

Fall 2009 Student Newsletter

Hello Region III Students,

My name is Ashlea Wilson and I am currently a second year Graduate Assistant for Open Recreation and Student Employment with Recreation Services at Northern Illinois University. It is truly an honor to serve as this year's Region III Student Representative! My mission is to continue Region III's dedication and commitment to student professional development. My goal is to encourage students to take advantage of all that NIRSA has to offer in this superb region of dedicated professionals. In this newsletter you will meet your 2009 – 2010 Region III Student Leadership Team. You will meet your State/Provincial Student Reps, Region III Student Lead On 2010 Committee Chairs, & Region III Student Lead On Student Coordinator. Make sure you check out their top reasons to attend Student Lead On this year.

What does the Governance Transition mean to students?

This is the year to step it up and make a difference in NIRSA, because the governance transition has presented students with a unique opportunity. Future First, Opportunities Now. Future first's purpose is to give students and young professionals, a voice in the NIRSA. Next years Student Leaders will serve on The Member Network with the national student leader, the 5 other regional student leaders, the 6 professional regional representatives, the past presidents' representative, and a Board of Directors liaison. For more information on the NIRSA Governance Transition, go to <http://www.nirsa.org/Content/NavigationMenu/AboutUs/NIRSAGovernanceCommission/governance.htm>

Student Leader Nominations & Elections

I encourage you to run for the position of National Student Leader or Regional Student Leader.

The experience thus far has been amazing! I have had the opportunity to network with passionate Rec students and professionals across Region III. Students' running for NSL or RSL is an excellent opportunity to take on a leadership role and truly make a difference! As well as, serve those professionals that have pioneered the way for the future. To recognize a professional that influences and mentors you, for the Horace Moody Award, go to http://www.nirsa.org/Content/NavigationMenu/AboutUs/Awards/HoraceMoodyAward/Horace_Moody_Award.htm, you can nominate professionals in other regions, too. The deadline to nominate a professional staff for the Horace Moody Award is Friday, January 15th.

Region III students as the future of the NIRSA, I challenge you, to step up & get involved! We play a vital role in the existence of this great organization. You can find the application for both NSL & RSL at http://www.nirsa.org/AM/Template.cfm?Section=Nomination_Forms&Template=/MembersOnly.cfm&NavMenuID=986&ContentID=8513&DirectListComboInd=D, you will need to submit the application to: elections@nirsa.org, the dead-line for both NSL & RSL positions is Tuesday, December 1st.

NIRSA Foundation Scholarships

Don't forget to apply for scholarships and awards in your state associations and the NIRSA. Every little bit helps, especially since the NIRSA Annual Conference is in Anaheim this year. The deadline for NIRSA Foundation Scholarships is Friday, January 15th. Go to http://www.nirsa.org/Content/NavigationMenu/AboutUs/NIRSA-Foundation/FoundationScholarships/Foundation_Scholars.htm#stu for more info or contact your Student Reps.

The 23rd Annual Region III Student Lead On 2010 Conference

Region III Student Lead On presentation proposals are due Monday, November 30th! Here is the link for the presentation proposal form: <http://rfc.wayne.edu/LeadOn.php> Click on "Presentation Proposal Form" and it should download for you. Email proposals.region3.leadon.2010@gmail.com with any questions.

Don't wait to register for Region III Student Lead On 2010! Here is the link for registration and more info: <http://rfc.wayne.edu/LeadOn.php>, the registration fee for Region III Student Lead On this year is \$52. It is important to register before January 20th to avoid the late registration fee. After January 20th registration will increase to \$72. While you're at home for the holidays ask your loved ones for the gift of student professional development, you're Region III Student Lead On Registration Fee. Check out the Article, "Socking Away For Detroit Rock City" by Matt Graifer. This article will help you with budgeting for the 23rd Annual Region III Student Lead On 2010 Conference.

If you have any questions or concerns, please do not hesitate to contact me at awilson16@niu.edu

Rock On! Lead On!
Rock On! Region III!



Ben Peak **Indiana Student Representative**



My name is Ben Peak and I am currently the Student Representative for the State of Indiana. I am originally from South Bend and Graduated from Indiana University South Bend where I majored in Sociology and minored in History. IU South Bend did not have a Sport Administration degree while I attended; however, I become heavily involved in the Student Activities Center and campus recreation. This led to attending my first IRSA Conference at Valparaiso University and since then I have been an IRSA and NIRSA member ever since.

