Hello (again)

Yes we're back! Bet you didn't know four weeks had passed. Not surprisingly, the emphasis this month is on August's Blues Dinner, held on the 26th. Congratulations must go to Lesley Woodhead, once again, for the expert manner in which the evening was organised; right up to Lesley's exacting standards.

We've had a couple of responses to our first issue and, appropriately, here are my replies:

Thank you, John Campbell (Monash Sport and Rec. Director). It's amazing where we all end up, isn't it?

Sorry, Ian Boulton (Baseball Club). I hope we got the spelling correct in this issue.

Lindy Burns
Editor

Australian university surfing championships

As you would expect, Newcastle Uni has more than a few reasonable surfers lurking about its grounds and at least once a year, they get to show what they can do. This year, up to 10 of them are off to Warnigwood in Sydney for the Australian University titles. Hosted by the Australian College of Physical Education, the event commences on 28th September.

Australian university games

Even as you read this, over 200 Newcastle participants will be swimming, throwing, running, catching and kicking their way to glory at the Australian University Games being held at Wollongong from 25th to 30th September. Stay tuned for a full wrap in October's edition.

1994 Australian Universities triathlon championships

The University of Canberra Union will be hosting the above event, in conjunction with the ACT Triathlon Association, on Saturday 3rd and Sunday 4th December. Set in and around Lake Burley Griffin, the championship course will encompass a 1 km swim, 40 km cycle and 10 km run. Further information can be obtained from Paul Sloan on ph (06) 201 2149 or fax (06) 201 2419.

Get into shape

Remember these?... yes they're still going; well after the semester break they will be anyway. So just in case you've managed to put them out of your mind since last month, here's a reminder of our very convenient timetable of classes. (You should note that you have until 11th October to psyche yourself up, however. That's when classes will resume ... )

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

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

Free flight training

From now until the end of October, the Royal Newcastle Aero Club will be accepting entries for a Flying Scholarship to coincide with the opening of their new Flight Training Centre on 23rd October. The winner of the Scholarship will be trained to full private pilot level (valued at over $5,000) which is an ideal start to becoming a commercial airline pilot. The second and third placed applicants will be trained to their first solo flight level.

Entrants will be taken for a trial instructional flight in a Cessna 152 with one of the Club's instructors. If this sounds like an opportunity too good to refuse, contact Gary Watson on (049) 32 8888 to obtain an application form.
The 1994 Blues Dinner proved to be a convivial affair ably "MCed" by former Sports Union President, Dr Bernie Curran. Bernie also provided a fair rendition of "Grace" in the place of the otherwise engaged, Professor Godfrey Tanner (who was sorely missed, I must say).

The highlight of the evening was, of course, the presentation of Blues and Colours and despite the fact that a Rugby Colour was involved, it all went off quite smoothly.

The Best Speech Award went to Andrew Walker, the aforementioned Rugby Colour, who spoke on behalf of the recipients. With just the right mixture of sincerity and humour, Andrew brought the proverbial Brennan Room down.

The Sportsperson of the Year Award was won, at long last, by tumbler, Elizabeth Heslop. Elizabeth must have enjoyed her evening immensely as, the next day, she travelled to Sydney and won her 4th consecutive National Open Tumbling Title - an extraordinary performance in itself!

Hockey Blue recipient, Shane Ambrose wasn't so lucky, though. In a game against Wests the following day, Shane managed to fracture a toe, thereby putting him on the side-lines for the rest of the season. It must have been that final night-cap, Shane!

In August, we gave you some background on the nominees for the Sportsperson-of-the-Year Award so this month it's the turn of the recipients of the 1994 Blue and Colours.

Shane Ambrose (Blue) - Shane joined the University Men's Hockey Club when he moved to Newcastle from Tamworth in 1990 to enrol in a BEng (Electrical) degree. He has played with University 1st Grade since then and won the Club's First Grade Best and Fairest trophy in both 1992 and 1993. Among Shane's many sporting honours in 1993, was his selection in the Newcastle Colts and Newcastle Senior Representative teams, his participation in the University's hockey side which finished runner-up at the Australian University Championships and his receipt of the Newcastle Men's Hockey Association's "Kennedy Shield" - the award for the best and fairest player in the competition.

Ken Alonso (Colour) - Ken's work with both the Hang Gliding and Archery Clubs led to this award. He has been involved with the Hang Gliding Club since his enrolment in the BSc (Aviation) degree in 1991. In his role as Club Treasurer, Ken assisted greatly with the work associated with setting up the Club which is now in its fourth year of operation. In addition, he has spent many voluntary hours on the Williamtown sand dunes instructing new members in the finer points of the sport. Ken was President of the Archery Club in 1991 and 1992 and its present day success can be attributed in no small way to Ken's energy, diligence and dedication.

Brendan Berghout (Colour) - Currently enrolled in a PhD in Civil Engineering, Brendan joined the Mountaineering Club in 1988. In 1990, he became Club Treasurer and together with a fellow Club member, launched an intensive promotional campaign to encourage participation in the Club's activities. As a result, membership has boomed in recent years and Brendan has assisted in maintaining that membership by organising a wide variety of activities. Seen by many as the leader of the Club, the Colour award was in response to his commitment, patience and willingness to offer advice and support.
(Clockwise, from left) Elizabeth Heslop receives her trophy from Paul Cootes, Branch Manager of the Universities Credit Union, sponsors of the Sportsperson-of-the-year award; Professor Mortley congratulates recipients David Brown (Baseball), Ken Alonso (Hang Gliding), Andrew Walker (Rugby), Shane Ambrose (Men's Hockey) and Brendan Berghout (Mountaineering); Colour recipient for Women's Hockey, Linda Hill.
training tips
with Stuart Allen

Over the past few days I have been talking to a number of clients who have been seeking to lose weight. When I have listened to myself explaining how to them, the answer seems so simple. You simply eat less calories than you expend. Easy, right?

