

ROAR

EDITION 51

SEM 2, 2022

*The Best is
Yet to Come*

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FROM THE EDITOR



Coming into an organisation with such prowess, such a reputation and such a desire to push its way to the next level for its students, its community and benefactors, has cemented how I feel about joining the ranks of SUSF. This edition is all about change and adaptation, as we adopt a more streamlined style, while still appraising our rich heritage as a sports not-for-profit organisation.

You can feel in the air, we are ready for Semester 2 and what we bring with our flagship facilities and program offerings open to everyone across all genders, ethnicities and sporting abilities. I stress its non-exclusivity in sporting ability as at times I have none, and only when no one is looking do I finally have some.

We have much to brag about in ROAR 51, as Comm Games are already underway. This year, we have 12 Athletes across 4 sports, and we have included our Live Athlete Tracker QR code on Page 10 for updates as they happen.

In a first ever, we have kits designed specifically for Unisports Nationals and Indigenous Nationals, by Torres Strait artist and student Alana Nicholls. We are proud to announce that since the Aboriginal flag was 'freed' we can now add it to our uniforms, along with the Torres Strait flag to honour our Indigenous artist. Read more on Alana's story behind her artwork on Page 32.

It is an electric atmosphere now that students are back on campus and out of covid hibernation. Our think piece by Harry Croker shines a light on SUSF's dedication to its community and students and how there is always more to be done in the way of their support. On Page 26.

We also go behind the scenes with some of our elite athletes in A Day on a Plate on Page 20, where we look at what fuels them in their physically demanding lifestyles.

And what is sport without a bit of light-hearted rivalry? Competing in our Intramural Program, 10 residences go head-to-head for two House Cups on Page 38.

ROAR 51 has been an absolute pleasure.

Ava Redman
Editor



SUSF MANAGEMENT

CHIEF EXECUTIVE OFFICER

Ed Smith

CHIEF FINANCIAL OFFICER

Enda Carberry

HEAD OF MARKETING & SPONSORSHIPS

Ian Riddick

HEAD OF OPERATIONS

Paul Reynolds

HEAD OF PEOPLE & CULTURE

Kylie Algie

HEAD OF PROGRAMS & PARTICIPATION

Matt Rennick

HEAD OF SPORT

Leonie Lum

LEGAL COUNSEL

Natalie Brown

ROAR CREDITS

EDITOR

Ava Redman

DEPUTY EDITORS

Anastasia Barrat
Graham Croker
Ian Riddick

CREATIVE DESIGN & PRODUCTION

Southern Design

CONTRIBUTING WRITERS

Anastasia Barrat
Graham Croker
Harry Croker
Ava Redman

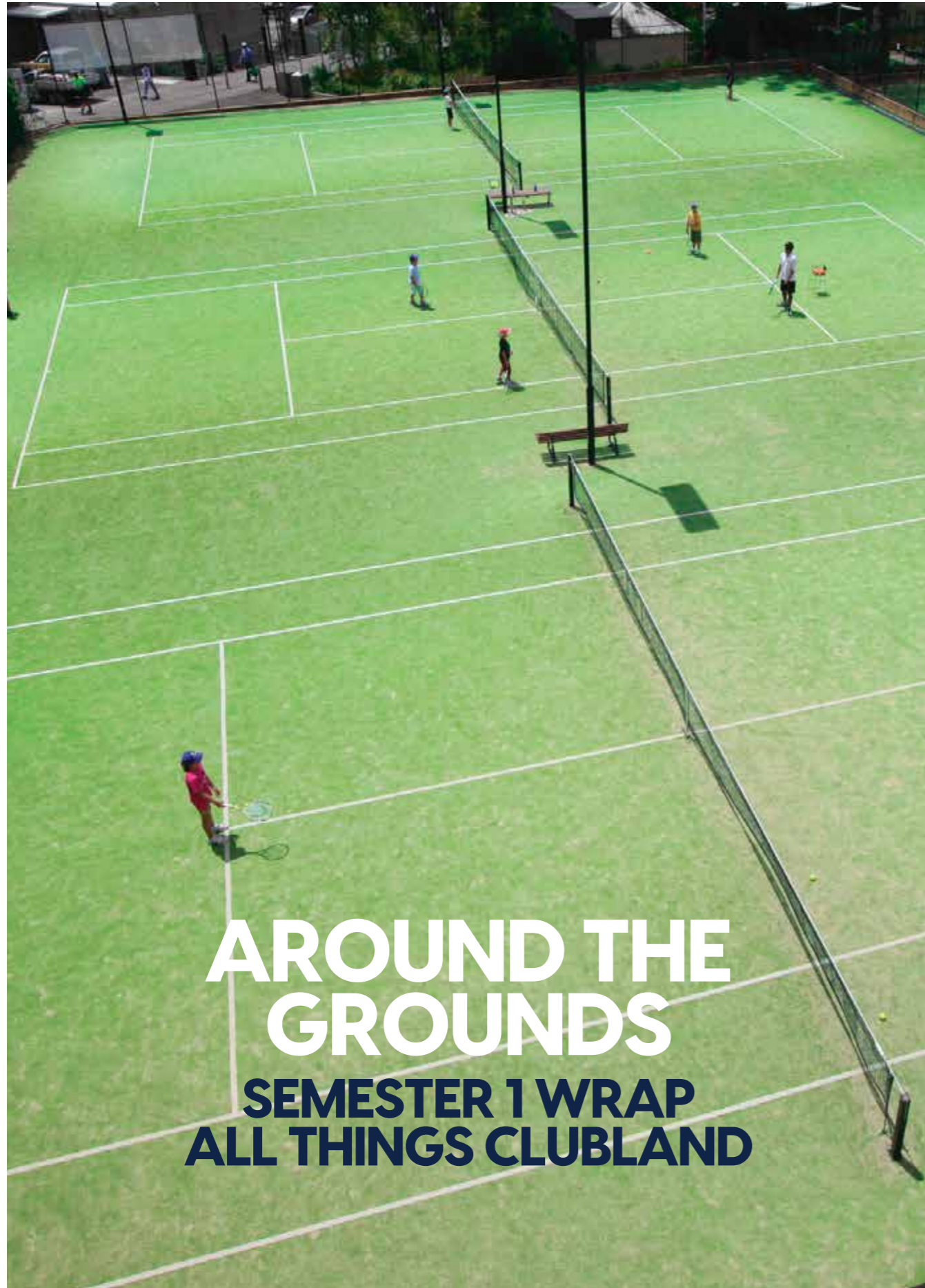
CONTRIBUTING PHOTOGRAPHERS

Gabe Hutchinson
Benny Shen
SUSF Marketing



BACK ON CAMPUS

TELLING OUR STORY



AROUND THE GROUNDS
SEMESTER 1 WRAP
ALL THINGS CLUBLAND



ATHLETICS

BRINGING HOME THE GOLD

Sydney Athletics Club secured the 2022 UniSport National Championship in Australia in the overall point scores for men's and women's. Bringing home the G.R. Hulbert Trophy for the women's team and the Tony Booth Trophy for men's.



SWIMMING

FISHING FOR FINA

Commonwealth selected William Yang, EAP alumni and Bachelor of Design in Architecture Graduate swam away with gold in the 4x100m Mixed Freestyle and silver in the 4x100m Freestyle at the FINA World Championships along with team member Kyle Chalmers.



BASKETBALL

UNDEFEATED

Crowned 2022 UBL Champions, the men's team sported an undefeated season, against 11 other universities from around the country.

Meanwhile, the women's finished second on the ladder at the end of the season proper and advanced to the final with a 70-52 semi-final win over minor premiers Victoria University.



BOAT

BOATLOAD OF MEDALS

SUBC came away with 11 medals (2 gold, 8 silver) at the recent 2022 World Rowing Cup III Regatta in Lucerne, Switzerland. That's coming off the back of the Henley-on-Thames Royal Regatta in England where they won the Stewards' Challenge Cup, the Double Sculls Challenge Cup, the Hambleden Pairs Challenge Cup and the Prince Phillip Challenge Trophy.



