

Welcome to the monthly newsletter from the Hi Performance Centre at the University of Birmingham.

Team News



Nick Goolab (top) and
James Wilkinson
(bottom).

Hi Performance Team help Athletics team to Cross Country Success!

UBSport hosted the British Universities and Colleges Sport (BUCS) Cross Country Championships on Saturday, 5th February. Held at Senneleys Park, over 1300 entrants were registered for the event on home turf.

Athletics has a massive presence at the University of Birmingham with UKA Endurance coach Bud Baldaro heading up a talented squad of university athletes, sports scholars and GB talent!

Saturday saw sports scholar Nick Goolab winning the men's A race and James Wilkinson, also a scholar finishing in third. These final year students are the epitome of your scholarship programme. Both currently hold the highest level of support and regularly tap into the physiology and strength and conditioning support available at the university.

The success didn't finish there with team silver in the women's race thanks to scholars Hannah Walker (first year) and Sara Treacy in 5th and 6th respectively. Such is the depth of the squad that Dan Clorly, also a scholar came in 3rd place in the B race! Congratulations to all!

UBSport in the media!

Check out our facebook page: [UBS Hi Performance Centre](#)

Youtube channel: <http://www.youtube.com/user/HiPerformanceCentre>

Download The Pride: <http://www.download.bham.ac.uk/sport/Docs/thepridejan11.pdf>

Got Talent?

As well as running educational workshops, testing sessions or strength and conditioning programmes, the team at the Hi Performance Centre has expertise in developing new sporting talent. In a new initiative with alumnus Paul Manning, first and second year female students are being offered the opportunity to try competitive cycling as a new sport.

Following the initial recruitment at the sports fair in October, the girl's commitment and talent was tested by staff in the Hi Performance Centre. A visit to the velodrome later and 3 girls were selected to participate in the programme.

Although it would be nice to see the girls involved in the Olympics – perhaps in Rio, 2016 – the scheme's all about raising the profile of the sport. Watch this space to see how it pans out over the next few years!



WORKSHOP DATES 2011!

We are pleased to announce 2 further dates for workshops at the Munrow Sport Centre.

- February 10th – Achieving your New Year’s resolutions: weight loss and starting to exercise
- February 24th – Ask a Sport Psychologist.

Prices are £3/5 on the door. Session starts at 1830. Sessions are interactive with our resident experts so please bring your questions and queries!

Feature – Staying Fit and Healthy?

Getting ill is the bane of every athlete’s life, regardless of whether you’re aiming for the Olympics or just a weekend warrior! What can you do to help prevent illness? Are you at more risk?



Avoid Exposure

Sounds simple but some many people get this wrong. At the Beijing Olympics athletes were encouraged to use hand gel before entering the food hall and eat with cutlery rather than their fingers. The Chief Medical Officer even used a knife and fork to eat his toast and jam!

- Catch it, Kill it, Bin it!
- Use alcohol hand gel
- Avoid touching surfaces that are unclean or may be contaminated (see point 2!)
- Good hygiene – especially toilet visits!
- Keep wounds (sporting or otherwise) clean and dressed.
- Don’t share water bottles and disinfect regularly. The same applies to cutlery.
- Avoid contact with ill people – school age children and large crowds.

Am I at More Risk?

There is some evidence that those who train extensively may be at more risk of an upper respiratory tract infection than those who train moderately. This may be due to increased exposure to pathogens or the stress of exercise itself. It doesn’t mean you should hold off on the training though!

Maintaining hydration levels is key to preventing infection – a dry mouth provides an ideal site for a cheeky microbe to infiltrate. Heavy breathing through the mouth is the main culprit here.

Managing training loads – providing enough rest and recovery – are key strategies that should be in place in your training plan. Ask yourself – do I have an easy or recovery week? Do I take an easy day if I’m stressed or over worked?

