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Opal setting out for **GOLD FINISH**

BELINDA SNELL HAS AN IMPECCABLE BASKETBALL CAREER, BUT HER MAIN QUEST THIS YEAR IS TO BRING HOME AN OLYMPIC GOLD FROM LONDON – THE ONE THING THAT'S MISSING.

PLUS: CARDIO TENNIS > VEGETARIAN EATING > 2011 EAP GRADUATES > WATER POLO



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FROM THE EDITOR

2012 is all about the London Olympics, the biggest sporting festival showcasing 26 sports, which break down into 39 disciplines. For some of our Sydney Uni Sport & Fitness athletes, this is what they have been striving towards and they are almost there – it is their chance to be selected and bring home gold.

Our feature athlete this issue is Opals and Southern Design Sydney Uni Flames star player, Belinda Snell, who is competing in her third Olympics and is striving for the one thing missing from her illustrious career – an Olympic gold medal. Aaron Scott's interview tells of her sporting highlights and the reason she returned home to play with the Flames (page 12).

Tom Kingston from the Sydney Uni Rugby Club and member of the Elite Athlete Program (EAP) shares with us his previous year highlights and how he manages to maintain a distinction average and balance his rugby career. It is evident that our elite athletes are succeeding in both the sporting arena and their academic goals with forty eight Sydney University EAP students graduating this year – congratulations!

The Australian Boat Race is now a permanent fixture on the Sydney Uni calendar, with the rivalry between Sydney and Melbourne University still very evident as you can see from the report on page 16. The Water Polo Club begins its season with two new coaches at the helm with some impressive young

athletes and some returning Olympic champions, in both the men's and women's teams. We also have a fitness article on the social benefits of boot camp, the new cardio tennis fitness craze, and a delicious vegetarian recipe for you to enjoy (page 6).

This is a busy time for all the new and returning students as they familiarise themselves with university routine and get back into study mode. We have an amazing deal for all students this year, offering a Uni Gym Pass, the best value for money where you only pay for the time you're at uni – this is available for a limited time during O Week and Week 1 so come into one of our centres and we can help find the right pass for you.

Welcome back, 2012 will be an exciting year!

Jessica Laycock
Editor

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ROAR MAGAZINE 14

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NEWSBITES

DOUGLAS A TRIATHLON PRO

Sydney University Elite Athlete Program (EAP) scholarship holder Sam Douglas used his power on the bike to put himself in to a winning position to take out the open division of the Noosa Triathlon and in the process gain his professional licence. "When I came off the bike I had around a two minute lead. It took me a while to find the legs for the run. I am now applying for my professional licence and plan to race the national series races," said Douglas, who is studying a B. Education (Secondary: Human Movement and Health Education) at the University of Sydney.



scholarship holder Sarah Stewart was a member of the Australian women's wheelchair basketball team, the Gliders, who were crowned 2011 Asia Oceania champions, after winning their gold medal match in Goyang, South Korea. The always consistent Stewart scored 11 points as the Gliders defeated China 45-44 in a gold medal play-off thriller, allowing them to qualify for the 2012 London Paralympic Games as the top two ranked teams from Oceania.

CLEAN SWEEP FOR ROWERS

Sydney University made it a clean sweep at the Riverview Gold Cup, with the female and male rowing crews winning their respective races. The women's eight finished first in a tight finish, winning by 1.83sec in front of Sydney Rowing Club. The men's eight won by a three-second margin, also



over Sydney Rowing Club. Both crews raced over 1400m at Lane Cove, with the finish line right in front of the St. Ignatius College boatshed. It was the third year in a row that Sydney University won both eights.

NINE STRAIGHT FOR LIONS

The Sydney University American



Football Club won its ninth straight NSW Championship, smashing the West Sydney Pirates 47-8. Appearing in their twelfth straight Championship game the Lions were far too good for the Pirates all over the field and never looked like losing. The win has taken the Lions record to an incredible 69 consecutive wins.



STEWART HELPS GLIDERS TO PARALYMPICS

Sydney University wheelchair Flames star and Elite Athlete Program (EAP)



AUSTRALIAN UNIVERSITY SPORT CHAMPIONS



A stellar year of competition across a wide range of individual and team sports has resulted in Sydney University being named the 2011 Overall Australian University Sports Champions. The award is calculated by adding up the number of pennants each university won throughout the year. Sydney University finished with 15 pennants – 11 achieved at the Australian University Games, two from Snowsports and two from the Australian University Distance Running Championships. The second placed universities (University of Melbourne and Monash University) each finished with eight pennants. "To finish with nearly double the amount of pennants as the team in second place is a testament to the dominance Sydney University displayed this year and the amazing effort put in by all of the participating Sydney University students," SUSF Executive Director, Rob Smithies, said.



HEALTHY VEGETARIAN EATING

IF YOU ARE UNDER THE IMPRESSION THAT FOLLOWING A VEGETARIAN DIET INVOLVES JUST SKIPPING OUT ON THE MEAT – PLEASE READ ON. WITH CAREFUL PLANNING AND SOME SOUND FOOD KNOWLEDGE IT IS POSSIBLE TO FOLLOW A HEALTHY AND WELL-BALANCED DIET THAT MEETS YOUR BODY'S NUTRITIONAL REQUIREMENTS.

A person following a vegetarian diet essentially avoids eating meat and seafood, as well as eggs and dairy. There are several varieties of vegetarian diets, the most common being:

Lacto-vegetarian

excludes all meat, poultry, fish & eggs – but includes dairy products

Lacto-ovo-vegetarian

excludes all meat, poultry & fish – but includes dairy and egg products

Vegan

excludes all animal derived foods

BENEFITS OF FOLLOWING A VEGETARIAN DIET

A vegetarian tends to consume greater amounts of fruits and vegetables, complex carbohydrates, dietary fibre and antioxidants, and smaller amounts of saturated fat. Eating this way is associated with a reduced risk of chronic diseases including obesity, heart disease, hypertension and diabetes.

WHAT TO WATCH OUT FOR AND WHERE TO FIND THEM

Without careful meal planning you can run the risk of developing nutritional inadequacies. The nutrients listed below often go missing in action in vegetarians with poorly planned diets.

Protein: Proteins are the building blocks of our body and vital for all functions and metabolism. Consuming a variety of protein-rich plant based foods throughout the day will help meet your protein requirements. Quinoa and soybeans are complete sources of protein. Other good sources include legumes, nuts and seeds, soy products and wholegrains.

Iron: Iron acts as an oxygen carrier in haemoglobin in blood and myoglobin in muscle. The non-haem iron, found in plant foods, is not as well absorbed as haem iron, found in animal derived foods. Good sources of non-haem iron include green leafy vegetables, legumes, wholegrains and fortified breads and cereals. Iron's absorption can be increased by consuming it with vitamin C containing foods such as oranges, kiwi fruit and green salad. Avoid having tea, coffee and unprocessed bran with meals as they can inhibit iron absorption.

Zinc: Zinc plays an important role in our body's immune and healing processes. Good sources of zinc include nuts, seeds, legumes, wheat germ and wholegrains.

Vitamin B12: Vitamin B12 is essential to maintain a healthy nervous system and for the formation of red blood cells. It can be found in dairy products and eggs, as well as some fortified soy products and meat alternatives.

Calcium: Calcium is essential for movement and as a component of our teeth and bones. Good sources of calcium include dairy products, fortified breads and cereals, fortified soy milk, tahini, almonds and broccoli.

Vitamin D: Vitamin D, also known as the 'sunshine vitamin,' is important for healthy bone growth. Dietary sources of vitamin D are limited to animal derived foods and fortified foods, such as fortified margarines, soy milk and cereals.

PUTTING IT ALL TOGETHER!

The most important thing to remember is to include a wide and colourful variety of foods, such as those from the following table, in your daily diet. 🍌

Food Group	Foods
Wholegrain breads and cereals	Bread, rice, pasta, cereal, corn, millet, cracked wheat, tacos and tortillas
Vegetables	Dark green leafy vegetables, broccoli, spinach, carrots, pumpkin, sweet potato, red cabbage and capsicum
Fruit	Citrus fruits, avocado, berries, grapes, bananas, melons and stone fruit
Legumes, soyfood, nuts and seeds	Dry beans, chick peas, split peas, lentils, soy milk, tempeh, tofu, brazil nuts, walnuts, almonds, pepitas and sunflower seeds
Eggs and dairy foods	Eggs, low-fat milk, low-fat yoghurt, custard and cheese

HEALTHY ROASTED PUMPKIN AND QUINOA SALAD (serves 4)

Designed to help you reach your requirements of protein, iron, calcium and zinc.

INGREDIENTS:

2 cups water
1 cup quinoa, rinsed and drained
300g pumpkin, peeled and cut into 1cm cubes
Olive oil cooking spray
250g mixed lettuce leaves
1 avocado, peeled, stone removed and diced
½ red capsicum, finely sliced
1 red apple, cored and finely sliced
100g Danish feta cheese, crumbled
¼ cup pine nuts, toasted
2 tablespoons balsamic vinegar
½ teaspoon mustard powder

METHOD:

1. Preheat oven to 200°C. Line a large baking tray with baking paper. Place pumpkin on tray and spray with oil. Roast for 20-25 minutes or until tender.
2. Combine water and quinoa in a large saucepan over medium-high heat. Bring to the boil and then reduce heat to low. Cover and simmer for 12-15 minutes or until the liquid is absorbed. Transfer to a large bowl and set aside to cool.
3. Combine lettuce, avocado, red capsicum, red apple, feta, pine nuts, roasted pumpkin and quinoa in a large bowl.
4. Whisk vinegar and mustard in a jug then pour over salad. Season with salt and pepper and toss gently.
5. Serve.

FOR MORE INFORMATION VISIT:

Australian Institute of Sport – for more on vegetarian diets.

Sanitarium – for advice on healthy recipes.

Dietitians Association of Australia – to find an Accredited Practising Dietician for advice on how to best meet your nutritional requirements.



Photography credit: Paul Seiser from Seiser Photography

ROAR: In 2011 you represented the Australian Under 20's, debuted for the NSW Waratahs and you scored your first Super 15 try. Would it be fair to say that last year exceeded your expectations?

