

The Department of  
**RECREATIONAL SERVICES**

Intramural Sports



Outdoor Adventures



Aquatics Program



Fitness Program



Club Sports



**MOUNT ST. MARY'S UNIVERSITY**

*The Mount is built on four pillars—faith, discovery, leadership and community.  
Discover yourself and more about the community through Recreational Services*

# Welcome from the Department



## LIVENOW

Explore, Compete, Play, Move, Splash...Live!

Establish and maintain an active and healthy lifestyle when you take advantage of the great fitness and recreational sports facilities available to the Mount community. The habits you develop while at the Mount will impact your life and well-being beyond your college years. So why don't you make the decision today to take control!

This Campus Recreation Guide is your comprehensive source to the recreation facilities, programs, and services available to Mount St. Mary's University students. Whether you want to learn how to swim, take a fitness class, challenge yourself to a new outdoor adventure, join a sports club or participate in our intramural program, Rec Services has something for you! Be part of something great. Get involved with Recreation at the Mount!

# of Recreational Services

## THE KNOTT ATHLETIC RECREATION CONVOCATION COMPLEX (ARCC)

The ARCC is a 105,000 square foot facility used for fitness and recreation, intercollegiate athletics, entertainment and cultural events. Included is the Knott Arena, which features a main arena/convocation center with a seating capacity of 3,500 for basketball and up to 5,000 for other events. The ARCC also contains the John J. Dillon Field House, which has four multipurpose basketball, tennis and volleyball courts; and a jogging track. In addition to the Arena and Field House, the facility contains a 25-meter swimming pool; a 4,800 sq. ft. bi-level PNC Fitness Center; a racquetball/wallyball court; group exercise studio; a trainer's room; student and faculty locker rooms; saunas; varsity and intramural equipment areas; seminar and conference rooms and offices for the athletic and recreational services departments.

## STATEMENT OF PURPOSE FOR RECREATIONAL SERVICES

The Department of Recreational Services fosters individual and community growth by enhancing and encouraging the participant's physical, intellectual, and social development through diverse recreational programming. The Department provides operational support and coordination for the Athletic Recreation Convocation Complex and its programs.

## CONTACT INFORMATION

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# OutdoorAdventures



## EXPLORE NOW

CRUX (Challenging Recreation, Unleashing Experience.), the Mount's Outdoor Adventures Program, provides an extensive range of opportunities for you to explore the Mount's unique and picturesque setting among the foothills of the Blue Ridge Mountains and beyond. World class whitewater, pristine wilderness, meandering streams, breathtaking vistas, expansive trail networks and magnificent cliffs are all nearby ready for you to enjoy and appreciate. Whether you're interested in exploring the muddy depths of the earth, scaling a sheer rock face, bounding down turbulent rapids or even discovering yourself, you can do it with CRUX. CRUX strives to provide the campus community with fun and engaging adventure experiences which teach lifetime skills, foster ideals of teamwork, encourage personal growth, and promote environmental awareness while utilizing the Mount's unique setting.

For more information stop by lower level McGowan, or contact the Outdoor Adventures office at 301.447.7437 • check it out online at [msmary.edu/outdooradventure](https://msmary.edu/outdooradventure)

Backpacking • Canoeing • Kayaking • Rock Climbing  
Spelunking • Rafting • Camping • Hiking • Challenge Course

### ADVENTURE TRIPS

Weekend after weekend, CRUX student leaders run loads of unforgettable trips in backpacking, canoeing, kayaking, hiking, rock climbing, spelunking, camping, snowshoeing and white water rafting. These amazing and affordable adventures are open to all regardless of experience level. And if you need more than a quick getaway for the day or weekend, then simply sign on for one of our big ticket expeditions around the globe.



### TEAMBUILDING SERVICES

CRUX teambuilding and leadership development services are tailored workshops typically offered on our East Campus challenge course that assist organizations and individuals in developing group cohesiveness and self-awareness. Exploration of metaphors, focused discussions, and reflection on theoretical models naturally arise throughout a workshop and lead to powerful individual and collective learning outcomes.



