

ROAR



Sydney Uni
SPORT & FITNESS

46 SUMMER
2020

- 10** PERFECT PENTATHLON CONDITIONS
- 18** PANDEMIC PREPAREDNESS
- 36** STORY OF GLORY



ON TARGET



A YEAR TO REMEMBER.



FROM THE EDITOR

The term “unprecedented” has become a staple in our vocabulary this year. It’s been used in the media, politics and between friends to describe the once in a lifetime event we currently find ourselves in: the COVID-19 pandemic. And it’s true. From March to June (and beyond for so many) we swapped our ordinary freedoms for forced lockdown. Brunch in Bondi became baking bread at home and enjoying a live band at the pub became learning viral TikTok dances. More seriously, routine and stability was reluctantly replaced with increased stress and uncertainty. While “unprecedented” accurately represents our experience of this pandemic, I’m pleased to see *ROAR 46* and its contributors offer a few alternative descriptions.

We begin with a lifestyle piece where Sera Naiqama reminds us that routines are guidelines, not religion. Sera unpacks the **opportunity** that can come with disruption and the importance of learning good habits (and unlearning bad ones) when things don’t go the way we plan. This article is one of my favourites of the issue and can be found on page 4.

Tokyo-bound modern pentathlete Marina Carrier features as a guest contributor on page 10 for our cover story. In her article Marina observes the prevalence of **human ingenuity** and our proven ability to adapt, and that despite enduring uncertainty, she has great hope for the future. A big thank you to Marina for agreeing to pen our cover story, it is a terrific read and evidence that she is a woman of many talents.

On page 18 we unpack the SUSF response to COVID-19. From pivoting the way exercise is delivered to achieving essential maintenance works, we highlight the **agility** shown during shutdown that has enabled SUSF to emerge from the other side with plenty to show for it.

Finally, we find inspiration through our sporting clubs who triumphed in the face of chaos. Despite community sport being put on hold for several months, our clubs showed great **resilience** and were rewarded with titles in hockey, rugby, soccer, volleyball, basketball and Aussie Rules. Turn to page 36 for six uplifting stories of glory.

This year has taught us plenty. Through “unprecedented times” we’ve become more resourceful, creative, flexible and patient, and it is through the tests and teachings of 2020 that we remain on target for success in 2021, despite the challenges we will inevitably face.



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I didn't plan for this.

2020 is a significant year we will always remember. Not only because of all that has happened on a global scale but the disruption that our personal lives have faced too. Goals, plans and dreams may have come to a halt, however we've still been given an opportunity to reflect on how we choose to "show up" when things don't go our way.

To an extent we all value routine. Whether it's how you like to start your day or how you prefer to warm up before a workout. Humans are creatures of habit and routine is often what keeps us feeling productive in our everyday lives.

When we deviate from our routine, it feels like we've lost control, but this isn't the truth. Understanding how our habits contribute to the effectiveness of our routines is a game-changer. Let's unpack this further, shall we?



Routines are guidelines, not religion

Habits and routines work hand-in-hand. Our habits (defined as things we do often and regularly) create a routine. And vice versa, our routine is made up of a set of habits. Often we treat our routines like religion and that if we don't follow it, we are doomed. However, what we should be doing is seeing routines as guidelines because sometimes things don't go as planned. If habits are the basis of routines, ask yourself:

- When you feel like you're burning out, what self-care habits do you practise?
- If you're constantly submitting assignments late, how do you prioritise time-management?
- Are your current habits leading you towards achieving your goals or away from them?

Creating and practising sustainable habits will enable you to be flexible with your routine and place you in good stead no matter what life throws your way.



Losing control doesn't equate to losing at life

When things happen that are beyond your control, what story are you telling yourself? Are they constructive thoughts or negative thoughts?

As humans we are a meaning-making species. The way our minds are wired is that we must make meaning out of everything. For example, if a friend ignores you at a social function even if you don't know the reason, subconsciously you're making up some kind of meaning as to why they're ignoring you. Sound familiar?

Losing control isn't always a bad thing. Sometimes it gives us the opportunity to be creative and think of different ways to get things done. Next time you find yourself in a situation where you feel like you're losing control, catch that thought and intentionally ask yourself, what meaning am I making out of this? Having perspective is often the difference between us feeling good or bad about ourselves. Magic is, you get to choose.



Celebrate the small wins

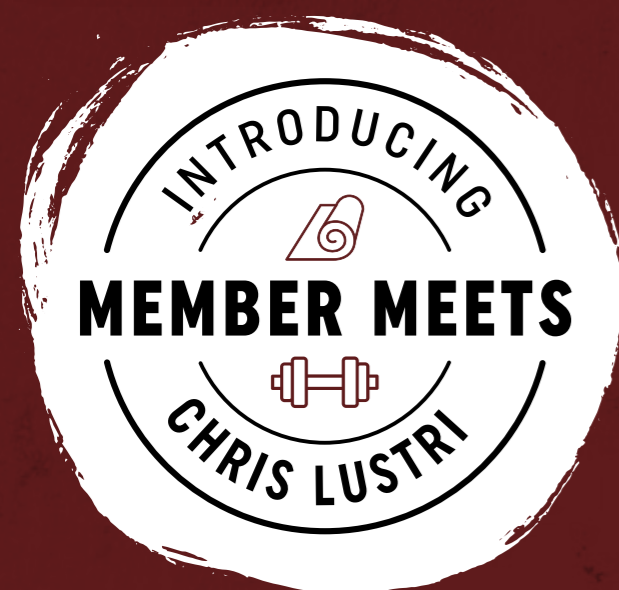
Every day we perform activities which qualify as wins. This could be as simple as getting up on time or making your bed before leaving the house. Often, we measure the success of our days by how busy we are. It is totally normal to feel a great sense of satisfaction when you are busy but how do you measure the success of your day if you haven't got much to do? To cultivate a winning habit within yourself, be sure to:

Notice them. When you are rushing from one thing to the next, it's hard to acknowledge small wins. A habit you could practise is at the end of each day reflect on your wins. Either write them down in your phone or say them out loud. By doing this type of reflection you learn to appreciate yourself and intentionally acknowledge your efforts.

Get excited. As you get older in life you tend to lose a bit of excitement around your wins. It's almost like if it's not a significant win, it's not worth celebrating. Get out of your own way and recognise your wins. If you need to tell someone about it, do it. If you want to post about it, do it. Celebrating your wins (big or small) will increase your happiness in the smallest but most profound ways.

Reward yourself. When you make those wins, treat yourself. Could be a glass of wine or fancy dinner out. In the long run it will motivate you to maintain focus and keep on winning.

There is no one-size-fits-all or three-step procedure that will prepare us for unexpected times in our lives. However learning good habits (and unlearning bad ones), having perspective when things don't go the way we hoped and celebrating our small wins along the way will enable us to experience more joy.



Chris Lustri joined SUSF in 2013 and found his community through group fitness. Now, seven years later, Chris tells us what keeps him coming back, his favourite programs and how he adjusted to the COVID-19 shutdown.

When did you first join SUSF and why?

I moved to Sydney in 2013 and decided that it was time to work towards a healthier lifestyle. I'd never set foot in a gym before and didn't really have a clear idea of where to start. I had no idea what I was doing, so I decided that group fitness classes – where someone would tell me exactly what to do and when to do it – would help me get the most out of it.

I signed up for a few classes (BodyCombat, BodyAttack and BodyPump), and knew by the end of the week that group fitness was something I wanted to keep doing. Even though I was developing my fitness from a very low base, the instructors and other participants were welcoming and friendly, and I never felt like I didn't belong. Also, even though I was exhausted at the end, I had a really fun time.

You're now an avid group fitness participant – what programs do you like best and why?

I try to participate in a number of different programs to ensure that I never get complacent – my normal week includes a mix of classes from BodyCombat, BodyAttack, BodyPump, RPM, CX, Grit and BodyBalance.

I've really been enjoying Grit classes lately, which let me test out the limits of my fitness. Although the classes are shorter than many others, I never feel like I've got anything left in the tank once they're finished. On the less frenetic end of the scale, BodyBalance is always a fantastic way to end the weekend and helps me start my week relaxed and in a positive state of mind.

If you could only choose one program to participate in for the next year which would it be and why?

I'm going to cheat and say Grit, especially if I could do all three versions of the program (Strength, Cardio, and Athletic). That way I could still get plenty of variety in my workout. But I'd be sad to miss out on things like the sense of fun in BodyAttack or the long steep climbs in an RPM class.

How did you adjust your exercise routine during the COVID-19 shutdown?

I participated in the SUSF livestream workouts, as well as some LES MILLS On Demand. At the start of the shutdown, I felt a little bit awkward exercising on my own in the backyard of my apartment building – in full view of my neighbours – but after a few weeks, it had just become part of my routine. I also started taking running more seriously, which was a nice way to get out of my apartment.

The livestreams were a particularly great way to keep active – Karola and Rachel both did an amazing job of making the sessions feel interactive and managed to capture some of the feeling of exercising as a group. I can only imagine how challenging it was to teach a group fitness class into a camera, but it came across as incredibly natural and welcoming. Live classes will certainly never be the same without visits from Rachel's dog Ducky, and Karola's cat Yama.

What did you miss most about training in the facility during shutdown?

I certainly missed having the chance to interact with the other participants. I've made lots of friends at SUSF over the years and having a chance to see them and participate in classes with them is something that I really value. It's always encouraging to exercise with a community who are all working towards the same goals, and who have all chosen to be there together.

Like many people, I also missed the gym equipment! I know that lots of people had to make do by lifting milk bottles filled with water, or sacks of potatoes, or unfortunate household pets. I was lucky enough to have a few 5kg plates at home, which meant I could do a lot of the weight-based exercises. I did have to adjust some of the exercises in BodyPump so that I could use weight plates instead of a bar, so it's been nice to go back to the gym equipment.

Outside of the gym, do you enjoy any other types of exercise?

I took up running a couple of years ago, and the shutdown gave me an opportunity to push out the distances that I would normally run. I've also recently taken up kayaking – I'm not particularly good at it, but it's a great chance to enjoy the harbour and open water in Sydney.

What keeps you coming back to SUSF?

It's a great place to get and stay fit.

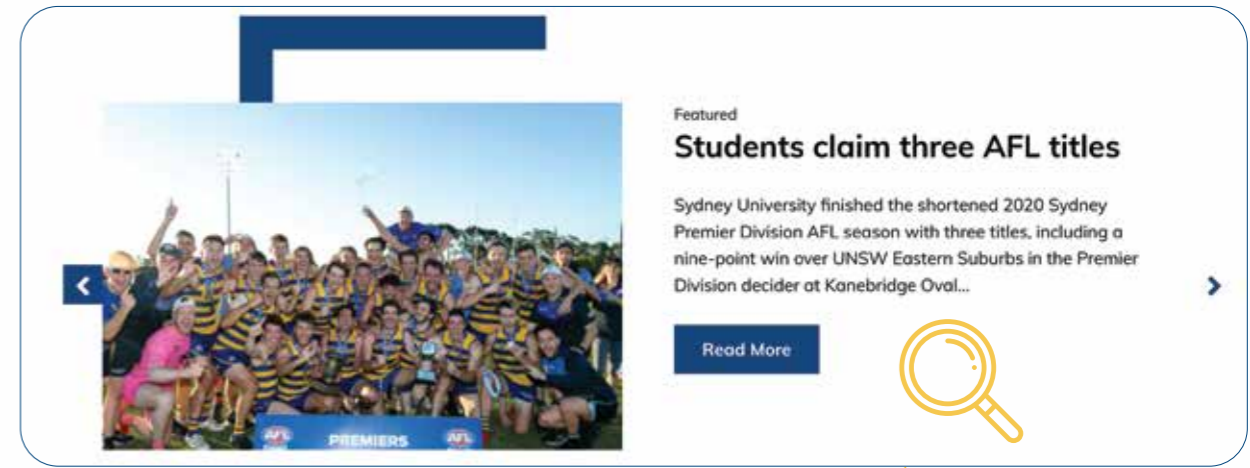
I know I can trust that the programs are balanced and carefully put together to give me the best possible workout. But the most important things that keeps me coming back are the other participants and the instructors. They're the reason that group fitness is such a welcoming, friendly, and encouraging environment.