CRICKET

GRAND FINAL SECONDS

Sydney University came second in the grand finals against Randwick Petersham at the NSW Premier Cricket Twenty20 Cup competition played at University Oval. Having won the toss and batted, the visitors put on a modest 118 off 18.1 overs, on the back of opener Camden Hawkins' 52 off 41 balls.

ON TRACK FOR GREATNESS

As Australia's oldest athletics club, SUAC has a long and proud tradition of producing top-tier athletes for the Olympics and the Commonwealth Games. With Paris 2024 in sight, the Club is in upward momentum, producing more representatives than ever before.

HOW DOES THE CLUB HAVE SUCH A STRONG TRACK RECORD?

THE GREAT AMALGAMATION OF 2002

Arguably the biggest change in recent history, was the amalgamation that ended separate administration between the men's and women's Clubs in 2002. The continual rise of women's sport across all clubs on campus, particularly SUAC, since the turn of the century has been remarkable, as the results from the recent Australian Championships can attest.

Such was the success, that in recent years female athletes selected for Olympic and Commonwealth representation have significantly outnumbered male athletes.

With increased funding for women's sports, the increased support given to female athletes has also been a significant change for SUAC.

"I was always very mindful of when I was a student-athlete here myself, there was certainly not the support network in place that there was and is now. I was actually never even given Leave to go to the Olympics," says former Olympian Cheryl Collins, a benefactor to the Elite Athlete Program.

SETTING A STRONG TRACK RECORD

Founded in 1878, Sydney University Athletics Club is the oldest athletics club in Australia, competing in what was recognised as the first Australian Intersarsity match against Melbourne University in 1892, only two years after its establishment.

They also produced Australia's first-ever athletics world record holder, Nigel Barker, who ran a 48.5s 440-yard in 1906. Barker was one of the first in a long line of SUAC athletes to compete on the international stage.

Following that success, other notable athletes include Jack Metcalfe, a national champion in long jump, high jump, triple jump, and javelin. Jack first became an international success at the 1934 British Empire Games, where he won gold in the triple jump. The following year Metcalfe set a new world record of 15.78m for the triple jump. He won a bronze in the triple jump at the 1936 Berlin Olympic Games and two years later defended his triple jump gold at the 1938 Empire Games in Sydney.

In recent years female athletes selected for Olympic and Commonwealth representation have significantly outnumbered male athletes

Also competing at the Berlin Olympics were athletes Myer Rosenblum (formerly a Wallaby backrower) who finished fifth in the hammer throw, and Paul Magee who ran sixth in the 440-yard hurdles. Paul finished sixth in the 440 yards hurdles in the 1938 Empire Games.

In 1948, John Treloar was considered one of the fastest men on the planet. He competed at the 1948 London Olympic Games and became a triple gold medallist at the 1950 British



Empire Games in Auckland in the 100-yards, 200-yards and 4x100 yard relay. Treloar was involved in one of the closest 100-yard Olympic finishes ever run. Although Treloar officially finished sixth, just 0.1 second separated him from the winner.

At the 1962 Empire and Commonwealth Games in Perth, Betty Moore, then competing for Britain, broke a Commonwealth record and equalled the world record for the 80m hurdles. Betty also collected two silver medals, from the hurdles and the 440-yards relay. In 1960 she would have been the first SUAC female athlete to compete in the Olympics, having been selected to represent Britain.

Other outstanding international athletes include high jumper Gordon Windeyer, who won gold at the 1974 Commonwealth Games; Angela Cook (Commonwealth Games 1974, 1978); Rachel Thompson (World Race Walking Championships 1983) and Paul Greene who finished 4th in the 400m at the 1994 Commonwealth Games and competed at the 1996 Atlanta Olympics.

More recent Olympic representatives have been Lachlan Renshaw in Beijing 2008 (800m) and Ed Fernon in London 2012 (Modern Pentathlon). Renshaw went on to win the 2011 World Universiade 800m title.

"We're talking about the difference between an athlete today and an athlete fifty years ago. The time pressures are quite incredible for them," says David Collins, a benefactor of the Elite Athlete Program.

THE PUSH FOR SUCCESS

From 2014 on, the Club saw huge international representation with 12 athletes qualifying for the Commonwealth Games, five at the inaugural IAAF World Relays and seven at the 2015 IAAF World Championships in Beijing.

Michelle Jenneke, Ella Nelson, Brendon Reading, Milly Clark and Jenny Blundell all competed with distinction at the 2016 Rio Olympics along with former SUAC athlete Madeline Heiner.

The 2018 Commonwealth Games marked the most successful representation of Sydney University

In 2017, the Club launched the Target Tokyo program aimed at placing as many Olympic representatives as possible for Tokyo 2020.

With immediate success, after Nick Hough qualified for the London 2017 World Championships along with eight other athletes.

The 2018 Commonwealth Games marked the most successful representation of Sydney University Athletics Club athletes to date in an Australian team, with 13 competing on the Gold Coast.

Angie Ballard earned a silver medal and Nicola McDermott and Nick Hough won Bronze. For the full 2017-18 year, 22 athletes represented Australia across the IAAF World Relays, the Summer Universiade and the London Diamond League.

At the London World Para Athletics Championships, wheelchair athlete Angie Ballard won yet more medals in a long and highly distinguished career incorporating multiple world records, world championships and a Glasgow Commonwealth Games gold medal.

Modern pentathletes Ed Fernon and Marina Carrier were officially selected to compete in Tokyo with Dean Gleeson appointed Head Coach and Team Leader of the Australian pentathlete team. The club's Target Tokyo program paid off with the official selection of another 10 athletes – Rohan Browning, Nicola McDermott, Liz Clay, Alex Beck, Annie Rubie, Jenny Blundell, Mackenzie Little, Nick Hough, six-time Paralympian Angie Ballard and club record holder Catriona Bisset. The biggest highlight of Tokyo was Nicola McDermott's silver medal-winning performance closely followed by finals, semi-finals and personal bests achieved by Mackenzie Little, Liz Clay and Rohan Browning.

BIRMINGHAM BOUND

XXII COMMONWEALTH GAMES - 28 JULY-8 AUGUST

The Games for Everyone

 **3RD** time for England hosting the Commonwealth Games after London 1934

 **5 CITIES**
Australia has hosted the most Commonwealth Games (Sydney in 1938, Perth in 1962, Brisbane in 1982, Melbourne in 2006 and the Gold Coast in 2018)

 **21 GAMES**
Australia is 1 of only 6 nations along with Canada, England, New Zealand, Scotland and Wales, to compete at every Games

Australia has won the most medals of any country



 **12**  **4** 

12-athletes USYD and EAP athletes as part of the Athletics team, participating across 4 sports

ATHLETE BREAKDOWN

8 FEMALES



4 MALES

2 EAP ATHLETES



Rohan Browning



Mackenzie Little

2 PARA ATHLETES



Angela Ballard



Sarah Clifton-Bligh

10 EAP ALUMNI



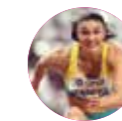
Nicola Olyslager



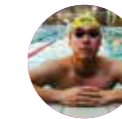
Angela Ballard



Greta Hayes



Michelle Jenneke



William Yang



Alyssa Polites



Nicholas (Nick) Hough



Angus Armstrong



Sarah Clifton-Bligh



Jenna Strauch

FOLLOW OUR ATHLETES HERE



MACKENZIE LITTLE

*The Best is
Yet to Come*



Javelin fact sheet



Did you know that implement weight used in javelin weighs at least 800g and is 2.6m-2.7 metres long for men, and for women it weighs 600g and is 2.2-2.3 metres long.



Javelin was first incorporated into the Olympic Games in 708BC in Ancient Greece and later revived in the modern Olympic program in 1908 (for men) and 1932 (for women).



Did you know? In 1912, athletes at the Stockholm Olympics had to throw the javelin with both hands.

