



*Communication 4 season 12/13*

- **End of season**

We are closing an important season for the Club. In February Astra HC was awarded the Dun Laoghaire Rathdown Sport Partnership Volunteer Club Award 2013 as appreciation of Astra's commitment to develop the Sport of Handball, the development of players and the continuous education of coaches and sport volunteers.





















The U17 ladies have been travelling to Germany for a set of friendly matches, collecting defeats and victories but mainly connecting and sharing game experience.

The senior women team collected victory after victory in their test matches. Once again they are the driving force of the entire women handball development movement in Ireland and for next year Astra HC is in a strong position to be able to field two teams in the 13/14 Irish League.

The senior men team claimed victory in the senior men league final and won the IOHA Senior Men's League Trophy for 2013.

Thank you all for this remarkable year.



Front Lunge 10 times each leg   
 Squat 10 times   
 Push up extension 15 times 5 sec   
 Cat camel 10 times each   
 Sit ups 30 + 10 + 10 + 10 + 10   
 Reverse extension 10 times   
 Push ups 30 times + 10 slow   
 Side bridge 10 times x2   
 hips up 5 times x2   
 Front bridge 10 times x 10 second   
 Pray stretch 10 sec x 2 times   
 Back stretch 10 sec each   
 Twist stretch 3 times x2   
 hip circles   
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 Lateral Lunge  2x10    Front Step Up  2x10  
 Raise Leg Squat  2x10    Lateral Step Up  2x10  
 Quad Stretching  15 sec    Jump  2x10

- **Some Little Personal Exercise to keep you in decent shape during the summer .**

These basic exercises should be done daily and should take about an hour to go through them all. This set should keep your back and knee strong and help to prevent injuries.

You should also try to hit the road and do a bit of running on your own or join some of the running events already organised in Dublin. This is a good place to find one <http://www.runireland.com/>.

Try to make to to the open handball session in UCD every Thursday evening at 6pm. They are good fun and light handball.

Club training will start again in late August.

- **Coaching Course**

Astra HC is interested in organising a L1 coaching course in October. The exact date and details are TBD, but since we are organising it we will make it suit our needs and availability.

- **Astra Online**

As always find informations about the club and club life on our online sites: [www.astrahandball.com](http://www.astrahandball.com) and on facebook <https://www.facebook.com/pages/Astra-Handball/187280244713711>.