



Policy Plans

US Beat It

2025-2026

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1. Introduction

On the 23rd of May 2008, the “Utrechtse Studentensquashvereniging Beat It” was officially founded. The enthusiastic young association consisted of around 50 members and used Sportcentrum Olympos on the Science Park as its HQ. Many squash-related activities were organised and, with as much enthusiasm, non-squash related activities were organised as well. The main goal of Beat It is to promote squash among students.

In this policy plan, the main points and goals for the association in 2025-2026 are mentioned. The board will also explain their visions and agenda points in this document. Lastly, the activities for and organised by the members of US Beat It of the aforementioned year will be mentioned in this document.

The years 2010-2011 were the first years in which policy plans were made for Beat It. Since then, new policy plans were made for Beat It for every year.

US Beat It's board for the season of 2025-2026 will consist of the following persons:

- ❖ Stijn Bijlsma: *Chair*
- ❖ Teymur Rzali: *Secretary*
- ❖ Menno te Riele: *Treasurer*
- ❖ Joep van den Heuvel: *Commissioner of Sports*

Any questions or comments about the policy plans can be emailed to the board at board@usbeatit.nl.

2. Visions and Goals

This board proposes a number of overarching visions which will inform our policies for the year. In this section, the goals are written in boldface and the responsibilities are italicized for the sake of clarity.

Visions

1. Maintaining an environment where our members can play squash, meet others and join social events.
2. Increasing and maintaining our membership base with a focus on students, and aim to equalize the gender ratio.
3. Enabling our members to improve their squash skills.
4. Build up contact with other associations.
5. Increase the focus on community building by organising more activities and more spontaneous social events through Squashies.
6. Stay media-oriented, especially through an extensive use of Instagram.
7. Broaden our international horizons by doing an exchange with a foreign squash association.

Goals

1. Maintaining an environment where our members can play squash, meet others, and join social events
 - At the start of the year, before the AcCie has been formed, **there will be a bonding activity for the new and old members.** We have planned to play pingpong at the Pingpongclub. This event is meant to make the new members enthusiastic about Beat It, and make them feel like a part of the association. We hope that this will also increase the number of new members joining the AcCie. This event will be fully subsidised in order to maximise the number of people joining. We will organise this activity on the 8th of October.
Responsible: Treasurer, Chair, Commissioner of Sports, Secretary
 - To encourage our members to become active in the association, **we aim to have our Activity Committee organise one event each month.** The exact activities will be decided by the Activity Committee. The committee is also responsible for promoting the activities to encourage all members to join. During this event, members of Beat It will meet each other outside of the regular club evenings and join in social activities. Dates for events should be announced plenty in advance, preferably two or three weeks prior to the activity. In deciding on the date, the exam schedule will be kept in mind as much as possible. The PromoCie should check up on the AcCie if the AcCie has decided to make the promo (poster) themselves.
Responsible: Secretary, AcCie, PromoCie.
 - To make our members grow closer to each other and form a tight community, we want to continue the trend of **hosting spontaneous social events, by announcing them in the Squashies groupchat.** Last year this was done several times, but the activities were often joined by the same group of (already) active Beat It members. To also have newer members join, the bar to participate should be low. That's why it could help if more people came up with events every now and then! To do that we will explain in the beginning of the year that the group chat can be used for spontaneous events.

- We aim to **make the club evenings attractive to more people**, by offering different ways of playing squash. Based on the general clubnight feel from last year however, we won't designate one specific court for matches. We do want to facilitate people to play doubles, by acquiring and providing squash glasses. Moreover, we will ask members throughout the year how they would like to play on club nights (matches, three-quarters, doubles, other ideas) and adjust the club nights plans to their preferences (as far as possible), by using polls in WhatsApp. Also, we aim to organise various themed club nights to keep the club nights varied and exciting. Finally, during open club nights and some of the themed club nights, Beat It sponsors one pitcher, to encourage members to come to the bar after playing squash.

Responsible: Commissioner of sports

- We aim to **make new members active in the association, by inviting them to become part of one of our committees**. As the committees start at different points in the year, we can ask people spread out through the year if they want to join. As part of a committee, they also learn how to organise activities/tournaments and to take responsibility for the association.

Responsible: All board members

2. Increasing and maintaining our membership base with a focus on students, and aim to equalize the gender ratio.

- Participate in the UIT: Students that sign up during the UIT (or open club nights) are generally younger and will also remain a member for a longer time. We especially need bachelor students, because they can 'grow' into the club and might want to do a board year later. To create a solid member base for US Beat It and to keep the association alive, it is pivotal to attract these potential members during the UIT- or open club nights. We will actively promote Beat It during these events and talk with as many prospective members as possible.

In the end, we aim for (bachelor) students to join Beat It during the UIT or open club nights to let Beat It grow for the next few years.

Responsible: Commissioner of Sports

- Participate in the international UU Welcome Week: The inflow of international students tends to be high. As most international students are in the Netherlands for only one or a half year, we can only reach them during a short period of time, which are the International orientation day (September) and international day (August and January). **It is therefore vital that we actively promote US Beat It during these events to support the outflow of international students with an even larger inflow. We want to do this by attracting new international members to fill in for the outflow of international members last year.** In this way, Beat It will remain with a constant amount of international members. We're hoping to attract more female members by making sure our team has a better mix of guys and girls, since it's mostly guys right now.

Responsible: All board members

- Open Club Nights
We would like to keep the tradition of 3 open club nights twice a year going. **By giving non-members a taste of what it would be like we can entice them with a membership they will be happy with. We want to attract potential members during the open club nights by playing squash together, socialising and by**

providing a first drink to them at the Olympos café - this will most likely be one pitcher. We hope to increase the membership count this way.

Responsible: All board members

3. Enabling our members to improve their squash skills.

- **Continuing the training sessions organised by US Beat It and Olympos.** The trainings provide a great opportunity for members to further develop their squash skills. The trainings provided at different skill levels allow opportunities for all members to improve their squash, from beginner to half-advanced. Furthermore, the trainings function as an additional path for potential members to join US Beat It. In the first quarter of the season (P1), our secretary will send an email to everyone who signed up for the training sessions but is not yet enrolled in Beat It. To further promote squash development, we aim to organize an open training session in collaboration with Olympos.

