Top 30 Participation Activities in the U.S.

Fitness activities and outdoor pursuits are the two categories now attracting the highest level of interest among sports participants in the U.S. Below are the top 30 sport and recreational endeavors in the US based on 2002 participation.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>NO. OF PARTICIPANTS (IN MILLIONS AGED 6+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bowling</td>
<td>53.2</td>
</tr>
<tr>
<td>2. Treadmill Exercise</td>
<td>43.4</td>
</tr>
<tr>
<td>3. Freshwater Fishing (not Fly)</td>
<td>42.6</td>
</tr>
<tr>
<td>4. Tent Camping</td>
<td>40.3</td>
</tr>
<tr>
<td>5. Billiards/Pool</td>
<td>39.5</td>
</tr>
<tr>
<td>6. Stretching</td>
<td>38.4</td>
</tr>
<tr>
<td>7. Fitness Walking</td>
<td>38.0</td>
</tr>
<tr>
<td>8. Day Hiking</td>
<td>36.8</td>
</tr>
<tr>
<td>9. Basketball</td>
<td>36.6</td>
</tr>
<tr>
<td>10. Running/Jogging</td>
<td>35.9</td>
</tr>
<tr>
<td>11. Stationary Cycling*</td>
<td>29.1</td>
</tr>
<tr>
<td>12. Dumbbells</td>
<td>28.9</td>
</tr>
<tr>
<td>13. Hand Weights</td>
<td>28.5</td>
</tr>
<tr>
<td>14. Weight/Resistance Machines</td>
<td>27.8</td>
</tr>
<tr>
<td>14. Golf</td>
<td>27.8</td>
</tr>
<tr>
<td>15. Calisthenics</td>
<td>26.9</td>
</tr>
<tr>
<td>16. Hunting (Shotgun/Rifle)</td>
<td>25.9</td>
</tr>
<tr>
<td>17. Target Shooting (Pistol, rifle)</td>
<td>25.6</td>
</tr>
<tr>
<td>18. Abdominal Machine/Device</td>
<td>25.4</td>
</tr>
<tr>
<td>19. Archery</td>
<td>23.3</td>
</tr>
<tr>
<td>20. Ice Skating</td>
<td>21.6</td>
</tr>
<tr>
<td>21. Horseback Riding</td>
<td>21.3</td>
</tr>
<tr>
<td>22. Abdominal Machine/Device</td>
<td>20.7</td>
</tr>
<tr>
<td>23. Abdominal Machine/Device</td>
<td>20.7</td>
</tr>
<tr>
<td>24. Archery</td>
<td>20.6</td>
</tr>
<tr>
<td>25. Trap Shooting</td>
<td>19.9</td>
</tr>
<tr>
<td>26. Air Rifles</td>
<td>19.2</td>
</tr>
<tr>
<td>27. Trap Shooting</td>
<td>18.8</td>
</tr>
<tr>
<td>28. Horseback Riding</td>
<td>18.5</td>
</tr>
<tr>
<td>29. Archery</td>
<td>18.4</td>
</tr>
<tr>
<td>30. Ice Skating</td>
<td>18.3</td>
</tr>
</tbody>
</table>

Source: SGMA International’s annual Superstudy of Sports Participation conducted by American Sports Data, Inc., which monitors 303 sports and fitness activities.

* (Recumbent, spinning, upright)


The nationwide study reveals that students who participate in recreational sports and fitness activities are more likely to succeed at their college work and be more satisfied with their overall college experience. With data collected from more than 2,600 students at 16 colleges, this independently conducted study is the largest of its kind.

This innovative, highly productive professional leader became a role model, early on, in the development of students in recreational sports programs on college campuses. As an active member of NIRSA since 1977, this outstanding leader served on several NIRSA committees, presented at regional and national conferences, authored several articles and co-edited NIRSA publications. Our awardee received the NIRSA Outstanding Service award, both as a student and as a professional.

The 75 professional NIRSA members and students who attended the February Emerging Recreational Sports Leaders conference in Atlanta came away with new skills and new contacts. Hosted by Clark Atlanta University, the goals of the event were not only to renew and foster relations with Historically Black Colleges and Universities (HBCU’s), but also to encourage the attending graduate assistants to consider health, wellness and recreation as a career. The NIRSA recreational sports directors, primarily from Regions I, II, and III, also urged the students to obtain further education beyond a bachelor’s degree.

