



**TSAC**

***Beginners Booklet***



# Welcome

## **Congratulations!**

You just made one of the best choices in your life, namely becoming a member of the Twentse Student Alpine Club, TSAC for short. The first step to the highest peaks, most beautiful views, strongest muscles, coziest friends and countless amounts unforgettable memories.

You must be eager to start. Your first workout, first climbing weekend, first course, first time on the outside wall up, first drink or activity, first committee, everything is waiting for you!

You must also be wondering how everything works. Where do I start? What are the courses and how do I register? How can I join a climbing weekend? Which committees are there?

The beginner's booklet that you now have in your hands you will completely guide you in the wonderful mountain world of the TSAC, sport climbing, bouldering, alpine hiking and (tour)skiing.

Enjoy reading!

# Climbing at the TSAC

## Sport climbing

In sport climbing, the climber follows a route in a climbing hall or in the rocks. The climber is secured by a belayer. Sport climbing routes can be up to hundreds of meters high and are split into multiple rope lengths. In sport climbing it is important to propel yourself efficiently so that you have enough energy left to complete the route. At TSAC, everyone is trained as a top-roper, so you can climb in every climbing hall in the Netherlands.

## Bouldering

The name bouldering already gives away about what this discipline is about. Bouldering takes place on the rocks or the bottom section of rock walls (usually no higher than a few meters). The challenge is to climb a specific route on this small piece of rock, which is no more than a few number of moves and often not only goes up, but also horizontally or even back to down. The difficulty of one boulder sometimes lies in one or two very heavy parts, but more often it is the goal to find the right sequences of movements. It's like a puzzle with the body and the rock-(or boulder) wall.



*From left to right: Sport climbing, Bouldering, Alpinism and Ski touring*

## **Alpinism (Mountaineering)**

As the name of the TSAC already implies, the TSAC is an alpine association which means that a number of members regularly visit the Alps to make alpine tours. Alpinism (Mountaineering) is a collective term for various mountain sports such as mountain climbing, ice climbing and glacier tours. As the name of the TSAC indicates, the TSAC is an alpine association, which means Most alpinists today have first gained experience in sport climbing and then moved on to alpinism. In alpinism, in addition to climbing, it also comes down to perseverance, experience (such as meteorology, avalanche science, rescue techniques and climbing techniques) and a good physical condition.

## **Ski Touring**

Ski touring is a relatively new sport and is different from regular skiing and off-piste skiing. It is a branch of alpine mountaineering. With the help of special skis you can walk up on using these skis, even against fairly steep slopes. After reaching a top of a mountain, you then ski down again. In addition to being able to ski well, matters such as meteorology, avalanche science, rescue techniques and climbing techniques are also important.

# TSAC Facilities

The TSAC has four unique climbing walls. As a member of the TSAC you can use these walls. The hall and outer wall regulations can be found on the TSAC website under **MyTSAC -> Member documents -> Hall and outer wall regulations**

## The Noppenwand

In the Sports Center in room SC3 is the noppenwand (stud wall). This is a 9 meters high overhanging sport climbing wall. The wall is during the hall evenings.



## The Concrete wall

Climbing on the concrete wall in the SC3 is similar to climbing on the rocks outside. Because artificial holds are not used, this is a completely different, often more technical way of climbing. This wall is open during the hall evenings.



## The Bouldering wall

The bouldering wall in SC2 in the Sports Center is a low adjustable wall that can be climbed without a rope. This wall is used for training on Monday, Tuesday, Wednesday and Thursday. The wall is very suitable for improving your technique. In addition, as a TSAC member you can use it independently at any time when the space under the wall is not occupied by other associations. Good for training during the break for example!





## The Outside wall

The outside wall on the side of the Sky building next to the Sports Center is a wall of 28 meters high, on which you can train your endurance. On this wall you can climb with and without overhang and test your limits. There are interesting and challenging routes for every level.



# Climbing in Enschede

## Arqué

Arqué is the (sports) climbing hall of Enschede. In addition to the standard climbing walls that can be found everywhere, Arqué has two walls of 4 meters wide and 18 meters long that overhang 8 meters on which only lead climbing takes place. This hall is the place to train your endurance.



# Bouldering in Enschede

## Cube

Cube offers a combination of modern and old style boulders. There are regular groups of TSAC'ers found in the Cube.



## Boulderstation

Boulderstations offers mostly modern style and competition-style boulders and they emphasize on training and competitions. The Gym is quite new, opened in october 2023.



