



REPRESENT LA TROBE AT THE SOUTHERN UNI GAMES

Participants

SARA is calling for all interested students seeking to represent La Trobe at the AUS-Southern Uni Games, which will be held in Geelong this year from 5-8 July. The sports that will be contested at this event include AFL, badminton, baseball, basketball, hockey, netball, rugby union 7s, soccer, softball, squash, table tennis, tennis, touch, ultimate frisbee and volleyball.

It is a four day Championship that is packed with sport during the day and many memorable social activities at night. SARA subsidises students to go to the Championships, so it is a very reasonable price to attend. Every student that competes at the Championships has many stories to share (or sometimes to keep secret) so don't miss out on an event of your lifetime.

To compete at the Games you need to compete in the try-outs and be selected onto the team. Drop into the Sports Centre and register your name for the sport you wish to contest in and you will be contacted with all the training times.

Sports Manager's & Coach's

SARA is calling for anyone interested and capable/qualified in taking on the role of Sports Manager and Sports Coach for the teams entering the Games. We are expecting approximately 200 students to attend the Games and as a Sports Manager, with support from SARA, you will be responsible for managing a team/s prior, during and after the Games.

SARA is also seeking Accredited Sports Coach's for AFL, baseball, basketball, hockey, netball, soccer, softball, touch, ultimate frisbee and volleyball and the key roles of this position will be to select the team, develop strategies and lead the team/s to success. SARA provides a 50% subsidy on travel and accommodation for Sports Managers and 100% for Sports Coach's. If you are interested, you can collect a nomination form from the Sports Centre Reception and return these by Monday 3 May.

Rennie Cirillo Clubs & Recreation Manager, SARA

LTU Cricket Club's Women's team Premiers 2003/ 04

La Trobe University Cricket Club's Women's team are the VWCA C North West Premiers for season 2003/ 04. La Trobe defeated Deakin University in a 3 match Grand Final series played in Geelong in March.

The La Trobe side won the first match of the series, rolling Deakin Uni for just 64 runs in 19 overs, then scored the runs for the loss of 5 wickets in 21 overs. La Trobe were then unable to back up the following day, being all out for 115 runs in response to Deakin Uni's 6/ 135. The team travelled back to Geelong the following weekend, where they scored 6/ 167 off their allotted 35 overs. La Trobe Uni then had Deakin Uni all out for 113.

It was La Trobe Uni's second consecutive grand final appearance, losing to Bundoora United last season. This year they managed to secure the first flag by the Women's side for the club, in only their 5th year of competition.

Stand out performances for La Trobe Uni during the finals series were Captain Nicole Riley, who continued her outstanding season to snare 8 wickets in the 3 matches. Juliet James turned in on with the bat, scoring 78 runs and being dismissed only once. Emily McIntosh, Adele Taylor and Sharyn Furze were also valuable contributors with the bat and ball.

Next season the side will move up to B grade. The team is currently taking a well earned break prior to starting pre season training in August. Anyone interested in playing cricket, Men's or Women's, at La Trobe Uni, can email the club at latrobeuni@cricketvictoria.com.au for further information.

La Trobe University Cricket Club VWCA C Nth West Premiers 2003/ 04.

S. Burt, L. Topham, J. James, N. Muir, M. Sicevic, N. Riley (Capt), S. Davies.

A. Taylor, L. Davies, E. McIntosh, S. Carroll, S. Furze



Date

5-8 July 2004

Event

Southern University Games

AFL	Netball	Touch
Badminton	Rugby	Table tennis
Baseball	Soccer	Tennis
Basketball	Softball	Ultimate frisbee
Hockey	Squash	Volleyball

Host/Location

Managed by Australian University Sport
Hosted by Deakin University Sport Association & Deakin University-Geelong

SARA BALL 2004

FRIDAY 7TH MAY
7.30pm - 12.30am

\$64 inc 3C meal, finger food, beer, wine, champers, soft drink, spirits, illusions, prizes & DJ. Early bird special prices of \$56/58/60

Lincoln of Toorak (Mel Ref 2M E6)


Dress code is Black Tie / Lounge suit.

Tickets on sale now at Sports Centre.

Children's Birthday Parties


Is your child sick of the same old birthday parties? Then why not book a birthday party at the Sports Centre. Parties include 2.5 hours of fun packed activities ranging from rock climbing, kayaking, Tarzan rope, cargo net, indoor soccer, basketball, party leaders, decorations, fully catered and we clean up all the mess.

For further information please contact the sports centre on 9479 2973.



LA TROBE UNIVERSITY AEROBICS TIMETABLE

APRIL 19 - JUNE 20



	MON	TUES	WED	THURS	FRI	SAT	SUN
6.45am			Step				
7.30am	Tae-Sculpt Combo	Tri-Athletic		Taebox			
1.00pm	Studio Pump	Step Attack	Tri-Athletic	Body Sculpt	All-In-One	Cardio Funk	
5.05pm	Hi/Low	Cardio Funk	Studio Pump	Step Attack	Circuit		Combo Challenge
6.05pm	Total Body Challenge						

ALL-IN-ONE – A combination of all of your favourite classes!!! Cardiovascular training mixed with strength and sculpt exercises!
 BODY SCULPT – Cardiovascular training combined with strength and stabilisation exercises .. Total body toning with dumbbells and bodyweight!
 CARDIO FUNK – A fusion of dance and aerobic moves, blending the latest sounds of hip hop, funk and Latin!
 CIRCUIT – A weight training workout characterised by cardiovascular endurance & total body toning!
 COMBO CHALLENGE – An all-round class combining aspects of hi/low, step, body sculpt and taebox!
 HI/LOW – An all over aerobics body workout! Utilising high & low impact moves, this high intensity class is for anyone with energy to burn!
 STEP – A high calorie burning class, characterised by muscle toning and lower body muscle definition!
 STEP ATTACK – A high energy combination of step aerobics and taebox!
 STUDIO PUMP – The non-impact resistance workout with rhythm! A muscle conditioning workout designed to increase strength, endurance & bone density.
 TAEBOX – Combines moves and stances from a range of martial arts backgrounds ... bridging the gap between fitness & self-defence.
 TAE-SCULPT COMBO – A combination of taebox to get the heart rate pumping, and body sculpt to keep you toned and supple!
 TOTAL BODY CHALLENGE – A high NRG, calorie burning workout, combining hi/low & step intervals with pump & sculpt resistance work!
 TRI-ATHLETIC – A complete workout utilizing the cross training of three disciplines – hi/low, step and body sculpt.