

Good Evening Exercise Science majors!

I hope you ALL had a wonderful weekend with your families! I also hope you are getting back into the swing of things with the start of a great week. My Weekly Newsletter this time around is for **everyone**, both club members and not club members. I hope you all will read it!

This week, I'm doing things a little bit differently: I will be sending everything in the body of this email instead of in Newsletter form. At the end of the email will be a link to a quick survey you can use to let me know whether you prefer the information as a Newsletter or an email. I'll take this into consideration from now on!

Here are the announcements, in absolutely NO order of importance (so check them all out!):

- I. **HOMEcomings ROYALTY NOMINATIONS ARE OPEN!** Once again this year, we have two representatives on the ballot! I, your Club president, Mitch Prather, am running for King and secretary Makayla Johnson is running for Queen. This is a really great opportunity not only for the club, but for the Exercise Science major as whole to make an impact on campus. We can put a positive face on the great work that we do every day! Please vote *by this Friday, Sep. 23*, by following this link:
<http://cms.bsu.edu/about/administrativeoffices/alumni/homecoming>. If you have already voted, but want to change your vote to us, you still can! You can vote as many times as you want; the site will only remember your most recent submission. Thank you all SO MUCH for your incredible support!
- II. This week, Ball State Recreation Services is hosting this semester's first **FREE FITNESS FRIDAY**. The event is *FREE* to all Ball State affiliates. Come check out all the great classes and instructors Ball State Recreation has to offer!
 - a. **Where:** SRWC RC141
 - b. **When:** Friday, September 23rd from 6:00pm to 7:30pm
 - c. **Theme:** *#chirpFIT*
 - d. **Why:** BSU Fit passes are still on sale. (Unlimited Academic Year \$125, Unlimited Semester \$75) Come and see what you've been missing!
 - e. **How:** Just fill out this [WAIVER](#), and you are good to go.
- III. **INTRAMURAL REGISTRATION IS OPEN!** Remember, intramurals are *FREE* for Club members to sign up for. However, you must be committed to coming to the events! This semester, based on popular vote, we will be doing Volleyball! Registration officially opens Sep. 26th, with the season starting shortly after. There will be approximately one game per week. If you want to sign up, please fill out this form *before*

the 26th:

<https://docs.google.com/spreadsheets/d/1gdhh1OH5DmPZBd3yt3BJbWegnAWTWorppjUegY1geRo/edit#gid=634347005>

- IV. **UPCOMING EVENTS:** Today was our monthly free Fitness Class! If you missed it, the next one will be Tuesday, Oct. 4 at 6p in HP 200B. Be there! **NEXT WEEK**, *Thurs. Sept. 29* is our Second Regular Club Meeting @ 7:15p in HP 200. Don't forget, Dues and Apparel orders are due at that regular club meeting. Search your mailboxes for the Apparel form from Treasurer Allie Lipetz

That about does it for this week! Below are the important links to know one more time. Please let me know of any questions, comments, concerns, or compliments you have! Also, please fill out this one question survey related to the Newsletters: <https://goo.gl/forms/zpYmowCucBayg6gU2>. Thank you for your support!

Website (w/Calendar, Handbook, etc.): bsuexsciclub.weebly.com

Twitter: @BSUEXSCICLUB

Facebook: BSU EXSCI CLUB

Instagram: @bsuexsciclub

Have a great week!

Mitch Prather

Ball State University | Exercise Science

Ball State Athletics | Men's Swimming

Exercise Science Club | President

mrprather@bsu.edu; (317) 374-3754