

The Back Page

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www.sport.monash.edu/news



TeamMONASH™ AUG captains Tom Forde and Clare Alomes

From the Editor Lloyd Gordon, Media Assistant

Welcome to the 12th edition of The Back Page! As usual we have included a wrap of all the sport happening in the Monash community at the moment. Following on from Martin's comments, in this issue you will read further about TeamMONASH™ successfully defending our title of 'Overall Sporting Champion' at the recent Australian University Games along with the successes of many other Monash University students and club members.

Also in this issue you will find a great opportunity to get along to the soccer this Friday, it is Mental Health Week this week, so you should definitely do something for yourself!

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

YES Monash University Wins - Again!

Martin Doulton, Director of Sport

Tom Reynolds a former state sports minister in the early 1990's was so passionate about Sport and Melbourne that he was a strong advocate of the proposition that Melbourne was the sporting capital of the world. After all if it moved in Sport it had been hosted in Melbourne. In addition Melbourne had a strong history of athletic performance and success with many Olympians, world record holders and premierships abounding.

2009 has been a red letter year for Melbourne's sporting champions with the Vixens winning the ANL Netball, Geelong winning the AFL, South Dragons in the NBL, Melbourne Victory in the A-League and finally last weekend the Melbourne Storm stamping their authority on the NRL with a great win over some slippery Eels!

And last Friday (2 October) Monash University topped off a wonderful year in Sport by retaining our title so hard fought and won in 2008 in retaking the 'Overall Sporting Champion' Trophy at the 2009 Australian University Games. Victory is always sweet whether it's by two hundred points or in the case of the 2009 win, by the slimmest margin of two points! And without gloating too much the victory had special significance, as the runners up were the University's of Melbourne and Sydney, our greatest rivals in Inter University Sport.

Credit for the victory is many fold. I would like to acknowledge the amazing commitment of our student Athletes, sport team managers, coaches as well as the many incredibly capable and professional University staff who managed the team and the process so wonderfully well that they are the envy of every other University in Australia and New Zealand! In addition the continuing contribution of the University in supporting our students gain a professional, engaging and memorable collegiate sporting experience that is unique to Monash shouldn't be understated either.

Every member of the team assembled at the Gold Coast and back on campus contributed to the win. As the Universities of Melbourne, Western Australia and Sydney threw everything at us both on and off the field of play TeamMONASH™ stood strong and displayed all the characteristics of the 'Spartan' trademark behaviors that have been developed to epitomize Monash in Inter University competition.

However now the hard work begins to ensure that the dream of a 3PEAT at the 2010 AUG to be held in Perth next September becomes a reality stamping this generation of Monash student athletes as the 'best ever'. GO MONASH!



Monash claims AUG title again

Lloyd Gordon, Media Assistant

In the closest finish in its history, Monash has taken out top honours in this year's Australian University Games (AUG). Successfully defending their 'Overall Sporting Champions' title, the Monash team beat rivals the University of Melbourne by just two points, 1050 to 1048. The University of Sydney finished third.

Monash Sport Athlete Support Coordinator Carolyn Kenny said the win proved that in these types of events, every point counts. "The win was a great team performance and we are ecstatic with the result," she said.

The week-long event was well-contested by all competitors, but Monash proved to be a dominant force, claiming overall victory in many events including women's basketball, netball and tennis, Kendo Kyu, taekwondo, men's athletics and for the first time in AUG history, swimming. Monash claimed overall silver in another three sports and overall bronze in eight.

Monash Sport Director Martin Doulton said AUG 2009 was filled with brilliant performances from both individuals and teams in a wide range of sports. "Monash students from all campuses were integral to the victory," Mr Doulton said. "To add to the victory, more than 30 Monash students were selected in the AUG Green and Gold Team by the games' governing body Australian University Sport as best in their sport."

This year's Australian University Games, which started on 27 September, feature a record number of competitors. Monash, which has won the event four times, had this year's biggest team with 448 participants.



From top: Women's Basketball with their gold medals, Team captains and staff with some new and old silverwear, Dale Stevenson en route to breaking a 10 year old AUG shot-put record, and left: The Beach Volleyball team show their skills

Alex to keep swimming towards his dream

Grant Watson, Head Swim Coach

Monash University Club Swimmer, Alex Harris, has lived a lifetime at just 34 years of age. The Lara based swimmer, who commutes to Monash University Clayton campus once a week has represented Australia in both the Commonwealth Games and Paralympic Games and during his swimming career has broken an amazing three world records and 52 Australian records.

At age 18, Alex was a promising swimmer, he had just graduated from high school and was spending the summer relaxing with friends. After a day out at the beach with mates, Alex was involved in a fatal car accident which left him with permanent brain damage. Doctors told him he would never walk again, never be able to feed himself again and would have difficulties with his speech. After six months in hospital, Alex began swimming again as part of his rehabilitation. A few short years later, he was taking the blocks at the Homebush Aquatic Centre for the 2000 Sydney Paralympics Games where he claimed 2 silver and 2 bronze medals.

