

St. Philips Volleyball Club (SPVC)

Newsletter 4: September 2025



Welcome to season 2025-26; Go Pips!

by SPVC Executive Committee members:
Mitesh Patel, Hamid Sanami, Carrie Hodgson & Maike Steindel

The executive committee is very excited to welcome you to the new indoor season! This season we are continuing to build upon the good work we started last season. We believe in continuous feedback loops, and the most common request from members was to have more training time. So, we have listened and changed our training setup (see “Training Days” below). Also, last year we successfully trialed a Junior Club and have decided to officially open our Junior Club for 12- to 17-year-olds.

Membership Bands

Due to these exciting changes, our membership setup now consists of:

- **Junior** membership (ages 12-17): To attend Junior Club only.
- **Junior Plus** membership (ages 16–17): Includes access to both Junior and Senior Club training sessions. Official rules permit players aged 16 and older to join the senior team.
- **Senior** membership (ages 18+): This is for adults seeking to participate in team training and compete in the Cambridge Volleyball Association (CVA) county league.

Training Days

1. **Seniors** (for Senior Gold, Senior Bronze, Junior Plus Gold and Junior Plus Bronze only)
 - Mondays: 20:00-22:00 (all members) - will split between general training (more basic training in volleyball skills and drills, plus gameplay) and hosting our home matches.
 - Saturdays, 16:15-18:15 (Gold members only) - specific/strategic focused team training.
 - Priority for team selection at matches will be given to Gold members who commit to the training programs on both days.
2. **Juniors** (for Junior Plus Gold, Junior Plus Bronze, Junior Silver and Junior Bronze, only)
 - Wednesday: 16:00-17:30 (all members) - focusing on foundation volleyball and upskilling through drills and gameplay.

CVA County League

This season we have entered two men’s teams and one women’s team. Though we haven’t been provided with information on this season’s County League setup, we have entered teams based on the number we had last year.

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



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