



Quote of the Month

“Education is the most powerful weapon which you can use to change the world.”
~Nelson Mandela

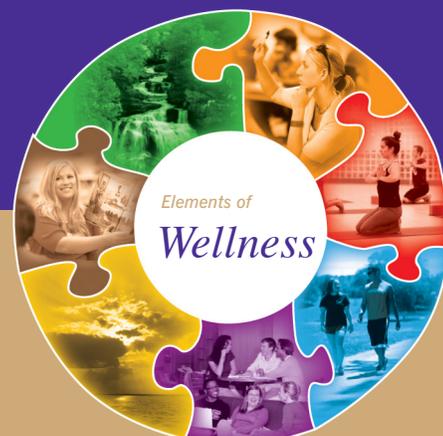
Recreation through the Decades

There is no denying the word recreation encompasses the word creation. If we look at a general working knowledge of creation, it is to bring into existence. Think about all the recreational opportunities that have been brought into existence. Walking, running, cycling, strength training, and various forms of recreational games or play have developed over the course of years. Every academic year, we try to create or bring to WCU a new form of play through a new Intramural Sport or a new format of Group Exercise class. However, we also never try to lose sight of the recreational opportunities that have been around for decades. It is for that reason that Campus Recreation & Wellness wants to honor the 125 year existence of Western Carolina University and briefly share with you how recreation at WCU has evolved through the decades.

The early decades of WCU's existence saw a few recreational sports such as basketball, tennis, and Indian juggling. In the 1930's, recreational sports were identified as Men's Intra-Murals and Women's Athletics, bringing

popularity to organized sports and recreation. As recreation continued to grow more sports were added for students such as field hockey, archery, fishing, paddle tennis, bowling, and swimming. Men's and Women's recreational programs were kept separate until the mid 1950's when the Intramural Program was formed. In 2008, the Intramurals Program merged with the Fitness Center and Wellness program to become the Department of Campus Recreation and Wellness. Today, Campus Recreation offers fitness programs, wellness opportunities, special events, club sports, and now over 40 intramural sports.

We hope you will join us to honor some timeless traditions and new beginnings at WCU during the 2014-2015 academic year by coming to the Campus Recreation Center or participating in one of our many programs! Continue reading for what the beginning month of the academic year has in store.



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Welcome Back Students!

Who's ready to socialize, play, compete and try a new sport this year?! Check out imleagues.com/wcu or the Intramural Sport page at rec-center.wcu.edu for the fall schedule, policies/procedures, sport rules, and related information.

Intramural Sports offers a wide array of sports activities that cater to virtually any member of the Western Carolina University Community. All skill levels are welcomed and are FREE to students, faculty and staff of WCU.

Ultimate Frisbee League

Team sign-ups are due by Sunday, August 24th at midnight

Divisions include: Men's, Women's, and CoRec. divisions.

Season begins Tuesday, September 2nd

Flag Football League

Team sign-ups are due by Monday, August 24th at midnight.

Divisions include: Men's, Women's, and CoRec divisions.

Season begins Tuesday, September 2nd

*It is required for all players to have an Imleagues account. Player registration and team registration is required for all sports. Please go to www.imleagues.com/wcu.



Club Sports Gear Up

WCU's 17 active competitive Club Sports are scheduled to recruit new members at Valley BallyHoo on Saturday, August 16th from 4:30pm-7:00pm on the UC Lawn. Interested WCU students, faculty, and staff can stop by the club tables to sign an interest form and speak with members of the various clubs. If you or someone you know is unable to attend Valley BallyHoo, there is still always an opportunity to join a club. Look up the Club President's e-mail at reccenter.wcu.edu or on orgsync.com.

Competitive Club Sports for 2014-2015 include Ballroom Dance, Bass Fishing, Climbing, Cycling, Disc Golf, Equestrian, Fencing, Karate, Men's Lacrosse, Men's Rugby, Men's Soccer, Swimming, Tennis, Ultimate Frisbee, Women's Lacrosse, Women's Rugby, and Women's Volleyball.

EVENT

DAY

DATE & TIME

LOCATION

REGISTRATION

Table Tennis Tournament
Billiards Tournament
Sand Volleyball Tournament
Kan Jam Tournament

Wed
Wed
Fri
Thu

8.20, 6pm
8.20, 8pm
8.22, 5pm
8.28, 5:30pm

Cats Den
Cats Den
Village
Reid Gym Lawn

show up with cat card
show up with cat card
register by 8.20
show up with cat card

Welcome our New Associate Director!

