

# ACU SPORT

**30+**  
clubs on offer

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**Represent  
ACU**

Put on the purple and red and  
compete at UniSport Nationals

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**Rome around  
the pool**

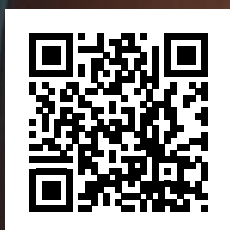
Danny Kerr's once in a lifetime  
water polo experience

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**Grab your  
gear**

Purchase a limited edition  
ACU Sport supporter pack

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[acusport.acu.edu.au](https://acusport.acu.edu.au)



# Acknowledgement of Country

We acknowledge and pay our respects to the First Peoples, the Traditional Custodians of the lands and waterways. We recognise their spiritual and ongoing cultural connection to Country.

We respectfully acknowledge Elders past and present and thank them for their wisdom and guidance as we walk in their footsteps.



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Students have access to more than 30 sport clubs across seven campuses, a regular calendar of events to represent ACU and opportunities to experience new sports. Whether you are a social, competitive or elite player, there is a community to be a part of and enhance your journey at ACU.

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Shop our off field merchandise range



# From the National Manager

Welcome to the 2022 edition of the ACU Sport magazine. It has been some year, hasn't it? Just when we thought we were back, post-COVID, living our best lives, we were rudely awakened.



In May 2021, we sent our biggest ever swim team to the UniSport Nationals in Sydney where we placed fourth in the women's point score, seventh in the men's and finished sixth out of 26 in the overall combined point score. This was ACU's best finish at a UniSport event to date and set the tone for what was to come.

Building off that momentum, ACU Sport, together with the First Peoples Directorate, put together a team to compete in the UniSport Indigenous Nationals, held in Newcastle in June. The competition brings together mixed teams of 14 students who compete across netball, touch, basketball and volleyball over three days. Our folks took home the gold in both netball and basketball, setting themselves up to take home the national title. This was the first ever national UniSport event that ACU has won, and it was an incredibly proud moment for all involved.

After this high came the devastating reality that both NSW and Victoria were heading for more extended

lockdowns and a pause to all face-to-face sporting activities. Our team continued to deliver online engagement with our students: a skill we developed through 2020. Headlining our online program were virtual Olympic watch parties, where hordes of students gathered online to watch our Australian team do us all so proud in Tokyo. Among the achievements of the team, ACU's very own Rowena Meredith won bronze in the women's quad scull rowing, and alumna Paige Greco won paracycling gold in the C1-3 Individual Pursuit and bronze in the road race and road time trial. These are outstanding efforts by both those women and a true testament to their grit, focus and determination to stay in the fight for delayed Olympic glory.

ACU Sport hosted a special online Celebration of Sporting Excellence to honour the incredible athletes who represented their country and ACU in Tokyo. Hosted by Provost Professor Belinda Tynan, with a keynote address from Vice-Chancellor and President

Professor Zlatko Skrbis, and an entertaining athlete panel expertly moderated by Chief Operating Officer Dr Stephen Weller, the night was a tremendous success. It paves the way for a national sports awards event that will be a fixture in the university calendar for many years to come.

Excellence is a word synonymous with sport. The athletes who strive to be the best and conquer all before them often capture most of our attention. They are the ones who show us what we thought impossible is possible. But there is another side to this story. And that is the role that sport plays in the everyday. It is the casual hit of tennis with your old friend or the lunchtime walk around campus with your colleague. It is the students gathering in The Track devising their plans to start a new club and the tall stories told over a cold drink about glory days. There is excellence in the everyday with sport, and our hope is that you experience it with us here at ACU.

Cheers





**Get your merch sorted.**  
**Grab an ACU Supporter pack**



[aculife.acu.edu.au/store?store\\_id=255&cglink=1](https://aculife.acu.edu.au/store?store_id=255&cglink=1)



**Let's get social**

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



# We are the champions

## Indigenous Nationals Champions

For the first time in ACU's history, in the middle of a worldwide pandemic a team united from all campuses to claim the 2021 Indigenous Nationals Championship title.

The four-day event held by the event founders, The University of Newcastle (UON) and the Wollotuka Institute, saw more than 300 university students representing 17 universities challenge each other in basketball, volleyball, netball and touch football.

Named the Most Valuable Player in netball, ACU's Stacey Mackham reflected on the event.

"I was given the opportunity to represent my uni, my mob and my community. The sport competition was tough, but everyone showed great sportsmanship which made it an event I'll remember forever."

ACU had a strong start to the tournament with a clean sweep of the pool matches before firing up for a dominant performance in the finals to claim the netball pennant over Macquarie University.

