

ROAR

EDITION 52

SEM 1, 2023



TRIPLE THREAT



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CONTENTS

STARTER PACK	4
SSAF FEES AT PLAY	8
MEMBERSHIP EXPLAINED	12
TRIPLE THREAT	14
PLANNING PAYS DIVIDENDS	22
A DAY IN TRAINING	26
GROUP FITNESS	28
FACILITIES IN FOCUS	30
CLUB DIRECTORY	32

FROM THE EDITOR



A warm welcome back to the campus to students and staff and to the first edition of Roar for 2023.

Our feature story on dual Summer and Winter Paralympian Rae Anderson is a wonderful read. Rae is a special athlete, whether she is competing in the long jump, throwing the discus or javelin, powering down dangerous slalom runs, or kicking a football – all at international level. A former member of the Sydney Uni Sport and Fitness Elite Athlete Program, she is also a special person when not competing, nurturing future athletes through her work with Disability Sports Australia. Rae is at the forefront of helping young athletes with disabilities into para-sports and overcoming the difficulties.

Students will be interested to read where a portion of their fees – the Student Services Amenities Fee – is directed. Every university student in Australia is required to pay the SSAF each semester of their studies but few would pass an exam questioning where those funds are spent. Indeed, the SSAF, which is tacked onto student tuition fees, is a most important contribution and is used to fund services that enhance student experiences on campus, including the sporting programs run by Sydney Uni Sport and Fitness. Some of those funds were used on air fares and accommodation when the 300- strong Sydney University team won the week-long 2022 Intersport Games in Perth. They also fund gym memberships for the many and diversity programs such as the Gadigal and E12 scholarships to the few. Programs such as \$2 basketball hire and free learn-to-swim courses are geared at international students, allowing

them a reprieve financially from their international student fees which are usually three times as expensive as domestic tuition fees.

And, while we've had wide coverage of our athletes individually and collectively at club, state, national and international events, including the 2022 UniSport Games in Perth, where Sydney University retained the title of Overall National Champion, this issue of Roar looks behind the scenes to SUSF, the sporting clubs, the Elite Athlete Program and the hundreds of operatives who helped prepare the athletes on and off the field. The UniSport Games title was the icing on the cake, confirming that Sydney University has the best sporting program of any Australian university, and that includes the best organisers, coaches, volunteers, facilities, and support programs.

Graham Croker
Editor



SUSF MANAGEMENT

CHIEF EXECUTIVE OFFICER

Ed Smith

CHIEF FINANCIAL OFFICER

Enda Carberry

HEAD OF MARKETING & PROGRAMS

Ian Riddick

HEAD OF OPERATIONS

Paul Reynolds

HEAD OF PEOPLE & CULTURE

Kylie Algie

HEAD OF SPORT

Leonie Lum

LEGAL COUNSEL

Natalie Brown

ROAR CREDITS

EDITOR

Graham Croker

DEPUTY EDITORS

Anastasia Barrat
Ian Riddick

CREATIVE DESIGN & PRODUCTION

Southern Design

CONTRIBUTING WRITERS

Anastasia Barrat
Graham Croker
Ava Redman

CONTRIBUTING PHOTOGRAPHERS

Gabe Hutchinson
SUSF Marketing

SUSF STARTER PACK

Welcome Fest is a highlight on the student calendar. You're exposed to the breadth of societies and clubs available to you, collect one too many goodie bags and consume a fair chunk of information about the University landscape. That's great; as a matter of fact, exactly what we want.

Before your weekly schedule is jam-packed with classes, lectures and tutorials, we wanted to let you in on the 'need to know' for Sydney Uni Sport & Fitness (SUSF).

Now, we are not in the business of just adding another thing to your diary. We believe we can complement your experience by maximising your time on campus through our offerings. Undergrads and post-grads, here's your SUSF starter pack.

Women in Sport

Our Women in Sport program is designed to encourage the participation and advancement of female students across a variety of sport and fitness activities. The programs have been developed to provide female students the opportunities to learn new sports, meet like-minded people and get active while on campus.

Membership

First up, get bang for your buck by purchasing our annual membership for \$10. This will give you discounted rates to access our two health and fitness centres, a variety of short courses, reduced court booking fees and the gateway to be part of one of our 40+ sports clubs.

Tennis Program

You only live once, but you get to serve twice! The great thing about tennis at Sydney Uni Sport & Fitness is there is something for everyone. Regardless of your playing experience or fitness level, we have a program for you. Sydney Uni Tennis offers coaching sessions and playing opportunities for adults of all levels, delivered to you by our professional coaching team.

Lunchtime Social Sport

Have an hour to kill between lectures? Looking for something fun to do in your lunch hour? Grab a group of friends or workmates together and compete in one of our Lunchtime Social Sport competitions. Running between 12pm-2pm on weekdays, SUSF offers a range of sports in a social yet competitive environment that is open to athletes of all skills levels.

