Welcome to the first edition of Final Score Newsletter, the newsletter dedicated to Sporting matters at Sunway. This newsletter is produced by the Student Development and Sports team within the Student Services Department, it will be released every two months and will keep you up to date with the variety of sports and activities we have here at Sunway.

In this issue we want to introduce who we are and what Sports at Sunway looks like, to take a look back on some of the success stories of 2011 and to look at what’s coming up in 2012.

If you want to include any stories, announcements or notices in this newsletter please email sdevsports@sunway.edu.my. Happy Reading.

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SSD’s Student Development and Sports team has two new staff:

**Mr Mark Dawson**

Have you heard of Walsall? Probably not. Have you heard of Birmingham? Again probably not! Have you heard of London…ah good, well Mark comes from a place two hours away from London in the UK.

Why is he in Malaysia? Maybe it’s to escape the cold weather, maybe it’s because he is addicted to durian; we’re not sure.

We do know he’s the Sports Advisor in SSD, he studied Sports Psychology and he loves American Football and Soccer. He plays other racquet sports, but rumour has it that he’s terrified of taking on any Malaysians at Table Tennis and Badminton!

Email: markd@sunway.edu.my  Ext: 8066

**Miss Su Zzen**

Su Zzen’s definitely not your typical girl-next-door. All she talks about is sports and her life revolves around the world’s most beautiful game, football!

Besides that, she’s also into badminton and volleyball. She doesn’t like to talk much about herself; therefore all we know is that she’s a Sport Science graduate and is currently the Sports Executive of the SSD. However, there is one thing that she would like everyone to know: she’s NOT and NEVER has been a gymnast!!

Email: suzzenc@sunway.edu.my  Ext: 3663
Here at Sunway we have a wide range of Sports activities and clubs that cater to a number of different interests. We are also looking to add more sports throughout this year. Some of the clubs we have here currently are:

- Badminton
- Basketball
- Chek Quen Do
- Chess
- Cricket
- Dance
- Dodgeball
- Flag Football
- Football
- Frisbee
- Futsal
- Jujitsu
- Netball
- Swimming
- Table Tennis
- Taekwondo
- Tennis
- Volleyball
- Yoga

If you are interested in joining a club then you can:

- Contact the club advisor which you can find on the back page of your student handbook
- Pop into the Student Services Department and speak to Su Zzen or Mark
- Sign-up for the club on the Sports Taster Day on Thursday February 16th (see page 8 for more details)
The supremely talented Sunway Cricket Club has been recognised for their successful 2011 by being handpicked by management of the Malaysian Cricket Association to take part in a series of 5 matches against the Malaysian National Cricket Team, who are ranked 34th in the world.

The first two matches took place at the end of 2011 and Sunway students, hailing from countries such as Bangladesh, Sri Lanka, Pakistan and India; got the chance to go up against the best players that Malaysia has to offer. Despite missing several key players due to examinations and semester breaks, Sunway gave a good account of themselves in both matches but ultimately they came up short on both occasions.

Sunway will again take on Malaysia in the near future. We will be sure to keep you updated on how they get on in our next issue.

"The experience playing against the Malaysian National Team was amazing. We tried our best to play decent cricket against them and put up a good fight. We hope to improve once the full squad returns. I think we will make a positive comeback in the upcoming matches."

Team Captain and ADTP student, Ziaul Alam Rony
2011 was a year to remember for Jacqueline Jenelee Sijore. From being virtually unknown to becoming the nation’s newest bowling star, the 19-year-old Sunway student defied all odds to overcome a host of professionals to win the Singles Gold Medal at the Women's World Bowling Championships in Hong Kong last September. Following this success, Jacqueline went on to partner Zandra Aziela Ibrahim Hakimi to win the doubles title at the SEA Games held in Indonesia last November. Jacqueline also won a Bronze in the women’s team bowling event for Malaysia.

Recently, we had a chance to catch up with the former CIMP, and current ADTP student for a quick chat about her recent successes.

