

HOW DO I FIND A TEAM FOR LEAGUES, EVENTS & TOURNAMENTS?

Please note:

While we continue to welcome the public to take part in our major events: Day of the Longboat, the Great Trek 8km Run & Relay, Lace Up for Kids, the UBC REC Tri Du, and Storm the Wall, only UBC students and UBC staff/faculty are eligible to participate in our leagues, tournaments and other events.

THERE ARE FOUR WAYS TO SIGN UP AS AN INDIVIDUAL:

1) ATTEND A FREE AGENT MEETING

A great way to meet other individual participants who are looking to get involved in the UBC REC team program, these meetings are held prior to the registration deadline in order to allow teams time to register before the league or event reaches its maximum capacity. You can expect to have a REC staff member guide you through the process of deciding on a team captain and completing the registration process. Although placement cannot be guaranteed we always try to ensure a positive UBC REC experience.

All meetings will be held at the Student Recreation Centre.

Fall League Sports Free Agent Meeting

Thu Sep 15 @ 5:00pm

Winter League Sports Free Agent Meeting

Tue Nov 29 @ 5:00pm

Day of the Longboat Free Agent Meeting

Mon Sep 19 @ 5:00pm

Storm the Wall Free Agent Meeting

Mon Mar 19 @ 5:00pm

2) SIGN UP AS A FREE AGENT

Go to www.rec.ubc.ca. Click the "UBC REC Participant Login" button and once you have created an account and logged in follow the link to "Players Looking for a Team." Click on "Sign up as a Free Agent." This will declare your interest in a particular sport to the team captains. There are always captains looking for individuals to fill spots on their roster. Alternatively, if you are willing to captain a team, you can use the free agent list to contact other players to fill your roster.

3) CONTACT YOUR REC REPRESENTATIVES

Students: Each unit (faculty, club, residence, fraternity, sorority) has a representative to help you find ways to participate. Ask your undergrad society, Residence Advisor, or member of your executive. Many units also have funds to partially subsidize your team. If you are having trouble finding out who your REC Rep is contact our Public Relations department at pr@rec.ubc.ca.

Staff: Ask your Human Resources representative for resources and ways to participate. Many departments also have funds to partially subsidize your participation.

4) CONTACT CAPTAINS DIRECTLY

By clicking on the "Scan Current List of Teams Who Need Players" link you can contact captains directly and let them know you are interested in joining their teams. Even if the registration deadline has passed it may not be too late as all leagues, events and tournaments allow for roster changes until the final roster deadline.



UBC STAFF/FACULTY PARTICIPATION

UBC REC has made it easier than ever to make your health and lifestyle a priority. Be sure to check out some of these great programs that work with the schedule of UBC staff/faculty.

EARLY MORNING YOGA - P. 10

Designed with staff and faculty in mind, this class will help you clear your thoughts before you are thrust into a busy work day. Use the calming effect of yoga to mentally prepare yourself for a day at UBC. These classes end early enough for you to fit in a shower and breakfast before you start work.

EXPRESS CLASSES - P. 14

No time to workout when you get off work? Then be sure to check out any of our "Express Classes." These classes are condensed, 50 minute classes designed to get you in and out during your lunch hour. Express classes are available for Yoga and Yoga Pilates Fusion. It's the perfect way to squeeze in a workout during your busy work day.

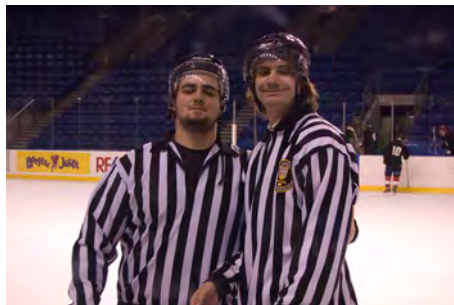
How Do I Get A Position With UBC REC?

Are you looking for a great way to be involved at the University? Whether it's a volunteer position, or a paid, part-time job, UBC REC helps hundreds of students stay connected. To find out what opportunities are available, check out UBC REC on the Careers Services web site (www.careers.ubc.ca). All UBC REC openings can be found by searching for "UBC REC."



VOLUNTEER STAFF

During the school year, over 130 volunteer student staff are involved in all facets of intramural programming. From marketing the intramural programs beforehand, to organizing each of the leagues, events, tournaments, and races, the UBC REC student volunteers are tireless in their efforts to provide their peers with the best possible UBC experience. There are many opportunities available throughout the year for a wide variety of volunteer positions including our Leagues and Events sectors, and our M-Sector, which includes our Marketing, Media, Sponsorship, Public Relations, Health Promotion, and The Point Departments. If you have a passion for recreation, UBC REC is the premier campus organization for gaining experience in the field.



LEAGUE OFFICIALS

UBC REC Leagues comprise one of the largest areas of the program, and as such employs over 200 officials every year. Many of the league sports, including basketball, volleyball, ice hockey, ball hockey, soccer/futsal, football, and dodgeball, require skilled, quality officials. For experienced officials or those familiar with the sport, officiating is a great way to remain in touch with the game while earning money. Additionally, UBC REC provides thorough training for those who are interested in becoming officials.

INSTRUCTORS & OUTDOOR PROGRAM LEADERS

Our instructional classes and outdoor rec program would not be possible without our skilled instructors and outdoor program leaders. With programs ranging from yoga to martial arts to hiking or trail running, UBC REC is a great avenue to share your talent.

OPERATIONS STAFF

If you have a passion for customer service and like working in a fast paced environment, Operations Staff handle all of the in-person registration and administer the drop-in program. At the front lines of UBC REC, Operations Staff gain valuable experience interacting with participants and have an extensive understanding of all the programs UBC REC offers.

EVENT DAY VOLUNTEERS

Many of the amazing events that UBC REC provides throughout the year could not happen without the assistance of event day volunteers from all over the community. These volunteer opportunities are a great way to connect with UBC REC and give back to the University. These exciting positions range from route marshals to aid-station attendants. Event day volunteers are a critical part of the positive experience that participants enjoy whenever they register for a UBC REC program.