O-Week Day 2: Sports Festival transcript.

Hi, my name’s India and I’m a connect mentor at La Trobe University. Today is the sports festival! If you love sports, or just want to keep active, the sports festival is a great opportunity to see what sports are available at La Trobe.

So we’re the La Trobe University baseball club, it’s a really cool team environment, we’re really friendly, you get to learn a cool new sport, you get to get fit and healthy.

This is the La Trobe University dance sports club and we’re the cheerleaders. Students get three main advantages from being in our sports club, fun, fitness and friendship.

Cameron and I run a Brazilian jiu-jitsu club, we focus on groundwork, submissions and holds. This is Jonas, he runs a judo club, which focuses on takedowns and throws. Both judo and Brazilian jiu-jitsu give you a good sense of fitness, a good sense of leverage and body mechanics, you learn more about yourself and some self-defense aspects.

Anyone’s more than welcome to come down; both systems cater to people’s body types and anyone’s welcome.

 The sports festival at La Trobe is just a way of getting the first years to meet our 24 sports clubs. To get involved in the sports center, and see all of the wonderful opportunities that exist for sport on campus.

The students that come here are very keen to get involved in sports activities, to meet new people, to make friends, and this is just a great way to showcase that all on one day and to make sure when people get to first week, they’re aware of what’s here and the many opportunities that are available to them.

I hope you enjoyed the sports festival, see you tonight at Oh! Fest!