Romanian → English

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HCM Roman was named seed in the Cup Winners' Cup

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The team trained by Florentin Pera and Viorel Lazar will play the first match in the continental competition in the third round. On Wednesday, the Romanian handball players will go to Piatra Neamt for a medical check-up. On Thursday, July 17, the HCM Roman team will leave for Cheile Grădiştei, where they will be in training camp until July 25.

On Tuesday, July 15, the European Handball Federation (EHF) announced the list of participants in the 2014-2015 edition of the European Cups, EHF and Cup Winners' Cup. The very good news for HCM Roman, registered in the Cup Winners' Cup, is that it has been designated as the seed as part of the first valuable pot and, consequently, will enter the competition in the third round. Previously, it was estimated that the team from Rome would start the matches within the continental competition in the second round. Therefore, according to the recent decisions, HCM Roman will not be able to have as an opponent in the third round of the Cup Winners' Cup any of the valuable pot colleagues, namely: Siofok Galerius Furdo (Hungary), Zvezda Zvenigorod (Russia), HSG Blomberg Lippe (Germany), Ternes Bergen (Norway), Randers HK (Denmark), Fleury Loiret Handball (France), Mecalia Atletico Guardes (Spain) or the teams ranked second and third in the Champions League preliminaries.

Romanian teams will meet in the third round, if the regulations allow two teams from the same country to face each other in this phase of the competition. Generally, such situations are avoided. However, among the teams in the second value urn that HCM Roman could meet are well-known names, forces in the world of handball, such as: HC Kuban Krasnodar (Russia), Nordstrand HB Elite (Norway), HC Odense (Denmark), Zork Jagodina (Serbia), Vistal Gdynia (Poland), WHC Metalurg Skoplje (Macedonia), Skuru IK (Sweden), ZRK Umag (Croatia), LK Zug Handball (Croatia). Added to these are, of course, the teams qualified after the second round of the Cup Winners' Cup.

The probable opponent of HCM Roman will be known after the draw of the matches in the first round of the Cup Winners' Cup. Until the situation is clarified, as far as HCM Roman is concerned, the matches in the first two rounds will have to be played. Therefore, the handball players from HCM will have to wait to see who is the winner of one or the other in the first two rounds or if they will face one of the teams in the second valuable urn.

"I am very happy that we are in the seeded pot and that we will start the competition in the third round. We will see to what extent this will benefit us. I look at the names of the teams in the second pot and I cannot say that one or the other would suit us. Let's not forget that teams from the Champions League preliminaries are also coming. Let's be patient until July 22, let's clear the waters. I know what potential the possible opposing teams have and, of course, we also need to be lucky in the draw", said HCM Roman coach Florentin Pera.

There will be rigorous training, no compromises

The summer training campaign started off slowly for all the teams in the Women's National Handball League, with a week of readjustment to the effort. HCM Roman is no exception, the fifth-place finisher in the last championship and finalist in the Romanian Cup, which led to the qualification of the Roman team in the 2014-2015 European inter-club competition season. From now on, we move on to the hardest period of training, that of physical accumulation. On Tuesday, July 15, goalkeeper Viktoryia Tymoshenkova (Ukraine) joined the Roman team, an athlete who had agreed to play for HCM more than a week ago and who still had to resolve visa issues.

Batch of 16 HCM players in the training camp at Cheile Grădiştei

Coaches Florentin Pera and Viorel Lazăr, from HCM Roman, will leave for the training camp at Cheile Grădiştei on Thursday, July 17, with a team of 16 players. On Wednesday, July 16, the handball players from the Roman team will undergo a medical examination at the Sports Medicine Center in Piatra Neamţ. The centralized training camp at Cheile Grădiştei will last until July 25. There will be a two-day break and, from July 28, specific training will begin in the gym with the ball.

Here is the current list of HCM players: Paula Vişan, Viktoryia Tymoshenkova, Andreea Polocoşer (goalkeepers), Radostina Genkova, Ana Maria Iuganu, Ana Maria Horobeţ, Oana Chitacu (wingers), Raluca Agrigoroaei, Mirela Vîlcu (centers), Gabriela Mihalschi, Daniela Crap, Jasna Toskovic, Diana Druţu (midfielders), Carmen Stoleru, Daniela Băbeanu (centers). They were joined by junior Anca Caramalău.

Viktoryia Tymoshenkova came on Tuesday and will do the afternoon trainings. On Wednesday we will not have any training session, after the four on Monday and Tuesday. Mihalschi has recovered and is [illegible] normal training. The situation for [illegible] players is also had a break after the injury. So far, all the girls have responded well to the demands, including the physical tests. They are aware that a harder period awaits them, with training based on the physical factor. I am convinced that after the training camp at Cheile Grădiştei they will reach optimal parameters. Toskovic quickly integrated into the team. She still has to recover in terms of physical preparation. In any case, she will be a very important player in the team's gear. Otherwise, I think we have coverage in the positions for the most part. The goal is balanced, at the 9-meter line and the wingers are good. The main thing is for them to be healthy. Of course, as a coach, I would still like to "We have scheduled at least eight test matches before the start of the championship, in fact until the Super Cup match, including those from the «Roman Vodă Muşat» tournament on August 15-16. We are waiting for confirmation from those we contacted. We were invited to a tournament in Brăila in August. Test matches are very important for homogenizing the team, considering that there are new players, but also players who are returning to their jobs after periods of absence due to injuries," said Florentin Pera.

"Baia Mare and Bucharest are favorites"

The next championship is shaping up to be much more difficult for HCM Roman, not necessarily because of the increase in the number of teams. A fifth-place finish in the next championship is proving to be more difficult to achieve. "HCM Baia Mare and CSM București have strengthened consistently during the inter-competition period and beyond. A lot has been invested. When you can afford to bring ten players, most of them of high caliber, from Europe and South America, it shows that you have potential and that you have a very high goal. These two are favorites for the title. Baia Mare seems to be at an advantage due to the core of players with whom it achieved the event, but also because it played in the last edition of the Champions League. Brașov is not to be neglected either. It has kept its squad and will bring more players. Also, don't be surprised by the teams from Brăila, Ploiești, Vâlcea and Craiova. We want to be at the top, to reach the play-off phase, in the first half of the standings. We have to be reserved in our statements. I can't say that we will reach fifth place again. I can say that we have to treat each game with the utmost seriousness. Then, they will "The results will come," concluded coach Florentin Pera.

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