

# IntrarecSports Spring 2012



# Intramural Recreational Sports WKU



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Happy New Years!

The Intramural Recreational Sports Department hopes to make this year the best year ever. We are very excited about the new services and resources available to the campus community this semester. Outlined in this magazine are ways to keep you involved, plugged in, active, and most of all, healthy.

This semester, I want to talk about what many of us did this New Year's Day; made a resolution. Resolutions can be very difficult to keep. If you made a resolution and it had to do with recreation, health, fitness, weight loss, or wellness, we want to help!

In order for your resolution to be successful, it has to have 5 components. It has to be measurable, it has to be specific, it has to have a time line, it has to be written down, and it has to be *your* resolution. Here are some examples of good resolutions that are measurable:

- I want to use the Preston or Fitness Center 60 times by the end of the semester (4 times a week).
- I want to be active in the Women's Club soccer team by participating in 45 practices this spring (3 practices a week).
- This Spring, I will participate on 5 ORAC trips or clinics.
- I want to lose 10 pounds by March 5 (<2 pounds a week).
- Complete a WellU® module by March 23rd (attend 7 WellU® programs/events).
- I will participate in 10 of the 15 intramural events this spring.
- I will complete 45 fitness classes before commencement (3 a week).
- I am going to treat myself to a massage at least 2 times this semester.

Whatever you want to accomplish this semester in regards to recreation, health, and wellness, let us help you. When your resolution gets difficult and challenging, remember these words, "The challenge is not before me, it is within me." Have a great semester!

Sincerely,

*Luke Bartlett*

Luke Bartlett  
Assistant Director: Programs, Intramural Recreational Sports



## MEETOURSTAFF

<b>STEVE REY</b> DIRECTOR	<b>TODD MISENER</b> ASSISTANT DIRECTOR HEALTH & FITNESS	<b>LUKE BARTLETT</b> ASSISTANT DIRECTOR PROGRAMS	<b>BRAD STINNETT</b> ASSISTANT DIRECTOR FACILITIES	<b>ALISSA ARNOLD</b> STUDENT WELLNESS COORDINATOR
<b>LINDSAY THOMAYER</b> FITNESS COORDINATOR	<b>JAROSLAVA VORACOVA</b> EXERCISE COORDINATOR	<b>SEAN SHERWOOD</b> INTRAMURAL COORDINATOR	<b>JORDAN GARDNER</b> SPORT CLUB COORDINATOR	<b>JENNIFER FRANKLIN</b> FACILITIES COORDINATOR
<b>CODY WEAVER</b> G.A. EXERCISE	<b>MAGGIE SIMPSON</b> G.A. FITNESS	<b>DUSTIN BRAY</b> G.A. MARKETING	<b>SAMANTHA NEW</b> G.A. WELLNESS	<b>BEN RAMAEKER</b> G.A. Challenge Course
<b>TOBIAS ABEL</b> G.A. SPORTS CLUB	<b>BRANDON MACCALLUM</b> G.A. INTRAMURALS	<b>JACOB RAY</b> G.A. FACILITIES	<b>MARGARET STRINGER</b> G.A. AQUATICS	<b>DARRELL SHAW</b> G.A. ORAC
<b>BECKY SIMS</b> OFFICE COORDINATOR IM-REC SPORTS	<b>SABRINA PATE</b> OFFICE ASSOCIATE HEALTH & FITNESS LAB			

**Contact Information: Office Phone - 270.745.6060 Office Fax - 270.745.2006**  
For More Information About Our Department & Services Visit Us On The Web: [www.wku.edu/imrec](http://www.wku.edu/imrec)

# facilities overview

## Raymond B. Preston Health & Activities Center

The Raymond B. Preston Health & Activities Center, on Western Kentucky University's campus, offers students, faculty, and staff one of the finest campus recreation facilities in the country. Constructed in 1992, the Preston Center added a new dimension to recreational activities, intramural sports, and open recreation for the university community. Many areas of the original facility, including the locker rooms, natatorium, and administrative spaces have been renovated. Additionally, a 14,000 square foot addition was opened in the Spring of 2010. Areas within the Preston Center include a dance studio, elevated track, 6 multipurpose gym courts, IMREC Sports Office, locker rooms, meeting spaces, multipurpose room, and 6 racquetball courts to name a few.

## Hattie L. Preston Intramural Sports Complex

The Hattie L. Intramural Sports Complex, completed in 2000, added space for more recreational activities, intramural sports, and open recreation for the community. The Intramural Sports Complex is located on the corner of Campbell Lane & Industrial Drive in Bowling Green, Kentucky. It is comprised of 24 acres that was developed to create a state of the art outdoor sports facility. On these 24 acres are four regulation softball fields, seven flag football fields, two regulation soccer fields, two lacrosse fields, and one USA Rugby regulation rugby pitch. There is a state of the art irrigation and lighting system for the Complex as well.

