



APRIL, 2005 NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION • NEWS AND INFORMATION



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Orlando Preregistration Sets Record

Early registration explodes into our biggest Annual Conference ever!



Hot Off the Press: Executive Director's Year-End Reports on the NIRSA Network

What has NIRSA been up to in the past year? The Executive Director's Biannual Report and Financial Overview are now available on the NIRSA Website under Reports at <http://www.nirsa.org/secure/reports/index.htm>.



Strategic Map Roll Out in Orlando

New document details preferred operating processes, provides direction.



NIRSA/The Ohio State University Research Institute Accord to be Signed in Orlando

Agreement targets the building of research capacity within NIRSA membership.



NIRSA Adopts Sarbanes-Oxley Whistleblower Protection Policy

New policy encourages reports of possible violations, protects the messenger.



Coming Soon: New NIRSA Database to Link Schools to Consultants

Free directory makes the right help easier to find.



NIRSA Canadian Province Directors and Student Reps Approved by Board

Provincial leaders will be regarded as similar to current NIRSA State Directors and Representatives.



National Collegiate Golf Championship (NCGC) Partnership to Expand in 2005

More teams, more golf tournaments that benefit the NIRSA Foundation.



NIRSA Partners with American Council on Exercise (ACE) to Support Quality Certification

Agreement will benefit NIRSA Fitness & Wellness Professionals and Students.



Site Selection Guidelines for Annual Conference & Expo Approved by Board

New guidelines and criteria will enter into the mix for site choices.



Making the Most of the Recreational Sports Exposition

Exhibitors will provide attendees with coupons for prize drawings every day!



Attention, Potential NIRSA Book Chapter Authors

Meet with Human Kinetics' Gayle Kassing with ideas for sharing your professional expertise in two new NIRSA books.



Slate of Student Candidates for 2005-2006 National and Regional Representatives

Click on <http://www.nirsa.org/administration/office/student.htm> to find out how our student nominees envision NIRSA's future, what their backgrounds are, and other interesting facts.



2005 Proxy Ballots Return in Record Numbers

Members boot up and vote early like never before!

Interest Runs High for the NIRSA 2005 Salary Census

A bigger response than ever before results in big success for this study; results

NATIONAL
FITNESS
INSTITUTE



May 18-20 2005
DePaul University
Chicago, Illinois

Plan to attend
The
National
Intramural
Basketball
Championships



Georgia Tech,
Atlanta Georgia
April 15-17, 2005

Contact: Dan Hazlett
(404) 894-4942
[dan.hazlett@
crc.gatech.edu](mailto:dan.hazlett@crc.gatech.edu)

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<http://www.nirsa.info/know/>

3/30/2005



available soon.



Texas A&M Wins as Tennis Teams Lock Racquets in San Diego

The winning team slams home a third victory at USA Team Tennis National Campus Championships.



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**Orlando Preregistration Numbers Set Record**

Early registration explodes into our biggest Annual Conference ever!

As of March 30th, a record has been broken with 2,009 attendees completing pre-registration for the 2005 NIRSA Annual Conference & Recreational Sports Exposition in Orlando. This number also breaks the attendance number record set by the 2001 NIRSA Conference in Reno, Nevada, which hosted 1,794 attendees.



If you are registered for the 2005 NIRSA Conference, prepare yourself for an action-packed event. With a roster of the finest professional speakers, highly qualified NIRSA professionals, the Expo, the NIRSA Foundation Career Opportunities Center, Theme Night, and the Honor Award Banquet, you will be glad you came to Orlando. Just announced: the Opening General Session on Wednesday, April 6, will begin with Miss America 2004, Ericka Dunlap, singing the National Anthem. Ericka is currently a senior at the University of Central Florida. See you there!

**Making the Most of the Recreational Sports Exposition**

Exhibitors will provide attendees with coupons for prize drawings every day!

Attendees, here's what you need to know to get the most out of the Recreational Sports Exposition: Remember to visit each vendor on both days of the show—Wednesday and Thursday—and ask for your Daily Coupons. When you turn in your coupons at the NIRSA Booth, you will be eligible for prize drawings that will be held every half hour of each day. You could win one of many wonderful prizes, including Free NIRSA Memberships, Recreational Sports Directories, and NIRSA T-shirts!

Orlando, FL**73 °F / 23 °C****Clear**

at 8:53 PM

[Click for Forecast](#)

Make the most of your Expo! Ask the vendors "what's new", and you might be surprised at the opportunities available for your campus recreation center. Click here for an updated exhibitor list: http://www.nirsa.net/expo/current_exhibitors.htm.

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Plan to attend

The National Intramural Basketball Championships



Georgia Tech,
Atlanta Georgia
April 15-17, 2005

Contact: Dan Hazlett
(404) 894-4942
dan.hazlett@
crc.gatech.edu

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NIRSA/The Ohio State University Research Institute Accord to be Signed in Orlando

Agreement targets the building of research capacity within NIRSA membership.

Months of negotiations between NIRSA and The Ohio State University, on behalf of its Department of Recreational Sports, have resulted in the establishment of the National Research Institute for College Recreational Sports and Wellness.

An initial three-year term for this agreement will be codified during a signing ceremony at the 2005 NIRSA Annual Conference & Recreational Sports Exposition in Orlando, April 5-9. The ceremony will take place at the conclusion of the educational session, entitled "National Research Institute for College Recreational Sports and Wellness," scheduled for April 8, 2005, from 2:30-3:45pm in Room 230B of the Orange County Convention Center.

Highlights of the agreement include the university's obligation to create and maintain a Research Institute Website, and to provide staff that will operate and administer all research projects, grants and contracts. NIRSA will provide \$15,000 per year to the Institute to assist with administrative and operating costs.

The National Research Institute's Mission Statement is as follows:

The mission of the National Research Institute for College Recreational Sports & Wellness is to foster and facilitate interdisciplinary and collaborative research, provide educational research services, and to develop data sharing processes directed toward optimizing college recreational and wellness pursuits.



NIRSA Partners with American Council on Exercise (ACE) to Support Quality Certification

Agreement will benefit NIRSA Fitness & Wellness Professionals and Students.

NIRSA is pleased to announce a strategic alliance with ACE, America's nonprofit fitness advocate, to support quality certification in the area of fitness and recreation.

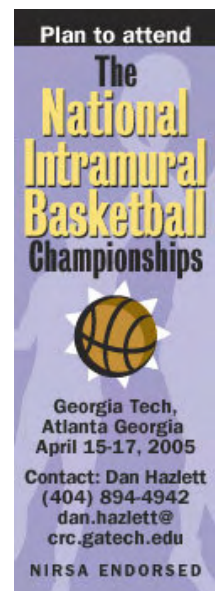
ACE will now provide curriculum to NIRSA member institutions through the ACE University Program and preferred pricing to NIRSA members on certification exams and textbook materials. In addition, ACE will promote NIRSA's Annual Conference & Recreational Sports Exposition to its fitness professionals.

"Because of NIRSA's commitment to the education and professional development of those working in the recreation and fitness fields, this alliance is a perfect fit for the American Council on Exercise," said Graham Melstrand, director of educational services for ACE. "NIRSA members have an immediate impact on the fitness industry and we hope to successfully aid in their pursuit of quality certification and credentials."

"We recognize ACE's reputation as a leader in fitness certification and we view the alliance as a value-added benefit to NIRSA members," said NIRSA Executive Director Kent J. Blumenthal, Ph.D., CAE, CRSS. "We hope this relationship opens the doors for more of our members to become certified fitness professionals."