**SDS: Being the current World Champion, what were your expectations going into the SEA Games?**

Jacqueline: Well, being the World Champion is definitely a dream come true for me. But then again, that would be the past and it’s only the beginning of my journey towards more success in my sport. I’ve always reminded myself that I need to be more hungry for success as this is not the end.

**SDS: So, what was the Indonesia SEA Games experience like?**

Jacqueline: The SEA Games was definitely a great experience as I was there as a debutant. It felt good to actually once again deliver the gold medal for Malaysia.

**SDS: What qualities did you need to overcome the crowd noise during your competition?**

Jacqueline: During the competition, I focused on what I needed to do and pictured myself alone on the lanes. Slowly I got used to the crowd noise and it became something I was immune to, thus I had nothing to fear!

**SDS: Finally, what are your plans for the future?**

Jacqueline: My plans for the future are to be successful in both my studies and sports. As for now, I'll be going back to Sunway to resume my studies and continue training to participate in a few more bowling tournaments in 2012.
Sunway students may have noticed that our Sports field, Basketball court and Volleyball court is now a building site in preparation for the new Sunway University building. But fear not, even if we are waiting for on-site facilities to be rebuilt, we can still find new homes for all our Sports Clubs and Teams. The table below features a number of venues that are either within Sunway, or a short distance away from the Campus.

And for those who believe that success cannot be achieved unless there are great facilities, remember that Wayne Rooney perfected his football skills by playing on tarmacked streets and Roger Federer practiced tennis against the garage door of his family home.

If you want to achieve success, determination is more important than facilities.

<table>
<thead>
<tr>
<th>CLUB</th>
<th>TRAINING VENUE OPTION</th>
<th>COST OF VENUE</th>
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<tbody>
<tr>
<td>Badminton</td>
<td>3K Complex, Subang Jaya</td>
<td>RM24 – RM28 (2 hours)</td>
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<td></td>
<td>Suria Sports B’ton Centre (USJ 1)</td>
<td>RM8 / hour</td>
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<td></td>
<td>Sunway Multipurpose Hall</td>
<td>FOC (Available through B’ton Club)</td>
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<tr>
<td></td>
<td>Sun-U Apartment</td>
<td>FOC (Only available to residents)</td>
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<tr>
<td>Basketball</td>
<td>USJ 1, Jalan Subang Permai</td>
<td>FOC</td>
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<td></td>
<td>USJ 14, Goodyear Court 9</td>
<td>FOC</td>
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<tr>
<td></td>
<td>Hoops Arena, Summit USJ</td>
<td>RM80 – RM120 (2 hours on weekdays)</td>
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<tr>
<td>Bowling</td>
<td>Sunway Pyramid</td>
<td>RM3.30 per game</td>
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<td>Dance</td>
<td>Power Studio</td>
<td>FOC</td>
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<tr>
<td>Foosball</td>
<td>Student Centre</td>
<td>RM0.50 x 4 Games (+ Deposit)</td>
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<tr>
<td>Football</td>
<td>3K Complex, Subang Jaya</td>
<td>TBC</td>
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<td></td>
<td>USJ 1, Jalan Subang Permai</td>
<td>FOC</td>
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<td>Futsal</td>
<td>USJ 1, Jalan Subang Permai</td>
<td>FOC</td>
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<td></td>
<td>Sports Planet Subang</td>
<td>RM60 – RM120 p/h (on weekdays)</td>
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<tr>
<td>Jujitsu</td>
<td>Power Studio</td>
<td>FOC</td>
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<tr>
<td>Netball</td>
<td>Multipurpose Hall</td>
<td>FOC (Available through Netball Club)</td>
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<tr>
<td>Squash</td>
<td>Sun-U Residence</td>
<td>FOC (Available to residents)</td>
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<td></td>
<td>3K Complex, Subang Jaya</td>
<td>RM10 – RM12 p/h (on weekdays)</td>
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<tr>
<td>Swimming</td>
<td>Sun-U Residence</td>
<td>RM6 Per Month (+ RM10 Membership)</td>
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<tr>
<td>Table Tennis</td>
<td>Student Centre</td>
<td>FOC (+ Deposit)</td>
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<tr>
<td>Taekwondo</td>
<td>L2 Balcony</td>
<td>FOC</td>
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<tr>
<td>Tennis</td>
<td>Sunway Lagoon Club</td>
<td>RM25 p/h (Available through Tennis Club)</td>
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<td></td>
<td>3K Complex, Subang Jaya</td>
<td>RM10 – RM15 p/h</td>
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<td>Volleyball</td>
<td>USJ 1, Jalan Subang Permai</td>
<td>FOC</td>
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<td>USJ 14, Goodyear Court 9</td>
<td>FOC</td>
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<td>Yoga</td>
<td>EB2-2</td>
<td>FOC</td>
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Come and join us on Thursday 16th February 2012 when we hold the Sports Taster Day in the Energy Hub and Student Centre.

