



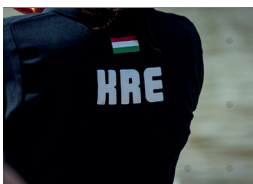
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# SPORTS HANDBOOK





# SPORT WITH US!



**JOIN OUT SPORTS AND LEISURE ACTIVITIES!**

**#SPORTYUNIVERSITY**

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#SPORTYUNIVERSITY

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## IMPRESSUM

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# WELCOME



## Prof. Dr. László Trócsányi

RECTOR OF KÁROLI GÁSPÁR UNIVERSITY

Dear Students,

I am delighted to welcome everyone to the exciting life of our University! I understand that many questions may arise regarding the balance between studies and sports. Classes, exams, study groups, and work are all important, but do not forget that achieving harmony between the body and the mind is fundamental to a well-balanced life.

In addition to the motto "Quality, Community, Károli," I can proudly affirm that Károli Gáspár University is a "sporty university." We strive to provide all of you with the opportunity to harmonize learning and sports. The sports options presented in this publication will help you find ways to integrate various physical activities into your university life.

I encourage everyone to explore the opportunities offered by the University and choose those that best fit your lives. We are proud of every student and will support you in every step you take.

Go Károli!



## Péter Sárfalvi

DIRECTOR OF KRE SPORTS OFFICE, PRESIDENT OF KRE SC

In accordance with the leadership's vision, the Károli Sports Office is committed to advance university sports. Our main goal is to enhance the university community, for which we believe sports is one of the most suitable tools. It's important to emphasize that this community includes not only students, but also faculty members and all staff working here. We provide continuous sports opportunities within both the university and the framework of our newly established association.

To all you dear Freshmen, I wish that you find a sport activity close to your heart and become a part of Károli's athletics family!



## Benedek Szalai

PRESIDENT OF KRE STUDENT UNION

Dear Newly Enrolled Károli Student,

It brings me great joy to welcome you to Károli Gáspár University, which not only offers an excellent community and quality education but also a thriving sports scene. The organizational units of the University have set the goal of "a sound mind in a sound body," emphasizing the importance of both mental and physical well-being. Implemented by the KRE Sports Office, it offers an exceptionally high quality. You can find a wide range of sports opportunities here, ranging from team sports to e-sports.

I recommend to you, dear future Károli student, to take advantage of the opportunities offered by the Sports Office! Wishing you enjoyable (and sports-filled) years at Károli Gáspár University!



# INTRODUCING THE KRE SC

It was a significant milestone in the life of Károli Gáspár University when the KRE Sports Club was established on January 1, 2023. Since its inception, the most important tasks during this period have been the creation of specialized sections, providing high-quality training and competitive opportunities, as well as ensuring appropriate sports attire and supplementary equipment for our athletes. Alongside expanding the membership base, the club's mission includes launching and making university mass sports accessible to both students and staff members.

## FEATURED TEAMS

- ✓ Women's handball Budapest I.
- ✓ Women's Volleyball NB II.
- ✓ Men's Futsal NB III.

## RECREATION DIVISIONS

- ✓ Amateur football
- ✓ Amateur basketball
- ✓ Amateur volleyball
- ✓ Gym
- ✓ Table Tennis
- ✓ Hiking
- ✓ E-sports
- ✓ Cross-country running
- ✓ Laser Run
- ✓ Bicycle tour
- ✓ Darts, foosball
- ✓ Dragon boating and rowing



## KÁROLI GÁSPÁR REFORMED UNIVERSITY SPORT CLUB

1088. Budapest, Múzeum utca 5. fszt. 5

### Our website

[www.portal.kre.hu/kresc](http://www.portal.kre.hu/kresc)

### More social sites

 [linktr.ee/kre\\_sc](https://linktr.ee/kre_sc)

# SPORT AT KÁROLI!

For the Academic year 2022/2023, the University has launched its first compulsory physical education classes, in which students can choose from several sports in a progressive system, as part of a major sports development.



