

Bobsleigh Bronze



Picture: Adele Nicoll and Kya Placide celebrate winning Bronze and in their 2-woman Bobsleigh.
Source: Adele Nicoll GB Athlete Facebook page.

Adele Nicoll and Kya Placide are celebrating winning Bronze for Great Britain in the 2-woman International Bobsleigh & Skeleton Federation (IBSF) Europe Cup in Lillehammer, Norway. Adele, a Commonwealth Games shot-putter, who has only started bobsleighbing in the last few years and has only this year learned how to pilot, commented that her athlete teammate, Kya, didn't even know what a bobsleigh was a year ago! The sliding sport of bobsleigh involves teams making timed runs down narrow, twisting, ice tracks. Team members run and push the

bobsleigh to start, then jump into their gravity-powered sleigh to race down the track as quickly as possible. 'It was our first ever two-woman race, and we got bronze!' Adele Nicoll said proudly about winning her first-ever bobsleigh medal, 'Not only did we podium, but we had the fastest push start on run two and top three on run one! I am so proud of what we have achieved. It takes a team to get results. Thank you to every single person who supports us.'

Have you ever thought of trying a new sport? If you have, what would you like to try?

Bedtime Bananas

The Sleep Charity has announced its five top tips for getting better quality sleep and bananas have been revealed as one of the best things to eat before bedtime to help you get a good night's rest. Research shows that eating fruit as part of the last meal of the day helps you to sleep well as it encourages the body to produce melatonin, a hormone that naturally increases whilst you sleep. Bananas are thought to be especially good as they contain high levels of magnesium and potassium, which help relax muscles, and amino acids, which lead to the production of brain-calming hormones. Be careful not to eat too much before you try to drift off though, as a large meal in the evening can hinder your sleep! Lisa Artis from The Sleep Charity explains why good sleep is



crucial for everyone saying, 'Sleep is hugely important to leading a healthier and happier life, and we want everyone to share that sentiment and understand the importance of sleep as part of a balanced and healthy lifestyle. Building a good sleep routine, and sticking to it, will help increase positivity and reduce levels of stress, meaning people can start the New Year feeling refreshed.' The other tips to follow include having some screen-free time, meditating, reading a book or taking a bath instead. Also mentioned was creating an 'ideal bedroom environment' to sleep well, which was described as tidy, cool, dark and quiet.

Can you share any more hints or tips that people can use to sleep better?



Picture: A person holding a banana (top right) and A bunch of bananas (above). **Source:** Canva.

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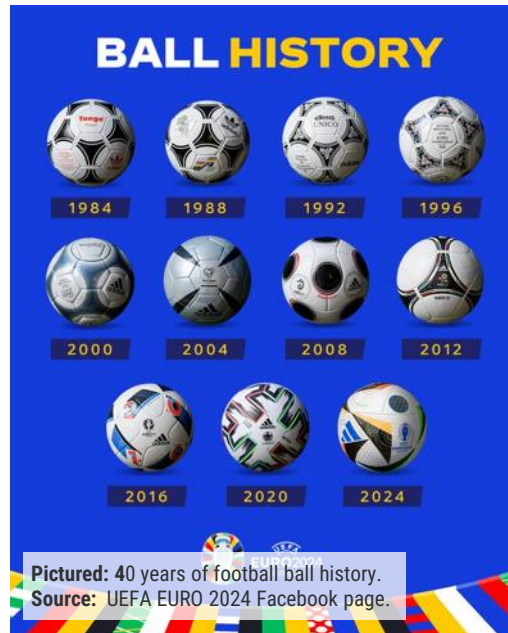


Chipping the Ball

It has been announced that the Adidas Fussballliebe, meaning 'love of football', will be the official match ball used at the men's Euro 2024. The ball will help referees give quicker offside and handball decisions. The 17th edition of the European football tournament will take place in Germany, from 14th June to 14th July 2024. The special ball will use a rechargeable motion sensor at its centre that can send real-time data to video officials. This will be able to tell officials exactly when the ball was touched but not by which part of the player's body. Video assistant referees (VAR), who aid the referee by watching video footage of the match and providing



Picture: Euro 2024 trophy cup and the Adidas Fussballliebe football. **Source:** UEFA EURO 2024 Facebook page.



advice to the referee, will then use this information, along with limb-tracking, technology to determine whether a handball has occurred. A spokesperson for UEFA (the governing body responsible for the European Championships), said that the Connected Ball Technology will be used for the first time in the tournament's history. 'Combining player position data with artificial intelligence (AI), the innovation contributes to UEFA's semi-automated offside technology and will be key to supporting faster in-match decisions,' said UEFA. 'The technology can also help VAR officials identify every individual touch of the ball, further reducing time spent resolving handball and penalty incidents.'

How would you try to make football fairer?

Last week's topic:

What is it like to live through an uncertain time?



I don't think I would like to live through an uncertain time, but I think if I did, I would learn from it and have more courage for the future.

Gemma

Really scary and worrying, you might even have to move country and learn a new language and you might not have friends.

Sam

Scary because living in an uncertain times is very unpredictable especially with a natural disaster. Even though scientists are finding out ways to discover when it could happen it's still not very accurate.

Marcus

Let us know what you think about this week's news?

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 help@picture-news.co.uk

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 Picture News Ltd,
Colber Lane,
Bishop Thornton,
Harrogate,
North Yorkshire, HG3 3JR

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