

# ACU SPORT

**30+**  
clubs on offer

---

**Nothing  
but net**

ACU joins the University  
Basketball League

---

**Visit The  
Track**

Free food, competitions and  
more!

---



[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.



# Contents



Whether you are a social, competitive or elite player, there is a community to be a part of and enhance your journey at ACU. With options to get active on-campus, off-campus or online, there is something for everyone.

## **08 VISIT THE TRACK**

Welcome to the home of ACU Sport

## **14 ACU SPORT AND PERFORMER AWARDS**

Honouring ACU's elite athletes and performers

## **16 UNISPORT NATIONALS**

Represent ACU and compete against rival universities

## **31 ACU ACTIVE**

## **04 From the Director**

## **05 Culture and connection for Indigenous sports champs**

## **12 Elite Athlete and Performer Program**

## **18 Women in Sport**

## **20 Join a sport club**

## **31 ACU Active**

## **33 EAPP Cyclist goes interstate without a brake**

## **34 Leadership opportunities at ACU**

# From the Director

Welcome to the 2023 edition of the *ACU Sport Magazine*. The ACU Sport team is excited to showcase the wide variety of programs available to our university community.



Sport at ACU plays a pivotal role in the university experience. The programs that you will read about in this publication are available across our seven Australian campuses. We are also excited to announce that programs are also available at our Campus di Roma in Rome, Italy.

As a Catholic university, ACU's mission guides how we see sport and the role of sport in your educational experience. Our goal is to provide opportunities for participation to support your wellbeing, no matter your skill level or your interest. We aim to democratise sport so that everyone interested – not merely the most skilled – can play. As Pope Francis has said, “Challenge yourself in the game of life like you do in the game of sports. Challenge yourself in the quest for good, in both Church and society, without fear, with courage and enthusiasm. Get involved with others and with God, don't settle for mediocre: give it your best – spend your life on what really matters and lasts forever.”

The programs ACU Sport offers are available on and away from our campuses, and are supported by the latest digital applications to make it easy for you to participate. You can participate as an individual but, more importantly, we have numerous opportunities for team participation,

enabling you to develop skills such as groupwork for creativity and collaboration that will enhance your future employability.

ACU Sport is an expression of the ACU community and there are opportunities to represent the university on the state, national and world stages through UniSport Australia and the International University Sports Federation (FISU), and when studying at our Campus di Roma.

There have been numerous highlights from 2022. ACU's Indigenous Nationals team went back-to-back in their national championship defence. You can read about what it meant for the students to represent their culture and university at the event on page six. In 2023, our Melbourne Campus will open a new rooftop multipurpose court. The facility will be a significant boost to ACU's most populated campus and provide a training base for ACU's new University Basketball League team, the ACU Angels.

The University Basketball League is a national competition in which 14 universities from around Australia compete in a semester-long home-and-away competition. The ACU Angels will have the support from the School of Behavioural and Health Sciences, which will provide opportunities for students to gain industry experience

within an ACU Sport high performance program.

In addition to the new multipurpose court, three new hangout areas called the 'Tracks' will open at our Canberra, Ballarat and Blacktown campuses. Each Track is the home of ACU Sport on that campus and provides a space for students to meet staff, join sports clubs and start their sporting journey at ACU.

ACU's Elite Athlete and Performer Program is a market-leading program in the sector and attracts some of Australia's best and brightest athletes and performers through its scholarship offers. In 2022, we were able to recognise these individuals in a ceremony held in Cathedral Hall at our Melbourne Campus, and to offer for the first time ever an ACU Blue – the highest sporting honour awarded within a university in Australia.

Our students' wellbeing is directly linked to ACU Sport's objectives and opportunities continue to expand. We now offer gyms and fitness programs, personal training sessions, additional medical centres and access to significant university support services.

I hope you enjoy reading this publication and getting involved in the programs offered.

**Paul McJannett**





# ACU Life

ACU Life is your go-to site for getting involved in uni life outside the classroom. You can search for clubs, sport programs, student associations and so much more. When you visit ACU Life you can browse a full list of on-campus and online co-curricular events. From free food to end of the year Uni Ball, there is something for everyone. Get started by logging into [aculife.acu.edu.au](https://aculife.acu.edu.au) using your `firstname.lastname@myacu.edu.au` email address.



# Culture and connection for Indigenous sports champs

Author: Menios Constantinou for ACU Impact

They say that sport brings people together, and this proved to be true in mid-2022 when students from Australian Catholic University (ACU) gathered to defend their championship title at the Indigenous Nationals event. After four days of competition in basketball, volleyball, netball and touch football, ACU was crowned as the overall winner for the second year in a row – a rare feat in the tournament’s 26-year history.

But while success is sweet, for many of the players in the winning university team, the highlight of the event was bonding with their fellow students.

“It was an awesome experience,” says touch football team captain Zane Ratcliff, an ACU education undergraduate who was raised in the Queensland town of Gayndah, and has Wakka Wakka and Torres Strait Islander heritage.

“A lot of us ACU students only met a couple of days before the event, but the chemistry was there straight away. There was a lot of respect for each other and a really strong connection, which is just an amazing feeling.”

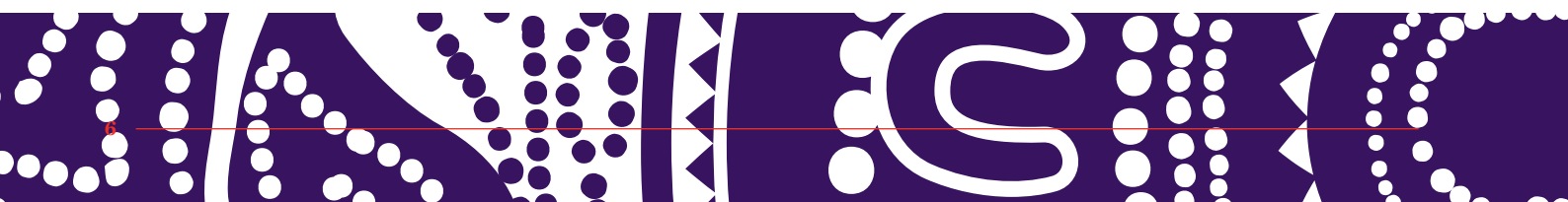
Team members joked that ACU’s victory at the previous Indigenous Nationals event in 2021 was “by accident”, as expectations were modest. But as reigning champs in 2022, the pressure was on for the team to defend its title.

