

NEW Fitness Programme for 2005



Want to try something new and get fit for the New Year? The updated Fitness Programme for 2005 is below. All Classes are suitable for all fitness levels and are available on a pay-as-you-go basis; prices are £2.50 for members and £3.00 for non members.

For descriptions of classes please see the centre Screaming Griffin Programmes pages. To book please visit the Sports Department reception.

Fitness Programme 2004 – 2005 Spring Term		
Monday	Hi Lo Aerobics	10.15 – 11.15am
	Abtastic	12.30 – 12.55pm
	Spinning	13.15 – 13.45pm
	Aerobic Fusion	17.15 – 18.15pm
	Step 2 It	18.30 – 19.30pm
Tuesday	Bodysculpt	12.15 – 13.15pm
	Street Dance (Instructional Class)	17.15 – 18.15pm
Wednesday	Abtastic	12.30 – 12.55pm
	Endurance Spin	13.00 – 13.45pm
	LBT	17.00 – 18.00pm
Thursday	Cardio 20/20/20	12.00 – 13.00pm
	Street Dance (Instructional Class)	16.00 – 17.00pm
	Combat	17.00 – 18.00pm
Friday	Bodysculpt	13.00 – 14.00pm
	Circuit Training	17.00 – 17.55pm

The Instruction is to try Something Different!!!

With the success of the previous Instructional Class Programme, the next set of 10-week courses are due to start in the new year.

Once again we have been able to extend our programme and new classes include:
Fencing – Learn the basic skills and concept of this exciting sport
Beginners Pilates – Never tried Pilates before but would love to give it a go? This course is for you.
Bishido Self Defence – A class which incorporates many styles of Martial Arts. Giving you practical self defence mechanisms while improving fitness and flexibility.

Other courses include Thai Kick Boxing, Pilates, Hatha Yoga, Vinni Yoga, Ju Jitsu, Tae Kwon Do, Street Dance, Karate and Badminton.

The cost of the course includes full instruction with a qualified instructor and all equipment. Kerry Ballard (Sports Health and Wellbeing Officer) comments "We are extremely pleased how successful our Instructional Class programme is. So many students and staff are trying new sports and activities and many of them are doing very well, for example many martial arts students were taking their grading exam at the end of the course".

For more information please look in the centre pages of the Screaming Griffin Programmes section or phone or visit the Sports Reception on (01202) 595012



BUSL

The BUSL programme kicked off this year with record numbers of people wanting to join. The Winter Term saw students and staff take part in Squash, Badminton, Golf, Tennis and 6-A-Side Football.

The squash ladder has been very competitive this year with the rankings moving constantly. Currently at the top is Steven Marchesan, who has held his position for some time now.

The Spring Term is going to see the continuation of the Squash, Tennis and Badminton ladders, 6-a-side football and the Indoor Golf Leagues. There is also the introduction of International Court Soccer, (see details right) The Spring Term will also see 11-a-side football, 5-a-side Indoor Football (Men's and Ladies), a Dodgeball Tournament and a Boulderling Competition held on the Climbing Wall. With the interest shown and the success of the Winter Term, the New Year should provide another successful programme of events.

If you would like any information or an application form for the Spring Competitions, please drop in the Department of Sport and Recreation, or contact me, Tom Symons on 01202 595882 or email on sportsfixtures@bournemouth.ac.uk.

There's a new sport in town !



Coaches and Players... what does ICS offer you?

The amazing amount of touches show BALL SKILL IMPROVEMENT in just ONE session!

Great aerobic workout... ENDURANCE ENHANCEMENT!

ONLY 2 players needed!

Inclement weather NOT AN ISSUE!

IMPROVES THE SKILLS of ALL field players, defenders, midfielders and forwards!

International Court Soccer (ICS) had its start at the Metro YMCA in Portland, Oregon in 1986; it combines the skills of soccer with the rules of racquetball. The Department of Sport and Recreation are proud to introduce International Court Soccer (ICS) to the BUSL leagues in 2005. We are applying to take on the role of developing the game here with the aid of the founder and his American associates who have already successfully held championships and World Kick-off Tours in America.

The ICS World Kick-Off was held at Olympic Athletic Club in Seattle in February 2003. Members of local college and club teams looking for ways to enhance their training options showed up, as well as fitness-minded men and women attracted by the visually-evident fun workout potential of the game. Ages ranged from 12 to over 50.



The game is fairly simple. It can be played with two or four people. The ball – which is similar to a volleyball in size and covered with the type of felt used on a tennis ball – is "served" by kicking it off the wall. The receiving player can let it bounce once and can touch it three times using any part of the body except hands and arms. In doubles, one of those touches can be used to pass the ball to your partner.

That's when the soccer skills come in. Players control the ball by juggling and with headers before taking a shot at the wall. Games are to 10 and have to be won by at least two points.

