

★SPRING★



★2020★

## 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 Recreation

**SIRA's Outdoor Recreation** 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 Equipment Manager. For more information call the SIRA Office at 512-863-1606.

# Intramural Sports Calendar

Activity	Division	Entries Open	Entries Close	Play Begins
Basketball League	M, W, CR	January 14	January 23	January 27
Glow Night* (laser tag/mini golf)	M, W, CR	January 27	February 24	February 28
Futsal	M, W, CR	February 3	February 27	March 2
Volleyball	M, W, CR	February 24	March 13	March 23
Battleship	M, W, CR	March 2	March 20	March 24
Spikeball	M, W, CR	March 2	March 26	March 31
Pro's Vs Joes	CR	March 2	March 27	April 3
4 on 4 Flag Football	M, W, CR	March 24	April 9	April 13
*Denotes an event with drop-in registration				

# Outdoor Recreation Calendar

Activity	Destination	Registration Opens	Registration Closes	Activity Date
Climbing	Austin Bouldering Project	February 10	March 1	March 7

## Information Tables:

12:00-1:00pm
McCombs Center Concourse
January 15th & 17th
February 3rd, 24th & 27th
February 19th & 22nd
March 3rd, 6th & 31st
April 3rd

## Official's Clinics:

- 🏀 Basketball Clinic (Rules)

Tuesday, January 21 @8:30pm
- 🏀 Volleyball Clinic

Tuesday, March 10 @8:00pm
- 🏀 Basketball Clinic (Court Mechanics)

Thursday, January 23 @8:30pm
- 🏀 4 on 4 Flag Football Clinic

Tuesday, April 7 @ 8:30pm
- 🏀 Futsal Clinic

Tuesday, February 25 @8:30pm