Water Safe

Over the course of Semester 1, we offer free water safety classes for University of Sydney students. Over 10 weeks you will learn basic water skills, stroke, and water survival skills in a safe and friendly environment. Registrations are open now, and classes will commence on Tuesday, 28th February 2023.

Interfaculty Sport

Whether you're a student or staff member, compete against other faculties in different codes. It is a great chance for everyone to have fun and compete for their faculty in a social atmosphere. Sports on offer include touch footy, soccer, basketball, and volleyball - to name a few.

Social Netball

Be part of one of our fastest-growing competitions, social netball. Running 3 times a week on our state-of-the-art courts, you'll be working up a sweat and having an absolute ball at the same time. You can join as an individual, or a whole team. Rally the troops and secure your place today!

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

MEMBER BENEFITS INCLUDE

Free SUSF Training T-Shirt

Access to state of the art health and fitness facilities at casual rates

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

Free entry into the Interfaculty Sport Competition

Up to 20% discount on a range of Short Courses

\$5 discount per hour off all tennis, squash and badminton bookings

Member rates on First Aid Courses

USYD
Students

\$10

Community
or USYD Staff

\$60



Purchase in facilities or online



YOUR



FUNDING AT PLAY



Every university student in Australia is required to pay a Student Services Amenities Fee (SSAF) per semester of their studies, but few would pass an exam questioning where those funds are spent.

The SSAF is tacked onto student tuition fees and is an important contribution to student life. It is used by student organisations and faculties to fund services that enhance student experiences on campus.

For example, in 2022, Sydney Uni Sport and Fitness applied its portion of the SSAF funding to programs such as the 40% student discount offer for all gym, swim and group fitness memberships, the 85% student discount for general SUSF membership, and a free gym membership program for the University's indigenous Gadigal Scholarship and E12 Cohort (socio-economic) Scholarship holders.

SUSF also used some of its SSAF funding to subsidise the expenses of over 300 student-athletes who travelled to Perth to represent the University at the UniSport Nationals in September 2022 – a factor which no doubt helped USyd claim the title of 'Overall University Champion' for the 13th time in 26 years.

SUSF's SSAF funding also helps fund programs such as \$2 basketball and free learn-to-swim courses, which have proven to be very popular with our international students.

The announcement of the 2023 SSAF base funding allocation includes a continuation of the student discount program for student gyms and annual memberships. These programs were formerly part of SUSF's annual 'contestable' funding process and were subject to the University's approval each year. From 2023, however, the 40 per cent discount applied to student gym/swim/group fitness memberships and the 85% annual membership discount for 2022 has now been included into SUSF's 'Base' SSAF funding for 2023 and the foreseeable future.

As proudly noted by the CEO of Sydney Uni Sport and Fitness, Ed Smith, "that means the annual funding

allocation for the student discounts is now guaranteed, allowing SUSF to continue to offer large student discounts for many years to come."

Off the back of this news, the Base funding awarded also allowed SUSF to continue to offer funding towards our students' participation in the Indigenous Nationals and the ongoing performance of Sydney University's Wheelchair Basketball Flames team.

"When they stopped this automatic funding in 2006, it was really the kiss of death for student experience as we knew it"

As a not-for-profit organisation, SUSF relies heavily on SSAF 'base' and 'contestable' funds each year to supplement a range of its student programs and ensure its running in the following year. Locking in funding in December of the previous year plays a big part of the grant application process as it allows SUSF to plan and roll out programs from week 1 of semester 1 the following year. Unfortunately, the University has delayed consideration of the 2023 contestable programs for financial reasons meaning that some of SUSF's programs from last year, such as the Gadigal and E12 Cohort memberships are still in question for 2023. Subject

to the University's contestable funding approvals in June, SUSF looks forward to rolling out these and other student life contestable programs from semester 2, 2023.

By way of a quick history lesson, there wasn't always a compulsory Student Amenities Fee tacked onto every tuition fee each semester. It used to be included in the overall student package and an expected part of what was provided by the University to the student experience.

In 2006, the Coalition government introduced the Voluntary Student Unionism (VSU) legislation that no longer made these services part of compulsory funding, calling into question future funding for the affiliate organisations linked to the universities and to the student experience.

For Sydney University, the main contributors to on-campus student engagement are the University of Sydney Union (USU), the Student Representative Council (SRC), SUPRA (Post Grad's Society) and SUSF, among other key players.

The decision was left up to the universities on how to move forward, and Sydney University lead all other Australian universities in its continued strong support of its student organisations. In October 2011, the Labor government introduced the concept of the Student Services Amenities Fee alongside student





tuition fees for every enrolled student. This created a pool of funds that grew to \$20 million by 2022. Each year, organisations such as USU and SUSF jockey to secure these funds for the following year towards programs and events designed for students.

