SPORT IN NIJMEGEN
2023-2024

Get to know more than 80 different sports and 38 student sports associations!
Dear students,

Nijmegen is not only one of the nicest student cities in the Netherlands, there is also plenty to do in the field of sports and exercise. As a university, we think it is very important that students and staff on campus exercise enough and work on their vitality. After all, a healthy mind and a healthy body have a positive effect on both study and work. Or as the Roman poet Juvenalis wrote: “mens sana in corpore sano”. Of course, as a university sports center in the oldest city in the Netherlands, we adhere to this time-honoured adage.

As a Radboud Sports Center (RSC), we offer you a choice of more than 80 different sports and exercise activities. Experience shows that there is a tailor-made program for both the novice mover and the experienced athlete. And the sports card that makes it possible to enjoy all this beauty costs only €157,50 for a whole year, or €24.- per month, if you don't want to commit for a whole year. For these amounts you can do anything you like. You can stay faithful to one activity, you can switch to your heart's content within the offer and you can even do several sports at once.

If you like a particular sport, you can possibly join one of the almost 40 student sports associations, which also offer the possibility of competitive sports. As a member of an association, in addition to the sports card, you also pay a contribution, which is generally somewhat lower than with regular sports associations.

The representative of the approximately 15,000 students who play sports with us every year is the Nijmegen Student Sports Council (NSSR), which has compiled this beautiful information booklet. Just like the RSC itself, she considers it one of her tasks to get every student moving. She monitors the sports center critically, advises where necessary and organizes appealing events herself.

Take in all the information from this booklet and realize that during your student days you will have the unique opportunity to make sport and exercise a permanent part of your lifestyle. Use this opportunity to create a good balance between body and mind as a student. And simply enjoy the pleasure that sport and contacts in sport can offer you.

As Radboud Sports Center we wish you a wonderful study time and we hope to welcome you regularly. We challenge you to work with us to find the best way to work on your health and vitality. Whether it concerns serious competitive sport, pushing your own limits or exercise together, it is all possible at the RSC. See you soon!

Kind regards,

on behalf of all employees of the sports center

Joris Hermans,
Head of Sports
More than enough reasons to start exercising during your student days!
If you are interested in a sport and/or association, do not hesitate to contact us or the relevant association!

On behalf of the 65th board of the Nijmegen Student Sports Council,

Lizzy Grootjen
Chair NSSR 2022-2023

Foreword 65th board NSSR

Welcome to Nijmegen, the most beautiful and sportiest student city in the Netherlands! This is the start of your student days, a time in which you will gain many new experiences and develop yourself in all kinds of areas. In the introductory period and the first weeks of your studies, many new impressions will come your way. That is why we have bundled all sports for you in this booklet, so that you can look back at it at home!

Why should you join a student sports association? First of all, exercising is of course very fun and healthy! In addition, you get to know new people in an association and activities outside the sport are also organized. For example, think of a drink or a fun day out! You can also become active within your association by joining a committee. This is the way to develop yourself further!

Don’t want to register for an association at this moment? Then you can always purchase a sports card at the Radboud Sports Center! For a small price you can try out more than eighty sports without limit. So something for everyone!

As the board of the Nijmegen Student Sports Council, we are committed to all sporting students and we support all student sports associations. We do this by working together with the university, the sports center and the associations themselves. We also organize major events for sporting students, such as the Sports Gala and the Sports Night.
Mountaineering: NijSAC

Do you always enjoy those beautiful views when you are on top of a mountain during your holiday and do you like a bit of adventure and adrenaline? Join the NijSAC! You can learn to climb from beginner to advanced and you will meet the most nice and relaxed people. Between all the exams you can enjoy weekends on the rocks in our lovely neighboring countries. We also like to spend time together at the campfire, the drinks, on the climbing wall and all other cool activities. Sign up via our beautiful website, nijasc.nl. See you soon!

