Fellow REDBIRDS,

We are excited for a fun-filled year at Illinois State University. At Campus Recreation, we pride ourselves on bringing our campus new and innovative programs, and this year is no exception.

We are counting down the days until we complete construction and open a new facility for outdoor adventure. Located on West Gregory Street, this facility will bring our Adventure program to an even higher level, boasting a high ropes course with a variety of unique challenges including many that are universally adaptable for participants of all abilities. This project also includes a newly constructed home for the Adventure program with extensive outdoor equipment for rent and classroom space for planning our many trips.

Keep on the lookout throughout this year’s Playbook for some interesting information about our programs. You’re sure to learn something you did not know before! We’re also featuring some of your fellow students’ favorite things about Campus Recreation throughout the Playbook. Take some time to look them over, and make a point to go out this year and find a favorite of your own! When you do, share your experience on social media using #Recbirds. Also, be sure to check us out on Snapchat where we will feature exclusive behind-the-scenes access to Campus Recreation activities.

Dawn Sanner, executive director
Campus Recreation and Student Fitness Center

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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.

Student FITNESS CENTER

Explore everything there is to offer inside the Student Fitness Center (SFC). The SFC is located in the heart of campus and is a hub of campus activity.

1 Climbing area
The 47-foot climbing wall and attached bouldering cave make the climbing area a focal point of the SFC lobby. Open throughout the week, this space offers a wealth of opportunities for open climbing, belay workshops, and bouldering.

2 Pool
The pool is 25 yards long with four lanes plus a leisure area for water volleyball and basketball.

3 Sport courts
Two hardwood courts and one synthetic surface court with a dashboard system make up the sport courts. Available for open recreation when classes are not in session.

4 Fitness studios
The SFC has three studios for a variety of classes plus a dedicated cycle studio. Visit the Fitness section of the website for a complete schedule.

5 Fitness floors
More than 300 pieces of cardio and strength-training equipment are spread throughout the three floors of fitness areas.

6 Track
Located on the third floor, the track is three lanes wide and one-eighth mile long.

7 HIIT Zone
This space is set up for High Intensity Interval Training on the far side of the third floor.

8 Bob and Julie Dobski Welcome Center
A one-stop source of information and activity, the welcome center is the place where members can register and pay for activities, purchase guest passes, or check out Reggie Ride bikes and a variety of exercise/game equipment.

9 Starbucks
Enjoy signature drinks, baked treats, or sandwiches in the lobby area.

Student access
All fee-paying students are considered members of the SFC. Students must present a valid Redbird Card to enter the facility.

Memberships
Memberships to the SFC include full access to a variety of activities throughout this state-of-the-art facility and are available to Illinois State University faculty, staff, annuitants, and graduates. Access includes use of the strength and cardio equipment, sport courts, group fitness classes, swimming pool, climbing area, running track, and more.

Facility reservations
Campus groups can rent a variety of spaces in the Student Fitness Center and McCormick Hall. For more information, visit the Facilities section of the website or call (309) 438-0750.
Room to roam
Whether you’re planning an activity or meeting for your group, we have a variety of indoor and outdoor spaces that can be used to meet all your needs.

Partner with our experts
Don’t quite know what to do? Let our team organize custom activities for your group. We have a wide variety of options, including: team building, custom trips, special workshops, climbing wall experiences, and custom group fitness classes, to name a few. We can even help you create your own sports tournament.

Use our gear
Have a great idea for an event but don’t have the equipment to make it happen? Don’t buy it, rent it from us. We can support your table and chair needs, as well as several different pieces of sports or recreation equipment to make your event a success. Check out our website for a complete listing.

HOW TO GET STARTED?
For more information, visit the Facilities–Reservations section of the website. Once you select a date and location, complete our Facility Request Form. Be sure to allow a minimum of 10 business days to process your request. Reservation fees are dependent on group affiliation and needs of the event.

HAVE QUESTIONS? CALL (309) 438-0750, AND OUR STAFF CAN HELP YOU THROUGH THE PROCESS.

CR
For more information, including a virtual tour. Tour sheets are also available at the Welcome Center.

SO MUCH ROOM for ACTIVITIES!
Are you looking to plan activities where your group can have some fun? Look to Campus Recreation! We have a variety of spaces to accommodate your group, as well as equipment to get your group involved.

HIT the POOL
You’ve got questions, we’ve got answers. Whether you’re there to swim some laps, play water volleyball or basketball, or just hang out in the water with a friend, there are a few things you should know about using the pool.

Simply enter any locker room to change and shower. Exit through the back door of the locker room to enter the pool area.

Certified lifeguards are present during all open swim times, and their instructions must be followed for safety reasons.

