

University of Delaware  
Recreation Services

# Sport Clubs Newsletter

## Putting a Face with the Name

Ever wonder who is responding to your emails, or on the other end of that telephone line, now's your chance to learn a bit more about the staff in the Sport Clubs Program!

Dr. Maryann Rapposelli,  
Assistant Director of  
Recreation & Sport Clubs  
Coordinator

Maryann oversees the entire Sport Clubs Program. During her time at the University, she has had the opportunity to see hundreds of students that grow throughout their leadership experience becoming better motivators, organizers, and well-rounded individuals.



106 CSB  
302-831-6712  
chooch@udel.edu

Linda Baird,  
Records Analyst  
Coordinator

Linda can help you order merchandise if necessary, collects player rosters and checks for students' credit hour status. In addition, Linda collects agreement forms and other general sport club paperwork. She is a great resource to answer any of your questions about the Sport Clubs Program.



107 CSB  
302-831-2259  
lindaba@udel.edu

Delphine Lewis,  
Record Specialist

Delphine assists sport clubs in making deposits, in addition to providing the sport club number. She also is your go to person for equipment rentals. When asked about why she enjoys what she does, Delphine states that, "It is good to be at a University that offers great extracurricular activities...we are really blessed to have that here."

104 CSB (Cashier's Office)  
302-831-6229  
delphine@udel.edu



Sarah Lavelle,  
Student Worker

Sarah checks rosters turned in to ensure that all participants are full-time students. She also assists in organizing and filing records so that we have them as a ready reference to answer any question you may have.



107 CSB  
302-831-2259  
slavelle@udel.edu

Cathy Evans, Accountant

Cathy records, reports, reconciles, and processes club financial activity. She is also a great resource in answering questions about reimbursements, entry fees, and current account balances. When asked about why she enjoys working in the Sport Clubs program, Cathy says that, "she enjoys observing the learning process among different student personalities and helping to train students in their duties as treasurer."

105 CSB  
302-831-0766  
cme@udel.edu



Staci Truitt,  
Office Coordinator

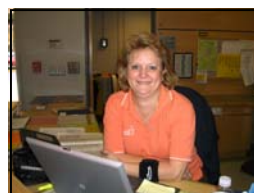
Staci is your contact for facility request forms whether it be for fields or gym space for practices or competitions. Be sure to pick up your facility request form in person so that they can be turned in and processed ASAP! If you have any questions about this process, Staci is always more than happy to help students. She is available 8am-4:30pm or by making an appointment.



110 CSB  
302-831-3210  
staci@udel.edu

Debbie Cooper,  
Front Desk Receptionist

Debbie has up-to-date contact information for all sport clubs, and is able to provide information on what's going on in the Carpenter Sports Building each month. Debbie especially enjoys working with students and helping people so be sure to say hello the next time you come to CSB!



Aubrie Belz,  
Graduate Assistant for Sport  
Clubs

Aubrie is here to help. Visit her to voice your concerns about your club, for fundraising or advertising ideas and general club updates. Be sure to keep her updated of your club's happenings so that she can highlight you in the sport clubs newsletter and bulletin board!



Employee Fitness Center  
302-831-1437  
abelz@udel.edu

# Beating Burnout- 9 Quick Tips

Radios all over town are now reminding us that “It’s the Most Wonderful Time of the Year.” However, cramming for finals has us college students questioning how wonderful these few weeks before the holidays really are. The next time that you are feeling overwhelmed, remember that even the energizer bunny needs to recharge now and again. When your battery runs low, try one of these effective pick-me-ups.

1. **Find a tension outlet that works for you, and use it when you need to. Consider crossword puzzles, card games, working out, meditating (but stay away from those outlets that work only at the moment and only add up to bad news, like eating, drinking and drugs)**
2. **Go to bed to sleep, not to worry or brood. If you find that you are in a bad mood or that your mind is still reeling from the day, read a book you enjoy, go for a short walk, or talk to a close friend about all the great things going on in your life.**
3. **Turn on the radio or crank up your iPod to your favorite tunes when you are alone and dance and/or sing with it! Don’t look in the mirror– just let yourself groove!**
4. **Keep in touch with friends and family and schedule a time to see them soon.**
5. **Volunteer some of your time to be with someone who needs you. You’ll feel good about making others feel good.**
6. **When you feel like you are losing your focus, take three long breaths, hold, and let them out slowly before you begin to tackle what you were working on again.**
7. **Schedule a time for “venting” and stick to it. Don’t talk about your grievances at other times.**
8. **Take the time to prepare and eat good meals. A balanced diet can have a significant positive impact on energy.**
9. **Think about the things that you CAN control in your life and what you CAN’T. Let go of those things that you cannot affect!**



