

**Where students and sports come together**

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| 2018-2019 | Information booklet for associations |

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# Preface

The document you are reading right now is the information booklet for associations 2018-2019. This booklet contains a lot of useful information for the boards of the student sport associations (SSA’s). The main reason for writing this booklet is to let you know what we expect from you and what you can expect from FOSST.

In this booklet we will use the terms bounded members and non-bounded members. With ‘bounded members’ we mean the members who are at the same time also a member of a SSA. With ‘non-bounded members’ we mean the members who are not a member of a SSA.

First, this information booklet will give you information about the policy and the organization structure of FOSST.

In the second chapter the SSA’s will be discussed. The benefits of being attached to FOSST and also the obligations of the SSA’s towards FOSST are mentioned.

In the third chapter, we will describe our internal and external relationships. Examples of internal relationships are the ones with the SSA’s and the Sports Center. Examples of external relationships are our relationships with Tilburg University, Fontys and Avans.

Chapter 4 names the facilities that are made available by FOSST for SSA’s. Chapter 5 is about the events FOSST organizes and chapter 6 names the possible subsidies which can be granted to SSA’s by FOSST.

This information booklet is composed for SSA’s, and therefore does not contain a full explanation of all the different subjects. If you want to know more about the activities of FOSST, it is recommended to read the annual plan, or to contact one of the board members. A lot of the information that is included in this booklet, is also on the website (<http://www.fosst.nl/en/>). Check this site regularly, because this platform is used to give information and announce upcoming events.

Lastly, we want to wish you a lot of fun and of course good luck this year. Hopefully this information booklet will help you with being a board member. If you ever have any problems, don’t hesitate to ask the FOSST board for help or advice.

Daily Board FOSST 2018-2019

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# 1 FOSST

FOSST is the umbrella association of 23 student sport associations (SSA’s). Besides, we look after the interests of around 8000 Sports Center members, promote sport in general and organize several events during the academic year.

## Targets

### Statutory targets

* Promoting student sports in all its forms.
* Promoting the physical formation of students from Tilburg University, Fontys and Avans.
* In general, looking after the sportive interests and more specific, doing everything within our power to help students of Tilburg University, Fontys and Avans with any sport related problem.

### 1.1.2. Points of attention

Every calendar year, FOSST has a couple of points of attention, on which the focus will lie during the year. During the year 2018, those points of attention will be:

* Continuation of the growth and visibility of FOSST
* Internationalization of FOSST and the SSA’s
* FOSST and the SSA’s in the program of the TOP-week
* Further professionalization of FOSST
* Attracting more Fontys students to student sports
* Focus on creating new sports events
* Continuation of financial control

## 1.2 Structure

To clarify the structure of FOSST, we will explain the duties and responsibilities of the daily board, the supervisory board and the various committees.

### 1.2.1 The daily board

The daily board is responsible for all the events we organize. As said, we are looking after the interests of all the Sports Center members. The board also supports the SSA’s whenever they need help and organize multiple sports related activities and events during the year. A complete job description can be found in our domestic regulations.

The board members of college year 2018-2019 are:

|  |  |  |
| --- | --- | --- |
| Chairman  Nadia Kelkboom  chair@fosst.nl  06-40893890 | Secretary  Astrid Sebel  [secretary@fosst.nl](mailto:secretary@fosst.nl)  06-42495164 | Treasurer  Bart Goossens  [treasurer@fosst.nl](mailto:treasurer@fosst.nl)  06-48019394 |
| Coordinator Events  Bram Koolen  [sports@fosst.nl](mailto:sports@fosst.nl)  06-55689678 | PR functionary  Marjolein Triepels  [pr@fosst.nl](mailto:pr@fosst.nl)  06-38078925 | Coordinator Sports  Joeri Phaff  [sports@fosst.nl](mailto:sports@fosst.nl)  06-33838876 |

### 1.2.2 Opening hours of the FOSST room

If you want to pick up mail, or need to talk to a board member personally, you can always visit us at the FOSST room. The opening hours of the room are:

Monday 11:00 – 21:00

Tuesday 11:00 – 18:00

Wednesday 12:00 – 21:00

Thursday 12:00 – 18:00

Friday on appointment

Weekends on appointment

It is possible that every board member has a meeting at a certain time, which means that the FOSST room may be closed during opening hours. For that reason, it’s wise to make an appointment if you have important things to discuss.

