

ROAR



Sydney Uni
SPORT & FITNESS

47 AUTUMN
2021



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BOUNCING BACK

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ALL WELCOME ALL YEAR ROUND



FROM THE EDITOR

In our 47th edition of ROAR Magazine, and the first of 2021, we explore the notion of bouncing back. In some way, we are all rebounding from a tumultuous 2020; we can see our goals more clearly again and are feeling cautiously optimistic about the year ahead. Life is beginning to look more recognisable as we embark on a remedial post-2020 journey, a theme we see throughout this issue.

We were delighted to catch up with Bachelor of Commerce student and longstanding gold member, Maddie King, who shares generously about her cancer journey, recently finishing treatment for Stage 4 Hodgkin's Lymphoma. Maddie opens up about how her appreciation for life and good health has empowered her as a businesswoman, launching This is For Andy in December 2020, a brand offering fashionable, affordable and sustainable headscarves for cancer patients. You can read our interview with Maddie on page 6.

In our cover story on page 10, we explore Sydney Uni Basketball's colossal rebound, capitalising on the opportunity that came with disruption in 2020 to reassess its offerings, launching a comprehensive high performance and social program for students and members. Jack Prato features as a guest writer and explains how this year is shaping up to be one of the most exciting for ballers on campus.

Olympian mogul skier and University of Sydney graduate, Madii Himbury, describes her comeback campaign after suffering a devastating ACL injury on page 20, and on page 24, we dig into Sydney Uni Australian National Football Club's push for back-to-back Premier Division titles as part of an ongoing bounce back after a 28-year championship drought.

It is my hope that our students, staff, members and the wider community look to these stories as inspiration this semester, serving as evidence of our ability to bounce back after a roadblock with a little creativity and a lot of perseverance.



NICOLE SAFI | EDITOR

ROAR CREDITS

EDITOR
Nicole Safi

DEPUTY EDITORS

Anastasia Barrat
Graham Croker
Sera Naiqama

CREATIVE DESIGN & PRODUCTION

Southern Design

CONTRIBUTING WRITERS

Anastasia Barrat
Graham Croker
Jack Prato
Michael Di Lonardo
Nicole Safi
Sera Naiqama

CONTRIBUTING PHOTOGRAPHERS

Exposure
Natalie Koval

SYDNEY UNI SPORT & FITNESS MANAGEMENT

CHIEF EXECUTIVE OFFICER

Ed Smith

CHIEF FINANCIAL OFFICER

Enda Carberry

CHIEF OPERATING OFFICER

Andrew Heil

OPERATIONS MANAGER

Paul Reynolds

LEGAL COUNSEL

Natalie Brown

HEAD OF PEOPLE & CULTURE

Kylie Algie

HEAD OF SPORT

Leonie Lum

HEAD OF PROGRAMS & PARTICIPATION

Matt Rennick

HEAD OF MARKETING & COMMUNICATIONS

Nicole Safi

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THERE'S NEVER BEEN A BETTER TIME TO BECOME AN ANNUAL MEMBER!

USYD
Students

\$10

Community
or USYD Staff

\$60

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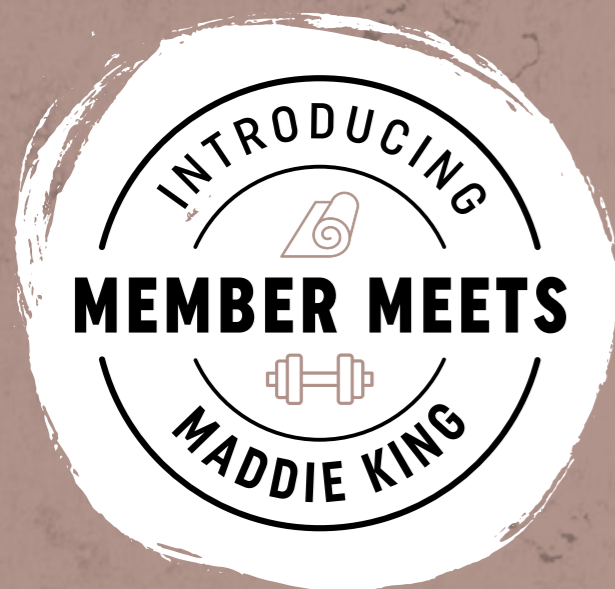
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Founder of *This is For Andy*, USYD Bachelor of Commerce student and longstanding member of SUSF, Maddie King, shares generously about her health journey, business, and aspirations for 2021.

Before we get stuck into it, what's your honest coffee order?

Oh gosh. I'm such a coffee snob. My hot coffee is an oat cappuccino and if it's a cold coffee, either a cold brew with a dash of oat or just a straight cold brew. The cold brew must be a light, fresh roast with a fruity filter.

Wow, you really know your coffee! You've been a member of Sydney Uni Sport & Fitness for several years now. What has kept you here at SUSF?

At first, it was all about the convenience, but that has changed over time. There's something about the energy in the place that's easy to love. People aren't here to show off, everything you need in terms of equipment is provided and the gym's

spaciousness is always nice to have.

However, what really got me was the rig installation at the Sports & Aquatic Centre. I thought, *this is the best thing ever!* I am really into functional training, so I knew I'd be able to play with the equipment. I love to play, and SUSF lets me do that.

We have been following you closely and admire your willingness to be so open with us about your cancer journey. You recently finished treatment for Stage 4 Hodgkin's Lymphoma. What has this journey been like for you?

It has been the hardest thing I have been through, but at the same time because I have become so integrated with the cancer community, I acknowledge it's a difficult thing to go through for "people my age."

After my first treatment, I remember looking in the mirror and questioning whether I would ever be happy again. In those moments, you can't fathom the life you used to live versus the life you now have.

I'm so lucky that my cancer was treatable, I'm not physically impaired in any way, and I have recovered well. I haven't been given a life-limiting prognosis like many of my friends have and I'm hyperaware of it. Don't get me wrong, there are things I'm working through like my mental health, but it won't stop me from doing what I want in life.

As I finished treatment, I began to get fragments of my life back including my hair and energy. Having hit rock bottom, there is a newfound appreciation of life. This journey has allowed me to strip back the various superficial things I once cared about.

Amid everything happening in your life, you launched your own business *This is For Andy*. Talk me through that.

I've always wanted to have my own business since I was 15 years old. That came from the love of entrepreneurship and listening to people like Tim Ferris and Guy Raz who opened my eyes to the concept that business shouldn't only be a means to make money but a means to create value.

I recognised that cancer patients are fundamentally not cared for by fashion products on the market. Trying to find accessories and beauty products that suited me was difficult. The idea of *This is For Andy* was born out of my experience.

The brand is a homage to all the wonderful cancer girls who inspired and supported me through my diagnosis, as without them, none of this could have come to fruition. One girl's story, Andy, touched me so much that I named and dedicated the brand to her after she passed away from leukaemia in January 2020.

Along with the launch of my business, I partnered with an organisation called Zero Childhood Cancer that run clinical trials and genetic research for incurable children's cancer; 10% of the profits generated through my business is donated to this charity.

Truth is, you lose a lot of people in the cancer community, but hearing feedback from customers like "I haven't felt like myself in so long but wearing your scarf makes me feel beautiful" is exactly what I wanted to create. It reminds me that I have created something that has sentimental value.

We saw on your Instagram that you recently became a qualified pilates instructor. What do you love most about it?

I love to play with movement and especially on something like the reformer. I'm constantly surprised by all the different ways that I can use it. Not only is it the perfect supplement to my weight training but it allows me to be creative, work up a solid sweat and share that experience with other people.

With the current demands on your life between your health, business and study, how do you find balance?

By default, my health and fitness come first, and then I can focus on everything else. I know that if my health isn't in check, I can't give myself fully to my business or study. It's less about finding balance and more so a matter of how to use my time effectively when I'm not moving.

What are you most looking forward to in 2021?

Challenging myself and my business in every single way. I am looking forward to a year that isn't crowded with fear, anxiety and stress all the time. I really want to get back to feeling like myself again and falling in love with my life again.

How can people follow you?

Personal account: @mxddieking

This is For Andy: @thisisforandy or www.thisisforandy.com

Photo Credit: Natalie Koval for Pink Hope and Exposure



NO MONEY, NO PROBLEM

Being on a student budget is something many of us are familiar with. Often the #strugglesreal. To help you ease into this semester, here's a snapshot of all the activities available to you that cost less than your coffee from Ralph's Café.

These programs not only help you stay active and connect with new people, but will provide you with the opportunity to make the most of your University experience.



\$10

ANNUAL MEMBERSHIP

If there's one membership you're willing to invest in, let it be this one. With two on-campus health and fitness centres, a range of short courses, social sport, and over 40 sporting clubs to get involved in, our annual membership gives you access at casual rates for only \$10. Talk about getting bang for your buck.

PURCHASE IN OUR FACILITIES OR ONLINE AT SUSF.COM.AU.