“Sessions focused on careers in recreation, leadership development skills, and succeeding as a graduate assistant. These students might only have experience on a smaller university…we wanted them to know that recreational sports is not only a big business on big campuses, but ultimately it is a good career,” says Damon Brown, ERLSC Coordinator from Central Michigan University.

During this year’s two-day conference, NIRSA professionals from around the country served as educators, role models and mentors, sharing their
Attending the press conference ceremony were:

- Dr. Tim Hudson, Provost, University of Southern Mississippi, Hattiesburg, MS
- Dr. Glenn Nicholls, Vice President for Student Affairs, Case Western Reserve University, Cleveland, OH
- Dr. Phillip Downs, author of the study and partner with Kerr & Downs Research, Tallahassee, FL
- Brian Carswell, NIRSA President, University of Arizona, Tucson, AZ
- Wayne Harper, Chair, NIRSA Foundation, University of Louisiana (Lafayette)
- Other NIRSA officials and members.

Additional copies of the RSJ are available to members free while they last by calling the NNC at (541) 766-8211. The study is available for download in the "Members Only" section at nirsa.org.

ERSL continued from page N1

expertise and experiences with the student participants.
The topics varied: National Student Representative, Dirron Allen (Mississippi State), detailed the history of NIRSA, while both incoming president, Sid Gonsoulin (University of Southern Mississippi) and Dr. Kent J. Blumenthal, NIRSA executive director, discussed current trends in the Association.

Region III Vice President Stan Shingles (Central Michigan University) and Fabian DeRozario (Golden Key – National Honor Society) demonstrated ways to communicate for positive results. J.R. Rathjens, Ben Jordan-Downs, and Dan Goldberg, all graduate assistants from The Ohio State University, gave a presentation titled “The Grad School Experience.”

Ernita Hemmitt from Clark Atlanta University described effective interview techniques and tips for writing a successful résumé: Demond Pryor, a graduate assistant at Central Michigan University, talked about ways to market yourself in recreational sports; and Damon Brown wrapped up the event with his presentation, “Turning Your Dreams into Reality.”

“One of the most effective parts of the conference was the mock interviews we held for the students that was coordinated by Kenneth Hill, assistant director of intramurals at The Ohio State University,” says Brown. “They learned how to how to prepare a résumé, conduct themselves when applying for a job, and effective communications tips.”

The Emerging Recreational Sports Leaders Conference continues to serve as a vehicle to educate students and professionals about the rich and exciting history of NIRSA. In 2004, the 13th Annual ERSL Conference is February 6-7 at Clark Atlanta University. For questions, contact: Damon Brown, Mt. Pleasant, MI at (989) 774-3689.

The ERSL Vision
The first ERSL conference back in 1992 was the vision of Mike Dunn, director of Recreational Sports, The Ohio State University and the Association. It was organized as a forum for “information exchange, education, discussion, critical communication, and positive dialogue for those interested in the field.” The ERSL conferences are patterned on the same principles that NIRSA founder Dr. William Wasson had back in 1950 when he convened the first meeting of 20 intramural directors from eleven HBCU’s so that “information and idea exchange” could take place.

