HAVERFORD COLLEGE
PHYS-ED OFFERINGS - FALL QUARTER
SEPTEMBER 4 – OCTOBER 12, 2018

STUDENTS MUST REGISTER FOR PHYS-ED 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 first year of school. Please email Susan McCabe (smccabe1@haverford.edu) with inquiries and she will provide you with further information.

Independent Fitness Center Workouts

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 your log to the Fitness Center. At this time, Cory Walts 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 (cwalts@haverford.edu)

*Enrollment is limited to 35 students!

Independent Swimming

Students are required to swim 3+ hours per week during the quarter and must email Susan McCabe (smccabe1@haverford.edu) each Sunday with a log listing the hours and dates you swam. If you get sick and cannot swim please email Susan McCabe. You will need to make up the hours you missed 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 (smccabe1@haverford.edu)
Lobby of GIAC Building, Tuesday, September 4th at 4:15 pm

Running, Training & Techniques

Self-paced running, walking, jogging

Initial meeting with Tom Donnelly (tdonnell@haverford.edu)
Lobby of GIAC Building, Wednesday, September 5th at 4:30 pm

INSTRUCTIONAL

Intro to Fitness (Mandatory to Fulfill PE Requirement)
Classes will 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, B or C):

* Each Class enrollment is limited to 25 Students with a Minimum of 10 Students*

FIT – (A) Monday 5:15-6:00 pm and Thursday 6:15-7:00pm (students must attend both days to receive credit)
Instructor: Nat Ballenberg

FIT – (B) Monday 6:15-7:00pm and Thursday 7:15-8:00pm (students must attend both days to receive credit)
Instructor: Nat Ballenberg

FIT – (C) Friday only 11:30-1:00 pm
Instructor: Cory Walts
Aerobics
Classes will be held Tuesdays and Thursdays from 4:15 to 5:30 pm
Multi-Purpose Room, 2nd Floor in the GIAC Building
Contact: Meg Etskovitz (megaerobics@aol.com)
*There is a minimum of 10 students to hold the class.

Cross Fit
There are two sessions offered:
**Session 1:** Tuesday and Thursday 6:30-7:30pm and Sunday 12:00-1:00pm
*This session is for advanced athletes *(those who have CrossFit or Olympic lifting/power lifting experience)*
**Session 2:** Tuesday and Thursday 7:30-8:30pm and Sunday 1:00-2:00pm
This session is for beginners *(no athletic experience necessary)*
Students must choose 1 session and 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 each session. Fitness Center, 1st floor of the GIAC Building
Contact: Abi Mumme-Monheit (amummemonh@haverford.edu)

Fencing (Beginner)
Classes will be held on Tuesday and Thursday, 4:15 - 5:30pm
Fencing Room, 2nd Floor in the GIAC Building
Contact: Coach Chris Spencer (cspencer@haverford.edu)
Enrollment is limited to 20 students and tennis shoes are required!

Haverfarm
There are two sessions offered:
Session 1: Mondays and Wednesdays from 4:15-5:45pm
Session 2: Tuesdays and Thursdays from 4:15-5:45pm.
Students must choose one session and attend both days to receive credit. Students 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: Madison Tillman mtilman@haverford.edu
Enrollment is limited to 10 students for each session!

Martial Arts/Street Self Defense
Classes will be held on Monday and Friday from 5:30-7:30pm, Wednesday 6:30-7:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contacts: Divesh Otwani

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

Play-by-Play Broadcaster
Students who are interested, must have a demonstrated knowledge and broadcasting skill with a particular sport during a trial run with the sports information director prior to approval. Interested and selected students will then assist with one sport for the fall athletic season (men’s soccer, women’s soccer, field hockey, volleyball). Students must attend all home events to fulfill position requirements. Limit of two students per sport. Students are expected to arrive 30 minutes prior to the scheduled start time for any final instructions. Students must commit to the whole semester in order to receive 2 PE credits.
Contact: Justin Grube (jgrube@haverford.edu) Haverford College Sports Information Director
**Shotokan Karate**
Classes will be held on Monday 7:30-9:30pm and Thursday 7:30-8:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Kaden St Onge (kstonge@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.

**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)
**Equipment is not provided. Please bring a squash racquet, squash goggles and non-marking soled shoes**
There is a minimum of 8 students to hold the class.

**Women’s Self Defense Class**
Classes will be held on Tuesday evenings from 5:30-8:00pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
The first class will be held in the Conference Room (Room 203 beside the Athletic Office).
Contact: Brian Murray, Security Department (bmurray@haverford.edu)

**Yoga**
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
Contact: Cindi Geesey (cynthiageesey@yahoo.com)

**INTRAMURALS**

**Flag Football**
Games will be held on Wednesdays 4:00-5:30pm @ Haverford College Apartments Green and Sunday’s location is the Lower Featherbed Field. 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: Charlie Liu (xliu1@haverford.edu) or Nic Marcotrigiano (nmarcotrig@haverford.edu).

**Intramural Softball**
Practices and games will take place on Featherbed 1 field on Sundays 5:45-7:00pm. The Featherbed 1 field is located behind left field of the Varsity Softball field. This class will also require students to log 1 hour of exercise to receive PE credit. The course is designed for students with and without softball experience. The group will be mostly playing games with some instruction. All are welcome, no experience necessary. Contacts: David Baffuto (dbaffuto@haverford.edu) and John Burgess (jburgess@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 (instructors do have extra racquets if needed) and non-marking tennis shoes. Balls will be provided. 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 Tuesday, September 4th at 4:30 pm – practice times will be coordinated at this meeting

**Intramural Volleyball**
Practices and games take place in the GIAC’s Gooding Arena on Thursdays 6:30-8:00pm and Sundays 2:00-3:30pm. 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).

CLUB SPORTS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Cecilia Zhou, Hassan Ahamed, Shucheng Guo, Benjamin Kwon

Crew (M/W)
Contact Email: (haverford.crew@gmail.com)
Male Captains: Jacob Epstein
Female Captains: Amanda Benoliel and Pamela Gonzalez

Golf (M/W)
Captains: Ryan Dukarm

Men’s Rugby
Captains: Matt Jablonski, Cesar Merc and Andrew Evans

Men’s Soccer
Captains: Benjamin Mass, Benjamin Deichman-Caswell and Charlie Marx
Women’s Soccer
Captains: Feven Gezahegn and Jami LaRue

Men’s Ultimate Frisbee
Captains: Jordan Acker, Michael Weber and Gabe Halperin-Goldstein
Women’s Ultimate Frisbee
Captains: Paloma Paez-Coombe, Opal Bednarik and Lina Klose

CLUBS 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 (mcaron@haverford.edu) and Kavita Schroff (kschroff@haverford.edu)

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

VARSITY INTERCOLLEGIATE FALL SPORTS
*Students are registered by their coach

Team – Head Coach
Women’s Soccer – Jamie Schneck
Men’s Soccer – Zach Ward
Field Hockey – Jackie Cox
Volleyball – Drew Hargrave
Women’s Cross Country – Fran Rizzo
Men’s Cross Country – Tom Donnelly

VARSITY INTERCOLLEGIATE SPRING NON-TRADITIONAL SPORTS
*Students are registered by their coach

Team – Head Coach
Softball – Kate Poppe
Baseball – Dave Beccaria
Women’s Tennis – Drew Cohn
Men’s Tennis – Brendan Kinkaid
Women’s Lacrosse – Katie Zichelli
Men’s Lacrosse – Brendan Dawson
Co-Ed Cricket – Kamran Khan