

SITTING VOLLEYBALL
Have-a-Go DAY!



SITTING VOLLEY ACTIVITY DURING THE EUROPEAN WEEK OF SPORT

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The European Week of Sport, which is going to be held between the 7th and 13th September, aims to promote sport and physical activity across Europe.

With the basic idea being for Europeans to BeActive, regardless of age, background or fitness level, Birkirkara Volleyball Club, together with ParaVolley Malta, will be organising a Sitting Volleyball activity on Saturday 12th September at the Immaculate Conception School Gym, Tarxien.

Sitting Volleyball is a Paralympic sport in which the athletes play volleyball whilst sitting on the ground.

With a smaller court and a lower net, Sitting Volleyball is a fast paced game, based on the same rules used in Volleyball, with some minor differences.

It is truly a sport for all, a sport in which persons with a disability and who normally would not be able to play indoor volleyball, play on the same level together with others who do not suffer from a physical disability.

The activity to be held on Saturday 12th September will start at 8.30am and will include a training session led by Nello Calleja, Sitting Volleyball International Referee as well as ParaVolley Malta's secretary, as well as a tournament between the athletes attending for this activity.

For more information about this activity, one may contact Birkirkara Volleyball Club on 99276283 or ParaVolley Malta through email at paravollemalta@gmail.com or 79667788.

This activity is open not only for teams but also for individuals who would like to try out this sport.