The FOSST room is closed during the weekly board meetings (every Monday from 12:00 till 14:00). The meeting can be paused for questions of for unlocking the association room.

### 1.2.3 Supervisory Board

The daily board of FOSST is under supervision of the Supervisory Board (SB). Their most important tasks are:

* Supervise the performances of the daily board of FOSST
* Criticize and approve the year plan of FOSST
* Criticize and approve the budget and realization of FOSST

The members of the SB in college year 2018-2019 are:

Representative Tilburg University: Hans van Dijk (Chairman)

Representative of the Financial Commission: Erik de Gier

Representative of Fontys: Debbie Jarec

Representative of the Sports Center: Hans van den Heuvel

Representative of the bounded members: Jelle Cornelussen

Representative of the non-bounded members: Freek Rooks

Old board member 2016-2017: Floris Knaapen

Old board member 2017-2018: Mike Monteny

If there are problems about the functioning of the board of FOSST, the representative of the bounded members can be contacted.

A broad overview of the procedures concerning the SB, e.g. appointing and the sitting period, can be found in the Domestic Regulations.

## Committees

There are a few committees which support FOSST this year, these are the activity-committee, the lustrum-committee and the Batavierenrace-committee.

*Activity-Committee*

The activity-committee supports FOSST. The Coordinator Sports is part of the committee. The Coordinator Sports is chairman of this committee. The committee is partly responsible for the events of FOSST. For more information about the activity-committee, please contact the Coordinator Sports via [events@fosst.nl](mailto:events@fosst.nl).

*Lustrum-committee*

The Lustrum-committee organizes the lustrum activities, to celebrate the 90 year existence of FOSST. The specific activities will be announced later.

*Batavierenrace-committee*

The Batavierenrace is a relay from Nijmegen to Enschede. This is a big event in which people from the whole country compete. The Batavierenrace-committee is responsible to create a good team from Tilburg to compete in the university competition. Besides creating the team, the committee also coordinates the team and takes care of the transportation at the race.

# 

# 2 SSA’s

One of the tasks of FOSST is looking after the sportive interest of the SSA’s. Student Sport Associations contribute to the social bond between sportsmen and the Sports Center. They also contribute to the quality of the sports program. This is why it is important for FOSST to know about current developments and possible problems in associations. When FOSST is informed about possible problems, FOSST can take action in time, to guarantee quality and variety in the sports program.

To find out what the current developments and possible problems are, FOSST aims at optimal communication between the SSA’s, but also between FOSST and the SSA’s. The goal is to be as involved as possible. To reach this goal, there are several planned contact moments during the year, such as acquaintance meetings, GGM’s, chairman meetings, board days and other events. Next to the planned moments, everybody is always welcome at the FOSST room.

|  |  |  |  |
| --- | --- | --- | --- |
| Affiliated SSA’s (in the year 2019) | | | |
| SSV | **Sport** | **SSV** | **Sport** |
| *Avalon* | Waterpolo and swimming | *Merlijn* | Soccer |
| *Braga* | Ice-skating | *Parcival* | Athletics |
| *Camelot* | Handball | *Pendragon* | Basketball |
| *Cave ne Cadas* | Horse riding | *Saltare* | Gymnastics |
| *DanceNation* | Dancing | *Sauron* | Badminton |
| *De Meet* | Bicycle racing | *SHOT* | Hockey |
| *Gepidae* | Volleyball | *Spartacus* | Strength training |
| *Hyperion* | Table tennis | *Tarantula* | Rugby |
| *Lacoste* | Tennis | *Tigers* | Cricket |
| *Lancelot* | Squash | *TilSAC* | Climbing |
| *Link* | E-sports | *Under Par* | Golf |
| *Melmac* | Korfball |  |  |

## 2.1 Advantages for SSA’s

A SSA has several interests in being connected to FOSST. Among other things, FOSST provides a link and maintains contact between SSA’s and several parties: Tilburg University/Sports Center, the municipality of Tilburg, Student Council Tilburg, Tilburg Sports Council (TSR), “Studentensport Nederland” (SSN), and student parties SAM and Front.

