

Campus Recreation

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UNIFIED SPORTS

Campus Recreation is aiming to launch an Intramural Unified Soccer League this Spring, in collaboration with Special Olympics Michigan to bring together GVSU students and Special Olympics athletes of all ages in the surrounding area.

Dedicated to promoting social inclusion through shared sports training and competition experiences, Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

In Unified Sports, teams are made up of people of similar age and ability, which makes practices more fun and games more challenging and exciting for all. Having sport in common is just one more way that preconceptions and false ideas are swept away.

[From our staff, we need to know who is interested/available this spring/summer.](#)



Check out Central Michigan University's Unified Sports video:

www.youtube.com/watch?v=uFrie975KSk

For more on Unified Sports:

www.specialolympics.org/unified-sports.aspx

Please email Mackenzie if interested!

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”

— *Derek Jeter*

Staff Appreciation Night

Friday, December 5th, 8p – 10p

THANK YOU!

Please join us in the **FH Arena** for our All Staff Appreciation Night! Come hangout with your co-workers & rec center friends before finals for a night of fun and sweets.

We will also be congratulating the graduating seniors at this time.

The night will consist of:

- Basketball
- Volleyball
- Dodgeball
- DESSERTS!!!

Please RSVP by clicking [HERE](#)

CAMPUS REC STAFF WORKOUTS

Friday, November 14th - 4pm
Yoga with Claire

Location: Multipurpose room
in Kelly Family Sports Center

December 1st – 10th
Exam Cram

Locations: TBA

BASKETBALL OFFICIALS CLINIC

Sunday, November 23

Officials will receive classroom instruction, on court instruction, and will also have the opportunity to work intramural contests with clinicians on site, providing immediate feedback. The clinic intends to provide up-and-coming intramural officials with the information and the proper training that is needed to be successful on and off the court. It is also **FREE** for any participants!

Check in: 10a-11a
Classroom session: 11a-12p
Lunch: 12p-1p
Court session: 1p-2p
Games: 2p-6p
Wrap up: 6p-6:30p

CHECK US OUT ON SOCIAL MEDIA!

Like us on Facebook
@GVSURecCenter

Instagram @
@GVCampusRec

Follow us on Twitter
@GVSUcampusrec

Region 3 Student Lead On – Jan. 22-24, at Purdue

The Region III Student Lead On is an annual student-run, student-led conference that hosts over 400 young professionals, graduate students, and undergraduate students who are interested in becoming professionals in the field of campus recreation.



Cost: \$65 (2014)

Free Lodging!

Excellent Experience!

If you are interested in presenting at the conference, [CLICK HERE](#) for more details.

The workshops offered throughout the conference range from résumé and interview skills to topics more specific to the different program areas in collegiate recreational sports including facilities, group fitness, intramural sports, and more.

The conference provides students the opportunity to:

- Develop personally and professionally through networking,
- Presenting to their fellow peers
- Raising awareness about Campus Rec opportunities

Great for the RESUME!

**Please email
Mackenzie if
interested!**

Michigan Statewide Sport Management Conference



The Michigan Statewide Sport Management Association is excited to announce the date for the 2nd Annual Michigan Statewide Sport Management Conference

***Register before November 1st and we will waive the career fair fee!**

Web page:
www.misportsmanagement.com/

Facebook:
www.facebook.com/StateofMISMC/?ref=hl

WHEN:
November 21st – 22nd

WHERE:
Crowne Plaza in
Grand Rapids, MI

"Last year we had a great turn out of undergrad and graduate Sport Management, Recreation, and Business students. With many positive reviews and an increase of interests for the conference, we are inviting your organization to participate in the career fair portion of the conference. We are interested in sport, fitness, athletics, and recreation organizations who are seeking full or part-time employees, interns, or have resume building volunteer opportunities for our students."

If you have any questions about the event, contact [Maria Buday](#) at or [Mackenzie](#).



When:
February 20-22, 2015

Where:
University of Dayton, Ohio

- [Registration](#)
- [Presenter Application](#)
- [Hotel Information](#)
- [Conference Schedule](#)
- [Directions & Parking](#)

The two-day conference is a wonderful professional development opportunity allowing undergraduate students, graduate students, non-student university-affiliated staff, and professional staff to work together to share ideas, network, learn new skills, and receive the continuing education needed for professional development. We are currently working on CEC's to be granted for attending certain sessions as well.

Helpful Resources

Michigan
Intramural
Recreational
Sports
Association
(MIRSA)

National
Intramural
Recreational
Sports
Association
(NIRSA)

Campus Rec
Internships/Grad
uate
Assistantships/
Jobs

GVSU Club
Sports

YMCA
Internships &
Volunteer

Concussion
Certification

Department
Scholarship
Form

UltraTime

GVSU Career
Center

Student
Academic
Success Center
(SASC)

VOLUNTEER & PROFESSIONAL DEVELOPMENT OPPORTUNITIES

December 2014

GVSU University Development ~ Toast with T. Haas

December 1st 5:30pm-8:30pm

Toast with T. Haas is an event held each semester in the Eberhard Center for graduating students to celebrate and take pictures. Volunteer duties include running check-in, greeting guests, passing out commemorative champagne flutes, and coat check - with a few things in between. While volunteers are welcome to work the full 3 hour time slot, shifts have been made as well. Sign up by contacting Liz Collver at 616-331-5626 or collverl@gvsu.edu.

