

# ROAR



**Sydney Uni**  
SPORT & FITNESS

**38**

AUTUMN  
2018

**06/ EXERCISE AND ACADEMIC ACHIEVEMENT**

5 ways exercise can boost your brainpower

**14/ (MEAL) PREP YOURSELF FOR 2018**

Why you should start preparing your meals at home

**32/ TRAIN YOUR WAY**

See inside SUSF's brand new training zone

# GAME ON



Life gets busy. You become rushed and pulled in too many directions, too often.  
Remove the stress.

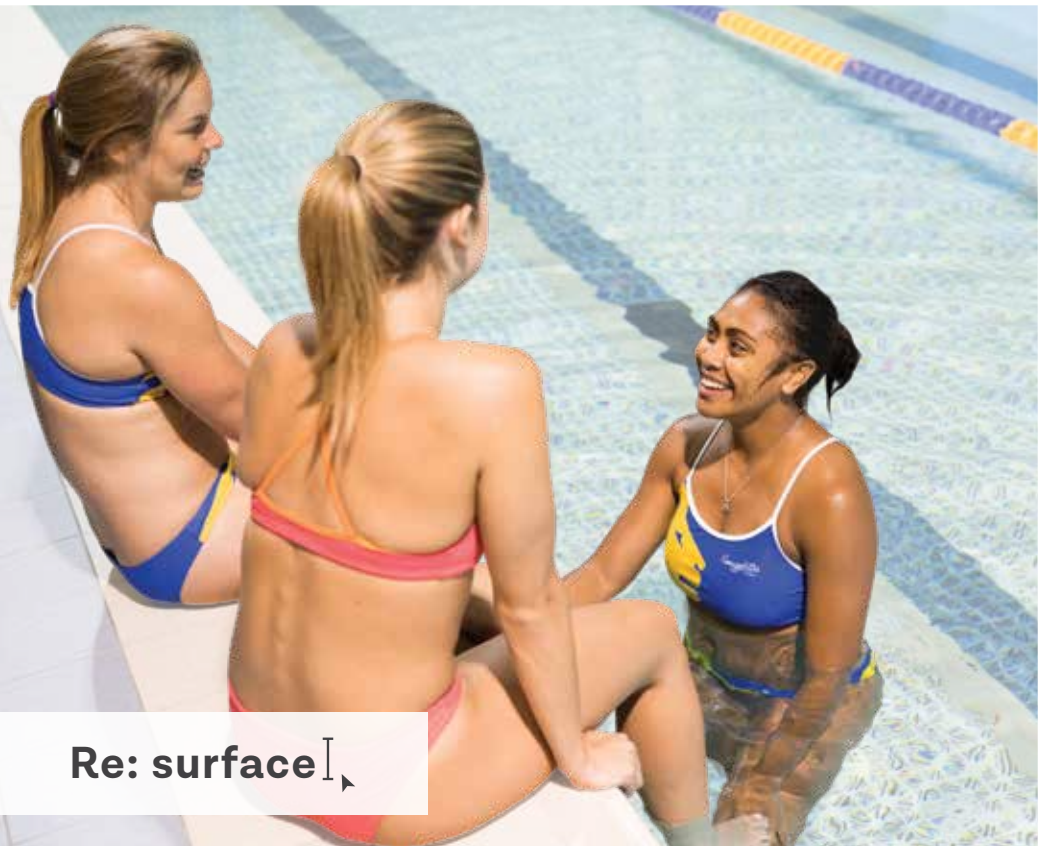
# Re: sync



Re: define



Re: focus



Re: surface



Re: vitalise



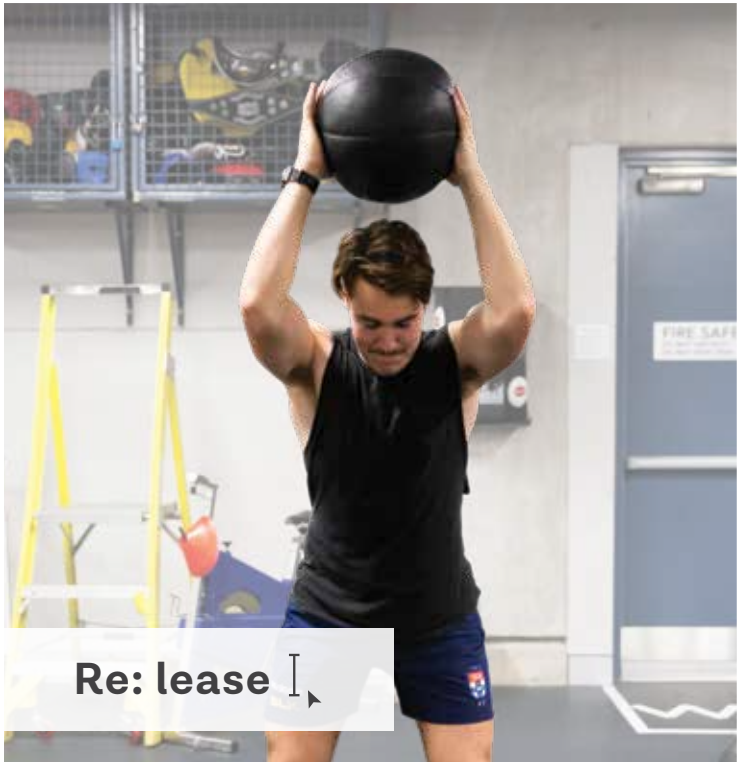
Re: energise



Re: invigorate



Re: set



Re: lease



**Sydney Uni**  
SPORT & FITNESS



# FROM THE EDITOR



## WELCOME TO ISSUE 38 OF ROAR, THE FIRST EDITION FOR 2018.

The New Year has charged out of the blocks and 2018 promises to be an exciting time at Sydney Uni Sport & Fitness (SUSF), with a major gym extension complete, a new partnership with sports apparel brand ISC and a trip

to the Gold Coast for a roller coaster ride like no other, the Commonwealth Games.

Before going any further, I wish to firstly thank our members for their patience and understanding as our team worked hard to improve the Sports & Aquatic Centre gym for you. The new functional training zone is now open and includes a 17-metre sled track, two TRX stations, fresh cardio equipment and a Hammer Strength HD Athletic 'Rig' - head to page 32 for more on that if you haven't already seen it for yourself!

Next, I bid a huge welcome to our new and returning students, staff and community members from neighbouring suburbs. Life gets busy and as we all come to grips with the university routine, office inbox jams or get back into study mode, I encourage you to walk through our doors and resync. Resurface from the rush and use your time at our facilities for you and nothing else. Finding balance is challenging when you're pulled in so

many directions each day but our staff are here to help so you can reap the numerous, and sometimes overlooked, benefits of physical activity.

On a personal note, I secretly hope SUSF will become (if it isn't already) your favourite place to be. Our community is like no other and this time of year is always special to me as I remember joining in 2011 when I moved to Sydney for my first year of study. The unique mix of members, variety of offers and welcoming staff made SUSF a second home. This story rings true for many of our members and with more space now open, there's room for plenty more to move in.

**Laura Hanlon**  
Editor



# ROAR MAGAZINE 38 EDITIONS YOUNG

# ROAR



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# WHAT'S INSIDE...



**MEMBER MEETS**  
We chat with Thomas Dillon on overcoming injury to compete in Australia's most prestigious yacht race.  
By Susannah Walmsley

05



**EXERCISE & ACADEMIC ACHIEVEMENT**  
The benefits of adding physical activity to your study routine.  
By Aleksandra Pozder

06



**IN THE MIX**  
University of Sydney athletes are pulling out all stops as they strive for Commonwealth Games selection.  
By Laura Hanlon

10



**(MEAL) PREP YOURSELF FOR 2018**  
Why you should consider preparing more of your meals at home and it's easier than you think.  
By Rachel Finch

14



**ELITE ATHLETE PROGRAM: CLASS OF 2017**  
Celebrating the success of academic athlete graduates.  
By Laura Hanlon

18



**GROUP FITNESS GUIDE**  
Train as a team in SUSF's state-of-the-art Group Fitness facilities with some of Sydney's best instructors.  
By Nicole Safi

24



**STUDENTS TAKE PYEONGCHANG**  
Four fly the Aussie flag at the 2018 Winter Olympic Games.  
By Nicole Safi & Graham Croker

26

## THE REST

- 02 From the Editor
- 08 News Bites
- 09 Home Events Calendar
- 16 Map
- 20 Sydney Uni-Staminade set the pace

- 22 Athlete Interview: Dyone Bettega
- 28 Flames Season Wrap
- 30 Batter up: Cynics' Tour a success
- 32 Train your way
- 36 Onwards & upwards
- 39 Join a Club



# WHAT OUR MEMBERS SAY



“SUSF provides me with the opportunity to socialise with new and interesting people that share interests similar to mine. It also has many clubs that I have taken part in that really add to my university experience.”

“The classes and trainers are so wonderful! I like that there are multiple options, and always an incentive to come back and do more.”



“I love the group fitness classes. The trainers motivate me to push harder and become the best version of myself.”

“SUSF provides a complete range of facilities, activities and support across age groups, fitness levels and interests at competitive pricing.”



“I enjoy the variety of classes and that I can also do my own thing in the gym and alternate between the two locations depending on where my classes are at the Uni. Gives a great break in my day and all the facilities are close by.”

“I like the friendliness of the staff and the wide range of facilities - I am always able to find what I need and get advice without feeling intimidated or out of place.”



