Intramural Sports

Intramural Sports provides an opportunity for participation in organized team and individual sports at various skill levels. A diverse schedule of team sports, in addition to individual tournaments and special events, allow students, faculty, staff, and spouses to compete against others of similar skills in Men’s, Women’s, and Co-Rec divisions. The schedule of events for the semester is shown below and available on our website. SIRA encourages students to become active as participants, sport officials, and also as members of the Intramural Council. The Intramural Council assists with policy and program development and eligibility appeals. Visit our website or call 512-863-1606 for more information.

Outdoor Recreation

Outdoor Recreation provides the Southwestern University community the opportunity to experience nature through participation in a variety of outdoor adventure activities. Outdoor trips are scheduled each semester and include activities such as kayaking, caving, and rock climbing. Additionally, SIRA Outdoors provides a comprehensive resource center and gear checkout for the campus community. Through these programs, SIRA Outdoors enhances the wellness of the SU community through activities that incorporate exercise and healthy alternatives, knowing one’s self, personal contribution, spiritual connection, knowledge and skill acquisition, human interaction and environmental awareness.

Fitness Programs

A wide variety of fitness/wellness opportunities are offered by SIRA. Research has repeatedly shown that regular physical activity reduces stress, increases your energy level, improves your overall health, and even helps you to sleep better! Please check the SIRA website or call 512-863-1665 for more information about each of these programs including Personal Training, Pilates, Yoga, and Zumba.

Sport Clubs

A sport club is a recognized student organization formed by individuals with common interests in a sport or physical activity. These interests can be instructional, recreational, competitive, or some combination of all three. Although SIRA provides support and guidance, sport clubs should be student-initiated, student-led, and student-managed. Current sports clubs include: Handball, Fencing, Cheerleading, and SU Dancers. Call 512-863-1606 for more information.

Job Opportunities

SIRA employs over 50 students annually in a variety of positions which include: Sports Official, Intramural Supervisor, Publicity Assistant, Office Assistant, Sport Club Assistant and Equipment Manager. For more information call the SIRA Office at 512-863-1606.

Intramural Sports Calendar

<table>
<thead>
<tr>
<th>Activity</th>
<th>Division</th>
<th>Entries Open</th>
<th>Entries Close</th>
<th>Play Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wallyball</td>
<td>M, W, CR</td>
<td>January 14</td>
<td>January 14</td>
<td>January 23</td>
</tr>
<tr>
<td>Basketball League</td>
<td>M, W, CR</td>
<td>January 14</td>
<td>January 30</td>
<td>February 9</td>
</tr>
<tr>
<td>Table Tennis*</td>
<td>M, W</td>
<td>February 3</td>
<td>February 19</td>
<td>February 9</td>
</tr>
<tr>
<td>Innertube Basketball</td>
<td>M, W, CR</td>
<td>February 24</td>
<td>March 11</td>
<td>March 19</td>
</tr>
<tr>
<td>Crease Soccer</td>
<td>M, W, CR</td>
<td>February 4</td>
<td>March 18</td>
<td>March 19</td>
</tr>
<tr>
<td>Flag Football (4v4)</td>
<td>M, W</td>
<td>March 4</td>
<td>March 24</td>
<td>April 2</td>
</tr>
<tr>
<td>Sand Volleyball</td>
<td>M, W, CR</td>
<td>March 19</td>
<td>April 11</td>
<td></td>
</tr>
</tbody>
</table>

*Denotes an event with drop in Registration

For more information, contact Anna Castillo, SIRA Associate Director, 512-863-1606

Outdoor Recreation Calendar

<table>
<thead>
<tr>
<th>Activity</th>
<th>Destination</th>
<th>Registration Opens</th>
<th>Registration Closes</th>
<th>Activity Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Texas Stars Hockey</td>
<td>Cedar Park Center</td>
<td>Now Open</td>
<td>January 26</td>
<td>February 4</td>
</tr>
<tr>
<td>Kayaking</td>
<td>Guadalupe River</td>
<td>March 17</td>
<td>March 28</td>
<td>April 5</td>
</tr>
</tbody>
</table>

For more information, contact Derek Timourian, SIRA Director, 512-863-1606

Information Table

All will occur from 12:00-1:00pm on McCombs Center Concourse — please stop by!

- January 17th
- February 11th & 14th
- March 6th & 18th & 21st

Special Events & Clinics

- SIRA Official’s Social
  Friday January 17, 12:00pm
- Basketball Clinic (Rules)
  Wednesday, January 22, 5:30pm
- Basketball Clinic (Court Mechanics)
  Thursday, January 23, 8:00pm
- Crease Soccer Clinic (Rules)
  Tuesday, March 4, 5:30pm
- Crease Soccer Clinic (Field Mechanics)
  Wednesday, March 5, 5:00pm
- Innertube Basketball Clinic
  Thursday, March 6, 5:30pm
- Flag Football Clinic
  Wednesday, March 26, 5:30pm