While strong performances were had in touch football and volleyball, it all came down to the final day of play for ACU to be named overall champions.

Proud Yalbalunga student, Hayley Creed, said, "By playing the mix of different sports throughout the competition, everyone was able to showcase their deadly skills and athleticism making it easy for us to gel as a team. I was able to form strong connections and deepen my understandings of Indigenous culture in which I believe will further help me throughout my degree."

In a fast-paced contest ACU rose to the challenge to beat Macquarie Uni, taking home the basketball pennant and were crowned the 2021 Indigenous Nationals Overall Champions.

"A C who?...ACU! This chant embodied the ACU spirit of the games. We were a strong collective community, we promoted opportunity, we contributed and had a strong sense of belonging. Self-determination was our key!" said Leanne Long, Indigenous Student Success Program Officer, reflecting on the historic win.

ACU Sport echoes Hayley's words and can't wait to see how much deadlier the next Nationals will be.

Be part of ACU's 2022 Indigenous Nationals team by completing the application form via the QR code on page 11.

### INDIGENOUS TEAM

- **Hayley Creed** – Strathfield (Yalbalunga)
- **Joel Hartgrove** – Brisbane (Weemala)
- **Rachel Toy** – North Sydney (Yalbalunga)
- **Hayden Atkins** – North Sydney (Yalbalunga)
- **Lily Sarra** – Brisbane (Weemala)
- **Lakeisha McLean** – Canberra (Dhara Daramoolen)
- **Reegan Harty** – Ballarat (Jim - baa - yer)
- **Lachlan Sibir** – Strathfield (Yalbalunga)
- **Maddison Langman** – Strathfield (Yalbalunga)
- **Stacey Markham** – Brisbane (Weemala)
- **Cody Vigenser** – Ballarat (Jim - baa - yer)
- **Jaimie Bryant** – Brisbane (Weemala)
- **Turzah Donovan** – Blacktown (Yalbalunga)
- **Zachary Chandler** – Strathfield (Yalbalunga)



A close-up photograph of a person's hands tying the laces of a bright pink running shoe. The person is wearing a dark blue long-sleeved shirt and dark trousers. The shoe is positioned on a wooden plank surface. The background is slightly blurred, showing more of the wooden surface.

# Track Running program

4 April  
JOIN NOW



[au.cglink.me/2iC/  
r37769](https://au.cglink.me/2iC/r37769)





# Kerr dives into study trip of a lifetime

By: Damien Stannard

It's astonishing what Sydney's Danny Kerr will endure for a money-can't-buy Italian water polo adventure.

The ACU student is packing his bags for a stint at our Rome Campus where he will continue his course online and develop his skills playing for SC Tuscolano in Italy's Serie A2 competition.

Brushing up on his Italian is a must for Danny, who will be the first Australian student to land at our Rome Campus since COVID-19 international border closures.

Italy's topflight water polo leagues are professional competitions, and the Bachelor of Commerce undergraduate will also have the opportunity to train with some of the world's top players at ACU Serie A1 partner club Lazio Nuoto.

If that means wearing a few blows, then the young left-hander will gladly absorb the hard lessons.

"For a lot of those guys, this is their living. They're playing to keep a roof over their heads," Danny said.

"If I have to wear a few on the chin then I can't get upset."





“I’m especially grateful for the support from the university and club; it has been imperative for my development.”

### UNFORGETTABLE EXPERIENCE

Danny will stay in one of the self-contained apartments at our Rome Campus while he plays overseas and studies online across the summer semester in 2021 and in Semester 1 2022.

Continuing his education in and out of the pool in Italy will be a rare and cherished opportunity for Danny, who is also a member of ACU’s Elite Athlete and Performer Program, because top-tier water polo competitions in Australia had to pause due to COVID-19 restrictions. Starved of training and playing routines, Danny and many of his Cronulla Sharks teammates took to ocean swimming to keep fit. But with the move to Italy, Danny knows the international exposure during his second-year business studies will be priceless.

“I can’t wait to dive into the Italian water polo league,” he said. “I’m especially grateful for the support from the university and club; it has been imperative for my development.”

### RAISING THE BAR

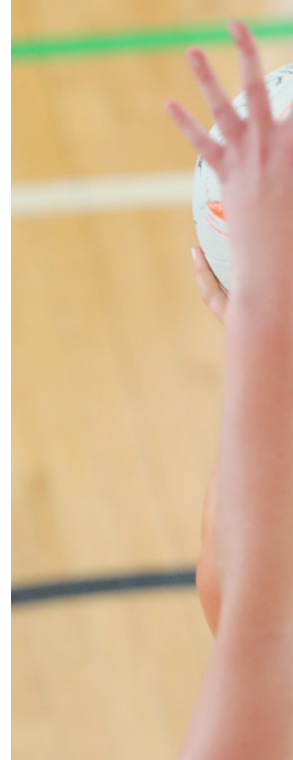
Danny is no stranger to Rome, following a training stint with ACU partner club Lazio in 2019.