The American Council on Exercise (ACE), America's Authority on Fitness, is a nonprofit organization dedicated to promoting the benefits of physical activity and protecting consumers against unsafe and ineffective fitness products and instruction. As the nation's "workout watchdog," ACE sponsors university-based exercise science research and testing that targets fitness products and trends. ACE sets standards for fitness professionals and is the world's largest nonprofit fitness certifying organization. For more information on ACE and its programs, call (800) 825-3636 or log onto the ACE Website at www.acefitness.org.



To access your special NIRSA discount code, please log on to the 'Members Only' section of the NIRSA website: <http://www.nirsa.org/secure/index.htm>.



Strategic Map Roll Out in Orlando

New document details preferred operating processes, provides direction.

Strategic Planning is not a new concept to NIRSA. Over the last fifteen years NIRSA leaders have produced Strategic Plans that have guided the Association into the new millennium. However, as NIRSA has become more complex, comprehensive and more business-like in operations, the BOD, NNC staff, and others have realized that without a more comprehensive Strategic Plan, the association could easily lose its focus. Therefore, the 2000-2001 Board of Directors embarked on the creation of a strategic planning process (later to be renamed the Strategic Map) and worked with McKinley Marketing Group to take a sincere look at NIRSA's past, present, and future in order to develop the foundation of what would later become NIRSA's 2005 Strategic Map. ([Click here to download a copy of the 2005 NIRSA Strategic Map.](#))

This document outlines and articulates the operating principles that will guide the Association in the achievement of its strategic goals. As a perpetual work-in-progress, a Strategic Map functions as a compact, interactive process between members and organizational leaders. It directs the organization in the development of a vision, and of the working philosophies that will help us to realize that vision. As our association evolves--both through internal dynamic as well as external influences--this document will change with it, serving as a communication vehicle to promote further cooperation and collaboration among all members, for the benefit of the association and the field of recreational sports.

Please join President Tamra Garstka in rolling out and discussing this important NIRSA document. Print out the Strategic Map and plan on attending the "Strategic Map" Ed Session on Thursday, April 7th, 3:45-5:00 p.m. in Room 230D.



2005 Proxy Ballots Return in Record Numbers

Members boot up and vote early like never before!

<http://www.nirsa.org/administration/office>

Dear NIRSA Colleagues,

Monday, March 7th, marked a new era in NIRSA's history, with the implementation of the Bylaws changes approved by the membership at the annual business meeting in Albuquerque last April. Proxy ballots are now available to voting Professional Members for professional elections and proposed Bylaws changes as well as to Student Members for voting for the National Student Representative to the Board of Directors and the regional student representatives.

The new deadline to submit your proxy ballot is now 24 hours prior to the specific election. All of the appropriate information (candidate statements and bios, proxy ballots and instructions) is located in the Members Only Section of the NIRSA website under Election Information and Forms.

Early indications are that both Professional and Student Members are embracing this method of exercising the privilege to vote in our NIRSA. Professional Member proxy ballots have reached 78 percent of last year's record number in just the first two days! Student Member proxy ballots have already exceeded last year's numbers!

I continue to encourage and challenge members who will not be able to join us in Orlando to make their voices heard by casting a proxy ballot for elections and the proposed Bylaws change. While attendance and participation at regional, student and the annual business meeting is vital to our Association, I realize not all annual conference attendees are able to be present at business meetings. So I encourage those of you who will be in Orlando, but unable to attend your respective business meetings, to use the proxy ballot system as well.

Sincerely,

Greg Jordan, NIRSA President-elect and
Chair, Nominations and Elections Committee



Site Selection Guidelines for Annual Conference & Expo Approved by Board

New guidelines and criteria will enter into the mix for site choices.

In recent years the size and scope of the Annual Conference & Expo has changed and participant

expectations have evolved concerning where, when, and at what cost the Annual Conference is held. In an effort to provide direction for future site selection, NIRSA'S Executive Director and the NIRSA Board of Directors developed guidelines that would aid the Executive Director in contracting future conference sites. On February 2, 2005, the NIRSA Board of Directors passed a motion to accept the guidelines below. Since negotiations for a conference site in 2007 are already in the works, the board-approved guidelines will be implemented for future conferences beginning in 2008.

The new guidelines will provide increased leverage and flexibility in securing suitable sites at more affordable pricing than would otherwise occur for the Annual Conference & Expo. It will also allow consideration of multiple-year contracts for preferred locations, and aid in speeding up negotiations and confirming conference sites several years in advance of NIRSA Annual Conferences.

Board-Approved Guidelines

- Negotiate the best overall value for meeting space and the best available prices for attendee lodging (preferably two to three price points to accommodate a range of lodging prices and value)
- Any four days, with no predetermined pattern
- Time of year: late March through April
- No set 'rotation' among NIRSA regions
- Prefer that shuttle transportation not be needed between a convention center and the NIRSA hotel block
- Prefer facilities and/or city-wide packages with restaurants and entertainment options within walking distance
- Tourist destinations preferred
- Education sessions, NIRSA Foundation Career Opportunities Center, and the Recreational Sports Expo must be housed with the same property (i.e., convention center). Recreational Sports Expo must be located in one (1) contiguous space
- NIRSA will actively research facilities and/or city-wide packages that have favorable guest rooms-to-meeting space ratios
- Geographic preference is the 'Sunbelt' (provided that preferred 'Sunbelt' sites are available). Potential 'Sunbelt' locations to include the following states (listed in alphabetical order):
 - Alabama - Mississippi
 - Arizona - Nevada
 - Arkansas - New Mexico
 - California - North Carolina
 - Florida - Oklahoma
 - Georgia - South Carolina
 - Kentucky - Tennessee
 - Louisiana - Texas
- Prefer a two- to three-year absence before returning to an ideal Annual Conference site (i.e., City 'A' may host the Annual Conference in 2010 & 2013).
- It is not necessary to provide significant geographic distance between selected conference sites on a year-to-year basis if site characteristics and attributes offer price value and meet other Board-approved site selection criteria
- If selected site has no lead Host Institution School, Host responsibilities will fall to an appointed Annual Conference Work Team and Program Committee.



Interest Runs High for the NIRSA 2005 Salary Census

A bigger response than ever before results in big success for this study; results available soon.

For the first time, members were given the opportunity to contribute to this important research entirely online. Recognizing the importance of this census, and that the success of this study depends on the involvement of a sizable segment of our membership, NIRSA members really stepped up. By the time the census closed on March 11, 234 institutions had completed the 2005 Census, representing a 65 percent increase in participation over the 2003 Salary Census. A big "thank you" to everyone that participated! To see if your institution will be included in the 2005 Census, go to http://www.nirsa.org/administration/salary_census.htm and follow the link.

The Salary Census data will soon be compiled and results tabulated. Once prepared, institutions that submitted census information will receive a PDF of the results. All NIRSA members should look for the release of this important data in the next few months.



NIRSA Canadian Province Directors and Student Reps Approved by Board

Provincial leaders will be regarded as similar to current NIRSA State Directors and Representatives.

Region VI Vice President Tom Kirch reports that, at a March 15 teleconference, the Board of Directors took action to approve establishing the positions of Canadian Provincial Directors, similar to the current State Directors, and Canadian Provincial Student Representatives, similar to the current Student State Representatives. These positions will have all the rights and responsibilities of the current positions. This action was taken in recognition of the growth of Canadian NIRSA

membership and the desire to enhance and strengthen communication efforts to all members of the association. Greater involvement of Canadian recreational sports professionals and students in NIRSA is an added benefit to all members.

