



volleyball association of ireland

Irish National Men's Volleyball Squads Programme

Volleyball Association of Ireland,
First Floor,
141 Thomas St.,
Dublin 8.

Monday, 8 August 2011

Dear player,

We are delighted to announce that you have been invited for a training week-end with the **National SENIOR Men's Volleyball Programme** which takes place as follow:

Day 1

Date: Saturday 27th August (11.00am to 05.00pm)

Venue: Streete Sport Complex (Co-Westmeath)

Streete Sports Complex, Street, off the N4, via Rathowen, Co. Westmeath.

<http://www.streetesportscomplex.ie/location.htm>

Day 2

Date: Sunday 28th August (11.00am to 05.00pm)

Venue: Streete Sport Complex (Co-Westmeath)

Streete Sports Complex, Street, off the N4, via Rathowen, Co. Westmeath.

<http://www.streetesportscomplex.ie/location.htm>

Accommodation: If you need accommodation near the venue you need to book your accommodation by yourself.

**The closet hotel is : Feerick's Hotel (043) 66 76025 or info@feericks.ie /
web: www.feericks.ie**

Training Fees:

We are just asking for 10 euros per player if you are coming,



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What you will need:

- Training gear (If you can come with **WHITE T-shirts**, at least 2 to 3 per training sessions) - volleyball shoes, Flip-Flop, etc.
- **Navy or black short** (if possible)
- (at least) 1 litre of water per half day
- 1 bottle of sports drink per training (i.e. Lucozade, fruit juice)
- Skipping rope

***Lunch = YOU MUST bring your own food to the venue (no time to go and buy things at the shops) so make sure you are coming with your lunch box – Thank you.**

Please let us know as soon as possible if:

(I rather to get an e-mail, but text on my mobile will be accepted)

- 1°) YOU will be present for the Saturday or the Sunday or on both days.
- 2°) YOU can't commit on that particular day but still interested about Squad.
- 3°) YOU are not interested about the Squad anymore and won't commit.

If you have any other questions, please don't hesitate to contact us at the below contact details.

Kind regards,

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