

# CAMPUS RECREATION

Assumption College Campus Recreation Monthly Newsletter

September 2018

## Monthly Notes

Welcome back to school and a special welcome to all those in the class of 2022. We hope you all enjoyed your summers. Here in Campus Recreation we missed you and as I write this I can hear how quiet the Plourde is and how that finally is about to change!

We hope that you all come down and get involved in at least one of the many programs that we run. Maybe this is the year that you sign up for that Co-ed Kickball team, or maybe you face the fear that you still have from falling off a horse when you were 10 and you join the Equestrian Team this year. Maybe you decide to give Pound Fitness a try as your friends have suggested or maybe you channel your inner biking legend and post all the top scores on the new Espresso Bikes. Whatever you choose this year we look forward to being a part of it.

As you read on in this issue you will see the changes that we have in store for the campus this year in new equipment, new staff and new programs. Later in September we will release a survey where we are asking for you to tell us what we are doing well, what we can improve on and what programs or equipment we should add.

Mike Rodier  
Director of Campus Recreation

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*"Intramural sports have been the perfect way to spend my free time this semester! I've met a lot of my best friends via intramurals, and it's become one of my favorite parts of campus!"*

*- Josh Corrigan '21*

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## Picture of the Month



Dance Team National Champion Rings!!!

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# Club Sports Recap of 2017-18

## **Cheerleading**

Traveled to BU for the UCA Camp - awarded "Most Improved Team".

Traveled to Daytona, FL for NCA National Competition (1<sup>st</sup> time since 2013) Finished 6<sup>th</sup> in Division!

## **Dance**

Traveled to Las Vegas, NV for the Dance Team United College Classic finishing 1<sup>st</sup> in Open Pom naming them National Champions.

## **Equestrian**

Traveled to Roger Williams, Salve Regina, URI etc. for shows

Hosted Home Show with Holy Cross & Clark in late November!

## **Latin Dance**

Volunteered at a Revolution Game in October & taught fans Salsa, Merengue, and Bachata

Performed at ALANA's 16th Annual Step & Dance Competition in Laska Gym early April.

## **Martial Arts**

Worked with RAs to offer self-defense seminars to students

Participated in De-Stress Fest by offering Board Breaking lessons

## **Outdoors**

Fields of Adventure Park (CT) for a ropes course trip late April.

Vermont to ski/snowboard Mount Snow on a Saturday in March.

## **Running Club**

9 Club Members took part in the Westborough 5K Turkey Trot on November 18<sup>th</sup>.

## **Men's Basketball**

Volunteered to host 3-on-3 Tournament

Proceeds went to victims of the Houston Hurricane.

## **Women's Basketball**

Hosted 1<sup>st</sup> ever Tournament! 3 local College.

Participated in NIRSA Women's League (vs. BU, Providence, UMASS, etc.)

## **Men's Volleyball**

Traveled twice to University of New Haven for Preseason Tournaments.

## **Women's Volleyball**

Several Tournaments this year

Schools like UCONN, UNH, and Seton Hall.

1st ever Tournament in November BROUGHT 7 TEAMS to Assumption.

## **Ultimate Frisbee**

Hosted their 1<sup>st</sup> ever Tournament in April bringing WNEC and Becker College to our campus.

Traveled to Tournaments at Springfield and Stonehill College.

**Miss the Club and Activities Fair???**  
**It is never too late to join a Club Sport!!!**

Check out our website at [www.assumption.edu/campus-life/campus-recreation/club-sports](http://www.assumption.edu/campus-life/campus-recreation/club-sports)  
or visit the brand new Club Sports Information Board in the lobby of the Plourde to get the  
contact information for all of our Club Sports Captains!

Interested in starting a new club? Fill out a New Club Application found on the Campus recreation page on the Portal and schedule a meeting with Michael Aldana-Proulx, Assistant Director of Recreation for Intramurals and Club Sports!

## Fall Fitness Classes Are HERE!

Free Class Trial Week: September 9th through 14th

Registration opens right after the trial class!  
Sign-up online at [IMLeagues.com](http://IMLeagues.com)  
Fee: \$25.00

Classes start the week after the trial week  
and go for 10 weeks


<b>Zumba Sunday</b> 6-7pm 	<b>Boot Camp Monday</b> 6:45-7:15pm 	<b>Zumba Tuesday</b> 6-7pm 
<b>Spin Wednesday</b> 5-6pm 	<b>Yoga Thursday (Beginner)</b> 5:00-6:00pm 	<b>Yoga Thursday (Intermediate)</b> 7:00-8:00pm 
<b>Pound Rockout Tuesday</b> 5-6pm 		<b>Pound Rockout Friday</b> 7:15-8:15am 



Come try out our new Espresso Bikes!!!

Be sure to sign up with an account so you can be eligible for the competitions & prizes we will be offering!!!