Tyler Spencer hails from the great state of Kentucky. He grew up in Bowling Green, which happens to be the home of the Corvette. He is a graduate of Western Kentucky University (Go Tops!) and The University of South Florida (Go Bulls!).

Tyler spent the last three years working at the University of Kansas (Go Jayhawks!) in Sport Clubs and Special Events. While there, he coached a little league football team to a record of 40-4 (Go Lawrence Hurricanes!).

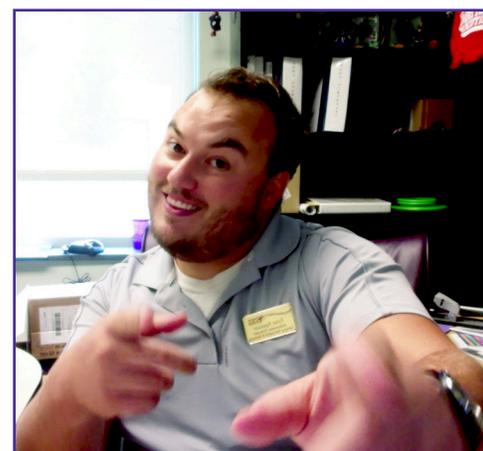
Tyler is an avid sports fan, with his favorite teams being the St. Louis Cardinals and the Kansas City Chiefs. He also enjoys movies, canoeing, comics, and learning random facts. Please stop by his office to see a collection of action figures, sports memorabilia, and pretty

much anything else that he thinks might be an interesting addition to his office, or that might spark a conversation. "I enjoy knowledge and facts, the more useless the better!" Coincidentally, Tyler is pretty good at all trivia games.

Tyler has been involved in Campus Recreation and Wellness for nine years at various institutions around the country. He sees himself as well-traveled and looks forward to traveling to new places. Currently, he has been to three continents and forty-five states. He plans to visit the last five in the next couple of years.

If you would like to meet Tyler or have some knowledge that you would like to impart on him, feel free to stop by his office 107H in the Campus Recreation Center.

Tyler is proud to be a new catamount and looks forward to WCU being his favorite team. "Go Catamounts!"



Protein and Weightlifting: More is Not Always Better

Consuming high-carbohydrate, moderate-protein foods immediately after a weight-training workout enhances the muscle-building effect of the activity. However, it is not necessary to consume large amounts.

High-carbohydrate, high-protein options:

- Milk or chocolate milk is an excellent post-workout snack and better than any protein shake – plus it's CHEAPER!
- Include a high-quality protein like dairy, soy, or eggs.

Primary muscle fuels for weightlifting:

- Phosphocreatine (PCr) and carbohydrate for brief bursts of activity.
- Fat provides energy during resting stages.
- Protein is used little overall (it is stored to build up muscles).

How much protein do I need?

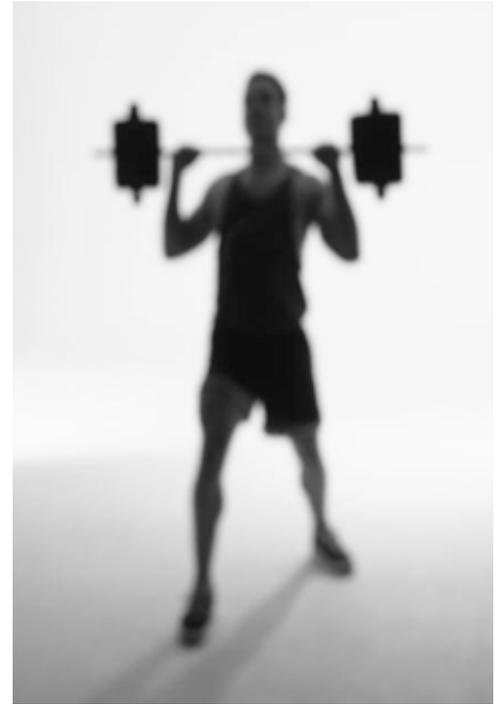
- For an adult male athlete: ~84-119 grams of protein a day

- For adult female athletes: ~66-94 grams per day
- Sedentary adult male: ~56 grams protein
- Sedentary adult female: ~46 grams protein

Are powders and supplements needed?

- Most athletes can get the recommended amount of protein through diet alone, without the use of supplements.
- Protein powders and protein supplements are great for convenience, but are not necessary, even for elite athletic performance. Focus more on whole foods.
- The typical American consumes much more protein than necessary.
- Each ounce (oz.) of meat/poultry provides a whopping 7 grams of protein – which adds up FAST!