### RESOURCE CENTER

The Underground (located in Lower McGowan) serves as the administrative home for Outdoor Adventures and houses a vast library of books, periodicals, DVDs, and maps for you to get assistance planning your own adventure. And if you want to develop better skills you can attend workshops and certifications offered in survival skills, Leave No Trace ethics, wilderness medicine, and more.



### CRUX LEADERSHIP PROGRAM

If you are interested in becoming a CRUX leader, there is an exhaustive and free leadership development program which provides training in the various technical, facilitation, medical, and judgment skills necessary to become an adventure professional. No experience or prerequisites are required other than a willingness to learn, an open-minded attitude and an adventurous spirit.



# ClubSports



## COMPETENOW

Interested in learning or competing in a new sport? Want to see how you stack up to athletes at other colleges and universities?

Then, look no further than the Mount St. Mary's Club Sports program. Club sports offer a broad range of student-driven activities. Our university currently boasts over a dozen different groups you can become a part of. Incorporated in this list are a number of different teams (baseball, men's basketball, equestrian team, field hockey, ice hockey, men's rugby, women's volleyball, men's softball, men's lacrosse, dance team, Brazilian jiu-jitsu, and karate). All club sport teams tend to practice a minimum of once a week, while some meet daily. In addition, our teams compete against other colleges and universities throughout the Mid-Atlantic region and beyond. If you are wired for competition or simply looking to take your recreation to the next level, club sports is the place for you.

Dance Team • Men's Rugby • Equestrian Team • Ice Hockey • Men's Soccer • Karate • Women's Volleyball • Field Hockey • Baseball • Brazilian Jiu-Jitsu • Men's Basketball • Softball • Men's Lacrosse

### A DIFFERENT LEVEL OF COMPETITION

The essence of the club sports program hinges on the idea that it bridges the gap between intramural and intercollegiate competition. Whereas intramurals provides competitive opportunities without scheduled practices, a club sport affords players the opportunity to improve their skills with a student-determined mixture of both practice and game situations. Club sports is also a great option if you want to compete against other colleges and universities, but are not looking for the extensive commitment that being part of an intercollegiate team brings. Currently, our club sports teams compete against other colleges and universities throughout Maryland, Pennsylvania, Virginia, and Washington D.C. A few of them have even been awarded the opportunity to compete on a variety of national levels.



### SOMETHING FOR EVERYONE

Whether you have never tried an activity, or are just looking to be around people with your same interests, club sports allows athletes of all skill levels to have enjoyable, lasting experiences. Depending on the size of your group, some sports may split into multiple, level-specific teams to offer different levels of competition suitable to all participants. Whether you become a part of one of our competitive or non-competitive teams, you can be rest assured that you will be learning from some of the finest instructors in our area. For example, drop by a karate class and learn the proper fundamentals from Dan Soller, an eighth-degree black belt.



### REAL WORLD/LEADERSHIP EXPERIENCE

The success of the club sports program falls primarily on the shoulders of its student leaders. Typically teams have a leadership group made up of three to five individuals who oversee their specific club. Running a club sports team is a lot like running your own business. These student leaders are responsible for overseeing team finances, establishing all fundraising activities, organizing practices and competitions, keeping regular meetings with the Club Sports Coordinator, as well as, establishing team goals and rules. Becoming a team leader not only insures that you will have a say as to the direction of your team, but it will also allow you to gain valuable life skills in the process.



# IntramuralSports



## PLAYNOW

No matter what side of campus you are on, or what time of year it is, some form of intramural competition is always taking place at the Mount. In the warm-weather months, you can check out flag football and beach volleyball matches up on Echo Field. When the temperature drops, you can witness teams battling it out for basketball or indoor soccer supremacy at the ARCC. In any given year, the Intramural department hosts at least twelve separate leagues ranging from softball to dodgeball, outdoor basketball to wallyball. In addition to these leagues, special events are run to include even more interest groups. Intramurals offers a fun and competitive environment, and here at Mount St. Mary's, we have something for everyone.