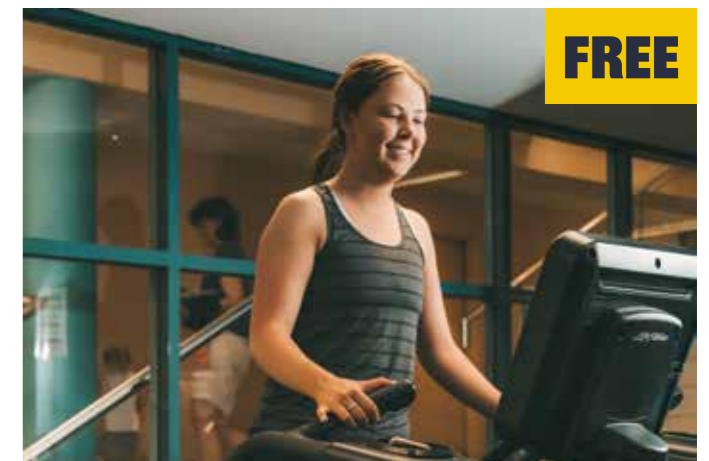


\$2

CASUAL BASKETBALL

Ditch your plans to hang out at The Royal, to shoot your shot at Brydens Stadium. For \$2 you will have access to the courts for one whole hour of play and work up a satisfying sweat without having to leave campus. Courts are open from 6am-8am and 3:30pm-6pm on selected days (subject to change).

TO BOOK VISIT SUSF.COM.AU OR CALL 9351 4978.



FREE

GYM TRIAL

Improve your lifestyle while getting your degree. The Arena Sports Centre and Sports & Aquatic Centre are our two gym facilities available on campus. Whether you're new to exercise or an elite athlete, our friendly staff are readily available to help you reach your goals. With state-of-the-art cardio and weight equipment, you won't be disappointed.

SIGN UP AT SUSF.COM.AU FOR A FREE 3-DAY TRIAL.



FREE

INTERCOLLEGIATE SPORT

Immerse yourself in the longstanding history of Intercollegiate Sport. For decades, Sydney Uni Sport & Fitness has provided residents of St Andrew's, St Paul's, Sancta Sophia, St John's, Wesley and The Women's College with opportunities to compete against each other in a range of sports.

SHOW UP AND SHOW OUT FOR YOUR COLLEGE.



FREE

INTERFACULTY SPORT

Whether you know it or not, as a student, you are part of a faculty. Represent them throughout the year in one (or all) of our free sports competitions. Sports on offer include Oztag, ultimate frisbee and basketball – to name a few.

CONTACT YOUR FACULTY SPORTS REPRESENTATIVE TO GET INVOLVED.



\$2

\$2 TENNIS TUESDAY

Play 30 minutes of tennis every Tuesday from 2pm-3pm during semester. Head to Sydney Uni Sports & Aquatic Centre with your student card, let the front desk know you want to play then you're good to go.

FIRST COME, FIRST SERVE. LITERALLY.



FREE

WATER SAFE PROGRAM

Learning to swim is challenging, but it can be rewarding. This free program is intended for students who have no or limited experience in the water. Over 5-weeks you will be taught basic water skills, stroke and water survival skills in our 50m heated swimming pool at the Sports & Aquatic Centre. If you're interested, sign up. You've got nothing to lose but everything to gain.

VISIT SUSF.COM.AU TO REGISTER.

SHOOT YOUR *Shot*

Last year was a tricky year for all sports on campus, basketball being no different. With time on the court (no less in the presence of teammates) limited, Sydney Uni Basketball was able to reassess its offerings to students and members.

With several exciting programs designed to cater for every basketballer's needs, 2021 shapes as one of the most exciting for ballers on campus.





The newest program for students on campus is the Sydney Uni Basketball High Performance (HP) Program, designed and implemented to be Australia's leading university-based basketball program.

Catering for both male and female students, the HP Program will provide additional opportunities (on top of traditional club and state/national program commitments) to squad members, ensuring their studies and future are can be adequately supported while they continue to develop on the court.

By providing opportunities to represent Sydney University in competitions such as the University Basketball League (UBL), squad members will benefit from the chance to play against talented basketballers across the country, gaining valuable exposure in Australia's large basketball landscape.

Sydney Uni Basketball have ensured the new High Performance Program integrates with some of Sydney Uni Sport & Fitness' (SUSF) best programs and initiatives, including the Elite Athlete Program (EAP).

Members of both the HP Program and EAP will receive the required support to successfully balance the challenges of both their sporting and academic commitments. EAP members receive

an array of support services including financial scholarships, academic support and counselling, access to sports nutrition and psychology services, as well as access to SUSF's best sporting facilities. Sydney Uni Basketball understands the importance of providing its HP Program members with industry-leading support services to ensure flexibility in both their sporting and academic pursuits. Offering students financial and academic support through EAP scholarships, the HP Program has attracted some of NSW's best young basketballers, including athletes Robbie Moore and Sarah Wachter, who feature on the cover of ROAR 47.

Moore made his Sydney Uni debut in 2020's Intersivity Series against UTS, playing the vital role of starting point guard. Known for his great passing and distribution, Moore also possesses a scoring danger for his opposition both inside and outside the paint. In the series-deciding game 4 against UTS, Moore hit two big 3-point shots in the final minute of the game, sending the match into overtime, where Sydney Uni were able to come away with the win.

"I've really enjoyed getting to know some of my new teammates through competing for Sydney Uni on the court," Moore said.

"By playing UTS, it was a great opportunity to get a feel for the standard of the UBL competition in 2021."

After finishing his first semester of a Bachelor of Commerce & Advanced Studies late last year, Moore also spent his summer training with The Hawks (NBL) in Illawarra, developing his game under the tutelage of Brian Goorjian, the recently appointed Australia Head Coach.

Wacher is studying for a Bachelor of Engineering (Honours) & Science and will enter her third year on scholarship at Sydney University in 2021. The recipient of the Ralph's Café/Panebianco Scholarship in 2019, awarded to an emerging female basketballer, Wachter also played a pivotal role in Sydney University's Intersivity Series against UTS, leading the team in points, rebounds and assists.

"Studying at Sydney Uni has provided me the opportunity to not only pursue my passion in neuroscience and engineering, but also my goal to play professional basketball," Wachter said.

"The Intersivity Series last year showcased just how competitive university basketball can be and I am excited to see what our Sydney Uni team can do this year in the UBL."

Wacher also took part in the inaugural Shelley Gorman Invitational Basketball Tournament held at the Sydney Uni Sports & Aquatic Centre in January. Playing alongside and against some of the best women's basketballers in Australia, Wachter carved out her own niche, coming off the bench to knock down several important 3-point shots.

"Having just had the opportunity to play with and against some of the best female basketball players in Australia (Australia Opals Lauren Nicholson and Leilani Mitchell) in the Shelly Gorman Invitational, I feel particularly excited to keep developing my game in the new High Performance program this year," Wachter said.

Joining Moore and Wachter in 2021 will be several high-profile recruits.

One headline signing, Ryan Abbott, is a 6'8 forward who has represented both NSW and Australia throughout his young career, competing for the U17 national team at the 2019 Oceania

Championships, where he averaged 9.2 points in 15 minutes per game (67.95% FG, 46.2% 3PT). More recently, Abbott was awarded Rookie of the Year in the NSW Waratah 1 Youth League competition, before spending his 2020-21 off-season training alongside Robbie Moore with The Hawks in Illawarra.

"I'm super excited to be joining Sydney University's new High Performance Program this year to pursue playing basketball at an elite level," Abbott said.

"I can't wait to get to work with the team and High Performance staff, whilst also beginning my degree at an elite institution like The University of Sydney."

In order to ensure talented students such as Moore, Wachter and Abbott are provided with an environment where their development can be nurtured, Sydney Uni Basketball have appointed former professional players, and current NSW Head Coaches Tom and Renae Garlepp to lead the HP Program.

With plenty of professional experience, having both played professionally in Australia, Tom and Renae will lead students in the HP Program through a structured pre-season training block, combining team and individual training sessions to help students develop their game. High Performance Program members will also benefit from personalised strength and conditioning programs and coaching from SUSF's High Performance Manager Sam Pervan, formerly with the Sydney Kings.

Garlepp spoke of his eagerness to begin working with Abbott and several other students in 2021.

"Ryan's versatility on both ends of the court will prove to be an invaluable asset for Sydney Uni Basketball this year. I've always admired his competitiveness, skill and character," Garlepp said.

"Most importantly, Ryan is an outstanding

person, with a clear vision to continue his basketball development locally. We can't wait to work with Ryan and a number of students in similar stages of their young basketball careers, whilst also pursuing their academic goals here at Sydney University."

While there's no doubt the new High Performance Program will open a new chapter of basketball on campus for many students, the unexpected nature of 2020 also saw the resurrection of the previously dormant Sydney Uni Basketball Club.

On the back of efforts from both student and community members, the Basketball Club's social scrimmages returned to campus last year, providing hundreds of participants, of all abilities and experience, a chance to hit the court and shoot their shot.

In 2021, Club members will have the option of attending two scrimmages, providing even more time on the court for members. Scrimmages consist of opportunities to play in both half-court and full-court pick-up games with fellow members, while on quieter nights, members may have the space to themselves to practise shooting.

Members receive exclusive apparel and benefits from having the opportunity to represent the Club in SUSF's lunchtime basketball competitions. These competitions are another example of a great, inclusive basketball program run

during semester, providing the perfect environment for students and community members to play organised basketball.

If you're looking for even more time on the courts, SUSF offers great rates on casual shootarounds. If you're unable to make the club scrimmage, or compete in the lunchtime social competitions, casual shootarounds are ideal for perfecting your shooting, or teaming up with like-minded students and members to play pick-up games.

