

London Sport Institute
at Middlesex University

Studying and practising sport, exercise and health

E:NEWSLETTER SPORT DEVELOPMENT

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If you would like to contribute or find out more information on any of the news or events featured please contact t.hannan@mdx.ac.uk

NEWS

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NEWS



THE SECRET TO WEIGHT LOSS- EXERCISE WITH US

8 WEEK WEIGHT MANAGEMENT PROGRAMME AT THE FITNESS POD, HENDON

8 Week Weight Management Programme, starting January 2010

Want to lose weight and keep it off? We can help! Why not join our 8 week weight management programme running throughout January and February at The Fitness Pod Hendon.

Beat the post holiday bulge and let us help you shed those excess pounds with advice and support from our experienced staff. The programme will incorporate nutrition advice and an exercise programme designed to help you burn calories and achieve weight loss goals. You will also be able to work out in the gym with fellow members as part of our 'buddy scheme'.

Losing weight can improve your health in many ways. Just losing 10% of your current weight can make a difference in the way you feel on a daily basis and has numerous health benefits including increased energy levels, lower cholesterol levels, reduced blood pressure and reduces aches and pains to name but a few.

THE 8 WEEK PROGRAMME WILL COVER

- 1 prepared session and one supervised session each week.
- Fitness assessments in weeks 1 and 8
- Food analysis from week 1

The 8 week programme is just £80. PLUS All participants will receive a voucher for £10.00 towards a trial 12 week fitness centre membership. Places on the programme will be limited so sign up early to avoid disappointment. Contact The Fitness Pod Hendon on 020 8411 6343.



FORTHCOMING EVENTS

- **First Gallery- Frederika Adams -Photographs**
- **Sports Xmas quiz**
- **New leisure classes for January**
- **Squash session for staff & students**
- **FREE 7 day guest pass**
- **Ski Trip 2010. Book now**
- **Coaching courses**

FACILITIES

- **Rehabilitation Clinics**
- **Facility Opening Times**



Middlesex Rugby team, flanked by sponsors All In Poker.

Rugby team gain new sponsors

The university rugby team are competing this year with a brand new rugby strip thanks to securing two sponsors, Planned Access Management and All In Poker.

At a recent home fixture the sponsors from All In Poker went to see the team in action, and although they didn't see the result they wanted, (Middlesex narrowly losing 10-3) they were impressed with what they saw.

All In Poker, based in Barnet are looking to provide further help to the team by helping host events.

Guy Dje Dje retains title in University Powerlifting Championships



Guy Dje Dje lifts an impressive 300kg deadlift at the University Powerlifting Championships

Middlesex's powerlifting competitor, Guy Dje Dje, travelled to Bournemouth for the University Powerlifting Championships for the 2nd year running.

Guy entered into the under 110kg category, and on the day was lifting with the higher category of the under 125kg and 125kg+ categories.

There are 3 disciplines (squat, bench press and deadlift), and looking at the starting weights for each, Guy was much stronger than his opponents. Although Guy didn't feel in the best shape on the day, he produced some big lifts (305kg squat, 220kg bench press, 300kg deadlift) totalling 825kg, at least 150kg more than the winner of the 125kg+

category. That's almost 1 ton in weight! Along with winning his category, he also won best individual lift for his deadlift.

Guy is a Chancellor's Scholar and also enrolled onto the Athlete Support Programme. Guy is currently ranked number 1 Junior and Number 2 Senior in Great Britain. He has also expressed an interest in promoting the sport at the University and will be starting a Power Lifting club. If you would like more information on Powerlifting or would like to get involved please contact d.cook@mdx.ac.uk for further information.

Cricket Report By Captain GS Gulshan



Cricket Team vow to win on 13 January in the 8 -A-Side tournament

First of all, I would like to give a "big thanks" to all the staff members and the Sports Department for all their support/help given to myself and to all the cricket players.

Secondly, since the first day of university in September 2009, Cricket has been at its best with all the facilities provided by both staff and coach, which allowed the biggest number of players attending the training week in week out. However, since September we have more than 150 players sign up for Cricket including both male and female.

This year we have developed "two cricket teams" at Middlesex University and have more fixtures compared to last year; BUCS Cricket 6 A Side Indoor Tournament, 8 A Side Indoor Cricket, Twenty20, BUCS Cricket outdoor One Day (50 Overs) league.

On 7 November, we played in SESSA 8 A-Side Indoor Cricket tournament, where we performed really well as individuals and as a team with Batting, Bowling and Fielding which got us through to the "Semi-Finals" on 13th January 2010.