Ranked 2nd in Australia in javelin, rising star Mackenzie Little shows nothing but promise in this year's Commonwealth Games. Having set a new personal best only months before the games, this up-and-coming athlete is in top form to take on Birmingham with her sights already set on the 2024 Olympics in Paris.

ON TRACK FOR THE GAMES

Joining the ranks of the SUSF Elite Athlete Program, she started the 2020-2021 season strong with a personal best of 61.42m, the sixth-best throw in Australian history, helping to secure her place at the 2021 Tokyo Olympic Games. There she nailed a 62.37m throw in the heat, locking her into the final. She placed a commendable 8th overall and immediately set her sights on Birmingham 2022.

"Sydney University has a prolific athletics club and I'm thrilled to be joining the ranks of some really talented athletes here. They have been so welcoming to me and clearly run a well-oiled machine," Mackenzie says.

In Mackenzie's next season, she won the Australian Open women's javelin with a throw of 62.09m, seconded by Alexandra Roberts with 55.61 m and Toria Peeters with 52.62m. That throw helped her selection for the Games.

"I'm really proud to be a member of the SUAC, the oldest and strongest club in the country."



"I'm thrilled to be joining the ranks of some really talented athletes."

THE CURVEBALL OF DESTINY

It was a fated rainy day that would change Mackenzie's sporting career forever. Already hooked on athletics, as a junior competing in Little Athletics across hurdles, high jump, long jump and heptathlon, a sudden change in weather prompted the delay of several events. Little switched to javelin that day and immediately found her niche.

She was then scouted after she won gold at the 2013 World Youth (Under 18) Championships at Donetsk in Ukraine where Mackenzie shocked everyone, including herself when her PB jumped by 4 metres. She claimed the title with a record throw of 61.47m with the 500-gram implement (Open competitions use a 600-gram javelin). Her coach Annabel Davies, and her family flew out to Donetsk to support her.

WORK HARD, PLAY HARD MENTALITY

Following her success, Mackenzie qualified for the 2014 World Juniors in Oregon, US. She was unable to attend as it coincided with her HSC exams.

"When I finished the HSC at PLC, I had to decide whether to start my medical studies in Australia or take up a Sporting Scholarship at Stanford University," says Mackenzie who was on the Pymble Elite Sportswomen's program established in 2007 to recognise the need to support students who compete at elite levels to meet academic demands. Mackenzie's connection with Stanford University was initiated through her involvement with the Elite Sportswomen Program.

"It was an amazing opportunity to compete and study in the US, but a very tricky decision to make. It would have been quicker to get into medicine by staying in Australia as an undergraduate...in the end I decided to try Stanford for a year to see if I liked it."

During her time studying in the US, she also enjoyed a stellar sporting career competing for the University, which included four consecutive Pac-12 women's javelin titles, the last of which came after midnight following a lightning-delayed competition in Tucson when she set a meet record of 59.13m.

The Pac12 conference meets are a progression to regional championships in US west and east coasts, which lead to qualification for the Nationals.

Little went to four NCAAs, winning the last two she attended and set the bar as Stamford's first and only women's NCAA javelin winner.

Pushing a high-momentum lifestyle, Little uses sport as a way to keep her on track in her other commitments.

"I'm definitely more productive when I'm busy," she says. "I've noticed that in the periods of my life where I haven't been exercising as much or doing as much intellectual or curricular stuff, then I'm just not as happy and energetic and productive. It's a perfect balance because training is the perfect release from schoolwork, and I love being with my teammates and it's a great social time as well."

"Mackenzie takes the term 'career athlete' to a whole new level"

JACK OF ALL TRADES

Mackenzie takes the term 'career athlete' to a whole new level, continually progressing her goals in javelin, while also studying a Doctor of Medicine degree at USYD.

Now in the third year of her medical degree, she is spending one day each week at Royal North Shore Hospital. She is eager to progress her javelin career in tandem with her medical studies with the aid of SUSF's Elite Athlete Program and a sporting scholarship, which supports Mackenzie in navigating her demanding full-time degree with training at an elite level.





JOINING TEAM AUSTRALIA

Mackenzie was born in the US with dual citizenship, though she spent most of her childhood in Australia. Her parents, both physicians, were working at the Mayo Clinic at the time of her birth in Minnesota.

While at Stanford in 2016 she wanted to compete in the US Olympic trials

but was told she was ineligible because she had represented Australia at the World Youth Championships in 2013. She threw for Australia in the World University Games later that summer, which sealed her affiliation under IAAF rules, returning her to the fold. She missed out on the Australian selection for the 2016 Rio de Janeiro Games that year, due to timing.

Since returning to Australia, after completing a Bachelor of Science in human biology at Stanford University, Mackenzie made her debut at the Tokyo Olympics and just off the back of winning two NCAA (National Collegiate Athletic Association) titles competing against the top-athletes in the US.

THE BEST IS YET TO COME

With a highly-anticipated athletic career on the horizon, Mackenzie's ultimate goal is to be selected for the 2024 Paris Olympic Games, while in conjunction with her ambitions as a budding medical professional.

"I'll be an intern then, so I'll have to organise my time well," she says.

We haven't seen the last of Mackenzie Little, as we witness her athletic career grow before our eyes.

Mackenzie Little

A Day On A Plate

Ever wondered what the diet of an Elite Athlete looks like? From a Wallaby prop to an Australian cross-country runner, we unpack how five of our EAPs fuel their bodies on an average day of training and studying, bound together by a mutual love for muesli bars and protein shakes.



A Day On A Plate Angus Bell

Prop, Rugby Union. 21 Yrs Old.
Bachelor of Economics Graduate.
Wallaby, Waratah, Sydney University Football Club.



 **Favourite place to eat on Campus**

In the Grandstand! Too many great memories there to reflect on

 **Coffee order**

Strong Flat White

 **Sweet or savoury**

Savoury is my biggest weakness

 **Go-to cheat meal**

Sushi, absolutely eat as much as I can

 **Last meal on earth. What are you eating**

T-bone steak with chips and a nice fresh salad

 **Game day food rituals**

I love to have a coffee and get the body moving early on game day

6AM - BREAKFAST:

- 2 slices of toast with eggs (1 with vegemite, the other without)
- Coffee

I try and keep everything limited as I can't eat much in the mornings.

1PM - LUNCH:

- Heavy red meat, 1/3 of the plate vegetables and 1/4 of the plate brown rice

3PM - PRE-WORKOUT:

- Coffee
- Muesli bar

5PM - POST WORKOUT:

- Protein bar
- Whey protein shake

8PM - DINNER:

- Red meat and fish, broccoli, spinach, brown rice, and potatoes
- Training in the AM means a heavy carb dinner the night before.*

