



Communication 3 season 12/13

- **Next events**

Sun May 12th - Loughlinstown 12:00 – 16:00 Double Friendly *AstraHC* - Lughnasa M&F

Sat Jun 1st - DCU sport hall. Senior Men's League SemiFinals *AstraHC* - UCC

Sun Jun 2nd - DCU Sport hall. Senior Men's League Final

- **IOHA Cup M&F**

Congratulation to both women and men teams for bringing home medals in the IOHA Cups.

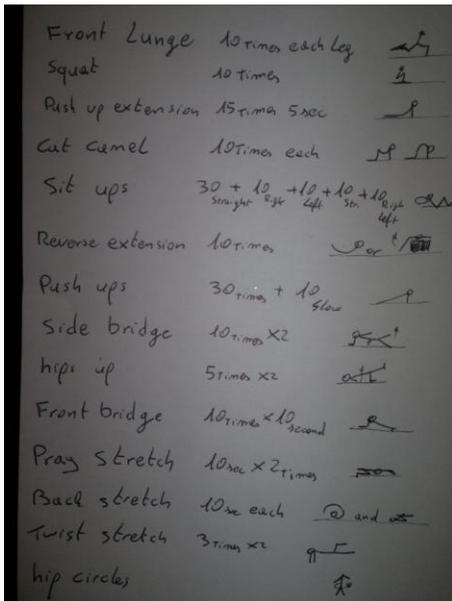
Astra Women shared the top seat, but with two teams arriving equal in points and in direct match score, we had to leave the trophy behind because of the overall goal difference.



Astra Men put up a strong fight Vs Dub Int in the group stage, but the demanding game took a heavy toll on the seven Astra's players available for this weekend competition, and had to give way to the Dub Int team which counted 9 players...sitting on the bench(!), nevertheless the team confirmed its strength by comfortably securing the third spot in the competition.

- **Some Teams and Personal Fitness .**

Tuesday training for both Men and Women will continue till May 28th. We will have two extra sessions in BallinteerCS on the last two Thursday of May, 23rd and 30th. Possibly we should add some outdoor training at weekend and/or during the week.



Here some basic exercise that should be done daily. This full sheet should take about 30 min. It is more about injury prevention than actual strength. These do not need any machine or tool and can easily done at home.

With the days getting longer it is time to hit the road and do a bit of running. For the months of May we should get some

small run done together. To make it more appealing there are a number of running events already organised in Dublin:

This is a easy weekly 5k run organised (Saturday morning) in Marlay Park and it would be the easiest to join/enjoy together. <http://www.dlrsportspartnership.ie/home/latest-news/567-get-ready-for-parkrun-a-new-event-for-runners-in-marley-park-starts-9th-march-2013>
<http://www.parkrun.ie/marlay/>

If instead you want to set a higher target, you should look into the series of runs organised as part of the Dublin Marathon training. Do not get scared by the name, the series starts with an easy 5k in June, followed by a 10K, a 10 Miles and finish with a half marathon (21k) in September. Plenty of time to train for it.
http://dublinmarathon.ie/race_series.php

We lost the opportunity this year as this event collided with the IOHA men's Cup, but we should make it a standard fixture in our calendar. The Great Dublin run. An enjoyable 10k run in Phoenix Park.
<http://www.greatirelandrun.org/>

- **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.. Full calendar available at <http://www.dlrsportspartnership.ie/images/Calendar%202013.pdf>.

All Senior Coaches, Athlete and Referees are suggested to attend the Code of Ethics and Child Protection Course (Basic). Parents can also attend...good suggestions and guidelines might come useful when hosting birthday parties or sleepover with your kid's friends.

April			
Date	Course/Event	Time	Venue
Tuesday 16th April	Code of Ethics (Child Protection) Basic Awareness	6.00am - 9.30pm	dlr County Council Dundrum Office
May			
Date	Course/Event	Time	Venue
Wednesday 15th May	Code of Ethics (Child Protection) Basic Awareness	6.00pm - 9.30pm	Castle Park School Dalkey
June			
Date	Course/Event	Time	Venue
Thursday 20th June	Code of Ethics (Child Protection) Basic Awareness	6.00pm - 9.30pm	dlr County Council Dundrum Office
15th - 23rd June	Bike Week	Various	Various

- **Coaching Course**

Astra HC is interested in organising a L1 coaching course in May. The exact date and details are TBD, but since we are organising it we will make it suit our needs and availability. A “show of interest” form will be sent out soon

- **Astra Website**

Astra website has been updated. It doesn't look supergood, but it contains some useful information. Have a look at it. On the site you can find team pictures, all the old communication sheets (like this one), Club's policies, Club's Constitution (please have a look at it), screenshot of all articles about Astra, and more.

www.astrahandball.com <http://www.astrahandball.com/policies---constitution.html>

And here the latest team pictures with the Astra women, Astra Men and Astra the U17 team that travelled to Germany in Feb'13 for a series of friendly.

A Club picture will be taken during one of the Tuesday training sessions. Likely on April 23rd. Bring your match uniform and your medal.



- **T-shirts and Hoodies.**

Since we don't have a quotation yet, you are still on time to give your preference at this link.

<https://docs.google.com/forms/d/1wHKzkTj8caSKV6aIJO5OL8e9kKDb1gUEVh36TqktNws/edit>

- **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