

# ROAR



**Sydney Uni**  
SPORT & FITNESS

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SUMMER  
2015

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JIN SU SUNG

**14/ Sydney Uni takes  
top honours**

2015 AUSTRALIAN  
UNIVERSITY GAMES

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# FROM THE EDITOR



It's fast approaching summer and although the University semester is winding down and exams are looming, it's an exciting time of year for sport!

Sydney Uni Sport & Fitness has seen a number of its clubs take the field or court once again as competition has commenced for basketball, cricket and many others. Our November issue of ROAR showcases some of these great teams and gives a preview of what fans should expect in the coming months on the back of terrific results in 2014/15.

In particular, Pat Emery shines the light on the Sydney University Cricket Club (SUCC) who are looking for redemption after being pipped at the post by Manly Warringah in the championship match last season. Despite the initial setback, the SUCC has done brilliantly in the last twelve months, receiving multiple accolades at the Sports Awards. Special

mention goes to Gary Whitaker who has done a fantastic job of strengthening the club. This was recognised in him receiving Premier Coach of the Year.

Our cover story sees Aaron Scott talk about Jin Su Jung's amazing breakthrough on the athletics scene, being selected in the Commonwealth Games team and competing in the 2015 World University Games, where he beat his personal best time. He will be working hard this summer as he strives to qualify for the 2016 Rio Olympics.

Not only have our athletes been preparing hard for their upcoming seasons, but our gym members have also been dedicated to getting fitter and shedding those extra kilos ahead of the warmer months. Don't panic if you haven't jumped on the bandwagon yet; there's still plenty of time to gain some extra body confidence before reuniting with the family for Christmas! If you're seeking inspiration, have a look at Suzy Burrell's piece on how to make friends with salad (page 8). She'll guide you through all the things you need to know to ensure your salad not only looks healthy, but is also kind on your waistline.

Our much loved Fitness Consultant, Lou Lou Stanley, also offers guidance on making strides toward your ultimate summer body with an all over work out sure to have your muscles aching. (page 32)

And if that wasn't enough, we'll even help you grasp a better understanding of how to mentally get the most out of your workouts with a fantastic piece by psychologist, Melissa Harries. (page 30)

As the year draws to a close we also look to highlight the tremendous achievements of some of our winter sporting teams. The Sydney University Football Club again claimed the Club Championship with four teams taking out the top title in their division.

In addition, our students represented SUSF brilliantly at the Australian University Games held on the Gold Coast in October. Returning with a total of fifteen pennants, Sydney University claimed the Overall Championship for the second year in a row. This is a fantastic effort given the level of competition across the 29 sports the University represented in 42 teams. Congratulations to all of our competing athletes and clubs!

If you're headed away for the holidays we hope you stay safe and enjoy your summer. We'll see you in 2016!

A handwritten signature in black ink, reading 'Kristen Barnes'.

**Kristen Barnes**  
Editor



# ROAR MAGAZINE

# 29 EDITIONS YOUNG





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# NEWSBITES



## UNDEFEATED RUN TO TITLE

Sydney University's First Grade Women's hockey side went through the season undefeated to claim the 2015 title in emphatic style. The Students won the premiership with a 3-1 result over Briars in the grand final on the Olympic Pitch at Homebush. Sydney University scored from a short corner in the first three minutes, and always looked the better team. Briars evened the scores at 1-1 just before half time, but Sydney Uni scored from a short corner in the first minutes of the second half and sealed the result with another goal 10 minutes later. The win provided a happy send-off to three long-serving members. Coach Ben Chiarella, who has taken the club to three SWHL titles in four years, and players Kate Johnston and Emma Scriven, who also played together in the club's 2001 Under 11 team, will not be on campus next year. Ben will be living and working in Orange, Kate is off to Western Australia and Emma will potentially be playing hockey in Europe. Thanks for the memories.

## SASHA ON SONG

Sydney University sailor Sasha Ryan recently returned from Europe ranked 15th in the world after competing in two events in the International Women's 470 Class. As part of the Amelia Catt crew from Tasmania, Ryan first took on the ISAF Sailing World Cup held in Portland, UK, where they finished 13th. Ryan then travelled to Aarhus, Denmark, for the 470 European Championships where they finished in 20th place. Closer to home, Ryan showed her versatility as skipper of a Melges 24 at the RPAYC Midwinter One Design Regatta where the team came away with a win. Ryan said she enjoyed the opportunity to experiment with a different vessel. "This boat is pretty different to the 470 so it was a lot of fun to sail," she said. Continuing her international campaign, Ryan is now preparing for the 470 World Championships to be held in Haifa, Israel. This regatta will be her next chance to qualify with Australia to compete in the Women's 470 Class at the 2016 Olympic Games in Rio de Janeiro.

## FIRETAILS SELECTION FOR SPRAGG

Sydney University Ultimate Frisbee Club member Kim Spragg has been selected in the Australian women's team to contest the 2016 World Ultimate Championships to be held in London. Spragg, 21, an Elite Athlete Program Scholar, was named in the Australian Firetails team after a series of training camps over the past four months. The Bachelor of Arts student has previously represented Australia at Under 23 level. The World Flying Disc Federation announced earlier this year that London had been selected as the host city for the 2016 World Ultimate and Guts Championships from the 18th -25th of June at University College London Sportsground in St. Albans. Meanwhile, SUUFA recently celebrated its 20th anniversary with a showcase game between alumni and current students, with the alumni team winning 17-16. Since 1995 SUUFA has had over 700 members, winning gold medals at the Australian University Games and in leagues and tournaments.

## FITZGERALD MOVES MOUNTAINS

Sydney Uni Velo Racing's Lauren Fitzgerald claimed her maiden Subaru National Road Series stage win in stage two of the recent National Capital Tour. In just her second event, Fitzgerald turned in a stunning ride to beat Lucy Bechtel (Bicycle Superstore) and Justine Barrow (Building Champions Squad) in a sprint finish. A former basketball and triathlete, Fitzgerald vindicated her decision to take up cycling. She stayed with a large break before powering to the finish at Corin Forest to win the stage. "My background is basketball, and then I switched to triathlon about 10 years ago," she said. "The bike was always my strongest leg. I did some climbing while on holidays in Europe earlier this year and just decided that I would turn my attention to racing." It was a good decision.



# TYING IT TOGETHER



## SUSF ELITE ATHLETE PROGRAM (EAP) SCHOLARSHIP HOLDER, JASMINE RAFIQ, CHATS WITH LAURA HANLON ABOUT WHAT'S UNDER HER BELT AS SHE TIES TOGETHER STUDYING AND SPORT.

**LH: Talk us through how it felt to win the Australian Under 21 Female Kata Individual title at the National Karate Championships?**

JR: Quite nerve-racking actually! I was at the final qualification stage to be selected into the WKF team going to Jakarta, so I had to win. I was a lot more relieved once I got into the final though as I realised I'd done the hard work to get this far. I was super happy (as one should be) when the flags went up in the final and I realised I had won.

**LH: Take us back to where it began. A lot of people might sample a karate class but not continue on with it. What spurred you to stick it out and achieve so much?**

JR: If you asked me five years ago whether I would be this involved in karate I probably would have said no. It was my sister and brother who joined first. I didn't want to do karate initially, but after some persuasion from my mum I decided to give it a go. To be completely honest with you, I didn't actually enjoy it at first. I was a lot older than the other kids, but eventually it grew on me. I think it was my first competition- a small club tournament that really got me into karate.

**LH: How has the SUSF Elite Athlete Program aided your development as a sportsperson?**

JR: SUSF has been so helpful to me throughout my university degree. Shout out to Anika (Lalic) for always staying on track with everything and being a very supportive liaison officer. Having the access to the gym facilities, strength and conditioning coaches, dietitians and tutors has really elevated my performance both academically and in my sporting career.

**LH: What do you enjoy for relaxation in between training and studying?**

JR: Binge watching terrible reality TV! I'm also quite artsy so often I'll be in my room working on a new DIY project or reading a good book. Usually the time

I do have outside of study and training I like to spend catching up with friends and family.

**LH: I've noticed with karate and other martial arts that the better students and exponents seem to find time to help coach and mentor younger students. Do you think this is true and do you have a message for any up-and-coming karate kids?**

JR: I find that with karate, especially in my club, our competition training classes have kids aged six to 20 years old, so there is a responsibility for the older kids to be good role models. It's also a great opportunity for younger kids to learn directly from their older peers. My message would be to keep on trying regardless of your performance. If you put in the effort, you'll be rewarded accordingly.

**LH: I've heard you are passionate about your Fijian heritage and helping karate in Fiji to grow. Can you please share with us the importance of this to you?**

JR: Coming from Fiji, I have realised how much hard work and effort the team would have to put in to compensate for the lack of technical assistance and resources that are ever abundant in Australia. It is a very small team and we are all very close with each other. I started participating in karate when I lived in Fiji. This is where I initially developed the skills to prepare me for competition and without this grounding I wouldn't be competing here in Australia today. I am very thankful for and proud of the team back home.

**LH: What's next and how are you preparing for upcoming competitions?**

JR: After the German Open, I have the World Karate Championships in Jakarta in November. I've increased my training hours since nationals and preparation is going well. I'm looking to qualify for the World Uni Championships in Portugal next year. I think I'm coping with the increased workload!

**LH: Who inspires you?**

JR: Current European champion, Sandra Sanchez is an absolute beast. I'm honoured to have competed in the same event as her in Germany. My coach Ricky Rigor also pushes me. He's looked after me and has trained me well since I moved to Australia. Although he's super tough, I know he means well and wants me to perform to the best of my ability.

**LH: Where do you see yourself, say 10 years from now?**

JR: I hope to still be competing but would also like to play a larger role in coaching and teaching karate. I'm also very interested in industrial pharmacy and am thinking about a postgraduate degree, although, as of yet I am unsure precisely what it is I want to do career wise.

**LH: You reside at Women's College. What has it been like to live on campus and do you have a favourite dining hall meal?**

JR: Living on campus has been great. I'm glad I'm at Women's College as it has enabled a smoother transition into uni life. It also comes in handy being able to wake up 15 minutes before a class and make it just in time. I don't have a favourite d-hall meal but their nachos and spaghetti bolognese (comfort food) are at the top of the list.

**LH: Do you have guilty pleasures?**

I love ice cream, and Nutella straight from the tub. The Bachelor is actually one of my favourite ways to unwind and relax with friends at college. Every Wednesday and Thursday night we gather in the common room for some Bachie and banter.

**LH: What's on your bucket list?**

JR: I'd love to medal at a Premier League tournament, represent Australia at the Senior World Championships, and travel to Amsterdam and South America.

# MAKING FRIENDS WITH SALAD

YOU CAN'T GO WRONG WITH A SALAD RIGHT? AS THE WEATHER WARMS UP FRESH SALADS ARE MAKING THEIR MARK ON THE MENU. HOWEVER, IN MORE CASES THAN NOT, OUR FAVOURITE COMBINATIONS TEND TO BE A LITTLE OFF BALANCE WHEN IT COMES TO GETTING THE RIGHT MIX OF CARBS, PROTEINS, VEGETABLES AND GOOD FATS. A NUMBER OF OUR FAVOURITE SALADS INCLUDE NUMEROUS HIGH FAT INGREDIENTS, CREAMY SAUCES AND LARGE SERVES OF RICE, PASTA AND NOODLES (WHICH MAY TOTAL UP TO 50G OF FAT IN A SINGLE SERVE). WHAT MAY APPEAR TO BE A GOOD CHOICE MAY NOT BE SUCH A HEALTHY OPTION AFTER ALL. SO, IF YOU REALLY WANT A HEALTHY SALAD THAT SUPPORTS WEIGHT CONTROL, HERE ARE SOME HEALTHY STEPS.

