

CAMPUS RECREATION

Assumption College Campus Recreation Monthly Newsletter

October 2018

Monthly Notes

Happy October to you all and welcome back from Columbus Day Break! Here in Campus Recreation our first set of Intramurals are winding down and signups for Indoor Soccer and Floor Hockey will be closing next week as we get set to move indoors. A full recap of what has been happening and what is to come can be found on the back page in the Intramural Corner.

I hope most of you reading this have ventured out to try a new club or activity. If not, it is not too late to join one of our clubs. Please check out the Club Sport spotlight on page 2 of this Newsletter each month and this month read about our Equestrian and Women's Club Volleyball teams!

The last two weeks have seen Assumption College join 218 other colleges nationwide in the Espresso Fall Frenzy. Espresso is the manufacturer of our new upright spin bikes and each fall they host a competition to see which school can ride the most miles. In the Qualifying Round on September 26 & 27th, which saw the top 16 teams move on, Assumption rode 147 miles to claim 12th place. Feeling strong in its showing, Assumption rode against Binghamton University in the Super 16 round on October 6th & 7th amassing 200 miles this time, only to come up short as Binghamton out rode us. It was a great showing for the first ever appearance and we look forward to strong showing next fall!

Lastly, we have released a department-wide survey and are asking all to tell us your thoughts. We really appreciate you giving us 5 minutes of your time to let us know how our programs, equipment and facility are meeting your needs. I have included a link to this survey on page 3 of the Newsletter for you all.

Mike Rodier
Director of Campus Recreation

"The Plourde feels like my second home on campus. When I walk into the building, I feel welcomed & accepted. Plourde offers many different ways for people to comfortably exercise, so that there is no intimidation or judgement. Everyone is allowed to have their own type of comfort zone, and that is my favorite thing about the Plourde."

- Nicole Bruno '19

Picture of the Month



Absolute Units - Lawn Games Champions

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Club Sports Spotlight

Equestrian

By Kylie Fitzgerald



Equestrian Team at Four Winds Farm

The Assumption College Equestrian Team is a small group of students captained by Seniors Kylie Fitzgerald and Emily Nuss, which partakes in friendly competition as part of the nationwide association IHSA. Each school classified under zones and regions; Assumption College is a part of Zone 1 Region 1, which means we compete with schools like Brown, Becker, Salve Regina, URI, and several others! This style of horseback riding is known as Hunter Seat Equitation. When competing, we are judged on how well *our* position is and how well we work with our horse in the flat ring and in the jump ring. Though competitive we gladly take in students of all riding backgrounds and experience levels.

Practices are held once a week and we show on the weekends throughout each semester. The fall semester is our busiest, with 6-7 shows beginning in early October and ending in mid-November. While the spring semester is fairly low-key, with only 3 shows, it leads up to Regionals, Zones, and then Nationals! We have had riders in the past make it to Zones but never to Nationals in Kentucky, so has that remained a goal of ours. Being on the team allows the members to explore the equestrian world outside the Assumption campus community, through direct care for horses in an actual barn, riding twice a week, and frequent exposure and immersion in horse show culture. Come check us out!

Women's Club Volleyball Team

By: Emma Salachi

The Assumption College Women's Club Volleyball team is a great way to make friends and play volleyball at a competitive level here at Assumption! This year, our team is the largest it has ever been with 18 players.

We practice twice a week in the Plourde from 7-9pm, and we participate in 2 or 3 tournaments per semester. We are a member of the Northeast Women's Club Volleyball League, and we have competed at colleges all over New England and New Jersey, such as Providence College, the University of New Hampshire, Boston University, UConn, and Seton Hall.

This semester, we will be hosting a tournament here at Assumption! Tournaments are all-day events that provide great opportunities to bond with teammates and compete at a high level. Come out and support us in the Plourde on November 4th!



2018-19 Women's Club Volleyball Team



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**
- **steps walked**
- **floors climbed**
- **minutes active**

To participate simply email your Fitbit Weekly report to the email address below by noon on each Wednesday of the competition: fitbitfitnessfrenzy@yahoo.com.