“I love that the gym has everything I need in one place - great facilities, super friendly staff and awesome classes!”

“I enjoy that I can diversify my workout each day. Whether I want to swim, take a class or workout in the gym I have the options available.”



“The Ledge climbing centre has some of the best indoor climbing routes in Sydney!”

“SUSF offers facilities, programs and staff that transform lives.”



Sydney Uni Sport and Fitness (SUSF) member, Thomas Dillon, has competed in Australia's most prestigious yacht race. Susannah Walmsley sat down with him to discuss training, injuries and "the race."

## What brought you to SUSF?

I started coming to the gym here in 2016. I was living in Sydney and had received a fitness passport through work. With the passport we had the option to try a number of gyms and SUSF was on the list.

Prior to joining I had done a sailing event up at the Whitsundays and injured my back. I had been going to the Physio for a while and decided I needed to do something to strengthen my body, so I thought I would give it a try.

## How do you approach training at SUSF?

I mostly do strength training at the gym.

Before I came to SUSF, along with sailing, I had played a lot of different sports but had never really done weights. When I first joined I was pretty new to it all.

Initially I had a program written for me and Lou Lou, one of the trainers here, really helped me out with that and I continue to work with her.

## What keeps you coming back?

Injury prevention has been a big thing for me. The more I worked on my strength and core training, the less I was getting injured and as a result I haven't had to go to the physio near as much as I used to, especially after regattas.

## What is the longest/toughest race you have competed in?

Definitely the Sydney to Hobart. It's just over 638 nautical miles and can come with some pretty tough racing conditions.

## How was that experience sailing in such a high profile and challenging race?

I've traditionally grown up sailing much smaller boats so going into the big boat world was a huge change. I have done the



Sydney to Hobart race twice with two very different results. The first year I did the race, in 2016, we finished which was a great achievement.

However, last year we had to retire with steering damage half way across the Bass Strait. That was pretty disappointing.

## Was there any specific training required before competing the race?

A lot of the preparation is time on the boat with the crew. With 12 of us on the boat it requires a lot of team work and we need to be in sync. Although you can improve your individual skills, like most sports, it all comes down to how you work together.

## What kind of challenges have you had to face in Sailing?

This year preparing for the Sydney to Hobart was a big learning curve. The crew only came together in July, so getting everyone up to speed and working together was challenging but rewarding. There are also a lot of factors you can't really control when sailing, such as the weather and equipment failure which can be frustrating, but it's all part of the sport.



# Exercise and academic achievement



**WE ALL KNOW THAT EXERCISE HAS NUMEROUS BENEFITS ON OUR PHYSICAL AND MENTAL HEALTH. HOWEVER, THERE ARE ALSO SIGNIFICANT BENEFITS THAT EXERCISE HAS ON OUR ACADEMIC PERFORMANCE, WRITES ALEKSANDRA POZDER.**

University students lead very busy lives with the need to balance study, work and a social life. There is so much to fit into one day and more often than not it is the exercise that gets cut out. But as we will see scheduling even shorter exercise on a daily basis has far reaching positive effects.

We all know that research has linked exercise and physical health but only in recent times more research has been carried out to demonstrate the benefits of exercise on our mental health and in particular how it can help university students get ahead.

Although longer exercise is widely popularised, benefits of shorter bursts cannot be discounted. It has been said that shorter physical exercise of 30 minutes per day will yield significant health benefits<sup>1</sup>. However, you need to engage in a vigorous sporting activity that will increase your heart rate in order to derive these health benefits. To ensure consistent results it is essential to plan ahead and schedule various types of sporting activities in your calendar at the beginning of your academic year – that's now!

Think ahead – what free time do you have before or after lectures? It doesn't have to be at the crack of dawn or after a long day.

There are several key benefits that regular exercise will have on your study:

## FOCUS

It has been shown that exercise is very effective in the way that it can restore your focus while improving your memory leading to better academic results. Moreover, it can clear your mind and help you to de-stress. This will likely assist in motivating you to do your study and to in fact have a very productive study session.

## ANXIETY

We all know the pressure of study. If not addressed, this pressure can snowball and lead to serious detrimental effects on our health as well as academic performance<sup>3</sup>. Exercise can be used as a tool to combat anxiety, allowing you to focus on your studies more clearly and also maintain a sense of well-being.

## COGNITIVE FUNCTION

Regular exercise has also been shown to improve cognitive function, decision making, stimulate clearer thinking, and enhance learning<sup>4</sup>. When we are faced with so much to do, it may be difficult to come up with creative solutions to our problems. However, following the exercise session, your cognitive function will be enhanced leaving you able to solve problems that would have otherwise seemed challenging.

## MEMORY

It should also be noted that regular physical exercise improves memory while enhancing our ability to learn<sup>5</sup>. When we need to study for exams, there is much to learn. However, faced with so much to do, our memory may not be able to function at its optimal capacity. Sport and exercise are proven to help clear your mind and enhance your memory function leaving you better able to prepare for the important exams and to recall the necessary information when needed.

## LIFE SKILLS

Sports participation provides invaluable skills of a strong work ethic, respect for authority and perseverance that will enhance your capacity to strive for the best results<sup>6</sup>. These are essential skills that will not only improve your study experiences but also prepare you for life after university where you will be able to succeed in your career and deal with the challenges more powerfully and effectively.

In addition to all of the above, evidence has shown that sport and exercise will provide excellent support for academic study<sup>7</sup>. For example, students will perform well academically and contribute to their university's reputation and brand compared to other institutions.

It's clear that participation in sport and exercise has far reaching effects well outside the sporting arena, providing invaluable skills and experiences where standards of excellence are upheld in all

other areas of the student's life even after they leave university.

Student athletes have competing demands on their time requiring strict planning and dedication. Even so, these students are used to various pressures and the need to plan effectively but also perform on-and-off the field. They have high expectations of themselves in their sporting pursuits but also doing well academically.

So, when's the perfect time to fit exercise in? Right now.

## Endnotes

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## NEWS BITES

**Happy to be Blue:** Two of Sydney University Sport's long-term Australian representatives were named the 2017 Female and Male Blues of the Year at the annual awards dinner held in MacLaurin Hall. Belinda Snell, who has been a member of the Australian women's basketball team, the Opals, since 2003, and Nick Phipps, who has 58 rugby union Test caps for the Wallabies, were among 22 sportsmen and women to receive their Blues for 2017. Snell, the Female Blue of the Year, first played for the Sydney Uni Flames in the 2004-05 Women's National Basketball League season when she was named in the WNBL's All-Star Five. She returned for the 2016-17 season to captain the Flames to their first WNBL title. A Graduate Certificate in Educational Studies (Sports Coaching) student, Snell is aiming for a recall to the Opals for the 2020 Tokyo Olympic Games.

Halfback Phipps is a product of Sydney University Football Club's Colts production line and was a member of the 2009 and 2010 Shute Shield premiership teams. He debuted on the international stage as part of the Australian Sevens side at the 2009-10 Sevens World Series and was part of the Australian Sevens side that



won silver at the 2010 Commonwealth Games in Delhi. He made his Wallabies debut in 2011 against Samoa and landed a spot in the side for that year's Rugby World Cup. Phipps is a Master of International Business student, having previously completed a Bachelor of Business at UTS.



**Jenkins calls time:** A shoulder injury has forced Sydney University Football Club's Australian Rugby Sevens representative Ed Jenkins to retire from the game. Jenkins first lined up in the Australian Sevens ranks in 2008 and went on to captain his country at the 2016 Rio de Janeiro Olympic Games when Sevens became an Olympic sport for the first time. Along the way he became the first and only Australian to notch 50 Sevens caps, when he ran out in the Hong Kong leg of the World Sevens last year.

Jenkins, 31, retires with 547 points from 52 tournament appearances over a 10-year career that includes a Commonwealth Games silver medal from Delhi in 2010 and a bronze medal from Glasgow four years later.

After six seasons at the helm, Jenkins stepped down from leadership duties ahead of the 2016-17 Sevens World Series to allow a new generation to be ushered in. He is mooted to be taking up a post-Rugby role within Rugby Australia's administration.



**Running hot:** Sydney University Athletics Club amassed an incredible 21 Gold, 4 Silver and 9 Bronze medals at the 2018 NSW Track & Field Championships, a record medal haul for the Club. It was the best state championship performance by SUAC's athletes in the club's 139 year history and a record in club participation numbers.



**Another two seasons:** Cheryl Chambers has re-signed as head coach of the Brydens Sydney Uni Flames announced for another two WNBL seasons. In her inaugural season at the Club in 2016/17, Chambers led the Flames to an elusive WNBL Championship, their first in 16 years. Building team chemistry and creating a strong Club culture has been integral to the Flames success over the past two seasons, with Chambers making this a priority. Chambers will also have a huge role in the future of the Opals heading to the Commonwealth Games as assistant coach.

