



# **Pegasus** for **Dummies**

**The Delftse  
Studenten  
Turnvereniging  
Pegasus**

7th issue

# Colophon

'Pegasus for Dummies' is issued by

D.S.T. Pegasus  
Delftse Studenten Turnvereniging Pegasus  
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**Editor:**

Maximiliaan Cheung

# Introduction

**Dear new member,**

Welcome to the magical world of Pegasus!

*You are about to start a beautiful **green** adventure, in which you will doubtlessly learn new tricks, make new friends and create unforgettable memories.*

*To make sure you are not just thrown in the deep in our society full of strange habits and sayings, we have composed Pegasus for Dummies for you. We have tried to gather all the useful information you might need; from the training schedule and -rules, to the lyrics of the Pegasong and important contact details. If you have any questions or aren't sure about the meaning of certain things, don't hesitate to contact any of the current Pegamembers. We tend to get a bit weird about our language and traditions and are more than happy to explain this stuff to you! Now without further ado, please read on and continue your journey. Get **green**!*

*Lots of love, the members of D.S.T. Pegasus*

# D.S.T. Pegasus

## Who?

Pegasus, you know, the winged horse from the Greek mythology, son of Medusa and Poseidon, loyal combatant of Bellerophon and later on the guard of Zeus' lightning bolts. Nota bene: 'Pegasus' is not a something, rather a someone; not a generic name as 'winged horse', but a proper name like 'Peggy'.

## What?

Pegasus, you know, the thing you jump over during gymnastic practice.

## No, what?

D.S.T., Delftse Studenten Turnvereniging (Delft Student Gymnastics Association). Delft because Pegasus works closely together with Delft University of Technology. Student because Pegasus is primarily an association for students. Gymnastics Association because what all Pegasus members share is their passion for gymnastics.

## Gymnastics?

Pegasus wants to offer something for all students who are interested in doing gymnastics. Men and women, those who have never done gymnastics and those who have done this before they could walk; the recreational and competitive gymnasts; those who want to specialise in trampoline and those who want to do an all around.

## What around?

The all around for women consists of vault, uneven bars, beam and floor. For men this is floor, pommelhorse, still rings, vault, parallel bars and high bar. During jumping competitions one may also encounter the following apparatuses: big trampoline, mini trampoline, dubbel mini trampoline and (air)tumbling. Beside there are also a lot of other gymnastic related disciplines such as acrogym, rhönrad and rhythmic gymnastics where Pegasus doesn't focus on, but could do with enough interest.

## Great idea!

Yes, Denise Stoeller had a golden inspiration when she founded Pegasus on October 8th 2008.

## Gold?

Yes, that's what we aim for during competitions. In every other case there is only one option: **green!**

## Can you drink that?

Unfortunately not, but you can drink Schrobbelèr (association drink)!

## Sounds good! How do we fix that?

Now that's the spirit! Well, sit tight and hang on foals, that's what we're going to explain!

## Board BXV The Turtles

In academic year 2023-2024, board XV (15) will lead the association. The board consists of:

Maximiliaan  
Cheung  
Secretary

Rozalie Bos  
Chairwoman

Ben Derks  
Commissioner Wet

Lisa van  
Barneveld  
Treasurer



# Training times

## Monday

19:30-21:15	Mixed training
21:00-22:30	Mixed training

## Wednesday

19:00-21:00	Beginners training
21:00-22:30	Advanced training

## Thursday

19:30-22:00	Mixed training
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It is **not** possible to walk in or out a training whenever you want. Be **present on time** to help build-up the hall. If you attended the last training of the day, there is still 15-30 minutes needed to clean up the hall. If you are late, you will receive an 'L' (late). On your third 'L' you cannot attend the training you have been late for that night.

