

**How to survive SVU?!**  
2019/2020 Edition



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## Introduction

Dear athlete, if you read this it means you will be joining SVU. Being the 50th anniversary of SVU we got a promising lustrum year ahead of us!

In front of you lies the newest edition of How to Survive SVU, the booklet that teaches you the ropes in SVU. In this booklet you will find everything you need to know about SVU. We will go into more detail about a couple of important activities, so that you can understand why the veterans of SVU are always talking about the legendary days and nights of, for example, the International Tournament, or the Night Tournament.

Apart from that you can also find information about things such as home match days, referee courses, clothing, club contribution, and fines (if relevant). You will also find out how to become a Star of SVU! Take good care of this booklet, so that during the season you can look at it if necessary.

For questions or comments, you can reach us by Whatsapp, or you can call or e-mail us, and of course you can always approach us in person!

## Contacts

### General Questions

[info@svuvolleybal.nl](mailto:info@svuvolleybal.nl)



#### Chairman

Niels Dijkshoorn

[voorzitter@svuvolleybal.nl](mailto:voorzitter@svuvolleybal.nl)

06-37556593

You can approach the chairman about any club affairs or for any general questions.



#### Secretary

Casper Donker

[secretaris@svuvolleybal.nl](mailto:secretaris@svuvolleybal.nl)

06-83323828

If you have questions about matches, club membership, match clothing, or other general questions, you can approach the secretary.



#### Treasurer

Jorn Angenent

[penningmeester@svuvolleybal.nl](mailto:penningmeester@svuvolleybal.nl)

06-19279993

For financial affairs you can approach the treasurer.



#### Head of Technical Committee

Nynke Broekhuis

[hoofdte@svuvolleybal.nl](mailto:hoofdte@svuvolleybal.nl)

06-54308002

The Head of Technical Committee takes care of all technical affairs, trainers, trainings, and referee affairs. Nynke is also the confidential advisor of the club, so for any sensitive issues, you can approach her.



#### External Affairs

Lisanne van der Pal

[externezaken@svuvolleybal.nl](mailto:externezaken@svuvolleybal.nl)

06-31151981

Are you already following SVU on Facebook? The head of External Affairs, Lisanne, is responsible for all club promotion, the sponsors, the website, and all social media.

## General Information

### Privacy Policy

SVU secures the private data of all members. At the beginning of the year, we ask you to sign a consent form (the AVG) to allow us to keep you up to date about all activities and the likes within SVU. You can find our privacy policy on the website.

### Council of advice

This is the supervisory organ of SVU. They have the task of making sure that the board is following the club policy that they laid out, and of overseeing all general affairs within the club. They strive for the betterment of the club and advice the board with their experience.

### Confidential Advisor

Are you having difficulties within your team or with your trainer? Are you being bullied or harassed? Let someone know! There is a confidential advisor with whom you can sit and talk about any problems you have within the club, namely, Nynke Broekhuis, who is also the Head of the Technical Committee. If you prefer to talk to a male, you can speak with Casper Donker, the secretary. The confidential advisor is obliged to confidentiality, so that you can feel free to say what's on your mind.

### Zero tolerance drug policy

Starting from the 1<sup>st</sup> of September 2019, SVU will handle a zero tolerance drug policy. This means the following: When you use drugs on a SVU event, such as the Introduction Weekend, the International Tournament, the night tournament or any Lustrum related activities and you get caught, you'll be immediately excluded from further participation of the event. If you're get caught 3 times doing drugs on a SVU event, you'll be eliminated from further membership of SVU Volleybal.

### Inteam

The Inteam is the club magazine with 3 issues per year. In here you will find fun stories about recent occurrences and also juicy rumors. If you want to be part of the Inteam committee, you can send an email to [comissiecoordinator@svuvolleybal.nl](mailto:comissiecoordinator@svuvolleybal.nl)

### Website

SVU has a beautiful website! Here you can find the information contained within this booklet, the training schedule for the coming year, the teams, and more. So take a look at [www.svuvolleybal.nl](http://www.svuvolleybal.nl). You can also find the photos here. They are password protected, with the password: **Extravagant**. Other documents such as the privacy policy, the club rules, and the statutes are also on the website.

### Social Media

SVU also has a closed Facebook group, where you can find information about upcoming parties, and members can come into contact with each other. Ask your teammates who have been a member for a while to add you to the group, so you can be kept up to date about all activities within SVU. There is also an SVU Facebook page which you should Like!