“I think last year we came in with the mindset of just having fun and doing our best, and we were kind of surprised when we came away with the victory,” says physiotherapy undergraduate and netball team captain Jaimie Bryant, who was raised in the Northern Territory and has Wiradjuri heritage.

“This year it was a lot more competitive, so when we did win it, it was just really exciting and also a bit of a relief.”

Jaimie has experienced more than her fair share of success as a sportsperson in both netball and Aussie rules, recently playing in the grand final-winning Red Lions team in the QAFLW.

Growing up in the outback town of Katherine, she was a star athlete, representing the Northern Territory in football, and touring Barbados as part of the Wanderers Australia netball team.





While her sporting goal is to be drafted in the top-flight AFLW competition, her current focus is university study and pursuing her passion for physiotherapy.

“Growing up super sporty, I just found it fascinating how I could go to see a physiotherapist with a sore ankle and they’d say, ‘Okay, this is what’s wrong with you, and this how we’re going to fix it,’” says Jaimie, who in 2021 was awarded the coveted ‘Puggy’ Hunter Memorial Scholarship, for Indigenous students studying health-related disciplines.

“I thought that if I’m not going to be an athlete myself, I still want to be involved in sports, and that’s one of the other reasons I chose to study physiotherapy, this desire to be around sport and to be engaged with it.”

Research has shown that participation in sport can enhance cultural connectedness, values and identity amongst Aboriginal and Torres Strait Islander people.

This seems to gel with the experiences of the 16 student-athletes from ACU who were selected to compete in the Indigenous Nationals, which aims to “celebrate the rich sporting culture” of First Nations people, while also acknowledging “the heritage and history of the participating student-athletes”.

“When Indigenous students come together, we always have a strong connection or a bond, and I found it really great to compete alongside my fellow students and get to know them,” says Jaimie, who hopes to be chosen in the ACU team for the next tournament in 2023.

“When I was growing up, you didn’t really see that many young Aboriginal people aspiring to go to university, so to see hundreds of Indigenous students from all over Australia, studying and participating and following their dreams, it’s really inspiring.”

Both Jaimie and Zane are conscious of their status as role models to younger First Nations people, and have been active in their respective communities.

Zane was the first-ever Indigenous school captain at Burnett State College, and played a mentoring role with young First Nations students. He has won awards for his community work, which has included volunteering for not-for-profits to help with homework, teaching traditional dance, and coaching sporting skills in his specialties of rugby league and swimming.

“Gayndah has quite a large Indigenous community, and being a mentor to the younger kids and helping them through their schooling was never a chore, it was something I really enjoyed,” says Zane, who plans to follow in the footsteps of his mother and work in education.

“I was really lucky to have people who stressed the value of education to me, and if I can pass on that value to other Indigenous kids, to my future students and my little brothers and people in my community, that is something that I’d definitely be keen to do.”



For Jaimie, growing up in a remote part of Australia was often a barrier to her sporting goals, with a lack of access to resources and opportunities. She is thankful, however, for the support of the Stars Foundation, a mentoring program that opened doors for her.

“I wanted to be more of a role model to show young people in my community – especially young Indigenous girls – that even in a small place that is so far away, you can definitely achieve things,” she says.

Zane echoes that message, stressing the importance of promoting the idea that young Indigenous people can achieve their goals – whether those goals are on the sporting field or in the classroom.

“It’s about letting Aboriginal and Torres Strait Islander kids know that even if they’re from a small country town, they can make it,” he says. “As someone who’s come from a tight-knit community, I think it’s important to pass that message on, so more people around us can follow their dreams and achieve the things they want to achieve.”

**Represent ACU at  
Indigenous Nationals  
in Melbourne from  
26 - 30 June 2023.**



[au.cglink.me/2iC/s2348](https://au.cglink.me/2iC/s2348) or  
email [team.acu@acu.edu.au](mailto:team.acu@acu.edu.au)



## The Track Home of ACU Sport

Come down to The Track on your campus to discover everything to love about sport. You'll find live sport and fitness classes on the big screen. There's table tennis, pop-a-shot and pickleball to show off your competitive side. We've also got Finska, Kuub, cornhole and boules. There's even a designated esports space with heaps of games and consoles for you to play, race and compete with. We also have equipment to hire and take out onto the grass if you prefer.

You can hang out with your friends and play boardgames or chill out by yourself with some mindful colouring or study time. 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 in The Track and a smiling face to greet you every time you visit.

Staff members at The Track are part of the ACU Ally Network and aim to provide a safe, inclusive and respectful environment for staff and students who identify as LGBTIQ+.



### LOYALTY PROGRAM

Get rewarded for participating in The Track activations. Check into The Track's loyalty program weekly or attend The Track events to go into the draw to win some awesome prizes. The more times you check in the more chances you have to win.



### 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.



### HIRE US

Is your club or group looking for a venue for their next AGM or 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.



## TESTIMONIALS



“The Track has been a great space to bring fellow classmates who love sport but also those who don’t. I enjoyed attending various Track Trips throughout the year with Bouldering and Beers being my favourite. It’s always a pleasure seeing the smiling and happy staff in The Track as well.”

