

CAMPUS RECREATION

Assumption College Campus Recreation Monthly Newsletter

November 2018

Monthly Notes

This semester is really flying by. I can't believe in just over 2 weeks it is Thanksgiving! Despite the semester's end fast approaching we are not slowing down here in Campus Recreation.

Our Floor Hockey, Indoor Soccer and Ping Pong Leagues are all in full swing. Be sure to read through to the end for an update on those and a snapshot of how the first quarter of Intramurals ended.

For those of you who would rather just commit to a one-day event or try something out of the ordinary, stay on the lookout later this month we will be running a Soccer Billiards Tournament and a Wallyball Tournament! More information on these exciting 1-day events can also be found in the Intramural Corner.

We have now awarded the first prizes in both our PAWS PUNCHCARD and Fitbit Fitness Frenzy programs. A shower Speaker, Nutribullet system and sweatshirt for the Bookstore were the prizes taken home by our winners. It is not too late to sign up for either of these programs so don't hesitate!

I would like to take a moment to thank the 246 individuals who took the time to take our survey. The programs we run are run for your benefit and I look forward to reading all of the comments and suggestions you left us and hope to be able to improve upon the services that we provide you. The winners of the Elf Tickets and Bookstore Sweatshirt are listed on page 3!

Mike Rodier
Director of Campus Recreation

"I like the variety of equipment to do whatever type of workout I want. It's open 7 days a week throughout most parts of the day to allow me to get a workout in and still be a dedicated student."

- AJ Crawford '20

Picture of the Month



The Process - Co-Ed Softball Champions

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Club Sports Spotlight

Ultimate Frisbee

By David Pepin



Ultimate Frisbee Taking Off

The Assumption College Ultimate Frisbee Team provides students with a chance to play on a fun team focused on both competitive excellence and growth as a team. Team members can expect to engage in practices, games, and tournaments throughout the year as we continue to learn about the sport of Ultimate Frisbee and compete at a level against other collegiate programs.

The club has grown considerably since last year with junior captain David Pepin and sophomore co-captain Adam Derbyshire at the helm. The club currently has a 39 player co-ed roster that consists of a wide age-range of students, all with varying levels of experience in the sport.

The Ultimate Frisbee team is coming off a year that ended in them being selected as 2017-18 Assumption College Club Sport of the Year. Last year was a huge

year for the club. In the fall they hosted Becker for a game and won 15-12. The club also competed in tournaments at Stonehill College and Springfield College in the fall. In the spring, they hosted their very first tournament, featuring Becker and Western New England and earning a record of 1-2 on the day.

This year, the club played their first game on October 28th, an away game at crosstown rival Becker where they won by a final score of 15-13, following a thrilling comeback after being down 8-4 at halftime. The club also has plans to compete in a tournament at Stonehill College on November 3, and to host Norwich University for a game on November 10 on the turf.

Running Club

By: Derek Ahlstedt

The Running Club for Assumption is a casual, recreational group of people who are looking to improve themselves physically and mentally. The club runs together twice a week on routes around Worcester off campus, and we accommodate for all skill levels. We adjust the pace and the distance according to the skill levels of everyone, so there is no pressure in trying it out! We offer a judgment free zone that includes everyone who wants to run with us.

Last month, we volunteered at the Station Loop Ramble road race in New Braintree to help set up, guide runners, and work water stations. This month, the club will race together in a 5k road race in Connecticut. Since we offer one road race per semester, there will be an opportunity for anyone to join the next road race in the spring!

If you're looking for a recreational style group to run with and improve yourself, then consider joining at any time!

Contact the captains: Derek Ahlstedt
derek.ahlstedt@assumption.edu Or Michael Asante
michael.asante@assumption.edu



Running Club at the Station Loop Ramble



fitbit fitness frenzy

Introducing a brand new competition to the Assumption Community, the **fitbit fitness frenzy!**

Fitbit Fitness Frenzy is a wellness program that incorporates Fitbit watches. It is ultimately a competition throughout the whole student body and staff, really any one who owns a Fitbit watch, for four weeks. Every week the contestants will work on achieving the most of a certain category:

- **calories burned**
- **miles walked**
- **floors climbed**
- **minutes active**

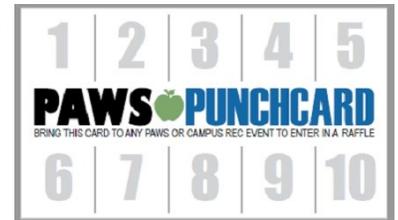
See the Leader Board on the Plourde Conference Room window or ask Mike Rodier for more details!

A big shout-out to Sean Kennedy for burning the most calories in week 1!

It is never to late to join, simply email your Fitbit Weekly report to the email address below by noon on each Wednesday of the competition: fitbitfitnessfrenzy@yahoo.com.



Congratulations to **Alana Caraballo** and **Ethan Canova**, our first two winners in the PAWS Punchcard drawings. Ethan won a Nutribullet system and Alana won a sweatshirt from the bookstore. It is not too late to start competing as there are 15 days left in the competition!



Don't forget to check us out in the Plourde again this year for the ever so popular "Thirsty Thursday" where every Thursday through the semester PAWS brings water to the second floor of the Plourde for anyone to take.

