



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 3rd September (10.30am to 05.00pm)

Venue: UCD, Sport Complex, Belfield Campus Dublin 4
(<http://www.ucd.ie/virtualtour/map.htm>)

Day 2

Date: Sunday 4th September (10.30am to 05.00pm)

Venue: UCD, Sport Complex, Belfield Campus Dublin 4
(<http://www.ucd.ie/virtualtour/map.htm>)

Training Fees:

**We are just asking for 10 euros per player,
to cover the costs for renting the Sport Halls.**

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



volleyball association of ireland

Irish National Men's Volleyball Squads Programme

What you will need:

- Training gear (If you can come with **WHITE T-shirts**, at least 2 to 3 for 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.**

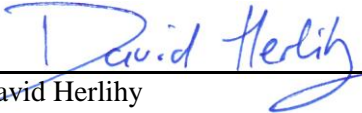
Please let us know as soon as possible if:

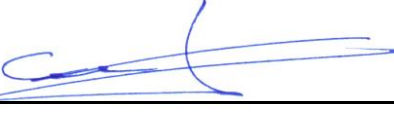
(I rather to get an e-mail, but text on my mobile will be accepted)

- 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,


David Herlihy
Team Administrator
Irish National Men's Volleyball Programme
seniormen@volleyballireland.com
086 8364775


Laurent Cauet
Head Coach
Irish National Men's Volleyball Programme
seniormen@volleyballireland.com
085 7106971