



**Planning** 

a new



■ Exposition

■ Foundation

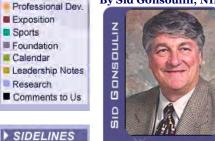
Calendar

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Front Page State of the Association Member News

By Sid Gonsoulin, NIRSA President 2003-2004



The 2004 NIRSA State of the Association report is a combination of good news and better news. The good news is that NIRSA is healthy and the better news is that its future may be even brighter. Many factors have played a key role in the health of NIRSA. The first is the people. People who believe in and support the mission of the organization contribute to NIRSA's health and bring out the best in everyone and everything they touch. A record number of professional and emerging leader member volunteers have stepped up to provide time, talent, resources and leadership in delivering more than 50 NIRSA educational events where more than 6,000 participants gathered for learning, sharing of ideas, networking, and camaraderie. Besides the educational events, an additional 7,000 students (record numbers) have been the beneficiaries of

the labor of love from more than 600 volunteers who planned, programmed, and hosted numerous NIRSA sporting events













click to more...







NIRSA greatly appreciates all of the support shown by members by reserving their 2004 NIRSA Annual Conference & Recreational Sports Expo lodging within the official NIRSA room block in Albuquerque, New Mexico. Just a ....



### Sunday & Monday: 2 days to shop the RECREATIONAL SPORTS **EXPOSITION!** Sunday: April 18th 12:30-3:30 Monday: April 19th 10:15-4:15

### Airport Shuttle Company Offers NIRSA Attendees **Discounted Rates**

Airport transportation from the Albuquerque Airport to the Hyatt Regency, Double Tree Hotel, Hotel Blue, Plaza, and Sheraton Old Town will be offered to NIRSA conference attendees at a discounted rate through the Airport Shuttle for \$9.00 one-way and \$18.00 round-trip. The regular price fare is \$14.00 for one-way. When purchasing your shuttle ticket, identify yourself as a NIRSA conference attendee to receive the lowest fare. The Airport Shuttle counter is across from Southwest Airlines Baggage Claim No. 3 (Albuquerque Airport lower level). For more information call (505) 765-1234.



#### Conference Registration Hours

All conference attendees will need to pick up their badge and registration materials from the NIRSA registration area located at ground level of the east complex in the Albuquerque Convention Center (401 Second Street).

#### Registration hours:

Friday April 16 6:00pm-8:00pm Saturday April 17 7:00am-8:00pm Sunday April 18 7:00am-5:30pm Monday April 19 7:00am-4:30pm April 20 7:00am-6:00pm **Tuesday** Wednesday April 21 8:00am-Noon

#### Fun Social Events

Welcome Social – Saturday (8:00pm-11:00pm)



- People of Color Social Monday (7:30pm-9:00pm)
- NIRSA Dance Party Monday April 19 (9:00pm-2:00am)
- NIRSA Bowling Party- Monday, April 19 (9:00pm-1:00am)
- Theme Night Tuesday (7:00pm-11:00pm)

The NIRSA Foundation Quilt will be auctioned at 7:45pm. All proceeds to benefit the NIRSA Foundation.





#### Fred Perez, Host of 2004 Annual Conference Committee, to Retire

"The rumors are true. My last day at University of New Mexico is May 31, 2004. I have been at UNM for 30 years, plus two more in high school for a total of 32 years in education. As for the long list of things I want to do when I retire, I want to...





### Mow to Make the Most of the Recreational Sports Exposition - an Attendee's Guide

Make the most of your expo experience by asking the vendors you meet in the Exhibit Hall 'what's new?' You might be surprised at the opportunities available for your campus recreation center. Remember to visit each vendor on both days...





#### Congratulations go to all of the 2003-2004 Award Winners

During the 2004 Annual Conference and Recreational Sports Exposition in Albuquerque, NM, all of the 2003-2004 Award Winners will be announced ...





Paul Emanuel Wilson, CRSS, is the kind of person who likes to keep busy...











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FOUNDATION	CALENDAR	LEADERSHIP NOTES	RESEARCH	COMMENTS TO US

4185 SW Research Way Corvallis, OR 97333-1067 Tel: (541) 766-8211 Fax: (541) 766-8284 Email: nirsa@nirsa.org

NIRSA National Center

NIRSA Know is a member service of the National Intramural-Recreational Sports Association.

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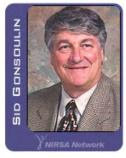




State of the Association By Sid Gonsoulin, NIRSA President 2003-2004

(continued from the Front Page...)

Volunteer productivity may be at an all time high as 400 plus members on nearly 40 committees and work teams have produced great quantities of work that have provided tactical and strategic advancements to the Association and the profession. Contributions have been numerous and often from state directors, state student representatives, regional student representatives, committees, and work team members and their respective chairpersons. To glean an understanding of the volume and quality of work completed or advanced by the numerous NIRSA volunteers over the last



12 months refer to the action items listed on the NIRSA website within the Board of Directors minutes. To all of the volunteers, both professionals and emerging professionals, know that you are appreciated for your contributions that have strengthened the profession and brought quality of life experiences to all those who have benefited from your commitment. It is with certainty that our founder, Dr. William Wasson, would be pleased that so many have taken up the banner of the blue and white in providing opportunities for all those who they lead and all those who follow! Thank you, Dr. Wasson and all the other Founders, for the vision to create this great association of professionals who care about students.



**SIDELINES** 

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The next two paragraphs are dedicated to the three Boards and to our NIRSA National Center team. Both the Foundation and the NIRSA Services Corporation Boards of Directors are composed of dedicated, wise, and experienced professional members who work tirelessly to improve the financial health of the Association. Their dedication has provided unparalleled opportunities to members and our number one client, the student.

The members on these two Boards have previously served our association as either a member of the NIRSA Board of Directors or in some other significant leadership capacity, yet they continue to serve the Association. Their dedication is extraordinary. Like the bunny, they just keep on going!

The elected officers of NIRSA, your Board of Directors, is composed of eleven men and women who cannot, will not, and have not even once said "that can't be done," "not my job," "don't ask me," or something is "too much to handle." When the gavel is relinquished to the 49th president on April 21, this 48th NIRSA President will stand before colleagues and say that he has never been so privileged in all his life to have served with a more dedicated and heartfelt group of people who care each and every day about what they do to improve the quality of life of our students and colleagues. NIRSA members should know that your Board of Directors met face-to-face for a total of 12 days and participated in nine teleconference Board meetings without one absentee. Every Board member voted on every action item presented to them. They attended practically all state, regional and national events. Dedication, loyalty, passion, all describes your Board of Directors. On behalf of NIRSA and all its members, a sincere appreciation is extended to the 2003-2004 NIRSA Board of Directors, their families, and staff for the support provided, as well as their institutions of higher learning: Loyola College of Maryland, University of Arizona, Arizona State University, The University of Southern Mississippi, University of Colorado, Temple University, James Madison University, Central Michigan University, University of Texas at Austin, University of Northern Iowa, and Northern Arizona University.

To really understand the volume and quality of work brought to fruition by NIRSA over the past twelve months, one needs only go to the NIRSA website and view the BOD minutes and the Executive Director's Annual and End of Year Financial Reports. And, last but not least, our NNC team is composed of dedicated professionals who on a daily basis are committed to the NIRSA's mission. The health and well-being of our association, in a large way, can be attributed to the tactical successes that flow daily from the NIRSA National Center. Each and every major NIRSA event was attended by a member of our NNC staff. The Council for Higher Education Management Association (CHEMA) recognizes our NNC team as a major player in developing and communicating benchmarking data relative to governance, financial management, and programs/services Associations of higher education have knowledge of NIRSA - who and what we are as a profession through the work of the NNC and that of NIRSA's Executive Director.

The 2004 Program and Host committees are to be commended for bringing together what should be a memorable experience in Albuquerque. Over a year of preparation by our University of New Mexico colleagues has led us to Route 66 where we shall gather for learning, the sharing of ideas, family reunions, and rejuvenation. Based on conference registrations to date, it appears that the 2004 Annual Conference in Albuquerque may be one of the largest in our history.

