

Rec director strives to meet demands

Keeping up with students' needs presents Campbell a challenge

BY CHAD LORENZ
Staff Reporter

Stan Campbell can't keep up.

The director of the Office of Campus Recreation launches successful new programs and new facilities every year, but another project is always waiting for him.

"Seems like every time we increase offerings, we get more demand," Campbell said.

Three new programs have taken off since the first week of class, and some already need to be expanded.

Two new full time wellness consultants are completely booked into October with the opening of Wellness Services, Campbell said.

Consultants will assess a student's nutrition and fitness levels and identify any health risks. The consultant will also design an exercise program according to the student's fitness needs.

Many students have used the service as a doorway to get in shape because they didn't have good eating habits or exercise regularly, Campbell said.

Wellness services were available last year, but the \$45 consultation fee was too expensive for students, Campbell said. The new \$10 service is subsidized by student fees.

Another service, massage therapy, has expanded this year. A licensed massage therapist will arrange 25, 45 and 60-minute sessions for \$15, \$25 and \$30.

Campus Rec's new Adventure Challenge Ropes Course hasn't become as popular yet, Campbell said, but he is proud to offer one of the only courses like it in the area.

The course is divided into two sections — a high and low course — where students tackle different obstacles. UNL students may spend a day on both courses for \$20 per person.

The course is the only one in the state that handicapped participants can use, Campbell said.

Campbell also depends on the Campus Recreation Advisory Council to find out what new recreation pro-

grams students want, he said.

Every year, Campbell has to upgrade parts of the informal recreation program, the most-used part of campus rec, he said.

Some exercise equipment was transplanted from the weight training room to the super circuit, next to the racketball courts, and scattered throughout the running track, Campbell said.

By adding equipment and moving it around, Campbell hoped to alleviate congestion in the weight training room, he said.

"Now the super circuit is crowded and the weight training room is crowded."

Some UNL students have figured out how to avoid crowds at the rec center.

Bob Morrissey, a senior biology major, said he sometimes has to wait for a basketball court at night, so he shoots hoops during the day.

Chris Linder, a sophomore finance major, said she beats the afternoon rush in the weight training room by working out in the mornings.

And when she's not on cardiovascular equipment, she's at aerobics or running, she said.

The rec center is the perfect place for Linder to maintain the fit lifestyle she began in high school, she said.

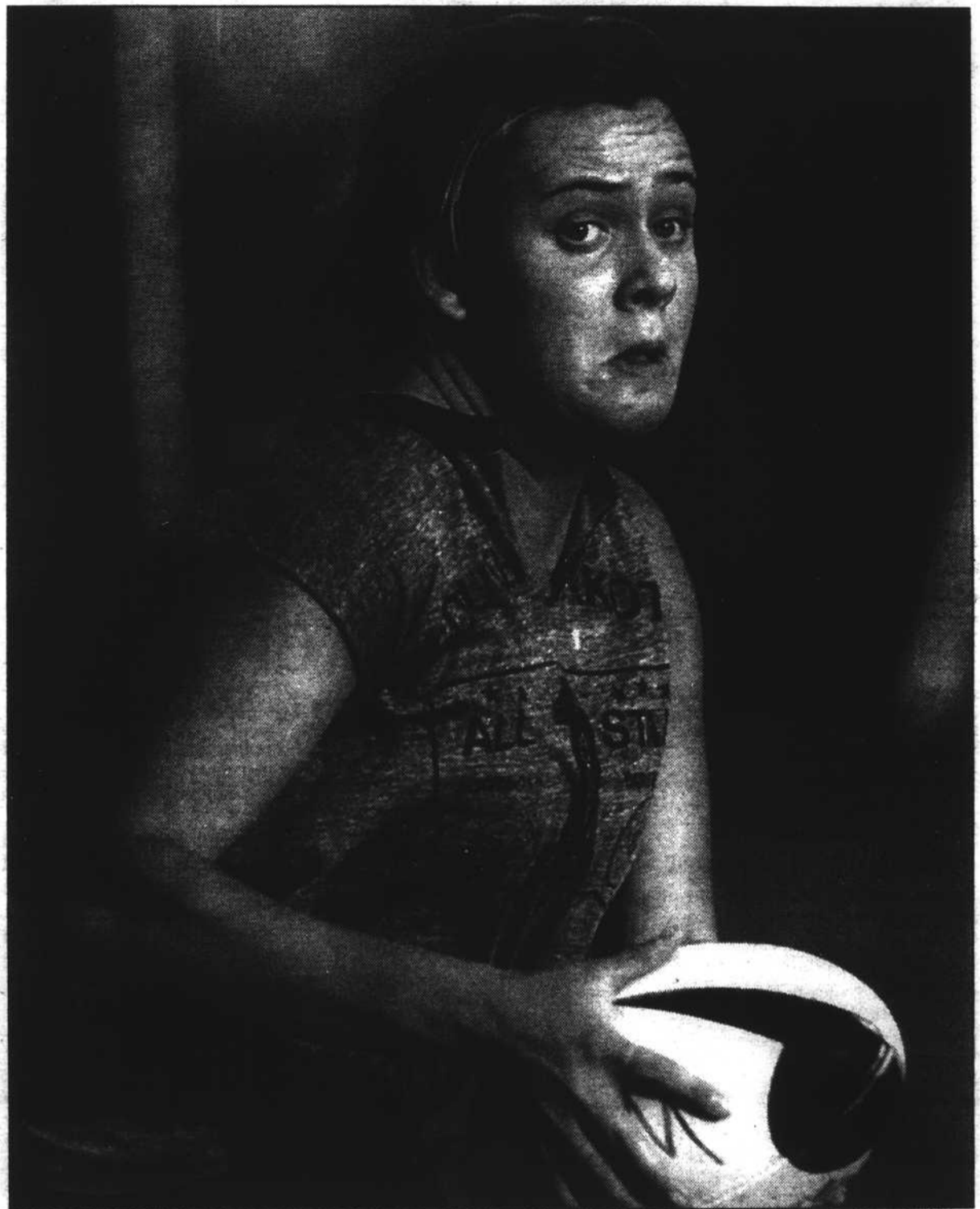
"Having a nice rec center makes it easier to stick with it," Linder said.

