

The Back Page

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Monash University - More than just Walking the Talk in South Africa! Martin Doulton, Director of Sport

I write this from a sunny, dry and just a little chilly Johannesburg having just had the privilege of being part of the world's largest organised community fitness event, the Discovery 702 Walk the Talk. The large TeamMONASH™ presence and participation epitomised what was a spectacular experience for all concerned.

After what is now the 3rd year of Monash South Africa under the TeamMONASH™ participating in the Walk the Talk, with our numbers going from 150 in 2007 to 500+ in 2009. The vibe that generates around the campus in the lead up to the event and the genuine enthusiasm from everybody to get involved sums up how the 4 F's (Fitness, Fun, Friends and Family) of the TeamMONASH™ tagline can really pull people together in a sense of community that is uniquely Monash. This year the highlights were the commitments of the large team of volunteers that turned up at 5am on race day to get things ready for the massive logistical process of handing out (highly sought after and much prized) event tops, transporting over 500 people some 30kms across town by bus from 6.30am and getting them all back safely, no mean feat in Johannesburg traffic.

I would also have to say that with over 40 children of staff and alumni participating the success of the new 'Monash Kids' section is something that we should roll out for all TeamMONASH™ events. And yes the publicity that TeamMONASH™, as the largest non public team entry, was just unbelievably awesome whether it was from the announcers at the Bus drop off point to the en-masse movement of a sea of purple at the start of the 5km walk section that blew the starters away, there was no hiding from the Monash brand. There was no doubt that Monash South Africa TeamMONASH™ was the loudest, most vibrant, excited group at the event.

However this 'editorial' also focuses on a number of things that struck me whilst being in and around what truly is one of Monash's most beautiful campuses for the last week or so.

Firstly is the commitment and drive that staff and students have to make Monash South Africa more than just an overseas satellite of Australia's largest university! Everyone has a passion to show what Monash can do for and across Africa and recognises that the sum of the whole is greater than the sum of the parts. Never have I seen the University shield so publicly displayed on apparel and literature and its something I would hope we can adopt at our other places.

I also had the privilege to participate in the Saturday Morning program where groups of kids from the local township come onto the Monash campus and get tutored by our Monash student volunteers in maths and English, get taught to embrace the internet, get to play a sport, learn how to play chess and finally have good solid meal, all in a safe nurturing environment. Without visiting the informal settlements one can't really appreciate the tough living conditions that these kids and their families have to battle through each day just to survive. To watch the joy that both participant and volunteer got from interacting together was one that cant be described without a tears welling up in the eye of a wizened old sports jock!

Given the magnitude of some of the social issues affecting our communities one sometime wonders how they might be fixed. Watching how our colleagues at Monash South Africa actually deals with these issues on a daily basis and make a positive contribution is testimony that Monash in South Africa is walking the talk in our mission to improve the Human Condition.

From the Editor Lloyd Gordon, Media Assistant

Welcome to another jam packed issue of The Back Page, if you don't find something here that interests you, then you may be looking in the wrong place! We have pictures and text from literally every corner of the Monash world in this issue for you to enjoy.

As always, please send any contributions or feedback to -
lloyd.gordon@sport.monash.edu.au
Enjoy the read!



TeamMONASH™ at the start line of the Walk the Talk

Monash home of Football Superstar Lloyd Gordon, Media Assistant

As announced on FOX8's Football Superstar on Wednesday 15 July, Luke Pilkington has won the series in a nail-biting finish. Luke now has a contract with Melbourne Victory and will be studying a science degree at Monash University.

In a gripping finale that saw the talented young footballer competing against Brisbane boys Christopher Kozionas and Jack Petrie for the coveted title, Pilkington proved that his impressive physical and technical skills were enough to secure him the title.

In the final nerve-wracking elimination, Melbourne Victory Coach Ernie Merrick announced Luke the winner of Football Superstar for 2009.

"Luke Pilkington is a very respectful, mature and enthusiastic footballer and person, He has a very bright future." said Merrick.

"He brings many strengths to his football - he is technically very good, physically he has speed but also endurance and he is tactically knowledgeable. Luke is a left footer, which is hard to find, and he can play in range of positions including left back and left midfield.

Luke has already commenced his contract with Melbourne Victory. While initially playing for the Melbourne Victory youth side, he is currently training alongside the Melbourne Victory first team, with a view to progressing to this first team in due course.

Luke, who hails from Wonniasa in the ACT, has been pursuing his passion for football from a very young age and was most recently captain of the ANU FC. He now resides on campus at Monash University Clayton campus, we look forward to his involvement in football at Monash.



Luke having a kick on the Clayton ovals



Luke with Monash Sport High Performance Sport Coordinator Matthew Sheldon Collins and Melbourne Victory Head Coach Ernie Merrick



Taking a clinic at the BIS



Signing a bat for some lucky students



Mr Yallop with Robert Balwin

Monash Sport helps cricket in Indonesia Lloyd Gordon, Media Assistant

Graham Yallop, Director of Cricket at Monash University and ex Australian Cricket Captain recently went on a tour of some of Indonesia's finest cricketing facilities and schools.

