



McDONALD'S[®] INTRAMURAL HIGHLIGHTS



At University Drive

Now at Texas and S.W. Parkway

At Manor East Mall

IM Gameplan

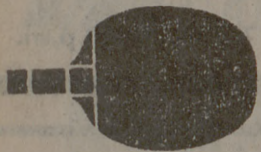


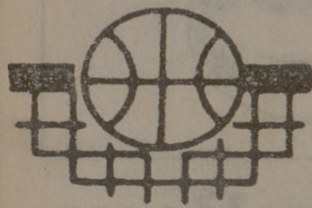
TABLE TENNIS SINGLES: Entries open today, February 25 and close at 7 PM on Tuesday, March 8. Come to the IM-REC Sports Office at 159 East Kyle to register for this tournament. And... it's *Free!* Class A, B and C Single Elimination Tournaments and a Recreational Class C Round Robin Tournament with no playoffs are offered. For more information phone 845-7826.



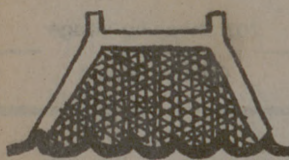
INNERTUBE WATER POLO: Jump into Intramural Water Polo! Entries are now being accepted in the IM-REC Sports Office. A \$10.00 entry fee per team must accompany all entries. Innertube and cap will be provided. Enter today!



BADMINTON DOUBLES: Grab a partner and come to the Intramural-Recreational Sports Office to enter the Badminton Doubles Tournament. It's *Fun* and it's *Free!* Entries open today, February 28. Class A, B and C Single Elimination Tournaments are offered as well as Recreational Class C for those who enjoy a Round Robin Tournament with no playoffs. For more information call 845-7826.



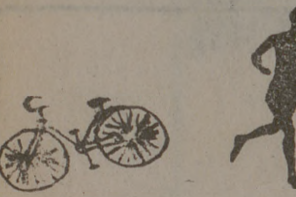
VOLLEYBALL TRIPLES: Intramural Volleyball Triples is now offered by the IM-REC Sports Office. Get your teams together and register in 159 East Kyle. A \$10.00 entry fee must accompany each team entry. Enter soon as entries will only be accepted through Tuesday, March 8 at 7 PM.



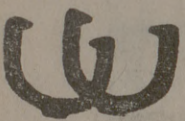
WATER POLO: Dive into the Intramural Double Elimination Open Water Polo Tournament. Men, Women and CoRec divisions are currently being offered. A \$10.00 entry fee must accompany each team registration. All equipment will be provided by the IM-REC Sports Office so enter today!



SUPER STARS: Information is now available in the IM-REC Sports Office for the Super Stars Competition. The actual competition will take place on Saturday, April 16 and Sunday, April 17. Entries will continue to be accepted until 9 AM on April 16 at the event site. Events will include: softball throw, weightlifting, 100 meter dash, 100 meter swim, 1600 meter run, free throw shooting, golf, tennis serving, frisbee, volleyball, shuttle run and an obstacle course. For further information call 845-7826.



TRIATHLON: (Not to be confused with the Texas State Triathlon) Entries are now being accepted in the IM-REC Sports Office for the Intramural Triathlon. There is no entry fee and the competition will take place on Sunday, April 2. Events will include a 250 meter swim, a four mile bike race and will conclude with a one mile run. For further information contact the IM-REC Sports Office, 159 East Kyle at 845-7826.

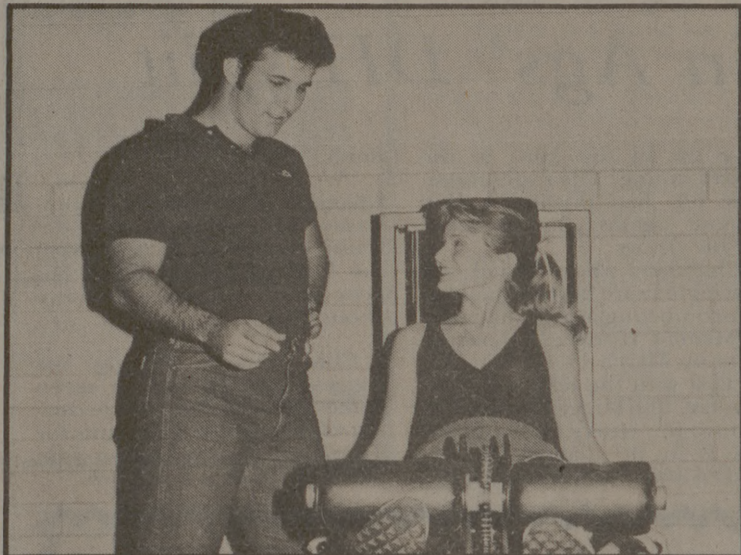


HORSESHOE DOUBLES: Entries will close tomorrow, March 1st at 7 PM. Class A, B and C Single Elimination Tournaments are offered as well as Recreational Class C Round Robin Tournament with no playoffs. It's fun and it's free so enter today — before it's too late!

