

ROAR



Sydney Uni
SPORT & FITNESS

49 SUMMER
2021



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BELLE OF GOALBALL

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REAP WHAT YOU SOW

GUTS & GLORY



Sydney Uni
SPORT & FITNESS

A
YEAR
LIKE
NO
OTHER.





FROM THE EDITOR

This year has been a testament to the strength of our community. The past two years have been turbulent, to say the least, yet here we are, still standing. In my first publication as editor, I am proud to see this magazine full of stories that speak to both the success and character of our people.

Lockdown came with its challenges, but we all did our best with what was in our hands. Senior Operations staff member, Russell Miles speaks to this (page 12) as well as long-serving Head Groundsman, Daryl Davidson (page 26).

However, as the scripture goes, sorrow may last for a night, but joy comes in the morning.

That morning was Friday, 23 July. After a one year delay, the highly anticipated Olympic Games resumed in Tokyo. It was this spectacle of sport that brought hope to countless living rooms across the world where 36 Sydney University athletes competed. As if we weren't spoilt enough, the following month we witnessed six of our own compete at the Paralympic Games. Throughout this edition, we tell the tales of their successes.

None more so than three-time Paralympian, Jenny Blow. On page 14, Anastasia Barrat uncovers Jenny's career to date and the Aussie Belle comeback that had every Australian gob-smacked. It is an honour to spotlight Jenny as she retires from her illustrious 11-year career in the green and gold.

I hope you enjoy ROAR 49!

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UNIVERSITIES WITH THE HIGHEST
NUMBERS OF STUDENT ATHLETES
AT THE OLYMPICS (AIS, 2021)

1. GRIFFITH UNIVERSITY
2. UNIVERSITY OF SYDNEY
3. CURTIN UNIVERSITY



IF SYDNEY UNI WERE ITS OWN COUNTRY COMPETING
AT THE TOKYO OLYMPIC GAMES, IT WOULD SIT IN
EQUAL **42ND POSITION** WITH 5 MEDALS.
THE SAME RANK AS COLOMBIA AND INDONESIA.

MEDALS AMIDST THE MEMORIES

Sydney University was represented by 36 athletes and a team manager in the Australian team at the Covid-delayed Tokyo Olympic Games and another six at the Paralympic Games. They returned with eight medals amid many outstanding performances across a host of sporting disciplines. Here is a recap of how some of our Olympians and Paralympians fared in their campaigns.

ATHLETICS

The rising star, **Nicola McDermott**, made her presence felt on the world stage, soaring to new heights to collect the silver medal in the women's high jump. McDermott's silver medal leap of 2.02m was a personal best, surpassing her 2.01m effort at a Diamond League meet in Stockholm a week prior to the Games. It also made her Australia's best female high jumper of all time as no Australian woman had jumped two metres before.

She cleared 2.02m at her second attempt and just clipped the bar at 2.04m. Russian Mariya Lasitskenskaya, the three-time world champion, won gold with a jump of 2.04m, while the bronze went to Ukraine's Yaroslava Mahuchikh with 2.00m clearance.

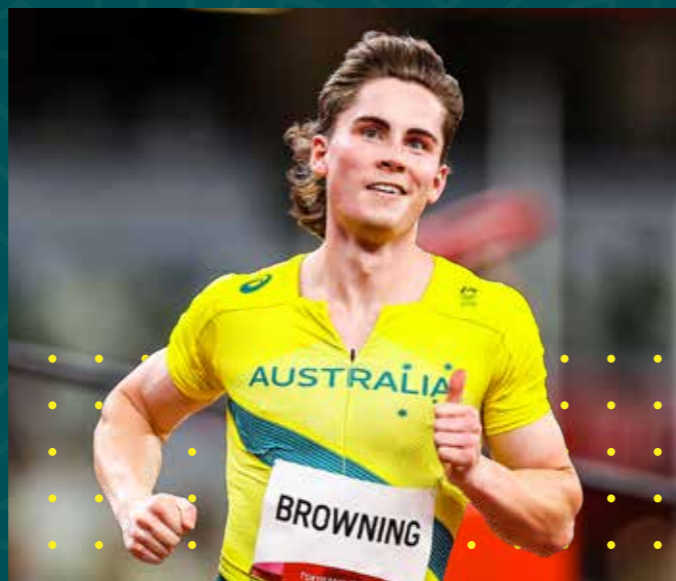
The 24-year-old Bachelor of Science student and Sydney Uni Sport Elite Athlete Program member now has her mind set on the world record of 2.09m and perhaps a gold medal at the Paris Olympic Games in 2024.

Silver also came Sydney University's way at the Paralympic Games when Bachelor of Veterinary Science graduate, **Vincent Donnouie**, guided Jaryd Clifford to finish second in the T-12 men's marathon on the final day of competition. The T-12 category is for vision-impaired athletes who rely on guides to lead them around the course.

Moroccan El Amin Chentouf won the gruelling event in 2:21.43 from the world record holder Clifford, who posted 2:26.09, with Japan's Tadashi Horikoshi collecting bronze in 2:28.01.

While he missed a spot in the men's 100m sprint final, sprinter **Rohan Browning** announced his presence when he ran a personal best of 10.01s to win his heat, which included some of the big names in world sprinting including former Olympic and two-time world champion, Yohan Blake.

Running in lane one, Browning made a great start and cruised past a bemused Blake at the halfway mark on his way to becoming the second-fastest Australian over the distance and booked a place in the semi-final.



Unfortunately, the 23-year-old Law student muffed the start in his semi-final and finished fifth in 10.09sec to miss out on a place in the final. "It's tough, I just never got out, and then I had my work cut out for me," Browning told Channel 7. "I feel like I came back well through the end of the race, but I left myself with too much work to do. It's only 100m."

Paralympic legend **Angie Ballard**, a Bachelor of Science (Honours) graduate, previously competed in the T53 wheelchair sprints at the Sydney 2000, Athens 2004, Beijing 2008, London 2012 and Rio 2016 Games, claiming three silver and two bronze medals on the way.

She was hoping for the elusive gold medal in Tokyo and put herself in position by making it to the T53 100m final. Ballard finished 7th (17.43) overall, with China's collecting gold and silver and Great Britain's, Kinghorn claiming bronze.

Other SUAC athletes in Tokyo were Anneliese Rubie-Renshaw (400m), Catriona Bisset (800m), Jenny Blundell (5000m), Liz Clay (100m hurdles), Mackenzie Little (Javelin), Alexander Beck (400m) and Nicholas Hough (110m hurdles).

BASKETBALL

Sydney University Flames basketballer, **Katie-Rae Ebzery** was a member of the Opals in Tokyo. After winning one of their three pool matches, the Opals' campaign ended with a 79-55 loss to the US in their quarter-final.

Australian wheelchair basketball representatives, **Hannah Dodd** and **Georgia Munro-Cook** finished 9th with the Gliders after defeating Algeria 71-32 in their classification play-off.

The Gliders lost their four preliminary rounds to Japan, Germany, Great Britain and Canada to miss out on a quarter-final match.

Georgia Munro-Cook is a Bachelor of International and Global Studies (Honours) graduate and current Doctor of Philosophy (Arts & Social Sciences) student. The Tokyo Games was Georgia's first Paralympic campaign.

GOALBALL

Australian goalball representative, **Jennifer (Jenny) Blow** is a Bachelor of Education/Arts graduate. She has been a key member of the Australian team for several years, having made her international debut back in 2010.

