

UNIVERSITY of HOUSTON | CAMPUS RECREATION



November 2009

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Thanksgiving Break Holiday Hours

Wednesday, Nov. 25th:

6am-7pm

Thursday, Nov. 26th:

Closed

Friday, Nov. 27th:

Closed

Saturday, Nov 28th:

Noon-8pm

Sunday, Nov 29th:

Noon-11:30pm

Enjoy the Holiday!

[More Reduced Hours](#)

Election Night Watch Party

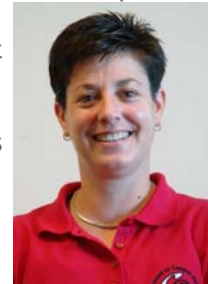
Campus Recreation hosted an election watch party on November 3rd. President Khator and Vice President Lee were very pleased with all the arrangements and the number of students who attended. A special word of appreciation to

A Note from the Director

Dear Cougars,

I am extremely excited about leading the team at the Department of Campus Recreation at the University of Houston. I am committed to providing excellent customer service in the delivery of our recreational activities and program to our students, faculty, staff, alumni and guests of the University of Houston.

Additionally, Campus Recreation will continue to enhance our co-curricular learning opportunities for our students in their pursuit of our programs, services and employment with Campus Recreation. Please feel free to contact me or any of the staff at Campus Recreation if you need assistance. I hope that your time spent participating in our recreational activities will be enriching and that I can support you in achieving your recreational goals while here at the University of Houston.



Sincerely,

Linda Buonanno
Director
University of Houston Campus Recreation

Looking Ahead Events and Programs

11/11- IM Basketball Fall Classic Entry Deadline

11/12- Campus Rec Job Fair, 4-6pm. Rotunda

11/13-15, OA Hill Country Bike Tour Weekend

11/14- UH Football vs. UCF (Away)

11/19- AQ CPR Classes, 10-6pm

11/20-21, AQ COUGAR CLASSIC Fall Invitational Swim Meet

11/21- Memphis vs. UH Football (Home)

11/25-29, OA Thanksgiving Climb Trip - Hueco Tanks

each of you for the part that you played to insure the success of the event with setup, photography, equipment, etc.

Girl Scout University



UH and The Girl Scouts of America teamed up to provide Houston area Girl Scouts a taste of the college experience. Campus Recreation hosted clinics in rock climbing, ultimate frisbee, basketball, dance, and safety. Over 140 girl scouts from ages 11-16 participated in dozens of similar programs throughout the campus. Campus Recreation would like to send out a special thanks to the Ultimate Frisbee Club for their tremendous support in the event.

Dodgeball Tournament

Duck, dive, dip and dodge on Wednesday, Nov. 11th from 7pm-9pm. This dodgeball tournament will be held at Campus Recreation and is presented by The Student Program Board. Teams of 5 are now being registered.

Winners will receive free T-Shirts and Improv Tickets.

Check it out more information www.uh.edu/spb

Fitness

New Spinning Bikes !

11/28- Rice vs. UH Football (Home)
12/2- IM Poker Tournament Entry Deadline
12/7- OA Bike Trip and Blue Bell Ice Cream Factory Tour

Find everything you need www.uh.edu/recreation

Thanksgiving Facts and Figures

Gobble Gobble

Can a Turkey Jump higher than the Empire State Building?
Yes- The Empire State Building can not jump.

About 41 million Americans travel at least 50 miles from home on Thanksgiving. This figure is down 1.4% from last year. The Sunday after Thanksgiving is the heaviest travel day of the year.

Gas prices are raised an average of 86 cents during the week of Thanksgiving.

Californians are the largest consumers of turkey in the United States.

The first Thanksgiving was celebrated in the Fall of 1621.

In 1863 Abraham Lincoln made a Thanksgiving Proclamation, officially making the last Thursday in November Thanksgiving Day for years to come.



Haunted Penthouse



Campus Recreation along with the University Center hosted the first Haunted Penthouse as part of the HallowSCREAM event. In two hours time, nearly 400 students and friends enjoyed a ten minutes tour of our haunted graveyard, meal worm



Try-Out a aero- dynamic spinning bike in any of the TEN GroupX classes offered this semester.

Intramural Results

Indoor Soccer Champions



Competitive: NSA Eagles
 Fraternity: Pi Kappa Phi
 Sorority: Delta Gamma
 Recreational: Cracker Jacks

Wii Sports Overall

1. Oscar Leon
2. Adam Finney
3. Paul Sierra

[More Information](#)



eating zombies, and even a Chainsaw wielding monster. This event is sure to be yearly tradition at the University. A combined total of 30 students and staff volunteered to make this a spectacle a strong success. If you missed this event, plan for next October's event, we will be waiting for you!

Water Water Everywhere

Aquatics has plenty to offer

SWIM CLINICS:

These are FREE clinics designed to help you fine-tune your swim strokes- instruction from our high-quality instructors. PLEASE REGISTER AT WELCOME DESK - MEMBER SERVICES!

Backstroke: Tuesday, November 3, 2009

Clinics on Tuesdays from 5:30pm - 7:30pm

Email masters@central.uh.edu for more information

SWIM MEETS:

Friday - Saturday, November 20-21

COUGAR CLASSIC Fall Invitational Swim Meet

Come cheer on the UH swimmers as they compete against other schools. GO COOGS!

CPR CERTIFICATION:

Thursday, November 19, 10am -6pm

Do YOU have what it takes to save a life? Sign up for a CPR class and learn some superhero skills!

\$47 for members \$52 for non-members

REMINDERS: Leisure Pool is closed November 1 through March 1

[Aquatics Link](#)

UH Rugby

The UH Rugby Club is gearing up for an exciting season, both on and off the field. "Developing a women's rugby team is a major goal for our program", says UH Rugby president Vincent Cervassi. The hard work and dedication expressed by these individuals will most certainly yield success.

Rugby has even hosted the National Division II Women's Rugby Championships at Cullen Fields last weekend. 10 teams from all over the state will be competing for the championship. The main focus of this event was to raise support and notice for the emerging Women's Rugby team.

The first game of the season, at Galveston, will be held on November 14th. UH Rugby's



Home opener is on November 21st.

Any and all UH students that show an interest in the game are encouraged to get involved. Practices are held every Tuesday and Thursday from 4pm-7:30pm on the IM fields. Fields are located on the corner of Cullen and Elgin.

[Click to Get Involved](#)

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