Since I have been involved in IRSA and NIRSA for approximately five and half years, I have had the opportunity to experience many things. I have seen many campuses and have been fortunate to make many friends along the way. I decided this past year that I wanted to give back and help by running for State Student Representative. IRSA and NIRSA have given me so much that I wanted to start giving back to the organizations. My experience as State Student Representative so far has been great. I have met and learned a great deal about the organization and hope to continue spreading the knowledge I learn to other students within the state.

My NIRSA experience has been a great one as it has

led to my current role as a Graduate Assistant for Sports Facilities and Special Events at Ball State University. Without IRSA and NIRSA, I do not know what I would be doing right now. NIRSA has given me a foundation to start from and to grow in my professional career. I will always be an advocate for NIRSA because it has opened doors for me that I never knew existed and that may have always been locked had I not joined the organization.

I hope to represent the students of Indiana and be their voice for issues and concerns they have within the state of Indiana. I want to spread the word on what IRSA and NIRSA can do for students. It has given me plenty of opportunities and I want to inform as many students as I can about what NIRSA has to offer.

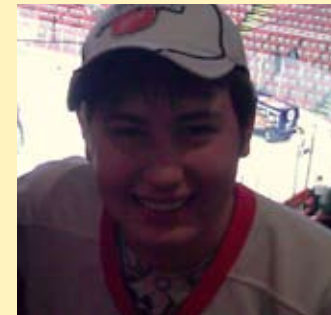
Jackie Carline **Michigan Student Representative**



My name is Jackie Carline, and I am the student state representative for the Michigan Intramural and Recreational Sports Association. By becoming more involved with NIRSA, and my school's department of campus recreation, I've established networking and socializing skills that not only aid me in my position within the association, but also any future career paths that I may travel down. As an undergraduate student, I've attended

our state's annual conference, presented at last year's Region III Student Lead On Conference, and recently became a member of the planning committee for the Region III Student Lead On 2010 Conference. All of these experiences further expand my desire to continue forth in campus recreation, while building a backbone of professionalism and experiential learning. NIRSA has broadened my horizons past "working for a paycheck"—I love my job, and by becoming more involved in an association that revolves around bettering it's members, I've developed essential components of a young professional. By recognizing the opportunities that NIRSA offers to it's student and professional members, I've gained beneficial knowledge and skill sets that have (and will continue) to assist my professional career, while also creating new friendships and networks across the country. It is because of NIRSA and my experiences within the association, that I've been able to explore the world of recreation, and participate in an energetic and continuously growing atmosphere. Thanks, NIRSA!

Korey Kilpatrick **Ontario Student Representative**



The biggest reasons for me to become a part of NIRSA are the amazing graduate assistant positions available and the scholarships and awards available to help further

my education. I was eager to become a State/Provincial student representative to learn new and interesting ways of improving the intramural program at my institution and to give participants an even better experience. It will also give me a chance to share ideas with other intramural leaders and become a better leader myself. I look forward to a great year and an even better Region III Student Lead On Conference in January. I hope to see you there!

Mimi Fong
Ontario Student Representative



Hi, my name is Mimi Fong. I'm a co-rep for the province of Ontario, Canada. This is a new experience for me, but I am very excited about it! NIRSA is a great organization in which helps others to build the quality of Campus Recreation as a whole. I hope to spread awareness to students in Ontario, about the opportunities that NIRSA can offer. I also hope to teach others about how Campus Recreation programs are run in Canada, specifically Ontario. I have learned that NIRSA is a support system in which you can gain valuable knowledge for the functionality of Campus Recreation programs at other schools, and how to apply that knowledge to your own school.

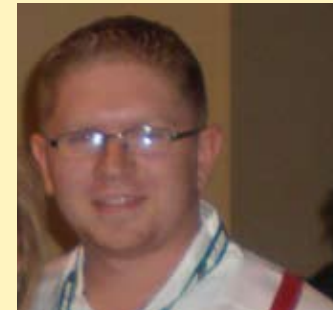
Lance Smith
Ohio Student Representative



Currently I am the Graduate Assistant of Facilities at Cleveland State University in the Campus Recreation Services Department. I have been at Cleveland State University since July 2008. Within Campus Recreation Services I am responsible for the maintenance of the facility, and also the cardio and strength machines within it; I also am responsible for overseeing all aspects of our Recreation Attendant position. Before coming to Cleveland State University I received my bachelors degree from Ashland University. While at Ashland University I was very involved within the Department of Recreational Services working many different positions from fitness attendant to completing a facilities internship. Since becoming the Ohio State Student Representative I have had an exciting time meeting and working with professionals from across the state. This position has allowed me to meet people from across Ohio that I may have not had a chance to meet without this position. I have also been able to meet and help a lot of students that are looking to become more involved within campus recreation within their schools, and help further their careers at state, regional and national conferences. I have also been able to learn more about the history that Ohio Recreational Sports Association is comprised of. During the rest of my term as Student Representative,

