

ROAR

24
SPRING
2014



Sydney Uni
SPORT & FITNESS

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SPOILT FOR CHOICE



STATE-OF-THE-ART
HEALTH & FITNESS
FACILITIES

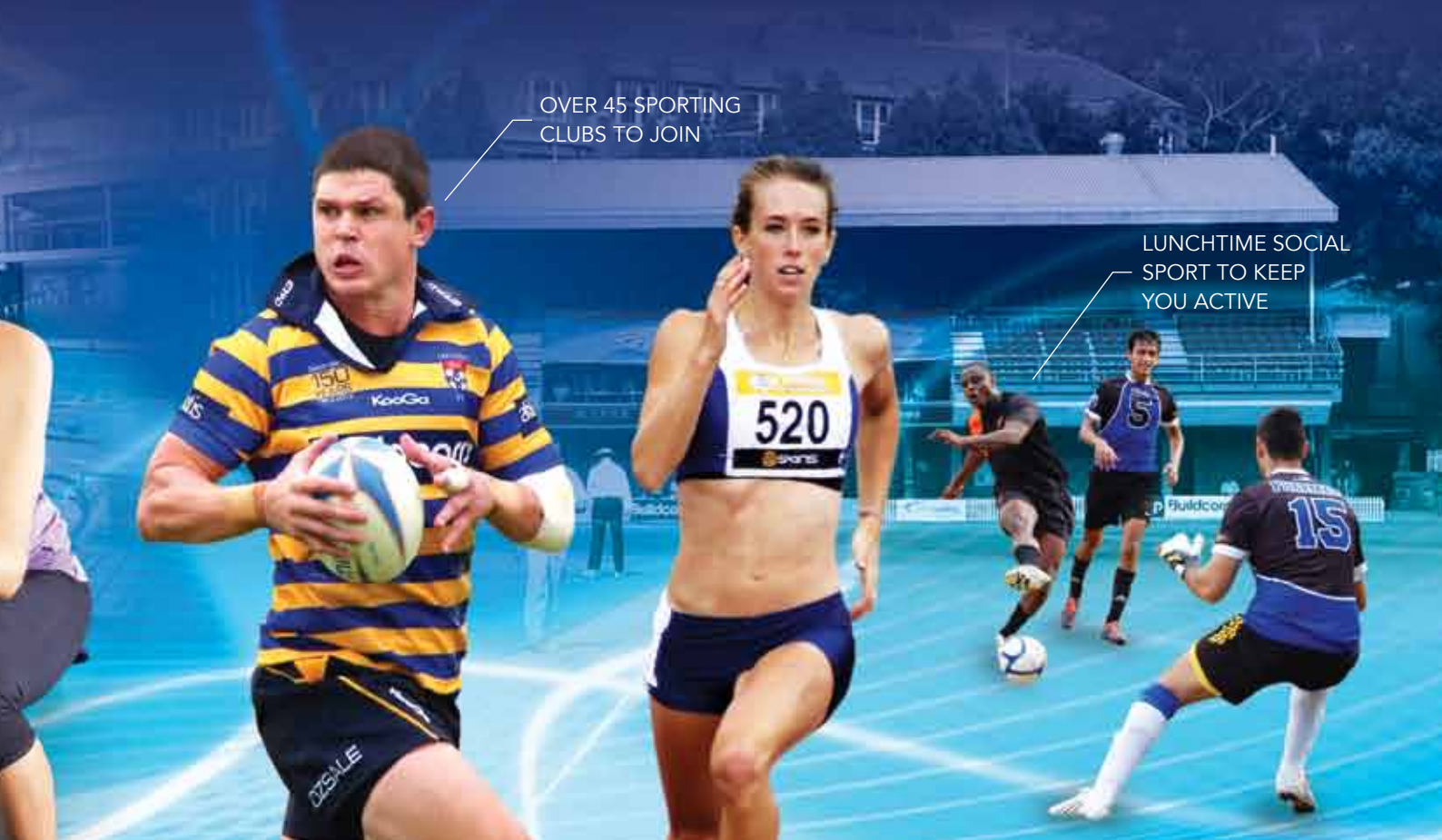
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FROM THE EDITOR



It's that time of year again. The time we all dread because it's too cold, we have to start layering our clothing, skin suffers from the wind and the cooler temperatures, and it's that extra bit harder to stay motivated to exercise. There is good news though – Spring is on its way.

For Australians, especially in Sydney, we are spoilt when it comes to the weather. We are mid-way through the cold snap already and this issue is full of health and lifestyle information to keep you motivated over the next three months to create summer bodies now: some simple 'swaps' to stay healthy; some lesser known reasons why you need to continue your exercise regime; and some of those diet fads that really aren't beneficial for your health or your body.

On the sporting field, we are elated to have 20 athletes representing Sydney University and Australia at the Commonwealth Games. It is the largest contingent of athletes we have sent to the Games, and with only days until the competition starts – congratulations and best of luck!

Our energetic ROAR cover star is Emily Chancellor, an Elite Athlete Program (EAP) member who grew up loving netball. In late 2012 she decided to swap the netball bib for a rugby jersey in a Sevens trial and is now aiming for the world's largest stage – the 2016 Rio Olympics (p10).

Our Commonwealth Games Sevens star Greg Jeloudev chats candidly in his interview about the Sevens World Series, the lessons he's learnt from the local Sydney University Football Club (SUFC) heroes, and the challenges of studying at Sydney Uni whilst pursuing his sporting dreams (p6).

In exciting news for SUFC, Head Coach Chris Malone provides insight into why the new National Rugby Championship (NRC) is so important for the game and junior pathways (p16). Get down and cheer on the Sydney Stars at their first

home game at Leichhardt Oval on 31st August against Melbourne Rising!

The highly anticipated Australian Boat Race event has returned to Sydney this year, with the men's and women's eights in contention for the glory of beating their rivals in their home town (p24).

Graham Croker interviews Chris Kintis, the new Sydney University Rugby League Football Club (SURLFC) president, who explains the passion and drive behind past players and new ambassadors resurrecting the club to compete in the 2014 Tertiary competition – of which SURLFC have two teams in contention for the finals.

As the new 2014-15 season for the Brydens Sydney Uni Flames is fast approaching, General Manager Karen Dalton comments on the strength the team will have with new signings Kate Oliver and Leilani Mitchell, while Katie-Rae Ebzery speaks of the strong foundation the team have laid to aim for a finals position this year (p30).

As we approach August and half the year has flown by, make sure you make the most of this year. Whether it's travelling, trying something new like a yoga course to relax, spending time with family and friends, or just getting out and about to exercise more – you will definitely feel the benefits in both body and mind.

Jessica Laycock
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ROAR

MAGAZINE

24 EDITIONS

YOUNG



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PLAYING THE FIELD

Emily Chancellor is swapping the netball bib for a rugby jersey, and tackling the stereotypes that go with it.
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Technique, stamina, passion, history and bragging rights – the annual Boat Race between Sydney and Melbourne Universities is back. By Graham Croker

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A LEAGUE OF THEIR OWN

The Sydney University Rugby League Football Club (SURLFC) has been resurrected – and they are a team to be reckoned with. By Graham Croker

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NEWSBITES



WALLABIES ON THE HOP

Sydney University Football Club (SUFC) had a massive involvement in Australia's three-nil whitewash in the recent three-Test series against France. Six SUFC players were named in the squad for the first Test in Brisbane: five-eighth Bernard Foley and fullback Israel Folau were named in the starting line-up along with second-rower Sam Carter, who made his debut; and prop Paddy Ryan, halfback Nick Phipps and backrower Ben McCalman on the bench.

The second Test in Melbourne saw SUFC produce another two capped Wallabies when hooker Nathan Charles and tighthead prop Laurie Weeks entered the fray in the 74th minute. Although Weeks and Charles ran on at the same time, the Australian Rugby Union follows historical convention by numbering the players in alphabetical order, so Charles became Wallaby No.881 and Weeks is Wallaby No.882. A week later in Sydney, leviathan second-rower Will Skelton made one of the great Test debuts, as capped Wallaby No.883, when he scored a try in the 10th minute and set up Folau for another with the deftest of passes. Except for Folau, all came through the Colts ranks at SUFC, with Foley being a former Elite Athlete Program (EAP) member.



WINNING STREAK

At the time of going to press, the Sydney University Women's Rugby Club (SUWRC) were riding an unbeaten streak in the Sydney premier rugby competition. And they were forced to do it the hard way with two tough

wins in four days against the second and third placed teams in the Sydney premiership. Sydney University faced Parramatta in a floodlit, catch-up night game and got home by a point against a side boasting three Wallaroos. Electrifying Iliseva Batibasanga crossed for the winning try, while flankers Fi Jones and Barbara Waddell were crucial at the breakdowns. Backing up on the Saturday, SUWRC faced an in-form Rockdale at St. Johns Oval and added to their bruise count. The hosts were up by 15 points at half-time but ended up winning by five, with frontrower Tuaine Inamata helping the Students dominate the scrum and providing some sublime touches in open play. With three games left until the finals, University are looking at the minor premiership – for starters.

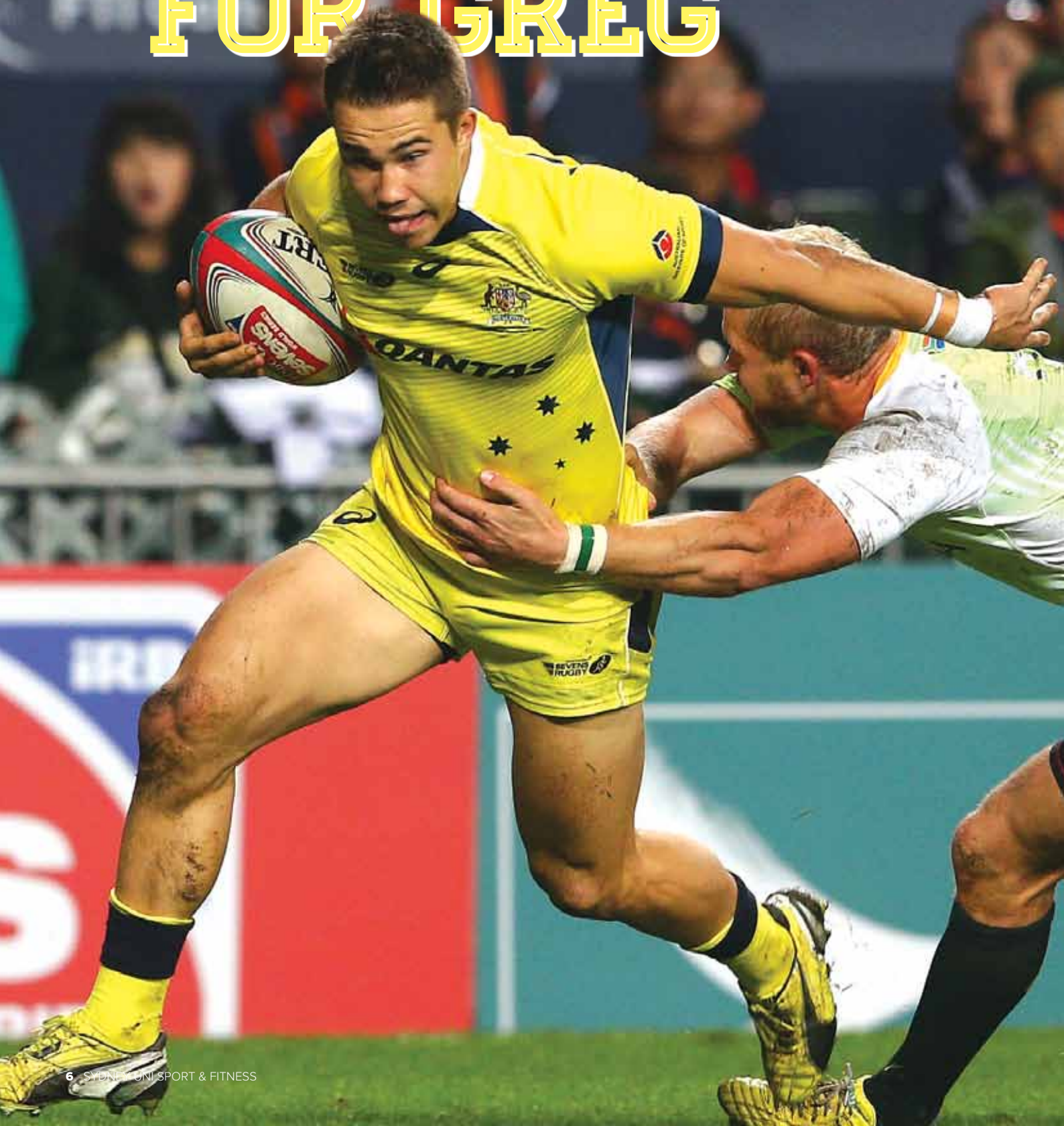


BALL IN UNIVERSITY'S COURT

The semi-finals of the 2014 Dooleys Netball State League Waratah Cup have arrived, and so have the newcomers to the league, City of Sydney-Sydney University. CSNA-Sydney University, coached by Jenny O'Keefe and

Mo'onia Gerrard, finished fourth on the ladder at the end of the competition proper and played the sudden-death, minor semi-final against defending champions Eastwood-Ryde at the Anne Clark Centre. Minor premiers St. George and Sutherland Shire contested the major semi-final. Meanwhile, two CSNA-Sydney University sides contested the NSW Age Championships, with the Under 12s, coached by Pamela Brown and managed by Kailah Elliott, finishing eighth on a tightly contested ladder. The Under 12s went from no wins at five carnivals to mixing it with the best at the State Championships. CSNA-Sydney University Under 15s also contested the 2014 State Championships and gained valuable experience competing against some extremely tough competition.

