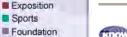




FEBRUARY, 2004

NOTE: Due to the national observance of President's Day, the NIRSA National Center will be closed on Monday, February 16, 2004.



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#### Proxy Voting to Replace Absentee Balloting

Recommendations of Online Voting Task Force & Board of Directors

By: Brian Carswell, Immediate Past President and Chair - Online Voting Task Force

For more than a year, the Online Voting Task Force has gathered suggestions from members on how to increase the number of people who vote in annual elections for NIRSA officers while maximizing available computer and Internet technology. For the most part, member input has been relayed to the Task Force by NIRSA Regional Vice Presidents through regional conferences, state meetings, and individual conversations with members from around the country. click to



Regional and national extramural tournaments offer some of the best opportunities for training and developing students and emerging professionals, and they are important elements of NIRSA's sponsorship programs. These goals are accomplished at NIRSA endorsed events through consistent rule implementation, staff development, officials training, and a high regard for sportsmanship. In a 2002 NIRSA financial-planning survey, an overwhelming number of NIRSA members click to cited "student development and training" as one of the most important things NIRSA more... does.



#### February 22, 2004 - A Day to Celebrate NIRSA's Heritage

Plan to celebrate National Recreational Sports and Fitness Day - February 22, 2004. Not only is February 22 NIRSA s founding date [1950], but in 1999, members voted to proclaim this a day to nationally focus on the positive benefits of recreational sports, fitness and wellness. For ideas, sample proclamations, waivers, press releases...everything you need to celebrate...check out the NIRSA Network at <a href="http://www.nirsa.net/calendar/nnd/index.htm">http://www.nirsa.net/calendar/nnd/index.htm</a>. You will see photos of NIRSA members celebrations; be sure to send us yours as well. The NIRSA Foundation proudly sponsors February 22 - National Recreational Sports and Fitness Day.





#### NIRSA Founder

#### ~ Dr. William Wasson ~

Dr. Wasson was once asked how he would like NIRSA to remember him. He humbly responded, "As the person who accidentally happened to have been there because, certainly not in the back of my mind, did I think we would get organized and become a national, or rather an international, organization."

Even if you have read NIRSA's History section on our website or seen the photos in the lobby of the NIRSA National Center, you may not know of William Wasson's varied interests and of his journey that led to click to

what we now know as "Founder's Day - February 22, 1950."



#### row Celebrate NIRSA's Heritage – February is National Black **History Month**

Institutions: Honor NIRSA's heritage by proudly displaying photos of the founders of the National Intramural Association (NIA). Each archive photo set includes an 8" x 10" photo of NIRSA's founder



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Dr. William Wasson and a 6"x10" group photo of the first meeting of the National Intramural Association. The black and white two-photo set is \$18 plus shipping. You'll find this in the NIRSA STORE at: http://www.nirsa.org/store/spirit.htm.



Click to review NIRSA's rich heritage including a Timeline of Events, past Presidents gallery and a Brief History of the Intramural Movement within this extensive website.

#### 2004 RSD is on its way to Institutional Members CLICK FOR MORE INFO

#### NIRSA Members Inducted into National Collegiate Flag

#### **Football Hall of Fame**

During the recent National Collegiate Flag Football Championships in New Orleans, five colleagues and longtime NIRSA members were inducted into the National Collegiate Flag Football Championships Hall of Fame. click to

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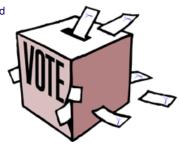
Research

#### Proxy Voting to Replace Absentee Balloting Member News Professional Dev.

# Recommendations of Online Voting Task Force & Board of Directors

By: Brian Carswell, Immediate Past President and Chair - Online Voting Task Force | CANDIDATES |

For more than a year, the Online Voting Task Force has gathered suggestions from members on how to increase the number of people who vote in annual elections for NIRSA officers while maximizing available computer and Internet technology. For the most part, member input has been relayed to the Task Force by NIRSA Regional Vice Presidents through regional conferences, state meetings, and individual conversations with members from around the country.



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Realizing the importance that many NIRSA members place on candidate speeches, the Task Force recommended:



- Continuing to hold elections at the Annual Conference
- Encouraged the use of electronic voting for members who are unable to attend the Annual Conference in Albuquerque (2004).
- Proposed a Bylaws amendment at the 2004 Annual Conference that will allow online voting at future conferences up until 24 hours prior to the Annual Business Meeting or Regional Business Meeting (which ever comes first-beginning 2005).





NIRSA's legal counsel (O'Donnell & Clark, LLP, in Portland, Oregon) was consulted about how to best implement these recommendations and ensure NIRSA compliance with state and federal statutes regulating election of officers of nonprofit corporations.

Our attorneys advised NIRSA that electronic balloting was permitted under state and federal statutes (provided certain safeguards were in place); however, absentee voting is not expressly permitted under Oregon law. Proxy voting, on the other hand, is expressly permitted by Oregon law, and although it is somewhat cumbersome to implement, it was recommended.

NIRSA's Board of Directors unanimously voted recently to proceed with the recommendations of its legal counsel in order to implement Task Force recommendations. Therefore, proxy ballots for members who do not expect to attend the Annual Business Meeting in Albuquerque will be available electronically from the NIRSA National Center beginning March 4, 2004. A proposal to amend the Bylaws as necessary to include reference to the proxy voting system will be sent to members electronically 30 days before the Annual Business Meeting in Albuquerque and voted on at the meeting.

The following is an excerpt of O'Donnell & Clark's legal opinion:

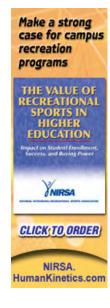
"Given the absence of an express provision in the ONCA [Oregon Nonprofit Corporation Act], and the resulting uncertainty in the law, we reluctantly recommend that NIRSA not conduct elections for directors by absentee ballot, whether electronic or otherwise. This recommendation is also premised upon the fundamental nature of membership in a nonprofit corporation allowing members the inalienable right to elect directors [as in Board of Directors] of the nonprofit corporation. The very definition of a "member" is the right to vote for the election of the corporation's directors. Thus, the use of any method for electing directors will always be subject to heightened scrutiny to protect members' rights in this regard.

While in the beginning, a proxy system may be more confusing to members and administratively difficult in some respects, we recommend the use of a proxy system...We also recommend amending the Bylaws as necessary to include reference to the proxy voting system. Additionally, we recommend that implementation to such a system in electronic form be carefully structured to comply with UETA [Oregon Uniform Electronic Transaction Act] including the implementation of appropriate security procedures."

The end result of a Bylaws amendment will be that, if passed, members will have the option of voting for candidates prior to the conference online or voting in person at the Annual and Regional Business meetings. Providing this choice allows members an opportunity to hear candidate speeches before they vote.





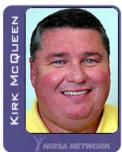


#### **President-Elect Candidates**



Candidate for President-Elect Gregory T. Jordan click to

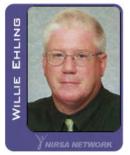
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Candidate for
President-Elect
Kirk McQueen
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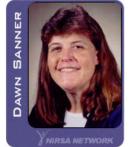
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### **Region II Vice-President Candidates**



Candidate for
Region II Vice-President
Willie Ehling
Click to

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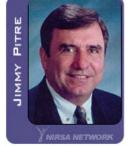
Candidate for
Region II Vice-President
Dawn Sanner
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#### **Region IV Vice-President Candidates**



Candidate for
Region IV Vice-President
Keith E. Jenkins
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Candidate for
Region IV Vice-President
James W. (Jimmy) Pitre
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**Region VI Vice-President Candidates** 



Candidate for Region VI Vice-President Catherine Cramp





Candidate for Region VI Vice-President Thomas Kirch



#### **President-Elect Candidates**



Candidate for President-Elect Gregory T. Jordan

Greg Jordan, CRSS, first joined NIRSA in 1978, is currently the Director of the Department of Campus Recreation at Oakland (MI) University, a position he has held since October of 1996. He is the only person to serve in this position, as the new facility and department were created at that time. Before moving to Oakland University, Greg served Bowling Green State University for 16 years in three different positions: Associate Director of the Student Recreation Center (1980-84); Director, BGSU Ice Arena (1984-92); and Director, Student Recreation Center Operations/Associate Director, Recreational Sports (1992-96). After obtaining both a Bachelor of Science and Masters of Science from Indiana University, he serve as the Assistant Director for Club and Informal Sports at Indiana from 1977-80.

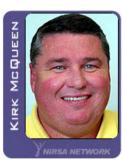
Greg has served NIRSA and state associations in a variety of ways, including:

- Finance Committee, 2002-present
- Bylaws Committee, present
- Work team for hotel attrition issue, 2003
- NIRSA Parliamentarian, 2003 Cleveland Annual Business Meeting
- National Recreation Facilities Institute Planning Committee; Austin 2000 (Chair, Design/construction track); Ypsilanti 2003 (host); Newport Beach, 2003 (consultant)
- Host Region III Student Lead On, January 2002
- State Director in Michigan (current)
- State Director in Ohio and Indiana, Charter Member in both state associations
- · Host State workshops in Michigan and Ohio
- Coordinate and hosted Mid-American Conference Recreational Sports Directors meetings
- NIRSA Region I Vice President Nominee (1981)
- Various NIRSA committees including nominations and elections, club sports, chair of constitution, bylaws and operating code, facilities
- Numerous presentations at state, regional and national workshops, symposium and conferences on subjects including facility design and management, risk management, resume evaluation and the social action theater.
- Recipient of the Ohio Recreational Sports Association Honor Award, 2002; Indiana University Outstanding Alumni Award, 1993; NIRSA Service Award, 1985

On the Oakland University campus, Greg has been active in representing the Division of Student Affairs on a variety of campus committees. While at Bowling Green, he served as Chair of the Administrative Staff Council and the annual all university United Way campaign.

--- | CLICK FOR POSITION STATEMENT |---





Candidate for President-Elect Kirk McQueen

**Kirk McQueen** has been a very active member of the National Intramural-Recreational Sports Association (NIRSA) since joining the organization in 1977. Currently, he is serving as the Interim Director of Campus Recreation at The Georgia Institute of Technology. He has been at Georgia Tech for 26 years, serving in various capacities. Kirk has served Georgia Tech as the Coordinator of Sport Clubs and Special Events, Director of Intramurals, as well as Director of Facilities and Operations.

