

# St. Philips Volleyball Club

## Newsletter 1: September 2024



### Welcome to season 2024-25 at St. Philips Volleyball Club (SPVC); Go Pips!

by SPVC Committee members  
Mitesh Patel, Hamid Sanami & Caroline Hodgson

The committee is very excited to welcome you to the new indoor season! This season we are hoping to build on the progress we made last year and we're looking for commitment from our members at training and when representing our club teams in the county leagues.

**Cambridge Volleyball Association (CVA) County League:** This season the men's county league will comprise two divisions, and the women's county league will comprise one division. Pips will be entering a team in each of the men's divisions and one women's team. For the first time, a junior mixed team (from CVC) has been accepted to play in the women's league.

**CVA Local League:** This is currently open to players who are not part of a club and who are not participating in the county league. The aim of this league is to encourage non-clubs to be more involved with the CVA. If an opportunity arises for clubs to join the local league, we will consider putting in a team of members who are not playing in the county league. Updates will be shared on Spond.

#### Training days

Mondays, 20:00-22:00 (all members)

Saturdays, 16:15-18:15 (Gold members only)

- The training setup will be subtly different across the two days.
- On Mondays there will be more basic training in volleyball skills and drills plus game play.
- On Saturdays there will be more strategic focus on team training.
- Priority for team selection at matches will be given to those gold members who commit to the training programs on both days.

#### New this season!

The committee has been very busy during the off-season with updating our digital presence: we have new content on Instagram and we are in the final stages of producing our new website. The plan is to make use of Instagram live feeds during matches and share more up-to-date images/videos from our events. Watch this space!

We look forward to seeing you at the Trials and upcoming training days too!

See all our upcoming events on Spond

<https://group.spond.com/QLGYO>

Instagram



SPVC\_CAMBRIDGE



Join our easyfundraising page:

<https://www.easyfundraising.org.uk/causes/st-philips-volleyball-club>

Interested to sponsor us or donate to our club?

Please contact us at the email below for further discussion.

Location: Anglian Leisure, Netherhall Sports Centre, Queen Edith's Way, Cambridge, CB1 8NN

Contact us: [committee.spvc@gmail.com](mailto:committee.spvc@gmail.com)