

The Back Page

Issue 9 - Tuesday 25 August, 2009

www.sport.monash.edu/news

Research does matter Martin Doulton, Director of Sport

Last week I had the privilege of attending one of Monash University's Research Matters seminars, the 'Building Better Muscles' event held at Federation Square, an extremely worthwhile event to be at. Along with over one hundred and fifty other attendees I listened intently to the eminent panel. I heard about how the creation of 'Schwarzenegger' mice might be able to slow down the ageing process as well as discoveries being made using stem cells and regenerative medicine to extend and improve the quality of life.

However one of the points that stayed with me was the immense importance that research plays in creating a quality of future that 10, 20 or even 30 years ago people might only have dreamed about. So it set me thinking that what am I as an individual and Monash Sport doing to enhance the environment for teaching and learning to take place.

I started to collate a list of research activities and events that I/We have been doing/supporting in recent years. The list includes simple things such as providing space in the University sports facilities for research to take place, or to act as a practice field for research to study, one example being the Samsung Oceania Sports Development Initiative. I also reflected that the enormously successful TeamMONASH™ concept of mass participation in community fitness events such as the Mothers Day Classic actually came out of an Action Research project.

In essence as an individual, what I can do is to recognise the immense contribution that research makes to our society. Without professing to understand all the ins and outs of the how, when and what of Research what I can understand from a lay perspective is the Why?

Being part of a University gives one a rare insight into the great strides that research has taken in recent years. What that means for me is the opportunity to look at research through a different lens and asking how can I help (it happen)? That's an important question because sometimes we get wrapped up in our own bit of the Universe and last weeks Research Matters seminar was a timely reminder to understand that the sum of the whole is greater than the sum of the parts and that Together Everyone Achieves More.



Pictures from the Mothers Day Classic 2009. Participation in this event was a direct result of research from Monash University staff.

From the Editor Lloyd Gordon, Media Assistant

Welcome to the ninth edition of The Back Page.

A fun-filled edition, there is plenty of news from around the grounds along with some great photos and interesting facts. Good luck for the quiz!

This edition also marks a significant step forward in the Marketing and Communications team at Monash Sport.

We would like to welcome Daniel Opat, Adrian Mueller, Miles Rodrigues and Katie Bird to our team, as interns for Semester 2. Firstly congratulations to the four successful candidates, we look forward to working closely with you over the coming months.

Daniel will be working with Bryley Sadler as a Marketing Intern in Health, Wellbeing and Development, he will be involved in the preparations for an upcoming staff event amongst other duties.

Miles and Katie have been successful in gaining the Journalism/Media Internship, and you will see their work on the website and in the newsletters over the coming months.

Adrian will work closely with Brendan De Souza as a Marketing Intern and will be involved in developing new printed marketing material.

All candidates underwent the standard recruitment process, developed by Sue Drummond, Monash Sport HR Coordinator, to ensure they received valuable interview experience (both over the phone and in person) and received feedback on their performance.

I would also like to thank our Media Interns for helping me produce this issue, Katie Bird for the layout and editing of contributions, and Miles Rodriguez for his contributions and event coverage.

In the meantime, I hope you enjoy the read!

As always please send any feedback to myself at: lloyd.gordon@sport.monash.edu.au



AUG Basketball preparations about to get on track

Miles Rodriguez, Media Intern

As the excitement grows around Monash in the lead up to the Australian University Games 2009, many people would expect the competing teams to have chosen their players and be training on a weekly basis by now, six weeks from the beginning of the competition.

The male basketball team's captain and manager, Tom Forde, says that although training for his team hasn't yet started, the majority of the expected playing group is currently playing at a semi professional level, all over Victoria.

'The big semi-pro Victorian leagues like the Big V and ABA haven't finished yet, but their Grand Finals start this weekend,' he said.

As unusual as it may sound for the AUG team not to be already training, many of the other competing sport's teams are in the same situation due to the large amount of Victorian leagues completing their final fixtures for the season. The men's soccer team for instance, completed try outs only two weeks ago, with training starting last week, in between normal Monash Soccer Club training.

With the bulk of the experienced and successful AUG basketball players being involved in the Big V Grand Final series being held at the Veneto Club in Bulleen, numbers at training could be small in the first week, but that won't stop coach, Trevor Hunter, from commencing training this Sunday 16 August.

