



# Campus Recreation

Summer Newsletter 2010

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## Department of Campus Recreation

(631) 632-7168

[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)

## Volume 1, Issue 4



## C-Rec Year in Review

Marie Turchiano

Associate Director of Campus Recreation

What a great year we had . . . It seems like yesterday that the fall semester started. It is true what they say “time flies when you are having fun” and the Department of Campus Recreation provided lots of that this past year. We started off the fall semester running providing a multitude of programming to fit the needs of our students. In September, we took 90 students whitewater rafting in the Pocono’s, kayaked through the Port Jefferson Harbor, offered tournaments in flag football, indoor soccer and handball, had a fitness jam and provided 36 group fitness classes each week. The rest of the fall semester was even busier with our annual outdoor volleyball tournament, intramural 3 on 3 basketball and 4 on 4 volleyball sports, rec-a thon, wellness workshops, blood pressure and cholesterol testing, body fat testing and our annual Wellness Expo.

The Spring Semester picked up right where we left off in the fall. We provided 3 ski trips, NJ Nets, NJ Devils and NY Met’s trips, another whitewater rafting trip this time in Massachusetts, a mountain bike trip to Montauk, NY, another Rec-a –Thon, our annual SBU Strongest Bench Press Competition, intramural basketball, softball, outdoor soccer and dodgeball tournaments, an outdoor movie on the campus recreation fields, wellness week, our annual golf tournament, the Debbie Whittemore 5k Run/Walk, a 90-minute spin ride and 47 group fitness classes each week. Whew . . . it was a lot of activities. Check out the campus recreation youtube page at: <http://www.youtube.com/user/CampusRecreationSBU> to view videos of our past events.

This past year the Department of Campus Recreation provided over 100+ events/ activities for the University community. We had over 20,000+ people participate in our intramural, recreation and fitness programs. Last but not least let’s not forget our wellness center. The Wellness Center serviced over 102,000+ users this year. Our facility was open over 3,600 hours and was heavily used from opening all the way through closing.

The Department of Campus Recreation had one of its most successful years. Check out the campus recreation web page at [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) for a list of programs/events that we will be offering for the 2010-2011 year. While there, join our facebook page to be one of the first to hear about upcoming events and promotions. I would like to thank all those who participated in our programs this past year. We are looking forward to another exciting and fun-filled year. C-REC ROCKS!

## LOOKING BACK AT MY YEAR AT CAMPUS

### RECREATION

Kristin Mishrell

Wellness Center Graduate Assistant



When I applied to the graduate assistant position, I thought I had a good idea of what this job would be like. Too be honest, I thought that it would be pretty easy, but I was challenged in more ways than I thought. Starting the second week of the fall semester, I was officially on my own during my shifts. I was very surprised to have this much responsibility early on, but I felt myself rising to the occasion. There were many assignments and activities that I had never done before such as running and organizing staff meetings which took teamwork from the other coordinators and I.

On the banquet committee, I learned the time and effort it takes to put together a slideshow and video. Having no prior experience in this, I struggled and was frustrated at times, but was ecstatic with the end result and the experience I gained from it. Working the golf tournament was also a great learning opportunity.

As a second year physical therapy student, my coursework is very demanding and there are times when I would have rather been studying then working. My time management skills that I learned as a college athlete were huge to me by being able to keep up in school and still be able to focus and contribute to Campus Recreation.

In retrospect, I did not expect to form as many meaningful relationships as I did with not only my bosses, but the students that I supervised as well. As the GA, I spent a lot of time with Steve Macchiarolo (Manager of Student Personnel & Special Events) and came to know him for his caring personality and genuine concern for his student employees. As a supervisor to younger employees, I felt that I grew as a leader and mentor because of the position that I was in. I did my best to lead by example and to mentor employees on subjects outside of campus recreation as well. The staff also helped me to learn and grow in ways that they were unaware. In the spring semester, Steve and I faced the challenge of engaging our staff in monthly meetings while still getting important points and updates across to them. I was forced to brainstorm and research activities that were engaging, but still learning experiences. The staff responded great to the activities and I was very proud to be a part of that.

As the year comes to an end, I am both sad and excited to be leaving campus recreation. I am sad because the organization is only growing and becoming more and more important to the Stony Brook community and I wish I could continue on in their journey. I am excited because I can use the skills that I gained working for Campus Recreation in my future profession as a physical therapist.

