The Dillon Pool reopened on Friday, June 17. The temporary closure of the pool allowed us to continue fire code upgrades and install stair rails. We were also able to empty and clean the pool and pool deck as well as paint the ceiling.

The Dillon Gym A-Level Renovation is well underway. The temporary locker rooms will be available throughout the summer, allowing the renovation to continue.

Thanks for your patience during our renovation. We look forward to an improved Dillon Gym, benefitting all patrons!

Please feel free to contact David Leach (dleach@princeton.edu) with any questions, comments or concerns that you may have.

Please be advised that Dillon Gym will be closed from August 15 to 19 for our annual summer facility shutdown. This downtime provides us with the opportunity for building-wide maintenance and intense cleaning as we prep for the upcoming academic year.

Several projects have already been scheduled, including a thorough scrubbing of floors/carpet; a systematic cleaning of the HVAC ducts in the Stephens Fitness Center; painting throughout the building; and a major extraction and installation of fitness equipment (as detailed below).

Near the end of the spring semester, we replaced the two Schwinn AirDynes in the Cardio Annex with two Assault Air Bikes (from LifeCore Fitness). These bikes offer the same function as the AirDynes with an improved console and greater durability.

During the remainder of the year, we’ll be removing and replacing a considerable amount of fitness equipment. Because of the renovation to the A Level, the equipment project will be done in two phases.

Phase 1 will occur during shutdown week. During this phase, we’ll be getting 20 new treadmills (from Life Fitness) and two new Adaptive Motion Trainers (AMTs; from Precor). We’ll also be replacing the stretching mat in the Stephens Fitness Center. And the six 32-inch televisions that are in the cardio area will be replaced with six 49-inch televisions.

Phase 2 will occur during fall break. During this phase, we’ll be getting 14 new EFX ellipticals (from Precor). Ten of these will be for lower-body workouts and four will be for total-body workouts. The ellipticals will feature the latest ergonomic advances, including a converging footpath.
DILLON GYM

STAFF DEVELOPMENT

During the past spring semester, Campus Rec began offering a series of educational workshops to the Dillon Gym staff. These sessions — entitled the Staff Engagement Experience (SEE) — are intended to further the development of employees across all areas of Campus Rec. Each individual session provides staff with the opportunity to grow professionally and personally outside of expected job responsibilities, ultimately providing knowledge that would be both applicable to current roles within Campus Rec and future career success.

The first SEE Workshop — called “Help! Unsend! How to Send Emails You’ll Never Regret” — was held on March 25 and facilitated by John Weeren and Stephanie Whetstone from Princeton Writes. The focus of this session was email writing etiquette.

On April 22, Matt Frawley and Juli-anne Jensen from Career Services facilitated a second workshop called “Interview Confidence.” This session included helpful communication techniques learned through fun improvisational exercises.

The SEE Program will include additional sessions throughout the upcoming 2016-2017 academic year.

FITNESS CENTER

BENCH PRESS II: RECAP

The second bench press contest of the year was held in the fitness center on April 7. This was the 22nd time that we’ve hosted the event since 2003. There were 21 participants. Each person had to do as many reps as possible with their bodyweight (men) or half of their bodyweight (women).

Individual winners and their reps:

- Matthew Talarick (male faculty/staff; 14)
- Joseph Vella (male grad; 28)
- Raymond Han ’16 (male undergrad; 29)
- Lawren Smithline (male non-university; 18)
- Christine Twiname (female faculty/staff; 22)
- Amanda Cheong (female grad; 90)
- Emily Chang ’16 (female undergrad; 43)

NEW FITNESS RECORD: AMANDA CHEONG

During the bench press contest on April 7, Amanda Cheong GS set a new record for women, doing 90 reps with half of her bodyweight and no, that’s not a typo. Amanda totally crushed the previous record of 55 reps that was set by Kinder Noble ’06 “back in the day” on September 28, 2004.

Amanda was born and raised in Vancouver, Canada, where she paddled dragon boat competitively throughout high school and college. She won four gold medals with Team Canada at the 2011 International Dragon Boat Federation World Championships in the Under-23 Division and a gold and silver medal with One West at the 2012 Canadian National Dragon Boat Championships. In her spare time, Amanda coached youths and individuals with mental and physical disabilities in dragon boat and flatwater canoe/kayak.

Amanda trains at Crossfit Nassau along Route 1. Now (temporarily) “retired” from competitive paddling, she’s working on her PhD in Sociology and Social Policy.

Fun fact: Amanda got to carry the torch in her hometown for the 2010 Olympic Winter Games in Vancouver.

INDOOR TRIATHLON: RECAP

An Indoor Triathlon was held in the Stephens Fitness Center on April 21. This year, the event returned to an individual competition with a revamped format and two options: elite and sprint. Participants in the Elite Triathlon rowed 2,000 meters, biked 6.0 miles and ran 2.0 miles; participants in the Sprint Triathlon rowed 1,000 meters, biked 3.0 miles and ran 1.0 miles.

