HAVERFORD COLLEGE
Fall PHYS-ED OFFERINGS
Tuesday, September 5th – Friday, October 13th 2017

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 freshman year.** 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 in your log to the Fitness Center. At this time the instructor 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

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, Tuesday, September 5th at 4:00 pm

Running, Training & Techniques

Self-paced running, walking, jogging

**Initial meeting with Tom Donnelly (tdonell@haverford.edu)**

Lobby of GIAC Building, Wednesday, September 6th at 4:30 pm

INSTRUCTIONAL

Aerobics

Classes will be held Tuesday and Thursday from 4:15 to 5:30 pm

Multi-Purpose Room, 2nd Floor in the GIAC Building

Contact: Meg Etskovitz (megaerobics@aol.com)

Fencing (Beginner)

Classes will be held on Monday and Friday at 4:15-5:30 pm

Fencing Room, 2nd Floor in the GIAC Building

Contact: Coach Chris Spencer (cspencer@haverford.edu)

Enrollment is limited to 20 students! Tennis shoes required!

Haverfarm

Class is held on Monday and Wednesday from 4:15-5:45pm

Participants 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: Jahzara Heredia (jheredia@haverford.edu)

Enrollment is limited to 10 students for each session!
**Intro to Fitness (Mandatory to Fulfill PE Requirement)**
Classes are held 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*

**MONDAY and THURSDAY** (students must attend both days to receive credit)
FIT – (A) Monday 5:15-6:00 pm and Thursday 6:15-7:00 pm
Instructor: Nat Ballenberg
*Please note the class times are different on Mondays and Thursdays.*

FIT – (B) Monday 6:15-7:00 pm and Thursday 7:15-8:00 pm
Instructor: Nat Ballenberg
*Please note the class times are different on Mondays and Thursdays.*

**FRIDAY**
FIT – (C) Friday only 11:30-1:00 pm
Instructor: Cory Walts

**Martial Arts/Street Self Defense**
Classes will be held on Monday and Friday from 5:30-7:30 pm and Wednesday 5:30-6:30 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contacts: Sarah Daguido (sdaguido@haverford.edu), Gavriel Kleinwaks (gavrikelkleinwaks@haverford.edu) and Divesh Otwani (dotwani@haverford.edu)

**Women’s Self Defense Class**
Classes will be held on Tuesday evenings from 5:30-7:00 pm
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)

**Pilates/Core/Stretch**
Classes will be held on Monday and Wednesday from 4:15-5:30 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
This class focuses on core muscles -- the complex of muscles that stabilize the spine -- for improved balance, posture, strength, and flexibility.
Contact: Anhara Disko, (adisko@haverford.edu)

**Squash (all levels to include beginner)**
Classes will be held on Tuesday and Thursday 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 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 the location for Sundays 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).

Volleyball
Practices and games take place in the GIAC's Gooding Arena on Thursdays 6:30-8:00pm and Sundays 4:00-5:30pm. 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).

CLUBS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Morgan Chien-Hale (mchienhale@haverford.edu), Cecilia Zhou (czhou@haverford.edu) and Shucheng Guo (sguo3@haverford.edu)

Crew (M/W)
Contact Email: (haverford.crew@gmail.com)
Male Captains: Winn Koster (wkoster@haverford.edu) and Noah Tsao (ntsao@haverford.edu)
Female Captains: Amanda Benoliel (abenoliel@haverford.edu) and Pamela Gonzalez (pgonzalez1@haverford.edu)

Golf (M/W)
Captains: Ryan Dukarm (rdukarm@haverford.edu)

Men’s Rugby
Captains: Michael Bueno (mbueno@haverford.edu), Matt Jablonski (mjablonski@haverford.edu) and Ricky Sanchez (rspanchz@haverford.edu)

Men’s Soccer
Captains: Jared Collina (jcollina@haverford.edu), Eli Cain (ecain@haverford.edu) and George O’Hara (gohara@haverford.edu)

Women’s Soccer
Captains: Feven Gezahegn (fgezahegn@haverford.edu), Jami LaRue (jlarue@haverford.edu) and Sophie Frank (sfrank@haverford.edu)

Men’s Ultimate Frisbee
Captains: Alden Daniel (atdaniel@haverford.edu), Lucas Richie (lrichie@haverford.edu) and Daniel Sax (dsax@haverford.edu)

Women’s Ultimate Frisbee
Captains: Nava Kidon (nkidon@haverford.edu), Susan Kelly (sikelly@haverford.edu), Marilee Oldstone-Moore (moldstonem@haverford.edu) and Molly Strange (mstrange@brynmawr.edu)
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 Captains: Mercedes Aponte (maponte@brynmawr.edu) and Sydney Huff (shuff@brynmawr.edu)

VARSITY INTERCOLLEGIATE FALL SPORTS
*Students are registered by their coach

Team – Head Coach
Women’s Soccer – Jamie Schneck
Men’s Soccer – Shane Rineer
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 – Erin Brooks
Baseball – Dave Beccaria
Women’s Tennis – Arik Zeevy
Men’s Tennis – Sean Sloane
Women’s Lacrosse – Lauren Wray
Men’s Lacrosse – Brendan Dawson
Co-Ed Cricket – Kamran Khan