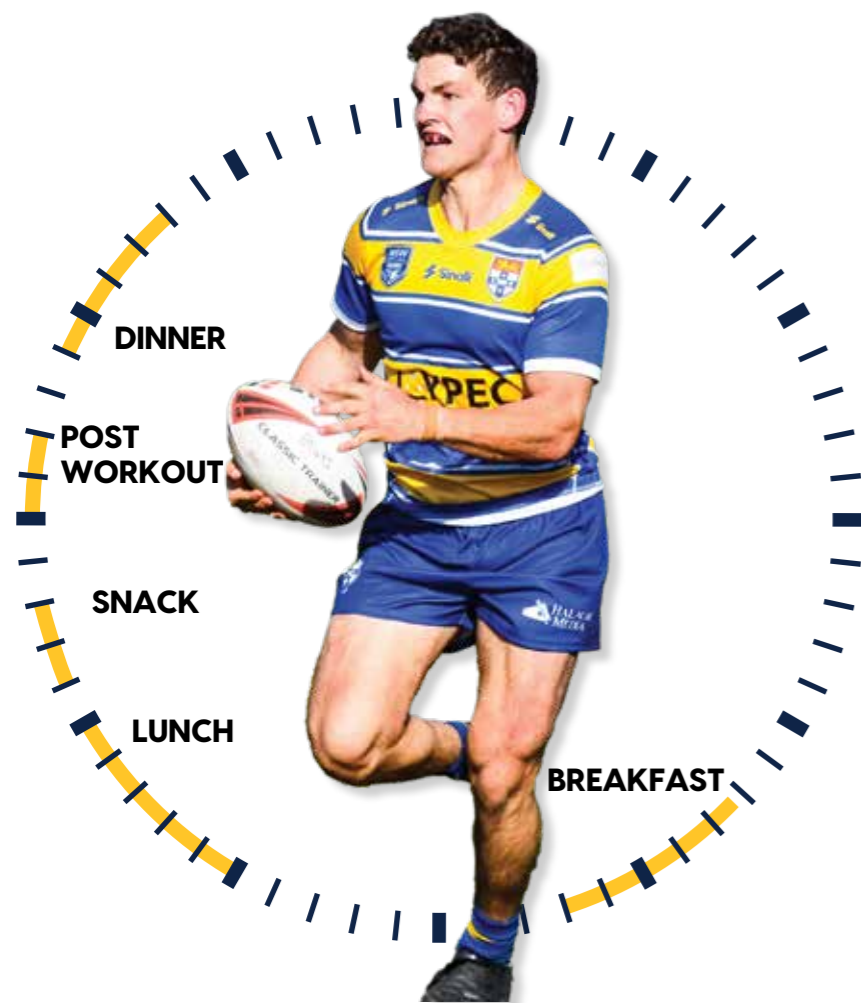
DESSERT:

- Protein mouse
- Muesli bar or ice cream smoothie

A Day On A Plate

John Downes

Rugby League. 24 Yrs Old.
Sydney University Rugby League Club



Favourite place to eat on Campus

Taste Baguette

Coffee order

Small Latte

Sweet or savoury

Savoury

Go-to cheat meal

Indian Home Diner number 1

Last meal on earth. What are you eating

Indian Home Diner number 1

Game day food rituals

Pregame: Weetabix
Postgame: Indian Home Diner number 1 (perfect blend of protein and carbs to turbo-boost the recovery process)

10:30AM - BREAKFAST:

- 3 eggs, broccoli, asparagus, mushrooms, onion, tomato, and garlic all fried up in the pan and served on toast

1:30PM - LUNCH:

- Rice, veggies, and a can of tuna

4PM - SNACK:

- Fruit, yoghurt, or a muesli bar

6:30PM - POST WORKOUT:

- Protein/Berry Smoothie

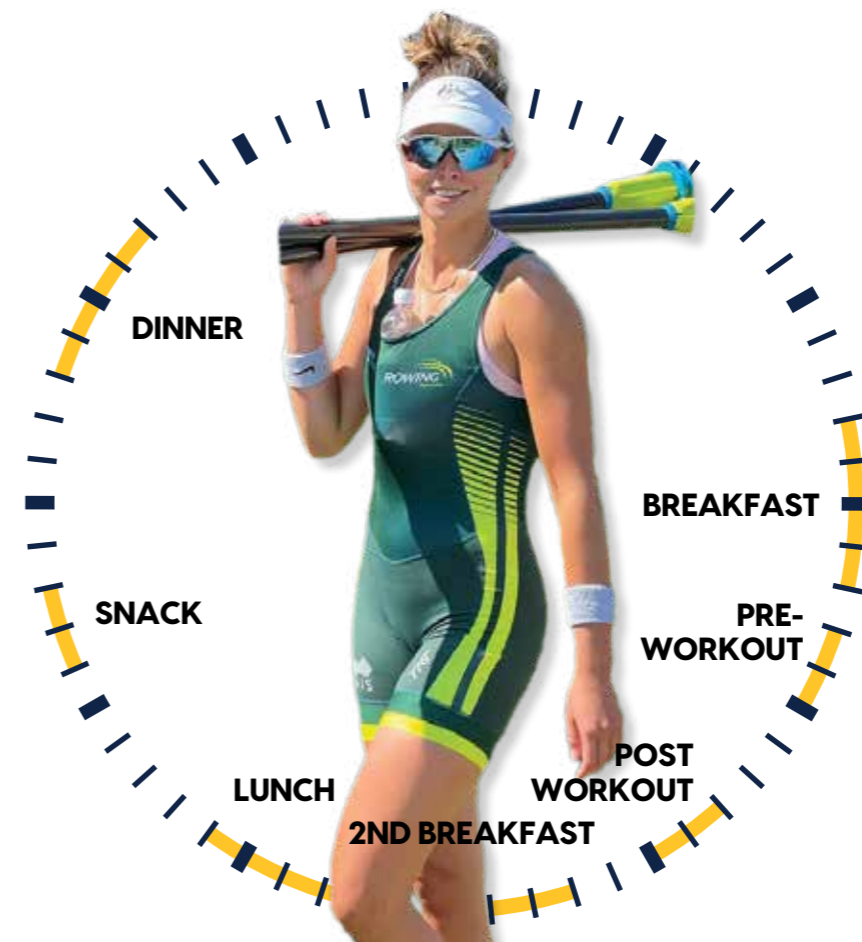
8PM - DINNER:

- I get Hello Fresh so dinner varies a lot. I tend to go for a salmon, a vegetarian, and some sort of chicken/beef dish options.

A Day On A Plate

Tara Rigney

Rowing. 22 Yrs Old.
Bachelor Of Commerce Student
Australian Rowing Team, NSW Rowing Team,
Sydney University Boat Club



Favourite place to eat on Campus

Ralphs

Coffee order

Skim latte

Sweet or savoury

Savoury

Go-to cheat meal

Bettys Burgers

Last meal on earth. What are you eating

Bettys Burgers

Game day food rituals

Jam Toast

6AM - BREAKFAST:

- 2 slices of toast with peanut butter and banana

6:45AM - PRE-WORKOUT:

- Chobani yoghurt
- Muesli bar

During training I take lollies out on the water with me.

9:45AM - POST WORKOUT:

- Up & Go

10AM - 2ND BREAKFAST:

- Protein Smoothie bowl

1PM - LUNCH:

- 5 scrambled eggs with avocado, pesto toast, topped with spinach and tomatoes

3PM - SNACK:

- 2 slices of toast with jam
- Coffee

7PM - DINNER:

- Some sort of protein, carbs, and greens e.g., Teriyaki salmon poke bowl, burrito bowls etc

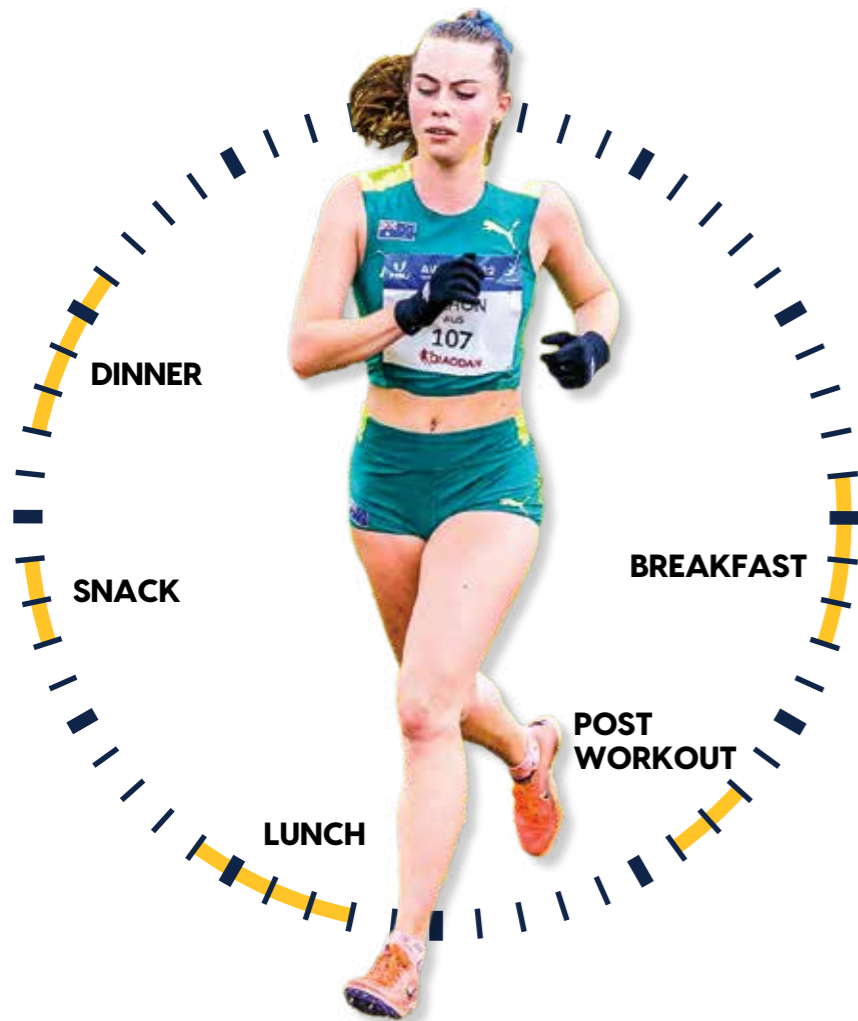
DESSERT:

