Rec Sports Highlights

Tweet the Trainer
Beginning this semester, tweet your fitness questions to a Viterbo Rec Sports Personal Trainer @ViterboRecSports. Sessions will be held on the THIRD TUESDAY of each month. The first Tweet the Trainer session will take place January 20th, 2015 from 3:00 p.m.-5:00 p.m. Not following us on twitter? Why not start today!

Dates: January 20, February 17 March 17, April 21

New Year, New You Challenge!
Rec Sports is again teaming up with our mobile application and website to offer the New Year, New You Challenge! From January 19 through February 27, record your activity, track your sleep, journal about your nutrition, and document your week’s motivation to win points! By achieving predetermined benchmarks, you will be eligible for Department of Rec Sports prizes. If you didn’t activate your account last semester, join us now!

Rec Day! February 22nd
NIRSA, National Intramural-Recreational Sports Association is the organization which our department operates under at a national level. February 22nd is NIRSA’s Birthday = Rec Day! This year, our events again fall over the weekend so, we’re going skiing/snowboarding! Join the Department of Rec Sports and all your friends on a trip to Mt. La Crosse on La Crosse’s south side. Transportation will be provided from the Mathy Center. Mark your calendars!

2:00 pm—7:00 pm, Sunday, February 22.

Schedule of Events

January 10 & 11
* Mathy Center Closed

January 12-16
* Group Fitness DEMO Week

January 15
* Locker Rental and Memberships due
* Final Intramural Registration Help Station @ Mathy Center (5-8 p.m.)
* Intramural Registration Deadline on IMLeagues.com (8 p.m.)

January 18-24
* Rec Pass Double Punches Week

January 19
* Regular Group Fitness Classes Begin

January 20-24
* HealthyU Challenge Begins

January 20
* Intramurals Begin
* Tweet the Trainer
Intramurals

The spring semester means two more seasons of intramurals.

Spring Season I Schedule
Registration Deadline: Jan. 15 at 8 p.m. (imleagues.com)
Forfeit Deposit Deadline: Jan. 15 at 8 p.m.
League Play: Jan. 20– Feb. 16
Championship Week: Feb. 17-23

Spring Season I Leagues
- Sunday: $2 Bowling Night at Pla-Mor Lanes (8:30PM) - Only $2 come one week, or all five!
- Monday: Competitive Volleyball at Mathy Center (7:15PM)
- Tuesday: Recreational Volleyball at Mathy Center (7:15PM)
- Wednesday: Basketball at Mathy Center (7:15PM)
- Thursday: Soccer at Mathy Center (7:30PM)

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 $40 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 2014 Season 2 Champions
- Bowling: Robert Guenther
- Comp VB: We Say No
- Badminton: Jill Haram
- Rec VB: Slammers
- Basketball: eLemonators

Forfeit Deposit Collection
All team forfeit deposits must be paid by 8:00 p.m. on Thursday, January 15. Deposits will be collected at the final intramural registration help station.

The 5th Annual WIRSA State Extramural Basketball Tournament will be February 20-21 at University of Wisconsin—Stout

The WIRSA State Extramural Basketball Tournament brings students from campuses across Wisconsin together to compete in the same tournament. If you think your team has what it takes, you won’t want to miss this tournament.

The tournament is open to the first 24 men’s and women’s intramural or sport club basketball teams.

Entry Fee
⇒ $225 - in state team
⇒ $275 - out of state team

Tournament champions will receive a bid to attend the NIRSA Regional Tournament.

Team prizes and individual prizes will also be awarded.

For more information visit the WIRSA Extramural Basketball Tournament link under the “Special Events” page on the rec sports website.

Forfeit Deposit Collection
All team forfeit deposits must be paid by 8:00 p.m. on Thursday, January 15. Deposits will be collected at the final intramural registration help station.

Final Intramural Registration Help Station will be Thursday, January 15 at the Mathy Center from 5-8 p.m. All team deposits must be paid by 8 p.m.
Lift of the Month—Dumbbell Pull Over

**Preparation**

1. Lie on flat bench so head, shoulders, back, and glutes are supported. Feet should be flat on the floor.
2. Grasp on dumbbell from under the inner plate with both hands.
3. Position dumbbell over chest with elbows slightly bent.