During the year, the training times will change. For the accurate training times, please visit <https://www.dstpegasus.nl/en/trainingen/>

# Agenda 2023-2024

The following activities will be organised by and with Pegasus or Pegasus will participate in these events:

<b>What:</b>	<b>Which period:</b>	<b>Exact date:</b>
NSTB weekend	September	15-09-2023
Introduction weekend	September	23-09-2023
'Begroening'	September	During weekend
Third Iustrum	October	07-10-2023
NSTC1	November	04-11-2023
Pegaklaas	November	28-11-2023
GMA1	December	12-12-2023
NSTC2	February	24-02-2024
NSTC Jumping	March	09-03-2024
GMA2	March	26-03-2024
NSK All Around	May	11-05-2024
Pegaweekend	May/June	31-05-2024 - 02-06-2024
NSTC Teams	June	08-06-2024
GMA3	June	11-06-2024
NST Beachday	June or July	-

Most activities last an entire weekend, there is almost always a party. Beside these events, we also organise/participate in other events such as the **Pegala**, **internal competition** and **Green party**. This will be planned during the year.

# Committees

Within Pegasus multiple committees, that help the board keeping Pegasus cosy and fun, are active. Being part of a committee is a lot of fun, you don't just do it for the association, also for your own development and pleasure. Besides, what better way to integrate within Pegasus than doing a committee? Below you can find the committee that speaks most to you. You can sign-up for a committee at the board! During a committee interest drink the committee's below will give a personal introduction.

## **BACo**

Bestuurs Adviserende Commissie (Board Advisory Committee)  
Several old board members that advise the current board.

## **CoMa**

Commissie Materiaal (Committee Materials)  
They advise the board on buying, repairing and replacing materials and conduct small repairs.

## **FACEPLANT**

Fantastische Activiteiten Commissie Entertain Pegasusers, Lacht Altijd, Nooit Teleurstellend (Activity committee)  
The FACEPLANT organises activities for Pegasus members such as bouldering, bowling and tournaments.

## **GalaCie**

Gala Commissie (Gala Committee)  
This committee organises this year's Pegala.

## **Groenfeest committee**

Multidisciplinary committee  
All student associations with green as their association colour organise an epic annual party.



## **IntrodukCie**

Introductie weekend Commissie (Introduction weekend committee)  
The annual introduction weekend is organised by this committee.

## **KasCo**

Kas Commissie (Cash Committee)  
Supports and controls the treasurer.

## **LuMa**

Lustrum Manifest  
Every five years there is a lustrum. The LuMa organises a lot of fun activities during the lustrum week. This year's lustrum was held in October 2023, when Pegasus turned 15 years.

## **PROMOCie**

Pegasussers Rennen Overal Met Opnameapparatuur Commissie  
(Fotography Committee)  
Members who are behind the camera during competitions, weekends and other activities.

## **SEKCie**

Super Elitaire Knutsel Commissie (Creative Committee)  
Copy paste on the ultimate level, tinkering like a pro. This committee puts together the Pageturner and promotion material such as posters.

## **VOODCie**

Veelzijdig, Overheerlijk en Ongeëvenaarde Diner Commissie  
(Versatile, Delicious and Unrivaled Diner Committee)

These wonderful chefs provide dinner on different occasions: before trainings or GMA's, before training or during BBQ's.

## **WC (InterneCie)**

(Interne) Wedstrijd Commissie ((Internal) Competition Committee)

This committee will organise this years internal competition.

## **WebCie**

Website Commissie (Website Committee)

The technical brain behind the official website.

## **WedCie**

Wedstrijd Commissie (Competition Committee)

Usually this committee organises the internal competition. Because Pegasus has to organise a national competition in 2024, they will focus on that.

## **WeekendCie**

Weekend Commissie (Weekend Committee)

Every year the members of Pegasus go on a weekend filled with fun activities organised by this committee.

# Acronyms and terminology

Pegasus uses a lot of acronyms and terminology which deserve some explanation.