If you want to learn more about the sport speak to Barry in the Sports Department or go to: www.internationalcourtsoccer.com Look out for it in next terms BUSL leagues!!!!

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screaming

Griffin news



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Get Active for 2005

Beat those January blues and kick start the new year at the Department of Sport and Recreation on Talbot Campus.



Join the Training Zone and get ready for the Cardio Zone's face lift! Get your membership form and book your gym induction at the sports centre reception. Inductions run everyday at various times to suit everyone's busy time schedule.

Is the gym not your thing? Then try out the many different fitness classes available. From beginner to advanced there is something for everyone. Classes include Aerobics, LBT, Step, Bodysculpt, Combat and Spinning (the class on a bike).

Just like to play sports? Hire out our choices of courts and pitches. You can play anything from badminton to basketball, squash and 5 aside football on our all weather, floodlit astro pitches.

Fancy something a little different? We have a huge number of instructional classes. These are booked for in 10 week slots. These classes range from Thai kickboxing, fencing, Pilates, yoga, karate, dancing and many more! Book your place now to avoid disappointment.

Weight Management Course

January has to be the worse month! It's cold and wet outside, the bank balance doesn't look to good and you just can't shed those extra Christmas pounds! To help you on your way come to our new 7 week Weight Management course starting on 24th January 2005.

The classes will teach you about getting the right balance between healthy eating and exercise. Sessions will include non invasive ways to see how you are progressing with your new regime and also some physical activity.

Sessions will be on Monday's from 1.30-2.00pm and the 7 week course only costs £5! To book, contact Kerry Ballard on (01202) 595882.

Varsity Night Success

This year again we have ensured the support and sponsorship of our Varsity Sponsor Walkabout. They will be sponsoring up six teams this season with financial support going towards, coaching, facility hire, kits and tour.

Already half way through the season of the partnership and several varsity nights have been held for the benefit of our teams. Tickets are sold by captains with the funds from this going back to running Varsity Sport at Bournemouth University.

The remaining Varsity nights will be held on: January 26th – Athlete Auction
March 2nd – Catwalk Competition

Sports Ball 2005

DSR Strike exciting sponsorship deal with Enterprise Rent-A-Car

This year the Charity Sports Ball takes place at the Bournemouth Highcliff Marriott Hotel on 28th April. The purpose of this event is to honour elite sporting achievement, individual's dedication and commitment to the running of our sports clubs. Enterprise Rent-A-Car will be sponsoring the 2005 Charity Sports Ball event and 'The Most Dedicated Player of the Year' Award. Tickets will be on sale from the Department of Sport & Recreation from February 2005.



your own team, and gain crucial business training in a very short period of time. They are committed to strengthening communities, rewarding hard work and developing employees by providing opportunities for personal growth.

Not only will Enterprise attend the Sports Ball and provide some entertainment, they will also be holding a recruitment event following the Event for opportunities to join their Graduate Management Trainee Programme. This term, Enterprise is also launching a University Scholarship Award of £1000.

For more information on the Graduate Management Trainee Programme, please contact Wendy Plummer on 02380 764285. For further information on the Charity Sports Ball please contact Barry Squires on 01202 595789.

Enterprise is recognised as one of the United Kingdom's leading management development organisations by allowing you to run your own business, hire and manage



Dorset Sports Awards & Coaches Conference 2005

Bournemouth University is once again hosting the annual Dorset Coaches Conference in collaboration with Active Sports Dorset. The County Sport Awards will also be incorporated into the event in a weekend designed to raise the profile of Dorset's sports achievement.



Dorset Sports Awards Friday 22nd April 2005

Dorset's athletes and coaches will be rewarded for their achievements in the annual awards evening. This year's event will be the second hosted at Bournemouth University and attended by various distinguished guests.

conference to ensure maximum benefit to the coaches of Dorset. Topics will cover the areas of; sports psychology, stretching, Long Term Athlete Development, Talent Identification, Emergency Aid and Coaching FUNDamentals. The conference has been designed to give support and education to those involved in all aspects of sport.

Dorset Coaches Conference Saturday 23rd & Sunday 24th April 2005

Building on the foundation of previous conferences various speakers will attend this

Further information regarding booking, attendance fees and specific sessions will be available from the Department of Sport & Recreation in January.

Spotlight on....

BWT Physiotherapy



The new partnership with BWT evolved in 2004 through the Dorset Athlete Support Services (DASS) programme. DASS aims to co-ordinate a Dorset wide network approach to supporting Elite athletes.

The BWT clinic is a progressive Physiotherapy and Sports Injuries clinic with associated complementary therapies. Physiotherapy helps to prevent injury and assists rehabilitation. Treatments are available once per week at the Department of Sport and Recreation and can be booked at reception.

