

Welcome to our Sports Village newsletter. Please let us know your thoughts or if there's any other content you'd like to be included, by emailing sports.reception@herts.ac.uk.

Edition #006

What's Happening

From December 1st we will be holding **The Big HSV Advent Challenge!** With lots of amazing prizes to be won and a huge range of activities to take part in, there will be something for everyone. Keep an eye out around the building for more information coming soon.

We've been lucky enough to have a few **special guests** visit us recently. We were proud to welcome both the British Paralympic Swim team and Linford Christie to the Sports Village.

We are thrilled to announce that thanks to your generous donations (and our teams fantastic baking skills), our **Macmillan Coffee Morning** raised an amazing £513.89!

Courses Available

1 Day First Aid at Work
12 / 25 November
2 / 17 December

3 Day First Aid at Work
25 - 27 November

Defibrillator
6 November

1 Day Paediatric First Aid
9 November

National Rescue Award for
Swimming Teachers & Coaches
(NRASTC)
7 - 8 December

Weightlifting Workshop
30 November

Strength and Conditioning
Level 2
7 December

STAFF STAR



Jack W – Senior Duty Assistant

Jack is always friendly, enthusiastic and proactive in everything that he does. Jack goes the extra mile, every single day, to ensure both customers and the team are happy.

DID YOU KNOW...

Listening to music while exercising can improve your work out performance by 15%. Plus, if you're wearing headphones, we don't even know that you're listening to your guilty pleasures playlist!

Cardiovascular exercise helps create new brain cells, this improves brain power and brain activity. Why not check out our running tips on the other page?

Exercising increases the number of endorphins that are released into your body and increases productivity – this means our lunchtime classes are the perfect excuse to get out the office!

YOU SAID, WE DID!

"I'm a competent climber but don't have anyone to climb with."

On the first Friday of every month we are now holding Social Climbing Nights. Come along to meet other climbers, ask questions or get some helpful tips, get your kit checked and of course climb. There's even cake! These sessions are free of charge to members who have completed a competency test with us.

VERY IMPORTANT MEMBER (VIM)



Jackie – Joined in 2003

Jackie has been a member for an amazing 16 years and still visits us most days for swimming or Pilates. She has recently become a Grandparent, to the gorgeous Blake, who she babysits in the café whilst her daughter, Maria (who Jackie also convinced to join us), goes to the gym.

Herts Sports Village

Try something new!

GIVE CLIMBING A GO

Climbing isn't just about upper body strength; your core and legs also play a huge part in helping you get to the top of the wall. For those of you that aren't so keen on heights, bouldering will give you all the same benefits without pushing you too far out of your comfort zone.

Both climbing and bouldering are a fantastic way to get a full body work, out whilst having fun and getting an adrenalin rush at the same time. All fitness levels can take part and no specialist equipment is required, just a willingness to try something new! We hold Taster Sessions (available to anyone over 8 years old) every Sunday morning. Members are welcome to attend one of these sessions for FREE or they're just £15 for non-members. Please speak to our Customer Service Team for more information or to book your place.

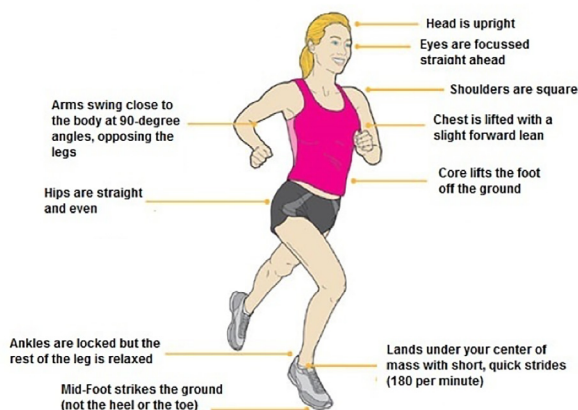
Unlimited use of the climbing and bouldering walls is included in our membership for all competent climbers who have attended an assessment with us.

RUNNING TIPS

When running longer distances aim for a relaxed upright posture with the elbows tucked in towards the ribs. Ensure the midfoot hits the ground rather than the heel or ball of the foot. Keep your shoulders relaxed and move your feet in a circular motion emphasising the heel to bottom motion. Stay relaxed!

Running up hills could be daunting when seen from way back. Try to think of it as a challenge to keep the pace you have on the flat and the downhill. Slightly lean into the hill, pushing your centre of gravity out in front. Rise onto your toes as you start to lean forward and keep your eyes looking down – nose ahead of toes.

Runners should let things go a little bit on the downhills as long as they can remain in control. Let the arms fall down to circulate blood to the fingers and relax the shoulders – let gravity help you!



HEAT THE HOB

Salmon, Feta and Spinach Fish Cakes
(Serves 4)

Ingredients:

- 700g potatoes, peeled and cut into chunks
- 900g skinless salmon fillet
- 300ml milk
- 100g baby leaf spinach
- Zest of ½ lemon
- 2tbsp chives
- 75g feta cheese, finely crumbled
- 1 tbsp mayonnaise
- 2 eggs, beaten
- 125g white breadcrumbs, (two days old)
- 4tbsp sunflower oil
- plain flour, for coating

Method:

1. Add potatoes to a pan with boiling water, simmer for 10 mins then drain.
2. Add the fish and milk to a pan and bring to the boil. Cover and simmer for 4 mins. Leave to stand off the heat for 10 mins.
3. Add the spinach to an empty pan and heat for 3 mins; then drain, cool and squeeze to remove excess liquid.
4. Mash the potatoes then beat in the lemon zest, spinach, chives, feta, mayo and any other seasonings.
5. Chop the fish into large chunks and add to potato mix. Use a fork to gently mix together without breaking the fish too much. Leave to cool.
6. Divide the mixture into eight. On a floured board, and with floured hands, shape into eight cakes, each about 2.5cm (1in) thick then coat each fish cake with egg, then with the breadcrumbs.
7. Heat the oil in a large frying pan. Fry fish cakes in batches over a medium heat for 3-5min on each side until golden and heated through. Keep warm in a low oven while you fry the rest.
8. Serve with salad, tartare sauce and lemon wedges.



#HSVHeatTheHob on Instagram!