



# Louisiana State University in Shreveport Fall 2009 Recreational Sports Schedule

All registrations can be completed on-line at [www.lsus.edu/recsports](http://www.lsus.edu/recsports) or in the UC Offices.

Unless otherwise noted, all Rec Sports events are FREE to LSUS students with current ID.

Questions? Email [angel.martin@lsus.edu](mailto:angel.martin@lsus.edu) or call 797-5393.

## Intramural Sports

Sport	Sign-up by	Captains' meeting*	Play begins	Playoffs	Registration fee
Flag Football	Sept. 3	Sept. 3, 5:30 p.m.	Sept. 8	Oct. 12	\$25/Team; \$5/Free Agent**
Volleyball	Oct. 19	Oct. 19, 5:30 p.m.	Oct. 21	Nov. 16	\$25/Team; \$5/Free Agent**
3 v 3 Basketball	Oct. 19	Oct. 19, 6:00 p.m.	Oct. 22	Nov. 17	\$15/Team; \$3/Free Agent**

\*All Captains' meetings will be held in the LSUS University Center Pilot's Room (2<sup>nd</sup> Floor).

\*\*Free Agent = In need of a team

## Rec Sports Special Events

Event	Sign-up by	Date	Time	Location
Back-to-School Rec Night	N/A	Aug. 25	6 p.m.	HPE Gym
LSUS Amazing Race (\$2/Team)	Sept. 21	Sept. 22	4 p.m.	LSUS Campus
Rec Sports and SAB Block Party	N/A	Sept. 24	6 p.m.	UC Apartments
Frisbee-Golf Tournament	Sept. 29	Sept. 30	2 p.m.	Clyde Fant Course
Ultimate Frisbee	Oct. 5	Oct. 6	4 p.m.	HPE Fields
Dodgeball Showdown (\$2/Team)	Oct. 26	Oct. 27	6 p.m.	HPE Gym
Indoor Floor Hockey Match	Dec. 1	Dec. 2	6 p.m.	HPE Gym

## Fitness and Wellness Events

Event	Sign-up by	Date	Time	Location
LifeShare Blood Drive	N/A	Aug. 26	9 a.m. – 2 p.m.	UC Mall
Fitness Class Demonstration	N/A	Aug. 28	11 a.m.	UC Steps
The Biggest Loser Challenge	Sept. 4	Sept. 8 – Dec. 4	N/A	Sign-up in the UC Offices
Couch-to-5K Training	Sept. 8	Sept. 9 – Nov. 4	12:15 p.m.	Meet at HPE Entrance
Pink-Out Day	N/A	Oct. 19	11 a.m.	UC Steps
Week of Wellness	Free food, health education, prizes, raffles, wellness activities and more!			
Be Well Common Hour	N/A	Nov. 2	11 a.m.	UC Lobby
Health & Wellness Fair	N/A	Nov. 4	9:30 a.m. – 1 p.m.	UC Ballroom
LifeShare Blood Drive	N/A	Nov. 4	9 a.m. – 2 p.m.	UC Caddo/Bossier Room
Mental Health Speaker, Ross Szabo	N/A	Nov. 5	7 p.m.	UC Theater
Healthy Cooking Demonstration	N/A	Nov. 6	11 a.m.	UC Port Stage
Adult CPR/AED Certification	Nov. 12	Nov. 13	1 – 5 p.m.	UC Pilot's Room
Adult First Aid Certification	Nov. 17	Nov. 18	2 – 5 p.m.	UC Pilot's Room
Blood Pressure Screening	Call 797-5393 to schedule			UC Offices
Body Fat Testing				UC Offices
Personal Training (Call for pricing)				HPE Building

## Game Room Events

Event	Sign-up by	Date	Time	Location
Rec Sports and SAB Bingo Night	N/A	Aug. 28	5 p.m.	UC Ballroom
Table Tennis Tournament	N/A	Sept. 16	11 a.m.	UC Game Room
8-Ball Singles Billiards Tournament	N/A	Sept. 28	11 a.m.	UC Game Room
Video Game Night	N/A	Oct. 20	6 p.m.	UC Game Room
Domino's and Dominoes Tournament	Nov. 10	Nov. 11	1 p.m.	UC Ballroom
Video Game Night	N/A	Nov. 24	6 p.m.	UC Game Room

## Outdoor Recreation Events

Event	Sign-up by	Date	Time	Location
Canoe Trip (\$6)	Sept. 25	Sept. 26	10 a.m.	Lake Bistineau
Hiking Trail Exploration	Oct. 9	Oct. 10	10 a.m.	Bayou Bodcau Reservoir
Paintball (\$15)	Oct. 22	Oct. 23	2 p.m.	O.F.F. Limits Paintball