



PHYSICAL DEVELOPMENT

- Goal #1:** To improve the amount of attention given to physical health, a key to the four-fold
- Strategy:** During spring semester
- Write a by-law change establishing a **physical committee** since it was the only four-fold without a designated committee **(NEW)**
 - Present and discuss the change at a regular chapter meeting
- Outcome:** By-law change passed. It reads: *It shall be the duty of the Physical Committee to gather and share information about intramural sports, create awareness and opportunities for other physical activities, and provide the opportunity to improve the overall health of the men of the house. There shall be two appointed chairmen.*
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- Goal #2:** To make opportunities available for each member to participate in at least two intramurals
- Strategy:** Throughout the entire fall and spring semester
- Announce intramurals at chapter meeting, place the schedule on the meeting, agenda, and send frequent e-mail with updates.
 - Compile list of each member's intramural participation
- Outcome:** 90% of the house participated in two intramurals. See attached list.
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- Goal #3:** To increase chapter-wide knowledge of health and wellness by providing weekly health tip
- Strategy:** Throughout the entire fall and spring semester **(NEW)**
- Researched health tips online and in magazines
 - Post a calendar with daily health tips on kitchen refrigerator
 - Include weekly tips on the chapter meeting agenda and briefly address to chapter
- Outcome:** Weekly health tips have been successful at gaining the attention of members. One outcome has been an increase in the availability and consumption of fresh fruit and yogurt. See attachments for excerpt from agenda and refrigerator postings.
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- Goal #4:** To strengthen accountability by posting a weekly running sheet in a public place. **(NEW)**
- Strategy:** Throughout the entire fall and spring semester
- Create a running schedule for a week at a time
 - Post sheet in the mail room
 - Remind members at chapter meeting to sign up for running times to encourage members with lesser motivation
- Outcome:** Was not as successful as we had hoped. Consistently had runners signing up every week, but did not really increase the participation of non-runners.
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- Goal #5:** To provide adequate in-house fitness facilities by maintaining and improving our workout room
- Strategy:** On a routine basis
- Keep workout room and equipment clean and in good condition
 - Purchase new equipment
- Outcome:** Cleaned the room weekly. Purchased some medicine balls with money from our Mom's Club. The room is used regularly by 50% of the chapter members.



