



Sportsticker

SPORTSGUIDE

*University and colleges
Antwerp*

2011-2012

SPORTS FOR STUDENTS IN ANTWERP



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FIRST SEMESTER

29/09/11	Stoday	Waalse Kaai, Antwerp
05/10/11	Opening Games	UA Campus Middelheim
10-14/10/11	IFIUS World Interuniversity Games	Amsterdam
17-28/10/11	Sport@campus	Several campuses
19/10/11	Table tennis tournament	UA City campus
26/10/11	Foosball tournament	KdG Campus Stadswaag
21/11/11	Climbing introduction	Mortsel
22/11/11	Kart Racing	Indoorkarting Antwerp
30/11/11	Midnight Swim	Swimming pool Wezenberg
22/12/11	Christmas tree Race	UA City campus

SECOND SEMESTER

04-12/02/12	UA Sportraad Ski trip	Frankrijk, Flaine
29/02/12	2 Racquets Tournament	UA City campus
27/02- 9/03/12	Sports@Campus	Several Campuses
07/03/12	Stair race	KdG Campus Groenplaats
13/03/12	Sports quiz	UA Campus Groenenborger
14/03/12	Ski- en Snowboard day	Bottrop, Duitsland
15/03/12	Let's Dance	UA City campus
18/04/12	12-hour run	UA Campus Drie Eiken
20/04/12	Paintball	Stabroek
22/04/12	Antwerp10Miles	Linkeroever
25/04/12	10-hour run	UA City campus
02/05/12	Final ASL Outdoor	Hoboken
07/05/12	Final ASL Indoor	UA City campus
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SPORTSTICKER

WHAT?

What is a sportsticker? With the sportsticker you can participate in all kinds of sports: beginner or athlete, occasional or competitive sporter, individual or teamplayer. Most of the sports are for free or at a discount rate.

Do you want to practice sports in a club? Don't worry, your sportsticker allows you to participate in club trainings; futsal, football, volleyball and korfbal. No strings attached! If you prefer doing sports with a couple of your friends, you can just rent a court.

You can also discover new sports by participating in our introductory sessions. Apart from the more classic sports, we also offer diving, climbing and freestyle skiing and snowboarding. What's more: you also get entry to several sport events and a discount on your fitness or swimming pass.

FOR WHO?

Every student of the University of Antwerp, Karel de Grote-College, Artesis College Antwerp, Plantijn College, Institute for Tropical Medicine Antwerp, Antwerp Maritime Academy and Lessius University College can buy a sportsticker.

Staff members of these institutes and UA-alumni can also buy a sportsticker. They pay €25. Have a look at www.sportsticker.be for what's on offer.

PRICE?

A sportsticker will only cost you €18 of which most National Health Services refund €12-18.

How and where can I buy my sportsticker?

- 1 Register at www.sportsticker.be;
- 2 Pay €18 and receive your sportsticker.
- 3 Did you already have a sportscard? Extend your membership on our website and receive a sportsticker to stick on your card.
- 4 Members of a National Health Service fill in a reimbursement form to get back €12-€18.

JUST
€18



SPORTSTICKER IS ORGANIZED BY**INSTITUTES****Antwerp University /
Sports Commissariat**

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STIP Lessius**

Lise Hellemond
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03/241.08.06

**STUDENTSPORTWEB**

StudentSportWeb is the sports association of the University and Colleges in Antwerp. Together with other services for students they arrange all sports activities for students in Antwerp. This includes offering competitive and amateur sports activities, supporting sports clubs and organizing events and sports introductions.

StudentSportWeb

Leen Declerck,
Nils Van de Velden,
Mathias Claeys
03/265.37.51
info@sportsticker.be

UA SPORTRAAD (SPORT COUNCIL)

The UA Sport Council (Sportraad) is an association of motivated students who are represented at various UA campuses. As students they try to motivate other students to participate in sports activities. Their activities are also listed in this sports guide.

**Antwerp University
City campus**

Sportkot (E101)
Grote Kauwenberg 2
2000 Antwerp
03/265.48.45

Sebastiaan Monsieurs
sebastiaan@sportsticker.be
Praeses UA Sportraad CST

**Antwerp University
other campuses**

Huis van de Sport
Middelheim 1
2020 Antwerp

Tim Verschueren
verschueren.tim@sportsticker.be
Praeses UA Sportraad
CMI-CGB-CDE

www.uasportraad.be

VZW ANTWERPEN SPORTSTAD

Vzw 'Antwerpen Sportstad' is responsible for the promotion of sports in Antwerp. The sports activities they offer can be found at www.sportstad.be/sportaanbod.

ANTWERPENSTUDENTENSTAD VZW

'Antwerpen Studentenstad' vzw is a cooperation between the city of Antwerp, Antwerp University and Colleges Association and the Student Consultation Antwerp. 'Antwerpen Studentenstad' wants to continue to make Antwerp a student friendly city. You can find all the information you need at: www.Antwerpstudentenstad.be

STUDIANT VZW

Studiant vzw is a student initiative that promotes and supports student life as well as the organizations which take an active part in it. They also centralize all information for and about students and young adolescents. More info can be found at www.studiant.be

**SUPPORTED BY THE
FLEMISH GOVERNMENT**





LOCATIONS FOR SPORT ACTIVITIES

1

UA City campus (CST)

Sports hall city campus
 Grote Kauwenberg 2
 2000 Antwerp
 03/265.48.58 (sportkot)
 03/265.48.68 (David Vossen)

Public transport:
 walking distance from Roosevelt-
 plaats and tramlines 10 and 11

2

KdG sports hall Dambruggestraat

Sports hall Dambruggestraat

Public transport:
 tramline 12
 Dambruggestraat 193
 2060 Antwerp

3

UA Campus Middelheim (CMI)

Sports hall HealthCity (Building B)
 Middelheimlaan 1
 2020 Antwerp
 03/265.37.51

Public transport:
 bus numbers:
 17,21,32,33,180,181,182,183

4

Plantijn sports hall Meistraat

Sports hall Plantijn (groundfloor)
 Meistraat 5
 2000 Antwerp

Public transport:
 tramlines 12 and 24 (Stop: 'Natio-
 nale bank')

5

Voetbalvelden Naftaweg

Voetbalvelden Maccabi
 Karel Du Boislaan 5
 2660 Hoboken

Public transport:
 Bus numbers 1, 13 (Stop: Waas-
 landstraat)

COMPETITION & TOP SPORT CHARTER

ANTWERP STUDENTS LEAGUE (IN ANTWERP)

The Antwerp Students League (ASL) is Antwerp's largest competition for students. This competition takes place throughout the academic year and consists of 4 sports: Basketball, volleyball, futsal (ASL Indoor) and football (ASL Outdoor).

More information can be found in this sports guide or at www.antwerpstudentsleague.be.

FLEMISH FEDERATION OF SPORT FOR STUDENTS 'VSSF' (FLEMISH LEVEL)

BELGIAN UNIVERSITY FEDERATION OF SPORT 'BUSF' (BELGIAN LEVEL)

Students of the University and Colleges of Antwerp can participate in the competitions on both Flemish and Belgian level. Please contact the institution's top sports coordinator for more information regarding these championship entries.

TOP SPORTS COÖRDINATOR PER INSTITUTION

Antwerp University

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Karel de Grote College

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Artesis College

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Plantijn College

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Antwerp Maritime Academy

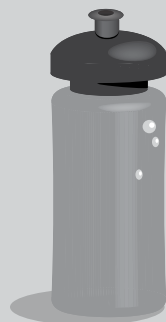
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Lessius Antwerp

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TOP SPORTS CHARTER

Are you combining top sport and studies? Your institution will help you find the best way to do so. Please contact your top sports coordinator to apply for a top sport charter.