# WE ARE LIONS, ROAR WITH US.

## HOME EVENTS CALENDAR

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

### MARCH

DATE	TIME	SPORT	GAME	LOCATION
03.03.18	10:30am	Cricket	Sydney University v Bankstown	Sydney University Oval
25.03.18	2:00pm	Water Polo	Sydney University v Adelaide Jets (W)	Peter Montgomery Pool
25.03.18	3:15pm	Water Polo	Sydney University v Adelaide Jets (M)	Peter Montgomery Pool

### APRIL

07.04.18	TBA	Rugby Union	Sydney University v Parramatta	Sydney University Football Ground
14.04.18	12:00pm	AFL	Sydney University v Redland	Henson Park
14.04.18	2:00pm	Water Polo	Sydney University v UTS Balmain Tigers (W)	Peter Montgomery Pool
14.04.18	3:15pm	Water Polo	Sydney University v UTS Balmain Tigers (M)	Peter Montgomery Pool
21.04.18	TBA	Rugby Union	Sydney University v West Harbour	Sydney University Football Ground
21.04.18	2:00pm	Water Polo	Sydney University v UNSW Wests (W)	Peter Montgomery Pool
21.04.18	3:15pm	Water Polo	Sydney University v UNSW Wests (M)	Peter Montgomery Pool
22.04.18	2:00pm	Water Polo	Sydney University v Drummoyne Devils (W)	Peter Montgomery Pool
22.04.18	3:15pm	Water Polo	Sydney University v Drummoyne Devils (M)	Peter Montgomery Pool
27.04.18	7:00pm	Water Polo	Sydney University v Adelaide Jets (W)	Peter Montgomery Pool
27.04.18	8:15pm	Water Polo	Sydney University v Adelaide Jets (M)	Peter Montgomery Pool
28.04.18	12:00pm	AFL	Sydney University v Southport	Henson Park
28.04.18	TBA	Rugby Union	Sydney University v Northern Suburbs	Sydney University Football Ground
29.04.18	2:00pm	Water Polo	Sydney University v Hunter Hurricanes (W)	Peter Montgomery Pool
29.04.18	3:15pm	Water Polo	Sydney University v Hunter Hurricanes (M)	Peter Montgomery Pool

### MAY

12.05.18	12:00pm	AFL	Sydney University v Canberra	BISP
12.05.18	TBA	Rugby Union	Sydney University v Manly	Sydney University Football Ground
26.05.18	12:00pm	AFL	Sydney University v NT	BISP
26.05.18	TBA	Rugby Union	Sydney University v Southern Districts	Sydney University Football Ground





# In the Mix

IT'S 'GAME ON' AS LAURA HANLON  
PROFILES SOME OF THE TOP UNIVERSITY  
OF SYDNEY ATHLETES WHO MAY WELL  
BE FLYING THE AUSSIE FLAG AT  
**THE COMMONWEALTH GAMES.**





**WHEN MOST OF US THINK OF THE GOLD COAST WE PICTURE THE BEACH, GREAT WEATHER AND THEME PARKS. THIS ARTICLE ISN'T ABOUT MOST OF US THOUGH, IT'S ABOUT UNIVERSITY OF SYDNEY ATHLETES WHO ARE FINALISING THEIR SELECTION BEFORE BOOKING THEIR COMMONWEALTH GAMES TICKET UP NORTH.**

The 21st Commonwealth Games are almost upon us, with the Opening Ceremony set for April 4, 2018. University of Sydney athletes are pulling out all stops as they strive for peak form and selection for what is a rare and exciting opportunity to perform before huge home crowds at a major international competition.

This will be only the fifth time Australia has hosted this prestigious multi-sport event since its inception in 1930, then known as the Empire Games. It is mind-boggling to reflect on the fact that one of our finest athletes Belinda Snell, Captain of the Brydens Sydney Uni Flames women's basketball team, competed in Melbourne 2006 and is hell bent on selection in 2018, 12 years on.

As a preview, we cast our eye over some of the Sydney Uni Sport & Fitness (SUSF) athletes daring to fulfil their dreams as part of the mighty Australian team.

#### **NICHOLAS HOUGH | ATHLETICS**

Sydney University Athletics Club (SUAC) 2017 Athlete of the Year, Nick Hough, looks primed to do serious damage on the Gold Coast in the 110m hurdles. At 16 years of age Hough entered international competition with a bang at the 2010 Youth Olympics, claiming gold in the 110m Hurdles. While just missing selection for Rio, Hough rebounded, making the Australian team for the 2017 London Athletics World Championships. Indeed 2017 was Hough's year in the high

hurdles as he achieved a number of Qualifying Commonwealth Games times with a succession of barnstorming runs on the European summer circuit. A likeable and imposing figure on the track, standing 191cm, Hough graduated with a Bachelor of Information Technology (Honours) from Sydney University in 2017. Hough placed 4th in the 100m Hurdles final at the Glasgow Commonwealth Games and would like nothing better than to stand on the podium at the Gold Coast.

#### **MICHELLE JENNEKE | ATHLETICS**

Fearless and fun-loving both describe Michelle Jenneke who is vying for selection in the notoriously technical 100m Hurdles. Studying a Bachelor of Engineering in Mechatronics at Sydney University, Jenneke rose to prominence through silver at the 2010 Youth Olympics where so many current SUAC stars achieved their first international selection, followed by 5th at the Glasgow Commonwealth Games and two subsequent World Championship semi-final appearances. Jenneke has an A-qualifying time under the magic 13 seconds and sits second behind Sally Pearson in the qualification period. Current SUAC team captain, Jenneke is a star performer off the track too with her vivacious personality, passion and generosity, using her profile to help various charities and causes.

#### **KANE TOWNSEND | TABLE TENNIS**

Attack and if that doesn't work, attack some more is a great motto for an elite Table Tennis player and Kane Townsend epitomises that approach and consistently so against top-flight competitors. Not a probable, Townsend is selected in the 12 member 2018 Commonwealth Games Australian Table Tennis Team on the strength of his results, particularly when it mattered at the 2018 Australian Commonwealth Games qualifying tournament on the Gold Coast in mid-January. No stranger to this level of tournament, the left-handed Townsend

reached the quarter-finals at Glasgow in 2014. Townsend, who will turn 25 years old during the Commonwealth Games, first started playing table tennis as a five-year-old, with both parents playing at the national level and starting a table tennis club when he was four. If that isn't enough table tennis DNA in one family, Townsend's older brother Wade is also one of Australia's leading competitors. More than ably juggling academic pursuit with sport, Townsend was jointly awarded the USYD School of Mathematics and Statistics, George Allen Scholarship for Pure Mathematics.

#### **ANNELIESE RUBIE | ATHLETICS**

With a Rio Olympics (individual semi-finalist and relay finalist) in the women's 400m, plus three World Championships and the 2014 Commonwealth Games listed among her extensive sporting achievements, it's safe to say Anneliese (Annie) Rubie knows her way round an athletics track. Having a serious tilt at the 800m distance in recent times, Rubie should have the speed and strength to carry her right to the Gold Coast finish line of the 400m in the green and gold. Regularly supported by family at Athletics NSW meets, Rubie is another committed SUAC member always ready to front up for her club. Knocking on the Gold Coast selection door, Rubie ripped out a 52.17 in Sydney on December 16, 2017, an agonising seven-one-hundredths of one-second off an A qualifying time. Graduating with a Bachelor of Arts at Sydney University last year, Rubie is a hugely popular and humble athlete with a steely inner drive.

#### **BELINDA SNELL | BASKETBALL**

Current Captain of the Brydens Sydney Uni Flames and long-term Australian women's basketball star, Belinda Snell is hoping to make the Opals team for the Commonwealth Games. While the final squad selection is still to play out, Snell, along with fellow Flames playmaker Katie-Rae Ebzery has been selected for the Opals first training camp in February. A guard and forward, Snell is a bona-fide legend of Australian women's basketball. You couldn't meet a more humble and chilled person off the court but come game time she is all business with a level of competitiveness only found among the best of the best. Snell was born in the year the Women's National Basketball League (WNBL) was formed and while unknown at the time this was a clear pointer to her destiny. Snell surged to prominence as part of the WNBL Championship AIS team in 1998-99, alongside such luminaries as Lauren Jackson, Penny Taylor and Suzy Batkovic. Snell has done it all and more, representing the Opals at the Olympics, Commonwealth Games and World Championships and was named the University of Sydney Female Blue of the Year for 2017, as Captain of the Flames 2016-17 Championship side. Snell never backs away from a challenge, also completing a Graduate Certificate in Educational Studies (Sports Coaching).

#### **ROHAN BROWNING | ATHLETICS**

SUAC has a great history of producing 'fast as the wind' sprinters and excitement is building that we have another 100m and 200m speed demon in Rohan Browning. Browning is part of a wave of male sprinters, including Jack Hale and Trae Williams, and is glad for the competition and comradery. Fellow SUAC sprinter Josh Clarke is also well and truly in the mix. As at February 5, 2018, Browning had posted the fastest Australian 100m qualifying time, running a blistering 10.19 in Brisbane last December. Browning then took out the ACT 100m Men's Championship in January, in a major showdown with Hale and Williams. In a photo finish Browning was awarded the title, clocking 10.225. If Browning continues to progress an individual berth at the Games is well within his grasp.

While we have only been able to feature a handful of 2018 Commonwealth Games hopefuls, we are upbeat that a large contingent of University of Sydney sports stars will be selected for our country in a number of sports. Please join us in wishing the very best to all contenders in their final preparations and for selection.

# Did you know

Australia has been represented at all 20 Commonwealth Games contested prior to 2018 and is the top nation on the all-time medal tally with 2,218 medals, ahead of England on 2,008, followed by Canada, India, New Zealand and South Africa. The Games have also proven a happy-hunting ground for Sydney University representatives. A record 17 academic-athletes competed at the last Games in Glasgow four years ago.

Seven Sydney University athletes competed with distinction at Delhi in 2010, picking up five gold, seven silver and one bronze. On home soil in Melbourne 2006, Sydney University's seven Australian representatives came away with six medals. Without doubt, the mix of training and study is a proven winner for our elite athletes.



