

★ **FALL** ★



★ **2008** ★

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 and over 15 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. Each semester a schedule of events is available, in addition to flyers which detail the specifics of each event. Additionally, schedule information is 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 development, eligibility appeals, and awards such as Athlete of the Year (Male & Female) and Official of the Year. Applications for the Intramural Council are taken each Fall.

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 and clinics are scheduled throughout the year and include activities such as backpacking, hiking, kayaking, caving, sailing, horseback riding, and fly fishing. 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 wellness opportunities are offered by SIRA. Please check the SIRA website or call 863-1606 for more information about each of these programs including Ultimate Fitness, Circuit Mania, personal training, aqua fitness classes, Pilates, traditional aerobics classes, and our self-directed exercise program.

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 for sport clubs, sport clubs should be student-initiated, student-led, and student-managed. Current sports clubs include: Men's and Women's Lacrosse, Climbers Guild, Handball, SU Dancers, Cheerleading, Equestrian, Ultimate Frisbee, and Volleyball. Call 863-1649 for more information.

Job Opportunities

SIRA employs over 50 students annually in a variety of positions which include: Sports Official, Sports Supervisor, Publicity Assistant, Office Assistant, Wellness Assistant and Outdoor Recreation Supervisor. For more information call the SIRA Office at 863-1606.

INTRAMURAL SPORTS CALENDAR

ACTIVITY	DIVISION	SIGN-UP	PLAY BEGINS
Dodgeball	Men, Women, CoRec	September 2 & 3	September 5
Ultimate Frisbee	Men, Women, CoRec	September 2 & 3	September 8
Flag Football	Men, Women, CoRec	September 2 & 3	September 9
Spike Fest	Men, Women, CoRec	September 2 & 3	September 19
Punt, Pass, Kick	Men, Women	Sign Up at Event	September 28
Tennis Singles & Doubles	Men, Women, CoRec	September 2 & 3	Week of Sept. 29
Volleyball	Men, Women, CoRec	Sept. 30 & Oct. 1	October 19
Racquetball	Men, Women	Sept. 30 & Oct. 1	October 20
Arena Football	Men, Women, CoRec	Sept. 30 & Oct. 1	October 24
Kassen Classic (3-on-3 Basketball)	Men, Women	October 21 & 22	November 21

For more information Contact Anna Castillo, Intramural Sports Specialist, Ext. 1606

OUTDOOR RECREATION CALENDAR

ACTIVITY	DESTINATION	ACTIVITY DATES	SIGN-UP
Rock Climbing	Austin Greenbelt	September 13	Registration begins
Surfing	Port Aransas	Oct 11-14 (Fall Break)	September 2
Rock Climbing	Enchanted Rock	October 24-26	and continues until
Backpacking	Lost Maples	November 14-16	each activity fills

For more information, contact Jason Reitz, Outdoor Recreation Specialist, Ext. 1606

Sign Ups	Special Events & Clinics
12:00-1:00pm 5:30pm-6:30pm McCombs Center • September 2 & 3 • September 30 & October 1 • October 21 & 22	<ul style="list-style-type: none"> ★ SIRA Officials Job Training Thursday, August 28, @ 5:30pm ★ SIRA Information Table Friday, August 29, @ 12:00pm -1:00pm ★ Flag Football Officials Clinic Classroom Lecture - Thursday, September 4, 5:30pm On Field Mechanics - Monday, September 8, 5:30pm Snyder Fields ★ 8th Annual Jameson 5K @ Southwestern & 1-Mile Mosey Sponsored by Office of Alumni Relations November 1st at 8:00am - For more information visit the web site at http://www.jameson5k.org ★ Volleyball Officials Clinic Classroom Lecture - Monday, October 6, 5:30pm On Court Mechanics - Thursday, October 9, 8:00pm Walzel Gym