Responsible: Secretary

- **Tournaments: This year we would like to organise at least two open tournaments to which we invite both our own members and other student squash clubs.** This will allow us to **strengthen our ties with other Dutch student squash societies.** The Beat It Club Championship and Friends and Family Tournament will also take place, open only to Beat It members. These tournaments will provide members with the chance to socialise and play with people from other squash societies, experience higher stakes games and measure how their game is improving throughout the year while having a fun day out. For more on the Friends & Family Tournament see 2. The current plans are to have a 'Welcome to Beat It tournament' on the 15th of November, and another open tournament.

Responsible: Commissioner of Sports (together with SportCie)

- **Warm up and level up.** To reduce the risk of injuries, each club night will begin with a collective warm-up session at 20:00. The aim of the warming-up is to stimulate members to arrive on time and ensure they are properly prepared before stepping onto the court. Additionally, the GoPro stored in the locker will be made available during club nights for members to film themselves while playing. Anyone interested in receiving their footage can add their email address to a sign-up list. At the end of the night, the Commissioner of Sports will send the recorded material to those on the list. The purpose of this initiative is to give players the opportunity to observe themselves from a third-person perspective, helping them identify their strengths and areas for improvement to enhance their squash performance.
- **Organizing incidental Squash tosses during clubnights.** As an alternative to regular clubnights, a Squash toss will be played in the first half of the year. This event, coordinated by the SportCie together with other interested members, will feature a mix of drills and mini-games focusing on one or more key techniques. Each court will

host a specific drill or mini-game, and every 20 minutes participants can switch courts to try something new. The session will run from 20:15 to 21:45, with short breaks in between for attendees to chat, catch their breath, and grab some water. Depending on interest, a second Squash toss may be organized in the second half of the year. A Whatsapp poll will be sent out in advance to get an understanding of which shot or technique people want to practice.

- **Introducing US Beat It participation in the external Friday-nights squash competition.** Regular match play versus unknown opponents provides opportunities to experience different squash styles and more serious matches. By collaborating with All Inn Squash, we're able to create sufficiently large teams to cover Friday nights. Also, the Friday-night squash competition ends in March. After this, we can join another competition session, like All Inn's Kooscompetitie, which new(er) members can also join. We will aim to have three teams in 2026.

Responsible: Commissioner of Sports

4. Build up contact with other associations: activities and tournaments with other associations to create mixed social and sportive activities.

- **Agree on tournament agenda with other associations.**

The board aims to improve the contact with the other Dutch student squash associations. Meeting members of other organisations at tournaments regularly is a fun way to meet other squash players of one's level. By agreeing on tournament agendas with other associations, we hope to improve the spread of the tournaments throughout the year and to improve attendance. The board will take steps to initialise contact and communicate the dates for planned, open tournaments at the start of the year. Furthermore, we will create a group for GNSK relatively early, and make sure the ratio male:female is according to the rules of GNSK.

Responsible: Commissioner of Sports

- **Adopt the tournament dates of other associations into our calendar.** The board will include the communicated dates of the tournaments organised by the other student squash associations. The board plans for a weekend in September/October to make a schedule for tournaments and such?

Responsible: Commissioner of Sports, Secretary

- **Organise activity with other associations** The board is building up contacts with other associations. For example, we will talk to two associations at Olympos - Floorball association Junglespeed and Badminton association SB Helios - for organising an activity together. One potential activity is then to try each other's sports and have drinks at Olympos afterwards.

Responsible: Commissioner of Sports, Chair

5. Increase the focus on community building by organising more activities and more spontaneous social events through Squashies.
- Currently, the Squashies WhatsApp group is not used a lot, with many inactive members. To **revitalise Squashies**, the board plans to (1) share spontaneous messages or photos in the group to encourage member engagement and (2) initiate casual activities, such as impromptu Friday night drinks or a spontaneous volleyball session.

Responsible: Board

- To alleviate the burden on the AcCie in organising all events, the **TripCie, will be continued**. However, if not enough people sign up for the AcCie - i.e. less than 6 - we'll only keep the AcCie just like other years. The TripCie will handle organising the two most labour-intensive events: the Hitch-Hiking Weekend and the Members' Weekend. By delegating these events to the TripCie, we hope to free up the AcCie to focus on organising other activities throughout the year.

Responsible: Chair

6. Stay media-oriented, especially through an extensive use of Instagram.
- Understanding that the newer generation is more engaged with platforms like Instagram, **we will aim to be more active on social media**. This will for example be achieved by taking photos during club nights and posting them regularly, ensuring our association maintains a lively online presence. YouTube will also be used occasionally for (Tima's) vlogs!

Responsible: Commissioner of Sports, PromoCie

7. Broaden our international horizons by doing an exchange with a foreign squash association.
- To expand the association's reach and offer members a unique experience, the board aims to organise an exchange with a foreign squash association. England is a primary candidate due to its strong squash culture and relative accessibility. Although previous attempts to set up such an exchange have not yet been successful, the board will make renewed efforts this year to establish contact and create a feasible plan. An international exchange would provide members with the opportunity to experience a different squash environment, play against new opponents, and strengthen the international ties of the association.

Responsible: Chair

3. The association and board

3.1 The board

3.1.1 Meetings

The board will have regular meetings to keep everything running smoothly and to tackle any issues that might arise during the year. We aim to hold meetings every two weeks. The Chair will make sure these meetings are planned. We aim to plan ahead multiple meetings.

At the start of September, we plan a weekend away to prepare for the first General Member's Assembly (in this document referred to with the Dutch shorthand: ALV), which is organised halfway October. To prepare, we discuss the division of tasks in our board, formulate our goals and visions for the upcoming board year and write the policy plans.

3.1.2 General Member's Assembly (GMA) / Algemene Leden Vergadering (ALV)

We organise two ALV's during the year.

