



Transform Your Team – 28th August 2017 – Importance of Rest

#The Essential News Story

The dates for bank holidays are set out in statute or are proclaimed by royal decree. The term "bank holiday" was coined by Sir John Lubbock, who felt there was a need to differentiate the two types of holiday. The Banking and Financial Dealings Act 1971, is still in force today. In 1965 the date of the August bank holiday was changed to the end of the month in England, Wales, and Northern Ireland. **I hope you have a Happy Bank Holiday.**

In the United Kingdom and Ireland, a bank holiday is a public holiday, when banks and many other businesses are closed for the day. Bank holidays are often assumed to be so-called because they are days upon which banks are shut, but days that banks are shut aren't always bank holidays. For example, Good Friday and Christmas Day are not bank holidays, they are common law' holidays. The dates for the other bank holidays are set out in the above statute.

#Sport Information

Rest and recovery are critical components of any successful training program and our general health. They are also the least planned and underutilized ways to enhance our daily life and sports performance. Most easily defined as a combination of sleep and time spent not training, rest is the easiest to understand and implement. How you sleep and spend this time is very critical which includes the other elements that just sleep, for example, hydration, posture and stretching.

"There is virtue in work and there is virtue in rest. Use both and overlook neither" - Alan Cohen

View from @PhilJBish

We all know it all makes sense and also is very important to have rest and relaxation. yet in our society today, we aren't doing that. Even on our day off we are working, trying to all the stuff done that didn't get accomplished during the working week. even in the busiest times, there is no excuse not to rest, to be at your best. So, what do you do on your day off?

**Rest your body
Refocus your spirit
Recharge your emotions.
So, take that rest and recover.**

"Have regular hours for work and play; make each day both useful and pleasant, and prove that you understand the worth of time by employing it well" – Louisa May Alcott

Well Being & Pastoral Care

As your Sports Chaplain @ Glamorgan CC my role is to provide an impartial and confidential point of contact to talk about any matters you may be worried about on or off the field, offering pastoral support. This support is offered to all connected with Glamorgan CC. including players, coaches, staff, volunteers, and families.

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