- Milo Protein shake

A Day On A Plate

Emma Mahon

Track & Cross Country, Athletics. 19 Yrs Old.
Bachelor Of Commerce / Bachelor Of Advanced Studies
(Dalyell Scholars)
Sydney University Athletics Club



Favourite place to eat on Campus
I usually bring in food, but when I don't the Abercrombie Building Café

Coffee order
Almond or oat milk flat white (sometimes add honey)

Sweet or savoury
Sweet

Go-to cheat meal
Guzman y Gomez chicken burrito with added guacamole and chimi mayo!

Last meal on earth. What are you eating
Pad Thai from Ma Kiin at McMahons Point or a Chinese feast (I love dumplings!)

Game day food rituals
I always eat a big pasta meal the night before and a slice of toast with either honey, peanut butter or jam 2 – 3 hours before I race, it's a bit of a tradition

7:30AM - BREAKFAST:

- Porridge with protein peanut butter or honey, topped with fruit

10AM - POST WORKOUT:

- Protein Shake

1PM - LUNCH:

- Smashed avocado on toast, with fresh cherry tomatoes, and a boiled egg

3PM - SNACK:

- Fruit (pineapple, green apples, or kiwi fruit)
- Peanut Butter on toast with banana or apple
- Health shot (usually has ginger, cayenne pepper, lemon, and all sorts of other terrible tasting things)

6PM - DINNER:

- Grilled salmon with lemon, jasmine rice, roasted kale, sweet potato, and purple carrot

DESSERT:

- Dairy free magnum
- Night-time tea

A Day On A Plate

Ryan Wilkes

Swimming 20 Yrs Old.
Bachelor Of Commerce
Sydney University Swimming Club



Favourite place to eat on Campus
I go to Pain De Sucre café (just off Campus) three times a week for bacon and egg rolls and chocolate milkshakes

Coffee order
More of a chocolate milkshake type of guy

Sweet or savoury
Savoury

Go-to cheat meal
Following camp weeks, I love a McDonalds Favourites Box

Last meal on earth. What are you eating
Bacon and egg roll and chocolate milkshake, no questions

Game day food rituals
Before racing, I like to take a bite of an apple and take sips of Gatorade to keep things simple and keep myself focused

6AM - BREAKFAST:

- 4 Weetbix or Uncle Toby's oats

9:30AM - POST-SWIMMING

- Chocolate milkshake

11:30AM - POST-GYM

- Protein bar for immediate recovery
- Bacon and egg roll

2PM - LUNCH:

- Chicken, tomatoes, and spinach omelette

4PM - PRE-SWIMMING:

- Pink Lady apple
- Mandarin

7:30PM - DINNER:

- Chicken pesto pasta

DESSERT:

- Mango smoothie or Zooper Dooper



THE CALL FOR FANDOM

DO SYDNEY UNI STUDENTS LACK SPORT CULTURE BUY-IN?

Every year when March Madness takes off in the US, it drives varsity rivalries and a fanfare to be desired in universities across the world. Brimming with excitement and donning their college colours, fans go wild for the collegiate basketball tournament run by the NCAA.

So why doesn't Australia have this equivalent, or should we be seeing America as the exception, when it comes to the college experience?

In the post-Covid world, disconnection from academic communities is not uncommon. It's very easy for students at any institution to complete most of their degree from home, if they want, or at the very least, spend as little time

as possible on campus. But doing this undermines their own opportunity to experience a fulfilling varsity lifestyle.

CREATING AN INCLUSIVE, ALL-IN ON-CAMPUS SPORTING CULTURE OF A SIMILAR VEIN IS THE GOAL

Sydney Uni faces these issues just like other major universities around the globe with the pandemic. We see March Madness in the United States and yearn for a campus sporting culture like that one but lack both resources and buy-in factor to make it happen.

The sporting prowess of Sydney Uni is well recognised and widely respected. This famous institution is internationally renowned in equal parts for both its academic and athletic prestige, and it's not uncommon to find its athletes smattered throughout team lists at the highest levels of sport.

If Sydney Uni teams and athletes perform at such a high standard, why are so many of its sporting ventures so poorly supported by its own fans?

WHO IS TO BLAME?

Is it the lack of university support, the club, the student or is it all of them? At the University level, the areas of concern are grounded in resource availability, infrastructure improvement, and overall effort to foster a quality campus experience. At club level; it's an issue of ineffective marketing. For the individual student, some level of blame must be shouldered, as they're ultimately in control of their own involvement.

COMMUNITY, CULTURE, TRIBALISM

The tribalism and patriotic fanfare at college football and basketball games in America is certainly something to aspire to, but at the same time, is not grounded in the same reality as the majority of varsity sporting models around the world. Taking American college sport out of the equation for a moment, Sydney Uni is one of, if not, the leading sporting universities around the globe, all while upholding



While the University of Sydney is well recognised and widely respected for its sporting prowess, the institute itself, in fact, does very little to drive sporting culture on campus. The real engine room is actually Sydney Uni Sport & Fitness aka SUSF. This not-for-profit organisation was set up by USYD many moons ago to house all the institution's sporting clubs and facilities for logistical efficiency.

As the years have progressed, the University has grown increasingly distant from SUSF, not to mention the campus' sporting community in general, and as a result, can't adequately help to foster a culture that its own students strive for.

SUSF still punches well above its weight for a not-for-profit set up, producing numerous Olympians, successful clubs, and facilitating sporting growth on campus.

The key to fostering a culture of support is creating a community that makes members feel as though they genuinely belong. Community creates tribalism, and tribalism is crucial for a buy-in culture. These terms: belonging, community, and tribalism, are all associated with the cultures of strong sporting organisations. USA college football and basketball games are dripping with this culture. Students have a sense of belonging to their college community, irrespective of whether they are athletes themselves.

If creating an inclusive, all-in on-campus sporting culture of a similar vein is the goal, it's important to acknowledge the distinct structural differences between American and Australian varsities.

LIVING ON CAMPUS IS A MUST

The tertiary education structure in this country presents challenges the US colleges never encounter. This has resulted in the two systems looking quite different today. A core issue is campus accommodation. It's not a requirement to physically live on campus while studying here.

To get the most out of your university days, living on campus is crucial.

It forces you out of your comfort zone and allows you to become part of a unique community. Belonging to a community, or feeling passionate about one, shouldn't be mutually exclusive to college, though. This is what every USYD student should feel during their time at this institution.

The other obvious challenge that comes with being a smaller nation is having fewer universities, often separated by large distances. This makes the notion of an exclusive varsity tournament logistically difficult, and very expensive.

