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Cover: Melbourne Big Play Day Participants enjoying outdoor Mega Zumba and 80's dance class
Right: Melbourne Blacks player Tim Napier tackling an opponent
Above: The Goat Mascot from Queen's College at Big Play Day
Back: Cheerleading club members supporting the University at the 2014 Varsity Challenge

FROM THE DIRECTOR OF SPORT

Welcome.

I was immensely pleased with our first Sport eNews launched last December containing stories on the sporting achievements of our athletes, clubs and teams, and the exciting and diverse programs and quality facilities on offer at the University. The first edition was distributed to our 16,000 active members, and the response to both the quality and the content of the publication was excellent which encouraged us to ensure that Sport eNews was a regular occurrence.

This second edition includes stories on the performances of some of our outstanding student athletes along with the long awaited completion of our magnificent Pavilion. Read about the first Varsity Challenge against our great rivals Monash, which after two days of exciting competition went right down to the wire. The Big Play Day was also a feature of the Orientation period, but further opportunities for everyone to get involved continue throughout the year with our exciting Quick Hits program.

Finally, MU Sport will be conducting a review of the University of Melbourne Sport Strategic Plan (2010-2015) this year to coincide with the University conducting a review of the Growing Esteem Strategy. Great strides have occurred over the last five years to position sport, fitness and recreation as an important element of the student experience. MU Sport will provide opportunities for the University sporting community to participate in reviewing the success of the current strategies and to identify new challenges and opportunities. Further information will be provided (on the website and eNews) on how groups and individuals may participate in the review.

Thank you for supporting Sport at the University. Enjoy.

Tim Lee
Director of Sport
THE VISION FOR SPORT IS THAT THE UNIVERSITY OF MELBOURNE IS THE LEADING AUSTRALIAN UNIVERSITY IN SPORTING PERFORMANCE, LEVEL OF PARTICIPATION AND QUALITY OF FACILITIES.
women’s hockey was won by Melbourne with a goal in the last minutes of the game to secure victory.

By David Scott, International Media Manager

Harrowing result, though perhaps in and fans alike after a particularly

Melbourne-Monash Varsity Challenge, writes David Scott and

It was a tightly fought contest in the inaugural Melbourne-Monash Varsity Challenge, writes David Scott and Thomas Lutwyche, Sports Coordinator.

It was a tightly fought contest in the inaugural Melbourne-Monash Varsity Challenge, writes David Scott and Thomas Lutwyche, Sports Coordinator.

Sport was the real winner’ is usually a glib line trotted out by pundits and fans alike after a particularly harrowing result, though perhaps in this case the statement is justified, as the dust settles after the first Melbourne-Monash Varsity Challenge.

While Monash will go down in history as the inaugural winners of the event, taking the Varsity Challenge trophy 5 wins to 4, the two-day sporting feast held across both the Parkville and Clayton campuses proved to be a success for athletes and spectators alike.

When Melbourne hosted the first round on 9 April, challenging conditions met the athletes and supporters as Mother Nature turned on some challenging weather for the event providing wet conditions for all outdoor sports.

The Women’s Hockey was the first match of the day, with both teams trading goals throughout the free flowing match. With Melbourne University Hockey Club’s Women’s coach Jonathan McKeelese pulling the strings at half time, Claire-Alexander was able to score a goal with only a few minutes remaining on the clock to secure a 4 – 3 victory. Captain Melinda Casey and Sophie Sheahan were both excellent contributors as well.

In Women’s AFL, club senior Coach Michael Sandry took the reins of the team in his University Sport coaching debut, and it was a much more one-sided affair with the Melbourne team asserting its dominance early on the scoreboard, running at 11.4.70 to 0.0.0 winners. Key players for the Melbourne University team were Winged Victory Scholarship holder Madeleine Keryk and fellow co-captain Leah Caluzzi who led from the front, showing some great skills in the wet conditions.

The Men’s hockey match was a re-match of the Gold Medal game from Australian University Games last year and it ended up a resounding victory to the Monash team, who avenged their 2013 loss to defeat a gallant Melbourne team 6-1, after a 1-1 second half. It would be the only Monash win for the day.

In the final event on the Parkville campus, Men’s Basketball saw another re-match of the National Championship match from University Games last year where Monash earned bragging rights. This time, the result was flipped with some strong defensive efforts in the third quarter from the Melbourne team, restricting Monash to just 2 points, helped in securing a 49 – 42 victory. Andrew Steel led all scorers with 17 points, ably backed up by Captain Tim Clark with 14 points.