**Jack Holt**



“Starting a Master of Clinical Exercise Physiology was a daunting proposition. Each Wednesday between 3pm and 5pm my new classmates and I loved attending The Track to have a laugh and get to know each other between classes. We enjoyed speaking with staff and joining in on the weekly challenges. The ACU Sport team showed appreciation to our group by providing us with an end of semester lunch which we all loved. Thanks to the Melbourne team.”

**Jordan Wearne**



“Cardio for Coffee every Wednesday was an absolute winner. I was also fortunate enough to be the winner of the \$500 loyalty program voucher from attending this activation which I was stoked about.”

**Ruby McMaster**



Follow The Track on Instagram @thetrackacu

## VISIT THE TRACK ON YOUR CAMPUS



**Brisbane**  
206.G.1A,  
thetrack.brisbane@acu.edu.au



**North Sydney**  
Level 1, Caroline  
Chisholm Building,  
thetrack.nthsyd@acu.edu.au



**Melbourne**  
Ground Floor,  
Daniel Mannix Building,  
thetrack.melb@acu.edu.au



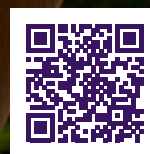
**Strathfield**  
600.G.39,  
thetrack.strathfield@acu.edu.au

Coming soon to Canberra, Ballarat and Blacktown Campuses



# The Track running program

3 April  
JOIN NOW



[au.cglink.me  
/2iC/r45291](https://au.cglink.me/2iC/r45291)





# Nothing but net as ACU bids for UBL

ACU is set to enter the University Basketball League (UBL) providing an opportunity for student athletes to progress their sporting endeavours alongside their studies. Entering its third season the UBL leverages off the popularity of basketball in Australia and specifically within the university sector.

Playing from March 2023 the UBL pits 13 competing universities from around the country against one another. Team ACU will play a series of home and away fixtures against foes Curtin University, Federation University, RMIT, University of Sydney, University of Sunshine Coast, La Trobe, University of Melbourne, University of Adelaide, University of Tasmania, Victoria University, University of WA and UTS.

Centred in Melbourne under the guidance of three-time NBL champion, Matt Shanahan, ACU has a unique opportunity to select student athletes from a wide talent pool along the eastern seaboard. Having established a high performance basketball program in late 2021 Matt is excited by the progression towards UBL.

The UBL brings more to uni life than sporting opportunities, with ACU Sport looking to partner with faculties to provide both work integrated learning and internships in high performance sport, physical preparation, physiotherapy and sports management including game day logistics.



Sport, Wellbeing and Residential Life Program Manager, ACU's involvement in the UBL will deliver extensive athletic and educational outcomes for ACU students. In addition to the playing opportunities there will be numerous ways to get involved as a spectator, volunteer or jump on one of our supporter Track Trips where you'll get to enjoy the hype and community of this national competition.

ACU will play their first round against RMIT in Melbourne on Wednesday 15 March. Check out page 30 to see the seasons fixtures.

**For more information on the UBL team contact [admin.sport@acu.edu.au](mailto:admin.sport@acu.edu.au)**

# Elite Athlete and Performer Program

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

## EAPP BENEFITS

- up to five bonus adjustment factors
- preferential class selection – priority allocation status
- flexible study options
- academic support
- assistance with special consideration
- access to 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

E: [elite.athleteprogram@acu.edu.au](mailto:elite.athleteprogram@acu.edu.au)

W: [acu.edu.au/eapp](http://acu.edu.au/eapp)

Mason Wood,  
Bachelor of Exercise and  
Sport Science, St Kilda  
Football Club – AFL



## EAPP stats



**420+**  
athletes and performers



**133**  
athletes and performers graduated from  
ACU in 2022



**50+**  
sports and performing arts disciplines



**\$200,000+**  
direct financial assistance to students\*  
\*scholarships and travel subsidies

## Distinguished ACU students and alumni



**30**  
Olympians/Paralympians



**32**  
Commonwealth Games athletes



**100+**  
athletes in professional codes  
(AFL, NRL, football (soccer),  
netball, cricket, rugby union)





“Receiving an EAPP scholarship takes the pressure off me financially and supports me in my endeavours in sport and academics. I’m so grateful for the support from ACU’s EAPP program as without it I would not have been able to achieve the results I have this year.”

Alexandria Perkins, Bachelor of Physiotherapy, Commonwealth Games Gold medallist

# 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 midyear scholarships will open in July each year.

## 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 by emailing [rental.advisory@acu.edu.au](mailto:rental.advisory@acu.edu.au)



## EAPP TRAVEL AND UNISPORT SUBSIDIES

Students can apply for additional funding of up to \$1,000 annually for 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 Sport and Performer Awards

## A dream come blue

On 27 October 2022 the university hosted the inaugural ACU Sport and Performer Awards. The event symbolised a unique celebration of ACU spirit, acknowledging the incredible achievements of our elite student and alumni athletes, performers and sporting community.

Taking place within Melbourne Campus' magnificent Cathedral Hall, the evening welcomed a host of nationally and internationally awarded Australian sporting and performing heroes, Olympians, Paralympians, world champions, AFL and NRLW stars.

The University honoured our sporting clubs, volunteers, officials and team of the year, including two-time Indigenous UniSport Nationals champions, as well as 21 of ACU's first ever Blues Award recipients.

A panel was held after the awards presentation where Ellie Cole, Ashley Waterman and Jarryn Geary shared some moving, incredibly insightful and humbling stories and opinions around leadership, resilience, and the value of the Elite Athlete and Performer Program (EAPP).

It was a truly joyous event which also showcased some of the talented performers in the EAPP's midst including the hilarious musings of voice actor and MC of the night, Barnaby Pollok, a heart-lifting melody by four-time ARIA nominated singer-songwriter Jasmine Rae, and a performance to close out the evening by our very own punk princess AZURE.

The EAPP is honoured to have earned the praise and gratitude of the amazing students we have seen through to graduation. We cannot wait to see who our award winners will be in the years to come.

