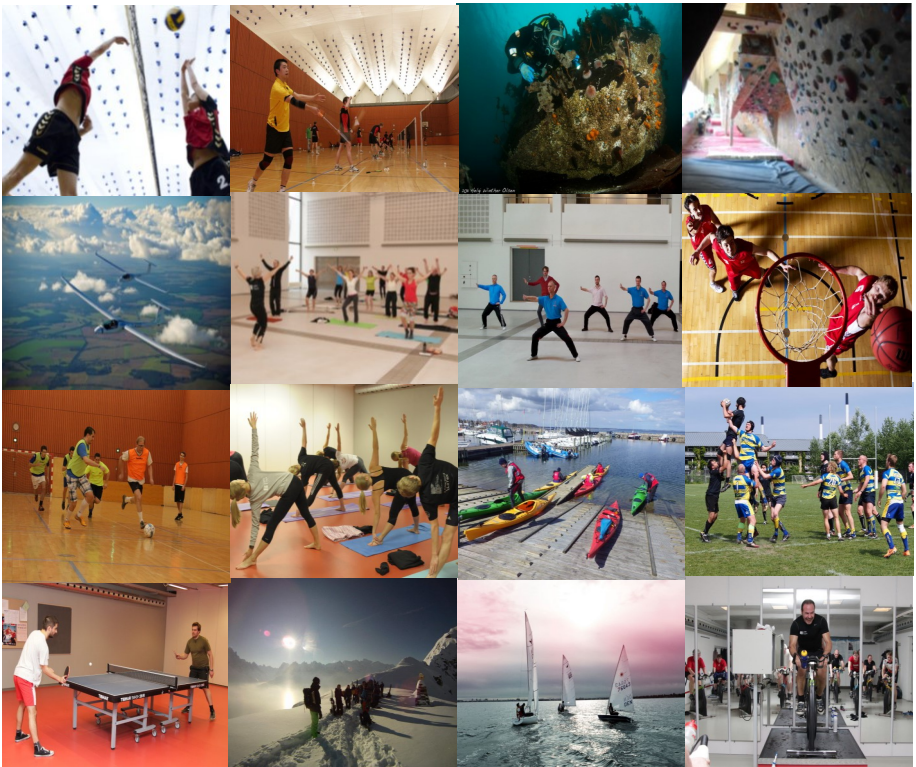




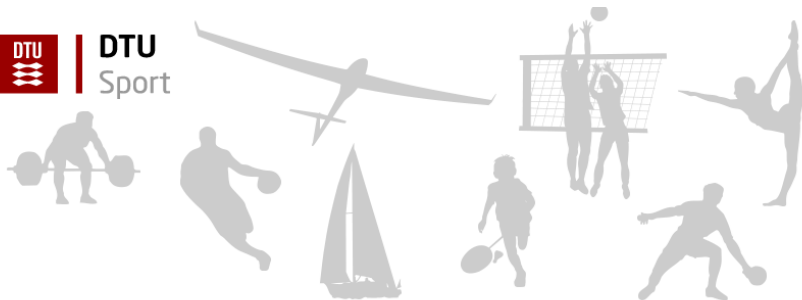
# DTU Sport

## ... MOVES YOU!





DTU  
Sport



The DTU Sport association offers sport and social activities for both DTU staff and students.

We aim to contribute to an active study and working life and at the same time creating and strengthen social bonds.

Besides 17 student-driven clubs, we offer various sportsoffers at DTU Lyngby.

