

INTRODUCTION

The first few weeks of the new year are already over. That's why we wanted to give you an update about the past month and some plans for the following month(s). The trainings have been busy, but we hope you still enjoyed them. We are happy to see how many people are interested in our association and how active you all want to be on the trainings.

ACTIVITIES

Krazy Kangaroo

The first activity of the year was a great success! With a group of 14 people we went jumping at Krazy Kangaroo. It was actually a nice workout as well as it is a nice way to burn calories and it strengthens lots of different muscle groups. There were lots of different trampolines with varying bounciness, so we all could jump really high and do some cool tricks on it. We even played some dodge ball in the trampoline dodgeball area. Later Steve joined us too! As always he was his very enthusiastic self. After an hour of extensive jumping and playing around the bootcamp area, we went to the city centre to have some drinks at *de Beiaard*, where all had a relaxing time after the exhausting jumping time. It was a nice opportunity to get to know the new members of the association a bit better in a nice environment. We enjoyed some nice special beers and other drinks. Steve also challenged people to arm-wrestle with him, which was a nice way to end the evening.

Planned activities

For the following few months we have some activities planned. First of all we want to start again with the bi-weekly borrel. Last year we did this at Tweekie, but to try something new we are organizing the **drinks** at the Sports canteen after the Thursday training! This gives you an extra reason to join the Thursday training and you get to know your fellow strong members better.

Next to that we want to join the **Batavierenrace** this year with a Hercules team. The Batavierenrace is an annual sports event, where students run a relay-race for more than 175 km. Around 8500 students participate each year and this number keeps growing! A team consists of 25 runners and you singly run a stage of the race. The race goes from Nijmegen to Enschede and consists of 16 men and 9 women stages. After the finish of the Batavierenrace follows the biggest student party of the Benelux on the University Campus here in Enschede. Since we know you are all strong and fit enough to be a

DID YOU KNOW?

That the WOD is put on the website after each training? And that we post updates on the website and our Instagram page?

Check it out hercules.utwente.nl, @s.k.v.hercules and join our Hercules Facebook group!



part of our team, we want to participate with a Hercules team! If you are interested, you can sign up here: <https://forms.gle/zYnkViGFThvgK5uJ6> . If you have any questions, let us know!

Another cool event that we want to join with a Hercules team is the **Tartaros Campus Challenge**! Tartaros is the student survivalrun association, and they are organizing a survivalrun on the campus on *sunday 24 November*. A survival run is a combination of running and doing challenging obstacles. We want to participate with our team on the 5km course, since this course should be doable for everyone that is fit, and because we are all members of Hercules, we are! Since we are going to participate as a team, we can help each other with the obstacles, so this event is also very nice for our team building! If you are interested, you can sign up here: <https://forms.gle/ZPjivXPwRacucqS7>

SUCCESSION THURSDAY TRAINING

Every Thursday there is great training on the UTrack given by the student trainers Sibren and Jesse. Even though we would really like to keep these awesome trainers, there's a time when they move on. That's why we are looking for their successors, to maintain the great trainings on Thursdays. It's not necessary to be experienced, because you will be trained by Sibren and Jesse and maybe get a quick course from CrossFit Twente! If you're interested or have any questions about it, ask the board or Sibren and Jesse.

BOARD 2019/2020

Since the GMA on the 24th of September, S.K.V. Hercules has a new board. Below, you can find a short introduction from each new board member. Of course we also want to get to know you better, so join the trainings and activities and introduce yourself.

*Note: old members have already seen this introduction and can skip this part.

Chairman – Corné Dijkstra

The 24th of September we had our GMA where we as your board got approved, and we are really happy about that. This year I'm your chairman, which will be an awesome challenge for me. Apart from negotiating with several parties and steering my board members, I'll be leading two committees; the Throwdown and Multi-year committee. Even though I've got a bit of experience in these things, to be the leader in this regard is new for me. That's why I'm really looking forward towards this challenge, to be able to learn everything that comes with this task. My goal for this quarter is to make as many members of Hercules active within our association so everybody has a great time! So I hope to see everybody at the trainings and upcoming activities and workshops for an awesome and sportive year!

Secretary – Dorte Rotteveel

Hi strong members! After being member of Hercules for one year, I will be the secretary of Hercules this year. I am currently in my third year of Industrial Engineering and Management and doing my minor now. Before joining Hercules I rowed in my hometown. We lacked strength for a good 2K time, so got in touch with CrossFit. In my second year, I decided to join Hercules because of the beautiful Crossbox and to get fit again. It is amazing to see so many students doing this

sport in a unique way, which is why I wanted to be involved more this year. I would like to know more of the fellow CrossFitters and make this association even better for the members!

Treasurer – Jorieke Havinga

Hi everyone! My name is Jorieke Havinga and I will be the treasurer of Hercules this year. Currently, I am in the third year of Industrial Engineering and Management at the University of Twente. One and a half year ago, I tried CrossFit for the first time, without even knowing that it existed before. After that, I became a member of Hercules and I am very

excited about CrossFit since then! But who is not excited about almost dying two, maybe three times a week?! Next to CrossFit, I play tennis and I like to mountain bike or go for a run. Further, I believe Hercules is a great association, where sport and fun are both important. This is something that I want to keep during my board year!

Intern/extern – Jesse van der Velden

Hey strong students of Hercules! My name is Jesse van der Velden, and you maybe guessed it already (I will be the third Jesse in three years of Hercules' boards) I am a board member: commissioner intern/ extern relations. After doing one year of mechanical engineering (just a very long minor which I completed), I will finish my bachelor, this February in computer science, and continue with the master Cyber Security. As a commissioner intern/ extern relations, I will organize the coolest events and workshops, and stay in touch with the committees and other associations within the UT and other student strength associations in The Netherlands. While the most important task is of course: making sure we increase the underlying bonds of members of the associations through the events and committees.

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

New board means new ideas for activities, committees or workshops. If you have some suggestions for the board, you are always welcome to share your ideas. Send an email to board@hercules.utwente.nl or approach one of the board members during training.