Last Name	First Name	Intramurals	Other Sports Activities
Allbee	Matt	Flag Football, Basketball, Dodgeball, Wrestling, Volleyball	Tennis, Running, Lifting
Allison	Drew	Flag Football, Dodgeball, Volleyball, Soccer, Broomball	Running, Lifting, Football, P90X, Skiing
Applegate	Luke	Broomball, Hockey	Running, Skiing, Motocross
Bartlett	Zach	Broomball	Going to the Rec
Belzer	Luke	Flag Football, Dodgeball, Hockey, Basketball, Bowl Pick 'Em, Softball, Co-Ed Softball	Running, Lifting, Basketball
Brown	Drew	Flag Football, Basketball, Dodgeball, Hockey, Broomball, Ultimate, Volleyball, Soccer	Running, Snowboarding
Budding	Ryan	Bowl Pick 'Em, Dodgeball	Muay Thai, Jiu Jitsu, MMA classes, Weight Training
Buehler	Barry	Curling, Broomball	Running, Lifting
Cord	Will	Dodgeball, Broomball, Basketball, Bowl Pick'em	Lifting
Cranston	Brett	Flag Football, Volleyball, Broomball, hockey	Basketball, Running
Crawford	Derek	Broomball, Softball, Ultimate Frisbee	Swimming, Lifting, Disk Golf
De Weerd	Devin	Flag football, Broomball, Bowl Pick 'Em, Basketball	Lifting, Football, Swimming, Soccer
Dick	Kyle	Broomball, Hockey, Ultimate Frisbee, Dodgeball, Softball	Lifting, Running, Swimming,
Ellefson	Benjamin	Broomball, Hockey, Ultimate Frisbee, Dodgeball, Softball, Flag Football, Volleyball, Basketball	Running, P90X, Snowboarding
Feller	Andrew	NCAA Bowl Pick 'em, Ice Hockey, Slow Pitch Softball, Volleyball, Broomball	Running, Snowboarding
Fisher	Andrew	Flag Football, Broomball, Basketball, Hockey	Lifting, Snowboarding
Flick	Gabe	Curling	Jogging, Skiing, White Water Rafting
Flynn	Layton	Basketball, Football, Broomball, Hockey, Dodgeball, Volleyball	Going to Rec, Running, Lifting
Frank	William	Broomball	SAE International: BAJA team, lifting, Biking
Gregg	Gary	Curling, Foosball, Hockey, Broomball, Softball	Football
Hable	Robert	Flag Football, Hockey, Softball, Broomball, Volleyball, Dodgeball	Softball, Ultimate Frisbee
Halbur	Adam	Softball, Broomball, Flag Football	Snowboarding, Hunting, Water Skiing
Halbur	Zachary	Wrestling, Broomballs	Running, Lifting, Triathlon
Hancock	Kevin	Soccer, NCAA Bowl Pick'em	Raquetball
Hayek	Micah	Sand Volleyball	Weight Training, Running
Helling	Ryan	Basketball, Flag Football, NCAA Bowl Pick'em, Ping Pong, Broomball	Volleyball, Going to Rec
Henry	Scott	Basketball, Dodgeball	ISU Women's Scout Team, P90X, Skiing
Hill	Josh	Flag Football, Basketball, Ultimate, Volleyball, NCAA Bowl Pick'em, Broomball	Running, Biking, Ice Skating, Swimming
Hoben	Dakota	Flag Football, Ultimate Frisbee	ISU Women's Scout Team, lifting, basketball league
Hunt	Ben	Flag Football, Ultimate Frisbee	Climbing Tall Trees
Huston	Johnathan	Curling, Broomball, Flag Football, Badminton, NCAA Bowl Pick'em, Racquetball, Dodgeball, NCAA Basketball Pick-em, Hearts Card Tournament	Lifting, Racing
Johnson	Brock		Disc Golf, Snowboarding, Racquetball

Johnson	Scott	Hockey, Bowl Pick'em, Basketball Pick'em	Golf, Skiing
Jones	Tyler	Flag Football, Dodgeball, Broomball, Hockey, NCAA Bowl Pick'em, Cross Country Race	Running, Skiing, Ab Ripper X, Basketball, Soccer, Softball, Ultimate Frisbee, Pond Hockey, Biking, Football, Golf
Judd	Colin	Flag Football, Basketball, Dodgeball, Softball, Hockey, Broomball, Ultimate, Volleyball, Soccer	Running, Pick-Up Soccer with ISU Club Team, Snowboarding, Lifting, P90X, Pond Hockey
Kai	Tyler	Ultimate Frisbee, Flag Football	Sand Volleyball, Football, Disc Golf, Rec Basketball
Kempff	Jon	Team Bowling	Ultimate Frisbee, Sand Volleyball, Disk Golf, Golf
Kobal	Chad	Flag Football, Broomball, Volleyball, Dodgeball, Hockey, Basketball, Ultimate Frisbee	Basketball, Lifting, Ab Ripper X, Racket Ball, Creaming
Kolker	Jake	Flag Football, Broomball, Volleyball, Softball	Lifting, Running, Golf
Lacina	Derek	Broomball, Ultimate Frisbee, Soccer, Softball	Weight Training, Snowboarding, Swimming
Lindemann	Colton	Broom Ball, Flag Football, Bowl Pick'em, Hockey, Dodge Ball	Volleyball, Basketball, Soccer, Lifting, Running
Magill	James	Slow Pitch Softball, Broomball	Military Science
Magruder	Joel	Football, Dodgeball, Basketball	Basketball, Going to Rec, Golf, Lifting
McCants	Kevin	Flag Football, Broom Ball, Hockey	Volleyball, Lifting
McDermott	Mitch	Basketball, Broomball, Curling	Running
Michaud	Andrew	Football, Hockey	Men's Basketball Manager
Miller	Adam	Wrestling	Going to Rec
Mootz	Tyler	Ultimate Frisbee	Lifting
Morrison	David	Broomball, NCAA Bowl Pick 'Em, NCAA Basketball Pick 'Em	Lifting
Murphy	Daniel	Wrestling, Broomball, Curling	Kettle Bell workouts, Going to Rec, Running, Biking, Swimming
Ndavinzeze	Innocent	Flag Football, Hockey, Bowl Pick-em, Broomball	Lifting, Basketball
Nelson	Mark	Basketball	Going to Rec
Olsen	Jon	Flag Football, Volleyball, Bowl Pick 'Em, Hockey, Basketball	Weight Training
Olsen	Chris	Ice Hockey, Wrestling, Slow Pitch Softball, Broomball	Running, Lifting, Hunting
Olsen	Jared	Volleyball, Softball, Broomball	Tennis, Golf, Raquetball, Badminton, Hunting
Parrott	Eric	Soccer	Running, Sand Volleyball
Penney	Kyle	Broomball	Guild of Wargames and Roleplaying
Peyton	Kevin	Broomball	Country Dancing, Sand Volleyball
Pierce	Justin	Volleyball, Basketball, Football, Dodgeball	Going to Rec, Sand Volleyball
Powers	Luke		Swimming
Pringnitz	Andy	Basketball, Broomball, Football	Lifting, Running
Rankin	Casey	Curling, Broomball, Hockey, Softball	Lifting, Football, Hunting
Salmons	Dustin	Wrestling, Football, Broomball, Bowling	Slow Pitch Softball
Schloerke	Barret	Ice Hockey, Raquetball, Volleyball	Power Lifting, Hip Hop Dancing
Schmelzer	Evan	Ultimate Frisbee, Broomball, Hockey, Dodgeball, Volleyball, Co-ed Volleyball, Co-ed Broomball	Snowboarding, Sand Volleyball, Disc Golf, Wakesurfing, Wakeboarding, Tennis
Schmidt	Benjamin	Wrestling, Football, Bowling, Broomball, Softball, Volleyball	Running, Dancing
Schmidt	Sam	Wrestling, Hockey, Broomball, Curling	Rugby, Lifting, Running
Schott	Austin	Broomball, Ultimate Frisbee	Running
Schroeder	Ryan	Hockey	Running
Seibert	Jesse	Flag Football, Bowl Pickem, Volleyball, Broomball	Running, Basketball, Golf, Lifting, Motocross

