Fellow REDBIRDS,

We’re thrilled for another year on campus and can’t wait for you to see what we have in store this year. From new spaces, like the HIIT Zone, and new formats, like small group personal training, this year will give you even more opportunities to ACTIVATE.

Take some time to read through our new Playbook, which is packed full of stories about people who have made short- and long-term connections with fellow Redbirds through our programs. We are proud to say that last year’s Playbook won a national NISRA Creative Excellence Award and are hopeful that this version will inspire you to find new ways to stay active and build relationships at Illinois State. Don’t forget to share your favorite Campus Recreation memories by using the #Recbirds hashtag when you’re on social media or send us an email at CampusRecreation@IllinoisState.edu.

Whether you prefer to get involved on your own, with a friend, or in a group, now is the time to form healthy new habits and fond memories that will stay with you for years to come.

Dawn Sanner, executive director
Campus Recreation and Student Fitness Center

Student FITNESS CENTER

Explore everything there is to offer inside the Student Fitness Center (SFC). The SFC is located on the southwest corner of the Quad and is a hub of campus activity.

TABLE OF CONTENTS

2 Open recreation
   Open rec, open doors

4 Sport clubs
   Learning to lead

6 Reggie Ride
   Life is a ride

8 Intramurals
   Play for the memories

14 Personal training
   Going beyond fit

16 Group Fitness
   Changes in fitness

18 Adventure
   Not just a walk in the park

20 Employment
   Join the team

On the cover
Live your adventure with the many activities offered through the Adventure program. Take advantage of one of our scheduled trips, climb in the Student Fitness Center, bond with your group during a team-building opportunity, or rent equipment from the Adventure Connection. We offer a wide variety of experiences to help you satisfy your thirst for adventure, so find out more online.

Smartphone icon
Throughout this magazine, you’ll see this icon, directing you to the relevant section of our Campus Recreation website, CampusRecreation.IllinoisState.edu. Information about any of our facilities, programs, and activities can be easily accessed from your mobile phone, your tablet, or any computer.

For more information, including a virtual tour, visit CampusRecreation.IllinoisState.edu.
Looking for a Game?

Be sure to hit the court for your favorite sport during open recreation hours with badminton, table tennis, floor hockey, soccer, and volleyball. Check the Facilities section of the website for the full schedule.
LEARNING to LEAD

At an early age, Alex Fisher, a junior from LaGrange, developed a love for the competition and cooperation that is present in team sports. When he was growing up, his family instilled in him a strong work ethic, stressing the importance of taking accountability for his actions and being a good person to those around him. Over the years, he wondered what it would be like to make a career doing something outside the norm where he could lead and serve others. A seed was planted at that time for Fisher to someday bring his skills and passion to military service.

Fisher is the president and captain of the Men’s Lacrosse Club, a position that has helped to solidify his desire to lead others in a more impactful way. In fact, Fisher is taking steps toward a future career as an officer in the Marine Corps.

“I’ve always enjoyed the structure and team atmosphere of the military,” Fisher said. “Everyone has each other’s backs, but there is also a competitive atmosphere that helps to get the best out of everyone.”

Fisher is involved in a training program that takes place through two summers in Quantico, Virginia. Once he completes these two summer trainings, he will attend six months of basic training with other officer candidates prior to attendance at specialty school where he will be assigned his military occupation. During the training, Fisher attends numerous physical and mental training sessions to help prepare him for his future role as a second lieutenant in the Marines. Fisher’s training day typically starts with early mornings with a long run or circuit workout, followed by a variety of classes in areas such as ethics or tactics training. Fisher also experienced many leadership scenarios out in the field where he was briefed on a specific mission and then led groups of varying sizes to complete the mission.

Fisher credits his leadership role with Sport Clubs as a major reason he was selected for this training opportunity to prepare him for a military career. “Being a Sport Club officer really helped me during the selection process for this program,” Fisher said. “They are looking for leadership, dependability, and communication skills working with a variety of personalities. Plus, the physical training and regular practices of lacrosse helped me stay in top physical condition and prepared me for the regimented schedules of the Marines.”