- Flag Football
- Beach Volleyball
- Indoor Soccer
- Dodgeball
- Indoor Volleyball
- 5-on-5 Basketball
- Racquetball
- Wallyball
- Outdoor Soccer
- Golf Scramble
- Softball
- 3-on-3 Basketball
- Special Events
- Inner Tube Water Polo
- Handball

## SIGN-UPS

Most intramural seasons begin right after the start of a semester or a pre-determined break. To sign-up a team for intramurals, you may download a roster via e-mail or stop by the Intramural/Club Sports Office to fill out a hard copy. Typically, rosters will be due a week after they are available. If you are interested in joining a team but cannot find someone to play with, we got you covered. Just ask to be added to the free agent pool, and we will place you on a team that matches the sport and competition level you are searching for.

## LEAGUES

League play is by far the most popular form of intramural competition. We offer four different intramural seasons (Fall I, Fall II, Spring I, Spring II). A typical season runs five to six consecutive weeks, each ending in a playoff. Each league also offers participants the chance to compete in between four and six regular season contests against opposing teams, depending on the size of the league and the duration of its matches. Intramural leagues not only allow you to find an outlet for your competitive side, but also offer a regular form of exercise.

## SPECIAL EVENTS

In addition to the leagues that the department offers, there are also a number of special events that intramurals runs throughout the year. Within each season there are usually one or two outside events that take place. These events are usually one-day, winner-take-all contests. Some of the current and past events that have taken place at the Mount include golf scrambles, 5K races, basketball and football tournaments, home run derbies, and more.

## BE A CHAMPION

One of the most sought-after prizes on any college campus is the Intramural Champion t-shirt. This is no different at Mount St. Mary's. Students take a lot of pride in their athletic accomplishments, and love to flaunt the shirts given to each individual and team sport champion throughout the year.



# CampusMap

Echo Field  
(Outdoor leagues & events, beach  
volleyball and basketball courts)

Memorial Gym

Trailhead for  
Biking/Jogging/  
Walking Trails

Tennis  
Courts

PNC Sports  
Complex

Knott ARCC (Knott Arena,  
PNC Fitness Center, Dillon  
Fieldhouse)