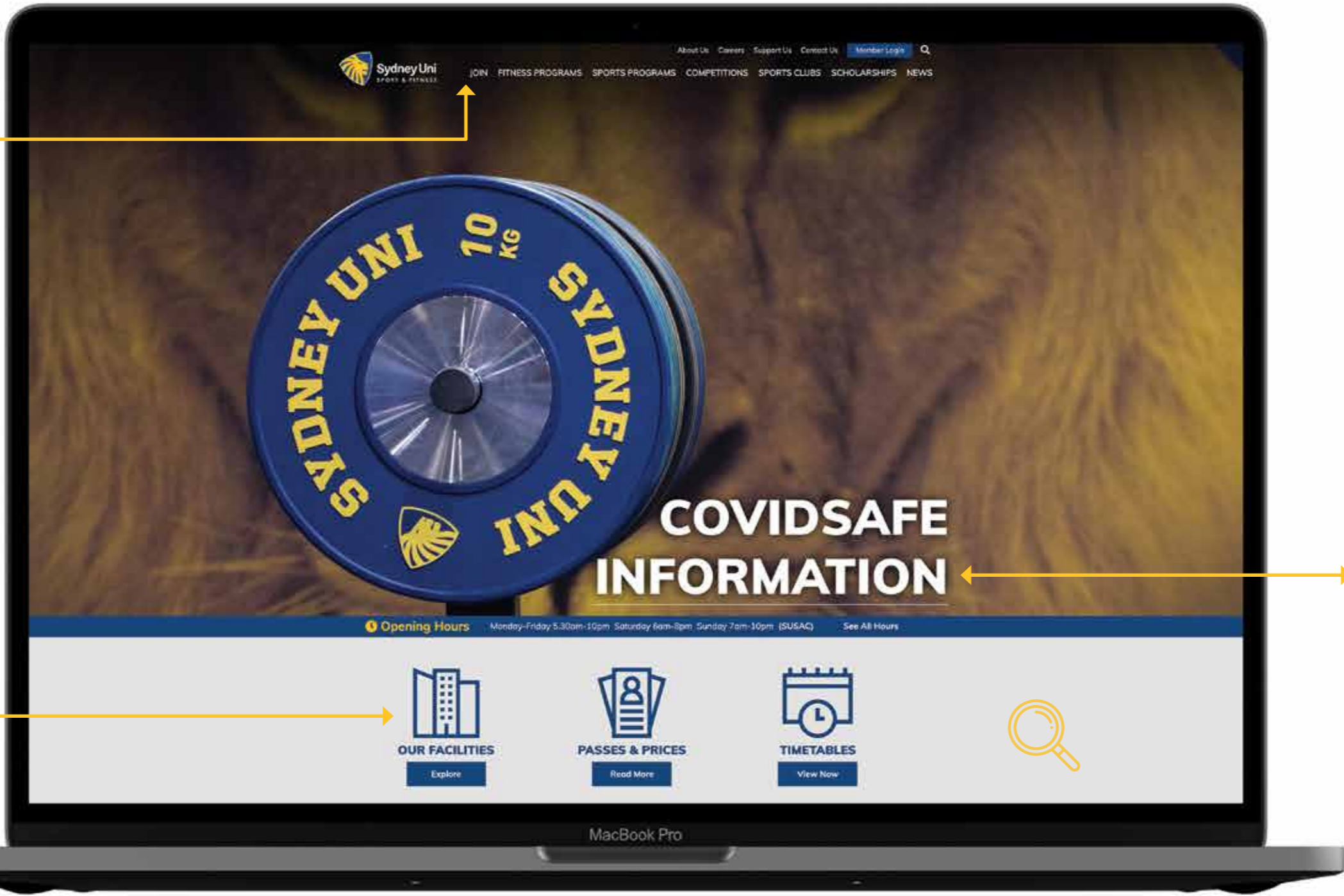


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Reworked. Reimagined. Revitalised.



Effortlessly navigate your way through our vast number of services which have been carefully categorised for you to find your destination conveniently and quickly, creating less confusion and easier access for our members. Our stack of programs have been split apart to give you a clearer picture, while information on the Elite Athlete Program can be found under the new heading 'Scholarships'.



As you scroll further down the homepage, you can keep up to date with the latest news and updates on club results, athlete interviews, major announcements, ROAR stories and more. We are also excited to announce that SUSF will steer towards creating more lifestyle, health and news-related blog posts as another avenue to keep our members informed and educated.

Your favourite landing pages have been given prominence on the home page so you can directly travel to our most visited pieces of information without having to jump through hoops. Our newly-designed icons serve up details on Our Facilities, Passes and Prices and Timetables on a platter and have simplified the discovery process for our users.

This integral part of our new design is the centrepiece for our most important and relevant updates to ensure our members are never missing a beat. Currently, you can find COVIDSafe Information and a link to book your session online, but this rotating scroller will be constantly updated with fresh content.

PENTATHLON

PENTATHLON CONDITIONS



MODERN PENTATHLETE AND GUEST WRITER MARINA CARRIER DESCRIBES HER JOURNEY THROUGH INJURY, OLYMPIC SELECTION AND LOCKDOWN, DISCOVERING “PERFECT PENTATHLON CONDITIONS” CAN EXIST EVEN AMIDST A GLOBAL PANDEMIC.

When assessing the conditions before the final leg of the pentathlon (the run/shoot) – be it a brand-new athletics track or a course which is a half muddy hole in the ground with a Bobcat excavating it (true story); whether there is glorious sunshine or cold and wind so ferocious it could make the Siberians weep – I have a saying with my coach Dean Gleeson. We take a look at whatever lies before us, happily pronounce that they look like “perfect pentathlon conditions” and forge on with the competition. Apart from anything else, it makes me laugh every time.

This cheerfully facetious assessment is more than just an ongoing joke. Rather, it encapsulates a mindset that champions the ability to adapt and be flexible as key in approaching a sport of five disciplines. It acknowledges that no competition is ever the same, that no conditions will ever be perfect, and that things can and will go wrong. So, you may as well accept it for what it is, have a laugh at it if you can, and get stuck in anyway.

Oh boy, wouldn't the end of 2019 and 2020 be the ultimate test of this!

Backtrack to June 2019: I was fit, focused and raring to fly out to Europe and begin to tackle the mountain of Olympic qualification. The world was a pandemic-free place and travel, competition and good health were a given. Little could I have foreseen that two-months later I'd find myself limping home through Heathrow Airport; what started as a niggle in my hip prematurely ended my competitive season when it turned into a region of bone stress threatening to fracture. And little could I or the sporting world have known that six-months later, a global pandemic would bring the Tokyo 2020 Olympic Games to its knees. I touched down in Sydney and promptly became acquainted with crutches.

"I STOPPED TRYING TO CHANGE THE CONDITIONS, AND INSTEAD ACCEPTED THEM AS THEY WERE."

Suffice to say injuries – especially major and successive ones – are a tough experience. Over the next 10-months I wrangled with the sense that my identity and goal of six years was on the line, and I became increasingly disillusioned with my sport, questioning why I even wanted to go on. In November, four weeks off crutches and having done virtually zero training for almost four months, I came an agonising second place to New Zealand in the Olympic trials (I needed to win to gain Olympic selection). With the rallying support of my team, I tried to reset to qualify via world rankings. But with successive injuries repeatedly railroading my return to full training over Christmas and the New Year, my prospects of qualification looked increasingly dire, especially when the few remaining competitions I needed in order to qualify were being cancelled by the wave of COVID-19 making its way around the globe.

During this time, adaptation was the only way forward; between injuries and COVID I forged on with a training and competition plan that was being modified as constantly as my hopes. Whilst the "any conditions are perfect pentathlon conditions" mindset was a good one, I was learning that constant adaptation and flexibility in the face of uncertainty requires enormous amounts of effort, and that some conditions can utterly defeat you; out on course, when you're soaked to the skin, shivering, cold and feeling broken by the terrain even before you're halfway, you have to concede that the conditions probably aren't all that great.

In February I received a phone call that the New Zealand Olympic Committee were not accepting their athlete's place. This meant that the Olympic berth fell to the next placed athlete from the trials: me. At a time when I was injured, exhausted, falling out of love with my sport and left wondering if my Olympic selection even meant anything, with cancellation of the Games not an unlikely prospect at that point, I'd just achieved the highest pinnacle of my sporting career thus far. I felt numb.

The end of March arrived. Australia shut its doors. The Olympics were postponed. The conditions became uncharted.

Whilst lockdown due to a global pandemic isn't an intuitive solution to most life problems, it allowed me to take a breath that I didn't realise I needed. It was a pause enabling me to process that I was fighting against things going wrong that were mostly out of my control, and grappling with a sense of loss, like the rest of the world, at the perfect plans we'd had, at what "should've been". Disconnected from the constraints of an Olympic deadline and training schedule, it became a surprisingly empowering time which forced me to focus on what I did have and what I could work with right in that moment, rather than what I didn't, and what I used to have.

I stopped trying to change the conditions, and instead accepted them as they were.

Pools were shut, so I swam in the ocean (which I came to love). I couldn't yet run due to injury, so I worked on the strength and flexibility that would eventually enable me to run again with my dog (one of my great pleasures). I had the

time to drive to my coach's property to ride as often as I liked; working with him I gained back enormous amounts of strength and confidence in my riding. I met up with my fencing coach and we had lunch and fenced on his veranda (you'd be surprised at how cathartic stabbing a good friend is). Through these things came the unexpected reminder of why I do sport in the first place: I enjoy it, and the people with whom I do it make me happy. Significantly, I also learnt that I'm a human being before I'm an athlete, and that I have an identity and a life that is meaningful outside of whether I compete at the Olympic Games. Further to that was a lesson in gratitude. I realised how fortunate I am to have the coaches, health professionals, friends, family and partner that I do, and the support to be able to study and pursue the career that I want in conjunction with my sport. I also vowed never to take having long brunches in coffee shops for granted ever again.

Right now, with COVID, we're facing conditions we've never seen before – if it was a pentathlon run/shoot, it would be even worse than the muddy field with the Bobcat digging up the middle and the Siberian-grade wind. But whilst I've learnt that acceptance and adaptation are imperative, so too is the knowledge that the horrible conditions won't last. If one particular run/shoot course is truly terrible, thankfully after 12 or so minutes it'll be over, and you can keep your fingers crossed that the next one will be a little better.