By Katie Tallman, WCU Dietetic Intern. If you have a nutrition-related question, sign up for nutrition services at the CRC or e-mail nutrition@wcu.edu



Red Flag Campaign

Beginning on August 23rd, WCU will again participate in a national campaign to increase awareness of dating violence and promote the prevention of dating violence on college campuses. The Red Flag Campaign is a flag and poster campaign that is focused on encouraging students to “say something” when they see a red flag in someone’s relationship. So, when you see hundreds of little red flags around campus, it is not for construction, it’s the first part of the campaign that is followed by posters raising awareness about dating violence.

The Red Flag Campaign is part of the largest Red Zone Awareness Campaign. The ‘Red Zone’ has been coined as the time period in the beginning of the fall semester when college students, particularly women, are at a greater risk for sexual assault than any other time during the school year. There are two main goals. The first is to promote healthy relationships and the second is that we do not tolerate abuse at WCU!

For more information on the warning signs of

dating violence, how to help, or how to get help for a friend, visit www.TheRedFlagCampaign.org or <http://redzone.wcu.edu>



Group X Jam & Group X Classes

Join us for fun, fitness, and prizes at the Group X Jam on Thursday, August 21st from 5:30pm-7:00pm. The Group X Jam is a wonderful opportunity to sample many of our Group Xercise classes for free. The Jam fills up quickly, so get there early!

Group X classes will officially begin on Monday, August 25th. Reminder: The Fall Group X schedule will be held hostage until the Jam. Group X class passes are \$10.00 for the entire semester and include ALL classes on the schedule. Participants can register anytime the CRC is open or at Group X Jam.

Hours of Operation

Campus Recreation Center

Fri Aug 1: 6am-8pm
Sat Aug 2: 9am-12pm
Sun Aug 3: 5-8pm
Mon Aug 4: 6am-8pm
Tue Aug 5 - Fri Aug 8: 11am-7pm
Sat Aug 9 - Sun Aug 10: Closed
Mon Aug 11 - Fri Aug 15: 11am-2pm
Sat Aug 16: 9am-4pm
Sun Aug 17: Regular Fall Hours Begin

Reid Pool

Fri Aug 1: 6-8am, 12-1pm, 3-5pm
Sat Aug 2 - Sun Aug 10: Closed
Mon Aug 11 - Fri Aug 15: 11am-1pm
Sat Aug 16: 10am-1pm
Sun Aug 17: Regular Fall Hours Begin

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

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



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

Fall Membership

We are accepting memberships for faculty and staff for fall semester. Just tell our front desk that you need to join. You may sign up for payroll deduction or pay by semester at the CRC. If you are already a member by payroll deduction, it will continue. If you are a currently enrolled, on-campus, full-time or part-time student, then you are already a member! If you are a student who is only enrolled in online classes, you may purchase membership at the CRC on a semester basis.

Presentations & Classes

Are you teaching a class this fall? Or maybe you're in charge of educational programming for your student or greek life organization. Let us help you educate your students or peers about health and wellness through a peer presentation, sport activity, or CRC facility tour/information. Just complete the online form (<http://www.wcu.edu/27557.asp>) at least two weeks before your class and we'll work out the details!



EMPLOYEE OF THE MONTH



Bonnie Anderson has worked two summers as a lifeguard for CRW. Her favorite part of working here is the amazing staff and wonderful patrons of Reid pool. They always greet her and thank her when they leave - the first time she has experienced that in seven years of lifeguarding! Bonnie advises fellow employees to be the best co-worker possible by being flexible with covering shifts and making the workplace enjoyable. As a senior Athletic Training major, she plans to get a Master's in Kinesiology, and then pursue a career with the military. Bonnie loves to make others laugh. Life is too short to be serious all the time! She is also a beauty consultant with Mary Kay Cosmetics. CRW congratulates Bonnie on being chosen for Employee of the Month!



MEMBER OF THE MONTH

Lisa Allen has lived in North Carolina since high school. She is the Administrative Assistant in the Construction Management department and has been at WCU for three years this fall. Lisa enjoys a variety of workouts, and the friends and motivation she gets from the Group X classes. It's easy to work out during the week with the variety of times and classes. She has exercised on and off for the last fifteen years. Friends definitely help keep her motivated to exercise! Lisa loves being outside, whether it's hiking, gardening, walking the dog, or walking on the beach. There is always something beautiful to see outside. Congratulations Lisa! We admire your dedication to the CRC.



Have someone in mind for Employee or Member of the Month? Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.