## Marcum Workplace Challenge

The Marcum Workplace Challenge is a 3.5 mile road race scheduled for Tuesday, August 3, 2010 @ 7:00 p.m. at Jones Beach State Park.

All faculty, staff and students of the university are invited to participate in the event. This year the Division of Student Affairs and Enrollment Management will host the Stony Brook University Team.

The cost is \$21.00 per registrant received by July 1, 2010. Registration received after the July 1, 2010 deadline will cost the participant \$23.00 to register. The fee for registration the day of the race is \$25.00. Individuals will be required to register online as part of the Stony Brook University Team.

To be included as part of the Stony Brook Team you must register and pay your own registration fee online **AND** then complete the **Informational Sheet** which can be found on the campus recreation website and return by **July 1, 2010** to Steve Macchiarolo.

All participants will receive a official Stony Brook University/Workplace Challenge T-shirt or singlet and be able to partake in the post-event party under the Stony Brook University Tent. For more information regarding the Marcum Workplace Challenge please contact Steve Macchiarolo at 631-632-4661.

# Campus Recreation Events: What You Missed

Kristin Mishrell  
Wellness Center Graduate Assistant

**Spring semester has been filled with lots of activities and events. As usual, Campus Recreation has held great events for students to enjoy. Here's a couple to keep in mind for next year.**

## Debbie Whittemore Memorial 5K Run/walk

Every year we celebrate and honor Debbie Whittemore by holding a Memorial 5K with proceeds going to a scholarship in her name. Although the weather was rainy, many students, faculty and members of the community still came out to support the cause. Congratulations to the scholarship winners and all the participants.



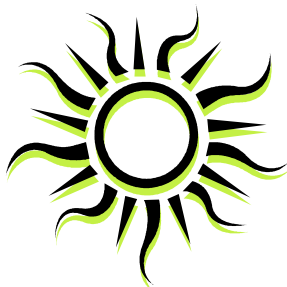
## Stony Brook Strongest

Bring out the big guns! Campus Recreation's bench press competition showed who's the strongest of the strongest on the SBU campus.



## Campus Recreation Golf Tournament

We had a great turn out for our golf tournament this year at Heatherwood Golf Course. It was a beautiful day to be on the greens! There was great competition and great raffle prizes for the participants.



## Staff Insider: Kimberly Hamian

By: Jose Man-God De Jesus



Kimberly Hamian is a senior and a Biochemistry major who has been working in the Campus Recreation office at the Sports Complex since the start of June. She is spending her summer working at the mall, doing research on campus, and of course, working for C- Rec.

**Jose:** Are you taking classes this summer?

**Kimberly:** I'm actually doing research. It's with fish. We study the behavior of fish and try to make one dominate over the others. It's really interesting.

**J:** Where are you from?

**K:** I'm from Commack, here on Long Island. It's about 30 minutes away. On campus I live in West Apartments.

**J:** Are you involved in any clubs on campus?

**K:** Well I'm in the undergrad biochemistry society, but that's about it. I never have enough time during the school year to really get involved.

**J:** So you're a bio-chemistry major. What made you want to get into that field of study?

**K:** I change my mind a lot. First there was bio, but I decided that I didn't want to go to Med school. I wanted to do something with medicine. So I thought I'd change to chemistry, but it was too late for that. So I changed it to Bio-Chem but I don't even want to do that anymore because I want to be an eye doctor. That'd be cool, being an optometrist.

**J:** What made you want to work for Campus Rec?

**K:** A couple of my friends work for Campus Rec and they always talk about how much fun it is and how involved they are in sports clubs and intramurals and they like it a lot.

**J:** Have you ever participated in an intramural sport with C-Rec?

**K:** I haven't, but a lot of my friends have. They've done dodgeball and softball.

**J:** Have you gone to an intramural game before?

**K:** Yeah, they're really fun!

**J:** What's your favorite part of your job?

**K:** I like being involved with everything that we do.

**J:** Tell me about your typical day with C-Rec.

**K:** I get to work and ask Dave if he has anything he needs me to do. I'll run around campus and make sure things get to where they need to go. Then, I update the score sheets for softball intramurals and call all the people involved with games so that they are reminded of an upcoming game that they have so that they show up on time.

