

# Sportslink Newslink 5

Sportslink

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## General News

Welcome to the Spring/Summer edition of Newslink. With the weather being so hot in recent weeks, Sportslink is the ideal venue to cool down and relax in. Alternatively why not participate in one of the many activities available. With such a variety of activities to choose from for the entire family there is no chance of getting bored. Take a swim in our 25 metre swimming pool, for the less energetic relax in our lazy river. Why not enjoy the waves in our leisure pool or take a spin down the Sportslink super aqua slides. For those that prefer their activity a little dryer, there is tennis, table tennis, squash, snooker, badminton, indoor and outdoor soccer, children's indoor adventure area and our fully refurbished gymnasium. With all that activity you would expect to be a little hungry and in need of some nutrition. The Clubhouse restaurant caters for all, the nutrition conscious, kids groups, finger food, event catering and kids parties. Quality food and quality service is the Clubhouse restaurants simple motto.

Sportslink pride themselves on being a family sports and leisure centre. With this in mind Sportslink run various children's activities throughout the year e.g. the Sportslink Easter, Summer and Christmas camps. A special mention must go to the St. Patrick's day activities at Sportslink. Adult entertainment was provided by Crios a father and son traditional music act. Entertainment and activities for the kids at the Patrick's day and Easter camp was provided by the Sportslink camp leaders. Congratulations to all involved in the successful camps and the Patrick's day activities. The Sportslink Camps team are looking to developing and providing further fun filled days for Sportslink members and guests. Read on for further information regarding upcoming activities. Don't miss the May Bank Holiday Sunday family day at Sportslink. Music in the bar and a fun day for the kids. Details are available at reception.

## Summer Camps 2007

After the astounding success of the Easter Camp (attended by over 100) it is time to start booking for the 2007 Summer Camps. **BOOK EARLY TO AVOID DISAPPOINTMENT.** Due to the success of last years camps Sportslink will be having 7 weeks of fun filled activities this year. Activities include: crazy games; football; tennis; swimming (over 8s only); arts & crafts; dance; drama; indoor adventure; soccer; unihock & much, much more..... The camp facilitates 4 – 12 year olds

10AM – 4PM DAILY. Camp dates are as follows:

1. 9th July – 13th July 07
2. 16th July – 20th July 07
3. 23rd July – 27th July 07
4. 30th July – 3rd August 07
5. 7th August – 10th August 07
6. 13th August – 17th August 07
7. 20th August—24th August 2007

Members and guests welcome. To be assured of your preferred date, book early at Sportslink reception. Remember to complete all sections of the booking form as this will assist the leaders in providing safe, effective programmes for your children.

## Teen Fitness

Sportslink continue to do their bit for the ongoing health and fitness of teenagers. This innovative, two hour programme of both wet and dry activities for six consecutive Saturdays continues to prove popular. The current term ends on Saturday 21st April. The new six week term will commence on Saturday 12th May. Price €55 for members (subject to numbers). Contact reception for further details. This is excellent value for money and a valuable programme for all teenagers.

## POINTS OF INTEREST

- *Teen fitness*
- *Summer Camps*
- *Swimlink programme*
- *Facility to renew membership at reception*
- *Tennis Lessons*
- *National Pool Lifeguard Qualification*
- *AGM*
- *Sportslink competitive swimming*

## ANNUAL GENERAL MEETING

Members please note that the Sportslink AGM will be held in Sportslink on Wednesday 30th May 2007 at 7.30pm.

## AFFILIATED CLUBS

Sportslink are delighted to recognise that the Archery Club's, Dermot Mc Mahon achieved men's World Crossbow Champion. Member's interested in trying archery should contact the club on Monday evenings at the centre.

## COMPETITIVE SWIMMING

The very best of luck to the newly formed Sportslink Swimming Club. The club trains on Mondays from 9.00—10.00pm.

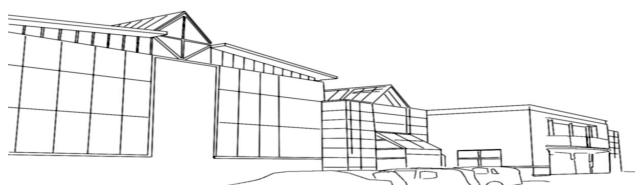
## TENNIS COACHING

Tennis coaching for ages 8—18 commenced on Wednesday the 11th April, 7pm – 8pm. The Sportslink Coach took 17 students through their paces. Courses run for 8 weeks. The current session is full. However, members & guests can ask at reception to be placed on the tennis waiting list. Sportslink will run another session based on the level of interest.