Athletics (outdoor)	01/05/12	Oordegem	BUSF
Badminton	14/12/11	Antwerp	VSSF + BUSF
Basketball (men/women)	26/10/11	Ghent	VSSF
Beach Volley	check www.vssf.net	check website	VSSF
Duathlon	check www.vssf.net	Geraardsbergen	BUSF
Frisbee	check www.vssf.net	Ghent	BUSF
Futsal (heren/dames)	23/11/11	Ghent	VSSF
Gymnastics	30/03/12	Buizingen	BUSF
Handball (men)	26/10/11	Ghent	VSSF
Handball (women)	14/03/12	Ghent	VSSF
Hockey	19/10/11	Antwerpen	VSSF
Judo (individual)	30/11/11	Frameries	BUSF
Judo (team)	02/03/11	Luik	BUSF
Climbing (boulder)	17/02/12	Ghent	VSSF
Climbing (wall)	14/03/12	Jambes	BUSF
Climbing (wall)	oct – dec/11	Leuven	VSSF
Korfbal	19/10/11	Antwerpen	VSSF
Rugby	14/03/12	Ghent	VSSF
Run&bike	28/03/12	check website	VSSF
Chess	29/02/12	Ghent (KaHoSL)	VSSF + BUSF
Fencing	check www.vssf.net	Gembloux	BUSF
Tabletennis	08/12/11	Heverlee	VSSF+ BUSF
Tennis (men/women First round)	10&15/11/11	Lier ('t SAS)	VSSF
Tennis (men/women, double)	25/11/11	Lier ('t SAS)	VSSF
Tennis (men/women, final)	28/11/11	Lier ('t SAS)	VSSF
Football (men/women)	26/10/11	Ghent	VSSF
Volleybal (men/women)	30/11/11	Brussel	VSSF
Waterpolo	14/03/12	Ghent	VSSF
Cycling	check www.vssf.net	Zomergem	BUSF
Swimming	07/03/12	check website	BUSF
GYSK	14/03/12	Ghent	VSSF
Final	25/04/12	Louvain-la-Neuve	BUSF

FREE SPORTS EVERY DAY!

With a Sportsticker you can **sport for free every day!**

At set hours you can practice (sports) of your choice coached by an experienced trainer.

MONDAY

Badminton

- 12H30 – 14H
UA City campus

Yoga

- 17H15 – 18.45H
Plantijn sports hall Meistraat

Basketball

- 19H30 – 21H30
KdG sports hall Dambrugge

TUESDAY

Badminton

- 12H30 – 14H
UA City campus

Taebo

- 19H – 20H
UA City campus

BBB

- 20H – 21H
UA City campus

Hockey

- 20H – 23H
R. Victory HC

WEDNESDAY

Badminton

- 12H30 – 14H
UA City campus

Tennis

- 13H – 15H
UA City campus

Football

- 18H – 19H30
Naftaweg Hoboken

Frisbee

- 20H – 22H
Hoge Zeevaart-school

THURSDAY

Badminton

- 12H30 – 14H
UA City campus
- 18H – 20H
KdG sports hall Dambrugge

Zumba

- 19H – 20H
UA City campus
- 19H – 20H
UA campus Middelheim

Volleybal

- 20H – 21H30
UA City campus
- 20H – 21H30
KdG sports hall Dambrugge

Floorball

- 20H – 21H30
UA City campus

Rugby

- 20H – 22H
Romeinse Put, Edegem

Futsal

- 21H30 – 23H
UA City campus

Korfbal

- 21H30 – 23H
UA City campus





Discover different sports during our introduction lessons. Most of them are free of charge with your sport-sticker.

You better register in time at www.sportsticker.be because places are limited.



YOU CAN FIND MORE INFORMATION ON SPORT INTRODUCTIONS WITH SPORT OFFER (P.12) OR INTRODUCTIONS (P.26)

INTRODUCTION BASKETBALL	Monday 7/11	KdG Sporthal Dambrugge
INTRODUCTION KRAV MAGA	13/10, 24/11, 12/3 and 23/4	Borgerhout
INTRODUCTION RUGBY	Thursday 13/10	ARC Romeinse Put Edegem
INTRODUCTION SWIMMING	Monday 10/10, 17/10 and 24/10	zwembad Veldstraat
INTRODUCTION HOCKEY	Tuesday 18/10	R. Victory Edegem
INTRODUCTION FLOORBALL	Thursday 20/10	UA City campus
INTRODUCTION FRISBEE	Wednesday 26/10	Hoge Zeevaartschool
INTRODUCTION VOLLEYBAL	Thursday 27/10	UA City campus
INTRODUCTION CLIMBING	Monday 21/11	Den Greep Mortsel
INTRODUCTION FREESTYLE SKI AND SNOWBOARD	Tuesday 13/12	Snowvalley Peer
START 2 RUN	31/1 - 17/4 every Tuesday 18h-19h	Stadspark
INTRODUCTION DIVING	More info: www.sportsticker.be	
INTRODUCTION TENNIS	April 2012 (19/4, 26/4 and 3/5)	TC Mariënborgh Edegem

OFFER

A sportsticker is required for all activities*

Check our website
www.sportsticker.be for changes or announcements

Competitive sports offer:
 info p. 8

Introductions: info p. 26









Events: info p. 30

Interfac calendar: info p. 36

Rent a court: info p. 37

* unless stated otherwise

LEGEND

-  When
-  Hour
-  Location
-  Description
-  Price
-  How to register
-  How to get there
-  More information

Atletiek/Start 2 Run	13
Badminton	13
Basketbal	14
BBB: Borst, Buik, Billen	14
Dans: Afrikaanse Dans	14
Dans: Flamenco, Sevillanas, Buikdans	15
Fitness	15
Floorball/Unihockey	16
Frisbee (Ultimate)	16
Handbal	16
Hockey	16
Karate	17
Klimmen	17
Korfbal	18
Krav Maga (zelfverdediging)	18
Paintball	18
Rugby	19
Schaken	19
Ski & Snowboard	19
Squach	19
Taebo/Total Body Workout	19
Taiji	20
Tafeltennis	20
Tafelvoetbal	20
Tennis	21
Veldvoetbal	22
Volleybal	23
Yoga	23
Zaalvoetbal	24
Zumba	25
Zwemmen	25

ATHLETICS/ START 2 RUN

RECREATIONAL



Tuesday

2nd sem: 31/1 – 17/4 (except. 3/4, 10/4)



18h – 19h



Stadspark. We meet at the corner of the Van Eycklei and the Rubenslei at the statue.



Prepare yourself for the Antwerp 10 Miles. During 10 weeks, 2 professional mentors will coach you and make sure you're prepared for a 5 or 10 km run. Showers and changing rooms are available at Plantijn Sports hall Meistraat.
2 levels: 0-5 km and 5-16 km



FREE with sportsticker

COMPETITIVE BUSF

Contact your top sports coördinator if you want to participate in the BUSF athletics indoor competition on 1/5/12.

COMPETITIVE INTERFAC

Thu 3/5/12 • Interfac Atletiek Sportfields 'Koniging Astrid'

EVENT

Wed 18/4/12 • 12-hours run, UA Campus Drie Eiken

Sun 22/4/12 • Antwerp10Miles, Linkeroever

Wed 25/4/12 • 10-hours run, UA City campus

See 'events' for more information.

MORE INFORMATION ON ATHLETIC TRACKS, RUN TRAILS AND RUNNING EVENTS IN ANTWERP CAN BE FOUND AT: ['LOPEN IN ANTWERP'](http://WWW.ANTWERP.BE/SPORT). ALSO APPLY FOR A FREE RUNNING GUIDE FILLED WITH IDEAS AND INSPIRATION TO KEEP YOU RUNNING!