## STEP 1 – SALAD GREENS

Whether you choose cos lettuce, rocket, English spinach or a hearty serve of mixed leaves, follow the mantra, "the darker the leaves, the better they will be for you." This will ensure that you are on the right track with your base. Salad leaves are a rich sources of fibre, vitamins C and K, and generally form the base of a salad that will help to keep you full for a number of hours.

## STEP 2 – PLENTY OF BRIGHTLY COLOURED VEGETABLES

The greater the variety and the more colours, the better – carrots, cucumber, celery, tomatoes, roasted beetroot, pumpkin and capsicum are just some of the large range of vegetables you can add to your salad. If you find yourself

throwing out too much fresh produce at the end of each week, try making one large salad and add the moisture rich items such as tomatoes later. This way you always have some salad ready to go and can even add it to sandwiches, wraps and crackers as extra fillers throughout the day.

## STEP 3 – SOME CARBOHYDRATES FOR ENERGY

A salad without carbohydrates may appear to be the most calorie controlled option but remember that not eating adequate carbohydrates throughout the day can leave you feeling unsatisfied and more likely to binge later in the afternoon. Add a small amount (between  $\frac{1}{2}$  –  $\frac{3}{4}$  of a cup of low GI) carbohydrate to your salad in the form of sweet potato, corn, bean mix or a slice of wholegrain bread or a few quinoa or corn crackers. This will create a good balance of carbs and proteins.

## STEP 4 – LEAN PROTEINS FOR NUTRITION

Adding a serve of lean protein such as tuna, salmon, egg, chicken breast or a small serve of lean meat not only provides filling bulk for your salad but also has much to offer nutritionally. Protein offers a rich source of iron, zinc, vitamin B12 and omega 3 fats. Remember, the less processed the better, and if you choose tuna in olive oil, make sure that you drain off the extra oil to avoid a fat overload in your salad.

## STEP 5 – ADDED FATS

Salad dressings, nuts, seeds and cheese may all be tasty additions to any salad but they are all high fat choices and can quickly turn your healthy salad into a calorie overload if you are not careful. Aim for just 1-2 of these additions to your salad, such as an olive oil dressing and avocado or nuts or feta – not all three! Adding some healthy fat to your salad has been shown to help regulate appetite for the remainder of the day so it is worth adding some.

## Cajun Lamb with Four Bean Salad



Serves 4

Per serve:

- 380 cals
- 18g fat
- 36g protein
- 16g carbs
- 8g fibre

### Ingredients

2 tsp. cajun seasoning  
400g lamb backstrap  
1/2 red onion, finely chopped  
Punnet of cherry tomatoes, halved  
3 cups baby spinach leaves  
2 x cans 4 bean mix, rinsed and drained  
Sprinkle of coriander and parsley  
1 tbsp. olive oil  
1 tbsp. red wine vinegar

### Method

Rub the seasoning onto the lamb and cook on a heated pan until browned, slice thickly.

Place remaining ingredients into a bowl, tossing gently to combine. Serve salad topped with lamb.









# THE DEVIL'S IN THE DETAIL





**THE 100-METRE SPRINT IS ONE OF THE MOST CURIOUS PURSUITS IN THE SPORTING UNIVERSE. IN THEORY, IT'S SIMPLE: EIGHT RUNNERS, EIGHT LANES, A STRAIGHT PASSAGE TO THE FINISH LINE. BUT IN PRACTICE, THE ACTION IS SO CONDENSED – 10 SECONDS OR LESS FOR THE ELITE – EVERY STRIDE, EVERY ARM SWING, EVERY FOOT STRIKE IS LABOURED OVER AND POLISHED TO PERFECTION.**

For this reason, 100m sprinters are not only regarded as some of the highest-performing athletes of the sporting sphere – they're also regarded as some of the most highly strung, obsessing over the smallest details of their performance. Jin-Su Jung, however, is the happy exception to this rule. Likable and laidback he's the antithesis of the taut, edgy sprinter of lore.

So what does he love about his sport? Jung pushes a deep breath out and

looks at the ceiling: "That's a very good question! As a kid I always loved the team environment of rugby and soccer and cricket; I loved how there were so many different routes the game could take. Whereas in sprinting everything is planned out, everything has to be nailed to perfection in order for you to execute your best race." He pauses: "I guess what I love most about sprinting is that you can't lie on the track. You're in your own lane, you're running your own race, everybody's operating in the same conditions and whoever gets to the end quickest, wins."

"But the race isn't won on the day – the race is won six months back. It's a sport where your body has to keep getting better. Last time you ran, you might've clocked a PB – that's the fastest your body's ever moved. But to get faster, you have to keep pushing your body further. You have to get stronger, more agile, more flexible. And I love that aspect of it."

Little wonder this ethos of continual improvement appeals to Jung because, for much of his life, he never showed the makings of a crack sprinter. Instead,

his path to the top has been slow and circuitous; a gradual accretion of tiny improvements that have finally added up to elite performance.

Born in Seoul, Korea, Jung moved to Sydney in 2004 after his parents fell in love with the city on a holiday two years earlier. The 10-year-old couldn't speak a word of English – couldn't even read the alphabet. Desperate to immerse himself in his new home, he decided to take up pursuits that allowed him to communicate physically, rather than verbally. "So I picked up every sport that I could," he says. "I played tennis, soccer, rugby, cricket, athletics. It was a nice little way to make friends using sport."

Throughout his school years, sprinting remained a tributary in this year-round torrent of sport. "I was always on the speedy side of things," he says, "but I was never the quickest guy; I never won the school carnival 100m [an aside: he did have the 100m national champion in his age group at school]. Athletics was just a tiny part of all the sport I was playing at school."



It was only when he joined the Sydney University Athletics Club after arriving at university to study Commerce/Law that he began to truly pour his energy into sprinting. "I saw guys like Lachlan Renshaw and Justin Merlino competing for Australia and winning national titles – it was an incredible environment. Looking at those guys I thought, it would be nice to be better. That's when I really started training properly."

**I CAME INTO THE  
GAMES RANKED  
18TH, SO TO FINISH  
SEVENTH WAS  
UNBELIEVABLE.**

Nice to be better, indeed. In 2012, he met his coach, former Sydney Uni sprinter Henry Mitchell, and the two began to delve into the nuts and bolts of Jung's sprinting talent – a talent, it turned out, he possessed in abundance. From 2012 to 2014, he carved almost half a second from his 100m PB, dropping the mark from a respectable 10.85 to a seriously quick 10.47. "And that's when I really started taking off," he says. "That year I made my first national team, going to the Bahamas for the World Relay Championships.

Then, of course, there was the Commonwealth Games..." He smiles ruefully – that 2014 Commonwealth Games campaign would prove a disaster for Jung.

He arrived in the UK in sparkling shape and ran a cracker time at a warm-up meet in Loughborough. As he crossed the line, however, he felt an ominous bite in his hamstring. He shakes his head at the memory: "At the time it felt like the end of the world. I still remember the moment. I'd won my race, I'd been the fastest Australian on the day, and over the line I tore my hamstring.





I fell to the ground immediately and I just didn't want to get back up. I felt the pinch and I knew it was gone; I knew the Games were way too close for me to get into rehab; I knew I couldn't run. So, yeah, I just didn't want to get back up."

Barred from the Glasgow Games Village and low on coin, he ended up spending the fortnight on a friend's spare bed in Edinburgh, grimacing as the Australians were disqualified in the heats after botching a pair of baton changes. It was, all in all, a dispiriting experience: "Even in Edinburgh I couldn't get away from the Games, it was always on TV, there were banners everywhere."

The searing disappointment of missing the Commonwealth Games, however, galvanised him for a breakthrough performance at the 2015 World

University Games in Gwangju, Korea. As the only Australian athlete to enjoy a local cheer squad in the stands, Jung ran a blistering 10.27 in the heats, slicing .07secs off his previous PB. He celebrated in local fashion by bowing demurely to the crowd. Although he couldn't quite replicate that speed in the final, running 10.33 to finish seventh, the Games were an unqualified success. "I was expecting to do well," he says. "I knew I was in good, PB-shape going into the tournament, but it's always different on the day – how you handle the pressure, how you execute your skills, how you cope with the other athletes around you. On that day I managed to get my job done. I came into the Games ranked 18th, so to finish seventh was unbelievable."

More importantly, that new PB of 10.27 is a crucial stepping stone towards the ultimate mark of 10.16 – the time Jung needs to clock to qualify for next year's Olympic Games in Rio de Janeiro. Dropping .11secs in the course of a year will be a difficult task, demanding complete commitment to physical, technical and mental improvement. It's a job, in short, that will speak directly to what Jung loves most about running the 100.

In the meantime, he has that time – 10.16 – printed out on a sheet of paper and pinned to his bedroom wall. Above it, the Olympic rings. He smiles shyly at this small insight into his determination. "Every time I wake up, I look at that time and think: this will happen."



# SYDNEY UNIVERSITY TAKES TOP HONOURS

**Athletes from Sydney University won a massive 15 national championship pennants at the 2015 Australian University Games on the Gold Coast to claim back-to-back titles.**

Sydney University blew the field away, leaving Griffith University (seven pennants), Monash University (five pennants), UTS (five pennants), UWA (four pennants), RMIT (three pennants) and Melbourne University (two pennants) in their wake.

The Overall Australian University Champion title is tallied by counting the number of divisions and pennants won at the Australian University Games, in conjunction with other national championships including snow sports, orienteering, distance running and triathlon.

Sydney University's 520-strong squad competed across 42 teams and 29 sports. The best way to appreciate their success is by looking at highlights from some individual sports:





## BASKETBALL

Sydney Uni's women's side had an extremely impressive tournament, dominating the competition. After being mostly unchallenged in their pool games, the girls came up against old foes Monash University in the quarter-final. They took out Monash 24-19, with Kate Hewett leading the scoring and Kate Cranney dominating the game defensively with her rebounding and shot blocking. After having lost the gold medal match to Monash for the previous two years, this was a fantastic effort. The women then thumped Macquarie Uni by 50 in their semi-final and went on to win their gold medal match in style, 63-35, against Melbourne University. The final started off slowly but once the USYD girls got going, there was no looking back. Eleni Valos was particularly strong in the final, putting in a great shooting display.

## CRICKET TWENTY20

There was a considerable incentive to win the Uni Games men's Twenty20 cricket competition this year, with the winning team scoring themselves a spot in the 2016 Red Bull Campus Cricket World Final in Sri Lanka next October. On the back of an impressive undefeated week, USYD came up against UNSW in the gold medal play-off. After quality bowling and some dubious shot selection, USYD were in trouble until Hayden Kerr came to the crease. Brimming with energy, Hayden mixed power with finesse to get the boys to a respectable 117 after 20 overs. The strength of Sydney Uni's bowling was seen with the likes of Joe Kershaw and Dugald Holloway in the attack. They bowled the final four overs with UNSW needing 26 to win. Both bowled with express pace and accuracy to limit scoring options. Despite the last ball being hit for six, USYD secured the win by five runs.