Tokyo was Jenny's third Paralympic campaign. Competing in Group C at Tokyo, the Aussie Belles lost 11-1 to Israel and 6-nil to China in their opening two preliminary rounds before they broke a 25-year drought in winning a Paralympic match with a 4-3 result against a strong Canadian outfit.

The Belles backed that up with a 4-1 result over reigning world champions Russia to make the quarter-finals, where they lost 10-6 to Turkey. Read more about Jenny on page 14.

ROWING

When Australian rowing celebrated its single greatest day in Olympic history with four medals at Tokyo's Sea Forest Waterway on July 28, three of the four crews included Sydney University Boat Club members.

Jack Hargreaves and **Alex Purnell** teamed with Spencer Turrin, and Alexander Hill won gold in the men's four, edging out Romania, with Italy claiming the bronze. **Cameron Girdlestone** claimed his second Olympic medal when he teamed with Jack Cleary, Caleb Antill and Luke Letcher to win bronze in the men's quadruple scull behind The Netherlands and Great Britain; while **Rowena Meredith** and **Harriet Hudson** teamed with Ria Thompson and Caitlin Cronin to claim bronze in the women's quadruple scull behind China and Poland.

Other SUBC members at Tokyo were Genevieve Horton, Tara Rigney, Campbell Watts, Simon McTavish, Nick Purnell and Jack O'Brien.

SAILING

Sydney University's, **Will Ryan** and his sailing partner Mat Belcher atoned for their silver medal in the 470 class at the 2016 Rio de Janeiro Olympics with a gold medal at Enoshima Yacht Harbour.



Ryan and Belcher won in an emphatic fashion. The five-time world champions entered the medal race with an almost unbeatable 20-point lead and only needed to avoid any false start penalties to be crowned Olympic champions. They took no risks at the start line before working their way through to post a commanding win, with Sweden collecting the silver medal and Spain finishing with bronze.

"It's unbelievable to be here, to have done this. I remember thinking as a kid that Olympic gold just seemed unreachable, and yet here we are," Ryan, 32, said. His sister Jamie also competed at Tokyo, teaming with Tess Lloyd in the 49er FX class to finish 13th overall.

TRIATHLON

Triathlete, **Emma Jeffcoat** was one of four debutants on the Australian triathlon team. Her first taste of the Games was in the women's individual race, where she placed 26th before finishing in an improved position in the mixed relay race in which the Aussies finished 9th overall.

There is no question that the Games in Tokyo was like no other. Staged against the backdrop of the COVID-19 pandemic, with nearly empty stands and masked faces, our Sydney University athletes showcased their talents under extraordinarily challenging conditions.

Each day, our athletes demonstrated remarkable skill and self-belief, providing not only hours of entertainment but inspiration and hope to countless living rooms across Australia. A sentiment arguably needed more than ever, with most of the nation amid months of lockdown.

On behalf of the entire Sydney University Sport & Fitness community, we would like to congratulate every athlete for their incredible efforts at the Games. Podium finish or not, you represented Australia on the biggest sporting stage. An honour that doesn't become a reality for every aspiring athlete but an achievement that will always be yours.

Full story available on suf.com.au/news

THANK YOU, TOKYO



ありがとう東京

STAFF MEETS

ESRA KARAMAN

The staff at Sydney Uni Sport & Fitness (SUSF) are the heartbeat of the organisation. They are often the reason why many of our members enjoy being part of this incredible community. Esra Karaman is one of our Exercise Physiologists (EP), who you'll mostly see at the Sports & Aquatic Centre either training clients 1-on-1 or leading senior classes.

Having grown up as an avid soccer player, her love for sports and exercise (solidified by her high school PDHPE teacher, Ms P) was what inspired her career path. The initial dream was to be a strength and conditioning coach. However, in her third year at University, Esra listened to a guest lecturer speak about what it's like to be an EP and from that moment, Esra knew that was exactly what she wanted to do. In 2020 Esra graduated from the University of Sydney with a Masters in Exercise Physiology and ever since has been part of our team.

We sat down with Esra to find out a little bit more about her.

Icebreaker question. What are you currently watching?

I am currently on a MARVEL marathon! Of course, there's only so many you can watch in a week since each movie tends to be two hours plus. But, I'm aiming for around three per week. I'm currently up to number 10 of the 24-movie series. I highly recommend watching these in order; everything makes so much more sense.

Who has influenced your life the most and why?

I would have to say my high school PDHPE teacher. Having someone who was so passionate about health and fitness, ultimately inspired my love for sport and exercise, inspired the degree I chose and shaped the career path I'm on.

As an accredited EP, you could work anywhere. Why SUSF?

It's been the people for me. The environment here is both friendly and welcoming. I have learnt so much, and a big reason for that is my colleagues. Each staff member professionally qualifies in various parts of health/sport science and constantly imparts their knowledge. It's so refreshing to work in a team like that.

Your work involves you constantly interacting with people. Throughout your time, you would have formed some special friendships with members.

Totally! I have clients who have been training with me from the moment I've started working at SUSF. Not only are they giving of their time, but they've also generously shared tips with me, whether it be cookie recipes or travelling advice. I see them more often than I would see my friends, so great friendships have been formed over time.

How did you adapt to lockdown 2.0?

It took some time for me to get into a lockdown routine. I found sunrise walks to be a solid way to start my day.

In the beginning, I set myself a couple of lockdown projects to complete, and that's what has really kept me sane. Some of the things I've been working on have been reading books I haven't gotten around to, printing out special photographs to create albums, and researching low tox and low waste products to replace some of the cleaning/skincare products I currently have. Oh, and lots of deep cleaning!

What workouts do you enjoy?

Anything that involves heavy weights. I loved leg day (AKA squatting) until our most recent lockdown. Prior to it, I enjoyed pushing my limits on bench press, but I've done a lot more bodyweight training due to limited equipment at home. While it's different to what I'm used to, the results have made me love it. I've never been able to do so many push-ups in a row. I can thank lockdown for the defined triceps I have now!

Working in the fitness industry and having your own consistent training regime, what does a perfect rest day for you look like?

For me, a perfect rest day is a sunny day at the beach; lots of sunscreen, swimming, beach volleyball, and yummy snacks for me to munch on whilst soaking up the sun.

Big picture, where would you like to see yourself in five years' time?

I would like to see myself having travelled most or at least some of the world. Covid hasn't helped with that over the past few years, but fingers crossed, no more pandemics.

Hear, hear Esra!





CREATING OPPORTUNITIES IN LOCKDOWN

JUNE 22 WAS LIKE ANY OTHER TUESDAY. THE UNSIGHTLY PLASTIC FRONT DESK SCREENS THAT WE HAD ALL BECOME ACCUSTOMED TO WERE FINALLY DOWN, THE GYM WAS PUMPING, CLASSES WERE BUZZING, AND THE POOL WAS FULL OF LIFE AGAIN.

Life was feeling like pre-Covid lockdown times, and the atmosphere was electric.

A discussion was taking place at the end of the reception area between Sydney Uni Sport & Fitness CEO, Ed Smith and a few senior Customer Service Assistants.

The group reflected on how it was almost twelve months to the day that the gym had opened its doors up after the first lockdown.

Looking back, that conversation had to have been cursed, by the end of that week, Sydney was put into an initial two week stay-at-home order.

Those two weeks quickly turned into 15 weeks, devastating for both our members and staff, who had no idea when the lockdown would end.

The financial and operational impacts on the business were huge, as the lockdown's regulations were a lot harsher than what we'd seen in 2020.

