



Visualization + Action Creates Success!

Imagine yourself doing your favorite physical activity: the feeling of it, the sensation in your body; the joy it brings to your day, as well the challenges it evokes. Surely, if you've experienced the latter, then you know your chosen activity isn't a walk in the park and it took you some level of mastery to get to where you are today. Whatever your technique for arriving to where you are now, chances are good you've utilized some form of visualization to help achieve your goals along the way.

Visualization, or the process of imagining the actions required to achieve a desired, intentional result, is a form of preparation that anyone from world class athletes to everyday recreationists utilize. It involves separating the physical components of your given activity into digestible parts or phases, all with the desired outcome of increasing psycho-motor cooperation (the integration of mind and body into activity). Think of the high jumper as they prepare to sprint, pole in hand, down the track runway – there is a lot of complex body movement and coordination about to happen; and if an athlete has not prepared ahead of time, or they are overly distracted by other thoughts on their mind, the result could be disastrous. Such is the idea of incorporating visualization into any physical activity routine.

It has been said if you can imagine yourself doing something, then you are already on your way to successfully doing it! Chances are good if you close your eyes and focus on your favorite activity you'll find there are small nuances that contribute to its success – whether that is finishing a deadlift or bench press to lock-out, digging a spiked ball off the floor in volleyball, sprinting hard after a deep thrown disc in ultimate, swooshing countless free throws, or trusting your feet on tiny edges as you reach higher for that next positive climbing hold. All of these activities take an element of belief, and belief is based in visualizing the unseen.

So, what next? Chances are good you've already incorporated some form of visualization into your training or activity. A key consideration for furthering this initial effort is to spend some time mentally composing the action in your mind, step-by-step. Those who intend to do better don't get there simply by wishing – there is action to their intent. Recognize that your mind and the process of visualizing your activity in action is a strong contributor to your physical success. And remember, only a coordinated effort on both fronts (mind and body) results in 100% effort; and that is something to be proud of, regardless of the outcome. Happy visualizing your success!



Student Staff Recognition

The CRC and Reid Pool will close at 5:00pm on Sunday, April 29th to recognize our student staff.



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Intramural and Club Sports

Intramural Sports Upcoming Events

The month of April is your last chance to secure a Spring Intramural Champ shirt! If you are not already on a team playing in April leagues, the following events are coming up this month for your chance to be a champion! Register on imleagues.com

Water Battleship

Not the board game, it's in the pool! Tournament is Sunday, April 8th at 2pm. Register a team of at least 4 people by Wednesday, April 4th.

Disc Golf Singles Tournament

Wednesday, April 25th at 5pm. Tournament takes place on the Catamount Links Disc Golf Course.

Catamount Strong

Sign up for our 3rd annual Catamount Strong event on Wednesday, April 18th at the CRW Fields. Test your total body strength and conditioning in one high-intensity workout. The workout description will be released upon registration opening.



Intramural Sports Championship Nights

Don't forget about our Champ Nights coming up at the end of the month! Come out on the following nights to see us crown our champions!

Sand Volleyball Champ Night

Wednesday, May 2nd

Softball/Kickball Champ Night

Thursday, May 3rd

4v4 Flag Football Champ Night

Friday, May 4th

Club Sports February Competition Results

The Bass Cats competed in an FLW Tournament in Alabama. The top Bass Cats, Jack and Will Crumpton, placed 36th on the day.

The Equestrian Club traveled to Virginia for a two-day IHSA competition. At the end of the weekend, the Equestrian Club took home two 1st place, two 2nd place, one 3rd place, three 4th place, one 5th place, and one sixth 6th place ribbons.

Club Sports Upcoming April Competitions

Club Cheer:

Saturday & Sunday, April 14th & 15th, Away
Saturday, April 21st, Away

Women's Club Volleyball:

Sunday, April 15th, Home, Reid Gym
Saturday, April 28th, Alumni Game, CRC Courts

Women's Club Lacrosse:

Saturday, April 14th, Away

Men's Club Rugby:

Saturday, April 7th, Away
Saturday, April 21st, Away
Saturday, April 28th, Alumni Game, IM Fields

Men's Club Baseball:

Saturday & Sunday, April 14th & 15th, Home, Fairview Baseball Field
Saturday & Sunday, April 28th & 29th, Home, Fairview Baseball Field

Club Ultimate:

Saturday & Sunday, April 21st & 22nd, Home, IM Fields

CRW Receives "Best Student Employment Program" Award for 2017-2018

Campus Recreation and Wellness (CRW) is honored to have been chosen for the inaugural "Best Student Employment Program award", hosted by the Office of Undergraduate Studies. The award selection email identified CRW as "a campus leader in forward thinking, assessment strategies, and student-centered learning." CRW has increased our student staff development efforts over the past year through our student hiring committee, changes to our staff training, and with the implementation of our student staff development program. We are excited this award comes with a monetary one-time award that we can use to continue our student development efforts. Thank you to the selection committee for reviewing our application, and an even bigger thanks to the students who continue to grow with us each day!