1. The first ALV takes place on the 14th of October. Here, the old board will officially abdicate and the new board will be sworn in, if the members approve of the policy plans and the budget. Despite being an official event, this year's edition will also feature a more fun element, and be marked as such, to make attending more attractive for newer members. That's why the second half of the meeting, after the presentation, will be similar to a constitution borrel. Games and drinks should provide a lowkey setting!
2. The second ALV takes place halfway through the squash season. The precise date will be determined later. During this ALV, we will give the members an update on our current standing, the budget and plans for the second half of the year.

We send the invitations for the ALVs (containing the date, location and time) at least a month in advance. We announce the agenda of the meeting at least one week in advance. For the first ALV, the candidate board will send the proposed policy plans at least two weeks in advance to the AdviesCie and one week in advance to all members.

During the ALVs, we inform the attending members about the state of Beat It, including its financial status, membership levels, etc. We are free to decide how we do this and what content we deem relevant to fulfil this obligation. The only set topic is the presentation of the budget and, at the first meeting, the policy plans of the new board. Members have the right to demand that certain topics are addressed by the board during the ALV.

3.1.3 Communication in transition period: current board and candidate board

The transition period is the time between the announcement of the candidate board and the first ALV. During this period, the boards work together to keep Beat It running.

However, the candidate board will serve as the board to everyone inside and outside of Beat It. This means that the candidate board is allowed to communicate with external parties as a board member.

To make a smooth transition possible, the current board will organise a meeting with the candidate board to discuss general transition topics. Furthermore, every current board member will have a meeting with the member(s) of the new board who will take over their function to discuss the topics specific for that function. The current board will also provide the candidate board with council regarding any decisions they might have to take.

3.2 Members

3.2.1 Attracting new members

One of the main goals of the board is to attract new and enthusiastic members into the society. The main benefits of becoming a member are the ability for individuals to develop their squash skills and to make many new friends. The board will aim to give all members (new and old) the opportunity to do so.

The board will continue to promote at student introduction events such as the International Orientation Day and the UIT-markt.

To allow non-members to come have a look at US Beat It and see what it's like to be a member, the board will organise three open club nights at the beginning of the year and three halfway the year (in January and February). At these club nights, any person is welcome to join the club night and engage with Beat It, regardless of their membership status or whether they have an OlymPas/ClubCard. During these open club nights, the role of the board is to talk to potential new members and encourage them to join Beat It. To join the open club nights, it is mandatory to sign-up via a registration form. This way, it is known to the board how many people are attending an open club night. After that, the potential members should sign-up at Beat It, buy an Olympas or Sports Club Card and do their SSV registration. We promote these open club nights at the UIT, International Orientation Day and our social media. For the open club nights halfway in the year, we will also spread some promotion throughout the university (e.g. at the library). At the last open club-night, printed QR-codes are hung up on the walls that link through the membership forms, accompanied by a laptop.

To promote Beat It, the board will make use of social media and the Beat It website to reach as many new potential members as possible. Additionally, flyers and stickers will be handed out during the UIT- workshops and during open club nights.

3.2.2 Alumni

3.2.2.1 Alumni

Besides normal members, US Beat It also has alumni members. Old members must become alumni if they want to get invited for tournaments, alumni activities and the end of the year BBQ. You do not have to pay to be an alumnus, but they have the option to give a donation through an open Tikkie. We will ask the old members in the sign-up form if they want to receive alumni mail, membersmail and if they want to get invited to tournaments, alumni activities and the end of the year BBQ. If old members decide against becoming alumni, we will nevertheless store their email address for 10 years (as is stated in the privacy policy) and invite them only to Lustrum events. The sign-ups are stored in a database to keep track of these permission dates. The secretary is responsible for this. Alumni updates and information will be communicated through email.

Alumni benefits:

- ❖ Alumni are welcome to:
 - US Beat It squash tournaments
 - Other social events, as they can remain active inside Beat It by staying in the Squashies WhatsApp group.

3.2.2.2 Honorary alumni

Honorary alumni are chosen by the board based on their exemplary performance and effort that they have put into US Beat It. The honorary alumnus will then be presented at the next ALV and will get a special place on the website (with their permission) and in our hearts.

3.2.3 Committees

To take some burden off the board and also to involve its members in planning events for the society, US Beat It has multiple committees in which members can take part. A committee is a small group of members who is assigned a number of tasks to perform. A committee contains at least one board member that supervises the committee and guides this group in the right direction. These tasks are usually to organise activities and products that are too much work for the board to take on next to their other tasks. This year US Beat It will have 6 committees. We start to approach members to join the committees after the ALV. The committees are as follows:

Activities Committee (*AcCie*)

The AcCie is responsible for organising a monthly activity for the members of Beat It. Some of the activities the AcCie can organise independently, only the End of the Year BBQ will be organised by the board. The activities organised by the AcCie won't include playing squash and don't have to be sports related. This year the Chair will join the AcCie and serve as a link to the board. The following distinct functions will be divided among the members of the AcCie: Chair, Secretary, Treasurer and Commissioner of Promotion. Besides the AcCie, the upcoming board will also occasionally come up with spontaneous events to get players more involved with the association.

Sports Committee (*SportCie*)

The SportCie is responsible for organising the US Beat It tournaments and sports-related events. Overall, the goals of the SportCie are to improve the skill level and quality of squash played at US Beat It and to organise sports-related events with a special focus on the US Beat It tournaments. The US Beat It tournaments are open to members of other student squash societies except for Friends & Family and the Club Championships, which are open to US Beat It members only. The SportCie will inform other student squash societies when the US Beat It tournaments will take place and invite these societies to the tournaments. This contributes to a good relationship with other student squash societies. It is desirable to have some of the more advanced players of US Beat It join the SportCie. This year's Commissioner of Sports will join the SportCie and thus serve as the link to the board.

Yearbook Committee (*YearCie*)

The YearCie has the responsibility of making a yearbook for the society. The YearCie will be formed towards the end of the year (preferably around April). Before the committee is formed, the PromoCie (see *PromoCie*) will collect photos throughout the year. Moreover, we ask members to write short texts about events Beat It organises.