## Acronyms

ALV (GMA)	Algemene Leden Vergadering (General Members Assembly)
KNGU	Koninklijke Nederlandse Gymnastiek Unie (Royal Dutch Gymnastics Union)
NSK	Nederlands Studenten Kampioenschap (Dutch Student Championships)
NSTB	Nederlandse Studenten Turn Bond (Dutch Student Gymnastics Association)
NSTC	Nederlandse Studenten Turn Competitie (Dutch Student Gymnastics Competition)

## Terminology

Bierdouche (Beershower)

Beer while showering after training

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Pega-

You can add this in front of every word to point out it is about a Pegasus version: PegaLympics, PegaParty, PegaSong, PegaFlag, etc.

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# Do's and Don'ts

## Do

*...warm-up! Practising gymnastics without a proper warm-up routine makes you pretty sensitive to sport injuries. Join the warm-up session at the beginning of each training to make sure your muscles are prepared for your training.*

*...be on time so you can help build-up all the apparatuses, and also join in cleaning up the sports hall.*

*...ask our trainers for any advice or inspiration, in case you are not sure about how to do a certain trick, or when you are feeling like you want to learn something new.*

*...take your valuable stuff (bag, keys, wallet, phone) along with you out of the dressing room and into the training hall.*

## Don't

*...do a risky trick if you are not sure you can handle it. Ask one of our trainers to help you, if you would like to try something new.*

*...do gymnastics on socks. Eventhough it is not a formal houserule, we strongly discourage you to wear socks because it makes walking in the hall very slippery. Only on a large trampoline it is mandatory to wear socks.*

*...blindly walk across the hall. Always look around you (also up) to see if it is safe to walk past an apparatus.*

# Apparatuses

## Women's apparatus

During competitions, ladies perform on four different apparatuses.

### Sprong (Vault)

Vault is an apparatus for both men and women. Using a springboard or trampoline, you jump over a Pegasus. For women the height of the Pegasus is 1.25m when using a springboard and 1.35m when using a trampoline.

### Ongelijke brug (Uneven Bars)

This apparatus consists of two wooden ledgers, low and high, where tricks can be done upon and in between.

### Evenwichtsbalk (Beam)

Like the name indicates, this is a 5m long beam and 10cm thick on a height of 1.2m.

### Vloer (Floor)

A squared floor of 12x12m where, during a competition, an exercise will be performed with music. A floor exercise consists of acrobatic, gymnastic and dancing elements.

## Men's apparatuses

During competitions, men perform on six different apparatuses, including some apparatuses which require a lot of strength.

### Vloer (Floor)

A squared floor of 12x12m where, during a competition, an exercise will (usually) be performed without music. During student competitions you may perform on music.

## **Voltige (Pommel Horse)**

A horse with handles where one needs to support on to perform elements.

## **Ringen (Still Rings)**

Like the name indicates, no swinging. On this apparatus a lot of strength exercises are done.

## **Sprong (Vault)**

Vault is an apparatus for both men and women. One can use either a springboard or trampoline to jump over the Pegasus. For men, the height of the Pegasus is 1.35m.

## **Gelijke brug (Parallel Bars)**

This apparatus has two parallel wooden ledgers. The distance between the ledgers can be changed to your personal preference, this is mostly the distance from your fingers to your elbow.

## **Rek (High Bar)**

An apparatus consisting of two vertical poles and a metal ledger. There is also a variant with 'klosjes' where your hands are strapped on the bar so practising certain elements becomes easier.

## **Extra**

### **Airtumbling**

A kind of bouncing castle of 9x2.5x0.4m. Before practising hard elements on the wooden floor, you can practise them here.

### **Airtrack**

A inflatable track that lies in between the airtumbling and wooden floor.

### **Paddestoel (Mushroom)**

An apparatus where you can practise hip circles before doing them on pommel horse.

# Competitions

Every year five student gymnastic competitions are organised: NSTC1 and NSTC2 (apparatus and all around competition), NSTC Jumping, NSK All Around and NSTC Teams.

The disciplines for women (in this order) on an all around competition are: vault, uneven bars, beam and floor. For men (in this order) this is: floor, pommel horse, still rings, vault, parallel bars and high bar.