## GOLF

The men finished the week with a combined total score of 298 to win the gold. They closed the Games with a comprehensive 16-shot victory over runner up RMIT. Final rounds of one over

73 for Ben Murray and Kristian Hooker, a two over from Hunter Hordern, and a 78 from Tim Phelan rounded out the best four scores for the final. The girls had a runner-up finish to UQ, with Rebecca Matthews finishing in 5th. They improved significantly from their first day scores climbing up the leader board after each round in a commendable fight back.

## HOCKEY

The women's hockey team again had a strong AUG, successfully defending their gold medal performance from 2014. They were favourites coming in and did not disappoint, beating QUT in the final (2-1). Their defence was the highlight of the week, never conceding more than one goal in all of their matches.

## ROWING

Sydney University's men's and women's rowers headed off to Adelaide for their Australian University Championships where they were defending 2014 AUG crowns. This year the University championships had some of the country's best rowers participating, especially on the women's side. This provided plenty of strong competition for our developing Sydney Uni rowers, nevertheless taking podium places in 11 out of 14 events, including gold in three events (Mix 4+, Mix 8+ and Men's 8+). Highlights were a bronze in the men's double for David Bartholot and Alexander Purnell, with David having only been rowing since March this year. And the men's eight won with a crew consisting mostly of development squad rowers. USYD women also turned in some excellent performances in the coxed four (silver) and the woman's eight (bronze). The fight for the overall championship point scores was a tight one this year. The top three places were contested between Sydney Uni, Melbourne Uni and the University of Adelaide. Despite Sydney Uni winning the overall men's pointscore, and achieving a solid second place in the women's overall score, in the end Melbourne Uni won the overall championship by 12 points, thanks to their very strong women's team winning four gold medals.

## RUGBY SEVENS

USYD's rugby 7s team started the final day off in fairytale fashion; with a determined semi-final win over rivals UTS. Their 24-10 win set up a grand-final against hosts Griffith University. The gold medal match was a fantastic game, with both teams playing extremely hard and physical. Unfortunately, the boys lost in the dying minutes and had to settle for silver.

## SOCCER

Sydney University men won gold after defeating arch rivals Melbourne Uni 1-0 in a closely fought final. It has been a phenomenal turnaround from the boys, who were relegated to Division 2 in 2013. They dominated the tournament and did not concede a goal all week. Our women's team had another sensational week at the AUGs, winning their 5th straight gold medal. Coming up against La Trobe Uni in the final, they were tested in a closely fought encounter, but came out 1-nil victors. A special mention must go to Director of Football John Curran who managed to run between fields to coach both teams at the same time. An astounding 12 USYD players received Green and Gold honours in the women's team.

## SOFTBALL

Sydney University's softballers entered the gold medal match, having been undefeated all week. Their winning streak continued as they came away victorious 6-4 over Macquarie University. The softball team completely dominated all week, tallying 78 runs to 11 throughout all of their matches.

## SQUASH

Sydney University's women's team had a dream finish to their tournament, starting the final day with a 28-0 semi-final win over Melbourne to set up a gold medal encounter against Monash. Our women finished victorious (16-12), in a back and forth battle. Our men's squash team had mixed results, finishing in 7th place.

## TABLE TENNIS

Kane Townsend ended a brilliant week winning gold in the men's singles and Angela Feng managed to snag a bronze in women's singles. Kane Townsend and Gavin Lee won silver in the men's doubles with the women just as successful having Angela Feng and Jingyu Zhang also taking silver.

## TOUCH

The women's touch team had a fairytale finish to their competition. They met Griffith in the gold medal game. They pulled away early and never looked back, winning the final 5-3 and finishing the week with an undefeated record. Sydney Uni men's team finished the week in 6th place, while the mixed team finished 8th.

## ULTIMATE FRISBEE

The ultimate frisbee men outclassed their UNSW opponents, taking the gold in spectacular fashion 15-9, and finishing the week undefeated and largely unchallenged. It was a close encounter in the women's gold medal match, with the USYD ladies taking home silver after being pipped at the post by Melbourne University in a stunning 12-10 defeat.







# GREEN & GOLD RECIPIENTS

**AFL** | Lee Riordan

**Athletics** | Nicholas Van Gelda

**Badminton** | Brendan Tieu

**Badminton** | Sirina Fan

**Baseball** | Alex Cobb

**Basketball** | Robert Dewer

**Basketball** | Eleni Valos

**Basketball** | Kate Cranney

**Fencing** | Katherine Kwa

**Football** | Simon Leech

**Football** | David Maiolo

**Football** | Christopher Vlismas

**Football** | Georgia Keen

**Football** | Elizabeth Grey

**Football** | Clare Woods

**Football** | Dominique Carrothers

**Football** | Natalie Ambrose

**Football** | Jennifer Bennett

**Football** | Peta Zoe Banbas

**Football** | Anya Cherry

**Football** | Grace Henry

**Football** | Evelyn Chronis

**Football** | Ariane Demetriou

**Football** | Liana Danaskas

**Handball** | Renata Pizzi Veloso

**Hockey** | Cameron Rowland

**Hockey** | Nina Khoury

**Hockey** | Maddy Rosser

**Hockey** | Alex Morrison

**Rugby Union 7's** | Matthew Narracott

**Rugby Union 7's** | Dylan Oldfield

**Rugby Union 7's** | Dylan Vieira

**Softball** | Nicola Maitland

**Softball** | Emma Cleary

**Softball** | Lauren Tapp

**Squash** | Robert Palmer

**Squash** | Laura McCredie

**Squash** | Anna Kimberley

**Sailing** | Scott Sydney

**Table Tennis** | Kane Townsend

**Table Tennis** | Angela Feng

**Table Tennis** | Jingyu Zhang

**Touch** | Patrick Coelho

**Touch** | Gabi Chui

**Touch** | Teigan Miller

**Touch** | William Thorpe

**T20 Cricket** | Jack Holloway

**T20 Cricket** | Ben Trever-Jones

**T20 Cricket** | Joseph Kershaw

**T20 Cricket** | Dugald Holloway

**T20 Cricket** | Brodie Frost

**T20 Cricket** | Jim Ryan

**Ultimate** | Rob Andrews

**Ultimate** | Alex Ladomatos

**Ultimate** | Phil White

**Ultimate** | Kimberley Spragg

**Volleyball** | Sharmaine Fernando

**Volleyball** | Dustin Lam

**Volleyball** | Liam Elkington

**Water Polo** | Andrew Cameron

**Water Polo** | Mike Rosenthal

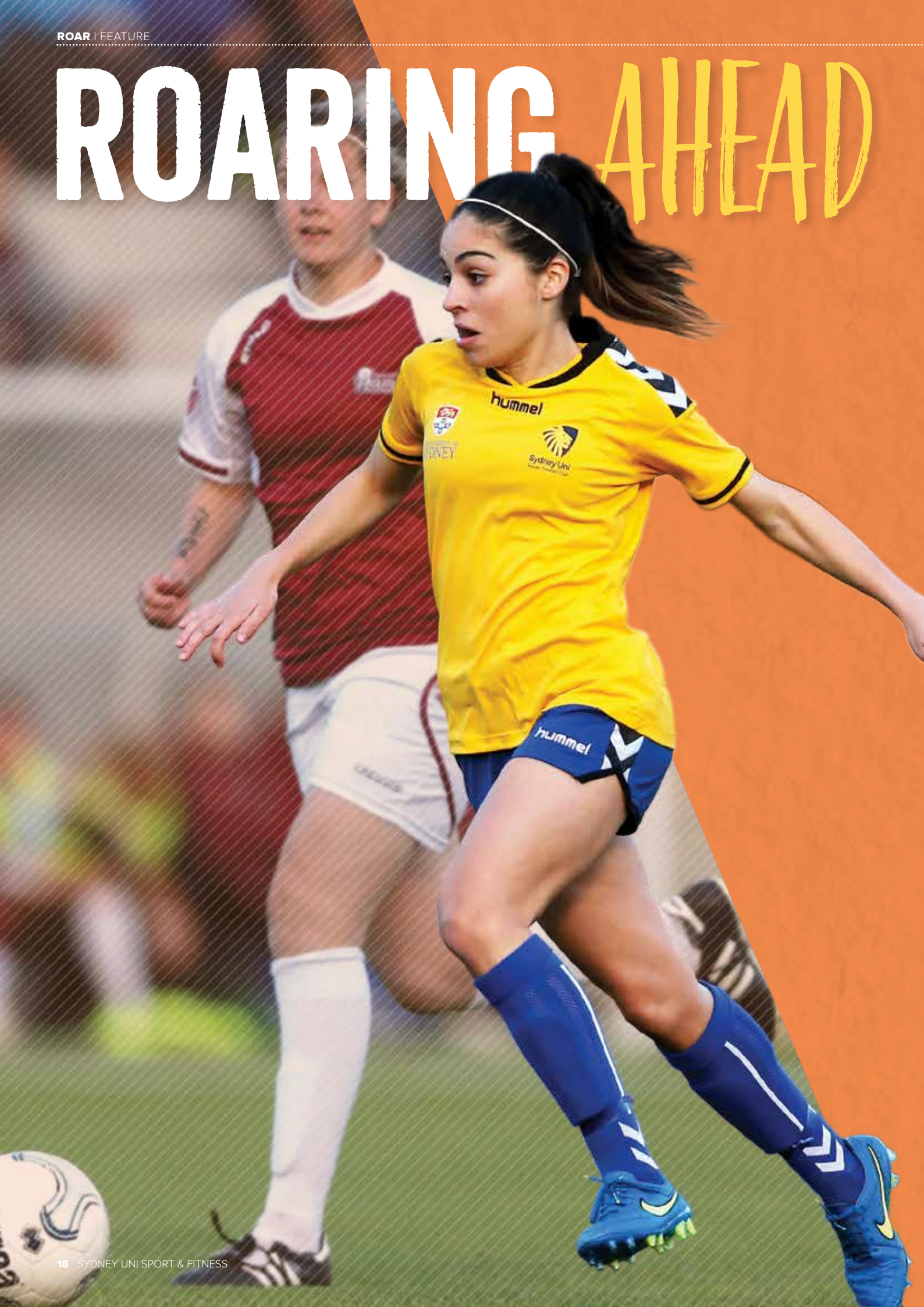
**Water Polo** | Lewis Taie

**Water Polo** | Ashley Colaco

**Water Polo** | Elise Gaskell



# ROARING AHEAD





## SYDNEY UNIVERSITY SOCCER FOOTBALL CLUB'S WOMEN'S NATIONAL PREMIER LEAGUE 1 TEAM, THE LIONESSES, MADE HISTORY THIS YEAR AS THE CLUB'S FIRST TEAM TO BE CROWNED CHAMPIONS AT THE NPL 1 LEVEL, THE TOP TIER OF SOCCER IN NSW.

In a drama-charged grand final at Valentine Sports Centre, Macarthur Rams central defender Hayley Crawford suffered a serious leg injury in the opening minutes. Play was halted for an hour so medical attention could be rendered to the Australian representative, with an ambulance taking Crawford to hospital.