**J:** Do you ever use the gym [in the SAC]?

**K:** I try and make sure I go at least twice a week.

**J:** Is there a sport that you would like to see make its way to intramurals?

**K:** Definitely Lacrosse! That would be so cool.

## Staff Insider Continued (From Page 4)

**J:** Is there anything about your job that you don't like?

**K:** I can't think of anything. I guess that's why I like this job so much... (pauses) Oh! I had to research the recreation program at other schools and that was really hard because their websites were hard to navigate. Our website is so easy to use. (laughs)

**J:** Are you excited about the new Rec Center?

**K:** Yes! I'm really excited. I really want to see it when it's done even if that means coming back to see it. I think that it's going to be a great way to expand the Recreation Department. It'll give us some extra space for more fitness classes. In fact, I really wish we could have a hot yoga class.

**J:** Hot yoga?

**K:** It's a yoga class that's done in a really hot room, about 100 degrees. It's a really great work out.

**J:** Ok so one last thing. You work with intramural sports, and one of the highlights is definitely some of the crazy team names people come up with. What's the best name you've seen so far and what would you name a team if you had to start one for any sport?

**K:** The best name I've seen so far is definitely "Sons of Pitches," they're one of the softball teams. If I had to name a team for any sport it would be a soccer team named "The Kickers."



*The latest Staff Insider article was contributed by Jose De Jesus. Jose Man-God De Jesus is a sophomore. He is an English major and Philosophy minor and writes a semi regular column for Bit-Mob.com, a website dedicated to video games culture. He currently works in the Wellness Office and on occasion serves as a fitness attendant for the Department of Campus Recreation.*

## Getting Back in Shape

Dean Bowen

Manager of Fitness & Wellness Programming

Getting in shape is always on everyone's mind over the summer. Whether it is wearing your bathing suit or that sleeveless shirt, it is on your mind. Here at Campus Recreation we can help you with those goals!

We have both male and female nationally certified personal trainers at your service. Looking to lose weight, tone up, or even gain some muscle and definition we can help. Our trainers will be there to guide you along the way and motivate you to see the results you deserve.

Personal Training sessions can be purchased as a single session, 5 or 10 at a time for both students and faculty/staff/affiliate. Training sessions are held in the Wellness Center located in the Student Activities Center. For those people who are faculty/staff/affiliate you will need to purchase a Wellness Center membership where there are many Summer Specials to be taken advantage of. So make this summer the one where we at Campus Recreation help you succeed! For any questions regarding the Personal Training Program contact Dean Bowen at 632-7263 or dean.bowen@stony brook.edu.



# The Benefits of a Wellness Center Membership

By: Steve Macchiarolo  
Manager of Student Personnel & Special Events

There are many different benefits for faculty, staff and affiliates of Stony Brook University to purchase a Wellness Center membership. Besides the obvious benefit of being active and staying healthy thru exercise; there are the benefits of cost, location, and other great perks for our members.

One of the greatest perks for our members is the location of the Wellness Center which is conveniently located on the third floor of the Student Activities Center. Faculty & Staff can plan their work-out around their work day whether it is exercising during their lunch hour or before or after work.

Another great perk is the cost of our memberships. We are currently offering monthly memberships for \$25, semester memberships for \$70, and academic year memberships for \$125. However, the best membership we are currently offering is our yearly membership for \$165. The great thing about the yearly membership is if you purchase it between now and the end of August we will throw in an extra month for free. That is 13 months for the normal price of 12 which actually comes out to be about 42 cents per day.

Finally we have decided to offer another great perk to our newest members. For those of you that decide to purchase a yearly membership we are throwing in a 1 hour FREE personal training session with one of our certified personal trainers. If you happen to purchase an academic year membership we will give you a 30 minute FREE personal training session.



There has never been a better time to join the Wellness Center and take advantage of some of the great perks that come along with being one of our members. So what are you waiting for get out there and sign up today!

