



RAGNAR ROTTERDAM
 STUDENTEN ZWEM-EN WATERPOLOVERENIGING

Newsletter 4

Summary

Preview:

NSZK III, Ragnar Camp, NSWK IV, National Goffert Holidays!

Review:

NSWK III, NK students, Pubquiz, Boot camp, Crazy 88, Old Members Drink

General:

Charity, Board members wanted, Viking Stories

Calendar

Activity	Date	Location
NSZK III	28 April	Eindhoven
Ragnar Camp	11 - 13 May	Breda
Charity Event	17 May	Rotterdam
NSWK IV	19 May	Delft
National Goffert Holidays	25 - 27 May	Nijmegen
NSZK IV	16 June	Maastricht
Inter Club		Rotterdam
Championship	28 June	
Pool Party	13 July	Schiedam

Preview

NSZK III

Do you want to swim in the same pool as where Ranomi Kromowidjojo trains? Or would you like to score some bingo points in the city of light? Join us to the NSZK III in Eindhoven on the 28th of April! You can sign up through the link in the email you received.

Ragnar Camp

Oh boy! That tickling feeling in my tummy comes up again, it is almost time for one of the best weekends of the year: RAGNAR CAMP! We have found ourselves a nice location in Breda for us to spend the weekend. Besides partying, beer, and activities, the weekend will revolve around adventures! And not just some adventure, it is going to be a big Dora & Diego adventure! Can you be the first to find the person puking? Do you see the many people laughing? Yes, right there, at the Ragnar camp! So, find your Boots and your Baby Jaguar and pack your (seemingly bottomless) backpack, 'cause we're going on an adventure! We will descend to Breda on the 11th of May and we will return, hopefully without too many bumps and bruises, on the 13th of May. The committee has come up with some awesome activities to entertain all Vikings, so block this weekend in your calendar!

NSWK IV

The fourth NSWK is upon us and our Vikings are in the running to become first and second! But, wait. There is a catch. This NSWK in Delft will have a PARTY at the end of the tournament! On the 19th of May we can once again drink beers, show off our dance skills, and become first and second in the NSWK competition! So, if you are not too hungover (yes it could last a week) from camp then come with us to Delft! Wise men say more beer is the best cure for the Camp hangover!

National Goffert Holidays

ATTENTION ATTENTION!!! VERY IMPORTANT MESSAGE!!! The national Goffert days are upon us in less than 2 months! In the last weekend of May a plentiful amount of beer will enter our bodies while we party the night away and, oh, of course we will play a little water polo here and there. Not only has this tournament become a national Ragnar holiday, it is also the first tournament of the season. Whether you are a swimmer or a water polo player does not matter, this holiday is for ALL :)!



Review

NSWK III

With some special beers in the train, and with a winning spirit, the Vikings travelled to the lovely Nijmegen to kick Hydrofiel's butt. Metaphorically of course (or is it?), since we managed to become first in one poule and second in the other. Afterwards we ate some very delicious pizza's and went home as happy victorious Vikings.



NK Students

In the weekend of the 24th of March, 23 Vikings descended on Leiden in an attempt to conquer a medal. Sadly, this was to no avail. But for those who know our Vikings, they are not easily defeated. So, they gathered their forces and with 34 Vikings they hauled in the bingopoints to keep us at a steady second place.



Pubquiz

About a month ago, 28 Vikings put their knowledge to the test in the Ragnar pub quiz! At this easy Monday, the group was divided into teams. They have learned all about Dua Lipa's songs and you got to know the difference between Donald Trump and Catniss Everdeen... All teams tried their best getting the answers right, but after a huge battle and many "very special beers" only one team proved to be the best! Sadly, they only played "voor Jan-Doedel". All in all, everyone had a great night, even without getting drunk. For a change.



Boot camp

Viking's very first and very own get a body like Zac Efron boot camp extravaganza. Organized by the water polo committee we did burpees, wall sits and much more. In order to get those iron butts and nine packs to be jealous of, we took it upon ourselves to make you super hot!

Crazy 88

What a day! After a heavy party the day before for many Vikings, everyone got to sleep in a bit to fully prepare themselves for intense day #2. I must say that the committee was really impressed and pleasantly surprised by everyone's enthusiasm! We sure trained our laughing-muscles that day, cause all we did was smile at all the awesome videos and picture we received! I don't think words can fully express everything, so go ahead and just look at the pictures:



Sadly, one particular challenge could not be completed: "18. Make a video of a group member chugging a bottle of Smirnoff Ice (yes, a big one) in the middle of a "Kruidvat"! This had two reasons: 1- Apparently, every store ran out of Smirnoff... 2- There was this huge security guy at the Kruidvat. Luckily, the committee still demanded a present and some particular committee member was rather naive:



Something that was actually done by all groups was the "hang on a bridge and touch the water with your feet challenge". However, there was one particular task only 3/5 groups managed to do: the two naked butts one! Sadly, those pictures were only meant for the committee to enjoy! Some funny pictures were added to the newsletter, but also do not forget to check out the video's which are attached to your email!

