



# Department of Campus Recreation

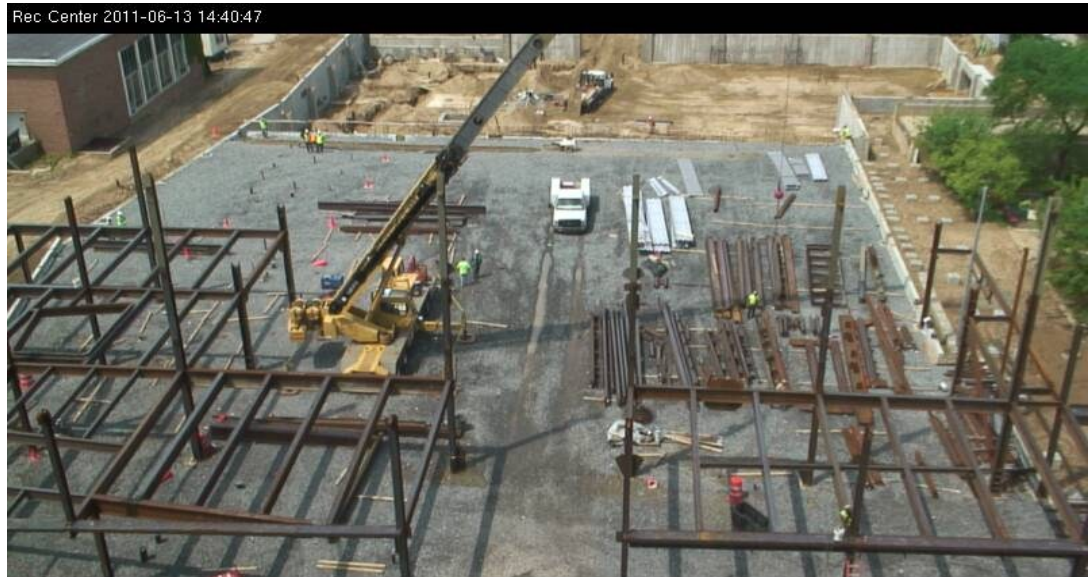
**Spring & Summer  
2011**

## *Campus Recreation Center Update*

**Special Double Issue**

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The Campus Recreation Center construction is really coming along during these quiet but hectic summer months. They finished putting up the walls about a month ago and laid out the gravel just a few weeks ago. All of the steel for the building recently arrived and they have been busy piecing it all together. You can really see the building start to take shape and I know all of our students will be pleasantly surprised with the progress when they return in the fall.

The Campus Recreation professional staff has been busy at work researching and testing out some of the latest and greatest state of the art fitness equipment. We truly want the best possible equipment for all of our students, faculty and staff to take advantage of.

I encourage everyone to visit the new Campus Recreation Center website ([www.stonybrook.edu/recenter](http://www.stonybrook.edu/recenter)) where you can follow the progress first hand of the rec center by reading our blog and watching live from our web cam. You can also find out more information about the history of the CRC project and get more specific details of what is going to be available in the new recreation center.

We look forward to the anticipated opening of the new Campus Recreation Center in the Fall of 2012.

Watch us Grow!!!

Click Here to watch the progress of our new recreation center. LIVE!

<http://rec-center.noc.stonybrook.edu/>

## *Wii Sports Tournament @ SBU, by Corey Kiser*

Millions of people have enjoyed Wii Sports for its simplistic, yet fun gameplay. It's something everyone can play and enjoy. It combines the fun of video games in a new interactive way. This semester Campus Recreation held its 2nd Annual Wii Sports Tournament. This year the event was held at H Quad in the

Benedict atrium. This venue provided enough space to have three Nintendo Wii counsels run simultaneously, which made the tournament run smoothly, with less wait time between games. The tournament featured thirty participants who competed in a traditional bracket structure, with the winner of each round moving on to compete further. Partici-

pants had the opportunity to compete in sports video games including Golf, Bowling, and Tennis. First and Second place winners choose from a variety of prizes provided by Campus Recreation. The three champions from each sport then competed in Wii Baseball for a Campus Recreation gift pack.



