain and inflammation.
- Inform your coach(s). Training modifications will help prevent further injury.

## What can a physio do?

- Assess/screen you to find out what exactly the injury is.
- Provide manual treatment to regain mobility and help with pain relief.
- Initiate and progress a rehabilitation program that will strengthen the injured area, prevent compensations and help return you to sport.
- Refer you to the appropriate doctor if necessary.
- Communicate with your coaches and trainers. The more they know, the more they will be able to help you.

## Prevention: How to avoid osteitis pubis and other groin injuries:

- Musculo-skeletal screenings can indicate your weaknesses before the injuries take place.
- Use a foam roller to help reduce muscle tightness.
- Stretching and mobility drills.
- Warm-up properly before playing/training. Do one on your own if necessary.
- Activation exercises – simple drills can be carried out as part of your warm-up to turn these muscles on, getting them ready for the demands of the session.
- Limit your conditioning on the bike, rower and cross trainer.
- Add non-supported single leg strength exercises into your program such as single leg squats or rear foot elevated split squats, which activate the pelvis stabilisers. Avoid exercises that isolate muscles and require little control, like the leg press.

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







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# UPCOMING EVENTS CALENDAR

## HOME FIXTURES



### MAY

	DATE	TIME	OPPONENT
Australian Football	Saturday 21st	4.10 pm	St George
Soccer (Men)	Saturday 21st	7.00 pm	Blacktown
Soccer (Women)	Sunday 22nd	3.00 pm	Macarthur
Rugby Union (Men)	Saturday 28th	3.00 pm	Randwick
Baseball	Sunday 29th	2.00 pm	Holroyd
Soccer (Women)	Sunday 29th	3.00 pm	Illawarra

### JUNE

	DATE	TIME	OPPONENT
Soccer (Women)	Sunday 3rd	3.00 pm	Blacktown
Australian Football	Saturday 4th	4.10 pm	North Shore
Rugby Union (Women)	Saturday 4th	2.00 pm	Rockdale
Baseball	Sunday 5th	2.00 pm	Cronulla
Soccer (Women)	Sunday 10th	3.00 pm	Manly
Soccer (Men)	Saturday 11th	7.00 pm	Granville
Rugby Union (Men)	Saturday 18th	3.00 pm	Warringah
Baseball	Sunday 19th	2.00 pm	Quakers Hill
Rugby Union (Men)	Saturday 25th	3.00 pm	Parramatta
Soccer (Men)	Saturday 25th	7.00 pm	Hills

### JULY

	DATE	TIME	OPPONENT
Australian Football	Saturday 2nd	2.10 pm	UTS
Baseball	Sunday 3rd	2.00 pm	Hawkesbury
Rugby Union (Men)	Saturday 9th	3.00 pm	Eastern Suburbs
Australian Football	Saturday 16th	7.00 pm	East Coast
Baseball	Saturday 16th	2.00 pm	Greenway
Rugby Union (Women)	Saturday 16th	2.00 pm	Warringah
Soccer (Men)	Saturday 16th	7.00 pm	West Sydney
Rugby Union (Men)	Saturday 23rd	3.00 pm	Penrith
Australian Football	Saturday 30th	3.10 pm	Pennant Hills
Soccer (Men)	Saturday 30th	7.00 pm	Dulwich Hill
Baseball	Sunday 31st	2.00 pm	Marrickville

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



**Sydney Uni**  
SPORT & FITNESS





# OVER THE LINE

## Record season at the crease

As Sydney University Cricket Club made history by being the first to win the Belvidere Cup, the Limited Overs Cup and the Poidevin-Gray Shield in the one season, it was no surprise that individuals in the winning squads set some new peaks.

Scott Henry, who amassed over 700 runs in the second half of the season, was awarded the Benaud Medal for his man-of-the-match performance – a brilliant, match-defining knock of 132 – in the Belvidere Cup final. He was also man-of-the-match in the Limited Overs final, making him the first player to win both awards in the same season. Henry, who is studying sports management at the Australian College of Physical Education, is a sports scholarship holder on the Elite Athlete Program.