BADMINTON

RECREATIONAL

You are welcome to come and badminton with friends. All material is there and the nets are set.



UA City campus

KdG sporthal Dambruggestraat 193



Mon to Thu

1st sem:
25/8 – 22/12
(except. 31/10,
1/11, 2/11,14/12)

2nd sem:
9/1 – 29/3
(except. 5/3, 14/3)
16/4 – 5/7
(except. 30/4,
1/5, 17/5, 28/5)

do
1st sem:
6/10 – 22/12

2nd sem:
26/1 – 10/5
(except. 5/4
en 12/4)



12h30 – 14h

18h – 20h



Free badminton

Free badminton



FREE
with sportsticker

FREE
with sportsticker

COMPETITIVE BUSF

Contact your top sports coördinator if you want to participate in BUSF badminton competition on 14/12/11.

COMPETITIVE INTERFAC

Mon 28/11/11 • Interfac badminton women, UA campus Middelheim

Mon 5/12/11 • Interfac badminton men, UA campus Middelheim

EVENT

Tue 29/2/12 • 2 Racquets Tournament, UA City campus

See 'events' for more information.

RENT A COURT

If you want to play badminton on other moments than those mentioned above, you can rent a sports court at the UA City Campus or UA Campus Middelheim. See "rent a court" for more information.

BASKETBALL

SPORTS CLUB



Monday

1st sem: 3/10 – 19/12 (except. 31/10)

2nd sem: 13/2 – 7/5 (except. 2/4, 9/4 and 30/4)



19h30 – 21h30



KdG Sports hall Dambruggestraat



Recreational training, coached by an experienced trainer. For beginners and more experienced players.



FREE with sportsticker

COMPETITIVE ASL



Monday and Wednesday,

start: Mon 13/2/12, finale: Mon 7/5/12



18h – 23h



UA City campus



The Antwerp Students League Indoor (basketball) is a competition for both men and women's teams. Competition starts during the 2nd semester.



Before 30/1/12 at www.antwerpstudentsleague.be.

COMPETITIVE VSSF

Please contact your top sports coordinator if you want to participate in the VSSF- competition for basketball (men and women) on 26/10/11

COMPETITIVE INTERFAC

Mon 17/10 • Interfac basketball women, UA CMI

Mon 26/3 • Interfac basketball men, UA CMI

EVENT

Mon 7/5/12 • Final Antwerp Students League Indoor, UA City campus

See 'events' for more information.

INTRODUCTION

Mon 7/11/11 • Special training session to show you various basic techniques of basketball. Excellent moment to get to know basketball.

RENT A COURT

If you want to play a match of basketball with your friends, you can rent a sports court at any time. Both at UA City Campus and Middelheim Campus. See 'Rent a court' for more information.

BBB (BOSEM-BELLY-BUTTOCKS)

RECREATIONAL



Tuesday

1st sem: 4/10 – 20/12 (except. 1/11)

2nd sem: 14/2 – 24/4 (except. 3/4 and 10/4)



20h – 21h



UA City campus



Nice and complete body workout. The exercises focus on boosting breast, belly and buttock muscles.



FREE with sportsticker

EVENT

Thu 25/10 • Disco BBB (normal times) (sport@ campus)

Thu 15/3/12 • Let's Dance, UA City campus

See 'events' for more info.

DANCE: AFRICAN DANCE

RECREATIONAL



Tuesday

1st sem: 20/9 – 13/12 (except. during school holidays)

2nd sem: Not fixed yet.



20h – 21h30



Kloosterstraat 37 (school Musica)



African Dance lessons with live beats in collaboration with vzw Doni Doni. More information on www.donidoni.be/Soumah.html



normal: € 100/ 11 sessions
with sportsticker: € 50/ 11 sessions



soumah.ibrahima@gmail.com
(registrations are limited)

INITIATE

Tue 20/9/11 • Free trial session, Kloosterstraat 37

DANCE: FLAMENCO, SEVILLANAS, BELLYDANCE



SPORTSTICKER SPECIAL

1 FREE TRIAL SESSION WITH
A SPORTSTICKER

FITNESS



Wezenbergfit

Desguinlei 17-19, 2018 Antwerp
info@wezenbergfit.be

Fitality Club

Ruggeveldlaan 603, 2100 Deurne
deurne@fitality.be

Kromstraat 64A, 2520 Ranst
ranst@fitality.be

Kontichsesteenweg 73, 2630 Aartselaar
aartselaar@fitality.be



FAST (Fitness For Antwerp Students) was started to give everyone with a sportsticker the opportunity to work out at a reasonable price. This has been realized together with fitnesscenters Wezenbergfit (www.wezenbergfit.be) and Fitality (www.fitality.be).



SPORTSTICKER SPECIAL

THE TRIAL WEEK IS FOR FREE IN
THE WEEK OF 17/10/11 AND 5/3/11.
WHEN BUYING YOUR SPORTSTICKER, OUR
PARTNERS OFFER YOU A FREE FITNESS TEST.

RECREATIONAL



every evening during the week



Herentalsebaan 111, 2100 Deurne



Dance classes in various Spanish dance styles on different levels. In collaboration with vzw Lunar. More information on www.lunarvzw.be



normal: € 90-95/10 sessions
with sportsticker: € 50/10 sessions



1 fitness session: €6

1 trial week/academic year: €10 (deductible from annual subscription) **FREE** in the following weeks 17/10/11 and 5/3/12.

20 sessions: €100 (valid for 6 months)

3 months: €105

12 months: €295 (freeze-option*)

Optional guidance: €30

You pay an extra to get a membership card. The price for membership differs from club to club.

Staffmembers of the institutes and UA-alumni who have a sportsticker receive a 35% discount on all our FAST partners' products. They pay €130 for 20 sessions.

*Freeze: Possibility to freeze your membership for a certain period: max 1 month in total and min 7 days.

FLOORBALL/ UNIHOCKEY

SPORTS CLUB



Thursday

1st sem: 6/10 – 15/12

2nd sem: 12/1 – 3/5 (except. 9/2, 15/3, 5/4 and 12/4)



20h – 21h30



UA City campus



Floorball training in collaboration with Unihockey A-team (www.unihockey-ateam.be)



FREE with sportsticker

COMPETITIVE INTERFAC

Mon 10/10/11 • Interfac floorball, UA CMI

INTRODUCTION

Thu 20/10/11 • Introductory training session that shows you the techniques of floorball. Perfect occasion to get to know this fast-paced sport.

FRISBEE (ULTIMATE)

SPORTS CLUB



Wednesday. All year long (also during school holidays)



20h – 22h



Antwerp Maritime Academy - Noordkasteel-Oost 6 - 2030 Antwerp



Frisbee training by frisbeeclub 'De Schijnwerpers' (www.schijnwerpers.be).



FREE with sportsticker

INTRODUCTION

Wed 26/10/11 • Special training that focuses on the specific techniques of (Ultimate) Frisbee.

HANDBALL

COMPETITIVE VSSF

Contact your top sports coordinator if you want to participate in the VSSF- handball competition (men and women) on 26/10/11.

COMPETITIVE INTERFAC

Mon 14/11/11 • Interfac handball women, UA CMI

Mon 21/11/11 • Interfac handball men, UA CMI

RENT A COURT

If you and your friends want to play handball, you can rent a court in the UA city campus or campus Middelheim. See 'Rent a court' for more information.