Training up to 10 sessions per week and playing endlessly through a seven-month season will develop the skills, fitness and resilience Danny needs to chase his Olympic dream.

“That’s a lot of games and a lot of experience, but I’m pushing for Paris in 2024,” the 21-year-old said.

“I’ll probably be flogged but it’s going to do me the world of good.”





# UniSport Nationals 2022

**Represent ACU**  
**Put on the purple and red and**  
**compete at UniSport Nationals**

It's back and bigger than ever. Represent ACU against universities from all over the country in more than 30 sports in the biggest university multisport event in Australia.



**unisport**

**\$600**

Includes uniform, hotel,  
team dinners and merch.  
Travel not included.

**DIV 1 AND 2**  
**THE MARQUEE EVENT IS NOT TO BE MISSED.**  
**PERTH. SEPTEMBER. 30 SPORTS+. WE ARE READY.**

- AFL (M/W)
- Badminton (M/W)
- Baseball (O)
- Basketball (M/W)
- Beach volleyball (M/W/X)
- Cheer and 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)
- Swimming (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)





## EVENTS CALENDAR



**Triathlon**  
11-13 March, Mooloolaba



**Athletics**  
19-21 April, Gold Coast



**3x3 Basketball**  
20 – 22 April, Hobart



**League of Legends**  
April/September,  
online



**Indigenous Nationals**  
26 – 30 June, Brisbane



**Surfing**  
12 – 14 July,  
Sunshine Coast



**T20 Cricket**  
1 – 5 August,  
Sunshine Coast



**Snow**  
29 August – 2 September,  
Mt Buller



**Distance Running**  
18 September, Sydney

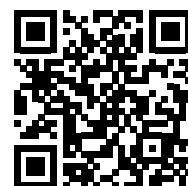


**Div 1 & Div 2**  
24-30 September,  
Perth

## HOW TO APPLY

1. Complete the expression of interest form via QR code below
2. Attend trials if required (not all sports have trials)

If you have any questions about UniSport Nationals, email [team.acu@acu.edu.au](mailto:team.acu@acu.edu.au)



[au.cglink.me/2iC/s1777](https://au.cglink.me/2iC/s1777)

# Defining the Olympic experience

Trust a five-time Olympian to define the games experience: “They’re beautiful journeys,” basketball legend and Channel 7 commentator Andrew Gaze said of the Tokyo 2020 Olympic Games. “You don’t have to have a medal to have a beautiful journey.”

This is precisely the shared experience of the thousands of athletes who represented their nations at the Games no one could attend but which the world truly needed.

Many left Japan with medals draped around their necks, some notched personal bests and others departed with near misses.

For ACU students and alumni, indelible memories were carved into their minds as they contemplated what comes next in their sporting and career journeys.

## TRANSFORMATION

For student paramedic Rowena Meredith, Tokyo was a transformative experience.

Having qualified at the last available opportunity, via what she called “the regatta of death”, the rower realised during her post-games quarantine period that she had finally arrived at the top of the mountain.

“I’ve looked online and seen the profiles of Olympians... The reality hasn’t really sunk in for me that I’m part of that population,” the bronze medallist and Elite Athlete and Performer Program member said.

“I’ve lifted the curtain to a different world. I’ve stood in a coffee line and made small talk with Emma McKeon. It’s just a really amazing experience and it’s something that I’ll take into other opportunities.”

## STILL HUNGRY

While Rowena wants to fully absorb the experience before considering another Olympics tilt, Bachelor of Psychological Science/Bachelor of Exercise and Sport Science student Reba Stewart can’t wait for the Paris 2024 Olympic Games.



Brenden Hall  
Paralympian  
Swimming



## ACU Olympian and Paralympians

Another member of ACU's Elite Athlete and Performer Program, Stewart left Tokyo dissatisfied with her performance and has wasted little time plotting a path back to sport's ultimate theatre.

"I know I'll always be an Olympian," the taekwondo representative said. "This has given me drive, and now that I've had a taste of it, I want more. It also gave me insight into what I need to do to be ready for next time."

### UNFORGETTABLE

Enduring three shoulder operations after she was part of the Australian women's 7s rugby team that won gold in Rio, Emma Tonegato has taken time to reflect on her experience.

