

### **New sport year, new chances!**

We hope that everyone has had a nice summer holiday with perhaps also sports activities. Both the new sports year starts again, in addition to the new academic and college year. Fortunately, we can again make full use of the possibilities that SPR offers in collaboration with Sports Center and ACLO. We wish everyone a good and sporty start to the year!

Board SPR

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### **Sports offer for the sport year 2022-2023, from September 2022:**

The sports offer was determined in the General Members Meeting on May 18 2022. In addition to the existing offer the following has been added:

- Refresh swimming course
- Spinning (for SPR members)
- Wall climbing

After the GMM, the proposal was examined by the Sports Center for possibilities (space, schedule, teacher, etc.). Subsequently, the sports offer for 2022-2023, including the details regarding costs (sports technical personnel as accommodation costs) was submitted to the board as part of the Annual Agreements 2022-2023 (based on the DVO 2017). The Annual Agreements 2022-2023 have now been signed by both the Sports Center and SPR and have been implemented.

The refresh course swimming will be offered in collaboration with Balans <https://www.rug.nl/corporate-academy/aanbieders/balans>. SPR-members receive a contribution towards the costs when participating in the refresh course. In addition, other offers are being looked at in collaboration with Balans and HanzeFit <https://www.hanze.nl/eng/organisation/career/working-at-the-hanze-university/working-conditions/additional/gezondheid-sporten> for both RUG and Hanze members.

No room has been found yet for Wall climbing in the schedule from September 5; we are hoping to include this in the schedule as soon as possible.

The schedule is valid from September 5 and included in this Newsletter.

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### **New employees, new colleagues**

This year too, new employees will start at both the RUG and Hanze. All new employees receive information that also mentions the SPR. As an SPR member, we ask you to bring attention of your new colleague (newly employed or longer employed at the University of Groningen/Hanze) to the SPR. Tell them about the possibilities and refer them to the website:

[https://www.sprsport.nl/home\\_english.html](https://www.sprsport.nl/home_english.html) - <https://www.sprsport.nl/membership.html>

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## Board

We are still looking for members who can support the current board. Please feel free to contact us for more information. You can also do a trial period as a prospective board member to get a feel for it. Without a board, the association cannot exist! If you want to know more, sign up at [spr@rug.nl](mailto:spr@rug.nl) or to the chair: Irma Koornstra [i.koornstra@pl.hanze.nl](mailto:i.koornstra@pl.hanze.nl)

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## SPR schedule 2022-2023; from 5 September 2022 this schedule applies

### Monday

09.30-10.30 o'clock Retirees, SC\* - Struikhal  
17.00-18.00 o'clock Condition training 50+, SC – Hockey field 1  
17.15-18.15 o'clock Ice Skating, Summer training, SC – Running lane; Winter training Kardinging – **sign up through Ice Skating section**  
17.15-18.30 o'clock Kickboxing, van der Hoopstraat 4, Groningen - **Sign up is mandatory also for current participants\*\***

### Tuesday

12.00-13.00 o'clock Soccer, SC- field 2  
12.30-13.30 o'clock Yoga, SC - Room 4 or Dojo - **Sign up is mandatory also for current participants**  
16.45-18.00 o'clock Karate, SC - Dojo  
17.00-18.30 o'clock Badminton, SC - Stuikhal  
18.00-23.00 o'clock Tennis, SC - court 2,3 and 4 – **sign up through tennis section**

### Wednesday

12.00-13.00 o'clock soccer, SC – field 2  
12.15-13.15 o'clock Yoga, AMD Visserstraat 49, Groningen - **Sign up is mandatory also for current participants – starts from 14 September**  
21.30-22.15 o'clock Swimming course certificate A, Swimming pool Willem Alexander Sports Center - **Sign up is mandatory and there will be a contribution next to the SPR membership**

### Thursday

09.30-10.30 o'clock Retirees, SC - room 1  
12.00-13.00 o'clock Tennis, SC - court 8, 9 and 10 - **sign up through tennis section**  
17.00-17.45 o'clock Spinning, SC - Spinningroom - **Sign up is mandatory**  
17.00-18.30 o'clock Ice skating, summer training SC – Running lane; Winter training, Kardinging - **sign up through Ice Skating section**  
17.15-18.30 o'clock Running training, SC - Running lane

### Friday

12.00-13.00 o'clock Pilates, SC - room 1 - **Sign up is mandatory also for current participants**  
12.30-13.30 o'clock Futsal, SC- HG hal

### Saturday

10.00-11.30 o'clock Karate, SC - dojo  
10.00-11.30 o'clock Tennis, SC - court 1 and 2 - **sign up through tennis section**

\*SC = Sports Center, Blauwborgje 16, Groningen

\*\* Sign up is mandatory for everyone at the start of the new period; please fill out the form on the website <https://www.sprsport.nl/reservations.html>

## More information about the sports and teacher/trainer:

### Badminton:

<https://www.sprsport.nl/badminton1.html>

### Condition training 50+

<https://www.sprsport.nl/fitness-training-50.html>

### Retirees:

<https://www.sprsport.nl/retirees.html>

### Karate:

<https://www.sprsport.nl/karate1.html>

### Kickboxing:

<https://www.sprsport.nl/kickboxing.html>

### Pilates:

<https://www.sprsport.nl/pilates1.html>

### Ice Skating:

Ice skating association KRAS is a sub association from the SPR. Our Ice Skating association offers training groups at different levels. To become a member you need to be a member of the SPR and contact [sprkras@rug.nl](mailto:sprkras@rug.nl)

For more information: [https://www.sprsport.nl/kras\\_english.html](https://www.sprsport.nl/kras_english.html)

### Tennis:

To participate in the Tennis hours you need an active SPR membership and contact the Tennis section to sign up. You can do this by sending an email to: [tennis.spr@gmail.com](mailto:tennis.spr@gmail.com).

For more information: <https://www.sprsport.nl/tennis.html>

### Soccer/Futsal:

<https://www.sprsport.nl/soccer-groups.html>

### Swimming – course certificate A:

For more information: <https://www.sprsport.nl/sign-up-swimming-cert-a.html>