Kirk graduated from Auburn University in 1975 and then went on to graduate school at the University of South Alabama. After receiving his Masters Degree in 1976 he became the Director of Intramurals and Sport Clubs at the University of South Alabama. Since becoming a professional member in 1977, Kirk has attended every National Conference.

The NIRSA has been an important part of Kirk's life and he has served the association in many roles over the last 26 years. He doesn't believe in simply attending a conference, he believes that everyone needs to get involved and he does in a number of ways, including presenting at numerous State, Regional and National Conferences. He has also worked on better himself as a professional by attending the School of Recreational Sports Management and the NIRSA Executive Institutes.

Kirk has served the NIRSA in many other ways as well. A few of the ways that he has shown his support and dedication are:

- Region II Vice President
- Region II Conference Host 1980 & 1985
- Hosted the 1st Sport Club Workshop
- NIRSA Flag Football Rules Committee
- State Director
- Facility Committee
- NIRSA Foundation Board

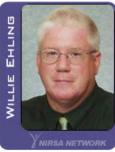
Because of his service to the association, he received the Region II Service Award. This is an honor that he humbly accepted and values a great deal because it came from the members of the NIRSA.

Away from the NIRSA, Kirk has enjoyed coaching several college sports including Women's Basketball, Women's Softball and Women's Golf. He also enjoys and makes the most of the time he gets to spend with his wife Janet and his daughters Brooke and Madison.

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#### **Vice-President Candidates**



Candidate for Region II Vice-President Willie Ehling

Over a 20-year period, **Willie Ehling** has been a student and professional member of the NIRSA. He is in his 15th year as the Director of Campus Recreation and Intramurals at Georgia Southern (1989-present). He served as Assistant Director of Recreation at Appalachian State (ASU) (1986-89). His first full time campus recreation position was at East Carolina University (1984-86) with responsibilities in Intramural Sports. He received his Bachelor of Science in Recreation in 1979, and Master of Arts in Health and Physical Education in (1982) from ASU.

Willie's involvement with the NIRSA includes:

- Region II Conference, Presentation Review Committee, 2003
- Senior Advisory Group/ Value of Recreation Sports on College Campus study, 2003
- Region II Award of Merit, 2002
- NIRSA Outstanding Service Award, 2000
- Affirmative Action Chair, 1998
- Georgia Southern hosted State and Regional Extramural tournaments
- Georgia Southern hosted three NIRSA Sports Club National Soccer Tournaments
- Georgia State Director, 1995
- Hosted State Workshop, 1995
- · Graduate of the NIRSA Executive Institute in Breckenridge,

- Colorado, 1992
- Chaired the College Flag and Touch Football Rules Committee, 1990
- Graduate of the first NIRSA school of Sports Management held in Indianapolis, Indiana, 1989

Willie has presented at National, Regional, and State meetings on such topics as: research and assessment, leadership/ethics, student learning, employee motivation, preparation for employment, and intramural sports officiating. As a High School Sports Official, he has served as football Assigning Secretary and President of the local football and baseball association. Willie is also a football officials Observer for the Southern Conference.

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Candidate for Region II Vice-President Dawn Sanner

Dawn Sanner, a 17-year member of NIRSA, currently serves North Carolina State University as the Director of Facilities. Her current responsibilities include management of the Carmichael Complex including 330,000 square feet of indoor teaching/recreational space and 12 acres of lighted fields. She also leads the planning team for a \$12.5 million expansion project under consideration. She has been at NC State for almost three years serving first as the Associate Director of Campus Recreation – Facilities. She has held numerous positions including: eighteen months as Associate Director of Programs at the University of Missouri - Columbia, two years as the Director of Campus Recreation at Francis Marion University, over eight years at the University of Tennessee-Knoxville as the Student Aquatic Center Manager and almost two years at Illinois State as a graduate assistant.

She received her Master of Science degree in HPER Administration from Illinois State University, and her Bachelor of Science degree in Accounting from Millikin University.

Dawn has served NIRSA in a variety of capacities including:

- Student Professional Development Committee, Member, 2003 Present
- Nominations and Elections Committee, 2002-2003
- Finance Committee, 1992-1999
- NC/SC State Workshop Host Committee, 2002
- Tennessee State Workshop Coordinator, 1994
- Illinois State Workshop Committee, 1986
- Tennessee State Director, 1994-1996
- South Carolina State Director, 1998-1999
- NIRSA School for Recreational Sports Management in 2000
- Numerous presentations at state and regional conferences

Dawn is active in the Raleigh community through work with the American Red Cross, the North Carolina Senior Games and North Carolina Special Olympics.

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Candidate for Region IV
Vice-President
Keith E. Jenkins

**Keith Jenkins** is the Director of Recreational Sports and Assistant Dean of Students at Sam Houston State University in Huntsville, Texas. He has held that position since1989. Prior to coming to SHSU, Keith was employed by Northwestern University in Illinois as the Associate Director of Recreation for five years. He holds an AA degree from Schreiner College and both a Bachelors and Masters degree from the University of North Texas. He is currently pursuing his doctorate in Higher Education Leadership.

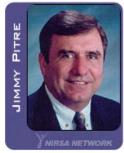
Keith has been actively involved in NIRSA related activities and committees both in Region IV and in Region III while at Northwestern. In addition, he has led and participated in student-lead on workshops, state conferences, and many local initiatives. He has attended both the National School of Sports Management and the National Executive Development Institute and found both to be extremely rewarding.

When not at work, he enjoys spending time with his two kids ages 11 and

12. His favorite interest and hobbies include woodworking, golf, fishing, and traveling.

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Candidate for Region IV Vice-President James W. (Jimmy) Pitre

Jimmy Pitre takes great pride in his relationship with the National Intramural Recreational Sports Association (NIRSA) for the past twenty-four years. Having been a charter member of Louisiana Colleges Intramural Recreational Sports Association (LCIRSA) since 1980, his roles in these organizations have been varied and enjoyable to say the least.

He has been a Rec Sports Director for twenty-four years with his responsibilities growing each year. He coordinates and manages all campus recreational activities and usage of facilities such as the Recreational Complex, outdoor tennis courts, playing fields, and intramural sports. He also advises and directs the Student Union Board and Student Union Annex while also managing fiscal operations of the recreational facilities and student union, reflecting a budget of over \$1,000,000.

As a professional member of NIRSA, he has served on the following committees:

Region VI Vice President Selection Committee, Member Drive/Fee Collection Committees for National Committee, Nominations and Elections Committee (two terms), National Host Committee, and State Director.

Being a charter member of LCIRSA for twenty-three years, he has served in many positions and roles: President, Vice President, Chairman of Marketing Committee, Finance Committee, Rules Committee, Tournament Host, and Protest Committee. He was also the recipient of the LCIRSA Honor Award in 1995. In the community he has served both the city and parish on many committees dealing with the youth, recreation, and charitable needs. He is currently serving as President of the Calcasieu Parish School Board which is an elected position.

With all of his experience, knowledge, and enthusiasm, he humbly requests your support and vote to be your next Region IV Vice-President.

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Candidate for Region VI Vice-President Catherine Cramp

Catherine Cramp is an Assistant Director of Recreational Sports at Cal Poly State University, San Luis Obispo. During her time at Cal Poly, she has managed the Aquatics, Front Line Services, Memberships, Staff Development and Training programs. Her current responsibilities include management of the Collegiate Sport Program and Public Relations, Marketing and Outreach. She is also a part-time lecturer for the Natural Resources Management Department teaching Facilities Management and Recreational Sports Programming.

Catherine holds a Master's Degree from the University of Illinois, Champaign and an undergraduate degree from California State University, Long Beach.

Catherine has been an active NIRSA member for the last 12 years and has attended numerous conferences and presented on the state, regional and national level. She has served on various committees and chaired the Student Leadership & Academic Awards Committee. Presently, she is serving on the Sport Clubs and Student Professionals Committees.

Catherine recently rolled out the "Rec Review"...a comprehensive magazine devoted to recreation, physical activity, and fitness at Cal Poly. This publication, which circulates to a 17,000 student/faculty/staff population covers a wide range of topics from healthy eating, fitness techniques, and program information. She has generated additional revenue through the development of an advertising program as well as programmatic sponsorship from surrounding companies.

Catherine's passion involves the entrepreneurial spirit in the recreational sports setting. Her enthusiasm stems from the students and colleagues with whom she works. She is highly dedicated to the development and raising the level of professionalism in our field from students to colleagues. She continues to strive for excellence in herself as well as those in the profession.

#### ---| CLICK FOR POSITION STATEMENT |---





Candidate for Region VI Vice-President Thomas Kirch

**Tom Kirch** has been a member of the NIRSA for 24 years. His NIRSA service includes membership on a variety of committees including Finance, Honor Award, and Conference Program, and has presented numerous times at state, regional, and national conferences. Tom has cohosted the Region VI conference and several Oregon/Washington state workshops. He served on the Board and was a Faculty member for the School of Recreational Sports Management, was Oregon State Director, and co-authored the NIRSA Space Standards for Indoor Facilities.

Tom is the recipient of the NIRSA Service Award, has been awarded the Region VI Regional Award of Merit, and participated in the NIRSA Neighborhood Summits. He is a graduate of both the School of Recreational Sport Management and two Executive Institutes.

Tom has been the Director of Recreational Sports at Oregon State University since 1986. Previously, he held positions of Sport Clubs Coordinator, Facility Manager, and Assistant Director at the University of Washington. He has a Bachelor Degree from the University of Oregon and a Masters of Science from Puget Sound University. He is a graduate faculty member in the OSU School of Education, in which he teaches and advises in the College Student Service Administration Program. He also serves on the Student Affairs Leadership Team.

Tom values and strongly supports the role the NIRSA plays in the educational and professional development of its members. The networking and relationships formed within the profession has been a cornerstone to the success of the Association, and Tom will continue to nurture and enhance these opportunities when and wherever possible.

