



# PIRSA NEWS

PENNSYLVANIA INTRAMURAL RECREATIONAL  
SPORTS ASSOCIATION

VOLUME 1, ISSUE 1

AUGUST 2007

## IN THIS ISSUE:

- Welcome
- Benefits
- State Conf.
- Members on the Move
- Join Us
- PIRSA History
- Upcoming Dates
- Contacts

## WARM WEATHER WORKOUT TIPS



- Drink as much water as possible.
- Always make sure you cool down after exercising outside.
- Wear cool, light-colored clothing when exercising outside.
- Eat Light. Hot temps can significantly reduce your appetite.

## Welcome and Introductions!

Welcome to the first installment of the PIRSA newsletter with your new executive board, Greg Sferra from Slippery Rock University, Laura Johnson from Lycoming College, and Jay Gallagher from Kutztown University. We are all very excited to work with you on making PIRSA a better, stronger and more efficient organization. The three of us would like to encourage those of you who are not members to contact us to see how PIRSA may be able to assist you and your organization.

Enjoy the INTERACTIVE newsletter, click on the links to visit the website for more information.

## PIRSA BENEFITS

- Discount on State Workshops
- Regional & National Social Events
- Bill Swan Award for Dedication (\$75)
- Network with PA Professionals
- Professional Involvement within the state
- Newsletters



PIRSA news is available online at:

<http://recreation.kutztown.edu>



## 8th Annual PIRSA State Conference

**Bucknell University**      **September 27-28, 2007**

- **Keynote Speaker:** David Chauner, CEO of the Pro Cycling Tour
- **Pre-Conference Workshops for CPR/AED/First Aid**
- **Golf Opportunity**
- **PIRSA Membership survey**
- **Educational Sessions**



Click on the link to find out more information at: <http://www.bucknell.edu/x33319.xml>

View the brochure: <http://bucknell.edu/Documents/RecreationServices/PIRSA%20Flyer.pdf>

## Members on the Move

•Hakim Groomes, formerly an intern at Gettysburg College, is now a graduate assistant at Campbell University in North Carolina.

•Jason Townsend, formerly the Evening Operations Coordinator at Temple University is the new Assistant Director for Fitness at Mississippi State.

•Andre Love, former Slippery Rock University graduate assistant, is now employed by the University of Akron as the Outdoor Adventure Manager.

*Have you moved to or from a Pennsylvania school, or do you have new staff?  
Please email me so we can include it in the next newsletter!!!*

*johnsonl@lycoming.edu*

## Join PIRSA!

Not planning on attending the conference? You can still become a PIRSA member. Visit:

[recreation.kutztown.edu](http://recreation.kutztown.edu)

Click on the resource center to download a membership application. Membership rates are:

\$30 New Professional Membership

\$25 Returning PIRSA Members

\$10 Student Membership

Don't miss out on being involved!



## PIRSA HISTORY



In 1998, Dr Frank Condino from IUP approached Terry Dougherty about the lack of involvement of the schools in Pennsylvania and how he saw more and more young professionals and students leaving Pennsylvania for other areas. They looked into what some of the other states were doing to promote unity in their state and to encourage involvement. It was then that Frank proposed that the state of Pennsylvania ban together to form PIRSA- Pennsylvania Intramural and Recreational Sports Association.

The reasoning behind PIRSA was to allow the smaller institutions as well as the larger schools to have a voice as to what goes on in our state as it pertains to NIRSA to offer a venue for young professionals and students to present and hear presentations that would be of value to promote and enhance the quality of recreational sports programs throughout the state by means of professional meetings, dissemination of ideas and maintenance of policies consistent with the philosophy of NIRSA.

And more importantly it would provide the ability to network within the state.

The By-Laws and Constitution were written and sent out to all of the NIRSA members in Pennsylvania. Terry Dougherty completed the paperwork from NIRSA to make us an official State Association.

While PIRSA was forming, a well-known, long time Pennsylvania Director of Recreation past away. **Bill Swan** from Penn State University Park died at the age of 59 after having worked there for close to 35 years.

PIRSA announced a Bill Swan Award for dedication to be given to a Student from Pennsylvania each year. This award is sponsored by PIRSA, Alan Wendorff from Sayings for You and Penn State University which maintains a perpetual plaque on campus.

## Upcoming Dates to Remember



Click on links to view more information

⇒ PIRSA State Workshop, Bucknell University: September 27-28, 2007 <http://www.bucknell.edu/x33319.xml>

⇒ Region I Conference, Cornell University: November 8-10, 2007 <http://www.ubathletics.buffalo.edu/recreation/nirsa/>

⇒ Regional Flag Football Tournament, Cornell University: November 9-11, 2007 <http://intramurals.athletics.cornell.edu/>

⇒Regional Flag Football Tournament, University of Maryland: November 16-18, 2007

⇒NIRSA Annual Conference, Austin, Texas: April 2-5, 2008



## PIRSA CONTACTS

### President

Greg Sferra

Director, Campus Recreation  
Slippery Rock University

724.738.4525

[gregory.sferra@sru.edu](mailto:gregory.sferra@sru.edu)

### Vice President

Laura Johnson

Director, Recreation and Conferences  
Lycoming College

570.321.4059

[johnsonl@lycoming.edu](mailto:johnsonl@lycoming.edu)

### Secretary/Treasurer

Jay Gallagher

Coordinator of Intramurals  
Kutztown University

484.646.4214

[gallaghe@kutztown.edu](mailto:gallaghe@kutztown.edu)