2015 is going to be a year of new adventures for Campus Recreation and Wellness (CRW), as we welcome Base Camp Cullowhee (BCC) to our CRW team! BCC, the outdoor program on campus, originated under the University Center. However as the campus evolves and changes, so does the need to align alike resources. We are very excited about building our recreation team and continuing to build recreation involvement on campus.

What does this mean? First, BCC is moving to the Campus Recreation Center (CRC). Please pardon our dust during the start of spring semester as we work to transition BCC out of their current location in the Brown Building. During this transition, you will notice work in the vending area and in the equipment cage with BCC moving completely into the CRC during Spring Break. The plan is to move BCC into the equipment cage, shifting our current equipment and locker checkout to the vending area. Additionally, you will notice some work in the loading/unloading area of the UC and CRC as a boat shed is built for BCC.

Operationally, we only see this enhancing current services. We hope to expand BCC operations by having a greater presence in the heart of the campus, creating a structure that allows for increased ability to rent and return equipment with longer operational hours in the CRC than in Brown, and expanded opportunities to register for trips. However, we do recognize the need to work through some unforeseen bumps in the road and hope you will be patient with us during this process.

So join us in the spring as we take on the Tuck with the Tuck River Clean-Up or take time to hike or bike the trail when the weather warms up. After all, not everyone is fortunate enough to have access to these recreational opportunities.
Intramural & Club Sports

Intramural Sports

**Basketball** – We are offering Men’s Competitive, Men’s Recreational, CoRec Competitive, CoRec Recreational and Women’s divisions. Register on IMLeagues with at least 5 players by January 19th.

**Dodgeball** – We are offering Men’s, CoRec and Women’s divisions. Register on IMLeagues with at least 5 players by January 26th.

**Disc Lacrosse** – We are offering one Open league. Register on IMLeagues with at least 5 players by January 26th.

**Goal Ball** - Come help us demo this new, adaptive intramural sport on Wednesday, January 14th from 7-9pm upstairs in Reid 201. There is no registration so just show up. In Goal Ball, all players are blindfolded and use a ball with bells during play. We are encouraging anyone with or without a vision impairment to come try it out! No registration needed.

**Darts** - Come play darts on Thursday, January 15th from 4-7pm in the CRC Vending Area. There is no registration for this event, so just show up.

Be on the lookout for upcoming sports and events in February, including Outdoor Soccer, Racquetball Doubles, Innertube Water Polo, Weightlifting Challenge, and Humans vs. Zombies.

Welcome to our new Assistant Director for Intramural Sports, Haley Bosco!

Haley is originally from Vernon Hills, Illinois. She received her undergrad degree from Drake University, where she worked as an intramural official and supervisor. She then went to Armstrong Atlantic State University for graduate school, where she worked as a graduate assistant for Intramural Sports. Her favorite Intramural Sports are Soccer and Innertube Water Polo.

On any day, you can find Haley running, reading, baking, doing 25 burpees in a minute, or watching her favorite sport teams: the Chicago Cubs, Bears, Bulls, Blackhawks, Drake Bulldogs, and now the WCU Catamounts. An interesting fact is that she has watched all 29 seasons of Survivor.

If you would like to meet Haley, please feel free to drop in at her office in the Campus Recreation Center or come out to some Intramural games.

Welcome to our new club sports: Men’s Baseball, Women’s Soccer, and Men’s Basketball.

We hope you consider joining a club sport!

This photo shows members of the Women’s Volleyball club.

Welcome our New Assistant Director for Intramural Sports!
Nutrition & Wellness

5 Ways to Increase Your Vegetable Intake

Vegetables are high in fiber, vitamins and minerals. It is recommended to have 5 servings of vegetables per day. These easy tips can make it easy to incorporate vegetables into any meal or snack.

1. For breakfast, even though there are not a lot of vegetable options, an omelet is a perfect way to add vegetables like spinach, peppers, onions and mushrooms.

2. When making a fruit smoothie, it is fast and easy to include vegetables that will boost the nutritional value of your smoothies without changing the taste. Toss in a few handfuls of a leafy green vegetable like baby spinach or kale. They are packed with fiber and vitamins A, C, and K.

3. When dining out, ask for a substitute of steamed or sautéed vegetables instead of fries or onion rings.

4. Substitute veggies like diced and sautéed eggplant and mushrooms for meat in a sauce. It is easy to add in thin strips of sautéed zucchini to noodles.

5. Next time you have a sandwich or wrap, double up on the vegetables. Subway is a great place to ask for extra veggies if you eat out.