## *Wellness Center Goes RED !*

The Wellness Center has gone RED!!! Some of you may have noticed the new padding in the Wellness Center to show our Seawolves Pride. No...we did not buy new equipment although it was nice getting some fo those questions. We have decided to phase out the old black padding and come in with the new Red padding. We are always looking for new ways to make the gym more appealing to our students and members and we hope that this minor change will help us accomplish that goal. So if you have not been to the Wellness Center make sure you come check out the RED!!!



## *New Campus Recreation Logo*

The Department of Campus Recreation has unveiled its new logo which will be featured in the Fall of 2011. The logo to the right is your typical interlocking SB with the standard Campus Recreation text below. This new logo will be used on all of our apparel, giveaways and marketing materials. We hope everyone is excited about this new logo as this will be the new brand of the department and the new Campus Recreation Center.



Finally! After a long miserable, snowy winter, summer has arrived. The weather is getting warmer and people are heading outside to enjoy the great outdoors. But before you start running through those fields of flowers, you must be aware of perhaps the most poisonous plant on Long Island, poison ivy.

To the average person, poison ivy is as inconspicuous as any other plant and is often misconstrued as ordinary leaves. Simply being around this plant will not cause many problems since the poisonous urushiol oil is contained within the roots, leaves and berries. Yet, if this delicate plant is somehow damaged, it will secrete the urushiol oil which then binds to integral membrane proteins on skin cells, ultimately changing their shape. This binding and alteration in shape causes a human immune response against the body's own cells, attacking

## *Poison Ivy Awareness, by Ariel Cruz*

the cells as if they were foreign bodies and causing rashes and blisters.

The best way to avoid a poison ivy rash is to be able to identify the plant and avoid it. Poison ivy usually grows in clusters of three and is symmetrical. There is usually one leaf growing on top of the plant and one on both sides of the stem. But it can be nearly impossible to identify poison ivy at all times when roaming in the wild. Wearing long pants and long sleeve shirts is another way to protect your skin from this poisonous plant. However, any article of clothing, rag, towel or any other surface may also contain the urushiol oil and spread the oil to the skin. This may happen as soon as your skin touches the affected surface or up to five years later. So what can be done to be fully protected from this plant?

Purchasing over the counter products such as TecNu can help get rid of the oil within the first ten minutes of exposure, but does not help after the oil has absorbed into the skin. These products can also remove the oil from any surface, helping contain the oil away from the skin, as sometimes water is not enough.

If you have the misfortune of having a full-blown poison ivy rash, chances are you will have to suffer through it. Anti-



inflammatory creams or medications may help ease the itch or burning sensations but will not help much in getting rid of the rashes. There are many kinds of soap and creams that may also help relieve some of the symptoms of poison ivy.

So before heading out and enjoying the weather, be sure to be prepared for poison ivy and be aware of where you roam so that the only thing burning is the sun.



Poison Ivy on the Beach



Poison Ivy in the Spring



# Meet the Interns



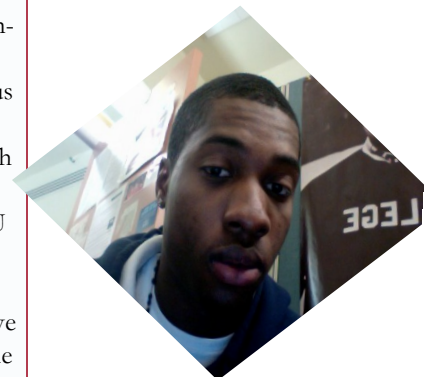
## *My Internship @ Stony Brook, Eric Apicella*

