

# ROAR



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SPORT & FITNESS

16

SYDNEY UNI SPORT & FITNESS MAGAZINE

SPRING 2012

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## FROM THE EDITOR

Sydney University and Sydney Uni Sport & Fitness (SUSF) are abuzz with a record number of Olympic and Paralympic athletes who have qualified for the 2012 Games. Sydney Uni's representation is an amazing total of 31 athletes – our highest ever, with 24 Olympians and 7 Paralympians.

This achievement highlights the calibre of student athletes that are currently enrolled or have graduated from Sydney University, many of them Elite Athlete Program (EAP) scholarship holders. These athletes are a credit to themselves, their families and their coaches and it is with much determination and dedication that they have qualified to perform on the world stage. SUSF wishes them all the best in their stages of competition. Our cover story this issue highlights some of our key athletes and their road to London, and as you will see, all the athletes in their chosen sporting discipline have an inspirational story to tell – page 10.

While ROAR 16 is a celebration of our London Olympians and Paralympians, there are also good-news stories from a range of clubs and athletes throughout the issue: Nick Halliday chats with David Thode, captain of the Sydney Uni American Football team, who is balancing a niche sport with his dentistry degree; read why the Athletics Club has had one of its most successful years in history; meet the new Flames rosters as they prepare for the upcoming 2012/13 season; and step into the world of the Sydney Uni Handball Club – who have qualified for the International Handball Federation SuperGlobe tournament – an amazing achievement.

Sydney University will go head-to-head with Melbourne University in the annual Australian Boat Race in Sydney this year – make sure you mark 4 November in your diary. The regular articles also provide insight into nutrition, where we look at the 2+5 rule of fruit and vegetables (page 6) and the fitness feature focuses on the science of hypertrophy (page 24).

Once again, we wish all our London-bound athletes the very best and will be cheering them on throughout the Games – we hope you will be too.

**Jessica Laycock**  
Editor

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## ROAR MAGAZINE 16

Editor

**Jessica Laycock**

Deputy Editor

**Andrew Tilley**

Assistant Creative

**Costa Popolizio**

Design

**Southern Design**

Contributing Writers

**Bobby Broadhurst**

**Graham Croker**

**Anthony Ellison**

**Nick Halliday**

**Holly Pobjie**

**Aaron Scott**

**Andrew Tilley**

**Rodney Tubbs**

Contributing

Photographers

**istock photography**

**Getty Images**

**Thomas Whitaker**

### **SYDNEY UNI SPORT & FITNESS**

Executive Director

**Robert Smithies**

Finance & Administration

Manager (Acting)

**Aleksandra Pozder**

High Performance & Club

Development Manager

**Matthew Phelps**

Corporate & Alumni

Relations Manager

**Rodney Tubbs**

Commercial &

Regulatory Manager

**Charlotte Churchill**

Elite Athlete Program

Manager

**Leonie Lum**

Marketing & Membership

Manager

**Jessica Laycock**

Operations & Facilities

Manager

**David Shaw**

Programs & Participation

Manager

**Stephen King**

Property & Projects Manager

**Ed Smith**



8



16



22



10



20



24

## FEATURES

### **6 2 + 5 = GOOD HEALTH**

What types of fruit and vegetables should you be eating?

**BY HOLLY POBJIE**

### **8 PROFILE: DAVID THODE**

Nine straight championships with the Sydney Uni Lions and David's motivation is as strong as ever.

**BY NICK HALLIDAY**

### **10 GRADUATING WITH GOLD**

A record number of 31 Olympians & Paralympians – a glimpse into their road to London.

**BY AARON SCOTT**

### **16 THE AUSTRALIAN BOAT RACE**

Sydney University vs. Melbourne University on 4 November in Sydney.

**BY GRAHAM CROKER**

### **20 STOKING THE EMBERS**

Meet the new season Flames roster.

**BY GRAHAM CROKER**

### **22 ATHLETICS CLUB WITH A WORLD VIEW**

The past year has been a very successful one for the Sydney Uni Athletics Club and it is only set to continue.

**BY BOBBY BROADHURST**

### **24 FITNESS: HYPERTROPHY**

A science or just hard work?

**BY ANTHONY ELLISON**

### **28 THE SUPERGLOBE TOURNAMENT**

Sydney Uni Handball Club find themselves on the global stage.

**BY ANDREW TILLEY**

## REGULARS

**2** Welcome

**4** News Bites

**18** Facilities Guide

**26** Membership Options

**31** Participation Programs

**37** Join a Club

**44** 'Blue & Gold' Event Wrap Up

**48** Over the Line

**49** Sponsors



# NEWSBITES

## KEIGHLEY SELECTED IN NATIONAL BEACH HANDBALL TEAM



Sydney University Elite Athlete Program (EAP) scholarship holder Alice Keighley has been selected in the Australian Women's Beach Handball team that will compete at the Beach Handball World Championships later this year. Keighley (B. Medical Science) – who is also a Sydney University and Australian representative in the handball (indoor) national team – was part of the Australian Beach Handball team that successfully defeated New Zealand earlier this year to qualify as the single Oceania representative at the World Championships. Keighley is joined in the squad by teammate Allira Hudson-Gofers – a former Sydney University women's water polo player.

## MEN'S CRICKET CLEANS UP AT GRADE PREMIERS DINNER



Sydney University Cricket Club (SUCC) had a bumper night at the 2012 Sydney Cricket Association annual Grade Premiers Dinner, taking home a number of team and individual trophies. SUCC were officially presented with the Belvidere Cup (1st Grade Premiership) and Albert Cup (2nd Grade) trophies. Greg Mail took home the O'Reilly Medal for the second time in three years – the recipient being the Sydney Grade cricketer of the year. Mail had a stellar season, after breaking the all-time run scoring record in 1st Grade in the 119 year history of Sydney Grade cricket. Mail was also named 1st Grade Captain of the Year, as was Tom Kierath – the 2nd Grade Captain of the year. Stuart Clark received the Benaud Medal, as Player of the 1st Grade Final.

## STEWART STARS AS GLIDERS CLAIM SILVER



Sydney University EAP scholarship holder Sarah Stewart has starred as the Australian Gliders women's wheelchair basketball continued their impressive form in the lead up to London, taking silver at the Paralympic World Cup in Manchester. Coming off a victory over the USA in Germany only a week prior, the Gliders made it two wins in a row over the reigning World and Paralympic champions on their way to the tournament final before going down to Germany 47-40. Stewart (PhD in Philosophy) and Cobi Crispin combined for 27 points to help the Gliders to a 54-40 win over the USA, further enhancing their medal prospects for London. Despite an opening game loss to Germany, Stewart's Gliders qualified for the gold medal play-off, but were forced to

settle for silver as the Germans once again proved too strong.

## 3 NAMED IN NSW WOMEN'S CRICKET SQUAD



Three Universities Women's Cricket Club (UWCC) representatives have been named in a powerful Lend Lease Breakers NSW women's cricket squad for the 2012/13 season. Alex Blackwell, Rachael Haynes (both senior Australian representatives) and Kara Sutherland (Australian Under 23 representative) are all part of the UWCC – a cricket club that combines Sydney University and the UNSW. Blackwell is the current UWCC captain, as well as the Australian Vice Captain.



## LAWRENCE AND RENSHAW COLLECT TOP SPORTS AWARDS



Canoeist Ros Lawrence and middle-distance runner Lachlan Renshaw were named Sydney University Sportswoman and Sportsman of the Year for 2011 at the recent annual awards dinner held in the Great Hall. Lawrence had a stellar year on the water, winning three World Championship events, including the ICF Canoe Slalom World Cup. Lawrence headed a star-studded group of finalists for the female award, including Australian Women's Rugby Sevens representative Iliseva Batibasaga; Australian Paralympic Pan Pac team swimmer Sarah Hilt; World Championship and World University Games athletics representative Anneliese Rubie; and Australian Wheelchair Basketball representative Sarah Stewart. Renshaw also had a year to remember, topped by a win against a very strong field in the 800m at the World University Games. Also in contention for the 2011 men's award were Australian archery representative Donald Chiou; Australian Rugby Sevens captain Bernard Foley; NSW Waratahs rugby representative Tom Kingston; and Australian University Games cycling representative Alex Wong.



# 10 INTERESTING POINTS YOU NEED TO KNOW ABOUT SYDNEY UNIVERSITY OLYMPIANS

SYDNEY UNIVERSITY HAS A PROUD HISTORY OF OLYMPIANS, INCLUDING 119 ATHLETES WHO HAVE REPRESENTED THE UNIVERSITY AT AN OLYMPIC GAMES PRIOR TO LONDON 2012.

SYDNEY UNIVERSITY OLYMPIANS ARE DEFINED AS:

- ✓ **Sydney University graduates who have competed for Australia at the Summer or Winter Olympic & Paralympic Games; and/or**
- ✓ **Sydney University students and club members who gained their Australian Olympic & Paralympic selection while representing Sydney Uni at their respective sports.**

**01** At the conclusion of the 2012 London Olympic & Paralympic Games, the number of Sydney Uni Olympians will rise to an incredible 139 athletes.

**02** At the completion of the 2012 London Olympic & Paralympic Games, 16 Sydney University Olympians will have competed at 3 or more Olympics.

**03** Sydney Uni Olympians have won a total of 39 medals at Olympic Games competitions. The greatest ever medal haul at one single Olympics for Sydney Uni Olympians occurred at the 2000 Sydney Olympics, where a total of 9 medals were won.

**04** The first Sydney University Olympian was Nigel Barker in 1904. He represented Australia in the sport of athletics at St. Louis, Missouri, in the United States. In the 1906 Olympic Games (Intercalated), Barker won the bronze medal. He repeated that feat with another third placing in the 100m.