Fisher also mentioned James Wayne, the coordinator of the Sport Club program, as instrumental in his leadership development. Sport Club officers regularly meet with Wayne to discuss many aspects of the club such as structuring practices and meetings, managing club finances, performing service projects, and engaging club members.

“James was there as a mentor to help provide guidance, but he also gave you the freedom to develop your own leadership style and make decisions on your own,” Fisher said. “All of that helped me to find my own voice and learn how I wanted to run the team, which will definitely go a long way in leading a group of Marines.”
LIFE is a RIDE

EXPLORE the CONSTITUTION TRAIL

There are many places in the Bloomington-Normal area worth exploring. Where will you go when you rent a Reggie Ride bike? These five destinations, all located just off the Constitution Trail, help make our community rich in history and culture. Don’t let us stop you from exploring, but wherever you go, make sure you do it on a #ReggieRide.

1. Tipton Park
   Tipton Park might be one of the best hidden gems available to the Illinois State University community. Only a 2-mile ride from Uptown Normal, Tipton offers majestic scenery that isn’t found anywhere else in the Twin Cities. Highlighted by the central pond that brings in plenty of wildlife, you’ll find a number of trails that cut through the small prairie, making this a prime location for a short run or an evening walk.

2. David Davis Mansion
   The David Davis Mansion is a treat for any history buff who may be looking for some local flavor. Built in the 1870s by Illinois Senator and U.S. Supreme Court Justice David Davis, this Victorian mansion has been a museum since 1960 and provides tours throughout the week. The Davis Mansion is located off the Constitution Trail just 2 miles south of Uptown Normal. See details and directions at daviddavismansion.org.

3. Camelback Bridge
   One of the last remnants of the railroad that once ran through Normal, this camelback bridge was built in the 1880s and was restored just over a decade ago. Travel just 1 mile south from Uptown Normal to Virginia Avenue and discover this historic landmark.

4. Connie Link Amphitheatre
   This venue hosts a variety of entertainment during the summer and early fall, including theater productions, movie nights, and a concert series that highlights local talent. Situated at the intersection of the east and north-south sections of the trail, it’s a destination easy to get to from anywhere around campus. Find more information on upcoming events at the Town of Normal’s website, Normal.org.

5. Hidden Creek Natural Wayside
   Slightly off the trail, just north of Uptown, this small wayside is perfect for a picnic with friends. Picnic tables, a wooded setting, and a running creek make it a small, natural getaway just up the trail from campus.
It all started in Walker Hall, which is now the site of the Student Fitness Center and the home of Campus Recreation. A group of students—Paul Petricca ’80, Mike Schneider ’80, David Gross ’80, George T. Ralph ’81, and George R. Wundsam ’80—developed deep friendships over the love of sport and the intramural experience.

This group competed in virtually every sport and became champions in both soccer and softball in 1980. Their championships were not a happy accident but a common goal they all strived toward. Even though they hadn’t won a championship the previous year, they were admittedly a bit cocky and believed they had some talented athletes. Naming their team ICUC (Independent Champions University Champions), the students gave themselves some extra motivation and put a target on their backs. At that time, there were two separate leagues, one for independent groups and another for Greek organizations, with the champions of both leagues meeting for the University championship.

Winning championships provided some great memories while at Illinois State University, but developing friendships has proved even more important in the many years since graduation.

Petricca, the de facto spokesman for the group, recounted his favorite memory from competition, a teammate’s grand slam home run during the University softball championship game. “Dave proceeded to hit the longest home run with the loudest grunt that I had ever heard,” Petricca said. “Thirty-five years later, I can still see the ball going over the head of the outfielder as I was standing on second base.

“Many of my fondest memories at ISU were from my experiences on and off the field or court with my intramural teammates. More importantly, the friendships I developed and still cherish today stem from my participation in the ISU Intramural program.”

While it’s a part of their lives that they relish and remember fondly, these students don’t just enjoy talking about the old glory days. They have continued their friendships, even with the challenges of geography, families, and other commitments. Each year, several members of their core teams return to Illinois State to participate in a pickup basketball game on campus and watch a Redbird basketball game. Several team members also live and work in the Chicago area, allowing them to get together often.

