



*Communication 3 season 11/12*

- **Next events**

Sunday 20th Nov, 10am in DCU sport hall. Men's match DCU vs Astra

Sunday 27th Nov, 11am in UCC, Cork. Div 2 matches (we can enter a mixed team M&F, if 7/10 of us are interested in travelling to Cork)

Saturday 10th Dec, 12pm in Loughlistown LC. Men's match Astra vs DCU

Saturday 10th Dec, 2pm in Loughlistown LC. Ladies Blitz

Saturday 10th Dec, 11am Sligo IT, Sligo. Div 2 matches (we can enter a mixed team M&F, if 7/10 of us are interested in travelling to Sligo)

- **Social Night**

Saturday 10th Dec 8pm. Social night Andrea's and Emiliano's joined 40th Birthday Party at Sarah's Nightclub - Rathfarnham House. We need to know numbers, so please confirm via mail or better via TEAMER. Food will be provided.

- **Irish Olympic Handball Association AGM**

The IOHA provisionally scheduled its Annual General Meeting for Tuesday the 31st of January 2012. Attendance to this meeting is open to all the IOHA members.

- **Coaches recruitment**

Senior players, if any of you has some experience in coaching youth teams and would like to get back into it, or wish to help out our coaches with our Junior teams, simply drop me an e-mail, and we can see how you can help.

- **Polo-shirts and Playing uniform**

We managed to take **Team/Club pictures** together this Sunday, but I would like to take another one some evening at training with a few more people. Considering we should leave people enough time to wash the jersey after a game, a **good date for a Club Picture is Tuesday 29th November**. So,

-BRING YOUR JERSEY WITH YOU AT TRAINING.

-Jorge and Alucia, bring the Cup (Alucia and the giant hand).

-Robbie, (any anyone), if you have a good camera can you bring it?

Let's try to do it one and do it right



- **Competition schedule**

\*The men competition schedule is published.

Date	Venue	Home		Away
dom, 20-nov-2011 10.00	DCU	DCU	-v-	Astra
sab, 10-dic-2011 12.00	Loughlinstown	Astra	-v-	DCU
dom, 15-gen-2012 12.00	Loughlinstown	Astra	-v-	Lughnasa
sab, 28-gen-2012 15.00	St. Columba's	Dublin International	-v-	Astra
dom, 12-feb-2012 12.00	Loughlinstown	Astra	-v-	UCD
sab, 03-mar-2012 15.00	DCU	DCU	-v-	Astra
sab, 10-mar-2012 17.00	St. Columba's	Lughnasa	-v-	Astra
dom, 11-mar-2012 12.00	Loughlinstown	Astra	-v-	Dublin International
dom, 15-apr-2012 12.00	Loughlinstown	Astra	-v-	UCD
To be confirmed	UCD	UCD	-v-	Astra

\*There is a Division 2 competition open to mixed teams. If enough of you wish so we can enter a team. Ladies this could be a good way to get more matches. This competition is open to mixed teams, so a few men can complete the team.

Date	Venue	Time
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dom, 27-nov-2011 00.00	UCC	11:00-17:00
sab, 10-dic-2011 00.00	Sligo	11:00-17:00
dom, 22-gen-2012 00.00	UCD	11:00-17:00
sab, 11-feb-2012 00.00	St. Columba's	12:00-17:00

\*Ladies schedule is unchanged from previous communication. **However, a Women handball development meeting will take place on Monday 28th and the women competition will be discussed and reviewed. You are invited to attend or submit any feedback if you wish so!**

Dec 10th to invite Scottish team over (no takers so far)

Jan 15th blitz in Loughlinstown

Feb 12h (or 19th) to invite Scottish team over

Mar 11th blitz in Loughlinstown

Apr 15th blitz in Loughlinstown

May 13th Finals in Loughlinstown

- **Physio and massages**

I have been asked a few times if I can suggest any good physiotherapist. I'm not an expert and I needed to visit one only once. But I was satisfied with the work I got. Here the contact for Karl Gilligan the physio I have seen for my knee before the marathon. And Patrizia Mingardi, the sport massage specialist that managed to get me walking again after the marathon. In both cases I paid €50 for one hour treatment.

Also the IOHA has a convention with a Physio company. [www.thephysiocompany.com](http://www.thephysiocompany.com).

When booking, mention you are availing of the Irish Olympic Handball Association offer.



**SPORTS & THERAPEUTIC MASSAGE THERAPIST**

- ↳ Sports Massage
- ↳ Deep Tissue Massage
- ↳ Neuromuscular Massage
- ↳ Therapeutic Massage
- ↳ Injuries Prevention
- ↳ Full Body Massage
- ↳ Back, Neck & Shoulder Relief
- ↳ Stress Relief

For an appointment contact: **Patrizia Mingardi**  
087 057 3242 *NMT*

**BELARMINES PHYSICAL THERAPY & SPORTS INJURY CLINIC**

**Karl Gilligan**  
Physical Therapist  
BSc (Hons), Ph. Th. (MIAPT), CSCS

Belarmine Medical Centre  
Belarmine Plaza  
Stepaside, Dublin 18

087 290 1100  
info@belarmine-clinic.ie  
www.belarmine-clinic.ie

Approved Healthcare Providers  
VHI Aviva Quinn

- **REGISTRATION as member of Astra Handball Club**

All Astra players need to register for the Club for the season 2011/2012 at the link below <https://spreadsheets0.google.com/viewform?formkey=dGo3eExUY2pVNS1ocC1LN0NURnBVVXc6MQ>

- **REGISTRATION as a member of the Irish Olympic Handball Association (IOHA)**

This registration must also be completed, and this will entitle you to play in the IOHA league and be covered under the IOHA personal accident insurance

[https://www.myclubfinances.com/memberships.asp?CLb=1&LL\\_ID=497&intMF\\_ID=296](https://www.myclubfinances.com/memberships.asp?CLb=1&LL_ID=497&intMF_ID=296)

