MATE’S GUIDE 2007
Dear ACU National Athletes,

Welcome to the ACU National, Australian University Games Mates Guide for 2007. The Mates Guide 2007 will lead you through everything you need to know, and some things you don’t, for AUG on the Gold Coast.

ACU National Sport and Recreation is touring with the largest Australian University Games team to ever compete with 90 athletes. For the first time ACU National will compete in Lawn Bowls and Beach Volleyball. The Australian University Games, Adelaide 2006, saw our women’s Australian Rules team dominate the competition. It is with this same spirit that our men’s Australian Rules football team will say goodbye to the veteran, Dave Regan in his last campaign for ACU National. Although we have a strong contingent from the Melbourne campus, our Strathfield team mates have put together one of the strongest teams to ever grace the ACU National colours, comprising of mostly Lawn Bowlers, netballers and touch footy players. The past powerhouse of ACU National Sport, the Brisbane campus did not capitalise on their location, making up numbers in Australian rules, beach volleyball and touch football.

ACU National Sport has a proud tradition on and off the field; we are not only the fiercest competitors, but the team with the greatest heart, spirit and team support. This unique ACU National spirit has been passed on by all who grace the colours and will continue this year as we live up to past accomplishments on the Gold Coast in 2007.

I look forward to having a few drinks and getting to know all of you. Stay safe, back your mates and enjoy the experience that is the Uni Games.

Yours in Sport,

Mark Young
National Sport & Recreation Manager
ACU National
Important Contacts

**UTM**
Mark Young 0422 131 600

**Assistant UTM’s**
Josh Oakley 0402 765 789
Aiden Sellwood 0413 732 311
Ricky Ironmonger 0413 150 510

**Netball**
Natalie MacLarn 0422 192 698

**Touch Football**
Damien Holmes 0401 655 395
Jeremy Stevens 0421 321 663

**Beach Volleyball**
Shaun Farlow 0433 419 165
Amelia Briody 0423 914 442

**Lawn Bowls**
Luke Palmer 0414 981 620

**Mens Australian Rules**
Aiden Sellwood 0413 732 311
David Regan 0409 416 491

**Swimming**
Mark Pettifer 0409 401 952

**Athletics/Cross Country**
Danny Cicioni Kolsky 0432 268 488
ACU National

Code of Conduct

All athletes and officials are expected to uphold the values and sportsmanship associated with Australian Catholic University.

The consumption of alcohol is not permitted at any sporting event.

All prohibited substances are banned during AUG 2007. If found in possession of these items, all parties concerned will be excluded from any further participation in the 2007 Australian University Games, sent home and shall be excluded from all future Sport & Recreation events.

Actions that breach the code of conduct whilst at AUG will front the ACU National Sport & Recreation disciplinary committee however; the use of banned substances will be dealt with by local authority.

During the AUG competition, ACU National will not accept any forfeits from its sporting teams. Failure to participate will result in financial liability distributed throughout the sporting team at fault.

While competing under the ACU National banner, all team members will be expected to wear the uniform with pride.

ACU Sport and Recreation has a proud tradition of developing mateship, on and off the sporting field. ACU National encourages the support and acknowledgment of ALL athletes.
AUG SCHEDULE

Sunday 23rd September

1400 Check-in at Islander Backpackers

1430 - 1700 ACU National – Team managers meeting  
(Meet at accommodation lobby)

1900 Team Dinner  
(Meet at accommodation lobby)  
Team shirts to be given to athletes  
Transport passes to be given to athletes  
Medical forms to be completed by athletes

Monday 24th September

0900 – 1800 Sporting Fixtures

1900 Daily Team meeting  
(Meet at accommodation lobby)

Tuesday 25th September

0900 – 1800 Sporting Fixtures

1900 Daily Team meeting  
(Meet at accommodation lobby)

Wednesday 26th September

0900 – 1800 Sporting Fixtures

1900 Daily Team meeting  
(Meet at accommodation lobby)

Thursday 27th September

0900 – 1800 Sporting Fixtures

1900 Final Team meeting/Dinner  
(Meet at accommodation lobby)

Friday 30th September

1000 Check-Out of Islander Backpackers  
Luggage can be stored at the accommodation

0900 – 1500 Sporting Fixtures (Finals).
Sport Specific Information

**Australian Rules**
**Uniform:** Jersey’s are provided on loan (purchase is available). Navy shorts and socks will need to be worn for the Games.
**Getting to the Venue:** Team will need to enter the transit centre (next door to accommodation) and take bus to the fields (use transport pass).

