

2-1993

UA12/12 Preston Center News, Vol. I, Issue 2

WKU Intramural & Recreational Sports

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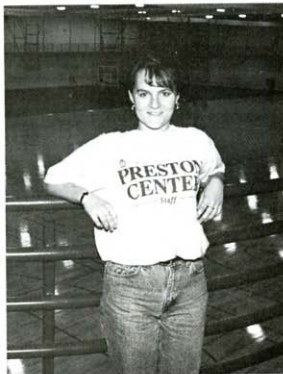
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Employee of the Month for January

The Employee of the Month for the Preston Center goes to someone that always has a warm smile when she greets you at the door. Melissa Spencer, Senior, is from Fort Bragg, North Carolina. She enjoys running and working out in her spare time. She says she also enjoys the interaction with everyone that comes through the door at the Preston Center. Melissa says, "I like the fast pace of the front desk and the opportunity to meet new people."



Free Agent Dispute

David Sloss, team owner and head coach, negotiated a contract with a potential new player. The report said an undisclosed amount of cash was offered and benefits were also included. This free agent would also have the options for endorsements. David decided to give the player to WAB. David's comment on the situation was, "We should have kept him, he is really good. Maybe next time".

F/S Basketball Results as of 2-15-93

Crazed	4-1
Residence Life	4-1
Marriott	3-2
WAB	2-2
Redantics	1-3
Hill Coppers	1-4
WKU	0-4

Sign up dates for softball and volleyball is March 3, 1993.

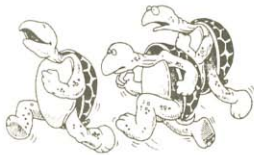
Call: 745-6060.

Karate Class Starts

Keith Rigdon, experienced third - degree black belt, started karate classes Feb. 1 for the first six week session. Fees are \$15/person or \$20 for two people enrolling at the same time. The beginner's class is at 7:30 in the dance studio and has 28 participants. The intermediate class started with 18 people. Minimum age is 10 years old unless accompanied by a parent. The next session will begin March 22. Registrations will be taken March 8-12. You can sign up for these exciting classes in the Intramural office in the Preston Center between 9 a.m. and 7 p.m. M-F.

Spring aerobics session is springing everyone into shape.

For just \$20 a semester students can sign up for aerobics classes. This particular cost covers the cost of the aerobics instructor. Over 175 people have already decided to take advantage of the deal. The Faculty/Staff participation is up to 45.



Jogging

Specialty Instructors Needed

We have been having numerous requests for specialty classes to be held in the Preston Center. There is a problem, however, in finding specific instructors to fill the need. If you know anyone who can teach water aerobics yoga, tai chi, karate, or country dancing, please contact Sheryl Tahler at 745-6060. If you are interested in participating in any specialty class, call the Preston Center to be put on a prospective participant list.

Outdoor Recreational Adventure Center

It is Spring and nature is calling. Why not take a weekend trip to one of Kentucky's or Tennessee's beautiful parks? The Adventure Center will gladly provide assistance in planning your trip. We will rent you the best equipment available at rates you can afford. We have "how to" books and videos on various outdoor adventure activities.

The Adventure Center has a wide selection of outdoor rental equipment. We have 4 & 6 person tents, sleeping bags, backpacks, stoves, cook sets, flashlights, volleyball sets, flag football sets, and scuba gear.

Call: 745-6545

Member of the Month for January

In the weight room you can be sure to find a few things. The grid iron free weights, the sweat drenching stair step and Dr. James "Hulk" Heck, the Assistant to the President. In 1988, Dr. Heck worked at the Glasgow campus. During his lunch hour he would jog around his neighborhood to get his exercise. When Dr. Heck became the Assistant to the President and had to commute to Bowling Green everyday, he found he could no longer find time to work out. After the opening of the Preston Center, Dr. Heck began the quest again. Almost everyday between the hours of 12 and 1 he has been working out at the Center. He feels the 45 minute work out has added enjoyment to his day. He uses the workout as a stress reliever. He says ever since



he started to work out again his days have been brighter. He believes that by working out he can actually judge the value of a chocolate cookie. Dr. Heck says he knows how much work it will take to exercise the cookie off. Dr. Heck tells about the camaraderie that has developed in the weight room. Above all, Dr. Heck's dedication to improving his well-being is enthusiastic and outstanding. That is why he has been selected as the member of the month.

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What do you use the most at the Preston Center?

Rate your usage of the facility on a scale from 1-7.

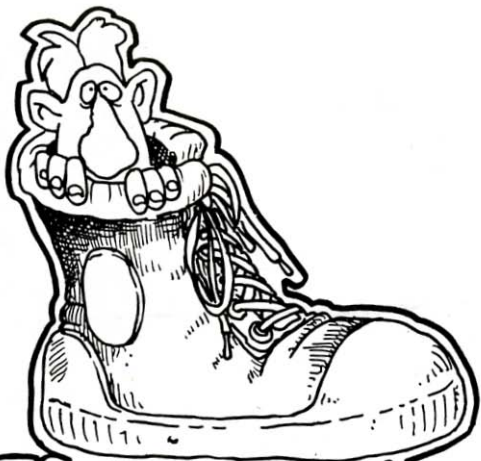
(1 no usage - - 7 extensive usage)

Pool	1 2 3 4 5 6 7
Weightroom	1 2 3 4 5 6 7
Track	1 2 3 4 5 6 7
Basketball courts	1 2 3 4 5 6 7
Raquetball courts	1 2 3 4 5 6 7
Wellness Center	1 2 3 4 5 6 7
Aerobics	1 2 3 4 5 6 7
Other, please specify	1 2 3 4 5 6 7

**Thank you
for your response!**

Preston Center Staff

Help us serve you better!
Please send this survey back through campus mail.



If the shoe fits...

"Go to the Preston Center!"

campus mail

campus mail

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