



# RECREATIONAL SPORTS Light

## SPECIAL EVENTS

**9/16 - Tech's Largest Zumba Fitness Class\***

6:30pm, McComas Hall

*Sponsored by Subway and Sayre Promotional Products.*

**10/11 - University Bookstore Homecoming 5K Run/Walk and 1-Mile Fun Run**

12pm, Margaret Beeks Elementary

*Sponsored by the University Bookstore and Volume II Bookstore.*

**10/13 - Foxridge Apartments Intramural Soccer Championships presented by the Hokie Gobblers**

\*5:30pm, SRA Fields

*Sponsored by vitaminwater, Foxridge Apartments, and Domino's.*

**10/21 - Tech's Largest Step Class\***

6:30pm, McComas Hall

*Sponsored by Subway and Sayre Promotional Products.*

**11/10 - Foxridge Apartments Intramural Volleyball Championships presented by the Hokie Gobblers**

\*5:30pm, McComas Hall

*Sponsored by vitaminwater, Foxridge Apartments, and Domino's.*

**11/11 - Tech's Largest YogaFusion Fitness Class\***

7:30pm, McComas Hall

*Sponsored by Subway and Sayre Promotional Products.*

**12/1 - Foxridge Apartments Intramural Flag Football Championships presented by the Hokie Gobblers**

\*5:30pm, SRA Fields

*Sponsored by POWERade, Foxridge Apartments, Champion Apparel and Domino's Pizza.*

*\*Date and time subject to change.*

*\*Open to all VT patrons.*

For more information on Special Events, visit [www.recsports.vt.edu](http://www.recsports.vt.edu).



## VT FITNESS PRESENTS BLAKE'S STORY

Many people enter college with some degree of hesitation. Incoming students are pre-occupied with the worries of a new unfamiliar home and all the stresses that come with it. Blake had even more to be concerned with; he had been in poor physical condition and overweight since high school. This translated into a college experience that was dominated by depression and anxiety. Blake reached a tipping point when he was unable to fit into the rides at Busch Gardens alongside his friends.

Blake had been a previous client with the Cook Counseling Center where he voiced his health concerns to his counselor. His counselor referred Blake to Recreational Sports where he was encouraged to meet with Ali Arner, Assistant Director of Fitness and Assessment, to see what the department could offer him.

Blake was paired with a personal trainer who worked to help him through this life-changing process. Blake became more confident and even admitted to enjoying the exercise. He began to care less about what other people thought and focused on himself as he lost weight. Blake improved his mental and physical health which gave him a new perspective on life.

Achieve success like Blake by taking advantage of the Personal Training Packages. Register online at [www.recsports.vt.edu](http://www.recsports.vt.edu). Get motivated so you too can see results!

## GET ACTIVE BY LEARNING A NEW SPORT OR SHARPEN YOUR SKILLS!

VT Rec Sports offers adult and children's Instructional Classes in **Tennis, Gymnastics, and Swimming.**

*Private lessons also available. Visit [www.recsports.vt.edu](http://www.recsports.vt.edu) and click on "Instruction" for more information.*

## A HUGE HOKIE WELCOME TO THE NEW PLAYER ADDED TO THE REC SPORTS ROSTER:

**Krista Landon, Intramural Sports Graduate Assistant**

Krista comes to us from the University of Arizona and brings her passion for intramural sports. We are excited to have her as an addition to our team.



## VT RECREATIONAL SPORTS ANNOUNCES EXPANSION

McComas Hall is currently undergoing an expansion, which began this past summer. The facility has received a continually increasing number of student users, topping about 3,000 visits per day. Because of the increased usage, the facility will be expanded by approximately 25,000 square feet throughout the 2009-2010 school year. The expansion will address the need for additional cardio equipment and strength training space. The expansion project is scheduled to be completed by the beginning of the fall 2010 semester. Check out [www.recsports.vt.edu](http://www.recsports.vt.edu) for updated information and expansion photos.

## FOLLOW REC SPORTS ON:



Virginia Tech Rec Sports



VTrecsports



VirginiaTechRecSports





## NEW POLICIES FOR INTRAMURAL SPORTS

The fees for team registrations have increased by \$5 for the 2009-2010 academic year. The cost for an individual who registers to be placed on a team will increase by \$2. This is the first fee increase in over 12 years and is necessary to help offset the increasing program costs.