#### Milestones of 2004

- Each committee and work team (formerly referred to as a task force) was assigned both a
  Board of Director and NNC staff liaison to enhance communication and expedite charges and
  action items emanating from the membership. For the most part, nearly all the committees and
  work teams report directly to members of the Board, rather than to the President. [See minutes
  from Board meetings for details.]
- The NIRSA Sports Officials Development work team has been developed to provide mutually beneficial advancement in officiating between NIRSA, the National Association of Sports Officials (NASO), and the Officiating Development Alliance (ODA). This benefit includes, but is not limited to, referee recruitment, development and retention, which in turn provides for greater student development and improved officiating of intramural, extramural, community sporting events and beyond. During the most recent meeting of the ODA, NIRSA, through the Chair of its Sports Officials Development Work Team, participated at the planning table with the following: Executive Director of the Professional Association of Volleyball Officials, Vice President of Referee Enterprises, Inc., Director of Advanced and International Referee Development for the United States Soccer Federation, Director of Umpire Administration for Major League Baseball, President of the National Association of Sports Officials, Director of Officiating for the National Football League, Director of Officiating for the National Basketball Association, Communications and Development Manager for Referee Magazine, Assistant Director of the National Federation of State High School Associations, Editor of Referee Magazine, Coordinator of Women's Basketball Officials for the National Collegiate Athletic Association, and National Coordinator of Umpires for the National Collegiate Athletic Association. NIRSA is indeed associated with the elite of the sports officiating world.
- The use of technology by the membership, the NIRSA Board, and the NNC staff, has paved the way to effective, efficient and economical communication and, ultimately, unparalleled productivity. Teleconferencing Board meetings, work teams, and committee discussions were held on a monthly basis, and in some cases biweekly, to advance the work of NIRSA and the profession. A NNC liaison served as host for respective Board, committee, and work team teleconference discussions. eFASTNEWS took on a new look as the latest fast-breaking news appeared each Friday. NIRSA's award-winning website continues to receive high marks from our members. The 2004 National Conference program was delivered for the first time online via linkage through the NIRSA website. The NIRSA Know, the official monthly newsletter, was delivered electronically. Quality and quantity of information has never been better. Links via the website also provided timely access to state and regional news. NIRSA's online job source, Bluefishjobs.com, listed a record number of career opportunities and inquiries.
- NIRSA's Educational Center (NEC) became reality on January 5, 2004. Through a link with NIRSA's website, members can access Human Kinetics, NIRSA's newest partner. NIRSA and Human Kinetics, an internationally respected publisher, have formed a new publishing partnership, naming Human Kinetics as the official publisher and distributor for all NIRSA products. NIRSA members will benefit greatly from this new collaboration. It enables the Association to expand its educational offerings within the recreational sports industry by increasing the number of books, rule books, and CD ROMs it publishes, and by developing new online courses, CEU opportunities, videos, and software. HK printed and distributed the 2004 NIRSA Recreational Sports Directory, Flag Football Rule Book and the Fall/Winter issue of the Recreational Sports Journal at substantial savings to NIRSA. HK distributed free to institutional members, the newly published three-part The Value of Recreational Sports in Higher Education (the NIRSA/Kerr-Downs research publication) directly to Presidents and/ or Chancellors with a cover letter from the NIRSA President.
- The recently edited version of the *Planning Principles for College and University Recreation Facilities (2004)* will be arriving on campuses very soon. This document, a joint venture with the Society of College and University Planning (SCUP), will also be sent to Presidents/Chancellors of all campuses where there is a NIRSA professional member. The revised and reprinted *Sports Club Manual* is available through the National Education Center. Look for the announcement in eFASTNEWS.
- The NIRSA Service Corporation reports an expanding base of support in its partnership with University Network. Those members who are involved with the program indicate that the plasma screens are a huge hit in their facilities.
- Record numbers of schools and teams participated in the 2003-04 United States Tennis
  Association campus recreation tennis program. The USTA was very pleased with the record
  participations at the national championships and has committed to continue its partnership with
  NIRSA. Appreciation goes out to the campus programs who participated in this past year's
  programs and events.
- Also, record numbers of students participated in both the Club Soccer and Volleyball National Championships.
- The new partnership with the Collegiate Golf Alliance, although a pilot program, met with encouraging success and we should see a new and improved program for 2004. According to

a spokesperson from CGA, local winners can qualify for the National Tournament without going through a regional qualifying tournament. This should prove to be a great incentive for local participants. Members of the NSC Board are in the process of securing support from the membership to be involved in a national base marketing program to advance NIRSA's position as the leader in the recreational sports market place. More to come soon!

- The NIRSA Foundation continues to edge closer to the \$1,000,000 mark to endow NIRSA education, research programs and scholarships. In its final year of a \$50,000 gift to the NIRSA Foundation (\$10,000 per year), once again, a generous benefactor has challenged the NIRSA membership to match this year's \$10,000 gift during the Annual Conference in Albuquerque. No doubt we will be up for the challenge. A special note of appreciation is extended to a very special friend of NIRSA who believes in the magic of what we do everyday. You have inspired many along the way and for this we will be forever grateful. As a result of your commitment to our profession, the NIRSA Foundation can boast an all-time high of personal giving by the membership both professional and students alike. There is only one association of higher learning, NIRSA, which strives to work for and support each of our professional careers. We all should, and must, support the work of the NIRSA Foundation as this work is our work! Whether you are playing in the 10th Annual Foundation Golf Tournament, or planning to bequeath a gift (insurance policy, property, stocks, or cash), each of us can play a part in the future, our future! Thank you for your personal and financial commitment to our future!
- Strategic mapping leading to strategic planning, continues to be a priority for the Board. Key strategic issues for the 2003-2004 Board of Directors included: governance, Athletic Business partnership, member relations, programs and services, research opportunities, professional certification/registry, improving the financial condition of NIRSA.
  - Governance During a December of 2002 Executive Summit Meeting in Las Vegas, NV, the Executive Committee developed a list of strategic issues related to the future governance of NIRSA.

Among these issues were:

- Election Procedures
- Committee Structure
- Composition of NIRSA Board of Directors
- Bylaws voting
- Election Procedures Since a task force was already in place researching the possibilities of online elections of officers, the Executive Committee decided to make Election Procedures the first issue to consider. The Election Revisions Task Force has completed its work, and NIRSA members will be voting during the Annual Business Meeting to approve an efficient proxy voting process that will allow members to vote online for NIRSA officers up to 24 hours before the Annual Business meeting at the Annual Conference.
- Committee Structure The 2002 McKinley Report, a Board of Directors planning document, observed, and then reported that NIRSA's existing committee structure is "too large and cumbersome to effectively manage." The report also contained many comments from members that revealed some dissatisfaction with their experiences while serving on committees.

This year's Board has begun to address the issue by assigning Board officers the responsibility to liaise with committee and work team chairs. Communication between the Board and member committees has been enhanced through this change in the reporting structure. Another revision to the committee structure has been the formation of specialized work teams that deal with specific strategic issues. Additionally, to enhance communication and advance action items generated from NIRSA members, a designated NNC staff member has been assigned as a liaison to each committee and work team.

Future Strategic Mapping plans involve a review of the committee system to examine the most effective way to reorganize the current structure that will improve committee efficiency and effectiveness, while still providing professional development opportunities for members.

 Composition of the Board of Directors - One of the annual challenges the Board of Directors faces is the more than fifty percent turnover each April as new Vice Presidents replace those who have completed their two-year term. The learning curve that takes place as each new Board member becomes familiar with issues, operational procedures and each other, keeps the BOD from operating at peak efficiency.

