

# SU CAMPUS RECREATION

## CROSS INTO REC

### 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?

That the closest living relative of the mountain lion is the cheetah.

### Intramural Leagues

5V5 Coed Basketball – March 3-13th

Coed Kick Ball – April 7-24th

### Intramural Tournaments

Water Polo – March 26-28

3v3 Basketball – March 30

Soccer & Tennis – April 1-3

5v5 Short-Sided Soccer – April 6

Sand Volleyball – April 20

### Wall of Champions

#### Indoor Volleyball

“Go Gettas”

X White Matt Goodwyn Caitlyn Gayle

Julie Peddy Libby Howard

#### Indoor Soccer

“FC Delaney”

Tino Albarran Michael Maia Matt Schoolcraft

Juan Bonilla Jesse McKinney Grant Samuel

Rachel Heiden Kellye Nation Abel Lora

Jeremy Lenoni Alfonso Rodriguez

#### Ultimate Frisbee

“Delaney”

Steve Griffith Matt Sanchez Kendra Murphy

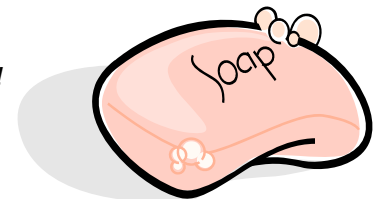
Beth Yarberry Danielle Schaffer Austin Stegman

Michael Maia Andrew Antonelli Andrew Shepherd

### SCHREINER OUTDOOR ADVENTURE PROGRAM

March 28th – Mountain Biking Trip *free!*

April 18th – Kayaking Trip



#### 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 mountain lions cannot roar—they are the largest of the “purring cats”.

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

## 2008 RECALL MOUNTAINEER FUN RUN

The 3K fun run is a run offered to the Schreiner community; past, current, or future. It is a chance for the Schreiner community to come together and share their experience with others through exercise. The run is strictly for fun; times will not be kept. However, we will be giving prizes out to 1st, 2nd, and 3rd places for those of us who are competitive, and prizes for the runner with the most Mountaineer spirit, the oldest Mountaineer runner, the youngest Mountaineer runner, and the Mountaineer who traveled the farthest to run.

The route of the run will be on campus.

Check-In Time: 8 am

Start Time: 9 am

Awards Ceremony : 10 am

General Admission: \$15

Student Admission: \$10



Register in the Campus Rec Office

### DID YOU KNOW?

That mountain lions are known by more than 100 names, including panther, catamount, cougar, painter, and puma. Its scientific name is *Felis Concolor*, which means “cat of one color”.

### Club Sports on Campus

#### Schreiner Shooting Sports Society

President—James Heikkenen  
[jrheikkenen@schreiner.edu](mailto:jrheikkenen@schreiner.edu)

#### Mountaineer Racquetball

Steve Griffith—President  
[sdgriffith@schreiner.edu](mailto:sdgriffith@schreiner.edu)

### FITNESS FACTS

**Fitness Fact 1.** Studies have suggested that walking at a brisk pace for three or more hours a week can reduce your risk for coronary heart disease by 65 percent.

**Fitness Fact 2.** Walking at a brisk pace (a 15-minute mile or 4 mph) burns almost as many calories as jogging for the same distance. The benefit of jogging is that it takes less time to cover the same distance and it benefits the bones; however, it may be too strenuous for some.

**Fitness Fact 3.** It takes about 12 weeks after starting an exercise program to see measurable changes in your body. However, before 12 weeks, you will notice an increase in your strength and endurance.

### 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

Yoga WED. 5:30 pm—6:30 pm

Aki Ju Jit Su TUES/THURS 7:45 pm—8:45 pm

Kick Boxing THURS 6 pm—7 pm

All class are in the CCAC Dance Room

### GET FIT!

Sign up for the 100 mile run/walk fitness challenge! Registration forms are in the Campus Rec office.

### DID YOU KNOW?

That a full-grown male mountain lion may be 9 feet long—including his tail!

### 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!

[tmgoodwyn@schreiner.edu](mailto:tmgoodwyn@schreiner.edu)