

WHAT'S HAPPENING IN RECREATION AND ATHLETICS

Intramural Basketball

IM Basketball is expected to begin the week of January 17th. There will be a meeting at 3:00 p.m., Friday, January 7th, in the Rec/Ath Building for all team captains, officials, and anyone interested in forming a team. Plan to attend.

Martial Arts

The martial arts program will begin Monday, January 10th, at 7:30 p.m. in the Rec/Ath Bldg. This is an instructional course on the basics in judo, karate and self-defense. There is a \$10.00 fee for this course and ghis are available for check-out.

ACU Tourney

For the past several years, Capitol Campus has been entering the ACU Regional IV Tournaments. This year the ACU Tournament will be hosted by the University of Maryland. Local qualifying tournaments will be held as follows:

Thursday, January 13
6:00 p.m. - Table Tennis

These try-outs will be held in the Student Center. If you are interested in registering for any of these events, contact Bud Smitley, Recreation/Athletics Coordinator, Phone: 787-7751; or Roberta McLeod, Director of Student Activities, Phone: 787-1576.

Varsity Bowling

We are starting the new year 1977 with the addition of a new recreation program, varsity bowling. All home games will be played at the Middletown Lanes. The first game for the season is scheduled for Saturday, January 8th, at 1:00 p.m., when Capitol will host Montgomery College, of Rockville Maryland. The second game will also be played at home, Saturday, January 15, at 1:00 p.m., when Capitol will host Shippensburg State College. This league was just recently formed and encompasses eastern Pennsylvania and northern Maryland.

Varsity Basketball

The varsity basketball season for 1977 will get underway beginning Tuesday, January 11, at 8:00 p.m. in the Middletown Main Street Gym when Capitol will host the Penn State, Delaware County Campus team.

Wednesday, January 12, Capitol will travel to the Mont Alto Campus and Friday, January 14, at 7:30 p.m., in the Middletown Main Street Gym, Capitol will host the Spring Garden College team!!

Women's Basketball

The women's basketball season for 1977 will resume beginning Tuesday, January 11, at 6:00 p.m., in the Middletown Main Street Gym

where they will host the Penn State, Delaware County Campus Women's team.

Wednesday, January 12, they will travel to the Penn State, Mont Alto Campus and Friday, January 14, they will go to Lancaster Bible College!!

Recreation/Athletics Building

Beginning the week of January 10th, the Rec/Ath Building will be open Monday thru Friday, 8:00 a.m. to 9:00 p.m.; Saturday and Sunday, 2:00 p.m. to 9:00 p.m.

Base Gym

Beginning the week of January 10th, the Base Gym will be open Monday, Tuesday, Thursday and Friday 5:00 p.m. to 9:00 p.m.; Wednesday, Saturday and Sunday 2:00 p.m. to 9:00 p.m.

To All Our New Students

The Recreation/Athletics Department would like to take this opportunity to welcome all our new students to the Capitol Campus community. We hope you will find time to take advantage of all we have to offer during your stay at Capitol. In addition to our various programs, the Recreation/Athletics Building has for your convenience a weight room which contains barbells, weights and a universal gym. Also, there is a mat room for free exercise, an indoor golf net if you are interested in golfing

or would like to try golfing, ping pong tables, and and ping pong tables and an exercise room that contains rowing machines, wrestling wheel, bars, wrist wheel, etc.

There will be a meeting on Monday, January 17th, at 3:00 p.m. in Rm. E-211 next to the auditorium for all those interested in helping out on the Social Committee. Plans for the Spring Concert will also be discussed. In order to make things happen, we need your support!!

Equipment for check-out is also available for your convenience: such items as: basketballs; softballs and bats; footballs; bicycles; golf clubs; volleyballs; tennis Racquets; soccer balls.

Subjects Wanted

For study on relaxation techniques. Commitment necessary for four(4) training sessions plus an expermental session. Interested? Contact Iris Prager-Decker, W-356, 787-1574. \$ reimbursement. January 30, 1977 deadline.

FOR ONLY \$7350.....

This February a small group of adventurers will embark on one of the greatest experiences of a lifetime. They will board the Yankee Trader and set sail to strange ports of call around the world for ten months.

Share expense shipmates are still invited to join in the voyage which will feature the informality traditional to Windjammer 'Barefoot' Cruises, the trip organizers. This voyage will not visit 33 countries in 7 days, but leisurely cruise to exotic tropical ports such as Haiti, Galapagos, Easter Island, Tahiti, Fiji, Bali, Singapore, Kenya and Trinidad.

Shipmates will explore, skin dive, go sightseeing, take

photographs, or just loaf in a style known only to a few millionaires. They will actually be offered the chance to serve as crew, and to become proficient in the traditional skills or seamanship...or relax and leave the work to fully trained professional crew. There's no need for pretentious wardrobe, either, since the 'uniform of the day' will be casual, usually shorts.

To make it possible for Yankee Trader to sail 'round the world, it is necessary for the ship's company to share expenses. The cost to each shipmate is \$7350 for the 10-month voyage...about \$24 per day. This includes expenses aboard ship and your own quarters. There will be a \$750 discount available to professors and students.

For more details, information and applications write to Windjammer 'Barefoot' Cruises, P.O. Box 120, Miami Beach, Florida, 33139.



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