Sport in Nijmegen

2020-2021
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Editorial: Kelly Heidekamp
Dear freshman,

In Nijmegen you are very lucky when it comes to sports. The most beautiful University Sports Centre of the Netherlands, Radboud Sports Centre (RSC) offers a choice of more than 80 different program components. Experience shows that there is both for beginners as well as for more experienced athletes a customized program. And the sports card which makes it possible to enjoy all this, costs only € 118.00 for an entire year, or € 17.70 per month, if you don’t want to commit yourself to a whole year. For this amount you can do everything what your sports heart desires. You can be loyal to one sport, or you can switch to other appealing sports or even enjoy multiple sports simultaneously.

If you are really into a sport, you possibly could join one of the 38 students sports associations. They also offer the possibility of competitive sports. As a member of an association you pay in addition to the sports card a membership fee, but this amount is considerably lower than a membership fee of a civilian sports club.

Representing the interests of the approximately 20,000 students, who are sporting year after year, is the Nijmeegse Student Sports Council (NSSR). The NSSR is also responsible for compiling this beautiful information guide. Both the NSSR as the RSC consider it one of their tasks to get each student moving. The NSSR follows the RSC critical, helps the RSC and organizes appealing events.

Let all the information in this guide settle in and you will realize we are offering you a unique opportunity to make sports an integral part of your life during your college years, without spending lots of money. Use this possibility to create a good balance between body and mind. And simply enjoy the fun that sport and contacts in the sport can offer.

I wish you a wonderful period of study in Nijmegen that holds the title of best student sports city of the Netherlands already for three years and hope to welcome you frequently in the RSC. We challenge you to probe the boundaries with us. And to think beyond them. You have a part to play!

Rob Cuppen,
Director Radboud Sports Centre
Dear student,

Welcome to Nijmegen! I can tell you with utmost certainty that you chose the most lovable student city in the Netherlands! You are going to experience some fantastic years here and who knows, maybe you will stick here when your student days are over. In addition to all the knowledge you will acquire during your lectures, work groups and practical courses, you will find out that there is so much more to discover during your student days. Nijmegen is a vibrant student city that you can explore and a place where you can develop yourself even more!

Sports are no exception to this. It is healthy for both body and mind and a perfect way to expand your social network. Nijmegen features the most versatile sports centre of the country, located at the heart of our campus. The Radboud Sports Centre offers more than 80 different sports. Feel free to take a look there! As a student, a sports card costs next to nothing and it allows you to try out all these sports. Additionally, the Radboud Sports Centre is home to almost 40 student sports associations, all of which are worth it! You can encounter them all in this booklet, so read about them when you take a moment for yourself! Of course, these associations are mainly focused on sports, but the aspect of sociability should not be left unsaid. Next to the fact that you can exercise there, it is also the ideal place to acquire social connections! Last year, as chairman of the Nijmeegse Student Sports Council (abbreviated ‘NSSR’ in Dutch), I had the opportunity to see how these student sports association offer both of these aspects. Therefore, I recommend them to every single student!

Once again, welcome to Nijmegen and enjoy your time here! Choose whatever makes you feel good and do what you do best. Make sure that student sports are at least some part of your student days. You will not regret it!

On behalf of the board of the Nijmeegse Student Sports Council,

Luuk Janssen
Chairman 2019-2020
Climbing and bouldering are gaining in popularity and will make an Olympic debut at the 2021 Olympics! These two disciplines lie in the hearts of every NijSAC member together with alpinism and hiking. In Nijmegen our members are free to use the climbing wall at the RSC. Nijmegen also has a climbing and a bouldering gym offering new challenges. We don’t just climb in gyms, we love the outdoors. We organise many weekends where we climb natural rock faces in Belgium and France and we have regular trips to the Alps. As a student association we of course have many activities. The NijSAC offers free courses to our members at the RSC. So whether you are an experienced climber or a beginner looking for a new challenge everyone is welcome. Check out https://nijsac.info/en for more information.

Nijmegen is known as a city full of runners; you see them everywhere. Do you want to do more than just your usual mile in the park? Become a member of NSAV ‘t Haasje! ‘t Haasje is one of the biggest Students Athletic Associations of the Netherlands. We have training sessions at the athletics track Brakkenstein (5 minutes from Radboud Sports Centre). On this track we train for the different disciplines of Athletics, from jumping to distance running and everything in between. Besides training together and possibly competing in races (for instance yearly there are 8 Dutch Students championships organized where a large delegation of ‘t Haasje is represented), we also get together for drinks in our local cafe every month and do lots of other social events such as eating together. Are you interested yet? Sign up for the introduction in September or join a training! More information via https://haasjeatletiek.nl/
**Badminton: Stuban**

Feel like playing badminton? Stuban is the place to be for you! Have you played for years, or did you never touch a racket before? it doesn’t matter! With Stuban you’re sure to have a great evening! Depending on your level you can exercise one or two times per week. It is possible to play in one of our teams during the competition, the strength of the teams varies from 8th division to 3th division on national level. Furthermore we always go to different badminton tournaments throughout the country. We also have a number of informal activities, such as a bowling night, BBQ, theme parties and many more! In other words: for sportiness and fun Stuban is the right club for you! Would you like to join one of our training sessions or would you like to receive more information about the club? Check our website www.stuban.nl or send an email to secretaris@stuban.nl. It’s always possible to join our training for free. Hopefully we’ll see you soon!