### EAPP ACADEMIC EXCELLENCE



**Abigail Paduch**  
Judo  
Bachelor of High Performance Sport



**Alexandria Perkins**  
Swimming  
Bachelor of Physiotherapy



**Brydie Parker**  
National Rugby League  
Bachelor of Physiotherapy



**Award recipients – University Blue**

**CLUB OF THE YEAR**



**ACU FC Sydney**

**OUTSTANDING PERFORMANCE BY AN ATHLETE/PERFORMER WITH A DISABILITY**



**Hayley Slocombe**  
Bachelor of Teaching/  
Bachelor of Arts  
(Humanities)  
Wheelchair tennis

**OUTSTANDING PERFORMANCE BY AN INDIGENOUS ATHLETE/PERFORMER**



**Jordan Bliss**  
proud Torres Strait  
Islander – Bachelor of  
Exercise and Sports  
Science – Hockey

**TEAM OF THE YEAR**



**ACU Sport Indigenous Nationals 2022 Team**

**VOLUNTEER OF THE YEAR**



**Ameliah Crowe**  
ACU Dance Club  
President (Sydney)

**OFFICIAL OF THE YEAR**



**Benjamin Marshall**  
ACU FC Coach  
(Brisbane)

**Abigail Paduch – Judo**  
Bachelor of High Performance Sport

**Alexandria Perkins – Swimming**  
Bachelor of Physiotherapy

**Anabelle Smith – Diving**  
Bachelor of Exercise and Sports Science

**Ashley-June Waterman – Musical performance**  
Bachelor of Psychology (Honours)

**Brenden Hall – Swimming**  
Bachelor of Physiotherapy

**Bronte Job – Swimming**  
Bachelor of Occupational Therapy

**Declan Tingay – Athletics**  
Bachelor of Exercise and Sports Science (Honours)

**Elle Armit – Water polo**  
Graduate Certificate in Religious Education

**Ellie Cole – Swimming**  
Bachelor of Exercise and Health Science

**Emma Tonegato – Rugby 7's**  
Bachelor of Occupational Therapy

**Jarryn Geary – Australian Rules Football**  
Bachelor of Commerce

**Justin Thomas Tulett – Ultimate Frisbee**  
Bachelor of Teaching/Bachelor of Exercise Science

**Kane Richardson – Cricket**  
Graduate Certificate in High Performance Sport Leadership

**Luke Keary – Rugby League**  
Bachelor of Business Administration

**Mason Wood – Australian Rules Football**  
Bachelor Exercise and Sports Science

**Nat Butcher – Rugby league**  
Bachelor of Commerce

**Nicola Carey – Cricket**  
Graduate Certificate in High Performance Sport Leadership

**Rachael Lynch – Hockey**  
Bachelor of Nursing

**Ricardo James Hadfield – Karate**  
Master of Clinical Exercise Physiology

**Rowena Meredith – Rowing**  
Bachelor of Paramedicine

**Sarah Roy – Cycling**  
Bachelor of Exercise Science



# UniSport Nationals 2023

Get excited as UniSport Nationals returns to the east coast. This means the competition will be bigger and better than ever. Represent ACU against universities from all over the country in more than 30 team and individual sports.



**DIVISIONS ONE AND TWO**  
**GOLD COAST, QLD 23 - 29 SEPTEMBER**

- 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 (M/W)
- Netball (M/W)
- Rowing (M/W)
- Rugby 7's (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**  
26 March, Melbourne



**3x3 Basketball**  
11 – 13 April, Sydney



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



**Swimming**  
12 – 14 May, Sydney



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



**Distance Running**  
1 – 2 July, Gold Coast



**Snow**  
3 – 7 September, Thredbo



**Nationals**  
23 – 29 September,  
Gold Coast



**T20 Cricket**  
October/November,  
Adelaide

## HOW TO SIGN UP

1. Complete the expression of interest form via [acusport.acu.edu.au](https://acusport.acu.edu.au)
2. Attend trials  
(Please note: 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/s2348](https://au.cglink.me/2iC/s2348)

## WANT TO REPRESENT TEAM ACU LOCALLY?

We have options for you. No matter what 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 range of one and two day competitions on offer, intervarsity provides the perfect balance between competition and fun.

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 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)

# Women in sport



Sport has the power to change your life. It has the ability to break barriers, to teach teamwork, resilience and self-confidence. With a strong focus and rise in gender equality within the sporting space we here at ACU Sport are extremely proud of the programs and clubs we run for our female cohort. Women in sport not only defy gender stereotypes and social norms, but they make inspiring role models and show that we are all equal no matter our gender.

With the FIFA Women's World Cup to be held next year in Australia and New Zealand, we recently caught up with three of our female ACU athletes: Taylah Harb (fundraising and event executive member), Bridget Barber (football executive), and Nicole Christodoulou (CommBank ParaMatilda's). These women compete in our ACU Sydney Football Club and we wanted to find out why women's sport is so important to them and what this next season will bring.

## HOW EXCITING THAT THE FIFA WOMEN'S WORLD CUP WILL BE HELD IN AUSTRALIA AND NEW ZEALAND. WHAT DOES THAT MEAN TO YOU AS A FEMALE FOOTBALL PLAYER?

**Taylah Harb** – "It's super exciting because I've been playing football basically since I was in school, but it's always been difficult to build and keep teams of female players. My hope is that by hosting the Women's World Cup it will inspire a new generation of football players and spark a love for the sport in young girls."

## WHAT DO YOU BELIEVE IS THE GREATEST CHALLENGE YOU FACE AS A FEMALE ATHLETE?

**Nicole Christodoulou** – "The greatest challenge I faced as a female athlete was growing up in a family and society that considered sports to be activities designed for males. I went great lengths to play during my younger years. It is so exciting that the FIFA Women's World Cup will be held in Australia and New Zealand next year. It means that so many young females will be exposed to the game and female sport, and hopefully female participation will grow and form pathways and opportunities for players of a vast array of backgrounds and abilities."

