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FROM THE DIRECTOR OF SPORT

Welcome to our first edition of the Melbourne University Sport Magazine.

We have great stories to tell about the sporting achievements of the University of Melbourne’s athletes, clubs and teams, as well as our exciting and diverse programs and quality facilities. This magazine is a new initiative to keep you up to date with Sport’s unique stories, which we hope you will find informative and entertaining.

In this edition, you will read about the redevelopment of the Main Oval Pavilion and the completion of a 10-year sport facility plan to ensure facilities befitting Australia’s leading University.

I am sure that you will be inspired by the story about the vision impaired student Henry MacPhyllan and his fitness journey to scale Mount Kilimanjaro in support of Guide Dogs Australia. We also feature the achievements of our student athletes in 2013, including the second successive Overall Trophy at the Australian University Games and the historic win by both the women and men in the Australian Boat Race against the University of Sydney. Many of these events and activities are dynamically captured on the 2013 video highlights package which you can view here.

We look forward to 2014 and thank you for your part in a very successful year for sport at the University of Melbourne.

Enjoy,

Tim Lee
Director of Sport
The Melbourne University Mountaineering Club is one of seven recreational clubs that provide adventure and activity opportunities to students, staff, alumni, and the University community.

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.
Property and Campus Services (PCS) and Melbourne University Sport recently completed a major research project to assess the condition of the sport, recreation and fitness facilities at the University and recommend future capital projects and strategies to remain the leading sporting university in Australia. Quality sporting, fitness and recreation opportunities are a significant point of difference in an expanding global market place and the facilities that support these programs are critical in maintaining a competitive advantage for attracting students and staff.

The facilities at the University were benchmarked against eight Australian universities (including six of the Group of Eight) considered the leaders in sport and recreation facilities provision. The benchmarking identified that, at the time of the data collection, the University of Melbourne (UoM) was in the lower quarter of the survey group:

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<th>FACILITY</th>
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The majority of universities benchmarked generally have more (and better quality) sporting fields, tennis courts and indoor court space, and superior aquatic space, however, the UoM was considered to be reasonably well served for fitness space. Development of sport infrastructure on campus has traditionally been restricted by lack of space, limited funds and heritage issues, and the review considered that the current facilities will not meet the future demands of a larger and more diverse campus population stretching across Grattan Street into the University’s Southern Precinct.

Since the benchmarking was undertaken the University has commenced a $14 million capital works program. The projects are a positive step in addressing the quality of the facilities but the Sport Capital Infrastructure Plan (SCIP) recommended a further $60 million in capital projects over the next 10 years to upgrade and replace the remaining University sport and recreational infrastructure, provide expanded facilities south of Grattan Street, and upgraded off-campus facilities in Princes and Royal Parks.

The major proposal to upgrade and expand campus sporting facilities is for the development of a new Student Activity Centre on the Parkville campus (south of Tin Alley) incorporating sport, recreation and fitness facilities co-located with student services, graduations, examinations, retail, food and beverage, and student accommodation to create a major destination point on campus for the student community.

The current, restricted space on campus has resulted in the University’s sporting clubs, college residents, students and staff utilising sporting facilities and fields in the surrounding parks for many years. The SCIP report has recommended that the University investigate a longer term lease arrangement with the City of Melbourne leading to the direct management of the grounds and facilities in Princess Park, just north of the University grounds.

The cost to develop and maintain the sporting infrastructure identified in the SCIP goes beyond the capacity of the University alone, and additional external funds will be required to implement the plan. This includes partnerships with local councils, schools and sporting associations, federal and state government grants and benefaction.

The University can rightly claim to be Australia’s leading sporting University based on the performance of our athletes, clubs and teams and level of participation, but continued progress will be required so that the quality of facilities is befitting of Australia’s #1 ranked University.

