HAVERFORD COLLEGE

PHYS-ED OFFERINGS

SPRING QUARTER (MARCH 19 – APRIL 27, 2018)

Registration begins on March 12th and ends on March 21st

STUDENTS MUST REGISTER FOR PE ON “BIONIC” PRIOR TO PARTICIPATION TO RECEIVE CREDIT

INDEPENDENT STUDY

Community Service
Susan McCabe, in the Athletics Office, is the contact for students who are interested in community service. Students are asked to meet with Susan to discuss the organization they will be working with and will be required to write about their experience and contributions to the project. Note: Students must have already earned 3 PE credits and have completed freshman year. Please email Susan McCabe (s mccabe1@haverford.edu) with inquiries and she will provide you with further information.

Independent Fitness
Pre-Requisite: Intro to Fitness. Students are expected to exercise for at least three hours per week, using the equipment and space available to them in the Tellem Fitness Center. Workouts should include as many aspects of resistance, cardiovascular and flexibility training as possible in a progressive manner throughout the six weeks. A log will need to be kept of each exercise session. Every Friday from 3:00-4:30pm you must bring in your log to the Fitness Center. At this time the instructor will review your exercise routine, answer questions and provide feedback. Further details will be emailed to registered participants during the first week of class. Contact: Cory Walts, Fitness Center Director (c walts@haverford.edu)

*Enrollment is limited to 35 students!

Independent Swimming
During the quarter, students are required to swim 3 hours per week and log those dates and hours. On Sundays, email your log to Susan McCabe (sm ccabe1@haverford.edu). If you get sick and cannot swim please email Susan. You will need to make up those hours at your earliest convenience. Information regarding pool hours and other details can be found on Bryn Mawr College’s website under Athletics.

Initial meeting with Susan McCabe (sm ccabe1@haverford.edu)
Lobby of GIAC Building, Monday, March 19th at 4:30 pm

Running, Training & Techniques
Self-paced running, walking, jogging

Initial meeting with Tom Donnelly (tdonnell@haverford.edu)
Lobby of GIAC Building, Wednesday March 21st at 4:30 pm

The class will start logging their information the week of March 26th.

INSTRUCTIONAL

Joe Schwartz 3K Training Class (participants with all levels of fitness)
Aim for success in this training program which will provide the participant with an all-encompassing exercise regimen. This program will include strength, flexibility, speed, and endurance training, guaranteeing a physical improvement in six weeks! By the end of this class you will be ready to reach your goals, including successfully completing the Joe Schwartz 3K Run/Walk on April 15th @ Haverford College.

Classes will be held on Mondays and Wednesdays from 12:00-1:00pm
Fitness Center in the GIAC Building

Class will also require 90 minutes of independent exercise each week and students will be required to submit a log

Contact: Cory Walts, Fitness Center Director (c walts@haverford.edu)
**Intro to Fitness (Mandatory to Fulfill PE Requirement)**
Classes meet in Conference Room 203, on the second floor of the GIAC Building
Contact: Cory Walts (cwalts@haverford.edu) Fitness Center Director

CHOOSE “ONE” OF THE FOLLOWING CLASSES (A or B):
* Each Class enrollment is limited to 25 Students with a Minimum of 10 Students*

**THURSDAY**
FIT – (A) Thursdays 7:15 pm-8:45 pm
Instructor: Nat Ballenberg

**FRIDAY**
FIT – (B) Fridays 11:30 am-1:00 pm
Instructor: Cory Walts

**Haverfarm**
There are two sessions offered:
- Mondays and Wednesdays from 4:15-5:45 pm
- Tuesdays and Thursdays from 4:15-5:45 pm
Participants will learn farming techniques such as transplanting, weeding, preparing new beds, spreading compost, etc.
The Haverfarm is located near the facilities management building. This is a hands-on course. No farming experience necessary.
Contact: Jahzara Heredia (jheredia@haverford.edu)

**Enrollment is limited to 15 students for each session!**

**Aerobics**
Classes will be held Tuesdays and Thursdays from 4:15-5:30 pm
Multi-Purpose Room (MPR), 2nd Floor in the GIAC Building
Contact: Meg Etskovitz

**Pilates/Core/Stretch**
Classes will be held on Mondays and Wednesdays from 4:15-5:30 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
A 90 minute class focusing on core muscles – the complex of muscles that stabilize the spine -- for improved balance, posture, strength, and flexibility
Contact: Anhara Disko, adisko@haverford.edu

**Martial Arts/Street Self Defense**
Classes will be held on Monday and Friday from 5:30-7:30 pm, Wednesday 5:30-6:30 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contacts: Sarah Daguio (sdaguo@haverford.edu), Gavriel Kleinwaks (gavrielkleinwaks@haverford.edu) and Divesh Otwani (dotwani@haverford.edu)

**Squash (all levels to include beginner)**
Classes will be held on Tuesdays and Thursdays from 4:00-5:30 pm
Squash Courts, 1st Floor in the GIAC Building
Contact: Coach Niki Clement (eclement@haverford.edu)

**Class enrollment must have a minimum of 8 students!**
**Equipment is not provided. Please bring a squash racquet, squash goggles and non-marking soled shoes to the first class**
Please contact, Susan McCabe @ 610-896-1117, regarding locations to purchase equipment.

