



Positive Living e-Newsletter

May 2011



## Meet The Forum Centre Manager

Meet Sara Woolnough, Centre Manager at The Forum across the University and Harbourside facilities.

### Meet our Centre Manager!

**How long have you worked at The Forum?** Nearly coming up to the three year mark.

**What do you like most about your job?** The people I work with, but also the fact that I get to speak with and deal with people all day that enjoy doing the same sort of things that I do!

**What are your hobbies and interests?** Going to the beach, camping, hanging out with friends, going to the gym.

**What's your star sign?** Aries

**What's your favourite food?** Roast lamb baked dinner!!!  
Yummy!

**What's your idea of a perfect weekend?** Camping with friends somewhere close enough for an over-night trip, but still far enough away that it feels like you're on a mini holiday!

**Who or what inspires you?** People who set their minds to something and then go ahead and achieve it!

**Name five people (past or present) that you would invite around for dinner and why?** Luke (my partner, and he is a chef so we can put him to work!), my sister Tanya, Nathan Hindmarsh (for obvious reasons), Bono from U2 (as long as he didn't preach as much as he does in concert) and my Mum (she loves Bono!)

If you would like to contact Sara please contact [Sara.Woolnough@newcastle.edu.au](mailto:Sara.Woolnough@newcastle.edu.au) or 4921 7878.

[Click here to find out more about the team at The Forum](#)



## Future Olympians train at The Forum

**From 30 May, you will have the opportunity of swimming alongside Australia's future Olympic swimmers.**

The Forum is excited to announce it has been chosen by New South Wales Institute of Sport (NSWIS) as the preferred training facility for Olympic swimmers training for the London 2012 Olympics.

For the next 12 months, the NSWIS High Performance Swimming Squad will use The Forum University pool to train the elite swimmers and prepare them for next year's Olympic Games in London.

Lap lane swimming availability to members and the general public will change slightly during this period.

Between Monday and Friday, two lanes will be available between 6-7am, with all lanes open after 7am.

On Saturdays, 50m lanes will be available after 8am, and 25m lanes available from 7am.

This is a fantastic opportunity for The Forum to harness the training of future Olympians.

[Click here for our current lap lane availability](#)



## Kokoda Trail adventure

**Sally Marler is about to take on one of the world's most historic treks - the Kokoda Trail.**

Sally and her fellow adventurers will set off into the jungles of Papua New Guinea to complete the gruelling track in July this year. The Forum's Tony Cleva is training the group of adventurers for the 10 day trek.

Sally is focusing on strength and endurance training with long distance running and RPM sessions, as well as incorporating pack weight with hill climbing.

The Kokoda Trail covers more than 100km of varied terrain, steeped in World War II history. From meeting the locals to trekking through forests and over mountains, this adventure will be the experience of a lifetime.

[Click here for The Forum's health, fitness and lifestyle activities](#)



## Sports Awards

**It's nearly time to recognise NUsport's outstanding athletes at this year's Sports Awards dinner.**

The UoN Sports Awards are presented to the University's outstanding athletes. The Awards night will be held on 2 September at Noah's on the Beach, and The Forum is pleased to welcome on board, engineroom design co, Newcastle Herald, Broadley Signs, NCP printing and NBN Television as this year's sponsors.

The event will award Sports Person of the Year, Sports Club of the Year, University Colours and University Blues. Stay tuned for more information.

[Click here to find out about our Sport Clubs and how to join](#)



## The Forum up in lights

### Have you seen the new digital screens on display at The Forum?

As part of our commitment to providing high quality services and facilities, The Forum has installed new television screens to communicate with our members.

The screens promote our valued sponsors as well as inform our members about up-coming events, new timetables and classes.

So next time you're at the gym, make sure you check out the screens to see what's happening at The Forum!

[Click here for information about The Forum's facilities](#)

## Aqua Zumba

### The Forum has introduced a fun new class to the timetable – Aqua Zumba!

Following on from the Zumba dance craze, The Forum is taking Zumba to the pool with Aqua Zumba classes available every Friday morning.

Aqua Zumba is a fantastic workout for people who love to exercise in water, and combined with some upbeat, funky music, Aqua Zumba is like one big pool party!

Movements will be slower and adjusted to the water, but be assured it is just as intense and fun.

Aqua exercise is a great low-impact workout designed to improve your fitness, muscle flexibility and strength.

Classes run every Friday morning at 10am.

[Click here for more about fitness at The Forum](#)





## Tune in and listen to The Forum

**The Forum is hitting your radios, so it's time to tune in and listen!**

The Forum's trainers, Matthew Kolasinski and Katie McHugh, are used to using their voice in the gym but now their voices will be heard on our radios.

Matthew and Katie will be heard on the University of Newcastle's radio station, 2NURFM, giving listeners some helpful health and fitness tips.

Their segments will run for approximately one minute and give listeners expert advice on a range of health and fitness issues.

So make sure you tune in to 2NURFM for some helpful advice!

[Click here to find out what else is happening at The Forum](#)



## The Forum Swim Academy Successes

**Long time members of The Forum Swim Academy had a taste of success earlier this year at the Catholic Polding Championships held at Sydney Olympic Park.**

Long time members of The Forum Swim Academy had a taste of success earlier this year at the Catholic Polding Championships held at Sydney Olympic Park. Congratulations to our swimmers James Cameron and Tristan Brooker.

James won Gold medals in the 50 and 100m Freestyle and 50m Butterfly and 4th in the 50m Backstroke, 200M and the relay.

Tristan won a Bronze medal in the 200IM and placed 4th in the 100m Freestyle and 5th in the 50m Freestyle.

A well deserved result for the boys as they have put in the hard work at training.

## School swimming sensations

Congratulations to our swimmers Georgia Bendall and Jamie Mayan who won medals at their respective representative school meets.

Georgia won Bronze in the U14 freestyle relay at the Combined High Schools titles while Jamie won Silver in the 15yrs 50m backstroke at the State Christian Schools meet.

Jamie is also to be congratulated on his results at the Combined Independent Schools titles where he swam an Australian Age Championship qualifying time for the 15yrs 100m backstroke, and came fourth in 50m backstroke and seventh in the 50m Fly.

Other swimmers to do well recently are Danielle Ashman and Keelan Lovatt who represented at the Catholic High Schools State carnival.

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