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**sidelines****Get physical!**

Each year, Americans suffer illnesses that regular physical activity can prevent or improve.

- 60,000,000** Overweight
- 50,000,000** High blood pressure
- 13,500,000** Heart disease
- 8,000,000** Adult diabetes
- 1,500,000** Heart attacks
- 250,000** Hip fractures
- 95,000** Colon cancer

Centers for Disease Control and Prevention. [www.cdc.gov](http://www.cdc.gov)



## News from Cyberspace

### It's Back and Flying High on the Web

The popular Natural High program has been re-energized on the NIRSA award-winning website.

"The Natural High program focuses on the positive aspects of life, encouraging participants to reach their peak performance mentally, socially and physically by offering healthy alternative programming within the supportive environment of recreational sports," says Todd Cotton, NIRSA's webmaster and director of the Natural High program.

"This program is unique. We can help you incorporate this well-established and successful recreational sports program into your school's Health and Wellness promotional efforts."

All program resources are available via the Members Only section ([nirsa.org/nmonly.htm](http://nirsa.org/nmonly.htm)). NIRSA Natural High OnLine allows participants to download materials, interact via a live chat room, subscribe to a Natural High email newsletter, download workshops and display posters, all free of charge. In the near future, online quizzes and contests will help turn the site into a true

### New Legal Course Offered Online

#### Legal Liability & Risk Management *Should you know more?*

Dr. Ian McGregor and NIRSA will conduct an intensive four-week course online to provide you with an understanding of negligence liability in the sport, leisure, and recreation setting. It will give you a firm grounding in the risk management planning process, with the emphasis on the process used in the courts for establishing negligence, and the practical application of risk management planning tools.

"Learning 'online' as opposed to 'onground' poses some unique challenges and opportunities for the students and the instructor," says McGregor, director of Athletics and Recreation at Dominican College. "It should be stressed that during this online course, technology is used to support and enhance the learning process, and not as a means to an end."

NNH OnLine Community. If you have ideas on what you would like to see included on NIRSA Natural High OnLine, please contact Todd Cotton at [webmaster@nirsa.org](mailto:webmaster@nirsa.org).

#### Listserv Topics Expanded

Even if you are already on the NIRSA RecSports Listserv ([recsports@nirsa.org](mailto:recsports@nirsa.org)), which currently has more than 1,000 members, you may want to join a more defined list. Five new listings have been added:

- Facilities ([facilities@nirsa.org](mailto:facilities@nirsa.org))
- Sport Clubs ([sportclubs@nirsa.org](mailto:sportclubs@nirsa.org))
- Aquatics ([aquatics@nirsa.org](mailto:aquatics@nirsa.org))
- Students ([students@nirsa.org](mailto:students@nirsa.org))
- NIRSA Natural High/Fitness/Wellness ([nmhfittwell@nirsa.org](mailto:nmhfittwell@nirsa.org))

To find out how to subscribe, simply point your browser to the Members Only page ([nirsa.org/nmonly.htm](http://nirsa.org/nmonly.htm)) and follow the directions to the NIRSA Listserv page from there. Share your interests with your member colleagues.

The course begins Monday, May 1, 2000 with Negligence Liability (weeks 1-2) and Risk Management (weeks 3-4).

"The goal is to provide participants with the knowledge and skills needed to reduce the risk of sport, leisure and recreation related injuries and the potential of negligence litigation. Students will learn the critical concept of 'reasonable standard of care' and how this impacts and guides all risk management planning efforts," says McGregor.

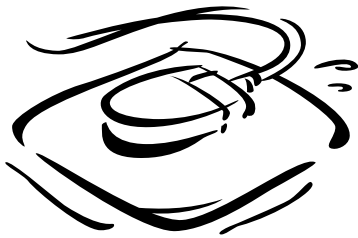
Course work and assignments take 8-10 hours/week. The class is open to NIRSA Members and affiliated individuals. The early registration fee discount (by April 1) is \$350; full registration rate (after April 1) is \$400, which includes Course Text; 3.0 CEU Units; a Certificate of Completion. For a syllabus, contact Dr. Ian McGregor at ([ianmcgregor@earthlink.net](mailto:ianmcgregor@earthlink.net)). Contact NIRSA for registration forms.

