

## Social Wellness

Social wellness focuses on the interconnectedness of people and how forming healthy interpersonal relationships will benefit your life. By forming relationships with others, you learn how to effectively communicate and collaborate with others. The Campus Recreation Department offers a variety of opportunities to increase not only your physical wellness, but your social wellness.

Through participation in intramurals, sport clubs or wellness events, students can start to build relationships with others as they recreate in a safe and enjoyable atmosphere with individuals who share a common interest.

### INTRAMURALS

Intramural Sports offer opportunities for students, faculty, and staff to participate in team and individual sport competitions. Tournaments are planned for badminton, tennis, handball, outdoor volleyball and racquetball. Individuals as well as teams are encouraged to participate in our inclusive intramural program. Teams are usually formed from residence halls, Greek student organizations, student organizations, and groups of friends.

- 3-on-3 Basketball
- 5-on-5 Basketball
- Dodgeball
- Extreme Dodgeball
- Flag Football
- Indoor Soccer
- Indoor Volleyball
- Kickball
- Softball
- Tennis
- 4-on-4 Volleyball
- Wiffle Ball

### SPORT CLUBS

The Department of Campus Recreation offers a comprehensive Sport Club program, ranging from Archery to Wrestling. Sport Clubs fill the void between intramural sports activities and intercollegiate athletics, giving members of the university community an opportunity to participate in highly competitive sport activities, practice and learn new skills, and enjoy recreational and social benefits motivated by a common interest. A sport club may be oriented toward competition, instructional, or recreational purposes. There are currently over 33 Sport Clubs at Stony Brook University, which include:

- Archery
- Badminton
- Ballroom Dance
- Bowling
- Boxing

- Circus
- Crew
- Cross Fitness
- Equestrian
- Fencing
- Field Hockey
- Golf
- Handball
- Ice Hockey
- Kumdo
- Longboarding
- Martial Arts
- Men's Lacrosse
- Men's Rugby
- Paintball
- Quidditch
- Roller Hockey
- Running
- Sailing
- Soccer Club
- Table Tennis
- Tennis
- Ultimate Frisbee
- Volleyball
- Women's Lacrosse
- Women's Rugby
- Women's Soccer
- Wrestling

Sports Clubs are organized by students. However membership students, faculty, and staff are welcome to join or coach a club as long as students comprise the majority of the club's membership. In addition, each sport club is open to all participants, regardless of skill, ability or experience. Sport Clubs are not allowed to hold tryouts or "cut players" from the club. For more information, please contact [campusrecreation@stonybrook.edu](mailto:campusrecreation@stonybrook.edu) or visit

<http://studentaffairs.stonybrook.edu/rec/> 

## Wellness Events

### Rec-a-thon

The Department of Campus Recreation works together with Campus Residences and the Chillfest Committee once a year for a day long sporting event. Rec-a-thon is brings students from all over campus to participate/compete in 2-on-2 basketball, volleyball, dunk contest, dodge ball, and board games. In addition, this event provides food, music, fitness classes, and free give-a-ways at the event. This is an excellent opportunity to meet up with friends on campus to play, exercise, and meet new people all night long.

### **Wellness Expo**

Each Fall the Department of Campus Recreation organizes the Wellness Expo. The Expo is an opportunity for students to become educated about the many campus departments and local businesses that fall under the broad term wellness. During the Expo students are able to stop by the over 60 vendor tables and receive information, receive samples and try activities including health screenings, fitness demonstrations, massage therapy, even interactive demonstrations. This is just one more way we help you take the right step towards a lifestyle of wellness.

### **Wellness Workshops**

Throughout the year Campus Recreation puts on a number of lectures and demonstrations to stimulate your attitude toward wellness across this campus community. These interactive discussions are available for you to gain additional ways to be “well.” Workshops have included Healthy Eating on Campus, Fitness Made Easy, Stress, Time Management, and Meditation & Massage. These workshops are always expanding and are here for you not only as a resource, but also as an opportunity to learn.

### **5k Run/Walks**

The Department of Campus Recreation hosts two 5k run/walks throughout the academic year. The Turkey Trot Run/Walk in the fall semester, which usually takes place on the second Sunday in November, and The Debbie Whitemore Memorial Run/Walk in the spring semester, usually the last Sunday in April. This is another opportunity to get out there and challenge yourself to stay fit throughout the year. For more information, please visit:

<http://studentaffairs.stonybrook.edu/rec/> 