



SSIF

**ANNUAL REPORT
2024/2025**

INTRODUCTION

Stockholms Studenters Idrottsförening (SSIF) is an independent student sports association. The club offers sports activities primarily aimed at students, but other training-interested individuals aged 18 and over are also welcome to participate in the club's activities. During the 2024/2025 operational year, SSIF has conducted a broad range of activities including recreational sports in skill-level divided sports and group training through our two membership cards, All-in and Studio, as well as a selected number of training courses (called Small Group Training). We offer at least 100 training sessions per week across at least 30 different training formats.

The club's highest decision-making body is the general meeting. Under this body operates a board, whose work is led by a chairperson. The club's daily operations have been managed by an office. The office consists of the Head of operations together with a Marketing Coordinator and a Sports Coordinator. During the past year, a new Head of Operations started in January. The Sports Coordinator increased their employment rate from 60% to 100% starting in the fall, due to member growth and increased attendance, which resulted in higher demand, expanded training schedules, and greater need for coordination. A bookkeeping accountant was hired in December at 22% employment, replacing the external consultant previously contracted for these services. Besides these employees, around 80 instructors and ambassadors have been engaged voluntarily during the year.

THE PAST YEAR

The sports offered by SSIF include (ALL IN): badminton, basketball, table tennis, football (soccer), gymnastics, floorball, and volleyball.

SSIF STUDIO: dance (contemporary jazz, intermediate jazz, zumba, ballet), fencing, running, pilates, yoga (hatha, yin yoga, vinyasa, flow), curam recovery, boxing, muay thai, handstands, and selected Les Mills programs: BodyCombat, BodyJam, BodyPump, BodyBalance, Les Mills Core, and Les Mills Tone.

Small Group Training: cross-country skiing, swimming (breaststroke, freestyle, medley, open water), tennis, roller skiing, badminton, and beach volleyball.

In addition to our regular training schedules, we have also had our own volleyball team, and we organized a dodgeball tournament in collaboration with Frescati Sports Center. We also strive to offer event classes 1-2 times a year to provide added value to our members. This year, we held a silent disco event.

SSIF has maintained a financial cooperation agreement with the Stockholm University Student Union (SUS). This long-standing partnership means that Stockholm University (SU) students receive a discounted fee on our training cards. SUS's financial support is based on the funding SUS receives from SU to support student sports. The discount for SU students has ranged between 35–45%. Another collaboration with SUS during the year has been that SSIF

organizes a yoga session once a month free of charge for union members. For the upcoming operational year, this collaboration will expand to once a week, as we see great benefits in the union and SSIF working together to engage students in sports.

SSIF has also continued cooperation with Stockholm University's HR department. All SU staff have the contractual right to register for free with SSIF for access to at least 22 group training sessions per week in SSIF Studio. Another collaboration includes SSIF providing a trainer 3 hours per week to SU's staff gym, where the trainer offers free consultations for participants who sign up, including training programs, advice, and tips.

During the year, SSIF certified its activities for FAR (physical activity on prescription). This was done through the Stockholm FaR Leader Network at the Academic Primary Care Center and Region Stockholm.

In the 2024/2025 operational year, SSIF recorded a negative result of -680,714 SEK. This deficit is due to increased costs for facility rentals and higher compensation for instructors. We have needed to expand the number of training sessions to accommodate all members. The past year has seen member growth and increased demand for our training, which is a positive trend but also leads to higher costs. Nevertheless, the club has managed to maintain a stable level of operations and has developed its activities. An action plan has been established to balance the negative result ahead of the new operational year.

The number of members ended at 2,742 (2,615), showing growth compared to the previous year.

TRAINING CARD CONCEPT

During the 2024/2025 operational year, SSIF continued with the concept of training cards that include many sports in one semester card. Through Small Group Training courses, we have offered tennis, swimming, roller skiing, cross-country skiing, badminton, and beach volleyball.

The training cards are called SSIF All In and SSIF Studio. The difference is that with SSIF All In, members can train in all sports except Small Group Training. The SSIF Studio training card grants access to all training sessions in SSIF Studio, which are group training classes and other sports conducted in the studio.

MARKETING

SSIF has continuously increased its presence on Facebook and Instagram and actively used various types of advertising and sponsored posts to promote the club at the start of terms and to launch new sports.

We have regularly sent newsletters to the club's current and former members (approximately 4,500 people), and once per semester, emails have been sent to all students at Stockholm University with information about the club's activities.

SSIF has also marketed itself by participating in introductory lectures at term start, book tables, welcome fairs, and events. The club has produced informational materials to distribute to visitors interested in learning more.

