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WKU Intramural & Recreational Sports

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Preston Center Spring Newsletter!



VOLUME 4

ISSUE 1

March 1995

PRESTON CENTER SPRING STAFF



The Preston Center Staff of the 1995 spring semester would like to welcome our three talented interns: Cypheus Bunton, Wayne Lewis, and Greg Glass. Can you find them in the picture? Hint: They have on black, long sleeve t-shirts that say Preston Center on them.

FACILITY CORNER

Lockerroom Renovation

The long-awaited addition of carpet and tile in our student lockerrooms has been completed. We greatly appreciate everyone's patience during the construction process. We must stress that the faculty/staff sides are designated for our faculty and staff members only. The student's lockerrooms now have the same attributes that faculty and staff have enjoyed since our opening. All students should return to using their respective lockerrooms.

Locker Rental Update

The Faculty/Staff Locker rental system is changing for the better. The Preston Center has now added a top row of lockers in the student locker rooms to accommodate the ever-growing waiting list of

Faculty and Staff. The persons on the waiting list will now be channeled through the student side. When a locker opens up on the Faculty/Staff side, we will fill the locker request with a person's name from the student side. Hopefully, this will help solve the problem of obtaining a locker.

The locker renewal period is fast approaching. If you plan on leaving for the summer and have a locker please make sure to pay your rental fee before you go or you will lose your locker when the renewal period ends. The Preston Center will hold locker renewals from June 19-23 and from June 26-30 during lunch time (11:30-1). The cost of the lockers is once again \$15.00 for faculty/staff side and \$10.00 for student side lockers. **The Preston Center will accept checks only for locker rentals.** If you have any questions, please call Dan Driskell, Assistant Facility Manager at 745-6544.

Preston Center Logo

If you have walked in from Tate Page parking lot after dark, you've probably seen our newly painted logo, located below the dance studio window. Terry Davis and Chad Trenshaw, who both work as graphic artists in the Preston Center, volunteered over 20 hours of their time to produce the image. The logo can be seen as far as Regents Boulevard, helping unfamiliar recreators to identify the Preston Center from afar!



Aquatic Tidbits

The pool hours for the Spring Semester:

Mon.- Thur. 6-9am, 11:30-1pm, 3:30-10:30pm
Fri. 6-9am, 11:30-1pm, 3:00-7:30pm
Sat. 9-7:30pm Sun. 1-8:30pm

As a reminder to all, when the "Pool Closed" signs are posted in front of the locker rooms, the Pool and Hot Tub are closed. If you are in the pool area during closed times, you will be subject to loss of privileges at the Preston Center.

As the hot tub requires a high degree of maintenance, we are striving to provide it in full operation. Please bear with us while we make needed repairs.

Policy Updates

The improper use of Big Red ID cards to gain Preston Center access has been a recurring problem. Our policy states: "**Any person using an ID other than their own will have the ID confiscated and will be subject to the loss of Preston Center privileges.** Any person allowing their card to be used improperly will also be penalized. **All persons entering the facility must present a valid Big Red ID card upon entering the facility.**"

Dunking and hanging on rims will not be tolerated in the Preston Center. Any individual caught partaking in these activities will be asked to leave immediately. Repeat offenders will have to find somewhere else to play!!

If you check out equipment at the Control Desk, please be sure and return it. **If you lay down your checked-out basketball to jump in a game, and someone else walks with it, guess who is liable.** There will also be a charge for unreturned towels.

WELLNESS CENTER NEWS

4 Week Faculty/Staff Weight Training Study-Volunteers are Needed!

If you are not currently weight training: we want you! Benefits to you include: A personalized weight training program and body composition, strength, and cardiovascular assessments. For more details call: **Libby Greaney or Dave Hannum, 745-6531, Health & Fitness Lab, Preston Center.**

Weight Room Introductory Tours

These are held the first Monday of each month. Dates are 3/6, 4/3, 5/1. Time is 12-1:00p.m. Sign up at the Wellness Center front desk.

Hill Walkers to Walk Again!

A campus walking club is now being formed. The club, set to start in early April, will be open to faculty, staff, and students. Walking groups will meet during the noon hour at both the top and bottom of the hill. Participants who achieve mileage goals will qualify for incentive prizes. Details to be released shortly. For more information or to register, call the Wellness Center at **745-6531**.

Weight Management, Smoking Cessation, Stress Busters: Call to Register

To accommodate varying schedules we are now taking names for these positive lifestyle programs for faculty and staff. If you are interested in any classes, please call to put your name on a list. As soon as there are enough interested people, a class will be formed. In the meantime, don't forget to check our Health & Fitness Reference Center and Video lending library for immediate access to skills-building information.

Video & Discussion Brown Bag Lunch Session

Being a wise medical care consumer means getting the best possible care while saving money, time, and unnecessary tests. Learn how to be your own advocate for excellence in health care. Video showing will be followed by discussion. Participants will receive a booklet. Bring lunch if you like. Session to be held in DUC 226, Wed. April 5, at 12-1:00p.m.

FITNESS FEATURES

Fitness Classes

Fitness classes have exploded into action for the 1995 spring semester. With 34 classes to choose from between the dance studio and pool, participation is high with tremendous enthusiasm. Throughout the semester, participants are kept motivated not only by the benefits of regularly attending fitness classes, but an extra incentive is included. Participants who attend 25 or more classes receive a free T-shirt, sponsored by local businesses. Fitness classes are open to all Preston Center members. Faculty/Staff members' fitness fees



CAMP BIG RED



SUMMER DAY CAMP



FOR

CHILDREN

AGES 6-15



DATE: JUNE 5- AUGUST 4
(8- 1 WEEK SESSIONS)



TIME: 8a.m. - 4p.m.

