

ACU SPORT

30+ clubs on offer

Take your experience to the next level: UniSport Nationals

Meet our elite

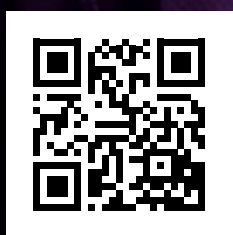
Brenden Hall & Ellie Norton

Keep active

Try a HIIT workout courtesy of ACU Sport Gym



Damon Simpson
ACU student



acusport.acu.edu.au



ACU Life

The next generation student engagement platform is here

ACU Life is a place where students can search for clubs, organisations or groups, stay up to date with campus events, and so much more. This new platform comes equipped with powerful tools for communication, events, membership, and payments.

For assistance, contact AskACU or email aculife@acu.edu.au



aculife.acu.edu.au

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We are excited for 2021 and beyond, for 2020 has provided us an opportunity to innovate, grow, and challenge ourselves and our community to 'never let a crisis go to waste'.

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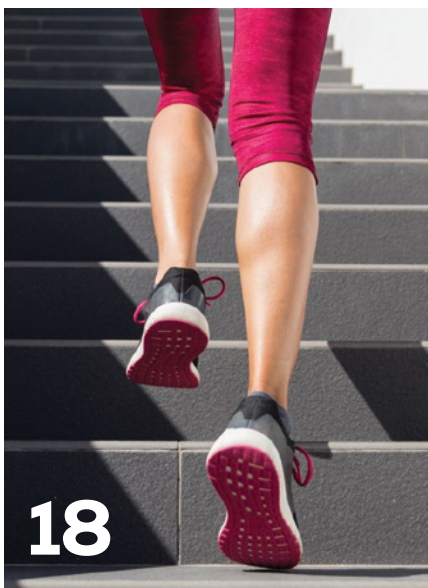
Mechanical surfboards, bubble soccer and virtual sport simulators are just some of the amazing activations we have on offer for our students at the TRACK. Stop by, relax, connect and form friendships.

08 MEET OUR ELITE & 20

Meet two of ACU's elite athletes and performers; Brenden Hall and Ellie Norton.

10 ESPORT Q & A

We recently caught up with the President of the ACU Esports Club, Edan, to talk about the club and leadership roles.



HIIT WORKOUT

The most effective way of training for weight and fat loss is a combination of high intensity interval training (HIIT) and resistance training. ACU Sport Gym has designed a simple HIIT program for you to follow to help you stay healthy and active.



BRAIN FOOD SMOOTHIE

The brain is the most complex part of our body. Its main functions include controlling our thoughts, memory and speech, movement of the arms and legs and the function of many organs. Try this tasty smoothie recipe.

EXCLUSIVE

12 JOIN A SPORT CLUB

It's one of the best ways to make friends, get involved with student life, and play your favourite sport. And with over 30 different clubs to choose from – offering everything from cheer, to netball, to rugby – you're bound to find one that's perfect for you.

22 UNISPORT NATIONALS

Take your uni experience to the next level and represent ACU at various events in 2021.

-  acusport.acu.edu.au
-  [@acusportofficial](https://www.facebook.com/acusportofficial)
-  [@acusport](https://www.instagram.com/acusport)
-  admin.sport@acu.edu.au



From the director

When our worlds turned upside down and sport ceased to exist in the way we have always experienced, it became one of those moments. What are we going to do?

We had to think fast. The only thing we knew we had to do was not give up. We had a job to do and that was to keep our students, our members, and our community connected.

Quite instantly the ideas began to flow, and a quick video catch-up to say hi from our backyards turned into our eight-week running program with over 250 participants, completing running sessions, hearing tips from superstar athletes, and prizes and medals for those who completed the challenge.

The Australasian University Health Challenge that had us all walking in circles throughout the day to get those steps up. Then, Biketober allowed us to create awareness of sustainable practices that we can all take. In between all of this we held our regular sports trivia online just to keep our sports brains alive.

Despite the disconnection to the university community in the physical sense, we formed stronger relationships with our allies in student experience, Campus Ministry and Student Life, and due to the success of working together through the chaos, our collaboration will increase in 2021.

We have learned and continue to learn more every day, just like every organisation across the globe. ACU Sport never stopped and our students stayed front of mind. We are excited for 2021 and beyond, for 2020 has provided us an opportunity to innovate, grow, and challenge ourselves and our community to 'never let a crisis go to waste'.

Paul McJannett

Director, Student Engagement and Services



Tricia Collaco
Bachelor of High Performance

ACU Sydney Football Club

Established in 2019, ACU Football Club (ACU FC) is the university's first community football club. ACU FC has both male and female teams playing in the Canterbury District Soccer Football Association competition and is open to all skill levels and abilities.

In 2020 the club took home its first piece of silverware, when the Division 2 Women's team won the premiership. In 2020, memberships tripled on the inaugural year's figures.

ACU FC is open to students and community members and provides players with a fun yet professional playing environment. From our qualified coaches, to our new FIFA-accredited pitch, all skill levels and abilities are welcome.

REGISTRATIONS

Registrations are now open for the 2021 season. If you are interested in registering to play, coach or manage a team, please visit acu.edu.au/acufootballclub

Trials will be held in early March at the Strathfield Campus and the season commences in April.

VOLUNTEER POSITIONS

Want to be involved, but without the fancy foot work? We will have multiple opportunities for volunteers that will be advertised leading into the season.

Some opportunities include:

- assisting with match days
- coaching or managing a team
- industry experience with the club eg sports trainers, physiotherapy, sports analytics or occupational therapy.

For more information contact: acufootballclub@acu.edu.au

The TRACK Home of ACU Sport

The TRACK is a place where students can relax, connect and form friendships.

It is the place where you can join a sporting club, register for social sport or community events, and learn about campus gyms, UniSport Nationals and the Elite Athlete and Performer Program (EAPP). With weekly themes throughout each semester, we have a number of activities you can enjoy at The TRACK. Mechanical surfboards, bubble soccer and virtual sport simulators are just some of the amazing activations we have on offer for our students.



