

★ SPRING



★ 2012 ★

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. 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 863-1606 for more information about each of these programs including Personal Training, Argentine Tango, 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: 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
Basketball Round Up* <small>(3-point, Spot Shot, Free throw, 2-ball)</small>	M&W&CR	Sign up at event	January 24	January 24
Wallyball	M&W&CR	January 11	January 19	January 25
Basketball League	M&W&CR	January 11	January 20	January 29
Table Tennis	M&W	January 11	January 30	February 7
Pickleball Tournament	M&W&CR	January 11	February 6	February 15
Flag Football (4 on 4)	M&W	February 13	February 25	March 4
Crease Soccer Tourney	M&W&CR	February 13	March 8	March 20
Pros Verses Joes	M&W&CR	March 5	March 19	March 26
Field Day	M&W&CR	March 5	At event	April 2
Sand Volleyball	M&W&CR	March 5	April 5	April 13
Inner Tube Basketball	M&W&CR	March 5	April 5	April 16

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

Outdoor Calendar

Activity	Destination	Activity Dates	Entries Open	Entries Close
Trail Ride	Colbert Ranch	February 4	January 18	January 30
Kayaking	Guadalupe River	April 14	March 26	April 9

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

Information Table

12:00-1:00pm
McCombs Center Concourse

January 13

January 16

February 13

February 17

March 5

March 8



Officials Clinics

- ⇒ **Basketball Clinic Day I**
Monday, January 23 @ 5:30-7:30pm
- ⇒ **Basketball Clinic Day II**
Tuesday, January 24 @ 7:00-8:30pm
- ⇒ **Flag Football Officials Refresher Clinic**
Tuesday, February 28 @ 5:30-7:30pm
- ⇒ **Crease Soccer Clinic Day I**
Monday, March 5 @ 5:30-7:30pm
- ⇒ **Crease Soccer Clinic Day II**
Wednesday, March 7 @ 4:30-6:30pm
- ⇒ **Inner Tube Basketball Officials Clinic**
Monday, April 9 @ 8:00pm