



D.S.K.V. IJzersterk
Newsletter

November 19, 2015

Foreword

Dear members,

Our club is now three and a half months old and it is time to inform you about the status of our club. First of all the initial reason for us to found this club was to have a nice group of people who motivate each other and help each other through educated coaching and to just train and compete together. I think we succeeded and we're very happy with your enthusiasm and hope you will stay motivated in training with us. This newsletter might be a bit lengthy, but is certainly worth the read, enjoy!

Ruud Kassing, secretary D.S.K.V. IJzersterk

History of D.S.K.V. IJzersterk

In early 2013 I (Ruud Kassing) used to train in the gym with a good friend, Jasper, and we were missing a strength/fitness sports student club in Delft. We decided 't **Pompstation** (the pumpstation, 'gas station' in Dutch) would be a funny and fitting name if we would ever found one. Jasper, however, lost interest in going to the gym, due to multiple injuries. When I met Daniel Schooneveld, he convinced me to compete at the qualification of September 2014. I loved it, the people were all very motivated and supporting, I especially enjoy the fact that you need discipline and consistency to be proficient in strength sports. Along with Pouja, who also competed at the qualifications, Daniel Schooneveld and Daniel Colon (an enthusiastic gym member and friend) we decided to found the club. We created some statutes, talked to the Sports Centre and soon decided to change the club's name to IJzersterk, since it seemed more fitting for strength sports in general. In March 2015 we organized the Strongest Student of Delft and we were overwhelmed by the enthusiasm of the students, it was a great success. Together with the Sports Centre we decided to not officially become a club yet, until after a year or so, so we can carefully let the club mature (this is why you have to pay in cash). During the summer Daniel Schooneveld and Daniel Colon decided to go study somewhere else, so Pouja and me searched for new board members. In September we accepted our first member, Panos, and here we are, an enthusiastic, growing and ever so strong club!

The board

Since we don't have an inauguration (yet) we never got to introduce this year's board.

Peter Evers: President



Hello Hello,

My name is Peter and I have joined the IJzersterk board this year. I used to be a rower but since 2014 I'm dedicated to POMPEN and next year I'll be competing in Powerlift competitions. In about one year I'll finish my master thesis in Computer Science to become a jacked nerd. I hope to inspire some people to become jacked and tanned and compete with me in the 120kg class!

Ruud Kassing: Secretary



Hey! I've been competing in powerlifting since September 2014 and have been going to the gym since I turned 17. My favorite exercise is the one that I get the most progress on, currently that is the squat. I've been helping a lot of people with compound exercises since 2013. I'm also the nutrition and training coach for the drivers of the DUT15 and DUT16 (Formula Student Team Delft).

Pouja Nikray: Treasurer



Chicken and deadlifts, probably the two things I enjoy the most. Started lifting in 2013 and doing competitions since 2014 in the -74kg class. Current records: 170/115/210, will definitely smash those records at the SAP Cup powerlifting competition this year!

Joey Ma: Board member



I was young and foolish when I started going to the gym for fitness and later bodybuilding. It took me some years and several injuries to realize that strength is true manliness. Since then I've converted to the dark side of lifting (aka powerlifting). In September of 2015 I competed for the first time and now I'm ready to raise the bar for the junior raw -83KG on the Nationals in December!

Auke Piers: Board member



Hi I'm Auke, addicted to iron since around 2012. Lifting is a nice part of my life, and I try to combine it with all the other beautiful things life has to offer. Because I was always able to deadlift high numbers, I was always motivated to push it further in training. This is also why the deadlift is my favorite movement.

Wander van der Wal: Competition Commissioner



Always more weight, that's the motto, unfortunately injuries come with that. But training is going strong and I will soon demolish my PR's of 170/130/220. Of which Bench Press is my favourite exercise. I've been lifting since 2013. In the coming years my goal is to break Ruud's junior national record on the bench press.

Ain't No Party Like A Deadlift Party!

