**Rec Sports Review**

**VOLUME 9, ISSUE 1   AUGUST/SEPTEMBER 2015**

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**Healthy Hawks**

Healthy Hawks is for Students and Employees at Viterbo University. The goal of Healthy Hawks is to provide a health and wellness program to the Viterbo community to promote healthy lifestyle choices. The program will help teach healthy habits while incorporating the seven dimensions of wellness through various components of physical fitness, nutrition counseling and weekly group activity opportunities.

**NEW Fitness Center Equipment**

After ten years, the fitness center received a much needed facelift. The Department of Recreational Sports purchased new strength equipment and it was installed in July. All of the strength equipment, with the exception of one piece (Star Trac Max Rack), is Cybex. Cybex is made in the USA and the pieces in the fitness center were made not far from La Crosse, in Oconomowoc, MN. There are five more unique pieces of equipment than what was in the facility before. For anyone who is uncertain of how to use the equipment, individuals may sign up for fitness equipment orientations and tutorial videos will also be made available online. In addition to the new equipment, there is a fresh coat of paint on the walls and updated signage.

**10 Year Celebration**

The 2015-2016 academic year marks the tenth anniversary of the Amie L. Mathy Center and the Department of Recreational Sports. Rec sports will have some programs organized around the ten year anniversary. To highlight the anniversary, there will be a celebration on Tuesday, September 22 from 11am—2pm with a brief program at 11:30am in the Mathy Center gymnasium. There will be information on the collaboration with the Boys & Girls Club of Greater La Crosse as well as treats. The campus community is invited to attend the celebration!

**Pre-Hire Meeting**

Have work study and are looking for a job? Come check out the Rec Sports pre-hire meeting. Here you will find out what working in the Rec Sports Department is all about.

You’ll learn what it is like to work with the department and about different programs we have to offer.

This year’s meeting will be held August 31st at 4 PM in Nursing Center Rm. 195

**Supervisors**

For the 2015-2016 school year we have three new supervisors. The first is Marla Mulcahy, she is our Fitness/Wellness Program Assistant. This is her 3rd year working at Recreational Sports. Our Facility Manager is Sam Bronkhurst. She is a sophomore beginning her second year with the department. Last, but not least is our Personnel Manager, Emily Medema. Emily is a sophomore, and also beginning her second year with Rec Sports. We are looking forward to having them on our team.

**NEW Fitness Intern**

Our new fitness and wellness intern for the 2015-2016 school year is Cortney Springer. She is graduate of UW-Eau Claire with her bachelors in Kinesiology and Health Promotion. While here at Viterbo, she will continue her studies at UW-La Crosse in the Masters program in Community Health Education. She is from New Richmond, Wisconsin. We are looking forward to working with her this year.

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**Schedule of Events**

**August 31**

- Mathy Center open 6 a.m.—7 p.m.
- *Group Fitness DEMO Week*
- *Rec Pass DOUBLE PUNCH WEEK!!*
- *NFL Pick ‘Em Begins*
- Mathy Center open 6am-7pm

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Intramurals

Are you going to be a champion this season?

Playing intramurals is a great way to meet new people, exercise, and have fun. The Rec Sports Department runs two seasons of Intramurals each semester. Each season is 5 weeks long. The first 4 weeks are league play, followed by a championship week. There are two different types of leagues, individual and team. Most team sports are co-ed and have a required male to female ratio. The Intramural participant handbook and a copy of the rules for each sport are available on the Rec Sports intramural web page.

Fall 2015 Season 1 Schedule

Registration deadline: September 17 @ 8 p.m.
League Play: September 20–October 15

- Championship Week Oct. 18-21.
- Fall Season 1 League:
  - Sun: $2 Bowling® @ Pla-Mor Lanes
  - Mon: Competitive Volleyball @ Mathy Center
  - Tue: Recreational Volleyball @ Mathy Center
  - Wed: Basketball @ Mathy Center
  - Thu: Drop In Flag Football @ Assisi Courtyard
  - Thu: Drop In Glow in the dark Ultimate Frisbee

  *Individual League

To Play Intramurals

All registrations will be done using Sportifik. In order for a team to be scheduled into the league, the following three steps must be completed prior to the registration deadline.

1. Captain must watch the captain's training video and pass the captain's training quiz.
2. The team must pay their $40 forfeit deposit.
3. The minimum number of males and females must be accepted to the team on Sportifik.

After these three steps are complete, all you need to do is bring your student I.D. and show up to play your games.

Registration Help Stations

The intramural staff will host Registration Help Stations prior to the registration deadline. Stop by to learn about leagues, get imleagues.com registration help, or pay your team forfeit deposit.

