Welcome to the first edition of the new newsletter from the University of Newcastle Sports Union. Our aim is to let you know more about the terrific performances that our staff and students produce each week on the sporting fields of the world whether they be locally, throughout Australia or abroad. In addition, we will bring you details of classes, events and activities of the recreational and sporting kind that the Sports Union provide for all its members. Naturally, if you have any ideas for stories or suggestions on areas we should be covering, we'd love to hear from you. In the meantime, enjoy the read...

Lindy Burns
Editor

administration notes

Michael Thompson has recently resigned from his position as Sporting Facilities Manager. Bill Jones, who most people know well from his role as Supervisor of the Squash Pavilion, is currently Acting Sporting Facilities Manager.

Two new student delegates have gained places on the Sports Union Executive for 1994/1995. They are Andrew Abbo (Men's Hockey Club) and Darrel Sparke (Archery Club). Professor John Fryer was elected for another term as President while the new Vice-President is Alan Duncan (Soccer Club).

Most of you will have heard by now about the approval of the construction of a new multi-purpose health and recreation centre over the top of the existing Auchmuty Sports Centre. The latest news is that the project has been officially approved in principle by Council, subject to finance and the provision of a final satisfactory design by the architects. The recent inclusion of an Olympic-sized, heated swimming pool into the plan, however, has forced a re-think of the original design, which has put the construction timetable back somewhat. If things go according to plan though, we could see Stage I getting underway by the middle of next year. As things progress over the next few months, we'll keep you informed.

social sport

The Lunchtime Social Sport Competition began on August 15th with teams competing in Volleyball, Netball and Touch Football. All teams are mixed and up to 10 players can be registered for each side. Further information on who's beating whom will be available in future newsletters.

sports grants

The Sports Union regularly contributes towards tour expenses incurred by University athletes taking part in state, national and international competitions. Three recent recipients were Neva Bull (PhD student in Psychology), Scott Day (1st year Environmental Engineering student) and Martin Kelly (final year BSc student).

Neva Bull has been hang-gliding for over three years and attended the Women's World Hang Gliding Championships held from 7th - 17th July in Washington State, USA. Despite this being her first World Championships, Neva finished a creditable 12th and was the highest placed Australian at the event.

Scott Day, a veteran sailor at the tender age of 19, recently competed in the European J24 Championships held in Medemblik, The Netherlands. After finishing 4th in the Europeans in Monaco last year, Scott and his colleagues expected big things from this year's event. Unfortunately, they were disqualified in two of their 11 races - two races that they finished 1st and 8th in - and were therefore forced back to 7th place. Scott is currently looking forward to competing in the Kings Cup in Phuket in Thailand in December and the World Championships scheduled for Melbourne next year.

Martin Kelly took part in the Australian Judo Championships in Melbourne earlier this year despite the fact that he had torn a muscle in his back (throwing the javelin of all things) in January, which set his training back quite considerably. He still managed to finish in 7th position in this, his second Australian Championships.

Sports grants recipients (left to right) Scott Day, Martin Kelly and Neva Bull report back to Sports Union President, John Fryer.
Tumbler, Year Disabled Athletics, Australia

Charlton, Chief Executive

There will be only one Blue awarded this year, to Shane Ambrose from the Men’s Hockey University blues dinner. However, five Colours will be given out with the recipients being Linda Hill (Women’s Hockey), Andrew Walker (Rugby), Ken Alonso (Hang Gliding), David Brown (Baseball) and Brendan Berghoug (Mountaineering). A full report on the occasion will be in the September issue of the newsletter.

1993 sportsperson of the year

The Blues Dinner is also the occasion where the winner of the Sportsperson of the Year Award will be announced. 1993’s nominations continue the fine tradition of performance and sportsmanship shown by this University’s sports men and women. One interesting point to note about this year’s nominees however, is that they are all women!

Elizabeth Heslop - Tumbler, 3rd year BA (Communication Studies) degree student

One of Australia’s premier sports people, Elizabeth is currently ranked No. 1 in the World in the 18 and over category and is the No. 1 female tumbler in Australia. During 1993, some of her achievements included a 1st in the Senior and Open Tumbling Events at the NSW Championships and the Victorian Championships, 1st in the Senior and Open Tumbling Events and the Senior Tumbling event at the Australian Championships and 1st at the Indo/Pan Pacific Tumbling Championships where she was also the Australian captain. In 1993, she won the Australian Trampoline Sports Special Award, was named Sportswoman-of-the-Year in Tumbling and received a Prime Ministerial Achievement Award for services to women’s sport.

