

URECmail

UNIVERSITY RECREATION

FALL HAS ARRIVED!

Football Season is really picking up. The tree's down river street are not disappointing us, starting to show there beautiful colors. The first frost is forecasted for October 1st as the nights are starting to get cooler and the mornings chiller. Students are aware that mid-terms are sneaking up. This could only mean one thing , fall has arrived! The pumpkins will soon be out in full swing as will the debates for what to be this Halloween. Sandals are put away to hibernate as long sleeves start to appear. With the coming of fall also comes Fall Break. This year scheduled from October 13 to October 16. Every year Outdoor Programs offers Fall Break trips, this year there are four heading out for the long weekend. There is one going Sea Kayaking off the coast of North Carolina, a Rockcraft trip to Linville Gorge, a Paddling & Service trip in the New River Gorge, and an Appalachian Trail mini backpacking expedition. This year in record breaking time all four trips sold out in an hour! Congratulations to everyone who is joining Outdoor Programs this fall break for an amazing trip!

As fall carry's on don't miss out on any upcoming events! Keep checking in with all our programs and stay up to date with URECmail!



Photo right: Blue Ridge Parkway Journal

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OCOTBER 2011

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APPALACHIAN STATE UNIVERSITY



INFORMAL

OCTOBER 2011



FACILITY HOURS

Monday through Thursday

Student Recreation Center	6:00am –12midnight
<i>SRC Main Office</i>	8:00am –6:00pm
<i>SRC Pool</i>	6:30am –11:00pm
<i>Outdoor Programs Outing Center</i>	10:00am –10:00pm
<i>SRC Climbing Wall</i>	12:00pm –10:00pm
Mt. Mitchell Life Fitness Centre	7:00am –10:00pm
Quinn Recreation Center	7:00am –11:00pm

Friday

Student Recreation Center	6:00am –9:00pm
<i>SRC Main Office</i>	8:00am –5:00pm
<i>SRC Pool</i>	6:30am –8am & 12pm-8pm
<i>Outdoor Programs Outing Center</i>	10:00am –8:00pm
<i>SRC Climbing Wall</i>	12:00pm –8:00pm
Mt. Mitchell Life Fitness Centre	7:00am –7:00pm
Quinn Recreation Center	7:00am –7:00pm

Saturday

Student Recreation Center	10:00am –9:00pm
<i>SRC Main Office</i>	CLOSED
<i>SRC Pool</i>	11:00am –8:00pm
<i>Outdoor Programs Outing Center</i>	12:00pm –8:00pm
<i>SRC Climbing Wall</i>	12:00pm –8:00pm
Mt. Mitchell Life Fitness Centre	11:00am –3:00pm
Quinn Recreation Center	12:00pm –7:00pm

Sunday

Student Recreation Center	12:00pm –12midnight
<i>SRC Main Office</i>	CLOSED
<i>SRC Pool</i>	12:00am –11:00pm
<i>Outdoor Programs Outing Center</i>	12:00pm –10:00pm
<i>SRC Climbing Wall</i>	12:00pm –10:00pm
Mt. Mitchell Life Fitness Centre	2:00pm –10:00pm
Quinn Recreation Center	12:00pm –11:00pm

Contact Numbers:

Main Office	262-2100
Office Fax	262-3033
SRC	262-8704
Quinn Center	262-3035
LFC	262-8301

www.urec.appstate.edu

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Aquatics



GOING ON NOW!

SCUBA COURSE

September 30 to
October 9

Fridays 7-9PM

Saturdays 11AM-3PM

Sundays Noon-3PM



A Discover Scuba course was offered through the University Recreation aquatics department on Saturday, August 27. This course was aimed to introduce freshmen and new students to scuba and other aquatics courses. The course was very successful drawing about eighteen participants. During the course, students were given the opportunity to put on scuba gear and get in the pool. They were given introductions on how to breathe underwater and other scuba basics. There was such good feedback from the course that the aquatics department has decided to offer a full scuba course this semester to ASU students, faculty/staff, and members of the surrounding community.

Registration forms, fee information, and more can be found at:
aquatics.appstate.edu

OFFERED IN THE POOL

- **KAYAK POLO:** Every Tuesday at 8PM
- **KAYAK ROLL CLINIC:** Every Wednesday at 7PM
- **SWIM CLUB:** Visit their website: <http://appstateswim.weebly.com/>
- **ADULT SWIM LESSONS:** Mondays at 6PM. Lessons begin October 24th. Register now!
- **RECREATIONAL SWIM:** The shallow end is open for recreational swim whenever the pool is open except during swim lessons on Monday-Thursday 4PM-6PM, and kayak clinics on Wednesdays at 7PM.
- **LAP SWIM:** The pool is always open for lap swim from the time it opens till the time it closes.
- **RENTAL EQUIPMENT:** We offer the following equipment to be rented out and used at the pool: Kick boards, different sized fins, pull buoys, and swim belts.



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Fitness



What's up with FITNESS?

Hey everyone! Here is some exciting news if you didn't already know we have new equipment in the Quinn! There are new platforms and squat racks for anyone to use in the weight room. Just a couple of reminders: the five finger toed shoes are not allowed in any of the facilities and you must be wearing close toed shoes at all times to be able to workout.

Employee's of the month:

GROUP FITNESS- CAROLINA GASKIN

WEIGHT ROOM- ZACH THOMAS



COMING SOON!