Yeah, definitely. Experiencing all those things you have just mentioned is not something I expected to achieve last year. The past 12 months has been exciting. Thanks to my rugby I've been lucky enough to travel and play in New Zealand, Italy and the UK. Definitely opportunities that I wouldn't have got outside of rugby.

ROAR: What have you learnt being around so many elite players at the NSW Waratahs?

Professionally I've learnt a lot from those guys. In the past six months I've noticed how they really concentrate on their training and know their bodies. You find out when being around those top blokes that so much of it is about being mentally prepared and putting in those extra two inches. Because everyone does the same thing, strength and conditioning wise, but it's those two inches that separates the good from the great.

ROAR: You've now played in front of some pretty big and sometimes hostile crowds. Are you ever tempted to react to anything the crowd says to you?

Not at all. I just block the crowd right out as soon as we kick-off. I'm fully focused at that point – it could be a game of park footy for all I know.

ROAR: How high have you set your sights on the rugby field?

I am definitely aiming to achieve higher representative honours. I'd love to play for the Wallabies.



LIVING THE DREAM

ROAR BUFF, NICK HALLIDAY, CHATS TO TOM KINGSTON
ABOUT LIVING THE DREAM – PLAYING FOR THE
WARATAHS, REPRESENTING HIS COUNTRY IN THE
AUSTRALIAN UNDER 20'S TEAM AND BALANCING HIS
TIME WITH UNI TO ACHIEVE A DISTINCTION AVERAGE.

ROAR: What about off the field? You have just completed your second year as an engineering and commerce student and are currently sitting on a distinction average. How have you managed that?

I actually put a fair bit of time into my academic work, and it's paying off. As rugby players, we get a lot of free time and for me it is all about managing that time. I've always been pretty good with my time management.

ROAR: Have you considered any other study after you complete your current degree?

I've still got three years left in my degree and I'm looking into doing either post grad law or a Master of Commerce afterwards.

What do you like to get up to in your spare time?

I love reading at the moment. I've been knocking off a few biographies – Lance Armstrong, Warren Buffett, and I recently read a really good book on the Global Financial Crisis (GFC).

ROAR: I recently heard you say that you're "lucky you have a hobby for a job." You must be living the dream?

(Laughs) I am. But my family gives me plenty of stick about it, particularly my brother who has a good part-time IGA job at the moment, packing the shelves. (Laughs).

ROAR: If you weren't playing for the Waratahs what would you be doing?

Well I'm not sure. I've been lucky enough to help out the Starlight children's charity, which is something that really strikes a chord with me. And I've done some tutoring previously. I guess I'd probably be studying and looking towards internships – I'm really lucky to be in the position I'm in at the moment. 🙌



In the fast lane to success

By Gill Allen

People have always been the foundation of the Sydney University Swimming Club (SUSC). The years of growth and success the club has experienced are a direct result of the contribution of five groups all working extremely hard together to create a great club; the swimmers, their families, the clubs coaches and technical officials, and the clubs partner – Sydney Uni Sport & Fitness (SUSF). If any of these groups are not active then the club is not a successful one.

SUSC members train at the Sydney Uni Sports & Aquatic Centre, which caters for all levels of swimmers, from beginners to the elite. The various levels of training groups and squads allow children to not only learn to swim but to go on to compete in all levels of competition from club nights to state and national events.

Many SUSC members have gone on to represent Australia at world competitions, including the Commonwealth and Olympic Games. They include Elka Graham, Chris Fidler, Phil Rodgers and Mathew Abood.

The club itself took a while to reach its full potential, but when SUSF opened its doors to the community it really took off. This allowed junior swimmers from as young as six years old to train in the squads. Over the years these swimmers have grown in competence, to the point now, where they swim alongside their university counterparts.

From big to small, from fast to getting faster, SUSC members come in all

shapes and sizes. The focus of the club is to foster swimming for fun and health but also for a sense of self-achievement. Swimming encourages a sense of self-discipline, promotes organisational skills and positive well-being.

The club's coaching is about individualised programs that allow youngsters to develop over time at their own speed. SUSC is also introducing a program that will help the swimmer's development and encourage them to plan their own successes and help keep competition in perspective.

One of the benefits of SUSC membership is the privilege of being able to compete in swim meets across the country. Whether the clubs' swimmers are swimming at club functions, regional meets, or at state or national championships, they are engaging in a competitive and healthy sport that they can continue with throughout their lifetime.

From the six year olds struggling to find the courage to jump off the blocks to our elite level athletes at the Olympic Games, they are all important members of the SUSC.

In order to offer opportunities to swimmers who may otherwise be unable to swim, SUSC offer an Indigenous Scholarship and a Welfare Scholarship. The club is also closely aligned with the Swimming Australia Junior Development and Competitive Program which is run by SUSF at the club.

The SUSC has also developed an Access Program to encourage people with

disabilities to participate in the sport of swimming and facilitate their inclusion in Swimming Australia programs and events. The clubs multi-class swimmers range from beginners aged six through to our Paralympic champions.

SUSC swim meets and functions are all about families, with parents giving their time to make sure everything runs smoothly. Many parents volunteer to be trained as technical officials, which allows the club to run competitions. These parents also officiate at meets outside the club at regional and state level, adding to the clubs contribution to swimming in Australia and helping the growth of swimming.

It is not just the winning that makes a swimming champion. As part of annual club presentations, SUSC recognises swimmers who may not win races but are just as committed as those who do. Each year the club presents the Sutto Award for the swimmer who has consistently improved their swimming times throughout the year. SUSC also has the Alderman Award that recognises the contribution of an individual to the team as well as outstanding sportsmanship.

For the fifth year in succession, the club has been awarded 'Gold Go Club' status, an award that recognises the significant improvement, growth and performance of the club and the strong administration within SUSC. The club also made history by becoming the first to win the 'Australian Unity Go Club of the Year' twice, in 2009 and 2010. SUSC was once again a top three finalist in 2011. 🌟

To find out more about membership or for monthly club updates please visit: www.suswimclub.com.au or email: swimming@sport.usyd.edu.au



Sparring night lights up HK Ward

By Andrew McNair & Andrew Tilley

With HK Ward Gym set to be demolished in 2012 to make room for a new medical research centre, it was fitting that the venue was given a grand farewell.

On Wednesday October 19, under spotlights in the dimmed basketball court, a performance took place in HK Ward Gym. Not of music or dance, but of boxing – The University of Sydney's annual Intra-Club and Intercol Sparring Night, a charity event traditionally hosted in October.

The odd claim has been made in the past that "boxing is not a cultural activity." But boxing is a cultural activity. In precisely the same way that music, art, dance, language and sports are all aspects of culture, so too does boxing have its rightful place in our society and civilisation.

Much like language, sport is primal – all humans have an urge not only to communicate, but to compete. Indeed, competition is one of our most notable cultural pursuits. The Ancient Greek festival of Dionysia did not merely feature theatrical performances – these performances in theatre were part of a competition. As a result of considerable pressure from clubs such as the Sydney University Boxing Club (SUBC), female boxing has finally been legalised in NSW. This is a cultural event which is inclusive of all.

Boxing, as a form of competition, is not merely a sport but a science, not merely an activity but an artform. Many would see boxing as brutish and clumsy, yet

it should be viewed as graceful and elegant. A ballerina may pirouette, while a boxer will pivot. A swordsman will parry and thrust, while a boxer will guard and counter.

Boxers don't slouch on their haunches, they stand eagerly on their toes; boxers don't just step, they glide – shoulders back, chin tucked, eyes gazing forward. Punches are not thrown haphazardly or randomly, but with deliberation; they launch jabs and crosses, hooks and uppercuts, all the while ducking and weaving – a delicate dance, perfectly concerted and co-ordinated, fast yet fluid, powerful yet poised. Boxing is like 'fencing with fists'. Are boxers not artists too?

It is important to make the distinction between Sydney Uni Boxing Club's 'Olympic Games rules,' which is a points-based competition; and professional boxing, which is based more on damaging or injuring your opponent in order to end a fight. The club sees the points-based version of the sport as far more conducive to social and personal health.

The spectacle was organised, for the second year in a row, by keen volunteers from St. Paul's College and SUBC. There were 13 bouts held on the night, including the first female undergraduate bout (a representative each from Sancta Sophia and St. Andrews College).

Financially speaking, it was a tremendous success. With boxers fielded from International House,

Sancta Sophia, St. Andrew's, St. Paul's, St. John's, Wesley and the University itself, the event attracted a crowd of over 500 people. All money raised on the night was donated to Glebe Youth Service – SUBC's nominated charity.

From a cultural perspective the night was even more successful. It was not the boxers' rapid growth of skill and fitness that fascinated or impressed the most. Rather, it was their new-found spirit of camaraderie – a sense of fraternity and sorority that transcended their collegiate differences. Their journey hadn't been in isolation, they had trained together for weeks as a cohort, as a community.

Even though the boxers represented their respective institutions, they were regarded and respected as individuals. Boxers of all types were brought together – students of arts, law, medicine, commerce, science, engineering, members of the Defence Force, tutors, PhD students, graduates, women and men, of all shapes and sizes, styles and statures.

Boxing is not a culture of 'us and them', since there are no real teams or sides. On the contrary, boxing is a culture of 'you and me,' where athletes compete not as members of groups, or castes, or genders, but as individuals. In boxing, no one cares from whence you came; it's the path you choose – the path you create that matters. At the end of the day, all the world's a stage, and all the men and women merely players. 🥊

For those who are interested in trying out boxing, please contact Sydney Uni Boxing Club, either via Coach Andrew McNair (phone: 0413 789 228 or email: andrew.mcnaair@sydney.edu.au) or via the Sydney Uni Boxing Club Facebook page.





QUIET QUEST FOR GOLD

By Aaron Scott

Belinda Snell is, by her own estimation, a shy woman.

She doesn't particularly like talking about herself, she's chary of speaking about her basketball, and she all but clams up when you list the achievements she's accumulated over the past 12 years. Suggest to her that she's achieved just about all there is to achieve in the sport, and she laughs through gritted teeth. "Ah, I don't know about that ..."



But the fact is this: from the childhood days when she skittled about on the sun-baked courts of country Victoria, Snell has built an impeccable basketball CV. She may not have the profile or the status of the other great Australian players of her generation – superstars like Lauren Jackson and Penny Taylor – but her accomplishments are astounding. Just tally them up ...

