

# ROAR



**Sydney Uni**  
SPORT & FITNESS



## 06/ Athlete Interview

TOM ROBERTSON

## 10/ Soaring High

NICOLA BARR

## 20/ Fit for Promotion

USING EXERCISE TO GET AHEAD

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# FROM THE EDITOR



## WELCOME TO ISSUE 34 OF ROAR, THE FIRST EDITION FOR 2017.

I extend a huge welcome to all of our new University of Sydney students and staff, as well as new community members from neighbouring suburbs.

For all of our existing members we are thrilled to see you again. At Sydney Uni Sport & Fitness (SUSF) we understand that this time of the year can be especially busy for students sorting out timetables and getting settled. A vital piece of the puzzle all year round is taking care of yourself and that's where we come in.

Research completed, SUSF has you covered with the best range of facilities and activities open to everyone of all levels. Whether it be a lunchtime pilates class or joining one of our many sporting clubs, let SUSF become your place on campus. I particularly encourage students to take advantage of our special Uni Pass offer available until 12 March.

ROAR 34 is all about seizing opportunities whenever they might present as you look to make your mark in the world. No one fits that bill better than our inspirational cover star Nicola Barr, SUSF Elite Athlete Program scholarship holder and No.1 Draft pick in the history making National Women's AFL League. You can catch the speedy midfielder on page 10.

If anyone is better able to charge through obstacles on a field than our own Sydney University Football Club and Wallaby powerhouse prop Tom Robertson, I'm yet to meet them. Robertson 'gently' packs down with ROAR for a one-on-one scrummage on page 6.

Sydney University Boat Club has been riding the crest of a successful wave for many years despite tragically losing their training facility to a fire eleven years

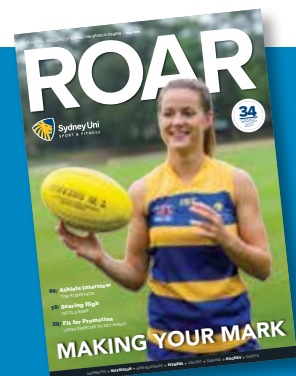
ago. Everything is about to change as their brilliant new Boatshed, which is expected to generate a surge of interest in University rowing, is revealed on page 18.

I am happy to advise that 'Member Meets' makes a return this Issue. Our members are the heart and soul of SUSF and Andrew Richardson tells us about his love of training and more on page 16.

No Issue of ROAR is complete without some enlightening features on nutrition, lifestyle and health. We unscrew the top on the sparkling versus tap water debate (page 24); list the 5 things you need to know before sweating it out in the gym (page 8) and discover how your fitness can give you an edge in progressing your career (page 20).

Lastly, don't forget to check out our events calendar on page 48 for information on when your Uni sporting teams will be playing their next home games - you might even be there beside them on-field or at the court come April.

**Laura Hanlon**  
Editor



# ROAR MAGAZINE 34 EDITIONS YOUNG

# ROAR



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ROAR | IN CASE YOU MISSED IT

## NEWS BITES

### CRICKET

Universities off-spinner Emily Mifsud claimed her 100th First Grade wicket in the club's four-wicket win over Bankstown in the Twenty20 clash at Sydney University Oval No. 1 in December. Mifsud claimed 1-17 from her four overs to take her to the 100 wicket milestone in just 68 matches, including limited overs fixtures, in the Sydney Cricket Association Women's premier competition (SCAWC). A former State level junior softball, Mifsud transitioned to cricket as a wicketkeeper and went on to vice-captain NSW at the 2010 National Under 15 Championships. After linking up with the Universities club the following season, she soon proved her value with the gloves, taking out the SCAWC First Grade Wicketkeeper of the Year award for the most dismissals in 2011-12. But on the advice of club captain Alex Blackwell, who faced her in the nets, and club coach at the time James Walsh, she switched to off-spin bowling midway through the 2012-13 season. While she says it was a hard decision to give up the gloves and take up bowling, the switch paid off with immediate results and she finished second in the SCAWC First Grade Bowling Aggregate award for that season. Having secured First Grade Limited Overs and Twenty20 premierships with Universities Women's Cricket Club, Mifsud says she wants to keep improving all aspects of her game and push for representative teams, but this time as a bowler.



### GRIDIRON

Sydney University Lions won their 14th consecutive Gridiron NSW Division title in the grand final played at a Leichhardt Oval in December. The Lions defeated West Sydney Pirates 20-19 in a thriller to claim the Waratah Bowl. The Lions took the lead with under seven minutes to play in the fourth quarter and then had to defend three possessions by the Pirates to claim the win. In the end, it was Lions captain and strong safety Nick Olive, who picked off a last-gasp pass from veteran Pirates quarterback David Ward to seal the victory. It was the third successive grand final loss for the Pirates. Sydney Uni made the grand finals in 2000, 2001 and 2002 before their run started with a win over UWS Outlaws in the 2003 decider. They've won every Waratah Bowl since, including the 2014 and 2015 titles over West Sydney Pirates. Quarterback Matt Hilley received the 2016 Most Valuable Player award at the annual Awards Dinner. Hilley finished the season with 181 completions from 300 attempts for 2186 yards and 29

touchdowns. Lineman Martin Balada was named Defensive Player of the Year and receiver Sam Darcy was named Offensive Player of the Year.

### BOXING

Sydney University Boxing Club Patron Johnny Lewis has been inducted into the World Boxing Hall of Fame 2017. The award will be presented at a ceremony in New York in June. It is the latest honour for the legendary boxing trainer, who was awarded a University Gold in 2015 for his efforts with Sydney University Boxing Club, particularly at the old H.K. Ward gym. Lewis, who has lived and trained in the shadows of the Darlington campus for most of his life, is best known for working with six world champions, including Jeff Fenech, Kostya Tszyu and Jeff Harding. Fenech won world titles as a bantamweight, featherweight and super-featherweight; Tszyu as a junior welterweight and Harding as a light-heavyweight. Lewis was inducted into the Australian Boxing Hall of Fame in 2006, the same year he was also awarded

the Medal of the Order of Australia for services to boxing and rugby league in the Australia Day honours list.

### ATHLETICS

Sydney University Athletic Club (SUAC) confirmed its status as the country's dominant senior track relay club winning six gold, five silver and a bronze medal out of the 12 traditional championship races on offer in the Open category at the 2016 NSW State Relay Championships. SUAC had wins in the men's and women's 4x100m and 4x200m relays and the women's 4x800m and 4x1500m relays. In the women's 4x200m and 4x800m relays the women also broke the existing club records. SUAC's men took home silver in the 4x400m, 4x800m, 4x1500m and Medley relays, with the women taking the silver medal in the Medley and 4x200m relays with a bronze in the 4x800m. SUAC also recorded wins in the men's 4 x high jump, as well as minor medals in the women's 4 x shot put and men's 4 x discus to put a smile on the face of coach 'Deano' Gleeson.



# FRONT ROW WITH Tom Robertson

**Laura Hanlon touches base with Sydney Uni Sport & Fitness Elite Athlete Program member and Wallaby, Tom Robertson.**

## **First memory of picking up a rugby ball?**

It was back in Dubbo when I was around 8 years old. I used to play soccer and my Dad took me to watch a local game and I was passing a footy along the sidelines watching some of my schoolmates play, I guess the rest is history.

**You became capped Wallaby 898 in the 60th minute of the Test against Argentina at NIB Stadium, Perth, on Saturday 17th September, 2016. What was running through your head as you took to the field?**

It's a pretty boring answer to be honest. I was literally just thinking about what I had to do when I got on the field. There is a lot of pressure to perform and I didn't want to stuff anything up so that's it really.

**Balancing a full-time medical degree at the University of Sydney with a professional rugby career is no easy task. What's your secret?**

There are no big secrets. I love playing footy and I find medicine really interesting so studying and training isn't really a chore. I also live at home and

have a very supportive family which is a big help.

## **What is the rough weekly study to rugby ratio?**

It depends if I'm with the Waratahs or the Wallabies but it's generally around 50:50. Professional rugby is pretty strict around time commitments with team training but Sydney University has been really helpful and flexible with my studies and a lot of the material is online making it easier to fit studying around training.

## **Have you found any transferrable skills which you can apply across your two worlds, rugby and study?**

There definitely are transferrable skills. I was never the most talented person sporting wise, or the smartest, but I train and study pretty hard. It's very cliché but I like the quote that, "hard work beats talent," because it is very relevant to my circumstances. If my preparation is bad, my performance will be, whether that is a Rugby game or an exam.

## **How important is your support network in keeping you on track?**

Very important, as I said I live with my parents and my mum is definitely my biggest supporter. She has dinner ready whenever I get home from training or studying and does all the little things around the house that allows me to get an extra half an hour sleep to recover or to study that makes a huge difference.

## **What did you enjoy most about returning to play club rugby for Sydney Uni and how does it feel to be playing alongside fellow Sydney University Football Club (SUFC) representatives on tour with the Wallabies?**

It was good to come back and support SUFC through their finals campaign. I played with them for three years before I went to the Waratahs and they helped me out a lot. Guys like Tim Leahy, Tim Davidson, Chris Malone and even the great Tom Carter have been a massive help in my rugby development and I felt obliged to try and repay my debt to them so to speak. It's great having Wallabies' boys that came through SUFC. There are some interesting stories that are told about current and past players that always makes for a funny conversation.

