

SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES

★SPRING★

★2022★

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 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
Basketball League	M, W, CR	January 12	January 26	January 31
Cornhole	M, W, CR	February 1	February 22	February 24
4 on 4 Flag Football	M, W, CR	February 1	February 23	February 28
March Madness <small>Bracket Challenge & Shootout</small>	M, W	March 1	March 27	Bracket March 14 Shootout March 24
Sand Volleyball	M, W, CR	March 1	March 10	March 21
Soccer	M, W, CR	March 1	March 30	April 4
Track Meet	M, W, CR	March 28	April 20	April 21
Spikeball	M, W, CR	April 1	April 23	April 25

Information Tables:

12:00-1:00pm

McCombs Center Concourse

January 26th & 27th

February 9th & 10th

March 9th & 10th

April 6 & 7th

Official's Clinics:

🏀 **Basketball Clinic (Rules)**

Tuesday, January 25 @8:30pm

🏀 **Basketball Clinic (Court Mechanics)**

Thursday, January 27 @8:30pm

🏈 **4 on 4 Flag Football Clinic**

Tuesday, February 22 @8:30pm

⚽ **Soccer Clinic**

Tuesday, March 29 @8:30pm