My name is Eric Apicella and I am a senior at Dowling College, majoring in sport management. I completed all my credits in the fall semester of 2010 at Dowling College and for the spring semester, I started a 40 hour a week internship for the Campus Recreation Department at Stony Brook, which started at the end of January. Even with a hectic schedule, working at my regular job in the mornings and then coming to Stony Brook in the afternoon and night; I really enjoyed my time with the Campus Recreation Department. All of my supervisors were really nice and accepting of me and really taught me a lot on how to be the most professional I can be. The coordinators and staff were very friendly and accepting as well. I really felt like I belonged here at Stony Brook. During the semester, I worked with the intramural part of Campus Recreation for about 3 months and then I worked in the Student Activities Center in the Wellness Office for the remaining month. My tasks and responsibilities during my internship included, making sure everything was prepared and ready to go for intramurals, making sure everything was running properly during intramurals, and helping out during all the special events that went on around campus. Everything always ran smooth and as David Hairston, the Manage of Intramurals and Sport Clubs, would always say, every event was “organized chaos.” Although I am so excited to graduate, I will miss coming to Stony Brook and helping out with all the projects and working events with everybody. I want to thank my supervisors for giving me the opportunity to work with the Department of Campus Recreation and for helping and guiding me through my entire internship.



## *The Wellness Center Intern, Corey Kiser*

Hey, my name is Corey Kiser, I am a Business and Economics major and I'm currently finishing up my junior year at Stony Brook. This semester I was the Marketing Intern for the Wellness Center, but I am no stranger to the Campus Recreation Department. I worked as a Wellness Center monitor for two years prior. Some of my tasks this semester included, promoting the various Wellness Center events that occurred, and assisting with the planning and preparation for Campus Recreation's annual Golf Tournament. During the semester I gained a lot of marketing and promoting experience. I realized early on that fliers and Facebook messages alone just wasn't enough to get students out of their room and at our events. So I spent a lot of time in the Wellness Center talking to students and getting them to participate in the Wii Sports Tournament and SBU Strongest bench press competition. I also worked closely with Steve Macchiarolo in reaching out to different businesses seeking sponsorship for the Golf Tournament. I successfully landed Red-Bull as a hole sponsor which is something I am really proud of. This has been my most productive semester at Stony Brook by far. This internship opportunity has taught me how to effectively time manage and communicate with professionals. I got the chance to network with many students and faculty, and even presented in front of Dean Stein, which was an incredible experience.



## *Weight Loss Tips, by Evan Borochina*

Although the weather has been very strange this past spring, summer time is finally here once again. Undoubtedly for this reason many of us have been trying different ways to slim down and get fit before we hit the beaches. This article is not intended to be a guide on how to accomplish your specific fitness goals, whatever they may be, but instead it is intended to provide a few basic rules to dieting as well as some personal suggestions. So let's start with the basics. The number one basic principle about weight loss is that you must burn more calories than you eat. With all the greasy fried stuff surrounding us (especially on campus) it gets difficult to make the right choices and so many of us struggle with weight loss. This is when we turn to various diet pills that promise instant results or one of those unhealthy fad diets that can do more harm than good. Fad diets can be effective in fast weight loss, but more often than not the weight piles back on even more than before when you stop the diet. This is because these fad diets are often crash diets that are very harmful to your body in the long run. The best way to lose weight (and keep it off) is to lose it steadily with smart eating and exercise. It's possible to lose weight through exercise alone without altering your diet, however you would have to spend a lot more time at the gym burning off those extra calories than is necessary. It is also definitely possible to burn fat through dieting alone,