## **It's all about the merchandise – What is your favourite piece of free kit so far?**

RM Williams boots, easy choice.

## **Where do you see yourself in 10 years from now?**

That's a very good question to which I have no exact answer. I would be towards the end of my sporting career and I wouldn't mind heading overseas for a year or two. I hopefully would've finished my medical degree and considering doctors study for most of their lives I would say I might be doing some sort of study, maybe I won't have left Sydney Uni! Who knows...





# 5 THINGS

## TO KNOW BEFORE YOUR

### *first gym visit*



**MANY PEOPLE ARE APPREHENSIVE ABOUT THEIR FIRST VISIT TO THE GYM, SO WE ASKED A FEW OF OUR GYM-NEWBIES WHAT THEY WANTED TO KNOW BEFORE WALKING THROUGH THE DOUBLE DOORS.**

#### WHAT DO I HAVE TO BRING?

Have a gym bag packed and ready to go. Bring a water bottle, trainers, gym clothing and a small towel for your workout, and any toiletries you may need for afterwards such as shampoo, conditioner, brush, deodorant, and thongs for the shower. Also don't forget a notebook and pen if you like to record your workouts manually, alternatively you can log them on your phone.

#### WHAT SHALL I WEAR?

If you invest in one item before starting at the gym, it's a new pair of trainers. Book a gait analysis with a specialist shoe shop so that they can recommend the most appropriate training shoe for you. They will be worth their weight in gold, helping to prevent injuries and protecting your joints.

Secondly, if you are a woman, buy a well-designed sports bra as it will save you embarrassment, discomfort and stop the breast tissue from stretching.

When it comes to clothing, go for comfort. Bear in mind cotton fabrics absorb your sweat, keeping you wet, but wicking fabrics pull the sweat away from your body and dry quickly, making your workout much more enjoyable. It's worth considering that for both men and women some clothing may be more revealing than you would like when you are stretching.

Guys, keep your shirts on!

#### WHAT ARE THE RULES?

There are a few unspoken rules that are good to know before you start, so here's the heads up.

No one likes to use equipment drenched in someone else's sweat, so it makes sense to wipe down machines after you have used them with your towel.

Put things away after you have used them, including returning weights to their rack and stacking steps after a class.

Don't hog the machines - bear in mind that other gym goers will want to use the machines too. Equally, give people space and don't hover while you are waiting for a machine someone else is on.

It is great to listen to music to keep you pumped and motivated during a workout, but make sure it is for your ears only. Check that you are able to carry your phone easily while you are exercising, using an arm band or phone pocket so it doesn't get in the way. You will probably want to carry water, your phone and a small towel with you during your exercise program. However, use the lockers provided to keep your other things safe and prevent people from tripping over your bag on the gym floor.

#### WILL EVERYONE BE LOOKING AT ME?

Most of us feel self-conscious when we are doing something

new, but most gym-goers are too busy doing their own workouts to worry about what you are doing.

Before you start, take a tour of the gym to get familiar with the equipment. Some of it may look a bit daunting but don't be put off. Ask the gym staff how various machines work and what precautions, if any, need to be taken. You will feel much more conspicuous if you haven't asked and you fall off! Try to start gently. Lift lighter weights, using easier exercise movements until you get the hang of it. Injuries are more likely to happen if you increase your workout load too quickly.

#### MAKE IT FUN

The key to sustaining your gym-interest in the long term is finding something you really enjoy. Take advantage of the different things on offer. You could book a class with a friend or share a personal training session. Going to the gym regularly together will help motivate you both.

We hope these tips get you off to a flying start. Before you know it you will have evolved from a fledgling 'newbie', and flown the nest to become a fully-fledged gym-goer.



# NICOLA BARR

*Soaring high*

DEDICATION TO TRAINING AND AN UNWAVERING  
SELF-BELIEF HAS SEEN SYDNEY UNI WOMEN'S AFL  
BOMBER'S STAR, NICOLA BARR, SKYROCKET TO  
NOTICE AS A NATIONAL SPORTING FEMALE TALENT,  
**WRITES HARRY CROKER.**





"THERE'S SOMETHING ABOUT AFL THAT I HAVE NEVER EXPERIENCED IN ANY OTHER SPORT I'VE PLAYED."

Barr's trajectory to sporting success is built on countless hours of skill development and the recent signs have been simply irresistible. From being honoured as the 2015 AFL Sydney Women's Rising Star to winning the 2016 Mostyn Medal as the Women's Premier Division best and fairest, the twenty-year-old's AFL career has been on overdrive. Then it happened.

On a pivotal day last October Barr created history as the number 1 pick in the inaugural National Women's League AFL Draft. Barr was chosen by the Greater Western Sydney Giants (GWS) for the 2017 season. Amazingly, Barr was joined at GWS by three teammates from Sydney Uni Women's AFL, ruck Erin McKinnon, forward Isabella Rudolph and fellow midfielder Stephanie Walker, similarly snapped up in the Draft. The talented trio's selection is a huge compliment to player development happening at Sydney Uni Women's AFL Club.

Standing at 168cm tall, the speedy mid-fielder is currently completing a medical science degree at Sydney University while playing AFL. Barr is also part of the Sydney Uni Sport & Fitness (SUSF) Elite Athlete Program. Barr's life is chockablock balancing studies and training but her busy life almost wouldn't

have found her had it not been for a sudden change of heart in Year 11, high school.

Throughout most of her time at Queenwood, on Sydney's North Shore, Barr was an avid soccer player for Manly United. Destiny invited when the school's sports director approached and asked if Barr would take part in an upcoming AFL schools gala day despite never having played the code. Barr fell in love with the sport and was determined to give it a, "proper go."

"There's something about AFL that I have never experienced in any other sport I've played," Barr said. "It's such a complete sport; the camaraderie within an Aussie rules team is like nothing I've felt before. The feeling I have coming off a footy field after putting everything on the line is indescribable."

Originally from Melbourne, Barr lived all over the world before settling in Sydney. Kuala Lumpur, America, Ireland, Singapore and Dubai are a few of the stamps on her passport. After school Barr initially thought she would attend University in Melbourne, as that's where most of her family was based, however, eventually decided it may be beneficial to remain

in Sydney. Upon being accepted into the SUSF Elite Athlete Program, Barr knew she had made the right choice.

"I honestly didn't think I had a chance, as women's footy wasn't exactly going crazy at the time," Barr said. "I was thrilled when I was accepted into the Program."

After a standout season for Sydney Uni Women's Bombers, Barr was awarded the Mostyn Medal through collecting six best on ground performances and polling in 10 of the 16 matches in which she played. Seeing the trophy as a reward for her efforts since taking up the code more so than just last season, is something she holds, "very close."

"While it was great to have my efforts for the 2016 season recognised it was a reward for the hard work I have been putting in over the last three years," Barr said. "I couldn't have achieved it without the amazing support from the Sydney Uni footy team, as well as my family and friends, and I'm so grateful for that."

The new Women's National eight-team competition will be a huge leap forward for both women's AFL and women's sport in Australia.

In the all-important midfield role Barr has proven a revelation in movement, passing, support and communication.

"I couldn't even comprehend going to Melbourne for the inaugural women's AFL draft, let alone being named the number 1 pick," Barr said. "I never expected to be in such a position and I feel very honoured."

Barr admits balancing training and study can be difficult, particularly throughout exam periods. She stays on top of her workload by giving complete focus to one aspect, and forgetting the other.

"When I go to training, I know that I'm there to train and there's no point fretting about studying because I can't do it there, so I may as well completely focus on footy and the same goes for when I'm studying," Barr commented.

Barr is aware that she has an amazing opportunity through study and sport to set herself up for the future and rest assured she will be giving her absolute best, which is her trademark. With the goals she is setting and achieving and a real love of the game, Barr is proving one heck of a pilot as she shoots for the stars.



# BECOME A MEMBER

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### WHAT BROUGHT YOU TO SYDNEY UNI SPORT & FITNESS (SUSF)?

I first signed up at Sydney Uni gym around four years ago as a community member to do boot camp with a co-worker. Back then I was exposed to the amazing trainers Pete, Mark, Lou Lou, Dylan, Hilary, Hulya, Carmel and the boot camp team. I soon became hooked on Sydney Uni gym.

### BOOT CAMP IS A GREAT CHALLENGE, HOW DID YOU GO?

It was widely known that Hilary was the smiling assassin punishing the group with more laps around the cricket field than any of us knew possible. The boot camp crew all pushed us and made us realise our fitness potential.

### DID YOU TRY OTHER TYPES OF CLASSES ON OFFER?

One summer, when boot camp had concluded for the year, I decided to trial the Gold Pass at the gym and found a new love of group fitness. I had previously been a fan of group fitness but Rachel, Racheal, Anna, Cassiano, Alex, Rene, Rena and the gang of instructors at Sydney Uni gym are so motivating and impressive I found myself attending up to eight classes per week.

Not only were the instructors fantastic but the class atmosphere was positive, fun and uplifting. Even if you walked in after having a bad day at work by the end of the class you left feeling like you had completed an impressive workout while having fun. When it comes around to 4pm on a Sunday afternoon next to nothing can stop me from attending Rachel's BODYATTACK.

Whether it be her infectious good mood or the serious amount of sweat I generate in the 55 minutes, I am obsessed.

From CXWORX to calming down and relaxing the mind and body with BODYBALANCE, there was always something on for me to attend before or after work.

