

# performance

herts

*Building Better Athletes*

Newsletter | July 2021

University of Hertfordshire **UH**



**Athlete Success**



**Coaches Corner**



**Exercise Of The  
Month**



**Workshops**



**Strength Club**



**Weightlifting Club**



# ATHLETE SUCCESS



Congratulations to our athletes that have been selected for the 2021 Tokyo Olympics. Some of these include both current and former HTAP/TASS athletes.

A big well done to those who got selected:

- Jodie Williams, Hannah Williams, Lizzie Bird and CJ Ujah. (Athletics)
- Laura Kenny. (Cycling)
- Steph Houghton, Kim Little, Leah Williamson, Ellen White, Lotte Wubben-Moy and Anna Patten. (Women's Football)
- Kimberly Woods who was a UH student. (Canoeing)
- Grace Harvey and Louise Fiddes. (Para-swimming)



# COACHES CORNER

**Thomas D'arcy  
Smith**



**Assistant S&C  
Coach**

## **1) How long have you worked for Performance Herts?**

2 years.

## **2) What is your previous experience?**

I have competed in Olympic Weightlifting and Hockey to a good standard, and I'm looking to transfer this into a Strength and Conditioning career.

## **3) What are your primary roles?**

I assist in the coaching of Hatfield Swimming Club, Hatfield Netball, HTAP/TASS (Golf, Athletics, Rugby, Lacrosse, Triathlon) and helping to lead our Weightlifting Club.

## **4) What is the best part about being an S&C coach?**

Meeting and working with some great people in a relaxed and friendly environment, plus it's great to share your passion for training so many people.

## **5) What do you do in your spare time?**

Other than competing in Olympic weightlifting, I dabble with some crossfit and I still play some hockey from time to time.

# EXERCISE OF THE MONTH

## Copenhagen Adductor Plank

### How to do the exercise:

- 1)** To start, lay down side on as if you were going into a side plank.
- 2)** Place one leg on top of the bench and the other leg under it.
- 3)** Squeeze the bench in between your legs and bring yourself up with just your arm on the ground to support you.
- 4)** Hold this position and ensure that you hips stay up high and do not drop.

### Benefits of the exercise:

This exercise targets muscles within the inner thigh and groin area called adductors. This isometric hold helps strengthen the adductors which can help with stability at the knee. The Copenhagen adductor plank can be used as a home exercise as well by using a sofa or chair instead of a bench.



# WORKSHOPS

Our workshops are aimed at; personal trainers, sports coaches, physios and aspiring S&C coaches.

## Practical Workshops

### **1) Plyometrics**

Sat 10th July 09:00- 12:30

### **2) S&C Level 2**

Thurs 5th August 09:30-16:30

### **3) Optimising Warm Up Strategies for Sport**

Sat 21st August 09:30- 11:30

### **4) S&C Level 1**

Sat 11th September 09:00-16:30



**Click the link  
to find out  
more!**

**Recordings of all of our online workshops can be purchased individually or as a bundle**

## **Available workshops:**

- **Foundations of Strength & Conditioning**
- **Performance Testing & Monitoring**
- **Long Term Athlete Development**
- **Programming**
- **Periodisation**
- **Conditioning**

# ABOUT US

Performance Herts is made up of UKSCA accredited strength and conditioning professionals working with a wide range of athletes, from grass root sport to world class performers. Athletes and clubs we coach include:



Our High Performance Strength & Conditioning Gym is equipped with video analysis software, force plate technology and velocity training systems.

For 1-to-1 or group strength and conditioning sessions contact us at:

*[performanceherts@herts.ac.uk](mailto:performanceherts@herts.ac.uk)*

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/performanceherts.co.uk

# STRENGTH CLUB

Wednesdays- 5pm-6pm

An hour session where you perfect fundamental strength movements, under the watchful eye of a professional team of Strength and Conditioning coaches.



## Prices:

Members: £5 for 1, £40 for 10.

Externals: £8 for 1, £64 for 10.

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# WEIGHTLIFTING CLUB

Friday's 5:45pm- 7pm

A 75 minute session where you are taught the 2 main olympic lifts by British Weightlifting qualified coaches. You will practice and perfect technique and develop strength.



## Prices:

Members: £5 for 1, £40 for 10.

Externals: £8 for 1, £64 for 10.

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