

inside...

- N2 Student Rep's Message
- N3 NIRSA Financial Reserve
- N3 NIRSA Entities
- N4 Sponsored/Endorsed Programs
- N5 President's Message
- N6 Marketing Symposium
- N6 Staff Happenings
- N7 NIRSA Natural High

sidelines

In a new study, physical activity that only lasts 15 minutes, but done more often, may be as beneficial as longer workouts. The total amount of time spent, not the length of each session, is what is important. People who walk three plus miles a week, have a 10 percent reduction in heart disease; jogging, tennis, swimming or aerobics equals a 20 percent decrease.

Source: *Circulation: Journal of the American Heart Association*, as quoted in the *New York Times*, 9/5/00.



Decline of gym class has alarming consequences

According to a report in *Reuters Health*, as gym classes have declined, our students' waistlines have expanded. And with the growing rates of obesity and inactivity among American children, the timing could not be worst. Only 25 percent of US public schools require students to take physical education classes, down from 42 percent in 1991. A national drive to improve children's academic performance has come at the expense of what some consider less important pursuits, including physical activity.

Dr. Carl Gabbard of Texas A&M University in College Station, believes these cuts in physical education will show up in the form of poor health and fitness in the future. "Right now," Gabbard told *Reuters Health*, "twenty-five per-

cent of all school-age children are currently obese ... a 20 percent increase over the last 10 years. This is not the time to be cutting physical education out," Gabbard said. "The Surgeon General has said 'this is a grave mistake.'"

In the August issue of *Preventive Medicine*, officials at the Centers for Disease Control and Prevention (CDC) assert that schools can promote activity during recess by sponsoring non-competitive intramural sports, and by making their gym facilities more accessible to both students and the public. All schools can be the centers of students' physical activity, even beyond gym class. According to Dr. Howell

continued on page N2

True grit

It takes more than a little illness and some seasonal injuries to keep the women of Florida A&M University flag football team, Simply Marvelous from scoring big.

The team, which participated in the Flag Football World Cup in Cancun, Mexico in February (the only full college team invited), had to overcome obstacles just to get there.

Injuries over the season (broken collar bone and nose, a few jammed fingers and a torn ACL) had Simply Marvelous down from 13 members to 10 by the time the National Flag Football Championship was held in New Orleans in December. Due to family emergencies, they arrived short three players, leaving them only one player more than the minimum. Then during the nationals, the team's captain and another player came down with the flu but they still played. They may have finished second in the championships, but they took first prize for grit.

"Everyone was spent, but they never used illness as an excuse," says Marvin E. Green, Jr., the team's coach since 1991. "They just kept

continued on page N2



FAMU Simply Marvelous Flag Football



FAMU Simply Marvelous Basketball



Relationships are the key

Nathan Martin, NIRSA National Student Rep, University of Southern Mississippi

I am by no means a sap, but some recent events in my life, and in the lives around me, have struck my heart and produced a tear. As you read this message, keep in mind those people who have touched your life.

Recently I was talking with one of my fellow graduate assistants, Shawn, at Southern Mississippi. Shawn's mentor at the University of Tennessee at Martin had tragically died the week before. It was just after the funeral when I asked Shawn if he could describe what his mentor, Brian Brown, meant to him. After some thought, Shawn responded with, "Brian was a light."

The light to which he was referring was not merely a man, but a man who lit up

his life each and every day. This light gave Shawn direction in the unknown times, and nurturing in the struggling times. This light helped shape Shawn into the man he is today. Brian left a light on in those he touched that will burn eternally, and I am privileged to be working with some of his enlightened progeny.

I say that I am a family person and I believed that very strongly until these last two semesters. I had not been home in eight months because I had too much work or too many commitments or not enough money. Does this sound familiar? I got home to find out that 20 of my closest relatives and friends were coming from

all over California (which is no small feat) to celebrate my birthday with me. During the party I took a minute to look around at all of the people in the room who had touched my life. They all were there for me, and I felt as if I was the most important person in the world.

If you haven't already caught on to the lesson contained within these words, then let me enlighten you. Relationships are what life is all about.

If you look back on your life, you will find that you did nothing without the help and support and love of other people. You will remember and cherish those who gave you the most, even if they thought they gave you nothing.

I ask you to contact those who have touched your life and let them know what they mean to you. And if work, commitments, or money are keeping you from being with your loved ones, then ask yourself if your priorities are in the right place.

