

HAMPSHIRE COLLEGE

Athletics and Outdoors
Program Guide
Winter 2009



OUTDOORS PROGRAM/
RECREATIONAL ATHLETICS



HAMPSHIRE COLLEGE OUTDOORS PROGRAM & RECREATIONAL ATHLETICS

“Where activities are designed to integrate mind, body, & spirit.”

FEBRUARY / MARCH CALENDAR OF EVENTS

OUTDOOR TRIPS & ADVENTURES

ICE CLIMBING

February 7; 8:00am - 5:00pm

Have you ever wanted to climb a frozen waterfall? Here's your chance! We will drive 2 hours for a day of ice climbing. If you really love to ice climb, there is another chance to do so on February 14th! **This trip is suitable for all abilities.** Trip Leaders: Earl Alderson & Guy deBrun.

ACCESSIBLE OUTDOOR WINTER FESTIVAL

February 7; 9:30am - 5:00pm

Help make winter recreation accessible for people with disabilities, their families and friends by the use of adaptive equipment, supportive techniques, and assistance as needed. You will travel to Dunn State Park to partner with All-Out Adventures to provide accessible outdoor winter activities to people with disabilities. You will participate in: sled hockey, snowmobile rides, kick-sled races, campfire, letterboxing treasure hunt, snowshoeing, cross-country skiing, & ice skating. **You don't need to be skilled in these activities.** Trip Leader: Karen Warren.



CROSS- COUNTRY SKIING

February 8; 9:00am - 5:00pm

Join us for a trip to Notchview ski area in Windsor, MA for a day of cross-country skiing on miles of groomed trails. This area is a wilderness mecca for cross-country skiing. **All abilities welcome.** Trip Leader: Karen Warren.

ICE CLIMBING

February 14; 8:00am - 5:00pm

Miss the chance to climb a frozen waterfall? Here is your opportunity to do so! We will drive 2 hours for a day of ice climbing. **This trip is suitable for all abilities.** Trip Leader: Earl Alderson.

PANCAKE BREAKFAST & DOWNHILL SKIING

February 15; 9:00am - 5:00pm

Have a delicious pancake breakfast at Gouldings Sugar Shack on scenic Rt.2 in the Berkshires. After breakfast you will head to the slopes of Berkshire East and ski for the afternoon. **All abilities welcome.** Trip Leader: Glenna Alderson.

CLIMBING WALL WORK DAY FOR THE OUTDOOR FESTIVAL

February 21; 9:00am - 5:00pm

Are you interested in being an indoor climbing artist? If so, here's the opportunity to express yourself and contribute to the success of the 5-College Outdoor Festival. Stop by and help design routes on the climbing wall in the RCC. Your help is much appreciated. Leaders: Earl Alderson & Guy deBrun

FEBRUARY / MARCH CALENDAR OF EVENTS

OUTDOOR TRIPS & ADVENTURES (CONTINUED)

CROSS-COUNTRY SKIING EXTRAVAGANZA

February 21; 9:00am - 4:00pm

Join us for a fun filled cross-country ski adventure in beautiful Wendell State Forest in Western, MA. **No experience is necessary and all ability levels are welcome.** Leader: Glenna Alderson

THE FIVE-COLLEGE OUTDOOR FESTIVAL

February 27 & 28

The Five College Outdoor Festival is a celebration of outdoor sports, wild places, and the spirit of adventure. Our goal is to inspire the Five College and western Massachusetts community to engage in human-powered outdoor recreation. The festival includes clinics, speakers, a climbing competition, and the Telluride Mountain Film On Tour. Each year the festival raises awareness and funds for a non-profit organization. In the past, money has been donated for cancer research and the preservation of outdoor recreation spaces. The 2009 festival will benefit Camp Mak-A-Dream and the Western Mass Climbers Coalition parking lot project at Farley Ledge. Log onto <http://www.hampshire.edu/opra> for a detailed schedule of events.

ATHLETICS

CHEER ON THE BLACK SHEEP OF HAMPSHIRE COLLEGE!