Robert Balwin, a board member of Cricket Indonesia invited Mr Yallop to oversee the Indonesian Under 15 National Cricket Championships and to showcase the rise in popularity of cricket in Indonesia.

Cricket Indonesia has won the ICC (International Cricket Council) Global and Regional Development Awards for the past two years in succession.

Bogor Cricker Association won the Under 15 National Championships in convincing style, with a great squad full of potential. Mr Yallop presented the players with their awards.

During his time in Indonesia, Mr Yallop kindly donated some of his personal cricket memorabilia to an auction in aid of raising funds to a new cricket oval to be built in Bogor (about an hour out of Jakarta).

The auction raised \$15,000 and in recognition it was agreed that the ground would be named in honour of Mr Yallop.

The British International School (BIS) in Jakarta houses a state of the art multi purpose gymnasium, where Mr Yallop addressed 1400 students at their school assembly where he taught groups from the school about key cricketing lessons. He also put the groups through their paces utilising the facilities and giving students expert tips along the way.

70 percent of students at BIS are locals, while a high proportion of the other 30 percent are from Australia. It was safe to say that everyone present at Mr Yallop's sessions was a cricket fan.

VCE PE students gain a mental and physical advantage at Monash Sport

Lloyd Gordon, Media Assistant

The VCE Physical Education Enrichment Program at Peninsula campus is in its infancy, with a pilot program run in May, and the full program being run for the first time last week.

As run by Monash Sport, the program allows students studying Physical Education at VCE level the chance to put theory into practise, using a range of equipment and knowledge found at Monash University's Peninsula campus. In groups of up to 25, students were led through activities such as VO2 max testing, real time GPS tracking and other fitness/performance analysis systems.

James Kumnick, Head of Physical Education at Flinders College in Tyabb commented "the program adds real value to the students education, especially at this time of the year for the students to experience hands on learning is invaluable".

"At school we can offer them all the theory and maybe get them to do some beep tests but bringing them to Monash where they can put their textbook into practise with all the additional sport science testing facilities is fantastic for the students."

Mr Kumnick brought 30 of his students with him today, in total ten schools and roughly 300 students went through the VCE Physical Education Enrichment Program.

The program also proved valuable for Anthony Frost, an Honours student studying Sport and Outdoor Recreation, who took students through the latest GPS and heart rate monitoring systems.

Mr Frost said "The program offers students the opportunity to experience first hand, cutting edge athlete assessment tools used only at the elite level. Students go away from each session with a greater understanding of how theory already learned can be applied in a practical setting. For me personally, the ability to employ what I have learnt through my studies is not only rewarding but gives me real feedback about the strength of my coursework at Monash".

Students loved the hands on approach to learning and participating in all activities, constantly encouraging each to do better on each of the tests.



Andrew Robinson, of the Sport Performance Unit of Monash Sport looks on as a student completes a VO2 max test



Mr Kumnick watches over a sprint test



Mr Frost facilitates a demonstration of the latest live GPS sports tracking systems



A head start in sport, for 2 to 6 year olds

Lloyd Gordon, Media Assistant

A new program has been developed and is being run at Peninsula campus, specifically for children aged 2 to 6 years old. Called 'Starta Sports' the program aims to instil the importance of physical activity in children by introducing them to fun games in a mixture on structured and non-structured environments.

Children thoroughly enjoyed all activities and were beaming with excitement and joy throughout the half hour session. The parents (who also participate in the session) have just as much fun as anyone in the room!

The teachers are very flexible with their instructions as holding the attention of the six or more children in a class can be understandably tough. Luckily there is no shortage of equipment and games to keep the students entertained and learning that a life in sport is a life of fun!

Outcomes for the students include improved coordination and ball skills as well as a head start into socialisation through sport. The program has just begun its third term of operation on Monday 26 July. Please see the pictures to the left for an example of an average class.

For more information about the program please call 9904 4496, or email fitness.peninsula@sport.monash.edu.au

Monash hosts top Australian volleyball squad

Lloyd Gordon, Media Assistant

Bright and early on Monday 27 July the female national volleyball squad kicked off their first training camp as a squad at Monash University's High Performance Sport Centre.

The squad represents the pinnacle of talent in Australian volleyball and is made up of representatives from all states of Australia.

The girls have a week long training camp as guided by head coach Amanda Fielding who has been working with Monash Sport to arrange aspects of the camp and specific testing protocols for the squad.

From a Monash perspective, this session provided the perfect opportunity to debut a new agility test, dubbed the 'big M'.

Developed by Monash Sport, the big M agility test revolutionises standard agility tests by incorporating multiple running styles and turns into the one test, to gain an accurate gauge of overall agility.

We wish the girls good luck with the rest of the camp and in future competition!



The squad and coaching staff at the centre



An athlete completing a 20m sprint

Outback a great experience for students

Adam Oldmeadow - Trips and Tours Leader

In order to make the most of their university break, 42 students from Monash and RMIT universities took advantage of a unique opportunity to visit Australia's vast outback and experience its natural wonders.