True grit

continued from page N1

playing, injuries and all," says Green, Intramural Sports Director. "I thought they would have given up. I didn't want to put them under too much pressure, but the team's perseverance just showed. They had to depend on each other."

Green's team has been undaunted since its inception in 1994. They've gone from fifth in the nation, to second this year. Two of the former players are now playing on in the recently debuted WPFL Women's Professional Football League in Dayton Beach, Florida.

Team members include undergraduates, graduate students in sports management, business administration, pharmacy, engineering, biology/pre-med and physical therapy; they have an overall GPA of 3.49.

"They take it seriously," says Green. "They are dedicated. They come to practice on time, and they have a no-nonsense attitude."

This year, the team that wasn't even in existence six years ago, placed sixth in the FAMU league that contains 32 men's teams.

"If we can beat men, we can go through women like a hot knife through butter," said one of the players. "We're playing men, and beating some of them!"

In 1995 Simply Marvelous participated

in its first extramural tournament in the Swamp Bowl sponsored by the University of Florida (Gainesville); they lost in the quarterfinals. The next year they won the championship and have successfully defended "State of Florida Champs" for four years. In 1996, the team traveled to its first NIRSA-sponsored regional and national tournaments, and has finished fifth in both 1997 and 1998.

Intramural sports leagues for women began at FAMU with flag football and basketball in 1993. Sports clinics were held exclusively for women in order to garner interest and support. The program began with 30 participants; today more than 90 participants attend the clinic annually. This past year, FAMU was the National Runner Up in both flag football and basketball.

FAMU, one of the nation's premier historically black colleges and universities, was recently voted "College of the Year" by *TIME* Magazine/Princeton Review, for its academic excellence and its "favorable environment for young adults seeking to receive post-secondary education."

The University's athletic programs have realized significant success in the Mid-Eastern Athletic Conference (MEAC), when both the men's and women's basketball teams earned NCAA tournament bids.

Gym class decline

continued from page N1

Wechsler and his colleagues at the CDC, teachers can encourage students to be active during recess, and schools can start non-competitive team sports to help get more children involved in sports.

"Sports participation drops off sharply as kids get older because the sports become far more competitive," Gabbard notes.

However, he said, getting more students into sports will not solve the fitness problem among young people. Students need physical education that teaches them the importance of activity throughout life. "It should be like brushing your teeth or putting on a seatbelt," Gabbard said.

There are no federal mandates that PE should be offered in the schools, and many states have no laws in the area. So, as Gabbard notes, that leaves it up to local districts and parents. "Parents need to demand that certified professionals run (physical education programs)." There is currently a bill before Congress that would authorize \$400 million over the next five years to help local school districts restore their physical education programs.

Sources: *Reuters Health* 8/29/00 and *Preventive Medicine* 2000; 31:S121-S137.

NIRSA X 3 = Twice As Good

To accommodate unprecedented growth, the organization of NIRSA is composed of three independent groups: NIRSA, The NIRSA Foundation, and NIRSA Services Corporation.

1. NIRSA

The National Intramural-Recreational Sports Association is a not-for-profit membership organization representing thousands of individuals and organizations. NIRSA serves as the leading advocate for excellence in recreational sports programming and services.

2. The NIRSA Foundation

Donations to the NIRSA Foundation are the only tax-deductible contributions to NIRSA. The NIRSA Foundation is a not-for-profit organization that supports the mission of the National Intramural-Recreational Sports Association. It provides opportunities through professional development, research, scholarships, educational resources, and efforts that promote multicultural and diversity awareness.

Founded in 1992, the Foundation is dedicated to educational and scholarly projects that enhance leadership development within recreational sports including quality programming, scholarly publications (the *NIRSA Journal*), training & development, and research.

3. NIRSA Services Corporation (NSC)

NSC is a taxable subsidiary of NIRSA. The gross revenues from sponsored and endorsed programs are unrelated to NIRSA's tax-exempt function and had grown to a substantial part of NIRSA's income. To preserve NIRSA's tax-exempt status, NSC handles unrelated business income and pays income tax on the net income. NSC can remit after-tax profits to NIRSA in the form of a dividend. NSC is a separate, but affiliated entity of NIRSA and is a wholly-owned subsidiary of the Association.