## NIRSA Chat Rooms are Spacious and Very Habitable

To access the new (and improved) chat rooms under NIRSA's roof, go to our Website, point your browser to the Members Only page ([nirsa.org/nmonly.htm](http://nirsa.org/nmonly.htm)) and follow the directions from there.

There are currently five chat rooms to choose from:

- NIRSA Chat!
- Committees
- Sport Clubs
- NIRSA Natural High
- Facilities



### nirsa staff update

#### Marketing Director

**Aaron Hill**, NIRSA's new Marketing Director, is on board. The former Marketing Specialist for the Department of Recreational Sports at Virginia Tech University in Blacksburg, Hill completed his BA degree in Speech Communication at the University of Southern Mississippi, where he worked in public relations for the Recreational Sports Department. He is currently working toward an MBA degree. Hill, a NIRSA member for several years, received a NIRSA Foundation scholarship, and has served as a member of the NIRSA Marketing Committee.

#### Membership Services Director

**Natalie Kovac** officially began new duties as full-time Membership Services Director on March 1; she has served as Acting Membership Services Director since June 1999. In her new role, Kovac will be primarily responsible for initiating and facilitating membership recruitment, retention and incentive programs, management of the NIRSA member database, coordinating the Career Opportunities Service, and providing assistance in response to inquiries from members and non-members. Several of her previous responsibilities as Assistant Executive Director have been reassigned to other staff.

#### How to log in:

1. Click on the area you wish to enter and type in your first and last name where it says, "Enter your name."
2. Then hit the Enter/Return key on your keyboard.
3. When you want to send a message, just type it in the area where you entered your name and hit Enter/Return on your keyboard.
4. When you wish to leave the Chat Room just close the window.

It's that easy! These lively accommodations can house up to 25 people at the same time, so get online with your NIRSA colleagues and open a window to communication.

## Thanks for the Survey Responses!

Thanks to everyone who took the time and returned the Indoor and Outdoor facilities survey by February 18.

The winners of the free registration into the 2000 NIRSA Facilities Symposium were **Raydon Robel** from Kansas State University and **Fred Perez** from the University of New Mexico.

We would like to urge those who haven't yet filled out their survey, to please do so; we would really like to have a comprehensive database.

### members on the move!

Have you, or a member of your staff, relocated? Have your job responsibilities and title changed? If so, please contact the NIRSA National Center with this information as we would like to update our records as quickly as possible and list the information in "NIRSA Members on the Move!"

**Jack Bowen, CRSS**, will be retiring from Truman State University in May. He has been a NIRSA member for 30 years.

**Dr. David Dutler, CRSS**, retired from Eastern Illinois University last June. David has been a NIRSA member for 23 years.

**Dr. Tom R. Jones, CRSS**, retired from Central Michigan University in December. Tom has been a NIRSA member for 36 years, is a Past President and Honor Award recipient.

**Sean Kehoe** has relocated from North Carolina State University to be the Assistant Director-Facilities at Drake University.

**L.G. Lauxman, CRSS**, retired from Southeast Missouri State University in December. L.G. has been a NIRSA member for 29 years.

**Angelita Murphy** retired from the University of California (San Diego) in December. She was a NIRSA member for nine years.

**Bradley Petty** has moved from North Carolina State University to be the Director of Intramurals and Recreation at Angelo State University (Texas).

**Nicole Piscitelli** has moved from Embry Riddle Aeronautical University to be the Assistant Director-Intramural and Club Sports at the University of North Carolina (Greensboro).

**Jim Potter, CRSS**, will be retiring in May from Trinity University. Jim has been a NIRSA member for 32 years.

**Lisa Quick** has moved from the Midland Community Center in Michigan to be the Aquatic Program Coordinator at Arizona State University.

**Robert Stephens** retired from Washington State University in January. He has been a member of NIRSA for nine years.

**Dr. Jim Wittenuer, CRSS**, a member of NIRSA for 39 years, will be retiring from Indiana State University in June.

**The University of Tennessee (Memphis)** has changed its name and is now the University of Tennessee Health Science Center.



# Time flies like an arrow, fruit flies like a banana

John T. Meyer, NIRSA President, University of Colorado

**MY NIRSA SISTERS AND BROTHERS:** Each time I set out to write an article for this newsletter, I search and pray for inspiration. I often feel that you deserve so much more than I can deliver in these messages, and I wish that I could better express the appreciation, the pride, and the respect that I have for our members who continue to contribute to the successes of this association.