Another Board-related challenge is ensuring that there are enough potential leaders who will answer the call to serve NIRSA in the future. Among potential ideas that could be examined to assist with these issues are:

- Adjusting the term length of Vice Presidents
- Examining the number of members on the Board
- Altering the constituency that Board members represent (e.g. representation by size of school)
- Implementation of a formal program to produce future NIRSA leaders
- o Bylaws Voting As NIRSA continues to expand its scope of influence in all areas of

recreation, it is reasonable to predict that there will be certain Bylaws initiatives up for approval that will require only the vote of an Institutional Member representative. For example, one issue that immediately stands out is any future proposal to increase institutional dues over and above the annual Consumer Price Index adjustment. This has been a topic of interest for many members and will be studied by the Board in the near future.

As the Board sets its goals for next year and thereafter, governance issues will be researched, incorporated into the Strategic Mapping process for the Association, and then implemented through the efforts of member volunteers. Communication between NIRSA members and the Board will remain a priority and a key to changes in governance.

- Why are NIRSA and Athletic Business considering a partnership? For nearly two years, a great deal of time, research and commitment on behalf of NIRSA members and NNC staff, as well as the Athletic Business staff, have been spent in determining a course of action to create a partnership. While we understand that NIRSA and Athletic Business are significantly different in mission, our strengths can be complimentary. If consummated, it is anticipated that the partnership would result in many synergies and expanded opportunities for NIRSA members. NIRSA is a higher education association membership-driven organization with a rich tradition of sharing information, and nurturing new and continuing members. This tradition has rewarded NIRSA with a loyal membership that attends annual conferences and tradeshows year after year. Athletic Business is very well respected for producing a high quality magazine with a wide readership, a large trade show and a solid conference. To date, a great many questions have been answered to bring us closer to a nonbinding letter of agreement with AB. Credit to the Work Team members, Board representatives, NNC staff and the staff of Athletic Business who have been working diligently to bring us closer to understanding all aspects of a potential partnership. And in saying all of the above we still have a ways to go to clearly understand the voice of our membership. During the Annual Conference on Sunday, April 18 at 9:15 AM, an FAQ session will be held in an open forum setting to continue to learn from members. Representatives from Athletic Business will also be attending. For those making the trip to New Mexico, you are encouraged to attend and participate in the open forum. Your feedback is important! See you there! Soon after the Annual Conference, a survey will be provided to the membership to further advance a comprehensive understanding of all issues. It will be imperative for each of you to participate in the survey to enable the Board to be in a position to make the best decision in representing the needs and interests of the membership.
- Member Relations continue to be as important to the Board as it is with each of our members. Intentional protocols have been established to keep in the forefront this tenet of Strategic Planning by the Board and our NNC team. Direct lines of communication among Board and NNC liaison to committee and Work Team chairs have been met with a great deal of satisfaction from the membership of respective committees and work teams. Practically every NIRSA state, regional and national event was attended by either, and in many cases by both, a member of the Board and a member of the NNC team. Over the past two years, the Board and the Executive Director have developed an intentional rotation of joint participation at all major NIRSA events. This level of participation has brought our members, the Board and the NNC unprecedented face to face opportunities of interaction that has noticeably raised the bar in member relations. Additionally, through the Strategic Planning Process, for the first time your NIRSA Board will be taking itself through a self-evaluation process to determine its productivity around both quality and quantity of performance. The intent of this exercise is to provide immediate feedback to enhance Board operations, so that NIRSA can be better served.
- Providing Outstanding Programs and Services is considered to be the number one desire of our membership. Contained within this State of Association Address, the NIRSA website, the Executive Director's End of Year and Annual Financial reports, one can be satisfied that there is a very strong commitment to delivering outstanding programs and services to all members so we can better serve our number one client, the student. The action taken by all three NIRSA Boards reflects this commitment as well. [See Board minutes on the website.] Participation levels of professionals, emerging professionals and students at educational and sporting events speak for themselves. Even in tough economic times, we have seen record participation levels, a true testament to the variety, quantity, and quality of programs and services offered by NIRSA.
- The Research Agenda remains a high priority for all three Boards as well as our NNC team. Research has been a priority over the past several years and our profession has been the beneficiary of some important and even tough decisions made by respective Boards. These decisions brought personal, financial and institutional resources into play to bring about some of the most prolific and meaningful collections of data ever undertaken by NIRSA. And by no means is there a satisfactory level of available data for NIRSA, the membership, your Board or the NNC to make the right decisions for the future. Today, strategic decisions made by the Boards are almost entirely dependent on credible and timely data. Where applicable, the 2003-04 committees and work teams were provided at least one charge that had a research component and that charge was liaised with a member of the Research Work Team. By utilizing the results of the NIRSA

(member funded) Kerr-Downs Research report (*The Value of Recreational Sports in Higher Education*), for the first time in her career, one of our colleagues, a director at a small college, was able to garner the attention and convene the college's decision-makers. As a result, her campus recreation budget was the only one enhanced; all others were reduced. Members of campuses of all sizes have benefited from NIRSA's research efforts, a very encouraging sign that will certainly warrant the continuation of an aggressive approach to providing resources for future strategic research projects. Besides already commissioning a number of research projects (listed earlier), the NIRSA Board will be entertaining a proposal to align NIRSA with a national institute of research with a primary focus on recreation, fitness, wellness, and other related areas of our field. The intent would be to build upon our research capacity as an Association and a profession, as well as to offer unparalleled opportunities to professionals and students. More to come soon regarding this venture!

- The Intent of the Board, to Provide a Definitive Professional Certification/Registry Program, not necessarily replacing the current CRSS program, is to offer a standard professional preparation path for recreational sports professionals, and a method to tract and register levels of achievements. Regardless of one's education, work experience, or tenure in the field, recreational sports professionals share a common desire to grow professionally, continue learning, expand their capabilities, and provide high levels of service to respective institutions and the individuals they serve. A NIRSA Work Team composed of members, NNC staff and the Board, have been working diligently since December 2002 to bring to the membership a proposal that has the potential of changing the way we view ourselves as professionals and the way higher education and allied associations perceive the professionalism of what we do. Should we as recreational professionals be content to not be like other professions such as education. engineering, medicine, law, etc., that have in place structured programs that are aligned with certified continuing education programs? Should we not examine if our current system will support the future of our profession? Should we take that chance? A proposal outlining a process for guiding, encouraging, and recognizing purposeful professional development through a National Registry for Recreational Sports Professionals will be presented on Monday, April 19 at 1:45 PM, during an open forum setting at the Annual Conference. Additionally, following the conference, a survey will be distributed to the membership for comprehensive input. It is our responsibility to weigh in on this very important development.
- Improving the Financial Condition of NIRSA has always been and will continue to be an important strategic initiative. This past financial year has presented NIRSA not only with monumental challenges but also with incredible opportunities to refine our operations. Through the combined efforts of the NIRSA Board of Directors and the NIRSA National Center team, we have been able to find ways to continue to serve our members while using technology or cost-saving measures to trim our expenses in the areas of NNC administrative costs, Board of Directors expenses, NNC personnel, the online publication of NIRSA KNOW newsletter and the Annual Conference brochure, etc. Efforts were also successful to increase revenues especially in the areas of the Sport Club Volleyball Championship and the 2003 Expo. In the final FY 2003 analysis, NIRSA progressed from a \$78,000 deficit budget plan to a positive \$228,000. These funds have been applied to our reserves in accordance to our Financial Planning Principles.

This State of the Association Address will end where this 48th President of NIRSA began as a President Elect candidate in San Antonio in 2002 saying that we must continue to enunciate loudly that we are educators and students learn from us. That we must be able to, and committed to, help colleagues be conveners rather than just participants, regardless of the size of programs or the size of the campus. We must be in position to proactively impact the vision and mission of our institutions and not merely be listed in the Strategic Plan. We must be in position to demonstrate that we can prove that we actually recruit and retain students and that we assist in improving their lives. That we make a difference in students' loyalty as they become alumni of their alma mater. Recent research initiatives have elevated our standing among college administrators and academicians, but we cannot become complacent with our research agenda. We must continue to invest resources to advance research initiatives that continue to prove the value in what we do as individuals and as a profession. Recreational Sports needs to be a pillar of campus planning. Campus planners and institutional researchers should look to us for guidance in master planning. We must be in position as a profession and association to help our colleagues improve their status to obtain additional resources or retain current levels. And lastly, but most importantly, we must continue to move down the path whereby we as professionals of Recreational Sports clearly and positively enhance the academic environment.