During a jumping competition you can both jump as a team and as an individual. For teams the disciplines are: mini trampoline, tumblinglane, Pegasus with both springboard as trampoline. The apparatuses for individual participation are: mini trampoline, double mini trampoline, airtumbling, tumblinglane, Pegasus and big trampoline.

Every competition is organised in the city of a student gymnastics association that is part of the NSTB. Competition, like at KNGU, competitions, starts with a warm-up followed by a march and opening word. Next competition starts in different rounds, where you are assigned a group on an apparatus. After warm-up on that particular apparatus, you will perform your routine in front of judges. After breaking down the hall and the medal ceremony, there is a dinner with everyone followed by an epic themed party! You can sleep on site to return to Delft the next day, with a hangover.

## **Bonus of student competitions (compared to KNGU):**

- Women can wear shorts over their leotards
- Wearing a leotard is not mandatory.
- The ambiance is relaxed; you always cheer hard for your own association, but also for sister associations
- Your floor music may contain lyrics.

Men can also join women apparatuses and vice versa.

# Sister associations

D.S.T. Pegasus is one of the eleven student gymnastics association that are a part of the NSTB. These association organise annual competitions and activities. The NSTB Board currently consists of:

Daniëlle de Boer	Chairwoman
Marleen Pool	Secretary
Tosca Fabriek	Treasurer
Marius Schaap	PR

Our sister associations are:

<b>Euroturn</b>	Rotterdam
<b>KUNST</b>	Nijmegen
<b>Linea Recta</b>	Enschede
<b>Saltare</b>	Tilburg
<b>Saturnus</b>	Maastricht
<b>Split</b>	Wageningen
<b>STUGG</b>	Groningen
<b>Twist</b>	Eindhoven
<b>U-turn</b>	Utrecht
<b>STAH</b>	Amsterdam

At the NSTB you can find information regarding student gymnastics, competitions, results and rules.

**Website:** [www.nstb.nl](http://www.nstb.nl)

**Instagram:** @nederlandsestudententurnbond

**E-mailaddress:** [bestuur@nstb.nl](mailto:bestuur@nstb.nl)

**Postal address:**

Nederlandse Studenten Turn Bond

KvK number: 09178486



# Brassen

## Flags and mascots

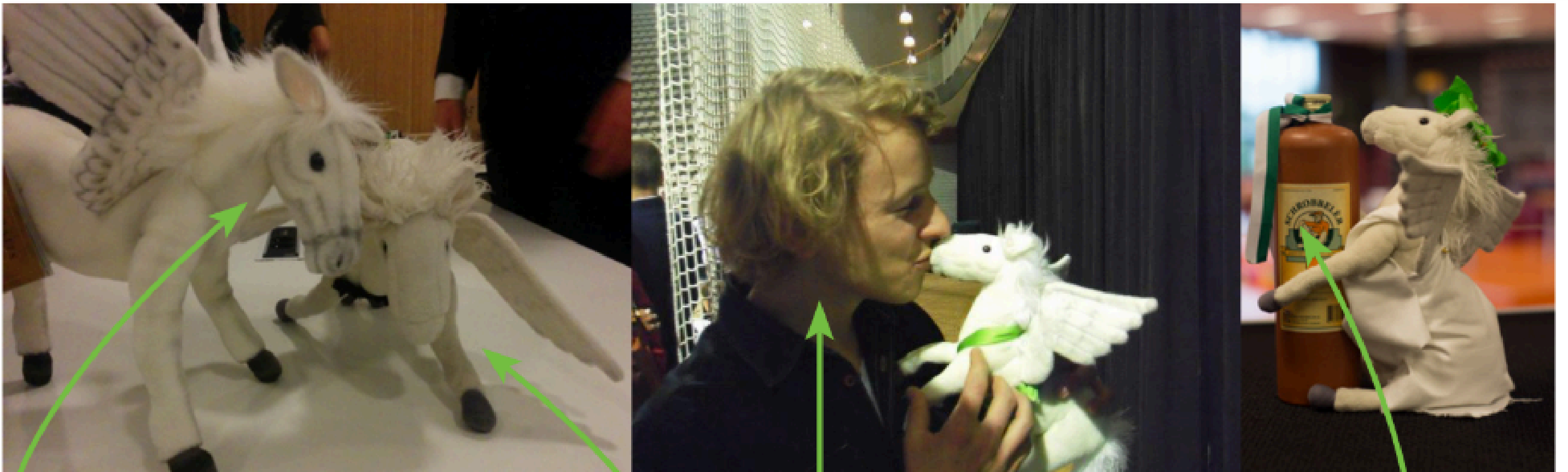
As you read before, competitions are mostly about cosiness. Every association has their own mascot and flag. During competitions, people will try to bras mascots and flags of other associations. Brassen basically means stealing ones mascot and/or flag and bring it back to your own city. To get your stolen mascot/flag back the board has to perform a 'brasopdracht' chosen by the board of the association that brassed something. Because of these actions there are a lot of chases during the day and it causes fun and casual contact between the different associations.