'03-'04 Committee Chairs*

Aquatics: Charles Logan, Texas A & M (College Station)
Basketball: James Wilkening, University of Central Florida
By-Laws: Ken Lovic, Georgia State University
Career Opportunities: David Hall, University of the Pacific
Community/ Jr College: Travis Beetley, Sinclair Community College
Conference Exhibition: Gayle Kreckman, Georgia Institute of Technology
Conference Program: Brian Carswell, University of Arizona
Ethics: Robert Fox, University of Michigan (Ann Arbor)
Extramurals: Randall Ford, University of Texas at Austin
Facility Management: Joe Kaminski, University of Nebraska (Omaha)
Family & Youth: Sean Fitzgerald, Southeast Missouri State University
Finance: John Meyer, University of Colorado (Boulder)
Fitness: Jennifer Speer, University of Texas at Austin
Flag Touch Football: Christopher Muller, University of Texas at Arlington
Floor/Ice/Roller Hockey: Jeff Dvorak, University of Wisconsin (Madison)
Honor Award: Stan Campbell, University of Nebraska-Lincoln
Instructional: George Brown, University of Alabama (Tuscaloosa)
Intramurals: Richard Jackson, Bemidji State University
Journal Editorial Board: Lynn Jamieson, Indiana University (Bloomington)
Marketing: Kristine Stotler, Southwest Texas State University
Membership: Gene Grywna, Northeastern University
Elementary/Secondary: Mary Chappell, ** University of Kansas
Military: Kerrie Smith, ** Naval Air Weapons Station China Lake
Correctional: Warren Simpson, ** Hardin-Simmons
Nominations & Elections: Tamra Garstka, Arizona State University
Outdoor Recreation: Andrew Martin, University of Northern Iowa
Research: Gerald Maas, Wyoming Department of Education
Soccer: TBA
Softball: Brad Tittrington, Susquehanna University
Sport Club Championship: Howard Taylor, Arizona State University
Sport Clubs: Maryann Rapposelli, University of Delaware
Standards: Kathryn Bayless, Indiana University (Bloomington)
Student Leadership & Academic Awards: Kim Clark, University of Arizona
Student Professional Development: Troy Vaughn, Ball State University
Volleyball: TBA
*Committees subject to change
**Sub-chair

N2 nirsa know MAY 2003

NIRSA WEBSITE: nirsa.org
We have all benefited from the work of this person who has served with distinction and who deserves our special recognition. One past president remembers that: “She is a great listener and problem solver seeking win-win outcomes in challenging situations.” Another states: “She always gave her undivided attention to each NIRSA member. She worked incredibly hard behind the scenes so that the conference and office processes were flawless.”

The past executive director of NIRSA wrote: “Her responsibilities over the years included the development and supervision of every facet of NIRSA as NIRSA emerged as a dynamic national and international organization. She was a principal player in the development of every major and minor program or service developed by NIRSA during her tenure.”

Our Honor Award winner served as the assistant executive director of NIRSA from 1987 to the year 2000. We are pleased to present the 2003 NIRSA Honor Award to a most deserving Natalie Kovac.”

2003 NIRSA Honor Award Committee: Hazel S. Varner, Chair; Members include: Stan Campbell, Larry Preo, Judy Yeast, and Christopher Wise.

NIRSA Honor Award Criteria
Complete guidelines governing nominations are on the NIRSA website at nirsa.org. Submit nominations for the 2004 Honor Award by December 15, 2003 to Honor Award Committee Chair, Stan Campbell, CRSS, University of Nebraska–Lincoln (scampbell1@unl.edu).

Congratulations go to the Association’s newest Certified Recreational Sports Specialists (CRSS) for their success and competence.

Michael Beal  
Eric Corbitt  
David Frock  
Rick Hamilton  
Tara Parker  
Serafin Thomas  
Terry Huntley  
Peter Murray  
Benjamin White  
Joshua Bukiewicz  
Robert Cramer  
Robin Hatchwell  
Chuck Kunsman  
Corey Shannon  
Mike Widen  
David Merrill  
Steven Thiele

For an exam application, study guide and testing dates, contact Eileen Shufelt at the NNC or eileens@nirsa.org.

The passing rate for first-time test takers at the 2003 Annual Conference exam was 65%.

For the first time, the National Executive Development Institute (NEDI) took place in conjunction with the Annual Conference.

“The 2003 Program Committee wanted to provide our members with a way to get a double ‘bang for their bucks’ in this tight economy,” says Karen Bach, NIRSA education director. “Having these two educational events combined as one afforded many attendees the opportunity to take advantage of the two events in the wake of cutbacks in travel and professional development.”

Held all day Friday and Saturday, this year’s NEDI provided an opportunity for interactive instruction as it focused discussion on how to affect positive change through strategic direction of team effort.

