

★ FALL ★



★ 2009 ★

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. 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 and program development and eligibility appeals.

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 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 Circuit Mania, personal training, Argentine Tango, Pilates, traditional aerobics classes, and yoga.

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: Women's Lacrosse, Handball, Cheerleading, Equestrian, Ultimate Frisbee, 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, and Outdoor Recreation Supervisor. For more information call the SIRA Office at 863-1606.

Intramural Sports Calendar

Activity	Division	Entries Open	Entries Close	Play Begins
Flag Football	M&W&CR	August 31	September 4	September 13
Ultimate Frisbee	M&W&CR	August 31	September 4	September 16
Dodgeball Tournament	M&W&CR	August 31	September 9	September 18
Spike Fest	M&W&CR	August 31	September 16	September 25
Tennis Singles & Doubles	M&W&CR	September 28	October 7	October 14
Speedminton	M&W	September 28	October 7	October 16
Volleyball	M&W&CR	September 28	October 15	October 25
Racquetball	M&W	October 19	November 2	November 11
Kassen Classic (3-on-3 Basketball)	M&W	October 19	November 11	November 20

For more information, contact Anna Castillo, Intramural Sports Specialist, 863-1606

Outdoor Recreation Calendar

Activity	Destination	Activity Dates	Sign-up
Rock Climbing	Reimers Ranch	September 12	Registration begins August 31 and continues until each activity fills.
Kayaking	San Marcos River	Oct 11-12 (Fall Break)	
Ropes Course	Georgetown Course	October 31	

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

Information Table

12:00-1:00pm
McCombs Center Concourse

August 31
September 1
September 2

September 28
September 29
September 30

October 19
October 20
October 21

Special Events & Clinics

- ⇒ **SIRA Information Table**
Friday, August 28, @12:00pm -1:00pm
- ⇒ **SIRA Officials Job Training**
Tuesday, September 1, @ 5:30pm
- ⇒ **Flag Football Officials Clinic**
Classroom Lecture - Thursday, September 3, 5:30pm
On Field Mechanics - Tuesday, September 8, 5:30pm Snyder Fields
- ⇒ **Volleyball Officials Clinic**
Classroom Lecture - Thursday, October 15, 5:30pm
On Court Mechanics - Tuesday, October 20, 8:30pm Walzel Gym
- ⇒ **8th Annual Jameson 5K @ Southwestern & 1-Mile Mosey**
Sponsored by Office of Alumni Relations
November 7th at 8:00am -
For more information visit the web site at <http://www.jameson5k.org>