**Basketball: Trajanum**

Do you want to take your basketball skills into practice while joining a nice student club? Or have you never played but want to try something new? Join Trajanum, the student basketball club in Nijmegen! Trajanum is a club with over 100 members, male and female. We play at a competitive level, but we like to be social as well. This means we also organize social outings, like monthly club drinks, tournaments and other activities. And, to end the season we have our own Trajanum Tournament every year. Trajanum has 3 ladies’ and 5 men’s teams that play at all Dutch competition levels. Don’t want to play in a competition? We also have practice-only teams! This means we have something for everyone. Are you enthusiastic and want to come to one of our practices? Visit our website www.trajanum.nl or send an email to leden@trajanum.nl. We hope to see you soon!
At Bossaball Student Connection Nijmegen (BSCN) you can get acquainted with the extreme sport Bossaball. Do you love jumping on trampolines, bouncing on inflatables and enjoy playing volleyball and/or football? Then Bossaball is the perfect sport for you! The game is played on an inflatable court with two trampolines on each side. So, you will always have a soft landing after performing crazy tricks. We also organize activities outside of Bossaball, like BBQ’s, a pub quiz and disco bowling! Look at our website www.bossaballnijmegen.nl for more information or send an e-mail to bestuur.bscn@gmail.com if you have any questions. Do you wonder what it is to play Bossaball and do you think you can show your skills? Release your inner child and join us during our training sessions on Monday and Thursday evenings. Or join the ticket-hours of the Radboud Sports centre. We hope to see you soon!

Do you like to dance? Would you like to learn new moves or try a different dancing style then you’re used to? We provide dance classes in all kinds of different styles: Modern-Jazz, Classical Ballet, Hiphop, Showdance, Ballroom and Latin. For each style we offer different levels of difficulty. Beginners, intermediate and advanced for every style. Are you a more advanced dancer? We can challenge you! Take auditions for our demonstration team for Showdance, competition team for Hiphop, ‘Spitzen class’ for Classical Ballet or ‘Topklasse’ for Ballroom and Latin. Are you not sure what level you have or what style to choose? That’s absolutely not a problem, feel free to join as many classes as you like during try-outs for free in september and february! Besides dance classes, we offer many fun activities, get togethers, workshops, a ball and two performance nights, of which one will be quite spectacular in the Schouwburg in Nijmegen at the end of the year. If you still have any questions please contact us through e-mail: bestuur@sdvndancefever.nl or visit our website: www.sdvndancefever.nl
E-Sports: Dorans

Do you enjoy gaming with your buddies? If so, come take a look at Dorans E-sports. Our student sport association offers its enthusiastic members weekly training sessions to practice their favorite e-sport and we organize many tournaments and events. There are monthly drinks and events, like beer tasting, or a barbecue. At our weekly training sessions League of Legends and Rocket League are played the most, but all games are welcome. Since last year we also organize a biweekly Super Smash Ultimate tournament! Besides a fun sportsclub we are active in the (inter)national esports scene by participating in the Dutch College League, UEM and European Rocketeers Cup. Then there is our own internal competition which is casted at twitch.tv/doransesports. Is this something you would like to join? Find us at Dorans.nl or send us your questions and suggestions at bestuur@dorans.nl. You could also just come visit our open training sessions at the start of the year. Keep an eye on our facebook page or website for the exact dates!

Ultimate Frisbee: BFrisBee2’s

BFrisBee2’s is the student ultimate frisbee club of Nijmegen. Ultimate frisbee is a fast and spectacular team sport. You try to throw the frisbee to your teammates without it touching the ground or being intercepted by your opponents. When you succeed in catching the frisbee in your opponents’ end zone, you score a point. Ultimate frisbee is played in mixed-gender teams, but there are also women’s and open teams. Fair play is a central aspect of the sport as there is no referee and all arbitration is done by the players. Our club participates in national open, women’s, and mixed competitions at different levels once a month. Next to our trainings, we organise monthly social activities such as board game nights, drinks, workshops, and excursions. Want to get to know our fun sport and club better? Subscribe to an ultimate frisbee course at the RSC. In the beginners’ course, you learn all the different throws and spend a lot of time playing. In the follow-up course, you can work on your skills and learn some tactics. For our members, there is also a club training on Wednesdays. Check out our website www.frisbeenijmegen.nl for more information or send an email to info@frisbeenijmegen.nl.
Handball: Ha-Stu