IT'S ALL ABOUT THAT BASE

SSAF funding is divided into two applications: Base and Contestable. SUSF secures its Base funding, its largest chunk, to help run and operate its facilities and maintain its grounds. The base amount has slowly grown, with a small increase in CPI (consumer price index) over the years.

In December 2021, SUSF secured over \$ 1 million in funding for its Contestable programs for the following 2022. This included diversity projects that were critical in building the student experience across a wider array of audiences. SUSF continues to push more services through the SSAF applications every year with the aim of guaranteeing more return on the student experience at Sydney University. As one international student said: "I came to the basketball courts three times a week to use the courts for just \$2 a visit. Believe it or not, it's the actual reason why I came over from UNSW to Sydney University because I love basketball, and no other university offered this. It's great because it helps me as a student to have this release."

In 2022, SUSF also received SSAF contestable funding for the ongoing

appointment of the SUSF Campus Life and Engagement Manager.

Mr Smith explains, "this manager's responsibility is to build student engagement with a high focus on diversity and international students by creating and running diverse projects. She speaks both Cantonese and Mandarin, which helps bridge the gap for Chinese students coming to Australia. Her resume of events for the past semester included Interfaculty Sports, Adaptive Sports, Self-Defence for Women, events run in liaison with the Pride Network, Mental Health awareness days and the Exam Ready Program.

"We would love to provide these services at no cost and we're pushing for that but we're also grateful for what we can do with the funding we do manage to secure."

"We would love to provide more student discounts, and we're pushing for that, but we're also very grateful for what we can do with the SSAF funding we do manage to secure."

"The Engagement Manager's role and her funding were listed in the final Base Request Form for this year, and, while it wasn't approved by the University in

the 2023 base round, SUSF hopes that the funding will be approved in June as part of the 2023 contestable programs.

"While the change in the SSAF contestable funding approval timelines will have a domino effect on what 2022 contestable programs SUSF can offer in 2023, SUSF will continue to offer as many of them as possible this year, including \$2 basketball and the Campus Life and Student Engagement Manager's role, as we see them as important to campus life and a great experience for our students."

"SUSF is over the moon at having the university acknowledge and fund the vitality of many of its programs," Mr Smith said. "We've achieved milestones such as the Indigenous Nationals package that will help send 16 of our students to compete next year. It's projects like these where Sydney University should be represented, and we're pushing for that visibility."

STUDENT SURVEY RESULTS

Every year students have a chance to have their say on how their SSAF

funding is used and how they feel about the services provided to students. The results show undergraduate students rate SUSF services as the second highest in satisfaction next to food services. "It's not all gravy, though, and in their top desirables, students want all sports services and facilities provided by SUSF to be free." Mr Smith said. "We would love to provide more student discounts, and we're pushing for that, but we're also grateful for what we can do with the SSAF funding we do manage to secure."





Memberships

NEW 2023 GYM PASSES

FIND THE PASS THAT SUITS YOU BEST

- 1** SIGN UP FOR OUR ANNUAL MEMBERSHIP
- 2** CHOOSE YOUR PASS
- 3** JOIN ONLINE OR IN ONE OF OUR FACILITIES

MEMBERSHIP BENEFITS			
PASS TYPE	PREMIUM	CLASSIC	BASE
Unlimited access to a 50m heated indoor pool	✓	✓	✓
Unlimited access to SUSAC cardio/weights room	✓	✓	
Unlimited access to ARENA cardio/weights room	✓	✓	
Unlimited access to The Ledge Climbing Centre	✓	✓	
Access to boxing gym	✓	✓	
Complementary casual access to SUSAC Sports Halls	✓	✓	
Unlimited access to Group Fitness classes	✓		
Unlimited access to UNLEASH functional training classes	✓		
Complementary towel hire	✓		
Complementary gift pack	✓		
Complementary locker hire	✓	✓	✓
Use of time stop available	✓	✓	✓
MEMBERSHIP PRICES			
PASS TYPE	PREMIUM	CLASSIC	BASE
Student	\$11	\$9	\$5
Community	\$23	\$19	\$11
Concession	\$18	\$15	\$8

Rae Anderson

TRIPLE THREAT



Paralympian Rae Anderson holds the rare milestone of competing at both the Summer and Winter Paralympic Games. She is one of seven athletes in Australia to have achieved this feat. In this interview she talks about her aspirations in the para-sporting community, overcoming adversity and her return to soccer as a ParaMatilda.

CHAMPIONING ADVERSITY

It takes a special athlete to compete with the best in the world in the slalom at the 2022 Beijing Paralympic Winter Games, then return home to take up duties with the ParaMatilda's women's football squad.