### WHAT DO YOU ENJOY IN THE FOOD DEPARTMENT?

Like many, I train to eat. I love food here and abroad. I love to go to the USA and Asia and find I can indulge a little more after some serious sessions at the gym, whether it be a round of boot camp or some serious GRIT and BODYATTACK classes. My weekends generally consist of eating healthy Vietnamese food to drinking large amounts of coffee and breakfasts at local cafes.

### DO YOU HAVE OTHER PASSIONS THAT STIR YOUR SOUL?

My main love in life is music and after attending some of Racheal's SH'BAM classes I feel like dancing at a Beyoncé or Flume concert comes a lot more smoothly.

### WHAT KEEPS YOU COMING BACK?

After five years at Sydney Uni Sport & Fitness I can honestly say I have made some amazing friends from my early Boot Camp days to recent times in the group fitness studio. All the staff are extremely helpful and any friends I have recommended to the gym have all told me how impressed they are with the facilities and friendly nature of everyone.

# GROUP FITNESS

Whatever you want to achieve, there is a Group Fitness class for you.

## LES MILLS BODYATTACK™

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# Boatshed reinstated

**A place to call home marks the beginning of an exciting era for Sydney University Boat Club (SUBC), writes Laura Hanlon.**

The new "Thyne Reid" Sydney University Boatshed at Burns Bay, Lane Cove, has been completed nearly eleven years after the previous boatshed, which served for 42 years, was destroyed by fire in March of 2006. No longer will SUBC crews be considered the 'Gypsies' of the rowing community.

This colossal re-build has been a labour of love for those involved. Despite the extra-long course, with many obstacles, there was never thought of bailing out. Former President and New Boatshed Fundraising Committee member, Chris Noel, is one of those in the engine room of the redevelopment. Along with many

others, Noel also strived to ensure the Club remained operational and a highly competitive force since the devastating fire, which destroyed not only the boatshed but all club boats and ancillary equipment.

Through the intervening years SUBC accessed facilities at the University of NSW boatshed on Parramatta River, while the then Sydney University Women's Rowing Club operated out of a boathouse at Blackwattle Bay. The training courses are too short for elite preparation at Blackwattle bay and the river conditions are very rough at the UNSW sheds.

The old Burns Bay shed was a large A-frame building with just two boat bays and very limited change, shower and exercise areas. Built only for the men's club, even when reconfigured to accommodate a women's change area, it was woefully inadequate.

The long delay in replacing the boatshed enabled a thorough review of rowing and what the sport sought to achieve in the future. SUBC aspires to be, "the best rowing club in Australia, providing

opportunities and experiences to student rowers, alumni and the general university community." Determining the infrastructure requirements to champion such an aspiration was one of the key challenges.

Consultation was led by former rowing Blue Mike Wiseman. Mike interviewed the management and coaches of the men's and women's clubs about the ideal requirements of a shed that would support the current programs offered, allow new categories to be catered to and foster a large increase in the number of students participating in rowing at Sydney University.

The resulting fleet necessities were then projected into the new facility and it was conceived to cater for the numbers and programs envisaged.

Mike worked closely and collegially with Campus Infrastructure Services (CIS) to agree on the scope of the building and then consulted through CIS with the university appointed architects, Hill Thallis.

The result is a new boatshed, with four large boat bays facing in a southerly direction down Burns Bay, so boating traffic moves directly from the bays to the boating apron, then onto the pontoon and straight down Burns Bay into the Lane Cove River.

## State-of-the-art features include:

- The shed sits on 38 piles punched into the bedrock of Burns Bay. Each pile is concrete and reinforcing steel covered in a polyethylene sleeve.
- The construction employs non-combustible materials.
- The shed floor extends onto a large apron, 350 square metres, where boats can be rigged or washed.
- A gangway off the apron connects the shed to a floating pontoon. The pontoon has two telescopic piles connected to its underside which enable it and the gangway to rise and

fall with the tide. The pontoon allows up to two eights or six to eight sculls to launch simultaneously.

- A small crane that can lift coaching boats out of the water and onto moveable dollies to store in the boatshed.
- The boat storage space is airy and light-filled with high quality racking from Lowe and Hennessy.
- The upper level integrates a large tallowwood deck, change and shower rooms, kitchen, toilets, air-conditioned large multipurpose room, coach's office and communications room.
- A unique winged-profile roof line offers shelter to a large portion of the generous balcony.
- Vehicle entry and parking to ensure safe and convenient access off Burns Bay road plus high quality landscaping to the public park and a public jetty to provide access to the water for small water craft.

Finance was a partnership through Sydney University; Sydney Uni Sport & Fitness (SUSF); The Student Services and Amenities Fund and The Alumni of SUBC.

CIS managed the project and the builder was ADCO Constructions.

The Boat Club and Sydney Uni Sport & Fitness wish to acknowledge the assistance and collaboration of many people in bringing this project to fruition.

In particular, The Vice Chancellor, Dr Michael Spence; The Head of CIS, Greg Robinson; CIS Project Manager, Scott Biggs; SUBC's project coordinator, Michael Wiseman; SUSF Operations, Property & Projects Manager, Ed Smith and SUSF Executive Director, Rob Smithies. Thanks also to Chris Noel who led the fundraising team and worked with the University and SUSF on the contribution agreements for the building.

From here it's all oars in the water as SUBC, one of the oldest rowing clubs in Australia, is back bigger than ever.



# FIT FOR PROMOTION

**TOO BUSY WITH WORK OR STUDY TO MAKE TIME  
FOR THE GYM? THINK AGAIN. REGULAR EXERCISE  
CAN HELP YOU GET AHEAD IN YOUR CAREER,  
WRITES HELEN JOMOA.**

**Here's why you should diarise that next workout like you would your next meeting.**

## **Improves self confidence**

Confident people are more likely to be promoted than unconfident ones. Setting and achieving fitness goals builds confidence both physically and mentally. It has been shown that people who exercise regularly feel more attractive than those who do not exercise - regardless of weight, age and gender.

## **Makes you smarter**

Exercise makes you feel alert; more focused and better able to complete the task at hand. It helps stimulate your brain with oxygen and nutrients to improve cognitive functioning (the brain's ability to process information). Incidentally this functioning declines with age! However, regular exercise can actually slow this down, allowing you to stay sharp as a tack as your career, and age, progress.

## **Increases creativity**

Going for a walk was often thought to help with writers block. Now some researchers think that, "physical exercise trains your brain to become more flexible in finding creative solutions." Creativity is how to look at problems in new ways and come up with different solutions. Creative thinking is another way to demonstrate that you are ready for a promotion and can think outside the box.

## **Improves your productivity**

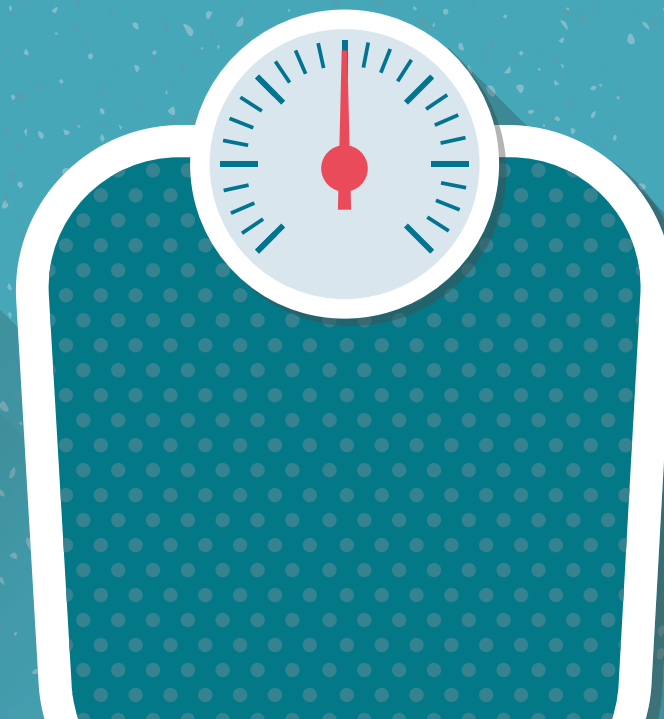
Employers always like to get more 'bang for their buck,' so improving your productivity is going to

go down well when you are going for that new job. Research has shown that people who do regular exercise are more productive than their sedentary peers.

## **Reduces stress and anxiety**

Exercise increases endorphins, the hormones that make us feel happy, and helps regulate stress hormones like cortisol and adrenaline. Repetitive exercise, such as running, can also be meditative which helps us think through problems literally 'on the run,' while sports such as tennis require us to think on our feet and force us to take a mental break. Both approaches can help us think more clearly in stressful situations like an interview or important meeting.

Your body can stimulate your mind and help you reach both your training and your career goals. Making exercise part of your day will help make you fit for promotion so you are ready to take the next step up.





# Cooking, with SCRAMBLED LEGGIES

SYDNEY UNIVERSITY CRICKET CLUB ACQUIRED A STAR OF THE FUTURE WHEN A YOUNGSTER FROM THE SHIRE TURNED UP TO PLAY THIS SEASON, WRITES GRAHAM CROKER.

When 18-year-old leg-spinner Devlin Malone turned up to train with Sydney University Cricket Club (SUCC) at the start of the 2016-17 season there must have been a collective sigh of relief at the nets. The last time some of the players had seen him was the previous season when, playing for Sutherland, he took all 10 wickets in the second innings as the hosts routed Sydney University Seconds at Glenn McGrath Oval.

