

SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES

★ FALL ★

★ 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 512-863-1606 for more information about each of these programs including 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, Southwestern Officials Association, 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 28	September 7	September 11
Jameson 5K Run*	M, W	Register at www.jameson5k.com		September 23
Blacklight Dodgeball <small>(Co-Sponsored by UPC)</small>	M, W, CR	August 28	September 22	September 29
Pickleball	M, W, CR	September 11	October 6	October 12
Tennis Singles & Doubles	M, W, CR	September 11	October 12	October 16
Swim Meet	M, W	October 16	November 1	November 2
Kassen Classic <small>(3 v 3 basketball)</small>	M, W	October 16	October 27	November 3
Volleyball	M, W, CR	October 16	November 2	November 6

*Denotes an event with drop in Registration

Outdoor Adventure Calendar

Activity	Destination	Regis Opens	Regis Closes	Pre-Trip Meeting	Activity Date
Hike/Swim/Kayak	Colorado Bend	August 28	September 4th	September 6th	September 9th
Paddle Board	Lake Georgetown	August 28	September 20th	September 27th	September 30th
Fall Break	Wichita Mountains	September 5th	October 2nd	October 4th	October 7-10
Star Gazing	Gary Park	September 18th	October 18th	None	October 18th
Rock Climb	Georgetown Sanctuary	October 2nd	October 23rd	October 25th	October 28th
Hiking	Pickett Trail	October 9th	November 10th	None	November 10th

Information Tables:

Located in the McCombs Center Concourse.

12:00-1:00pm

August 30 and 31

September 13 and 14

October 4 and 5

November 8 and 9

Socials & Official's Clinics

📍 SIRA Eastside Social

Wednesday, August 30 @5:00pm
Clark/Brown Cody/Mabee Courtyard

📍 Outdoor Adventure Center Grand Opening

Thursday, August 31 @11am to 1pm Howry Building

📍 SIRA Westside Social

Tuesday, August 31 @5:00pm
Herman Brown/Moody Shearn Courtyard

📍 Flag Football Clinic (Rules)

Tuesday, September 5 @8:30pm

📍 Flag Football Clinic (Field Mechanics)

Thursday, September 7 @8:30pm

📍 Volleyball Clinic (Rules & Mechanics)

Thursday, October 30 @8:00pm



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www.southwestern.edu/life-at-southwestern/intramural-recreational-activities-sira/