

From soccer to swimming to skiing, Campus Rec keeps students fit

By Chris McCubbin
Staff Reporter

Campus Recreation can loan University of Nebraska-Lincoln students a baseball glove or send them on a two-week bicycling tour of Ireland.

It has a place for them to swim and can give them a chance to be part of a sports team that competes around the country.

Campus Recreation tries to "provide as diverse a program as possible so that each student can find at least one thing to be involved in," Stan Campbell, the director of Campus Recreation, said.

Many life-long habits are formed at college, and Campus Recreation is designed to lay the groundwork for a healthy lifestyle, as well as help students get to know each other socially, Campbell said.

The most visible of Campus Recreation's missions is its informal recreational programs — the swimming pool in Mabel Lee Hall, jogging tracks, weight rooms, and the various courts and fields on both campuses. This summer, Campus Recreation constructed a new sand volleyball court in Selleck Quadrangle. Campbell said that these facilities are used 130,000 times each year.

Another highly visible part of Campus Recreation is its intramural sports program. Campbell said there are 65 intramural sports for men and women, and 40 additional corecreational sports. Campbell said more than 70 percent of UNL students take part in intramurals.

For those who crave a slightly more intense level of competition, Campus Recreation also coordinates 11 club sports, which allow UNL students with an interest in non-varsity athletics to compete with teams from outside the university.

Campbell said the rugby and soccer teams often compete against teams from other states, and the crew team travels all over the United States.

Instructional classes and clinics in several sports are offered every semester. Most classes last six weeks and cost less than \$20. Topics range from golf to water exercise to bicycle maintenance to scuba. Scuba classes cost

\$210 because of the expense of equipment rental.

The Century Fitness Club allows students, faculty and staff to design their own fitness program. The club offers support through incentive prizes and a monthly newsletter. Campbell said the club has about 120 members. Membership is free.

Students can rent canoes, tents and other camping equipment at the Campus Recreation office. Equipment for golf, skiing and racquet sports can also be rented. Equipment for indoor and outdoor sports is available for up to three days.

Campus Recreation also has hunting, fishing and state park vehicle permits. Tickets to World of Fun and Oceans of Fun, and coupons for Adventureland are available at the Campus Recreation office.

The Outdoor Adventures program offers trips from one-day bicycle or canoeing excursions in the Lincoln area to a 10-day tour of the Mexican Caribbean that cost \$1,650 a person.

A new program this year is a bicycle trip to Ireland. Twelve UNL students will tour the Emerald Isle for two weeks in June 1988.

Campus Recreation will also expand closer to home with the expected completion of the recreation center/indoor practice field.

The first phase of the project, the practice field, will be finished in November, and the rec center is already planning second semester activities, Campbell said.

In spite of some student concern, "there hasn't been any evidence of athletic department trying to monopolize the center," Campbell said.

The athletic department has agreed to use the center no longer than three hours a day, he said.

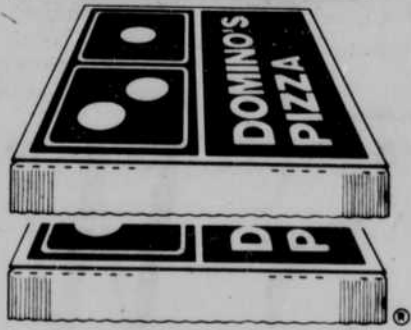
The second phase of rec center construction, scheduled to begin early next year, will involve the construction of an addition containing basketball courts, racquetball courts, a weight room and new offices for Campus Recreation and equipment rental, Campbell said. The final phase of construction will involve the renovation of the coliseum. The entire rec center project should be complete in three to five years, Campbell said.

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