



# Campus Recreation and Wellness April 2010

recenter.wcu.edu

(828) 227-7069



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Wednesday, April 21<sup>st</sup>

12:30pm – 1:30pm

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## Spring in to April!

Now that the break is over don't let the end of the semester projects, tests, grading, etc. stand in the way of your health & wellness!

Are you looking to start something new? Check out the Kundalini Yoga class, Full Spectrum Farms 5K, or the Disc Golf Tournament. All fun events Campus Rec & Wellness has to offer this month.

If you're looking to learn something new, check out the following link with information about World Health Day, held April 7<sup>th</sup> internationally: <http://www.who.int/world-health-day/en/> or <http://www.nphw.org/nphw10/home1.htm> where you'll find information about National Public Health Week (April 5<sup>th</sup> – 11<sup>th</sup>, 2010).

We are excited to support this year's Worksite Wellness Week, April 5<sup>th</sup> – 11<sup>th</sup>, 2010, with a complimentary tour and 1-day pass to the CRC during that week. Bring your friends who aren't members so they can experience the fun you have with Campus Rec & Wellness. All members will be able to try out Group X Classes for free that week as well. We want to help do our part in making Western Carolina University the best place to work!

As always, if we can help with any of your health & wellness goals, let us know! We're here to help.



## Kundalini Yoga with Asteriana Dewanti

Wednesday, April 21<sup>st</sup>  
12:30pm – 1:30pm  
Studio 2

Kundalini Yoga, considered the most comprehensive of yoga traditions, combines meditation, mantra, physical exercises, and breathing techniques. Benefits include elevated consciousness, promotion of physical well-being, as well as an expansion of awareness. You will feel more relaxed and at ease with yourself.

Dr. Asteriani Dewanti has practiced Kundalini yoga for the last 6 years. Practicing Kundalini Yoga each morning has greatly enhanced Dr. Dewanti's life and she is overjoyed to share this experience with students and CRC members.

### It's Back... StressFREE CulloWHEE



Thursday, April 29<sup>th</sup>,  
12:00am-3:00pm on the UC Lawn.  
Sponsored by the Emotional and  
Mental Health Committee of the  
Wellness Council. Join us for  
outdoor play, relaxation, arts and  
crafts, music, massage, and more!

### *Rec Assistant of the Month*

Congratulations to Jon Julian, our Rec Assistant of the Month. Jon is a junior, from Marietta, GA, majoring in Entrepreneurship. He has worked with CRW since summer 2008 and is also a member of our Marketing Team.

When asked why he likes working at the CRC, Jon said, "Fitness is important to me so the CRC is a great place to be; I get to learn about it and it's a chance to help others." He likes to change his workout from time-to-time; currently he likes working out on the row machine best.

When he isn't helping others at the CRC, Jon likes to "just chill", work out, watch movies, and keep up with current events by watching the news.





April Wellness Council meeting  
Friday, April 16<sup>th</sup>, 10:00am – 11:00am  
CRC Conference Room  
Discussion topic: violence prevention  
on campus and the Red Zone  
Campaign

## Full Spectrum Farms 5K

Saturday, April 17<sup>th</sup> @ 9:00am

Visit our website & click the Full Spectrum Farms logo for the registration form or go to [active.com](http://active.com) to register online. For more information about Full Spectrum Farms, go to: [fullspectrumfarms.org](http://fullspectrumfarms.org).



The April  
Group X  
schedule will  
begin on  
Monday,  
April 5<sup>th</sup>.

Classes will run  
through Friday,  
April 30<sup>th</sup>. No  
classes will  
occur during  
finals week.  
Thank you for a  
great spring  
semester of  
Group X!



Whee ♥ Quitters Smoking Cessation  
Program for students begins April 5<sup>th</sup> and  
meets on Mondays and Thursdays at  
7:00pm in the Recreation Center. Please  
register by April 1<sup>st</sup> in the CRC main office.

Staff and Faculty....

Whee ♥ Quitters will now come to you! It  
can be conducted on-site, that is, in your  
department, at your convenience. The only  
requirement is that at least 4 smokers  
register to attend. Please contact Karrie  
Joseph, 227-7069 to make arrangements.

# Congratulations to...

Brandon Wykle officiated at the Mississippi State Basketball Regional Tournament March 26<sup>th</sup> – 28<sup>th</sup>



Winners of the Bench Press Competition:

150-141 lbs.

Kitson Mills, 225lbs.

160-151 lbs.

Khanthee Thao, 205 lbs.

170-161 lbs.

Joseph Chambers, 320 lbs.

180-171 lbs.

Ryker Helms, 275 lbs.

190-181 lbs.

Tyler Weste, 255 lbs.

200-191 lbs.

Jeffrey Peterson, 315 lbs.

220-201 lbs.

Joseph Karac, 315 lbs.

240-221 lbs.

Harrison Fort, 365 lbs.

Heavyweight

Stevie Ray, 410 lbs.



**Rakim Lash**, Rec Assistant & Marketing Team  
Nominated for the **Ashby Wade Award for Distinction in Freshman Composition**

The award recognizes significant performance and improvement by a student in WCU's composition program.

**Charity Harris**, Office Assistant  
National Undergraduate Research Conference

*Investigating Corporate Social Responsibility and Front-Line Employee Involvement in the Hospitality Industry*



## Volleyball Champs

Super Fly - Men's & an undefeated season  
Pretty Fly - Women's



## Soccer Champs

Kansas City Flavor - Men's  
Crush – Women's

Kansas City Flavor Coed - Coed

## Cornhole Doubles Champs

Men's - Andrew Rogers & Zack Jaynes  
Women's - Courtney Wade and Haley Ellis  
Coed - Dillan Ledbetter & Erin Brownback





## Zombies take over WCU!

Intramural Sports has added a new game to our roster of activities in Humans vs. Zombies! HvZ is an outdoor game of tag that takes place all over campus 24/7. Participants wear yellow bandanas (humans - on the arm or leg and zombies – on the head or neck) and must live on campus. The game allows people to interact with each other and develop teamwork and leadership skills. The game was brought to us by Duy “Jack” Nguyen who, with

moderators Kyle Ratch and Ashley Fox, facilitate missions on campus.