Last month's Moonlight Yoga class was a huge success! Over 50 participants, from beginners to master yogis, enjoyed a feel-good yoga class under the stars. The event took place on September 14th on the patio in front of the Quinn. Because of the great turnout, we will be holding another special class this month - Partner Yoga! Bring a friend, or come alone and make a new friend, and learn how to balance your practice with a partner. This class will be open to all levels of practitioners (Beginner-Advanced) and will be held in room 202 of the SRC on October 5th. There will be two sessions. One will be from 6:30-7:45 and the second session will be 9:45-10:00. Hope to see you there!

The Personal Trainer's are going to be hosting a Push Pull event including Bench Press, Deadlift, and possibly Squat. It will be held in the Quinn on October 26th at 6pm. It is a great way to learn about the sport of powerlifting, even if you just want to come and watch. The Personal Trainer fboitness Tip this month is for females, it is important for your health to add some weightlifting into your workout routine. It helps increase bone density, tones your body, and get your entire body become more fit. It can help out your muscle strength for your cardio training as well.

INTRAMURALS

October 2011

Entry Dates in October

Racquetball

Registration Opens: October 3

Entry Deadline: October 7

Capture the Flag

Registration Opens: October 3

Entry Deadline: October 7

3on3 Basketball

Registration Opens: October 10

Entry Deadline: October 21

Mandatory Meeting:

October 24th 8:00pm

Table Tennis & Badminton

Registration Opens: October 17

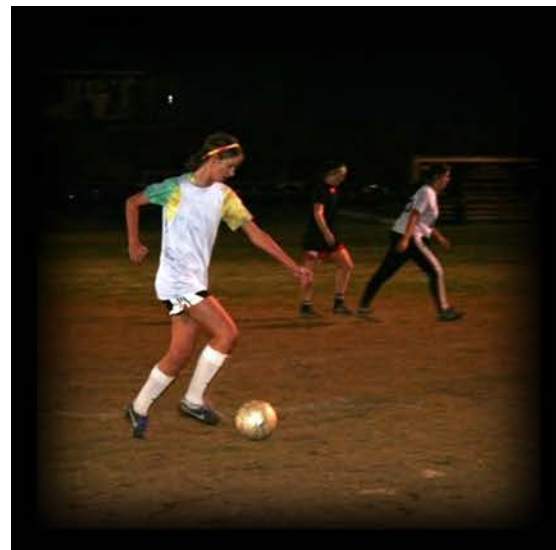
Entry Deadline: October 21

Baggo & Knockout

Registration Opens: October 31

Entry Deadline: Day of Event

Mandatory Meeting: Day of
Event



Officials Clinics in October

Handball Officials Clinic

Monday, October 17th - 9pm SRC 202

To register your team, log onto

www.urec.appstate.edu or

www.imleagues.com

All meetings are held in SRC
room 202.

Intramural activities offer the opportunity for students to compete against their peers in a friendly and structured environment. Through team sports, individual/dual activities or special events, individuals can find the activities that fit their needs. Most activities take place on the campus of Appalachian State University with a few exceptions. In all of our events, we stress sportsmanship and fairplay.

All intramural sports are offered by leagues consisting of Men's, Women's, and Co-Rec, and also divisions that include AAA, AA, and A competition. These levels ensure that participants generally compete against others with similar talent and ability.

For schedule information and cancellations call the hotline at 262-8732 or the UREC office at 262-2100.

Hope to see you there!



Outdoor Programs AND Club Sports

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outdoor programs

University Recreation
Appalachian State University

Upcoming OP Events

Make Your Own Can Stove

Mon., Oct. 3rd 7:00pm-8:30pm

OP Camp Base

Rock Climbing 101

Sat., Oct. 8th-\$30

Table Rock, Linville Gorge or Little Lost Cove

Summit Day Hike

Sun., Oct. 23rd-\$25

Calloway Peak

Backpacking 101

Fri., Oct. 28th– Sun., Oct. 30th

Mount Rogers, VA-\$110

Events at the SRC:

Kayak Polo EVERY Tues. at 8-10:00pm

Kayak Roll Clinics EVERY Wed. at 7-10pm

Check out more events for October by
visiting the OP Calendar at:

<http://op.appstate.edu/calendar>

Or sign up for our newsletter
email at:

<http://op.appstate.edu/index.php>



Upcoming Home Events

Swim

October 1st: Home Swim Meet:

Boone, NC @ Student Recreation Center

Women's Rugby

October 1st-2nd: Hosting Rucktoberfest:

Boone, NC @ State Farm Fields

October 23rd: Homecoming Game vs. Alumni:

Location: TBA

Volleyball

October 8th: Home Tournament:

Boone, NC @ Student Recreation Center

Equestrian

October 2nd: hosting an IDA show

Taylorsville, NC @ Foothills Equestrian Center

Click to read the September 16th Issue
of the Club Sports Chronicle



For More Information Check Out:



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UREC Council



Meetings and Such

UREC Council is a student based organization where students can come and have their voice heard. It is a great way to gain leadership experience and build a resume. The goal of UREC Council is to reevaluate policies and rules that are brought before the council. Anyone is welcome to bring up disagreements occurring within intramurals, club sports, group fitness, or just daily gym use. Also if a student has an idea to better University Recreation UREC Council is the place to be!



COME AND ENJOY
FREE FOOD AND A
GREAT EXPERIENCE!

Our Meeting dates for Fall 2011:

Thursday October 6th 6-730pm Room 202 at SRC

Thursday November 10th 6-730pm Room 202 at SRC

Thursday December 8th 6-730pm Room 202 at SRC

Questions? Email Tatum Snow at snowtl@appstate.edu