Last year, The Dutch national handball team became world champion. Are you our next Estavana Polman or Tess Wester? At Ha-Stu we can teach you to become a great handball player, whether you have 0 or 15 years of experience. We offer women and men competition teams and training-memberships on different levels. We are a student sport association that combines serious handball trainings with fun social activities. We train on Tuesdays and Fridays at the RSC, of course not skipping the after beer. On weekends we play matches and together we cheer the teams to victory. After our famous Ha-Stu tournament in February, we participate in many other tournaments in the spring. Furthermore we often visit the bars in Nijmegen and organize activities monthly such as Sinterkerst, Pubcrawl & our Legendary Member’s Weekend. The entire month of September is “Welptember”: an introduction month in which you get to experience what Ha-Stu is all about. A great opportunity to see if handball is the right sport for you and of course lots of socializing. As with everything: everyone can, no one has to! Curious? Mail info@hastu.nl, join a practice and visit www.hastu.nl

Hockey: Apeliotes

Apeliotes can provide you with prestigious or recreational hockey. Apeliotes has over 450 members in 20 competitive teams that all play at a different level, so there definitely is a team that fits you. Every team trains once a week, except for the prestigious teams. They train twice a week. Sunday means Matchday! After playing their own match, many of our members stay to enjoy a (couple of) beers and look at some other matches. But that’s not everything. Sunday evening the party continues at Villa van Schaeck, the Clubhouse of Apeliotes. These evenings are often enjoyed by many. Next to our weekly parties at the Villa, we organize a lot of other activities like tournaments, a weekend exclusive for members and a gala. Take a look at our website (www.apeliotes.nl) or our Facebookpage! Hope to see you soon!
Are you good with a stick and a pair of balls? Did your fellow schoolmates drive you crazy in highschool by ruining softball due to their inability to hit or throw a ball to save their lives? Are you ready to conquer that traumatic experience? Then come and join NESHV Radboud Rangers! We play both softball and baseball. Would you prefer to seriously play the game and compete? Do you just want to enter the sport centre once a week for bragging rights on Instagram? Do you only care about socializing with fellow students and enjoying the pleasure of a drink? You can find all three of those at the Radboud Rangers! If you're interested, send an email to radboudrangers@gmail.com. We have a three training free trial!

Would you like to boost your confidence? Would you like to learn self-defence? Come train with us! Zanshin is a jiu jitsu club for students, but every member of the Radboud Sports Centre is welcome to train with us. Jiu jitsu is a martial art from Japan. It focuses on using the power of ones opponent against himself. We train every Thursday from 19:30-21:00 in the dojo of the Radboud Sports Centre. Our club has members that train on different levels. It doesn’t matter if you are a beginner or if you are already experienced in martial arts: everyone is welcome. Usually, the last 15-20 minutes of each training are reserved for sparring. We also have a special corona-proof training program, that allows us to train safely at 1.5m from each other as long as social distancing is necessary. Zanshin also organises various social activities, such as movie nights, game nights and an annual jujitsu camp. Interested in training with us? Contact us at nsjvzanshin@gmail.com or visit our website: www.nsjvzanshin.nl.
NSJV Fudoshin stands for Nijmeegse Studenten Judo Vereniging (Nijmegen's Student Judo club). Our club is a club dedicated to both judo and having a good time. Fudoshin provides judo training at every level, varying from beginner to advanced, serving both recreational and competitive judokas. There are multiple training sessions throughout the week. We train on Mondays, Wednesdays and Fridays. In addition to our weekly training we also have seminars, internal competitions and exchange activities with other judo clubs and student sport clubs. Being a member of Fudoshin also means having a lot of fun. Every month we go to a nice bar, we have the legendary Fudoshin Camp, there are game nights and lots of other activities. Fudoshin is a really close group where many friendships have grown (and sometimes even more!). Do you want to know more about our association? Take a look at www.nsjvfudoshin.nl or find us on Facebook. For any questions or if you want to do a trial lesson, you can always send an email to nsjv.fudoshin@gmail.com. We hope to see you on the mat!

Lacrosse: Keizerstad Kannibalz

NSJV Fudoshin stands for Nijmeegse Studenten Judo Vereniging (Nijmegen's Student Judo club). Our club is a club dedicated to both judo and having a good time. Fudoshin provides judo training at every level, varying from beginner to advanced, serving both recreational and competitive judokas. There are multiple training sessions throughout the week. We train on Mondays, Wednesdays and Fridays. In addition to our weekly training we also have seminars, internal competitions and exchange activities with other judo clubs and student sport clubs. Being a member of Fudoshin also means having a lot of fun. Every month we go to a nice bar, we have the legendary Fudoshin Camp, there are game nights and lots of other activities. Fudoshin is a really close group where many friendships have grown (and sometimes even more!). Do you want to know more about our association? Take a look at www.nsjvfudoshin.nl or find us on Facebook. For any questions or if you want to do a trial lesson, you can always send an email to nsjv.fudoshin@gmail.com. We hope to see you on the mat!
Korfball: SkunK

