

# **Sportclub PSI**

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**Ben Martin (President)**

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## Who we are ...



### ... over 800 members

- cross PSI, including PSI alumni, staff family members/friends from outside PSI

### ... ca 30 enthusiastic volunteers running the show

- Board members
- Sport section leaders
- Instructors and coaches

### ... an independent, registered association

- long history (over 60 years)
- stable and reliable structures
- with own budget
- anchored in and supported by PSI

### ... member of ASCERI

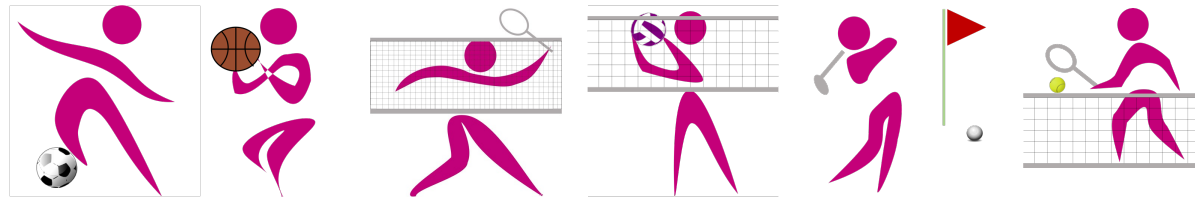
- (Association of the Sports Communities of the European Research Institutes)

# What's in it for you?

- **Balance your hard work with sports activities**
  - over lunch, in the mornings or evenings, over weekends
- **Be part of a sports team and have fun**
  - join local tournaments and parties
  - take part in annual cross-Europe academic sports championships
- **Find new friends and interesting colleagues**
  - across all our science labs and support functions
- **Do something for your health and wellbeing**
  - loose weight, grow muscles
  - relax and enjoy
  - have a swim or a massage

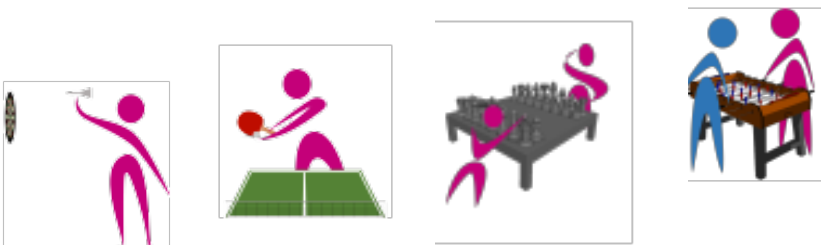


## Team Sports (run by Captains/Coaches)



Which sports suites you?

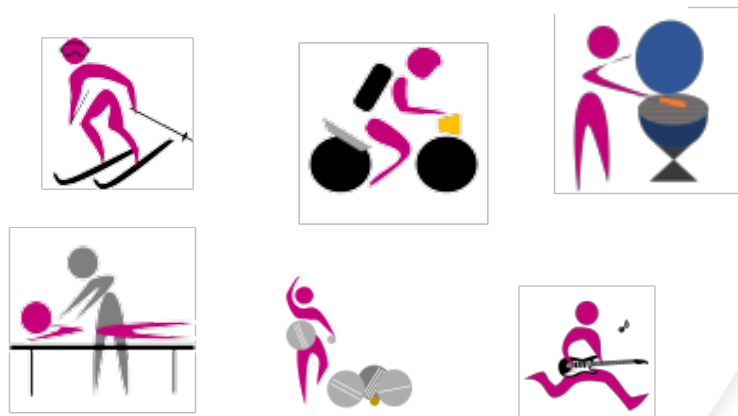
Even more fun ...



## Group Sports (run by an instructor)

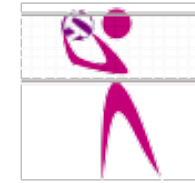
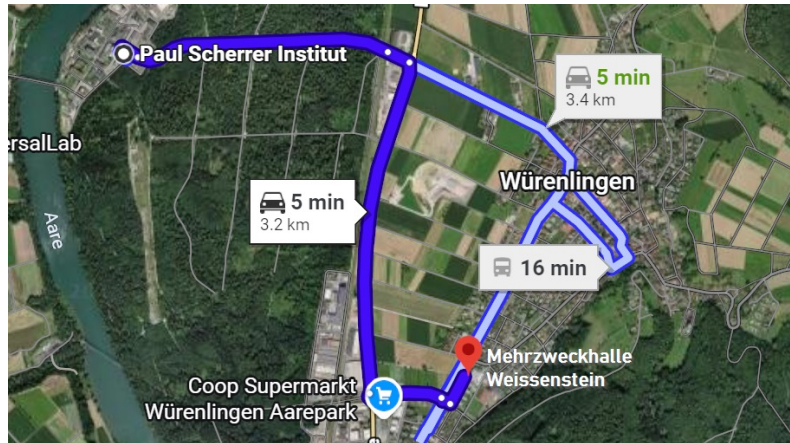


