

theLift

Western
Carolina
UNIVERSITY



Building a Community of Spartans

Have you ever set out to finish a race? Have you ever built a community of support that challenges you to take the next step towards your fitness goals? It's not always easy finding a community of support, but this summer a group of CRW professional staff and CRC members took on the Spartan Sprint Race in Black Mountain, NC.....together!

CRW wants to congratulate all the Spartan finishers on a job well done! The race consisted of 4.2 miles with about 20 obstacles along the way. These Spartans were scaling walls, dodging barbed wire, swimming through waterways, and carrying buckets of heavy proportions uphill. This was no ordinary feat and the best part was there was a lot of teamwork along the way!

The seven WCU faculty/staff participants include Kristin Calvert (Library), Jacob Deal (UPD), Mandy Dockendorf (CRW), Jonathan Johnston (CRW), Allison Krauss (Graduate School), Brandon MacCallum (CRW), and Kaitlin Ritchie (International Programs). Congratulations!



There are a lot of CRW fitness training and recreation opportunities that build a community of support, like Catamount Fit, Intramural Sports, and Base Camp Cullowhee trips. For more information, check out the rest of our newsletter.

Campus Recreation and Wellness, Counseling and Psychological Services, and Health Services wants you to
“Be Involved. Be Healthy. Be Well.”



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Intramural and Club Sports

Hey Sports Fans!

The first month of Intramural sports action is upon us! As you continue to embrace the new semester, don't forget to participate in the following intramural leagues and tournaments.



Leagues

LEAGUE	REG. DEADLINE	DIVISIONS	PLAY
Flag Football	9/6/2017	CoRec/Men's Comp, Men's Rec/Women's	9/11/2017
Outdoor Soccer	9/20/2017	CoRec/Men's/Women's	9/25/2017
Volleyball	10/11/2017	CoRec Comp/CoRec Rec, Men's/Women's	10/23/2017

Tournaments

EVENTS	LOCATION	DATE	TIME	REG DEADLINE
Golf Doubles	Smokey Mountain Country Club	9/16/2017	2:30 pm	9/13/2017
Disc Golf Doubles	Catamount Links Course	9/13/2017	5 pm	9/11/2017
Water Battleship	Reid Pool	9/24/2017	2 pm	9/20/2017
Tennis Singles	Norton Courts	10/7/2017	2 pm	10/4/2017

All registrations are available on Imleagues.com/WCU or on the Imleagues mobile app!

Club Sports

We have 16 active club sports this fall semester, so there is something for everyone. The Club Sport program would like to welcome Men's Club Volleyball and Club Golf as our newest club sport team. Feel free to reach out to the Men's Club Volleyball president, DJ Williams or Club Golf president, Brady Joyner about joining the club. Come cheer on your fellow catamounts at some of our club sport home games this September!

Ballroom Dance

Cheer

Cycling

Equestrian

Men's Rugby

Men's Volleyball

Women's Lacrosse

Women's Soccer

Bass Fishing

Climbing

Golf

Men's Baseball

Men's Soccer

Ultimate Frisbee

Women's Rugby

Women's Volleyball



[Club Ultimate Home Tournament](#)
Saturday, Sept 30th and Sunday, October 1st
Jackson County Parks and Rec Fields



[Men's Club Rugby vs UNCG](#)
Saturday, Sept. 16th at 5pm
CRW Fields

To find out more about our club sport teams, please visit our club sport webpage at go.wcu.edu/crw, visit a club's imleagues page.

Fitness & Wellness

A Primer on the New Nutrition Label

For the first time in nearly two decades, the nutrition facts panel is getting a makeover! The new labels are set to begin appearing this year, and all food products will be required to have the updated label by July 2018. The re-designed label is intended to reflect updated scientific information and help consumers make better-informed food choices.

Studies show that only 50% of consumers glance at nutrition labels. Hopefully the simpler design will make labels easier to read and less confusing! Here are some things that you may notice changing if you flip over your groceries to look at that label:

Calories: The number will be displayed in larger font.