- » In 1998, at the age of 18, she was plucked from the Country Victorian team and handed a scholarship to the AIS. Teamed with Jackson, Taylor, Suzy Batkovic and Kirsten Veale, that fledgling AIS team went on to win the 1998-99 WNBL title, dumping Sydney in the decider. "A season I'll never forget," she says.
- » In 2004 she was one of the pups in an experienced Opals team. The feeling of running out onto that Athens court, her parents applauding from the stands, is still seared in her memory. The Australians cruised through the tournament undefeated before colliding with the Americans in the gold medal match. Although the Opals lost by 11 points, Snell's performances across the Games had a flock of WNBA scouts circling.
- » In 2006 she played a pivotal role in the Opals' stunning title at the World Championships in Brazil. In the semi-final, facing a Brazilian team buoyed by a 15000-strong crowd, she bagged 22 points, nailing a string of crucial three-pointers to drag the Australian girls from a three-quarter-time deficit to a 12-point victory. "It was an amazing feeling to shut that crowd down," she laughs. Two days later the Australians faced Russia in the final. She ranks their commanding 17-point victory as the finest moment of her career.
- » In 2007 she again teamed with Penny Taylor, the two forming a vital cog in the Phoenix Mercury machine that powered to the WNBA title, edging the Detroit Shock 3-2 in the five-match Finals series. Their away win in game five of the series, a 108-92 thumping of the Eastern Conference champions, remains the only time a team has won on the road to secure the title.
- » In 2008 she was again central to the Opals drive to the gold medal match at the Beijing Olympics. The Australians were the form team of the competition, obliterating Brazil and Russia in the group stage before cantering past the Czechs and the Chinese in the knockout rounds. Once again, only a rampant American team could stop them in the decider.
- » In 2011 she signed on for a season with Spanish outfit Halcon Avenida in the Euroleague. The team pushed all the way to the final where they faced an imperious Spartak Moscow team, playing on their home turf and running off four consecutive titles. The Spanish team rarely looked challenged, however, towelling the Muscovites 68-59.

In this golden age of Australian women's basketball, Snell has shown herself to have the Midas touch. She's the epitome of a "winning" basketballer. She's achieved just about all there is to achieve in the sport. And now, at the age of 31, a hardened veteran, she's back in Australia, back in the WNBL, back on the Sydney Uni Flames court she dominated in the middle years of the past decade. All of which gives pleasant symmetry to her basketball career. But the real question is: Why? Why would a veteran basketballer still at the peak of her powers choose to return to Australia, on the very edge of the basketball universe? Why would a basketballer who has thrived in the golden leagues of America and Europe choose to flog her wares in a fast, hard, but ultimately boutique league like the WNBL?

Again, Snell laughs through gritted teeth – remember, this is a shy woman who recoils from flattery. "Well, I always thought I'd come back here and play at Sydney Uni when I'd finished overseas. I'd been overseas for a long time, five years. I thought it was time to come back to Australia, be closer to my family." She pauses, then drives to the heart of her decision. "Also, I think it's good preparation for the Olympics this year. I've experienced the Euroleague and the WNBA and now I just need to come home and freshen up the body."

An Olympic gold medal, of course, is the one omission from Snell's trophy shelf. She's won league titles on three continents, she's won a Commonwealth title, won a world title – but twice now the Yanks have bumped the Opals onto the second step of the Olympic podium. Snell, of course, is far too modest to admit any measure of disappointment with her Olympic silver medals, but she will admit that the London Games are consuming her thoughts at the moment. "It's definitely the priority right now... an Olympic gold — it would be wonderful to finish up with that." She laughs. "But it's a very difficult thing to get."

Snell's confident this Opals team has the potential to break America's 16-year stranglehold on the top step of the Olympic dais. "We've got a good mix of youth and experience. There are some great up-and-comers here in Liz Cambage and Sam Richards and Jenna O'Hea. There's definitely some talent coming through." But she's also wary of making bold predictions. She still smarts at the memory of the 2010 World Championships, where the Australians strode into the tournament as defending champions, only to fall to the Czechs in the quarters. She's convinced that much of that failure owed to a fractured preparation, with girls flying in from leagues across the globe on the eve of the tournament. And she's determined not to see the same mistake made twice.

"The preparation is so important," she says. "We need to have as many people on board as possible. And we need to monitor the games before the Olympics, not overdo it."

We need to make sure our schedule's right. Previously we've had to do a lot of travel before the last World Championships we had a very hectic schedule — so I think we need to have as much time together as possible. We need teams coming here to Australia. I know that's difficult, but hopefully Basketball Australia can organise some games back here in preparation for the Olympics, rather than us having to travel all over the world to get some games in. I think that's really important."

"IT'S DEFINITELY THE PRIORITY RIGHT NOW...
AN OLYMPIC GOLD - IT WOULD BE WONDERFUL
TO FINISH UP WITH THAT."

Of course, before the summer lights of London and the lurking presence of the American girls, Snell has business in Sydney. Her form for the Sydney Uni Flames has been strong: she's already nabbed two Player of the Week Awards and shared Player of the Month (December) with her old AIS classmate Suzy Batkovic. And as the veteran's fired, so the girls around her have thrived: the team opening their season with a seven-match winning streak that included away victories in Adelaide, Perth and Townsville.

But Snell is well aware things are only going to get tougher. In the opening weeks of January they faced a pair of double road trips, the first to Canberra, the second to Queensland. Their position in second place on the ladder is tenuous, with Bulleen, Townsville, Dandenong and Bendigo all scrapping for finals spots. The difference between a second- and sixth-place finish could be as slender as a handful of wins. On top of that, Eva Afeaki's ruptured patella tendon has hollowed the Flames offence, leaving the team with a serious lack of height. "We've just got to use our butts and box out, I'd say," laughs Snell. "We've got no option but to out-hustle the opposition teams."

These rough and tumble facets of the game are Snell's bread and butter. She's a collars-up toiler with the happy knack of winning games and claiming titles. It's a happy knack that will serve the Flames well over the next few months. Indeed, it's a happy knack that should serve the Opals well in London. 🏀





Tactics prevail on the **Yarra**

By Andrew Tilley

ONE OF AUSTRALIA'S OLDEST SPORTING RIVALRIES, THE AUSTRALIAN BOAT RACE, ATTRACTED A GOOD MELBURNIAN CROWD ON OCTOBER 30 WHEN WOMEN'S AND MEN'S CREWS FROM THE UNIVERSITY OF MELBOURNE AND THE UNIVERSITY OF SYDNEY BATTLED IT OUT ON A 4.2KM COURSE DOWN THE YARRA RIVER.

The University of Melbourne's women's eight retained their crown in comprehensive fashion, while in the men's race, it was the underdogs, The University of Sydney, who prevailed by the tightest of margins when they held off a fast-finishing Melbourne crew in front of a big crowd at the finish line not far from Federation Square.

While the two Australian universities first raced against each other in a head-to-head challenge in 1860, the coxed eight event was only revived in 2010 when The University of Sydney were victorious on a 7.3km open water course on Sydney Harbour.

The 2011 race, rowed over the old King's Cup course on the Yarra, made for an exciting spectacle, particularly in the men's event where the lead changed three times and the winning margin was a matter of inches.

Having won the coin toss, it was the boys from Sydney who chose to start on the north bank. Under murky grey skies the men's crews swapped the lead on several occasions, fighting blustery conditions over the course through central Melbourne. This race was fought at close quarters for most of the way due to the numerous bridges that both teams were forced to navigate.

Sydney took the early lead as both crews started well, but it was Melbourne who fought back strongly and grabbed the lead as Sydney continued to press them hard towards the southern bank.

At the second bridge Sydney moved sharply towards the left as they sought to straighten their run across the turn and at the same time bought their rate back up and grabbed the lead again.

As the 2km mark approached, Melbourne once again attacked Sydney's lead and moved out to nearly a length clear. Sydney, who had been rating above Melbourne, were able to settle into a better rhythm and with 1.2km to go, caught Melbourne and established a half length advantage as the crews passed Crown Casino.

"It was an absolute dog race the whole way down," said Sydney men's captain and London Olympics hopeful Nicholas Hudson.

"We didn't row that well in the first half of the race and they got a bit of a lead on us, but then we hit a great rhythm in the middle and crept back up on them," added Hudson, a Sydney University Elite Athlete Program (EAP) scholarship holder and environmental science graduate planning to study for a Masters in project management.

Sydney were looking winners as they approached the last bridge – Princes. Both crews were again close into the south bank as they began their final burst to the line – Sydney on the outside and Melbourne on the southern bank cutting back their lead with every stroke.

On the line Sydney held on by the narrowest of margins – about one foot in the imperial system – to take out what was an epic race in which the lead changed three times and in which the two crews gave no quarter and attacked with every stroke.

Sydney's coach, Mark Prater, praised Sydney University EAP scholarship holder and cox William Raven, whose navigation was a key element in the crew's fightback, making the most of bends in the river to ensure his crew could just hold off a final surge from Melbourne on the line.

"He steered a perfect course," Prater said of the liberal arts & science student. "He kept the guys calm and in control."

"These are early days for the Australian Boat Race," University of Melbourne coach Alex Henshilwood said. "Match races are often shut down after 1500m. To have a race come down to the wire is pretty rare, a once in a 50-year occurrence. To have that in the second race, we've been spoilt."

The 2012 race will see the two powerhouse universities once again going toe-to-toe on Sydney Harbour on Sunday November 4. For more information or to view footage from the 2011 Australian Boat Race, visit www.subc.org.au 🌟



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SYDNEY UNI SPORT & FITNESS FACILITIES MAP





HK WARD FAREWELL

IT'S NOT THE MOST AESTHETICALLY PLEASING STRUCTURE ON A CAMPUS BUILT AROUND A GOTHIC WONDER IN THE GREAT HALL, BUT THE HK WARD GYMNASIUM HOLDS MYRIAD MEMORIES FOR THE THOUSANDS OF SPORTSMEN AND WOMEN WHO'VE USED ITS FACILITIES.

Conveniently located adjacent to the University's two main ovals on a pathway leading to the Faculty of Veterinary Science, St. John's College and Royal Prince Alfred Hospital, the HK Ward building is due for demolition, making way for a \$385 million state-of-the-art Centre for Obesity, Diabetes and Cardiovascular Disease (CODCD) building.

