Is it time to make a change?

With the flurry of finals and expectations for summer upon us, now is a good time to take a moment and reflect on how we’ve treated ourselves over the past few months. Whether it’s a week off this summer or a renewed commitment to your health & wellness, now is the time to do something for you!

Check out all the fun things going on this month – you just might find something new or different to keep you motivated!

Save the Date!

Bike to Work Day
May 21st
Good for your health and the environment!

May Group X
May 10th – 20th
FREE classes open to all CRC members!

Member Appreciation Day
July 14th
Enjoy some goodies in honor of our members!

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Club Sports 2009-2010 Highlights

Ballroom Dance
The Ballroom Dance Club has recruited several new members to the sport. The Club made efforts to host a dance on campus each semester and traveled to Asheville Ballroom once a semester for more involved lessons. The club also participated in the April 30th Dance Showcase hosted by the Dance Department.

Bike Club
The focus of the Bike Club this year was starting and maintaining the Yellow Bike Project. Although there are currently only 3-4 bikes out on campus at any time, the club is still working diligently to market the project across campus. Individuals on the Bike Club competed in several races. One individual on the club team qualified for nationals in the Mountain Bike Division. The Club will apply for a team license next season so they can compete under the club name and hope to send at least one individual to nationals in the Mountain Bike Division.

Climbing Team
The climbing team evolved during its second year in existence by encouraging climbing in the outdoor environment. The team also joined the CCS National Series and hosted the Southeast Regional Championships. For more on the Climbing Team, you can visit their newly created website at http://sites.google.com/site/wcuclimbingteam/.

Equestrian
The Equestrian Club did several community service projects and fundraisers during 2009-2010. The club, although not high in participation numbers, has been very involved across campus and in the community and participated in 6 Hunt Seat Competitions this season. One member of the club has been pinned as a regional qualifier for the 2010-2011 season and plans on competing at that level.

Disc Golf
The Disc Golf Club has participated in 5 Intercollegiate Tournaments this year and finished as champions in the Western North Carolina Intercollegiate Disc Golf Challenge hosted by the WNC Disc Golf Club. This is a huge title for WCU because it displaced 6-time reigning champs UNC-Asheville!

Fencing
Fencing significantly increased participation numbers this year, with an average of 15 students attending each practice during the spring semester. The team hopes to compete more during the coming year now that they have a dedicated core group of fencers.

New or reestablished clubs created during the 2009-2010 academic year include: Kendo, Men’s Lacrosse, Men’s Volleyball, Ultimate Frisbee, and Wrestling.

Highlights Cont’d on Page 5
Congratulations to everyone who participated in the 2010 Cross Training Challenge. This year we had a total of 149 registered participants. The following participants reached 50%, 75%, or 100% completion in at least three different exercise categories.

100% Completion:
Brittany Beeker, Candice Eddinger, Angie Frederick, Stephanie Sue Helmers, Allison Joseph, Karrie Joseph, Karen Kandl, Andrea Klocko, Laura MacCall, Amy McKenzie, Sarah Miller, Kellie Angelo-Monteth, Mike Niemchak, Carol Petricevic, Erin Puterbaugh, Aubrey Ray, Shauna Sage, Brandon Tigue, Walter Turner, and Gabe Williams

75% Completion:
Virginia Hoke, Becca Oates, and Benjamin Ward

50% Completion:
Tiffany Christie and Tracie Rice

National Bike to Work Day
Friday, May 21st, 2010

Join others in Sylva and Cullowhee on this day and ride your bike to work. Riders can get a FREE muffin and coffee from the Mad Batter and a discount COUPON for lunch at the Courtyard Dining Hall. The locker rooms at Reid Gym will be available for a refreshing shower after your ride. Call Karrie at Campus Recreation & Wellness, 227-7069 for more information. Visit Sylva NC Bike to Work Day on facebook®. Don’t forget to wear a helmet!

Karrie’s Steamed Asparagus Recipe

According to my garden, it’s asparagus season. My favorite way to prepare it is simple:

Steam asparagus until slightly tender, toss with butter, fresh minced garlic, salt, pepper, and then squeeze fresh lemon juice over the top. Don’t be afraid to eat with your fingers!
May Group X

As the summer begins, don’t forget the importance of your fitness routine. The Group X instructors are here to help motivate you. Please join us during May for some FREE Group X classes open to ALL members of the CRC.