Australia finished fifth in Tokyo, a sobering experience for Emma compared to the team's historic performance in 2016. But the flyer says she'll always remember fondly the unusual experience of playing in Tokyo's empty stadium and remains proud of defeating a serious shoulder injury to win selection and become a two-time Olympian.

"At the end of the day it's still an Olympic Games and that's something I'm proud of," the Bachelor of Occupational Therapy student said.

"I don't feel like I'm someone who'll get recognised and stopped in the street. But I'll know, and for the rest of my life that's something I can be proud of and I'll still be able to tell the grandkids I'm a two-time Olympian."

### ACU Olympic Facts



**9** alumni

**4** current students

**1** gold medal

**1** silver medal

**3** bronze medal

**1** flag bearer

**1** Olympian for life



Rowena Meredith - Rowing



Emma Tonegato - Rugby 7s



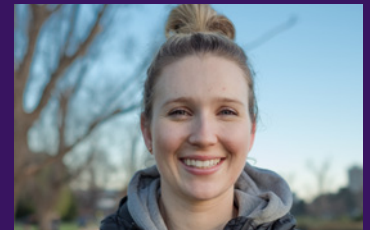
Reba Stewart - Taekwondo



Brenden Hall - Swimming



Rachael Lynch - Hockey



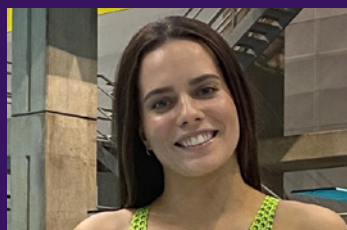
Melissa Tapper - Table Tennis



Elle Armit - Water Polo



Paul Adams - Shooting



Anabelle Smith - Diving



Paige Greco - Track and Road Cycling



Ellie Cole - Swimming



Shae Graham - Wheelchair Rugby



# Visit The Track



## The home of ACU Sport

Let's celebrate everything about sport together; from our elite athletes and sport clubs to the weekend warrior, the rivalries, the teamwork, resilience, what it means to wear the ACU colours or simply trying something new.

Come down to The Track on your campus and you'll find live sport, fitness classes and guided meditations on the big screen. There's table tennis, pop-a-shot and pickleball. We've got Finska, Kuub, cornhole and boules. Or hire out some sports equipment to take out to the grass. You can hang out with your friends and play board games or chill out by yourself with some mindful colouring. There's a designated eSports space and an assortment of games and consoles for you to play, race, compete, sing karaoke or workout. Keep your eyes peeled for the occasional novelty sport too – things like combat archery, soccer darts and laser tag on the oval are a few you might see. There's always something happening, and there's always a smiling face to greet you.



### HEALTH CHALLENGES

The Track organises regular health challenges to encourage you to make your mental and physical health an everyday priority. You can train towards the goal of a fun run or walkathon, either alongside us or virtually. Throughout the challenges there are fun activities, mini competitions, and heaps of great prizes to be won, as well as leader boards if you're the competitive type.



### TRACK TRIPS

Off-campus trips are our speciality and one of the best ways to make friends while you experience something new. Trips to sporting events, indoor skydiving, rock climbing, axe-throwing and ice skating have been big hits with our students. Make sure to follow your local Track on ACU Life so you don't miss out.



### HIRE US

Is your club or group looking for a venue for their next AGM or post Come'n'Try event? Hire out The Track. Tell us what you need, and our team will support you with your next event. Visit your local Track for more information.



# Take a Track Trip



**Axe Throwing**



**Ten Pin Bowling**



**Surfing**



**Mini golf**



**Ice Skating  
and more**



**Brisbane:**  
206.G.1A, Brisbane Campus

**Melbourne:**  
Ground Floor, Daniel Mannix  
Building, Young Street

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

**Strathfield:**  
600.G.39, Strathfield Campus

[acusport.acu.edu.au/thetrack](https://acusport.acu.edu.au/thetrack)  
**@TheTrackACU**





# Join a sport 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 football – you're bound to find one that's perfect for you.



## 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.

**Ballarat and Melbourne**  
player\_wellbeing@fitzroyfc.com.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.

**Melbourne**  
melbbasketball@myacu.edu.au

**Sydney**  
sydneybasketballclub@myacu.edu.au

**Brisbane**  
admin.sport@acu.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**  
acufootballclub@acu.edu.au

**Ballarat**  
ballaratsoccerclub@myacu.edu.au



## FUTSAL

The Futsal Club welcomes players of all skill levels 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.