I hope to get as many students as possible to become more interested in campus recreation. Not only do I want students to want to participate more in their university departments, I want students to be able to consider campus recreation as a career path. I believe that talking to students at different universities through campus contacts and conferences that NIRSA holds, I will be able to help students see how fun and exciting campus recreation can be. l.m.smith93@csuohio.edu

Matt Graifer
Illinois Student Representative



So how does a young man who spent 22 years of his life living in the state of New Jersey, roots for the New York Mets and Philadelphia Eagles, and who is a legal resident of the state of Tennessee become the Illinois Intramural-Recreational Sports Association State Representative? My name is Matt Graifer, and I can't say I'm all that sure given all of THOSE hodgepodge facts about me dealing with other states, but I can tell you that I am absolutely honored to be serving in the capacity of IIRSA State Representative for the recreational sports students and professionals in the great state of Illinois. I have been pursuing my Master's Degree at Southern Illinois University Edwardsville for over a year now, and I believe that I have been able to successfully identify with

Illinois and with everything that the state organization has to offer. My work in the field of recreational sports is a tremendous passion of mine, and I am hungry to expand my experiences within the field while simultaneously promoting all of the wonderful things that the field has to offer. As the IIRSA Student State Rep, I pledge to serve our members to the fullest extent possible in order to strengthen our collaborative efforts to improve both independently amongst our respective groups and as a unit. I truly feel like I have some very big shoes to fill in those of my predecessor, Courtney James from Western Illinois University, but I think that I am up for the challenge. I believe that my experiences both inside and outside of this state will lend toward my overall goal to further improve this already great organization. I am looking forward to working with everyone in NIRSA during the coming year and beyond, and am glad to serve as the IIRSA Student State Representative. Please feel free to contact me anytime: MGraife@siue.edu

Sandy Terhune
Wisconsin Student Representative



My name is Sandy Terhune and I am the 2009-2010 Wisconsin Student Representative for NIRSA's Region III. I am currently a second year graduate student at the University of Wisconsin-La Crosse and am the Special

Events Graduate Assistant for the UW-L Rec Sports Department. My first experience with NIRSA was helping to plan one of the socials at the 2007 National Conference in Minneapolis, MN. It was such a fantastic experience to learn about the organization that I wanted to become more involved. Since then I have enjoyed getting to know other students and professionals in the campus recreation field at state workshops and national conferences.

This year I have the opportunity to serve as the State Student Rep of Wisconsin. I am very excited to take on new challenges and experiences while increasing the student involvement in NIRSA in the state of Wisconsin. My goals are to get more students involved and aware of all of the great opportunities NIRSA has for students looking to get more experience in the field of campus recreation. If you have any questions or would like to learn how to get involved, please feel free to contact me! I look forward to meeting many of you at the Region III Student Lead-On, WIRSA Workshop, and the annual conference in California this year!

Oscee Wheatfall
Region III Lead On Student Coordinator



My name is Oscee Wheatfall, and I am this year's student coordinator for the Region III Student Lead On 2010

Conference. I wanted this position because I feel that Student Lead On is a student's first big interaction with NIRSA and I believe first impressions are everything. If you have had a great time at a Region III Student Lead On Conference, than you will want to get involved yourself. This opportunity has also provided me the chance to meet some great students and professionals from all over the country and those connections are priceless. Seeing as though I was on the committee last year and all the fun we had, I felt it would be beneficial and a great tradition to keep this type of atmosphere going. If you are like me, and you enjoy challenges and meeting new people, then this is the opportunity of a lifetime, because there are not too many other places that give students the power to organize and run a conference on their own, for their own. I look forward to seeing all of you at the conference and if you see me, do not be afraid to stop me and say hi. Rock On! Lead On!



My Top Ten Reasons to Attend Region III Student Lead On this year:

10. Resume Builder
9. Free Gifts
8. Get to visit a different institution
7. Volunteer experience
6. Educational sessions that are fun and interactive
5. Learning about other programs
4. Getting your name out there
3. The great food!
2. Troy Vaughn's resume workshop
1. Meeting new people to expand your contacts

Melanie N. Taggart
Professional Development Chair

Our Mock Interview Program will continue this year, pairing professionals with no more than 4 students and have set aside what I like to call a “safe space” to meet for 20-30 minutes in between sessions and socials.