Serving Size: The serving size will now reflect what people actually eat and drink. For example, ice cream will no longer list $\frac{1}{2}$ cup as a serving but $\frac{3}{4}$ cup.

Added Sugars: Sugars added by manufacturers will now be listed. This will help people understand how much sugar is naturally occurring in food versus how much has been added.

Nutrients: Vitamin A and C are no longer required on labels as deficiencies are rare. Vitamin D, Iron, Calcium, and Potassium will be included.

Calories from Fat: Calories from fat have been removed from the label. This information sometimes led to the assumption that fat was negative. Fats should be a part of the diet, especially healthy fats!

The food label is a great tool to use when trying to purchase and eat more healthful foods, but don't forget to look at the ingredient list as well! A good rule of thumb is to look for foods with a short ingredient list that contains recognizable items.

*Provided by Catherine Beck, MS, WCU Dietetic Intern

References: www.fda.gov

Personal Training

Are you motivated to workout but don't know where to get started? Are you tired of the same workout? CRW has a variety of personal training package options for you to choose from based on your level of requested assistance. All CRC Personal Trainers are nationally certified and are excited to challenge and motivate you to achieve your goals. Don't wait another minute; start working toward your fitness goals today!

Check out our website for more details or ask at the CRC front desk about our personal training packages.



Group X Classes

Group X classes for Fall 2017 are officially underway! The fall schedule offers 31 classes each week. A few examples are Cycle Challenge, Aqua Fit, Lower Body Blast, Yoga, Zumba, Tabata, Fit RX, and Ab Attack. Check out the full schedule and class offerings at go.wcu.edu/crw. Remember to get your group x pass early to avoid arriving late to class. Group X classes are \$10.00 (cash or check only) for the entire semester and include ALL classes on the schedule. Participants can register anytime the CRC is open.

Catamount Fit

Returning for Fall 2017 the CRC will be offering Catamount Fit. This intense training program will focus on creative workouts for total body conditioning, strength, core, and cardio. Classes are led by CRC certified personal trainers who will challenge and push you to the next level or condition you for your next event, maybe an upcoming Obstacle Course Race? All fitness levels are welcome!

This 5-week session will be held Monday – Thursday, September 11 thru October 12.

Time: 5:30-6:30pm

Location: CRC Gym, Court 2

Session I Only: \$30 2x/wk, \$45 4x/wk

For more information or additional questions email Mandy Dockendorf at aldockendorf@wcu.edu.

Mind-Body Experiments

Wednesday, September 20
7-8pm, Studio 2

Self Defense

In this program, trained R.A.D. instructors will discuss safety tips and strategies for preventing sexual assault. You will also have the opportunity to practice physical defense techniques that could be used to escape a violent encounter.

Outdoor Programs

BCC Trips & Programs

Stand Up Paddle Boarding 101

Saturday, September 9th
Cost: \$25 students
\$30 faculty/staff/guests @ 5pm
Registration Deadline:
Wednesday, September 6th @ 5pm

Rock Climbing 101

Sunday, September 10th
Cost: \$30 students
\$35 faculty/staff/guests
Registration Deadline:
Wednesday, September 6th @ 5pm



Whitewater Kayaking 101

Saturday, September 13th
Cost: \$30 students
\$35 faculty/staff/guests
Registration Deadline:
Wednesday, September 13th @ 5pm

Whitewater Rafting on the Nantahala

Saturday, September 16th
Cost: \$30 students
\$35 faculty/staff/guests
Registration Deadline:
Wednesday, September 13th @ 5pm

Backpacking 101

Friday, September 29th- Sunday, October 1st
Cost: \$55 students
\$75 faculty/staff/guests
Registration Deadline:
Tuesday, September 26th @ 5pm

Swiftwater Rescue for Paddlers

Saturday, September, 23rd
Cost: \$30 students
\$35 faculty/staff/guests
Registration Deadline:
Wednesday, September 20th @ 5pm

WCU Trail Service Day

Sunday, September 17th
Cost: FREE
Registration Deadline:
Wednesday, September 13th @ 5pm



Whitewater Kayaking 201

Saturday, September 30th
Cost: \$30 students
\$35 faculty/staff/guests
Registration Deadline:
Wednesday, September 20th @ 5pm

Roll Clinics – Begin Thursday,

September 7th from 7-9pm in Reid Pool.
Free to students, faculty, and staff.