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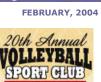
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# **YNIRSA**



Charlotte, North Carolina April 8-10, 2004

Entry Deadline: March 1, 2004

NIRSA Institutional Members receive priority if their entry is received by February 16, 2004.



For more information click here!

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#### ໜ NIRSA FOUNDER - DR. WILLIAM WASSON



Even if you have read NIRSA's History section on our website or seen the photos in the lobby of the NIRSA National Center, you may not know of William Wasson's varied interests and of his journey that led to what we now know as "Founder's Day - February 22, 1950."

Born in Chattanooga, Tennessee, William Wasson grew up in Louisville, Kentucky, graduated from Central High School, and then attended Louisville Municipal College where he received a Bachelor of Science degree in Biology in 1937. While in college, he played football, basketball, and ran track. When he graduated with a master's in Biology from Atlanta University, he taught and served as a principal for the next two years in Homerville, Georgia.

It was at the University of Michigan (Ann Arbor) where Wasson developed his lifelong interest in intramural sports.



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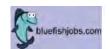
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In the early 1920s, there was a rise in popularity of intramural sports at the University of Michigan, as well as on other campuses across the country. In 1919, Dr. Elmer Mitchell became Director of Intramurals; UM was the first college to use this title. Mitchell published Intramural Sports, the first book on this subject and he became the recognized leader in the field. Years later, he would be

book on this subject and he became the recognized leader in the field. Years later, he would be known as "The Father of Intramurals." But it was in 1946, while pursuing a master's in Physical Education, that William Wasson took a class from Dr. Mitchell. That one event was the keystone for what would follow, also proving that mentoring a student is one of the most important parts of teaching.



When he graduated with his master's, Wasson moved to Dillard University in New Orleans, LA, to teach biology, but he continued his interest in sports. He was an assistant coach for both football and basketball, was the head track coach, and he developed an intramural program for Dillard students. As his interest in this activity grew, he sought and received a grant from the Carnegie Foundation in 1948 to tour black colleges throughout the country to study their student intramural programs.

Once he had collected the data and written *A Comparative Study of Intramural Programs in Negro Colleges*, he sent the document to all of the participating colleges that he had visited. It was also during this time, that he'd gotten the idea of having a national organization that would serve as a reference, a resource, and meeting of the minds of men and women interested developing intramural programs. This ultimately led to the meeting of 22 male and female intramural directors from 11 Historically Black Colleges that was held at Dillard University on February 22, 1950, and the rest...as the old cliché goes...is history. It was at this meeting that the National Intramural Association (NIA) ... later known as NIRSA...was created and Dr. Wasson has since been known as "The Founder of the Association"

That same year, Wasson returned to the University of Michigan to pursue a doctorate. While there, he received a teaching fellowship in the campus intramurals program. When he earned his doctorate in 1954, he moved to Grambling College (Louisiana) to teach biology. Three years later, he moved to Wayne State University where he taught kinesiology, anatomy, physiology and the physiology of exercise until he retired as Professor Emeritus in 1980.

Through the years, Wasson served on 100 doctoral committees; he was a visiting professor at McMaster University in Hamilton, Ontario and at Windsor, Canada from 1961-1963. In 1961, he was the published author of Physiology of Exercise, and in 1962, he published a laboratory manual *Anatomy and Kinesiology*.

When Dr. Wasson passed away in 1991 in Sun City West, Arizona, where he had gone to live when he retired, he left a rich legacy of service and involvement. He served as President of the NIA for the first five years, received the NIRSA Honor Award in 1969, and published numerous articles on intramural and recreational sports. He served as a consultant for the establishment of a National Intramural Association of Canada.

He was Director of the National Undergraduate Leadership Conference for Kappa Alpha PSI Fraternity. He also served as Cochair of the Motor City International Indoor Track Meet and was a member of Phi Epsilon Kappa, Phi Delta Kappa and Beta Kappa Chi Honor Societies. He was also a member of the Board of Directors of the Camp Fire Girls, Associate Fellow of the American College of

Sports Medicine and the President of the Detroit Varsity Club.

Dr. Wasson was once asked how he would like NIRSA to remember him. He humbly responded, "As the person who accidentally happened to have been there because, certainly not in the back of my mind, did I think we would get organized and become a national, or rather an international, organization."

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## NIRSA Members Inducted into National Collegiate Flag **Football Hall of Fame**

During the recent National Collegiate Flag Football Championships in New Orleans, five colleagues and longtime NIRSA members were inducted into the National Collegiate Flag Football Championships Hall of Fame:

- 1. Al Kohorst University of New Orleans
- 2. Lou Marciani University of Southern Mississippi (NIRSA Past President)
- 3. Bruce Maurer The Ohio State University
- 4. Steve Rey University of Southern Mississippi
- James L. "Jet" Smith University of New Orleans (posthumously). Smith was the founder of the National Championships.

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NIRSA Annual Conference &

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The National Collegiate Flag Football Hall of Fame is new.

"At the 2003 Annual Conference in Cleveland, Ohio, the University of New Orleans (NCFFC Host) and the NCFFC Advisory Committee (see members names below) met to discuss the 25th Anniversary of the NCFFC. Since it was the Silver Anniversary of this event, the committee decided to start a Hall of Fame and to induct its first recipients at the tournament," reports Steve Rey, CRSS, Associate Director at The University of Southern Mississippi.



"I served as the historian of the tournament since I was the only person who had been with the tournament the entire 25 years...plus I had kept a copy of all the results from all tournaments to compile the data," he adds.

Rey developed a list of players, officials, and contributors who met the qualifications listed below. Nominations were submitted to him from this list and he placed those names on a ballot that the committee voted on.



"I chose not to place my name on the ballot since I chaired the committee, but was very surprised at the ceremony to learn I was also a recipient," says Rey.

Since it was the 25th Anniversary of the NCFFC, 15 members were voted into the Hall of Fame: five players, five officials, and five contributors.

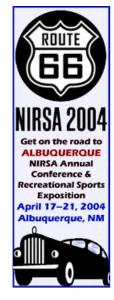
"We have not determined how many recipients will be inducted each year, but we will discuss this matter at the 2004 Annual Conference and Recreational Sports Exhibition in Albuquerque, New Mexico," he says.

The permanent site of the Hall of Fame will remain at the University of New Orleans with annual inductions to be made during the annual National Championships. The accomplishments for the five contributors include:

- 1. Al Kohorst University of New Orleans
- Tournament Host
- · Coordinator of Tournament Operations: 1980-1990
- Director: 1991-1997
- 2. Lou Marciani University of Southern Mississippi
- Co-Founder and Co-Director: 1979-1983
- 3. Bruce Maurer The Ohio State University
- Director of Scheduling and Rules Interpretations
- Championship Advisory Committee: 1982 to Present 4. Steve Rey - University of Southern Mississippi
- · Director of Officials
- · Championship Advisory Committee
- · Championships Historian: 1979 to Present
- 5. James L. "Jet" Smith University of New Orleans
- Tournament Host
- Co-Founder and Co-Director: 1979-1983
- Director: 1984-1990

Selected by NIRSA Member Margaret V. Royere, Director of Recreation and Intramural Sports at the University of New Orleans, and Director of NCFFC, this year's hall of fame committee was made up of the following NIRSA members:

· Gary Albright, Arkansas State University



- · Stan Campbell, University of Nebraska
- · Jody Duvernay, University of New Orleans
- · Jim Eubanks, University of North Alabama
- · Juliette Moore, University of Arizona
- Steve Rey, Chair, University of Southern Mississippi
- · Richard Romero, University of Arizona

Qualifications of Players (in order of priority)

- 1. Most Valuable Player Award
- 2. Member of Championship Team
- 3. Member of Runner-up Team
- 4. Member of Finalist Team
- 5. First Team All American

Qualifications of Officials (in order of priority)

- 1. Selected as All American Official
- 2. Years of service as an Official
- 3. Years of service as an Evaluator

Qualifications of Contributors (in order of priority)

- 1. Significant contributions to the NCFFC
- 2. Significant contributions to the game of flag football
- 3. Significant contributions to the NCFFC as a tournament sponsor



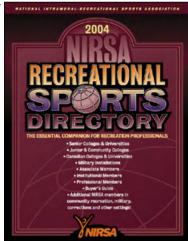
#### 2004 RSD is on its Way to Institutional Members

... A Significant Benefit of NIRSA Institutional Membership!

The most valued of all NIRSA products (according to member surveys) -- the 2004 edition of the Recreational Sports Directory -- was sent to Institutional Members over the recent holidays.

Additional copies are available at a significant savings. Order forms are included with the directory, on the NIRSA website via pdf or you can place an order by calling the NNC at (541) 766-8211. The price is \$40 for Professional and Student Members, and \$150 for Associate Members.

The Recreational Sports Directory is a virtual Who's Who in the recreational sports industry. Few publications can match the quality and quantity of the information found within these pages. Every year, we allocate time to research, edit, update, and expand each section of the RSD to provide our members with the most up-to-date recreational sports resource information available. Whether you are a Student Member looking for schools that offer graduate assistantships for intramurals, or an Institutional Member seeking an architect for a new facility, it's in here.



When you receive your copy, we urge you to check your listing. This year, a new statement was added under each campus' name, indicating the year we received updated information. Mark your calendar for next summer 2004 when RSD information renewals are sent, and/or contact NIRSA team member Mary Martin, Membership Operations Coordinator, for more information: marym@nirsa.org.

The NIRSA team is particularly proud of this 2004 issue. Through NIRSA's new association with Human Kinetics, we were not only able to make the shipping deadline, but to have it printed at a substantially reduced price.

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NIRSA Annual Conference &

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## CONGRATULATIONS GO TO NIRSA MEMBERS...

Hazel Varner. NIRSA Honor Award Winner in 2001, was recently voted into the Department of Athletics and Recreation's Hall of Fame for former coaches and athletes at the University of Rochester.

Varner began a women's program in intramural sports when she arrived at Rochester in 1970, and led the planning, organization and supervision of that program for 10 years. She took over as head coach of a very young women's intercollegiate volleyball program in 1975 and quickly achieved success by

recruiting players and challenging her teams with competitive camps and a schedule that included many Division I teams. The result of the team's hard work was evident in its second-place finish at the Binghamton Invitational in 1978.