## Activity Calendar

Attention: The dates below are subject to change during the season!

Month	Date	Event
<b>Oktober</b>	2	Captain training
	3	Trainerstraining
	4-5-6	Introduction weekend
	12	Home Match Night
	19	Home Match Day
	25	Halloween party
	26	Home Match Night
<b>November</b>	2	Home Match Day, Drink and Halloween Party
	9	Home Match Day
	14	Home Match Night
	15-16-17	International Tournament
	18	General Members Meeting
	23	Home Match Day
	30	Home Match Day
<b>December</b>	2	Sinterklaas Activity
	5	Home Match Night
	8	Birthday party SVU
	20 – 5jan	Winter Holiday
<b>Januari</b>	16	Home Match Night
	30	Home Match Night
<b>Februari</b>	17	Valentine's Activity
	22	Night Tournament
<b>Maart</b>	7	Home Match Day
	21	Home Match Day
<b>April</b>	4	Home Match Day

	24	Active member party
<b>Mei</b>	1	Batavierenrace
	5	Start of Beach Volleyball Season
	18	General Members Meeting
	29 - 5jun	Lustrum
<b>Juni</b>	3	Last Training
	12-13-14	Hajraa
	25	Beach Volleybal Finales and BBQ
	26	Final Party

## Activities

### **Introweekend**

At the beginning of each year the introduction committee organizes a weekend away for new members as well as old members. During the weekend, members get to know each other and SVU through activities such as a treasure hunt, a quiz, a bonfire night, and other games.

### **International Tournament (IT)**

Every year in November SVU organizes a massive international student volleyball tournament. From Friday until Sunday, there is volleyball and partying. Every year the international tournament has a different theme. This theme will be represented through clothing, but also during the party on Saturday night, when participants come dressed to the theme party. Perhaps you can meet a nice French or Italian gentlemen.

### **Winterbeach**

Unfortunately the sun doesn't shine all year in the Netherlands. To give you the summer feeling anyway, SVU organizes a Winterbeach tournament annually. For one winter night SVUers play beach volleyball against each other for eternal fame in the depths of Aalsmeer.

### **Night Tournament (NT)**

In february the annual Night Tournament takes place at the sportcenter, to which all Dutch student Volleyball clubs are invited. Matches are played on Saturday night, and the finals are played after midnight. There is also a party after that, again with a theme that changes yearly. Participating teams from other clubs can sleep at the sportcenter and are woken up on Sunday morning for breakfast.

### **Friend Tournament**

The Friend Tournament is a twist on the usual 2x2 tournament. Of course the day will still end with a party but now all friends, housemates, and family members are also welcome to join in the volleyball fun! Invite everyone you know to join you in playing volleyball on this day!

### **Gala**

Once a year, there is a time for SVUers to take off their sports attire and to put on their Tuxedo or gala dress. On this night filled with music, dance moves and fun, a King and Queen of SVU are also crowned through a rigorous voting process

### **Beachvolleyball Season**

From the beginning of May until the end of June SVU organizes a beachvolleyball tournament for members as well as interested non-members. In different pools (Men, Ladies, Mix) of different levels (Low, Middle, High) teams can strive for the prize given to the winners of each pool. This award ceremony takes place simultaneously with the tournament-ending Barbeque.

### **Active Members Party (ALF)**

At the end of the volleyball season, the board organizes a secret activity for the members of SVU who helped with the organization of events or who were in any committees (these members must have earned at least 3 stars, see SVU Star System below). Last year we went to a silent disco! The activity will be kept a secret until the very last moment, so we can't tell you anything about the ideas for this year!

### **HAJRAA**

Hajraa is a student volleyball club in Eindhoven, and they organize a super massive grass volleyball tournament in Eindhoven every year, where pleasure is a guarantee. All SVUers sleep in a massive tent and on Saturday and Sunday there is volleyball played on grass. Gents 1 and Ladies 1 are even allowed to play in the Dutch National Student Championship.

### **Lustrum**

This year SVU will have its 50th birthday which means the Lustrum committee will organise a year full of activities and parties you don't want to miss out on. An unforgettable year is about to come, so make sure you're there!

## The SVU Star System

The SVU Star System exists to reward active members within the club. Below you can find the rules and how many stars you can earn.

