

The Back Page

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www.sport.monash.edu/news

The 450 TeamMONASH™ Warriors - Committed to defending the University's reputation at AUG 2009

Martin Doulton, Director of Sport

From 27 September to 2 October 2009 a team of 450 Monash University students will have made their way up to the Gold Coast in Queensland. Nice place for a holiday, if you like sun, sand and theme parks, however the reason this particular cohort of students have made the effort to travel interstate is to defend Monash University's title as the Australian University Games (AUG) Overall Sporting Champions that was so hard fought for and won here in Melbourne in October 2008.

As the largest University Sport team at this years AUG and with the greatest number of Division 1 teams across all sport codes it is likely that TeamMONASH™ will be in everyone's sights both on and off the playing field. To get a team of this size magnitude and quality to the Gold Coast has taken many hours of effort by the plethora of Sport Team Managers and at times the logistics of getting so many people from one place to another and being prepared for the fray of battle makes me relate to the precision required to move an army.

Right from the outset this year the whole preparation of TeamMONASH™ for the 2009 AUG has taken on a different intensity. The Team Managers have all come to share and understand the responsibility of being defending champions and what it means to be leading a team of 450 athletes against at least 50 other Universities who between them will have over 7,000 student athletes competing. In addition there is a need to improve our performances, and to ensure our collective safety off the pitch.

It came to pass that a trademarking process for TeamMONASH™ at the University games was embarked upon and various themes were raised. One that gained traction was the notion that the TeamMONASH™ AUG team were like the 300 Spartans that so nobly defended their country from the Xerxes hordes in 480BC. Like the Spartans TeamMONASH™ is hopelessly outnumbered in comparison to the 7,000 other athletes attempting to take our titles, but again like the Spartans the courage of the students in accepting the challenge of defending Monash's honor is without exception. As the AUG trademarking process took place what also came to the fore was the desire by Monash participants to defend our title through honorable means.

So for the first time ever since Monash University sports teams have taken the field of battle the entire 2009 Monash University AUG cohort has agreed to abide by, support and staunchly defend the Spartan Trademark. Whilst the trademark is something that is closely personal to the athletes, coaches and team management it does embrace the concept that the sum of the whole is greater than the sum of the parts, and sets out how the Team might address one of its cohort letting down the University, although hopefully to the same extent nor with the same disastrous ending that the treachery of Ephialtes resulted in at Thermopylae!

Good luck to the 450 who are representing Monash University at the 2009 Australian University Games. May your endeavors on the field of battle bring to the University the spoils of Victory but may your behavior in wearing the University shield bring great credit to those who are back on campus. GO MONASH!

From the Editor

Lloyd Gordon, Media Assistant

Welcome to the 11th edition of The Back Page! As usual we have included a wrap of all the sport happening in the Monash community at the moment. In this issue you will read about teams getting ready for the upcoming Australian University Games, some great stuff happening with Triathlon Victoria, as well as the best ways to stay in shape.

Don't forget to go to our website and check out our new video section, and stay tuned for further details of the upcoming Mental Health Week, 5 - 9 Oct.

Take some time out and enjoy sport...

As always please send any feedback, results or articles you wish to contribute to:
feedback@sport.monash.edu.au

AUG Team Captains

Lloyd Gordon, Media Assistant

A special mention to the captains of the 2009 Monash University AUG team. Clare Alomes and Tom Forde will lead the team of 450 students from the front and by example upholding the Spartan Trademark.

Tom comes from a basketball background and has represented Monash at AUG on a number of occasions. Clare is the Team Manager of the womens water polo team and says "being appointed captain was totally unexpected, but a great honour".



Clare Alomes



Tom Forde



Monash contingent dominate in Victoria's Netball win

Lloyd Gordon, Media Assistant

The New Idea Australian Netball League (ANL) reigning champions, Victorian Fury have retained the championship trophy following a huge win over the Australian Institute of Sport (AIS) in Brisbane, 46-32. Four Monash University Central Netball Club players featured in the team, Karyn Bailey, Teagan Ashmore, Kate Yensch and Kara Richards.

The Fury dominated the match at the Brisbane Convention & Exhibition Centre from the start with goal shooter Karyn Bailey shooting at 100 per cent in the first quarter. In the second quarter the Fury continued to overpower the opposition with mid-court intercepts and crucial rebounds from the defence end propelling the Victorian team to an 11 point lead.

Throughout the second half of the game the Fury maintained a 10 to 15 point lead to clinch the match and take the trophy for the second year running. The Fury continuously took advantage of rebounds in the AIS shooting circle and mid-court intercepts from both teams kept the match alive.

