



Rec Insider

Campus Rec Has A Great Year Planned!

Take a look inside to
see what's new
with the Rec

Mark Your Calendars!

Top 5 events you
won't want to miss



The Secret Is Out!

Outdoor Pursuits shares
a juicy secret with the
SFA community

Welcome to the Rec Center!



Dear Members;

We are excited to bring you our latest edition of our member newsletter! It is a busy time of year when we are welcoming new students to our campus, when there is an energy on campus felt by all, and fall weather is around the corner.

We had a very good summer where we saw a lot of faculty, staff, and alumni utilize our facilities and programs, especially the outdoor pool. At the end of the summer we did some annual maintenance and repairs to the facilities and trained our staff to get ready for the fall. So far this fall we have had record setting participation. That is no surprise with an increase in enrollment this fall, but I like to think that our clean facilities and welcoming environment has something to do with it as well.

As one of the largest employers of students on campus we take a lot of pride in our role to help our student employees learn some job skills and some life skills while working for the Campus Recreation department. For many of our student employees this is the first job they have ever had! Hopefully the lessons they learn here will apply to their future careers whatever path they make take. Regardless of what field they may enter after graduation, we spend many hours working with them so they not only learn their job specific skills but also something about customer service, leadership, and having a strong work ethic. As a user of the facility we ask that you remember that this facility really is a teaching and learning lab for many of our students and they do sometimes make mistakes along their path of development. Because of this we always welcome feedback from you, our customers, about their performance so we can provide them with constructive feedback.

If you ever have any suggestions, comments, or simply run into a problem please do not hesitate to contact me or any of our staff. It is important to us that you enjoy your time participating at the Rec Center!

Jeff Huskey
Director of Campus Recreation

2009 Student Recreation Center Staff

Jeff Huskey
 Director

Janice Casper
 Office Manager

Kelley Consford
 Administrative Asst.

Kenneth Norris
 Facilities
 & Membership Services

Michael Maningas
 Outdoor Pursuits
 & Safety

Debbie Jones
 Fitness, Wellness,
 & Aquatics

Elizabeth Ross
 Promotions & Sponsorships

Brian Mills
 Intramural Sports, Sport
 Clubs, & Camps

Contact Information

Rec Center Main Office: (936) 468-3507
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 Nacogdoches, TX 75962

Website: www.sfasu.edu/campusrec
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Upcoming Events

More Events to help you plan out your semester!

November 20th
Great American Smoke Out

November 21st
3rd Annual Jacks On Belay Climbing Competition

November 26th-29th
Backpacking in the Hill Country

December 2nd
Wellness Fair

December 3rd
Rec Center Job Fair



On the cover:
Kenny Cosme
Operations Manager



Mark Your Calendars!

Top 5 Events

You Won't Want To Miss!

Campus Rec is proud to present some exciting events!

1. 2nd Annual Midnight Fright Climbing Night

HPE Rock Climbing Room

October 31 • 10pm – 1am

We'll turn off the lights and let our fingers do the walking as we climb in a lightless environment. There will be scary movies and costume contests, food and fun, all in one! So, bring your friends and enjoy Halloween with Outdoor Pursuits!

2. Thriller

October 30th • 6 p.m. - 8 p.m.

Halloween wouldn't be the same without a workout to Jackson's classic — Thriller. This costume-themed event will be a fun, festive night with prizes for the best Michael Jackson impersonation, scariest costume.

3. Full Can You Move?

November 2nd - 23rd

Student Recreation Center Lobby

This canned food drive will take place at all fitness events and locations for students and members to participate in. Come show your good will and be a part of a drive in which food will be donated to a local food kitchen in support of those less fortunate for Thanksgiving.

4. Moon Float on Lake Nacogdoches

November 7th

Registration Date: November 2nd

Price: \$15

Come out to the lake for a relaxing evening. We will enjoy some grilled food and play in our "glow sticked" canoes for the evening, returning only after enjoying the moon rise over the lake.

5. 2009 NCCS Regional Flag Football Championships

November 13th-15th

IMS Fields

For the second year Stephen F. Austin State University will be hosting the NIRSA Region IV Flag Football Tournament.