www.nijasc.nl  @nijasc

Athletics: ’t Haasje

NSAV ’t Haasje is the student athletics association of Nijmegen. We train on the Brakkenstein athletics track, where we practice (almost) all aspects of athletics. From the 5 km to the shot put, at ’t Haasje everyone does what they like, at every level. Our training courses are accessible for everyone who has never seen an athletics track, to athletes who are going to the Dutch National Championships. In addition to the training sessions, we also organize various monthly drinks and activities and we eat together. In addition, we go on different training weeks, we have a club weekend and we go to competitions together. Participate? Go to: www.haasjeatletiek.nl

www.haasjeatletiek.nl  @nsavthaasje

Badminton: Stuban

Stuban is Nijmegen’s most fun student badminton club! Have you never held a racket? Or have you been playing competition all your life? Anyone can join us! Our training sessions are given by professional badminton players (check our website for training times) and we have competition teams between 3rd and 9th division. Also for the more recreational players, we have fun trainings sessions. In addition, there are free play opportunities for all members. And of course we have all kinds of activities and social gatherings to get to know everyone better. In short, come and have a look!

www.stuban.nl  @nsbc_stuban

Basketball: Trajanum

Are you a student and basketball player? Then NSBV Trajanum is the student basketball association for you! Whether you are a beginner or advanced player, you are welcome to join us. In addition to playing basketball, we regularly organize fun activities and social events, so you can also meet new people outside of the basketball court. We have various recreational and competitive teams for both women and men at different levels. Do you want to be part of our association? Then join NSBV Trajanum now!

www.trajanum.nl  @NSBV_Trajanum
Dancing: Dance Fever

Whether you are a beginner or an advanced dancer, Dance Fever is the association for you. Here, you can learn a large variety of styles such as: Modern-Jazz, Classic Ballet, Hiphop, Showdance and Ballroom and Latin dancing. If you are unsure which style is the right fit for you, you can try each out during our (free) trial lessons in September and February. Besides classes, we have fun activities, drinks, workshops or gala’s each week. During the year we have a demo evening and a final performance in the Schouwburg of Nijmegen. Questions? Send an email to bestuur@sdvndancefever.nl or check out www.sdvndancefever.nl. You can also find us on Facebook and Instagram.

www.sdvndancefever.nl

Handbal: Ha-Stu

Ha-Stu is the student handball association of Nijmegen. Ha-Stu consists of both men’s and women’s teams playing at different levels. So it certainly does not matter whether you are already an experienced handball player or whether you have never touched a handball. There is room for everyone! In addition to the standard training sessions on Tuesdays and Fridays, Ha-Stu is also known for its fun! For example, there is a monthly drink and fun activities are regularly organized. With the Ha-Stu tournament as the highlight. So are you looking for a cozy association and do you want to experience unforgettable student days? Then Ha-Stu is the place for you!

www.hastu.nl

E-sports: Dorans

Heya! We are Dorans, the esports association from Nijmegen. We are the association for all gamers and geeks looking for a community to play their favourite games with! We also give our members the opportunity to compete against students from other student esports associations in games like League of Legends, Valorant and Rocket League. Besides these online activities, we also encourage you to leave your monitor and join us in our IRL activities, board games, LAN parties and DnD campaigns and one-shots. Feel free to come by or join our discord server!

www.dorans.nl

Ultimate Frisbee: BfrisBee2’s

BfrisBee2’s is the Ultimate Frisbee student association in Nijmegen. Ultimate Frisbee is a fast and tactical team sport. The unique thing about our sport is that we have no referee! We solve problems on the field together. So fair play is extra important! Our club competes in the national league in the mixed, open and women’s divisions. We have match day once a month, but also participate in individual tournaments. In addition, we regularly organise activities, such as game nights, drinks or a weekend away. Want to join? Mail to info@bfrisbee2s.nl or register for our course right away!

www.bfrisbee2s.nl

Dancing: Dance Fever

Handbal: Ha-Stu

E-sports: Dorans

Ultimate Frisbee: BfrisBee2’s
Have you always wanted to try Judo or are you looking to continue your Judo career? Then NSJV Fudoshin is the place for you! We offer courses at different levels and also have our association training where all levels train together and learn from each other. After this training we all have drinks together in The Yard! If you are more into the competitive side of Judo, we have a large group of (former) competitive Judoka’s so you are more than welcome to join our forces! Fudoshin also has fun monthly activities as well as a legendary annual camp!