All these great basketball offerings take place on SUSF's own courts at the Sports & Aquatic Centre. These facilities are some of the best in the country, having hosted regular professional basketball action, including the Brydens Sydney Uni Flames and USA powerhouse colleges, UCLA and UW.

There's no doubt basketball is one of the most popular sports on campus. The game attracts people from an array of diverse backgrounds, catering to everyone who wants to step foot on the court. Through combining initiatives such as the High Performance Program with the Basketball Club and other basketball events and competitions, Sydney Uni Basketball hopes to truly cater for all students and members.

Whether you're the next LeBron James, or just another local hooper, you'll find the right environment and time to pursue your basketball goals on campus.



WHAT'S ON: SEMESTER 1

FEBRUARY

MARCH

27
SATURDAY

Intramural Welcome Week Shield

📍 The Square

1-4
MONDAY-THURSDAY

Sem 1 Welcome Fest

📍 Eastern Avenue

2
TUESDAY

Water Safe Program Commences

📍 SUSAC

9
TUESDAY

\$2 Tennis Commences

📍 SUSAC

15
MONDAY

Lunchtime Social Sport & Short Courses Commence

17
WEDNESDAY

Interfaculty Oz Tag

📍 SUSAC

20
SATURDAY

Intramural Futsal

📍 SUSAC

24
WEDNESDAY

Interfaculty Soccer

📍 The Square

APRIL

27
SATURDAY

Sports Experience Day

📍 SUSAC

31
WEDNESDAY

Interfaculty Ultimate Frisbee

📍 The Square

2-5
FRIDAY-MONDAY

Easter Weekend

3-5
SATURDAY-MONDAY

Sydney Uni Cricket Club Men's Final

📍 TBC

5-9
MONDAY-FRIDAY

Mid Semester Break

6
TUESDAY

School Holiday Program Commences

10
SATURDAY

Intrust Shute Shield & Jack Scott Cup Kicks Off

📍 SUFG, Oval No. 2

11
SUNDAY

Social Netball Competition 2 Commences

📍 SUSAC

17
SATURDAY

Inclusion Gala Day (Vision Impairment)

📍 SUSAC

21
WEDNESDAY

Interfaculty European Handball

📍 SUSAC

25
SUNDAY

ANZAC Day

📍 SUSAC

28
WEDNESDAY

Interfaculty Volleyball

📍 SUSAC

MAY

30
FRIDAY

Sports Awards

📍 The Great Hall

4
TUESDAY

Intramural Touch Football

📍 SUSAC

11
TUESDAY

UBL – Sydney Uni vs Murdoch University

📍 SUSAC

12
WEDNESDAY

Interfaculty 3km Run

📍 Oval No. 1

JUNE

12
WEDNESDAY

UBL – Sydney Uni vs Victoria University

📍 SUSAC

19
WEDNESDAY

UBL – Sydney Uni vs University of Western Australia

📍 SUSAC

29
TUESDAY

Intramural Badminton

📍 SUSAC

1-2
TUESDAY-WEDNESDAY

Lunchtime Social Sport (Super Finals)

7-11
MONDAY-FRIDAY

STUVAC



***ALL EVENTS LISTED ARE SUBJECT TO CHANGE.**

VISIT SUSF.COM.AU OR FOLLOW US ON SOCIAL FOR THE LATEST INFORMATION.

HOW TO FIND US ON CAMPUS



ELITE ATHLETES ON A WINNER



THE COMMON THEME FROM A BATCH OF ELITE ATHLETE PROGRAM (EAP) STUDENTS ATTENDING A RECENT GRADUATION LUNCH WAS: "I COULDN'T HAVE DONE IT WITHOUT THE PROGRAM."

Steeplechaser Cheryl Chan (Doctor of Medicine), rower Jamie Ford (BA – International and Government Relations), high jumper Sebastian Gray (LLB), water polo player Christian Kyriakou (BSc – Medical Science), basketballer Alysha Skerritt (Bachelor of Project Management – Software), and long jumper Nick van Gelder (B Commerce - Liberal Studies) all praised the EAP staff for their support in helping them rearrange assignment dates and exam times so they could train and compete.

Cheryl Chan, who completed her final year of Veterinary Medicine working in clinics on the Central Coast, Bondi and Singapore, said the program was vital for her to finish her degree and still compete at a high level. Before COVID arrived, Cheryl set two national steeplechase records when she was working in Singapore, lowering the time to 11 minutes 14 seconds.

"I'll be graduating in March and I've been sponsored to start work at Vets on Crown in Surry Hills," Cheryl said. "I'll be competing at the NSW Championships in March and the Australian Nationals in April. I'm hoping to qualify for the South-East Asian Games which will hopefully be held in Hanoi, Vietnam in November. I'm also in training for the cross-country season that starts straight after the Nationals. The EAP was a great help to me while training and competing."

Long jumper Nick van Gelder agreed. "I wouldn't be graduating and still training and competing without the assistance the EAP gave me. It's a great program," he said.

Van Gelder, whose BCom degree was littered with credits, worked part-time while studying, training and competing. "I'm starting to look at work options, probably in the agricultural sector," he said. "I'm going to keep competing for another four or five years with the Sydney University Athletics Club. I'll be at the NSW Championships in March and at Nationals if they go ahead."

"The EAP got me through the degree – I accessed everything they had to offer, including tutoring, which was excellent, you can't put a price on that; and sports psychology, which I also found really helpful. The EAP is a no-brainer, it's probably as good as what is offered at the NSW Institute of Sport."

Christian Kyriakou is staying on campus to further his studies in a Masters course. "I'm recovering from a shoulder operation from 12 months ago and undertaking physiotherapy. The water polo boys are in pre-season training but I won't be ready for this season which starts in February," he said.

"THE EAP HAS BEEN FANTASTIC AND VERY HELPFUL TO MY NEEDS, FIRSTLY WITH SPORT AND STUDIES AND THEN THERE ARE THE EXTRAS. THE EAP STAFF PICKED ME UP WHEN I WAS STRUGGLING AND HELPED ME PLAN MY LIFE. THEY WERE ALWAYS IN CONTACT, CHECKING OUT HOW I WAS FEELING AND REMINDING ME OF IMPORTANT DATES. I'M SO GRATEFUL FOR THE PROGRAM."

Rower Jamie Ford is also going to keep studying, aiming for a Masters, possibly in international security and global health. "I'll be able to keep competing for Sydney University while I'm on campus," she said. "We've been training for NSW titles in February and the Nationals in March. I'm hoping to make the Australian Under 23 eight for the World Championships to be held in Czechoslovakia in July-August. They are also subject to the pandemic."

Jamie said the EAP has been extremely helpful. "I've been able to get letters of support for extensions to deadlines when I've been competing overseas and training. The tutorials have been beneficial, as has the access to a sports psychologist. The EAP staff have been so helpful and prompt. I'm staying on the program while I study for my Masters."

Sebastian Gray, who has graduated with a law degree, is applying for positions in the corporate sector. "I'll continue competing for the Sydney University Athletics Club (SUAC) but I'm not aiming for state or national championships at this stage. I'm happy with what I achieved at SUAC; I love the club and the athletics community."

Sebastian said the EAP was very helpful while he mixed competition, training and study. "I met a lot of people from different sports and faculties and made friendships. The EAP staff were fantastic and always helping with studies and training flexibility," he said.

Having graduated and started working in the technology field for CommBank, where she did an internship, Alysha Skerritt has reluctantly had to change basketball clubs. She's now playing for Norths in the Waratah Basketball League. "I'm not at the Flames level so I had to look further afield than

Sydney University," she said. "The EAP was really good for me; academically I benefitted from tutoring and the study spaces and using the gymnasium. I was able to attend two University Games – we won in Perth in 2016 and on the Gold Coast in 2017."

While the EAP students receive praise and accolades for what they achieve on the sporting field, they should also get the credit they deserve for what they accomplish off it. With sporting commitments impacted heavily by the COVID-19 pandemic and studying being moved completely online, 2020 posed both great challenges and opportunities on the academic front for the 300 student-athletes enrolled at the University of Sydney.

Overall, EAP students performed strongly across the board with 94 per cent earning a satisfactory academic level of achievement (obtaining a pass mark or higher), comparative to 91 per cent in Semester 2, 2019 and 87 per cent in Semester 1, 2019. Impressively, 108 undergraduate students completed the Semester with a Distinction Semester Average Mark (SAM), a major improvement from 49 in Semester 2, 2019, and 79 in Semester 1, 2019, while 22 finished with a High Distinction SAM – an uptick from 18 and 11 in the previous two semesters.

In total, the undergraduate cohort of 270 students earned an impressive 300 distinctions and 193 high distinctions. Student-athletes featured mainly in Arts and Social Sciences (63), Science (60) and Business (50).*

Deborah Fox, the Elite Athlete Program Coordinator, said all of the scholarship holders have access to sports psychologists, dietitians and gymnasiums on campus as well as conditioning programs.

"The EAP can also provide one-on-one tutoring in certain academic subjects, but it's the academic representation that the sports scholarship holders value the most," Ms Fox said. "Exam movement and extensions on assignments are the most common areas we provide assistance for students. We have a strong relationship with the Special Consideration Unit at the University."

"Any student can apply for exam movements or extensions on assignments, but with the EAP students, they have to be attending training camps or competing at national or international events that coincide with exams or essay dates. That's where the EAP staff step in to get things changed for the athletes. It saves the EAP students valuable time that they then use for study, training or competing. Time management is key for these students."