# Courses

Within the climbing world there is a status system to indicate which skills a climber has. Each new TSAC member starts by reaching top rope status, and each successive status has more privileges. An overview of all statuses can be seen on the right. All these statuses can be obtained through the TSAC (sometimes in collaboration with the NKBV). The most achieved statuses within the TSAC will be briefly described.

## **Indoor Toprope (KVB-IT)**

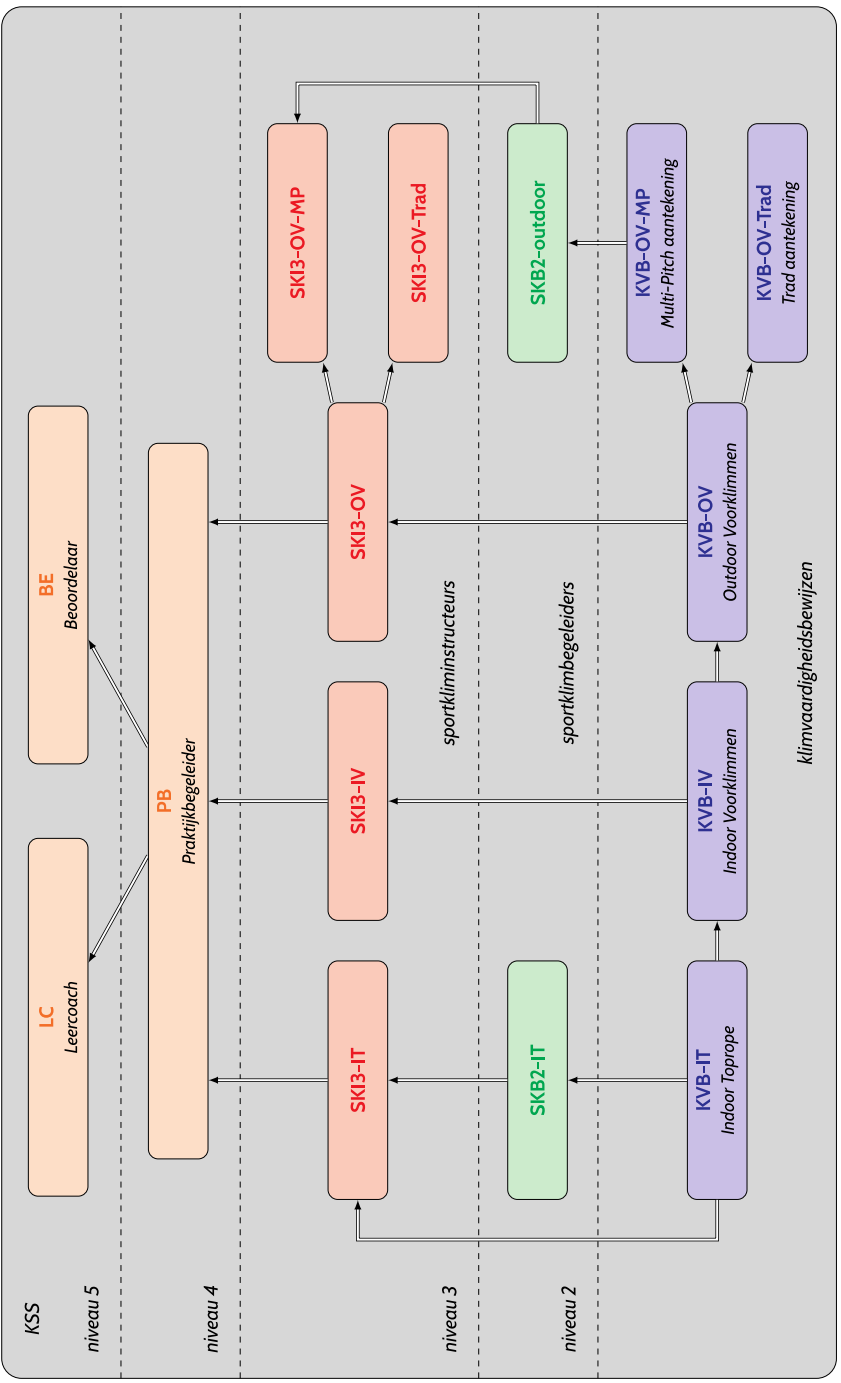
This course is mandatory for all new TSAC members who do not yet have this KVB (climbing proficiency certificate). With this KVB, a member is allowed to climb top rope in the sports center under the supervision of a hall guard.