One cannot serve in the capacity of President of NIRSA without support, encouragement and resources from family, friends, staff, both current and past, his or her supervisor and institution. Others must shoulder responsibilities and make sacrifices for any elected officer to have any measure of success throughout his or her tenure in office. With a grateful heart and mind, please accept my sincere appreciation for what all of you have provided me throughout this past year as well as the previous years. The University of Southern Mississippi in Hattiesburg, USA has given generously to the NIRSA and our profession.

There is magic in the air! I truly believe in the magic of what we all do everyday! Thank you for allowing me the privilege of serving you, and this great vocation we proudly and professionally call Recreational Sports.

Respectfully submitted,

Your 48th NIRSA President Sid Gonsoulin









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# Free Shuttle Service at Sheraton Old Town Hotel (NIRSA overflow hotel)

...week away, the NIRSA room blocks at all conference hotels are full or nearly-full, including the two overflow properties (Plaza Hotel & Sheraton Old Town Hotel) added within the past two months. As of today, more than 1,600 conferees plan to attend.

NIRSA has arranged for complimentary daily shuttle service be available to transport attendees from the Sheraton Old Town Hotel to/from the Albuquerque Convention Center for all educational and social functions presented by NIRSA in Albuquerque. The shuttle operates from Friday evening, April 16 through Wednesday evening, April 21. Shuttle schedules will be provided to registered Sheraton guests upon check-in and will be posted at the NIRSA registration area in the Convention Center. Complimentary transportation service for the Plaza Hotel is also arranged.



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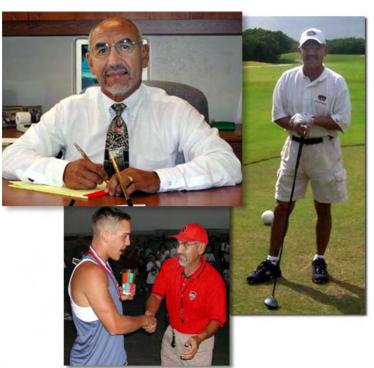




## Fred Perez, Host of 2004 Annual Conference Committee, to Retire

...continue to serve, grow spiritually, and never stop learning. I have had many job offers, such as a greeter at Wal-Mart, crossing guard, and a school bus driver, but I don't know what I want to do. I do know that I want to work on my golf game and to continue to serve the Lord. I may work in the hotel industry with my son, training staff in customer service. I want to coach my grandchildren and enjoy the rest of my life with my best friend of 34 years, my lovely wife, Diane."

From all of us at the NNC.... happy retirement, Fred!





...of the show —Sunday and Monday—and ask for your Daily Coupons. When you turn in your coupons at the



NIRSA Booth (No.134), you will be eligible for the prize drawings held every half-hour of each day of the Expo. You could win one of many wonderful prizes, including a free NIRSA Membership, a *Recreational Sports Directory*, and NIRSA T-shirts!

Click here for an updated Exhibitor list.









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#### New NIRSA Historian to Interview Attendees at Conference

...very busy.

He retired as Director of Intramural-Recreational Sports at the University of Oklahoma after 30 years and has now volunteered to become NIRSA's Historian. He'll be at the 2004 Annual Conference at the NIRSA Registration booth (except during interviews and taping), and he'll be at the NIRSA Booth (No. 134) when the Exhibit Hall is open.

WILSON PAUL



**SIDELINES** 

"We'll schedule the interviews in the Sheraton Old Town hotel at a guiet location. The person interviewed will be given the questions in advance to let them prepare. The 16 questions were developed by former Historian Dr.

Roy Yarbrough and approved by NIRSA. Each video taped session is set for about 30-45 minutes," says Wilson.



Wilson says that for his first year first year at Conference as Historian, he doesn't plan to collect items or documents from the members. He will only do the oral history interviews of past NIRSA Presidents who are more than three years removed from office, plus any Honor Award winners who are there. General questions and suggestions will be asked of conference attendees throughout the convention.



Wilson, a NIRSA member for 28 years, (State Director, Region IV for three terms), brings great expertise to his new role as NIRSA Historian. He is an experienced photographer, videographer and interviewer.

"Cataloging, archiving and researching with today's information technology are my pursuits as a national historian," he says.

"I have a thorough understanding of NIRSA's 55 year history. My current retirement from the University of Oklahoma is a very happy situation, and I view myself a consummate NIRSA professional, so I am eager to serve as Historian," he adds.

Wilson has always been in active motion. Raised in Coffeyville, Kansas, in high school, he played three years of football as Co-captain, basketball as Captain, track as "team king," and played in All-State and All Conference games.

He'd been at college for just a few years when in 1966 Uncle Sam called...for a small insurgence somewhere in Southeast Asia called the Viet Nam war. Wilson spent four years in the U.S. Air Force, rose to Staff Sergeant, E5 and came home with many medals and honors.

His duties and responsibilities varied in Saigon. As Air Transportation Supervisor, he supervised the loading and offloading of air cargo, passengers, vehicles, weapons, and air-drop equipment on military aircraft. He also played and officiated in military service sports in varsity basketball and softball.

Once discharged, but before he went back to college at the University of Oklahoma, Wilson had some interesting jobs...letter carrier, a security guard for the Postal Service, and a cargo handler for an airline. Both his military experience...and one job in particular... stood him well for his future career of Director of Intramural Sports. He spent more than a year as an Instructor/Course Moderator with the Oklahoma Postal Training Operation Security Force. His work focused on Defensive Tactics, Bomb Threat Procedures, Emergency Medical Aid, and Fire Prevention. He developed lesson plans and lectures for defensive tactics classes, taught bomb threat classes, and he trained more than 2,000 Security Force technicians on a national level.

Once he was back in college, both his activities and honors were prolific. While he majored in Law Enforcement Administration/Political Science and Sociology, his off-study time was spent with Varsity Football (Scholarship-three years); Judo Club; Intramural Sports (Football, Basketball, Softball). He somehow found time to earn his BS from University of Oklahoma (1974) and go to grad school there.

Wilson stayed 30 years at the University of Oklahoma, moving up the ranks from Intramural Sports Supervisor, then Assistant Director of intramural sports and recreation, to Adjunct Instructor in Health and Sports Science and Director of Intramural-Recreational Sports. He was responsible for the overall management of recreation facilities, including the Huston Huffman Physical Fitness Center and the



Murray Case Sells Swim Complex.

Paul's hobbies and interests include: officiating college basketball, reading, computers, traveling, music, judo/martial arts, walking, volunteering, photography and coaching. He lives with wife Charlotte and son Emmanuel (14) and his daughter, Payge (11) in Norman, Oklahoma; and has two older sons, Marlon (37) and Paul Jr. (29).

#### NIRSA HISTORIAN PRIMARY RESPONSIBILITIES:

- Provide one report annually to the NIRSA President that coincides with the NIRSA Board of Directors Year-End Meeting.
- Collect NIRSA and National Intramural Association (NIA) historical documents, photographs, and video for submittal to the NNC for archiving.
- Assist the NNC Team, committees, and members who have an interest in the history of NIRSA and the NIA.
- Advise the NNC as to the appropriate manner for collecting and archiving artifacts that pertain to NIRSA and the NIA.
- Attend the NIRSA Annual Conference & Recreational Sports Exposition.