**05** A lot of mystique surrounds Reginald Leslie ('Snowy') Baker, who is the only person to have participated in three separate sports at a single Olympiad. According to three of Australia's most highly regarded Olympic historians (including Harry Gordon), in 1908 Baker won a boxing silver medal (middleweight division), came 6th in the fourth heat of the "fancy" springboard diving and was a member of the Australian 4 x 200m freestyle swimming relay team, which won its heat and finished fourth in the final! Baker's sporting achievements aren't restricted to the Olympics – he was reputed to have excelled in 26 different sports and played 2 rugby tests against the touring 1904 British Lions!

**06** At the 1936 Berlin Olympic Games (universally known as Hitler's 'Nazi Olympics'), Sydney Uni's Jack Metcalfe (athletics) was the only Australian athlete to win a medal – bronze in the men's hop, step and jump, which is now known as the triple jump.

**07** Having studied Arts/Law at Sydney University, 1956 Melbourne Olympic Games fencer James Wolfensohn went on to become the 9th President of the World Bank.

**08** Theo (Ted) Boronovskis won Australia's first ever Olympic medal for judo in the elite open division of the 1964 Tokyo Olympics.

**09** Sydney Uni's most decorated Olympian is arguably quadruple Olympian and dual gold medallist Liane Tooth. Tooth, the daughter of Sydney Uni's Wallaby flyhalf and captain, Dr. Dick Tooth, won gold with the Australian Women's Hockey team (the Hockeyroos) in Seoul in 1988 and in Atlanta in 1996. She was one of the eight flag-bearers of the Olympic Flag at the opening ceremony of the Sydney 2000 Olympic Games.

**10** Sydney University student and EAP scholarship holder Matthew Mitcham will be competing in his second Olympic Games in London. Competing in the 10m Platform Diving Final at the 2008 Beijing Olympics, Mitcham needed a near-perfect score in his sixth and final dive to win an unlikely Olympic gold.

Mitcham shocked the world by nailing a dive that gave him a score of 112.10 – the highest single-dive score in Olympic history.





# TWO + FIVE = GOOD HEALTH

MOST PEOPLE ARE AWARE OF THE IMPORTANCE OF INCLUDING ADEQUATE SERVES OF FRUIT AND VEGETABLES AS PART OF A HEALTHY, BALANCED DIET, BUT DID YOU KNOW THAT INCREASED FRUIT AND VEGETABLE CONSUMPTION CAN ASSIST YOU WITH WEIGHT CONTROL? AND THE BENEFITS DON'T END THERE!

## WHY ARE FRUIT AND VEGGIES SO IMPORTANT?

- Most fruit and veggies are also low GI, meaning they release energy slowly into the bloodstream, decreasing the likelihood that you will reach for calorie-dense snack bars when the mid-afternoon munchies set in.
- They can also play an important role in the prevention of many debilitating illnesses and conditions including cancer, heart disease, high blood pressure, and high cholesterol.
- Fresh fruit and veggies produce feelings of satiety without contributing excessive amounts of kilojoules to your total daily intake.
- They are the main source of many essential vitamins and minerals needed for the proper functioning of your body.

## HOW MUCH FRUIT AND VEGGIES SHOULD I BE CONSUMING?

The 2&5 campaign was launched around Australia in 2005 with the aim of encouraging Australians to consume two serves of fruit and five serves of vegetables as part of their everyday diet. The 2&5 recommendation is still supported by the Dietitians Association of Australia, however many Australian

adults don't consume the recommended quantities of fruit and vegetables.

## WHAT TYPES OF FRUIT AND VEGETABLES SHOULD I EAT?

During the cold winter months it is common to find that our consumption of fruit and vegetables decreases. Popular summer fruits such as peaches and mangoes are not readily available, and a cold salad for lunch is not overly appealing when it is only 15 degrees outside. As the weather starts to warm up again, it is the perfect opportunity to get our diet back into check, and form good habits before the start of the holiday season.

Choosing fruit and vegetables that are in season will not only enhance their taste, but it is also economically viable. When fruit and vegetables are in season, their nutritional profile is optimised, giving our bodies the greatest possible benefit from their consumption. Knowing which fruit and vegetables are in season is also a great way to incorporate some previously unfamiliar fruit and vegetables into our everyday diets, increasing variety and preventing diet boredom (which will often lead to poor nutritional choices!).

With winter turning into spring, there are a lot of tasty and nutritious fruit

and vegetables coming into season, and most should be easy to find on supermarket shelves.

When choosing fruit, look out for citrus fruits such as Naval oranges and grapefruit. Typically seen as a popular breakfast fruit, the Ruby Red variety of grapefruit are often sweeter and easy to eat without having to add anything (which means no extra calories!). Try juicing these fruits to start the day, or to mix things up a little, toss the segments through a salad with other fresh vegetables and a lean protein such as chicken. The extra vitamin C kick that comes from these fruits may also help shake any nasty colds that are still lurking around from winter.

Pineapple and papaya are also starting to come into season as the weather begins to warm up a little. Both of these tropical fruits are nutrient dense, rich in vitamins and also have antioxidant properties. They are delicious enjoyed on their own as a snack, thrown into a fruit salad, or for a healthy dessert try grilling some pineapple and topping with maple syrup and low-fat yoghurt.

In terms of vegetables, this time of year is great for greens such as brussel sprouts and spinach. Both contain essential vitamins, and are good sources of iron,



1. Place stock in a saucepan and bring to the boil. Reduce heat to low and keep at a gentle simmer.
2. Heat oil and butter in a heavy-based saucepan over medium heat. Add onions and cook, stirring, for 5 minutes or until translucent. Add rice and cook, stirring, for 2 minutes or until well coated in mixture. Gradually add 250ml (1 cup) stock, stirring occasionally, until stock is absorbed. Repeat until all stock is used and rice is al dente; this will take about 20 minutes.
3. Stir basil, asparagus, parmesan and lemon zest into risotto. Remove from heat and stand for 5 minutes; the residual heat will cook the asparagus. Season with salt and pepper.
4. Scatter with extra basil and shaved parmesan to serve.

Asparagus and broad beans both have a relatively high content of low-fat protein, as well as fibre, which is important for digestive health. They work well tossed through salads or pastas, or for something a little different, try a broad bean puree as an accompaniment to lean meat or fish.

When it comes to fruit and vegetables, the most important rule is variety – the more colourful your plate, the more likely it is you will be meeting the daily requirements of all the different vitamins and minerals, and remember, aim for 2&5 every day! 🍌🥦





# LION BACKER

WHEN HE'S NOT PULLING ON JERSEY 66, HE'S PULLING ON HIS WHITE DENTIST'S COAT – *ROAR* maestro Nick Halliday catches up with David Thode.

**ROAR: How did you get involved in the sport of gridiron?**

I played rugby union and water polo throughout school and after I left school I was looking for something a bit different. Wandering around all the O-Week stalls, I stumbled across the Sydney University American Football Club stall and signed up. Many people underestimate the value of O-Week and all that is on offer. If it wasn't for the O-Week stall I would never have found the game that I love, a game that has had a profound impact on my life.

**ROAR: After nine straight Gridiron NSW Championships with the Sydney Uni Lions, does motivation ever become an issue for you?**

You would think that would be the case but most people don't realise that it's harder to defend a championship than it is to win one. We can't fly under the radar, we can't have a quiet game, as everyone is gunning for us, every week. Many of the teams around the league don't particularly care about the result of their season, as long as they are the team that brings us down. When

your game is the game of the season for every team, you need to be on top at all times, hence you have that motivation. We're not cruising through the seasons, we're challenging ourselves every session to get better. One of the strongest aspects of our club is that we compete at every opportunity against ourselves. After coming through our pre-season schedule many of our younger players comment that the games are much easier and less intense than the training sessions, which is exactly what we want. Every





drill at training features a degree of competition as we strive to get better.

**ROAR: You've been involved with the national team for a few years now; does it make it easier for you when a significant number of your Sydney Uni teammates are also being selected?**

One of the challenges of any combined representative team is that you're working with people from different teams, trying to all get on the same page quickly and efficiently. In American Football, every team has a different language for describing things, so getting everyone together is no easy feat. The best thing about having so many Lions on the national team is that they are the finest players in the country and you know you are going to get guys who are all pulling in the same direction. Having trust in your teammates is critical for our game and when you're lining up next to a bunch of gold helmets you know they are going to be guys who have your back.

**ROAR: What are the pathways for gridiron in this country?**

There are multiple options for players, depending on their skill level. There are a few Aussies playing in the US college system (keep an eye out for Brad Wing

and Jesse Williams – both of whom are likely to play in the NFL soon), but it's tough for Aussies to break in as we haven't had the experience and usually our top athletes go to the major sports in Australia.

For players who want to play locally there are the clubs based around Sydney which come together to play for the NSW team and from there the Australian team is selected. The game is growing in popularity and although it is a niche sport at present, gridiron is getting bigger and bigger each year.

**ROAR: You are studying a Bachelor of Dentistry. What aspect of dentistry really captured your attention?**

I have always wanted to work with people and having an amazing dentist growing up helped steer me in that direction. Although most people think we're a little insane for wanting to deal with mouths all day, there is nothing more I'd rather be doing. It combines aspects of medicine with a strong hands-on component which can be challenging. Not many people spend all their day working upside down, in a mirror, in a small, dark and wet environment, trying to manipulate a tiny drill head around a person's

mouth. It's definitely a challenge but one that makes for interesting days. The great thing about dentistry is that you get an opportunity to help people, both from a preventative angle and a restorative one. I had a patient come in a few weeks ago who wouldn't take her hand away from her mouth as her two front teeth were rotted away. After the session was over, she had a huge smile as she was no longer ashamed to open her mouth. It's taking satisfaction in helping people which really attracted me to it.