Linda Hughes - Soccer, undertaking a BA degree

Currently a member of the Australian Women’s Soccer team, Linda is one of only three players contracted to the Australian Women’s Soccer Federation. In 1993, she was invited by Fortuna Hjorring Women’s Soccer Club to play in Denmark’s Elite Division. During her term with Fortuna she scored eleven goals in sixteen games, leading her side to the silver medal. Linda is one of only eight players ever to have been invited to play with a European team.

Alicia Jenkins - Disabled Swimming, undertaking a BSc degree

Despite the fact that she has only been swimming competitively for two years, Alicia is currently one of the premier disabled sprinters in the country. In 1993 she was selected to travel with the NSW team to New Zealand to compete at the New Zealand Disabled Championships, where she placed 1st in all three events contested, breaking the 50m and 100m Freestyle NZ all corners records, on the way. Alicia currently holds the 200m short course Australian record and at the NSW Sports Council for the Disabled Autumn Carnival, she won the 50, 100 and 200m freestyle as well as the 50 and 100m backstroke events. At the Australian Amputees Championships, Alicia won the 100 and 200m freestyle, the 50 and 100m backstroke and came second in the 50m freestyle.

Keli Lane - Water Polo, undertaking a BA degree

A member of the Newcastle University team which won the 1993 AUC Championship, she was selected in the Australian Universities Women’s Water Polo team as Vice-Captain. She is a member of the NSW Open Squad and played with the Queensland Open State team and the NSW Juniors. Keli was also a member of the Australian junior team which defeated New Zealand in all matches in a 3-Test series.

Allison Lippey - Hockey, undertaking a BSc degree

Allison was selected as Vice-Captain of the NSW U/21 team for the National Tournament, at the conclusion of which she received the “Player of the Tournament” award. She was also a member of the Australian U/21 team which won the Silver Medal at the Junior Hockey World Cup in Barcelona in 1993. Last year also saw her play for the NSW Open team at the Australian Championships as well as receive an Australian Institute of Sport Scholarship. She is currently a member of the Australian Open Squad, which naturally puts her amongst the best hockey players in the world.

Narelle Parr - Athletics, undertaking a BHSc (Nutrition and Dietetics) degree

During 1993, Narelle won the NSW Country Open Women’s 800m final, the NSW State Open Women’s 800m and capped the year with a win in the Australian Open Women’s 800m final. She was 3rd overall in the Mobil Grand Prix season in the 800m and undefeated over the distance at Sydney Inter-Club competition level. Narelle was a member of the Athletics Australia National Squad in 1993 and is currently the holder of a NSW Academy of Sport scholarship.

Nominees Alicia Jenkins (left) and Elizabeth Heslop discuss their 1993 performances with President, John Fryer (who else?) (Unfortunately, Linda, Keli, Allison and Narelle were all either overseas or interstate on the day of the photograph.)
Australian University Games

The Australian University Games will be held at Wollongong from 25th to 30th September. Over $1 million has been spent on upgrading the Sport and Recreation Centre at the University of Wollongong and the games General Manager, Steve Hesiop, has promised “facilities of the highest standard”.

Newcastle will be sending over 200 participants to represent us in September with a number of teams looking good for a top three placing. In particular, the Netball team (the defending champions), Men’s Hockey (2nd last year), Baseball, Women’s Hockey and Women’s Waterpolo all have strong chances. Good performances are also expected from the Men’s and Women’s Touch teams, swimmer Mark Whitton and Martin Kelly in the Judo competition.

Get into Shape

Aerobics classes are once again well underway and with all the different type of classes available, there is definitely one that will suit your level of fitness (or lack thereof) and work or study timetable.

All classes are held in the Auchmuty Sports Centre except for those marked “Hunter” which are held in the Hunter Gym.