The information flow from the authorities mentioned above to the SSA’s is taken care of by FOSST. FOSST uses several means for the information flow: the information booklet for associations, the newsletter and the website.

A SSA has the following advantages for being an affiliated member of FOSST:

* Representation at different organizations
* FOSST can provide allowances to the associations.
* FOSST has the possibility to provide competition outfits for the associations.
* SSA’s can use the facilities provided by FOSST, e.g. computers, a printer and lockers
* FOSST takes care of the division of the board scholarships for the affiliated associations.
* FOSST organizes events that help with the development of skills which you need for the board year.
* FOSST can help the SSA’s with running their association.
* FOSST can help with promoting the SSA.

## 2.2 Obligations of the SSA’s

SSA’s must meet various conditions if they want to stay affiliated to FOSST. These conditions are written in our domestic regulations. You can find the domestic regulations on our website. Besides this, FOSST also has several obligations towards the SSA’s. These obligations are also incorporated in our domestic regulations. Some of the conditions and obligations are listed below.

Conditions that SSA’s have to meet:

* Attendance at the acquaintance meeting in the beginning of the year, at this meeting contact information of the board members will be exchanged. If any of the contact information changes, the secretary of FOSST ([secretary@fosst.nl](mailto:secretary@fosst.nl) / [info@fosst.nl](mailto:info@fosst.nl)) needs to be informed.
* Participating in the board day, organized by FOSST.
* At the beginning of the academic year, deliver the following documents:
  + List of members of the SSA with customer numbers, at the request of FOSST;
  + Profit and loss account of the past academic year and a budget plan for the coming academic year, before the first General Member Meetings (GMM’s);
* During the year, FOSST should be informed about the following:
  + Changes in statutes and regulations;
  + Changes in contact information of the board members;
  + Association activities;
  + Overview of budget plan, actual and balance, along with explanation to the treasurer of FOSST ([treasurer@fosst.nl](mailto:treasurer@fosst.nl)).
* Let FOSST know when the General Member Meetings (GMM’s) are, so that FOSST can be present.
* Responding to all communication of FOSST within five workdays, or before the stated deadline.

# Relations

FOSST represents the SSA’s at different parties. Below follows an overview of all relationships that are relevant for SSA’s.

## 3.1 Tilburg University Sports Center

The Sports Center is responsible for the sports program. Next to this, the Sports Center also manages the accommodation, the materials and the teachers. FOSST looks after the interests of the sporting students in the Sports Center, these also include the members of the SSA’s. FOSST functions as the central point of contact for the SSA’s, as to strengthen the connection between SSA’s and the Sports Center.

To let this run smoothly, every two weeks there is a meeting between FOSST and Max van Veen, the head of the Sports Center. When there are things going on with the SSA’s it will be discussed in this meeting. Next to this meeting there is a lot of contact between FOSST and the Sports Center. If you have any questions or there are certain things that need to be discussed, don’t hesitate to contact the board members of FOSST.

## 3.2 Tilburg University

FOSST is responsible for the distribution of the board scholarships of the board members of SSA’s, who study at Tilburg University. This distribution is based on the amount of members and the amount of sport related activities that the SSA organizes. At the end of the academic year the SSA receives a template where the activities need to be mentioned. Based on this information and that of other SSA’s a fair distribution will be made of the available scholarships. The scholarships are made available per SSA board and will be distributed by the SSA board between the university board members. Every SSA needs to submit a request around the summer vacation.

## 3.3 Fontys Hogescholen

FOSST is responsible for the distribution of board scholarships of the board members of SSA’s, who study at Fontys. Halfway the academic year every SSA needs to submit an actual function description at FOSST. Herein needs to be mentioned what the different functions and corresponding hour load are in the SSA. Based on this information it’s determined how many scholarships are given.

## 3.4 Avans Hogeschool

Applying for a scholarship at Avans is more difficult than at the other institutes. Before the start of the academic year the student is already supposed to have applied for the scholarship. FOSST has no say in this, only Avans herself. However the application is seldom approved. FOSST and the Sports Center have mentioned this at Avans and they are working on improving the system, but for this year it’s not yet going to change.