So, whilst uncertainty still lingers, I have a lot of hope. I have hope for the Games next year, and for the future in general. I have hope because a year of injuries has been incredibly challenging, but I'm coming out the other side still wanting to enjoy and perform in my sport, and grateful for the people I have around me. I have hope because of the amazing ways in which society has adapted, and not just to survive in the current conditions, but to thrive. The gymnastics demonstrated by the University in creating purely online learning within a matter of weeks was phenomenal. With a busy training schedule, the move to studying online and the flexibility it allows has been a blessing in disguise. From high-end restaurants offering 12-course degustation menus on Uber Eats, right down to the (frankly quite cute) elbow bump as a greeting,

human ingenuity and our ability to adapt never fails to amaze me, particularly in an era where technology allows us to connect, create the new and recreate the old more than ever.

With regard to the Olympics, I have it on the best authority that 3500 people are on the ground in Tokyo, waking up every day with the sole intent of making sure that, come hell or high water, curtain-up is going to happen on the five-ring show in 300 or so days' time. Apart from anything else, the world needs an Olympics. Coming together to revel in the drama of sport is what they were created for, back in 1896 by Pierre de Coubertin. I think the founder of the modern Olympic Games, and the founder of the sport of Modern Pentathlon, would be proud to see us come together despite the conditions and celebrate our shared humanity and human achievement in the face of it.

Modern pentathlon is an Olympic sport that comprises five different disciplines undertaken within a single day; fencing, swimming, equestrian show jumping, and a combined event of pistol shooting and running. It has a rich military history and is based on the skills required of a cavalry soldier on the field of war.

Marina Carrier is a current B. Medical Science student at the University of Sydney, recipient of the Corlett Family sporting scholarship and member of the Elite Athlete Program and Sydney University Athletics, Fencing and Swimming Clubs.

Photography credit: Andrea Francolini



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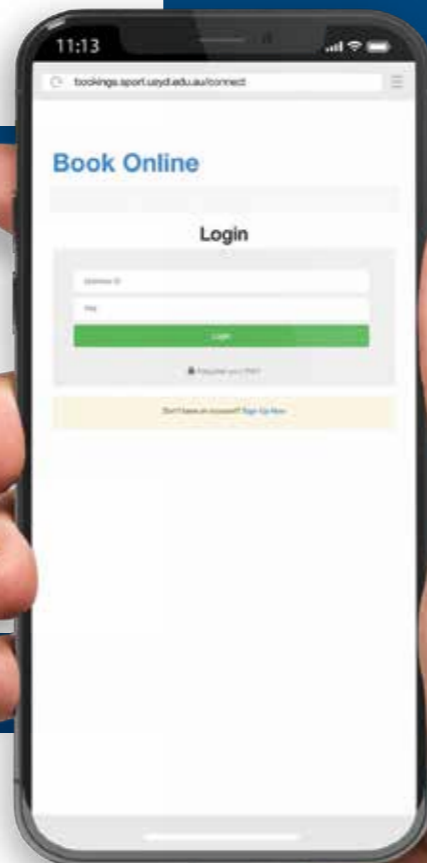
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MAN FOR ALL SEASONS

Ed Smith, the new Chief Executive Officer (CEO) of Sydney Uni Sport & Fitness, has found his niche.

For someone who lives and breathes sport it doesn't get much better than heading up an organisation that caters for 40 clubs ranging from archery to wrestling. And then there's the Elite Athlete Program, Interfaculty Sport, Intercollegiate Sport, School Holiday programs, gym programs, first aid classes and swimming programs.

Having been Operations Manager since 2015, Ed was well-placed for his new role as SUSF's first CEO when SUSF incorporated in January 2020 and the long-serving Executive Director, Rob Smithies, stepped down.

During the previous nine years the pair had worked together on the biggest sporting infrastructure program in Sydney University's history.



Ed's journey to the CEO's role began at Canberra Grammar School where he was a boarder for three years and school vice-captain.

Basketball, rugby and cricket became passions. He then studied Arts/Law at the Australian National University, where he majored in politics and psychology. While he gained First Class Honours in Law and the University Prize for International Law and Human Rights, it was his five years at the helm of the ANU Basketball Club that taught Ed the skills he would need to succeed in business and sport.

"It was also through University sport that I met my future wife, Merren Armour, at ANU," he said. "She also studied law, but we were both basketballers and that's how we met. She'd returned from a four-year NCAA scholarship at the University of Miami and was playing WNBL for the Capitals – I was the ANU basketball coach, captain, secretary and chief bottle washer – it was meant to be."

After graduating Ed thought about following his father into foreign affairs. "We had travelled extensively overseas all my life," Ed said. "Dad was the Australian Ambassador to China and then Indonesia and was there when the Bali bombing took place.

"When he came back to Canberra he was Australia's Secretary of Defence. Meanwhile, my mum was the vice-principal at a Canberra public high school – we all knew who had the tougher job.

"Ultimately, we are here to improve the lives of the University community and we do this through the medium of sport."

"But I decided to put my law degree in use. I'd been a summer clerk at Corrs Chambers Westgarth in Sydney, and took up a position there for four years working in property development law before going to London where I worked in property development finance for four years with Clifford Chance, an international law firm."

On returning to Australia Ed shunned the idea of a potential partnership in a law firm and decided to take up a role as a projects and property director at UNSW. "In the next four years we took on the North Mall Development Zone development, which encompassed a \$230 million development for the faculties of science, law and economics buildings overlooking the Village Green," he said.

"I then became UNSW's Property and Planning Manager, including the role as project director for the \$10 million development of UNSW's David Phillips Sports Complex, which encompassed soccer, rugby, cricket and hockey fields, a baseball diamond and two new amenities and function buildings. It's now the training base for the NSW Waratahs rugby side. This was when I fell in love with sports architecture."

With that massive project behind him Ed was lured across to the University of Sydney, when he signed on as senior project manager for Campus Infrastructure Services for a year, during which time he helped SUSF begin the planning of a number of its projects.

"I started as a volunteer with SUSF and then joined three days a week as a consultant before becoming a full-time employee in Operations and Infrastructure," he said. "It was a wonderful opportunity for someone who loves sports and loves getting things built. In the next six years we invested \$40 million in sports infrastructure projects."

Those projects included the \$15 million Sports & Aquatic Centre extension in 2013, the \$13.6 million development of the TAG Family Foundation Grandstand and Sydney Uni Football Ground in 2016, the \$71 million Thyne Reid Boathouse and the \$4.2 million Bruce Pryor Hockey Field in 2017.

During that time the University of Sydney Sports Foundation raised \$13 million for sports infrastructure, while the sports scholarship scheme raised another \$1.45 million. As Ed says, it was part of a golden era for sport on the campus.

Another part of that golden era has been the rise and rise of women's sport. "When the university took over the Sydney Flames women's basketball franchise in 2003, it set a new standard for women's sport on the campus," Ed said.

"We're now leading the way for women's sport in water polo, soccer, cricket, athletics, rugby, hockey, Aussie Rules and many other fields. In May this year we transferred the Flames to the owner of the Sydney Kings men's franchise, allowing the Flames to reach their full potential as a professional sporting team with access to the back-of-house and marketing teams of the Kings and the terrific drawing power of double header games with the Kings.

"They'll still train at the University and play as the Sydney Uni Flames for another two years as part of the transfer arrangements and the pathway will still be there for our female students through our sporting scholarship program.

"The great news is that it also opens up a similar pathway for our male basketball scholarship students with the Sydney Kings. In addition, our student members can now get free tickets to the Kings and Flames games. In 'marrying' the Flames to the Kings, it doesn't feel like we've lost a daughter, but rather that we've gained a son."

While the COVID pandemic has put the brakes on raising funds for more infrastructure, Ed already has a master plan that includes the development of a sports complex at the Cumberland campus, the installation of a synthetic grass field at the Square, working with colleges for the possible development of the fields at St Paul's, St Andrew's and St John's (including a possible athletics track), and the redevelopment of No.1 Oval to allow for more premier events.

"We run the best multi-sports club program in the land, so they need first-class facilities," Ed said. "Ultimately, we are here to improve the lives of the University community and we do this through the medium of sport. From teaching them to swim, to offering great gyms, group fitness classes and social sports programs, to the running an Elite Athlete Program which is the envy of all Australian universities, we want to help our students and members become the best people they can be, whether or not they compete for country or for fun."

And what does Ed do in his time off campus? He volunteers as coach for his own children's basketball, AFL and soccer teams every weekend. There's no such thing as the full-time whistle for Ed.

PANDEMIC PREPAREDNESS

The SUSF response to COVID-19

On March 23, Sydney Uni Sport & Fitness (SUSF) closed its doors as the NSW Government enforced major lockdowns on all non-essential services in response to COVID-19. The facilities were a ghost town, competitions and programs either ceased or had to adapt and clubs were no longer able to train. The word 'unprecedented' gets thrown around a lot, but it truly was something SUSF and the world had never seen.

Leadership, organisation and direction had never been so important in such trying times and the SUSF brains trust banded together to ensure its 15,000 members and staff were being looked after to the best of their capabilities. With head office closed, Zoom meetings became the norm and the detailed planning process was under way, being tweaked on a daily basis with the situation constantly changing.

"The biggest challenge was not knowing when the restrictions were going to be lifted and what the protocols would be to be operational again," SUSF Operations Manager Paul Reynolds said.

Two days after the closure announcement, memberships were put on a temporary time stop and members were kept regularly updated through a chain of email communications and social media posts. We refused to leave our members astray and while exercise options were limited under restrictions, SUSF offered a range of live workouts that included BodyCombat, BodyBalance, Grit Strength, Grit Cardio and BodyAttack which were led by two of our fantastic Group Fitness instructors, Rachel and Karola. In a huge win for members, they also received complimentary access to LES MILLS on Demand for two months with 800+ workouts on offer.

Our gym staff got involved too, with trainers Paulo and Ash demonstrating step-by-step workouts at home that gave members an alternative to the gym to help a large portion of them adjust to their new work from home lifestyles. It was great to see many of our student members get involved with our live Interfaculty Sport workouts that acted as a substitute for the regular competition which has now been paused in 2020, with live workouts continuing into Semester 2.

No members in the facility meant no action and you could hear a pin drop if you walked through the doors of SUSAC or Arena. It created a strange, eerie feeling, however it did open up an opportunity to upgrade our facilities and tend to a number of essential projects that had been queuing up.

"We completed two large projects during lockdown – firstly we drained the pool to enable essential maintenance works to take place in the plant room which was a project that we had been looking to do for some time but due to the five-week downtime involved it was not a project that was an easy option to take," Reynolds said.

"Secondly, we had courts 3 and 4 at the Sports & Aquatic Centre sanded back after many years of use. This result was outstanding and the positive feedback we have received since re-opening the courts was well worth the cost involved."

The sight of an empty pool went bezerk on our social media accounts and people were in just as much awe of the newly-done courts. But nothing left our followers more amazed than the lush new turf on The Square that turned a perfect tinge of green during the lockdown period. If there was any positive to take from a deserted campus, the SUSF groundskeepers thrived under a lack of foot traffic and had The Square and University Oval No. 1 and No. 2 in prime conditions for the eventual return of clubs.