# (MEAL) PREP Yourself FOR 2018

When someone says 'meal prep', what comes to mind? Chicken and broccoli? Body builders? Grocery trips more painful than the first 5 minutes of cardio after Christmas? Sure. But what about saving for a holiday? Or reducing your contribution to landfill? Or protecting yourself from nutritional deficiencies?

There are plenty of reasons you should consider preparing more of your meals at home and it's easier than you think. Move over doomsdayers, there's a new team of preppers in town. And we have Tupperware.

## BENEFITS






### WHY YOU SHOULD:

#### Put your money where your mouth is

The argument that take-away food is cheaper than buying groceries is (sorry folks!) just plain wrong. Spending around \$10-\$15 on take-away food once or twice a day, 3-4 days a week quickly adds up to more than a weekly grocery shop. If you swapped just three of your weekly takeaway meals for food that you prepared from home, you could save around \$30/week. That's over \$1,500 a year. Hello European Contiki Tour 2019!

#### Make your mark (by reducing your footprint!)

When you order a takeaway meal, you end up with so much more than you bargained for:

-  Plastic or Styrofoam containers
-  Napkins
-  Plastic cutlery
-  1 plastic bag
-  1 can/glass/plastic bottle

Every year, it's estimated that between 4.8 and 12.7 tonnes of plastic waste reaches the ocean worldwide<sup>1</sup>. Most plastic is not biodegradable and most takeaway packaging is not recyclable (either due to food contamination or the quality of the plastic). By reducing your take-away consumption, you reduce your contribution to landfill and oceanic pollution.

#### Meet your needs (nutritional of course!)

Instead of thinking of a food as good or bad, try considering the food in a functional way: 'What is this apple going to do for me?' Heaps. It's full of vitamins, minerals, fibre, carbohydrates – all components of a food that help to protect us from chronic disease and aid normal growth, development, maintenance and activity. Compare this to 'What is this sausage roll going to do for me?' '... Well, it's going to taste good, and...'. Yep, that's about it.

Takeaway foods rarely help you meet your recommended number of servings from each of the five food groups. Instead, they often most strongly represent the discretionary food group e.g. saturated fats, sugary foods, salty foods, processed foods. A multigrain sandwich with chicken, cheese and salad will tick off servings of grains, protein, vegetables and dairy. Not bad for a humble sambo!

## TIPS & TRICKS

### HOW YOU CAN:

**Cook what you love:** Brainstorm meals that you like to eat, then list the ingredients (Google can help with recipes if cooking isn't your thing!). This becomes the basis of your shopping list. If the meals aren't as healthy as you want them to be, jump online and add the word 'healthy' to your search for ideas on simple substitutes. Remember, food should be enjoyable. If you don't like what you're eating, you're less likely to stick with your new food prep habits.

**Be prepared:** Go grocery shopping regularly, choosing a wide variety of foods from the five food groups. To avoid food going off before you've had a chance to eat it, consider how you store and cook it. Why eat out when there's a fridge full of fresh food waiting for you at home?

**Cook in bulk:** One of the biggest challenges of meal prepping is the time and energy it takes from your day. Utilise your time more efficiently by preparing larger quantities of the same meal. If you don't like eating the same meal day in day out, try planning variations of the same ingredients, e.g. a roast chicken can go into sandwiches, salads, wraps and stir-fries.

**Storage is key:** If you're serious about meal prepping and time management, you can't go past a good set of reusable, microwavable, dishwasher-friendly containers. Make sure you get the BPA-free ones (glass containers are the best!) Pack your lunches, dinners and snacks on a Sunday, and you'll be ready to slide out the door every morning.

## #GOALS

Based on the Australian Guide to Healthy Eating, healthy adults should aim for:



### VEGETABLES & LEGUMES/BEANS

Age	Serves per day		
	19-50	51-70	70 +
Men	6	5½	5
Women	5	5	5



### FRUIT

Age	Serves per day		
	19-50	51-70	70 +
Men	2	2	2
Women	2	2	2



### GRAIN (CEREAL) FOODS

Mostly wholegrain and/or high cereal fibre varieties.

Age	Serves per day		
	19-50	51-70	70 +
Men	6	6	4½
Women	6	4	3



### LEAN MEAT & POULTRY

Including fish, eggs, tofu, nuts and seeds, and legumes/beans.

Age	Serves per day		
	19-50	51-70	70 +
Men	3	2½	2½
Women	2½	2	2



### MILK, YOGHURT, CHEESE & ALTERNATIVES

Age	Serves per day		
	19-50	51-70	70 +
Men	2½	2½	3½
Women	2½	4	4

These guidelines vary depending on health, age, gender, pregnancy and activity level. Find the right numbers for you at [eatforhealth.gov.au](http://eatforhealth.gov.au) or speak to an Accredited Practising Dietician for detailed nutritional and dietetic advice.

As we move into 2018, I challenge you to make a small change to the way you eat, if not for your own health, then for the health of the environment (oh, and the health of your holiday fund!) Every meal you prep is a win.

Go forth and conquer preppers!

**Rachel Finch is a Student Dietitian, Les Mills Group Fitness Instructor and blogger at Resolve with Rachel.**

**Website:** [resolvewithrachel.wixsite.com/resolve](http://resolvewithrachel.wixsite.com/resolve)

**Instagram:** @resolvewithrachel

#### Reference:

<sup>1</sup>Jambeck, J.R., Geyer, R., Wilcox, C., Siegler, T.R., Perryman, M., Andrady, A., Narayan, R. and Law, K.L., 2015. Plastic waste inputs from land into the ocean. Science, 347(6223), pp.768-771.





**Sydney Uni**  
SPORT & FITNESS

# Campus Map



**Sydney Uni**  
SPORT & FITNESS



## It's easy to become an annual member *at Sydney Uni Sport & Fitness*

With **two on-campus health and fitness centres**, a range of short courses, social sport, and over **40 sporting clubs** to get involved in, our annual membership gives you access to an amazing range of benefits at unbeatable prices.

USYD  
Students  
**\$60**

Community  
or USYD Staff  
**\$65**



Sydney Uni Sport & Fitness



SydUniSport



SydUniSportFit





## The Sydney Uni Sport & Fitness Elite Athlete Program prides itself on the success of its athletes, assisting them to achieve a steady balance between both sport and study.

In 2017, 62 members of the Elite Athlete Program made it to the finish line, armed with a world class tertiary education combined with invaluable leadership qualities and industry connections to help them build a successful career.

From one finish line to the start of the next, we hit up three of the talented graduates to see where they're headed:

### THOMAS KOERSTZ

#### 1. Degree, sport:

- Bachelor of Agricultural Economics, Majoring in Ag. Economics and A.g Science
- Rugby Union

#### 2. How has the Elite Athlete Program supported you in reaching this point of graduation?

- The Elite Athlete Program played a major role in me obtaining my degree. I would not have got through my studies without the tutoring I received as well as the help and advice when it came to managing the demands of assignments, classes and the rugby program. Furthermore, the ability to see dieticians, sports medicine professionals and receive elite level coaching meant that I could focus on my studies a lot more as all the on-and-off field stuff was managed in terms of my footy.

#### 3. What are your plans for next year?

- Unfortunately, I am currently returning from a torn ACL and spending plenty of time in rehab. However, I am planning to be back on the field playing rugby for the students in mid-March or start of April which I am looking forward to after a long time off the paddock. In terms of my career, I began working at GrainCorp in July after completing my studies and have recently moved into a Domestic Road Planner which has been really enjoyable.

#### 4. Favourite quote you look to for inspiration?

- "My scars tell a story. They are a reminder of times when life tried to break me, but failed."

### RACHAEL SOUTAR

#### 1. Degree, sport:

- Bachelor of Applied Science (Occupational Therapy)
- Soccer

#### 2. How has the Elite Athlete Program supported you in reaching this point of graduation?

- The Elite Athlete Program really helped me throughout my degree when my soccer commitments clashed with my university placements, classes and assessments. The alternative arrangements the program helped me to organise made my degree a lot less stressful to complete. Through their support I was able to achieve good marks and maintain a balance between my university and sporting commitments.

#### 3. What are your plans for next year?

- Next year I plan to continue playing in the W-League and I also hope to get a full time Occupational Therapy job in a hospital setting or in paediatrics.

#### 4. Favourite quote you look to for inspiration?

- "Do more of what makes you happy."

### JACK BLAIR

#### 1. Degree, sport:

- Bachelor of Science (Chemistry and Computer Science) and Master of Management
- Rugby Union

#### 2. How has the Elite Athlete Program supported you in reaching this point of graduation?

- At the most basic level, the program has helped me financially, which has reduced the stress of living costs and allowed me to focus more on my studies and my sport. Beyond this, I have been provided with academic tutoring and incredible facilities that have undoubtedly had a huge positive effect on my academic and sporting endeavours. Lastly, the community of staff and fellow student athletes has been an amazing thing to be a part of and will be something I treasure for the rest of my life.

#### 3. What are your plans for next year?

- Next year I've managed to land a graduate job at Deloitte in Enterprise Applications, where I hope to start a successful career in consulting. However, for my sport next year I'm swapping codes to AFL and am hoping to get drafted at the end of 2018.