It is startling to realize that more than 25 percent of the membership is directly involved in the management of NIRSA as an elected or appointed official, a committee chair or member, a conference planner, presenter, or volunteer. The remainder of our members is also dedicated to our profession and contributes through sharing and communicating in person, on the phone, in surveys, or on the web.

So, from my heart, I thank each of you and ask that you continue to contribute, share, explore, and enjoy the merits of being an integral part of NIRSA. All of our many accomplishments belong to you and I want you to realize that your efforts are recognized and appreciated.

In Salt Lake City, when I first presented the challenges that I thought were tantamount to the success of our association, I listed the following:

1. Issues of organizational efficiency and fiscal responsibility.
2. Challenges of improved services and of reaching out to different populations.
3. Responsibility of continuing education and the refinement of the certification process.

We have made progress on these and other issues, but it is time for us to take another bold step forward at our conference in Providence. With the assistance of several NIRSA committees, your board of directors will present for your review and discussion, information on a number of topics. NIRSA is a big business and these are big issues for us; I hope that you will help us with the following three important items:

**Finances.** The headliner of our topics will be a review of the association's finances and the financial planning principles that help to guide us both for long-range planning and

the annual financial budget process. We will not only review the historical perspective of our annual budget revenues and expenses, but we will also look at the budget plan for the upcoming year.

The goal for our operations budget is to reach a logical balance between member-generated revenues and externally generated revenues. We will explore NIRSA's investment portfolio and review the role it must play in assuring our solvency and protecting our assets. You will be asked to give comments and suggestions at the budget review session. Your involvement will assist in assuring that NIRSA's mission and priorities are reflected in the financial plan.

**Communication.** Continuous input from our membership about your priorities is critical to NIRSA if we are to provide both valuable services and the appropriate continuing education. We will share plans for member interest surveys, and appraisal of member satisfaction, to get your evaluation of our core services. Take this opportunity to identify the NIRSA functions and programs that are priorities for you.

**Organizational Efficiency.** Will Rogers said that to succeed "you must know what you are doing, like what you are doing, and believe in what you are doing." With that in mind, who might be more likely to succeed in resolving the complex issue of organizational efficiency than the membership? Each year we are challenged with complex issues and difficult choices. It is time for us to redefine the roles and expectations in how we conduct business. Without a refinement of this process, we run the risk of spending a majority of our time reviewing, rehashing, and redoing what other

NIRSA members have already started or done. Let's spend our energies moving onward and upward.

Our organization has grown in size and complexity. NIRSA needs to be organized to be nimble in the modern environment, while retaining the individual member involvement that is so critical. This can be done.

We can maintain the member ownership of our organization by using available technology and by refining our committee mechanism so that we are not constantly "re-tooling." We need to examine our values and massage the process of how we conduct business. For years at our meetings, individual members have expressed that they expect their NIRSA staff and their board of directors to make decisions and to represent the best interests of the Association. Our current challenge is to define the role and responsibility of these positions more clearly and more logically so that we can make timely and appropriate decisions in the best interests of NIRSA. To achieve this will require clarity on the level of involvement necessary for these desired outcomes.

If we can agree on the responsibilities of the board and the staff, we will have the capacity to move quickly on issues that demand action in order to seize opportunities consistent with our mission. If we are to operate effectively in the modern world, the reality is that everyone cannot be involved in every decision. However, it is possible to consistently gather information from the membership on goals, priorities, and preferences. The key to a successful process will be in finding the balance for your designees to know what items the membership wants to accomplish, and how best to meet those expectations of the members.

There you have it. These are the three challenge areas, and I am asking that you participate in accomplishing them by the end of our Annual meeting in Providence. In serving my final days as your NIRSA President, I reflect on the words of Tom Petty, "One foot in the grave, and one foot on the pedal."

# Are you ready to reach for your potential?

Join us for the NIRSA School of Recreational Sports Management or the Executive Institute this summer in Breckenridge, Colorado. Breckenridge is a gorgeous alpine town located high in the Central Rockies of Summit County, Colorado. As you'll see, Colorado is a spectacular place to visit any time of year. There are always special events occurring in the mountains throughout the summer and plenty of activities to make your Rocky Mountain visit a memorable one.



