Welcome Back!

WANT EXTRA PRIORITY POINTS?
Be featured in our newsletter! We have a new form on WIN called the Newsletter Spotlight Entry. Clubs can submit articles, and if selected to be used in the newsletter your club will receive a priority point—up to 9 points total!

Deadlines:
Membership Consent Forms due February 5th
Budget Requests due February 26th
Start Prepping for your budget presentations! It’s never too early to start!
Budget Right. Support Your Community.

Budgeting

Budget Requests for the 2016-2017 School year is coming up QUICK. Don’t miss the deadline of Friday February 26, 2016. Here are a few helpful tips to get you through budgeting:

Think of what you WANT your club to do, not just what you’ve done:
Each club has new fun ideas of things they want their club to do, but when it comes time for budget requests they don’t think about budgeting for their future but for their past. Examples include an extra trip, new apparel or equipment. Look towards what the club could do with some extra cash!

Include ALL expenses that are spent by club members for the club:
Just because dues are set at a certain point, that doesn’t always tell the full story of what club members are spending for the good of their club. Make sure that your budget includes all money that individual club members are spending!

Budget for the Unexpected:
Realize that sometimes your club might make it to Sectionals, Regionals, or even Nationals! It is better to plan ahead than to be scrambling during the season to try and find money to cover all these expenses.

Think about your Equipment:
Sometimes new equipment is needed for season, think about these things early. Take a look at your inventory before filling out your budget requests so you know exactly how much you’ll be spending on equipment in the coming years.

Think about how much money you’ll need without grants you’ve received:
Sometimes clubs under budget because they are assuming that specific grants will come through. Sometimes grants don’t come through, and banking on them isn’t reliable. Make sure you know what your clubs plans are if they don’t receive grants!

There is template for your budget is in the documents section of WIN and should be turned into the forms section of WIN. If you have more questions regarding how to create and submit your budget contact your club liaison.

Community Service

Looking for ways to get involved in the community? We will have several community service events set up for your club to come participate in. Look out for these opportunities as more information is released!

Opportunities:

Volunteer with your club as Stockers at St. Vincent De Paul Food Pantry from 5-7:15pm on Thursday nights. More information and times can be found here: http://www.svdpmadison.org/food.html

We will be reaching out to specific clubs to volunteer at the Rec Sports Day of Play—stay tuned for more information.

Volunteer at the Ronald McDonald house; http://www.rmhcmadison.org/how-you-can-help/volunteer/
PERFORMANCE TRAINING CENTER:

We are introducing several classes designed to help Sport Clubs members improve their strength, endurance, agility, and more. Take your game to the next level with fitness instruction provided by our USA Weightlifting coaches and personal trainers.

Registration for Small Group Training classes for sport clubs will open in mid-February.

**Fitness Training**
Take your fitness to the next level. We’ll build upon foundations of muscular strength, endurance, cardio, and motor skills.

**Sport Club Members: $25**

**Designed for:**
- Athletes involved in individual sports such as fencing, table tennis, and archery
- Athletes involved in sports with a motor-skill focus

**Prerequisites:**
- Must be an active member of a Sport Club currently registered with Rec Sports

**Class components:**
- Bodyweight and free weight exercises to increase strength
- Use of specialty equipment including TRX, battle ropes, ladders, med balls, and more

**Performance Training**
Get stronger, faster, better. We’ll use cycles and intervals to accelerate your physical training response.

**Sport Club Members: $25**

**Designed for:**
- Athletes involved in sports with an elevated competitive focus
- Athletes involved in team sports such as Ultimate Frisbee, Water Ski Team, Racquetball, Volleyball, and Water Polo

**Prerequisites:**
- Must be an active member of a Sport Club currently registered with Rec Sports

**Class components:**
- High-intensity interval training to increase muscular conditioning
- Use of specialty equipment including the rig battle ropes, kettle bells, resistance bands, and more

**Elite Training**
Achieve the ultimate competitive edge in our most intense class. We’ll focus on gaining speed, agility, power, and overall strength.

**Sport Club Members: $25**

**Designed for:**
- Athletes interested in training like the pros
- Athletes in individual or team sports such as baseball, basketball, boxing, rugby, soccer, lacrosse, and wrestling

**Prerequisites:**
- Successful completion of Olympic weightlifting test-out process (for athletes who wish to use the Olympic weightlifting platforms)
- Must be an active member of a Sport Club currently registered with Rec Sports

**Class components:**
- Power movements including the Squat, Deadlift, Clean, Jerk, and Snatch
- Plyometric drills to increase speed and agility
- Use of specialty equipment including the turf
- Exercises including resistance sprints, sled pushes, sled pulls, ladder drills, and more

*These are individual registrations*

For more information visit our website at:
http://recsports.wisc.edu/ptc.htm
CLUB HIGHLIGHTS:

1st at Dr. Porter, Ann Arbor, MI

4th at Mid-America, Fraser, MI

And to top it all off they were recently named 2016 Mid-western Sectional Champions!
# Dates, Deadlines, & Upcoming Events

## February 2015

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<th>Sun</th>
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|     |     |     | *Sport Clubs Council Meeting 5PM* |     | *Membership Consent Form Due 5PM* | *Ice Hockey (M) 11am*  
*Ice Hockey (W) 4:30PM* |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| *Ice Hockey (W) 11AM* |     |     |     |     | *Spring Break Facility Request Due 5 PM* | *Ice Hockey (M) 11AM*  
*Ice Hockey (W) 4:30PM* |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
|     | *Ice Hockey (W) 12:15PM* |     |     |     |     | *Ice Hockey (W) 4:30PM* |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| *Ice Hockey (W) 12:15PM*  
*Club Sports Executive Board Meeting 8PM* |     |     |     | *Budget Request 2016-2017 Due 5 PM* | *Ice Hockey (W) 4:30PM* |
| 28  | 29  |     |     |     |     |     |
| *Ice Hockey (W) 11AM* |     |     |     |     |     |     |

WIN Forms & Docs  
Events  
Meetings
Ashley Lax: Assistant Director of Competitive Sports  
Ashley.lax@wisc.edu  
Men’s and Women’s Lacrosse, Women’s Basketball  
608-890-1493

Chad Schultz: Coordinator of Competitive Sports  
Chad.schultz@wisc.edu  
Archery, Baseball, Men’s Ice Hockey, Kendo  
608-262-9398

Victoria Landron: Coordinator of Competitive Sports  
Victoria.landron@wisc.edu  
Men’s Rugby, Tae Kwon Do, Women’s Volleyball, Women’s Water Polo  
(608) 890-0043

Kelsey Cato: Competitive Sports Intern  
Kelsey.Cato@wisc.edu  
Budo, Fencing, Softball

Erin S.  
eestawicki@wisc.edu  
Figure Skating, Women’s Rugby, Wrestling

Sam D.  
disalle@wisc.edu  
Dance Elite, Sorin Ryu, Triathlon

Alyssa S.  
aksmith23@wisc.edu  
Aikido, Racquetball, Tennis, Men’s Water Polo

Matt D.  
Men’s Basketball, Table Tennis, Water Ski & Wakeboard

Caroline G.  
ctgust@wisc.edu  
Women’s and Men’s Soccer, Japanese Karate

Tim G.  
tgarvey@wisc.edu  
Badminton, Women’s and Men’s Ultimate

Nikki M.  
nmarczak@wisc.edu  
Gymnastics, Swimming, Track

Lukasz Z.  
izoromski@wisc.edu  
Cycling, Eagle Claw Kung Fu, Running

Dylan M.