The clubs using HK Ward and the facilities it houses are to be relocated to a new \$9.5 million addition to the Sports & Aquatic Centre at Sydney Uni Sport & Fitness' (SUSF) Darlington campus.

Excavation work for the new CODCD building was progressing well when the HK Ward building seemed to heed the credo of the man after whom it is named and refused to go down without a fight.

During the excavation work at the immediate rear of the building, the material being excavated and some of the ground adjoining the gymnasium started to give way. Excavation was immediately stopped and engineers were called in to provide an opinion.

They found that the material being excavated was of a very poor quality and was likely old landfill, possibly including car wrecks and old rubbish. They concluded that while the HK Ward building was not in immediate danger of collapsing, the excavation on the CODCD site could not continue without causing major cracking to the building, rendering it unsafe.

This led to a call for the users of HK Ward to be moved out ahead of schedule, and that has caused a short-term relocation problem for SUSF as the extension to the Sports & Aquatic Centre at the Darlington campus is not scheduled to be finished until early 2013.

The HK Ward Gymnasium was completed in 1967 at a cost of \$112,000 after the Sports Union had decided to erect a large, brick sports hall surrounding the existing corrugated aluminum gymnasium – also known as the HK Ward Gymnasium – which was then divided in two to provide facilities for judo and weight training. A basketball court took up most of the space in the new hall which was also available for badminton, volleyball, karate and tennis.

When the present sports hall was officially opened in March 1969, the continuing association of the name of HK Ward was in recognition of the long service given to the building and grounds committee by Emeritus Professor Hugh Kingsley Ward.

Ward came to Sydney University and St. Paul's College from Sydney Grammar School. He gained a Blue in rowing, as stroke for his college in an inter-collegiate race, was a member of a winning inter-varsity crew, stroke of the winning crew in the champion fours of NSW and later a member of the victorious NSW eight.

Ward graduated with first-class honours in medicine in 1910 and the following year won a Rhodes Scholarship. While at Oxford he rowed in the winning crew in the annual Oxford and Cambridge Boat Race and was then selected in the Australian eight at the Stockholm Olympic Games in 1912.

When the First World War began, he was already commissioned in the Royal Army Medical Corps Special Reserve and was soon serving in casualty clearing stations and the field ambulance in France and Belgium in 1914 and, from 1915-19 as Regimental Medical Officer of the 2nd Battalion, King's Royal Rifle Corps.

Ward was wounded at Loos (1915), the Somme (1916) and Zeebrugge (1917), was a prisoner of war in Baden, Germany, for eight months and, on returning to duty he was gassed at Arras in 1918. He was awarded the Military Cross and two Bars for his gallantry.

After the war, Ward returned to Oxford until 1926 and spent time as a Rockefeller Fellow at Harvard University before taking up duties at Sydney University in 1932 as Professor of Bacteriology. He became chairman of the Sports Union grounds committee in 1937 and continued in that role until 1951, giving much of his time to the promotion of sport at the University. He died in 1972, aged 85.

Wounded three times and always returning to the fray, Ward didn't go down without a fight. The old gymnasium is literally living up to his name.





MAJOR EXPANSION FOR SPORTS & AQUATIC CENTRE

WORK HAS BEGUN ON A \$9.5 MILLION EXTENSION TO THE SYDNEY UNI SPORTS & AQUATIC CENTRE (SUSAC) ON THE UNIVERSITY'S DARLINGTON CAMPUS.

Sydney Uni Sport & Fitness (SUSF) Executive Director Rob Smithies said the SUSAC expansion was the most expensive project in the history of SUSF and, when completed, will transform the Centre into one of the biggest sporting complexes in Sydney.

"This new expansion has taken several years of planning and is currently scheduled to be finished in February 2013. The bulk of the HK Ward facilities will be relocated to the Darlington complex, so we will have a lot of sports facilities under the one roof. The view is that it will cater for all of these users for the next 40-50 years," Mr. Smithies said.

A major focus for SUSF in recent years has been negotiating with the University over the projected demolition of HK Ward due to the construction of the Centre for Obesity, Diabetes and Cardiovascular Disease (CODCD).

Among the clubs, individuals and facilities being relocated will be the martial arts facility, the sports hall, the boxing facility and the group fitness room.

"When complete, the new facility will provide greatly enhanced accommodation for many of our clubs in future decades. Importantly, the SUSAC extension will enable SUSF to expand its cardio, gym and group fitness programs and improve not only the student experience but the fitness offering enjoyed by all users," Mr. Smithies added.

Furthermore, the expanded centre will provide a new and vastly improved home for the Sydney Uni Flames WNBL and WNWBL franchises complete with over 1,000 seats for spectators, change rooms, storage, wheelchair access and accommodation and improved corporate facilities.





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*prices quoted denote weekly breakdown of 12 month pass.



SCHOLARS GET WITH THE PROGRAM

By Graham Croker

When the Sydney Uni Sport & Fitness Elite Athlete Program (EAP) was started in 1990 it incorporated a strong academic component. As the scheme has grown – there are now 350 athletes on scholarships – and team and individual sporting success has blossomed across the board, the original aim of incorporating a strong academic component has not waned. As the President of Sydney Uni Sport & Fitness, Mr. Bruce Ross said: “While sport is very healthy at the University, as evidenced by the results in 2011, the greatest thing about the Elite Athlete Program (EAP) is the success of the students on the academic side.

“They are collectively more successful academically than other students. And that’s because the scholarship offers them academic counselling and time management skills. They develop a study culture and our academic results are now better than that of the overall student body.”

He said that while the scholarship program had spawned the over-arching Elite Development Program, it was still the cornerstone of the system. Here’s what some of the EAP athletes think of the program:



PHIL WAUGH (Rugby Union)

Master of Commerce & Master of International Business

“The program at Sydney Uni Sport & Fitness has been very helpful – they certainly make the degree doable when you have to fit it in with a sporting career. But in saying that, you have to work hard to get the degree. There is a perception out there that you play for Sydney Uni and they sort out a degree – that is far from the truth. You have to get the runs on the board and put the work in. I always took university work away on tour. Sitting on aeroplanes and in hotel rooms provides good time to keep up with reading and work on assignments. It was often the best time to get things done. The degree gives a certain amount of credibility moving into the workforce.”



Image courtesy of David Stanton

DAVID MILLER (Cricket)

Master of Management

“Having completed the Masters of Management Program, I will be applying for graduate jobs with accounting and consulting firms to start in 2013. This will allow me some time to focus on playing cricket in 2012, which is exciting given that it has taken a back seat over the past year whilst completing my studies. I am looking forward to the Sydney University European tour in the middle of the year as well as being able to complete a sound preparation for season 2012-13. Throughout 2012, I will continue working part-time at St. Ignatius College as a strength and conditioning coach and also with technology company BeattheQ.”



ALEXANDRA CROAK (Diving)

Master of Health Science

“The EAP program was a great support system to have while completing my Masters degree – it helps balance the demanding times when I’m training, travelling, competing and studying. At the moment I’m in Germany competing and am very focused on the Olympic trials and getting to London but after that – I’ll have to go and get a real job and live like a real person (laughs). I just need to work nine to five, make some money, get a house, start a family – all of those things that come with getting older, slowing down and competing less.”

2011 GRADUATES

NAME	SPORT	DEGREE	NAME	SPORT	DEGREE
Ricci Cheah	Archery	B. Health Sciences	Scott Laird	Hockey	B. Science & Arts
Erin Binks	Athletics	B. Applied Science & B. Science	Silja Dornow	Hockey	M. International Business
Elizabeth Jenkins	Athletics	B. Commerce & B. Arts	Gillian Bennet	Hockey	B. Design in Architecture
Joanna Cubis	Athletics	B. Pharmacy	Greta Beale	Rowing	B. Arts Hons
Lachlan Chisholm	Athletics	M. Physiotherapy	Philip Waugh	Rugby Union	M. Commerce & M. International Business
Ronan Casey	Athletics	B. Arts	Daniel Halangahu	Rugby Union	B. Applied Science & Graduate Certificate in Commerce
Timothy Barton	Australian Rules	B. Animal & Veterinary Bioscience	Rohan Pethiyagoda	Sailing	M. Management
Jesse Martin	Australian Rules	B. Medical Science	Sean O'Rourke	Sailing	B. Engineering
Adam Mcconnochie	Australian Rules	M. Physiotherapy	Aimee Watson	Skiing	B. Veterinary Science
Elena Kwok	Badminton	B. Health Sciences	Melissah Parlato	Soccer	Certificate IV in Fitness
Benjamin Warnock	Baseball	B. Applied Science	Alesha Clifford	Soccer	Certificate IV in Sport and Recreation
James MacCann	Basketball	M. Physiotherapy	Danielle Christensen	Soccer	B. Applied Science
Dean Powell	Basketball	B. Animal & Veterinary Bioscience	Danniella Thrassis	Soccer	B. Applied Science
Cameron Girdlestone	Boat	B. Education	Emma Schiller	Soccer	M. International Studies
Alastair Matthews	Boat	Graduate Certificate in Commerce	Kate Trebilcock	Soccer	B. Forensic Science & Applied Chemistry
Philip Gibbins	Canoeing	B. Arts	Olivia Kennedy	Soccer	B. Applied Science
Rosalyn Lawrence	Canoeing	B. International & Global Studies	Timothy Halliday	Swimming	B. Science
Murray Stewart	Canoeing	M. Architecture	Steven Goh	Tennis	B. Commerce
David Miller	Cricket	M. Management	Amanda Bott	Triathlon	B. Commerce
Joshua Toyer	Cricket	B. Commerce	Benjamin Bowen	Triathlon	B. Education
Alexandra Croak	Diving	M. Health Science	Rafael Castol Gambo	Triathlon	M. Exercise Physiology
Margarita Sokolovskaja	Fencing	B. International & Global Studies Hons. & B.Arts Hons	Elena Weeber	Volleyball	M. International Business
Kristin Barnes	Flames	B. Commerce	Scott Nicholson	Water Polo	B. Arts
Rhys Gray	Hockey	B. Applied Science	Keesja Gofers	Water Polo	B. Design in Architecture



OLIVIA KENNEDY (Soccer)

Bachelor of Applied Science

"Sydney Uni Sport & Fitness have been great during my time of studying, playing sport and working part-time – I actually applied for a position in the Grounds team and was offered a part-time job there which I really enjoy. Now that I've finished one degree, I'm going to continue studying and do a Masters of Physiotherapy, which will then enable me to work as a physio in the future."