We have also hosted an open house week shortly after term start, where all non-members are welcome to try our training sessions for free during this period. This has been a very popular and appreciated event during the year, so next year we will extend the open house periods to 2 weeks at each term start.

At the end of the operational year, we completed a project for a new website.

PROJECT SUPPORT

During the year, SSIF applied for and was awarded funds from SAIF called LOK support (state local activity support). This enables the start-up of new training formats and the purchase of equipment to facilitate these. SSIF also applied for marketing support late in the year, which was granted. This will be used in the new operational year for increased advertising on social media to boost visibility and interest in the club.

TRAINING FORMATS

During 2024/2025, these sports were included in SSIF's offerings:

Badminton

Badminton at SSIF has been divided by skill levels: beginner, intermediate, and advanced. Training is included in SSIF ALL IN but can also be purchased as a course for deeper knowledge and training in the sport. Badminton has been held at Frescati Sports Center.

Basketball

Included in SSIF ALL IN and has also been available as competitive play. Basketball is conducted at S:t Erikshallen and Frescati Sports Center.

Beach Volleyball

A summer sport at SSIF, held during summer at Gärdet's sports fields and offered as a Small Group Training course.

Table Tennis

Included in SSIF ALL IN. Table tennis is offered at Frescati Sports Center.

Football (Soccer)

Offered as regular training and competitive match training. Included in SSIF ALL IN. Training takes place at Frescati Sports Center.

Gymnastics

Included in SSIF ALL IN. Gymnastics training is offered both at Frescati Sports Center and GIH.

Floorball

Included in SSIF ALL IN with multiple weekly training sessions offered, primarily for competitive play. Training held at Frescati Sports Center.

Cross-Country Skiing

Included as a Small Group Training course. The sport is seasonal. Training held at Stockholm Stadion.

Roller Skiing

A new sport at SSIF included in Small Group Training. Training is held outside Frescati Sports Center. Multiple levels offered.

Swimming

SSIF offers medley, breaststroke, and freestyle swimming. Included in Small Group Training and held at GIH pool. Multiple levels offered. During summer, open water swimming was also offered as a course, conducted at Brunnsviken.

Studio

SSIF STUDIO training card includes the following training types:

Ballet, BodyBalance, BodyCombat, BodyJam, BodyPump, Boxing, Curam Recovery, Fencing, Handstands, Jazz, Les Mills Core, Les Mills Tone, Running, Muay Thai, Pilates, Yoga (Hatha, Vinyasa, Flow, Yin Yoga), Zumba.

All Studio sessions are conducted in SSIF Studio located at Frescati Sports Center.

Tennis

A Small Group Training course held at Frescati Sports Center. This is the club's most popular course, and during summer we added outdoor tennis at Haga Tennis to meet demand. Offered at multiple levels.

Volleyball

Included in SSIF ALL IN training card. Training is held at GIH and offered at several levels. We also have our own volleyball team.

BOARD

During the operational year, the board had the following composition:

Chairperson

Sarah Ouakim

Vice Chairperson

Ellen Jonsergårdh

Board Members

Erik Molander

Andreas Gustafsson

Kjell Ahlberg

Pavel Strandh
Robin Lindström

OTHER ASSIGNMENTS

Nominating Committee

Peter Tran
Ania Zajac
Zahra Moradinour

Authorized Auditor

Thomas Lönnström

STAFF

During the operational year, the staff consisted of:

Head of operations

Yasmin Runo until 31/10
Kjell Ahlberg, consultant 1/11–15/1
Maria Dahlgren Granberg from 16/1

Marketing Coordinator

Madeleine Nyman

Sports Coordinator

Wilhelm Ek Tedefors

Bookkeeping Accountant

Anton Tiainen from 1/12

LOOKING AHEAD TO THE NEW OPERATIONAL YEAR

A new Marketing Coordinator will start. She will manage the SAIF marketing support project, which means SSIF will increase advertising and visibility on social media. We will also start a TikTok account, as we believe it is the right channel for our target group.

New training formats to be introduced include Urban Dance, Hip-hop, and Taekwondo. We also plan to start self-defense courses. Our volleyball team will continue training, and we will also launch the Badminton Smash Series in collaboration with Frescati Sports Center.

SSIF as an association has been affected by rising rental costs in recent years. Combined with the increased demand for more training opportunities, this means that we will need to take measures to achieve financial balance in the coming fiscal year. This includes raising our membership fee and reviewing a potential price adjustment for our training cards and courses. However, students will continue to benefit from the high discount rates on training with us.