

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

**Team News**



**Darren Fowler** joins us in February 2011, taking over from Chris Ross as Head Strength and Conditioning Coach.

Chris has been with the Hi Performance Centre since its inception, beginning as a part timer before progressing up the ranks. Chris has been instrumental in developing the strength and conditioning services we provide to athletes, and will be a sad loss.

Darren joins us from Durham University where he works in a similar role, working with talented athletes and university squads. It's an exciting time for us as we look to develop our services.

**Sports Nutrition**

Please note that some products are liable for increased prices following the recent increase in VAT.

We have also increased our range for the winter period to include Science in Sport's L-Glutamine and more flavours in popular products.

L-Glutamine is used by top athletes to promote recovery and resistance to infection. Glutamine levels have been shown to be low in athletes with over-training syndrome so supplementation may be applicable during the winter months or to those in hard training.



**STOP PRESS!**

The Hi Performance Centre is pleased to announce our involvement in [British Fencing's](#) Regional Academy.

Our experts in Strength and Conditioning, Sport Psychology and Nutrition are delivering educational and practical sessions to talented fencers in the area. The system feeds into the National Academy with the aim of developing talent in the sport.

The monthly intensive camps also feature input from skills coaches and are based at the University of Birmingham.

'This is a great example of how our expertise can benefit athletes outside the Higher Education system,' said Eleanor Jones, Senior Sport Scientist at the High Performance Centre.



### WORKSHOP DATES 2011!

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

- February 10<sup>th</sup> – Achieving your New Year's resolutions: weight loss and starting to exercise
- February 24<sup>th</sup> – 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 – Winter Blues?

It can be all too easy to let your fitness regime slip during the cold and dark winter months. If this applies to you, here are a few tips from our resident expert, Jen Savage on how to get ahead!



#### SET YOURSELF A GOAL

From fitting into a new dress or your local race for life, having something to aim for is crucial. Your goal should mean something to you and be achievable.

#### GET OUTDOORS

We know it's cold but if you dress appropriately the great British Outdoors has some awesome scenery to discover.

Try Boot Camp circuits for a fun way to group exercise outdoors.

#### Add VARIETY

Trying something new – be it a work out or activity – is a fantastic way to kick start your sprint fitness. How about:

- Interval Training?
- Park Run – free weekly timed 5km runs to track your progress ([www.parkrun.ork.uk/canonhill](http://www.parkrun.ork.uk/canonhill))
- Mad March Hare Cycling Sportive – 6<sup>th</sup> March 2011 – a supported 115km ride through Worcestershire for £10.

#### OBSTACLES

Every journey has its problems! The key to avoiding being derailed is to anticipate them in advance – what can stop you achieving your aim? Then you can work out how to stop it being a problem.

#### SERVICES

The Hi Performance Centre at University of Birmingham SPORT has a range of experienced staff ready to help you with your goals – from a nutrition consultation, health assessment, personal exercise programme or just a pep talk we can offer it all!