## Fitness Center

Added to the Preston Center in Spring 2010, the 14,000 square foot Fitness Center is equipped with a wide variety of state-of-the-art equipment, including:

- 64 cardiovascular pieces with TV and iPod capabilities
- Life Fitness selectorized and plate loaded strength lines
- Cybex wheelchair accessible equipment and functional trainer
- Star Trac multistation and Human Sport functional training equipment
- Technogym stretching machines
- Free weight area
- Stretching Mats
- Equipment checkout (belts, heart rate monitors, towels, etc.)

## SPRING 2012 PRESTON CENTER HOURS

Monday-Thursday .....6:00 A.M - 11:00 P.M  
 Friday .....6:00 A.M - 8:00 P.M  
 Saturday .....9:00 A.M - 8:00 P.M  
 Sunday .....1:00 P.M - 8:00 P.M

## NATATORIUM HOURS

Monday-Thursday .....6:00 A.M - 9:00 A.M  
 11:30 A.M - 1:00 P.M  
 5:00 P.M - 10:30 P.M  
 Friday .....6:00 A.M - 9:00 A.M  
 11:30 A.M - 1:00 P.M  
 5:00 P.M - 7:30 P.M  
 Saturday .....9:00 A.M - 7:30 P.M  
 Sunday .....1:00 P.M - 7:30 P.M

## FACILITY CLOSURES

April 8 - Easter  
 May 28 - Memorial Day  
 July 4 - Independence Day

## REDUCED HOURS

### Spring Break

Sat, Mar. 3 .....9:00 A.M - 5:00 P.M  
 Sun, Mar. 4 .....1:00 P.M - 5:00 P.M  
 Mon, Mar. 5 - Fri, Mar. 9 .....6:00 A.M - 6:00 P.M  
 Sat, Mar. 10 .....9:00 A.M - 5:00 P.M

### Spring Final Exams Week

Mon, May 7 - Thu, May 10 .....6:00 A.M - 9:00 P.M  
 Fri, May 11 .....6:00 A.M - 6:00 P.M  
 Sat, May 12 .....9:00 A.M - 5:00 P.M  
 Sun, May 13 .....1:00 P.M - 5:00 P.M

## SUMMER BREAK

### May 14 - August 12

Monday-Thursday .....6:00 A.M - 11:00 P.M  
 Friday .....6:00 A.M - 8:00 P.M  
 Saturday .....9:00 A.M - 8:00 P.M  
 Sunday .....1:00 P.M - 8:00 P.M

\*Fitness Center will close 30-minutes prior to facility closure.

## Bill Powell Natatorium

The Natatorium includes a 25-meter x 25-yard swimming pool, which contains 350,000 gallons of water. The pool depth ranges from four to 13 feet and includes ten 25-yard lanes, as well as ten 25-meter lanes. Additionally, the natatorium includes two, 1-meter diving boards and one, 3-meter diving board. The Natatorium contains two ADA compliant pool lift which makes it easily accessible for everyone. Another design feature of the Natatorium is the balcony, with seating for 400 spectators and an outdoor sun deck. It is the host venue for WKU Swimming & Diving meets, as well as many other activities, programs, and events.

## Disc Golf Course

The six hole disc golf course is located on the south end of the main campus. All holes are par 3. Please be careful to not hit pedestrians and others using the green space. Each hole is sponsored by one of our campus partners.

## Additional Facilities (included elsewhere in publication)

- Health & Fitness Lab (Pages 5, 6)
- ORAC (Pages 9, 10)
- Bike Shop (Page 10)
- Pro Shop (Page 10)
- Challenge Course (Pages 13, 14)

## Preston Center Services

### Equipment Issue

The Preston Center provides equipment for recreational use in the facility. Equipment is available for check-out at the Control Desk. Member ID's are required for equipment check-out and check-in. Equipment available for use includes, but is not limited to, the following: basketballs, racquetballs, volleyballs, wallyballs, and eye guards.

### Key Lockers

Key operated lockers are available outside of the multipurpose room, in the fitness center, and by the gymnasium courts. Keys are issued, at no charge, at the Control Desk by presenting your ID to the Control Desk Attendant. Please do not leave items unattended. IM-REC Sports strongly encourages the use of key lockers or the daily use lockers in the locker rooms. PLAY IT SAFE – LOCK IT UP!

### Daily Use Lockers

Lockers designated as Daily Use are for one day use and all locks and items must be removed at the end of the day. Locks left on daily lockers and items left in lockers will be removed at the end of the day. Confiscated items will be kept for one semester. Unclaimed items will be donated to charity at the end of the semester. Claims must be made in person to the Facility Supervisor, Monday through Friday during regular operational hours.