SEVENS heaven FOR GREG



SUSF ELITE ATHLETE PROGRAM (EAP) SCHOLARSHIP HOLDER GREG JELOUDEV CATCHES UP WITH LEONIE LUM ABOUT HIS SEVENS HIGHLIGHTS, THE UPCOMING COMMONWEALTH GAMES COMPETITION THREATS, AND BALANCING SPORT AND STUDY.

ROAR: You recently competed in the 2013-14 HSBC Sevens World Series with the Qantas Australian Rugby Sevens team where Australia placed fifth but defeated South Africa. Tell us what that was like?

GJ: This season was my fourth with the Aussie Sevens, and there have been massive changes on the circuit since my first year. Teams that aren't traditionally strong rugby nations are quickly developing into Sevens specialists, so all the games we play are hotly contested – teams like Kenya and Canada are now good for an upset. We beat South Africa at Hong Kong in March earlier this year. Going into the match no-one expected us to get a result, so to finish the game on top was a huge buzz. At the time South Africa were ranked number one on the world standings, making the win even more memorable.

ROAR: With the Commonwealth Games only weeks away, who do you think poses the biggest threat to Australia in the competition?

GJ: The traditional rugby power nations such as New Zealand and South Africa are favourites to take out the tournament at the Games. I wouldn't be surprised to see a team like Canada in the final stages of the tournament either. Our final pool game is against England, and we've traditionally had close encounters with the Poms. They are a team with blistering pace and tall forwards so it will be a tough series for everyone.

ROAR: Do you have a pre-game ritual?

GJ: I used to have heaps when playing Super Rugby 15s, but because of the frequency of games in Sevens there is no way I could keep up with them all! The pre-game rituals I have at the moment are not eating red meat the day before, and doing a 'blow out' exactly two days beforehand – where I'll hop on a rowing machine and cross trainer for 25 minutes and go flat out. Our strength and conditioning coach says it doesn't have any benefit, but I think it helps eliminate any pre-tournament nerves I might have.

ROAR: You were part of the impressive Sydney University Football Club grand final win last season. Talk us through the highlights of the season and the grand final game.

GJ: I feel humbled to have played for SUFC in their 150th season. To play in Tim Davidson's final game was a huge honour and we were fortunate enough to send him off with a win. The highlight for me in 2013 was experiencing the commitment needed to successfully win a Shute Shield competition. The week-in-week-out dedication of the players and coaches opened my eyes and improved my training ethic both on and off the field. The lessons I learnt from the senior players act as a reference for my preparations in any rugby environment. Winning the grand final was an

unforgettable journey but gaining experience from some true stalwarts was truly invaluable.

ROAR: You're currently in the final stages of a B. Liberal Arts & Science degree at Sydney University. What's the journey been like so far as a student athlete?

GJ: To be honest, I've found studying extremely challenging whilst being on the Sevens circuit. Unfortunately I rarely have time to go to class, meaning most of my learning is self-taught. Personally, it took a couple of years for me to get stuck into my study. Deciding on a major narrowed my scope and gave me direction for my study and this was a turning point in my university life as it provided additional motivation to complete my degree. The key to managing the demands between Sevens commitments and study is time management. I've learnt to stick to a strict study regime when assessments are on, as well as keeping up to date with in-class topics. Neglecting study and thinking 'it will look after itself' is not the way to go. I'm lucky I'm studying at a place like Sydney Uni, where I have the help of the Elite Athlete Program and have help managing my subjects. Being proactive and not reactive is the only recipe for success when studying and playing Sevens.

ROAR: What's been your favourite destination that you have visited as part of the Sevens series?

GJ: Definitely Hong Kong. It is traditionally the biggest tournament of the year and continually provides an unparalleled atmosphere. I hope to go and enjoy the tournament as a spectator when my playing days are over.

ROAR: What do you pack in your suitcase when you travel and how do you pass the time in transit?

GJ: A good set of headphones is critical. We fly all over the world, so the in-flight entertainment is the best way to pass the time. By halfway through the season we have usually watched everything on the in-flight entertainment, however headphones block out excess noise and make it easier to sleep. A set of playing cards is a good time killer when our flights are delayed. Also any type of reading material helps on long trips.

ROAR: What is the next goal after the Commonwealth Games?

GJ: The next goal for me after the Commonwealth Games is to ensure we qualify for the Olympics in 2016. The simplest way to do this is to finish in the top four in the 2014-15 IRB Sevens circuit. This is my number one priority moving forward.



SIMPLE SWAPS TO A HEALTHIER YOU

AS THE WEATHER GETS COLDER, IT IS COMMON FOR A HEALTHY LIFESTYLE TO DECLINE. PEOPLE TEND TO DRIFT AWAY FROM EXERCISE AND TOWARDS THE COUCH AND WARM COMFORT FOODS. IT IS IMPORTANT TO KEEP AN ALERT MINDSET ABOUT THE FOOD CHOICES YOU MAKE IN ORDER TO WARD OFF WEIGHT GAIN THIS WINTER. TO MAKE SURE YOUR DIET DOESN'T TANK, TRY OUT THESE "SWAPPING" IDEAS TO KEEP UP WITH A HEALTHY LIFESTYLE.

1. SWAP PROTEIN CHOICES

Most people choose to enjoy a good chicken salad sandwich at lunch or a beef fajita for dinner, but swapping out meat once a week for other protein choices is a simple way to lower your intake of saturated fat and bad cholesterol. Try making the first weekday a Meatless Monday and replace meat in your diet with eggs, Greek yoghurt, nuts and beans.

2. SWAP PLATE SIZES

An easy way to over-eat during a meal is to have too much food in front of you. Research has shown that a bigger plate

equals a bigger calorie intake. As we age it's harder to resist finishing everything that is on the plate. We tend to resist the internal cues telling us we are no longer hungry in order to keep enjoying the sweet taste of food. To prevent over-indulging during one sitting, swap out your larger plate for a smaller sized one.

3. SWAP YOUR ACCESSORIES

Look around and you will see everyone's favourite hand-held accessory: a mobile phone. One habit that can help keep you healthy and hydrated is to make sure you are carrying around a water bottle in your hand instead. Water is an important nutrient for our body to function properly. Staying hydrated helps energise your muscles and keeps your skin looking good. Whether you are lounging around or leaving for work make sure you have water to sip on. Try keeping a bottle by your bed, desk and in your car and turn yourself into a water lover.

4. SWAP SALT WITH SPICES

Too frequently we reach for the salt shaker to flavour our meals. Instead, try waking up your tastebuds with spices such as black pepper, oregano, ginger, or cinnamon. Whether it's adding basil to pasta or cumin to sweet potato, it is easy to replace salt in meals and still rouse your tastebuds. In fact, using hot spices can improve overall health by boosting

your metabolism. To keep warm this winter try making your meals a little hotter and a little less salty.

5. SWAP YOUR CAFFEINE

It is easy to develop a habit of pouring one (or maybe two or three) cups of coffee each morning to boost your energy. Coffee does have its own health benefits however a healthy swap to make is to occasionally replace that cup of coffee with green tea. The amount of health benefits green tea has is endless. The list includes stabilising blood sugar levels, improving blood flow, providing antioxidants to prevent cell damage and boosting metabolism. Give your body and your overall health a lift this winter by getting your caffeine fix from a cup of hot green tea.

6. SWAP YOUR HABITS

One of the sneakiest culprits of a good diet is boredom. In one sitting someone may not realise they are indulging in 500-1000 extra calories if they are "bored eating." The best way to avoid choosing mindless snacking is to decide a new hobby or habit to partake in when boredom comes creeping in. Whether that is drinking a cup of hot tea or reading a new book, being alert when choosing how to spend your extra time this winter can save your diet.



A photograph of a rugby ball on a green grass field. In the background, there are modern buildings with glass facades and some trees. The scene is brightly lit, suggesting a sunny day.

PLAYING THE FIELD

In swapping her netball bib for a rugby jersey, SUSF athlete Emily Chancellor is tackling both physical challenges and outdated stereotypes in pursuit of the greatest dream of all.



Attending Waratahs games with her dad as a little girl, Emily Chancellor never dreamed that one day she'd be donning a jersey and playing the game herself.

Like most girls she played netball. And played it well, rising through the junior ranks to represent Sydney University in Division 1 of the State League competition and earning a green and gold in the sport at the Uni games in 2011. Not the most logical step for a career in rugby, even less for a souped-up, full-throttle version of the game like Sevens.

"Trialling for rugby actually came as a kind of dare between me and my best friend from primary school who's always played netball with me," recalls Chancellor, a SUSF Elite Athlete Program scholarship holder currently studying a Masters in Management. "We were actually watching a Swifts game and began talking about rugby and about these trials that were on. We both secretly wanted to give it a go but were a

bit afraid. Then it was a, 'I'll go if you go' situation and off we went to try rugby."

The trials the 22-year-old is talking about was the ARU's 'Pathways To Gold' program held in Sydney in late 2012. Chancellor missed the trials but turned up to a training session anyway and impressed the scouts. She then attended a training camp at the AIS in Canberra. But while Chancellor was enthusiastic, her career had something of a false start when she found out just how physically demanding her new sport could be, breaking her hand right before she was due to play her very first tournament.

"It was the final training session before my team were off to play and I just landed funny in a tackle and boom, I broke my hand and fractured the joint," recalls Chancellor, who previously had never even played a game of touch or Oz Tag. "It was heartbreaking knowing that I was out for the whole of what was to be my first season."



The injury proved a test of Chancellor's resolve, confirming to her that she really did want to pursue her new path. "It was a good way to see if I really did want to play or if an injury was going to knock me off that rugby path," she says.

As it was, after a speedy 9-week recovery, Chancellor made it to the National Women's Rugby Sevens Championships in early 2013, turning out for the Barbarians at St. Ignatius College Riverview. Although initially hesitant to get her hands dirty, she soon found her feet.

"I was a bit scared of being tackled rather than tackling but once I learned the technique for both it's actually quite fun," she says.

By the end of Nationals Chancellor had literally come to grips with her new sport.

"I had some clue as to what I was doing," she says. "I had a yellow card under my belt and had made some good one-on-one tackles and some respectable metres with ball in hand."

Since then it's been a swift rise. Last year Chancellor was invited to train with Sydney-based Australian national team members twice a week, helping her improve her skills, fitness, technique and perhaps most importantly, her confidence. From there she played in the Fiji Sevens with Queensland club Tribe 7s, coming up against Australia and losing to eventual winners Fiji in the playoff for the final.

"It was pouring rain, the field was under a solid foot of water so it was a messy game," Chancellor says, looking back fondly. "It was muddy but warm and my first overseas playing experience. I felt fearless and had so much fun."