In part, the BOD's decision resulted from the dismantling of the Canadian Intramural Recreation Association (CIRA). According to Joe MacDonald, Associate Director at St. Francis Xavier University, Antigonish, Nova Scotia, "in the spring of 2003, CIRA disbanded as a national delivery association and amalgamated with Canadian Association for Health, Physical Education, Recreation, and Dance (CAPHERD), which in effect is the Canadian version of AAPERD. What happened in the process is that we created a Program Advisory Committee for CAHPERD on the intramural recreation piece called QSIR or Quality Intramural Recreation Association." [More details are available on the CAHPERD Web site, www.cahperd.ca]

NIRSA Canadian Provincial Director and NIRSA Canadian Provincial Student Representative positions can be established that are similar in scope and responsibility to NIRSA State Directors and NIRSA State Student Representatives. The BOD hopes that Provincial Directors and Provincial Student Representatives will be appointed at the 2005 Annual Conference in Orlando.



Coming Soon: New NIRSA Database to Link Schools to Consultants

Free directory makes the right help easier to find.

Following its mission of providing service to its members, NIRSA is pleased to provide a Consultant Services Directory that contains a database of various individuals and companies willing to serve as review team consultants and/or program/facility consultants. Access to the database will be free of charge with the consultants paying a yearly fee to be listed in the directory.

The database will be designed to serve as a tool to assist an institution in selecting a consultant or team of consultants that best fit their needs. Each institution's consulting needs are unique; therefore, it is likely that a consultant could meet one institution's criteria and not another.

For more information regarding the database and to be listed as a consultant go to:
<http://www.nirsa.org/administration/consultants/>



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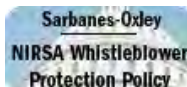
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NIRSA Adopts Sarbanes-Oxley Whistleblower Protection Policy

New policy encourages reports of possible violations, protects the messenger.

In 2002, due to rogue accounting activity by major global corporations such as Enron, and Worldcom, and their public accounting firms, the Sarbanes-Oxley Act was enacted to increase regulatory visibility and accountability of public companies and their financial health. While no comprehensive guidance exists on this subject for nonprofit organizations, for the past two years our Association has been actively studying the "Act" as a model for nonprofit governance standards. At the encouragement of our Executive Director and NIRSA legal counsel, NIRSA adopted a specific Whistleblower Policy at the 2004 Midyear meeting of the Board of Directors. To our knowledge, NIRSA is the first organization within the Council of Higher Education Management Associations (CHEMA) to comply with these new Sarbanes-Oxley Act regulations. The Board is also moving diligently forward in preparing a Document Retention Plan as dictated by the "Act."

The National Intramural-Recreational Sports Association Whistleblower Protection Policy is designed to encourage employees, members of the Board of Directors, NIRSA members, and other persons affiliated with NIRSA to report to responsible persons possible violations of law, accounting irregularities, and other suspected wrongdoing, including their own. The goal of this policy is to discourage illegal activity and business conduct that damages NIRSA's good name, association interests, and its relationships with members, vendors, sponsors, and the community at large.

For more specific information regarding NIRSA's Whistleblower Protection Policy go to <http://www.nirsa.org/whistleblower.htm>.


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MEMBER HIGHLIGHTS


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NIRSA MEMBERS ON THE MOVE

CLICK HERE

TO CHECK OUT THE COMINGS AND GOINGS OF YOUR NIRSA COLLEAGUES


 **Please Welcome NIRSA's Newest Members!**

New Institutional Members

- Jackson State University**
Jackson, MS
- Lynn University**
Boca Raton, FL
- Navarro College**
Corsicana, TX
- Pryor Creek Recreation**
Pryor Creek, OK
- Southeast Christian Church**
Louisville, KY
- University of Alberta**
Edmonton, AB
- University of Mary Hardin-Baylor**
Belton, TX

New Associate Members

- 2XL Corporation**
www.gymwipes.com
- Club Resource Group**
www.clubresourcegroup.com
- Fletcher Farr Ayotte**
www.ffaesign.com
- MultiSite Solutions**
www.multisitesolutions.com
- The Collaborative Inc.**
www.thecollaborativeinc.com

 **Portland, Oregon, hosts State Meeting**

Many of the attendees at PSU's Oregon State Workshop, pictured in the student union of on the PSU campus.

Photo courtesy of Tiffany Lundy, National Student Representative.

Nearly fifty Professional and Student Members attended the Oregon State Workshop on the Portland State University campus in downtown Portland. The day's agenda included two forty-minute roundtable sessions on topics such as student leadership, marketing, intramurals, youth camps and fitness. The afternoon was dedicated to a two-part examination of risk management, entitled "Short Stories: A Novella Approach to Risk Management"; the proceedings included short lectures and a seven-member panel discussion.

Former Student Member Stages National Recreational Sports & Fitness Day Celebration Aboard Aircraft Carrier

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3/30/2005

Laurel A. Roberson, former Student Member of NIRSA from University of North Carolina Wilmington (UNCW), is now employed aboard the USS Harry S. Truman as Morale, Wellness and Recreation Director. The ship was deployed October 13, 2004, as one of five vessels in a carrier strike group bound for the Middle East. According to a news release of March 9, 2005, posted on www.news.navy.mil/local/cvn75, Laurel coordinated a National Recreational Sports & Fitness Day (NRS&FD) Competition on the ship on February 24, in honor of NIRSA's February 22 founding date and the annual celebration. In the article, written by Journalist 3rd Class Megan Parfitt, USS Harry S. Truman Public Affairs, Laurel explains her motivation for staging the event: "The purpose of all my programs is to boost morale. If people are happy, having fun and enjoying themselves, then my mission is accomplished." Later in the feature, Laurel describes her hope that the event would promote fitness for the crew members: "I have wanted to do some fitness programming. I know a lot of people on the ship are really into fitness and staying in shape, so I try to coordinate toward the interest of personnel onboard. I thought this day would be the perfect opportunity to plan something." The competition featured a push-up and sit-up competition and body-fat testing. The winners of each event, respectively, performed 111 push-ups, 105 sit-ups, and tested at 5 percent body fat.

Having joined NIRSA during her attendance at UNCW, Laurel would know full well the significance of February 22 to the association and the membership. The historic background of NRS&FD is summarized in the news release.

Tim McNeilly, Director of Campus Recreation at UNCW, says that Laurel, a member of his student staff for two years, graduated in May 2004. She completed an internship in Morale, Welfare and Recreation in Hawaii before accepting her current position.



Attention: Associate Members

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 *Know*? We will accept brief press 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 *Know* staff reserves the right to edit any submission for length or propriety.)



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MEMBER HIGHLIGHTS

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- Chondra Johnson**, former Assistant Director of Member Relations at Vanderbilt University in Nashville, Tennessee, is now Assistant Director of Customer Service/Marketing at Jackson State University, in Jackson, Mississippi.
- Ron Lee**, former Associate Director of Campus Recreation at University of Kentucky in Lexington, is now Director of Campus Recreation at the same institution.
- Micah Mensch**, former Assistant Director of Facilities at Texas Tech University in Lubbock, is now Assistant Director of Recreation for the City of Terre Haute Parks and Recreation Department in Terre Haute, Indiana.

members on the MOVE



Our Overseas Members in Uniform

Members, we need your help! If you know of a fellow NIRSA member who has been deployed overseas, please send us the information so we can inform the readers of the *NIRSA Know*. Email Pat McCord at pat@nirsa.org, or call (541) 766-8211X36. And thank you for your help!



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PROFESSIONAL DEVELOPMENT

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Attention, Potential NIRSA Book Chapter Authors

Our strategic alliance with publishing giant Human Kinetics (HK) allows HK to draw upon our membership's invaluable expertise in developing new recreational sports publications. Interested members are invited to consider writing a chapter for two newly proposed books: the *Facilities Planning Guide: An Industry Standard for Building/Renovating an Indoor and Outdoor Recreation Sports Facility* and the *Facilities Management Guide*. The field knowledge (and any publishing experience) of our membership can provide these next two publications with the level of accuracy needed in our industry.