Well, like most things, it really is quite simple in theory. Unfortunately, the dynamic and extremely individual nature of human beings means that nothing is ever quite that simple. So, in any given situation, under exactly the same situations, ten different individuals might respond in as many as ten different ways. Sure, there'll be trends and similarities in the way they respond, but each specific response will vary from the others to some degree. The art of any work with human beings is the ability to tap into an individual's likely response, so that any stimulus provided, produces a predictable reaction (I guess I should add positive reaction!)

That's why some people gain weight while walking past a cake shop, while others can't gain weight no matter what. (Quite a lot of this was irrevocably determined in a moment of passion some 40 weeks before your birth; if only the lean tadpoles had been fast swimmers!) Okay, so now we know we've got Mum and Dad to blame, what can we do about it?

Well, there are two variables that you can adjust. You can eat less or you can exercise more. Eat less calories, that is, or expend more calories through exercise. After one or both of these variables and you will lose or gain weight. I'm sorry but that's the way it is! Just beware of the trap of "trading off" exercise for food rewards. You know the thing. "I walked an extra kilometre today so I can afford another Mars bar" NOT! As an example, a malted milkshake contains 25% of the average daily energy requirements of a female University student. Ouch!

Similar basic principles apply to virtually all aspects of work with the human body. We know the basic principles, the trick is to find out what works for you.

(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 Optimium Performance Group.)

club contacts

Archery - Danil Sparkes (ph 69 3103)
Athletics - Alan Steele (ph 61 5972)
Baseball - Ian Boulton (ph 51 2869)
Basketball - David Jinks (ph 63 4022)
Boat - Gane Barrett (ph 29 9524)
Cricket - Peter Tate (ph 51 1359)
Fencing - Gary Ellis (ph 55 8566)
Hockey - Neil Bull (ph 29 8164)
Men's Hockey - Justin Ford (ph 42 2586)
Women's Hockey - Kanika Wilson (ph 21 5573)
Mountaineering - Kyle Smith (ph 63 3742)
NJDTS (Diving) - Wendy Crishow (ph 29 3324)
Rugby League - Jason White (ph 56 2462)
Rugby Union - Paul Henry (ph 67 5080)
Snow Ski - Shelly Engel (ph 55 2751)
Men's Soccer - Sean Glover (ph 55 5511)
Women's Soccer - Elizabeth Nymen (ph 42 2567)
Squash - David Peter (ph 51 8118)
Tae Kwon Do - Nicole Watson (ph 33 3043)
Tennis - Ian Cruft (ph 67 8434)

club news

On 16th August, the University's only women's soccer team was beaten in the Grand Final of the Macquarie and District Women's Soccer Association B Grade competition. The tie took nearly 200 minutes to find a winner and it was not until the 19th minute of extra time in a replay that Minmi finally secured a 3-2 victory. Uni's performance was particularly commendable given that they were in 4th position after the regular season, and only reached the Grand Final after drawing their semi 1-1, and winning a replay.

It was all night celebrations for the Men's Hockey Firsts on 24th September after their win over Western Sydney University in the Newcastle Men's Hockey A Grade Competition. Leading 1-0 at half time, Uni managed to score first in the second half to put them two goals up. They then had to withstand a major onslaught from Western Sydney who managed to peg back one goal. Extraordinary play by Uni's goaIie, however, saw them win, 2-1. It is the second year in succession that the team has been successful at this level and the strength of the Club was obvious with three other teams also competing in lower grade Grand Finals.

The Tennis Club fielded five teams in the Winter competition at District Park and three made it to their respective Grand Finals. In 3rd Division, success for Malcolm Hamilton, Paul Griffiths, Dean Trembath and Peter George who defeated Newcastle City, five sets to three. The 4th Division team and Men's Veterans, Div 2 team were not quite as fortunate, however, going down to Cougars (5-3) and Club Phoenix (5-2) respectively.

The Uni Cricket Club has played three trial games so far this season, one against Sydney Uni, another against Combined High School and the most recent, a good win over Hamwicks on 24th September. Commonwealth Cup games get underway on 1st October with the regular NIB competition commencing on 8th and Uni will be fielding six sides this year across five grades. We'll have more on their performances as the season progresses.

One of the newest Clubs on campus is the Athletics Club which has only been up and running (sorry) for about 12 months. This coming season, though, the Club will be competing in the inter-district competition each weekend at Homebush Stadium (the venue for the 2000 Olympics). With the season scheduled to begin in mid-October, several of the Club's members are currently "warming up" at the Australian Universities Games. Good prospects are Ross Smith (AUC finalist, 400m), Brad Schrader (100m) and Melissa Brensgrove (AUC high jump and 400m hurdles finalist in '93).

Back Page is edited by Lindy Burns with graphic design by Wendy Edmonds for the University of Newcastle Sports Union. Lindy and Wendy can be contacted on ph (049) 25 2354, fax (049) 29 1278 or by writing to Back Page, Sport and Recreation Office, University of Newcastle, Callaghan, NSW 2308.