BOND UNIVERSITY

July 2011

SPORTS CENTRE Newsletter

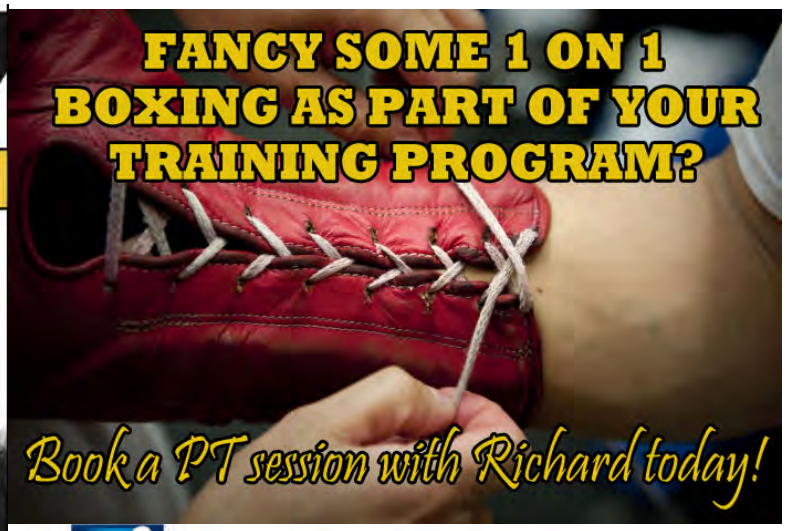
On the 3rd July 10 members of the M&M Club took part in the 5K Challenge as part of the Gold Coast Marathon festivities. The average age of competitors from the M&M Club was 72 years old with some members taking part in this event for the first time. All members completed the distance with Rona Spring coming 3rd in her age group with a time of 41.33.

In total there were 5 members who finished in the top 10 for their age groups. As always there was debriefing after the race with coffee and conversation. This is the 3rd year that a team has been entered from the M&M Club at Bond University Sports Centre and we are always looking to improve and better our times for next year's event.

OUR OWN SUPERSTARS

In addition to our M&M team taking part in the 5km challenge, 2 of our staff members took to the pavement and defeated the Monster Marathon and Half Marathon in very respectable times. Bond Swimming coach Kahori Nishioka completed the marathon so easily it was reported she turned up to work monday without a single blister and ready to go again!

Meanwhile our friendly receptionist Kristelle "Gazelle"Doggett powered through the 21kms to make sure she didnt miss her regular Sunday run and coffee at Burleigh! Well done Ladies, you are an inspiration to us all!



So Richard, in laymans terms, what is Rocky?
Rocky is a fun & intensive introduction into the art of boxing.

How many participants take part?
16. This figure is around the perfect range as participants can interchange the other participants which increases their skill levels when dealing with defensive and counter attack movements. As the instructor I can also give each participant 1 on 1 time delivering a more personal service.

Are they all total beginners or are there some real fighters in there?
Most of the participants are beginners however 2 are accomplished martial artists. One of which is actually participating in Rocky for the 3rd time.

What do you find is their motivation for doing Rocky?

- Weight Loss/Fitness
- To learn something whilst getting fit.
- A lot of the participants have tried the boxing circuit classes and actually wanted try their hand at the sport of boxing it's self.
- An affordable option for personal training.

What are the benefits of Rocky?
The main benefit that I see happening in every single session of Rocky is the fun and enjoyment that participants have when doing the class. The added benfits include;

- Improved endurance, muscle tone/weight loss
- Gains in strength, power, speed & agility.
- Improved cholesterol levels
- Boosts in self esteem & confidence
- Sense of achievement / a challenge.

When is the next Rocky Program available?
It's too late to join this program but we wil be running Rocky again in 3rd semester. Because its limited to 16 participants you need to register early or risk missing out!

BOND BEACH VOLLEYBALL

QBCC QLD BEACH CLUB CLASSIC

BOND BEACH VBALL TEAMS CONTEST ANNUAL INTER-CLUB CHALLENGE

July is not usually considered the time of year for beach volleyball competitions however every year during the winter period the Annual Qld Beach Club Classic takes place in Brisbane with 1 event held each month from July to September. In the past BBV teams have been very successfull at these events which we predominantly use as training tools for our summer preparation. Seeing how our teams perform this early in the year is a good indication of what work needs to be done and what are main areas of focus need to be. Stay tuned for some results from Rd 1 in the next BUSC newsletter! **Like to try Beach Volleyball?** Weekly social competitions and trainings are open for anyone to join. Any age, any skill level.

Contact beachvolleyball@bond.edu.au

We support your sugar cravings & you support Bond Swimming!

Buy your fav choccy from reception to help our club's fundraiser

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SPORTS CENTRE HOURS

Mon-Wed	5.30am to 9.00pm
Thurs-Fri	5.30am to 8.00pm
Sat	7.00am to 5.00pm
Sun	9.00am to 5.00pm

(Pool & Tennis Courts close 30 minsprior to Centre's closure)

BOND UNIVERSITY SPORTS CENTRE

PLEASE NOTE: This newsletter is provided for the information and entertainment of users of the Bond University Sports Centre, its contents do not reflect the views of Bond University, its employees or agents and should not be relied upon as advice or guidance concerning any health or medical issues relating to the reader. The reader specifically acknowledges that the reader must consult a medical or health professional in relation to any issue relating to their health, fitness or exercise program, and agrees that Bond University shall not be liable in any way for the reader's reliance upon any article in this newsletter.