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1-31-2024

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### Recommended Citation

El-Sherbeeney, Abdullah, "2024-01-31 Winter UREC Check-In" (2024). *The Spectator Online*. 1179.  
<https://scholarworks.seattleu.edu/spectator-online/1179>

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The Spectator • January 31, 2024 • <https://seattlespectator.com/2024/01/31/winter-urec-check-in/>

# Winter UREC Check-In

**Abdullah El-sherbeeney, Staff Reporter**

Seattle University Recreation (UREC) holds many fun activities and programs to encourage students to stay active by offering opportunities for hiking, skiing, rowing and intramural sports. Intramural sports at UREC this quarter include dodgeball, basketball, soccer, volleyball and pickleball.

Trace Seaton, the assistant director of UREC's competitive sports, explained how the mission of UREC is to encourage students to participate in these events even if they do not play the sports routinely.



Adeline Ong

"We try not to discourage anyone from coming out because they are worried they aren't going to be good enough," Seaton said. "It's intramurals; there are no TV contracts, there are no multi-million dollar salaries at stake. It's just about coming out and having fun, and enjoying your time here while doing something a little bit different and moving your body, and getting some exercise."

Seaton encourages students to attend events or join intramural leagues that may be of interest, especially. The upcoming dodgeball tournament will be held March 2 and the registration will open on the IMLeague website in association with Project Positive. The upcoming dodgeball tournament will also feature a new unique glow-in-the-dark theme where students will be encouraged to wear neon clothes while playing in the dark.

Furthering the theme of inclusivity, Sara Janosik, the assistant director of UREC's operations and engagement, talked about the gym programs that are offered for beginners. The gym has a free group fitness program which includes classes for yoga, cardio, cycling and much more. These classes are held on the Eisiminger Fitness Center's second floor and the schedule can be found on the Seattle U website by simply searching for the group fitness link.

Another specialized program for beginners is Learn to Lift. The program will be held Tuesday, Feb. 20, from 7:00 to 9:00 p.m. and is a two-hour group meeting with a personal trainer. The trainer will take the students into the weight room and teach them how to work with the equipment safely and with proper form. At the end of the event, the students leave with a basic strength program. The group usually has a max of 10 students and each student pays \$10.

A special program that Janosik is currently working on is called Project Positive, an annual signature UREC event set to be held the last week in February.

“It’s a week-long campaign where we do different events that fit the theme. During the week, we have the students take kind of a step back and focus on wellness and their mental health, and then, see how moving their body at UREC can be tied to that also. [There is] a lot of community-building,” Janosik said.

In terms of other services, the UREC transit system has a shuttle bus that takes students from campus to the Vertical World climbing gym for \$5 every Wednesday around 6:00 p.m. The snow van shuttles at UREC also get a lot of attention. The shuttles are free and take students to Snoqualmie Resort on Friday nights and Crystal Mountain Resort on Sundays. The next opportunity for students to visit Crystal Mountain Resort is Feb. 11.

Luke Meyers is a fourth-year marine and conservation biology major who works as an outdoor leader and an outdoor office manager for UREC. Meyers mentioned an upcoming ski event at Mount Baker, which will be held Presidents Day Feb. 19.

“Hopefully UREC runs another successful trip to Mount Baker on President’s Day weekend,” Meyers said. “We get accommodations, food and transportation. And then you just gotta provide lift tickets.”

Snowshoeing trips are another outdoor program that UREC offers.

“We always go up to scenic hot springs... It’s a perfect length for snowshoeing, it’s beautiful. It’s in Steven’s Pass and then you get to hang out in these wonderful hot springs with a cool view surrounded by snow,” Meyers said of one of the program’s most popular outdoor trips.

From basking in the snow-encrusted hot springs to watching glow in the dark dodgeballs whizz by, students this quarter have many opportunities to get involved and get active.