## Individual Sports (PSI Campus)



## Team Sports (run by Captains/Coaches)

- **Würenlingen** (Bus, Velo ca. 15min)
- Gym Weissenstein, Tannenweg und Gartenstrasse



|                   |                        |                       |
|-------------------|------------------------|-----------------------|
| <b>Volleyball</b> | <b>Mon/Wed</b>         | <b>evenings</b>       |
| <b>Badminton</b>  | <b>Mon/Tue/Wed/Fri</b> | <b>lunch/evenings</b> |
| <b>Soccer</b>     | <b>Wed/Thu</b>         | <b>lunch/evening</b>  |
| <b>Basketball</b> | <b>Mon/Wed</b>         | <b>over lunch</b>     |

## Team Sports (run by Captains/Coaches)



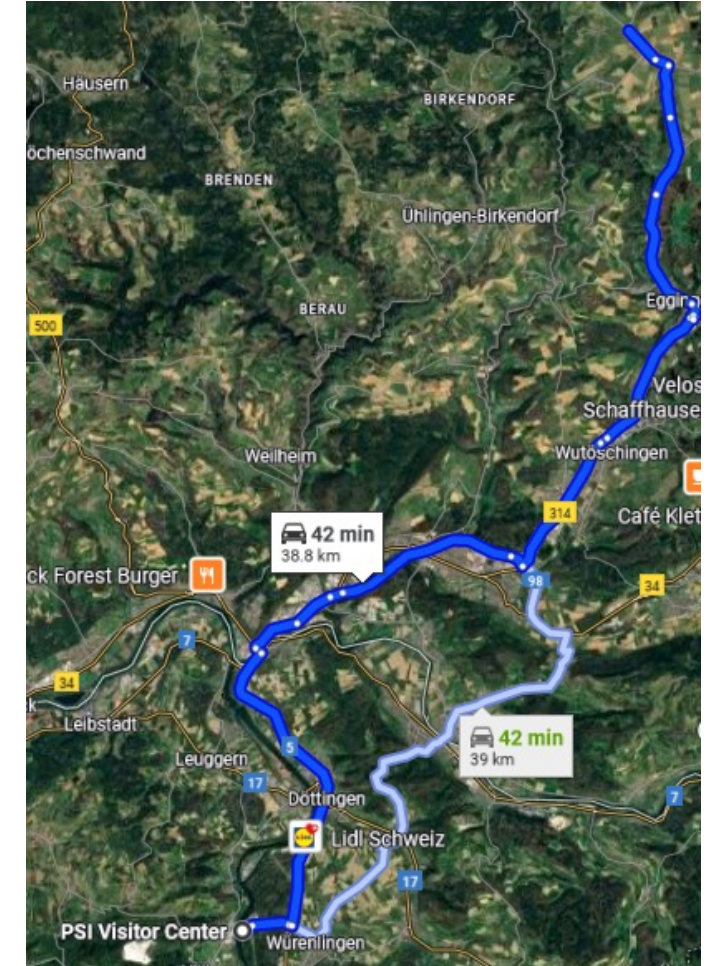
- Leuggern (Car 7min)
- Sport - Center

| Tennis        |            |           |
|---------------|------------|-----------|
| Every workday | over lunch | 5 CHF fee |



## Team Sports (run by Captains/Coaches)

- **Sport Golf Club “Obere Alp”**  
(Car 42min)



- **Golf Simulation WSAE**

**Golf**

Schedule in request

## Group Sports (run by instructors)

- Sportclub Building OSCB - Gym

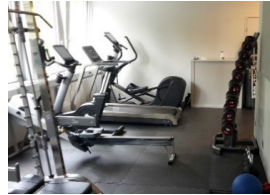
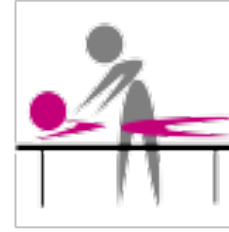


### Voluntarily fee

|                                    |  |            |
|------------------------------------|--|------------|
| <b>Yoga</b>                        | Mon 17:00, Wed 12:00, Thu 12:00, Fri 12:00 | 5 CHF fee  |
| <b>Zumba</b>                       | Mon 12:00                                  | 5 CHF fee  |
| <b>Pilates</b>                     | Tue 12:00                                  | 5 CHF fee  |
| <b>Aerial</b>                      | Mon 16:00, Wed 16:00, Fri 16:00            | 10 CHF fee |
| <b>Ninjitsu</b>                    | Mon 18:30, Tue 19:30, Thu 19:30            | 5 CHF fee  |
| <b>Boxing</b>                      | Tue 16:30                                  | 5 CHF fee  |
| <b>Running Class</b> (starts here) | Mon, 11:30                                 | n.a.       |