Fury Goal Defence Kara Richards put notable pressure on the AIS attack players throughout the match while Knott and Bailey shot at near perfect accuracy in all four quarters.

The ANL grand final was played on Sunday as a curtain raiser to the Australian Diamonds v New Zealand Silver Ferns test match. Which featured Monash University students Amy Steel and Joh Curran playing in the successful Australian side.

Monash University's position in the netball world is only getting stronger.



The Victorian Fury celebrate their win

Huggett places strongly in Triathlon World Championships

Katie Bird, Media Intern

Walking past Jamie Huggett, few people would realise they had just passed an Australian triathlon champion. But this Monash University science student has just made his mark on the world stage after an impressive showing at this year's ITU Triathlon World Championships at the Gold Coast last weekend.

Huggett finished 17th in the junior category at this year's event, further establishing himself as a major figure on the world triathlon scene. Throughout the swim leg Huggett looked set for a top ten finish, however a fall in the bike transition cost him his chances.



Jamie powers ahead on the bike

Despite finishing in the top twenty in the world Huggett says there's room for improvement before next year's competition. "Finishing 17th was OK but not really what I was aiming for. Hopefully we'll have better luck next year!" said Huggett.

Huggett's top twenty world placing follows an extraordinary season which saw him named 2009 2XU Australian Junior Triathlete of the Year in March. He has since proved his right to the title, successfully holding off main rivals Anthony McSweeney and Aaron Royale to take out the 2009 Airlie Beach Sprint Triathlon two weeks ago.

Do you have what it takes to become Australia's next triathlon champion?

Find out on Sat 10 October, when Triathlon Victoria is hosting a free testing day. If you are aged between 16 and 23 and consider yourself a good swimmer or runner, have an athletics, swimming or surf lifesaving background, then we want to hear from you!

The day is to be held at Monash Sport Clayton from 7am. Please visit the website for more information: www.ausport.gov.au/participating/got_talent

Complimentary Member Seminar

Topic: Nutrition and Training guide for increased muscle hypertrophy (size)
When: Monday 28 Sept, 5.15 - 6.00pm
Location: Seminar room, Monash Sport Clayton campus

Always wanted to get muscle mass gains but never achieved the results you want?

If so then come and hear from Monash Sport gym instructor and personal trainer Marcia Larose who will explain some of the major reasons why trainers fail to reach there goals including:

- Nutrition
- Recovery
- Training tips

For further information or to register please contact Fitness Centre staff or email: clayton.fitness@sport.monash.edu.au

Seminars are free for Monash Sport direct debit and 12 month members, a \$10 fee is payable for all others.



AUG 2009 - Ultimate Frisbee is changing perceptions and training hard

Katie Bird, Media Intern

Ultimate Frisbee may not be something that makes it into the headlines of the sports pages everyday, but the Monash Ultimate Frisbee team is aiming to change that at this year's Australian University Games.

Team leader Ashleigh Thornton says that the team is in great form leading up to the competition following a second placing in the Southern University Games.

"We've all been training hard and the team has really started to come together".

The team of 18 who has been training and competing together every week will be looking to go one better at the Gold Coast when they face main rivals Queensland University and Flinders University who defeated Monash in the final round at the Southern University Games (SUG).

"We have a stronger side going to the Australian University Games than we had at SUG's, so hopefully we can get into the grand final and grab the gold medal" said Ashleigh.

With strong performances in the lead up to the games, all eyes are on the Monash Ultimate Frisbee team as top contenders for the Australian title.

Triathlon Victoria and Monash University

Lloyd Gordon, Media Assistant

The Honourable James Merlino will officially open Triathlon Victoria's new offices at Monash University Peninsula campus on Thursday 8 October. The partnership will provide a range of benefits to both parties, including giving Victorian triathletes the edge in national level competition and providing them with the ability to maintain their education commitments.

Martin Doulton, Director of Sport at Monash University commented "Monash University is obviously very excited at the opportunity to partner Triathlon Victoria in a range of programs and services which will not just strengthen the sport in Victoria and Australia but also assist many others members of the community to become more physically active."

