

Hertfordshire Sports Village Newsletter – Spring 2009



Welcome to the Spring 2009 edition of our newsletter, providing you with an insight into the highlights of the past year. The University of Hertfordshire offers a wide range of sporting opportunities for students, staff and members of the local community of all abilities from casual participant to world-class performer. These opportunities are a combination of our coaching set up, support networks and state-of-the-art £15 million Sports Village that plays host to the majority of the sports teams and activities at the University of Hertfordshire. Full details of all items covered in this newsletter, plus other news, can be found on our website at www.hertssportsvillage.co.uk.

London 2012 CEO visits Herts

Through the London 2012 Nations and Regions programme Paul Deighton, Chief Executive of the London Organising Committee of the Olympic and Paralympic Games (LOCOG) came to Hertfordshire to see how we are preparing for the London 2012 Games.



Nick Brooking, Director of Sport, Paul Deighton and Professor Tim Wilson, Vice Chancellor

In a whistle stop tour of Hertfordshire, (on Wednesday 11 February) Paul found out first hand how our communities are getting involved with the 2012 Games.

The tour began at Herts Young Mariner’s Base in Cheshunt where children canoed and sailed. It’s an excellent facility that provides all sorts of outdoor activities.

Paul then met local stakeholders for the White Water Canoe Centre in Broxbourne before visiting the site of the Games venue for Canoeing and Kayaking on his way to the next stop - Hertfordshire Sports Village.

Here Paul viewed the sports facilities and saw some of Hertfordshire’s young elite athletes taking part in strength and conditioning training.

Hertfordshire Sports Village is one of the county’s 17 Pre-Games Training Camps where Olympic and Paralympic teams from around the world could potentially train in the lead up to the 2012 Games.

Paul Deighton Chief Executive of LOCOG said: “Hertfordshire is not only embracing all that the London 2012 Games has on offer but is actively taking up the opportunities. What is clear from my visit today is that the county is beginning to secure its legacy in sport, culture, tourism, business and education.”

UH students swim to 4th place in long course swimming championships

University of Hertfordshire swimmers secured 4th place behind Loughborough, Bath and Stirling in the British University and Colleges Sport long course swimming championships in Sheffield on the weekend of 14 and 15 February 2009.

Sports scholar Guy Sherwin was the star turn picking up silver in both the 50m and 100m Freestyle. There were also medals for John Sargent in the 200m Backstroke (silver) and Charlotte Slater in the 200m Butterfly (bronze) as well as strong performances by scholars Lawrence Lowman, Sean Leahy, Craig Bull, Jon Pook and Nicci Richards. In addition to the individual success the men’s 400m medley relay team finished just outside of the medals in 4th place.

John Sargent and Guy Sherwin also produced some excellent performances in the British Universities and Colleges Sports Short Course swimming championships in Sheffield earlier in the academic year. John took silver in the 200m backstroke and backed this up with fourth places in the 50m and 100m backstroke, whilst Guy again won silver in both the 50m and 100m freestyle.

These results were an excellent achievement and is a reflection of the continued progress under Head Coach Nick Juba.

12 days of Christmas gym challenge

Members of Hertfordshire Sports Village could stop worrying about piling on the pounds over the festive period when they took part in the 12 Days of Christmas fitness challenge.

Appearing behind every window on a Christmas calendar displayed in the gym were details of a daily exercise such as a calorie-burning run on the treadmill or a target number of press ups to achieve in a single workout. Members had to participate in up to two challenges on any 12 days during Advent from December 1 to the 21st.

The names of all members who completed the 12-day challenge by the end of Sunday December 21st went into a prize draw for a festive hamper worth £100 with the lucky winner being Laura Mudge.

Football team is simply the best!

University women's football team is one of the best in the UK

Women's football at the University of Hertfordshire is top class following a new partnership with Arsenal Ladies football club.

For the first time the players beat off tough competition from some of the best sporting universities in the UK, including the University of Wales Institute Cardiff, to win the British Universities and Colleges Sport (BUCS) national southern premier division.

The partnership with Arsenal which began this academic year, allows young women who are in the club's academy to continue their training at the same time as they pursue their higher education at the university in Hatfield.



The team coach and full-time member of the Arsenal Ladies training team John Bayer said: "This year has been an outstanding season for the university, the commitment and performance from the players has been at times exceptional and we are all delighted with both the championship success and how well the partnership is developing in what we see as a long-term relationship."

But it is not only the women who are celebrating this season as the men's team won the BUCS division one title which means they are back in the premier league next year.

The final football success this season went to the university's Futsal team – the first time that Hertfordshire has entered a team in this sport – which has qualified for the BUCS national finals in Sheffield next month.

Head of university sports development Bryn Clark said: "The university is extremely delighted with the success of all elements of its football programme and would like to take this opportunity to thank all the players and staff, particularly Laird Budge, Dave Taylor, John Bayer and Angela Murphy for their hard work, knowledge and expertise in what has been a very successful and significant achievement in the development of the university's sporting programme."

Children learned Futsal this half term and had the chance to become the next Robinho or Ronaldinho

Young footballers who dream of becoming the next Robinho or Ronaldinho had the chance to try out Futsal – the same football game which put the stars on the path to a professional career. Futsal, which relies on a smaller and heavier ball than the traditional football, has been used by for decades by coaches in South America who have produced some of the world's leading players.

This half-term holiday Futsal-trained coaches ran a one-day course on Thursday February 19th for 10 to 12 year olds keen to improve

their football skills. The event was one of a number of different sports courses on offer to school children during the school holiday from Monday 16 February to Friday 20th February.

For the first time Arsenal Ladies football team ran a free 90-minute "mini kickers" session for five to eight year old girls curious about the game. The club was also behind a two-day football camp which included coaching by the team's top female international players, aimed at older girls aged eight to 14.

Boys were catered for with a one-day football camp for eight to 12 year olds, ran in conjunction with Norwich City football club and a goalkeeping skills course for boys aged between eight and 12 who are already playing competitive junior football.

Success for UH in badminton, netball and rowing

UH students continue to shine in badminton, netball and rowing. Led by sports scholars Miriam Beales and Caroline Felton our women's badminton 1st team won against the University of Strathclyde in the BUCS Cup, confirming their place in the quarter finals. They also sit at the top of the South Eastern Conference.

In netball our 1st team beat Kingston University 40-18 and remain undefeated, cementing their place at the top of the South Eastern Conference.

In rowing, sports scholar Dave Bell attended trials for the GB rowing team and was the fastest U23 qualifier and fastest student sculler, securing his place in the final trials for a main GB squad.

American football players selected to play in most valuable player game!

Eight University of Hertfordshire American football players have been selected to compete in the Most Valuable Player (MVP) Game.

The MVP Game is a part of the British University American Football League (BUAFL's), popularly known as the 'All Star Game' and is the annual end of season fixture.

Those selected represent some of the finest athletes in student American football. All of the players attended trials where they have competed for their roster spot against 400 other players. The BUAFL's league represents the highest level of student representational American football in Great Britain.

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