

# ROAR



**Sydney Uni**  
SPORT & FITNESS

**48** WINTER  
2021

**10**  
BREAKING BARRIERS

**22**  
SEVENS HEAVEN

**24**  
BATTLE OF THE RESIDENCES



# FLYING HIGH



# CELEBRATING OUR RETURNING STUDENT ATHLETES, SCHOLARSHIP HOLDERS, CLUB MEMBERS AND GRADUATES WHO COMPETED AT THE TOKYO OLYMPIC GAMES.







## FROM THE EDITOR

The curtain has drawn on the Tokyo Olympic Games, which dazzled the world for two spectacular weeks.

The timing of the postponed Olympic Games could not have been more perfect for us sport-mad Aussies. Locked down at home as the country faces its own competition against the Delta variant of the coronavirus, most of us watched more of the Olympics than we otherwise would've been able to.

The joy of medals won, records broken and dreams realised; the Games served as a timely reminder that sport knows no bounds – people of all ages, races, creeds, abilities, nationalities, and sexual orientation are equipped not only to participate in sport, but to succeed in it.

Bachelor of Science student and Sydney University Athletics Club high jumper Nicola McDermott features on the cover of this edition of ROAR Magazine. Selected for our cover story prior to her silver medal win at the Olympics, what Nicola showed the world on the night of 7 August 2021 – tenacity, humility, passion and self-belief – is the reason the world loves sport, and the reason we're proud to spotlight Nicola in this edition. You can read her story on page 10.

An incredible 99 Australian athletes left Tokyo with a medal – seven of whom are Sydney University Olympians. For context, if Sydney University was its own country competing at the Games, it would sit in equal 42nd position with five medals – the same rank as Colombia and Indonesia; ahead of Ireland and Mexico (4); and just behind Egypt (6), which has a population of over 100 million. Pretty incredible.

Thankfully, the action isn't over yet, with the Tokyo Paralympic Games just around the corner. At the time of writing, Sydney University has six athletes selected to compete, including six-time Paralympian Angie Ballard.

Lockdown or not, Netflix can have a rest for the two weeks beginning 24 August. I know what I'll be watching.



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  
Emma Hogan  
Graham Croker  
Nicole Safi  
Sera Naiqama  
Tracy McBeth  
Trudie McConnochie

#### CONTRIBUTING PHOTOGRAPHERS

Casey Sims  
Karen Spencer (Mum's Rugby Snaps)

### 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

# CONTENTS

## 48 WINTER 2021



### 06

MEMBER MEETS:  
CHRIS SMITH

By Sera Naiqama



### 10

BREAKING BARRIERS

By Sera Naiqama



### 20

DEAD HEAT DUO

By Graham Croker



### 22

SEVENS HEAVEN

By Graham Croker



### 24

BATTLE OF THE RESIDENCES

By Anastasia Barrat



### 28

GOODBYE DIETS, HELLO  
INTUITIVE EATING

By Trudie McConnochie

08 FILTER THE FAKE

By Tracy McBeth

18 AROUND THE GROUNDS

30 ALL YOU NEED TO KNOW  
ABOUT GRIT

14 NEWS BITES

34 JOIN A CLUB

42 FACILITIES





25 MAY 2021  
FREE CARDIO WORKOUT ON OVAL 1



# MEMBER MEETS

## CHRIS SMITH

**Chris Smith is a long-standing member of Sydney Uni Sport & Fitness (SUSF). On most days, you'll catch him lifting tin around 4pm at the Sports & Aquatic Centre and although Chris' beard and lifting ability aren't hard to miss, what stands out most about him is his perspective on work and training. It's both interesting and refreshing. Have a read for yourself.**

**Let's start with some icebreakers. If you were a wrestler, what would be your entrance theme song?**

I'd like it to be Fleetwood Mac's 'Tusk'... but, in reality, it's probably Mancini's 'Baby Elephant Walk'.

**Are you a traveller or a homebody?**

Homebody. I live in Erskineville, and I rarely go any further east than the University and any further west than Enmore. In the pre-pandemic era, I would go south as far as the airport so that I could spend time in other countries versions of the 'Inner West'.

**How long have you been a member of SUSF?**

I've been a member for about 5 years now which, by my calculation, is about 280,000 reps.

**How would you describe what it's like to train at SUSF?**

The gym at the Sports & Aquatic Centre is upbeat, energised, and supportive. There's a mass diversity of people: all ages,

all types of bodies and bodily capacities, all nationalities, and the full sliding spectrum of sexualities and genders. It's a respectful gym and the trainers are incredibly skilled! Best of all, it's the only gym in Australia where you can pump iron whilst watching 'ABC News' and 'Antiques Roadshow'.

**Gym staff tell us you've been nicknamed the Deadlift King. Can you tell us a little bit more about that?**

That's very kind but a mild exaggeration. I love deadlifting though – it's an exercise that uses almost every muscle in your body, and it also involves serious concentration. I'm doing well for a pescatarian in their late 40's, but not quite at the level of deadlift royalty. I started deadlifting because I'd watched a documentary about Eddie Hall, the professional strongman. When Eddie was about half my age and weighed about 160kg he managed to deadlift an incredible 500kg. For my part, I can deadlift 180kg (for 8 reps). What this means is that whilst I cannot lift anywhere near what Eddie lifts, I could comfortably lift Eddie himself (as long as he laid flat and didn't wriggle).

**Exercise is known to have many positive benefits when it comes to our health and wellbeing. What do you love most about it?**

I think I look like an extra from the set of a Viking movie, or an aging Hells Angel in the gym but what I'm actually doing is meditating. Using weights involves a lot of repetitious counting: 8 reps x 3 sets x 8 different exercises, over and over again, 5 or 6 days a week, and about 48 weeks a year. The repetition becomes something of a chant. It has been as good for my brain as it has for my biceps.

**You're a Professor of Architectural Theory at The University of Sydney. What inspired this career path, and how long have you been doing it for?**

I started my academic life in the North of England almost 20 years ago. I completed a PhD focusing on the complex relation between buildings and bodies, and ever since, I've been working on the intimate connection between who we are and where we are.

