SPORTS CLUBS

At West Chester University, Campus Recreation is the primary destination for the Golden Ram campus community to engage in recreation, social, and wellness-orientated programs and services. Blending components of fitness and well-being with the co-curricular educational experience, it is our mission to assist each person in exceeding academic goals while establishing healthy lifetime behaviors. While at WCU, we encourage you to treat yourself and allow your mind, body, and soul to engage in some daily PLAY time; you’ve earned it!

Men’s Rugby
With over fifty athletes on the team, Men’s Rugby is a growing club on West Chester University’s campus. The team prides themselves on their inclusiveness and teamwork. New members have joined the club regardless of skill level. Men’s Rugby has experienced great success in the past year by competing in the D1AA conference championship, winning their first ever seven’s conference championship and beating their rival, St. Joe’s in the process. Men’s Rugby will be competing in the Freedom Cup in the collegiate rugby championships in June 2020.

Women’s Ultimate Frisbee
Women’s Ultimate is an all-inclusive team that takes members regardless of experience to join and become part of something new and competitive. The women on this team are strong and motivated competitors who strive for success despite the odds. Although the majority of women that join this club team have never thrown a frisbee, the team comes together as one and shows their competition that they are a group to be taken seriously. Women’s Ultimate just recently took first place in the Fall Champs tournament in New Jersey, which reflected largely on their talent and our school. West Chester University is proud of this team and what they have accomplished over the last few seasons, and our community continues to support them in their future victories.

Something for EveryBody

MEN’S RUGBY

WOMEN’S ULTIMATE FRISBEE

Something for EveryBody
DEPARTMENT STAFF

MICHAEL RENO, Senior Director of Campus Recreation
mreno@wcupa.edu | (610) 436-6928
• Responsible for creation, prioritization and administration of operational and capital budgets
• Responsible for coordination of indoor and outdoor facility enhancement and construction projects
• Provide leadership and support to all department full-time professional staff

TBA, Associate Director of Facilities and Business Operations
• Manage all areas of the facility and student staff
• Responsible for the scheduling and coordination of facility rentals
• Manage departmental budgets

DAN CORDES, Assistant Director of Intramural Sports
dcorde@wcupa.edu | (610) 436-2277
• Coordinates all intramural sports leagues and tournaments
• Administrator of IMleagues.com
• Fills all Recreation Equipment Rental Requests

STEVEN SASSAMAN, Associate Director for Experiential Education, Student Success, and Risk Management
ssassaman@wcupa.edu | (610) 436-2100
• Manage the operations of the Climbing wall including staff training, maintenance, and development of educational programs
• Coordinate the training and development of our student Trip Guides who conduct outdoor excursions throughout the semester
• Assist campus community with providing experiential leadership development programs.

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INTRAMURALS

FALL 2019 CHAMPIONS:

Dodgeball / Co-Rec / Dodge Style
Dodgeball / FSL / SAE

Flag Football / Co-Rec / Gym Class Heroes
Flag Football / FSL / ATO
Flag Football / OPEN - High Comp / Pike
Flag Football / OPEN - Low Comp / Delta Puck

Indoor Soccer / Co-Rec / Team 1
Indoor Soccer / Open / Sippin Santamarias on the Beach
Indoor Soccer / FSL / SgEp
Indoor Volleyball / FSL / SgEp
Indoor Volleyball / Co-Rec / DPhiE

INTRAMURAL SERVICES...GENERAL POLICIES

Facilities...

Fitness Programs...

Intramurals...

Sport Clubs Program...

Employment...

EXHIBITIONS

DEPARTMENT STAFF

TBA, Assistant Director of Fitness and Marketing
• Oversee all fitness programs and activities
• Develop departmental marketing and promotional materials
• Oversee departmental social events

KRISTA LUNK, Secretary of Campus Recreation
klunk@wcupa.edu | (610) 436-2131
• New employment and payroll
• Professional staff support
• Compile, prepare and maintain records for the department

NICO GALVIS, Graduate Assistant Sport Clubs
sportclubs@wcupa.edu | (610) 436-2065

EMMY BEBEE, Graduate Assistant Intramural Sports
intramurals@wcupa.edu | (610) 436-2064

GUARDIANA PILLA, Graduate Assistant Outdoor Adventure Pursuits and Climbing Wall
outdoorpursuits@wcupa.edu | (610) 436-4688

JAMES HAUSER, Graduate Assistant Fitness Programs
srcfitness@wcupa.edu | (610) 436-2062

KATIE ELLIOTT, Graduate Assistant Facilities
srcfacility@wcupa.edu | (610) 436-2131

KATELYN ESTERLUND, Graduate Assistant Lifestyle & Nutrition
srclifestyle@wcupa.edu | (610) 436-xxxx

HASSAN GOMES, Graduate Assistant Student Success
srcstudentsuccess@wcupa.edu | (610) 436-xxxx
FACILITIES SERVICES

To reserve any space in the Student Recreation Center, please email your request to: srcrequests@wcupa.edu

FACILITIES

• 69,000 square foot facility
• 15,000 square feet of cardiovascular and strength floor area
• Over 60 pieces of state-of-art cardiovascular equipment
• Over 135 pieces of strength equipment including the Life Fitness Spanny 50i
• 1/10 mile jogging track

NEW USER ORIENTATION

Learn proper form and how to use cardiovascular and strength machines on the fitness floor. Led by our experienced Recreation Attendants, the new user orientation offers hands-on participation and fitness resources to those wishing to learn how to safely use the equipment. Orientations are a drop-in process, so stop by the WCU Student Recreation Center second and third floor desks and let a Recreation Attendant assist you!

