Happy New Year!

Even though the calendar says August we all know a new year is upon us! Before we know it the mass of students will be flooding back into Cullowhee and our schedules will be chaotic at best. Don’t let the changes be a reason to stop being active!

Whether your goals are centered on general fitness, weight loss, athletic achievement or stress relief you can achieve them! CRW has a lot of great programs, facilities and people that can help. Remember the Campus Walking Routes, Disc Golf Course as well as Reid Pool. The CRC hours will also go back to normal with the start of classes so you’ll have 16 hours a day, Monday – Friday, and additional time on the weekends to be active. We will also start back with the Group X schedule as well as Intramural and Club Sports.

In addition to these activities, we’re working to develop more workshops and educational sessions including nutrition. Our staff is also available for presentations, workshops and health & safety training for academic classes, staff meetings and student organizations to help the campus meet their health and wellness goals. And don’t forget about the new wellness graphic! If you’d like to include it in your classes, department workroom or website, we’d be happy to share it!

Our mission is to create a campus-wide culture of wellness by providing programs, services, and facilities for individuals to engage and sustain the active process of healthy living.
AAA/ISMA Personal Training Certification & Pilates Workshop

Campus Recreation & Wellness is hosting an AAAI/ISMA Personal Training Certification on Saturday, September 11th from 8:30am-5:00pm. All registrations must go through AAAI/ISMA. Registration forms are available at the Campus Recreation Center website or on the AAAI/ISMA website at http://www.aaai-ismafitness.com/.

CRW is also hosting a Pilates Principles workshop through Plain Jane Fitness on Sunday, September 12th from 9:00am-1:00pm. Registration forms are available in the front lobby at the Campus Recreation Center; however, all registrations need to be sent to Plain Jane Fitness. This is a great opportunity for CEU’s for anyone who is currently certified.

Member Tip of the Month:
Exercise boosts brainpower! Exercise increases serotonin levels in the brain that ultimately enhance mental clarity.

Fall 2010 Open Volleyball
Grab some friends or come meet new ones at the CRC with Open Volleyball this fall!
Starting the week of August 23rd
Tuesdays & Thursdays: 5:00pm-7:00pm
Sundays: 4:00pm-6:00pm

Goodbye and thank-you!!

My last day as Wellness Coordinator was July 30th. It has been a pleasure working in this department for the past 2 years and although I’m transitioning, I’m not going very far! I will continue to see many of you as a CRC member in Aqua Exercise, Power Pump, Yoga, and Volleyball! I would like to thank all the members for your support of the Wellness Program over the years and hope you will continue to support the Department’s efforts in helping students and staff find energy, balance and movement in their lives.

Peace,
Karrie Joseph

We will miss you Karrie!
Campus Recreation Center

**AUGUST**

Friday, August 6th 6:00am-2:00pm

Saturday, August 7th & Sunday, August 8th
CLOSED

Monday, August 9th – Friday, August 13th
11:00am-7:00pm

Saturday, August 14th & Sunday, August 15th
CLOSED

Monday, August 16th – Friday, August 20th
11:00am-2:00pm

Saturday, August 21st 9:00am-4:00pm

Sunday, August 22nd 1:00pm-9:00pm

Monday, August 23rd *Begin Fall 2010 Hours*

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**Reid Pool**

**AUGUST**

Friday, August 6th
6:00am-8:00am, 12:00pm-1:00pm

Saturday, August 7th and Sunday, August 8th
CLOSED

Monday, August 9th – Friday, August 13th
11:00am-1:00pm

Saturday, August 14th and Sunday, August 15th
CLOSED

Monday, August 16th – Friday, August 20th
11:00am-1:00pm

Saturday, August 21st 10:00am-1:00pm

Sunday, August 22nd 5:00pm-8:00pm

Monday, August 23rd *Begin Fall 2010 Hours*

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**FALL SEMESTER**

Regular Hours of Operation

Mondays – Fridays 6:00am-8:00am*

Mondays 9:00am-3:45pm, 6:15pm-9:00pm

Tuesdays 9:00am-12:30pm, 2:00pm-3:45pm, 6:15pm-9:00pm

Wednesdays 9:00am-12:20pm (Sept 1, 8, 15 ONLY), ALL other Wednesdays 9:00am-3:45pm and 6:15pm-9:00pm