Rules:

- The stars earned are valid for one year
- Upon gaining 3 stars, you are automatically invited to the Active Members Party
- For 4 stars and more there will be something extra! Questions or comments? You can contact the board members!

★

Captains  
VS2 referee certificate  
Cash Committee  
NT Subcommittees  
Surf Committee  
Council of advice (RvA)

★★

Coaches  
InTeam  
Promotion Committee  
Batavierenrace Committee  
Smoelenboek  
Friend Tournament Committee  
Gala committee  
IT Subcommittees  
Lustrum subcommittees

★★★

VS3 referee certificate  
Committee Coordinator  
Technical Committee  
Almanak Committee  
NT Committee  
Beachvolleyball Committee  
Introduction Committee  
Trainers  
Drink (Borrel) Committee

★★★★

IT Committee  
Activity Committee  
Lustrum Committee

Of course all members who put effort into the betterment of SVU will be thanked with much love and a little something at the end of each General Members Meeting. Read here which committees you can join!

## Committees

### **Activity Committee (ACCO)**

The halloween party, winterbeach, the final party... these are all organized by the activity committee. They lead the scaring during Halloween, spread the love during valentines, and end the year with a legendary final party.

### **Batavierenrace Committee**

If you like jogging, but also partying, then the Bata Committee is for you. The batavierenrace is the biggest student relay race in the world. A deteriorating, but fun weekend in the beautiful Enschede.

### **Beachvolleyball Committee**

At the moment when it starts to get warmer during spring, and the last indoor matches are being played, everyone starts to move outside, to the beachvolleyball courts at the VU! The beachvolleyball committee organizes the beachvolleyball tournament that is traditionally closed with a barbeque.

### **Gala Committee**

Of course we can't forget about the gala! Every year around May everyone comes together in their best outfits for a night of dancing. Are you interested in organizing this night to perfection? Then sign up for the prom committee!

### **Inteam Committee**

This committee informs us of all of the ins and outs of SVU. So stay on your toes, or else before you know it you will be a part of the juicy stories in our own Inteam rumorbook.

### **Introduction Committee**

Introduction weekend, need I say more?! The first SVU Activity where you have to be! Last year there was a huge party in a Scouts building. This committee also organizes the introduction party.

### **IT Committee**

The International Tournament! THE best weekend of the year: a perfect combination of volleyball and partying, with handsome Frenchmen and German Ladies. The committee is already very busy with organizing this years International Tournament, so free up 16,17, and 18 November in your agenda!

### **Smoelenboek Committee**

Taking photos, stalking people, who doesn't want to do that? No, but seriously, it takes some effort, but the end result of the club's "face book" (Smoelenboek) is more than worth it. So are you in for the smoelenboek committee next year?

### **Lustrum Committee**

This year will be the tenth lustrum of SVU. The season will be full of surprises and big events, so make sure you don't miss out and join all the parties!

**NT Committee**

The Night Tournament! The perfect opportunity to play against other student volleyball clubs from other parts of the Netherlands – of course while enjoying a nice beverage. The volleyball will take place at night, and will be capped by a big party. Will you become one of the SVUers that will organize this fantastic night?

**Surf Committee**

Next to volleyball, surfing is also a beloved pastime of many SVUers. This committee organizes a week full of surfing, partying, and chilling. No summer plans yet? Join the surf week next summer!

**Technical Committee**

The technical committee is responsible for selecting the teams. The ladies in this committee are responsible for the men's teams, and the men are responsible for the the ladies teams. Do you think you can take on this tough task next year? Then sign up for the technical committee.

**Friend Tournament Committee**

This committee takes care of a tournament where SVUers can play volleyball with friends, family members, or housemates, and then of course party together after.

Would you like to contribute to SVU Volleyball, meet a lot of new people and join a committee? Then contact Imara Semeijn, the committee coordinator, at [commissiecoordinator@svuvolleybal.nl](mailto:commissiecoordinator@svuvolleybal.nl).

## Competition Affairs

### Home Match Days and Nights

Before Home Match Nights (Thursday nights) and after Home Match Days (Saturday afternoons) you can eat together with your team at the sportcenter. The food is catered by Evelyne, from the foodcontainer at the sportcenter, and is available for anyone who wants to eat. This is so that you don't have to worry about what you want to eat, and you can fully focus on your upcoming match. The cost of a meal is €4,90, so bring your whole team!