Despite some of the more well known players expected to be absent for the initial one or two training sessions, Mr. Forde still anticipates that training will attract some high quality first year Monash student players. 'I expect to see a lot of players returning from previous AUG competitions.'

Although training has not yet started to give the coaching staff a chance to discover any new talent that they may take up to the Gold Coast, Mr. Forde, who has been involved in the AUG team for a number of years believes that it will be the younger, fresh faces in the team that will light the competition on fire, starting on Monday 28 September.

'I will be expecting one or two new players to come out of the woodwork and dominate the tournament,' he said.

Editors note: With Melbourne winning the Big V finals series on the weekend, AUG basketball training can now get into full swing.



Basketball Camp for Elite Juniors

Katie Bird, Media Intern

Monash University will host a two day High Performance Basketball Camp for Elite Juniors aged 14-17 years in September. The camp will be run by head coach for the Women's National Basketball League Dandenong Rangers and Monash Director of Basketball, Dale Waters. The camp will be held at the Monash University High Performance Sports Centre and will assist players in taking the next step in their basketball future. Places are limited and applications close Friday 18 September.

For further information please visit: www.sport.monash.edu.au

The sports shorts

Edited by Lloyd Gordon

Monash University Science student Michael Poulter has recently returned from the Junior Rowing World Championships in France.

Competing as part of the Australian coxless four team, Michael collected a Bronze Medalist for his efforts. You can read more about Michael in the 60 seconds section below.



Shelley, pictured on the right

A bright young talent in the sport of surfing and surf-lifesaving, is Monash University student Shelly Paterson.

In a timely reminder that summer is around the corner, Shelly is already in training for season 2009/2010, and is eager to better her already outstanding results from the State and National Titles held last year.

In the State Titles Shelly received a Bronze medal in the 2km beach run.

Whilst at the National Titles held in Perth Shelly placed:

- 7th in the open women 2km beach run
- 8th in the open women short board surfing competition
- 5th in the open women long board surfing competition

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And finally some news from the Kendo club. The Victorian Kendo Championships were held over the past weekend of 15 August.

The Monash University Kendo Club won, and are now State Champions in three categories: Kyu Individuals, Kyu Teams and Dan Individuals.



Monash Kendo club in action



AUG - Womens water polo team on the improve

Miles Rodriquez, Media Intern

In the years between 2002 and 2006, Monash University were unable to field a women's water polo team in the Australian University Games. Since then, Monash has not only entered a team each year, but has improved their finishing position each time they have competed.

It is this gradual progression in the team's performance which player and team manager, Clare Alomes, is so proud of.

'We came eighth in 2007, we halved that in 2008 coming fourth, and this year we're aiming to come in the top three,' she said.

Miss Alomes says that a lot of the women's success has come from landing Ryan Beck as coach. An ex-Monash AUG player, Mr Beck who co-coached the women last year, currently plays in the Victorian State League 1 for the Monash Water Polo Club.

With the Australian University Games starting in just over five weeks, the team has been training hard for more than a month, and Miss Alomes has been impressed with its quality.

'Training is going really well. We have three trainings a week, one is compulsory and two are voluntary,' she said.

Miss Alomes expects the team will be made up mostly of players currently competing in the Victorian State 1 and State 2 leagues. There are two first year students in the training squad and a further four first time AUG water polo members.

Although the team will only be made up of Caulfield and Clayton students this year, Miss Alomes anticipates that last years Green and Gold recipient, Celia Pulling, will be a key player in leading the side to its goal of a top three placing.



The team after a win at AUG last year.

Building better muscles

Lloyd Gordon, Media Assistant

We cannot do much without our muscles. Our 600 plus muscles help us to do almost everything from pumping blood around our body to smiling.

As part of Research Matters 2009, a public forum on the importance of muscles to everyday health and sporting performance, along with a discussion on the latest advances in medicine and innovative technology was held.

Building Better Muscles took place at BMW Edge in Federation Square on Tuesday 18 August. The expert panel was chaired by Dr Andrew Rochford from the 'What's Good for You' team on the Nine Network.

The expert panel included Sam Mackinnon, who has represented Australia at the Atlanta and Sydney Olympics was named the National Basketball League's (NBL) Most Valuable and Best Defensive Player in 2007.

Mr Mackinnon highlighted the vital part muscles played in his sporting performance and provided great insight into the world of a professional sporting athlete.