## **Indoor Lead (KVB-IV)**

This course is intended for people who want to lead climb on the walls of the sports center or in other halls. With this KVB you are allowed to top rope and lead climb on all walls of the sports center without the supervision of a hall guard, with at least two other climbers with KVB-IV or higher. The intake requirement is that a member has the KVB-IT and can climb at least 3 routes on the concrete wall smoothly.

## **Outdoor Lead (KVB-OV)**

This course is designed for people who want to lead rock climb outdoors. With this status, it is allowed to climb routes of several lengths in well-hooked areas if an instructor is present on the massif. On this KVB you can also achieve the annotation Multi-Pitch (MP) and Trad. The Multi-Pitch annotation is for people who want to climb outside routes of multiple lengths and the Trad annotation is for people who want to climb outside on unhooked routes.



# Trainings

At the TSAC there is a training on almost every evening. From Monday to Thursday there are people busy on the boulder wall. The workouts are divided into four categories. For more information you can always check the website under climbing > trainings

## Technique 1

If you are just starting out at the TSAC, it makes sense to start with technique 1 training. This training takes place on Wednesday evening and only beginners attend. In addition to learning the basic techniques of climbing here, this is also a very good way to get to know your peers. The training is often given in 2 groups, so that everyone can attend. You will also receive an email from this around the end of your toprope course, so that you know when you will be assigned.

## Technique 2

After half a year of training, the technique 1 training is finished. You have learned the basics and the training makes room for a new class. It then makes sense to continue with technique 2. Technique 2 continues what you have already learned. From the moment you stop at technique 1, it doesn't really matter how long you stay in a training group. Technique 2 is therefore often the most visited training. It takes place on Tuesday evenings from 19:30 to 21:30. If you can already climb and you don't want to go to technique 1 (which is recommended because of the fun) you can also start with technique 2 training. The training really ensures that you develop all aspects used in climbing even further

### **Technique 3**

Technique 3 training is the next training on the list. Here you have already learned most of the climbing techniques and there is more focus on the more difficult techniques and a greater amount of power. During this training, the boulder wall is actually placed on overhang as standard. If you really like climbing and want to get much better at it, this will really help you level up. The training takes place on Thursday evenings from 20.00 to 22.00. Many people who go to technique 3 training climb at least 2 times a week. They either follow another training (technique 2 or bikkel) or they train themselves in the Cube or Arqué.

### **Bikkel**

The toughest training offered at the TSAC is the bikkel training. This takes place on Monday evening 20:00 - 22:00 if T3 gets too easy for you or you want to perfect your techniques, bikkel is the training for you! Our professional trainer will help you achieve your difficult climbing goals. This training is aimed for people who are eager to learn more and climb harder. And if it get too easy Jan-Martin will make it just a little more difficult. So, you can be sure of one thing: you will never be too good for tough training!

# Climbing weekends

The TSAC organizes about 14 climbing weekends a year. During these weekends we usually spend two days abroad climbing. Usually we go to Belgium or Germany, we also visit France on longer weekends.

## **Joining**

To join the weekends you must have arranged a number of things. With the exception of the beginners weekend, you must be a member of the NKBV and you must also have mountain sports insurance with them (this is also continuous travel insurance).

For the areas in Belgium you must also purchase an annual climbing card.

However, the TSAC can take out a single insurance or climbing card twice per year per member for €7.50 and €6 respectively

The list of scheduled weekends and the option to register for them can be found on the website in the right column under 'Climbing weekends'.

Please note that the dates mentioned are the days that you actually climb, we usually leave the evening before.

All costs are divided equally among the people who come along and on average a weekend costs around €25 per day (Anno 2023).



## What does a day of climbing look like

Every weekend is different, but most days look similar. Below you will find a general schedule to give you an idea of what an average climbing day looks like.

Apart from the climbing days, there are two days when you have to travel to and from the area. These days differ per weekend, but for both days you usually leave after dinner. Drivers are appointed for travel, and vans of 9 people are usually used.

|               |   |
|---------------|---|
| 08:30 - 09:30 | Wake up, Breakfast and getting ready (including preparing lunch)          |
| 09:30 - 10:00 | Dividing into groups and departure to area, Cleaning up tents if required |
| 10:00 - 17:00 | Climbing!   |
| 17:00 - 20:00 | Returning to the camp, Cooking dinner, eating and cleaning up             |
| 20:00 - ...   | Relaxing, joining the campfire and more!                                  |



# Committees

Would you like to participate in social activities in addition to climbing? Would you like to become active at the TSAC? you can! Have you always wanted to organize a fire breathing workshop or would you like to help with building a zip line from the horst? Read below which committees the TSAC has to offer. There is something for everyone.