**Melbourne**  
melbfutsalclub@myacu.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](mailto:brischeerleading@myacu.edu.au)

#### Melbourne

[melbcheerleading@myacu.edu.au](mailto:melbcheerleading@myacu.edu.au)

#### Sydney

[sydccheerleadingclub@myacu.edu.au](mailto:sydccheerleadingclub@myacu.edu.au)



### CYCLING

The ACU Melbourne Cycling Club provides opportunities for students, staff, and community members to join, ride and compete. We welcome all skill levels to participate in our events.

#### Melbourne

[melbcyclingclub@myacu.edu.au](mailto:melbcyclingclub@myacu.edu.au)



### DANCE

ACU Dance Club includes a range of styles including hip hop, 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](mailto:syddanceclub@myacu.edu.au)

#### Melbourne

[melbdanceclub@myacu.edu.au](mailto:melbdanceclub@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. Intervarsity and nationals opportunities are available.

#### Melbourne

[melbhockeyclub@myacu.edu.au](mailto: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](mailto:sydmartialartsclub@myacu.edu.au)

#### Brisbane

Martial Arts Club coming in 2022  
[admin.sport@acu.edu.au](mailto:admin.sport@acu.edu.au) for enquiries



### 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 opportunities for everyone.

#### Sydney

[sydneynetballclub@myacu.edu.au](mailto:sydneynetballclub@myacu.edu.au)

#### Canberra

[canberranetballclub@myacu.edu.au](mailto:canberranetballclub@myacu.edu.au)

#### Brisbane

[brisbanenetballclub@myacu.edu.au](mailto:brisbanenetballclub@myacu.edu.au)

#### Melbourne

[melbournenetball@myacu.edu.au](mailto:melbournenetball@myacu.edu.au)

#### Ballarat

[ballaratnetballclub@myacu.edu.au](mailto:ballaratnetballclub@myacu.edu.au)



### OUTDOORS

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



### ROWING – BALLARAT CITY ROWING CLUB

Ballarat City Rowing Club is among Australia's oldest sporting clubs. It has a rich history of competing and winning crews at all levels of rowing.

Ballarat City Rowing Club has developed a program that will offer ACU students, of all abilities, access to a dedicated coach, club equipment and facilities to enable students to compete at the state and national level. Learn2Row programs are run throughout each semester for those who are new to the sport. Whether you're starting out or ready to row, BCRC has something for everyone.

**Ballarat**  
www.ballaratcityrowing.com



### RUGBY 7S

The ACU Rugby 7s club competes in various tournaments in southeast 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



### 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**  
meltennisclub@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.

**Sydney, Brisbane and 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**  
melbultimate@myacu.edu.au





### 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



### 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.

**Melbourne**  
melbrunningclub@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



### WATER POLO

#### ACU CRONULLA SHARKS WATER POLO CLUB, SYDNEY

ACU Cronulla Shark's Water Polo Club is a community club serving the southern suburbs of Sydney. They welcome students, staff and community members of all skill and abilities.

info@cronullawaterpolo.com.au

#### VIKINGS WATER POLO CLUB, BRISBANE

Established in 2020, Vikings Water Polo are Brisbane's newest water polo club. They welcome students, staff, and community members of all skill levels and abilities.

www.vikingswaterpolo.com.au

## Want to start a new ACU sport club?

Complete the new sport club application form via



au.cglink.me/s438

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

# The power of sport.

Look the  
part in  
our new  
off-field  
range.



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# ACU Martial Arts Club

The ACU Martial Arts Club in Sydney was formed when now president Isaiah Lazaro and vice-president Nicholas Graziani were in lockdown in 2020. Bored and restless and ready to get their feet back on the mats, Isaiah suggested the possibility of opening a club to teach Brazilian jiu-jitsu and self-defence on campus. Thrilled by the idea of getting back into martial arts, Nicholas agreed and the two began setting up the club. As it turned out, martial arts was already present on campus, with Raul Landeo running taekwondo classes on the Strathfield Campus. After speaking to Raul and the sports coordinator, they decided to teach Brazilian jiu-jitsu and self-defence classes in the biomechanics lab. After a couple of trial sessions, which received overwhelmingly positive feedback and enthusiasm from participants, the idea for an official ACU Martial Arts Club that encompassed multiple disciplines was approved to run as an official club from 2021.

It was during these initial trial sessions that Remy Andrews introduced herself to the club as a certified Kyokushin karate instructor. She was keen to add her skill set to the mix and teach the discipline at ACU. The team were particularly excited to hear that Remy is certified to teach differently abled people Kyokushin karate.



## TAEKWONDO

Taekwondo not only builds strength, stamina, and flexibility, it greatly improves one's overall fitness and wellbeing. Taekwondo places heavy emphasis on striking techniques, especially kicking.