Also on the panel were:

- Professor Nadia Rosenthal from the Australian Regenerative Medicine Institute at Monash University, who provided an insight into recent medical discoveries involving muscular repair and stem cell research.

- Dr Lucy Burns GP, entrepreneur and founder of Australia's Biggest Book Group. The book group is a charity event that raises funds for, and awareness of, muscular dystrophy which Lucy was diagnosed with as a 19-year-old.

Sports quotes

Compiled by Lloyd Gordon, Media Assistant

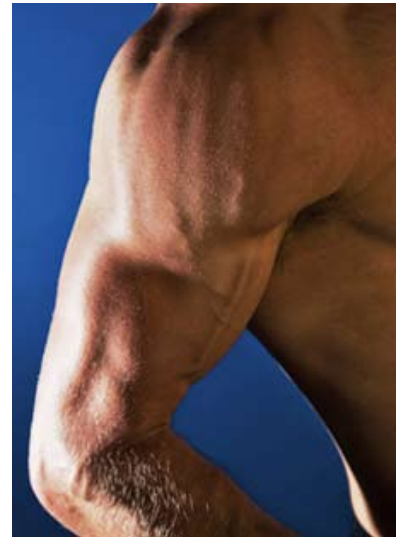
Some gems from the great Michael Jordan:

My attitude is that if you push me towards something that you think is a weakness, then I will turn that perceived weakness into a strength.

Some people want it to happen, some wish it would happen, others make it happen.

Talent wins games, but teamwork and intelligence wins championships.

I realised that if I was going to achieve anything in life I had to be aggressive. I had to get out there and go for it... I know fear is an obstacle for some people, but it's an illusion to me.





Monash versus Melbourne

Challenge 2009

Miles Rodriguez, Media Intern

The Monash v Melbourne challenge was completed as part of Open Day at Melbourne University. Monash University were looking to redeem itself after winning in only the men's and women's water polo events in the opening rounds play at Monash University's Open Day on Sunday 2 August.

An under strength Monash men's basketball team went down 40-58 after leading at halftime. With many of the more experienced players absent due to the Big V's grand final series being played on the same weekend, Melbourne had the legs to run out the match in the final three minutes.

Despite the defeat, Rob Jensen, who is an experienced Monash player, was a standout in the game and is expected to play an integral role in side at the upcoming Australian University Games at the end of September.

The women's basketball team faired a lot better, winning 53-36. This was due to the team including a lot of experienced players who will make up the bulk of the AUG team.

In the volleyball, the Monash girls pushed a strong Melbourne side to its limit, but it wasn't enough as they were defeated 3-0, with the first two sets going down to the final few points. It was a brave result for Monash who hadn't trained together prior to the match and were competing against a team including which included a number of Australian Volleyball League players.

The Monash men avenged the women's result, winning in four very tight sets. Fielding a team with State League Honours experience, Monash looked likely to dominate the match from the outset, eventually winning 4-1.

Unfortunately, the tennis competition was cancelled due to the rain on the Sunday.

Results from Monash Open Day, 2 August:

- Mixed touch: Melb def Monash: 17-4
- Mixed netball: Melb def Monash: 41-30
- Men's badminton: Melb def Monash: 4-1
- Women's badminton: Melb def Monash: 4-1
- Men's waterpolo: Monash def Melb: 7-5
- Women's waterpolo: Monash def Melb: 11-2

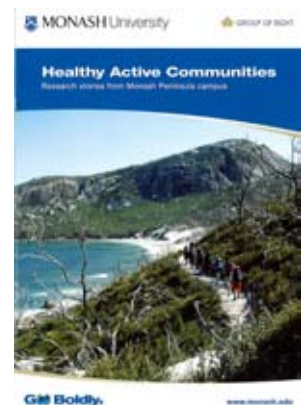
Healthy Active Communities

Lloyd Gordon, Media Assistant

As launched on Friday 21 August, we celebrate the first issue of Healthy Active Communities, a publication emerging from Monash Peninsula campus. The publication highlights stories the depth and breadth of research projects undertaken at Peninsula and demonstrates how that research has embraced the campus's focus on healthy, active communities.

Healthy Active Communities aims to provide a forum for showcasing projects undertaken by campus researchers and the valuable contribution they make.

Professor Phillip Steele, Campus Director commented 'As a campus we are proud of the incredible work of our researchers and would like to recognise their input into developing healthy, active communities for all.'



