



# UNIVERSITY NATIONALS 2025 PARTICIPANT TRAINING





# AGENDA

- University Team Managers
- 2025 Nationals by numbers
- Team Captains
- Representing La Trobe
- Incident Management
- Alcohol
- Your Responsibilities & Consequences
- Responding to disclosures of sexual harm
- Brand
- Break
- Leadership
- Team Culture
- Operations & Logistics
- Key Dates



# UNIVERSITY TEAM MANAGERS

Let's introduce you to the team!



**Hayden Atherton**

Representative Sport Officer

- Taekwondo
- Fencing
- Soccer Men & Women's

**Emily Harbrow**

Senior Coordinator,  
Representative and High  
Performance Sport

- Basketball Men & Women's
- Cycling



**Megan Harper**

High Performance Sport Officer

- Netball Mixed & Women's

**Andrew Pettigrove**

Snr Coord Sport Partnership and  
Engagement

- AFL Nines
- Volleyball Men & Women's



**Luka Davies**

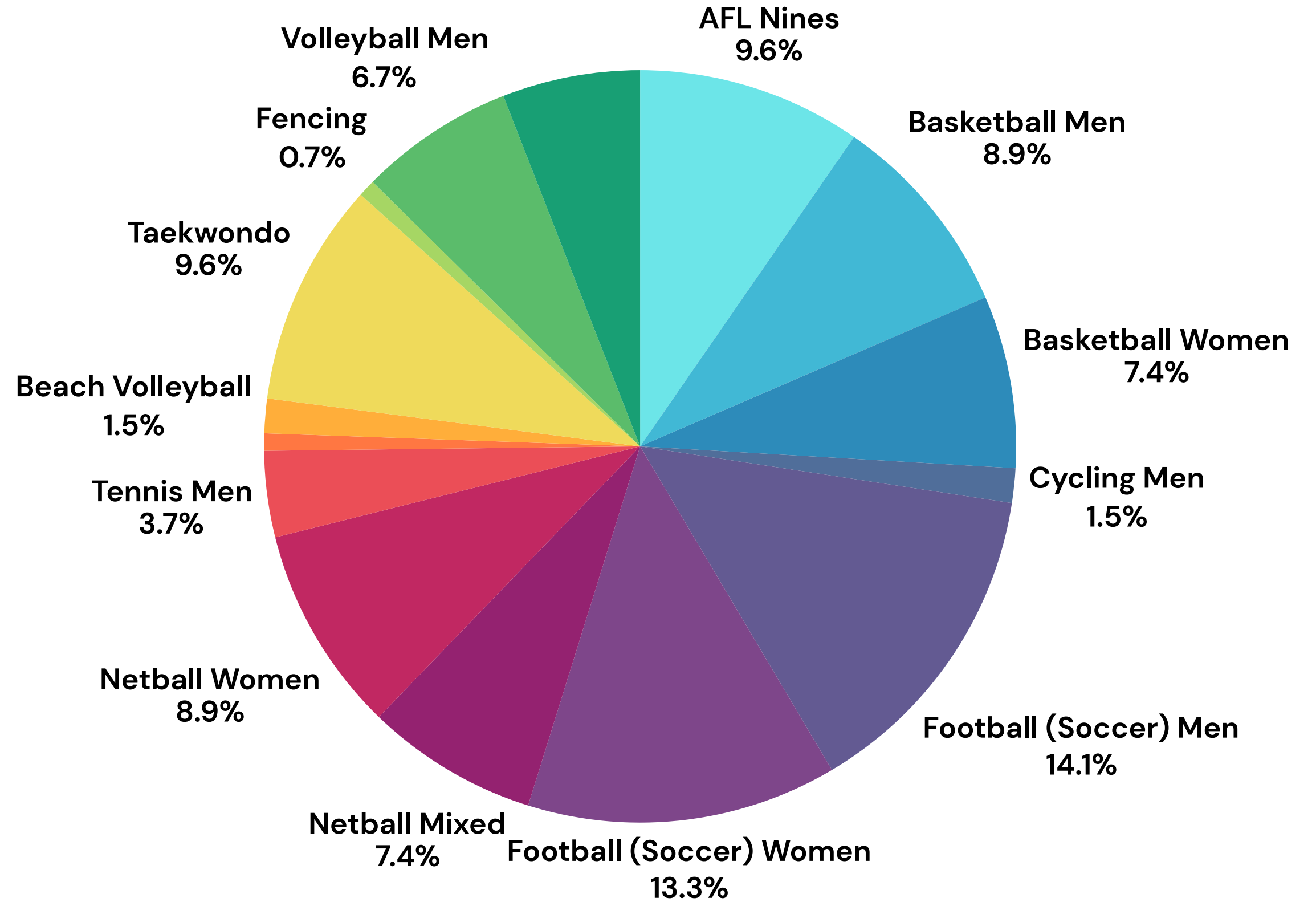
Customer Experience Supervisor (Digital Marketing)