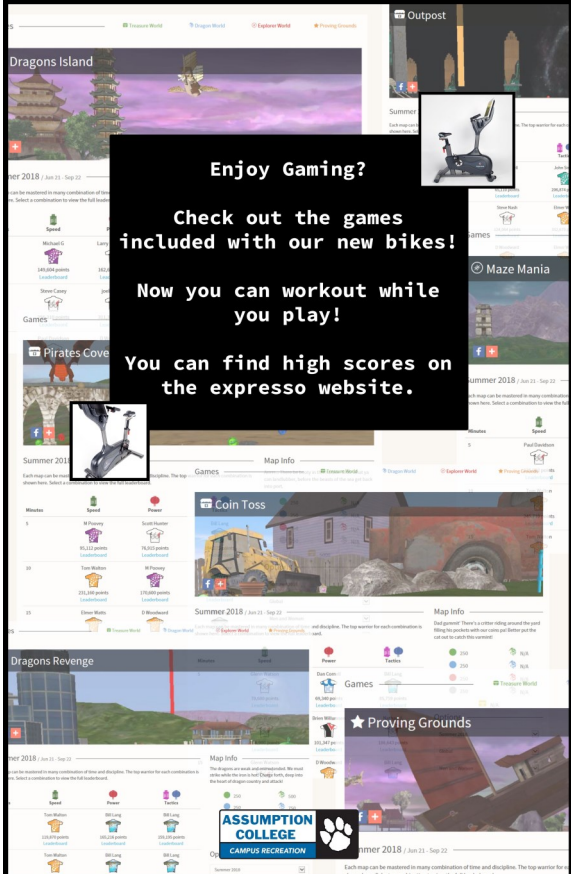
### New to the Plourde... ...Expresso Bikes!

 This bike has a fully-immersive touch-screen loaded with workouts, trails, and games.

 The handlebars turn left to right for an authentic experience.

 Adjust the resistance for your most effective workout.

Come try one yourself!

**Do you want a legendary Intramural T-Shirt?**

Join our intramurals

Sign up on imleagues as a team, individual, or free agent!

And go for the WIN for that SHIRT!



**Intramurals include:**

Basketball - 5v5 (Men's/Women's)  
Basketball - 3v3 (Men's/Women's)  
Battleship (Co-Ed)  
Kickball (Co-Ed)  
Softball (Co-Ed)  
Flag Football (Men's/Women's)  
Floor Hockey (Men's/Women's)  
Lawn Games (Co-Ed)  
Soccer - Indoor (Men's/Women's)  
Soccer - Outdoor (Co-Ed)  
Volleyball - Indoor (Men's/Women's)  
Volleyball - Beach (Men's/Women's)  
Ping Pong (Co-Ed)  
Three-Point Shootout (Men's/Women's)  
Wiffleball (Men's/Women's)



**Need to charge your phone?**

**Check out one of our new portable chargers from the front desk !**



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**\$40 Golf Membership**

**Play Unlimited Golf!**

at Green Hill G.C. in Worcester, MA

**\$40 one time fee**

Valid 7 days per week

Must show student ID

**Must sign up with Recreation Department**

Valid until the end of the semester



To sign up email  
mrodier@assumption.edu

**Don't Miss out on the first Quarter Intramurals!**

# FALL 2018 INTRAMURALS SIGN-UP ON IMLEAGUES!

Sports	League Type	Sign-Up Deadline	Captain's Meeting	(Tentative) Play Begins
Lawn Games (Tournament)	Co-Ed	Sept 6th 12:00am	Sept 7th 11:45am	Sept 8th @Noon Saturday
Kickball (Season)	Co-Ed	Sept 6th 11:30am	Sept 6th 11:45am	Sept 10th @5pm
Softball (Season)	Co-Ed	Sept 6th 3:30pm	Sept 6th 4:00pm	Sept 10th @3pm
Flag Football (Season)	Men/Women's	Sept 14th 11:30am	Sept 14th 11:45am	Sept 17th
Ping Pong (Season)	Co-Ed	Oct 2nd 11:30am	Oct 2nd 11:45am	Oct 3rd
Home Run Derby (Tournament)	Men's	Oct 18th 11:30am	Oct 18th 11:45am	Oct 21st @1:30pm Sunday
Floor Hockey (Season)	Men/Women's	Oct 23rd 11:30am	Oct 23rd 11:45am	Oct 25th
Indoor Soccer (Season)	Men/Women's	Oct 23rd	Oct 23rd	Oct
Soccer Billiards (Tournament)	Co-Ed	Nov 8th 11:30am	Nov 8th 11:45am	Nov 9th @6:30pm Friday
Wallyball (Tournament)	Co-Ed	Nov 28th 7:30pm	Nov 28th 8:00pm	Nov 29th @7:00pm Thursday
3v3 Basketball (Tournament)	Men/Women's	Nov 30th 11:30am	Nov 30th 11:45am	Dec 2nd @5:30pm Sunday

Fees: Tournament = FREE Season = \$20/team \*Ping Pong = \$5



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



Assumption College Recreation



AC\_REC and AC\_Intramural



ac\_rec