## WHAT IS IT LIKE TO PLAY IN THE ACU FC WOMEN'S TEAM?

**Taylah Harb** – "It's a blast! We have such a great team and club culture. It's a real football family and it's not just made up of the players in our team, it's all the teams and coaches and support staff that make it so enjoyable and fulfilling."

## YOU ARE AN EXECUTIVE MEMBER OF THE CLUB. WHAT DOES THAT MEAN TO YOU AND HOW HAS IT HELPED YOU THROUGHOUT YOUR TIME HERE?

**Bridget Barber** – "Having a leadership role in this club has been, personally, super formative. I've learned a lot and am so grateful for the opportunity to have my voice heard. I am a founding member of this club and being a part of the exec team gives me great joy to see the club flourish."





### AS AN ACU ALUMNUS WHAT WAS IT ABOUT THE FOOTBALL CLUB THAT MADE YOU WANT TO RETURN TO PLAY?

**Nicole Christodoulou** – “I am very excited to be returning back to where my life began to take shape. Having the opportunity to come home (back to ACU) and represent the team as a player has brought back a rush of positive emotions, excitement and gives me a reason to want to make the community proud. Words are very difficult to describe the deep connection I have with ACU’s Strathfield Campus – the early mornings and countless nights spent studying on campus are memories that I hold very dear to me.”

### WHY DO YOU THINK ALL STUDENTS SHOULD JOIN THE ACU SYDNEY FOOTBALL CLUB?

**Bridget Barber** – “Whether you have played for years or just want to try something new the Sydney Football Club is for you. The people, our facilities, the service provided to the athletes and members are amazing and the culture at this club is unlike any I have seen. I moved to Sydney five years ago away from my family and friends. I came to the club as female goal keeper, a situation where you can feel easily isolated. That is not the case with ACU Sydney Football Club, we constantly support each other, and this club now feels like my family.”

### WHAT ARE SOME OF THE CLUB’S BIG PLANS FOR THE UPCOMING SEASON?

**Bridget Barber** – “We will continue to grow our collaboration with ACU sports and exercise students who will continue to provide all members with the opportunity to participate in training that will optimise their game including agility sessions, weightlifting and strength and injury prevention and management.

However, our big focus for the year is increasing numbers in our women’s teams. We pride ourselves on creating a space for everyone and are excited to incorporate more events throughout the year to promote women in sport.



**Want to get involved with ACU Sydney Football Club?**



Express your interest via [au.cglink.me/2iC/s2287](https://au.cglink.me/2iC/s2287)



# Sport clubs

Joining one of ACU Sport's teams, clubs or social programs is one of the best ways to make friends, get involved with student life, and play your favourite sport. With more than 30 different sport clubs and social sport opportunities to choose from – offering everything from cheer, to netball, to rugby – you're bound to find one that's perfect for you.

Can't see your sport? Not to worry, we are happy to help you organise an ACU team for any sport you're interested in. Popular sports in the past have been futsal, Oztag and touch football. We have the flexibility to enter sports in any suburb so let us know what takes your fancy and we will see if we can get a team together.

[admin.sport@acu.edu.au](mailto:admin.sport@acu.edu.au)



# Ballarat



## BASKETBALL

Basketball encourages 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 ACU Basketball Club is the place to start.

**ballaratbasketballclub**  
**@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.

**acuesports@myacu.edu.au**



## NETBALL

Netball offers women's and mixed teams in multiple social and competitive divisions. Accommodating all skill levels, the ACU Netball Club is open to everyone.

**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.

**vicoutdoorsclub@myacu.edu.au**



## ROWING – BALLARAT CITY ROWING CLUB (PARTNER CLUB)

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

**ballaratcityrowing.com**

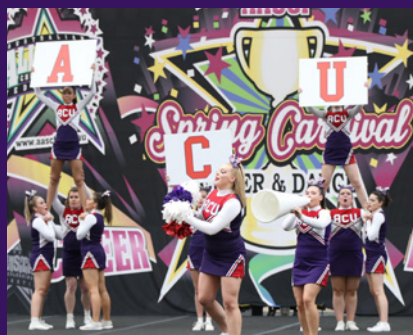
# Brisbane



## BASKETBALL

The ACU Basketball Club welcomes 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.

[admin.sport@acu.edu.au](mailto:admin.sport@acu.edu.au)



## CHEER

Cheerleading is a combination of dance, stunt and tumbling, choreographed to an energetic routine with upbeat remixed music. The ACU Brisbane Cheer Club is 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.

[brischeerleading@myacu.edu.au](mailto:brischeerleading@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.

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



## FOOTBALL (SOCCER)

The ACU Brisbane Football Club has men's and women's teams that compete in Football Queensland competitions. Training is held weekly and games are played on Friday evenings, or across the weekend. There are teams suitable for all levels of football experience and is open to community members.

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



## NETBALL

ACU Brisbane Netball Club enter both women's and mixed teams into local competitions. The club offers opportunities for both social and competitive divisions, and is open to community members.

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



## NETBALL - BRISBANE NORTH COUGARS (PARTNER CLUB)

ACU Brisbane North Cougars was established in 2001 and has been a highly successful netball club for over 21 years. Cougars saw the North Brisbane district become the most successful netball region in Queensland and can boast numerous Queensland State League Premierships.

In late 2018 Cougars joined the Netball Queensland franchised Sapphire and Ruby League competitions.

[brisbanenorthcougars.com.au](http://brisbanenorthcougars.com.au)





**RUGBY UNION – BROTHERS RUGBY CLUB (PARTNER 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.

[brothersrugby.com](http://brothersrugby.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 7’s is supported by ACU partnership club, Brothers Rugby Club.

