



Here We Go!!



NEW THIS YEAR!

(1) Ropes Course

Near Milford, NE

The Ropes Course is an extension of the Group Challenge Experience program which is jointly administered by Campus Recreation and Student Involvement. The ropes course has challenging elements designed to assist groups to function better together. Contact Jim Fullerton to schedule your group use of the ropes course today at 472-3467.

(2) Injury Prevention and Care

The Grand Opening of the new Injury Prevention and Care on east campus will be held on October 5, 1995 at the College Activities Building on East Campus. Be sure to check out what we have to offer on East Campus.

Information Meeting

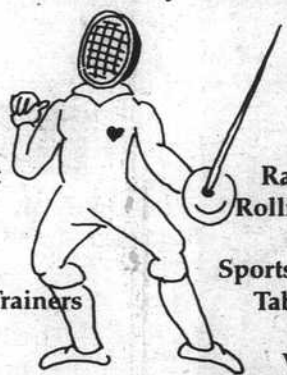
The information meeting will be held on **Thursday, August 24 at 6:00 p.m. at the Union.** The meeting will offer information about programs, facilities, and services. Free prizes!

Sport Clubs

Congratulations to the **Women's Bowling Club.** They are the **1995 National Champions.**

Campus Recreation supervises more than 30 sport clubs. These clubs compete against other universities and colleges and are open to all students of UNL. Most clubs practice regularly and schedule their own matches and tournaments--sometimes they host tournaments and matches as well. The following clubs are currently active at UNL:

- | | |
|---------------------------|-------------------|
| Badminton | Baseball |
| Bowling | Crew |
| Climbing | Goju Ryu |
| Fencing | Hockey |
| Judo | Lacrosse |
| Medieval Combat | Racquetball |
| Rifle | Rolling Storm |
| Rugby | Runners |
| Soccer | Sports Officials |
| Student Athletic Trainers | Table Tennis |
| Tae Kwon Do | Tennis |
| Ultimate | Volleyball |
| Weightlifting | Women's Wrestling |



If you are interested in any of these clubs, contact Campus Recreation for practice, schedule, and orientation information. Campus Recreation will have this information available after September 6, 1995. If your interest is not reflected here, contact Leah Hall Dorothy at 472-3467 about starting a new sport club!



Fitness Classes

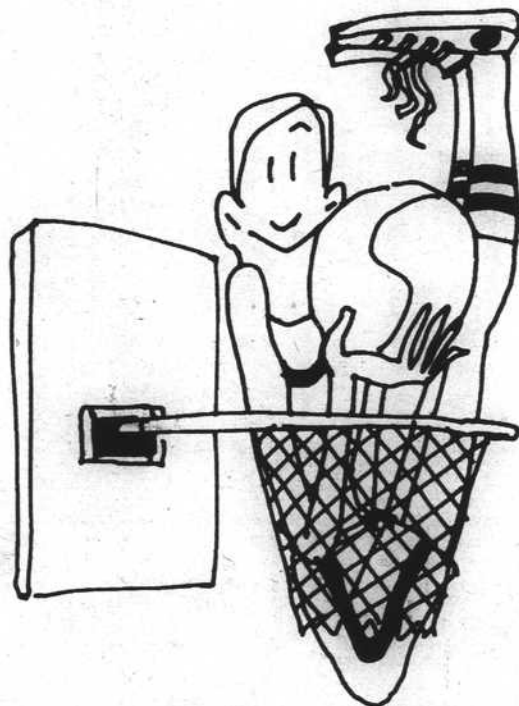
Don't forget to register for your favorite aerobics classes which begin **September 11.**

University of Nebraska-Lincoln
Office of Campus Recreation

Do you need a job? Why not consider officiating?