SCOTT NICHOLSON (Water Polo)

Bachelor of Arts

"The Elite Athlete Program has helped me during my time as a student at Sydney University by helping me to manage my studies and sport, and providing the extra guidance and counselling to help me achieve my best."



KRISTEN BARNES (Basketball)

Bachelor of Commerce

"Now that I've graduated I'm hoping to continue to find a balance between work and sport. I'm looking to gain a graduate position in either advertising or finance while continuing to develop my game with the Flames as we approach finals time in March."



BACK TO THE GLORY DAYS

SYDNEY UNIVERSITY WATER POLO CLUB HAS TURNED TO TWO OF THE MOST SUCCESSFUL COACHES IN THE NATIONAL LEAGUE TO GUIDE THE FORTUNES OF THE MEN'S AND WOMEN'S TEAMS IN THE 2012 SEASON.

By Graham Croker

Damien Fanning has charge of the men's team, which boasts three Olympians and a host of young national representatives, while Ian Trent has returned to coach a women's team that has suffered some big name losses but been bolstered by the arrival of two All American players from the US college system.

During his previous 11-year tenure, Fanning guided the men's team to three National Water Polo League championships, in 2002, 2003 and 2005. Sydney University also finished runners-up in 1998, 2001, 2006 and 2007, were bronze medallists in 1999 and 2000 and won the Southern Cross Trophy in 2003 and 2005 under Fanning's guidance before he took a break in 2008.

Sydney University made the elimination finals in 2009 and were bronze medallists last season and Fanning is confident they can make the finals this season.

Part of that confidence is based on the arrival of American Zac White, a left-handed centre-forward and National Collegiate Athletic Association representative from University of California, Berkeley.

"Centre-forward is a position we've struggled with for the past few years," Fanning said. "We made the semi-finals last year without a permanent centre-forward, but we didn't put the opposition away when we were in position to. Hopefully we can take those opportunities this year."

Fanning's confidence is also based on the return of three-time Olympian Thomas Whalan, dual Olympian Trent Franklin, and Olympian and Commonwealth champion Rob Maitland.

His arsenal also includes senior Australian representatives Nathan Cargill and Alistair Visch, and Australian Under 20 representatives Daniel Lees, Scott Nicholson, James Young, Clayton Whittaker, Lachlan Hollis and Jeremy Davie.

The debut column includes the losses of Craig Hammond, Tom Woudwyk, Matthew Hardy and Mark Sindone.

"Thomas (Whalan) and Rob (Maitland) will most likely be selected for the Olympics this year so they'll be looking for a big season in the NWPL," Fanning said. "Thomas is training hard to make his fourth Games, while Rob has been playing in Spain. Jeremy (Davie) and Lachlan (Hollis) are also in Australian training camps."

Davie is presently playing his second season for the University of Southern California Trojans who are aiming for an historic fourth straight National College Championship.

"The University squad is a real blend of youth and experience," Franklin said. "They played well in the recent Sydney summer competition, but lost to Balmain in the final. Execution let us down – we should have been up by five or six goals. It was a disappointing result, but we're now fully focused on the national league and if we get in a scoring situation we want to be able to make the most of them."

Trent, who coached the Sydney University women's teams from 1972 to 2001, has also heeded the call to return to the fold. During his time at Sydney University he coached 21 First Grade premierships and 10 club national titles. He also coached the NSW side to win Australian Championships and was also national women's coach from 1983-88, winning a World Championship and a World Cup.

"Sydney University had a stack of national players in those years, including Debbie Watson; who won Olympic gold, World Championship gold and two World Cup golds, Cathy Parkes, Julie Rohl, Jackie Fraser (Northam), Sue Trent, Jenny MacGregor and Heather Rouen," Trent said.

As with the men's side, Trent is balancing some big name losses with new recruits. Among the recruits are two All American players from the US college system: Courtney Collyer, from the University of California, Irvine, and Kelly Easterday, a former junior US national player.

The losses include Alicia Brightwell (off to Arizona State University), Emily Scott (University of Hawaii) and Fiona Hammond (Balmain).



"THE UNIVERSITY SQUAD IS A REAL BLEND OF YOUTH AND EXPERIENCE"

"We still have a strong squad," Trent said. "I'm very happy with the roster which includes Elysha O'Neill (back from a broken ankle), Gaby Wikman, Georgie Clark, Joanne Whitehord, Amanda Cox, Jessica Cox, Kara McGee and goalkeeper Ellyssa Larsson."

"There's also Hannah Buckling, who is in the national squad. She is a chance of making the Olympic team, although it is a hotly contested team this year. She's only 19 and has a big future."

"The chemistry in the squad is very good. But it's been hard to get everyone together for a lengthy pre-season because of study and work commitments. A number of players have been involved in the Sydney competition since October."

"Our first four games are on the road, starting with matches against perpetual finalists KFC Queensland Breakers, then the Brisbane Barracudas who have won the past three WNWP titles. That's a good road trip to kick-off the season."

The glory days are about to return. 🏆



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SHORT COURSES TIMETABLE

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Archery Beginners	Fridays	3:00 - 5:00pm	23 Mar	\$110
Intro to Fencing (Juniors)	Fridays	4:00 - 5:00pm	17 Feb	\$125
	Fridays	4:00 - 5:00pm	11 May	\$125
Intro to Fencing	Tuesdays	6:00 - 7:00pm	20 Mar	\$125
	Wednesdays	6:15 - 7:15pm	21 Mar	\$125
Golf Beginners	Tuesdays	5:30 - 6:30pm	20 Mar	\$125
	Tuesdays	5:30 - 6:30pm	26 Jun	\$125
Golf Intermediate	Tuesdays	5:30 - 7:00pm	8 May	\$175
Tennis Beginners	Wednesdays	12:00 - 1:00pm	21 Mar	\$110
	Thursdays	6:00 - 7:00pm	22 Mar	\$110
	Thursdays	6:00 - 7:00pm	10 May	\$110
Ultimate Frisbee	Mondays	6:00 - 7:00pm	19 Mar	\$100

RECREATION	Day	Times	Start	Member/ Uni Price
Massage	Mondays	7:30 - 8:30pm	19 Mar	\$120
Pilates	Mondays	6:20 - 7:20pm	19 Mar	\$120
Yoga	Tuesdays	7:30 - 8:30pm	20 Mar	\$120
Zumba	Wednesdays	7:30 - 8:30pm	21 Mar	\$120

All information is correct at time of printing.
 For the latest information on all short courses please visit www.susf.com.au.
 Earlybird discounts - conditions apply.
 Community prices available at www.susf.com.au.
 Online and phone transaction fees apply.

DANCE	Day	Times	Start	Member/ Uni Price
Ballroom	Wednesdays	6:20 - 7:20pm	21 Mar	\$120
Belly Dancing	Tuesdays	5:10 - 6:10pm	20 Mar	\$120
Burlesque	Thursdays	7:30 - 8:30pm	22 Mar	\$120
Commercial Jazz	Thursdays	6:20 - 7:20pm	22 Mar	\$120
Contemporary	Mondays	7:30 - 8:30pm	19 Mar	\$120
Hip Hop	Thursdays	5:10 - 6:10pm	22 Mar	\$120
Salsa	Tuesdays	6:20 - 7:20pm	20 Mar	\$120

DAY/ WEEKEND TRIPS	Day	Times	Start	Member/ Uni Price
Scuba Diving <small>Includes compulsory orientation session. Visit www.susf.com.au for details.</small>	2 x Weekend	8:00am	24 Mar	\$310
	2 x Weekend	8:00am	14 Apr	\$310
	2 x Weekend	8:00am	5 May	\$310
	2 x Weekend	8:00am	26 May	\$310
Snorkel Safari Day Trip <small>Includes orientation. Visit www.susf.com.au for details.</small>	Saturday	8:00am	31 Mar	\$65
	Saturday	8:00am	21 Apr	\$65
Stand Up Paddle Board	Saturday	10:00 - 11:30am	24 Mar	\$35
	Saturday	10:00 - 11:30am	14 Apr	\$35
	Saturday	10:00 - 11:30am	28 Apr	\$35
	Saturday	10:00 - 11:30am	12 May	\$35
Surf Camp	Friday - Sunday	6pm		\$295



Sydney Uni
SPORT & FITNESS



NEW YEAR,

THIS YEAR, BE A LITTLE BIT SELFISH, AND MAKE A RESOLUTION TO BUILD A NEW,



Motivation. It's the one thing that seems to evade most of us when it comes to committing to a regular training regime. There are several elements that can lead to this lack of drive to put on the joggers and sweat up a storm as we push ourselves to a fitter and healthier self. For some, it's a dislike of the pain caused by hard workouts in the weights room. For others it stems from insecurity about their level of fitness. Then there are those who find gym work boring. Whatever the reason, without motivation, it's going to be hard to do the necessary work to get measurable improvements in health and fitness.

Well, there's a type of training where motivation is the easy part – bootcamp. It combines a hard cardio workout with strength exercises in a fun, energising and social session.

To be honest, the strength and cardio gains can be made by working out in the gym, but the unique and great thing about bootcamp is the social element. It's the shared experience that provides the added motivation, where the instructor and everyone else doing the workout support and inspire one another, making it possible to push through the pain barrier and all our insecurities to get the most out of a session. Grunting and groaning away while battling through a set of push-ups is made all the more easier when you look to your left and see one of your peers going through the same struggle!

Then there's the diversity of exercises in bootcamp that helps with the motivation. We've all heard the saying "Variety is the spice of life" – In the exercise world, bootcamp epitomises this cliché. It's the mix of activities in

a bootcamp session that make it fun, interesting and great for improving your health. For those who've never participated in an SUSF bootcamp class, here's a basic idea of what you can expect:

- A mix of upper body, lower body, abs and cardio work all done in the great outdoors.
- Different types of exercise such as boxing, running, body weight push-ups, squats, burpees, stairs, abs and circuits, plus loads of other fun and effective drills.
- If you're not a fan of boxing, then just push through that part of the workout and look forward to something you're more akin to, like running.