A mark of Chancellor's progress is the fact that she's scored a try in every tournament she's played. In doing so, she's avoided the dreaded, albeit largely conceptual penalty for not troubling the scorers: a nudie run.

"It's pretty good motivation to get over the line," she laughs.

Since January Chancellor's been training with the Australian squad up to four times a week at their base in Narrabeen. Her sights are now firmly set on Rio.

"Everyone needs goals and motivation," she says. "As a kid I dreamt of going to the Olympics, who doesn't?"

Indeed with Sevens granted Olympic status for the first time in 2016, there has been a surge of interest in the game, with the likes

of code-swapping vagabond Sonny Bill Williams rumoured to be keen to strut his stuff on the ultimate sporting stage.

"Everyone wants a piece of it," confirms Chancellor.

So what did her family and friends think of her transition from non-contact netball to the rough and tumble, crash and crunch of rugby?

"My dad loves it," says Chancellor.

"Mum was a little more hesitant about it but supported my decision to play and train hard for a goal. Friends were pretty supportive but I don't think it would really bother me if they weren't. I enjoy it and know how much fun it is."

Naturally the transition has required some physical and mental adjustments. Although she initially found the physical nature of Sevens confronting, as Chancellor's confidence has grown it has become a part of the game she relishes.

"I think the physicality is part of the fun of it," says the 170cm prop, who enjoys hoisting teammates skyward in lineouts. "If you shy away or are hesitant it always hurts more. I love being fit and rugby places physical demands on you that netball never asked of me. I love getting fitter, stronger, faster. It's a constant challenge to keep trying to improve as there is always someone one step ahead of you."

There has also been a completely new skillset to learn on the fly. Having not played rugby as a youngster, the nuances of the game need to be drilled and refined, Chancellor says. "I know my passing is my weakness so I've been putting a lot of time into that."

Playing two sports that are so stylistically different also has its challenges. While free-flowing Sevens is a game that often encourages individual brilliance, it's the team aspects of netball Chancellor enjoys. "One person can be great but they can't stop the other team scoring, or bring the ball down the court and score the goal," she says. "It teaches you a lot of good values."

Fortunately, despite the two sports apparent differences, Chancellor believes they do, in fact, complement each other, at least physically. "I have good explosive force and fast reaction times as well as good hands from playing netball," she says. "Rugby has increased my strength and power when going for the ball and now I'm

not afraid of a bit of contact in netball, not that I ever really was. Rugby has also taught me about pain thresholds and improved my mental strength to play both sports."

In that regard dual cricket and football international, Ellyse Perry, shapes as a role model. "Ellyse is so talented, driven and successful in both her cricket and soccer," says Chancellor. "I admire her ability to find balance in her life and establish good communication channels between her sports."

Another hero Chancellor has observed and admired at close quarters for her work ethic and the warm welcome she extended to the young rookie is current Australian Sevens captain Sharni Williams. But perhaps her most obvious role model is legendary Australian netballer Mo'onia Gerrard, who has also tried her hand at rugby. Like Gerrard, Chancellor has no plans to quit netball, but in terms of her elite aspirations, the main focus is now rugby.

"I don't really see my netball career skyrocketing from where I am but that's because rugby is really what I want to do, where I want to make it," she says.

Chancellor's first step on the path to Rio is to crack the national team, a goal she has set herself to achieve by the end of the year. If she makes the squad, which will be expanded to 30 players next year, Chancellor believes she has a shot at the ultimate prize.

In the meantime though, Chancellor is engaged in fighting the ongoing rolling scrum that is sexism in sport. Switching from a female dominated sport to one that has long had an overtly masculine culture is something Chancellor is keen to tackle head on.

"I love playing both because it reduces the stereotype," she says. "I'm neither stereotype. I've always vaguely and I guess subconsciously tried to show that I'm not the girly girl who plays netball and now I find myself justifying, only slightly, that I'm not a boy because I play rugby."

"Just like the women who strived for gender equality in the workforce or in politics, someday I hope it will be completely accepted that women play rugby. But for now, due to the stereotype there are less women playing it. I think the two sports complement my personality quite nicely. I get to wear a dress half the week and a mouth guard the other. I'm pretty happy with that."

**“EVERYONE
NEEDS
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AS A KID
I DREAMT
OF GOING
TO THE
OLYMPICS,
WHO
DOESN'T?”**



EXERCISE. IT'S NO SECRET THAT IT'S A NECESSARY PART OF A FIT AND HEALTHY LIFESTYLE, AND THE LINK BETWEEN EXERCISE AND WEIGHT LOSS SEEMS TO BE UNDERSTOOD BY THE MAJORITY OF THE POPULATION, BUT IF THE THOUGHT OF BEING IN TOP SHAPE FOR SUMMER DAYS SPENT ON THE BEACH ISN'T ENOUGH TO GET YOU MOTIVATED, HERE ARE FOUR – PERHAPS LESSER KNOWN – REASONS NOT TO HIT SNOOZE ON YOUR EARLY MORNING DATE WITH THE GYM.

ENERGY BOOSTER

While it may not be apparent as you're lying in a crumpled heap on the gym floor immediately post step class, and moving seems like an impossible feat, regular exercise actually increases our energy levels in our day to day life. This is said to be due to the positive impact exercise has on heart and lung function, meaning that when a person is fit, the body responds to daily activities more efficiently, making it easier to get through the day without tiring. Furthermore, people who exercise at some point during the day tend to have a better, uninterrupted sleep at night, meaning they wake the next morning feeling much more refreshed and ready to tackle the day ahead. The only catch though, is to make sure you are not exercising too close to going to bed, as you may be too energised to fall asleep!

STRESS AND ANXIETY RELEASE

There are a number of mechanisms whereby exercise is thought to decrease levels of stress and anxiety, and improve our general mood. The first is to do with the chemical interactions that occur in our brain with exercise. At any one time, there are a number of hormones being produced in our body, which all have different roles in the day-to-day functioning of our organs. Exercise actually decreases the levels of "stress" hormones, such as adrenaline and cortisol, which are being produced. Conversely, regular exercise increases the production of endorphins being produced by our body. Endorphins are the body's natural pain killer and mood elevator, more commonly known as the "happy" hormone. Another mechanism by which exercise reduces stress and improves mood is the association between regular exercise and self-esteem. Those people who exercise will often have a more positive opinion of their own body image, leading to increased feelings of self-worth and contentment. Some studies have found links between high levels of self-esteem and decreased likelihood of anxiety and depression.

VITAMIN D

Sometimes during the colder months it is hard to find the motivation to get outside, and even for those diligent exercise devotees, the gym or an indoor yoga studio seem like a much more appealing option, but if you can brave the chilly weather, it's a great excuse to get out in the sunshine and get your daily dose of Vitamin D. Vitamin D is a nutrient that is

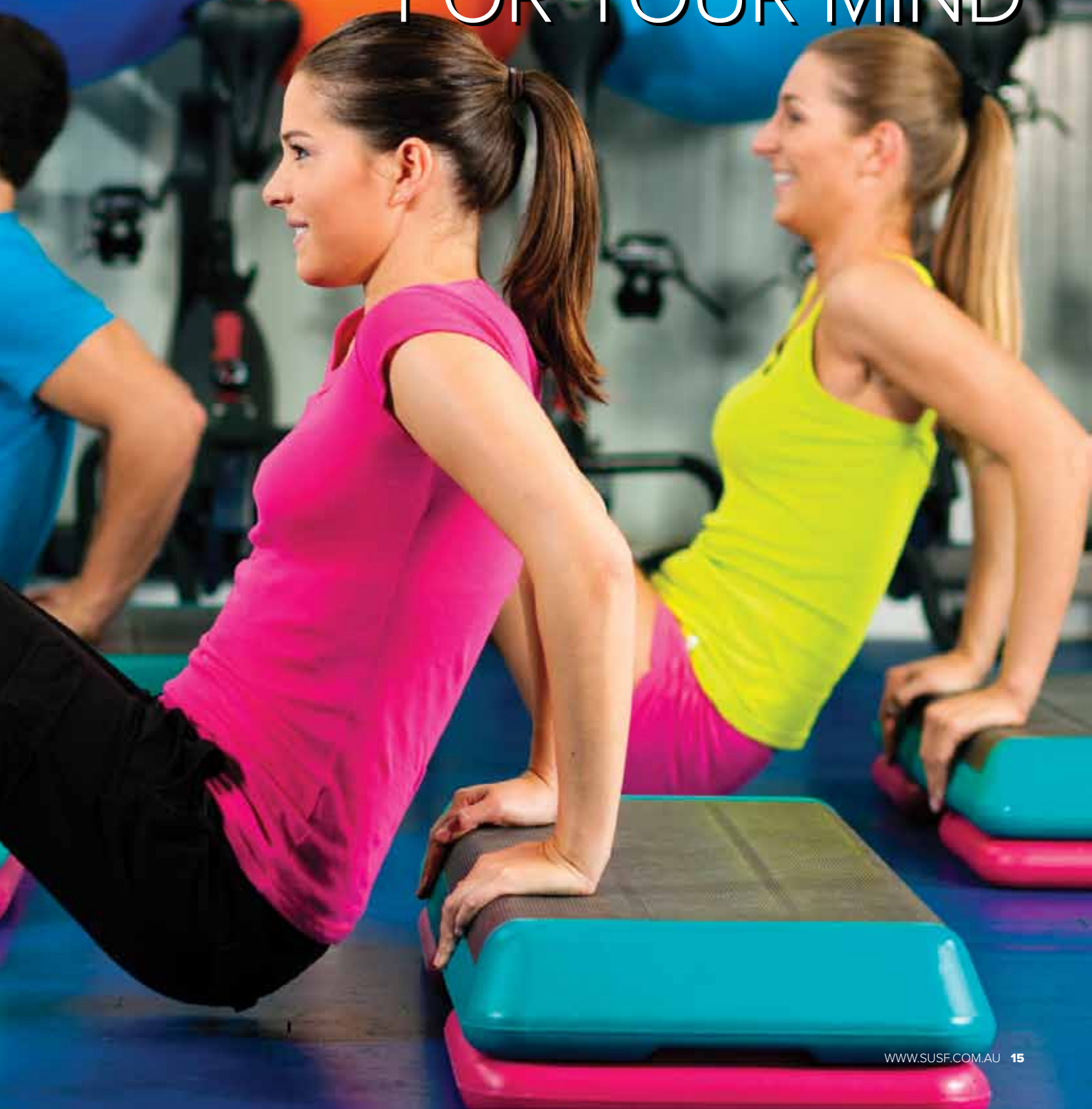
produced when the skin absorbs sunlight, and despite our relatively outdoorsy lifestyle, a large proportion of Australian adults are deficient in Vitamin D. Vitamin D is essential for bone health, particularly in the prevention of osteoporosis, and there is evidence to suggest that it may play a preventative role in other conditions, such as diabetes and some forms of cancer. The best bit? You can absorb sufficient amounts of Vitamin D by exposing your face, forearms and hands only, so you don't even need to ditch the winter woollies if you run outside!