We’re also bringing back a revamped Hospitality Area with beverages and snacks as well as activities and a looping video with advice on how to present yourself in social settings.

New to our region as well as NIRSA is our Mentoring Program, based in part by a suggestion from one of last year’s attendees. What’s great about it is that undergrads, grads and young professionals are encouraged to network with someone who has at the next level in our field. Pairs will be able to talk about tips on preparing for graduate level work, assistantships, as well as working after college and getting advice on how to further advance their careers and hear about what to look forward to, in becoming a colleague and leader in campus recreation. We hope to encourage continuing relationships with people from across the region and will follow-up after the NIRSA Annual Conference to see how this project panned out. Also, new this year will be our NIRSA video with volunteers sharing their answers to the questions including “Why NIRSA?” and examples on what is the appropriate attire to wear at the annual conference.

Last but not least, my team will be presenting together on Professional Development to get students more than ready for Anaheim.

If you would like to participate in any of these programs please check out the appropriate box when you register

for the conference. Any questions may be directed to professionaldevelopment.region3@gmail.com.

Top 10 Reasons to Attend Lead On:

10. Weekend away from home campus
9. T-shirt exchange
8. Socials
7. Visiting campuses in Region III
6. Attending educational sessions
5. New experiences at every level
4. Volunteering
3. Presenting on personal topics
2. Professional Development
1. Networking



Justin Frear
Program Committee Chair

My name is Justin Frear and I am the Chair of the Program Committee for this year’s Region III Student Lead On Conference. I am very excited about this experience.

I am a Graduate Student at Grand Valley State University in Allendale, MI working as a Graduate Assistant in Intramural Sports. I have come to enjoy all aspects of the Campus Recreation field and have really enjoyed getting involved in both NIRSA and MIRSA (Michigan State Association). I attended last year’s Region III Student Lead On and NIRSA Annual Conference and really enjoyed those experiences, so much so that I wanted to give back to organization that has given me so much in my young career.

I am already excited for this year’s Region III Student Lead On Conference. The committee has a lot of good stuff planned and if the theme itself doesn’t make you want to attend, then the learning and camaraderie that will take place should fill in that void. Not only does the conference have a lot to offer in terms of understanding of NIRSA and the Recreation field, but Detroit itself has a lot of history as well. As students you should really consider attending the Region III Student Lead On Conference. It is diverse in that you will meet people from all parts of the Recreation field, yet it is no where near as large as the annual conference, providing more opportunities to make contacts that might help you in the future. This conference is a good first conference to go to, outside of your state workshops. It gives you a sense of how much NIRSA has to offer, while at the same time you won’t feel lost in the crowd. I hope to see you at this year’s Region III Student Lead On Conference and other activities.

Justin Peterson
Marketing/Registration Committee Chair



I am a first year graduate assistant in Intramural Sports at Indiana State University. I did my undergraduate work at Central Michigan University. This is my first year as the Marketing and Registration Committee Chair. I was on Marketing and Registration Committee last year as well, but I was not the chair.

This year's Region III Student Lead On Conference is going to be a lot of fun. It gives people a chance to see how great the city of Detroit really is. Region III Student Lead On will also allow students to get an even better understanding of what NIRSA is really like. The professional development room has had a greater emphasis placed on it and there will be more chances for students to be mentored by professionals in the field.

My top 10 reasons to attend the Region III Student Lead On Conference this year:

1. Great networking opportunity
2. Great opportunity to learn more about NIRSA
3. Socials allow for you to see all that Detroit has to offer
4. Put on for students & by students
5. Great education sessions
6. A chance to make lifelong friends
7. Can stay in the Rec Center- no hotel fees
8. Relatively cheap registration fee

9. A special presentation at the beginning of the conference
10. It is in Detroit!

Brian Smith
Social Committee Chair



What's up everybody my name is Brian Smith but most people call me Smitty. I am a 5th year senior at Purdue University majoring in health and fitness. I got my start in campus recreation my freshmen year working as an intramural official. I now work as a facility manager and lead intramural supervisor at Purdue. My committee chair experience has been amazing. I head up the social committee so naturally we have a lot of fun. It has been fun getting to know the people in the committee so well and getting to hang out with them at all the planning sessions. Expect to go home from this year's Region III Student Lead On Conference knowing why we selected the Rock On Lead On theme. Our goal is to make sure everyone is having fun the whole time. We have some things planned that are really going to surprise people and make it a memorable trip. Students should come to meet some new people from all across the region and to learn more about the wonderful world of campus recreation. O yeah and there's that other thing IT'S GOING TO ROCK!