The facilities rejuvenation was the talk of the town but there was also a time for celebration as SUSF honoured its 2019 Sports Awards winners. In the absence of a celebratory evening, SUSF hosted a social takeover where we announced our award winners throughout the day, including a dual rollout with the Elite Athlete Program who also announced Sydney University's sporting scholarship recipients for 2020.

A huge congratulations must go out to Josh Ralph and Jaime Ryan who were crowned the Male and Female Sportspeople of the Year respectively.

As the COVID-19 situation dramatically improved across the nation and a lockdown end date neared, members received some very positive news. As a way of saying thank you, it was decided that post-lockdown memberships would be extended by 127 days (in excess of the 90-day closures), while Gold, Silver, Bronze & Blue gym pass holders (prepaid 3 months and above duration), were awarded a further one-third or 33.3% to their original gym pass. To put that in perspective, a 12-month Gold pass holder was given a 127-day extension, plus an extra four months on top!

With positivity growing, the facility was overhauled with a range of necessary signage to ensure our facilities were COVIDSafe, implementing hand sanitizer throughout and print material to remind members how they can help stop the spread of Coronavirus.

Three months of tireless preparation finally came to a close when the NSW Government gave the green light to re-open our facilities, which we did on 22 June. Things would look differently though with members required to book their visits to the gym, pool and group fitness classes using our online booking system – a process that Reynolds said couldn't have been made possible without the co-operation of our members.



On March 23, SUSF closed its doors as the NSW Government enforced major lockdowns on all non-essential services in response to COVID-19.



As well as receiving complimentary access to 800+ workout on Les Mills On Demand for two months, our fantastic Group Fitness instructors Rachel and Karola led a range of live workouts including BodyCombat, BodyBalance, Grit Strength, Grit Cardio and BodyAttack.



It took a total of five weeks to provide essential maintenance works to the pool in the plant room – a project that was sitting on SUSF's to-do list with draining needed in order to go ahead.



Slipping and sliding is minimal on the upstairs multi-purpose courts at SUSAC after they were sanded and refurbished over the break with members providing very positive feedback since their return.



After resembling nothing short of a dust bowl, the SUSF groundskeepers incredibly restored The Square to its lush green roots, benefiting from the lack of foot traffic and activity on campus.



Unable to celebrate an event in-person, SUSF hosted a social takeover where we announced our 2019 Sports Awards winners throughout the day, including a dual rollout with the Elite Athlete Program who also announced Sydney University's sporting scholarship recipients for 2020.



The facility was overhauled with a range of necessary signage to ensure our facilities were COVIDSafe upon return, implementing hand sanitizer throughout and print material to remind members how they can help stop the spread of Coronavirus. Our staff were also trained under COVIDSafe protocols, while we introduced a new online booking system which required members to book their visits to the gym, pool and group fitness classes.



Three months of tireless preparation finally came to a close when the NSW Government gave the green light to re-open our facilities, which we did on 22 June.

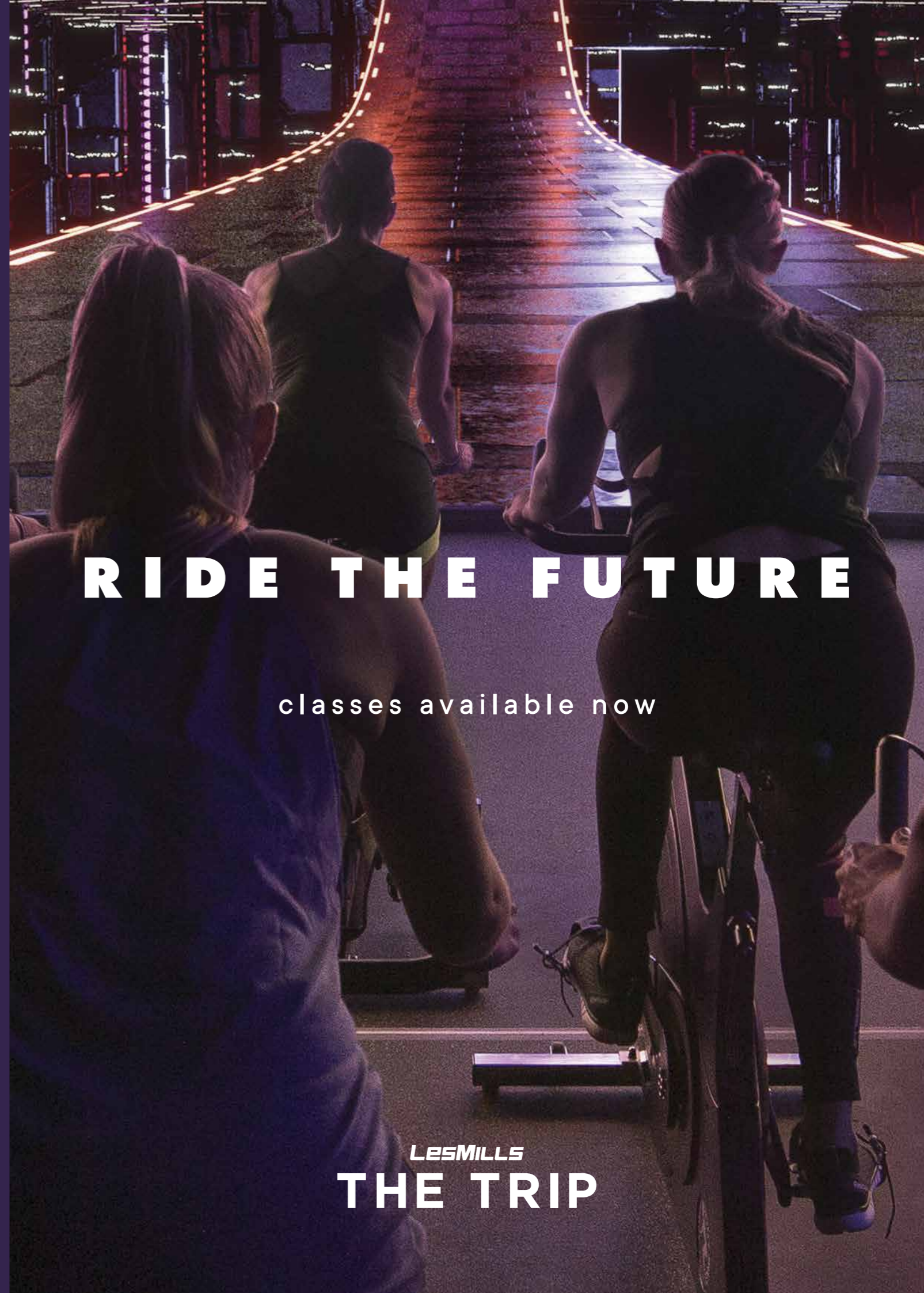
"Our members reacted very positively to the changes made and have really helped the whole process and transformation to the 'new norm,'" Reynolds said.

'The new norm', as Reynolds refers to, has become easier and easier to adapt to as time has gone by. Majority of our programs and competitions are back up and running, clubs are in full swing of their respective seasons and our facilities are fully-functioning, albeit with some new measures in place. We wouldn't have been able to do it without the resilience shown from our brilliant team of staff and understanding of our members.

WHERE WE ARE TODAY*:

- Members are locking in their sessions at the gym, pool and group fitness classes through our contactless online booking system. Restrictions remain in place to ensure we do not go over our capacity limits.
- For event bookings, patrons are required to use a COVID sign-in sheet and scan a QR code to register their attendance.
- A large number of SUSF's sporting clubs successfully completed their winter campaigns along with some significant premierships. Turn to page 36 for more on their successful season.
- Intercollegiate Sport is close to completing its jam-packed Semester 2 calendar with limited spectators in attendance to ensure social distancing restrictions are upheld.
- After launching The Trip in July, we have seen huge member uptake on the immersive cycle workout. Classes are available on demand in the RPM Studio (when not already booked) and bookable online in line with the times set out in the group fitness schedule.

*As at November 4 2020.



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LES MILLS
THE TRIP

Cutting Carbs?

What you should know before you break up with bread.



We all know someone who's dead set on "cutting carbs". There's a family member who swears that potatoes make them 'sluggish'. Someone in your class on the Keto diet who carries boiled eggs around with them in their handbag (how many can they actually fit in there?!). And then there's that colleague who (for whatever reason) feels like it is appropriate to discuss how bread 'blocks them up' (WHY?!).

Carbs get a bad wrap (wrap... get it?). We're constantly bombarded with messages that carbohydrates promote weight gain – that grains cause inflammation and that white rice is really 'bad for us'.

Take a breath. Consider this. People have lived and thrived for literally thousands of years eating carbohydrates. There were bakers (and their bread!) found in the ruins of Pompeii! Nutrition science continues to support carbohydrate containing foods as an essential component of your diet to promote great health, so why do we keep hearing that we have to 'ditch the carbs' to get healthy?

Breaking down carbs

Carbohydrates are one of the main macronutrients (macro = big, nutrient = something we eat to sustain life, growth and development), along with protein, fat, water and, more recently, fibre. Most simply, carbohydrates are sugars (made of carbon, hydrogen and oxygen). You'll find them in lots of different foods, from the more obvious choices like bread, pasta and rice, to the less obvious options, like fruit, dairy and vegetables.

Carbs – The bad wrap

Let's take a moment to consider where carbs get their bad reputation come from. Here are just a few of my few ideas.

1) RESTRICTIVE DIETS

You've probably heard of Keto, Paleo, Carnivore and Atkins. These diets promote (but do not guarantee!) weight loss by limiting/avoiding carbohydrates. When we're told to avoid a food, it gives the impression that it is unhealthy – but there's really no evidence to support this.

2) THE 'GLUTEN FREE' ERA

The increased understanding of Coeliac Disease in recent years has encouraged a variety of gluten free products to enter our supermarket aisles. Great! However, a lot of the associated marketing with these products suggests that Gluten Free is somehow healthier than gluten containing. Unless you're allergic or sensitive to gluten, this really isn't the case.

3) GOOD VS BAD CARBS

We've all been told – sweet potatoes are healthier than regular potatoes (not true), white bread is 'bad for you' (what does that even mean?) and that brown rice is superior to white rice (just, no, OK?) Sure, different foods have different properties, but no two people are the same, so it isn't fair to assume that a certain food is going to be the best choice for everyone.

Carbs – it's a yes from me!

There are so many reasons why carbohydrate containing foods should play an important role in your dietary intake every day!

FIBRE

Lots of carb containing foods are packed full of fibre, like wholegrain bread, pasta, fruit and starchy vegetables like corn and potato. Fibre helps to promote regular bowel movements, feed your healthy gut bacteria and leave you feeling full after a meal.

BRAIN AND BODY FUEL

Did you know that carbohydrates are your brains preferred source of energy? Your body has so many cool organs and processes that are designed to break down carbs for fuel.

DIET QUALITY

Carbohydrates are in so many health-promoting foods, like wholegrains, fruits, vegetables and dairy, which are also full of vitamins and minerals that protect you against poor health.

VARIETY AND ENJOYMENT

What is a poached egg without its sourdough? A curry without its naan? A ramen without its noodle? Life (and food) were meant to be enjoyed.

You are the expert of your own body, tastes, energy and hunger. Your job is to honour your preferences and really enjoy the experience that is eating, in whatever form that takes for you.

The only carbs I'll be cutting this summer is my toast. Into soldiers. To dip into my poached eggs.