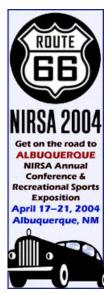
Hazel's most successful year came in 1979 when the team won the Binghamton Invitational, then captured the New York State AIAW Championship after being seeded 9th of 16th New York teams. The 1979 team was then invited to Regional AIAW Championship as the tenth seed and finished 9th in the East. At the time. Rochester President Robert Sproull declared the 1979 team the best team of the 1970's at Rochester.

Varner's career record for those five years was 65-32 (regular season), including the 1979 record of 19-3 against Division III teams.

After 12 years at Rochester, Varner worked at Keene State College in New Hampshire as Director of Recreational Sports for 14 years until she retired.







# Sports Imports, Inc. Announces New President

Sports Imports, Inc., seller of more volleyball net systems than anyone in the world, has named Brad Underwood as the new president of the

"I am excited about this role in the company and to continue serving the volleyball community. We have a great tradition and I am honored to be named president," says Underwood.



"It has been an emotional time for all those close to Sports Imports, but we are proud to carry on Dave's vision and commitment," he added, (referring to the unexpected death of former president and CEO, David Dunlap in December 2003).

#### **Institutional & Associate Member News**

While Institutional Members reap many benefits, the valuable services in just one category—Discounts and Opportunities—are... as the old saying goes-"more than worth the price of admission." Also...

Visit our newest Associate Members! CLICK FOR MORE INFO

**Self-Reported NIRSA Membership** Profiles as of

#### The NIRSA **Foundation** Career **Opportunities** Center

**Turning Career** Opportunities into Career **Paths** CLICK FOR MORE INFO

#### In Memoriam

NIRSA sadly acknowledges the recent deaths of NIRSA members. Our condolences are extended to their families. CLICK FOR MORE INFO

**Know someone** 



February 2004 CLICK FOR MORE INFO

who wants to become a Member of NIRSA? CLICK FOR MORE INFO

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Turning Career Opportunities into Career Paths

# > SIDELINES The NIRSA Foundation Career Opportunities Center

"If it hadn't been for the COC, I definitely would never have attended grad school, and eventually wouldn't have ended up where I am today. It was an amazing experience."
-- Colleen Sorem, Coordinator of Intramurals and Facility Staff, University of Massachusetts (Lowell)

Like hundreds of NIRSA members, Colleen Sorem, Erin Davis, and America Minc are proof-positive that using the NIRSA Foundation Career Opportunities Center at the Annual Conference to find a

position in the field of recreational sports...works.

As an undergraduate, Colleen Sorem, Coordinator of Intramurals and Facility Staff, at the University of Massachusetts (Lowell), was interested in both intramurals and facilities and marketed herself

"I felt I could go anywhere for two years of grad school so I applied to many different schools, large and small, east and west coast."

After a whirlwind of interviews at the NIRSA Annual Conference, Sorem wound up moving from James Madison University to University of Alabama (Tuscaloosa).

"If it hadn't been for the COC, I definitely would never have attended grad school, and eventually wouldn't have ended up where I am today. It was an amazing experience," she says.

As an undergraduate student at Fort Lewis College in Durango, Colorado, Erin Davis, a graduate assistant at University of Tennessee (Knoxville), started searching BluefishJobs.com in January 2003 to prepare for the COC the following April.

"You need to be aware of the academics the school offers, because if the school you apply to doesn't have your program, it is a waste of your time as well as the employers."

Knowing that her résumé was the first impression she made on a possible employer, Davis also had her's evaluated by several people prior to coming to the Annual Conference. At the COC, she was careful not to schedule interviews too closely together, and says she used the onsite computers there for last minute fact-finding about the institutions where she had interviews.

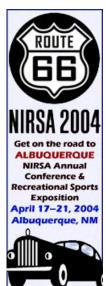
"This gave me an opportunity to develop some questions of my own to ask at interviews," Davis says. There is plenty of help available in the COC for first-time job seekers, says Davis. America Minc remembers that her office at Georgia Southern University began "buzzing about the upcoming COC in Cleveland" in the early spring of 2003 as she was finishing up her graduate assistantship.

"I began to realize that my work needed to begin before I arrived at the Conference. I started searching for positions on BluefishJobs.com and sending out résumés to initiate contact with those institutions who would be interviewing at the conference."

America also consulted both her supervisor and her mentor for insight about some of the programs she was looking at, and how the Career Opportunities Center would work for her.

Sorem, Davis and Minc all agree that the COC, as well as the entire Annual Conference experience, are excellent opportunities for networking. Even if you are not searching for a job at the time, all advise spending time in the COC at the Annual Conference to see how it works and to get to know others in the recreation community. The experience you'll gain will help you to relax a little when you do use the COC to look for your next job.





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http://www.nirsa.info/know/2004/02/member 2ndarticles.htm



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#### Self- Reported NIRSA Membership Profiles as of February 2004

~ Be sure to update your NIRSA Membership Profile on future Membership Renewal Notices ~ MEMBER REGION TYPE

ı	REGION	MEMBER			•	NO ANSWER	AFRICAN AMERICAN	ASIAN AMERICAN/PACIFIC ISLANDER	CAUCASIAN	HISPANIC	NATIVE AMERICAN	OTHER	NO ANSWER
ı	I	Professionals	453	130	253	70	20	4	278	9	2	26	114
l		Students	123	41	42	40	3	1	67	1	0	4	47
ł	II	Professionals	487	134	269	84	26	2	320	5	1	16	117
ı		Students	226	89	94	43	20	2	145	4	0	7	48
ı	ш	Professionals	431	154	235	42	24	2	310	5	2	19	69
		Students	125	49	55	21	2	3	86	3	4	1	26
\	IV	Professionals	346	100	206	40	29	4	214	18	3	12	66
		Students	120	49	44	27	7	1	67	11	0	0	34
	v	Professionals	193	63	112	18	5	1	144	1	4	7	31
١		Students	56	21	22	13	0	0	39	0	0	0	17
	VI	Professionals	293	89	159	45	17	10	170	11	2	13	70
		Students	102	47	31	24	4	3	57	5	1	2	30
		Totals	2,955	966	1,522	467	157	33	1,897	73	19	107	669
	REGION	MEMBER TYPE	TOTAL	FEMALE	MALE	NO ANSWER	AFRICAN AMERICAN	ASIAN AMERICAN/PACIFIC ISLANDER	CAUCASIAN	HISPANIC	NATIVE AMERICAN	OTHER	NO ANSWER







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MEMBER NEWS

FEBRUARY, 2004



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#### James Eubanks, previously the Director of University Relations for Campus Concepts, is now the Director of the Student Recreation Center for the University of North Alabama (Florence).

Stuart Halsall, formerly the Director of Recreation and Scheduling, is now the Associate Athletics Director of Recreation and Scheduling at the University of Denver in Colorado.

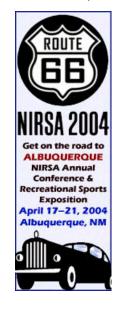


• Steven Harrell, the former Afloat Fitness and Athletic Director for the Morale Welfare and Recreation of the Navy USS George Washington, is now the Fitness Center Director at Hampden-Sydney College in Virginia.

NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION - NEWS & INFORMATION

- Aaron Harris, previously a Student Sports Coordinator, is now the Sports Coordinator for Colorado State University (Fort Collins).
- Matt Kalcevich, former Graduate Assistant for Intramurals and Sports Clubs at Arizona State University, is the new Intramural Sports Coordinator for the Morale, Welfare and Recreation of US Fleet Activities in Yokosuka, Japan.
- Jeremiah Karl, previously the Graduate Assistant of Fitness for Southeast Missouri State University, is now the Fitness, Strength and Conditioning Coordinator for the University of Wisconsin (Madison).





Know of a Member on the Move?

Members On the Move is a NIRSA service for all Professional Members. If you have relocated, please submit the information using the online form or call the Membership Department at NIRSA at (541) 766-8211

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"During her 25 years with us, Kathy worked in a variety of capacities that included aquatics, sport clubs, fitness/personal training, instructional programs and camps, just to name a few. Kathy will always be remembered as someone that was very committed to student development from both an employee and participant perspective. She founded our adventure resource center in 1977, and it has grown every year since. She also started our camps program some 15 years ago, and it is now one of the largest camp programs on campus. Kathy was highly respected by the entire University community and will always be missed," says Bill McMinn, Director Intramural-Rec Sports.

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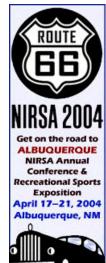
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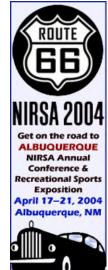


2004 NIRSA Annual Conference & Recreational Sports Exposition Albuquerque, NM

• Save money by registering now for the 2004 NIRSA Annual Conference & Recreational Sports Exposition. The early-bird deadline is Friday, March 12. Professional Members whose institutions are also NIRSA members receive additional discounts. For more information or to register online visit the NIRSA Network!

NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION - NEWS & INFORMATION

- For conference hotel information, click on http://www.nirsa.net/education/conference\_housing.htm
- Click on <a href="http://www.nirsa.net/education/conference.htm">http://www.nirsa.net/education/conference.htm</a> to view the daily as well as the overall conference schedule.
- · Parts of the conference brochure may have been revised, so please see the links above for the most current conference information.





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### 2004 NIRSA Annual Conference & Recreational Sports **Exposition**

ALBUQUERQUE, NM, APRIL 17-21, 2004



Now is the perfect time to register for the 2004 NIRSA Conference because you will be entered in monthly drawings for great prizes. A random drawing is held on the last day of each month from now until March. A big "thank you" goes to Sports Imports, Nautilus Health & Fitness and Commercial Recreation Supply for their generous donations. For more information go to www.nirsa.org. Online registration is fast and easy on this page!







Order yours today!

