

2017-  
2018

INFORMATION BOOKLET FOR  
ASSOCIATIONS



Where students and sports come together



## Preface

The document you are reading right now is the information booklet for associations 2017-2018. 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.

Since 2014, the Sports Centre started with a new registration system. You can now enter the Sports Centre with only your fingerprint, there is no card necessary. Therefore we can't speak of a sports card anymore. From now on, we will use the words 'membership' and 'member'. If we speak of 'a member' we refer to all students, staff and alumni of Tilburg University, Fontys and Avans persons owning a TiU Sports Center membership.

In this booklet we will talk about bounded members and not-bounded members a lot. With 'bounded members' we mean the members who are also a member of a SSA. With 'not-bounded members' we mean, logically, 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, 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.

The next chapter describes the services for the SSA's that FOSST can offer. Chapter 4 will be all about the events FOSST organizes and chapter 5 is about the financial support the SSA's can get from FOSST.

A lot of the information that is included in this booklet, is also on the website (<http://www.fosst.nl/en/>). It might be a good idea to check this site regularly, because this is the platform we use 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 the tough job of 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 2017-2018



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## 1 FOSST

FOSST is the umbrella association of 22 student sport associations (SSA's). Also, we look after the interests from around 8000 Sports Center members, we promote sport in general and we organize several events during the academic year.

### 1.1 Targets

#### 1.1.1. 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 interest and more specific, doing everything within our power to help students of Tilburg University, Fontys and Avans with any sport related problems.

#### 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 2017, those points of attention will be:

- Attract more Fontys/Avans students to the Sports Center
- Continuation of the increasing of the FOSST brand awareness
- Focus on increasing the level of sports in Tilburg
- Translate the website and other important documents
- Better financial control of the SSA's
- Improve the use of Social media
- Contract a new sponsor
- Focus on improvement of the already existing events, instead of creating new ones
- Maintain or expand the total of social responsible events

### 1.2 Structure

To clarify the structure of FOSST, we will explain the duties and responsibilities of the daily board, our 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. We are also responsible for supporting the SSA's whenever they need help and organizing multiple sports related activities and events. A complete job description can be found in our domestic regulations.

The board members of college year 2017-2018 are:

Chairman Mike Monteny <a href="mailto:voorzitter.fosst@gmail.com">voorzitter.fosst@gmail.com</a>	Secretary Suzanne Stienen <a href="mailto:secretaris.fosst@gmail.com">secretaris.fosst@gmail.com</a>	Treasurer Jeffrey de Kok <a href="mailto:penningmeester.fosst@gmail.com">penningmeester.fosst@gmail.com</a>
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06-39817067	06-13219193	06-34366866
Coordinator Sports Michèlle Sülter <a href="mailto:coordinatorsport.fosst@gmail.com">coordinatorsport.fosst@gmail.com</a> 06-31062398	PR functionary Nikolai Bentvelzen <a href="mailto:pr.fosst@gmail.com">pr.fosst@gmail.com</a> 06-47476068	

### 1.2.2 Opening hours of the FOSST room

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

Monday	10:00 – 18:00
Tuesday	12:00 – 21:00
Wednesday	12:00 – 18:00
Thursday	12:00 – 21:00
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.

You can also speak to a board member when there are games for the OSC Futsal taking place. During those games, there is always a FOSST board member present in the Sports Center.

The FOSST room is closed during the weekly board meetings (every Monday from 11:00 till 13:30). 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
- Conduct audit

The members of the SB in college year 2016-2017 are:

Chairman:	Hans van Dijk
Representative of the bounded members:	Peter Kerris
Representative of the not-bounded members:	Rick Hulshof
Representative of the Sports Center:	Hans van den Heuvel
Representative of Fontys:	Mathieu Onderdijk
Representative of the Financial Commission:	Patricia van der Kammen
Old board member:	Mark Klein Haneveld
Old board member:	Floris Knaapen

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



### 1.3 Committees

There are two committees who support FOSST this Year: The activities committee and het PR-committee.

#### 1.3.1 Activities committee

The activities 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 activities committee, please contact the Coordinator Sports.

#### 1.3.2 PR committee

The PR-committee supports FOSST in making all the posters and other outlets of promotion for the SSA's and FOSST. If you would like to have more information about the PR committee or about the promotion possibilities, please contact the PR functionary.



## 2 Relations

### 2.1 The 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 completely 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.