GLOWING SKIN

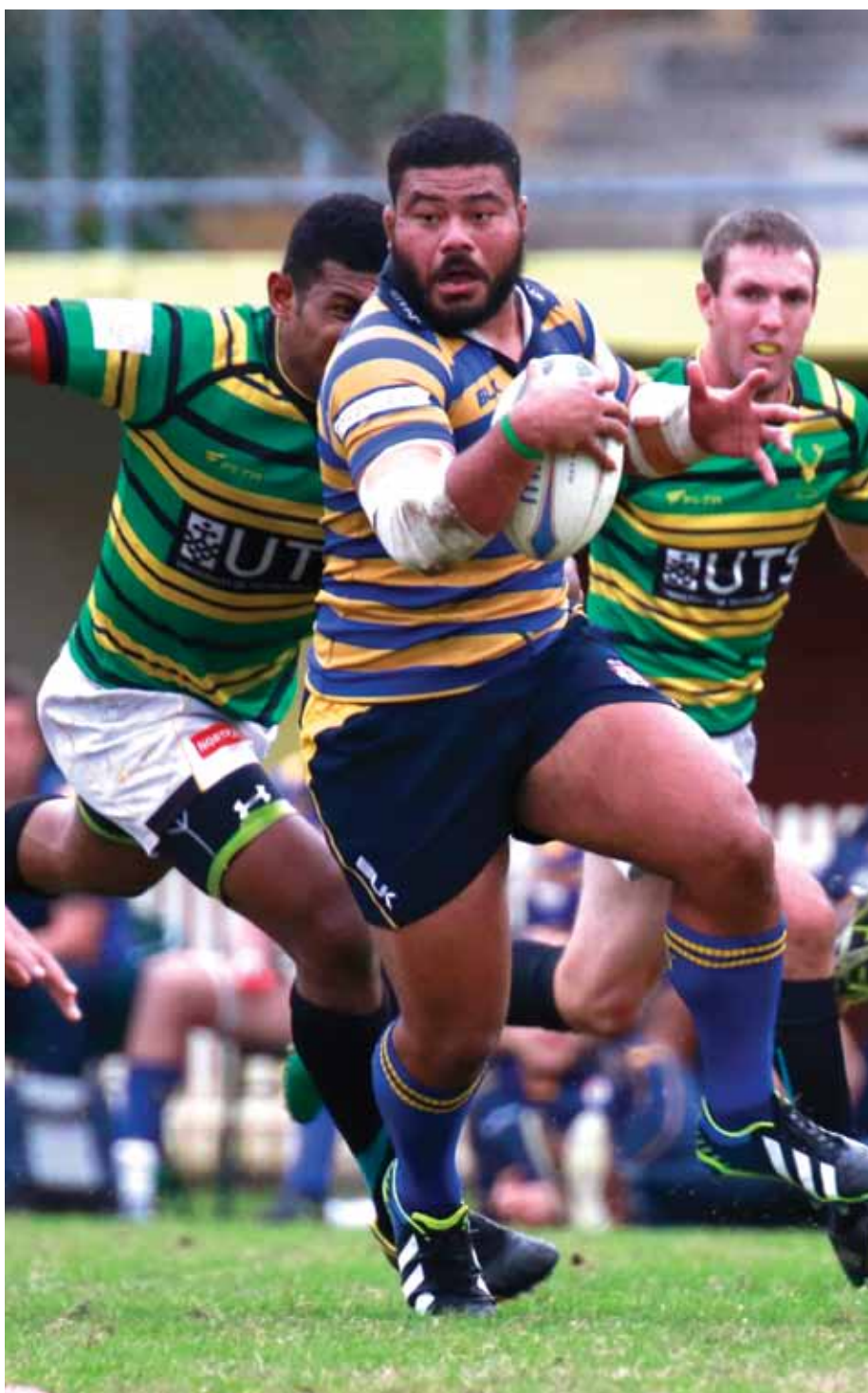
Despite all the proven health benefits of exercise, if vanity prevails and you still need a stand-out physical reason, consider the possibility of a glowing complexion as extra motivation to get out and get running. As our heart rate increases with exercise, blood flow to our cells also increases, and the rush of blood to the blood vessels directly underneath the skin on our face is what gives us those flushed, glowing cheeks, sans makeup. The increased blood flow also delivers essential nutrients to our skin cells, and removes debris and other unwanted toxins, which can dull our complexion long-term.

So the next time you're finding it difficult to get out of bed for that early morning boot camp, or the idea of curling up on the couch with a DVD seems much more appealing than that evening gym class, do yourself and your body a favour, and remember the numerous benefits of regular physical activity. Lace up your shoes and get moving towards a healthier and happier you!

HEALTHY EXERCISE FOR YOUR MIND



NATIONAL RUGBY CHAMPIONSHIP



IN DECEMBER 2013, THE AUSTRALIAN RUGBY UNION (ARU) ANNOUNCED THE NATIONAL RUGBY CHAMPIONSHIP (NRC). A NEW DOMESTIC COMPETITION SET TO START MID AUGUST, THE TOURNAMENT WILL CREATE A PATHWAY FOR RUGBY REPRESENTATIVES TO DEVELOP INTO ELITE PLAYERS, COACHES AND MATCH OFFICIALS.

Nine teams will compete in the inaugural season of the National Rugby Championship – two teams from Queensland, four from New South Wales and one each from the Australian Capital Territory, Victoria and Western Australia; and as part of a deliberate strategy to re-engage with passionate rugby supporters in regional Australia it will include teams representing Queensland Country and NSW Country. In an 11 round competition, each team is made up of 33 members, with four Wallabies named in each team on top of the 33 players; and each team allowed up to 16 Super 15 players.

In an exciting development for Sydney University Football Club (SUFC), they have joined forces with Balmain Rugby Club, to bring together a star-studded team aptly named: The Sydney Stars.

ROAR CHATTED TO SYDNEY STARS HEAD COACH CHRIS MALONE ABOUT THE NEW COMPETITION.

ROAR: What does the NRC mean for the general sport of rugby and SUFC?

CM: The NRC is another tier for rugby between club rugby and Super Rugby so it's an important development pathway that is crucial to the long-term growth of the game. Sydney University Football Club's program acts as a pathway to representative rugby and it's really important for this new tier to exist to allow clubs to develop their players to get to the next level.

For SUFC, our strategic alliance with Balmain incorporates our junior clubs of Balmain, Petersham and Canterbury and we want to continue to keep that pathway open for our players to represent us from the time they pick up a ball until they progress to representative rugby.

ROAR: How will the new competition impact on the SUFC players' fatigue and their game experience?

CM: This competition will bring its own energy as it is the inaugural competition, and with that will come a new level of excitement which will help us to manage the fatigue. It will be a long year for the players. We've had no byes this season and have trained since January, which means with the new competition we will be playing until the end of October. The fatigue won't be an issue though as there will be rep players around with plenty of experience and drive that will help to inspire the Balmain and SUFC players and the competition itself will be a great experience for all our players and an exciting further opportunity to showcase our players.

ROAR: How is the Sydney Stars team shaping up?

CM: I'm excited about the team. We have had good engagement from the rep players and everything is coming together. Melbourne Rebels will keep a number of our SUFC players for their team but we've got some great players from the Waratahs who are doing extremely well at the moment, the Sydney Uni Wallaby representatives, and our Balmain and Sydney Uni players who will be pressing for selection.

I have a strong coaching team around me with Cam Blades and Peter Playford as Assistant Coaches; with Hannah Catchpole (General Manager) and Jack Farrer (Director of Rugby) and the guys behind the scenes working really hard to make sure everything is logistically ready.

SUFC REPRESENTATIVES FOR THE SYDNEY STARS

Nick Phipps | Halfback
Michael Hodge | Centre
Peter Betham | Wing/Fullback
David Dennis | Flanker
Patrick McCutcheon | Flanker
Tolu Latu | Hooker
Jeremy Tilse | Prop
Laurie Weeks | Prop
Angus Roberts | Flyhalf

THE SUCCESSFUL TENDERS FOR THE INAUGURAL NRC SEASON IN 2014 HAVE BEEN CONFIRMED AS:

- Brisbane City (Queensland Rugby Union/Reds)
- Queensland Country (Queensland Rugby Union/Reds)
- North Harbour Rays (Manly, Warringah, Gordon, and Northern Suburbs)
- Sydney Stars (Sydney University and Balmain)
- Greater Sydney Rams (West Harbour, Parramatta and Southern Districts) – Eastwood and Penrith have since withdrawn from the Rams
- NSW Country (in partnership with Randwick and Eastern Suburbs)
- University of Canberra Vikings (ACT Rugby/Brumbies, University of Canberra and Tuggeranong Vikings)
- Melbourne Rising (Victorian Rugby Union/Melbourne Rebels)
- Perth Spirit (Rugby WA/Western Force)



THE DETAILS

HOME GROUND

Leichhardt Oval

FIRST TELEVISED GAME

21st August v Brisbane City
at Ballymore Stadium

FIRST HOME GAME

31st August
vs Melbourne Rising
3pm kickoff

HEAD COACH

Chris Malone

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Email: arena@sport.usyd.edu.au

Opening Hours

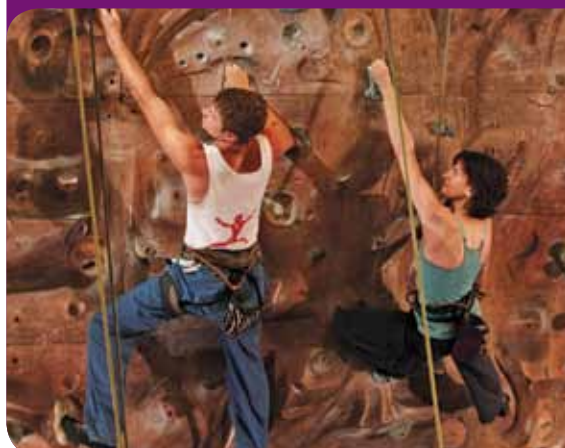
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With the XXTH Commonwealth Games in Glasgow nearly upon us, we catch up with some of the SUSF athletes who will be flying the flag for their country.

It's Plan A time. For the 20 athletes from SUSF's Elite Athlete Program (EAP) competing in this month's Glasgow Commonwealth Games, now is the time to reach for the stars and pursue their dreams. It's time to pursue their plan As. Plan B? That would be the University degrees the athletes have been juggling around long hours chasing the black line in the pool, logging innumerable miles on the track and knocking out endless reps in the gym.

But although studies may be taking a back seat right now, the escape Uni life affords young athletes from the needle-eye focus of training means it's actually a vital cog in helping

them fulfil their dreams. Plan B helps plan A. Here five SUSF athletes recall their journey to the Games.

Matthew Mitcham

★ DIVING ★

Someone who already knows a fair bit about plan A, B and even C (cabaret anyone?) is Olympic gold medal diver

Matthew Mitcham, competing in his third Commonwealth Games in the 3m synchronised springboard, 10m synchronised platform, as well as the individual 1m springboard and individual 10m platform.

"It's really important to be working on plan Bs while you're in the sport," says Mitcham, 26, who is midway through an Arts/Science degree. "By the time athletes retire, it's often too late to start a new life."

Not only does study help set up athletes for life after competition it also helps provide an outlet away from their chosen sport that can improve their performance right now, Mitcham says.



"It's important to have balance in your life while you're competing so that your whole world is not just one thing," he says. "You can switch off mentally from your sport and devote yourself to your exams or writing an essay. If you don't have anything else going on you obsess about things like injuries in your head."

For Mitcham, the relentlessness of training and the pressure of competing were twin spectres that contributed to a battle with depression as a teenager. Back then, he says, he didn't have the outlets, such as university, that he has now.

"When I was a teenager I felt I had no other options," he says. "I felt stuck in the sport. But if you have something outside of your sport then you can devote your whole heart to it because you know you're there for the right reasons, not just because you have no other options."

Also fuelling the fire for Mitcham is the fact that although he's already reached the pinnacle of his sport with gold at the Beijing Olympics, he's yet to finish on top of the podium in a Commonwealth Games, nabbing four silvers in Dehli in 2010.

"I have world cup medals and an Olympic gold but a Commonwealth Games gold is the one that eludes me so motivation is pretty high," he says.

Angie Ballard

★ 1500M WHEELCHAIR ★

Some may dismiss the Commonwealth Games as a provincial competition but for most athletes the event's media exposure and public following mean it's more than just a stepping stone for the Olympics. It's a full dress rehearsal.

Wheelchair athlete Angie Ballard knows better than most how similar the events are, having competed in four Paralympics, starting way back in Sydney

2000. This will be the 32-year-old's second Commonwealth Games but her first competing in the 1500m due to the Games' select program of six para-sport events.

"I prefer the 200 and 400m but wheelchair racing is more like cycling than athletics in that sprinters can do a wider range of events," says Ballard, who grew up just outside of Canberra before moving to Sydney to study, completing a Bachelor of Science with Honours in Psychology last year.

Fortunately, Ballard believes the 1500m will be a very open race.

"The 1500m is very tactical," she says. "There's around six of us who could finish on the podium. I've got a good sprint so who knows."

Anneliese Rubie

★ ATHLETICS ★

A Commonwealth Games year brings all sorts of added challenges for a young athlete.

One of the hardest in a training sense is managing the "double peak", says 400m runner Anneliese Rubie, who's been training six days a week, sometimes twice a day, in preparation for her first Games.