Dr. Joseph Christen, president of Management & Organization Development Consulting Services in Oregon, Ohio, lead the two-day event titled “Managing the Journey with Visionary Leadership.” His message to the 18 attendees was that today’s challenge in leading successful and dynamic organizations is in having a vision for the future and a clear strategy to manage the journey.

“The 2004 Program Committee will review evaluations of the NEDI before determining when the event will be offered in the future,” reports Bach.

Due to space limitations, additional lists of those NIRSA members who received awards at Annual Conference will be in the next newsletter. They are, however, on the web at nirsa.org/secure/crss/index.htm. A list of new State Directors will be sent by eFASTNEWS and is on the website at nirsa.org/administration/state/index.htm.
You rock!

Incoming 2003-2004 NIRSA Board of Directors

For complete contact information, please see the front of this RSF or www.nirsa.org/about/board.htm

President: Sid Gonsoulin, CRSS, University of Southern Mississippi
President-Elect: Tamra Garstka, CRSS, Arizona State University
Past President: Brian Carswell, University of Arizona
Past Presidents’ Representative: John Meyer, CRSS, University of Colorado (Boulder)
Region I Vice President: Steve Young, CRSS, Temple University
Region II Vice President: Eric Nickel, CRSS, James Madison University
Region III Vice President: Stan Shingles, CRSS, Central Michigan University
Region IV Vice President: John Campbell, CRSS, Southwest Texas State University
Region V Vice President: James Langel, CRSS, University of Northern Iowa
Region VI Vice President: Rhonda L. Powers, CRSS, Northern Arizona University
National Student Rep: Jeffrey Gontarek, Loyola College (Maryland)

2003-2004 Student Representatives

National Student Rep: Jeffrey Gontarek, Loyola College (Maryland)
Region I Student Rep: Patricia Bohn, University of New Hampshire
Region II Student Rep: Jake Rosiek, Georgia Institute of Technology
Region III Student Rep: Ruth Schroeder, Indiana University (Bloomington)
Region IV Student Rep: Neely Melissa Cupit, University of Houston (Houston)
Region V Student Rep: Erik Unger, Minnesota State University (Mankato)
Region VI Student Rep: Molly Scott, University of Nevada (Las Vegas)

2003-2004 NIRSA Services Corporation Board of Directors

President: Tom Dison, CRSS, University of Texas at Austin
Vice President: Carol Stickel, CRSS, Purdue University (West Lafayette)
Secretary: Dr. Samuel W. Hirt, CRSS, Vanderbilt University
Member: Brian Carswell, University of Arizona
Member: Jesse “Tony” A. Clements, CRSS, University of Illinois (Urbana/Champaign)
Member: Sue Boling, CRSS, Virginia Commonwealth University
Member: Michael C. Deluca, CRSS, University of California (Los Angeles)

Georgia Institute of Technology won the quilt. It was made by Paula Opal of Texas A&M (College Station) from last year’s T-shirt contest winners.
National Service Award Winners

The National Service Award recognizes the outstanding contributions of individual members in NIRSA, encourages creativity and innovation, and establishes a standard of excellence in professional achievement.

Sandi Carlisle, CRSS, Northern Illinois University
Howard Taylor, CRSS, Arizona State University
Kim Clark, University of Arizona
Randall Ford, CRSS, University of Texas at Austin
Chris Daigle, Boston University
Nathan Barnhart, University of Wisconsin (La Crosse)
Christopher Morris, CRSS, Ohio University (Athens)
James Wilkening, CRSS, University of Central Florida
Miron Washington-White, CRSS, University of Arizona
Kenneth Hill, CRSS, The Ohio State University
Timothy McNeilly, CRSS, University of North Carolina (Wilmington)
Chad Ellsworth, CRSS, Arizona State University
Michael Bond, CRSS, University of West Florida
Kurt Klier, Cornell University
Kevin Engelbrecht, Baylor University
Jeffrey Kearney, CRSS, Northeastern University

Deadline for the 2004 National Service Awards is September 30, 2003. All award criteria and nomination forms are available on the NIRSA website and at the NNC. Please send nominations forms to the NNC.

Horace Moody Awards

The Horace Moody award recognizes six professional members who have been instrumental in student development.