*We hope, you will join this energy-boosting, eventful and*

*DTU SPORT*

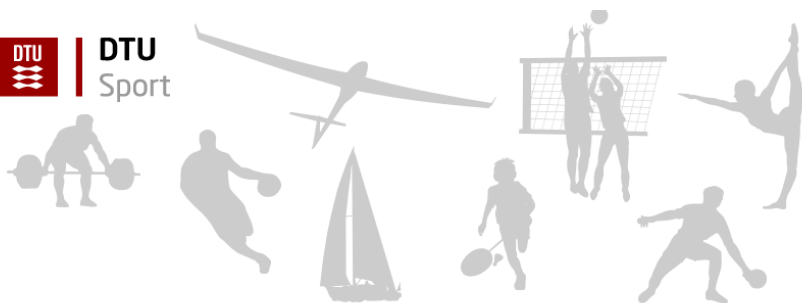
*Discover Thrilled Unification*

*Stimulate Passionated Outgoing*

*Relationships Thankfully*



DTU  
Sport



	page	DTU Kayak	17+18
<b>Clubs:</b>			page
DTU Airsport	1+2		
DTU Badminton	3+4	DTU Kung Fu	19+20
DTU Basketball	5+6	DTU Sailing	21+22
DTU Climbing	7+8	DTU Son Taekwondo	23+24
DTU Cycling	9+10	DTU Table Tennis	25+26
DTU Dancing	11+12	DTU Ultimate Frisbee	27+28
DTU Dive	13+14	DTU Volley	29+30
DTU Exiles Rugby	15+16	DTU Football	31

**DTU Sportoffers:**

Body bike	33	Gymnastics	35
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Fitness	34		

More info about Sportoffers : [www.dtusport.dk](http://www.dtusport.dk) under "DTU Sportoffers"



DTU AirSport has since creation in 1943 been closely connected with the Technical University of Denmark. DTU AirSport currently has around 65 active members, mainly engineers and engineering students. New members are always warmly welcomed, regardless of their education.

The best way to find out whether you like gliding, is by having an introduction flight, which is part of the trial membership. During an introduction flight you are placed at the front seat of one of our two-seaters, with an instructor behind. The instructor is able to take full control of the flight anytime, as the sticks in the front and back seats are interconnected. The instructor will control the plane during take-off and



## **Airfield and transportation**

Our home base is Kalundborg Airfield, where we fly every weekend from the end of March until October. Although the airfield is 100 km west of Copenhagen, getting there is normally no big problem. Transportation with another member of the club can usually be arranged. At the airfield grounds we have a spacious clubhouse, offering the option to stay overnight during weekends, thus enabling flying all weekend days. Please bring a blanket or a sleeping back, and a comfortable bed will be put at your disposal.

At the DTU Lyngby Campus we have a large workshop and meeting room, where all maintenance are done during the winter season.

*Eager for a test flight, our trial memberships have student friendly prices.*

*Write us an email at [pfg@pfg.dk](mailto:pfg@pfg.dk), or use our facebook page.*

## **Practical information**





# DTU

## Badminton

We are a club with approximately 70 members consisting of mostly students and alumni. With a wide range of players from experienced tournament players to beginners, it should be possible for all to find a place in the club.

### **The training**

The training is divided into three teams (1, 2 and 3), where the 1st team is the strongest. There are two training sessions: one on Tuesday evening and one on Wednesday evening. Thursday evening is "free play" without a coach for all members. Training times are:

- Tuesday 18:15 – 20:15 Team 1, with a coach
- Tuesday 20:15 – 22:15 Team 2, with a coach
- Wednesday 18:15 – 20:15 Team 3, with a coach
- Thursday 18:15 – 22:15 All teams, no coach

Training in the weekends is possible for all members and is planned in association with a board member. Badminton rackets will not be provided by the club and it is mandatory, that you use indoor shoes.

The training location is in DTU Lyngby sports hall (1 or 2) building 101.

### **Social**

Across the season there will be several social/active events for all teams including: BBQ-party, Training camp, Christmas party, Club championship and summer training.

### **Team matches**

We have two teams in "Sjællands Badminton Kreds" (Zealand Badminton Association), which means there is a possibility to play team matches. Each team consists of 6 men and 4 women. The current team level is 2.



### **Membership fee**

Membership fee is paid one time a year for the entire season, from September to August. The membership fees are:

- Team 1 and 2 (non-students) 850 kr.
- Team 1 and 2 (students) 750 kr.
- Team 3 750 kr.

### **Contact information**

For further information or registration please contact the board [join@dtu-badminton.dk](mailto:join@dtu-badminton.dk). DTU Badminton also have a web page



# DTU Basketball



Play Basketball at DTU, it's fun!