#### 2.1.1 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. In §2.3 these authorities will be further discussed.

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:

- FOSST has the possibility to provide competition outfits for the associations.
- FOSST takes care of the division of the board scholarships for the affiliated associations.
- FOSST can provide allowances to the associations (for more information, see §3.4).
- FOSST can put promotion texts (provided by the associations) in 'Univers', 'Punt' (the papers of respectively Tilburg University and Avans) and 'Fontys Online'.
- By working together, the associations have a greater range to present themselves.
- SSA's can use the facilities provided by FOSST, e.g. computers, a printer and lockers (for more information, see §3.1)
- FOSST organizes events that are also in the advantage of the associations.
- FOSST can help the SSA's with running their association.

#### 2.1.2 Advantages for FOSST

Affiliated SSA's provide advantages for FOSST as well. These are the following advantages:

- The SSA's create a wide public support for FOSST and therefore also for the encouragement of recreational sports among students.



- FOSST has contact with the members of the Sports Center through the SSA's, which improves the information flow.
- The SSA's can help FOSST by organizing several events together with FOSST.
- The boards and committees of the SSA's function as a breeding ground for the future boards and committees of FOSST.

Affiliated SSA's (in the year 2017)

SSA	Sport	SSA	Sport	SSA	Sport
Avalon	Water polo	Lancelot	Squash	SHOT	Hockey
Braga	Ice-skating	Link	E-sports	Spartacus	Strength training
Camelot	Handball	Melmac	Korfbal	Tarantula	Rugby
Cave ne Cadas	Horse riding	Merlijn	Soccer	Tigers	Cricket
DanceNation	Dancing	Parcival	Athletics	Tilsac	Climbing
De Meet	Bicycle racing	Pendragon	Basketball	Underpar	Golf
Gepidae	Volleyball	Saltare	Gymnastics		
Lacoste	Tennis	Sauron	Badminton		

### 2.1.3 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:

- Inform the secretary of FOSST ([secretaries@fosst.nl](mailto:secretaries@fosst.nl) / [info@fosst.nl](mailto:info@fosst.nl)) about any changes in the contact information of the board members.
- Attendance at the acquaintance meeting in the beginning of the year.
- Show the yearly budget plan, actual and balance, along with explanation to the treasurer of FOSST ([penningmeester@fosst.nl](mailto:penningmeester@fosst.nl) / [info@fosst.nl](mailto:info@fosst.nl)).
- Let FOSST know when the General Member Meetings (GMM's) are, so that FOSST can be present.
- Responding to all emails and the newsletter within 5 workdays, or before the stated deadline.
- Participating in the first board day, organized by FOSST.

Next to these conditions, FOSST would also like that the associations:

- Attend at the chairmen meetings, as well as all other function specific meetings organized by FOSST.
- Let FOSST know if there are any problems, so that FOSST can try to help find solutions.



#### 2.1.4 Recognition by FOSST

To become an affiliated SSA, associations need to meet several criteria. These criteria are written in the domestic regulations as well as below.

- The group of sportsmen (who want to start a SSA) need to organize activities, both sports related and not sports related, to get the individual sportsmen involved in the association. Being a part of the sports program alone is not enough.
- The statutes need to:
  - meet the conditions in the Dutch civil code
  - be in similarity with the goals of FOSST
- The board has to consist of at least three persons: a chairman, a secretary and a treasurer.
- In the beginning, the association needs to have at least 15 members.
- The association (in creation) has to present a list of board members and a list of regular members to FOSST.
- Commitments with restrictions will be ignored in the list of regular members as mentioned above.
- The multiannual plan needs to be in similarity with the multiannual plan of FOSST.

## 2.2 The 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.

The interests of FOSST in the Sports Center are:

- Getting support with the organization of FOSST events.
- Getting advice on different (policy) areas.
- The Sports Center provides the accommodation, the lessons, the materials and the teachers.
- The Sports Center is the first point of contact at Tilburg University for FOSST.

Conversely, the Sports Center has interests in FOSST as well:

- FOSST functions as the central point of contact for the target groups of the Sports Center, namely the SSA's and the members. This way, FOSST can inform the Sports Center when problems within SSA's occur.
- FOSST organizes events, which makes the Sports Center more attractive for non-members.
- FOSST contributes to well-organized SSA's. These SSA's in turn contribute to the general attractiveness of the Sports Center.
- FOSST supports at policy and operational level.
- The Sports Center has a political interest in a well-organized FOSST, because FOSST stands up for the interests of the student sport and the Sports Center in several bodies at Tilburg University.
- FOSST promotes the sports which is offered by the Sports Center.