- Smitty's top five reasons to attend lead on this year
5. The Lead On committee will be there
 4. Detroit has some great things to offer
 3. It will be thrilling
 2. The networking opportunities that come about
 1. You will learn things that will help better yourself and that you can take back to better your university.



Socking Away For Detroit Rock City A Budgeting Article by Matt Graifer

Bob Seger. Kid Rock. Eminem. Robocop. Axl Foley (from Beverly Hills Cop). What exactly am I getting at? Only that the most exciting conference available to students is just a couple months away, and it will take place in none other than the Motor City: Detroit, Michigan.

This year's Region III Student Lead On Conference is being hosted by Wayne State University on January 29-30, and that means that YOU, the student, have about 2 months to prepare for what is sure to be one of the most beneficial experiences that you can get during your college career. The Region III Student Lead On Conference is the one conference that is largely by and definitely for the students. Every session and activity is meant to give something of value to our students, since they are the future leaders of both NIRSA and the world. Unfortunately for us, the stereotypically poor college students of America, there are no free rides, and with a registration cost of \$52, this year's Region III Student Lead On is no exception. BUT DON'T WORRY!!! I'm here to help...

With 2 months to go, it is time for you to start saving up for your trip to Detroit Rock City. Now, for some of you, there may be some ways of obtaining some financial aid for the purpose of furthering yourself professionally. Some schools may be able to subsidize your conference costs by using department money to pay for part of your registration. They may also be able to provide transportation, which can also be a huge help. In addition, some of your state organizations have scholarship programs to assist with conference costs. Definitely enquire with your recreation department about funds that may be available to you for this professional development opportunity.

Let us not forget, however, that we are in the midst of a financial crisis as a nation and, in many of our cases, some big time budget cuts. Let's assume a worst-case scenario in which you, a student, who wants to go to Student Lead On, but there is no money to help you from your department or through scholarship. That means you have 2 months to save up \$52 for registration, a \$5 parking pass, gas costs, and some food costs. We're all in college, so let's do some math, shall we?

-2 months = 8 weeks

-A = $(\$52 + \$5) \div 8$

-A = $\$57 \div 8 = \7.13

HERE'S THE TRICKY PART: Use MapQuest to determine distance from your school to Wayne State University (from SIUE, 517 miles). Then, determine how much on average it takes you to fill up your gas tank and how many miles between fills (for my Saturn, it's about \$25 to fill and I can get 370 miles between fills). This should give you an idea of how many times you'll fill your tank along the way, so double that cost to accommodate for the round trip. If you carpool, you can \div that number by the amount of people in your vehicle.

-B = Above # $\div 8$

-Ex. B = $(\$25 \times 3) \times 2 \div 8 = \$150 \div 8 = \$18.75$

This last component is tougher to estimate, since your travel meal costs could easily be \$0 if you don't mind packing your own food for the road. Most conference meals are free, so for argument's sake let's say that you eat one meal traveling each way on your trip. That can range between \$0 - \$20 per meal. So:

-C = $(\$ \text{ your avg. meal costs } \times 2) \div 8$

-Ex. C = $(\$5 \times 2) \div 8 = \1.25

-Total to save per week (T) = A + B + C

-Ex. T = $\$7.13 + \$18.75 + \$1.25 = \27.13 per week

(For those of you planning on taking the GREs soon, you'll thank me for this math lesson). While my example numbers may seem a little high, that is assuming I'd be traveling alone. You can see that with a good sized group and some good gas mileage, it is extremely manageable to get to Lead On IF YOU START NOW! At an estimated range of \$15-25 per week, you can easily get yourself to one of the most valuable conferences you can go to as a student who is aspiring to be a successful professional in whatever field you're in! So explore your options now and start saving right away! As a student who is usually pretty hesitant to spend money on anything, take it from me: the Region III Student Lead On 2010 Conference at Wayne State University in Detroit, Michigan will DEFINITELY be worth the price of admission. See you all in the Motor City!



I would like to thank my co-workers and professional staff at NIU for all of their support. The Region III VP, Rin Seibert, for mothering me and mentoring me as I grow into a young professional. The State Student Reps for their continuous dedication to Region III. The Region III Student Lead On Chairs, Committee members, Oscee, and especially Jovita for all of their hard work to make this years Region III Student Lead On a success. And thank you to all of the host schools, host committees, and student & professional participants at the State Workshops this year! Your hospitality has been awesome!

I hope to see you January 29th at Wayne State University in Detroit, Michigan for the 23rd Annual Region III Student Lead On 2010 Conference!