The then 17-year-old schoolboy took 10-115, following his 6-23 haul in the first innings against the reigning premiers, to finish with match figures of 16-138, a record for the club.

"It was quite remarkable," Sutherland District Cricket Club stalwart Tom Icceton told foxsports.com.au at the time. "(After taking eight wickets), he got hit for four fours in one over and (it seemed) he was a bit tired as he'd probably bowled about 25 overs by that stage.

"I thought they had better be careful not to get caught up in the romance of getting 10 wickets, the main objective's still got to be to win the game.

"They gave him another over and he got another wicket, and I thought, 'well they're not going to take him off now.' The captain was bowling from the other end, and I was just thinking, 'I hope he (the batsman) doesn't hit a catch to anyone.

"Devlin got the final wicket off the last

ball of his next over and just went nuts. He did a massive jump in the air when the umpire put his finger up.

"You can go through a whole career and not see someone take 10 wickets in an innings, so I think everyone in the team was just excited that they were there as part of it."

And it all came about because of the weather. In the week before the match Sutherland's First Grade spinner Riley Ayre had been named 12th man for a Cricket Australia XI who were to play New Zealand at Blacktown International Sportspark and Devlin was due to replace him in the top grade. However, when the match at Blacktown was abandoned due to inclement weather, Riley stayed in Firsts and Devlin stayed in Seconds. But the amazing bowling feat prompted the club selectors to elevate him to First Grade and he didn't let them down.

Two weeks later he became the youngest player in Sutherland District Cricket Club's history to take a five-wicket haul in First Grade, in a match against Hawkesbury at Glenn McGrath Oval. He finished with 6-42 from his 22.3 overs.

Devlin was already in the record books from the 2014-15 season when, as a 16-year-old, he became the first player in the history of Sydney grade cricket to take three wickets in the first over of his First Grade debut.

It followed his appearances for NSW at

the Australian Under 17 championships where he starred with 11 wickets at the miserly average of 14.55.

Devlin took up the difficult craft of leg-spin bowling when he was 12, his interest sparked by one of the best off all time, Shane Warne.

"I always wanted to bowl like him," he said. "At that time I realised I wasn't going to be tall enough to be a fast bowler, so leg-spin became the option.

"When I first started trying to bowl leggies I'd get hit around or bowl a bad ball regularly, but I still went with it and tried to land them on the spot."

Devlin's dad Brian, a former medium-pace bowler, took him to the local park every day to practise on the centre wicket. "He taught me how to bowl a wrong'un," Devlin said. "It took me two years to get that right, but Dad kept encouraging me. I wasn't taught the traditional leg-spin grip of holding the ball down the seam. I learnt to grip the ball across the seam, so I bowl 'scrambled' leggies."

It was the scrambled leggies that cleaned up the Students, but he didn't appear on the campus this season out of sympathy. And he certainly wasn't poached.

"I finished the HSC last year and wanted to study physiotherapy at Sydney University's Cumberland campus," he said. "I got into exercise-physiology which

has turned out to be a better option; it will give me more of a taste of university. It's a good platform for me to start.

"I always wanted to go to Sydney University, it's been one of my aims. When I started making enquiries I heard about Sydney University Sport's Elite Athlete Program and I decided to get in touch and apply.

"Getting on the program allows me to pursue education and a sporting career."

Devlin, who still lives at home in Janelli, in the Shire, says he enjoyed playing for Sutherland while still at school and is grateful for the coaching and opportunities the club afforded him and the friendships he made.

One of those opportunities was being selected for NSW to contest the national Under 17 Championships, where he was one of the stars of the tournament with 11 wickets at 11.55.

Having been on the receiving end of his talent the previous year, SUCC had no hesitation selecting him in First Grade for the 2016-17 season opener, a limited overs match against Campbelltown-Camden. He duly took 4-31 in the Students' six-wicket win.

Three matches into the Sydney season he was recruited by the Melbourne Stars to be part of their squad in the Big Bash competition. Each franchise signs on a development rookie, and Devlin filled

that role with the Stars.

That placed him in the elite company of David Hussey, Glenn Maxwell, Kevin Pietersen, James Faulkner, Adam Zampa, Peter Handscomb, Cameron White, Matthew Wade, Adam Voges and George Bailey.

He spent the weeks before and after Christmas in Melbourne, living and training with the squad, played in a trial match and bowled to the stars in the nets. "It was unreal," he said. "There is so much talent among the teams in the Big Bash competition. I've been bowling to them in the nets, it's been awesome." Maxwell, known in Australian colours as The Big Show, was very impressed with his young squad-mate.

"He's a little superstar, very much in the same mould of Adam Zampa - shorter guy, skids it on, bowls stump-to-stump," Maxwell said.

"I can tell you from facing him in the nets, he's pretty tough to get away. He's had a few of the big boys in a bit of trouble. Hopefully he gets a crack and he can show the world what he does."

Former Australian representative and Sutherland teammate Shane Watson was of the same opinion. He faced Devlin in the nets before going out to bat in a club game last season and found it almost impossible to pick his wrong'un.

"Later on, when I was fielding at first slip,

I found it difficult to tell if he was bowling a wrong'un or a genuine leggie," he said.

The Melbourne Stars made it to the semi-finals but were beaten by the Perth Scorchers who went on to claim the title. "The Stars lost some games due to a bad over here and there," he said. "In Twenty20 cricket, every ball is crucial. It's different to a two-day grade game or even a 50-over game where you can regain some momentum."

While Devlin didn't get a competition game with the franchise, he did play for the NSW Metro team in the 2016 Under 19 Championships in Darwin in December. Devlin took 13 wickets during the tournament at an average of 26.46.

Leading into the post-Christmas part of the Sydney grade competition, Devlin had played six First Grade games, two Twenty20 fixtures and three Poidevin-Gray (Under 21) games for the Students, taking 34 wickets at 28.84.

"I changed clubs to come to Sydney University," he said. "It was my decision and it's the best thing I've ever done. The club has a great bunch of players, with a mixture of experience and youth. They have a different approach. I've been made really welcome and have already made good friends."

Ten of whom probably played in that fateful innings at Glenn McGrath Oval the previous season.



# KNOW YOUR H2O

**WOULD YOU LIKE TAP, STILL, SPARKLING, MINERAL OR NATURAL MINERAL WATER WITH THAT? ACCREDITED SPORTS DIETITIAN REBECCA HAY ASKS WHEN IS A GLASS OF WATER NOT A GLASS OF WATER?**

There is much discussion about how we should get our "water," so I thought I would look at a couple of the available options, what they contain and any health implications they may have.

The water section in the supermarket displays more than just still water in bottles. There is still water, still mineral water, spring water, sparkling mineral water, sparkling natural mineral water, and more! Most of the shelves are stocked with soda water and natural mineral waters.

First though, just what exactly are the differences between soda water and sparkling natural mineral water?

**Soda Water** is water with carbon dioxide gas dissolved into it. Some have additives such as sodium chloride (salt), sodium bicarbonate, sodium citrate, potassium citrate, potassium sulfate or similar. What additives are included depends on the bottling company. If you are making your own soda water with a sparkling water maker (e.g. soda stream, soda king etc) you are just adding carbon dioxide gas to tap water.

**Natural Mineral Water** contains dissolved gasses, minerals and sulfur compounds. These give the mineral water its fizz and distinctive tastes. Natural mineral waters are usually bottled at their source and then distributed for consumption. Some mineral waters are manufactured so check the label for this information.

Most mineral and soda waters are not high in sodium. If you are worried about your sodium intake please check the label on the bottle. Most mineral waters have approximately 10mg of sodium per 100ml. This is a low level.

So what effects do these different waters have on our bones, digestive system and dental health?

**Bone health** – There does not seem to be any issue with sparkling water and bone health. Once you add sugar, caffeine and phosphoric acid to the water there seems to be a detrimental effect.

**Digestive Health** – Drinking a sparkling water quickly might make you feel bloated but are there any other dangers? Not really! In fact that feeling of "fullness" could be used in a beneficial way.

A group of researchers in Japan found that drinking a glass of sparkling water slowly actually lead to an increased feeling of fullness. So it could be used as a tool for increasing feelings of fullness around meals.

Of course if the bubbles make you uncomfortable go for a still water.

**Dental Health** - Sparkling waters are slightly more acidic than still water. Their level of acidity is similar to that of coffee or tea. So potentially they could have an effect on the quality of tooth enamel. Our saliva, which is a natural buffer may completely negate this effect so there may be very little to worry about.

Based on the above a sensible recommendation would be to use still water in between meals or overnight and if you like the bubbles have with meals. Whether it is a soda water or a sparkling mineral water it is a matter of taste.

Me?...I choose to fill my drink bottle or glass with tap water.







# WAKESURF

## *this way*

**Combine wakeboarding and surfing and you get wakesurfing. This new spin on two great sports is taking waterways all over the world by storm and do we have news for you...**

We won't bore you with the details, but all you need to know is that Sydney University Wakeboard and Waterski Club (USYDWake) is now able to offer wakesurfing on ride days to all members behind their beastly Mastercraft X2 boat.