Region I: Jeffrey Kearney, CRSS, Northeastern University
Region II: Peter Tulchinsky, Elon University
Region III: Troy Vaughn, CRSS, Ball State University
Region IV: Warren Simpson, Hardin-Simmons University
Region V: Todd Pfingsten, CRSS, Minnesota State University (Mankato)
Region VI: Pamela Su, CRSS, Sonoma State University

The deadline for nominations for the 2004 Horace Moody Award is December 31, 2003. All award criteria and nomination forms are available on the NIRSA website and at the NNC. Send nomination forms to National Student Representative, Jeff Gontarek (email: jgontarek@loyola.edu) or FAX: (410) 617-5321.

2003 Regional Award of Merit Winners

The Regional Award of Merit recognizes the outstanding contributions of individual members made on either a regional or state-wide basis within NIRSA.

Region I: Hazel Varner, CRSS, Retired - Keene University
Region II: Rhonda DuBord, CRSS, University of Miami
Region III: Jan Wells, CRSS, University of Michigan (Ann Arbor)
Region IV: Kent Bunker, CRSS, Oklahoma State University (Stillwater)
Region V: John Meyer, CRSS, University of Colorado (Boulder)
Region VI: Kathleen Hatch, CRSS, Washington State

The deadline for nominations for the Regional Award of Merit is December 31, 2003. All award criteria and nomination forms are available on the NIRSA website at nirsa.org, and from the NNC. Send the nomination forms to your Regional Vice President. (See list on page N4).

Thanks go to our NIRSA Annual Conference & Recreational Sports Exposition Sponsors.
Volleyball Tourney “Digs” Record with 229 Teams

The 19th Annual NIRSA Collegiate Volleyball Sport Club Championships in April in Columbus, OH were huge. Everything pertaining to the event is about numbers: a record 229 teams attended; 30 courts covered more than 200,000 square feet of convention center space; 30+ NIRSA members, staff and volleyball volunteers helped administer the event; 100+ officials worked the 868 matches; and 3,000+ participants from 153 colleges and universities had an outstanding collegiate experience. View the complete tournament results at nirsa.net/sc/vb/2003/index.htm. Next year’s event will be held April 8-10, 2004 at the Charlotte Convention Center in Charlotte, NC.

The University of Florida “A” team celebrates its National Championship

The University of Florida’s “A” team defeated defending champion Texas A&M (College Station) to win the 2003 USA Team Tennis National Campus Championship at the Florida Tennis Center in Daytona Beach, FL in March. A record 40 teams from 27 schools participated in this year’s event featuring tennis sport club and intramural teams from colleges and universities. Using the coed format of World Team Tennis (men’s and women’s singles, men’s and women’s doubles and mixed doubles), the winner of this true “team event,” isn’t about winning the singles match, but is based on the total games won by an entire squad. NIRSA, United States Tennis Association, and the Intercollegiate Tennis Association administered the tournament. For more information on the partnership that ITA, USTA, and NIRSA formed four years ago to foster increased interest and participation in tennis on college/university campuses, contact Valerie McCutchan at valerie@nirsa.org.
Record High Set in Foundation Matching Funds Donations

Donations to the NIRSA Foundation Matching Campaign set a record high at the 2003 NIRSA Annual Conference. The Foundation received $17,680 in contributions, which included an initial $5K donation and an interest in establishing another NIRSA Foundation scholarship. As promised, an anonymous supporter matched the first $10,000, making the grand total for the 2003 campaign $27,680.

Foundation Board Superstars Shine

The accomplishments of the NIRSA Foundation are a result of its dedicated Board and the tireless volunteers who assist in its events. With much gratitude, NIRSA salutes outgoing Chair, Wayne Harper, CRSS, of University of Louisiana (Lafayette); Silent Auction Coordinator, Sue Boling, CRSS, of Virginia Commonwealth University; and NIRSA Past President Brian Carswell of University of Arizona, for this extremely successful year. The overwhelming successes of the Foundation Golf Tournament, Silent Auction, and NIRSA Foundation Career Opportunities Center, are a result of the dedicated efforts of many appreciated volunteers.