0099
WE SIMPLY DON'T
HAVE THE SAME
SYSTEM IN AUSTRALIA

The difference in core purpose of university sport between Australia and the US is an interesting point of contention.

Not every single athlete plays sport to make a career out of it.

Many students enjoy playing at a competitive level, but their studies will always take priority. Some even capitalise on their ability to assist them in obtaining a degree, if their university facilitates this.

USYD, through SUSF, offers the Elite Athlete Program, for athletes striving for a career in professional sport, but also caters to those who enjoy competing at a high level. On the other hand, the very essence of what makes college sport such a spectacle in America is that almost everyone competing is gunning to make a career out of it. In the cases of basketball and football, these athletes have to be at college for at least three years to even be considered for the NBA or NFL. This extremely high standard of competition is facilitated by each of these colleges only offering one team for each sport to make the cut for. The money that then trickles in from broadcasting deals allows these Div. 1 colleges to fund their other lower profile sporting programs.

We simply don't have the same system in Australia, and it would mean that the USA is the exception, not the rule, in comparison to the rest of the world.

American colleges apparently steer away from some of the core university principals; personal growth and a quest for new knowledge and experiences, which can only be realised by having a go, and getting out of your comfort zone, especially in a sporting sense.

0099
CAMPERDOWN IS AN
ICONIC VENUE, AND A
HUGE PART OF ALL SYDNEY
UNI CLUBS' IDENTITY

For Sydney Uni, the tag is anyone can try their hand at a club, not just a fractional percentage of the community.

However, in such a strong sporting nation like Australia, there are bound to be incredible athletes who matriculate to university rather than pursue professional sport, as well as many who do both, which creates a standard of competition worth supporting. We don't struggle with this part of the equation, but promotion is an entirely different challenge.

HAVING THE
CAMPERDOWN
ADVANTAGE

The biggest secret weapon for creating a 'buy-in' culture at Sydney Uni is actually playing on the main campus.

Having so many sports operating concurrently means competition for prime field and facility usage is tight. Many clubs are not fortunate enough to play their games at Camperdown, which means they're out of sight and out of mind.

Camperdown is an iconic venue, and a huge part of all Sydney Uni clubs' identity.

Not only is this ideal for the clubs' home-ground advantage, but its proximity is a practical means for enticing student attendance. To demonstrate just how crucial the 'at home' factor is to a club's success, consider the Uni's rugby league club. Most league fans, let alone Sydney Uni students, are not aware of the club's existence, which is tragic because it was once part of the old NSWRL competition (the equivalent to today's NRL) in the 1920s and 30s. The challenge of staying relevant while being part of a typically non-

rugby league institution has proven tough, especially given the popularity of rugby union and Aussie rules. Not being allocated a Camperdown-based field for home games compounds the problem. The result is bleak, with minimal student involvement in the club, and almost no exposure to the bulk of the varsity community.

Then take the men's University Basketball League final earlier in the year as an example. Off the back of a fantastic run throughout the regular season, Sydney Uni progressed to the big dance. The fixture was on our home pine at SUSAC, and the grandstand echoed with support. The takeaway point here is the University needs to invest in a major facility and infrastructure upgrade so more of its teams can train and play on campus. One upgrade could be turning a number of the campus' fields into synthetic turf, meaning more teams could train and play without being affected by wet weather. In short, the University needs to cater to and support its varsity community, which has significantly grown since the last major sporting infrastructure upgrade was undertaken.

CLUBS NEED TO INVEST IN
THEIR MARKETING

In addition to infrastructure upgrades, the product that we want the community to adopt needs to be at the forefront of their consciousness. The culture of attendance will flow on from the community being acutely aware that there's something they should be attending. But targeted and effective marketing tools need to facilitate this. In the short term, better

marketing can be as simple as posters and flyers for major upcoming fixtures for clubs in high-traffic areas, as well as clubs making an effort to have representatives engaging with the Sydney Uni community on a regular basis. For example, running small skill games on Eastern Ave during a lunch period to attract five minutes of someone's attention as they're walking past. This could be a 3-point contest for basketball, passing targets for rugby or Aussie rules, or goal shootouts for soccer.

In the long term, it would be ideal for Sydney Uni to develop an app that houses everything anyone needs to know about any club. This could include a news feed with the latest articles about results, similar to those posted on the current website. The app would also include fixtures, draws, team lists, player bios, and ways to get involved in a club.

0099
DON THE BLUE AND GOLD,
GET DOWN TO THE NEXT
GAME, AND FULFILL YOUR
VARSITY EXPERIENCE

DON THE BLUE AND GOLD

How do we bring the kids back to campus? There're a few factors that need to fall into place. We've established that the University needs to initiate infrastructure improvements, that clubs need to work with SUSF to best market themselves and at the individual student level the solution is very simple; just buy-in. Be proud of your varsity, attend fixtures, and support your community. On a campus that offers everything from topflight rugby union to quidditch, there's something for everyone to get behind. You're only at university for a small part of your life, so it's important to make the most of it.

That assignment's not going anywhere, so don the blue and gold, get down to the next game, and fulfill your varsity experience.



POWER THROUGH SEMESTER 2

UNI GYM PASS



ENROL NOW FOR **SEMESTER 2**
FREE LEARN TO SWIM PROGRAM



KEY DATES

Registrations open:

22 July via Book Online

Program runs:

8 August – 25 September

(Limited weekend classes available)

Classes on offer:

Monday – Thursday + Sundays



FREE 7 WEEK COURSE
VALUED AT \$325

COURSE RUNS FROM
8 AUGUST - 25 SEPTEMBER

Weekly merch
give aways incl swim cap,
water bottle, t-shirt & towel

Bonus 8th week includes
Coastal Walk Bondi to Bronte
& NSW Surf Lifesaving Seminar
on Surf Safety. Transport included

30% off
swimsuits and equipment
in speedo store for those
who sign up on the day

BEYOND HER WILDEST DREAMS

When Alana Nicholls was approached to create a design for SUSF, she never imagined it would become the official kit worn by the University of Sydney's 2022 UniSport Indigenous Nationals and Nationals teams. It's a first for SUSF as well, as never before has a uniform been designed specifically for the latter.

It happened in Welcome Week, when Alana was at the Gadigal center, (which also assisted her in getting accommodation at USYD), when she heard about the project. It was her brother, Anthony who encouraged her to go for it and create the artwork.

Her design took on the swirls and patterns of the depths of the oceans, with dugongs, going through to turtles who live closer to the surface, and that show swirls at the bottom showing confusion and the feeling of being in a strange place (her first time studying in a big city), up through to clarity and belonging. The dugong and marine turtle are also symbols of Torres Strait Islanders' quest to assert their cultural identity and aspirations for self-determination. It tells the story of her transition, and it can surely relate to a lot of students who feel out of depth when they first arrive at USYD.

//// THIS SEMESTER, OVER 400 REPRESENTATIVES WILL BE WEARING THE UNIFORMS, WITH ALANA'S ARTWORK ON THEM.

Alana is a Torres Strait islander, coming from Thursday Island (Waiken), with family who live in Mala Kiwai Island (Boiga). Her brother also attends USYD and is an active member of SUSF, playing in Rugby League and AFL.

She has spent most of her adult life in the Torres Straits and when she came over to USYD, she chose the USYD over University of Melbourne because her brother was here, and she didn't want to be alone in the big city. As an artist and student, studying in her first year of a Bachelor of Arts, majoring in Art History, she didn't imagine her artwork would be used on such a large scale.

When she creates art, it usually isn't in the style of her heritage. After her brother encouraged her to do it, she sent through a design based on her journey so far, her personal experiences and a transition through starting new that every student can on some level relate to.

This semester, over 400 representatives will be wearing the uniforms, with Alana's artwork on them.

Listening to the story in Alana's design, there's a transition that takes places from the depths of the ocean up to the surface, encompassing confusion and disarray from being in a strange new place to finding acceptance along the way.

Since the Aboriginal flag was 'Freed' by the federal government earlier this year, SUSF can now use it on the uniforms, along with the Torres Strait flag to honour Alana's heritage as the artist behind the uniform.