### Rental Lockers

Rental lockers are provided in each locker room for facility members. For more information please contact the Department of Intramural-Recreational Sports at 270.745.6060.

### Towel Service

A towel service is available to facility users at the Control Desk. A member ID is required for towel check-out and check-in.

### Facility Rentals

Intramural-Recreational Sports facilities are available for rent. Please contact 270-745-6060 for additional information



As part of WKU's ESPC, a solar thermal array was installed on the Preston Health & Activity Center's roof that will use the sun's radiant energy to heat the swimming pool and is guaranteed to save \$10,963 annually through reduced heating costs.

DANCE STUDIO

ELEVATED TRACK

GYMNASIUM

LOCKER ROOMS

RACQUETBALL COURTS

FITNESS CENTER

# health & fitness lab



## **Consultation:**

One on One professional discussions on topics that concern you, such as exercise, toning, getting off a plateau, stretching, and weight loss.

## **Fitness Incentive Program:**

The Health & Fitness Lab offers many types of fitness incentive programs throughout the year. Some are one day events, like our Poker Walk and Big Red Bench Off. Others are longer events such as our New Year New You and Fit For The Holidays programs. All programs are free or charge a nominal fee. This is a great way to get into shape, reward yourself with prizes, and continue your healthy lifestyle.

## **Instructional Programs:**

Every semester we offer a variety of instructional programs such as Cycling, Yoga, and Big Red Boot Camp. These are pre-registered programs that meet 6-8 weeks at a time and require a nominal fee. All instructional programs are offered to the WKU and Bowling Green community.

## **Group Fitness Programs:**

All group fitness classes take place in the Preston Center dance studio, Multipurpose Room and the Bill Powell Natatorium. There is a new schedule that is programmed every semester and offers a variety of cardio, toning, and mind/body classes. The classes are 20-75 minutes long and are FREE to Preston Center members. Our instructors are trained and certified and will lead you through a fun and challenging workout. We encourage you, if you are new to the class, to inform the instructor and also bring water and a towel.



## **Free Walk-in Services**

- The Health & Fitness Lab offers three methods of body composition assessment, which include:
  - Skin fold measurement with calipers
  - TANITA body fat analyzer
  - OMRON body fat analyzer
- Blood Pressure
- Circumference Measurement

## **Free Fitness Center Equipment Orientation:**

This free service is a 45 minute long introduction to cardio and strength training equipment in the fitness center. It provides you with a demonstration on how to use equipment safely and effectively. You will also receive a general strength training program and tracking sheet.

## **Basic Fitness Assessment:**

The Basic Fitness Assessment is our most popular assessment package. Clients are evaluated in six areas to determine their current level of fitness. Each area is compared to national norms to identify the clients strengths and to determine areas that require more attention. Clients receive a computer printout of their results which can be tracked over time. This is an excellent way to get started with a fitness program or to measure fitness gains.

## **Personal Wellness Profile:**

A health risk appraisal, which includes a detailed wellness questionnaire and a basic fitness assessment. You receive a detailed individualized report.

## **Beginner/Advanced Weight Training Orientation:**

An individualized one time personal fitness consultation leading to the design of a personalized fitness program. Each client will be led through each component of the fitness program providing ample opportunity to ensure program comprehension. Clients will receive a written individualized fitness program including a tracking sheet where they can monitor their progress and adherence to the program.

## **Kick Start Program:**

A comprehensive individualized introduction to weight training and/or exercise. The first session will consist of a consultation and exercise prescription designed to meet your individual goals. The following two sessions will involve detailed supervision/instruction through your workout. This service is an extension of the Beginner/Advanced Weight Training Orientation service, adding more sessions of instruction to ensure comprehension of your prescribed fitness program. It will also ensure that all of your questions and concerns are addressed.

## **Total Fitness Package:**

Is a combination of two services into one (Basic Fitness Assessment & Kickstart). In the first session, clients are evaluated in six areas to determine their current level of fitness. Each area is compared to national norms to identify the clients strengths and to determine areas that require more attention. Clients will also receive a computer printout of results. The second session is a comprehensive individualized introduction to weight training and exercise prescription designed to meet individual goals. The following two sessions will involve detailed supervision/instruction through the workout. Semester long weight tracking will be done at each personal training session. The final session is a follow-up basic fitness assessment, which re-evaluates the six areas and is done primarily to gauge improvements.

## **Personal Training:**

Your trainer will provide you with the confidence and knowledge you need to achieve your fitness goals! All trainers hold a national certification in personal training supported by an educational background in health and fitness.

This service includes a free pre & post comprehensive fitness evaluation of height and weight, resting blood pressure, body composition, cardiovascular endurance, muscular strength & endurance, and flexibility.