Practice for **season 2016/2017**

Time	Monday <sup>1</sup>	Wednesday <sup>1</sup>	Thursday <sup>1</sup>	Friday <sup>2</sup>
17:15-18:15	Ladies 2			
18.15-19.45	Men2		Men 1	Men 3**
19.45-21.15	Ladies	Old boys*	Ladies	
21.15-23.00	Men 1	Men 3	Men 2	

<sup>1</sup> DTU sports hall, building 101B- door #8

<sup>2</sup> Trongårdsvej 50, 2800 Kongens Lyngby

\* 20.15

\*\* 18.00

	Students**	Non-students**	<b><u>Fees 2016/2017:</u></b>
Ladies	800 kr.	1200 kr.	
Men 1	800 kr.	1200 kr.	
Men 2	400 kr.	800 kr.	
Men 3	300 kr.	500 kr.	
Ladies 2	300 kr.	500 kr.	



### Contact persons:

Ladies: Giannis Chionidis ([ichionid@gmail.com](mailto:ichionid@gmail.com))

Men 1 Matias Pozzi ([matpozz@gmail.com](mailto:matpozz@gmail.com))

Men 2 Manolis Papadakis ([papadakisman@gmail.com](mailto:papadakisman@gmail.com))

Men 3 Vlad Simon ([simonvlad@yahoo.com](mailto:simonvlad@yahoo.com))

Ladies 2: Daniela Dankova ([Daniela.dankova@gmail.com](mailto:Daniela.dankova@gmail.com))

Chairman Kim Emil Rasmussen ([ker@kmd.dk](mailto:ker@kmd.dk))

### Additional information on:

*Homepage:* <https://sites.google.com/site/piibbk/>

*Facebook page:* <https://www.facebook.com/dtubasketball>

E-mail: [geckos.dtubasketball@gmail.com](mailto:geckos.dtubasketball@gmail.com)

**Tryouts will take place by end of January/beginning of February in the sports hall in Lyngby.**



# DTU Climbing

DTU Climbing is a bouldering gym situated in building 101 above the sports hall.

We are 250-350 members across all levels and thus one of the biggest clubs in Denmark.

The climbing wall is open 6.00-23.00 every day.





## **Social events and trips:**

The club hosts several day or weekend trips to climb outdoors in Sweden. We also have internal competitions with professionally set problems.

## **Introduction day:**

You should definitely try out bouldering! We invite new climbers to try out our facilities the first Tuesday every month (except July and August) from 17.30-18.30.

In September and February: every Tuesday

## **Membership:**

Runs from September 1st to August 31st.

- DTU affiliated: 250 kr.
- Non-DTU: 350 kr.

## **Contact:**

E-mail: [info@dtuclimbing.dk](mailto:info@dtuclimbing.dk)

Facebook group: DTU Climbing



# DTU Cycling

**Come and join!**



The idea of DTU Cycling started in the spring of 2016 when a group of students met to enjoy the sport of cycling.



**DTU Cycling** wish to bring together all students and friends with the interest of cycling. Our members ride both road bikes, mountain bikes and cyclocross. For each discipline we strive to have at least one regular training day,

depending on the season, with start and finish around Lyngby or Ballerup.

**In the weekends and holidays** we go for extended rides or participate in races. Additionally, we try to arrange workshops on

## How to:

If this has startled your interest, lots of additional information can be found on our website:

[DTUCycling.klub-modul.dk](http://DTUCycling.klub-modul.dk)

or on facebook:

[Facebook.com/dtucycling](https://www.facebook.com/dtucycling)



You are always welcome to join one of our rides and have a chat with us about the club!



## Any further questions?

If so, please contact us by mail:

[dtucycling@gmail.com](mailto:dtucycling@gmail.com)

**We are** looking forward to seeing you on the bike!



DTU  
Dancing

# Dance with me



DTU Dancing is a social dancing club open for all, and it is not required, that you bring your own dance partner. We regularly shift partner. The club consists of around 200 dancers divided into different classes and levels: open level (ol) beginner (bg), intermediate (it) and advanced (adv).

If you want to master the dance floor, this is **YOUR** chance.

First dance lesson of the season is **Monday, 6 2017** and **FREE OF CHARGE**.