GENERAL POLICIES

All members of the facility:

• Wear WCU ID card.
• Proper use of equipment is required. Improper use includes but is not limited to:
  • Be courteous to others and wipe-down all equipment with a disinfectant wipe when finished.
  • Personal trainers and/or instructors, whether being compensated or not, who are not WCU employees are prohibited.
  • WCU has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others.

FACILITIES

• 69,000 square foot facility
• 13,000 square feet of cardiovascular and strength floor area
• Over 65 pieces of name brand cardiovascular equipment
• Over 115 pieces of strength equipment including the Life Fitness Synergy 360
• 1/10 mile jogging track
• “Juiced-up” operated by Aramark serving delicious fruit smoothies and other healthy grab and go snacks perfect for the busy and health conscious student or professional!
• Men’s and women’s locker rooms with over 75 lockers (member must provide own lock)
• State-of-the-art 36 feet tall climbing wall
• Nutrition and Fitness Educational Suite
• Administrative office suite with conference rooms
• 2 hardwood basketball courts
• 1 multi-activity court (MAC) including indoor soccer
• 2 outdoor basketball courts
• 1 outdoor sand volleyball court

NEED A SPOT? HAVING TROUBLE WITH YOUR LAST SET? ASK A RECREATION ATTENDANT TO HELP SPOT YOU!

SPRING SEMESTER HOURS OF OPERATION

STUDENT RECREATION CENTER

Monday – Thursday: 6:00 AM - 12:00 AM
Friday: 6:00 AM - 11:00 PM
Saturday: 10:00 AM - 11:00 PM
Sunday: 11:00 AM - 12:00 AM

CLIMBING WALL

Monday – Friday: 3:30 PM – 9:30 PM
Saturday: CLOSED

RECE SWIM

NORTH CAMPUS

Monday – Friday: 1:30 PM – 3:00 PM
Monday – Thursday: 8:30 PM – 10:30 PM
Saturday: 1:00 PM – 3:00 PM

SOUTH CAMPUS

Mon, Wed, Fri: 12:00 PM – 1:00 PM
Sunday: 1:00 PM – 3:00 PM

Please refer to the website for closures, holiday hours, changes to schedule.

OUR KNOWLEDGEABLE STAFF RECOMMENDS AND SUPPORTS LIFESTYLE CHANGES THROUGH EVALUATION, EDUCATION, AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.

CONSULTATION, EDUCATION, AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.

CONSULTATION, EDUCATION, AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.

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CONSULTATION, EDUCATION, AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.
MEMBERSHIP
The Ball Is In Your Court:
If you’re a West Chester University enrolled student you are already a member. Just show-up, present your Ram ID and come get your fitness groove on!
Not a student? Don’t worry, as long as you are one of the following you can join, too:
• WCU faculty, staff, adjunct faculty or lecturer
• A current member of the West Chester University Alumni Association
• An employee of a university affiliate
Membership has its benefits:
• Access to over 35 weekly, high-quality Group Fitness classes
• Opportunity to learn, practice and climb our 34 ft. tall climbing wall
• Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services including Small Group Training (GRIT)
• Two complimentary guests per semester
• Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, boxing gloves, resistance straps, and outdoor equipment

RATES
Annual membership . . . . . . . . . . . . . . . . . . . $330
(365 days from date of purchase)
6-months membership . . . . . . . . . . . . . . . . . . . $180
1-month/30 day membership . . . . . . . . . . . . . . . $35
1-day membership (good all day) . . . . . . . . . . . . . . . $7

All memberships must be made on-line at:
https://www.wcupa.edu/services/campusRec/forms/membership
Credit card or payroll deduction (annual membership only) only
Sculpt the lower body, abs and for flexibility training. Exercises using light weights. The ballet barre is used to strength and alignment, followed by a series of upper body music. Classes begin with a warm up focusing on postural combinations of climbs, jumps, and sprints to get your heart on a variety of resistance and sprint sets on bicycles. Learn pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and, for flush to riding to pump your personal performance and boost your calorie fitness. LES MILLS RPM™ (Virtual) A 30 minute High-Intensity Internal Training (HIIT) workout, using an activity ring to achieve fast results. A high-intensity, low impact workout. It's scientifically proven to return rapid results. You combine sets of intervals, where you work hard at once, with periods of rest that prepare you for the next effort.

Tabata Bootcamp A 4:2 minute total body HIIT (High Intensity Internal Training) workout designed to burn more calories and boost your metabolism. Tabata Bootcamp motto is “Quality, not quantity.” The program offers effective workouts that maximize your results in minimal time – what could be better? Zumba® Ditch your traditional workout and come join the party! Zumba® is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! (no dance experience required) Burn up to 500-800 calories in this party-like environment!

BODYPUMP™ The original barbell class that strengthens your entire body. This workout challenges every muscle group using the barbell. It’s a great feel-good workout! Competitive instructors and your choice of weight inspire you to get to the results you came for – and fast! Burn up to 565 calories per class! LES MILLS GRIT 16-minute classes rotate through a blend of cardio and strength training to increase your overall athletic performance and boost your cardio fitness. You will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.

What is Group Fitness? Group Fitness classes range from Les Mills BodyPump to Zumba and everything in between. All classes are taught by nationally certified instructors who are current WCU students and members of the WCU community. We take tremendous pride in our Group Fitness classes and strive to give all students the best possible experience.