### Moving Match Dates

Most teams check their agendas at the beginning of the season to see if enough players are available for every match. If this is not the case, there is the possibility to move the date of a match. Request this at the secretary on time, at [secretaris@svuvolleybal.nl](mailto:secretaris@svuvolleybal.nl) (at least one month in advance). The secretary will bring you in contact with the proposed opponent, so that both parties can agree upon an amicable replacement date.

### Match Clothing

At the beginning of the season you will receive a nice SVU match shirt. This shirt is a loan. At the end of the season (May/June), you will receive a message from the board requesting you to return your shirt. Do this as fast as possible. If you do not return your shirt, you will be fined 40 euros.

### My Competition (App)

This is the official app for everyone to stay up to date about the Nevobo volleyball schedule. You can select your favorite teams, and clubs, to see the upcoming matches and results of your teams as well as others, and to check the standings in each pool. You can download the app in the app- or playstore.

### Contact persons Technical Committee

In order to probably apply the TC policy 2019-2020 we will work with contactpersons. This means that every team will get appointed a member of the technical commission. This person is their contact person to get to, when they want contact with the TC. For cases such as a the wish to change positions, or when you disagree with a TC decision you can come to them. The Head TC will send you an email with who your contactperson will be. The contactpersons will also introduce themselves during the season.

## Refereeing

On home match days and evenings the matches also have to, of course, be led by referees, the heroes of SVU. In September and January the teams will receive a list with dates from the Head of the Technical Committee when they have to referee, and for which team.

Divide these matches evenly among your team, so that you don't have to find a replacement referee last minute. If no one is able to referee a certain match, you can post on the Facebook group asking if anyone will do it for you (for a price: beer?). The fine for not bringing a referee will be 20 euro's.

### **Beginner Referees (VS1)**

If you're new at SVU, you are obligated to pass the VS1 test before you can referee a match. This test must be passed before the 1<sup>st</sup> of October. By passing this test, you will be deemed as knowledgeable of the rules and gestures. You can take the test at

<https://www.volleybalmasterz.nl/spelregelbewijs/>. (The test is in Dutch, so do it together with one of your Dutch teammates). On the morning of the first home match day, the board organized a refereeing course. This course is meant for anyone who has not yet passed the test, or anyone who wants to refresh their memory of the rules.

### **Volleyball Refereeing 2 (VS2)**

Starting this year, the VS2 course will be replaced by the skills training V4. Teams playing in the 2<sup>nd</sup> class or higher are obligated to have two players who are able to referee at the VS2 level or higher. Candidates can follow a course in October (date to follow soon) where they will learn the rules in more detail. This course will be led by club experts Rik Timmer and Nahren Gorges. During the course you will learn to lead a match, how your behavior impacts a match, and how you can keep the pleasure of the game alive. The course is more about the training of referees rather than judging the skills of referees. After taking the course, and passing another test, V4 candidates may referee matches in the 1<sup>st</sup> and 2<sup>nd</sup> classes.

### **Volleyball Refereeing 3 (VS3)**

Teams playing in the promotion class or the 3<sup>rd</sup> division are obligated to have players who are able to referee at the VS3 level or higher. To be able to referee matches at this level, you must follow a course led by the Nevobo. For more information, see:

<https://www.nevobo.nl/official/opleiding-en-bijtscholing/opleiding-tot-official/>.

Would you like to referee matches at a higher level? Send an e-mail to:

[hoofdtc@svuvolleybal.nl](mailto:hoofdtc@svuvolleybal.nl)

## Sportcenters in Amsterdam

There are multiple Sportcentres in Amsterdam. Underneath you can find the ones SVU plays matches in and their addresses.