Ed Smith, the Chief Executive Officer of Sydney Uni Sport & Fitness, says the 2020 EAP graduates are a credit to the Sports Scholarship program. "We run the best sports club program in the land, so they need first-class facilities and staff to provide support," he said. "We want to turn out people who can compete on and off the sporting field."

The 2020 graduates certainly fit that bill.

*Semester 1 2020 results.



Pictured: Jamie Ford, Alysha Skerritt, Sebastian Gray, Cheryl Chan, Nick van Gelder and Christian Kyriakou

ROAD TO RECOVERY



Persistence and determination have been the two driving factors behind Madii Himbury's comeback campaign, with a competitive spirit that is itching to get back in the limelight. The University of Sydney and Elite Athlete Program Alumni, who has recently completed a Master of Public Health, has been on the road to recovery since suffering a third ACL injury, and while at times it has tested her commitment to mogul skiing, it has also shaped her appreciation for the sport in a unique way. With her mind set on making a second Olympics appearance, the inspiring athlete talks us through her bumpy journey and how she has stared adversity in the face and overcome it.

How did you get into freestyle mogul skiing and what made it an attractive sport to you?

I switched from gymnastics originally and joined the club program at Perisher. I mainly got involved through inter-school ski competitions, we did all the events in it and moguls was my favourite mainly because it has different parts to it. If one thing isn't working with turns, you can work on the jumps, but it also has the speed component so you can flick between different skills and it can be interesting each day. At the bottom of the run you feel exhilarated over the fact you just made it down this crazy, steep course, which is why my love has stayed in the sport.

How did the COVID-19 pandemic impact you as an athlete in both a training and competitive sense?

I was injured at the beginning of 2020, so lockdown coincided with my strength and conditioning at home. The uncertainty was challenging because I didn't know when I was going to get back on the snow and I didn't know when I would compete next. I couldn't plan for the future and I couldn't plan for when I should be ready. We didn't know if Perisher would be open, we didn't know if we could go overseas and we still don't know when we can compete next for sure because things can get cancelled at any point. It was a super anxious period, asking yourself:

'Why am I working so hard to maybe return to the sport?' But I'm happy I stuck it out, worked really hard and got really strong, and was ready for when Perisher did open.



You're coming off a third ACL injury. How has that challenged you mentally and physically?

I was actually coming back from some time off for my mental health after the 2018 Winter Games, so to do my ACL after that season it put me in a place where I was trying to find a love for the sport again. When I learned I had done my ACL I was devastated because I had just decided that I really wanted to pursue mogul skiing and then to be told you can't made me question whether I wanted to go through the process again. People don't realise how much rehab and time you have to take off because it's a longer timeline than that nine-month period for running sports. Mogul skiing is difficult because you basically have to learn how to walk again and it's about a two-year recovery to get back to the same level you were, and then another year after that to be even better. I decided not to get the surgery and go conservative to build up all my muscles and strength around my knee to be able to handle it without an ACL. I just couldn't see myself having another year off.



You talked about finding your passion again for the sport. How did you do that?

I went and trained with a junior team in the U.S.A., just so it wasn't competitive and was a lower level. These kids just loved skiing so much. When we go to competition, we are there to compete and hopefully win some money – that is your job. But these kids are there to have fun and ski, so it was cool to hang with people who just frothed skiing. I realised this is how I should feel every day.

After you made your Olympic debut at Pyeongchang in 2018, what goals did you set for yourself?

Not many at that point. I was a deer in the headlights at those Games. It was so intimidating and full on. I was trying to take everything in but it was all just going past me like crazy. I was so anxious and nervous, but I would love to go back having had that experience and be ready for that. No matter what someone tells you, nothing can prepare you for it. In training I couldn't land my top-air, I was landing on my backside and that is unheard of. I've done this trick for years and I suddenly couldn't do it because I was in my head. After making that first run down, the relief of finishing was unreal and the sense of accomplishment was crazy. I would love to do it again and be a competitor that can block out all those external factors.



Are you hopeful of making an appearance in Beijing in 2022 and what does the path look like to get there?

I am hopeful. I'm skiing really well, it's just about keeping my body in shape and obviously getting back in the start gate because it's been a while. From this point on it is Olympic qualifiers so any event I compete in will help me qualify for the Games. We must be in the top 30 around the world, but the biggest challenge is being in the top four Australian girls. There are six or seven of us that are pretty competitive and in the running for the next Games. Australia's qualification is your one best result, so if I get one podium and crash every other event, I'm in because they want the best chance of success.

We did some stalking on your Instagram and noticed you had been doing some training at a water ramp facility. For those who don't know what that involves, could you explain to us what that training is and what you are trying to achieve with it?

Water ramp is a facility for you to practise your aerial tricks. We walk up a set of stairs, click on an old set of skis, a wetsuit, lifejacket and helmet. Then you go down a plastic ramp with water and candle wax under your ski and you flip and land in a pool. We have a brand new facility in Brisbane which is beautiful. We can do 30 to 40 jumps on water, which is way more than we do on snow because it's less impact and you can also crash on the water which gives you more freedom to learn new tricks. We go there to perfect old tricks and make them more consistent, but also to practise new tricks with a higher degree of difficulty that get you more points but aren't quite ready for competition yet.

Images: Supplied

SPORT MEETS SCIENCE

The University of Sydney is home to some of the world's best researchers and most promising students. Their influence is felt not only in the classroom and across campus, but globally, with the University's research efforts ranked second for impact in the Times Higher Education Impact Rankings in 2020.

Over the years, these great minds have worked closely with Sydney Uni Sport & Fitness (SUSF) athletes and staff on countless collaborative projects, always with the goal of strengthening the relationship. Now, in 2021, with the new Susan Wakil Health Building operating on Camperdown Campus, the alliance is set to grow further.

We explore some of the highlights and people at the nexus of this invaluable work.

KEY PEOPLE

LEONIE LUM, HEAD OF SPORT (SUSF)

"Sport is part of the fabric of Sydney University. Not only do Australia's best athletes develop here, but it's also where the brightest minds in sport learn and practise. With the Susan Wakil Health Building now next door, the collaborative impact of the University of Sydney and Sydney Uni Sport & Fitness on the sporting landscape will be amplified. If you want to play sport, study sport, and work in sport; Sydney University is the place to be."

DR JONATHAN FREESTON, SENIOR LECTURER | EXERCISE, HEALTH AND PERFORMANCE (UNIVERSITY OF SYDNEY)

"Building on a successful, 2-year research fellowship with the Cleveland Indians Major League Baseball team, I have a keen interest in performance enhancement and injury prevention research in high-performance settings and specifically in baseball and cricket. Collaboration between the Faculty of Medicine and Health and Sydney Uni Sport & Fitness offers a unique opportunity. We have been able to work together to produce world-leading research, provide real-world experiences for our students while improving performance and injury outcomes for our athletes. With the move to the new Susan Wakil Health Building in February 2021, we will have the opportunity to do all this within a brand new, state-of-the-art building."

ASSOCIATE PROFESSOR KIERON ROONEY, HEAD OF DISCIPLINE IN EXERCISE AND SPORT SCIENCE (UNIVERSITY OF SYDNEY)

"I have worked in the Discipline of Exercise and Sport Science since 2003 and have had the opportunity to both conduct and see the work of others with SUSF. Many honours and PhD students across physiology and biomechanics domains have successfully gone on to obtain ongoing employment with national and international sport organisations and our

established network of undergraduate student placements with SUSF coaches is a commitment we respect and deeply appreciate. We like to think that has helped the odd athlete or two as well. As exciting as our past achievements have been, it is the potential on offer as we move to Camperdown Campus that is truly exciting."

ASSOCIATE PROFESSOR RHONDA ORR, DIRECTOR OF MOVEMENT SCIENCES (UNIVERSITY OF SYDNEY)

"The benefits of collaboration between SUSF and the Faculty of Medicine & Health/School of Health Sciences has been the development of a close interaction between the two organisations, exposure to each other's core business and to partner in applications for research funds. USYD has access to coaches' and S&C expertise as well as the sportspeople, often at elite levels, to recruit for research projects and embed higher degree research students with clubs/teams. SUSF has benefited from being able to use research equipment to quantify training and game workloads, to utilise evidence-based findings from the studies, and to have a student(s) work closely with a team. The collaboration also enhances athletes' exposure to research and opportunities to enrol in a PhD or Masters research degree."



Pictured: Leonie Lum, Dr Jonathan Freeston, Associate Professor Kieron Rooney and Associate Professor Rhonda Orr

PAST PROJECTS

PROJECT TITLE: INJURY PATTERNS, PHYSIOLOGICAL PROFILE, AND PERFORMANCE IN UNIVERSITY RUGBY UNION

CONTRIBUTORS: Shane Ball (SUSF), Mark Halaki (USYD), Tristan Sharp (SUSF) and Rhonda Orr (USYD)

JOURNAL: International Journal of Sports Physiology and Performance

AIMS: Investigate the relationships between match injury incidence and training load, and anthropometric and

physiological-performance characteristics for different playing positions across a competitive season in U20 university rugby union players.