When the teams took to the playing ovals of Monash on 16 April, it was the hosts who took the ascendency, claiming titles in Women’s Soccer 1-0, Men’s Soccer 5-2 and Ultimate Frisbee 13-2 before Melbourne tied the ledger with a resounding 11.9.75 to 1.7.13 victory in Men’s AFL. Key players leading the AFL team to victory were Daniel Zambon, Angus Lochie and Tim Blakey.

This set up a grandstand finish for the overall title to be decided by Women’s Basketball. After a tight first half where just a few points separated the teams, Monash broke away to win 51 – 29 and secure the 2014 Varsity Challenge Overall trophy.

Unlike their American counterparts, Australian Universities don’t often have first and second overall – so it seemed only fitting that we should have another opportunity for our students to battle it out against each other, aside from the once a year event.

“Melbourne and Monash, along with the University of Sydney, are probably the dominant universities in sport at a national level. So for two universities to basically exist side by side in Melbourne and not really meet competitively just seemed a bit odd.”

Mr Warnecke says the event fills a gap that existing competitions don’t provide.

“We have an outstanding club structure at Melbourne, where our students, alumni and other members of the University community can participate on a seasonal basis. But in terms of playing against other Victorian universities such as Monash, RMIT or LaTrobe, it is very much dependent on occasion, and grade and the sport being played.

And our success with the Australian Boat Race with the University of Sydney has shown there is significant appetite for these sorts of rivalry-based events.”

“We’re already looking forward to a revenge match up with Monash in the Varsity Challenge next year, and in the meantime we’ll continue to explore opportunities to expand the number of marquee sporting events we co-host with our traditional sporting rivals,” Mr Warnecke says.

For more information about the Varsity Challenge visit:

sport.unimelb.edu.au/Varsity Challenge

Above: Melbourne University supporters enjoying the game atmosphere in the Sports Centre stadium

Left: Basketball team member William Parry (R) against Monash
One of the pillars of University’s Vision for Sport is to provide regular opportunities for students and the broader University community to participate in sport, fitness and recreational activities in order to encourage balanced and healthy lifestyles.

To further this objective and to add to its annual programming, MU Sport held its inaugural Big Play Day (BPD) on 13 March, a half day full of free music, food and fitness and sporting activities. The aim of BPD was to engage new and existing students and staff to discover the University’s on-campus sport facilities. Particularly for new students, MU Sport encouraged students to socialise and try something new.

Working with sporting partners such as Cricket Victoria, Oz Pitch Softball, Touch Victoria, Cardio Tennis, and sporting volunteers from FC11, more than 500 students and staff participated in 12 different fitness and sporting activities across the Sporting Precinct.

“We were excited to encourage new and returning students to experience firsthand what is available at MU Sport’, said Director of Sport Tim Lee. “Our first attempt at Big Play Day was a great success, and we are looking forward to making it bigger and better in the future”.

Highlights of the day included the College Mascot race through the Olympian Obstacle Inflatable course, where the mascots of Whitley College, International House, St Hilda’s College, Queen’s College and University College participated. This colourful event was narrowly won by the Panda from International House College.

Participants also had the opportunity to race against student Olympians Phoebe Stanley (Australian Rowing Team) and Brodie Summers (Australian Skiing Team).

The Mega Zumba and 80’s Dance class, held on the Rawlinson track, was a great hit. Participants were able to get their heart rates pumping and experience what group fitness classes are like in a fun and festive atmosphere.

Other highlights included free food and entertainment by some of Melbourne’s iconic food trucks (Mr Burger, Banh Mi Boys and Dos Diablos) and DJ Bee Ampersand, who had the crowds in high spirits for the whole afternoon.

To further encourage participants to try something new, a Big Play Day passport was offered as part of an opportunity to win an iPad for participants who had tried four or more activities.

These additional activities included:
- Football
- Softball
- Tennis
- Squash
- Futsal
- Cricket
- Basketball
- Boot camp

For more information about future Big Play Days, visit sport.unimelb.edu.au/BigPlayDay

By Betony Dawson, Marketing Coordinator and Peter Walker, Marketing Assistant
PARTICIPATION

That the students, staff and the broader university community regularly participate in sport, fitness and recreation activities that encourage a balanced lifestyle and build a healthy community.

