



GETTING STRONGER

TOGETHER

One year plan 2022-2023

ABSTRACT

This one year plan will include all of our plans to improve the Wageningen Beasts this academic year. This year we will mostly focus on training activities: Keeping trainings plentiful and interesting. We will also focus on creating a strong bond between (new) members

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Wageningen Beasts
2022-2023

Introduction

This fourth year of the 5 year plan, we want to focus on training and bonding. For the future of the Beasts we think it is important to create a strong bond between the members. We will do this mostly with training based activities (group training, competitions). We want to organise lectures again and we also want to become more active on instagram to promote activities and brand awareness. Our main focus points will be training, bonding, knowledge, activities, brand awareness and promotion

Bonding

A strong bond between the members will be created via training and activities such as lectures, and competitions. Via brand awareness we want to inform the members via our social platforms. Bonding will be seen in every aspect like trainings and activities.

Training

We want our trainings this year to be accessible to all members, from beginners to advanced. We have discussed with the trainers that they will incorporate exercises in small groups during the training. This will make sure that members interact more during training and our members get a chance to bond.

Crosstraining Tuesday and Thursday

The crosstrainings are still very popular, it has become a regular staple in our workouts of the week. We have decided to change the crosstraining on Wednesday from 16-17h to Thursday from 17.30-18.30h. This is because the crosstraining on Wednesday was not as popular. By moving the crosstraining to Thursday, we expect the crosstrainings to be more successful. Our members can now join both crosstrainings with a rest day in between. The time slot on Thursday is also more suitable to combine with uni schedules.

Bootcamp

This year the bootcamps have not been as successful as previous years. Therefore we will promote the bootcamp on Monday as much as possible to attract new members. We will change the bootcamp on Wednesday to another type of training.

New training

We are still deciding what to do exactly with this new training. We have heard that our members prefer a training to learn about the basics of strength training. This new training will start at the end of October.

Powerlifting clinic

The powerlifting clinics will be given in period 1, 3 and 5 by Pjotr van den Hoek. We have decided to make the clinic in period 3 an advanced clinic. This way people that want to advance in powerlifting get the opportunity to do so. But beginners also have plenty of opportunity to try out powerlifting during the other clinics.

Weightlifting clinic

The weightlifting clinics will be given in period 2, 4 and 6 by Ton Leenders.

Trainings with other sports associations

Because these type of trainings were popular last year we will continue it. We will for example switch trainings with the pole dancing association and the grondleggers.

Knowledge

A few times a year, we want to host some lectures about sports and nutrition. Pjotr agreed on giving some lectures and a lecture about strength training for females will be given by a professional female powerlifter. We think this will be a success since most of our new members are female.

Also Freek had the idea of creating training programs for people if they are interested in this. This will give them more of a goal with training and it could be helpful for the people that want to join the competitions.

If possible, we would like to host more lectures by different people that have knowledge on a specific topic regarding training and nutrition.

Activities

This year we will host all kinds of activities like competitions and activities outside of training.

Competitions

Crosstraining

After a meeting with Freek, we came up with the idea of organising 2 crosstraining competitions this year. The first one will be around February and will be more accessible for beginners. During the trainings there will be focussed on the competitions by explaining and practising the movements that will be leading during the competitions.

The first competition will be an introduction for the second crosstraining competition. The second one will be more advanced and is what will be trained for during the crosstrainings. The crosstrainings will still be available for members that do not want to join the competition, but they are a good practice moment for the members that do want to join.

Powerlifting gym

Our trainer for the powerlifting clinic, Pjotr van den Hoek has a private powerlifting gym in Heelsum. We have made a group chat with people that are interested in powerlifting and have done the powerlifting clinic. During the weekends we will make it a regular activity to go train at this gym.

Other activities

Beast weekend

This year there will be one Beast Weekend, the Activity committee will largely organise the Beast Weekend.

AID

The AID will be organised at the beginning of next year. The idea is to involve as many of the members as possible in addition to the board and the Activity committee. We want to organise the AID similarly to last year, we do want to expand it a little by getting a pull-up bar or other sportive equipment that is easily transportable.

Drinks after crosstraining

To create closer bonds between the members that come to the trainings we want to promote doing drinks with each other afterwards as the other sports associations do. This will be promoted during the trainings and via our Instagram.

Brand awareness & promotion

Last year there wasn't a lot of promotion of activities and trainings, which resulted in a low attendance of activities. After last year we realised the importance of brand awareness, mainly via Instagram. We as a board will take this responsibility. This will be depending on who is attending which training or event.

Instagram

Last year the instagram account of the Beast was used rarely. We are going to use instagram more often. We will post stories about trainings at least once a week. Photos from the other activities such as competition, lectures and the Beast Weekend will be posted on the feed. The story highlights are also going to be rescheduled with clear headings. The goal of this increase in instagram activity is to stimulate bonding within the association as well as to attract new members to the association.

Physical promotional material

At this moment we do not need any more stuff for physical promotion. We do want to update the flyers and have some conversations with the trainers to see what we can do more in terms of promotion.

Internationalisation

Last year the Wageningen beasts was largely internationalised with the first international board and the translations of documents. We will continue this process of internationalisation by keeping the main language English and setting an example for a diverse association.

The next board

The goal for this year is to find at least a four-member board and provide good guidance in the beginning of the year. We will search for a President, Vice-President, Secretary and Treasurer. Manuals will be updated and expanded.

Committees

Last year there were no active committees, almost every committee was put on hold. This year we will launch the activity committee, the other committees will stay on hold and we will discuss the reachability of an own gym/ the gymcie during the GMA. The popularity of joining the activity committee will give us an idea for launching more committees back in the future.

Budget

The past years the Beasts have built a nice buffer with approx. €14000 being on the bank account. This buffer was partly meant to be used for the Wageningen Beasts gym. As we think this project is not realistic, there is no need to increase the buffer even more. We are planning to invest more money into activities (lectures, competitions, weekends etc.) instead of saving for the gym. Also a little bit more money will be used to promote our association during the Winter AID (only €50 right now). Also the budget for clothes/pictures of the new board will be changed. The budget will be changed into a per person budget instead of a total budget. The membership fee was increased for

'22-'23. The total numbers of members decreased however, so the total contribution income did not change.

Equipment

We want to invest in a pull-up bar for the AID.

Partners

We will focus on good contact between us and the other student sport associations in Wageningen. We will do this mainly by organising activities to try out their sport/training. We will also keep up the good bond between the boards of the ssa's by keeping in contact with them.

We don't have plans for organising activities with other strength sports associations in The Netherlands, but we will stay in touch with them and provide a good bond between them and us.