



Communication 2 season 12/13

- **Next events**

Sun Feb 10th - Loughlinstown

12:00 – 14:00 *Astra* -v- UCD WOMEN

14:00 - 16:00 *Astra* -v- UCD MEN

Sun Feb 17th - Loughlinstown

14:00 – 16:00 *Astra* -v- SligoIT MEN

Sun Feb 23th - Mardyke Arena - Cork

14:00 – 16:00 UCC -v- *Astra* MEN

Sun Mar2nd/3rd - DCU

TBD *Astra* -v- French team WOMEN

TBD *Astra* -v- TBD WOMEN

full Schedule on ASTRAHC google calendar andr on TEAMER.NET

- **Astra Wins DLRSP Club Volunteer award 2013.**



Astra HC had two nominations at last night Dún Laoghaire Rathdown Sport Partnership Volunteer Award 2013.

Andres Eiriksson was nominated for the award as long serving Coach.

Here the text of the award nomination:

It is difficult to list all Andres's achievements or quantify his contribution to the sport of Olympic

Handball in Ireland.

Andres has been volunteering as an Olympic handball coach for over 25 years, and through all these years he has given the most valuable contribution to the sport's development.

During these years Andres visited over 100 schools nationwide, including Northern Ireland introducing Olympic handball and delivering coaching courses. Andres is one of two Olympic handball qualified tutors for Olympic Handball in Ireland.

Over the past few years Andres has been working consistently in 6 schools delivering regular Olympic Handball training sessions.

The existence of Olympic Handball in Ireland can be seen as one of Andres's achievements as most of the people across the entire nation, that are today involved in handball at many levels, from administration to playing to coaching were introduced to the sport by Andres. Andres's contribution to the diffusion and development of handball is unquantifiable. Most of the handball clubs now in existence were started by people that were introduced to handball by Andres. Most of the players in the current Irish senior women team come from schools where Andres delivered coaching sessions and played in his club's teams. All the qualified Handball coaches come from the courses that Andres delivered through the years.

Andres worked silently for Olympic handball for over 25 years and in my opinion, he is the person that in the Irish Olympic handball environment most deserves a recognition award for his vital contribution.

Astra HC as a whole club won the Club Volunteer award.

Here the text of the award nomination:

Astra Handball Club is a rather young club born by the merging of two existing realities at senior and junior level.

The focus of the club is on the creation of a safe, healthy, and social environment for its members, in which to practice the sport they love.

AstraHC prioritises its member's enjoyment of the sport activities, and members' education. As today AstraHC is the only club in Ireland that encourages its coaches to further their education by supporting them in attending Coaching courses organised in Europe by the European Handball Federation. So far 4 AstraHC coaches over the past 3 years attended such courses, and the aim is to support a coach every year to attend such high profile seminars. Also, AstraHC coaches attended the Sport inclusion seminars and the code of ethics and good practice for Childers. Moreover in past few years AstraHC supported the qualification of 5 referees, and had members attending the Club administration Seminars.

AstraHC has a focus on women's handball and its women's section has suffered the smallest drop out of players compared to other handball clubs in Ireland, and AstraHC's senior women are now leading the Olympic Handball NGB task force for the development of women's handball.

Astra Handball Club is a rather young club that since its creation has been focusing on the best practice in sport guidelines and the simple mission statement (PEOPLE EDUCATION PERFORMANCE). Astra HC puts its members first, starting with their love for sport and encouraging their continuous education and developed whatever their role within the club.

The achievements outlined above show the result of this focus and Astra holds them high proudly.

AstraHC deserves this award as recognition to the work done and recognition of having focused its energy in the right direction: on people and their education. And as an encouragement to keep working within the guidelines of the best practice as primary driving force.

- **Courses available in Dún Laoghaire**



The Dún Laoghaire Sport Partnership (DLRSP) in collaboration with the Irish Sport Council published the calendar of courses available for 2013. Let me know if you are interested in any of these. Full calendar available at <http://www.dlrsportpartnership.ie/images/Calendar%202013.pdf>.

Among these:

- **Code of Ethics (Child Protection) Basic Awareness.** Wednesday 13th February, 6pm - 9.30pm , dlr County Council Dundrum Office
- **Sport First Aid,** Saturday 23rd February 9.00am - 4.00pm Stillorgan Park Hotel, Stillorgan
- **Code of Ethics (Child Protection) Basic Awareness.** Thursday 21st March, 6pm - 9.30pm, Fitzpatrick's Hotel Killiney

- **GARDA VETTING for all the referees, table official, coaches etc!!**

It is now LEGAL REQUIREMENT to have all refs, coaches etc vetted by the GARDA. There is a simple form to fill out. If you are or are interested in coaching, refereeing, be a table official, or cover any position where you can be in contact with children, please get in contact with Andrea for more info

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

All Astra players need to register for the Club for the season 2011/2013 at the link below <https://docs.google.com/spreadsheet/viewform?formkey=dHladGRWMWtLU19qUEMwOXpwaG9hYUE6MA#gid=2>

Also your yearly fee need to be paid (if you haven't done it already). Please lodge the payment on the Astra Handball Club account fill in your name in the comment area.

EBS Building Society, sort 93-90-21. CC n 41687485, Astra Handball Club

- **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