Arthritis Foundation of Michigan ~ Grand Rapids Jingle Bell Run

December 13th 6:30am - 12:30pm

The Jingle Bell Run is a timed 5K race that has become the Arthritis Foundations signature event, attracting more than 2,000 participants and raising almost \$100,000 to assist the Arthritis Foundations mission in helping the millions of men, women and children living with this painful and debilitating disease. Arthritis is a complex family of musculoskeletal disorders consisting of more than 100 different diseases or conditions that can affect people of all ages, races and genders. It is a fun morning where both participants and volunteers are encourage to dress in the spirit of the holiday season. Volunteer opportunities include set up, registration, greeting participants, food servers, snowman shuttle, course marshals, water stations, finish line attendants and clean up. For more information contact Cindy Pogue at 248-530-5020 or cpogue@arthritis.org.

Down Syndrome Association of West Michigan ~ Christmas Party

December 14th 2:00pm-4:00pm

The Down Syndrome Association of West Michigan is holding it's annual holiday party at Frederik Meijer Gardens. This is a fun event that serves as a connection for members and families. Elves to work in the line for Santa Claus, and craft helpers are needed. For more information, please contact Alethea Mshar at (616) 956-3488 or alethea@dsawm.org.

January 2014

Mary Free Bed Rehabilitation Hospital ~ Adult Doubles Charity Tennis Tournament

January 16th, 9:00am-5:00pm

Come volunteer at the 11th Annual Adult Doubles Charity Tennis Tournament held at the Norton Pines Athletic Club! Proceeds go to benefit the Mary Free Bed Wheelchair Tennis team. Volunteers are needed for food preparation, running the raffle, and for event clean up. Please contact Alicia Hass at (616) 840-8134 or alicia.hass@maryfreebed.com.

March 2014

Mary Free Bed Rehabilitation Hospital ~ Griffs Sled Hockey Classic Home Tournament

March 6th-8th, 9:00am-6:00pm

Volunteer at this home tournament for the Grand Rapids sled hockey team. Sled hockey is an adaptive sport, and the team consists of individuals who have physical disabilities that require them to use a wheelchair. Volunteers are needed for tasks such as food serving, time keeping (training provided), and cleanup in the afternoon/evenings. Please contact Alicia Hass at (616) 840-8134 or alicia.hass@maryfreebed.com.

UPCOMING OPPORTUNITIES

*Please contact
Mackenzie for more
information!*

Nov. 13-15 in Traverse City, MI

Michigan Association for
Health, Physical
Education, Recreation
and Dance

Nov. 15th @ GRCC Zumba Certification

Nov. 21-22 @ TBD Sport Management State Workshop

December 1st Presentation Proposals Due for Region III Student Lead-On

December 1st Scholarship Applications Due for Region III Student Lead-On

January 22-24 @ Purdue Region III Student Lead- On

March 30–April 2 @ Dallas NIRSA 2015 Annual Conference

FOR MORE OPPORTUNITIES, CLICK HERE

Risk Management Corner

EVACUATE

*Have an escape route and plan in mind

*Leave your belongings behind

*Keep your hands visible

HIDE OUT

*Hide in an area out of the active shooter's view

*Block entry to your hiding place and lock the door when possible

TAKE ACTION

*As a last resort and only when your life is in imminent danger

*Attempt to incapacitate the active shooter

*Act with physical aggression and throw- items at the active shooter

**CALL 911
WHEN IT IS
SAFE TO DO
SO!**

HOW TO RESPOND WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

QUICKLY DETERMINE THE MOST REASONABLE WAY TO PROTECT YOUR OWN LIFE. CUSTOMERS AND CLIENTS ARE LIKELY TO FOLLOW THE LEAD OF EMPLOYEES AND MANAGERS DURING AN ACTIVE SHOOTER SITUATION.

1. Run

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible

2. Hide

- Hide in an area out of the active shooter's view.
- Block entry to your hiding place and lock the doors

3. Fight

- As a last resort and only when your life is in imminent danger.
- Attempt to incapacitate the active shooter
- Act with physical aggression and throw items at the active shooter

**CALL 911 WHEN IT IS
SAFE TO DO SO**

HOW TO RESPOND WHEN LAW ENFORCEMENT ARRIVES ON THE SCENE

1. HOW YOU SHOULD REACT WHEN LAW ENFORCEMENT ARRIVES:

- Remain calm, and follow officers' instructions
- Immediately raise hands and spread fingers
- Keep hands visible at all times
- Avoid making quick movements toward officers such as attempting to hold on to them for safety
- Avoid pointing, screaming and/or yelling
- Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises

2. INFORMATION YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATOR:

- Location of the victims and the active shooter
- Number of shooters, if more than one
- Physical description of shooter/s
- Number and type of weapons held by the shooter/s
- Number of potential victims at the location

RECOGNIZING SIGNS OF POTENTIAL WORKPLACE VIOLENCE

AN ACTIVE SHOOTER MAY BE A CURRENT OR FORMER EMPLOYEE. ALERT YOUR HUMAN RESOURCES DEPARTMENT IF YOU BELIEVE AN EMPLOYEE EXHIBITS POTENTIALLY VIOLENT BEHAVIOR. INDICATORS OF POTENTIALLY VIOLENT BEHAVIOR MAY INCLUDE ONE OR MORE OF THE FOLLOWING:

- Increased use of alcohol and/or illegal drugs
- Unexplained increase in absenteeism, and/or vague physical complaints
- Depression/Withdrawal
- Increased severe mood swings, and noticeably unstable or emotional responses
- Increasingly talks of problems at home
- Increase in unsolicited comments about violence, firearms, and other dangerous weapons and violent crimes