Unlike wakeboarding, where the rider is attached to the board with fitted bindings and gets towed between 20-25 meters behind the boat, wakesurfing uses a short, light- version of a surfboard on which the rider stands. The boat moderately accelerates, increasing the size of the wake which allows the rider to be pulled into position using a shorter line and handle than wakeboarding. To find the sweet-spot in the wave, which forms in the wake just behind the boat, the rider pulls themselves in towards the boat. Then, when the target speed is reached they will feel the rope go slack and when comfortable release the handle and line. All going well, at this point you can surf the wave for as long as you can remain in the wakes "sweet-spot."

In preparation for a 2017 launch of wakesurfing, USYDWake's R&D department (or should we say, intrepid committee members) spent the tail-end of 2016 undertaking the necessary groundwork and conducting water trials. 'Researchers' had a great time on the water and all agreed it would be a superb addition to the club's activity list.

Club member Courtney Rose Gorman had only been wakeboarding a handful of times but managed to get up on the wakesurf board on her very first go.

"I loved the advice and encouragement from everyone on the boat and even though I'm a complete beginner I never once felt out of place. Anyone can really have a go," Gorman said.

Club President Tim Wakeling was equally enthusiastic after trying this new water sport.

"Two wakeboarding sets out on the water in the one day would normally be it for me, but wakesurfing is the perfect way to close off without over-doing it, especially on those windier summer afternoons," Wakeling said.

For the surfers out there, there's no doubt you will be able to relate to Club Member Matt Gibson who loved the endless wave.

"I could sit out on the break-line at Manly for two hours and be lucky to catch one decent wave, so when I found the sweet-spot riding behind the boat I didn't want it to stop," Gibson said.

If you haven't already caught a glimpse of wakesurfing on social media, take a look at Steel Lafferty's #MannequinChallenge video which is shared on the Club's Facebook page @Usydwake. Once that has fuelled your interest, be sure to visit the Sydney University Wakeboard and Waterski Club website at [www.usydwake.com](http://www.usydwake.com) to sign up for their mailing list with details of upcoming events and ride day information.

Membership is free for Sydney University students so long as you have an up-to-date Sydney Uni Sport & Fitness membership. Tuition is available on all our ride days from our very capable boat captains and drivers.

**Visit USYDWake at O-Week 2017. They'll be easy to find, just look for their boat next to Fisher Library.**



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CHRIS FRIEND

## HEATING UP

THE SURFING INDUSTRY



**What does your mobile phone, getting barrelled, and an undergraduate degree in commerce have in common? They all lead to professional surfer and Elite Athlete Program alumnus, Chris Friend.**

Growing up on the Sunshine coast, Friend was your textbook surfer boy: blonde hair; freckles; surfing stickers all over his school books and a routine surf before and after school. From 8 years old, Friend was out amongst the waves on his foam nipper board teaching himself how to surf.

However, in the beginning it wasn't all about surfing. Friend was thrown into the deep end at a young age when his dad persuaded him to start surf lifesaving. "My Dad was really into surf lifesaving and tried to get me to pursue a career in Ironman."

Despite Friend's subsequent progress through the nipper ranks at his local surf lifesaving club, his love for surfing was still undisputable. "I remember winning the under 12's Queensland Ironman Title and was interviewed by the local news station afterwards. They asked if my dream was to make the Nutri Grain Ironman Series. My response was, 'no, actually I want to be a pro surfer!' so I left the surf club the next year and focused everything on becoming a pro surfer."

So what distinguishes Friend from any other great Australian surfer? Well other than his multiple representations at World Juniors, or the fact that he turned pro just out of high school and spent four years full time on the World Surf League; Chris Friend is the first ever professional Australia surfer to be awarded a university degree.

Friend wasn't a 'P's-get-degrees' kind of student either. He maintained a distinction average and was awarded the joint SUSF and USYD Business School Scholarship for Outstanding Academic/Sporting achievement in 2013-2014. His excellent achievements also earned him a nomination for the University's 2015 Nigel C Barker Graduate Medal. But the hard work didn't stop there. Friend's degree in commerce and interest in developing the surfing industry led him to the creation of a successful surfing App and software known as LiveHeats. "I met a guy named Fernando Freire out in the water one-day surfing at Bondi, he was a software developer at ThoughtWorks. I invited him down to Bondi Boardriders Club to one of our monthly comps. When he saw the way the surfing contest was run, he was shocked. It was all completely manual and paper-based, with judges writing their scores down on paper, and volunteers having to manually add up results, complete chaos! After this comp he asked me whether I'd be keen to help him build an app that could take

the whole surfing contest process (entries, heat draw, scheduling, scoring, results, progression, club ratings) and digitise it."

From here, they pulled in another developer and the LiveHeats team was born. After three weeks of late night brainstorming sessions, the first prototype of LiveHeats was created and tested at a Bondi Boardriders Club event. To say the least, it was a huge success. "Word leaked out that Bondi had started using a digital system and all of a sudden I started getting calls from other clubs around Sydney and the South Coast that were keen to get on board!"

Prior to competition, LiveHeats allows surfers to enter and register for competitions from their mobile phones. Then come competition day, judges enter scores through mobile devices or tablets and LiveHeats provides automated results and progression that can be viewed by commentators and spectators on any device. "At the moment we have over 1,000 surfers that use the App to enter the comps, watch live scores, and track their performance every month." The flexibility of LiveHeats means the App is unique to the individual using it. It allows users to customise registration, the duration of heats, and the competition format, ultimately making LiveHeats a simplified tool suitable for your weekend warriors, or your pro-level competitors.

Since the testing of the initial prototype of LiveHeats, Friend now has 16 Boardriders' Clubs using the software to run their events across Australia, and another 10 Clubs from Australia and New Zealand are soon to be added to this list. While Friend believes the immediate focus is to continue growing the network of Boardriders' Clubs across Australia and New Zealand, he has big aspirations for LiveHeats. "Over summer we will start to bring on Grassroots surfing organisations in Indonesia, Fiji, Japan, and the US." But it won't stop there. Through all the work that Friend and the LiveHeats team have done they are starting to discover other sporting organisations having similar problems with manually managed competitions. "We're keen to find out what the next sport is that would most benefit from a move to digital software would be!"

So there you have it. A Sunshine Coast surfer boy, turned pro-surfer, and Sydney University commerce student, turned digital software creator; Chris Friend has successfully challenged the typical surfer boy stereotype and is now riding the waves of a very bright entrepreneurial career.

**For more information on LiveHeats please visit <https://www.liveheats.com/>**



# STRIKING determination



**"NO MATTER WHAT YOU CHOOSE TO DO, YOU MUST HAVE FUN DOING IT... THERE IS NO POINT PURSUING SOMETHING YOU DON'T ENJOY."**

**THE EXCITEMENT OF WINNING A BRONZE MEDAL AT THE 2016 JUNIOR WOMEN'S HOCKEY WORLD CUP IN CHILE IN DECEMBER IS STILL PERCOLATING THROUGH THE MIND OF GRETA HAYES, WRITES GRAHAM CROKER.**

With Spain leading the bronze medal match in Santiago 1-nil, attacking midfielder Hayes trapped a ball in the Australian circle and fed the crucial pass to Laura Gray who levelled the score with a deft flick to the top left of the net.

The goal sent the match into a shoot-out which the Jillaroos duly won 3-1 and Hayes, the 19-year-old Sydney University Women's Hockey Club (SUHC) member, came home with a medal and a new aim – to push for selection in the Hockeyroos. Most would announce that aim in hushed terms; the revered Hockeyroos carry the weight of the nation to deliver gold medal results at every World Cup and Olympic Games. Inquisitions are held when they don't.

But given Hayes' steely determination and results in the nine years she's been wielding a 'twig', it's do-able. After all,

earning Jillaroos (Australian Under 21) selection was an aim she achieved with three years to spare.

"I had my eyes on the Junior World Cup in Chile and made it. Hopefully I can now progress into the senior program," the Sydney University Sport Elite Athlete Program member said.

It's been a hectic journey since Greta took up the sport while in Year 5 at Woollahra Public School.

"Mum and Dad both played competitive field hockey," she said. "Dad played in the NSW Open team as a 16-year-old, so it was one of the sports I took up early on. I was serious about soccer and most other sports during my younger years."

Greta made the Sydney East Hockey team in 2009 and the Sydney Junior squad the following year.

While in her first year at St George Girls High School she also joined the Sydney University Hockey Club and progressed through the age teams. In 2013 she travelled to New Zealand and Argentina, representing the school as part of the Australian All Schools Hockey Team. The team won against the New Zealand's Under 21 side but were defeated by Argentina's National Under 18 team.

It was a big year for the rising star. She was also awarded a Sydney East Sporting Blue and was a Sutherland Zone Award

winner. Greta was also invited to train with the NSW Under 21 and Under 18 teams in preparation for the Australian Championships.

"I now see 2013 as a development year in my career," she says. "It opened my eyes to the opportunities. My life would have been fulfilled if I played for NSW, and when I did (the following year) it broadened my aims."

Greta started playing for NSW in the Under 15s, competing in the Australian Championships in Sydney. The following year she was selected for NSW Under 16s to compete in the All Schools Nationals in Hobart. She was also selected in the NSW Under 18s.

It became a trend. While in the NSW Under 18s for the Nationals, she was also selected in the Under 21s.

Not many players can be labelled a veteran on the Under 21s, but it's true in Greta's case. She's been in the NSW Under 21 teams for five years. "I've played nationals in every state bar South Australia," she said.