Once per semester we arrange the **bi-annual party**, where hundreds of dancers join together and celebrate their passion for dancing. Besides regular classes we also offer several workshops during the semester in weekends and occasionally on Fridays in S-huset. Many dancers go to the city during the semester to practice and show

off



One dance course costs **500 DKK** and consists of 12 lessons. Additional dance courses cost **200 DKK** per dance course.

Each season ends with parties such as Christmas parties and summer barbecue.

### **Dance courses in the spring season 2017:**

- Zumba (ol)
- Argentine Tango (ol)
- Salsa (bg, it, adv)
- Bachata (bg, it)
- Swing (bg, it)
- Standard & Latin (bg, it)
- Hip Hop (ol)

All courses are taught by skilled and friendly teachers. Please visit our webpage, where you will find the timetable, how to sign up etc.:

[www.danc-ing.dk](http://www.danc-ing.dk)

Each course has a facebook page named e.g. "DTU Dancing Salsa", where you find e.g. videos, events.

Please like our facebook page for info regarding workshops etc.



*"To touch,  
to move,  
to inspire.  
This is the  
true gift of  
dancing"*

- Aubrey Lynch





We are a small club, that primarily dives around Copenhagen and north-eastern Zealand. We focus on the friendly atmosphere around diving. The club is composed of members with different certifications and different experience levels



and everyone with a recognized diving certificate is welcome. Our members are glad to help new members getting started diving again and give advice about further training and equipment. The club has a compressor, cylinders, a selection of wetsuits and 2 sets of equipment for borrowing consisting of regulators and BCD. The members can borrow this equipment against a symbolic payment that help cover the maintenance.



## **When and where?**

As it is primarily the wind and weather, that decides where and when diving is possible,

the dives are often arranged on short notice using the club website. Diving happens all year but mostly in the warmest half of the year. The dives vary from surf dives from the beaches in Øresund, to longer trips to places like Lysekil in Sweden or Bornholm and boat trips to wrecks around Zealand.





### **Membership fee:**

The membership price is currently **400 DKK per year**. If you join after the 1<sup>st</sup> of July only half price is paid that year. Signing up happens through the club's website.



**C o n t a c t :**

Are you interested and want to know more about DTU Dive, you are welcome to contact us. Find out more on our website **[www.dyk.sport.dtu.dk](http://www.dyk.sport.dtu.dk)**, our facebook page: DTU



# DTU Exiles Rugby

The Exiles RUFC is the official rugby club  
of DTU.



The club is not only composed of DTU students and employees but open to anyone.

We represent over 20 different nationalities (so team language is English).

We have both a Women's and a Men's team.

Anyone can join—regardless of age, experience and fitness level.



*Photo Cred: Daniel Storch*

We are a very social club! So prepare for post-match outings, summer BBQ's, week-

- **Training** (Please check [www.exiles.dk](http://www.exiles.dk) for updated training schedule)

**November—March/April**

Tuesdays; indoors at DTU building 101.

Thursdays; Lyngby Stadion

**April—November**

Tuesday and Thursday from 6 pm-8pm at DTU

- Club fees can be found here;

<http://exiles.dk/index.php/exiles/membership>



Website:

[www.exiles.dk](http://www.exiles.dk)

Facebook:

[www.facebook.com/ExilesRUF](http://www.facebook.com/ExilesRUF)

Email:

Men's team: [seniors@exiles.dk](mailto:seniors@exiles.dk)

Womens's team: [ladies@exiles.dk](mailto:ladies@exiles.dk)



# DTU Kayak



Hi, we are located at Rungsted Kyst harbor and have 10 seakayaks and all the necessary safety equipment required for seakayaking. All new members must take our beginner course, or have seakayaking experience equal to [EPP level 2](#). We have 16 spots available on our courses each year, and they consist of 1 whole weekend day + minimum 3 evenings of 3 hours during April/May.