After this great day with lovely weather, we travelled back to Rotterdam to have dinner at Bregje, where we filled up our tummies with a three-course meal. After the entree, the grand winners of the Crazy 88 were revealed and rewarded with custom-made medals. The winners: Dagmar, Haico, Laura, Louis, and Savvas!

After such an exhausting day, most Vikings went straight home (some of them had to prepare for their championship-match, which sadly got cancelled last minute) to take some rest, but others persevered, got themselves some illegal vodka and did some awesome dances at Vibes!



Old Members Drink

Friday, the 23th of March, our annual old-members drink was planned at Café De Dijk. In expectation of a lot of our former (board)members, we also welcomed some of the honorary members of our lovely association, encouraged by our beloved trainer and honorary member Aad. During this evening lots of memories from the past were collected. We had a laugh about the black and white photos that were made during the first years of Ragnar's existence. With an attendance of fifty former members, we can be very proud of this successful evening!



General

Charity event

Which Cause?/What Charity?

Spiere voor Spiere is the organisation for which we will raise money this year. This organisation is collecting money for children with a physical disability due to a muscle disease. We Vikings know how good it feels to do sports, whether it is water polo or swimming. We all are lucky that our muscles are working well which enables us to do sports. Unfortunately, this isn't the case for approximately 20.000 children in the Netherlands. I (Diederik) grew up with a sister who is physically disabled, and therefore experienced how difficult it can be if you are limited in your movement. This is why we, as the 28th board, thought it would be a nice initiative to use our muscles to raise money for those who are physically disabled.

What are we going to do?

On the 17th om May we will organise a charity event. It will take place during the practice hour at the Oostelijk Zwembad. During this event, (a maximum of) 2 times 24 Vikings will swim one hour to raise money. There will be two different time slots at which you can participate. The first time slot will start at 20:45 and will end at 21:45. The second slot starts at 22:00 and will end at 23:00. This challenge is based on an existing challenge of the organisation Spiere voor Spiere. You will get an hour to swim as many lanes as possible. A perfect way to test your own stamina and to show your fellow Vikings how many lanes you can swim within an hour.

How can I participate?

Ragnar wants to raise an amount of €1000,-. This is why we expect an minimum amount of €15,- per participant! Every single participant needs to raise at least €15,-. To participate you need to register for a timeslot using

the following link: <https://www.eventbrite.nl/e/tickets-ragnar-charity-event-17th-of-may-44669928960>

After you registered you are able to make your own personal charity-page using the following link:

<https://www.sportenvoorspiere.nl/team/ragnar/meedoen/wie-ben-jij>

This pages will enable you to find sponsors more easily, you could share your page on social media or by sending an email. The amount that you will raise individually will be added to the general charity-page of Ragnar: <https://www.sportenvoorspiere.nl/team/ragnar>

I want to help Ragnar with raising money for charity, but I prefer not to swim. How could I still be able to do this?

The general charity-page can be shared as well on social media. It is possible to donate money on this page as well. Of course, everyone is welcome to cheer for their fellow Vikings during the event.

We hope to see you all on the 17th of May so that we can raise a lot money for Spiere voor Spiere.

WE WANT YOU ON THE 29th RAGNAR BOARD

Interested? In the coming few weeks, we will post some info about every function in the Facebook Group. The 20th of April, we will organise a board interest drink, so you can ask us everything you want. And maybe, it will be you that is joining a dozen Cobo's, twice as many Ragnar parties and infinite practices.

The screenshot shows the Eventbrite page for the Ragnar Charity Event. At the top, it says 'R.S.Z. & W.V. RAGNAR' and 'Ragnar Charity Event'. There is a photo of a group of people holding a banner that says 'RAGNAR ROTTERDAM'. Below the photo, there are buttons for 'Mijn team' and 'Teamleden'. On the right side, there is a progress bar showing 'Totaal opgehaald' (Total raised) as €0 and 'Donaties' (Donations) as 0. Below that, it shows 'Ons doel € 1.000' (Our goal € 1,000) and '0% Bereikt' (0% Reached). There are two main sections: 'DONEER DIRECT' (Donate Direct) with a button 'Doneer direct' and 'DEELNEMEN!' (Participate!) with a button 'Zelf een actie opzetten? Neem deel aan dit team!' (Want to set up an action? Join this team!).



