



E.L.S.Z.W.V. Aquamania



From the Editors

Dear all,

The year has started, which means it is time for another Maniakaal! This year, a lot of new members joined, as you will be able to see in the New faces section. We hope you will all enjoy Aquamania as much as we all do, and we wish you a lot of entertaining quotes and misadventures in your time at Aquamania, most of which will hopefully end up in one of these!

Best,

Maniakaalcie 2019-2020

Fall 2019

Index

4	Old versus New
14	Aqua Dilemma
15	Icebreakers
16	Introduction period
18	New Aquamaniacs
26	Tante Ger
28	NSWK 1
29	NSZK 1
30	Fake news
32	Clothing line
34	Quotes
35	Competition updates

Colofon

The Maniakaal is the club magazine of Aquamania, the Leidse studenten zwem- en waterpolovereniging. Aquamania can not be held accountable for the publications in this magazine, no matter how shocking. The editors hold the right to change publication or refuse them.

Contact

maniakaal@gmail.com

Editors

Jelle Nikkels

Carlijn Sturm

Timo Schomann

Adela Vázquez García

Program

Adobe Indesign

E.L.S.Z.W.V. Aquamania

Einsteinweg 6

2333 CC Leiden

Founded on: 17 juni 1992

Giro: 387612

Gaarne uw kopij mailen naar:
maniakaal@gmail.com

From the Board



Dear Aquamaniac,

In your hands you hold the Maniakaal, the greatest of magazines ever produced by Aquamaniacs, for Aquamaniacs, and the honour of writing these words in the name of the 28th board of E.L.S.Z.W.V. Aquamania "Aquisition" has been bestowed upon me. I speak for all of us when I say that we are really looking forward to doing our utmost to contribute to our wonderful association during the coming year. In this Maniakaal you will be able to read about some of the great competitions, activities, and other fun stuff that has occurred over the past few months. For those of you that have recently joined Aquamania, I would like to welcome all of you, and hope that the stories in these pages give you a sense of what our association has to offer you.

We feel that it is important to strike a healthy balance between

fun activities, hard work and tough practices. Therefore, Liset, Tijmen, Erik and I will take most of the hard work upon us, so that all of you can focus on the fun activities and the tough practices. While we have only been installed as a board for just over two months, we feel that we will be able to make this work, for the rest of the year. Have fun with this Maniakaal and beware the Aquisition because:



"Nobody expected us, Deal with it!"

Bart Markensteijn

If you experience any (personal) problems, have any comments or something else, there is a designated person you can reach within our association. Our trustperson for this year are Christin Kuhner and Bart Markensteijn. You can text them or talk to them at training. The board is of course always available as well.





Aqua Dilemma



or



Every time you jump into the pool you lose all your clothes

Every time you make a turn you bump your head into the wall

Can't get enough of Aquamania?



Follow @aquamanialeiden on Instagram to stay tuned and scan the QR-code below to use the Aqua-agenda for all the training hours, competitions, activities and more!



Icebreakers of Titanic proportions

At a Harry Potter themed party

Hey, I'm the sorting hat, can I sit on your face?

I don't know a lot about ties, but I'm sure I know how I can tie you up right.

I might not be an amazing wizard, but you look positively magical this evening

I might not look like much, but I have an amazing wand. How about you join me this evening and I'll show you some magic.

At a fancy Gala in a castle

Oh god, I lost my horse. Can I ride you instead?

How about you join me in the tower? I'll show you an even more impressive one up there

These heels are making my feet hurt. How about you carry me to my bed?

Hello there, I'm the queen. Why don't you give me your crown jewels

Wow, you have some amazing moves. Sadly all my moves are only useful in the bedroom. Want to see them?

This castle is making me think of a card game. We already have a King and Queen, now all we need is a 6 and a 9.

All of these pillars are so beautifully decorated. Can I see how you've decorated yours?