Having finished the HSC in 2014, Greta enrolled at Sydney University the following year. "I initially wanted to study Veterinary Science but I was being selected in more and more representative teams and I had to weigh up the hours I'd need to do voluntary work at Taronga Zoo and the study

required and I just couldn't see myself fitting it all in," she said.

"The hockey nationals are usually held in October and November, which would have cut into the Vet Science time.

"I've always wanted to go to Sydney University so I decided to enrol in a Bachelor of Nursing. I started in 2015 and it's worked out really well and I'm enjoying it.

"We're based on Mallett St at Camperdown and have some lectures on the main campus which I enjoy."

And that's where the Sport Scholarship and Elite Athlete Program have been integral. "With the different representative squads I have to attend training camps and go on tours and the Elite Athlete Program staff have been fantastic in their support," she said. "It's like having a personal secretary to run your life. They help with forms, getting permission for university extensions, travel and other areas."

All of that assistance was required in 2016, a watershed year in her career, with most events being selection platforms or team qualifiers for the Junior (Under 21) World Cup in Chile in December.

Greta was in the Australian team that won the Oceania tournament, a World Cup qualifier, in January. She then competed for NSW at the

Under 21 Nationals in April, another selection platform.

That was followed by squad camps and a trip to London in August – along with the Hockeyroos – as a lead-up to the Junior World Cup. The Open Nationals were in September-October, followed by the culmination of the Sydney club competition. Sydney University women's First Grade finished third, having been premiers for the two previous seasons.

Then came selection in the Australian Under 21 squad for the World Cup. It had been a boom year and, as Greta says, a relief to be on the way to Chile, following a build-up since late 2015.

"We were stoked to finish third, the bronze medal was the first for Australia in 14 years," she said. "There had been a late change to coaching staff, but we came together quickly and after nearly two years of selection camps and tournaments, it was nice to culminate it with a medal."

Off the pitch in 2016, Greta was also an ambassador for the NSW Premier's Sporting Challenge program, which involves past and present NSW and Australian sporting representatives, providing inspiration and motivation for young people to get active through school visits and coaching clinics.

And at the SUHC 2016 presentation night, she shared the Best and Fairest

and Most Valuable Contribution Award in Women's First Grade with Fiona Tout.

"My aim now is selection in the Hockeyroos squad," Greta says.

"I'll go back to club and NSW training. The Under 21 Nationals are in July and the Opens in October. If I was selected in the squad, it would require moving to the AIS in Perth, so ideally, it would be better if I finished my degree before that."

While her aims remain high, Greta retains a down-to-earth approach. "No matter what you choose to do, you must have fun doing it ... there is no point pursuing something you don't enjoy," is Hayes' philosophy.

"Playing at a high level, I often have to remind myself why I play and think positively about how much I love hockey instead of worrying about selections.

"It is always challenging juggling sport, university and work commitments, especially because I love doing everything to the very best of my ability. My family (including two elder sisters) play a really important role in supporting me with everything, so I am very lucky."

Only 482 women field hockey players have worn the Australian colours at senior level since 1914. It's an elite club and Greta's knocking on the door.



# BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY

## 2016 'BLUE & GOLD' CRICKET LUNCHEON

The 22nd consecutive 'Blue & Gold' Cricket Luncheon was held at The Ivy Ballroom on Friday November 18, 2016 with a packed house revelling in the program of entertainment.

The welcome address highlighted the Sydney Uni Cricket Club's (SUCC) new facilities:

- The Sydney Uni Oval No. 1 has never looked better. It is getting rave reviews from umpires and is showing the full benefit of an off-season without rugby games and training.
- The Martin Lambert Indoor Cricket Centre has added a new dimension to pre-season training, including cricket practice during inclement weather.
- The new outdoor practice nets are now fully operational and have attracted bookings from the NSW Sheffield Shield squad and both the Australian and South African Women's cricket teams.

Club Chairman, Max Bonnell introduced the three 2016 SUCC Hall of Fame inductees by referencing *Summertime Blues*, the comprehensive book which he co-authored with James Rodgers on 150 years of Sydney University Cricketers. They are:

- The late **Joseph Coates**. Coates represented NSW with great success (76 First-Class wickets at an average of less than 12). Between 1866 and 1885 Coates took 501 First-Grade wickets for Sydney Uni at an average of little more than 8. The former Yorkshireman was reputedly the first to bowl full-length deliveries at the batsman's block hole which came to be known as "yorkers"! Coates was headmaster of both Newington College and Sydney Boy's High School.
- **John Grimble** and **John Saint** were interviewed by Adam Spencer. Both



players were fantastic bowling all-rounders. Grimble won the prestigious *Sydney Morning Herald* Grade Cricketer of the Year Award (now known as the O'Reilly Medal) for the 1987-88 season. Saint won it in two consecutive seasons in the mid-1990s. Both were wonderfully passionate about and grateful for their time at SUCC.

Adam Spencer then moderated an exceptionally entertaining and thought-provoking panel discussion with:

- Shaun Pollock, the remarkable South African international who was recognised at various times throughout his stellar career as the world's number one Test bowler and all-rounder.
- Stuart MacGill, the old-fashioned operator with a gargantuan leg break; a majestic wrong'un and the best strike rate of any modern-spin bowler.
- Mike Coward, the world renowned cricket writer, commentator and interviewer.

Topics ranged from Australia's



The retiring convenor, Rodney Tubbs.

capitulation in the first two Test matches of the summer; respect for the baggy green cap; the lack of a succession plan for the Australian team; ball tampering; the evolution of cricket bats into weapons of mass destruction and the relative unimportance of statistics when cricketers reflect on the highlights of their playing days.

At the luncheon, the Cricket Division of the University of Sydney Sport Foundation announced the launch of the MOS Cricket Scholarship (named in honour of the late Mick O'Sullivan). It will be awarded in perpetuity from 2017 onwards to a promising SUCC male spin bowler who is successfully pursuing studies at the University.

Luncheon guests generously pledged tax- deductible Scholarship donations totalling \$16,000.

Given this terrific response there is every chance that eventually there will be sufficient tax- deductible donations for two MOS Cricket Scholarships. Wouldn't that be something?

2017

# 'Blue & Gold'

EVENTS



*For our sporting alumni and supporters of sport at Sydney Uni*

### AFL LUNCHEON

Thursday 6th April

The Establishment Ballroom by Merivale

### SOCCER FOOTBALL DINNER

Friday 2nd June

TAG Family Foundation Grandstand at the Sydney Uni Football Ground

### RUGBY LUNCHEON

Friday 16th June

The Ivy Ballroom

### WATER POLO LUNCHEON

Friday 25th August

The Ivy Ballroom

### SUSF/BLUES ASSOCIATION GOLF DAY

Wednesday 18th October

St Michael's Golf Club

### CRICKET LUNCHEON

Friday 24th November

The Ivy Ballroom

### XMAS HAMPER GOLF DAY

Wednesday 29th November

St Michael's Golf Club

If you enjoy sport and appreciate good ol' University wit, then join us for one or many of the above functions in 2017. For advanced table bookings (ensuring best seats in the house) please contact Liz Grey at [l.grey@sport.usyd.edu.au](mailto:l.grey@sport.usyd.edu.au)



**Sydney Uni**  
SPORT & FITNESS

University Sports & Aquatic  
Centre, Building G09,  
University of Sydney NSW 2006



# BLUES *Awards*

## WHAT'S IN A JACKET?

The University of Sydney Blue & Gold tradition expresses the ongoing importance of sports within the life of the University. If you are not acquainted with why these awards are so cherished one only has to scroll down the list of previous winners to uncover a who's who of University and Australian sport.

The Blue is the highest sporting honour at the University

of Sydney. It is earned by sportsmen and women who are studying at the University of Sydney, competing in the highest level of sporting competition and have attained outstanding achievement. Golds are awarded to individuals who have provided outstanding service in the field of sports administration within Sydney Uni Sport & Fitness (SUSF) or one or more of its clubs.

Nominations are made in October and the successful nominees gain the right to wear their prized jacket, in the traditional stripes of 'Blue & Gold', at all future events.

## Blue of the Year Honour Roll

*(Male or Female 1992 -99. Male from 2000 onwards)*

### John Sykes Memorial Cup

1992 - Tania Burdack - Water Polo  
1993 - David Hynes - Baseball  
1994 - Natalie Galea - Judo  
1995 - Chloe Flutter - Swimming  
1996 - Ivan Gavazov - Swimming  
1997 - Michael Wiseman - Boat  
1998 - Rebecca Gilmore - Diving  
1999 - Philip Waugh - Rugby  
2000 - David Lyons - Rugby  
2001 - Thomas Whalan - Water Polo  
2002 - Aaron Jones - Water Polo  
2003 - Sam McGregor - Water Polo  
2004 - Fergus Pragnell - Boat  
2005 - Robin Bell - Canoe  
2006 - Chris Clyne - Boat  
2007 - Prashanth Sellathurai - Gymnastics  
2008 - Lachlan Renshaw - Athletics  
2009 - Dean Mumm - Rugby  
2010 - Matthew Mitcham - Diving  
2011 - Bernard Foley - Rugby

2012 - Ryan Edwards - Boat  
2013 - Nicholas Hough - Athletics  
2014 - Kane Townsend - Table Tennis  
2015 - Tom Young - AFL

## Female Blue of the Year

### Alison Hattersley Memorial Cup

2000 - Tammy Accari - Judo  
2001 - Louise Natoli - Canoe  
2002 - Anna McIlwaine - Diving  
2003 - Loudy Tourky - Diving  
2004 - Angela Ballard - Wheelchair Track & Road  
2005 - Jaqueline Bonnitche - Sailing  
2006 - Natalie Porter - Basketball  
2007 - Elizabeth Kell - Rowing  
2008 - Keesja Gofers - Water Polo  
2009 - Sally Kehoe - Rowing  
2010 - Olivia Kennedy - Soccer  
2011 - Lara Tamsett - Athletics  
2012 - Jessica Fox - Canoe  
2013 - Anneliese Rubie - Athletics & Hayley White - Swimming  
2014 - Hannah Buckling - Water Polo  
2015 - Michelle Jenneke - Athletics

## A New Chapter Written

### Congratulations to our SUSF 2016 Blue and Gold Inductees

Olympic gold medallist, Chloe Dalton, and international badminton competitor, Pit Seng Low, were named 2016 women's and men's Sydney University Blues of the Year at the annual awards dinner in the Great Hall, November 19, 2016.