The Viking Stories

Chapter 7: Old habits and new developments

You could see them already: the daffodils, snowdrops and the bluebells. You already could hear it: chirping sparrows and children playing. You already could smell it: freshly mowed grass and the flowers spreading their scent. Spring is in the air!

To celebrate that spring is approaching fast, a little festivity was organized, and you could feel spring among our members. Some turned into lovely sunflowers feeding themselves with Corona's, others walked around with chickens on their head. Even our *Little Bird* came out of his nest to see what was wandering around during the night, but more on that later.

Others were less hospitable to the long-awaited spring. *Sterfmans* for example, did probably predict the cold would hit back with a fucking minus twenty degrees a week later. His message was 'Spring is lekker zelf in the air', which translates to something like 'fuck you with your spring'. *Chickynicky* too, would rather skip the spring next time, after been terrorized by the scent of some flowers in a spray can (thanks to our international vlogger from Bratislava!).

As my job is to watch you all doing stuff worth writing about, I see a lot of customs appear. For example, *Aadfundum* with his comate *From Wood* were chucking pitchers of beer. Not only on Saturday evening, but also the evening before. Another habit is of course *Sterfmans* and the *Little Bird* sharing 'some' cigarettes. But, that is not the only thing they have been sharing this evening. They both wanted to pollinate the same girl, because they knew their pollen would be *Sticky* enough to fertilize the

flowers she was covered in.

However, it didn't end there for our *Little Bird*. He went back on his chase and as a serpent he deceived the not so innocent *Eve*. She tasted the forbidden fruit in his mouth, which she probably would compare to eating an ash-tray. Eager as he is, the little bird continued to flutter from place to place until he found a cozy spot just before the end of the evening at a beautiful orchid.

Luckily, also new things happened. *Markisses* for example, amazed everybody by kissing nobody! Our *sexy surfer girl* and *Bay watcher* saved someone from the Golfbreker. *Eve* did not find herself an Adam but a sugar daddy. At least, someone who's good with money. And against all odds, (not-so-) *Sterfmans* made his way home. Well not his own home, but it counts! Let's hope he has been listening to our love(ly)-doctors and used a rubber.

All nice and well, but there is one person I - and we all should - applaud for. The legend says he has an average of 5.7 per evening and he contributes to 69 per cent of our Bingo points. Ladies and gentlemen, our King of the Bingo: Mark, the Destroyer, From Mitten! Mark, hereby I would like to thank you for your tenacity and dedication!

Ps. There is a well-filled lost-and-found box containing self-respect, dignity, and for some reason a backbone. If it's yours, you can pick them up from your chairman Diederik. Although I must warn you because he probably lost them too.

Interlude: The story of the Picky Kisser

Often, I wonder, what is worth writing about? With so much warmth and love at Viking activities, not every story is worth telling about. *Little Birdie* - also referred to as *Stunt Pilot*, *Night-loving Butterfly* or *Slut* "not a hooker because he does not get paid" - don't worry, this is not a story about your nightly adventures with a little sister of a certain member. Nor is it about his three-is-a-charm policy. No, this is about our very own 'Praeses' 'chairman' or how I like to call him 'the *Picky Kisser*'. Because dear friends, our Picky Kisser is not only co-writer of the Viking Stories and ruling gossip queen of Ragnar, but also mister well-behaved. Of all people he, as a Chairman, should set an example of how it's done, but unfortunately, I never had the pleasure to bestow my verbal creations upon him. Until now.

It all started in Daphne's country, also called Brabant, specifically Breda. Some of our bravest Vikings gathered to celebrate and experience everything Carnival has to offer. Wikipedia describes this celebration rather well. I quote: 'excessive consumption of alcohol' and 'normal daily life comes to a stop for about a week'. And normal life indeed came to a stop for the Picky Kisser. Since our Little Bird's little-sister alarm went off, *Chickynicky* was all left to fend for herself. Like a gazelle standing alone, drinking water in the savannah, with no idea what might be luring from behind. With the slutty vibe that characterizes Carnival our self-acclaimed "Picky Kisser" felt a sense of hunger and spotted the oh-so-innocent *Gazelle*. Our Picky Kisser could not resist his urges and finally gathered his confidence, started hunting and sneaked towards his prey. Dressed as a parrot, he lured proudly and with effect! His prey was within his grasp. And boy! The heat was felt in the whole room. Our "Picky Kisser" finally picked and scored! Even though our Picky Kisser had devoured our *Gazelle*, he did make sure to provide for a safe haven in his arms until they reached the known territory Rotterdam.