The relationship between FOSST and het Sports Center is very important for both parties. There is a lot of collaboration between these parties in order to maintain the high level of the offer in student sports, as well as to promote student sports in Tilburg in general.

### 2.3 External relations

FOSST looks after the interests of the SSA's. An essential part of this is the external communication. FOSST has a wide range of external contacts. Below you will find a list of the contacts that are (possibly) relevant for the SSA's.

#### 2.3.1 Tilburg Orientation Program (TOP) organization

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 will have regular contact during the year, to keep each other posted 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.

#### 2.3.2 Studenten Sport 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.

#### 2.3.3 Student Fractions (SAM en 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.

#### 2.3.4 Fontys & Avans, universities of applied sciences

A lot of the students of Fontys and Avans are members of the Tilburg University Sports Center. Logically, FOSST looks after the interests of these members and promotes the student sports at these institutions.

#### 2.3.5 Tilburg Sport Council (TSR)

The 'Tilburg Sport Council' is policy maker in the field of sports at the municipality and besides this, TSR looks after the general interests of all sports matters. FOSST has a seat in this council in order to look after the interests of the students of Tilburg. At the moment, Max van Veen (Head Sports Center) is sitting at our place in the TSR.

#### 2.3.6 Student Council

Since February 27<sup>th</sup>, 2011, Tilburg has a Student Council. SOTS, TiGeAk and Fontys/Avans are represented in the Student Council. FOSST will join the meetings when a sport related subject will be



discussed. The goal of the Student Council is to keep the students up to date about any developments in the municipality and look after the interests of the students in the municipality.

### 2.3.7 Municipality ‘Tilburg’

Several sport events take place in the center of Tilburg. Besides that, SSA’s participate in national competitions and tournaments where they represent the Sports Center, Tilburg University and Tilburg as a city. Therefore, the SSA’s/sport initiatives are important for the municipality, and the municipality has many interests in a well-organized Sports Center and FOSST.

### 2.3.8 TiGeAk

TiGeAk is the umbrella organization for all student initiatives connected at Tilburg University. They represent the interests of the student-, study- and student sports associations at the university. Just like the student fractions, they have several (side) entrances to the university. However, the difference with the fractions is that TiGeAk focuses on the associations, while the fractions focus on students in general. What is best for the students is not always best for the associations. FOSST therefore looks closely at the nature of the problem and decides on that basis with which party they will team up.



### 3 Provision of services

FOSST provides services to the SSA's in different ways. For example, FOSST provides office facilities and promotional resources to the SSA's. Everything you want to know about this can be found in this chapter.

#### 3.1 Facilities

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

##### 3.1.1 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 wise to make an appointment if you want to print something, so you won't find the FOSST room closed.

##### 3.1.2 Meeting rooms

In the Sports Center, there are 2 meeting rooms you can reserve by sending an email to [verhuur@uvt.nl](mailto:verhuur@uvt.nl) or by calling the Sports Center Desk (013 466 3010). 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 send an email to the secretary of FOSST ([secretaris@fosst.nl](mailto:secretaris@fosst.nl)/[info@fosst.nl](mailto:info@fosst.nl)). You can see all the reservations for the association room in the following google calendar:

<https://www.google.com/calendar/embed?src=8rqn4b379k6fi16hm87446nfgo%40group.calendar.google.com&ctz=Europe/Amsterdam>

##### 3.1.3 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.

##### 3.1.4 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 ([penningmeester.fosst@gmail.com](mailto:penningmeester.fosst@gmail.com)). It can also be found on the Sports Center website. The treasurer is also available for other financial questions.

##### 3.1.5 Printing

FOSST will compensate the costs for poster to an amount of €10.- per calendar year for every association. The association manage 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, 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.

### 3.1.6 Procedure Introduction Training

Because not all students arrive in Tilburg in September and not all associations have started with their trainings in September, we provide the possibility of organising 2 additional introduction trainings. You can request these with the forms you can find on our website. There are some conditions, for example the promotion for these trainings has to start 2 months before the actual introduction training. You can find the complete procedure and application form on our website

## 3.2 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.

### 3.2.1 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@gmail.com](mailto:pr.fosst@gmail.com)). For SSA's, it is also possible to buy a website via FOSST only for a little compensation.