- Tennis
- Golf
- Beach Volleyball

# 2025 NATIONALS BY THE NUMBERS

## 15 TEAMS

In total we will have 138 student athletes, seven coaches, and five staff



# TEAM CAPTAINS



**Zoe Bell**

- Masters of Secondary Teaching
- Women's Netball Team Manager
- 2024 Nationals



**Samuel Holland**

- Masters of Strength and Conditioning
- Men's Basketball Team Manager
- 2022, 2023, & 2024 Nationals

**REPRESENTING LA TROBE UNIVERSITY**



**FROM THE TIME YOU LEAVE HOME UNTIL THE  
TIME YOU RETURN**

[latrobe.edu.au/sport](https://latrobe.edu.au/sport)



# INCIDENT MANAGEMENT

## WHAT DO I DO IF I GET INTO TROUBLE?

### What is an incident?

- Injury during competition
- Incident at accommodation
- Incident on a night out

### How to report an incident

- Emergency = Dial 000 or request first aid
- Contact UTM
- UTM will enact Incident Management Protocols
- Notify UniSport staff on site
- Remain at incident and follow directions of UTM, UniSport staff and emergency services
- Record Incident

# CONTACTS & SUPPORT

## WE'RE HERE TO HELP OUT!

### Who to contact?

- University Team Manager
- Team Manager
- Team Captains
- UniSport

### Safer Community

- During business hours – 03 9479 8988 or [safercommunity@latrobe.edu.au](mailto:safercommunity@latrobe.edu.au)
- LTU Crisis Line after Hours – 1300 146 307 OR Text 0488 884 100

### Emergency Services

- 000

# ALCOHOL

**While we want you to have fun you must do so in a responsible way that does not impact your sporting contributions**

- Your BAC can rise for up to an hour after drinking
- On average it takes 1 hour for 0.01 BAC to be removed from blood
- A 0.09 reading at 1am would put you at 0.00 at 10am

## Breathalysers

- LTS to conduct random breath testing
- 0.00 = clear to play
- 0.00 – 0.03 = discussion between student and staff.
  - If after 15 mins  $> 0.00$  not permitted to compete first game or until 0.00
- $> 0.03$  not permitted to compete that day and further repercussions



# YOUR RESPONSIBILITIES

## Do's and Don'ts at University Nationals

- DO perform at the best of your ability
- DO represent LTU in professional manner
- DO Exhibit appropriate behaviour
- DO report unacceptable behaviour
- DON'T Engage in unacceptable behaviour
- DON'T wear your uniform on a night out



# AGREEMENTS, LAWS & POLICY

## This is what you have signed up for

- Charter of Student Rights & Responsibilities
- La Trobe University Statutes, Policies and Procedures
- Student Behaviour Policy
  - Responding to Violence
  - Anti-bullying and Harassment
  - Alcohol and Drugs
  - Sexual Harm Prevention
- La Trobe Sport Participation Agreement
- La Trobe Sport Code of Behaviour Policy
- UniSport Participation Agreement and Code of Behaviour
- Australian Law (Civil and Criminal)
- Illicit Drugs and Anti-doping Policies



# CONSEQUENCES

## What if you breach one of the agreements, laws, policies

### Imposed by LTS

- Non-participation in current Nationals or next
- Sent home at participants cost
- Reprimand, fines, penalties

### Imposed by law

- Criminal or civil prosecution
- Fines, penalties

### You/ victim

- Health and wellbeing
- Career
- Family/ friends



# RESPONDING TO DISCLOSURES OF SEXUAL HARM

Respectful Communities – Rose



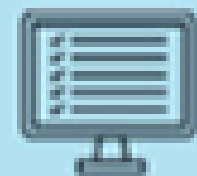
# WHY FOCUS ON SEXUAL HARM?

Imagine this...



# WHY FOCUS ON SEXUAL HARM?

## La Trobe University



959 students  
participated in the survey

NATIONAL  
STUDENT  
SAFETY  
SURVEY

### PREVALENCE IN A UNIVERSITY CONTEXT

#### Sexual harassment

**18.9%**

since starting university

**8.5%**

in the past 12 months

#### Experiences of sexual harassment in the past 12 months:

Female

9.5%

Male

5.4%\*

Differently-described gender

17.9%\*

#### Sexual assault

**4.7%**

since starting university

**1.0%\***

in the past 12 months

#### Experiences of sexual assault in the past 12 months:

Female

1.1%\*

Male\*\*

0%

Differently-described gender\*\*\*

0%

# RESPONDING TO DISCLOSURES OF SEXUAL HARM

A framework:

## The 3 R's

1. Recognise
2. Respond
3. Refer



# PART 1: RECOGNISE



# WHAT IS SEXUAL HARM?

**Sexual harm is any behaviour of a sexual nature that makes someone feel uncomfortable, apprehensive, frightened, intimidated or threatened.**

It is a sexual behaviour that someone has not agreed to, or to which the person is not capable of giving consent, where another person uses physical or emotional force against them.

(Adapted from CASA)

Including:

- Sexual harassment
- Sexual assault
- Sexual exploitation
- Sexual abuse

# PART 2: RESPOND



## **IN AN EMERGENCY OR IMMEDIATE DANGER**

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Staff should call 000 and then call security who can coordinate with emergency response personnel

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You may need to follow up with a referral to Safer Community.