but then you burn away muscle as well. Many girls are okay with that, but for the guys out there who want to have a six pack as well as ripped muscles, the most effective way to do this is to combine proper dieting, cardio workouts, and at least twice a week of weight training (if you are going to weight train only twice a week you should look into some good full body workouts). Now when it comes to the type of food you can eat, don't think that you need to stay away from certain foods completely because doing that can also be bad. Carbohydrates (carbs) for example are always thought of as a no when it comes to dieting, but this is not true. Moderation is the key; eat less than you would normally without remaining hungry. This can be done by eating certain foods that are healthier for you and that are also more filling. Whole grains are an example of this type of food. Eating regular bread for example is nothing but carbs and calories, but whole wheat bread is good for you, plus it's lower in calories and rich in fiber. Fiber is great for dieting because it keeps you more full for longer periods of time. Lean meat is important too. Turkey is always a great option when it comes to meat because it is a meat that is low in calories while high in protein. Chicken is always a good choice as well (not fried and breaded!), and of course fish. As a snack you can have plenty of fruits and veggies because most of them

are very low in calories. Fruits by the way can be a great substitute for sugary processed foods when your sweet tooth gets a craving. Also you can have non-fat dairy products such as yogurt, preferably Greek yogurt because it is lower in calories and richer in protein. Another essential thing you must do is drink plenty of water. Many people do not consume enough water and they do not even realize it. A person should have around 8 glasses of water a day. I know it may seem ridiculous to measure intake of water this way so I have my own way of doing it. I take one of those 32 ounce paper cups at the SAC labeled Pepsi on them and I fill it up with water. I make sure to have three of those every day. This is 96 ounces of water a day which is approximately the recommended amount. Drinking water is important because it also helps keep your metabolism running smoothly and it allows your body to get rid of excess water weight which makes you look bigger than you actually are. Our bodies are mostly made up of water and the body also stores water. When we don't drink enough water our bodies store more of it. Another thing about liquids, don't think of soda or juices as a beverage that you must have with your meal, think of it as a snack just like you would think of a piece of cake, you don't need to have a piece of cake with every meal. Soda and juices are sneaky because they do not fill you up and yet if you have two or three of them a day instead of water (the only beverage your body really needs) the calories you drink can equal to more than an entire meal. In fact if you change nothing about your diet and simply cut out soda and juice you can see results.



# Staff Insider with Jonelle

**Name: Shemeika Gooden**

**Major: Health Sciences**

**Status: Senior**

Jonelle: *How long have you been working for the Department of Campus Recreation and why did choose to work with us?*

Shemeika: I've been working for Campus Recreations for four years (since I was an incoming freshmen).

I wanted to work with Campus Recreation because I love sports and freshmen year I wanted to major in Athletic Training.

I come from an athletic family and I believe work should be fun and I thought I could gain this experience while working with C-Rec.

Jonelle: *Which division of Campus Rec do you work for?*

Shemeika: Mainly in the office but over time I've made my way to every department under Campus Rec.

Jonelle: *What does a typical workday at C-Rec consist of for you?*

Shemeika: Assisting faculty, staff, and students that partake in any C-Rec event. I assist professional and student staff within different departments of C-Rec.

Jonelle: *What is your favorite part of your job?*

Shemeika: Getting involved in the activities that we provide to the students. The fact that I am both an employee and a student, I get to enjoy the best of both worlds.

Jonelle: *Besides working for C-Rec do you have any other jobs?*

Shemeika: I work with disabled individuals.

Jonelle: *Do you think it is hard trying to balance schoolwork with working two jobs?*

Shemeika: It's not an easy task, but my approach on balancing out my responsibilities is to always remain positive. I feel like anything is possible as long as someone one pushes himself or herself.

Jonelle: *Campus Rec always has trips and events that they encourage students to participate in, have you gotten involved in any?*

Shemeika: I have been involved. Because of Campus Rec, I did things that I wouldn't normally do. I went skiing for the first time because of Campus Rec, and I look forward to doing it even more after I graduate.

Jonelle: *What is the one thing that you are looking forward to most at the new Campus Recreation Center?*

Shemeika: I will not be here when it opens, but it will be great when Campus Rec is finally in one location; this will make it much easier for everyone to know what our department consist of.

Jonelle: *How has working for C-Rec affected you?*

Shemeika: Working for C-Rec has improved my professional skills in a work environment. Campus Rec provides their staff with VIP access to campus events that provide beneficial information that can help you improve in the work force. I've attended workshops at the career center, participated in events like "Dressing for Success", and I continue to participate in campus events that help me become a better employee.