TOP FIVE SPOTIFY WORKOUT PLAYLISTS

We have all needed that extra motivation to get out and exercise or even have the motivation to do a home workout. At The TRACK, we asked our students what their favourite workout playlists on Spotify are and we have come up with the following top five:

1. Power Workout Playlist
2. Rap Workout Playlist
3. Power Hour Playlist
4. Hype Workout Playlist
5. Classical Running Playlist

LOCATIONS

Melbourne: Ground Floor Daniel Mannix Building, Young Street

North Sydney: Level 1, Caroline Chisholm Building, Napier Street

Strathfield: Coming soon

Brisbane: Coming soon

For more information visit The TRACK
acusport.acu.edu.au/thetrack

Follow on Instagram
[@thetrackacu](https://www.instagram.com/thetrackacu)



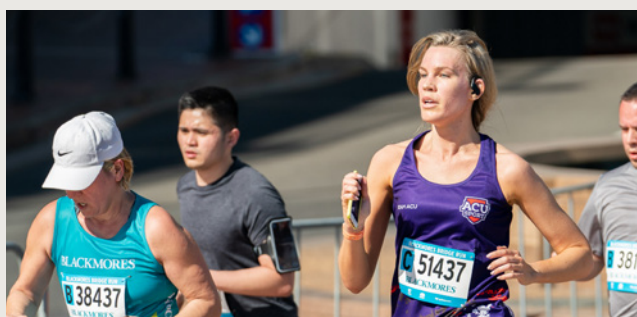
TAKE A TRIP WITH THE TRACK

TRACK trips have been a massive hit with our students over the past few years. Trips to live sporting events, ice skating, bouldering and barefoot bowls are just some of the great experiences we offer at The TRACK. For more information visit The TRACK pages on ACU Life.



LIVE SPORT AND CASUAL PLAY

With a big screen, gaming consoles, table tennis tables, dart boards and basketball rings, Live Sport and Casual Play, The TRACK is a great place to hang out and relax between classes. You can enjoy live sport or even grab some of our sporting equipment and head over to the grass to play with your mates.



HEALTH CHALLENGES AND COMMUNITY EVENTS

The TRACK's Health Challenges have been a great way to encourage the importance of health and fitness amongst our students. With a different focus each month throughout the year, we offer weekly prizes and videos from industry experts to motivate you to ride, run and walk more often.

National days and weeks

At The TRACK, we like to celebrate national days and weeks throughout the year, which include free food, coffee and activities on offer for all students to enjoy. Highlights include RUOK Day, Women's Health Week, Ride2Uni Day, National Nutrition Week and Footy Colours Day.

Supporting your wellbeing with self-care



There's no denying that university life can be a little overwhelming at times. There's a lot of pressures with daunting study loads, new friendship circles, social commitments, financial commitments and the ever-looming exam week. It's okay to feel stressed sometimes.

We know that a small amount of short-term stress can have a positive effect on the body. Stress can make us energised, focused and productive enough to finish that essay, smash that workout or power through that exam.

Too much stress, or stress that lasts for an extended period, however, can negatively impact all major systems in the body, the sleep cycle, mood, and increase the risk of developing chronic diseases, anxiety, depression and other mental health conditions. It can even change the shape of the brain.

Committing to prioritising your wellbeing can start with making small, mindful decisions about your day.

PERFECT YOUR ZZZZ ROUTINE

Getting enough quality sleep regulates our hormones and our energy levels, repairs tissue, and improves our focus, creativity and overall mood. How to get there? Aim for seven to nine hours of sleep. Switch off your phone and all blue lights at least one hour before

bed to assist circadian rhythms. Try to have your last meal at least three hours before you hit the hay. Go to bed at roughly the same time every night. Make sure your room is dark and cool. A guided sleep meditation is a great tool to help you drift off.

EAT HAPPY

Making mindful and health-conscious decisions about which foods we choose to fuel our bodies is an important part of our overall health and wellbeing. Focus on fresh, organic (where possible) whole foods. Eat more plants. Increase your fibre intake with wholegrains, fruits and vegetables. Eat the rainbow; filling your plate with as many different coloured foods is a delicious way to boost your nutrient diversity. Include gut health boosting foods like kimchi, miso, yoghurt or kombucha. Limit refined sugar, alcohol and caffeine.

HYDRATE

Drink more water for a better mood, healthy skin and a higher metabolism. Have a glass the moment you wake up. Take a bottle with you wherever you go and sip throughout the day. Plain water too boring? Try adding fresh mint, cucumber or citrus fruit for flavour, or boost your intake with water-rich food like spinach, tomatoes and watermelon.

SWEAT

Physical activity improves brain power, bone density, muscle strength, cardiovascular endurance and is a powerful mood booster and supporter of mental health. It's even more fun when you do it with a buddy. Why not try one of our group fitness classes or join a sport club on your campus?

Aim for 30 minutes minimum every day to support your wellbeing.

BREATHE

Deep breathing is an amazing way to connect with yourself and align your mind and body. The simple act of controlled breathing can lower the heart rate, reduce the level of stress hormones in the blood, increase energy, and bring a feeling of calm. There are lots of breathing techniques you can try.