Treatment prices are as follows -

Students £20.00 for 20 minutes treatment
Staff £25.00 for 20 minutes treatment

Another new addition to services offered at the University as part of the DASS programme is Podiatry. This service is provided by Jason Rendell of the Crossways Chiropractic Clinic, West Moors. Appointments need to be booked direct with the clinic with fees reduced considerably for students.

Treatment prices are as follows -

Standard charges
£19.00 basic 20 minute consultation
£65.00 for biomechanical assessment
£95.00 for nail surgery (excluding follow up appointments)
£10.00-£40.00 for temporary and pre made orthoses
£85.00-£120.00 for custom orthoses

Student charges

£13.00 for basic 20 minute consultation
£40.00 for biomechanical assessment
£65.00 for nail surgery (excluding follow up appointments)
Charges for orthoses as above.

For more information contact The Chiropractic Clinic on (01202) 870852

Don't forget any services offered as part of the DASS programme or within the Health Zone are available to any member of the public. For more information on any of our wide range of services please contact the Sports Department reception on (01202) 595012.

Wall inductions cost £20 pp and includes membership. They are available Monday through till Wednesday at 7pm. If you are interested in booking an induction for yourself and friends please contact me on the details provided. aboland@bournemouth.ac.uk (01202) 595830 / 595012

For the future...

There are a series of taster climbing sessions for schools in the local area planned and the aim is to launch a Saturday, after school and holiday climbing club. A team from the Event

Educate Yourself!

The next Coach Education NGB courses for the next term are as follows -

Basketball Level 1	22nd - 23rd January 2005
Volleyball Level 2	4th - 6th February 2005
Athletics Level 2	12th - 13th February 2005
Badminton Leaders Award	19th February 2005
Hockey Level 1	20th and 27th February 2005
Golf Leaders Award	26th February 2005

The following workshops are available in 2005 -

Good Practice and Child Protection	13th January 2005
Training for Power and Speed	15th January 2005
Master your Emotions	18th January 2005
Coaching Disabled Performers	27th January 2005 and 19th May 2005
Equity in your Coaching	10th February 2005 and 10th May 2005
Iron Mind - Positive Mental Attitude	15th February 2005
Flexibility	5th March 2005
Mind Power - Sports Hypnosis	8th March 2005
Principles of Strength and Conditioning	12th March 2005
Analysing your Coaching	17th March 2005
Coaching Children and Young People	14th April 2005
Core Stability Exercises	16th April 2005
Good Practice and Child Protection	12th May 2005

For more information or to book please contact Julie Lockyer on (01202) 595012. Places are limited to it is advised to book early to avoid disappointment.

It's Getting Hot, Hot, Hot!!!

Big things are planned for the Hot Rocks Wall over the coming year. More and more groups from various organizations are recognizing the value of climbing as a sport and as a team building activity. Climbing does offer users a unique way of keeping fit and healthy and is often a more attractive proposition than gym work.

Management degree has been recruited to help organize and promote the event. There is a great expectation from these events, providing a whole host of new opportunities for children in the local area.

We will also be running a series of bouldering and climbing competitions sponsored by Cotswolds Outdoor. These competitions are open to all and are aimed at providing new opportunities for all parties concerned.

EXCEL Profile

Charlie Swann

Successful Swann

Charlie Swann, 19, a studying for a degree in Sports Management (Golf) at Bournemouth University, has been recognised as one of the best young golfers in the country.

Swann has been awarded with a scholarship from the Talented Athlete Scholarship Scheme (TASS). The scheme has been set up by the Department for Culture, Media and Sport (DCMS) to help improve performance and retain participation levels amongst talented youngsters identified by their National Governing Body (NGB) between the ages of 16 and 25.

Swann, a former Hampshire County Boys Champion, is an integral part of a blossoming golf team at Bournemouth University. Last year the team won the South West division to gain promotion and they also reached the British Universities Sports Association (BUSA) National Shield Final.

At Bournemouth University, the EXCEL Sports Performance and Scholarship Programme currently supports Swann. The programme supports golfers at Bournemouth University through partnership work with Dudsbury Golf Club, Iford Golf Centre and Bournemouth Golf Driving Range. Bournemouth University approach athlete development in a holistic manner, so in addition to golf coaching, course and driving range access the programme also provide help with sports psychology and strength and conditioning training.

Swann commented about the TASS scholarship and golf programme: "This scholarship is the best thing that could

have happened to me. I will be lucky enough to have one of the best coaches around, as well as my own fitness instructor, gym membership, tournament fees and travel costs and sports psychology." Swann added, "TASS has encouraged me to produce a set of aims much higher than I ever have imagined and to work harder than ever to reach the top. I would never be able to afford all of this, if it wasn't for the support I am receiving!"