Sheyko	Matt	Dodgeball, Football, Basketball	Running, Lifting
Skarshaug	Matt	Wrestling, Ice Hockey, Dodge Ball, Flag Football	Running, Basketball, Marathons, Waterskiing, Snowskiing
Tobin	Zachary	Broomball, Flag Football, Hockey, Soccer, Softball, Ultimate Frisbee	lifting, skating, volleyball, skiing
Trost	Mark	Broomball, Softball	Running, Lifting
Trpkosh	Joe	Volleyball	Running, Lifting
Uthoff	Jordan	Wrestling	Creaming, ATV Aerobics, Lifting
Venner	Jake	Broomball, Dodgeball, Softball, Flag Football, Hockey, Bowl	Running
Vincent	William	Pick 'Em, Foosball, Curling	Running, Lifting, Lacrosse
Voils	Kyle	Flag Football, Hockey, Broomball, Curling, Dodgeball	Army ROTC
Weinert	Steven	Football, Broomball	Lifting
Wheat	Jason	Flag Football	Running
Wheatley	Dustin	Broomball, Dodgeball, Ice Hockey	Lifting, Running, Snowboarding
Williams	Aaron	Flag Football, Curling, Broomball, Dodgeball, Ice Hockey, Basketball, Coed Broomball, Slow Pitch Softball	Lifting, Basketball, Skiing
Wink	Andy	NCAA Bowl Pick 'Em	Sand Volleyball
Witzel	Nate	Football, Dodgeball, Broomball, Hockey	Going to the Rec, Lifting
Zinnel	Paul	Football, Basketball, Broomball	Strength Training, Endurance and Agility workouts

Excerpt from the 4th Meeting of Fall 2010 Semester

Appointed Officer Reports:

Chaplain – Tyler Kai & Scott Henry

- Praise & Prayer

Dad's Weekend – Sam Schmidt

- **Moved to November 20th**

Physical – Matt Allbee

- Badminton Singles and Adventure Race intramural sign-ups end this Wednesday, September 15.
- New Intramurals to sign up for are: Team Bowling and Cross Country Race
- **Health tip of the week:**

EAT BREAKFAST! Start your day off right with a good meal when you get up. Whether you're rolling out of bed at noon or up at the crack of dawn for class, make sure you start your day with a balanced, healthy meal.

