

CAMPUS RECREATION

SPRING NEWSLETTER 2010 

Another Great Year in Campus Recreation

By: Steve Macchiarolo, Manager of Student Personnel

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Greetings...and welcome to the spring edition of our Campus Recreation Newsletter. It is hard to believe that another school year is coming to a close. It truly has been another great year for the Department of Campus Recreation. We have had record numbers in all of our areas including Intramurals, the Wellness Center, and group fitness classes.

With that being said I would like to take this opportunity to personally thank our entire student staff for helping us have another successful year. Without all of your hard work and dedication we would not be able to operate on a daily basis. So thank you to all of our coordinators, graduate assistants, office staff, interns, officials, fitness instructors, personal trainers, wellness center staff, fitness attendants and volunteers. You are a big part of the reason for our continued success. I would also like to wish all of our graduating seniors the best of luck in all of your future endeavors...you guys have been great!!!

Now to close out the semester with a

bang I hope that all of you can take advantage of some of our programs over the next few weeks.

Wellness Week is kicking off on Friday, April 23 and will run thru Saturday, May 1, 2010. We have a number of programs that we are offering including our Amazing Race Fitness Challenge, Avatar on the Campus Recreation Fields, Debbie Whittemore 5K Run, outdoor fitness classes, Nintendo Wii Sports Tournament, Volleyball & Tennis Tournament, and our Stony Brook Strongest Competition.

During Wellness Week all faculty, staff, and affiliates of Stony Brook University will be able to access the Wellness Center in the Student Activities Center (Room 307) for FREE!

To close out the year we will

be holding our annual Campus Recreation Golf Tournament on Friday, May 7, 2010 over at the Heatherwood Golf Course in South Setauket, NY. The price is \$80 (Faculty, Staff, and Guests) and \$60 for undergraduate students. The price includes lunch, golf, cart, giveaway and opportunity to win raffle prizes. The tournament will be a shotgun start at 12PM and we will be playing a best ball format. Registration closes on Monday, April 26 so please be sure to sign up soon.

I hope you can join us for one or all of our remaining events and I would like to thank you for all your participation in our programs throughout the year.

Have a great and healthy spring!!!

**Department of
Campus Recreation**

(631) 632-7168

www.recreation.sunysb.edu

Volume I, Issue 3



SUMMER FITNESS; MAKE SURE IT'S FUN, NOT DANGEROUS

Dean Bowen

Manager of Fitness & Wellness Programming

It's that time of year when you might be bringing your fitness routines outside. Whether it is a jog around the block, a hike in the woods or an outdoor boot camp class you need to prepare yourself and take some caution. With the days of rain in the past month the growth of plant life has gotten a bit of a jump and surpassed expectations, which in turn is causing allergic reactions. The growth of plant life assists with the abundance of insects that may bother you as well. Last but not least is the weather, mainly the sun.

Allergies affect people in many different ways. It could be watery eyes and a runny nose, or more severe inflammation or breathing issues. It is important that you prepare yourself for the environment that you find yourself exercising in. Make sure you have prepared yourself for the elements. Your inhaler, "Epi-Pen" and medical alert identification may be something you should be carrying with you or have close by. Look for some over the counter allergy medication, and antihistamine that will help you steer away from any allergy related symptoms. If you are allergic to pollen and other such common plant life make sure you plan ahead.



Insects, or "bugs" are beginning to hatch and buzz around your head. As your exercising outside you will be that source of heat they are searching for. Make sure you have applied the necessary repellent. I would recommend a repellent that includes Deet, and apply in a well ventilated area. Long Island has a large number of ticks due to the climate and flora surrounding us. Ticks come in many different sizes, sometimes you can easily spot them on your skin, and other times you need to give yourself a body check for such creatures. In general these ticks can be the size of a pin head to the size of your small fingernail. Ticks in the area can potentially carry Lyme disease, Babesiosis, Ehrlichiosis, and Rocky Mountain spotted fever. If you do find a tick remove it from the head within 36 hours. For more information con-

tact the New York State Department of Health.