Despite the extreme challenges this latest lockdown had thrown at us, it provided us with the opportunity to learn, adapt and be creative with how we raise revenue and keep members engaged.

EQUIPMENT HIRE

One of the key learnings from this lockdown was that our members were genuinely keen to continue with their training. This, and the knowledge that our equipment was collecting dust while we were all waiting to come back, sparked an unexpected revenue stream.

All our new Body Pump sets and spin bikes went to temporary new homes. The RPM Studio and Group Fitness Studio had never looked so empty!

It was great knowing we could contribute positively to our members lockdown experience even if they weren't training in our facilities.



TENNIS COURT HIRE

Tennis court hire was a saving grace for many in our community.

It provided members with an outlet to escape the house and enjoy the freedom of being outdoors in the sun.



For the first time in a long time, our courts were booked out for the whole day. Saturdays and Sundays were extremely popular, with weekdays after 5pm being prime-time.

Moving forward, we are confident the demand will remain the same.

NEW RETAIL PROJECTS

Our ROAR Store apparel offerings have expanded. Socks, tights and towels are just some of our newest additions.

With summer now approaching, our Speedo swimwear range has been upgraded to make sure our customers have access to the latest designs.

Now with a little more time on our hands, planning for an online store is underway. This is uncharted territory for us but one we are excited to pursue.



MAKE OVERS

Just like the first lockdown, we saw this as a time to roll up our sleeves and give our facilities some TLC.

In amongst a whole host of maintenance, the pool deck at SUSAC received some re-grouting, the Arena had some revamping, and new irrigation was installed on our sports fields.

We pride ourselves on providing a world-class facility and so our constant improvements are driven by wanting to create a space that our members are proud to call their home.

THE SILVER LINING

This lockdown has been described as one of the most challenging things our generation has ever faced. The silver lining in it all is that it has shown us that there are always new ways to do business, even in the worst of situations.

Nothing in this experience was wasted and because of what we've had to face, we know that whatever the future holds, we'll be okay.

Belle of Goalball

We Australians are stereotypically a simple breed: we're sand and surf loving, butter to Vegemite ratio connoisseurs who are obsessed with a giddy romance of backing an underdog.

On the 28th August 2021, Jennifer (Jenny) Blow and her fellow Aussie Belles teammates fed into the latter, breaking the Australian women's goalball team's grueling 25-year winning drought by securing their first-ever Paralympic victory with a 4-3 win against a strong Canadian outfit.

For context into just how strong the Canadian side were, the country's record of five Paralympic medals is surpassed only by the US team, who have seven.

Having lost 11-1 to Israel and 6-nil to China in their opening two preliminary rounds, the world couldn't help but assume it was game over for the Belles'

Tokyo campaign before they even stepped onto the court.

The Belles, however, had other plans. Armed with incredible self-belief and worth, they defied all odds, with a historic win that made for a spine-tingling underdog story of dreams back home.

Suddenly, the lesser known sport of goalball was thrust into the spotlight. Living rooms

throughout the country followed the free-to-air TV broadcast, witnessing the Belles back up their win with a 4-1 result over undefeated reigning world champions Russia to secure a quarter-final berth, where they sadly went down 10-6 to Turkey.

Despite the campaign-ending loss, the team returned home with this unbelievable achievement etched into the history books, a new wave of exposure and a promising future for the sport.

Sat in hotel quarantine in Melbourne, Jenny reflected on the extraordinary impact of her team's success in Tokyo.

"It has been so heart-warming to hear of all the support we have had. You read all these amazing comments from people who are seeing goalball for the first time on social media. Being such a small sport without an able-bodied counterpart, we have truly struggled to get the same recognition and support as other Paralympic sports, but now so many people know what goalball is. I really hope it helps the sport and the future players."

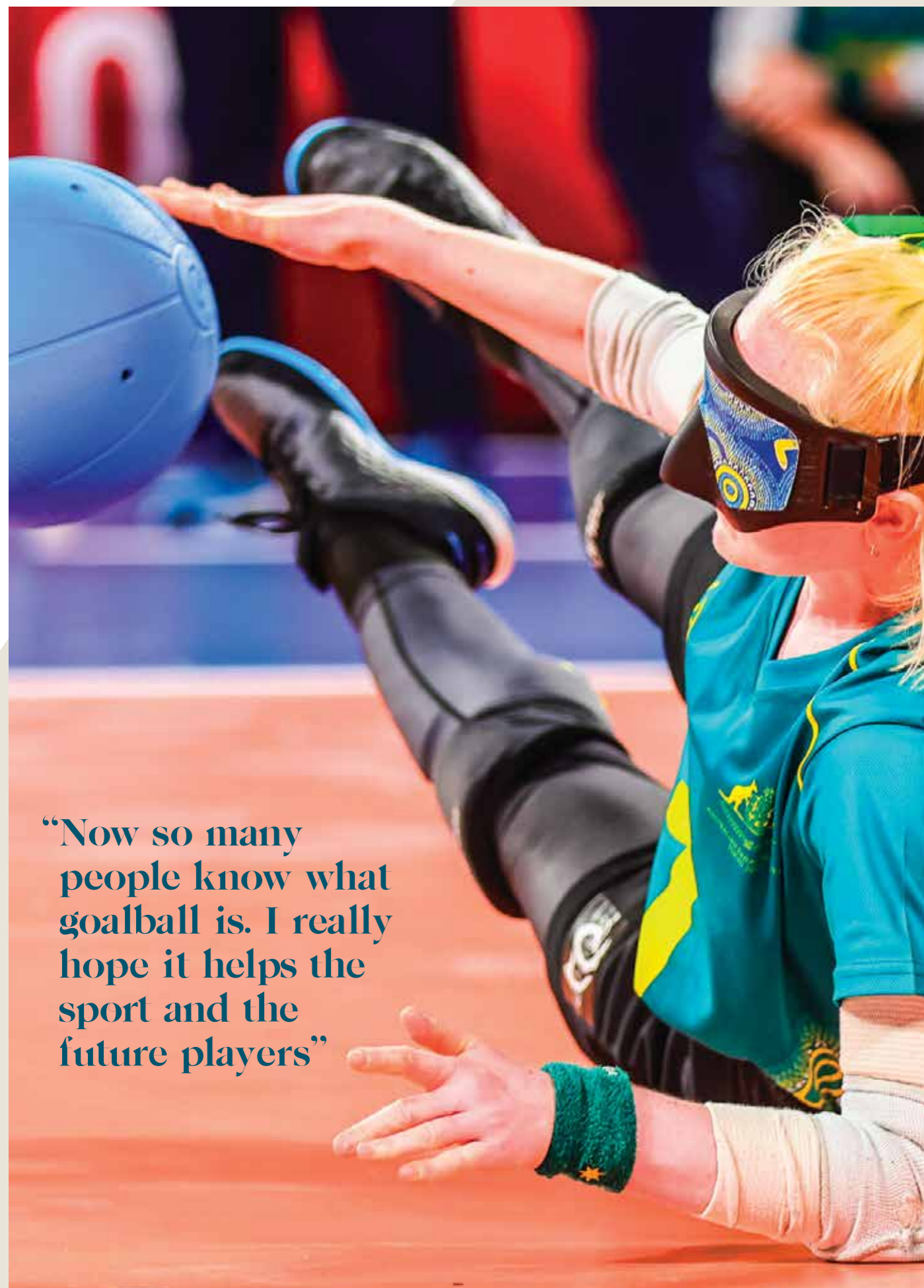
While you likely would have heard and seen goalball spread across the media in recent months, you'd be forgiven for still not being quite au fait with how it all works. So, here's a quick rundown:

Invented in 1946 to assist rehabilitated veterans who had lost their sight during the Second World War, goalball is designed for athletes with vision impairment. Teams are made up of six players, with three members playing at any one time. Essentially, the objective is to roll a basketball-size ball with bells inside over the opponent's goal line while they listen for the oncoming ball and attempt to block it with their bodies. To ensure fair competition, all players must wear opaque eyeshades.

