HAVERFORD COLLEGE

PHYS-ED OFFERINGS

SPRING QUARTER (MARCH 16 – APRIL 24, 2020)

Registration begins on March 9th and ends on March 18th

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 their first year. Please email Susan McCabe (smccabe1@haverford.edu) with inquiries and she will provide you with further information.

Visit Marilou Allen Office for Service and Community Collaboration, for Community Service opportunities.

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, Nicky Miranda will review your exercise routine, answer questions and provide feedback.

Independent Fitness will have two sessions:
Session 1: Contact Nicky Miranda, Fitness Center Director
Session 2: Contact Taylor Weiss, Assistant Fitness Center Director
Further details will be emailed to registered participants during the first week of class.

*Enrollment is limited to 25 students per session!

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 (smccabe1@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 (smccabe1@haverford.edu)
Lobby of GIAC Building, Wednesday, March 18th at 4:15 pm

Running, Training & Techniques
Self-paced running, walking, jogging for 2 miles a day/5 days a week.

Initial meeting with Tom Donnelly (tdonnell@haverford.edu)
Lobby of GIAC Building, Tuesday, March 17th at 4:30 pm

Last day to register for this class is Tuesday, March 17th.

INSTRUCTIONAL

Intro to Fitness (Mandatory to Fulfill PE Requirement)
Classes will meet in Conference Room 203, on the second floor of the GIAC Building

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 5:15-6:00 pm (students must attend both days to receive credit)
Instructor: Nicky Miranda, Fitness Center Director
FIT – (B) Monday 6:15-7:00pm and Thursday 6:15-7:00pm (students must attend both days to receive credit)
Instructor: Nicky Miranda, Fitness Center Director
FIT – (C) Friday only 11:30-1:00 pm
Instructor: Taylor Weiss, Assistant Fitness Center Director
**Core Pilates**
Classes will be held on Tuesday 7:00-8:30pm and Sunday 5:00-6:30pm.
A 90 minute class focusing on core muscles -- the complex of muscles that stabilize the spine -- for improved balance, posture, strength, and flexibility.
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Anhara Disko, adisko@haverford.edu
*A minimum of 10 students must be enrolled for class to take place.

**Cross Fit**
There are two sessions offered:
**Session 1:** Wednesday and Thursday 6:30-7:30pm and Sunday 12:00-1:00pm
**Session 2:** Wednesday and Thursday 7:30-8:30pm and Sunday 1:00-2:00pm
Both classes are open to everyone regardless of CrossFit/fitness experience.
*Students must choose 1 session and attend all 3 days to receive credit.

**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 mtillman@haverford.edu
Enrollment is limited to 10 students for each session!

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

**Yoga**
Classes will be held on Tuesday and Thursday from 4:15-5:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Nadia Hopkins (nhopkins@haverford.edu)
*A minimum of 10 students must be enrolled for class to take place.

**Zumba/Latin Dance Club**
This class combines fitness, cardio, conditioning, balance, and flexibility to its agenda for the result of a full body workout. It is a mix of Zumba, Salsa, Bachata, and other Latin and international rhythms and dances, and therefore, an all-inclusive activity. Finally, it provides accessible, healthy, and fun exercise to the Haverford community.
Classes will be held on Monday and Wednesday evenings from 8:30 to 9:30 pm, and Friday evenings from 8:00-9:00pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building (Monday and Friday location) Lunt Basement (Wednesday location)
Contact: Karina Domenech (kdomenech@haverford.edu), Victoria Merino (vmerino@haverford.edu)
INTRAMURALS

Flag Football
Games are held on Fridays and Sundays at 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: Charlie Landon (clandon@haverford.edu) and Tilemachos Matkaris (tmatkaris@haverford.edu)

Handball
Handball involves running, passing, and shooting the ball. During practice sessions, captains will teach these fundamental techniques as well as defending and attacking strategies and game rules.
Practices and games will be held on Wednesdays 7:00-8:30pm and Saturday afternoons 3:00-4:30pm.
Gooding Arena, in the GIAC Building, is the class location
Contact: Kaito Nakatani (knakatani@haverford.edu) and Maria Del Pilar Romero (mferreira@brynmawr.edu)

Intramural Tennis
Practices and match play will take place mostly on the outdoor tennis courts (utilizing the Alumni Field House as needed and available).
The group welcomes all interested people who want to play, regardless of level.
The majority of practice time will be spent in hitting drills as well as singles and doubles competitions.
Tennis racquets and tennis balls will be provided.
Contact: Mallory Kastner (mkastner@haverford.edu) and Sam Aronson (saronson@haverford.edu)

Intramural Volleyball
Practices and games take place in the GIAC's Gooding Arena on Court #3 Thursday 7:00-8:15pm and Sunday 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 scrummaging.
The group will decide, as a whole, how to create teams and rotations as needed.
Contacts: Rebecca Chen (rchen@haverford.edu), Rafael Jovel (rjovel@haverford.edu)
and Anita Zhu (amzhu@haverford.edu)

CLUBS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Benjamin Kwon, Marisa LaBarca, Ruiming Li and Felix Qin
Crew (M/W)
Contact Email: (haverford.crew@gmail.com)

Men Captains: Jacob Epstein and Ian Davis
Female Captains: Pamela Gonzalez and Zoe Trosclair

Golf (M/W)
Captains: Davis Chase and Neel Vidwans

Men’s Rugby
Captains: Caesar Meric, Dan Spar and Steven Puac

Men’s Soccer
Captain: Ben Mass

Women’s Soccer
Captains: Rebecca Boden and Claire Blood-Cheney

Men’s Ultimate Frisbee
Captains: Moselle Burke, Ewan Lang and Paul Wynkoop

Sneetch Ultimate Frisbee
Captains: Christine Siebels-Lindquist and Lina Klose
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 Captain
Sophia Tatum-McNeilly (statummcne@haverford.edu)

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

Men’s Tennis     Women’s Tennis
Men’s Lacrosse   Women’s Lacrosse
Baseball         Softball
Cricket
Men’s Outdoor Track & Field  Women’s Outdoor Track & Field
Men’s Soccer   Women’s Soccer
Field Hockey
Volleyball