This gives any students interested in Sports the chance to come along and speak to any teams and clubs that you are interested in, and also to sign up for these clubs. There will also be demonstration sessions and performances by various Sports Clubs and external organisations, as well as a number of mini-games for people to take part in.

The day will end with the first Sunway Sports Forum where we welcome Mr. Yew Leong Wan from Runners Malaysia for the “Running-Let’s Walk the Talk” forum, from 4pm to 5pm in the Student Centre (Registration is required for the Forum).

Be sure not to miss out on this exciting event.
“Achieving your dream is not going to be easy”

Synchronised swimmer, 5-time SEA Games Gold medalist and CIMP student Katrina Ann Abdul Hadi talks to us about; wooing, learning mandarin, 8 hours of training per day and much more

SDS: How did you prepare for the SEA Games?
Katrina: I started preparing a year in advance, with choreographing new routines and having strength, aerobic and endurance training on land and in water as well as dance/ballet lessons twice a week. We also had training camps through the year, which lasted 4-6 weeks each time where the team trains 8 hours a day.

SDS: How did you overcome the pressure from the home crowd?
Katrina: There was a large crowd cheering for the home team even during the practice sessions 2-3 days before the event. I have never competed in such a packed stadium, people were even on the roof of the building! It was quite shocking when every time we stepped out to the pool, the crowd would start booing but I just twisted it around and imagined that the booing was actually wooing and then it sounded like they were cheering for us.

SDS: We heard your coach only communicates in Mandarin. Tell us about your Mandarin learning experience
Katrina: My coach communicates mostly in Mandarin. I’ve been in the National team since I was thirteen and over the years I picked up more of the language by listening to my coach, teammates and friends. It also helped that we had training camps in China. Thankfully my coach doesn’t laugh at me when I get the pronunciation wrong!

SDS: How does it feel like to win all the synchronised swimming gold medals at stake at the SEA Games?
Katrina: Extremely satisfying! We worked really hard and put in a lot of time and effort. Training a team with varying ages and different personalities and styles takes a lot of co-operation, hard work and determination but it’s worth it in the end when you are standing on the podium listening to your national song.

SDS: Do you have any advice for those who have a dream which they would like to achieve?
Katrina: Be prepared for anything and everything, expect that achieving your dream is not going to be easy, if it was easy it wouldn’t be your dream!
What's coming up...

**SUNWAY FUTSAL CLUB**

When: Begins Monday 13th February  
Time: 5.00—6.30pm  
Location: Sports Planet Subang Grand  
Cost: RM5 Per Week (Must sign-up)

What is it: A friendly weekly game open to all Sunway Students, gives those who are interested in playing Futsal a chance to show their skills. Games will be 5 vs. 5 with rest periods in between.

**5-A-SIDE FUTSAL TOURNAMENT**

When: Saturday 25th February  
Time: 9.00–6.00pm  
Location: Multi-Purpose Hall  
Cost: TBC

What is it: The first tournament of the year to discover the Lee Chong Wei and Wang Yihan of the Sunway Campus.

**BADMINTON TOURNAMENT**

When: Saturday 10th March  
Time: 9.00am—2.30pm  
Location: Sports Planet Subang Grand  
Cost: RM100 Per Team

16 Teams...1 Winner. Do you and your friends have what it takes to be named the best Futsal team in Sunway?

★★ Please note that all activities are subject to change. Keep checking the Vine for more info ★★