Fitness

Wellness

Aquatics

Sport Clubs

Outdoor Pursuits

Intramurals

Camps



Facilities and Membership Services Coordinator



Contact

Kenneth Norris
Phone: 936-468-1856
Email: norriskl@sfasu.edu

Hello Members! I hope this newsletter finds you doing well. For those that I have not met, my name is Kenneth Norris and I am the Assistant Director for Facilities and Membership Services of the Student Recreation Center here at Stephen F. Austin. My role is to take care of the beautiful facility we have been blessed with as well as take care of the members, be it student, faculty, staff, alumni, or their families. I have been with SFA for more than 3 years and my favorite thing about work is seeing members taking advantage of the facility. Pick up a program guide at our Welcome Desk the next time you are in the facility so you can take advantages of all the awesome programs we have to offer. If you ever have questions about the facility, policies, hours, or anything else do not hesitate to contact me... that is what I am here for. If I don't have the answer I will find it for you!

If you ever have questions about the facility, policies, hours, or anything else do not hesitate to contact me.

-Kenneth

New Membership Updates!

Students taking only online classes have their Student Recreation Center Fee waived by the University; therefore, they must purchase a "Student" membership for access to the Student Recreation Center.

Student Recreation Center

Monday - Thursday: 6 a.m. - Midnight
Friday: 6 a.m. - 10 p.m.
Saturday: Noon - 10 p.m.
Sunday: Noon - Midnight

HPE & Shelton Gym

Monday - Thursday: 4 p.m. - 10 p.m.
Friday: 4 p.m. - 8 p.m.
Saturday and Sunday: Closed

Outdoor Pool

Monday - Friday: 2 p.m. - 9 p.m.

HPE Indoor Lap Swim

Monday, Wednesday & Friday: 4 p.m. - 5:30 p.m.

Rockwall

Monday - Thursday: 4 p.m. - 9 p.m.
Friday & Sunday: 2 p.m. - 7 p.m.

Outdoor Center

Monday - Friday: 2 p.m. - 7 p.m.
Tuesday - Thursday: 2 p.m. - 6 p.m.

Administration Office & Wellness Service Center

Monday - Thursday: 8 a.m. - 7 p.m.
Friday: 8 a.m. - 5 p.m.

Family Hours

Begins Friday at 5 p.m. and ends Sunday at Midnight

Don't forget! We hand out FREE game day Axe tattoos for our Members at the Student Recreation Center for every home volleyball, football, and soccer! Come grab one on your next visit.



Meet the Assistant Director of Fitness, Wellness, and Aquatics:

Debbie Jones



Hello! My name is Debbie Jones and I am the Assistant Director of Fitness, Wellness and Aquatics for the Department of Campus Recreation. This year we have some exciting programs for our SFA students, members and guests. One of our goals is to offer a wide variety of programs that are suitable for our SFA community. We hope that with all of the programs and activities we have to offer that you can find something you enjoy. Please visit the website or look through a fall program guide to find more information and event times. Thank you for using our facilities and working your way to a healthier lifestyle through recreation.

-Take Care,
Debbie Jones

Checkout Our Wellness Programs!

The Wellness program is also kicking up some action with two blood drives this fall, one September 16th and one on November 19th. If you're a regular donor or new to donating, come over and sign up for an appointment. Each donor receives a FREE t-shirt and the joy in knowing that your time could save up to three lives. Another event this year is the National Collegiate Alcohol Awareness Week (NCAAW). This will be a week long event starting October 19th and ending at Lumberjack Alley on Homecoming Saturday. There will be games and activities throughout the week along with information regarding alcohol awareness and education.

Join a class! Pick up a Group X Schedule in the Rec Center or online at www.sfasu.edu/campusrec

Upcoming Events

October

Thriller: October 30

November

Can You Move: November 2-3

World Diabetes Day: November 13

Blood Drive : November 19

Great American Smoke Out: November 20

December

World AIDS Day, December 1

Wellness Fair: December 2

Aquatics

Student Recreation Center Pool Hours of Operation

September 1 - October 31

Monday - Friday: 12 - 7pm

Saturday & Sunday 2 - 7pm

November 1 - December 19

Monday - Sunday: 2 - 7pm

Pool is closed

December 20 - January 16

Private Swim Lessons

Private swim lessons are a great way for anyone of any swimming ability to work in a one on one environment.

Check out our website for more information!

www.sfasu.edu/campusrec

For more information on our

Aquatics programs, please contact:

Assistant Director Debbie Jones: 936-468-5835

Graduate Assistant Amanda Williams: 936-468-8410.