**Execution**

1. Keeping elbows slightly bent throughout the movement, inhale, and lower dumbbell over beyond head until upper arms are in line with the torso.
2. Exhale pulling the dumbbell back over the center of the chest.
3. Repeat 3 sets, 8-12 reps.

**Muscles Working:**

Pectoralis Major, Latissimus Dorsi, Teres Major, Rhomboids

---

**Group Fitness**

Welcome back! Rec Sports hope you are excited to return to campus this spring. With a short 5 months before summer break, why not give our Group Fitness classes a try!?

**NEW CLASSES THIS SEMESTER!**

Kick & Lift—Monday's at 6:00 pm
Kettlebells—Wednesday's at 5:30 pm

**Kick & Lift**— This class incorporates both a cardio and strength component! By using some of your favorite cardio kick boxing moves alternated with resistance training exercises, you’ll get a great 45 minute workout! Kick, punch, and lift your fitness goals to new levels this spring with our new class!

*KThere will be NO LATE NIGHT FITNESS CLASSES this semester.*

(Usually 9:00 p.m. on Thursday's)

**Kettlebells**— Kettlebell training has been used for competition and sports throughout Russia and Europe since the 1940s. In recent years, this type of exercise is very popular within the US! Kettlebells combines cardio, strength, and power based training principles to improve total body fitness and promote lean muscle mass. Come join us at 5:30 on Wednesday evenings to give this new class a try! All fitness levels are welcome!

---

**SPRING 2015—GROUP FITNESS SCHEDULE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45AM</td>
<td>Rise &amp; Shine</td>
<td>Tone n’ Tighten*</td>
<td>Tone n’ Tighten*</td>
<td>Pilates</td>
</tr>
<tr>
<td></td>
<td>Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NOON</td>
<td>Total Strength</td>
<td>Pilates</td>
<td>Total Strength</td>
<td>Yoga</td>
</tr>
<tr>
<td>5:30PM</td>
<td></td>
<td></td>
<td>Kettlebells—</td>
<td>Total</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>NEW!</td>
<td>Strength</td>
</tr>
<tr>
<td>6:00PM</td>
<td>Kick &amp; Lift—</td>
<td>Yoga Flow</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>NEW!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30PM</td>
<td></td>
<td>Butts n’ Guts*</td>
<td>Butts n’ Guts*</td>
<td></td>
</tr>
<tr>
<td>7:00PM</td>
<td>Yoga</td>
<td>Zumba</td>
<td>Yoga</td>
<td>CSI</td>
</tr>
</tbody>
</table>

*30 minute classes

Come Try our New Classes this Semester!
Krista Bonikowske is a Rec Sports Personal Trainer.

To sign up for a Personal Trainer visit the Rec Sports web page.

Tips from the Trainer—Make 2015 About Health

Health is the general condition of a person’s mind and body, usually meaning to be free from illness, injury or pain.

Health isn’t just the physical appearance of one’s body but the ability to function in day to day activities without decreased function. You can maintain physical activity through attending Group Fitness classes, using the fitness center, exploring the beautiful outdoors; all assist in the long term ability to function efficiently.

Increasing or maintaining regular physical activity requires a couple key details to assist in total body health. Try incorporating these ‘healthy’ habits and work to maintain your New Year’s goals.

1. Drink more water—Get rid of sugary, processed drinks!
2. Consume your fruits and vegetables
3. Stick with lean meats—Chicken, fish, venison
4. Find healthy fats—Avocado, nuts, olive oil, fish oil
5. Get adequate sleep—Your body can’t recover from the day without a good night’s sleep.

Sport Clubs

Current Clubs are:
- Dance Team
- Hockey Club

Inactive Clubs are:
- Rugby Club

Interested in starting a new club?
Any group of students with an interest in a sport or activity has the ability to form a new Sports Club. Get your group together, find a faculty/staff advisor and officers, and fill out the necessary forms & paperwork.

Want to join an existing club?
Any VU student or faculty/staff member can join a club.

Ever thought about joining or starting a sport club?