**ROAR: Do you set yourself goals on and off the field and how successful have you been at achieving those goals?**

I was fortunate enough to hit two goals set back in 2009, which was to make the Australian team and captain the team. I was incredibly lucky to be in the place that I was as very few people get to run out as captains with the Australian coat of arms on their chest. For now my primary goal is trying to balance the pressures of dentistry with playing football. There is no way I'm going to be giving up one of them, so it's about trying to find that balance between the two. 🦁





GRADUAT  
GO

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## SYDNEY UNIVERSITY WILL HAVE 31 ATHLETES LIVING THE OLYMPIC DREAM IN LONDON, *as Aaron Scott reports.*

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**S**ydney University's first Olympian, Nigel Barker, competed at the conjoint 1906 Summer Olympic Games held in Athens, where he won bronze medals in the 100m and 400m events.

Barker had been selected to compete at the 1904 Olympics at St. Louis, but injured an ankle playing rugby union and had to withdraw. He is regarded as the holder of Australia's first athletics world record, in the 400 yards.

Having arrived at Sydney University in 1902, via Newington College, Barker was selected to play rugby for NSW during his first year on campus and won five state caps in a representative football career that spanned through to 1908.

As a talented all-rounder, Barker set a wonderful tradition for Sydney University athletes and 106 years after it's first Olympian, Sydney Uni Sport & Fitness will send a record 31 competitors representing Australia to the Olympic and Paralympic Games in London. It's a phenomenal achievement by an exceptional crop of athletes.

So let's take a moment to meet them ...

Matthew Mitcham's miraculous victory on the 10m platform at the Beijing Olympics – snapping out a flawless final dive to edge China's Zhou Luxin – turned the Arts student into an overnight celebrity.

Since then, however, his fortunes have shifted. In the platform event at the 2009 World Championships, Luxin extracted his revenge, bumping Mitcham onto the second step of the podium. At the 2010 Commonwealth Games, Mitcham was again relegated to silver by British wonderkind, Tom Daley.

Since Delhi, meanwhile, a nasty abdominal injury has seriously stymied Mitcham's progress. Indeed, after missing the 2011 Worlds in Shanghai then failing to reach the platform final at the US Grand Prix this year, he was in real danger of missing the Australian Olympic team altogether.

Fortunately, the selection criteria were amended and he will defend his title in London. With Daley the overwhelming





# ING WITH ILD

favourite to win gold on the platform, Mitcham will go in as a genuine underdog. And that tag suits him fine: "No one expects me to win and I feel more comfortable when I'm in that position," he says.

It seems pre-ordained that Jess Fox would paddle at the Olympics: her father Richard was a five-time kayak world champion for Britain, while her mother Myriam won an Olympic bronze medal and two kayak world championships for France. It's a solid kayaking pedigree.

But to dwell on the family tree does disservice to Fox's extraordinary achievement of qualifying for an Olympic Games at the age of 17. Currently studying a Media and Communications degree, Fox signalled her intent in the sport after winning gold in the K1 slalom event at the 2010 Youth Olympics in Singapore. Last year she won back-to-back C1 gold medals on the World Cup tour before securing Australia the women's K1 quota after finishing 19th at the World Championships in Hungary.

Have the exploits of her parents dulled the excitement of a debut Olympics berth? Not a chance. After booking her ticket to London at this year's Oceania Championships, she promptly burst into tears. "I'm really excited to discover the Olympic world," she gushed.

While some athletes seem predestined to Olympic glory, others – like pentathlete Ed Fernon – take a different path. As a teenager,

Fernon was a solid middle-distance runner who developed a passion for horses during holidays spent at the family property near Wagga Wagga.

It was hardly adequate preparation for the five-pronged sport of modern pentathlon. Fernon had never fired a pistol, never twirled an epee, and was an atrocious swimmer. But, at the age of 19, he decided he needed a new challenge. He picked modern pentathlon on a whim, and promptly set about teaching himself fencing and shooting, while gradually honing his freestyle stroke.

Five years on, he confirmed his Olympic berth after finishing as the top-ranked Oceania pentathlete at the 2011 Asian-Oceania Championships. These days, the 24-year-old – currently completing a Masters in Commerce – still counts his running and riding as his strong suits, while quietly confiding that his fencing has developed into something of a secret weapon. If he can just scrape through the 200m freestyle he reckons he can rattle a few cages in London. "I should be able to give it a pretty decent shot," he says.

When sailor Krystal Weir qualified for the Beijing Olympics four years ago, she was ecstatic. She didn't particularly care that she hadn't qualified in her favoured Laser Radial class, and she wasn't bothered by her eventual 10th place finish in rough conditions. She was just happy to be there, soaking up the atmosphere.

Four years on, however, the 27-year-old Physiotherapy student's



thinking has shifted. Having qualified for London in the Radial single-handed class, she's not travelling halfway around the world to be "a participant". "This time around," she says, "it's about coming home with a gold medal."

And recent results suggest this isn't a hollow boast. In May this year she signalled her Olympic intent with victory in the Delta Lloyd Regatta in Holland, the fifth round of the ISAF World Cup. That performance – two months to the day from the Olympic Opening Ceremony – is proof positive that Weir is not coming to London as a starry-eyed tourist.

Standing just 168cm and weighing in at a spare 55kg, Toby Lister – currently completing a degree in Construction Management – is one of the smallest male athletes heading to London. But, as coxswain of the Australian men's eight, it's his job to look into the faces of eight big men (four of them teammates from the Sydney University Boat Club) and harangue them as they push their bodies deep into the red zone.

An unenviable job, perhaps, but a crucial one. Indeed, the 25-year-old's strategic wiles could well be the key to the Australian crew breaking a notorious hoodoo: across 108 years of Olympic competition, the men's eight have never won gold. Silver medals at Munich and Sydney are their best finishes.

So, a daunting challenge for Lister and his men? "History does go against us a bit. But we have come close on two occasions," he says. "We can use that as extra motivation to make sure all the pieces in the puzzle come together."

When Loudy Wiggins missed the Beijing Olympics with a torn calf muscle, she walked away from her diving career feeling bitterly unfulfilled.

"I cried myself to sleep many nights in 2008 because this was a sport that I had put my whole life into and for it to end so suddenly – I just thought nobody could help me," she said.

Four years later, however, the Media and Communications graduate will contest her fourth Olympics when she partners Rachel Bugg in the 10m synchronised event at London. The qualification process has been a hectic one for Wiggins, juggling 30-hour training weeks with the screaming demands of a two-year old daughter.

But her selection caps a sterling career that saw her debut as a 16-year-old in Atlanta before winning bronze medals in Sydney and Athens. And she's quietly confident there could be more podium glory yet: "If we dive the way we can we are a shot at the medals," she says.

Olivia Price is just 19 years old. This makes her the youngest member of the three-strong crew that will represent Australia in the women's match-racer at the London Games. She's also the skipper, tasked with ordering her older crew members about the six-metre boat.

A daunting proposition? "It doesn't stop me – I have a big personality!" Indeed she does. Introduced to sailing as an eight-year-old, when her cousin led her to the local club at Woollahra, the Political, Economic and Social Sciences student



**OLIVIA PRICE IS JUST 19 YEARS OLD. THIS MAKES HER THE YOUNGEST MEMBER OF THE THREE-STRONG CREW THAT WILL REPRESENT AUSTRALIA IN THE WOMEN'S MATCH-RACER AT THE LONDON GAMES.**

has gone on to develop an impeccable sailing sense that belies her tender age.

She and her crew won silver at the Miami World Cup in January, before securing a stunning victory at the Sail for Gold Regatta on the Olympic course in June. Keep an eye on her. She may be young, but Price has the confidence and the nous to do something special come August.

Of all the athletes on these pages, it's unlikely any will appreciate their Olympic experience more than Kynan Maley. For 12 long years, Maley has stood at the forefront of Australian canoeing, consistently garnering impressive results in international competition.

Come Olympic qualification time, however, Maley invariably found himself edged by fellow Sydney University paddler, Robin Bell. Since Bell's retirement after his bronze-medal performance at the Beijing Games, Maley has finally seized his moment.

The 30-year-old has booked a starting berth in both the C1 and C2 events, becoming the first Australian man to represent in the single and double slalom events at the same Olympics. A lesson, perhaps, that good things do come to those who wait.

When Matthew Butterini finally hangs up his hockey stick he hopes, in his own words, to become "a renowned pharmacist or doctor". Yep, the 24-year-old science student is a cerebral young bloke. And it's this cerebral bent he brings to his defensive role in Ric Charlesworth's slick Kookaburras outfit.

Butterini made his international debut back in 2009, and has since become an integral cog in a powerful Australian team that has crushed all opposition in recent years. Indeed, since their disappointing bronze medal finish in Beijing, the Kookaburras have won three Champions Trophies, a World Cup and Commonwealth gold.

In recent months, however, the Germans have closed the gap, thumping the Australians 5-2 in the final of the London test







event in May. It seems Butterini will need to bring all his smarts to the pitch if the Kookaburras are to regain their 2004 Olympic title.

The odds of Bronwen Watson rowing at the London Games were long, to say the least. Indeed, back in 2010 she decided to retire from the sport. Despite winning a pair of world championships in 2007 and '08, Watson had never realised the dream of rowing at an Olympics.

But, recently engaged, she was determined to enjoy a life that didn't involve 4:30am alarm calls. So she handed in her keys to the boat shed and wandered away from the sport.

Rowing, however, had a hold on her. Just five months after announcing her retirement, she found herself back on the water, rowing for Sydney University against a New Zealand crew from Waikato University. Gradually she worked her way back to top fitness. After strong performances at the National Selection Trials in March this year, it was announced the 35-year-old veteran would partner Queenslander Hannah Every-Hall in the Lightweight Double Scull. Now, what odds on a podium finish?

