

INTRODUCTION

The first semester of this academic year is already over, meaning that we will soon be joined by new members and that new activities and workshops are coming soon! In this Hercules Monthly we look back at the past activities, such as the ice skating, the SKV Gala and the Throwdown, but we're also looking forward to the new activities!

ACTIVITIES

Ice Skating

My name is Danique Hemme and I am an active member since September 2019. I really like CrossFit, because there are a lot of challenges in it and because we have a very nice group. We do activities about once a month. After we went pool last time we went ice skating at Ijsbaan-Twente this time as the weather was getting colder. I think the activities are very nice, because we get to know each other better and because it is very pleasant. On December 10th we met at 20:00 at the ice rink and then went in together. Most of us didn't bring own skates, but we could rent them there, so that wasn't a problem. Once inside we were eager to go on the ice, so we quickly put on our skates. At the beginning it took a lot of getting used to, because for most of us it was a very long time since they had been on the ice. After a few rounds of skating most of us were already used to the ice and the battle could begin. Some challenged each other and the others gave each other tips on how to skate faster. The first ones had dropped out after an hour and were already in the restaurant where they went to drink hot chocolate. The real diehards went on for another hour and then joined the rest and started drinking hot chocolate. We all had a great time and I'm already looking forward to the next activity.



SKV Gala – Utrecht

Just when all the partying of Christmas and New Years Eve was over, SKVU Obelix decided to organize another party! With a group of nine enthusiastic members and Steve we went to the gala in Utrecht on the 3rd of January. We met with a part of the group in Utrecht at a lovely bar called Walden Bar Restaurant. The group was a bit overdressed for the ambiance of the bar, but we couldn't care less! The three courses were more successful for some people than for others (tip: don't choose the spring rolls), but all in all, it was a nice start of the evening!



Soon after, we went to the location of the Gala, de Grote Catacomben, where the rest of the group joined. Drinks were unlimited at the party, so Dry January was not an option for us... Since the wine was awful, beers were ordered at a high rate and soon it started to get really "gezellig". VERY "gezellig" for some of the people who came along! We lost sight of some people here and there and they might have come back wounded, but it was really fun! Definitely a nice event to join next year if you missed out now!

DID YOU KNOW?

That you could score Dorte-points at the SKV Gala in Utrecht?

Steve scored **2 points (+ 0,5 bonus)**

Britt scored **2 points**

Eric scored **1 point**

Throwdown

Sunday January 12th there was supposed to be the Throwdown. Sadly due to some inconveniences the official Throwdown has been postponed. But we didn't want to go home without having a nice workout. So we crashed at the university's sportscentre, and modified the workout a little bit. The exercises that were not possible to do, we exchanged for some we could do. So if you are ever in a situation like this, don't switch rowing for burpees one on one: because it's killing! Apart from that we had two nice workouts where we pushed ourselves to the limit.

WOD 1: 7 min AMRAP; 3 push-ups, 3 hang power cleans (20/15 kg); 6 ..., 6...; 9 ..., 9 ...; etc.

WOD 2: 15 min AMRAP; 15 thrusters (20/15 kg); 15 burpees over the bar; 15 squat jumps; 15 burpees over the bar.

It's not sure if we keep the same original WODs for the rehearsal, but you can at least figure some things out. Soon the date will be announced, because it's still being debated.

Upcoming activities

We hope you had fun with all the past activities and therefore join the upcoming events to make them to a great success!

Here is an overview of the next activities:

Gymnastics Workshop

When: 9th of February from 15:00 to 17:00

Where: CrossFit Twente

Special skills are developed here, giving you an advantage for lots of coming WODs!

SkiTrip

When: 29th of February

Where: Winterberg

Lasergame and pool

When: 10th of March

Where: De Tapperij

The lasergaming is a great success each year and the pooling is an extra bonus, so don't miss out on this activity!

Hercules Movie Night

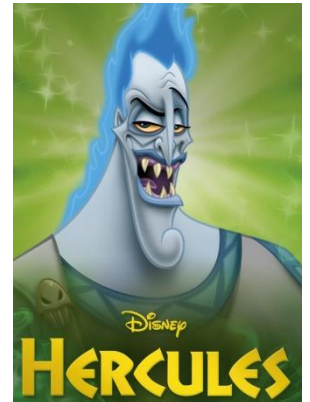
When: 27th of March

Where: location will be announced soon

Why? **Because you can't be a member of Hercules if you have never seen Hercules before! (Or board! @Jesse @Corné)**



Before the SKV Gala



After the SKV Gala

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

Make Hercules even better! 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! Send an email to board@hercules.utwente.nl or approach one of the board members during a training.