I think that there's a constant shaping and reshaping of ourselves and our society that goes on – a type of constant renovation that is happening between ourselves and our ecologies. A key part of these ecologies is our cities and buildings. Our buildings house, harbour, hold, and mould us. This is to say, our buildings and our cities construct us as much as we construct them.

Thus, so much of my day is all about bodies and buildings. And bodybuilding – the very idea that you can change or construct a body sits neatly amongst this set of ideas.

**Outside of teaching and training, what do you like to do in your spare time?**

I'm a huge fan of Nordic Noir. I enjoy nothing more on a Friday evening than a couch, a gin and tonic, and a horrific murder somewhere in a village in Denmark.

**I need to ask about your beard. How long have you been growing it for, and does it take a lot of work to maintain?**

I'd been in a previous rocky relationship with head-hair, and when I first met my beard I was on the rebound. That was about 3 years ago now, and we've been really happy together.

In some ways, a beard is low maintenance. I save a lot of time in terms of the effort I previously put into shaving or trying to keep the 'stubble' at the right length. On the other hand, like every relationship, you have to put in the effort. I brush it twice a day, and I give it a thorough shampoo once a week. And because I'm not a selfish lover, I also massage cocoa butter into it after we shower to keep it toned and smelling a little like a hairy Ferrero Rocher.

**Is there anything else you'd like to tell us about your time at SUSF?**

When I started going to the gym, I was worried about how I looked and whether people were looking at me. In reality, the vast majority of people are focused on themselves. Not in a particularly vain way, rather people are at the gym because they are all dealing with things that they'd like to alter. Most people are there to alter the decline of capacities, to build capacities, to change shapes, to alter shapes. And this isn't a narcissistic or a selfish thing. I think it's actually about taking power over who you are by choosing to be there... by choosing the gym as where you are.

**Full interview available on  
[susf.com.au/news](https://susf.com.au/news)**







# FILTER THE FAKE

- BROUGHT TO YOU BY BUPA -

## A PHOTO FILTER MIGHT MAKE US FEEL GLAMOUROUS IN THE MOMENT, BUT ARE THESE DIGITAL ENHANCEMENTS GOOD FOR OUR BODY IMAGE? WE SHARE SOME TIPS TO DESIGN A SOCIAL FEED THAT MAKES YOU FEEL GREAT.

In the past magazines were blamed for sharing unattainable images of photoshopped models, but now anyone with a smartphone can airbrush their images and share them online.

These airbrushing apps or filters are designed to correct any perceived imperfections to put your best digital foot forward. But how do these images make us feel about ourselves?

### The impact of filters on self-esteem

Multiple studies have shown social media posts can set unrealistic expectations which may lead to feelings of inadequacy and low self-esteem.

Research shows<sup>1</sup> young women negatively compare their appearance to others online.

A 2017 survey<sup>2</sup> of almost 1,500 teens and young adults found photo-sharing platform Instagram was the most damaging social media site for mental health, body image and wellbeing.

As one survey respondent put it: "Instagram easily makes girls and women feel as if their bodies aren't good enough as people add filters and edit their pictures in order for them to look 'perfect!'"

A new survey by UK charity Girlguiding<sup>3</sup> found half of girls and young women (aged 11-21) surveyed regularly use apps or filters to look better online. And 39% said they felt upset that they couldn't replicate their online appearance in real life.

In extreme cases, plastic surgeons have reported cases of patients asking for surgery to help them look like the filtered image of themselves. A trend dubbed 'Snapchat Dysmorphia'.

Kids Helpline's Tony FitzGerald says young people regularly call the service with concerns about self-esteem, self-worth and body image because of images they see on social media.

"They see images online and they try to emulate what they see, but no one can achieve that level of perfection because many of the images are fake or have been manipulated, or have been staged in a way that is not necessarily 'natural'," says FitzGerald.

"I think it's reasonable to say that Instagram is the primary platform where those images are accessed by young people," he says. "We're all aware of the power of the Instagram influencer and the huge following that they have - so that impact can be quite profound."

## Take control of your feed

The good news is you are in control of everything you consume on social media. With the touch of your screen you can unfollow pages and profiles that don't make you feel good.

FitzGerald says young people should be encouraged to think critically about what pops up in their social feed.

"Knowing that what they're looking at is not necessarily real, as most of these glamorised images have been manipulated in some way, shape or form," he says. "And even if it is real, these people have likely been heavily made up and the image 'staged'."

"In normal life, when they're not in front of a camera, it's very likely that these people we see online are just like you and I," says FitzGerald. "When you look around you at your family and friends it's very likely that none of them are like the images you see online."

## Follow people who make you feel great

FitzGerald says young people are becoming a lot more discerning and sceptical about what they see online.

Campaigns like the #filterdrop challenge, encourage people to embrace their imperfections and post real life images on social media.

The idea, started by UK make-up artist and curve model Sasha Pallari, is to fill peoples feeds with more realistic images.

"Movements like this, which encourage more reality and less fakery, are a really positive thing," says FitzGerald. "It's so important to follow real people who make you feel great, instead of images and influencers that really are completely unattainable in terms of looks."

"Try to follow other people online who have a much healthier and more normal aspect of life," he says.

FitzGerald says put simply it's about being in touch with your feelings and seeking out things that make you feel good.

"If you're following certain pages or content online and you're having a negative reaction to it then that might be a bit of a trigger to think: do I really need to follow that if it's making me feel bad? What's the worth of it?"

## Building a positive body image

You don't have to have flawless skin, sculpted abs or long legs to have a positive body image.

Kids Helpline says it's about how you feel about the way you look.

Instead of comparing ourselves to unattainable images online, FitzGerald suggests focusing on the positives about our bodies and our own lives.

"It's about trying to flip that thinking and say: but I'm unique and there are positive aspects about me as a person, my own body and personality," he says. "We need to catch those thoughts that are telling us negative things about our bodies and replace them with positive ones."