“In our adult years after graduation, some of our best memories happened during our annual visits to campus,” Petricca said. “I don’t know what my college experience would have been without Intramurals.”
WHAT CAN YOU DO WITH CAMPUS REC?

Whether you want to participate by yourself, with a handful of others, or as part of a larger group, Campus Recreation has a variety of options. Choose your favorite activity or add something new you’ve never tried before, but make the choice to activate your life.

**HIIT ZONE**
Take advantage of the new High Intensity Interval Training area, aka the HIIT Zone. Find out more on Page 16.

**TEAM BUILDING**
Improve trust and communication in any group with fun activities led by our facilitators. Find out more on Page 16.

**GROUP FITNESS**
Check out the Group Fitness class schedule for great workouts led by qualified instructors.

**INTRAMURALS**
Play active with your favorite sport or try something new with the intramural schedule. Either way, you’ll develop new skills and long-lasting friendships. Find out more on Page 8.

**SPORT CLUBS**
Joining a sport club can help fuel your competitive fire while you learn valuable teamwork and leadership skills important to any employer. Find out more on Page 4.

**EQUIPMENT RENTAL**
Visit the Adventure Connection to rent equipment for your next excursion.

**SMALL GROUP PERSONAL TRAINING**
Share your fitness goals with others in these special training sessions.

**ADVENTURE TRIPS**
Experience the true feeling of the outdoors in one of our many adventure trips. Find out more on Page 18.

**CLIMBING**
Reach new heights in the climbing area, with open climbing hours and belay workshops.

**RED BIRDS INTRAMURALS**
Stay active with your favorite sport or try out something new with the Intramural schedule. Either way, you’ll develop new skills and long lasting friendships. Find out more on Page 8.

**EVENTS**
Designed to increase awareness, to give back, or just for fun, be sure to keep an eye on our many events.

**EMPLOYMENT**
Develop skills for any career when you work for us.

**ISU**

**SMALL GROUP PERSONAL TRAINING**
Share your fitness goals with others in these special training sessions.

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WHAT’S in a NAME?

When it comes to choosing an Intramural team name, everyone has their own formula. For some, the process is short and sweet but others spend a bit more time and effort when it comes to naming their squad.

Oftentimes, a student-run organization will come together and name its team based on the name of its group. For instance, there are many straightforward team names like “Delta Chi Gold” or “Golden Apple ISU.”

Other students keep it simple by choosing a name that refers to the sport they’re playing. “We wanted to have our name relate to our sport but in a fun way,” said Corey Pence, a sophomore from Danforth. “Our team name, ‘No Punt Intended,’” reflected flag football and the fact that we didn’t want to give the other team any chance to score.”

Some students look at the task of naming the team as an opportunity to show some school spirit. “We’re all die-hard ISU fans,” said Matt Bastien, a junior from Chicago. “We even call our friends’ place ‘The Birdhouse’ because we all love to hang out there. We wanted to choose a name that showed our school spirit, so we went with ‘Bird Gang.’”

In some cases, the team name may be even more important than the team’s record. For these people, the process takes time to make a creative name that stands out. They view the task of naming the team as a challenge to come up with an even funnier and more creative name than they had the year before.

“We’re just a group that likes to joke around a lot,” said Thomas Fitzgerald, a junior from St. Charles. “We still love playing, but we didn’t want to be too serious. Our team name was ‘Goons 2 Glory’ because we’re a bunch of goons and we thought we could win the championship.”

Everyone has a different method to their madness so do what’s best for you. Whether your goal is to win the championship or just to have a great time, Intramurals gives everyone plenty of opportunities to make new memories and enjoy some friendly competition.

Danny Gaytan, graduate assistant for Intramurals in Campus Recreation, has always been involved in sports. In his youth, he competed in football, wrestling, track and field, and baseball. Recently, he’s continued his trend to stay active, but from a different perspective. Gaytan’s love of sports now involves officiating.

“It’s a lot of fun,” he said. “You still get to be part of the game, but now you see the other side of how difficult each sport can be.” Though he may no longer be the one participating in the game, his experiences in Campus Recreation and the Intramural program have allowed him to stay involved in the sports he loves.

