Welcome

Centre of Student Engagement & Success
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Division of Student Engagement & Success
Recreational Sports

Jacqueline Hamilton
Josh Bowman
Danny Feitel
Shelby Stamets
Dennis Coplen
Drew Cantwell
University Counseling Center Staff

Rick Reyes
Janie Lara
Victor Ioina
Kim Bliss
Fitness & Wellness

Fitness & Wellness programs are designed to provide education and assist participants in developing a healthy lifestyle. Programs include: seminars, fitness assessments, group exercise classes, personal trainers, employee wellness, student wellness, Wellness Expo.

Sport Clubs

Sport Clubs provide the opportunity to learn new sports, enhance skills and compete. All skill levels are welcome. Recreational Sports provides administrative support and supervision to the club program. A current list of club contacts is available in the Recreational Sports Office or on the Rec. Sports web page.
Intramural Sports

Intramurals are leagues and tournaments organized for competition among students, faculty and staff at all skill levels. Leagues are generally offered in men’s, women’s, and co-rec divisions. Intramurals is offered throughout the year and may include sports as: flag football, soccer, volleyball, basketball, softball, table tennis and badminton.

IMLeagues: Registration for Intramural Sports at Texas A&M University uses a completely web based system called IMLeagues.com. This website contains rosters, schedules, score sheets, and that semester’s intramural sports schedule. A how-to guide is posted on the Rec Sports webpage as well in the Rec Sports office.
Open Recreation

Facilities are available for informal, unstructured use when not scheduled for programmed events. Activities include, but are not limited to: resistance training, cardiovascular exercise, table tennis, badminton, volleyball, basketball and swimming. Check weekly posted schedules for availability. Sport equipment is available for check out.

Outdoor Programs

The Outdoor Program is designed to present the university community with opportunities to experience recreational activities related to the outdoor environment. Some of the activities offered have been “how to” sessions on backpacking, fishing, and outdoor photography; some have been “hands on” experience such as surfing and kayaking basics.

The Outdoor Program offers trips throughout the semester.
Aquatics

Activities offered at the outdoor pool include lap swimming and open swim, water aerobics, swim lessons for a variety of levels, family programming, and other non-credit instructional classes based on current interest such as life-guarding certifications, and Water Safety Instructor. The pool is generally open from late April to mid-October, weather permitting.

Special Events

Special events are generally one-day events or tournaments. Events include the Island Bash, Wellness Expo, Turkey Trot, and Paws for a Cause.

Other Services

- Equipment check out
- Event planning
- Support for events
What's Happening on the Island?

"Work In Progress" Photo Shoot - November 20
Poetry Reading - November 20
Islander Lights - November 21
Turkey Trot - November 24
Late Night Breakfast - December 2
S&E Student Research Forum - December 3 & 4th
Have a Happy Thanksgiving!

We'll see you on February 19 for February's SEAS Staff Development "Social Media & You!"
Presented by: Diane Hockenberry
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