Small Group Training Small Group Training is a blend of group fitness and personal training. Each session is taught by a partner personal trainer’s “coach.” To inspire, focus on form, and safely help each participant reach their fitness goals. Every coach is certified for each specific mode of exercise, building a high level of student and personal interaction.

Small Group Training programs vary. Please stay tuned for the most up-to-date information on our website.

Fitness Terms

Burn An assemblies and excitement set to today’s latest, basic. Classes begin with a warm up focusing on a variety of strength and alignment, followed by a series of upper body exercises using light weights. The barbell burn isometrically targets the lower body, arms, and for flexibility training.

Cycle & Tone A cardio and strength training class based on a variety of music and sporty sets on bicycles. Lactone combinations of chirps, sprints, and steps to get your heart rate soaring! Cycle & Tone provides 45 minutes of cycling followed by 15 minutes of aerobic work.

HIIT: This High Intensity Internal Training class is perfect for when you’re on a rush and want to get a workout in. It focuses on short bursts of intense effort combined with shorter rest periods to keep your heart rate elevated, allowing you to burn more out of your workout. Utilizing the Recreation Center’s new functional fitness area, you will incorporate the use of trees, battling bags, and jumprope.

LES MILLS RPM™ (Virtual) A 30 minute high-intensity internal training (HIIT) workout, using an activity ring to achieve fast results. A high-intensity, low impact workout. It’s scientifically proven to return rapid results. You combine sets of intervals, where you work hard at once, with periods of rest that prepare you for the next effort.

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Employee Spotlight

NAME: Cassidy Shirlow
POSITION: Facilities Supervisor, Sports Club Supervisor
COLLEGE AND MAJOR: College of Health Sciences, Exercise Science: Pre-Occupational Therapy Major, Psychology Minor
FAVORITE PART OF WORKING AT SRC: There is never a day that I work and feel content about being working with my closest friends. Working at the SRC gave me the greatest opportunities to know what it takes to be a leader. Networking with people within every department has given me the opportunity to learn what it takes to be a leader and to grow. I am grateful for the best I can be for WCU students. I was lucky enough to work with an amazing group of people who are determined and pushed me to become my best self. I started off just needing a couple extra dollars a week, and I ended up getting way more than I expected and I am so grateful.

ULTIMATE CAREER GOAL: I have a younger brother with autism which is what inspired me to pursue my major. My goal is to work with kids who are on the spectrum and continue to learn what it takes to make this facility the best it can be. I would love to be part of something bigger than myself and to be someone that helps these kids understand that they are more than their disability.
Here at West Chester University, our Campus Recreation Program has given me an exciting chance to build on my personal and professional goals, skills, and connections. Being part of a program that is not only built on engaging students to lead in the workplace everyday, but also grow together as a team, Campus REC has helped my peers and I develop workforce skills that will travel with us long after our time at West Chester University comes to an end. Campus REC has so many great student run programs and departments that there truly is something for everyone’s passions, while also being extremely easy and encouraging to try something new. Since my time here began, I have made some of my greatest friends and made some of my best memories and it is all thanks to Campus Recreation.”

– Sidhartha Dhir ’21

FITNESS

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

HIIT – A
Tabata – A
Cycle – C
Tabata – A
Cycle – C

Tabata – A
Cycle + Core
Tabata – A
Cycle + Core

Tabata – A
Cycle + Core
Tabata – A
Cycle + Core

Tabata – A
Cycle + Core
Tabata – A
Cycle + Core

Yoga – A
Yoga – A
Yoga – A
Yoga – A

Yoga – A
Yoga – A
Yoga – A
Yoga – A

Yoga – B
Yoga – B
Yoga – B
Yoga – B

Yoga – B
Yoga – B
Yoga – B
Yoga – B

BodyPump – B
BodyPump – B
BodyPump – B
BodyPump – B

Tabata – A
Tabata – A
Tabata – A
Tabata – A

Tabata – A
Tabata – A
Tabata – A
Tabata – A

Barre – A
Barre – A
Barre – A
Barre – A

Barre – A
Barre – A
Barre – A
Barre – A

Cycle – C
Cycle – C
Cycle – C
Cycle – C

Cycle – C
Cycle – C
Cycle – C
Cycle – C

BodyPump – A
BodyPump – A
BodyPump – A
BodyPump – A

Grit – B
Grit – B
Grit – B
Grit – B

Yoga – A
Yoga – A
Yoga – A
Yoga – A

Zumba – B
Zumba – B
Zumba – B
Zumba – B

Zumba – B
Zumba – B
Zumba – B
Zumba – B

*Key:
A = Room 020
B = Room 024
C = Room 105

Student Recreation Center

LIFESTYLE NUTRITION

Twitter: @nutritionwcu
Instagram: lifestylenutritionwcu

What we offer:
• Nutrition Counseling: provided by senior level nutrition students
• Nutrition Education Presentations: topics varying

What we’ve done:
• What the Health Presentation: Discussion on different diets and the trend of Veganism
• Collaboration with Nutrition Department Curriculum to let the students work with real people
• Presented at a Wellness Fair for Quintiles IMS

What to Look for!
• Small Group Training and Nutrition Counseling
• Cooking Demonstrations

SPRING 2020

Beginning January 21–May 4, 2020
Finals Week Modified Schedule May 5–9, 2020

IMPORTANT DATES
Spring Break: March 9–March 15 CLOSED
Yoga with Kathleen will be cancelled 4/27 & 5/1
Finals Week: a modified schedule will be posted

*7 a.m. – 9 p.m.
"One man PRACTICING sportsmanship is far better than a hundred men TEACHING it."

