



NOTE:

This document is specific to the
2000-2002 printed catalog.

AQUATIC CENTER

The CSUS Aquatic Center provides a high quality boating and safety program through education, recreation and competition. The center is a cooperative operation of the CSUS Associated Students, the University Union, the California Department of Boating and Waterways, and the California Department of Parks and Recreation. The center was established in 1981 and has provided instruction to thousands of students. The center offers university physical education classes, leisure classes, competitive teams, and a series of summer youth camps and other youth programs.

The center, established to augment the academic curriculum at CSUS, is open to students, faculty, staff, alumni of CSUS, and the general public. All students, faculty, staff, and alumni of CSUS receive a discount with their CSUS identification card on boat rentals and leisure classes.

The Aquatic Center is located at Highway 50 and Hazel Avenue on Lake Natoma next to Nimbus Dam. The Center houses a large fleet of rowing shells and wherries, sailboats, kayaks, canoes, windsurfers, jet skis, and competition water ski boats for educational and recreational purposes. On the Center's grounds are picnic tables, a sand volleyball court, barbecues, boat docks, and classrooms.

As the home of the CSUS women's intercollegiate rowing team, as well as the CSUS Men's Rowing Club, the CSUS Water Ski Team/Club, and the CSUS Sailing Club, the Center hosts an array of large rowing regattas and water ski tournaments every year. The Aquatic Center also hosts visiting international teams.

The Aquatic Center is developing as a showpiece aquatic facility. Call (916) 985-7239 to reach the Aquatic Center, or visit www.csusaquaticcenter.com.

ASSOCIATED STUDENTS, INC. (ASI)

Associated Students, Inc. (ASI) is a \$5.5 million non-profit corporation that serves as student government at CSUS. ASI also creates and operates programs to benefit the student community.

ASI is governed by a student Board of Directors, which is elected each spring. The Board is comprised of a president, executive vice president, vice president of finance, vice president of university affairs and directors representing each school on campus. The Board meets regularly through the Fall and Spring semesters. Students are encouraged to attend board meetings and address the board to ask questions. Each student representative is always available to help.

ASI offers students many ways to get involved. In addition to the election, there are more than 30 committees and work teams. Involvement in Associated Students, Inc. can provide valuable experience and important contacts for future careers.

The services ASI provides are numerous, from free legal aid to discount movie tickets. Programs operated by ASI are the Children's Center, the Aquatic Center, Peak Adventures, and KSSU, Safe Rides, and the Community Gardens. ASI also operates the Student Access Center (SAC) which is located on the main floor of the University Library. Housing, employment, and university services are just some of the topics students can find information about in the SAC.

ASI's programs include Green Thunder, CSUS and campus life boosters. To get involved, call (916) 278-GOGO. Through grants and contracts ASI provides financial support for athletics and many University programs. ASI's contract with Regional Transit allows students to ride RT buses free with a current CSUS ID card.

For information, visit the ASI offices on the third floor of the University Union or call (916) 278-6784.

INTERCOLLEGIATE ATHLETICS

California State University, Sacramento is committed to providing equal opportunities to men and women students in intercollegiate athletics. Approximately 400 students participate in the athletics program. Athletic scholarships are awarded to student-athletes in every sport.

Facilities on campus include Hornet Stadium, which houses Fred Anderson Field for football, and a superior track and field facility that was selected to host the U.S. Olympic Track & Field Trials in 2000. Hornet Gymnasium, newly renovated, seats approximately 1,000 for women's volleyball, basketball and gymnastics. Memorial Auditorium, in downtown Sacramento, is the competition site for men's basketball. The women's rowing team trains and competes at Lake Natoma, one of the top aquatics facilities in the country.

Student athletes are provided quality training and conditioning facilities. Three full-time athletic trainers are available daily to consult with and treat athletes. CSUS is home of one of the few accredited undergraduate athletic training programs in Northern California. Two full-time weight-training coaches provide excellent strength and conditioning programs for all athletes.

CSUS competes in the National Collegiate Athletic Association's (NCAA) Division I. CSUS is a member of the Big Sky Conference in the sports of football (IAA), women's volleyball, basketball, women's soccer, cross country, indoor track, outdoor track and field, tennis, and golf. The softball and baseball teams compete in the Big West Conference, while men's soccer is a member of the Mountain Pacific Sports Federation. Both women's gymnastics and women's rowing are Division I Independent.