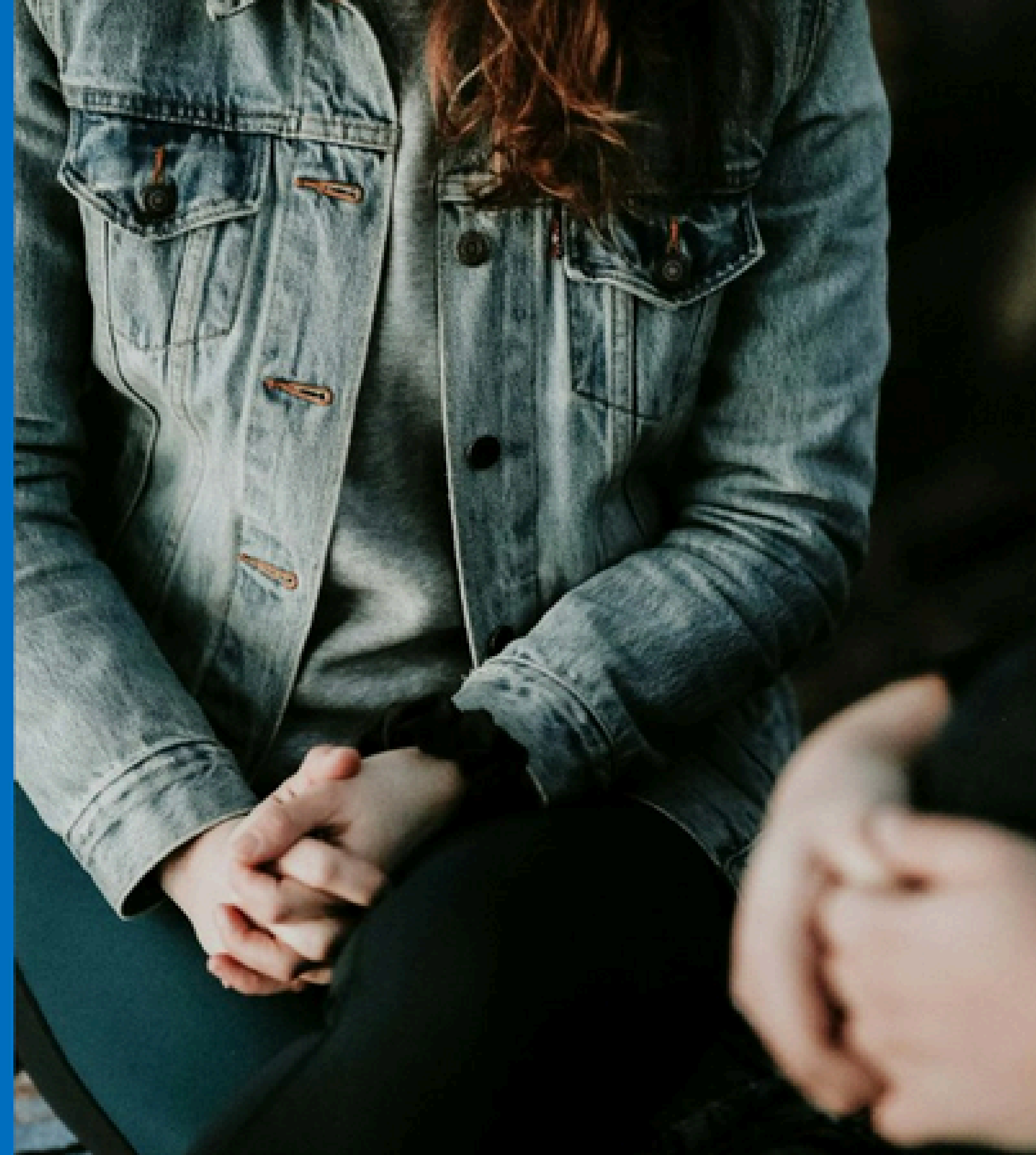
# RESPOND

**Someone tells you that they're experiencing sexual harm.  
What do you do?**

- Listen
- Believe
- Validate
- Get help

If you get a disclosure...take it seriously.

# PART 3: REFER



# EXTERNAL SUPPORT

- **Sexual Assault Crisis Line (VIC)** – 1800 806 292 (24 hours service)
- **1800 RESPECT** - 1800 737 732 (24 hours service)
- **ESafety Commissioner** – eSafety.gov.au
- **Northern Centre Against Sexual Assault (NCASA)** – 03 9496 2240
- **Orange Door** - <https://www.Orangedoor.Vic.Gov.Au/find-a-service-near-you>
- **DJIRRA** - <https://djirra.Org.Au/> (first nations)
- **Qlife** – 1800 184 527 (LGBTIQA+)
- **With Respect** - 1800 LGBTIQA+ (1800 542 847)
- **The Sunny App** - <https://www.1800respect.Org.Au/sunny/> (disability specific services)