NEW YOU

HEALTHIER YOU – WITH BOOTCAMP!



It's this mix of activities that makes bootcamp a total body workout. You literally work every muscle in your body – arms, abs, legs, back and chest. Plus there are the cardio benefits that carve off the fat and improve your aerobic ability. In a nutshell, bootcamp sessions build a fitter and stronger you, from the ground up.

After just one session you can expect to walk away with a rewarding feeling, knowing that you've just spent an hour improving your health by burning some calories, strengthening your body, from the core out, and you would have made a new group of friends along the way!

Our Semester 1 bootcamp sessions will be held in two timeslots – 6.30am and 5pm, with the first session commencing 12 March, running for 6 weeks.

To register, visit the Sports & Aquatic Centre today!

Semester 1 bootcamp timetable

Morning session: 6.30am – 7.30am	Afternoon session: 5pm – 6pm	Morning session: 6.30am – 7.30am	Afternoon session: 5pm – 6pm
Starts: 12 March Ends: 20 April Register before 4 March for earlybird price of \$160	Starts: 13 March Ends: 19 April Register before 4 March for earlybird price of \$120	Starts: 30 April Ends: 8 June Register before 22 April for earlybird price of \$180	Starts: 1 May Ends: 7 June Register before 22 April for earlybird price of \$120

For more information please see our Fitness staff or visit www.susf.com.au

ENROL IN A FIRST AID OR CPR COURSE TODAY, YOU MIGHT SAVE SOMEONE'S LIFE...

Choose from one of four convenient courses, depending on your needs or previous first aid qualifications. Course dates below:

February

Friday	17th
Wednesday	22nd

March

Saturday	3rd
Friday	9th
Friday	16th
Wednesday	21st
Friday	30th

April

Thursday	5th
Wednesday	18th
Friday	20th
Friday	27th
Saturday	28th

All classes are conducted at
Sydney University's Main Campus

APPLY FIRST AID

USYD Staff, Students
& Members: \$130
Community: \$150



APPLY FIRST AID REFRESHER

USYD Staff, Students
& Members: \$95
Community: \$105



CPR

USYD Staff, Students
& Members: \$60
Community: \$70



CPR REFRESHER

USYD Staff, Students
& Members: \$50
Community: \$60



Enrolments & Bookings

- Call 1300 068 922
- Online at www.susf.com.au
- Visit reception at one of our on-campus sport & fitness centres

Transaction fee applies to phone and online bookings. Information correct at time of printing.



**Enrolments
Open:**
12 March
**Earlybird
Special Ends:**
26 March

SCHOOL HOLIDAY SPORTS CAMPS

Multisport, Soccer, Tennis, Swimming, Hockey, Netball, Basketball, Rugby Union, Fencing & Archery, AFL & Water Polo.

Save the date for the April school holiday camps!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Public Holiday	10 Camps	11 Camps	12 Camps	13 Camps
16 Camps	17 Camps	18 Camps	19 Camps	20 Camps

3 easy enrolment options

1

ENROL ONLINE
www.susf.com.au



2

CALL
1300 068 922



3

COMPLETE A FORM
Visit any SUSF facility



For enquiries, call 1300 068 922 or visit www.susf.com.au



Find us on Facebook - 'Sydney Uni Sport and Fitness'



Find us on Twitter - 'SydUniSportFit'



Sydney Uni
SPORT & FITNESS

GET INVOLVED IN A SYDNEY UNI TRADITION INTERFACULTY SPORT

FREE
TO
PARTICIPATE!

EXPRESS YOUR INTEREST NOW!

www.susf.com.au

STARTS IN WEEK 3

- Touch Football
- Tennis
- Ultimate Frisbee
- Soccer
- Squash
- Cricket
- Netball

FOR ENQUIRIES OR TO EXPRESS YOUR INTEREST:

1300 068 922 | interfac@sport.usyd.edu.au | www.susf.com.au

 **Facebook:** Interfaculty Sport

 **Twitter:** 'SydUniSportFit'

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Sydney Uni
SPORT & FITNESS



Semester 1

LUNCHTIME SOCIAL SPORT

Open to everyone!

Registration Period:

Monday 20th February - Friday 16th March

Competitions Commence:

Monday 19th March

Limited places, don't wait!

Don't have a team?

Register online and we will try and find a team for you.

**EARLYBIRD
REGISTRATIONS
CLOSE**
Wednesday
7th March 2012

Register online today at www.susf.com.au

Enquiries: 1300 068 922 or socialsport@sport.usyd.edu.au

 **Facebook:** 'SUSF Lunchtime Social Sport'  **Twitter:** 'SydUniSportFit'

Proudly Sponsored By



Sydney Uni
SPORT & FITNESS



CARDIO TENNIS

CARDIO TENNIS IS A FUN, SOCIAL, GROUP TENNIS-FITNESS PROGRAM FOR PEOPLE OF ALL AGES AND ABILITIES. JOIN IN THE FUN AT THE SYDNEY UNI SPORTS & AQUATIC CENTRE TENNIS COURTS IN SEMESTER 1!



WHAT IS CARDIO TENNIS?

You don't have to be Rafael Nadal or Sam Stosur to enjoy the energising workout that is Cardio Tennis. Constant movement is the focus as a Tennis Australia qualified coach guides you through a series of fun and heart-pumping drills that cater for all abilities and fitness levels.

A true Cardio Tennis session comprises six key components. They include:

- Warm-up, cardio segment (drill-based and play-based activities) and cool down
- Music – 120-150 beats per minute
- Heart rate monitors and regular heart-rate checks
- Low-compression balls
- Cardio burst activities (15-20 second aerobic activities such as agility ladders and footwork activities)
- The coach (energetic, enthusiastic and engaging)

Participants wear heart rate monitors, exercise to music, play with low-compression balls and use a variety of equipment to achieve the perfect workout. And, at the end of your session, you can check your stats on the heart-rate monitor to find out just how hard you worked.

LOSE WEIGHT, GET FIT, HAVE FUN

Cardio Tennis is enjoyed best with friends. If you don't like exercising alone, then you will find Cardio Tennis the perfect motivator. Get a group of mates together or make some new friends in a fun and active atmosphere.

As well as being social, it's a great way to boost your fitness and lose weight.

According to the Tennis Industry Association, during a Cardio Tennis session, women will burn between 300-500 calories, and men will burn around 500-800 calories (on average).

Exercising with a mate, in teams or part of a group offers a whole new dimension to your physical activity and a variety of benefits. Cardio Tennis represents an excellent opportunity to enjoy a great workout in a social environment.

How many times have you planned to be active, only to excuse it away? "I'm too tired", "it's too hot", "I don't want to get out of bed yet" or "I'll start on Monday" are all common reasons for not getting out and getting fit.

Self-motivation and discipline are key to exercise and crucial to getting benefits from being physically active. Including a few more people within your exercise regime offers a different approach and may alter your attitude to working out.

UP YOUR MOTIVATION

One way to increase your likelihood of doing exercise is to work out with a friend. Getting a training mate involved means there is someone else relying on you to work out with them – you're less likely to skip out on a training session as you won't want to let them down. Plus, exercising with a friend gives you a chance to catch up and take your mind off the exertion you're putting in.

WIDEN YOUR SOCIAL CIRCLE

If working out with a friend enhances your social life, then working out with a team takes this to a whole new level. Taking part in a team sport or a group exercise session connects you with lots of new people, many of whom are likely to be of a similar age and have shared interests.

IMPROVE YOUR RESULTS

Having people around you when you exercise can really lift your performance, due to the encouraging, supportive and motivating environment that you're working out in.

Television and entertainment personality Geoff "Coxy" Cox noticed this about Cardio Tennis when he took part in a session in December 2011.

"This bunch (the people in his session) were fantastic," he says. "I've come down and I'm as rusty as, and they were all really supportive, and saying 'yeah come on, we'll have a go, you'll be right', so I thought the whole social thing was fantastic."



A 5 week Cardio Tennis program will be available at Sydney Uni Sport & Fitness in Semester 1.

For more information please email tenniscoaching@sport.usyd.edu.au



SYDNEY UNI SPORT & FITNESS

UPCOMING EVENTS CALENDAR

HOME FIXTURES



FEBRUARY

	DATE	TIME	OPPONENT
Flames	Friday 17th	7.00pm	West Coast
Water Polo (Men)	Friday 17th	7.00pm	Fyfe Adelaide Jets
Water Polo (Women)	Friday 17th	8.20pm	Fyfe Adelaide Jets
Water Polo (Women)	Sunday 19th	1.15pm	Hunter Hurricanes
Water Polo (Men)	Sunday 19th	2.45pm	Hunter Hurricanes
Cricket	Saturday 25th	10.30am	Sydney

MARCH

	DATE	TIME	OPPONENT
Cricket	Saturday 3rd	10.30am	Sydney
Water Polo (Men)	Friday 9th	7.00pm	Balmain
Water Polo (Women)	Friday 9th	8.20pm	Balmain
Water Polo (Women)	Sunday 11th	1.15pm	UNSW Killer Whales
Water Polo (Men)	Sunday 11th	2.45pm	UNSW Wests Magpies
Water Polo (Men)	Thursday 22nd	7.00pm	Victorian Tigers
Water Polo (Women)	Thursday 22nd	8.20pm	Victorian Tigers
Water Polo (Women)	Friday 23rd	7.00pm	Victorian Tigers
Water Polo (Men)	Friday 23rd	8.20pm	Victorian Tigers

APRIL

	DATE	TIME	OPPONENT
Water Polo (Men)	Friday 20th	7.00pm	Cronulla Sharks
Water Polo (Women)	Friday 20th	8.20pm	Cronulla Sharks



HURRY, OFFER ENDS 11 MARCH

UNI GYM PASS

PERFECT FOR STUDENTS

The best value for money is the 9 month Uni Gym Pass – only pay for the time you're at uni!

Sign up to either a gold, silver, bronze or blue Uni Gym Pass and experience access to:*

- Over 65 group fitness classes per week
- Modern weights and cardio equipment
- Indoor 50m heated swimming pool
- Free towel and locker hire
- Much, much more!

Come into the Sports & Aquatic Centre or Arena Sports Centre and we can find the right pass for you.

* Access dependent upon pass purchased.

