Center for Activities, Recreation, and Leadership

Summer Orientation 2019
Richter Center

Must have your Bona ID to gain access to the Richter!
Club Sports

**Men’s Club Sports**
- Basketball
- Ice Hockey
- Lacrosse
- Rugby (Varsity Program)
- Soccer
- Volleyball
- Baseball
- Golf

**Women’s Club Sports**
- Lacrosse
- Rugby
- Soccer
- Volleyball
- Softball
- Basketball

**Co-Ed Club Sports**
- Ski Racing
- Running
- Field Hockey
- Racquetball
- Bowling
Club Sports

• Athletic trainer and training room available for club sport athletes

• In order to participate:
  • Medical Clearance Form
  • Registration/Waiver
  • Baseline Concussion Test
  • Club Sports Interest Meeting on Monday, August 26th at 7pm in Murphy Aud
<table>
<thead>
<tr>
<th>Club</th>
<th>SBU Registration Deadline</th>
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<tbody>
<tr>
<td>Men’s Rugby</td>
<td>August 13th and August 26th</td>
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<tr>
<td>Women’s Rugby</td>
<td>August 19th and August 26th</td>
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<tr>
<td>Women’s Soccer</td>
<td>August 26th</td>
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<tr>
<td>Men’s Soccer</td>
<td>August 26th</td>
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<tr>
<td>Co-Ed Field Hockey</td>
<td>August 26th</td>
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<tr>
<td>Baseball</td>
<td>August 30th</td>
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<tr>
<td>Softball</td>
<td>August 30th</td>
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<tr>
<td>Men’s Ice Hockey</td>
<td>August 30th</td>
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<tr>
<td>Co-Ed Racquetball</td>
<td>August 30th</td>
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<tr>
<td>Co-Ed Running</td>
<td>August 30th</td>
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<tr>
<td>Men’s Golf</td>
<td>September 6th</td>
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<tr>
<td>Co-Ed Bowling</td>
<td>September 6th</td>
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<tr>
<td>Men’s Basketball</td>
<td>October 1st</td>
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<tr>
<td>Women’s Basketball</td>
<td>October 1st</td>
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<tr>
<td>Men’s Lacrosse</td>
<td>October 1st</td>
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<tr>
<td>Women’s Lacrosse</td>
<td>October 1st</td>
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<tr>
<td>Men’s Volleyball</td>
<td>October 1st</td>
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<tr>
<td>Women’s Volleyball</td>
<td>October 1st</td>
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<tr>
<td>Co-Ed Ski Racing</td>
<td>November 8th</td>
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Intramurals

• Flag Football
• Basketball – 3v3, 5v5, Hot Shot Competitions, etc.
• Floor Hockey
• Soccer
• Volleyball
• Ultimate Frisbee
• Racquetball
• Dodgeball
And much more!
E-Sports

- 6 gaming PCs, 2 PS4s, 2 Nintendo Switches, 2 Xbox
- Open for all Bona students to use
- In process of starting a competitive E-Sports team
Student Clubs & Campus Activities Board

- Over 60 student clubs/organizations
- Club & Organization Fair on Wednesday, August 28th from 4-6pm, Hickey Dining Lawn
- Rathskeller Parties
- Bus Trips – NYC
- Interactive experiences for PRIZES
- Magic/Game Shows
- Sporting Events
- and...SO MUCH MORE!
Freshmen Leadership Program

- Year-long program
- Leadership development activities
- Team building exercises
- Workshops
- Networking events
- Student leadership panels

Complete Your Freshman leadership Program Application On My.Sbu.Edu!
Download these apps:

**SmartTraxx**—Track the Bona Bus on its routes on campus, in Allegany, or in Olean. Check my.sbu.edu for daily Bona Bus Schedule.

**ImLeagues**—Create an account to form your intramural team, be a free agent, and receive your intramural schedules.

**LfConnect**—Connects to our Life Fitness Equipment. Track your progress and create personalized workouts.

**Bonnies Connect**—Keep your Bonnies Connect app after orientation on your phone so you can see ALL of the events taking place on campus.
WHAT TO TAKE AWAY

• Find us in the Richter Center
• Club Sports interest meeting on 8/26 at 7:00pm
• Club Sports paperwork deadlines
• Club & Organization Fair on 8/28 from 4:00-6:00 pm
• Get involved
• Try something new
• Be a leader
• Be proud to be a Bonnie!
• Service & Spiritual Groups – Murphy 103
  • Fellowship of Christian Athletes, BonaResponds, Enactus, Bona Buddies, Warming House

• Athletics – Murphy AUD
  • NCAA, Club Sports, Intramurals, Cheerleading & Team Bona’s

• Leadership – Murphy 104
  • Student Government, Campus Activities, Freshman Leadership, Medical Emergency Response Team

• Art & Performance Groups – Murphy 105
  • Dance Team, Chattertons, Bonacoustics, Pep Band, Jazz Band, Chorus.

• Campus Media – Murphy 106
  • The BV Newspaper, 88.3 FM The Buzz, Intrepid, SBU TV

• Diversity & Multicultural Groups – Murphy 107
  • Black Student Union, Latin American Student Organization, Muslim Students & Allies, Spectrum, Asian Students in Action