Contributed by Jasea Painter, CRW Dietetic Intern and www.foxnews.com

Cross Training Challenge is Back for Spring 2015

Beginning January 12, you can win a t-shirt for challenging yourself and staying active throughout the Spring Semester! Each participant will track their activities on a paper tracking form and win a t-shirt for reaching pre-set goals in three different activities (participant chooses activities from a list of various recreational activities- there’s something for everyone from swimming, walking/running, intramural sports, climbing, hiking, household chores, and much more!). Check the website or stop by the CRC for more information and for the registration form.

Group X Jam

Kick off the New Year with the Group X class sampler. The Group X Jam will introduce you to several class formats so you can try it before you buy it! The Jam will take place in the CRC gym on Thursday, January 15 from 5:30pm-7pm and it’s free to all CRC members. This event fills up quickly so get there early to claim your spot. Be sure to wear appropriate workout attire and athletic shoes.

Group X Spring Schedule

The Group X program will official begin on Tuesday, January 20 and it’s $10.00 for the entire semester, which includes all classes on the schedule. Schedules will be available at the Group X Jam or in the Campus Recreation Center and on the CRW website after the Jam concludes. The group setting is a great way to stay motivated and to ensure a safe and effective workout. Classes include but are not limited to piyo strength, tabata, ab attack, power pump, zumba, and turbokick. There is something for everyone in Group X!

LOVE IT! LEARN IT! LEAD IT!

DO YOU REGULARLY ATTEND GROUP EXERCISE CLASSES?

Do you regularly attend group exercise classes? Have you thought to yourself, I think it would be fun to learn how to teach a group exercise class? Here is your chance! The CRC will be offering a Group Instructor Training class beginning Saturday, January 31st, 1pm-6pm. There will be additional classes scheduled at the first session, subsequent sessions will most likely be held during weekdays in the evening. The only requirement to participate is to have a Spring 2015 Semester Group X pass. There is no other fee to participate in the course. For additional information and registration please contact Mandy Dockendorf at aldockendorf@wcu.edu or 828.227.8801

Valley of the Lilies 2015 Half Marathon & 5K

Sign up today for the Valley of the Lilies Half Marathon & 5K at imathlete.com and be a part of this great WCU tradition!

Race Date: Saturday, March 28, 2015

Time: Half Marathon starts at 8am, 5K starts at 8:15am

For more information, visit Halfmarathon.wcu.edu or register today at Imathlete.com

Like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to be updated on all of the exciting news in the upcoming months!
Health & Safety Certification Class

This American Red Cross Lifeguard Certification Course is designed for individuals who wish to become a lifeguard. Pre-registration is required by Friday, February 6th at noon. This is a blended learning course, meaning participants must complete an online portion prior to attending the practical portion. Participants must be able to complete a 300-yard freestyle/breast stroke swim with rhythmic breathing in accordance with the American Red Cross standards and a 50 yard swim with a 10-lb. brick. Failure to complete those requirements during the first class meeting will result in the inability to proceed in the course. Participants must also be able to attend all class sessions and must present a completion certificate for the blended learning portion prior to the first practical session. There is no re-certification option available during this course time.

**Dates & Times:** February 13th from 4pm-9pm, February 14th from 8am-2pm, February 15th from 9am-5pm
**Location:** The first meeting is in Reid Pool
**Cost:** Member $150, Non-Member $175
Register at the Campus Recreation Center with cash or check by Friday, February 6th.

EMPLOYEE OF THE MONTH

Lauren Fleming has been a Recreation Assistant for Campus Recreation & Wellness for one semester. She loves meeting new people and making new friends. Her advice to fellow student employees is to have fun with it, and always smile! A Biology major with a concentration in pre-health, Lauren plans to pursue pharmacy school when she graduates. She describes herself as a person who wants to change the world, and she can’t wait to get started! Some unique facts about Lauren are that she used to live in California and she traveled across the country and back in one summer. Congratulations, Lauren and thank you for your hard work for CRW!

MEMBER OF THE MONTH

Alison Joseph is from Clearwater, FL, but has lived in Sylva for 11 years. She analyzes data and provides decision support in the Office of Institutional Planning and Effectiveness, where she has worked for about 8 years. Alison likes to work out at 6am on the elliptical, stairmaster, or treadmill, along with lifting some weights. She began utilizing our facilities 8 years ago when she started working at WCU. She enjoys walking and gardening with her husband Ken and their 3 year old daughter. Alison is finishing her Master's degree in the MPA program this spring. She believes getting a good workout keeps her energy levels up, so she can tackle her work, school and parenting responsibilities. CRW admires Alison's dedication and workout consistency!

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.