## School of Recreational Sports Management

June 4-7, 2000

This interactive symposium provides a broad range of materials for attendees to enhance their management skills and acquire new problem-solving techniques. Designed for mid- and upper-level recreational sports professionals, this year the School will cover topics integral to managing effectively.

This year's faculty includes: **Kurt Carmen**, University of Toledo; **Dr. Betty Montgomery**, Keller Graduate School of Technology; **Eric Nickel**, CRSS, James Madison University; **Dr. Jane Russell**, CRSS, University of Georgia; **Dr. Jeffrey Vessely**, CRSS, Indiana University-Purdue University.

This symposium is for professionals with five or more years of full-time experience. (Experience does not need to be within recreational sports.)

### Schedule

#### Sunday, June 4

- 8:15am-9:00am. Registration
- 9:00am-5:00pm. Team Building/Managing Organizational Change

#### Monday, June 5

- 9:00am-4:15pm. Writing Job Descriptions/Interviewing/Performance Appraisals/Conflict Resolution
- 5:30pm-7:30pm. Social (with Institute)

#### Tuesday, June 6

- 9:00am-12:00pm. Leadership & the Organization/Case Study Exercises

#### Wednesday, June 7

- 9:00am-4:30pm. Motivating Employees/Political Posturing/Communication/Presentation of Case Studies
- 5:30pm-7:00pm. Closing Banquet (with Institute)

## If you'll be attending the School of Recreational Sports Management or the Executive Institute ...

### Accommodations: Beaver Run Resort

Rates range from \$85/night (hotel room) to \$150/night (2-bedroom condo). Rates do not include applicable taxes. Get more information about Beaver Run at:

[www.beaverrunresort.com](http://www.beaverrunresort.com)

### Getting there by air:

You or your travel agent may call United Airlines (800- 521-4010) and use NIRSA ID #582CY to receive discounted airfares.

### Registration Fees

	RECEIVED:	BEFORE	AFTER
		5/15/00	5/15/00
Professional Member with Institutional Member Affiliation		\$425	\$475
Additional Member(s) from same Member Institution		\$400	\$450
Professional Member		\$510	\$560
Non-Member		\$595	\$645

*You won't find a more directly applicable management training event within the recreational sports field.*

## Executive Institute

June 5-7, 2000

This interactive and intensive symposium provides focused coverage and in-depth analysis on a specific topic each year. Targeting upper-level administrators, the Institute covers topics pertinent to long-range planning and methods to provide vision and direction for staff. This year's topic is *Project Management*.

This symposium is for professionals with five or more years of full-time experience or graduates of the School of Recreational Sports Management.

**Facilitator Tina Finch** will introduce the tools and techniques of

Project Management to better prepare you for work in a project environment. She will take you step-by-step through the fundamentals, plus give hands-on application through exercises and a case study.

Tina has worked in marketing for IBM, where she designed and implemented client-learning centers and developed multimedia-training tools. Currently she is a Learning Consultant developing executive business and leadership curriculum. Tina has a bachelor's degree in Chemical Engineering from the Wharton School at the University of Pennsylvania.

### Schedule

#### Monday, June 5

- 1:15pm-2:00pm. Registration
- 2:00pm-5:00pm. Introduction/Role of Project Manager
- 5:30pm-7:30pm. Social (with School)

#### Tuesday, June 6

- 9:00am-5:00pm. Project Chapter/Charter Exercise/Work Breakdown Structure/Activity Identification/Development/Network Analysis/Network Calculations

#### Wednesday, June 7

- 9:00am-5:00pm. Duration Estimating/Trade Off Analysis/Resource Planning & Budgeting/Control Techniques/Scheduling/Management Software
- 5:30pm-7:00pm. Closing Banquet (with School)

## NIRSA Marketing Symposium 2000

**Developing a Marketing Plan  
Fall 2000**

Not sure what all this "marketing" stuff is about? Want to go beyond fliers and brochures? Think you might be ready for a basic marketing plan? You've done the basics - now you're ready for a comprehensive marketing plan.

If you or your department fit any of the above categories, then the NIRSA Marketing Symposium 2000 is the place for you. This symposium will give you the tools to return to your office and develop your own plan and/or allow you to leave the event with a complete product that's ready to be implemented.

Dates and location will be available in mid-April.