HOCKEY

SPORTS CLUB



Tuesday

1st sem: 4/10 – 20/12 (except. 1/11)

2nd sem: 14/2 – 15/5 (except. 3/4, 10/4 and 1/5)



Beginner 20h – 21h
Intermediate 20h30 – 22h
Advanced 21h30 – 23h



R. Victory HC, Kattenbroek 5, 2650 Edegem



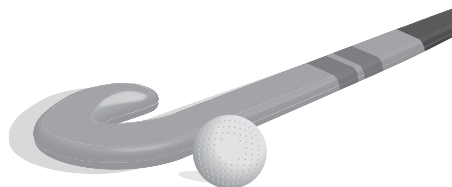
Hockey training in collaboration with Antwerp Students Hockey Club 'de Segahs' (www.hockeysegahs.tk).



€ 15 membership fee '11-'12

INTRODUCTION

Tue 18/10/11 • special training with focus on beginners and the basic techniques of hockey.



KARATE

RECREATIONAL



Wednesday and Friday
2/9 – 30/6 (except. holidays)



19h – 21h



Rodestraat 16, 2000 Antwerp

SPORTSTICKER SPECIAL
BY BUYING A SPORTSTICKER,
YOU GET 10 FREE KARATE LESSONS.



Karate training in collaboration with karate club 'Shuhari' (www.shuhari.be). Beginners get separate training. In preparation for competitions extra training sessions are organized.



Normal fee: € 90/ year > with sportsticker: € 50/ year or € 1 per session. It is obligatory to pay an extra insurance fee of €30/ year, your club will arrange this.

CLIMBING

RECREATIONAL



Indoor climbing hall 'Den Greep',
Liersesteenweg 15,
2640 Mortsel
www.dengreep.be



Monday and Friday: 18h – 23h
Tuesday and Thursday: 14h – 23h
Wednesday: 12h – 23h
weekend: 10h – 18h
bank holidays: closed



Boulder hall (400 m²,
max 13 m high)
Boulderzaal (150 m²)



Normal fee: €8,5
WITH SPORTSTICKER: €5,5
10-sessions card: €50
(incl. climbing gear and insurance)

Indoor climbing hall 'Blok',
Ijskelderstraat 12/ 1B,
2660 Hoboken
www.klimzaalblok.be

every weekday: 14h – 23h
weekend and holidays: 13h – 20h
During the summer holidays,
closed on weekends.

Boulder hall (800 m²,
max 4.5 m high)

Normal fee: €6
WITH SPORTSTICKER: €5,5
10-sessions card: €50
(incl. climbing gear and insurance)

COMPETITIVE VSSF

Contact your top sports coordinator if you want to participate in the VSSF- competition climbing on 14/2/11 en 17/2/12.

INTRODUCTION

Mon 21/11/11 • introduction climbing, Mortsel
See 'introductions' for more info.



SPORTSTICKER SPECIAL
1 FREE TRIAL SESSION WITH
A SPORTSTICKER

KORFBALL

SPORTS CLUB



Thursday

1st sem: 6/10 – 15/12

2nd sem: 16/2 – 3/5
(except. 15/3, 5/4 and 12/4)



21h30 – 23h



UA City campus



Recreative training session with an experienced coach for beginners and advanced players.



FREE with sportsticker

COMPETITIVE VSSF

Contact your top sports coördinator if you want to participate in the VSSF -korfbal competition (mixed) on 19/10/11.

INTRODUCTION

Thu 27/10/11 • Special training session focused on the basic techniques of korfbal. Perfect to get to know this team sport.

RENT A COURT

If you and your friends want to play korfbal, you can rent a court in the UA city campus or campus Middelheim. See 'Rent a court' for more information.

KRAV MAGA (SELF DEFENSE)

RECREATIONAL



Monday to Thursday: 19h – 20h30

Friday: 20h – 21h

Saturday: 11h – 12h30



Krav Maga Academy- Berchemlei 103-2140 Borgerhout. Sessions are held outdoors weather permitting.



Krav Maga, is an eclectic martial art developed in Israel that involves striking techniques, wrestling and grappling, mostly known for its extremely efficient man to man combat.

More information: <http://kravmagaantwerp.wordpress.com/> or by sending an email to europiankravmagaacademy@gmail.com.



normal fee € 600/ year. Sportsticker fee: €75/10-sessions or €129/20 sessions (during normal training hours)

INTRODUCTION

Introductory session Krav Maga. Free by showing your sportsticker, dates: 13/10, 24/11, 12/3, 23/4 See 'introductions' p. 26 for more information. .

PAINTBALL


EVENT


Fry 20/4/12 • UA Sportraad Paintball Stabroek

See 'events' for more information

RUGBY


SPORTS CLUB

 Thursday
All year round (except summer holidays)

 20h – 22h

 ARC, Romeinse Put 92, 2650 Edegem

 Rugby training with UARC The Midgets (www.themidgets.be).

 **FREE** with sportsticker

INTRODUCTION

Thu 13/10/11 • introductory training that focuses on the basic techniques of rugby. Perfect to get to know this rough sport.

CHESS

Contact your top sports coördinator if you want to participate in the VSSF- Chess competition on 29/2/12.

SKI & SNOWBOARD

INTRODUCTION

Tue 13/12/11 • Introduction Freestyle Ski en Snowboard, Snowvalley Peer

See 'introductions' for more information.

EVENT

Wed 14/3/12 • Ski- and Snowboard day, Duitsland
See 'events' for more information.

SKIREIS


UA Sportraad ski trip: Fry 3/2 – Su 12/2, Flaine (FR). €399. More information on the website.

Next to all of the ski trips that student clubs offer, you can also participate with the VSSFwintersport. This is organised by the Flemish Studentsportfederatie (VSSF). The VSSF will provide guidance. More information on www.VSSFwintersport.be

SQUASH

RENT A COURT

In UA Campus Middelheim, Health city's sportcomplex, you can rent a squash court.

 You pay a 1 time fee of €19. This membership allows you to come and play squash for one year (come before 6 p.m.).


COMPETITIVE INTERFAC

Mon 7/11/11 and 9/11/11 • Interfac men, UA CMI/ Healthcity

Wed 29/2/12 • Interfac woman, UA CMI/ Healthcity


TAEBO / TOTAL BODY WORKOUT

RECREATIONAL

Tuesday
 **1st sem:** 4/10-20/12 (except. 1/11)
2nd sem: 14/2 – 24/4 (except. 3/4 and 10/4)

 19h – 20h

 UA City campus

 Complete body work out on music

 **FREE** with sportsticker

EVENT

Tue 25/10/11 • Disco taebo during normal timings (sport@campus)

See 'events' for more information.

TAIJI

RECREATIONAL



Monday



10h30 – 12h: Taiji
no classes during school holidays.



't Werkhuys
Zegelstraat 13,
2140 Borgerhout



Taiji is an old Chinese martial art. By making slow, graceful movements, you will experience a feeling of total relaxation. These lessons are given by Buqi (www.buqi.net) and Chinese Healing (www.chinesehealing.be).



normal: € 90/ 10-sessions
WITH SPORTSTICKER: € 55/10-sessions

RECREATIONAL



Thursday



19h15 – 20h15: Taiji
20h15 – 21h30:
Taijiwuxigong



Koninklijk Atheneum
Entrance via parking next to Molenlei 6,
2640 Mortsel



normal: € 90/ 10-sessions
WITH SPORTSTICKER: € 55/10-sessions

TABLE TENNIS

RENT A COURT

UA City campus: Table tennis tables are available at Sportkot for students with a sportsticker. Material can be borrowed at Sportkot too.

UA Campus Drie Eiken: In the G-building you can find tennis tables at the end of the stairs at 't kaf. Please bring your own equipment.

KdG Campusses: KdGCampus South, Stadswaag and Hoboken have 1 or more tennis tables. Equipment can be borrowed for free at the campus reception.

Lessius Campus Sint-Andries: At Campus Lessius Sint-Andries is 1 tennis table available in the bar d'Afleiding. Equipment can be borrowed for free with your sportsticker.