- Knute Rockne

OUTDOOR ADVENTURE PURSUITS

Cross Country Skiing (Beginner) February 15th - $15
This day trip includes ski rentals and will be a day program on beginner cross country ski trails.

Ice Climbing (Intermediate) February 24th-25th - $45
This is an introductory Ice Climbing trip in Catskills New York. We will be staying overnight at New Paltz Hostel and spending the following day outside climbing beginner ice climbing routes.

Challenge Course Experience (Beginner) - $5
This program will take participants through a progression of challenge course activities culminating in swinging off a 30 ft platform. Participants will develop confidence and applied leadership skills. Lunch will be provided.

Camping in the Garden (Beginner) April 4th - $5
This on campus trip will provide an entry level camping experience teaching participants how to set up a campsite, use a propane camping stove, and an opportunity to explore the natural world of South Campus.

RENTAL EQUIPMENT PRICES

<table>
<thead>
<tr>
<th>ITEM</th>
<th>Day</th>
<th>Weekend (2-3 Days)</th>
<th>Week (4-7 Days)</th>
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</thead>
<tbody>
<tr>
<td>2-Person Tent</td>
<td>$4</td>
<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>Sleeping Pad</td>
<td>$2</td>
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<tr>
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<td>$10</td>
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<tr>
<td>60L Backpack</td>
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<td>Propane Stove</td>
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<tr>
<td>Cooking Set</td>
<td>$5</td>
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</tr>
<tr>
<td>Headlamps</td>
<td>$2</td>
<td>$4</td>
<td>$6</td>
</tr>
<tr>
<td>Standup Paddleboard</td>
<td>$15</td>
<td>$25</td>
<td>—</td>
</tr>
</tbody>
</table>

Trip Ratings:
Beginner - Introductory trip with no previous experience required. Easy to moderate physical activity.
Intermediate - Previous experience recommended, but not required. Moderate physical activity.
Advanced - Previous experience with working knowledge required. Strenuous physical activity.

Stand Up Paddle Boarding (Beginner) April 18th - $5
This will be an introductory Stand Up Paddle Boarding trip where participants will learn basic maneuvering skills and get to explore the local Marsh Creek.

Canoe Campout (Intermediate) April 18th-19th - $20
This is an introductory canoe trip where participants will paddle on flat water to an island where we will camp for the night. All equipment is included. Prior canoeing experience is necessary.

Rock Climbing (Intermediate) April 25th - $10
Want to climb outside? We will be setting up top rope climbs at the local Ralph Stover climbing area. All equipment will be provided and it is recommended that participants complete the climbing fundamentals program prior to the trip.
Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

**CLIMBING PROGRAMS**

**BOULDERING BASICS ($10)**
This two-hour small group session will cover the basics of body movement, proper spotting and pad placement, and climbing techniques to become a stronger climber. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

**CLIMBING FUNDAMENTALS (FREE)**
Get started off right with this two-hour session focused on basic body movement, climbing equipment, and belaying techniques. This is a small group session with one of trained instructors offering lots of personal attention.

**ADVANCED CLIMBING TECHNIQUES ($10)**
Struggling to conquer that 5.10? This two-hour session will focus on advanced climbing techniques such as crack climbing, Kepp, and laybacks. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

**LEAD CLIMBING ($20)**
This two part class (4 total hours) will cover the fundamentals of lead climbing including lead climbing techniques, lead belaying, rope management, and equipment used. Must be WCU belay certified and demonstrate ability to climb a 5.5 proficiency to participate. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

**PRIVATE CLIMBING LESSON ($20)**
Looking for some personalized instruction? Hire one of our nationally accredited Climbing Wall Instructors to spend two hours of focused climbing assessment and skill development.

To apply for any of the leagues or special events above, please visit [www.imleagues.com/wcupa](http://www.imleagues.com/wcupa).

**OUTDOOR ADVENTURE PURSUITS**

**CLIMBING WALL HOURS**
Monday - Friday: 3:30 PM - 9:30 PM
Sunday: 4:00 PM - 8:00 PM

**BOULDERING BASICS ($10)**
1/26, 2/2, 2/9, 2/16, 2/23
2/5, 2/12, 2/19, 2/26
3/5, 3/12, 3/19, 3/26
3/23, 4/1, 4/8, 4/15
4/22, 4/29

**CLIMBING FUNDAMENTALS (FREE)**
1/26, 2/2, 2/9, 2/16, 2/23
2/5, 2/12, 2/19, 2/26
3/5, 3/12, 3/19, 3/26
3/23, 4/1, 4/8, 4/15
4/22, 4/29

**ADVANCED CLIMBING TECHNIQUES ($10)**
1/26, 2/2, 2/9, 2/16, 2/23
2/5, 2/12, 2/19, 2/26
3/5, 3/12, 3/19, 3/26
3/23, 4/1, 4/8, 4/15
4/22, 4/29
The Sport Clubs program consists of competitive, instructional, and recreational clubs in nature that are unique in the very fact that they are initiated, organized, managed, and funded by students. Through this format, participating students have the opportunity to acquire skills such as leadership, organization, management, and fiscal responsibility. Sport clubs compete on a regional and national level and offer an opportunity for students to continue their athletic careers after high school.

The WCU Sports Club Council (SCC) was established in 1992 in order to have all clubs come together as a unified body and demonstrate their willingness to be recognized and registered in our WCU Student Government Association (SGA). It was designed with the sole purpose to promote mentoring, advisement, and student engagement. The Sport Clubs program at West Chester University strives to encourage participation, socialization, and competition of student-organized sport clubs. Value added experiences enhance physical fitness and foster a spirit of competition.

