

DEC 2023

RECREATION NEWS

Official Newsletter of UB Recreation



3-on-3 Basketball Tournament

WEDNESDAY, 12/6/23

The University at Buffalo Intramural Sports program is excited to announce the return of its highly anticipated 3-on-3 Basketball Tournament. Set to take place in the Alumni Arena Ed Wright Practice Facility, also known as the Triple Gym, this tournament promises fast-paced action and intense competition.

With clear rules and a commitment to fair play, this event promises an unforgettable experience for participants and spectators alike. [Register online](#), [pay the \\$25 team entry fee](#), and get ready to put it all on the line on Wednesday, December 6th, 2023. May the best team emerge victorious!



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More Than a Space:

THE HEART OF RECREATION UNVEILED

Recreation is dedicated to elevating its profile within Alumni Arena through a comprehensive branding initiative that accentuates aesthetics and celebrates the achievements of Intramural Sports Champions! This project holds paramount importance in enriching the experience for UB students, faculty, staff, and the community within Alumni Arena. The revitalized space will not only function as a central hub for Recreation-related information and access but also as a platform to commemorate our triumphs and showcase the diverse range of programs and services we offer.

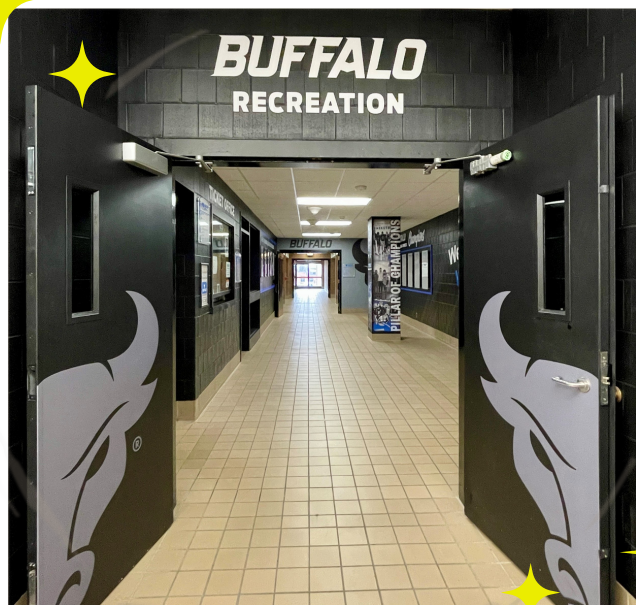
We invite you to stay engaged as we actively celebrate, expand, and refine what makes Recreation at the University at Buffalo truly special. Visual representation is a cornerstone of this endeavor, as it plays a crucial role in conveying the vibrancy and success of our programs. Aesthetic branding not only enhances the overall atmosphere but also serves as a powerful tool to communicate the essence of our achievements, fostering a sense of pride and community among our stakeholders.

UPGRADE ALERT!

celebrating champions



NEW!



Outside 152 Alumni Arena

Embracing Winter Joy: Celebrating World Snowboard Day

DECEMBER 17, 2023

Winter in Western New York transforms the region into a snowy wonderland, and what better way to embrace the season than by celebrating World Snowboard Day? This annual event, which takes place on December 17th, encourages enthusiasts to hit the slopes, revel in the thrill of snowboarding, and connect with the winter landscape. For college students and the broader Western New York community, this presents an exciting opportunity to experience the benefits of snowboarding while enjoying the region's picturesque winter scenery.

WESTERN NEW YORK SNOWBOARDING DESTINATIONS

Western New York boasts several excellent snowboarding destinations, each offering a unique experience for riders of all skill levels. Whether you're a seasoned pro or a beginner eager to learn, these locations provide the perfect backdrop for World Snowboard Day festivities:

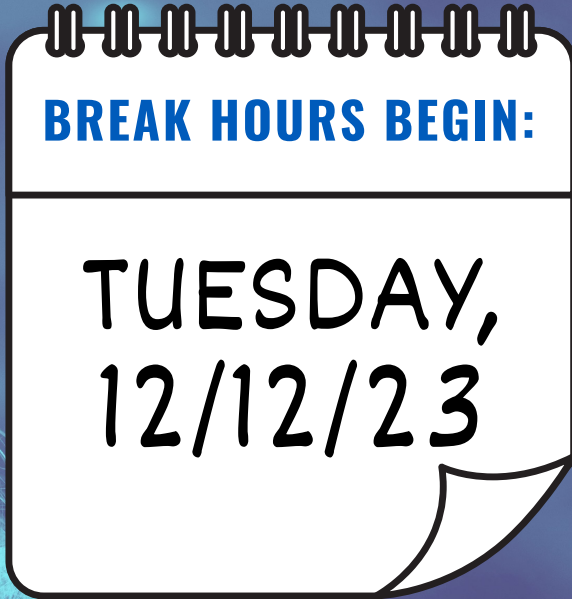
- 1. Holiday Valley Resort:** Located in Ellicottville, Holiday Valley is a premier destination for winter sports enthusiasts. With a variety of slopes catering to different skill levels, it's an ideal spot for both beginners and advanced riders.
- 2. Kissing Bridge:** Nestled in Glenwood, Kissing Bridge is a local favorite known for its diverse terrain and friendly atmosphere. The resort offers a range of trails, from gentle slopes for beginners to challenging runs for seasoned riders.
- 3. Peek'n Peak Resort:** Just a short drive from Buffalo, Peek'n Peak Resort offers a fantastic snowboarding experience. The resort features well-groomed trails and a welcoming environment, making it suitable for individuals or groups looking to make the most of World Snowboard Day.

