

Women's volleyball KEEN to help community

By Kayla Heller
STAFF WRITER

As part of its continuing efforts to give back to the community, the Illinois Institute of Technology Women's Volleyball team recently spent time interacting and swimming with children who suffer from mental and physical disabilities.

The Scarlet Hawks went to the University of Illinois at Chicago to participate in KEEN (Kids Enjoy Exercise Now). KEEN is a volunteer-run, nonprofit organization catered

to provide free recreational opportunities to children and young adults with disabilities by pairing them with trained volunteers for fun, noncompetitive activities.

Illinois Tech student-athletes swam with kids and played a variety of games with the children. "We wanted to give the girl's an opportunity to help the Chicago Community and to give back to those who need it," commented Head Coach Jacqui Gatt. "I really hope this is just a start of our efforts in reaching out to the community."

"It was amazing to see how much

fun we had with all the kids involved," commented sophomore outside hitter Rebecca Wilson. "Even the simplest thing like splashing around had everyone laughing and smiling. I would do it again in a heartbeat."

"What I liked most was seeing how happy the kids for just from splashing around or shooting squirt guns while playing tag," commented sophomore setter Rebecca Bograd. "It made me feel good just seeing them smiling and having a good time."

For more information on the KEEN program, visit: <http://www.keenchicago.org/>



Photo courtesy of illinoistechathletics.com

Strength in numbers: IIT's weight lifting competition

By Ashlie Ingold
STAFF WRITER

"IIT's Strongest Man and Woman" will be held on April 30 at Keating Sports Center, from 3 p.m. to 6 p.m.

In an interesting twist, this competition will be unlike other powerlifting contests because it is not based on a one-repetition maximum for each lift. Instead, each participant will perform a 5-rep maximum lift, with three attempts allowed by each competitor in the traditional powerlifting events: the Bench Press, the Squat, and the Deadlift.

The total number of repetitions in each set will be multiplied by the weight lifted for each

exercise. Then the cumulative weight total will then be divided by the participant's body weight for the final score.

While strength performance is the goal for this event, strength alone will not decide who wins. The winners may not necessarily have the single heaviest lift in all three events, or even one. But if they lift the best amount of weight overall, they will have some advantage. They still need to make sure their totals are high when divided by their body weight. In a sense, this means that leaner athletes can win by being the "pound for pound" strongest, but they still need to lift weights heavy enough to be competitive against bigger athletes.

The entry fee is \$5 per participant, and the winners will receive a training session with Sean Armstead from Phenomenal Fitness (more information at <http://www.phenomenalfitness.com>), who is one of America's top kettle weight coaches.

Coach Neal, our Director of Intramurals & Recreation, will serve as the chief judge for all lifts. As with all programs offered by the Office of Intramurals & Recreation, this competition is open to all students, staff, faculty, and alumni of Illinois Institute of Technology, Shimer, and Vandercook.

Email intramurals@iit.edu for more information.

Student Health sponsoring wellness fair

By Ashlie Ingold
STAFF WRITER

The Student Health Center is offering their first annual IIT Health & Wellness Fair.

There will be tables set up on the MTCC Bridge from 10:00 a.m. - 2:00 p.m. on Saturday, April 30 to promote awareness to the students on wellness issues and resources within Chicago.

There will be activities throughout the day such as: Tai Chi classes, yoga, blood pressure screening, guest speakers discussing health issues, massages, raffle tickets and prizes.

The Commons also will be having a Health Brunch the day of the event. This is free for all IIT students. Health screenings, activities, and discussions that will be available will include: Public Safety, Self Defense, Smoking Cessation, Cancer Awareness, Dental Care, Exercise Routines, Nutrition, Organ Donation, Physical Therapy, Blood Pressure, Body Mass Index, Healthy Living, Keating Athletics: Pilates, Yoga, Tai Chi, Massage Therapy, and Breast Cancer Awareness.

For more information contact student.health@iit.edu.

Beach volleyball tournament coming to MTCC

By Ashlie Ingold
STAFF WRITER

IIT's Intramural and Recreation department is hosting a co-ed beach volleyball tournament on April 17 4:00 p.m. - 7:00 p.m. on the MTCC South Lawn.

Teams are allowed to have up to 10 participants, but only 6 may be on the court at the same time. Prizes will be awarded to the top team. The tournament will be a straight bracket tournament with Rally scoring up to 25 points, must win by 2 points.

If you do not have a team email ashlie.ingold@gmail.com and you will be placed on a team the day before the tournament. Register by April 15 at: <https://spreadsheets.google.com/ccc?key=0AsdbBPGbGC4dGRub3dLS19vSFJ5TEhBNDIU2NiY2c&hl=en&authkey=CLfM86IOv> or go onto the intramurals Facebook page and click the link posted to the event.

Cricket fever invades IIT

By Paarth Chheda
TECHNEWS WRITER

Anyone who's watched any of the fantastic ICC Cricket World Cup 2011 games this year can only have felt inspired to pick up a bat and play. This brings us to our local cricket events. IIT's Keating Premier League (KPL), which has had overwhelming participation and support from students at the university, is getting more and more intense as it enters the playoff stage next weekend.

The KPL playoffs will witness the finest teams in the competition playing against each other. The Rockers team has become popular with their high-scoring play - they're the only team to have scored over one hundred runs - whilst Devonshire has been the only undefeated team in the competition thus far. Lakeport Loafers and Royal Kings are another two solid potential candidates for the championship title.

Although KPL is just a miniature form of

the actual game, it has brought a lot of excitement to competing players and followers. Cricket fans will be pleased to hear that the club is planning to offer a bigger tournament this summer. Not only will the grounds get bigger, but it will also expand players horizons beyond the boundaries of Chicago, as the tournament includes renowned teams from all over the Midwest. IIT Cricket Club's Scarlet Hawks have been one of the top performers in the league over the past few years. The team seeks cricket playing enthusiasts to power their team to a division championship this year.

Tryouts for the team will take place on April 10 from 1:00 p.m. - 4:00 p.m. at Keating Athletic Field (North of Ed Glancy field).

For any questions please visit the IIT Cricket Club's website at www.sites.google.com/site/iitcricket. or email us at iitcricketclub@gmail.com



Photo by Paarth Chheda