

JERABECK ATHLETIC & ACTIVITY CENTER HANDBOOK

Building Hours:

Sunday	9:00 AM - 11:00 PM
Monday – Thursday	7:30 AM - 11:00 PM
Friday	7:30 AM - 7:00 PM
Saturday	8:00 AM - 7:00 PM

Summer Building Hours:

Sunday	9:00 AM - 7:00 PM
Monday-Thursday	7:30 AM - 9:00 PM
Friday	7:30 AM - 7:00 PM
Saturday	8:00 AM - 7:00 PM

Hours may vary when classes are not in session or when special events are taking place.

Jerabeck Professional Staff

Director of Campus Life prasifm@stthom.edu	Matt Prasifka (713) 525-3512
Assistant Director of Recreational Sports domannj@stthom.edu	Jessica Domann (713) 942-5036
Athletic Director & Head Basketball Coach tsmith1@stthom.edu	Todd Smith (713) 831-7214
Head Volleyball Coach reynoljm@stthom.edu	Jill Reynolds (713) 831-7220
Head Soccer Coach champea@stthom.edu	Aaron Champenoy (713) 831-7212
Assistant Director of Health Promotion & Wellness purveyjc@stthom.edu	Jesselyn Heidelberg (713)-525-3513

Recreational Sports Website

<http://www.stthom.edu/recsports>

Jerabeck Phone Numbers

Jerabeck Front Desk	(713) 525-3510
Jerabeck Office Fax	(713) 525-3514

Helpful University Phone Numbers

Campus Operator	(713) 522-7911
Student Affairs	(713) 525-3570
Student Activities	(713) 525-3576
Campus Security	(713) 525-3888
Facilities Reservations	(713) 525-3574

INTRODUCTION

Welcome to the University of St. Thomas' Jerabek Athletic & Activity Center (JAAC). The JAAC, as part of the Office of Recreational Sports, is the focal point of UST's varsity sports, recreation, and physical fitness activities. The JAAC also houses academic classes and University Special Events.

MISSION STATEMENT

The Office of Recreational Sports' purpose is to provide programs that promote a balance between academic and non-academic life. This office should also promote health, wellness, and positive health behaviors to the UST Community by offering a wide variety of recreational activities and sports. Finally, the department should encourage students to develop and/or improve leisure activity skills and to begin regular physical participation, which will continue throughout life.

POLICIES AND PROCEDURES

In order to function as smoothly and as efficiently as possible, all JAAC Members must follow JAAC Policies and Procedures. These JAAC Policies and Procedures are designed to maximize the potential of the JAAC's features and members, and ensure the safety and security of members. Failure to follow the stated rules may result in loss of JAAC Membership privileges. The Assistant Director of Recreational Sports, who serves as the facility manager, will handle events and/or circumstances having to do with Recreational Sports, which are not specifically stated in this Handbook.

MEMBERSHIPS

The JAAC is a membership facility. All Alumni and Community JAAC Members must have a current application on file with the Office of Recreational Sports. A valid picture ID must be presented for copying when submitting the membership forms for processing. The membership gives the holder access to the entire facility. Memberships are not sold for one specific area of the Jerabeck Center.

Regular Members

Regular Membership is complimentary to UST and ELS students as well as St. Thomas Faculty/Staff. Low cost annual memberships are available to UST Alumni (Free for the first year after graduation) and the general public (Community Members). **Community Members may not participate in Intramural or Club Sports.** Memberships are sold on an annual or pro-rated basis.

MONTH-TO-MONTH MEMBERSHIPS ARE NOT AVAILABLE.

Fee structure

Month	Single Alumni	Family Alumni	Single Community	Family Community
September 1	\$150.00	\$270.00	\$270.00	\$510.00
October 1	\$137.50	\$247.50	\$247.50	\$467.50
November 1	\$125.00	\$225.00	\$225.00	\$425.00
December 1	\$112.50	\$202.50	\$202.50	\$382.50
January 1	\$100.00	\$180.00	\$180.00	\$340.00
February 1	\$87.50	\$157.50	\$157.50	\$297.50
March 1	\$75.00	\$135.00	\$135.00	\$255.00
April 1	\$62.50	\$112.50	\$112.50	\$212.50
May 1	\$50.00	\$90.00	\$90.00	\$170.00
June 1	\$37.50	\$67.50	\$67.50	\$127.50
July 1	\$25.00	\$45.00	\$45.00	\$85.00
August 1	\$12.50	\$22.50	\$22.50	\$42.50

Guests

JAAC Members (16 years and older) may bring **ONE** guest at a nominal daily charge. Daily fees for guests are:

16 years or older Guests	\$5.00
Faulty/Staff Guests	No charge

JAAC Entrance Policies

In order to adequately identify Members, the following procedure has been established:

1. Students must present a valid UST Student ID to gain admittance.
2. A regular faculty/staff University ID may be used by faculty/staff to gain admittance.
3. ELS students must present a valid ELS ID to gain admittance.
4. Alumni and Community members must present a Driver's License and/or a valid membership card to gain admittance.

