

# R.E.C. REPORT

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STUDENT RECREATION CENTER | 618/453-1277 | REC.SIU.EDU | NOVEMBER 28, 2017

## SRC Announces Winter Break Hours; Changes from Previous Years' Schedules

Recreational Sports and Services have released their Winter Break hours on their website at [rec.siu.edu](http://rec.siu.edu). Winter break starts with Commencement Saturday, December 16 and concludes in 2018 with the Martin Luther King Birthday on Monday, January 15.

One change that patrons will see is during the week of December 26 – 29. This is the week between Christmas and the New Year holiday. Based on many comments from our patrons from last year, we have changed our open hours for this week to 4 - 8 pm instead of 10 am - 2 pm, as it was previously.

"We heard from many members that the middle of the day was just not convenient due to work hours. We looked at this from the standpoint of our members during this time since most of our students will be away on break," stated Troy Vaughn, Director of RSS. The week between the Christmas and New Year's holidays has abbreviated hours as SIU is closed as a university during this time period.

## RSS and the SRC to Host Upwards of 600 for Lead On

SIU and Recreational Sports and Services is proud to announce that we will host the annual national Intramural and Recreational Sports Association's Lead On Conference from January 25 – 27, 2018. This conference, comprising students and professionals from NIRSA's Region III (Illinois, Indiana, Ohio, Wisconsin, and Michigan) will be held in the Student Center but the SRC will see plenty of activity as well.

Students have the option of staying in the SRC for the nights they are here and approximately 200 will choose to do so, making the SRC one of the largest sleep-overs in the area for the two days they are here.

Educational sessions and professional development opportunities will be provided for recreational- career interested students. The conference is student-led and RSS GA Courtney Copp is one of the leaders of the committee that is overseeing the workshop.

Patrons will see the West Gym off-line for a period of four days (January 24 – 27) during that time period. Information about Lead On and a link to the workshop can be found at our website [rec.siu.edu](http://rec.siu.edu)

## Saluki Finals Finish Coming to the SRC on December 11 and 12th!

The SRC's annual tradition of providing a needed study break for finals week will continue as SRC staff will be providing snacks and drinks to students from 4:30 - 6:30 pm for finals week. Students will find healthier snacks and drinks available for them during their visit to the SRC. This year, mini-massages will also be available for students to "ease away" their stresses and to fuel up in a healthy way.

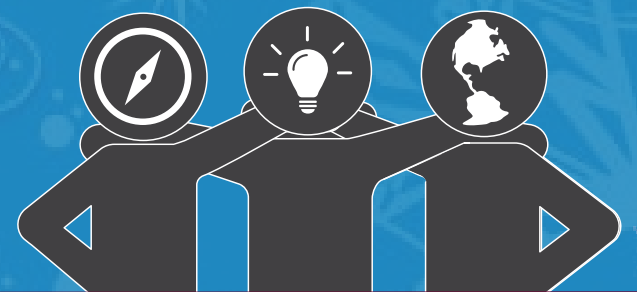
## Alabdullah named Recent RSS Employee of the Month

Fitness instructor Ghadeer Alabdullah (*Senior – Houston, TX via Kuwait and Saudi Arabia*) was recently named RSS Employee of the Month for October. Alabdullah was nominated by both employees and patrons for her work in teaching fitness classes. You may see Ghadeer leading a Zumba class or other classes during the week in the SRC.

An aspiring doctor, Alabdullah has an "infectious positive attitude and wonderful smile" according to one of her patrons.



REGION III STUDENT LEAD ON 2018 JANUARY 25-27



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