

Dear new Hydrofieler,

Welcome to the Nijmegen Student Swimming and Water polo Association Hydrofiel! With this letter we hope to welcome and help you familiarize yourself with our club. This way, you will know what kind of sports we practise, what activities there are during the year and who is involved with Hydrofiel. We hope you'll have a great time with Hydrofiel!

Swimming

The competitive swimming department of Hydrofiel consists of about 60 swimmers of different levels. Practice is adapted to the level of the swimmers. This means that people who want to focus more on their technique training can work on that, while the more advanced swimmers can make some meters and work on their endurance. Practices are on Tuesdays and Thursdays from 20.00h to 21.00h in the Erica Terpstra Sportfondsenbad.

Every year, Hydrofiel competes in the Dutch Student Championship (NSK) and the Dutch Student Swimming Competition (NSZK). The NSZK consists of four competitions at which you will swim for the honor of your club based on a point system. Each NSZK is held in a different city and is organised by one of our sister swimming clubs. After each competition we will all eat together and have a big party. These parties have a different theme each time, so be prepared for crazy wigs and leather pants. After the party we will stay with the swimmers of the organising club.

Water polo

The water polo branch of Hydrofiel consist of about 70 members. Water polo practice is given by an experienced trainer, who played on a high level. Practice for water polo also takes place in the Erica Terpstra Sportfondsenbad on Tuesdays and Thursdays from 21.00h to 22.30h.

When you want to play competition games you can be placed in one of the teams with permission of our trainer. At the moment Hydrofiel has three men's teams and one women's team. Starting this year, the 1st men's team will be playing at national level 3, which they were promoted to by becoming champion of district level 1 last season. This team contains a mix of very experienced players and young talents. The 2nd men's team plays at district level 2. This team is a relatively young student team with a great potential to grow. The 3rd men's team plays at district level 4. This team consists of Hydrofiel's veterans. They have been members of our club for quite a while and have played together for a long time in this team. The women's team has had a very successful season and will continue playing this year at district level 2.

After practice

On Tuesdays and Thursdays, we will go for a drink in Café de Kroon after practice. Every member is invited to come. It is a good way to get to know each other outside of the pool.

Participation in competitions

Everybody who wants to compete in a competition is more than welcome to! Almost everything is done through our website (www.hydrofiel.nl), which also has an international page. After you have logged in, you are able to sign yourself up for competitions in which Hydrofiel will be participating. If you don't succeed in signing yourself up or have any question you can always send an e-mail the commissioner of

water polo (waterpolocommissaris@hydrofiel.nl) or the commissioner of swimming (zwemcommissaris@hydrofiel.nl), of course, you can also speak to them during practice.

Participation in activities

Throughout the year, a number of different activities are organized. Every year we participate in the Batavierenrace (a track competition from Nijmegen to Enschede) and every year we go on a weekend trip – the Hydrofiel weekend. During the year, smaller activities will also take place. Some examples include: bowling, laser-gaming, BBQ, social drinks, and a beer cantus. There is always something fun to do! Our activities are also organised through the website. On the website all news will be posted and you can sign yourself up for activities there. Keep a close eye on the calendar on the website, so you don't miss any fun! For questions you can contact the general commissioner (commissarisalgemeen@hydrofiel.nl)

Merchandise

Hydrofiel sells various merchandise, like: sweaters, t-shirts, bags and swimming caps. For a complete overview of all the goodies, you can go to the website, where you can find it under “ledeninformatie” and then merchandise. If you have any questions about the merchandise or how to order you can contact the treasurer (penningmeester@hydrofiel.nl).

Website and social media

Our website (www.hydrofiel.nl) is an important communication medium within our club. Every member gets an account, which they can use to view the private part of the website. If you have any questions about the website, you can contact Bram in 't Zandt (webmaster@hydrofiel.nl). Hydrofiel is also active on social media. These are our handles:

- Email: bestuur@hydrofiel.nl
- Website: www.hydrofiel.nl
- Instagram: <https://www.instagram.com/nszwwhydrofiel/>
- Facebook: www.facebook.com/hydrofiel
- Snapchat: <https://www.snapchat.com/add/hydrofiel>

Contribution

Every member of Hydrofiel is obligated to pay the annual contribution. This is done through automatic debit. The amount of the contribution differs per group and is set every year by the ALV (general members meeting). On top of paying contribution, every member of Hydrofiel needs to be in possession of a valid sports card from the Radboud Sports Centre. You can get one through their website <http://www.ru.nl/sportscentre/>.

Another part of the contribution is the work activity. As a member of Hydrofiel you are obligated to do at least one work activity or buy one for € 25.-. To complete one work activity, you can set up tables in the morning (for exams) and break them down in the afternoon, which takes place in the Radboud Sports Centre. You can also help for at least 4,5 hours with the 'Zevenheuvelenloop' or 'Marikenloop', which are running events that take place in Nijmegen. By doing a work activity, Hydrofiel will receive

money, which we use to keep the contribution low and organise activities. If you don't complete a work activity you will have to 'bail out'. This is also done through automatic debit. The cost of this is determined by the ALV. The number of working activities for the year 2019-2020 has been set at:

- Swimming: 1 working activity
- Water polo recreative: 1 working activity
- Water polo competitive: 2 working activities

Board and committees

This year, Hydrofiel has a board of six people and ten active committees, that arrange everything within and around the association. The formation of the committees takes place during the General Members Meeting (ALV) in September. However, you can join any committee throughout the year if you are interested! This year, the board consists of a chair (voorzitter), a secretary (secretaries), a treasurer (penningmeester), a commissioner of competitive swimming (zwemcommissaris), a commissioner of water polo (waterpolocommissaris), and a general commissioner (commissaris algemeen). The different committees and their functions are:

- Activity committee: This committee organizes activities such as a bowling night, social drinks, laser-gaming, Hydrofielweekend, and a beer cantus.
- Batavierenrace committee: This committee has responsibility for the team that competes in this race.
- BEP committee: This committee publishes the club magazine BEP. This magazine is published four times a year. Anyone who'd like to is allowed to write an article or help with the layout.
- NSZK committee: This committee organizes the NSZK once every two years.
- Tournament committee: This committee organizes the annual Goffert tournament.
- Recruitment committee: This committee is responsible for the recruitment of new members and the awareness of the club. It also organizes a training weekend.
- Sponsor committee: This committee is responsible for recruitment of sponsors and maintaining these contacts.
- Language and social media committee: This committee is responsible for pictures, posts on the website/social media and the translation of documents for the international students.
- Advisory committee: This committee checks the work of, and gives advice to, the board.
- Audit committee: This committee checks the work of the treasurer.

Tips & Tricks

- When your personal data changes (graduation, moving, change of sex, etc.), please inform the secretary as soon as possible.
- Participate in activities! During these activities you will be able to get to know your fellow swimmers or polo club members.
- Sign up for the NSZK's. Polo players are also welcome to participate. The more the merrier!

- In case of resignation, you should do this before the 31st of August. If you do this too late, or not at all, you will still have to pay your contribution for the next year.

Finally

If you still have any questions after reading this letter, please contact one of the board members. After all, that is what they're here for! You can always approach them at the pool or send an email to any of the task-specific addresses, or simply bestuur@hydrofiel.nl.

See you in the pool!