**Professional** & Student Members

Association Members

For more information



- Adventure Games & Initiatives for Your Portable Bag of Tricks
- Fitness Program Management 101: Running a Comprehensive Fitness Program
- Floor Hockey Rules/Officials Training
- Management Skills for the New or Prospective Manager
- Soccer Officiating
- Student Professional Development

To view all details go to <a href="http://www.nirsa.net/education/conference\_preconf\_workshops.htm">http://www.nirsa.net/education/conference\_preconf\_workshops.htm</a>. Register early, space is limited.

For exact dates and times refer to the daily schedule at http://www.nirsa.net/education/conference.htm.

#### Exposition Schedule, Business Meetings, Fitness, Socials, and More

To view the overall schedule for the Recreational Sports Exposition, business meetings, fitness opportunities, socials, and more, click on <a href="http://www.nirsa.net/education/conference-schedule.htm">http://www.nirsa.net/education/conference-schedule.htm</a>.

### Rease Thank Our 2004 Conference Sponsors – They are the Greatest!

NIRSA thanks the following 2004 conference sponsors: Matrix Fitness Systems, Inc. for sponsoring the Welcome Social, NIRSA Insurance/P5 Sports for sponsoring the Cyber Byte Café in the Exhibit Hall, the United States Tennis Association for sponsoring the Interactive Tennis Pavilion and Sports Imports for co-sponsoring the Conference Notebook.







STRONG. SMART. BEAUTIFUL.

# UNITED STATES TENNIS ASSOCIATION

Please be sure to stop by each sponsor's booth when you visit the Recreational Sports Exposition in Albuquerque.

#### 2004 National School of Recreational Sports Management

The 2004 National School of Recreational Sports Management (NSRSM) offers its Level I course in Indianapolis, Indiana on June 7-10, 2004. Experienced recreational faculty members have developed a creative program designed for emerging recreational sports administrators with one-to-five years of experience.

CLICK FOR MORE INFO



# Attention CRSS Candidates

If you are planning to take the Certified Recreational Sports Specialist (CRSS) exam at the 2004 NIRSA Annual Conference, you must preregister with the NNC by March 17, 2004. CLICK FOR MORE INFO

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MANAGEMENT (NSRSM)

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With decades of collective experience, this top-notch faculty

will share its experiences and perspectives in recreational



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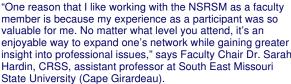
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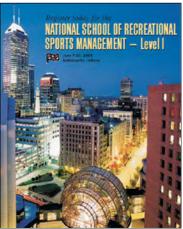
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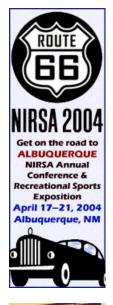
insight into professional issues," says Faculty Chair Dr. Sarah Through the educational sessions and collaboration with peers and faculty, participants obtain,

discuss and refine the professional skills necessary for success. The session topics are uniquely tailored to complement those with entry-level experience and include: maximizing staff performance, conflict resolution, budgeting, promotion, work styles, team exercises, staff development, and assessment, all of which can be implemented into your own programs.

The NSRSM Level I course is not offered again until the spring of 2006, and is limited to the first 48 paid registrants. To register online or to find out more details, log on to http://www.nirsa.net/education/school.htm.











Association Members

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#### ATTENTION CANDIDATES FOR NIRSA CERTIFIED RECREATIONAL SPORTS SPECIALIST (CRSS) EXAM

If you are planning to take the Certified Recreational Sports Specialist (CRSS) exam at the 2004 NIRSA Annual Conference, you must preregister with the NNC by March 17, 2004. If special requests for special auxiliary aids (i.e. hearing, visual, etc.) are required during testing, attach these to the application. For more information, go to http://www.nirsa.net/education/conference.htm or contact Nick Todorovich at nick@nirsa.org.

There is no linkage between the CRSS Certification and Continuing Education Units (CEUs).

The purpose of the CRSS certification program is to:

- 1. Maintain high quality of professional competence of recreational sports specialists.
- 2. Provide a means of identifying individuals who possess the necessary knowledge and expertise required in the field.
- Promote the educational standards set forth for recreational sports professionals.
- 4. Encourage professional growth and development of recreational sports personnel.

The multiple-choice exam covers programming, management/operations, risk management/legal concepts, program evaluation, participant's rights, history/philosophical foundations, and professional ethics. Potential CRSS exams dates occur throughout the year and are marked with an asterisk on the Calendar of Events on the NIRSA Network website.

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#### UNITED STATES TENNIS ASSOCIATION

Please be sure to stop by each sponsor's booth when you visit the Recreational Sports Exposition in

As of February 4, 2004, the following exhibitors have signed up to participate in the 2004 Recreational Sports Exposition. If the vendors with whom you do business aren't listed, please forward their contact information to Carole Hobrock, NIRSA's Exposition Director: carole@nirsa.org. NIRSA strives to make the Recreational Sports Exposition as comprehensive as possible for our members.

Advocates For Safe Glass Aerobics & Fitness Assoc. of America (AFAA) American Athletic, Inc. (AAI) American Council on Exercise (ACE) AORE - Assoc. of Outdoor Recreation & Education Mondo USA

Aquatic Design Group Association of United Wallyball Players Athletic Business Publications, Inc. Athletica Beynon Sports Surfaces Bleachers International

Body Masters, Inc. **Bond Wolfe Architects** BroadcastVision C.C. Creations, Inc.

Cannon Design

Cat Eye Company, Ltd/Source Distributors

Class Software Solutions College Display/Pharmanex Collegiate Golf Alliance Collegiate Pacific Sporting Goods Colorado Time Systems

Commercial Recreation Specialists

Connor Sports Flooring Counsilman/Hunsaker & Associates

CourtClean Covermaster, Inc. CSI Software Cybex International, Inc. Daktronics, Inc. Don Sproul Co./Ready Mark

Eldorado Wall Co.

Midwest Sporting Goods Dist., Inc.

Mikasa Sports USA Missouri Turf Paint

MMI-Montgomery Marketing Service, Inc.

Moody-Nolan, Inc.

Musco Sports-Lighting

National Amateur Dodgeball Association

Nautilus Health & Fitness Group

Nicros. Inc.

NIRSA Insurance/P5 Sports & Special Risk

Ohlson Lavoie Collaborative Paramount Fitness Corporation **PHN Architects** 

Polar Electro, Inc.\

Poseidon Technologies, Incs.

Precor, Inc.

Prep Illustrated, Inc. Qualite Sports Lighting Inc.

**RDG Sports** 

Ready Care Industries Recreation Management Recreational Solutions Recreational Sports & Fitness

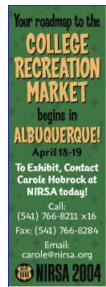
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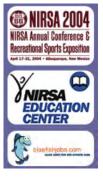
# Support the 2004 NIRSA-Endorsed Regional and National Basketball Tournaments and Championships

NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION - NEWS & INFORMATION

Regional and national extramural tournaments offer some of the best opportunities for training and developing students and emerging professionals, and they are important elements of NIRSA's sponsorship programs. These goals are accomplished at NIRSA endorsed events through consistent rule implementation, staff development, officials training, and a high regard for sportsmanship. In a 2002 NIRSA financial-planning survey, an overwhelming number of NIRSA members cited "student development and training" as one of the most important things NIRSA does.

The NIRSA Board of Directors has consistently voted to have the organization support these quality events with your member dues. The Association would like to thank the countless number of NIRSA volunteers, including event hosts, who devote their time and energy to making these tournaments successful, and who extend extraordinary hospitality and the use of their campus facilities to their NIRSA colleagues and student athletes.

# > SIDELINES



#### National - April 1-4, 2004 A NIRSA Endorsed Event

The Ohio University (Athens) will once again host the National Intramural Basketball Championship. Watch the NIRSA Network website for updates about these tournament and links for specific entry information. Contact: Kristin Hace or Chris Morris at (740) 597-1746: <a href="mailto:nibc@ohio.edu">nibc@ohio.edu</a>.

#### University of Arizona (Tucson)

March 5 - 7, 2004

Contact: Mirum Washington-White or Stephanie Corriero at (520) 626-7370 mirum@u.arizona.edu and corriero@email.arizona.edu.

#### Mississippi State University

March 5 - 7, 2004

Contact: Laura Walling (662) 325-2179: <a href="mailto:lwalling@saffairs.msstate.edu">lwalling@saffairs.msstate.edu</a>.

#### Washington State University (Pullman)

March 5 - 7, 2004

Contact: Jeff Elbracht at (509) 335-9668: elbracht@wsu.edu.

#### University of Maryland (College Park)

March 12 - 14, 2004

Contact: Kurt Klier at (301) 226-4425: kklier@umail.umd.edu.

#### Central Michigan University (Mt. Pleasant)

March 19 - 21, 2004

Contact: Damon Brown at (989) 774-3689: <a href="mailto:brown2dm@mail.cmich.edu">brown2dm@mail.cmich.edu</a>.

### Boston University

March 19 -21, 2004

Contact: Chris Daigle at (617) 353-4364: cdaigle@bu.edu.

#### University of Houston

March 19 - 21, 2004

Contact: Steve Waden at (713) 743-9506: swaden@uh.edu.

#### University of Nebraska (Omaha)

March 19 - 21, 2004

Contact: Mike Kult at (402) 554-2539: wkult@mail.unomaha.edu.

# National Intramural Basketball April 1-4, 2004

The Ohio University (Athens)

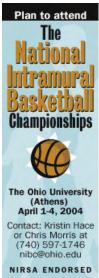
Contact: Kristin Hace or Chris Morris at (740) 597-1746: nibc@ohio.edu.