At 31 years of age and entering his fourth Olympic Games,

**"THIS MEANS SO MUCH MORE TO ME," HE SAYS, "BECAUSE OF ALL THE WORK I'VE PUT IN."**

*- Thomas Whalan*







Thomas Whalan will head to London with Gavin Woods and former Sydney Uni Lions teammate Sam McGregor, as the old men of the Australian Water Polo team.

After picking up water polo as a 13-year-old because he was bored with swimming, Whalan rose at speed. Just five years later he was an integral member of the Australian team that won silver at the 1999 World Junior Championships in Kuwait. A year later, he was an equally integral member of the Australian team that finished eighth at the Sydney Olympics.

Since then, his stocks have continued to rise. But the Commerce/Law graduate admits that this year has been his toughest yet. Now married to former Sydney University swimmer Elka Graham, with a pair of babies in the house, time has been short. Which is why Whalan would love to return home with some silverware.

"This means so much more to me," he says, "because of all the work I've put in." History suggests the Aussies are no chance: fifth place finishes at LA and Barcelona are our deepest finishes. History, of course, is made to be broken. 🍀



## 2012 SYDNEY UNI OLYMPIANS & PARALYMPIANS

First name	Surname	Participation
Angela	Ballard	Athletics (Paralympics)
Jennifer	Blow	Goalball (Paralympics)
Brodie	Buckland	Rowing
Matthew	Butturini	Hockey
Sarah	Cook	Rowing
Ed	Fernon	Modern Pentathlon
Jess	Fox	Women's Canoe/Kayak
Francis	Hegerty	Rowing
Katie	Hill	Wheelchair basketball
Sally	Kehoe	Rowing
Toby	Lister	Rowing
Sam	Loch	Rowing
Kynan	Maley	Canoe/Kayak
Kaarle	McCulloch	Cycling
Sam	McGregor	Water Polo
Matthew	Mitcham	Diving
Katrina	Porter	Swimming (Paralympics)
Brooke	Pratley	Rowing
Olivia	Price	Sailing
Nick	Purnell	Rowing
Megan	Rivers	Hockey
Sarah	Rose	Swimming (Paralympics)
Matt	Ryan	Rowing
Belinda	Snell	Basketball
Murray	Stewart	Canoe/Kayak
Sarah	Stewart	Wheelchair Basketball (Paralympics)
Bronwen	Watson	Rowing
Prue	Watt	Swimming (Paralympics)
Kyrstal	Weir	Sailing
Thomas	Whalan	Water Polo
Loudy	Wiggins	Diving



# BOAT CLUBS GEAR UP FOR MATCH RACE FEVER

*By Graham Croker*

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DARLING HARBOUR WILL BE ABUZZ ON SUNDAY, NOVEMBER 4, WHEN THE SYDNEY UNIVERSITY MEN'S ROWING EIGHT ATTEMPTS TO MAKE IT THREE WINS IN SUCCESSION IN THE ANNUAL AUSTRALIAN BOAT RACE.

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The fourth incitement of the revived match race between eights from Sydney University and Melbourne University will start at Woolwich at approx. 8.30am with the women's eights, followed by the men's match race starting at 9.20am.

The race was revived in 2009 to mark the 150th anniversary of the establishment of the two rowing clubs. Such was the success of the race down the Yarra River in Melbourne, the two universities decided to make it an annual event – the antipodean version of the Oxford-Cambridge boat race.

Melbourne University won the men's and women's races in 2009 when they were held as part of the annual Head of the Yarra regatta.

But Sydney University's men's eight took revenge in 2010 when they dominated on a 7.3km course across Sydney Harbour – starting near the Leichhardt Rowing Club, following the Balmain peninsula in a loop past Cockatoo Island and into the Lane Cove River and finishing at St. Ignatius College Wharf. Melbourne University made it two from two in the women's eight.

The 2010 race is also remembered for the post-race speech of Sydney Uni Boat Club (SUBC) men's eight captain Mitchell Estens. "To be able to say we bring back redemption is the ultimate bragging rights," Estens said. "The University has waited 150 years to atone for the loss on the Yarra. There is a common misconception that Victoria is the sporting state. Tell that to Ian Thorpe, who is a New South Welshman. Tell that to Casey Stoner, a Tamworth boy. Tell that to Mark Webber, a Queanbeyan man. Tell that to Mark and Steve Waugh – Bankstown boys. Tell that to Ellyse Perry, a Pymble girl. Tell that to my team-mates. Go NSW – tough as nails!"

If that couldn't stir the competitive juices of the south-of-the-border rowers, nothing could. And that is why the 2011 races

– once again on the Yarra – provided much race drama and media and spectator interest.

By now a stand-alone race between two old university rivals, rowed on the main waterways of the two great cities, the 2011 event lived up to the prospect. Sydney University won the 4.2km men's eight, rowed on the old King's Cup course, in exciting fashion and Melbourne women's eight, with four national A representatives on board, won their third straight match race.

Sydney University coxswain Will Raven will long remember the 2011 event.

He used a bend on the Yarra, inside the final two kilometres, to squeeze Melbourne University into the bank, allowing Sydney University to reclaim the lead – that had already changed twice – and hold on for victory by the narrowest of margins.

"He steered a perfect course," Sydney University coach Mark Prater said. "He kept the guys calm and in control."

That they won by a margin reckoned to be "two inches" by Melbourne University coach Alex Henshilwood, speaks highly of their tactics and also of the stamina of the crew.

"Match races are often shut down after 1,500m," Henshilwood said. "To have a race come down to the wire is pretty rare, a once in 50-year occurrence. To have that in the third race, we've been spoilt."

Stroke of the victorious eight, Fergus Pragnell said it was one of his most painful experiences on the water.

"We wanted to start hard, that first half of the race," he said of Sydney University's tactic of opening an early lead from the northern lane.

"We spoke about having three big pushes in the first two





kilometres, and probably expected that by being so aggressive we would be out in front. But we used those pushes to keep in contact (after Melbourne University retaliated and passed the visitors at the 500m mark)."

Sydney University's tactics came to the fore when they came to an inside bend on the Yarra and Raven used the corner to push Melbourne University to the bank, gain an advantage and reclaim the lead.

"We tried to be very aggressive because when we needed to make the most of our lane we had to push the rules," Raven said.

On the line Sydney held on by the narrowest of margins – about one foot in the imperial system – to take out what was an epic race.

Sydney had national A representatives Pragnell and Nick Hudson in their boat with Cam McKenzie McHarg and James Marburg adding their class to the Melbourne boat.

"It was an absolute dog race the whole way down," Sydney

men's captain and London Olympics reserve Hudson said. "We didn't row that well in the first half of the race and they got a bit of a lead on us, but then we hit a great rhythm in the middle and crept back up on them."

Melbourne University had earlier won the coxed women's eight down the same course, from Victoria Dock, eastwards into the city and on to the Melbourne University Boat Club.

With national senior A representatives Kim Crow, Sarah Tait, Robyn Selby-Smith and Alice McNamara on board, the Melbourne crew took an early lead and extended it throughout the race to win by a large margin.

The two universities are already gearing up for the 2012 race with the Edmund Barton Trophy on the line in the men's event and the Belinda Guerin Trophy being contested by the women's eights.

A VIP lunch will be held at Darling Harbour following the presentations. For more information please visit [www.australianboatrace.com](http://www.australianboatrace.com)

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## SYDNEY UNI SPORT & FITNESS FACILITIES MAP





# STONING TH



When Trish Fallon says the Southern Design Sydney Uni Flames are leaking a lot of points to Europe she's not talking about exchange rates between the dollar and the euro.

The Flames Community Operations Manager is talking about the loss of Australian Opal and Olympian Belinda Snell and American import Amy Denson to the European women's basketball ranks.

"Snelly is going back to Europe to play and I think Amy will probably head that way too after two good seasons in the Women's National Basketball League," Fallon said. "That's a lot of points going to Europe. The pair would be hard for any team to replace."

But in the professional age of women's basketball, where the market is a dynamic place, the Flames have been quick to shore up their stocks for the 2012/13 season with four key re-signings and a couple of newcomers to the campus ranks.

Sydney University Elite Athlete Program (EAP) scholarship holder Katie-Rae Ebzery was the most recent to re-sign, following the signatures of Opal squad member Alicia Poto, AIS graduate Jaimee Kennedy and 194cm centre Ellyce Ironmonger.

Ebzery, who has enrolled in a Bachelor of Education in Human Movement degree at the university, will be in her third season with the Flames.

Despite the Flames' disappointing finish to the 2012/13 season, she still managed to average 10.6 points and 3.6 rebounds

per game, and shot 41.2 per cent from the floor. Ebzery has kept in shape playing for Newcastle in the ABA during the off-season.

Flames Coach Karen Dalton is happy with the re-signing. "We'll be looking for her to build and improve on her 2011/12 season performance," the 10-term Flames coach said.

"Katie is a great asset to have in the guard position and she constantly causes problems for opposition teams."

Poto, a product of the Basketball NSW system, returned to Sydney last year after a two-year stint in Europe. Another EAP scholarship holder and B. Ed (Human Movement and Health Education), she finished the 2011/12 season with 9.5 points, 5.6 rebounds and 4.5 assists per game.

"Alicia will again bring defensive intensity to the Flames' guard position with Ebzery and Kennedy," Dalton said.

"Her years of local and international experience will be crucial in the Flames revisiting the finals in 2012/13."

Kennedy is in her fourth year with the Flames, having played with the club since graduating from the AIS. Another EAP scholarship holder and B.Ed (Human Movement and Health Education) student, she is returning to the campus after an off-season ABA stint with the Hornsby Spiders.

"Jaimee is pleased to be back for another year and she is looking forward to supporting her teammates in the back court alongside Ebzery and Poto," Dalton said.





# THE EMBERS

By Graham Croker

Ironmonger, who played a pivotal role for the Flames with increased minutes following the season-ending injury to Flames forward Eva Afeaki in 2011/12, has re-signed for her second year.