**Athletics**
**Uniform:** Athletics singlet is provided on loan (purchase is available). There are no other uniform requirements. If you would prefer to compete in other clothing that would be fine.
**Getting to the Venue:** You will need to enter the transit centre (next door to accommodation) and take bus to the track (use transport pass).

**Beach Volleyball**
**Uniform:** Shaun Farlow will be contacting you shortly to confirm team uniforms.
**Getting to the Venue:** The courts are at the end of Cavill Avenue which is walking distance. The walk should take no longer than 10 minutes.

**Cycling**
**Uniform:** There is no uniform for cycling. You will need to provide your own uniform.
**Getting to the Venue:** You will need to enter the transit centre (next door to accommodation) and take bus to the course (use cycling transport pass).

**Lawn Bowls**
**Uniform:** There is no set uniform for lawn Bowls. Please contact Luke Palmer to organise teamwear.
**Getting to the Venue:** Lawn bowling is in walking distance, it should not take longer than 10 minutes.

**Netball**
**Uniform:** Shirts are provided on loan (purchase is available). Navy skirts will need to be worn for the Games.
**Getting to the Venue:** Team will need to enter the transit centre (next door to accommodation) and take bus to the courts (use transport pass).

**Swimming**
**Uniform:** There are no uniform requirements.
**Getting to the Venue:** You will need to enter the transit centre (next door to accommodation) and take bus to the pool (use transport pass).

**Touch Football**
**Uniform:** Jersey’s are provided on loan (purchase is available). Navy shorts will need to be worn for the Games.
**Getting to the Venue:** Team will need to enter the transit centre (next door to accommodation) and take bus to the fields (use transport pass).
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<td>24 Pizey Dr, Mermaid Waters</td>
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<td>Tenpin Bowling</td>
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<td>Water Polo</td>
<td>Miami Olympic Pool</td>
<td>80 Pacific Ave, Miami</td>
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Accommodation Details

Accommodation
Islander Backpackers

Address
Cnr. Beach Road and Surfers Paradise Blvd
Surfers Paradise
QLD 4217

Contact
Phone  07 5538 8000
Fax    07 5592 2762

Website
Spirit of the ACU Mongrel

What is the Mongrel? Some might think it is our mascot. The funny looking Bulldog that gets beaten up by a Koala during the mixed touch final at NUG’s 04 or the ferocious animal that shows the victorious ACU league 7’s team how to give the opposition a bone rattling tackle (during their final against UQ) that they’ll still be feeling in the morning. Most likely it is the spirit inside all ACU students that propels them to display courage, determination and the never say die attitude which has been displayed since the sun first rose, so many years ago.

The Mongrel has lead our team to consecutive indoor cricket NUC’s Gold medals, League 7’s glory and more gold, silver and bronze in Shot put, discus, judo and 1500m from NUC, NUG’s and AUG’s than you could turn into fine jewelry. These special qualities shown by the Mongrel have gained the respect of many opponents not only by our ability to dominate the competition but also by our sportsmanship. This sportsmanship was appropriately depicted last year by the fun loving Water polo girls, who despite not winning a game braved the blustery winds, low temperatures and icy unheated water of the pools in Toowoomba. It’s time like these that the true essence of the Mongrel is revealed.

To get the best description of what the Mongrel is about you have to listen to the myths, legends and tales from yester year; stories of good versus evil, alcohol and the principals of “you won’t do it.”

We firstly start with the story of the Senior Mongrel. He displays a softer side, when a virgin Mongrel loses his way and gets lost in a far off distant land, not known by any of the Mongrel clan. The Senior Mongrel asks the little virgin Mongrel “Where are you?” he hears a reply of “I don’t know but it’s a f*cking big road” Mysteriously the little virgin Mongrels phone requires the PUK code to work again. So after a couple of hours of walking he finally reaches a BP. When he arrives back to the residence with some help of a fellow virgin Mongrel, he realises that it’s locked tighter than a fish’s backside. Luckily there was a window of opportunity. Yes, it was a window on the second story; the only
problem was getting there. So the now shaken young mongrel full of liquid courage, climbed on the roof along a half inch poly pipe and into the window. Finally among the rest of the pack he felt safe.