The YearCie has creative freedom in creating and shaping the yearbook. The yearbook will be subject to approval by the board. The following functions will be divided among the members of the YearCie: chair, secretary, treasurer, chief design officer (CDO) - but of course, it is no problem to deviate a little ;).

Advies Committee (*AdviesCie*)

The AdviesCie is a special committee that communicates with the board and serves to give advice to the board on any matter the board may wish to discuss. We aim to have at least 2 old board members and 2 Beat It members on the committee. If this is not feasible, we will form the AdviesCie with old board members only. The AdviesCie will also give advice on the policy plans of the new board at the start of the year. The board has to discuss the advice given by the AdviesCie. However, they have no obligation to follow this advice. The AdviesCie divides tasks amongst themselves. A dedicated contact person will be appointed to relay any advice in order to prevent miscommunication between the board and the AdviesCie.

Kas Committee (KasCo)

The KasCo consists of at least two persons and will monitor and assist the current treasurer. The KasCo will advise the candidate board on their budget at the beginning of the year. The current treasurer will stay in contact with the KasCo and inform the board about any advice they give. The KasCo has no distinct roles within the committee.

Promo Committee (PromoCie)

The PromoCie will consist of at least two people of which one is a board member to monitor and help and two members. They will manage the website and social media to bring more publicity to US Beat It and make the association more inviting. This year the Secretary will join the PromoCie and thus serve as a link to the board.

Trip Committee (TripCie)

The TripCie will consist of at least 3 people of which one board member to monitor. They will plan both the hitchhiking weeks and the members' weekend. This year the Treasurer will join the committee. We will try to get the old board's members in this committee if they are keen. In case not enough members want to join the TripCie, the AcCie will take over its responsibilities.

Board members in the committees

Aside from keeping a connection to the board, the board members in the committees will also help the committee to run smoothly and ensure that all deadlines are met. The board member is not considered the 'chair' of the committee. Their role is to provide a supporting role to the committee as well as serving as a direct link to the board.

Confidential contact person (CCP)

A trusted, impartial member who is responsible for creating a socially safe and inclusive environment for all Beat It members. This will allow members to discuss sensitive matters such as personal well-being, harassment, internal conflicts, or violations of associations policies in a safe and confidential environment. The CCP should be approachable and well-known to members, and a non-board member. The CCP will need to undertake training offered in collaboration between Utrecht University and Hogeschool Utrecht. The training is 3 hours and offered on the following specific dates: 18th, 25th September; 11th, 22th, 28th October and 14th November.

3.3 Communication and information

3.3.1 Main communication forms

Beat It has a number of ways of communicating to its members and potential members. Some of these overlap and some are exclusive to an individual's membership status. Beat It also communicates with other (student-)squash associations, Olympos, the Sportraad, and its alumni members.

Communication to the members

Communication with the members is the key form of communication, given that they constitute the main body of Beat It's participants and should therefore be well-informed of Beat Its activities. The board will therefore aim to inform the members of Beat It at least three weeks in advance about any upcoming activities (excluding club nights as these occur consistently throughout the year).

Communication to the members will always be done via the US Beat It Notifications WhatsApp group. Members can be added to this WhatsApp group as they wish. This WhatsApp group provides an informal and direct platform where the board can interact with members and provide information. Non-board members do not have the ability to post in this group. Another, more informal WhatsApp group exists (Squashies) for current and alumni members where everybody is

free to post. For more official information (e.g. big events, the ALV topics and information, big changes within the association), email communication will be used in addition with reminders via WhatsApp. The board will also put all important dates and other relevant information on Beat It's social media pages, the shared calendar and the Beat It website. All board members will strive to keep the members informed. All official communication from the board to their members will be in English.

Besides this, a member mail will be sent to all current members every two months. This email will contain information about upcoming events, past events and will be generally designed to enthuse members for the society.

Communication to potential members

This can also be referred to as the promotion of Beat It. One of the most important tools in communicating to potential members with no prior knowledge of Beat It, is the Beat It website and Instagram. As such, the Board and especially the PromoCie will strive to ensure that this is updated regularly. Another medium through which the board will communicate with new members are flyers, posters, social media and the notification board at Olympos. These passive ways of communication make it possible for the board to reach a large group of people with relative ease. To make the communication as efficient as possible, the board will aim to make the flyers and posters as visible and informative as possible. This task is shared among the board members.

Communication to other (student-) squash associations

The communication to other associations will be handled by the Commissioner of Sports. This communication will mostly consist of invites to tournaments and open events that Beat It hosts. The communication to these associations will mostly be via email. However, social media and the website will also be used when possible. For example, the CoS can be given access to our Instagram account so they can send messages in the Student Squash NL group chat. This communication will primarily be carried out in English, reflecting the international character of Beat It, as well as accounting for the international and English language-based character of other associations.

Communication to Olympos

The communication to Olympos will primarily be dealt with by the chair. This will occur via email or via meetings when necessary. This does not rule out the involvement of other board members in communications with Olympos if such communications are more closely related to their specific role. For example, it will often be necessary for the treasurer to be involved in communications with Olympos regarding finances and funding.

Communication to the Sportraad

The communication with the Sportraad will be dealt with by the chair and, in their absence, the secretary. The communication with the Sportraad will mostly be via email and in physical meetings if necessary. This does not rule out the involvement of other board members in communications with the Sportraad if such communications are more closely related to their specific role. For example, it will often be necessary for the treasurer to be involved in communications with the Sportraad regarding finances and funding.

3.3.3 Mail

Traditional mail

Since Beat It is an official association, it also has a physical address. This address is:

❖ *Uppsalalaan 3, 3584 CT Utrecht, t.a.v. US Beat It.*

The board member that is responsible for opening the club night will check occasionally if there is any new mail for the association. If there is any mail the other board members will be notified of this

and the mail will be handed to the relevant board member. The relevant board member being the treasurer for financial matters and the chair for all other mail. The chair will notify the board of the contents of the letter and take action if necessary, not if unnecessary.