WHAT CAN I WEAR?
Proper swim attire must be worn at all times: A 1-piece or 2-piece is acceptable. A clean T-shirt is allowed over swimwear.

WHEN IS THE POOL OPEN?
During normal facility hours, the pool is available for open swim as follows:
Monday–Thursday: 5:30-8 a.m., 11 a.m.–2 p.m., and 4-9 p.m.
Friday: 5:30-8 a.m., 11 a.m.–2 p.m., and 3:30-7:30 p.m.
Saturday: 11:30 a.m.–5:30 p.m.
Sunday: 1:30–7:30 p.m.

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MAKE the REC CONNECTION
DON’T MISS OUT ON A GREAT PIC, MOTIVATIONAL QUOTE, COOL NEW VIDEO, OR ANY OTHER IMPORTANT ACTIVITY INFORMATION. CHECK OUT OUR SOCIAL MEDIA OUTLETS AND GET EVERYTHING YOU NEED RIGHT IN YOUR FEED. YOU’LL ALREADY BE THERE ANYWAY, SO JOIN US!

ISUCampusRecreation @ISUCampusRec
ISUCampusRec IllinoisStateRec
ISUCampusRec #Recbirds

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

• Kennels for service dogs
• ADA* compliant pool lifts
• Program information available in braille
• Designated lockers and ADA-inspired locks
• Designated ADA showers
• Wheelchair-accessible equipment
• All-gender shower areas
• Educational assistance on equipment use from facility assistants
• Personal trainers ready to help you reach new goals (additional fees apply)

*Americans With Disabilities Act

IF YOU NEED A SPECIAL ACCOMMODATION TO PARTICIPATE IN ANY PROGRAM, PLEASE CALL (309) 438-7050.

CR
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Intramural Sports

For more information about how you can get started playing for the memories.

Illinois State University Intramural Sports @ISU_IMSports

Some of our best memories as kids were playing with friends, and that doesn’t change just because you’re in college. Intramural Sports offer some great opportunities for you to get out and PLAY! Find out what’s in it for you.

SIDE LINES

Joe Rigs ’18, from Robinson Molecular and Cellular Biology, minor in Chemistry and Psychology

“I got involved officiating baseball in high school, and I’ve loved being able to continue it in college. It’s a great way to stay active and get to know a lot of people on campus. I’ve also been able to develop my confidence and practice real-time problem-solving skills, which I believe will help me as I enter medical school after graduation.”

Mikayla Unger ’20, from Fort Wayne, IN Community Health Education

“I’ve been involved in sports my whole life, and I’ve continued to play varsity soccer here at ISU. Officiating lets me see the other side of things, and I truly learn a lot during each game I work. It’s been great to practice customer service and problem-solving skills in real-life settings, as well as learn to balance all my responsibilities.”

Ricky Leskowski ’18, from Dixon Computer Science (software development)

“I transferred to ISU and was looking to get more involved on campus, and becoming an official, as well as playing Intramural Sports have been great ways to stay active and get to know others on campus. I’m also married, am a CA in Housing, and am involved in the National Guard, so my free time is pretty limited. I’ve really loved having this outlet to stay involved in sports.”

Mackenzie Riechers ’18, from Springfield Marketing, minor in Financial Planning

“I was a three-sport athlete in high school, and when I came to ISU I was looking for a way to still be involved in sports. Becoming an official as a freshman was my first time on that side of the ball, but I’ve learned a lot in my time here, and I love interacting with all the participants and helping them have a good experience.”

Exercise

Intramural Sports get you off the couch and onto the court or field. You’ll also trick your mind into not thinking about “having” to exercise; exercise comes as a result of playing something fun.

Stress Relief

You have so much to worry about with school, work, or other responsibilities; you deserve to take some time to let go. Competing for just a short time allows you to release all your concerns and live in the moment.

Leadership Development

Getting involved with a team can provide valuable skills for any future career. Intramural Sports teams are made up of leaders, communicators, rule followers, and other roles necessary to complete the task. All are important to the overall success of the team. Developing those team skills will enhance your ability to navigate the team dynamic in all walks of life.

Friends

Playing Intramural Sports is a great way to meet new friends or build stronger relationships with your current ones; all while working together toward a common goal.

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WHAT’S IT LIKE TO BE AN OFFICIAL? OUR OFFICIALS COME FROM A VARIETY OF BACKGROUNDS AND HAVE TO JUGGLE BUSY SCHEDULES JUST LIKE THE REST OF THE STUDENT BODY. MEET SOME OF OUR INTRAMURAL SPORTS OFFICIALS TO FIND OUT WHAT THEY GO THROUGH TO KEEP YOUR GAMES RUNNING SMOOTHLY.

