

SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES

★ FALL ★

★ 2021 ★

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
Spikeball	M, W, CR	August 23	September 9	September 12
Flag Football	M, W, CR	August 23	September 8	September 20
Blacklight Dodgeball <small>(Co-Sponsored by UPC)</small>	M, W, CR	September 3	September 20	September 24
Jameson 5k Run*	M, W	Register at www.jameson5k.com		October 16
Tennis Singles & Doubles	M, W, CR	September 27	October 13	October 18
Inner Tube Basketball	M, W, CR	October 11	October 27	November 1
Pickleball	M, W, CR	October 11	November 3	November 8
Volleyball	M, W, CR	October 11	November 3	November 8
Kassen Classic (3 on 3 BB)	M, W	October 25	November 9	November 12

**Denotes an event with drop-in registration*

Information Tables:

12:00-1:00pm
McCombs Center Concourse
August 26 & 27
September 17 & 20
October 12 & 14
November 2 & 4

Official's Clinics:

- 📅 **SIRA Social**
Thursday, August 26 @5:00 - 6:30pm
Herman Brown/Moody Shearn Courtyard
- 📅 Tuesday, August 31 @5:00 - 6:30pm
The First-Year Courtyard
- 📅 **Flag Football Clinic (Rules)**
Monday, September 13 @8:30pm
- 📅 **Flag Football Clinic (Field Mechanics)**
Thursday, September 16 @8:30pm
- 📅 **Innertube Basketball Clinic**
Tuesday, October 26
- 📅 **Intramural Volleyball Clinic**
Tuesday, November 2 @8:30pm