Email

The board can be reached by email at bestuur@usbeatit.nl or board@usbeatit.nl, this email address will be used as the main email address for Beat It and is open for anyone to send inquiries to. The response to any email sent to this email address will always be sent to bestuur@usbeatit.nl as well via a BCC. This ensures that the whole board is aware of how the email has been answered.

- ❖ Any emails regarding the training sessions (Olympos) will be handled by the Secretary;
- ❖ Any emails from other associations will be answered by the Secretary or by our Chair if it is in Dutch;
- ❖ Any emails from alumni will be answered by the Chair;
- ❖ Any emails from new members will be answered by the board member who is quickest; (end responsibility: Chair)
- ❖ Any emails from Olympos (not about training) will be answered by the Chair;
- ❖ Any emails from the Sportraad will be handled by the Chair;
- ❖ Any emails about monthly events will be answered by the Secretary;
- ❖ Any emails about financial matters will be answered by the Treasurer;
- ❖ Any emails about sports tournaments will be answered by the Commissioner of Sports;
- ❖ Any emails that can't be categorised into any of the above, will be answered by the Secretary.

3.4 IT

3.4.1 The website and Instagram

The website will be managed by the PromoCie and the Secretary. In the end, the chair will have the ultimate responsibility for the website. Although the Instagram page will be the key communication tool regarding events, the website and calendar will still be kept up-to-date. The PromoCie is responsible for the Instagram page and the Secretary is responsible for the website. Information relating to the training sessions on the website will be managed and kept updated by the Secretary.

3.4.2 Email addresses

All board members have an individual function-related email address where they can be reached. This email address consists of the board members function followed by @usbeatit.nl (e.g. Chair@usbeatit.nl). There are however also email addresses which can be used to reach multiple people at once. These are the most efficient to use and the most important of these is board@usbeatit.nl. Mails to board@usbeatit.nl will go to every board member. Other email addresses that might be important can be found in Table 1.

General	bestuur@usbeatit.nl / board@usbeatit.nl
Chair	chair@usbeatit.nl
Secretary	secretary@usbeatit.nl
Treasurer	treasurer@usbeatit.nl
Commissioner of Sports	sports@usbeatit.nl

Table 1 Important email addresses

4. Cooperation with Olympos

As of the 1st of September 2015, US Beat It and Olympos intensified cooperation in the fields of memberships, the rent of squash courts and training.

4.1 OlymPas/ClubCard

All participants (both the individual athletes of Olympos and all members of the various student sports clubs) must purchase an OlymPas or ClubCard. This is necessary for a person to register with Olympos as a member for a society, the so-called SSV-registration. Olympos uses the amount of SSV-registrations as a marker to distribute subsidies. It is therefore crucial that all members have an OlymPas or Clubcard and complete this SSV-registration. With an OlymPas, members can also do sports at Olympos by themselves. For example, it allows members to book squash courts for private use at Olympos.

4.2 Exploring further options for cooperation

Olympos has indicated that they want to improve student squash in Utrecht. Therefore, the chair will plan to meet with Nancy at some point throughout the year (e.g. when the grip of the courts goes down again) to discuss what further options there are regarding cooperation. Here, this cooperation is focused on improving the safety of the squash courts.

5. Activities

5.1 Club nights

The club nights will take place from 20:00 to 22:00 on Thursdays during the 2025-2026 season. Four courts are available for three-quarters, matches, doubles, mini-games or drills. This year, the collective warming-up at 20:00 will be reintroduced to decrease the risk of injuries and encourage people to come to the clubnights early. The specific use of each court during club nights is subject to change depending on demand and the specific plans of the Board or SportCie in that particular week. From late autumn/winter months onwards, when it is more quiet, we would like to dedicate one court for matches and use the other courts for three-quarters, doubles, mini-games or drills.

We will continue with the themed club nights this year for Halloween, Sinterklaas, Christmas, Beat It's birthday, Easter, King's Day, and Valentine's Day. The themed club nights will add a 'twist' to the regular club nights, in order to keep them engaging for members. This theme can be sport-related (such as playing doubles) or a more fun theme (Sinterklaas/Carnaval). We hope these club nights ensure active engagement from members and a high level of attendance. A new initiative this year is the SquashToss, which will replace one or two regular clubnights.

Every club night is opened and closed by at least one, preferably two board members. A schedule rotating the board members is set up at the beginning of the year. If the board member scheduled is unable to open/close, then this board member must arrange for replacement by another board member and notify the other board members of the exchange via WhatsApp.

During a club night the following tasks should be performed:

- ❖ Pick up, sign out, look after and return the keys to the safe;
- ❖ Check the postbox;
- ❖ Set up the Beat It banner; flag on open clubnights
- ❖ Remove the water tank from the cupboard and fill it with water; if necessary on hot nights
- ❖ Ensure safety on the courts: end responsibility for this lies with the Commissioner of Sports;
- ❖ Clean up at the end of the evening;
- ❖ Actively engage with any members and keep them updated on the club;
- ❖ Welcome potential new members.

5.2 Tournaments

Three to four tournaments will be organised this year, including a friends-and-family tournament. Participation will be cheap but not free of charge, to prevent members from enrolling but not showing up. This also enables us to rent high quality courts.

Regular tournaments will be open to external student squash associations, whereas the internal Club Championships and friends-and-family tournaments will not be. The privacy-sensitive data of non-Beat It members collected through the sign ups for tournaments will be deleted two weeks after the tournaments as this data being stored is unnecessary.

The SportCie will be responsible for the organisation of the tournaments, financial settlement, determination of location, promotion, and communication with participants. The Commissioner of Sports will be in this committee. The tournaments will be held at All Inn Squash, Squash Utrecht or Kampong Squash. Promotion for tournaments will start three weeks in advance. A poster will be

designed for the tournaments. Furthermore, a message will be posted on the website and Facebook and an email will be sent to the members. Finally, other squash societies will be invited to participate in the tournaments and will be informed of the dates as early in the year as possible.

