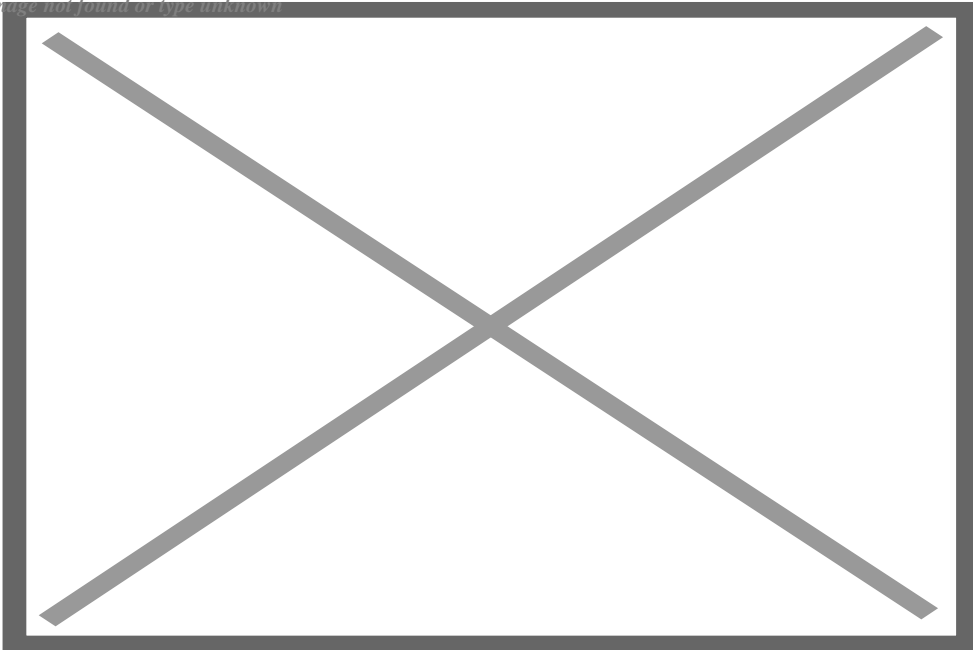


Simón will take some time away from Cuban volleyball but will return in 2024

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Havana, August 2 (RHC) - Affected by an old injury, star Robertlandy Simón declined to join the Cuban volleyball team for the rest of the year, although he aspires to return in 2024.

"I'm not joining (the national team) because of my physical situation, which right now is not the best," Simon, considered the best center back in the world, told Radio Habana Cuba (www.radiohc.cu).

"The way they work (the physical) in the Cuban team for me is not favorable. I have an injury. A 20-year-old boy may be able to withstand the physical preparation, but at 36 I can't withstand it," he added.

He explained that the training methodology currently in the team is very different from that of the clubs (in Italy) so he is preventing his injury from worsening.

"Here in the team there is little physical work, almost none. There you have a trainer who follows you. There is a process and that is positive, even from the psychological point of view," remarked the Piacenza star of Italy, who is in Cuba and everyone expected him to return to training this week with the rest of the

team.

"I talked it over with the president of the Federation (Ariel Sainz) and he understood me. I committed to be with the team next year in the Nations League (VNL). I have to get to that tournament with a direct preparation from the club," he said.

Despite Simon's absence, the Cuban national team ranked 13th among the best 16 teams in the world this year in its return to the VNL - formerly the World League - and managed to stay for next year's edition.

Simón said he is thinking of looking for "a good physical trainer" here in Cuba. "I would like to meet him now. I would like to work with him for at least a month before traveling to Italy," he added.

He ruled out that for the time being he will not undergo surgery due to the ailment that affects his lumbar region, although he has continued to shine in every tournament he participates in.

With Piacenza, Simon had another great season and was the best central defender in the Italian League. He is one of the great stars of world volleyball, respected and admired by teammates and rivals, and his record is full of awards. Among his great achievements stands out the world subtitle with the Cuban national team in 2010, as well as dozens of titles and trophies in several of the world's major leagues, including those of Italy, Brazil and Korea.

The next tournament of the Cuban volleyball team will be the Pre-Olympic, from September 30 to October 8, in which the island will play in Group A based in Brazil, along with the teams of Italy, Iran, Ukraine, Germany, Czech Republic, Qatar and the host Brazil.

<https://www.radiohc.cu/index.php/en/noticias/deportes/330246-simon-will-take-some-time-away-from-cuban-volleyball-but-will-return-in-2024>



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