ET Straw  
Baseball  
Stadium

Our Lady of the  
Meadows Softball  
Field

Club Field  
Hockey

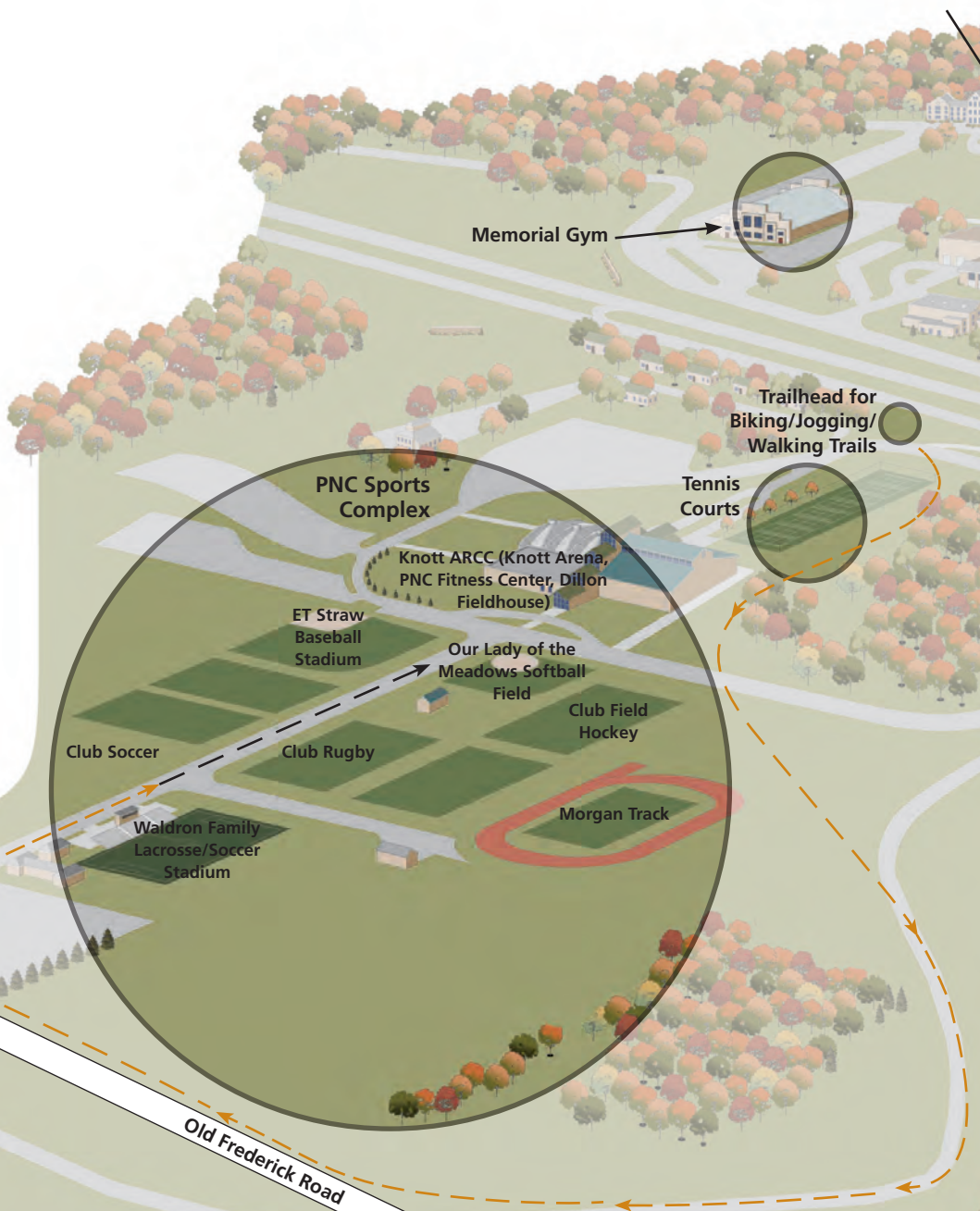
Club Soccer

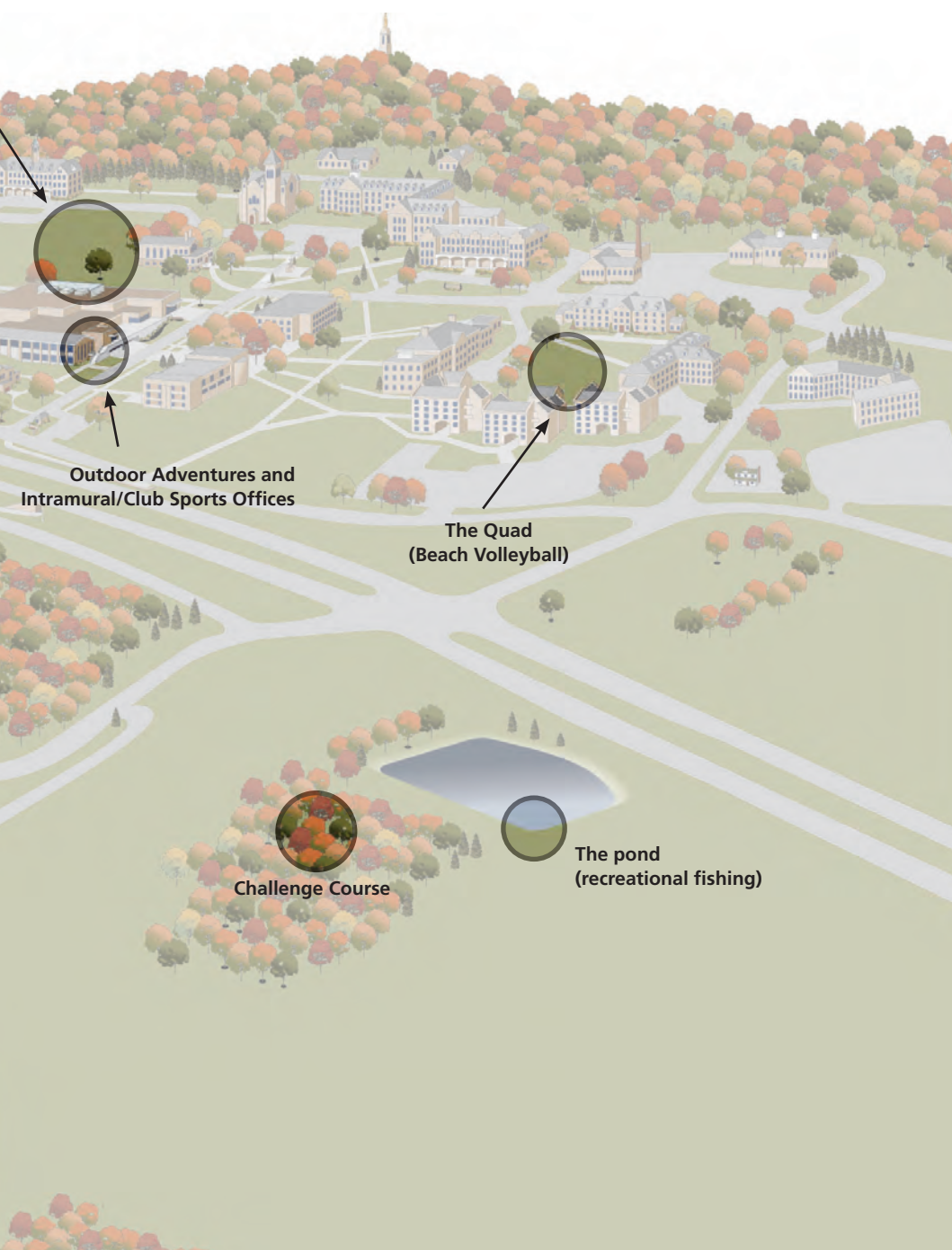
Club Rugby

Morgan Track

Waldron Family  
Lacrosse/Soccer  
Stadium

Old Frederick Road





Outdoor Adventures and  
Intramural/Club Sports Offices

The Quad  
(Beach Volleyball)

Challenge Course

The pond  
(recreational fishing)

# FitnessProgram



## MOVENOW

The Fitness Program at Mount St. Mary's University strives to offer fun and diverse programs to aid all of your fitness needs. By providing a safe, educational, and motivating environment, you will be able to develop beneficial lifelong fitness and wellness habits. Programs are offered to promote cardiovascular health, muscular strength, muscular endurance, and flexibility. Not only will you improve your physical fitness and wellness but also your emotional, social, spiritual, and intellectual well being. Socialize and form friendships, relieve stress, and stay energized to complete your studies. Whatever your fitness and wellness goals may be, the Fitness Program will continue to motivate you to pursue and reach your goals.

Yoga • Kickboxing • BodyStep™ • BodyPump™ • BodyCombat™  
• Zumba™ • Fitness Orientations • Wellness Screenings • Personal  
Training