"Our nationals and selection trials were in April and the Games are in July/August," says Rubie, who grew up on Sydney's Northern beaches. "That means I have to be at my peak for racing twice within a couple of months. Not only is it hard physically to sustain that intensity for so long, it's hard to mentally back up and focus on racing after such a short turn around."

Add studies and exams and you have a recipe for stress.

"It's difficult fitting all my hours of training around lectures and tutorials, however the facilities and the staff at SUSF are world-class and allow a full-time athlete to also be a full-time

student," the 22-year-old says.

Rubie, who's completing a Bachelor of Arts degree, also found the Sydney University Athletics Club helped broaden her focus, helping take some pressure off herself.

"Track and field is predominantly an individual sport so there is a tendency to become very self-centred and internally motivated," she says. "Being part of a team reignited my love for the sport. The culture of professionalism and hard work fostered here has made me a more resilient athlete and definitely a better one."

Rubie believes the likelihood of inclement weather could open up the field in Glasgow.

"I think these will be Games where anything can happen," she says. "Being in Scotland the weather will most likely be less than ideal for racing so it's a chance to get an advantage against some of the Caribbean countries who aren't used to competing in the rain."

Rubie is hoping to make the final in the individual 400m and run a PB. In the relay she believes the team is a shot at a medal.

"I'm feeling very lucky this year and my hard work is finally starting to pay off," she says.



Kane Townsend

★ TABLE TENNIS ★

Qualifying for Glasgow has been bittersweet for table tennis player Kane Townsend.

Townsend grabbed the last of three automatic qualifying spots at a tournament on the Gold Coast in February. Unfortunately his elder brother Wade, who was also competing, didn't make it.

"Our aim was for us both to qualify, but it was always going to be difficult," says Townsend, 21, the younger of the two by three years.

Like the Williams sisters in tennis, the brothers' rivalry seems to be of more interest to outsiders.

"Since we've trained together so many of our matches are not exciting for us as we know each other's games inside-out," says Townsend, who grew up in Cabarita Beach in northern NSW and has been playing table tennis since he was four years old.

By qualifying for Glasgow

Townsend becomes the third generation in his family to have represented his country. As a junior member of the squad, the talented left-hander believes the Games will be a great learning experience but is confident that the team can bring a medal home.

"The toughest competition will come from Singapore, England, India and Nigeria," he says. "We have a good chance."

Currently in his second year of a Bachelor of Science, Townsend trains around 15 hours a week during semester compared to 25 hours during the holidays.

"Balancing training with study is difficult," he admits. "Sometimes it's hard to concentrate when you're thinking about upcoming assignments and exams. But I feel overall balancing the two has helped me in both areas, improving my time management skills and ability to work independently."

Emily Esposito

★ PISTOL SHOOTING ★

The Sydney International Shooting Centre in Kemps Creek can be a bitterly cold, utterly charmless place on a chilly winter morning.

On those days, 10m-air pistol shooter Emily Esposito has two targets in mind. The one in front of her and the one

looming on the horizon.

"The range is five or six degrees colder than outside," says Esposito, 21, from Casula in Sydney's southwest. "Those are the days when I really have to motivate myself. That's when you think about what you're working towards."

Competing in her first Games, the second year Sydney University speech pathology student is balancing nerves with excitement. "It's up there with the Olympics for Australia," Esposito says. "I've been hearing from other shooters about what to expect. They talk about the food hall, how often everyone eats together and the opportunity you have to meet other athletes."

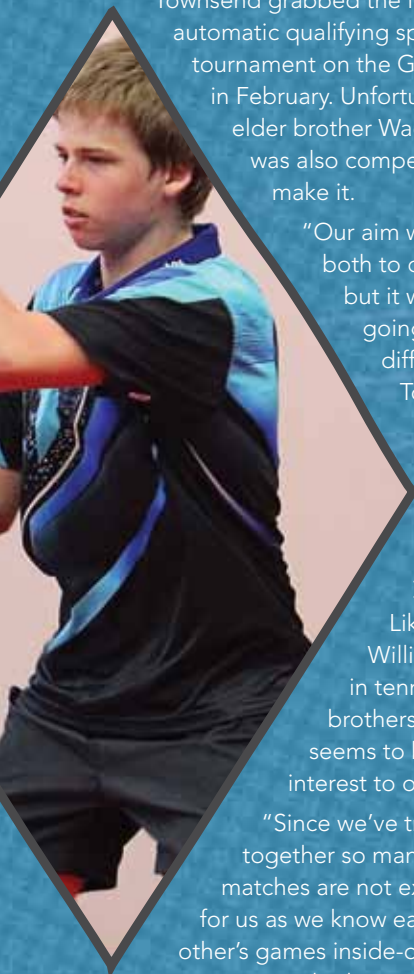
Despite her excitement, Esposito is trying to keep a lid on expectations. "I don't want to put too much pressure on myself," she says.

Currently in her seventh year in pistol shooting, Esposito had originally followed her dad into modern pentathlon but found the time commitment was too much to balance with studies.

"If you do pentathlon you eat, sleep, and breathe the sport," Esposito says. "I wanted to do well in school so I decided to focus just on pistol shooting."

Nowadays the balance has swung back the other way, with pistol shooting her primary focus. The SUSF Elite Athlete Program has enabled her to do both.

"Without the scholarship I'd be failing my course," says Esposito. "I'm constantly travelling to competitions. They've helped organise things so I could get extensions. I'm really lucky," she says.



Sydney University 2014 Commonwealth Games Representatives

Nicholas Hough

★ ATHLETICS ★

Ella Nelson

★ ATHLETICS ★

Joshua Ralph

★ ATHLETICS ★

Ian Dewhurst

★ ATHLETICS ★

Angela Ballard

★ ATHLETICS ★

Matthew Mitcham

★ DIVING ★

Kane Townsend

★ TABLE TENNIS ★

Emily Esposito

★ PISTOL ★

Jaelle Cohen

★ RHYTHMIC
GYMNASTICS ★

Lara Tamsett

★ ATHLETICS ★

Michelle Jenneke

★ ATHLETICS ★

Anneliese Rubie

★ ATHLETICS ★

Jin Su Jung

★ ATHLETICS ★

Jarrold Geddes

★ ATHLETICS ★

James Nipperess

★ ATHLETICS ★

Matt Abood

★ SWIMMING ★

Emily Brichacek

★ ATHLETICS ★

Jayden Lawrence

★ WRESTLING ★

Ed Jenkins

★ SEVENS ★

Greg Jeloudev

★ SEVENS ★



THE ANNUAL AUSTRALIAN BOAT RACE BETWEEN EIGHTS FROM SYDNEY AND MELBOURNE UNIVERSITIES IS ALL ABOUT TECHNIQUE, STAMINA, PASSION, HISTORY AND BRAGGING RIGHTS — AND IT CAN ALL COME DOWN TO A TOSS OF THE COIN.

Since the antipodean version of the Oxford-Cambridge Boat Race was revived in 2009 to mark the 150th anniversary of the first race between the two old rowing clubs in 1860, the toss of the coin to determine which station each crew takes – on the bendy Yarra River in Melbourne or crossing Sydney Harbour – has become crucial.

Melbourne University won the men's and

women's races in 2009 when they were held as part of the annual Head of the Yarra regatta. The races proved such a success it was decided to once again make them an annual event, with the men competing for the Edmund Barton Trophy and the women for the Belinda Guerin Trophy.

Sydney University's men's eight took revenge in 2010 when they dominated on a 7.3km course across Sydney

Harbour. Melbourne University made it two from two in the women's eight.

Our men's eight made it back-to-back wins in the 2011 event with a corner-cutting technique on the old King's Cup course of the Yarra in a race that sparked much drama. Melbourne University's women's eight, with four national A representatives on board, won their third straight match race.

In the 2012 race held in Sydney, it was Sydney University's Fergus Pragnell who won the toss at a pre-race challenge and made the decision, in consultation with coxswain Will Raven and coach Mark Prater, to take a risk in choosing the southern station.

With the race starting at Woolwich, the northern station crew had the advantage of leading at the first left-hand bend and heading for the finish line at Darling Harbour. Melbourne University's women's eight had already demonstrated the tactic when they won the toss, chose the northern station, won the short sprint to the first turn, then controlled the race across the harbour to run out winners.

But Pragnell had different ideas, having also outwitted Melbourne on the bends of the Yarra River in 2011. In the short rough and tumble start, the crews twice touched oars before Sydney University emerged ahead at the first bend at the mouth of the Lane Cove River at Greenwich Point. Having come out of the Lane Cove River ahead, Sydney University responded to every move Melbourne made to run out winners.

Melbourne's men's eight had their revenge on the Yarra in 2013, winning the toss for the dominant station and running out winners by two boat lengths after the two crews collided 2km into the 4.2km course in a dramatic tussle of oars. The Melburnian women made it five in a row, winning by a comfortable eight boat lengths.

This year's race, on Sunday, October 26, will be on the same Sydney Harbour course as the 2012 race from Woolwich on the north side of the harbour to Darling Harbour, so the toss of the coin will again come into play. And it could be Pragnell who makes that decision again in consultation with Coach Prater.

Australian Boat Race convenor Chris Noel is hopeful Pragnell will be available after a busy schedule of regattas representing Australia in the Under 23 crews in the Trans-Tasman series against New Zealand and in regattas in Europe.

"We're hoping to have him back for this year," Mr. Noel said. "He has a big overseas schedule and is currently in Europe representing Australia in the coxless four. He will finish those regattas at the end of August.

"We're also hoping other senior members, including Cam Girdlestone, who is also overseas representing Australia in the senior quad scull, will be available. And we're likely to have coxswain Will Raven back for another tilt."

Mr. Noel said Melbourne University will be without their two Olympians from last year, with Cameron McKenzie-McHarg and James Marburg having announced their retirement from representative rowing. "But they're expected to have stroke David Crawshay in the boat, who is an Olympic gold medallist," he said.

Mr. Noel said Melbourne University will again start favourite in the women's eight, with a large representation of

Australian Under 23 rowers in their crew. "They were led by world single scull champion Kim Crow last year and she is likely to return for this race," he said.

Spectators at the 2014 event will be well catered for on land and water. "We are going to have live overhead coverage of the entire race on the giant screen at Darling Harbour," Mr. Noel said. "Overhead coverage, shot from a helicopter, was trialled in Melbourne last year and was a great success. And each racing boat and some crew members will be fitted with lightweight, high resolution cameras and microphones to enhance the television coverage.

"We'll have spectator ferries following the men's and women's races. The last time we hosted the race about 300 tickets were sold on one ferry. We're planning on catering for 500 this year with two ferries."

Mr. Noel said tickets on the ferries also include post-race lunch, presentations and speeches at Darling Harbour, where spectators can mingle with the crews.

The race will also be televised for a one-hour pay TV presentation and screened on ESPN (Asia) which has 430 million home subscribers. A small package will also be screened on Eurosport.

The Weigh In and challenge will be held on the main quad at Sydney University on Friday, October 24. Fitting with tradition, the captains of the visiting eights will challenge the hosts to the race before the stations are drawn. And that's where the race begins.





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A LEAGUE OF THEIR OWN

As a prop forward with Sydney University Lions rugby league team in the late 1980s and early '90s, Chris Kintis was used to carting the ball up and making the hard yards.

They were to provide him with a good grounding. He's been making plenty of hard yards since helping to resurrect the famous old club in the NSW Tertiary competition this year after a three-year hiatus.