Dalton was awarded the Alison Hattersley Trophy for Female Blue of the Year after winning a gold medal with the Australian team in Women's Rugby Sevens at the Rio de Janeiro Olympic Games.

A Bachelor of Applied Science student majoring in Physiotherapy, Dalton was once a budding basketball player for the Brydens Sydney Uni Flames before switching to Rugby Sevens with the Olympics in her sights.

Pit Seng Low, a Bachelor of Applied Science (Exercise/Sports Science) and a member of the Elite Athlete Program since 2013, also had a year to remember on the badminton court, culminating with selection in the Green and Gold team at the recent Australian University Games.

In the past 12 months Low won the men's doubles and was a quarter-finalist in the singles at the New Caledonia International tournament. Low also won the singles at the 2016 Australian Malaysian National Badminton Championships.

The Blues and Gold awardees were garbed by Mr Bruce Ross, President of Sydney University Sport, who was given the honour after announcing he was stepping down as President of Sydney University Sport after 26 years at the helm.

Mr Ross was elected as the 39th President of the Sydney University Sports Union and became its longest- serving president before becoming the first President of Sydney University Sport with the amalgamation of the Sports Union and the Women's Sports Union.

"The development of facilities and the introduction of first-class programs, coaches and scholarships that allow athletes to study and play had resulted in the University producing national sporting representatives at an unprecedented rate," Ross said.

"One of our great achievements has been the development of a study culture among the holders of our sporting scholarships. Their academic results are, on average, significantly better than those of the general student body here at Sydney. Considering the extraordinary time pressures imposed on serious athletes, this is a performance indicator in which we can take great pride in."

Blues may also be awarded for outstanding achievement within a particular sport and you will note that our ROAR 34 cover star, Nicola Barr, is included among the worthy recipients.

## 2016 Blues

- Tim Anderson - Canoe
- Robert Andrews - Ultimate Frisbee
- Nicola Barr - AFL
- Marcus Britt - Boat
- Evelyn Chronis - Soccer
- Chloe Dalton - Rugby
- Matthew Dowsett - Athletics
- Conor Patrick Foley - American Football
- Ben Hughes - Rugby
- Christian Kagiassis - Rugby
- Kristina Knezovic - Volleyball
- Alexander Ladomatos - Ultimate Frisbee
- Emma Lewis - Water Polo
- Pit Seng Low - Badminton
- Rohan O'Regan - Rugby
- Georgia Rankin - Canoe
- Courtney Shultz - Athletics
- Alex Silcock - Tennis
- Tavleen Singh - Athletics
- Kimberly Spragg - Ultimate Frisbee
- Tobias Wehr-Candler - Boat
- Clare Woods - Soccer

## Golds

- John Boulton - Boat
- Anthony Gray - Baseball
- Andrew Heil - Athletics
- John Kilford - Cricket
- Phil Logan - Cricket (2015)

## Amazing Family Accomplishment

### 4 Generations of Sydney Uni Blues

- Wilfred Hemingway - 1931 - Football Union
- John Dowsett - 1957 - Australian National Football
- Richard Dowsett - 1987 - Football Union
- Matthew Dowsett - 2016 - Athletics



# INTERFACULTY SPORT



**Sydney Uni**  
SPORT & FITNESS

## Open to everyone!

Participation is free and provides an opportunity for both students and staff to have fun and compete for their faculty in a social atmosphere!

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- Touch Football
- Cricket
- Swimming
- Tennis
- Futsal
- Ultimate Frisbee
- 3 KM Run



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SPORT & FITNESS

# LUNCHTIME SOCIAL SPORT

## Open to everyone!

Book before March 5 to take advantage of early bird discounts for all sports. Competitions commence March 20.

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- Ultimate frisbee
- Futsal
- Tennis
- Basketball
- Volleyball
- Touch Football
- Badminton
- Netball



REGISTER NOW  
[www.susf.com.au](http://www.susf.com.au)



CALL TO REGISTER  
1300 068 922



EARLYBIRD  
DISCOUNTS  
ON OFFER

# JOIN A CLUB

There are over 40 SUSF sporting clubs! They are open to everyone and cater for all levels.



## 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](http://www.suanfc.com) [afl@sport.usyd.edu.au](mailto:afl@sport.usyd.edu.au)
- (Women) [www.suwaflc.com](http://www.suwaflc.com) [suwaflc@sport.usyd.edu.au](mailto:suwaflc@sport.usyd.edu.au)



## AMERICAN FOOTBALL

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

### FOR MORE INFORMATION:

- [www.sydneyunigradiron.com](http://www.sydneyunigradiron.com)
- [americanfootball@sport.usyd.edu.au](mailto:americanfootball@sport.usyd.edu.au)



## ARCHERY

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

### FOR MORE INFORMATION:

- [www.suac.org.au](http://www.suac.org.au)
- [archery@sport.usyd.edu.au](mailto:archery@sport.usyd.edu.au)



## ATHLETICS

The Sydney University Athletics Club, established in 1878, is one of the oldest athletics clubs in the country. The club 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](http://www.suac.org)
- [www.facebook.com/SUACinfo](https://www.facebook.com/SUACinfo)
- [athletics@sport.usyd.edu.au](mailto: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](http://www.usydbadminton.com)
- [usydbc@hotmail.com](mailto:usydbc@hotmail.com)







## BASEBALL

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

FOR MORE INFORMATION:

[www.sydneyni.baseball.com.au](http://www.sydneyni.baseball.com.au) [baseball@sport.usyd.edu.au](mailto:baseball@sport.usyd.edu.au)



## BASKETBALL

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

FOR MORE INFORMATION:

[www.sydneyniflames.com.au](http://www.sydneyniflames.com.au) [basketball@sport.usyd.edu.au](mailto:basketball@sport.usyd.edu.au)



## ROWING

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

FOR MORE INFORMATION:

[www.subc.org.au](http://www.subc.org.au) [boat@sport.usyd.edu.au](mailto: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](http://www.subxc.com.au) [boxing@sport.usyd.edu.au](mailto:boxing@sport.usyd.edu.au)



## CANOE/KAYAK

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

FOR MORE INFORMATION:

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



## CRICKET

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

FOR MORE INFORMATION:

(Men) [www.sydneyniversitycricket.com.au](http://www.sydneyniversitycricket.com.au) [succ@sport.usyd.edu.au](mailto:succ@sport.usyd.edu.au)  
(Women) [www.uwcc.com.au](http://www.uwcc.com.au) [uwcc.secretary@gmail.com](mailto: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](http://www.sufc.org.au) [fencing@sport.usyd.edu.au](mailto:fencing@sport.usyd.edu.au)

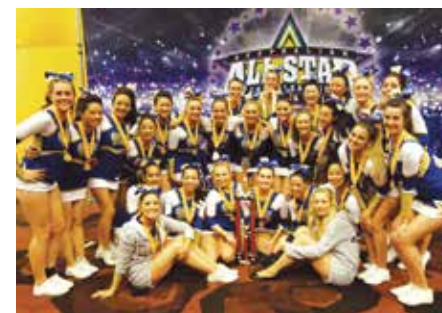


## GOLF

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](mailto: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](http://www.sugymcheer.org) [gymnastics@sport.usyd.edu.au](mailto:gymnastics@sport.usyd.edu.au) or [sydunicheer@gmail.com](mailto: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](mailto:handball@sport.usyd.edu.au)



## HOCKEY

The Sydney University Hockey Club is one of our largest clubs with numerous men's, women's and junior teams. The men's teams play in 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](http://www.suhc.asn.au) [hockey@sport.usyd.edu.au](mailto:hockey@sport.usyd.edu.au)



## JUDO

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

FOR MORE INFORMATION:

[www.sydnejudo.com](http://www.sydnejudo.com) [judo@sport.usyd.edu.au](mailto:judo@sport.usyd.edu.au)







## KEMPO KARATE

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

FOR MORE INFORMATION:

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



## KENDO

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

FOR MORE INFORMATION:

[www.usydkendo.com](http://www.usydkendo.com) [kendo@sport.usyd.edu.au](mailto: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](http://www.sunetball.com.au) [netball@sport.usyd.edu.au](mailto: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](http://www.surmc.org.au) [rockclimb@sport.usyd.edu.au](mailto:rockclimb@sport.usyd.edu.au)