If you would like to visit a committee sometime, you can you can always contact or email a committee or board member.

## AcCie

The AcCie is the activity committee of the TSAC. They organize activities, competitions and theme hall evenings, and they also provide the necessary fun! (Accie@tsac.alpenclub.nl)



## FacCie

The FacCie ensures that the TSAC is never short of good climbing equipment. They also ensure that everyone can climb with material from the TSAC in the summer. Are you a gear fanatic or want to learn more about climbing equipment? This is the committee for you! (Faccie@tsac.alpenclub.nl)



## WelcomCom

The newest addition of TSAC. This is a committee by and for first years. The main goal is to organise activities to strenghten the bonds between first years and between other members of TSAC (Welcom@tsac.alpenclub.nl)



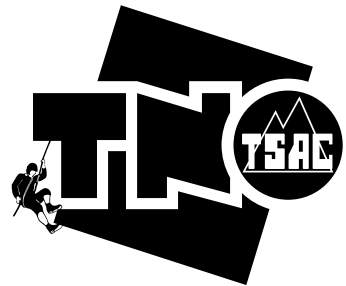
## Oferall

While the AcCie takes care of the activities within the association, the Oferall organizes the activities for external parties. This could include an afternoon of climbing for another association, but also arranging a zip line as an anniversary activity or helping out as a stuntman during the arrival of Sinterklaas. (Oferall@tsac.alpenclub.nl)



## TnO

Without training and education you will never learn to climb better. Fortunately, the TnO has been created to organize the training and education. The TnO ensures that instructors are available for every course and that an enthusiastic trainer provides the training every week. (Tno@tsac.alpenclub.nl)



**Trainingen eN Opleidingen  
Commissie**

## Publicie.

The PubliCie provides the juiciest gossip and everything else going on within the TSAC with a blog. Are you aware of all the news and do you enjoy writing articles? Or do you like making picture or maintain the instagram page? Then the PubliCie is something for you. (Publicie@tsac.alpenclub.nl)



Publicie

## BakCie

The TSAC is nothing without cake. To make the variety of cakes at activities larger and of better quality, the BakCie was created, so that no one has to go hungry (Bakcie@tsac.alpenclub.nl)

# NSAC

Of course, the climbing world doesn't end at the TSAC, in virtually any student city you can find a SAC. The organization that acts as the umbrella organization for all SACs is the NSAC, the Dutch Student Alpine Club. The NSAC ensures that SAC members get to know each other through the various InterSocial activities, and organizes in both the winter and summer incredibly cool courses like alpine courses and tour skiing.

## **Summer camping**

Every summer there is the NSAC summer camping somewhere in the Alps for a few weeks: a campsite where you can pitch your tent for a low rate and where you will always meet other SAC members, so you can meet potential climbing and hiking buddies.

## **Summer courses**

The NSAC offers several great courses in the summer to expand your mountaineering experience. So you have C1, a popular course for anyone who has no experience in alpinism but still wants to visit some mountain peaks. C1 is followed by C2 and then C3. The NSAC also offers courses in canyoning and paragliding. If you are interested, please visit [www.nsac.nl](http://www.nsac.nl)

## **Winter Chalet**

Just as there is an NSAC campsite in the summer, there is an NSAC winter chalet in the winter! A chalet that offers accommodation for a number of weeks to any NSAC member who wants to take a winter course or independently explore the area that year. Lots of skiing, snowboarding, ice climbing or winter hiking fun!

