

For many young adults, adjusting to college is a massive step in their young lives, and is oftentimes extremely challenging. Leaving home to an unknown environment to live on your own socially, financially and emotionally can be extremely overwhelming for first-year students, sometimes even leading to such overwhelming stress that they feel compelled to drop out of university. The combination of long days of classes, balancing a social life whilst maintaining your physical and emotional well-being can seem near impossible. Amidst these challenges, intramural sports programs exist to offer an escape from stress, while providing health and wellness benefits, along with plentiful opportunities to expand your social capacity, leading to an overall satisfactory experience and a sense of belonging.

Intramural sports programs are prevalent all across college campuses, as they prove as exciting opportunities to participate in low-stress sports environments to benefit your physical well-being. As a former varsity athlete and overall sports enthusiast, I have fortunately found my place in intramural sports not only as an employee, but a participant. Participating in the sports the program offers have provided me with abundant opportunities to stay in shape, make new friends and grow as a person. Intramural sports have impacted my life with life-changing experiences, as if it wasn't for playing on my subpar flag football team in my first semester, I wouldn't be writing this paper today.

Outside of the endless benefits of participating in intramural sports, a program like the one I have been a part of here at the University of Rhode Island also provides job opportunities for young college students trying to manage their way through their young financial and professional careers. Not only does an intramural sports program yield an interesting work

experience, but also a chance to grow within a program alongside peers with similar interests and youth. Very rarely do jobs ever give a “students managing students” experience, and while there are few downsides, I believe the experience is unique and rather beneficial for future career endeavors, as it supplies leadership skills, cultivates empathy and understanding and provides insight into a teamwork-heavy dynamic.

Overall, the benefits of intramural sports on college campuses are endless, as it provides both first-year and upper class students with opportunities to create hobbies and friendships, expand their network and an opportunity to work with like-minded individuals, while maintaining their overall goal of health, wellness and recreation.

A supervisor is responsible for assuring that a shift goes smoothly for all members of the program. This includes game managers, officials and even participants who play in our leagues. In order to ensure the well-being of a staff on shift, supervisors must possess important qualities such as understanding and conflict resolution. On a night-to-night basis, a supervisor can oversee anywhere between 2 and 15 members of staff. In order to ensure the productivity and efficiency of the staff on shift, supervisors must be extremely understanding and patient. Supervisors in the intramural sports program are responsible for student-employees, meaning there is very little to no age gap between different roles in the program. Understanding that students have a lot going on outside of work, along with their emotional volatility is essential to be able to communicate and take the pressure off of other employees during a shift. It also allows for building a better relationship with employees, which ties into better teamwork and capacity to manage conflict. Conflict management and resolution is another key skill supervisors should possess, especially in intramural sports. Supervisors in the intramural sports program are responsible for calming down participants, protecting officials and game managers, along with documenting and assessing all incidents in the duration of a shift. A supervisor who is able to work with the other members of the staff to deescalate a heated situation and return the workplace to a calmed-down state has potential to have great success as a supervisor in this program and beyond.