The above mentioned policies are **NON-NEGOTIABLE**. Questions concerning these policies should be addressed to the Assistant Director of Recreational Sports.

FACILITIES

The JAAC has a large gymnasium, four racquetball courts, a weight room, a fitness room, a dance room, an outdoor pool, two outdoor tennis courts, an outdoor basketball court, a sand volleyball court, male and female locker rooms, and a large enclosed meeting area (Scanlan) on the second floor.

The recreational facilities are available for drop-in play, unless scheduled for another function. Please consult the JAAC front desk to avoid conflicts.

The JAAC is a Smoke-Free Facility. This promotes healthy lifestyles and is in accordance with University's "Policy to Promote a Smoke-Free Interior Workplace on Campus." Smoking is not permitted anywhere within the JAAC, the pool area, or within 25 feet of the North or South Entrances.

Groups associated with the University as well as groups that are not may rent the facility. Interested parties should contact the Assistant Director of Recreational Sports and/or the Facilities Reservations Department.

Gymnasium Area

The gymnasium is a multi-purpose activity area located on the first floor of the building. The facility may be set up with three volleyball courts, with one basketball goal and one volleyball court, or as a full-size competitive basketball court. The gym has a seating capacity for 800 spectators.

Weight Room

The weight room, located on the first floor, contains free weights, selectorized equipment, and dumbbells. All plates must be removed from the bars and placed on a weight tree immediately after use.

Weight lifters must be considerate of other members. Plates and dumbbells must be returned to their proper storage rack after use. All benches and machines should be “toweled off” before and after use. Gym wipes are provided in the weight room.

Proper attire (shirts, shorts/pants, and closed-toe athletic shoes) is extremely important while in the weight room. Only clothing without exposed metal (zippers, studs, etc.) is permitted in order to avoid cutting the upholstery. Plates and dumbbells should not be placed on the benches for the above-mentioned reason. When using the weight room a shirt must be worn.

Cardio Room

The cardio room is located on the first floor of the building opposite of the weight room. The cardio room includes treadmills, exercise bikes, stair climbers, elliptical trainers and medicine balls. The fitness room is also equipped with satellite televisions for your viewing pleasure. All machines should be “toweled off” before and after use. Gym wipes are provided in the cardio room.

Dance Room

A mirrored-wall dance room is located at the south end of the JAAC on the second floor. Fitness classes and martial arts classes are some of the activities that take place in this room.

Scanlan Recreation Area

The large enclosed meeting area on the second floor of the JAAC is the Scanlan Foundation Recreation Area, which is used for UST Special Events.

Racquetball Courts and Tennis Courts

Two racquetball courts are located on each end of the gym. Racquetball Courts #3 and #4 can also be used for wallyball. The two outdoor tennis courts can be accessed via the hallways leading from the locker rooms. Tennis balls and racquets and racquetballs and racquets may be checked out at the front desk with a UST ID or JAAC membership ID.

Court Reservations

The tennis courts and racquetball courts may be reserved in advance by stopping by or contacting the JAAC front desk

Outdoor Basketball Court

An outdoor basketball court is located in the JAAC outdoor recreational area. Outdoor basketballs may be checked out at the front desk with a valid UST ID or JAAC membership ID.

Outdoor Sand Volleyball Court

An outdoor sand volleyball court is located in the JAAC outdoor recreational area. Sand volleyball balls may be checked out at the front desk with a valid UST ID or JAAC membership ID.

Swimming Pool

An outdoor unheated swimming pool is open between April 1st and October 30th for swimming, weather permitting.

Pool Hours:

Sunday	9:00 AM - 8:30 PM
Monday – Thursday	7:30 AM - 8:00 PM
Friday	7:30 AM - 7:00 PM
Saturday	8:00 AM - 7:00 PM

Summer Pool Hours:

Sunday	9:00 AM - 7:00 PM
Monday-Thursday	7:30 AM - 8:30 PM
Friday	7:30 AM - 7:00 PM
Saturday	8:00 AM - 7:00 PM

Pool hours may vary depending upon lifeguard availability, special events and weather.

A lifeguard must be present to enter the pool. No one is allowed to swim at their own risk. Children under 14 years of age cannot swim without adult supervision.

Running, glass containers, cut-off shorts, alcoholic beverages, smoking, foul language and diving are NOT allowed at the pool. Swimmers must rinse off before entering the pool. Children must wear swimming suits or rubber gathers over their diapers. Lifeguards have the authority to enforce all pool rules.

Locker Rooms

Hallway lockers are located in the main hallway of the JAAC. The locker rooms are located opposite the hallway lockers. They contain lockers, showers, and restrooms. Towels are not provided and must be brought by the member.

Lockers

Hallway lockers and locker room lockers are available free of charge in the JAAC on a first-come-first-serve basis. Members must provide their own locks and register the locker in their name at the front desk.

Hackett Athletic Complex

The Hackett Athletic Complex was completed in the Spring of 2006. The complex is made up of two athletic playing fields, two batting cages, a pitching machine, three storage sheds and athletic field lights.