Date: Thursday 8 October, 2009
Time: 12:00 to 1:30pm
Venue: The Seahorse Tavern, Monash University McMahons Rd, Frankston
RSVP: Wednesday 30 September to Sally, info@trivic.org.au or 03 9904 4877
Light finger food and refreshments will be provided

Get Up and Go

David Nankervis, Caulfield Campus Team Leader

On Wednesday 16 September, Students and Staff at the Caulfield Campus attended the launch of The Get Up and Go walking program. The program is a buddy walking system which aims to encourage people to get out away from their desk for a walk at least twice per week. Health, Wellbeing and Development, Monash Sport and OHS teamed up to provide a free healthy lunch to



Participants enjoy a light lunch before getting started with the new walking program

the participants, followed by a walk to the local park as a group.

The aim of the walking program is to encourage healthy mentality, following from the latest research which shows that exercise is the best medicine when it comes to mental illnesses such as depression, stress and anxiety. All participants received a show bag with information on Depression, a water bottle, pedometer, and Monash Sport information.

Follow TeamMONASH™ live at AUG 2009
www.sport.monash.edu/news - Direct from the Gold Coast

Junior swimmers perform well

Grant Watson, Head Swim Coach, Monash Sport

Monash University Swimming Club (MUSC) has put in an impressive effort to finish 14th at this year's Victorian State Short Course Swimming Championships. This year MUSC took a team of 29 swimmers to the competition and raced a total of 152 races over the 2 day meet. The team put in a fantastic effort with 70% of events being swum in personal best times!

Standout performances include David Parr and his silver medal swim in the 200 backstroke posting a personal best time of 2:13.13. Special mention to 11 year old Zach Stein who took an amazing 5 seconds off his personal best time in his 200 freestyle with a time of 2:43.99.

I need to thank everyone involved and congratulate you all on a job well done. Thanks also to Boon Chia and Daniel Lee for coaching our younger swimmers. Their preparation and achievements throughout the term have been fantastic. To all swimmers who competed in the competition congratulations on an amazing meet.

Online presence!

When you are next logged into your Twitter or Facebook accounts, make sure you add Monash Sport.

We are now utilising these tools to broadcast our news and events to a wider audience.

Do yourself a favour and look us up...

<http://twitter.com/MonashSport>

Search for 'Monash Sport' using the Facebook search tool

Take some time out and enjoy sport.



The sports shorts

Edited by Lloyd Gordon

Monash University arts student Chloe McCardel is currently somewhere in the middle of the English Channel, attempting to swim from England to France, and then back again (That's around 100km!).

We wish her the very best of luck!

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The Saints are through to the AFL Grand Final, and so too is Luke Ball, who studies Commerce at Monash University. It will be a tense week in the lead up, but best of luck and GO SAINTS!.

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The Monash University Rugby Club has produced two new female stars of the future. Ann Cooper and Natalie Reid, are representing Monash on a National and International scale.

Cooper was named female player of the year by the Victorian Rugby Union, while Reid has been selected in the national side, the Wallaroos, to play next year's World Cup in London.

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Anna Segal, Monash University student recently returned from New Zealand, having been there for a month training and competing.

The highlight of her time included placing second in slopestyle in the New Zealand Freeski Open, and then winning the same event at the New Zealand Winter Games.

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It was so near and yet so far for the Monash University Women's Baseball team, going down to old rivals Melbourne Uni 8-7 in a tense grand final at Cheltenham.

Pitcher Vic Brown asserted control early, and giving good support were short-stop Shona O'Connell, centre fielder Shirlee Loon and catcher Janine Cavanagh who all hit well.

Monash couldn't get a runner on base in the final innings and for the second year running had to settle for a one run grand final defeat to their arch enemies.

AUG 2009 - Mixed Netball growing in confidence

Miles Rodriguez, Media Intern

The Monash mixed netball team is growing in confidence in the lead up to this year's Australian University Games. The squad of 11 was named at the end of July and training has been growing in intensity since then.

Sophie O'Shea the team's manager says that it was a struggle to pick the side. "We got a lot of interest and talent shown at trials. This made it really difficult in choosing the side" she said.

In another great positive for the mixed team is the number of women from the Victorian Netball League (VNL), Australian Netball League (ANL) and the Australian Institute of Sport (AIS) competing.



Warming up at AUG 2008

Super Sydney

David Nankervis, Caulfield Campus Team Leader

From Thursday 10 to Monday 14 September, Monash international students took to the beautiful city of Sydney as part of the Trips and Tours program with Monash Sport. Students from Monash, RMIT, Deakin and Melbourne University travelled by bus overnight and spent the long weekend enjoying the Sydney sights and making new friends.



A student enjoys seeing the Harbour Bridge

The highlights of the trip included a 4 hour night cruise on Sydney harbour a tour around the city's best kept secrets and historical sights including the famous Rocks area, the Opera House and Sydney Harbour bridge which provided many 'Kodak moments'.