# ໜ Sport Club Championships

The **2003 Soccer Championships** wrapped up in Tuscaloosa, Alabama last November. The 72 teams in attendance matched the record set the last time University of Alabama hosted in 2001. The great weather and outstanding hospitality must be the reason. For complete tournament results, go to the NIRSA website:

http://www.nirsa.net/sc/soccer/2003/index.htm









All of the NIRSA member volunteers and the University of Alabama staff who helped execute such a successful tournament deserve a round of applause:

- Howard Taylor, Arizona State University
- Noah Yannie, Fitchburg State College
- · Hafedh Benhadj, Ohio University
- · John Lee, Wichita State University
- · Josh Fuller, Lake County Soccer Park
- · Hollie Adams, Mississippi State University
- · Michael Bond, University of West Florida
- · Eric Brown, Ohio University
- David Dunham, University of California (Davis)
- · Randall Ford, The University of Texas at Austin
- April Goode, Georgia Tech
- Suzy Gray, University of Texas (San Antonio)
- Meg Handley, Georgia Tech
- · Lisa Hanson, North Carolina State University
- · Scott Jones. Ohio University
- · Dale Lewis, University of West Florida
- Tricia Losavio, University of Maryland
- · Chad McKenzie, The University of Texas At Austin
- Brandon Phillips, Western Kentucky University
- · Leslie Rafter, University of West Florida
- Maryann Rapposelli, University of Delaware
- · Marinda Reynolds, University of Florida
- Peewee Roberson, Texas Tech University
- · Marcia Schaefer, Region 1 Coordinator
- Bill Sells, Ohio University
- Stephanie Thompson, Ohio University
- · Jason Townsend, Mississippi State University
- Steve Waden, University of Houston
- · Mark Williams, Western Kentucky University

#### **University of Alabama Host Committee:**

- · George Brown, Director
- Jill Tappen, Host Committee Chair
- Andy Beville
- Pam McCarley
- Michael Krings
- Charlotte Cade
- Dave Crutchfield
- Kristen Davis
- Kenneth Dunlap
- John Jackson
- · Gary Minor
- Stephanie Wilkins
- Todd Gallagher
- Brian Kruse
- Christine Klimik
- Summer Roberson
- Derrick Taff
- Wanda Butler

~ TOURNAMENT RESULTS & PHOTOGRAPHS ~ 2003 NIRSA Collegiate Soccer Sport Club Championships

#### **USA Team Tennis National Campus** Championship March 11-13, 2004 Daytona

Beach, Florida Entry deadline is February

19. If you have a team that is interested in participating, contact valerie@nirsa.org. We expect to fill the



#### Tennis, Anyone?

NIRSA wants to know what tennis programs you run on your campus. Do you hold tournaments, have leagues, ladders, USA tennis, or something else? Please contact valerie@nirsa.org for a survey and chance to win some great prizes.

tournament again this year and have 40 teams enjoying tennis, surf and sun in Daytona Beach!

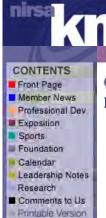


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NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION - NEWS & INFORMATION

NIRSA's Associate Members are invited to join the NIRSA Foundation's Charter Corporate Partner Program.

"The NIRSA Foundation is about commitment, responsibility, and quality. It is about our future – the NIRSA membership, Associate Members, and corporate leaders – uniting them to forge new partnerships that will guarantee new and continuing opportunities," reports Dave Koch, Chair of the NIRSA Foundation.

"Today, the future begins. The NIRSA Foundation needs your help in developing tomorrow's leaders today."

The Foundation was founded in 1999 as an opportunity for companies and corporations of any size to join in its efforts toward reaching a \$1 million endowment goal to benefit educational development. To date, it has raised more than \$700,000.

Corporations can select three donation categories – \$100,000, \$25,000 and \$3,000. In return for a five-year commitment, this program provides the Charter Corporate Partners with product/industry exclusivity and additional benefits. For an example, at the \$100,000 Level, some of the CCP benefits include:

- Display of corporate logo on NIRSA Foundation's website with a link to your website
- Recognition as a CCP in the Recreational Sports Directory (RSD)
- Recognition as a supporter w/logo printed in the Recreational Sports Journal
- NIRSA membership database and permission to use for mailings
- A free job posting on BluefishJobs.com, NIRSA's online Career Opportunities Service
- Recognition as CCP at the Annual Conference & Recreational Sports Exposition as a:
- Scholarship supporter
- Supporter for various conference events
- · Conference brochures, program and exhibitor prospectus
- · Priority booth selection and recognition in the Exhibit Hall
- · First-year and last-year plaques presented at Honor Awards Banquet
- · Name tag ribbons recognizing generous support

# The NIRSA Foundation wishes to express appreciation to its current corporate contributor to the CCPP program



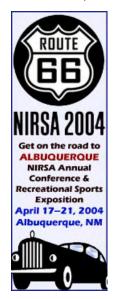
#### NIRSA Foundation Golf Tournament

This year, the 10th Annual NIRSA Foundation Golf Tournament will use a four-person scramble format starting at 7:30 am and 1:00 pm on Saturday, April 17. Have fun, meet new people and support the NIRSA Foundation while enjoying a terrific day of golf at the University of New Mexico Championship Course in Albuquerque.

CLICK FOR MORE INFO

2003-2004 Nirsa Foundation Board of Directors CLICK FOR MORE INFO Foundation
Events at the
Annual
Conference in
Albuquerque, NM
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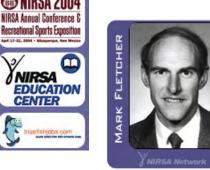


Dave Koch, Chair (2001-2004) (Golf Committee)
Dave Koch, CRSS, has been Director of Campus Recreation at the
University of California (San Diego) since April, 2002. For 25 years before
that, he was the Senior Associate Director of Recreational Sports at the
University of Southern California.

NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION - NEWS & INFORMATION

Koch has been involved with the NIRSA Foundation for many years and currently serves as the Chair of the Board of Directors and as one of the tournament directors for the NIRSA Foundation Golf Tournament. Now in its 10th year, the golf tournament has raised more than \$42,000 to support the Foundation. Dave has also served on the NIRSA Board of Directors as the Region VI Vice President, as a State Director, and on several committees. If you ever need a question answered about the

Foundation, or wish to participate it any of its activities, you can reach Dave at the UCSD Campus Recreation Department. His email is: <a href="mailto:dkoch@ucsd.edu">dkoch@ucsd.edu</a>



# Mark Fletcher, Vice-Chair (2002-2005) (Corporate Donors and Scholarship Committees)

Mark Fletcher, CRSS, is in his 13th year as Associate Director of Athletics/ Director of Intramural-Recreational Sports Rec Sports (since 1985), and Athletic Capital projects at the University of Virginia.

The Intramural-Recreational Sports program services more than 86 percent of all students and 94 percent of all UV undergraduate students. With a staff of 40 full-time and 600+ student employees, Fletcher's program has the largest faculty/staff of any collegiate recreation program in the country.

Fletcher has become a veteran of construction and renovation of recreational sports facilities. Mark is currently overseeing renovations to the Lady Astor Tennis Pavilion at the Memorial Gymnasium to support the wrestling and women's volleyball programs, and a \$10 million Phase II addition to the UV Aquatic & Fitness Center.

From 1997-2001, Fletcher was in charge numerous university expansion/renovation and new construction projects including a new 22-acre outdoor field complex known as "The Park" that won a 2001 Outstanding Outdoor Sports Facilities award.

An active member of NIRSA, he has served as the Region II Vice President and has been honored with the Region II Award of Merit. He is a native of Crestline, Ohio. He holds a bachelor's degree in psychology and education from Heidelberg College in Tiffin, Ohio in 1973. He also holds a master's in college student personnel from Bowling Green State University (1974). You can reach Mark at: mef@virginia.edu



# Darcy Bingham, Member (2002-2005) (Individual Donor and Planned Giving Committees)

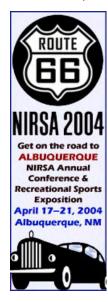
Darcy Bingham, CRSS, is retired from the University of California (San Diego) and lives in Del Mar, California. As a "Philanthroprenuer," she sees and fulfills the needs of nonprofit organizations. To that end, she cofounded the San Diego Social Venture Partners, helping pioneer engaged grant-making, in addition to educating a new crop of San Diego philanthropists.

She says it was her term as Director of Operations for UCSD Recreation that developed her strength for getting the best out people, "in addition to getting a few gray hairs." Having the opportunity to mentor hundreds of students and staff was a career highlight and led to her establish a

student employee scholarship fund. Her time at the University of California was also influenced by representing the UC Systemwide Staff Assemblies at the highest level -- the UC Regents meetings.

Today, she serves on the boards of several nonprofit organizations including: The San Diego Foundation; Social Venture Partners International; San Diego Social Venture Partners; The San Diego Women's Foundation and The NIRSA Foundation. You can reach Darcy at: <a href="mailto:dcbingham@ucsd.edu">dcbingham@ucsd.edu</a>





#### Kurt Klier, Member (2003-2006) (Individual Donor Committee)

Kurt Klier, Assistant Director of Intramurals at the University of Maryland (College Park), has been a NIRSA Member since 1996. A NIRSA Service Award Winner (2003), Kurt is currently a member of the NIRSA/NASO Officials Development Work Team, the Extramural Committee, an Inaugural Member of the NIRSA Region I Contingency Fund, and the Student Scholarships Selection Committee.

Kurt's has been a presenter at NIRSA Annual Conferences in: Cleveland, Providence, and Salt Lake City; a Region III Student Lead-On; and numerous Region I Conferences. He has served as a Presenter/Coordinator for the Preconference Flag Football Workshop, San Antonio.

Before he joined the University of Maryland staff, he served at Cornell University as the Robert F. Kennedy Director of Intramural Sports, which was the first endowed intramural position in the country. You can reach Kurt at: kklier@umd.edu



Suzette Smith, Member (2003-2006) (Special Events Coordinator)
Suzette Smith, CRSS, has been the Director of the Bryan Williams, M.D.
Student Center at the University of Texas Southwestern Medical Center (Dallas) since August 1990.

As such, Suzette administers all phases of the Student Union's operations: control access, programs, services, fiscal operations, and facility maintenance. She organizes, coordinates, and evaluates a comprehensive recreational sports program. Her other duties include serving as counsel to student organizations on issues of programming and planning events, and she assists in the planning, organizing and implementation of Student and Alumni Affairs sponsored programs and events. She recently assisted in the design, and then went through the construction of a new facility.

NIRSA Member since 1986, Suzette currently serves on the program committee for the NIRSA 2004 National Conference (Albuquerque), and was a presenter NIRSA Facilities Symposium in the fall 2003. She has been a State Director and as served as a co-coordinator Lead-On Student Development Workshop, 1989.