NIRSA Financial Reserve Funds

At the Annual Meeting of the Board of Directors in April 2000, the NIRSA Board adopted Financial Planning Principles. These principles included a description of the reserve system. NIRSA has set up three reserve accounts for different purposes and has invested these funds with Salomon, Smth Barney, Inc. of Oregon.

1. The **operating budget reserve fund** is an "emergency safety-net" for the Association, should unanticipated or catastrophic events threaten its welfare. The size of the reserve should be between 25 percent and 100 percent of the annual operating budget. These funds are invested in low-risk mutual funds. The current balance of this fund is approximately \$1,055,000 or 46 percent of the

2000 annual operating budget.

2. The **building reserve fund** funds major capital improvements and deferred maintenance on the NIRSA National Center. It is also to fund major technology projects. The balance of this account is \$350,000 and it is invested in low-to-medium risk mutual funds.

3. The **emergency and initiative fund** is for the Association's growth and development. Emergency or initiative items that cannot be funded by the operating budget may be funded by this reserve as approved by the Board of Directors. The current balance of this account is approximately \$610,000 and it is invested in moderate-risk mutual funds.

Parents want PE back at schools

In a national survey by the American Obesity Association of more than 1,000 parents with children aged 6- to 17-years, 80 percent do not want gym classes cut to make more time for academics.

"Schools are trying to balance the school budget on the hips of our children," Dr. Judith S. Stern, vice president of the AOA and director of a clinical nutrition laboratory funded by the National Institutes of Health.

Forty percent of the parents blamed television, computers and video games, combined with a lack of exercise for the burgeoning rate of childhood obesity. Stern said that in many families both parents work, leaving too little time to oversee the diet and exercise habits of children. Mandatory gym classes could provide an opportunity for daily physical activity, she noted.

Source: Suzanne Rostler at *Reuter Health*, 9/13/00.

Operation FitKids

With the health and fitness of our children at risk today, a nonprofit organization has taken action by forming Operation FitKids. It provides recycled commercial fitness equipment to local high schools or organizations at minimal cost so kids can have greater access to a comprehensive physical fitness program.

"The way to ensure a brighter future is to invest in our children today," says Dee Dee Kovacevich, Executive Director. "Fitness is a powerful tool to build the character of kids. It gives them greater self-esteem, confidence and discipline. This is a wonderful way corporate America can give back to its communities. Right now, more than 50,000 kids benefit from these fitness centers, thanks to the companies and organizations that have helped improve the quality of their lives."

Nautilus Sports/Medical, Inc, Star Trac, StairMaster, Reebok/CCS, and The Step Co. are just a few of the companies

For the first time, Special Education students at Montgomery High School in San Diego can now use fitness equipment



that have contributed equipment.

Operation FitKids, the youth fitness program of the American Council on Exercise, has arranged for the donation of more than \$6 million (6,000-8,000 pieces) to more than 100 facilities. For more information or if you are interested in donating equipment, contact Dee Dee Kovacevich at Operation FitKids: deedeek@acefitness.org, www.OperationsFitKids.org or phone (858) 535-8227 ext 707.

Ian McGregor, Ph.D.,
Dominican University
of California



Question: My campus recreation runs a successful summer camp in many sports with many skill/ age levels. What are the key liability issues?

Answer: While these are great moneymakers, from a risk perspective, there is more liability exposure when dealing with children's programs than with 'adult oriented' programs.

The key concept here is the *reasonable parent test*, which means you are expected to take care of children as if they were your own. The standard of care for kids is much higher than for college students. Thus, the key issue is *adequate supervision* of camp participants (others are maintenance, equipment and background checks) – but supervision is the key! Here are some key elements of *supervision*:

1. Hire properly qualified instructors (First Aid/CPR qualifications).
2. Conduct drills/activities/games appropriate for specific age groups.
3. Teach skills in a progressive manner (documented through lesson plans).
4. Determine the level of supervision (general v. specific supervision). Use common sense, but the general rule is "the higher the skill/risk level or younger the age group, the higher the supervisor-to-participant ratio required."
5. In certain situations, match participants based on age/ability level.

Note: Supervision also applies to lunch periods, 'transitions' periods, as well as 'babysitting' campers before it begins or when camp ends.

One last word here. Make sure an *Emergency Response Plan* is in place to deal with all situations – be it scrapes, bruises, missing children or serious medical emergencies.

