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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Division</th>
<th>Entries Open</th>
<th>Entries Close</th>
<th>Play Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball League</td>
<td>M, W, CR</td>
<td>January 14</td>
<td>January 23</td>
<td>January 27</td>
</tr>
<tr>
<td>Futsal</td>
<td>M, W, CR</td>
<td>January 14</td>
<td>January 23</td>
<td>January 27</td>
</tr>
<tr>
<td>Volleyball</td>
<td>M, W, CR</td>
<td>February 3</td>
<td>February 24</td>
<td>March 2</td>
</tr>
<tr>
<td>Battleship</td>
<td>M, W, CR</td>
<td>March 2</td>
<td>March 20</td>
<td>March 24</td>
</tr>
<tr>
<td>Spikeball</td>
<td>M, W, CR</td>
<td>March 2</td>
<td>March 26</td>
<td>March 31</td>
</tr>
<tr>
<td>Pro’s Vs Joes</td>
<td>CR</td>
<td>March 2</td>
<td>March 27</td>
<td>April 3</td>
</tr>
<tr>
<td>4 on 4 Flag Football</td>
<td>M, W, CR</td>
<td>March 24</td>
<td>April 9</td>
<td>April 13</td>
</tr>
</tbody>
</table>

*Denotes an event with drop-in registration

Outdoor Recreation Calendar

<table>
<thead>
<tr>
<th>Activity</th>
<th>Destination</th>
<th>Registration Opens</th>
<th>Registration Closes</th>
<th>Activity Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Climbing</td>
<td>Austin Bouldering Project</td>
<td>February 10</td>
<td>March 1</td>
<td>March 7</td>
</tr>
</tbody>
</table>

Information Tables:

12:00-1:00pm
McCombs Center Concours
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

Basketball Clinic (Court Mechanics)
Thursday, January 23 @8:30pm

Futsal Clinic
Tuesday, February 25 @8:30pm

Volleyball Clinic
Tuesday, March 10 @8:00pm

4 on 4 Flag Football Clinic
Tuesday, April 7 @ 8:30pm

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