



PIRSA NEWS

PENNSYLVANIA INTRAMURAL RECREATIONAL
SPORTS ASSOCIATION

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COLD WEATHER WORKOUT TIPS

- Stay well hydrated.
- 100% fruit juice is an excellent after workout drink to replace lost fluids, electrolytes and carbohydrates.
- Layer your clothing, but remember the first layer must be effective in taking moisture away from the body.
- Prepare for the wind chill, not the temperature.

PIRSA CONFERENCE

The PIRSA Conference, held at Bucknell University September 27-28, 2007 was a success! The conference provided a number of educational sessions, networking opportunities with professionals, students and many vendors. The 2008 conference will be hosted at Clarion University.

Mark your Calendars!!! October 2-3, 2008!!!

PRESIDENT'S MESSAGE

PIRSA Members,

I want to express my thanks to Joe Santorine and Pualani Spurlock of Bucknell University for hosting the 2007 PIRSA Conference. The conference offered a number of educational sessions, opportunities for networking and meeting with equipment vendors. Also, thanks to the 32 professionals and students who attended the conference.

While the quality of the conference was very good, the registration number, to be honest, was greatly disappointing. We, PIRSA, are a professional organization that is people intensive in who we are and who we serve. We are in existence to provide programs and services that assist in student development. Networking through sharing and exchange of ideas with fellow colleagues stimulates thinking and promotes growth and development. Thus, the more professionals and student involved in PIRSA benefits everyone. The strength of the PIRSA organization can assist in setting state benchmarks that can be of assistance in addressing issues we all share; securing ample funding, employing sufficient staff, diversifying programs and facility construction and renovation.

I know that in my professional alliance with the Ohio Recreational Sports Association (ORSA), and having just attended this years Ohio conference with 180 other professionals and students, that the strength of their association is directly proportional to the involvement of the membership. The strength of ORSA has been influential in benchmarking the size and components with constructing recreational facilities, the allotment of funds and resources and hiring sufficient staff to operate facilities. This is evident in visiting recreation facilities at University of Dayton, Youngstown State University, Miami University of Ohio, Kent State University, Ohio University, Ashland University, Case Western Reserve University and many more including, obviously, Ohio State University.

I have heard that there are professionals who have withdrawn from PIRSA because of past issues. I encourage those folks to leave those issues in the past and together head for a better future. For those who have joined us and witness the positive changes in PIRSA at the last several conferences, thank you. Your involvement and contributions are appreciated. Should you have a vision as to where our state organization should be going, we need you to join us to assist in strengthening the organization and further developing Campus Recreation in Pennsylvania for the benefit of enhanced student development.

One of the strategies that the PIRSA Officers have established to attempt to advance Campus Recreation in Pennsylvania is to have our immediate supervisors attend PIRSA so that they gain a better understanding an appreciation for our profession and its impact on students. Please remember to invite your administrators, as well as additional recreation professionals and students, to the 2008 conference at Clarion University. If your administrator is a supporter of Learning Reconsidered, consider giving them a copy of "The Value of Recreational Sports in Higher Education" from NIRSA as a Christmas gift.

Enjoy the upcoming holidays and the close of the fall semester.

Greg Sferra

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 HAS A
NEW WEBSITE!!!**

[https://thepirsa.sslpowered.com/
index/pirsa1.html](https://thepirsa.sslpowered.com/index/pirsa1.html)



Join PIRSA!

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

<https://thepirsa.sslpowered.com/index/pirsa1.html>

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

- \$30 New Professional Membership
- \$25 Returning PIRSA Members
- \$10 Student Membership



**NOMINATE A
STUDENT!!!**

Bill Swan Award

**NOMINATE A
STUDENT!!!**



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.

**Please email a letter of nomination to Laura Johnson: johnsonl@lycoming.edu
NO later than December 15, 2007. Letters should include student's name, major, year in school
and the impact they have had on your program.**

| | Resort on 11/29 | Full on 11/30 |
|--|--|----------------------|
| | CONGRATULATIONS!!! | |
| | Kelly Schaefer A new baby boy, Brady William, was born on | Gregg Shankle |
| | Carrie Healey October 21, 2007 to Kelly Schaefer, Coordinator of Intramurals at Kutztown University and | Chris Cooper |
| | Marie Affatato his wife, Jen. The whole family is doing great! | Melissa DiIorio |

Upcoming Dates to Remember

Click on links to view more information

- ⇒ [NIRSA Annual Conference](#), Austin, Texas: April 2-5, 2008
- ⇒ PIRSA State Conference, Clarion University, Oct. 2-3, 2008 (elections to be held for PIRSA offices)
- ⇒ PIRSA State Conference, East Stroudsburg University, 2009, Date TBA



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| | <u>Recert on 11/29</u> | <u>Full on 11/30</u> |
|--|-------------------------------|-----------------------------|
| | Kelly Schaefer | Gregg Shankle |
| | Carrie Healey | Chris Cooper |
| | Marie Affatato | Melissa Bonomo |