### **FITNESS CLASSES**

Throughout the academic year, we offer a variety of classes designed to get you toned and fit, while having fun in a social setting. Classes are led by certified instructors; both student and non-student. Fees apply to all classes, but are discounted for Mount Students.



### **FITNESS CENTER**

The PNC Fitness Center is a 4,800 sq. ft. bi-level (approx. 2,400 sq. ft. each floor) facility that provides equipment suitable for all fitness levels. The upper level includes 21 cardio pieces (Octane and Matrix) and a designated stretching area, including bosu balls, stability balls, stretching mats and Spri tubing. Lower level includes free weights—dumbbells ranging from 2.5-100 lbs. and weight plates from 2.5-45 lbs.; two dual power racks for squats, bench presses, deadlifts and the like; full line of selectorized weight machines (Hoist, The Roc-It line); a fixed barbell area; two functional trainers and various adjustable benches.



### **FITNESS ORIENTATION**

For those interested in learning how to properly use the equipment in the Fitness Center and get the most out of the workouts, Fitness Center Orientations are available by appointment with a trainer.



### **PERSONAL TRAINING**

Sessions are available with a certified personal trainer to help develop a personalized workout programs. These session will provide fitness assessments to determined current fitness level and progress; guidance through proper lifting techniques; and motivation/encouragement in order to successfully reach goals. Minimal fees apply.