Rachel is a clinical Accredited Practising Dietitian and a Les Mills Group Fitness Instructor at Sydney Uni Sport & Fitness.

GOING SWIMMINGLY

The COVID-19 pandemic has touched all facets of life and society in Australia, including a very important Learn to Swim initiative that was being introduced to the campus by Sydney Uni Sport & Fitness (SUSF) when the pandemic struck.

With the arrival of a massive number of international students to campus in recent years, SUSF introduced free water safety classes for them.

Kellie Warren, Swim Programs Manager, says learning to swim is a rite of passage for most Australian children. “Many of our international students come from landlocked countries or societies where swimming is not on the agenda or part of the lifestyle,” she says.

“When they come to Australia, they want to join in our water culture, so the program caters for them. We offered lessons to 400 international students before the COVID pandemic. This semester, post-COVID, we have had 130 enrolments, which is testament to our fantastic team of teachers and the students’ desire to learn.

“We get so much gratification when they learn to swim and they are excited to learn. This program builds a sense of community. The students struggle and succeed together. Our instructors act as both sport and social mentors, some even share meals together.”

Just as importantly, the club has fostered a Learn to Swim program that has taught many thousands – from youngsters through to seniors – how to swim and enjoy the water safely.

Much of the success of the club, whether it be from its elite programs or its Learn to Swim classes, comes from its coaches and the variety programs they deliver.

Kellie Warren is one of the newer recruits to the SUSF Learn to Swim ranks. Her own career extended to state and national championships in 400m and 800m freestyle.



Kellie came to campus after the club had suffered a setback. In 2016, funding which the club received through Swimming Australia was cut, resulting in the loss of its high performance coaches and some of its high profile swimmers.

Along with head coach and Gold Licence Paul Bruce, supported by Jake Hodgetts, Anton Nikulin and co-ordinator Justin Blake, Kellie has been part of the swim pathways restructure and rebuilding phase.

They’ve built a strong club culture with the aim of empowering young people to be champions, in and out of the water, for life. This has resulted in a significant growth in the number of student swimmers and Club membership. It has also resulted in improved numbers in the Learn to Swim ranks, which is where Kellie enters the fray.

As a four-year-old she was taught to swim at the Hurstville pool by none other than Don Talbot, the renowned Olympic swimming coach.

“Don used to get in the water in the baby pool,” Kellie says. “I can vividly remember the small, shallow pool at Hurstville.

“I was then coached by Brian Wilkinson, the Olympic 200m butterfly swimmer, who teamed up with Don at Bankstown Baths, where they coached John and Ilsa Konrads, the Olympic gold medallists and world record holders.”

As a 15-year-old Kellie entertained ideas of becoming a butterfly competitor but shoulder injuries ruined that dream and she settled on freestyle distance swimming – 400m and 800m in the pool and longer distances in surf lifesaving ocean swims.

After retiring from competitive swimming Kellie started her tertiary education in Physiotherapy and Design, before raising her family and returning to her love of the water in 2003.

She arrived at Sydney University three years ago after a long stint coaching at the Leichhardt Pool for the Inner West

Council. “It was a much bigger complex with four pools where we had 5000 in the Learn to Swim classes, including 4200 from local schools and 800 in the squad program,” she said.

“At Sydney University our space is restricted to two lanes, yet we have 850 in the Learn to Swim classes over seven days a week. Prior to COVID, the swim program was set to double with new infrastructure, which would have doubled the teaching area. This has been put on hold due to budget restraints.”

Kellie says Learn to Swim is a 10-week program run in conjunction with school terms, while the training squad swims throughout the year.

“Swimmers are not only taught strokes but vital water safety skills every week in a 30-minute class,” she says. “The Holiday Intensive Swim Program is on offer while school is out. This is great for fast-tracking skills or for families who are time poor during the term. Swimmers attend for five consecutive days, consolidating skills quickly.

“We also cater for local schools in the community, while local schools in the city use the facilities for the sports programs and we also manage school carnivals for them as well. And we also have Learn to Swim and stroke development for adults.”

While Kellie manages this diverse program, she also coaches, keeping an eye out for emerging talent in the junior squads who she recommends to Anton, the emerging talent coach, for the competition teams.

“In Australia, it’s essential that everyone learns to swim, especially to be water-safe,” Kellie says. “But there are so many levels of swimming and benefits that come along the way, physical and mental health, fitness, individual accountability, teamwork, time management. No matter what age you come to swimming, you will have the skill for your whole life.

“Hopefully, everyone we teach at Sydney Uni Swimming will fall in love with the sport and lap it up for years.”



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THE TEAM BEHIND THE TEAM

Sydney University Football Club (SUFC) is one of the University of Sydney's greatest legacies.

The oldest existing football club outside the British Isles, the "Birthplace" is home to a century-and-a-half of success: 24 club championships and over 120 premierships won since 1990, not to mention the nursery of 128 Australian rugby representatives. These successes are shared – imagined by those working behind the scenes and realised by those competing on the park. As the adage goes: behind every great sporting club is a team of great people.

Driven by a love of their sport and club community, volunteers, administrators and coaches are the heartbeat of sporting clubs across the country, certainly at the University of Sydney. Introducing six of SUFC's off-field players: Joe-Horn Smith, Michael Hodge, David Haigh, Chris DeLooze, Kirsty Stevens and Laura Romeo.

JOE HORN-SMITH

Your position 1st Grade Co-Head Coach & Club Forwards Coach

Best part about your role Developing players, watching them going on to be successful for Uni and going on to play professionally.

Best thing about your club Variety and diversity of the people involved in it. We have nine teams catering to all abilities, so you get everything from future internationals to social players.

Best thing about your sport Rugby is an international game characterised by its comradeship and team spirit.

Best thing about working in sport The challenge of developing players and getting better at being a coach every day.

Biggest challenge in your role Player churn is the best and worst thing, we almost have to hit reset every year with our best players getting professionally contracted to Super Rugby or overseas clubs. It's great to see them go on into professionalism, but for every player that goes we need to develop a new player to replace them.

Best club moment 2018 1st Grade grand final win. It was my first year coaching 1st Grade and the occasion was very special.



MICHAEL HODGE

Your position 1st Grade Co-Head Coach & Director of Rugby

Best part about your role The variety. Being able to work closely with SUFC staff and players, both on and off the field.

Best thing about your club The people and history around it. We're so lucky to have so many great coaches, volunteers and supporters that contribute to our club's success.

Best thing about your sport The rivalries. Playing in front of packed and vocal crowds each week shows the strength of club footy in NSW.

Best thing about working in sport The challenge and unpredictability of competition. So many different things must fall into place for you to succeed. And the growth and development that comes from failure.

Biggest challenge in your role All the moving pieces.

Best club moment The 2008 Colts Grand Final.



CHRIS DELOOZE

Your position Director of Women's Rugby, Colts Co-ordinator & Junior Development

Best part about your role Without doubt the variety of the role. This year has allowed me to cover everything from High Performance, head coaching our first and newly introduced Second Grade women's sides, to covering recruitment within both the male and female sectors, as well as building strong relationships with sponsors, junior clubs and schools.

Best thing about your club Shared community values. You could ask a supporter in the grandstand, players, volunteers or the club president what SUFC stands for and you will get very similar answers. The club has always had a very strong work ethic underpinned by the innate want and desire to be competitive and successful. This drive partnered with the loyalty shown by our current cohort is why many of our old boys and women will still be around the club for many years to come.

Best thing about your sport Rugby has many qualities as a sport, but it's the comradeship, mateship, and sense of community that surround not just your own club but the whole sport, globally.

Best thing about working in sport Having competed in many sports at all levels, working in sport was natural selection. I love the values and lessons learned in sport that carry over into our every day.

Biggest challenge in your role With variety comes challenge. Time management is the number one challenge without a doubt.

Best club moment 2019 2nd grade Grand Final v Easts.



KIRSTY STEVENS

Your position Events & Marketing Manager

Best part about your role Getting to interact with so many different people, working closely with the coaches, players, volunteers, sponsors, members, player families and the wider rugby community. I love seeing the smiles on people's faces on game days or at a club event.

Best thing about your club The pride everyone involved with the Club has about wearing the blue and gold. With such a rich history, it's seen as a privilege to wear the Uni jersey and no one takes that for granted.

Best thing about your sport It's cliché I know, but Rugby is a game for everyone. It brings people together from all walks of life and all corners of the globe.

Best thing about working in sport Being in a team environment and riding the rollercoaster of emotions that comes with winning and losing. Luckily, I've experienced many more highs than lows in my time at the Club!

Biggest challenge in your role You never know what you're going to face on a daily basis, no two days are the same and you are thrown a lot of curve balls. When I first started, I struggled with the scrutiny and hatred SUFC faces from our opposition clubs and their supporters, I've learnt over the years that's what comes with being so successful.

Best club moment I have two! 1. 2019 Grand Final weekend. It's special to have even one team make a Grand Final, but to have six teams competing in their finals and to bring home five premierships was a huge achievement for the Club. 2. Touring with the Club to Tokyo during the Rugby World Cup. Experiencing the cultures of Japan and immersing ourselves in World Cup fever was a once in a lifetime experience. It was topped off for me as SUFC went up against (and beat) my dad's team, Oxford University Rugby Football Club in the World University Rugby Invitational Tournament.



DAVID HAIGH

Your position Executive General Manager

Best part about your role Providing the opportunity for young men and women to be the best they want to be in all aspects of life, whilst also helping them develop life skills and values.

Best thing about your club SUFC caters for all players, whether they be Wallabies or Wallaroos or just mates looking to play together. It is a unique environment, full of eclectic personalities all coming together for a common cause.

Best thing about your sport The best aspects of rugby are the character of those who are involved, in addition to the global appeal of the sport. Being a University club means we have a kinship to all University rugby clubs around the world. We are part of a global community, providing the opportunity to tour and host each other.

Best thing about working in sport The best part of working in sport is it is an industry that is overwhelmingly positive. Everyone chooses to be in the industry and wants to turn up every day.

Biggest challenge in your role Influencing change with the various governing bodies. At a time of great change and opportunity, rugby in Australia needs to be agile to move forward through the challenges we face.

Best club moment There are many premiership highlights from my playing and coaching days, however the last match of the regular rounds every year is when the Club Championship is decided – so all of those are pretty good memories.



LAURA ROMEO

Your position Match Day Co-ordinator & 4th Grade Team Manager

Best part about your role The skills I've been able to learn. I walked into SUFC a few years ago, never having worked in sport, only ever watching a handful of live rugby games, and from there, it has been one of the best and most rewarding learning opportunities I've had.

Best thing about your club Culture. Both players and staff are encouraged to work hard, enjoy what they are doing, and to always strive for success. Everyone who is part of the club works towards this mutual goal, and it brings out the best in everyone.

Best thing about your sport No matter where you are from, no matter what you do, no matter who you are, when you pull on the jersey, you are part of a team.

Best thing about working in sport The variety that comes with the job. No two days are ever the same, and there are constant opportunities to try something new, meet someone new, and learn from those around you.

Biggest challenge in your role Trying to do all the things I want to do in the role, with the time I have!

Best club moment Watching 4th Grade win a premiership at Bankwest Stadium in 2019. It was a great game in an epic stadium!