[www.wku.edu/healthfitnesslab](http://www.wku.edu/healthfitnesslab) // 270.745.6531

Sweat breathes strength  
**Group** fitness



### THE GROUP FITNESS PROGRAM

These non-credit group fitness classes can provide a fun and motivating alternative to your workout. All of the classes offered in either the Preston Center Dance Studio or the Bill Powell Natatorium are free of charge, but it's first come, first serve, so it's advised that you arrive early. There are a variety of classes offered to satisfy anyone, from those new to working out, to any veteran exercisers, so check out a bunch of classes! Over 25 classes are usually offered every semester with shorter schedules during the summer and winter breaks, providing opportunities to participate year-round.

Stop by a class for a motivating and challenging workout. All we ask is that you sign-in, bring water, be on time, and prepare to sweat! Popular classes include Zumba, Awesome Abs, Cardio Pump, Cycle X, Yoga, and MORE!

### INSTRUCTIONAL PROGRAMS

WKU Preston Center offers a wide variety of instructional programs to enhance your fitness experience. Instructional programs are not only offered to the WKU community but the outside community as well. These fee-based programs are offered in 6-8 week sessions and take place in the Preston Center. One of our most popular programs is Big Red Boot Camp. Come out and challenge yourself!

[WWW.WKU.EDU/HEALTHFITNESSLAB/GROUPX](http://WWW.WKU.EDU/HEALTHFITNESSLAB/GROUPX)

### CERTIFICATIONS

We currently offer many nationally recognized fitness certifications throughout the year to train current and potential fitness instructors/trainers. There are a variety of training companies that are represented each year for group fitness instruction and personal training. These companies include YogaFit, American Council on Exercise, and Aerobic Fitness Association of America.

### MASSAGE THERAPY

The Health & Fitness Lab offer 30 minute and 60 minute massages during the week. All massage appointments must be made at least 24 hours in advanced and are available to students, faculty, staff, and community members.



**Swedish**  
**Hot Stone**  
**Deep Tissue**



### CERTIFICATIONS INCLUDE:





**Program Mission:**

The mission of the WellU® program is to unify student health promotion efforts within and between WKU divisions that promote healthy lifestyle behaviors among WKU students.

**Program Description:**

The WellU® program is a Student Wellness Incentive Program, designed to encourage student participation in health related programs, services, and events on campus, by providing incentives for participating.

The WellU® program is also an online program that provides registered students a complete calendar of health programs and events scheduled on the WKU main campus.

By registering for the WellU® program, students will be able to log in to their own personalized website where they can:

- view program calendars
- register for events
- view a list of health related services
- submit questions to a registered dietitian
- track their progress toward earning an incentive prize
- view the leaderboard
- track their own biometrics throughout the academic year
- watch fitness & health related videos

**Program Eligibility:**

The WellU® program is a free program for all full-time WKU students. Students may register online for the program.

As part of the registration process, students will complete a health behavior assessment, which will be used to evaluate the program's effectiveness, and make changes for the future.

All registered students may enter DAILY for one \$250 scholarship drawing at the end of the Fall and Spring semesters. The more times you enter, the better your chances at winning! You may only enter ONCE per day.



**Program Funding:**

The WellU® program is funded by the J. Clifford Todd Professor in Longevity and Healthful Living Fund, and is also sponsored by:



**Website:** [www.wku.edu/awellu](http://www.wku.edu/awellu)  
**E-mail:** [student.wellness@wku.edu](mailto:student.wellness@wku.edu)  
**Phone:** 270.745.6531

**\$20,000**   
**SCHOLARSHIPS & PRIZES**

**Spring 2012 Incentives**

- 1-iPad 2
- 1-Greenwood Mall Gift Certificate
- 1-Nikon Digital Camera
- 4-\$500 Scholarships
- 8-\$250 Scholarships

All students that finish a module, get a WellU® prize and their name enter in for a Visa Gift Card. All early bird prize winners will have a chance to win scholarships of \$1,000 or \$750 at the end of the academic year.

BETTERU SMARTERU RESTEDU SUCCESSFULU HAPPYU SEXYU



Welcome to the Outdoor Recreation Adventure Center at Western Kentucky University. ORAC offers a variety of outdoor programs for students and faculty/staff at WKU ORAC for a minimal cost.

### **ORAC's Mission Statement**

ORAC is dedicated to providing the following: educational outdoor activities, high-quality customer service, interactive programs, an environmentally friendly approach to learning, and above all, safe outdoor based programs for the campus community.

### **Adventure Trips**

Trip registration takes place at the ORAC. Trips are open on a first come, first serve basis. To reserve your spot on a trip, you need to pay a deposit upon registration. Unless otherwise noted, trip costs are all inclusive with the exception of meals.

### **Skills Clinics**

Interested in learning a new skill? ORAC offers a variety of skill clinics for the campus community. No previous experience is needed to participate in a skills clinic. Pre-registration is required at the ORAC for some clinics; check the ORAC brochure or website for details.