A few weeks later, our men played a match during which our Picky Kisser shone as never before! Showing off his masculinity and securing his spot of dominance within the team of men, he made sure the men took home three *Points*. With those double wins, the Picky Kisser probably gained some confidence once again, because (spoiler alert) something was going to happen that night. After the match, the men, women, and disciples gathered at Vibes to "dance" the night away. As always, the beer flowed plentiful and dices were shared all around. Our Picky Kisser was the luckiest of all by obtaining many dices! Watch out my little readers, cause his hunger had arisen once again! Our *Gazelle* was occupied so he sought to still his hunger elsewhere. His eyes wandered across the room and a new prey was found. As the hunter that he is, he moved closer and closer until he reached a certain *Point*. Was it his hair that smelled like the perfect *Point* shampoo or just his irresistible charm? Whatever it may have been, his mighty hunger was stilled! Their lips touched, their bodies intertwined, and everybody cheered and applauded! Has our well-behaved Praeses turned into a Casanova? This writer is at least very curious. However, the night was not yet over! All of the sudden, disaster stroke: the DJ played Shakira's Hips Don't Lie. All the guys, including our Picky Kisser, were forced to take off their shirts and show their sexy bodies. However, the security was on *Point*, and they were not happy with this stunt. They kicked the guys out, leaving the Picky Kisser cold and alone outside, doomed to go home all by himself. But, as if it was a fairy tale and Cupid *Pointed* his bow and arrow at him, his princess came outside as well. This story appeared to have an even happier ending! Caring as she was, she took him home and took care of his cold and tired body.

So, you see dear friends. Even our Pickiest Kisser left behind his pussy-attitude and *Pointed* out how it's done. I recommend all of you take this as an example and come out of your comfort zone, because that's the best thing life can bring!

Chapter 8: Swimming on frozen water

This year our Vikings were introduced to an adventure that was already a tradition at some of our sister-associations. For some of you hard to imagine, but it can be described as swimming on frozen water with long thingies underneath you. Sounds difficult, something our *Big Bird* found out as well when he crashed with his 120 kg of muscle and bone into Paula (get well soon!). Luckily, his moves were way better, which got him a little treat that evening.

Although Spain isn't known for its frozen swimming skills, it is known for their party animals. A sponge was impressed by her sexy dances and successfully lured our *Spanish beauty* into his bed... Was he able to absorb her moisture? As bigger part of the group was filled with more experienced Vikings, it was a Viking's quest to be part of the story again. He was successful at day 1, something he might regret since this girl was all in love with the secrets behind the *Questionmark*. But the stickyness of this girl didn't withhold him from investing into a Northerner. As true Vikings know, 'investeren kun je leren' (from sowing comes harvesting). He continued his quest by tinding with this Northern Girl. And I am delighted to tell you he succeeded his quest! It took him a bit longer than the holiday lasted, but his birthday party was an excellent place to show this girl he was 21 with 5 years of experience. Speaking about this birthday, our *Big Bird* was also able to harvest some seeds he sowed during the holiday. Unfortunately, we miss the vital information to tell you how this came to an *Ent*.

We can conclude that our Vikings were able to lose their dignity in Risoul as well. One of them might think that she got away with her actions, but too bad my dear. Totally lost with her duplicate, she was looking for a place to stay during the cold nights in Risoul. But holy Risouly! Who are those sexy men!? Is it the free booze, is it the attraction of a hard working man pouring beers or the fact that bartenders are always good-looking men? I do not know, but something *Blondie_squared* will definitely agree on: there is nothing hotter than a bartender. No one knows how the two bartenders were able to separate the sisters, but some say it wasn't their appearance.

Last minute news flash!

Just before this letter was sent to the printer, some last information got in.

- Finally, finally! After all that time, *Brendabite* struck again! She is a self-declared trophy, which is a rather bad metaphor for 'only doing sexy-kissy stuff with cute boys who adore me'. Well, as I may quote *Moorkopje*, *Questionmark* is 'the best choice if you want to go for a great kiss'. Well, *Questionmark* indeed won the trophy!



- It did not *Ent* at the birthday party of *Questionmark* for our *Big Bird*. As I am writing this, breakfast is being made for the Bird!

- The *Rugby star* of the association kissed a still to be identified woman. The editorial office is still investigating the event, but sadly there is yet not enough information to come up with a conclusion. However, *Exclamation Marc* was kind enough to share a picture of the event in the Ragnar Chat, so you can see for yourself.

- Last but not least, *Little Bird* loured in his fourth since the last Stories! Congratulations! It was someone unfamiliar with Ragnar, but nevertheless a good catch, as she was a teacher. However, he owes his housemate some beers at BP, because they woke him up roughly in the middle of the night, and since *Little Bird* was already an hour late for work, his housemate made her breakfast.