Jonelle: *If you had to offer one piece of advice to prospective employees of Campus Rec, what would you say?*

Shemeika: Educate yourself with what is available to you. We have a huge population of student staff and I believe networking should be easy since teamwork is very important within our department.



# Staff Insider with Jonelle

**Name: Mariel Herrera**

**Major: Political Science**

**Status: Senior**

Jonelle: *How long have you been working for the Department of Campus Recreation and why did choose to work with us?*

Mariel: I've been working here for a two semesters. I decided to work with campus recreation because I had known Dave [Hairston] from before, because a couple of my friends used to work for him and they would tell me how cool of a working environment it was. They would tell me how friendly and supportive the staff was.

Jonelle: *What does a typical workday at C-Rec consist of for you?*

Mariel: A typical work day consist of feeding the pet fish, then throughout the day people come in and get their wellness center membership card or buy fitness class cards for the classes downstairs. And if needed I'll do any errands that Marie or Dean need to have done.

Jonelle: *Besides working for C-Rec do you have any other jobs?*

Mariel: No, being a full time student IS a job!

Jonelle: *Did you enjoy going to the intramural games?*

Mariel: Yes! It was a lot of fun because it was a different experience to watch people play games that you used to play when you were younger, but at a more competitive level. There's nothing better than watching a competitive dodge ball game.

Jonelle: *What is the one thing that you are looking forward to most at the new Campus Recreation Center?*

Mariel: I'm actually not going to be here to see the new Campus Rec Center, so unfortunately I wont be able to enjoy it. But, I did want to see the indoor track

Jonelle: *If you had to offer one piece of advice to prospective employees of Campus Rec, what would you say?*

Mariel: I would say don't be fooled by how nice they are, they are friendly but they still have expectations of you.

So just because the job is laid back and they are nice, don't think that you can slack off.



Jonelle: *Which division of Campus Rec do you work for?*

Mariel: I used to work in the Campus Recreation office in the Sports Complex and now I work in the wellness office here in the SAC.

Jonelle: *What is your favorite part of your job?*

Mariel: The people I work with. My supervisors Dean and Marie are cool.

Jonelle: *Campus Rec always has trips and events that they encourage students to participate in, have you gotten involved in any?*

Mariel: Yes! I recently went to the Nets basketball game. I go to all the summer baseball games and I actually go watch the sports events and intramural games.

Jonelle: *Have you gone to any of the fitness classes or worked out in Wellness Center?*

Mariel: I have! Ever since I started working here I've been more exposed to it. I actually go to Dean's Tone & Tighten class almost religiously, its one of my favorites. And I use the Wellness Center everyday, sometimes twice a day.

Jonelle: *Has working for C-Rec affected you?*

Mariel: Yes! It definitely made me more serious about being healthy and going to the gym and taking care of myself. Everyday I ask Dean for a granola bar because it's healthier than going downstairs and getting a burger.



# Summer 2011

## Group Fitness Schedule

**Tuesday, May 31 -  
Thursday, August 18**

**Group Fitness Class Punch Card Prices**  
(for faculty, staff and graduate students only)

Unlimited Classes \$98.00  
14 Classes \$56.00  
4 Classes \$18.00

**\*Valid only for Summer\***

**PARTICIPATION AND CHECK-IN POLICY:**

The growth of the Group Fitness Program necessitates the need to limit participants in fitness classes for member safety and enjoyment, please note the size limit is 23 participants. To gain entry into a fitness class held in the SAC Aerobics Studio or SAC Spinning Studio you must use your SBU ID to check-in. All classes are first come, first serve. Each class must have a minimum of 3 participants or the class is cancelled. If so then participants can remain in the room to use the equipment. You may check in up to 30 minutes prior to the start of class. It is advised that you arrive early! Registered undergraduate students can participate for free. Faculty, staff and graduate students require a group fitness punch card to participate. Punch cards can be purchased in the Wellness Office, SAC Room 225.