UA Campus Middelheim: Tennis tables are available. You rent a badminton court at Health City and put your table there. Please bring your own equipment. See 'rent a court' for more information.

EVENT

Wed 19/10/11 • Table tennis tournament, UA City campus
Tue 29/2/12 • 2 Racquets Tournament, UA City campus

COMPETITIVE INTERFAC

Mon 23/4/12 • Interfac table tennis women,
UA Campus Middelheim
Wed 25/4/12 • Interfac table tennis men,
UA Campus Middelheim

FOOSBALL / TABLE FOOTBALL

EVENT

Wed 26/10/11 • Foosball tournament,
KdG Campus Stadswaag

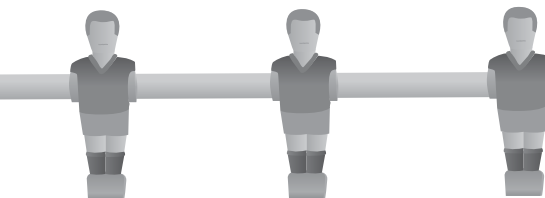
Zie evenementen voor meer info.

COMPETITIVE INTERFAC

Wed 26/10/11 • Interfac foosball tournament/pool
UA CMI/ Healthcity

RENT A COURT

KdG campuses at every KdG campus there is at least one table available. Get your ball at the reception.



TENNIS

RECREATIONAL



Wednesday

1st sem: 5/10 – 21/12
(except. 2/11 and 14/12)

2nd sem: 11/1 – 27/6
(except. 14/3, 4/4 and 11/4)



13h – 14h and 14h – 15h



UA City campus



Indoor free tennis



FREE with sportsticker

SPORTS CLUB



Every day (if the weather allows it)
Summer: from mid- April to mid-October
(indoor courts available)



10h – 23h



Tennis club Mariënborgh
Doornstraat 65, 2650 Edegem



Outdoor free tennis in collaboration with
tennis club Mariënborgh
(www.mariënborghtc.be)



6 months subscription: normal: € 90

WITH SPORTSTICKER: € 50
(incl. VTV -insurance)

COMPETITIVE VSSF

Please contact your top sports coordinator if you want to participate in the VSSF-qualifying round: women's and men's tennis: 10 & 15/11/11, or double (women/men) on 25/11/11. The finals take place on 28/11/11.

COMPETITIVE INTERFAC

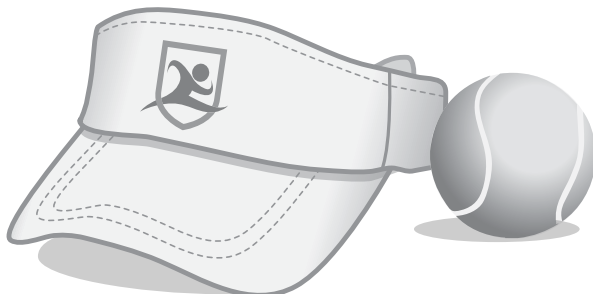
Wed 9/5/12 • Interfac tennis,
TC Ter Eiken, Kattenbroek 33, 2650 Edegem

INTRODUCTION

3 introductory sessions- 19/4, 26/4 en 3/5 - TC Mariënborgh
See 'introductions' for more information.

RENT A COURT

You can rent a court at any time in the City campus sports hall. See 'rent a court' for more information.



FOOTBALL

SPORTCLUB



Wednesday

1st sem: 12/10 – 14/12 (except. 2/11)

2nd sem: 15/2 – 9/5 (except. 4/4, 11/4 and 2/5)



18h – 19h30



Voetbalveld Naftaweg,
Naftaweg 45, 2660 Hoboken



Training with an experienced coach.



FREE with sportsticker

EVENT

Wed 2/5/12 • Wed. 2/5/12 Final Antwerp Students League Outdoor Hoboken
See 'events' for more information.

COMPETITIVE ASL



Monday and Wednesday

1st sem: 3/10-14/12

2nd sem: 6/2-2/5

final: 2/5/12



18h45 – 21h45



Voetbalveld Naftaweg,
Naftaweg 45, 2660 Hoboken



The Antwerp Students League Outdoor-football is a competition for both men and women's teams between the different student associations of the University and Colleges in Antwerp throughout the Academic year. More info and all the dates can be found at www.antwerpstudentsleague.be.



Please contact your student's club sports praeses to participate. (mixed teams required)



FREE with sportsticker

COMPETITIVE VSSF

Please contact your top sports coordinator if you want to participate in the football VSSF-competition for both men and women on 26/10/11.



VOLLEYBAL

SPORTS CLUB



Thursday
1st sem: 6/10 – 15/12 (Mind you! 6/10 only in UA City campus)

2nd sem: 16/2 – 10/5 (except 5/4 and 12/4)

Mind you! 15/3 and 10/5 only in KdG sports hall Dambrugge



20h – 21u3h



UA City campus (advanced players)
KdG sports hall Dambrugge (beginners)



Recreational training with an experienced coach. Separate groups for beginners and more experienced players. More info during the training sessions or mail info@sportsticker.be



FREE with sportsticker

COMPETITIVE ASL



Monday and Wednesday
start: Mon 13/2/12, finale: Mon 7/5/12



18h – 23h



UA City campus



The Antwerp Students League (indoor volleyball) is a competition for both men and women's teams throughout the 2nd semester.



Before 30/1/12 at
www.AntwerpStudentsLeague.be



FREE with sportsticker

COMPETITIVE VSSF

Please contact your top sports coordinator if you want to participate in the VSSF-competition volleyball (men and women) on 30/11/11.

COMPETITIVE INTERFAC

Mon 20/2/12 • Interfac volleybal women, UA CMI

Mon 27/2/12 • Interfac volleybal men, UA CMI

EVENT

Mon 7/5/12 • FinalAntwerp Students League Indoor, UA City campus

See 'events' for more information.

INTRODUCTION

Thu 27/10/11 • Get to know this exciting team sport during the introductory training sessions.

RENT A COURT

You can rent a court at any time in the City campus sports hall. See 'rent a court' for more information.

YOGA

RECREATIONAL



Monday
1st sem: 3/10 – 19/12 (except. 31/10)
2nd sem: 16/1 – 21/5 (except. 20/2, 2/4 and 9/4, 30/4)



17h15 – 18h45



Plantijn Sports hall campus Meistraat



A professional indian yoga teacher will show you different relaxing breathing techniques and exercises. You will train your flexibility and use different muscles.



FREE with sportsticker

FUTSAL (INDOOR FOOTBALL)

SPORTS CLUB



Thursday

1st sem: 6/10 – 15/12

2nd sem: 16/2 – 3/5 (except. 15/3, 5/4 and 12/4)



21h30 – 23h



UA City campus



Recreational training with an experienced coach



FREE with sportsticker

COMPETITIVE ASL



Monday and wednesday

1st sem: 17/10 – 21/12

(men only)

2nd sem: 13/2 – 7/5

finale: 7/5/12



18h – 23h



UA City campus



The Antwerp Students League Indoor- futsal is a competition for both men and women's teams throughout the academic year.



Register before 10/10/11 at

www.AntwerpStudentsLeague.be (men)

Register before 30/1/12 at

www.AntwerpStudentsLeague.be (women)



FREE with sportsticker

RECREATIONAL



UA City campus



Friday

1st sem: 2/9 – 23/12 (except. 11/11)

2nd sem: 13/1 – 29/6 (except. 2/3, 6/4,

13/4, 18/5)



12h30 – 14h



Free Futsal



FREE with sportsticker

UA Campus Middelheim

Monday and Wednesday (only during exams)

1st sem: 9/1 – 1/2

2nd sem: 30/5 – 27/6

From 22h onwards

Free Futsal

FREE with sportsticker

COMPETITIVE VSSF

Please contact your top sports coordinator if you want to participate in the VSSF competition for futsal (men and women) on 23/11/11.

