What Will the Winter Bring this Year?

Even though the weather may be in question this winter, you can trust that the CRC will be open for workouts and hot showers.

So, don’t let end of the year/semester assignments, grading, reports, etc. keep you from your regular workouts! Check out this month’s newsletter for fun activities, end of the semester reminders, nutrition education as well as our holiday hours. Remember, you can still get CRC gift certificates too.

We’d also like to take a minute to thank our graduating student staff! Please take a minute to congratulate these students who will be leaving after December to officially graduate or complete full-time internships before graduating in May. CRC Supervisor: Foster Goudy; Intramural Sports Supervisors: Rachel Drawdy, Jessica Martin, Chris Hines, Bethany Small; Lifeguard: Shannon Guerin

Avoid the rush and register for your spring membership and Group eXercise classes today!
Message from Intramural Sports:

I would like to personally thank everyone who came out to participate in our intramural leagues and activities this fall. Congratulations to all of the IM Champions from Fall 2010. Every event that we had was well participated in and having fun seems to be a good recurring theme of this program. With the help of some willing students we were able to debut some pretty cool events in the Madden Football Tournament, Balloon Tag, and Turkey Bowling.

As we continue into a new year I would like to encourage everyone to participate in at least one activity! This spring will be no different in that we will offer upwards of 25 different activities. I hope to see you come out and play!

--Spencer Sorensen, Assistant Director for Intramural Sports

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**ARM WRESTLING CHAMPIONS**

Daniel Ruppe – 146-160 Weight Class  
Joe Chambers – 161-175  
Jordan Hensley – 176-190  
Jeff Grandy – 191-205  
Derrick Frye – 206-226  
Rakim Lash – 226+

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**Indoor Soccer**  
Co-Rec: Galactic  
Men’s: BCM

**Badminton:**  
Khanthee Thao and Becca Oates

**Bowling:**  
Nicolas Wilcox

**Ping Pong on the Lawn:**  
Nate Huff

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**Flake Out Now!**

not during finals

December 9  
12-3pm  
Illusions

Relax with hot beverages, holiday crafts, coloring, music, snacks, and more! Join us for some F.O.N.

Sponsored by: CLAW and Emotional Mental Health Committee
Congratulations to the 2010 CRW Indoor Triathlon Top Finishers!

Top Female Student - Ingrid Weatherby  
TIME: 27:39

Top Male Student - David Milam  
TIME: 22:30

Top Female Faculty/Staff/Spouse - Shauna Sage  
TIME: 26:00

Top Male Faculty/Staff/Spouse - Joey Long  
TIME: 22:20

Top Team - John Julien, Patrick Head, and Andrew Oliver  
TIME: 23:32

Club Sports

Women’s Club Volleyball Hosts Collegiate Tournament  
The Women’s Club Volleyball Team is set to host their first collegiate tournament on Saturday, December 4th. The tournament begins at 10:00am in the Campus Recreation Center. Confirmed teams include WCU, UNC-Asheville and multiple teams from Appalachian State. The tournament will begin with pool play and end with single-elimination tournament play. Campus Recreation & Wellness welcomes all spectators.

Long-term Lockers

Long-term Locker Holders – It’s that time again!

If you are on payroll deduction, you do NOT need to turn in your locker key. However, the CRC staff would like you to know that your locker will be wiped down and vacuumed out on either Monday, December 20th or Tuesday, December 21st. Therefore, you have two options. You can take your belongings out of your locker during that time or if you have belongings in your locker at that time, we will simply take the belongings out, clean your locker, and place your belongings back in the locker.

If you are not on payroll deduction but have a long-term locker, you also have two options. The first option is to renew your membership for spring semester by Friday, December 10th. This will allow you to keep your locker key. Remember, we will still clean your locker on December 20th or 21st. The second option is to return your locker key to the main office by Friday, December 10th. If you choose the second option, you will need to place your name back on the locker waiting list when you sign up during Spring Semester.
Personal Training

Starting in the spring, any current personal training client who refers a friend to the program will receive a free session! As you improve your fitness with one of our nationally certified trainers, encourage your friends to do the same and benefit as well! The referred client must purchase a package of 5 sessions or more to receive this deal.

Group eXercise

Thank you to all of the participants who have made this semester a success! As a quick reminder, the last day for GX classes this semester is Friday, December 10th, so make sure you take advantage of your membership between now and then. In addition, our discount on fitness assessments for Group X participants will continue through the spring! For only $10, you can meet one-on-one with a nationally certified personal trainer who will help you comprehend your overall health through exercise testing and a simple wellness questionnaire. This is a great, affordable deal you shouldn’t pass up!

Finally, mark your calendars now – Spring Group X Jam will be on Wednesday, January 12th from 5:30pm-7:00pm! Come try out the variety of classes the CRC has to offer with opportunities to win prizes and get some free giveaways!

Maximize your Workout with eXit – eXtreme Interval Training

The spring semester is your time to eXcel with our eXtreme Interval Training (eXit) Program! It is a six-week “special Group X” program based off “INSANITY”, which focuses on body-weight only exercises. Only 30 committed participants will be allowed to register for the program. Registration begins Wednesday, December 1st in the Campus Recreation Center and the cost is $25.00 which includes the regular Spring Group X fee (cash or check only). The program begins on Tuesday, January 18th and ends Friday, February 25th and meets 4 days per week from 6:45am-7:30am. Go eXtreme this Spring!

