

konschtsprang veräin lëtzebuerg

siège social: 185a, rue de Kirchberg L-1858 Luxembourg

secrétariat: 11, rue de la Forêt L-3836 Schiffflange / tél: +352 621 646 908

E-Mail: secretariat@kvl.lu

Hello,

We are pleased to inform you that we will be able to resume training soon, on Tuesday 16th September 2025.

Where?

Training will take place as usual at the "Centre National Sportif et Culturel d'Coque" at Kirchberg. We meet there in the large entrance hall, near the entrance to the "Centre Aquatique".

When?

The training takes place twice a week: On Tuesday and on Thursday. Training starts at 17:00 on both days and lasts until 19:00.

There is no training during the school vacations.

Presence

Since we are using the common cabins in the basement, we are also obliged to go to the changing rooms together.

Therefore, it is necessary that you inform us if your children cannot come. If you have a delay this is no problem, we just ask you to let us know in time by mail or SMS:

secretariat@kvl.lu

+352 621 646 908 (secretary) or +352 661 661 518 (trainer)

Discipline & motivation

There will be a time-out.

If an athlete shows inappropriate behavior during a training session, he will be placed on the bench for the rest of the session and will no longer be allowed to participate in training.

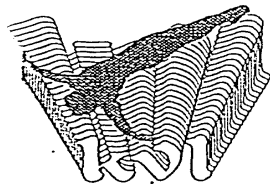
If this happens 3 times, we reserve the right to exclude this athlete completely.

Parents will be notified by email after each time-out (or if exclusion occurs).

Examples of such behavior are

- Hectic running back and forth and shouting when waiting to dive
- Hitting or bullying other children
- Passively participating in training, taking breaks too often

We know that these are very strict rules, but we ask for your understanding as we want to give the children who are motivated to learn something the chance to do so, and this cannot be possible if the coach spends his time running after other athletes and telling them to stop.



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New members

If you have not yet had a license in our club, you are welcome to take part in our training a few times. However, for insurance reasons, you will have to pay the entry costs yourself before you get your license.

If you want to get a license, the trainer will give you a form to fill out.

You will then receive an email to request an appointment with the sports doctor (Médico).

If you have been to the doctor and have paid the annual membership, we will request a license, and you will no longer have to pay the entrance fee to the Coque.

Costs

A one-year license costs **50 Euro**. If you were already a member, please transfer this amount with the note "Cotisation annuelle KVL - Name of child" to the following account: LU88 0019 1203 6447 5000

A membership card will be given to each athlete upon receipt of your transfer.

Competition

As every season we are organizing three national competitions at the Coque. Here are the dates for these events:

Championnat National „Haut Vol“	24th January 2026
Championnat National „1m“	21th March 2026
Championnat National „3m“	13th June 2026

You will of course receive further information from us as soon as possible.

We look forward to seeing you and your children again or getting to know you. If you have any further questions, please do not hesitate to contact me.

For the KVL
Véronique Herman