The lengthy delay posed an extra hurdle for both teams. While Sydney Uni captain Liz Grey wished Crawford a full and speedy recovery, the disruption had been mentally challenging. "The Rams were now playing for their injured teammate and were first to score," Grey said.

But what followed was one of the most thrilling grand finals in the history of women's football in NSW as Sydney Uni clawed their way back to prevail 5-4 over the defending premiers, a similar scoreline to the Lionesses' semi-final win over Manly United two weeks prior.

One of the grand final highlights came in the 19th minute when the sea of blue and gold Uni supporters rose to salute Stephanie Ambrose when she curled her 20m free-kick around the defensive wall and into the bottom corner of the net.

"Early in the second half we thought we had the grand final won being 4-2 up but the Rams fought back," Grey said. "We dug deep to win. The team felt a massive surge of energy and a feeling of honour coming out on top."

In an eventful final series for the WNPL 1, the semi-final between the top two teams of the regular season, Macarthur Rams and the Blacktown Spartans, was abandoned by officials due to a wild on-field melee between the players, which started over a challenge on the ball. In the replay, held a week later, the Rams overcame the Spartans to make the grand final.

Sydney Uni, who had finished third on

the ladder after the regular season, then defeated Blacktown 3-0 to seal the other grand final berth and their date with destiny, just four days later.

From humble beginnings when SUSFC was founded in 1946, the WNPL 1 triumph has evoked memories of 2003 when SUSFC's women's team captured their first NSW State League championship.

Grey, the 2015 captain, proved a revelation in embracing her new leadership responsibilities.

"Amy Sarandopoulos was our captain last year and I really looked up to her as a role model," Grey said. "She was committed and dedicated to training and was always looking to support her team-mates no matter how things were going. I try to be like that as captain. I believe that positivity and encouragement are the most effective ways to get the best out of your team."

Invited to join the team in 2014 by SUSFC Director of Football, John Curran, Grey said she initially struggled with fitness last year coming back to football after a few years away.

"It took me a while to get back into the flow of playing representative football again," she said. "I have played soccer most of my life but decided to stop during my senior years of high school. Looking back now it is one of my biggest regrets. At the time I didn't realise how important soccer is to who I am until I stopped playing and found that it left a massive gap in my life."

"I wouldn't have got to where I am now without the support and guidance of some of my team-mates, coaches and staff, both last year and this year."

On the Matilda's current strained negotiations with Football Federation Australia over a new collective bargaining agreement, Grey voiced

strong support for the Matilda's.

"Female players have equal commitment but they are not rewarded like men," she said. "The Matilda's play for the privilege and love of their sport but you need more than that to dedicate your time the way professional players do - they should receive proper financial reward."

With excellent progress being made on the development of University No.2 Oval, Grey expects 2016 will shape up to be another exciting year for SUSFC and its supporters.

"I am looking forward to the development of the Grandstand. I think it will unite the club and garner more attention from sponsors and general spectators," she said.

Following such a stellar year, there is always the possibility that the drive that propelled the team to the 2015 Championship may dim slightly the following season, but Grey is quashing any such thinking.

"While I am now focussing on the upcoming W-League season, where I'll be playing for the Western Sydney Wanderers, once that is over I'm very much looking forward to coming back to Sydney Uni," she said. "Next year I aim to be even stronger and better than this season to dominate with my team once again."

In a landmark season, Sydney Uni Sport & Fitness congratulates the Lionesses and their senior Head Coach, Matilda's great Heather Garriock, who worked tirelessly to give direction and confidence to a relatively young playing group. Congratulations also go to Director of Football John Curran, Women's Convenor Karen Ambrose, assistant coaches and all the dedicated, hard-working club staff and volunteers. Your collective efforts have provided us with a year to savour and, yes, a wonderful piece of silverware to cherish!

# CHANGING OF THE GUARD

ANOTHER SHUTE SHIELD MIGHT HAVE ELUDED SYDNEY  
UNIVERSITY FOOTBALL CLUB IN 2015, BUT THEY STILL MADE  
THEIR PRESENCE FELT, **WRITES GRAHAM CROKER**





## While Sydney University Football Club's First XV dipped out of the 2015 Shute Shield race at the semi-final stage, assistant coach Tim Davidson said the club still had a fantastic season overall.

"We also won a 12th consecutive Club Championship and an 11th Colts Club Championship," Davidson said. "The Club Championship came down to the last round, with other clubs and grades competing across the board. It's fantastic for the game.

"Winning the Club Championship is as important as winning First Grade. A First Grade title is the icing on the cake for a club. Looking at the bigger picture, winning four titles is outstanding. I think it's been an exceptional year. We should be proud and happy."

Davidson, who retired at the end of the 2013 season with 161 First Grade games under his belt, joined the coaching ranks this year with former team-mate Peter Playford, as assistants to head coach Chris Malone.

"It was an interesting season in First Grade as they struggled with consistency of performance," he said. "We were guilty of not repeating the effort week-to-week, but that comes with a changing of the guard.

"We used 45 or 46 players during the season and didn't get the run of the mill turn-out of team consistency.

"But they're not excuses. That's the way the game of rugby goes. It throws up challenges and it is how we try to mitigate them that matters. The teams that deserved to be in the grand final made it through.

"Those teams now have the experience and depth that we have had for the past 10 years. Eastwood, Manly and Souths are on the rise. Other teams have challenged the standards we set."

Davidson said the retention of players for a number of years helps to build consistency of performance and knowing how to win. "Eastwood's Hugh

Perrett has 200 First Grade games under his belt," he said. "There's no one like him in the competition. And Ed Gower at Manly; he's another experienced forward who has been around a long time and knows how to win. Having that experience irons out the consistency issues. It is crucial. We would have liked to go further but it wasn't to be."

Davidson said the club had unearthed plenty of talent through the season. "Declan Moore, an 18-year-old hooker made his First Grade debut against Easts, and winger Christian Yassmin, inside-centre Will Davies and five-eighth Conor Foley came up to First Grade from Colts and held their own," he said. "They're extremely talented with promising futures.

"And second-rower Matt Philip gained from the experience of playing a long season."

The coach said the leadership credentials of First Grade flanker David Hickey had come on in leaps and bounds during the season. "He's a great person," he said. "In another 12 months in the job we'll really see his value on and off the field."

He was also happy with the efforts of halfback Jake Gordon, five-eighth Angus Roberts and fullback/winger Tom Kingston. "The nine and 10 handle the ball more than anyone else in the game, so they're going to keep getting better as players with more games under their belts," he said.

"They learnt a lot from 'Nobby' (Coach Chris Malone). He has a great knowledge, understanding and vision of the game. He has a big and bright future in the coaching ranks. His move to the Waratahs next season is a big reward, and reflective of his efforts and contribution at the University over the years.

And going to the World Cup with (Wallabies coach) Michael Cheika will only add to his future in coaching."

On a bigger stage, SUFC is represented by seven players in the 31-man Wallabies squad at the 2015 Rugby World Cup in England, with second-rowers Dean Mum and Will Skelton, backrower Ben McCalman, halfback Nick Phipps, five-eighth Bernard Foley and fullback Israel Folau selected in the initial squad while Sam Carter was added to the squad as a late inclusion.

The club also fielded two representatives in hooker Folau Fainga'a and prop Matt Sandell in the Australian squad at the recent World Under 20 Rugby Union Championships played in Italy, and has three players – Pat McCutcheon, Ed Jenkins and Greg Jeloudev - in the Australian Sevens squad to contest the 2015-16 World Rugby Sevens Series.

While the men's club collected another four titles, Sydney University's women's club also earned the First Grade crown in the Sydney women's premier division competition.

Sydney University defeated Parramatta 35-17 to collect the Jack Scott Cup in a high standard grand final played at Grantham Reserve.

They earned a grand final berth with a comprehensive 45-24 win over defending premiers Warringah in the semi-final. It was Sydney University's first title since 2011.

Among those who helped the club to the title were Ashleigh Hewson, Michelle Bailey, Grace Hamilton and Sydney University Sport and Fitness Elite Athlete Program sports scholarship holder Emily Chancellor, who have been included in an extended Wallaroos squad for the 2017 World Women's Rugby Cup, to be held in Ireland.

Hewson represented Australia in the 2010 and 2014 Women's Rugby World Cups, while Bailey was selected in the extended squad for the 2014 World Cup.



# Big Aims For NEW SEASON

**Some new players and the return of a club legend have set the bar high for Sydney University's men's and women's cricket clubs, writes Pat Emery.**

Sydney University Cricket Club is looking to carry the momentum it built from an impressive 2014-15 season into an even better 2015-16 campaign.

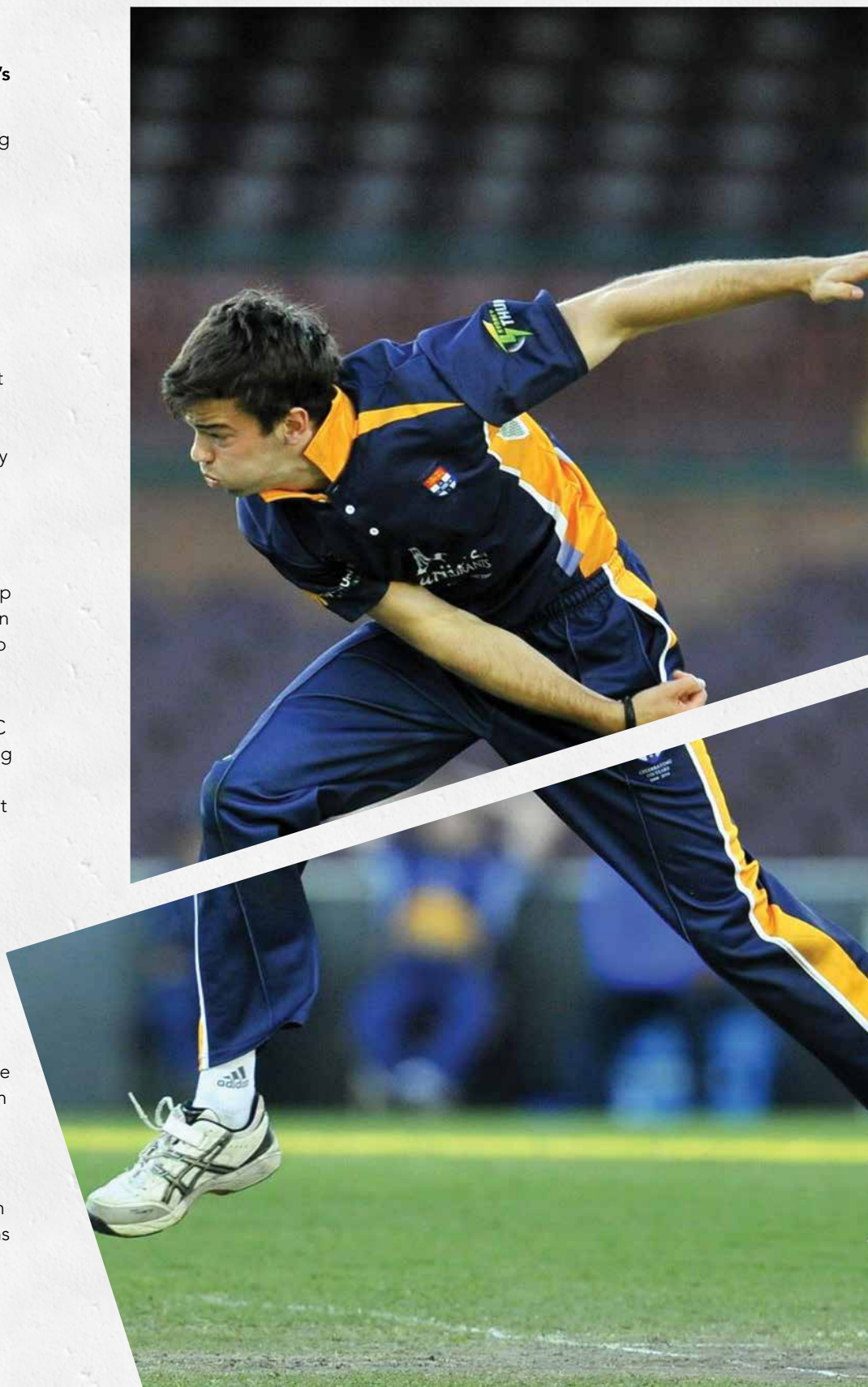
SUCC finished second to the strong Manly-Warringah Cricket Club in the 2014-15 Club Championship and was also awarded Sydney Uni Sport & Fitness' Premier Sporting Club of the Year. SUCC also won the Sydney Cricket Association's Spirit of Cricket Award for the third consecutive season, while Director of Cricket and Club Coach Gary Whitaker was named Sydney Uni Sport & Fitness' Premier Coach of the Year.