Individual winners and their performances:

**ELITE**

- Clayton Otter ’18 (male undergrad; 36:18)
- Christine Twiname (female faculty/staff; 54:38)
- Julia Wang ’17 (female undergrad; 60:00)

**SPRINT**

- Jose Mazarioges ’19 (male undergrad; 17:15)
The race for the Intramural (IM) Championships was extremely competitive for the 2015-16 academic year. The Woodrow Wilson School won the Overall Championship with a total of 2900 points. Our Overall Eating Club Championship was won by Cloister Inn with a total of 1843 points — the first time that Cloister Inn has won this title. The Overall Residential College Championship was awarded to Butler College with a total of 782 points. The last time that Butler has won this title was during the 2006-07 academic year.

As much fun as this past year was for the IM department, we’re looking forward to wiping the slate clean and starting over in September. We kick off our first IM competition for the Residential Colleges with “Clash of the Colleges” — our annual Freshman Orientation event — on Tuesday, September 13 from 8pm to 9pm in Dillon Gym. Come see the Class of 2020 show off how much school spirit they have and who will gain a competitive edge in the IM Point standings!

Pictured at right: Tomi Johnson ’16 accepting the Butler College Residential College IM Trophy.

**Summer Day Camp**

The Princeton University Summer Day Camp program began on Monday, June 20 and will run until Friday, August 12. We offer two main camp groups: The Junior Camp is for children entering grades 1 to 5 and the Senior Camp is for children entering grades 6 to 8.

The camper’s day will be filled with a variety of sports, games, arts and crafts and camp activities that will keep the campers active and engaged throughout the week. Each camp provides programs and trips for their specific grade level.

Registration and detailed information can be found at www.princeton.edu/campusrec/summer-camp.

**IM Point Standings for 2015-16**

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<th>COLLEGE/CLUB</th>
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<tr>
<td>WWS</td>
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<td>Cloister</td>
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<tr>
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**Residential College**

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<td>Mathey College</td>
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</table>

The rest of this year’s Top 10 (in order) are Minneapolis-St Paul-Bloomington (MN); Denver-Aurora-Lakewood (CO); Portland-Vancouver-Hillsboro (OR); San Francisco-Oakland-Hayward (CA); Seattle-Tacoma-Bellevue (WA); Boston-Cambridge-Newton (MA); Salt Lake City (UT); Hartford-West Hartford-East Hartford (CT); and San Diego-Carlsbad (CA).

Local rankings include Baltimore-Columbia-Towson (MD) at #17; New York-Newark-Jersey City (NY-NJ) at #22; and Philadelphia-Camden-Wilmington (PA-NJ-DE) at #24.

**Fittest Metro Areas in the US: 2016**

According to the American College of Sports Medicine (ACSM) AmeriFitness Index™, the fittest metropolitan area in the country in 2016 was Washington DC-Arlington-Alexandria (VA).
GROUP FITNESS

CAMPUS REC EXPO

This year’s Campus Rec Expo will be held in Dillon Gym on Wednesday, September 14 from 7pm to 9pm. The expo is open to Princeton University students, faculty, staff and members and features 30-minute demo classes, Club Sports, Intramurals, wellness screenings and MORE! Also available at the expo will be half-price punch cards (6-punch only).

Come explore all that Campus Rec has to offer!

FREE TRIAL WEEK OF CLASSES

We'll be offering a week of Group Fitness and Instructional Classes for free from September 19 to 25. The classes are open to all Princeton University students, faculty, staff and members. More than 60 classes will be offered at no cost and you can try as many as you like.

For more information, go to www.princeton.edu/campusrec or contact Kara at knitti@princeton.edu.

GROUP FITNESS CORNER

Group fitness classes run throughout the year. Summer classes include BodyPump, Zumba, Cycle, Yoga, Pilates, BodySculpt, CXWORX, Cycle & Sculpt and Wake-Up!

It’s always a good time to try a new class.

Registration is open for instructional classes from September 1 to 25. Included are Martial Arts, Racquet Sports, Yoga 101, Figure Skating and Dance.

PUNCH CARDS

Punch cards are required for all classes on the Group Fitness schedule. Cards are available for 6 ($40), 12 ($70), 24 ($95) and 36 ($115) punches.

The cards can be purchased online or at Dillon Gym. To buy online, go to www.princeton.edu/campusrec.

FEEDBACK

Your feedback on Group Fitness is very important. Please direct questions or comments to Kara Nitti at knitti@princeton.edu.

ONLINE RESOURCES

For a complete list of classes — including USG-sponsored classes — and free week schedule, to join the group fitness listserv or to purchase a punch card go to www.princeton.edu/campusrec.

SPORT CLUBS

HIGHLIGHTS

This spring ended on a high note for several of our Sport Clubs.

- Cycling competed in their National Championships. Although they didn’t place, the future looks bright for our freshmen and sophomore riders!
- Archery sent two competitors to Outdoor National Championships. Logan Lee ’16 and Shriya Sekhsaria ’18 earned All-East recognition and Logan earned All-American Honors. Well done!
- Women’s Rugby competed in the Collegiate Rugby Championship tournament in Philadelphia, making it to the quarterfinals. Way to go ladies!

WHO WE ARE

Princeton Sport Clubs are comprised of 37 teams, all of which are competitive and physical in nature. They compete in local, regional, and national competitions representing Princeton at its finest!