

# Campus Recreation & Wellness

December 2009 Member Newsletter

## Member of the Month

Congratulations to Dr. Brent Kinser, Assistant Professor of English! Brent has been exercising since he “was a wee lad” and likes to workout on the treadmill in the mornings before work. According to the Campus Rec staff, “he always comes in with a smile” & helps make the mornings more fun.

Although he was born and raised in the Bloomington, IN area, Brent is in his 5<sup>th</sup> year at Western. According to him, “The good days are better, and the bad days are bearable when I get to begin them at the Rec Center!” We hope Brent’s way of looking at things rubs off on all our members!



## Thanks for a job well done!

CRW would not be what we are without our talented student staff! They ensure quality programs and services through their leadership and commitment to their responsibilities in the CRC and around campus. Whether opening the facility at 6:00 am or officiating the championship Intramural Sports game they’re great at what they do!

Thank you to those CRC members that helped make our staff teambuilding a success. On Friday, November 13th CRC staff competed in a “Wacky Olympics.” Games included Dizzy Bat Spin, Balloon Pop Hustle, Ping Pong Spoon Obstacles, and a Campus Scavenger Hunt.

### Don't Forget!

Please return your locker key by Dec. 11 to Equipment Check-out for inventory & cleaning.

### Wellness Council Meeting

Wednesday, December 16th

2:00 – 3:00 p.m. in the Campus Rec Center Conf. Rm.

## Congrats to our Grads

CRW would not be what we are without our talented student staff! They ensure quality programs and services through their leadership and commitment to their responsibilities in the CRC and around campus. Whether opening the facility at 6:00 am or officiating the championship Intramural Sports game they're great at what they do! Please help us send them off with a great big THANK YOU!



Nathan Dietiker



Jeff Guertin



Megan Snyder



Chris Diluzio



Meredith Morgan



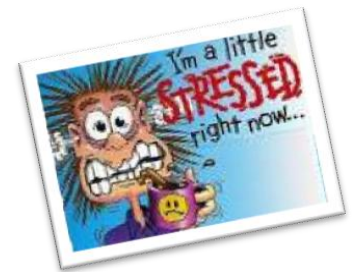
Kristie Bowers

### Flake Out Now! *not during finals*

If you or some of your students are feeling the pressure of the end of the semester, take some time to de-stress with music, crafts, hot beverages, games & laughter.

**Thursday, December 10<sup>th</sup>, 12:00 – 3:00 p.m. UC – Illusions**

*Sponsored by the Emotional and Mental Health Committee of the Wellness Council.*



### Disc Golf Club Hosts Tournament



The Catamount Disc Golf Club hosted an intercollegiate tournament at Western's course on November 21<sup>st</sup>. Some of the schools participating included UNCA, Mars Hill College, Brevard College. Players received points for attendance as well as top 5 placements. This year there have been three intercollegiate tournaments, and Western is defending the title of Intercollegiate Champion.

## Rec Assistant of the Month



Congratulations to Megan Snyder, graduating English Literature major from Asheville, NC. Whether welcoming participants at the Control Desk or helping her fellow employees by subbing for them, Megan always has a great attitude & has fun while she's a work.

When she's not working, Megan likes participating in all kinds of CRW activities including Co-ed Volleyball and Group X classes, especially Cardio Dance. It helps keep her moving since she's played soccer since middle school.

## Program Updates

### Mind-Body Experiments

Judi Lampert, a guest NIA instructor from Asheville, led 15 people in an energetic fusion of dance and martial arts on November 16<sup>th</sup>.

Although the workshop had form and structure of a group exercise program, the overall feel was self-directed, expressive, and free.

The Mind-Body Experiments monthly series will continue in the Spring. If you have any suggestions for workshops or guest instructors, please email Karrie Joseph @ [kjoseph@wcu.edu](mailto:kjoseph@wcu.edu) and visit our website ([reccenter.wcu.edu](http://reccenter.wcu.edu)) for more information.



### Great American Smokeout

Ciggy and his prize patrol rewarded smokers Nov. 16-19 for complying with WCU policy #45 – no smoking within 50-feet of any building. Smokers were given gum or a candy bar with NC Quitline information, Know the Code buttons and Talk to the CLAW business cards. The policy was also promoted by chalking 50-feet away from buildings in 18 locations on campus over the course of 4 days.

If you or someone you know wants to quit, we can help! Please visit our website ([reccenter.wcu.edu](http://reccenter.wcu.edu)) for information about smoking cessation classes & other resources.



### Team Sport Champs Crowned

Indoor Soccer: Men's – The Nuggets  
Women's – Crush

Flag Football: Men's A – PTP  
Men's B – Scotsmen  
Women's – Scooby's Two

Congratulations to all teams! We had a lot of fun this season on the field.