Gaytan’s officiating started as an undergraduate student at Arizona State University. He worked at his campus fitness complex as a freshman before branching out to officiate intramurals as a senior. Gaytan credits his supervisor for identifying his potential and recommending that he apply to officiate at a regional event. He applied and received the honor of being selected to officiate at the NIRSA Region VI basketball tournament held at the University of Notre Dame. In spring 2015 Gaytan was also selected as an official for the NIRSA Region III basketball tournament held at the University of Illinois. Later, he served on the all-tournament staff for the NIRSA national basketball tournament at North Carolina State University, where he was responsible for keeping tournament statistics and helping select the all-tournament team. Gaytan also took advantage of the many clinics put on by NCAA and college officials at the national tournament to help him improve his officiating skill set.

“Serving at the national tournament was a great networking opportunity. I developed even more skills and relationships that will help me land a full-time job once I finish my degree,” said Gaytan.

Gaytan looks forward to expanding his role as an official, possibly becoming certified to officiate in high school or at the collegiate athletic level. He has some advice to give to new officials and participants alike.

“Whether it’s officiating, starting a new sport, or anything else in life, you aren’t perfect when you first start out,” Gaytan said. “It takes a lot of reps to develop your skill set, and officials are working hard just like the athletes.”

Check out these TOP 10 TEAM NAMES from last year’s Intramural season

1. Nash Potatoes n McGrody
2. Marv Chest Hair United
3. Ikeda Flocka Flame
4. Victorious Secret
5. Notorious DHi
6. Everyday I’m Byflaglin
7. Make it Drizzle
8. Ugly Pucklings
9. We’re Ready to Pole
10. The Mercy Rule

START YOUR CAREER WITH A POSITION IN CAMPUS RECREATION, YOU NEVER KNOW WHERE IT MIGHT TAKE YOU.
There are many physical benefits of engaging in regular fitness activities: improved strength, improved body composition, more energy. However, the benefits extend far beyond the physical to include improved mental health, confidence, motivation, and even new friendships. Claire Bounon, a graduate student in the School of Communication, and Brinna Walker, her personal trainer in Campus Recreation’s Fitness program, experienced these benefits firsthand.

Bounon had played many sports when she was younger, highlighted by 17 years of horseback riding. Though athletic, she hadn’t necessarily found herself regularly going to a fitness center until she came to Illinois State University. “I didn’t know what to do outside of running on a treadmill or cycling,” she said. “But I have done lots of outdoor pursuits such as hiking. It was a bit new to work out in a fitness center.”

Though Bounon did start attending the Student Fitness Center regularly, she decided to look into personal training. “I felt like I wasn’t accomplishing what I wanted by myself, because I didn’t have all the knowledge I needed to get where I wanted,” Bounon said. “It felt like a good match to work with a personal trainer to see how far I could go.”

While Bounon only started working with a trainer recently, she says she has already felt positive effects. “It gives me more determination I think,” she said. “When I feel I’m about to stop, I think about what I am capable of doing. I am able to push myself further and not only in fitness.” According to Bounon, this initial success can be attributed to Walker. “When she’s pushing me, it helps me be able to push myself harder on my own,” Bounon said.

Walker believes the success of Bounon and her other clients is due to the relationships she is able to form with them. “I want my clients to be comfortable with me,” Walker said. “That’s my number one thing. If they’re doing an assigned workout, I want them to be able to text me if they have any questions. If they don’t have that comfort level, they’re not getting their money’s worth.”

Bounon started her training just a few months before graduation and feels a bit of frustration with the timing of her success. “I just wish I got started with personal training when I first came to campus,” she said. “I could have been more effective if I’d started sooner.”

Maybe the timing wasn’t perfect, but both Walker and Bounon know that the time they spent working together will continue to pay dividends for quite a while.

GOING beyond FIT

Eliminating BARRIERS

CAMPUS RECREATION STRIVES TO PROVIDE AN INCLUSIVE ENVIRONMENT AND ACCESSIBLE WORKOUTS FOR THE ENTIRE CAMPUS COMMUNITY.