All teams will be required to submit a \$20 Forfeit Bond at the time of registration. The Forfeit Bond was added to create incentive and promote integrity in competition. The Forfeit Bond is refundable, provided the team does not forfeit (including 2 defaults) during round robin play or forfeit/default during the playoffs.

Check [www.recsports.vt.edu](http://www.recsports.vt.edu) for further details on the new policies for 2009-2010.

## SPORT CLUBS NEWS

The Virginia Tech Ice Hockey club team finished their ACCHL season with a win over the Duke Blue Devils to win the Atlantic Coast Collegiate Hockey League tournament. The Hokies entered the tournament ranked first in the ACCHL standings. They finished the ACCHL season at 9-1 and an overall record of 16-6-1, after their 5-2 win over Duke. This is the best ACCHL season record in Virginia Tech Ice Hockey history and a personal best for Head Coach Mike Spradlin, who was named coach of the year. Also, Jimmy Pope was named ACCHL offensive player of the year and Joe Woermer was named ACCHL defensive player of the year.

The Women's Lacrosse Club team also experienced success as they finished their season 18-2-1 and claimed the 2009 WDIA National Championship in May. The National Championship took place in Scottsdale, Arizona where the Hokies entered the tournament as the #6 seed. Club President Mindy Sartori felt that this was one of the best teams that Virginia Tech Women's Club Lacrosse has ever had going into Nationals. And she was right; the Hokies defeated Central Florida, Colorado State, Florida, and Colorado to end their season with a National Championship.

Special thanks to **vitaminwater**, **Days Inn** and **Holiday Inn University**, proud sponsors of VT Sport Clubs.

## 411 FIT

411fit.com was designed to help guide and provide feedback for people hoping to improve their overall health. You can sign up to receive a personal profile which includes eating and exercise journals and personal goal setters to achieve a healthy body. 411 fit is free and available to anyone hoping to make tracking their nutrition and exercise a breeze.

*"With so many features you have no excuse not to reach your goals, except for a broken computer," said Steven Trotter, fitness coordinator. "Between the grading system and friends pushing you on, you should have enough motivation to get wherever you want to be. So try out 411fit.com. It's free, so what are you waiting for?"*



# more about RECREATIONAL SPORTS

### KEEP MOVING TO WIN PRIZES

Swipe your Hokie Passport and sweat three times or more a week at War Memorial Hall or McComas Gym to be automatically entered into the **Swipe, Sweat & Win** drawing. Two winners will be selected each Monday throughout the semester to receive a \$10 prize from one of our four sponsors – **Maggie Moo's**, **Blockbuster**, **Famous Anthony's**, or **Squeaky's Laser Wash Car Wash**. Winners will be notified by email.

Participate in any yoga or pilates class to accumulate points in the **Images By B Mind and Body Challenge** or attend group rowing classes to earn points for the **Songer Whitewater Group Rowing Challenge**. The more classes you attend the more points you receive. Two winners will be chosen for each challenge to receive either a \$50 gift card for **Images By B** or a \$75 gift card from **Songer Whitewater Rafting**. Both challenges are free for valid group exercise pass holders.

Need a little extra incentive to go out on a run? **Champs Running Club** meets every Tuesday evening between September 1 and October 6 at 5:30 p.m. in front of Champs Sports Bar & Café in downtown Blacksburg. At the end of each 3.1 mile (5K distance) run, members are treated to 'buy one get one free' refreshments sponsored by **Champs**. The club is open to members of any skill level from the Blacksburg and Virginia Tech communities. Simply show up on any Tuesday to join.

### SUBWAY EMPLOYEE OF THE MONTH

Subway has teamed up with Rec Sports again to show their appreciation by honoring employees from each department as "Employee of the Month," and the "Sport Club Officer of the Month" during the academic year. Hard work truly pays off, and all of the success in the Recreational Sports Department would not be possible without the help of our dedicated staff.

### DOMINO'S PIZZA SPORTSMANSHIP AWARD

Domino's Pizza and Rec Sports encourages everyone who participates in Intramural Sports to show Hokies Respect to all Virginia Tech patrons, officials, and supporting staff. Each week, all of the Intramural Sports teams that maintain a perfect sportsmanship average will be entered into a drawing for the weekly Domino's Pizza Sportsmanship Award, and a Domino's Pizza gift certificate.