All-rounder Liam Robertson starred with bat and ball in Sydney University's six-wicket win over Hawkesbury in the final of the Poidevin-Gray Shield. Robertson, a second year Arts student and Sydney University sports scholarship holder, snared 3-8 as Hawkesbury crumbled for 86 after being put in to bat on their home turf. The 19-year-old then came in at No.3 and cracked a match-winning 44, sharing in a 70-run partnership with

skipper Nick Larkin (28), as the Students posted 4-89 to collect the Shield. Not surprisingly, Robertson was named Shane Lee Player of the Match for his efforts.

Opener Greg Mail, who enjoyed a third 1000-plus run season, just missed out on winning back-to-back O'Reilly Medals. Sydney Cricket Club's Dominic Thornley won the First Grade Player of the Year award for the 2010-11 season by a point from Parramatta's Michael Wood and Mail. Sydney University team-mate Ian Moran finished 7th on points. Mail topped the grade cricket run-scoring for the season with 1095 at 54.75 (including three centuries). He also claimed 32 wickets at 16.38, including 5-30 in the final.

Nick Larkin racked up 843 runs in all forms of the game this season at 43.65. A commerce student and scholarship holder, he formed a match-winning partnership with Henry in the Limited Overs final. With Sydney University hovering at 5-105, Larkin smote 66 off 70 balls, including seven boundaries. He also earned selection in the Sydney Colts team to play Country Colts. The Students have now won three Belvidere Cups in the past nine years – a fine rebuttal to the host of clubs who

tried to have SUCC – founded in 1864 – turfed out of the competition just over a decade ago.

## Medals in their wake

Sydney University rowers capped off a medal-laden National Rowing Championship regatta at West Lakes, South Australia, when they provided the bulk of the NSW men's eight crew that won a fourth consecutive King's Cup. Stroked by Olympian Daniel Noonan, NSW were never headed over the 2000m journey. The NSW crew of James Chapman (bow), Samuel Loch, Francis Hegerty, Brodie Buckland, Nick Purnell, Matthew Ryan, Fergus Pragnell, Daniel Noonan (stroke) and Toby Lister (cox) finished in 5min 22.08sec, ahead of Victoria in 5:24:80 and South Australia in 5:33:49. With a big contingent of 43 rowers competing in NSW and club teams at the championships, Sydney University finished third on the overall medal tally and second on the points tally behind Mercantile from Victoria. Sydney University rowers won eight gold, 14 silver and 11 bronze medals, with a number of standout performances, including Joanna Wood, who won gold in the lightweight women's quad and silver in the lightweight Under 23 women's scull.

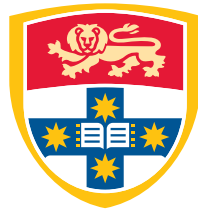
## Taking on the world

Sydney University athletes turned in top performances at the recent Melbourne Track Classic and the Waratah Series meets. Middle-distance runner Lachlan Renshaw, a Beijing Olympian, finished third in the 800m at the Classic, behind world record holder David Rudisha and Olympic finalist Nick Symmonds, in a personal best time of 1:45.66. The time takes Renshaw to ninth on the national all-time list. A week later the SUSF sports scholarship holder and commerce student relinquished his Australian 800m crown to long-time rival James Kaan at the national titles at Melbourne's Olympic Park. Renshaw is aiming his training program at the World Championships in Daegu, Korea in August and needs an A-qualifying time of 1:45:40. In the women's events the standout performer was 19-year-old Anneliese Rubie, who smashed her personal best time by more than half a second in the 400m, to finish 3rd in 53.31. Rubie ran a World University Games qualifier and although not yet selected has certainly done enough to gain selection for the World Championships 4x400 relay team. And Lara Tamsett, who was the first Australian and 29th overall at the recent World Cross Country Championships in the open women's event, is now in contention for the World University Games.





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