



Spring is Here!

The Central Plaza is shaping up to be a prime hang out spot for students as the weather continues to warm up and outdoor activities get underway! Don't forget, Campus Recreation & Wellness has plenty of programs and services to help you take your workout outside.

Equipment checkout at the CRC, which is FREE to CRC members, includes a wide range of disc golf discs, frisbees, tennis racquets, footballs, and more. These are great items to take your game outside. This is also a great time of year to try out the walking routes available on our website at reccenter.wcu.edu.

Intramural Sports will also be hosting some outdoor activities during the month of April. Check out the Track and Field Day, Softball Skills Competition, or Disc Golf Tournament. Just show up with your Cat Card or sign up in advance on imleagues.com to participate.

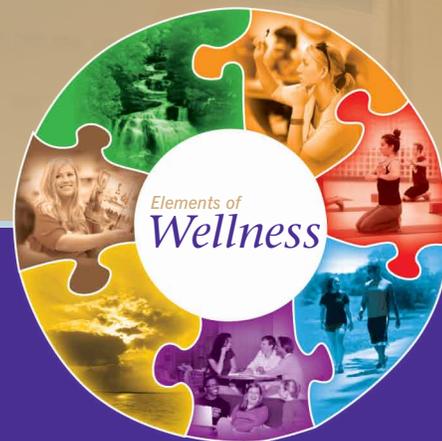
Whatever your niche may be, let Campus Recreation & Wellness help you continue your healthy habits during the spring and summer months!

Belcher Open Disc Golf Tournament

The inaugural Belcher Open Disc Golf Tournament was held on Monday, March 26 during the Chancellor's Installation Week. Several students, faculty, and staff came out to enjoy the sunshine and participate in the tournament. The tournament included advanced and recreational categories to accommodate players of all levels. Champions of the Belcher Open were presented with "trophies", discs with stickers of the chancellor on the front commemorating the tournament, during the WCU baseball game on Tuesday, March 27. Student winners of the trophies were Ruth Hudson and Ryan Kastle.

SPRING CLEAN YOUR PANTRY

After you've dusted your fans, why not clean out your pantry? Toss out foods low in nutritional value like chips, sugary cereals, and cookies and restock with healthy choices like fruits and vegetables.



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Intramurals

Sign up for Intramural Leagues online at: imleagues.com/wcu



Weekend Tournaments

CoRec Sand Volleyball

Date

Event: Sunday, April 15

Sign up by Thursday, April 12

4v4 Flag Football

Event: Saturday, April 21 & Sunday April 22

Sign up by Thursday, April 19

Single Day Events

Track and Field Day

Day/Time/Place

Friday, April 20, 4pm-8pm, Camp Lab Fields

Disc Golf Doubles Tournament

Thursday, April 26, 5pm, Meet at Hole #1

Dance Team 2012-2013 Tryouts

The WCU Dance Team will host tryouts for the 2012-2013 season on Saturday, April 14 from 10am-5pm in the Campus Recreation Center. All tryout attendees must be willing to commit to the full football and basketball seasons, attend a required training weekend during the summer, and attend dance camps prior to the start of both fall and spring classes. Additional expectations include attendance at the Southern Conference Basketball Championships and participation in all fundraising activities with the team. For more information on skills, technique, and tryouts, please check out recenter.wcu.edu, Recreation & Wellness, Dance Team. If you or someone you know is unable to attend tryouts on Saturday, April 14, there is a video tryout option. Please contact Jessica Graning at jegraning@wcu.edu for more information on video tryouts.

Hammontree Qualifies for Nationals

Lesley Hammontree, a first-year student on the Equestrian Team, qualified for ISHA Nationals during the regional tournament. Lesley's ride-off on Sunday of Regionals, which came as a result of the qualifier round on Saturday, placed her third out of eight riders. Hammontree is the first member ever from the WCU Equestrian Team to make it to Nationals! Congratulations Lesley!

Valley of the Lilies Half Marathon & 5K

Congratulations to all 2012 Valley of the Lilies Half Marathon and 5K participants!

Total Finishers:

5K Overall Winners:

Half Marathon Overall Winners:

5K - 103

Male - James Kukat

Male - Brian Ulrich

Half Marathon - 202

Female - Holly Monteith

Female - Ginna Reid

All age group and overall results can be found at halfmarathon.wcu.edu

Dance Marathon 2012 - For the Kids!