## 3.5 Studentensport Nederland (SSN)

‘Studenten Sport Nederland’ is the umbrella organization of practically all the student sport councils in the Netherlands. Their goal is to improve and stimulate student sports in the Netherlands. They also support the organization of NSK’s (Dutch student Championships), the GNSK (Great Dutch Student Championships) and the ‘Batavierenrace’ (a relay race between Nijmegen and Enschede). Contact FOSST if your association wants to organize a NSK.

## 3.6 Tilburg Orientation Program (TOP)

The introduction week is the most important week for SSA’s to attract possible members. Therefore, the contact with the TOP Week organization is very important. FOSST and the TOP organization have regular contact during the year, to keep each other updated about the plans (from both parties) and possibilities for the TOP Week. During the year, the SSA’s receive regular updates from FOSST concerning (the possibilities of) the TOP Week. FOSST is the connecting link between the TOP Week and the SSA’s.

## 3.7 Student Fractions (SAM and Front)

Fractions SAM and Front look after the interests of the entire student population of Tilburg University. They have several (side) doors at the university and they can discuss important, urgent matters in the University Council. The University Council is the highest consultative body of which students are members at the university. For all matters that the executive board should see, we can contact SAM and Front. Vice versa, SAM and Front can contact FOSST about all sport related matters.

## 3.8 Attraction Rent Moonen

‘Attractieverhuur Moonen’ is involved in renting out different attractions and executing promotional actions. FOSST has an agreement with this party, therefore FOSST and SSA’s can get discounts on renting materials of Moonen.

# 4 Facilities

## 4.1 General facilities

FOSST offers several facilities to support the SSA’s. Those facilities are for associations only. An overview of the facilities is given below.

### 4.1.1 Association room

You can find the association room at the second floor of the Sports Center (room O108). In this association room are several facilities that the associations can use, like computers and a cosy couch. On one of the pc’s, Davilex (an accounting program) is installed, and on another one you can use an older version of Photoshop. If you are not sure on which PC’s these programs are installed you can ask FOSST. The only printer where you can print as an association is at the FOSST room. It’s smart to make an appointment if you want to print something, so you won’t find the FOSST room closed.

### 4.1.2 Meeting rooms

Via the online system of the Sports Centre you can reserve meeting rooms. You can only do this two weeks in advance. You can do this by logging in at dmsonline.uvt.nl and then click in the upper right corner on ‘reserve’. Next you choose ‘conference room’ under ‘sport’. If you want to reserve a meeting room longer than two weeks beforehand you can sent an email to Marcel Oomens (verhuur@uvt.nl).

If all the meeting rooms are fully booked and you really need a place, then you can also reserve the association room. To do so, please sent an email to the secretary of FOSST (secretary@fosst.nl). However the association room always needs to be available for SSA’s who want to use Davilex in the association room.

### 4.1.3 Mailboxes

The mailboxes for the associations are in the association room. All mail for SSA’s that arrives at the Sports Center will be put in these mailboxes by FOSST. It’s important to empty your mailbox frequently (this means: every week). If you are expecting a debit card, please let us (FOSST) know! We will keep it in the FOSST room instead of the association room, to be sure it won’t get stolen.

### 4.1.4 Budget format for SSA’s

There is a budget format available for SSA’s, which you can use to make your own budget. If you want to receive this budget format, send an email to the treasurer of FOSST (treasurer@fosst.nl). It can also be found on the Sports Center website. The treasurer is also available for other financial questions.

### 4.1.5 Printing

FOSST will compensate the costs for a poster (A1 size) to an amount of €10,- per calendar year for every association. The association manages the printing and can declare the costs afterwards at FOSST. The declaration form can be found at the FOSST website. Important: you have to turn in the declaration in the same calendar year in which you made the prints, along with the receipt, otherwise the costs can’t be compensated!

Also, every SSA can print 300 copies at the FOSST printer for free every calendar year. The administration is in our hands. Did you run out of free copies? No problem, you can still print from the FOSST printer. At the end of the calendar year the SSA’s have to pay for the extra copies they made. The additional costs are €0,03 per print-out.