It's a game that requires significant spatial awareness, concentration and listening skills. All of which Jenny has managed to master in over a decade of competing.

"Paralympians are elite athletes who train extremely hard to qualify for the Games and represent Australia."





“Now so many people know what goalball is. I really hope it helps the sport and the future players”

REWIND TO 2009

So how exactly did a young student get involved in this under the radar sport and end up capturing our attention and hearts on the world stage? Well, we can't help but cheekily claim the small role Sydney University played in this narrative.

"In 2009, I was studying a Bachelor of Education/Arts at USYD and was always looking out for any work experience opportunities. My friend, and Aussie Belles teammate, Tyan (Taylor), introduced me to a lady who was teaching a modified version of goalball in schools. She was looking for some other people to go out to schools to teach goalball. I saw this as a great opportunity and learnt the sport so that I could teach it."

It quickly became apparent that Jenny and Tyan's talent extended beyond the school gym. So the pair were encouraged to try out for the NSW Women's team for the upcoming national championships.

"We originally competed just for fun with no expectations of winning a game, but we picked up the sport quite quickly and ended up coming second to Queensland, who at the time made up the Australian team. After Nationals, we were invited to attend an Australian training camp, and from there, I stayed on the training squad and made every international team since 2010."

And what an incredible eleven years it's been since for Jenny, who now boasts an enviable sporting CV brimming with triumphs, including three Paralympic campaigns.

NO SOB STORY

From her first Paralympic debut in London 2012 to Covid-stricken Tokyo 2021, Jenny has undoubtedly witnessed the Games evolution.

"The media coverage and understanding of the Paralympic Games and Parasports has improved dramatically from London to Tokyo," she said.

"People are starting to realise that Paralympians are elite athletes who train extremely hard to qualify for the Games and represent Australia. We aren't just a sob story."

Born with a vision impairment, Oculocutaneous Albinism, Jenny vouches for the positive impact sport can have on people with disabilities.

"Sport has so many benefits for any young person, but specifically, people with disabilities can gain so much from participating in sports, and sports need to be more accessible for people with a disability."

"I hope the coverage goalball received during the Tokyo Paralympic Games results in some young vision impaired kids wanting to come to try goalball so the Aussie Belles can continue developing and improving internationally."

Back at Camperdown, the goalball movement certainly is upon us, and Sydney Uni Sport & Fitness (SUSF) is committed to developing more inclusive sporting opportunities for our students. In April, SUSF hosted an Inclusive Sports Gala Day, supported by NSW Goalball and Blind Sports NSW. The inaugural competition attracted close to 100 people, proving there's a promising future for goalball on campus (more on page 26).

OFF THE COURT

After graduating from Sydney University and SUSF's Elite Athlete Program, Jenny landed a full-time English/Drama teaching position in Sydney, where she taught for five years before moving to Melbourne and focusing on her goalball career.

However, having just announced her Paralympic retirement after the quarter-finals match in Tokyo, Jenny is ready to embrace the next chapter of her life, with teaching back on the cards.

"I have taken a break from classroom teaching the last two years to work as the Education Manager at Paralympics Australia, and I love this job, but my passion is in the classroom, so I hope to return to full-time teaching down here in Melbourne."

“Love yourself and believe in yourself.”

When asked what advice she would give to her younger self, the message was powerfully pure.

"Love yourself and believe in yourself. You might look different; you might have a disability, but you still are an incredible person who can achieve anything you want in life."

Practising what she preaches, Jenny's tenacity, resilience and commitment has paved the way for her career to date and will certainly continue to place her in good stead for what's to come.

Take a bow, Jenny. You inspire us all.





Pictured: Alexander Purnell, Spencer Turrin, Jack Hargreaves and Alexander Hill

Sydney University Boat Club (SUBC) had nine athletes competing in Australian crews at the 2021 Tokyo Olympic Games and came home with four medals from the Sea Forest Waterway rowing complex in Japan's capital.

SUBC rowers at the Games included Alexander Purnell, Cameron Girdlestone, Genevieve Horton, Harriet Hudson, Jack Hargreaves, Jack O'Brien, Nicholas Purnell, Rowena Meredith and Tara Rigney. Four of the nine had podium finishes and etched their names into the history books.

The medal haul came on Wednesday, July 28, when Australian rowing celebrated its single greatest day in Olympic history with four medals. Three of the four medal-winning boats featured SUBC athletes making this the biggest medal result of any boat club in Australia.

Jack Hargreaves and Alex Purnell secured a 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.



Pictured: Jack Cleary, Caleb Antill, Cameron Girdlestone and Luke Letcher

Following three consecutive Olympic silver medals, the men's four, which had two SUBC athletes, **Alex Purnell** and **Jack Hargreaves**, alongside Alexander Hill and Spencer Turrin, competed in a thrilling race to win gold for Australia.

After putting in a gutsy performance and leading for the majority of the race, they held on by 0.37 of a second to secure the win. Purnell, who rowed in the bow

» **The medal haul came on Wednesday, July 28, when Australian rowing celebrated its single greatest day in Olympic history with four medals. Three of the four medal-winning boats featured SUBC athletes.** «

seat for Australia, edged out Romania and Italy to finish on top.

Both men who joined SUBC in their senior years of high school, over the years, have represented Australia at Junior and Senior World Championships and were a part of the Australian eight that won the 2018 Grand Challenge Cup at the Henley Royal Regatta. After three years of unwavering dedication and hard work, the pair become SUBC's first-ever Olympic gold medallists.

After winning a silver medal in Rio in the men's quadruple sculls, **Cameron Girdlestone** has become the first-ever SUBC rower to win medals at two Olympics, securing a bronze to add to his Olympic medal collection.

Girdlestone teamed with Jack Cleary, Caleb Antill, and Luke Letcher secured third place in the men's quadruple sculls behind The Netherlands and Great Britain. Although being deprived of international racing, the five-time Australian national champion proved his place among the world's best.

Rowena Meredith and **Harriet Hudson** teamed with Ria Thompson and Caitlin Cronin, claimed their Tokyo bronze in the women's quadruple sculls behind China and Poland. In the lead up to the Games, the crew headed to Lucerne, Switzerland, to compete in the final Olympic Qualification Regatta. This racing experience was beneficial for them, and in a hard-fought final, the girls came from behind to cross the line in third place.

The pair, at separate times, have claimed National Champion titles at the World Under 23 Championships and had podium finishes in the World Rowing Cup.

Although there weren't podium finishes for everyone, the journey to the Olympics is not for the faint-hearted.

Only 21 years old, **Tara Rigney** made her Olympics debut, competing in the women's double alongside Amanda Bateman. They finished third in their heat and fifth in the semi to then head and contest the B final. After a gutsy race, they finished as seventh in the

world. A strong result in a competitive boat class.