The overall weather needs to be considered when taking your Fitness outdoors. A few things that need to be considered are direct sunlight exposure, hydration and the surface you will be exercising on. The sun can easily drain you of your energy while moving and exerting yourself (heat stroke).

Take proper care and apply waterproof sunscreen (due to sweating), at least SPF 15 on all skin that is uncovered prior to being outside. Avoid the peak hours of sunlight in your area, here on Long Island that would generally be around 1:00pm. Be sure to carefully choose your clothing, and if you sweat through your shirt or other clothes, change them. With a new dry shirt or etc you will allow your body to begin to "breathe" and cool. Hydration should begin well before you set off on your run, hike or bike and continue throughout and even after. Water is the way to go; it is easily absorbed and cost effective.

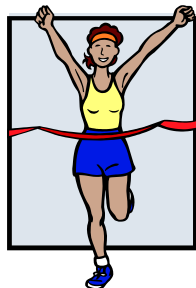
So get out there, get moving and enjoy your beautiful surroundings on Long Island. For more ideas on where to go, how to get there and more visit http://studentaffairs.stonybrook.edu/rec/docs/outdoor_guide_2010.pdf.

GET YOUR BODY PRIMED FOR THE SUMMER!!

Kristin Mishrell

It's spring time! As the weather warms up, we all want to be outside to enjoy the nice weather.

Make sure you look good for tank top season! Campus Recreation continues to offer students, faculty, and staff opportunities to get your body ready for summer. The Wellness Center is open for cardio and weight training. Fitness classes are also available to help sculpt your body the way you want it. Wellness Week from Friday, April 23 – Friday, April 30 is offering workshops



and programs to get you the info you need to help you meet your goals. Don't know where to start?

Every Wednesday, Body Fat Testing is offered in the Wellness Center from 12-3pm with advice on how to get on track. Also enjoy a morning run while supporting a cause at the Debbie Whittemore 5K on April 25.

Warm weather is also a great excuse to get your workout on outside especially your cardio portion. A brisk walk

or jog around campus is a positive change from the everyday gym workout. Going outside on a nice day can also improve mood and memory. So take a quick study break to refresh and re-set your mind while studying for finals. Any strain or stress on a relationship or friendship? A leisurely walk, a friendly softball game, or throwing a Frisbee can help build and strengthen relationships with others. Enjoy the nice weather to improve body, mind, and spirit to stay happy and healthy.



FINAL SEASON OF INTRAMURALS

David Hairston
Manager of Intramural & Sports Clubs

The final season of Intramurals got off to a great/rainy start on Monday March 22nd. We had a record number of teams for 4 on 4 Volleyball (58) and Softball (40). Outdoor Soccer ended up with (35) and Extreme dodgeball had (15) teams sign up this year. This is an exciting but really busy time for intramurals, because we have 4 different sports going on at the same time ranging from 6pm to 11pm. We manage approx 150 total teams with over 1500 participants competing, officiating, managing, and socializing with one another. A lot of students are really excited about outdoor soccer and softball this year, because due

to the rain last year, we were not able to crown a champion. So far there have only been two rain-outs; nonetheless the 3-time defending Summer Softball champions (Marine Sciences) are poised to make a run to win it all this academic year. What makes the outdoor sports so nice is the participants get the opportunity to play under the lights and feel like a "big leaguer" as Matthew Florio (Intramural Coordinator) put it. We are looking to end this year off great with a record number of team(s) and participant(s) this year, so good luck to all of the teams for this Intramural Sport Season!



WHAT YOU CAN BE DOING ON YOUR FREE TIME

Benson Liang

It is around the time of year where birds are chirping, flowers are blooming, and your mind is wandering away from school work.