## Facilities Symposium

October 4-7, 2000 in Austin, Texas

If you are designing, building or operating a recreational sports facility, this symposium is for you! Learn from your colleagues and experts in the field how to build and/or operate an outstanding recreational sports facility.

### Accommodations

Housing and meetings will be at the Radisson Hotel & Suites Austin. Reservations will not be accepted until July 1, 2000. Single/double: \$125/night (+ taxes)

### Registration Fees

	RECEIVED:	BEFORE	AFTER
		9/1/00	9/1/00
Professional Member w/ Institutional Member Affiliation		\$315	\$365
Student Member w/ Institutional Member Affiliation		\$315	\$365
Additional Member(s) from same Member Institution		\$285	\$335
Professional Member		\$395	\$435
Student Member		\$395	\$435
Non-Member		\$595	\$475
Member One-Day		\$125	\$175
Non-Member One-Day		\$275	\$325

## NIRSA Research Grant Program: A great way to study

NIRSA supports meritorious research studies through a grants program headed by the NIRSA Research Committee. Research focusing on the recreational sports profession is sought with eligibility being open to NIRSA professional or student members.

Applications and grant guidelines are available on the NIRSA Website ([nirsa.org/nirsa13.htm](http://nirsa.org/nirsa13.htm)) or by contacting the NIRSA National Center.

### Guidelines

Recipients must agree to make available, upon completion of the study, the results to NIRSA via the Research Committee. The Research Committee will determine how the results may best be distributed to NIRSA members (i.e. presentation at the annual conference, newsletter, submission to the *Journal*.)

### Grants Available

**Limited Grants:** Two (2) limited grants (1 student member, 1 professional member) are available annually. These grants have a value up to \$250. One half of the award will be distributed at the time the proposal is accepted and data collection may proceed upon acceptance of the proposal by the Research Committee.

The remaining half of the award will be distributed upon completion of the research project.

**Standard Grants:** These grants have a value of up to \$2,000. Data Collection may proceed upon acceptance of the proposal

by the Research Committee that convenes at the annual conference.

Research is encouraged from all areas within the recreational sports field and is not limited to the college and university setting.

A proposal should be structured to identify precisely the nature of the issue to be addressed. The proposal MUST include:

- **Title**
- **Abstract:** 2,500 words or less
- **Problem Statement:** A description of the situation of conflict that exists which calls for investigation within study.
- **Research Questions:** Include the hypotheses or elements which will guide the

investigation in an effort to resolve the stated conflict. Study limitations and definitions add clarity to the Research Questions.

▪ **Literature Review:** Provide a synopsis of appropriate documents, theories and research which provide a foundation for the study and show how the proposed study will contribute to knowledge in the profession.

▪ **Methodology:** Include the research design, specific procedures, instrumentation, data collection and treatment. Justification should address how the methods selected provide an appropriate response to the Research Questions.

### USING THE RESEARCH GRANT

**Questionnaire:** The grant may be used to fund the design and distribution of your questionnaire in addition to costs associated with interpretation of results (i.e. computer time costs for collecting the data from questionnaires).

**Duplication:** Copying costs associated with your research project.

**Mailing:** This would include postage, bulk mail, your initial mailing and any follow up mailings. It also includes purchasing the materials needed to the mailing (i.e. envelopes).

**Computer Technician/Research Assistant:** If your research study is going to require that you have the computer cen-

ter read your questionnaire, or if you send your results somewhere to be interpreted, the grant can cover this. This also includes personnel to help you administer surveys or help in any type of data collection or interpretation.

**Software:** If specialized software is purchased for the project, the grant can be used to fund this. However, that software then becomes the property of the NIRSA and must be submitted with the completed project.

**Fax & Telephone:** Associated with mailing, the costs of faxing or making long distance telephone calls directly related to the research project can be covered.

## Faculty Positions Available

### Applications are now available for two positions as faculty for the NIRSA School of Recreational Sports Management.

Do you have significant experience in managing recreational sports? Do you enjoy sharing your knowledge with others? Are you a good speaker/teacher? Or do you know someone who fits this description? If so, individuals are encouraged to apply and/or nominate others for open faculty positions for the School of Recreational Sports Management.