Editor's note: For more detailed information on supervision issues, the NIRSA *Risk Management Manual* is available. Details in "Solutions" on website nirsa.org. If you mention this ad when you order, take 10 percent off the price: Member \$45/now \$40.50 and Retail \$75/now \$67.50 with ad.

Sport Club Championships

Tennis

Mark your calendars for March 16-17, 2001, the date for the 2001 USA Team Tennis National Campus Championship. In partnership with USTA and ITA, NIRSA will present this second annual tennis event at the University of Texas-Austin. Please contact Valerie McCutchan at the NIRSA National Center for more information.

Soccer

Entries for the 7th Annual NIRSA Collegiate Soccer Sport Club Championships draw to a close at the end of October. NIRSA hopes to surpass the record 59 teams from last year, and achieve a maximum capacity of 64 men's and women's teams in 2000. The event will be held November 15-18 on the campus of the University of Texas-Austin. Please check the NIRSA Website for tournament results: nirsa.org/soc001a.htm.

Also check there to see the ever-growing list of collegiate club soccer leagues around the country. If your team is in a league, but it is not posted on our website, please let us know. NIRSA is always looking for possible host schools for the Soccer Championships. If you have access to 10-12 lighted soccer fields, and are interested in hosting the National Soccer Championships, please let us know.

Volleyball

The 17th Annual NIRSA Collegiate Volleyball Sport Club Championships will be held April 11-14, 2001 in Kansas City, Missouri. Packets will be mailed in late November. Watch the NIRSA Website for updated information on rule changes, eligibility and divisional structure: nirsa.org/nir14g1a.htm.

Endorsed Programs Update

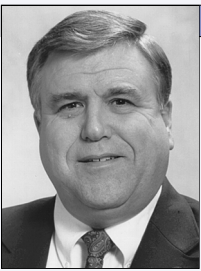
National Media Group notified NIRSA that last year's Super Hoops title sponsor, efollett.com, has withdrawn its support of the Super Hoops program due to recent reorganization and budget cutbacks. While NMG intends to seek support from other potential sponsors, it is unlikely that funding for the 2000-2001 academic year can be secured at this late date.

NIRSA Partners: Sponsored and Endorsed Programs

PROGRAM/DESCRIPTION	PROGRAM AGENT/REP.	PROGRAM TYPE	PHONE
ActiveLeagues <i>Web solution for recreational sports administrators</i>	Active.com	Strategic Alliance	888-382-3312
NIRSA Insurance <i>Insurance needs for recreational sports administrators</i>	Continental Insurance	Sponsored Program	801-466-0805
USA Tennis on College Campuses <i>Instructional and Team Tennis Program</i>	USTA	Endorsed Program	310-645-7966
NIRSA Sports Boards Network <i>Display boards</i>	Campus Concepts	Endorsed Program	800-743-2220
Flag Football <i>Sponsored sport event</i>	Campus Concepts	Endorsed Program	800-743-2220
Training & Fitness <i>Sponsored sport event/program</i>	Campus Concepts	Endorsed Program	800-743-2220

2001 Sports Club Symposium

The next NIRSA Sports Club Symposium will be held in Albuquerque, New Mexico at the Sheraton Old Town Hotel on June 21-23, 2001. Lodging is \$95/plus tax, single/double.



Fall kicks off professional growth and development

William T. Sells, NIRSA President, Ohio University

Looking out of my office window at the foothills of the Appalachian Mountains, as the fall leaves begin to display their beautiful, majestic autumn colors, I see our university and college campus begin to become alive with the “hustle and bustle” of young people.

As we in the recreational sports profession settle in for yet another exciting year of activities and challenges, I find myself thinking how important it is for all of us to continually strive to grow so we can better serve our participants.

We have an enormous impact on the physical, emotional, social and mental development of our students, our faculty and staff in our university communities, in our recreation and parks programs, at military installations, and in the many other recreation environments. We have a potential to impact all recreation professionals, our communities, and our society.

As the leaves' colors radiate on the hillside, I think how just participating in NIRSA at the state, regional and national level is one of the best means to stay current of industry trends to better meet the needs of our participants. I like fall because it always marks the “kick off” of NIRSA professional development opportunities through our NIRSA state workshops, regional conferences, and national symposia.

Through NIRSA, we receive the most current information possible about our profession. We have access to research grant programs, to the Sport Officials Development Center, through professional publications, audio-cassette tapes and videos, networking in chat rooms, the NIRSA Website, to the Career Opportunities Services and much more.

