



The Back Page

Issue 2 - Tuesday 19 May, 2009

www.sport.monash.edu/news

Can't beat that TeamMONASH™ vibe!

Martin Doulton, Director of Sport

It was a truly magic day that was Mothers Day 2009. Not a cloud in the sky and Melbourne looking its finest. Yet the beauty of being in the 'worlds most liveable city' was only a perfect backdrop for what is one of Australia's leading charity fund raiser events the Mothers Day Classic fun run/walk! To be with over 35,000 other people who now make this event their mothers day activity is truly a wondrous experience. But to spend it with over 1,000 members of the TeamMONASH™ family is a great feeling! TeamMONASH™ stands for Fun, Fitness, Family and Friends - with probably a 5th 'F' in there somewhere called Fundraising - and all four F's were evident in spades on the day. TeamMONASH™ had generations of past, present and future Monash community members all looking resplendent in their 2009 TeamMONASH™ uniforms; it truly was a case of the colour purple standing out in the sea of normal yellows, blues and of course pinks.

What struck me about being part of the day was the very special place that being a part of a TeamMONASH™ event holds in our University. Whether it's the cheer squad on every corner squealing 'GO MONASH' or the way the TeamMONASH™ marquee covers all the service bases needed to make our experience all the more special or the fact that the event announcer keeps making mention of Monash University's sea of purple washing through the crowd. Or it could just be that sense of fulfilment about knowing that one is making a difference and that together we might fund and hopefully find a cure!

There is no doubt that the TeamMONASH™ vibe is uniquely Monash and very very special.

From the Editor

Brendan de Souza, Marketing & Communications Coordinator

Welcome to the second edition of The Back Page.

This publication aims to increase communication and sharing of sport stories and knowledge within the Monash University community.

If you are a Monash student, staff, or alumnus that has a sport success story to share or you know of one, please send the details to:

lloyd.gordon@sport.monash.edu.au

We value your feedback. If you would like to see changes/improvements to our newsletter, please email your suggestions using the above address.



TeamMONASH™ stood out in the crowd at the 2009 Mothers Day Classic

Reclink football league testing

Jeremy O'Halloran, Fitness Centre Coordinator

On Friday 15 May the Caulfield Fitness Centre in partnership with The Sacred Heart Mission in St Kilda ran an afternoon whereby individuals in the Reclink Football League participated in a wide variety of fitness tests.

The Reclink Football League is closely aligned with the Salvation Army. It offers people from diverse backgrounds including the homeless, alcohol, drug, indigenous and sexual abuse, the opportunity as part of their recovery to participate in a wide range of activities including a football league.

On the day a series of fitness assessments were conducted including Blood Pressure, BMI, Body Composition, Flexibility, the Illinois Agility run, vertical jump, VO2 Max shuttle run and some strength testing exercises. Results were individually discussed and recorded with some helpful hints and advice on how they could improve.

The information will be stored so that participants can return to Caulfield at the conclusion of the Season to repeat the tests to ascertain what improvements they have made in their general health and wellbeing.

The program is in its infancy but is a very important part of the Access Program, designed to educate and help facilitate an individuals' health and wellbeing with structured outcomes. The program is also designed to assist in the socialisation of participants which is an important part of the self esteem and confidence of individuals with differing backgrounds.

VCE PE enrichment program

Andrew Robinson, Sport Performance Team Leader

Monash Sport in collaboration with Sport and Outdoor, Education (BSOR) at Peninsula campus piloted an educational experience for 30 VCE PE students from neighbouring schools recently.

Primarily focussed on understanding energy systems, students attended a lecture by Dr Justen O'Connor, an outdoor running and jumps lab with Tim Wallace and a VO2 max test in the lab with Andrew Robinson. The program is scheduled to run in July.

Many thanks to Kylie Krause from Monash Sport Peninsula for facilitating the program. Sport Performance is working on a mobile program that can visit regional schools. Interested staff should contact Andrew Robinson on 9905 1069.



Reclink participant do tests with staff member James Stevenson



An example of the VO2 max test

TeamMONASH™ Walk/Run for Cancer Research Brendan de Souza, Marketing & Communications Coordinator

In 2005 Monash University began participating in the Mothers Day classic with 180 participants. On Sunday 10 May, 2009 this grew to 1,000 TeamMONASH™ participants bringing together students, staff, alumni, family and friends from many generations.

With the sun shining and great weather conditions, TeamMONASH™ stood out in the crowd with their vibrant purple uniforms. A dedicated team of volunteers assisted on the day cheering on the team, providing support services and face painting.

For Monash University staff member, Tricia Thorne (Manager, Monash Residential Services, Peninsula campus) the day marked significance with four generations of women in her family participating in the event. Tricia's Mum of 87, daughter and granddaughter with other family members participated in the 4km walk. Tricia said that "it was fantastic to be part of our own family team whilst also part of the larger Monash team. The organisation of the event was perfect, even to the extent of the weather."

