



Hello Arribaan,

Instead of my occasional mail about match-related affairs, you now have the great 'privilege' of reading a whole text written by me! This will be the third piece from a board member that will cover a page in Arriblad. Again Arriba – and thereby basketball in general – will be the main subject (of course).

As you all undoubtedly know, Arriba is all about playing basketball and having fun with the club members in activities besides basketball. Some two months ago the board decided to clean up the Arriba lockers located in Sporthal 1, just to make room for stuff to come and to throw the shit out that had simply lain there for ages. The job took way longer than the expected 1.5 hour, but one does not simply throw away a heritage left behind by all those ex-Arribanen. It really makes you think about all the nice moments Arriba has created for people throughout the years. Photos of students who are now probably in their fifties, but look very similar compared with the photos taken today. Arriba was founded in 1964, so for over 50 years the club could pursue its main purpose: to provide an opportunity for people to play the sport they like. When you take a look in a 35 year old "ALV boekje", it's a funny thing to see that in those days they were struggling with similar problems and were planning some of the same fun stuff as we are today. The training schedule was a brain-breaker 35 years back as well and leisure activities besides basketball also enjoyed high priority. I personally think we can all be proud that, with combined forces, we keep the dogma of Arriba the same way it was – and trying to improve it – for such a long period. And now we even do it without the horrible fashion-ideas and the worst hairdos! Maybe I'm just being sentimental, but with changing times, for better or worse. Playing a sport that interests a group of people creates a connection between them, which is bound to even make a link with the guys who played the sport for over 35 years ago. So please keep enjoying playing basketball – or other sports for that matter – and maybe years from now, some other dude can write a similar story over how great it is to be part of Arriba!

Greets,

Redmar Vlieg  
Match Secretary



3e edition, March 09 2012 (**Succes met de wedstrijden!**)

Copy closure next edition:

We got some input from Arriba-members who do not sit in the Arriblad-commission. So if you mail us something you want to share with other members, don't be afraid to do so! The chances are big that it will be put in the Arriblad!

The important question now is: **Who is that sweet girl in the middle of the heart?**



Mail your answer to: [arriblad@arriba.student.utwente.nl](mailto:arriblad@arriba.student.utwente.nl)





## SEASON UPDATE

It's time for Friday night basketball! Almost all teams have a game this Friday, except for Heren 2, who can give their legs some rest. So with these upcoming games, it's also time for a quick talk about how these teams are doing. I'll start with the Heren 2: they can rest with the knowledge that no one is going to take their second place from them. Heren 2's chances to win the competition are very slim though. Maybe this has something to do with their absence from practice... However, when Team America is in the gym it's always fun, so let's hope they are here to support other Arriba teams and make it a fun night.

Heren 3 and 4 both play at 19:00. This might cause some problems, since they usually help each other out with bench players. I'm curious how many players will be there for the game. I do not worry since both teams play their hearts out and have a lot of energy. Heren 4 will face S.V.Z.W. H3, the number 2 in the competition. Glenn, the point guard of Heren 4, may face some familiar faces, facing his old club. Of course, he wants the win and so do we. It's going to be a tough match, but if they win, they will equal Heren 3 in points. This brings me to Heren 3, third in the completion and fighting for a second place in the league. Their training effort sure is good and I'm betting they will crush Risne stars Heren 2. Fun fact about Heren 3: They made 688 points and also had 688 points against them so far; Time to work on that scoring balance?

Later in the evening, our ladies and first men team play at 21:00. It looks like the ladies will play without a shot-clock... They face Volic 3th in the league. It's been a while since the ladies won a game. As they are placed number 6 in the league, this will be tough match for them. In my humble opinion, their opponent takes things a little too serious! They even take stats of their games and post it on the Rayon site! I'm hoping that our ladies will just have a lot of fun and if they do, they are more than capable to win this one.

Last but not least (again in my humble opinion): Heren 1. They're last in the competition, but always fighting for their chance, bringing them a win in the last second, two games ago. Heren 1 is facing Arnhem Eagles Heren 2. The question is, can Arriba Heren 1 keep their head calm and play simple basketball. Bass told us

to just KISS, you can ask him yourself what he means with that. It's what gave the Heren 1 an unexpected but fairly deserved win against Batouwe. If they want to win against Arnhem, Heren 1 needs to have a good D.: Arnhem scores a lot of points the last few games and will face Arriba with confidence. Who will win? Friday will tell us, but you can bet neither team is going to give it away.

