

★ **SPRING** ★



★ **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 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 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, aqua fitness classes, 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: Men's and Women's Lacrosse, Handball, Cheerleading, Equestrian, Ultimate Frisbee, and SU Dancers. Call 863-1649 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
*Basketball Round Up (3-point, Spot Shot, Free throw, 2-ball)	M&W&CR	Sign Up at Event	Sign Up at Event	January 26
Table Tennis Tourney	M&W	January 13	January 23	January 27
Basketball League	M&W&CR	January 13	February 2	February 2
Wallyball Tourney	M&W&CR	January 13	February 6	February 9
Dodge Ball Tourney	M&W&CR	January 13	February 11	February 13
Bowling Tourney	M&W&CR	January 13	February 12	February 15
Softball Tourney	M&W&CR	February 16	March 4	Weekend of March 6
Flag Football Tourney	M&W	February 16	March 5	March 9
Crease Soccer League	M&W&CR	March 2	March 20	March 24
Sand Volleyball Tourney	M&W&CR	March 2	March 25	Weekend of March 27
Inner Tube Basketball Tourney	M&W&CR	April 6	April 15	April 19

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

OUTDOOR RECREATION CALENDAR

ACTIVITY	DESTINATION	ACTIVITY DATES	SIGN-UP
Caving	Austin	January 31	Registration
Rock Climbing	Austin Rock Gym	February 13	begins on
Wilderness Skills Trip	To Be Announced	February 27-March 1	January 13 th and
Spring Break Trip	Grand Canyon	March 13-22	continues until
Climbing/Hiking	Enchanted Rock	March 27-29	each activity fills.
Sailing	Lake Travis	April 18	

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

Sign Up Times

- 11:30-1:00pm
McCombs Center
- January 13-15
 - February 16-18
 - March 2-4
 - April 6-8

Officials' Clinics

- Basketball Clinic Day I Wednesday, January 21 @ 5:30-7:30pm
- Basketball Clinic Day II Monday, January 26 @ 7:30-8:30pm
- Flag Football Officials Refresher Clinic, Wednesday, February 24 @ 5:30-7:30pm
- Softball Officials Refresher Clinic Thursday, February 25 @ 5:30pm-7:30pm
- Crease Soccer Clinic Day I Thursday, March 5 @ 5:30-7:30pm
- Crease Soccer Clinic Day II Monday, March 9 @ 4:30-6:30pm
- Inner Tube Basketball Officials Clinic Monday, April 13 @ 8:00pm

www.southwestern.edu/offices/sira