During the month of October, Alex will undergo Deep Brain Stimulation (DBS) surgery to curb his uncontrollable shakes and aid his goal of representing Australia one last time in the upcoming 2010 New Delhi Commonwealth Games.



Melbourne Victory U-Nite

Adrian Mueller, Marketing Intern



Friday 9 October will see Melbourne Victory host Sydney FC for the first time this season. However, despite the fierce rivalry between the two clubs, both will be coming together to help unite Australians fight racism.

Melbourne and Sydney are Australia's most multi-culturally diverse cities, and in recent months both have

come under scrutiny with increased racial violence, and protests. Melbourne Victory, in conjunction with Monash University are hoping to denounce this current trend through 'U-Nite'.

U-Nite aims to promote the multi-cultural heritage of Melbourne Victory players and fans, and unite them in bringing an end to racism. Monash University is a proud supporter of this, and as a global university encourages people to embrace other cultures.

Furthermore, to help promote cultures bonding together, Monash University students are being offered a special U-Nite experience.

Monash students can attend U-Nite for just \$15 and will include a pre-match welcome with door prizes, a Melbourne Victory scarf and entry into an exclusive 'Monash Bay' on level 1, as well as return transportation to the match.

U-Nite is a great opportunity for Monash students to come together and mingle with other cultures and friends, whilst watching Melbourne Victory take on Sydney FC.

The language of football is universal, and with soccer Australia's only true global football code what better way to unite and celebrate Australia's multicultural heritage.

For further information please visit:
www.sport.monash.edu/news/u-nite.html



Monash Sport Running Group Get A 'Tan'

Trevor Vincent - Glenhuntly Athletics Club

Around 30 members of the Monash Sport Tuesday Running Group were among the 1,000 runners who recently took part in Athletics Victoria's Tan Relays.

The quickest runner on the day was David Carver, who completed his lap of Melbourne's signature running loop in 11 minutes 35 seconds for Glenhuntly's Division 1 team.

Next fastest were former Australian junior cross-country representative Ash Watson (11:45), junior international triathlete Jamie Huggett (11:48) and Monash Australian University Games representative Josh Papanikolaou (12:11).

On the women's side, Sarah Byron was quickest with 15:10, then Carly McDade (15:14), Bridie O'Shannessy (16:01) and Sarah Lloyd (16:06).

A number of group members will also be competing in the Melbourne Marathon on 11 October, with several attempting the full marathon.

The Monash University Running Group: Tuesdays 6pm at the Clayton campus. Catering for all ages & abilities in a social & fun environment and regularly have 40-50 runners.

Contact Trevor Vincent: 0407 922 597 or trevin@bigpond.net.au

Mental Health Week

This week marks the annual occurrence of Mental Health Week, an initiative devised by the Mental Health Foundation of Australia.

At Monash Sport we are celebrating this week by offering a number of our programs and services for FREE during this week.

This includes gym/pool access during off peak times, various group fitness classes and certain court hire facilities. Please refer to our website for specific dates and times that these offers are applicable.

Take some time out for your mind and enjoy sport!

www.adm.monash.edu/ohse/wellbeing/mental-health-week.html

Victorian Government's 2009 Sport and Recreation Awards

Nominations are now open and up to \$50,000 in cash prizes will be awarded across eight categories. Online nominations are simple to complete and provide an opportunity for the unsung sporting heroes in your community to be rewarded.

These Awards are open to private, public or community sector organisations or individuals based or operating in Victoria. Nominators may nominate their own organisation/themselves or a third party known to them. Submit your nomination today by visiting www.sport.vic.gov.au

Enquiries can be directed to 03 9208 3440 or awards@sport.vic.gov.au Nominations close Friday 16 October.



The sports shorts

Edited by Lloyd Gordon



Monash University student Christie Jenkins recently competed in the National Trampoline Championships in Adelaide during the Uni break. She had a fantastic competition, and ended up winning first place in the senior open womens individual category, and winning second place in the double mini trampoline event. Well done Christie!

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A group of students and staff are set to take part in a new study to promote active transport at Monash University launched during the University's recent Sustainable Transport Month. Named 'Active Transport', the study aims to promote active transport to and from the participants' place of work or study as part of an overall health and fitness improvement program. Check back for updates from the participants.

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And just in case you missed it, Monash University won the Australian University Games for the second year running!



Competing in the Race Against Poverty

Monash University cricket preview

Ben Huf, Victorian Premier Cricket

If ever a club faced an uphill battle, none could be greater than that of Hawthorn-Monash University this summer. Nevertheless, despite the hurdles the club has made significant inroads in the lead-in to the new season, new president Petar Ivetic insisting the 'club culture has changed already'.

With a completely new committee, new coaching staff, led by former player Wendell Perumal and new captains in all grades, including 25-year-old Ben Cookson's appointment in the First XI, the club has certainly gone to lengths to ensure a strong, fresh start.

The Hawks do have a strong base to build upon. They have narrowly missed the finals in the past two seasons after losing on the final day of both home and away seasons, and are hedging their bets heavily on their strong youthful core. 'The club is going down a youth policy path, and will be promoting within. We have to show due diligence to our young group,' Ivetic said.