Students interested in competing in an intercollegiate sport may contact the Department of Intercollegiate Athletics by calling (916) 278-6348 for a referral to the appropriate

head coach. While many athletes are recruited to the university prior to their enrollment, a number of the sport programs provide tryout opportunities for walk-on students.

More information about the CSUS athletics program is available on the department web page at www.hornetsports.com. All registered CSUS students are admitted free of charge to regular season home athletics events.

PEAK ADVENTURES

Peak Adventures is an outdoor education and recreation program which provides individuals and groups an opportunity to participate in all types of activities such as hiking, rock climbing, mountain biking, kayaking, skiing, and more. Our mission is to provide services that promote recreation, environmental awareness, safety, and a sense of community.

Team building tactics, problem solving, and enhanced self-awareness are benefits experienced by the many groups who utilize the Team Experience Challenge Course. A full-service bike shop, a retail section, and a outdoor gear rental service, all with student friendly prices, further compliment the Peak Adventures program.

Dedicated to providing recreational activities for both students and the general public, our guides are anxious to share their passion for adventure and their respect for the natural world. Visit Peak Adventures at the University Union, or call (916) 278-6321.

RECREATIONAL SPORTS

The CSUS Recreational Sports Program is part of the Student Activities Office, and is funded by Associated Students, Inc. Recreational Sports provides fitness, aquatic, and sport activities for all CSUS students.

Students of all skill levels may participate in a variety of intramural activities in co-ed, men's, and women's divisions. Special events such as the Basketball Blowout, the IM Golf Scramble, and the Natural High Fair occur throughout the year.

Students may make use of recreational facilities such as the swimming pool, weight rooms, and racquetball courts. Access to these facilities is free to all students during open recreational times. Job opportunities are available for a variety of positions including sport officials, lifeguards, and open recreation facility supervisors.

CSUS Recreational Sports also offers Sports and Recreation Clubs. Sports Clubs are for the students who want a more competitive environment than intramural sports, yet whose sport is not offered by inter-collegiate athletics. Recreation Clubs offer students a chance to participate in their favorite sports or activity in a fun, friendly environment.

The Recreational Sports Office is located on the first floor of the University Union. For more information, please call (916) 278-6321 or visit our web site at www.csus.edu/rec/.

STUDENT ACTIVITIES

Active participation in campus organizations, university committees, volunteer service and recreational sports provide opportunities to enrich the learning experience the University offers. The Student Activities Office helps students become involved in a variety of co-curricular and extra-curricular activities, through social, recreational, intramural, governance, volunteer, and club/organization participation.

Through any combination of activities, students have the opportunity to develop group and team building skills, to explore diverse opinions, to learn about other cultures in a field of study, and participate in recreational activities. Active campus participation is an excellent way to meet other students, develop lifelong friendships and contacts, and enrich the overall educational experience that personalizes a large University like CSUS.

The Student Activities Office presents a series of workshops designed to help students in leadership roles as well as students who are thinking about assuming such positions. Trained staff members can put students in contact with any of

the more than 250 organizations registered on campus or help them start a new organization.

The Student Activities Office is located on the third floor of the University Union. It offers a variety of services to clubs and organizations as well as to students looking for opportunities of expanding their involvement on campus and in the community. The Volunteer Connection helps organizations identify short-term service projects in the community.

The Campus Calendar, available throughout the campus, lists many of the activities offered on campus. The Student Activities Office publishes it three times a semester.

Please call us for information at (916) 278-6595 or visit our web site at www.csus.edu/stac/.

UNIVERSITY UNION PROGRAMS

University Union Programs provide extensive and diverse activity programs for the University community. Through the Union's UNIQUE student committee structure, a wide variety of cultural, educational and entertainment programs are planned, developed and produced.

The programs and activities include a Cultural Affairs Series, performing arts, lectures, concerts, a weekly "Nooners" series, and an array of special events including films, comedy shows and such annual traditions as River City Days.

Students interested in learning program organization, promotion, production planning and other facets of group interaction and activity programming, or just wanting to have some fun, may join UNIQUE by visiting the Union Program office on the third floor of the University Union.

CSUS has a strong commitment to helping students from diverse backgrounds achieve their goals of academic and career success. A variety of programs and services are offered with these goals in mind.

For more detailed information on University Union UNIQUE Programs, visit www.csus.edu/union/program/html.