

# The Back Page

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[www.sport.monash.edu/news](http://www.sport.monash.edu/news)

## The Business End of Season 2009

**Martin Doulton, Director of Sport**

It's that time of the year when all the hard efforts of months past come to fruition on the sports field. Commonly known as the 'business end of the season', sports teams around the country are cranking up for that last finals effort. Regardless of whether one thinks playing sport is more about the camaraderie of playing, and whenever a season gets to this stage the topic of conversation invariably moves to towards the 'C' word - competition. Whilst the spirit of competition remains alive so too does the notion of progressing as far as one can go in the Finals series.

Season 2009 has been kind to Monash University sport teams with some exceptional performances seeing many teams across many sports playing in Finals series' again this year. In some cases the overnight success has been the product of many years of 'practice and learning'. Take the Monash University Rugby Union men's team for instance. It would be fair to say that even for those that think this a game 'made in heaven' the level of support here in AFL country is marginal at best. For a student focused sports club the issue is even greater with a winter schedule that doesn't take kindly to semester breaks and there have been occasions when just getting 15 players onto the paddock was a challenge let alone those that could run and scrummage competitively.

So it was with great delight that you will read in this edition's match report about Monash University giving its arch rivals Melbourne University RUFC an absolute shellacking to get into the semi finals. As an added bonus the team is made up of Monash students from South Africa and Australia, living proof that the Monash Passport is truly a journey of exploration, challenge and adventure. Hats off to the dedication, commitment and passion of the club's dedicated committee, so ably led by President Andrew McMullan, for keeping going even when the writing looked on the wall.

For other Monash University sports clubs the time is now about either having a break from competition and/or preparing for the next season. All in all however I think we sometimes might forget about the tremendous contribution that our sports clubs make to the Monash community and that in turn makes life at Monash so special for those who are connected by this special bond. With over 70 sports clubs across all our campuses and in-excess of 6500 sporting club members participating weekly under the Monash University flag now is also the time to thank the 1000+ club office bearers, officials and volunteers who work so diligently behind the scenes for the good of the University and the sport.

Good luck to all the teams and clubs who have made Finals and GO MONASH!



**The Monash Mens Rugby 7s at AUG 2008**

## From the Editor

**Lloyd Gordon, Media Assistant**

Welcome to the tenth edition of The Back Page! In this issue you will read about our top female athletes now competing on the world stage, as well as what our staff have done to challenge themselves towards better fitness habits.

Upcoming events include the Melbourne Marathon, the Australian University Games as well as a high performance basketball camp. Make sure you check out our Give, Get, Win! promotion, as well as our new presence on Facebook and Twitter. Read on to catch up on all the latest news from around the Monash community, and don't forget to challenge yourself with the Sports Quiz!

Take some time out and enjoy sport...

As always please send any feedback to myself at: [lloyd.gordon@sport.monash.edu.au](mailto:lloyd.gordon@sport.monash.edu.au)



## Monash at top level of womens sport

Lloyd Gordon, Media Assistant

Two Monash University students, Amy Steel and Joh Curran have been thrown into the Australian Senior Netball Team, the Diamonds. Whilst the President of the Monash University Womens Rugby Club, Natalie Reid, has been selected to the Wallaroos Squad.

Joh received a call up from an impressive performance in defence and as captain of the West Coast Fever. Joh is studying towards a business degree at Monash University via distance education, which allows her the flexibility to play her netball in Perth.

Amy impressed selectors as a member of the Under 21 Australian team which claimed the world youth championship in the Cook Islands two weeks ago. Amy is also an AIS Netball Scholarship Holder and is studying towards a commerce degree at Monash University.

Joh and Amy were named in the Diamonds to contest the Holden Test Series against New Zealand and the World International Team. The series kicked off on 30 August and will run to 14 September. At the conclusion of the Holden Test Series, the girls will travel to New Zealand to compete in the New World International Netball Series. The team will then reside in New Zealand from 15 to 30 September.

“Amy has a heap of talent and is a real thinker,” Australian coach Norma Plummer said. “She certainly analyses if she is getting beaten and keeps adjusting.”

Joh played in the silver medal winning 2008 Monash University team at the Australian University Games, it was hoped that Amy will be able to represent Monash University at the 2009 event, however due to her new commitments she may not be able to anymore.