Would you like to play a typical Dutch sport? Than korfball might be the sport you are looking for! NSKV SkunK is the student korfball club in Nijmegen! We have four teams, all representing different levels of korfball. Normally, a korfball squad consists of four men and four women, but we also have a team which plays ladies korfball. It is also possible to registers as a ‘training member’ if you do not (yet) want to play matches! SkunK also participates in student tournaments in the Netherlands and across Europe! At these tournaments we obviously play korfball, but we also party with other student korfball players. Next to these tournaments, SkunK organises all kind of activities, such as pub quizzes, monthly drinks, barbecues and movie nights. It is also possible to join as a ‘tournament member’, so that you can join all the activities and tournaments. For more information, visit our website: www.skunk-korfbal.nl or our Facebook page ‘NSKV SkunK’ or send an email to nskvskunk@gmail.com! We would like to see you soon at one of our trainings our activities!

Strength Sports: Profectus

N.S.K.V. Profectus is the student strength sports association of Nijmegen. In our association you will find both powerlifters and weightlifters, but also general fitness. Profectus provides the opportunity to take your strength to the next level by participating in (inter)national competitions, but we also have enough people who do not participate in strength competitions. We can train twice per week (on Tuesday- and Thursday evening) with our special equipment in a private room. We also organize seminars covering different aspects of nutrition and training. For example, we have organized a Deadlift seminar by a former World Record Deadlift holder. As our association is still quite young, we are constantly innovating and organizing new activities, both formal and informal. If you want to take your strength to the next level or you just want to train with likeminded people, please send us an e-mail at secretaris@profectus.nl. For more information, check our Instagram page @nskvprofectus, website www.nskvprofectus.nl or our Facebook page.
MMA: Kaizen

Kaizen is the student Mixed Martial Arts association of Nijmegen. MMA is a Martial Art combining effective techniques from different disciplines like judo, wrestling, kickboxing and brazilian jiu-jitsu. This makes it a diverse Martial Art, in which you can really develop your own style. We train twice a week: on Tuesdays from 20:30-22:00 and on Thursdays from 21:00-22:30, in the dojo of the Radboud Sports Center. Beside these training moments we also organise seminars from professional fighters and every now and then some of our competitive members participate in grappling tournaments. It is no problem if you don’t have any Martial Art experience yet; we start again with the basics each year. At our association both beginners and advanced people are more than welcome. Feel free to drop by for a trial lesson! Send an email to kaizennijmegen@gmail.com for more information.

Pole Dancing: Lasya

N.S.P.V. Lasya is THE student pole dancing association in Nijmegen. Are you looking for a new sport which combines flexibility and strength? We offer training sessions for beginners, intermediate and advanced pole dancers. The classes are on Monday, Thursday and Friday. Besides our training sessions we provide special activities for our members every month. Some will be related to poledancing, like our yearly photoshoot and some will be just for fun, for instance our ‘Sinterklaas’ activity. And of course we organise a ‘borrel’ every month (having drinks). Furthermore, we provide performances/ workshops for external parties, and have the option to enter in pole dance competitions. Are you interested in joining our club? Or are you excited and want to take a look in one of our classes? Send an E-mail to info@lasya.nl or visit our website at www.lasya.nl! For only 30 euros per year you can get a membership, we also offer half-year memberships for only 18 euros! Take your chance and join N.S.P.V. Lasya now!
Your physiotherapist at the RSC!

Working together towards recovery!

Get an appointment today?

go to www.ysveldfysio.nl

click on ‘make an appointment’ or call us on 024 348 05 51

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Heyendaalseweg 141
6525 AJ Nijmegen

Nijmegen Centrum
Nieuwstraat 9
6511 PT Nijmegen

Berg en Dal
Zevenheuvelenweg 72
6571 CK Berg en Dal
Nijmeegse Studenten Sport Raad

The NSSR (Nijmeegse Student Sports Council) covers the 38 Nijmeegse student sports associations. Our main activity is to stimulate student sports in Nijmegen. We try to achieve this by looking after the interests of our student sports associations and the interests of 20,000 individual sport card holders. We do this by organizing sports events and by providing subsidies to student sports associations. We also have a seat in the University Student Council of Radboud University. The University Student Council is the highest advisory body of the University, which tries to tackle problems that students face.

The NSSR organizes various sports tournaments and events throughout the year. Tournaments like the Sportsnight, the Campusrun and the Dodgeball Tournament are a huge success every year. After an activity, we often drink something together in the Sports bar in the city center. In addition to the tournaments and parties, the NSSR provides a number of educational activities such as workshops. Finally, the Sports gala takes place each year. During this gala the Student Athletes of the year will be announced.