#### **HISTORIAN DUTIES:**

- Conduct videotaped interviews at the NIRSA Annual Conference & Recreational Sports Exposition to obtain reflections on NIRSA from the following individuals:
  - All past presidents three years out of office
  - Honor Award recipients (past and present) as soon as possible during the year following receipt of award
  - · Associate members
  - Long-time exhibitors at the Recreational Sports Exposition
- 2) Working with NIRSA staff, develop a historical link to the NIRSA website highlighting more of the history of NIRSA and providing additional information relating to its Founders.
- 3) Working with the appointed NNC liaison, facilitate the management of NIRSA archives and standardize the process in which materials are collected and stored at the NNC.
- 4) Coordinate and maintain a display board demonstrating the history of NIRSA's history to be used at state, regional, national conferences, workshops, Student Lead-Ons, and symposiums to present NIRSA history.
- Liaison with NIRSA regional and state historians on ways to categorize artifacts related to their interests.









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Throughout her career at Purdue as Director of the Division of Recreational Sports, Carol has served on such NIRSA committees as, Conference Exhibits, Nominations and Elections, Conference Program, Honor Award, Bylaws/Operating Code, Standards, and as Vice President of the NIRSA Services Corporation Board of Directors. In 1997, she received a National Service Award, and the 1998 Region III



Comments to Us

> SIDELINES









With a Master of Education from Kent State University (Ohio) and a Bachelor of Science in Education from Bowling Green State University (Ohio), Stickel began her career in Recreational Sports in 1971 as Purdue's Supervisor of Women's Intramurals and Administrative Assistant, then rose through a variety of administrative positions to become Director in March 1997.

As Director, she has overseen several recent renovations and upgrades to the Recreational Sports Center (RSC), including the Boilermaker Aquatic Center and the new Colby Fitness Center. Other accomplishments include the enhancement of the outside entrance to the recreation center, new basketball and tennis courts, the development of a permanent low-ropes course, and renovations to Pickett Memorial Park.



Carol has been active in NIRSA and the Indiana Recreational Sports Association (IRSA) serving on many campus committees. She served as Indiana's President and State Director for three years and currently is its State Historian.

Carol says she is most proud of her role in the upgrade and renovations of the RSC and the opportunity to work directly with many outstanding graduate and undergraduate student leaders. "I've had a great career and wouldn't change anything about it if given the opportunity. After 37 years of a full-time career, I am looking forward to picking and choosing what I want to do."

From the team at the NNC...have a great retirement, Carol!

Award of Merit.

#### ໜ New Benefit for Associate Members – Great PR

Associate Members, what's new with you? Do you have a great new product or program that you'd love to unveil? If you do, what better place could there be to showcase your news than in the NIRSA KNOW OnLine?

We will now accept brief media items or descriptions of products and/or programs that will benefit NIRSA Institutional and Professional members. Submit your product description or news item to Carole Hobrock via email at: carole@nirsa.org. (Please note: the NIRSA KNOW OnLine staff reserve the right to edit all submissions for length or propriety.)

# Sign up now for the

2005 NIRSA Recreational Sports Exposition in Orlando, Florida, April 6 & 7, 2005

Rates start as low as \$14.45/sq.ft.



### NIRSA Associate Member Steps Up

The Association of United Wallyball Players, a NIRSA Associate Member, announces a new program that will empower Intramural Directors to rejuvenate their underused racquetball courts with free equipment and teaching aids donated by Ektelon, a New Jersey manufacturer of racquetball products.

The brainchild of Ektelon, the Association of United Wallyball Players, and the United States Racquetball Association, this free program is intended to encourage a new generation of players, while enriching intramural programs and putting underpopulated courts to good use.



According to Joe Garcia, inventor and Program Director of Wallyball, a program like this was "...long overdue. With the millions of players and thousands of racquetball courts at the schools, it's a natural and healthy grassroots program." For more information, contact Joe at joe.garcia@charter.net. Visit the Association of United Wallyball Players website at Association of United Wallyball Players http://www.auwp.org/.



- NIRSA's Newest Associate Member
  - o Exercise Science Alliance www.esafit.com
- NIRSA's Newest Institutional Member
  - o Lewis-Clark State College Lewiston, ID

2003-2004 NIRSA Award Winners CLICK FOR MORE INFO











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### Ryan Lahne, Washington State University

**University of New Mexico** 

**Host Award** April 2004

> SIDELINES

For outstanding service to the Association as the 2004 Annual Conference

#### Fred Perez, CRSS, Chair, University of New Mexico **Host Award**

April 2004

For outstanding service to the Association as Chair of the 2004 Conference Host Committee

#### Sarah Young, CRSS, Craig Ross, CRSS, and Robert Barcelona Recreational Sports Journal Award

For outstanding writing in the Fall/Winter 2003 Recreational Sports Journal

#### 2003 NIRSA National Service Award Winners

#### • National Service Award - Professional

- o Hafedh Benhadj, Ohio University
- o John Lee, Wichita State University
- o Maureen McGonagle, DePaul University
- o Stephen Rey, University of Southern Mississippi
- Jennifer Speer, University of Texas at Austin
- o Melissa Toretch, Ohio University

#### National Service Award - Student

Kristin Noble, Ohio University

#### 2004 Outstanding Sports Facilities - Indoor

- o Strom Thurmond Wellness & Fitness Center, University of South Carolina
- UNT Student Recreation Center, University of North Texas
- University Recreation Center, Texas Christian University
- o Recreation & Wellness Center, University of Central Florida
- Wade King Student Recreation Center, Western Washington University
- o Campus Recreation & Wellness Center, University of Houston
- o Bryan Williams, M.D. Student Center, University of Texas Southwestern Medical Center at Dallas

#### • 2002-2004 State Director Region II

- o Michael Krings, CRSS, Alabama
- o Hurchell Greenaway, Florida
- o Dan Hazlet, Georgia
- o Brad Stinnett, Kentucky
- o David Parker, CRSS, North Carolina
- o Roger Heimerman, CRSS, Tennessee
- o Thomas Pinto, West Virginia

#### • 2002-2004 State Director - Region IV

- o John Horn, Arkansas
- o John Wondra, CRSS, Kansas
- o Matthew Specht, CRSS, Missouri
- o James Todd, New Mexico

- o Mary Wafer-Johnston, Oklahoma
- o Jacqueline Hamilton, CRSS, Texas

#### • 2002-2004 State Director - Region VI

- o Julie Weber, Alaska
- o Stefani Price, Arizona
- o Cindy Otte, Southern California
- o Laura Hall, Northern California
- o Terry Huntley, CRSS, Idaho
- o Steve Riccomini, CRSS, Nevada
- o Bruce Mace, Oregon State
- o Stephen Martin, Hawaii
- o John Knight, CRSS, Utah
- o Tena Wurdeman, Washington

#### • Student Regional Representative for outstanding service to the Association as a Student

- o Region I, Patricia Bohn
- o Region II, Jake Rosiek
- o Region III, Ruth Schroeder
- o Region IV, Neely Cupit
- o Region V, Erik Unger
- o Region VI, Molly Scott

#### • William N. Wasson Student Leadership & Academic Award

#### o Region I - Undergraduate

Stephen Bendt, Binghamton University Leslie Cox, Towson University Jessica McCarthy, Binghamton University

#### o Region I - Graduate

Jeffrey Gontarek, Loyola College in Maryland

#### o Region II - Undergraduate

Heather Marie Vercoe, East Carolina University Rachel Marie King, University of Southern Mississippi Nicole M. Lindsay, East Carolina University Marilyn K. Leddy, University of Southern Mississippi

#### o Region II - Graduate

Bryan Stednitz, University of Southern Mississippi Travis Hilton, University of Mississippi

#### o Region III - Undergraduate

Kirk Strohman, The Ohio State University Amanda Madden, Indiana University Erin Sparks, Indiana University Kristin Emerson, University of Wisconsin-Madison

#### o Region III - Graduate

Jim Strode, The Ohio State University Daniel Hatch, University of Cincinnati

#### o Region IV - Undergraduate

Patrick Watson, Southeast Missouri State University Marisol Flores, University of Texas at San Antonio Cecelia Carroll, Trinity University Christina Amie' Soileau, Louisiana State University

#### o Region IV - Graduate

James Daniel Robertson, Angelo State University Rudolfo Morales, Hardin-Simmons University

#### o Region V - Undergraduate

Brandon Van Liere, Minnesota State University, Mankato Abigail Dudley, Minnesota State University, Mankato Nicole Reinhart, Nebraska Wesleyan University Dawn Dworak, University of Nebraska-Lincoln

#### o Region V - Graduate

Luke Bartlett, University of Northern Iowa Troy Watson, University of Nebraska-Lincoln

#### o Region VI - Undergraduate

Micaela Theisen, University of Portland Eddie Bianchi, Cal Poly (San Luis Obispo) Aaron Thompson, University of Utah Amanda Smith, Sonoma State University

#### o Region VI - Graduate

Ellie Odenheimer, University of San Francisco

#### Matt Shaw, Washington State University











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 Tamara Jarrett, formerly an Associate Director at Kent State University, has accepted the position of Director at Louisiana State University.

