



VITERBO UNIVERSITY
DEPARTMENT OF
RECREATIONAL SPORTS

Rec Sports Review

VOLUME 5, ISSUE 4

JANUARY 2012

SPECIAL POINTS OF INTEREST:

- **New! Ice Rink on campus**
- **Family Feud is coming to Viterbo February 15!**
- **New Intramural Leagues: Broomball, Women's Basketball, and 4's Competitive Volleyball**
- **Learn how to fit into your clothing after a vacation**
- **Meet Jackie—Rec-Y of the Month**

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What's New

Ice Rink

If you haven't been to Assisi Court-yard yet, get there! You'll find something new and exciting, an ice rink! The forms that border the rink were set up just before the big snow storm. Once the liner is laid, the process of laying ice begins.

The ice rink is available for use by Viterbo students, staff, and their families. The rink will be open from sun-up until the lights are turned off at night.

To see the current status of the ice rink and to view live video, visit the Rec Sports home page.

Rec Sports will not offer skate rental, but skates may be purchased at local sporting good stores: MC Sports and Play it Again Sports.

The department encourages everyone to get out and get some physical exercise during the winter months.

Broomball

The addition of an ice rink on campus opens the door to try new activities. There will be a broomball intramural league offered this season. The league is tentatively schedule to begin on February 9. Teams will be made up of 5 players (at least 2 females) and games will be held in the afternoon. There is a \$25 forfeit deposit required to participate.

Sign up a team or register as a free agent on imleagues.com.

In addition to the broomball intramural league, there will also be a broomball tournament on Saturday, February 11. Students and staff from

FOR MORE INFORMATION VISIT US ONLINE!

Viterbo or Western Technical College are eligible to participate. The deadline to register is Thursday, February 9 at 5 p.m. and all registrations will be handled through imleagues.com.

Family Feud

Rec Sports is bringing Viterbo Family Feud to campus on Wednesday, February 15 as part of the homecoming festivities. This event is free and open to all Viterbo students and staff. Families must be registered at the Mathy Center Front Desk by Monday, February 13 at 5 p.m.

Can't make it? You can still participate by answering our survey questions, they may be found on the Rec Sports home page.

Schedule of Events

January 16-20

*Group Fitness Demo Week

January 22-28

*Rec Pass Double Punches Week

January 23

*Regular Group Fitness schedule begins

January 26

*Intramural Registration Help Station 3-5 p.m. (Mathy)

*Intramural Registration Deadline 5 p.m. (imleagues.com)

*Intramural Final Forfeit Deposit Collection 5-8 p.m. (Mathy)

January 27

*Lunch 'n Learn Noon (FAC Hospi-

tality Suite)

January 29

*Intramural League Play Begins

*Sunday Night Bowling 8:30 p.m. (Pla-Mor Lanes)

January 30

*Group Fitness Cycling Session I registration deadline 4 p.m. (Mathy)

*Group Fitness Cycling begins 4:30 p.m. (YMCA)

*Intramural Competitive Volleyball Begins 7 p.m. (Mathy)

January 31

*Intramural Soccer Begins 7:30 p.m. (Mathy)

February 1

*Table Tennis Information Meeting 3:30 p.m. (Hawk's Nest)

*Table Tennis Intramurals Begin 4 p.m. (Hawk's Nest)

*Intramural Basketball Begins 7 p.m. (Mathy)

February 2

*Intramural Rec VB & Comp 4's VB Begin 7 p.m. (Mathy)

February 13

*Family Feud registration deadline 5 p.m. (Mathy Center)

February 15

*Family Feud 7 p.m. (NRC 196)

Brand New IM Leagues offered this season!

Spring 2012 IM

Champion t-shirt

(Red)



Intramurals

The spring semester means two more seasons of intramurals.

Spring Season I Schedule

Registration Deadline: Jan. 26 at 5 p.m. (imleagues.com)

Final Forfeit Deposit Collection: Jan. 26 5-8 p.m. (Mathy Center)

League Play: Jan. 29– Feb. 23

Championship Week: Feb. 26— Mar. 1

Spring Season I Leagues

Sunday: Bowling Night at Pla-Mor Lanes (8:30PM) - Only \$2—come 1 week, or all 5!

Monday: Competitive Volleyball at Mathy Center (7PM)

Tuesday: Indoor Soccer at Mathy Center (7:30PM)

Wednesday: Table Tennis at Hawk's Nest (4pm) Individual League—NO FEE!