Dad's train for free!

This Father's Day Dad's can train for free at Monash Sport.

All Monash Sport customers and members can bring their Dad in for free to try our pool (Clayton only), gym or group fitness classes (across Caulfield, Clayton and Peninsula campuses).

Standard conditions of entry apply and anyone else accompanying Dad's must pay normal entry fees.

You can also spoil Dad this Father's Day with a Monash Sport gift voucher, available from any Monash Sport service desk.

60 seconds with...

Michael Poulter Sport - Rowing

Highest Level played at: Australian Representative at the World Championships

Career highlight so far: Winning Bronze at World Championships

What are you studying: Bachelor of Science (Majoring in Psychology)

Career aspirations: I hope to one day represent Australia at the Olympics for rowing. My work aspirations consist of majoring in psychology and possibly becoming a sports psychologist, then working with athletes to help them achieve their goals.

Favourite food: Pizza

Hero: Drew Ginn and Tom Larkins





Sports Quiz

For 1 Point

1 Who is now the hot favourite to win the Coleman medal in the AFL?

2 What team in the A-League did the Melbourne Victory beat on the weekend?

For 2 Points

3 Who won the Bledisloe Cup when it was first contested, in 1932?

4 In what year was the game of basketball invented?

For 3 Points

5 In the classic movie 'Point Break' at what beach is the final scene set?

6 Who said it? 'I would not be bothered if we lost every game as long as we won the League.'

Who Am I?

For 4 points

I was born on 23 October, 1940

For 3 points

I debuted on my national team at age 16, and won my first World Cup at age 17.

For 2 points

I am the only footballer to be a part of three World Cup-winning teams.

For 1 point

In 1999 I was given the title of Athlete of the Century by the International Olympic Committee.

Did you know?

Compiled by Lloyd Gordon

Ian Thorpe

At 13 he asked his mum before the state age shortcourse carnival, "If I break all nine records at the state titles, can I have Monday off school?" He got the records and the day off.

When he was 15 he became the youngest gold medallist in world championships history when he won the 400m freestyle.

He appeared in an episode of Friends as a coffee shop customer.

Most swimmers use a six-beat kick - six kicks to two armstrokes. Thorpe can hit eight and even 10 beats of the legs for each two strokes.

Melbourne Victory Double Pass Promo Ends 12 noon Monday 31 August

Melbourne Victory Football Club has given Monash Sport twenty Platinum B double pass tickets (valued at \$74) to their next home game against the Newcastle Jets;

Thursday 3 September, 7.30pm at Etihad Stadium

Anyone can go in the draw to win one of the twenty double passes by simply completing the online entry form. Please promote this to your members/customers. Twenty winners will be drawn at random and contacted on Monday 31 August. Tickets will need to be collected from a Monash Sport Service Desk.

For further information and to enter please visit the following webpage: www.sport.monash.edu.au/news/mv.html

Register to run with TeamMONASH™ in the Melbourne Marathon www.sport.monash.edu/events/melb-marathon.html

Victory increasing ties with Monash

Lloyd Gordon, Media Assistant

Monash University is now the home of Melbourne Victory Soccer Club. The club is training at the Clayton sporting fields while it's home training ground is seeing some much needed repair.

The club expects to be training at Monash University for the next few months.

Ties with Melbourne Victory do not end there, earlier in the year FOX8's TV series 'Football Superstar' was filmed at Clayton campus. The show featured Ernie Merrick, the coach of Melbourne Victory as a judge. Ultimately, Canberra based Luke Pilkington won the show and a contract with the club and is now studying at Monash University.

Also, Monash University Commerce student, Matthew Foschini received some great news in the form of a call up to the senior side. Mr Foschini, who was a standout last season playing for Melbourne Victory in the youth league has signed a two year deal with the club to play in the seniors.

"Matthew was outstanding in the National Youth League last season and has been just as impressive in training and trial matches with the senior side," said Victory's football operations manager, Gary Cole.

"He's born and bred in Melbourne and is a great addition to our squad for the next two years."



Luke on the Clayton sporting grounds

- 1** Brendan Fevola
2 North Queensland Fury
3 New Zealand
4 1891 - by Canadian James Naismith
5 Bells Beach (although it was filmed in Cannon Beach, Oregon, USA)
6 Mark Viduka
1 am... Pele
- ## Sports Quiz Answers