And SUCC's Second Grade side continued on their winning way by claiming a fourth consecutive premiership on the back of a second 50-wicket season from Ben Joy and solid batting at the top of the order from Will Hay.

While club championships and premierships are important goals, SUCC balances them with the goal of providing high quality cricketers capable of handling first-class cricket, and from that point of view, the 2014-15 season was also a success.

With club coach Whitaker back at the helm and the return of key NSW contracted players; the First XI is in a great position to capture the Belvidere Cup. The team will again feature a number of NSW players, including wicketkeeper-batsman Ryan Carters, accomplished off-spinner Will Somerville and opener Nick Larkin, who will captain the side for the 2015-16 season.

Larkin, who has represented Ireland at the international level and previously captained the club in the Twenty20 form of the game, will be taking over the reins





from club legend Greg Mail, a former NSW representative. Mail, former Player of the Year and Captain of the Year in the First Grade competition, will mentor Larkin in the role.

Unfortunately, the side parted ways with NSW players Sean Abbott, who will be at another club, and Scott Henry, who has joined the University of Queensland Cricket Club in the Brisbane Grade competition, in pursuit of his dreams of playing first-class cricket.

But former club captain Ed Cowan, who has represented NSW and Tasmania before earning Australian status and playing 18 Tests, has returned to the blue and gold.

He'll no doubt be pleased to watch the progress of young leg-spinner Jonte Pattison. The 18-year-old's impressive performances in First Grade last year earned him Australian Under 19 selection for the Youth Ashes tour and a rookie contract with NSW.

Pattison's rise through the junior ranks is not an isolated case. Dugald Holloway, Joe Kershaw, Max Hope, Ben Trevor-Jones and Jack Maddocks have been in SUCC's system for a number of years with the opportunity to further show their abilities this season.

Others coming through the ranks are Lachlan Carfax, a Green Shield (Under 16) player in 2014-15, who topped the club's run scoring with over 900 for the season, and Nick Arnold, who impressed in his Second Grade debut.

They were part of the reason the Green Shield team produced their best ever result, making it through to the final. SUCC develops the Green Shield team on a two-year cycle, and looks to run it in conjunction with their Winter Development Program. The high quality coaching program is available to any player of Green Shield age from any location or background in an effort to take a group of youngsters and provide them with the coaching support needed to develop into high quality cricketers.

SUCC's Poidevin-Gray Shield (Under 21) side is also looking to build on a solid 2014-15 season, where they finished a close sixth. The Poidevin-Gray competition is the breeding ground for some of the most talented young players in Australia. SUCC's squad includes Dugald Holloway and Jonte Pattison.

SUCC caters for over 120 players in five grade sides, the Green Shield and Poidevin-Gray sides and an alumni XI participating as the Sydney Uni Vets.

The upcoming opening of the new multi-million dollar No.2 Oval grandstand development has further heightened the buzz around the new season. The development will include a three-lane indoor training facility, giving the club an edge over the rest of the competition.

For those wanting to get involved away from the pitch, the club is hosting a number of fundraising and social events in the upcoming months, including the Blue & Gold Corporate Lunch on November 20, the SUCC Night at the T20I (Australia v India) on January 31, and the Trivia Night in March 2016.

Meanwhile, Universities Women's Cricket Club (UWCC) is also looking for big things after coming off their strongest season ever in 2014-15.

UWCC was formed in 2004 to create a premier women's cricket grade club to cater for students at Sydney University and the University of New South Wales, as well as other community members. Last season the UWCC had just under 100 players, ranging from international representatives to some players picking up a bat for the first time.

This season UWCC will field four senior grade teams (First, Second and two Third Grade teams), plus the Under 17 Brewer Shield team. This combination makes them the largest club in the Sydney Cricket Association Women's competition.

UWCC's success in 2014-15 included the overall Club Championship, the First Grade Twenty20 premiership and the First Grade Limited Overs minor premiership. The Under 17 Brewer Shield team were undefeated champions in both the Twenty20 and limited overs competitions.

The First XI will continue to be led by founding player and Australian vice-captain Alex Blackwell. Blackwell played an integral role with the Australian Women's team (the Southern Stars) in their triumph in their recent Ashes series win in England.

The Universities skipper is in for a busy representative season which will see her captain NSW in the Women's National

Cricket League as they strive for an 11th straight title, and captain the Sydney Thunder in the inaugural Women's Big Bash League.

Blackwell's NSW and Thunder teammate Rachael Haynes will also play a pivotal role in the UWCC's First Grade team along with NSW colleague Georgia Redmayne, who will be behind the stumps again this year and will be looking to extend her title as Wicketkeeper of the Year for the fourth consecutive season.

Up-and-coming leg-spinner Maisy Gibson has also been included in the NSW squad, while medium pacer Mel Norup has been added to the NSW Academy.

Club President Kate Owen returns for another season, along with fellow veterans Sara Hungerford and Felicity Goodwin, with the bowling attack being bolstered by young spinner Emily Mifsud. For the second straight season, former Sydney Uni Sport and Fitness Scholarship holder and ACT player Caitlin Rawstron will coach the team, with assistance from Ron Woods and Nicholas Stapleton.

The squad will be strengthened by the return of long-time club member Claire Brown (Hodgkinson), as well as the injection of Pakistan international Qanita Jalil, English Academy and County player Alice Davidson-Richards, and England international Laura Marsh.

Unfortunately, the side will lose Sydney Uni Sport & Fitness EAP Scholarship holder Kara Sutherland, who has moved to Queensland to complete her Master's degree, as well as former Australian international Leah Poulton, who has retired, and former English international Lynsey Askew, who is taking a year off cricket.

Skipper Blackwell said the club is looking forward to building on its strongest ever season. "We achieved our long-term goal of winning the Club Championship, meaning that all our teams performed well last season," she said. "Hopefully we can win the Club Championship again this coming season and also have each of our teams win a premiership.

"We aim to be a club where players of all abilities are catered for and with the Women's Big Bash League commencing this season I hope to see an increase in new players to our club."

Bring on the toss.



# SUSF HEALTH & FITNESS FACILITIES



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# PEDAL POWER

**With ever-increasing traffic congestion in Sydney, more than ever people are taking to bicycles to get around. Bike riding as a means to stay fit and save money has gone up by over 100 per cent in the past three years.**

To accommodate for this pedal power, Sydney council has invested in cycling infrastructure, but there has been controversy recently with a decision to tear up the College Street cycle path, one of the city's most used. There are, however, plenty more trails to be explored and Sydney Uni Velo Club member, Ben Chegwyn compiled some tips to get you comfortable on the road.

## EQUIPMENT

The first piece of equipment you must have is a helmet. By law, you cannot ride without one. The one you buy should have a sticker acknowledging that it meets the Australian and New Zealand standards, and has been through safety testing.

As helmets get more expensive, they become lighter and offer more ventilation to help keep the rider comfortable. And importantly, they look more professional.

It is also vital to invest in lights. By law you need to have, and use, a white light, flashing or solid, on the front and a red one, flashing or solid, rear facing on the bike between sunset and sunrise and during bad weather.

This is one area where it is worth investing a bit more money for brighter lights. It is very important to make yourself more visible to traffic around you, and a bright light on the front, at least 200 lumens, will help you to avoid hazards on the road, while a bright light on the rear will make you easier to spot from afar.

Keep this one flashing, unless you're in a bunch ride (it's not fun having a bright light flashing 1m in front of you!). Remember, it's the vehicles you can't see which you have to make yourself more visible to.

There's no such thing as bad weather in cycling, just bad clothing. Equip yourself with a range of clothing that can be adapted to any weather conditions and you'll never have an excuse to leave the bike at home again.

Be aware that you will warm up throughout your commute, so choose something

lightweight or easily removable when you stop at lights.

## SAFETY

You need to be aware of your surroundings. Constantly scanning for changes in road conditions and taking extra precaution of motorists is important. Take the lane, when safe to do so, to ensure your own safety. By law, you are entitled to it. This is particularly important if you are in one-lane streets, or if a shoulder/bike lane is unsafe to ride in. Just like any other user of the road, you're trying to get from A to B in one piece.

Ride within your limits. If you feel uncomfortable in a particular situation, ease up a bit. If you're on a main road, take an alternate back street; don't take corners or downhill too fast if you're not confident in doing so.

Know your route. Plan your route before you leave home, to see where the cycle paths and bike lanes are around you. This can be accessed from the Roads and Maritimes services website, or Google maps is quite comprehensive as well. If you're just commuting, I'd recommend using quieter back streets and cycle paths as much as possible. This way you won't feel the need to be going full gas, or be travelling with large differences in speed to the vehicles around you. Remember, it is illegal to ride on a footpath unless you are, or you are accompanying, a child under 12, and you must still wear your helmet.

Carry spare tubes, and know how to use them. Sydney roads can be hazardous so chances are you'll have to change a tube at some point. If you get a puncture, you will need at least some tyre levers, spare inner tube and a hand pump to get yourself home.

## MAINTENANCE

Before every ride, check that the tyres are pumped to an adequate pressure, they should be quite firm.

## ETIQUETTE

Obey the road rules. The bike is treated as a motor vehicle, and thus has the same laws applied to it, plus a few unique to cyclists. That aside, make sure you indicate what you intend to do early and clearly, to give other motorists time to react safely to you.

If riding in a bunch, that signalling extends to hazards, nice and early, and passed down the bunch so everyone can safely pass them. These ideally are called out and signalled by hand. When changing lanes or approaching an intersection/lights, call early so there's time for everyone to move over or stop safely.