2019 SUBC Rower of the Year, **Genevieve Horton** was a member of the Australian women's eight that finished third in their heat behind the US and Romania to earn a spot in the repechage. Their boat finished fourth in the repechage and locked their spot in the final. Australia finished fifth overall behind Canada (gold), New Zealand (silver) and China (bronze), and the US.

» **Cameron Girdlestone has become the first-ever SUBC rower to win medals at two Olympics.** «

Another dual Olympian, **Nick Purnell**, was in the men's eight alongside young debutant **Jack O'Brien**. The Australians had qualified for the final after finishing fourth in their heat and fourth in the repechage. Booking their spot in the final, they were not able to match the top crews and finished 6th overall.

The nine rowers are a testament to the Sydney University Boat Club. Being one of Sydney's first rowing clubs, over the past 161 years, it has been at the forefront of both domestic and international rowing, contributing a multitude of athletes to state and national teams.

When you come from a "home" like that, anything is possible.



Pictured: Ria Thompson, Rowena Meredith, Harriet Hudson and Caitlin Cronin

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MASTERING THE ART OF SAYING “NO”: HOW ONE WORD CAN HELP RECLAIM CONTROL OVER YOUR LIFE



“No”: it’s one of the first words we hear as children.

Whether we’re reaching for the vase that’s that bit too close to the edge of the table or asking for ice cream for breakfast, grasping the concept of the term comes reasonably quickly.

So why do we struggle to voice it so much as we get older?

We’ve all fallen victim to saying “count me in” to a birthday dinner we didn’t want to attend, “sure thing” to taking on extra work in that nightmarish group assignment or “I’ll get right on to that” to the task your co-worker palmed off on to you.

Of course, doing things we don’t always want to do is another lesson we learn young. But there comes the point where we have to assess whether our constant selflessness is taking a reverse toll on our happiness.

As the end of year work and social rush approaches, our downtime runs the risk of disappearing quicker than Chumbawamba’s music career after their one-hit-wonder ‘Tubthumping’, (*Note to self, Google whatever happened to them).

With that said, there’s no better time like the present to get the taboo word “no” back into our vocabulary so we can start seeing the benefits of being the captain of our own life.

HERE’S YOUR FIVE-STEP GUIDE TO BECOMING A “NO” MAN/WOMAN

UNDERSTAND THAT “NO” ISN’T A RUDE WORD

Far too often the negative connotations of the word “no” outweigh the positive. While disappointment is likely to be on the receiving end, you have control over the extent of that disappointment based on how you communicate your response. There is no need to over-explain or justify; be polite and honest about why you can’t do what’s being asked of you.

LEARN TO PRE-EMPT

It’s a far easier task to pre-empt a request than to say “no” after it’s been asked.

If you know someone is likely to ask a favour, address your position sooner rather than later.

For example, letting your friendship group or work team know how busy you are that week can prompt the sympathy needed to avoid adding an extra responsibility or request to your plate.

RESPECT YOURSELF AND YOUR TIME

While the people-pleaser in all of us may think saying “yes” to everything will increase our likability, Sydney-based career coach, Jane Jackson (ABC, 2021) says it can often be counterintuitive to our success.

“Saying “no” is a matter of helping people learn that you respect yourself and your time,” she says.

People-pleasing will only get you so far and can often be mistaken for weakness in the long run.

ALLOCATE DOWN-TIME FOR YOURSELF

Scheduling time for self-care is crucial to mental health, particularly during the busyness that comes with the silly season ahead.

Many of us are saying “yes” to another Christmas party when what we really feel like is a night-in at home.

Listen to your body and be kind to yourself; by taking the time out to refresh, you’ll be better company for when you do go out.

MAKE A LIST AND PRIORITISE YOUR NEEDS EACH WEEK

It’s a fact that you can never be productive if you take on too many commitments; you spread yourself too thin and will not be able to get anything done (at least not well or on time).

By making a list of all your priorities for the week ahead, you’ll be able to visually assess whether you can take on the extra commitments before jumping into saying “yes.”

If recent months have taught us anything, it’s that we should stop counting our days and instead start making them count.

It’s time to normalise not meeting everyone’s needs at the expense of our own.

So give saying “no” a shot; though daunting at first, you’ll soon realise the world will keep spinning, even when you hand over the ‘Kris Kringle Coordinator’ title to another friend in your group.



CLUBLAND WRAP

COVID-19 PLAYED HAVOC WITH MOST SPORTING COMPETITIONS DURING 2021, BUT SOME SYDNEY UNIVERSITY ATHLETES MANAGED TO PARTICIPATE, WITH FOOTBALLERS OF VARIOUS CODES MANAGING HALF A SEASON AND THE CRICKETERS FINISHING THEIR 2020-21 SEASON IN FULL.

Competitions may have ended abruptly, but up until then, Clubs from Sydney University thrived on the sporting scene. From field to mat, there were many successes.

Sydney University Rugby League Club celebrated its 100th anniversary (one year late because of Covid-19 in 2020) by entering a new competition and, for once, playing on their own field on the Cumberland campus.

With the abandonment of the Tertiary Cup competition, Sydney University played in the new Sydney Metropolitan Shield featuring several older, established clubs, with games played on Saturday afternoons. After a preliminary 9s tournament, the Students kicked off the Shield in style, posting a number of 50-plus scorelines.

Sydney University was undefeated until June 19, when they met Asquith Magpies, also undefeated, in a top-of-the-table match and went down 12-6 in a tight affair. The competition was then abandoned because of Covid, so Asquith won the title on points from Sydney University.

With rugby league now played in the colleges, the Club has a firmer foothold on campus and hopes the Metropolitan Shield, which includes Asquith, Berowra, TAFE Polecats, UTS and Macquarie University, among others, grows into two divisions to cater for all standards.



From field to court, the **Sydney University Basketball Club** finished the inaugural national University Basketball League (UBL) with minor premierships in the men's and women's competitions. The shortened 2021 competition was reduced to five rounds featuring seven universities and was established for university students to strengthen the pathway to professional basketball in Australia.

The tournament was played over seven weeks, with each participating university getting the opportunity to host and livestream the matches.

Sydney University's women's side won five of their six matches to finish on 16 points, edging out La Trobe University (14), Victoria University (14) and the University of the Sunshine Coast (12) for the top four berths.

Sydney University men's side also won five from six to collect the minor premiership on 16 points, ahead of the University of Technology (14), the University of Western Australia (14) and La Trobe University (12).

From court to mat, **Sydney University Judo Club** sent a 20-strong team to the 2021 Australian National Judo Championships held on the Gold Coast in early June. The key tournament on the judo calendar attracted 700 competitors across Australia (except Victoria), with SUJC coming home with six gold medals, ten silver and nine bronze in various divisions.

SUJC's junior competitors also had another successful year at the Central Coast Open, and National Championships held earlier in 2021, winning several medals. This achievement speaks volumes of the promising future of the Club.

From mat back to field, the men's first grade side from **Sydney University Football Club** contested the first nine rounds of the Shute Shield rugby competition.

The Students were undefeated, racking up 431 points while conceding 289 and earning nine bonus points to be sitting on 45 points when the competition was halted. Northern Suburbs (39), Eastern Suburbs (35), Eastwood (33), Warringah (32) and Gordon (29) made up the top six.

The Students were also leading the Club Championship on 1284 points, ahead of Eastern Suburbs (1222) and Gordon (1127).

NSW Rugby Union decided not to award the Shute Shield or the Club Championship, so the Students had to put their efforts down to experience.

As for the Club's women's side, the Lionesses again entered two teams into the Jack Scott Cup. Both grades did well and finished the season on the ladder in first (first grade) and third place (second grade).

