PATRON HIGHLIGHT: DEB GRANT

Deb Grant — who works as a storeroom attendant at the Lewis-Sigler Institute for Integrative Genomics — retired from bodybuilding 17 years ago. For the past five years, Deb turned her focus to powerlifting where she held the New Jersey state record in the bench press until December 2016.

She decided to return to bodybuilding and targeted the 2017 World Outgames — considered to be the Olympics for LGBTQ athletes — in Miami. To prepare, Deb did two years of intense training and hired a trainer to help with her posing technique and a choreographer to help with her posing routine.

Then disaster struck: The night before the games, she was told that the entire games were canceled due to “financial challenges.” But she still left for Miami, deciding that “a vacation is still a vacation.”

Just in case, Deb continued her rigid diet and practiced her posing routine. Fortunately, the city of South Beach rallied for the athletes and all but one sports event went on as scheduled.

There were originally 17 bodybuilders scheduled to participate in the competition. However, after hearing the news that the games would be canceled, most didn’t take part. In the end, there were six contestants: three from the US and one each from Thailand, Canada and Australia. Deb took home a gold medal, largely due to her posing routine.

Deb states, “Dillon has been instrumental in all of my competitive ventures.”

SHUTDOWN WEEK

Please be advised that Dillon Gym will be closed from August 14 to 18 for our annual summer facility shutdown. This downtime provides us with the opportunity to perform 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).

NEW FITNESS EQUIPMENT

The equipment in the fitness center is replaced on a regular basis. During April, we replaced 10 Olympic bars, two five-foot bars, two EZ curl bars and one thick bar (all from Intek) as well as the GX group exercise (spin) bike (from Life Fitness).

During this year’s shutdown week, we’ll be replacing much of the inventory in the lower (free-weight) level of the fitness center. This includes eight Olympic benches, four flat utility benches, three adjustable utility benches, one 75-degree bench, one decline abdominal bench, one back extension, one abdominal crunch, one seated bicep curl and two chin/dip/leg raise stations (all from Life Fitness). In the cardio area of the fitness center, we’ll be replacing three EFX ellipticals (from Precor), the VersaClimber and Viper (rope-climbing machine). The new ellipticals (pictured at left) will be for total-body workouts and feature the latest ergonomic advances, including a converging footpath.

IN THIS ISSUE . . .

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dillon Gym</td>
<td>2</td>
</tr>
<tr>
<td>Fitness Center</td>
<td>2</td>
</tr>
<tr>
<td>Intramurals</td>
<td>3</td>
</tr>
<tr>
<td>Sport Clubs</td>
<td>4</td>
</tr>
<tr>
<td>Group Fitness</td>
<td>4</td>
</tr>
</tbody>
</table>

VISIT US AT http://campusrec.princeton.edu
2017-18 FACILITY MEMBERSHIPS

New facility memberships will go on sale on Saturday, July 1. The dates for the memberships will be July 1, 2017 to June 30, 2018 to coincide with the fiscal year. Memberships will be sold only at Dillon Gym or online (http://campusrec.princeton.edu). After purchasing a membership, your university ID will be programmed to serve as your permit card. Payroll deductions are available for full-year memberships.

STAFF DEVELOPMENT

Over the course of the past academic year, Campus Rec continued to offer a series of co-curricular workshops — entitled the Staff Engagement Experience (SEE) — to the Dillon Gym staff. These educational sessions are intended to further the development of our employees across all areas of Campus Rec. Each individual session provides staff with the opportunity to grow professionally and personally outside of their expected job responsibilities, ultimately providing knowledge that would be applicable to their current roles within Campus Rec as well as their future career success.

The fall SEE Workshop — called "Cognitive Diversity" — was held on October 14 and facilitated by DA Graham, Vice President and Global Leader at Nielson Company (NY). The focus of this session was diversity and inclusion.

On March 27, Viviana Siles, a graduate student from Rutgers University who was here doing her field experience, facilitated a workshop called “Digital Footprints.” This session included helpful techniques to improve your professional online portfolio.

The SEE Program will include additional sessions throughout the upcoming 2017-18 academic year.