### WCU: Best of Regional Tournament

Western Carolina University will be represented at the ACIS National Flag Football Tournament in New Orleans, LA, December 28-31, by the WCU Shockers co-ed team. They won the "Battle of the Bluegrass" Regional Flag Football Tournament at Western Kentucky University November 20-22 to earn their tournament birth including entry fee and \$500 travel stipend.

WCU has not been represented at the national tournament since 2005 when SMC men's team participated.

In addition to team success, sophomores Donovan Howell and Brandon Wykle were selected to officiate the Women's Final and Co-Rec Semi-Final respectively.



# New Year's Resolutions!

## Give the Gift of Health this Year!

Looking for the perfect gift for a friend or colleague? Or what about your spouse or dependent (over 17 years of age)? Why not give them a gift certificate of membership to the Campus Rec Center? Spring 2010 Memberships are just \$60.

If your friends & family members are already members we also have Group X and Personal Training Gift Certificates available – start the year off right!



## Group X

The Regular Fall Group X Schedule will end on Friday, December 11<sup>th</sup>. We will kick off the spring semester with Group X Jam on Wednesday, January 13<sup>th</sup> from 5:30pm-7:00pm. If you want to get a jump start on the Spring Semester you can register for Group X starting Monday, Dec. 7, in the CRC Main Office.

Thank you to all who participated...We hope to see you back next semester!

## GTX: Group Training Extreme

Are you ready to take your fitness to a new level? For \$20.00 during spring semester, you can join GTX (Group Training Extreme). This program will meet 5 days a week at 6:30 a.m. Jan. 18 – April 30, 2010. Those of you who want to see Xreme results this spring, you need the GTX program.

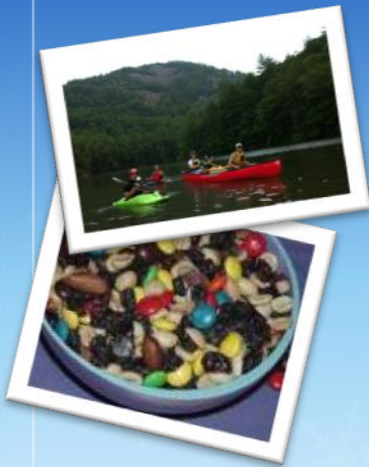
GTX is based on the P90X concept and will challenge your body in new ways. Every 3 weeks the program changes so you are constantly challenged and seeing results. Participants will be required to attend a minimum of 3 days per week to remain in the program in order to ensure participants can progress along with the program.



## Personal Training

Looking to start the new year off right? Try personal training or a fitness assessment. All our trainers are nationally certified and will work with you to develop a program that's right for you. Sessions range in price from \$10 – \$15. For more information visit our website or stop by the CRC Main Office. Personal Training also makes a great gift for current members.

# Get outside this holiday season!



And don't forget the trail mix...

Ingredients:

- Nuts: Peanuts, Cashews, any mixed nuts you like
- Dry Cereal: Cheerios, Quaker Oat Squares, etc.
- Raisins &/or other dried fruit or seeds
- MnM's (your favorite)

Directions: Mix together in proportions you prefer and keep sealed in plastic baggies. If taking out camping, try your best to keep holes from forming (which invite ants & other creepy crawlies).

~White House Favorites, Karen White, MS, RD, LDN

## CRC & Reid Pool Holiday Hours

M – Th	Dec. 14 – 17	Finals Week	Regular Hours
Friday	Dec. 18	Last Day of Finals	CRC 6:00 am – 2:00pm Reid Pool closes at 1:00pm
Sa – Su	Dec. 19 – 20	Commencement	All Facilities Closed
M – W	Dec. 21 – 23	Holiday Hours	CRC 11:00am – 2:00pm Reid Pool 11:00am – 1:00pm
Th – Su	Dec. 24 – Jan. 3	WCU Winter Holiday	All Facilities Closed
M – F	Jan. 4 – 8	Holiday Hours	CRC 11:00am – 2:00pm Reid Pool 11:00am – 1:00pm
Saturday	Jan. 9	Staff Training	All Facilities Closed
Sunday	Jan. 10	Staff Training	CRC 5:00 – 9:00pm Reid Pool 5:00pm – 8:00pm
Monday	Jan. 11	Classes Begin	Spring 2010Hours Begin



### Don't forget to turn in your locker key!

Please remember to empty your locker and return your locker key to Equipment Check-out before you leave for the semester. To avoid a key replacement charge, all keys must be turned in by Friday, Dec. 11<sup>th</sup>, for inventory & cleaning. Long-term locker requests may be submitted beginning Jan. 11<sup>th</sup> (keys can be picked up beginning Jan. 4 for payroll deduction members).