WE OFFER

• Kennels for service dogs
• ADA* compliant pool lifts
• Program information available in braille
• Designated lockers with ADA locks
• Designated ADA showers
• Wheelchair-accessible equipment
• Private changing areas
• Educational assistance on equipment use from fitness floor monitors
• Personal trainers ready to help you reach new goals (additional fees apply)

*Amercians With Disabilities Act

IF YOU NEED A SPECIAL ACCOMMODATION TO PARTICIPATE IN ANY PROGRAM, PLEASE CALL (309) 438-3705.
They say, “A change will do you good,” and that saying definitely rings true when it comes to exercise. Campus Recreation is always looking for new trends in equipment, technology, and exercise techniques for the members of the Student Fitness Center (SFC). Based on our own participant surveys and the American College of Sports Medicine’s Worldwide Survey of Fitness Trends for 2015, there is a strong desire for small-group, high-intensity training programs as well as increased interaction with personal trainers. As a response to this identified need, there are several changes and new additions to the Fitness program this year.

In an effort to make trainers more accessible, current pricing has been decreased across the board, with the greatest discounts for multiple session purchases. Additionally, there are several new small group progressive training options available to members of the Student Fitness Center. These specialized training classes are offered in four-week and eight-week increments, with each class building upon the previous one.

• Runners, or those aspiring to be, can sign up for the four-week Couch to 5K classes. Our experienced trainers will lead and support you through this four-week training experience to get you ready for the Homecoming 5K.

• The Women’s Resistance Training program is designed around more than just facilitating physical changes. It aims to develop strong minds as well as bodies. Adopting a well-rounded health and fitness routine is important to all dimensions of wellness. This four-week program is designed to provide both a great group workout and education on how to create a balanced and effective exercise program.

• Don’t just exercise, train like an athlete in the Redbird (RB) 500 progressive training sessions. Four-week or eight-week programs are offered to provide high-intensity, functional training exercises that mimic the demands of the real world and unlock your inner athlete. These programs always allow modifications to accommodate varied fitness levels and will help prepare you for the new RB 500 Fitness Challenge.

None of these new offerings would be possible without the newest addition to the SFC, the HIIT (High Intensity Interval Training) Zone. This redesigned area is located on the third floor on the east side of the track. All of the small group training classes will take place in the HIIT Zone, but it will also be available for members to use at no charge when classes are not in session. Our trainers will even be posting recommended workouts on the digital screen in that area, providing necessary variety for any workout to keep your muscles guessing.

This space houses several pieces of equipment ideally suited for functional training, including a Jacob’s Ladder, rope pull machine, kettlebells/medicine balls, and several pieces of cardio equipment for all users. The proximity to the track will also help facilitate interval training, making it easy to transition from strength to speed training and back. So make a small change for big results this year and venture up to the third floor of the SFC for a HIIT Zone workout.
Day 1, Friday:
Putting an end to another long week of school, I closed the laptop, grabbed my bag, and was off to the Student Fitness Center (SFC) to enjoy my weekend with a trip to Giant City State Park for some climbing, hiking, and camping.

As I got there, I introduced myself to the others on the trip. As we all learned each other’s name, we shared what we were most excited about. It seemed that everyone, including myself, was most excited about the opportunity to climb outdoors since most of us had never done it before. We loaded up the van and hit the road, where we told stories all the way down to the park.

By the time we got to the campsite it was dark and we still had to set up our tents. No one was ready to go to sleep yet, so we decided to go on a night hike. Five minutes in, we turned off our flashlights off. The moon shined so bright that it was easy to see where we told stories all the way down to the park.

The staff set up my rappel for me and then instructed me to start walking backward toward the edge of the 80-foot cliff. I’m not going to lie, I was scared. I struggled at first but the support of the other climbers helped me remember all the places that I have been. I vowed to make this a new tradition and the experience that I gained yesterday helped pull me through. I conquered the Chimney and wiped the sweat out of my eyes as my newfound friends cheered from below.

Day 2, Saturday:
The alarm went off and I hit the showers to get ready for the day. (Yes, there were showers.) We loaded up the van and took a quick drive to the rock face. I was nervous about climbing but excited for the challenge and the opportunity to hang out with everyone all day. I listened as the staff taught us how to lay, which was great because I had always wanted to learn. During the training, the staff talked about one climbing route in particular: the Chimney. Toward the top of this climb, there was a space big enough to fit only one person into a chimney-like cutout. I challenged myself to climb the Chimney before I left. However, I knew that I needed a bit of practice before I attempted that route.