But Rae Anderson is a special athlete, whether she is competing in the long jump, throwing the discus or javelin, powering down dangerous slalom runs, or kicking a football – all at international level. Rae has been a ParaMatilda since 2020 with her sights set on this year's Asia Cup in Australia, the 2024 Paris Paralympic Games and the 2026 Commonwealth Games in Victoria.

Playing multiple sports from a young age, Rae was selected in primary school to train with Paralympian Evan O'Hanlon, dubbed Australia's most successful male athlete with a disability. Rae trained with Evan and his coach which set her on a path to becoming an elite athlete at the age of 15.

"My coach was very focused on me having a very normal progression as an athlete and not just getting in, getting a medal and getting out," she says. "At the time I was really upset because I wanted everything now but that's just what's ingrained in us. I think through his coaching and through what I've learnt through sports, the way he set me up is to have longevity in the sport and to be able to enjoy the small moments. It's not necessarily about the medals but also the quality of life that I have through sport."

Rae made her international debut as a 17-year-old in the long jump for T37/38 athletes at the 2014 Glasgow Commonwealth Games, which set her on a pathway for para-athletics. In 2015, she represented Australia at the IPC Athletics World Championships at Doha, Qatar, where she placed sixth in the women's javelin F37 and seventh in the women's discus F37. She competed in the javelin event on the same day as sitting her final exam for her High School Certificate.

Following impressive performances in javelin and discus in her debut at the 2016 Rio de Janeiro Paralympic Games, she competed in both disciplines at the 2017 IPC Athletics World Championships in London. It seemed that everything was going to plan and then Rae's dreams as a para-athlete were shattered when the javelin discipline was struck from the 2020 Tokyo Paralympic Games. "I lost it. That was my life and my identity," she says.

Rae took a year off to focus on her studies. Focusing on her university degree, a Bachelor of Arts majoring in Asian and Indonesian Studies, honed her desire for what she wanted to pursue later in life - building up para-sport communities in Asia and opening those same pathways for para-athletes that she was able to take advantage of herself.

But fate played a hand while she was on a skiing trip with her family and was scouted as an alpine slalom skier, setting her on a new road that would eventually lead to the 2021 Beijing Winter Paralympics. The transition from athletics to alpine skiing was a lot harder than imagined. Rae received a scholarship through the Elite Athlete Program (EAP), run by Sydney Uni Sport & Fitness, which helped set her up as a para-athlete in her training while balancing her studies.

"The University of Sydney made it so easy to do both. When I went into alpine, I wanted to be a part of the EAP. Everything was so easy and so streamlined compared to before," Rae says. "Alpine is such a lifestyle as you travel throughout the year, and are only home for four months of the year. I liked the experience that alpine gave me and through alpine skiing I think I learnt a lot about myself.

"I never believed in the division between male and female sexism in sports. I thought it was just talk because in athletics we were considered quite even. But in alpine skiing I found that I was excluded and looked down upon, and that I was never going to be the same athlete as I was female. I think the biggest thing

there is that I have a worse disability. It's not considered marketable. It's not visible."

Rae was born with left-sided hemiplegic cerebral palsy and at the age of five underwent major surgery to correct her foot and hip rotation, without success. At the age of seven, an operation was finally successful in rotating her hip back

weather conditions and because I hide it so well it's not so noticeable how bad it actually is," she says. "In skiing there was this expectation that I was going to blow it out of the park and through skiing there is this mindset that I'm not a high-performance athlete because I'm female, and because I'm a one and I just have it easy."

"The transition from athletics to alpine skiing was a lot harder than imagined."

out and her foot further back. It left her in a wheelchair for over four months. "I think a lot of institutions back then just weren't set up for wheelchairs. Even my high school had stairs everywhere," she says.

Most public primary schools were not equipped to handle children with disabilities like this, making it harder for Rae to have the same integration. "I think it's only a second thought, it only comes up when it becomes an issue," Rae says. "When I was in a wheelchair in primary school, they said 'no, we can't have you, there's no way we can get you up the stairs.' As the school was on a hill, Rae's dad had to push her up every day to school and her mum had to stay on as a teacher's aide to help her.

Rae was classified as LW91, 1 being more affected than 2, LW meaning that only one side of her body is affected. "Because my disability is invisible, I'm a lot more affected by fatigue and

WORK IN THE PARA COMMUNITY

Rae's success has prompted her motivation to nurture future athletes in the same light, through her story and experiences. Through her work with Disability Sports Australia, Rae is at the forefront of helping young athletes with disabilities integrate into para-sports and overcome these barriers. It's also from this that she can attest to the changes in the para-community, with more children attending public schools than ever before.