The Wallaroos (Australia’s national womens rugby union team) have qualified for the 2010 Women’s Rugby World Cup in England after securing the Oceania position in the draw by beating Samoa 87-0 in a must win qualifier.

Natalie took up rugby five years ago, after seeing it on a list of sports offered at Monash University. “I had some really good coaches, which spurred me on,” Reid said. She started playing for the state within the year and is now President of the Monash University Womens Rugby Club, one of five women’s teams in Victoria.

We wish all the girls the best of luck in representing Monash and Australia.

## Basketball Camp for Elite Juniors

Katie Bird, Media Intern

Monash University will host a High Performance Basketball Camp for Elite Juniors aged 14-17 years in September. The camp will be run by Dale Waters, current head coach for the Women’s National Basketball League Dandenong Rangers and Monash University’s Director of Basketball, and will be held at the Monash University High Performance Sport Centre.

Dale, who was recently named head coach of the Australian Women’s Basketball Under 19 team to compete at the FIBA U19 World Championships in 2011 brings with him an experienced national level coaching team who will conduct the two day camp.

Players will be taken through a combination of basketball specific physical testing, team concept strategies and individual skills, things that Dale says will assist players as they move into the next level of basketball competition.

“The camp aims to assist players in developing a complete game through a combination of concentrated skill development and specific physical preparation including core strength, agility and shooting analysis” Dale said.

Upon completion of the camp players will receive training programs and a development plan aimed to assist their training once they return to their home programs.

## TeamMONASH™ looking good for Melbourne Marathon

Katie Bird - Media Intern

This year marks the fifth year TeamMONASH™ will compete in the annual Melbourne Marathon, which helps raise funds and awareness for the Cerebral Palsy Education Centre.

TeamMONASH™ aims to send 500 competitors to the event, which will be held on Sunday 11 October following an impressive showing at last year’s event.

Participants can compete in a variety of distances ranging from the 5km walk to the full 42.2km marathon, which will be run through Melbourne coming to an end at the Melbourne Cricket Ground.

The event offers competitors the opportunity to get out and enjoy the fun TeamMONASH™ atmosphere while also helping to raise money for the Cerebral Palsy Education Centre through the fundraising challenge.

General registrations for the Melbourne Marathon close on 23 September. More information can be found on the website: [www.sport.monash.edu/events](http://www.sport.monash.edu/events)



Participants enjoying last years event





## AUG - Swimming looking to go one better Miles Rodriquez, Media Intern

The Monash Australian University Games swimming team is ready for action in this year's competition. With less than one month until the games begin, both the male and female squads have been finalised, with all involved training extremely hard.

Laura Denehy is one of two team managers looking after the 22 swimmers in the squad, most of which don't train at Monash. This, she admits, requires strong managerial skills. "Hardly any of our team actually train together. Most of the national and state swimmers we have competing train eight or nine times a week," she said.

"Because it's mostly an individual sport, we don't ask everyone to train together at once. We have swimmers training at the Doug Ellis Swimming Pool on the Clayton campus, at MSAC (Melbourne Sports and Aquatic Centre), in Nunawading etc., we also have swimmers in our squad from the country."

The swimming team finished second at last year's Uni Games which were held in Melbourne and Laura expects the team, with the majority of the swimmers returning this year, to do just as well this time around, if not better. "We have a strong team so I'm sure we will do well. And Grant Watson is a great coach, which helps the team a lot," she said.

With trials being held at the end of last semester, regular training being completed at a high level in the lead up, and the strong team work ethic had by all, it looks as though the Monash University swimming team is destined for success at this year's AUG.

## News from Peninsula

Tim Wallace, Peninsula Team Leader

Peninsula has now started the Monash Access Program. The program is run in a similar format to the Monash Access Program at Caulfield campus, and the Peninsula Older Adults Program with participants joining in a 45 minute activity class followed by a cuppa.

Monash Sport has promoted the program with the local access all abilities organisation Leisure Link Up to deliver this weekly fitness program for people in the Frankston area. The first week saw nine participants attend and numbers have now reached the capacity of 15 per class. A second weekly class is now being advertised. A big thank you to Joy Green who has taken on running the program.

Monash Sport at Peninsula was also involved in Monash University's recent OHS audit. The audit was conducted by SAI Global for accreditation in the OHS management system to the Australian Standard and Occupational Health and Safety Management Systems. This audit involved ensuring all University OHS policies and procedures were adhered to and were documented by Monash Sport. I can report that the Peninsula site passed with flying colours.