### 4.1.6 Davilex

All SSA’s are obligated to use Davilex for their bookkeeping, instead of Excel. FOSST offers the program Davilex, which is installed on one of the computers in the association room. If your SSA needs help with the bookkeeping you can contact the treasurer of FOSST ([treasurer@fosst.nl](mailto:treasurer@fosst.nl)).

### 4.1.7 Materials from FOSST

All students who have a subscription to the Sports Centre can lend some things from FOSST for free. The available materials are:

* GoPro
* Camera
* Megaphone
* 1-2-3 stage
* Startpistol
* TV screen
* Association flag

To lend these materials an application form needs to be filled in. This application form can be found on the website.

## **4.2 PR materials**

FOSST offers multiple options to SSA’s to promote themselves, recruit for new members or announce upcoming events. These options will be discussed next.

### 4.2.1 Narrowcasting

In the Sports Center you can find monitors in almost all the rooms. These are mainly used for promotional messages. As a SSA you can use them too. If you are interested you can e-mail to pr@fosst.nl. You can deliver your narrowcasting message in a JPEG-format with the following measurements 1920x1080 pixels. It is also possible to send in a movie. This should be done in .h264 or .MPEG4 format, should contain no audio and the maximal duration is 50 seconds. Keep in mind that sponsors are allowed to appear in the video but that the main goal should be promoting the SSA. It’s important to keep the lowest 35 pixels free of relevant information, like text or logo’s because this can fall off on the screens.

### 4.2.2 Website

Every SSA is mentioned on the FOSST-website. The SSA’s also have the possibility to promote their events on the website. To support the raising number of international students, the website is available in English as well. If you want us to mention something on our website, contact our PR-functionary (pr@fosst.nl).

### 4.2.3 Poster places on Tilburg University Campus

FOSST has access to some poster places on the campus of Tilburg University. These places are also free to use for all SSA’s. Pay attention: it’s is not allowed to put posters anywhere else than on the places mentioned below.

To keep the poster places clean and tidy we would like you to honor the following things:

* Don’t just make your poster look good, also care for the other posters on the appointed spots.
* If there’s no room for your poster place your poster over a poster of an event which has already taken place.
* If an event already took place, but there’s still enough room, do not remove the poster. This can still function as exposure for the SSA who organized the event.
* When you see posters that have nothing to do with sports or a SSA, remove this poster and inform FOSST about the wrong placed poster.

Mentioned below are the places which are available to use:

* Building A: Left next to the student desk (general spot)
* Building C: Wall between CZ 6 and CZ 8
* Building P: Hallway of the canteen to PrismaPrint & left of PZ 42
* Restaurant: The wall facing the catering area
* Building S: Left next to the Student Desk (general spot)
* Building W: Right of the entrance

*Fontys*

If you want to put up a poster in Fontys you can mention this at the reception in building P1. They can tell you which boards you can use. Besides there will be put a stamp on the poster with the date of placing. After two weeks the poster will be removed by Fontys.

### 4.2.4 Promotion possibilities at the HBO institutions

It’s also possible to publish your posters and narrowcasting at the HBO institutions Avans and Fontys in Tilburg. If you are interested in publishing here you can send an e-mail to pr@fosst.nl. Our PR functionary will ask permission to air the narrowcasting or place the posters at the particular institution. It is advised to send along the image of your narrowcasting, this will speed up the procedure. Pay attention, both institutions use the following size measurements: 1920 by 1080 pixels.

At Avans, it is not allowed to post narrowcasting or posters which only have the intention of recruiting new members. It can only be used for the promotion of your events (though that also contains some recruiting). The general promotions of SSA’s is allowed at the Sports Center and Fontys.

### 4.2.5 Facebook

FOSST can share events of SSA’s on Facebook to broaden the audience for the event. If you want FOSST to promote the event on Facebook you can sent an email to pr@fosst.nl.