Do you want to stay updated with all the news and activities of the NSSR? Then like us on Facebook and follow us on Instagram (@nssrofficial) or take a look at our website www.nssr.nl. We are there for you, so don’t hesitate to ask your questions and share your ideas (bestuur@nssr.nl). See you soon!
Tournaments & Events

Campusrun
During this unique competition, you will be running a parcour of approximately 4 kilometers over different parts of the campus of the Radboud University. You can enter this competition for yourself, but you can also run for you student association or even your own created team. A unique experience you don’t want to miss!

Sportsnight
The Sportsnight is our biggest tournament. Have you always wanted to sport in blacklight? Do you dare to do different sports in the dark? This is your chance! Discover sport in a completely different way at the Sportsnight! The Radboud Sports Centre will be filled with blacklights, athletes, but especially darkness. It will be a night where experience and conviviality are the most important. Every student can participate with a team of 5 to 8 people.

Dodgeball tournament
The NSSR will relive the time of high school! Would you like to play a good game of dodgeball again? The Radboud Sports Centre will transform into a dodgeball-paradise! At the tournament there will be played different types of dodgeball. Each team consists of 8 people, but it is possible to register with fewer people! Nostalgic!

Sportsgala and Student-Athletes of the year election
Every year in December there will be the Sports Gala. The Student-Athletes of the Year*-election is presented, where successful student athletes get lots of attention. Last year the Sports Gala was a great success with over 400 people present!

Batavierenrace
The Batavierenrace is a relay race over 175 km from Nijmegen to Enschede, divided into 25 stages (16 men’s stages and 9 women’s stages) varying from 3.6 km to 10 km. Each year about 350 teams take place in this event, which means more than 8,500 students participate in this race. The Batavierenrace is a mixture of a competitive sports event as well as a big social event. Last year, Nijmegen even managed to grab the win in the university competition! Afterwards, the biggest student party in Europe takes place, with over 12,000 visitors! In short: a great opportunity to be out with your team for a few days and be part of a fantastic event!

*This is a small selection of our activities, see www.nssr.nl for all activities.
Horse Riding: Jolly Jumper

Jolly Jumper is a horse riding association in Nijmegen, which has existed for over 40 years. At the moment, we have around 80 members and everyone is welcome, from beginners to advanced riders. As a member, you can join all sorts of fun activities. Each week we organise riding lessons at Manege de Veluw in Ewijk. Throughout the year, our activity committee organises beach rides, forest rides, western lessons, jumpings lessons and other fun activities at riding schools all through the Netherlands. We also organise a monthly drink at Cafe van Ouds. The absolute highlight of the year is the JJ-weekend. A weekend with around 30 active members, full of fun, riding and social activities! Besides that we also organize a “Steden Ontmoeting” (SO) once a year, this is a competition in which our members compete amongst members of the other student horsebackriding associations of the Netherlands. If you’re interested in joining us, we can offer you a trial lesson (without any further obligations)! Feel free to contact us at info@nsrvjollyjumper.nl to plan a trial lesson or if you have any questions about our association! You can also look at our website http://jj.ruhosting.nl/

Rowing: Phocas

Do you like to sport, but do you also like to party? Do you want to get to know new people and have some fun? If your answers are yes, then Phocas is the place to be for you! NSRV Phocas is the only rowing club and the largest sports association of Nijmegen. We have over 500 members and besides rowing we organise lots of social activities. We have regular parties in our own Villa, there is ‘Phocascafé’ each week where you can drink a beer after exercising and we have our own internal rowing competition. During the introduction you can get to know Phocas. You’re welcome on our rowing club and you can go in a rowing boat for a little while. You can also have dinner with us and learn more about Phocas. Are you interested in Phocas and do you want to know more about us and the introduction? Check our Facebook or our website www.phocasnijmegen.nl.
Rugby: Obelix

Are you: large, small, thick, thin, green, yellow or anything not mentioned? On the rugby pitch everybody is useful and everybody is needed. A wide range of skills and builds are found on the field. In rugby, teamwork and having blind trust in your teammates is crucial. This makes a rugby team a tight knit group, both on and off the pitch. Respect for the opposition and the referee is another core value which gives the sport its charm. The third half exemplifies this beautifully, where players of both teams enjoy their post-match beers in good company and often while singing. This, and many other reasons, is why we at Obelix love rugby so much. Since 1970 has Obelix been playing in the green and yellow, making it one of Nijmegen's oldest sports club. It is a small but friendly and close group with active members, socials, tournaments and a yearly trip abroad, amongst many other activities. Both our ladies and our gentlemen train every Tuesday and Thursday evening, playing their matches on Sunday. Do you want to have a go at rugby?! Join us at the practise or contact us at bestuur@nsrv-obelix.nl! You can also find us on Instagram @nsrvobelix.