November 2018

Plourde Recreation Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7am-10pm	2 7am-9pm	3 9am-6pm
4 12pm-10pm	5 7am-11pm	6 7am-11pm	7 7am-11pm	8 7am-10pm	9 7am-9pm	10 9am-6pm
11 VETERAN'S DAY 12pm-10pm	12 7am-11pm	13 7am-11pm	14 7am-11pm	15 7am-10pm	16 7am-9pm	17 9am-6pm
18 12pm-10pm	19 7am-11pm	20 7am-3pm (Thanksgiving) (Pool Closed)	21 Happy Thanksgiving	22	23	24
25 7pm-11pm (Thanksgiving)	26 7am-11pm	27 7am-11pm	28 7am-11pm	29 7am-10pm	30 7am-9pm	

*All hours are subject to change

**Specific room schedules are posted next to each area

Pool Hours:

Monday, Wednesday: 7am-9am & 6:30-9pm
 Tuesday, Thursday: 11:30am - 1:30pm & 6:30-9pm
 Friday: 8am - 10am
 Weekends: Closed



Survey Winners!

Thank you again to everyone that participated!



Abigail Browchuk what is your favorite color?
 You are going to Elf on Sun Dec 2 @ 1:00PM!



Mary-Kate Pizzi, I hope you are in need for a new Assumption College Sweatshirt because you just won yourself one!

Intramural Corner

As the air gets crisp, tensions are only just starting to heat up, with several major wins in our fall intramurals competitions!

- To start, Flag Football concluded with a (non-contact) brawl of a bracket, with all eleven of the teams battling for the championship under the lights on November 1st. Those Sunday and Thursday nights, saw teams fall off nearly as fast as those flags. Ultimately, Dragons beat out Practice Squad, and My Sons beat out Big Sexy's Bunch to advance to the finals. The showdown concluded with My Sons putting up 40 points against the Dragons' 24, and the 10-man roster, led by captain Alexander Richardson brought home the championship shirts victorious. Our biggest spectator sport so far, we look forward to seeing these gentlemen in action again, as many have already joined our early winter competitions!
- Our co-ed sports side has been just as wild and entertaining, with Kickball concluding its season on October 29th. Fighting chilly hands, muddy equipment, and the rapidly setting sun, Practice Squad (unrelated to Flag Football) fought the Zodiac Kickers and secured a championship spot against the ever-eager first-place Hound Yeah! team. In a nail-biter, Practice Squad walked away with a 5-3 win, their long walk back to the Plourde made a little easier knowing they had etched their names on the hallowed championship team walls.
- The air may have been cold, but the bats were HOT, as the three co-ed teams tore up the base-paths at Marois Field. While Bevins and Her Nators (lead by none other than Kaitlin Bevins) fought hard, they fell early in the playoffs, leaving Mamba Mentality and The Process in the championship. With a final score of 16-12, The Process' homers won the day; captain Brian Noone and crew beat out the cold and secured their beautiful grey, all-cotton championship shirts, and their spot on the Plourde Wall of Winners.
- The Fall tradition Home Run Derby saw nine guys slug it out in a timed-round, double-elimination competition. On the afternoon of October 28th, Marois Field was marked out into zones of 1, 2, and 3 points, successively farther away from home plate deep into the outfield. While all of the participants boasted some bombs, it came down to Justin Lavoie, also known for his QB skills in Flag Football and stick-handling in Floor Hockey, and Ultimate Frisbee captain and hammer-extraordinaire David Pepin, both far ahead of the pack and vying for the title. In the end, while David put up an impressive 43 points, Justin took home the coveted championship shirt with 52 points.
- Ping Pong season has started, with individual matchup results coming in soon. Stay tuned as this season heats up with some serious table-top action!
- Men's and Women's Indoor Soccer is the first of our new indoor season sports, with three women's teams and four men's playing Sunday, Monday, and Tuesday nights. The Winners, led by Kristian Roman, appear aptly named, cruising to the top of their men's league with three straight wins. For the ladies, D-1SOC has aggressively done the same, pulling ahead to 1st place and hoping to maintain their lead on the pack as we hit mid-season. Look ahead and book your schedule to watch any of these teams battle in the playoffs right after Thanksgiving, sure to bring some intense spectacle of intramural fun.
- In Floor Hockey, Teams Jackie, TOGA on Three, Hound Yeah!, and Meet the Flockers make up the 2018 Women's Floor Hockey league. Meeting on Sundays and Tuesdays, Hound Yeah! and Flockers appear to cling to a slight edge, though the season is young. For the men, six teams compete on Sunday, Monday, and Wednesday nights, with Colin McQuillan's Big Sexy's Bunch tearing ahead with a three game lead in the division. The last weeks of November will tell if these athletes will hold onto that lead, with playoffs just around the corner.
- With less than fifty days till the most wonderful time of the year, Plourde is looking ahead toward two major chances to bring a championship shirt home for the holidays. The annual Wallyball Tournament will be taking place on Thursday November 29th, when co-ed teams of up to 4 compete in a unique, walled version of everybody's favorite game volleyball! Mid-November sees the start of everybody's favorite intramural season Soccer Billiards! Be sure to sign up your co-ed teams of 2 on IMLeagues.com today, to get your shot at championship glory.

Follows us on Social Media and use #ACRec and #IMHounds all year for chances to win prizes



Assumption College Recreation



AC_REC & AC_Intramural



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