"Through my work I find out that kids are home-schooled because parents think they can't put them in a mainstream school, or they send them to private schools because they think it's going to be too hard in public school," she says. "But I am finding that a lot more kids are going into mainstream schools and public schools, and they are having to adapt more for that and make it mainstream."



Sport has allowed me to grow so much, especially alpine, in getting over some mental barriers that I didn't know existed as a kid."

As a child, Rae found it easier in primary school to maintain friendships and found that the differences in attitudes made it easier to adjust. "It's easier as kids," she says. "Kids adapt and it's just normal for them. I have some incredible friendships from primary school. I think it's high school where girls are more self-aware, and people start to understand disability and the stigmas associated with it. The conversations were a lot less about how we can adapt but how can we talk about this. Everyone tiptoes around you."

THE FUTURE IS FEMALE

Following her success at the Winter Paralympics in Beijing, Rae decided to come back home to her roots - soccer. Rae has been a ParaMatilda since 2020; a passion she has pursued long and hard. "Through all my sports, I think this is the most support we've ever had," she says. "It's an incredible movement and it's so exciting to be a part of it. I'm very invested in these girls and the para-football movement. I think Australia needs to invest in these girls."

"Sport has allowed me to grow so much, especially alpine, in getting over some mental barriers that I didn't know existed as a kid. I really struggled towards the end of high school because I didn't medal, but my biggest issue with mental health is probably the way that these sports push us and certainly from a para perspective I really enjoyed my time in athletics."

"I'm disappointed that I was the last female to come through in alpine. We have a few girls coming through but none coming through on the elite high-performance team now. So, for

me, we finally have a female football team that is so close and believe in each other so much and we have an incredible support team. It's just such an empowering position to be in after alpine skiing, to have such incredible support from the girls and everyone behind us, it sends such a powerful message when we finally have female sport being aired."

Rae Anderson's inspirational journey continues.

Rae Anderson

TUESDAY

FUTSAL

WEDNESDAY

NETBALL

THURSDAY

FUTSAL & VOLLEYBALL

FRIDAY

BASKETBALL & TOUCH FOOTBALL

PLAY SOCIAL SPORT



Student Discount



The SportsClinic
Sports Medicine Centre

- Sports Physiotherapy
- Sports Physicians
- Podiatry
- Exercise Physiology



SCAN FOR ONLINE BOOKINGS

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Cnr Western Avenue & Physics Road
University of Sydney
thesportsclinic.com.au

We provide services to Rugby Australia, Cricket NSW, Cricket Australia, Sydney Thunder, Sydney Sixers, NSW Waratahs, Sydney Uni Football Club, Sydney Uni Cricket Club, Sydney Uni Boat Club, Sydney Uni Athletics, Sydney Uni Soccer Football Club, Sydney Uni Water Polo Club.



Servicing the University of Sydney Staff and Students for over 20 years



PLANNING PAYS DIVIDENDS



WHEN SYDNEY UNIVERSITY DOMINATED UNISPORT NATIONALS HELD IN PERTH IN LATE 2022. RETAINING THE TITLE OF OVERALL NATIONAL CHAMPIONS. IT CAPPED OFF MANY MONTHS OF PLANNING FROM BEHIND-THE-SCENES OPERATIVES.



As the athletes went about winning 16 Pennants (gold), 11 silver and three bronze medals at the Games, considered the Olympics of Australian university sport, they confirmed Sydney University has the best sporting program and support structure of any Australian university.

UniSport Nationals was the last event on the intervarsity program for the year, marking the full return of university sports after the global pandemic. Over 5000 participants from 39 universities from around the country came together to compete in a week of sport for the chance to be crowned National Champions. The 300-strong Sydney University team contested 29 sports, resulting in 253 student-athletes winning medals.

As a Sydney Uni Sport & Fitness spokesperson said, the 2022 Nationals were one of Sydney University's most successful on record, and many contributing factors led to the victory, including a combination of support from the University, Sydney Uni Sport & Fitness (SUSF), clubs, student representatives and the student-athletes. "Across Sydney University's 40 clubs, 20 were involved at the Nationals events, as well as some societies, including Sydney University Boarders' and Skiers' Club and Sydney University Society of Gamers," the spokesperson said.



STARTING THE BALL ROLLING ON UNISPORT AS EARLY AS POSSIBLE GIVES THE UNIVERSITY A CHANCE TO BE REALLY PROACTIVE AND COME OUT ON TOP.

"Each year, the clubs and their student volunteers assist in organising their teams, run trials and help the University team manager. Nationals would not be a success without this support from the team managers, clubs and societies."

Preparations for the Unispport Nationals start from the beginning of November the year prior. "This involves organising all of the logistics, including accommodation for 300-plus students, travel, ground transport, meals, uniforms, merchandise, trials, team meetings, pre-departure meetings, liaising with UniSport Australia, running additional unofficial events to assist in the lead-up to the Nationals and attending and supporting the students at their events," the SUSF spokesperson said.