## ROUTES AROUND SYDNEY

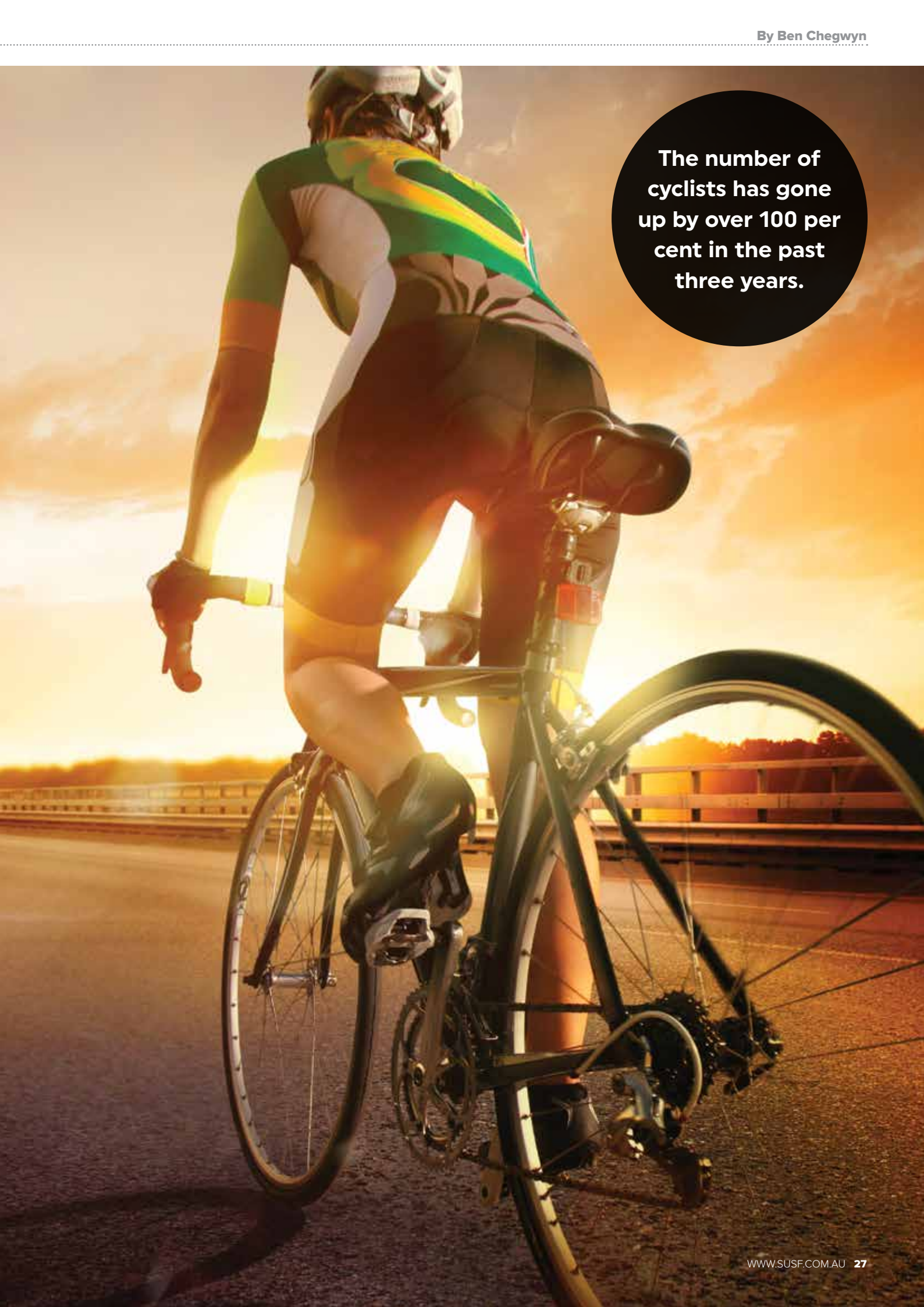
If you're just starting out, choose a quiet area without much traffic or a common route frequented by cyclists. For a cruisy ride, head out to La Perouse. Past Maroubra Junction, Anzac Parade becomes quieter, and for the most part there are multiple lanes so cars can easily pass by. This path is relatively flat so it is a good introductory ride to get used to Sydney roads, and at roughly 30km return from Centennial Park, it's not too long.

For a more challenging ride around the eastern suburbs, heading along the coast provides a very undulating course that offers some great scenery. Heading along the beaches, start at Bronte and go via Tamarama and Bondi out to Vaucluse before heading back to Centennial Park via Rose Bay and Bellevue Hill. If you do this in reverse you can also add on Coogee and Maroubra to the beaches run.

Now to the north. The Gorges ride takes in some of the stunning scenery in Sydney's north. These include Galston Gorge, Berowra Waters, Bobbin Head Road (both ways) and heading down to (and back up from) Brooklyn. It can be frustrating going up the Pacific Highway, dealing with traffic and stoppages at lights so riders might find it easier to drive the bike up to the parks there and then enjoy a more uninterrupted ride – just be careful of the hairpin turns heading down at Galston. Ride within your limits.

When you work your way to a longer ride, Akuna Bay/West Head and Palm Beach are 90km/110km and 100km returns respectively. Both start by heading towards Narrabeen/Warringah, with a few more hazards involved, for example, narrow shoulders on two-lane roads. Definitely suited to more confident riders or if you're in a group and have safety in numbers. Well worth the effort though, some lovely steady climbs and picturesque bays.



A full-page photograph of a cyclist riding a road bike. The cyclist is wearing a white and rainbow-colored jersey, black shorts, and a white helmet. They are riding on a paved road towards a bright sunset. The sun is low on the horizon, creating a strong orange and yellow glow. A bridge railing is visible in the background. A black circular callout box is in the upper right corner.

**The number of  
cyclists has gone  
up by over 100 per  
cent in the past  
three years.**

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- Free towel and locker hire at each visit
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Community from under \$19\*

Gold, Silver, Bronze & Blue Lion Passes are available as 3, 6 or 12 month upfront options. Fortnightly Direct Debit option also available on a 12 month pass only. \*Prices quoted denote weekly breakdown of 12 month pass.





## S THAT SUITS YOU BEST

### SILVER LION PASS

Enjoy the choice to get what you really want

#### SILVER BENEFITS INCLUDE:

- Unlimited access to pool
- Unlimited access to cardio/ weights room OR unlimited group fitness classes
- Access to the new Brydens Boxing Gym outside of booked training hours
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

#### PRICE PER WEEK

Sydney Uni Students from under \$12\*  
Sydney Uni Staff from under \$13\*  
Community from under \$15\*

### BRONZE LION PASS

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

#### BRONZE BENEFITS INCLUDE:

- Unlimited access to the cardio and weights facilities at The Arena Sports Centre
- A complimentary fitness assessment
- Ongoing fitness management
- A free locker at each visit
- Use of time stop available

#### PRICE PER WEEK

Sydney Uni Students from under \$10\*  
Sydney Uni Staff from under \$11\*  
Community from under \$13\*

### BLUE LION PASS

Dive in, and paddle your way to a healthier you

#### BLUE BENEFITS INCLUDE:

- Unlimited access to the Sports & Aquatic Centre's 50m heated indoor pool
- A free locker at each visit
- Use of time stop available

#### PRICE PER WEEK

Sydney Uni Students from under \$7\*  
Sydney Uni Staff from under \$8\*  
Community from under \$9\*

# THE PSYCHOLOGICAL EDGE

## IMPROVING YOUR PHYSICAL TRAINING

TRADITIONALLY PSYCHOLOGY HAS BEEN A DISCIPLINE FOCUSED ON TREATING PEOPLE WHO ARE UNWELL BUT MORE AND MORE PSYCHOLOGISTS HAVE MOVED INTO THE FIELD OF ELITE SPORTS AND FITNESS PERFORMANCE.

We now have a well-established science that informs people how to perform at their best, regardless of their ability. You don't need to be an elite athlete to apply psychological principles to your training program and get the most out of your sport or fitness training.

### BE STRATEGIC

How organised are you about your training program? Do you know what you need to achieve this week or this month to progress towards your goals? It's difficult to improve if you are not strategic in how you plan your fitness program. Consider the following:

- ▶ Written goals. We are twice as likely to achieve a goal that is written down than one that is not recorded anywhere. As it turns out we as people are not very clear thinkers. Thoughts are full of emotions and sensations and worries and words. When you write down your goal it organises your thinking into concrete, practical action items.
- ▶ Include a date you would like to achieve your goal, and record this too. A moderately difficult though achievable goal is most effective. This is known as a stretch goal. Be specific. Saying that you want to "be fit" will not inform your training program well enough to motivate you to take action right now while "completing Tough Mudder" or

"make selection in the uni rep team" will. Work backwards from your end date and understand what that means you need to be doing this week and this month to achieve your goal.

- ▶ Measure progress as well as milestones. This measurement may not just be output related (e.g. max push ups, complete Tough Mudder) but also your commitment to your training sessions (completed all intended training sessions this week).
- ▶ Plan your training. When are you specifically going to complete your training? Vague intentions lead to good excuses and lack of action. Specify when you will fit your training in with uni, work and socialising. Allocate time to tasks using your iCal or diary.

### STAY FOCUSED

Get the most out of every training opportunity by making sure your head and your body are in the same place at the same time. Whether you are at the gym or out on the field, you will get the most out of your performance when your mind is clear and focused on the activity. A major risk to one's training performance is when you are on autopilot; your mind is elsewhere. Usually this is a worry about tomorrow or your mind is replaying a difficult experience from the past.

The easiest way to improve your focus is to learn mindfulness skills. Mindfulness is the ability to pay attention, on purpose and without judgment. Imagine how your performance would improve at the gym if you were paying attention, on purpose and without criticism to how your muscles elongate and contract while pressing weights (a strategy which Arnold Schwarzenegger famously swore helped him to achieve such phenomenal results). What about on the field? Imagine that

you were automatically receiving game-relevant information without getting caught up in self-evaluations, replaying errors or thinking about something else entirely!

Learning how to let go of distractions is a reasonably simple cognitive skill. Choose to pay attention to one thing, notice when you get distracted, acknowledge what distracted you and choose to refocus back on what you were doing. You could practice being mindful while lifting weights, running, stretching, listening to your coach, pretty much any aspect of training can be an opportunity to improve focus. See the inset for a simple mindfulness exercise.

### SEE FAILURE AS NECESSARY

Finally, see mistakes and setbacks as growth opportunities. Some very interesting work from Carol Dweck (check out her Ted talk) on mindset shows us that when we are able to view failure, errors and setbacks as inevitable and part of mastering skills, we are more likely to excel and persist through difficult times. Reflect on what you learnt from your sub-optimal performance but don't spend too long agonising over the "why". Use mindfulness to refocus back on your goals (do they need to be updated?) and to get back into action.

For further information about using psychology to enhance performance, sporting, fitness and otherwise, contact Melissa by email at [melissa@mindsetabilities.com.au](mailto:melissa@mindsetabilities.com.au) or visit [www.mindsetabilities.com.au](http://www.mindsetabilities.com.au)



## PRACTICING MINDFULNESS

Start by bringing your attention to your breathing.

Notice the air as it comes in through your nostrils and back out again.

Notice the movement of your rib cage as you breathe in and out. Now your abdomen.

For the next few minutes keep your attention on one spot, noticing the movement of your body as you breathe.

You will naturally become distracted by thoughts and feelings. Each time this happens notice what distracted you (e.g. a thought about work/school/home) and refocus back on your breathing.

