

Category 12: Physical Development
Troy University Chapter
2010 Chapter Programming Awards

At the Troy University Chapter of FarmHouse, part of our ongoing efforts are to build the whole man, the Troy University Chapter holds physical development as an essential part of our development as brothers of FarmHouse.

Goals:

1. To encourage working out and provide physical activity for brothers

- One way we have encouraged working out is by continuing our workout group program. Generally, the workout groups choose themselves, but if a brother has a problem finding him one, the athletics chair will place him in one that he can fit into.
- Allowing brothers to announce game times and other physical activities during the meetings is another way to encourage physical development. These announcements let each brother know when and where there will be other brothers playing said sport (i.e. soccer, football, basketball).
- Another way we encourage physical development is by providing at least one sport at Brotherhood retreats. This encourages attendance and also gives the less-athletic members a chance to participate.

2. To continue to place high in all intramural sports

- Our chapter's Athletic Chairman stays on top of all intramural sporting events throughout the year. We have finished at the top in all of the intramurals sports on campus and it was our goal to continue competing at such a high level.
- By entering a FarmHouse Team in every intramural sport, we increase the chances of winning the All-Sports Challenge. During each major season (Flag Football, Basketball, and Softball) we hold regular practices, and compete in scheduled games. There are also smaller, one-day events in which we take part.
- Our chapter also enters many additional teams in every intramural sports season, which allows all of our brothers who wish to compete in these physical activities, the chance to do so. These additional teams do not count for All-Sports, but is a great way for our brothers to be involved physically.
- For the last three out of four years, we have defeated all other fraternities in the Troy University All-Sports Challenge. This is a year-long competition that adds together all the points earned for winning and placing in each athletic event. We feel that this is an excellent payoff for all the hard work we put in.

3. To continue our dominance in Greek Week

- Each spring, Greek Week is held with many different events, ending with an overall winner. At Troy University, we have a Greek Week chairman who attends all Greek Week meetings, getting all of the events, times and days for us. It is essential that we have the "right" brother competing in each event. We hold small tryouts for these positions to ensure that we have the "right" brother competing in the event.
- These events include a golf match, 3-point basketball shootout, volleyball, brain busters, football toss, and field games (tug-o-war, three legged race, etc.). For the last 3 of the last 4 years we have placed 1st in Greek Week.

4. To continue holding our "Physical Challenge Day"

- For the past year and a half, we have held a physical challenge day during which all New Members and brothers participate in a day full of activities such as Flag Football, basketball, Ultimate Frisbee, and running.
- This day is a great way to get brothers involved in physical activities and serves to encourage New Members to further their physical development.