The team celebrate at AUG last year

## Chewing the fat on obesity research Source - Monash Newline

Monash University has led the way in forming a new consortium of experts to tackle Victoria's obesity crisis. Officially announced last week by, Professor David de Kretser, AC, Governor of Victoria and Monash University alumnus, the consortium includes obesity experts from Monash, University of Melbourne, Deakin University, Baker IDI, and the Murdoch Children's Research Institute.

Monash University physiologist Professor Brian Oldfield said the consortium was formed in recognition of both the breadth and the complexity of the obesity problem and will connect experts from a range of institutions to improve research and treatment of obesity and related conditions.

"We aim to create integrated approaches utilising the expertise derived from obesity research groups across institutions. This includes new forms of research, more discussion between partnering institutions and the dissemination of quality, evidence-based information about obesity to counter incorrect information often directed at the public," Professor Oldfield said.



## Give, Get, Win!

Throughout September Monash Sport, in conjunction with the Oaktree Foundation, will be running a special membership offer that aims to help those less fortunate, and reward those who give generously.

For those who take up a membership\* in September and give a gold coin donation will get one month free, a cooler bag and be put in the draw to win a range of great prizes including a 42 inch Samsung HD plasma TV, Malvern Star 'Octane AL' mountain bike, and Carlton FC guernsey signed by Chris Judd and Brendan Fevola.

There are many other benefits of becoming a member at Monash Sport. For further information, please visit: [www.sport.monash.edu/fitness/give-get-win.html](http://www.sport.monash.edu/fitness/give-get-win.html)

\*Conditions apply. New members only.



## The sports shorts

Edited by Lloyd Gordon

VIS athlete and Monash student Jamie Huggett recently won the 2009 Airlie Beach Sprint Triathlon. Jamie is preparing for the upcoming Triathlon World Championships on the Gold Coast from 9 September.

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Young Monash South Africa student, Orazio Cremona, will be competing in the shot put and discus events at this years Australian University Games on the Gold Coast.

Orazio is an exciting athlete with both international experience and success. Last year, he was the junior world number one in shot put and ranked fifth in the all-ages category.

Orazio will be an integral member of Monash's success at this year's AUG and we wish him all the best in his current and future sporting endeavours.

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Peter Goddard and his team 'the Step Warriors', from Monash University South Africa have completed the Global 10,000 Steps Challenge 3 weeks early, with an average step count of 33,800 (This equates to walking approx. 22km per day! Congratulations to the Step Warriors!

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In a boon for Monash in the ever increasing rivalries with Melbourne Uni, the Mens Rugby Club has won its way through to the finals, in a stirring 44 - 7 victory. What is even more impressive from a Monash perspective is that all points were scored by AUG sevens players.

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In Volleyball news, the preliminary round of finals in the Crazy John's Victorian Volleyball League featured five Monash teams.

Monash claimed Victory in the Div 2 Women and Junior boys (unfortunately by beating another Monash team!), but went down in the Honours Men and Junior Girls.

We wish them good luck for next weeks Grand Finals.

## Mission Possible

Katie Bird - Media Intern

Thirteen Monash Sport staff members have recently completed the Monash Sport Mission Possible challenge held in August.

Mission Possible challenged Monash Sport staff members to complete 15 visits to Monash Sport facilities throughout August. The majority of staff were involved in the challenge.

Thirteen staff members completed the 2009 Mission Possible, a massive improvement on last year's 5.

Mission Possible provided staff with an opportunity to practice what they preach and enjoy the wonderful facilities available at Monash Sport.

Lloyd Gordon who completed Mission Possible said the experience was challenging but fun. "Completing Mission Possible was a challenge but I had fun getting out and using the facilities and programs here at Monash Sport. It was good to see staff practicing the things we've been preaching to Monash Sport members".

Mission Possible is another fun way that Monash Sport is encouraging its staff and members to participate in physical activity and improve their health and wellbeing.

## Congratulations to eight lucky winners!

Lloyd Gordon, Media Assistant

Eight lucky winners have now received their 1gb FLASH mp3 players just by taking part in Monash Sport's annual Customer Satisfaction Survey, congratulations!

Robert Carmichael was one of the lucky winners, he thanked Monash Sport and exclaimed he 'needed a new mp3 player too!'