SIDELINES



NIRSA leaders, previous *Recreational Sports Journal* authors, NIRSA book authors, Annual Conference and Faculty presenters, and any subject-related Associate Members are invited to a meeting with HK during Annual Conference to pick up applications to write chapters for two upcoming books

With a publication date of January 2007 for the new books, the schedule for the selection of authors is intended to allow time for completing a chapter during summer 2005.

Interested members should plan to meet with Gayle Kassing, Acquisitions Editor, in Room 330E of the Convention Center between 10-11 a.m., Wednesday, April 6. Chapter proposal forms will be available at this meeting and also at the HK booth in the Exhibit Hall.

For more information, contact Sarah Hubert, NIRSA Editor, at sarah@nirsa.org or (541) 766-8211.



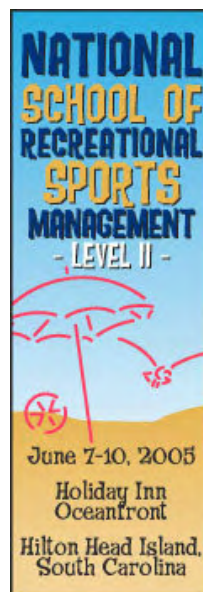
Claim Your Place Now at 2005 Collegiate Sport Club Symposium

This year's Collegiate Sport Club Symposium, entitled "Sport Clubs in Action" and presented by NIRSA, is designed for those who administer a collegiate sport club program or would like to learn more about this exciting and growing area in recreational sports. Register now for this valuable symposium, scheduled for June 9-11, 2005, in Hilton Head Island, S.C. Early Bird registration fees end May 9. Check out the NIRSA Network for registration information and an online brochure at <http://www.nirsa.net/education/sportclub.htm>.



Attend National Fitness Institute and Cruise on Lake Michigan

The second National Fitness Institute is set for May 18-20, 2005, in Chicago, Illinois. Fitness professionals who attend will learn strategies and techniques in the area of Administration and Practical Training. Nautilus has also stepped up and will sponsor a dinner cruise on Lake Michigan for the opening reception. Make haste to register now: Early Bird registration ends April 18! View and download the brochure and/or register online, at <http://www.nirsa.net/education/fitness.htm>. For more information, contact Valerie McCutchan: valerie@nirsa.org.



National Aquatic Institute's Presentation Proposal Deadline Extended

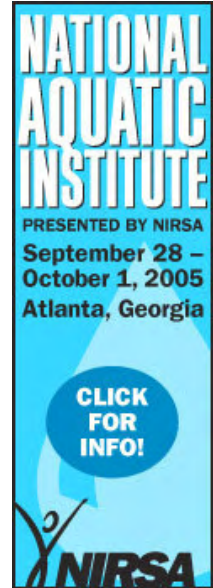
The application deadline for Presentation Proposal Forms has been extended to April 15, 2005. So while you're filing your taxes, fill out a presentation proposal form as well....you'll even get \$\$ back! Lead Presenters who are Professional Members of accepted proposals are eligible for a registration discount of \$100 per session. A presenter can receive a maximum institute discount of \$200. The \$100 discount can be split in \$50 increments between co-presenters at the discretion of the lead presenter. Presentation Proposal forms can be accessed online at: <http://www.nirsa.net/education/aquatics.htm> The 2005 Institute will be held September 28-October 1, 2005, in Atlanta, GA., at Georgia Tech.



Act Fast to Register for National School of Recreational Sports Management

The National School of Recreational Sports Management Level II returns June 7-10, 2005, in Hilton

Head Island, S. C., with a curriculum designed specifically for experienced mid-and-upper level administrators who want to sharpen their management skills. Experienced faculty members who are leaders in the field of recreational sports develop the curriculum and present sessions that provide participants with opportunities to practice, discuss and refine the professional skills necessary for success. A top-notch faculty, combined with the ability to collaborate with fellow recreational sports professionals, makes this a wonderful professional development experience. The course is limited to forty-eight attendees, and won't be offered again until 2008; at the launch of the newsletter, thirty-seven slots had been filled. You can register online at https://chloris.safe-order.net/nirsa/forms/app_school.htm. Download the NSRSM brochure at <http://www.nirsa.net/education/school.htm>. Don't wait too long: Early Bird registration ends May 6!



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[Order your 2005 Recreational Sports Directory NOW!](#)

Please visit these exhibitors at the Recreational Sports Exposition in Orlando, on Wednesday and Thursday, April 6 & 7!

Active Community Solutions (Class & RecWare)
 Aerobics & Fitness Assoc. of America (AFAA)
 American Athletic, Inc. (AAI)
 American College of Sports Medicine
 American Council on Exercise (ACE)
 AORE - Assoc. of Outdoor Recreation & Education
 Aquatic Design Group
 Athletic Business Publications, Inc.
 Athletica
 Baden Sports Inc.
 Bleachers International
 BNW Software, Inc.
 Body Masters, Inc.
 BroadcastVision
 Bulletball Enterprise, LLC
 C C Creations, Inc.
 Cannon Design
 Cat Eye Company, Ltd./Source Distributors
 Clean For You, LLC
 Clough Harbour Sports
 Collegiate Golf Alliance
 Collegiate Pacific Sporting Goods
 Colorado Time & Colorado Display Systems
 Commercial Recreation Specialists, A Todd Harris Co., Inc.
 Connor Sports Flooring
 Counsilman/Hunsaker & Associates
 CourtClean
 Cover Sports USA
 Covermaster, Inc.
 CSI Software
 Cybex International, Inc.
 Daktronics, Inc.
 Defibrillators USA
 Education Funding Systems
 EFI Sports Medicine
 Eldorado Climbing Walls/Franklin Handholds
 Engineered Treatment Systems
 Entre Prises Climbing Walls
 ESPN, The Magazine
 Eversan, Inc.
 Experiential Resources, Inc.
 EZFacility.Com, Inc.
 F & S Partners, Inc.
 FreeMotion Fitness
 Frontier Pro Shop
 Gopher Sport
 Hampton Fitness Products
 Hastings & Chivetta Architects, Inc.
 Human Kinetics Publishers
 Intek Strength Products
 International Court Soccer Inc.
 Keiser Corporation
 Kiefer Specialty Flooring, Inc.
 Kwik Goal Ltd.
 Life Fitness/Hammer Strength
 Little Caesars Fundraising



Lyon Workspace Products
Magnum Fitness Systems
Mateflex
Midwest Sporting Goods Dist., Inc.
Mikasa Sports USA
Missouri Turf Paint
MMI-Montgomery Marketing Service, Inc.
Mondo USA
Moody-Nolan, Inc.
MtvU
MultiSite Solutions
Musco Sports-Lighting
National Amateur Dodgeball Association
National Council of Strength & Fitness
Nautilus Health & Fitness Group
Nicros, Inc.
NIRSA Insurance/P5 Sports & Special Risk
Ohlson Lavoie Collaborative
Omnikin - www.sportsdirectsource.com
Paramount Fitness Corporation
Polar Electro, Inc.
Power Lift
Precor, Inc.
Prep Illustrated, Inc.
Primex Wireless
Pro Grass LLC
Qualite Sports Lighting Inc.
RDG Planning & Design
Recreation Management
Recreational Solutions
RenoSys Corporation
RMT Fitness
Robbins Sport Surfaces
RSN Promotionals Inc.
Sasaki Associates Inc.
Schelde North America, LLC
SCIFIT
Signature Fencing & Flooring Systems
Sink Combs Dethlefs, P.C.
Sportime, LLC
Sports Imports, Inc
SportsArt America
Sprinturf
Star Trac
Sunflower Marketing
Texon II
The Collaborative Inc.
The Court Company
The Ohio State University
The University Network, LLC
THOR GUARD, Inc.
TMP Associates, Inc.
Toltz, King, Duvall, Anderson & Associates, Inc.
True Fitness Technology Inc.
Tube Tone Concepts, Inc.
United States Handball Association
United States Tennis Association (USTA)
United States Tennis Association (USTA)
University Of Minnesota (Twin Cities Campus)
USA Hockey InLine
USA Water Ski
Vermont Systems, Inc.
Vertical Reality
Walltopia, Ltd.
Water Technology, Inc.
Williams Architects
Wilson Indoor Racquet Sports
Wilson Sporting Goods Co.
Woodway USA
Worldwide Specialty Advertising
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for more information and opportunities.