Students then spent time experiencing Australia's spectacular environment with visits to the Blue Mountains and iconic beaches Coogee, Manly and Bondi. Passengers arrived back at campus Monday morning with new friends and a camera full of great experiences.

Churchill v Monash Cricket Match

Kingsley Pursch, MUGSU Coordinator

As part of the pre-season, a Twenty20 match was held on 20 September between local Monash University students and the Churchill Cricket Club. The Monash team consisted of students studying at the Churchill campus, featuring five international students from Bangladesh, Pakistan and India joining the locals. Monash post-graduate student Bharat Saraf stole the show with an unbeaten 75 runs.

Monash University Director of Cricket and ex-Australian Test Cricket Captain Graham Yallop attended to umpire the match.

Graham was also scouting for players to represent Monash University for the Australian University Championships Twenty20 cricket tournament that will be held in Perth in December 2009.



Graham Yallop and the Monash team



Science makes it easy to stay healthy!

Lloyd Gordon, Media Assistant

Scientific studies can often be hard to understand and connect with, however a compilation of health research has revealed how easy it can be. Here are some easy science based tips, supported by Monash University research.

1. Take diet tips from the Greeks

Eating a Mediterranean diet can help you avoid heart disease and stroke. Heart disease is the biggest killer of Australians every year, and therefore the main obstacle to living longer. We can reduce our risk by 30 percent just by eating and drinking a lot of fish, wine, olives and good fats and vegetables.

2. Don't stress

We all know stress makes you look tired, but did you know it ages you internally as well? Chronic stress can actually change the chemistry of your body, with serious results. Monash University researchers found that stress leads to low levels of enzyme in chromosomes that are linked to ageing and can also cause heart disease.

3. Stay active and get better rest

Dr Gillian Nixon from Monash University monitored physical activity and sleep behaviour in 519 children in the community and found that the average time taken to fall asleep after lights out was 26 minutes. "Short sleep duration is linked with obesity and lower cognitive performance, community emphasis on promoting healthy sleep in children is vitally important," Dr Nixon wrote.



Stay healthy and enjoy life!

Monash Sport welcomes AFL Trainee

Sue Drummond, HR Coordinator

Monash Sport would like to welcome Israel Carter, who will be with us over the next 12 months under the AFL Indigenous Traineeship Program. A big thank you must go to CAIS (Centre for Australian and Indigenous Studies) for their contributions towards Israel to make the opportunity possible. Over the next 12 months Israel will do his Certificate IV in Fitness and rotate through several areas of sport to gain further experience in the sport industry.

60 seconds with... Catherine Guest

Sport - Basketball

Highest Level played at: International

Career highlight so far: Representing Australia at the FIBA Oceania tournament in Saipan and winning gold.

What are you studying: Medicine

Career aspirations: Undecided as to what speciality to follow in the Medicine world, but for basketball, to continue to make Australian representative teams.

Favourite food: Anything cooked by my mum! Especially her caramel slice.

Hero: Jason McCartney (AFL player for North Melbourne) - he is the most inspirational person I've ever met.



Catherine wears the number 5 for Australia

Sports Quiz

For 1 Point

- 1 Who won the recent England v Australia One Day series?
- 2 How many players are there in a netball team?

For 2 Points

- 3 What is the nickname of the New Zealand soccer team?
- 4 In snooker, how many red balls are there?

For 3 Points

- 5 The 2010 V8 Supercar series will begin in which city?
- 6 Why was Rod Laver banned from competing in all the four major tennis tournaments from 1963 to 1967?

Who Am I?

For 5 points

I was born on 8 September, 1983 in Victoria.

For 4 points

I attained an ENTER score of 96.20 on my Victorian Certificate of Education in 2001.

For 3 points

After a recent controversy, I stated in a press conference "I realised the error of my ways after watching a Steven Seagal movie".

For 2 points

I am an AFL Premiership captain, Brownlow Medallist, Leigh Matthews Trophy winner, all Australian captain and Norm Smith Medallist.

For 1 point

I now wear the number five at Carlton Football Club.

Online Store

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

Our products already selling like hotcakes, be quick to snap up a bargain!

www.sport.monash.edu/merchandise

- 1 Australia (6 - 1)
- 2 Seven
- 3 The All-Whites
- 4 Fifteen
- 5 Abu Dhabi
- 6 As he turned professional
- 1 am... Chris Judd

Sports Quiz Answers