# TIPS TO BOOST YOUR BODY IMAGE

- ▲ Do things that make you feel great
- ▲ Spend time with positive people
- ▲ Write a list of your positive qualities and read it often
- ▲ Love and respect your body for all it can do
- ▲ Embrace the things that make you unique
- ▲ Don't compare yourself to others
- ▲ Know you are more than what you look like
- ▲ Try to catch negative thoughts and replace them with positive ones

<sup>1</sup>pubmed.ncbi.nlm.nih.gov/25462886/

<sup>2</sup>rsph.org.uk/about-us/news/instagram-ranked-worst-for-young-people-s-mental-health.html

<sup>3</sup>girlguiding.org.uk/what-we-do/our-stories-and-news/news/girls-fear-criticism-for-being-themselves/



NICOLA MCDERMOTT

# BREAKING BARRIERS

Nicola McDermott is living the life her 8-year-old self would've dreamt of. Drawing inspiration from Croatian high jumper, Blanka Vlašić, Nicola was inspired to one day write history for herself. And that she did. On Sunday, 25 April, at the 2021 Sydney Track and Field Championships, the 24-year-old Biochemistry student at the University of Sydney became the first Australian woman to jump 2-metres.









# NEWS BITES

## RUGBY

### 4-PEAT

Congratulations to the 13 Sydney Uni Football Club Lionesses who participated in the NSW Waratahs 2021 Buildcorp Super W season, and the further 10 who represented the blue and gold in the Grand Final. The Waratahs were crowned 2021 champions after defeating the Queensland Reds 45-12 at C.ex International Stadium, Coffs Harbour.

Photo Credit: Kaz Watson



## ATHLETICS

### SPEED TO BURN

Sydney University Athletics Club sprinter Rohan Browning took a tad over 10 seconds to make his mark at the Tokyo Olympic Games.

Browning ran a personal best of 10.01sec to win his heat of the 100m, which included some of the big names in world sprinting, including former Olympic and two-time world champion Yohan Blake. Unfortunately Browning muffed the start in his semi-final and finished fifth in 10.09sec to miss out on a place in the final.

Having put the world's best sprinters on notice that there's a serious new contender on the block, Browning joked after his semi-final effort: "Unfortunately this mullet was swimming upstream tonight."

Photo Credit: Athletics Australia



## ROWING

### HISTORY MADE

Australian rowing celebrated its single greatest day in Olympic history with four medals on Wednesday, 28 July. Three of the four medal-winning boats featured Sydney University Boat Club athletes. Jack Hargreaves and Alex Purnell secured the gold medal in the men's coxless four. Cameron Girdlestone claimed his second Olympic medal with bronze in the men's quadruple scull, and Rowena Meredith and Harriet Hudson took out the bronze medal in the women's quadruple scull in their debut Olympic Games.

Photo Credit: Rowing Australia



## SAILING

### SECOND TIME'S A CHARM

Will Ryan, paired with Mat Belcher, stormed to victory in the medal race to take gold for Australia in the men's 470 sailing class at the Enoshima Yacht Harbour. Days before winning his second Olympic medal, Will completed his second degree at Sydney University, wrapping up his Master of Management course.

Photo Credit: Australian Sailing Team/Sailing Energy + World Sailing



## JUDO

### NATIONALS SUCCESS

Sydney Uni Judo Club attended the 2021 Judo Nationals, the key tournament on the calendar with over 700 competitors from across Australia. The 20-strong team included children, students and veterans. All athletes put in a strong performance, with six winning gold in their divisions and a few more scoring big throws to win 10 silver and 9 bronze medals.





ADAPTED SPORTS GALA DAY  
7 MARCH 2021





# Around the Grounds

On the 23rd and 24th day of December 1870, the first intervarsity boat race and a cricket match took place between Australia's two oldest Universities, Melbourne and Sydney.

Today, 151 years on, the remarkable history of varsity rivalry, spirit, and tradition – which has withstood war, natural disasters, and pandemics – continues.

Be it the Australian Boat Race, Aon Women's Uni 7s Series or UniSport Nationals, the University's sporting calendar has been bursting with intervarsity fixtures in 2021.

Now, with a semester to go, we take a look at how some of our intervarsity campaigns are shaping up across the country for the remainder of the year.



## FINALS FEVER

University Basketball League (UBL)

The University Basketball League (UBL) is the most recent and arguably most exciting addition to the intervarsity schedule.

Tipping off in April with a road trip north to face the University of the Sunshine Coast, Sydney Uni was left splitting its two games with a win and loss, in the men's and women's matches.

Five rounds later and Sydney Uni has managed to come out on top of both comps, with La Trobe University, Victoria University, The University of Western Australia, University of Technology Sydney, and University of the Sunshine Coast, all gaining a spot in the top four.

All that's left to do now is secure the inaugural UBL trophy. A challenge not too far away, with the finals set to be played out on our home court, Brydens Stadium, later this year.



If our last home game against cross-city rivals UTS is anything to go by – where young-gun Ryan Abbott dropped a 3-pointer to win the game with seconds left on the clock – we're in for a thriller.



## THE BIG DANCE

UniSport Nationals

Undoubtedly the most anticipated event on the university sporting calendar, UniSport Nationals (Div 1 and 2), was set to make its return after a one-year hiatus due to COVID-19 in 2020. Unfortunately, due to COVID-19, it has again been cancelled in 2021.

What is deemed the 'Olympics of Intersport', 7,500 participants from across the country compete in a week of sport for the chance to be crowned National Champions. Consistently represented by one of the largest groups in the competition, Sydney Uni was likely to retain its 2019 title, due to send 463 student

athletes from a mix bag of faculties and age groups.

Bring on 2022!



## NEW SILVERWARE

Indigenous Nationals

The backend of June saw our Indigenous Nationals side head to Newcastle, donning the blue and gold across four competitions: touch football, basketball, netball, and volleyball.

Sydney Uni managed to come away with silver in the volleyball tournament with special mention to Anthony Nicholls, who coached his team into the finals and was named MVP of the grand final clash.

Be sure to follow our coverage of Sydney Uni's performance in the remaining intervarsity competitions via our Instagram (@sydunisport), or better yet, get down to one of our UBL games and witness the 151-year magic of intervarsity sport for yourself.



# DEAD HEAT DUO

**SYDNEY UNIVERSITY ATHLETICS CLUB ELITE TRIATHLETES LUKE AND JAYDEN SCHOFIELD HAVE OFTEN FINISHED EQUAL FIRST IN EVENTS BUT IT'S NEVER BEEN PLANNED.**

The identical twins started competing in the multi-discipline event during their last three years at Sydney Boys' High School and if they found themselves pushing each other at the end of the running leg they sometimes breasted the tape together.