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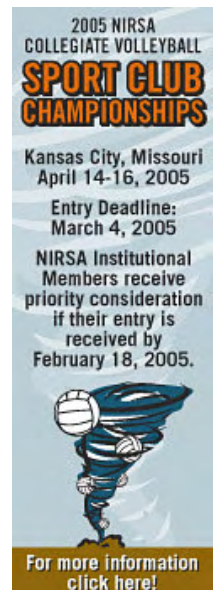
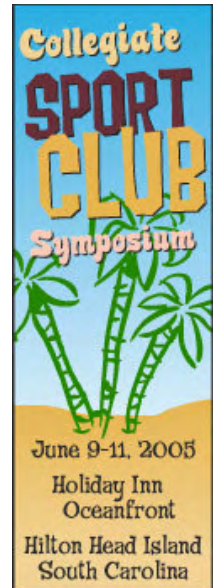
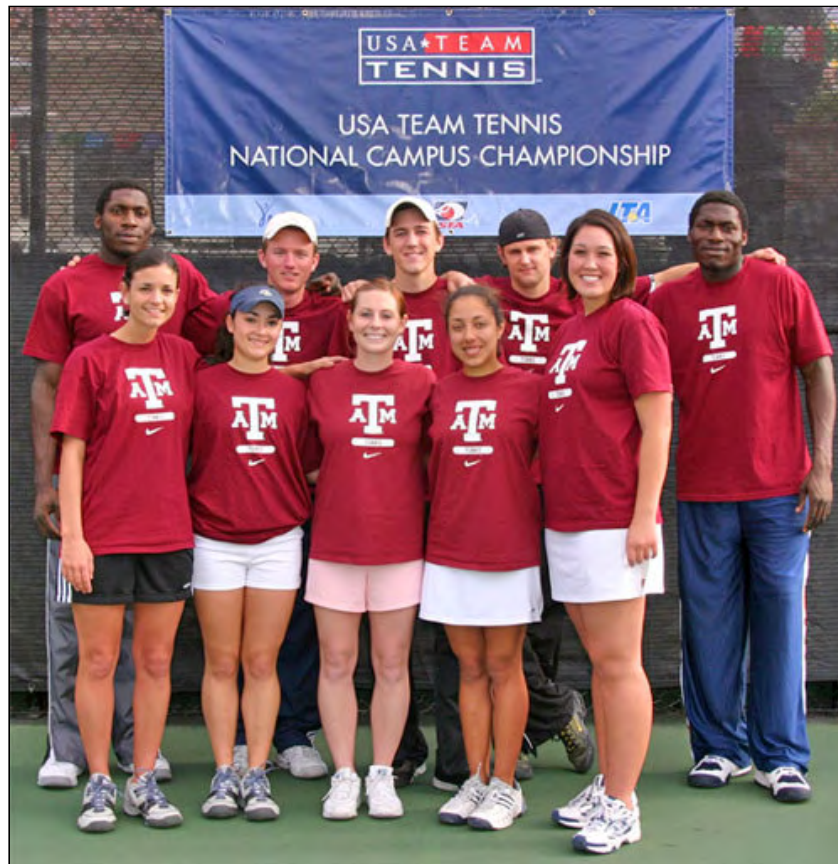
Texas A&M Wins as Tennis Teams Lock Racquets in San Diego

The Texas A&M Tennis Club captured its second straight title and third in four years by defeating their rival, University of Texas, 26-22, in the championship match at the USA Team Tennis National Campus Championship, held in San Diego, California, March 10-12. A record number of forty-eight teams from around the country participated in the 6th Annual event.

Texas A&M went 8-0 en route to the title and improved to 15-0 over the past two years at this event. A&M defeated Harvard in the semifinals (25-20) and then topped UT in the final. A&M also beat Texas in the 2002 final (in Austin), reached the 2003 final (where it lost to Florida) and beat Virginia to capture last year's final.

Harvard beat UCLA "Blue" in the third-place match. Michigan won the Silver Bracket and Miami (Ohio) won the Bronze Bracket. Central Michigan University was awarded the team sportsmanship award.

This event began in 2000 with ten participating schools, but has grown steadily each of the past five years. Of the forty-eight teams, twenty-three were established in just the last five years and they combine for more than 2,800 total tennis sport club members. The forty-seven participating schools shattered last year's record of thirty-three teams. Visit the NIRSA Network for complete results and photos. <http://www.nirsa.net/sc/tennis/2005/index.htm>.



Volleyball Championships Ready to Serve in Kansas City

A record number of teams have entered the 21st annual event in Kansas City, Missouri, held April 14-16, 2005. All divisions have filled, with forty-eight teams in Men's Division I, thirty-six teams in Men's Division I-AA, forty-eight teams in Men's Division II, twenty-four teams in Men's Division III,

sixty teams in Women's Division I and twenty-four teams in Women's Division II. A slate of NIRSA member volunteers will help roll out the event in Kansas City, and NIRSA is looking forward to a very competitive event, crowning champions in all six divisions. Watch the NIRSA Network for tournament information and results: <http://www.nirsa.net/sc/vb/2005/index.htm>.

2005 NIRSA COLLEGIATE VOLLEYBALL SPORT CLUB CHAMPIONSHIPS



Plan to attend

The National Intramural Basketball Championships



Georgia Tech,
Atlanta Georgia
April 15-17, 2005

Contact: Dan Hazlett
(404) 894-4942
[dan.hazlett@
crc.gatech.edu](mailto:dan.hazlett@crc.gatech.edu)

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NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION - NEWS & INFORMATION




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National Collegiate Golf Championship (NCGC) Partnership to Expand in 2005

The winners of the 2004 National Collegiate Golf Championship (NCGC) will have to work a little harder to defend their title as the NCGC expands its program to include spring and summer local qualifying events. Tournaments that qualify for the National Championship will now be held in the spring and summer of 2005, as well as during the fall. The two-person scramble event, sponsored by the Collegiate Golf Alliance (CGA) in partnership with NIRSA, showcases recreational golfers from colleges and universities in three divisions: Student, Faculty/Staff and Alumni/Community. The program concludes with the National Championship in Las Vegas, Nevada, November 11-13, 2005.



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The NCGC tournament is organized and facilitated by the Collegiate Golf Alliance. During the past year, the NCGC program consisted of over 800 golfers representing ninety different colleges and universities. Proceeds from the tournament benefit the NIRSA Foundation, a not-for-profit organization that provides opportunities for students through professional development, research, scholarships, and educational resources. Over the last two years, more than \$7,000 has been donated to the Foundation from this program.

At the NIRSA Annual Conference in Orlando, CGA will continue its support of the NIRSA Foundation by presenting a Conference Golf Tournament on Tuesday, April 5, and a Conference Educational Session on Friday, April 8. Entitled "NCGC: Growth and Success for Different University Needs," the session will review the 2004 program with a video, highlight three successful local qualifiers of varying levels of involvement and financial benefits, and introduce the 2005 program.