The department of sport and recreation have been involved with TASS since the conception. Jason Atkins, Sport Development Manager at Bournemouth University, enthused "We are very proud of Charlie's achievements to date and



the additional support Charlie now receives will help him to combine academic study and performance sport."

The Focus is Working!

The Sport Development Unit's (SDU) key vision is to be in the top 25 institutions in the British Universities Sports Association (BUSA) overall rankings by 2007. To help this vision the SDU in 2003, identified and launched three focus sports; these being cricket, golf and tennis.

This year the cricket team at have enjoyed considerable indoor success culminating in the title triumph at the Southern Universities Sports Conference. Impressive individual performances led to three players gaining representative honours for English Universities South.

The golf team continue to go from strength to strength. The first team have made the perfect start to their BUSA

campaign with 7 wins out of 7! This has put the team in a great position to become the first Bournemouth University team ever to gain promotion into a BUSA Premier League.

Meanwhile, in Tennis Bournemouth are competitive on three fronts. The Men's 1st team are currently top of a very tough league and remain unbeaten. The second team entered into BUSA competition for the first time have won 7 games out of 7, only dropping two singles matches along the way! And not to be outdone the women's team are currently in 2nd place with a good chance of progressing to the knockout stages.

In summary, the focus sports have been hugely successful, reinforcing the department's decision to focus resources, staff time and energy into these sports, to enable Bournemouth to be competitive with the very best institutions in the UK

Volunteer Your Time

We have allocated over 25 student coaches to a series of placements in the local area. All our coaches are working hard to ensure the children are enjoying their sport and maintaining a healthy life style. Volunteer sport coaching provides lots of organizations with a way of maintaining their sport and club. As a coach, it is an ideal way to boost your experiences and contact database. Our volunteers will receive discount on Sports Coach UK workshops and once you have completed the necessary paperwork can claim free access to three coaching workshops. In addition, we will also provide a reference letter for your C.V.

We have a host of placements available in a wide variety of sports, experience is not essential but punctuality, patience and a good attitude is must.

Taster climbs, bouncy castle, raffle and paintball ranges are just some of the things we hope to offer on the day.

If you are interested in volunteer sports coaching or getting involved with events, please contact me on aboland@bournemouth.ac.uk or (01202) 595830. (appointments) Charges for orthoses as above.

For more information contact The Chiropractic Clinic on (01202) 870852

Don't forget any services offered as part of the DASS programme or within the Health Zone are available to any member of the public. For more information on any of our wide range of services please contact the Sports Department reception on (01202) 595012.

Varsity Sport UPDATE

13th October 2004 saw the start of the new BUSA season, and with expectations high from the previous, Bournemouth University are once again hoping to finish the year with another outstanding set of performances. The teams are now well into the league stages and looking like strong contenders to reach knockout competitions in most sports.



Making their usual fantastic start to the season is the Men's Badminton Team. Under the leadership of new captain, Dan Brett, the team have looked strong and currently lie second with a game in hand that would put them top if they were to win.

Men's Football has been a mixed bag of fortunes this season with the 1st Team currently mid table after a few close defeats in a strong group. The 2nd and 3rd team were drawn in the same group and currently lie top and bottom of the league. The 2nd team have made an impressive start, winning 5 out of 5 and notching up 24 goals to make them league leaders.

After the trials, Ladies Football has formulated the biggest squad they have seen since the club first formed. This together with a great team spirit has seen the standard raise dramatically since last year and the girls have made an impressive start, including the drubbing of Southampton in a 14-0 whitewash, pushing them into the top half of the league.

Nathan Payne of the Rugby team has had a difficult season this year and both the 1st and 2nd teams nearer the bottom end of the table.

Ladies Hockey had a fantastic season last year and gained promotion in to the Western Conference 1A but the step up in standard has been bigger than expected. Although fighting hard, the team are facing a relegation battle, but still see a little light at the end of the tunnel.

Men's Hockey started the season well, and have a chance to finish second. Men's captain Henry Harrison has been a spirited leader and also started to coach the team on Sunday evenings.

The Netball team have made a good start to the season and have a chance to make it to the BUSA Shield Competition. A win over UWE Hartpury should seal this place.

The Ladies Basketball team were always facing a tough group being in the BUSA Western Division 1A, and as yet to pick up a point but the team are full of confidence that this elusive win is just around the corner. The Men's Basketball team has a good chance to finish second but a runaway UWE side will stop them getting any higher. They also face a busy schedule as the team also competes in the SABA Local League where the team are also having a successful season.

Overall we have a number of great opportunities for success this year. Cricket, Volleyball, Athletics and Swimming are all yet to start and all will surely be challenging for honours in the New Year. Focus Sports are flying high at the moment with the Tennis and Golf teams standing at the top of their respective leagues.