We usually have a club evening one or two evenings a week and have social events like barbecues and camp

**Beginner course dates:**

Option 1: Saturday 29/4 + every Tuesday in May

Option 2: Sunday 30/4 + every Thursday in May

**Price:**

First year (incl. beginner course) = 1000 DKK

Following years = 500 DKK

**Website:** [www.dtukajak.dk](http://www.dtukajak.dk)

**Facebook:** We have a members-only page.



**Contact:**

Claus Dalsgaard Jensen,

[s114701@student.dtu.dk](mailto:s114701@student.dtu.dk)

Simon Patrzalek,

[s123401@student.dtu.dk](mailto:s123401@student.dtu.dk)





# DTU

## Kung Fu

The club Kung Fu offers: Chen Tai Chi and Wing Chun

## Tai Chi

Taijiquan (Tai Chi Chuan) is a system of ancient Chinese health exercises, which were originally meant for martial arts. Exercise and breathing exercises together makes that you can keep yourself healthy and strong for a long life!

<http://chentaijiquan.dk>

**Training: Sports arena 1, building 101B, Lyngby, Thursdays 15.45-16.45**

*Please bring comfortable shoes and clothing*

**Teachers:** Sifu Peter Andersen

**Contact persons:**

Kenneth Østed, keos@dtu.dk

Sifu Peter Andersen, petesiggaard@hotmail.com

**Prices (for students and employees at DTU):**

**Merchandise:**

Season package (incl. T-shirt, member book, seminar discounts)	260
DKK	

Family package (incl. 2xT-shirts, member book, seminar discounts)	440
DKK	

**Team memberships:**

4 test lessons (refund, if membership or merchandise is bought):	260
DKK	



# Wing Chun

Wing Chun is a 400 year-old skill from the Southern Shaolin Temple in China. It is a fascinating martial art with deep roots in Chinese culture and philosophy, and is an excellent way to improve both your health and self-confidence.

Wing Chun is a traditional Chinese martial art, instead of brute strength it relies on sensitivity, technique and footwork to outwit your opponent. Invented by a woman, it is an ideal self-defence skill for people of slighter build as it teaches you to defeat someone bigger and stronger than yourself.

<http://wingchungkungfu.dk/>  
<http://www.londonwingchun.net/>

**Training: Sports arena 1, building 101B, Lyngby, Thursday: 16.45-17.45**

*Please bring comfortable shoes and clothing*

**Teachers:** Sifu Peter Andersen

## **Contact persons:**

Kenneth Østed and, keos@dtu.dk

Sifu Peter Andersen, petesiggaard@hotmail.com

All prices, memberships, merchandises etc. are the same as Tai Chi



Tai Chi



Wing Chun



**DTU**  
Sailing

## **Be Nautical**

**Earn your sperrys without socks!**

- Learn to sail
- Race sailboats around the world
- Make life long friends
- Become a professional skipper





Course Croisière  
ÉDHEC



National League



Laser Beginner  
Team



X-79 Team

**Join DTU Sailing now!**

[facebook.com/DTU.Sejlsport](https://facebook.com/DTU.Sejlsport)  
[www.dtu-sejlsport.dk](http://www.dtu-sejlsport.dk)

Powered by  
 **QUARTER  
DECK.CO**



# DTU

# Son Taekwondo

## Try it!

Come join for a training packed with challenges for body and mind.

The Class emphasis is on basic techniques, sparring, self-defense, movement and breathing. The student is in focus! Just show up!



## What do I need to bring?

- Come as you are! Just bring good spirits and exercise





**When: Monday:** 20:15-22:00

**Wednesday:** 18:30-21:00

**Where: DTU, B101** — Basement, under the gym

**Price:** 600 kr per semester

Contact information:

[www.dtusontaekwondo.klub-modul.dk](http://www.dtusontaekwondo.klub-modul.dk)

[kbhsontaekwondo@gmail.com](mailto:kbhsontaekwondo@gmail.com)

[www.facebook.com/groups/KBHSONtaekwondo](https://www.facebook.com/groups/KBHSONtaekwondo)

Trainers:



# DTU

## Table Tennis

Whether you are an experienced player or just want to play for fun, there is room for you at DTU Table Tennis. DTU Table Tennis is a small club, currently around 15 members, with players at all levels.

We currently have a single tournament team, that competes in local series.