Remember to dress warmly, wear appropriate safety gear, and, most importantly, have fun! Grab your snowboard, hit the slopes, and embrace the thrill of World Snowboard Day in the heart of WNY!

THE HEALTH BENEFITS OF SNOWBOARDING

Beyond the sheer joy of gliding down snow-covered slopes, snowboarding provides numerous physical and mental health benefits. For college students managing the pressures of academics and the demands of daily life, incorporating snowboarding into their winter routine can be a game-changer.

- 1. Cardiovascular Fitness:** Snowboarding is an excellent cardiovascular exercise that engages various muscle groups. From navigating downhill runs to hiking back up the slopes, the activity promotes heart health and endurance.
- 2. Strength and Balance:** Maneuvering a snowboard requires strength and balance, making it an effective full-body workout. Core muscles, leg muscles, and even the smaller stabilizing muscles get a workout, contributing to overall physical fitness.
- 3. Stress Relief:** The invigorating experience of riding down the slopes and breathing in the crisp winter air can have a profound impact on mental well-being. Snowboarding allows individuals to disconnect from daily stressors and enjoy the present moment.
- 4. Community and Social Interaction:** World Snowboard Day is not just about the sport; it's also an opportunity to connect with fellow enthusiasts. Whether you're shredding the slopes with friends or making new connections in the snowboarding community, the social aspect enhances the overall experience.



WINTER BREAK

END OF SEMESTER & HOURS OF OPERATION CHANGES



As the fall academic semester concludes at the University at Buffalo, it's time to embrace the Winter Break and reflect on our accomplishments. Starting December 12th, Recreation will adjust its hours and experience intermittent closures for the holidays.

This Winter Break, prioritize self-care and enjoy quality time with family and friends. Take advantage of the modified Recreation schedule to engage in activities that bring joy and relaxation. Cherish the moments, recharge, and reflect on the successes of the past semester.

For those eager to stay academically engaged during the break, the opportunity to **enroll in Recreation academic (REC) courses** for the upcoming spring semester is still available. Through the HUB, UB students can access a range of courses that not only contribute to their overall well-being but also enhance their academic experience. It's a chance to pursue interests, develop new skills, and maintain a balanced lifestyle.

As we bid farewell to the fall semester, let's make the most of this Winter Break—wishing the UB community a restful and rejuvenating holiday season!



COLOR ME!



Play Basketball Day

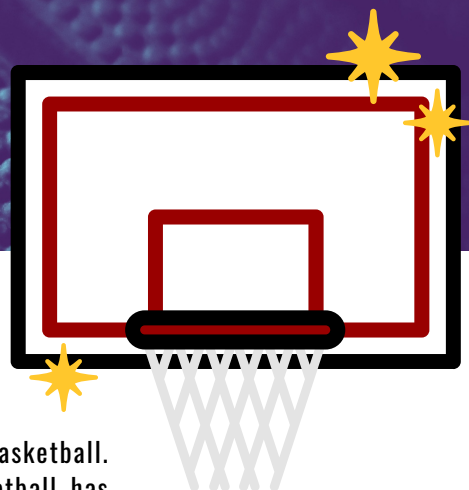
SATURDAY, 12/2/2023

In the realm of sports, few activities unite people across the globe quite like basketball. With its fast-paced nature, strategic gameplay, and electrifying moments, basketball has become more than just a sport—it's a cultural phenomenon. Basketball, born in the winter of 1891 in a gymnasium in Springfield, Massachusetts, has come a long way since its inception. Conceived by Dr. James Naismith, the game was initially designed to keep his students physically active indoors during the cold New England winters. Little did he know that he was crafting a sport that would capture the hearts of millions worldwide.

Basketball has transcended borders and cultures, earning its place as one of the most popular sports worldwide. From the bustling streets of New York City to the courts in Beijing, basketball's universal appeal continues to grow. The National Basketball Association (NBA) stands as a powerhouse in the world of professional sports, boasting a fan base that spans continents. The league showcases incredible talent, fostering a sense of awe and inspiration among aspiring players. Basketball has been an Olympic sport since 1936, providing athletes with the opportunity to represent their countries on the world stage. The Olympic basketball tournament has witnessed legendary moments and has become a symbol of international sportsmanship.

Beyond the professional realm, basketball plays a pivotal role in the lives of college students. Engaging in basketball provides an excellent avenue for students to stay physically active. The fast-paced nature of the game ensures a cardiovascular workout, promoting overall health and well-being. Basketball is a team sport that fosters camaraderie and teamwork. College students who participate in basketball leagues or pick-up games often develop strong social connections, creating a sense of community on campus. College life can be demanding, and students often find solace on the basketball court. Playing the game offers an effective outlet for stress relief, allowing individuals to unwind and recharge amidst the pressures of academics. Beyond the physical benefits, basketball enhances various skills such as communication, decision-making, and strategic thinking. These skills are not only valuable on the court but also translate into success in academic and professional pursuits.

All of this to say, if you're not already taking advantage of Open REC: Basketball, it's time to get in the game!





WINTER WORDSEARCH



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WINTER
SNOWSTORM
SLED
QUILT
FIREWOOD
BLIZZARD
SLEET

WIND
SNOWMAN
SKI
PINECONE
GLOVES
FEBRUARY
REINDEER

BLANKET
TOBOGGAN
SNOWFLAKE
SKATE
MITTENS
GINGERBREAD
ICICLE

EVERGREEN
SWEATER
SNEEZE
SHIVER
JANUARY
FROST
FLANNEL
BOOTS

EGGNOG
SOCKS
SLUSH
SCARF
JACKET
FLURRIES
EARMUFFS
SHOVEL