**Applications due by May 15, 2000.**

### Eligibility Requirements:

- Current NIRSA member
- Minimum of five years experience at the Director or Associate Director level
- Graduate of the School of Recreational Sports Management
- Presentation/teaching experience

Faculty appointments are three-year terms. Individuals appointed are ineligible to hold other NIRSA elected or appointed offices. Contact the NIRSA National Center to request application materials or visit the NIRSA Website, [nirsa.org/99symp.htm](http://nirsa.org/99symp.htm).

### CRSS

The CRSS certification is a means of identifying individuals who have specific skills and knowledge in the recreational sport field. It promotes educational standards and encourages professional growth. The exam covers Programming, Management & Operations, Risk Management & Legal Concepts, Program Evaluation, Participant's Rights, History & Philosophical Foundations, and Professional Ethics.

The CRSS exam is offered throughout the year at regional/state workshops and conferences. For an information packet that includes a study guide and application, contact the National Center (541) 766-8211. Future exam sites will be listed after April.

## important dates to remember

### April 27-30, 2000

USA Team Tennis National Campus Championships  
AUSTIN, TEXAS

### June 4-7, 2000

NIRSA School of Recreational Sports Management  
BRECKENRIDGE, COLORADO

### June 5-7, 2000

NIRSA Executive Institute  
BRECKENRIDGE, COLORADO

### June 21-22, 2000

NIRSA Board of Directors Summer Meeting  
CORVALLIS, OREGON

### October 4-7, 2000

NIRSA Facilities Symposium  
AUSTIN, TEXAS

### October 12-14, 2000

NIRSA Board of Directors Mid-Year Meeting  
RENO, NEVADA

### November 1-5, 2000

Region II NIRSA Conference\*  
MEMPHIS, TENNESSEE

### November 2-4, 2000

Region I NIRSA Conference\*  
MADISON, NEW JERSEY

### November 15-18, 2000

7th Annual NIRSA Collegiate Soccer Sport Club Championships  
AUSTIN, TEXAS

### November 17-19, 2000

Region VI NIRSA Conference\*  
ANCHORAGE, ALASKA

### December 10-11, 2000

Executive Committee Meeting  
COLUMBUS, OHIO

### March 27-31, 2001

52nd NIRSA Annual Conference & Expo  
RENO, NEVADA

### April 11-14, 2001

17th Annual NIRSA Collegiate Volleyball Sport Club Championships  
KANSAS CITY, MISSOURI

Deadlines for submitting classified ad text for position listings on the NIRSA Website are the 10th and 25th of each month. \*Certification Exam Site.

## Online Career Opportunities Service Program is Popular with Members

### A Two-Month Period Averages 2,700 Hits

The online Career Opportunities Service program, offered via the Member's Only Section of the NIRSA website, continues to be a resounding success.

"We continue to receive many positive comments from employers and candidates on how much they like this online system," says Natalie Kovac, NIRSA's Membership Services Director.

"Employers comment on how much more timely the service is because less lead time is needed to post a position. Job seek-

ers continue to comment on how convenient it is to be able to view the job listings and appreciate that the site is updated twice a month. Usage has been significant; during a two-month period of mid-December through mid-February, we had an average of 2,270 independent page visits per week."

"We have an ongoing challenge in our ability to get the word out to employers in settings other than collegiate (i.e. military, correctional) and inform them of the great opportunities to advertise their position openings on NIRSA's Website," Kovac says.

### Individual-Member Access to Job Listings is Free!

Candidate fees for the Career Opportunities Subscription Service is:

	MEMBER RATES		NON-MEMBER RATES	
	6-month	12-month	6-month	12-month
Website	Free	Free	N/A	N/A
Email	\$15	\$25	\$50	\$85
First-class Mail	\$30	\$40	\$65	\$100

Employers, copy deadlines are the 10th and 25th of each month and the website is updated with these listings on the 15th and the 1st. Email your classified ads to [nirsa@nirsa.org](mailto:nirsa@nirsa.org). The listings will run until the closing date for applications has passed or for a maximum of 60 days. The fees for the listing service are: Institutional Members: First 100 words free; \$.50/word for each after the initial 100. Non-Members: \$.50/word. Employers will be invoiced for the listing after it has been published. Employers who wish to do their own direct mailings can purchase mailing labels which include, but are not limited to, Institutional Members and Self-Identified Minority Members.