COMPETITIVE INTERFAC

Zaalvoetbal heren

Ronde 1:

poule A: woensdag 12/10/11

poule B: woensdag 19/10/11

Ronde 2:

woensdag 14/03/12

Zaalvoetbal dames

woensdag 21/03/12

EVENT

Mon 7/5/12 • Final Antwerp Students League Indoor, UA City campus

See 'events' for more information.

RENT A COURT

Rent a court at any time at UA City campus or UA Campus Middelheim and play a match of futsal with your friends.

See 'rent a court' for more information.

ZUMBA

RECREATIONAL



UA City campus



Thursday

1st sem:

6/10 – 15/12

(except. 10/11)

Also during exams:

12/1 – 2/2

2nd sem: 16/2 – 24/5

(except. 5/4, 12/4, 17/5)



19h – 20h



FREE

with sportsticker

UA Campus Middelheim

Thursday

1st sem:

6/10 – 15/12

(except. 10/11)

2nd sem: 16/2 – 10/5

(except. 5/4 and 12/4)

19h – 20h

FREE

with sportsticker

EVENT

Thu 27/10/11 • Disco Zumba during normal timings UA CST and UA CMI. See 'events' for more information. (sport@campus)

Thu 6/3/12 • Disco Zumba during normal timings, UA CMI. See 'events' for more information. (sport@campus)

Thu 15/3/12 • Let's Dance, UA City campus. See 'events' for more information.

SWIMMING

RECREATIONAL



Swimming pool opening hours: www.Antwerp.be/sport



Arena, Gabriël Vervoortstraat 8, 2100 Deurne

De Molen, Wandeldijk 40, 2050 Antwerpen

De Schinde, Oorderseweg 83, 2180 Ekeren

Groenenhoek, Orpheusplein 1, 2600 Berchem

Ieperman, Doornstraat 3b, 2610 Wilrijk

Park van Merksem, Van Heybeekstraat 9, 2170 Merksem

Plantin Moretus, Plantin en Moretuslei 343, 2140 Borgerhout

Veldstraat, Veldstraat 83, 2000 Antwerpen

Wezenberg, Desguinlei 17-19, 2018 Antwerpen

Zwemvijver Boekenbergpark, Van Bourscheitlaan, 2100 Deurne = free (Open

from the second half of may)



€1,5/ session, € 2/session at Wezenberg.

€ 20/ 12 sessions card

(No sportsticker needed, you do need a student ID card)

EVENT

Wed 30/11/11 • Midnight Swim,

Swimming Pool Wezenberg

See 'events' for more information.

INTRODUCTION

3 session introduction for intermediate swimmers.

Dates: 10/10, 17/10, 24/10 Swimming pool Veldstraat.

See 'introductions' for more information.



SPORTSTICKER SPECIAL
 BY BUYING A SPORTSTICKER, YOU GET
 1 FREE SWIM AT ONE OF THE SWIMMING
 POOLS MENTIONED ABOVE



INTRO- DUCTIONS

Not only does StudentSportWeb offer a recreational and competitive range of sports, they also organize introductions to various sports. Most of these introductory sessions are FREE when showing your sportsticker.

With these introductions we want to give students the opportunity to try out new sports. StudentSportWeb offers you a nicely balanced introduction that is fun and good quality. All the sessions are coached by professional and experienced trainers.

!! Spots for these introductions are limited. Please register beforehand for all the introductory sessions you'd like to take.

Below you will find an overview of all the introductions in 2011-2012. During the academic year you can also go to different sports clubs for an introductory session. All information and the specific dates can be found in the alphabetic list of sports in this sports guide.

BASKETBAL



Monday 7/11/11



KdG sporthal Dambrugestraat



Training with special attention for basic skills, coached by an experienced trainer.



Register is possible (not required) on www.sportsticker.be > Introductions



FREE with sportsticker



www.sportsticker.be

DIVING INTRODUCTION



February 2012



Swimming pool Groenenhoek, Orpheusplein 1, 2600 Berchem



Discovery Scuba Diving



www.sportsticker.be > introductions.



FREE with sportsticker
Registration is required



www.sportsticker.be

INTRODUCTION FREESTYLE SKI AND SNOWBOARD



Tuesday 13/12/11



20h – 22h



Snowvalley Peer



Learn the coolest tricks on snowboard or ski's in SnowvalleyPeer's funpark. Professional trainers will help you jump over hills and follow trails



More details on our website:
www.sportsticker.be



www.sportsticker.be (before 5/12/11)



€ 15 (ski pass, gear, transport, lesson)



FRISBEE (ULTIMATE)



Wednesday 26/10/2011



Hoge Zeevaartschool,
Noordkasteel-Oost 6, 2030 Antwerp



Training with special attention for basic skills, coached by an experienced trainer



Register is possible (not required) on www.sportsticker.be > Introductions



FREE with sportsticker

HOCKEY



Tuesday 18/10/2011



Royal Victory Hockey club,
Kattenbroek 5, 2650 Edegem



Training with special attention for basic skills, coached by an experienced trainer.



Register is possible (not required) on www.sportsticker.be > Introductions



FREE with sportsticker



www.sportsticker.be

CLIMBING INTRODUCTION



Monday 21/11/11



18h – 20h



Indoor climbing hall Den Greep,
Liersesteenweg 15, 2640 Mortsel



Professional coaches will guide you to the top! For beginners and more experienced climbers.



www.sportsticker.be (before 14/11/'11)



FREE with sportsticker
(session, climbing gear, insurance)



www.sportsticker.be and
www.dengreep.be

INTRODUCTION KRAV MAGA (SELF DEFENSE)



Thursday 13/10/11 and 24/11/11 AND
Monday 12/3/12 and 23/4/12.
17h30 – 19h



European Krav Maga Academu, Berchemlei
103, 2140 Borgerhout
Tram lines 8 and 11 or bus number 20



A professional coach will teach you the basic skills of krav maga. More info below.



Registration is required
www.sportsticker.be > introductions.



FREE with sportsticker



<http://kravmagaantwerp.wordpress.com/>



KRAV MAGA, IS AN ECLECTIC MARTIAL ART DEVELOPED IN ISRAEL THAT INVOLVES STRIKING TECHNIQUES, WRESTLING AND GRAPPLING, MOSTLY KNOWN FOR ITS EXTREMELY EFFICIENT MAN TO MAN COMBAT. THE INTRODUCTION STARTS WITH AN INTENSE WARM-UP, THEN THE TRAINERS WILL GIVE EXPLANATIONS AND TEACH YOU SOME BASIC TECHNIQUES.

RUGBY



Thursday 13/10/2011



Antwerp Rugby Club, Romeinse Put 92,
2650 Edegem



Training with special attention for basic
skills, coached by an experienced trainer.



Register is possible (not required) on
www.sportsticker.be > Introductions



FREE with sportsticker



www.sportsticker.be

START 2 RUN



Start Tuesday 31/1/12



18h – 19h



Stadspark. We meet at the corner of the Van
Eycklei and the Rubenslei at the statue.
Showers and changing rooms available at
Plantijn Sports hall Meistraat.



To make sure everyone is prepared for
the Antwerp 10 Miles on Sunday, April the
22nd, we organize START 2 RUN sessions in
Antwerp. After 10 weeks of training you'll
be able to run non-stop for 5km.
If you are more ambitious you can try and
run the complete 10 miles. 2 professional
coaches will prepare you for the short run
(5km) or the Antwerp 10 miles (16 km).



not necessary, just show up!