Foundation Golf Tournament Scores Big

Eighty-six slightly damp and chilly golfers weathered the snow delay to play in the 9th Annual NIRSA Foundation Golf Tournament at the Annual Conference to help raise $31,000. As promised, an anonymous supporter matched the first $10,000, making the grand total for the 2003 campaign $31,000.

2003-2004 NIRSA Foundation Board of Directors

Chair: Dave Koch, CRSS, University of California (San Diego), dkoch@ucsd.edu
Vice Chair: Mark Fletcher, CRSS, University of Virginia (Charlottesville), mef@virginia.edu
Member: Kirk McQueen, CRSS, Georgia Institute of Technology, kirk.mcqueen@sac.gatech.edu
Member: Darcy Bingham, CRSS, Del Mar, CA, dbingham@ucsd.edu

Member-at-large: Sidney Gonsoulin, CRSS, University of Southern Mississippi, sidney.gonsoulin@umsl.edu
Member: Kurt Klier, Cornell University, kd25@cornell.edu
Member: Suzette Smith, CRSS, University of Texas Southwestern Medical Center, suzette.smith@utsouthwestern.edu
Secretary/Treasurer: Dr. Kent J. Blumenthal

Executive Director NIRSA, kentb@nirsa.org

Special thanks to the NIRSA Foundation Charter Corporate Partners and Contributors for their continued support.

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Joseph Akob, formerly Associate Director of Campus Recreation at Florida Atlantic University, is now the Director of the Recreation Center at East Stroudsburg University in East Stroudsburg, PA.

David Davenport has moved from Old Dominion University to become Director of Intramural, Recreation and Wellness Promotion Programs at Austin Peay State University in Clarksville, TN.

Charles Espinosa, formerly the Recreational Sports Director at St. John’s University, is now the Physical Education Director of the Cardinal Shehan Center at Hayes High School in Bronx, NY.

Jason Gardner, formerly the Director of Recreation at University of West Alabama (Livingston) has been promoted to Director of Student Activities.

Amy Hendrick from East Carolina University has moved to Vanderbilt University in Nashville, TN to be the Activities Coordinator.

Katye Locke from Loyola College (Maryland) is now the Program Director of Aquatics at the University of Tennessee (Knoxville).

Adam Pruett, formerly an undergraduate at the University of Florida working as an Intramural Sports Supervisor, is the Intramural Graduate Assistant at the University of Tennessee (Knoxville).

Anne Zielinski, previously the Coordinator of Informal Recreation and Student Personnel at Virginia Commonwealth University (Richmond) has been promoted to Assistant Director of the Cary St. Recreation Complex, Student Personnel, and Sports Clubs.

2003 RSJ Award Winners

Spring/Summer 2002 Vol. 26, No. 1: “Participation Patterns in Campus Recreational Sports: An Examination of Quality of Student Effort from 1983 to 1998,” by Dr. Robert J. Barcelona, University of New Hampshire, and Dr. Craig M. Ross, Indiana University.

Fall/Winter 2002 Vol. 26, No. 2: “Campus Recreation Participation, Health, and Quality of Life” by Dr. Gary D. Ellis; Dr. David M. Compton; Brigit Tyson, M.A., and Mary Bohlig, M.A. from the University of Utah.

New NIRSA Associate Members

- Commercial Recreation Specialists, willsfnly4@aol.com
- MSA Sport, mschuster@msaarch.com
- FitLinxx, kturner@fitlinxx.com
- Collegiate Roller Hockey Association, jhuck@crhl.net
- MacroLease, arousseau@macrolease.com
- Recreation Management, info@recmanagement.com
- Gervasport America, info@gervasportamerica.com
- SportsArt America, scott@sportsartamerica.com
- Pyramide USA, j.heigl@pyramide-usa.com
- Ready Care Industries, khdican@readycare.com
- HOK Sports Facilities Group, pat.tangen@hok.com
- Kahler Slater Architects, Inc., ks@kahlerslater.com
- Athletic Business Publications, Inc., sue@athleticbusiness.com

New Institutional Members

- Mississippi University for Women, Columbus, MS
- Naval Support Activity Washington, Washington, DC
- Yokosuka Naval Base, Yokosuka, Japan
- Miami-Dade Community College (North), Miami, FL