Last year more than 500 students worked for Campus Recreation, most in the Intramural Sports Program as officials. No previous experience is required and training is provided. Starting wage is \$5.00-\$5.25/hour. The following is a schedule of official training sessions for early Fall, 1995:

Softball		
Tues., 8/29	4:00pm	NE Union
Thurs., 8/31	4:00pm	NE Union
Flag Football		
Wed., 9/6	4:00pm	NE Union
Thurs., 9/7	4:00pm	NE Union
Sun., 9/10	5:00pm	NE Union
Mon., 9/11	4:00pm	NE Union



Intramural Sports

The Intramural Sports Program at UNL is one of the largest and finest in the country. More than 150 activities are offered each year for men's, women's, and co-rec competition.

Don't Miss These Intramural Sports Entry Deadlines!!

Tennis Singles (M,W)	Aug. 29
Tennis Doubles (M,W,C)	Aug. 29
Mud Volleyball Tourn. (M,W,C)	Aug. 29
Slow Pitch Softball (M,W)	Aug. 29
Flag Football (C)	Sept. 6

The following events require no advance entry. Simply enter on site the day of the competition. For more information, call 472-3467.

Punt, Pass, & Kick (M,W,C)	Aug. 30
Cross Country (M,W,C)	Aug. 31

Labor Day Weekend Facility Hours

CRec	Fri.	6:15am-9:00pm
	S-S	9:00am-6:00pm
	Mon.	9:00am-4:00pm
CAB	Fri.	10:00am-6:00pm
	S-S	Closed
	Mon.	Closed

CRec = Campus Recreation Center
CAB = College Activities Building on East Campus

Activity Nights!!

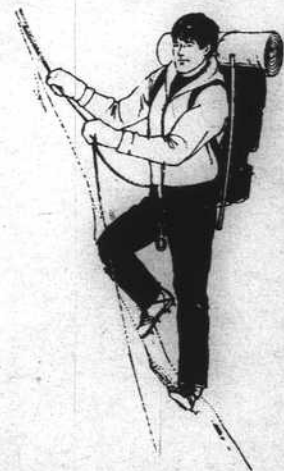
Campus Recreation is sponsoring some great activities this year and two nights in particular will be jam-packed with fun. First, on **Friday, August 18** from 7:30-11:00pm, Campus Recreation will be hosting an **Open House and Activity Night** which will feature team activities as well as individual ones. There are no fees or advanced entry required. The staff will be on site if you have any questions about anything Campus Recreation can do for you.

September 15 is **INTRAMURAL SPORTS TOURNAMENT NIGHT.** Featured events include: **slam dunk contest, soccer skills, innertube water basketball, badminton doubles, 2-on-2 basketball, 4-on-4 volleyball.** Enter on site for everything but water basketball (must enter by 9/12). Be part of the action!!

Jr. Blackshirts

Jr. Blackshirts will provide age appropriate activities for children 1 year to 12 years of age on home football game days. The fees for a University of Nebraska affiliated family is \$10/child/game or \$60/child/season. For a non-University family, the fee is \$15/child/game or \$90/child/season. Pre-registration required, no drop-ins accepted. Call 472-3467.

Home Games		Register By
Sept. 16	Arizona State	Sept. 8
Sept. 23	Pacific	Sept. 15
Sept. 30	Washington St.	Sept. 22
Oct. 14	Missouri	Oct. 6
Oct. 21	Kansas State	Oct. 13
Nov. 4	Iowa State	Oct. 27
Nov. 24	Oklahoma	Nov. 15



Outdoor Adventures

Campus Recreation offers an outstanding outdoor recreation program called Outdoor Adventures. We provide more than 40 trips each year that range in length from one day to three weeks. The real advantage to Outdoor Adventures is that we teach outdoor skills. We teach you how to canoe, rock climb, backpack, raft, and bicycle. The trip costs reflect all the costs while in the field: food, transportation, insurance, appropriate gear (no personal gear is included), and equipment (tents, coolers, stoves, etc.). The only costs not covered are meals which might be necessary en route to the trip site. The 1995-96 trip schedule begins like this:

September		
9/15-17	\$75	Basic Rock Climbing
9/17	\$20	Day Canoe
9/22-24	\$75	Women's Rock Climb
9/22-24	\$75	Upper Niobrara Canoe
9/28-10/1	\$125	Colorado Backpack
9/28-10/1	\$135	Colorado Rock Climb