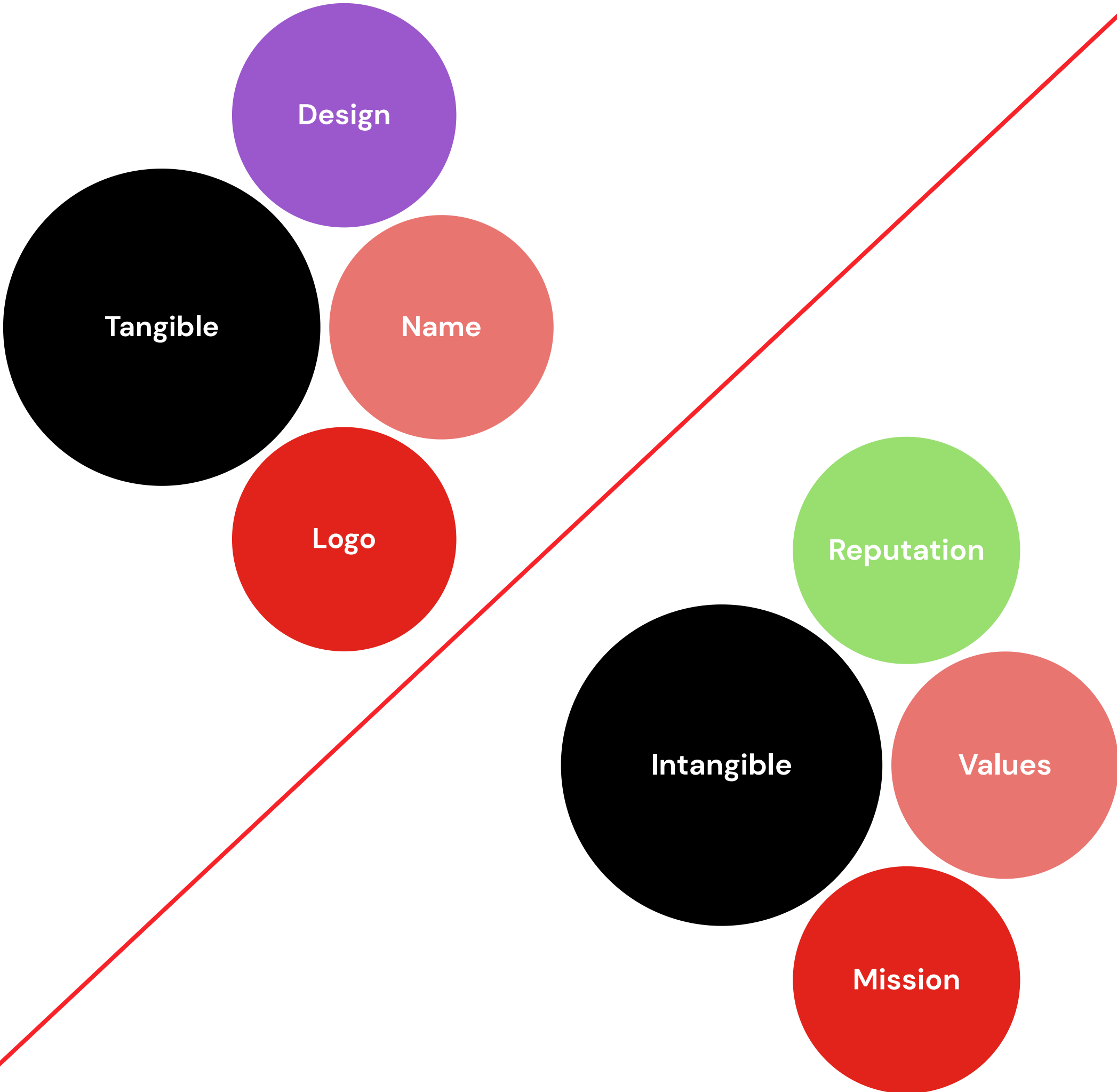
**BRAND**



# WHAT IS A BRAND

## Activity 1

Scan the below QR code to play a brand recognition game.



# TEAM LA TROBE

## OUR EAGLE SYMBOL

La Trobe University's logo and coat of arms feature the wedge-tailed eagle, Australia's biggest bird of prey.

The Wurundjeri People, traditional owners of Bundoora campus land, call this eagle the Bunjil – the creator and guide.

We embrace this concept as a symbol of direction and momentum.



