

# Physical Development

## Brotherhood Events

- Workout partnerships have developed with the fraternity. Members have been holding each other accountable for eating right and working out.
- Use physical activity to build brotherhood.
- Members have developed programs where they work out together, go play basketball or volleyball together, or go running.
- Physical activities such as flag football, capture the flag, and paintball are incorporated into our Pledge/Membership Retreat that we hold each semester at an alumni ranch at Afton, Texas.
- Have a physical activity during house retreats.
- Support our brothers in activities they choose to participate in.
- We continued in-house tournaments and games for basketball, football, whiffleball, ping-pong, pool, and golf.
- Certain days were designed as rec nights. Members were encouraged to go to the rec with their room or “family” and compete in a specific sport.

## Programs

- After an incident of poor sportsmanship occurred at an Intramural Basketball game in February, 2002 the chapter took the initiative to implement the “Sportsmen on Campus” policy. This policy was designed to repair our reputation and relationship with Intramural Department members, referees, and the entire campus community.
- Every member be involved in at least two intramural sports.
- Participate in community service activities that help build members physically.
- Encourage members to take US weight-training classes to better themselves physically and also provide instruction to their brothers.
- Started a weekend golf league.

## **Physical Development**

- The “FH Money Press” was initiated where we give the sports rep money (ex. \$100) and money returned to us every time that we do physical activity (i.e. \$5/activity). The members can earn money back by going to the gym, playing squash, badminton, swimming, etc. Intermurals are excluded from the money press.

### **House Environments**

- Maintain a close relationship between the cook and steward in planning meals.
- Salad and Fruit Bar were made available at every meal.
- Initiate a living area quiet hours policy, realizing the importance of sleep to our physical well being.