It happened again at the recent UniSport Triathlon Nationals at Port Stephens, on the NSW Central Coast, where they pushed each other through the 4km beach run, and 37km bike ride before completing the 10km run stride-for-stride in first place.

"It's not something we plan," Luke says. "It's happened about 20 times, but mostly when we were in high school events. We train together and have friendly rivalry. We have the same genetics and similar ability so if a race comes down to us battling it out we sometimes finish together and enjoy the moment."

Luke and Jayden are in the final year of combined Engineering and Science degrees and earning distinctions despite their busy schedule of training and competing in triathlons.

They arrived at the University of Sydney campus in 2017. "We joined the Sydney Uni Athletics Club in first year and went on the Sydney Uni Sport & Fitness Elite Athlete Program (EAP) in 2018," Luke said. "We then spent our third year as exchange students at the University of California, San Diego, and came back on the EAP in 2020."

"It's been super helpful for both of us," Jayden said. "If there's a clash of assignment or exam times with major athletic events, the EAP has been really helpful in getting extensions and exam modifications. The operation is run very smoothly."

The twins started in swimming when they were in primary school at Abbotsford, in Sydney's inner west, and got into cross-country running and athletics when they went to Sydney Boys' High.

"We started competing in triathlons in Years 9-12 and since starting at Uni in 2017 we've been competing solidly and improving our bike and swim disciplines," Luke said.

In 2018 Luke and Jayden qualified for the 2018 Junior ITU World Championships on the Gold Coast and justified their aims of continuing in the sport at higher levels.

More recently, they finished 1st and 2nd in the pro field at the Nepean Triathlon in 2019, and in February 2021, Luke and Jayden earned podium finishes in the Australian National Triathlon Sprint Championships against the elite and u23 field.

As well as competing in events across Australia, they've competed in Continental Cups in Japan, in Collegiate Triathlon events in the USA, and in Canada as part of the Super League Triathlon Series which qualified them for events in Malta, Majorca, Singapore and Jersey in the British Islands. The well-travelled pair are amassing plenty of stamps on their passports, as is their sister, Kirrali, who is into rowing and presently on a scholarship at the University of Minnesota in the USA.

The twins are excited about the relatively new addition to the triathlon – the mixed relay – which made its Olympic debut at the Tokyo Games.

The mixed relay involves four-person teams (two males and two females) each competing miniature tasks: a 300m swim, an 8km bike ride and a 2km run.

"It's very spectator friendly, requiring technical skills, and the lead can change with the different transitions," Jayden said.

It's really short, intense, fast racing, making it super exciting

As well as finishing their degrees this year, Jayden and Luke have their sights on the World Under 23 Championships which are scheduled for later this year in Canada. "We're hoping to earn qualifying spots to get there," Luke said, adding that the 2024 Olympic Games in Paris are also on the radar.



As for finishing side by side again, that's a spur of the moment decision. "With the different disciplines, the lead can change as the race unfolds," Luke said. "Sometimes we'll be in the same pack in a race and we can gauge how each other's going and work off each other; see who's burning off fuel. And if we happen to be contesting the end of the run leg, well ..."



**“IT'S NOT SOMETHING WE PLAN... IT'S HAPPENED ABOUT 20 TIMES...”**



**“AND IF WE HAPPEN TO BE CONTESTING THE END OF THE RUN LEG, WELL...”**



# SEVENS

# HEAVEN



**THE SUCCESS OF A RECENT INTERCOLLEGIATE RUGBY SEVENS COMPETITION PROVIDED FURTHER EVIDENCE THAT SYDNEY UNIVERSITY FOOTBALL CLUB (SUFC) IS AT THE FOREFRONT OF GROWING AND SUPPORTING WOMEN'S RUGBY.**



Played at St John's College Oval, the competition saw 120 players taking part, with colleges providing multiple teams. Isabella Randall, Associate Dean (Sports and Programmes) at St John's College took the lead in hosting and organising the highly successful tournament, which was won by St Andrew's College.

Women's rugby sevens is one of the fastest-growing participation sports in the country and SUFC has been well in the mix since the appointment of Chris Delooze as Director of Women's Rugby and Junior Development 18 months ago.

Despite the setbacks posed by the COVID-19 pandemic, soon after his appointment, SUFC, renowned for its XV a side programme, has been thrilled by the numbers turning up to play sevens. "The growth in the sevens domain speaks for itself, with the club now competing in the Sydney Shute Shield sevens competition with three teams, where in 2019 the club was only partially involved," Delooze said. "We're also looking to develop another side competing under the banner of the University."

Delooze said SUFC has 65 registered female players and fields two teams in the Jack Scott Cup XV a side competition (the only club in Australia to compete in a first grade competition with two sides), along with the three sevens teams competing across first and second division. And this year, for the first time, SUFC has an Under 18 XV a side team and competed in the U17 sevens State Championships.

"In addition to this, we have 19 SUFC representatives in the Super W rugby competition, the national women's competition, and three players in the Australian sevens squad who were all bidding for a spot at this year's Olympic Games – Jakiya Whitfield, Lori Cramer and Piper Duck – who recently competed in the Oceania tournament for selection," Delooze said.

He puts the growth of the SUFC program down to the establishment of three new academies and training facilities in 2020, and is looking to develop further with a home for Inner West women's rugby for kids aged 6 to 16. "This programme is aimed at creating opportunity and community, using rugby as a vehicle for young girls looking to participate in sport," he said.

"We're continuously developing our Inner West Sydney Gold Cubs, the North-West Sydney Red Cubs, based at Barker College, and the Central West Blue Cubs, and doing this with our affiliation with schools and local club programmes, to increase participation and look for emerging talent.

"The ongoing program should provide opportunity for young players from the country and city to compete in strong competitions and go on to the representative ranks.

"Within the University and Australian pathways, there is the Aon Uni sevens competition, where student athletes mix with Australia's most talented female rugby players competing at the highest level in Australian sevens. This year we were one of the youngest sides and finished third overall behind 2021 winners Bond University.

