



FIVE YEAR PLAN

2025-2029

Tilburgse Studenten Krachtsport
Vereniging Spartacus

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1. INTRODUCTION

The T.SK.V. Spartacus Five-Year Plan (2024-2029) is our roadmap for the future, focusing on growth and creating an even stronger community for all students interested in strength sports. Whether someone is just starting their fitness journey or competing at a high level, Spartacus aims to provide the tools, knowledge, and environment for everyone to thrive.

This plan reflects the evolution of T.S.K.V Spartacus (Spartacus hereafter) from a powerlifting-focused association to a broader, more inclusive community that embraces all strength sports and fitness enthusiasts. Over the next five years, we aim to build on our foundations by expanding coaching opportunities, supporting beginners and exploring new strength sports.

By focusing on what matters most—our members, their goals, and the community we’ve built—this plan lays out how we’ll keep Spartacus moving forward.



2. ABOUT TSKV SPARTACUS

T.S.K.V. Spartacus was founded in 2012 as a student strength sports association focused primarily on powerlifting and bodybuilding. Over time, Spartacus has evolved to be more than just a hub for competitive powerlifters aiming to compete nationally—it has also become a welcoming community for gym enthusiasts of all levels and those interested in various strength sports. Whether you're a seasoned athlete, a casual lifter wanting to stay healthy and fit, or simply exploring the world of strength training, Spartacus has a place for you.

Spartacus hosts a wide variety of events, from the Dutch powerlifting championships to informative clinics that educate members on food intake, exercise selection, and strength training techniques. Beyond training, Spartacus offers fun social activities, helping members bond and enjoy their time together. Whether you're looking to compete, learn more about fitness, or connect with like-minded peers, Spartacus provides a supportive and dynamic environment for everyone.

2.1 MISSION

Our mission within Spartacus is to provide our members with a rewarding and enjoyable experience, one that helps them find their place within the world of strength sports and fitness. We aim to support our members at every stage of their journey, from beginner lifters to advanced athletes, offering guidance inside the gym, including clinics on nutrition, technique, and training strategies. Through such activities and guidance, we also hope to help members lead a healthier and more informed lifestyle beyond the gym as well.

As a student association, we understand the importance of balance. While we are dedicated to helping our members progress in their strength sports, we also prioritise having fun together and building a sense of community. Spartacus offers a range of social activities outside of the gym, allowing members to connect, unwind, and create lasting memories.

2.2 VISION

The vision of the association is to continue to grow and improve. Over the next 5 years our vision is mainly focussed on broadening the association to one that allows for all the forms of strength sports to be present and practised. Additionally, we want to be a reliable source for beginner gym-goers that want to learn more about exercising, or to build good social connections with like-minded people during their university stay.

2.3 TARGET AUDIENCE

Our target audience at T.S.K.V. Spartacus includes all students interested in strength sports or casual fitness enthusiasts from absolute beginners to seasoned athletes. We welcome those looking to compete at a national level, as well as students who are new to fitness and might not know where to begin. Whether you want to focus on powerlifting, weightlifting, Squat-Bench-Deadlift (SBD), training for fun, or simply aim to get stronger, Spartacus has something for everyone.

We believe strength is a journey, not a prerequisite. You don't need to be strong or experienced to join our association—this is a common misconception we want to break. Spartacus is a community where members at all levels can learn, grow, and support each other, both inside and outside the gym. We provide an inclusive environment for anyone who wants to lift, get fit, or just enjoy working out with others. From those serious about their strength goals to those just looking to stay active and have fun, Spartacus is here to support every student's fitness journey.



3. OBJECTIVES

3.1 COACHING

To meet the growing demand for coaching within T.S.K.V. Spartacus, we aim to expand our coaching team from three to five certified coaches within the next five years. This increase will help us cater to the rising interest in strength sports and fitness among students, ensuring we can offer more individualised support to members at all levels. With the three coaches we have available right now, we see that demand from members and potential athletes are not being met.

As Spartacus evolves into a broader fitness-oriented association, we will seek to diversify our coaching expertise to include a variety of training styles and specialisations. For example, these could include experts in weightlifting and bodybuilding. This will allow us to better serve our members, whether they are interested in powerlifting, other strength sports, general fitness, or bodybuilding.

Additionally, we plan to introduce a coaching program specifically for members interested in becoming coaches within Spartacus. This course will provide foundational knowledge and practical experience, enabling members to develop their coaching skills under the guidance of our experienced team. While this program is still in the early stages of planning, the general idea is to allow aspiring coaches to gain foundational knowledge and practical experience by shadowing seasoned coaches within the association. Junior coaches would learn by observing and assisting during training sessions, creating training programs for themselves or one other person, and receiving feedback from experienced coaches. The idea of a junior coach has already been proposed during meetings with Sports Center, and regarded as a good idea in case coaches decide to leave.