<table>
<thead>
<tr>
<th>SPORT CLUB</th>
<th>PRESIDENT</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>Sydney Fritz</td>
<td><a href="mailto:SF893755@wcupa.edu">SF893755@wcupa.edu</a></td>
</tr>
<tr>
<td>Climbing</td>
<td>Kyley DiGrazia</td>
<td><a href="mailto:JD898718@wcupa.edu">JD898718@wcupa.edu</a></td>
</tr>
<tr>
<td>CrossFit</td>
<td>Janet Goldfine</td>
<td><a href="mailto:JG868798@wcupa.edu">JG868798@wcupa.edu</a></td>
</tr>
<tr>
<td>Dance</td>
<td>Brika Brehika</td>
<td><a href="mailto:EB877465@wcupa.edu">EB877465@wcupa.edu</a></td>
</tr>
<tr>
<td>Equestrian</td>
<td>Catherine Delaney</td>
<td><a href="mailto:CD813110@wcupa.edu">CD813110@wcupa.edu</a></td>
</tr>
<tr>
<td>Fencing</td>
<td>William Taylor</td>
<td><a href="mailto:WT819004@wcupa.edu">WT819004@wcupa.edu</a></td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Emily Edelers</td>
<td><a href="mailto:EB813755@wcupa.edu">EB813755@wcupa.edu</a></td>
</tr>
<tr>
<td>Fishing</td>
<td>Ryan Gilmore</td>
<td><a href="mailto:RG864639@wcupa.edu">RG864639@wcupa.edu</a></td>
</tr>
<tr>
<td>Judo</td>
<td>Roxy &quot;Manny&quot; Gonzales</td>
<td><a href="mailto:RG687158@wcupa.edu">RG687158@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Ice Hockey D1</td>
<td>Colby Fee</td>
<td><a href="mailto:CF898035@wcupa.edu">CF898035@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Ice Hockey D2</td>
<td>Gary Fitzer</td>
<td><a href="mailto:GF894515@wcupa.edu">GF894515@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Lacrosse</td>
<td>Sam Guttare</td>
<td><a href="mailto:SG863113@wcupa.edu">SG863113@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Rugby</td>
<td>Jacob Kiders</td>
<td><a href="mailto:JR863113@wcupa.edu">JR863113@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Billy German</td>
<td><a href="mailto:W58A5742@wcupa.edu">W58A5742@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Ultimate</td>
<td>James Tarantino</td>
<td><a href="mailto:JTA8366@wcupa.edu">JTA8366@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Volleyball</td>
<td>Mike Silvestri</td>
<td><a href="mailto:MS863566@wcupa.edu">MS863566@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Water Polo</td>
<td>Jake Doyle</td>
<td><a href="mailto:JK862695@wcupa.edu">JK862695@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Wrestling</td>
<td>Brian Mackay</td>
<td><a href="mailto:BM891539@wcupa.edu">BM891539@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Ice Hockey</td>
<td>Chyanne Carlo</td>
<td><a href="mailto:CS885364@wcupa.edu">CS885364@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Lacrosse</td>
<td>Maura Neuk</td>
<td><a href="mailto:MH871725@wcupa.edu">MH871725@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Soccer</td>
<td>Alexis Jereon</td>
<td><a href="mailto:AJ874487@wcupa.edu">AJ874487@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Ultimate</td>
<td>Kyleigh Shuster</td>
<td><a href="mailto:KS865024@wcupa.edu">KS865024@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Volleyball</td>
<td>Kelly Doogan</td>
<td><a href="mailto:KD885262@wcupa.edu">KD885262@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Water Polo</td>
<td>Montagnon Wintzi</td>
<td><a href="mailto:MW880913@wcupa.edu">MW880913@wcupa.edu</a></td>
</tr>
<tr>
<td>Wrestling</td>
<td>Manuel Cardin</td>
<td><a href="mailto:MC866863@wcupa.edu">MC866863@wcupa.edu</a></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>SPORT CLUB</th>
<th>PRESIDENT</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>Sydney Fritz</td>
<td><a href="mailto:sf883753@wcupa.edu">sf883753@wcupa.edu</a></td>
</tr>
<tr>
<td>Climbing</td>
<td>Kelsey Ortiz</td>
<td><a href="mailto:ko794981@wcupa.edu">ko794981@wcupa.edu</a></td>
</tr>
<tr>
<td>CrossFit</td>
<td>Julien Goldline</td>
<td><a href="mailto:jg884849@wcupa.edu">jg884849@wcupa.edu</a></td>
</tr>
<tr>
<td>Dance</td>
<td>Brita Brezika</td>
<td><a href="mailto:bd887456@wcupa.edu">bd887456@wcupa.edu</a></td>
</tr>
<tr>
<td>Equestrian</td>
<td>Catherine Delany</td>
<td><a href="mailto:cd885113@wcupa.edu">cd885113@wcupa.edu</a></td>
</tr>
<tr>
<td>Fencing</td>
<td>William Tolley</td>
<td><a href="mailto:wt895004@wcupa.edu">wt895004@wcupa.edu</a></td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Emily Enders</td>
<td><a href="mailto:ee885123@wcupa.edu">ee885123@wcupa.edu</a></td>
</tr>
<tr>
<td>Fishing</td>
<td>Ryan Gilmore</td>
<td><a href="mailto:rg884639@wcupa.edu">rg884639@wcupa.edu</a></td>
</tr>
<tr>
<td>Judo</td>
<td>Rowel &quot;Monty&quot; Gonzalez</td>
<td><a href="mailto:rg887655@wcupa.edu">rg887655@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's Ice Hockey 1</td>
<td>Colby Foul</td>
<td><a href="mailto:cf884065@wcupa.edu">cf884065@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's Ice Hockey 2</td>
<td>Gary Finner</td>
<td><a href="mailto:gf884651@wcupa.edu">gf884651@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's Lacrosse</td>
<td>Sam Guttare</td>
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<tr>
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<tr>
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<td>Brian Moros</td>
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<tr>
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<td>Chyenne Carlo</td>
<td><a href="mailto:cc885754@wcupa.edu">cc885754@wcupa.edu</a></td>
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<tr>
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<td>Maora Meek</td>
<td><a href="mailto:mm887129@wcupa.edu">mm887129@wcupa.edu</a></td>
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<tr>
<td>Women's Soccer</td>
<td>Abner Tescher</td>
<td><a href="mailto:at884887@wcupa.edu">at884887@wcupa.edu</a></td>
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ADVENTURE PURSUITS