The Collegiate Golf Alliance Booth at the 2004 NIRSA Annual Conference & Recreational Sports Exposition

The CGA will occupy a booth in the Orlando Exhibit hall to introduce the 2005 NCGC program and display many of the features of online registration and Golf Event Management CGA has to offer universities. They will also conduct a \$5000 putting contest at the conclusion of the show.

The CGA currently serves as the premier on-line golf events and registration company for over 1,400 colleges and universities across the United States. For more information, email info@cgagolflinks.com or visit www.cgagolflinks.com.



2005 NIRSA Foundation Scholarship Award Winners

The NIRSA Foundation Board of Directors is pleased to announce the following scholarship winners, whose registration to attend the 2005 NIRSA Annual Conference & Recreational Sport Exposition in Orlando or the National School of Recreation Sports Management will be covered by the stipend they have been awarded.

The scholarships are sponsored in part by the Region VI SoCal Golf Scramble and the Will Holsberry Endowment. The scholarship recipients with the highest GPAs are designated as the William Wasson Scholarship winners, funded by the William Wasson Endowment.

| | | |
|------------------------|---|------------------------|
| Jeremy Bettjes | University of Arkansas | Wasson Award Recipient |
| Dax Kuykendall | University of Nebraska-Lincoln | Wasson Award Recipient |
| Megan Thomas | Sam Houston State University | |
| Kenneth Turbush | University of Southern Mississippi | |
| William (Alex) Langley | East Carolina University | |
| Patricia Bohn | University of North Carolina-Greensboro | |
| Kenneth Norris | University of Houston | |
| Lauren Martini | Indiana University | |
| Benjamin Chuha | Virginia Tech University | |
| Steven Wright | Sam Houston State University | |
| Jason Asbury | University of Southern Mississippi | |

Michelle Williams
Nicole Hagar
Margaret Paulus
Beverly Hosford

Ohio University
California Polytechnic State University-San Louis Obispo
Arizona State University So Cal Recipient
San Diego State University So Cal Recipient

Will Holsberry Endowment Scholarship for NSRSM

Therese (Terry) M. Dougherty University of the Sciences
Yvette Marie Kell University of Nevada-Las Vegas

For information on how to apply for the 2006 NIRSA Foundation Scholarships, contact Pamela Hutcheson at pamela@nirsa.org or visit <http://www.nirsafoundation.org/scholar.htm>.



Support the Foundation Annual Giving Campaign



The NIRSA Foundation's fund raising was developed to solicit support and involvement from individuals who have received benefits from the National Intramural-Recreational Sports Association. We hope each of you will consider contributing to our profession through the Foundation's giving programs. Contributions are tax deductible. Individuals who donate \$25.00 or

more receive a recognition certificate and an acknowledgment in the NIRSA Foundation's Honor Roll on the NIRSA Web site.

The NIRSA Foundation is a not-for-profit organization that provides opportunities through student and professional development, research, scholarships, educational resources and efforts that promote multicultural and diversity awareness. Through existing programs such as golf tournaments, the annual T-shirt/Apparel Competition Auction & Sale, other conference fund raisers, charitable giving and corporate contributors, we have been able to expand programs and opportunities.

If you have already donated, we thank you, and hope you will consider increasing your level of giving in future. If you have yet to participate, we hope you will become an active benefactor. Remember, donations are cumulative, and as your total contribution to the NIRSA Foundation increases, you will move up through our nine levels of giving. Please take a moment to consider becoming involved in this worthwhile program and help us provide greater educational opportunities through your support. **Our future is your future!**



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2005-2006 NIRSA Master Calendar of Events

For more details and contact information, visit <http://www.nirsa.net/calendar/index.htm>

- April 3-4, 2005
NIRSA Board of Directors Year-end Meeting, Orlando, FL
- April 5-9, 2005
*Annual Conference & Recreational Sports Exposition, Orlando, FL
- April 10, 2005
NIRSA Board of Directors Orientation Meeting, Orlando, FL
- April 14-16, 2005
Volleyball Sport Club Championships, Kansas City, MO
- May 11-14, 2005
Big Ten Recreational Sports Conference, The Ohio State University, Columbus, OH
- May 18-20, 2005
*National Fitness Institute, DePaul University, Chicago, IL
- June 7-10, 2005
*National School of Recreational Sports Management-Level II, Hilton Head Island, SC
- June 9-11, 2005
*Collegiate Sport Club Symposium, Hilton Head Island, SC
- June 21-24, 2005 (Tentative)
NIRSA Board of Directors Summer Meeting, Corvallis, OR
- Sept. 21-23, 2005
NIRSA Board of Directors Midyear Meeting, Louisville, KY
- September 28 - October 1, 2005
National Aquatic Institute, Atlanta, GA
- Fall 2005
Region I Conference, Providence, RI
- October 19-22, 2005
National Recreation Facilities Institute, Minneapolis, MN
- October 27-31, 2005
Region II Conference, Cruise ship out of Jacksonville, FL, hosted by state of South Carolina
- November 2-4, 2005
Region III, WIRSA State Workshop, Madison, WI
- November 6, 2005
Student Lead On, Seattle, WA
- November 7-8, 2005
Region VI Conference, Seattle, WA
- November 11-13, 2005
National Tournament, National Collegiate Golf Championship (NCGC) in Partnership with NIRSA, Las Vegas, NV
- November 17 -19, 2005
NIRSA Collegiate Soccer Sport Club Championships, University of Alabama, Tuscaloosa, AL
- April 1-3, 2006
NIRSA Board of Directors Year-end Meeting, Louisville, KY
- April 4-8, 2006
Annual Conference & Recreational Sports Exposition, Louisville, KY



- April 13-15, 2006
2006 NIRSA Collegiate Volleyball Sport Club Championships, Salt Lake City, UT

*** 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
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What the NIRSA National Conference has for YOU!

I cannot believe this is my final appearance in the *NIRSA Know* as President of NIRSA. I am very excited to be able to talk to you about the National Conference, just around the corner. There are so many professional and personal opportunities for everyone. This year we will have an all-time high number of conference participants. The Board of Directors and the National Center are thrilled that so many members have decided to participate in this year's conference.



Tamra Garstka
NIRSA President



▷ SIDELINES



What is in store? This year's conference will highlight higher education, with a vice presidents' panel discussion on the role of recreational sports on campuses. Our opening keynote speaker, Dr. Richard Flynn, President of Springfield College, will address "Your President: A Campus Recreation Advocate or Critic?" Members have been encouraged to bring their bosses to the conference to take advantage of some of the information that will be presented.

Many members have volunteered to be on committees. The conference is an important time to go to the committee round-table discussions and the committee meetings. Being able to get active participation at the ground level is vital to the success of the committee. Everyone who attends can start formulating charges, timelines and communication avenues to help with the overall involvement of the committee members. Please make sure that you take the time to go to these meetings.

This year, the Board of Directors took the time to re-structure the State Director Training/Orientation meeting. If you are taking on this leadership role, please take advantage of this opportunity. The success of state leadership is valuable to the success of the Board of Directors. We continue to look for more feedback from State Directors. This year they played an important role in providing feedback on the NIRSA Vision Statement.

Don't forget to bring toys and/or games for infants to teenagers to help out with our "Make a Child Smile" program; look for a drop-off spot near the host table. These items will be donated to the Child Life Program at the Arnold Palmer Hospital for Children and Women. This is the 6th year of this program and it really emphasizes our willingness to give back to the community.

The Recreational Sports Exposition is a crucial part of our Association. Please stop by and talk with the vendors, find out what is new in our field, and make the needed connections for the future of your recreational sports on campus. You may not have immediate needs, but look ahead and enhance your connections. When you visit the trade show, don't forget to stop and look at the poster presentations.