### **Equipment Rental**

ORAC has all your equipment needs in one stop! Stop by and see what we have to offer, from tents to canoes. All equipment must be returned on time to avoid a late charge. It must be returned dry and clean with all of the items intact. Let ORAC get you the gear you need to get out and enjoy the outdoors!

### **Resource Library**

ORAC offers a resource library filled with numerous outdoor related books and DVDs. If you're planning a trip of your own, stop by and see if we have a resource to aid in your trip planning. All books and DVDs can be rented free of charge.

### **Bike Shop**

The ORAC bike shop's fully trained and experienced service department can handle all of your bike repair and service needs. We service and repair any brand of bicycle. Don't let a simple mechanical problem prevent you from enjoying the fun of cycling. Bring your bike in today for quick and competent service. Stop by today!

### **New Bike Stand**

ORAC also has a new 24-hour do-it-yourself bike stand located on the east side of the Preston Center next to the bike racks. Bike repair and maintenance clinics will be conducted here throughout the semester to help educate the WKU cycling community.

### **Pro Shop**

The Pro Shop offers a variety of goods and replacement gear to meet the needs of patrons. Items range from batteries, swim caps, fitness gear, Big Red t-shirts, and other assortments of goods.

### **Contact Us**

The ORAC is located just across from the first basketball court in the Preston Health and Activities Center; we're open Monday through Friday from 12PM to 6 PM. To find out more information about any of our services, contact us at 270.745.6545. Find us on the web at [www.wku.edu/orac](http://www.wku.edu/orac) or join our Facebook group, WKU ORAC.



The newly installed bike repair stand lets students make repairs, adjustments, and inflate their tires 24 hours a day. It's located on the east side of the Preston Center.





# Challenge Course WKU



# challenge course

In collaboration with: Dept. of Agriculture // College of Health and Human Services  
Dept. of Kinesiology, Recreation & Sport // Office of the Provost



### Mission Statement:

The WKU Challenge Course provides a safe, fun, and nurturing environment for the WKU campus and surrounding communities by delivering experiences that provide a sense of accomplishment and develop leadership, communication, and problem-solving skills for individuals and groups.

### Programs

Each program is specifically designed to accomplish your group goals and requirements. Our 40 foot high ropes course adventure will make your heart pound and your mind race leaving you with a sense of personal growth and accomplishment. Along with high-flying action, we incorporate low elements that focus on critical thinking, problem solving and working as a team. With our low rope elements and numerous initiative based games, your group will be working as one innovative and collaborative unit; built on enthusiasm, creativity, responsibility, communication and trust.

### Personalize Your Adventure

The WKU Challenge Course offers 10 high rope elements, 12 low rope elements, and numerous initiatives to incorporate into your program. This makes each visit to our facilities a new and exciting experience.

### Reserve Now!

Here's How to Reserve a Date

- Grab a minimum of 8 friends to make a reservation!
- Each group will participate in a minimum of 3 hours of low elements and initiatives before graduating to the high elements.
- For more information visit our website at [www.wku.edu/challengecourse/](http://www.wku.edu/challengecourse/), email us at [challenge.course@wku.edu](mailto:challenge.course@wku.edu), or call us at (270) 745-6060.

“Think

# OUTSIDE

The Class”



**JOIN H.O.A.**  
 Hilltopper Officials Association  
 Interested in becoming an Intramural  
 Sports Official?  
 Contact Brandon MacCallum  
 270.745.6060  
[www.wku.edu/intramurals](http://www.wku.edu/intramurals)



## GET OUT & PLAY!

Western Kentucky University has a long and proud tradition of exciting and innovative intramural activities dating back over 60 years. The intramural staff is devoted to making Western Kentucky University intramurals safe, fun and fair. Our mission is to involve as many people from the Western Kentucky University community as possible through a wide range of intramural sports/events. To this end, the Intramural staff is always searching for events that are fun and will challenge the WKU community.

### Fall 2011 Recap

During the Fall 2011 semester, Intramural Sports experienced many changes to our sports. For the first time, Volleyball was offered as a League sport and Dodgeball was offered as a Mini-League. Overall, we received great feedback from both of those changes, and it seemed that the participants loved the increase in the amount of games. Flag Football went exceptionally well considering that our sportsmanship ratings went up, and our number of ejections went down. Thanks to all of those players for practicing great sportsmanship! We also hosted the 10th Annual Battle of the Bluegrass Regional Flag Football Tournament again and

saw great support from the university and local sponsors.