Tournaments organised by other squash societies or the squash federation will be promoted amongst members - for example, we will attempt to go to the Carnival themed tournament in Eindhoven. The board will try to participate as much as possible.

5.3 Events

In the 2025-2026 season, at least one event per month will be organised by the AcCie. Before the AcCie is formed, the board will organise a first social activity in October. The aim of these events is to strengthen the social side of Beat It and facilitate the growth of friendships amongst members. These events take place in addition to the club nights, tournaments and training sessions. All social events are left up to the AcCie to manage with some board input if requested.

When planning events, the AcCie will take any special dates like the exam weeks at UU and HU into account. All events will be announced at least three weeks in advance to all members through WhatsApp. There may be posters and Facebook events that shall be created to promote the event, with a reminder one week in advance of the event. The board is open to initiatives by the members, for example jointly visiting a party, which can be announced through the 'Squashies' WhatsApp group.

At an event, photos will be taken by members and in particular by the PromoCie. Members are asked whether we have permission to post these pictures on Instagram and the membermail. If the members agree, photos will be posted on our Instagram and membermail. These photos give potential new members a look at the association and what its members are like.

5.4 Training sessions

Trainers

The 25/26 season will start with one trainer:

- Lars van Dongen will be this year's trainer. The training sessions will be held on Monday evenings. This is the case for all training sessions, from beginners to advanced-beginners and the half-advanced. The training sessions will start at 6:00 pm and end at 10:00 pm.

Training periods

The specific periods for the training session tend to be synchronous to the periods of education of Utrecht University. Training sessions take place during four periods. During the Christmas holidays (block 2), no training sessions will be given.

The pricing of this year's training sessions are:

- ❖ €36,95 for Beat It members
- ❖ €45,80 for non Beat It members

We will update the website if there is any news regarding the training sessions or pricing.

Discount on the training sessions

Since the 2015-2016 season, the training courses have been offered by Olympos in collaboration with US Beat It. US Beat It arranges the training sessions which includes everything except for the payments, such as creating registration forms, forming training groups, and checking attendance. In exchange for fulfilling these tasks, members of US Beat It receive a 20% discount on training costs. Olympos arranges the payments of training members and the presence of enough trainers. In this 'new' situation, the trainers are paid by Olympos. The first training period followed in the beginners group is at a discounted rate of only €10,20 for non-members, and €8,20 for members of US Beat It.

Registration dates

Registration forms open three weeks before the start of the next training period and remain open for two weeks. Olympos will send us a list of trainees who have signed up *and* paid, and US Beat It will send those who haven't paid a reminder. Anyone who has signed up but has not paid when the registration forms close will not be allowed to participate in the training sessions.

Classification training groups and times

During each period six-nine trainees will be grouped together based on their skill level. This classification is determined by the secretary in consultation with the trainers. First, a temporary layout is created and then a final classification will be made in consultation with the trainers after the first training.

Demand

If there are more than 36 registrations, participants will be chosen by draw. Because non-members also participate in the training sessions, Olympos has agreed on the following relationship: $\frac{2}{3}$ of the trainees can be Beat It members, $\frac{1}{3}$ at least must be non-members. In case there are fewer registrations, the size of the training groups can be revised in consultation with the trainers. If there are fewer than six registrations, the Tuesday training will be cancelled. The number of registrations will be checked immediately after the registration period for the training sessions, so that Olympos can cancel job reservations. A list of substitutes is made if there are more entries than spaces. If someone cancels in time a substitute can be arranged from this list. Participating as a substitute is free of charge.

New Beat It members who have little experience with squash will be given a training position during the first training block, taking into account the ratio $\frac{2}{3}$ for Beat It members, and will therefore not be included in a potential draw. The motivation for this is that if members are not able to play squash they will not be able to play during club nights and other squash activities. Also, the progress made by first-time participants is relatively high compared to members who have been playing for a while.

The potential trainees who did sign up but were not picked in the draw are assured of a training spot in the subsequent training block if they sign up again.

Payment

Olympos uses an online payment system. Trainees must pay online, a maximum of one week before the start of the training block. When people fill out the registration form for the training on the website of Beat It they will automatically receive an email. This email contains a link to the website where the payment can be made.

After each block an evaluation form is sent to the training members for potential improvements. In addition, after the first block of the new year, an evaluation is held with the trainers to ensure that everything is going smoothly and to see if anything needs to improve.

Training regulations

- ❖ Participating in training sessions is only possible with a valid OlymPas.
- ❖ The provisional tuition fee is €45,80. For members of US Beat It, the training costs € 36,64 (20% discount).
- ❖ To be eligible for the training, the online registration form *and* the tuition fee must be submitted before the end of the registration period.
- ❖ Payment of the tuition fee is only possible via a link in the email automatically received after the online registration form has been completed.
- ❖ The tuition fee is reimbursed if there are more registrations than available spaces and the potential trainee has not been picked by the draw and can therefore not participate, regardless of whether they are on the substitute list (see point 9).

- ❖ The tuition fee is partially reimbursed if the trainee follows the first training for beginners and was present at at least 8/10 lessons of this training.
- ❖ During registration, trainees are asked to indicate/estimate their squash skill level. This remains an estimate. Trainees are not necessarily placed in their designated group. Placement in the appropriate group is based on other participants. If a trainee is placed in a different group than applied for when registering, this does not entitle them to a refund if they opt out.
- ❖ Trainees must use non-marking sports shoes. If they do not wear non-marking sports shoes they will not be allowed on the court. The trainers are strict on this.
- ❖ If there are more applications than places there will be a draw. Individuals who have not been drawn can be placed on the substitute list; if there are cancellations they are asked (free of charge) to substitute.
- ❖ If an individual is not drawn as a participant they are automatically drawn for the next training period, unless they do not wish to train.
- ❖ Members of Beat It are eligible for $\frac{2}{3}$ of the training places. This has been agreed as part of the cooperation with Sport centrum Olympos. For €25,- per year OlymPas holders can become a member of US Beat It. Benefits for members can be found here <https://www.usbeatit.nl/lid/>.
- ❖ Each training lasts 60 minutes, of which 50 minutes is effective squash training.
- ❖ Training includes both fitness training and squash technique exercises.
- ❖ In the absence of a trainer, an attempt is made to arrange a replacement. If a trainee is 10 minutes late without giving a valid reason in advance, the trainers may refuse them for the lesson in question.
- ❖ When cancelling, trainees are to inform the secretary of Beat It (secretary@usbeatit.nl). Please inform the secretary no later than two days before the training in view of arranging substitutes. Additionally, the secretary creates a group chat, in which trainees can look for a replacement: Squash Replacement.
- ❖ Trainees who are consistently late, cancel too late or do not cancel at all end up on a blacklist. This will affect their chances of being drawn in subsequent training periods.
- ❖ After the first training session of a new period, the trainers can change the group formats. This ensures that everyone ends up in the group where they will learn as much as possible and have fun.
- ❖ If a case arises in which these regulations are not clear enough or which they do not cover, the final decision will be made by the board of US Beat It.