**CLASSES ARE HELD IN THE BASEMENT OF THE STUDENT  
ACTIVITIES CENTER AEROBICS STUDIO & SPIN STUDIO,  
NEXT TO THE BANK UNLESS NOTED OTHERWISE.**

<u>Day</u>	<u>Time</u>	<u>Class</u>
Monday	12:00-12:55pm	Power Yoga w/ Talia
Monday	1:00-1:55pm	Step & Tone w/ Lexie
Tuesday	12:00-12:55pm	Pump & Sculpt w/ Lucille
Tuesday	1:00-1:35pm	Kickbox-Cardio w/ Dean
Tuesday	1:35-2:00pm	BOSU Blast/Spinning w/ Dean
Tuesday	5:15-6:10pm	Yoga w/ Jeannean
Tuesday	6:30-8:00pm	Reiki Circle w/ Nicole SAC Sculpture Garden or SAC 304
Wednesday	12:00-12:55pm	Core & More w/ Dawn
Wednesday	1:00-1:55pm	Hatha Yoga w/ Patricia
Wednesday	5:15-6:10pm	Spinning w/ Lucille
Thursday	12:00-12:55pm	Body Pump w/ Lucille & Dawn
Thursday	1:00-1:55pm	Muscle Mash Up w/ Lexie
Thursday	5:15-6:10pm	Spinning w/ Talia
Friday	12:00-12:55pm	Pilates Mat w/ Lucille

Visit our website at [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) for more information about our fitness classes.

WWW.STONYBROOK.EDU/RECREATION





# Wellness Center Summer 2011 Hours of Operation

(May 24, 2011– August 20, 2011)

Monday-Thursday . . . . . 7:30am- 7:00pm

Friday . . . . . 7:30am- 6:00pm

Saturday & Sunday . . . . . CLOSED

*The Wellness Center will be CLOSED on Monday, July 4, 2011 in observance of Independence Day.*

## Faculty/Staff Summer Specials

\$60.00/Summer Special 1 (Valid May 31,– August 19, 2011)

\$165.00/Summer Special 2 - Purchase a yearly membership between June 1– August 31, 2011 and get 1 month free (13 months from date of purchase)

Membership forms can be found in SAC 225 or

<http://studentaffairs.stonybrook.edu/rec/membership.shtml>

*Please note that after August 31, 2011 we will no longer be offering the \$165 yearly membership due to the anticipated opening of the new Campus Recreation Center.*

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Check out our videos

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<http://www.youtube.com/campusrecreationSBU>

Fall Employment Opportunities @

The Wellness Center. . .

Apply Now!

Visit the Campus Recreation Website for an application and contact

Steve Macchiarolo at 632-4661 or [steven.macchiarolo@stonybrook.edu](mailto:steven.macchiarolo@stonybrook.edu) with any questions.

# What you may have missed. . .



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**WEDNESDAY MARCH 30- WEDNESDAY APRIL 6**

**Wednesday, March 30th**  
**BLOOD PRESSURE AND CHOLESTEROL SCREENING**  
 SAC LOBBY, 1:00-2:00PM

**Monday, April 4th**  
**MUSCLE MILK MONDAY**  
 WELLNESS CENTER- TBA

**Tuesday, April 5th**  
**WII SPORTS TOURNAMENT**  
 BENIDICT ATRIUM 7:00-10:00PM

**Wednesday, April 6th**  
**WELLNESS WORKSHOP:**  
**SELF ESTEEM & BODY IMAGE**  
 SAC 308, 1:00-2:00pm

**Monday, April 6th**  
**BODY FAT TESTING**  
 WELLNESS CENTER, 5:00-6:00PM

**INSANITY SPECIALTY CLASS**  
 SAC BALLROOM B, 7:00-8:00PM

THROUGHOUT WELLNESS WEEK, FACULTY AND STAFF ARE ABLE TO USE THE WELLNESS CENTER GYM—SAC 307 FOR FREE! FACULTY AND STAFF ARE ALSO ABLE TO GET TRIAL PASSES FOR GROUP FITNESS CLASSES.  
 IF YOU HAVE ANY QUESTIONS PLEASE CALL 631-632-6850  
 WWW.STONYBROOK.EDU/RECREATION

