



WCSU Coordinator of Recreation, Intramural and Club Sports  
**Amy Proulx** played basketball as an undergraduate here. She also coached high school girls and truly loves the game. But at WestConn now Amy oversees a variety of sports and, in her own words, is “always looking for new ideas, like doing a campus Olympics or creating a WestConn version of Survivor.” Bring her your suggestions. “Students get so much out of joining in,” Amy says. “Everyone’s welcome!”

Quote



Roger Sherman Debate Society

# The flip side *Buzz*

“What you get out of college depends on you.” You hear that a lot. But it’s a pretty safe bet it’s something you’ve known since the day you decided to apply to school. There’ll be courses, professors and plenty of studying to do. But there’s much more than that to college life at WestConn. Our clubs, sports and organizations span a world of interests and activities so varied it takes our fall Clubs Carnival to fully acquaint new students with it all. From academic clubs to media production, from sports teams and musical groups to the Greeks and beyond, belonging to these enthusiastic organizations enriches life for resident and commuter students alike.

Here, forever-friendships are

forged, and eyes and ears are opened to new ideas and experiences. The body/mind connection is honed in lively community-service projects and/or intramural sports team strategies. You discover a talent you didn’t know you had; learn skills that will light up your resume; gain confidence as you put together a fundraiser for a noble cause. Laugh, brainstorm, share moments of triumph over goals achieved — it’s all part of an unforgettable college experience. We call it the *Flip Side of Campus* because at WestConn, that’s where you’ll find it: over on the other side of classes, just past the professors, right at the corner of Fellowship and Fun!

## [athletic programs] [www.wcsu.edu/sports](http://www.wcsu.edu/sports)

- Baseball
- Men’s Basketball
- Women’s Basketball
- Field Hockey
- Football
- Men’s Lacrosse
- Women’s Lacrosse
- Men’s Soccer
- Women’s Soccer
- Softball
- Women’s Swimming and Diving
- Men’s Tennis
- Women’s Tennis
- Women’s Volleyball

## [club sports]

- Cheerleading
- Dance Team
- Men’s Ice Hockey
- Men’s Rugby
- Women’s Rugby
- Men’s Volleyball

## [intramural]

- 3-on-3 and 5-on-5 Basketball
- Dodgeball
- Flag Football
- Floor Hockey
- Indoor Soccer
- Volleyball

# The flip side *To-Do List*

## [clubs] - [www.wcsu.edu/studentcenter](http://www.wcsu.edu/studentcenter)

- |                                    |  |   |
|------------------------------------|--|---|
| Accounting Society                 | History Society                            | National Society of Collegiate Scholars at WCSU |
| Alpha Delta Pi                     | HPX Student Organization                   | Newman Club                                     |
| Bauhaus Art Club                   | Humanitarian Travel Club                   | O.W.L.S. - Older Wiser Learners                 |
| Best Buddies                       | Inter-Residence Hall Association           | Outing Club                                     |
| Biology Club                       | Ives Concert Flutists                      | Play it by Ear - WCSU Acappella                 |
| Black Student Alliance             | Jazz Club                                  | Prisma - Graphic Design Club                    |
| Centerstage                        | Justice and Law Club                       | Program Activities Council                      |
| Chemistry Club                     | Kappa Chi Alpha Sorority                   | Psychology Club                                 |
| Chinese Student and Scholar Assoc. | Keyboard Club of WestConn                  | Roger Sherman Debate Society                    |
| Choices Peer Educators             | Latin American Student Organization        | Sigma Chi Fraternity                            |
| Clio - History Journal             | Litchfield Hall Council                    | Social Work Club                                |
| Colleges Against Cancer            | Management Club                            | Student Government Assoc.                       |
| Colonial Yearbook                  | Marketing Club                             | Student Nurse’s Association                     |
| Delta Gamma Phi Sorority, Inc.     | Media Production Society                   | Students For Progress                           |
| Education Club                     | MENC (Music Educators National Conference) | Tau Kappa Epsilon                               |
| English Society                    | Meteorology Club                           | The ECHO - Student Newspaper                    |
| Fairfield Hall Council             | Multiple Realities Club                    | United Students of WestConn                     |
| Finance Club                       | Muslim Student Association                 | WXCI 91.7 FM – Student Radio Station            |
| Gay Straight Alliance              | National Association of Black Accountants  |   |
| Grasso Hall Council                |  |   |
| Greek Council                      |  |   |

# The flip side of *Campus*

Jump in and join! Clubs, Organizations and Fellowship at WestConn



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Clubs Carnival



"Extracurricular activities," says history/education major **Cassie Moore**, "can really help a new student meet people and get better acquainted with the school." Cassie belongs to WestConn's women's rugby club. She admits it's a strenuous sport. "But it's great for stress relief. And getting into any active club is a perfect way to avoid the dreaded 'freshman fifteen!'" laughs Cassie, who also holds down a university assistant's job at WestConn.

