

# The Back Page

Issue 13 - Tuesday 20 October, 2009

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

## **“TeamMONASH™ are Everywhere”** Martin Doulton, Director of Sport

In recent weeks the ‘phenomenon’ that is distinct and unique to Monash University, also known as the TeamMONASH™ active recreation concept, has entered the busiest time of the year for participation in major events. Hanging off the success of our TeamMONASH™ athletes doing Monash University proud by bringing back the 2009 Australian University Games silverware and the mass participation of our international students and staff under the TeamMONASH™ banner at the Melbourne Victory U-Nite game comes the two big domestic events here in Melbourne, namely the St George Melbourne Marathon and the Smith Family Around the Bay in a Day ride.

In the two events held over the last two Sundays here in and around Melbourne almost 1000 Monash students, staff, alumni, family and friends participated. Without a doubt the resounding feedback from participants in these (and all other TeamMONASH™ events) is the immense sense of community that coming together under the one banner representing their University in the spotlight of the broader community.

There is also some collective pride in the fact that TeamMONASH™ has the highest team representation of any participation in the university sector as well as the not for profit/non sponsor categories. As can also be seen from the amount of media coverage including the bright, beautiful and highly visible 2009 TeamMONASH™ tops the publicity generated around the Monash brand and its people. As many people have commented to me ‘TeamMONASH™ was Everywhere’!!

After five years one might think that the passion of entering these events might wear off. But for the Monash community the opposite is true! Every year more and more student and staff volunteers are coming forward to support their colleagues do things that they might not necessarily think they can do, but find out they are able to with the support of TeamMONASH™. Every year more and more students, staff, alumni and their family and friends join together in a fun healthy activity that transcends all boundaries of organization and show a sense of togetherness that other Universities can only dream of!

The successful and growing participation of TeamMONASH™ in these large Community Fitness Events doesn’t happen by accident and its testimony to the Community and Fitness Events team and their colleagues across Monash Sport for the ability to support so many people to achieve their goal by being a part of TeamMONASH™!



**Around the Bay in a Day**

## **From the Editor** Lloyd Gordon, Media Assistant

Welcome to the 13th 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™ dominating both the Melbourne Marathon and Around the Bay in a Day events. Also making news is the Socceroos training at Monash, along with the successes of many other Monash University students and club members.

Make sure you read about the recent U-Nite event, a great night for the 400 students involved. I will also mention Katie Bird, who has assisted in editing this issue of The Explorer’s Journal. Katie is a journalism student at the Caulfield campus helping us out for this Semester as in intern.

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](mailto:feedback@sport.monash.edu.au)



## TeamMONASH™ goes all the way - ATB

Katie Bird, Media Intern

465 TeamMONASH™ riders rose to the challenge of riding 'Around the Bay in a Day' (ATB), taking out the prestigious award for largest represented University for the third year in a row. 2009 marked the sixth year TeamMONASH™ has participated in the event which catered for all ages and abilities with courses ranging from 50k to the full 250k event.

"It is fantastic that we could win the award again this year" said Marcia Larose TeamMONASH™ events officer. Reaching our target and managing to raise over \$15,000 for the Smith Family is a great achievement".



The Van Bergen boys after the ride

For first time participants John Vanbergen and his son's who attend Monash University, the 50k event offered them a chance to work as a team and stay fit. "The kids have wanted to do the ride for years but we always too young. Now we had the opportunity to keep fit and compete together", said John. "The four of us crossing the finish line together was a great feeling. We'll definitely be riding again next year!"



Riding off into the (almost) sunset

ride a bike only two years ago. "To be honest I only learned to ride two years ago so it was nice to be able to ride with my friends and compete in an event like this" Kevin said.

The day was a great success for TeamMONASH™ and was enjoyed by everyone. A full photo gallery of the event is available on the Monash Sport Facebook page and at: [www.sport.monash.edu.au/news/photo-gallery](http://www.sport.monash.edu.au/news/photo-gallery)

For additional stories keep reading! Or see our news page at [www.sport.monash.edu/news](http://www.sport.monash.edu/news)

## PFA Heroes

Lloyd Gordon, Media Assistant

The Monash University High Performance Sport Centre recently played host to over 50 high school students and a number of Melbourne Victory players. The students have been participating in the PFA (Professional Footballers Association) Heroes pilot program, where the Victory stars use this time to teach students the fundamentals of respect, teamwork, fair play, pride and leadership.

Education Minister, Bronwyn Pike visited on the day and commented on the great work being done through sport. "This program offers students a chance to learn the skills elite soccer players and their clubs use as the building blocks for their success, which will teach students important values to help them grow and connect with their communities." Ms Pike said.