## Placebo tape also helps!

Recently, a study about the Kinesio-Tape (see photo) was conducted with some

Arribanen from Heren 1 and Dames 1. They had

to wear some tape on their leg during the

practice. Afterwards, the jump height was

measured with a jump platform. To measure the

effect, the jump height was measured three

times: once without tape, once with the Kinesio-

tape and once with placebo-tape (but the

participants didn't know that it was placebo-

tape). Then the three results were compared to

see if the tape had effect on the jump

performance. The outcome is that nearly most

participants jumped higher with tape on, but 80% of them jumped the highest

with the placebo-tape. This shows that the Kinesio-Tape had no significant impact

on the jump height, but the colored tape generally has a positive influence on the

jump height. So for the next game, you should already buy some colored tape ;)





~ RECLAME ~

Zoals je weet doet we ook dit jaar weer mee met de **batavierenrace**, de estafette hardloopwedstrijd voor studenten van Nijmegen naar Enschede. Het startsein van de race wordt gegeven in de nacht van vrijdag op **zaterdag 28**

**April 2012** om 12 uur. De voorbereidingen zijn al in volle gang.

De voorlopige etappeindeling is te vinden op het prikbord en op de website.

## We hebben nog steeds lopers nodig!

Als je wel mee wilt doen maar geen voorkeur hebt voor een etappe, laat het dan ook weten.

Vorig jaar zijn we op een 126<sup>e</sup> plaats geëindigd (van ruim 300 teams). Maar meedoen is belangrijker dan winnen en het belangrijkste is om tijdens de race veel plezier te hebben. Wel is het doel om voor Harambee te finishen, omdat wij sneller moeten kunnen zijn dan een volleybalteam dat tijdens wedstrijden niet eens rent.

Meedoen aan de Batavierenrace is meer dan alleen een aantal kilometers hardlopen. Alles erom heen is wat het zo leuk maakt. Zo reis je met je ploeg van wisselpunt naar wisselpunt, wat erg gezellig is en zaterdagavond is er op de campus een groot feest. Daarnaast is er die avond een barbecue voor de Arribanen die meedoen aan de Batavierenrace.

Waarschijnlijk wordt er nog een pre-bataloop en een informatieavond georganiseerd, meer informatie hierover volgt nog. Schrijf je snel in en laten we er een groot feest van maken! De kosten voor de deelname zijn: €15,- voor de bata en €5,- voor de barbecue.

Voor meer informatie, check [www.batavierenrace.nl](http://www.batavierenrace.nl)

De Batacommissie

**FLABA!**

This year again, the Flaba Tournament has been a success. The organizers Stephanie, Rob, Oz and Bob from the Tournament Commission did a great job organizing a fun tournament.

In total, 9 teams participated in the tournament. Teams consisted of 6 to 10 players, where every team tried to show their skills on the basketball court while enjoying the game of basketball. Teams like the



study association Stress, or mixed up teams with some Arriba players have been part of this all around fun tournament. In the end the winner got a six pack of Duvel, the 2<sup>nd</sup> place (which can be seen on the picture, because we didn't receive a picture of the winning team) won a decent Dutch beer, whereas the last place won a non alcoholic beer, Bavaria. Hopefully, we have persuaded newbies to the game of basketball and to join Arriba and have fun playing basketball!



## HandGeevers

It was after the first half. We were tired, but not thinking at all about giving up. All two people in the audience were on the edge of their seat. Then it happened:

One of our star players and shooters was nowhere to be found. Couldn't he handle the pressure? Was he calling Hart van Nederland to let them cover this incredible spectacular victory? When the team heard this was not the case, but something was wrong with his hand, there was a shiver going through their spines. If the most important part of his body, his hands, were irrecoverably damaged, all hope was lost. If it would have been his legs, he could have crawled to the basket and still make the important scores.. If it would have been his head, they could have told him where the basket was and he could still score.. But his hands...

The show must go on, so we kept playing. Then Lord Loempia came back from the dressing room. He was holding his hand like a soldier returning from the battle field. What had seemed to be a giant injury, now appeared to be nothing more than a little scratch. We were happy as hell and with the winning team back together we crushed the opponent. Like nothing ever happened.

In the 5<sup>th</sup> quarter, he looked back at the game, laughing about it, with.... a cold beer in his hand!

