

SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES

★ FALL ★

★ 2022 ★

Intramural Sports

Intramural Sports provide an opportunity for participation in organized team and individual sports at various skill levels. A diverse schedule of team sports, in addition to individual tournaments and special events, allows 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 the 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 512-863-1606 for more information.

Outdoor Adventure

SIRA's Outdoor Adventure program provides the campus community with a variety of different opportunities each semester. 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 512-863-1665 for more information about each of these programs including Cardio Sculpt, Weightroom 101, 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: Cheerleading, Climbing Club and Pom Squad. Call 512-863-1606 for more information.

Job Opportunities

SIRA employs over 50 students annually in a variety of positions that include: Sports Official, Intramural Supervisor, Publicity Assistant, Office Assistant, Sport Club Assistant and Outdoor Supervisors. For more information call the SIRA Office at 512-863-1606.

Intramural Sports Calendar

Register at <https://imleagues.com>

Activity	Division	Entries Open	Entries Close	Play Begins
Flag Football	M, W, CR	August 22	August 31	September 6
Blacklight Dodgeball <small>(Co-Sponsored by UPC)</small>	M, W, CR	August 22	September 6	September 9
Tennis Singles & Doubles	M, W, CR	September 26	October 5	October 13
Kickball	M, W, CR	September 26	October 12	October 18
Volleyball	M, W, CR	October 3	October 26	October 31
Jameson 5K Run*	M, W	Register at www.jameson5k.com		November 5
Pickleball	M, W, CR	November 7	November 21	November 28
Kassen Classic <small>(3 v 3 basketball)</small>	M, W	November 7	November 29	December 2

*Denotes an event with drop in Registration

Outdoor Adventure Calendar

Activity	Destination	Registration Opens	Registration Closes	Activity Date
Kayak	Lake Georgetown	August 22	September 12	September 17
Bracken Cave	San Antonio Area	August 22	September 19	September 23
Rock Climb	Georgetown	September 1	September 26	October 1
Captain's Camp	Texas Hill Country	August 14	October 1	October 8-10
Hike/Kayak	Inks Lake	September 28	October 25	October 29
Rock Climb/Camping	Reimers Ranch	October 17	November 15	November 18-19

Information Tables:

Located in the McCombs Center Concourse.

12:00-1:00pm
August 26 and 30
September 15 and 20
October 4 and 18
November 8 and 15

Official's Clinics:

- 📍 **SIRA Social**
Thursday, September 1 @5:00pm Robertson Foyer
- 📍 **SIRA Sophomore Social**
Tuesday, September 6 @5:00pm
Herman Brown/Moody Shearn
- 📍 **Flag Football Clinic (Rules)**
Tuesday, August 30 @8:30pm
- 📍 **Flag Football Clinic (Field Mechanics)**
Thursday, September 1 @8:30pm
- 📍 **Volleyball Clinic (Rules & Mechanics)**
Thursday, October 27 @8:00pm