[admin.sport@acu.edu.au](mailto: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.

[brisbanerugbyleagueclub](https://www.brisbanerugbyleagueclub.com.au)  
[@myacu.edu.au](https://twitter.com/myacu.edu.au)



**TOUCH FOOTBALL**

The ACU Touch Football Social competition is held on a Monday evening on campus. The competition runs for six weeks each semester and is open to students and community members. The club also provides the opportunity for members to play in more competitive local leagues.

[admin.sport@acu.edu.au](mailto:admin.sport@acu.edu.au)



**VOLLEYBALL**

The ACU Volleyball Club provides 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.

[brisbanevolleyballclub](https://www.brisbanevolleyballclub.com.au)  
[@myacu.edu.au](https://twitter.com/myacu.edu.au)



**WATER POLO – VIKINGS WATER POLO CLUB (PARTNER CLUB)**

Vikings Water Polo is Brisbane's newest water polo club. Created in 2020 they aim to provide senior players in Brisbane an opportunity to continue playing the sport they love. Vikings Water Polo offers to create a social and competitive environment where all members feel welcomed. They welcome students, staff and community members of all skill levels and abilities.

[vikingswaterpolo.com.au](http://vikingswaterpolo.com.au)



# Brisbane sport facilities

Sport facilities at the Brisbane Campus include a natural grass oval, a five-lane 25-metre swimming pool and a multipurpose sport court. These facilities are used for student classes, social sport and ACU Sport club home games. The oval has an electronic scoreboard available for use.

Additionally, the ACU pool is available for casual lap swimming, learn-to-swim classes and casual squad programs. If you are interested in booking any of these sport facilities, please email [brisbanesportfacilities@acu.edu.au](mailto:brisbanesportfacilities@acu.edu.au)





# Canberra



## MULTISPORT

Not sure what sport you want to play? Well, we have the perfect option for you. Played on our very own ACU Canberra Sports Court, Urban Rec's multisport competition gives you the opportunity to test out a variety of sports including soccer, basketball, kickball, frisbee, netball, dodgeball, Fijian touch, Euro handball and more. Each week is something different which levels the playing field. If you want something fun and social then this is the (multi)sport for you.

[admin.sport@acu.edu.au](mailto: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.

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



## Canberra multi-purpose court

ACU Canberra unveiled a new state-of-the-art multi-purpose court in February 2022. The court features basketball, netball, futsal and volleyball options along with changerooms and undercover spectator areas. It's used as a teaching space, for student and staff recreational use, as well as for hosting social sport competitions for ACU students and staff to participate in. The court is available for use by students and staff between 9am and 5pm from Monday to Friday. Just scan your student/staff card at the gate entry. If you are interested in booking this sport facility outside of these hours, please email [canberrasportfacilities@acu.edu.au](mailto:canberrasportfacilities@acu.edu.au)

# Sydney



## CHEER

Cheerleading is a combination of dance, stunt and tumbling, choreographed to an energetic routine with upbeat remixed music. ACU Sydney Cheer Club is open to both male and female students from Blacktown, North Sydney and Strathfield campuses willing to learn new skills and experience cheer for the first time. The club trains at Silverwater and has opportunities to compete at state, national and AASCF competitions.

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



## DANCE

ACU Sydney Dance Club offers a range of styles including hip hop, pom, jazz and lyrical. The club trains weekly at North Sydney but is open to Blacktown, North Sydney and Strathfield students. With a range of teams on offer, participants of all levels of experience are welcome – whether you are a first timer or highly experienced. You will have opportunities to compete at state, national and AASCF competitions throughout the year.

[syddanceclub@myacu.edu.au](mailto:syddanceclub@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.

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



## FOOTBALL (SOCCER)

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

[acufotballclub@acu.edu.au](mailto:acufotballclub@acu.edu.au)



## SWIMMING – ACU BLACKTOWN SWIMMING (PARTNER CLUB)

ACU Blacktown Swim Team/Blacktown City Swimming Club Inc. (BCSC) caters for swimmers of all ages and abilities, who wish to swim socially and competitively. Since it formed in 1961, the club has seen athletes represent from local to international level.

ACU Blacktown Swim Team is passionate about helping community members and students to realise their full potential in a safe, fun, friendly, team-based environment. The program focuses on the development of all athletes from junior to national level.

[acublacktown.swimmingclub.org.au](http://acublacktown.swimmingclub.org.au)





### **WATER POLO – ACU CRONULLA SHARKS WATER POLO (PARTNER 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.

[info@cronullawaterpolo.com.au](mailto:info@cronullawaterpolo.com.au)



### **SOCIAL SPORT OPPORTUNITIES**

Keen to play weekly volleyball, netball or touch football? ACU Sport coordinates student teams to play in local weekly social and competitive leagues. Social sport caters for all skill levels and is open to ACU students, alumni, staff and community members competing in women's, men's or mixed divisions. If you are interested in joining or would like to start a team of your own contact us at [admin.sport@acu.edu.au](mailto:admin.sport@acu.edu.au)



## **Strathfield**

In 2019, ACU Strathfield opened a new state-of-the-art FIFA-certified synthetic football pitch, with interchangeable cricket pitch and home-and-away changeroom facilities. The venue also has two natural grass pitches available for football and rugby, is a faculty teaching space and is home to the ACU Football Club. The facility has an electronic scoreboard available for use. If you are interested in booking this sport facility, please email [strathfieldsportfields@acu.edu.au](mailto:strathfieldsportfields@acu.edu.au)

# Melbourne



## **AFL – FITZROY FOOTBALL CLUB (PARTNER 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.

[fitzroyfc.com.au](http://fitzroyfc.com.au)



## **BASKETBALL**

Basketball encourages 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 ACU Basketball Club is the place to start.

[melbbasketball@myacu.edu.au](mailto:melbbasketball@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.

