



# HERCULES MONTHLY

Volume 1 / Issue 3

## INTRODUCTION

I hope all of you survived the exam period and are ready for already the last quartile of the study year. We hope you will enjoy the last months and join our awesome activities.

## 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:

- 24<sup>th</sup> of April: Drinks at Tweekie
- 16<sup>th</sup> of May: Drinking activity at the city centre
- 19<sup>th</sup> of May: Workshop Burger and Barbells
- 28<sup>th</sup> of May: Board interest Lunch
- 31<sup>st</sup> of May till 2<sup>nd</sup> of June: Weekend trip!

Put everything in your agenda and join us at one of the other activities! Sign up forms will be sent to you by email.

## WORKSHOP

On Sunday the 19<sup>th</sup> of May, we will organise a workshop Burgers and Barbells.

We will start with a two hour workshop of Olympic Weightlifting hosted by Pim and Steve at CrossFit twente. During the workshop we will focus on the snatch, clean & jerk, and some other awesome lifts. Would you like to improve your lifting skills you can sign up here: <https://forms.gle/awNc7WeGF2Vcjwo49>. Afterwards, we will organise a super fun BBQ at Jesper his place. We will have some beers and burgers and chat about how much we lifted! For all the fun, you can sign up here: <https://forms.gle/LSHEAZuKCqxoAk24A>. Are you not able to join the workshop, but want to join the BBQ (or the otherway around)? That is no problem, you can sign up for either one, or both. The costs of the workshop will be €2 and the BBQ is around €8.

## BOARD INTEREST LUNCH

The last quartile just started, which means that the year is already almost over! However, we are still looking for people that would be interested in becoming a board member next year. A board year is super fun to do and won't take up to much of you free time. If you are not sure yet or still have some questions regarding the tasks of being a board member,

## DID YOU KNOW?

The Hercules monthly can be found on the website in a blog post! Go check out the website and see all the other blog post, have fun reading 😊.

MY FACE WHEN SOMEONE ASKS  
"WHAT DO YOU DO FOR FUN?"



UMM IDK...SQUATS??

join us at the board interest lunch on 28<sup>th</sup> of May. If you cannot join, but are still interested? Please, contact the board by email or just talk to us during or after a training.

## WEBSITE

During the past month the LenCie worked on an update of the website. Last week the first version of the new website was launched. The board was overwhelmed and super excited about the looks and all the features that have been added! You can now find an agenda with all the awesome activities that are coming up, you can see the WODs and the trainings that have been done during the last weeks, and a blog has been made to keep you posted on everything that is going on within S.K.V. Hercules. So, go check out our super cool new website: <https://www.hercules.utwente.nl> And of course, we want to give a big shout out to the LenCie for their amazing work!

## WEEKENDTRIP

The weekendtrip committee has found a super (secret) location for the weekend and a suitable date. Therefore, you can now officially sign up to join the weekend! During the 2,5 day weekend trip, multiple fun activities will be organized, so we will have a lot of fun. We will leave on the 31<sup>st</sup> of May and will go back to Enschede on the 2<sup>nd</sup> of June. The costs will be a maximum of €60 euros, in which your stay, food, drinks, and the activities are included. Hopefully, you are all as excited as we are and will join us during this fun trip. Sign up here: <https://forms.gle/6hhy6PRVPpmdZhbH7>

## LASERTAG - MAARTJE GEURTS (SORRY, DUTCH ONLY)

Een paar weken geleden zijn we met een grote groep gaan lasergamen, helemaal in het verre Hengelo. Om half zeven verzamelden we ons bij de letters om als groep erheen te fietsen. Eenmaal binnen hadden we ons drankje nog nauwelijks op, of we kregen al uitleg over het lasergamen en konden we beginnen. Na twee rondes van rennen, verstoppen en per ongeluk je eigen teamgenoten afschieten, bleek Sophie toch echt de beste schutter te zijn. Om de avond nog wat leuker te maken was de drank onbeperkt en konden we ook poolen en darten. Tijdens het poolen werden er vele nacho's weggewerkt en bij het darten ontstond de regel om 5 push-ups te doen als je niet op het juiste cijfer gooide. Darten bleek voor de meesten toch nog een grote uitdaging te zijn, waardoor er aardig wat push ups werden uitgevoerd. Hierbij bleven de knieën van sommigen zeker niet bespaard op de harde vloer, wat wel weer leidde tot meer motivatie voor een volledige push up. Om half tien was het helaas voorbij met de onbeperkte hoeveelheden drank en werd er maar besloten om terug naar huis te fietsen. Al met al een hele leuke en verrassend sportieve avond!

## 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.