## Mascots per association:

Geert	<b>D.S.T. Pegasus</b>
Sletty Betty (Pig)	<b>U-turn</b>
Neil het nijlpaard	<b>KUNST</b>
Ernie	<b>Euroturn</b>
Sir Banancelot (Banana)	<b>Split</b>
Fritz (Pinguin)	<b>Saturnus</b>
Goaty McGoatface	<b>Twist</b>
Hummus (Cow)	<b>STAH</b>
Flippie (Flamingo)	<b>Linea Recta</b>
Bob (Minion)	<b>Saltare</b>
NSTBeer	<b>NSTB</b>

# Peggy's page

Peggy, actually Miss. Peggy, is Pegasus' first mascot. On 14-10-2009 the first board gifted her to the second board to be the associations official mascot. Peggy has done something Pegaladies can only dream of. She shared a romantic moment with Epke.



Penus

Peggy

Epke

Schrobbeleer

Peggy has her own functional apparatuses: Pegasus, springboard and foam pit. And like any other lady she is in possession of an extensive wardrobe: a bikini, gala dress, rambo suit, toga and her daily suit: a **green** ribbon.

She has been travelling with Pegassusers for years, visiting different countries. Also, she has (involuntary) visited other associations. Due to her many travels, she is getting older. That's why the seventh board donated a new mascot to the association on 16-09-2015, to accompany Peggy. On that same GMA there was a voting about the sex of the new mascot, the majority chose male. This mascot also has his own name, Penus, which fits his gender.

However, the 2018-2019 board, BX, lost Peggy... R.I.P.

From that moment on Penus has been Pegasus' full-fledged mascot.

On 04-11-2023, Penus got decapitated during brassen. With Penus' life hanging on a single thread, BXV decided to retire Penus. The new mascot's name is Poenie

# Introduction weekend

Just a cosy weekend with the association



- ✓ Chance to integrate in the wonderful world of D.S.T. Pegasus
- ✓ For both new and current members!
- ✓ Make friends for life
- ✓ Learn the PegaSong
- ✓ Practise PegaGames
- ✓ An official welcome during the 'begroening'



Integration is something you can learn!

# PegaSong

Pegasus is onze naam, en turnen dat doen wij,  
We kijken echt voor niemand, en staan steeds zij aan zij.  
Op de balk en op de brug, dragen wij het groen,  
Want Pegasus is supermooi, dat is waar we 't voor doen!

Het is groen en het heet Pegasus, sterk, onoverwinnelijk.  
We houden van wat groen is, en we turnen ons kapot.  
We gaan zo door tot 's avonds laat, oh ja wat een genot.

Uit Delft zijn we gekomen, op een mythisch beest  
Je kunt ons echt niet missen, als wij er zijn geweest,  
Samen heffen wij een glas, vol met schrobbelaer,  
We toosten op die mooie club, want Pegasus staat klaar!