Finally, while I only highlighted a few areas, I think that going to the conference is your connection to your profession and the friends you have developed throughout the years. The culture of NIRSA fosters such friendships. We have recognized this with two nights of independent socials, the Dance Party/Bowling night, and, of course, Theme Night at Orlando SeaWorld. Take advantage of all that there is to offer, but, more importantly, HAVE FUN!

Thank you for a great year!



Mentoring: A Vital Part of NIRSA

The student leadership team will introduce programs with an overall theme of mentoring in Orlando at the Annual Conference. To be a mentor is to serve as a trusted counselor or teacher. Within the culture of NIRSA, I believe that mentoring is the foundation of our Association. Not only do we share our program information, facility plans and standards, and staff training techniques, but we also take the time to develop our peers and our students. In supporting each other we are insuring the knowledge and strength of our field.

At the Annual Conference, students and professionals will find a number of opportunities to act as mentors. Attending sessions, business meetings, the COC mentor program, and the student social are only a few of these opportunities. The student leadership team is



adding activities to the student social to demonstrate that students can be mentors to one another. The COC mentor program is an opportunity for professionals to share their knowledge and experience in job searching with individuals just starting out. Thank you in advance to all of the professionals who have already volunteered and will volunteer during the conference.

Tiffany Barr Lundy
National Student Representative

Please keep in mind that in this field we are all teachers and mentors even if we don't know it. Thank you to the Board of Directors, the staff at our institutions including Central Michigan University, Saint Joseph's University, The University of Mississippi, Ball State University, Texas State University–San Marcos, Drake University, and Northern Arizona University, and to other individuals who have mentored the student leadership team this year.



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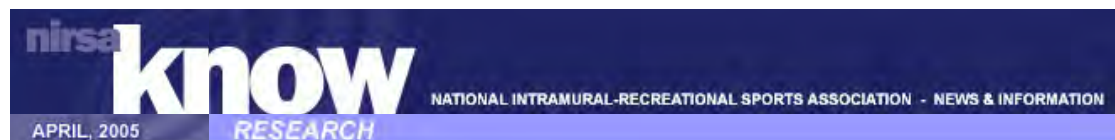
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SIDELINES



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U.S. Sporting Goods Imports Continue Growth

Total sporting goods equipment imports showed strong growth -- up 11.3% in 2004 to total \$4.96 billion.

Find more information online at: <http://www.sgma.com/index.html>

The dollar value of sporting goods imported into the U.S. increased by 7.5% in 2004. It's the third consecutive year of increased value of sports goods. This is the main finding of SGMA International's analysis of the U.S. Commerce Department's statistical data on imports of athletic footwear, jogging/warm-up apparel, and 14 sports equipment categories.

SGMA reports that the total declared value of U.S. sporting goods imports for 2004 was \$10.426 billion compared with \$9.7 billion for 2003.

Total sporting goods equipment imports showed strong growth -- up 11.3% in 2004 to total \$4.96 billion. Among the major equipment categories, sleeping bags/tents (+26%), gym/exercise equipment (+14.9%), and inflated balls (14.5%) topped the list of growth items. Imports of roller skates (-14.2%), ice hockey (-5.3%) and "other" equipment (-6%) had the largest declines in dollar value.

The sports equipment export leaders are Mainland China (58.9%), Taiwan (8.3%), Canada (3.9%), Mexico (3.8%), and South Korea (1.9%). China's share increased from 56% to 59%, slightly less growth than in 2003. Market shares for Taiwan, Canada, Mexico, and South Korea declined in 2004 compared with 2003.

Athletic footwear dollar value totaled \$4.4 billion, a 6% increase from 2003. Total athletic footwear pairs imported increased by 4.7% from 394 million pairs in 2003 to 413 million in 2004. The average price per pair increased by 1.2% from \$10.52 to \$10.65, continuing a trend toward slightly higher prices for a second consecutive year.

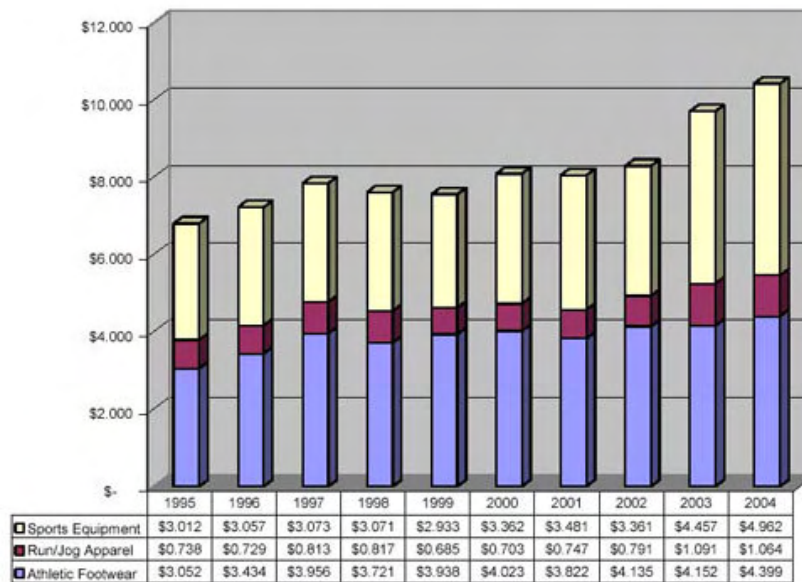
Mainland China is the dominant exporter of athletic footwear to the U.S., a market share of 76.7% of the total dollar value in 2004. China's share has maintained about a three-quarters share since 2000. Indonesia's share fell to 8.8%. Vietnam widened its lead over Thailand for third place with an 8% share and is challenging Indonesia for second place.

The U.S. Commerce Department's coverage of athletic clothing and activewear is minimal in relation to the total amount of product actually imported in these categories. But specific import data for jogging/warm-up apparel, such as jackets, pants and sweatshirts is reported. For 2004, the total dollar value for these apparel items was \$1.06 billion, a decrease of 2.5% compared with \$1.09 billion in 2003.

The statistics on import volume reported by SGMA International, while based on official U.S. Commerce Department data, should not be used as the sole basis for developing an estimate of total sporting goods imports because the product coverage in the report is limited to athletic footwear, archery, baseball, softball, inflated balls, gym/exercise, billiards, bowling, golf, snow ski, racquet sports, fishing tackle, backpacks, tents, sleeping bags, roller skates, ice hockey, sports gloves, sports nets, water sports equipment and some miscellaneous sports equipment. Only jogging/warm-up apparel data is available.



U.S. Sporting Goods Imports, Customs Value (\$Billions), Jan.-Dec.



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NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION - NEWS & INFORMATION

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MEMBER SPOTLIGHT



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Spotlight on National Recreational Sports & Fitness Day!

We asked and you delivered! In the March *NIRSA Know* we sent out a call for your pictures and updates on celebrations that were orchestrated at your facilities. We received great pictures (many great pictures!) and the information shared below on some truly inspired ways to celebrate this important part of NIRSA's history.

Washburn University Celebrates National Recreational Sports & Fitness Day at New Center

Photos courtesy of Joel Bluml

**Planning
a new
facility?**



▷ SIDELINES



Student Staff Member Shannon Cahill handed out nearly 130 free water bottles and 200 granola bars as part of Washburn University's National Recreational Sports & Fitness Day celebration.



**NATIONAL
FITNESS
INSTITUTE**



**May 18-20 2005
DePaul University
Chicago, Illinois**

Student Staff Member Amy Levine stays at her post beside an informational display highlighting NIRSA's historic legacy, to commemorate not only recreational sports and fitness but February as Black Heritage Month.



The NIRSA Banner hangs in the lobby of Washburn University's new Student Recreation and Fitness Center.