* Promotional period: 27 February – 11 March 2012



Sydney Uni
SPORT & FITNESS



For more information, visit www.susf.com.au, call Sports & Aquatic Centre: 9351 4978 or The Arena: 9351 8111



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 more than 45 sporting clubs to get involved in, our annual membership gives you access to an amazing range of benefits at unbeatable prices.

Sydney Uni students – just \$40

Sydney Uni staff – \$55

Community members – \$55

For the full range of membership passes, please turn to page 22, visit www.susf.com.au or drop into one of our Centres.



Sydney Uni
SPORT & FITNESS

JOIN A CLUB!

There are so many to choose from and they're open to everyone.

AFL



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

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

AMERICAN FOOTBALL



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

For more information go to www.sydneyunigradiron.com or email: americanfootball@sport.usyd.edu.au

ARCHERY



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

For more information go to: www.suac.org.au or email: 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 go to: www.suac.org or email: athletics@sport.usyd.edu.au

BADMINTON



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

For more information go to: www.usydbadminton.com or email: badminton@sport.usyd.edu.au

BASEBALL



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

For more information go to: sydneyuni.baseball.com.au
or email: baseball@sport.usyd.edu.au

BASKETBALL



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

For more information go to: www.sydneyuniflames.com.au or email: basketball@sport.usyd.edu.au
or flames@sport.usyd.edu.au

BOAT (MEN'S ROWING)



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

For more information go to: www.subc.org.au or email: boat@sport.usyd.edu.au

BOXING



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

For more information email: boxing@sport.usyd.edu.au

CANOE / KAYAK



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

For more information go to: www.sydneyuniversitycanoecub.com.au
or email: canoe@sport.usyd.edu.au

CRICKET



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

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

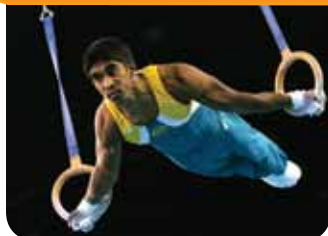
FENCING



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 go to: www.sufc.org.au or email: fencing@sport.usyd.edu.au

GYMSPORTS



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

For more information go to: www.sugymcheer.org

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 email: handball@sport.usyd.edu.au

HOCKEY



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

For more information go to: www.suhc.asn.au or email: hockey@sport.usyd.edu.au

JUDO



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

For more information email: judo@sport.usyd.edu.au

KEMPO KARATE



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

For more information email: kempokarate@sport.usyd.edu.au

KENDO



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

For more information go to: www.usydkeno.com or email: kendo@sport.usyd.edu.au

NETBALL



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

For more information go to: www.sunetball.com.au or email: netball@sport.usyd.edu.au

ROCKCLIMBING & MOUNTAINEERING



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

For more information go to: www.surmc.org.au or email: rockclimb@sport.usyd.edu.au

ROWING



The Sydney University Rowing Club was established in 1960's. The club, together with the men's boat club, competes as Sydney University in the club, state and national Championships and includes members of the Australian squad. For the past few years Sydney University has been the leading competitive rowing club in New South Wales. The club has won the Honours Trophy at the NSW Championships for scoring the most points at the championships for the last eight years. Also, at the 2010 National Championships, the club won the "Centenary Oar" for the most points.

For more information go to: www.sydneynirowing.org or email: rowing@sport.usyd.edu.au

RUGBY LEAGUE



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

For more information email: rugbyleague@sport.usyd.edu.au

RUGBY UNION



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

For more information go to: (Men) www.sydneynirugby.com.au
(Women) www.sydneyniwomen.rugbynet.com.au or email: (Men) sufc@sport.usyd.edu.au
or (Women) rugbywomen@sport.usyd.edu.au

SAILING & BOARDSAILING



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

For more information go to: www.usydsailing.com or email: sailingboardsailing@sport.usyd.edu.au

SKI & SNOWBOARD



The Sydney University Boarders and Skiers Club (SUBSKI), established in 1997, hosts approximately 2000 members and is the largest Sporting and Recreational University Club in Australia. SUBSKI has a competitive snow sports team which competes annually in the Australian University Championships. SUBSKI also holds social snow sports trips that cater for all levels of experience.

For more information go to: www.subski.net or email: ski@sport.usyd.edu.au

SOCCER



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

For more information go to: www.susfc.org.au or email: soccer@sport.usyd.edu.au

SOFTBALL



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

For more information email: softball@sport.usyd.edu.au

SQUASH



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

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

SWIMMING



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

For more information go to: www.suswimclub.com.au or email: swimming@sport.usyd.edu.au

TABLE TENNIS



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

For more information go to: www.usyddt.org or email: tabletennis@sport.usyd.edu.au

TAEKWONDO



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

For more information go to: www.usyddtkd.com or email: harryjun@gmail.com

TENNIS



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

For more information email: tennis@sport.usyd.edu.au

TOUCH



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

For more information go to: www.sydney.touch.asn.au or email: touch@sport.usyd.edu.au

ULTIMATE FRISBEE



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

For more information email: ultimatefrisbee@sport.usyd.edu.au

VELO



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

For more information go to: www.suvelo.com.au or email: secretary@suvelo.com.au

VOLLEYBALL



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

For more information go to: www.suvolleyball.com

WATER POLO



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

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

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

WATER SKI & WAKEBOARD



The Water Ski Club informally began as early as the 1960's. The club offers an opportunity for people of all abilities (from first timer to professional) to enjoy organised trips throughout most of the year. The season generally runs from September to May, offering organised Waterski & Wakeboarding days for members at Cliftonville Ski Park, at Wisemans Ferry on the Hawkesbury River (about one and a half hours north-west of Sydney). The club also runs a number of weekend trips in cabins on the Hawkesbury, Lake Conjola and Wyangala Dam, and also a legendary houseboat weekend each year.

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

WRESTLING



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

For more information email: wrestling@sport.usyd.edu.au

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'Blue&Gold'

THE SPIRIT OF SPORT AT SYDNEY UNIVERSITY | AUTUMN 2012

BY RODNEY TUBBS

FOLLOWING THE SPRING 'BLUE & GOLD' WATER SPORTS' LUNCHEONS (WATER POLO AND ROWING), SUMMER WAS THE SEASON FOR 'BLUE & GOLD' GOLF, CRICKET AND WOMEN'S BASKETBALL FUNCTIONS. THE FIRST OF THESE WAS:

2011 SUSF/BLUES ASSOCIATION GOLF DAY

As usual, the 2011 SUSF/Blues Association Golf Day was held at St. Michael's Golf Club on Wednesday 12th October. On this occasion, nineteen teams of 4 players per team took part in the main event – a team competition involving the best two stableford scores of the four players on every hole.

The winning team had a most impressive 93 stableford points and comprised Sydney Uni Athletics Club stalwart, Dean Gleeson, with three 'burglars' from the Sydney University Football Club – Todd Dammers, Chris 'Nobby' Malone and Nathan Trist.

The runners-up with 87 points were the team comprised of bush poet, Murray Hartin; former Drewsman, Murray Town, and two Sydney Uni Aussie Rules Blues,



(L to R) Southern Design Team: Sam Safi, Jeff Epplert, Stuart Dykstra and Tim Shepherd.

Ivan Cottom and Rod Tubbs. In third place with 86 points were the Elite Icons of Sport team (John Barber, Ryan Chappelow, Adam Elbourne and Michael Zann).

There were a couple of additional 'Events within the Event'. The official SUSF team (78 points) held off a spirited challenge from the UNSW Sports Administration team (76 points). Simon Gillespie was the inaugural winner of the Archbishop John Bede Polding Golf Cup (for current and past Johnsmen). Simon was also the leading St. John's College student.

All 75 players were contenders for the Singles Stableford event, which was run in conjunction with the team competition.

The Singles winner was Ted Griffin with 40 stableford points off a handicap of 13.

Adam Elbourne (39 points off 22) and Murray Town (37 points off 15) filled the second and third placings in the Singles event.

The 2011 SUSF/Blues Association Golf Day raised more than enough funds to cover a 2011 Blues Association Sporting Scholarship.

The annual SUSF/Blues Association Golf Day is becoming an increasingly popular event. It will next be played at St. Michael's Golf Club on Wednesday 10th October 2012.



(Clockwise from front left) The Melbourne Jug Tourists: Trevor Holman, Ron Lindsay, Murray Town, Graham Cook, Richard Debenham, Ian Tonkin, Ian Foulsham and Chris Wokes.



(L to R) Johnsmen: Phillip Meagher and Simon Gillespie.



2011 'BLUE & GOLD' CRICKET LUNCHEON

The 2011 'Blue & Gold' Cricket Luncheon was held at The Four Seasons Hotel on Friday 18th November.

This function started on a sombre note when Mike Coward delivered a moving tribute to the late Peter Roebuck, who had been an integral part of the first decade of 'Blue & Gold' Cricket Luncheons.

The Sydney University Cricket Club Team of the 1980's was announced and those present were acknowledged on stage. SUCC Vice-President and Club historian, James Rodgers, provided background information and amusing anecdotes about the following members (in batting order) of the SUCC Team of the 1980's:

- John Dyson
- Tom Jenkins
- David Smith
- Craig Tomko
- Geoffrey Lovell
- Damien Grattan-Smith
- Imran Khan
- Andrew Shaw
- John Grimble
- Evan Gordon
- Chris Elder
- Mick O'Sullivan (captain)

Although he played considerably less SUCC games than the other members of the Team of the 1980's, most of the stories were about Imran Khan's amazing on and off-field prowess!

Between the slow-cooked rib eye and the sticky date pudding, Adam Spencer moderated a very entertaining panel

discussion with Mike Coward, Stuart Clark, John Dyson and Stuart MacGill. A most appreciative audience received fascinating insights into the most significant happenings over the last year in the world of cricket.

A riveting preview of Australia's imminent Test matches against South Africa, New Zealand and India was interspersed with plenty of Big Bash

Twenty20 banter, featuring Stuart Clark, CEO of the Sydney Sixers, and his Sydney Thunder counterpart, John Dyson!

The 2012 'Blue & Gold' Cricket Luncheon (at which the SUCC Team of the 1990's will be announced) will be held at The Four Seasons Hotel on Wednesday 14th December. Book early for front-of-house seats.



(L to R) Stuart MacGill clearly amuses his fellow panelists John Dyson, Stuart Clark and Mike Coward.