“I only knew two people on my team before this, and now it’s nice because you’re involved with the same people you see on campus every day which helps build your community through teamwork.”

—McKenna Larson, ’18

Fun!

Most importantly, Intramural Sports are fun! Win or lose, everyone has a great time.

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FIND your FIT

Our goal is to help you reach yours! We offer class types and intensity levels to fit you no matter where you are on your fitness journey.

Pick your class type

Cardiovascular
A minimum of 50 percent of the duration of the class is focused on improving the function of the heart and lungs.

Mind-Body
Focus on mindfulness, strengthening of postural muscles, improving range of motion and flexibility, with elements of facilitating relaxation.

Strength
50 percent or more of the duration of the class is focused on improving muscular strength, muscular endurance, and muscular power.

Pick your intensity level

Low Intensity
Feels like you could maintain the activity for hours, easy breathing, little to no sweat, can carry on a conversation, feels very comfortable.

Moderate Intensity
Feels like you could maintain the activity for hours but with added effort, will be sweating more, can still talk but will become a bit more out of breath.

High Intensity
Feels like you could only maintain this activity for a short period of time, you’re sweating a lot, and can only speak a few words at a time, breathing is heavy.

Pick a class that fits

Low Intensity
Mind-Body—Restorative Yoga

Moderate Intensity
Cardiovascular—Cycle, Blacklight Ride, Hip Hop Step, Kickboxing, Zumba
Mind-Body—Barre, Yoga, Pilates
Strength—Total Body Strength, Lower-Body Burnout, Upper-Body Burnout, HardCORE

High Intensity
Cardiovascular—HIIT, Cycle Express, Boot Camp Circuit
Mind-Body—Yoga Strength, Strength, HIIT, Boot Camp Circuit

Instructors offer modifications to accommodate a lower intensity for any class.

Please visit our website for a full schedule and class descriptions with intensity levels.

APPLY Yourself—WITH CAMPUS REC

PREPARE FOR YOUR FUTURE WITH A POSITION ON OUR TEAM. WE OFFER A WIDE VARIETY OF POSITIONS THAT ARE INTEGRAL TO THE OPERATIONS OF THE DEPARTMENT THAT WILL HELP YOU DEVELOP SKILLS FOR ANY CAREER.

GETTING THE JOB!

Securing a position with Campus Rec can be very competitive. These steps will put you on the path to join our team.

1. Attend a mandatory recruitment session.
2. Submit application materials as identified online.
3. Qualified candidates will be identified for interviews with our student team members.
4. Student team members will refer qualified candidates to program managers for a second interview.
5. Program managers will select candidates for hire and notify the new team members.

New hires will undergo various training activities and start their new position.

Where do people work?

Our approximately 250 team members work in 15 positions over several program areas.

2%—Administrative—office assistant
11%—Adventurespecialist, team-building facilitator, trip leader, climbing wall supervisor
45%—Facilities—facility assistant, facility manager, member service associate, service technician
11%—Fitness—group fitness instructor, personal trainer
4%—Marketing—graphic designer, marketing assistant
18%—Competitive Sports—intramural sports official, intramural sports evaluator, competitive sports monitor, competitive sports supervisor

LEARN WHAT EMPLOYERS WANT

A job at Campus Recreation provides opportunities for students to gain experience in multiple areas by working more than one position.

In fact, nearly 20 percent of our team members work multiple jobs, and 6 percent work in more than one program. In addition, students have many opportunities to volunteer for different activities with other team members.

Our Student team members wear many hats!

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Our student team members definitely learn the top three skills and qualities that are most important to employers: communication, teamwork, and decision making/problem solving.

Live in the present, but don’t neglect the future. Live in the past, but don’t dwell in it.
—Ralph Waldo Emerson

In addition to opportunities for growth and for leading other members of the team, our team members have the opportunity to represent their program on the Student Leadership Council (SLC). The SLC empowers students to become leaders through skill development, social participation, and team cohesion.

In other words, our student team members definitely learn the top three skills and qualities that are most important to employers: communication, teamwork, and decision making/problem solving.