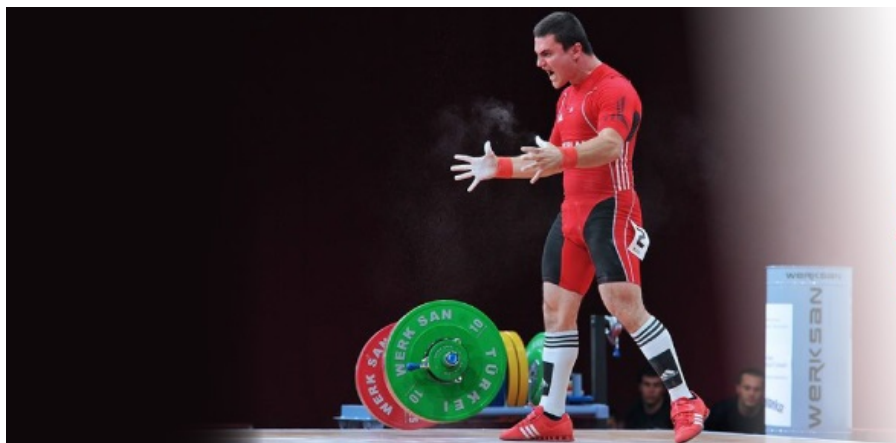
This Saturday the deadlift party will take place, from **11:00-14:00 in the VKR**, don't forget to attend the **Facebook event** if you're joining us! We will split into two groups based on your estimated deadlift 1RM. More information will be provided on the day itself. If you're injured or are not going to train/max that day make sure to come cheer for your fellow members.

National Championship Powerlifting

On Sunday, December 13th, this year's Classic (Raw) Powerlifting Nationals will take place in Veldhoven, under the name SAP Cup. Ruud and Joey will compete in the 83kg class and Pouja in the 74kg class. Ruud's goal is to beat Joey, get a total above 570kg, and to set a higher junior bench press record. Joey's goal is to beat Ruud, get 600kg total and set a new junior deadlift record. Pouja wants to finally get that 180kg squat and a 3x BW deadlift. For more information about the event check (Dutch):

<http://wimwam.nl/content/nk-powerliftten-classic-sap-cup>

Tovmasjan Invitational



At the same location and date there is also an Olympic weightlifting competition, in which Şan, Amit (Jones) and Nikos are competing.

Amit: I'm looking forward to the SAP cup as it offers a real opportunity to expose my deficiencies, to learn from more experienced lifters, and to set a benchmark for future goals.

Şan: My main expectation for the Olympic weightlifting competition is to test my weightlifting skillset under a stressful atmosphere. This will reveal mental and physical weaknesses that aren't obvious in training, and allow me to better prepare for upcoming competitions. I expect to also meet skilled athletes and partake in an event which is ultimately aimed at promoting weightlifting in the Netherlands.

Want to come watch?

You are all invited to come cheer for our athletes. Since it takes place all the way in Veldhoven (near Eindhoven), it's convenient to travel together. Fill in this form:

<http://goo.gl/forms/tfMKmD6QGj> if you're interested in coming to watch us compete, so we can provide you with a travel plan.

T.S.K.V. Spartacus & G.S.K.V. Northside Barbell

There are two other student strength clubs in the Netherlands, one in Tilburg, Spartacus, and one in Groningen, Northside Barbell. Some of their members are also competing at the nationals and we hope to organize some fun stuff together soon. We will tell you more about this after the nationals.