## Functional gymnastics

**Location:** R6 Gym

**Time:** Tuesday- Thursday 8:00 - 9:30  
10:00 - 11:30

**Instructors:** Flóra Sinka, László Pergel, Dominik Koncsik,  
Bálint Boros

01



## Zumba

**Location:** R6 Gym

**Time:** Monday - Wednesday 8:00 - 9:30 és 10:00 - 11:30  
**Instructor:** Lili Szabó

**Location:** D25 Gym

**Time:** Monday and Friday 8:00 - 9:30  
**Instructor:** András Angyal

02



## Volleyball

**Location:** D25 Gym

**Time:** Monday and Friday 10:00 - 11:30  
12:00 - 13:30

**Instructor:** Boglárka Szilávik

03



## Aerobics

**Location:** R6 Gym

**Time:** Monday - Thursday 12:00 - 13:30  
14:00 - 15:30

**Instructor:** Rebeka Varga

04



## Stretching

**Location:** D25 Gym

**Time:** Tuesday - Friday 10:00 - 11:30  
12:00 - 13:30

**Instructor:** Zsófia Magyar

05



**FURTHER INFORMATION:** [sportiroda@kre.hu](mailto:sportiroda@kre.hu)

## FUNCTIONAL CIRCUIT TRAINING

The aim of this class is to introduce students to the methodology of rowing, strength training, and functional circuit exercises. Twice a week, for forty-five minutes each session, we focus on learning and executing proper rowing techniques, ensuring correct muscle and joint loading, and performing stretching exercises with precision. This is a much-needed form of exercise, not only for boys!



Rowing

Time:  
Tuesday, Wednesday, Thursday  
8:00 - 9:30  
10:00 - 11:30



Instructors:  
Flóra Sinka  
László Pergel  
Dominik Koncsik  
Bálint Boros

Location:  
RG Gym

## ZUMBA

Our Zumba classes provide students with the chance to join one of the most joyful, music-infused dance workouts at our university and become part of an amazing team. Our young instructors emphasize not only high-quality movement but also a great atmosphere, making Zumba classes an irresistible choice.



Music & dance = training

Time:  
Monday, Tuesday, Wednesday, Friday  
8:00 - 9:30  
10:00 - 11:30



Instructors:  
Lili Szabó  
András Angyal

Location:  
R6 Gym  
D25 Gym

**Instructor:**  
**Boglárka Szlávik**



**Time:**  
**Monday, Friday**  
**10:00 - 11:30**  
**12:00 - 13:30**

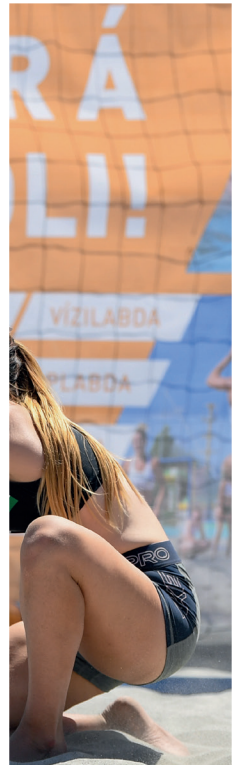
**Location:**  
**D25 Gym**

## **VOLLEYBALL**

The most popular team sport at the university, volleyball, is a vital part of our mandatory physical education offering.

Volleyball is a highly active sport, particularly suitable for practicing flexible and quick tasks. It enhances motor skills and like many other sports, teaches discipline and self-control. Our university teams consistently perform among the best in championships, making nurturing new talents extremely important to us.







Time:  
Monday, Tuesday, Wednesday, Thursday  
12:00 - 13:30  
14:00 - 15:30



Instructor:  
Rebeka Varga

Location:  
RG Gym



Musical movement

## AEROBICS

Aerobics is a form of exercise consisting of rhythmic movements performed to music, engaging multiple muscle groups simultaneously. It's an excellent community-building program. It was highly popular among Károli University students in the previous academic year, and we are looking forward to everyone's enthusiastic participation again this year.

## STRETCHING

For those who prefer less dynamic, slower movements, we offer a special type of class -called stretching. Once a week, you'll have the opportunity to stretch, strengthen, relax, and focus internally. This form of movement can be an excellent choice for those struggling with concentration difficulties and seeking some relaxation, not just during exam periods.



**focus on yourself**

**Time:**  
**Tuesday, Wednesday, Thursday, Friday**  
10:00 - 11:30  
12:00 - 13:30



**Instructor:**  
**Zsófia Magyar**

**Location:**  
**D25 Gym**

# KÁROLI SPORT DAY



DANCE WORKSHOP  
RIGHT AFTER  
THE SPORT DAY

FOOTBALL | BEACH VOLLEYBALL  
STREETBALL | TUG OF WAR | AEROBIC  
E-SPORT | ROWING | ZUMBA  
CHALLENGE | LASER RUN

MARGARET ISLAND ATHLETICS CENTER

2023. SEPTEMBER 27.

# WHAT'S THE TRUE KÁROLI SPORTS DAY LIKE?



## THE OBJECTIVES OF SPORTS DAYS:

The renewal of the sports office was accompanied by a conceptual shift in sports days. The previously team-oriented event transformed into a creative community program.