Speed & Inline Skating: Lacustris

Would you like to practice a typically Dutch sport? Do you want to learn how to skate or improve your technique while having a good time? For just 35€ you can become a member of Lacustris, the student speed skating club of Nijmegen! When the winter comes to the Netherlands, you can find all Lacustris members at the Triavium ice rink in Nijmegen Dukenburg. During the summer we switch from speed skating to cycling and inline skating. Don’t worry if you don’t have your own material, Lacustris can lend you a pair of speed or inline skates! Over the course of the year we organize lots of activities, such as drinks, a barbecue, a game night, a music night, a diner rouler and a training weekend at the best ice rink of the country! And as if that’s not enough, there is a whole week full of speed skating and fun abroad! For more information, a try-out or to become a member, please send an email to pr@lacustris.nl. Or have a look at www.lacustris.nl or www.facebook.com/lacustris/!
Fencing: Don Quichote

Ever thought about the opportunity to start fencing? Nijmegen offers you the opportunity to learn how to fence. The goal of this sport is to hit your opponent without being hit yourself. Very quickly you will fight intense duels, because you are not going to let somebody you just like that? Under pressure you will quickly learn to come up with masterful tactics to hit your opponent and outsmart them. Training will be given by our excellent coaches, who take the sport seriously both on a competitive as well as recreational level. Speaking of recreation, Don Quichote also organises other social activities besides fencing, like drinks, lasergaming and playing pool. So do you want to learn a new sport, make friends, and then stab them later? Register now for our beginners course. Did you fence before? Then register for our B-course. For more information, please email to: nssv.don.quichote@gmail.com. Or go to our website: www.nssv-donquichote.nl/

Squash: De Boosters

Are you interested in playing squash? Come take a look at S.S.V The Boosters! Every second Wednesday of the month we have an open club evening where you can play with players from all levels! We have official trainings on Monday and the other Wednesday’s of the month. It is a good way to see if squash is a fun sport for you and of course to make new friends. Besides the training time, we also offer to play competitive in a regional competition! But the Boosters are way more than just squash, we have an activity committee that organises multiple activities in a year and people often hang out besides training hours. If you’re interested in playing squash, come by at an open evening, visit our website: www.deboosters.nl or send an email to bestuur@deboosters.nl.
Surfing: Aeolus

Whether you’re an adrenaline junkie who’s addicted to speed and grabbing waves or you prefer to take it easy, swaying over the waves, with the sun on your face & wind through your hair: windsurfing is for everyone! Aeolus has its surf spot at the Kraaijenbergse Plassen where people regularly chill, often with a bbq or campfire. Once a year we convert the terrain into a surf festival! We also have our very own surf bus with which we go on regular trips at home and abroad. Besides surfing and fun there are also lots of exciting activities such as wakeboarding, game nights and a hitchhiking competition. What makes Aeolus truly unique is the chill hangloose atmosphere. Every spring and autumn we organize a beginner’s course during which we’ll teach participants the basics of windsurfing. The course takes 3 days spread over three weekends, followed by a weekend trip to a surf spot somewhere in the Netherlands. After the intro course you’re a member for six months during which you can come and taste our atmosphere for yourself! Has this made you enthusiastic or curious? Then take a look at www.nssvaelus.nl or contact us at: info@nssvaelus.nl.

Survival: FEL

Climbing, running, chopping wood and canoeing, these are all part of a survival run. Survival is a versatile endurance sport in which you run through woods, fields, meadows and waters. During this route you come across various obstacles, from rope obstacles to archery. The combination of running and the different obstacles mean that both endurance and strength are essential. Survival runs are just like the trainings at NSSV FEL available at all levels so it doesn’t matter whether you’re a beginner or an experienced athlete. In addition to the trainings and the competitions we also organize several activities, including drinks every month. If you need more information you can visit our website www.nssvfel.nl (the website is in dutch), the facebook page, Instagram or mail to info@nssvfel.nl. Do you dare to start a battle with yourself? Do you want to combine training in a group with the character of an individual sport? Then the survival sport is something for you! Do not hesitate and email to sign up for the open training sessions in September. See you in the obstacles!
Table Tennis: Akris

Are you interested in table tennis? Join Akris! Akris is THE student table tennis club in Nijmegen. It doesn’t matter if you’re a beginner or a pro. Some of our members only started playing table tennis when they joined Akris, while others have been playing their entire lives. We train once a week at the RSC in Hall 2A on Wednesday night from 19:30 till 21:30h. After the training, we always go for a drink at the sportsbar or at our sponsor bar. Besides the training, we compete in the regional competition with multiple teams at different levels, participate in fun tournaments and even organise our own tournament. But Akris is so much more than just table tennis. We organise a lot of activities throughout the year, such as bowling, games nights, pub crawls and more. For more information on our club, you can join one of our trainings, or send us an email (nsttvakris@gmail.com). We hope to see you soon!