 Matt Miller, former Assistant Director of Facilities and Operations, has moved to University of Alabama at Birmingham to be Associate Director, Facilities Operations.

 Mark Munguia, former Assistant Director of Intramural & Club Sports at Loyola Marymount University, is now the Assistant Director of Intramurals and Club Sports at University of Texas at San Antonio.

NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION - NEWS & INFORMATION



 April White-Plank, former Director of Marketing, Promotions & Group Fitness at Miami University (Oxford), is now the Assistant Director of Fitness at the University of Cincinnati.





> SIDELINES

Comments to Us









### Know of a Member on the Move?

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





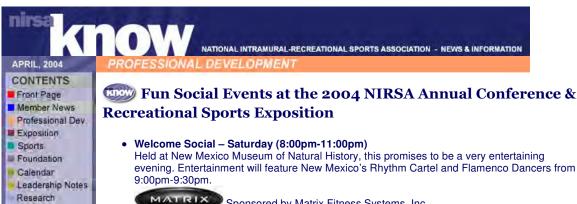




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### Held at New Mexico Museum of Natural History, this promises to be a very entertaining evening. Entertainment will feature New Mexico's Rhythm Cartel and Flamenco Dancers from Sponsored by Matrix Fitness Systems, Inc.

#### > SIDELINES

Comments to Us









#### Don't miss:

STRONG SMART, BEAUTIFUL

- Planetarium shows at 8:30pm, 9:00pm, and 9:30pm
- Two dyna-theater shows at 9:00pm and 10:00pm.
- · Weather permitting, the observatory will open at dark. Continuous transportation begins at 5:30pm from the convention center so participants can enjoy dinner and shopping at historic Old Town Albuquerque before the Welcome Social. Desserts and beverages will be served.

#### • People of Color Social - Monday (7:30pm-9:00pm)

The University of New Mexico Gospel Choir will perform; refreshments are provided; and all members and guests are invited to attend this annual social, which serves to continually foster the diversity goals of the Association. Come network, mentor and get involved. Meet and greet various leaders within and outside of the organization during the Annual Conference.

NIRSA Dance Party - Monday April 19 (9:00pm-2:00am)

Don't miss one of the most popular conference events! Join your colleagues at one of Albuquerque's largest dance clubs, the Midnight Rodeo, for an evening of dancing and socializing. NIRSA has exclusive use of this facility for you to dance the night away or mingle with friends. Transportation is provided. Must be 21 or over to attend.

NIRSA Bowling Party- Monday, April 19 (9:00pm-1:00am)

Late-night bowling is a NIRSA Annual Conference tradition. NIRSA has reserved the entire Leisure Bowl facility for this lively and fun event. Transportation, bowling, and shoe rental are complimentary. Come alone or in a group for the Fourth Annual bowling event.

Theme Night - Tuesday (7:00pm-11:00pm)

Theme night will blend music, dance and costume into one fun-filled night. Dress to the nines and represent your favorite musical decade for a costume contest. Dust off your bellbottoms, button up your polyester, slip on your dancing shoes, zip up your Go-Go boots, and enjoy live entertainment by the Pink Flamingos from every era spanning the history of Route 66. A dance contest much like the movie Grease will also take place as flappers, swingers, baby-boomers, hippies, and rockers get their groove on. Light dinner fare served.

Time Change:

The NIRSA Foundation Quilt will be auctioned at 7:45pm. All proceeds to benefit the NIRSA Foundation.









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Research

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Plan to visit the following Exhibitors at the 2004 Annual Conference and Recreational Sports Exposition in Albuquerque, NM, Sunday, April 18 (12:30-3:30 pm and Monday, April 19

Be sure to pick up the Exhibit Coupons and turn them into NIRSA Booth No. 134 to win prizes.

#### Exhibitors as of 4-9-04:

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

Aquatic Design Group

Association of United Wallyball Players

Athletic Business Publications, Inc.

Athletica

Beynon Sports Surfaces

Bleachers International BNW Software, Inc.

Body Masters, Inc.

Bond + Wolfe Architects, Inc.

BroadcastVision/Fitness Cinema

C C Creations, Inc.

Cannon Design

Cat Eye Company, Ltd/Source Distributors

Class Software Solutions

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 Company/Ready Mark

Eldorado Wall Co.

Entre Prises Climbing Walls

ESPN, The Magazine

Eversan, Inc.

Experiential Resources.Inc.

F & S Partners, Inc

FitLinxx

FreeMotion Fitness Frontier Pro Shop

Gerflor/G2i, Inc.

Gilbane Building Company Goal Sporting Goods, Inc.

Goalsetter Systems, Inc. **Graphic Connection** 

Hastings & Chivetta Architects, Inc.

HealthCare International Heart Rate, Inc./VersaClimber

Hoist Fitness Systems

Horner Flooring Co. Human Kinetics Publishers

Intek Strength Products Jewish Community Center Of America

Kiefer Specialty Flooring

Kwik Goal Ltd.

Life Fitness/Hammer Strength Lyon Workspace Products Magnum Fitness Systems

Mask U.S., Inc.

MMI-Montgomery Marketing Service, Inc.

Mondo USA

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, Inc.

Power Lift

Precor, Inc.

Prep Illustrated, Inc.

**Primex Wireless** 

Pro Grass LLC

**Pugg Company** 

Qualite Sports Lighting Inc.

Rapidtron

**RDG** Sports

Ready Care Industries

Recreation Management

**Recreational Solutions** 

RecWare, Part of the Active Network

RenoSys Corporation

**RMT Fitness** 

**Robbins Sport Surfaces** 

SAFTI Fire Rated Glass

Sasaki Associates, Inc.

Sayings for You

Schelde North America, LLC

**SCIFIT** 

Signature Fencing Systems

Sink Combs Dethlefs, P.C.

SkyLogix

Skyzone Intramural Sports Division

Society for College and University Planning

(SCUP)

Sportlite, Inc.

Sports Imports, Inc.

SportsArt America

Star Trac

Sunflower Marketing

The Court Company

The Ohio State University The University Network, LLC

THOR GUARD, Inc.

TMP Associates, Inc. True Fitness Technology Inc.

Turbo Link International

United States Handball Association

United States Tennis Association (USTA) **USA Hockey InLine** 

Vermont Systems, Inc. Water Technology, Inc. Wilson Indoor Racquet Sports

Wilson Sporting Goods Co.

Woodway USA



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Rates start as low as \$14.45/sq.ft.



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Worldwide Specialty Advertising Yarger Associates, Inc. Zebra Mats/Crescent Products



#### Please 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, Sports Imports and CC Creations for co-sponsoring the Conference Notebook and Sayings For You for sponsoring the Conference Pen.