FITNESS CENTER

BENCH PRESS II: RECAP

The second bench press contest of the year was held in the fitness center on April 13. This was the 24th time that we’ve hosted the event since 2003. There were 18 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; 17)
- Eric Emdee (male grad; 24)
- Timothy Tang ’20 (male undergrad; 20)
- Lawren Smithline (male non-university; 19)
- Deborah Grant (female faculty/staff; 26)
- Sarah Lurie ’17 (female undergrad; 45)

HEALTH AND WELLNESS FAIR

Campus Rec hosted a table at the Health and Wellness Fair that was held on May 17 in Dillon Gym. From 10am to 2:30pm, we administered a total of 147 tests to eager attendees; that’s one test every 27.5 seconds . . . for 4.5 hours! The best grips among females were Laura Carlson FS and Naomie Myers FS with 90.4 pounds; among males, the leader was Anthony Woodroffe FS with 165.3 pounds. Clearly, all three of them have a grip.

INDOOR TRIATHLON: RECAP

An Indoor Triathlon was held in the Stephens Fitness Center on April 27. This year’s event continued as an individual competition with 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. There were nine participants.

Individual winners and their performances:

ELITE

- Neil Marchesi (male faculty/staff; 44:21)
- Miguel Ruiz (male grad; 35:42)
- Ryan Yao ’20 (male undergrad; 43:08)

SPRINT

- Jose Mazariegos ’19 (male undergrad; 17:47)
- Ken Mischner (male non-university; 25:37)

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INTRAMURAL SPORTS WRAP-UP

We had another great year of competition for the 2016-17 Intramural (IM) Championship Trophies. For the first time since 1962-63 — when John F. Kennedy was the president of the United States — Cannon Club won the Overall Championship and Eating Club Championship with a total of 3020 points. The Overall Residential College Championship was awarded to Wilson College with a total of 506 points.

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 12 from 8pm to 9pm in Dillon Gym. Come see the Class of 2021 show off how much school spirit they have and who will gain a competitive edge in the IM point standings!

Pictured at right: Spencer Long ’18 and Adam Maleh ’17 accepting the Eating Club Championship Trophy on behalf of Cannon Club.

Pictured at left: Jane Blaugrund ’20 and Joseph Collins ’20, accepting the Overall Residential College Championship Trophy on behalf of Wilson College.

SUMMER DAY CAMP

The Princeton University Summer Day Camp program began on Monday, June 19 and will run until Friday, August 11. 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 them active and engaged throughout the week. Each camp provides programs and trips for their specific grade level.

IM POINT STANDINGS FOR 2016-17

<table>
<thead>
<tr>
<th>COLLEGE/CLUB</th>
<th>TOTAL POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannon</td>
<td>3020</td>
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<tr>
<td>WWS</td>
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<td>Cap &amp; Gown</td>
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<td>198</td>
</tr>
<tr>
<td>Butler College</td>
<td>103</td>
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<tr>
<td>Terrace</td>
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<td>Cottage</td>
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RESIDENTIAL COLLEGE | TOTAL POINTS
---------------------|--------------|
Wilson College        | 506          |
Rocky College         | 299          |
Forbes College        | 262          |
Mathe College         | 240          |
Whitman College       | 221          |
Butler College        | 113          |
GROUP FITNESS

INTRODUCING . . . FLEX PASS!

No more punch cards! Beginning on July 1, 2017, a Flex Pass or One-Time Class Pass will be required for all classes that are on the group fitness schedule.

Pricing and current schedules can be found at http://campusrec.princeton.edu or the Dillon Gym lobby front desk.

CAMPUS REC EXPO

This year’s Campus Rec Expo will be held in Dillon Gym on Wednesday, September 13 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!

Come explore all that Campus Rec has to offer!

FREE TRIAL MEMBERSHIPS AND CLASSES

For the first time, we’re offering a free trial membership during the summer for faculty and staff. From July 1 to 9, you’ll have access to the entire gym at no cost which will give you the opportunity to take it for a test drive without committing to a full-year membership. And from July 5 to 7, you can try a number of group fitness classes also at no cost, including Cycle, TRX, CXWORX, ZUMBA, Wake UP, Barre, BodySculpt, BodyPump and Pilates. A full schedule of classes is available in the Dillon Gym Lobby or at http://campusrec.princeton.edu.

Those faculty and staff who aren’t around during the summer will get another chance to use the gym for free in the fall. From September 18 to 24, you’ll have unfettered access to the entire gym. During this week, you’ll also be able to sample from a wide menu of group fitness and instructional classes for free. These classes are open to faculty, staff, students and members. More than 60 classes will be offered and you can try as many as you like.

GROUP FITNESS CORNER

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

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

Yoga at Dillon Gym is FREE for all Princeton University students. Just bring your PUID for entry.

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, to join the group fitness listserv or to purchase a Flex Pass go to http://campusrec.princeton.edu.