Tennis: Slow

N.S.L.T.C. Slow is the Nijmegen student tennis club. With almost 350 members we’re one of the biggest student sports clubs in Nijmegen! Aside from the weekly ‘toss’ nights on Tuesdays and regular training sessions on Thursdays we have a few beginner trainings for members who would like to start playing tennis but have no experience yet. We also have a weekly endurance training for the fanatic tennis players and selection trainings for the best players amongst us. If that weren’t enough, our members also compete in the spring- and fall competitions. Both regional and national, ‘Slowaken’ show their tennis skills and compete for the victory. Slow also offers many other activities. These include activities like the yearly gala, winter sports and a members weekend. We often go to other outer tournaments at different student tennis clubs. So are you looking for a sportive and fun addition to your student life, but don’t want to feel a weekly obligation? Then Slow is the club for you! Additional information can be found on www.slowtennis.nl.
Are you ready for a new challenge? Or are you unable to choose for just one sport? Then try triathlon at Trion! We are a friendly club where training is combined with fun activities and an occasional drink. Everyone is welcome: from beginning to experienced athletes. Running practice is on Monday evening, you’ll find us in the pool on Tuesday and Friday evenings and from April-September we have cycling practice on Wednesday evening. In addition to these training opportunities, Trion members often go running, swimming or cycling together. Beside those trainings several cool activities are organised, such as the annual Training Weekend, Swim-run and Trion Triathlon. The beautiful surroundings of Nijmegen are perfect to practice “our” sports. Often, we go cycling in the “Ooijpolder”, we swim in the Bisonbaai, Lentse Plas or Spiegelwaal and we run … almost anywhere! Next to this, it is also possible to join one of our teams in the Dutch triathlon competition together! So join us and ‘Tri before you die’! For more information please visit www.nstvtrion.nl or send an e-mail to nstvtrion@outlook.com.

Are you interested in gymnastics? And do you fancy a bit of fun? Join the student gymnastics association of Nijmegen: KUNST! It doesn’t matter whether you’re a pro or a beginner: KUNST is open to everyone. We train on Monday and Thursday in the beautiful gym ‘the SportQube’ (Rosa de Limastraat 23, Nijmegen). Next to the standard training we also offer an additional training On Tuesday at the Radboud sportcentre. Maybe you’ve seen some of our members fly in the air! We offer a demonstration team who gives demonstrations and they are always looking for new KUNST members to join them! Next to gymnastics you can also participate in one of the many activities we organize. Think about a weekend, drinks every first Tuesday of the month & other activities organized by a special commission. Furthermore, there are (national) student competitions that you can participate in. Would you like to take a look at our student association? Join one of the non-committal open training sessions in September or February. You can sign up by sending an e-mail to bestuur@turnverenigingkunst.nl. If you want to know more about our student association, please take a look at our Instagram (nstv_kunst), Facebook page or website: www.turnverenigingkunst.nl. Hope to see you soon!
SUFV Hot Shots is the student floorball association of Nijmegen. Floorball came into existence in Scandinavia and is one of the fastest growing sports in Europe. It is a fast and dynamic team sport and can be seen as a mixture of indoor hockey and ice hockey. The use of either body and stick is part of the game, and as long as you play fair almost anything is allowed. Because of the use of boarding and the relatively simple rules the sport is fast and quite easy accessible. Floorball is a great way to blow of some steam and improve your endurance. Two times a week we train with all our members together at the Radboud Sports Centre. Besides sports we also regularly go to café de Fuik for drinks and throughout the year we organize a lot of other activities. Would you like to know more about us or would you like to try a training? Check our website www.hotshotsnijmegen.nl and Facebook, or send an email to hotshotsnijmegen@hotmail.com, and we would like to welcome you at Hot Shots!

Football: FC Kunde

Are you a student at the HAN or Radboud University? Would you like to play, or learn to play, football for the nicest football club in the Netherlands? Then NSVV FC Kunde is the club for you! You can choose to take place in a league team in which you will train and play matches, or you can choose to take place in a training team in which you will just train 1 or 2 times per week. Additionally, you can pick some more performance related league teams in our selection teams, or you can play more non-committed football in our recreational teams. Fun is paramount and our various activities make sure you won’t see your teammates just on the pitch. Examples of activities include a gala, various football tournaments and a beer tasting evening. Don’t forget the football Sundays in our ‘Chalet’ and the club’s magazine which appears five times per year. Interested? Send an email to bestuur@fckunde.nl for more information! Feel free to ask to train with one of our teams, just to experience how nice it is!
**Volleyball: Heyendaal**

NSVV Heyendaal is the leading student volleyball association in the region of Nijmegen. Heyendaal was founded in 1967 and currently has about 220 members. We have 13 women’s teams and 5 men’s teams, that play various levels: ranging from the fourth class up to and including the second division. We practice at the Radboud Sports Centre and the Jan Massinkhal on Monday evenings. The first two men’s and first three women’s teams also practice on Wednesday evenings. Our volleyball matches take place on Thursday evenings and Saturday afternoons. It’s obviously time for some drinks after playing or watching matches, so afterwards everyone will go to our favourite pub and sponsor Café Daen, to have some drinks and a lot of fun! So as you can tell, there is so much more to do than just volleyball at Heyendaal. We organize a lot of different activities, for example a pub crawl, Diner Roulette, Heyendaal weekend, several tournaments such as VVH Beach and VVH Gras, and many, many more! Are you interested in joining NSVV Heyendaal? Go to www.nsvvheyendaal.nl for more information and sign up today!