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



## **DANCE**

ACU Dance Club in Melbourne 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.

[melbdanceclub@myacu.edu.au](mailto: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.

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



## **FUTSAL**

The Futsal Club in Melbourne welcomes players of all skill into men's, women's and mixed social and competitive leagues. 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.

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





### NETBALL

Netball offers women's and mixed teams in multiple social and competitive divisions. Accommodating all skill levels, the ACU Netball Club is open to everyone.

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

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



### RUNNING

The Running Club in Melbourne 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.

[melbrunningclub@myacu.edu.au](mailto:melbrunningclub@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.

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



### ULTIMATE FRISBEE

The Ultimate Frisbee 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.

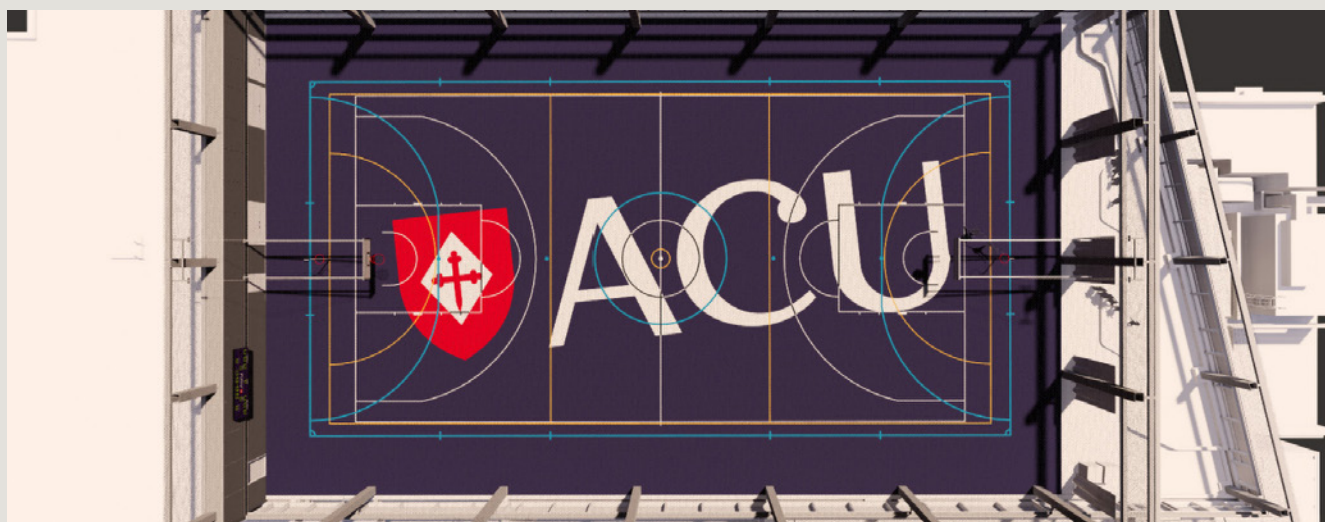
[melbultimate@myacu.edu.au](mailto:melbultimate@myacu.edu.au)



### VOLLEYBALL

The ACU Volleyball Club in Melbourne provides 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.

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



## Rooftop basketball court

Stay tuned for a new rooftop basketball court coming to the Melbourne Campus in 2023.

## 2023 UBL schedule

DATE	DIVISION	HOME TEAM	AWAY TEAM	GAME TIME
Wednesday 15 March	Men	RMIT	ACU	12pm
Wednesday 15 March	Women	RMIT	ACU	2pm
Wednesday 22 March	Women	UTAS	ACU	12pm
Wednesday 22 March	Men	UTAS	ACU	2pm
Wednesday 29 March	Women	ACU	ADEL	1pm
Wednesday 29 March	Men	ACU	ADEL	3pm
Wednesday 5 April	Women	UniSC	ACU	1pm
Wednesday 5 April	Men	UniSC	ACU	3pm
Tuesday 18 April	Men	ACU	CURTIN	12pm
Tuesday 18 April	Women	ACU	CURTIN	2pm
Wednesday 19 April	Women	ACU	MELB	1pm
Wednesday 19 April	Men	ACU	MELB	3pm
Wednesday 26 April	Men	ACU	LTU	1pm
Wednesday 26 April	Women	ACU	LTU	3pm
Tuesday 2 May	Women	USYD	ACU	12pm
Tuesday 2 May	Men	USYD	ACU	2pm
Wednesday 3 May	Women	UTS	ACU	12pm
Wednesday 3 May	Men	UTS	ACU	2pm

### FINALS

Week commencing 15 May – Top 8 playoffs

Week commencing 22 May – Semi finals

Week commencing 29 May – Grand Finals



# ACU Active

ACU Active facilitates health, fitness and wellbeing. On-campus gyms, activations, partner facilities and digital health and wellbeing content make it easy to get active and stay active.

## MEMBERSHIPS

Discounted student memberships are available and include access to our health clubs, Kick Starter program, wellness and high-intensity small group training, as well as online offerings. Multi-visit passes and casual entry options are also available.



**Become a member today**

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



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

IG: @acuactive

E: [acuactive@acu.edu.au](mailto:acuactive@acu.edu.au)

## HEALTH CLUBS

Our boutique health clubs are equipped with modern fitness equipment including cardio, free weights, pin-loaded strength and functional training spaces.

## EXERCISE SCIENCE-QUALIFIED STAFF

Receive guidance and support via our Kick Starter program. Highly qualified exercise scientists will design a personalised training program and help you build sustainable health and wellness habits.

## SMALL GROUP TRAINING

Our small group fitness classes are a great way to challenge yourself in a fun and dynamic setting. Classes are suited to all fitness levels, and we guarantee you'll have a blast while focusing on your wellbeing or working up a sweat.