Roll clinics continue every Thursday until November 2nd, except for Fall Break.

Belay Workshops

Weekly on Wednesdays from 6-8pm.
Free for students.

Adventure Shop Hours

Monday: 11am-5pm
Tues/Wed/Thurs: 12-5pm
Friday: 10am-5pm

Lead Climbing Workshop

Saturday, September 9th
Cost: \$10 students
\$15 faculty/staff/guests
Registration Deadline:
Thursday, September 7th @ 5pm



Climbing Wall

Monday-Thursday: 4-8pm
Friday: 4-7pm

Open Climbing Wall Hours

Saturday, September 23rd, 10am-1pm
Free to students and family members

For a comprehensive list and registration for all trip and program offerings for the Fall 2017 semester, visit our website at basecamp.wcu.edu. You can also register at the Adventure Shop, located in the Campus Recreation Center.



Hours of Operation

Labor Day Hours
Monday, September 4th
CRC 11:00am-7:00pm
Reid Pool 11:00am-6:00pm

Home Football Game Day Hours

Campus Recreation & Wellness supports the Cats by encouraging the entire WCU community to get involved in game day activities. However, we also recognize that everyone has different interests. The CRC will remain open regular hours on football game days, except on Family Weekend and Homecoming.

Family Weekend and Homecoming Game Day Hours are as follows.

Saturday, September 23rd 9:00am-2:00pm
Saturday, October 28th 9:00am-2:00pm

Reid Pool:
Hours change daily.
Check the website for Open Swim Hours.

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theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation
and Wellness

Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
reccenter.wcu.edu

WCU is a University of North Carolina campus and an Equal Opportunity Institution.

Health & Safety Classes

The courses are split between online content and classroom material. You must complete the online section before the class date. Sign up with cash or check only at the Campus Recreation Center. If you have any questions regarding this course, contact Brandon MacCallum at bmmacallum@wcu.edu.

Adult CPR/AED and First Aid

Monday 9/18/17 5pm-7pm
CRC Meeting Room



Registration Deadline: 9/15/17

Member: \$35 Non Member: \$45 Community: \$65

CPR/AED for the Professional Rescuer

Monday 10/9/17 5pm-7pm
CRC Meeting Room

Registration Deadline: 10/6/17

Member: \$50 Non Member: \$60 Community: \$80

➤ EMPLOYEE OF THE MONTH

Jacqueline Lanner hails from Lewisville, NC. She is a senior studying Parks and Recreation Management. Working at the CRC really helped establish herself on campus, despite being a new student. Based on her own experience working at the CRC, it is incredibly easy to meet new people and build lasting friendships with coworkers and patrons. Some advice Jacqueline would give to her coworkers would be to utilize their time working for the CRC to branch out and broaden their horizons.

In her own words, “I love that I can take what I know and continue to learn about health and fitness, and pass it on to patrons at the CRC. Everyone has to start their journey somewhere, and they need a little help along the way. I say that from my own experience, because I would not be where I am in my own fitness journey without help from other people. It is such a privilege to be able to be a resource for someone if they want to learn more about health and wellness or how to utilize the CRC. I feel like there are so many opportunities for growth in every aspect of someone’s life through exercising, so I jump at any opportunity to promote that to others!”



➤ MEMBER OF THE MONTH

Erica Barnett is proudly from Wisconsin. She attended WCU as a student and after graduation started working in Circulation at Hunter Library at Western. Erica loved the library so much that she starting working towards her master's degree in library and information science while continuing to work at the library.

She became serious about her diet and exercise about a year and a half ago. Erica started with small changes and worked her way to lifestyle changes. Through her lifestyle changes, she found a love for working out and running in the morning – “it’s a great way to wake up and start the day”. Other favorite workouts are CRC Classes yoga and butts & guts.



➤ Have someone in mind for Employee or Member of the Month?

Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.