



**Boys and girls!**

**Welcome to Valur**

**2009 -2010**

Valur Soccer Club hereby introduces the 2009-2010 winter schedule . The structure of the schedule needs to take into account a vast array of factors such as the age of the participants, availability of trainers and major league games . We then try to meet the requirements of the children whenever possible so they can so they can take part in more than one sport. The goal of Valur is to give children and teenagers an outstanding upbringing in sports with emphasis on joy, a strong self-image and a healthy lifestyle. This winter Valur will continue its collaboration with the leisure centers and offer bus rides to the leisure centers run by the schools for 1st-4<sup>th</sup> grade, to practices which start 15:50 or 16:00. The Dance School of Jón Pétur and Kara will operate at the Valur Social Center this winter and it will be possible to make use of the bus rides to attend dance classes or attend the dance classes alongside Valur practice sessions in other sports. Valur Soccer Club makes available to its members a magnificent sports facility with four courts, a facility for weight lifting, a social center and soccer fields, inter al. one floodlit field with artificial grass. Valur welcomes everyone to the Vodaphone Palace at Hlíðarnedi to play soccer, handball and basketball.

In hope of a rewarding collaboration.

Ragnhildur Skúladóttir, head of Valur's Children and Teenage Division

## Training Schedule for Handball Division

### Woman's league:

#### Ball School (2004-2006/nursery school)

Saturday 9:40-10:30 Hall 1

#### 8.div. (2002-2003/1. and 2nd grade)

**Trainer: Hrafnhildur Skúladóttir**

Mobile: 699-0902

E-mail: [hrabbaosk@simnet.is](mailto:hrabbaosk@simnet.is)

Mondays 16:40-17:30 Hall 2

Thursdays 16:40-17:30 Hall 1

#### 7.div. (2000-2001/3. and 4th grade)

**Trainer: Hrafnhildur Skúladóttir**

Mobile: 699-0902

E-mail: [hrabbaosk@simnet.is](mailto:hrabbaosk@simnet.is)

Mondays 16:40-17:30 Hall 2

Thursdays 15:50-16:40 Hall 1

#### 6.div. (1998-1999/5. and 6th grade)

**Trainer: Atli Báruson and Brynjólfur Stefánsson** Mobile: 8929430/847-1489

[atlimar91@hotmail.com](mailto:atlimar91@hotmail.com) , [binni00@hotmail.com](mailto:binni00@hotmail.com)

Mondays 15:50-16:40 Old Hall

Wednesdays 15:50-16:40 Hall 3

Saturdays 10:30-11:20 Old Hall

#### 5.div. (1996-1997/7. and 8th grade)

**Trainer: Dórothea Guðjónsdóttir**

Mobile: 696-7681

E-mail: [dorothe\\_@msn.is](mailto:dorothe_@msn.is)

Mondays 16:40-17:30 Hall 1

Tuesdays 18:20-19:35 Old Hall

Fridays 16:40-17:55 Old Hall

Saturdays 11:20-13:00 Old Hall

#### 4.div. (1994-1995/9. and 10th grade)

**Trainer: Sigfús Sigurðsson**

Mobile: 695-6232

E-mail: [fusi69@hotmail.com](mailto:fusi69@hotmail.com)

Tuesdays 20:30-22:00 Hall 1

Wednesdays 16:40-17:30 Hall 2

Fridays 18:20-19:30 Old Hall

Sundays 15:00-16:40 Hall 1

3.div. (1991-1993)

**Trainer: Jóhannes Lange**

Mobile: 897-8339

E-mail: [joilange@valur.is](mailto:joilange@valur.is)

Mondays 19:10-20:25	Old Hall
Wednesdays 20:30-22:00	Hall 1 and 2
Thursdays 20:30-22:00	Hall 1 and 2
Fridays 19:10-20:30	Old Hall
Sundays 15:00-16:40	Hall 2

**Men's Division:**

**Boltaskóli (2004-2006/nursery school)**

Saturday 9:40-10:30	Hall 1
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**8.div. (2002-2003/1. and 2nd grade)**

**Trainer: Ágústa Edda Björnsdóttir**

Mobile: 694-2440

E-mail: [agusta.edda@hotmail.com](mailto:agusta.edda@hotmail.com)