I reflect on the networking and exceptional continuing education experiences at the NIRSA regional conferences, the *Recreational Sports & Fitness* magazine and the *NIRSA Journal*, and NIRSA Specialty

Symposia for Marketing, Facilities, Sports Clubs, and Outdoor Recreation, the NIRSA School of Recreational Sports Management and the NIRSA Executive Institute. All of these contribute toward our professional enhancement and development, which aids us in providing our participants safe, effective, enjoyable programs and facilities.

NIRSA has been, and always will be, the leader in providing exceptional opportunities for the professional growth and development of future recreation professionals. I encourage you to take advantage of all of these exceptional resources.

We have an obligation as recreation professionals to be role models and mentors for our participants, our future recreation professionals, our staff and colleagues. NIRSA's outstanding awareness, commitment, and dedication to student development is unprecedented. This is vividly displayed through the regional NIRSA Student Lead Ons, the Annual NIRSA National Conference Student Development Pre-Conference Workshop, as well as the student sessions provided at the state workshops, regional workshops, and national conference. And most of all, through the commitment of our members in their caring, sharing and mentoring of those who are the future of our profession.

As I enjoy my brief moment of the beauty of nature and peaceful meditation, I again realize that NIRSA is an exceptional professional organization. Its members are outstanding individuals, the NNC Staff is superb, and NIRSA members are truly the leaders in recreation. We do make a difference!

I challenge you to continue to make that difference, to share NIRSA with others, to celebrate your profession and your professional association...you do so much for so many! I encourage you to utilize the services of NIRSA, I remind you to renew your professional and institutional NIRSA membership. If you are not a member, I invite you to become a member of an outstanding professional association as we embrace the challenges of being leaders in the recreation profession in the 21st Century.

Contact William T. Sells, NIRSA President, by writing to him at Division of Campus Recreation, Ohio University, Ping Student Recreation Center, Athens, OH 45701-2979; or calling (740) 593-9907; faxing (740) 593-9903; emailing bsells1@ohiou.edu

Tell us what you think

Our goal is to listen to you, our members. Please consider NIRSA as your source for everything related to recreational sports, intramurals, fitness, and wellness. If there's anything we can do to make you happier, we want to know about it. Tell us what you think of our website or what sports and features you'd like to see in the *NIRSA Know*, *RSF*, and our conferences. Don't like what you see? Tell us— we can take it! Email your comments to nirsa@nirsa.org.



Featured speaker:
R. Eric Reidenbach,
PhD

Founding and principal partner of VALTec Group, Eric Reidenbach has pioneered the development of techniques in value analysis, customer retention, benchmarking, and continuous improvement. With extensive experience in marketing research, measurement, instrumentation, and modeling, he has consulted the US Government (Pentagon, Naval Research Labs, Postal Service), as well as Fortune 100 and Fortune 500 companies such as Benetton Spa (Italy), Caterpillar, Inc., Dow Chemical, Holiday Inns of America, Kmart, BellSouth, McDonalds, Mitsubishi, Silver Springs Sportswear,

Toyota U.S.A., Walt Disney World and Xerox. He has worked with industry leaders on projects ranging from the development of value-based instrumentation, to the deployment of value-driven systems to enhance organizational productivity. Reidenbach is the co-author of 12 books on marketing research, management, and planning and has published more than 100 journal articles in the field of marketing and measurement.

Other speakers

Rick Burton, an international authority in sports marketing, directs the prestigious Warsaw Sports Marketing Center, an integral part of the Charles H. Lundquist College of Business at the University of Oregon.

Evelyn Kwan Green has spent the past eight years educating NIRSA mem-



bers on the value of marketing in the recreational sports industry. She was instrumental in forming and chairing NIRSA's Marketing Special Interest Committee. She is the Associate Director for Marketing, Sales, and Public Relations in the Division of Recreational Sports, at the University of Southern Mississippi.

Registration

Registration fees begin at \$225. Multiple registrants from the same institution receive discounts. To attend, visit nirsa.org/99mark1.htm.

staff happenings

Just married

Karen (O'Kelley) Bach, Assistant to the Executive Director, married Aaron Bach in August. After a long honeymoon in Hawaii, they are now living in Salem, Oregon with Karen's daughter Sadie, 16. They met several years ago at a tailgate party for a Civil War football game (OSU Beavers vs. UO Ducks). Aaron works for an investment company and both are golfers. They recently took Cha Cha dance lessons and showed off their moves at the wedding. Born and raised in Napa, California, Karen got her degree in Business from OSU. She worked with the Oregon Sen-

ate Educational committee prior to joining NIRSA more than a year ago.

