Congratulations to Justina Threadgill, our Pirate Fit grand prize winner! Justina is the recipient of a brand new iPad. Pirate Fit was a six-week activity incentive program. Participants tracked their workouts on our Pirate Fit website. The more CRW programs members participated in, the more prizes they were eligible to win. Prizes included T-shirts, water bottles, key chains, bags, and exercise equipment.

Look for Pirate Fit again in January! Registration begins January 12, 2011. Visit the CRW Fitness web site for more information.

Look for these events in 2011!

1/7 - 1/19  FREE Group Fitness
See group fitness schedule for classes & times

1/10, 1/12 & 1/17 Community First Aid & Safety
M/W 6:00 - 9:00 p.m.
$50 Students/Members; $60 Non-members
Earn certification in Adult, Child, and Infant CPR for one year and Basic First Aid for three years.

1/12  SRC Showcase
Breakfast Bar, 7:00 - 9:00 a.m.
Cooking Demo, 4:00 - 6:00 p.m.
Group Fitness Super Class, 6:30 p.m.

1/15  SRC Fitness Area Orientation
10:00 - 10:45 a.m.
SRC Classroom
FREE! Register by 1/12

1/20  Polar Bear Plunge
7:00 p.m. - SRC Outdoor Pool
Free T-shirts, food, prizes and more!

1/24  Extreme Fitness Challenge
M/W 4:00 - 5:00 p.m. SRC 23B
$60 Students/Members; $75 Non-members

1/29  The Grape River Paddle
Sign up by 1/25; $25 Students/Members; $35 Non-members

For more CRW events pick up a Spring 2011 Calendar in the SRC after January 2nd or visit www.ecu.edu/crw

Road Trip!

CRW Intramural Team wins Extramural Tournament

The University of North Carolina at Wilmington hosted the 19th Annual Southern Atlantic Flag Football Regional Tournament in November.

ECUs’ Intramural Women’s champion Matt Damon’s Girlfriends participated in the tournament and went undefeated on the way to the Women’s Crown. Matt Damon’s Girlfriends will go on to participate in the National Flag Football Championship in New Orleans December 28 - 31.

ECU Campus Recreation & Wellness staff was also present at the extramural tournament. CRW was represented by Jarred Mertz, Sean Smith, Jacob Crawford, and Intramural Sports Coordinator Jon Wall, who all worked on the tournament staff. Mertz, Smith, and Crawford officiated the tournament and all advanced to work semi-final games. Wall worked on the officials’ staff as an evaluator.
CRW Hosts 14th Annual Adapted Recreation & Wellness Day

The 14th annual Adapted Recreation & Wellness Day was held Saturday, November 20, 2010 in the Student Recreation Center at East Carolina University. Guest speaker ECU Alumna Rachelle Friedman highlighted the event which provides recreational opportunities for individuals with disabilities.

A total of 120 people attended Adapted Recreation & Wellness Day, including 60 registered participants, staff, volunteers, and family members.

Events included armchair fitness, wheelchair volleyball, electric hockey, wheelchair slalom, wheelchair rugby, Zumba and cornhole and shuffleboard. Nutrition information and snacks were offered throughout the day. Participants could also climb on the SRC Climbing Wall, handcycle on the suspended walk/run/push track or swim in the SRC indoor pool.

Friedman stressed the importance of keeping a positive attitude while sharing her personal story to attendees. Friedman, an ECU graduate, was paralyzed...after being playfully pushed into the pool during her bachelorette party earlier this year. CRW thanks her for sharing her experience and positive outlook with Adapted Recreation & Wellness Day participants.

Above: Guest speaker Rachelle Friedman participated in various games during AR&W Day.

Tell us about your experience in the facility with CRW staff.
Always very positive. I enjoy seeing the same familiar, smiley, and friendly faces over and over again. I am most familiar and very impressed with the staff of the adventure program; they have influenced me a lot in the past few years (and cost me thousands of dollars in equipment, I am glad there are no skiing trips).

CRW Alumni Update

The alumni updates are dedicated to individuals who are former participants, employees, and affiliates of the department.

In each edition, we will share some of the latest news, accomplishments, and transitions of those who helped create and sustain the Department of Campus Recreation & Wellness over the years.

Click here to find out what our CRW alumni have been up to!

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Member Profile

Vera Tabakova
Assistant Professor
Economics

What do you enjoy most about the facility or programs?
There is a lot of choice, I always find something to do. I am also pleased with the programs for children; we have probably tried all of them. Our latest discovery is a great private swim teacher who is working with my son on improving his stroke.

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You are receiving this newsletter because you are subscribed to the Campus Recreation & Wellness Alumni Listserv. To unsubscribe please send an email to CRW-ALUMNI_L-SIGNOFF-REQUEST@LISTSERV.ECU.EDU.

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December 2010

Facility Update

CRW wishes everyone a happy and safe holiday break. CRW facilities will be closed Friday, December 24 - Sunday December 26 and Saturday, January 1 - Sunday January 2.

The Student Recreation Center will observe the following reduced hours during the holiday break:

December 2010:
Thurs., Dec. 16
Fri., Dec. 17
- Thurs., Dec. 23
Fri., Dec. 24
- Sun., Dec. 26
Mon., Dec. 27
- Thurs., Dec. 30
Fri., Dec. 31
SRC closes at 8:00 pm
8:00 am - 8:00 pm
SRC Closed
8:00 am - 8:00 pm
8:00 am - 6:00 pm

January 2011:
Sat., Jan. 1
- Sun., Jan 2
Mon., Jan 3
- Thurs., Jan 6
Fri., Jan. 7
SRC Closed
5:30 am - 8:00 pm
Resume regular hours

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