### **SPECIAL PROGRAMMING**

Throughout the year, special fitness programs are offered to motivate participants to get fit. Programs such as the Winter Weight Loss Meltdown, Running/Walking Programs and Wellness Screenings are offered to help individuals reach fitness goals and introduce various exercise options.



# Aquatics Program



## SPLASH NOW

If you're interested in either taking a casual dip or getting a great cardiovascular workout then the pool is where you need to go. The combination of high resistance and low impact makes exercising in the pool an ideal environment for building lean muscle in all major muscle groups while minimizing damage to high stress areas such as knees and ankles. So come take a swim at the Aquatic Center, located in the ARCC. The pool is open year round to students, staff, faculty, alumni and ARCC members. It is also home to the Mount's Women's Swim Team who regularly practice and compete against their NEC rivals throughout the school year.

### RECREATIONAL SWIM AND LAP SWIM

For those wanting to relax in the pool, play, or socialize then recreational swim is for you. If organized swimming is your style then dive into a lane for some lap swimming or aqua jogging. After a good swim there is no better way to unwind than to take a seat in our heated saunas. Recreational and lap swim times are always available; however, these times change throughout the year. The entrance to the 25 meter pool is through the student locker room. Equipment available for recreational use includes kickboards and lifejackets. Water belts and goggles are available for purchase at Issue and Control. All other equipment is reserved for swim team or swim instruction.

### AQUATIC EXERCISE PROGRAM

Water exercise is commonly used for its rehabilitative properties. What most people don't realize is that aquatic training is an excellent way to add variety to your workout plan, while still achieving cardiovascular and strength gains. Exercising while submerged in water promotes increased blood flow and reduces impact on overstressed joints. The aquatics classes offered will vary and include both cardio and toning workouts.

### LIFEGUARDING AND SWIM INSTRUCTION

Employment opportunities exist for students interested in lifeguarding, coaching or teaching swim lessons. The Mount Swim School offers private lessons year round, and group lessons seasonally, and student instructors are always welcome to apply. We also have occasional openings for swim coaches for our Mount Swim Club. Those who have had previous coaching experience can interview for a position when available. The pool is open year round and lifeguards are needed to keep the pool patrons safe. Training is available for those who do not have the necessary lifeguarding certifications, and for those who may need recertified in either lifeguarding or CPR. If interested in any of the aforementioned options please contact the Assistant Director of Recreational Services, Aquatics and Facilities.

For the most up to date pool schedule, visit [www.msmary.edu/poolschedule](http://www.msmary.edu/poolschedule)



# Job Opportunities



## WORKNOW

Recreational Services is the largest employer of students on campus. We hire students to lifeguard, do office work, supervise building areas, instruct group fitness classes, manage facilities, officiate sports, clean and repair equipment in the ARCC, and many other duties. If you are looking for a fun, healthy, rewarding collegiate work experience, Recreation Services is the place for you!

To learn more about job opportunities with Recreational Services or how to apply, please visit the Human Resources Office in Bradley Hall or go to [www.msmary.edu/hr](http://www.msmary.edu/hr) and click on Employment Opportunities.

**FITNESS STAFF:**

Enforce fitness facility rules; clean equipment; and assist patrons in the basic use of the fitness equipment.

**PERSONAL TRAINERS:**

Develop safe and effective workout programs; teach proper lifting technique; assist clients in setting goals; assess fitness levels and progress; and provide motivation and support throughout each session. Must have current Personal Trainer, CPR, and 1st Aid Certifications.

**LIFEGUARD:**

Provide a safe and pleasant aquatic atmosphere by safeguarding pool and sauna users, enforcing facility rules, and acting as a resource and service person when needed. Lifeguards must maintain a reasonable degree of physical conditioning, demonstrated by passing a timed swim test. CPR/FA and Lifeguard certifications are required.

**SWIMMING INSTRUCTOR:**

Prepare course outlines and lesson plans, ensure safety of participants, complete course records, and instruct all classes or practices according to MSM class guidelines, level requirements and certification agency standards.

**GROUP FITNESS INSTRUCTORS:**

Teach basic and advanced group exercise classes. Examples include step, resistance training, and kickboxing. Teaching experience preferred. Receive free training that will prepare you to instruct classes. Certifications required within a year.