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### NIRSA's Mission Statement

The mission of the National Intramural-Recreational Sports Association is to provide for the education and development of professional and student members and to foster quality recreational programs, facilities and services for diverse populations. NIRSA demonstrates its commitment to excellence by utilizing resources which promote ethical and healthy lifestyle choices.



# Take a little action — and enjoy the reaction!

Tina Hernandez, National Student Representative, Hardin-Simmons University

*“For every action there is a reaction.”*

*“Your actions define who you are.”*

*“It isn't what you say, it's what you do.”*

The above quotes emphasize how important people's actions are. It is very important for supervisors to ask their counterparts, “What do you think of this idea?” or “How could we make this better?” It is not necessarily the action of asking the question that make these lines important, but the feedback that one receives.

When someone in intramurals acts up or says he doesn't like his officials, I often tell the participants, “If you don't like the officiating, do something about it and become an official.”

I don't want to look back on my life and think, “Wow, why didn't I ever change this, or do that?” When the chance to be National Student Representative came, I jumped on it. What better way to leave my

mark on the Association than to be a member of the Board of Directors?

The Board of Directors' meetings allowed me to be the student voice/vote and it allowed me to present the Board of Directors with all the student issues. Without other students taking the initiative and acting on their concerns, certain issues would have never made it onto the Board's agenda.

The first issue this year was to increase communication among the students. How can we support our students and provide a tool for more communication among them? A student Listserv—and now we have one.

Another issue this year was absentee ballots. The matter was brought up last year by students, and now what's happening?

This year at the annual business meeting, the Association will be voting on this issue. In previous years students haven't been able to vote at the annual business meeting, but last year upon the student membership's request, Stephanie Price and the student representatives proposed a change, and it happened! *Action: reaction.*

This year has been excellent, and looking back on it the only issues left to conquer are initiative and getting students active. Through NIRSA there are so many opportunities to be active and assume leadership roles, but we have to take the initiative and make NIRSA ours. The more active we, as student members are in NIRSA, the more ownership we will feel when we, as professionals, view the reaction of our actions on the next group of student members.

Contact Tina Hernandez, National Student Representative by writing to her at Hardin-Simmons University, Recreational Sports, Box 16180 HSU Station, Abilene, TX 79601 or calling (915) 670-1472, faxing (915) 670-1220, or emailing [cnhernandez@hotmail.com](mailto:cnhernandez@hotmail.com)

## sponsorships & endorsements

### NIRSA Sponsored and Endorsed Programs: NIRSA Institutional Member Benefits

For more details on NIRSA's Sponsored and Endorsed Programs, visit [nirsa.org/calendar.htm](http://nirsa.org/calendar.htm)

#### NIRSA SPONSORED PROGRAMS

PROGRAM	PROGRAM AGENT/REPRESENTATIVE	PHONE NUMBER	DESCRIPTION
NIRSA Insurance	Continental Insurance	(801) 466-0805	Basic Accidental Medical, Catastrophic Injury, Selective Travel, Camps

#### NIRSA ENDORSED PROGRAMS (AS OF MARCH 1, 2000)

PROGRAM	PROGRAM AGENT/REPRESENTATIVE	PHONE NUMBER	DESCRIPTION	SPONSOR(S)
Primary Certification Review & Step Certification	Aerobics & Fitness Association of America (AFAA)	(818) 905-0040	Fitness instructor certifications	AFAA
NIRSA Sports Boards Network	Campus Concepts	(410) 625-0044	Display boards	Campus Concepts
Target Flag Football	Campus Concepts	(410) 625-0044	Men's, women's and co-recreational 7-on-7 flag football intramural competition	Target, Mentadent, Nestle Crunch
Target 5-on-5 Basketball	Campus Concepts	(410) 625-0044	Men's and women's 5-on-5 basketball intramural competition	Target, PepsiOne, Nestle Crunch
Nike/Nutri-Grain Training & Fitness	Campus Concepts	(410) 625-0044	Training and fitness program	Nike, Kelloggs Nutri-Grain, Motrin
efollett.com Super Hoops	National Media Group	(609) 716-6200 x14	3-on-3 basketball intramural competition	TBA
USA Tennis on College Campuses	United States Tennis Association (USTA)	(310) 645-7966	Instructional and team tennis program	USTA
Team Tennis Championship	United States Tennis Association (USTA)	(541) 766-8211	National Team Tennis Championship	USTA