#### 4. Favourite quote you look to for inspiration?

- "The championships are almost secondary to the feeling you'll get from waking up every morning and putting in the work. The championships are like when you were sitting in class at UConn with your shirt and tie on. They're just the culmination. Your winding path to those moments, just like your walk across campus on that quiet fall morning in Connecticut, is where you will find happiness." – Ray Allen



# SYDNEY UNI-STAMINADE set The Pace

**OUR ELITE WOMEN'S CYCLING TEAM HAS SCORCHED THE NATION'S ROADS TO SHOW THEY BELONG. LAURA HANLON PROVIDES A WRAP OF THEIR FIRST SUMMER OF RACING.**

With women's sport going from strength to strength, Sydney University's female cycling team made their mark in the 2018 Aussie Summer of Cycling.

The newly-assembled elite women's cycling team, Sydney Uni-Staminade, contested four major cycling events during January, including the Cycling Australia Road National Championships at Ballarat, the Santos Women's Tour Down Under, the Cadel Evans Great Ocean Race, and the Deakin Elite Women's Road Race.

Launched in December 2017, the Sydney Uni-Staminade team is supported by the University of Sydney, Sydney Uni Sport & Fitness, Sydney Uni Velo Club and naming rights sponsor, Staminade, along with loyal sponsors Trek Bicycles and Park Bikes.

The team was assembled to provide a development pathway, including academic support, for female cyclists from club to the elite level. Sydney University is committed to creating a sustainable NSW-based race team for some of the most promising riders in the state.

When you are invited to compete at Union Cycliste Internationale (UCI) rated events you need to turn up making a statement. To that end, the team wished to make a splash and they did. While most of the events they competed in have six-member teams, it is vital to have depth to cover injury and unavailability so Sydney Uni-Staminade boasts a dynamic 10-rider roster which includes Abby Sneddon, Amy Vesty, Angela Smith, Chloe Heffernan, Emma Roberts, Emily Watts, Georgia Whitehouse, Gina Ricardo, Jade Colligan and Megan Scott.

The team saw non-stop action throughout January starting with the Cycling Australia Road National Championships at Ballarat. Just days later they took on the Santos Women's Tour Down Under. They were one of six Australian teams in a 17-strong international field.

The team of Scott, Smith, Heffernan, Colligan, Ricardo and Whitehouse rode with distinction. Following the Santos events it was announced that equal prize money would be offered for both men and women, including the 2018 races, confirming the global juggernaut that is women's cycling and female sport in general.

The next assignment for team Sydney Uni-Staminade was the 63.6km Cadel Evans Great Ocean Race which kicked off with the Towards Zero Melbourne criterium on a fast and flat Albert Park course. Whitehouse and Sneddon rode well to finish in the top 30 in an 86-strong international field.

Two days later the Sydney University team lined up for the signature event, the Deakin Elite Women's Road Race, UCI 1.1 over 113km. Whitehouse was on fire, going off the front to lead only to suffer a rear puncture at the 41km mark.

After running repairs she rejoined the race and, riding alongside Italian Lisa Morzenti, they were finally caught by the chasers.

Whitehouse picked up a swag of points in winning the hill climb and intermediate sprints. She also finished second in the Mapei sprint classification and third in the Subaru Queen of the Mountain. The Queen of the Mountain placing gave her some serious bragging rights as it was the first time the women's course included the Challambra Climb, a notoriously steep and winding ascent.

All six Sydney Uni-Staminade riders finished the challenging race, testimony to their preparation and strong team culture.

Fellow Sydney Uni Velo Club rider, Rio Olympian Rachel Neylan, finished 21st in the leading pack as part of the Mitchelton-Scott team. Neylan was the inaugural winner of the Cadel Evans Women's Ocean Race in 2015.

Sydney Uni-Staminade finished off a busy January by entering the 2018 Jayco Women's Herald Sun Tour, the first time women's teams have been included.

The team has big plans for 2018, including Cycling Australia's revamped National Road Series beginning in August, which will feature a series of tours, criteriums and classics, plus targeting some races in the US in June and July.

Look for them flashing by.



**"SYDNEY UNIVERSITY'S FEMALE CYCLING TEAM MADE THEIR MARK IN THE 2018 AUSSIE SUMMER OF CYCLING."**







## BEYOND THE BOAT WITH

# Dyone Bettega

IT WAS A BIG 2017 FOR SYDNEY UNIVERSITY BOAT CLUB'S DYONE BETTEGA, LEADING THE WOMEN'S EIGHT TO VICTORY AT THE AUSTRALIAN BOAT RACE AND BEING AWARDED A SYDNEY UNIVERSITY BLUE. WE CAUGHT UP WITH DYONE TO DISCUSS WHAT'S IN STORE FOR 2018.



"22/10/17 IS A DATE I WILL REMEMBER FOR A LONG TIME. OUR METICULOUS PREPARATION COUPLED WITH GREAT COACHING AND TEAM COHESION WERE THE KEY INGREDIENTS OF THIS HISTORIC VICTORY."

### WHEN DID YOU FIRST GET INTO ROWING?

I first started rowing in year 7 at PLC Sydney. Rowing really interested me because of how different it was to the ball sports I played growing up – the equipment and technology, not to mention the incredibly precise technique required for one stroke was a new experience for me.

### WHAT MADE YOU STICK WITH THE SPORT?

I stuck with rowing because I immediately fell in love with the intensity of the sport. By 'intensity', I don't just mean gruelling sessions spent exploring the depths of the pain cave, but also the intensity of the friendships, comradery and spirit within a squad.

### FAVOURITE PART OF ROWING?

Although I enjoy testing my physical boundaries, I love the mental challenge that each training session presents. Whether it is to condition my body to maintain a faster speed on the erg than I've done previously or mentally rehearse races in order to remain calm in any situation.

### HOW DO YOU BALANCE YOUR TRAINING SCHEDULE WITH STUDY AND A SOCIAL LIFE?

It is challenging to balance sport and study especially when training upwards of 12 times a week; however, I've always believed that sport and study go hand-in-hand. Rowing has taught me key values such as discipline, perseverance and motivation all of which are valuable skills that are transferable to the classroom and more generally, life. As for maintaining a social life, I have met amazing friends at Sydney University Boat Club (SUBC) and I feel so grateful that I get to see them and train alongside them everyday. My family and friends outside of rowing are very understanding of my commitment to the sport but I still try to meet up with them as often as I can.

### HOW DOES BEING A MEMBER OF THE ELITE ATHLETE PROGRAM ASSIST IN MAINTAINING THIS BALANCE?

The Elite Athlete Program provides me with the support I need to achieve my academic and sporting goals. For example, Elite Athlete Program staff are incredibly available to help athletes submit timetable requests to accommodate training and university as well as providing us with tutors if classes are missed due to regattas. On top of all this, being a member of the Elite Athlete Program means we get access to fantastic facilities such as the David Mortimer High Performance Gym and Sports & Aquatic Centre as well as field professionals such as dieticians and psychologists.

### TELL US A BIT ABOUT BEING A MEMBER OF SUBC...

SUBC is a club built on the key values of hard work, support, friendship, opportunity and integrity. Furthermore, the club breeds a very inclusive culture and we strive to always welcome new members and instil in them the same passion for the sport that we have. It is incredible to be a member of such a cohesive and fun squad.

### WHAT HAS BEEN THE IMPACT OF SUBC'S NEW THYNE REID BOAT SHED?

Following the recent amalgamation of the men's and women's rowing clubs, the Thyne Reid Boat Shed has further strengthened the bond and spirit among the athletes. The club's achievements in 2017 are a testament to the unity and pride the shed has brought.

### WHAT WAS IT LIKE CAPTAINING THE WOMEN'S EIGHT TO VICTORY AT THE AUSTRALIAN BOAT RACE?

22/10/17 is a date I will remember for a long time. Our meticulous preparation coupled with great coaching and team cohesion were the key ingredients of this historic victory. After a very tight start, our composure, determination and trust in one another allowed us to pull away from the opposition and progressively gain clear water. It was so humbling to have led such an incredibly talented team and I couldn't be more proud of our achievement.

### AND THEN TWO MONTHS LATER, YOU WERE AWARDED A SYDNEY UNIVERSITY BLUE...

I feel so privileged to be part of the Blues tradition that recognises high achieving student athletes. This was made possible by the great program and support offered by everyone at SUBC and the Elite Athlete Program. It was such an honour to be presented my blue by David Mortimer and also share it with four other rowers from the club.

### WHAT'S ON THE CARDS FOR 2018?

This year, my pair partner and I will be training towards selection trials for the U23 Australian team. I am also encouraged that SUBC will continue to produce great results at the State and National Championships as well as the 2018 AUS Nationals and Australian Boat Race towards the end of the year.

### WHERE DO YOU SEE YOURSELF IN FIVE YEARS?

I want to maintain my passion and dedication to rowing, complete my bachelor degree and return for postgraduate study. Above all, I am determined to reach the highest competitive level that my physicality and mentality will take me.



# GROUP FITNESS GUIDE

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



Train as a team in SUSF's state-of-the-art Group Fitness facilities with some of Sydney's best instructors. You'll meet people, learn how to exercise and get addicted to fitness.

## BODYPUMP

The original weight-lifting workout that gets you lean, toned, strong and fit, fast.

## BODYATTACK

The high-energy, sports-inspired workout that improves your strength, stamina, coordination and agility.

## RPM

The cycling inspired, low-impact workout that gets you super fit, where you control the intensity.

## CXWORX

The results-driven core workout that builds your functional strength and aids in prevention... in only 30 minutes!

## BODYBALANCE

The yoga-based class that improves your strength, flexibility, focus and wellbeing.

