

What better way to get to know and compete against other workplaces than in a fun, relaxed & active atmosphere!

Come & join the

# After Work Corporate Volleyball Competition

By Western Sydney Volleyball



## *What?*

- The competition is open mixed volleyball. Each week the game will last roughly 45 minutes, 2 sets to 25 and the last set to 15. The competition lasts around 20 weeks. There are qualified coaches in the competition who are willing to assist any team in learning the rules and techniques of the sport, beginners are always welcome!

## *Why?*

- Improve staff relationships, increase informal networks, have a lot of fun in the middle of the week with a combination of socialising, exercising and competitiveness.

## *Who?*

- All workplace staff & relations of staff are welcome to play in a friendly volleyball competition against other workplaces.
- We can accommodate both individuals & whole teams of any level. No experience needed ..... learn as you go & have a ball doing it!

## *Where?*

- Every Wednesday (depending on what time suits your workplace) at Penrith Valley Regional Sports Centre, Herbert St Cambridge Park.

## *How Much?*

- \$48 team fee every week (or \$8 weekly individual fee if you join a team).

## *More Information Needed?*

To assist you further we can provide: pamphlets for your staff, information regarding the rules of this competition and free coaching if desired.

**To join the competition or for more information please contact:**

**Joe Al-Natour (Western Sydney Volleyball Convener): ☎ 0414 407 766 or**

**email [joealnatour@hotmail.com](mailto:joealnatour@hotmail.com)**