5.5 Ladder

This year, Sportcentrum Olympos will also organise the ladder competition for all squash players at Olympos via the same automatic smartphone application/website as last year. Players can indicate their level and will receive a message on the website and WhatsApp about who they will be playing. The ladder can be a good source of new members who hear from Beat It by word-of-mouth. Last season, several new members indicated that they got to know Beat It through the ladder. On top of that, it is a good way for new Beat It members to play more matches against opponents of similar level.

5.6 External competition

US Beat It will join All Inn Squash and compete in the Friday night competition by the Dutch Squash Federation (SBN). Sign-ups take place in August, which makes it mostly accessible for members that were active the previous academic year. 2023-2024 was the first year in which we took part and played for Kampong. Upon a successful collaboration, the Commissioner of Sports is responsible to promote and organise the next competition and collaboration for the next academic year during July and August. In the 2024-2025 SBN Competition we played for All Inn Squash with two teams instead

of one. For the 2025-2026 season we will once again have two teams, one participating in the third class (CoS Joep as captain), and one in the second class (with Stijn as captain).

After the competition ends, we will look into other options to offer our members these competitive opportunities, such as the Kooscompetitie at All Inn.

6. Facilities and materials

6.1 Squash court locations

Sportcentrum Olympos

The weekly club nights and training sessions will take place at Sportcentrum Olympos, located at Utrecht Science Park.

- ❖ Address: Uppsalalaan 3, 3584 CT, Utrecht

Squash Utrecht and All Inn Squash

Given the success of the tournaments organised at Squash Utrecht in previous years, this season's tournaments (approximately 3-4) will be organised in coordination with Squash Utrecht, All Inn Squash or Kampong Squash.

- ❖ Address: Taagdreef 130, 3561 VL, Utrecht (Squash Utrecht)
- ❖ Address: Vlampijpstraat 79, 3534 AR Utrecht (All Inn Squash)
- ❖ Laan van Maarschalkerweerd 14, 3585 LJ Utrecht (Kampong Squash)

6.2 Purchase of equipment

We have money reserved to purchase new squash equipment this year, like squash balls from *squashpoint.nl* or All-Inn (subject to change in accordance with availability and pricing). We will buy new squash balls. Of these, we reserve 16 two-dot balls for the tournaments. We make a specific box for these balls and keep them safe in the closet. It is ensured that worn out balls are discarded. Besides the match balls, half of the newly purchased balls will be one-dot balls, and the other half will be two-dot balls. There will be blue and red balls for beginner players during the open club nights.

6.3 Sports shirts and hoodies for members

We purchase and distribute both sports shirts, pants and casual hoodies for members, each bearing the logo of US Beat It, the year (2024-2025), and (optionally) each member's name/nickname. In the case of the pants, they will only show the logo of US Beat It. These will be sold at cost price. Members will have the option to purchase either the shirt, the hoodie, the pants, all, or neither. The Secretary and Commissioner of Sports are both responsible for organising the hoodies and shirts.

6.4 Sports outfit for board members

We purchase sports shirts for each member of the board. Each shirt will bear the logo of US Beat It, the individual's name, the year (2025-2026) and the individual's board position. Moreover, we purchase sports shorts for all board members, bearing Beat It's logo. All board members took joint responsibility in organising this.

6.5 Additional purchases

Potentially, additional purchases will be made this year to renew the Beat It wall.

7. Finance

At the time of writing, the budget is still subject to change as the financial results of the year 2024-2025 are not yet finalised, and the number of members joining this year is still unknown. This budget is based on the scenario of Beat It having 50 members. To be conservative, a €100 subsidy that we only get if we have 50 or more members was not taken into account.

7.1 Financial policy

At the time these policy plans are being developed, the final balance for US Beat has not yet been made. For this budget proposal, it is assumed that the budget from last year will be realised.

The treasurer of the year 2021-2022 proposed to decrease Beat It's capital to €2.000,00, given the fixed charges of the society. This number is such that the society can continue to function comfortably for at least two years regardless of the number of members. Besides this money, we aim to have a minimal capital so that all the members get returns for their paid money to the society.

The treasurer of the year 2023-2024 developed a three-year plan, which is discussed in section 7.1.2, to bring Beat-It's capital down to €2.000,00 by the end of the financial year 2025-2026. We intend to continue with this plan.

7.1.2 Target capital

At the start of the financial year 2023-2024 Beat-it had a capital of €3343,35. The treasurer of that year proposed to bring the capital down to €2.000,00 in three years time (by the end of 2025-2026), such that the same amount of money is spent in each of these three years. Since the membership fee was increased with €5 (from €25 to €30) starting in the year 2024-2025, the deficit in the year 2023-2024 should therefore, assuming there are 50 members, be $50 * €5 = €250$ higher than in the two subsequent years. This amounts to a deficit of €614,45 for the year 2023-2024 and a deficit of €364,45 in the years 2024-2025 and 2025-2026. In accordance with this plan, we planned to spend the rest of the reserves above €2000,00 this year. However as the reserve this year was at €2606,23 we decided to take out €405,00 out of the budget, so next year €200 will remain. This is done to make the relative decrease in budget less strong next year.

