

SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES

★ SPRING ★

★ 2024 ★

Intramural Sports

Intramural Sports provide an opportunity for participation in organized team and individual sports at various skill levels. A diverse schedule of team sports, in addition to individual tournaments and special events, allows students, faculty, staff and spouses to compete against others of similar skills in Men's, Women's, and Co-Rec divisions. SIRA encourages students to become active as participants, and/or sport officials. Visit our website or call 512-863-1606 for more information.

Outdoor Adventure

SIRA's Outdoor Adventure program provides the campus community with a variety of different opportunities each semester. Outdoor trips are scheduled each semester and include activities such as kayaking, caving, and rock climbing. Additionally, SIRA Outdoors provides a comprehensive resource center and gear checkout for the campus community. Through these programs, SIRA Outdoors enhances the wellness of the SU community through activities that incorporate exercise and healthy alternatives, knowing one's self, spiritual connection, knowledge, skill acquisition, and environmental awareness.

Fitness Programs

A wide variety of fitness/wellness opportunities are offered by SIRA. Research has repeatedly shown that regular physical activity reduces stress, increases your energy level, improves your overall health, and even helps you to sleep better! Please check the SIRA website or call 512-863-1665 for more information about each of these programs including Yoga, and Zumba.

Sport Clubs

A sport club is a recognized student organization formed by individuals with common interests in a sport or physical activity. These interests can be instructional, recreational, competitive, or some combination of all three. Although SIRA provides support and guidance, sport clubs should be student-initiated, student-led, and student-managed. Current sports clubs include: Cheerleading, Climbing Club and Pom Squad. Call 512-863-1606 for more information.

Job Opportunities

SIRA employs over 50 students annually in a variety of positions that include: Sports Official, Intramural Supervisor, Publicity Assistant, Office Assistant, Sport Club Assistant and Outdoor Adventure Supervisors. For more information call the SIRA Office at 512-863-1606.

Intramural Sports Calendar

Register at <https://imleagues.com>

Activity	Division	Entries Open	Entries Close	Play Begins
Basketball League	M, W, CR	January 16	January 25	January 29
Innertube Water Polo	M, W, CR	January 16	February 15	February 20
Cornhole	M, W, CR	February 1	February 16	February 22
Spikeball	M, W, CR	February 12	February 29	March 4
Sand Volleyball	M, W, CR	February 12	March 15	March 19
March Madness <small>(Bracket Challenge)</small>	M, W	March 4th	March 19th	March 17th
Powder Puff Football	M, W, CR	March 4th	March 21st	March 24th
Soccer	M, W, CR	March 8	March 28	April 8
Ultimate Frisbee	M, W, CR	March 18	April 5	April 11
Track Meet	M, W, CR	April 1	April 29	April 30

Outdoor Adventure Calendar

Activity	Destination	Registration Opens	Registration Closes	Activity Dates(s)
Horseback Riding	Burnet	January 16th	January 23rd	January 27
Hiking	Pedernales Falls	January 22nd	February 11th	February 17
Slackline	Academic Mall	Drop in event	One day event	February 21
Skiing	Durango, Colorado	February 12th	March 3rd	March 10-16
Camping 101	SU 500 acres	March 18th	April 7th	April 12-13

Information Tables:

12:00-1:00pm
McCombs Center Concourse
January 18th & 19th
February 8th
March 7th
April 4th

Official's Clinics:

- 🏀 **Basketball Clinic (Rules)**
Monday, January 22 @ 8:30pm
- 🏀 **Innertube Water Polo**
Tuesday, February 13 @ 8:30pm
- 🏀 **Basketball Clinic (Court Mechanics)**
Thursday, January 25 @ 8:30pm
- 🏀 **Soccer Clinic**
Tuesday, April 2 @ 8:30pm



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