So what better else to do then to enjoy a week of fun and activities. Come join Campus Recreation for Wellness Week and put your time to good use by working out for that summer body. The week started off on Friday April 23rd with faculty, staff, and affiliates getting access to the Wellness Center for FREE! After a great workout on Friday we had a lot of people join us on the Campus Recreation fields as Student Life was showing Avatar that evening. It was definitely a big hit with well over 600 students in attendance. Not only did the students watch a great movie, but the first 70

people received free blankets to relax on as well as complimentary hot chocolate and popcorn which no one could deny. The next



day offered a chance for people to demonstrate their athletic skills in both the tennis and indoor volleyball tournaments. This was definitely the time to shine if you had the strength to stand on top of all others. On Sunday, we had over 50 participants testing their endurance at the Debbie Whittemore 5K Run. If none of these events peaked your interest yet, then the next one will definitely will win you over. On Monday April 26th, the Manager of Fitness & Wellness Programming Dean Bowen will personally hold three outdoor fitness classes dealing with the best aerobic exer-

cise of your life (weather permitting). On that same day and the day after, personal training consultations will be given to anyone who wants to make a difference in their lives. Tuesday night we will be hosting a Nintendo Wii Sports Competition in the SAC Aerobic Studio. On Wednesday April 28th, a Wellness workshop will be offered to those who want to learn how to live and eat right. An event filled with information and free food that satisfy both the body and the mind. Lastly, Campus Recreation will be holding the STONY BROOK STRONGEST competition, where your strength is put to the test. Now after the week is done, summer will just pale in comparison. So come out and enjoy a once in a lifetime opportunity for endless fun with Campus Recreation.

IT'S TIME TO SAY FAREWELL Trushia Sylvain

Hi my name is Trushia Sylvain and I am a senior here at Stony Brook University. I have been working with the Department of Campus Recreation for about a year and a half now and I currently hold the position of Wellness Center Coordinator. Besides working for Campus Recreation and enjoying myself I've come to realize that it's all coming to an end. This moment is bittersweet for me. I am going to miss the Wellness Center, and all that I have learned here, along with the faculty / staff members and fun activities. Being at Stony Brook I've had my ups and downs but with the Wellness Center I was always happy. This is a place where I can always come to forget or relieve stress and speaking to a faculty member is great. They are always available and willing to lend a helping hand. The people here really care about you. They are friendly and there are various activities such as skiing,



and white water rafting to participate in.

Also working with this Campus Recreation gives you the opportunity to interact with a diverse group of people from all different backgrounds.

The Department of Campus Recreation is here for you to enjoy whenever possible. This place offers various opportunities in which you can meet people, get fit, and just spend your leisure time having

fun. We also offer intramurals where you and a friend can team up and enjoy each other's company. I am really going to miss this place and wish that I could stay longer but I must move forward.

Besides working here I have learned a lot about responsibility, time management, customer service skills, leadership, and

last but not least about myself. I love the fact that working here has enabled me to grow into a mature young woman. I will definitely be able to apply everything I have learned to all my future endeavors. With this Coordinator position I realized how much the other staff members looked up to me. I have not made the same mistakes in the past and try to set a good example for all those around me. This place will forever be in my heart and more importantly I would like to thank all the great people that helped make my time here an enjoyable one and let you know that you have made an impact in my life. I truly love Campus Recreation and will miss it. I just hope that those that are currently working or that will be working here will be able to enjoy and gain valuable experiences as much as I did, because before you know it, your time is up, and you must move on with your memories. Just like me.

STAFF INSIDER WITH OBI

In every newsletter, we will be interviewing a student staff member from the Department of Campus Recreation to gain an inside perspective of their thoughts and opinions. This month's victim is Tamara Mitchell,

who spoke with Obiaba Ofulue, about her job and experiences at the Wellness Center.



Tamara Mitchell
Working for Campus Recreation since fall 2009
Year: Freshman
Major(s): double major in environmental and health science.

Obiaba: What's your favorite part of working at the wellness center?

Tamara: My favorite part of working at the WC is not only the great staff, but also the great patrons. Patrons who everyday give me tips on working out or new techniques for weight loss, as everyone knows this is my goal for 2010: a healthier me!

Obiaba: What shifts do you enjoy working the most and what shifts do you enjoy the least?

Tamara: To be honest I like working during any shift. I especially like working during the evenings around 5pm because that's the time when a lot of people work out and I get to see different people that I probably wouldn't have met if I wasn't working here.

Obiaba: How has working in the wellness center

effected your attitude and/or actions towards people.