PTO



Tel: 01 8621200  
Fax: 01 8621162  
Email: [Info@sportslink.ie](mailto:Info@sportslink.ie)  
Web: [www.sportslink.ie](http://www.sportslink.ie)



## Gym

The refit of the gym with the latest Life Fitness Machine and Free Weights equipment has been well received by members. Sportslink continue to provide members with the latest equipment. Over the last number of years large investments have been made in various areas e.g. swimming pool, gym, member's bar, kitchen facilities and function rooms. The centre and gym will continue to develop and Sportslink would appreciate members input into future development of classes/facilities Ask for a comment card at reception or contact [scott.storey@sportslink.ie](mailto:scott.storey@sportslink.ie) regarding classes In the meantime why not try out one of the aerobic classes already in place e.g. **spinning**, an excellent way to develop, maintain and increase fitness levels or our new 1.30 –2.00pm Weds. core stability class for abdominals and back. Whatever your fitness levels Sportslink can provide a range of classes for all standards.

### National Pool Lifeguard Qualification (NPLQ)

Want to be a qualified Lifeguard? The course will be run at Sportslink, Furry Park, Santry, Dublin 9. The course cost is €360 and includes both, unit 1 and unit 2 of the qualification (38-40 hrs training), all training material, assessment fees and access to the facility for the duration/purposes of the course. All certificates are supplied once passed by the Institute of Qualified Lifeguards. The NPLQ is geared towards actively supervising the swimming pool area, specialist rescue techniques, life support and first aid. The NPLQ covers, lifeguard theory, water rescue skills including spinal injuries, CPR (life support), first aid. Requirements: Over 16 years of age; Complete all 31 hours of logged training; Meet following basic fitness criteria: Jump/dive into deep water; Swim 50 meter (2 lengths) in no more than 60 seconds; Swim 100 meter continuously; Tread water in deep water for 30 seconds; Surface dive to floor of pool and climb out unaided without ladders/steps. The course will commence on Saturday 5th May subject to numbers. EMAIL [niall.gamble@sportslink.ie](mailto:niall.gamble@sportslink.ie)

## Changing Facility Upgrade

Sportslink are currently upgrading our Health Suite area changing facilities. Sportslink appreciate members' patience while this refurbishment work is being completed.

## Early Morning Swimming

Why not beat the traffic and start the day off with a healthy early morning swim at Sportslink. Sportslink are currently taking names at reception for those interested in availing of this activity. Please leave your name and number at the reception desk. **ACTIVITY WILL COMMENCE BASED ON LEVELS OF INTEREST.**

## SWIMLINK RENEWALS

Adults and Children's lessons are due for renewal by May the 13th. Please be advised that some changes in the allocated times of your lessons may be applied. This is to incorporate new lessons and further develop the Swimlink programme.

## HEALTH CORNER

### When Sugar Management goes Wrong

In the third part of this article series, we focus on Blood sugar management. Digestible carbs are broken down in the intestine into their simplest form, sugar, which then enters the blood. As blood sugar levels rise, cells in the pancreas churn out more and more insulin, a hormone that signals cells to absorb blood sugar for energy or storage.

As cells sponge up blood sugar, its levels in the bloodstream fall back to a preset minimum. So do insulin levels. In some individuals, this cycle does not work properly. Those with type 1 diabetes (once called insulin-dependant or juvenile diabetes) don't make enough insulin, so their cells cant absorb sugar. People with type 2 diabetes (once called non-insulin dependant or adult onset diabetes) usually start out with a different problem-their cells don't respond well to insulin's "open up for sugar" signal.

This condition, known as insulin resistance, causes both blood sugar and insulin levels to stay high long after eating. Over time, the heavy demands made on the insulin-making cells wears them out, and insulin production slows, then stops. Insulin resistance is not just a blood sugar problem.

Genes, a sedentary lifestyle, being overweight and eating a diet filled with foods that cause big spikes in blood sugar can all promote insulin resistance. Data from the Insulin Resistance Atherosclerosis Study suggests that cutting back on refined grains and eating more whole grains in their place can improve insulin sensitivity. It must be stressed that this research is a work in progress and other studies have shown that a reduction in all carbohydrate foods is more effective for controlling and regulating insulin.

**Low Carb? No Carb?** The low carb route is a path many have chosen with great success. It has been suggested in some literature that only 25% of people are able to tolerate a diet high in carbohydrates. The carbs I am talking about here are "neo" carbs. A neo carb can be summed up as a food stuff that was not available to our distant ancestors, pop tarts, pasta and bagels etc.

On the other hand there are "Paleo" carbs. A Paleo carb is that which was available generations ago and still is now, berries and fruits being the most obvious. Favourable science is being more commonly reported about the link between individuals reducing neo carbs to less than 10% of total food intake and increasing the amount of Paleo carbs they eat and an improvement in body composition, reduced body fat, improved gastrointestinal health and more energy/alertness during waking hours.

Carb free diets are a highly controversial topic and scientific literature has not backed them save, except for one or two slightly obscure studies conducted under dubious conditions. So the long term effects of a zero carb diet is not truly known and equally worrisome is the inclusion of unhealthy trans fats and poor cooking practices in a lot of these diets. More in-depth study is needed to Validate such an extreme approach to eating and that validation will only come with time. We at Sportslink Promote a balanced and Holistic approach to Health, Fitness and Nutrition with the emphasis on a sound Nutrition plan using all food groups in Moderation.

**Eat well—Exercise well—Be well**