The growing second grade side stamped their mark on the competition. By round 9, the team had tallied an equal share of wins and losses and their confidence as a playing group showed.

As for first grade, they continued their dominance by not losing a game all year, making it a 51-game winning streak over four seasons.

And from field to pitch, **Sydney University Cricket Club's** First XI made it to the semi-finals of the 2020-21 Belvidere Cup competition, where they were defeated on the first innings by Manly-Warringah at University Oval.

Fourth grade made it to the semi-finals, where Sutherland held on for a drawn result which took them to the final and ended the Students' season.

While cancelled seasons were a bitter pill to swallow, there is still so much to be proud of. SUSF looks forward to welcoming Clubs back onto campus as we turn our sights to a massive 2022.



REAP WHAT YOU SOW

WHILE MANY OF US WERE CONTAINED TO OUR 5KM RADIUS, A HANDFUL OF MEN FROM THE SYDNEY UNI SPORT & FITNESS GROUNDS TEAM VENTURED ONTO CAMPUS DAILY. THEIR ROLE IS ALL-ENCOMPASSING. FROM EMPTYING BINS AND SETTING UP STREET BASKETBALL COURTS TO PREPARING SPORTS FIELDS, THERE IS NO JOB TOO BIG OR SMALL FOR THIS TEAM.

Often and unintentionally, we overlook their effort. Their work allows students, staff, and the community alike to enjoy sport and recreation on campus. Whether it's a grand final for one of our field-based sports clubs or a friendly between our colleges, fields are an integral part of this experience.

To uncover more about the day-to-day life on the ground (pun intended), Head Groundsman, Daryl Davidson talks us through his journey from leaving school as a 16-year-old to a groundsman whose cricket fields regularly rank in the NSW Premier Cricket's top 10.

"Growing up, I enjoyed watching and playing sport but didn't like school a whole lot. Although I could ace exams without studying, I struggled being indoors, so working outside felt right. I had a taste of that through a work studies program in high

school. Soon after, I left and took on an apprenticeship."

That apprenticeship was with Ashlar Golf Club based in Western Sydney. Not long after starting, the teenager was promoted to Assistant Superintendent, which saw him managing adults almost twice his age. While most would have rested on their laurels, Daryl was determined to upskill and that happened when he landed his next role with Sydney Grammar School (SGS).

"Cricket was always an interest to me, so when an opportunity came up to work at SGS as the Assistant Head Groundsman, I couldn't knock it back. It was a chance to learn a new part of the sports turf industry from a well-respected manager, so I took it on."

Looking back, Daryl is thankful he did. His experiences from golf courses to GPS schools led him right to us.

In 2008, Daryl came across an advertisement for the Assistant Head Groundsman at Sydney Uni Sport & Fitness. Initially, there was hesitation as he knew the task ahead of preserving fields that are over 150 years old would become part of his role. When most saw a dead end, Daryl saw an exciting challenge.

"I often question, what have I done? But back then, I saw a blank canvas that could be turned into a great asset for the sports turf industry."

Those words have certainly been tested over the past 13 years. With fields that backdate to the 1800s, preparing surfaces for sports ranging from amateur to professional is an ongoing challenge.

"I live 50kms away from work, so there have been times when it's sunny in Penrith and flooding at the University. Every time a storm rolls past Penrith heading towards the city, my heart sinks, thinking our turfing budget could be blown in one day. That said, if everything were perfect, work would be boring."

For Daryl no two days are the same. Lockdown and the heavily minimised foot traffic on campus meant Daryl and his men had the time to work on new projects. This included building our

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first ever wash down bay area on No. 1 Oval, which was known for being a swamp that attracted insects, adding automatic irrigation to the cricket wicket square, which has cost the team many weekends when it rains; and building six of the eight Manning Lawn Tennis Courts, saving hundreds of thousands of

dollars for the organisation. Huge tasks that required an all-in effort.

When asked about the dynamic of the Grounds team, here's what Daryl had to say.

"The team is really close, with even some of them moving in with each other. We have been hiring qualified greenkeepers from all over the world, which has helped the team bond. They're making new friends for life who at the end of the day share the same passion."

Over the years, the camaraderie and friendship within the group have been quite evident.

From weekly group sessions in the gym with Personal Trainer, Lou Lou Stanley to entering a touch team into the Lunchtime Social Sport competition, there's not much time they spend apart.

Their collective effort has lifted the profile of our green spaces. From Darlington to Cumberland, our grounds, particularly cricket, have been recognised as some of NSW's best. A couple years back, our cricket pitch came second. That alone speaks volumes of their work.

However, the cherry on top for Daryl is knowing the work that him and his team tirelessly devote themselves to, is not in vain.

"There's nothing better than seeing clubs win on home turf or receiving positive feedback from a professional athlete on your hard work. There is a lot of history on campus, and I'm very proud to prepare sporting surfaces for the next cohort of sporting stars coming through."

And because of what you've sown Daryl, they'll reap that and more.



The Rundown On Camperdown

There's a blissful feeling on campus come this time of year.

Exam anxiety, finally at bay; the sound of budding freshers checking out what could soon be their stomping grounds for the next three-plus years, and the quintessential summer smell of freshly cut fields wafting through the air.

It's a time for reflecting on and celebrating all the hard yards you've put in throughout the University year.

Yet, with the Covid-stricken Semester 2 forcing numerous Sydney Uni Sport & Fitness (SUSF) sports programs to grind to a halt, you can't help but sense that there's unfinished business to attend to in Camperdown.

Scores remain unsettled, bragging rights unawarded, and new hobbies put on ice; it's safe to say students are hungrier than ever to bring on 2022.

But before we do, here's a quick recap of all that went down around our grounds.

WELCOME, GOALBALL

With the support of NSW Goalball and Blind Sports NSW, SUSF played host to an Inclusive Sports Gala Day back in April.

It provided our community with the chance to try various sports that have been modified specifically for people with blindness or low vision. Amongst those sports was Goalball.

The event was stamped as a great success and fuelled an appetite amongst students for more opportunities to play the sport.

And so, on Wednesday, 5 May, SUSF held its inaugural Goalball Competition as part of the Interfaculty Competition. In the 80-year history of Interfaculty Sport, this was the first time for a parasport to be included.

The competition attracted close to 100 people and an incredible 11 registered teams.



A special mention to Engineering 2, who managed to secure the win.

This favourable outcome has given SUSF the confidence to continue developing inclusive initiatives and leaves us safe in assuming we'll be seeing plenty more of Goalball on campus next year.



RESIDENCY RIVALRY

Intramural Sport was one of many beloved competitions cut short due to campus closure.

In Semester 1, 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 battled it out in the Welcome Week Shield, Futsal, Touch Football and Badminton fixtures.

Regiment led the charge towards victory for the Women's competition

at the halfway mark, closely followed by Iglu in 2nd place and Sancta Sophia College rounding out the top 3 spots. And as for Men's, Regiment was pinned as the favourite, followed by the Darlo Bears and St John's College.

Semester 2 was set to bring the bulk of the points. However, winners were never crowned with students flipped to online learning and community sport put on hold.

Next year's chance to lift the Thomas Whalan (Men's) and Liane Tooth (Women's) Cups will be sweeter than ever before.



LIMBERED UP

As for short courses, SUSF added Stretch & Mobility to its impressive list of program offerings after hearing how many of our gym-goers and athletes were looking to improve their flexibility.

