

1st Residency Wrap-up

ATHLETICS UPDATE



MORNING WORKOUTS

Coach O'Connor held 6:30am workouts on weekdays for anyone on campus who wanted to join and had a great turnout every day! The student who attends the most will get a prize!

PICKLEBALL

Pickleball has been a great addition to the activities that we offer. Whether students are playing casually or competitively, it's always fun to watch and play!

SURVIVAL SATURDAYS

The on-campus Juniors took part in a 3-week seminar series entailing First Aid/CPR, Stop the Bleed training, treating an opioid overdose, land navigation without a GPS, making an emergency shelter, and fire making.



SPRING INTRAMURALS

Congratulations to the SC SQUIDS on their coed basketball championship and to the BALLERZZZZ on their coed volleyball championship! Each participant got to keep their "jerseys" and the champs received a mini championship basketball or volleyball.

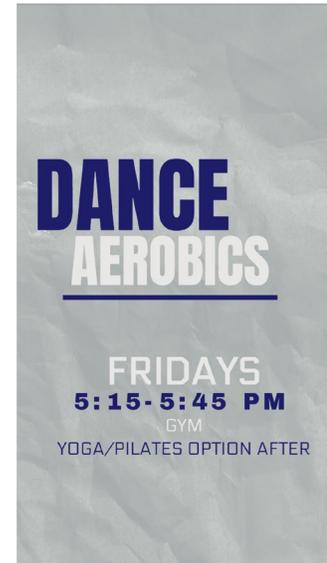
Looking Ahead

The 2nd residency will include coed intramural tennis and soccer and we will offer occasional trips to the golf course. Dance aerobics will continue to be an in-person/virtual activity. Let us know what else you'd like to do and we might be able to make it happen (Coach Robertson is a fan of ultimate frisbee)!

INTERIM

MAY 5 - 19

Following the theme of our Junior seminar series in the first residency, the athletic dept. will be teaching a wide variety of survival skills during interim. Situational awareness, basic car maintenance, advanced first aid, and tying knots are just several of the topics we will cover.



Dance Aerobics

Fridays from 5:15 - 5:45
Zoom ID: 432 421 2789

PLT4M Workouts

Available to anyone on campus or at home. Do them in groups or individually on your own time! No fitness level/experience or equipment required!

ATHLETIC DEPARTMENT CONTACT INFORMATION

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<https://www.scgssm.org/residential/campus-life/athletics>