### 3.2.2 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 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 C: Opposite to the staircase between the rooms CZ6 and CZ8.
- Building D: These a general poster place between the rooms DZ7 and DZ8.
- Building P: At PZ50 and in de corridors from the restaurant to the copy shop. Also there is a general poster place at PZ42.
- Building W: In the hall outside WZ001 (the sign says "Flow/Pendragon").
- Mensa restaurant: The wall in the hall on the side of the trash disposal and the general poster place opposite to Top Croque.



### 3.2.3 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@gmail.com](mailto:pr.fosst@gmail.com). 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.

### 3.2.4 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@gmail.com](mailto:pr.fosst@gmail.com). 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 1 minute. Keep in mind that sponsors are allowed to appear in the video but that the main goal should be promoting the SSA.



## 4 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 sporters and the competitive sporters. 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
<b>FOSST activities</b>	
Carnivals Volleyball Tournament	February 8 <sup>th</sup> , 2018
Pubquiz	TBA
Game Willem II	TBA
Introduction week	August 20 <sup>th</sup> -24 <sup>th</sup> , 2018
<b>Activities together with SSA's</b>	
Racketlon	November 6 <sup>th</sup> , 2017
SSA Party	TBA
<b>Boards</b>	
Constitution drink	October 2 <sup>nd</sup> , 2017
Boards day 1	October 30 <sup>th</sup> , 2017
Boards day 2	May 2018
Board change	September 2017
<b>International</b>	
TOP Week winter edition	January 23 <sup>rd</sup> -26 <sup>th</sup> 2018
<b>Open Students Competition</b>	
OSC Futsal	Fall and Spring semester
<b>Third parties</b>	
Batavierenrace	April 21 <sup>st</sup> , 2018
GNSK	June 8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> , 2018
NSK's	More info at the SSN website
Students Winter sport	January 27 <sup>th</sup> – February 4 <sup>th</sup> , 2018
Beach GNSK	TBA

### 4.1 FOSST activities

These are the activities FOSST organizes with the goal of giving the members of the Sports Center sportive, fun and relaxing events or to promote the sport in Tilburg in general.

### 4.2 SSA's activities

These are activities in collaboration with the SSA's with the objective to promote an SSA and its sport to all members of the Sports Center. These events are organized by FOSST and the collaborating SSA. If you are interested in organizing such an event together with FOSST you can send in a request by e-mail to: [coordinatorsport.fosst@gmail.com](mailto:coordinatorsport.fosst@gmail.com).



### 4.3 Board activities

Each year FOSST also organizes some events for the boards of all the SSA's. Among other things, the goals of these events are improving the cohesion between the SSA's, creating a good relation with FOSST and making sure that the SSA's are informed of the possibilities the Sports Center offers. FOSST will try to make these events as interesting as possible for the SSA's.

### 4.4 International Events

Besides all the events FOSST organizes for the Dutch students, the international students are also considered by FOSST. Together with the TOP organization, FOSST organizes a sports evening in the TOP Week winter edition.

The main goal of these events is to give the international students an idea of which sports the Sports Center has to offer and which SSA's can be joined. That's why it is important that all the SSA's are present to promote their sport and association.

### 4.5 Open Students Competition

FOSST also organizes Open Student Competitions (OSC). These can be attended by everybody with a membership at the Sports Center. For some years now FOSST organizes the OSC Futsal. If you are interested in organizing such an OSC for your own association, feel free to contact our treasurer ([penningmeester.fosst@gmail.com](mailto:penningmeester.fosst@gmail.com)).

### 4.6 Third party events

Each year there are some events which are not organized by FOSST, but the participations at those events is stimulated by FOSST. FOSST stimulates the participations by partly subsidizing the registration fees (NSKs, GNSKs). The goal is to send stronger teams to represent the students of Tilburg. Below, these third party events will be discussed.

#### 4.6.1 Dutch Students Championship

Dutch Students Championships, also known as NSKs, are events which are organized for a particular sport. Organizing or participating in these events is something FOSST is stimulating. If a SSA wants to organize a NSK they can send an application to FOSST. The forms can be found the website of SSN. If FOSST agrees with the application it will be send to SSN. When the NSK is not yet appointed to another SSA from another city and it does not interfere with other events, the NSK status will most likely be granted. To stimulate the organizing of NSKs, FOSST will help financially and organizationally. SSN will provide medals, posters and program booklets.

Also participating at other NSKs is stimulated by promoting other NSKs and subsidizing half of the registration fee to a maximum of 20 euros.

#### 4.6.2 Great Dutch Students Championship

The Great Dutch Students Championship, also known as GNSK, is the second biggest event of the year. This year, it will take place in Wageningen. 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 from Tilburg ending in the top 3 of their sport.