The Tuesday morning class saw an incredibly diverse range of participants, with students, staff and the

occasional group of Sydney Uni Football Club players joining in on the sessions each week, bending and stretching in all sorts of shapes.

THE RISE OF FAST5

Over the years, the social netball competitions has been one of SUSF's strongest programs. Our community simply can't get enough of the bib wearing sport.

The latest addition to the netball fixtures has been our Fast5 contest on Wednesday evenings.

Featuring dynamic rule changes, rolling substitutions, power plays and super shots, there was a bit of apprehension about playing this unorthodox game over our other tried and tested tournaments.

However, if this year taught us anything, it is to expect the unexpected.

Fast5 ended up having a record 11 registered teams and gained a new appreciation for the shorter, faster game.





Sydney Uni
SPORT & FITNESS

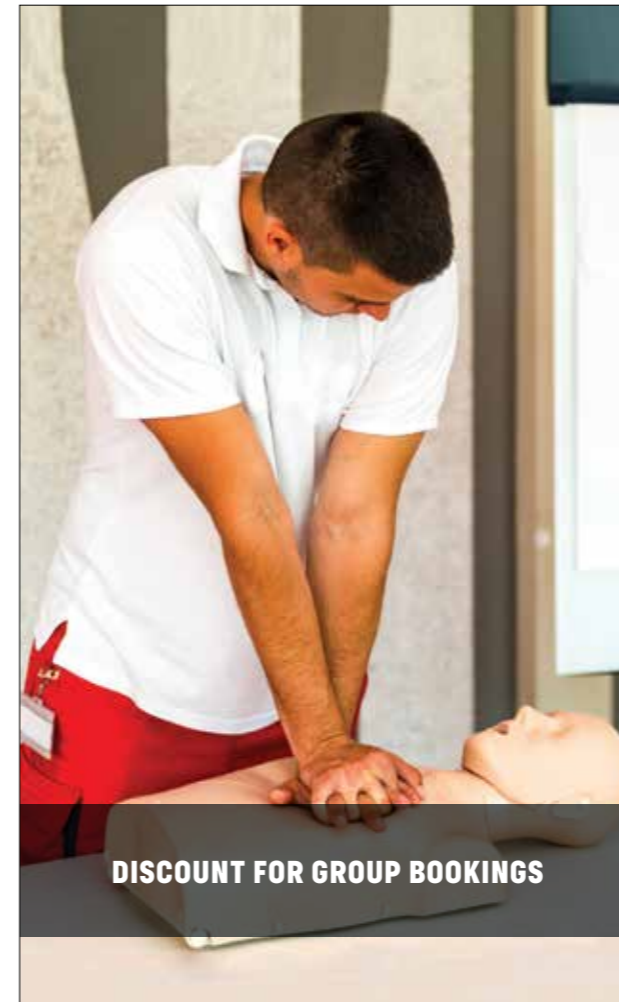
The TAG Family Foundation Grandstand is a multi-sport facility located on the University of Sydney's picturesque Oval No. 2.

Among the many features of the facility is the Function Room, which accommodates up to 300 guests for corporate events, formal lunches and dinners, Christmas parties, presentation nights and conferences.

Equipped with premium audio and visual systems, wireless connectivity, lift access, a private bar and commercial kitchen, the facility serves as the ideal space for your next event.



For more information scan here



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EIGHT WAYS TO EXERCISE IF YOU DON'T LIKE WORKING OUT

- Brought to you by Bupa -

THERE ARE PEOPLE WHO LOVE EVERYTHING ABOUT EXERCISING... AND THEN THERE'S THE REST OF US. HERE ARE EIGHT FUN WAYS TO EXERCISE SO YOU CAN GET MOVING - IF EXERCISE ISN'T USUALLY YOUR THING.

Some people recoil in horror at the thought of putting on workout clothes, going to a gym or pounding the pavement to work up a sweat.

Sound like you? If so, you may need to rethink your definition of exercise. Exercise can take many forms, it can be fun and exciting rather than hard, intense, boring or whatever other negative words you usually associate with workouts.

The key is finding fun ways to exercise. By finding something that appeals to you, you'll see how to make exercise fun so you'll actually look forward to getting up and moving - and maybe even forget you're working out!

1. Let's dance!

Ever watched shows like 'Dancing with the Stars' and thought how much fun everyone seemed to be having? Dancing can be one of the most fun ways to exercise - especially for people that love music. Learning how to dance can not only be a great aerobic workout and all over body toner, it also improves your co-ordination. Whether it be couples-style dancing (such as swing, ballroom, Latin or Argentine Tango) or individual dance classes (think jazz, tap, belly dancing or hip-hop) there's something for everyone. Plus, it's a great way to meet people!

2. On your bike

Most of us rode bikes as kids, but many adults now think of bikes in terms of stationary ones at the gym. Biking is another fun way to exercise that might appeal to you if you love getting outside. A bike is a great clean form of transport, and there are more bike lanes than ever before, making it a much safer option.

Unconvinced? Why not take a bike tour? You'll get to hire a bike and go for a leisurely ride in a group, checking out the sites of your city from a new perspective. And of course there's the added bonus of a great lower limb muscle workout.

3. Hiking

In Australia, we're spoilt for choice when it comes to stunning bushwalks, coastal hikes or mountain treks to enjoy. Walking is so much more fun when you're immersed in nature or when you venture where you don't usually go. As you wander, you'll be providing your body with a cardio workout, strengthening your bones, and firming your lower body and core.

4. Embrace incidental exercise

Take the stairs, get off at the earlier bus stop, avoid using your

car for local trips... consciously working at increasing your incidental exercise will get your blood pumping without you even realising. Think about getting a fitness tracker - there's nothing like a visual record of your movement throughout the day to encourage you to move more.

5. Get wet!

Getting into the water is another fun way to exercise you can tailor to your preferences. From swimming at your local pool, body-surfing or joining an aqua class, water sports are the perfect low-impact, low-sweat activity for people of every age and fitness level. Better still, most water sports provide both a cardio and muscle strengthening workout, while also increasing endurance.

6. Phone a friend

If you're stuck on how to make exercise fun, get some support from a fitness buddy! Doing something active with a friend - perhaps a hit of tennis, round of golf or simply a long walk - is a great way to do your body some good while you're catching up.

7. Get your game on

If you're a video game fan, swap the games that have you sitting down for hours on end, to something interactive. You'll be burning calories from the comfort of your living room and having loads of fun in the process.

8. Just... play!

It's a sad fact that many of us lose the ability to just play for the fun of it as we get older. But if you have kids, or a dog (or even if you don't!), fun exercises are around if you just get out and about. It may be throwing a ball around, or playing backyard cricket with friends. The possibilities are only limited by your imagination.

WHAT IF I DON'T HAVE TIME TO EXERCISE?

Life is busy but working in a workout (that you enjoy) has huge benefits. Finding a fun way to exercise might help to motivate you to find the time to get your heart rate up, especially if you incorporate it into your everyday life. You might even start to look forward to it!

