
Rector's Sports Day

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13. 5. 2011, By: Red., Translation: Pavla Horáková

Dear fellow athletes,

The traditional sports festival held by our university will take place on May 18, 2011.



This year's Rector's Sports Day will be held under the auspices of the Institute of Physical Education of the Second and Third Faculties of Medicine. To stay true to our institute's name, we have included health-themed activities in the programme. We have included lessons of the popular Nordic walking to give you an introduction to walking with poles. Slacklining is another health-minded discipline – not only will it be a lot of fun but you will also get a chance to test your balance.

The complete offer covers a wide range of sports activities with the addition of inline skating and squash compared to last year.

The Rector's Day programme makes it clear that it is not only about victory in the individual and collective sports but also about the possibility to work out or get some exercise just to feel good.

Therefore I wish all the athletes as well as organizers and referees – everybody taking part in our sports festival – as much good feeling as possible.

PaedDr. Bohumil Hněvkovský, head of the Institute of Physical Education of the Second and Third Faculties of Medicine
· Sports disciplines

- o Aerobics
- o Athletics
- o Aqua fitness
- o Basketball
- o Cycling
- o Cycling and inline skating
- o Floorball
- o Football
- o Golf
- o Wall climbing
- o Nordic walking
- o Orienteering
- o Swimming
- o Weight training
- o Rafting
- o Canoeing on the Sázava
- o Slacklining
- o Softball
- o Squash
- o Table tennis
- o Tennis
- o Volleyball
- o Sporting activities for students with disabilities

The Rector's Sports Day website is in Czech but if you have any questions, please write to petra.kopplova@ruk.cuni.cz