**INTRAMURAL SPORTS OFFICIAL/  
SCOREKEEPER:**

Become part of the event management group that helps run all intramural activities on campus. No experience necessary and students are able to officiate and play during the same season.

**UNDERGROUND SERVICE DESK:**

Provide service to walk-up and telephone customers at the Underground. Tasks include signing students up for outdoor trips, assisting Resource Center users, and providing administrative assistance to and answering questions about the Outdoor Adventures program.

# Recreational Facilities



## LIVENOW

Students, faculty, staff, alumni, and surrounding community members are encouraged to make use of various fitness and recreation-related facilities. Use of these facilities is free to current full-time students, faculty and staff who have a valid MOUNTcard. Others must possess a facility membership.

Mount St. Mary's provides a variety of facilities to the community for individual or group recreation. These include the Knott Athletic Recreation Convocation Complex (swimming pool, PNC fitness center, basketball/tennis courts, wallyball/racquetball court, jogging track, aerobics/weight rooms, and other training facilities), various outdoor courts and fields, and an extensive intramural and club sport program.

## THE ARCC

Equipment may be signed out for the following sports: volleyball, football, soccer, lacrosse, field hockey, racquetball, wallyball, Frisbee and badminton. A Mount card will be held by the ARCC personnel when equipment is borrowed from the issue and control room or when play is reserved on racquetball/wallyball, tennis, and volleyball courts.

A Mount card must also be presented to get a locker or towel. All equipment must be returned the same day unless special permission has been granted.

## INFORMAL RECREATION

Looking for something to do? Informal Recreation may be exactly what you're looking for! We offer you the opportunity to participate in a variety of recreational activities on an informal, drop-in basis including: basketball, tennis, racquetball, wallyball, jogging and lap swimming. The Fitness Center features selectorized resistance machines, computerized cardiovascular equipment and lots of free weights. You could also relieve stress and toxins from your body by enjoying a relaxing sauna.

## THE UNDERGROUND

The Underground is located in Lower McGowan and is the home off the Outdoor Adventures program. Students can sign up for trips and expeditions, browse our extensive outdoor adventures library of books, magazines, and DVDs, and hang out in the CRUX student lounge!

## INTRAMURAL/CLUB SPORTS OFFICE

Both the intramural and club sports programs run out of this office. The campus community can learn more about programs offered or sign up for intramural leagues and special events. This space also serves as a meeting space for intramural student employees and club sport officers.

## OUTDOOR AREAS

- Echo Field – home to a variety of intramural activities and other recreational and student activities
- Outdoor basketball court located behind the Delaplaine Fine Arts Center
- One bocce court – located beside Seminary
- Two sand volleyball courts—one in the quad, one on Echo Field
- Jogging/Walking Trail
- Challenge Course

## FACILITY PRIVILEGES

Students with a current Mount ID card may use all of the facilities within the Knott ARCC free of charge. Privileges begin the first day of classes and end the last day of final exams (as published in the academic calendar). Students may use the ARCC during summer months if enrolled in classes in the upcoming fall semester. Students are entitled to bring in six (6) guests per year.

AREA	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
Group Exercise Studio	Request	Request	Request	Request	Request	Request	Request
Field House (basketball, jogging, tennis, volleyball)	10am-10pm (6am walking & jogging)	10am-10pm (6am walking & jogging)	10am-10pm (6am walking & jogging)	10am-10pm (6am walking & jogging)	10am-10pm (6am walking & jogging)	11am-9pm	Noon-10pm
Issue & Control	10am-10pm	10am-10pm	10am-10pm	10am-10pm	10am-9pm	11am-9pm	Noon-10pm
Pool	Check ARCC website for pool hours. They are also posted on the main ARCC bulletin board.						
Sauna	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-9pm	11am-9pm	Noon-10pm
Courts (racquetball, wallyball)	10am-10pm	10am-10pm	10am-10pm	10am-10pm	10am-10pm	11am-9pm	Noon-10pm
PNC Fitness Center	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-9pm	11am-9pm	Noon-9:30pm



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