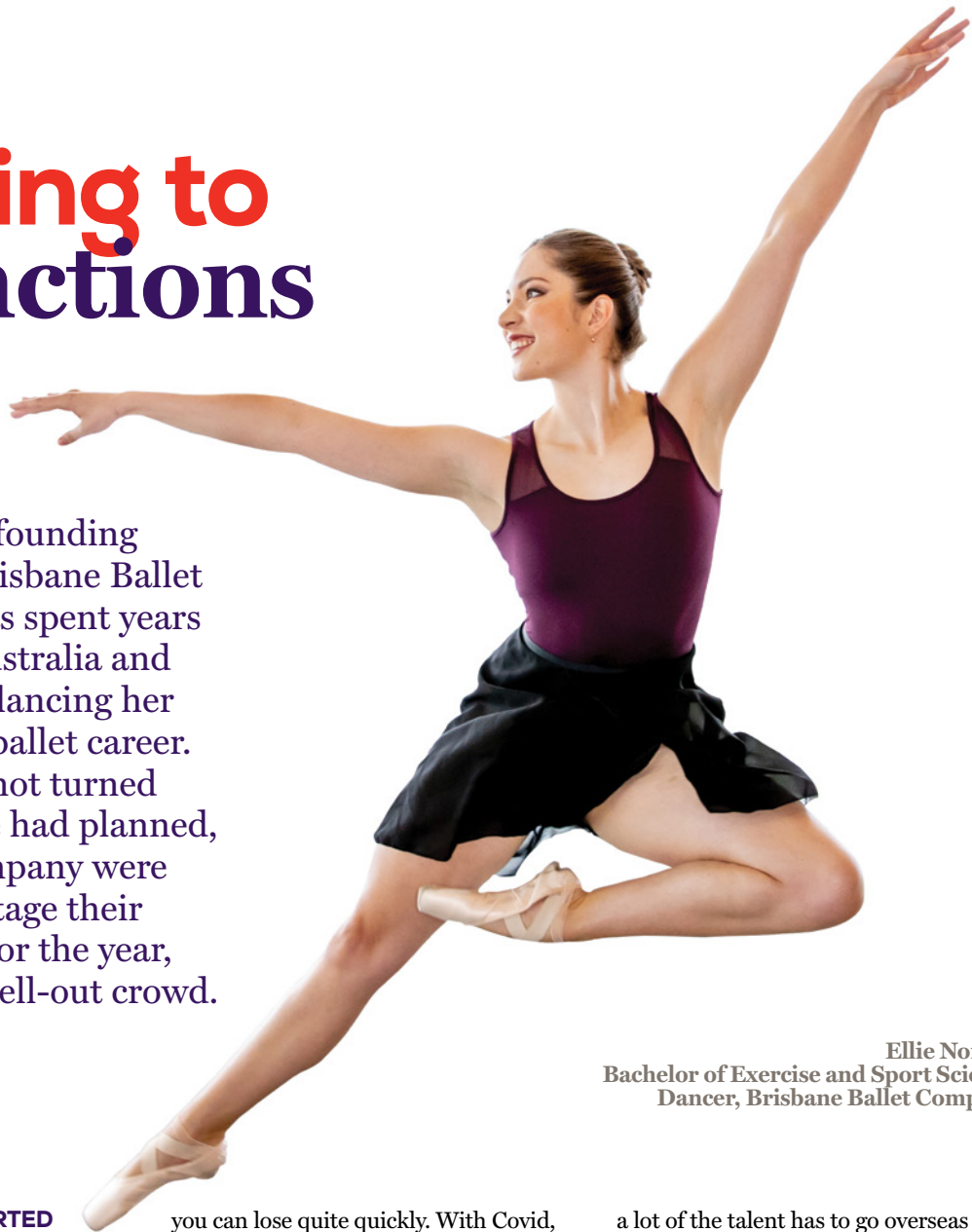
GET OUTDOORS

Spending just 15 minutes in a green space can lower stress levels and boost our mood. Being surrounded by Mother Nature helps to regulate sleep, increase our vitamin D and balance our mood. Always remember to apply sunscreen first.

JOURNAL

Writing down your thoughts, feelings and experiences is a great way to clear your head, calm your mind, process situations and problem solve. Done consistently it can also boost your memory. Make it special with a beautiful notebook and the perfect pen. Don't overthink it. Practicing self-care doesn't need to be complicated to be effective. It just means doing something positive for you. And you deserve it.

Dancing to distinctions



Ellie Norton is a founding artist with the Brisbane Ballet Company. She has spent years performing in Australia and Europe whilst balancing her studies with her ballet career. While 2020 has not turned out exactly as she had planned, Ellie and her company were recently able to stage their first production for the year, performing to a sell-out crowd.

Ellie Norton
Bachelor of Exercise and Sport Science
Dancer, Brisbane Ballet Company

HOW DID YOU GET STARTED IN BALLET?

“My mum used to take me to after-school dance classes. At age 12, some of my teachers saw something in me that they thought I could make it professionally. I was invited to join other programs outside of my ballet school, such as the Queensland Junior Ballet and the Australian Junior Ballet. At 14 I was accepted into the Australian Ballet School and moved to Melbourne without my family. This started my career. After finishing at the Australian Ballet School I came home to Brisbane to start uni before going to England for a season. I returned to Australia last year to join the Brisbane Ballet Company.”

WHAT CHALLENGES DID YOU FACE DURING COVID-19 AND HOW DID YOU OVERCOME THEM?

“With ballet you can’t have a long time off because it is so body focused in muscle strength and stamina, which

you can lose quite quickly. With Covid, we couldn’t have our normal training days that last five to six hours. Our challenge was having the motivation to get onto Zoom each day for practice and finding the right flooring for doing the exercises. I was doing a jumping exercise and I went outside to practice on the grass thinking it would be lighter on my body than the tiles but I sprained my ankle and had to take a week off. The road to get back to peak condition after Covid is long and hard, but we just wrapped up our first production for the year and it was amazing to be back out on the stage.”

WHAT CHALLENGES DID YOU COME ACROSS IN GETTING TO WHERE YOU ARE AT TODAY?

“In ballet it’s really competitive, especially for girls. Growing up everyone wants to be a ballet dancer, but they don’t necessarily realise what’s at the other end. There are not that many opportunities in Australia. So,

a lot of the talent has to go overseas which requires a lot of funding and family support. I’m very blessed to have amazing family support. I think the biggest challenge is just being able to stay mentally strong and not let it get to you all of the times that you are told no, you’re not the right fit, the right body type or the right height. You need to stay strong and know that there is a place for you if you work hard.”

WHAT IS THE ONE THING YOU ALWAYS DO AFTER A GOOD PERFORMANCE?

“I definitely eat lots of good food to fuel for the next show. If I have friends and family coming to watch then I love to go out straight afterwards and thank them for being there. After the final show we usually go out to a nice bar or restaurant as a company to celebrate.”

WHAT IS IMPORTANT TO YOU?

“Using the gifts and talents that God blessed me with, I definitely feel like I have been on this journey for a reason. It’s about more than just the dancing, it’s the places that I have travelled to and the people that I’ve had the chance to meet and form important relationships with. It’s really special.”

WHAT DO YOU DO TO CALM YOUR BUTTERFLIES WHILE YOU PERFORM?

“I like to make sure that before the show starts I will get on the stage just behind the curtain and practice a lot of the steps that I will find the hardest. I jump around and get the nerves out. I also pray before I go on stage.”

WHO IS YOUR FAVOURITE DANCER?

“Tiler Peck from New York City Ballet. She has this incredible ability to dart across the stage with so much power and grace and she has so much joy as she’s doing it. She creates an incredible sense of excitement for the audience.”

WHAT DRIVES YOU TO GET UP IN THE MORNING AND GO TRAINING EVERY DAY?

“I find a lot of joy in being able to move my body in a way that you don’t get to in normal everyday life. The performance side of ballet is what I do it for, because you’re going to be sore no matter what you do or how much rest you get. You are always going to have to face the reality of sore muscles and a lot of injuries. I like performing on stage at the end of the season and being able to show your friends and family what you love. I hope I bring them joy and help them escape everyday life just by being absorbed in the artform.”