3.2 BEGINNER LIFTERS

Spartacus aims to enhance its support for beginner lifters by providing structured guidance on starting their fitness journey, including foundational workout techniques, basic nutrition, and proper supplementation. We plan to achieve this through an increased focus on recommending programs specifically tailored for beginners, alongside educational resources on WADA-approved supplements, meal planning, and effective training schedules.

To further support new members, we will introduce a buddy system where experienced members, board members, coaches, or other enthusiastic Spartans can mentor beginners. This system will help new lifters feel more confident, as they won't have to start their fitness journey alone. Through the buddy system, beginners will not only learn the fundamentals of powerlifting, weightlifting, and

fitness but also have the opportunity to connect and build friendships within the association. This initiative ensures that new members feel welcomed, supported, and integrated into the Spartacus community from day one.

3.3 OTHER STRENGTH SPORTS

Spartacus is often seen as solely focused on powerlifting, but as a student strength sports association, we also support a variety of other strength sports. This means our image should be changed and there should be an increasing focus on other strength sports. This has proven to be difficult, as the Sports Center does not want to facilitate bodybuilding in the means of coaching. For the current Sports Center, there is not a lot of room for new sports, but boards can try to host activities/events around the following sports (maybe in other gyms if needed). For that reason we want to broaden the association to one that hosts the following sports:

- Bodybuilding
- Weightlifting
- Strongman
- Callisthenics
- General fitness

Within the next five years the goal is to rebrand Spartacus from a powerlifting-only association to a more general fitness oriented sports association, as it has been brought up multiple times that with powerlifting only the association feels very exclusive, reserved for only the strongest people in the gym. With the rebranding over the following years we hope to make the association more accessible for the normal gym-goer but also attractive enough for people that would like to compete on a higher level. This could be done through social media channels by highlighting other parts of our association, and building a more friendly and approachable community through our athletes presence in the gym.

3.4 NETWORKING

The demand for student associations and the amount of active members has been decreasing. This is why we think it's important to network with other Tilburg Sport Associations or with the other Strength Sport associations in the Netherlands. Boards could plan workouts in other gyms in the Netherlands as well. There could also be more networking in Tilburg and the university, for example with more volunteering. To further keep our network as big as possible, over the next five years we would like to maintain our relations with the other Student Sport Association's (SSAs) in Tilburg by making sure we host/join at least 1 activity once a month with another SSA. This way we give other SSAs an insight into our association but also give members a chance to network with other students and try out new sports. Besides networking and maintaining the social side of a SSA, we would also like to introduce sport-specific programs to offer to

the other SSA's that do not have them yet, or would like to up their skill by improving their fitness, as every sport has a gym component. For example, if Volleyball players would want to improve their fitness and strength level, they could get in contact with us for advice on what would be the optimal training strategy.

3.5 CLINICS

With the influence of social media, there is a lot of information online about working out. It can be difficult to separate the good advice from the bad. This is why high quality clinics should be a staple in the association. The clinics can be on lifting form for various strength sports, but can also be theoretical. The topics of clinics should be based on what the members ask for and what the board thinks is useful for the association and its members. Through the clinics we want to educate our members about different topics within strength sports, techniques, health related matters and coaching tips. Through the clinics members can learn and improve various aspects within their targeted strength sport, lift, or even diet. Through clinics we want to help motivated members to improve their lifting, the casual gym-goers to help with their diet and to give new members an idea of what strength sport is all about.

Going forward, we want to expand the variety of clinics we offer, building on the staples of our association, such as Squat, Bench, Deadlift, and nutrition clinics. Some ideas include clinics on bodybuilding, Strongman, Olympic weightlifting, injury prevention and spotting among others. Additionally, we aim to have at least 1 clinic per month.

3.6 ALUMNI ASSOCIATION

Spartacus has a lot of graduates, and it would be nice to have an alumni part of Spartacus. A committee or board can be made and there could be 1-2 events a year for the alumni students. It should also be considered whether alumni are officially part of Spartacus as a sub-group or operate as a separate entity from the student members. To ensure alumni remain connected to Spartacus, we would like to establish an alumni association or committee (provisionally called "Laconians") over the next five years. This initiative would allow alumni to participate in certain events (but not all), even after graduating, to maintain a sense of belonging to the association.

Over the next five years, we aim to create a blueprint for how this part of the association will function. This could include setting up a dedicated board to oversee it and likely a committee to manage the budget allocated to alumni activities. Having a committee could help alumni feel more integrated with Spartacus, while having an alumni board might make it feel like they are more separate from current members.

A committee would provide a sense of belonging by keeping alumni closely connected to the broader association and its student members. However, a board could give alumni more independence by allowing them to run their own events and activities while reporting back to the general Spartacus board. This independence might reduce the need for direct oversight, but it could also risk creating a sense of disconnect between alumni and students. In short, a decision whether a committee or a board dedicated to alumni should be made.