### 4.2.6 Procedure Introduction Training

Because not all students arrive in Tilburg in September and not all associations start their trainings in September, therefore SSA’s can organize introduction trainings to attract students who want to get to know the sport. The Sports centre will create the possibility for:

* Students who never had a Sports Centre subscription to create an account at the Sports Centre and to use one of the two times of free sports which you get when you apply (try-out subscription).
* Other students to buy a (day)subscription.

FOSST and the Sports Centre are willing to use all their promotion possibilities to attract more students to the introduction training. To be sure that everything is well prepared and promoted the following need to be delivered:

* 4 weeks before the introduction training a mail with the information has to be sent to the manager events of Tilburg University Sports Centre (Inge Schepers) and FOSST.
* 3 weeks before the introduction training the following needs to be delivered to the Sports Centre (s.oldengarm@tilburguniversity.edu) for the promotion:
  + A short movie or poster which can be placed on the narrowcasting
  + A short movie or photo with a small text which can be placed on the Facebook page of Studentsport Tilburg or a link which can be shared.
* 3 weeks before the introduction training the following needs to be delivered to the PR of FOSST ([pr@fosst.nl](mailto:pr@fosst.nl)):
  + A short movie or poster which can be placed on the narrowcasting at Fontys and Avans.
  + A short movie or photo which can be placed on the Facebook page of FOSST or a link which can be shared.
  + Optional: A news item (format of an article on nu.nl), which can be placed on the news portal of Fontys.

If these are not delivered on time, the Sports Centre and FOSST cannot guarantee that the promotion is as effective as it could be. At the latest the submission should be completed one week before the introduction training, otherwise the Sports Centre can’t guarantee that the facilities for creating the sports subscription are available, and potential members can be missed.

# 5 Events

One of the main objectives of FOSST is to improve the student sports in Tilburg. This is not only accomplished by supporting all the SSA’s and representing all the members of the Sports Center, but also by organizing clinics, tournaments or other events during the academic year.

Our events focus on different target groups, for example we have the recreational sports people and the competitive sports people. When we pick our events we try to take into account the addition it can make on the sports already offered in the program. Down below you can find our events and their dates. Some of our bigger events which return each year will be explained a little more after that.

|  |  |
| --- | --- |
| Event | Date |
| Promotion of SSV’s | |
| TOP Winter Week | January 21st – 25th 2019 |
| TOP Week | August 19th – 23rd 2019 |
| Purple week | August 26th – 30th 2019 |
| Events SSV-boards | |
| Constitution drink FOSST | October 1st 2018 |
| Boards Day I | October 29th 2018 (TBA) |
| Boards Day II | March/April 2019 (TBA) |
| SSV-events | |
| SSV-party | November 2019 (TBA) |
| Champion Crowning | June 2019 (TBA) |
| SSV-battle Party | June 2019 (TBA) |
| FOSST-evenementen | |
| Pubquiz | October 2018 (TBA) |
| Racketlon | November 6th 2018 |
| Carnavals volleyball Tournament | February 28th 2019 |
| Dart Tournament | march 2019 (TBA) |
| NSK E-sports | April 10th 2019 |
| Open studenten competities | |
| OSC Futsal fall semester | September – November 2018 |
| OSC Futsal spring semester | February – April 2019 |
| Externe evenementen | |
| NSK’s | See website SSN |
| Batavierenrace | May 10th, 11th, 12th 2019 |
| GNSK | June 7th, 8th, 9th 2019 |

## 5.1 Promotion of SSA’s

SSA’s have a lot of time to promote during the year, but the time to promote your SSA is of course the introduction week. There are different introduction weeks during the year.

*TOP Winter Week*

The TOP Winter Week is organized by the board of the TOP week. This week is focused on international students who come to the Netherlands for their exchange, but also master students participate in this week. FOSST organizes the Night of FOSST for a few years in a row now, this is a sport event in the Sports Center where the TOP-groups can try out different sports. Afterwards the night will be closed by a party in the Olympia Sports Bar.

*TOP Week*

The TOP Week is the greatest introduction week of Tilburg. New students of Tilburg University participate in this week to learn about the student life in Tilburg. Sport is of course a part of the student life and FOSST tries to get as much time for SSA’s in the TOP Week as possible.