Welcome to full-time

Please congratulate Charla Larkin who has now become our Accounting Assistant and a full-time employee of NIRSA. She began part-time a year ago, and is responsible for accounts payable, invoicing, payment processing and special projects for accounting. Charla, who recently married Michael, has two daughters, Megan, 12 and Rachel, 5. She bakes fabulous chocolate cakes and creates beautiful stained glass objects (be sure to see the stained glass NIRSA logo hanging in our board room.)

Employee of the month

Melody Brown is the NIRSA Employee of the Month for September 2000. A new hire, Melody has mastered an amazing amount of information about NIRSA membership and its processes. She was a huge help in keeping our renewals and membership card processing going while Membership Services Coordinator Kim Daley was on leave in Africa. She also successfully compiled and mailed the State Directors mailing for August without any previous training and very little outside assistance. She has already become familiar enough with membership processing to

recognize problems and know how to fix them. Congratulations, Melody!

New office boy

Our new part-time staffer is Samuel True Callender, born to Mary and Bill June 29. Mary, our National Sport Programs Director for the past five-and-a-half years, will be taking Sam to the National Soccer tournament in Austin November 13-18. Sam joins his sister Emma, 3. Mary reports that she and Bill, Director of Aquatics Programs at Oregon State University, look forward to getting some sleep sometime soon.

Congratulations

Murry Greenwald, head of NIRSA's publishing partnership EBM Publications, recently received the IMCEA – International Military Community Executives Association MWR Leadership Award. The MWR (Morale, Welfare and Recreation) recognizes more than 40 years of exceptional leadership contributions to the military community.



Karen and Aaron Bach

important dates to remember

November 11, 2000

Nominations for student candidates for office due at NNC

November 15-18, 2000

7th Annual NIRSA Collegiate Soccer Sport Club Championships, Austin, TX

November 17-19, 2000*

Region VI NIRSA Conference, Anchorage, AL

November 30-Dec. 2, 2000*

NIRSA Marketing Symposium, Las Vegas, NV

December 9-11, 2000

Executive Committee Meeting, Athens, OH

December 15, 2000

Deadline for Honor Award Nominations

December 31, 2000

Deadline for Regional Award of Merit Nominees

January 2001

Regional III Conference and Lead On - TBA

February 22, 2001

National Recreational Sports & Fitness Day

March 5, 2001

Committee Year-end Reports due to NNC

March 16-17, 2001

USA Team Tennis Championship, UT-Austin

March 25-27, 2001

Executive Committee meets, Reno, NV

March 27-31, 2001*

52nd NIRSA Annual Conference & Expo, Reno, NV

April 11-14, 2001

17th Annual NIRSA Collegiate Volleyball Sport Club Championships, Kansas City, MO

June 4-7, 2001*

School of Recreational Sports Management: Level I, Orlando, FL

June 5-7, 2001*

Executive Institute, Orlando, FL

June 21-23, 2001*

Sport Club Symposium, Albuquerque, NM

Deadlines for submitting classified ad text for position listings on the NIRSA Website are the 10th and 25th of each month.

*Certification Exam Site.

Want a Job? Get a job!

It's almost that simple to use NIRSA's Online Career Opportunities Service. Offered via the Members Only section of *nirsa.org*, this resource continues to be a success with an average of 2,270 independent page visits per week.

Job seekers: Individual Member access to job listings is free!

Job seekers continue to comment on how convenient it is to be able to view job listings and appreciate that the site is updated twice a month.

Candidate fees for the COS

	Member Rates		Non-Mem. Rates	
	6-mo.	12-mo.	6-mo.	12-mo.
Website	Free	Free	---	---
Email	\$15	\$25	\$50	\$85
First-class	\$30	\$40	\$65	\$100

Job Recruiters

Employers comment on how timely the service is because less lead-time is needed to post a position. Copy deadlines are the 10th and 25th of each month. The Website is updated with these listings on the 15th and the 1st. Email your classified ads to *nirsa@nirsa.org*. Listings run until the job closing date or for 60 days.

The fees for the listing service are:

Institutional Members: First 100 words are free, and it is 50¢/word for each after the initial 100.