## **Winter courses**

There are a lot of courses to choose from, even in winter! So you have the piste week, if you have never seen a ski up close, the off-piste basic course, freeride 1 and 2 for more off-piste technique and Hike-to-ride basic (T1), advanced (T2) and pro (T3) to learn to ski or snowboard touring independently. But these are not the only things in winter, the NSAC also offers an ice climbing course. For more information, visit [www.nzac.nl](http://www.nzac.nl)

## **Intersaccial activities**

In addition to the NSAC winter and summer program, there are also many other intersaccial activities throughout the year! There are the Diessen, the fantastic parties organized by the various SACs in honor of their birthdays. Members and boards of all SACs are always invited, so definitely go. You can also test your climbing and bouldering strengths at the Dutch Student Championship lead (NSK Lead) and boulder (NSKB), or join in for fun and the party afterwards. There is also the annual adventure race, the Battle of the SACs (BotS). You cycle, run, canoe, scooter and navigate in a team for 21 hours non-stop, to earn points and, if you win, receive eternal fame within the SAC world. For the cycling fanatics among us, there are the Utrecht-Freyr and the Enschede - Ith, cycle tours of both 280 kilometers.

# NKBV

The NKBV or Dutch Climbing and Mountaineering Association in English. Is the Dutch, not student, association that stands for access, maintenance and development of climbing- and mountain sports. In 2002 the NKBV received the royal predicate as an achievement and for their 100 years of existence.

While there are no formal connections, the NSAC and other SACs work closely together to make climbing and mountain sports accessible to students.

At the TSAC we provide courses that meet the standards of the NKBV.

Additionally ,the TSAC only accepts a travel insurance from the NKBV during the climbing weekends.



Bergwandelen  
Alpinisme  
Sportklimmen

# Confidential Advisors

Everyone should be able to play sports in a safe environment. However, it may happen that you have to deal with a problem or unpleasant situation within the association. Examples are bullying, discrimination and transgressive behaviour.

Are you not really okay or did something bad happen and do you want to talk about it? You can contact the confidential advisor(s) for the TSAC, who's information you can find on the website under **Club -> Contact -> Confidential advisors**

The confidants may change, but the general e-mail address to reach the current advisor(s) is: ***vcp.tsac@gmail.com***

**Do you prefer to talk to someone outside the association?**

Of course you can. There are several possibilities:

**NKBV:** Within the NKBV there are two confidential contact persons (2024), namely Tim van der Linden and Regien Winnubst They can be reached via ***vcp@nkbv.nl***

**UTwente:** The university has a student dean who acts as a confidential advisor. You can contact them via:  
***<https://www.utwente.nl/en/ces/sacc/confidential-contact-persons/>***

**CVSN:** Centrum Veilige Sport Nederland was founded by NOC\*NSF and has a pool of confidants who can guide you through incidents. They can be reached in various ways, see ***[www.centrumveiligensport.nl/contact](http://www.centrumveiligensport.nl/contact)***.



*This is truus, the official mascot of the TSAC*



# The association song

TSAC has had this association song since 2022, which is supposed to be sung on the melody of 'Berend Botje'.

**In het Oosten van het land  
Net niet aan de Duitse kant  
Eerst omhoog, dan naar benee  
Met TSAC klim ik altijd mee  
On the rocks into the Sky  
Climbing takes us very high  
Back at camp, we sing our song  
TSAC is where we belong!**

For other songs the TSAC likes to sing together, you can check the website under **Club -> Clubsong**

# The TSAC dictionary

Below you will find a number of frequently used words at the TSAC that are not known to everyone. If you want to ensure that your housemates will soon wonder what you keep talking about, study them. Of course we were not able to write down all the words, so things that have already been explained are not included, but these are probably the most commonly used or strangest words circulating within the TSAC.

**Abseil:** when a climber descends a fixed rope. Also known as rappelling.

**Ape Index:** This is the ratio between your wingspan and body length. *If you are 175cm tall and your wingspan measures 180cm, your ape-index is +5.* A positive ape index is generally advantageous in climbing.

**ABK:** Alpine Base Camp. This takes place in the summer and is a reserved area in the Alps where TSAC members can set up their tents. The location differs every year, but there are always enough people to plan fun tours with, from hiking to climbing and multi-day alpine tours.

**Allez:** This is a common statement among the TSAC and the rest of the climbing world. So you will often hear it when people have to get busy or try harder.

**ATC:** Air Traffic controller. This is the most used belay device within the TSAC.

**BataBBQ:** Also named 'TRUUS', takes place right after the batavierenrace. On this BBQ, members from all SAC's can enjoy a communal dinner before attending the afterparty

**Bat hang:** A climbing technique where you hang upside down using only your toes.

**Beta:** Originates from 'beta tapes'. This is how we refer to a certain way to finish a route. Inside routes usually have 'intended beta' by the route setter. Outside there can be a general beta, but in some cases you need a personal beta to complete the climb.