WHAT IS THE BEST PART ABOUT PERFORMING?

“The bond between the cast members. Just before you go on stage you’ve got all of the nerves hitting you, you feel sick and you’re so tense about what could happen out there. But just across the stage, in the wing, you have a friend who is there cheering you on and reminding you that you can do this and we’re there to have fun.”





Q&A with Esports club president Edan Pereira

We recently caught up with the President of the ACU Esports Club, Edan. Studying at ACU's sunny Brisbane Campus, Edan discovered the club during his second year and has been blown away by the opportunities the club offers, the friendships he's made and the virtual platforms available to develop his gaming skills and compete online.

EDAN, AS SOMEONE WHO HAS ALWAYS HAD A PASSION FOR SPORT, HOW WOULD YOU DESCRIBE ESPORTS FOR THOSE WHO MAY NOT BE FAMILIAR WITH ITS PRESENCE IN THE DIGITAL SPACE?

"Electronic sports – 'Esports' – is a form of online competitive sport using video games. As one of ACU's few national clubs, we provide opportunities for members to engage with other gamers both on-campus, intra-state and inter-state! This advantage allows the club to compete both locally as well as nationally.

After volunteering for local football teams and church youth groups, I decided to take my passion for Esports to the next level." Having been the club secretary in 2020, Edan has since been elected club president for 2021.

WHAT ARE SOME OF THE CLUB'S BIG PLANS FOR THE UPCOMING YEAR?

"Locally, the club hosts on-campus events like pizza and games and online trivia nights, which are an excellent opportunity to socialise and network with other gamers, start practicing, and strengthen online friendships. In 2021, we will establish an inter-campus tournament in League of Legends where teams will compete to represent ACU in inter-university competitions on the national stage.

Throughout 2020, the ACU Esports Club has grown exponentially. With hundreds of members interacting on Discord and social media, the club has competed in many competitions."



WHICH COMPETITIONS DID THE CLUB ENTER IN 2020?

“We entered UniSport Nationals League of Legends, UniSport Australia Esports Championship and QUT Intersarsity. We entered teams in League of Legends, Rocket League, Super Smash Bros and FIFA20 with outstanding results.”

THANKS EDAN FOR SHARING YOUR PASSION AND COMMITMENT TO THE ACU ESPORTS CLUB. IF YOU COULD CHOOSE ONE WORD TO DESCRIBE THE CULTURE OF THE ACU ESPORTS CLUB, WHAT WORD WOULD YOU USE?

“Inclusivity. Inclusivity fosters a true sense of belongingness which is vital and is most needed in the gaming community. If you think you may want to come down for a quick practice

game with some mates at The Track or link up with us on Discord, feel free to shoot us a message and give us a follow. See you (virtually) soon.

If you're sitting on the fence and deciding to take a step forward to join a club or a committee at ACU Sport, I strongly urge you to say yes.”

If you're interested in joining the ACU Esports Club, email acuesports@myacu.edu.au or search and follow the club on social media. Welcome to our team!

aculife.acu.edu.au/ACUES/club_signup



Leadership and volunteering at ACU Sport

Take advantage of your university experience to grow as a student leader and develop skills and experience transferable to your career. Becoming an Executive Committee member for an ACU Sport Club is a great opportunity to learn and practice leadership.

ACU Sport are looking for student leaders to help create fun, healthy and respectful playing environments for students and community members. Sport leaders play an important part in developing a sustainable and progressive team environment within ACU Sport clubs and competitive teams. If you are looking to create a positive impact within the sporting community, ACU Sport has multiple volunteer and skill development opportunities on every campus for you to get involved.

For more information, contact admin.sport@acu.edu.au

Join a club

Joining a sports club is one of the best ways to make friends, get involved with student life, and play your favourite sport. And with more than 30 different clubs to choose from – offering everything from cheer, to netball, to rugby – you're bound to find one that's perfect for you.



BARBELL CLUB

ACU Barbell Club is all about building a community of people who want to get strong and have fun doing it. The club's current focus is powerlifting and weightlifting on a social level. The club welcomes students and staff and caters to all abilities and genders.

Sydney
sydneybarbellclub@myacu.edu.au



BASKETBALL

The ACU Basketball Club welcome new members to get involved in their men's, women's and mixed teams. Whether you want to give basketball a try for the first time, improve your skills, or represent ACU at Nationals, the Basketball Club is the place to start.

Ballarat
ballaratbasketballclub@myacu.edu.au
Melbourne
melbbasketball@myacu.edu.au
Sydney
sydneybasketballclub@myacu.edu.au
Brisbane
admin.sport@acu.edu.au



CHEER

Cheerleading is a combination of dance, stunt and tumbling, choreographed to an energetic routine with upbeat remixed music. All campus cheer clubs are seeking male and female members willing to learn new skills and experience cheer for the first time. ACU Cheerleading has opportunities to compete at state, national and AASCF competitions.

Brisbane
brischeerleading@myacu.edu.au
Melbourne
melbcheerleading@myacu.edu.au
Sydney
sydcheerleadingclub@myacu.edu.au



DANCE

ACU Dance Club includes a range of styles including hip hop, pom, jazz and contemporary. Each club trains weekly and welcomes all students and is open to all abilities. You will have opportunities to compete at state, national and AASCF competitions throughout the year.

Sydney
syddanceclub@myacu.edu.au
Melbourne
melbdanceclub@myacu.edu.au



ESPORTS

The ACU Esports Club is your opportunity to socialise and interact with other student gamers across all ACU campuses. The club is open to all abilities and skill levels and they take part in both social and competitive leagues.

National
acuesports@myacu.edu.au



FOOTBALL (SOCCER)

The ACU Football Club has men's and women's teams that compete in local football competitions. Training is held weekly and games are played on different days depending on competitions, including some weekends. Each club is suitable for all levels of football experience and is open to community members.

- Brisbane**
brisbanefootballclub@myacu.edu.au
- Sydney**
acufotballclub@acu.edu.au
- Melbourne**
admin.sport@acu.edu.au
- Ballarat**
ballaratsoccerclub@myacu.edu.au



FUTSAL

The Futsal Club welcomes players of all skill into men's, women's and mixed social and competitive competitions. ACU students, staff and community members are all welcome to join. Play for fun or show off your footwork in weekly summer and winter competitions, intervarsity events or trial for the ACU Nationals team.