"And this year Sydney University had two players make the top sevens All Stars side - Piper Duck (20) and Bridget Clarke (18) - both members of SUSF's Elite Athlete Program.

"More importantly, Sydney Uni Sport & Fitness supports the program by providing educational opportunities for our female student athletes to flourish well beyond their years in the sport." Education and future development is a high priority within the programme for the Director of Women's Rugby and Junior Development.

It's been a welcome return to the campus for Delooze, who played Colts for SUFC in 1999 and 2000 while embarking on a Bachelor of Human Movement and Education degree. After a short stint with Randwick, he returned to Sydney University and went on to represent Australian Universities in 2005 touring England and Wales, which resulted in a career with Munster Rugby Club in Ireland. While in Ireland he also completed his Master of Science degree in Sports Performance from the University of Limerick, where he received First Class Honours.

Since hanging up the boots, Chris has coached at all levels of the game in both Ireland and Australia in both sevens and XVs. In rugby parlance, his appointment as SUFC's Director of Women's Rugby and Junior Development has been a well-timed move.





# THE BATTLE



# OF RESIDENCES

**SPOKEN OR NOT, THERE'S A RIVALRY THAT LINGERS BETWEEN THE NEIGHBOURS OF EVERY COMMUNITY. THE ON-CAMPUS DWELLERS OF THE UNIVERSITY OF SYDNEY ARE NO EXCEPTION TO THE STATUS QUO. AMIDST THE JACARANDA TREES AND SANDSTONE BUILDINGS, HEALTHY COMPETITION ENDURES BETWEEN THE RESIDENCES, EAGER TO ONE-UP EACH OTHER AT EVERY OPPORTUNITY THEY GET.**

But when the competitiveness extends beyond having the greenest lawn and highest gates, an organised contest is needed to settle the differences and fairly award bragging rights. \*Enter the Intramural Sports Competition\*.

Since its inception in 2016, Intramural Sport has served as the perfect excuse for students of ten of the University's on-campus accommodations to put their residential patriotism to good use. Going head-to-head in a series of sports throughout the academic year, the teams give it their all for the chance to lift the Thomas Whalan (Men's) and Liane Tooth (Women's) Cups.

Semester 1 saw the Darlo Bears, Iglu, Queen Mary Building, Regiment Building, Sancta Sophia College, St John's College, Sydney Uni Village, UniLodge, Urbanest and the Women's College battle in the Welcome Week Shield, futsal, touch football and badminton fixtures.

As the Students gear-up for the second half of the competition, here's a recap of how things have played out on SUSF's courts and fields so far.



## WELCOME WEEK SHIELD

Back in February, the competition kicked off with the highly anticipated Welcome Week Shield. The Darlo Bears picked up the win, closely followed by Sydney Uni Village and Regiment.



## FUTSAL

In March, the rivals met again for a fierce futsal fixture. The Darlo Bears managed to safeguard their enviable spot after solid performances on the court, however, first and third place wins to St John's College and Regiment, respectively, had them hot on their tails.



## TOUCH FOOTBALL

May's touch football tournament saw a new comp leader, with St John's claiming victory in both the Men's and Women's finals, narrowly followed by Regiment and Darlo Bears in both competitions.



## BADMINTON

As for the badminton series, it was all Regiment as they claimed the win in both Men's and Women's finals, to close off the first half of the competition.

# CURRENT STANDINGS

For the Women's competition, Regiment currently leads the charge towards victory, closely followed by Iglu in 2nd place and Sancta Sophia College rounding off the top 3.

And as for Men's, Regiment remains the favourite, followed by the Darlo Bears and St John's College.

## WOMEN'S RANKINGS

- 1 REGIMENT BUILDING
- 2 IGLU
- 3 SANCTA SOPHIA COLLEGE

## MEN'S RANKINGS

- 1 REGIMENT BUILDING
- 2 DARLO BEARS
- 3 ST JOHN'S COLLEGE

If the rollercoaster of results proves anything, it's that it's anyone's game, and there's plenty more turns to come with the Semester 2 fixtures bringing the bulk of points to the table.



20 MARCH 2021  
INTRAMURAL SPORT FUTSAL COMPETITION





## WHAT IS INTUITIVE EATING?

The philosophy behind intuitive eating is that you trust your body and listen to cues to eat what's best for you. This means being non-judgmental about food, and ignoring or disregarding what you might have learnt from a culture of dieting and striving to be thin.

The aim is to break out of dieting patterns and embrace your body's natural signals around food – like mindfulness for your appetite.

This includes recognising when you're full, savoring the experience of eating, and finding healthy ways to deal with emotions rather than eating for comfort.

"Intuitive eating means being aware of the food you are eating," explains Bupa's Corinne Tighe, an accredited practising dietitian. "An intuitive eater has awareness around the smell, colour, flavour, and texture of their food. They enjoy eating and are aware of their own eating habits. They are particularly good at assessing their hunger and fullness cues – which is something not a lot of us are skilled in."

Another plus about intuitive eating is that you make peace with food, instead of constantly judging it (not to mention judging yourself for eating it). And when a particular food is no longer banned, your desire for it can fade away.

"It creates a very positive association with food because there is a realisation that no food is good or bad," Tighe says. "That rids us of feelings of guilt or fear, which can cause a negative association with food."

It's important to understand that intuitive eating isn't about excessively eating whatever you feel like. As one participant in an intuitive eating study, published in the *Journal of Counseling Psychology*, says: "You can have what you want when you want. You just have to pay attention to when it doesn't feel good anymore and stop."

According to the creators of the intuitive eating approach, there are 10 principles of intuitive eating:

### 1. REJECT THE DIET MENTALITY

Get rid of books and magazines that promote diets, and think critically about what every new diet promises vs what it delivers.

### 2. HONOR YOUR HUNGER

By eating when you're hungry, and not letting yourself get to a feeling of excessive hunger.

### 3. MAKE PEACE WITH FOOD

Permit yourself to eat anything you want, to prevent feelings of deprivation that can lead to over-eating.

### 4. CHALLENGE THE 'FOOD POLICE'

By saying 'no' to rules like being 'good' for eating a salad or 'bad' for eating a burger.