Sunset Yoga

Wednesday, April 18
6:30-7:30pm
UC Plaza

Come have fun with friends while enjoying a relaxing yoga class as the sun begins to set on the plaza. Yoga asanas (poses) help improve strength, flexibility, and balance so the body can move with more clarity and ease. Pranayama (breath work) is a tool for sharpening the mind and energizing the body. This class will weave together mindfulness, breath work, and stretching to help you feel your best. No yoga experience required, bring an open mind, layered clothing, and a yoga mat or towel. Some yoga mats and blocks will be available as supplies last.

Glow Zumba

Tuesday, April 10
7:00-8:00pm
CRC Studio 1

Grab your glow sticks and neon outfits and Make Some Noise! Come dance the night away at Glow Zumba! Everyone will receive a “glowing accessory” as you enter. Feel free to wear more. No experience necessary—just be ready to move and have fun!

Mind-Body Experiment: Yoga

Wednesday, April 25th
5:30pm-6:30pm
UC Lawn

Join guest yoga instructor, Chad Hallyburton, outside for some fresh air and sunshine in this outdoor inspired yoga class. Don't forget your sunglasses! What better way to decompress and recharge from your day than being outside? You'll leave class feeling happier, more positive, less stressed, and with a smile!

Dance Team Tryouts

Saturday, April 28th
10am-5pm
Campus Recreation Center Studio 1

Tryouts are for a commitment for the entire 2018-2019 academic year, including both football and basketball seasons. Registration for tryouts begins at 9am. Tryouts include a technical component, timed run, and two choreographed routines. If you have further questions, please contact Shauna Sage at sage@wcu.edu

Breakfast Basics

Everyone has heard that breakfast is the most important meal of the day, but it is really that important? Breakfast is indeed a very important meal. After 8 hours of sleep, it is time to refuel your body.

Skipping breakfast may make you feel tired, restless, or irritable. Eating breakfast kickstarts your metabolism, which will start burning calories, thus potentially keeping your weight in check.

Studies have shown that people who skip breakfast are more likely to be overweight and tend to consume more calories throughout the day. Choosing breakfast foods that are rich in whole grains, fiber, and protein, and low in sugar can boost attention span, concentration, and memory.

Good Sources of Carbohydrates, Protein, and Fiber

- Carbohydrates: whole-grain cereals, brown rice, whole-grain breads and muffins, fruits, vegetable
- Protein: low-fat or nonfat dairy products, lean meats, eggs, nuts (including nut butters), seeds, and cooked dried beans
- Fiber: whole-grain breads, waffles, and cereals; brown rice, bran, and other grains; fruits, vegetables, beans, and nuts

Making Breakfast Happen:

Stock your kitchen with healthy breakfast options and prepare as much as you can the night before (wash dishes and/or cut fruit). It will be beneficial to wake up just 10 minutes earlier to allow yourself time to prepare breakfast. But always have a grab-and-go alternative (fresh fruit, yogurt, whole grain breakfast bars) when there is little or no time to eat.

Breakfast Ideas to try:

1. Hot cereal topped with nuts or fruit sprinkled with cinnamon, nutmeg, allspice, or cloves
2. Half a whole-grain bagel topped with peanut butter and fresh fruit (banana or apple wedges) and low-fat milk
3. Breakfast smoothie (low-fat milk or yogurt, fruit, and teaspoon of bran, whirled in a blender)
4. Vegetable omelet with whole-wheat toast on the side
5. Bran muffin (Pay attention to size) with an assortment of berries
6. Sliced cucumbers and hummus in a whole-wheat pita
7. Lean turkey and tomato on a toasted English muffin
8. Low-fat cream cheese and fresh fruit, such as sliced strawberries, on whole-grain bread or half a whole-grain bagel
9. Whole-grain cereal with low-fat milk topped with fruit
10. Whole-grain waffles topped with peanut butter or ricotta cheese and fruit

Article written by: *Farrah Matthews, WCU Dietetic Intern*



Outdoor Programs

Tuck River Clean Up

When & Where: Saturday, April 14th , Register on the UC Lawn between 10:00am-1:00pm. FREE!

What to Expect:

Join Base Camp Cullowhee for an afternoon of cleaning up the Tuckasegee River, one of Jackson County's greatest natural resources. BCC will provide transportation and rafting gear (raft, paddle, PFD). After a fun afternoon of rafting and trash collecting, volunteers will be transported back to WCU for the ice cream social, door prizes, and live music from Ol' Dirty Bathtub. There is an alternative walker's route for those who prefer not to be on the river or those not meeting the weight requirement to be on the river. Please look for the walker's tent on the UC Lawn during registration. The minimum weight to raft the Tuckasegee is 40 lbs.

What to Bring:

Wear comfortable clothes that can get wet and dirty. Every participant is required to wear shoes that will not come off during a swim. In other words, no flip flops or shower sandals.

Coolers are not allowed on the river.