Tamara: Working in the WC actually hasn't changed my attitude for people. I was always a people person and in any case I've grown to learn that even though it's early in the morning, people come to the gym stressed and irritated but just by me being the kind person that I am they become awake and respond back cheerfully. All they needed was an easy "good morning" to get them inspired to work out a little harder.

Obiaba: Has working at the wc meet your expectations? If so in what ways?

Tamara: Working at the WC by far has bypassed my expectations. In every way! For example I've never been to a job where everyone on the staff is so caring, charismatic, fun, interesting, and overall I must add diverse!

Obiaba: How would you describe the atmosphere of the WC?

Tamara: I would first say it is extremely diverse. Its a fun environment that encourages you yourself to want to work out. I must say sometimes it is hard to see people pushing themselves so hard, sweating and burning off those calories and I can't join them while i'm working.

Obiaba: So you say you work out, what machine would you say is your favorite at the WC?

Tamara: I would say my favorite machine

would have to be the elliptical. #9 to be exact.

Obiaba: As you know we are currently building a new Recreation Center at another location on campus, what changes would you like to see?

Tamara: Based on the new model posted in the WC, I think it already has all my changes hands down. Bigger locker rooms, more machines, and more machine variety. It would be good if we had some student personal trainers or if the staff ourselves could assist the patrons on how to actually use the machines. Day to Day I see patrons misuse the machines which can be dangerous.

Obiaba: What other benefits do you enjoy working with campus rec?

Tamara: Other benefits i enjoy is the fact that EVERYONE cares. I love the fun staff meetings and I also like that there's always something going on. ex: white water rafting trips, but sadly i never got to experience it this year because it was sold out. Hopefully that's a change that can be made, more tickets.

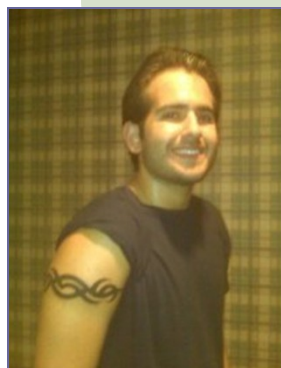
Obiaba: Would you recommend this job to anyone else?

Tamara: Hands down, its a great experience, if not life changing.

MY INTERNSHIP AT STONY BROOK UNIVERSITY

Adam Schwartz

My name is Adam Schwartz. I'm currently a senior at Dowling College in Oakdale, majoring in Sport Management. Last semester, I completed the classes offered at Dowling and I'm now in my final semester doing a



recreation internship at Stony Brook University. I came to Stony Brook for an interview at the end of January and I found out that I got the position about three days later. I was thrilled this was going to be my final semester of college. Since I will be graduating from Dowling very soon, I am currently looking for grad schools, where I could study physical therapy or any

other kind of healthcare position involving helping athletes with injuries and whatnot. I'm looking at some schools down in Florida because I want to relocate there when the summer is over.

Since this semester started, I have been regularly working in the Sports Complex and the Student Activities Center doing paperwork and making trips to different parts of campus for different reasons. Over the past two months, I've had some fun interning here at Stony Brook University. I've been helping the staff set up events, sign students into their intramural games at night, working on several special projects for Campus Recreation and most of all I have volunteered at different events around cam-

pus. All of my supervisors have taught me a lot about Stony Brook University over the past two months. I've been having fun touring around the campus, working out in the Wellness Center, and also having lunch and/or dinner in the Student Activities Center. They serve great food here at Stony Brook!

One aspect I like here at Stony Brook is that I also get to use the Wellness Center before I have to go into work. To me, the Wellness Center is a terrific place to work out and have fun. The Wellness Center helps me stay fit and for me to feel better whenever I'm feeling stressed out or whatever. My experience at Stony Brook University is that it is a terrific environment for higher education and a place with a lot of student events and excitement.

C-REC OUTDOOR RECREATION EVENTS: WHAT YOU MISSED...

Rowie Samaco

Spring semester has been filled with lots of activity and fun going on. As usual, Campus Recreation has held great events for students to enjoy. Two of these recent events sold out quickly and students came back from a thrilling experience.