RESULTS:

- Backs had lower body mass, skinfold thickness, strength, lower-body power, and higher maximal aerobic capacity compared with forwards
- Forwards sustained more joint/ligament injuries and upper-limb injuries compared with backs
- Increases in overall injury incidence rate were associated with decreased training duration, decreased deadlift strength, and increased bench press strength for backs

"This project provided an insight into the training loads and injuries experienced within the U20 rugby squad. The results of this study helped to develop training programs and implement load monitoring and injury management systems within the club." – Shane Ball, Strength and Conditioning Coach (SUSF)

PROJECT TITLE: STRENGTH AND POWER CORRELATES OF THROWING VELOCITY ON SUB-ELITE MALE CRICKET PLAYERS

CONTRIBUTORS: Jonathan Freeston (USYD), Thomas Carter (SUSF), Gary Whittaker (SUSF), Owen Nicholls (SUSF) and Kieron Rooney (USYD)

JOURNAL: Journal of Strength and Conditioning Research

AIMS: To determine the relationship between measures of both strength and/or power and throwing velocity in a group of male cricket players. We hypothesised that throwing velocity would be significantly correlated with both upper and lower body measures of both strength and power.

RESULTS:

- Physical strength and power were associated with throwing speed in cricket
- Measures of power were more strongly correlated with throwing speed than measures of strength
- This study highlights the importance of physical strength and power among cricket players for fielding performance

"This study was the first to show that physical strength and power were associated with throwing speed in cricket players leading to the development of novel strength and conditioning training programs for these athletes. As the popularity of T20 cricket continues to grow, and the importance of fielding increases, physical strength and power will continue to be important attributes for elite level cricket players." – Dr Jonathan Freeston

CURRENT PROJECTS

PROJECT TITLE: THE PHYSICAL DEMANDS OF PROFESSIONAL FEMALE BASKETBALL MATCH-PLAY

CONTRIBUTORS: Shane Ball (SUSF), Adriano Arguedas-Soley (SUSF), Sam Pervan (SUSF) and Rhonda Orr (USYD)

AIMS: Document the microsensor derived physical demands of match play in elite professional female basketball players; investigate differences in physical demands across match quarters and positions in elite professional female basketball players.

"This project aimed to quantify the physical demands of WNBL matches using GPS technology integrated with accelerometers that are commonly used in outdoor team sports. This was a novel approach to measuring match demands in the WNBL. The findings of this project will help to determine the match demands across positions and match quarters. We hope the results will assist basketball coaches and strength and conditioning staff plan physical preparation." – Shane Ball

PROJECT TITLE: ELITE FEMALE FIELD HOCKEY PLAYERS' PERFORMANCE BY POSITIONAL LINES OF PLAY AND THE ASSOCIATION WITH ATHLETE WELLNESS

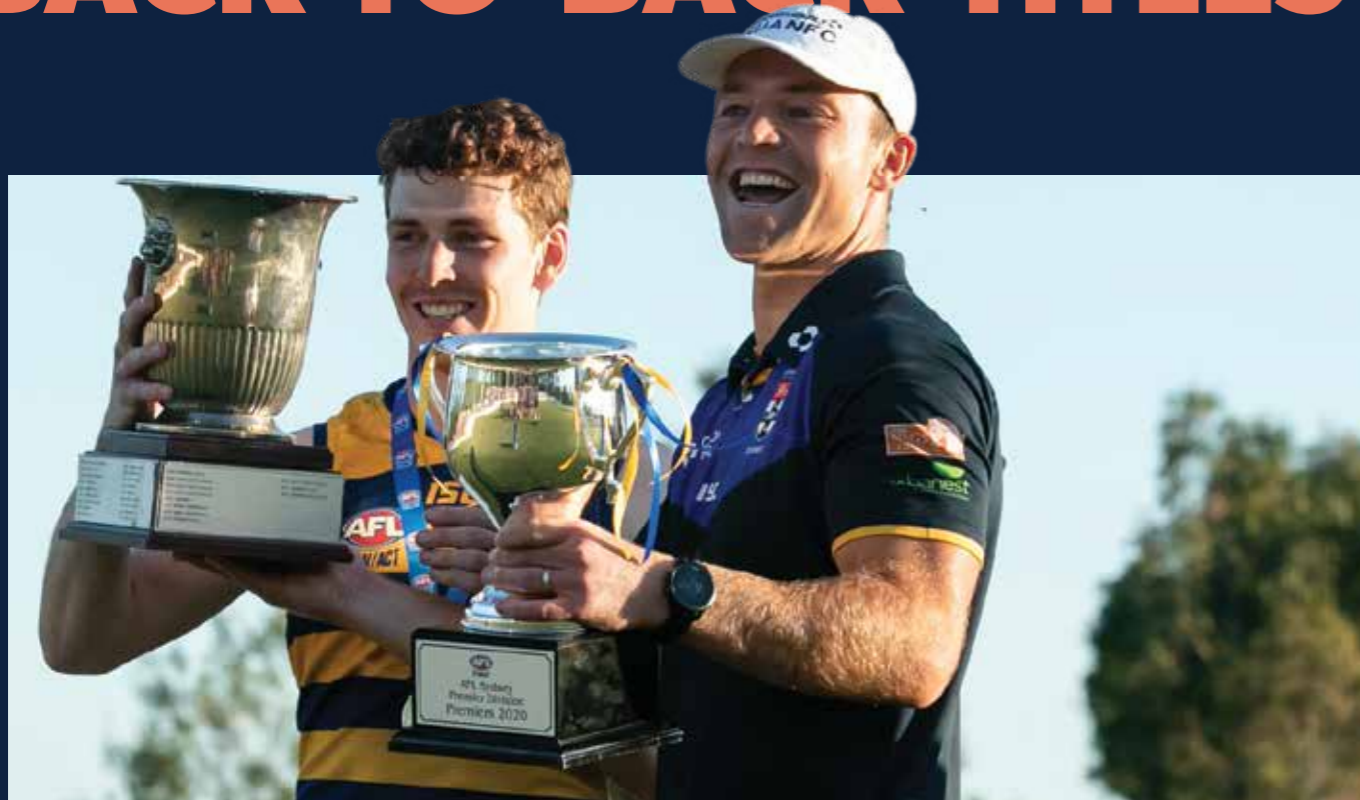
CONTRIBUTORS: Matisse Hasler (USYD), Mark Halaki (USYD), Scott Barker (SUSF) and Rhonda Orr (USYD)

AIMS: Explore the effect positional lines of play has on summed team performance and to conduct an examination into the association between wellness and team performance. It is hypothesised that each performance measure will be significantly different between positions and an association between various performance and wellness variables will be accordingly observed.

"I have provided hockey with a number of GPS units in order to obtain a good understanding of the movement demands of the sport. Obtaining weekly wellness scores has allowed the coach to monitor athletes' health, minimise injuries and prevent overreaching/overtraining. The project examined the performance and wellness of female athletes throughout the pre-season and competition phase of a season. The findings indicate that field hockey performance may be influenced by positional play. Each positional profile displayed differences in physical demands. Defenders were observed to have significantly higher high-speed running distances than both midfielders and forwards. However, neither total wellness scores nor individual wellness variables were associated with performance, likely due to the small sample size." – Rhonda Orr

"The students have been collecting GPS data and implementing a wellbeing questionnaire pre and post-training/games. The data collected is then carefully analysed after which we can then devise each athletes' weekly training program to effectively manage their workloads therefore minimising the risk of injury. Since the commencement of the Workload/Injury Management study, we have been able to reduce soft tissue injuries by 20%. Subsequently we have had athletes gaining selection in the Australian Women's Hockey team, Australian Indoor Hockey team, NSWIS and many NSW State representative teams. I would personally like to thank all involved. We look forward to continued success and building the relationship with Rhonda Orr and Health Science students and faculty." – Scott Barker, Director of Hockey (Sydney Uni Hockey Club)

STUDENTS PUSH FOR BACK-TO-BACK TITLES



» Winning back-to-back Sydney Premier Division Australian Football titles is a tough call in any era.

But for Sydney University Australian National Football Club (SUANFC), the added pressure of claiming back-to-back titles is they'll have to earn a berth in a fifth consecutive season decider.

The Students made it to the 2017 grand final only to fall by six points to Pennant Hills. They clawed their way into 2018's season decider but lost by an agonising three points to UNSW-Eastern Suburbs Bulldogs who backed that up with an 18-point result to snare the 2019 title from the Students.

Sydney University then broke a 28-year title drought to claim the 2020 Premier Division 1 title with a 54-45 win over UNSW-ES in a season that was shortened due to the COVID pandemic.

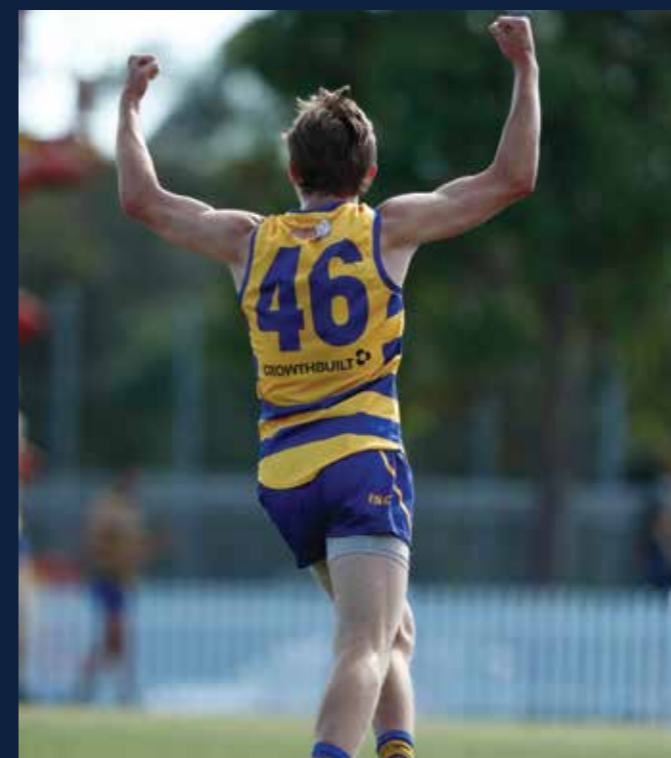
And, as proof of how tough it is to claim premierships, they'd split wins with UNSW-ES in their two previous encounters in 2020 and went into the decider as underdogs.