- Sydney**
admin.sport@acu.edu.au
- Melbourne**
melbfutsalclub@myacu.edu.au



HOCKEY

ACU Hockey Club in Melbourne plays in the summer competitions as a mixed social team. The club welcomes students of all skill levels and holds regular training. Intersarsity and nationals opportunities are available.

- Melbourne**
melbhockeyclub@myacu.edu.au



MARTIAL ARTS

The ACU Martial Arts Club in Sydney involves Taekwondo, Karate, Brazilian Jiu-Jitsu and other disciplines. The club provides a competitive yet social environment for club members to practice their skills under the direction of a qualified coach. Training is held weekly and there are opportunities to compete for ACU's Nationals team or enter competitions throughout the year.

- Sydney**
sydmartialartsclub@myacu.edu.au



NETBALL

All ACU campuses have netball clubs, where both women's and a mixed team participate in multiple social and competitive divisions. Accommodating all skill levels, the netball clubs have an opportunity for everyone.

- Sydney**
sydneynetballclub@myacu.edu.au
- Canberra**
canberranetballclub@myacu.edu.au
- Brisbane**
brisbanenetballclub@myacu.edu.au
- Melbourne**
melbournenetball@myacu.edu.au
- Ballarat**
ballaratnetballclub@myacu.edu.au



OUTDOORS CLUB

Do you have a passion for the outdoors? Keen to embark on new adventures? The Outdoors Club welcomes new members of all skill levels to enjoy a vast choice of activities including water, snow and land experiences.

- Melbourne and Ballarat**
vicoutdoorsclub@myacu.edu.au
- Canberra**
admin.sport@acu.edu.au



OZTAG

The Oztag Club in Sydney has mixed, women's and men's teams competing in local weekly social and competitive leagues. The club caters for all ability levels and is open to ACU students, alumni, staff and community members.

Sydney
admin.sport@acu.edu.au



RUGBY 7S

The ACU Rugby 7s club competes in various tournaments in south-east Queensland and northern NSW. Weekly training is held at the Brisbane Campus and there are further opportunities to compete in intervarsity and national competitions. ACU Rugby 7s is supported by ACU partnership club, Brothers Rugby Club.

Brisbane
admin.sport@acu.edu.au



RUGBY LEAGUE

ACU Rugby League Club competes in the Universities Rugby League Queensland competition. Games and training are held on weeknights. The season runs from April to September. This competition invites social and competitive players.

Brisbane
brisbanerugbyleagueclub
@myacu.edu.au



RUNNING

The Running Club is your one-stop shop for reaching your running goals. Covering all aspects of endurance and speed practice, the club caters for all abilities and skill levels. Whether you are running your first fun run or a marathon, the Running Club will help you reach your fitness goals.

Sydney
admin.sport@acu.edu.au
Melbourne
melbrunningclub@myacu.edu.au



SQUASH

ACU Squash Club in Sydney welcomes squash enthusiasts of all levels from first-timers to professionals. Come down for a casual hit or join one of the local competitions with other students.

Sydney
sydneysquashclub@myacu.edu.au



TENNIS

The ACU Tennis Club in Melbourne plays in various competitions each year, with male and female students of all skill levels playing singles, doubles and mixed doubles. Students of all skill levels are invited to join the club.

Melbourne
melbtennisclub@myacu.edu.au



TOUCH FOOTBALL

ACU Touch Football Club has mixed, women's and men's teams competing in local weekly social and competitive leagues. The club caters for all skills levels and is open to ACU students, alumni, staff and community members.

Brisbane

admin.sport@acu.edu.au

Canberra

admin.sport@acu.edu.au



ULTIMATE

The Ultimate Club in Melbourne has mixed teams competing in local weekly social and competitive leagues. The club caters for all ability levels and is open to ACU students, alumni, staff and community members.

Melbourne

melultimate@myacu.edu.au



VOLLEYBALL

The ACU Volleyball Club aims to provide supportive and competitive environments for all members willing to learn or improve their skills. It welcomes all skill levels, from beginners to more experienced players. A range of social and high-level competitions are available, in both indoor and outdoor locations.

Melbourne

melbournevolleyball@myacu.edu.au

Brisbane

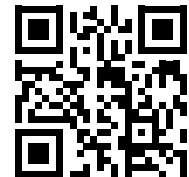
brisbanevolleyballclub@myacu.edu.au

Want to start a new ACU sport club?

To start a new ACU sport club, please complete the New Sport Club application form via

au.cglink.me/s438

Have questions? Contact admin.sport@acu.edu.au



PARTNERSHIP CLUBS



RUGBY – BROTHERS RUGBY CLUB

Brothers Rugby Club is well established as one of the leading community sporting clubs in Australia with members involved in rugby, women's rugby, rugby 7s, touch and the modified rugby program. The club provides players with pathways to premier competitions and elite representative programs.

Brisbane
admin@brothersrugby.com



AFL – FITZROY FOOTBALL CLUB

Fitzroy Football Club is a strong, vibrant community club operating in the heart of Fitzroy. Women's and men's teams compete in the largest community football competition in Australia – the Victorian Amateur Football Association (VAFA).

This year ACU is proud to continue its partnership with the historic Fitzroy Football Club. The club has seven teams competing in the VAFA, including two women's teams and two under 19 men's teams. The women's teams welcome females of all skill levels, from beginners to elite.

Ballarat and Melbourne
player_wellbeing@fitzroyfc.com.au



HOCKEY – MOSMAN HARBOURSIDE HOCKEY CLUB*

Mosman Harbourside Hockey Club invites all female students, staff and community members to play in a fun, competitive and social environment. Teams range from junior to NSW and Australian Masters representatives. All abilities are welcome, and we offer fantastic mentoring and development opportunities.

Sydney
mosharbourside@gmail.com



ROWING – BALMAIN ROWING CLUB*

Balmain Rowing Club is a community club in the heart of Balmain. The club offers the opportunity for all members of the community to enjoy the sport of rowing recreationally and competitively at novice, intermediate and elite levels.

Sydney
newmembers@balmainrowingclub.com



WATER POLO – ACU CRONULLA SHARKS WATER POLO CLUB

ACU Cronulla Shark's Water Polo Club is a community club serving the southern suburbs of Sydney. The club is recognised for their leading coaching and officiating structures, producing successful teams and talented members with national, international and Olympic representation. They welcome students, staff and community members of all skill and abilities.