OUTDOOR ADVENTURE PURSUITS

Think you can climb a mile? Earn bragging rights and a sweet tee by completing our Mile High Challenge. Talk to a staff member for details.

CLIMBING WALL HOURS

Monday - Friday: 3:30 PM - 9:30 PM
Sunday: 4:00 PM - 8:00 PM

CLIMBING PROGRAMS

BOULDERING BASICS ($10)
This two hour small group session will cover the basics of body movement, proper spotting and pad placement, and belaying techniques in order to become a stronger climber. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

CLIMBING FUNDAMENTALS (FREE)
Get started right! This two hour session focuses on basic body movement, climbing equipment, and belaying techniques. This is a small group session with one of trained Instructors offering lots of personal attention.

ADVANCED CLIMBING TECHNIQUES ($10)
Struggling to conquer that 5.10? This two hour session will focus on advanced climbing techniques such as crack climbing, hanging, and jumaring. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

LEAD CLIMBING ($20)
This two-part course (6 hours total) will cover the fundamentals of lead climbing including lead climbing techniques, lead belaying, rope management, and equipment use. Must be WCU belay certified and demonstrate ability to climb a 5.5 proficiently to participate. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

PRIVATE CLIMBING LESSON ($20)
Looking for some personalized instruction? Hire one of our nationally accredited Climbing Wall Instructors to spend two hours of focused climbing assessment and skill development.

Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

<table>
<thead>
<tr>
<th>League Offerings</th>
<th>Registration Period</th>
<th>Starts</th>
<th>Cost</th>
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<tr>
<td>4v4 Volleyball</td>
<td>1/13 – 3/29</td>
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<tr>
<td>2v2 Spikeball</td>
<td>1/13 – 3/29</td>
<td>2/3</td>
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<tr>
<td>7v7 Outdoor Soccer</td>
<td>2/17 – 3/4</td>
<td>3/23</td>
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<td>10v10 Softball</td>
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<td>5v5 Floor Hockey</td>
<td>2/17 – 3/4</td>
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<td>Table Tennis</td>
<td>2/8 – 2/19</td>
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<tr>
<td>Cornhole</td>
<td>2/16 – 2/25</td>
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<td>Kan Jam</td>
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<td>NCAA March Madness Bracket Challenge</td>
<td>3/16 – 3/28</td>
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<td>Handball</td>
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<tr>
<td>Home Run Derby</td>
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To register for any of the leagues or special events above, please visit www.imleagues.com/wcupa.

P.I.A.A. S.T.A.R.T. Program

Students of Today Are Referees of Tomorrow

<table>
<thead>
<tr>
<th>Sport</th>
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<td>Mondays, 3/10, 4/7 &amp; 4/13</td>
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<tr>
<td>Soccer</td>
<td>3/7 – 3/22</td>
<td>Tuesdays, 3/10, 4/7 &amp; 4/13</td>
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</table>

*15 pm start times*

To register, visit imleagues.com/wcupa

For more information or to inquire about future events, contact dcomas@wcupa.edu or follow us on Twitter @WCUIntramurals.
One man PRACTICING sportsmanship is far better than a hundred men TEACHING it. – Knute Rockne

OUTDOOR ADVENTURE PURSUITS

Cross Country Skiing (Beginner) February 15th - $15
This day trip includes ski rentals and will be a day program on beginner cross country ski trails.

Ice Climbing (Intermediate) February 22nd-23rd - $40
This is an introductory ice climbing trip to Catskills New York. We will be staying overnight at New Paltz Hostel and spending the following day outside climbing beginner ice climbing routes.

Challenge Course Experience (Beginner) - $5
This program will take participants through a progression of challenge course activities culminating in swinging off of a 30 ft platform. Participants will develop confidence and applied leadership skills. Lunch will be provided.

Camping in the Gordon (Beginner) April 4-5th - $5
This on campus trip will provide an entry level camping experience teaching participants how to set up a campsite, use a propane camping stove, and an opportunity to explore the natural world of South Campus.

RENTAL EQUIPMENT PRICES

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<th>Week (4-7 days)</th>
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<tr>
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OUTDOOR ADVENTURE PURSUITS

Rock Climbing (Intermediate) April 25th - $10
Want to climb outside? We will be setting up top rope climbs at the local Ralph Stover climbing area. All equipment will be provided and it is recommended that participants complete the climbing fundamentals program prior to the trip.