GROUP FITNESS TIMETABLE

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

RPM STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	RPM 45	LES MILLS THE TRIP	sprint 30	LES MILLS THE TRIP	RPM 45		
7.00am						LES MILLS THE TRIP	
7.30am			LES MILLS THE TRIP				
8.00am							LES MILLS THE TRIP
9.00am						sprint 30	
9.30am		LES MILLS THE TRIP		LES MILLS THE TRIP			
10.00am						LES MILLS THE TRIP	RPM 45
11.00am							
12.10pm				RPM 45			
12.30pm	LES MILLS THE TRIP		sprint 30				
1.10pm		RPM 45			LES MILLS THE TRIP		
1.15pm							
4.10pm							
4.30pm		LES MILLS THE TRIP	LES MILLS THE TRIP				LES MILLS THE TRIP
5.00pm						RPM 45	
5.30pm	sprint 30	sprint 30		RPM 45			
6.00pm			RPM 45		LES MILLS THE TRIP		
6.10pm							
6.15pm	RPM 45	RPM 45				LES MILLS THE TRIP	
6.30pm				LES MILLS THE TRIP			
7.30pm							

SUSAC GYM FLOOR - GOLD & UNLEASH PASSES ONLY							
	MON	TUE	WED	THU	FRI	SAT	SUN
12.00pm							
12.30pm	UNLEASH 30				UNLEASH 30		
5.00pm			UNLEASH 30				
6.00pm							

BOXING GYM							
	MON	TUE	WED	THU	FRI	SAT	SUN
5.15pm	City Boxing 45						
6.00pm							

GROUP FITNESS STUDIO/POOL							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am		BODYPUMP 45		BODYPUMP 45	BODYATTACK 45		
7.30am		YOGA FLOW 55	PILATES 55	BODYBALANCE 55	PILATES 55		
8.30am						tōne 45	
9.00am							BODYPUMP 55
9.30am						BODYCOMBAT 55	
11.00am						PILATES 55	YOGA JAPANESE 55
12.00pm							
12.30pm		CORE 30		GRIT Strength 30	CORE 30		
1.10pm	BODYPUMP 45	GRIT Cardio 30	BODYPUMP 45				
4.00pm						BODYPUMP 55	BODYATTACK 55
4.30pm	CORE 30	BODYPUMP 45		CORE 30	BODYATTACK 45		
4.45pm			CORE 30				
5.10pm							BODYBALANCE 55
5.15pm	BODYATTACK 45			BODYCOMBAT 45			
5.30pm					BODYPUMP 55		
5.30pm		GRIT Series 30	BODYATTACK 45				
6.15pm	BODYPUMP 45	CORE 30		BODYPUMP 55			
6.30pm			BODYPUMP 45				
7.00pm		tōne 45					
7.15pm	BODYCOMBAT 55						
7:30pm			YOGA JAPANESE 55	BODYBALANCE 55			

Timetable subject to change.

VISIT SUSF.COM.AU FOR THE MOST UP-TO-DATE TIMETABLE. BOOKINGS ESSENTIAL.

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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
- Complementary 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.

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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
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-  [@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)
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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
-  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
-  [@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
-  [@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
📱 [@usydmuaythai](https://www.facebook.com/@usydmuaythai)



RUGBY UNION

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

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



SOCCER

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

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



SOFTBALL

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

✉ club.development@sport.usyd.edu.au



NETBALL

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

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



ROCKCLIMBING/MOUNTAINEERING

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

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



RUGBY LEAGUE

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

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



SQUASH

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

✉ squash@sport.usyd.edu.au



SWIMMING

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

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



TABLE TENNIS

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

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



TAEKWONDO

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

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



TENNIS

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

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



TOUCH FOOTBALL

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

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



WATER POLO

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

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



WATERSKI/WAKEBOARD

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

- 🌟 usydwake.com
- ✉ usydwake@gmail.com
- 📷 @usyd_wake
- 📺 @Usydwake



WRESTLING/GRAPPLING

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

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



ULTIMATE FRISBEE

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

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



VELO (CYCLING)

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

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



VOLLEYBALL

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

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



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

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



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

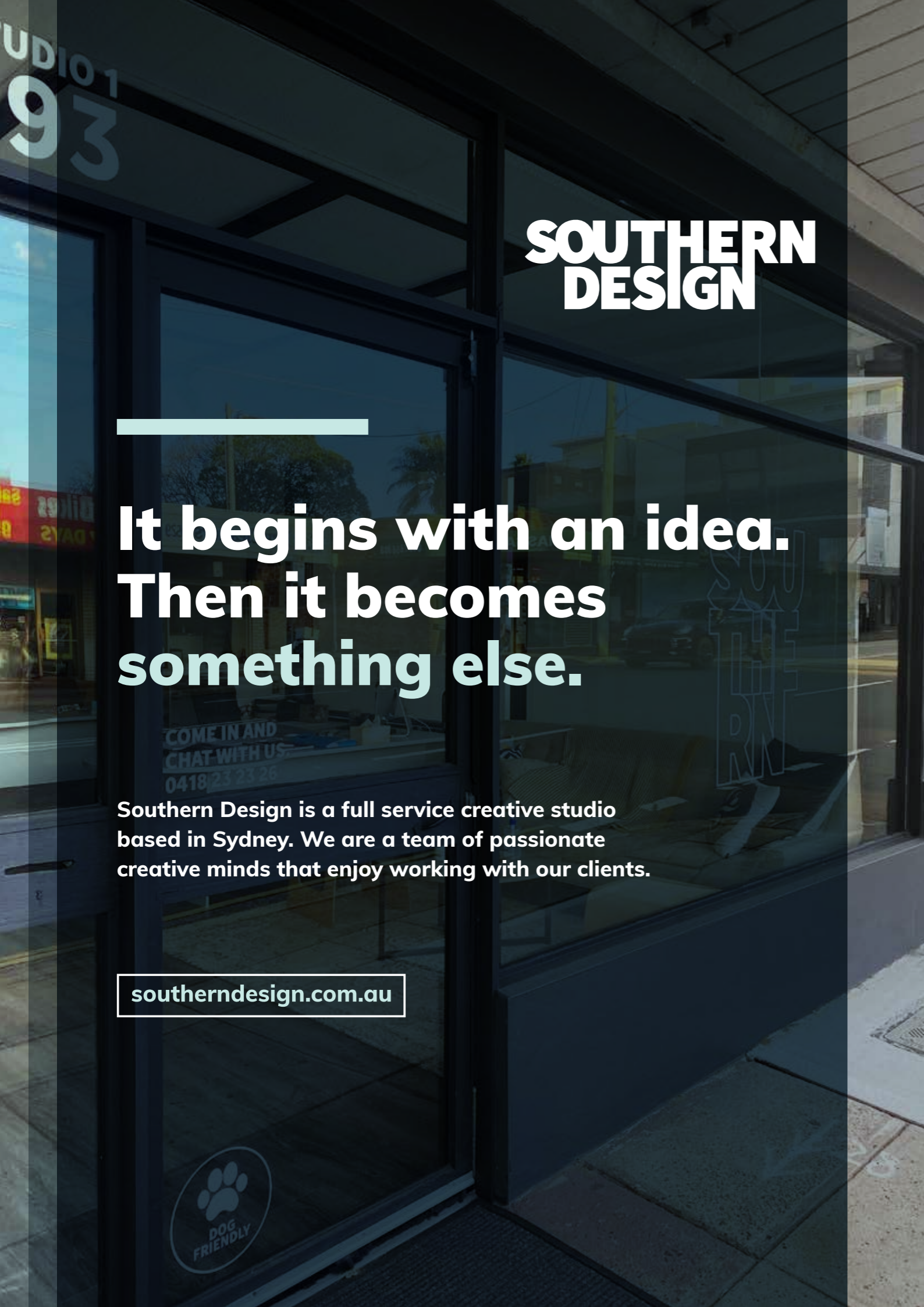


SWIMMING PROGRAM

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



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southerndesign.com.au

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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.



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