Sydney
info@cronullawaterpolo.com.au



ACU SPORT GYM

Try us free for five days




Visit one of our ACU Sport Gym locations and mention this ad

Melbourne

Mary Glowrey Building
Lower ground
115 Victoria Parade
Fitzroy Vic 3065

North Sydney

33 Berry Street
North Sydney NSW 2060

 acusport.acu.edu.au
 [@acusport](https://www.instagram.com/acusport)
 acusportgym@acu.edu.au

Get moving with ACU Sport Gyms

The most effective way of training for weight and fat loss is a combination of high intensity interval training (HIIT) and resistance training. HIIT training involves alternating between short periods of intense exercise with less intense recovery periods. Resistance training helps to increase muscle strength by making your muscles work against a weight or force by using your own body weight, resistance bands or free weights/ machines.

Here at the ACU Sport Gym, we've designed a simple HIIT and resistance program for you to follow to help you stay healthy and active.



**Join
now**

LOCATIONS

Melbourne

Mary Glowrey Building,
Lower ground, 115 Victoria Parade
Fitzroy, Victoria 3065

North Sydney

33 Berry Street, North Sydney,
New South Wales 2060

Brisbane

Ground Floor, Building 211,
1100 Nudgee Road, Banyo,
Queensland 4014

acusport.acu.edu.au/gyms



HIIT

HIIT training involving 40 seconds of work followed by 20 seconds of rest. Perform one exercise after the other. Try two or three rounds with a one-minute rest between each round.



SIT THROUGH

Set up in a crawl position with knees off the ground. Lift your right foot and sweep it underneath yourself to the left as you rotate your body in the same direction. Your left hand should lift as you sweep your right foot. Return to crawl position and repeat, alternate sides.



T PUSH-UP

Start in a push-up position, shoulders directly over your hands. Perform a push-up and at the top of the movement lift one arm out to the side and raise towards the sky while you rotate your torso to the side so your body forms a "T". Lower back into the next push-up and repeat on other side.

SPRINT OR RUN ON SPOT

Begin by running on the spot, then gradually increase your speed until you are sprinting. Pump your arms as fast as you can and lift your knees up to your chest, high and fast. Keep your abdominals engaged.



MOUNTAIN CLIMBERS

Start in a plank position on hands and toes with arms straight and legs extended. Bring one knee quickly up towards your chest and return it to starting position. Repeat with other leg and continue alternating legs in a running motion. Ensure core remains engaged and shoulders, hip and feet stay in a straight line.



SQUAT JUMP

Stand with feet shoulder width apart, toes slightly turned out. Squat down with weight in your heels, chest up and knees tracking over toes. At the bottom of the squat, squeeze your glutes and powerfully explode straight up into the air. Land softly and use the momentum to immediately repeat the next jump.

BEAR CRAWL

Begin on all fours in a tabletop position, shoulders over hands and knees at 90 degrees hovering just off the ground. Crawl forward moving one hand and the opposite foot an equal distance while staying low to the ground with back flat and legs shoulder width apart. Repeat the movement while alternating sides for five steps forward, reverse the movement to return to your starting position.



ICE SKATERS

Start standing on one leg with other leg bent at the knee. Jump sideways as far as you can and land on your opposite leg, bending the knee slightly. Your arms should swing in front of your bent knee. As soon as you land jump back sideways to your starting foot in a speed skating motion.



BIRD DOG

Begin on all fours in tabletop position, knees under hips and hands under shoulders. Reach one arm forward while also extending the opposite leg. Keep your core engaged and shoulders and hips stable. Hold for two seconds then lower back to starting position. Repeat on the other side to complete one rep.

Swimming to success

Brenden is a multiple Paralympic gold medallist taking out two gold medals at the 2012 London Paralympic Games, and one gold, one silver and one bronze at the 2016 Rio Paralympic Games, as well as being a current world record holder. His come-from-behind win in the S9 100m backstroke at the 2018 Gold Coast Commonwealth Games was a crowd favourite, and he's currently preparing to defend his Paralympic title at the rescheduled Tokyo 2021 Paralympic Games.

HOW DID YOU GET STARTED IN YOUR SPORT?

"Mum and Dad just threw me in the pool and hoped that I would float because they wanted me to be water safe for the beach. I progressed through learn to swim classes and made mini squad. When I was in mini squad I lost my leg from chicken pox. When I woke up in the hospital I wanted to know three things: was I going to be in my best mate's class going into Year 2, could someone bring me a McFlurry because hospital food was horrendous, and the third thing I wanted to know was how quickly I could get back into the water. Eventually I made it back, floating around, and then later that year I was exposed to the Sydney 2000 Paralympics. I saw Brendan Burkett, who was the flag bearer at the opening ceremony, win a medal. I idolised him in a way because he had the same disability as me and I saw there could be something out there for me. I thought that maybe one day I could wear the green and gold and win a medal for my country. A few years later my coach said to me, 'You've got a shot, do you want to take it?' I was in Year 8 at the time and two years later I was one of the youngest members of the 2008 Beijing Paralympic team."

WHAT DRIVES YOU TO GET UP IN THE MORNING AND TRAIN EVERY DAY?

“It’s my love of the water. It’s where I feel most at home and the most natural. I really enjoy the training component. That’s why I go to the pool every morning – because I love doing it.”

WHAT MOTIVATES YOU THE MOST AS A PROFESSIONAL ATHLETE?

“Winning the gold medal. And to know that the journey pays off in the end. Getting a gold medal is pretty special and it’s the ultimate goal.”

WHAT IS IT LIKE TO BE A PART OF THE AUSTRALIAN PARALYMPIC SWIM TEAM?

“Swimming is an individual sport and when you get up to race you have to do it yourself. But to get to that point you have to have a background team helping you – your coach, physio and massage therapists, and everyone else. When you’re away with the Paralympic team, we consider ourselves a family. To be away for a month with all of your best mates and your extended brothers and sisters is pretty cool. Plus you have the bonus of getting to travel the world with them.”

WHAT IS YOUR FAVOURITE SPORTS QUOTE?

“‘The only disability in life is a bad attitude.’ It’s something that has stuck with me since my first Paralympics in Beijing in 2008.”

WHAT IS THE BEST PART ABOUT COMPETING?

“Racing is the best part. You get to bring out your inner mongrel, which you



Brenden Hall
Swimming, Paralympian 2016 (Gold, Silver, Bronze), 2012 (2 Gold, 1 Bronze), 2008

don’t really get to do much in life. You get those competitive juices flowing and you have to fight for it. In swimming it can come down to less than a fingernail. So, trying to get that hand on the wall before anyone else is pretty exciting and then being able to enjoy that gold medal.”