## Wistje datje... (Sorry for not having this in English!)

- Rik ook mooie Roland-sokken heeft gekocht? Hij hoopt dat dit helpt tegen zijn blessure.
- Paul de wedstrijd heeft gemist doordat hij de sleutel was vergeten?
- Arriba uit bij Jugglers ongeveer evenveel publiek had als de thuis spelende ploeg. Dit echter niet mocht baten voor de uitslag?
- De heren van het eerste team de fans wel mogen verwarmen voor de aanmoediging bij Jugglers, want het was die avond – 23?
- Het recreantenteam van de dames een teamavond heeft gehad, en dat dit heel gezellig was?
- Er voor volgend seizoen nog wel wat meiden moeten bijkomen, dus haal je vrouwelijke huisgenoten, zusjes, nichtjes vriendinnen over om bij Arriba te gaan!
- Het eerste dames team een center-overschot lijkt te hebben?
- Het derde team van Arriba in een prachtige wedstrijd voor de tweede keer van het vierde team heeft gewonnen dit de stand brengt op 2-1 voor het derde?
- Het vierde team revanche wil bij deze stand.
- Het Arriblad gesponsord wordt door het ROC Hengelo?
- Het Arriblad luchtig is geworden?
- Het bestuur niet 2 weken van te voren mailt bij activiteiten?
- Beer een eigen website heeft? [www.beersijpenstijn.nl](http://www.beersijpenstijn.nl)
- En er filmpjes over bepaalde vrije worpen zijn te vinden, ergens...
- Anne-Jolijn trouwjurken is gaan kijken?
- Wist je dat Oz onder invloed was voor de wedstrijd?
- Heren 2 verloren heeft van de laatste in de competitie?
- Heren 4 meer recreanten heeft die competitie spelen dan competitie spelers die competitie spelen?
- Heren 1 het voor elkaar krijgt om hun teamavond te plannen terwijl er gewoon veel thuiswedstrijden zijn?
- Er iets niet helemaal klopte in één van de foto's van de 2<sup>e</sup> editie van het Arriblad?
- Er een Arriba-feest aankomt!!!
- Amber in Melbourne zit?



- Maar Mirte weer van de partij is?
- Heren 1 nooit om de grappen van Gijs lacht?
- De Arriblad commissie Holger moet drinken omdat het bier niet vergoed krijgt?
- De secretaris van DBV Arriba zijn CV op monsterboard heeft gezet?
- De aanmeldingen voor de bata44 race binnenstromen, en je dus heel heel hard moet opschieten als je nog mee wil doen!
- Hans best zenuwachtig was voor zijn eerste keer?
- En Dames 1 met Tim hem gingen aanmoedigen op de tribune met de trommel?
- De huisgenoten van Jennifer zich erop verheugd hadden dat er door de Arriblad-commissie in de woonkamer gedanst zou worden?!



### Reader's letter

(We got a new category!)

*Honorable Arriblad-commissie,*

I'm not that new to the club, therefore I know that Arriba once had stronger ties between their members. I really like the parties with Arriba, especially those in the Vestingbar after an evening of games. But nowadays it seems like the spirit is gone. I really miss those evenings and I know others do as well. I am afraid that the newer members do not even know where the Vestingbar is! But nowadays the teams who play first don't stay to watch the other teams and teams who play last don't come earlier to support the others. The "role model" heren 1 even plans team evenings on well-planned club-evenings. The match-secretary hasn't done that for fun, it is to get to know the members of the club. I know that you can't force people to stay and have a beer (and more, of course ;) ) with the club, but it would be nice if the club spirit comes back. So, I hope that this letter will motivate at least some people to enjoy more time with the club.

*Sincerely,  
Arribaan*

PS: YOU can also send us a letter if you want, feel free to write us!

# ARRIBLAD

## Jennifer's Spelletjeshoed

### REBUS!



~~3~~



~~2/3~~



~~2/3/5/6~~



~~1/5~~ e=T

### Picture of the month



You can WIN something if you mail the correct answer (rebus and/or pic) to:

[arriblad@arriba.student.utwente.nl](mailto:arriblad@arriba.student.utwente.nl)

(First correct answer wins, but only ONE try)

### You could have won this!!!

That's a shame! You are not the winner of this beautiful beer- package!! Harriët won the lovely nice chocolates with the first edition of the Arriblad at the Sint-arribaklaas party, because she did send the answer of one of the questions to the Arriblad- committee!!! But, unfortunately nobody did send any answer last time, so no one did win the beer- package Jennifer is holding in the picture. The Arriblad-committee had no problem with drinking it themselves.. Next time.. you could try to win the price!!



### Quotes (WE WANT MOAR!!!)

Tim: "Ik kan niet om 12 uur thuis, komen. "

Sophie: "Ik trouw twee keer per jaar ."

Harriet: "Er zijn meer dingen naast ongesteldheid."

Davey: "Ik beken alles."