**Cycling & Mountainbiking: Mercurius**

N.S.W.V. Mercurius is a group of more than 100 enthusiastic students with a common passion: cycling. Road cycling or mountain biking at different levels; some students bike for relaxation and fun, while others are avid racers. The cyclists get the opportunity to hone their technique during the training on Monday under guidance of two coaches, on Thursday, the famous “Mercurius Tour” is ridden in groups of different speeds. The mountainbikers discover the beautiful forests of Groesbeek and surroundings on Tuesday under guidance of a talented coach. The Mercurians compete each other in an exciting club competition consisting of several contests. Students from other towns are challenged during the Dutch Student Championships that are accessible. Besides cycling there is lot more to do. Each month begins with a drink at Bascafé. In addition, every month a major activity is organized, such as bowling or participation in the Batavierenrace. In spring and autumn, we leave Nijmegen with a large group to go cycle, party and drink beer in the e.g. Ardennes or the German Eifel.
Do you want to play football next year and are you curious to see what futsal is like? The NSFV Morado CF is the place for you! Morado CF is a good combination of sports and pleasure. Our 12 men's and 3 women's teams are playing at all levels, from top tier to fourth tier, which creates a perfect spot for anyone who wants to join. Besides the practices and games, there are monthly get-togethers, we participate in the annual Batavierenrace, and organize a legendary members’ weekend every year. You can also help with organizing our activities and tournaments by being a part of one of our committees where you can gain a lot of experience about all kinds of things. Feel free to join a practice at any time to see if Morado CF is a good fit for you! For more information, check Moradocf.nl or send an e-mail to info@moradocf.nl

NSA Stabilo is the youngest student-gliding club in the Netherlands. Gliding gives you the ultimate feeling of freedom. If there are thermals distances up to 1000km are possible. With a fifteen-minute bike ride from campus you are on Malden airport from which we fly almost daily. In cooperation with the NijAC we provide full training program to become a licensed glider pilot. Each flight you’ll go up with an instructor who will teach you all the aspects of gliding. Within a few months you might be capable of flying a plane solo! Eventually you get your glider pilot’s license and you can fly long distances, be able to perform aerobatics and take passengers with you. This entire program costs only €850 a year. For this amount you can fly as much as you like. You also become a member of a club that has lots of extra activities for its members. Interested? Take a look at www.nsastabilo.nl and discover a sport that is more accessible than you might think!
Swimming & Water Polo: Hydrofiel

Water lovers unite! Hydrofiel is the swim and water polo association for students in Nijmegen. The combination of enthusiastic swimmers and water polo players is the key to our conviviality! Our training sessions for both swimming and water polo are on Tuesday and Thursday evenings in the Erica Terpstra pool. The level of experience among the swimmers varies from starters to advanced competition swimmers. During the season, four NSZKs (Dutch Student Swimming Competition) are organized throughout the country. All Dutch swimming associations participate in these weekends, which are wrapped up by a theme party. The water polo branch is competitively active on both regional and national level with three men’s teams and from this season on two women’s teams, but you can also become a recreational member of Hydrofiel. We organize monthly activities outside the pool such as social drinks out infamous Hydrofiel weekend camp and a barbecue! Curious by now? You can find more information on www.hydrofiel.nl or pose your question to the board by mailing bestuur@hydrofiel.nl. Also, take a look at our Facebook page: NSZ&WV Hydrofiel. See you at the pool!

Sailing: De Loefbijter

Imagine: you’re holding a cold, delicious beer on a boat. A firm breeze blows through your hair and the warmth of the sun graces your face. With only water surrounding you, worries about next week’s exam are merely something of the past. Attending one of those long, boring lectures in the morning and cruising the water on a boat on the same day, it’s possible with De Loefbijter! Joining us does not require any sailing experience. Whether you have never been on a boat before or you are a downright sailing god(des), you can learn about the sport as much as you’d want. With us, you might sail competitions against other student associations in the Netherlands, or compete in class regatta’s. In addition to that, there’s weekly parties, an annual gala, a delicious Christmas dinner and much more. Meet many new friends through our activities or during one of our weekends. Everything is possible! For more information, visit www.loefbijter.nl. Want to visit? Feel free to contact us via bestuur@loefbijter.nl!
Vrijwilligers gezocht

Tussenschoolse opvang van 12:00-13:00 uur

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