## BODYCOMBAT

The high-energy martial-arts inspired workout that works your legs, tones your arms, back and shoulders and provides phenomenal core training.

## SH'BAM

The insanely addictive dance party workout that's so much fun, you'll forget you're exercising.

## BODYSTEP ATHLETIC

The step-based cardio workout that sharpens your coordination, agility and cardio fitness and tones and shapes your butt and legs.

## YOGA

Slow and gentle movements to deepen body awareness, enhance posture, increase flexibility and balance, and relieve stress. We offer Flow, Hatha and Japanese Yoga.

## PILATES

Teaching balance and control of the body, Pilates yields numerous benefits such as flexibility and strength, particularly of the core.



## HIGH-INTENSITY INTERVAL TRAINING (HIIT)

High-Intensity Interval Training (HIIT) involves short bursts of intense exercise, followed by short recoveries, for a period of 30-45 minutes. The benefits?

- Rapidly improve your cardiovascular fitness
- Build lean muscle mass and train your body to burn fat
- Burn calories for hours after your workout
- Accelerate changes in strength and power
- Push your mental and physical limits
- Achieve maximum performance in minimal time

## LES MILLS SPRINT

LES MILLS SPRINT™ is a 30-minute HIIT workout, using an indoor bike to achieve fast results. It's short, low-impact but intense, guaranteed to push you to your limits.

The payoff? You smash your fitness goals, fast.

## LES MILLS GRIT

Grit is a 30-minute workout that takes cutting edge HIIT and combines it with powerful music and inspirational coaches who

will be down on the floor with you, motivating you to go harder to get fit, fast.

## GRIT STRENGTH

Uses barbell, plate and bodyweight exercises, focussing on range and load to increase your strength and build lean muscle mass.

## GRIT CARDIO

Incorporates running, jumping and bodyweight exercises, focussing on speed and agility to drive your cardiovascular fitness and burn fat.

## GRIT PLYO

Utilises propulsive movements using a step and a weight plate, focussing on explosive power to accelerate your athletic performance and improve your cardiovascular capacity.

## HIIT BOXING

HIIT Boxing uses evidence-based interval protocols to help you torch as many calories as possible in 45 minutes.

Designed by SUSF's Exercise Physiology team and run by SUSF's fittest gym staff, get ready to realise your fitness potential.

Visit [www.susf.com.au](http://www.susf.com.au) for more on our Group Fitness program.



# STUDENTS TAKE *PyeongChang*

**THE UNIVERSITY OF SYDNEY WAS WELL-REPRESENTED AT THE 2018 PYEONGCHANG WINTER OLYMPIC GAMES BY STUDENTS HOLLY CRAWFORD, MADII HIMBURY, JAMES MATHESON AND ALUMNA AIMEE WATSON.**

The four snow sports athletes were part of the 51-strong Australian Olympic Team, with Madii and James among the team's 20 first-time Winter Olympians.

Holly, a Master of Project Management student, made her fourth Winter Olympic appearance, having made her debut at the Torino Games in 2006, where she finished 18th in the snowboard halfpipe. She moved up the standings at the 2010 Vancouver Games, finishing eighth in the same event.

She was on song for a podium finish at the 2014 Sochi Games after finishing with a silver medal at the Olympic test event but a crash three weeks before the Games left her with wrist, rib cartilage and knee injuries (as told to a stunned audience when she received a University Blue last year).

She missed out on a medal at PyeongChang after finishing 10th in her first qualification run and 20th in her second run. She just missed making the finals after finishing 13th overall.

In between the Games, Crawford won Australia's first snowboard halfpipe World Championship medal, silver at the 2009 World Championships in Korea. She ultimately claimed the World Championship crown in 2011, and then won another silver medal in 2013.

Madii, a Bachelor of Applied Science (Exercise & Sport Science) ranked 15th in her first moguls qualifying run and 10th in the second run to qualify for the final where she finished 20th with a score of 68.19.

Madii's two Australian teammates, Jakara Anthony (75.35) and Britteny Cox (75.08) finished fourth and fifth respectively.

James, a Bachelor of Commerce student, began freestyle skiing in 2004 and first emerged on the international moguls scene in 2010 when he qualified for the Europa Cup as a 15-year-old.

The following year he was crowned the under-19 Australian moguls champion. In the 2017-18 World Cup season James recorded a personal best result at the first Thaiwoo World Cup, placing seventh and one place off qualifying for his first Super Final.

At PyeongChang he was ranked 10th after his first two qualifying runs with scores of 72.27 and 74.61. He improved on those runs with a score of 75.98 in the first final, but finished 15th to miss out on the second.

Australia's Matt Graham won the silver medal, Australia's first of the games, with a score of 82.57.

Aimee, an Elite Athlete Program alumna and Sydney University graduate (Bachelor of Veterinary Science, 2011), finished 58th in the Ladies' Sprint Classic qualifying run (3:44.87), 36.13 seconds behind the winner.

The two-time Olympian will compete on the final day of competition in the 30km freestyle mass start. At the time of publication the event had not yet taken place (25 February, 2018).

Congratulations to all competitors.





# CHAMPIONS HUNTED DOWN

**It has often been said that defending a championship is harder than winning one in the first place, but Brydens Sydney Uni Flames nevertheless gave it a red-hot crack in 2017/18 as the team attempted to bring a second consecutive championship to the Harbour City, writes Lachy France.**

After going under the radar prior to 2016-17's title-winning campaign, the Flames were certainly the hunted going into 2017-18. Add to that the improved rosters of Melbourne and Adelaide, as well as the already strong Townsville and Perth teams, and securing another title was always destined to be tougher than winning one in the first place.

Fortunately, Coach Cheryl Chambers was able to retain the majority of her title-winning squad. While All Star point guard Leilani Mitchell made the move to Turkey and Lauren Nicholson headed to Adelaide, the remainder of the squad, including imports Asia Taylor and Jennifer Hamson, returned to the team. Furthermore, the team was able to lure back fan favourite Katie-Rae Ebzery after her season in Russia, bolstering the backcourt markedly. However, news would come shortly before the commencement of the season that WNBA draftee Tahlia Tupaea would miss the majority of the season through injury, throwing a spanner in the works even before the first game.

The Flames were unperturbed, though. Although they dropped their first game, 91-80 to Adelaide, the defending champions then reeled off four consecutive wins, including on the road at Perth and Townsville, to enjoy a solid first month of the season. A nail-biting loss away to Dandenong snapped that streak, but the team quickly rebounded to win three consecutive games and by mid-November the Flames were in a strong position heading into the second half of the shortened season.

No season is without its peaks and troughs, and the Flames certainly hit a trough midway through the season. Losses to Perth and Melbourne stung, but a victory over the Boomers in the return fixture shortly after seemed to have the Flames back on track with an outstanding offensive performance that garnered a 101-89 win as Asia Taylor, Alex Wilson, and Belinda Snell all dropped in excess of 20 points. But a pair of home losses to Adelaide and Townsville, each by three points, saw the Flames slip back into the fight for finals spots after they had been entrenched in the top 4 for much of the season.

Despite stumbling through the middle part of the season, the Flames once again proved that they are strong finishers. After last season's 8 game winning streak to complete the regular season, the Flames won four of their final five games, including a 90-57 demolition of the Bendigo Spirit, leading up to the final weekend of the season which featured a potentially pivotal pair of games for the defending champions.

Coming into the final round of the season, the Flames already knew they would be playing Townsville in the semi-finals, and a win over the Fire themselves, combined with victory over Bendigo, would deliver the Flames home advantage in that semi-final series. The Flames promptly came out in red-hot touch, putting the Fire to the sword with an outstanding 107-81 win in which Jennifer Hamson finished with 24 points and 9 rebounds, while Belinda Snell showcased her talents in

a vintage 7 of 8 shooting night to tally 19 points and 10 assists. A win over Bendigo on New Year's Eve followed, and the Flames had secured home advantage for the semi-finals.

Although the Flames would have the opportunity to play two home games in the semi-finals, the new format meant that the team would have to travel to Townsville for Game 1 to face a Fire side that would be acutely aware of their recent late-season struggles against the Flames and desperate to atone for both last season's semi-final loss and the previous week's demolition.

In front of a raucous home crowd, the game was tight in the first quarter before the Fire began to dominate against an out of touch Flames side. Shooting just 24% from the field, the Flames were challenged by a Fire side which opened up a 16 point half and never looked back on their way to a 78-49 victory. Heading back to Sydney for Game 2, the Flames knew that they would have to win two consecutive games to secure a grand final berth, and they had a secret weapon up their sleeves: Tahlia Tupaea would make her return to the team in the season's most crucial game.

**"AFTER GOING UNDER THE RADAR PRIOR TO 2016-17'S TITLE-WINNING CAMPAIGN, THE FLAMES WERE CERTAINLY THE HUNTED GOING INTO 2017-18."**

But the Fire were never going to let the home side have things all their own way. While the Flames maintained a lead throughout much of the first half, they couldn't extend the margin beyond five points at any time, and eventually Townsville secured a lead late in the first half to hold a 41-37 advantage at halftime. The game remained tight deep into the contest, with the Flames regaining the lead late in the third quarter, and although the Fire regained the advantage, a late run from the Flames garnered the team a one point lead with a minute to play. Unfortunately, the Fire capitalised on some Flames errors in a frantic final minute, and although Belinda Snell had a last-second prayer from the corner, it was off target and the Fire escaped with a 68-65 win, and with it a spot in the grand final, ending the Flames' season in the process.