Coach Tom Morrison is too wise to make bold premiership predictions but says making the finals is eminently achievable and points to last year's outcome of what can evolve from there.

Morrison has built up a strong connection with SUANFC since venturing east from Perth's Claremont FC in 2013 to take on the role of North East Australian Football League (NEAFL) Development and Premier Division Head Coach while competing as an athlete in the SUANFC NEAFL team. He has since held a number of coaching roles within SUANFC, Sydney AFL and Sydney Swans Academy.

While taking in the growth of Australian Football in Sydney, including Sydney University's eight-year venture into the North-East Australian Football League (NEAFL), which closed down in 2020 as a result of the COVID pandemic, Morrison has a good perspective of where SUANFC sits in the Sydney scene.

"Last season there was a fair gap between the top four or five teams and the bottom half of the competition," he said. "Of



course, like all other sides, we want to win the competition, but we also want the competition to be as competitive as possible. We think that season 2021 will be just as challenging but perhaps more even across the competition. Those that make the finals will have really earned their right. One of my three aims for the club is to win back-to-back titles. We're capable of being thereabouts at the end of the season."

Morrison also wants to keep building the club's resources to cater for young players to have a progression through the ranks. "We have talent there and our Under 19s program has grown from strength to strength across the past few years," he said. "In doing that, the focus is not just on the 19s, but all players in the club – everyone can strive to improve, from blokes coming back from NEAFL to those at a social standard. Sport is fun at any level and the fine balance for a club coach is to maintain the fun while training and working hard to improve. It's a juggling act."

And with NEAFL having folded, Morrison wants to help SUANFC get into a position to pitch for a licence to join the new eastern seaboard competition in the Victorian Football League (VFL), playing against the likes of the Giants, Swans, Lions, Suns and Southport.

"We've maintained most of our players from last season's squad and added some young talent from within the club. Having guys like Lewis Stevenson continue on with the club is important to help keep us in a competitive position on the ladder whilst fast-tracking the development of our young kids. Lewis is a former West Coast Eagles and Port Adelaide player who's been here for more than six years. He'll be acting as a player/coach again this season and passing on his knowledge and skills to the young players coming through from the Colts ranks.

"We have retained Jake Bartholomaeus, last year's Phelan Medal winner, and added Harry Morrison, who has returned from a year in the SANFL. These two were both added to the Swans list to compete in the VFL competition this season, so we hope that we don't see too much of them this year and they can play an important role in the VFL.

"Others back on board include Aaron Day, Cameron Williams, Nick Foster, Darcy Baron-Hay, Mitch Thompson, Jack Hiscox, Allister Clarke, Sam Fong, Monty and Spencer Krochmal and Austin Lucy. All were important players for the Students in the 2020 season."

The Students have had retirements to some really important players in Tom Ayton, Sam Tagliabue and Will Sierakowski and have lost Will Gowers to Aspley in the VFL. "However, we are excited that this provides opportunities to other players within the squad," Tom said.

While the player ranks are looking strong, SUANFC has also maintained a strong coaching and administration corps, including former Richmond legend Wayne Campbell, who came on board last year as Director of Football. He said the club has a good list from the 2020 grand final squad, some experienced players from the NEAFL squad and a strong coaching corps.

As with coach Morrison, he's too experienced to make premiership predictions, but says reaching the finals is the main target and that's achievable. "Grand finals berths are hard and elusive to get," he said, "but getting to the finals puts the end objective in sight."

All the ingredients are in the pot; bring on the first bounce in April.

Visit susf.com.au for the extended version of this article.



NEWS BITES

While campus may have been closed over the festive season, our athletes continued to don the blue and gold and represent the Students in an exciting summer of sport. Here's a snapshot of what they got up to over the break.



SWIMMING

GIRL POWER

December 2020 saw 53 of our athletes head to Homebush to compete in the Swimming State Championships; notably, the biggest team USYD as ever taken and 3rd largest in the event. The girls dominated, picking up 2 gold and 4 silver medals for the Students. Well done to all involved.

ROWING

WINNERS ARE GRINNERS

Congratulations to Sydney University Boat Club for their stellar results at the NSW Rowing Championships in early February. The Club took out the two coveted Open Eights events and topped the regatta's overall point score. Special shout out to young gun, Tara Rigney, who won the Elite Single Scull and the Elite Double Sculls against the top National Training Centre senior athletes on the day.



WATER POLO

TABLE-TOPPERS

Both our men's and women's water polo sides made waves in the pool over the summer, helping cement our place as the club to beat. Men's First Grade finished the season on the top of the ladder, defeating UNSW Wests 10-7 in the all-important grand final. As for the girls, after a promising season of wins the premiership slipped away from them in the grand final, suffering a devastatingly close 8-9 loss against UTS Balmain Tigers.



CRICKET

HOWZAT!

In partnership with UWCC (Universities Women's Cricket Club), Sydney Uni Sport & Fitness successfully launched its cricket clinic targeting girls aged 10-15. The latest addition to our Holiday Program focuses on skill development in areas ranging from batting to field positioning. Participants of the December and January clinics were guided by professional coaches in some of the best cricketing facilities NSW offers right here on campus. The first of many programs in SUSF's plan to develop its junior pathways for women's cricket.



VELO

PEDDLE TO THE MEDAL

Well done to Sydney Uni Staminade Women's Cycling team members, Georgia Whitehouse and Emily Watts, who secured first place at the Australian 2020 Track Championships representing NSW. Continuing her winning streak, Georgia went on to qualify for finals in the Individual Pursuit, securing first place and her second gold medal in 3.36.01 over 3km.



TENNIS

INAUGURAL CHAMPIONS

Sydney Uni Lawn Tennis Club players Zara Brankovic, Ella Fraser, Siobhan Anderson and Rebecca Jones placed first in the inaugural ENGIE Premier League Competition, winning a huge \$45,000 in prizemoney. Congratulations to the girls on this incredible achievement.



ATHLETICS

LIGHTNING SPEED

Sydney University Athletics Club's very own Rohan Browning made history in January, becoming the second-fastest Australian 100m sprinter of all time. The 23-year-old clocked a blistering 9.96sec to win the race at Wollongong's Illawarra Track Challenge, cracking the magical 10-second barrier.

Congratulations are also in order for Jenny Blundell who claimed gold and a new personal best after running 3000m in a remarkable 8:56.18.



ICYMI

NEW SCOREBOARD

University No. 1 Oval welcomed a new electronic scoreboard in late 2020 which towers over the ground and will serve multiple clubs throughout their winter and summer campaigns. Support our clubs (and enjoy the new scoreboard!) this semester at one of many events taking place on campus. Turn to page 14 for a full schedule.



JUNIOR AND ADULT PROGRAMS AVAILABLE

TENNIS PROGRAM



EMAIL [TENNISCOACHING@SPORT.USYD.EDU.AU](mailto:tenniscoaching@sport.usyd.edu.au)



OPEN TO EVERYBODY SEMESTER 1, 2020

LUNCHTIME SOCIAL SPORT



EMAIL [LUNCHTIME@SPORT.USYD.EDU.AU](mailto:lunchtime@sport.usyd.edu.au)



DISCOUNT FOR GROUP BOOKINGS

FIRST AID



EMAIL [EDUCATION@SPORT.USYD.EDU.AU](mailto:education@sport.usyd.edu.au)



EXPLORE YOUR PASSION SEMESTER 1, 2020

SHORT COURSES



EMAIL [RECREATION@SPORT.USYD.EDU.AU](mailto:recreation@sport.usyd.edu.au)



FREE TO PLAY SEMESTER 1, 2020

INTERFACULTY SPORT



EMAIL [INTERFACSPORT@SPORT.USYD.EDU.AU](mailto:interfacSPORT@sport.usyd.edu.au)



ALL LEVELS WELCOME

SOCIAL NETBALL COMPETITION



EMAIL [SOCIALNETBALL@SPORT.USYD.EDU.AU](mailto:socialnetball@sport.usyd.edu.au)



STUDENTS SHARE SWIM STORIES

Building sandcastles by the sea; chasing the waves as they crash on the beach and run up the sand; being chased down by mum as she tries to slip, slop and slap you on a 40 degree summer day - these all paint classic Australian memories from our childhood. But not everyone can connect to the same feelings of nostalgia.

For many people, the thought of being near water can stir fear and anxiety. While some of us have nightmares of an unlikely shark bite, others dread the moment their feet can't touch the ground anymore and they are fully submerged in the ocean.

We are a nation that strongly encourages and drills in the art of learning to swim from an adolescent age with swimming a sport Australia takes great pride in, but not everyone is privileged to the same exposure of the necessary life skill.