From the University of Melbourne’s Strategic Plan 2010-2015
MAINTAINING HIGH QUALITY WATER FOR MEMBERS

By Craig Bamford, Aquatics and Fitness Coordinator

Aquatics is a major part of MU Sport’s fitness program. With 70,000 visits to the Beaurepaire pool in 2013, the quality of the pool has never been more important given that MU Sport’s pool received a high rating of 90.5% in a Royal Life Saving Society safety audit last year.

Although the Beaurepaire Centre was renovated in 2004, consistently heavy use by fitness members means that all equipment and machinery require constant maintenance and technology upgrades. A decade later, this past May, the pool received a much needed major upgrade to its plant room to further enhance its high standard of water quality. The major benefits of the plant upgrade included:

- Greater consistency in water quality
- Reduction in chemical and energy costs through an automatic system power down outside of hours
- Reduced fluctuation in pool temperature through backwashing overnight
- Reduced water consumption through electronically monitored backwashing

“Water quality is one of the major areas that our members value”, said Operations Manager Alex Affleck. “The new control system will enable MU Sport to improve our already excellent water quality through the provision of industry leading equipment. I’m sure our regular pool users will appreciate the benefits”.

The upgrade not only addresses structural wear and tear, but directly responds to Fitness members’ feedback in the most recent members’ survey in which 5% of respondents had satisfaction concerns about the pool. Of this group, 1.5% had questions about water clarity which has improved with the new control systems.

The upgrade included the installation of a Blue I HG-302 water quality controller to monitor pool parameters including chlorine, pH, alkalinity and temperature levels. The HG-302 can perform these tests up to 30 times every hour to constantly track and adjust the chemical levels through incremental doses, resulting in consistently high water balance and quality.

A new alkalinity control dosing system has also been added to the plant to also assist in maintaining water balance. The older, manually-operated backwash system was replaced with a new electronic backwashing system to further increase water quality and reduce water consumption. This system will monitor filter pressures closely and initiate a backwash outside of operating hours using closely monitored amounts of water.

The new changes to the Pool plant will reduce the need for manual monitoring of pool conditions, and, therefore, create more accurate and responsive conditions for pool regulars.

The Beaurepaire Gym is an iconic building on Campus, and MU Sport is dedicated to ensuring that all gym facilities are kept at an industry leading standard for the benefit of all fitness members.

For more information about MU Sport’s pool and swim programs, visit sport.unimelb.edu.au/Aquatics

Left: The new pool plant will ensure continued high standards of water quality for fitness members.
Twelve University of Melbourne rowing athletes have placed in Rowing Australia national teams for 2014. University athletes have been named to the Senior A Crew, U23, and U21 Australian Rowing team.

When asked about the selection of such a large group of athletes (see insert), Melbourne University Boat Club (MUBC) Senior Coach Pete Kupcis said “MUBC is tremendously proud of the athletes selected on the underage and senior national teams. The Club has enjoyed a very successful season at state and national level competition, so it’s great to see this form continue with a number of rowers in the international racing season as part of the Australian team.” (See table below)

Eight MUBC athletes competed in a very successful World Cup 1 28-30 March 2014 in Sydney, with Jennifer Cleary showing the best form, taking gold in the Women’s Quadruple Scull. The Senior A selection also competed at World Cup II 20-22 June 2014 held in Aiguebelette, France.

Upon completion of the World Rowing Cup, the final Australian Rowing Team will be selected for the 2014 World Rowing Championships 24 – 31 August 2014.

Coach Kupcis believes current Melbourne University student and MUBC member Alice McNamara warrants special attention stating “Alice was ranked as the top lightweight in the country and selected in the Lightweight Double Scull. The boat performed extremely well during the trialing process, being one of the fastest crews on the national team.

I’m sure Alice will look forward to the racing ahead. The depth of MUBC talent this year will add to the success of all our rowers.”

Melbourne University Sport and the University’s Elite Athlete Program are proud to support elite rowing student-athletes in their academic and sporting ambitions. When asked about the success of the Melbourne University rowers, Sport Development Manager Rod Warnecke commented “It is pleasing that the University’s support of rowing continues to produce Australian representatives from junior to senior teams.

“Hopefully the University rowers will return from their international campaigns with a multitude of medals. We can then turn our attention to the Australian University Games (28 September – 3 October) and the Australian Boat Race (26 October) where we will defend a number of titles.”