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











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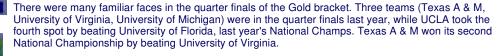
# Texas A & M Wins second USA Team Tennis National

The fifth annual USA Team Tennis National Campus Championship presented by the United States Tennis Association (USTA), Intercollegiate Tennis Association (ITA) and NIRSA, had 40 teams and a

The teams enjoyed beautiful March weather in Daytona Beach, Florida, but had little time to enjoy the beach. With each team having a guarantee of six matches, tennis was the main order of business. The teams played in five team pools, then went into the brackets depending on the finish in pool play.



Comments to Us



Florida International University won the Silver Division, while Ohio University won the Bronze Division. The University of Central Florida won the Sportsmanship Award. Complete results and photo slide show can be found at: http://www.nirsa.net/sc/tennis/2004/index.htm











#### 🗫 A team finds a match Duo connect on, off court

By Bill Lumpkin III- Correspondent, Daytona Beach News-Journal (FL)

DAYTONA BEACH - Set. Match. Love? Two University of Michigan students have found love in an unusual place - on the tennis court.

Junior Amy Erskine and fifth-year senior Justin Street were paired as doubles partners two years ago at the USA Team Tennis National Campus Championship on the University of Texas campus in Austin.

Today, they're a couple off the court as well.

"It's a great feeling to know you can share in something with someone you're so close to," Erskine

said. "Neither of our past relationships involved tennis at all. This is about as good as it can be."

#### Street agrees.

"I tried to share an experience like this with somebody before that had no idea what it was like or really cared," Street said. "When I tried to explain it, they pretty much thought I was crazy for wanting to miss a week of school to play tennis. Now, we're sharing those same experiences and feeling those same emotions.

"I wouldn't trade this past year for the world for so many different reasons. I'm having the time of my life." After placing fourth in the campus competition last year, Michigan lost in the semifinals again Saturday. "Two years ago (Street) didn't join the team until the end of the fall and I really didn't know who he was," Erskine said. "We became really good friends, but both of us were in long-term relationships. It wasn't until this fall that we became single and realized what good friends we really had become. Then we wondered why we hadn't started dating sooner." Saturday's consolation match was their last together as Michigan students. Street will graduate this spring.

"It's pretty emotional," the 21-year-old Erskine said. "I'll probably be bawling. I have no idea what I'll do next year. Next year with a different partner won't be the same."

The match normally comes down to the final mixed doubles match with Erskine and Street at the center of attention.

In Friday's quarterfinal match, it came down to the final point with Erskine and Street prevailing 7-6 in the supertiebreaker for the 27-26 win over Harvard. It also came down to the final point Saturday in the one-point semifinal loss to Texas A&M.

"It's very bonding," Street said. "We're so different in those situations. I love those kinds of things. I look over at Amy and she looks like she wants to throw up. I try to keep her loose out there and she tries to keep me serious."

Despite playing doubles together for the last two years, the two have never played against each other.

"That won't happen," Street said. "We're way too competitive for that. That would be our first argument."

Source: The News-Journal Corporation. *Daytona Beach News-Journal* (FL), March 14, 2004, "A Team Finds a Match: Duo Connect On, Off Court." Bill Lumpkin III - Correspondent: Section: Section D Page: 02D









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Leadership Notes

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#### Thank you -- Foundation Board Members and Volunteers

The many accomplishments of the NIRSA Foundation are a result of its dedicated Board and the volunteers who assist at its events. NIRSA salutes outgoing Board Chair Dave Koch, CRSS, University of California (San Diego), Board Member Kirk McQueen, CRSS, Georgia Institute of Technology, and Board Member-At-Large Sid Gonsoulin, CRSS, University of Southern Mississippi, for an extremely successful year. The continued success of the NIRSA Foundation Golf Tournament, T-shirt and Apparel Competition, Auction and Sale, Annual Giving Campaign, Scholarship Programs, and the Career Opportunities Center, is a result of the dedicated efforts of these and many other appreciated volunteers.



> SIDELINES

Calendar

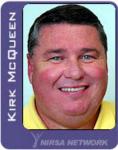
Research

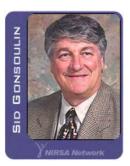












#### Will Holsberry Endowment Scholarship Applications Are Due

For the third year, the NIRSA Foundation Board of Directors will present the Will Holsberry Endowment Scholarship for NIRSA Professional and/or Institutional Members. This scholarship covers the registration fees for the NIRSA School of Recreational Sports Management (SRSM) Level 1, June 7-10, 2004 (http://www.nirsa.net/education/school.htm).

To be eligible for the scholarship, the applicant must meet the following criteria:

- Be a current NIRSA Professional Member with five years of membership
- · Submit an application essay describing:
- · Service and loyalty to the Association
- · Interest in being a leader within the Association
- Demonstration of financial need

To apply, send completed application materials with eight sets of each, and return postmarked on or before, April 23, 2004 to: Attn: NIRSA Foundation NIRSA National Center 4185 SW Research Way Corvallis, OR 97333

Scholarship applicants will be notified by May 5, 2004. For information, contact Dave Koch, 2004 Foundation Chair at dkoch@ucsd.edu or Pamela Hutcheson at the NNC (541) 766-8211 X34 or foundation@nirsa.org

Market The Active Network, NIRSA Active Network, NIRSA Foundation's Charter Corporate Partner, for its continued support!









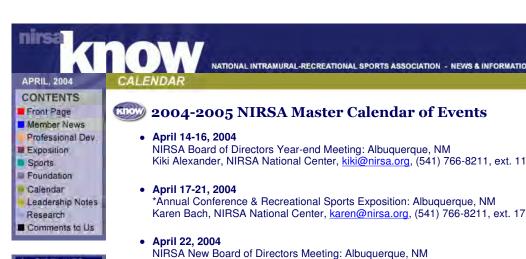


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#### • June 7-10, 2004

School of Recreation Sports Management, Level 1: Indianapolis, IN Karen Bach, NIRSA National Center, <a href="mailto:karen@nirsa.org">karen@nirsa.org</a>, (541) 766-8211, ext. 17

Kiki Alexander, NIRSA National Center, kiki@nirsa.org, (541) 766-8211, ext. 11

#### • June 7-9, 2004

NIRSA Board of Directors Summer Meeting: Corvallis, OR Kiki Alexander, NIRSA National Center, <a href="kiki@nirsa.org">kiki@nirsa.org</a>, (541) 766-8211, ext. 11

#### • July 10-11, 2004

\*California State Workshop: Irvine, CA Cindy Cook, University of California (Irvine), <a href="mailto:ccook@uci.edu">ccook@uci.edu</a>, (949) 824-6497

#### • September 23-24, 2004

PIRSA Workshop (Pennsylvania Intramural Recreational Sports Association): Lancaster, PA Gordon Nesbitt, Millersville University, <a href="mailto:gnesbitt@millersville.edu">gnesbitt@millersville.edu</a>

#### 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, <u>karen@nirsa.org</u>, (541) 766-8211, ext. 17

#### • October 28-29, 2004

ORSA (Ohio Recreational Sports Association) Workshop: Cleveland, OH Patrick Kennedy, Case Western Reserve University, <a href="mailto:patrick.kennedy@cwru.edu">patrick.kennedy@cwru.edu</a> 216-368-3874

#### • November 4-6, 2004

\*Region II Conference: Charlotte, NC Terrie Houck, University of North Carolina, tvhouck@email.uncc.edu (704) 687-2481

#### November 11-13, 2004

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

#### • November 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 Club Championships: University of Texas at Austin, TX Valerie McCutchan, NIRSA National Center, <a href="mailto:valerie@nirsa.org">valerie@nirsa.org</a>, (541) 766-8211, ext. 15

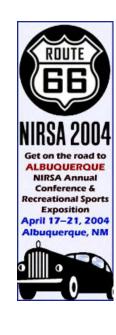
#### • December 1-3, 2004

National Marketing Institute: Seattle, WA Barry Brown, NIRSA National Center, <a href="mailto:barry@nirsa.org">barry@nirsa.org</a> (541) 766-8211, ext. 13

#### • February 18-19, 2005

14th Annual Emerging Recreational Sports Leaders Conference: Florida International