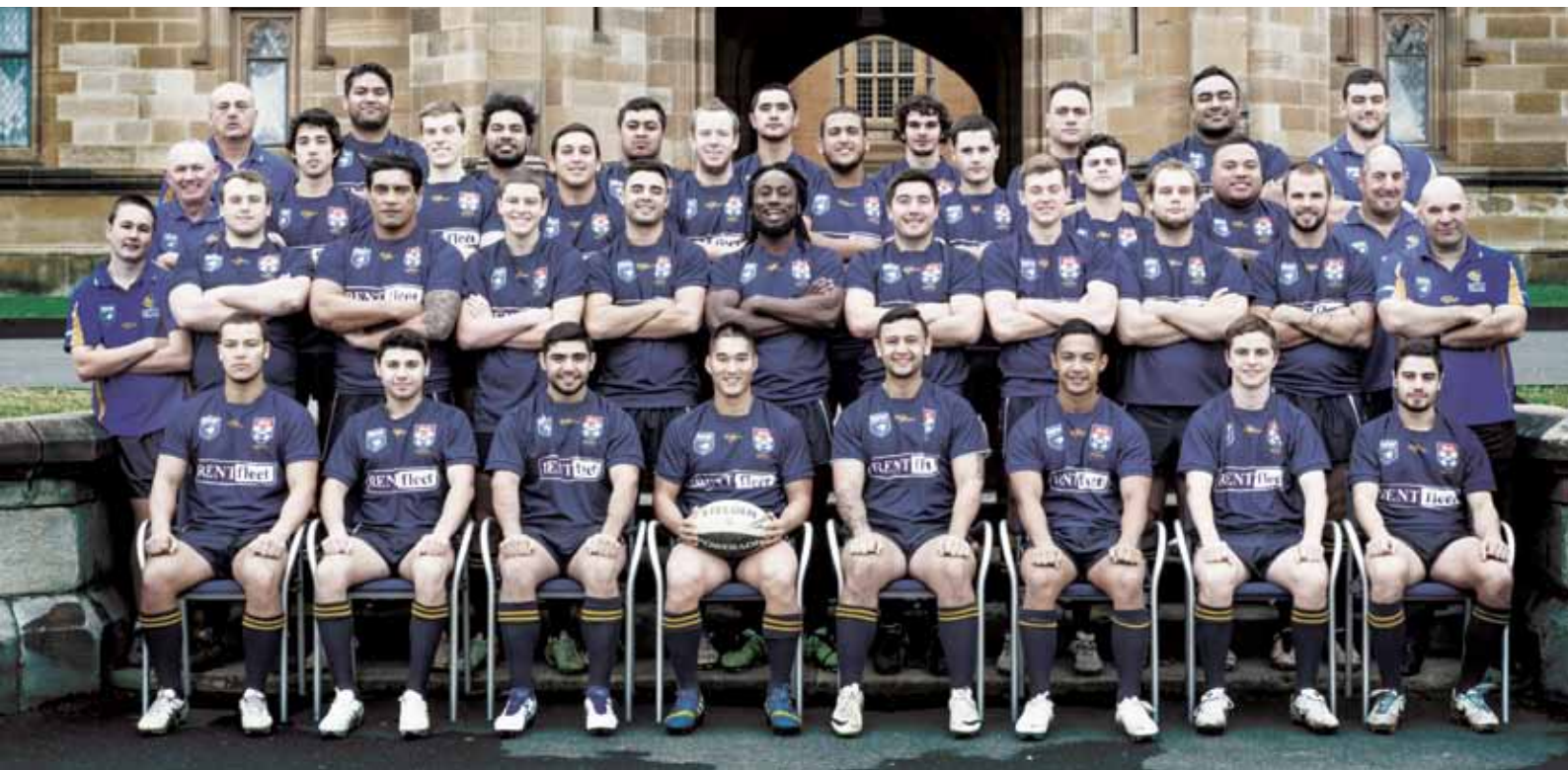
"I was looking for the scores in a Sunday paper last year and that's how I discovered the club had folded," the commercial litigation partner with law firm Rockwell Olivier said. "I found it really disappointing and annoying that one of the foundation clubs of rugby league in Australia wasn't functioning."

So, with the help of some very dedicated individuals, he set about resurrecting Sydney University Rugby League Football Club (SURLFC) – and Sydney University's two teams are now in contention for the finals in the 2014 Tertiary competition.

Having formed in 1920, SURLFC was the 11th rugby league premiership team. The nine foundation teams of 1908 included Newtown Jets, Glebe Dirty Reds, South Sydney Rabbitohs, Balmain Tigers, Eastern Suburbs, Western Suburbs Magpies, North Sydney Bears, Newcastle Rebels and Cumberland. Annandale Dales joined the competition in 1910 and University and St. George Dragons started in 1920.

SURLC played in the NSW premiership from 1920-37 and then in the NSWRL Second Division and Metropolitan League competitions until 1976 before becoming part of the NSW Tertiary Student Rugby League competition.





SURLFC provided two Kangaroos and eight NSW representatives during its first decade-and-a-half. Jim Craig played for the University in 1921, when he represented NSW and Australia, while three-quarter Ray Morris played for the Students in 1933, when he represented NSW before departing on the 1933-34 Kangaroo tour to Britain.

Other NSW representatives in the golden period included SURLFC foundation players Edmund "Feather" Hanrahan (1921) and Tom Linskey (1923). Harry "Butt" Finn and Frank O'Rourke, who played for University in their 11-5 grand final loss to South Sydney in 1926, also represented NSW along with Clive Evatt, Jim McIntyre, A.S. "Georgie" Lane, Harleigh Hanrahan and Ross McKinnon.

It was that history, and his own playing days that inspired Mr. Kintis to get the club back on its feet. He organised an information evening in the University Grandstand Restaurant last October and the idea flourished into reality.

Past players and new players, commercial partners, supporters and representatives from Sydney Uni Sport & Fitness attended and a decision was taken to push for a return to the fray in 2014.

As the new SURLFC president, Mr. Kintis said the aim is to return to the NSWRL second division competitions as the 100-year mark approaches since the establishment of the club.

Among those offering support for the reformation of the club was new patron Brian Smith, a former NRL and UK Super League coach, who was happy to return to the campus, being a Sydney Teachers College graduate.

"We followed up with a fundraiser on the balcony of Mick O'Neill's law firm offices, with over 70 in attendance," Mr Kintis said. "We were then able to form an honorary advisory committee, comprising great players of the club: Dave Chadwick, Judge Steven Norrish QC, John Clune, Justice RJH Darke, Graham Dickson, David Hill, Mick King, Michael O'Neill, Paul Pinkerton, Sean Ryan, Ron Spackman, Brian Thomas and John Wilkinson. We also had some sponsors supporting our efforts.

"And we had linked with Newtown Jets, which was a crucial move. Terry Rowney of the Jets has been a tremendous supporter of the Club's rejuvenation efforts.

"The hard part was finding enough players. We didn't want to start back in the competition with just a Second Division side. We wanted to compete at the top level in the Tertiary competition to set a standard for the club.

"With Brian Smith and good coaching staff in place we were able to offer the new players a professional environment, a good experience and a club with a career path.

"When 10 players, including past

SURLFC player and Australian Universities representative Brendan Lee, started training in January the word soon got around via social media and past players, including Ben Wilding, Tim White and Tony Iocco.

"We were also prominent at O Week. SUSF gave us a corner position and we recruited about 60 potential players and signed up about 80 supporters, thanks to the efforts of Dean Widders, Nigel Vagana and Bobby Goudling Jr, and some of our new players."

It's now history that the club put two strong teams on the field for the start of the 2014 season and they're both still in contention in a very tight competition.

"As with the other successful clubs on campus, we want to provide the players with an environment where they can balance their sport and study and succeed at both," Mr. Kintis said.

"While we'll never get back to the main NRL competition, like our forebears did in 1920, we do have plans to progress to the Sydney Shield, the Ron Massey Cup and from there the NSW Cup might just be a possibility, hopefully by our centenary year."

That would see his hard yards pay dividends and be a real return to the good old days. And the results would be in the Sunday paper.

PIECES IN PLACE FOR THE FLAMES

The jigsaw is almost complete for Brydens Sydney Uni Flames to give the 2014-15 Women's National Basketball League (WNBL) season a real shake up.

The recent signings of 193cm forward/centre Kate Oliver and New York Liberty point guard Leilani Mitchell almost complete the picture.

But new Brydens Sydney Uni Flames General Manager Karen Dalton says there are two more important signings to complete the canvas.

"We are finalising the Head Coach position for the upcoming season and we're looking for a post player, who will almost certainly be an import," Dalton said.

"We'll definitely be more potent with the added height of Kate (Oliver), who is an important signing for us."

A former Australian Under-21 representative, Oliver has been playing in the United States for the past five seasons: starting with the Marist Red Foxes in the NCAA competition in the 2009-10 and 2010-11 seasons before transferring to the University of Southern California Trojans for the 2011-12 (sitting out due to NCAA transfer rules), 2012-13, and 2013-14 seasons.

She recently finished her commitments with the Trojans and has returned home to Australia to link up with the Flames. The daughter of former Melbourne Tigers player Mark Oliver, she was a member of Australia's Under-17 and Under-19 Australian teams, winning gold at the 2006 FIBA Under-21 Oceania Tournament and also competing at the 2008 FIBA Oceania World Qualifying Tournament. During that period she led NSW to three second-place finishes at the Australian Championships from 2006-08. Oliver graduated from Lake Ginninderra College, Canberra, in 2008 and was awarded an

AIS basketball scholarship in 2009.

Dalton said point guard Mitchell was also a key signing in piecing together a competitive roster for the 2014-15 season.

Mitchell was originally drafted by the Phoenix Mercury in the second round of the 2008 WNBA draft and was then traded to the New York Liberty. She played six seasons and over 200 games for the Liberty from 2008-2013 after graduating from the University of Utah.

Initially a bench player with the Liberty, she became the regular starting point guard in the 2010 WNBA season and led the league in three-point percentage at 48 per cent, scoring 9.3 points per game en route to winning the 2010 WNBA Most Improved Player Award.

Mitchell, 29, came to Australia last season to play with the Dandenong Rangers and after a stellar debut WNBL season committed to playing for Australia at the 2014 FIBA World Championships in Turkey and has been selected in the Opals squad (she is able to do this due to her dual citizenship).

"I am really excited to play for the Flames and experience all that Sydney has to offer," Mitchell said. "I really loved Melbourne and expect to fall in love with Sydney as well."

Dalton has retained the nucleus of the 2013-14 Flames squad, with Australian Opals squad member Katie-Rae Ebzery the latest to sign up for another season alongside Rohanee Cox, Lauren King, Casey Samuels, Jaimee Kennedy and Tahlia Tupaea.

Ebzery's re-signing came off the back of her best season in the WNBL, where she was jointly named last season's Brydens Sydney Uni Flames MVP alongside Cox. The dynamic guard played in each of the Flames' 24 games and top scored with an average 15.9 points a game.

That scoring average was rewarded with a call-up to the 20-player Opals FIBA World Championship squad.

Despite being just 24, the Newcastle product has already played an incredible eight seasons and 174 games in the WNBL. Ebzery was keen to join Australian Opals team-mate Cox, WNBL veteran King, 2013-14 Flames Most Improved Player Samuels and boom youngster Tupaea on the roster.

"I wanted to re-sign with the Brydens Sydney Uni Flames for another season because I felt like we made some significant inroads last season in terms of building a good base for the future," Ebzery said.

"We have some really great young players and I wanted to continue to be a part of that progression. I'm really looking forward to the team building on last year's efforts and hopefully we can continue to be more of a finals contending team."

One of those "youngsters" is 17-year-old Tupaea, who recently represented Australia at the Under-17 Women's Basketball World Championships in the Czech Republic.

The Flames signed Tupaea for the 2012-13 WNBL season and in October 2012 she became the second youngest debutant in WNBL history when she played against the West Coast Waves at just 15 years and 133 days of age.

Dalton said a number of squad members, including Elite Athlete Program scholarship holder Katie Hewett, were also training with the Flames in the hope of earning a place on the 2014-15 roster.

And with the jigsaw almost complete it just remains to be seen how things pan out on October 17, when the first round gets under way.



WEIGHT LOSS FADS: ARE THEY WORTH IT?

DIFFICULT TO IGNORE BUT
NOT ALWAYS BENEFICIAL – WE
EXPLORE FIVE DIET FADS THAT
MAY BE BETTER LEFT ALONE.

With the rise of social media used for marketing purposes, it's little surprise to see diet and exercise fads experiencing a surge in popularity. Facebook and Twitter news feeds are now more than ever cluttered with click-bait and celebrity endorsements offering easy yet unrealistic ways around putting in the hard yards to lose weight – solutions that often seem appealing in light of a fast-approaching summer or an upcoming event. The thought of long days by the pool wearing very little can be daunting, and leaves us searching for a quick and easy way to lose those winter kilos.