"The University granted SUSF an additional subsidy this year to help support the athletes through Student Services Amenity Fee (SSAF).

This was the first time SUSF was granted additional funding for this event, and it assisted the students with uniforms, coaching, travel, additional training, and equipment across the major UniSport events as well as several unofficial UniSport events."

Ed Smith, the CEO of SUSF, said starting the ball rolling on UniSport as early as possible gives the University a chance to be really proactive and come out on top.



IT'S A MONSTER EFFORT TO CO-ORDINATE ONE UNIVERSITY THAT HAS SO MANY SEGMENTS AND OFFSHOOTS.



"It's not just about the clubs being at a top level, but also about making sure the whole campaign goes smoothly to ensure the best chance for our teams to just focus on their sport and the spirit of the Games," he said.

It's March 2022, six months before the long-awaited UniSport Nationals in Perth and Mr Smith is calling for all hands on deck in a massive effort to co-ordinate 300 students to the Games. It comes down to co-ordinating 21 clubs across multiple disciplines and organising multiple team meetings across every level of employee and athlete involved. "It's a monster effort to co-ordinate one university that has so many segments and offshoots," he said.

"Hotels are booked six months in advance, with the bulk of the

clubs booked into the same hotel. The rowing team is one of the few teams booked into another hotel to accommodate the rowing cups, which are further afield from the rest of the Games."

Leonie Lum and Deborah Fox play a vital role in managing the Elite Athlete Program and its 75 participants. "They foster and manage the athletes, including helping to manage to study their training balance and providing support," Mr Smith said. "They lean on the clubs to provide them with a list of athletes and teams who will be participating."

Several weeks prior to the Games, SUSF's marketing and athlete management team meet with the athletes to discuss their involvement.



"Everything needs to be organised to ensure the athletes do only what is required of them to perform. We are immensely proud of our athletes for taking the time out their work and studies to don the blue and gold USYD," Mr Smith said. "More than just a sporting event, previous representatives look back on their time at the Nationals with the fondest memories as a highlight of their university experience, with lifelong friendships, learnings and even marriages forged from it."

And, in a true sense of tribalism, Sydney University came together for last year's Games in a way it hadn't done before, with kits designed especially for 2022 and the Indigenous Games. Alana Nicholls, a first-year Bachelor of Arts & Advanced Studies student, designed the uniforms integrating artwork from her culture. It was also the first time in Sydney University's history that Indigenous artwork, as well as Aboriginal and Torres Strait Islander flags, was featured on the uniforms.

With all of that support behind them, the University won gold medals in Mixed Beach Volleyball, Women's Football, Women's Hockey, Judo (Team), Women's Rugby 7s, Women's Tennis, Ultimate (Mixed) Touch Football, Men's Water Polo, Women's Water Polo and Rowing. Silver medals came the University's way in Women's Basketball, Men's Rugby 7s and Women's Table Tennis, with bronze medals coming in Mixed Beach Volleyball, Women's Netball and Men's Table Tennis.

And there was also the 119-year-old Oxford Cambridge Cup, presented to the Sydney University Men's rowing Eight when they won the final event at the 2022 Nationals. The Oxford-Cambridge Cup is one of Australia's oldest and most valuable sporting trophies, insured for \$150,000 and rumoured to be valued



EVERYTHING NEEDS TO BE ORGANISED TO ENSURE THE ATHLETES DO ONLY WHAT IS REQUIRED OF THEM TO PERFORM.

at \$250,000. It dates back to the first Intervarsity Boat Race held in 1888 between the Universities of Sydney, Melbourne and Adelaide. The trophy was donated by the Blues of Oxford and Cambridge Universities in 1893 to acknowledge this intervarsity competition in Australia. Following the start of the UniSports Nationals in 1921, the Men's Eight-boat race was amalgamated into the Nationals.

The Sydney University Boat Club won the Men's Eight this year with a seasoned crew who, if it weren't for the pandemic and Sydney University adapting to online courses, would not have been able to stay on at the University and compete under the blue and gold varsity colours. "I always wanted to study at Sydney Uni, and the pandemic gave us an opportunity for online distance learning and to represent them and the club," says Jackson Kench, the captain who stroked the Men's Eight to victory against Melbourne University in the Australian Boat Race.

As well as winning the UniSport Nationals crown, Sydney University also won the inaugural University Basketball League (UBL) crown in the Men's Championship for 2022, with the Women's team also making it to the grand final after finishing the season proper as minor premiers. The UBL was to begin in 2020 but was cancelled during the Covid-19 pandemic. The championship for the Men's team also resulted in a tour of Taipei, Taiwan competing against the Taiwanese University Basketball competition team, UBA.