But just because you are an adult, it's never too late to put on the floaties. Taking the plunge into swimming later in life brings all kinds of benefits and gives people the confidence to take advantage of those hot summer days, or even just go near the water.

This is what SUSF's Water Safe Program is all about. Giving people with little to no confidence the opportunity to learn and take that knowledge into real-life situations. Free for University of Sydney students throughout Semester 1 and 2, the program focuses on teaching basic water skills, stroke and water survival skills in a safe and welcoming environment.

"It's very valuable because it actually teaches us how to swim," said Lakshaay, who is studying a Master of Economics.

"We don't have any experience and are all beginners. I can really tell the difference in my ability and see how much I've progressed and improved."

"We learn freestyle, how to float on our back and front, kicking and breathing techniques and how to do it all properly."

Lakshaay's sentiment was echoed by his peers who were highly impressed with the program instructors' attention to detail and patience.

"They teach us all the skills and techniques to learn how to swim in a comfortable environment and the teacher is always very attentive. The training is very personalised, she (the trainer) always focuses on each of our skills individually," Master of Data Science student Gabriella said.

"I learned to get more comfortable with the kicking aspect of swimming, with the pace of the breath and the rhythm we have to keep with each style."

Another student, Kudakwashe agreed.

"I came into the program with zero swimming ability, so actually being in a position where I can safely swim and feel comfortable doing so is the best part of the program."

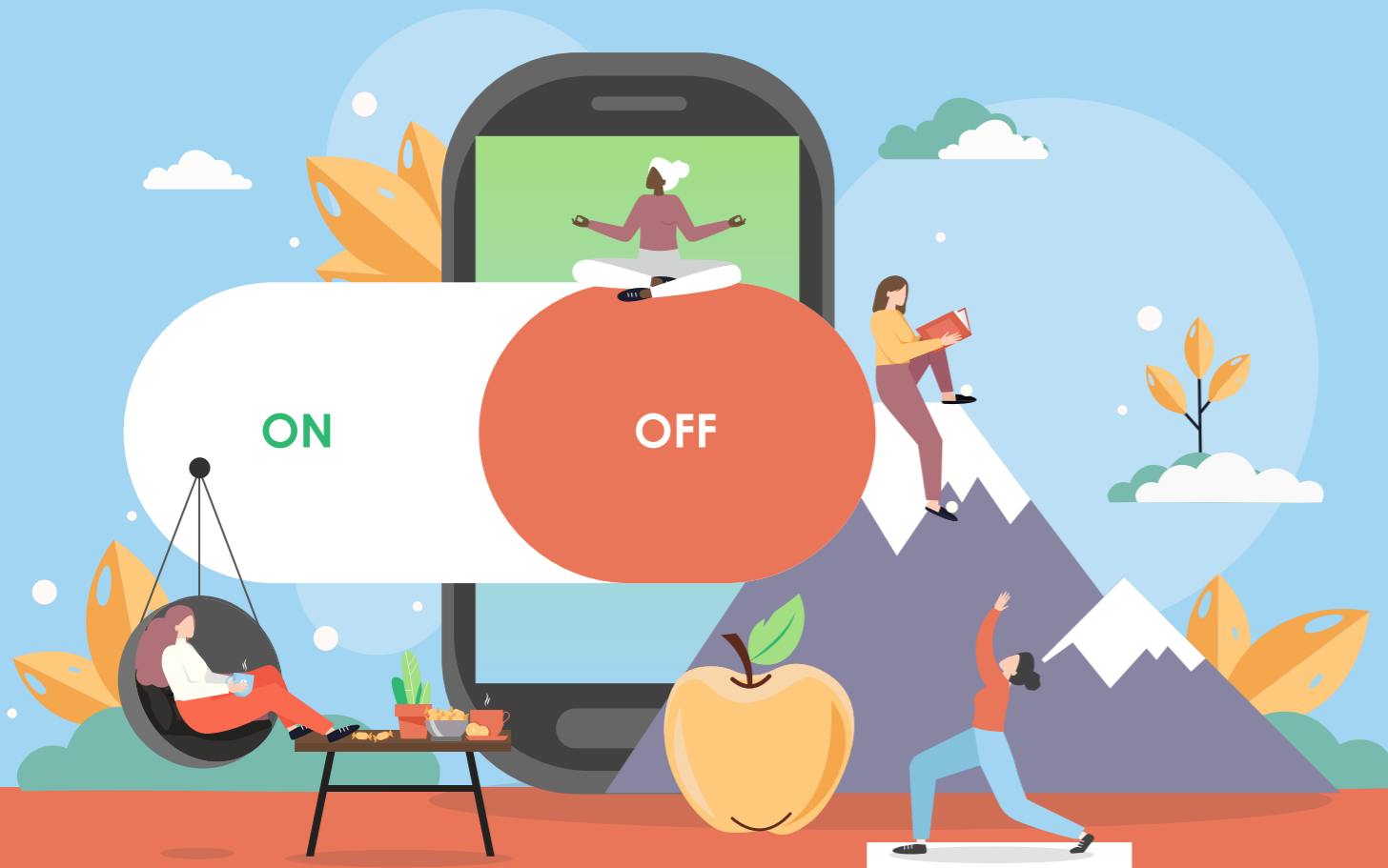
"The first time I started I couldn't even breathe under water. I started with zero confidence in the water, where now I am very comfortable. I didn't have any skills to start with so I had a huge learning curve, but now I can tread water, freestyle and everything in between."

While Kudakwashe, Lakshaay and Gabriella were beginners coming into the program, Water Safety classes are also available at an intermediate level. Students are encouraged to provide a self-assessment and categorise themselves so that our instructors can provide a more personalised experience.

We can't wait for more success stories in 2021 and are thrilled at the progression some of our current students have made.

Registrations for our Water Safe Program are now open.





DISCONNECT TO RECONNECT: THE POWER OF A SOCIAL MEDIA DETOX

Picture this: It's 7am, and the obnoxious sound of your alarm has just woken you.

Weary eyed, you check your Facebook messages. Instagram has kindly notified you that your cousin's boyfriend's sister's best friend (whom you've never met) has posted for the first time in a while... probably best you check that out. You tap through all of your stories, before scrolling through Twitter. You have just enough will-power to avoid TikTok, knowing full well you'll never get out of bed if you fall down that rabbit hole of mindless dance routines and 'put a finger down' videos; that's OK, you'll save it for your bus ride to Uni.

Does this morning routine sound familiar? You're not alone. A study conducted by We Are Social (2020) indicated that the average Australian spends 5 hours and 41 minutes online per day; 1 in every 3 of those minutes is explicitly spent on social media.

In its inception, it was deemed a harmless means of entertainment. Now an inextricable part of our daily lives, it has the power to control how we see ourselves and the world around us, shaping everything from what outfit we'll be wearing to drinks this weekend to US election outcomes.

Like pulling down an old-time slot machine arm, we hope for something new to stimulate us every time we refresh our screen. We're longing for a new comment, like or DM to provide that sweet hit of dopamine we've become all too addicted to.

So how do we save ourselves from this all-consuming pandemonium bursting with influencer bikini pics and teeth whitening treatments you ask? Like most addictions, experts say the best form of treatment is to go cold turkey. 'Queue the 'social media detox.'

WHAT IS A SOCIAL MEDIA DETOX?

A social media detox is a conscious elimination of social media use and consumption for a set period. Ideally, you'd be deleting and removing all social media apps from your phone, and in some cases where it's possible, temporarily disabling your accounts.

WHAT ARE THE BENEFITS?

1. INCREASED PRODUCTIVITY

Ever sat down to write an essay and found yourself 2 hours deep in the thread of a Twitter rant? By eliminating the distractions of notifications and the temptations to take a "quick look" whenever we have a moment to spare, you'll have more time to get things done.

2. LESS COMPARING YOURSELF TO OTHERS

When we're constantly being spammed with relationship status updates, new car selfies and envious holiday snaps, we naturally compare our lives to those beautifully curated on our screens. When we no longer have a constant influx of comparisons, the concept of 'out of sight, out of mind' comes into play.

3. RECONNECT WITH THE REAL WORLD

Ever found yourself more concerned with taking the perfect picture for Instagram while on holidays instead of enjoying yourself? Ever been to a festival and filmed your favourite act rather than just taking it in? Unplugging from the digital world will allow you to live in the moment.

4. GREATER MINDFULNESS

If eliminating the time you'd typically spend scrolling through your phone teaches you anything, it will be a realisation of how much energy you truly devote to your screen. When you return to social media, this new-found mindfulness will have you questioning if you really need to check your phone whenever you can.

With all that said, social media's benefits, particularly the comfort it has brought many during this COVID landscape, cannot be ignored. The fact of the matter is, cutting social media out of your life for the long haul is unrealistic and arguably problematic. However, if you're finding you no longer have control over your digital habits, a break from scrolling may be just what you need to realise the extent of these platforms' influence over your day.

So challenge yourself to delete those apps you spend a little too much of on, it can be for as little as a week. The "day for it" and açai posts will be there when you get back, we promise.