Western students are also allowed to join clubs. Most clubs do not require any experience prior to joining. Find the club you’re interested in and contact them for more information on joining. Contact info for the clubs is found on the Rec Sports website.

Questions? Email us at recsports@viterbo.edu or contact one of the rec sports professional staff members directly.

Personal Training Update—

Rec Sports is continuing to offer Personal Training services this semester! With 3-4 trainers each semester, personal trainers or field experience students work to help you achieve your fitness goals.

Are you a student? Did you know that if you sign up for personal training you can receive a fitness and 6 personal training sessions to use over the course of the semester… For FREE! All personal training services are on a fitness come, first serve basis. When trainers are available to take on another client, they will contact you directly about setting up 1-on-1 appointments. Personal training is a service based fee for all other Mathy Center members.

Meet with Krista, Gavin, or Joe this semester to change up your routine, try something new, begin a new relationship with fitness, or become more comfortable using the equipment in the fitness center. Any ability level is welcome!
1. **Be Realistic.** The surest way to fall short of your goal is to make it unattainable. For instance, resolving to never eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. **Use the Buddy System.** If you have a friend or family member that has a similar resolution as you, you can easily double team on those goals for some added support. You'll both benefit from having someone confide in when you're tempted to side step. Plus, it will be even more fulfilling to know that you both helped each other endure the tough times and inevitable temptations.

3. **Make a Plan.** Ask yourself: What are your short-term and long-term goals? By making a plan you can achieve your overall resolution through smaller steps. Plan your resolutions in steps, such as a timeframe.

4. **Start Small.** Rather than starting one daunting goal, create a series of smaller steps to reach it. Make resolutions that you think you can keep.

5. **Talk About It.** Don’t keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. Share your experiences. Having someone to share your struggles and successes with, makes your journey to a better you that much easier and less intimidating.

6. **Reward Yourself.** This doesn’t mean you can eat an entire box of chocolates if your resolution is to eat better. Instead, celebrate your success by treating yourself to something you enjoy that doesn’t contradict your resolution.

7. **Track Your Progress.** Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Try using Healthy U Interactive to track your workout progress!

8. **Don’t Beat Yourself Up.** Obsessing over the occasional slip won’t help you achieve your goal. Do the best you can each day, and take on one day at a time.

9. **Stick to It.** Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won’t happen overnight, so be persistent and patient.

10. **Be Specific.** To be effective, resolutions and goals need to be pretty specific. By being specific, you increase your chances of maintaining your resolution.

11. **Keep Trying.** If you have totally run out of steam when it comes to keeping your resolution by mid-February, don’t despair. Start over again! Re-commit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and before you know it, you will be back on track.

12. **Forgive Yourself.** Chances are you may slip up once or twice during this process. It’s okay. You are human. It is important to deal with failures by getting back on track and continuing along your journey. Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal.
Happy New Year! A new year tends to bring reflection on the past twelve months and optimism for the next twelve. Individuals make resolutions for personal betterment, many related to fitness, health and overall well-being. Regardless if you have made a resolution for 2015 or not, small conscious choices made each and every day for one’s well-being can provoke long lasting habit change. It can be anything from taking the stairs instead of the elevator, choosing vegetables instead of fries with a meal, playing intramurals to signing up for a personal trainer.

Many recreational programs are starting with the new semester. Grab some friends, join the fun and enjoy the excitement that comes with a fresh new year!

Thank you for taking the time to read the Rec Sports Review. I hope the new year brings you health and happiness.

Marci Kuhrt
Director, Recreational Sports

Rec-Y of the Month—Allison Zwarycz

On your dream vacation, where are you headed? Ireland

Favorite activity at Viterbo? VUAD Bingo

If you could meet a famous person, dead or alive, who would it be and why? Einstein—he was brilliant!

What actor/actress would most likely play you in a movie about your life? Emma Stone

If you were stuck on an island, what 5 things would you bring and why? Food, family, friends, water, shelter—because that’s all you need!

What is your favorite movie? Pride & Prejudice

What is your favorite activity outside of work? Baking

What is your favorite food? Or restaurant? Cheesecake