**POSITIVE**



# **LA TROBE AND PERSONAL BRAND**

**NEGATIVE**



**POSITIVE**



# LA TROBE AND PERSONAL BRAND

**NEGATIVE**



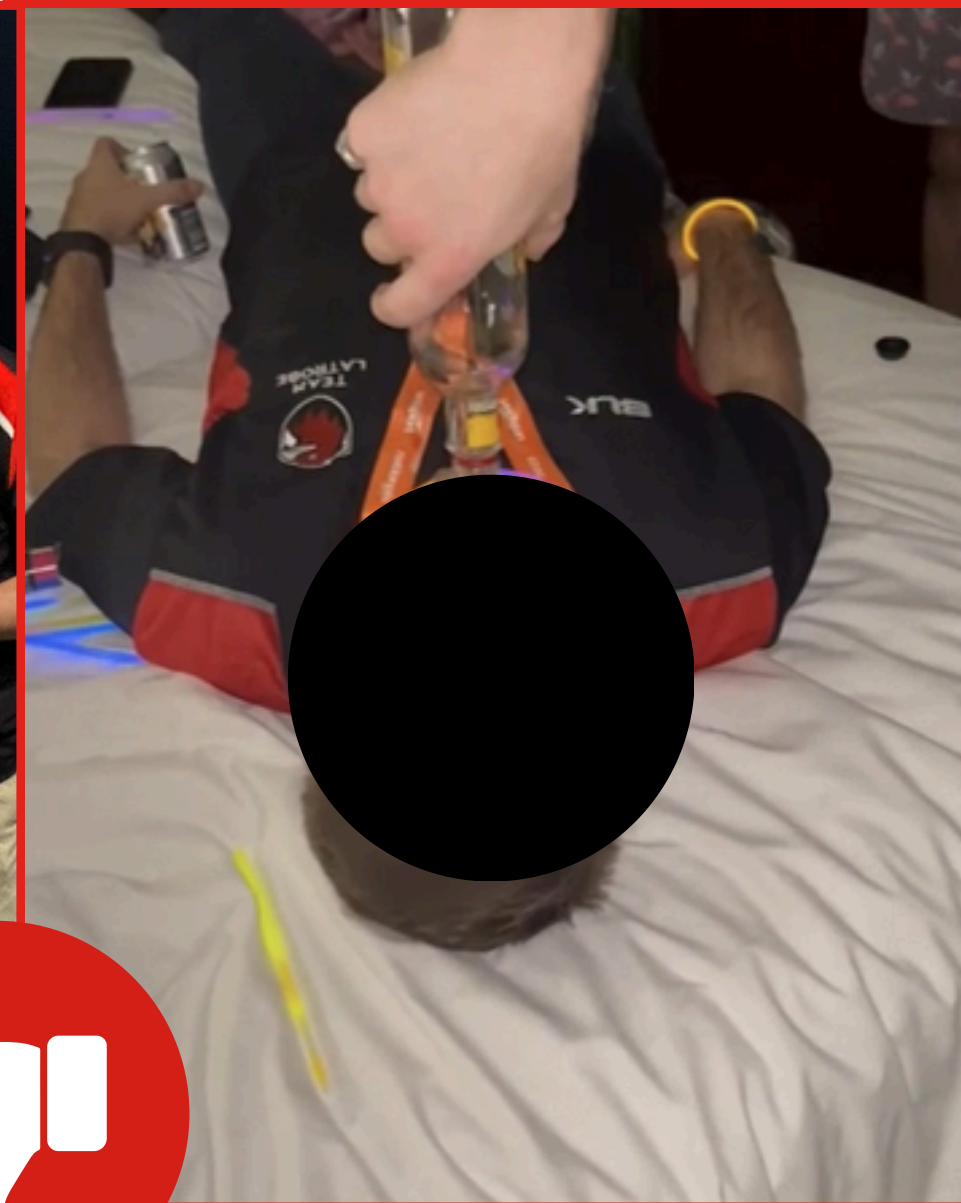
- Wear the La Trobe colours proudly!
- Be respectful and show sportsmanship.
- Support each other on and off the field.
- Share your experiences and successes on social media using university hashtags and handles.
- Cheer on your friends and other La Trobe students on the sidelines.
- Maintain a positive attitude, even in challenging situations.
- Showing up to trainings, team dinners and competition on time.

- Displaying poor sportsmanship towards opponents, officials, or teammates.
- Breaking competition rules or regulations.
- Participating in gossip, drama, or negative interactions that detract from the positive atmosphere of Uni Nationals.
- Posting inappropriate or offensive content on social media platforms.
- Wearing the La Trobe uniform while clubbing, littering, drinking in public etc.
- Leaving certain team members out of plans.
- Being disruptive to other user groups while at the accomodation.



# SOCIAL MEDIA





Drinking  
Drugs  
Swearing  
Clubbing  
Violence  
Sexual Content



Competition  
Highlights  
Group Pics  
Training  
Exploring  
Canberra





# TEAM GOALS

- Cheer on not just your own sport, but all Team La Trobe teams. Make the effort to watch games, show your colours, and celebrate the achievements of others.
- Compete hard while upholding sportsmanship. Respect teammates, opponents, coaches, and umpires, and always carry yourself in a way that reflects positively on Team La Trobe on and off the field.
- You don't need a title to be a leader. Set the tone through your actions, support others, and look out for your teammates – be someone others can rely on.
- Whether winning or losing, keep the same intensity, positivity, and encouragement. Lift your team's spirit and motivate others by staying engaged and enthusiastic all week long.
- Stay competitive in every moment, push yourself and your team, and strive to win.