The White Water Rafting trip, a crowd favorite, returned for another semester and was held on Saturday, April 10 at the Millers River in Massachusetts.



On Saturday, April 17, students enjoyed a Mountain Biking Trip and biked the Hither Hills and then were off to the Montauk Lighthouse for lunch. To see how the trip went, watch the video on the Campus Recreation Youtube page: <http://www.youtube.com/user/CampusRecreationSBU>

WELLNESS WEEK

FRIDAY, APRIL 23 - FRIDAY, APRIL 30

Bring your friends and enjoy the outdoor viewing of

AVATAR

Friday, April 23, 2010
Campus Recreation Outdoor Field Complex
8:30pm

Free Fleece Stadium Blankets for the first 70 undergraduate students.
Free Hot Chocolate & Popcorn

Co-Sponsored by: Campus Recreation, Student Activities, Campus Restrooms & Student Life



Wii Sports Night

TUESDAY
APRIL 27TH, 2010
SAC AEROBICS STUDIO
8 PM



Come and play in a Wii Sports tournament! Players will be paired up against each other for 3 consecutive games. Sign up to compete at the Wellness Office in SAC 225.



SB STRONGEST

Registration Deadline: Wednesday, April 28, 2010

WOMEN THURSDAY 04/29/10 7:00 PM

BENCH PRESS COMPETITION

SAC AUDITORIUM

Awards will be given to winners of each category.

Light Weight up to 130
Middle 131-164
Heavy Weight up to 165

170 182 194 206
158 207 145

For more info call 632-7188 or visit SAC 225

Friday, April 23rd
AMAZING RACE FITNESS CHALLENGE
Meet in SAC 225, 5 PM, Weather Permitting

STUDENT LIFE MOVIE—AVATAR
Campus Recreation Fields, 8:30 PM

Saturday, April 24th
TENNIS TOURNAMENT
INDOOR VOLLEYBALL TOURNAMENT

Sunday, April 25th
DEBBIE WHITTEMORE 5K RUN
METS TRIP

Monday, April 26th
OUTDOOR FITNESS CLASSES WITH DEAN
Meet in SAC 225, Weather Permitting
12:00 - 12:45 PM, 1:00-1:45 PM, 5:15 - 6:00 PM

PERSONAL TRAINING CONSULTATION
Wellness Center, 5:30 - 7:30 PM

Tuesday, April 27th
PERSONAL TRAINING CONSULTATION
Wellness Center, 12 - 2 PM

Wii SPORTS NIGHT, SAC Aerobics Center, 8 PM

Wednesday, April 28th
WELLNESS WORKSHOP, SAC 308, 1 PM


BODY FAT TESTING, Wellness Center, 5 - 6 PM

Thursday, April 29th
STONY BROOK STRONGEST
SAC Auditorium, 7 PM


Mets

NY Mets v. ATL Braves
April 25th, 2010
8:00pm
(Sunday night Game of the Week)
Citi Field

Registration: SAC Ticket Office
Contact: David Hairston at david.hairston@stonybrook.edu or call 631-632-7120
Price: \$20 for Undergraduate students
\$30 for Graduate students and Faculty/Staff Members



MR. MET 00




Golf Tournament

- Day/Time:** Friday, May 7th, 2010 - 12:00pm- Shotgun Start
- Open to:** All faculty/staff/students of the University. Open to all Stony Brook University and Department of Campus Recreation friends.
- Site:** Heatherwood Golf Club, South Setauket, NY
- Cost:** Faculty/Staff/Graduate Student/Friends: \$80.00, Undergraduate Student: \$60.00 (fee includes shotgun start, green fees, cart & lunch)
- Tournament Structure:** Scramble (Best Ball)
- Registration Deadline:** Monday, April 26, 2010
- Awards:** Team Low Gross, Duffers of Course, Longest Drive, Closest to Pin

Make Checks Payable & Mail Registration Forms to:

Department of Campus Recreation
G-7 Sports Complex
Stony Brook University, Stony Brook, NY 11794-3505

For more information, please call (631) 632-4145