(Source: Job Outlook 2016 National Association of Colleges and Employers)
“I come to the rec because it’s very convenient. It’s very clean, too. I never see this place dirty. You go to some other places and you see dust everywhere.” —Alejandro Alvarez, ’17

“I really enjoy this team because I made a lot of friendships along the way. Growing up, the thing I loved most was horse riding. Being able to continue that here at Illinois State through this club really brought me closer to others who also share this passion.” —Jacqueline Pytko, ’18

“I like that the climbing wall is free; rock climbing can be expensive sometimes. It’s also my first time seriously climbing, and it’s nice that the staff is knowledgeable and helpful.” —Andrew Read, ’20

“I played Intramural soccer this year; competition-wise, it’s great. I love that anyone can sign up and play; it’s very inclusive. Half of my team I didn’t even know going into the season so it’s been great being able to meet a lot of people in a well-run program. I definitely want to do it again.” —Andreas Thedorf, ’18

“I am the president of a Sport Club team so I think a big thing for me is that I have developed in my interpersonal skills, and I love being with people. Being president has allowed me to grow outside of my comfort zone and be with people who enjoy the same things I do!” —Jennifer Moore, ’17

“I like the rec’s late hours because I have such a busy schedule. There are even later fitness classes, which I love. It’s a fun environment, but the classes and the welcoming staff keep me coming back!” —Natassia Dunlap, ’17

“My favorite class is Zumba. I try to go every Wednesday. It’s super inclusive even when you can’t dance. They make the announcement you don’t actually have to do any of the moves, just keep moving and have fun!” —Emma Moran, ’19

“If you really take the time to think and absorb what nature has to offer, it helps you realize how grateful you are for the natural environment that surrounds you. I continue to participate in the Adventure program’s activities because I feel that it keeps me humble, and it is a great stress reliever. It is also a great way to meet other people on campus, and it’s fun to hear what experiences they have had in the outdoors.” —Zach Mroczkowski, ’17

“I like that you all literally have everything I need, a climbing wall, an excess of equipment, and especially the pool. It’s usually pretty quiet. I can get a lane to myself, and I really like swimming.” —Ian Purkes, ’20

“Why do you think the Illinois State Swimming Team does so well?” —Emma Moran, ’19

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Sport Clubs are a great way to represent Illinois State and compete in your favorite sport. Being a part of a team will help you build your leadership skills while having fun. Our teams compete in 32 different sports, ranging from campuses nearby to locations throughout the country.

“I have met many new people on the water polo team, and outside the pool we hang out with each other—it’s cool to be around people you just met and can quickly become friends with and enjoy the sport with them as well.”

—Jack Linden, ’19
Clip in and get ready for a new experience in leadership training and team building. Campus Recreation will be opening a new facility for outdoor adventure to serve the training and adventure needs of the surrounding community. The 5,500-square-foot building features our extensive outdoor equipment rental services with over 600 items and serves as a meeting and planning space for adventure trips. The High Ropes area will develop teams utilizing a variety of challenges that encourage growth through experiential learning. The course provides physically and emotionally challenging activities and allows for focused reflection after each activity with our trained leaders.

THE BIG SWING
Aply named, you’ll overcome your fears when you push off the 26 1/2-foot-high platform for an exciting ride back to earth.

LILYPADS
Traverse across the swaying lily pads to the next platform while your team holds tension on the pads from below to help you.

CENTIPEDE
Balance is key as you climb to the top using the holds on the pole, with group support from below.

VERTICAL PLAYPEN
This element provides several vertical challenges for you and a partner. Climb giant ladder rungs, a cargo net, and tires to conquer this element.

“I love that the adventure program offers amazing things to do that I normally wouldn’t do on my own. I recently went on a climb and hike trip to Devil’s Lake, and it was outstanding! There are so many different opportunities for adventure so everyone can find something they like.” —Nadine Hernandez, ’19

SCHEDULE YOUR PROGRAM TODAY!
VISIT THE ADVENTURE-TEAM BUILDING SECTION OF THE WEBSITE TO FIND OUT ABOUT ALL YOUR OPTIONS, COMPLETE A REQUEST FORM, AND A MEMBER OF OUR ADVENTURE TEAM WILL BE IN TOUCH.

LET OUR TEAM HELP YOUR TEAM

HIGH ROPE COURSE
Features 27 elements, 80 percent of which are universally adaptable for all abilities.

LEARNING OUTCOMES
Our participants report a variety of their skills improved in areas such as teamwork, effective communications, relationship building, problem solving, fun and shared experience.

EXPERIENTIAL LEARNING
By incorporating a variety of design components, facilitators actively engage participants in their team-building experience. Design components may include: portable elements, low elements, high elements, pool elements, and custom trips.

SPECIALTY PROGRAMS
Standardized programs are available for groups that want to focus on specific outcomes and are unique because the same activities are utilized with each group. These programs currently include: “The Flightpath to Leadership” and “Bullying Prevention.” Visit our website for a complete description of these options and the most up-to-date list of available packages.

RECS STATE MENTS

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CampusRecreation.IllinoisState.edu
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.