**5 MIN**



**BREAK**

[latrobe.edu.au/sport](https://latrobe.edu.au/sport)



# LEADERSHIP

**WHEN PEOPLE THINK OF LEADERSHIP, THE FIRST THING IN MIND IS LOUD VOICE, CONFIDENCE, AND SPEAKING UP. LEADERSHIP CAN ACTUALLY TAKE MANY FORMS.**

**Who is the leader in your team?**

## Activity 3

Scan the below QR code and tell us who the leader in your team is



# TEAM CULTURE

## ABOVE AND BELOW THE LINE

Each action you take is either above or below the line, our goal is to ensure each action taken at University Nationals is above the line behaviour.

### ABOVE THE LINE (HIGH PERFORMING BEHAVIOURS)

Assisting an opposition player after they have injured themselves

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Not supporting other teams when the opportunity presents itself

### BELOW THE LINE (UNACCEPTABLE BEHAVIOUR)



# BUILDING PROFESSIONAL RELATIONSHIPS

## Pillars of building professional relationships

- What you put in is what you get out
- Communication & listening important
- Have interest in teammates
- Create boundaries
- Accept peoples differences
- Respect others space
- Set aside time to build/ form relationships
- Give feedback/ respond to feedback positively

### Activity 4

Scan the QR code and answer the two questions

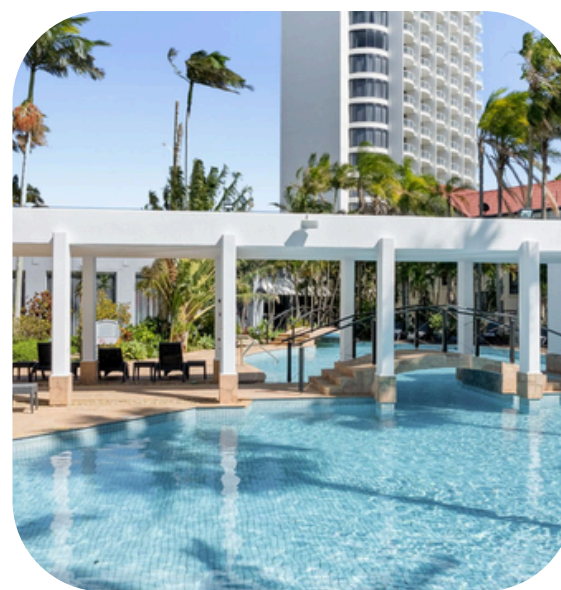




# OPERATIONS AND LOGISTICS



# ACCOMMODATION



## Crowne Plaza

• Address: 2807 Gold Coast Hwy, Surfers Paradise QLD 4217

Check In: Sunday 28 Sep, 3pm

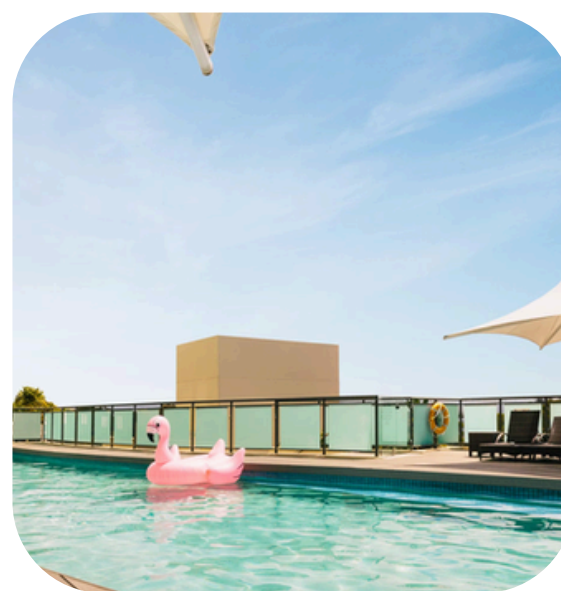
Check Out: Friday 3 Oct, 11am

Taekwondo & Fencing Fri 26<sup>th</sup> – Mon 29<sup>th</sup>.

### Teams

Emily, Hayden, Luka

Taekwondo, Fencing, AFL Nines, Basketball Men & Women, Football Women, Netball Mixed & Women, Tennis, Golf, Beach Volleyball



