

★ FALL ★



★ 2011 ★

## Intramural Sports

**Intramural Sports** provides an opportunity for participation in organized team and individual sports at various skill levels. A schedule of seven 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 web site (see address at bottom of this calendar). 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 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. Please check the SIRA website or call 863-1606 for more information about each of these programs including personal training, Argentine Tango, Pilates, noon-time cardio, 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: Women's Lacrosse, Handball, Cheerleading, and SU Dancers. Call 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 863-1606.

# Intramural Sports Calendar

Activity	Division	Entries Open	Entries Close	Play Begins
Dodgeball Tournament	Men, Women, CoRec	August 23	September 1	September 11
Flag Football	Men, Women, CoRec	August 23	September 1	September 11
Ultimate Frisbee	Men, Women, CoRec	August 23	September 6	September 14
Spike Fest	Men, Women, CoRec	August 23	September 14	September 23
Racquetball	Men, Women	September 12	September 24	October 5
Tennis Singles	Men, Women	September 12	October 5	October 18
Volleyball	Men, Women, CoRec	September 12	October 19	October 30
Tennis Doubles	CoRec	September 12	October 20	November 1
Kassen Classic <small>(3-on-3 Basketball)</small>	Men, Women	October 24	November 2	November 11
Wiffle Ball	Men, Women, CoRec	October 24	November 9	November 15

*For more information, contact Anna Castillo, SIRA Assistant Director, 863-1606*

# Outdoor Calendar

Activity	Destination	Registration Opens	Registration Closes	Activity Date
Rock Climbing	Reimers Ranch	September 7	September 19	September 24
Caving	Whirpool Cave	October 21	November 14	November 19

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

## Information Table

12:00-1:00pm  
 McCombs Center Concourse  
 August 26  
 August 29  
 September 9  
 September 12  
 October 21  
 October 24



## Special Events & Clinics

- ⇒ **SIRA Social**  
Friday, August 26 @12pm
- ⇒ **SIRA Officials Social**  
Tuesday, August 30, @ 5:30pm
- ⇒ **Flag Football Officials Clinic**  
Classroom Lecture - Thursday, September 1, 5:30pm  
On Field Mechanics - Tuesday, September 6, 5:30pm Snyder Fields
- ⇒ **Volleyball Officials Clinic**  
Classroom Lecture - Tuesday, October 25, 5:30pm  
On Court Mechanics - Thursday, October 27, 8:30pm Walzel Gym
- ⇒ **11th Annual Jameson 5K @ Southwestern & 1-Mile Mosey**  
Sponsored by Office of Alumni Relations  
November 5<sup>th</sup> at 8:00am  
For more information visit the web site at <http://www.jameson5k.org>