On Saturday, March 10, Western Carolina University hosted the first annual Dance Marathon to raise money for the Greenville Children's Hospital and the Children's Miracle Network. The event was a success raising over \$8,000! The Dance Marathon took place in the Campus Recreation Center and approximately 275 participants danced from noon until midnight. In addition to dancing, there were several other activities to keep dancers entertained, including Wii games, cornhole, face painting, and more. The most special portion of the event was

when children from the hospital took the stage to share their stories with the participants of the Dance Marathon. As the slogan states, it was "For the Kids". WCU plans to continue hosting a Dance Marathon and hopes more students will consider getting involved in future years!



Men's Club Rugby Hosts Coaching Clinic and Matrix Tournament

The Men's Rugby Football Club at Western Carolina University hosted a coaches clinic on the weekend of March 17 and 18. Alumni and members of the current WCU team had the opportunity to get extra practice in by serving as the players for the coaches clinic. Nine coaches attended and worked on drills/games, split back and forwards, individual position development, and live scrimmages.

Additionally, the Men's Rugby Football Club had the opportunity to host the Matrix Tournament at WCU on Saturday, March 24. The tournament included three teams and the winner of the tournament received a bid to Regionals. The three teams were East Carolina University (1st place), Memphis (2nd Place), and Western Carolina University (3rd place). WCU looks forward to their final two home games on April 14th (against Asheville) and April 21st (against the WCU Alumni).



Photo: John's Photography

Rock 'n' Rumble Climbs On

The Climbing Team at WCU and BaseCamp Cullowhee hosted the 3rd annual Rock'n'Rumble on Saturday, March 10 in the Campus Recreation Center. This was the 8th annual Collegiate Climbing Series Climbing Competition.

Around 30 competitors from five different schools competed in the competition, lasting until 3:30pm. Western Carolina's own, Michael Hawkins took the open division and best award of the day. Several other Western Carolina students won prizes and scored well in their division. An awards ceremony was held in the University Center later that evening.

Feeling the Stress?

Finals are just around the corner, so stress is not far away either.

STRESS AND YOUR DIET:

Drinking plenty of water and increasing your intake of fruits and vegetables is a good way to reduce the amount of stress on your body. Frequently eating a variety of fresh fruits and vegetables will provide your body with B-vitamins that help improve your mental concentration and emotional health.

Stress can weaken your immune system, so important to eat healthy to prevent getting sick while stressed. Getting plenty of rest and a good night's sleep, can aide in reducing your stress.

A daily multivitamin can be helpful, but be mindful; it should not be used as a replacement for eating healthy. It will not provide all the health benefits of fiber and phytochemicals that fresh fruit and vegetables can. Consult your doctor before taking any supplement.

FOODS THAT FIGHT STRESS:

Complex carbohydrates found in whole wheat bread, grains, and whole wheat pasta, and cereal can help keep your blood sugar levels up, making you feel better. Spinach and other dark leafy greens contain magnesium that helps fight fatigue. Omega-3 fatty acid found in tuna and salmon can limit surges in stress hormones. And finally, nuts and seeds are rich in B-vitamins and vitamin-E that help boost your immune system.

MANAGE YOUR STRESS:

Exercise daily to reduce your stress levels; get into a routine. Exercise releases endorphins, which will make you feel better and keep a positive attitude (try yoga too!). Identify your stressors so that you can counter them. Common stress reduction techniques include time management and prioritizing. Finally, assert yourself, its ok to say "NO" to unnecessary stressors.

AVOID CAFFEINE AND SUGAR:

Many people rely on caffeine with the addition to high sugar beverages to get them through the day. Taking too much caffeine can make it difficult to sleep at night, adding additional stress to your body. High sugar and caffeine may make you feel better short term, but end up leaving you hungry and drained of energy. Eating whole, nutritious foods for meals and snacks will keep you sustained through the day.

If you have a nutrition-related question, please email nutrition@wcu.edu.