Bear lake Canoe & Hike

Saturday, April 28th

Cost: \$30 Students

\$35 Faculty/Staff/ WCU Community

Registration Deadline: Thursday, April 25th @ 5pm

Mountain Biking 101

Sunday, April 8th

Cost: \$30 Students

\$35 Faculty/Staff/WCU Community

Registration Deadline: Wednesday, April 4th @ 5pm

Whitewater Kayaking 101

Saturday, April 21st

Cost: \$30 Students

\$35 Faculty/Staff/ WCU Community

Registration Deadline: Wednesday, April 18 @ 5pm



Nantahala Raft Trip

Sunday, April 29th

Cost: \$30 Students

\$35 Faculty/Staff/WCU Community

Registration Deadline: Thursday, April 25th @ 5pm

Kayak Roll Clinics

Weekly on Thursday through April 26

Cost: FREE

Location: Reid Pool

Climbing Belay Clinics

Weekly on Wednesdays, 6-8pm - Free

Kids Climb

Friday, April 27th , 5-7pm - \$5/kid

Bike Shop Hours

Tuesday/Thursday: 3-5pm

Climbing Wall Hours

Monday-Thursday: 4-8pm

Friday: 4-7pm

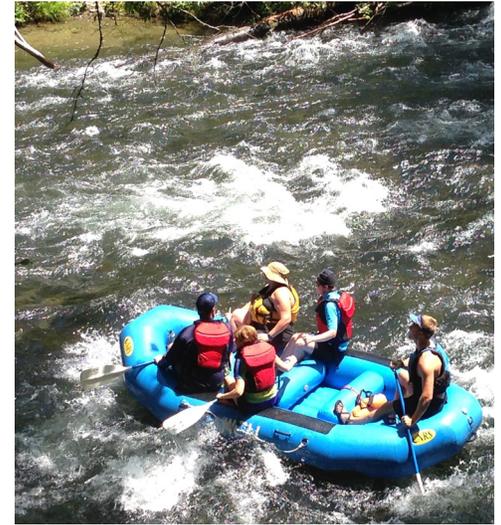
Sunday: 5-8pm

Adventure Shop Hours

Monday: 11am-5pm

Tuesday-Thursday: 12-5pm

Friday: 10am-5pm



Campus Recreation Center

Tuesday, March 27th
6:00am-7:00pm
Wednesday, March 28th
11:00am-7:00pm
Thursday, March 29th
11:00am-7:00pm
Friday, March 30th - Saturday March 31st
Closed
Sunday, April 1st
5:00pm-9:00pm
Monday, April 2nd
Resume Regular Hours

Reid Pool

Tuesday, March 27th
6:00am-8:00am, 10:00am-3:45pm
Wednesday, March 28th
11:00am-1:00pm
Thursday, March 29th
11:00am-1:00pm
Friday, March 30th - Saturday March 31st
Closed
Sunday, April 1st
5:00pm-8:00pm
Monday, April 2nd
Resume Regular Hours

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

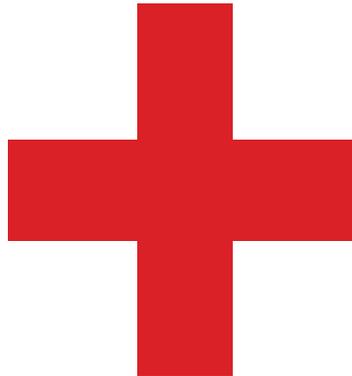


Campus Recreation and Wellness

Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
reccenter.wcu.edu

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

Adult CPR/AED and First Aid Certification Class



Monday, 4/23/18 from 5pm-7pm
CRC Meeting Room

Register online at myrec.wcu.edu or at the CRC Front Desk.

Registration Deadline: 4/18/18

Pricing:
Student \$35,
Faculty/Staff \$45,
WCU Community \$65

EMPLOYEE OF THE MONTH



Chelsea Morton is originally from King, NC. She is a senior with a double major in Forensic Anthropology and Criminal Justice.

When asked to give advice to her fellow co-workers, her response was, “stay positive on the tough days because the good days are so worth it!” She likes that her Intramural staff is a huge family. They all take care of one another and enjoy working together.

Chelsea has been working for Intramurals for two years, while also balancing another job during that time. She participates in 10 out of 15 major Intramural leagues each year.

Thank you, Chelsea, for working so hard, and congratulations on being chosen Employee of the Month!

PARTICIPANT OF THE MONTH

Benjamin Grochowsky is from Albemarle, North Carolina. He is currently a sophomore at Western Carolina University.

His favorite time to work out is generally in the late morning when there tends to be less people. Benjamin’s favorite workout is leg exercises. For the last three months, he has been enjoying Group X classes, especially going to Yoga with friends.

Benjamin is a member of the marching band and loves to kayak. His advice to anyone that will listen is, “Everyone should give going to the gym regularly a try. It’s super relaxing and relieves stress like nothing else.”

Congratulations on being selected as the Participant of the Month. We enjoy seeing you regularly!



Have someone in mind for Employee or Participant of the Month?

Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.