Het is groen en het heet Pegasus, sterk, onoverwinnelijk.  
We houden van wat groen is, en we turnen ons kapot.  
We gaan zo door tot 's avonds laat, oh ja wat een genot.  
Het vliegt door de lucht en het heet Pegasus, overheersend, sierlijk  
Salto's doen we lachend, geen trucje gaat te ver.  
We stralen door de hemel, ja turnen maakt je sterk.

Een handstand of een flikflak, magnesium er bij,  
We laten horen dat we groen zijn, want Pegasus zijn wij.....  
En we zingen nog een keer.

## (Zacht)

Het is groen en het heet Pegasus, sterk, onoverwinnelijk.  
We houden van wat groen is, en we turnen ons kapot.  
We gaan zo door tot 's avonds laat, oh ja wat een genot.

## (KNALLEN!)

Het vliegt door de lucht en het heet Pegasus, overheersend, sierlijk  
Salto's doen we lachend, geen trucje gaat te ver.

We stralen door de hemel, ja turnen maakt je sterk.

Het is groen en het heet Pegasus, sterk, onoverwinnelijk.  
We houden van wat groen is, en we turnen ons kapot.  
We gaan zo door tot 's avonds laat, oh ja wat een genot.

**GROEN!!!**

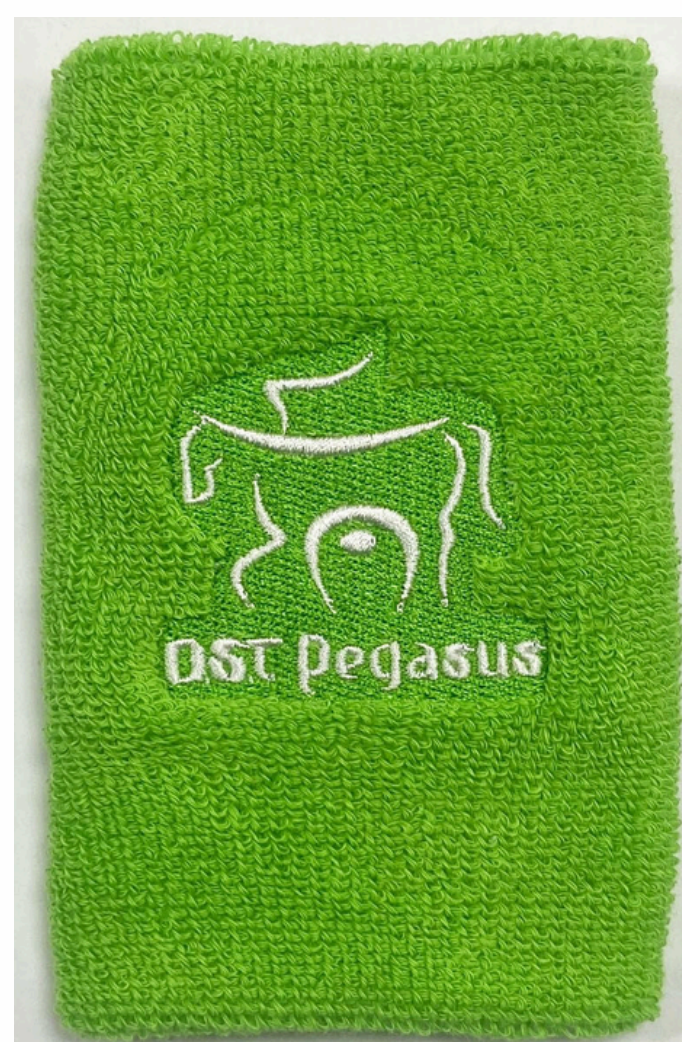