*Purple Week*

The Purple week is the introduction week of Fontys. On Wednesday in this week a Beerbingo takes place in the Stadhuisstraat. SSA’s are also allowed to be here, to show Fontys-students that student sport is also a part of your student time.

## 5.2 Events SSA-boards

FOSST helps SSA-boards by organizing events especially for them. Besides these events stimulate a good relationship between SSA’s and FOSST and takes care of informing the boards about what’s going on at the Sports Center. Below these are explained more.

*Constitution drink FOSST*

At the beginning of the academic year the constitution drink takes place. For this drink other boards are invited to congratulate the new board and drink something. FOSST also organizes a constitution drink where boards from Tilburg and also boards from other cities are invited.

*Board Day I*

Somewhere in October FOSST organizes the first board day. This event is quite formal: different presentations and workshops will be given to the boards. Afterwards there is time to talk some more and to get to know everybody.

*Board Day II*

The second board day takes place around April and is more informal. In 2018 the day involved participating in sport clinics in Archery attack and baseball and the day was finished with a barbecue.

## 5.3 SSA-events

FOSST organizes some more events for the SSA boards and their members. Two times a year the SSA-party takes place, to strengthen the connection between the board members. There is also a champion honoring, where all the champions of the year are honored and the sport persons of the year are announced.

## 5.4 FOSST-events

Through the year FOSST organizes different events which are open to all students to offer them sportive and relaxing sports events, but also to promote sport in Tilburg.

Some of these events are organized together with SSA’s, for example Racketlon and the NSK E-sports. If your SSA is interested in organizing an event together with FOSST the sports coordinator can be contacted ([events@fosst.nl](mailto:events@fosst.nl)).

## 5.5 Open Student Competitions

FOSST organizes the Open Student Competition Futsal. Everyone who has a sport subscription can sign up for this competition. If your own SSA is interested in starting an OSC you can contact the treasurer ([treasurer@fosst.nl](mailto:treasurer@fosst.nl)).

## 5.6 Extern Events

Extern events are sport activities which are organized by an external party. FOSST stimulates participation by giving information through promotion canals and by giving subsidy to participators. Besides FOSST takes care of the coordination of the delegation from Tilburg.

### 5.6.1 NSK’s

Every year Dutch student championships (NSK’s) are organized through the whole Netherlands. These involve different sports. FOSST gives subsidy for participating in these NSK’s. Besides FOSST stimulates SSA’s to organize an NSK, or FOSST can help in the organization. FOSST can also organize the events, like the NSK E-sports and the NSK Obstacle Run.

If a SSA want to organize an NSK, the SSA has to fill in an application form which can be found on the website of SSN. If FOSST agrees with the plan the application will be sent to SSN. If there is not a similar championship planned in that year and the date doesn’t collide with other events the SSN will agree with the plan in most cases. SSN takes care of the prices, posters and program books for the NSK’s.

### 5.6.2 Batavierenrace

The Batavierenrace is the biggest student sports event of the Netherlands. Every year about 350 teams consisting of 25 runners participate in this relay race. There is an overall ranking, but also a university ranking. The goal of FOSST is to send the best possible team and compete with the other universities.

### 5.6.3 Great Dutch Students Championship

The Great Dutch Students Championship, also known as GNSK, is the biggest event of the year. This year, it will take place in Amsterdam. FOSST wants to send the best possible team to represent the students of Tilburg. If you want to participate at the GNSK it is not necessary to be member of a SSA. As long as you Study in Tilburg it is possible to participate. The goal is to have at least five teams

# 6 Subsidies

For SSA’s there is the possibility to get subsidies to generate some extra earnings. Down below the possible subsidies are mentioned. Extra information can be found in the subsidy regulation of FOSST. It is advised to use the help of our treasurer before sending in the request because he knows about all the procedures and criteria for each request ([treasurer@fosst.nl](mailto:treasurer@fosst.nl)).

1. Clothing subsidy for competion playing members;
2. Basic subsidy;
3. Subsidy for the organization of tournaments;
4. NSK subsidies;
5. Subsidy international tournaments;
6. FOSST draagt bij;
7. Guarantee subsidy for the organization of events;
8. Subsidy TOP-week;
9. Promotion poster declaration.