She averaged five points and four rebounds per game last season, shooting a very respectable 45 per cent from the floor.

"Ellyce improved with time throughout last season and we are expecting big things from her in 2012/13," Dalton said. "She has the size and skill to match it with the best, whilst providing the Flames with a strong presence in the paint at both ends of the floor."

Fallon said the roster has also been bolstered with the signing of 163cm guard Sarah Graham from Logan Thunder, the WNBL Rookie of the Year in 2008/09. "She'll be able to give Alicia (Poto) a rest at point guard and she'll probably play some big minutes," Fallon said.

"Lauren King is back for another season and Michelle Joye, a former Australian Under 19 representative, from the West Coast Waves, has also been signed. Lauren is a 3-4 player and plays some inside-outside."

"We've also picked up Tayla Roberts from Bulleen to replace Amy. She's 6'4" and a big post."

"The coach (Karen) is probably looking for one more signing in the squad of 12. We're also bringing on some juniors."

So, 2012/13 is shaping up as an experience-lost-experience gained season, with the hope that the stability of the re-signings to maintain a core

group will build on the great start of last season when the Flames opened with a five-game flourish, before faltering and fading with the loss of Afeaki.

The other key signing, of course, has been the major sponsor, Southern Design, for a third term.

For history buffs, the Flames were born in 1993 and won the competition in their inaugural season.

They were runners-up in 1996 (beaten 80-65 in the final by Adelaide Lightning), defeated the Lightning 61-65 to win the 1997 title, and lost 67-65 to the Lightning in the 1998 final.

When the WNBL switched to a summer competition, the Flames went on an "oh so close" period, finishing runners-up six times in seven years from the 2001/02 season when they went down 75-69 to the Canberra Capitals and 69-67 to the Capitals the following season.

Sydney Uni Sport & Fitness took over the franchise for the 2003/04 season, when the Flames lost 65-53 in the final to the Dandenong Rangers. The same teams fought it out the next season with Dandenong triumphing 52-47 in the decider.

The Flames made it to the final again in 2006/07, only to lose 73-59 to Canberra Capitals, while the next season they once again wore the runners-up tag when Adelaide Lightning won the final 92-82.

It has been an empty plate since then, but with Dalton and Fallon guiding proceedings, 2012/13 could see the Flames leap higher. 🔥





# CLUB WITH A





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## IN ITS 134 YEARS, SYDNEY UNIVERSITY ATHLETICS CLUB (SUAC) HAS HAD VERY FEW YEARS AS SUCCESSFUL AS THE ONE JUST PAST. *By Bobby Broadhurst*

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The club has had seven athletes competing overseas in recent months, enjoyed unprecedented success domestically; combined with a steep rise in membership, a vibrant social calendar and the appointment of the club's first Director of Athletics.

Domestically, SUAC has enjoyed enormous success this past year. The club defended its Australian University Games crown and, in doing so, defeated the University of Queensland in their home state for the first time in nearly 30 years. The club also won the Men's NSW Winter Premiership, a competition held throughout NSW over eight rounds involving cross-country and distance running. In the summer competition SUAC won the NSW Open Pennant, the multi-round competition for open age athletes in NSW.

The club also travelled to Queensland for the inaugural SUAC v UQ track meet which it took out in a close tussle. Also of note was a 2nd place finish on the

community alike – and prove a point he did.

His perfectly timed run to overcome a highly credentialed field and snatch victory in the 800m was one of the highlights of the program. Recently, Renshaw has found himself in career-best form but was sadly unable to qualify for his second Olympic Games, missing the required qualifying time by a mere .20 over 800m, the equivalent of 1.5m. Renshaw will continue racing in Europe with a view to securing a qualifying time for the World Championships next year in Moscow.

Fellow EAP scholarship holder Angie Ballard was selected in her fourth consecutive Paralympic team for the London Games, an outstanding achievement. She is also in the mix for a podium finish with a recent gold in the 400m and silver in the 100m at the IWAS World Games.

Other notable international performances came from Lara Tamsett, Milly Clark,

season, contesting the steeplechase here and overseas. Nipperess has contested fewer than 10 steeplechase races and is already ranked No.2 in the country behind Yousef Abdi. Nipperess ran 8.37min for the 3km steeplechase at the Occidental Meet in Los Angeles in April, which was a club record and the second fastest run by an Australian this year.

Milly Clark finds herself in a very similar position. Having initially taken a scholarship to compete in the 400m hurdles in the US college system, an astute coach quickly convinced Clark that a change to more distance orientated events would be the best approach for her. With a background in hurdling, the move to the steeple was the logical choice. This season Clark won the Australian Championship in the 3,000m steeplechase, narrowly missing an Olympic Games qualifying time.

SUAC newcomer Nicholas Hough has made an instant impression since joining the EAP program in March. In June, Hough broke the Australian Junior record for the 110m hurdles at a meet in Mannheim, Germany. The time of 13.38sec ranks Hough 3rd in the world for his age and he is competing at the World Junior Championships in July.

Alix Kennedy held up the flag for the field event athletes, making her debut for an

# World View

medal tally at the NSW Track and Field Championships and another 2nd place finish at the NSW Track and Field Club Championships.

The standout individual performance of the past 12 months was the win at the World University Games by Club Captain, and SUSF Elite Athlete Program (EAP) scholarship holder, Lachlan Renshaw. 'The Rensh' was overlooked for selection for the IAAF World Championships despite having qualified, so he went to the Universiade with a point to prove to the national selectors and the Australian athletics

Alix Kennedy and James Nipperess – all EAP scholarship holders. Tamsett missed the Olympic Games qualifying by just over 15 seconds over 10,000m, posting a personal best time in the 10,000m race at Stanford in the USA in April. The former City2Surf winner missed nearly six months of training due to a lower back and hip injury. Tamsett – injury free – is the future of women's distance running in this country – her recent win in the Sydney Harbour Ten over her London-bound rival Jessica Trengrove further serves to highlight her potential.

Nipperess and Clark were revelations this

Australian Junior team in Taiwan where she recorded a personal best throw of 54.38m in the discus to put herself right into the mix for future representative teams, specifically the Commonwealth Games in 2014.

Without a doubt the future looks bright for SUAC with so many athletes getting a taste of international success in the past 12 months. And with the return from serious injury of Justin Merlino, the all-time No.2 Australian in the 110m hurdles, and World Championship representative Anneliese Rubie, the next few years promises some very exciting times. 🏆



# Hypertrophy – JUST SCIENCE WORK HARD OR WORK SMART?

*By Anthony Ellison – Personal Trainer*



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## WHEN TRAINING FOR AN INCREASE IN MUSCLE MASS, IT'S EASY TO GET LOST IN THE MYRIAD OF CONFLICTING ARTICLES, OPINIONS AND BELIEFS ON WHICH TRAINING PRINCIPLE WORKS BEST.

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As a personal trainer, we get asked questions every day on this issue, such as:

- How many days per week should I lift weights?
- Which body splits work best?
- What is the ideal sets/ reps framework?
- I'm getting stronger but I'm not getting bigger – why?

I'll take this chance to reply with "Are you prepared to work hard? Really hard?" I believe the answer to increasing in muscle mass lies within your ability to train with high volume, intensity and structure.

It's not hard in this day and age to search online or grab the latest edition of Men's Health magazine and find any number of hypertrophy-based training programs that will do the job. It's even common that you will find contradictions across these programs with some claiming the traditional four sets of 8-10 reps @ 80 per cent of your 1RM (1 repetition maximum) is ideal while others opt for the high-volume five sets of 4-6 reps @ 90 per cent of your 1RM.

Then there is the current trend of 'eccentric-focused' training – where the emphasis is placed on a slow (3-4sec) lengthening phase of muscle contraction. For example, a bench press taking four seconds to lower the bar to the chest, then one second to raise the bar. You can see it's easy to get lost in the science of it all. The simple answer is – they all work to some degree! So why not use them all?

This is where the structure of your training program is so important. A proven blue-print for a hypertrophy training program should allow for gradual increases in volume (as you get stronger), a short adaptation week where you reduce training volume to allow the body to recover, and then a complete shift in training stimulus to incorporate new exercises, new sets/ reps framework and start the process all over again. In fact, it's a great blue-print for any type of exercise, but for hypertrophy the focus lies in the 'intensity' of your sessions.

This takes me back to my initial question of "Are you prepared to work hard? Really hard?" Intensity in a hypertrophy training program is more simply termed as reaching the 'point of failure'. The biggest mistake I have found when clients come back to me claiming their program hasn't worked is they simply haven't been training to fatigue.

When we say four sets of 8-10 reps, that means if you manage to get to the 10th rep, and you think you still have more in the tank then you haven't lifted heavy enough. Training to failure guarantees adequate

micro-tears in the muscle to initiate synthesis and repair. Repeated trauma (as you experience with weight training of 4-5 days per week) calls on more protein synthesis, leading to increasing in size and number of muscle cells. Your strength increases, the body begins to adapt, you allow for recovery, then introduce a new stimulus and the building process continues.

So my underlying message in all this is not to get caught up in the intricacies of program specifics – leave that to us, as trainers. Instead, put all your energy into getting the most out of each session. I'm sorry to say this but it should never get easier. Take heed in these simple tips and I'm confident you'll be well on your way to getting bigger and stronger and with summer not far away – there's no better time to start than now!