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**Wii Sports Tournament**  
 Presented by Campus Recreation

When? April 5th, 7-10pm  
 WHERE ? Benedict Atrium Prizes & Free Giveaways!!!





# What you may have missed cont. . .

## DEPARTMENT OF CAMPUS RECREATION



### NJ Nets Game Trip

vs.

### NY Knicks

**Saturday, February 12<sup>th</sup> @ 7:00pm**

Bus will be departing at the SAC Loop at 4:45pm and returning to campus at approximately 11:45pm. Tickets are \$20.00 for undergraduate students and \$30.00 for graduate students. Tickets go on sale at the SAC ticket office on Monday, January 31, 2011 and are limited.

For more information call 632-7120



Brought to you by:  
Campus Recreation & Student Life



### NY Mets

vs.

### Oakland A's

June 22<sup>nd</sup>, 2011

Game @ 7:10 pm @ Citi Field  
Bus Leaves @ 4:45pm

Cost: \$15 for Undergrad students  
\$30 for Grad students, Faculty/Staff  
(Field Level Seats)

Registration: Campus Recreation  
Office G-7 Sports Complex

Contact: David Hairston at  
david.hairston@stonybrook.edu  
or call 631-632-7120

[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)



## Mets Game



Sponsored by Campus Recreation  
& Campus Residences



## Campus Recreation

## DEPARTMENT OF CAMPUS RECREATION



### Catamount Mountain Ski Trip

Sunday, February 20, 2011

(Depart SAC Loop at 5:00am, Return SAC Loop at approximately 8:00pm)

Cost of Trip: \$35.00 - Undergraduate Students; \$45.00 - Graduate Students  
(includes transportation, lift ticket & \$12.00 food voucher).

A \$20.00 refundable deposit is required upon registration (deposit will be returned the day of trip)

What is Not Included: Ski Rentals - \$27.00, Helmet Rental: \$7.00, 1 1/2 Hour Ski Lesson - \$10.00

Any extra's will be added to the initial cost of trip (\$35.00/\$45.00) and will need to be paid in full at the time of registration.

Tickets Go On Sale Thursday, 2/3 from 11:00am—3:00pm in SAC 303 and if tickets are still available on Friday, 2/4 from 11:00am—3:00pm SAC 303. Limited to first 48 students.



For more information, please call 632-4145



## DEPARTMENT OF CAMPUS RECREATION



### NJ Devils Game Trip

vs.

### Pittsburgh Penguins

Friday, March 4<sup>th</sup> @ 7:00pm

Bus will be departing at the SAC Loop at 4:30pm and returning to campus at approximately 11:30pm. Tickets are \$20.00 for undergraduate students and \$30.00 for graduate students. Tickets go on sale at the SAC ticket office on Monday, January 31, 2011 and are limited.

For more information call 632-7120

Brought to you by:  
Campus Recreation & Student Life



## Debbie Whittemore Memorial 5K Run/Walk

Sunday,  
April 10, 2011  
at 10AM



(Check in from 8:30-9:45am  
SRL Pritchard Gymnasium Lobby  
Indoor Sports Complex)

Entry Fee:  
\$8 SBU Students  
\$10 Faculty/Staff, Alumni, Community Members  
\$20 Day of Race  
(Checks: "Dept. of Campus Recreation")  
Pre-Registration Deadline:  
Thursday, April 9, 2011 by 5PM  
T-SHIRTS GUARANTEED TO FIRST  
200 PEOPLE REGISTRANTS!  
Awards Ceremony to follow with over 35 categories!  
For More Information please call 631-632-7188 or visit [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu).  
Registration forms at  
[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu).