**Shotokan Karate**
Classes will be held on Monday and Thursday 7:30-9:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Kaden St Orge (kstorge@haverford.edu)
A traditional martial art from Okinawa. Students will increase coordination, concentration, flexibility, strength, stamina, and self-confidence. Training will include basic and combination techniques, forms, sparring, and self-defense. This course is designed for all experience levels.
High Intensity Aerobic and Strength Training (still determining)
Classes will be held on 3 days: Tuesday and Thursday 6:30-7:30pm and Sunday 1:00-2:00pm
Students must attend all 3 days to receive credit.
This course will focus on improving overall fitness through work on basic physical skills including endurance, strength, flexibility, power, speed and agility. No experience is necessary; the first portion of this class will serve as an introduction to body weight and weightlifting movements. Expect a great, high-intensity workout in every class.
Class enrollment is limited to 8 students. Fitness Center, 1st floor of the GIAC Building
Contact: Abi Mumme-Monheit (amummemonh@haverford.edu)

Yoga Philosophy and Practice
Classes will be held on Wednesday and Sunday evenings from 6:30 to 8:00 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
This course includes an in-depth look at some of the most valuable postures for health and healing. Students will enjoy a light-hearted approach to this ancient art and have an introductory appreciation of the transformative powers of yoga for the mind, the body and the individual’s spiritual connection.
Contact: Nadia, info@pranadasyoga.com

INTRAMURALS

Flag Football
Games are held on Wednesdays and Saturdays 4:00-5:30pm @ Haverford College Apartments Green. Flag football is a recreational sport that is easy and fun to play. Regardless of experience, gender, or skill, anyone is welcome to join. The season consists of group games in which the entire club gets together, learns plays, runs drills, and scrimmages. Contacts: Jimmy Wu (jrwu@haverford.edu) or Trevor Larner (tlarner@haverford.edu).

Intramural Volleyball
Practices and games take place in the GIAC’s Gooding Arena on Tuesday and Thursday 6:30-8:00pm. The group welcomes all interested people to join, no prior experience necessary. Practices begin with individual warm-ups, during which group leaders will teach beginning players basic skills if requested. The majority of practice time is spent scrimmaging. The group will decide, as a whole, how to create teams and rotations as needed.
Contacts: Liana Shallenberg (lshallenbe@haverford.edu) and Madison Sultan (msultan@haverford.edu).

Intramural Tennis
Practices and match play will take place mostly on the outdoor tennis courts (With Alumni Field House as needed and available). The group welcomes all interested people to join. No prior experience necessary. Requirements are a tennis racquet and non-marking tennis shoes. Balls will be provided. As available, group and individual instruction will be included with Varsity Women’s Tennis Coach: Drew Cohn. The majority of practice time will be spent in hitting drills and singles and doubles competitions.
Contact: Sarah Jesup (sjesup@haverford.edu)
Initial meeting with Drew Cohn acohn1@haverford.edu in the conference Room, second floor of the GIAC Building
Monday, March 19th at 4:30 pm – practice times will be coordinated at this meeting
CLUBS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Morgan Chien-Hale (mchienhale@haverford.edu), Cecilia Zhou (czhou@haverford.edu) and Shucheng Guo (sguo3@haverford.edu)

Crew (M/W)
Contact Email: (haverford.crew@gmail.com)
Male Captains: Winn Koster (wkoster@haverford.edu) and Noah Tsao (ntsao@haverford.edu)
Female Captains: Amanda Benoliel (abenoliel@haverford.edu) and Pamela Gonzalez (pgonzalez1@haverford.edu)

Golf (M/W)
Captains: Ryan Dukarm (rdukarm@haverford.edu)

Men's Rugby
Captains: Michael Bueno (mbueno@haverford.edu), Matt Jablonski (mjablonski@haverford.edu) and Ricky Sanchez (orsanchz@haverford.edu)

Men's Soccer
Captains: Jared Collina (jcollina@haverford.edu), Eli Cain (ecain@haverford.edu) and George O'Hara (gohara@haverford.edu)

Women's Soccer
Captains: Feven Gezahegn (fgezahegn@haverford.edu), Jami LaRue (jlarue@haverford.edu) and Sophie Frank (sfrank@haverford.edu)

Men's Ultimate Frisbee
Captains: Alden Daniel (atdaniel@haverford.edu), Lucas Richie (lrichie@haverford.edu) and Daniel Sax (dsax@haverford.edu)

Women's Ultimate Frisbee
Captains: Nava Kidon (nkidon@haverford.edu), Susan Kelly (skelly@haverford.edu), Marilee Oldstone-Moore (moldstonem@haverford.edu) and Molly Strange (mstrange@brynmawr.edu)

CLUB SPORTS AT BRYN MAWR COLLEGE

**Haverford College students participating in Bryn Mawr Club Sports must register on Bionic for credit.**

Equestrian (M/W)
Haverford Captains: Madeline Caron ’17 (mcaron@haverford.edu) and Kavita Schroff ’17 (kschroff@haverford.edu)

Bi-Co Rugby (W)
This rugby club is a competitive and organized women's team.
Club Captain: Nicole Puscion ’17 (npuscian@brynmawr.edu)

VARSITY INTERCOLLEGIATE SPRING SPORTS
*Students are registered by their coach*

Men's Tennis  Women's Tennis
Men's Lacrosse  Women's Lacrosse
Softball  Baseball
Cricket
Men's Outdoor Track & Field  Women's Outdoor Track & Field

Men's Soccer  Women's Soccer
Field Hockey
Volleyball