

University of Hertfordshire Update

Sports Village Athlete Sails towards Olympic Dream

Sports Village athlete Rhiannon Massey has been defying her young age of just 14 years old with superb showings in adult competitions across the country in her Laser Radical Women's Olympic class dinghy. Rhiannon has recently represented Great Britain at the World and European Laser Radical Youth Championships in Scotland and has been so successful that she is now ranked as the top under-16 female senior in the country and is tipped as being a future Olympian. Rhiannon has now been selected for the Royal Yachting Association's Transition Training Squad which helps prepare athletes for joining the National Squad. As part of the training squad she will receive assistance from national coaching staff, sports science support and attend National Training Camps. Rhiannon is on the Herts Talented Athlete Programme and receives strength and conditioning coaching with Performance Hertfordshire, based at the Sports Village on the de Havilland campus.



Sports Village Athlete makes the cut at Australian Open

Sports Village athlete Tom Lewis collected the Silver Medal at the Australian Open for finishing the event as the highest placed amateur. The 19-year-old athlete missed a sensational win by losing a play-off to veteran tour professional Pater O'Malley. Tom finished the competition in a superb tied 12 position in a field of more than 150 players. Tom's dazzling display left him only 12 strokes behind the home winner, Geoff Ogilvy. Tom is on the Hertfordshire Talented Athlete Programme (HTAP) and receives his strength and conditioning from Head of Performance; Tony Sephton through Performance Hertfordshire (based at the Sports Village on the de Havilland Campus).



Hertfordshire Sports Village on the ball and holds U19s Boccia Championship/County Athlete Assessments

Hertfordshire Sports Village recently housed the U19 Boccia athletes in a bid to determine the top two Boccia teams in Hertfordshire. The top two Boccia teams will not only be crowned the best in the county but will go on to represent Hertfordshire at the East Region Championships in 2011. In addition, Boccia England also attended the assessment event to talent spot potential players to move into National Development Squads

Olympic Athlete Iwan Thomas Visits Hertfordshire Sports Village

On a recent visit to Hertfordshire Sports Village, Olympic athlete Iwan Thomas formally launched the St. Albans and Harpenden Leadership Academy for all schools in the district as part of the Schools Sports Partnership. As an approved training camp for the 2012 Olympics, the Sports Village based on the de Havilland campus provided the perfect location for the Olympian to deliver a motivational speech to 150 pupils about his progress in athletics and the value and impact that his teachers, mentors and leaders had on his career. Selected pupils from schools across the district will be trained at the academy to become sports leaders. There they will learn teamwork, ideas for activities and more about the Olympic and Paralympic values and how to utilise these back in their schools.

Hertfordshire Mavericks Coach leads England Netball Team to a Bronze Medal at Commonwealth Games in Delhi

Hertfordshire Mavericks Head Coach Maggie Jackson stepped into the England Head Coach Caretaker role at short notice and showed her class as a coach at international level by leading the team to an impressive third place finish behind eventual winners New Zealand and runners up Australia. Maggie was joined by Hertfordshire Mavericks pair Louisa Brownfield and Karen Atkinson who helped England to Commonwealth bronze on the last day of action in Delhi. The 2009/10 Superleague finalists play all of their home games at Hertfordshire Sports Village on the de Havilland campus.

Livewire

Hertfordshire Sports Village ran three thriving Livewire Projects which took place from September to November. These included two archery courses for 7-17 year olds, two climbing courses for 10-17 year olds and football in the community for 6-12 year olds. All courses were fully booked. Some of the children will continue participating with local clubs or take more advanced courses at HSV. The archery and climbing sessions allowed participants to face unique challenges with our qualified instructors in a fun and safe environment. Those who took part in football received an hour of football coaching weekly which consisted of basic skills whilst working towards technical movement which was taught

by our highly qualified coaches. This project was also a great opportunity for the young people as it provided a fun, learning environment with a pathway to the Sport Village's Football Development Centre which are open to girls and boys if they showed potential



Hertfordshire Sports Village have archery, climbing and street dance Livewire projects starting later this month.

There will be two climbing courses taking place on Wednesdays for ages 10-12 (4.30-5.30pm) and 10-17 (5.45-6.45pm), two archery courses taking place on Thursday afternoons for ages 7-11 (4.15-5pm) and 11-14 (5-5.45pm) and a street dance course taking place on Tuesday afternoons for ages 7-11 (4-5pm). All courses run for 8 weeks and cost £15. Football in the Community will also be taking place where our qualified coaches coach children within schools.

Junior Sports Camps

Following another successful weeks worth of top quality sports camps at HSV over October half term, plans are well underway for the first half term of 2011. February will see a continuation of all-time favourites such as our Learn to Swim course, Climbing, Football - in association with Norwich City Football Club and Trampolining - lead by Levitation Trampoline Club. February will also see the inclusion of a Multi Sports day similar to that which was run in the summer holiday period. Bookings will open in later this month and all details can be found on the Sports Village website www.hertssportsvillage.co.uk

Multi Activity Morning

Numbers have been increasing for Multi Activity Morning since the summer holidays. Thursday morning sessions are attracting over thirty five individuals a week. Multi Activity participants are now able to take part in a range of new activities including studio classes such as Zumba, yogalates, aerobics and circuit sessions. They are added to the usual Thursday morning activities which include badminton, table tennis, new age curling, swimming and aqua aerobics.



No Strings Badminton

The University of Hertfordshire in association with Badminton England have been able to bring no strings badminton to Hatfield. No strings badminton is the perfect way to start playing, improve you play or simply enjoy playing badminton. Every session has a fully qualified co-ordinator who creates a relaxed and enjoyable playing environment.

The programme has been running at the Hertfordshire sports Village for the past three months and has been a hit with both the community and students alike. The community session has seen a variety of people attending from young mums to the over 50's, each week there are over 15 people attending making it a great way to meet new people and have some fun.

The student session has also been a great success; this was proven before Christmas when a no strings badminton drop in session saw more than 60 students attend. This success should only increase in semester B as due to demand we now have two students' sessions a week.

Session times:

- Community session: Tuesday's 10am – 12pm
- Student sessions: Tuesday's and Thursday's 5pm – 6pm
- For more information please contact Fiona Kelly at badminton@herts.ac.uk

University of Hertfordshire Athletic Union Sports Teams

All Athletic Union sports teams finished the first half of the sporting season very positively. Women's badminton 1st, women's football 1st and the American Football team all remain unbeaten in their retrospective leagues and are consequently top of their table. Other teams that are also top of their leagues are Men's tennis 1st and netball 1st. In addition the following teams are all through to the second round of their Cup competitions: men's badminton 2nd, women's basketball 1st, women's football 1st, men's hockey 1st, men's rugby 2nd, men's squash 1st and men's tennis 1st.



American Football in action against UEA on 28.11.2010
2010/2011 Netball 1st