



In this Issue

What's New in Rec Sports

All the upcoming events and latest news from the Department of Recreational Sports.

The Rec Sports Spotlight

This new section features an exclusive interview with an outstanding employee and member chosen by Rec Sports staff.

What's New in Rec Sports:

New to the Rec Center or St. Paul Gym?

If you are a new member or just want a refresher on what the Rec has to offer, contact Member Services at (612) 626-9240 to set up a tour. Email any questions or comments to recsport@umn.edu.

Intramurals:

One Pitch Softball Tournament

Intramural One Pitch Softball Tournament will be held on October 17, 2009. This fast paced, offensive styled tournament will be played at the Bierman Softball Fields. Registration for this event closes October 14, 2009. For more information please visit www.recsports.umn.edu/intramurals.

Aquatics:

Learn To Swim Registration

Fall II Learn to Swim classes will open for registration on Saturday, October 17. The Learn to Swim Program provides individuals with a solid foundation of water safety knowledge and skills. To register or for more information please visit www.recsports.umn.edu/aquatics.

Event Schedule at the Natatorium

ICA Alumni Meet	October 2, 2009
TwinVite	October 11, 2009
ICA Intrasquad	October 16, 2009
True Team State	October 17, 2009
U of MN Water Polo Tournament	October 24-25, 2009

Member NEWSLETTER

COA:

Bouldering Clinic

The Center of Outdoor Adventure is holding a bouldering clinic on Thursday, October 8 at 6pm. This is a great opportunity for beginners to learn the techniques and strategies that go along with bouldering. To register please call the COA office at 612-625-8790.

Fall Trips

The beginning of the semester is a great time to register for trips and clinics. With trips ranging from day clinics to week long excursions, there is something for everyone! All abilities are welcome; no experience is necessary. For more information please visit www.recsports.umn.edu/coa.

Sport Clubs:

Upcoming Games

Women's Rugby	Saturday, October 3 at 11am	St. Paul A and B Field
Men's Soccer Game	Tuesday, October 13 at 4pm	St. Paul A Field
Women's Rugby Match	Saturday, October 17 at 11am	TCF Stadium
Men's Rugby Match	Saturday, October 17 at 1pm and 3pm	TCF Stadium
Men's Soccer Game	Sunday, October 18 at 4pm	TCF Stadium
Water Polo	Saturday, October 24-25 at 12pm and 9am	Diving Well
Fencing	Sunday, October 31st-November 1st at 8am	Bierman Gym

Fitness:

The Ride 60

The Ride 60 is a group fitness class that is taking place on October 18th. This class stimulates an outdoor ride and increases cardiovascular capacity by combining endurance, interval training and cadence control. This class is best suited for individuals who enjoy physical activity on a regular basis and possess group fitness experience. For more information please visit www.recsports.umn.edu/fitness.

Stay up to date with Rec Sports updates by following us on Twitter and Facebook!

Employee Spotlight Interview: Pat U.

Why did you apply to work in the department?

PU: "I decided to apply to work in Member Services because I worked a lot in customer service at my previous job and it was usually something I enjoyed. I know that customer service is an important part to success and this is a great place to get experience. It is also nice to be apart of such a great group of employees."

What is your position within the department and what are your day to day activities in that position?

PU: " As a Member Service Representative, the main part of my poistion is working directly with the members. I field questions, inform people about the various services that we offer, and issue new/replacement U Cards. "

What do you enjoy doing in your spare time?

PU: "I enjoy watching movies, reading, playing basketball, running, and working out. "

If you could add any new piece of equipment of cool new thing to the facility what would it be and why?

PU: "A gigantic obstacle course that encapsulates the entire Rec Center! "

If you could meet any celebrity or professional athlete who would it be and way?

PU: "Matt Bellamy, he is the lead singer of Muse and I think it would be really cool to meet him."

If you could pick your own theme song that would play every time you entered the Rec Center, what would it be and why?

PU: "Hearts on Fire by John Cafferty because it is the song from Rocky IV and its a great pump up song!"



Member Spotlight Interview: Amy D.

What initially interested you in coming into the Rec Center to workout/hangout?

AD: "Initially, I wanted to go to the Rec to use the pool and the Aquatic Center. I did go swimming a couple of times but now I like to do everything. I really enjoy coming to the Rec because it is extremely convenient since it is right on campus and is free to use with the student service fees."

Besides getting in a good workout, what do you enjoy doing in your spare time?

AD: "I like to bake, everything from cookies to coffee cake to banana bread, all the good stuff! Although this probably defeats the purpose of working out."

If you could add any new piece of equipment or cool new thing to the Rec, what would it be and why?

AD: "I can't really think of anything in particular, I would mostly just like more space. It would be nice not to have to wait, especially busy times like right after the holiday season and New Years."

If you could have any song playing in the Rec Center when you arrived each day, what would it be and why?

AD: "It would have to be Hootie and the Blowfish- Hold My Hand because it pumps me up!"

If you could meet any celebrity or professional athlete who would it be and way?

AD: "Being, someone from Wisconsin and then moving to Minnesota it would have to be Brett Favre, and I would want to ask him WHY? Why the Jets and then why the Vikings!?"