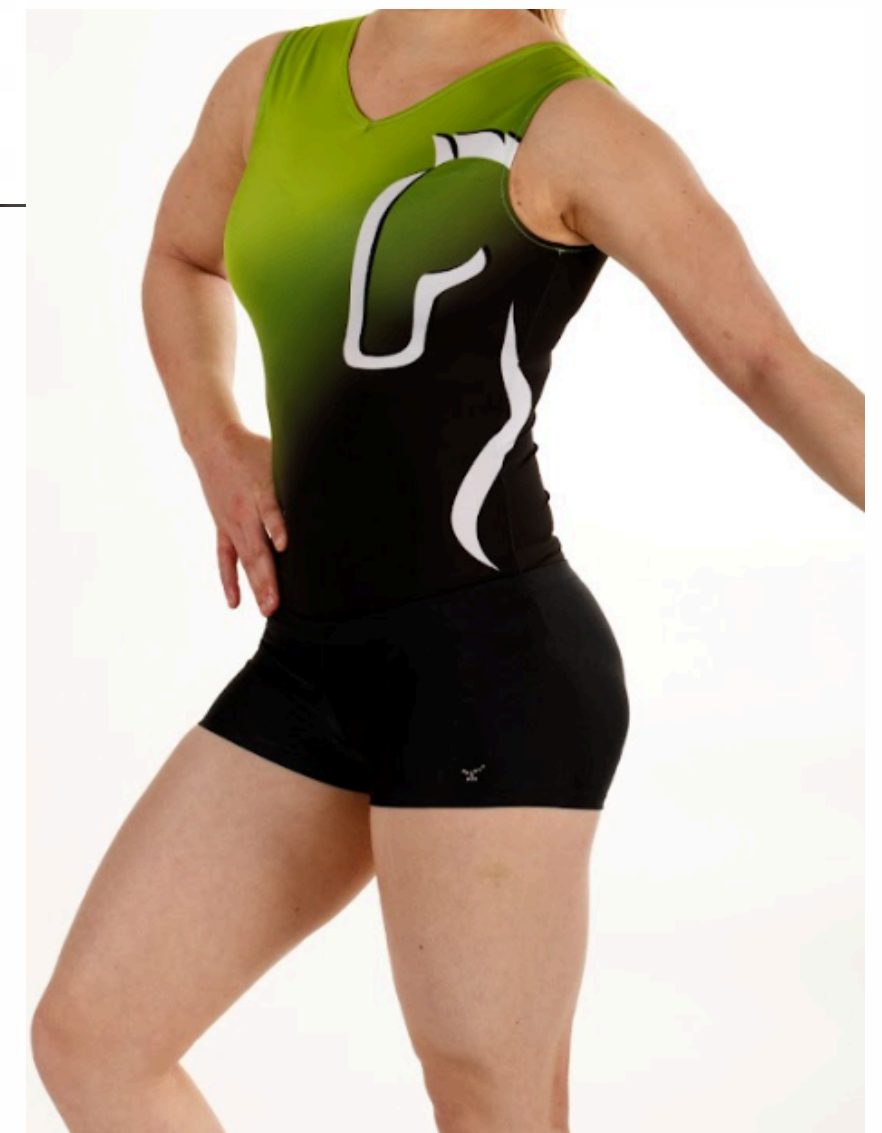
# Shower songs

These songs are mostly sung during a shower with other Pegasussers and a beer/wine. Depending on the company you sing either the men or women song.



# Pegasus Merchandise

Looking to add PegaMerch to your wardrobe? Pants, leotards, vests, wristbands, shirts and more can all be ordered by filling in the form on the website.



# Contact

## And other important information

### Social media



<https://www.dstpegasus.nl/>



[bestuur@dstpegasus.nl](mailto:bestuur@dstpegasus.nl)



[https://www.instagram.com/dst\\_pegasus/](https://www.instagram.com/dst_pegasus/)

The digital photobook can be found on the website:

<https://fotoboek.dstpegasus.nl/>

Ask a board member for the password.

Become a member of our WhatsApp community, this is the place to share unnecessary information, casual chatting and selfies!

### Address of the gym

X TU Delft, Hall 3

Mekelweg 8

2628 CD, Delft

### PegaPost (Postal Address)

X TU Delft

Mekelweg 8

2628 CD, Delft

p/a D.S.T. Pegasus



# Welcome to Pegasus!

By

Maximiliaan Cheung