PLACE: PRESTON CENTER



FOR MORE INFO:
PLEASE CONTACT MARK AT 745-5216.



****NOTE:** DO NOT NEED TO BE A MEMBER OF PRESTON CENTER
FOR YOUR CHILDREN/ GRANDCHILDREN TO PARTICIPATE.



are included in their monthly membership, and students pay \$30 each semester which includes an unlimited number of classes each week! For questions regarding Preston Center fitness programs, please call Maria or Sheryl at 745-5216.

Workshop: Tighter Assets

Presenter: Tamilee Webb

Learn the true meaning of tighter, toned and firm muscles. Discover how to create variety in your muscle conditioning classes that will keep you interested and give results. Tamilee Webb, MA, owner of Webb International, among the first ESPN Fitness Pros and the 1993 IDEA Instructor of the Year, is a leading professional in the fitness industry, recognized worldwide for her contributions to fitness education. Gain knowledge in the physiology and biomechanics of muscle conditioning and the difference between types of resistance. With the use of SPRI tubing, bands, bars, hand weights and steps, you can provide the muscle strength and endurance you can get from the big equipment in the weight room. Date is Sunday, April 23 in the dance studio. Registration is at 12:00 noon, Workshop is at 12:30 to 4:30PM. For more details call Sheryl at 745-5216.

INSTRUCTIONAL PROGRAMS

The Intramural-Recreational Sports Department offers instructional programs in 2 six-week sessions each semester. Participants meet one or two nights a week for six consecutive weeks. All classes are open to faculty/staff, students and their dependents.

Scuba classes are offered intermittently throughout the semester. The following dates and time are the sessions left for the spring semester:

Scuba-	<u>Section 3</u>	<u>Section 4</u>
	Mar. 27 & 30	April 17,20,24,& 27
	April 3,6& 10	May 1

Time: 6-10pm

Place: Scuba Center/Preston Center

Cost: \$135

NOTE: Weekend classes are scheduled when there is the demand.

****For any questions regarding the Instructional Programs, please call Sheryl or Carston at 745-5216.**

INTRAMURAL SPORTS

The time of year is once again upon us, where fun, excitement, competition, and healthy exercise fill the air. Yes, it's Faculty/Staff Intramural Sports time.

This year's program has something for everyone ranging from the usual volleyball to the brand-new disc golf tournament. Past years have not been as successful as hoped, however those who participated enjoyed the experience thoroughly. This year can be great with **increased participation**. As they say, the more, the merrier. What we need is for you to contact fellow workers and other cohorts on campus to generate interest and bring out the shy and behind the scene athletes.

All competition is on Saturday mornings for your convenience (call if not, we're flexible) and a good time is guaranteed for all!

So, grab the people you work with, form a team or just bring yourself, and try for the Faculty/Staff trophy that will look simply wonderful at the entrance to your department! For more information, call Terry Mullaney at 745-6061.

FACULTY/STAFF SPORTS SPRING '95 SCHEDULE

** Racquetball (singles): Roster Deadline
March 31st

** Wallyball Tournament: Roster Deadline April 14th

** Disc Golf Tournament: Sign-up Deadline April 21st

**THE FACULTY/STAFF SPORTS PROGRAM
DEPENDS ON YOUR PARTICIPATION**



ORAC
OUTDOOR NEWS

Outdoor Rental Center

It's that time of year again. Spring is in the air and it's time to dust off the hiking boots and backpacks and strike out on a trail never traveled. The Outdoor Recreation & Adventure Center (ORAC) has all of the equipment you need to enjoy a day out in the wild. We have camping equipment ranging from flashlights to six-man Dome tents.

ORAC also sets up trips for all occasions. If your group desires a whitewater rafting trip or a mountain biking trip, give the staff at ORAC a call and we'll see what we can do to help. Without input on what kind of trip you desire, we can only set up trips on the standards we think you will like.

Trips for this spring semester include horseback riding and whitewater rafting. **The horseback trip has been set up with Double-J Riding Stables near Mammoth Cave National Park, on April 1 and 2.** Saturday, April 1 will start the program with an afternoon ride at 3:30pm. This will be followed by overnight camping in the camping area and then on Sunday morning at 9:00am we will saddle up for another 2 hour trip. You will need to provide your own transportation to the stables and back to home. For more information about the trip, contact **Darren at 745-6545.**

The rafting trip has been tentatively set for April 22 or 23. As soon as we receive adequate feedback, a more concrete date will be set. If you have an interest in this trip, give us a call and tell us what you want. We can organize a trip in West Virginia on the New or the Gauley Rivers or we can hit the smaller rivers in the South including the Ocoee, Nantahala, or Chattooga. You make the call and we'll do our best to get what you request.

SUMMER MEMBERSHIPS

May 15th - August 18, 1995

1. Any spring semester student (6hrs. or more) or summer school student (one hour or more)**\$6.00 each**
2. Any student member's spouse or children.....**\$25.00 each**
3. Any faculty or staff members' spouse, children (all ages) or grandchildren ..**\$25.00 each**
4. Any visiting students with proof of internship status.....**\$6.00 each**
5. Adjunct/part-time faculty**\$25.00 each**
6. Adjunct faculty and part-time faculty's spouses and children (under 21).....**\$25.00 each**