## Wellness Center Summer Hours

Monday—Thursday: 7:30AM-7PM

Friday: 7:30AM-6PM

Saturday & Sunday: CLOSED

**\*\*CLOSED on Monday, July 5, 2010 in  
observance of Independence Day\*\***

*The Summer Schedule will go until Friday, August 20, 2010*

# What's happening this summer!

## Summer 2010 Group Fitness Schedule



Group Fitness Class Punch Card Prices  
(for faculty, staff and graduate students only)

Unlimited Classes \$98.00  
14 Classes \$56.00  
4 Classes \$18.00  
\*Valid only for Summer\*

### PARTICIPATION AND CHECK-IN POLICY: YOU NEED A WRISTBAND TO ENTER CLASSES!

The growth of the Group Fitness Program necessitates the need to limit the number of participants in fitness classes for member safety and enjoyment. Please note the size limit is 25 participants. To gain entry into a fitness class held in the SAC Aerobics Studio or SAC Spinning Studio you must use your SBU ID to check-in. All classes are first come, first serve. You may check in up to 30 minutes prior to the start of class and receive a wristband to reserve your spot. It is advised that you arrive early!

Registered undergraduate students can participate for free. Faculty, staff and graduate students require a group fitness punch card to participate. Punch cards can be purchased in the Wellness Center Office, SAC Room 225.

**CLASSES ARE HELD IN THE BASEMENT OF THE  
STUDENT ACTIVITIES CENTER AEROBICS  
STUDIO & SPIN STUDIO, NEXT TO THE BANK  
UNLESS NOTED OTHERWISE**

Day	Time	Class
Tuesday	12:00-12:55pm	Pump & Sculpt w/ Dawn
Tuesday	1:00-1:55pm	Spinning w/ Dean
Tuesday	5:15-6:10pm	Circuit Training (Wellness Center, SAC 307) w/ Dean (15 participants max)
Tuesday	6:30-8:00pm	Reiki Circle (SAC Sculpture Garden- Rain Site SAC 309) w/ Nicole
Wednesday	12:00-12:55pm	Core n' More w/ Dawn
Wednesday	1:00-1:55pm	Yoga w/ Jeannean
Wednesday	2:00-2:30pm	Ab Lab w/ Jeannean
Wednesday	5:15-6:10pm	Spinning w/ Lucille
Thursday	9:30-10:00am	TNT (Tone & Tighten) w/ Dean
Thursday	10:05-11:00am	Spinning w/ Dean
Thursday	12:00-12:55pm	Body Blitz w/ Lucille
Friday	12:00-12:55pm	Pilates w/ Lucille
Friday	1:00-1:55pm	Boot Camp w/ Dean

Visit our website at [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) for more information about our fitness classes.

## WELLNESS CENTER Summer Special!



SUMMER SPECIAL 1

\$60

MEMBERSHIP VALID FROM MAY  
24, 2010 - AUGUST 20, 2010



SUMMER SPECIAL 2

\$165

PURCHASE A YEARLY MEMBERSHIP  
BETWEEN MAY - AUGUST, 2010 AND  
GET 1 MONTH FREE.  
(13 MONTHS TOTAL FROM DATE OF  
PURCHASE)

SIGN UP FOR YOUR MEMBER-



## SIX FLAGS TRIP



### THURSDAY, JULY 8, 2010

**START TIME:** BUS LEAVES SAC LOOP AT 7:30 AM

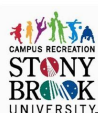
**LEAVE TIME:** DEPARTURE 6 FLAGS AT 6:00 PM

**REGISTRATION:** USG SUITE LOCATED IN SAC 202

**WHO:** SBU UNDERGRADUATE STUDENTS

**PRICE:** \$65.00 FOR UNDERGRADUATES  
(INCLUDES BUS RIDE, PARK ADMISSIONS, AND MEAL VOUCHER)

For more information contact David Hairston at  
(631) 632-7120 or [david.hairston@stonybrook.edu](mailto:david.hairston@stonybrook.edu)



Co-Sponsored by the  
Department of Campus Recreation  
and  
Undergraduate Student Government



### Long Island Ducks vs. Somerset Patriots

Suffolk County Sports Park - Central Islip, NY

Wednesday, July 28, 2010

Departing SAC Loop @ 5:00pm



#### Registration

Ticket are limited and go on sale Monday, June 28th—\$AC 225.

**Price:** (Price includes transportation and ticket)

**Undergraduate Students—FREE!** (A \$10 Refundable Deposit Re-

quired upon registration, money will be returned on the bus)

**Graduate Students—\$10.00**

For more information call 632-4145 or visit us on our website  
[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)

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