Although Campbell has been busy improving current programs, he has already started studying new additions to the rec center, he said.

He is trying to figure out the best place for a 45-foot climbing wall: either the NU Coliseum or Cook Pavillion.

The Campus Rec Advisory Board suggested the idea, so Campbell started getting cost estimates, he said. If Campbell decides to build the wall, it would be ready after spring break, he said.

After that project is completed, Campbell surely will have another mountainous project to climb.



AMIE SHOVLAIN, a senior wildlife and fisheries major, runs with the ball during rugby practice Tuesday night. MATT MILLER/DN

Football Pick 'Em, flag football, broomball join intramural lineup

BY CHAD LORENZ
Senior Reporter

Although picking the winners of football games may not seem like a sport, armchair quarterbacks at UNL can submit their picks for intramural points.

In Football Pick 'Em, a new intramural activity, students pick the winners of 10 college football games for 10 weeks, Todd Pfingsten, assistant Campus Recreation director for intramural sports.

The first two weeks of the intramural brought in 500 entries, Pfingsten said.

A preseason flag football tournament and broomball on ice will join the 180 intramurals offered by Campus Rec, Pfingsten said.

The preseason flag football tournament started Thursday and runs through this week-

end. Students told Pfingsten they were interested in an event to kick off the beginning of the regular flag football season, he said.

Until this year, broomball usually was played on concrete, and occasionally on snow and ice-covered concrete.

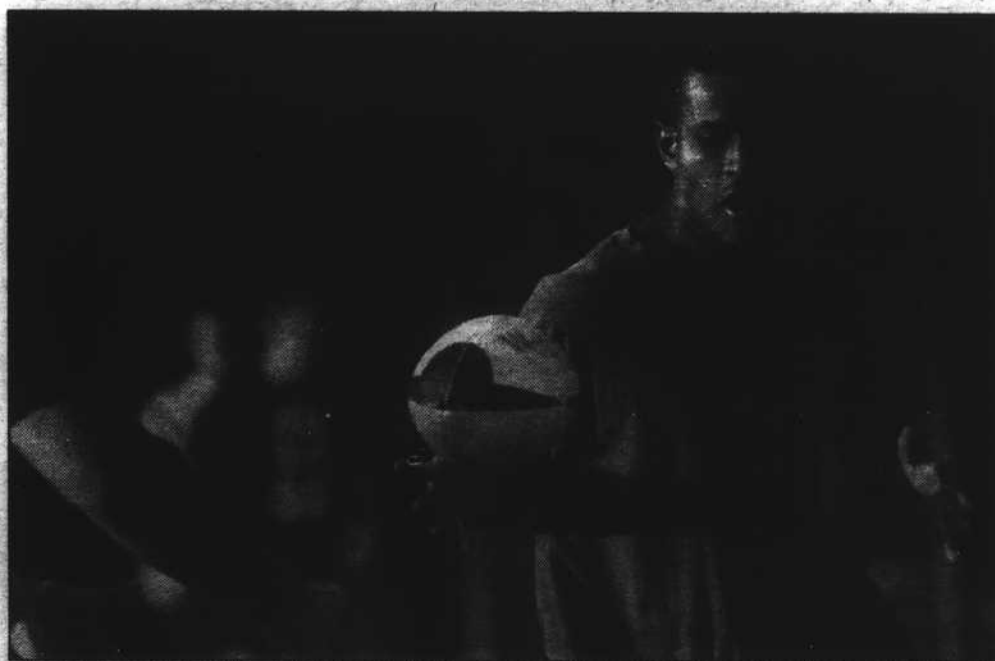
The opening of an ice rink at the State Fair Colliseum allows UNL intramural athletes to play broomball the way it was intended, Pfingsten said.

"I'm from Minnesota, and there we always play broomball on ice," Pfingsten said.

The home ice for the Lincoln Stars will offer future intramural possibilities such as ice hockey and skating, Pfingsten said.

Intramural athletes looking for new events will find this year's roster four events short.

Ultimate frisbee, co-rec outdoor soccer, and Korf Ball (Australian basketball) weren't popular enough to continue this year, Pfingsten said.



NIKO WADALAI, a junior, catches a pass during rugby practice Tuesday night. MATT MILLER/DN