3.7 SPONSORS

New boards should always look for sustainable sport supplement sponsors for Spartacus. However, we are constrained by the Sports Center's policy, which prohibits us from promoting external companies or organisations within its premises. Therefore, if sponsors want advertisement from us, this could be done through our social media channels. Boards could look for sponsorships/discount codes within gym wear and (WADA approved) supplements. Over the next five years we would like to increase the amount of sustainable sponsors Spartacus has. As mentioned, we are limited by the university and/or the Sports Center, but by contacting both parties boards could find out more about the limitations and possibilities. With sponsors we also want to make it more beneficial for people to join Spartacus, as Spartacus is a SSA, students always benefit from good deals and sponsorships. Future boards may look into doing this themselves, but with other goals in mind (more active members) they can also look into having a separate committee to focus solely on maintaining external parties/sponsorships.

3.8 MAINTAIN DIGITAL ASSETS

New boards should prioritise keeping Spartacus's website and social media platforms up to date, as regular updates enhance member engagement and attract potential new members. This includes timely posting of event announcements, training schedules, competition results, and member highlights. We aim to post better quality and thought over content, like reels and edits put together with clips from competitions, training and social activities. Additionally, commenting and engaging with other associations can help our overall presence. Therefore, over the next five years, our goal is to maintain an active social media presence that effectively reaches our target audience—students interested in strength sports.

4. PARTNERS

T.S.K.V. Spartacus has a multitude of parties with which they cooperate. They help us to exercise our sport and represent our interests.

4.1 TILBURG UNIVERSITY SPORTS CENTRE

T.S.K.V. Spartacus exercises its sport in the Student Sports Center. We have an advising role within this organisation with the purchase of equipment, the arrangement of the available space and the general course of events.

4.2 FOSST

As an SSA we are under the umbrella body of the Federation of Student Sports Tilburg (FOSST). FOSST provides help to function as a healthy and well-functioning association. They also give subsidies, help with the policy plans, give guidance about finances and aid the healthy development of the board and association. FOSST also facilitates contact with other SSA's.

4.3 KNKF

T.S.K.V. Spartacus gives its members the option to be registered with the KNKF. We provide the registration and payment of our members in the case of competitions within the federation. We subsidise 25 euros for our members who hold a KNKF student status, which also includes alumni for up to a year after graduating. This subsidy applies to 1 competition per year. In addition to that, Spartacus and the KNKF cooperate in the organisation of powerlifting competitions. Lastly we have 200 kg in iron weights, 1 training barbell and 1 competition rack that belong to the KNKF. Besides aiding our members financially, KNKF is an important partner, as they provide us a significant amount of money for hosting the Dutch championships or similar competitions.

4.4 (STUDENT) STRENGTH SPORTS ASSOCIATIONS

We maintain good contact with other SSA's. For instance, we invite each other to our constitution drinks and tournaments. At the moment we are discussing the possibility of further partnership, in which Spartacus could act as an umbrella body for all student strength associations.

4.5 STUDENT SPORTS NETHERLANDS

Student Sports Netherlands supports the organisation of the National Student Championships, also known as NSK. They help with the distribution of

promotional material, the payment of subsidies and the purchase of medals. For this, a documentation, script and budget must be sent to Student Sports Netherlands.

4.6 ADVISORY BOARD

The Advisory board gives out feedback and guidelines to the board regarding, but not limited to the creation of the new policy plan for the year. The Board aids the chair with the development of new objectives and the direction of development of the association. The Advisory Board also oversees the position of the association within the Sports Center and the implementation of the five-year plan. Within the Advisory Board, a chair can be appointed at the general members meeting for the coming two academic years. The Advisory Boards should consist of at least two and at most five members.

4.7 SPONSORS

We have partnerships with the following companies, where our members receive discounts:

4.7.1 Bossers Vlees

At Bossers Vlees, we can arrange BBQ platters, and our members enjoy discounts on a variety of meats.

5. CONCLUSION

The T.S.K.V. Spartacus Five-Year Plan (2025-2029) outlines our vision to grow and strengthen our association while remaining inclusive and supportive of all members, regardless of their fitness level or goals. By focusing on coaching, beginner lifters, broadening our appeal to other strength sports, and fostering partnerships, we aim to position Spartacus as a leading student strength sports association in the Netherlands.

Our objectives emphasise growth in key areas such as coaching opportunities, networking with other associations, and providing high-quality educational clinics. Additionally, our plans to establish an alumni association and secure sustainable sponsorships will ensure the long-term stability and impact of Spartacus. We also recognize the importance of maintaining a strong digital presence to promote our activities and engage with our community effectively.

With the support of our partners, including the Student Sports Center, FOSST, and KNKF, we believe Spartacus is well-equipped to achieve these goals. By maintaining our dedication to inclusivity, community, and the development of our members, we look forward to the next five years.