Wednesday: Basketball at Mathy Center (8PM) Coed & Women's leagues available

Thursday: Volleyball at Mathy Center (7:30PM) Competitive 4s & Recreational leagues available

To Play Intramurals

All registrations will be done

using imleagues.com. In order for a team to be scheduled into the league, the captain must watch the captain's training video, pass the captain's training quiz with an 80% pass rate, pay the team \$25 forfeit deposit (if required), and have the minimum number of males and females accepted to their team. After that, all you need is your student I.D. and show up to play your games. For more information, visit the Rec Sports website.

Grab your friends and start a team today!

Congratulations to the Fall Season 2 Champions!

Fall 2011 Season 2

Comp VB: Colonel Gunk's

Badminton: Biomed Maniacs

Billiards: V. Scott

Basketball: Team Name

Rec VB: Pumped Up Kicks

Registration Help Station/ Forfeit Deposit Collection

The intramural staff will host Registration Help Stations prior to

the registration deadline. Stop by to learn about leagues, get imleagues.com registration help, or pay your team forfeit deposit.

Registration Help Stations:

Jan. 24: 6-8 p.m. Mathy Center

Jan. 25: 6-8 p.m. Mathy Center

Jan. 26: 3-5 p.m. Mathy Center

Final Forfeit Deposit Collection will be Thursday, January 26 at the Mathy Center from 5-8 p.m. All team deposits must be paid by 8 p.m.

*Brand New Leagues**

Spring Season I there will be a few changes to the intramural schedule.

Women's Basketball

In addition to the current co-ed basketball league on Wednesday nights, there will also be a women's league offered. The women's league will be 4 vs.4.

4 v 4 Competitive Volleyball

In addition to the current recreational volleyball league held on Thursday nights, there will also be a 4's competitive volleyball league.

Rules for these leagues and more information may be found on the intramural web page.

Rec Sports has many exciting special events for the Spring!

Special Events

Coming Soon! Check out some of these new and exciting events coming to campus in February!

Broomball

February 11

Broomball is a great way to exercise outdoors. With the addition of an ice rink to campus also comes the addition of a broomball tournament. The tournament will be held on Saturday, February 11. Teams must pre-register by February 9 at 5 p.m. (register on imleagues.com).

Family Feud

February 15

You know you've always wanted to test your answers to this popular game show, now's your chance. There will be a Viterbo Family Feud event on Wednesday, February 15. What makes it Viterbo Family Feud? The survey responses come from you, Viterbo community members. If you haven't had a chance to fill out a survey, be sure to visit the rec sports home page and do so. Then, be sure to register your family and come see

what the survey says. The event is free, but families must pre-register by February 13 at 5 p.m. Registrations may be done at the Mathy Center front desk.

3 on 3 Basketball Tournament

February 25

On Saturday, February 25, there will be a 3 on 3 co-ed basketball tournament. The event is free, but teams must pre-register by Thursday, February 23 at 5 p.m. All registrations will be done through imleagues.com.

Lift of the Month—Tricep Dumbbell Kickback

1. Start with a dumbbell in each hand and your palms facing your torso. Keep your back



straight with a slight bend in the knees and bend forward at the waist. Your torso should be almost parallel to the floor. Make sure to

keep your head up. Your upper arms should be close to your torso and parallel to the floor. Your forearms should be pointed towards the floor as you hold the weights. There should be a 90-degree angle formed between your forearm and upper arm. This is your starting position.

2. Now, while keeping your upper arms stationary, exhale and use your triceps to lift the weights until the arm is fully extended. Focus on moving the forearm.

3. After a brief pause at the top contraction, inhale and slowly lower the dumbbells back down to the starting position.



4. Repeat the movement for the prescribed amount of repetitions.

Group Fitness

Cycling Session Options

Continuing this semester, there will be two cycling times offered for each session. Participants may choose between the AM session, Tuesdays and Thursdays from 6:15-7 a.m. and the PM session, Mondays and Wednesdays from 4:30-5:15 p.m.

Session One Cycling: January 30—March 1 (registration deadline, January 30 at 4 p.m.)

Session Two Cycling: March 26—May 3 (registration deadline, March 26 at 4 p.m.)

Everyone including students must pre-register and pay at the Mathy Center by the session registration deadline. Students are eligible to receive \$10 back if they attend 10 of the 12 sessions.

DEMO WEEK!

Aren't sure if you'll like Group Fitness classes? Stop by during DEMO Week to try them out!

