



# HERCULES MONTHLY

Volume 1 / Issue 1

## INTRODUCTION

In our recent survey some made the suggestion to keep you posted on all the developments within the organization. Since, the board is trying to make the next half year 'Great Again'. We will give you more information about what we are doing for the association and for you as a member. Hopefully, you enjoy our first monthly Hercules update!

## WORKSHOPS

We all want to improve our skills and become better at CrossFit. Therefore, the board will organize multiple workshops in the coming six months. The workshops will focus on improving a specific CrossFit skill (e.g. rowing, handstand) or improving your overall fitness level. The workshops you can join either for free or for a small compensation. Hopefully, you are all as excited as the board is and will join our first workshop at the 26<sup>th</sup> of February! But be quick... the workshop has only 20 spots, and full = full.

## ACTIVITIES

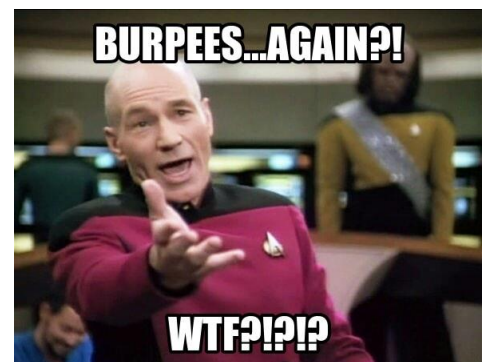
To make sure you are able to be at every awesome and fun activity, here you have an overview of all the activities, workshops and drinks for the next month:

- 26<sup>th</sup> of Februari: Workshop Bootcamp at TCT
- 27<sup>th</sup> of Februari: Drinks at Tweekie
- 12<sup>th</sup> of March: Lasergamen in Hengelo
- 21<sup>st</sup> of March: Drinks at the Sportcentre
- 26<sup>th</sup> of March: Board interest drink

Reminder: **deadline signup for Lasergaming is 24<sup>th</sup> of February!** So put everything in your agenda and join us at one of the activities! Sign up forms will be sent to you by email.

## DID YOU KNOW?

The winners of the Throwdown received a trophy for their awesome performance. However, this trophy is an exchange cup. Will you be the next member to take it home after the last throwdown of this year?



## COMMITTEES

Not only the Board in working hard to make Hercules 'Great Again'. We received some help from multiple committees. Therefore, we want to give a shout out to all the members of the committees and update you on the overall progress.

### The Weekend Trip Committee

The weekend trip did research on all the possibilities to organize an awesome, but low cost weekend for all of you to join. Since, we do not want to spoil the surprise we will only say that the weekend will be at the end of May or the beginning of June, so keep those weekends open to make sure you can join our awesome trip. We will update you within the next month with more information!

### The HercuLens

Brainstorm sessions have been hold, plans have been made and now it's time for action! The HercuLens committee is very busy with all kinds of improvements on our website. First a mockup will be build, in which the ideas are tested. When this has been done and fine-tuned, the current site will be replaced with an awesome new site with all kinds of epic features!

### The Throwdown Committee

A month ago the Throwdown Committee organized the first throwdown of the year. It was a super awesome day with insane workouts, enough protein enriched food, and a lot of fun. Of course, there were two winners. Shifra Barneveld won in the women category and Stefan Vries won in the men category. Pictures of the Throwdown will be available on the current site soon.

## BEYOND THE WHITEBOARD

The board is very excited to announce we will be using Beyond the Whiteboard. This is an tracking tool (both online or as an app) designed by CrossFitters that allows you to log, plan and analyze your workouts. This way you can keep track of your personal records, rankings, work/power output & more. Fitness is more fun with friends! With this app you can share your workout activity, messages and personal records with other members. In case you missed a training, you will still be able to see what your CrossFit buddies did, and can catch up with them in your own time. Somewhere in March, all members can make an account and sign up to the S.K.V. Hercules group in BTWB. We will keep you posted on the exact date that we can use the app and start tracking!

### The Merchie

In the last six month the Merchie realized the sales of the awesome Hercules notebooks. At the moment they are busy with arranging the super cool, personalized sweaters and t-shirts for Hercules members. This week is your last chance to fit the clothes and find your size. You can still order a shirt or sweater until the 19<sup>th</sup> of February.

### Joining a committee

After reading all the awesome stuff the committees are working on, you want to join one of the committees? That is still possible. Please contact the board or any of the committee members.



## **SURVEY**

Last week we send out a survey to get your opinion on multiple aspects for our association. Thank you, if you already filled it in. If you did not do it yet, please help us out by giving your opinion and points of improvements for the association: <https://goo.gl/forms/YoPuMFeC0Q9C0dyK2>. We will take all the feedback into account and will update you on our findings.

## **DO YOU HAVE ANY SUGGESTION FOR ACTIVITIES, WORKSHOPS, OR JUST IN GENERAL?**

The board is open for all the input of you as a member. If you have any super cool ideas for activities, workshops, or anything else, please contact us. You can contact us by email: [board@hercules.utwente.nl](mailto:board@hercules.utwente.nl) or approach one of the board members during a training.