For more information about the University’s Elite Athlete Program and the Melbourne University Boat Club, see:

sport.unimelb.edu.au/EliteAthleteProgram
sport.unimelb.edu.au/BoatRace
sport.unimelb.edu.au/Boat

By Carl Junot, Elite Athlete Coordinator

Right: Boat Club member Alice McNamara (r) competed for Australia in World Cup II in Aiguebelette, France.
The Group Fitness program at MU Sport is an extremely popular activity for our fitness members and the University community. An essential part of the program is our 40 group fitness instructors that deliver a diverse range of daily classes. The longest serving instructor at MU Sport is Jessica Lea, who has been with the University for over 21 years. Her enthusiasm and dedication are prime examples of what sets MU Sport apart from other Group Fitness providers.

Since 1993, Jessica has taught group fitness classes and currently instructs Body Attack, Body Step, Body Pump and group cycle classes every week at the Sports Centre.

MU Sport was one of the first fitness facilities in Melbourne to introduce group aerobics in the early 1980s when the classes were called ‘movement to music’, originally offering only 10 hours of classes a week.

“When I started at the University, classes were held in [limited time slots in] the early morning, midday and after 5pm, to cater for the needs of students and staff,” Jessica recalls. Twenty years later, Group Fitness has become a key part of MU Sport’s programming, with over 100 group fitness classes offered every week.

Group Fitness at the University has come a long way since its humble beginnings, with three dedicated classrooms at the Sports Centre and one at Lincoln Square Fitness providing a full timetable of health and fitness opportunities for members. In 2013, Group fitness classes had 55,000 participants with this number growing each year.

“One of the reasons that I love teaching at Melbourne University is the multicultural environment. I’ve met people from many different countries studying a wide variety of subjects.”

The importance of experienced instructors is critical to Group Fitness Coordinator Angela La Scala, “Instructors that are loyal and committed to their students and MU Sport are crucial to a successful Group Fitness program. Good instructors establish rapport with their students so that they will feel at home in class.”

When asked why she has been so dedicated to teaching people about the benefits of Group Fitness, Jessica stated that she wanted to encourage people to live by her motto “health is my wealth.”

For more information about Group Fitness classes, visit sport.unimelb.edu.au/groupFitness

Jessica’s lifestyle is an extension of her job as a Group Fitness instructor. “I get 8 hours sleep every night, eat frequent small meals of fresh wholesome food, and drink lots of water with no caffeine or alcohol. “For my classes, I do a lot of practice and revising of choreography, with plenty of remedial exercise and stretching so that I can stay in the best shape as possible”, Jessica said.

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For more information about Group Fitness classes, visit sport.unimelb.edu.au/groupFitness
The University’s Vision for Sport sees the engagement of the student cohort as a pivotal marker for success for MU Sport. The Quick Hit Program (launched in 2013) was created to support this goal and provides significantly discounted rates for students to play Tennis, Badminton and Squash in the morning hours.

Funding from the Student Services and Amenities Fee (SSAF) is used to support the Quick Hit program, which allows students to access courts for $2 per half hour. Business Manager Jean-Luc Garlick has praised the results of the Quick Hit program, "It’s great to see University students take the opportunity to get involved in sport around campus. Our participation numbers show that students are keen to have an opportunity to engage in a fun activity with friends before class in the morning."

The program has seen a significant rise in student interest in the racquet sports offered, with 918 students accessing the Quick Hit Program since January. This is a growth of 32% from the previous semester, and MU Sport hopes to continue to engage students to stay active while on campus. Driven by the success of the Quick Hit program, MU Sport has also developed the Quick Kick program to encourage students to use the Hockey pitch to play Futsal in the afternoons. Despite its infancy, this initiative has seen a solid growth in the popular sport with participation expected to spike during the upcoming World Cup in June and July.

To learn more about the Quick Hit Program, see details at sport.unimelb.edu.au/play

2014 KEY UPCOMING DATES

**AUGUST**
- **SUN 17**: OPEN DAY
- **FRI 29**: MEMBERS BREAKFAST

**SEPTEMBER**
- **FRI 26**: MEMBERS BREAKFAST
- **28 SEP to 3 OCT**: AUSTRALIAN UNIVERSITY GAMES

**OCTOBER**
- **SUN 12**: MELBOURNE MARATHON
- **SUN 19**: AROUND THE BAY
- **SUN 26**: AUSTRALIAN BOAT RACE (SYD)
- **FRI 31**: MEMBERS BREAKFAST

**NOVEMBER**
- **TUE 25**: BLUES PRESENTATION