MEN'S BASKETBALL GAME SCHEDULE

January 31; 1:00pm @ Sarah Lawrence University

February 5; 7:00pm vs. Stockbridge*

February 9; 7:00pm vs. Landmark College*

February 13-15 @ Maine Tournament

February 17; 7:00pm @ Briarwood College

February 21 @ Landmark College Tournament

WOMEN'S BASKETBALL GAME SCHEDULE

February 9; 9:00pm vs. Landmark College*

February 13-15 @ Maine Tournament

February 18; 7:00pm vs. Hesser College*

February 19; 7:00pm @ Landmark College

*Home games played at the Robert Crown Center

INTRAMURALS

CO-REC VOLLEYBALL TOURNAMENT

February 7; 2:00pm

Teams will consist of 6 players. Students, staff, and faculty can participate. Registration can be done in advance by submitting the online registration form, or by dropping your form off at the RCC. Deadline to register your team is February 6 by noon. **No experience is necessary and all ability levels are welcome.** Contacts: Amanda Surgen & Troy Hill.

3 VS. 3 BASKETBALL TOURNAMENT

March 7; 1:00pm

Teams will consist of no more than 5 players and no less than 3, with only 3 on the court at any given time. Students, staff, and faculty can participate. Registration can be done in advance by submitting the online registration form, or by dropping your form off at the RCC. Deadline to register your team is March 6 by noon. **No experience is necessary and all ability levels are welcome.** Contacts: Amanda Surgen & Troy Hill.

FIRST AID/CPR CLASSES

February 18

American Heart Association Healthcare Provider

American Red Cross Standard First Aid

American Red Cross Adult CPR/AED

9:00am - Noon (**FOR EMT'S ONLY**)

9:00am - Noon

1:00pm - 5:00pm

FEBRUARY / MARCH CALENDAR OF EVENTS

DEFENSIVE DRIVER COURSES

Friday, February 6 9:30am - Noon
Sunday, February 8 7:30pm - 10:00pm

Friday, March 6 9:30am - Noon
Sunday, March 8 7:30pm - 10:00pm

You must pre-register for this course and hold a current driver's license. Fill out forms and register at the front desk in the Robert Crown Center. **No walk-ins permitted.**

ROBERT CROWN CENTER OPERATIONAL HOURS

BUILDING HOURS

Monday - Friday 7:00am - Midnight
Saturday 12:45pm - 1:00am
Sunday 12:45pm - Midnight

POOL HOURS TO BE ANNOUNCED.

SAUNA HOURS

Monday - Friday 7:00am - 11:45pm
Saturday 1:00pm - 10:00pm
Sunday 1:00pm - 10:00pm

MEN ONLY

Monday - Friday 2:30pm - 3:00pm
Saturday 2:30pm - 3:00pm
Sunday 2:30pm - 3:00pm

WOMEN ONLY

Monday - Friday 3:00pm - 3:30pm
 7:30pm - 8:00pm
Saturday 3:00pm - 3:30pm
 7:30pm - 8:00pm
Sunday 3:00pm - 3:30pm
 7:30pm - 8:00pm

OPRA EQUIPMENT ROOM HOURS

Mon, Wed, Fri Noon - 4:00pm
Tue, Thur Noon - 2:00pm

CLIMBING WALL HOURS

Tuesday, Thursday, Friday 3:30pm - 5:30pm
Wednesday 6:00pm - 8:00pm
Sunday (Feb. 8, 15, 22) 6:00pm - 8:00pm

Climbing wall hours will change after March 12.

MULTI-SPORT CENTER OPERATIONAL HOURS

BUILDING HOURS

Monday - Friday 7:00am - 10:00pm
Saturday 8:00am - 9:00pm
Sunday 8:00am - 9:00pm

WEIGHT ROOM HOURS

Monday - Friday 8:00am - 10:00pm
Saturday Noon - 6:00pm
Sunday Noon - 6:00pm
(hours subject to change)