I decided to climb other routes first to gain more experience. I took a break from climbing to rappel. The staff set up my rappel for me and then instructed me to start walking backward toward the edge of the 80-foot cliff. I’m not going to lie, I was scared. I had to constantly tell myself that there was a rope attached to me. With my hand on the rope for reassurance, I leaned back and was at the edge. I built up some courage and started walking down the cliff face. It was unlike anything else that I have ever done before, but I would do it again in a heartbeat.

At the bottom looking up, it hit me that it was a perfect time to snap a few photos, so I grabbed the camera and took pictures as people hovered 20 feet in the air. Between rappels I took a selfie to document my experience. I vowed to make this a new tradition to help me remember all the places that I have been. Later in the afternoon we packed up and headed back to camp where we fixed dinner and started a campfire. We made s’mores and had many conversations lasting late into the night. I was wiped from an action-packed day, so I headed back to my tent, zipped up my sleeping bag, and immediately fell asleep.

Day 3, Sunday:
The alarm went off, I rubbed my eyes, and rolled over knowing that if I didn’t sit up, I would probably fall back asleep. I scarfed down breakfast as the staff told us that we were going on a hike first thing before climbing. I brought up the rear of the pack as we began to walk to the trail. The trees were lined with budding leaves which was a welcome sign that summer was almost here. Later that morning we headed back to the rock face where it was now my chance to conquer the Chimney.

The beginning was easy but the route became more challenging as I got closer to the Chimney. I struggled at first but the support of the other climbers and the experience that I gained yesterday helped pull me through. I conquered the Chimney and wiped the sweat out of my eyes as my newfound friends cheered from below.

We spent the rest of the afternoon climbing and eating the leftover cookies from lunch. Mid afternoon rolled around and we were spent. We loaded up the van and drove back to campus. I nodded off in the van a little bit on the way home, but spent most of my time talking with my friends about how we weren’t ready to go back to school. We just wanted to climb and camp. As I walked home from the SFC, I thought about all the experiences that I threw myself into over the past few days. I can’t wait for my next adventure!
"I love working for Campus Recreation because I get to meet so many students who have the same love of adventure as I do. I’ve made some great friends through our programs."
—Shannon Carter, junior graphic designer

"What I love about working at Campus Recreation is the flexibility with work hours. Campus Recreation works with you to fit work into your daily schedule. Outside of the great opportunities I am provided to get involved with Campus Recreation, I am able to remain involved around campus while maintaining a balanced school and work life."
—Joshua Terry, junior broadcast journalism major, member service associate, Group Fitness instructor

"One of my favorite memories is being able to help somebody learn how to swim. There was an exchange student that always came in during my shift. If there was no one else swimming, I was able to help him learn how to swim and still ensure his safety, which is why we’re here."
—Andres Rivera-Thompson, junior university studies major, lifeguard

"Quality and well-maintained equipment. Knowledgeable, professional, and enthusiastic staff. Opportunities to develop and grow as a leader."
—Alexis Carravetta, senior finance major, Sport Club supervisor

"One of my favorite memories is being able to help somebody learn how to swim. There was an exchange student that always came in during my shift. If there was no one else swimming, I was able to help him learn how to swim and still ensure his safety, which is why we’re here."
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START YOUR CAREER HERE
join THE CAMPUS REC TEAM

No matter what your major, you’ll learn the skills to take you where you want to go with Campus Recreation. Are you ready to start the journey? Campus Recreation hires for a variety of positions in all our programs and facilities.

- Adventure specialist
- Lifeguard
- Personal trainer
- Fitness floor monitor
- Marketing assistant
- Rec assistant
- Fitness instructor
- Service tech
- Group Fitness instructor
- Media relations associate
- Teamwork
Online registration and reservations for many of our activities and equipment rentals are available to help connect you to your favorite recreational pursuits.

Find out more at CampusRecreation.IllinoisState.edu.