

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.

What's Happening

We've appreciated your patience during one of our busiest times of the year. Our new timetable has now been released and we have some exciting new classes for you to try. If you haven't checked it out yet, pop along to reception to grab your copy.

We are proud to be hosting various Tae Kwon Do, Mavericks Netball, Hatfield Swim Club Gala and Badminton competitions, however this does mean we're expecting the car park to be busier than normal. Keep an eye on social media for updates.

Our Performance Herts Strength and Conditioning Team provide sessions for anyone looking to improve their athletic performance or the performance of others. Our coaching staff are fully accredited and currently train a range of athletes from Arsenal Ladies through to England Golf.

DID YOU KNOW...

Depending on your weight and effort, one hour of cardio exercise burns off between 400 and 700 calories or one hour of weight training burns off between 300 and 600 calories. This means, one chocolate digestive equates to around 10-15 minutes of exercise.

Muscle continues to burn calories, even after you've stopped exercising. For every 1lb of muscle in the body, women on average will burn between 30 and 50 additional calories per day, even whilst you're sleeping! So, why not try our Women's Weight Training class and discover the perfect excuse to have that extra piece of cake.

YOU SAID, WE DID!

"I struggle to book Group Exercise classes at the beginning of the year."

We have now added additional classes to our programme to help cope with the increased demand of new members in January.

Courses Available

Emergency First Aid at Work
6 March/18 March/3 April/29 April
Three Day First Aid at Work
18—20 March
National Pool Lifeguard
Qualification (NPLQ)
8—13 April/15—20 April

Performance Herts

Strength & Conditioning Level 1
23 March
Strength & Conditioning Level 2
13 April
Pylometric Workshop
24 April
Weightlifting Workshop
2 March

Hosted Events

Tae Kwon Do
3 March
Mavericks Netball
16/17 March
Badminton/Swim Club Gala
6/7 April

STAFF STAR



Ingrid – Swimming Coordinator

Ingrid has led the team to increase our swim lesson programme over the last year. We're now able to offer lessons to more children and adults than before, whilst keeping up our usual high standards — all whilst keeping a smile on her face.

VERY IMPORTANT MEMBER (VIM)



Denise – Joined in 2009

Denise loyally visits us most days with her program and really works herself hard. Her personality shines through as she's always friendly, smiley, helpful to both staff and other members alike, and as one of long standing customers her feedback is always taken on board and appreciated. We love Denise's jazzy leggings and she's certainly one of the HSV family!

Try something new!

WOMEN'S WEIGHT TRAINING

Our Women's Weight Training sessions are held on the first Thursday of the month and are the perfect chance to enter the world of free weights. Whether you're usually a "cardio bunny" or have dabbled in our free weight section before, come along and learn the correct technique or perfect your form.

Weight training doesn't have to mean bulking up, it's the perfect way to tone up or target specific "problem areas". Cardio is a great way to shed fat but weight training will lead to a leaner, stronger and healthier body.

LEO'S EXERCISE – PALOFF DEADBUGS

Benefits: The weighted-cable element activates your deep core muscles and your obliques that add additional stability and control of your pelvis, hips and back when performing multi-limb movement patterns.

Muscles worked: Abdominals, obliques, core muscles, hip flexors, extensors and lower back.

How to: Anchor the cable at approximately hip height. Lay on the floor and set up in a 'deadbug' position. Grasp the cable in both hands and extend arms so they are in-line with your chest resisting against the tension of the cable, then brace your core, keeping your lower back on the floor. Slowly lower one leg, extending at the knee as you lower, until your heel is just of the floor. Return the leg to start position keeping that braced core intact and repeat with the other leg.



SWIMMING LESSONS

Our Learn to Swim Programme is going from strength to strength and provides a pathway from beginner through to Club swimmer from the age of three and a half upwards. We now have more adult lessons than ever before catering from the nervous beginner to the aspiring tri-athlete. Whatever your age or ability, we have a range of qualified teachers and coaches, including current and retired international level swimmers, to provide that perfect fit to help you or your children reach their goals. Looking to boost your child's swim skills? Check out our intensive holiday crash courses for every level.

HEAT THE HOB

Chickpea and Spinach Curry
Vegan and Gluten Free (Serves 3-4)

Ingredients:

- 1 can of chickpeas
- 1 can of chopped tomatoes
- 2 large sweet potatoes (diced)
- 230g of spinach
- 2 cloves garlic, minced
- 1 inch ginger, grated
- 1 onion (small and diced)
- 1.5 tbsp curry powder
- 2 tbsp oil
- Coconut cream (optional, to taste)

Method:

1. Sauté the onion, garlic and ginger in a large frying pan with the oil over medium heat until the onions have softened (3-5 minutes).
2. Add the curry powder, sweet potato and tomatoes, cover and simmer for approx. 10 minutes until the sweet potato has softened. You can add some extra water (or vegetable stock) if needed.
3. Drain and rinse the chickpeas before adding to the pan. Throw in the spinach and cook until wilted. Add the coconut cream (if using).
4. Stir well and heat through (approx. 5 minutes). Serve over rice or with naan bread.

