

18 aug 2023

# CF Hoogvliet Newsletter 1

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This week, we shared information about our upcoming events scheduled before 2024. In this newsletter, we will elaborate on the details of these events and provide instructions on how to register.

You may have observed that our gym is currently undergoing construction. Additionally, we will outline our plans for the upcoming weeks in relation to the renovation.



18 aug 2023

## events

currently we have 5 more big events planned this year, those are:

-DJ + drinks + bring a friend	Friday 1 September	19:00-20:30
-Basketball tournament	Sunday 17 September	12:00-13:00
-Strongviking run 13k	Sunday 08 October	+/-10:00
-1 year new location anniversary	Saturday 25 November	11:00
-24 hour carity workout	friday 1 December	18:00-18:00

## DJ + drinks + bring a friend

on the first of September we need everyone to skip their "vrijmibo" and come to CFH to workout in a party like setting. We'll have a DJ during the workout and it's a "bring a friend" so you can bring a brother, sister, mother, uncle, friend to join the workout with you. Drinks afterwards on the house.

**Sign up via the sportbit app, sign your buddy up by messaging 0636027112**

# **Basketball tournament**

On the 17th of September, we are organizing a basketball tournament again. Every time we organised this event it was a big succes. Everyone is welcome to shoot some hoops and compete against others outside...instead of inside the gym. This event will be held at "de Heerlijkheid".

**Sign up via the sportbit app**

# **Strongviking run (13km)**

We invite everyone to test out their fitness outside the gym during the Strong viking run on the 8th of October. You will run with others from CF Hoogvliet and finish as a team. Don't hesitate to sign up for this one and don't be fazed by the distance, if you take the next few months to train properly we are sure that everyone is able to finish.

**Sign up by messaging 06-36027112**  
**Deadline to sign up: 30-08-23**

# 1 year anniversary (new location)

It's almost one year since moving to the new location on "Middenbaan zuid".

We would like to celebrate this with you all with some drinks, food, mini-workshops and a lot of fun. On the 25th of November, CF Hoogvliet is open for everyone from 11:00 till 14:00. If you are planning to come and just have a cup of coffee please message 0636027112

**Sign up for workshops via sportbit**



## Cheeky little AD

Don't forget to order the new shirts via the link below.

The shirts fit true to size and are made of thin cotton fabric.

Copy this link and paste in your webbrowser:

[https://docs.google.com/forms/d/e/1FAIpQLSeWgTDM1Rn8mKyD\\_epQimVonnUiG-2szVC3Juk86xZGsMzlttQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeWgTDM1Rn8mKyD_epQimVonnUiG-2szVC3Juk86xZGsMzlttQ/viewform?usp=sf_link)

# 24 hour charity workout

This year we're organising the second edition of the 24 hour workout against multiple sclerosis (MS). Last year we raised 10k and we are hoping to overdo it this year. If you want to participate in the full 24 hour workout, message 0636027112.



MS is a long-term illness where the immune system mistakenly harms the nerves in the brain and spinal cord, leading to a range of challenging symptoms.

We want this event to be accessible to everyone, we will give individuals or groups the possibility to join for one or multiple hours. You can sign up for these hours via sportbit.

# Reconstruction plans

The next few weeks we are going to focus on the space where the sprint track will be placed (A) . This is our main priority because we will place a rig (B) in the area where the roof has been removed. Before we can install the rig, we need to reconstruct the floor which will take around 1-2 weeks. During this period, we will continue our training in the area where the sprint track is placed.



We are going to make a sitting corner/bar next to the emergency exit which will be our main entrance in the near future. After the rig has been placed, we are going to attach ropes to the ceiling and finalize both area's. We'll take a small break after this and then focus on the 9 by 9 floor upstairs where we are going to make a mobility/gymnastics/conditioning area.