We made overnight stops in Adelaide and the subterranean opal-mining town of Coober Pedy on our three-day bus drive to reach Australia's 'Red Centre'. Reaching Alice Springs was celebrated with five-minute camel 'joy rides'.

There were opportunities to visit various native wildlife centres, an enlightening Aboriginal Cultural Centre, and of course walk around natural wonders such as the Kings Canyon, Kata Tjuta (The Olgas), West McDonnell Ranges and Uluru.

The students we traveled with were transfixed by Uluru, which had been raised to an almost mythical status from what students had heard and read before deciding to do the trip. However, nothing can prepare the mind and soul for the big rock itself. At a looming 348m in height, with a circumference of over 9km, it is taller and longer than the Melbourne CBD.

It looks unique from each angle and we were lucky enough to visit it on a clear 23-degree day, with the opportunity to walk around its base or even climb it. We also got to view it at sunset and sunrise from various viewing platforms.

Other activities the students opted for were sunset camel rides and quad bike rides around Kings Creek Station, as well as helicopter flights around Kings Canyon, Uluru and Kata Tjuta. Some travelers even indulged in a sunrise hot air balloon ride around Alice Springs.

Throughout the trip, the group developed a strong camaraderie from traveling over 6000km together, enjoying nine hours of scenic walks, and sleeping in six different locations varying from a large mine-shaft, to comfortable bunkhouses, and even three days camping on red dirt.

The Red Centre Tour was a fantastic way for primarily international students to see and connect to the real Australia, away from the city and uniform student residential housing.

Trips and Tours is an initiative run by Monash Sport allowing students to experience Australia's natural beauty and surrounds. Many different trips are run each year.

Photography also courtesy of Adam Oldmeadow.



Infront of Uluru before sunset



Welcome to the Northern Territory!



Taking a camel ride



Sunset in the Red Centre

Sports Quiz

For 1 Point

- 1 How fast is Usain Bolt's 100m world record?
- 2 How many times did Pete Sampras win the French Open?

For 2 Points

- 3 When was the last time the swimming World Championships were held in Rome?
- 4 What color is the center scoring zone in an Olympic archery target?

For 3 Points

- 5 Toro Rosso's Jaime Alguersuari set which new F1 record when he took to the grid in Hungary on the weekend?
- 6 This year's Tour de France was raced over a total of 3,445km. But how long was the longest Tour route, and when was it staged?

Who Am I?

For 5 points

I was born on 17 June 1988 in Brisbane

For 4 points

I am currently competing in the world championships of my sport

For 3 points

I am a current world record holder and won 3 gold medals at the Beijing Olympics

For 2 points

I was named the female 'World Swimmer of the Year' in 2008

For 1 point

I was once romantically linked to fellow swimmer, Eamon Sullivan

Monash Games - 2 days of great sport!

Lloyd Gordon, Media Assistant

The Monash Games were held over 16 and 17 July. Featuring over 40 teams from all Monash University's Victorian campuses, the games provided an opportunity for staff and students to get together and compete in team sports over two days.

The Monash Games emulated an 'Olympic' feel. There were competitors from all over the Monash and world community, as well as spectators edging each team on to success.

Staff were able to take on other faculty teams in the staff competition, held on the Thursday between 12 and 2pm.

Madeleine Whiting, Philanthropic Relations Manager who works at the Caulfield campus played netball in the staff competition for 'Team All Sorts' said the Monash Games were 'A lot of fun today, it was great to brighten up the day' and thanked her team mates for playing. She went to say 'it felt like we were already a team who'd been playing for ages'. On the strength of this Ms Whiting is considering entering the team in the social sport competition based at Caulfield campus.

Over the two days, the Monash Games, in conjunction with Westpac raised almost \$4000 for the Salvation Army!

Warren Elliot from the Salvation Army was on hand to present the cheque to on the Friday afternoon and he thanked everyone involved for all their generosity. We must thank the volunteers from the Salvation Army that manned the lunch station during the day, all reports conclude the food on both days was of an excellent standard and the people were warm and friendly.



The Westpac team with Martin Doulton present the giant cheque to Warren Elliot



A contested ball during a netball game

60 Seconds with... Stephanie Brennan

Sport - Golf



Highest Level played at:

Victorian State Team Member, played off scratch handicap

Career highlight so far:

Compete in the 2007 MFS Australian Women's Open

What are you studying:

Business (Banking and Finance)

Career aspirations:

Become a CFO and stockmarket trader

Favourite food:

Home-made pizza

Hero:

Tiger Woods

1 9:69 seconds
 2 None, his best finish was making the semi
 finals in 1996
 3 1994
 4 Gold
 5 He is the youngest F1 driver ever, at just
 19 years old.
 6 The 1926 Tour course circled France's
 national borders, and was an astonishing
 5,745km long - yet it was run over just 17
 stages, four fewer than this year's race.
 I am... Stephanie Rice

Sports Quiz Answers