Others

Je bent echt goed in de rugslag, kan je dat bij mij in bed ook laten zien? Ga je op je rug liggen, zorg ik wel voor de golfslag

Help, I'm drowning in booze. I'm going to need mouth to mouth

Hey, that's my beer. Oh well, you have herpes already now anyways

I'm an artist. How about I paint you with my brush?

Introduction Period

After the summer holiday it was time to welcome a lot of new trial members to Aquamania. To help them get to know each other and our association the Aquactie organized several activities during the introduction period.

We started off with a Crazy 44 where old and new members teamed up to complete as many swimming and polo related (and often very weird) tasks as possible. This resulted in a lot of entertaining pictures and video's and a funny first introduction.



Then we continued with another game in the city: human clue. We are glad to announce that a vicious murderer has been caught and Aquamania is not only safe again but has gained some skilled Aquatectives that are not afraid of anything!

After all these (intense) games it was time for (relaxed) dinner at Carlijn's

place. With 25 people joining the Aquactie couldn't be more happy, because the more souls the more joy! While enjoying some wraps and brownie this evening was perfect for chatting with a lot of different people and sinking afterwards at the waterpolo or swimming practice.



On the 3rd of October we celebrated a typical festivity in Leiden, the so called: 'Leidens Ontzet'. Nobody expected 27 people to sign up for this but luckily Erik could borrow a huge pan for the hutspot(huge as in approx 4-5 times Erik's head). Even though the Aquactie still had sore arm muscles for days from making the hutspot it was worth it because everyone had a good time playing games and enjoying some drinks Afterwards we went into the city for the party with some typical 3rd of October songs (not everyone seemed to get it at first though... HUTS... HUTS....POT)

Dinner at Bregje's was the next activity in the introduction period. On this Monday evening we enjoyed the restaurant food while chatting with a lot of different people about all kinds of things (mostly about swimming pools) before going to swimming and waterpolo practice together.

To finish off the introduction period it was time for the great Inaquaration! At the end of the training the new members had to get through a water obstacles parcourse to prove that they were worthy of being a member of Aquamania. Even though there were some difficult obstacles everyone raced through the water and tried their best. This was the first year that such

an event was ever organized and the Aquactie and the board were proud to award all the new members with their official Diploma Aqua.

The Inaquaration may have been the end of the introduction period, but it will most definitely not be the end of activities for Aquamania this year. The Aquactie will continue to organize activities for all that consider themselves to be Aquamaniacs!

Lots of Love,

The Aquactie







Emotioneel ver *met Tante Ger*

Dear tante Ger,

Since a lot of women are playing for ZVL, there are not many girls at the Aquamania training anymore. But there are still a couple of girls showing up every week. The problem is that some guys prefer to do training excersises with a men's ball, but this is a disadvantage for the few girls that are still showing up. There is a reason that women play with smaller balls, and it might also better for our beginners (and all the cool swimmers that show up at waterpolo practice sometimes). But sometimes, the guys give us the feeling that our opinion about which ball to use doesn't matter because we are a minority, even though we're the only ones who suffer this disadvantage. I hope you can help me.

- Anonymous water polo player



My frustrated water polo player,

I must confess, I had to do some research to answer your question. My main concern was which ball was mostly used during NSWKs, since these are the primary competitions for Aquamania. I thought maybe your fellow waterpolo players just wanted to practice with the official balls used in the matches our wonderful association play. Turns out, most of the time, also women's balls are used. With this information, and also with your testimony letting me know that there are not that many advanced players in the team too, I must say the guys are just being selfish. My first recommendation to solve this issue would be to talk to those selfish guys and explain clearly your position and the general situation of disadvantage for both the women and the team itself (since NSWKs are the competitions which Aquamania should be most concerned about in terms of water polo). If for some reason you are not being heard, I will talk to your coaches and fellow team members and discuss this as a team. As a slightly more radical option, I suggest to just start cutting the men's balls.

Let me know which option you choose.