Joel Bluml, Director of Student Recreation and Wellness Center at Washburn University in Topeka, Kansas, estimates that probably 500 students came through the facility as Joel and his staff celebrated National Recreational Sports & Fitness Day (NRSF Day) on February 22. Student staff members distributed nearly 130 free bottles of water and 200 granola bars to interested visitors, who were invited to participate in an informative mock quiz that, Joel says, was humorously "rigged" so that only correct answers could be selected as answers to questions about NIRSA's history and Black Heritage Month. This is the first NRSF Day to be celebrated in Washburn's new center, which opened its doors in October 2004 and proudly displays a bright NIRSA banner in the lobby.



Binghamton University Feeds Crowd with Healthy Snacks and Good Advice

Photos courtesy of Cindy Cowden



Personal Trainers Emil Markulis (junior) and Michele Tesaro (senior) prepare to take a body composition assessment.



Group Exercise Instructors Christine DePietto (junior) and Jennifer Katz (senior) entice participants with homemade Peanut Energy Bars provided by Sodexho Campus Services!

For their first National Recreational Sports and Fitness Day celebration, the Campus Recreational Services staff members at Binghamton University in Binghamton, New York, were very pleased with the turnout and participation from students, faculty and staff, according to Cindy Cowden, Associate Director. From 12 -4 p.m. in the main lobby of the facility, participants were tested for blood pressure numbers or body composition by one of BU's nationally certified personal trainers. Prizes included free t-shirt for shooting three Nerf Hoop baskets in thirty seconds. Participants could sign up for upcoming Intramural leagues, or visit the photo albums of past trips with the Outdoor Pursuits program. Sodexho Campus Services (BU's food service on campus) also donated free samples of healthy, homemade Peanut Energy Bars, a recipe from the Sports Nutrition Handbook by Nancy Clark, a guest speaker at BU's National Collegiate Health & Wellness Week last year. BU's group exercise instructors were also available to answer personal exercise questions and teach members some new moves!



Georgia Southern University Gets Runners and Walkers of All Ages Going at "NIRSA Day 5K"

Photos courtesy of Angie Hagstrom Frederick



More than one hundred runners and walkers shot away from the start line at GSU's Fun Run.



One of the youngest participants gets ready to start the GSU event in the kiddie group.

The Campus Recreation Department at Georgia Southern University in Statesboro celebrated National Recreational Sports and Fitness Day with the "2005 NIRSA Day 5K." According to Angie Hagstrom Frederick, Fitness Program Director, the event was a huge success and everyone who participated had a great time. The 103 runners and walkers who participated in the event enjoyed snacks from Chick-fil-A after the race and awards were given to the winners from each age group. The proceeds raised from this 5K will be disbursed to support student staff development through NIRSA.



Central Michigan University Offers Fitness From Every Angle on February 22

Photos compliments of Chantelle Russell, CMU Graduate Assistant



Student Staff member Jeremy Pickard (right) dressed up to entice visitors to help keep the stationary bike running for a continuous three hours, a goal that was easily met in this popular event.



CMU Graduate Assistants display the logo designed especially for NRSF Day by student Chris Nicholson. From left to right: Suzanne Ries, Alexis Roeber, Chantelle Russell, and Rene Rice.



Participants swiveled as long as they could in the Hula Hoop Contest, which netted the winner, who lasted 45 minutes, a DVD player.

The University Recreation department at Central Michigan University in Mount Pleasant, Michigan, celebrated National Recreational Sports and Fitness Day by hosting a health fair that attracted an estimated 200 participants. More than thirty registered student organizations, sports clubs, and local businesses hosted booths that provided information about positive choices and healthy living to the students at CMU and the campus community. The event was free and open to the public, and offered a variety of activities, including a Hula Hoop endurance contest, Blind Man Volleyball, Baller Blizzard Obstacle Course, a three-hour continuous exercise bike ride and a room full of interactive games. Participants had the opportunity to enter drawings for prizes such as: pedometers, t-shirts, DVD players, an MP-3 player, Workout Coordinator session certificates, aerobic passes and much more.



Oregon State University Presents a Six-Day National Recreational Sports and Fitness Week

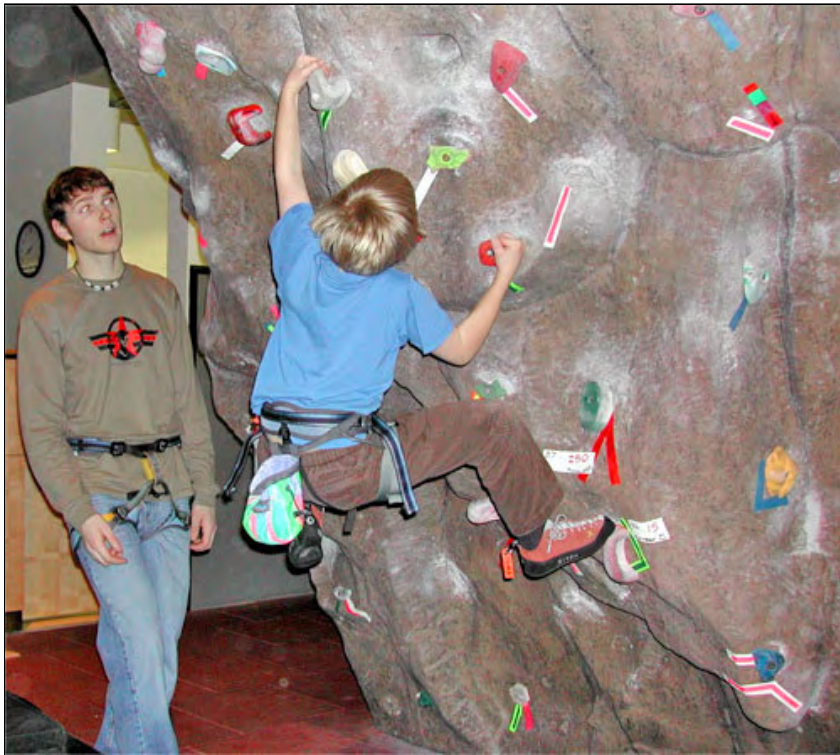
All photos courtesy of Wendy Starker



The Hip Hop Mania Session was popular with both genders.



An exercise class featuring work on the ball attracted NIRSA's Executive Director, Kent Blumenthal, in foreground with red shirt.



Children were invited to climb in the Vertical Festival.

A variety of classes in popular exercise styles such as Kickboxing and Power Hydrobics and a three-hour poker game drew crowds of students, staff and community members to the Oregon State University campus in Corvallis for Dixon Recreation Center's observation of a National Recreational Sports & Fitness Week. NIRSA Member and OSU Rec Sports Department Marketing Assistant Wendy Starker reports that the "Hip Hop Mania" class drew the biggest group of participants and that the week's finale, the Vertical Festival Climbing Competition, brought in all ages and skill levels for a full day of fun with ropes. A local natural foods co-op offered free fruit, vegetable and energy bar snacks, while the Center's juice bar handed out free smoothies. Members were invited to sponsor a guest to the center and be entered into a drawing for a free iPod, and participants who completed a thirty-item activity card won card won a t-shirt.



Is There Something to Shout About at Your Campus?

Send us your news for the *Know!* If your campus is opening a new or renovated facility, let us know

with an email to the NNC at nirsa@nirsa.org. Include digital photos or a link for them, and we will contact you for the scoop.



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We invite suggestions, ideas, and recommendations on ways to improve the [NIRSA Know OnLine](#). We hope to hear from you soon!

• [Contact the NIRSA Know Editor](#)

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| NIRSA.INFO | OnLine Portal for NIRSA News & Information |
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| NIRSA.HUMANKINETICS.COM | OnLine Portal for the NIRSA Educational Center |
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