



Welcome to the Farnborough Volleyball Club!

We are a friendly club of volleyball enthusiasts, and welcome players of all abilities.

We currently have four teams, one women and two men teams that play in the Berkshire Volleyball League.

Things you need to know:

How much does it cost to join?

You can come along to your first two sessions for free! If you are still interested in joining, talk to our treasurer or find the information about our fees on our website:

http://farnborough.clubbuzz.co.uk/club_fees

When do you train?

We have three weekly training sessions held at the Aldershot Garrison Sports Centre. Over the summer, general training moves outdoors:

Monday Evenings: Men team training (by coach invitation only) 7 pm - 10 pm.

Wednesday Evenings: Technical sessions 7 pm – 8 pm // Open session 8 pm – 10 pm

Thursday Evenings: Women team training (by coach invitation only): 8.15 pm – 10 pm

What should I wear?

Sensible and comfortable clothing such as what you would wear to the gym.

Trainers with good support for your ankles and feet, as well as good grip.

Kneepads are not essential at first, but highly recommended if you continue to play.

What level of experience is required?

We welcome members of all skill levels including complete beginners. Make sure that the coach knows your previous experience when you come to your first training, so that they can help work out a training programme for you.

How much training will I be given? I've never played before and I'm not sure what to expect...

Our club provides a wide range of training, from our advanced team training on a Monday and Thursday night, and to our general training on a Wednesday night. This focuses on particular volleyball skill areas and ensures that all players practice each aspect of volleyball. Our coaches will work with you on specific skills as needed, don't be afraid to ask.

Do you have social events?

YES! We plan a number of events during the course of the year, including drinks after training, meals, end of season parties and Christmas parties. Talk to our Social Secretary to find out more.

What else to you do?

We arrange for players to participate in a wide variety of outdoor tournaments all over the south of England and abroad during summer. These are great fun and a good way of experiencing a competitive match and play outside the usual leagues.

We also organize friendly matches between other teams in the Berkshire Volleyball League and National Volleyball League. Again, these are fun matches that help to get some experience.

I want to join, what do I need to do?

Check out our website - www.fvc.org.uk and join as a member - <http://farnborough.clubbuzz.co.uk/>

It's easy to join, simply click on 'Apply Now' and enter your details. You will need to wait for your application to be approved.

Create a profile and fill in your details including emergency contact details and medical record. This information is stored securely and only accessible to members of the Committee.

- Go back to the website and click on Members Area.
- On Policies and Procedures please read the documents there, most importantly, the Code of Conduct.
- Click on 'Playing System' to find diagrams for the different positions for receiving, defence and attack. If you are new to volleyball you may find it helpful to talk these through with a coach.

If you have any questions – please ask!