Trip Ratings:
Beginner - Introductory trip with no previous experience required. Easy to moderate physical activity.
Intermediate - Previous experience recommended, but not required. Moderate physical activity.
Advanced - Previous experience with working knowledge required. Includes strenuous physical activity.

Stand Up Paddle Boarding (Beginner) April 19th - $5
This will be an introductory Stand Up Paddle Boarding trip where participants will learn basic maneuvering skills and get to explore the local Hands Creek.

Canoe Campout (Intermediate) April 19th - $20
This is a beginner canoe trip where participants will paddle on flat water to an island where we will camp for the night. All equipment is included. Prior canoeing experience is necessary.
“Here at West Chester University, our Campus Recreation Program has given me an exciting chance to build on my personal and professional goals, skills, and connections. Being part of a program that is not only built on engaging students to lead in the workplace everyday, but also grow together as a team, Campus REC has helped my peers and I develop workforce skills that will travel with us long after our time at West Chester University comes to an end. Campus REC has so many great student run programs and departments that there truly is something for everyone’s passions, while also being extremely easy and encouraging to try something new. Since my time here began, I have made some of my greatest friends and made some of my best memories and it is all thanks to Campus Recreation.”

– Sidhartha Dhir ’21
To sculpt the lower body, abs and for flexibility training, exercises using light weights. The ballet barre is used to strengthen and alignment, followed by a series of upper body music. Classes begin with a warm up focusing on postural training followed by 15 minutes of abs/core work.

Rate soaring! Cycle & Tone provides 45 minutes of cycle pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding to loft your personal performance and boost your calorie fitness. LES MILLS RPM™ (Virtual) A 30-minute High-Intensity Interval Training (HIIT) workout. A unique blend of circuit training and cardio you control the intensity. It’s fun, low impact and creates a dynamic, exciting, and effective fitness system (no dance experience required) Burn up to 500-800 calories in this party-like environment!

**FitBodyPUMP™** The original upbeat class that strengthens your entire body. This workout challenges your cardiovascular and muscular systems with the use of light weights. The band, rope, and weight sleds. Tabata Bootcamp: A 4-5 minute total body HIIT (High Intensity Interval Training) workout designed to burn more calories and boost your metabolism. Tabata Bootcamp motto is “Quality, not quantity.” The program offers effective workouts that maximize your results in minimal time…what could be better?!

**Interval Training (HIIT)** workout, using an indoor bike to build strength and tone lean muscle plus boost your metabolism with the use of plates and barbells. Bodyweight exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Burn up to 530 calories per class!

**Grit** Les Mills GRIT 30-minute classes rotate through a blend of Cardio designed to burn fat and rapidly increase your overall athletic performance: strength, agility, speed and power. Strength-building strength and low-impact cardio exercises to increase your cardiovascular strength, power and power. Tabata Bootcamp's Intensity Interval Training (HIIT) workout designed to burn more calories and boost your metabolism with the use of plates and barbells. Yoga: This class is designed for everyone, all levels welcome and interested in its benefits that will help you build strength, increase flexibility, and find balance. It’s a relaxing class that will leave you feeling great.

**Virtual** A group indoor cycling workout where you can ride from the comfort of your home. Low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding to loft your personal performance and boost your calorie fitness.

**LES MILLS RPM™** (Virtual) A 30-minute High-Intensity Internal Training (HIIT) workout, using an indoor cycle to achieve fast results. A high-intensity, low impact workout. It’s scientifically proven to return rapid results. You combine elements of refereeing, where you work hard as planned, with periods of rest to prepare you for the next effort.

**Zumba**: Traditional and Zumba Compañero: A Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system (no dance experience required) Burn up to 500-800 calories in this party-like environment!

**BodyPump™** is an upbeat class that strengthens your entire body. This workout challenges your cardiovascular and muscular systems with the use of light weights. Tabata Bootcamp: A 4-5 minute total body HIIT (High Intensity Interval Training) workout designed to burn more calories and boost your metabolism. Tabata Bootcamp motto is “Quality, not quantity.” The program offers effective workouts that maximize your results in minimal time…what could be better?!

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MEMBERSHIP
The Ball Is In Your Court:
If you’re a West Chester University enrolled student you are already a member. Just show up, present your Ram ID and come get your fitness groove on!
Not a student? Don’t worry, as long as you are one of the following you can join, too:
- WCU faculty, staff, adjunct faculty or lecturer
- A current member of the West Chester University Alumni Association
- An employee of a university affiliate

Membership has its benefits:
- Access to over 35 weekly, high-quality Group Fitness classes
- Opportunity to learn, practice and climb our 34 ft. tall climbing wall
- Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services including Small Group Training (GRIT)
- Two complimentary guests per semester
- Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, boxing gloves, resistance straps, and outdoor equipment

RATES
Annual membership..........................$330
(365 days from date of purchase)
6-months membership..........................$180
1-month/30 day membership....................$35
1-day membership (good all day).............$7

All memberships must be made on-line at: https://www.wcupa.edu/services/campusRec/forms/membership
Credit card or payroll deduction (annual membership only) only
FACILITIES SERVICES
To reserve any space in the Student Recreation Center, please email your request to: srcrequests@wcupa.edu

NEW USER ORIENTATION
Learn proper form and how to use cardiovascular and strength machines on the Fitness Floor. Led by our experienced Recreation Attendants, the new user orientation often hands-on participation and fitness resources to those wishing to learn how to safely use the equipment. Orientations are a drop-in process, so stop by the WCU Student Recreation Center second and third floor desks and let a Recreation Attendant assist you!

