Picking the right subjects at school and achieving the necessary marks to get into university isn’t easy, but with the assistance of Sydney Uni Sport & Fitness (SUSF) Education Programs, Year 10 students from Sarah Redfern High School were given the opportunity to engage with representatives from the sporting industry and in particular, people who have experienced this pathway to success.

After a session of rock climbing, where students were able to physically experience the biomechanics behind the exercise, they were then able to learn a little about their sporting guests’ background and how they got to where they are today.

Sydney University Football Club’s (SUFC) Jack Farrer was first up, and he spoke about his role as Rugby Union Colts Co-ordinator. Students were able to hear about some of Jack’s roles and responsibilities while also discovering the path that he took to reach this point in his career.

For student athletes, juggling sport and study commitments is a difficult balance, so students were educated about SUSF’s Elite Athlete Program (EAP), which plays a significant role in assisting scholarship athletes who are studying at The University of Sydney.

The most exciting part of the session for the students was hearing from SUFC and Australian Rugby Sevens athletes Michael Hodge and Trent Dyer, who are fourth year students studying Human Movement and Health Education degrees at the University. The students listened as Michael and Trent discussed their leap from high school to university, as well as how to achieve a healthy balance between sport and study.

The day ended with Dr Wayne Cotton, Sydney University Course Co-ordinator for the Human Movement Health Education (HMHE) program, who informed students about what they can expect while studying at university, how it is different from high school and the most relevant subjects to choose at high school should they wish to enter the HMHE program.

The Education Program was beneficial for the Sarah Redfern High School students, who had a great university experience and took away a wealth of information that will help them choose the best subjects to achieve their future career goals.

When we were little most of us wanted to be firemen, nurses, or represent our country when we grew up. If we were lucky, when we were in high school we got the opportunity to test the waters and see exactly what it was all about.