



Communication 4 season 11/12

- **Next events**

AstraHC senior teams - Training starts again on Tue 11th of Jan 8pm in Ballinteer Community School

Men - Sun, 15th Jan 2012, 12.00 Loughlinstown Astra -v- Lughnasa

Women - Sun, 15th Jan 2012, 14:00 blitz in Loughlinstown (I'll push to have a 7vs7 match

Div 2 - Sun, 22nd Jan 2012 UCD 11:00-17:00 (mixed competition, we should go with one or two teams)

- **Merry Christmas and Happy New Year to you all and your families.**



- **Christmas Fitness**

The Christmas break is famous for delivering disastrous result on players physical fitness (and here I assume you are all fine tuned handball machines). So please try to do your best to keep a minimum level of fitness. A single set of of 50 push-up and and 100 sit ups - Daily- would do. And a couple of 30min runs per week should also help. For all the party goers, the more you

drink the more you should run!
Enjoy the Christmas holiday.

- **Referee course**

The IOHA will host a EHF Referee Course in Dublin in January 2012. The course will be lead by Allan Lund from EHF and it will run in St Columba's Hall in Rathfarnham, Dublin 16 on Sunday 8 January. The course will be €15 to all participants and it will begin at 10am until 2.30pm. Registration will take place on the day prior to the course.

Astra HC will pay the course fees for any Astra member who wish to attend the course.

I suggest all players to attend this course, specially the young new players. You might not referee ever again, but this course would give you a better understanding of rules and the game, and once done nobody will ask you again.

- **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 https://www.myclubfinances.com/memberships.asp?CLb=1&LL_ID=497&intMF_ID=296