## Individual sports (in and around OSCB)



|                        |   |                                       |
|------------------------|---|---------------------------------------|
| <b>Climbing/Bolder</b> |   | 5 CHF fee <a href="#">Voluntarily</a> |
| <b>Senso Pro</b>       | Booking via outlook                                     | n.a.                                  |
| <b>Weight training</b> | Booking via outlook                                     | n.a.                                  |
| <b>Swimming</b>        | Use changing rooms and lockers for a swim in river Aare |                                       |
| <b>Trail Running</b>   | Use changing rooms and lockers for trail running        |                                       |

## And very special fun ...

- Music Club – WSAE
- BBQ arts
- Badi Villigen (public pool)
- Massage Studio (Sport Club Building)

### Music club section (WSEA – event hall)



**Badi Villigen: public swimming pool (6 CHF), including beach volleyball pitch**



### BBQ-Arts section



**Massage Studio**  
(run by professional external Partners) –  
**Sportclub Building**

Wir sind gerne für  
Sie da.

Tina Imhof  
med. Masseurin eidg. FA  
Hofwiesstrasse 7  
5420 Ehrendingen

Massagepraxis am Paul Scherrer Institut  
Gebäude Sportclub PSI  
5232 Villigen PSI

WIR FREUEN UNS AUF SIE.

Telefon 056 222 78 87  
info@therapie-massage.ch  
www.therapie-massage.ch

# ASCERI (European Science Sports Association)

ASCERI aims to contribute to a united Europe through regular sports meetings, bringing together members of public Research Institutes at European level.

**The Association's members come from over 59 Research Institutes spanning 13 countries.**

Numerous sports and leisure activities are represented at regular events including football, skiing, golf, sailing, canoeing...

Main sporting events

- Summer ATOMIADE or Summer Games
- Winter ATOMIADE or Winter Games
- Mini ATOMIADE or Mini Games

Sportclub PSI as active member of ASCERI



## March 2025 Winter ATOMIADE - (Reit im Winkl/Germany)

| Day       | Time    | Location   |
|-----------|---------|--|
| Saturday  | 18:00   | Arrival of the teams   |
|           | 18:00   | Welcome reception and registration   |
|           | 19:00   | Team captains meeting<br>Festsaal open stage, Reit im Winkl,<br>Festsaal meeting room, Reit im Winkl |
| Sunday    | 17:30   | Free: individual training (self organised)   |
|           | 17:30   | Team captains meeting  |
|           | 18:00   | Opening event  |
| Monday    | 10:00   | Clart Slalom   |
|           | 11:30   | Snow board Slalom  |
|           | 12:45   | Combined Slalom  |
|           | updated | Medal Ceremony   |
| Tuesday   | 17:30   | Medal Ceremony   |
|           | 18:15   | Team captains meeting  |
|           | updated | Self organised dinner  |
| Wednesday | 10:30   | Parallell Slalom   |
|           | 18:00   | Medal Ceremony   |
|           | updated | *Schneefest* event (public event, self paid)   |
| Thursday  | 10:00   | Free: individual training (self organised)   |
|           | 17:00   | Fun Event. More info will follow!  |
|           | 18:00   | Cancelled: Team captains meeting   |
|           | 19:00   | Cancelled: *Meet & relax/dance* event (ASCERI event, self paid)                                      |
|           | 19:00   | Cancelled: Cross country classic   |
| Friday    | 14:00   | Cancelled: Cross country relay   |
|           | 17:00   | Cancelled: Medal Ceremony  |
|           | 18:00   | Cancelled: Team captains meeting   |
|           | 8:50    | New: Bus to Salzburg (departure 9.00h)   |
| Saturday  | 10:00   | Cancelled: Cross Country Free Style / Nordic Chase (new race)  |
|           | 14:00   | Cancelled: Laser biathlon  |
|           | 19:00   | Closing event (including medal ceremony)   |
| Saturday  |         | Departure of the teams   |



# BELG PROCESS

## Upcoming Events

### SPORTS:

1. Small field football (all genders)
2. Golf
3. Tennis
4. Padel
5. Volleyball
6. Run (distance 5km and 10km)
7. Mountainbiking (distance TBD)
8. Archery
9. Pétanque
10. Badminton
11. Hike (no competition)

**Mini- Atomiade 2026**  
**5 - 8 June 2026**  
**Genk - Belgium**

# How to start with us?

- Visit our website [sportclub-psi.ch](https://sportclub-psi.ch) and complete the **sign-up form**.
- On the website, check out your **preferred sports** and get in touch with the relevant section leaders.
- Look over the **training plans and schedules**, then attend a regular training session.
- **Everyone** is welcome, no matter your skill level.
- Your membership fee of **5 CHF per month** will be automatically deducted from your salary.

Information  
and feedback