Smith holds a master's in Recreational Sports Administration from Indiana University; a bachelor's in Physical Education and Business Administration from North Texas State University (Denton); and an Associates of Arts in Business Administration and Management from North Harris County College. Her outside work interests include: fitness, gardening, art, food and wine, Depression Glass and floral design.

You can contact her at: suzette.smith@utsouthwestern.edu



Kirk McQueen, Member (2001-2004) (Corporate Donors Committee) Kirk McQueen, CRSS, is currently the Interim Director of Campus Recreation at The Georgia Institute of Technology in Atlanta. He has worked there for the past 26 years as Director of Facilities & Operations, the Coordinator of Sport Clubs and Special Events, and Director of Intramurals.

Kirk graduated from Auburn University in 1975. He earned a master's in 1976 at the University of South Alabama, and then became the Director of Intramurals and Sport Clubs there.

An active member of NIRSA since 1977, Kirk has served the Association in many roles: Region II Vice President; State Director; Region II

Conference Host 1980 & 1985; host of the 1st Sport Club Workshop; served on NIRSA Flag Football Rules and Facility Committees. He has attended every Annual Conference, as well as the School of Recreational Sports Management and NIRSA Executive Institutes. He has received the Region II Service Award for his work.

Kirk enjoys coaching several college sports including Women's Basketball, Women's Softball and Women's Golf and enjoys spending time with his wife Janet and his daughters Brooke and Madison. You can reach Kirk at: <a href="mailto:kirk.mcqueen@sac.gatech.edu">kirk.mcqueen@sac.gatech.edu</a>



Sid Gonsoulin, Member At Large (2003-2004) as NIRSA President Sid Gonsoulin, CRSS, is the Associate Vice President for Student Affairs and Exec. Director of Recreational Sports at The University of Southern Mississippi in Hattiesburg, MS.

For the past 20 years, Gonsoulin was the Director of the Department of Recreational Sports at the University of Southern Mississippi. In 1997, Gonsoulin was named "Southern Miss Administrator of the Year."

He holds a bachelor's in College Business Management from the University of Nebraska; a master's in Recreation Administration from Louisiana State University; and dual bachelor's in Health, Physical Education and Leisure Studies and Zoology from Louisiana State University.

A NIRSA member for 34 years, Gonsoulin attended his first National Intramural Association Conference (NIA-later NIRSA) as a student in 1970. He has Chaired, Cochaired or served on countless NIRSA committees, including the Strategic Marketing Plan work team (2001-03); Facilities Committee; and the Planning Principles for Recreation Facilities of the Future Task Force.

Among his many achievements, Gonsoulin has been published in a variety of professional journals and received the NIRSA Journal Article of the Year Award (1998). His presentations and publications have included such topics as: Strategic Marketing; Facility Planning; Programming; Operations and Management; Student Development; Risk Management; the Economic Impact of Recreational Sports; and Sports Surfaces.

Gonsoulin has received the Region II Award of Merit (1998) and is twice the recipient of NIRSA's Distinguished Service Award (1983 & 1989). You can reach him at: <a href="mailto:sidney.gonsoulin@msu.edu">sidney.gonsoulin@msu.edu</a>



Dr. Kent Blumenthal Secretary-Treasurer

Dr. Kent Blumenthal, NIRSA Executive Director since 1998 is the chief staff officer of the Association, and manages the NIRSA National Center (NNC) team, NNC operations, the Association's finances. He serves the Board of Directors of NIRSA, the NIRSA Foundation, and the NIRSA Services Corporation.

Kent has a long history in the profession that began in 1976 as the coordinator of summer recreation programs for the University of Maryland (College Park). He received a B.A. degree in Sociology (1974), a M.A. degree in Therapeutic Recreation (1979), and a Ph.D. in Recreation and Parks Administration (1990), from different colleges at the University of Maryland (College Park). His career includes an impressive tenure at the

National Recreation and Park Association, before joining NIRSA in August 1997.

He spends most of his free time (what little there is, his wife Becky might suggest) with his family: wife Becky, daughter Shana, and yellow Labrador Retriever 'Nugget.' During the beautiful Oregon summers, the family often takes the camper-trailer into Central Oregon for weekends of camping and fishing. Kent is an avid exerciser and uses the NNC exercise facility or a local gym almost daily. You can reach him at: kentb@nirsa.org or (541) 766-8211 x12.

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FEBRUARY, 2004



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# Foundation Events at the Annual Conference in Albuquerque, NM

Silent Auction: While the NIRSA Foundation will no longer host the traditional 'Silent Auction,' it strongly invites everyone to take part in all of the other the events, including:

NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION - NEWS & INFORMATION

T-shirt Exchange: Don't miss this year's exciting opportunity to trade T-shirts while meeting your colleagues. Bring as many kinds of shirts as you would like to trade, barter, or sell on Sunday, April 18, 2004.

T-shirt and Apparel Competition: The NIRSA Foundation again hosts this year's Apparel Competition on Sunday and Monday, April 18 and 19. This attention-getting fund-raiser is always one of the conference's high points. Gain exposure for your institution by entering items such as: T-shirts, jackets, vests, sweatshirts, caps, bucket hats, and any other staff or institutional sportswear. The competition will culminate with an auction and sale, Monday, April 19, 2004.



Quilt Auction: The NIRSA Foundation's annual event is featured on Theme Night at the Route 66 Social, Tuesday, April 20, 2004. The highest bidder will acquire a one-of-a-kind quilt featuring the winning T-shirts from the T-shirt Competition from 2003.

For more information on all these Foundation events go online at: http://www.nirsa.net/education/conference.htm and go to "Download & Print" the complete Conference Brochure.





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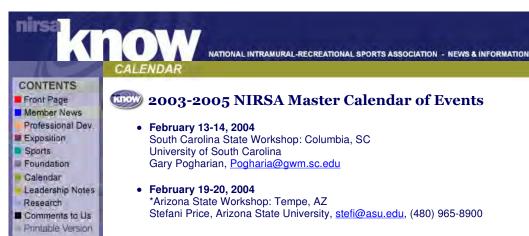
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South Carolina State Workshop: Columbia, SC University of South Carolina Gary Pogharian, Pogharia@gwm.sc.edu

\*Arizona State Workshop: Tempe, AZ Stefani Price, Arizona State University, stefi@asu.edu, (480) 965-8900

#### • February 22, 2004

National Recreational Sports and Fitness Day Sarah Hubert, NIRSA National Center, sarah@nirsa.org, (541) 766-8211, ext. 20

#### • February 26-29, 2004

Region IV Student Lead-On: Houston, TX Neely Cupit, University of Houston, nmcupit@central.uh.edu

#### March 5-7, 2004

\*Arkansas State Workshop: Russellville, AK Kelley Roach, Arkansas Tech University, kelley.roach@mail.atu.edu, (479) 968-0235

#### March 11-13, 2004

USA Team Tennis National Campus Championships: Daytona Beach, FL Valerie McCutchan, NIRSA National Center, valerie@nirsa.org, (541) 766-8211, ext. 15

#### April 8-10, 2004

Volleyball Sport Club Championships: Charlotte, NC Mary Callender, NIRSA National Center, mary@nirsa.org, (541) 766-8211, ext. 14

#### April 14-16, 2004

NIRSA Board of Directors Year-end Meeting, Albuquerque, NM Kiki Alexander, NIRSA National Center, kiki@nirsa.org, (541) 766-8211, ext. 11

#### • April 17-21, 2004

\*Annual Conference & Recreational Sports Exposition: Albuquerque, NM Karen Bach, NIRSA National Center, karen@nirsa.org, (541) 766-8211, ext. 17

#### April 22, 2004

NIRSA New Board of Directors Meeting, Albuquerque, NM Kiki Alexander, NIRSA National Center, kiki@nirsa.org, (541) 766-8211, ext. 11

#### June 7-10, 2004

School of Recreation Sports Management, Level 1: Indianapolis, IN Karen Bach, NIRSA National Center, karen@nirsa.org, (541) 766-8211, ext. 17

#### • June 7-9, 2004 (tentative)

NIRSA Board of Directors Summer Meeting: Corvallis, OR Kiki Alexander, NIRSA National Center, kiki@nirsa.org, (541) 766-8211, ext. 11

#### • June 26-27, 2004 (tentative)

\*California State Workshop: Irvine, CA Cindy Cook, University of California-Irvine, ccook@uci.edu, (949) 824-6497

#### • October 6-8, 2004

NIRSA Board of Directors Midyear Meeting: Orlando, FL Kiki Alexander, NIRSA National Center, kiki@nirsa.org, (541) 766-8211, ext. 11

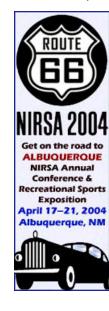
#### October 20-23, 2004

National Recreational Facilities Institute, Atlanta, GA. Karen Bach, NIRSA National Center, <a href="mailto:karen@nirsa.org">karen@nirsa.org</a>, (541) 766-8211, ext. 17

#### • November/December, 2004 (tentative)

National Marketing Institute, TBA Barry Brown, NIRSA National Center, barry@nirsa.org (541) 766-8211, ext. 13





#### November 4-6, 2004

\*Region II Conference: Charlotte, NC

Terrie Houck, University of North Carolina, tvhouck@email.uncc.edu (704) 687-2481

#### • November 10-12, 2004

\*Region I Conference: Syracuse, NY Mitch Gartenberg, Syracuse University, megarten@syr.edu (315) 443-4386

#### Nov. 14-16, 2004

Region VI Conference: Tempe, AZ Stefani Price, Arizona State University, <u>stefi@asu.edu</u> (480) 965-8900

#### • November 18-20, 2004

Soccer Sport Clubs Championship: Austin, TX Valerie McCutchan, NIRSA National Center, valerie@nirsa.org, (541) 766-8211, ext. 15

#### • April 5-9, 2005

\*Ånnual Conference & Recreational Sports Exposition: Orlando, FL Karen Bach, NIRSA National Center, <u>karen@nirsa.org</u> (541) 766-8211, ext. 17

#### April 14-16, 2005

Volleyball Sport Club Championships: Kansas City, MO Mary Callender, NIRSA National Center, mary@nirsa.org, (541) 766-8211, ext. 14

#### May 18-20, 2005

National Fitness Institute, DePaul University, Chicago, IL Valerie McCutchan, NIRSA National Center, <u>valerie@nirsa.org</u>, (541) 766-8211, ext. 15

#### October 19-22, 2005

National Recreation Facilities Institute: Minneapolis, MN Karen Bach, NIRSA National Center, <a href="mailto:karen@nirsa.org">karen@nirsa.org</a> (541) 766-8211, ext. 17

#### \* Potential Certification Exam Site

Certified Recreational Sports Specialist (CRSS) exam applications are available through the NNC Education Department. Individuals must submit a complete exam application accompanied by the appropriate documentation and fee to the NIRSA National Center a minimum of 30 days prior to the preferred testing date. Applications will be reviewed and applicants will be notified of their eligibility to take the examination. The NNC will handle requests for special auxiliary aids during testing, if a written description of the need is attached to a complete application. Both the application and request must be received at the NNC 30 days before the proposed testing date.