### What to look for in the Spring of 2012

The Spring 2012 semester will see new changes in the sports offered. The most exciting new sport that will be offered in the spring will be Intramural Battleship. This is not your typical Battleship Board Game, no this is Intramural Battleship. Teams of four people will be in a canoe, and they will be battling other teams and trying to sink their battleship (canoe). This intense game is a new hit throughout the nation, and this year will be the first year we play it at WKU. Also, we have moved Team Handball to the spring so be sure to check that out once April rolls around. Unfortunately, due to the renovations on DUC, we will not be able to offer our Billiards Tournament this year. We are looking forward to another fantastic semester here at Intramural Sports, and we hope that you can check us out!

### Sign-Up!

For more information and to sign-up for intramurals go to our website: [www.wku.edu/intramurals](http://www.wku.edu/intramurals). Get out and play!

## Spring 2012 Intramural Sports

- Putt Putt
- Doubles Badminton
- Basketball
- Singles Racquetball
- Soccer
- Battleship
- March Madness Challenge

- Wiffleball
- Softball
- Bunny Hop 5k
- 2-Ball/3pt Competition
- Handball
- Kickball
- Corn Hole Tournament

# Sport clubs

## SPRING 2012 SPORT CLUBS

Badminton  
Bowling-Co Rec  
Brazilian Jiu Jitsu/Judo  
Disc Golf  
Dodgeball  
Fencing  
Field Hockey

Hilltopper Officials Association  
Lacrosse-Men  
Lacrosse-Women  
Paintball  
Racquetball  
Rugby-Men  
Rugby-Women

Soccer-Men  
Soccer-Women  
Tae-Kwon Do  
Tennis  
Triathlon  
Ultimate Frisbee  
Volleyball-Women



Welcome to the Western Kentucky University's Sport Club Program! Sport Clubs are a proud component of the Intramural-Recreational (IM-Rec.) Sports Department at WKU. The Sport Club Program offers a wide variety of sporting activities including team sports, individual sports, and martial arts. There are currently 21 Sport Clubs at WKU.

Previous experience is not a prerequisite for membership. Sport Clubs may be competitive, instructional, and/or social-recreational in nature. All Sport Clubs are recognized student organizations, designed to bring together students, with similar sporting interests. Sport Clubs, unlike varsity sports, are run by students for students with a NO TRY-OUT policy. Faculty/staff are both allowed and encouraged to participate as players, advisers, or coaches, but the administrative duties remain in the hands of the students.

### How to Start a Club:

To qualify as a registered Sport Club at WKU, a club must have the following items on file with the Office of Student Activities, Organizations, and Leadership:

- Club Constitution
- Adviser's Letter
- Officer's List

Recognition as a Sport Club at WKU is granted for one year only. Each club must register at the end of the Spring Term, their intent to return as a Sport Club for the following year.

### How do Sport Clubs differ from Varsity Sports:

Sport Clubs are student organized and student led with a "No Tryout" policy. Participants cannot be excluded because of skill level. However, playing time in game situations for individual players is left to the decision making of each club's leadership.

### Funding & Fundraising:

The WKU IM-Rec. Sports department has funds to be used to supplement each club's fundraising efforts. The funding cycle occurs at the beginning of each academic year.

The department is able to provide some financial support, however, the funding of club activities is primarily the responsibility of Sport Club members. Some suggested methods of generating funds include:

- Charity Events
- Club Dues
- Alumni Donations
- Concert/Athletic Concessions

\*The Sport Club Coordinator must pre-approve all fundraisers.

### Who Can Participate:

- Undergraduate Students - Full Time (12hrs)
- Part Time Students - (3hrs) + Be a member of the Preston Center OR pay the Sport Club participation fee of \$35 per semester.
- Faculty & Staff - Both full time and part time faculty and staff are eligible, however, they must be members of the Preston Center or pay the Sport Club participation fee of \$35 a semester.

**WANT TO PLAY?**  
**WWW.WKU.EDU/SPORTCLUBS 270.745.6060**

Contact Jordan Gardner  
or Tobias Abel

# Student Employment Opportunities

## IMREC Facilities

### Control Desk Attendant

The Control Desk Staff is responsible for monitoring the desk area and serving as an area supervisor for the main entrance. This includes controlling member access to the Preston Center, handling towel service and equipment checkout, and answering questions regarding Preston Center programs and policies. The Control Desk Staff also greets patrons, answers phones, addresses questions about Preston Center facilities, takes messages, makes reservations, and attends to light housekeeping duties.

### Lifeguard

The primary role of a lifeguard is to ensure the safety of patrons in and around the pool and throughout the facility. Duties include supervision of patrons, cleaning, policy enforcement, and coordinating use of all audio equipment. Current American Red Cross Lifeguarding, CPR for the Professional Rescuer, and First Aid certifications (or equivalent) are required. Certification for Water Safety Instructor and Lifeguarding Instructor are highly recommended. Previous lifeguarding experience is preferred.