Lots of love,

Tante Ger

Dear Tante Ger,

I recently asked out a girl at Aquamania. I really like her and don't want to mess this up, do you have any advice on early dates?

My dear Aquamaniac

It has been a while since I've received a question of romantic nature, but you definitely came to the right place. In any dating (and non-dating) stage, the most important thing is for you to be yourself. Never change so someone else likes you or accepts you. If you do want to change something about yourself, do it because you want to, for your own good.

My next tip will be to be honest and communicate. I do mean honest to a point, never tell a girl (or anyone for the matter) something that might be just insulting, like "you look like an Amish".

Besides things like that, you should just talk things out. If you have doubts about things or you are not sure how she feels, just ask! Every person is diffe-

rent and that is the most fun part of getting to know people.



Ask her about her likes and dislikes, about small things like her favorite animal to what is her opinion on more important things, like vaccines for example. If you aspire to have a relationship (romantic or not), it is important to discuss things like that, not only to assess the compatibility, but just to get to know different points of view (after all, you cannot agree with each other about everything). Also, do not forget to discuss at some point (if things are going well) your expectations on this new relationship. Other than that, do not worry too much. Being an Aquamaniac, I am sure you are a great person, and that is, by far, the most important thing :)

Best of luck,

Tante Ger

If you ever need help, advice or a person to talk, do not hesitate to contact our beloved Tante Ger. You can easily send her your anonymous messages at the box available during trainings (see right picture) or by using the following google form

<https://goo.gl/forms/dXf2eYFXywsHd4l23>

To keep the Maniakaal more inclusive towards our international members, we kindly ask you to write your messages in English.

Thank you!



NSWK

EPISODE I A NEW HOPE

In a period of great despair when a group of waterpolo players had left Aquamania during the summer, the new assessor waterpolo hoped a new group of waterpolo players would join Aqua during the EL CID-week.

During the EL CID-week the waterpolo group was expanded. With old and new members they set on their first journey to the city of Rotterdam for the First NSWK of this year.

The Aqua team had four matches to play during this NSWK, They had to play against; Avalon, Ragnar, Wave and Pila ictus.

The matches were won with good scorelines,, but twhat is was all about was that final prize. During the graved pizza the prices where announced! And the price we won with Aquamania was...

p.s. if you want to know what we won join us as player or spectator at the next NSWK on the 15th of October.

NSZK I Wageningen

The first NSZK of the season! We traveled all the way to the magical Wageningen to attend the first NSZK in Harry Potter style. We started having fun at the board dinner on Friday and started partying with pre-drinks and a really difficult pub-quiz about Harry Potter. Although it was really tough, the old board Aquavierce managed to come in second. After being second, we had some beers and went to sleeping location. We slept in a room of a student, which was really interesting because she was present during the first night. After having weird conversations in her really messy room while being a little tipsy, we slept for a long time.



On Saturday we had a lot of time to prepare for swimming really fast and we found out that there were issues with public transport and we were really stressed about it for a while. There was a small amount of swimmers but we had fun. Nonetheless we swam like beasts and we even had new members joining us in the competition. Al-

most everyone had a personal record, so although we ended up being last, we are certainly not losers! The whole competition was kind of weird though. The planned food trucks were replaced by pizza, the foodies amongst us were really sad about that. And someone got trapped in the toilet, resulting in an hour lasting rescue mission with a broken door as result.



We had to do Harry Potter assignments during and after the competition which was really fun and sometimes really weird! Videos of having a spell competition with frikandellen, a typical Dutch snack and cheesy pick-up lines such "Can I eh, Slytherin" were the funny outcomes. All Aquamania members did their best to dress up in the Harry Potter theme. The party was really fun, except for the slow bartenders. We partied until late at night and had a lot of drinks! Let's say that the next few days were challenging. We hope the next NSZK we will have as much fun as this NSZK.

Liset Brooshoof

Fake News

As most of you know by now, last year Aquamania finally won the integration bingo. The board stated they would be retiring after becoming champions. However, some people whisper that some of them could not resist for long and started competing again within the first few minutes of the first party.