Service – Micah Hayek

- Sign up for service Sunday, Sept 26. Tearing down art fest downtown Ames 5pm-...
- Feed Elijah

Philanthropy – Andy Pringnitz & Jake Kolker

- Sign-up sheet for working
- Hang flyers
- Wear T-shirts on Wednesday
- Keep selling tickets! Let's set a new record

Public Relations – Mitch McDermott

- Send Mitch Pictures of recent FH events
- Working on Ruby Cup Article
- Talk to everyone about Burritoville
- Fill out Star and Pearl Ceremony Article info

Song Chairs – Kevin Hancock & Ryan Schroeder & Tyler Mootz

Computer & Web – Luke Applegate & Barret Schloerke



A picture of a calendar that was posted monthly on the kitchen refrigerator to encourage wellness among the members

A sample of a health tip members may find taped to the kitchen refrigerator.

Five tips

Spotts' five biggest tips to improve wellness right away:

- Get enough sleep — that's the biggest factor.
- Don't skip breakfast — it gives you energy for the day.
- Exercise when stressed — it makes you feel better.
- Set personal goals — it's the best way to stay motivated.
- Stick to your goals — accomplish the short term before the long term.

Information like this was gathered to post or print in the weekly meeting agenda to encourage healthy living among the members.

Top 10 Suggestions for Healthy Living At School

by MBJ Staff

Published: November 2, 2009

1. Snooze or lose — Going from sleeping in at home on the weekends (till, oh, two in the afternoon?) to pulling all-nighters at college, fueled by coffee or Red Bull, really wreaks havoc on your mental well-being. There's lots to do in college — so remember: eight hours of sleep a night is optimal for good mental health.

2. Food is fuel — Food is the energy source for both the body and the brain. "Garbage in/garbage out" definitely applies. Not only can the wrong food choices haunt you by hanging around the waistline, they can make you sluggish and more susceptible to catching whatever virus or other illness currently lurking around the campus.

3. Reach out and touch someone — No, not the cute co-ed who's the girlfriend of the team's biggest defensive end. We're talking about staying in touch with family and friends, and also creating a support network of people like you — other students that share your interests, like your major or your love of cross-country running or even of that co-ed with the Hulk for a boyfriend. Having someone to talk to about what you are going through will help you realize you are NOT alone.

4. Work it, baby! — A jammin' fitness center with cute instructors and students moving to hot club tunes may be more fun than an expensive night out on the town.

5. All work and no play... — It truly does make Jack a dull boy and it doesn't do much for Jill, either. Making time for fun is just as important as making time for other things — it's all a matter of creating a healthy balance in your life.

6. De-stress for success — Take a bubble bath (OK, maybe not in a dorm room). Go for a long walk. Hit a yoga class. Call your mom. Figure out what you need to do to manage your stress and then DO IT.

7. Just say no — Don't give in to the temptation to use alcohol or drugs to manage stress, or think that it's the way to have a good time. It's a dangerous trap to fall into.

8. Time management — Staying organized and keeping a schedule will do a lot to keep you from feeling and becoming overwhelmed. So whether it's a Daytimer, dry-erase board, Palm Pilot or old-fashioned calendar, get a good organizational tool and use it!

9. Know your limits — Juggle a heavy academic load with a job, college athletics, Greek life and a myriad of other extra-curricular activities and it could all come crashing down on you. Don't try to do too much, especially your first year.

10. When all else fails... — When you realize you just can't deal with it yourself, don't be afraid to get some outside help. If you are depressed or suicidal, get help right away from any of the above sources, or check the Yellow Pages under "Crisis Intervention," "Suicide Prevention," "Mental Health," "Health," "Social Services," "Hospitals" or "Physicians."



The men found a pond through Story County Conservation, prepared it and enjoyed an evening of Pond Hockey. It was so much fun they went back the next day.

During Christmas break, 25 of the men traveling to Colorado to ski for four days