## **THIS TAKES ME BACK TO MY INITIAL QUESTION OF "ARE YOU PREPARED TO WORK HARD? REALLY HARD?"**

### **TIPS:**

- Speak to our trainers to make sure you get a safe, effective and well-balanced hypertrophy program to make the most out of your time in the gym.
- Record your progress and the more detail the better (the weight lifted, sets, reps, rest). You'll be amazed how quickly your strength will improve!
- Increase your calorie intake – more carbs pre-workout and more protein post-workout. Remember, as muscle-mass increases so too does your ability to burn fat.
- Four weeks of high volume training – one week adaptation/repair – change focus and repeat.
- Each day you train make sure for the majority of your sets you reach 100 per cent failure. Use the first set per exercise as a heavy warm up then load up, grit the teeth and dig in!
- DOMS (Delayed Onset of Muscle Soreness) – that soreness you normally get two days after training is a good thing for hypertrophy! Enjoy the one week adaptation free of DOMS.
- Whenever possible use a spotter to push you that little bit further in the safest possible way. 🍷



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# GLOBAL SCALE

HANDBALL MINNOWS, SYDNEY UNIVERSITY, FIND THEMSELVES IN A BATTLE OF WORLD SUPREMACY. *Andrew Tilley reports.*

When coach Philipp Enders and his 16 selected players from the Sydney University men's handball team hit the tarmac in Doha, Qatar in August to compete at the International Handball Federation SuperGlobe tournament, they will individually and collectively face the challenge of their sporting careers – a challenge that is as equally daunting as it is exciting.

The SuperGlobe is the official handball World Championship for club teams, featuring eight teams from five continents. During the continental qualification process in Cologne, Germany, 40,000 spectators attended the Final4 tournament where THW Kiel and Atletico Madrid filled the final two spots. Already qualified were two Qatari teams, one team each from Brazil, Saudi Arabia and Egypt, and little known club Sydney University.

So how did Sydney Uni qualify for the SuperGlobe? The story begins nearly 18 months ago.

Under the fresh guidance of player-turned-coach Philipp Enders back in February last year, Uni began preparations for the upcoming NSW Handball League season, blissfully unaware that 2011 would be the most successful season of all time. Having stormed through the season to become minor premiers, the boys in blue and gold earned qualification for the Oceania Champions Cup in Tahiti in November.

After months of gruelling training, much

of it to acclimatise to the different calibre of competition, Enders and his team jetted off to Tahiti where they proceeded to play a gruelling six games in seven days in front of fanatical crowds. Against more highly rated opponents, Sydney University ground out three narrow wins and one draw, an incredible achievement that resulted in an unexpected semi-final qualification. Undaunted, they claimed the scalp of tournament favourites AS Dumbae in a thrilling encounter.

But their most courageous performance was saved for the final. Up against not only a hot AS Dragon's club team from Tahiti, but also an intimidating home crowd, Sydney Uni found themselves in a precarious position – four goals down at half-time and a casualty ward of injured players. Not fazed by the deficit, the boys found their rhythm and levelled the game up quickly in the second half. With just a minute left on the clock Sydney Uni struck the decisive winner, and wild celebrations ensued.

Then it dawned on the players. They had achieved the unachievable. They had become the first Australian handball club team to qualify for the SuperGlobe (Australia sent an 'Australian All Star' team back in 2010) the handball equivalent of making the World Club Championship/ Champions League in soccer.

The next task was to change the psyche of this talented bunch of amateur players.

"Since our qualification the biggest

changes have been seen in the attitude of the players themselves," Coach Philipp Enders says. "There has been an important shift in moving away from the amateur status that was understandably attached to this group. Whether it is the mentality the guys bring to each training session, or the physical strength and conditioning work they put into preparing for this tournament outside of the team's regular training sessions, you can see that they have stepped it up."

Off the court, the club has worked just as hard, and implemented a number of key changes. A new website has been launched to support the newly-formed professional attitude of the club, and as a result of the anticipated global exposure of the SuperGlobe, the club has successfully signed a kit and equipment sponsorship deal with Swedish brand Salming and a major sponsorship with Clenergy.

Enders has also played an important role, putting into practice all of his years of handball experience – having previously played in Germany's third division – to determine a training blueprint that will have his team as prepared as they can possibly be for the task ahead in Qatar. "Compared to the previous years, we now have a much more focused approach to our training sessions and where we want our game to be," he says. "New attacking systems, our control of the ball, and refining our defensive work are the major parts I am trying to tackle before the SuperGlobe."

**"THEY ARE PROBABLY THE BEST TEAM THAT HAVE EVER PLAYED TOGETHER, IT'S ABOUT CAPTURING THE EXCITEMENT NOW AND TRANSLATING IT INTO GOOD RESULTS ON THE COURT"**



It is a challenge for Enders but he has plenty of talent to work with. His squad contains four Australian national team players, as well as a range of players with extensive overseas experience; including players from Germany, Denmark, Spain, France, Macedonia, Switzerland, Brazil and Poland. Many of these players have been around long enough to see the club win six state club titles over the past decade (the women's team has also won six titles) and remain undefeated this season.

One of them is captain Christoph

Niebel who, like Enders, played at a very competitive level in Germany. Niebel can't wait to take on SuperGlobe defending champions THW Kiel, whom they have drawn to play against in Group B along with Mudhar and Al-Saad.

"They are probably the best team that have ever played together," Niebel says of the team that spends \$14 million per year on player wages. "They don't come any better in our sport, and while that is a daunting thought I am really looking forward to it. We all are. It's about capturing the excitement now and translating it into

good results on the court."

But what will be defined as good results in the SuperGlobe?

"Realistically it will be a handball miracle if we beat Mudhar or Al-Saad, but I do believe in the team and our ability to be competitive," he says. "With THW Kiel, however . . ."

No Australian team has ever managed to get close to winning a game at the SuperGlobe, but Enders is quietly confident. "I think we could be the first, which would be an unbelievable achievement," he says. 🍀





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## SHORT COURSES TIMETABLE

SPORT	Day	Times	Start	Member/ Uni Price
Golf Beginner	Tuesdays	5:30 - 6:30pm	14 Aug	\$125
Golf Beginner 2	Tuesdays	5:30 - 6:30pm	6 Nov	\$125
Golf Intermediate	Tuesdays	5:30 - 7:00pm	2 Oct	\$175
Introduction to Fencing 1	Tuesdays	5:45 - 6:45pm	14 Aug	\$125
Introduction to Fencing 2	Wednesdays	6:15 - 7:15pm	15 Aug	\$125
Tennis Beginners - Wednesday 1	Wednesdays	12:00 - 1:00pm	15 Aug	\$110
Tennis Beginners - Thursday 2	Thursdays	6:00 - 7:00pm	16 Aug	\$110
Tennis Beginners - Thursday 3	Thursdays	6:00 - 7:00pm	4 Oct	\$110
Archery Beginners	Fridays	3:00 - 5:00pm	17 Aug	\$110
Judo for Juniors Term 3	Thursdays	4:00 - 5:00pm	2 Aug	\$125
Judo for Juniors Term 4	Thursdays	4:00 - 5:00pm	25 Oct	\$125
Introduction to Fencing (Juniors) 3	Fridays	4:00 - 5:00pm	3 Aug	\$125
Introduction to Fencing (Juniors) 4	Fridays	4:00 - 5:00pm	26 Oct	\$125

RECREATION	Day	Times	Start	Member/ Uni Price
Pilates	Mondays	6.20 - 7.20pm	13 Aug	\$120
Massage	Mondays	7:30 - 8:30pm	13 Aug	\$120
Kickboxing Fitness	Tuesdays	7.30 - 8.30pm	14 Aug	\$120
Yoga	Tuesdays	7:30 - 8.30pm	14 Aug	\$120
Zumba	Wednesdays	7.30 - 8.30pm	15 Aug	\$120

DANCE	Day	Times	Start	Member/ Uni Price
Contemporary	Mondays	7:30 - 8:30pm	13 Aug	\$120
Belly Dancing	Tuesdays	5:10 - 6:10pm	14 Aug	\$120
Salsa	Tuesdays	6:20 - 7:20pm	14 Aug	\$120
Ballroom	Wednesdays	6:20 - 7:20pm	15 Aug	\$120
Hip Hop	Thursdays	5:10 - 6:10pm	16 Aug	\$120
Commercial Jazz	Thursdays	6.20 - 7.20pm	16 Aug	\$120
Burlesque	Thursdays	7:30 - 8.30pm	16 Aug	\$120

DAY/ WEEKEND TRIPS	Day	Times	Start	Member/ Uni Price
Scuba 1	Tuesday	6:00 - 9.00pm	14 Aug	\$310
Scuba 2	Tuesday	6:00 - 9.00pm	4 Sep	\$310
Scuba 3	Tuesday	6:00 - 9.00pm	2 Oct	\$310
Scuba 4	Tuesday	6:00 - 9.00pm	23 Oct	\$310
Snorkel Safari Day Trip 1	Tuesday	6.00 - 7.00pm	28 Aug	\$65
Snorkel Safari Day Trip 2	Tuesday	6.00 - 7.00pm	16 Oct	\$65
Stand Up Paddle Board 1	N/A	10:00 - 11.30am	18 Aug	\$35
Stand Up Paddle Board 2	N/A	10:00 - 11.30am	15 Sep	\$35
Stand Up Paddle Board 3	N/A	10:00 - 11.30am	13 Oct	\$35
Stand Up Paddle Board 4	N/A	10:00 - 11.30am	10 Nov	\$35
Surf Camp	Friday	6:15pm	N/A	\$295

All information is correct at time of printing.

For the latest information on all short courses please visit [www.susf.com.au](http://www.susf.com.au).

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# JOIN A CLUB!

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## AFL



Sydney Uni  
AFL Club



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

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

## AMERICAN FOOTBALL



Sydney Uni  
American Football Club



The American Football Club, established in 1984, fields an open team (Sydney Uni Lions in Division 1) as well as an under 18 team (Sydney Uni Cubs in the Colts Division) in Gridiron New South Wales, the highest level of competition for American Football in the state. The Lions have won 13 NSW championships in the 28 years of competition, including the last nine years. The Sydney Uni Cubs have won eight NSW championships in their 16 years of competition.