While fads can seem like a swift and (almost) painless means to an end, they can sometimes do more harm than good. Fad diets are often based on pseudoscience, false promises or, increasingly, viral social media campaigns. Buying into them may elicit the desired short-term result, but what harm are you doing to your body in the long run?

Here are five weight loss fads that we believe are better left in the realm of celebrity:

LEMON DETOX DIET

Known for its cult following by mostly women, the lemon detox diet involves drinking only eight cocktails of water, lemon juice, cayenne pepper and maple syrup daily for ten days. While the lemon detox diet is said to strip kilos fast, the negative impacts are highly concerning. Depriving your body of essential nutrients

and proteins means muscle mass will break down, causing an overall plummet in metabolic rates.

JUICE CLEANSSES

As more celebrities take to social media to promote their diet and weight loss plans, juice cleanses have become increasingly popular. If consumed as meal replacements, juice 'cleanses' can actually limit access to proteins and fats the body needs to function at optimum. A body living solely off juice will be lacking in energy, making it difficult to exercise, concentrate and even sleep. Juices are a simple way of absorbing vitamins and minerals from multiple fruits and vegetables, however they are most effective when they are consumed as part of a balanced diet, including lean protein, healthy fats, and raw vegetables and fruits.

FRUITARIAN DIET

Perhaps the most concerning of all recent fads, the fruitarian diet consists of fruits, nuts and seeds, and excludes animal products, vegetables and grains. While fruit, nuts and legumes are essential in a balanced diet, surviving on fruits alone can induce hunger, cravings and energy deprivation due to serious nutritional deficiencies such as vitamin B1, calcium, iron, zinc, omega-3, amino acids and protein.

'SKINNY' TEAS

Alarmingly popular among young women, the skinny tea or 'tea-toxing' craze took root in social media, and involves drinking a blend of herbs said to reduce bloating and help with weight loss. What the makers of 'skinny' tea haven't publicised are the less glamorous side effects – painful stomach cramps and diarrhoea, normally experienced around 24 hours after drinking the teas. Senna, the herb used in

the teas, is a strong laxative and can cause headaches, vomiting and dehydration.

FASTING, OR SKIPPING MEALS

The '5:2 Diet' allows you to eat normally for five days of the week, and fast for two. Fasting days consist of a restriction of calorie intake – 500 for women and 600 for men. At the risk of stating the obvious, starvation-type diets are a highly unsafe and inefficient way to lose weight. Side effects involve dehydration, anxiety, irritability, tiredness and lethargy, not to mention all-round hunger!

RAW FOOD AND CLEAN EATING

There are certainly benefits to the clean eating fad – as far as fads go, the recent clean eating craze is one of the few that actually emphasises the importance of solid food consumption. However, it's still heavily restrictive in terms of what you should and should not eat, and in so doing, can remove essential vitamins and minerals that should be a part of any balanced diet. Nutrients provided by dairy products and meat (two food groups that are more or less excluded in clean eating diets) are cut out of a regular intake on this diet, and therefore would need to be replaced by other calcium and protein-rich foods.

While it may be difficult to ignore the temptation of rapid weight loss, it's important to remember that overall health comes down to a simple balancing equation: energy that goes in as the form of food must eventually be exerted in the form of exercise, of both cardiovascular and strength building varieties. Of course, healthy eating plays a huge part in wellbeing, but all short cuts should come with a warning label. Be sure to check with your doctor or nutritionist before starting any weight loss or diet plan.



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SHORT COURSES TIMETABLE

SPORT	Day	Times	Start	Member/ Uni Price
Archery for Beginners	Tuesday	3.00 - 5:00pm	19 Aug	\$100
Fencing for Beginners	Tuesday	6.00 - 7.00pm	12 Aug	\$130
Intermediate Fencing	Wednesday	6.30 - 7.30pm	3 Sept	\$130
Golf for Beginners	Tuesday	5.30 - 6.30pm	12 Aug	\$130
		5.30 - 6.30pm	23 Sept	\$130
Tennis for Beginners	Wednesday	12.00 - 1.00pm	13 Aug	\$120
	Thursday	6.00 - 7.00pm	14 Aug	\$120
	Wednesday	6.00 - 7.00pm	24 Sept	\$120
	Thursday	12.00 - 1.00pm	25 Sept	\$120
Archery for Juniors	Friday	4.00 - 5.00pm	1 Aug	\$90
		4.00 - 5.00pm	24 Oct	\$90
Fencing for Juniors	Friday	4.00 - 5.00pm	1 Aug	\$90
		4.00 - 5.00pm	24 Oct	\$90
Judo for Juniors	Thursday	4.00 - 5.00pm	31 Jul	\$90
		4.00 - 5.00pm	23 Oct	\$90

RECREATION	Day	Times	Start	Member/ Uni Price
Pilates	Monday	6.20 - 7.20pm	11 Aug	\$130
Yoga	Tuesday	6.20 - 7.20pm	12 Aug	\$130
Xtend Barre	Wednesday	6.20 - 7.20pm	13 Aug	\$130
Self Defence 101	Monday	5.10 - 6.10pm	11 Aug	\$130
Indoor Rock Climbing	Tuesday	6.00 - 7.30pm	12 Aug	\$110
		6.00 - 7.30pm	7 Oct	\$110

TERMS & CONDITIONS

All information is correct at time of printing.
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 Community prices available at www.susf.com.au.
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DAY/WEEKEND TRIPS	Day	Times	Start	Member/ Uni Price
Scuba Diving <small>Includes compulsory orientation session. Visit www.susf.com.au for details.</small>	2 x Weekend	8.00am	12 Aug	\$350
	2 x Weekend	8.00am	14 Oct	\$350
	2 x Weekend	8.00am	11 Nov	\$350
Snorkel Safari Day Trip <small>Includes orientation. Visit www.susf.com.au for details.</small>	Saturday	8.00am	11 Oct	\$85
	Saturday	8.00am	29 Nov	\$85
Stand Up Paddle Board	Saturday	10.00 - 11.30am	13 Sept	\$40
	Saturday	10.00 - 11.30am	11 Oct	\$40
	Saturday	10.00 - 11.30am	8 Nov	\$40
Surf Camp	Friday - Sunday	From 6.15pm	Until April	\$295
Snow Camp	Friday - Sunday	From 6pm	June - September	From \$235

DANCE	Day	Times	Start	Member/ Uni Price
Jazz	Thursday	5.10 - 6.10pm	14 Aug	\$99
Contemporary <small>NEW</small>	Tuesday	7.30 - 8.30pm	12 Aug	\$99
Jazz/Funk/Hip Hop	Thursday	6.20 - 7.20pm	14 Aug	\$99
Salsa	Thursday	7.30 - 8.30pm	14 Aug	\$99
Latin American <small>NEW</small>	Tuesday	5.10 - 6.10pm	12 Aug	\$99
Kpop <small>NEW</small>	Wednesday	7:30 - 8.30pm	13 Aug	\$99

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JOIN A CLUB

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AFL

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

FOR MORE INFORMATION:

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

 (Women) www.suwafcl.com  suwafcl@sport.usyd.edu.au



AMERICAN FOOTBALL

The Sydney Uni American Football Club, established in 1984, fields an open team (Sydney Uni Lions in Division 1) as well as an under 18 team (Sydney Uni Cubs in the Colts Division) in Gridiron New South Wales, the highest level of competition for American Football in the state. The Lions have won 15 NSW championships in the 30 years of competition, including the last 10 years. The Sydney Uni Cubs have won 11 NSW championships in their 18 years of competition.

FOR MORE INFORMATION:

 www.sydneyunigradiron.com


 americanfootball@sport.usyd.edu.au



ARCHERY

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

FOR MORE INFORMATION:

 www.suac.org.au

 archery@sport.usyd.edu.au



ATHLETICS

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

FOR MORE INFORMATION:

 www.suac.org

 www.facebook.com/SUACinfo

 athletics@sport.usyd.edu.au



BADMINTON

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

FOR MORE INFORMATION:

 www.usydbadminton.com

 usydbc@hotmail.com





BASEBALL

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

FOR MORE INFORMATION:

www.sydneyuni.baseball.com.au baseball@sport.usyd.edu.au



BASKETBALL

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

FOR MORE INFORMATION:

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



BOAT (MEN'S ROWING)

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

FOR MORE INFORMATION:

www.subc.org.au boat@sport.usyd.edu.au



BOXING

The Sydney Uni Boxing Club was established in 1908 and is a founding member of the NSW Amateur Boxing Association. The club is open to males and females. Sydney Uni Boxing Club enters its own competitive boxers in state/national competition. Competition between the University of Sydney's Colleges occur as part of the University of Sydney Inter-Collegiate and Club Boxing Tournament, with male boxers representing St. Andrew's, St. John's, St. Paul's and Wesley competing for the trophy.

FOR MORE INFORMATION:

www.subxc.com.au boxing@sport.usyd.edu.au



CANOE/KAYAK

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

FOR MORE INFORMATION:

www.sydneyuniversitycanoeclub.com.au canoe@sport.usyd.edu.au



CRICKET

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

FOR MORE INFORMATION:

(Men) www.sydneyuniversitycricket.com.au succ@sport.usyd.edu.au
(Women) www.uwcc.com.au uwcc.secretary@gmail.com





FENCING

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

FOR MORE INFORMATION:

www.sufc.org.au fencing@sport.usyd.edu.au



GOLF

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

FOR MORE INFORMATION:

golf@sport.usyd.edu.au



GYMSPORTS

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

FOR MORE INFORMATION:

www.sugymcheer.org gymnastics@sport.usyd.edu.au or sydunicheer@gmail.com



HANDBALL

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

FOR MORE INFORMATION:

handball@sport.usyd.edu.au



HOCKEY

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

FOR MORE INFORMATION:

www.suhc.asn.au hockey@sport.usyd.edu.au



JUDO

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

FOR MORE INFORMATION:

www.sydnejudo.com judo@sport.usyd.edu.au





KEMPO KARATE

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

FOR MORE INFORMATION:

 kempokarate@sport.usyd.edu.au



KENDO

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

FOR MORE INFORMATION:

 www.usydkendo.com  kendo@sport.usyd.edu.au



NETBALL

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

FOR MORE INFORMATION:

 www.sunetball.com.au  netball@sport.usyd.edu.au



ROCKCLIMBING & MOUNTAINEERING

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

FOR MORE INFORMATION:

 www.surmc.org.au  rockclimb@sport.usyd.edu.au



ROWING (WOMEN)

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

FOR MORE INFORMATION:

 rowing@sport.usyd.edu.au



RUGBY LEAGUE

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

FOR MORE INFORMATION:

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





RUGBY UNION

The Sydney University Football Club is one of the strongest clubs in the NSW rugby union competition. The club caters for a range of players through to the elite level. The club won the Club Championship for the 10th successive time in 2013, along with the Colts Club Championship for the ninth successive time. The women's club won the 2011 Sydney competition.

FOR MORE INFORMATION:

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



SAILING & BOARDSAILING

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

FOR MORE INFORMATION:

-  www.usydsailing.com  sailingboardsailing@sport.usyd.edu.au



SOCCER

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

FOR MORE INFORMATION:

-  www.susfc.org.au  soccer@sport.usyd.edu.au



SOFTBALL

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

FOR MORE INFORMATION:

-  softball@sport.usyd.edu.au



SQUASH

The Sydney University Squash Club provides an ideal opportunity for players of all abilities to improve their game. The club members play in competitions against other squash clubs in Sydney as well as fielding men's and women's teams 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:

-  squash@sport.usyd.edu.au



SWIMMING

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

FOR MORE INFORMATION:

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





TABLE TENNIS

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

FOR MORE INFORMATION:

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



TAEKWONDO

The Sydney Uni Taekwondo Club started in 2001 and 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:

taekwondo@sport.usyd.edu.au



TENNIS

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

FOR MORE INFORMATION:

tennis@sport.usyd.edu.au



TOUCH

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

FOR MORE INFORMATION:

www.sydney.touch.asn.au touch@sport.usyd.edu.au



ULTIMATE FRISBEE

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

FOR MORE INFORMATION:

www.suufa.ufnsw.com.au ultimatefrisbee@sport.usyd.edu.au
[SUUFA](#)



VELO (CYCLING)

The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. Many of the clubs members are actively involved in racing, and there is strong competitive spirit across the club. The club wants its members to achieve their cycling goals, whatever they may be and whatever their ability. The club has a varied and interesting ride and training program, as well as a healthy performance culture - one that encourages its members to strive to reach their goals.