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	RPM 45
9.30am		LES MILLS THE TRIP		LES MILLS THE TRIP			
10.00am						LES MILLS THE TRIP	RPM 45
11.00am							
12.10pm				RPM 45			
12.30pm	LES MILLS THE TRIP		sprint 30				
1.10pm		RPM 45			LES MILLS THE TRIP		
4.10pm						RPM 45	
4.30pm		LES MILLS THE TRIP	LES MILLS THE TRIP				LES MILLS THE TRIP
5.10pm						RPM 45	
5.15pm				RPM 45			
5.30pm	sprint 30						
5.45pm		sprint 30					
6.00pm			RPM 45		LES MILLS THE TRIP		
6.15pm	RPM 45					LES MILLS THE TRIP	
6.30pm		RPM 45		LES MILLS THE TRIP			
7.30pm		LES MILLS THE TRIP					
SUSAC GYM FLOOR - GOLD & UNLEASH PASSES ONLY							
	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm	UNLEASH 30				UNLEASH 30		
1.00pm				UNLEASH 30			
5.00pm			UNLEASH 30				
BOXING GYM							
	MON	TUE	WED	THU	FRI	SAT	SUN
1.10pm				HIT BOXING 45			
5.15pm	HIT BOXING 45						

GROUP FITNESS STUDIO/POOL							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	tōne 45	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	tōne 45	BODYPUMP 55
9.30am						BODYCOMBAT 55	
10.00am	SENIOR CIRCUIT 45						
10.30am			SENIOR POSTURAL 55				
11.00/40						PILATES 55	YOGA JAPANESE 55
11.10am						AQUA 50	
12.10/30		CORE 30	AQUA 50	GRIT Cardio 30		YOGA JAPANESE 55	
1.10pm	BODYPUMP 45 AQUA 50		BODYPUMP 45		CORE 30		
1.15pm		GRIT Cardio 30					
4.00pm						BODYPUMP 55	BODYATTACK 55
4.30pm	CORE 30	BODYPUMP 45		CORE 30	BODYATTACK 55		
4.45pm			CORE 30				
5.15pm	BODYATTACK 45			BODYCOMBAT 45			BODYBALANCE 55
5.30pm			BODYATTACK 55		BODYPUMP 55		
5.45pm		GRIT Series 30					
6.15pm	BODYPUMP 45			BODYPUMP 45			
6.30pm		CORE 30	BODYPUMP 45		tōne 45		
7.15pm	BODYCOMBAT 45						
7:30/8.10	PILATES 55	BODYBALANCE 55	YOGA JAPANESE 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](https://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. SUSF operates out of COVIDSafe facilities. *Prices quoted denote weekly breakdown of 12 month prepaid pass. Off Peak Staff & Student prices are available.

ANNUAL MEMBERSHIP

ANNUAL MEMBERSHIP INCLUDES

- 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 unlimited 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)
- Unlimited 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 \$22* per week

SILVER GYM OR GROUP FITNESS PASS

ACCESS OUR PREMIER GYM OR GROUP FITNESS PROGRAM

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

PERFECT FOR PERFORMANCE TRAINING

- Unlimited 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 \$11* per week
Sydney Uni staff from under \$13* per week
Community from under \$15* per week

BLUE PASS

SWIM YOUR WAY TO A HEALTHIER YOU

- Unlimited 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 \$8* per week
Sydney Uni staff from under \$9* per week
Community from under \$11* per week





JOIN A SPORTING CLUB

OUR SPORTING CLUBS ARE SOCIAL, INCLUSIVE AND THE EASIEST WAY TO GET INVOLVED IN UNIVERSITY LIFE. FROM BASKETBALL TO BADMINTON, THERE IS A CLUB FOR ALL ATHLETES, THE EVERYDAY AND THE ELITE.



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)



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)



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)



GOLF

The University of Sydney's Golf Club has recently been re-established (2020). Follow the club at the links below to stay up to date with social events, rounds of golf and competitions.

-  golf@sport.usyd.edu.au
-  [@usydgolf](https://www.instagram.com/usydgolf)
-  [@USYDGolf](https://www.facebook.com/USYDGolf)



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)



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.

-  sydneyuniversitycanoeclub.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.

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



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)



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 practises Kendo to cultivate one's mindfulness, respect and diligence, through physical training. A practitioner is able to achieve high sense of reflex, alertness, fitness, speed and 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
f [@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
i [@sufc1863](https://www.instagram.com/@sufc1863) | [@sufc_lionesses](https://www.instagram.com/@sufc_lionesses)
f [@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
i [@sydneyunisfc](https://www.instagram.com/@sydneyunisfc)
f [@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
i [@sydneyuninetball](https://www.instagram.com/@sydneyuninetball)
f [@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
i [@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
i [@sydneyunirugbyleague](https://www.instagram.com/@sydneyunirugbyleague)
f [@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
i [@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
i [@usydttabletennis](https://www.instagram.com/@usydttabletennis)



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.

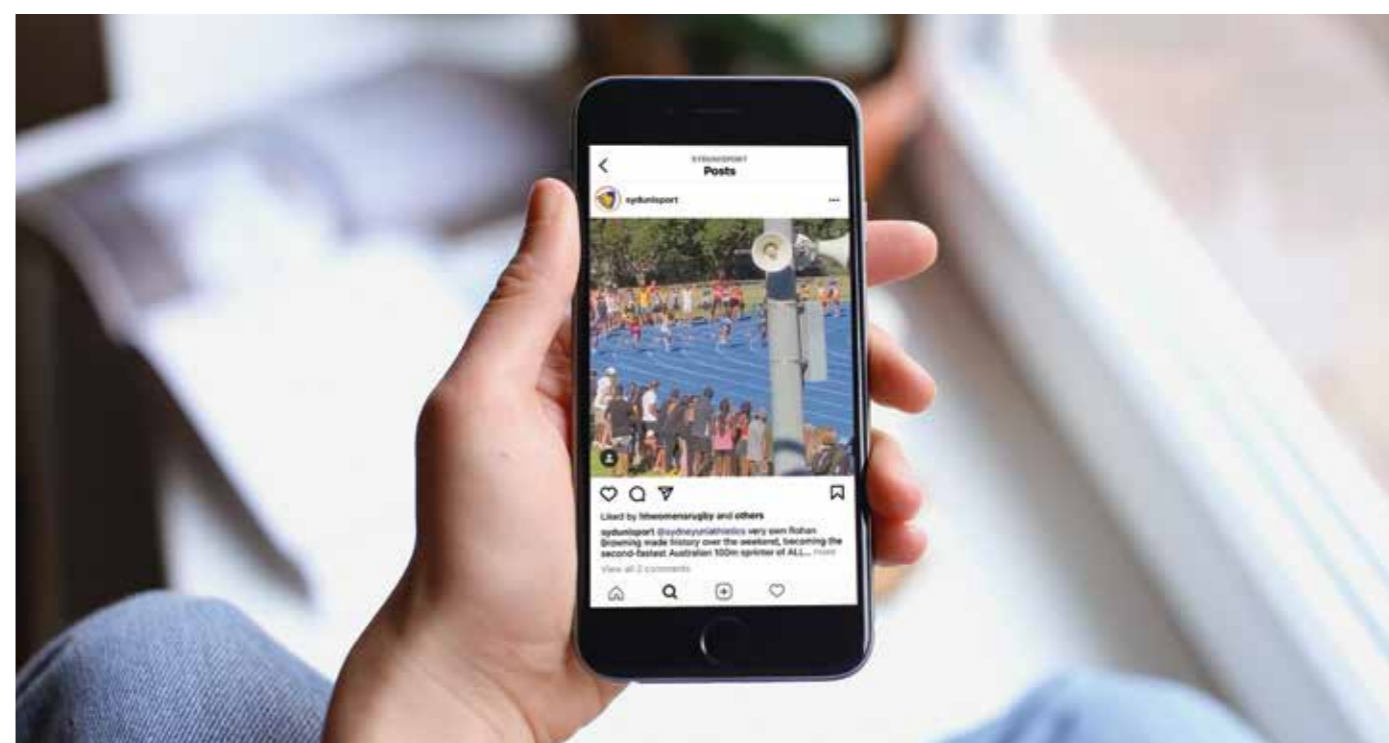
- 🌐 suvelo.com.au
- ✉ suvelo@sport.usyd.edu.au
- 📺 @sydneyunivelo



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
- 📺 @sydunisport

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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



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



Image credit: Angie Kim

THE LEDGE CLIMBING CENTRE

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

The Ledge features:

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

Opening hours

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



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

FIVE BY '25



A passion for sporting success is embedded in Australia's identity. Sportspeople are our heroes – we share their journeys and understand that becoming a champion is a full-time commitment.



Elite athletes concurrently pursuing tertiary studies face the unique challenge of managing intense training, competition and travel schedules alongside their demanding academic endeavours.



From international to intervarsity-level sport; Sydney University is well-represented in the winner's circle. Supporting our most promising student athletes with sporting scholarships and the Elite Athlete Program is fundamental to this success.



With your help, our goal is to raise \$5 million by 2025 to ensure that excellence in sport and tertiary studies remains achievable.

DONATE NOW



THANKS TO OUR SPONSORS

Sydney Uni Sport & Fitness would like to acknowledge our sponsors and strategic partners.



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STRATEGIC PARTNERS



Sydney Uni Sport & Fitness (SUSF) is a not-for-profit organisation that reinvests any profits back into our programs, services and facilities for the benefit of our students, alumni and the wider community. SUSF is partly supported by the University of Sydney through Student Services and Amenities Fee funding.



Sydney Uni
SPORT & FITNESS

2021 STUDENT GYM PASS

MAKE YOUR TIME ON CAMPUS COUNT



PURCHASE TODAY



START TOMORROW