The survey results are being tabulated at the moment, and in time changes and improvements will be made as a direct result of what you have asked for.

Results will be presented in our facility notice boards in September and we have already started implementing some of the feedback given with our new online virtual tour.

### Congratulations to our eight lucky winners:

He Dazhuang,  
Sia Gibbon,  
Rebecca Walles,  
Tracey Collins,  
Monica Monk,  
Ivan Yososaputro,  
Reuben Patterson and  
Robert Carmichael

## 60 seconds with...

### Andrew Rodaughan

Sport - Mounted Games (Equestrian/horsing around)

**Highest Level played at:** National

**Career highlight so far:** Winning the national Prince Philip Games title in 2008

**What are you studying:** Pharmacy

**Career aspirations:** To own a rural pharmacy (somewhere down the track) which could help support a campaign to the World Mounted Games championships in Europe...

**Favourite food:** Tortellini pescatora

**Hero:** Nuno Oliveira (a horse trainer from years gone by)

In breaking news, Andrew informs us he is the current world record holder for the fastest 4x100m sack race relay, really!





## Sports Quiz

### For 1 Point

- 1 How many points did the Crows beat the Bombers by on Friday night?
- 2 Who is sitting on top of the A-League ladder currently?

### For 2 Points

- 3 Which year saw the first ever Grand Final that featured two non Victorian teams?
- 4 What sports star appeared in the movie 'Me, Myself and Irene'?

### For 3 Points

- 5 I have won an NBL title and an AFL premiership, who am I?
- 6 In the sport of surfing, what does 'the green room' refer to?

### Who Am I?

#### For 5 points

I was born on 7 October, 1952

#### For 4 points

I made my Australian test debut at age 23

#### For 3 points

I never went more than six consecutive tests without scoring a century.

#### For 2 points

I still hold the record for the most amount of runs scored in a Boxing Day Test, at 283

#### For 1 point

I work at Monash Sport

## Sports quotes

Compiled by Lloyd Gordon

"There's more to boxing than hitting. There's not getting hit, for instance." - George Foreman

"A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be." - Wayne Gretzky

"Approach the game with no preset agendas and you'll probably come away surprised at your overall efforts." - Phil Jackson

"As athletes, we're used to reacting quickly. Here, it's 'come, stop, come, stop.' There's a lot of downtime. That's the toughest part of the day." - Michael Jordan

"Fans don't boo nobodies." - Reggie Jackson

## Monash Sport on Facebook and Twitter!

Lloyd Gordon, Media Assistant

Great news for all Facebook and Twitter users, Monash Sport now has pages on both sites! That's right, we are now part of the social networking tools that every day grows in scope and members.

We aim to have all the latest news, happenings and promotions up on both sites to make it easy for you to keep up with the latest movements and events online!

To access our Facebook page, simply search for 'Monash Sport' on [www.facebook.com](http://www.facebook.com) Our Twitter page is located at: [www.twitter.com/MonashSport](http://www.twitter.com/MonashSport)

We have photos and videos online, and a growing network of fans and followers. Learn something new about Monash Sport, and keep up to date by becoming a fan on Facebook or following us on Twitter!

## Photo Highlights

Compiled by Lloyd Gordon, Media Assistant



Director of Sport, Martin Doulton puts up a shot at the Monash Games Staff Challenge



A student handballs at the Carlton Footy Clinic, Paul Bower from Carlton watches on



AUG Swimming 2008



AUG Softball 2008

Register to run with TeamMONASH™ in the Melbourne Marathon  
[www.sport.monash.edu/events/melb-marathon.html](http://www.sport.monash.edu/events/melb-marathon.html)

## Online Store

Monash Sport is now proud to offer an online retail store! You will find the latest TeamMONASH™ branded items for sale.

Located on the Monash Sport website a number of items are up and selling like hotcakes, be quick to snap up an opening bargain!

[www.sport.monash.edu/merchandise](http://www.sport.monash.edu/merchandise)

- I am... Graham Yallop
- 1 96 (26.10.166 to 10.10.70)
  - 2 Gold Coast United
  - 3 2001 (Brisbane v Port Adelaide)
  - 4 Anna Kournikova
  - 5 Dean Brogan (Adelaide 36ers 1998 and Port Adelaide Power 2004)
  - 6 Getting 'barrelled' or riding in the tube.

## Sports Quiz Answers