The schedule is modified, and classes are free for the week. DEMO Week runs January 16-20.

Regular Group Fitness Classes

Regular Group Fitness classes begin January 23. A class schedule is listed below.

Registration

Register at the Mathy Center front desk.

Employee/Plus One Pricing:

NOON Class Pass: \$40

ALL Class Pass: \$50

Cycling: \$35

Student/Alumni Pricing:

Regular Classes: Free

Cycling: \$35 (students may receive \$10 back if they attend 10 of 2 sessions)

Frequently Asked Group Fitness Questions

Do I need to register for the different classes I want to attend?

Answer: No, once you are registered, you may attend any class you like, unless you are an employee who has registered for the NOON Class Pass, which limits you to only the noon hour classes.

If I want to do Zumba, do I need to attend class each week?

Answer: No, you can come as often or as little as you like

Do I need to bring my own yoga mat to class?

Answer: No, we have group fitness equipment available, but you are welcome to bring your own mat if you prefer.

Spring 2012 Regular Group Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:45AM	Wake UP Yoga	Below the Belt*	Pilates	Above the Belt*	Yogalates
NOON	Total Strength	Pilates	Total Strength	Yoga	3-in-1
5:15PM		Cardio Core		Boot Camp	
5:30PM			Yoga		
6PM	Zumba	Yoga Flow		Pilates*	
6:30PM			Kickbox	Zumba	
7PM	Butts 'n Guts*	Step			
7:30PM	Boot Camp				

* denotes 30 minute class



COME CHECK OUT SOME GROUP FITNESS CLASSES!

Read Personal Trainer Caitie's tips on staying fit during a vacation

From the Trainers

How to Get Back into Your Clothing After Vacation

By Caitie Wippermann

Last week, I went on an all-inclusive vacation with my family. My mom managed to gain 5 pounds while I lost 2 pounds. Despite having five course meals every night, I managed to stay in shape while getting the most out of my vacation at the same time. Here are some things that helped me lose weight while still eating delicious meals and not spending hours a day in the gym.

1. Keep busy – This will keep your mind off of snacking as well as burn calories and make your vacation more exciting.

2. Be efficient with your workouts – If you have a busy day ahead of you or would like to spend most of the day in the sun relaxing, get up 30 minutes



earlier to fit in an intense session of exercise before breakfast. Intense exercise can be circuit training, fast jogging, or lifting weights with very little rest in between sets. The intense burst of exercise that incorporates the major muscle groups will keep your metabolism revved up and energy levels high for most of the day.

3. Go light on the alcohol - It is perfectly ok to have one drink every day, but just be careful when one drink turns into five per night, which will really add up at the end of the week.

4. Stop eating when you are full - Your body is telling you it doesn't need any more food.

5. Dance or go on a walk at night rather than sitting around. This will add more adventures to your vacation.

6. Get involved – Most resorts offer plenty of activities to keep busy. Whether it

be tennis lessons, water sports, beach volleyball, mountain climbing, beachside yoga, etc., try and fit as many activities in that the resort offers.

7. Ask staff members to assist you on where to go to find the best jogging sites.

8. Fill up on fresh fruit or salad before your meal.

9. Stay hydrated with water – Avoid all sugary beverages, including juice, in between meals. This will save plenty of calories and leave more room for delicious food at meals.

10. You can still eat dessert every night as long as the portion sizes are small. If the portion sizes they serve are large, share your dessert with some-

one.

Next time you consider going on a vacation, keep some of these ideas in mind and you will come back feeling rejuvenated and energized.



Rec Store Featured Item-Rec Sports Sweatshirt



This month's featured store item is the Rec Sports sweatshirt.

This hooded sweatshirt is available in black in sizes S-XL.

The front of the hoodie features the Rec Sports logo with the words

"Rec Sports, Viterbo University."

As the item of the month, the sweatshirt has a \$2 coupon this month.

Simply print the coupon and bring it to the Mathy Center front desk and receive \$2 off your sweatshirt purchase.

The Rec Sports Sweatshirt is \$25 in the Rec Store

Rec Store Featured Item

\$2 OFF

Viterbo University Department of Recreational Sports

January-Hooded Sweatshirt

(608) 796-3120

Expiration Date: 1/31/12

Health & Wellness-Healthy Sleeping Habits

Why is sleep so important?

The quality of your sleep directly affects the quality of your waking life, including mental sharpness, productivity, emotional balance, creativity, physical vitality, and even your weight!

You may be sleep deprived if you..

