



Old Newingtonians' Union
Established 1895

Old Newingtonians' Union Inc.

THE ALUMNI ASSOCIATION OF NEWINGTON COLLEGE ~ ESTABLISHED 1895

ONU CENTENNIAL TRUST – 2020 Awardee

MATTHEW ANTHIS (ON 2010)

Matthew commenced at Newington College in Year 7 and completed his HSC studies in 2010. Whilst at the College he was involved in a range of co-curricular activities including sporting, music and service to both the school and community, which ultimately led to the reward of Honour Colours.

Matthew is currently the Head Physiotherapist at Newington College after being involved with medical services to the school since 2013, working with the School 1st and 2nd XV in various capacities, as well as treating and managing injuries across all sports.

Matthew is the Director of The Rowing Physio, his own practice, focused on treating rowers.

He also previously worked with the Sydney Roosters Junior Representative teams and their First Grade feeder team at the time, the Wyong Roos, as well as the Balmain Tigers.

Matthew is currently completing his Masters in Sports Medicine at the University of Melbourne, where he will achieve the title of 'Sports and Exercise Physiotherapist', allowing him to work with athletes at the Olympic Games.

His current project involves a domestic injury prevention program for basketball players of all levels, which he hopes he can deliver internationally once travel begins again.

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