### 5. RESPECT YOUR FULLNESS

Look out for signals from your body that show you're satisfied and pause during meals to check in on this feeling.

### 6. DISCOVER THE SATISFACTION FACTOR

Set up an environment where you can enjoy the pleasure and satisfaction of eating.

### 7. HONOR YOUR FEELINGS

Without using food by finding other ways to be comforted when you're experiencing negative emotions.

### 8. RESPECT YOUR BODY

Acknowledge the role your genetics play in the size and shape of your body.

### 9. EXERCISE

Just to move and see how it feels to be active without counting calories or 'burning off' food.

### 10. HONOR YOUR HEALTH

Eat what you like, the taste of that also makes you feel well. No one has the perfect diet, but it's what you do over time that matters.

## IS IT WORTH TRYING INTUITIVE EATING?

If you're looking to break up with dieting and take a healthier approach to food, intuitive eating could prove helpful, Tighe says.

"The positivity around eating is one of the most valuable aspects of intuitive eating," she says. "Other aspects which are beneficial to health include shifting the focus to foods you can have rather than foods you can't, and increased enjoyment when eating. When you are aware of your hunger and fullness cues, you may eat less – which means you can achieve your weight-management goals."

A challenging aspect of intuitive eating is that it requires you to concentrate on your food while you're eating, rather than eating in the car or wolfing down a meal in front of the TV.

"You have to spend more time eating, which can be tricky in the beginning if you are used to eating quickly or on the move," Tighe says. "With all habit changes, a shift in mindset usually doesn't happen overnight but will get easier and feel more natural if you practise consistently over time."

If you'd like help with intuitive eating, talk to an accredited practicing dietitian.

# GOODBYE DIETS, HELLO INTUITIVE EATING

## - BROUGHT TO YOU BY BUPA -

Sick of the yo-yo dieting cycle? Intuitive eating is a healthier approach to food that removes the guilt and judgment.

If there's one thing the world doesn't need, it's another restrictive diet promising to help you shed kilos 'fast'. Luckily, intuitive eating – an approach to food that goes back to basics – doesn't do any of those things.

Nothing is banned, and it isn't about weight loss. In fact, intuitive eating could be described as an 'anti-diet'. So, how does it work?





## ALL YOU NEED TO KNOW ABOUT

# LES MILLS GRIT

**CONSIDERED ONE OF THE QUICKEST WAYS TO TAKE YOUR FITNESS TO THE NEXT LEVEL, THE HIGH-INTENSITY INTERVAL TRAINING OF A LES MILLS GRIT WORKOUT BUILDS CARDIOVASCULAR FITNESS AND LEAN MUSCLE WHILE SENDING CALORIE BURN THROUGH THE ROOF. READ ON FOR ALL YOU NEED TO KNOW ABOUT LES MILLS GRIT, BROUGHT TO YOU BY LES MILLS FIT PLANET.**

### WHAT IS HIGH-INTENSITY INTERVAL TRAINING?

High-intensity interval training (HIIT) is any workout that involves short, intense bursts of effort followed by periods of recovery. The idea is that you go as hard as you possibly can for a short time, rest and then do it again. The intense intervals, particularly the use of the recoveries, allow you to keep reaching your maximum training zone, which is where the results kick in. The HIIT formula can be applied to almost any type of exercise – sprints, cycling, group exercise and functional training.

### WHY IS LES MILLS GRIT THE IDEAL HIIT WORKOUT?

Every LES MILLS GRIT™ workout features a variety of functional exercises that are scientifically structured and tested to ensure they drive the heart rate into specific training zones at certain times. These highly-effective exercises are matched with powerful music, and led by highly skilled coaches who motivate you to push yourself to your max.

### WHY SHOULD YOU DO LES MILLS GRIT?

If you've reached a fitness plateau, LES MILLS GRIT provides the challenge and intensity you need to take your fitness up a notch. With just a few short sessions a week you can rapidly improve aerobic fitness and increase athleticism. You'll unleash fast-twitch muscle fibers and grow lean muscle tissue, which is key to burning fat.

### HOW MANY CALORIES DO YOU BURN DOING LES MILLS GRIT?

In a 30-minute LES MILLS GRIT workout you can expect to burn an average of 320 calories\* – and that's just the beginning. LES MILLS GRIT puts your metabolism into overdrive and generates accelerated changes in body composition.

### WHAT EXERCISES DO YOU DO DURING LES MILLS GRIT?

High knee runs, burpees, mountain climbers, tuck jumps and squat jumps ... these are just some of the moves you can expect in a LES MILLS GRIT workout. The LES MILLS GRIT Athletic option also features functional speed and agility training moves, and if you opt for the LES MILLS GRIT Strength option you'll do sets of weighted squats, lunges, deadrows, and clean and presses too.

### HOW OFTEN SHOULD YOU DO LES MILLS GRIT?

While it's easy to get hooked on the endorphin high of HIIT, you shouldn't do LES MILLS GRIT more than twice a week. New research reveals optimal results come when you limit the time you spend with your heart rate above 90 percent maximum to 30-40 minutes per week (which equates to two LES MILLS GRIT workouts).

### HOW FIT AND STRONG DO YOU NEED TO BE?

If you're new to fitness, diving head first into HIIT is not a wise move. We suggest you build a good level of base fitness and have a regular routine of cardio and resistance training before you tackle HIIT.

While it's ideal to have some base fitness, you don't need to be super fit or strong. LES MILLS GRIT workouts feature simple movements that are relatively easy to master, and while the coaches are there to push you to your max, you can go at your own pace. In fact, if you need to stop to catch your breath it's a good thing – as that indicates you've been pushing your body to the max training zone.

### WHERE CAN YOU GO LES MILLS GRIT?

Right here at Sydney Uni Sport & Fitness! See our group fitness timetable at [susf.com.au](http://susf.com.au).