Have you played base- or softball your entire life, or do you have no experience and do you want to try? We are the perfect place to start! We have two games that compete in games and one recreational team that trains weekly at the sportcentre. We also organise awesome activities like a monthly drinks evening and a membersweekend! Does this sound good to you and do you want to join us sometime? Send us a message on the website or on our instapage!

Would you like to boost your confidence? Come train jiujitsu at Zanshin! Jiu jitsu is a martial art from Japan that teaches you how to defend yourself against one or multiple attackers. We train on Tuesday and Thursday evening in the dojo of the Radboud Sports Centre. It doesn’t matter if you are a beginner or if you are already experienced in martial arts; everyone is welcome. Zanshin also organises various social activities, such as movie nights, game nights and an annual jiujitsu camp. Interested in training with us? Contact us at nsjvzanshin@gmail.com or visit our website: www.nsjvzanshin.nl.

Have you played base- or softball your entire life, or do you have no experience and do you want to try? We are the perfect place to start! We have two games that compete in games and one recreational team that trains weekly at the sportcentre. We also organise awesome activities like a monthly drinks evening and a membersweekend! Does this sound good to you and do you want to join us sometime? Send us a message on the website or on our instapage!

www.apeliotes.nl   n@nsjv.zanshin.nl

www.nsjvzanshin.nl   n@nsjv.zanshin@gmail.com

N.S.H.C. Apeliotes has been the student hockey club of Nijmegen since 1987. For over 35 years, Apeliotes has been the home for all students who want to combine sportsmanship and sociability. We are an ideal sports club for all students who, even if you have never touched a hockey stick before, want to play team sports, no longer want to deal with endless waiting times at the university’s squash or tennis courts, want to get rid of that smoker’s cough, meet new people, be competitive or laid-back, but also want to experience a post-game social gathering at the ‘De Villa van Schaeck’ society!!!

www.apeliotes.nl   @n.s.h.c.apeliotes

www.radboudrangers.com   @radboudrangers
Lacrosse: Keizerstad Kannibalz

Always wanted to try out something new? Lacrosse might be something for you! Lacrosse is a fast, tactical and technical team sport. Because it’s a combination of well-known sports such as basketball, (ice) hockey, and American football it’s easy to pick up for many people! All teams train on Mondays and Thursdays on the fields of the RSC. In addition to being energetic on the field, the Kannibalz are also very enthusiastic about doing fun things together. Various activities and drinks are organized twice a month! These are activities such as an Keizer Krazy party, beertasting and laser gaming.

Powerlifting: Profectus

Profectus is the power sports association in Nijmegen. Our association is a place where fitness enthusiasts, weightlifters and powerlifters come together to become stronger together. Our members range from beginners to advanced and everyone is welcome! In addition to sports, there is one monthly drink and there are other monthly activities. Also it is the place to learn from each other and to get better at the strength sports! Profectus trains three times a week with about ten people in the fitness room of the Radboud Sports Center. On Tuesday from 21.00-23.30, on Thursday from 20.45-23.30 and on Saturday from 18.00-21.00. Interested? Come by for a workout!

Korfball: SkunK

For korfball ánd gezelligheid you can join SkunK. Every week we play our beautiful game in our beautiful pink jerseys. We’ve got four teams. On different levels, ladies only or mixed, weekend or midweek. Or you could become a training member! Many who still play korfball in their hometown on the weekends prefer that. Of course we do a lot of fun things besides korfball (but nothing obligatory), like drinks, activities, tournaments and one weekend trip every year. Interested, have any questions or want to try? Mail to secretarisskunk@gmail.com, or take a look at our socials!