The Aboriginal flag, designed by Luritja artist Harold Thomas, was first flown at a land rights rally in Adelaide in July 1971. It has been an important symbol for Indigenous Australians for decades, and is regularly flown alongside Australia's national flag in official and ceremonial capacities.

//// SINCE THE ABORIGINAL FLAG WAS 'FREED' BY THE FEDERAL GOVERNMENT EARLIER THIS YEAR, SUSF CAN NOW USE IT ON THE UNIFORMS, ALONG WITH THE TORRES STRAIT FLAG

ARTWORK BREAKDOWN:
Top: As the waves calm, turtles come to the surface of the water and complete the journey. Dugongs and turtles are a large part of Torres Strait culture and a way of life for them.

Bottom: The swirls are at times chaotic, to show the confusion and disarray at being in a foreign place.

Bottom end: Starting from the depth of the ocean, dugongs represent a quest to assert oneself and play a major part in Torres Strait culture. The largest habitat for dugongs is in the Torres Straits. Archaeological evidence suggests that Torres Strait Islanders have hunted dugong for at least 4000 years.



TEST YOUR SKILLS

WITH OUR ACCESSIBLE SPORTS DAYS

Whether it's Goalball, or any of the wheelchair sports, such as AFL, Tennis, and Basketball, these accessible sports are in a league of their own.

Forcing your other senses to activate, they call upon your collective motor skills, and your coordination in a team effort, and the skills you might have relied on before-feel like they're in short supply on the day.

The vibe is electric, and the gym hall comes to life with moans and grunts as balls fling through the air and the challenge to land a basketball in the net from a wheelchair is much harder than it looks.

Or when it comes to Goalball (played with blacked out goggles) it's in trusting all your other senses to know where the ball is, at all times.

THE VIBE IS ELECTRIC, AND THE GYM HALL COMES TO LIFE

We call these; Accessible Sports or Para Sports and as part of Sydney Uni Sport & Fitness' (SUSF) goal to increase inclusivity across all demographics, we've teamed up with Disability Sports Australia and Disability Sports NSW, to roll out an accessible sports program that is limited to no one.

WHO CAN JOIN?

Anyone

HOW CAN I JOIN IN?

There is no registration required and it's simply a turn-up on the day event.

The next Para Sports Gala Day is 21st September.

WHAT SKILL LEVEL IS INVOLVED?

Your enthusiasm.

Well...it is harder on many levels, if you think about the kickback a wheelchair has when trying to land a basketball in the net or trying to get back the ball after you've dropped it in a skirmish playing AFL. In one context, these games are familiar and in another they are wholly different as you rely on motor skills you might have taken for granted.

SEMESTER 1 PARA SPORTS WRAP UP

INTERFACULTY GOALBALL

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. Engineering 2-managed to secure the win.

WHEELCHAIR GALA DAY

GOALBALL



The goal is to roll the ball into the opponent's goal while the opposing players try to block the ball with their bodies. Played while wearing eye shades (visually impairing goggles), bells inside the ball help orientate the players by indicating the direction of the oncoming ball.

Goalball made its paralympic debut in Toronto, Canada in 1976, with the women's event in New York in 1984.

ONE OF THE FASTEST GROWING WHEELCHAIR SPORTS IN THE WORLD

Did you know?

This sport was the first of its kind invented in 1946 to help rehabilitate veterans who had lost their sight during the Second World War.

WHEELCHAIR AFL

Played as a team sport. Instead of kicking the ball, it's hand ball, where the equivalent to a kick is an underarm throw, below shoulder height, comparable to a hand pass.

WHEELCHAIR BASKETBALL

Played as a team sport. One of the biggest differences between basketball and wheelchair basketball is dribbling. A wheelchair basketball player can push a manual wheelchair one or two times while the ball remains in their hands or lap.

Did you know? Wheelchair basketball was one of the foundation sports at the first Paralympic Games in Rome in 1960.



WHEELCHAIR TENNIS

Played in a single or in a double.

One of the fastest growing wheelchair sports in the world, this sport is played in the same way as able-bodied tennis, with the only exception being that a wheelchair tennis player is allowed two bounces of the ball.

Nifty Tennis Tip: You can store your tennis balls in the spokes of your wheels.

Paralympic debut: Barcelona, Spain in 1992. It has been played at all four Grand Slams since 2007, while the BNP Paribas World Team Cup is the sport's flagship international team competition.

COME AND JOIN IN NEXT TIME

Para Sports Gala Day is 21st September. It's Open to Everyone. To be held on Eastern Avenue.





LUNCHTIME SOCIAL SPORT

EMAIL
lunchtime@sport.usyd.edu.au




SHORT COURSES

EMAIL
recreation@sport.usyd.edu.au




INTERFACULTY SPORT

EMAIL
interfacsport@sport.usyd.edu.au




SOCIAL NETBALL

EMAIL
socialnetball@sport.usyd.edu.au




TENNIS PROGRAM

EMAIL
tenniscoaching@sport.usyd.edu.au




FIRST AID

EMAIL
education@sport.usyd.edu.au





WINNING THE

HOUSE CUP



THE INTRAMURAL PROGRAM

There's a buzz in the air when it comes to proving the worth of your residence. Every year over the two semesters, 10 houses get the chance to scratch that rivalry itch and prove who is on top.

The University of Sydney Student Accommodation Services' Intramural Program is a competition like no other, between 10 residences that has been going strong since 2016. The fight is on, for the ultimate honour in sports for the Thomas Whalan (Men's) and the Liane Tooth (Women's) Cups.

Did you know? - The Intramural Program is one of the largest inter-residential sporting, arts and academic competitions in Australia, involving

students from across 10 residences owned, operated by, or affiliated with the University of Sydney.

It's an important way for international and domestic students living in residences to get to know their fellow students living on campus. Encouraging sportsmanship, community, and fun through a broad range of events and opportunities, the program allows residents to engage in friendly competition against their rival residences and build friendships and lasting memories along the way.

Get competitive in Soccer, Netball, Basketball and so much more and add points to get closer to the House Cup!

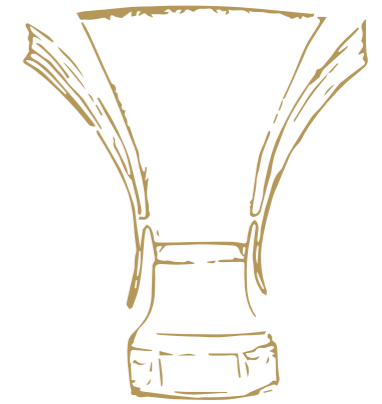
And best of all...it's FREE for students living across USYD owned and affiliated residences to get involved with all events and opportunities in the Intramural Program.

CURRENT HOUSE STANDINGS:



WOMEN'S RANKINGS:

- 1** Iglu
- 1** Regiment
- 3** Darlo Bears



MEN'S RANKINGS:

- 1** Sydney University Village
- 2** Regiment
- 3** Iglu

FIND YOUR HOUSE



THE DARLO BEARS



QUEEN MARY BUILDING



REGIMENT BUILDING



SANCTA SOPHIA COLLEGE



SYDNEY UNI VILLAGE



ST JOHN'S COLLEGE



WOMEN'S COLLEGE



UNILODGE



SCAPE



IGLU

GROUP FITNESS RUNDOWN

WHATEVER YOUR LEVEL, THERE'S A CLASS FOR YOU



NEED A RUNDOWN ON OUR GROUP CLASS OFFERINGS?

Want to try group fitness but don't know what's right for you? We've made it easy for you to see what's happening this semester, and whether it's right for you with our intensity rating to find out what will get your heart pumping and our technicality rating to help you know what's beginner to advanced level. Our classes range from beginner fitness to experienced health freak.

BODY JAM-COMING THIS AUGUST!