Despite the semi-final loss which brought the team's title defence to an end, there were still stories of success to come for the Flames. For the second year in succession, import Asia Taylor was named in the WNBL All-Star Five for yet another outstanding season. On top of this, both Belinda Snell and Katie-Rae Ebzery were named to an extended Opals squad for Commonwealth Games selection camps.

Although it may not have been as successful a season as the previous year for the Flames, the future remains bright for Sydney's only WNBL team led by Cheryl Chambers as Head Coach for another two seasons.





# CYNICS' TOUR BATTER UP A SUCCESS

## TAKE ME OUT TO THE BALL GAME... OR SEVERAL IN SYDNEY UNI'S CASE, WRITES HARRY CROKER.

The Sydney University Baseball Club, or the 'Cynics' as they're fondly known, competed at the 2017 Hong Kong International Baseball Open during December.

The 12-man squad was invited to the tournament as a stand-alone club rather than as an Australian representative team. The squad was a mixture of youth and experience, with 15 year Cynics veteran, and club President, Wade Shipard included in the playing squad. First up, two-time champions and tournament favourites, Ateneo University, hailing from the Philippines.

The Cynics went down 12-7 to Ateneo, but displayed their title ambitions by scoring strong runs early. The boys from Sydney were unable to withstand the experience, and strong hitting performance from Ateneo, however it was a good opportunity

to dust off the cobwebs. Mitch Liddle was outstanding during the match, hitting a triple, and a double as well as putting on a pitching clinic for the opposition and the spectators.

Primed for a second match victory, Uni were slow out of the blocks, pulling off a come-from-behind win against China's Lanzhou New Way. Fortune was clearly on the students' side as the baseball gods guided them to a clinching 6-4 victory. The Cynics' championship hopes were still alive. It was an especially important win as it was their maiden victory on international soil. President Shipard was a standout, pitching for the games entirety, striking out 11 batters, and allowing zero walks, while Mitch Liddle continued his red-hot form tying the game in the 6th inning with a double. This would be the catalyst for strong batting performances from James Gray and Ben Warnock, which steered the men to the winner's circle.

With the wind in their sails, the Cynics approached their final pool game ready to rumble. Their opponents: Hong Kong Blue, an Under 18's national representative team. The boys in navy blue and gold didn't trail at any stage of the match,

winning 11-7, booking their spot in the Championship game. Nicholas Doller demonstrated some freakish fielding, drawing awed gasps from the crowd at various stages of the match, while Andrew Franklin was flawless with the bat for the whole match.

Finishing the pool games with two wins and one loss, the Cynics qualified for a shot at the tournament title. They would face their pool rivals, Ateneo University, in the big dance. Despite taking an early lead, the Sydney-siders couldn't hold out another strong performance from Ateneo. The boys from the Philippines capitalised on the Cynics' errors in a tightly contested match. The final score: 10-4. Settling for a silver medal, the boys walked away with their heads held high as there were a number positives derived from the match. Despite some competitive banter between the two sides, both teams shook hands after the match, and hit the town together later that evening, with the Cynics' Australian gregariousness being enjoyed by all.

While the Sydney Uni Baseball Club may have fallen one hurdle short of their initial goal, competing comfortably at a

tournament of such a high standard is no mean feat in itself. Since returning from the tour, Shipard says the group has been "in constant contact", continuing to share stories and laughs from their week in Hong Kong. This can only be a good thing as the club prepares for the upcoming season, with team cohesion being a crucial element for success. "Often the best parts of a sporting trip are off the field: bus rides to and from games, team dinners, and developing a hilarious lingo of slang and nicknames that makes no sense at all when you return back to the real world," Shipard said. After his performance on tour, Mitch Liddle is set to have a big 2018 season for the Cynics, being voted Sydney University's MVP of the tournament, leading everyone in the pool for total bases and slugging.

The Cynics have been invited back to Hong Kong for the 2018 International Baseball Open tournament, and plan to send a stronger squad so they can go one better a second time around and win the championship. However, before any of that they have their regular competition in the Sydney Winter Baseball League, commencing in April.



# TRAIN YOUR WAY

## BRAND NEW FUNCTIONAL TRAINING ZONE!

**Sydney Uni Sport & Fitness is excited to announce the significant expansion of its gym at the Sydney University Sports & Aquatic Centre (SUSAC).**

The new space includes a 17-metre sled track, two TRX stations, fresh cardio equipment and a Hammer Strength HD Athletic 'Rig', a versatile, functional apparatus perfect for strength and performance training.

The additional 350m<sup>2</sup> of gym space has been added to the existing Weights & Cardio Rooms at SUSAC and is available to all existing Gold & Silver gym pass holders.

Fitted with cross grind 12mm black rubber flooring and attack turf with two SUSF-branded logos, the space features a prowler sled, battle ropes, a plyometric foam box jump and two Octane Assault Bikes.

As well, the zone will be home to a brand new full kettlebell set (4kg-32kg), a full med ball set (2kg-10kg), SUSF-branded elite weight plates (94 in total, ranging from 5-20kg) and SUSF-branded dumbbells (complete set ranging from 10-50kg). It will also include a number of new benches (flat and Olympic) and barbells (competition, barbells and evolution).

Work on the expansion began in January 2018, with SUSF extending into space formerly occupied by the University of Sydney's Co-op Bookshop (which will re-open in the same, albeit reduced space) Sydney Uni Sport & Fitness will host an official opening of the fresh functional space for members in March.



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WHY YOU'RE DOING IT.

LATER THEY'LL ASK  
HOW YOU DID IT.



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- Member's rates on Sydney Uni Sport & Fitness branded apparel at the Co-op Bookshop and online store.
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- Free towel and locker hire at each visit
- Use of time stop available
- Complimentary subscription to ROAR magazine

##### PRICE PER WEEK

Sydney Uni Students from under \$16\*  
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Enjoy the choice to get what you really want

##### SILVER BENEFITS INCLUDE:

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

##### PRICE PER WEEK

Sydney Uni Students from under \$13\*  
Sydney Uni Staff from under \$14\*  
Community from under \$16\*

#### BRONZE LION PASS

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

##### BRONZE BENEFITS INCLUDE:

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

##### PRICE PER WEEK

Sydney Uni Students from under \$11\*  
Sydney Uni Staff from under \$12\*  
Community from under \$13\*

#### BLUE LION PASS

Dive in and paddle your way to a healthier you

##### BLUE BENEFITS INCLUDE:

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

##### PRICE PER WEEK

Sydney Uni Students from under \$8\*  
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Community from under \$10\*



# ONWARDS & UPWARDS



**THE GROWTHBUILT SYDNEY UNIVERSITY AUSTRALIAN NATIONAL FOOTBALL CLUB (SUANFC) HAS A RICH AND PROUD TRADITION AS NEW SOUTH WALES' OLDEST AFL CLUB. BOASTING EIGHT TEAMS AND OVER 350 CLUB MEMBERS, SUANFC HAS ALSO MADE ITS MARK AS ONE OF THE STATE'S LARGEST FOOTBALL CLUBS.**

In 2012, the club first entered a team in the North East Australian Football League (NEAFL) creating a pathway in Sydney for both local and interstate talent to the AFL. Competing against strong teams from the North East each week, including four reserve AFL teams (Sydney, GWS, Brisbane and Gold Coast) has not only strengthened the NEAFL team, but also the Sydney Uni Club as a whole.

Now backed by industry-leading construction firm, Growthbuilt, the Club have a huge season ahead from grassroots through to the elite level.

## POSITIVE GROWTH

This year, Sydney Uni will enter its seventh NEAFL season. There has been vast growth for the club since joining the competition. Preliminary finals appearances in the last three seasons are a far cry from where they finished, near the bottom of the ladder, the three seasons prior. However, as they push towards an elusive Grand Final appearance, the team must continue to evolve.

"There have been a lot of changes in the last twelve months – the game plan, the list and the staff were all significantly different in 2017 from 2016," head coach Tom Morrison said. "We felt that this would set us up to make smaller adjustments in year two and three to ensure that we could capitalise on the changes with a greater rate of success."

## BRIDGING THE GAP

Despite bowing out in the preliminary final, SUANFC's NEAFL team took some big steps forward in 2017, while ticking off a number of club records in their most successful season to date.

In his first year at the helm, Morrison guided the Students to their best regular season win-loss record (14-4) since joining the competition.

The Students created history in Round 19 against the NT Thunder, producing their biggest ever score – plus their biggest winning margin – when they put on a clinic against the Territorians to win 25.17 (167) to 7.7 (49).

With each of their losses in the 2017 season coming only from the AFL reserve sides, the Students have also further separated themselves from the non-AFL teams in the league, and have begun to bridge the gap between the AFL sides.

## MAINTAINING THE CORE GROUP

Morrison is pleased the team have retained the majority of their list from their successful 2017 campaign, including team captain Lewis Stevenson and back-to-back Driscoll Best and Fairest medallist, Tom Young.

One major loss is veteran, Tom Ayton who reached his 100 game NEAFL milestone last year. "Ayton has been a key member of our program for the past five years. He will be sorely missed as he has performed many important roles for our Club, whilst building our NEAFL program into what it is today," Morrison said.

"The remainder of our playing group, both young and the more seasoned footballers, have continued on for season 2018, which we are really happy about."