GENERAL POLICIES
All users of the facility must:
• Wear WCU ID;
• Be courteous to others and wipe-down all equipment with a disinfectant wipe when finished;
• Personal trainers and/or instructors, whether being compensated or not, who are not WCU employees are prohibited.
• WCUs has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others.

GENERAL POLICIES
All use equipment at their own risk.
Appropriate attire is required. Entire facility dress code is on our web site.
• Valid WCU ID required.
• Proper use of equipment is required. Improper use includes but is not limited to:
• Men’s and women’s locker rooms with over 75 lockers (members must provide own lock).
• State-of-the-art 36 feet tall climbing wall.
• Nutrition and Fitness Educational Suite.
• Administrative office suite with conference rooms.
• 2 hardwood basketball courts.
• 1 multi-activity court (MAC) including indoor soccer.
• 2 outdoor basketball courts.
• 1 outdoor sand volleyball court.
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• 1 outdoor sand volleyball court.

• 69,000 square foot facility
• 15,000 square feet of cardiovascular and strength floor area
• Over 60 pieces of name brand cardiovascular equipment
• Over 151 pieces of strength equipment including the Life Fitness Synergy 350
• 1/10 mile jogging track
• “Jacked-up” operated by dreamer serving delicious fruit smoothies and other healthy grab and go snacks perfect for the busy and health conscious student or professional
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NEED A SPOT?
HAVING TROUBLE
WITH YOUR LAST SET?
ASK A RECREATION
ATTENDANT TO HELP SPOT YOU!

SPRING SEMESTER HOURS OF OPERATION
STUDENT RECREATION CENTER
Monday – Thursday: 6:00 AM – 12:00 AM
Friday: 6:00 AM – 11:00 PM
Saturday: 10:00 AM – 11:00 PM
Sunday: 11:00 AM – 12:00 AM

CLIMBING WALL
Monday – Friday: 3:30 PM – 9:30 PM
Saturday: CLOSED

REC SWIM
NORTH CAMPUS
Monday – Friday: 1:30 PM – 3:00 PM
Monday – Thursday: 8:30 PM – 10:30 PM
Saturday: 1:00 PM – 3:00 PM

SOUTH CAMPUS
Mon, Wed, Fri: 12:00 PM – 1:00 PM
Sunday: 1:00 PM – 3:00 PM

Please refer to the website for closures, holiday hours, changes to schedule.
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**DEPARTMENT STAFF**

**MICHAEL RENO**, Senior Director of Campus Recreation
mreno@wcupa.edu | (610) 436-6928
- Responsible for creation, prioritization, and administration of operational and capital budget
- Responsible for coordination of indoor and outdoor facility enhancement and construction projects
- Provide leadership and support to all department full-time professional staff

**TBA**, Associate Director of Facilities and Business Operations
- Manage all areas of the facility and student staff
- Responsible for the scheduling and coordination of facility rentals
- Manage department budgets

**DAN CORLE**, Assistant Director of Instrumental Sports
music@wcupa.edu | (610) 436-2277
- Coordinates all instrumental sports leagues and tournaments
- Administrator of IMleagues.com
- Fills all Recreational Equipment Rental Requests

**STEVEN SASSAMAN**, Associate Director for Experiential Education, Student Success, and Risk Management
ssassaman@wcupa.edu | (610) 436-2100
- Manage the operations of the Climbing wall including staff training, maintenance, and development of instructional programs
- Coordinate the training and development of our student Trip Guides who conduct outdoor excursions throughout the semester
- Assist campus community with providing experiential leadership development programs.

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**FALL 2019 CHAMPIONS:**

- Dodgeball / Co-Rec / Dodge Style
- Flag Football / Co-Rec / Gym Class Heroes
- Indoor Soccer / Co-Rec / Team 1
- Indoor Soccer / Open / Sippin Santamarias on the Beach
- Indoor Volleyball / FSL / SigEp
- Indoor Volleyball / Co-Rec / DPhiE
At West Chester University, Campus Recreation is the primary destination for the Golden Ram campus community to engage in recreation, social, and wellness-oriented programs and services. Blending components of fitness and well-being with the co-curricular educational experience, it is our mission to assist each person in exceeding academic goals while establishing healthy lifetime behaviors. While at WCU, we encourage you to treat yourself and allow your mind, body, and soul to engage in some daily PLAY time; you’ve earned it!

**SPORTS CLUBS**

**MEN’S RUGBY**
With over fifty athletes on the team, Men’s Rugby is a growing club on West Chester University’s campus. The team prides themselves on their inclusiveness and teamwork. New members have joined the club regardless of skill level. Men’s Rugby has experienced great success in the past year by competing in the DIIA conference championship, winning their first ever seven’s conference championship and beating their rival, St. Joe’s in the process. Men’s Rugby will be competing in the Freedom Cup in the collegiate rugby championships in June 2020.

**WOMEN’S ULTIMATE FRISBEE**
Women’s Ultimate is an all-inclusive team that takes members regardless of experience to join and become part of something new and competitive. The women on this team are strong and motivated competitors who strive for success despite the odds. Although the majority of women that join this club team have never thrown a frisbee, the team comes together as one and shows their competition that they are a group to be taken seriously. Women’s Ultimate just recently took first place in the Fall Champs tournament in New Jersey, which reflected largely on their talent and our school. West Chester University is proud of this team and what they have accomplished over the last few seasons, and our community continues to support them in their future victories.
Something for Everybody

(610) 436-1REC
www.wcupa.edu/campusrec/

@wcupacampusrec
@westcampusrec
@wcupacampusrec

West Chester University | Campus Recreation | Spring 2020