If the turmoil of the night before wasn’t enough the little Mongrel is than accepted by the pack, having to wear two yellows pages bolted together and chained to his leg for 1 whole night and day. The only relief, coming from the shower, or the start of the game.

The next display’s the mate ship of the Mongrel pack. When playing a lovely game called king of beers, the magical rule card falls into the hands of an evil member of the clan who proclaims that half the table shall drink every time a penalty drink is had. The good pure members of the clan couldn’t possibly let evil dominate proceedings and consequently had the evil member punished for his actions by having him remove his shirt, then his pants and then stand with his palms facing down onto the table. All in front of some very lovely ladies. After a lengthy period of time being in his tightie whitie’s the most pure of Mongrels some believe, even too pure to be a Mongrel at all, allowed his torment to be done with. But with 1 rule card remaining it wasn’t long before he was back being embarrassed standing in his undies in weather so cold it could only be described as shrinking.

The principals of “you won’t do it,” can be seen on camera. Mongrels trying to destroy public proper. For some unknown reason the property was a bin that was fixed to the footpath and the decision which was agreed on was to tackle it. Understandingly one of them had a severely bruised shoulder for a few days. The next display was pulling rather large wooden poles out of the ground and then bringing them into a kebab shop. The culprit isn’t happy with the jalapeno’s being on his half of the kebab so he decides to deceive his mate by telling him the bottle contained water and to a spray it in his mouth. It turned out to be vinegar, quiet refreshing.

#8
Social Program

The 2007 Australian University Games social program is taking shape! The following clubs are official Social Program venues:

SOCIAL PROGRAM THEME NIGHTS
Sunday 23 September - Team Colours
Monday 24 September - Beach Party
    Tuesday 25 September – White
    Wednesday 26 September - Heros
    Thursday 27 September - Tight and Bright
    Friday 28 September - Dress to impress
Critical Information

**Bottle Shop:** At the bottom of our accommodation.

**Supermarket:** Woolworths is located across the road from us in the Centro Shopping Centre – Cavill Avenue and there is also a Coles within walking distance in the Chevron Renaissance plaza.

**Doctor:** Surfers Health Medical Centre is across the road – Shop 1 Paradise Towers, 3049 Surfers Paradise Blvd, Surfers Paradise – (07)55925999

**Hospital:** Gold Coast Hospital – 108 Nerang Street, Southport, Q 4215 – (07) 55198211. Approx 15 mins drive.

**Sports Physio:** Physio Fit – 50 Cavill Avenue, Surfers Paradise – (07) 55387744

**Chemist:** Towers Pharmacy is also across the road – 3059 Surfers Paradise Blvd, Surfers Paradise.

There are literally dozens of restaurants within walking distance from the hotel – Cavill Avenue is the main street in Surfers where most of the restaurants are and we are one street south from Cavill Avenue.
Circle on Cavill

From Monday 23 to Friday 28 September, Games participants will be able to sit back and enjoy FREE movies at Circle on Cavill. Movies will be shown each night from 7.30pm so why not take in a great meal deal, bring your bean bag and hang out and watch some of the latest flicks on the Foxtel Big Screen. Movie listings will appear in the Games Program.

UNI GAMES LIVE SITE!
Its here, its live, its FREE! The 2007 AUG has appointed Circle on Cavill as the official Uni Games LIVE Site during the week of the Games. Circle on Cavill is fast becoming the centre of Surfers Paradise. With their humungous Foxtel Big Screen television captivating all that visit, Circle on Cavill will be THE place to be prior to the start of your social night. Visit Circle on Cavill for:

- the food discounts and meal deals on offer
- the live broadcasts by Radio Metro
- great entertainment and games
- see yourself on the big screen with the Games daily wrap
- and don’t forget the FREE movies! Yes you heard right! FREE movies!
CHECKLIST

• Appropriate clothing for the GOLD COAST!! Remember it’s going to be on average 22-27 each day.

• ALL your flight details both going up and coming back. *(Give these details to the team managers)*

• Personal First Aid Kit
• Ice pack/ Heat packs optional
• Mobile Phone
• Sun Screen
• Hats for more sun protection.
• Drink bottles
• If you have any medical conditions please remember to bring up all tablets and tell the team managers if you require any assistance with medicine.

• NO UNI WORK!!!!!