WHAT DO YOU DO TO CALM YOUR BUTTERFLIES WHILE YOU COMPETE?

“Everyone gets them. I had a period where I was getting them all the time. Then it stopped for a while before I started getting butterflies again last year. You have to learn how to control them and use the energy in the right way. I was really good at it when I was younger because I didn’t have any fear. But once you are the reigning

champion, it’s kind of hard not to notice that you’re thinking, ‘I have to try and hold onto this. People are going to be coming for me.’ It’s a different kind of pressure and something that I am still trying to get used to. Hopefully I try to find the right way to channel that into my swimming and use it productively.”

WHAT IS IMPORTANT TO YOU?

“Swimming is an important part of my life but none of it really matters unless I have the right people around me and to know I have their support. When I accomplish a goal, I get to enjoy that moment with them because they’ve been on the journey with me. My family and my wife are all very important to me and they are what make my overall goals achievable. Knowing they are with me is what’s important.”

EAPP stats



124

athletes and performers graduated from ACU in 2020



Over 400

athletes and performers



50+

sports and performing arts disciplines



87

EAPP financial scholarship holders in 2020

Distinguished ACU students and alumni



21

Olympians/Paralympians



20

Commonwealth Games athletes



80+

professional athletes (AFL, AFLW, NRL, football, netball, cricket, rugby union)



UniSport Nationals

Take your uni experience to the next level and represent ACU at UniSport Nationals in 2021. Nationals is your chance to compete against other universities in team and individual sports. Take part in trials to see if you've got what it takes.

UniSport Nationals Div 1 and 2 will take place on the Gold Coast from 25 September – 1 October. Over 30 sports will be contested during a week of fierce competition.



25 Sept – 1 Oct 2021



Gold Coast



\$600*

- Accommodation
- Uniform
- Team dinners
- Team merchandise
- Coaches

*subject to change

UNISPORT NATIONALS WILL TAKE PLACE ON THE GOLD COAST FROM 25 SEPTEMBER – 1 OCTOBER. SPORTS CONTESTED INCLUDE

- AFL (M/W)
- Badminton (M/W)
- Baseball (O)
- Basketball (M/W)
- Beach Volleyball (M/W/X)
- Cheer & Dance (O)
- Cycling (M/W)
- Fencing (M/W)
- Futsal (M/W)
- Golf (M/W)
- Hockey (M/W)
- Judo (M/W)
- Kendo (M/W)
- Lacrosse (X)
- Netball (W/X)
- Rowing (M/W)
- Rugby 7s (M/W)
- Sailing (O)
- Soccer (Football) (M/W)
- Softball (W)
- Squash (M/W)
- Table Tennis (M/W)
- Taekwondo (M/W)
- Tennis (M/W)
- Touch Football (M/W/X)
- Ultimate Frisbee (O)
- Volleyball (M/W)
- Water Polo (M/W)



STANDALONE EVENTS



3x3 Basketball
29 – 30 April, CAN



Swimming
13 – 16 May, SYD



Athletics
21-24 April, SYD



Snow
29 August – 2 Sept,
Thredbo



Esports:
League of Legends
April/May, online



T20 Cricket
9 – 12 August,
Sunshine Coast



Surfing
10 – 12 August,
Sunshine Coast

HOW TO SIGN UP

Complete the expression of interest form via acusport.edu.au/unisport



au.cglink.me/s805

Attend trials.
Please note: not all sports have trials.

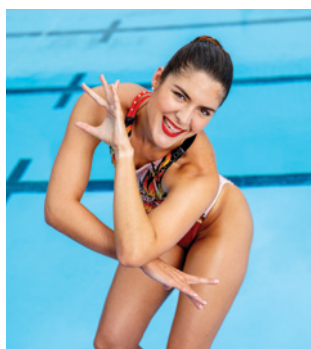
If you have any questions about UniSport Nationals email team.acu@acu.edu.au

Matthew Roberts
Bachelor of Information Technology
Triathlon, Australian Triathlon team member



Elite Athlete and Performer Program (EAPP)

As an elite athlete or performer, you're always reaching for the top. And we'll help you get there. The Elite Athlete and Performer Program (EAPP) is designed to help you maintain sporting and performance excellence while studying.



Isabella Zanatta
Bachelor of Exercise
and Sport Science
Synchronised Swimming



Ruben Gale
Bachelor of High
Performance Sport
Beach Volleyball

EAPP BENEFITS

- Bonus adjustment factors
- Preferential class selection – priority allocation status
- Flexible study options
- Academic support
- Assistance with special consideration
- Access to financial scholarships and subsidies
- Athlete and performer ambassador experiences
- Networking and career development opportunities
- Gym access on campus*
- Access to physiotherapy and exercise physiology services*

*Services may vary on each campus.

FIND OUT MORE

Email: elite.athleteprogram@acu.edu.au

Visit: acu.edu.au/eapp



“Without the EAPP my journey though university would have been near impossible. The support they have given me with timetabling, rescheduling of exams and financial support throughout my degree has made chasing my dream of sport and education a reality. I’m grateful to the team and all the work they do.”

Naa Anang
Bachelor of Physiotherapy
Athletics, 2018 Commonwealth Games



Bright new horizon beckons for Tigers grads

By: Damien Stannard

Wests Tigers tackling machine Alex Twal can for the first time see a future without football and it's a vision he finds energising.

Twal and Tigers teammate Oliver Clark have completed courses at ACU and are already plotting their next steps towards fulfilling careers beyond the NRL.

Six years after he left Parramatta Marist High School, assessments, lectures and course notes are finally an afterthought for Twal who has completed a Bachelor of Commerce.

While COVID-19 restrictions have put on hold his graduation ceremony, the 24-year-old can at least begin pursuing opportunities to put his marketing major to the test.

"It's awesome to be finished," Twal said. "I'm really interested in seeing how businesses perform."

"It's good to understand how that works and now I've got the fundamentals I want to get some experience in the off-season."

Clark has completed a Bachelor of Allied Health and plans to combine that with his long and painful list of injuries into a future role in high performance.



“For me it’s about being prepared for the next phase. Rugby league doesn’t last forever”

A Penrith junior but now based in Rouse Hill, Clark has during his career endured two broken ankles, a broken jaw, hamstring tears, stress fractures, a fractured rib, a fractured collarbone and a knee injury.