Monday, May 10th
H.E.A.T. (Studio 2) - Jena

Tuesday, May 11th
Power Pump (Studio 2) - Brandon

Wednesday, May 12th
Yoga (Studio 2) - Erin

Thursday, May 13th
Outdoor Fitness (Studio 1) – Shauna

Monday, May 17th
Cycle Challenge (Studio 1) - Shauna

Tuesday, May 18th
Power Pump (Studio 2) - Brandon

Wednesday, May 19th
Pilates (Studio 2) - Angie

Thursday, May 20th
Zumba (Studio 1) - Ashley

All classes run from 5:15pm – 6:00pm. Come join us!

2nd Annual Rock ‘n’ Rumble was Regional Host Site

WCU was the host site for the Southeast Regional Climbing competition on Saturday, April 24th when the WCU Climbing Team hosted the 2nd annual Rock ‘n’ Rumble. Holding regionals was a huge honor for WCU.

The Rock ‘n’ Rumble hosted 40 climbers, maxing out numbers, for the regional competition. The competition served as a qualifier for the national tournament. In addition to 40 climbers, many students and families made it out to support the event. The climbing team also raised $637.00 for charity through their silent auction on the day of the event.

For more competition pictures, please visit the Base Camp Cullowhee facebook® page.
Club Sports 2009 – 2010 Highlights

In-Line Hockey
In-Line Hockey played 20 games this year, including being one of eight clubs in the Southeast Region to make it to Regionals in Atlanta, GA. The club finished sixth in the region and spoke with several high school juniors and seniors interested in coming to WCU and playing In-Line Hockey.

Karate
The Karate Club continues to grow in numbers. The increase is largely due to the club promoting the PE:118 Karate Class and then recruiting new participants in the class to also come to club practices. A few club members have participated in tournaments this season and the club hopes to grow that number next year.

Men’s Rugby
The 2009-2010 academic year was a rebuilding season for the Men’s Rugby Team. They kept a strong repertoire with their alumni base by hosting two rugby alumni matches and traveling to compete against several regional colleges and universities. As a result of their hard work within the league this year, they have been granted Division 3 status for the upcoming season.

Swim Club
Swim Club is working to recruit members for the 2010-2011 season by changing up practices and utilizing campus experts. If you used to swim competitively and/or teach swim strokes and would be willing to hold a one-hour clinic for the Swim Club next season, please contact Shauna Sage at sage@wcu.edu.

Tennis
The Tennis Club will be offering tennis lessons during Fall 2010 as a fundraiser for the 2010-2011 season. If you are interested in taking up tennis, helping your game, and/or learning about the game, look for the tennis club lesson flyers.

Women’s Volleyball
The team started the 2009-2010 season with a new coach, Kimberley Arkansas. The impact showed immediately via an increase in participation numbers for the Club. The club even took more than one team to the first tournament of the year. The club is currently in regional status and has the opportunity to move to national status for 2010-2011.

Alumni continue to support Men’s Rugby
The Men’s Rugby alumni once again defeated the current club team to uphold their “Old Boys” success. Although the current team took the lead about midway through, the veteran experience helped the alums take the title. The match-up, which takes place twice annually, was held on Saturday, April 17th at 1:00pm. The support of the alumni has been an integral part of getting the Men’s Rugby team back on their feet after a year of struggles within the league.
The WCU community experienced walking a labyrinth in the UC – Grand Room during “Presents of Mind”, sponsored by the Emotional and Mental Health Committee, Counseling and Psychological Services, Campus Recreation & Wellness, and C.L.A.W.

Game 3 of Humans vs. Zombies kicked off smoothly with 133 players. During the first Mission, Zombies purely dominated the Humans, wiping out both the Day group and the Night group. By Monday there were only 10 Humans left against 123 Zombies. The game ended on Thursday with the final 2 Humans trapped in the library and forced to surrender. This marks the Zombie's FIRST win of the year. Watch for games again in the fall!

The Catamount Disc Golf Club hosted a disc golf tournament open to both campus and community members on April 10th. 20 WCU members and 6 community members competed in the two divisions. The tournament was a huge success and every participant walked away with a Catamount Disc Golf disc. Several people came out to enjoy the weather and watch the event, which ended up being a close match-up. However Daniel Oates, CRW’s Club Sport Specialist, took the title with Justin Menickelli and Anthony Rendon tying for 2nd place in the WCU division.