### **Sporthal Blauw Wit**

Joos Banckkersweg 18A  
1056 EP Amsterdam

### **Sporthal Laan van Spartaan**

Rinus Michelslaan 26  
1061 MB Amsterdam

### **Amstelcampus**

Tweede Boerhaavestraat 10  
1091 AN Amsterdam

### **Wethouder Verheijhal**

Polderweg 300  
1093 KP Amsterdam

### **Calandhal**

Eliza van Calcarstraat 2  
1068 RR Amsterdam

### **Zeeburghal**

Insulindeweg 1001  
1095 DH Amsterdam

### **Sporthallen Zuid**

Burgerweeshuispad 55  
1076 EP Amsterdam

### **Sportcentrum VU**

Uilenstede 100  
1183 AM Amstelveen

### **Sportcentrum de Pijp**

Lizzy Ansighstraat 88  
1072 RD Amsterdam

## Finances

### Contribution Payment

At the beginning of the season you filled out a direct debit authorization form. Via this, the club contribution payment will automatically be made from your account. Two weeks before the payment is made, an e-mail will be send with more information. Make sure you have enough money on your account on that day! The contribution payment for SVU Volleyball is 100 euros if you train once a week, and 130 euros if you train twice a week. This includes the payment for the competition to the nevobo, the rent of the match shirt, and the club contribution. The 30 euros extra go directly to the trainers.

### Automatic Direct Debit

Apart from the contribution at the beginning of the year, SVU also uses direct debit for other things such as payment for the International Tournament, the Introduction Weekend, the Friend Tournament, the Winterbeach Tournament, and the fine for not handing in your match shirt. Before any money is taken from your account, you will receive an e-mail two weeks in advance, with a specific date and amount for the payment.

### Fines

There are different fines that the Nevobo kan attribute to players/teams/referees. In principal these fines will be paid by the team/player concerned. Below is a list of the most common fines that you may come across, so that you can avoid them.

Incorrect or no membership of a player or coach	€ 10,00
Cancellation or not showing up for a match (whole team)	€ 50,00
Incorrect or incomplete digital match form	First time: € 5,00 Second time: € 10,00
Participation of an invalid player in a match	€ 50,00
Incorrect or no relationcode filled in on digital match form	€ 5,00
Referee with incorrect certification	€ 10,00
Referee not showing up for match or showing up late	€ 50,00
Referee not showing up for match or showing up late, however a stand in referee could be found	€ 20,00 which will be paid to the stand in referee

As long as a players doesn't yet have a valid player's card, the Nevobo tolerates players to play without a valid card. Do bring a valid ID, and know your relationcode in the nevobo, and note this on the match form along with your birth date.

## SVU's Sponsors

Take advantage of our sponsor deals!

SVU is linked to **Sponsorkliks**. [www.sponsorkliks.com](http://www.sponsorkliks.com) is a website where clubs receive a commission for online payments made by members of the club. To support SVU, go to the website and search for the page of SVU volleyball. From there you can go to different websites (Wehkamp, ASOS, thuisbezorgd, bol.com, klm.nl, etc.) where you can make payments as per usual. SVU will receive a small commission per payment made! Take a look at the website to check out how you can easily support SVU.

**Dressme Clothing** in Utrecht is our preferred supplier concerning teamshirts and sweaters. Members of SVU get 10% discount and SVU gets a 6% commission from all payments made by members. For orders send an e-mail to [utrecht@dressmeclimbing.nl](mailto:utrecht@dressmeclimbing.nl), and let them know you are from SVU. If you are able to find a cheaper alternative, show the price to Dressme and they will give you a cheaper offer. You can always get a cheaper price!

At **Feestkleding 365** you can get discount on your outfit for the themeparties of SVU. SVU members get a 10% discount with the code SVUVolley18bis10.

**Fysiofysiek** is a physiotherapist located at the sportscentre at Uilenstede and the VU Campus in Amsterdam. You can go to Fysiofysiek for Fysiotherapy, Dry Needling, Manual Therapy, Postoperative rehabilitation and Work-related complaints. The fitness and treatment rooms at all locations are perfect for customized physiotherapy.

Last but not least! **Brouwerij Troost** is a restaurant in de Pijp that supports sports teams that need a pick-me-up. Not at the top of the standings at the end of the season? Then go out for dinner here with your team, and show them the standings on the Nevobo app, and get a free Sportsbag! More info: <https://brouwerijtroost.nl/sporttassen/>

## Friends of SVU

Last but not least, our Friends of SVU. SVU has multiple friends who support the club. For this year, our friends are:

Paul and Jolanda Gijben  
Martine and Hans van Rijn  
Hedy Kluin – van Aagten

Do you want to be a friend of SVU or do you know somebody who wants to be a friend of SVU? Please contact our treasurer Jorn Angenent via [penningmeester@svuvolleybal.nl](mailto:penningmeester@svuvolleybal.nl)