Our largest family team entry came from Michael Scorgie (Academic Development Manager, Department of Accounting and Finance, Faculty of Business and Economics) who brought 29 people from his family to the event.

The Mothers Day classic is the biggest community fundraising event for breast cancer research in Australia, giving people the chance to make a real difference to the lives of those diagnosed with breast cancer. TeamMONASH™ received two awards on the day, the UniSuper Tertiary Team Award – Largest Tertiary Team, Victoria and Largest Tertiary Team – National.

TeamMONASH™ events provide a fantastic opportunity for the Monash community to come together, support a worthy cause and memories that stay forever.

Gift vouchers are now available at Monash Sport!

Give your friend, family member or colleague a healthy start with a Monash Sport gift voucher.

Gift vouchers can be purchased for personal training, memberships, 10 hour court hire passes, multiple session passes for gym/group fitness plus more.

Contact a Monash Sport Service Desk for further information:

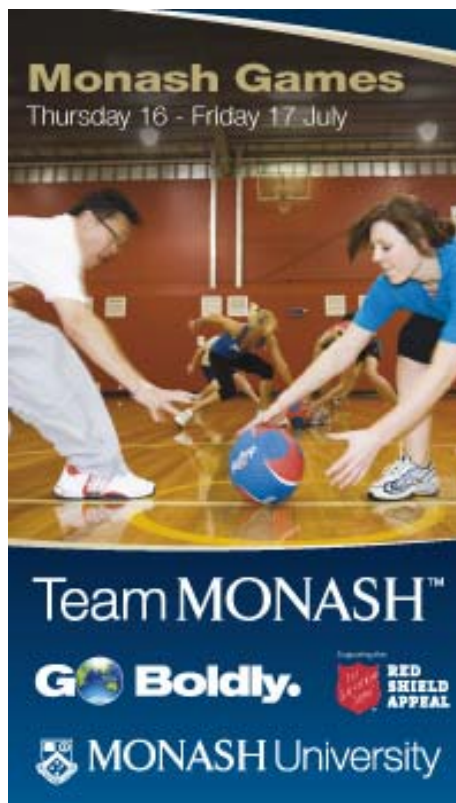
Caulfield – 9903 2358
Clayton – 9905 4102
Peninsula – 9904 4496



Volunteers at the 2009 Mothers Day Classic



Prof. Richard Larkins and Ms Caroline Larkins at the 2009 Mothers Day Classic



Monash Games registrations are now open!
Go to: www.sport.monash.edu/events

TeamMONASH™

Swim School receives award Aleece McPhail, Customer Service Officer

On behalf of Monash Sport Learn to Swim, Ariane Tebb received the Swim Australia Outstanding Community Service award at the Australian Swim Coaches and Teachers National Conference in Queensland recently.

The award was given in recognition of our support of swimming programs in remote communities in Northern Queensland.

Currently we supply these communities with equipment and swimming gear. Our aim is to grow this support program to include sending our staff to assist the running of intensive swimming and water safety programs. Previous recipients of this award include the Laurie Lawrence "Kids Alive do the 5" program and the Aquatics and Recreation Victoria "Play it safe by the water" campaign.

Ariane also presented at the conference on the topic "Maximising institution based programs." Representatives attended the conference from over 500 swim schools around the country that are registered with the Australian Swimming Coaches and Teachers Association and Swim Australia.



Alison Neil, Christie Briggs, and Ariane Tebb with Swim Australia Outstanding Community Service award

Sports Quiz

For 1 Point

1. Who won the Australian Formula 1 Grand Prix in 2009?
2. Who won the Australian Open Men's singles in 2007?

For 2 Points

3. What famous yacht race starts on Boxing Day each year?
4. What was the first sport televised in the US?

For 3 Points

5. Name three of the countries vying to host the FIFA World Cup soccer competition in 2018.
6. How many gold, silver, and bronze medals did Australia win at the Beijing Olympics in 2008?

Sports Quiz Answers

1. Jensen Button
2. Rodger Federer
3. Sydney to Hobart
4. Baseball
5. USA, England, Australia, Russia, Belgium, Netherlands, Indonesia, Japan, Korea Republic, Mexico, Qatar, Spain, Portugal
6. 46 (14 gold, 15 silver, 17 bronze)
- 1 am... Tiger Woods

Green Tip

Raqibul Hassan, Sustainability Officer

A computer left on all day every day uses nearly 1,000 kilowatts of electricity resulting in more than a tonne of carbon emissions and an electricity bill of \$125.

By shutting down your computer when not in use (and undocking laptops from their station) will reduce its electricity use to less than 250 kilowatts, with comparable carbon and cost savings.

Who am I...

For 5 Points

I was born in California on 30 December, 1975

For 4 Points

In 2003 I became engaged to a Swedish model and later married her in 2004

For 3 Points

I was the highest paid professional athlete in 2008, earning approximately \$110 million

For 2 Points

I have won 14 professional major golf championships

For 1 Point

I am Tiger....