Mondays 16:40-17:30	Old Hall
Thursdays 16:40-17:30	Hall 2

**7.div. (2000-2001/3. and 4th grade)**

**Trainer: Ágústa Edda Björnsdóttir**

Mobile: 694-2440

E-mail: [agusta.edda@hotmail.com](mailto:agusta.edda@hotmail.com)

Tuesdays 16:40-17:30	Hall 2
Fridays 16:40-17:30	Hall 2 and 3

**6.div. (1998-1999/5. and 6th grade)**

**Trainer: Arnar Hrafn Árnason**

Mobile: 659-2079

E-mail: [arnarhrafn88@visir.is](mailto:arnarhrafn88@visir.is)

Mondays 15:30-16:40	Hall 2
Wednesdays 15:30-16:40	Hall 1 and 2
Fridays 16:40-17:30	Hall 1

**5.div. (1996-1997/7. and 8th grade)**

**Trainer: Gunnar Ernir Birgisson**      Mobile: 849-8959      E-mail: [gussibigg@gmail.com](mailto:gussibigg@gmail.com)  
Mondays 17:30-19:10      Old Hall  
Wednesdays 16:40-17:30      Hall 3  
Fridays 15:50-16:40      Old Hall  
Sundays 13:20-15:00      Hall 1

**4.div. (1994-1995/9. and 10th grade)**

**Trainer:Maxsim Akbachev**      Mobile: 867-4629      E-mail: [maxi@btnet.is](mailto:maxi@btnet.is)  
Tuesdays 20:30-22:00      Hall 2  
Wednesdays 16:40-17:30      Hall 1  
Thursdays 19:00-20:00      Old Hall  
Sundays 13:20-15:00      Hall 2

**2. and 3.div. (1989-1993)**

**Trainer: Heimir Ríkharðsson**      Mobile: 843-1177      E-mail: [heimir@lrh.is](mailto:heimir@lrh.is)  
Tuesdays 19:00-20:30      Hall 1 and 2  
Wednesdays 17:30-18:45      Old Hall  
Fridays 19:10-20:30      Hall 1 and 2  
Sundays 13:00-14:40      Old Hall

**Training Schedule for Basketball Division****Woman's league:****Ball School (2004-2006/nursery school)**

Saturday 9:40-10:30      Hall 1

**MB 6-7-year olds (2002-2003/1. and 2nd grade)**

**Trainer: Lýður Vignisson**      Mobile: 694-4033      E-mail: [lydur06@ru.is](mailto:lydur06@ru.is)  
Mondays 15:50-16:40      Hall 1  
Wednesdays 15:50-16:40      Old Hall

**MB 8-11-year-olds(1998-2001/3. and 6th grade)**

**Trainer: Guðrún Baldursdóttir**

Mobile: 867-4245

E-mail: [gsb@hi.is](mailto:gsb@hi.is)

Tuesdays 15:50-16:40 Hall 3

Wednesdays 15:00-15:50 Hall 3

Fridays 15:00-15:50 Hall 1

Sundays 10:00-11:40 Hall 3

**8.-11.Girls' League (13-16-year olds)**

**Trainer: Sigurður Sigurðarson**

Mobile: 894-9495

E-mail: [sixig@simnet.is](mailto:sixig@simnet.is)

Mondays 20:30-22:00 Hall 3

Tuesdays 19:35-20:50 Old Hall

Wednesdays 18:45-20:00 Old Hall

Fridays 20:30-22:00 Hall 2

Sundays 10:00-11:40 Hall 3

**Men's League:**

**Ball School (2004-2006/nursery school)**

Saturday 9:40-10:30 Hall 1

**MB 6-7 year-olds (2002-2003/1. and 2nd grade)**

**Trainer: Lýður Vignisson**

Mobile: 694-4033

E-mail: [lydur06@ru.is](mailto:lydur06@ru.is)

Mondays 15:50-16:40 Hall 1

Wednesdays 15:50-16:40 Old Hall

**MB 8-9 year-olds (2000-2001/3. and 4th grade)**

**Trainer: Björgvin Rúnar Valentínusarson**

Mobile: 866-3043

E-mail: [bjorgvinrunar@gmail.com](mailto:bjorgvinrunar@gmail.com)