For more information about the Sports Capital Improvement Plan and MU Sport’s capital works, visit sport.unimelb.edu.au/CapitalWorks.
430 students, volunteer officials and Melbourne University Sport staff attended the 2013 Australian University Games on the Gold Coast (28 September – 5 October). Competing in 43 Australian University Championships, the University of Melbourne won 10 national titles – two more than Monash University (8) and three more than University of Sydney (7) – to be crowned Australian University Games Overall Champions for the second successive year.

National titles were won across a myriad of sports: men’s and women’s Badminton, Baseball, men’s and women’s Fencing, men’s Football (Soccer), men’s and women’s Hockey, women’s Swimming, and men’s Table Tennis. The University was also national runner-up in a further nine championships. This success at the Australian University Games, combined with three separate national titles – men’s and women’s Orienteering, women’s Snow Sports and women’s Rowing – will also see the University of Melbourne crowned 2013 Overall Champion at Australian University Sport’s Sports Awards (held in 2014).

The University Games sporting success continued with the University winning both the men’s and women’s Eight at the 2013 Australian Boat Race on the Yarra River (Sun 27 October). With honours having been previously split for each of the past four races (Melbourne had won each of the women’s races and Sydney each of the men’s), the University of Melbourne became the first University to win both races since the reincarnation of the famous rivalry in 2009.

Viewed by 1,000 plus spectators lining the river banks around Federation Square and leaning over Princes Bridge in the heart of the city, both boat races were a great sporting spectacle in the heart of the Melbourne. Over 300 alumni and VIPs also attended a post-race brunch where they were entertained by the Vice-Chancellors of both universities along with a lively panel discussion from each of the four boat captains.


To learn more about University Sport, visit sport.unimelb.edu.au/UniversityGames
ACTIVE
( /AKTɪV/ ADJECTIVE)
ENGAGING
OR READY TO
ENGAGE IN
PHYSICALLY
ENERGETIC
PURSUITS.
Every fitness member has a unique situation, and none more so than Henry Macphillamy, the 27-year-old University of Melbourne student who was born blind. Despite his lack of sight, Henry is committed to fitness and conditioning, and has worked closely with MU Sport fitness supervisors for three years to reach his unique fitness goals.

“Fitness and exercise have become a big part of my life. I don’t feel relaxed or satisfied unless I’ve done something that gets me outside and active on a daily basis,” Henry said.

Henry’s main fitness goal was to train to fulfil his goal of summiting Mount Kilimanjaro, to raise money for guide dog training and development. “I did it in memory of my previous guide dog, Billy”, Henry said. “He was a very special dog and my first guide dog. I was looking for a way to give back to Guide Dogs NSW who set me up with Billy.” By the time Henry and his travelling party summited Kilimanjaro on 1 December, 2012, they had raised over $100,000 for guide dog training.

Reaching any mountain peak is a difficult feat for someone at any level of fitness. Henry worked diligently with MU Sport trainers such as Gregor Bush, since he became a MU Sport fitness member in 2010.

“Henry has a relentless attitude towards training,” Gregor says. “When training for Kilimanjaro, we put him on the treadmill, strapped a 15kg weighted vest to him, set it to a fast walk on the maximum incline, and left him there for 30 minutes. Most people would have struggled to maintain that for 3 minutes... [Henry] came back the next day and asked to do it again with more weight. It’s this attitude that makes him such an amazing person to train.

“With proper planning, you can adapt a training program to almost anybody”, Gregor explained. “No individual is the same; almost everybody will have reason to adapt and modify the way that they train. Whether it be a previous injury, postural restrictions, or in Henry’s case, visual impairment... there’s no one size fits all.”

The dividends of Henry’s efforts paid off when he stood on the summit of the tallest peak in Africa. He recalled, “To stand at the top, with freezing wind blowing into your face, and knowing that you’ve achieved your objective is a pretty special moment”.

In addition to trekking, Henry also has a passion for power lifting. With the help of members of the Melbourne University Weightlifting and Power Lifting Club and MU Sport Fitness staff he participated in his first competitive power lifting meet this month. Henry managed to set nine personal bests out of nine attempts at the Victorian Extravaganza, exceeding all expectations. “The only objective I had was putting some numbers on the board, but to get some decent PBs [personal bests] out was fantastic”, Henry said.