(L to R) Five members of the SUCC Team of the 1980's: Chris Elder, Andrew Shaw, Mick O'Sullivan, Geoffrey Lovell and John Dyson.



2011 'BLUE & GOLD' XMAS HAMPER GOLF DAY

The fifteenth annual 'Blue & Gold' Xmas Hamper Golf Day was scheduled for Wednesday 23rd November at St. Michael's Golf Club, Little Bay. However, after two days of non-stop rain, the course was deluged and closed for any play whatsoever.

The unbundling of the 2011 'Blue & Gold' Xmas Hamper Golf Day involved nearly as much work as the setting-up process. The nearest primary school to St. Michael's Golf Club was the recipient of \$150 worth of inflated blue and gold balloons! SUSF staff members purchased all of the hams at cost price and the Xmas hampers were delivered all over Sydney in an endeavour to ensure that all participants transferred their entry fees over to the rescheduled Golf Day on Wednesday 8th February 2012.

There is a good chance that no teams will be lost and that some additional ones will now be able to play in the postponed Xmas Hamper Golf Day.

The 2012 'Blue & Gold' Xmas Hamper Golf Day will also be held at St. Michael's Golf Club on Wednesday 28th November. We have ordered a sunny day with a light cooling breeze for the sixteenth 'Blue & Gold' Xmas Hamper Golf Day, so make sure that your team gets its entry in early!



(L to R) Alex Blackwell, Ros Lawrence and Cheryl Soon.

2011 'BLUE & GOLD' WNBL FLAMES/WOMEN IN SPORT LUNCHEON

The 2011 'Blue & Gold' WNBL Flames/ Women in Sport Luncheon was held at WatersEdge restaurant on Wednesday 7th December.

There was a great response from corporate supporters, but in future this function needs to attract many more Flames past players and season ticket holders, as well as relatives and friends of current Flames players.

The Women in Sport panel comprised three highly talented and charismatic Australian sportswomen – cricketer Alex Blackwell, canoeist Ros Lawrence and rugby halfback, Cheryl Soon. Adam Spencer walked us through their development from the times when they were sport-loving kids in small rural communities to their arrival on the international sporting stage as elite athletes, who have all excelled at their chosen sports.

Adam Spencer subsequently moderated a panel of Southern Design Sydney Uni Flames players, who were all new members of the Flames roster for the 2011-12 WNBL season. Alicia Poto and Belinda Snell have returned to the Flames this season, after extended playing stints with overseas teams and the Australian Opals. Lauren King is a very experienced WNBL player in her first ever season with the Southern Design Sydney Uni Flames.

The discussion was very entertaining and extremely positive, reflecting the WNBL Flames' excellent start to the season – 8 wins from their first 11 games. Let's hope that the second half of the season is even more successful for our highest profile women's sporting team.

The 2012 'Blue & Gold' WNBL Flames/ Women in Sport Luncheon will be held at a refurbished WatersEdge restaurant on Wednesday 5th December. Make a point of supporting our female athletes at this very popular luncheon in 2012. 🍷



(L to R) Seven roses and one thorn: Belinda Snell, Alicia Poto, Lauren King, Kristen Barnes, Amy Denson, Katie-Rae Ebzery, Jaimee Kennedy and Adam Spencer.



UNIVERSITY OF SYDNEY SPORT FOUNDATION NEWS

2011 saw excellent growth in Named Sporting Scholarships, which involve donations or pledges of \$25,000 up to \$100,000.

We now have fifteen such Named Sporting Scholarships in place:

- Blues Association Scholarships (3 such 'non-sport specific' scholarships)
- Bupa/MBF Scholarships (2 such scholarships for Olympic sports)
- Buildcorp Scholarship (for Rugby)
- Ralph's Cafe Scholarship (for Women's Basketball)
- Ross Brown Scholarship (for an EAP athlete studying Pharmacy or an associated discipline)
- Collins/Peasley Scholarship (for track or field Athletics)
- Mollie Dive Scholarship (for Women's Cricket or Women's Hockey)
- Dr Ray Hyslop Scholarship (for an EAP Soccer player studying Medicine, Dentistry or Health Sciences)
- Allan Kendall Scholarship (for an elite Tennis, Squash or Table Tennis player in residence at St. Andrew's College)
- Aleksandra Pozder Scholarship (for track or field Athletics)
- Philip Rundle Scholarship (for an Athletics sprinter)
- Adam Spencer Scholarship (for Women's Soccer)

We need this trend to accelerate in 2012, so please give serious consideration to becoming an individual or corporate philanthropist.

Please find enclosed a brochure in this issue outlining the Sporting Scholarships. If you would like any further information please contact Rodney Tubbs on 9351 7958 or r.tubbs@sport.usyd.edu.au



(L to R) Jocie Everson, Alex Blackwell, Steve Swaine and John Davidson.

2012 'BLUE & GOLD' SPORTING FUNCTIONS

OLYMPIC DINNER

Tuesday 17th April

from 6.30pm in The Great Hall, The University of Sydney

HOCKEY LUNCHEON

Friday 11th May

from 12:00 noon at The Boathouse on Blackwattle Bay, Glebe

SOCCER FOOTBALL DINNER

Friday 8th June

from 7:00pm at Doltone House, Pyrmont

RUGBY LUNCHEON

Thursday 14th June

from 12:00 noon at the Four Seasons Hotel, Sydney

OLYMPIC CELEBRATION LUNCHEON

Friday 7th September

from 12:00 noon at the Four Seasons Hotel, Sydney

WATER POLO LUNCHEON

Friday 14th September

from 12:00 noon at the Four Seasons Hotel, Sydney

AUSSIE RULES LUNCHEON

Friday 28th September

from 12:00 noon at the Four Seasons Hotel, Sydney

BLUES ASSOCIATION/SUSF GOLF DAY

Wednesday 10th October

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

ROWING LUNCHEON

Friday 12th October

from 12:00 noon at The Grandstand Sports Bar & Function Centre (overlooking Sydney Uni Oval No. 1)

CRICKET LUNCHEON

Wednesday 14th November

from 12:00 noon at the Four Seasons Hotel, Sydney

XMAS HAMPER GOLF DAY

Wednesday 28th November

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

WNBL FLAMES/WOMEN IN SPORT LUNCHEON

Wednesday 5th December

from 12:00 noon at WatersEdge restaurant, Walsh Bay

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

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OVER THE LINE

Blues of the Year

Distance runner Lara Tamsett and Australian Sevens captain Bernard Foley were named female and male Blues of the Year at the annual Sydney University Blues Dinner held recently in the Great Hall. Tamsett, a media and communications student, had a solid year of competition, winning the Oceania Half Marathon and the Gold Coast Half Marathon before finishing second in the 10,000m at the Australian Track and Field Championships. Tamsett was the defending champion in the event. She also won the 2010 Sun-Herald City2Surf, covering the 14km course in 46min 54sec. Lara is presently overcoming injury and planning a return to the track. Foley, an economics student, had a year to bottle. Having been named Sevens Player of the Year after captaining Australia in the 2011 World Series, he was then selected out of the club ranks to make his Super Rugby

debut for NSW Waratahs. At the end of the 2011 Super Rugby season Foley returned to club ranks, scoring 79 points in his 14 games for the Students, who fell to Eastwood in extra time in the grand final while chasing a record seventh consecutive premiership. Tamsett and Foley, who are both part of the Sydney Uni Sport & Fitness Elite Athlete Program (EAP), were among 49 Blues and three Golds presented with their blazers by Vice-Chancellor Dr Michael Spence.

Taking the Olympic plunge

Solid training is the main thing on the menu in the first few months of the year for many Sydney University athletes pushing for selection in the Australian squad for the 2012 Olympic Games in London. Divers Matthew Mitcham and Alexandra Croak, who are part of the Sydney Uni Sport & Fitness Elite Athlete Program, are

both in the mix for Australian selection after strong performances at the 2011 Australian Diving Championships in December. Mitcham, the reigning Olympic champion, returned to the winner's circle at the Championships, clinching the men's 10m platform, with just two weeks solid training under his belt. The Bachelor of Arts and Science student showed no visible signs of the abdominal injury that had disrupted most of 2011 and forced him out of the World Championships. Mitcham scored a solid 480.05 to win the Australian title by nearly 50 points. Croak, a Master of Health Science student, also performed solidly during the championships, claiming gold with partner Melissa Wu in the women's 10m synchronised platform. The championships were a precursor to the upcoming Olympic trials, which take place in April 2012.

From Green Shield to baggy green

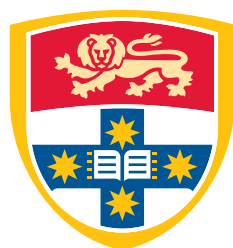
When Dean Jones presented Ed Cowan with a baggy green cap for the Boxing Day Test against India at the Melbourne Cricket Ground, he completed a long journey that began in 1997 when, as a 15-year-old, he captained Sydney University Cricket Club's first Green Shield (Under 16) side. Cowan progressed through the University's grade ranks, where he scored 7476 runs, including 6106 in First Grade, to Sheffield Shield, first with NSW and more recently with Tasmania, to Test status. The left-hand opener was unluckily given out for 68 on the way to what was looking like a debut Test century, but he won many admirers for his gritty knock, including the selectors. When Cowan was awarded his first NSW cap as 12th man against Tasmania in 2004, he returned it to Cricket NSW after the game, with the explanation that he hadn't earned it as 12th man.

It was the same story two weeks later when, in bizarre circumstances, he was called up for 13th man duties for Australia against the West Indies at the SCG. Cowan, at that stage an economics-law student and EAP scholarship holder, was at the Test as a spectator and about to partake of his first beer for the day when he received a phone call to attend the Australian dressing rooms. He was duly made 13th man and was called onto the ground on day four to field as a replacement for Jason Gillespie. He thus went into cricketing annals as taking the field for Australia without having played for his State. But, as with the NSW cap, he declined to accept any Australian training gear. "Those caps and uniforms are sacred in Australian cricket," Cowan said at the time. "For someone with aspirations to play at that level, you want to know you've earned the right to wear it." He certainly earned the right to wear the baggy green on Boxing Day.





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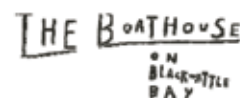
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