### Student Facility Supervisor

Student Supervisors assist in the surveillance of the facility throughout the evening (3-11pm). They increase the attentiveness of the student staff to maintenance, safety, and policy issues. This person responds to all problems and issues, particularly those that cannot be addressed by the building supervisor. This position is to be trained in American Red Cross AED/CPR/First Aid and deemed as a second responder in an accident situation. This position acts as the ever-present eyes and ears of the facility staff for all events, programs, and open recreation.

## Intramural Sports

### Intramural Supervisor

Intramural Supervisors must have served a minimum of one semester as an official, demonstrated quality leadership, responsibility, and interpersonal skills. Those promoted to the supervisor position have excelled at officiating and strive to continue to learn the rules and mechanics of officiating.

### Intramural Sports Official

Intramural Sports officials are trained to administer the rules, policies, and procedures of multiple sports and events offered through the Intramural program. Officials are also responsible for event setup/cleanup, game management, score keeping, and registration.

### Intramural Sports Complex Grounds Keeper

Grounds Keepers take part in the upkeep of fields, including mowing, weed eating, dragging, painting fields, and other duties as assigned.

## Sport Clubs

### Sport Club Student Supervisor

Sport Club Supervisors report to the Sport Club Coordinator and Sport Club G.A. They enforce the policies and procedures of the IM Sports Complex and IM Recreational Sports Department. Their most important duty is to act as a first responder in the event of an emergency.

## Outdoor Recreation Adventure Center

### ORAC Attendant

The ORAC attendant is responsible for the supervision of the Outdoor Recreation Adventure Center. Primary duties include outdoor equipment rental, pro shop transactions, reservations, inventory, and answering questions for patrons. Attendants may assist in trip planning and coordinating, as well as assisting with skills clinics.

## Challenge Course

### Challenge Course Facilitator

Facilitators conduct course inspections, maintain grounds, and facilitate groups under the Direction of the Challenge Course G.A.

## Health & Fitness Lab

### Group Fitness Instructor

Teach a variety of fitness classes, such as cardio, toning, and mind/body classes. Instructors are responsible for developing class formats, leading and supervision of the class participants, and ensuring a safe and effective class. Interested candidates must have a group fitness certification and/or experience teaching group fitness classes. The candidate will be required to audition a 20-30 minute class of interest. Please contact the Fitness Coordinator to set up a time for an interview.

### Personal Trainer

Help clients to set up realistic short-term and long-term goals and create an appropriate exercise program. Work with clients in sessions, helping them with their workouts, typically using cardiovascular, strength and flexibility exercises, and monitor and record progress.

### Fitness Center Attendant

The Fitness Center Attendant is responsible for making sure the patrons are abiding by the fitness center rules. Ensure that all safety procedures are being followed, instruct members on correct position and body alignment to prevent injuries. Develop and maintain a professional relationship with Preston Center members.

### Lab Assistant

The lab assistant is responsible for assisting in daily operation of the Health & Fitness Lab front desk. They also provide fitness services to our clients, and assist with promotional events

## Additional Opportunities

### Graphic Designer

The Graphic Designer is responsible for designing and maintaining all department marketing and promotion materials for the Intramural-Recreational Sports department. Marketing and promotion materials include but are not limited to: posters, brochures, web advertisements, campus video board ads, and promotional t-shirts.

### Internship/Practicum Program

Internship/Practicum Program is designed to provide a valuable learning experience in a university setting. Activities and work assignments will be based on the students specific interests, knowledge, and background. A wide variety of opportunities in recreation, facilities, outdoors, intramurals, sport clubs, fitness and wellness services and programming are available to the participants in the program.

**INTERESTED IN EMPLOYMENT?**

**APPLICATIONS AVAILABLE ONLINE  
[WWW.WKU.EDU/IMREC](http://WWW.WKU.EDU/IMREC)**



**FOR MORE INFORMATION CALL 270.745.6060**



**Tues, Feb 28th, 2-5pm**  
**@ The PRESTON Center**  
**For WKU Students**

- Health & Fitness Lab
- WellU®
- Academic/Facilities
- Intramural Sports
- ORAC

- Health & Fitness Lab
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- Intramural Sports
- ORAC

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WellU Registration Begins  
 CLASSES BEGIN