*This article originally appeared on Les Mills Fit Planet: <https://www.lesmills.com/fit-planet/fitness/all-you-need-to-know-about-les-mills-grit/>*



# 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](https://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



## 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](http://suanfc.com) | [suwafc.com](http://suwafc.com)
-  [afl@sport.usyd.edu.au](mailto: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](http://sydneyunigriron.com)
-  [info@sydneyunigriron.com](mailto: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](http://suac.org.au)
-  [archery@sport.usyd.edu.au](mailto:archery@sport.usyd.edu.au)



## ATHLETICS

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

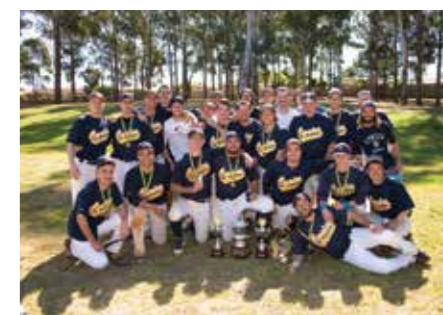
-  [suac.org](http://suac.org)
-  [athletics@sport.usyd.edu.au](mailto:athletics@sport.usyd.edu.au)
-  [@sydneyuniathletics](https://www.instagram.com/sydneyuniathletics)
-  [@sydneyuniathletics](https://www.facebook.com/sydneyuniathletics)



## 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](mailto:badminton@sport.usyd.edu.au)



## BASEBALL

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




-  [sydneyuni.baseball.com.au](http://sydneyuni.baseball.com.au)
-  [baseball@sport.usyd.edu.au](mailto: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](mailto: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](http://subc.com.au)
-  [boat@sport.usyd.edu.au](mailto: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](http://sydneyuniboxing.com.au)
-  [boxing@sport.usyd.edu.au](mailto: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](http://sufc.org.au)
-  [fencing@sport.usyd.edu.au](mailto: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](mailto:golf@sport.usyd.edu.au)
-  [@ussydgolf](https://www.instagram.com/ussydgolf)
-  [@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](mailto: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](http://sydneyuniversitycanoeclub.com.au)
-  [canoe@sport.usyd.edu.au](mailto: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](http://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](http://sydneyuniversitycricket.com.au)
-  [succ@sport.usyd.edu.au](mailto: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](http://sydneyunihandball.com)
-  [handball@sport.usyd.edu.au](mailto: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](http://suhc.asn.au)
-  [hockey@sport.usyd.edu.au](mailto: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](http://sydneyjudo.com)
-  [judo@sport.usyd.edu.au](mailto: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](mailto:kempokarate@sport.usyd.edu.au)



## KENDO

Since 2004, Sydney University has offered Kendo, a traditional Japanese fencing martial arts practised by the samurai. Today it is both a martial art as well as an international sport. The club practises Kendo to cultivate one's mindfulness, respect and diligence, through physical training. A practitioner is able to achieve high sense of reflex, alertness, fitness, speed and co-ordination. The club is open to all levels of students, from beginner to elite.

🌐 [usydkendoclub.com](http://usydkendoclub.com)  
✉ [kendo@sport.usyd.edu.au](mailto: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](http://sumt.club)  
✉ [usydmuaythai@gmail.com](mailto:usydmuaythai@gmail.com)  
📱 [@usydmuaythai](https://www.facebook.com/@usydmuaythai)



## RUGBY UNION

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

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



## SOCCER

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

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



## SOFTBALL

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

✉ [club.development@sport.usyd.edu.au](mailto: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](mailto:sydneyuninetball@gmail.com)  
📱 [@sydneyuninetball](https://www.instagram.com/@sydneyuninetball)  
📱 [@sydneyuninetball](https://www.facebook.com/@sydneyuninetball)



## ROCKCLIMBING/MOUNTAINEERING

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

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



## RUGBY LEAGUE

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

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



## SQUASH

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

✉ [squash@sport.usyd.edu.au](mailto: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](http://sydneyuniswimmingclub.com)  
✉ [suscsecretary@gmail.com](mailto:suscsecretary@gmail.com)  
📱 [@sydneyuniswimming](https://www.instagram.com/@sydneyuniswimming)



## TABLE TENNIS

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

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





### TAEKWONDO

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

- ✉ taekwondo@sport.usyd.edu.au
- 📷 @usyd.tkd
- 📺 @USYDTKD



### TENNIS

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

- ✉ tennis@sport.usyd.edu.au
- 📷 @usydawntennis
- 📺 @sultc



### TOUCH FOOTBALL

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

- ✉ sydneyunitouch@gmail.com
- 📷 @sydneyunitouch
- 📺 @sydneyunitouch



### WATER POLO

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

- ✉ waterpolomen@sport.usyd.edu.au
- 📷 @sydneyuniwp
- 📺 @SydUniWaterPolo



### WATERSKI/WAKEBOARD

The Sydney Uni Waterski Club offers an opportunity for people of all abilities (from first timer to professional) to enjoy organised trips throughout most of the year. The season generally runs from September to May, offering organised waterski and wakeboarding days for members at Cliftonville Ski Park and at Wisemans Ferry on the Hawkesbury River.

- 🌐 usydwake.com
- ✉ usydwake@gmail.com
- 📷 @usyd\_wake
- 📺 @Usydwake



### WRESTLING/GRAPPLING

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

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



### ULTIMATE FRISBEE

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

- ✉ ultimatefrisbee@sport.usyd.edu.au
- 📷 @suufa
- 📺 @usydultimate



### VELO (CYCLING)

The Sydney Uni Velo Club was formed in 2010 as a road cycling club dedicated to the ongoing development of its riders, whether those riders ride for fitness or competitive reasons. The club has a varied and interesting ride and training program, as well as a healthy performance culture – one that encourages its members to strive to reach their goals.