Intensity: ❤️❤️❤️
Technicality: ★★
Time: 45-55 mins

If you want to dance, this one's for you! House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance music, it's the soul of BODYJAM. Whether you've got two left feet or fancy yourself as Beyonce's back-up dancer, we've got you. It's cardio peak training created by the world's best trainers.

UNLEASH

Intensity: ❤️❤️❤️
Technicality: ★★★★★
Time: 30 mins

UNLEASH is Sydney Uni Sport & Fitness' signature group training program. A HIIT (high-intensity interval training) workout, that we've broken down to target different parts of the body throughout the week.

Monday-Upper Body and Abs focus

Wednesday-is Lower body and cardio

Friday-Functional HIIT (whole body workout combining strength, cardio and plyometrics)

STONE

Intensity: ❤️❤️❤️
Technicality: ★★★★★
Time: 30-45 mins

If you want the optimal mix of strength, cardio and core training this is it. A mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level!

THE TRIP

Intensity: ❤️❤️❤️
Technicality: ★★★★★
Time: 40 mins

This is a fully immersive workout experience that combines a multi-peak cycling workout with a journey through digitally created worlds. With great music and graphics, this workout takes motivation and energy output to the next level.

SPRINT

Intensity: ❤️❤️❤️❤️
Technicality: ★★
Time: 30 mins

It's a short, intense style of training using an indoor bike, where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

HIIT BOXING

Intensity: ❤️❤️❤️
Technicality: ★★★★★
Time: 45 mins

Boxers are some of the fittest on the planet so bring your A-game to this class as you punch heavy bags and pads with all-out effort and combinations to get you working harder than ever.

BODY ATTACK

Intensity: ❤️❤️❤️
Technicality: ★★★★★
Time: 45 mins

This class caters for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODY COMBAT

Intensity: ❤️❤️❤️
Technicality: ★★★★★
Time: 45 mins

This high-energy martial arts-inspired workout is totally non-contact and there are no complex moves to master. Punch and kick your way and destroy calories, develop coordination, agility and speed, and feel empowered.

BODY BALANCE

Intensity: ❤️
Technicality: ★★★★★
Time: 45-55 mins

Listen to an inspired soundtrack, as you bend and stretch through a series of simple yoga moves and embrace elements of tai chi and Pilates.

RPM

Intensity: ❤️❤️❤️
Technicality: ★★
Time: 45 mins

With great music pumping and the group cycling as one, it takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

CORE

Intensity: ❤️❤️
Technicality: ★★★★★
Time: 30 mins

Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness. During the workout, trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers.

GRIT SERIES

This series ranging from strength to cardio, uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

GRIT STRENGTH

Intensity: ❤️❤️❤️
Technicality: ★★★★★
Time: 30 mins

LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

GRIT CARDIO

Intensity: ❤️❤️❤️
Technicality: ★★★★★
Time: 30 mins

LES MILLS GRIT Cardio takes your barbell workout to a higher rep level, with more intensity.

FIND THE PASS THAT SUITS YOU BEST

VISIT ONE OF OUR FACILITIES OR [SUSF.COM.AU](http://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 court bookings
- See the full list of benefits/inclusions at susf.com.au

PRICES

- 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 **\$14* per week**
- Sydney Uni staff from under **\$20* 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 **\$11* per week**
- Sydney Uni staff from under **\$16* per week**
- Community from under **\$19* 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 **\$9* 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 OUR SPORTING CLUBS



AUSTRALIAN RULES

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

-  suanfc.com | suwafc.com
-  afl@sport.usyd.edu.au
-  [@suanfc](https://www.instagram.com/suanfc) | [@sydneyuniwomensaf1](https://www.instagram.com/sydneyuniwomensaf1)
-  [@SydneyUniAFL](https://www.facebook.com/SydneyUniAFL)



AMERICAN FOOTBALL



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

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



ARCHERY





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

-  suac.org.au
-  archery@sport.usyd.edu.au



ATHLETICS

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

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



BADMINTON




The Sydney Uni Badminton Club welcomes players of all levels. The club is open to the public. Whether you are a social player looking for a fun hit or a competition regular looking for some practise before your next big game, you are more than welcome to come along. The club is affiliated with the Sydney Badminton Association Inc. and competes in all of their tournaments.

 badminton@sport.usyd.edu.au



BASEBALL




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

 sydneyuni.baseball.com.au
 baseball@sport.usyd.edu.au
 @sydneybaseball



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



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.

 sydneyuniversitycanooclub.com.au
 canoe@sport.usyd.edu.au
 @SUCanoe



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.

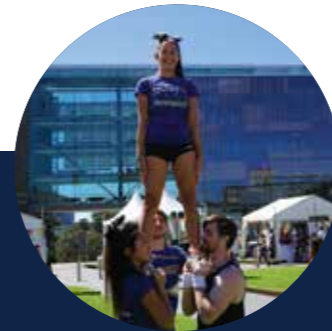
 basketball@sport.usyd.edu.au
 @sydneyunibasketball
 @SydUniBasketball



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



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
 @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
 @sydneyunicricket



FENCING




The Sydney University Fencing Club is the oldest University fencing club in NSW, founded in 1945. The club welcomes members of all standards. The club has a large amount of equipment available for the use of members, offering training with foil, epee and sabre. The club competes in state competitions run by the New South Wales Fencing Association, participating in both individual and team competitions.

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



GYMNASTICS





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

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



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



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)



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)



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)



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



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)



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)



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
-  [@usydttabletennis](https://www.instagram.com/usydttabletennis)



TAEKWONDO




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

-  taekwondo@sport.usyd.edu.au
-  [@usydtkd](https://www.instagram.com/usydtkd)
-  [@USYDTKD](https://www.facebook.com/USYDTKD)



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](https://www.instagram.com/suufa)
-  [@usyduultimate](https://www.facebook.com/usyduultimate)



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](https://www.facebook.com/sydneyunivelo)



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
-  [@usydlawntennis](https://www.instagram.com/usydlawntennis)
-  [@sultc](https://www.facebook.com/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](https://www.instagram.com/sydneyunitouch)
-  [@sydneyunitouch](https://www.facebook.com/sydneyunitouch)



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.

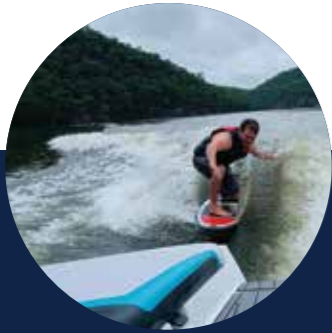
-  suvolleyball.com
-  volleyball@sport.usyd.edu.au
-  [@usydvball](https://www.instagram.com/usydvball)
-  [@sydneyunivolleyball](https://www.facebook.com/sydneyunivolleyball)



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](https://www.instagram.com/sydneyuniwp)
-  [@SydUniWaterPolo](https://www.facebook.com/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](https://www.instagram.com/usyd_wake)
-  [@Usydwake](https://www.facebook.com/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](https://www.facebook.com/sydneyunigrappling)



TUESDAY

FUTSAL

WEDNESDAY

NETBALL

THURSDAY

FUTSAL & VOLLEYBALL

FRIDAY

BASKETBALL & TOUCH FOOTBALL

PLAY SOCIAL SPORT



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



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 - 10pm, **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 requests

OPENING HOURS

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

📞 9351 8115

📍 Arena Sports Centre, Western Ave



SWIMMING PROGRAM

Sydney Uni Swim School is proud to offer quality aquatic education to swimmers of all ages and ability, all year round.

SUSF offers adult swim classes for all levels – beginner, intermediate, advanced and stroke correction. The program also caters to junior, open and varsity squads.

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

📞 9351 4978

✉️ swimschool@sport.usyd.edu.au



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

THANKS TO OUR SPONSORS

SYDNEY UNI SPORT & FITNESS WOULD LIKE TO ACKNOWLEDGE OUR SPONSORS AND STRATEGIC PARTNERS.



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CORPORATE PARTNERS



STRATEGIC PARTNERS



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

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