Putt Putt Capt. Meet

Putt Putt Event

Doubles Badminton Registration

Doubles Badminton Capt. Meet

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# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Muscle of the Month: Cycle to Florida	<b>2</b>	<b>3</b> Doubles Badminton Event	<b>4</b> Doubles Badminton Event
<b>5</b>	<b>6</b> Basketball Registration	<b>7</b> Fireside Chat Basketball Capt. Meet	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> Caving - Mammoth Cave Battleship Begins	<b>13</b> Singles Racquetball Registration	<b>14</b> Singles Racquetball Capt. Meet	<b>15</b> Kayak Roll Clinic	<b>16</b>	<b>17</b> Ice Climbing - Cedar Falls Singles Racquetball Event	<b>18</b> Caving - Mammoth Cave
<b>19</b> Ice Climbing - Cedar Falls	<b>20</b> Big Red Rep Off Soccer & Battleship Registration	<b>21</b> Big Red Rep Off Fireside Chat Soccer & Battleship Capt. Meet	<b>22</b> Passport to Wellness: Relationships	<b>23</b>	<b>24</b>	<b>25</b> Backpacking - Frozen Head State Park Battleship Event
<b>26</b> Backpacking - Frozen Head State Park	<b>27</b> Soccer Begins	<b>28</b> Healthy Days HIV Testing	<b>29</b>			

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# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Muscle of the Month: Squat Jumps	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Everglades Nat'l Park SPRING BREAK	<b>6</b> Everglades Nat'l Park SPRING BREAK	<b>7</b>	<b>8</b>	<b>9</b> WellU Registration Ends Everglades Nat'l Park	<b>10</b> Everglades Nat'l Park
<b>11</b> Everglades Nat'l Park	<b>12</b> Everglades Nat'l Park SPRING BREAK	<b>13</b> Everglades Nat'l Park SPRING BREAK	<b>14</b> Everglades Nat'l Park SPRING BREAK	<b>15</b> Everglades Nat'l Park SPRING BREAK	<b>16</b> Everglades Nat'l Park SPRING BREAK	<b>17</b> Everglades Nat'l Park
Everglades Nat'l Park	March Mad. & Wiffleball Registration	Wiffleball Capt. Meet	<b>21</b> Passport to Wellness: Finances Kayak Roll Clinic	<b>22</b>	<b>23</b> Rock Climbing-Red River Gorge	<b>24</b> Wiffleball Event
<b>18</b> Rock Climbing-Red River Gorge	<b>19</b>	<b>20</b> HIV Testing	<b>27</b> Bouldering-Clifty Hollow	<b>28</b> Softball Capt. Meet		
<b>25</b> Rock Climbing-Red River Gorge	<b>26</b> Softball Registration	<b>27</b> Softball Capt. Meet				

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# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Muscle of the Month: 5K Challenge	<b>2</b> Softball Begins Bunny Hop & 2-Ball Registration	<b>3</b> Weekly Ride Series Bunny Hop & 2-Ball Capt. Meet	<b>4</b> Bunny Hop Event	<b>5</b> 2-Ball Event	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Handball & Kickball Registration	<b>10</b> HIV Testing Weekly Ride Series Handball & Kickball Capt. Meet	<b>11</b> Passport to Wellness: Mental Health Backcountry Cooking Clinic	<b>12</b>	<b>13</b> Lifeguard Certification Class	<b>14</b> Lifeguard Certification Class Kickball Event
<b>15</b> Lifeguard Certification Class	<b>16</b> Handball Begins Corn Hole Registration	<b>17</b> Weekly Ride Series Corn Hole Capt. Meet	<b>18</b> Bouldering-Clifty Hollow	<b>19</b>	<b>20</b> Spring Poker Walk Arkansas Adventure Conference	<b>21</b> Lifeguard Recertification Class Arkansas Adventure Conference Corn Hole Event
<b>22</b>	<b>23</b>	<b>24</b> Weekly Ride Series	<b>25</b> Kayak Roll Clinic	<b>26</b>	<b>27</b>	<b>28</b> White Water Rafting - Ocoee River
<b>29</b> Arkansas Adventure Conference White Water Rafting - Ocoee River	<b>30</b>					

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# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Muscle of the Month: Perfect Abs HIV Testing	<b>2</b> Passport to Wellness: Nutrition	<b>3</b>	<b>4</b> Last Day for WellU Events	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> FINALS WEEK	<b>15</b> FINALS WEEK	<b>16</b> FINALS WEEK	<b>17</b> FINALS WEEK	<b>18</b> FINALS WEEK	<b>19</b> Costa Rica
<b>20</b> Costa Rica	<b>21</b> Costa Rica	<b>22</b> Costa Rica	<b>23</b> Costa Rica	<b>24</b> Costa Rica	<b>25</b> Costa Rica	<b>26</b> Costa Rica
<b>27</b> Costa Rica	<b>28</b> Costa Rica	<b>29</b>	<b>30</b>	<b>31</b>		

Designed and edited by  
Dustin Bray  
Casey Brown



# Intramural Recreational Sports



WKU Preston Health and Activities Center  
Intramural Recreational Sports  
1906 College Heights Blvd #11097  
Bowling Green, Kentucky 42101-1097  
Phone: (270) 745 - 6060  
Fax: (270) 745 - 2006

# IMVREC SPORTS

[www.wku.edu/imrec](http://www.wku.edu/imrec)