Over and over you will be distracted by thoughts and feelings. Each time this happens notice what distracted you and start the exercise again.

Plan!

# SAIL INTO SUMMER

PERSONAL TRAINER AND FITNESS CONSULTANT AT SYDNEY UNI SPORT & FITNESS, LOU LOU STANLEY, ENCOURAGES US TO TAKE A SOLID GRIP ON OUR DUMBBELLS AND BARBELLS AS SHE GUIDES US THROUGH A GYM SESSION SURE TO GET US SUMMER READY.

Due to my English upbringing, Sydney beach culture is an aspect of the Australian lifestyle I embrace. Board shorts and bikinis are a celebration of all things synonymous with an Aussie Summer.

Achieving your fitness and health goals takes dedication, discipline and determination, but surely that's all the more reason to step up and take control!

## PROGRAM

This is a full body session using a superset format which is time efficient and covers all the main movements which will have a big bang effect on your system.

A superset session is one where two exercises (opposing movements) should be performed back to back with 60–90 seconds between each exercise and set.

**NB:** Lift heavy weights with good technique to create an anabolic response in the body to increase lean muscle mass and reduce excess body fat.

## WARM UP

### 1a. Banded Glute Bridge

This is a quick and easy way to ignite your posterior. All too often the butt muscles suffer 'glute amnesia' which can lead to lower back pain and other problems.

#### ► Technical focus

Learn how to create a neutral spine as you bridge your hips up without overarching the low back. Your glutes will happily embrace the gentle burn as you prepare for the heavy loading to come.

## SUPERSET SESSION

As you work through the program always lower your weights slowly to build your strength capacity and recruit more muscle groups into the work out.

### 2a. DB Bench Press 3 x 8 reps (HEAVY)

This iconic beach body exercise and highly revered full body strength exercise places an obvious focus on the chest and arms.

#### ► Technical focus

Create a strong base by driving your feet into the ground. Keep your hips stable; use your lats to lower the weights, and then drive with power from the bottom.

### 2b. DB Row 3 x 8 reps (HEAVY)

The DB row is another big bang exercise that recruits not only the back but requires hip and trunk stability. Go heavy enough that you are really challenged towards the end of each set.

#### ► Technical focus

Maintain a neutral spine, ensure your neck is long and your hips are square. Your lifting elbow should sit slightly away from the ribs to ensure good shoulder stability.

### 3a. DB split squats 3 x 10 reps

Evidence shows that heavy leg training will assist the hormonal response required for lean muscle growth. Work hard and never forget your legs!

#### ► Technical focus

Maintain an organised spine. Stability through your trunk is vital to produce the correct force and thus build strength. Imagine squeezing oranges under your arm pits as you grip dumbbells.

### 3b. Band assisted chin ups 3 x 10 reps

This is a perfect partner for the bench press. It's important to keep a balance between your front (pushing) and back (pulling). A stronger back leads to better chest definition!

#### ► Technical focus

Maintain your organised spinal position – pull ups are not meant to be easy. You may need to do fewer reps to maintain quality. Think of pulling your chest to the bar (not your chin) this will help to engage correct back and trunk muscles.

## SUPPLEMENTARY EXERCISES

### 4a. Reverse flys 3 x 12 reps

A traditional supplementary exercise for the posterior shoulder and upper back

#### ► Technical focus

This is surprisingly challenging – give the ego a rest and use lighter weights here, you'll feel it by rep 12!

### 4b. Bicep Curls 3 x 21 reps (7, 7, 7)

Our beach work out wouldn't be complete without the classic bicep curl.

#### ► Technical focus

Your legs are your foundation. Stand tall, keep your hips square and use your back to allow a better isolation into the biceps. Vital: mirror gazing.

### 5a. Kneeling tricep extensions 3 x 15 reps

Keeping the arm muscles well balanced. What we do for biceps we replicate for triceps.

#### ► Technical focus

A kneeling position recruits more core stabilisers and assists better glute activation. Resist excessive spinal movement – this is also a strong core activity.

### 5b. Single leg body weight hip thrusts 3 x 15 each leg

Single leg training is important to ensure efficiency of movement. The science shows that the hip thrust recruits a number of good glute fibres – add a band around the knees for that additional impact.

#### ► Technical focus

Support the upper back on the bench, ensure correct neck positioning (think about squeezing a lemon under your chin). Keep your rib cage 'down' to prevent overarching of the lower back.

## COOL DOWN

While completing a couple of essential stretches focus on your breathing.

Correct breathing assists with recovery and calms the nervous system after the intensity of training. Focus on proper nutrition – make friends with your salad, and be ready for your next session so you improve every time.



## WARM UP

1a



## SUPERSET SESSION

2a



2b



3a



3b



## SUPPLEMENTARY EXERCISES

4a



5a





SUMMER  
**2015/16**

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# TIMETABLE

Camp Dates

	Location	Times	Mon	Tue	Wed	Thu	Fri	Price
<b>WEEK 1</b>			<b>7 Dec</b>	<b>8 Dec</b>	<b>9 Dec</b>	<b>10 Dec</b>	<b>11 Dec</b>	
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
After Care	SUSAC	3 - 5:30pm						\$30 per day
<b>WEEK 2</b>			<b>14 Dec</b>	<b>15 Dec</b>	<b>16 Dec</b>	<b>17 Dec</b>	<b>18 Dec</b>	
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
After Care	SUSAC	3 - 5:30pm						\$30 per day
<b>WEEK 3</b>			<b>21 Dec</b>	<b>22 Dec</b>	<b>23 Dec</b>	<b>24 Dec</b>	<b>25 Dec</b>	
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
After Care	SUSAC	3 - 5:30pm						\$30 per day
<b>WEEK 4</b>			<b>4 Jan</b>	<b>5 Jan</b>	<b>6 Jan</b>	<b>7 Jan</b>	<b>8 Jan</b>	
Basketball	SUSAC	9am - 3pm						\$195
Cricket	Arena	9am - 3pm						\$195
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
Multi Sport (JNR)	St Andrews	9am - 3pm						\$195
Swimming (ADV)	SUSAC	9am - 11am						\$130
Swimming (ADV) + Multi Sport	SUSAC	9am - 3pm						\$220
Tennis (3 day)	SUSAC	9am - 3pm						\$195
Multi Sport (2 day)	SUSAC	9am - 3pm						\$160
Soccer	Arena	9am - 3pm						\$160
Soccer (Girls)	Arena	9am - 3pm						\$160
Tennis (2 day)	SUSAC	9am - 3pm						\$160
Fencing/Archery	SUSAC	9am - 3pm						\$115
Dance	Arena	9am - 3pm						\$115
After Care	SUSAC	3 - 5:30pm						\$30 per day
<b>WEEK 5</b>			<b>11 Jan</b>	<b>12 Jan</b>	<b>13 Jan</b>	<b>14 Jan</b>	<b>15 Jan</b>	
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
Multi Sport (JNR)	St Andrews	9am - 3pm						\$195
Netball	SUSAC	9am - 3pm						\$195
Soccer	Arena	9am - 3pm						\$195
Tennis (3 day)	SUSAC	9am - 3pm						\$195
Water Polo	SUSAC	9am - 12pm						\$160
Water Polo + Multi Sport	SUSAC	9am - 3pm						\$220
Basketball	SUSAC	9am - 3pm						\$160
Cricket	Arena	9am - 3pm						\$160
Multi Sport (2 day)	SUSAC	9am - 3pm						\$160
Tennis (2 day)	SUSAC	9am - 3pm						\$160
Fencing/Archery	SUSAC	9am - 3pm						\$115
After Care	SUSAC	3 - 5:30pm						\$30 per day
<b>WEEK 6</b>			<b>18 Jan</b>	<b>19 Jan</b>	<b>20 Jan</b>	<b>21 Jan</b>	<b>22 Jan</b>	
Basketball	SUSAC	9am - 3pm						\$195
Cricket	Arena	9am - 3pm						\$195
Multi Sport (3 day)	SUSAC	9am - 3pm						\$195
Multi Sport (JNR)	St Andrews	9am - 3pm						\$195
Tennis (3 day)	SUSAC	9am - 3pm						\$195
Swimming (ADV)	SUSAC	9am - 11am						\$130
Swimming (ADV) + Multi Sport	SUSAC	9am - 3pm						\$220
Multi Sport (2 day)	SUSAC	9am - 3pm						\$160
Soccer	Arena	9am - 3pm						\$160
Soccer (Girls)	Arena	9am - 3pm						\$160
Tennis (2 day)	SUSAC	9am - 3pm						\$160
Netball	SUSAC	9am - 3pm						\$160
Fencing/Archery	SUSAC	9am - 3pm						\$115
Dance	Arena	9am - 3pm						\$115
After Care	SUSAC	3 - 5:30pm						\$30 per day



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



## AMERICAN FOOTBALL

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

FOR MORE INFORMATION:

 [www.sydneyunigradiron.com](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.sydneyuni.baseball.com.au](http://www.sydneyuni.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.sydneyuniflames.com.au](http://www.sydneyuniflames.com.au) [basketball@sport.usyd.edu.au](mailto:basketball@sport.usyd.edu.au)



## BOAT (MEN'S ROWING)

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

FOR MORE INFORMATION:

[www.subc.org.au](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.sydneyuniversitycanoeclub.com.au](http://www.sydneyuniversitycanoeclub.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.sydneyuniversitycricket.com.au](http://www.sydneyuniversitycricket.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)

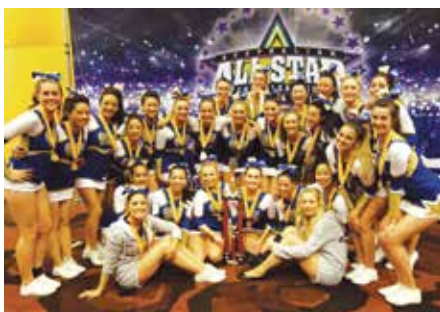


## GOLF

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, yogie 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)



## ROWING (WOMEN)

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

FOR MORE INFORMATION:

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



## RUGBY LEAGUE

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

FOR MORE INFORMATION:

 [ckintis@ro.com.au](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.usydsailing.com](http://www.usydsailing.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](#)



## VELO (CYCLING)

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

FOR MORE INFORMATION:

[www.suvelo.com.au](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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# BLUE & GOLD

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY

## 2015 'BLUE & GOLD' WATER POLO LUNCHEON

On Friday 4th September, the sixth annual 'Blue & Gold' water polo luncheon was staged at the Ivy Ballroom and, as always, there was a great atmosphere in the room.

At the outset, the luncheon guests acknowledged the presence of twenty-five national water polo representatives. Our guests were also reminded of the wonderful 2014-15 National League seasons of both our men and women, culminating in Grand Final appearances by both teams.

SUWWPC President, Simon Lewis, provided a thorough summation of the most recent year's achievements by the Sydney Uni Women's Water Polo Club and its most impressive number of representative players. Simon's counterpart in the Men's Water Polo Club arrived just as the MC was introducing him to the luncheon guests. SUMWPC President, Antony Green, then gave a slightly breathless, but very proud, analysis of another excellent year of results for the entire Club – from U14 boys through to the highly experienced men's M5 team.