Henry’s penchant for sport does not end in the gym, as he has also been involved with the Melbourne University Boat Club, representing Australia in the 2009 Adaptive Rowing World Championships in Poland.

Further fundraising for guide dog training and development is still important to Henry, and he plans to raise more money in the future.

It is hard to imagine where Henry finds time for all this sport in addition to his law studies, but he manages to cram it all into one inspiring life. When asked for advice on how to find motivation to get fit, Henry stated: “Make whatever your objectives are measureable, don’t try to do it all at once, surround yourself with good people and don’t try to do it all in the first week. Make sure that you’re using your time to your best of your ability.”
PAVILION
REDEVELOPMENT
TO OPEN IN EARLY 2014

Visitors to the Sports Precinct would have noticed the large steel canopy and clock tower slowly rising to the north of the University Oval. Construction on the $6.3M Pavilion Redevelopment commenced in January 2013, and the University community has been eagerly anticipating the project completion set for Easter 2014.

The University Oval and Pavilion, or Pavvy as it is fondly referred to, have been the centre of sporting activity at the University for almost 160 years as the home of football, cricket and baseball (training), and previously athletics. The Pavvy was originally built in 1906 and then re-built following a fire in 1950 that destroyed most of the original structure.

A refurbishment was undertaken in the mid 1980s, but unfortunately the structure had deteriorated over time and the layout was no longer fit for purpose. A variety of proposals to upgrade or replace the Pavvy were considered, including the relocation to the south-west of the Oval, until a decision was made to redevelop the current site.

University Blacks Captain Bede Mahon said, “It is sad to see the Pavvy go, but we are very excited to see what the future holds at the new Pavilion, and we are very lucky to have access to the updated facilities”.

Acclaimed architecture firm Cox has designed an outstanding building. The design retains and upgrades the heritage listed social space and turret and provides an additional function space containing a unique ceiling window providing views back to Ormond College.

Like any good village cricket pavilion, the design incorporates a prominent clock tower to mark time. Spectators will enjoy tiered seating under a large canopy, and four modern change rooms are located at the subterranean level with player races providing direct entry to the Oval. The new facility will significantly improve the experience for the sporting clubs, students and visitors and attract elite sporting events to the University.

Director of Sport Tim Lee said: “Sport is an essential component of the University of Melbourne experience, and the Pavvy has been central to the sporting, social and professional lives of many generations. This refurbishment ensures that the Pavvy remains a significant landmark on campus. I am certain it will continue to be central to forming lifelong friendships for the next generation of student athletes, footballers and cricketers that sport at the University is so well known for.

For more information about the new Pavilion, please visit sport.unimelb.edu.au/Pavilion

“From the moment you clap eyes on it, the Pavvy has an impact on you. Perhaps more accurately, the people who congregate at the Pavvy have an impact on you… If you absorbed what they were saying, it was the most valuable coaching of all! I loved my time playing sport at UoM [1965-1969] and hope the new Pavvy is an integral part of future generations’ sporting experiences.”

In 2014, the University of Melbourne is holding a Celebration of Sport dinner on 15 April at the Melbourne Cricket Ground, and we want you to be a part of this historic event. The evening will celebrate and commemorate significant alumni sport over the decades: 2013 – 2003; 2003 – 1993; 1993 – 1983, and beyond. If you were part of a University team and/or a student-athlete, the University wants to hear about your significant stories and encourage you to attend the dinner with your sporting cohort.

For more information about this event, contact events@musport.org.

The University is also seeking to add to its historical sports collection – trophies, sporting objects/equipment, uniforms, team photos/plaques, etc. If you have any of these items or know of others who would have objects or additional knowledge of sporting achievements at the University, please contact Rod Warnecke at rod.warnecke@unimelb.edu.au.