

# CAMPUS RECREATION

Assumption College Campus Recreation Monthly Newsletter

January 2019

## Monthly Notes

I hope you all enjoyed your Christmas Break!

As I write this the last of the additions we made while you were gone are being finished and the Plourde is ready for its Monday opening for the semester. This newsletter is chock full of information about our changes and program offerings for this semester. I hope each of you try one of our Intramurals, participate in Hound Hustle or come and have your study break at the Plourde in our new study space!

We really tried to listen to all of your comments and suggestions from the Campus Recreation Survey and hope that you are seeing some of them materialize this semester. If you have any other suggestions please feel free to leave them in our comment box in the lobby or speak to one of our staff members!

Speaking of comments, Did you all know there is a comment box in lobby? I will be looking to give away a Patriots Bath mat to one student who leaves a constructive comment on how we can improve a program or the Plourde in general in the comment box by Friday at noon.

Good luck this semester and we look forward to seeing you around the Plourde!

Mike Rodier  
Director of Campus Recreation

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*“I think Plourde is a great place to be because there are so many different options, giving everyone an opportunity to enjoy participating in some sort of physical activity... whether it be running, biking, lifting weights, boxing, or doing yoga. Plourde has something for everyone!”*

*- Gabby Martinez '19*

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## Picture of the Month



Fall Supervisors Posing for Christmas Department Christmas Card

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# Club Sports Spotlight

## Women's Club Basketball

By Ashley DeLucia

Women's club Basketball is a team made of 20 girls trying to stay on some competitive level playing basketball. Practice is twice a week for about two hours. We run practices with skills and drills work along with some scrimmaging against each other. The Club travels to other schools to play against each other and we have people come to us too. We also have optional conditioning practices and team bonding.

Recently our team has played against four teams including Holy Cross, BU, Northeastern, and Providence. Our record is 3-4. Our team is doing well and starting to come together as a team rather than individuals. We finally got apparel which we are all excited about. We are looking forward to playing UMass Lowell in December while also keeping the excitement for next semester in the back of our minds.



# Introducing the Plourde Study Space!



Campus Recreation is very excited to share the news of the newly created Plourde Study Space. Countless studies have been conducted showing a direct correlation between increase in exercise and an increase in academic success. Assumption College Campus recreation is aiming to be a forward thinking in this area with the construction of the Plourde Study Space.

This space will accommodate up to 6 students to allow for group projects to be completed here. The Plourde Study Space comes outfitted with a 28' wide counter, portable book stands, oversized seats on the bike and a 24" smart TV with HDMI cable to allow for hooking up a host laptop to display the group presentation for all to see.

This space is able to be reserved simply by asking a Plourde Supervisor or Pro-Staff and we will add your request to the calendar!

This space was designed with input from a few students but Campus Recreation is actively seeking comments and suggestions on how to make this space as functional as possible.

# Looking for help with your New Year's Resolution?

## Campus Recreation is here to help!

Earn points for  
simply working out!



Points = Prizes!

Nutri-bullet = First to 100pts.

Fitbit = Most points

Shaker Bottles,  
headphones, portable  
chargers and more!!!

## HOUND HUSTLE

Create a team!  
Earn a Pizza/wing party!

Find the Hound Hustle  
Leaderboard in the  
Main Lobby for info!

Get ready for Spring Break!!!

### January 16th - February 27th

### Spring Fitness Classes

Yoga  
Monday  
Slow Strength  
5-6pm  
Aerobics Room



Boxing  
Monday  
6-7pm  
Multi-Purpose Room



Zumba  
Tuesday  
5-6pm  
Aerobics Room



Spinning  
Wednesday  
5-6pm  
Aerobics Room



Yoga  
Wednesday  
Intermediate Vinyasa  
Flow  
5-6pm  
Multi-Purpose Room



Pound  
Thursday  
5-6pm  
Aerobics Room



**\*NEW!\***  
Movement/Improvisation Dance  
Monday 6-7pm  
Aerobics Room



Free Week of Fitness Classes starts  
Monday January 21st!!

Come try out a class before registering!!

Due to popular responses on the surveys  
we are introducing a boxing class and a  
dance class this semester!

Based on feedback from our surveys the  
registration fee has been adjusted this  
semester!

First class = \$25

Additional classes = \$15 each

Check out the Fitness Class  
Board for Instructor Bios, Class  
Descriptions and more info!!!



# Intramural Corner

- On November 2th, seven teams battled on the Plourde Foyer courts, in a twist on everyone's favorite net game volleyball-Wallyball! The co-ed teams up to four players used the walls to beat opponents in a double-elimination bracket. The Purple Cobras added to their winning record by taking home the championship shirts, and celebrating with the awesome Antonio's Pizza provided for the tournament.
- November 15th saw another creative use of our racquetball courts, this time transforming the floor into a giant billiards table! Complete with soccer balls racked as pool balls, the "table" hosted co-ed teams of two wielding their footwork talent in hilarious new ways. Beating out the competitive Team John, The Goon Squad, made up of Alana Caraballo and Patrick Keane, took home the glory and the coveted championship tee.
- Men and Women's Indoor Leagues dominated Sunday, Monday, and Tuesday nights on the Plourde basketball courts. Four men's teams and four women's teams competed in intense 40-minute games. The 5-week long season led to a tough championship matchup between women's D1 Soc and Hound Yeah!, and for the men, The Purple Cobras sneaking out a win against the challenging Sicilian Supermen. Soccer talent abounded, with crowds accumulating for both leagues during the playoffs. Congratulations on an epic season of sportsmanship and fun!
- Floor Hockey capitalized on the conclusion of the outdoor Flag Football season, and saw many hard-hitting established teams jump indoors for a shot at Hockey honor too. Men's games brought together six eager teams from all grades across campus, and led to a long single-elimination playoff in the beginning of December. The Worcester Railers, captained by Ryne McNeilly, took the W 7 to 1 over competitor TYB. On the women's courts, things were heating up just as much. Attracting crowds of fans and friends, these Greyhounds brought a ton of spirit and talent to the rink. Hound Yeah!, led by participant of the month Taylor Santry, beat out Team Jackie 7 to 1 in a great Christmas victory before break. Congrats to everyone and thanks for playing!
- First up this Semester in 5v5 Basketball! Registrations are now open
- The Greyhound Intramural Championship was developed to encourage team and individual participation in a variety of intramural activities throughout the academic year. Teams that maintain the same team name throughout the year accumulate points based on participation, performance and sportsmanship during each competition. At the conclusion of the year, the team with the most points overall will have its name engraved on the Greyhound Intramural Championship Trophy and take home a personal gift. These are the up-to-date standings for the Men's and Women's Championships:

MENS	
Team Name	Points
Big Sexy's Bunch	140
My Sons	90
Purple Cobras	90
TYB	75
Sicilian Supermen	75
WOMENS	
Team Name	Points
Hound Yeah!	295
TOGA on Three	140
JACKIE	80
D1 Soc	75
Salisbury St FC	70
Meet the Flockers	70

**Men's and Women's**  
(Competitive and Rec) (Rec)

# 5v5 BASKETBALL

**Sign-Up By:**  
**January 25th @ 1:00pm**

**Captain's Meeting:**  
**January 22nd @ 11:30am**

**Sign-Up on IMLeagues!**

**Registration Fee:**  
**\$20.00 per team**

**Play Begins on**  
**January 27th**  
(tentatively)




Follows us on Social Media and use #ACRec and to win prizes



#IMHounds all year for chances