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

## ARCHERY



Sydney Uni  
Archery Club



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

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

## ATHLETICS



Sydney Uni  
Athletics Club



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

## BADMINTON



Sydney Uni  
Badminton Club



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

## BASEBALL



The Cynics, established in 1904, fields three teams that are open to both students and the community. The club plays in the Sydney Winter Baseball League, the highest level league in NSW. 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 go to: [sydneyuni.baseball.com.au](http://sydneyuni.baseball.com.au)  
or email: [baseball@sport.usyd.edu.au](mailto:baseball@sport.usyd.edu.au)

## BASKETBALL



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

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

## BOAT (MEN'S ROWING)



The Sydney University Boat Club was established in 1860. The club, together with the women's rowing club, competes as Sydney University in the club, state and national Championships and includes members of the Australian squad. For the past few years Sydney University has been the leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last eight years. Also, at the 2010 National Championships, the club won the "Centenary Oar" for the most points.

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

## BOXING



Sydney Uni Boxing Club was established in 1908 and is a founding member of the NSW Amateur Boxing Association. Historically, the Club has competed against other Australian universities, as well as teams from the Australian military. 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 email: [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 go to: [www.sydneyuniversitycanoecub.com.au](http://www.sydneyuniversitycanoecub.com.au)  
or email: [canoe@sport.usyd.edu.au](mailto:canoe@sport.usyd.edu.au)

## CRICKET



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

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



## FENCING



Sydney Uni  
Fencing Club



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 go to: [www.sufc.org.au](http://www.sufc.org.au) or email: [fencing@sport.usyd.edu.au](mailto:fencing@sport.usyd.edu.au)

## GOLF



Sydney Uni  
Golf Club



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

## GYMSPORTS



Sydney Uni  
Gymnastics Club



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

For more information go to: [www.sugymcheer.org](http://www.sugymcheer.org)

## HANDBALL



Sydney Uni  
Handball Club



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

## HOCKEY



Sydney Uni  
Hockey Club



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

## JUDO



Sydney Uni  
Judo Club



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

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

## KEMPO KARATE



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

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

## KENDO



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

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

## NETBALL



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

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

## ROCKCLIMBING & 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 go to: [www.surmc.org.au](http://www.surmc.org.au) or email: [rockclimb@sport.usyd.edu.au](mailto:rockclimb@sport.usyd.edu.au)

## ROWING



The Sydney University Rowing Club was established in 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. Also, at the 2010 National Championships, the club won the "Centenary Oar" for the most points.

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

## RUGBY LEAGUE



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

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



## RUGBY UNION



The Sydney University Football Club is one of the strongest clubs in the NSW rugby union competition. The club caters for a range of players through to the elite level. The club won the Club Championship for the 8th successive time in 2011, along with the Colts Club Championship for the seventh successive time. The women's club won the 2011 Sydney competition.

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

## SAILING & BOARDSAILING



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

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

## SOFTBALL



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

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

## SQUASH



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

For more information email: (Men) [squashmen@sport.usyd.edu.au](mailto:squashmen@sport.usyd.edu.au)  
or (Women) [squashwomen@sport.usyd.edu.au](mailto:squashwomen@sport.usyd.edu.au)

## SWIMMING



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

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

## TABLE TENNIS



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

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

## TAEKWONDO



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

For more information go to: [www.usyddtkd.com](http://www.usyddtkd.com) or email: [harryjun@gmail.com](mailto:harryjun@gmail.com)

## 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 email: [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 go to: [www.sydney.touch.asn.au](http://www.sydney.touch.asn.au) or email: [touch@sport.usyd.edu.au](mailto:touch@sport.usyd.edu.au)

## ULTIMATE FRISBEE



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

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

## VELO



The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. Many of the club 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 go to: [www.suvelo.com.au](http://www.suvelo.com.au) or email: [secretary@suvelo.com.au](mailto:secretary@suvelo.com.au)



## VOLLEYBALL



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

For more information go to: [www.suvolleyball.com](http://www.suvolleyball.com)

## WATER POLO



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

For more information go to: (Men) [www.sydneyniwaterpolo.com.au](http://www.sydneyniwaterpolo.com.au)  
or (Women) [www.suwaterpolo.com.au](http://www.suwaterpolo.com.au)

Email: (Men) [suwtc@sport.usyd.edu.au](mailto:suwtc@sport.usyd.edu.au) or (Women) [waterpolowomen@sport.usyd.edu.au](mailto:waterpolowomen@sport.usyd.edu.au)

## WATER SKI & WAKEBOARD



The Water Ski Club informally began as early as the 1960's. The 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 also a legendary houseboat weekend each year.

For more information go to: [www.usydwake.com](http://www.usydwake.com), email: [membership@usydwake.com](mailto:membership@usydwake.com)  
or visit their Facebook page: <http://www.facebook.com/groups/usydwake/>

## WRESTLING



Wrestling is an ancient martial art that features clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. Greco-Roman Wrestling is an international discipline and a Commonwealth Games and Olympic sport, in which it is illegal to hold the opponent below the belt, to make trips or to actively use the legs in the execution of any action. Sydney Uni Wrestling Club is home to not only Australia's Wrestling Coach, Leonid Zaslavsky, but also 2008 Olympian and 2010 Commonwealth Games athlete, Kyla Bremner. The club welcomes all levels of wrestlers from beginners looking for a social sport experience to elite level competitors.

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

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# 'Blue&Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | SPRING 2012  
BY RODNEY TUBBS

DURING THE LAST QUARTER, WE HELD A 'BLUE & GOLD' OLYMPIC DINNER AS WELL AS OUR ANNUAL SOCCER FOOTBALL AND RUGBY FUNCTIONS. IT SHOULD BE NOTED THAT THE 2012 'BLUE & GOLD' AUSSIE RULES LUNCHEON IS IN A LATER TIME SLOT THIS YEAR, ON FRIDAY 28TH SEPTEMBER – THE DAY BEFORE THE AFL GRAND FINAL.

## 'BLUE & GOLD' OLYMPIC DINNER

The 2012 'Blue & Gold' Olympic Dinner was held in The Great Hall on an exceptionally wet Tuesday 17th April – precisely 100 days before the Opening Ceremony of the 2012 London Olympic Games.

This dinner was in honour of both the Olympic movement and Sydney Uni's 119 Olympians and Paralympians to date. Their names were proudly displayed on placemats in front of every dinner guest.

In attendance were three Sydney Uni prominent Olympic officials (John Boulton, Chris Fydler and Peter Kerr) and 19 Sydney Uni Olympians, whose experiences spanned 60 years (from sprinter John Treloar who first competed at the 1948 London Olympics through to our 2008 Beijing Olympians, such as wheelchair basketballer Sarah Stewart).

The keynote speaker was Chris Fydler, the Deputy Chef de Mission of the 2012 Australian Olympic team. He indicated that organisation for the London Olympics was well and truly on schedule and he described the marvellous venues at which the different sports will be staged.

Chris confirmed that Australia will be sending a team of 400 athletes, together with 250 staff, to the London Games.



Three gold medal-winning Sydney Uni Olympians: Chris Fydler (swimming), Matthew Mitcham (diving) and Debbie Watson (water polo).

We will be represented in 24 of the 26 sports at the able-bodied Olympics. Chris stated that Australia's goal is to finish fifth on the overall medal tally – one place up from our 2008 Beijing achievement.

During the evening, Adam Spencer moderated two extremely entertaining panels. The first of these was made up of gold medal-winning Sydney Uni Olympians – Chris Fydler (swimming), Matthew Mitcham (diving) and Debbie Watson (water polo). All three of these Olympic champions had fantastic tales to tell about their gold medal-winning experiences.

Adam's second panel featured three of Sydney Uni's aspiring London Olympians – Sarah Cook (rowing), Ed Fernon (modern pentathlon) and Sarah Stewart (wheelchair basketball). All three recounted inspirational stories of their trials and tribulations on the road to London.

Despite the inclement weather, all of our dinner guests were imbued with the Olympic spirit and they left The Great Hall with umbrellas up, but with smiles on their faces.

The function also raised more than \$15,000 towards the exciting capital works that are taking place at the Sydney Uni Sports & Aquatic Centre and Oval No. 2.

## 'BLUE & GOLD' SOCCER FOOTBALL DINNER

On the evening of Friday 8th June, approximately 220 Sydney Uni Soccer Football Club supporters descended on Doltone House for the annual 'Blue & Gold' Soccer Football Dinner. For the second consecutive year, the Master of Ceremonies at this function was the SUSFC's "MAA2 enforcer", Ross Xenos.

The principal entertainment at 'Blue & Gold' Soccer Football Dinners is Adam Spencer's panels, which have been renowned for the quality of both the moderator and his panellists over the past seven years.

This reputation was only enhanced this year when Adam firstly matched wits with:

- Former Federal Sports Minister and recently appointed Sydney FC Board member, Mark Arbib; and





- The Chief Executive of the Australian Professional Footballers' Association, Brendan Schwab.

This panel tackled tough questions on the future of football in Australia; on our failed World Cup bid and on the pending cross town rivalry between Sydney FC and a new Western Suburbs A-League franchise.

Adam's second panel comprised:

- John Kosmina, the current Adelaide United coach; the scorer of an amazing 25 goals in 60 appearances with the Australian Socceroos and the father of the current SUSFC Operations Manager; plus
- Tom Sermanni, the current coach of the Australian Women's Soccer team and a former professional player in Scotland, England, Australia and New Zealand.

This panel covered "remember when" stories about football in the 1970's; the current Asian Champions League; the possibility of a future Women's World Cup in Australia and the unusual topic of street signage in the outlying Sydney suburb of Glenwood!

The room was full of past players from

many different eras, including our 1993 premiership team which chose this occasion for a 19 year reunion! Let's hope that it becomes an annual reunion from now on.