## RUGBY LEAGUE

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

FOR MORE INFORMATION:

[ckintis@ro.com.au](mailto: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](http://www.sydneynirugby.com.au) (Men) [sufc@sport.usyd.edu.au](mailto:sufc@sport.usyd.edu.au)  
(Women) [www.sydneyniwomen.rugbynet.com.au](http://www.sydneyniwomen.rugbynet.com.au)  
(Women) [rugbywomen@sport.usyd.edu.au](mailto:rugbywomen@sport.usyd.edu.au)



## SAILING & BOARDSAILING

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

FOR MORE INFORMATION:

[www.usysailing.com](http://www.usysailing.com) [sailingboardsailing@sport.usyd.edu.au](mailto: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](http://www.susfc.org.au) [soccer@sport.usyd.edu.au](mailto:soccer@sport.usyd.edu.au)



## SOFTBALL

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

FOR MORE INFORMATION:

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



## SQUASH

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

FOR MORE INFORMATION:

[squash@sport.usyd.edu.au](mailto: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](http://www.sydneynisc.swimming.org.au) [suscsecretary@gmail.com](mailto: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](http://www.usydt.org) [tabletennis@sport.usyd.edu.au](mailto:tabletennis@sport.usyd.edu.au)







## TAEKWONDO

The Sydney Uni Taekwondo Club started in 2001 and provides people of all experience levels the opportunity to learn the Korean martial art and Olympic sport of Taekwondo. Classes teach kicking, sparring, self-defence and the core traditional aspects of Taekwondo such as spirit, focusing on improving an individual's health, and fitness while learning in a fun, safe and social environment.

FOR MORE INFORMATION:  
[taekwondo@sport.usyd.edu.au](mailto:taekwondo@sport.usyd.edu.au)



## TENNIS

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

FOR MORE INFORMATION:  
[tennis@sport.usyd.edu.au](mailto: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](http://www.sydney.touch.asn.au) [touch@sport.usyd.edu.au](mailto:touch@sport.usyd.edu.au)



## ULTIMATE FRISBEE

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

FOR MORE INFORMATION:  
[www.suufa.ufnsw.com.au](http://www.suufa.ufnsw.com.au) [ultimatefrisbee@sport.usyd.edu.au](mailto:ultimatefrisbee@sport.usyd.edu.au)  
[SUUFA](https://www.facebook.com/suufa)



## VELO (CYCLING)

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

FOR MORE INFORMATION:  
[www.suvelo.com.au](http://www.suvelo.com.au) [suvelo@sport.usyd.edu.au](mailto:suvelo@sport.usyd.edu.au)



## VOLLEYBALL

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

FOR MORE INFORMATION:  
[www.suvolleyball.com](http://www.suvolleyball.com) [volleyball@sport.usyd.edu.au](mailto: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](http://www.sulionswaterpolo.com) (Men) [waterpolomen@sport.usyd.edu.au](mailto:waterpolomen@sport.usyd.edu.au)  
(Women) [www.suwaterpolo.com.au](http://www.suwaterpolo.com.au) (Women) [waterpolowomen@sport.usyd.edu.au](mailto: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](http://www.usydwake.com) [usydwake@gmail.com](mailto: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](mailto:wrestling@sport.usyd.edu.au)



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# SUSF HEALTH & FITNESS FACILITIES



## TENNIS PROGRAM

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

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

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

### ENQUIRIES

 **CALL (02) 9351 4978**  **EMAIL [tenniscoaching@sport.usyd.edu.au](mailto:tenniscoaching@sport.usyd.edu.au)**



## SWIMMING PROGRAM

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

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

All lessons include a water safety component.

### ENQUIRIES

 **CALL (02) 9351 4978**  **EMAIL [swimschool@sport.usyd.edu.au](mailto:swimschool@sport.usyd.edu.au)**



## SPORTS & AQUATIC CENTRE

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

### SUSAC features:

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

### Opening Hours

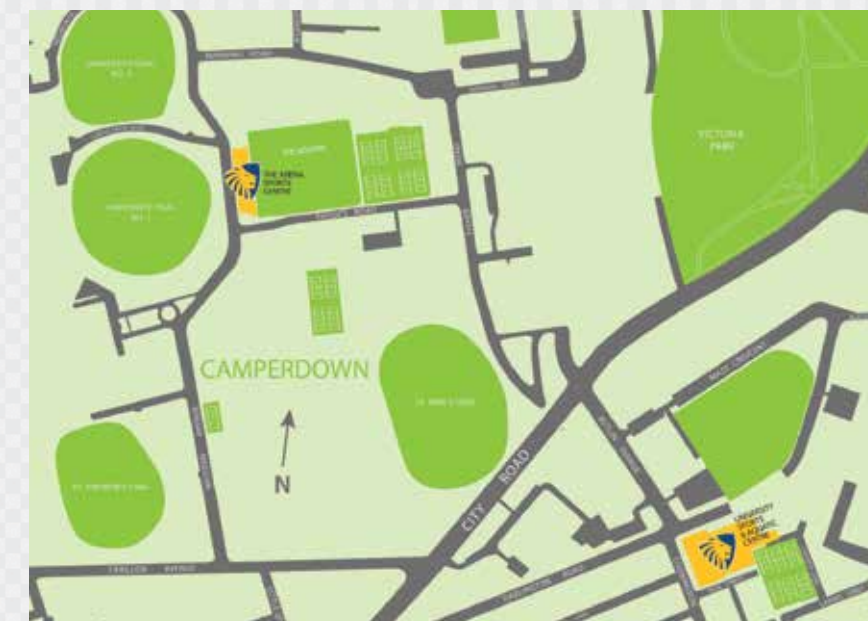
Monday - Friday: 5.30am - 10pm, Saturday: 6am - 8pm, Sunday: 6am - 10pm

### ENQUIRIES

 **CALL (02) 9351 4978**  **EMAIL [nmrc@sport.usyd.edu.au](mailto:nmrc@sport.usyd.edu.au)**

 **FAX 02 9351 4982**  **Cnr Codrington St & Darlington Ave**

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## ARENA SPORTS CENTRE

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### The Arena features:

- State-of-the-art cardio room
- Personal training
- Complimentary fitness programs
- 2 squash courts
- Extensive weights room
- Scientific health assessments
- Multi-purpose sports hall
- 3 badminton courts

### Opening Hours:

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

### ENQUIRIES

 **CALL (02) 9351 8111**  **EMAIL [arena@sport.usyd.edu.au](mailto:arena@sport.usyd.edu.au)**

 **FAX 02 9351 8105**  **Arena Sports Centre, Western Avenue**



## THE LEDGE CLIMBING CENTRE

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

### The Ledge features:

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

### Opening Hours

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

### ENQUIRIES

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



# HOME EVENTS CALENDAR

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

## FEBRUARY

DATE	TIME	SPORT	GAME	
28.02.17	From 4:25pm	RUGBY UNION	Sydney Uni vs Hindu Rugby Club	Sydney Uni Football Ground
25.02.17	7:00pm	BASKETBALL	Brydens Sydney Uni Flames v TBC	Brydens Stadium

## MARCH

02.03.17	7:15pm	WATER POLO	Sydney Uni Lions (Women) vs Cronulla Sharks	Peter Montgomery Pool
02.03.17	8:30pm	WATER POLO	Sydney Uni Lions (Men) vs Cronulla Sharks	Peter Montgomery Pool
04.03.17	10:30am	CRICKET	Sydney Uni vs Fairfield-Liverpool	No. 1 Oval
05.03.17	2:00pm	WATER POLO	Sydney Uni Lions vs UNSW Wests Killer Whales	Peter Montgomery Pool
05.03.17	3:15pm	WATER POLO	Sydney Uni Lions (Men) vs UNSW Wests Magpies	Peter Montgomery Pool
10.03.17	7:15pm	WATER POLO	Sydney Uni Lions (Women) vs Brisbane Barracudas	Peter Montgomery Pool
10.03.17	8:30pm	WATER POLO	Sydney Uni Lions (Men) vs Brisbane Barracudas	Peter Montgomery Pool
24.03.17	7:15pm	WATER POLO	Sydney Uni Lions (Women) vs KFC Queensland Breakers	Peter Montgomery Pool
24.03.17	8:30pm	WATER POLO	Sydney Uni Lions (Men) vs KFC Queensland Breakers	Peter Montgomery Pool
31.03.17	7:40pm	RUGBY UNION	Sydney Uni v Eastern Suburbs	Sydney Uni Football Ground

## APRIL

01.04.17	2:00pm	WATER POLO	Sydney Uni Lions (Women) vs Drummoyne Devils	Peter Montgomery Pool
01.04.17	3:15pm	WATER POLO	Sydney Uni Lions (Men) vs Drummoyne Devils	Peter Montgomery Pool
22.04.17	3:00pm	RUGBY UNION	Sydney Uni vs Northern Suburbs	Sydney Uni Football Ground
29.04.17	3:00pm	RUGBY UNION	Sydney Uni v Gordon	Sydney Uni Football Ground

## MAY

13.05.17	3:00pm	RUGBY UNION	Sydney Uni vs Warringah	Sydney Uni Football Ground
27.05.17	3:00pm	RUGBY UNION	Sydney Uni vs Southern Districts	Sydney Uni Football Ground

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