Sophie: "Hans is zo'n schatje!"



**Dear Beer,**

Yoda in his prime, vs. Chuck Norris. Who would win?

Greetings,

Nick

Hi Nick,

Yoda wins, hands down. As we all know, Chuck Norris is famous for his one move: the roundhouse kick. Even though he masters this move to perfection, he is very predictable. Yoda, whose midichlorian count is as far as I know only topped by Anakin Skywalker/Darth Vader, doesn't even need the Force to anticipate Norris' moves. As observed near the end of Star Wars Episode II: The Clone Wars, even at a high age Yoda is very quick and agile warrior. Although he is a master of all seven forms of lightsaber combat, he mostly practices Ataru, which is a fast-paced and acrobatic style. By the time Chuck Norris manages to throw out one roundhouse kick (which would probably fly over Yoda's head, since Yoda is, just like you, rather short), he would already be slashed to pieces by Yoda. All in all it seems pretty clear to me: Yoda beats Chuck Norris. Anytime, Any galaxy, period.

Beer

Dear Beer,

I once received a crossover so bad, that I had nightmares about it. Finally, after the Christmas holiday, I thought it was far behind me. The first game after this, I wanted to show I'm a god at playing help side, however, I got dunked on. Hard. Whatever I do, I cannot get out of this slump of bad things... I even got 'kobe'd' a couple of times. Do you have any tips on how to get out of this slump?

Greetings from Luxembourg.

Hello AnonymOz,

This sounds pretty bad. By any chance, were these moments captured on camera? I would love to see them! I am afraid I have to disappoint you on this one. Although I must say I have quite some experience in life and a vast knowledge on all sorts of subjects, I find it difficult to relate to your situation. You see, in the type of situation you describe, I am the

one to cross another over, or to dunk over someone. I can only advise you to become like me and in order to do that, you need two things: A lot of practice and, frankly, talent.

I hope you are in the fortunate situation to meet both these requirements, if so, and with the previous question in the back of my mind, I might let you be my apprentice. You would have to call me Master Beer though.

Regards,

Beer

Dear Beer,

I was playing this game, CoD, and this guy was camping, so I knifed him in the back. However, he came back immediately and quickscoped me. This all happened when my teammates were capturing the A-flag during domination groundwar, and it was the only flag we had. So we got spawntrapped. Do you have any tips on to break the spawntrapping? I'm a level 65, 5th prestige, but I'm unable to get any assault-streaks, since I only play specialist? Should I be switching classes?

Greetings,

Age.

Hi Age (Is this your real name? It sounds rather silly, since it has an English meaning as well),

Just some small tips on playing the game: it can become difficult if you are trapped, so try to avoid that by becoming quicker. Furthermore, don't switch classes. If you are a specialist and say, for example, your playing area is in a crowded place, just make sure you become the very best at it. Keep focused, and do not switch to a different specialization, like for example long range shooting.

Good luck on your game!

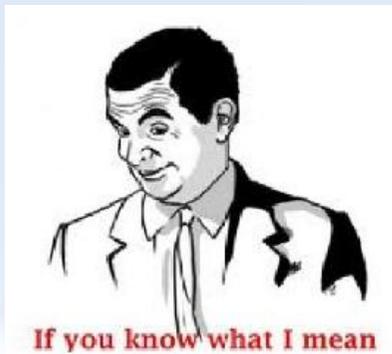
Beer

# ARRIBLAD

## Grappen en grollen...

So, Gijs asked us (Age and me<sup>1</sup>) to write something funny for the Arriblad. Since we've got nothing better to do, we'll be like Niké: Just do it.

So, we had to come up with something funny. We could show a picture of Oz (Oguz) in the shower, which is actually really funny,



however, that would be inappropriate.

Thus, we need to think of something else. "Davey has a lot of travelers checks" is only funny for the first men's team, and Beer shooting free throws isn't funny at all.

When we think about it, it's really hard to come while being drunk, but it isn't hard to come up with something funny, which usually takes ten seconds, but the other way around is completely the opposite (for Age, the ten seconds still count ;))

Isn't that right Age?

*No, that's not right... usually it takes me a bit less.*

Are you serious? Less than ten seconds?

*My brother can do it even faster than me!*

What the f... You guys race each other? leeuw...

*Yes, we race each other, mano-a-mano. We both start at the same position, and then we both take off..*

Wow, that is crazy, and sickening actually... And really sad. You are telling me,

that you can come within 10 seconds, and your brother (I'm assuming Imme?) is even faster? I need to check that with Anne-Jolijn...