A DAY IN TRAINING

Alexandra Bozovic







Tennis. Bachelor of Liberal Arts and Science

"I've had many great wins in 2022, making it my best performing year so far in my professional tennis career."



-  **7 am**
Wake up
-  **9-11 am**
Training at the court's
-  **12-1.30 pm**
Strength and conditioning
-  **3-5 pm**
Training on the court

STATS FOR 2022

-  1st Place W25 singles in #1 Darwin, Australia 2022
-  1st Place W25 singles in #2 Darwin, Australia 2022
-  1st Place W60 doubles in Playford, Australia 2022
-  1st Place W25 singles in Cairns, Australia 2022
-  1st Place W25 Doubles in Figueira Da Foz, Portugal 2022
-  Finalist of the W25 singles in Guimares, Portugal 2022
-  1st Place UniSport Nationals

WHAT MOTIVATES YOU TO KEEP TRAINING?

I am a super competitive person which I believe came from my childhood as I participated in many extra-curricular activities. I also have many tennis goals which motivate me to work hard in training sessions and during competitions to achieve them. How do you relax in your free time? As I'm away for the majority of the year competing, in my free time I love spending it with my family, boyfriend and friends as those moments are so special to me.

I enjoy going to the beach, watching TV shows, and reading to unwind.

DO YOU HAVE ANYTHING TO SAY TO SOMEONE WHO WANTS TO START TENNIS?

Learn to enjoy the process as it's not an easy road to the top. Enjoy every moment, the hard yards, before and after school/work training, the wins, the losses, and everything else in between. There is a lot of hard work involved but the results will follow your effort.

I am very fortunate to have a very supportive network around me - my family, coaches, and Sydney University. As I currently play and travel full-time for tennis while studying, it can be challenging at times to complete tasks due to the busy tennis schedule and managing the different time zones - At times, I've had to wake up in the early hours of the morning for tutorials. I am very grateful to have the support of Sydney University staff including Leonie and Emily who helped transition into university life during my first year.




A DAY IN TRAINING

Thomas Hay

Swimming. Bachelor of Engineering (Mechanical) and Bachelor of Commerce

"I have always enjoyed the process of putting in work for the best result I can achieve, and the feeling of racing well after a long and tough block of training is so rewarding."



-  **6.10 am**
Wake up
-  **7-9 am**
Training in the pool
-  **12-1 pm**
Strength and conditioning

STATS FOR 2022

-  1st Place 200 Freestyle UniSport Nationals
-  2nd Place 400 Freestyle UniSport Nationals
-  4x200 Freestyle US Open swimming championships representing NSW

WHAT MOTIVATES YOU TO KEEP TRAINING?

My main motivation in swimming is to see what I can achieve as an athlete. I have always enjoyed the process of putting in work for a the best result I can achieve, and the feeling of racing well after a long and tough block of training is so rewarding. I train 8 times a week in the pool for 2 hours at a time, and 3 times a week in the gym for 1 hour at a time.

DO YOU HAVE ANYTHING TO SAY TO SOMEONE WHO WANTS TO START SWIMMING?

Swimming is a valuable life skill. It is something anyone can do, and something that you can do for the rest of your life. I juggle a busy workload with university and college, I generally see swimming as the time during the day where I relax. It's a great time for me to clear my mind. Outside of swimming, I enjoy going to the beach, and doing a lot of sleeping.

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 co-ordination, 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.

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







JOIN OUR SPORTING CLUBS



AUSTRALIAN RULES



The Growthbuilt Sydney University Australian Football Club (SUANFC), is the oldest Australian Rules Club in NSW and the fourth oldest in Australia. SUANFC offers all members, students or community members, the chance to play AFL in an inclusive environment, welcoming of all skill levels and experience, fielding 11 teams in the Sydney AFL competition, across both the Men's and Women's grades.

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

-  sydneyunigradiron.com
-  info@sydneyunigradiron.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 beginner to elite. Members compete in various professional competitions through Archery NSW and Archery Australia at club, state and national level whilst also hosting social competitions between universities.

-  suac.org.au
-  suac.archery@gmail.com



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
-  [@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.

 sydneyuniversitycanoecub.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





Since 1957, The Sydney Uni Gymnastics Club has strived to promote and develop gymnastics for all adults. We offer training and biweekly classes to students and community members of all skill levels, right in the middle of campus in our fully equipped gym in the Education Annexe.

-  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, Sydney University Hockey Club has more than 20 men's, women's, masters, and junior teams. The men's and master's teams play in the main metropolitan competitions, while our women's teams play in all divisions of the Sydney Women's Hockey League, plus additional teams in the Sydney North competition. The Club also aims to send 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


Sydney University Soccer Football Club cater for players of all abilities. Our Football NSW competitions cater for players in three specific areas: Skill Acquisition Phase (Mixed SAP & Girls SAP), Youth League (Boys & Girls), and Senior National Premier League (Men's & Women's), catering for both social and competitive leagues. 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.