“I’ve played a lot of sport and done a lot of rehab,” he said.

“There’s definitely a mental block when you’ve had an injury and, you know you’re healthy but still need confidence to go into contact.

“Having been through what I’ve been through I know I can help others in that space.”

Twal has been committed to playing professionally since he was a teenager growing up in Merrylands in Greater Western Sydney.

He was a Parramatta junior but made his NRL debut with the Tigers in 2017 and broke into the Test ranks at the Rugby League World Cup later that year.

Twal averages almost 45 tackles per game this season and is regarded as a club leader by coach Michael Maguire for the professionalism he showed in his rehabilitation from a knee injury.

Many athletes struggle to find purpose once the whistle blows on their playing careers. Those who neglected to develop themselves away from sport can face mental health problems and unemployment.

Retirement is still a distant consideration but for Twal the transition process has already commenced.

“For me it’s about being prepared for the next phase. Rugby league doesn’t last forever,” the forward said.

“It’s 10 – 15 years if you have a really good career. I want to set myself up, whether that’s investing money or my time.”

Both Tigers benefitted from support provided by their membership of ACU’s Elite Athlete and Performer Program. From Olympic athletes to rising stars, the EAPP is proud to support over 80 student athletes and performers through the provision of financial scholarships. Ranging from \$1,000 – \$5,000, this support has gone a long way to supporting a diverse range of athletes and performers during a difficult period.

Keep your mind active with brain foods

The brain is the most complex part of our body. Its main functions include controlling our thoughts, memory and speech, movement of the arms and legs and the function of many organs. All these and much more makes brain health crucial for our ability to think, act and live well. Thanks to ongoing research we are continuously guided on how to keep our mind active and getting the very best out of it as we get older.

Transitioning and navigating from one environment to another, playing professional sports, managing university life, and working in high-pressure jobs can sometimes be quite daunting. The choices we make in life can have significant impact on the health of our minds and our bodies. In addition to regular physical exercise, eating a well-balanced diet can boost brain health and studies say these brain foods work.

BLUEBERRIES

The high concentration of antioxidants makes blueberries a brain 'superfood', which in addition to boosting brain power also help to balance the number of free radicals in the body to support a healthy, well-functioning immune system.

Check out a Blueberry Brain Smoothie on the next page.

EGGS

Eggs have nutrients tied to brain health and are packed with Vitamins B6 and B12, folate and choline. Choline is a neurotransmitter that helps regulate mood and memory. Vitamin B6 and 12 help to increase mood levels.

COFFEE

Coffee contains two main components: caffeine and antioxidants. Caffeine increases alertness and mood which improves concentration. Antioxidants may slow the progress of Alzheimer's disease.

FATTY FISH

Think salmon, tuna, sardines, trout and mackerel. Fatty fish is rich in Omega-3, which is a major building block of the brain. These omegas are what help to sharpen memory, improve moods may help prevent Alzheimer's disease in later life.

DARK CHOCOLATE

Yes that's right, chocolate – but it must be dark. It is packed with caffeine, antioxidants and flavonoids. Flavonoids assist with learning and memory. Who hasn't eaten chocolate and felt better afterwards? And it is said to increase and boost moods.

TURMERIC

The benefits of curcumin (found in turmeric) is immense according to the latest research. Its benefits have been the talk of the town as of late – think about how many cafes are now making turmeric lattes. It is a potent antioxidant and anti-inflammatory, which can assist with memory loss, can ease depression, help regenerate brain cells and slow the rapid decline of aging.

PUMPKIN SEEDS

Not only do they contain antioxidants, but also zinc, magnesium, copper and iron. Zinc slows the rapid decline of aging. Magnesium assists with learning and memory and can assist with depression and migraines. Copper helps to control the nerve signals and iron helps to impair brain fog and increase brain function.

BROCCOLI

Broccoli is a source of two crucial nutrients: Vitamin K and Choline. While Vitamin K helps to strengthen cognitive abilities, choline has been found to improve memory. You can steam, boil, bake or juice this incredible vegetable – the world is our broccoli.



Blueberry brain smoothie

- 1 large scoop vegan 85 protein powder
- 250ml coconut water
- handful baby spinach
- handful blueberries
- ½ banana, chopped
- cinnamon to taste

Blend together all ingredients in a blender and enjoy.

Ask about protein powder at ACU Sport Gym



ACU Blacktown

The ACU Blacktown Campus will have its first cohort of students this year and ACU Sport is ready to hit the ground running with great sport programs in 2021.

ACU Sport will have staff on campus providing opportunities for engagement through sport programs including sport clubs such as Oztag, futsal, netball, basketball and more.

We'll also have activities and day trips to local sport and recreational facilities include bouldering, outdoor hiking trips, laser tag, ice skating, lawn bowls, beach trips, mini golf, bike tours and more.

ACU Sport has created programs that allow Blacktown students to meet others across NSW and ACT as we battle it out in social sport programs and In-Tri-Campus Cups. Students will be able to represent their campus and establish their place in ACU campus rivalry history. Blacktown Campus students will also have the chance to be selected on Team ACU as we compete against over 40 other universities in UniSport Nationals and Intervarsity events throughout the year.

For more information on how to get involved in ACU Sport on the Blacktown Campus, visit acusport.acu.edu.au

Look the part
with our
ACU Sport
Merchandise



aculife.acu.edu.au/store?store_id=46&cglink=1



Facilities

STRATHFIELD – FOOTBALL FIELDS

In 2019, ACU finished developments on a new state-of-the-art FIFA-certified synthetic football pitch and change room facilities. The venue also has two natural grass pitches, is a faculty teaching space, and home to the ACU Football Club.

BRISBANE – SWIMMING POOL

Get active with on-campus facilities in Brisbane including a 25-metre heated pool, oval with grandstand and undercover seating, and an undercover multipurpose outdoor court. Students are able to use these facilities free of charge and equipment is available for hire from ACU Sport.

ALL CAMPSUES – END-OF-TRIP FACILITIES

Ditch the car (parking is scarce around many of our campuses anyway) and ride to uni. We have the following facilities on offer at all ACU campuses:

- bike racks
- changing room
- lockers
- shower room
- water refill station
- bike maintenance stations.

Where to find us



acusport.acu.edu.au

Disclaimer (January 2021): Information correct at time of printing. The University reserves the right to amend, cancel or otherwise modify the content without notice.

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