Registration Help Stations:
- Sept. 17: 5–8 p.m. Mathy Center
  - This is the final registration help station. All forfeit deposits must be turned in by 8 p.m.

Special Events

NFL Pick ‘Em—Aug. 31

Football season is just around the corner! The purpose of the NFL Pick ‘Em is to accumulate as many points as possible by correctly picking the winning team in each of the games played during the NFL season. Each win you choose will count as one point. Prizes will be awarded and it’s FREE!!

To participate you must have an active yahoo email account, (it’s free to create one)

Directions for NFL You Pick ‘Em:

1. Sign into your yahoo.com account
2. Click on Sports
3. Click on the Red Fantasy button in the upper right corner
4. Click on Pro Pick ‘Em
5. Select Join a Group
6. Type in the Group ID and Password

Group Name: ViterboWesternintramurals
ID Number: 14044
Password: intramurals (case sensitive)

Intramural Extravaganza: Join us at Viterbo’s Mathy Center, Marian Courtyard, and Assisi Courtyard on Sept. 9 from 7-9 p.m. for Intramural Extravaganza. Come try out upcoming leagues such as: basketball, sand volleyball, glow in the dark bean bags, glow in the dark ultimate frisbee, indoor volleyball & spikeball. Western Technical College and Viterbo Students Welcome. Bring your university IDs with you!

Welcome Fest

Friday, September 11 is the third annual Welcome Fest. The Student Development departments of Campus Activities, Campus Ministry, Recreational Sports, Residence Life, and VU After Dark have collaborated to bring students a night of food, fun, and prizes!

Dinner will be served from 5:30 p.m. to 7 p.m.

Activities starting at 7 p.m. include:
- Rock Wall
- Tie Dye
- Photo Booth
- Henna Tattoos
- Oxygen Bar
- Spike Ball
- Ladder Ball
- Bean Bags

9-11 p.m. is VU After Dark Open Mic Night
Lift of the Month—Dumbbell T-Pushup

Place a pair of dumbbells on the floor about shoulder-width apart. Start in a pushup position and grab the dumbbells.

A) Do a pushup while holding the dumbbells.
B) As you press back up, rotate your body to the right and pull the dumbbell in your right hand up and above your shoulder. In the top position, your right arm should be straight and your body turned to the side so that you form the letter T.
C) Now do it again over but turn to the left.

Group Fitness

DEMO WEEK!
Aren’t sure if you’ll like Group Fitness classes? Stop by during DEMO Week to try them out! The schedule is modified, and classes are free for the week. DEMO Week runs August 31 - September 4.

Regular Group Fitness Classes
Regular Group Fitness classes begin September 8 through December 18. A class schedule is listed below.

Registration
Everyone must register at the Mathy Center front desk and employees and members will pay their fees at the time of registration.

Employee/Alumni/Other Members Pricing:
NOON Class Pass: $40
ALL Class Pass: $60

Student Pricing:
Regular Classes: Free

Frequently Asked Group Fitness Questions
Do I need to register for the different classes I want to attend?
Answer: No, once you are registered, you may attend any class you like, unless you are an employee, alumni, or other member who has registered for the NOON Class Pass, which limits you to only the noon hours classes.
If I want to do Zumba, do I need to attend class each week?
Answer: No, you can come as often or as little as you like.
Do I need to bring my own yoga mat to class?
Answer: No, we have group fitness equipment available. You are welcome to bring your own if you would like.

NEW CLASSES:
Late Night Slow Flow Yoga: Yoga Flow provides a physical journey of flowing movements and controlled breathing while holding routine postures. In addition, to being relieved of stress and bringing peace to their hearts, minds and bodies, participants will increase heart rate, break a sweat, as well as challenge and tone the muscles.

Yoga Sculpt: Focused on major muscle groups, including core, arms, upper thighs and posterior, help sculpt your body with Yoga Sculpt! Utilizing the routine movements of yoga with an addition of moderate free weight to intensify each pose. This class will conclude with a soothing, calming tone and deep stretches.

3-for-1 Fusion: Simply put, 3-For-1 Fusion speaks for itself in combining strength, cardio, and interval training into one workout.