## Voco

• Address: 31 Hamilton Ave, Surfers Paradise QLD 4217

Check In: Sunday 28 Sep, 2pm

Check Out: Friday 3 Oct, 10am

### Teams

Megan, Andrew

Football Men, Cycling, Volleyball Men & Women

# TEAM DINNERS

Crowne Plaza



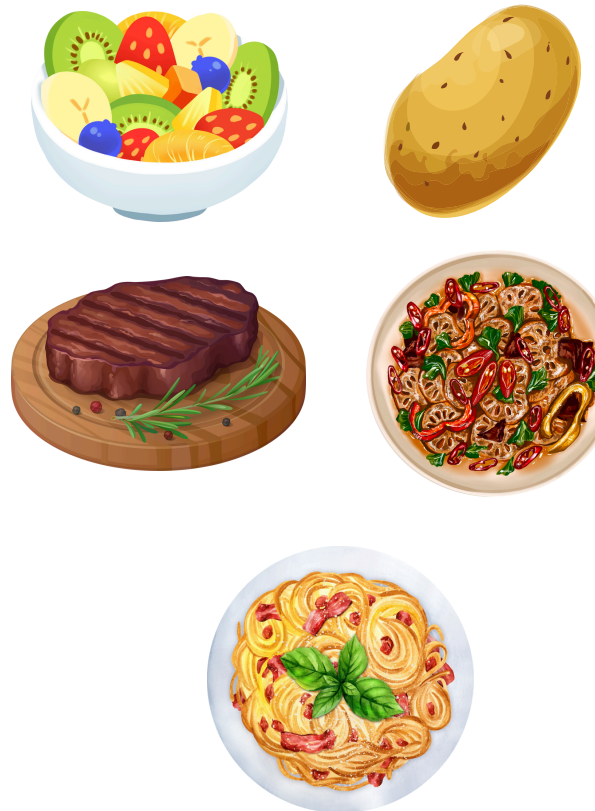
**Monday 29 Sep**

Crowne Plaza

Focaccia olive oil and sun-dried tomatoes  
Assorted bread roles with butters & oils

**Salads:**

Waldorf Salad with lemon mayonnaise dressing  
Mixed lettuce , cherry tomatoes, cucumber, Spanish onions,  
radish with green goddess dressing



**Hots:**

Twice cooked chat potatoes with Crowne special season  
Slowed cookpot roast Brazilian Beef Brisket With assorted  
mustard  
Malaysian chicken vegetable stir-fry  
Assorted medley seasonal vegetables

**Create your own pasta station:**

Pasta:

Penne pasta

Gluten Free pasta

Sauce:

Bolognese Sauce

Green Pesto Sauce

Neapolitan Basil Sauce

**Fruit platters**

# TEAM DINNERS

Miami Marketta



\$30 spend per student (\$10 x 3 vouchers)

Thursday 2 October

- ✓ AZUS JAPAN
- ✓ BIGOLI ITALIAN
- ✓ CHUNKZ BAKEHOUSE
- ✓ COASTAL CRAVE PIZZA
- ✓ COUSIN'S FIRE
- ✓ DOLMA'S TIBETAN MOMOS
- ✓ KA BAO
- ✓ MINI GREEK KITCHEN
- ✓ NICO BURGER
- ✓ SAMBA CATERING
- ✓ SPUDDY CO
- ✓ THE HUNGRY BELLY

# UNIFEST

Wednesday 1 October



Date: Wednesday 1 October 2025, 6–9pm  
Location: Broadwater Parklands, Gold Coast  
Entry: Free for all UniSport Nationals participants and volunteers

Need to register via UniSport/ Eventbrite

- DJ's
- Live entertainment
- Giveaways
- Activations
- Mascot Race

+ Red Bull main sponsor

# SPORT LOCATION & TRAVEL

## Sporting Locations

- Sports spread over GC
- Factor in other sports when not competing
- Travel up to each team/ individual
- PT is cheap – check up prior

## Flights

Please upload travel details by Sep 8

- [Visit Nationals Revolutionise page and click 'login' at top of page](#)