SENIOR AGE IS NOTHING BUT A NUMBER SPOTLIGHT

Sydney Uni Sport & Fitness boasts on its ability to provide something for everyone. From adolescent to adult or novice to elite athlete – you are guaranteed to find what you're looking for here. While all group fitness classes are much loved by our members, there is one which has formed a tight-knit community over the years – the Senior Wellness Program.

It is impossible to tell the story of the Seniors Program without mentioning John Dowse – more commonly known as "Sparrow". After being given a personal training certification course for his 70th birthday, combining his experience as an ex-Wallaby and love for fitness, the Seniors Wellness Program was born. Fast forward 17 years, Sparrow is now accompanied by a handful of professional instructors, four classes every week and rising participation numbers.

While the program is specifically aimed for people over 55 years of age, there is nothing limiting about this group of individuals. Some train six days a week, others squeeze back-to-back sessions in one day and throughout COVID didn't let complacency get in the way.

Most explored new ways to move their body without access to a gym.

One thing that this program demonstrates well is the power of belonging. When people feel a sense of belonging to a greater community it improves their motivation, health and happiness. This is echoed by the countless testimonials of those who have experienced the classes and group dynamic first-hand. While most of us rush out of the building after a workout, our Senior members often gather at Poolside Cafe to enjoy a coffee and yarn. It is here where friendships are made.

Sera Naiqama meets members Ros, Jim and Lynda to find out what they value most about the Seniors Wellness Program.



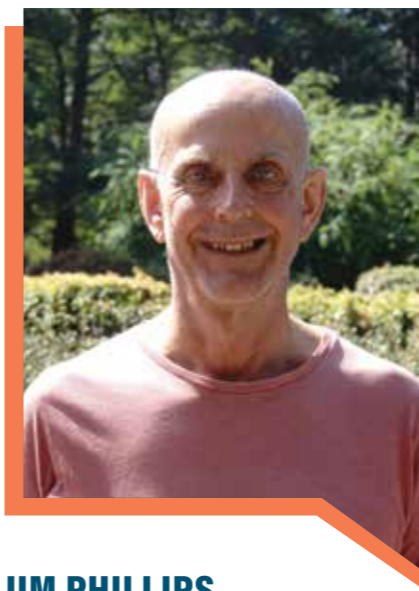
ROS VAUGHAN

1. ICEBREAKER: WHAT IS YOUR ABSOLUTE DREAM JOB?
My actual job was my dream job. I started out as a GP in Sydney but finished my career as a doctor working in rural Northern Territory. I spent 22 years doing what I loved. It was hard to leave.

2. HOW LONG HAVE YOU BEEN TRAINING AT SUSF?
It has been 10 years since I returned from the north so ever since then. I have however always felt connected as an alumni of the University of Sydney.

3. WHAT DO YOU LOVE MOST ABOUT THE SENIORS PROGRAM?
It's two-fold for me. One it allows me to keep strong and two the community SUSF offers. It's so diverse and the people you meet are so interesting.

4. WHEN YOU'RE NOT IN THE GYM, WHERE CAN WE FIND YOU?
I love the environment so to be hands-on in the community I joined the Australian Conversation Foundation. I recently co-founded a group in the inner-west region. My role now is very administration-focused but the next stage is getting businesses and Local Members of Parliament involved so I look forward to that.



JIM PHILLIPS

1. ICEBREAKER: WHAT IS YOUR FAVOURITE SEASON AND WHY?
Spring because it's ski season and I love being out in the snow.

2. HOW DO YOU BENEFIT FROM WORKING OUT AT SUSF?
There are several benefits. Training here helps me keep fit, the classes are led by knowledgeable instructors and the stretches I learn in class are transferrable to my skiing. I particularly enjoy the Postural Fitness classes because it encourages me to maintain good posture as I age. I see the results of this in my day-to-day life.

3. WHAT IS THE MOST VALUABLE THING ABOUT BEING A MEMBER AT SUSF?
The well supported gym, pool and programs. The social aspect is also great. On Wednesday between my two classes I have a 30 minute break. Often you'll find a group of us gathered around Poolside Cafe.

4. DID YOU CONTINUE EXERCISING DURING COVID?
Yes, I tuned in online to participate in Carmel's weekly Zoom sessions. She was awesome!

5. WHAT ARE YOUR INTERESTS OUTSIDE THE GYM?
Off the slopes I am interested in philosophy and anthropology. I've recently set up a discussion group that basically talks about anything currently happening in the world.



LYNDA BOLAND

1. ICEBREAKER: WHAT IS YOUR GO-TO BREAKFAST CHOICE?
Muesli, fruit and tea.

2. EVERYONE RAVES ABOUT SPARROW. WHAT IS IT ABOUT HIM?
We love the idea that a man in his mid-80's models an active lifestyle. People are drawn to Sparrow because he gives us all kinds of support and is always enthusiastic. Sometimes we get in trouble because we chat a little bit too much in class but it's all with good intent.

3. DO YOU HAVE A FAVOURITE CLASS AND WHY?
Stretch class and because of what it does for my body. I had a hip replacement so the movements we go through really help.

4. WHAT MOTIVATES YOU TO GET OUT OF BED AND TO CLASS?
Well, I love being here. The people I meet and the instructors are amazing. I admire them for how focused they are on people my age.

5. WHAT WOULD YOU SAY TO SOMEONE CONSIDERING CHECKING OUT THE SENIORS PROGRAM?
Get involved. SUSF is a lovely place to be and we are surrounded by such a beautiful campus. The combination of atmosphere and the people you meet makes it a place like no other.

GROUP FITNESS TIMETABLE

In Group Fitness, you'll meet new people, learn how to exercise and constantly be challenged. Whatever you want to achieve, there is a class for you!

RPM STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	RPM 45	LES MILLS THE TRIP	sprint 30	LES MILLS THE TRIP	RPM 45		
7.00am						LES MILLS THE TRIP	
7.30am			LES MILLS THE TRIP				
8.00am							LES MILLS THE TRIP
9.00am						sprint 30	
9.30am		LES MILLS THE TRIP		LES MILLS THE TRIP			
10.00am						LES MILLS THE TRIP	RPM 45
11.00am							RPM 45
12.10pm				RPM 45			
12.30pm	LES MILLS THE TRIP		sprint 30				
1.10pm		RPM 45			LES MILLS THE TRIP		
1.15pm				RPM 45			
4.10pm						RPM 45	
4.30pm		LES MILLS THE TRIP	LES MILLS THE TRIP				LES MILLS THE TRIP
5.10pm						RPM 45	
5.30pm	sprint 30		sprint 30	RPM 45			
6.00pm					LES MILLS THE TRIP		
6.10pm		RPM 45					
6.15pm	RPM 45		RPM 45			LES MILLS THE TRIP	
6.30pm				LES MILLS THE TRIP			
7.30pm		LES MILLS THE TRIP					
SUSAC GYM FLOOR - GOLD & UNLEASH PASSES ONLY							
	MON	TUE	WED	THU	FRI	SAT	SUN
12.00pm			UNLEASH 30				
12.30pm	UNLEASH 30				UNLEASH 30		
12.40pm			UNLEASH 30				
1.00pm				UNLEASH 30			
BOXING GYM							
	MON	TUE	WED	THU	FRI	SAT	SUN
5.15pm	HIT BOXING 45						
5.30pm				HIT BOXING 45			

GROUP FITNESS STUDIO/POOL							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		BODYPUMP 45		BODYPUMP 45	BODYATTACK 45		
7.30am		YOGA FLOW 55	PILATES 55	BODYBALANCE 55	PILATES 55		
9.00am	SENIOR CIRCUIT 45				SENIOR STRETCH N' BALANCE 55		BODYPUMP 55
9.30am						BODYCOMBAT 55	
10.00am	SENIOR CIRCUIT 45						
10.30am			SENIOR POSTURAL 55				
11.00/40						PILATES 55	YOGA JAPANESE 55
12.10/30		CXWORX 30	AQUA 50	GRIT Strength 30		YOGA JAPANESE 55	
1.10pm	BODYPUMP 45 AQUA 50		BODYPUMP 45		CXWORX 30		
1.15pm		GRIT Cardio 30					
4.00pm						BODYPUMP 55	BODYATTACK 55
4.30pm	CXWORX 30		BODYPUMP 45	CXWORX 30	BODYATTACK 55		
5.00pm		BODYPUMP 45					
5.15pm	BODYATTACK 45			BODYCOMBAT 45			BODYBALANCE 55
5.30pm			CXWORX 30				
6.00pm					BODYPUMP 55		
6.15pm	BODYPUMP 45		BODYATTACK 45	BODYPUMP 45			
6.30/45		GRIT Series 30					
7.15pm	BODYCOMBAT 45		YOGA JAPANESE 55	BODYBALANCE 55			
7:30/8.10	PILATES 55	BODYBALANCE 55					

VISIT SUSF.COM.AU FOR THE MOST UP-TO-DATE TIMETABLE AND CONDITIONS OF ENTRY. BOOKINGS ESSENTIAL.

FIND THE GYM PASS THAT SUITS YOU BEST

VISIT ONE OF OUR FACILITIES OR SUSF.COM.AU TO GET STARTED TODAY

1 JOIN SUSF

2 CHOOSE YOUR PASS

Gold, Silver, Bronze & Blue Passes are available as 3, 6 or 12 month prepaid options. Fortnightly Direct Debit option also available on a minimum 12 month basis. *Prices quoted denote weekly breakdown of 12 month prepaid pass. Off Peak Staff & Student prices are available. SUSF operates out of COVIDSafe facilities.

ANNUAL MEMBERSHIP

JOIN SUSF TO RECEIVE MEMBER BENEFITS

Access to all Sydney Uni Sport & Fitness facilities at casual member rates

Ability to join any of our sports clubs with exclusive benefits such as training time, equipment and coaching

Great discounts on recreation courses and school holiday programs

Discounts on SUSF First Aid and education courses

Discounts on all tennis, badminton and squash bookings

See the full list of benefits/inclusions at susf.com.au

PRICE

Sydney Uni student
\$10

Sydney Uni staff
\$60

Community
\$60

GOLD PASS

EXPERIENCE OUR PREMIUM PASS WITHOUT THE PREMIUM PRICE

Access to two facilities on campus, including access to a 50m heated indoor pool, access to cardio/weights facilities and functional training zone and group fitness classes (including LES MILLS and UNLEASH)

Access to The Ledge Climbing Centre & Brydens Boxing Gym

A complimentary fitness assessment & ongoing fitness management consultations

Free towel and locker hire at each visit

Free casual basketball entry

Complimentary use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under
\$15* per week

Sydney Uni staff from under
\$19* per week

Community from under
\$21* per week

SILVER GYM OR GROUP FITNESS PASS

ACCESS OUR PREMIER GYM OR GROUP FITNESS PROGRAM

Access to cardio/weights room and functional training zone OR LES MILLS, Yoga & Pilates group fitness classes with up to 65 classes per week

Access to a 50m heated indoor pool

Access to Brydens Boxing Gym

Free casual basketball entry

A complimentary fitness assessment & ongoing fitness management consultations

A free locker at each visit

Use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under
\$13* per week

Sydney Uni staff from under
\$16* per week

Community from under
\$18* per week

BRONZE PASS

IS PERFORMANCE TRAINING YOUR PASSION?