Taylor (Wellness Specialist) and Chaz (Intern) (l-r), collected environmental cell phone surveys at the Campus Recreation & Wellness Earth Day booth.
EXAM WEEK HOURS
Monday, May 3rd – Thursday, May 6th  6:00am – 10:00pm
Friday, May 7th   CRC 6:00am – 2:00pm, Pool closes at 1:00pm
Saturday, May 8th & Sunday, May 9th   CLOSED

MINI-MESTER HOURS OF OPERATION
Campus Recreation Center
Monday, May 10th – Friday May 14th  11:00am – 7:00pm
Monday, May 17th – Friday, May 21st  11:00am – 7:00pm
Monday, May 24th – Friday, May 28th  CLOSED FOR MAINTENANCE*
Monday, May 31st (Memorial Day)  11:00am – 7:00pm
CLOSED WEEKENDS

Reid Pool
Monday, May 10th   CLOSED
Monday, May 11th – Friday, May 14th  11:00am – 1:00pm
Monday, May 17th – Friday, May 21st  11:00 – 1:00pm
Monday, May 24th & Tuesday, May 25th  11:00am – 1:00pm
Wednesday, May 26th – Monday, May 31st  CLOSED**
CLOSED WEEKENDS

SUMMER HOURS OF OPERATION
Campus Recreation Center – Regular hours of operation June 1st – August 6th
Monday – Friday  6:00am – 8:00pm
Saturday  9:00am – 12:00pm
Sunday  5:00pm – 8:00pm

Reid Pool – Regular hours of operation June 14th – August 6th
Monday – Friday  6:00am – 8:00am, 12:00pm – 1:00pm, 3:00pm – 5:00pm
Saturday  10:00am – 12:00pm
Sunday  5:00pm – 7:00pm

*The CRC will close Monday, May 24th – Friday, May 28th to refinish the gym floor. Due to the toxicity of the chemicals used, the odors will be too strong to be open to the campus community. We encourage you to use this time to enjoy the weather outdoors.

**We will offer pool hours Monday, May 24th and Tuesday, May 25th before the steam plant shutdown on the lower half of campus to assist you in meeting your fitness goals during that week.
A Big Round of Applause to…

Recreation Assistant of the Year:  
Jon Julien

Supervisor of the Year:  
Hannah Woody

Fitness Employee of the Year:  
Amanda Kouri

Customer Service of the Year:  
James Hinnant

Lifeguard of the Year:  
Anjalyse Valenti

IM Supervisor of the Year:  
Donavan Howell

Official of the Year:  
Alex Humphries

Rookie Official of the Year:  
Kale Ledbetter

Most Improved Official of the Year:  
Brandon Rayfield

Scorekeeper of the Year:  
Hanah Curtis

Peer Educator of the Year:  
Emily Brandt

Club Officer of the Year:  
Alex Neighbors

Club Sport of the Year:  
Women’s Volleyball

Employee of the Year:  
Will Thompson

All-Academic Team  
Top 10 GPAs (36 hrs or more)

Charity Harris  
Courtney Timmons  
Daryl Macinnes  
Courtney Wade  
Erik Watkins  
Amanda Kouri  
Martin Davis  
Daniel Oates  
Ashley Malone  
T.J. Eaves

Seniors:

John Temple  
Mike Singer  
Mike Niemchak  
Josh Kirkland  
Charity Harris  
Danaea Makemson  
Marysa Burchett  
Andy Watkins  
Brandon MacCallum  
Stephen Hammond  
Erin Brownback  
Jada Bratton  
Daniel Oates  
Garrett Ritchie  
Jeff Peterson  
Lauren Arch  
Anjalyse Valenti  
Erik Watkins  
Jon Magee  
Alex Humphries  
Natalee Watts  
Ben Cope  
Taryn Hubler  
Brandon Rayfield

Presenter at the Undergraduate Research Conference in Montana:  
Rachel Drawdy - The Real Housewives of the Plantation: A Reinterpretation of the Antebellum Plantation Wife
**Member of the Month**

**Tammy Haskett** is originally from Arden, North Carolina. She was the first in her family to attend college and she is now the Director of Orientation Programs with the Department of Student Affairs. Tammy has been exercising, sometimes more seriously than others, since high school. After having her daughters she continued to work out, often carrying one on her back and pushing the other in a stroller. Finding time to work out was more difficult when the girls were toddlers but soon Tammy got back into her exercise routine and has been keeping up with it for the past 12 years. Tammy enjoyed running until injuries forced her to begin walking. She now enjoys walking with her husband and getting to spend that time with him. In addition to her walking routine, Tammy is a regular participant in the GTX class that meets at 6:30 am. At first she had some concerns about taking the class but she says that everything has been great and that she will miss the class when it is over.

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**Rec Assistant of the Month**

**Katie Johnson** is originally from Indianapolis, Indiana. She is a sophomore and is majoring in Sociology and Pre-Physician Assistant. Katie enjoys working at the Campus Recreation Center because she loves the atmosphere and getting to meet new people. Her favorite way to work out is to use the arc trainer, but sometimes she will switch it up and use the elliptical instead. When she is not working out or working at the CRC, Katie enjoys hanging out with her friends and watching movies and college basketball games.