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

Have you Taken our Survey Yet?

NO? Why not?

We are asking for your input on how our programs and services are meeting your needs. Please take the time today to take the survey. We are giving away Elf

Tickets and a sweatshirt from the bookstore as a thank you for your time and opinions!



[https://
baseline.campuslabs.com/ac/](https://baseline.campuslabs.com/ac/)



A big Shout-out to the 50 riders who helped Assumption claim 12th place (out of 291) in its first appearance in the Fall Frenzy.



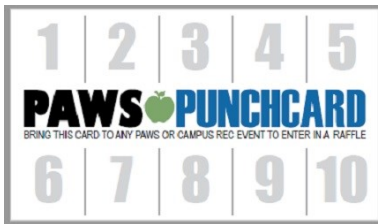
If you have not been on an Expresso Bike or have not yet made an account, then you are missing out. These upright spin bikes are like nothing the Plourde has offered in the past. The bikes place you as an avatar on the screen riding courses or trying to earn points in the gaming portion of the built in rides.

There will be an Assumption only competition coming in November where we all will be competing against ourselves for great incentives! Make your account today to be eligible!





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.



Also, the PAWS Punchcard is back! Get yours today and start getting it stamped for your chance at a NutriBullet and other great prizes just for visiting the Plourde!!

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



Assumption College Recreation



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Intramural Corner

- In keeping with tradition, the Intramural season opened with the annual Lawn Games Tournament! On Saturday September 8th teams of two battled it out in corn-hole, Kan-Jam, Spikeball, and horseshoes, chasing the first of the glorious Rec Championship t-shirts. The dozen plus teams rocked out with the new Plourde speakers and fueled their games with generous Wings Over and Chick-fil-A donations. In the end, team Absolute Units, made up of Adam Derbyshire and Bryant Halpin were victorious, barely edging out the competitive runners-ups of Two Dads and The Temps.
- Flag Football is back! With 11 Intramural Men's teams, the season kicked off on September 16th, to huge success. Several teams are maxed out with rosters pushing 15, with the 7 vs. 7 teams tearing up the turf on Sundays and Thursday nights. These high-scoring face offs have started drawing crowds of family and friends, so make sure you come on down to check out the boys. Playoffs will be held starting October 25th, so mark your calendars now to experience all the action of our non-padded stars.
- Softball is in full swing, with 3 co-ed teams epically competing Monday, Tuesday, and Wednesday nights on the Marois Field. Co-ed teams have been crushing it; literally, hitting bombs deep into the woods, and figuratively, putting up with rain and non-optimal field conditions frequently. Three teams remain on the season, with lineups even including some well-known staff names as Mike Rodier and The Kaitlin Bevins! You can find these teams Monday, Tuesday, or Wednesday evenings on the field, as the playoffs approach on October 22nd.
- There's also Ping-pong league, a solo challenge season pitting Assumption's best table-tennis units in a bracket over a 5-week stretch.
- Finally, we have the very-popular Baseball Home Run Derby coming up on October 21st, as single-day event sure to bring out all the heavy-hitters wanting a swing at a Championship t-shirt.

To get in on any of these, be sure to check out open registration on IMLeagues.com

MENS AND WOMENS FLOOR HOCKEY

SIGN UP DEADLINE:
OCTOBER 12TH

REGISTRATION FEE:
\$20

CAPTAINS MEETING:
OCTOBER 18TH

COMPETITION:
OCTOBER 21ST

GAMES:
SUNDAY THROUGH WEDNESDAY
9-11PM

SIGN UP ON IMLEAGUES.COM TODAY!!!

ASSUMPTION COLLEGE INTRAMURALS

AC REC PRESENTS

INTRAMURAL INDOOR SOCCER

SIGNUP IMLEAGUES.COM

REGISTRATION ENDS OCT 18TH

MENS & WOMENS LEAGUE

5 V 5 Teams

ma.aldonaproulx@assumption.edu - 5087677469