

october 2009

club sports

The NC State University Club Sports Newsletter

club of the month highlight

Starting in the early 90's, the NC State Ultimate Clubs have grown substantially since their inception. The Wolfpack, the men's ultimate team, has grown from a small squad of first timers to national champions, winning the national title, 15-9 over UC-Santa Barbara, in '99 in Boulder, Colorado. More recently, the wolfpack has been making strides forward to regain the crown. Competing in the North Carolina section, the wolfpack has to compete with the state's, and some of the nation's, best teams to qualify for the regional tournament, facing off against UNC, UNCW, ECU and Duke, among others. To earn a chance to compete for the coveted national title, the wolfpack must fight through the fierce Atlantic coast region. Consisting of teams from Florida to Virginia, the wolfpack must finish within the top 3 in a region notoriously renown for its depth and high level of competition. Going from 5th place in 2008, to 3rd in 2009, the wolfpack qualified for the national champion-

ships for the first time in 5 years. Finishing 15th last year at nationals, this year the wolfpack is looking to improve upon their performance on the national stage. Led by 5th year veteran and stand out, Ken Porter, and USA representative, Stephen Panasci, the wolfpack has already begun the season with a tournament win at the Port City Classic and has 3 more tournaments this fall. Losing only 3 players, the team is backed by offensive all star Evan Bowles, grad student in Biomath, and deep threat, Bryan Conklin, mechanical engineering. Defensively, a slue of athletes take the field to make their presence felt by the opposition, including Michael Harlan, Andrew Carmen, Casey Haigh, and Ken Porter. With an army of determined rookies to fill the ranks, this year's wolfpack is sure to make some noise! JagaMonsta, the women's ultimate team, has been in existence since 1992. Yet to win a national championship, but not unacquainted with the national stage, Jaga qualified

community service: toys for tots

NC State Club Sports are collecting Toys for Tots today through Friday, November 13. The primary goal of Toys for Tots is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, patriotic

citizens. Bring all new, unwrapped toys to the Campus Recreation office. All toys will be delivered to the Marine Corps during the NC State vs Clemson home football game.



sponsorships & donations

Interested in donating money to your alumni team? Visit https://www6.acs.ncsu.edu/ccg-og/faces/oag_og.jsp. Make sure to you specify *Gift to: Other* and *Specify Other: Campus Recreation "___ Club" at NC State*. Or mail a check to written to NC State with your club team name in the memo. Send checks to: *Campus Recreation*Campus Box 8111*Raleigh, NC 27695*

follow us

Interested in what is going on in Campus Recreation? Join us on Facebook and Twitter.

club sports council

Congratulations and Welcome to the Equestrian-Western Team, Club Sport Team number 51!

The North Carolina State University Intercollegiate Horse Show Association Western Riding Club was founded in August of 2008 by Oregon State University exchange student Justin Bubenik and NC State student Rebecca Bishopric with the help and guidance of coaches Mrs. Robin Brantley Lynn and Dr. Bob Mowrey. The club was founded to provide the students of NC State University an equal opportunity to learn about and respect the horse, horsemanship and to compete in IHSA horse shows, to give all students at NCSU an opportunity to pursue their curiosity, love and passion for the horse and the art of western horsemanship, to improve the equestrian skills of its members

through practice, instruction, and competition, and to provide a community atmosphere where great sportsmanship, the value of hard work and good communication skills are encouraged and enforced by the officer team and club members.

The club has had a grand start for a new team with a small base number of members and has made a huge impression on competitors throughout the season!

If you are interested in obtaining any more information or becoming involved, please do not hesitate to send an e-mail to NCSUWesternRiding@gmail.com. In addition, please be sure to see the events page for upcoming shows and other team activities!

deadlines: Friday, 11.6 October Attendance due, Friday, 11.13 All Toys for Tots due



upcoming club events

Saturday, October 24

Wolfpack Invitational, Miller Fields, 8am-5:30pm
Skateboarding Event, Free Expression Tunnel, 12pm
Baseball vs ASU, 11am, Cary Academy

Sunday, October 25

Wolfpack Invitational, Miller Fields, 8am-2pm

Saturday, November 7

Women's Volleyball Tournament, courts 9-11, 8am-6:30pm

Sunday, November 8

Women's Soccer, Upper Miller fields, 12pm-2pm

results

Men's Rugby, September 15, 2009

NC State 56	Eno River 14
NC State A 53	UNCG A 10
NC State B 12	UNCG B 12

Men's Lacrosse, September 25, 2009

NC State 9	UNC 8
Women's Lacrosse	
NC State 4	Elon 16

Men's Lacrosse, October 3, 2009

NC State 10	Elon 6
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submit your results at

http://ncsu.edu/campus_rec/club-sports/results/form.php

club of the month highlight cont.

for the national championships 2 times in the last 5 years, finishing 5th in the latter appearance. Also competing in the tough atlantic coast region, Jaga has sectional rivals UNC, UNCW, and Wake Forest, among others, to overcome in order to return to the national championships. Finishing 11th in the region last year, Jaga is coming back stronger this year than ever to improve their last year's results. With strong leadership in Alison Murray, Meghan

O'Brien and Kari Blevins, the team is followed up by offensive threat Jessi Jones and Laurie Williams. With the best recruiting class in years, they are sure to catch many teams off guard this season and even surprise themselves with a hopeful appearance at the national championships. Watch these girls as they will surely continue to improve and make a splash this season!

article submitted by Alison Murray



2009-2010 Men's & Women's Ultimate Club Officers

Men's Ultimate
Bryan Conklin
Ryan Mccann
Brad Thorton
Cam Bevington

Women's Ultimate
Alison Murray
Megan O'Brien
Annalee Farrel
Jessi Jones

what's happening in campus recreation

Fitness

Free Blood Pressure and Body Fat Screenings
Nov 9, 12-2 pm. Register at the Fitness Suite.

Outdoor Adventures

High Fridays, 30 ft high at the Schenk forest Challenge Course
10/30, 11/13, and 11/20, 1-5pm

Registration begins: 2 weeks out from the date of the program, Register at Outdoor Adventures, Carmichael Recreation Center, 1st Floor.

Price: \$20

http://ncsu.edu/stud_affairs/campus_rec/outdoor-adventures/challenge/highfridays.php

Special Events

Sun. Nov. 1, 4-6pm - Homecoming Kick Off - Harris Field

Wed. Nov. 4, 10am -6 pm - Homecoming Blood Drive - Playzone

Wed. Nov. 18, 6-10 pm - First Aid/CPR - CG 2035

Fri. Nov. 20, 8am - 10pm - Campus Recreation CPR Challenge - http://ncsu.edu/stud_affairs/campus_rec/special-events/

leadership development series

A special thanks to Robbye Brooks and Pat Ward for helping with the October Leadership Development Series meeting.

As club sport athletes it is important to maintain a personal wellness of health, mind, and body. Often times athletes put a great deal of stress on their muscles and bones, which can lead to injury. Pat and Robbye presented warm-up, stretching, and cool-down techniques for the average club sport athlete.

If you are interested in learning more about personal training for yourself or your club please contact Pat Ward, Fitness Student Director, Certified Personal Trainer. 513.8139.

If you are interested in learning more about physical therapy please contact Robbye Brooks, Director of Physical Therapy at NC State. robbye_brooks@ncsu.edu or 513.3260.