## BRAZILIAN JIU-JITSU

Brazilian jiu-jitsu (BJJ) imparts knowledge of self-defence. BJJ is a martial art that uses the points of leverage and control in order to ultimately defeat a larger adversary. BJJ has been a common and effective tool for self-defence without using forms of punching and kicking.

## KYOKUSHIN KARATE

The purpose of karate is to develop and nurture the interrelated aspects of the mind, body, and soul. Creating a sense of connection between people along with a sense of self belief and confidence to grow more confident in one's own ability to protect themselves or someone else if need be.

ACU Sydney Martial Arts Club is now raring to get back into the groove of fun and activity and are ready to share their passion for self-defence. The team of instructors ensure safe and hilarious times while teaching, and the club promises to welcome people with an open heart and curiosity to try something new.

In 2022, ACU Sport will form a Martial Arts club on the Brisbane Campus. We offer discounted membership rates to ACU students and **free trial sessions**, so come down to say hi and check it out.

For more information, sign up to ACU Life and search for '**Martial Arts**'.



# Monday Night Lights

## ACU and Brothers Social Touch Football

After ACU partnered with local rugby powerhouse, Brothers, in 2020, ACU Sport has run three iterations of Monday night social touch football on the Brisbane Campus. Reaching maximum numbers each semester and open to students and friends, the competition generally runs for six weeks with the final round seeing the top teams playing off for bragging rights.

We'll find you a team whether you're part of a club or society, a student a friend, or even putting your hand up as an individual.

Keep an eye on socials, the dreaded car park stairs signage or if you miss both come and say 'hey' to the Sport team in Building 212.

## Social sport

Interested in making friends, showing us your natural born talent, or trying a new sport? ACU Sport has you covered with social sport offered on all campuses, including basketball, futsal, netball, Oztag and touch football.

Social sport is a great way to make friends, be involved in campus life, and stay fit and healthy. Reach out to your campus ACU Sport team to see what's available near you.







# Battle of Ballarat Champions

Fierce competition between local rivals was in full display on Tuesday 30 March 2021 as ACU took on Federation University in the Battle of Ballarat. Twenty-five students played mixed netball, women's netball and mixed futsal with the competition going down to a penalty futsal shootout, and ACU winning overall on score count back. ACU students were great sports throughout the evening and very worthy 2021 Battle of Ballarat Champions. Let's go back-to-back in 2022.

## Intervarsity competitions

Want to represent Team ACU locally? We have options for you. No matter the campus you attend, ACU competes in intervarsity competitions against universities closest to our campuses and in a variety of sports all year round. With a host of one- and two-day competitions on offer, intervarsity provides the perfect balance between competition and socialisation.

Throw on the purple and red with students from your state to experience a bit of friendly rivalry against local universities in the sports you love. Netball against La Trobe in Melbourne? We've got it. Oztag against Notre Dame in Sydney? You know it. Volleyball against Griffith at the Gold Coast? Let's do it. These events help us prepare for Nationals Divisions 1 and 2, to represent ACU with pride, show off your skills and make friends along the way... that's what Intersvarsity is all about.

For more info visit [acusport.acu.edu.au/unisport](https://acusport.acu.edu.au/unisport)





Tayla Fraser  
Bachelor of Exercise & Sport Science  
Sydney Swifts, Suncorp Super Netball

# Elite Athlete and Performer Program

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.

## EAPP BENEFITS

- Up to 5 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](mailto:elite.athleteprogram@acu.edu.au)

Visit: [acu.edu.au/eapp](https://acu.edu.au/eapp)

## EAPP stats



**Over 460**  
athletes and performers



**134**  
athletes and performers graduated from  
ACU in 2021



**50+**  
sports and performing arts disciplines



**112**  
Financial scholarship holders in 2021

## Distinguished ACU students and alumni



**25**  
Olympians/Paralympians



**20**  
Commonwealth Games athletes



**80+**  
professional athletes (AFL, AFLW,  
NRL, football, netball, cricket, rugby  
union)





“Receiving an EAPP financial scholarship gives significant ease on the financial costs of pursuing a sporting career, while completing study. It means a lot to me as I know that I have the backing and support from ACU and makes my sport, academic, and work balance a lot more manageable.”

Mitchell Tinsley, student

# Apply for an elite athlete scholarship

## EAPP FINANCIAL SCHOLARSHIPS.

EAPP scholarships are designed to support elite athletes and performers who participate in national or international competitions and performances.

We understand the opportunity to earn an income on top of an already demanding training and study load is difficult. This scholarship is designed to support your success in elite competitions and performances, while also helping you reach your academic goals.