### **When and Where**

Training takes place in the basement under the sports hall of building 101 every Tuesday and Thursday from 19:00 to 22:00 in the period from mid-August to early May.

Just show up – we have a

### **Annual Fee (2016/2017)**

Exercisers 450 kr.

Tournament Players 750 kr.

### **Please feel free to contact us:**

Claus H Winther, tel. 51788692,

E-mail [familien.winther@outlook.dk](mailto:familien.winther@outlook.dk)

Brian Harbøll, tel 53729422,

E-mail [bbh@copydan.dk](mailto:bbh@copydan.dk)

### **Further Information**



## **Headis** *New in 2017!*

Headis is a new sport, coming from Germany, and is best described as a hybrid between soccer and table tennis. It is played at a regular table tennis table, but with the players striking a 7-inch ball with the head.



## **Membership fee**

Membership fee for the table tennis club covers for both sports.



# DTU

## Ultimate Frisbee

Ultimate Frisbee is one of the newest additions to the sports that are offered at DTU. We are a very social team and the focus is on having a great time while improving your skills.

### Ultimate Frisbee

Ultimate is played both indoors and outdoors according to the weather conditions. For the first few months of the spring semester we will practice indoors. The indoor game is a fast paced game played 5 on 5. The indoor trainings are:

Monday:                    1   3   .   0   0   -   1   5   .   0   0  
Wednesday:                16.15-18.15



Once the sun comes back, we will go outdoors, where the game is 7 on 7. Practice will be held twice a week after classes have ended. The days have not yet been chosen.

## **Tournaments**

We currently have two men's and one women's team competing in the national league. We also participate in the mixed league and encourage our members to set teams to any of the many other tournaments.



## **Join us!**

We welcome all new players at all levels. At the moment we are about 50 members with a wide range of nationalities and fields of study.

Free practices will be offered for the first two weeks of the semester, and thereafter you can sign up to become a member and receive a free disc.

Join our Facebook group '*Frisbee Fridays at DTU!*' or scan the QR code above.



# DTU Volley

DTU Volley is an official DTU Sports club, offering a perfect mix of sportsmanship and fun. The trainings are held in the Sports Hall 2 at 101E, DTU Lyngby Campus. We participate in the SVBK League, international tournaments and local competitions at numerous different levels.



But DTU Volley is far more than just volleyball! We arrange social events almost every week, including the Christmas Lunch (Julefrokost), the Easter Lunch (Påskefrokost). After training, we often hold common dinners, or just hit the bar ;)



Do you want more? Every semester we organise the internal DTU Volley World Cup. In spring/summer we offer two dedicated beach volley fields at DTU Lyngby Campus and host almost 50 teams at the DTU Volley Summer Tournament.



## Join us!

Our club is open to everyone, both for those looking for fun and those thriving on competitions. You are always invited to come and see for yourself, no matter your skills. The first two trainings are for free - check our Facebook at the beginning of the semester for more information.

	<b>Monday (Hall 2)</b>	<b>Wednesday (Hall 2)</b>
<b>18:15 - 20:15</b>	Mix 1-2-3	Mix 1-2-3
<b>20:15 - 22:15</b>	Mix League Men's League	Mix League Men's League



## Contact

Don't hesitate to contact us with any question, doubts or suggestions. Our **Player's responsible** can help you with joining the club and all training-related issues, while our **President** is ready to answer questions regarding the club.



Facebook page

**Nienke Müller**  
president@dtu-volley.dk

**Quentin Grasset**  
players@dtu-volley.dk



dtu-volley.dk



# DTU

## Football

Information about the club can be found here:

<http://www.postme.com/fcpolyt/default.html>

<https://www.facebook.com/DTUfodbold>







**DTU**  
Snow



DTU Snow is most active in the winter season. We arrange the yearly trip on ski to the Alpes, which is very popular amongst DTU Students.

For more information:

<https://www.facebook.com/DTUSNOW/>

<http://dtusnow.klub-modul.dk/>



# DTU Sportoffers



DTU  
Bodybike

Bodybike is your chance (regardless of previous experience with bodybike) to get high intensity, indoor training on a bodybike. The program for each training session involves both low and high intensity sections and will vary for each session. Further, we arrange highly social - yet active - events such as marathon, duathlon and theme classes. The training takes place in the basement of building 101b, which you can access from the staircase just next to the sports arena.