## Monash and Melbourne Victory U-Nite

Miles Rodriguez, Media Intern

Almost 400 Monash students from a number of different backgrounds and cultures were in attendance for the U-Nite match on Friday 9 October hosted by the Multicultural commission of Victoria and Melbourne Victory at Etihad stadium.

U-Nite was held to raise more awareness for the commission's Community Accord document which demands the community to uphold basic human rights, dignity, equality while also looking to eliminate racial and religious vilification.

The significance of the event was not lost on Monash's multicultural contingent, who were eager to support the cause and attended in large numbers, cheering loudly throughout the match.

The students were welcomed to the match by Monash Sport's David Nankervis, who explained what U-Nite was about. Door prizes, including signed Victory guernseys and footballs were awarded by Victory players Steven Pace and Luke Pilkington (who also studies at Monash University).

The pre match entertainment involved Scottish bagpipes and Chinese Dragons among various other entertainment to represent the multiculturalism entrenched in Australian society and football.

On the field, Melbourne didn't have the best of games, conceding three goals in the opening 20 minutes. From there, Sydney controlled the match with ease and moved into top spot on the A-League table.

A photo gallery from the event can be found on our Facebook page or at: [www.sport.monash.edu/news/photo-gallery](http://www.sport.monash.edu/news/photo-gallery)



Students cheer on Melbourne Victory



**A half marathon participant**

## TeamMONASH™ shines at the 2009 Melbourne Marathon

### Miles Rodriquez and Katie Bird, Media Interns

This year's St. George Melbourne Marathon provided TeamMONASH™ with yet another opportunity to shine, demonstrating its dominance with 500 participants, earning the largest University team title for the second year in a row. Over 40 TeamMONASH™ competitors completed the full 42.2km marathon event.

The event saw some inspirational performances from TeamMONASH™, one of which came from Gayle Whyte who wished to compete last year but was forced to withdraw due to a heart attack. Since then Gayle has been determined to get her fitness back and compete in the marathon.

At first this required her to shuffle around the block without raising her heart rate above 130 bpm. From that point, Gayle regularly checked in at the cardiology department at the Monash Medical Centre. "I was able to start jogging slowly and regain confidence in my body," she said. The training in the lead up to this year's marathon was a long one for Gayle who just wanted to finish the race.

"The weather was perfect and the circuit for the marathon is very picturesque. It's been a long road but I'm so happy to finish a marathon in five hours. I'll now retire while the going's good."

For international student and first time Melbourne Marathon participant Suraj, the 10k event offered an opportunity to live a dream. "Back home in India I used to watch the marathons on TV and be inspired by the runners. Now I have my chance to get out, run and be one of them. It was amazing and a lot of fun!"

TeamMONASH™ also had some high achievers within the race such as Lynda McRae who finished the half marathon in sixth place and first in her age group. It was an impressive performance from Lynda who completed the run in one hour and twenty-two minutes.

Lynda and all the TeamMONASH™ competitors were supported along the home stretch by the many TeamMONASH™ volunteers and support crew members, helping the runners across the finish line with batons and cheers.

"I've been here since 5:30am setting up and helping get everything ready for the runners" said support crew member David Thorpe. "It's an opportunity to show your support for Monash and help get people across the line when maybe they thought they couldn't make it".

Competitors and volunteers combined to make it an enjoyably day had by all on a beautiful spring morning in Melbourne. A photo gallery from the event can be found on our Facebook page or at: [www.sport.monash.edu/news/photo-gallery](http://www.sport.monash.edu/news/photo-gallery)



**Almost completing a full marathon**

## Green and Gold for Monash University at University Games

### Miles Rodriquez, Media Intern

Monash's success at Australian University Games 2009 has continued with over 30 Monash students being named in this year's Green & Gold team. Monash, who won the overall tournament by two points ahead of the University of Melbourne, had Green & Gold winners in a diverse range of sports.

Monash Sport Director Martin Doulton was ecstatic with the team's performance at this year's games. "The players that have been selected have been hand picked by the games' governing body Australian University Sport as best in their sport," Mr Doulton said. "Monash students from all campuses were integral to the victory."

Full results from the games can be found at [www.sport.monash.edu.au/aug](http://www.sport.monash.edu.au/aug)



**Celebrating a win on the Gold Coast**



## The sports shorts

Compiled by Lloyd Gordon

Bryce and Hugh Stevens have just competed in the Australian New Zealand Continental Cup Ski Racing Series last month as part of the Australian National Team.

The brothers had great performances winning their respective events, improving their world ranking and earning spots on the Australian world cup team. You can read more about Bryce in the '60 seconds with...' on page six.

