

UNIVERSITY of **HOUSTON** | CAMPUS RECREATION

October 2009



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OUTDOOR ADVENTURE

The Farmers Market Bike
Tours are turning heads.
See Houston in a whole new
light.

Phuong Phan
EDUCATION SENIOR[Check Out This Video](#)

WATER POLO

Player of the Week



Dear Cougars,

The number of students participating in Campus Rec programs and events is on the rise. This tells me that firm strides are being made in the right direction, both as a major university and a department. I am excited to announce the installation of outdoor lights on the field behind our facility. This is one of many steps designed to increase the quality of our programs and overall functionality of our facility. The first night game on our lit fields will be played this weekend. We are also excited to announce the hiring of a new director. Linda Buonanno, from Temple University, will be starting November 2, 2009. It has been a blast serving as your director for the last two and a half years. I just ask that you stay active, stay involved, and continue supporting campus recreation.

Sincerely,

Reginald K. Riley
University of Houston Campus Recreation
Interim Director

Looking Ahead

Events and Programs

- 10/13- IM Bowling Doubles
EntryDeadline
- 10/17- Girl Scout University
- 10/17-18, OA Canoeing Trip, Llano
River
- 10/20- IM Volleyball Entry Deadline
- 10/23- Homecoming Dance
- 10/23- OA Bats and Bikes, Waugh Street Bridge
- 10/24- SMU vs. UH Football (Homecoming Game)
- 10/24-25, Texas Division Water Polo Championships @ UH
- 10/28- Haunted Penthouse @ The Rec, 4-6pm. *FREE*
- 10/29- GroupX Blast From The Past, 5-8pm
- 10/30-11/1, OA Backpacking in the Lost Maples [More Info](#)

Find everything you need www.uh.edu/recreation

October has also boasted well for water polo. The Cougars went 4-0 last weekend and are now 2nd in the conference. Jon Fouty has received his 2nd Texas Division Player of the Week Honors from the Collegiate Water Polo Association for his performance at the last tournament. Link to the article can be found below.

Texas Division Championship set for October 24-25 at Houston.

[More on Jon Fouty](#)

BLAST FROM THE PAST!

Enjoy a night of fun to dress up in your best 80's outfits and participate in a variety of GroupX classes. So throw on the spandex and legwarmers and expect plenty of free goodies and prizes.

Thursday, Oct. 29th
From 5:00-8:00pm
MPR 1&2.

Roxy Athletix

On September 29th and 30th The Roxy College Athletix Tour visited Campus Recreation. Over 500 students participated in a variety of events. The tour emphasizes the importance to total health for women, Representative from Roxy provided free promotional give-a-ways, information, and an array of outdoor fitness classes. Thanks go out to all volunteers who helped make this event a huge success.

GET IN THE WATER!

Campus Rec Facts and Figures

2530 lockers available to rent

1.3 million gallons of water in natatorium

53 foot tall climbing wall 1 foot taller than Texas A&M's wall

14.6 tons of dumbbells and plates.

Top 10 Halloween Candies

1. Candy corn
2. Laffy Taffy
3. Double Bubble Bubble Gum
4. Cotton Candy
5. Lollipops
6. Reese's Peanut Butter Cups
7. Hershey's chocolate
8. Wonka nerds
9. Airheads
10. Tootsie rolls



A majority number of parents admit to plundering through their child's candy stash.

Great Costume Ideas for the 31st

Lady Gaga, Kate Gosselin, and Kanye West

[More Great Costume Ideas](#)

5K Training- GroupX Class

Have you ever wanted to run in a 5K, but didn't know how to train for one? This 6-week running class will provide you with the training necessary to complete a 5k race. Each week will multitudine of different runs, so be prepared for a variety of fun!

Informational Meeting: Oct. 19th, 6:30pm in MPR 3

Start Date: Oct. 21st every Wednesday at 6pm

End Date: Dec. 9th

Meeting Room: MPR 1/2 for warm-up and stretching before the run.



**Free Swim clinics:**

Freestyle - October 27

Backstroke - November 3

Youth Swim Lessons:

October 26-November 19

Adult Swim Lessons:

October 12- Oct 22

October 26-November 5

November 9-November 19

SCUBA

October 13-November 5

Leisure Pool will be closing October 31st, 2009 and will re-open March 1, 2010. Please pardon our progress.

[More Info](#)

Vote!

 Getting Results The Old Fashioned Way

Campus Rec employees Cheryl Pleasant, Hiram Blake, and other volunteers assembled tables in the Rotunda and registered over 100 students to vote. This initiative was in preparation for the November 3rd election. These efforts were a part of a larger campus-wide effort aimed at getting UH students more informed, engaged, and vocal about their community.

Haunted Penthouse

HallowScream Event

Campus Recreation is pairing up with the UC to provide student with an on-campus haunted house. "The Haunted Penthouse is sure to supply plenty of blood curdling screams" says Campus Rec Marketing GA, Daniel Pusey. After an elevator ride to the third floor, students will be lead through a maze of terrifying ghosts and goblins. This event will be held on Wednesday, October 28th from 4:00pm to 6:00pm. Tour begins in the Rotunda of he Campus Recreation and Wellness Center. Free T-shirt will be given to the first 100 victims. However, they will be re-cycled since you probably won't make it out alive. Only people in good health will be allowed to enter. Are you up for the challenge?



UH Sport Clubs Look Strong

The defending women's basketball Lone Star Sport Club Conference champions have started the season shaky. UH Women's Club Basketball team has started the season 1-2 and will host Lone Star College-Montgomery this Friday at 7pm in the rec center.

After going winless last season, the UH Men's Club Basketball team has gotten off to a good start. Their record stands at 2-1 and lost a close game to HCC-Northwest on Saturday afternoon. They play host to HCC-Southeast this Friday at 8:30pm.

The long awaited women's club soccer team has made a name for themselves in rapid fashion. They've started the season 4-0 with very impressive wins. They've scored 32 goals on the year and have yet to give up one. Their next match is this Saturday against Lone Star College-Tomball and look to keep the streak alive.



The defending conference champion, men's club soccer team have also started the season off great. They're also 4-0 and have a double header this weekend. They play undefeated Rice at Rice Stadium this Saturday morning and play Lone Star College-Kingwood on Sunday afternoon.

Campus Rec accounted for 40% of all on- campus voter registrations.

SGA is sponsoring shuttle service for early voters. Shuttles run from October 27-29, 11am-2pm. Drop off and pick up points at UC Circle.

[More Club Sports](#)



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