Access to the cardio and weights facilities at The Arena Sports Centre

A complimentary fitness assessment & ongoing fitness management consultations

A free locker at each visit

Use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under
\$10* per week

Sydney Uni staff from under
\$13* per week

Community from under
\$15* per week

BLUE PASS

DIVE IN AND SWIM YOUR WAY TO A HEALTHIER YOU

Access to the Sports & Aquatic Centre's 50m heated indoor pool

A free locker at each visit

Use of time stop available for prepaid passes

PRICE PER WEEK

Sydney Uni students from under
\$7* per week

Sydney Uni staff from under
\$9* per week

Community from under
\$10* per week

STORY OF GLORY

It has been hard to find success stories amidst a year of chaos and uncertainty, but there is always a rainbow after a storm.

If there was any silver lining to come from 2020, it has made us show a greater appreciation and value for the beauty of community sport and its ability to unite and inspire society, as displayed by the triumphant winter campaigns of many of SUSF's sporting Clubs.

After a period where there was genuine belief that sport may not see another day until the new year, SUSF's Clubs represented their emblem proudly and made the most of the situation that was handed to them, performing exceptionally in a shortened season where every win carried heavier weight. We take you through the stories of glory that gave us inspiration in the face of turmoil.



JUMPING THROUGH HOOPS: INTERVARSITY BASKETBALL SERIES

► This is not just about what happened on the court, this is a narrative of resurrection and the rebirth of basketball at Sydney Uni. The Intersarsity Series against UTS provided USYD's most talented basketballers a chance to represent their university in a competitive environment. This is the first component of a bigger master plan for the sport of basketball at USYD of which the ultimate goal is to develop greater student engagement and provide pathway opportunities for athletes to excel in the sport. With the Basketball Club now in a stronger position, we saw the men's and women's teams competing fiercely in their first hit-outs, with the former winning the series 3-1 while the latter went down 0-4 to a formidable opposition. The event has laid the platform for the future and has reignited a thirst for the sport. The Club looks forward to competing in the 2021 University Basketball League (UBL) – a competition introduced by UniSport Australia that capitalises on the fast-growing sport in Australia to build a competitive market for universities across the nation.



THREE-PEAT THRILLER

► The Jack Scott Cup is staying where it belongs after Sydney Uni Football Club's women's team secured a heroic three-peat to cap off three undefeated seasons. It didn't come easy with a gritty Randwick side throwing everything at them, scoring the first two tries before the reigning champions came storming home to claim a 22-17 victory. A tremendous achievement that has established them as Sydney's most dominant rugby Club.



HOCKEY HEROES

► For the second year running, the Hockey Club qualified its top five women's teams for grand finals, with first grade leading the charge in an undefeated season. The fairytale story continued on a climactic grand final day, with the Club adding four premierships to the trophy cabinet that sent celebrations wild. The first grade side accounted for Northern District Strikers 3-nil at the Olympic Park Hockey complex, with striker Alice Arnott topping the goalscoring for the season with 11. Sydney University also claimed the third, fourth and fifth grade titles for 2020, with thirds defeating UNSW 3-1 in the season decider and fourths accounting for Glebe 1-nil. Fifth grade won a penalty shoot-out 3-2 after they were drawn 2-all with St George when the final whistle sounded. Second grade lost their grand final 2-1 to Macquarie University, while sixth grade missed out on a finals berth after finishing sixth at the end of the regular season.



FOURTH TIME'S THE CHARM

► Having lost three consecutive grand finals, the Australian National Football Club finally tasted glory in their fourth attempt at a men's Premier Division trophy, knocking off rivals UNSW-ES Bulldogs 54-45 in a grand final thriller. With no NEAFL being played this year, the Premier Division title was all the more coveted and was the top prize to be won in 2020. Winning results trickled down into their lower grades with the men's division one and two teams sealing premierships the week before in a massive effort from the Club to dominate across the grades!



V FOR VICTORY

► Victorious in Volleyball. It has a nice ring to it. And a premiership medal sounds even better. Sydney Uni Volleyball Club's men's Div 1 and Div 2 teams took care of business in the Sydney Volleyball League finals, bringing home the gold in nail-biting affairs as both teams won five-set thrillers. The men's Premier team fell short at the final leg, losing 3-1 to UTS to wrap up the silver medal. Overall, the Club had five of seven of their senior teams compete for medals in a fantastic year for all involved.



CHAMPIONSHIP CHASERS

► The Club Championship and Sydney Uni Soccer Football Club are a match made in heaven. For another year, the women's teams wrapped up the Club Championship with a remaining home-and-away fixture to play, while the first and reserve grade sides sealed the minor premierships and set themselves up in a sturdy position to chase another title. These results further cement this Club's status as the number one female soccer program in the country. Unfortunately, first grade fell short in the grand final with a 2-1 loss to Manly United, however reserve grade were crowned champions with a 3-1 victory over FSNW Institute.

The 2019 Sports Awards were unfortunately cancelled due to COVID-19, however in the absence of a celebratory evening together, we were proud to announce and celebrate our award winners online.

Join us in congratulating all winners on their phenomenal achievements in 2019.

COACH OF THE YEAR
Mitchell Liddle

PREMIER COACH OF THE YEAR
Rob Taylor

VICE-CHANCELLOR'S PARTICIPATION PROGRAM OF THE YEAR
Learn To Row

ANN MITCHELL UNISPORT TEAM OF THE YEAR
Kendo

PAT SHARP FEMALE CLUB ADMINISTRATOR THE YEAR
Carmel Kanaley

ROSENBLUM MALE CLUB ADMINISTRATOR OF THE YEAR
Chris Noel

PROFESSIONAL ADMINISTRATOR THE YEAR
Jack Prato

CLUB OF THE YEAR
Baseball

PREMIER CLUB OF THE YEAR
Athletics

2019 SPORTSWOMAN OF THE YEAR
Jaime Ryan

2019 SPORTSMAN OF THE YEAR
Josh Ralph





JOIN A CLUB

OUR SPORTING CLUBS ARE OPEN TO EVERYONE AND CATER FOR ALL LEVELS.



AUSTRALIAN RULES

The Sydney University Australian Football Club is the oldest Australian Rules club in NSW and the fourth oldest in Australia. The men's side compete in the NEAFL and various AFL Sydney fixtures, providing opportunities for both elite players and beginners, while the women's side is continuing to grow with two teams competing in the Sydney Women's AFL competition.

-  suanfc.com | suwafc.com
-  afl@sport.usyd.edu.au
-  [@suanfc](https://www.instagram.com/suanfc) | [@sydneyuniwomensaf](https://www.instagram.com/sydneyuniwomensaf)
-  [@SydneyUniAFL](https://www.facebook.com/SydneyUniAFL)



AMERICAN FOOTBALL



The Sydney Uni American Football Club, established in 1984, fields an open team in the Gridiron NSW men's and women's competitions (Sydney Uni Lions in Division 1) as well as an under 18s team (Sydney Uni Cubs in the Colts Division) in Gridiron NSW, the highest level of competition for American Football in the state.

-  sydneyunigriron.com
-  info@sydneyunigriron.com
-  [@suafc1984](https://www.instagram.com/suafc1984)
-  [@SydneyUniGridiron](https://www.facebook.com/SydneyUniGridiron)



ARCHERY





The Sydney Uni Archery Club, established in the 1970s, caters to all levels of archery, from the beginner to the elite. Members compete in various competitions through Archery NSW and Archery Australia at club, state and national level.

-  suac.org.au
-  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.

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



BADMINTON




The Sydney Uni Badminton Club welcomes players of all levels. The club is open to the public. Whether you are a social player looking for a fun hit or a competition-regular looking for some practise 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.

-  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 club is a great place to play baseball, and is always looking for new members.

-  sydneyuni.baseball.com.au
-  baseball@sport.usyd.edu.au
-  [@sydneybaseball](https://www.instagram.com/sydneybaseball)



BASKETBALL


The Sydney University Basketball Club provides an opportunity for male and female students and local community members to participate in various levels of basketball. In 2003, Sydney University took ownership of the Sydney Uni Flames, who compete in the Women's National Basketball League.

-  basketball@sport.usyd.edu.au
-  [@sydneyunibasketball](https://www.instagram.com/sydneyunibasketball)
-  [@SydUniBasketball](https://www.facebook.com/SydUniBasketball)



BOAT





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

-  subc.com.au
-  boat@sport.usyd.edu.au
-  [@subc1860](https://www.instagram.com/subc1860)



CRICKET




The men's club has eight teams competing in the Sydney Grade Competition that caters for the social to elite player. The Universities Women's Cricket Club also has teams competing in the Sydney Women's and Sydney Junior competitions.

-  sydneyuniversitycricket.com.au
-  succ@sport.usyd.edu.au
-  [@succ1864](https://www.instagram.com/succ1864)
-  [@sydneyunicricket](https://www.facebook.com/sydneyunicricket)



FENCING




The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club 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.

-  sufc.org.au
-  fencing@sport.usyd.edu.au
-  [@SydneyUniFencing](https://www.facebook.com/SydneyUniFencing)



GYMNASTICS




The Sydney Uni Gymnastics Club provides a fully equipped space and coached classes for adults from a recreational to a National level.

-  gymnastics@sport.usyd.edu.au
-  [@sydneyunigym](https://www.instagram.com/sydneyunigym)
-  [@sydneyunigymnastics](https://www.facebook.com/sydneyunigymnastics)



BOXING




The Sydney Uni Boxing Club was established in 1908. 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.

-  sydneyuniboxing.com.au
-  boxing@sport.usyd.edu.au
-  [@SUBxC](https://www.facebook.com/SUBxC)



CANOE




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.

-  sydneyuniversitycanoecub.com.au
-  canoe@sport.usyd.edu.au
-  [@SUCanoe](https://www.facebook.com/SUCanoe)



CHEERLEADING




Sydney University Cheerleading is a competitive club which was founded in 2002. The club's competitive team performs routines at state-level competitions and travels interstate to compete at the National Championships each year. The club's recreational program offers a range of classes as a fun and unique way to get and stay fit.

-  syducheer.com
-  [@sydneyunicheer](https://www.instagram.com/sydneyunicheer)
-  [@sydneyunicheer](https://www.facebook.com/sydneyunicheer)



HANDBALL





Sydney Uni Handball Club was established in 1995, and has since been one of the most successful handball clubs in Australia. The club is open to everyone from beginners to International level players and consistently has players feature in Australia's men's and women's national teams (seniors and juniors). During summer, the club plays Beach Handball and arranges social competitions for those interested in trying out the game.

-  sydneyunihandball.com
-  handball@sport.usyd.edu.au
-  [@sydneyunihandball](https://www.instagram.com/sydneyunihandball)



HOCKEY





Established in 1906, the Sydney University Hockey Club is one of our largest clubs with more than 20 men's, women's, masters and junior teams. The men's and masters teams play in the SHA metropolitan competition and our top five women's teams play in the Sydney Women's Hockey League. The club also sends both men's and women's teams to Nationals.

-  suhc.asn.au
-  hockey@sport.usyd.edu.au
-  [@sydneyunihockey](https://www.instagram.com/sydneyunihockey)
-  [@SydneyUniHOCKEY](https://www.facebook.com/SydneyUniHOCKEY)



JUDO

The Sydney University Judo Club 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 Nationals. SUJC is run by students and has black-belt instructors with international experience. The club's training program includes classes tailored for beginners and experts, dedicated women's classes, and numerous social activities.