Spotlight

Intramural Sports and Sport Clubs

Regional Flag Football Tournament

SFA Host the National Regional Flag Football Tournament second year in a row

For the second year Stephen F. Austin State University will be hosting the NIRSA Region IV Flag Football Tournament. The tournament will be held November 13th-15th. As in past years we expect the caliber of this tournament to be among the best in the Nation. SFASU is located in Nacogdoches, in the piney woods of East Texas. It is approximately three hours South of Dallas and two hours North of Houston. Links to Tournament Information, Registration Forms, and

Hotel Information are now available and can be found under 2009 Tournament Packet to the right. If you have questions regarding the tournament, please contact Daniel Chandler and Nathan Goff at 936-468-8409. Best of luck in your seasons and we hope to see you in Nacogdoches this Fall.

**Stephen F. Austin State University - 2009
NCCS Regional Flag Football Championships**

Check out our website for more informaion about the tournament!
www.sfasu.edu/campusrec



IMS Notable Dates

Dual Eents

Pickleball Doubles

Tuesday, October 6 -Thursday, October 8 • 4p.m-6p.m

Table Tennis Singles

Tuesday, October 20 -Thursday, October 22 • 4p.m.-6p.m.

Wallyball Doubles

Tuesday, October 27 -Thursday, October 29 • 4p.m.-6p.m.

Badminton Singles

Tuesday, November 3 -Thursday, November5 • 4p.m.-6p.m.

Major Team Events

Volleyball (Men's/Women's/Co-Rec)

Monday, October 12 • 11a.m. Wednesday, November 14 • 3p.m.

* Scrimmage games available for Wednesday, October 14 • 6p.m.-9:30p.m.

*** PLEASE NOTE WHEN YOUR TEAMMATES ARE PLAYING**

FLAG FOOTBALL. Seasons overlap and rescheduling is difficult for both sports.

* All teams will sign up for one night per week to play at the same time.

* Playoffs will begin on Sunday, November 22 and must be completed by Sunday, December 6.



SFA's Outdoor Pursuits

The Secret is out!

The fundamental principle behind sustainability is continuation. Outdoor Pursuits joined the movement to promote the concepts of preserving and maintaining our environment in 2007 by hosting its first annual Earth Day Festival. Overall, we wanted Earth Day to provide practical examples to SFA students and our community of pitching in on Earth-wise efforts. So we asked ourselves this question: what could be more practical than planting a garden? Our hands dirty from soil but our hearts full of the excitement of a new adventure, we built three raised bed planters on the east side of the Recreation Center. Our intent was to add more components to the garden with each Earth Day that passes. Since then, we have produced vegetables in the thousands and passed out our crops of squash, bell peppers, jalapenos, tomatoes and more to SFA students and staff. Our only issue? That we are such a secret! We hope for more curious Earth-lovers, or perhaps just vegetable-lovers, to come find out what our garden is all about. As just one tiny step in the direction of a new perspective on sustainability, the Outdoor Pursuits garden is here to stay.

Outdoor Updates

The Outdoor Center is now checking out books from their personal stash of outdoor topic books to students. Just like a library, there is no cost. Come by the Outdoor Center for details.

Join Us on Facebook!

SFA Outdoor Pursuits would like for you to join us on Facebook! When you join our Facebook Group you will be provided with opportunities to enhance your overall physical, emotional and intellectual development.



Clinics

Mountain Biking 101

October 10th • 9 a.m.

Outdoor Center Back Door

There is nothing like flying through forest trails with nothing but 25lbs of steel between your legs. Let us teach you the tricks of the trade so you can too develop skills to safely negotiate mountain bike terrain!

Paddling 101

October 28th • 6 p.m.

HPE Indoor Pool

Come learn the basic strokes and maneuvers of kayaking and canoeing. When you're done with this class you will feel like a pro the next time you're out on the waters!

Upcoming Trips

Mt. Biking at Tyler State Park

October 17th • Price: \$20

Registration Deadline: October 12th

Test your skills with the OP crew or just enjoy the scenery and you can even use our bikes!

Full Moon Float on Lake Nacogdoches

November 7th • Price \$15

Registration Deadline: November 2nd

Come out to the lake for a relaxing evening. We will enjoy some grilled food and play in our "glow sticked" canoes for the evening, returning only after enjoying the moon rise over the lake.

Backpacking in the Hill Country

November 26th -29th • Price: \$115

Registration Deadline: November 18th

Picture it: the deep red and the warm yellow leaves of fall as the colors begin to take over the Hills Country State Natural Area. We will enjoy our colorful surroundings as we hit the rocky trails for a three night backpacking trip.

Skiing in New Mexico

January 4th-10th • Price: \$375

Registration Deadline: Dec. 11th

Travel across the western border to check out a different boarder... a snow boarder that is! Come play with us at Sipapu Ski Area, a 9000' winter wonderland in the Sangre de Cristo Mountains.