**Beta break:** On rare occasions you can skip a difficult move (see **Crux**) by doing something that was overlooked by the routesetter. we call this breaking the (intended) beta.

**Board:** Also named 'bestuur'. We made this booklet for you. We do our best to keep the accossation fun and running

**Bomber:** a totally secure anchor. Can also be used to describe a very good hold, such as a large jug.

**Bucket:** Also called 'bak' is an even bigger, better hold than a **jug**.

**Campus:** Campusing is pulling yourself up in order to move forward without the use of your feet. This technique can be trained on the campus board. Although it is (almost) never actually the intention of a route to campus it, it does make you look very strong.

**Caspers:** Caspers is an exercise that is used for the ab muscle round. This is often used at the end of a technique training. You have to 'cycle' in the air.

**Cam:** A spring-loaded piece of protection that expands when placed into a crack to provide an anchor point.

**Chossy:** used to describe a route or a section of route that wasn't very solid. A chossy section might be characterised by lots of vegetation, loose rock, rubble or soil.

**Crash pads:** Crash pads are mats used to catch your fall on bouldering routes. Bouldering gyms use permanent thick mats, but when you are climbing outside, you take a portable one with you.

**Crimp:** A small, positive hold that requires the climber to use their fingertips to grip the edge of a hold.

**Crux:** This is what we call the most difficult move or sequence in a route. In most routes this is the same for move for all people.

**Deadpointing:** When you do a deadpoint, you release both hands as you move toward the next hold. Your feet still remain on the wall, otherwise you do a **dyno**.

**Decking:** When your climber takes a fall and grazes, or in extreme cases hits, the ground. Be an active belayer and prevent decking!

**Dennis quatum:** The Dennis quatum is the minimum number of routes you have to do in one day to avoid feeling useless. During climbing weekends it can be a lot of fun to just chill, but try to climb at least 3 routes to fulfill your quota.

**Dies:** The Dies is the birthday of a SAC. The SAC then celebrates how long they have been around. At TSAC, this usually takes place in december, with activities in the afternoon and a big party in the evening.

**Dyno:** Derived from 'dynamic move', is what we call a move where you jump to the next hold. All of your points of contact are released from the wall for a brief moment. This is generally only found in indoor climbing.

**Egyptian:** Also know as a 'drop knee'. With feet on separate footholds, one leg is turned so that its knee faces the other. This takes the strain off your arms when on a steep face.

**Elvis leg:** When your legs start shaking during a climb. This is usually a combination of fatigue and fear.

**Flag:** Sticking a leg out to remain in balance when climbing.

**Flapper:** an injury sustained while climbing that entails loose skin.

**Flash:** If you've flashed a route, it means you'll get it on your first try immediately without falling. This means you are climbing well!

**Flake:** A slab of rock that's loose or detached from the main rock.

**Font:** The French grade system for bouldering which goes which goes: 3, 4, 5A, 5B, 5C, 6A, 6A+, .... , to 9A.

**Free solo:** When you ascend a climb without using any protective gear. We don't do this at TSAC.

**Gaston:** Named in honour of the great French alpinist, guide and author Gaston Rébuffat, it's a grip that involves pushing a hold with your thumb pointing down and your elbow out, thus creating friction against the hold.

**Grigri:** This is a semi-automatic that you can also use for belaying. A number of TSAC'ers has a strong opinion about this.

(But that's true for a lot of things.)

**Gumby:** This term describes an inexperienced or clumsy climber. Often used lightheartedly.

**Hand jam:** Putting your hand into a crack and squeezing so that it jams in and grips.

**Heel Hook:** When you use your heel to hook behind a hold. This usually enables you to release one or both hands to continue climbing.

**Highball:** A technically challenging boulder problem at a greater height than usual bouldering.

**Ice climbing:** This is a type of climbing that involves ascending routes consisting only of ice. The climber uses ice axes and crampons to ascend.

**JAV:** Jaarlijkse Algemene Vergadering (Yearly General Meeting). This is the meeting where the boards change. Additionally there will be a review of the association's operations. Together with the HAV (Half-Yearly General Meeting), most of the important decisions about TSAC are made here.

**Jug:** a large hold that is easily held.

**Knee bar:** A climbing technique where you clamp your foot and knee between two surfaces, Generally a knee bar is good enough to be able to release both your hands from the wall.