-  sydneyjudo.com
-  judo@sport.usyd.edu.au
-  [@sydneyuni_judo](https://www.instagram.com/sydneyuni_judo)
-  [@SUJC.Sydney.Judo](https://www.facebook.com/SUJC.Sydney.Judo)



KEMPO KARATE

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

✉ kempokarate@sport.usyd.edu.au



KENDO

Since 2004, Sydney University has offered Kendo, a traditional Japanese fencing martial arts practised by the samurai. Today it is both a martial art as well as an international sport. The club 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 co-ordination. The club is open to all levels of students, from beginner to elite.

🌐 usydkendoclub.com
✉ kendo@sport.usyd.edu.au



MUAY THAI

Sydney University Muay Thai Club (SUMT) is dedicated to assisting individuals to achieve peak fitness and to learn the techniques of Muay Thai. Training is located at the Sydney University Sports & Aquatic Centre every week and is open to members of all skill levels.

🌐 sumt.club
✉ usydmuaythai@gmail.com
📱 [@usydmuaythai](https://www.facebook.com/@usydmuaythai)



RUGBY UNION

The Sydney University Football Club is one of the oldest and strongest clubs in Australia. The club competes in the men's and women's NSW Rugby Union Competitions and caters for a range of players through to the elite level.

🌐 sydneyunirugby.com.au
✉ sufc@sport.usyd.edu.au
📱 [@sufc1863](https://www.instagram.com/@sufc1863) | [@sufc_lionesses](https://www.instagram.com/@sufc_lionesses)
📱 [@sydneyunirugby](https://www.facebook.com/@sydneyunirugby)



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.

🌐 susfc.com.au
✉ soccer@sport.usyd.edu.au
📱 [@sydneyunisfc](https://www.instagram.com/@sydneyunisfc)
📱 [@SUSFC](https://www.facebook.com/@SUSFC)



SOFTBALL

Softball has been a very successful club over the years. Regularly competing in Nationals, the club welcomes all levels of players from beginner to elite.

✉ club.development@sport.usyd.edu.au



NETBALL

The Sydney University Netball Club is open to all abilities. The club enters teams in the NSW State League/Waratah Cup competition. Players can compete in weekend club/social competitions and at Nationals.

✉ sydneyuninetball@gmail.com
📱 [@sydneyuninetball](https://www.instagram.com/@sydneyuninetball)
📱 [@sydneyuninetball](https://www.facebook.com/@sydneyuninetball)



ROCKCLIMBING/MOUNTAINEERING

The Sydney University Rock Climbing & Mountaineering Club is not a competitive club. Instead, it fosters the development of rock climbing as a social sport for men and women. SURMC runs trips on weekends to give members the opportunity to climb outdoors during the semester, as well as indoor climbing which takes place all year around at The Ledge. There are opportunities for elite climbers in the club to compete in state and national events.

🌐 surmc.org.au
✉ rockclimb@sport.usyd.edu.au
📱 [@usydsurmc](https://www.instagram.com/@usydsurmc)



RUGBY LEAGUE

The club provides a professional and collegiate atmosphere for student and non-student players to enjoy playing competitive amateur rugby league. SURLC provides all of its players with free equipment, gear, playing fields and high level coaches. In addition, the club also hosts social events designed to allow its players to develop networks and friendships off the field.

✉ c.kintis@clarkekann.com
📱 [@sydneyunirugbyleague](https://www.instagram.com/@sydneyunirugbyleague)
📱 [@SydneyUniRugbyLeague](https://www.facebook.com/@SydneyUniRugbyLeague)



SQUASH

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

✉ squash@sport.usyd.edu.au



SWIMMING

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

🌐 sydneyuniswimmingclub.com
✉ suscsecretary@gmail.com
📱 [@sydneyuniswimming](https://www.instagram.com/@sydneyuniswimming)



TABLE TENNIS

The Table Tennis Club is open to both beginner and elite players. The club enters regional competitions as well as Nationals.

✉ tabletennis@sport.usyd.edu.au
📱 [@usydtabletennis](https://www.instagram.com/@usydtabletennis)



TAEKWONDO

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

- taekwondo@sport.usyd.edu.au
- @usyd.tkd
- @USYDTKD



TENNIS

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

- tennis@sport.usyd.edu.au
- @usydawntennis
- @sultc



TOUCH FOOTBALL

Established in 2001, the Sydney University Touch Football Club provides opportunities for students to participate in touch, both at the social and the elite level. The club has a weekly mixed competition providing students and community members the opportunity to play competitive touch in a social environment. The club also enters teams in the State Cup and Nationals.

- sydneyunitouch@gmail.com
- @sydneyunitouch
- @sydneyunitouch



WATER POLO

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

- waterpolomen@sport.usyd.edu.au
- @sydneyuniwp
- @SydUniWaterPolo



WATERSKI/WAKEBOARD

The Sydney Uni Waterski 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 and wakeboarding days for members at Cliftonville Ski Park and at Wisemans Ferry on the Hawkesbury River.

- usydwake.com
- usydwake@gmail.com
- @usyd_wake
- @Usydwake



WRESTLING/GRAPPLING

The Sydney Uni Wrestling & Grappling Club teaches freestyle wrestling which attacks the upper and lower body of an opponent. The ultimate goal is to pin your opponent on the mat, winning the round or match. There are no joint locks in freestyle wrestling or Greco roman wrestling. These joint locks are only legal in submission grappling and MMA (UFC).

- wrestling@sport.usyd.edu.au
- @sydneyunigrappling



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 Nationals where the club has posted excellent results since the sport's inclusion.

- ultimatefrisbee@sport.usyd.edu.au
- @suufa
- @usydultimate



VELO (CYCLING)

The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. 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.

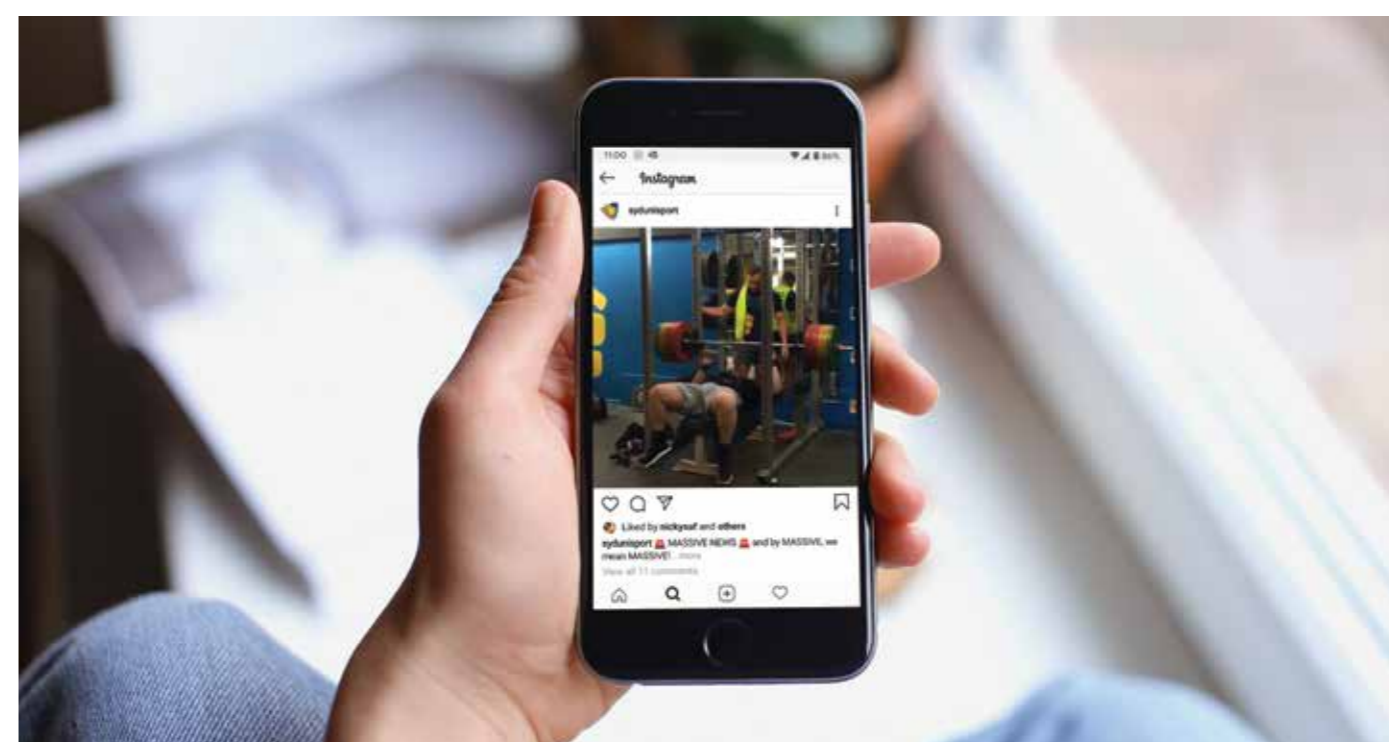
- suvelo.com.au
- suvelo@sport.usyd.edu.au
- @sydneyunivelo



VOLLEYBALL

The Sydney Uni Volleyball Club is open to both men and women. The club competes in the Sydney Volleyball League in opens and junior divisions, Nationals and other major tournaments such as NSW State Cups. The club is open to students and non-students, locals and internationals and welcomes both beginner and elite athletes.

- suvolleyball.com
- volleyball@sport.usyd.edu.au
- @usydvball
- @sydneyunivolleyball



FOLLOW US ON SOCIAL TO STAY UP-TO-DATE ON ALL THINGS SUSF.

- @sydunisport
- @sydunisport
- @sydunisportfit
- Sydney Uni Sport & Fitness

Health & Fitness Facilities

We have options for everybody!



SPORTS & AQUATIC CENTRE

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

SUSAC features:

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

Opening hours

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

- 📞 9351 4978
- ✉ nmrc@sport.usyd.edu.au
- 📍 Cnr Codrington St & Darlington Ave



THE LEDGE CLIMBING CENTRE

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

The Ledge features:

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

Opening hours

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

- 📞 9351 8115
- 📍 Arena Sports Centre, Western Ave



TENNIS PROGRAM

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

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

Adults can also enjoy playing tennis with many programs available including cardio tennis, an advanced hitting squad, social play and group or private coaching.

- 📞 1300 068 922
- ✉ tenniscoaching@sport.usyd.edu.au



ARENA SPORTS CENTRE

Improve your lifestyle through improved fitness at The Arena. Whether you're a complete beginner to exercise or an elite athlete, our highly qualified, friendly and caring staff are always at hand to assist you on your way to achieving your personal goals.

The Arena features:

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

Opening hours

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

- 📞 9351 8111
- ✉ arena@sport.usyd.edu.au
- 📍 Arena Sports Centre, Western Ave



SWIMMING PROGRAM

Sydney Uni Swim School is proud to offer quality aquatic education to swimmers of all ages and ability, all year round. SUSF offers adult swim classes for all levels – beginner, intermediate, advanced and stroke correction. The program also caters to junior, open and varsity squads.

Swimming classes run seven days a week and offer a free assessment before enrolment. All lessons also include a water safety component.

- 📞 9351 4978
- ✉ swimschool@sport.usyd.edu.au

**SOUTHERN
DESIGN**

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Then it becomes
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