Non-Members: 50¢/word. Employers are invoiced after the listing is published.

Mailing Labels: Employers can purchase mailing labels for their own direct mailing. Contact NIRSA for details.

NIRSA Natural High

Although last week was National Collegiate Alcohol Awareness Week, the list below is of things athletes and rec sports professionals can do year-round. NIRSA promotes NCAAW through the IATF, Inter-Association Task Force on Alcohol and other Substance Abuse Issues.

- Place ads in athletic programs or local newspaper.
- Make prevention announcements at athletic events: use scoreboards and marquees; print prevention messages on cups and napkins.
- Encourage athletes to act as prevention mentors at schools.
- Have coaches and athletes make pub-

lic service announcements for radio or TV.

- Sponsor a responsible tailgate party in conjunction with an athletic contest.
- Hang safety and prevention banners in the gymnasium and at the fields.
- Sponsor a fun, visible event such as a fun run or tug-o-war.
- Extend the fitness center hours.
- Offer free fitness demonstrations.
- Do blood pressure or cholesterol screenings.
- Have a sporting event marathon to raise awareness or money.
- Offer free swing dancing or ballroom dancing lessons.

For more information, visit the NIRSA Natural High program at *nirsa.org*.

NIRSA National Center
4185 SW Research Way
Corvallis, OR 97333-1067
 tel: (541) 766-8211
 fax: (541) 766-8284
 email: nirsa@nirsa.org
 web: nirsa.org



NIRSA Know material is copyrighted by NIRSA.

EDITOR

SARAH JANE HUBERT

GRAPHIC DESIGNER

CORY GRANHOLM

NIRSA National Center Staff Email Addresses & Phone Extensions

tel: (541) 766-8211

ASSISTANT TO THE EXECUTIVE DIRECTOR

KAREN BACH, karen@nirsa.org x11

RECEPTIONIST

MELODY BALL, receptionist@nirsa.org x10

EXECUTIVE DIRECTOR

KENT BLUMENTHAL, kentb@nirsa.org x11

EDUCATION DIRECTOR

JOELL BROWN, joell@nirsa.org x17

NATIONAL SPORT PROGRAMS DIRECTOR

MARY CALLENDER, mary@nirsa.org x14

WEBSITE ADMINISTRATOR

TODD COTTON, webmaster@nirsa.org

MEMBERSHIP SERVICES COORDINATOR

KIM DALEY, kim@nirsa.org x25

ADMINISTRATIVE ASSISTANT

VICTORIA FINDLAY, victoria@nirsa.org x21

GRAPHIC DESIGNER

CORY GRANHOLM, cory@nirsa.org x26

MARKETING DIRECTOR

AARON HILL, aaron@nirsa.org x13

EXPOSITION & ADVERTISING MANAGER

CAROLE HOBROCK, carole@nirsa.org x16

COMMUNICATIONS SPECIALIST / EDITOR

SARAH JANE HUBERT, sarah@nirsa.org x20

ACCOUNTING ASSISTANT

CHARLA LARKIN, charla@nirsa.org x23

STAFF ACCOUNTANT

KAY MASSEY, kay@nirsa.org x19

PROGRAM/EVENT COORDINATOR

VALERIE MCCUTCHAN, valerie@nirsa.org x15

CHIEF FINANCIAL OFFICER

PAM WATTS, pam@nirsa.org x18

NIRSA's Mission Statement

The mission of the National Intramural-Recreational Sports Association is to provide for the education and development of professional and student members and to foster quality recreational programs, facilities and services for diverse populations. NIRSA demonstrates its commitment to excellence by utilizing resources that promote ethical and healthy lifestyle choices.



Members on the Move ... on the web!

So many of our NIRSA members were on the move this summer, we couldn't print them all! Check out nirsa.org to see where your colleagues have moved.

Are you a Member on the Move? Let us know! Contact us at nirsa@nirsa.org.

Reno 2001: Reserve your room today!

The Reno Hilton is now accepting room reservations for the 2001 NIRSA Reno 2001 Annual Conference & Expo. Contact the hotel directly to reserve your room at 800-648-5080 and request the group rate for NIRSA.

- *Single/double* \$99/night + taxes
- *Triple/quadruple* \$109/night + taxes

New reservation procedure: To assist the hotel and NIRSA, a deposit equal to one night's stay charged to a credit card number (or other valid form of payment) is required when you reserve your room. Cancellations must be made by February 8, 2001 for your deposit to be refunded; cancellations after February 8 result in forfeiture of the deposit.