- Need an alarm clock in order to wake you up
- Rely on the snooze button
- Have a hard time getting out of bed in the morning
- Feel sluggish in the afternoon
- Need to nap to get through the day
- Fall asleep within five minutes of getting into bed

Effects of sleep deprivation

- Fatigue, lethargy, and lack of motivation
- Moodiness and irritability
- Inability to cope with stress
- Reduced immunity: frequent colds and infections
- Weight gain
- Impaired motor skills and increased risk of accidents

Sleep Myths and Facts

- Myth 1
Getting just one hour less sleep per night won't effect your day time functioning.
- Fact
Slightly less sleep can effect your ability to think properly and respond quickly.
- Myth 2
Your body adjusts quickly to different sleep schedules.

- Fact
It can take more than a week to adjust to different sleep schedules.
- Myth 3
Extra sleep at night can cure you of problems with excessive daytime fatigue.

- Fact
Not only is the quantity of sleep important, but also the quality. You may have gotten 8 or 9 hours of sleep, but it may have been poor quality of sleep.

- Myth 4
You can make up for the lost sleep during the week by sleeping more on the weekends.

- Fact
This will help relieve part of a sleep debt, but it will not completely make up for the lack of sleep.

How many hours of sleep do you need?

- Newborns (0-2) Months — 12 to 18 hours
- Infants (3 months to one year)- 14 to 15 hours
- Toddlers (1 to 3 years) - 12 to 14 hours
- Preschoolers (3 to 5 years) - 11 to 13 hours
- School-aged children (5 to 12 years) - 10 to 11 hours
- Teens and preteens (12 to 18 years) - 8.5 to 10 hours
- Adults(18+) - 7.5 to 9 hours

Tips for getting a good nights sleep

- Tip 1
Keep a regular sleep schedule.

- Set a regular bed time
- Wake up at the same time everyday
- Make your bedroom more sleep friendly.
- Keep noise down
- Keep your room dark and cool

Tip 3

Create a relaxing bedtime routine.

- Reserve your bed for sleeping
- Do some easy stretching

Tip 4

Eat right and get regular exercise.

- Stay away from big meals at night
- Cut down on caffeine

Tip 5

Ways to get back to sleep.

- Make relaxation your goal not sleep
- Do a quiet, non-stimulation activity

Tips for getting out of sleep debt

- Aim for at least 8 hours of sleep every night
- Settle short-term sleep debt with an extra hour or two every night
- Take a sleep vacation to pay off a long-term sleep debt
- MAKE SLEEP A PRIORITY!



Having trouble sleeping?
Read this article for some helpful tips!

This month's Health & Wellness provided by www.helpguide.org



Getting a good night's sleep is important for physical and mental health



WE'RE ON
THE WEB

www.viterbo.edu/RECSPORTS

Director's Corner

As we begin 2012, rec sports has a couple fresh opportunities for everyone to enjoy the winter months. Any time someone comes across Assisi Courtyard they will see what will soon be an outdoor ice rink. We are excited to introduce the ice rink to campus because this means we will also be able to introduce broomball as well as provide another opportunity for the Viterbo community to enjoy the outdoors during the winter months.

Like all of our programs, we hope that many of you will take the opportunity to go visit and enjoy the ice rink!

Thank you for taking the time to read the **Rec Sports Review**. Wishing you all the best in 2012.

Happy New Year!

Marci Kuhrt
Director of Recreational Sports

Rec-Y of the Month—Jackie Holger



Name: Jackie Holger

Birth date: 11/4/90

Years with the Department: 3 years

Major: Criminal Justice

Hometown: Rushford, MN

Favorite aspect of the

Mathy Center and Rec Sports: The Staff

Favorite aspect of Viterbo: The small class size

Activities: CJ/Soc Club, Intramurals, College Democrats

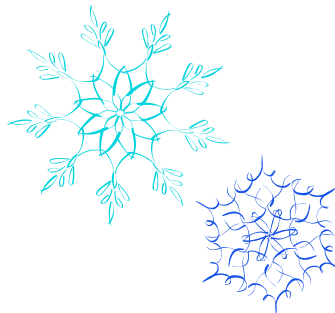
Favorite Food: Anything that my mom cooks up

Favorite Movies: Wall-e, 12 angry men, Hangover

Occupations you wanted to be when you were a kid: Cardiac Surgeon

Dream Job: undecided

Finish the sentence: If I were a millionaire, the first thing I would do with my money is... save it until I knew exactly how to disburse it.



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