

CROSS INTO REC

Intramural Leagues and Tournaments

Fall 2008

LEAGUES

Ultimate Frisbee	September 16th–October 9th	Schreiner
Flag Football	September 15th–October 8th	Schreiner
Dodgeball	November 10th–25th	Schreiner

TOURNAMENTS

Disc Golf	September 7th	Schreiner
Water Polo	September 14th	Schreiner
Toppleball	September 21st	Schreiner
3v3 Basketball	September 28th	Schreiner
Wiffleball	October 5th	Schreiner
Racquetball	October 19th	Family Sports Center
Indoor Soccer	November 9th	Schreiner

SCHREINER
OUTDOOR
ADVENTURE
PROGRAM

Fall 2008

Mountain Biking	Sept. 12th—Friday Afternoon	Kerrville-Schreiner Park
Kayaking	Sept. 19th—Friday Afternoon	Guadalupe River
Caving	Sept. 27th—Day Trip Saturday	Cascade Caverns, Boerne
Camping	Fall Break—Over Night	Enchanted Rock, Longhorn Cavern
Rock Climbing	Oct. 25th—Day Trip Saturday	Camp Eagle
Mountain Biking	Nov. 7th—Friday Afternoon	Kerrville-Schreiner Park
Paint Ball	Nov. 15th—Day Trip Saturday	Medina
Ski Trip	Dec. 17th-22nd—Over Night	New Mexico

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.



SU CAMPUS RECREATION

GET INVOLVED!

Wanna join intramurals?

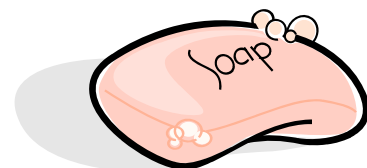
To sign up for team captain, pick up rosters and sign the team sign-up sheet in the Campus Rec office

DID YOU KNOW?

The air released from a sneeze can exceed the speed of 100 mph.*



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



SPECIAL EVENTS

Family Weekend

Sept. 18th—Saturday Soccer Games

Location: Schreiner

Turkey Trot

November 21st—Friday Afternoon

Location: Schreiner

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 PROGRAMMING

100 Mile Run/Walk Schreiner

25 Mile Swim Schreiner

Fitness Support Group Sept.—Nov.

Mountaineer Biathlon: November 2nd—Sunday Afternoon Schreiner

DID YOU KNOW?

It takes about 20 seconds for a red blood cell to circle the whole body. *



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

Abs Class Sept.—Nov. Monday Nights Schreiner

Pilates Sept.—Nov. Monday Nights Schreiner

Aki Ju Jit Su Sept.—Nov. Tuesday Nights Schreiner

Yoga Sept.—Nov. Wed/Fri Nights Schreiner

Kickboxing Sept.—Nov. Thursday Nights Schreiner



GOT ANY NEW IDEAS FOR FITNESS CLASSES?

E-MAIL MATT!

DID YOU KNOW?

Like a finger print, every person has a unique tongue print. *

ASK MATT!

Comments, concerns, confused, conundrums, or completely curious?

Contact Matt Goodwyn, at Campus Rec.

* <http://www.ezwebsite.org/Page.asp?PID=2491>