Special Holiday Group X Classes

For those of you who will be around during the Holiday Break, we want to offer you the opportunity to get fit with Group X. Any CRC member can join us for the following free classes. Classes begin at 12:10pm and end around 12:55pm. We applaud “festive” outfits!

Monday, December 20th - Power Pump, Studio 2
Tuesday, December 21st - Cycle, Studio 1
Wednesday, January 5th - Zumba, Studio 1
Thursday, January 6th - Cycle, Studio 1
Friday, January 7th - Power Pump, Studio 2
Hours of Operation

Exam Week
Campus Recreation Center
Monday, December 13th – Thursday, December 16th
6:00am-10:00pm
Friday, December 17th
6:00am-2:00pm
Saturday, December 18th & Sunday, December 19th
Closed

Reid Pool
Monday, December 13th – Thursday, December 16th
6:00am-8:00am, 9:00am-3:45pm, 5:15pm-9:00pm
Friday, December 17th
6:00am-8:00am, 9:00am-1:00pm
Saturday, December 18th & Sunday, December 19th
Closed

Holiday Break
Campus Recreation Center
Monday, December 20th – Wednesday, December 22nd
11:00am-7:00pm
Thursday, December 23rd
11:00am-2:00pm
Friday, December 24th – Sunday, January 2nd
Closed
Monday, January 3rd – Friday, January 7th
11:00am-7:00pm
Saturday, January 8th
Closed
Sunday, January 9th
1:00pm-9:00pm
Monday, January 10th
Regular Spring 2011 Hours

Reid Pool
Monday, December 20th – Sunday, January 2nd
Closed
Monday, January 3rd – Friday, January 7th
11:00am-2:00pm
Saturday, January 8th
Closed
Sunday, January 9th
5:00pm-8:00pm
Monday, January 10th
Regular Spring 2011 Hours
The following recipe is a great meal choice for those concerned with sodium consumption. Those who suffer from renal (kidney) disease, congestive heart failure, or high blood pressure may benefit from this reduced sodium meal option. Sodium, although an essential element for proper body functions such as regulation of blood volume and blood pressure, can also be harmful if consumed in excess. The recommended upper level intake of sodium per day by healthy adults is about 2,300 mg. For those suffering from high blood pressure no more than 1,500 mg should be consumed daily. Lower recommendations for sufferers of congestive heart failure, kidney disease, or liver cirrhosis may be warranted.

**Chicken-Stuffed Spuds**

**Ingredients**

- 4 baking potatoes (Russet)
- 1 tablespoon(s) olive oil
- 1 bunch of green onions, sliced (1/4 cup), dark-green tops reserved
- 1 teaspoon(s) fennel seeds
- 1 pound of ground chicken
- 1 large red pepper, chopped
- 2 teaspoons Asian chili sauce (Sriracha)
- 1/4 cups of reduced-fat sour cream

**Directions**

1. Preheat toaster oven to 425 degrees F. Pierce potatoes with fork and place on microwave-safe plate; microwave on High 14 to 16 minutes or until tender, turning once. Transfer to toaster oven; cook 5 to 7 minutes or until skin is crisp.

2. Meanwhile, in 12-inch nonstick skillet, heat oil on medium 1 minute. Add green onions and fennel seeds; cook 2 minutes, stirring frequently. Add chicken, red pepper, chili sauce, and 1/2 teaspoon salt. Cook 8 minutes or until chicken loses its pink color throughout, stirring occasionally.

3. To serve, cut a slit in each potato and fill with chicken mixture. Top with sour cream and green onion tops.

**Cooking Time: 25 minutes**

**Serving Size: Serves 4**

*If you enjoy our healthy recipes don’t forget to check out our nutrition resources by following the link provided below.*

http://www.wcu.edu/27881.asp

Starting to think about your New Year’s resolutions? Want to win some prizes just for doing fun activities all semester?! Campus Rec & Wellness has just the program for you!

**Cross Training Challenge is back for Spring 2011!**

Beginning January 10th, the CTC has something for everyone! Activities include walking/running, intramural sports, climbing, and so much more! More information to come after the holidays!
Joey Long is from north of Raleigh in Henderson, North Carolina. He started working at WCU in the Fall of 2008 and is the Director of Undergraduate Affairs in the College of Business and an Instructor in Law. Joey has been exercising most of his life but especially during school as a stress reliever. He prefers to play soccer “on a cool 50 degree autumn afternoon” but is quick to note that soccer anytime would work as well. Joey is a frequent user of the CRC and his hard work has paid off as evident by his time of 22:20 at the 2010 CRW Indoor Triathlon. Congratulations Joey, on being Member of the Month and having the fastest overall time at the Tri!

John Julien is one of our supervisors at the Campus Recreation Center and also contributes a portion of his time to our Marketing Team. John is from Marietta, Georgia and is majoring in Entrepreneurship. He has been exercising regularly since high school, prefers to work out in the mornings to get his day going, and currently prefers doing pull-ups. When he’s not exercising or working at the CRC, you can find him hanging out with friends, watching movies, and keeping up with current events by watching the news. When asked why he likes working at Campus Recreation & Wellness, J.J. says, “Fitness is important to me so the CRC is a great place to be. I get to learn about it and have a chance to help others.”