REGULAR FALL 2015 GROUP FITNESS SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45 AM</td>
<td>Rise &amp; Shine Yoga</td>
<td>Tone n’ Tighten*</td>
<td>NEW! Yoga Sculpt</td>
<td>Tone &amp; Tighten*</td>
</tr>
<tr>
<td>NOON</td>
<td>Total Strength</td>
<td>Pilates</td>
<td>Total Strength</td>
<td>Yoga</td>
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<tr>
<td>5:30 PM</td>
<td></td>
<td>Butts n’ Guts</td>
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<tr>
<td>6:00 PM</td>
<td>Kick &amp; Lift</td>
<td>Power Flow</td>
<td>CSI</td>
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<tr>
<td>6:30 PM</td>
<td>Yoga</td>
<td>NEW! 3-For-1 Fusion</td>
<td>Yoga</td>
<td>Kettlebells</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Yoga</td>
<td>NEW! Late Night Slow Flow Yoga</td>
<td>Yoga</td>
<td>Zumba</td>
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<tr>
<td>8:00 PM</td>
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<td></td>
<td></td>
<td>Late Night ** Fitness</td>
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<tr>
<td>9:00 PM</td>
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*Denotes 30 minute class  **Rotation of classes and instructors

Regular Group Fitness classes run September 8 - December 18

COME CHECK OUT SOME GROUP FITNESS CLASSES!
Healthy Living Week: September 22-26

Healthy Living Week will be September 21-26. Healthy Living week is a week full of events and programs. Some of the events to look for include:

**ALL WEEK LONG**
- **Step Challenge**
  - Going on throughout the week.
  - Achieve benchmarks to earn a prize!
- **Week Long Floor Eco Challenge**
  - Each residence hall floor competes to see how much they can recycle
- **20 Minute Massages**
  - Free Massages, must be pre-registered
  - Sign up at the Mathy Center

**MONDAY**
- **Trail Mix Bar:** 3-5pm
  - Franciscan Way

**TUESDAY**
- **Free Blood Pressure & Blood Sugar Screenings:** 3-5 p.m., Mathy Center
- **Outdoor Yoga:** 6-7 p.m.
  - Marian Courtyard
- **Cooking With the Caf:** 8 p.m.
  - Using tools to create healthy meals.

**WEDNESDAY**
- **Farmers Market On Campus:** 2-6 p.m.
  - Marian Courtyard
- **Upcycling Project station:** 2-6 p.m.
  - Farmer’s Market

**THURSDAY**
- **Lunch N’ Learn:** 12:10-1:10 p.m.
  - Reinhardt Boardroom
- **Make your own Reed Diffuser:** 3-5 p.m.
  - Hawk’s Nest

**FRIDAY**
- **Late Night Hike:** 8 p.m.
- **Wake Up Outdoor Yoga:** 6:45-7:30 a.m.

**SATURDAY**
- **Swing Dance Lessons:** 9 p.m.
  - Fine Arts Dance Studio
- **Ride your Bike to Viterbo Day**

Times are subject to change. Check website for updates.

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**REC Pass—Get Rewarded for Mathy Center Use!**

The REC Pass is an incentive program that allows you to track, and be rewarded for the activity you’re already doing!

**How much does it cost?** $2

**Where can I register?** Mathy Center Front Desk

**My card’s full, now what?** Turn it into the front desk to be awarded prizes OR pay an additional $1 for additional passes to work up to a bigger and better prize!

**1-Punch Activities (Informal)**
- Open Gym
- Drop in use of the multipurpose room

**2-Punch Activities (Formal)**
- Group Fitness classes
- Personal Training sessions
- Intramural Sports
- Sports Club Activities
- Rec Sports Special Events

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**DOUBLE PUNCHES WEEKS**

- **August 25-29**
- **September 21-27**
- **October 19-25**
- **November 9-15**
- **December 1-7**
- **January 18-24**
- **February 15-21**
- **March 22-28**
- **April 19-May 25**

**REC Pass Prizes!**
Healthy Hawks

Healthy Hawks is a newly re-vamped program which offers the newest resources available to our employees and students that will help to create a better environment in making healthy lifestyle choices. Whatever your goals, this program is available to all fitness levels! Offered as an individual program, group activities are provided as an addition for those who might thrive in a more social setting.

Our program will promote various aspects of the 7 dimensions of wellness; primarily focusing on the Physical dimension, but also reaching into the no-less important aspects, we will also provide various educational courses to aid in nutrition and other applicable lifestyle aspects. Each educational session will be provided in hopes of engaging both beginner health advocates and more advanced personnel.

Fall semester’s programming will take place for 12 weeks, coinciding the start of Healthy Living Week, September 21. Opportunities to participate will continue into Mid-

December, ending with an end of the semester gathering filled with great fun to celebrate all the hard work by participants!

**PLEASE JOIN US FOR OUR INFORMATIONAL MEETINGS TO DETERMINE IF THIS PROGRAM IS A GOOD FIT FOR YOUR HEALTH GOALS!**

- Informational Meetings: Location TBA
- Employees: Tuesday, September 15th Noon
- Students: Thursday, September 17th 5:30pm

If you cannot attend an informational meeting, email wellness@viterbo.edu for details.