**Lock-off:** Holding a fixed position with one bent arm. If you can hold a lock-off you are considered quite strong!

**Mantel:** A climbing technique used to move over a ledge or lip by pushing down with the hands while simultaneously stepping up with the feet.

**Match:** When you match a single hold with two hands or feet.

**Mono:** A hole in a hold that only fits 1 finger.

**Multi Pitch:** A route that is longer than the length of your rope and therefore must be climbed in multiple pitches.

**Nukkebuf:** The TSAC pronunciation of the NKBV.

**Nut:** A small, wedge-shaped piece of metal you can insert into constrictions in the rock to create an anchor point.

**Oerend Hoog:** This is one of the association songs. When people start yelling 'Ik zeg OEH', All other members are expected to sing along.

**Off-width:** a crack in the rock face that's not quite the dimensions of any body part, often awkwardly wider than a fist but smaller than your body.

**On-sight:** When you lead climb a route without any previous practice or information regarding the climb.

**Overhang:** A rock face at less than a right angle from the wall.

**Partnercheck:** A required check you need to perform before climbing.

**Perlenbacher.** This is the unofficial beer brand of the TSAC. It is always brought to the climbing weekends.

**Pinch:** A hold that is gripped by pinching it between thumb and finger.

**Pof:** Also known as 'Chalk'. A powdered magnesium to prevent sweat and increase grip when climbing.

**Pumped:** This means having tired forearms caused by sustained gripping or overexertion.

**Rack:** The collection of protection and other climbing gear carried by the lead climber on their harness during a trad climb.

**Redpoint:** Originating from the German word "Rotpunkt", this climbing term refers to successfully climbing a route from start to finish without falling or resting on the gear

**Route:** Sometimes also called 'problem' the path a climber takes to ascend the rock or wall. We generally also refer to a single sportclimb as 'a route' and a single bouldering climb as 'a problem'.

**Rule #1:** Don't fall!

**SACs:** Next to TSAC and the NSAC there are student associations all across the Netherlands called SACs

**Sandbag:** A climbing route or boulder problem that's considered more challenging than its assigned grade (as if you are climbing it with sandbags attached).

**Shirtless:** Especially when warm, TSAC members like to take off their shirts. Usually people say you are only allowed to take off your shirt when you climb 7a or harder, although not many people adhere to this.

**Slab:** A rock face with more than a right angle from the ground.

**Sloper:** A slippery round hold which usually offers little grip, even though they are usually quite large.

**Spotting:** Providing physical support to a boulderer or lead climber, helping to guide their fall and protect them from injury.

**Toe hook:** Similar to a Heel hook while using your toes.

**Trad:** Short for traditional climbing. This is when you place your own anchor points in the rock during your ascent.

**Truus:** TSAC's official mascot. Together with her husband Charlie they form the concrete wall.

**Undercling:** A horizontal hold that is meant to be held by pulling upwards.

**Whipper:** A term used to describe a dramatic fall the lead climber takes when they are above their last piece of protection (the quickdraw).

**Volume:** A large, hollow, bolted-on structure, for indoor climbing walls which is generally considered a part of the wall and not a separate hold.

**V-Scale:** A grading system generally used for bouldering in the US. It ranges from V0 (easiest) to V17 (hardest)

**YDS (Yosemite Decimal System):** A grading system generally used for sport climbing in the US. It uses a class number (5 for technical rock climbing) and a difficulty number (from 0 to 15).

**Z-clipping:** While lead climbing, clipping into protection with a segment of rope from beneath the previous piece of protection, resulting in rope drag.

**Zipper:** A series of protection placements that pop out in sequence during a **whipper**.

# Thank you!

**Thank you for staying with us until the end!**

**There is so much to do, so much to climb and infinite possibilities! We hope this literature teaches you the ropes about most important things that go around in the TSAC.**

**So stop wasting time, go out and climb, crack open a Perlenbacher and have a fun evening with your fellow TSAC members!**

**Don't hesitate for any questions to contact the board  
([bestuur@tsac.alpenclub.nl](mailto:bestuur@tsac.alpenclub.nl))**

**We wish you many tops, tears and a bunch of good friends during your time at TSAC.**

**Cheers,**

**Board 44 and all future boards**

*This booklet was made for you by: Sijmon Knol, Davey Tiebosch, Dylan Bruggeman, Saro Scafidi, Meike Versteeg & Vera Koning*

*As a revision on the original booklet made by Board 41*