Also, on 14 November 2009, we sent our first team to represent the University in the BUCS Cricket 6 A Side Indoor tournament in Hertfordshire, where we had to play against UCL and Royal Holloway Universities and we had to win against both of them to enable the team to progress to the next round of the tournament.



The first game against UCL we won the toss and elected to bowl. We started really well and put UCL under pressure right from the start and got them all out on 102 runs in 11.5 overs. We bowled and fielded really well and backed each other up all the way. Hemant Singh Adhikari and Ramatullah Haqhyar and myself (GS Gulshan) bowled good as seamers and had a great support from Sachin Chaudhry with his off spin. We went up to bat and did a very good job in batting too and ended up winning the game in under 7 overs.

The second game against Royal Holloway, again we won the toss and elected bowl, but didn't get the good start in bowling by our openers, however, in the middle myself (GS Gulshan) & Sachin Chaudhry got the control over Royal Holloway and brought MDX back in the game with Royal Holloway scoring only 128-5 wickets in 12 overs. MDX got off to a good start in batting and we were on 42-0 wickets after 4 overs but then suddenly a turn in fortune saw the MDX batsmen lose concentration which resulted in a lower than expected score of 59-5 wickets in 7 overs. Despite this, we still didn't give up and Santosh Reddy Kundur batting by himself fought braving back and gave a chance of winning the game with MDX need 19 runs to win from 2 overs (12 balls) however, lady luck was not on our side and we missed qualifying by a couple of runs.

From this tournament we learnt that we as cricketers should maintain our concentration throughout the competition which we intend to do to prevent the same mistakes as we are even more determined to win on 13th January 2010 in the semi-finals of 8 A Side tournament.

Middlesex gain first ever Rugby Fives medal

At the recent British Universities Rugby Fives competition, 1st year student Dan Murray was Middlesex's first ever entrant, and he didn't disappoint. Rugby Fives is a handball game, similar to squash. Dan travelled to Sherborne in Dorset fairly confident, as he had previously been an English Schoolboy finalist. Although he beat strong opponents in the singles tournament, the fitness of the opposition in the later rounds was the difference. He did gain a silver medal in the doubles plate competition (pairing up with a student from Glasgow). With a little work on his stamina, we are sure he will win Gold next year.

12 Week Staff Membership and Fitness Programme

We are offering a 12 week tailored membership and fitness programme for staff at The Fitness Pod Hendon.

The instructor will take you through a comprehensive gym induction as well as a detailed Fitness Assessment and individual programme to help you achieve your goals.

You will also receive a review and reprogramme 6 weeks in and in week 12 a final complete written analysis of your results; plus a 1 hour fitness assessment and reprogramme to re address your needs and help you to continue to achieve your goals. The offer also includes a 5 hour one - one with a fitness instructor over the course of your 12 weeks. Pay just £100 for a personalised 12 week membership programme!

This includes the following:

Week 1 to 2	Induction + 1 Hour Fitness Assessment + 1 Hour Programme
Week 6	1 Hour Re-Programme
Week 12	1 Hour Fitness Assessment + 1 Hour Re-programme
Plus	5 hours one-to-one with a fitness instructor.

For further information contact **The Fitness Pod** on 020 8411 6343

Healthy Campus Week



Some of the staff members that attended the BIG Staff walk during Healthy campus Week

16 - 20 November saw Healthy Campus Week return with a bang! We introduced some exciting new additions to our variety of activities taking place throughout the week and had great uptake from both staff and students in promoting healthier lifestyles. Chartwells also supported the event offering some healthy eating options on site, throughout the week.

The Big Staff Walk (an extension to the current lunchtime staff walks taking place on Monday's and Wednesday's) saw over 30 staff members, take a break from their desks, and walk through Sunny Hill

park. Similarly the Fitness Assessments had over 15 people attend during the week, whilst the newly introduced 'Legs, Bums and Tums class reached full capacity.

The Sport Development team at Middlesex University are committed to helping you to achieve a healthier lifestyle and in addition we have recently embarked on The Active Workplace Initiative, which looks to improve service delivery in universities and colleges through better occupational health.

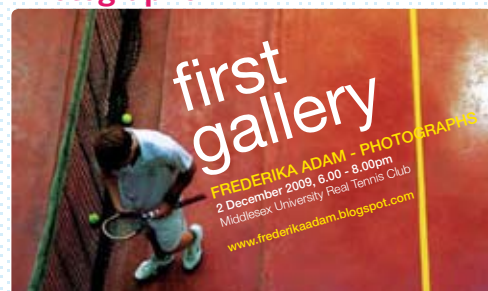
New Leisure Classes

We have an exciting new range of leisure classes beginning 4 January 2010.

Leisure class timetables will be available from the website at www.mdx.ac.uk/sport and from your campus sports office.