Adam Spencer was the panel moderator and his first group comprised three very eloquent and vivacious Sydney Uni water polo internationals – Hannah Buckling, Deb Watson and Lea Yanitsas.

Hannah discussed with Adam her science and mathematics' achievements, which have gained her deferred entry into the Faculty of Medicine after the 2016 Olympic Games.

Everyone was captivated by Deb Watson's story. She was an outstanding international player and made her mark by successfully campaigning for women's

water polo to be included in the Olympics before winning a gold medal in 2000. Since then, Deb has continued to be involved in the sport and she has recently agreed to become the assistant coach of the Sydney Uni Women's National League team.

Adam determined that Lea Yanitsas was inspired to get involved in the sport of water polo by one of her high school teachers – a lady by the name of Deb Watson! Lea has recently established herself as the N° 1 goalkeeper for the Australian Stingers. Her husband Andrew is the Head Coach of our men's archivals, UNSW Wests Magpies. This prompted Adam to enquire as to whether Water Polo Australia had been in touch with Lea and Andrew about an élite breeding program!

Adam's second panel compromised three equally eloquent, but considerably less vivacious, Sydney Uni water polo internationals – Dudi Krstic, Peter Montgomery and Michael Rosenthal.

Much of the time allocated to this segment was taken up by the introduction to Peter Montgomery, given his stellar career as both a 4 time Olympian and then a high-ranking official with the Australian and International Olympic movements. Peter has had a role as a player or official at every Olympic Games since 1972 in Munich. The MC stated that no one has seen more Olympic events than Monty and he has never once had to pay for a ticket!

Peter explained how his enthusiasm for Olympic Village life has evolved since 1972. He claimed that the work load of an Olympic official is more demanding than that of an athlete, citing meetings from 6am to midnight each day. Some of the aspiring/accomplished Olympians in the room did not appear to be totally convinced!

Adam Spencer uncovered the multiple talents of the Sydney Uni Lions' USA import, Michael Rosenthal. It transpired that Michael has not only won five consecutive NCAA championship rings (one remodeled to fit his thumb), but he has also met President Obama, is an environmental activist and was a teenage YouTube rapping sensation.

Adam then got agreement from Dudi and Michael that, when the Sydney Uni Lions win the next National League title, they will jointly perform a victory rap at next year's 'Blue & Gold' Water Polo Luncheon!

Our luncheon guests were very generous with their raffle ticket purchases, live and silent auction bids. They also embraced the Heads or Tails Trivia Quiz with considerable gusto.

By 3.30pm, the function had moved from the Ivy Ballroom to the Paling Bar, where thirst-quenching and animated conversations were the orders of the day.

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

**Friday 20th November**

### CRICKET LUNCHEON

Ivy Ballroom, 320 George Street, Sydney

**Wednesday 25th November**

### XMAS HAMPER GOLF DAY

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





The first panel: Lea Yanitsas, Deb Watson and Hannah Buckling share some good humour.



The second panel: Dudi Krstic, Adam Spencer, Peter Montgomery and Michael Rosenthal.



Dressed for the occasion: Laura Hanlon, Michael Hanratty and Anika Lalic.

## 2015 SUSF/BLUES ASSOCIATION GOLF DAY

Wednesday 7th October was a testing day for golf on the Sydney coastline. At Little Bay (St Michael's Golf Club) the skies were overcast and the wind was blowing.

The field for this year's SUSF/Blues Association Golf Day involved 20 teams, mostly comprised of Sydney Uni sporting alumni and their golfing friends.

The surprise winner of the individual event was many times starter, Stewart Scoon, with 41 stableford points off his handicap of 24. The singles runner-up was scratch marker, Earl McGlinn, who shot a four under par round of 68 (23 strokes less than Stewart) for 40 stableford points! There were two scores of 39, with Chris Ward finishing ahead of Tony Wickham on a countback.

The novelty events were won by current Canterbury Bulldogs NRL player, Josh Reynolds (nearest-to-pin) and Ricardo Waerea (longest drive).

The main event for teams with Golf Australia handicaps involved the best two stableford scores on every hole and the placings were as follows:

- 3rd place with 90 points was last year's winner, Team Southern (Jeff Epplett, Paul Khoury, Tony Rodgers and Sam Safi);

- 2nd place with 91 points was the Melbourne Jug A-Team (Graham Cook, Ron Lindsay, John McFadden and Adrian Young);
- 1st place with 93 points and a huge passion for Aussie Rules football was Team Tubbs (Ben McGlynn, Phil Mitchell-Taverner, Brad Seymour and the tournament convener)!



ActivateUTS- winner of the University Sports Administration Golf Challenge: Liz Morgan-Brett, Peter Booth, Colin Leclere and Geoff Brooke-Smith.



Runners-Up: The Melbourne Jug A-team (aka Four Grandpas). L to R: Adrian Young, Graham Cook, "Nice Ron" Lindsay and the evergreen John McFadden.



Ian Foulsham captures the interest of Dr Ivan Cotton on the 12th hole.



Winners are grinners! L to R: Brad Seymour, Ben McGlynn, the tournament convener & Phil Mitchell-Taverner.



The eight contestants for the Archbishop John Bede Polding Cup (includes surrogate Johnsmen, Tariq Holdich...third from left... who somewhat embarrassingly won the cup.



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# HOME EVENTS CALENDAR

## NOVEMBER

**06**  
FRIDAY  
7:00PM



BASKETBALL (Flames)  
vs UC Capitals

**13**  
FRIDAY  
7:00PM



BASKETBALL (Flames)  
vs Adelaide Lightning

**21**  
SATURDAY  
5:00PM




BASKETBALL (Flames)  
vs SEQ Stars

**04**  
FRIDAY  
7:00PM



BASKETBALL (Flames)  
vs Adelaide Lightning

**05**  
SATURDAY  
10:30AM




CRICKET  
vs Western Suburbs

**06**  
SUNDAY  
2:00PM




WATERPOLO (Lions)  
vs Magpies/Killer Whales

**11**  
FRIDAY  
7:15PM




WATERPOLO (Lions)  
vs Jets

**12**  
SATURDAY  
2:00PM




WATERPOLO (Lions)  
vs Seals

**12**  
SATURDAY  
10:30AM



CRICKET  
vs Western Suburbs

**13**  
SUNDAY  
2:00PM



WATERPOLO (Lions)  
vs Jets

**19**  
SATURDAY  
10:00AM



CRICKET  
vs Bankstown

**02**  
SATURDAY  
3:00PM



BASKETBALL (Flames)  
vs Melbourne Boomers

**07**  
THURSDAY  
7:00PM



BASKETBALL (Flames)  
vs Perth Lynx

**16**  
SATURDAY  
10:30AM



CRICKET  
vs Gordon

**17**  
SUNDAY  
2:00PM



WATERPOLO (LIONS)  
vs Hurricanes

**23**  
SATURDAY  
2:00PM



WATERPOLO (Lions)  
vs Seals


## FEBRUARY

**23**  
SATURDAY  
10:30AM



CRICKET  
vs Gordon

**24**  
SUNDAY  
2:00PM



WATERPOLO (Lions)  
vs Sharks

**06**  
SATURDAY  
7:00PM



BASKETBALL (Flames)  
vs Dandenong Rangers

**07**  
SUNDAY  
2:00PM



WATERPOLO (Lions)  
vs Hurricanes

**13**  
SATURDAY  
7:00PM



BASKETBALL (Flames)  
vs Perth Lynx

**19**  
FRIDAY  
7:00PM



BASKETBALL (Flames)  
vs Bendigo Spirit

**20**  
SATURDAY  
10:30AM



CRICKET  
vs Hawkesbury

**21**  
SUNDAY  
10:30AM



CRICKET  
vs Hawkesbury

**27**  
SATURDAY  
2:00PM



WATERPOLO (Lions)  
vs Tigers

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# OVER THE LINE

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



## GRANDSTAND FINISH

Sydney University Women's Rugby Club saved their best for last, turning in their strongest performances of the season in the semi-final and grand final of the Sydney Premier competition. The Students defeated Warringah 45-24 in their semi-final and backed that up with a 35-17 win over Parramatta in the grand final at Grantham Reserve to collect the Jack Scott Cup for 2015. It was SUWRC's first title since 2011 and an underdog performance to boot – they lost both round games to Parramatta during the season. Ashleigh Hewson was named Best Back for the season at the annual awards night, while Grace Hamilton earned the Best Forward award. Sera Naiqama and Emily Chancellor shared the Most Improved award for the season. Meanwhile, SUWRC's Hewson, Michelle Bailey, Grace Hamilton and Chancellor, a Sydney University Sport and Fitness Elite Athlete Program sports scholarship holder, have been included in an extended Wallaroos squad for the 2017 World Women's Rugby Cup, to be held in Ireland.

## NO HOLDS BARRED

Sydney University Wrestling Club didn't take long to make full use of their new Brydens Dojo by staging a 2015 Open. Held in conjunction with Wrestling NSW, the tournament showcased Freestyle and Greco Roman disciplines in Veterans, Senior, Women's, Junior and Cadet divisions. As the trial tournament for the 2015 Veterans World Cup, Sydney University took top place, with club president and former Olympian, Martin Doyle, taking first place in the 76kg division and Desmond Torrain winning silver. In the senior's, Nick Roche took gold in the men's 88kg division, with Robyn Soper claiming gold in the women's 63kg class. The tournament also saw the debut of the club's new team uniforms which they will be wearing to Oceania Championships in November.

## STING IN THE TAIL

The Australian Women's water polo team narrowly missed out on a medal at the 2015 FINA World Water Polo Championships, played in Kazan, Russia, after finishing fourth in a penalty shootout for the bronze medal. Featuring four players from the Sydney University women's club, Lea Yanitsas, Hannah Buckling, Keesja Gofers and Bronte Halligan, the Australians trailed 3-5 at half-time but fought back to hold Italy to 7-7 at the end of the four quarters, forcing the match into a shootout. The Italians won the shootout 5-3 to take the bronze medal. The United States won the gold medal with a 5-4 result over the Netherlands. Meanwhile, the Australian men's water polo team, which included Sydney University representative Johnno Cotterill, missed out on the medals, finishing eighth after a 6-10 loss to the US in the quarter-finals. The Sharks were matching it with the US until the Americans scored four goals in the third quarter to secure victory. Serbia won the men's water polo gold with an 11-4 win over Croatia in the final.

## HAND IT TO THEM

Having dominated the local handball scene in recent years with four consecutive Australian and Oceanic titles, Sydney Uni Handball Club earned the right to strut their stuff on a bigger stage at the recent International Handball Federation Super Globe – the official World Cup – in Dohar. As the only amateur team in the tournament, SUHC surprised the world by reaching a bronze medal play-off with European handball powerhouse FC Barcelona, who had won the previous two IHF Super Globes. Sydney Uni pressed all the way in going down 30:20. Indeed the blue and golds led 6-4 at the 10 minute mark, but Barcelona clawed their way back to snatch the lead and the bronze medal victory. In the gold medal match Fuche Berlin won a thrilling extra-time encounter 28-27 over MKB-MVM Veszprem. One of the best players for Sydney Uni was goalkeeper, Martin Jomin, who made some great saves, while in attack, left-wing Diego Llorente Llamazares continued a great tournament to again feature heavily on the score sheet.



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