Tuesdays 16:40-17:30 Hall 3

Thursdays 16:40-17:30 Hall 3

Fridays 15:00-15:50 Hall 2

Sundays 13:20-14:10 Hall 3

**MB 10-11 year-olds (1998-1999/5. and 6th grade)**

**Trainer: Hörður H. Hreiðarsson**

Mobile: 899-9615

E-mail: [hnhnr15@gmail.com](mailto:hnhnr15@gmail.com)

Mondays 15:00-15:50	Hall 1
Wednesdays 15:00-15:50	Hall 3
Fridays 15:00-15:50	Hall 3
Sundays 14:10-15:00	Hall 3

**7.-8. division (1996-1997/7. and 8th grade)**

**Trainer: Ari Gunnarsson/Hörður H. Hreiðarsson**

Mobile: 849-8959/899-9615 e-mail: [ari@landvelar.is](mailto:ari@landvelar.is) , [hnhnr15@gmail.com](mailto:hnhnr15@gmail.com)

Mondays 15:50-16:40	Hall 3
Wednesdays 16:40-17:30	Old Hall
Thursdays 20:00-20:50	Old Hall
Saturdays 12:10-13:00	Hall 3
Sundays 15:00-16:40	Hall 3

**9.-10.div. (1994-1995/9. and 10th grade)**

**Trainer: Lýður Vignisson**

Mobile: 694-4033

E-mail: [lydur06@ru.is](mailto:lydur06@ru.is)

Mondays 16:40-17:30	Hall 3
Wednesdays 20:00-20:50	Old Hall
Thursdays 20:50-21:40	Old Hall
Saturdays 14:40-16:20	Old Hall

**11.div. and boys' division (1991-1993)**

**Trainer: Lýður Vignisson**

Mobile: 694-4033

E-mail: [lydur06@ru.is](mailto:lydur06@ru.is)

Mondays 20:25-21:40	Old Hall
Tuesday 20:50-21:40	Old Hall
Wednesdays 20:50-21:40	Old Hall
Thursdays 20:30-22:00	Hall 3
Fridays 20:30-22:00	Hall 3
Saturdays 16:20-18:00	Old Hall

**Teenage division**

**Trainer: Lýður Vignisson**

Mobile: 694-4033

E-mail: [lydur06@ru.is](mailto:lydur06@ru.is)

Additional information provided by trainer

## Training Schedule for Soccer Division

### Woman's league:

#### Ball School (2004-2006/nursery school)

Saturday 9:40-10:30 Hall 1

#### 8.div. (2004-2005/nursery school)

##### Trainer: Rakel Logadóttir

Mobile: 899-1191

E-mail: [rakel\\_loga@hotmail.com](mailto:rakel_loga@hotmail.com)

Tuesdays 16:40-17:30 Hall 1  
Sundays 10:50-11:40 Old Hall

#### 7.div. (2002-2003/1. and 2nd grade)

##### Trainer: Thelma Björk Einarsdóttir

Mobile: 691-1861

E-mail: [thebein@verslo.is](mailto:thebein@verslo.is)

Tuesdays 15:50-16:40 Old Hall  
Thursdays 15:50-16:40 Old Hall  
Sundays 10:00-10:50 Old Hall

#### 6.div. (2000-2001/3. and 4th grade)

##### Trainer: Kristín Ýr Bjarnadóttir

Mobile: 848-0992

E-mail: [kristinyr21@gmail.com](mailto:kristinyr21@gmail.com)

Wednesdays 16:00-17:00 Artificial grass  
Fridays 15:50-16:40 Hall 3  
Sundays 15:00-16:40 Old Hall

#### 5.div. (1998-1999/5. and 6th grade)

##### Trainer: Margrét Magnúsdóttir

Mobile: 847-7474

E-mail: [margretmagnusdottir@visir.is](mailto:margretmagnusdottir@visir.is)

Mondays 15:30-16:30 Artificial grass  
Thursdays 15:30-16:30 Artificial grass  
Fridays 15:30-16:30 Artificial grass

**4.div. (1996-1997/7. and 8th grade)**

**Halldór Jón Sigurðsson**                      Mobile: 863-9290                      netf: [hjs15@hi.is](mailto:hjs15@hi.is)  
**Margrét Magnúsdóttir**                      Mobile: 847-7474                      netf: [margretmagnusdottir@visir.is](mailto:margretmagnusdottir@visir.is)  
    Tuesdays 16:00-17:30  
    Thursdays 16:30-18:00  
    Fridays 16:30-18:00