FREE with sportsticker

TENNIS INTRODUCTION



Thursday 19/4, 26/4 and 3/5



TC Mariënborgh,
Doornstraat 65 2650 Edegem



Improve your forehand and backhand on a
nice court and with the help of profes-
sional trainers. The introduction includes 3
different lessons. We work in 2 groups of
16 players. Participants have to bring their
own racket.



On beforehand www.sportsticker.be. Regis-
tration means you will take the 3 lessons.



FREE with sportsticker



more info on the tennis club at
www.mariënborghtc.be

INTRODUCTION TO ADVANCED SWIMMING



Monday 10/10, 17/10 and 24/10



18h – 19h



Swimming pool Veldstraat,
Veldstraat 83 2060 Antwerp



Do you now and then go for a swim but
would you like to improve your technique?
Would you like to learn the crawl? Then
register for this introduction! A profes-
sional coach will teach you the techniques.
The sessions starts with a nice warm-up in
the water and then focuses on techniques.
Participants are divided in groups according
to their level and interests.



Tram line 12



Registration is required
www.sportsticker.be- introductions.



FREE with sportsticker



more info about the swimming pools in
Antwerp: www.Antwerp.be/sport

EVENTS

Each year the Sportstickerteam organises a number of little and big sport events. With a sportsticker these events are mostly free of charge! We provide the atmosphere and all the rest, you just got to show up! Be aware that for some events you have to register in advance.

Beneath you will find a list of all sport events for this year.

STUDAY



Thursday 29/9/11



13h30 – 22h



Gedempte Zuiderdokken



Festival to kick off the academic year and sports and-cultural season 2011-2012 with concerts by A brand, Dj Regi, ... sport and Urban zone with inflatable track, hiphop performances, skatepark, ... cultural market and chill out zone wellness.



Not necessary, just be there!



FREE



De Gedempte Zuiderdokken next to Vlaamse and Waalse Kaai. Public transport: tramline 4,5,8,12,24 (direction Zuid) / bus numbers: 1,2,13,15,22,23



www.studay.be

OPENING GAMES



Wednesday 5/10/11



From 19h onwards



UA Campus Middelheim



These opening games announce the start of the Interfac-competition. Compete with others in fun one-on-one battles and lead your students club to victory! Not the sporty type? Just come, grab a drink at Café Sport and support your favourite team.



On the spot



FREE with sportsticker



www.uasportraad.be

IFIUS WORLD INTERUNIVERSITY GAMES



Monday 10/10 – Friday 14/10/11



Amsterdam, Netherlands



European championships for students. We are still looking for top sporters to join our teams. This year we will participate in the following sports: basketball (men), volleybal (men) en Football (women). Would you like to represent the Antwerp association at the IFIUS Games? Contact Nijs:

nijs@studentsportweb.be Selections will be organised at the end of september.



StudentSportWeb covers all costs for participants who represent Antwerp Association.



nijs@studentsportweb.be or 03/265.37.32



www.ifius.com

TABLE TENNIS TOURNAMENT



Wednesday 19/10/11



From 12h30 onwards



UA City campus - table tennis court



Are you a fan of table tennis and experienced at playing? Or would you just like a new challenge? Either way, save this date! Register at Sportkot and participate in this fun competition. Participants are divided according to level. Everyone is welcome to join in. And what's more...the winner receives a nice prize!



Inschrijven aan het Sportkot op de dag zelf



FREE with sportsticker



www.uasportraad.be

SPORT@CAMPUS

17-28 OCTOBER



Wednesday 19/10 • Table tennis tournament

UA City campus

Thu 20/10 • Spinning

Plantijn campus Meistraat

Mon 24/10 • Surprise Interfac

UA Middelheimcampus

Mon 24/10 • Yoga special

Sports hall Plantijn campus Meistraat

Tue 25/10 • Disco Taebo en BBB

UA City campus

Wed 26/10 • Foosballtournament

KdG campus Stadswaag

Thu 27/10 • Disco Zumba

UA City campus and Middelheimcampus

During the second week of sport@campus (17/10-21/10) our fitnesspartners (Wezenbergfit and Fitality) also offer free trial sessions.



During Sport@campus, sports will visit your campus so you can explore and discover new possibilities for free! If you haven't heard of the sportsticker, this will be your chance to get updated and buy one!



Registration is required for some sports, see www.sportsticker.be



FREE You don't need a sportsticker to participate in sport@campus



full programme: www.sportsticker.be

FOOSBALL-TABLE FOOTBALL



Wednesday 26/10/11



16h30 – 22h



KdG Campus Stadswaag (H&B), Predikerinnenstraat 18, 2000 Antwerp



Foosball only for pubs? In your dreams! StudentSportWeb challenges all students to participate and earn the title of BEST FOOSBALL PLAYER in town. This tournament is organized in collaboration with ATC (Antwerp Table football Club). We guarantee fun at the Mini and Maxi Stakanit foosball tables.



www.sportsticker.be or on the spot up to 30mins before the tournament's kick off.



FREE Sportsticker is not required to participate.

STUDENTS KART RACING/ INDOORKARTING



Tuesday 22/11/11



From 18h onwards



Indoorkarting Antwerp, Noorderlaan 95, 2030 Antwerp



Every year, UA Sports council invites 180 students to an evening of adrenaline rushes and speed. Race for your students club and try to get in the top 3. The fastest driver wins great prizes.



Registration from 10/11 to 18/11 on www.uasportraad.be/karting. Mind you! Seats are limited! You will receive an email if your name is drawn.



FREE with sportsticker



Shuttle bus from CDE, CMI en CST (see www.uasportraad.be for precise timings)

MIDNIGHT SWIM



Wednesday 30/11/11



21h – 0h30



Swimming Pool Wezenberg, Desguinelei 17-19, 2018 Antwerp



Midnight swim with Student Aqua Knock-Out, the craziest waterinflatables, aqua dance, a lot of people, deejays and beach-disco- Summertime in full autumn!!



Not necessary. You do need a sportsticker!



FREE with sportsticker



Bus 17, 22, 31, 298 and tram line 2 and 6

CHRISTMAS TREE RACE



Thursday 22/12/11



From 12h30 onwards



CST - Hof van Liere



During UA's annual Christmas Fair, you'll find us set for the one and only "Christmas tree Race". Teams of 4 people have to try and run round a track carrying a Christmas tree. The group that manages to clock the fastest time goes home with a fantastic prize! It's a unique experience that is lots of fun!



Register at Sportkot or on the spot.



FREE with sportsticker



www.uasportraad.be

2 RACQUETS TOURNAMENT



Wednesday 29/2/12



From 12h30 onwards



UA City campus- Sports hall



2 Rackets, ping pong and badminton. Are you a pro? Or do just love these sports? This tournament is what you need! Register at Sportkot or on the spot. Please bring your own racket or use our free equipment. The best player wins a prize!



At Sportkot or at www.sportsticker.be



FREE with sportsticker



www.uasportraad.be

SPORT@CAMPUS II

27 FEBRUARI - 9 MAART



During the second week (5/3-9/3), our fitnesspartners (Wezenbergfit and Fitality) also offer free trial sessions.



Several campuses



Activity calendar on www.sportsticker.be. By the way, in the second week of sport@campus you can fitness for free with our partners Wezenberg and Fitality! If you haven't heard of the sportsticker, this will be your chance to get updated and buy one!



Registration is required for some sports, more at www.sportsticker.be



FREE You don't need a sportsticker to participate in sport@campus



Full blown programme: www.sportsticker.be

STAIR RUN



Wednesday 7/3/12



11h30 - 14h



KdG Campus Groenplaats, Nationalestraat 5, 2000 Antwerp



Swirling race on KdG's staircase. Run to the 5th floor as fast as you can and win a nice prize. What's more: all students who participate earn a free massage after running. A deejay will warm everyone up from 12 o'clock onwards. Fun guaranteed!



www.sportsticker.be or on the spot



FREE Sportsticker NOT required.



www.sportsticker.be



SPORTQUIZ



Tuesday 13/3/12



19h – 23h



UA Campus Groenenborger



Train your brains for this fantastic sport quiz. Questions range from football to Taiji to cycling and highland games. Everyone can join! Start up a team from 3 to 5 members and compete with others to win one of the amazing prizes. You don't need to study for this quiz, we have all kinds of questions ready.