FORTHCOMING EVENTS

First Gallery - Frederika Adams Photographs.



Frederika Adams - Photographs. Exhibition at MURTC. Opening 2 December 2009.

Real Tennis Club member and enthusiast Frederika Adams will be opening an exhibition of her work at The Real Tennis Court on Wednesday 2 December 2009, from 6.p.m.

The Exhibition Opening will also coincide with the National League Premier Division Match MURTC vs RTC, behind held at the court.

Come along and enjoy an evening of Dinner, Tennis, and an Exhibition of Frederika's work based around the sport. Tickets are £20 each Please contact murtc@btconnect.com or 020 8411 6768.

Staff Real Tennis sessions

If you haven't tried Real Tennis then now is the perfect time! Join in our staff session for beginners **Friday's 12.00 -1.00pm at The Real Tennis Court, Hendon.**

Sports Quiz 7 December

After the success of the fish supper sports quiz, the sports department will be hosting a xmas "turkey" quiz on Monday 7 December in the Forum.

There will be a roast turkey dinner provided by Chartwells with all the trimmings. Followed by a bumper xmas quiz. Prizes to the winners. Dinner to be served at 6pm.

All are welcome bring friends and family.

Tables of 8 are £60 or £8 per person. Maximum of 8 per team. All monies will be going to local charity.

To book your table please contact M.bunn@mdx.ac.uk with xmas quiz in the subject heading.

Squash Sessions for Staff & Students



Squash Session Wednesday 20 January 2010

Sport Development has arranged further 'come and try' squash sessions at Finchley Manor Squash Club.

The next come and try it session has been arranged for Wednesday 20 January.

- Student Session 3.45pm – 6.00pm
- Staff Session 6.00pm – 7.30pm for staff.

Equipment provided, must wear non-marking training shoes. Venue: Finchley Manor squash club, Lyndhurst Gardens, Finchley N3 1TD

Contact m.parker@mdx.ac.uk for further information.

Ski Trip 26 March - 2 April 2010. £429 per person

Book by 20 January 2010!



Dan Ellis jumps a kicker off piste in Alpe D'Huez last year.

The Middlesex University Ski trip is an opportunity not to be missed! It is open to students and staff, plus family and friends are also welcome. We have limited spaces so it is advised you book early! [Booking must be made by 20 January 2010!](#) Price £429pp

We welcome all levels of skier and boarder. Lessons can be arranged and equipment can be hired in resort.

Les Arcs is a fantastic resort with it's lift linked with La Plagne to create the "paradiski" area; Les Arcs offers something for everyone and plenty of it. Beginners and Intermediates can revel in the fact that over 50% of pistes are graded red and blue, whilst advanced skiers can get their teeth into challenging blacks and off piste.

Accommodation



A typical apartment. (picture from last years residences)

The group will be staying in Belles Challes/Lauzieres residence. Apartments are studio apartments and usually consist of 4-6 bed one of which may be a double bed. Apartments are self - catered and include cooking facilities, toilet, and shower.

Book your place

Book your place online by going to our website at www.mdx.ac.uk/sport/events. Places are £429 per person. For further information contact t.hannan@mdx.ac.uk or 020 8411 4734.

FACILITIES

Health and Injury Clinic Hendon

The sports injury clinic offers a complete range of services from injury prevention, to injury management (focusing on musculoskeletal and neurological issues), postural analysis, health screening, injury advice, complementary health interventions, and special group interventions and consultations.

- General Queries - [Earle Abrahamson](mailto:e.abrahamson@mdx.ac.uk)

Sessions are 30 minutes and are charged as follows:

Students £15-00
Staff - £30-00
Outside clients - £40-00

Health and Injury Clinic Trent Park

Our clinic at Trent Park will be offering treatment two days per week at competitive prices. Our clinician specialises in sports and dance related injuries and offers the following services.

- Postural/biomechanical assessment
- Exercise prescription/rehabilitation
- Sports massage
- Personal training sessions and written programs
- Health and fitness assessments
- Nutritional advice

General Queries - [Sarah Budd](mailto:s.budd@mdx.ac.uk).
s.budd@mdx.ac.uk or 020 8411 5699

Facility Opening Times

Trent Park	020 8411 5699
Mon – Thur	9am – 10pm
Fri	9am - 9pm
Sat	10am – 4pm
Sun	9am- 4pm

Hendon- The Fitness Pod 020 8411 6343

Mon – Thur	7am - 10pm
Fri	7am – 9pm
Weekends	9am – 4pm

Both Hendon and Trent Park facilities will be closed from 3pm on Friday 18 December and re - open on Monday 4 January at regular facility opening times.