7.1.2.1 Accounting for decreased budget next year

As the last years we have been decreasing our reserves, we have had an extra €365 to work with each year. To account for this money not being available next year, along with increased costs due to inflation, the membership fee will be raised starting in the next board year of 2025-2026. The yearly cost per member will be increased from €30 to €35.

7.1.3 Reservations

The treasurer of the year 2020-2021 introduced a reservation post for the lustrum subscription. The treasurer of the year 2021-2022 introduced the buffer and general reservations in order to assign all of Beat It's capital to a purpose. Accordingly, Beat It's passiva will be divided into different reservation posts to provide insight into what money is necessary and what money is superfluous.

- **Buffer**

This reservation post is a safety net for emergencies only. Usually buffers for societies are such that the society can pay its fixed expenses without any income for two years. Although Beat It at this

moment has very little fixed expenses (about €600,- per year), there is the possibility that this will change in the future. For example, before the year 2015-2016 US Beat It had to make financial commitments to Olympos and trainers regardless of revenues. For this reason, there will be €2.000,- in this post.

As the buffer is already equipped with €2000,- no additional money will be transferred in this fiscal year 2024-2025 to this reserve. Any unforeseen costs can be covered with the buffer. If money is taken from the buffer, it must be filled up to €2000,- in the subsequent fiscal period.

- **General reservation**

This reservation post contains the money that Beat It can freely use. All of Beat It's equity that is not in another post will be put into the general reservation post. The planned deficits will be paid from this reserve.

- **Lustrum budget**

Every five years Beat It hosts a lustrum event/week. Because this event requires a lot of money, we put aside €0,- to €200,- for the 20th year anniversary of Beat It, depending on the financial situation at the beginning of the year. This fiscal year 2024-2025 €200 will be added to the lustrum budget.

- **Total**

At the start of the year, Beat It will maintain a reserve of €2400,-, consisting of €2000,- in general reserves and €400,- allocated for the lustrum. By the end of the year, this will increase to €2600,-, with the lustrum reserve growing to €600,-.

7.2 Budget

On the ALV the candidate board of US Beat It of the year 2025-2026 will present the budget for the financial year 2025-2026. The annual accounts of the financial year 2023-2024 will also be presented by the board there. Some of the main costs and benefits are now discussed.

7.2.1 Grants

7.2.1.1 Cash-grant (Sportraad)

The Sportraad will remit this grant to every affiliated SSV. The amount of this grant depends on the number of members that register at Olympos as a member of US Beat It (SSV-registration):

0-49 members: €100,-

50-99 members: €200,-

And an extra €2,- per member.

The treasurer will apply for the Cash-grant before November, 1st.

7.2.1.2 Sportraad

Through this organization US Beat It will request for grants for tournaments, competitions, and events if they meet the requirements that are set.

7.2.2 Sponsors

The Commissioner of Sports is tasked with acquiring sponsors for Beat It. The sponsors can sponsor Beat It by providing money, necessary equipment or other necessities for the association. Also, old members can show their support of the association by donating a small amount of money.

7.2.3 Free drinks after open club night

The board has decided to provide €200 for free drinks after open club nights to attract new members. Most of this should be spent at the beginning of the year, when open club nights are the most busy.

7.2.4 Themed club nights

We propose to reserve €30,- for themed club nights. With this money, we can put some more resources into special club nights. The amount was lowered this year as we already have a lot of props in storage.

7.2.5 Tournaments

We propose to reserve €210,- for tournaments. Last year's cost were over €400, however this year should be significantly cheaper due to a deal with All-in for court rental. If more budget is available from subsidies, it will be spent on tournaments. We want to be able to rent high quality courts for our open tournaments, while keeping fees low.

7.2.6 Introduction day

We propose to reserve €50,- for the introduction day. With this money we can make this day free for all members, in order to welcome the new members to the society.

7.2.7 Start of the year event

We propose to reserve €185,- for the start of year event. This event is meant for new members to get an idea of what an AcCie event is supposed to look like, before the AcCie has been formed. With this subsidy, it will be more accessible.

7.2.8 Merchandise subsidy

We propose to reserve €100 to subsidise the shirts, so one merchandise item is relatively cheap.

7.2.9 Promotion

We propose to reserve €50 promotion of Beat it, which could for example cover costs such as flyers and stickers.

7.2.10 Squash balls

We propose to reserve €40 for the purchase of squash balls, to ensure there are always enough available during practices and tournaments.

7.2.11 Rackets

We propose to reserve €30 for rackets. This will allow the association to regrip our old rackets.

7.2.12 Christmas cards

We propose to spend €40 on Christmas cards, to send to every member during Christmas.

7.2.13 Bank charges

We propose to reserve €400 for bank charges. This covers the fixed costs of maintaining the bank account as well as transaction costs for automatic incasso and other payments. Costs are high at ING, but seem to be high at other banks, and switching is difficult as the requirements for SEPA direct debits are strict, and many banks do not allow associations to open accounts anymore.

7.2.14 Website

We propose to reserve €135 for the website. This is a fixed cost.

7.2.15 UU Fonds

We propose to reserve €30 for the contribution to the UU Fonds, which is a fixed cost.

7.2.16 Board clothing

We propose to reserve €100 for board clothing. This will allow board members to be recognizable during events and tournaments, and promote visibility of the association.

7.2.17 Gifts

We propose to reserve €30 for a gift for next year's board.

7.2.18 Lustrum 2028

We propose to reserve €200 to build up a fund for the lustrum in 2028. By saving money in advance each year, we can organize a larger celebration without placing a heavy financial burden on the budget of that year.

7.2.19 Board information sessions

We propose to reserve €25 for board information sessions. This ensures that there is a budget available for refreshments or materials during sessions to inform potential new board members.

7.2.20 Committee day

We propose to reserve €60 for a committee day. With this money, we can organize a day to thank and connect all committee members.

7.2.21 Unforeseen costs

We propose to reserve €150 for unforeseen costs, so that the association can respond flexibly to unexpected expenses.