Mixed Martial Arts: Kaizen

Kaizen is the Mixed Martial Art (MMA) association for students in Nijmegen. We’ve got one practice per week which focusses on striking and one practice per week which focusses on wrestling and grappling. Under the guidance of experienced instructors and with a group of fellow athletes with a wide variety of experience in martial arts, each practice offers something new. We also regularly have seminars and we participate in competitions with a close groep! Interested? Come join us for a practice!
Poledancing: Lasya

Have you always wanted to try pole dancing? Are you someone who can't resist spinning around the nearest lamppost after a night out? Are you looking for a new sport that combines strength and flexibility? NSPV Lasya offers training at beginner, intermediate, and advanced levels. We also provide workshops and performances and offer the opportunity to participate in competitions. In addition, we organize many fun activities such as photo shoots, interesting workshops, outings, and social events. If you're curious and want to add an artistic twist to your student life, come to one of our open training sessions in September or January!

www.lasya.nl  @nspv_lasya

Roeien: Phocas

Do you like sports, but are you also looking for a close association? With us you can come to the Olympic Games, or you can row whenever you feel like it. In addition to sports, socializing is of course also very important. We have two drinks a week and parties and activities are organized. With hundreds of members, we are one of the largest associations in Nijmegen. Visit our boathouse during the introduction and experience what it's like in a rowing boat! Would you like to know more about our introduction activities? Then take a look at our Instagram: @roeienbijphocas or our website: www.phocasnijmegen.nl

www.phocasnijmegen.nl  @nrvphocas

Horseriding: Jolly Jumper

Are you a student and do you ride horseback or have you always wanted to try riding horseback? Then Jolly Jumper is the student association to register with. It doesn't matter what your level is, if you have experience or not, everyone is welcome at Jolly Jumper. In addition to horseback riding, there are social activities and nights with drinks where you get to know other students. Horse trails, drinks, cross lessons, parties, western rides. In short, everything you want in a horse student association. Are you interested? Please contact us and come and meet us!

www.nsrvjollyjumper.nl  @nsrvjollyjumper

Rugby: Obelix

Are you tall, short, fat, thin or something else? Then we want you! Everything comes in handy on the rugby field. Working together and blindly trusting your teammates is crucial. As a result, a rugby team is a close-knit unit, both on and off the field. Rugby is adorned by the respect for opponent and referee, which is expressed in singing rugby songs together after the match. NSRV Obelix is a relatively small association with active members, drinks, (international) tournaments, an annual foreign rugby trip and many other activities! Are you looking for a new sport and mates for life? Come play rugby!

www.nsrv-obelix.nl  @nsrv_obelix
Ice Skating: Lacustris
Do you want a nice ass? With Lacustris it becomes nice and round! Are you a student and do you like skating and inline skating or maybe you’ve been doing it almost all your life. Anyway, everyone can go to Lacustris! We provide skating, rollerblading, cycling and drying training, so really a bit of everything. In addition to sports, we also organize activities and drinks, so that there is almost always something to do. Every year we have more than enough skating competitions with all other student skating associations in the Netherlands. So come and see us sometime!

www.lacustris.nl  @nssvlacustris

Chess: Tussen de Torens
In 2021, the newest student sports association was founded to provide just what you are looking for: A fun group of students with a passion for the sport on the 64 squares! Every Wednesday we gather in the Yard from 19:30 onwards to play games of chess; both for fun, and in a competitive internal chess competition. Furthermore, the association organises weekly training evenings to improve our understanding of the game and we organise monthly non-chess related activities. We have a free walk-in policy so be sure to ome and check us out over the board!

www.ssvntussendetorens.nl  @tussenetorens

Squash: de Boosters
Join the Boosters & take your stroke! Squash, also known as chess on legs, is the healthiest sport there is. It trains the entire body on high intensity and improves your agility above all. Only walking the stairs is more intensive! Still, we do not just adore round-flying rubber at the country’s most beautiful squash courts (@Radboud sportcentrum); from smutty socials to all kinds of (Olround) activities and competition and tournaments in other cities, all is possible at SSV de Boosters. Join us for a chat or game during the introduction week and subscribe to give your student experience an absolute Boost!

www.deboosters.nl  @ssvdeboosters

Fencing: Don Quichote
“En garde, prêts, allez!” And off you go on your first fencing bout! Our training is organized by our experienced coaches who take the sport seriously, but who also love to “poke” fun at you :) Obviously, there are also social activities so you can hang out with your new friends after dueling with them on the piste. If you want to have a stab at fencing join our beginner’s courses, or, if you have experience, lunge right into the oldest student sports association in Nijmegen!

nssv.don.quichote@gmail.com  @nssvdonquichote
The Campusrun is organized every year, a 5 km long run in preparation for the Batavierenrace. So if you still want running experience or just want to challenge yourself. Then also run this year!