*Why? She's fast as well. She doesn't mind.*

How would you possibly know that? Don't tell me she races with you guys?

*Of course she does, mano-a-mano-a-womano. Obviously she is a bit slower than us..*

Wow. Your family is strange..

*How come?*

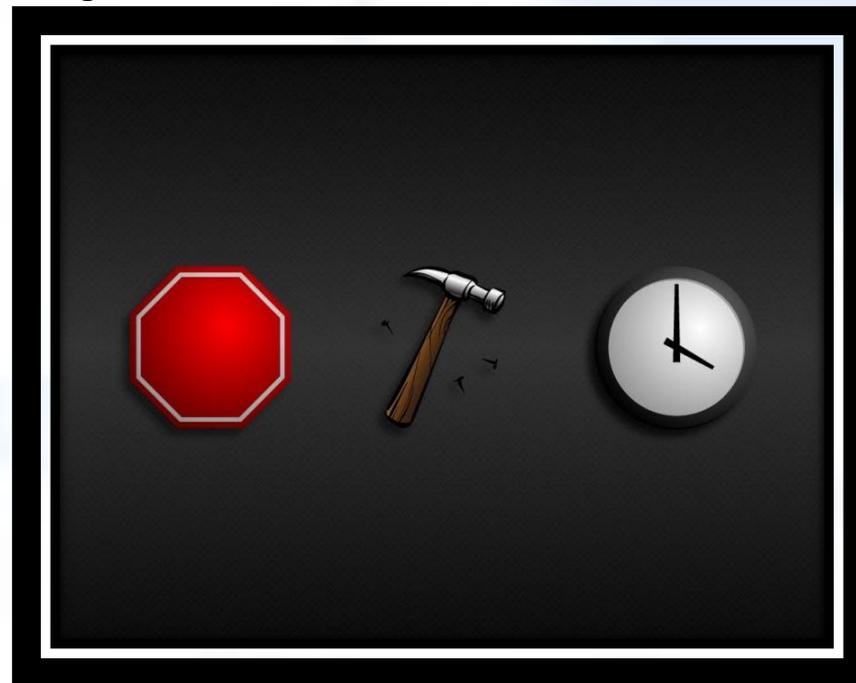
You guys come within 10 seconds, and you race each other!

*Yes, we do that sometimes. Let me show you.*

Please don't.

*Yes, I'll show you. I'll come to the other side of the court, to you, within ten seconds....*

## Pictogram



<sup>1</sup> Nick (Editor's note)

# ARRIBLAB

## Have you met...

Alena Uhrig? She used to live in Neu-Anspach, but her favorite cities are Hamburg and San Diego. She's a new recreational center from our first ladies team. She studies Advanced Technology, her favorite color is yellow and she adores food and craves for olives. Want to know more about her...



As always I start with a few easy questions, so: KFC, McDonalds or Burger King?  
Burger King

And what is your favorite order there?  
Chilli Cheese Burger

Coffee or thee?  
Coffee

Why ?  
It's delicious „pick-me-up“

Bier, cola or wine?  
Wine

What hobbies do you have besides basketball?  
Going out, having fun, watching movies, reading books about life, traveling as much as possible. One day I want to make a journey around the world and travel with Peter Pan to the Neverland.

Why did you decide to go to the Netherlands?  
Going abroad is always a nice experience. Meeting new people and experiencing a new culture is fun. And, it is not too far from home.

How is studying in the Netherlands so far?

It's fun, but also stressful. It is nice to meet a lot of international people and to live and be more independently.

Can you tell me something about your study?

Advanced Technology is an interesting but challenging study program. We learn things about Math, Physics, Chemistry and Society & Entrepreneurship, so it covers a lot.

I heard you played Basketball in Neu-Anspach before you joined Arriba, what's Neu-Anspach like?

Neu-Anspach is a small town near Frankfurt, not a special place but a bunch of awesome people live there and you get the best „Döner“ in the world! Basketball in Neu-Anspach is...more relaxed :D

And how is Enschede?

Enschede is a neat city, sometimes I wish there was more going on ;)

How is Arriba, the student basketball club of Enschede?

It's a fun sports club. I like that there are quite a lot of teams (unfortunately not as many ladies teams) and people from all over the world. It's always nice to be around people who share the same interests.

I heard the Feescie is organizing a party, can you tell me more about that?

You will hear about it in the near future!

Thank you for your time, I hope hearing more from you, so Arriba and I can get to know you even better. If you can't wait for the near future to hear from Alena, go to the Arriba practices on Monday and Thursday or visit her with Olives, she will make the coffee.