#### 4.6.3 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 Subsidies

For each SSA's there are some ways to get subsidies to generate some extra earnings. Down below the possibilities will be discussed and where you can send in the request. 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.

### 5.1 NSK/GNSK Subsidies

When participating at a NSK/GNSK each SSA or individual can request to refund half of the registration fee to a maximum of 20 euros each person. The person participating must have a membership at the Sports Center otherwise no refund will be possible. The request form can be found on the FOSST website.

### 5.2 Warranty organization of events

FOSST will provide in a warranty of maximum 230 euros if an event or tournament, organized by an SSA within the Sports Center, will have a negative result. When you want to organize a tournament you can send in the budget for your tournament. When the total amount of the budget is below 1350 euro (rent of the subsidized location not included), FOSST is authorized to decide whether a warranty will be given or not. When it is above 1350 euros, the Supervisory Board has to approve the warranty as well. The budget has to be delivered in our standard template, which can be found on our website. The guidelines used by FOSST and the Supervisory Board about the warranty can be found in our domestic regulations, chapter 11 section 1.

### 5.3 Subsidy procedure organization tournaments

FOSST has the possibility to subsidize 4 tournaments each year. The tournaments have to be big and take several days. Each SSA can send in a request and FOSST will choose 4 requests and they will receive 250 euro each. You can send your request to our treasurer: [penningmeester.fosst@gmail.com](mailto:penningmeester.fosst@gmail.com).

### 5.4 Subsidy for external tournaments

FOSST can provide a subsidy for participating at external tournaments if the guidelines as mentioned in our domestic regulations chapter 11, section 2 are met. The application form can be found on our website. The application has to be done in the beginning of the calendar year.

### 5.5 Municipal subsidies

If you want to know if your SSA is entitled for a municipal subsidy. You can contact our treasurer at: [penningmeester.fosst@gmail.com](mailto:penningmeester.fosst@gmail.com)

### 5.6 National Federation Subsidy

Some national sports federations also provide subsidies to SSA's. More information about this can be requested at the concerning federation.

### 5.7 FOSST draagt bij

"FOSST draagt bij" gives SSA's the possibility to make a plan how they will contribute in stimulating the students sports in Tilburg with the money they can win. The winner(s) will be announced at the end of the year. Each year FOSST has 1000 euros to divide.



## 5.8 Clothing policy

Every year the total amount of subsidy for clothing will be divided over the SSA's. This is based on number of memberships, competition playing members, the wear-out of the clothes, total amount of games and price of the clothes. The clothing policy can be found on our website and the budgets of each SSA will be published each year via an e-mail. If you want to know the current budget you can always contact our treasurer at [penningmeester.fosst@gmail.com](mailto:penningmeester.fosst@gmail.com).

## 5.9 Board scholarships

Each year the cluster Sport is able to divide 264 scholarships for all the Tilburg University students who are active in a board. FOSST will do the application for these scholarships, but will ask some information beforehand. For further questions reach out to [secretaris.fosst@gmail.com](mailto:secretaris.fosst@gmail.com). More information about the scholarships at Tilburg University can be found on <http://www.tilburguniversity.edu/students/career/talentdevelopment/active-on-a-board/board-grants/>.

Fontys students also have the possibility to apply for a scholarship. FOSST will inform the boards about when the application has to be done. Questions can be asked via [secretaris.fosst@gmail.com](mailto:secretaris.fosst@gmail.com).

## 5.10 Regular Subsidy

The regular subsidy is also divided by FOSST. The amount each SSA gets is based on 3 elements within the subsidy contract. The first element is the policy of your association, the second element is your members list and the third is the performance contract. At the beginning of each year FOSST will invite all the SSA's to discuss this contract and its substance. If there are questions about the contract or the criteria please contact our treasurer at: [penningmeester.fosst@gmail.com](mailto:penningmeester.fosst@gmail.com).



## Attachment 1

GMM	General Members Meeting
FOSST	Federation of Students Sports Tilburg
GNSK	Grote Nederlandse Studenten Kampioenschap
HBO	Hoger Beroep Onderwijs
HvB	Hart van Brabantloop
NSK	Nederlands Studenten kampioenschap
OSC	Open Students Competition
SSA	Students Sports Association
PR	Public Relations
SB	Supervisory Board
SAM	Studenten Aan de Macht
SC	Sports Center
SSN	Studenten Sport Nederland
TOP	Tilburg Orientation Program
TSR	Tilburgse Studenten Raad