Sportsnight
Sports with glow in the dark? You can do it every year! The NSSR annually organizes the official Sportsnight where there is a lot to do, from glow in the dark fencing to football!

Sportsgala
Every year the NSSR organizes a party in honor of all student athletes. A thunderous party where it is as hard as competitions! Not an athlete? No problem! The party is for everyone!

Batavierenrace
The world’s largest relay race, running 175 km. A combination of sports performance, team spirit, but above all a party! Do you want to conquer a place in our team? Send an email to secretariaat@nssr.nl!

As a sports umbrella organization, the NSSR represents the interests of all 38 student sports associations in Nijmegen and more than 20,000 individual sports card holders! For 65 years, the NSSR has been committed to:

- Stimulating and putting student sports on the map in Nijmegen
- Increasing its influence with various parties in order to meet the needs of all members
- Providing subsidies and giving (un)solicited advice to student sports associations
- Representing student sports in the University Student Council of Radboud University

If you have any questions and/or sporting problems, you can always contact us via bestuur@nssr.nl. Would you like to stay informed about all our activities? Then check out all our channels!

@nssrofficial  f @nssr  www.nssr.nl
N.S.L.T.C. Slow is the student tennis association of Nijmegen. With over 500 members, we are one of the largest student sports associations in Nijmegen! Slow has a lot to offer both on and off the track. Our weekly toss night is on Tuesday and training sessions for all levels are held on Thursdays. We also offer selection training for the better tennis players. In addition, we always close the toss evening in our favorite pub, the Fuik, and we have a monthly non-tennis related activity. We also organize many other activities, such as a gala, winter sports and external student tournaments! For more info, visit www.slowtennis.nl or check our insta: @slowtennis.

Akris is the student table tennis club in Nijmegen. With us you can play table tennis at every level. It doesn’t matter if you’ve never played before or are an experienced table tennis player. Interested? Send an email to nsttvakris@gmail.com and feel free to join the training. We play on Tuesday evenings at 18:30-20:00, and at 20:00-21:30. In addition to table tennis, there is room for fun. We can be found in the sports café after training and fun activities are organized all year round. Think of bowling, pool, a pubquiz or a beer tasting.

In the greenery of Park Brakkenstein, a hidden gem is located: The training location of NSSV FEL! Here, we practice our amazing sport called Survivalrun. Survivalrun is a versatile endurance-sport that combines running with climbing over obstacles made of wood, ropes, nets and combinations thereof. Survivalrun offers a challenge for every level athlete, whether you are a complete newbie to outdoorsports, or a seasoned survivalrunner, we are there for everyone who likes exercising in the great outdoors. Next to sport, we offer all of the social activities you can expect from a studentassociation. We hope to see you at our introductiontraining!

Come windsurfing at Nijmeegse Student Surf Association Aeolus! It might seem complicated, but after a few times you will notice that it is easier than it looks. This coming September/October we will organize an introductorycourse at our locations at the Spiegelwaal and Kraaijenbergse Plassen. Grab a wetsuit, board and sail, and in no time you’ll be flying on the water! Besides windsurfing we organize drinks, campfire chillevenings, (surf)weekends away, our surfestival Surf' in and more activities. Interested? Check out our instagram or website! We look forward to seeing you at our chill and fun association! Hang loose!
**Triathlon: Trion**

Are you looking for a new challenge or simply can’t choose one sport? Trion is the place to be! Everyone is welcome: from beginners to experienced triathletes. We are a friendly club where we combine the three disciplines of triathlon with fun social activities. On Monday nights we run, on Tuesday and Thursday nights we swim and on Wednesday nights we go cycling. We also organize training weekends and competitions such as our SwimRun and the Trion Triathlon. In addition, it is possible to participate together in the team competition. Come meet us soon and ‘Tri before you die’!

