

The Rec Report

A Periodic Look At The WVU Student Recreation Center
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New Sports Club Thriving At Rec Center

Several WVU sports clubs use the Student Recreation Center for practice, games, meetings, and recruiting purposes. One of the school's most recently re-formed clubs holds its meetings and competitions every Friday night at the Rec Center.

The above-mentioned club actually returned to the WVU campus last fall and this club's coordinator, Joe Watring, updates us on this growing group's activities.

What weighs 2.5 grams and can travel at speeds of 100 mph? No, it's not the summer mosquito in your backyard.

What sport is played by more than 18 million Americans and is the most popular racquet sport worldwide? No, it's not tennis.

What activity once recorded 173 "hits" in 60 seconds? No, it's not the banner ad on your homepage?

Give up?

All the answers can be found within the game of table tennis. Yes, that's right: "ping-pong" (the name "ping-pong" [TM] is trademarked by game-maker Parker Brothers). But don't use that term around those who take the game seriously - a ball can travel at speeds over 100 mph. More than 18 million Americans play table tennis each year - with 2.9 million playing more than 25 times per year. In the 1973, the Guinness Book of World Records documented the most hits in a 60-second table tennis rally - 173 by Jackie Bellinger and Lisa Lomas of Great Britain.

There is now a Table Tennis Club here at WVU. We have our own tables and play every Friday night in Multi-Purpose Room A of the Student Rec Center. The Table Tennis Club of WVU became a recognized student organization in December of 2008 and features players from China, Thailand, Nigeria, Greece, Pakistan, India and the United States. Coach Joe Watring says, "We are still growing in numbers and quality and have only started recruiting skilled or talented individuals to make up a competitive club to represent WVU. We have members from 10-years-old to 70, made up of faculty, graduates, graduate students, undergraduates, with some local talent thrown in."

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Why should one consider playing? Want to be in the Olympics? Well, the United States sends players to compete in the games. Yes, table tennis is an Olympic sport. Do you want to improve your concentration? World class table tennis players hit the little white ball around to improve their reflexes and concentration. Ron Harp, USTTA-sanctioned club coach says, "One of the best ways to raise self-esteem is to take on a difficult task and accomplish it". It's true; at skilled levels table tennis is quite complex mentally, strategically, and physically. No other sport uses as much ball spin to create difficult shot handling and ball control as table tennis. The various shots, hence shot-making skills, are quite numerous. Combine shot-making, playing style, and a ton of spin and you have a sport that will test the best athlete. That little ball can become a speed demon or a slowly moving whirling dervish. Let's not get carried away here. Table tennis is a sport for all.

Even though the game is a respected worldwide sport, it can be enjoyed at ALL levels of play by ALL people. Big, small, short, tall, male, female, young, old - everybody can play. You don't have to be a great athlete to play and enjoy table tennis. Whether the table is in your garage, basement, or beautiful gymnasium it can be 'more fun than a barrel of monkeys'. As sports go the equipment it takes to play the game is relatively inexpensive. A good racket and balls can be less than \$20 or more than \$200. WVU club players, on average, have about \$45 in their rackets. Interested parties are welcome; we always have some spectators on Friday nights. Table tennis is fun to watch.

Come and check out a sport that can be fitness fun for your family for life. I started at age seven playing my cousins in our garage on a table my father made for us. We are all still playing 40 years later with our own children and, soon, their children.

Table tennis is truly a sport for life.

The WVU Table Tennis club is just one of the many groups a Mountaineer may enjoy at the Student Rec Center. Find out more about club sports contact Bruce Brubaker, Manager of Intramurals/ Club Sports by calling the SRC at (304) 293-7529.

AIOHA!

Here's hoping Administrative Secretary Senior Barbara Harris and husband, Gerald, have a wonderful vacation - and anniversary - in Hawaii! The happy couple left on June 29.

Also, congratulations to Bethanie Stiles, Mountaineer Kids' Club Program Coordinator. She and her husband, Spencer, are expecting the birth of their first child in early October.

"NANCY'S NUTRITIONAL NUGGET"

By Nancy Oliverio
Manager for Fitness and Wellness

TIPS FOR HEALTHY DINING

- Keep HUNGER under control – by eating!
 - Don't skip a meal if planning to go out to eat that day.
 - Consider eating a light snack an hour or so before the meal to avoid overeating at the restaurant.
- Choose restaurants that offer variety.
 - Choose a restaurant that offers a variety of foods with low-fat options.
- Order more plant-based foods.
 - Try an exotic fruit such as kiwi or papaya for variety.
 - Order items that include whole grain foods to get fiber.
- Control fat.
 - Order baked or broiled, not fried.
 - Ask for smaller portions of fatty foods – such as fatty sauces – or ask for substitutions.
- Cut out or cut back on condiments.
 - Taste food before adding salt, butter, sauces and dressing.
 - Order sauces and dressing on the side – small amounts add up.
 - Substitute healthier condiments. For example: use mustard instead of mayonnaise, or pepper or lemon juice instead of salt.
- Order beverages with few or no calories.
 - Order water, sparkling water or mineral water with a twist of lemon – it's healthy, filling and has no calories.
 - For a hot drink, try black decaffeinated coffee or black or green tea, minus sugar or other extras.
 - Be aware that some alcoholic beverages may have more calories than expected.
- Wait before ordering dessert.
 - Finish the main dish. By this time ordering dessert may not be an option anymore.
 - If ordering dessert split it with a friend or take half of it home.
- Control portion size.
 - Leave food on plate or save to eat at another time.
 - If tempted to leave the plate clean, ask the server to remove the plate.
 - Take a 'doggie bag'; it's two meals for the price of one.

SRC REC CENTER HOURS CHANGING IN AUGUST!

The WVU Student Recreation Center will return to its regular Fall Semester hours on Friday, August 21, 2009. The Student Recreation Center hours will be:

MONDAY – FRIDAY	6:00 am – 12:00 am
SATURDAY	8:00 am – 12:00 am
SUNDAY	10:00 am – 10:00 pm

For more information on the Student Rec Center, its hours and its services, call the SRC at (304) 293-7529 or see our Web site: studentreccenter.wvu.edu.

