What’s Happening @ the Rec

North Recreational Complex

Phase II

ECU’s Campus Recreation and Wellness is thrilled to announce the grand opening of the new phase at the North Recreational Complex (NRC) on September 15th from 3-6pm. The event “The NRC Beach Festival,” figures to be an exciting showcase of all the new Phase has to offer. Here’s the best part: You are invited!

The NRC is a 129-acre facility located approximately 10 minutes from campus on Highway 264. Phase I opened three years ago and includes eight multi-use fields and a field house. It has mainly been utilized by club and intramural sports until now!

Phase II will add a new dimension to the complex by providing numerous amenities targeting the recreational user. This addition to the facility is unique and is like no other in North Carolina. Phase II includes a lake, boat house, beach area, sand volleyball courts, an 18-hole disc golf course, walking/jogging trails, outdoor exercise equipment and an Odyssey Challenge Course.

The NRC will offer rentals from the boat house which are free of charge to ECU students. Rentals include boats, kayaks, disc golf discs, corn-hole, horseshoes, volleyball, etc. The boat house also has Wi-Fi available so students can come to the facility to relax, enjoy the outdoors and even do a little studying! The Odyssey Course, boats and beach area can also be reserved for group meetings, retreats, team-building activities, parties and events by calling Campus Recreation and Wellness at 252-328-6387.

The NRC will help students to round out their ECU learning experience by providing additional opportunities for the development of social and leadership skills, lifetime activity/skill development, competitive sports and team participation/membership and development of interpersonal skills. Ultimately it is the hope that the NRC is a place students will come to simply relax and unwind.

Whew!! What a busy time for CRW during the spring and summer semesters! Starting with the largest number of “plungers” ever (958) in our annual Polar Bear Plunge in January to a record three club sport teams (golf, dance and baseball) winning national championships, we are experiencing a very successful year of fun and student involvement. Adding to our clubs’ success, we had nine other clubs compete all over the country for national championship competition based on their outstanding records in conference or league play throughout the year.

Adventure trips filled completely for the spring semester, and we even brought back all of the participants we took out!! Fitness numbers are through the roof, as well as intramurals, climbing and challenge courses and the entire campus wants to have their activities classified as a Wellness Passport event...so we must be doing something right!

New on the facilities horizon is the completion of Phase II out at the North Recreational Complex. On August 17th we will open the new phase which includes sand volleyball courts, canoe and kayak rentals, an awesome “Odyssey” challenge course with a 300-foot zip line, a Fitness Exercise Station, an 18-hole disc golf course, and more walking/jogging trails around the lake. This will bring a new era of recreation to ECU and the entire community!! Our success is based on great leaders like you and those students who run our programs and services. So join us on campus, find us on Facebook, or follow us on Twitter to become a part of the excitement. We know you will share our Pirate Pride!

In Health and Fitness,

Nance Mize
Interim Associate Vice Chancellor Student Services
Wow! What a year for Club Sports! In a season for the ages, ECU sent 12 clubs to national championship competitions, and won national championships in golf, dance and baseball!

Under the guidance of Associate Club Sports Director Gray Hodges, the program had its most successful year to date and has him brimming with pride. “I am so proud of the accomplishments that our student-athletes achieved this year,” said Hodges. “To have three teams win national titles for our program and an additional nine also compete in national championship tournaments speaks volumes about the success of our program.”

The ECU Club Baseball team won its first ever national championship by defeating Florida State 10-3 on June 2 in the National Club Baseball Association (NCBA) World Series title game. The Diamond Bucs finished their dream season at 29-8 overall and look to be the overwhelming favorites to repeat again next season!

ECU will look to continue its rich tradition in club sports as they will add Mixed Martial Arts, Bowling and Wrestling for the upcoming season. With the resources made available to them by Campus Recreation and Wellness, it won’t take long before these clubs will be competing for national titles as well. There’s never been a better time to be a part of the Club Sports program!

In their first year of existence, the Lady Pirettes Dance Team won the JAMfest National Championship held in Richmond, Virginia on April 16-17. In addition to their first national title, the Lady Pirettes also brought home the award for best choreography.

After dominating opponents with a sixteen stroke victory in the regional tournament, the Club Golf Pirates went on to win the NCCGA National Championship at Firestone Country Club in Akron, Ohio on April 16-17. The victory secured ECU’s second national championship in club golf in the last four years.
Upcoming Events

8/10-9/9  The Gold Rush
Group Fitness Passes $40

8/30  Cooking Demo
4:00PM-6:00PM, SRC Rotunda

8/30  SRC Showcase
Various Times, SRC

8/31  Flag Football-Volleyball-
Softball-Wiffleball-
Sand Volleyball
Captains’ Meeting 5PM, MSC

8/30  SRC Showcase
Various Times, SRC

9/8  King & Queen of the Halls
3:45PM, College Hill

9/15  NRC Beach Festival &
Grand Opening
3:00PM-6:00PM
North Recreational Complex

9/16  Friday Float
2:00PM-6:00PM

9/26-11/11  Pirate Fit
Activity Incentive Program

Staying cool can really increase your exercise time and keep your workouts more comfortable!

• You can beat the heat by taking your workout into the pool! Check out our Aqua Fitness Workout class schedule online or pick up a copy today in the SRC Main Office.

• Light colored fabrics are perfect for reflecting the sun when you are taking your workouts outside! Light weight fabrics are perfect for wicking sweat away from the skin either outside in the heat, or inside at the gym.

• New to exercise? NO SWEAT! Ease into an exercise schedule with short duration workouts under fifteen minutes. Before you know it you will be fitter and stronger than ever and ready for more - We Promise!!