## WELLBEING PROGRAMMING

Wellbeing programs are about escape, peace and being in the moment. Focus on both your physical and mental health in sessions including Yoga, Pilates, and stretch and core classes.

## HIGH-INTENSITY TRAINING

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



## ACU Active locations

### MELBOURNE

Mary Glowrey Building (Lower Ground),  
115 Victoria Parade

### NORTH SYDNEY

Caroline Chisholm House (Ground Floor),  
33 Berry Street

### BRISBANE

Building 211 G 05, 1100 Nudgee Road

Visit [acusport.acu.edu.au/gyms](https://acusport.acu.edu.au/gyms) for more information on our partner gyms at other ACU campuses

# Education corner

Another year brings with it New Year's resolutions. Many people put pressure on themselves to achieve their goals quickly but fail soon into January. Now that we are well into 2023, it's a good time to sit down and re-visit those goals you set out for yourself at the beginning of the year.

If you've made it this far and you're still going strong, well done. However, if you're one of the many who have struggled to remain consistent, don't worry – it's still possible to achieve your goals.

The most common thing we see in the fitness industry is people setting unrealistic and unachievable goals which leave them feeling demotivated. This results in their focus shifting back to work, studies or social life, relegating their fitness goals for yet another year.

When setting goals, you need to ensure they are attainable – break down your goals, be realistic and understand that, as with everything in life, it is a gradual process.

To do this, you can use the strength and conditioning concept known as 'periodisation' which is made up of three key areas: a macro-cycle (annual plan), a meso-cycle (monthly plan) and a micro-cycle (weekly plan). When setting your goals, you should follow the same concept: establish the end result you want to achieve, then break it down into monthly and weekly goals.

By breaking down your goals into little steps, the more consecutive sessions you will do, and the more goals you will achieve. It's a domino effect.

**So what are you waiting for? Book in your free complimentary consultation with our exercise science qualified trainers to see how we can help achieve your goals. Email [acuactive@acu.edu.au](mailto:acuactive@acu.edu.au) or stop by your local gym.**



## ACU Active Member profile

### Kobe Payne

**Kobe has been a member of ACU Active North Sydney since February 2020 when he first started his Bachelor of Nursing degree.**

“From my experience, ACU Active staff members have been extremely friendly and have used their knowledge and experience to help me achieve my fitness and sporting goals,” Kobe said. “Throughout my three years’ training at ACU Active, their highly qualified exercise scientist gym instructors have provided me with the opportunity to grow and develop as an athlete and individual.”

ACU Active offers an affordable and welcoming environment for all levels of experience and can create specific and personalised programs for all individuals.

“I've also been fortunate to make some great friends and have seen first-hand how inclusive and supportive the gym community is at ACU Active North Sydney,” said Kobe. “The facilities are extremely affordable with great student prices and there's the convenience of being on campus and having the ability to get a session in before, after or between classes.”





# EAPP cyclist goes interstate without a brake

ACU student and Elite Athlete and Performer Program (EAPP) member and cyclist Jordan Villani had nothing but good things to say about his recent experience studying a Bachelor of Exercise and Sport Science. Melbourne-based Jordan had the opportunity to compete in two significant national and international cycling events: the 2022 AusCycling Track National Championships and the 2022 Oceania Cycling Championships. As both competitions were held in Queensland, this could have meant putting his Semester 1 studies on hold, but with the help of the EAPP Jordan was able to attend classes in person on the sunny Brisbane Campus.

Jordan was able to stay completely up to date with his course content, while also achieving some incredible sporting results, including winning a national title in the team pursuit and riding a championship record time.

Jordan is one of many students ACU supports with a temporary or long-term relocation during sporting or performing commitments. With seven campuses in three states and a territory along the east coast, as well as ACU Online offerings, our national university has the unique ability to support these students, ensuring that committing to a sporting or performing career doesn't mean putting their education on hold.

“I was going to be away for four weeks but going to the Brisbane Campus meant I didn't miss any classes or content. The teachers were very welcoming and accommodating. It was an easy transfer.”



# Leadership opportunities at ACU

Amelia Crowe is the President of the Sydney Dance Club and the 2022 ACU Volunteer of the Year Award winner. Find out what winning the award means to her and why she chooses to volunteer her time.

## WHAT MADE YOU WANT TO TAKE ON A VOLUNTEER POSITION WITH THE SYDNEY DANCE CLUB?

“I wanted to be more involved with the club and give athletes the chance to have their voices heard and potentially grow the club.”

## WHAT SKILLS HAS VOLUNTEERING WITH ACU GIVEN YOU TO MOVE FORWARD WITH IN OTHER ASPECTS OF YOUR LIFE AND CAREER?

“Being a volunteer within ACU Sport has helped my life and career significantly. It has given me the opportunity to grow as an individual and gain a wide range of useful skills like leadership, communication and management.”

## WHAT ADVICE WOULD YOU GIVE TO OTHER STUDENTS THINKING OF TAKING ON A VOLUNTEER POSITION WITHIN ACU?

“Just go for it. Being in a volunteer position for the last three years has been the most rewarding part of my university experience thus far. It has not only allowed me to build life and career skills but also given me the opportunity to connect with a wide range of people.”

## WHAT DOES IT MEAN TO YOU TO BE PRESENTED THE VOLUNTEER OF THE YEAR AWARD?

“It is one of my greatest achievements to date. I felt so honoured to have been chosen as this year’s Volunteer of the Year with there being so many other volunteers throughout ACU Sport.”



## 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





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 exercise science qualified 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
-  [acuactive@acu.edu.au](mailto:acuactive@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

- 33 Berry Street
- ACU Active Ground Floor
- The Track Level 1

## Strathfield

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

## Canberra

Signadou Building  
302.G.05

## 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 2023): Information correct at time of printing. The University reserves the right to amend, cancel or otherwise modify the content without notice.*

CRICOS registered provider: 00004G | PRV12008