## WHY IS THE SPORTS DAY SO POPULAR?

In addition to the unwavering popularity of small-sided football, streetball, and beach volleyball championships, community-building games have emerged, such as bubble soccer, obstacle courses, laser shooting, E-sports tent, flash mobs, or teqball. The approach is simple: to engage as many students and university staff members as possible within a playful framework during a fantastic and lively sports day!



## LOCATIONS WHERE WE'VE BEEN:

In the fall, the training center of Ferencvárosi Gymnastics Club, and in the spring, the Margaret Island Athletics Center, provided the perfect venue for the sports days.

# Scholarship Program



We believe that sports not only have significant community-building power but also play a crucial role in the moral development of young people. Therefore, we provide comprehensive support to our university athletes.



In the 2023/2024 admission process, athletes can receive additional admission points from Károli University.



Throughout their studies, athletes receive various benefits from the university, such as discounted study schedules and exams, sports-related absence justification, and mentor-tutor programs.



Athletes can benefit from various financial support and discounts, such as scholarships for their sports activities.



The university supports athletes' housing to the best of its abilities, offering discounted or free dormitory accommodation when possible.



Handball, Volleyball, Beach handball, Beach volleyball,  
Basketball, Soccer, Waterpolo, Floorball, Dragon boat,  
Rugby, Dodgeball, Gymnastics, Aerobics, Cheerleading,  
Spartan, and Pilates.

# GOLDEN TRIUMPH

## AT KÁROLI



Fanni Pignicki, a psychology major student at our university, achieved remarkable success at the University World Games held in Chengdu. She won two gold medals in rhythmic gymnastics, making history as no Hungarian athlete had ever performed so exceptionally in this sport at the games before.

Fanni first secured the Hungarian university team's inaugural gold medal in the all-around category at the University World Games. Just a day later, she once again ascended to the highest podium with a fantastic ribbon routine.

With her ribbon and clubs performances, she narrowly missed the bronze medal, concluding the competition in the 4th place. In the hoop discipline, she secured the 7th position. Fanni is currently the only Hungarian university athlete to have won two gold medals at the Chengdu University World Games.

Fanni Competes at the Most Crucial Rhythmic Gymnastics Event in Valencia.

Fanni Pignicki participated in the year's most significant rhythmic gymnastics competition, the world championships that were held in Valencia. Alongside our solo athletes, Pigniczki Fanni and Hanna Wiesner, a six-member handball team represented Hungary's colors as well.



# Beach Volleyball Inter-University Championships (MEFOB)



This year, our university had the privilege of hosting the finals of the Beach Volleyball Inter-University Championships as part of the EFOTT festival. In the women's category, the duo of Papp Lujza and Lisztes Szilvia stood atop the podium for the first time in our university's history. Among the men, the duo of Kristóf Fanczal and Péter Nádasdi secured an honorable third place.



# Beach Handball Inter-University Championships (MEFOB)



The Beach Handball MEFOB finals were organized by MTSE in Velence. Our university's women's team fought for the championship title and emerged victorious, not conceding a single match. This marked their fifth consecutive victory, earning them the well-deserved champion's trophy.



# BECOME A KRE SC (KÁROLI UNIVERSITY SPORT) MEMBER

## WHAT DOES THE MEMBERSHIP OFFER?

-ACCES TO THE  
KRE GYM

-PARTICIPATION IN LEISURE  
DEPARTMENT COMPETITIONS AND  
EVENTS (PING PONG, DARTS, E-SPORTS,  
HIKES)

-INVOLVEMENT IN AMATEUR TEAM  
PRACTICES (SMALL-SIDED  
FOOTBALL, HANDBALL,  
VOLLEYBALL)



THE FIRST 150 NEWCOMERS WHO REGISTER  
RECEIVE A GIFT OF A SHIRT, CAP, WATER  
BOTTLE, AND BAG!

ANNUAL MEMBERSHIP FEE: 6000HUF



REGISTRATION



kresc2023



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