-  sydneyunirugbyleague@gmail.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
-  secretary.swim@sport.usyd.edu.au
-  [@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



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.

- ✉ sydney.tkd@hotmail.com
- 📷 @usyd.tkd
- 📺 @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
- 📺 @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
- ✉ secretary@suvelo.com.au
- 📺 @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.

- ✉ thesultc@gmail.com
- 📷 @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



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.

- 🌐 revolutionise.com.au/usyd/
- ✉ usydvolleyball@gmail.com
- 📷 @usydvball
- 📺 @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.

- ✉ suwp.operations@gmail.com
- 📷 @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](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)

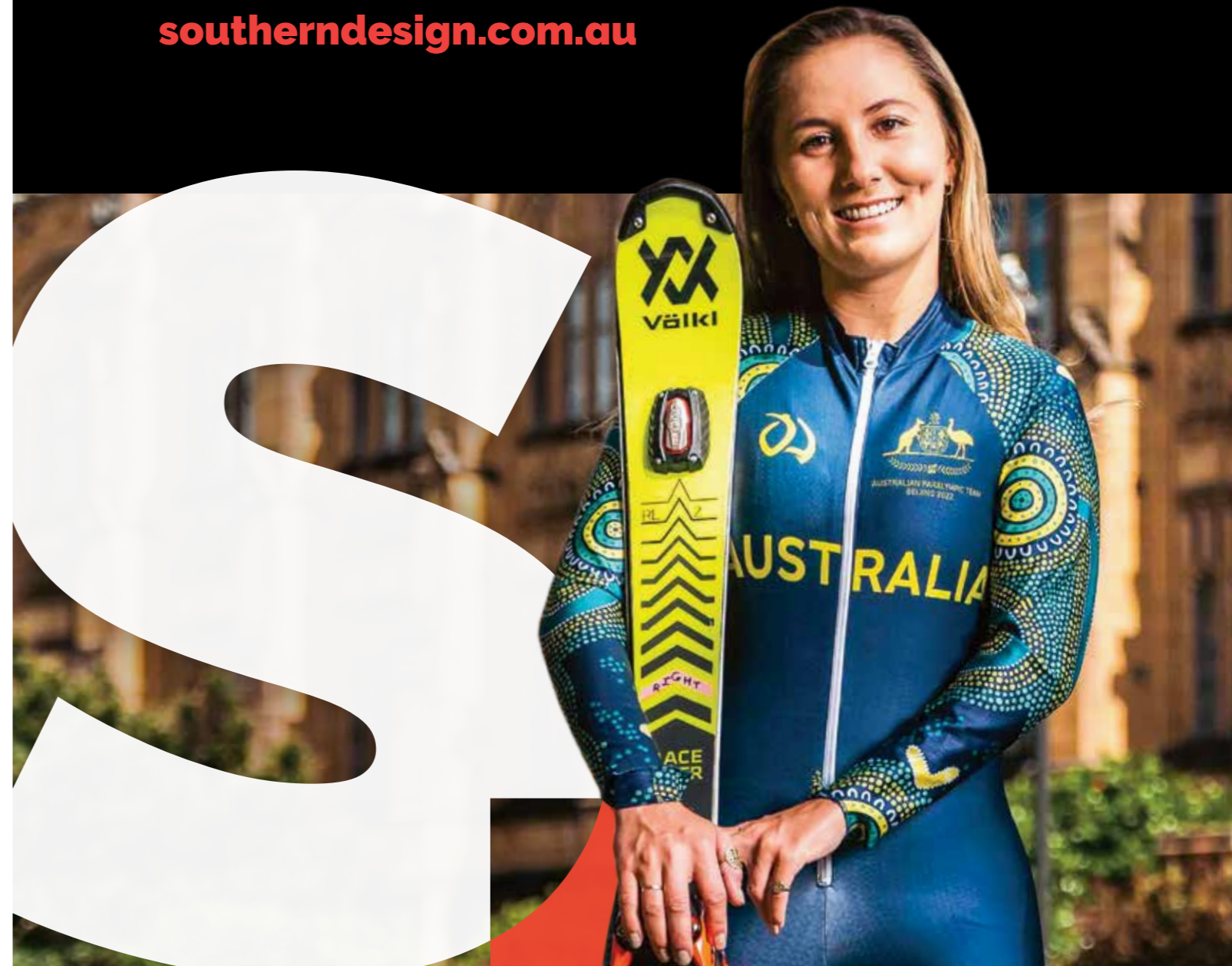


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southerndesign.com.au





Water Safe



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GROWTHBUILT

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.

MAKE YOUR MARK

2023 STUDENT GYM PASS