With a very suggestive start to the season, someone already lost their prized pink panties at the training. Just forgetfulness, or a need to get away quickly after an illicit rendez-vous?

There's a rumour that the new Stichting NSZK board already favours Aquamania. From gala dates to clandestine encounters at tournaments, are we charming our way into power? Only time will tell.

Last NSZK someone was not able to contain a secret urge. She asked an unfortunate man after his nuts several times. Did she receive this protein filled meal, or was she woefully unsuccessful? Our sources could not confirm.

Apparently, some people are scheming together to ban the board from ever using stickers in the whatsapp group again. They aim to achieve this by voting on the ALV to ban them forever. Will they succeed, or will the board be able to continue their reign of terror?



Some of the fake news might be based on true information. However, the Maniakaal is not responsible for any damages whatsoever.



Clothing line: wear your

You can order clothes from our sponsor and provider, Kwiek Sport and get them directly delivered to your house! Order any time at <https://kwieksport.nl/> Deliveries over 65€ are free. If you don't want to order that much, gather some of your other aquafriends and order together!



Shirt & Short: 39,95€

Shirt: 18,95€

Short: 24,95€



42,45€



24,95€



29,95€

Aqua colors with pride!



Swimming

Water Polo

59,95€



Other items you might be interested already in stock are swimming caps and sunglasses (2€ each). Ask the board for them!

Quotes

I have a lot of wet things you don't want to have all over you

If I enjoy myself it takes a very long time

I don't mind getting naked on the street, but other people might.

Man, I think I just ate an entire semester worth of trainings

My junk is like a good wine, it just needs some air.

I just make my own drama without going outside.

Odessa is a deep dark pit where dreams go to die.

If there's an anus in the game, always go for the anus!

Yeah, you're really cute, but you're not getting human meat!

You women are always touching me.

You got to reach deep in there
to reach the balls.



Universiteit
Leiden

Universitair Sportcentrum

Competition updates

NSZK (after 1 round)

1.	Golfbreker	1088,89
2.	SPONS	1090,78
3.	Tiburón	1120,28
4.	Nayade	1145,60
5.	Hydrofiel	1236,10
6.	Piranha	1236,10
7.	Zinkstuk	1293,49
8.	WAVE	1293,52
9.	Aquifer	1293,52
10.	Ragnar	1366,68
11.	Avalon	1399,97
12.	Aquamania	1451,67

Women's team ?

4.	Poseidon '56 Da1	12
5.	ZVL-1886 Da5	7
6.	ZVL-1886 Da7	6
7.	Aquadraat Da1	6
8.	Z&PC De Gouwe Da3	6

Lustrum Crazy 88

1.	Aquamania	17
2.	Ragnar	9
3.	Tiburón	5
4.	Golfbreker	3
5.	Hydrofiel	3
6.	WAVE	3
7.	Aquifer	1
8.	Pila Ictus	1
9.	Spons	1
10.	Avalon	0
11.	Nayade	0
12.	Zinkstuk	0

Integratiebingo (after 1 round)

1.	Golfbreker	2
2.	Nayade	2
3.	Ragnar	2
4.	Tiburón	2
35.	Zinkstuk	1
6.	Stichting	1
7.	WAVE	1
8.	Aquamania	0
9.	Aquifer	0
10.	Avalon	0
11.	Hydrofiel	0
012.	Piranha	0
13.	Spons	0

NSWK (after 1 round)

Group 1

1.	Ragnar 1
2.	Ragnar 2
3.	Avalon 1
4.	JAWS
5.	Zinkstuk

Group 2

1.	Aquamania
2.	Hydrofiel
3.	Avalon 2
4.	Pila Ictus
5.	WAVE
6.	Ragnar eendjes



kwiek sport



www.biercafe.nl

L E M M Y  S

**Morsstraat 24 Leiden
071-512 64 02**