If you have any questions, contact Ms. Joell Brown, Education Director, at (541) 766-8211 or email joell@nirsa.org.

Be kind to your colleagues: Multiple reservations under one name will no longer be accepted. This new procedure eliminates attendees inadvertently double-booking and over-booking, which artificially fills the NIRSA block through the early registration deadline. In the past, this has caused many attendees to be charged a much higher regular room rate.

Suites: The Hilton has a wide variety of suites reserved on a first-come, first-served basis. Contact the hotel directly at 800-648-5080 to reserve one.

2001 NIRSA Honor Award nominations: December 15, 2000

Guidelines are available at nirsa.org, or contact awards chairman, Dr. Jeffery Vessely, Indiana University Purdue University Indianapolis, Office of the Dean of Students, 815 W. Michigan Street Indianapolis, IN 46202-5164.

Student member nominations for office: November 11, 2000

Contact the NNC or go to nirsa.org for nomination guidelines, then send to Patti Bostic, Executive Director, Department of Recreation Services at the University of Connecticut, U-3078, 2111 Hillside Road, Storrs, CT 06269. Phone: (860) 486-0003; fax: (860) 486-506; email: patricia.bostic@uconn.edu.

Certified Recreational Sports Specialists

Congratulations to the following NIRSA members who recently passed the challenging CRSS exam and are now recognized as NIRSA Certified Recreational Sports Specialists: Sam Axley, Scott Bosier, Christopher Clarke, Jeffrey Dean, Heidi Dirksen, Jeff Elbracht, Tony Franklin, Michael Gallagher, Mike Giles, Laura McErlean, Maria Moon, Preston Peper, Jim Walczyk, and Barbara Witter.

This is no small feat. The exam covers programming, management & operations, risk management & legal concepts, evaluations, participant's rights, history, and ethics.

It is offered throughout the year at regional/state workshops and conferences. For more information, a study guide, and application, contact the NNC (541) 766-8211 or submit a request through nirsa.org. Future exam sites can be found on the events calendar also located on nirsa.org.

Pre-order a Recreational Sports Directory

The 2001 RSD will be on sale this fall to professional and student members at a greatly reduced new price of \$25 for Professional and Student Members Only and \$150 for Associate Members. The RSD is not available to non-members.

Golf for a good cause

One of the major fund-raisers for the NIRSA Foundation is the golf tournament at the NIRSA Annual Conference & Expo. NIRSA regional and state organizations can host golf tournaments to benefit the Association. To discuss setting up a golf tournament, contact the NNC, (541) 766-8211.

With regret...

Dr. David O. Matthews, former Director of Campus Recreation at the University of Illinois from 1962-1979, passed

away August 30, 2000. Dave was instrumental in getting IMPE built. He served as the President of NIRSA in 1963 and 1964, and was a NIRSA Honor Award winner. A scholarship has been set up in his memory at the University of Illinois. Your donations will be accepted: The David O. Matthews Memorial Fund, c/o University of Illinois Foundation, Harker Hall, 1305 West Green Street, Urbana, IL 61801.

New "Online Information Forums" & Listserv Reconfiguration

Our recent switch to new computer servers has allowed us to reconfigure all of our Listservs. This has also presented an opportunity to add new "Online Information Forums." Seven new Online Information Forums have been added that may involve re-subscribing by members. The new forums will mirror the popular email Listservs, many of which have been functioning for five years.

- NIRSA RecSports
- NIRSA Facilities
- NIRSA Aquatics
- NIRSA ImSports
- NIRSA Sport Clubs
- NIRSA Students
- NNH-Fitness-Wellness.

Please utilize these areas to share information with your colleagues. This should develop into a tremendous resource and an ongoing "FAQ" (Frequently Asked Questions) for the Association as well as the profession. For example, if you have a "general interest" RecSports type of question, explore the archived messages and you may find the answer there. It will expand as more members use the service.

How it works: Email a question (for example) on the RecSports Listserv (recsports@nirsa.org) and you might receive 25 appropriate answers back via email. Post your best responses on the RecSports Forum and you will be helping others who may have similar questions in the future. You can also post your comment/question directly on the website and await the responses posted in real time. These areas are only for information that is either professional or NIRSA related; they cannot be used for notices, position announcements, or event announcements.