**3.div. (1994-1995/9. and 10th grade)**

**Trainer: Soffía Ámundadóttir**                      Mobile: 698-9033                      E-mail: [soa13@hi.is](mailto:soa13@hi.is)  
    Wednesdays 16:30-17:30                      Artificial grass  
    Fridays 16:30-17:30                      Artificial grass  
    Sundays 12:30-13:20                      Old Hall

**Men's League:**

**Ball School (2004-2006/nursery school)**

    Saturday 9:40-10:30                      Hall 1

**8.div. (2004-2005/nursery school)**

**Trainer: Rakel Logadóttir**                      Mobile: 899-1191  
    Tuesdays 16:40-17:30                      Hall 1  
    Sundays 11:40-12:30                      Old Hall

**7.div. (2002-2003/1. and 2nd grade)**

**Trainer: Igor Bjarni Kostic**                      Mobile: 847-1431                      E-mail: [da\\_nucchah@hotmail.com](mailto:da_nucchah@hotmail.com)  
    Tuesdays 15:50-16:40                      Old Hall  
    Thursdays 15:50-16:40                      Old Hall  
    Sundays 10:00-11:40                      Old Hall

**6.div. (2000-2001/3. and 4th grade)**

**Trainer: Agnar Kristinsson**                      Mobile: 893-7796                      E-mail: [agnarkristins@simnet.is](mailto:agnarkristins@simnet.is)  
**Hallur K. Ásgeirsson**                      Mobile: 848-8842                      E-mail: [halli-trubator@hotmail.com](mailto:halli-trubator@hotmail.com)  
    Mondays 16:00-17:00                      Artificial grass  
    Fridays 15:50-16:40                      Hall 3  
    Sundays 13:20-15:00                      Old Hall

**5.div. (1998-1999/5. and 6th grade)**

**Trainer: Agnar Kristinsson**

Mobile: 893-7796

E-mail: [agnarkristins@simnet.is](mailto:agnarkristins@simnet.is)

**Hallur K. Ásgeirsson**

Mobile: 848-8842

E-mail: [halli-trubator@hotmail.com](mailto:halli-trubator@hotmail.com)

Mondays 17:00-18:00

Artificial grass

Thursdays 16:00-17:00

Artificial grass

Sundays 11:40-13:20

Hall 2

**4.div. (1996-1997/7. and 8th grade)**

**Trainer: Igor Bjarni Kostic**

Mobile: 847-1431

Email: [da\\_nucchah@hotmail.com](mailto:da_nucchah@hotmail.com)

Mondays 16:30-17:30

Artificial grass

Tuesdays 16:40-17:30

Old Hall

Fridays 15:30-17:00

Artificial grass

**3.div. (1994-1995/9. and 10th grade)**

**Trainer: Halldór Jón Sigurðsson**

Mobile: 863-9290

netf:hjs15@hi.is

More information at [valur.is](http://valur.is)

Boys	Sport	Practice	Hours	Hours	Hours	Hours	Trainer	Tel.	Div.	Price for autumn
2004-2006	Ball School	Sat. 9:40								6.000
2004-2005	Soccer	Tue 16:40	Sun 11:40				Rakel Logadóttir	899-1191	8.div.	7.300
2002-2003	Handball	Mon 15:50	T hur 16:40				Ágústa E Björnsdóttir	694-2440	8.div.	8.600
	Soccer	Tue 15:50	T hur 15:50	S un 10:00			Igor Bjarni Kostic	691-1861	7.div.	10.900
	Basketball	Tue 15:50	Fr i 15:00				Lýður Vignisson	694-4033	MB 6-7	8.600
2000-2001	Handball	Mon 16:40	Fr i 16:40				Ágústa E Björnsdóttir	694-2440	7.div.	8.600
	Soccer	Mon 15:30	Fr i 15:50	S un 13:20			Agnar Kristinsson Hallur K. Ásgeirsson	893-7796 848-8842	6.div.	10.900
	Basketball	Tue 15:50		F ri 15:00	S un 13:00		Björgvin Valentínusars.	866-3043	MB 8-9	12.900
1998-1999	Handball	Mon 15:30	Wed 15:30	F ri 16:40			Arnar Hrafn Árnason	659-2079	6.div.	12.900
	Soccer	Mon 17:00	Wed 17:30	T hu 16:00	Sun 11:40		Agnar Kristinsson Hallur K. Ásgeirsson	893-7796 848-8842	5.div.	13.900
	Basketball	Tue 16:40	Wed 15:50		S un 13:00		Hörður H. Hreiðarsson	899-9615	MB 10-11	12.900
1996-1997	Handball	Mon 17:30	Wed 16:40	F ri 15:50	S un 13:20		Gunnar Emir Birgisson	849-8959	5.div.	16.600
	Soccer	Mon 16:30	T ue 16:40	F ri 15:30	Sat 12:00		Igor Bjarni Kostic	691-1861	4.div.	13.900