<table>
<thead>
<tr>
<th>Times</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.30am</td>
<td>Step</td>
<td>Circuit</td>
<td>Step</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.00am</td>
<td></td>
<td></td>
<td></td>
<td>Circuit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 noon</td>
<td>New Body (Hunter)</td>
<td>Hi/Lo (Hunter)</td>
<td>Total Sculpt (Hunter)</td>
<td>X-Train (Hunter)</td>
<td>Hi/Lo (Hunter)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.30pm</td>
<td>Step</td>
<td>X-Train</td>
<td>Step Intro</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.00pm</td>
<td></td>
<td></td>
<td></td>
<td>Step</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.30pm</td>
<td>X-Train</td>
<td>Super Step</td>
<td>Hi/Lo</td>
<td>Step</td>
<td>New Body</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.30pm</td>
<td>Circuit</td>
<td>Circuit</td>
<td>Circuit</td>
<td>Circuit</td>
<td>Circuit</td>
<td>Circuit</td>
<td>Circuit</td>
</tr>
<tr>
<td>7.30pm</td>
<td>Club</td>
<td>Club</td>
<td>Club</td>
<td>Club</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Circuit</td>
<td>Circuit</td>
<td>Circuit</td>
<td>Circuit</td>
<td>Circuit</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

So, what does it all mean?

**Step** - A low impact aerobic work out, ideal for all fitness levels. Stepping works the heart and lungs and burns fat. Good for weight control and fitness.

**Super Step** - This is a more intense step class incorporating challenging choreography and the ultimate cardiovascular work out.

**Step Intro** - This great class introduces you to the step phenomenon. You will learn basic step choreography that will enable you to move onto more complex step classes.

**New Body** - Sounds enticing, doesn’t it? But you have to do some work before the new you breaks out. A concentrated low impact session using optional hand weights to tone and define the body. Tax your muscles while maintaining a good cardiovascular work out.

**X-Train** - Short for “Cross-train”. A complete workout combining both aerobic and new body moves. Leaves you feeling fit but with energy to spare.

**Total Sculpt** - A total body strength conditioning session using body weight, hand weights and dyna bands (you’ll find out when you get there). This is not a cardiovascular workout. It will help shape those muscles, particularly the ones in those “hard to get at” places.

**Hi/Lo** - Despite what the name suggests, there is no milk involved in this session. A combination of low and high impact moves suitable for all levels of fitness. A challenging workout with great variety.

**Circuit** - Combine a cardiovascular workout with muscular endurance. Provides toning and definition to muscles as well as improving fitness.

So, what about the cost?

All classes are $3.00 per session for Sports Union members (students, staff and associate members) and $5.00 for guests.

Training Tips

with Stuart Allen

So, you think you’d like to be fitter! A little less fat, a bit more muscular, maybe even able to leap small Lego buildings in a single bound. Well, you might be surprised at how easy it can be to improve your fitness.

“Sure, you say. Well, it’s true, but there are a few things you need to know for yourself before you start. The first is why you want to be fit!

Whether the red cape and undies is your ultimate objective, or it’s simply to be able to get to the caf without needing a rest, it’s vital that you have a clear concept of your motivation.

Elle McPherson trains differently to Trevor Hendy and they both train differently to Paul Harrohan and Rachel McQuillan. Your training needs to be tailored to your objectives if it is to be effective.

How do you do that? Well, generally you get help! Fitness is one of those funny areas where everybody is an expert. We’ve all got a body, so we all know about fitness, right?

Unfortunately, the owner’s manual for the body isn’t very comprehensive, so take the time to seek out somebody who makes their living out of knowing about the body. Most people would do it for their fridge or their car, but seem reluctant to do so for their body. It’s worth it, believe me and it won’t cost an arm and a leg either (lucky, that would kind of defeat the purpose, I guess.)

But, just as with cars and fridges, it helps to know a little about your body so you can tell if you’re being “conned” or not.

Over the next few issues, I’ll try and give you some of that information.

(Stuart Allen is the Manager of the Lingard Sports Medicine Clinic, lectures part-time in the Faculty of Medicine and Health Sciences and in his spare time, runs Stuart Allen’s Optimum Performance Group.)
campus scamper

One of the longest running (no pun intended) events on the campus calendar is the Campus Scamper. This year's event was run on 17th August with the winner, 1st year student, David Askie covering the 5.5km course in 18.34 minutes. Second across the line was staff member Malcolm Roberts. In the women's division, last year's winner, Geography lecturer Hilary Winchester; was beaten into third place behind students Trudi McDonald (22.16 mins) and Michelle Batterman (24.50 mins). The winning team was (not surprisingly) the University Athletics Club. 113 participants (26 women, 87 men) took part in the run with 141 people (125 women, 16 men) taking on the 2.5km walk; the total of 254 competitors being the largest in the history of the event.

club news

The Men's Hockey Firsts are currently engaged in a titanic struggle with Wests in the Newcastle First Division competition. Both teams are some 16 points in front of the third placed team on the ladder and the scene is set for a classic grand final at the end of September.