## Men’s Club Wrestling

With about 20 members on the men’s club wrestling team at Delaware, they are off to a spectacular start of their season. During their first tournament, the Leopard Invitational at Lafayette College, the men’s team took 5th as a team and had five individual winners! 1st place, Greg Cross. 3rd place, Mike Wright and Mike Bard. 4th place, Ike Bennett and Mike Vander Valk. Congratulations Club Wrestling!

Please remember, we really enjoy hearing about your season in the Sport Clubs Office! Keep us updated by emailing Maryann Rapposelli at [chooch@udel.edu](mailto:chooch@udel.edu) or Aubrie Belz at [abelz@udel.edu](mailto:abelz@udel.edu).

## The Sense of a Goose

*Author Unknown*

When you see geese flying in a “V” formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates uplift for the bird immediately following. By flying in “V” formation, the whole flock adds at least 71 percent greater flying range than if each bird flew on its own.

Student leaders who share a common vision and a sense of community can get anywhere they’re going more quickly and easily because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go at it alone- - and quickly gets back into formation to take advantage of the lifting power of the bird in front.

If we as student leaders have as much sense as the goose, we will stay in formation with those people who are headed in the same way we are.

When the head goose gets tired, it rotates back in the wing and another goose flies point.

As student leaders we need to learn how to delegate and let go when doing demanding jobs. Even if we are not geese flying south. Geese honk from behind to encourage those up front to keep up their speed.

What message do we give others when we honk from behind? Lastly when a goose gets sick or is wounded by gunshot, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies; and only then do they launch out on their own, or with another formation to catch up with their group.

If we have the sense of a goose, we will stand by each other like that.

**Taken from *Inspiration for Student Leaders: Encouragement, Humor and Motivation for Student Leaders by Student Leaders***

Slow down and enjoy life. It’s not only the scenery you miss by going too fast- - you also miss the sense of where you are going and why.”

~ Eddie Cantor



Management is doing things right; leadership is doing the right things.

~ Peter F. Drucker

Delegating work works, provided the one delegates work, too.

~ Robert Half

## Coming Next Semester...

We are forming a Sport Clubs Allocation Board that will evenly distribute the funds that are given to individual sport clubs for the 2008-2009 academic year.

The board will consist of 4-7 undergraduate students.

Experience with sport clubs is not mandatory, however background knowledge of such a program is useful.

To apply, there will be an application process and possible interview. If you are selected, commitments last a minimum of one year.

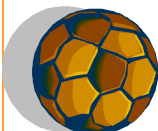
Meeting times and dates for the Allocations Board will begin this spring, however specific dates are TBD.

This would be terrific leadership experience for those of you pursuing future endeavors in financial planning, budget projecting, and organization.

If interested in becoming a part of the Sport Clubs Allocation Board, please email all inquiries to Aubrie Belz, Sport Clubs Graduate Assistant, at [abelz@udel.edu](mailto:abelz@udel.edu).

Congratulations  
to  
Women's Club Soccer!

The Women's team was honored with an award recognizing their Sportsmanship during the NIRSA Sport Club Championships held in Pensacola, Florida a couple of weeks ago.



## Did you know?

The University of Delaware currently has 29 operating sport clubs with the potential of more on the way?! Here they are:

Baseball	Men's Basketball	Women's
Basketball	Bowling	Cycling
Equestrian	Field Hockey	Figure Skating
Women's Golf	Men's Ice Hockey	Women's Ice Hockey
Men's Lacrosse	Women's Lacrosse	
Roller Hockey	<b>Men's Rowing</b>	Men's Rugby
Women's Rugby	Sailing	Men's Soccer
Women's Soccer	Swimming	Synchronized Skating
Tennis	Men's Ultimate Disc	Women's Ultimate Disc
Men's Volleyball	Women's Volleyball	
Water Polo	Wrestling	

Editor: Aubrie Belz  
Graduate Assistant for Sport Clubs  
[abelz@udel.edu](mailto:abelz@udel.edu)  
CSB Employee Fitness Center