	Basketball	Mon 16:40		T hur 16:40	S at. 12:10	S un 11:20	Ari Gunnarsson Hörður H. Hreiðarsson	849-8959 899-9615	7.-8. div.	19.800
1994-1995	Handball	Tue 20:30	Wed 16:40	T hur 19:00	S un 13:20		Maxsim Akbatchev	867-4629	4.div.	16.600
	Soccer	See valur.is					Halldór Jón Sigurðsson	863-9290	3.div.	13.900
	Basketball	Tue 19:35	Wed 15:50	T hur 20:30	F ri 20:30	Sat 14:40	Lýður Vignisson	694-4033	9.- 10.div.	19.800

Girls	Sport	Practice					Trainer	Tel:	Div.	Price for autumn
2004-2006	Ball School	Sat. 9:40								6.000
2004-2005	Soccer	Tue 16:40	Sun 10:50				Rakel Logadóttir	899- 1191	8 .di v.	7.300
2002-2003	Handball	Mon 16:40	Th ur 16:40				Hrafnhild Skúladóttir	699- 0902	8 .di v.	8.600
	Soccer	Tue 15:50	Th ur 15:50	Sun 10:00			Thelma B. Einarsdóttir	691- 1861	7 .di v.	10.900
	Basketball	Tue 15:50	Fri 15:00				Lýður Vignisson	694- 4033	M B 6- 7	8.600
2000-2001	Handball	Mon 16:40	Th ur 15:50				Hrafnhild Skúladóttir	699- 0902	7 .di v.	8.600
	Soccer	Wed 16:00	Fri 15:50	Sun 15:00			Kristín Ýr Bjarnadóttir	848- 0992	6 .di v.	10.900
	Basketball	Tue	Fri	Sun			Guðrún	867-	M	12.900

		15:50	15:00	10:00			Baldursdóttir	4245	B 8- 9	
1998-1999	Handball	Mon 15:50	15: 50	Sat. 11:20			Atli Báruson Brynjólfur Stefánsón	892- 9430 847- 1489	6 .di v.	12.900
	Soccer	Mon 15:30	Th ur 15:30	Fri 15:30			Margrét Magnúsdóttir	847- 7474	5 .di v.	13.900
	Basketball	Tue 15:50	Fri 15:00	Sun 10:00			Guðrún Baldursdóttir	867- 4245	M B 10 - 11	12.900
1996-1997	Handball	Mon 16:40	Tue 18:20	Fri 16:40	S at. 12 :1 0		Dórothea Guðjónsdóttir	696- 7681	5 .di v.	16.600
	Soccer	Tue 16:00	Th ur 16:30	Fri 16:30			Halldór Jón Sigurðsson Margrét Magnúsdóttir	863- 9290 847- 7474	4 .di v.	13.900
	Basketball	Mon 20:30	Tue 20:40	We d 18:45	S un 10 :0 0		Sigurður Sigurðarson	894- 9495	7 .- 8. di v.	19.800
1994-1995	Handball	Tue 20:30	We d 16:40	Fri 17:55	S un 15 :0 0		Sigfús Sigurðsson	695- 6232	4 .di v.	16.600
	Soccer	Wed 16:30	Fri 16:30	Sun 12:30			Soffía Ámundadóttir	698- 9033	3 .di v.	13.900
	Basketball	Mon 20:30	Tue 20:40	We d 18:45	S un 10 :0 0		Sigurður Sigurðarson	894- 9495	9 .- 10 .di v.	19.800