Strongest student male/female of Delft



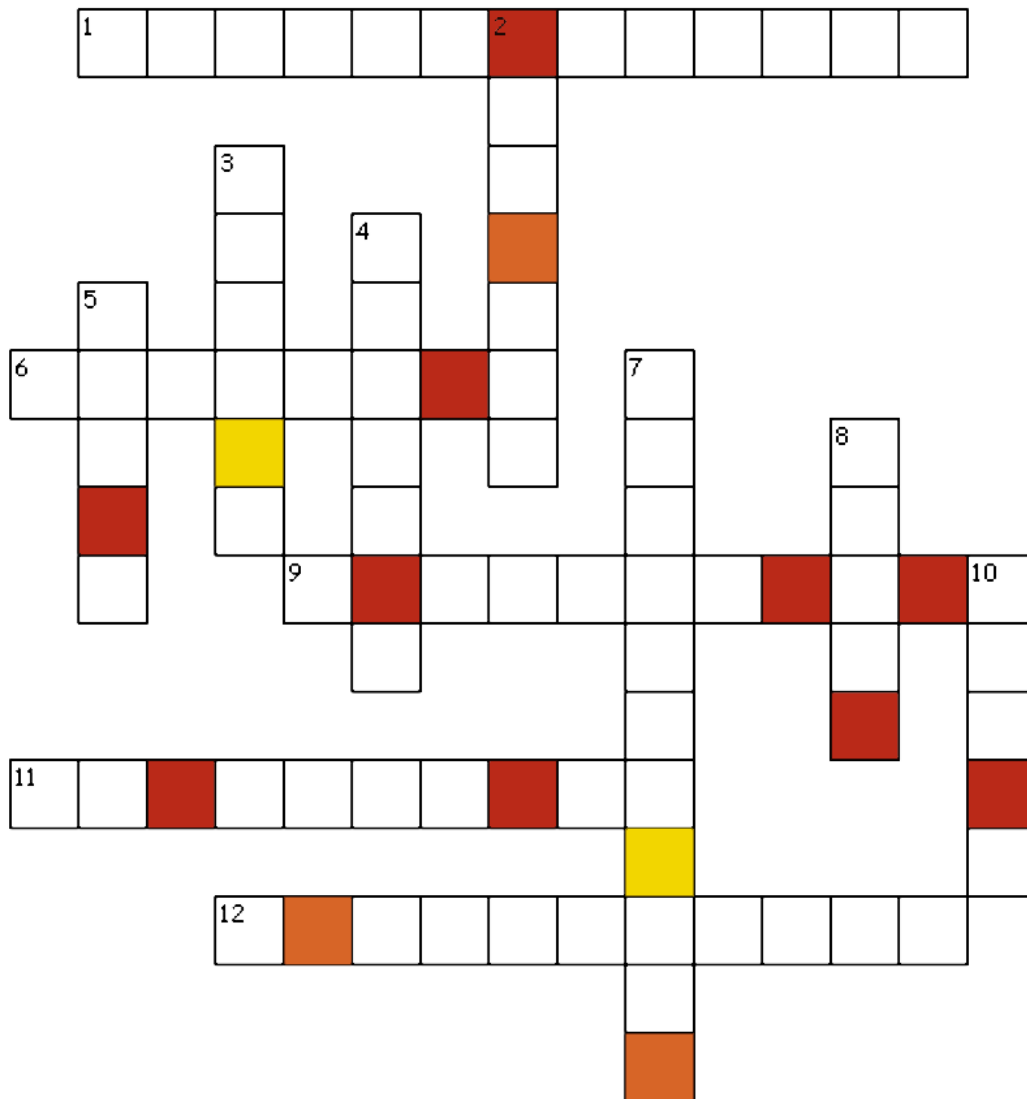
The Sports Centre has contacted us asking if we want to organize the Strongest Student male/female of Delft again this year. Of course we're going to organize it! We already have had a lot of people asking when it's going to take place. This is still unclear, but it will be somewhere around **March/May**. The first meeting with the Sports Centre about the event is next week, then we'll know more details. We are expecting all non-injured members to participate and/or help organize the event.

Volunteering

Since we are expecting a lot more participants this year we will need more help as well. We would like to ask you, our members, to help with setting up the event, for example: getting sponsors, promoting the event and setting up the material. We also need spotters during the competition, this will however mean you are unable to compete.

IJzersterk Crossword Puzzle

Solve this puzzle to win a special gift. Send your solution to dskv.ijzersterk@gmail.com



Across

1. 'Yeah buddy!'
6. If you can't do this exercise, you're better off dead
9. 'Hulk Smash!'
11. President of IJzersterk
12. Treasurer of IJzersterk

Down

2. HQ
3. God of Gains
4. The most versatile piece of meat
5. The compound that everybody does on Monday
7. Secretary of IJzersterk
8. The most basic compound
10. Cheapest Dutch source of protein