--

Caroline Martin recently competed in the National Taekwondo championships in Brisbane. Despite injuring herself, Caroline has a fantastic competition winning the bronze medal and earning herself a spot on the National squad. She will travel with the squad to compete in the French and Dutch open championships in the coming months. Well done Caroline!

--

Monash Sport recently hosted the Girl Sport Victoria Year 7 Sport Expo. 280 Year 7 girls attended the expo and despite bad weather the event was a fun day for everyone. Following the success of this year's event Monash will host the 2010 Expo, which will run over two days.

--

The Monash University Swimming Club and Monash Sport squad swimmers now have the opportunity to train at the Victorian Police Academy 50m indoor swimming pool. Sessions will run at the Police Academy on Tuesdays and Thursdays.

This is a great boon for the club and Monash Sport, enabling the development and training of swimmers to become better racers over the Olympic standard distance.

--

In case you missed it, in the last month - Monash University won Uni Games for the second year in a row, had over 30 athletes named on the Green and Gold Team, and nearly 1000 TeamMONASH™ participants competed in the Melbourne Marathon and the Around the Bay in a Day events!

## TeamMONASH™ inspires riders

Lloyd Gordon, Media Assistant

In more news to come out of the Around the Bay in a Day bike ride, TeamMONASH™ participants have taken the opportunity to thank TeamMONASH™ and express their gratitude for being part of the team.

Annie Godoy, from Guatemala, explained that one of the reasons she chose to study at Monash was that she saw TeamMONASH™ on the web and thought the events looked like fun. In the lead up to the event, Annie also rode with the TeamMONASH™ Saturday training group on Beach Rd to train for the 100k ride from Sorrento to Melbourne.

Annie went on to say that "in my home country you have to drive out of the city to ride, then pay someone to drive behind you to protect you", needless to say Annie thinks cycling in Melbourne is absolutely fantastic.

Monash Arts/Law graduate Jane donated \$500 to the Smith Family through TeamMONASH™ and went on to say "I know about how much education can change your life - I was the first (and only) member of my family to go to university. It made me so proud of my old university to see the Monash team entered, actually brought a tear to my eye. Happy and safe riding to you all - you are doing a fantastic thing that may well change a life just as mine was changed through education."

Finally Bob Zapella, an International student completing a semester at Monash said he enjoyed competing in his first riding event. "It was great fun coming down the West Gate!" said Bob. "I think I'll have to come back to Melbourne next year just to do it again!"

## Upcoming Events

### 23 - 24 Oct - National Lacrosse League All Star Series

The inaugural National Lacrosse League All Star Series will be held on October 23-24 2009 at Hisense Arena, Melbourne. Two superstar teams from the pro league in North America will battle it out over two nights to showcase this super fast and hard hitting spectacle.

### 19 Nov - Monash University 46th Annual Sport Awards

The annual Sport Awards Dinner always proves to be a fantastic evening with guest speakers, fun and interesting presentations, camaraderie and a fantastic celebration of the year's sport at Monash University. A night not to be missed, stay tuned for further details.

## Bruised Hawks begin rebuilding

Katie Bird, Media Intern

The Monash University Hawks cricket team has inherited the harshest restrictions in modern Premier Cricket history after breaching Cricket Victoria finance and governance rules.

Despite the heavy restrictions which include fines of \$12,500, the loss of premiership and club points for last season, suspensions of individual players, and restrictions on the appointment of any professional players for three seasons, new Hawthorn Monash University coach Wendell Perumal remains upbeat, predicting the Hawks can win a premiership within five years.

"I'm not fazed by it at all. We are taking the approach that it happened, it's been dealt with, let's move on and make our own history".

The Hawks are competing well after their first two games of the 2009 season. However are also looking to promote the 'Harmony In Cricket' message by staging some harmony match on 15 November. Stay tuned for more details.



## Soccer internationals Miles Rodriguez, Media Intern

Monash University recently played host to the Socceroos and Oman at the Clayton campus ahead of their clash in the Asian Cup Qualifier last week. Both teams used the facilities at Monash to prepare themselves for the vital match which saw Australia defeat Oman 1-0, keeping the dream alive for a finals birth in Qatar in 2011.

The training sessions have further boosted the growing sporting prestige that Monash has built following the growing partnership with Melbourne Victory, the AFL umpires as well as nurturing many elite sportspeople.

The event was a success with Monash Sport staff ensuring that fans, media and players enjoyed the training session and their Monash experience.

Photo gallery is on our Facebook page, or at: [www.sport.monash.edu/news/photo-gallery](http://www.sport.monash.edu/news/photo-gallery)



Warming up with some 'keep it up'



Mark Schwarzer makes a save



Final match practise



The media contingent watches intently

## Monash University Sport Awards - Connecting With Indigenous Communities Katie Bird, Media Intern

Monash University has announced that it will be supporting the Connecting With Indigenous Communities Foundation (CWIC) at this year's Sport Awards. Donations from tickets and door collections will be contributed to the foundation.