Hours of Operation

Sunday	10:00 AM - Dark
Monday-Friday	8:00 AM - Dark
Saturday	10:00 AM - Dark

Right of Use

Anyone holding a JAAC membership may use the Hackett Athletic Complex. The field is open for free play unless scheduled for a UST event. The Hackett Athletic Complex schedule is available at the JAAC front desk and/or with the Assistant Director of Recreational Sports.

Pitching Machine

Prior to using the pitching machine, each person must go through a brief tutorial by a member of the JAAC Staff. Pitching machine balls, bats and helmets are available for checkout at the JAAC front desk.

Batting Cages

Anyone hitting off of the pitching machine or live pitching must wear a helmet. Helmets are available for check out at the JAAC front desk.

Use of Lights

Lights for the Hackett Athletic Complex will only be turned on for scheduled events. Events must be scheduled at least 24 hours in advance with the Assistant Director of Recreational Sports. Lights will be turned off no later than 9:30pm.

SERVICES

Check-In/Front Desk

When entering JAAC, all JAAC Members and Guests must check-in at the front desk by signing the check-in log and showing a UST ID or JAAC membership ID.

Equipment Issue

A wide variety of recreational sports equipment is available for checkout free of charge. This equipment may only be used in the inside or outside JAAC recreational facilities. Equipment may be checked out by surrendering valid identification at the Front Desk (ID will be returned upon return of equipment).

Only the JAAC staff is permitted to issue equipment. Anyone "helping" himself/herself to equipment, for any reason(s), will be subject to disciplinary action.

Members are responsible for any and all equipment issued to them. Equipment should be inspected before being accepted. Members will be charged for any damage to equipment and/or facilities or loss of the equipment. There is a price quote available for all JAAC equipment at the front desk.

PROGRAMS

Intramural Sports

Each Fall and Spring Semester, the Office of Recreational Sports offers a wide variety of competitions for UST Students, Alumni, Faculty/Staff and spouses of these members. This includes both individual and dual sports such as tennis, racquetball, air hockey and table tennis, and team sports such as 3-on-3 basketball, 5-on-5 basketball, volleyball, indoor soccer, flag football and wiffleball. Interested

participants should check the Recreational Sports information wall in JAAC, call the Recreational Sports Office or stop by the JAAC front desk to get up-to-date information regarding leagues and schedules.

Sport Clubs

Sport Clubs offer UST students the chance to compete against other schools and amateur teams throughout the state and southwest region. The level of personal commitment required is greater than the intramural level, but less than varsity athletics. In addition to competition, Sport Clubs also provide students with leadership opportunities. Sport Clubs are completely student organized and run.

Current Sports Clubs at UST are fencing, men's baseball, men's basketball, women's soccer, martial arts, men's rugby, tennis, wrestling, cycling and cheerleading. If UST does not have a Sport Club of interest, students are encouraged to start a new club.

Fitness Classes

Fitness classes, such as Yoga, Pilates and Cardio Combo, are offered throughout the year in the JAAC Dance Room. The goal of these classes is to provide students, faculty and staff, alumni and community members with the opportunity to exercise with a certified instructor at no cost. Consult the JAAC Front Desk or Dance Room door for the current class schedule.

Recreational Trips

Throughout the school year the Office of Recreational Sports will offer recreational trips to various locations to allow students to enjoy Texas' natural beauty. These trips are only open to the UST community. For information about upcoming trips please contact the Office of Recreational Sports.

MISCELLANEOUS ITEMS

Attire

Proper athletic/exercise attire is required when exercising or participating in any recreational activity. Proper attire refers to clothing without exposed metal (zippers, rivets, studs, etc.), non-marking rubber sole shoes, tailored swimsuits (no cut-offs are allowed in swimming pool), and all jewelry and watches must be removed. Shirts must be worn at all times inside the JAAC. If someone is wearing clothing that is not consistent with the mission of the university, they may be asked

to change or leave the facility. The decision will be at the sole discretion of the Assistant Director of Recreational Sports.

Bicycles/Motorcycles

All bikes should be secured in the bike rack in front of the JAAC. Bikes left on the pavement in front of the JAAC will be moved to the bike rack at the owner's risk. Motorcycles must be parked in designated areas within the parking garage or along the street.

Lost/Found Items

All lost and found items will be held at the front desk for a period of time, after which they will be sent to UST Security. All valuables (i.e. watches, rings, phones) will be sent to UST Security at the end of the day. If an item is lost, simply inform the Front Desk. Please give any found items to the JAAC front desk.

The JAAC Staff suggests members do not bring valuables into the facility to prevent loss or theft. The Office of Recreational Sports assumes no responsibility for lost or stolen items.

Malicious Conduct

Any Member, Guest, or Visitor who engages in malicious and/or destructive conduct will be evicted from the JAAC and further disciplinary action may result. Anyone who engages in behavior which detracts from the enjoyment of the Recreational Sports Program by other users will also be subject to disciplinary action.

Pets/Animals

Only trained aid dogs, leashed and with their owners, are permitted in the JAAC. All other animals must be kept leashed outside the building and out of the entryway.