Deadlines for Nomination of Awards/Scholarships/NIRSA Offices/Bylaws and Amendments CLICK FOR MORE INFO

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It's one thing to hire for a certain skill-set; it's quite another to bring someone into your work environment as a team member, with high expectations for their ability to work together for the greater good of the Association and its members.

A few years ago, NIRSA National Center (NNC) employees got together and identified what they believe to be their 'core values.' It's different from a 'mission' or 'vision' statement. It speaks to who we are as individuals, and what we expect from each other as workmates and teammates.

The idea of identifying staff's core values through introspection and reflection was borrowed from the Disney Corporation, where it puts a lot of stock into its own corporate 'core values.'

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Today, our NNC 'core values' are used as an employment tool. When we recruit new personnel to fill vacated staff positions, our roster of NNC 'core values' is provided to all prospective job candidates, along with a job description, application materials, and background information on NIRSA.

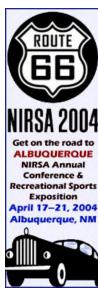
Aesop wrote, "Union gives strength." At your NIRSA workplace, you had better believe it!



#### NIRSA NATIONAL CENTER - CORE VALUES

Established by the Employees of the National Intramural-Recreational Sports Association December 2001

- We are Fiscally Responsible. NNC teammates are cost-conscious, act in good faith in all
  financial matters, and are legally and ethically accountable for finances of the Association.
- We appreciate Humor in the workplace. Humor and laughter are viewed as healthy
  expressions and are encouraged. As a general state of mind, NNC teammates have the ability
  to perceive, enjoy, or express what is funny.
- We are Innovative. NNC teammates offer creative ideas in their everyday endeavors and when examining the 'Big Picture,' and strive to introduce something new to a process when it could be helpful.
- We are Loyal to each other and to the Association. NNC teammates are faithful, loyal and support each other and the Association.
- We have Positive Attitudes. NNC teammates possess helpful and happy attitudes when
  interrelating with each other, our members, and business associates. We know that 'if you can't
  say anything nice, don't say anything at all.
- We do Quality Work. NNC teammates know that attention to detail and the overall appearance and impact of all products and services we provide is essential to the Association.
- We are Advocates for the recreational sports profession. The NNC teammates make every
  effort to learn as much as possible about our members' profession, so that we can best support
  their needs.
- We are Service-Oriented: We strive to meet the needs of our members and business associates and we make it a goal to find the answers they seek.
- We are a Team: NNC teammates foster relationships of appreciation, recognition and support for a network of shared responsibility and leadership.
- We are Wellness Advocates: NNC teammates demonstrate healthy lifestyles through our physical, mental and social well-being.
- We exercise Probity in all interrelations with our members, teammates, and business associates



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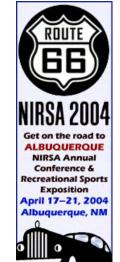
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Members should have received their copy of the latest NIRSA Recreational Sports Journal. The following is the abstract of one of the articles. The Recreational Sport Journal is always looking for articles: for more information, contact Journal Editor, Dr. Lynn Jamieson at: <a href="mailto:lyjamies@indiana.edu">lyjamies@indiana.edu</a>.

# Readability of Waiver Of Liability Forms Used in Collegiate Intramural and Recreational Sports Programs

By Benjamin J. White, CRSS, MS, Director and Coordinator of Intramurals at Oregon State University and Bradley J. Cardinal, Ph.D., Associate Professor in the Department of Exercise and Sports Science at Oregon State University.

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#### **Abstract**

Waiver of liability forms should be written at a reading level consistent with that of the intended audience. On average, students read three grade levels below the last grade they completed in school. Therefore, waivers should be written no higher then the ninth-grade level. The main goal of this study was to assess the reading level of intramural and recreational sport waiver of liability forms, compared to the ninth-grade level.

Nine NIRSA member schools and nine non-NIRSA member schools were randomly selected from each of NIRSA's six regions. Readability was assessed using the Readability Calculation software (Micro Power & Light, Dallas, TX) for MacIntosh. A one-sample t-test was performed to compare the forms to the ninth-grade reading level. Forms were written significantly higher than the ninth-grade level. An analysis of variance was performed to assess possible moderating variables. No significant differences were found. Font size was also measured, and forms were found to have been written at a significantly higher level then the recommended 12-point font. This study brings into questions the efficacy of waiver of liability forms used in many collegiate/university intramural and recreational sports programs.

# Physical Activity and Health - Fact Sheet CLICK FOR MORE INFO

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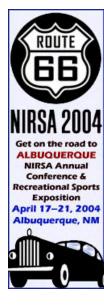
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# Physical Activity and Health - Fact Sheet

- Physical inactivity contributes to 300,000 preventable deaths a year in the US. Some 40
  percent of deaths in the US are caused by behavior patterns that could be modified. A
  sedentary lifestyle is a major risk factor across the spectrum of preventable diseases that
  lower the quality of life and kill Americans.
- Significant health benefits can be obtained by including a moderate amount of physical
  activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes
  of playing volleyball). Additional health benefits can be gained through greater amounts of
  physical activity.
- Physical activity has been identified as one of the Leading Health Indicators (LHI) in Healthy People 2010, the government's published health goals and objectives for the next decade.
- Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, Type II diabetes, and certain cancers, such as colon cancer. Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.
- Cardiovascular disease (heart attacks, strokes) is the number one killer of men and women in
  the US. Physically inactive people are twice as likely to develop coronary heart disease as
  regularly active people. The health risk posed by physical inactivity is almost as high as risk
  factors such as cigarette smoking, high blood pressure, and high cholesterol.
- Nearly half of American adults (4-in-10) report that they are not active at all; 7-in-10 are not
  moderately active for the recommended 30 minutes a day, five or more days a week.
- Poor diet and inactivity can lead to overweight/obesity. Persons who are overweight or obese
  are at increased risk for high blood pressure, Type II diabetes, coronary heart disease,
  stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems and some types
  of cancer.
- Poor diet and inactivity can lead to diabetes. Seventeen million Americans have diabetes
  right now and 16 million more have pre-diabetes. Each year, there are 1 million new cases,
  and nearly 200,000 people die from diabetes. The cost to the economy is \$100 billion
  annually in direct and indirect medical costs.
- The percentage of adults in the US who were overweight or obese (body mass index greater than 25) in 1999 was 61 percent. Overweight and obesity cuts across all ages, racial and ethnic groups, and both genders.
- The number of overweight children and teens has doubled in the past two decades; 13
  percent of children aged 6-to-11 years and 14 percent of adolescents aged 12-to-19 years
  were overweight in 1999. This prevalence has nearly tripled for adolescents in the past two
  decades.
- The cost of overweight and obesity to the economy is \$117 billion annually in direct and indirect medical costs.
- The major barriers most people face when trying to increase physical activity are time, access to convenient facilities, and safe environments in which to be active.
- School-based and workplace based interventions have been shown to be successful in increasing physical activity levels.
- Childhood and adolescence are pivotal times for preventing sedentary behavior among adults by maintaining the habit of physical activity throughout the school years.
- Type II diabetes, once called "adult onset" diabetes, and high blood pressure, once thought to be age-related, and are now diagnosed in children and teens.
- Physical activity among children and adolescents is important because of the related health benefits (cardio-respiratory function, blood pressure control, weight management, cognitive and emotional benefits).





- Only about one-half of U.S. young people (ages 12-21 years) regularly participate in vigorous physical activity. One-fourth reported no vigorous physical activity. About 14 percent report no recent vigorous or light-to-moderate activity.
- A physically active lifestyle adopted early in life may continue into adulthood. Even among
  children aged 3-and 4-years, those who were less active tended to remain less active than
  most of their peers after age 3. According to a study done by the National Association of
  Sports and Physical Education (NASPE), infants, toddlers, and pre-schoolers should engage
  in at least 60 minutes of physical activity daily and should not be sedentary for more than 60
  minutes at a time except when sleeping.
- One quarter of U S children spend four (4) hours or more watching television daily.
- Young people are at particular risk for becoming sedentary as they grow older. Encouraging
  moderate and vigorous physical activity among youth is important. Because children spend
  most of their time in school, the type and amount of physical activity encouraged in schools
  are important.
- Only 20 percent of students in grades 9 through 12 engaged in moderate physical activity for at least 30 minutes on five or more of the previous seven days in 1997.
- Only 29 percent of students in grades 9 through 12 participated in daily school physical education in 1999, down from 42 percent in 1991.
- Only 17 percent of middle and junior high school and 2 percent of senior high schools require
  daily physical activity for all students.

Source: U.S. Department of Health and Human Services. The facts above appear on The President's Council on Physical Fitness and Sports (PCPFS) website at: http://fitness.gov/physical\_activity\_fact\_sheet.html. These facts are based on information from publications prepared by agencies and offices of the Department of Health and Human Services: the Centers for Disease Control and Prevention; the National Center for Health Statistics; the Office of the Surgeon General of the US (Physical Activity and Health, 1996; Call to Action to Prevent and Decrease Overweight and Obesity, 2001), and the Office of Disease Prevention and Health Promotion (Healthy People 2010, 2001).

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