www.nstvtrion.nl  @nstvtrion

**Unihockey & Floorball: Hot Shots**

Members that never heard of unihockey/floorball before they started studying and a member that plays in the national Dutch team; everything is possible at Hot Shots! Floorball is quick to learn and knows little rules. We train at Wednesdays and Thursdays with both men and women from different levels in the Radboud Sports Centre. Besides the training sessions, it’s also possible to join activities and to play matches. The small character of our association makes you feel welcome and included. Would you like to join us some time? You can sign up at the website! :)

www.hotshotsnijmegen.nl  @hotshotsnijmegen

**Gymnastics: KUNST**

*KUNST*
The student gymnastics association of Nijmegen. We can be found in the gymnastics hall 2/3 times a week. Our purple invasion does handstands, somersaults, pirouettes and so much more. From former top athletes to beginners, everyone is welcome in the gymnastics hall. But besides that we do gymnastics, we also have our monthly drinks and activities where you can meet all fellow KUNST members in a different way! Never done gymnastics? No problem, because practice makes perfect!

www.turnverenigingkunst.nl  @nstv_KUNST

**Football: FC Kunde**

We are the student football club of Nijmegen! Our club has several competition and training teams that play on the fields of the Radboud Sportscentre. You can play one to three times a week in a recreational or selection team, so there is a team for everyone! Aside from football Kunde has a lot of social activities. We have monthly activities that include bowling and a pub quiz and we go on a trip together yearly! Most teams also have a drink in the Sportcafé after their training or meet each other in a café in the city centre. Take a look on our instagram to get an impression of our club. Go to our website for more information, you can also sign up on the website.

www.fckunde.nl  @nsvfckunde
NSA Stabilo is the youngest student glider club in the Netherlands. Gliding gives you an enormous sense of freedom, the airspace is yours and you decide where you go. If there are thermals, distances of up to 1000 km are possible! With fifteen minutes of cycling from the campus you are at Mladen airport where we fly almost daily. In cooperation with the NijAC we provide a complete training to become a glider pilot. Every flight an instructor will accompany you to teach you the tricks of the trade. After a few months you can often fly alone! Discover a sport more accessible than you think!

www.nsastablo.nl  @nsastablo
Swimming & Water Polo: Hydrofiel

Hydrofiel is the student sports association for competitive swimming and waterpolo. Both sports train twice a week in the Erica Terpstra swimming pool. Besides the trainings, both sports have a tournament weekends 4 times a year in which student swimming associations from other cities participate, always in a different city. These are fun weekends to get to know fellow student swimmers! Once a month we have an activity and every Thursday after training we have drinks in our local pub de Kroon. Would you like to join us? Mail to bestuur@hydrofiel.nl or DM us on insta @nszvwhydrofiel. Hard and Wet!

www.hydrofiel.nl  @nszwwhydrofiel

Sailing: Loefbijter

De Loefbijter is the student sailing association in Nijmegen! Loefbijter is a sports association, but is also more than that. We organize weekly drinks and activities too! You can decide what you’d like to focus on! Do you want to sail weekly, or do you want to have a drink or two at a small association? Both are possible. You can design your own membership at Loefbijter, nothing is compulsory!

www.loefbijter.nl  @loefbijter

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AFSPRAAK MAKEN?
Start snel bij Ysveld Fysio
TIKKIE GEHAD?
Fysiotherapie waar je ook sport!
Je vindt ons op de eerste etage van het Radboud Sportcentrum

Studenten, docenten en medewerkers kunnen op het Radboud Sportcentrum in Nijmegen terecht voor fysiotherapie. Uiteraard kun je ook bij onze vestiging in het sportcentrum terecht als je geen student of medewerker bent van de Radboud Universiteit of de HAN.

Op onze vestiging in het Radboud Sportcentrum Nijmegen zijn twee behandelkamers (kamer 340 en 350). De wachtruimte bevindt zich aan het einde van de gang voorbij de behandelsuimtes.

Start snel bij Ysveld Fysio