→ Log in

- Click account

Account

- Click profile

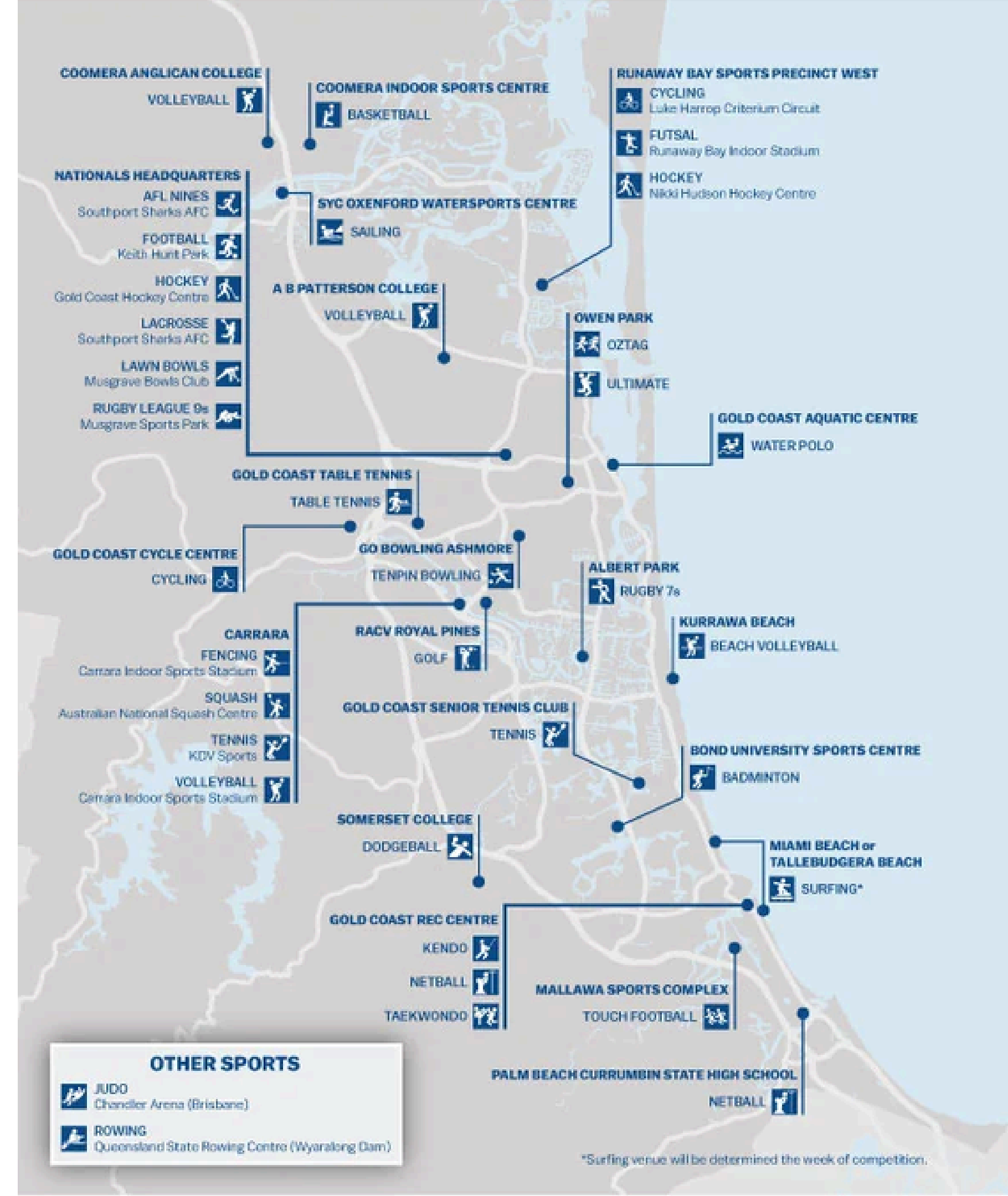
Profile

- Scroll to bottom and update travel details

Travel

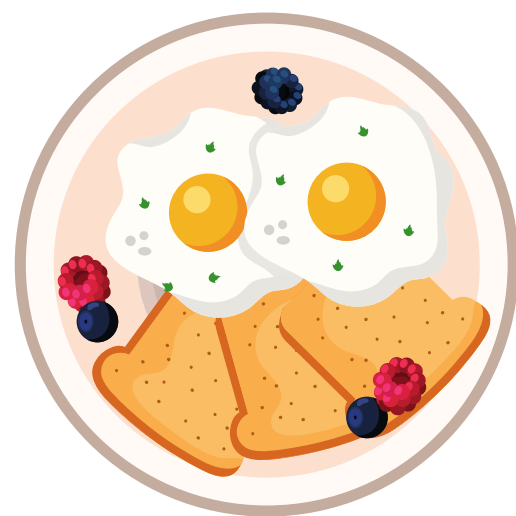
Mode of Transport to Canberra return

Please select...



# ITINERARY OVERVIEW

	Date	Time	About
Check In	Sunday 28th September	2pm Voco/ 3pm Crowne	Check in from now – if you arrive early you can drop bags off at reception
Every Night	Sunday 28 Sep – Thu 3 Oct	10pm	Quiet time at accommodation – either stay in or go out
Team Dinner 1	Monday 29th September	7:30pm	Crowne Plaza
Team Dinner 2	Thursday 2 <sup>nd</sup> October	7:30pm	Miami Marketta
Check Out	Friday 3 <sup>rd</sup> October	10am Voco/ 11am Crowne	Leave bags at reception if required



**Breakfast  
Daily**



**Sport  
Competition  
to start from  
8am**



**All other dinners  
up to  
individual/team**



# UPCOMING KEY EVENTS & DATES



# PAYMENTS/ REGO



## La Trobe Sport

- Everyone should be registered, paid at least 3<sup>rd</sup> installment
- 4<sup>th</sup> installment due Sep 12

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## UniSport

- Everyone should be registered, if for whatever reason you have not please register ASAP
- 
- Anyone that has fallen behind on payments/ not registered to UniSport may be removed from the team.



# RUN LA TROBE 2025

+ UBL



## Details

When: Thursday 4 September

Where: La Trobe Sports Stadium

Course options: 5km walk, 5km run, 10km run

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## Incentive

First 20 to register and participate to receive \$20 more to spend at Miami Marketta.

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## University Basketball League

- When: Thursday 4 September
- Where: La Trobe Sports Stadium
- Women's: 11:30am, Men's 1:30pm



# UNIFORM PICK UP



## Details

When: Thursday 11 September, 1:30pm – 5pm

Where: Clubhouse, Agora

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## Pick up options

- Pick up individually
  - Nominate team member
  - Nominate someone on behalf of whole team
- 



# MEDIA DAY



## Details

When: Wednesday 17 Sep, 9am – 2pm

Where: La Trobe Sports Stadium & EDU2

Required: 2–3 per team





**THANK YOU**

[latrobe.edu.au/sport](http://latrobe.edu.au/sport)