INTRAMURAL WRESTLING ENTRIES CLOSE TONIGHT AT WEIGH-IN



The Intramural Wrestling Weigh-In will be in the Men's Locker Room #173 in East Kyle from 4:30 PM-6:30 PM. There is no entry fee! Classes A and B will be offered in the following weight classes: Upper limit-118, 126, 134, 142, 150, 158, 167, 177, 191 and unlimited. This is a single elimination tournament. See you at Weigh-in tonight!



John Jeffrey and assistant Gayla Monroe gives seminar on Nautilus Circuit Training.

Nautilus Circuit Training Reservations Available

Beginning Wednesday, March 2, 1983, reservations will be accepted for the Nautilus Circuit Training Program now in effect Monday through Friday from 5 PM to 7 PM. The success of the program taking place in the Machine Weight Room (262 GRW) has prompted many individuals to request a reservation system be established similar to the policies that affect racquetball court reservations. The system will operate as follows:

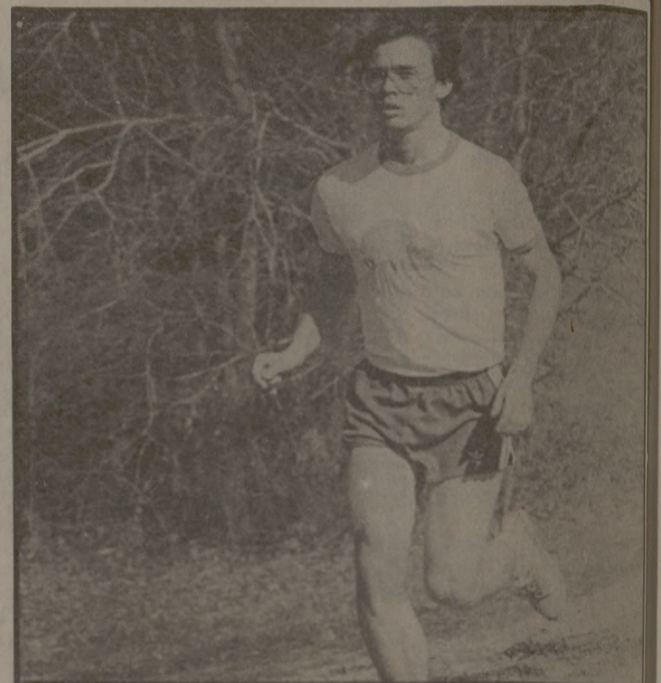
1. Reservations may be made up to 24 hours in advance by either calling 845-2624 or 845-2625 or by coming in person to the East Kyle Check-out Room (159 EK).
2. Reservations will be accepted for the following afternoon beginning at 5:30 PM. An individual may make two different reservations in person or one by phone.
3. Reservations will be at 3 minute intervals beginning at 5 PM and finishing at 6:45 PM. In order to claim your reserved time we suggest you arrive approximately 10 minutes early in case of cancellations as well as to warm up adequately.
4. For individuals who do not make a reservation yet still wish to work out in the circuit, a waiting list will be established. The first "no show" will be substituted for by the individual on the waiting list.
5. There will be NO "grace period" on reservations. Please arrive early to assure your reserved time slot.

The Nautilus Circuit Training Program has enjoyed great success. The program utilizes several basic weight training principles which provide excellent muscle tone conditioning for beginners as well as experienced weight lifters. The program allows 95% of the body to be exercised in approximately 15 minutes, which is one of the advantages of the Nautilus circuit training program. We welcome everyone to take advantage of this conditioning innovation. Please feel free to contact Eric Hunter, IM-REC Sports Office, 845-7826 if you have any questions.

RACQUETBALL TOURNAMENT THIS WEEKEND!

The deadline to enter the Pre-Christmas Classic Racquetball Tournament is tomorrow, March 1 at 5 PM in 159 East Kyle. This tournament is sponsored by the TAMU Racquetball Club, Ekleton and Coors Light Beer. The tournament will be held on March 4, 5 and 6. Divisions offered are:

- Men's and Women's Singles A, B, C, and Novice
 - Men's and Women's Doubles A and B
- A \$10.00 entry fee for the first event and an additional \$5.00 for the second event must accompany each registration. Checks should be made payable to the TAMU Racquetball Club. For further information call Mark Bewley at 779-3266, David Mays at 696-3637 or Jerry Herrington at 846-8605. Remember, the deadline for entering this tournament is tomorrow at 5 PM.



SHAPE UP with Intramurals!

Shape Up Begins March 1

SHAPE UP stands for Sport Health and Physical Education for University People. SHAPE UP is open to all students, staff, faculty and their families. The objective of this program is to encourage individuals to incorporate fitness activities into their lifestyles. Participants are given the opportunity through open recreation to work out individually and at their own pace.

In order to be eligible for a SHAPE UP Certificate, a participant must complete 250 points during the calendar year. We, of course, encourage all individuals to participate in this program for the "health of it" as well as to win a certificate.