Please join our campusnet group *DTU Bodybike*

**Price** (DTU affiliated students, employees) **100 DKK (2 months)**

**Price** (non-DTU affiliated): **125 DKK (2 months)**

Contact person: Mette Rasmussen [metras@mek.dtu.dk](mailto:metras@mek.dtu.dk)

Read more about training schedules under *Bodybike* at [www.dtusport.dk](http://www.dtusport.dk)





DTU

Badminton Exercise



DTU

Football Exercise

DTU students and DTU employees have the possibility to rent:

- Badminton courts in sport arena 1 (closest to the wardrobe) for 60 minutes
- Football indoor court in sports arena 2 for 60 minutes

More information and price at [www.sport.dtu.dk/sportsoffers/](http://www.sport.dtu.dk/sportsoffers/)

For both offers please go to the teamoverview.

Contact person: Henrik Voigt, sports supervisor [henrikv@dtu.dk](mailto:henrikv@dtu.dk)



DTU

Fitness

Fitness is offered in building 101B (balcony, 1st floor) with access using the staircase. Fitness is open all days **05.00-22.45** except during special events, exam periods etc. Information will be provided on the DTU sport website, DTU sport facebook and with a poster at the hall.

**Price** (DTU affiliated students, employees) **180 DKK per 2 months**

**Price** (non-DTU affiliated):

**225 DKK for 2**

**months**

**Fitness contacts:**

[dtufitnesslyngby@gmail.com](mailto:dtufitnesslyngby@gmail.com)



We offer gymnastics and basic training in order to prevent injuries and build up muscles. We focus on suppleness and try our best to remove problems regarding neck, shoulder and arm.

- Wednesday 16.00-17.00
- Basement in building 101B (by staircase next to the sports arena)

More information and price at [www.sport.dtu.dk](http://www.sport.dtu.dk)

Contact person: Franz Heinemeier [frhe@dtu.dk](mailto:frhe@dtu.dk)





# DTU Yoga

This is a dynamical and physical form of exercise. You will work with all the muscles in the body in order to create strength, suppleness and balance in the musculature as well as increasing stamina and strengthen your consciousness.

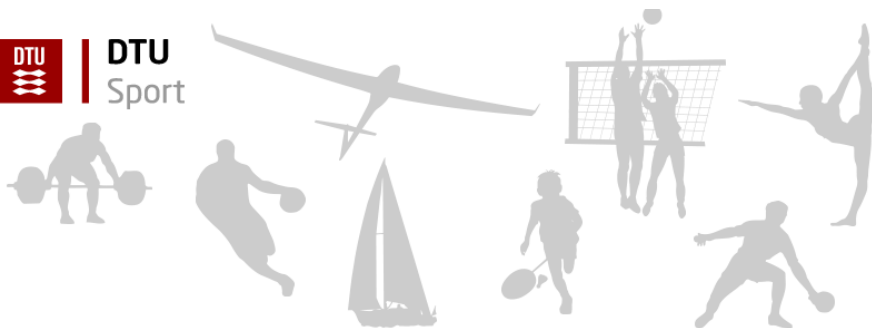
- Tuesdays 16.00-17.15
- Thursdays 16.00-17.15
- Basement in building 101B (use the staircase from the sports arena)

More information and price at [www.sport.dtu.dk](http://www.sport.dtu.dk)





**DTU**  
Sport



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**Facebook:**

DTU Sport

[www.facebook.com/DTUsport](http://www.facebook.com/DTUsport)

**Website:**

[www.dtusport.dk](http://www.dtusport.dk)

**Contact:**

[sport@adm.dtu.dk](mailto:sport@adm.dtu.dk)

**Sport Supervisor:**

Henrik Voigt

[henrikv@dtu.dk](mailto:henrikv@dtu.dk)

Tel. 45 25 12 70

Mob. 93 51 18 00

Building 101B next to the sport arenas

Mon-Thurs: 12.00-14.30



**DTU**  
Sport