Scholarships are valued from \$1,000 to \$5,000 annually.

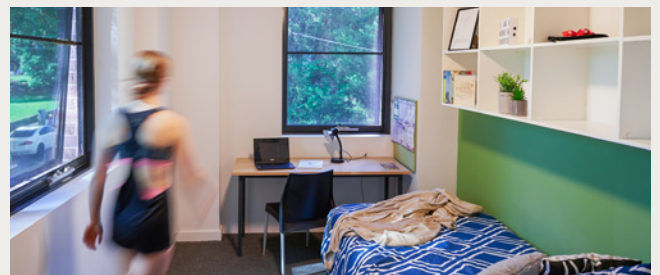
Applications for mid-year scholarships will open in July each year.

**Applications for 2023 scholarships will open in September.**

## EAPP ACCOMMODATION SCHOLARSHIP OFFER

This offer is designed to further support recipients of the EAPP scholarship who require accommodation during their studies. The offer is open to current and commencing students at our student accommodation in Sydney, Canberra or Ballarat.

Accommodation scholarships are valued at \$2,000 or \$5,000 and will be credited against any 12-month rental agreement. Accommodation is limited so express your interest early via [rental.advisory@acu.edu.au](mailto:rental.advisory@acu.edu.au)



## RUGBY EXCELLENCE SCHOLARSHIP

This scholarship is available to future and current students who are registered players with Brothers Rugby Club and are eligible for the ACU Elite Athlete and Performer Program.

Scholarships are valued at \$3,000 annually.

## EAPP TRAVEL AND UNISPORT SUBSIDIES

Students can apply for additional funding of up to \$1,000 annually via EAPP travel subsidies to assist with travel and accommodation when competing at national or international events.

If you represent ACU at national and/or international events endorsed by UniSport, you may also be entitled to subsidised fees.



# ACU Active

ACU Active is our facilitator of health, fitness and wellbeing programming. ACU Active uses a blended delivery model of onsite campus gyms, partner gyms, on-campus activations, and the digital delivery of health and wellbeing content. Our gyms and programs are lead by highly qualified exercise science graduates to provide support, guidance and expertise, no matter your experience or ability levels.



## MEMBERSHIPS

Discounted student memberships are available, with the added flexibility of fortnightly debits.

Other access options to ACU Active facilities include multi visit passes and casual entry.

**Become a member today**

[acusport.acu.edu.au/gyms](https://acusport.acu.edu.au/gyms)



## Get active your way

ACU Active makes it easy to get active on and off campus. All memberships include access to our health clubs, wellness programs, high intensity group training and outdoor fitness offerings.



## HEALTH CLUBS

Our boutique health clubs are equipped with modern fitness equipment including cardio, free weights, pin-loaded strength and functional training spaces. Receive guidance and support from our qualified exercise science staff via our Kick-Starter program. Our staff will design your training program and help you to build sustainable health and wellness habits.

## WELLBEING PROGRAMMING

Our programs focus on both physical and mental health which include Yoga, Meditation & Mindfulness, Pilates, and Stretch & Core.



## HIGH INTENSITY GROUP TRAINING

Our high intensity training is offered in a variety of programs designed to burn calories, strengthen, and tone muscles. Programs include; HIIT, boxing, and functional strength.



## BOOT CAMPS

Achieve results in just six weeks with ACU Active boot camps through challenging and varied workouts. Boot camps include exclusive small group fitness classes, individualised programs, nutrition and educational tips and seminars.



## ACU Active locations



### MELBOURNE

Mary Glowrey  
Building  
(Basement Floor),  
115 Victoria Parade



### NORTH SYDNEY

Caroline Chisholm House  
(Ground Floor),  
33 Berry Street



### BRISBANE

Building 211 G 05,  
1100 Nudgee Road



## Gym partnerships

### BLACKTOWN

Vibe Health Club  
(partnership),  
Level 4 Westpoint  
Shopping Centre

### BALLARAT

Ballarat Aquatic  
and Lifestyle Centre  
(partnership), Prince of  
Wales Recreation Reserve,  
Gillies Street



## ACU Active client profile

### Harrison Price, studying global studies and arts, ACU Active –Melbourne

When he's not chucking the disc with ACU's Ultimate Frisbee team, you can find Harrison Price working on his fitness in the ACU Active on-campus gym.

"I was first attracted to the convenience of having a gym on campus, then I saw the prices and then I met the people."

With the help of our exercise science staff and regular personal training sessions Harry noticed an improvement in his game.