Meanwhile the Baseball Club is going from strength to strength with their Firsts currently 2nd in the Newcastle Major League's 1st grade, their Seconds placed 1st in 2nd grade and their Thords in 1st place in 3rd grade (have you followed that?) The bottom line is that they're doing extremely well with the 5th and 6th grade teams also looking good for the finals in a couple of weeks time. Special mention should be made of Warren Holding and Stuart Adam who are both still in line to grab a position with the new Hunter Eagles Club joining the ABL this coming season.

In the local Rugby comp, the good news is that Uni's top four teams will make the semi-finals which start on 27th August. Despite losing a couple in the last two weeks, the Firsts are still in 4th place and have the line-up to trouble any team in the competition. 2nd grade will finish 5th, 3rd grade are in 4th position and 4th grade the best placed at 2nd on the ladder. Results and scores from the finals next month.

The Men's Soccer Club entered three teams in the Northern NSW competitions this season, the Firsts and Seconds in Inter-district 3rd grade and the Thirds in All-Age "F". The Seconds managed to finish above their colleagues in 3rd grade, finishing 4th ahead of the 5th-placed Firsts. This means that the Seconds will play in the semis starting on 20th August. More news on how they go in the September issue.

Finally this month, good news also from the Rugby League Club where their 1st grade side made the semi-finals in the state-wide Tertiary Rugby League Competition. Unfortunately they were beaten by NSW Uni. in the semi. But front-rower Jo Matthews received some compensation when it was announced that he was selected in the NSW Combined team along side his captain and coach, Matthew Sharman. Jo was also named Captain of the Australian Merit side. Congratulations.

club contacts

Feel like getting involved but unsure as to how to go about it? If you have any enquiries about joining any of the sporting Clubs at the University of Newcastle, the following people can be contacted for information:

Archery - Danial Sparte (ph 69 3103)
Athletics - Alan Steele (ph 61 5827)
Baseball - Eam Bolton (ph 51 2869)
Basketball - David Jinks (ph 63 4022)
Boat - Gane Barret (ph 29 3324)
Cricket - Peter Tate (ph 51 1566)
Fencing - Gary Ellen (ph 55 8525)
Hang Gliding - Neva Bell (ph 29 6184)
Men's Hockey - Justin Ford (ph 40 2559)
Women's Hockey - Katrina Wilson (ph 21 5673)
Judo - Martin Kelly (ph 33 6153)
Kendo - Bill West (ph 51 1507)
Mountaineering - Kylie Smith (ph 63 3752)
NUDES (Diving) - Wendy Oastow (ph 29 3324)
Rugby League - Jason White (ph 56 2492)
Rugby Union - Paul Heany (ph 57 5083)
Snow Ski - Shelley Engel (ph 69 2751)
Men's Soccer - Sean Glover (ph 55 6811)
Women's Soccer - Elizabeth Nyman (ph 43 2667)
Squash - David Porter (ph 51 8113)
Tae Kwon Do - Nicole Watson (ph 33 3043)
Tennis - Jan Chalise (ph 67 8434)
Volleyball - Darlene Ellis (ph 29 2757)
Waterpolo - Paul Everingham (ph 67 3688)

recreation program

Although enrolments have officially ceased for Semester II classes, there may still be some vacancies available for certain programs. If you are interested in any of the following classes, please contact the Sport and Recreation Office as soon as possible on 21 5589. Activities to choose from include Golf, Surfing, Tennis, Tai Chi, Self Defence, Belly Dancing, Senior Resuscitation, Massage, Yoga and Weight Training.

letters

We're a democratic lot at Sport and Rec. and we'd like to hear your thoughts on things. If you have something to say about either the facilities, the clubs, the people, someone's performance, your performance, our performance, anything at all, write to us:

C/ Back Page,
Sport and Recreation Office,
University of Newcastle,
Callaghan, NSW 2308
or just pop it into the internal mail.