University

Mark Jacobson, NIRSA National Center, mark@nirsa.org (541) 766-8211, ext. 18

#### • February 22, 2005

National Recreational Sports Fitness Day: Nationwide Sarah Hubert, <a href="mailto:sarah@nirsa.org">sarah@nirsa.org</a>

#### • April 5-9, 2005

\*Annual Conference & Recreational Sports Exposition: Orlando, FL Karen Bach, NIRSA National Center, karen@nirsa.org (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: 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







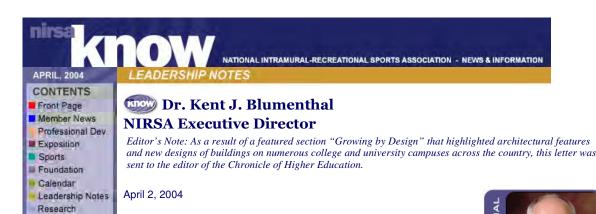


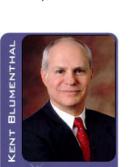
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Comments to Us

Dear Editor:



We applaud your March 26 feature on Architecture & Campus Planning, which presents a valuable (and graphically gorgeous) exploration of both innovative and not so new ventures in collegiate construction. However, here at the headquarters of the National Intramural-Recreational Sports Association (NIRSA), we believe your feature was not quite comprehensive enough in its brief mention of only three new campus recreational sports buildings, and erred in referring to these facilities as 'Athletic Buildings,' thereby giving the impression that they were developed solely for varsity athletics use, when in fact they were not.





Texas Christian University's new Student Recreation Center's stated purpose is 'To provide a broad spectrum of quality sport, recreation and leisure programs and services to the diverse TCU community; to encourage the lifelong pursuit of active, healthy lifestyles; and, to enhance personal development through participation, employment, and leadership opportunities." Mr. Gerald Ratner, principle benefactor and namesake of The University of Chicago's new facility, said in 1999 that he hopes the new center 'will encourage all students, not just varsity athletes, to participate in intramural, club and team sports."

Recent surveys of NIRSA's 650+ member colleges and universities reveal noteworthy trends in the recreation center industry. For example, our members tell us that 400 indoor recreational facilities are slated for renovation or construction in the next five years, which will add up to \$1.344 billion in renovation and \$3.037 billion in new construction costs.

This emphasis on facilities projects might seem new, but is in fact, keeping pace with the eversharpening focus of the student body on recreational and intramural sports—not just as occasional pursuits, but as important deciding factors in the process of choosing a school. The recent Kerr & Downs Research Report commissioned by NIRSA concludes that students who are active in their schools' programs enjoy higher levels of academic success and overall satisfaction, and subsequently reap a multitude of personal benefits, both emotionally and socially. The product of the largest national survey of its kind, with 2,673 interviews on 16 campuses, the Kerr & Downs Report thus confirms the unmistakable value of recreational sports, not just to students, but to college administrators invested in recruitment and retention.

Because we see so many students and colleges tuning into the myriad benefits of both program and facilities improvements, we would have enjoyed a greater emphasis in your feature on the ways in which recreation centers are also "Growing by Design."

Sincerely,

Kent J. Blumenthal, Ph.D., Executive Director National Intramural-Recreational Sports Association kentb@nirsa.org







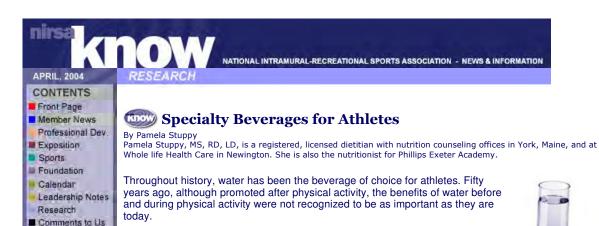


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Since the 1960s, specialty beverages for athletes have been developed and diversified. The first sports beverages were intended to provide some calories for energy as well as to replace what was lost in sweat. The first of these beverages, Gatorade (developed for the Gators of the University of Florida), contained water, glucose,

beverages, Gatorade (developed for the Gators of the University of Florida), contained water, glucose, sodium, potassium, and chloride. Since then, the number and type of beverages/supplemental products directed toward athletes has exploded. Some of this has been because of the greater amount of research being done on athletes in the search to improve performance. Others have been created by companies for the potential financial rewards.

Sports beverages can be divided into four major categories. These include the 6 percent-8 percent carbohydrate, high carbohydrate, meal replacement, and the new "energy drinks". The 6 percent-8 percent beverages (like Gatorade) have been formulated to be tolerated before and during physical activity. They contain about 15-20 grams of carbohydrate per 8 oz. Higher carbohydrate levels than 6 percent-8 percent consumed before intense activity could cause stomach cramping, diarrhea, and reduce the speed with which the water part of the beverage is available to the working muscles. They also contain low levels of electrolytes (sodium and potassium). This can replace some of what is lost in sweat and allow the body to retain the water better, but also may encourage an athlete to drink more because of the salty flavor.

Many athletes do not realize, however, that for many sports, water is just as good as a sports beverage. This is true for sports where the activity lasts less than an hour or is intermittent (repeated short bouts of activity). The low level of electrolytes may not be as helpful in short bouts of activity, but may be beneficial for longer workouts if the weather is hot and humid. A diet that contains some sodium and potassium can provide even higher levels. Foods high in sodium might include pretzels or crackers.

Potassium is available from many fruits and vegetables such as citrus juices/fruits (like orange juice), bananas, raisins, tomatoes, potatoes, plus milk and yogurt.

Because the level of carbohydrate is low, these 6 percent-8 percent beverages should not be used alone to replace the carbohydrates needed for recovery after physical activity. After activity, the athlete should consume water or a sports beverage plus foods that contain significant carbohydrate plus a little protein. Stored carbohydrate (glycogen) is used up more quickly in activity that is intense, such as sprinting. Replacing this glycogen is important so that energy is available when the athlete exercises again. An athlete can almost double the amount of stored glycogen if carbohydrate and a little protein is consumed within about 30 minutes after the intense activity.

Another option for recovery is the second category of sports beverages - the high carbohydrate drinks. These contain about 50-70 grams of carbohydrate per 8 ounces. They may be used by athletes several hours before intense activity, for carbohydrate loading, and for those trying to gain weight or maintain a higher calorie level to sustain high calorie demands of exercise.

Meal replacement beverages, the third category of sports beverages, can be used before or after activity when other foods are not available, not as tolerated, or because at times they are more convenient than real food. They generally contain 30-60 grams of carbohydrate, 9-20 grams of protein and some fat. As with any food or beverage, tolerance varies from one athlete to the next so they should be tested, especially before use surrounding a competitive event.

Energy drinks, the last category of sports beverages, contain carbohydrates, but may also contain varying amounts of some form of caffeine (such as guarana, kola nuts, or mate). Exact amounts of caffeine are not usually included on the label. Since caffeine can cause intestinal distress and a feeling of nervousness, especially during competition, these beverages are probably not a good choice for most athletes. Many athletic organizations consider caffeine a controlled substance so intake may warrant disqualification in some competitive events.

Energy drinks can also interfere with quality of sleep and sleep is extremely important for an athlete. If fatigue is a reason for consuming these beverages, it would be better to determine the real source of the fatigue and address that issue.



Athletes should be aware that as far as nutrients are concerned, real foods are always a better bet on a regular basis since they contain a wider variety of nutrients than any man-made product - even more than a vitamin pill. Performance does not only depend on calories and carbohydrates, but also on the many nutrients that work behind the scenes that allow the body to work as a very efficient machine. So in some instances, these formulated beverages may be helpful but consider your goals and the big picture as far as fluids and energy are concerned before making your choices.

Source: WWW. Seacoast Online, Seacoast Newspapers. *Portsmouth Herald*, Portsmouth, New Hampshire, Sunday, August 25, 2002.









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ways to improve the **NIRSA Know OnLine**. We hope to hear from you soon!

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