In teams of 3 to 5 players on www.sportsticker.be or on the spot



€ 1/player



www.uasportraad.be

SKI & SNOWBOARD DAY



Woensdag 18/3/12



11h30 – 11h45 • departure at UAC ampus Groenenborger and UA City campus
14h – 21h • free skiing and snowboarding
23h – 23h30 • arrival at UA City campus and UA Campus Groenenborger



Bottrop, Germany



A full day of Ski and snowboard fun



www.sportsticker.be (before 23/3/11)



€ 43 (ski pas, gear, transport and all-in food and drinks)



www.sportsticker.be

LET'S DANCE



Thursday 15/3/12



18h – 23h



UA City campus



Various dance workshops taught by professional trainers. Includes: salsa, modern dance, urban dance, African dance. Shake that thing!



FREE with sportsticker



Full programme on www.sportsticker.be

PAINTBALL



Friday 20/4/12



Stafort in Stabroek



If you enjoy a day full of excitement and pleasure, you will love to go paintballing with us! Register and join a fun team of fellow students. You will get more information about this activity once you register. Spots are limited so hurry up!



Register at Sportkot or at www.sportsticker.be (before 4/11/11)



€20



www.sportsticker.be and www.stafort.be

12-HOUR RUN



Wednesday 19/4/12



9h – 21h



UA Campus Drie Eiken (more info at www.uasportraad.be or at sportspraeses)



Defend your student club's honour and compete with other student clubs of the non-city campuses. There are lots of things to do: on as well as off the tracks. Students will have to run special rounds and ASK STUWER will provide animation. This 12 hour run is for everyone who either enjoys running or a nice festival with good music and tons of good atmosphere!



Not necessary. Just go to your student club on the spot.



FREE with sportsticker



www.uasportraad.be

ANTWERP 10MILES



Sunday 22/4/12



From 12u30 onwards



Linkeroever, Antwerp



Antwerp's mega-run. You can choose between Short Run, Ladies Run, 10 Miles and a marathon.



50 % discount with sportsticker. (for short run and 10miles)



www.antwerp10miles.be
en www.sportsticker.be



www.antwerp10miles.be

10-HOUR RUN



Woensdag 25/4/12



From 10h – 20h



Hof Van Liere (UA City campus)



Student clubs, join forces. Compete with other student clubs in the legendary 10 hour run and defend your club's honour. It sounds easy: try to run as many rounds as possible in 10 hours and earn extra points during the special "fancy dress" rounds. Everyone is welcome to join in and run a few laps.



www.sportsticker.be (as a club) or in the club that you're running with.



FREE with sportsticker



www.sportsticker.be

FINALE ASL INDOOR



Monday 7/5/12



18h – 23h



UA City campus



Final day of this year's Student's League volleyball, basketball and futsal with official reception and animation. Supporters are welcome to come and cheer for their team.



Register for the competition on www.antwerpstudentsleague.be



FREE with sportsticker



www.antwerpstudentsleague.be

FINALE ASL OUTDOOR



Wednesday 2/5/12



18h – 23h



Maccabivelden, Karel Duboislaan 5, 2660 Hoboken



Final day of this year's Student's League football with official reception and animation. Supporters are welcome to come and cheer for their team.



Register for the competition on www.antwerpstudentsleague.be.



FREE with sportsticker



www.antwerpstudentsleague.be

HIGHLANDGAMES



Wednesday 16/5/12



From 18h onwards



Konijnnewei, behind biokot



These spectacular games announce the end of the interfac competition. Students will need pure testosterone and raw energy to get those last extra scores. It promises to be an exciting battle of caber tossing, arm wrestling, rugby... and much more. At the end of the games we close the academic sports year with the one and only Highland Games party!



On the spot from 7 p.m. onwards



FREE with sportsticker



www.uasportraad.be

INTERFAC COMPETITIE

UA SPORTS COUNCIL INTERFAC

The Interfac-competition is a competition encompassing various sports that is organized by the UA sports council. Different teams of the students' associations can participate. These teams compete the whole year round and try to earn the title of Interfac-winner 2011-2012. We focus on a different sport (from futsal to "tchouckball" every week so that everyone can join in! Individual players are also welcome to join a team for the Interfac-competition.

REGISTRATION AND TIMING

You can register on the day of the competition on Campus Middelheim between 18h30 and 19h10. ...The competition starts around 19h10 and ends around 23h.

Openings games	wed 05/10/11
Floorball	mon 10/10/11
Futsal, men (group A)	wed 12/10/11
Basketball, Women	mon 17/10/11
Futsal, men (group B)	wed 19/10/11
Surprise-interfac	mon 24/10/11
Pub sports	wed 26/10/11
Squash, men (group A)	mon 07/11/11
Squash, men (group B)	wed 09/11/11
Handball, women	mon 14/11/11
Handball, men	mon 21/11/11
Badminton, women	mon 28/11/11
Badminton, men	mon 05/12/11
Tchouckbal	mon 12/12/11
Swimming	wed 15/02/12
Volleyball, women	mon 20/02/12
Volleyball, men	mon 27/02/12
Squash, women	wed 29/02/12
Interfac's choice	mon 05/03/12
Futsal, men (2nd round)	wed 14/03/12
Futsal, women	wed 21/03/12
Basketball, men	mon 26/03/12
Table tennis, women	mon 23/04/12
Table tennis, men	wed 25/04/12
Athletics	thu 03/05/12
Tennis	wed 09/05/12
Highlandgames	wed 16/05/12

More information and possible changes on
www.uasportraad.be
 Or contact UA Sport council's praeses

EXTRA BENEFITS

RENT A COURT

UA CAMPUS MIDDELHEIM

	Monday to Friday 9h-18h	Monday to Friday 18h-24h
badminton/ squash/table tennis	FREE	€6/ half an hour
basketball/ volleyball	FREE	€7/ half an hour
futsal	FREE	€12.5/ half an hour

Only when you are a member of HealthCity, costs € 19/ year.

Contact:

Health city
Middelheimlaan 1, Gebouw B
2020 Antwerp
03/230.14.18

UA CITY CAMPUS

RESERVATION MAXIMUM 1 WEEK IN ADVANCE: **FREE**

UA City campus's sports hall is mainly used to accommodate StudentSportsWeb's free sport offer. Individual students (or teams) can rent the court FOR FREE if the halls are available. Please apply for reservation one week in advance. Check the occupation for the courts with David Vosse (STIP)

Contact:

UA City campus, STIP
Grote Kauwenberg 2
2000 Antwerp
03/265.48.68

FOR RESERVATIONS MORE THAN 1 WEEK IN ADVANCE:

	Monday to Friday 8h30-18h	Monday to Friday 18h-23h Sat 8h30-23h
entire court	€38/h	€45/h
half of the court	€19/h	€23/h

EXTRA BENEFITS

FREE GAME TICKETS

Thanks to "Antwerpen Sportstad" and "Antwerpen Studentenstad", we can offer you free tickets for superb (sports) events! Check our website www.sportsticker.be from time to time and get rewarded.

DISCOUNT AT UNITED BRANDS

Upon showing your sportsticker you receive a 10% discount on all your purchases at the United Brands sports shop (www.unitedbrands.be).





**ORGANIZED BY
SPORTSTICKER & UA SPORTRAAD**

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