For more information visit:

<http://www.nimh.nih.gov/health/publications/stress/fact-sheet-on-stress.shtml> and www.eatright.org/nutritiontipsheets/

Contributed by Ben Henson, CRW Dietetic Intern



Hours of Operation

SPRING BREAK

Campus Recreation Center

Fri., Mar. 30, 6am-7pm
Sat., Mar. 31 & Sun., Apr. 1, Closed
Mon., Apr. 2 - Thur., Apr. 5, 11am-7pm
Fri., Apr. 6 - Sun., Apr. 8, Closed
Mon., Apr. 9, Regular Hours

Reid Pool

Fri., Mar. 30, Pool closes at 6pm
Sat., Mar. 31 & Sun., Apr. 1, Closed
Mon., Apr. 2 - Thur., Apr. 5, 11am-1pm
Fri., Apr. 6 - Sun., Apr. 8, Closed
Mon., Apr. 9, Regular Hours

EXAM WEEK

Campus Recreation Center

Mon., Apr. 30 - Thur. May 3, 6am-10pm
Fri., May 4, 6am-2pm
Sat., May 5 & Sun., May 6 Closed

Reid Pool

Mon., Apr. 30 - Thur., May 3, Reg Hours
Fri., May 4, 6am-8am, 9am-1pm
Sat., May 5 & Sun. May 6, Closed

theLift

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See all issues of theLift online:
www.wcu.edu/25913.asp



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WCU is a University of North Carolina campus and an Equal Opportunity Institution.

Student Staff Recognition

Campus Recreation & Wellness would like to thank all of the student staff who make our programs and facilities run so smoothly. Please help us in thanking them the next time you're in the facility or participating in one of our activities. Also, congratulations to our seniors graduating in May! Senior pictures will be included in the May newsletter. On Sunday, April 22, Campus Recreation & Wellness will be recognizing the student staff and seniors. Campus Recreation Center hours will be 1pm-5pm that day.

Disc Golf Club to Host Intercollegiate Tournament at WCU

The Disc Golf Club at Western Carolina University will host an Intercollegiate Disc Golf Tournament on Saturday, April 21 beginning at 2pm. The club has been extremely competitive this season earning 1st, 3rd, 4th, 5th, and 6th place finishes at their last tournament. Come support the Disc Golf Club at Western Carolina University!

Earth and Wellness Celebration

We're combining the Wellness Fair and Earth & Wellness Day to create the 2012 Earth & Wellness Celebration! Stop by the UC Lawn on Wednesday, April 18 from 11am-2pm to participate in all sorts of fun activities. There will be free massages, great music both on stage and with 90.5, and much more! In addition, there will a Zumba class on the UC Lawn from 12:10pm-12:50pm!

Mind-Body Experiment

Qigong: April 18 from 7pm-8pm in Studio 2

Learn the basics of this oriental form of movement exercise designed to enhance health by releasing stress and increasing vitality. This class is FREE and open to the WCU Community.

EMPLOYEE OF THE MONTH



Ashley O'Neal is a Group X Instructor as well as a Marketing Team member at Campus Recreation & Wellness. Ashley joined us in January 2010 and is a Sport Management major with a concentration in Exercise Science and minors in Graphic Design and Art. After she graduates she plans on pursuing a career as a fitness professional. Ashley's favorite part about working at CRW is being able to fulfill her purpose in life in motivating and inspiring others to accomplish their goals. Her advice to fellow student employees is to always smile and remain positive, even if you're having a gloomy day. "You never know who you're going to encounter and affect." Ashley describes herself as a positive and dynamic human being. She always tries to make others smile and

is always trying to change for the better. Some little known facts about Ashley: she is secretly obsessed with gangster movies and if she could have any superpower, it would be the ability to read minds. Congratulations Ashley! Keep up the great work!

MEMBER OF THE MONTH



David Hatton was born in Baltimore, Maryland and has lived in Oregon, Illinois, Tennessee, Florida, Alabama, and for the past 25 years, North Carolina. He is a Certified Arborist in the Grounds Department and has been at WCU for a total of eight years - five years most recently and three years in the 1990s. His favorite exercise is a three mile walk he takes early in the morning and in his career as an arborist he certainly gets a lot of exercise. David was chosen as our Member of the Month because of his involvement in many of our programs including the Valley of the Lilies 5k! He says Campus Rec & Wellness has been a great asset for him in working out a nutrition and planned exercise program. David enjoys hiking, camping, and gardening. Congratulations!