Quote

Meet Alex, a fictional but typical new freshman at WestConn. Alex is a commuter student from New Milford and plans to major in meteorology. He's looking forward to discovering what's happening on campus besides classes, labs and lectures. "How can I find out?" he asks Mark, a sophomore he met in math who plays on the Colonial's basketball team. Mark is a catalog of information. "Dude, Clubs Carnival is tomorrow. All the campus activity groups will be there. Check it out!"

On his way to class, Alex thinks about which extracurricular activities would fit his schedule. He knows there's a meteorology club where members practice weather broadcasting. He'd like that. But as a commuter student, he's worried that being in a club won't fit his schedule.

Lost in thought, he doesn't see the Frisbee flying toward him across the green. Then he grabs it and tosses it back to the dark-haired girl who threw it. "Great reflexes!" she shouts. "You should sign up for our coed Frisbee tournament!" Alex waves and goes on his way, thinking, I might just do that. Maybe that girl will be at the



**What's a Club Sport?**

Join or organize a group of 20 or more students who want to play a sport (like rugby or ice hockey) or participate on a dance team, and voilà — you're in a sports club! Run by students who are not interested in playing at the varsity level, sports clubs often compete with other schools as part of a collegiate league. WestConn supplies the facilities, you supply the energy. It all adds up to action-packed good times fueled by school spirit and enthusiasm!



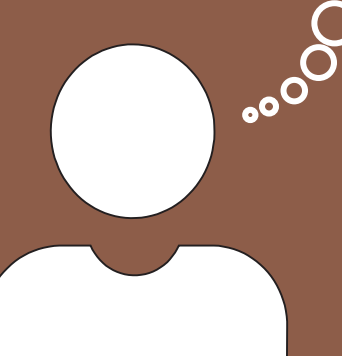
Centerstage



Meteorology Club



Men's Hockey

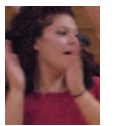


Clubs Carnival. He makes up his mind to go. At the Carnival, he meets lots of people eager to talk about their clubs, sports and organizations. Most have commuter-student members who participate to the fullest. But there's so much to choose from! He's a good debater and WestConn's Roger Sherman Debate Club has won championships all over the region. Then again, he'd like to break out his skates and join the hockey club. Or maybe do some acting like he did in high school ...

A DJ from WestConn's radio station, WCXI, is spinning a tune by Three Day's Grace. Alex goes over to the station's display and the DJ takes off his earphones to answer his questions. "We can always use help at the station," the DJ says. "Drop by. We're right in the Student Center." Alex smiles. "There are so many things to do! How does a guy pick just one?"

"Why pick just one?" says a voice behind him. Alex turns. It's the dark-haired girl who threw the Frisbee his way. "I'm Kim," she says, grinning.

Alex introduces himself. "Were you serious about the Frisbee tournament?"



**Get in on intramurals**

Focused on fitness, health, variety and sheer enjoyment, WestConn's intramural programs run the gamut from kickboxing to flag football, indoor soccer to health seminars. Do you love basketball? Go 3-on-3 or 5-on-5 and show off that star jump shot of yours! Have a soft spot for softball? Take part in WestConn's softball tournament. Whether it's floor hockey, step aerobics or a mini-triathlon, if you've got game, our intramural program has something for you!



WestConn's 2006 Homecoming Queen, **Taisha Rivera**, also happens to be president of LASO (Latin American Student's Organization). "We do volunteer work, host poetry slams and bring in great speakers," she says, clearly proud of her group. The club's open to all students, not just those with a Latin heritage. "In May, we'll do a cultural dance show," Taisha says. "We're all about projects and leadership, but we're definitely about fun, too!"

Quote



WCXI Campus Radio Station



WestConn Cheerleaders

"Sure. I'm busy with school, too, but I'm on the cheerleading team and I'm thinking of joining PAC." "PAC's in charge of planning campus entertainment and other events, right? I might go to their meeting next week."

"Me, too. Maybe we could go together." Absolutely! thinks Alex. He nods.

Kim gives him her cell number and waves goodbye. Alex stands looking at a fraternity's table displaying a picture of a jump-for-charity event they did. Having fun for a good cause, he thinks. There

**Academic Clubs**

If your future career is your present passion, you can join a club at WestConn that explores the substance and opportunities of your profession-to-be. And clubs like Biology, Justice & Law, Centerstage and others benefit non-majors, too. Make contacts, enjoy field trips, listen to speakers with new insights. It's all about enjoyment in learning!



Education Club



**Yvens Louis** plays football with a passion that reflects his NFL ambitions. "I chose WestConn over a Division I school so I could show right away what I could do, not just sit on the bench," says this Colonials quarterback. He had to learn some patience, but now he's made quite a name for himself. The encouragement and patience of his WestConn coaches inspires him, says Yvens, and good friends like fellow student Pito (Adamis Gonzalez) keep him focused.

Quote

are plenty of clubs here involved in community service. But then again, I'd really like to try out for football. It looks like one of the coaches is talking to some other interested guys. *Hmmm ...* He decides to head over there.

When he's ready to go home, Alex reminds himself he has time to figure it all out. Meanwhile, he's already found a new friend in Kim. Got to thank Mark for suggesting Clubs Carnival, he thinks. I owe him big time for that!

Great meeting! Want to grab a pizza?

