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 512-863-1606 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

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

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

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