SAVE THE DATE!

Save the date:  
**Friday, May 13, 2011**

A Great day of Golf at the Tall Grass Country Club!

Date: 05/13/2011

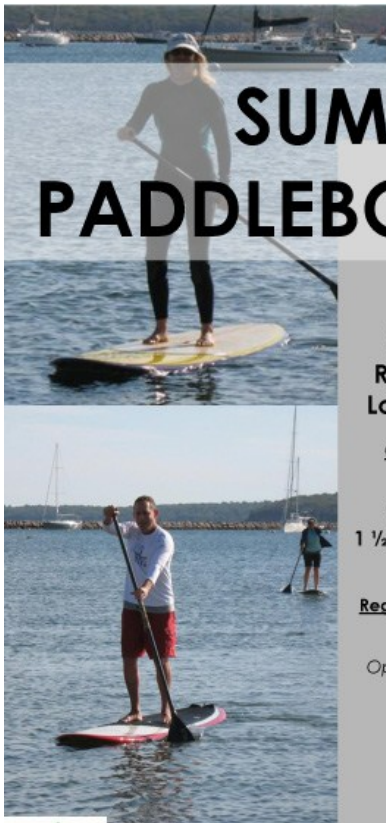
Place: Tall Grass Country Club,  
24 Cooper Street,  
Shoreham, NY

Have questions?  
Contact Steve Macchiarola:  
Phone: (631) 621-4661  
Email: [smacchiarola@stonybrook.edu](mailto:smacchiarola@stonybrook.edu)





# Upcoming Campus Recreation Events



## SUMMER PADDLEBOARD TRIP

**Friday July 8**

Depart Campus: 9:00am  
Return to Campus: 5:00pm  
Location: East Hampton, NY

**Cost:** \$15.00 Undergraduate Students  
\$30.00 for (grad/faculty/staff)

**Trip includes:** equipment rental,  
1 ½ hr lesson/tour, 1 ½ hr free time with  
paddleboard and lunch

**Registration:** Campus Recreation Office G-7  
Sports Complex

Open only to students/ faculty/staff of the  
University.

**Contact:** Marie Turchiano at  
[mturchiano@notes.cc.sunysb.edu](mailto:mturchiano@notes.cc.sunysb.edu)  
or call 631-632-4145

[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)



## Trip to Six Flags

**Thursday, June 30<sup>th</sup> 2011**

**Bus Leaves SBU Sac Loop @ 7:30am**

**Cost:** \$10 for Undergrad students  
\$25 for Grad students and Faculty/Staff

**Registration:** Campus Recreation Office G-7 Sports Complex

**Contact:** David Hairston at [david\\_hairston@stonybrook.edu](mailto:david_hairston@stonybrook.edu)  
or call 631-632-7120

[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)

Sponsored by Campus Recreation and Campus Residences



# Campus Recreation

# Campus Recreation

*2011 Marcum Workplace Challenge*

*Tuesday, July 26, 2011*

*Jones Beach State Park, 7PM*

Visit [www.stonybrook.edu/recreation](http://www.stonybrook.edu/recreation) for more information or  
contact Steve Macchiarolo at 632-4661.



## Summer Kayak Trip

**Friday, June 10<sup>th</sup> 10:00am**  
&  
**Friday, July 15<sup>th</sup> 10:00am**

**Cost:** \$25.00 for  
(grad/faculty/staff) each trip  
includes kayak rental and  
lunch

Undergraduate students  
registered for summer classes  
are free.

Open only to students/  
faculty/staff of the University.

To register or for more info,  
please contact The  
Department of Campus  
Recreation at 632-7120  
[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)



# Campus Recreation



[WWW.STONYBROOK.EDU/RECREATION](http://WWW.STONYBROOK.EDU/RECREATION)