

Men's and Women's Soccer players scoop national awards

By Graeme Port
SPORTS EDITOR

Over the winter break, a number of IIT Men's and Women's soccer players were honored with national academic awards. In the Men's team, sophomore striker Liam Barrett won national recognition for his academic and athletic achievements throughout the year when he was made a member of the ESPN Academic All-American 3rd Team. In addition to this, Barrett, a Business major who currently holds a perfect 4.0 GPA, picked up a second award for his athletic performance during the fall semester when he was named to the 2010 NAIA Men's Soccer All American 3rd Team.

In the Women's team, seven players were recognized as Daktronics NAIA Scholar-Athletes. In order to qualify for the award, a

student athlete must maintain a minimum 3.5 on a 4.0 scale and must have achieved a junior academic status. The ladies were lead by senior captain Emily Kunkel, a Chemical Engineering major with a perfect 4.0 GPA. She was joined by seniors Meagan Sarratt (Psychology) and Stephanie Salem (Business-Finance). And by juniors, Emily Tilton (Biology with a minor in Military Science), Samantha Cosenza (Mechanical Engineering), Diana Otero (Biological Engineering) and Noel Deis (Electrical Engineering).

Clockwise from top left: Diana Otero, Emily Kunkel, Emily Tilton, Liam Barrett, Stephanie Salem, Samantha Cosenza, Noel Deis, Meagan Sarratt

(Images courtesy Illinois Tech Athletics)



Keating Sports Center has something for everyone

By Jason Neal

HEAD OF INTRAMURALS AND RECREATION

I am excited about this semester. In addition to a full schedule for recreational fitness and dance classes, indoor soccer and basketball leagues are starting up again. Track & Field season is upon us, and I expect the throwers to make significant improvements over last year. IIT Rock Climbing, a club that existed in the past, has been reconstituted, and had its first meeting last week, and they will be planning an indoor climbing outing soon. New Velocity, an innovative new dance organization, has its first meeting this week, I believe. Union Board and the International Student Organization are working together to plan a ski trip, and my office is co-sponsoring that event. One new program that starts the first week in February is the Intro to Strength fitness class, which will use body bars, barbells, medicine balls, and kettle weights. Intro to Strength will be a small-group fitness program that will meet one hour three times a week for twelve weeks. Other initiatives that begin after Spring Break include a 5K training program for first-time runners, archery classes, and a powerlifting contest.

There have been a few changes to the weekly recreational fitness schedule. Pilates has moved to Wednesday at 5:30pm, and begins on January 19th. Argentine Tango, a popular dance class, has moved to Thursday at 7:30pm, and begins January 27th. Salsa with El Caobo (aka Earl Hall) has moved to Friday at 6pm. Based on student feedback, this class may soon be relocated to a ballroom in either MTCC or HUB. Co-ed Plyometrics will be offered on Tuesday night at 9pm, led by Tony Saddy. The times for Yoga remain unchanged, with Tuesday Yoga classes at 1pm with Helen Lee and at 7:30pm with Natasha Holbert and Katrina Ryan starting on January 18th. Thursday evening Yoga class at 5:30pm with Katrina Ryan begins on January 27th. There are still a few programs that we are working to bring back this semester, including Cardio Kickboxing with Suzanne Ko, Tai Chi with Paul Channic, and Belly Dance/Zumba Fusion with Viraj Dhebar. Once we have confirmed days and times with

these instructors, I plan to add them to the lineup.

Our students do a great job of expressing interest in most of our programs, although many are afraid to commit. Some classes start with huge crowds and lose participants to other activities in the same time slot. This is true not only for fitness classes, but also for intramural sports. Last spring, we had nine teams start the season for the basketball league, but only seven played the whole season. In the fall, three of the teams that played in the indoor soccer league just disappeared halfway through the season. Sometimes people just get busy, and have to prioritize in order to get their grades up or work a part-time job. We understand that we fill "free time" that people have in their schedules.

I am a big believer in creating opportunities for our alumni to remain involved with the university. This semester, the intramural basketball league will be run by a committee of students, and the referees will be distinguished IIT alumni,

Joe Kirsch and Harry Tran. Our students felt this would help bridge the gap between current students and former students. Everyday, alumni return to Keating to work out, to play pickup basketball, to swim, and to use our lower courts for squash, handball, and racquetball. The handball players in particular have been coming to Keating for over thirty years, and we welcome them back every week. My hope is that current students will return when they are alumni, and that they will remain physically active throughout their lives.

As the facility rental manager for Keating Sports Center, I try to balance the needs of our students with the needs of the community. We have positive relations with several groups who have no gym of their own, and we do our best to share the space in a way that fosters goodwill. Roosevelt University continues to practice and play basketball at Keating Sports Center. Their schedule can be found posted at Keating and on Roosevelt's athletic website. Other basketball teams using the facility this semester include Perspectives

Charter School, Ada S. McKinley School, and YCLA School. Keating is a popular choice for large-scale community-based activities, and in the past year we have hosted a science fair for In Search of Genius, a robotics competition for Chicago Knights, tumbling/gymnastics clinics for the Chicago Training Academy, and sports clinics for Swish Basketball. With so many users, it is important for us to continue to offer our peak hours and plenty of non-peak hours to our own students, and this is the case the majority of the time. This is why we offered gym hours over much of the Winter Break, and why we will keep the fitness center open during Spring Break. We realize that not everyone plans to leave campus, and we do our best to accommodate those who remain on campus.

In all things, we strive to achieve balance. From a programming standpoint, that means offering enough activities to get people moving and keep them engaged, without trying to offer too much. It's better for us to have ten programs that are well-attended than fifty programs that nobody has time for. There are only so many hours in a day, and we know that our students spend quite a few of those in class, in studio, in lab, and in study groups. Your free time should be used to help you relieve stress.

Physical activity is an excellent way to do that. I encourage you to come to Keating Sports Center. We have something for everyone!



Keating offers badminton, salsa, plyometrics, floor hockey, zumba, basketball, cardio kickboxing, tai-chi, yoga and more!