POINT SYSTEM

Performance in the following aerobic activities: aerobic dance, bicycling, calisthenics, jogging, racquetball, handball, basketball and walking will help participants earn a certain number of points toward a complimentary certificate.

AEROBIC DANCE	1 HOUR	1 POINT
BICYCLING	3 1/2 MILES	1 POINT
CALISTHENICS	1 1/2 HOUR	1 POINT
RACQUETBALL/	1/2 HOUR	1 POINT
HANDBALL		
RUNNING/	2 MILES	1 POINT
JOGGING		
SWIMMING	1/2 MILE	1 POINT
WALKING	3 MILES	1 POINT

NOTE: CONTINUOUS EXERCISE! Do NOT include breaks etc.

and easily accessible area so that each participant can keep a close eye on his/her progress.

AWARDS

A free SHAPE UP Certificate will be awarded to participants who complete 250 points by the end of the calendar year.

HOW TO ENTER

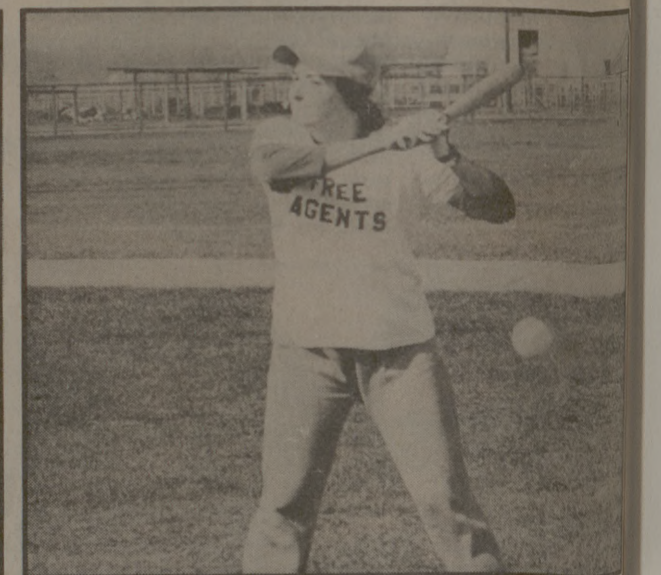
Sign-ups will be accepted a year long (starting tomorrow, March 1). All you need to do is simply fill out an initial information card available at the Intramural-Recreational Sports Office, 159 East Kyle from 8 AM-5 PM Monday through Thursday and 8 AM through 5 PM on Friday. Get ready to SHAPE UP today!

PROGRESS REPORTS

After completing your activity, note the distance and/or time and date. The Intramural-Recreational Sports Office, 159 East Kyle, will keep a master chart of all participants as they near their goal of 250 points. Tally cards are available at the IM-REC Sports Office for your convenience. As each activity is completed simply drop your completed tally cards by the Intramural Office daily and the IM-REC Sports Staff will chart each participant's progress. This chart will be displayed in a prominent



Softball action from the Intramural Pre-Season Softball Tournament.



OOPS!!

ACKNOWLEDGEMENTS

McDonald's[®] Intramural Highlights is sponsored each Monday in the Battalion by your local McDonald's[®] Restaurants at University Drive, Manor East Mall, and on Texas Avenue. Stories are provided by members of the Intramural-Recreational Staff. Photos are by Debbie Drillette and Tom Davies.



The UNKNOWNNS won the Women's Team Division in the Free Throw Shooting Contest by making 82 out of 100 free throw shots.

FREE THROW SHOOTING CONTEST HAS WINNERS!

On Tuesday, February 8, the Intramural Free Throw Shooting Contest was held in G. Rollie White. Sixty-three men and eighteen women competed for the singles and team championship titles.

In the Women's Division, Susan Lilly hit 18 out of 20 free throws to win Highest Total and Mary Schwind made 15 free throw shots in a row to win the Longest Streak Title. The Women's Team, UNKNOWNNS made up of Deb Rollman, Mary Schwind, Cheryl Clark, and Cynthia Berry took the team title by making 82 out of a possible 100 free throws.

In the Men's Division, Scott Stephens also hit 18 out of 20 free throw shots to win Highest Total and Mitch King hit 23 free throws in a row to win the Longest Streak Title. The Men's Team, NONSHOOTERS won the title by making 78 out of 100 free throw shots. The NONSHOOTERS were made up of: Charlie Kocurek, Kevin Cokinos, Brett Chumbley, and William Schnellbacher.

In the CoRec Team Division, the HOTSHOTS made 82 out of 100 free throw shots. The HOTSHOTS consisted of Laura Hoppe, Greg Hood, Lisa Wilkerson, and Kenneth Nixon.

Overall, it was a fun tournament for all. Thanks to all who participated and congratulations to the winners!



Chris Brown (referee), Gerald Green (#27 holding ball) and Craig Breining (#19) playing Intramural Basketball.



The NONSHOOTERS won the Men's Team Division in the Free Throw Shooting Contest by making 78 out of 100 free throw shots!