

**On Saturday, 24th February 2018, on their home court, IBB Polonia defeated Wessex in straight sets to reach the final of the National Cup. The team from West London never gave their rivals a chance of winning and thanks to such an emphatic victory 3-0 (25-19; 25-16; 25-11) made it through to the final.**

"Wessex is always a very difficult opponent to play against as it is quite a young and very agile team. We were, however, very well prepared both physically and tactically for this match. The stuff we focused on in training paid off during the match. Our serving was

a crucial element of success as we pushed the other team away from the net. Our passing was excellent and although they tried to find weak points in our reception we were solid throughout and that in turn allowed our setters to play dynamic and fast volleyball with combinations through the middle of the net and both wings. In addition a few successful digs in defence, and two or three rallies that ended in our favour also gave us psychological edge and that allowed us to dominate the game especially in the second and third sets. The performance of the team was excellent and we should strive to play consistently at this level." said Marcel Sivak, IBB Polonia London libero.

The match was an emotional one, not only for the players and members of the Club, but also for

the numerous fans. Brentford Fountain Leisure Centre became a magnet for volleyball spectators and for those who love IBB Polonia London VC. The support was, traditionally, vociferous and this helped the home team secure another win.

"I think the entire match was enjoyable for the players but also for the fans who were ultimately one of the deciding factors in yesterday's win. The support and the atmosphere were incredible and urged us on. We are very grateful for the energy they expend in pushing us through tough points." added Marcel Sivak.

# In the final of the National Cup again!



"Every match played is an emotional affair. On Saturday, the energy was amazing from the stands because the prize was a place in the final. We are delighted that our support helped realise the goal. We look forward to even more success in the near future. I would like to encourage all those who love volleyball to join us in supporting the team at the next matches and also to become a member of the Fan Club. We want more people to enjoy what we do and to help out team to defend both titles this year." commented the President of the Official Fan Club, Jan Ploszaj.

IBB Polonia London now plays a number of league matches. Next Saturday Piotr Graban will lead

his players to take on local rivals Richmond Docklands. The match starts at 2.30PM and tickets are available online. The final of the National Cup takes place in less than two months. The game will be on Saturday, 14th April at the National Volleyball Centre in Kettering. The opponents will be the current Super 8 league leader: Team Northumbria. The northerners beat Sheffield Hallam 3-0.

"Northumbria is a strong opponent and they have been performing very convincingly. We are however a much more experienced team, including experience

from playing in finals which adds to our advantage. I am therefore very confident that we have all the tools to be successful and defend the cup championship." – ended Sivak.

More information will be found online and also on IBB Polonia Facebook page.

IBB Polonia London has three victories of the National Cup (1990-91; 2015-16; 2016-17). Two years ago the victory was against Team Northumbria.







## The winning streak for IBB Polonia London continues

**On Saturday, 17th February volleyball and emotions returned to West London. The match took place against Essex Blaze at the Brentford Fountain Leisure Centre resulting in a relatively simple 3-0 victory (25:19; 25:13; 28:26) for IBB Polonia London. Thanks to this another three points have been added to the league table returning the team to second position. This coincided with a loss for the second placed team which played into the hands of Piotr Graban and his players.**

The match started very evenly with both teams trading points until the first technical time out; but by the time of the second break, IBB Polonia London were three points ahead. The set ended swiftly 25-19 in favour of the home team. The second set saw a total dominance and IBB Polonia London were once again the victors 25-13. The lead at the first technical time out was six points and a powerful attack by Dorian Poinc won the second set. In the third set, the Londoners were in control until about half way through the set, when Essex Blaze stepped up the serving pressure and risked everything to do what they could to take a set of their own. The set was tight throughout, but at the last moment an error or two from the visitors gave the match 3-0 to IBB Polonia London.

"I'm really pleased about the three points. We played quite well, perhaps with the exception of the third set, and were well in control. We visibly relaxed towards the end and this gave Essex a sniff of a chance. It was great to be able to use the entire bench during the game and it let me see what the

reinforcements were capable of." – said IBB Polonia Head Coach, Piotr Graban.

There was a great atmosphere in the stands, with vociferous support from fans who had travelled from far and wide to cheer Londoners to victory. The DJ played motivating music and led the support in the hall. The game was transmitted by Polsat on Polsat sport Extra and also via the internet. All of our fans who were unable to be at the game in person, were able to watch through a variety of media. The match is available to view on IBB TV.

The team now has a week of heavy training, because on Saturday IBB Polonia London have the chance to make it through to the final of the National Cup. The opposition will be Wessex VC; the match will start at 3PM and ticket are available here.

"We have some areas of focus before the Semi Final of the Cup and we will aim to focus on this areas so we can get to the final. After that we have the end of the Super 8 League to work on and then the playoffs." – added Graban.

# Another three points

**The volleyball team from the capital of England played an away match against Essex Blaze on Saturday, 10th February and won in three sets. The newcomers to the division played their hearts out pushing the Champions to the very end of each set. Sadly for them, they were unable to make the last phase of each set count and were the eventual losers. The result was 0:3 (22:25; 24:26; 21:25 for Graban's charges giving another three points to the league table.**

"Despite the fact that Essex train seven times each week, compared to our three, we did sufficient to take the victory. The match was littered with

errors from both teams, but the victory is all that counts. Now we can start to focus for the end phase of the season which will determine the champions of 2018." said Piotr Graban.

"We started confidently and gathered our own rhythm. Despite this mistakes crept in and this allowed Essex to gain some confidence and they became a thorn in our side. I'm pleased we could maintain our advantage throughout and come home victorious. It's not easy playing there, and do three sets is a great result. We need to analyse some specifics sections of our game and work hard on these elements. We play the same team once again next week and don't want any nasty surprises." said middle blocker, Vitor de Oliveira.

The next match is on Saturday, 17th February against Essex Blaze and starts at 4pm. Once again the match will be broadcast live on TV and streamed. Tickets are available online or via our sponsors IBB Builders Merchants who have organised a special promotion for the week. The match will be televised live from Brentford Fountain Lei-

sure Centre and will be shown on Polsat Sport Extra and also on [ibb.uk/tv](http://ibb.uk/tv).

"The next game will be a good test for us as we approach the Semi Finals of the National Cup of England. February's goal is to win twice against Essex and also to win the Semi Final. We will do everything we can to get to the final and then to defend our title. The macro and micro cycles are now starting to fit together to allow us to peak towards the end of the season once again." added Graban.

The return fixture next week, will not be the last of the matches for the month. The Semi Final will be scheduled for 24th February and will be played against Wessex in the home venue in Brentford. The prize will be a place in the final.

"With every match, we gain more experience and become stronger as athletes to help us with the remaining matches of the season. We hope to prepare fully for the final weeks of the season so we can retain our double championships." added de Oliveira. Details of the ticket offers are available here.