"My trainer developed a program specific to my needs and was able to push me in a safe and efficient way. When I asked for specific training for a rather niche sport, they were incredibly receptive and adaptive and certainly I was better off for it."

Despite his sports-specific goals, Harry says ACU Active is a gym for all students.

"The ACU gym staff have been incredibly kind. They are the type of people that want to get to know you and want to help. It certainly makes it a lot easier to find motivation for the gym when the people there create such a welcoming environment."

With ACU Active's Kick Starter Program, you will be set -up with your own individualised program and receive the ongoing support you need to reach your goals at your own pace.





# FREE 5 DAY PASS

## Try ACU Active before you commit

We want every student to live a fit and healthy lifestyle. Here's your chance to access personal trainers and small group fitness classes free for five days.

**CLAIM OFFER NOW**

## ACU **Active**

Visit one of our  
ACU Active  
locations and  
mention this ad.

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





# Developing leaders through volunteering

## JOIN OUR TEAM

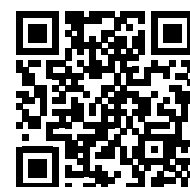
Create a positive impact on your Sport Club and broader ACU community whilst developing leadership skills and capacity. Students can volunteer in various positions to assist in the development and growth of their sport clubs. ACU Sport encourages students at any stage of their degree to take the lead!

- Sport Club Executive Committee
- Match Day
- On-Campus events
- Sport trainers
- School Holiday Clinic coaches



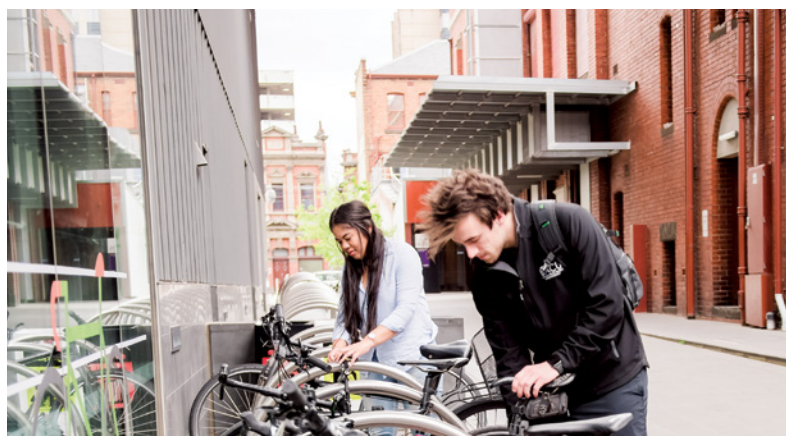
**Ready to be  
a leader?**

Complete the volunteer  
form via QR code



[au.cglink.me/2iC/s1696](https://au.cglink.me/2iC/s1696)





# ACU Facilities Spotlight

## 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 and equipment is available for hire from ACU Sport, subject to availability.

## ALL CAMPUSES – 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

## MULTIPURPOSE COURTS

Coming to Melbourne and Canberra campuses in 2022

## Medical Centres

ACU has on-campus medical centres in Brisbane, Melbourne and North Sydney. They offer comprehensive, high-quality healthcare services to ACU students, staff and the local community.

Bulk billing is available for ACU students.

### Brisbane

ACU Medical Centre  
8 Approach Road, Banyo 4014

### North Sydney

Level 3, Champagnat House  
8-10 Berry St, North Sydney

### Melbourne

Daniel Mannix Building  
Mezzanine level  
8-14 Brunswick Street  
Fitzroy VIC 3065







## 3 easy steps to **ACU Life App**

- 1** **DOWNLOAD THE APP**  
Search "ACU Life" in the app stores
- 2** **LOG IN**  
Use your ACU student email  
firstname.lastname@myacu.edu.au
- 3** **GET SOCIAL**  
Filter by campus and search for  
groups and events to join



# ACU Life

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 your group officer or email [aculife@acu.edu.au](mailto:aculife@acu.edu.au)

# Where to find us



## Brisbane

- Saint John Paul II Building 212.G.02
- The Track 206.G.1A

## Blacktown

22 Main Street

## North Sydney

- 533 Caroline Chisholm House
- ACU Active Ground Floor
- The Track Level 1

## Strathfield

- 613 Saint Edmund Building
- The Track 600.G.39

## Canberra

Blackfriars Building 300.G.15

## Ballarat

Forbes Centre 106.G.06

## Melbourne

- ACU Active, Lower Ground, Mary Glowrey Building
- The Track, Ground Floor Daniel Mannix Building

[acusport.acu.edu.au](https://acusport.acu.edu.au)

*Disclaimer (January 2022): 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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