FOR MORE INFORMATION:

www.suvelo.com.au suvelo@sport.usyd.edu.au





VOLLEYBALL

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

FOR MORE INFORMATION:

www.suvolleyball.com volleyball@sport.usyd.edu.au



WATER POLO

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

FOR MORE INFORMATION:

(Men) www.sulionswaterpolo.com (Men) waterpolomen@sport.usyd.edu.au

(Women) www.suwaterpolo.com.au (Women) waterpolowomen@sport.usyd.edu.au



WATERSKI & WAKEBOARD

The Sydney Uni Water Ski Club offers an opportunity for people of all abilities (from first timer to professional) to enjoy organised trips throughout most of the year. The season generally runs from September to May, offering organised waterski & wakeboarding days for members at Cliftonville Ski Park, at Wisemans Ferry on the Hawkesbury River (about one and a half hours north-west of Sydney). The club also runs a number of weekend trips in cabins on the Hawkesbury, Lake Conjola and Wyangala Dam, and a legendary houseboat weekend each year.

FOR MORE INFORMATION:

www.usydwake.com usydwake@gmail.com



WRESTLING

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

FOR MORE INFORMATION:

wrestling@sport.usyd.edu.au



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BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY



SUFC Panelists: Tom Carter (not surprisingly with microphone in hand, but minus his orange boots); Dave Dennis and David Hickey.

2014 'BLUE & GOLD' SOCCER FOOTBALL DINNER

On the evening of Friday 6th June, Sydney University Soccer Football Club (SUSFC) supporters returned to Doltone House for the annual 'Blue & Gold' Soccer Football Dinner. From the outset, Master of Ceremonies Ross Xenos made it clear that a major objective of the function was to raise funds for the Building on Excellence campaign associated with the redevelopment of Oval No. 2.

There was great enthusiasm for what will be a new on-campus home ground for soccer football (also rugby) from the start of the 2015 football seasons. Progressive announcements of new tax-deductible donations invariably stimulated further contributions from exceptionally generous dinner guests.

As a result of the SUSFC launching the Building on Excellence campaign to its constituents at this function, some \$94,000 has been raised – an outstanding amount given that less than 2.5% of the club's players, past players and supporters were actually in attendance at Doltone House.

The principal entertainment segments at the 2014 'Blue & Gold' Soccer Football Dinner were Adam Spencer's panels – Allen Stajcic (current coach of the Matildas) and Servet Uzunlar (Western Sydney Wanderers' player with 26 Matildas' caps) and; Simon Colosimo (former Socceroo and President of PFA)

with Michael Thwaite (former Socceroo, Perth Glory FC and Sydney University Soccer Football Club).

The first panel analysed the Matildas recent Asian Cup campaign and previewed next year's FIFA Women's World Cup. The second panel involved animated discussion about the 2014 Men's World Cup in Brazil.

It was a highly stimulating occasion and no-one was in a hurry to leave. Post-function celebrations proved to be excellent training for the subsequent month of sleep deprivation caused by telecasts from Brazil!

2014 'BLUE & GOLD' RUGBY LUNCHEON

On Friday 20th June, a dining room full of rugby enthusiasts assembled at The Ivy Ballroom for the eighteenth staging of the annual 'Blue & Gold' Rugby Luncheon. The Sydney University Football Club (SUFC) was well represented by current and past players, coaches and officials. Special mention was made of the national sporting representatives in the audience, including Wallabies Arthur Buchan, Dick Tooth, John Dowse, Stewart Boyce and Dave Dennis.

The entertainment commenced with three of SUFC's key players matching wits with Adam Spencer. Tom Carter (84 NSW caps and more than 160 first grade games for SUFC) was his usual garrulous and highly amusing self; Dave Dennis (18

Wallaby and 74 NSW caps) was humble, informative and funny – befitting his status as the NSW Waratahs captain, while dynamic SUFC flanker David Hickey demonstrated a keen sense of humour with appropriate diplomacy in the presence of his considerably more experienced teammates.

After mains, the much anticipated eighteenth staging of the annual 'Blue & Gold' debate took place. Once again, our debaters applied their renowned intellect to an incredibly weighty subject, namely that 'it is better to be a forward than a back!'

This year, the Gentlemen of Rugby team was represented by our resident Rhodes scholar, Greg O'Mahoney, and debating newcomer, Tim Davidson – the most successful Shute Shield captain of all time with eight victories from nine consecutive grand finals.

The Low-Life Academia team (the perennial bridesmaid) was at full strength with actor/comedian Rhys Muldoon and the indefatigable Adam Spencer paired together.

The Gentlemen of Rugby were supposed to argue the affirmative case, but this did not occur to Mr. O'Mahoney. Nevertheless, he provided us with fascinating insights into the life and times of the athlete known as Flo Jo; the Silverwater Jail Women's first XV; Bulgarian women hammer throwers and Cadel Evans' selfish approach to not taking the juice which could have seen Australia win multiple Tour De France victories.

The first speaker for the negative was Mr.



L to R: SUFC Head Coach, Chris 'Nobby' Malone with dynamic flanker, David Hickey and Adam Spencer.



Adam Spencer moderating discussions with Servet Uzunlar and Alen Stajic.



Mark Carroll & Greg Fayn – prominent SUFC backs in their day – with national water polo representative, Keesja Gofers.

Muldoon who likened rugby forwards to medieval inbred hunchbacks, while perceiving rugby backs to be the equivalent of elegant dancing panthers. Mr. Davidson noticeably squirmed when Mr. Muldoon maintained that forwards have the looks and intelligence of an unwashed potato. He concluded a most entertaining address with some very telling extracts from the diaries of a prominent forward and a renowned back.

Mr. Davidson was quick to assert some one-upmanship by referencing his private school education. Throughout his highly distinguished rugby career, Mr. Davidson clearly saw backs as clean-jumpered misfits with the best seats in the house. On the other hand, he proudly referred to his fellow forwards as "the tall, the large, the cuddly, cauliflower-eared champions, who are invariably caked in mud, blood and sweat."

Mr. Spencer concluded the negative argument with some wonderfully entertaining case histories, while also demonstrating his superior knowledge of the Babylonians; of the theory of natural selection and of prime numbers.

This year's debate was decided by way of audience acclamation. There was tumultuous applause from those in favour of the Gentlemen of Rugby team. Then there was tumultuous applause plus a loud whistle from those in favour of the Low-Life Academia team.

The moderator announced that history was being made, when he awarded victory in the debate by a loud whistle to a team involving Adam Spencer – his first win in eighteen attempts!

UPCOMING 'BLUE & GOLD' SPORTING FUNCTIONS

Friday 5th September

WATER POLO LUNCHEON

Ivy Ballroom,
320 George Street, Sydney

Wednesday 8th October

SUSF/BLUES ASSOCIATION GOLF DAY

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

Wednesday 26th November

XMAS HAMPER GOLF DAY

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

Friday 28th November

CRICKET LUNCHEON

Ivy Ballroom,
320 George Street, Sydney



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Last year's completion of the Brydens Stadium solved the infrastructure needs of the majority of our indoor sports. Our focus has now switched to the infrastructure needs of our premier outdoor team sports and we are excited to be working with the University on solutions to such obstacles to future success.

The redevelopment of Uni No. 2 Oval will accommodate our rugby and soccer football clubs, relieving substantial pressure on Uni No. 1 Oval, which will continue to be used for cricket and Aussie Rules. The Uni No. 2 Oval redevelopment plan will also include:

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The Building On Excellence campaign is off to a wonderful start with more than **\$1,588,000** already given or pledged to the campaign. The goal, which decreases with every new contribution, is to raise another **\$812,000** from naming rights to all of the new facilities and from philanthropic donations from the many generous supporters of sport at Sydney Uni.

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or call 02 9351 4960 for further details.



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OVER THE LINE

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

OARSOME EFFORT

Sydney University Boat Club (SUBC) rowers have been among the medals at international regattas in recent times. Three SUBC members won medals competing for Australian Under 21 crews against New Zealand in the first leg of the 2014 Trans-Tasman series at the Sydney International Regatta Centre at Penrith. Alex Purnell was on the podium on each of the three days of the regatta, winning the men's single, and being part of the winning crews in the men's quad sculls and the men's eight. SUBC team-mate Franc Gourlas was coxswain in the winning men's eight. Holly Lawrence was also involved in two winning women's crews, in the lightweight double and the quad scull. SUBC was also represented by Al Matthews, who was one of two national coaches for the Australian men's team.

Meanwhile, the final day of the World Cup II regatta at Lake Aiguebelette, France, saw Sally Kehoe, a former SUSF Elite Athlete Program (EAP) scholarship holder, win gold with Olympia Aldersley in the women's double scull, earning valuable World Cup points. Current SUSF EAP member Chris Cunningham-Reid, and former EAP member Fergus Pragnell collected silver medals when the Australian boat finished behind Great Britain. And Sasha Belonogoff, also an EAP member, teamed with James McRae to win bronze in the men's double scull. The third and final leg of the Rowing World Cup will be raced in Lucerne, Switzerland, with the World Championships to be held in Amsterdam later in the year.



GOFERS THE GO-TO GIRL

Sydney University Women's Water Polo Club captain Keesja Gofers scored one of Australia's goals in their 7-2 win over China in the bronze medal play-off at the recent FINA Women's World League Super Final in Shanghai, China. The Stingers made the bronze medal play-off after defeating Canada 8-7 in a tight quarter-final before losing 13-4 to the United States in their semi-final. The US went on to win the gold medal with a 10-8 win over Italy in the final. While the Australian women's defence was impressive in the play-off – they prevented the hosts from scoring on eight out of nine opportunities – Gofers gave them superb starts by winning four of four swim-offs to hand the Stingers possession at the start of each quarter. And the Stingers responded, with skipper Bronwen Knox instrumental in capitalising on the early possession by organising the team to open up scoring opportunities. Sydney University had two other representatives in the Australian squad, in Hannah Buckling and Bronte Halligan. Buckling, who recently claimed a bronze medal with Sydney University in the NWPL, was selected on the strength of her international experience at the 2013 FINA World Championships, where the Stingers were silver medallists.

Halligan has also been named in the Australian team to contest the 2014 FINA World Youth Championships in Madrid in Spain in August.

GLIDING TO SIXTH

Sydney Uni Wheelchair Flames stars Sarah Stewart and Stephanie van Leeuwen have returned home from Canada with the Australian Gliders, who finished sixth at the 2014 IWBF Women's World Wheelchair Basketball Championships in Toronto. Host nation Canada won the gold medal with a 54-50 win over Germany in the final, while the Netherlands defeated defending champions, the United States, 74-58 to win the bronze. Great Britain defeated Australia 77-70 in the consolation play-off for fifth and sixth. The 2014 World Championships were the third for Stewart, who is also a three-time Paralympian and former SUSF EAP scholarship holder, while van Leeuwen made her major tournament debut. A record 12 teams contested the 2014 championships. The Gliders contested Pool A with the Netherlands, France, United States, Peru and Mexico, while Pool B included Germany, Great Britain, Canada, China, Japan and Brazil.

MAT FINISH

Patrick Lewis, an Arts graduate from Sydney University, won a silver medal in the Under 90kg division at the recent Australian Judo Championships held at Wollongong. Not a bad result for someone who only became serious about the discipline four years ago when he started studying at the University and joined the Sydney University Judo Club, the oldest in Australia. And, as Patrick points out, the only judo club in the country to produce an Olympic medallist. Ted Boronowski won a bronze medal at the 1956 Melbourne Olympic Games, two years after the Sydney University Judo Club was formed. Patrick, a part-time teacher who is now studying law, has similar aims. He has progressed to brown belt status in four years and hopes to earn black belt status in the next three. "I've represented NSW twice at the Nationals and I'd like to compete against other countries to gain more experience and get to that next level," he says. "I've always said I'll stay with the Sydney University Judo Club. I started here and I'll keep training and competing from here, even if I have to drive an hour-and-a-half to get to training." And yes, the Olympics are a long-term goal. "I've thought about it, but they're another level. So I need to get into an Australian team to get more international experience." The seed has been sown.

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