12 Week Program Featuring:

- Initial Fitness Assessment and 5 Sessions with a Personal Trainer (Approximately one session every 2 weeks)
- Nutrition Assessment and Counseling (with Dietetic Students)
- Proper Goal Setting and Journal: Fitness/Nutrition/Goals
- Fitness Center and Equipment Orientation
- Weekly Group Workouts with Opportunities to Attend Selected Group Fitness Classes (Classes will be announced.)
- Nutrition Education and Workshops!
- Educational Sessions

Midterm Check-ins will be scheduled and conducted with both personal trainers and dietetic students to evaluate goals and advancements!

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Healthy U Interactive

**What is Healthy U Interactive?**

Healthy U Interactive is a fun, interactive journey to improved health, wellness and balance for students. With engaging programs, motivating challenges and great rewards, the campaign utilizes personalized program guidance for students of all health and fitness levels.

**What’s included?**

- Healthy U Interactive mobile app for easy access and quick reporting
- Fun challenges that motivate you to be healthy!
- Chance to win great prizes!
- Ability to sync a variety of step/activity tracking devices/apps with your HUI account
- Interactive fitness and nutrition tracking and guidance
- Access to free health & wellness resources
- And MORE!

**Back to School Challenge**

The Back to School Challenge begins September 7th!

- 6 Week Challenge – Join Any Time!
- Earn points for logging minutes of activity and completing weekly tasks!
- Link your health tracking device or app to the challenge or use the Healthy U web portal or app to log activity minutes
- Compete for great prizes! There’s a winner each week.

Visit viterbo.healthyuchallenge.com for details!

Or email wellness@viterbo.edu
Director’s Corner

Welcome Back Everyone! The recreational sports department has stayed busy over the summer preparing for the new year. There is new strength equipment in the fitness center as well as a fresh coat of paint. We have added sandbells for Group Fitness and individual use in the multipurpose room! We have changed things up a bit with the Group Fitness schedule. We have added Tabata, Yoga Sculpt, a 3-for-1 Fusion and a Slow Flow Yoga at 8pm on Tuesdays. Intramurals has recently switched league management software from IMLeagues to Sportifik. Come visit us at the Intramural Registration Help Stations during the second week of classes to learn more.

Be sure to check out Intramural Extravaganza and Hogwild Softball tournament during the second week of classes. One of our intramural leagues or Glow in the Dark Frisbee!

We are excited to be celebrating 10 years of Rec Sports and the Mathy Center during the 2015-2016 academic year. The Viterbo community is invited to join the celebration on Tuesday, September 22nd, 11am-2pm in the Mathy Center. There will be a brief presentation at 11:30am. Treats and refreshments will be provided. Rec Sports will have a few additional events throughout the year to celebrate 10 years of fitness and fun!

We look forward to seeing you at the Mathy and around campus!

Marci Kuhrt
Director, Recreational Sports

Schedule of Events

September 1
* Mathy Center open 6 a.m.-7 p.m.
* Group Fitness DEMO Week
* Rec Pass Double Punches

September 2
* Mathy Center open 6 a.m.-7 p.m.
* Group Fitness DEMO Week
* Rec Pass Double Punches

September 3
* Mathy Center open 6 a.m.-5 p.m.
* Group Fitness Demo Week
* Rec Pass Double Punches
* Welcome Back Bash 3:30 p.m.

September 4
* Mathy Center 6 a.m.-5 p.m.
* Group Fitness Demo Week
* Rec Pass Double Punches

September 5
* Mathy Center Closed

September 6
* Mathy Center open 12-6 p.m.

September 7
* Mathy Center open 10-4 p.m.

September 8
* Mathy Center Regular Hours
* Healthy U-Challenge #1 Begins
* Regular Group Fitness Begins

September 9
* Intramural Extravaganza

September 12
* Hogwild Softball Tournament

September 15
* Intramural Free Agent Mtg. 6 p.m.

September 17
* Final Intramural Registration
  Help Station 5-8 p.m.
* Intramural Registration Deadline 8 p.m.
* Student Health y Hawk Info Meeting 5:30 p.m

September 20
* Rec Pass Double Punches Week
* Intramural Leagues Begin
* 8:30 p.m. $2 Bowling @ Pla Mor Lanes

September 21
* Healthy Living Week
* Rec Pass Double Punch

September 22-25
* Healthy Living Week
* Rec Pass Double Punch

September 26
* Rec Pass Double Punch

September 27
* 8:30 Bowling @ Lanes