The first game took place in February & the most recent game involved 150 people with one

human “surviving”, Trevor Dunlap. HvZ has grown with each game and with each day more

and more people want to get involved.

The game is unique in that there is no loser but only winners. Ultimately HvZ is a great way to meet new and interesting people. When the Zombies are not “hunting”, they hangout on the UC lawn playing Frisbee and

talking about their latest tags.

Join Humans vs. Zombies for an experience of a lifetime. The next game will start Friday, April 16<sup>th</sup>, with the rules meeting at 5:00pm in 130 FPAC (Fine & Performing Arts Center). You must pre-register to play at <http://smokesgroup.hvzsource.com/index.php>.



### Flag Football Tournament

Sign-ups end: April 8<sup>th</sup>

Managers Meeting:  
April 8<sup>th</sup> at 4:00pm  
CRC Conference Room

Play Begins: April 9<sup>th</sup>  
Intramural Fields

## Upcoming Intramural Events

### Bocce Ball Doubles Tournament

April 6<sup>th</sup> at 5:00pm  
UC Lawn

### Coed Beach Volleyball Tournament

Sign-ups end:  
April 15<sup>th</sup>

Managers Meeting:  
April 15<sup>th</sup> at 4:00pm  
CRC Conference Room

Play Begins:  
April 16<sup>th</sup>  
The Village Court

# Club Sports News

## Club Sports Welcomes Two New Clubs

We would like to welcome Men's Lacrosse and Men's Volleyball to the list of club sports that WCU currently offers to students. These clubs will begin practice immediately and are in the process of creating a solid foundation to carry into the Fall 2010 semester. If you have expertise in one of these sports and would like to hear more about the club, please contact Shauna Sage.

## Disc Golf Club Will Host Tournament

Saturday, April 10<sup>th</sup> at 11:00am

The tournament is open to the first 20 WCU Students/Faculty/Staff and the first 20 Community Members registered. The tournament is free for WCU members and is \$15.00 for community members. It will include two rounds (24 holes) and all participants will receive a Catamount Disc with the Catamount Disc Golf logo. Registration is first come, first-served and interested participants may register by e-mailing Rebecca Oates at [fvroates@yahoo.com](mailto:fvroates@yahoo.com).

## In-Line Hockey Makes Regionals

Men's In-line Hockey made it to regionals by being one of the top eight teams in the Southeast Region (out of a pool of 25). At regionals, the men represented WCU well by placing 6<sup>th</sup> overall.



## WCU Dance Team Tryouts

The WCU Dance Team is restructuring for the 2010-2011 season. The restructuring includes the addition of Tyler McKenzie, our student dance/technical coach.

Individuals trying out will have the opportunity to tryout for either the football season and/or basketball season. Tryouts for both seasons will be held at the same time in April 2010. Football season will run from August - November with training beginning immediately after tryouts. Basketball season will run from November - 1<sup>st</sup> week in March.

The team focus is creating "spirit" for WCU. The team performs pre-game with the band during football season and can perform choreographed technical routines during timeouts and halftimes of basketball season. Most of the team's performances involve pom-based routines. Tryout information is as follows:

### Tryout Workshop

Monday, April 5<sup>th</sup> 7:00pm-8:30pm  
Campus Recreation Center Studio 1

### Tryouts

Friday, April 9<sup>th</sup> 6:00pm-9:00pm  
Saturday, April 10<sup>th</sup> 9:00am-3:00pm  
Campus Recreation Center Studio 1

For more information, please visit our website at [reccenter.wcu.edu](http://reccenter.wcu.edu)

# Member of the Month

Alison Joseph is originally from Clearwater, FL but has been at Western almost 6 years. She is a Research Specialist in the Office of Institutional Planning and Effectiveness. In addition to her day job, Alison has completed her Bachelor's degree at Western and is currently working on her Master's in Public Affairs.

As if that wasn't enough, you can see Alison most mornings at 6:00am on the elliptical or in Group X. She recently added Group X classes to her routine and particularly enjoys cycling, yoga and Power Pump. She's also tracking her activity with the Cross Training Challenge!

Although she started exercising about 4 years ago with the goal of weight management she now uses exercise as a way to challenge herself physically and mentally, improve her health, and deal with stress. Alison says, "If I am at the gym at 6:00am, I know that I am preparing myself for a good day."

Outside work and the CRC, Alison likes hiking, sewing and thrift store shopping and has an incredible husband, Ken, and labrador, Kaya.



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## Locker Keys

All non-payroll deduction members must return their locker keys by Friday, April 23<sup>rd</sup> for inventory and cleaning.

Lockers may be requested for the summer beginning May 10<sup>th</sup> in the CRC Main Office.

Payroll deduction members do not need to turn in their keys but we will be cleaning lockers May 3<sup>rd</sup> – 7<sup>th</sup>.

## End of Semester Hours

Monday, May 3<sup>rd</sup> – Thursday, May 6<sup>th</sup>

Regular Spring 2010 Hours

Friday, May 7<sup>th</sup>

CRC: 6:00am – 2:00pm

Reid Pool: Closes at 1:00pm

Saturday, May 8<sup>th</sup> – Sunday, May 9<sup>th</sup>

Closed for Commencement

Monday, May 10<sup>th</sup>

Summer Hours Begin

Go to our website for more information.