

CROSS INTO REC



Wall of Champions Basketball

Poo' Cheeziest

- Justin Land Chris Jones
- Monica Enriquez Wendy Collins
- Kevin Deans Ronnie Barney
- Jill Perez Heather Lee
- Larry Burford

GET INVOLVED!

Intramural Leagues and Tournaments

Fall 2008

Wanna join intramurals?
To sign up for team captain,
pick up rosters and sign the
team sign-up sheet in the
Campus Rec office

- Flag Football
- Disc Golf
- Water Polo
- 3v3 Basketball
- Ultimate Frisbee
- Racquetball Tournament
- Dodgeball
- Indoor Soccer
- Kickball

DID YOU KNOW?

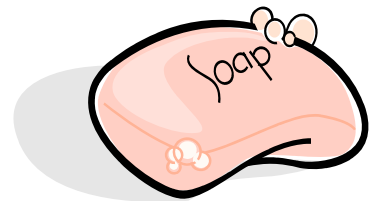
That you burn more calories
sleeping than you do watching
television.



SCHREINER OUTDOOR ADVENTURE PROGRAM

Fall 2008

- Camping
- Hiking
- Kayaking
- Mountain Biking



HAVE ANY IDEAS FOR TRIPS? WANT TO START AN OUTDOOR ADVENTURE PROGRAM?

E-MAIL MATT!

How do I sign up?

Trip registration forms are in the Campus Rec office. Some trips do require a deposit that *must be paid when you sign up* for a trip.

DID YOU KNOW?

That the only "real" food that Astronauts are allowed to take into space are pecan nuts.

GET DIRTY! Use S.O.A.P.

2008 RECALL MOUNTAINEER FUN

1st Place

Kevin Young

2nd Place

Micah Wrase

3rd Place

Elizabeth Wrase

Most Mountaineer Spirit: Greg Kirkham

Traveled Furthest to Run: Reid Click from Dallas, TX

Youngest Runner: Spencer Pullen

Most Distinguished: Mrs. Diane Evans



DID YOU KNOW?

That apples, not caffeine, are more efficient at waking you up in the morning.

CLUB SPORTS

Schreiner Shooting Sports Society

President—James Heikkenen

jrheikkenen@schreiner.edu

Mountaineer Racquetball

President—Steve Griffith

sdgriffith@schreiner.edu

TAKE OFF! GET FIT!

FITNESS FACTS

Fitness Fact 1. Fitness consists of four components: your body's ability to use oxygen as a source of energy, which translates into cardiovascular fitness; muscular strength and endurance; flexibility; and body composition.

Fitness Fact 2. To address all the components of fitness, an exercise program needs to include aerobic exercise, which is continuous repetitive movement of large muscle groups that raises your heart rate; weight lifting or strength training; and flexibility exercises or stretching.

Fitness Fact 3. No matter how poor your current level of fitness, you can start an exercise routine and become fitter and healthier. Even 90-year-old women who use walkers have been shown in studies to benefit from light weight training.

Want to know more?

To sign up for campus rec activities, come by the Campus Rec Office. Also, be sure to check the calendar on the Schreiner web page for dates and times of events.

FITNESS CLASSES

Fitness Classes will continue into Fall 2008

GOT ANY NEW IDEAS FOR FITNESS CLASSES?

E-MAIL MATT!

DID YOU KNOW?

That ketchup was sold in the 1830s as medicine.



ASK MATT!

Is something nagging at you?

Got a health question you'd like to get an answer to?

Then, ask Matt!

How?

Submit your questions to Campus Rec, And one will be chosen to be featured in the next newsletter!

They can be hand-written, or typed up, anonymous or not. Just send them in!