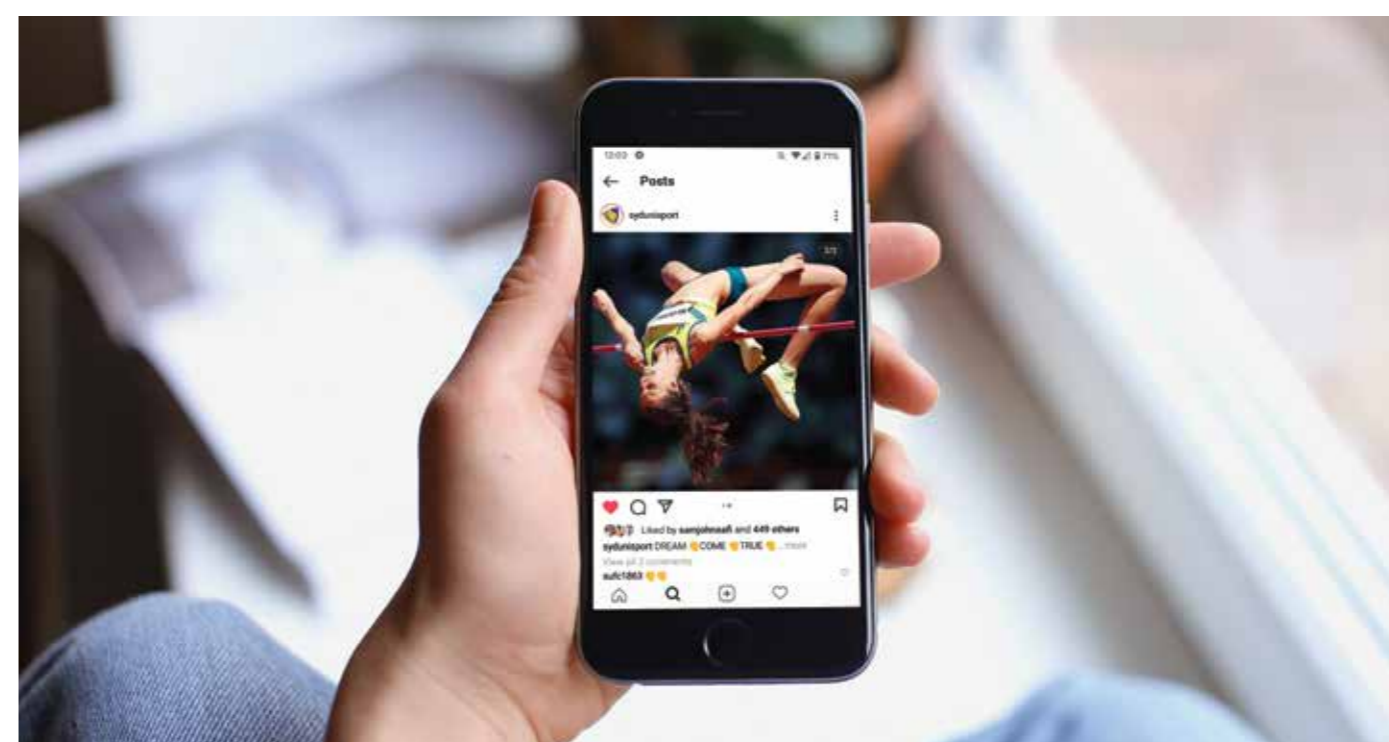
- 🌐 suvelo.com.au
- ✉ suvelo@sport.usyd.edu.au
- 📺 @sydneyunivelo



### VOLLEYBALL

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

- 🌐 suvolleyball.com
- ✉ volleyball@sport.usyd.edu.au
- 📷 @usydvball
- 📺 @sydneyunivolleyball



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

- 📷 @sydunisport
- 📺 @sydunisport
- 📺 @sydunisportfit
- 📺 @sydunisport



# Health & Fitness Facilities

*We have options for everybody!*



## SPORTS & AQUATIC CENTRE

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

### SUSAC features:

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

### Opening hours

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

- 📞 9351 4978
- ✉ [nmrc@sport.usyd.edu.au](mailto: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](mailto:arena@sport.usyd.edu.au)
- 📍 Arena Sports Centre, Western Ave



Image credit: Angle 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](mailto: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](mailto:swimschool@sport.usyd.edu.au)





## Discover the Bupa difference

When it comes to health cover, we're about delivering on quality. That's why we've designed a unique corporate health insurance plan for Sydney University Sport and Fitness, to make sure you get the best possible value from your health and care partner.

With our great value corporate health insurance, you can look forward to:

- Get between 60% - 100% back on selected Extras services at Members First Dental, Physio, Chiro, Podiatry and Optical providers.\*
- Pay nothing for your kids on most dental, physio, chiro, podiatry consultations and selected optical packages at Members First providers (up to yearly limits).\*\*
- Start making your life healthier, more fun and more rewarding with insightful information and exciting rewards and discounts from over 40 partners with Bupa Plus. Visit [bupaplus.com.au](http://bupaplus.com.au).
- A 2% discount on your health cover\*



# THANKS TO OUR SPONSORS

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



### MAJOR SPONSORS



### CORPORATE PARTNERS



### STRATEGIC PARTNERS



To find out more about joining your company's health plan

call 134 135  
quote ID 2111056

Visit your local retail centre

[bupa.com.au/call-me-back](http://bupa.com.au/call-me-back)



[bupa.com.au/corporate](http://bupa.com.au/corporate)

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.

\*For most items at our Members First Extras providers covering dental, physio, chiro, podiatry consultations and selected optical. Yearly limits, waiting periods, fund and policy rules apply. Excludes orthodontics, orthotics and hospital treatments. Set benefits apply at other providers. Available on selected packaged covers and selected standalone Extras covers.  
\*\*For most items covering dental, physio, chiro, podiatry consultations and selected optical packages. Available on Gold Ultimate Health Cover, Top Extras 60, Top Extras 75 and Top Extras 90 when combined with Hospital cover on a family membership. Waiting periods, fund and policy rules apply. Child dependants only. Excludes orthodontics, orthotics and hospital treatments. Set benefits apply at other recognised providers.  
\*Discount is reviewed periodically by Bupa and your Company and is subject to change. Must pay by direct debit or payroll deduction (if available). Reciprocal Health Cover - Basic is ineligible for any discounting, waivers or retail offers. Bupa HI Pty Ltd ABN 81 000 057 590. (TKSB-K75G)



2005

# High jump dream

I'm standing there alone but I'm not afraid,  
The sun is shining there is no shade,  
Everyone is cheering,  
I can't believe what I'm hearing,  
I wish I could fly,  
But the years just go by and by,  
I fly into the air flying like a bird,  
I am excited, but without speaking a word,  
I won I cleared the height,  
I won every single fight,  
We all feel like cookies and cream,  
Going to the Olympics is my greatest dream.



By Sydney University Athletics Club members and Tokyo Olympic Games silver medalist, Nicola McDermott (2005)