

# SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES

## ★ SPRING ★

## ★ 2023 ★

### 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 Adventure 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
Basketball League	M, W, CR	January 17	January 25	January 29
Cornhole	M, W, CR	February 6	February 20	February 23
4 on 4 Flag Football	M, W, CR	February 6	March 1	March 5
March Madness (Bracket Challenge & Shootout)	M, W	March 1	March 27	Bracket March 13 Shootout March 26
Spikeball	M, W, CR	March 1	March 15	March 21
Sand Volleyball	M, W, CR	March 1	March 22	March 26
Soccer	M, W, CR	March 20	April 5	April 10
Track Meet	M, W, CR	March 20	April 25	April 27

## Outdoor Adventure Calendar

Activity	Destination	Registration Opens	Registration Closes	Activity Date(s)
Caving	Whirlpool Cave	January 17th	January 30th	February 4
TOLC Conference	Univ. of Houston	January 17th	February 6th	February 10-12
Hiking (Spring Break)	Guadalupe Peak	January 17th	March 6th	March 11-17
Kayaking	San Marcos River	March 20th	April 17th	April 22
Rappelling/Kayaking	Lake Georgetown	April 3rd	May 1st	May 10

### Information Tables:

12:00-1:00pm  
McCombs Center Concourse  
January 24th & 25th  
February 28th  
March 1st & 28th

### Official's Clinics:

- Basketball Clinic (Rules)**  
 Tuesday, January 24 @8:30pm
- 4 on 4 Flag Football Clinic**  
 Tuesday, February 28 @8:00pm
- Basketball Clinic (Court Mechanics)**  
 Thursday, January 26 @8:30pm
- Soccer Clinic**  
 Tuesday, April 4 @8:00pm