## 'BLUE & GOLD' RUGBY LUNCHEON

The sixteenth consecutive staging of the annual 'Blue & Gold' Rugby Luncheon was held on Thursday 14th June at the Four Seasons Hotel.

The entertainment commenced

with Adam Spencer dissecting the International, Super 15 and Club rugby seasons to that point in time with:

- Dan Vickerman – a Sydney University lock forward since 2000, during which time he has earned 92 Provincial Rugby caps and 63 Test Rugby caps;
- Tom Carter – a versatile Sydney University back who, at the time of this lunch, had played 78 games (in which he scored 16 tries) for the NSW Waratahs and a further 123 Sydney Uni first grade games, which had yielded him another 72 tries; and





- Jack Farrer – a former SUFC and Melbourne Rebels' player, who is now the Director of Colts' Rugby at the Sydney University Football Club.

There was considerable discussion about Dan Vickerman's solitary try in 155 matches at either Super Rugby or Test level! This was counter-balanced by insights into his playing experiences at no less than three Rugby World Cups.

Tom Carter's self-deprecating humour was a highlight of the panel discussion, as was Jack Farrer's modesty (given that, under his watch, we have won the Colts Club Championships of 2010 and 2011, as well as five out of a possible six team premierships!).

Affirming the proposition, the Gentlemen of Rugby team featured two of Australia's foremost rugby aficionados – Greg O'Mahoney, whose



Greg O'Mahoney's speech is observed by a disinterested Adam Spencer and the "driven-to-drink" Ivan Ah Sam, while teammate Rob Carlton looks on adoringly and adjudicator, Mr PL Harry, makes some very sage notes.

playing experience extends to only three appearances with the Narrabeen Tigers Under 7 team of 1982, and Rob Carlton, who would have played Rawson Cup Rugby for Wesley College but for the fact that he was just a little too slow to play in the backs and far too intelligent to play in the forwards!

Although the Low-Life Academia case was once again based on superbly

constructed arguments, brilliant rebuttal and exceptionally clever wit, none of these attributes impressed the totally biased adjudicator – former ARU President, Mr. Phil Harry – who awarded The Gentlemen of Rugby their sixteenth consecutive "surprise" victory!

There is nothing funnier than the annual 'Blue & Gold' nonsense debate – don't miss it next year.

## THE BIGGEST CAPITAL WORKS PROJECTS IN THE HISTORY OF SYDNEY UNI SPORT & FITNESS

Over the next 12 to 18 months, Sydney Uni Sport & Fitness is undergoing two very significant capital works, involving major extensions to the Sports & Aquatic Centre and a state-of-the-art grandstand on Uni Oval No 2. Naturally, capital fundraising for these landmark developments will become the priority of the University of Sydney Sport Foundation (USSF) in 2012 and 2013.

To supplement the substantial seven figure sums which will be provided by both The University of Sydney and Sydney Uni Sport & Fitness, the USSF will have to raise a further \$2.5 million from their supporters.

## SPORTING SCHOLARSHIPS

The University's 2012 Annual Fund Appeal has already unearthed 20 donors to Sporting Scholarships, which are increasingly seen as a worthy cause for alumni philanthropy.

During the last quarter, the 20th perpetually Named Sporting Scholarship was also donated by former Sydney University Athletics Club (SUAC) high jumpers, Gordon and Christine Windeyer. They will name their perpetual Sporting Scholarship for Athletics after Jack Pross OAM – the famous SUAC coach during the time that they competed for Sydney Uni.

For further information or a mailed brochure on our landmark capital works and/or our Named Sporting Scholarships, please contact Rodney Tubbs on 9351 7958 or [r.tubbs@sport.usyd.edu.au](mailto:r.tubbs@sport.usyd.edu.au)

## 2012 'BLUE & GOLD' SPORTING FUNCTIONS

### OLYMPIC CELEBRATION LUNCHEON

Friday 7th September  
from 12:00noon at the Four Seasons Hotel, Sydney

### WATER POLO LUNCHEON

Friday 14th September  
from 12:00noon at the Four Seasons Hotel, Sydney

### AUSSIE RULES LUNCHEON

Friday 28th September  
from 12:00noon at the Four Seasons Hotel, Sydney

### BLUES ASSOCIATION/SUSF GOLF DAY

Wednesday 10th October  
from 12:00noon at St. Michael's Golf Club, Little Bay

### ROWING LUNCHEON

Friday 12th October  
from 12noon at The Grandstand Bar & Restaurant overlooking the picturesque Sydney Uni N°1 Oval

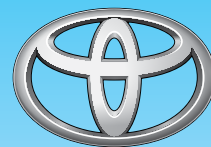
For advanced bookings (ensuring the best seats in the house or starting tees nearest to the clubhouse), please contact Rodney Tubbs on 9351 7958 or [r.tubbs@sport.usyd.edu.au](mailto:r.tubbs@sport.usyd.edu.au)



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# OVER THE LINE

## Gas in the tank

Every good rugby team has one – the quiet, no-nonsense prop who provides the engine-room grunt and lineout lift for fancy Dan backs to strut their stuff. Sydney University Football Club (SUFC) has been fortunate to have Scott 'Gas' Cameron in the ranks for the past 13 seasons, which include two years in Colts and 11 in the senior ranks. Gas recently joined an illustrious group when he played his 200th grade game for SUFC, when the Students met Penrith. He also notched his 100th and 150th games against the men from the west. In the 149-year history of the club, only five other players have racked up 200 or more grade games: Rupert Rosenblum, Stephen Quoye, Michael Griffin, Marc Avery and Brian Burnett. As Gas has been around in the club's most successful decade, he's played in eight grand finals and been on five premiership-winning teams. He was named Most Improved Player in 2003 and Clubman of the Year in 2004. His resume also includes 4,000-plus game scrums and twice as many at training and 29 career tries. And the title: All-round good bloke.

## By a country mile

Sydney University Athletics Club (SUAC) runners set a new standard when they

finished first and second at the 22nd Athletics NSW Cross Country Relay Championships at Miranda. It's believed to be the first time one club has filled the top two positions. Indeed, so dominant was the display from SUAC, the 'B' team nearly provided the upset of the season, leading the SUAC 'A' team for the first three-and-a-half legs of the 4x4km relay, stirring fear in the heart of Elite Athlete Program (EAP) scholarship holder James Nipperess, who responded by running the fastest individual leg of the Championships to claim victory for the 'A' team, which included Nick Bromley, Daniel MacDonald and Ben Liddy. The depth in the club was on display with 'B' team runners Russell Dessaix-Chin and EAP scholarship holder Hugh Williams running the 3rd and 5th fastest times of the day. In the women's race, EAP scholarship holders Eliza Barton, Lauren Parsons, Milly Clark and Rosie Weber – all representing SUAC for the first time – finished strongly in the wet, cold and extremely muddy conditions with Milly running the 2nd fastest time of the day barefoot to finish 4th overall.

## Burning desire

Sydney University athletes continue to impress at the annual Balmoral

Burn run, a torturous 420m "dash" up the exceptionally steep Awaba St. in Balmoral. James Gurr successfully defended his crown in the men's event, finishing two seconds in front of Sydney University EAP scholarship holder and SUAC member Joshua Ralph. Jarret Titcombe (Sutherland) set a cracking pace early on with Gurr a clear second and Ralph leading the rest. Gurr made his move with 100m to go. Titcombe matched him for a few strides then wilted badly and it was left to Ralph to throw out the challenge – and he did. But Gurr prevailed in 1min 23sec, two seconds slower than his winning time last year. EAP scholarship holder Anneliese Rubie (Liberal Arts and Sciences) finished second in the women's run behind Fran Schmiede. SUAC member Joanna Cubis finished third. Schmiede, who ran 1min 45sec, and Rubie (1:47) filled the same two spots in 2011. But Rubie has not always been the bridesmaid, she won the 2010 running of the event. A 400m specialist, she reckons the gut-wrenching Awaba St. run is more suited to an 800m runner. SUSF fitness instructor and seniors consultant Cris Penn won her fifth consecutive Balmoral Burn by taking out the women's 50+ years' race.

## Oarsome effort

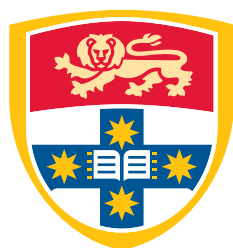
The 2012 Queen's Birthday honours list included one of our own: Chris Noel, vice-president of the Sydney University Boat Club (SUBC). The award: The Medal of the Order of Australia (OAM) for service to the sport of rowing in NSW. Anyone who's ever had anything to do with Chris would agree the recognition is well deserved. A long-standing former President of SUBC and a former SUSF Management Committee member, Chris has contributed a significant amount of his time, effort and financial resources into rowing and it's no surprise that SUBC has grown and developed into one of the strongest rowing clubs in Australia. He has also reinvigorated the efforts of NSW in the Kings Cup via the Kings Cup Committee. The result: NSW has won five consecutive Kings Cups since 2008. He also helped to reinstate The Australian Boat Race between Sydney and Melbourne universities and helped secure Rowing World Cup regattas in Sydney in 2013 and 2014. "Chris' contribution and achievements extend well beyond (the mentioned items), but they illustrate the impact he has had and continues to have on the great sport of rowing," SUBC President Tom McCann said. His thoughts were echoed by SUSF Executive Director Rob Smithies: "Chris Noel has done more for the sport of men's rowing at Sydney University than any other individual I can think of. His longevity within the club and the length and breadth of his contribution are phenomenal. I doubt there is a male rower who has come through our program during the past four decades that would not know Chris well." For the record, Chris rowed competitively at school from 1963 to 1967 and then at club level from 1968-72 and 1974-77. He then he coached at SUBC from 1979-85 and again from 1989-93; and then gave up the oars for administrative positions. He is also an Honorary Fellow of The University of Sydney, for services to sport and rowing.







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