CWIC is a volunteer program founded in January this year by Monash Law and Performing Arts student Samantha Gash as an attempt to raise awareness among Victorian University students of the conditions faced by Indigenous Australians in remote communities. Samantha will be raising \$25,000 for the foundation by completing a 250km crossing of the Atacama as part of 'RacingThePlanets 4 Deserts' event.

For more information regarding the Monash University Sport Awards, please visit our website at: [www.sport.monash.edu/events](http://www.sport.monash.edu/events)

## Strong start to Volleyball season Katie Bird, Media Intern

The University Blues have had a strong start to their 2009 campaign after defeating last year's champions the AIS in 5 sets. They then went on to follow this performance with an impressive win over Volleyball WA, winning in 4 sets.

Their red hot form was put to an end however when they came up against last year's rivals QAS Pirates.

The Pirates were responsible for knocking the University Blues out of the grand final in last year's competition and showed that they are still red hot contenders for the championship this year with a straight sets win over the Blues in round one.

Team Manager KC Chong said it "was a great start to the season it will be a long road ahead for the boys".

The University Blues will now face three more opponents in a round two battle at the AIS from 30 October.

## Monash Access - health and fitness for all Katie Bird, Media Intern

Monash Sport has introduced a new class into their fitness program aimed at encouraging people with disabilities to improve their health and fitness in a friendly professional environment.

About 15 people participate in the Monash Access program held at Caulfield and Peninsula campuses on Mondays and Wednesdays. The classes provide low impact weight movements, cardio workouts and a relaxation program, aiming to increase participant's fitness, health and wellbeing.

The fitness classes are supported by Leisure Link Up which works to promote the benefits of active participation for people of all abilities, supporting the development of recreation facilities and services that encourage inclusive partnerships.



## Sports Quiz

### For 1 Point

- 1 Who top scored for Australia in the netball Test win over England last week?
- 2 How many Caulfield Cups has Bart Cummings won?

### For 2 Points

- 3 What event did Prince Frederik of Denmark contest at the World Masters Games?
- 4 Name the two Australian motorsport winners from the weekend

### For 3 Points

- 5 Which Australian won a bronze medal at the world gymnastics championships?
- 6 What is the Socceroos world ranking?

### Who Am I?

#### For 6 points

I was born on 10 Nov, 1974 in Melbourne.

#### For 5 points

As a teenager I won 2 National sailing titles, and also competed in the gymnastics arena.

#### For 3 points

Inspired by Kirstie Marshall I approached the Olympic Winter Institute of Australia in 1994 with a view to becoming an aerial skier.

#### For 2 points

I am the first Australian to win medals at successive Winter Olympics

#### For 1 point

I am Alisa C...?

## 60 seconds with... Bryce Stevens

### Sport - Alpine Ski Racing - Slalom and Giant Slalom

**Highest Level played at:** Representing Australia at the World Championships in both 2007 and 2009

**Career highlight(s) so far:** Winning the Slalom bib in the Australian New Zealand Continental Cup Series

**What are you studying:** Bachelor of Business (Commerce)

**Career aspirations:** To win, as long as I can compete and be successful in my chosen field I am happy

**Favourite food:** Kaiserschmarrn (an Austrian dessert you can have as a meal!)

**Hero:** Parents, for enabling me and supporting me through all!



## Photo Highlights

### Compiled by Lloyd Gordon, Media Assistant

See our Facebook page for more photos or visit: [www.sport.monash.edu/news/photo-gallery](http://www.sport.monash.edu/news/photo-gallery)



Happy faces at U-Nite



Completing a full marathon as a team

## Industry recognition for Monash

### Lloyd Gordon, Media Assistant

Thursday night will see Monash Sport staff in two separate cities vying for two separate nationally recognised awards.

Brendan de Souza and Brett Lavale will be attending the Customer Service Institute of Australian annual Service Excellence Awards at Star City Casino in Sydney. Monash Sport are a finalist for that national Service Excellence award in the not for profit category.

Whilst in Melbourne Matthew Sheldon-Collins, Michael Jones, Carolyn Kenny and Nicole Schmidt will be attending the Victorian Sport Awards, Monash Sport has been named as a finalist in the Best Sports Development Initiative category for their work developing and successfully implementing the Student Health and Education Program.

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

## Sports Quiz Answers

- 1 Sharelle McMahon
- 2 Seven
- 3 Over 35 taser class sailing
- 4 Casey Stoner and Mark Webber
- 5 Prashanth Sellathurai
- 6 24th

I am... Alisa Campin