Thursdays 9:00am-12:30pm, 2:00pm-3:45pm

Fridays 9:00am-9:00pm

Saturdays 10:00am-1:00pm

Sunday 5:00pm-8:00pm

*Lap swim only, all other open times are lap/rec/family
Group X Jam & Group X

Join us for fun, fitness, and prizes at the Group X Jam on Thursday, August 26th from 5:30pm-7:00pm. The Group X Jam is an opportunity to sample several Group Xercise class formats for free. The jam fills up fast so get there early!

Group X Classes officially begin on Monday, August 30th. Reminder: The Fall Group X Schedule will be held hostage until the Jam. Group X classes are $10.00 for the entire semester and include everything on the schedule. Participants can register anytime the CRC is open or at the Jam.

Club Sports Gears Up!

Club Sport teams are gearing up again for the 2010-2011 season. Clubs can officially begin practice on Thursday, August 27th, but will be hosting recruitment events and interest meetings prior to that date. Remember, faculty and staff who are interested in a club may practice with the club as a club member. Faculty and staff, however, are not allowed to compete with the club. For more information and to contact a club president, please visit our website http://reccenter.wcu.edu.

Dance Team Tryouts

The Dance Team will host another round of tryouts for 2010-2011 during the first week of classes. If you know students who are interested, please pass along the following information:

**Workshop:**
Wednesday, August 25th 5:00pm-7:00pm

*Tryouts:*
Friday, August 27th 5:00pm-8:00pm
&
Saturday, August 28th 9:00am-3:00pm

*Both days of tryouts are required.
For more information, please contact Shauna Sage at sage@wcu.edu.
Do you need to become CPR, AED, and/or First Aid Certified?

CRW CAN HELP!

First Aid & Adult CPR/AED
When: Wednesday, August 11th
Where: CRC
Time: 8:30am-12:00pm & 1:00pm-4:00pm
Cost: $45 members, $55 non-members, $65 community members
Register in the CRC Main Office by August 8th

We do custom group training to accommodate your health and safety needs, so if this date doesn’t work for you or you have a larger group/department that needs to be trained, let us know!

Welcome to all of our new staff for Fall 2010!

Brielle Ford  David Marino
Kelly Fox     Damyon Stewart
Nathan Watts  Cassie Ebert
Ronnie Crawley Brooke Lambert
Richard Greene Rachel McKinney
Noelle Morgan Ashley Merrill
Matthew Byrum Elizabeth Kernea

Mango & Cucumber Salad

Make the dressing by mixing together 3 tsp honey, 1 ½ tsp ground cumin, 3 tbsp fresh lime juice, ½ tsp salt, & ¼ cp extra virgin olive oil.

In medium bowl, mix together 3 mangos (peeled & cut into ½ inch pieces), 1 large cucumber (cut into ½ inch pieces), ½ of small onion (thinly sliced), and 1 ½ tbsp of fresh mint. Toss with the dressing and place on a serving platter. Sprinkle 1 ½ tbsp of mint, ¼ cp goat cheese, and 2 tbsp sliced almonds on top. Enjoy!
MEMBER OF THE MONTH

JERRY DENTON, an Electronic Applications Engineer at the Kimmel School ET Department, is a Sylva native and has been working at WCU for five years. He prefers morning workouts and weight training with an emphasis in bodybuilding. He has been weight training for over 35 years! Outside of Campus Recreation Center workouts, Jerry enjoys cycling four to six hours per week. Keep up the good work Jerry!

EMPLOYEE OF THE MONTH

CHRIS HINES lends a lot of his time to Campus Recreation & Wellness be it as a Rec Assistant or Intramural Official. Chris is originally from Nappanee, Indiana and is majoring in Professional Sport Management with a minor in Business Law. He has been exercising regularly since his freshman year of high school and enjoys working out either in the early morning or late afternoon. Chris prefers to get his exercise from playing sports and if you can’t find him out and about, he’s probably in the gym playing basketball. Chris likes working with us at CRW because of the great environment and because, “I have no reason to not work out!”