'We're thinking outside the box, involving the uni culture and will also be working with Monash Uni to promote, amongst other things, women's cricket and more opportunities for international students,' Ivetic said.

Race against poverty

Lloyd Gordon, Media Assistant

Monash Golden Key held its annual Race Against Poverty in Melbourne on Sunday 20 September. The event, based on the television series The Amazing Race, saw teams of two to four use cryptic clues to identify and navigate their way to various landmarks around the city, taking photos as they go.

There were various prizes awarded at the conclusion of the race with all proceeds going to Oxfam Australia.

Race organiser Alanna Tan said the event was a great way to spend a Sunday afternoon with friends.

'To see the city of Melbourne while raising money for Oxfam was a worthy way to spend our weekend especially given that Melbourne is experiencing a growing poverty crisis,' she said.

Last year the Race Against Poverty raised in excess of \$800, this year Monash Golden Key raised over \$1,135 for Oxfam. Anthony Sciuto, President of Monash Golden Key said the Race Against Poverty was a great success.

'The event ran exceptionally well and we had about 90 participants.'

English Channel crossing

Katie Bird, Media Intern

Monash University Arts student and marathon swimmer Chloe McCardel has etched her name into the history books by becoming the 62nd Australian ever to swim the English Channel.

Chloe, an Arts student at Monash University swam over 100 kilometres in just under 25 hours as part of her attempt to double cross the English Channel. However, bad weather conditions prevented her from completing the journey.

"Unfortunately, due to fifty kilometre per hour winds and eight foot waves I was prevented from completing my double crossing" said Chloe who is looking forward to her next marathon swim.

"My spirits are high and I am planning another big swim very soon".

Chloe's love and drive for marathon swimming began in 2007 when she won her first event at the Bloody Big Swim in Melbourne.

Since winning the event Chloe has completed many marathon swims and her future plans include a possible world first Bass Strait crossing.



Sports Quiz

For 1 Point

- 1 Who won this years Australian University Games?
- 2 What city will host the 2016 Olympics?

For 2 Points

- 3 Who won last years Australian University Games?
- 4 Who recently became Australia's first cycling world road race champion?

For 3 Points

- 5 Who won the Australian University Games in 1998?
- 6 In what position is Mark Webber currently sitting in the Formula 1 World Drivers' Championship?

Who Am I?

For 5 points

I was born on 18 June, 1983 in Brisbane

For 4 points

I am widely regarded as one of the best players in my league, having accumulated a number awards over my career.

For 3 points

I have played in four Grand Finals, for my two premierships, one as captain.

For 2 points

I play for the Melbourne Storm

For 1 point

I am Cameron...

60 seconds with... Dale Stevenson

Sport - Athletics (Shot Put)

Highest Level played at: International - World University Games in July this year.

Career highlight(s) so far: National Junior Titles, National Open Silver Medal, selected to represent Australia at the World Uni Games 2009.

What are you studying: Bachelor of Education & Bachelor of Sport & Outdoor Recreation.

Career aspirations: To represent Australia at World Championship/Olympic level.

Favourite food: Everything, and lots of it.

Hero: My Dad



Give, Get, Win! Final prize winners!

Lloyd Gordon, Media Assistant



Congratulations to the prize winners of the Monash Sport Give, Get, Win! Membership promotion.

Simply by purchasing any twelve month or direct debit fitness, aquatics or centre membership at Caulfield, Clayton or Peninsula, these three lucky winners have won the following prizes!

1st prize – 42 inch Samsung HD Plasma TV – Vipin Mehta

2nd prize – Malvern Star 'Octane AL' Mountain Bike – Neera Sharma

3rd prize – Carlton FC guernsey signed by Chris Judd and Brendan Fevola – Sharon Fuller

The membership promotion also aimed to raise money for the Oaktree Foundation, which is an aid and development organisation run entirely by volunteers under 26, Oaktree believe that education is the most powerful force we have to change the world.

All new Monash Sport members who signed up during September donated a gold coin for their first month's membership, enabling Monash Sport to donate over \$400 to Oaktree!

Monash advances sport research

Lloyd Gordon, Media Assistant

The latest research by Monash University staff is helping the advancement of sports in two entirely different fields, Rugby League and Badminton. Monash mathematician Dr Burkard Polster and his colleague Dr Marty Ross have applied their mathematical insights to the game of Rugby League, in an attempt to improve players' kicking for conversions.

Dr Polster said the research suggested players may generally be placing the ball too close to the goal line, players generally kick from 25 metres out. 'Our model suggests that strong kickers should be kicking from 30 metres or beyond.' Dr Polster said.

In the Badminton world, an innovative tool developed by Monash engineers in collaboration with the Malaysian National Sports Institute. The Badminton Tracking System (BaTS), a software-based analytical tool, enables coaches to undertake an immediate post-match analysis, assessing player performance and style, as well as identify moves that could potentially cause injuries.

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

www.sport.monash.edu/merchandise

Sports Quiz Answers

- 1 Monash University
 - 2 Rio de Janeiro
 - 3 Monash University
 - 4 Cadel Evans
 - 5 Monash University
 - 6 Fourth
- I am... Cameron Smith