## RISING STARS

Along with their core group of senior players, Sydney Uni boast a strong crop of rising stars who have returned for the 2018 campaign. Most notable are former Sydney Swans Academy products, Ryan Hebron and Darcy Baron Hay.

Stepping into the NEAFL starting group in 2017, they earned NEAFL rising star nominations, were named in the NEAFL representative side and both earned NEAFL Team of the Year selection.

## NEW RECRUITS

The Students have added three major signings for their 2018 campaign. Sydney Swans premiership player and former Essendon Bomber, Craig Bird has joined Sydney Uni after playing 157 AFL games across both clubs. Former AFL players Brandon Jack (Sydney Swans) and Shaun Edwards (GWS, Essendon) will also bring experience from the top level to the group.

"These three will be important for us in 2018 as we look to take a step further than season 2017 and play in a Grand Final. Craig, Brandon and Shaun are all experienced footballers who will provide leadership, leg speed and football smarts for our group."

"We have also added another batch of exciting young local talent that we feel will develop into very good footballers over the course of the season."

## PRE-SEASON FOCUS

Playing a 'team first' brand of football was integral to the group's success last season and will be a key focus for the upcoming season.

"We reviewed our 2017 season very heavily and identified some areas of our game plan, list and staff that needed development and we feel we have made, and are continuing to make these adjustments," Morrison said.

"There won't be a great deal of change from 2017 but we will be a significantly improved team by the end of pre-season with a hungry list of players that are keen for team success."

## FIRST UP

Round One will see the Students head to Canberra to take on the Demons on Saturday, 7 April. They will return to Henson Park for their first home game in Round Two on Saturday 14 April at midday. The Students will face the Redland Bombers.

"The rival non-AFL sides have all recruited really strongly, which is great for the competition. I don't see there being any easy matches this year but from what I have seen so far from our group this pre-season I have a lot of belief that we will move forward in 2018."





# WATER SAFE PROGRAM

- WHAT** Free water safety sessions in a friendly and social environment.
- WHO** Suitable for beginners only. Open to current University of Sydney students.
- WHEN** 10 week program starting March 13th, Semester 1, 2018.
- WHERE** Sydney Uni Sports & Aquatic Centre, Peter Montgomery Pool.

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# JOIN A CLUB

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



## AFL

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

FOR MORE INFORMATION:

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



## AMERICAN FOOTBALL

The Sydney Uni American Football Club, established in 1984, fields an open team (Sydney Uni Lions in Division 1) as well as an under 18 team (Sydney Uni Cubs in the Colts Division) in Gridiron New South Wales, the highest level of competition for American Football in the state. The Lions have won 19 NSW titles in their history and have extended their unprecedented run of consecutive championships starting from 2003 to 15 in a row.

FOR MORE INFORMATION:

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



## ARCHERY

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

FOR MORE INFORMATION:

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



## ATHLETICS

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

FOR MORE INFORMATION:

- [www.suac.org](http://www.suac.org)  
[www.facebook.com/SUACinfo](https://www.facebook.com/SUACinfo)  
[athletics@sport.usyd.edu.au](mailto:athletics@sport.usyd.edu.au)



## BADMINTON

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

FOR MORE INFORMATION:

- [www.usydbadminton.com](http://www.usydbadminton.com)  
[usydbc@hotmail.com](mailto:usydbc@hotmail.com)







## BASEBALL

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

FOR MORE INFORMATION:

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



## BASKETBALL

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

FOR MORE INFORMATION:

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



## ROWING

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

FOR MORE INFORMATION:

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



## BOXING

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

FOR MORE INFORMATION:

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



## CANOE/KAYAK

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

FOR MORE INFORMATION:

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



## CRICKET

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

FOR MORE INFORMATION:

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



## FENCING

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

FOR MORE INFORMATION:

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

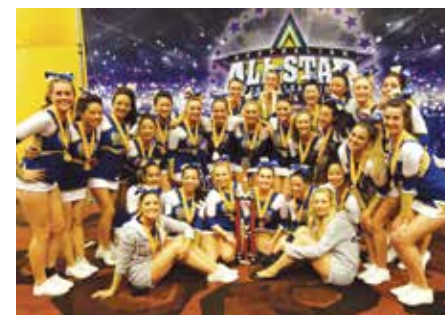


## GOLF

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

FOR MORE INFORMATION:

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



## GYMSPORTS

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

FOR MORE INFORMATION:

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



## HANDBALL

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

FOR MORE INFORMATION:

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



## HOCKEY

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

FOR MORE INFORMATION:

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



## JUDO

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

FOR MORE INFORMATION:

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







## KEMPO KARATE

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

FOR MORE INFORMATION:

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



## KENDO

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

FOR MORE INFORMATION:

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



## NETBALL

The Sydney University Netball Club is open to all abilities. The club enters teams in the NSW State League/Waratah Cup competition. Social players can compete in the weekend club and social competitions. The club also sends women's and mixed teams to the Nationals.

FOR MORE INFORMATION:

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



## ROCKCLIMBING & MOUNTAINEERING

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

FOR MORE INFORMATION:

[www.surmc.org.au](http://www.surmc.org.au) [rockclimb@sport.usyd.edu.au](mailto:rockclimb@sport.usyd.edu.au)



## RUGBY LEAGUE

SURLFC plays in the NSW Tertiary League Competition, where they field both a first and reserve grade team. The club provides a professional and collegiate atmosphere for student and non-student players to enjoy playing competitive amateur rugby league. SURLC provides all of its players with free equipment, gear, playing fields and high level coaches. In addition, the club also hosts social events designed to allow its players to develop networks and friendships off field and will field a women's team in 2018.

FOR MORE INFORMATION:

[ckintis@ro.com.au](mailto:ckintis@ro.com.au) 8263 6639 or 0408 290 197



## RUGBY UNION

The Sydney University Football Club is one of the strongest clubs in the NSW rugby union competition. The club caters for a range of players through to the elite level. The Club has won the Club Championship 23 times, including the last 14 years in a row. The women's club won the 2011 Sydney competition.

FOR MORE INFORMATION:

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



## SOCCER

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

FOR MORE INFORMATION:

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



## SOFTBALL

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

FOR MORE INFORMATION:

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



## SQUASH

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

FOR MORE INFORMATION:

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



## SWIMMING

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

FOR MORE INFORMATION:

[www.sydneynisc.swimming.org.au](http://www.sydneynisc.swimming.org.au) [suscsecretary@gmail.com](mailto:suscsecretary@gmail.com)



## TABLE TENNIS

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

FOR MORE INFORMATION:

[www.usydt.org](http://www.usydt.org) [tabletennis@sport.usyd.edu.au](mailto:tabletennis@sport.usyd.edu.au)



## TAEKWONDO

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

FOR MORE INFORMATION:

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







## TENNIS

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

FOR MORE INFORMATION:

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



## TOUCH

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

FOR MORE INFORMATION:

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



## ULTIMATE FRISBEE

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

FOR MORE INFORMATION:

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



## VELO (CYCLING)

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

FOR MORE INFORMATION:

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



## VOLLEYBALL

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

FOR MORE INFORMATION:

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



## WATER POLO

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

FOR MORE INFORMATION:

(Men) [www.suwaterpolo.com](http://www.suwaterpolo.com) (Men) [waterpolomen@sport.usyd.edu.au](mailto:waterpolomen@sport.usyd.edu.au)  
(Women) [www.suwaterpolo.com.au](http://www.suwaterpolo.com.au) (Women) [waterpolowomen@sport.usyd.edu.au](mailto:waterpolowomen@sport.usyd.edu.au)



## WATERSKI & WAKEBOARD

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

FOR MORE INFORMATION:

[www.usydwake.com](http://www.usydwake.com) [usydwake@gmail.com](mailto:usydwake@gmail.com)



## WRESTLING

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

FOR MORE INFORMATION:

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



Sydney Uni Sport & Fitness



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- Multi-function sports stadium
- Fitness testing
- Poolside Cafe

### Opening hours

Monday-Friday: 5.30am - 10pm, Saturday: 6am - 8pm, Sunday: 7am - 10pm.

 (02) 9351 4978

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

 (02) 9351 4982

 Cnr Codrington St & Darlington Ave



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- State-of-the-art cardio room
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- Scientific health assessments
- Multi-purpose sports hall
- 3 badminton courts

### Opening hours

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

 (02) 9351 8111

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

 (02) 9351 8105

 Arena Sports Centre, Western Avenue



Image credit: Angie Kim

## THE LEDGE CLIMBING CENTRE

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

### The Ledge features:

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

### Opening hours

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

 (02) 9351 8115

 Arena Sports Centre, Western Avenue



## TENNIS PROGRAM

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

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

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

 (02) 9351 4978

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



## SWIMMING PROGRAM

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

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

All lessons include a water safety component.

 (02) 9351 4978

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



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The Elite Athlete Program is able to assist Sydney University's student athletes in their pursuit of excellence in sport and tertiary studies due to the tremendous generosity of The University of Sydney and several sporting scholarship donors, sponsors and partners.

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University of Sydney Sports Foundation

P: (02) 9351 4969 and 9351 7958 | E: [ussf@sport.usyd.edu.au](mailto:ussf@sport.usyd.edu.au)

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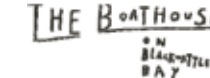
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\*Promotion runs from Saturday 24 February to Sunday 11 March, 2018. Pass expires on the last day of Semester 2 exam period, Saturday 24 November, 2018. Access dependent on pass purchased.\*Weekly breakdown of Gold Pass equals to \$18/week based on promotion start date.