

News from the Special Interest Groups

EMERITI/SENIORS' SPORTS PROGRAM

Harry Hubball, Convenor

Professor Emeritus, Curriculum and Pedagogy

NEW Special Interest Group

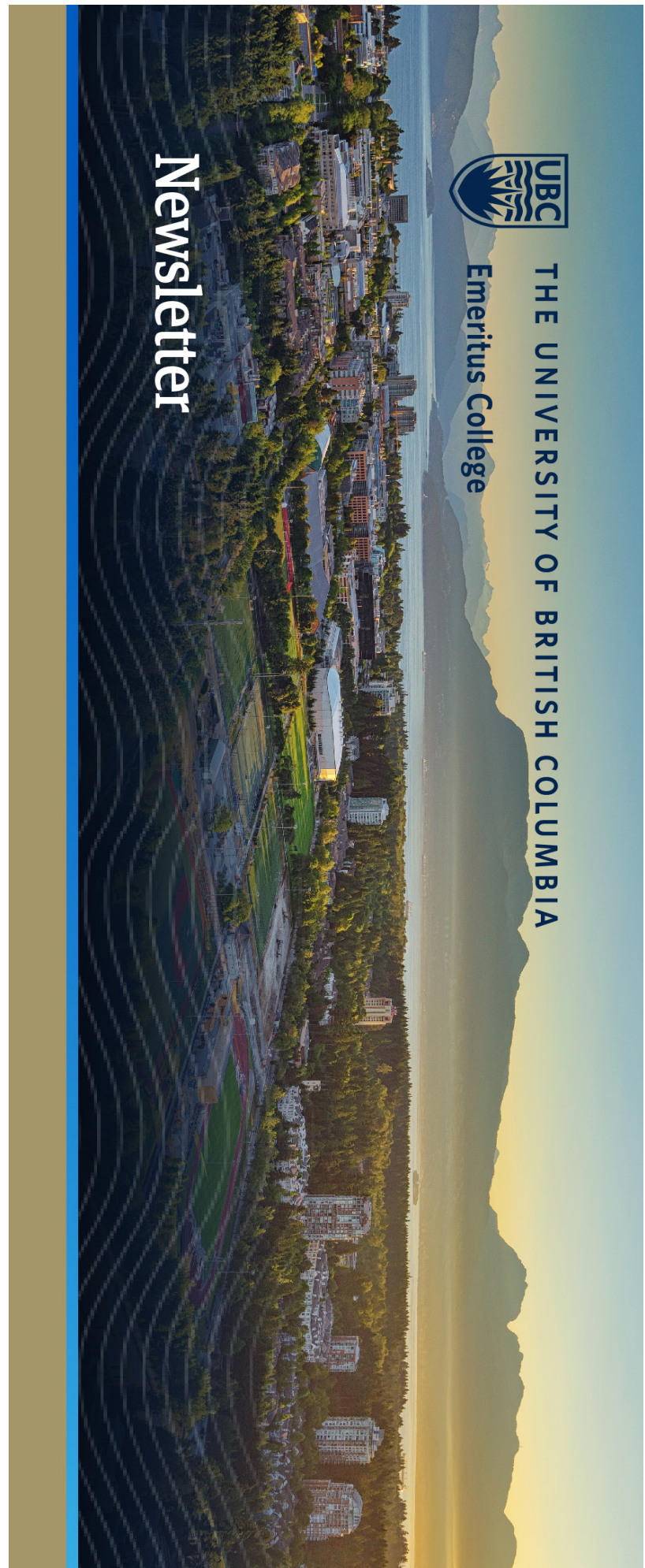
We are delighted to announce a new SIG entitled UBC Emeriti/Seniors' Sports Program which focuses on modified small-sided games (e.g., soccer 3v3, 4v4, 5v5 and walking soccer, basketball, and cricket 6s) and racquet sport opportunities (e.g., singles/doubles tennis, pickle ball, squash, badminton and table tennis). An integral part of the UBC Emeriti Seniors' Sports Program will include post-activity social. In the initial phase, programs begin in April until September.



Above: Seniors Football Coaching

The ethos of the fun and challenging UBC Emeriti/Seniors' Sports Program aligns with UBC's Wellbeing Strategic Framework and its six priority areas —Physical Activity, Mental Health and Resilience, Built and Natural Environments, Collaborative Leadership, Food and Nutrition and Social Connection. Caution: safety, ageing and seniors' sport—"Don't play sport to get fit, get fit to play sport".

Contact **Harry Hubball** at harry.hubball@ubc.ca if you are interested in participating. Partners/Spouses/Coed participants most welcome.



**UBC EMERITUS SENIORS' SPORTS PROGRAM:
TENTATIVE SCHEDULE FOR REGISTERED PLAYERS**

NOTE ABOUT PARTICIPATION: Due to complex facility booking situations, sport-specific costs, and participants' availability, the schedule will be posted at least 1-month in advance and 'signed-up' participants will be required to confirm their attendance 2 weeks prior to the specific sports event. People who have already signed-up for a sport (below) will have 1st priority. People who contact Harry Hubball prior to the event will be able to participate only if a space becomes available. Please contact harry.hubball@ubc.ca to register your interest in any of the specific sports scheduled below.

March 27 th	11:15-12:00	Squash	Delbrook L.Ctre
April 3 rd	12:30-2:00pm	Modified 4v4 Soccer	Osborne Gym
April 10 th	12:30-2:00pm	Tennis	Tennis Centre
April 18th	12:00-1:00pm	Cricket 6s	MclInnes Field
April 18th	1:30-2:30pm	Table Tennis	UBC Rec Ctre
April 24 th	12:30-2:00pm	Modified 4v4 Soccer	<i>Coastal W-FC*</i>
May 1 st	12:30-2:00pm	Tennis	Tennis Centre
May 2nd	12:30-2:00pm	Pickle Ball	Osborne Gym
May 2nd	2:30-3:30pm	Table Tennis	UBC Rec Ctre

MAY Schedule = Activity Reps set-up with their group

June 5 th	12:00-1:00pm	Cricket 6s	MclInnes Field
June 5 th	1:30-2:30pm	Table Tennis	UBC Rec Ctre
June 12 th	12:30-2:00pm	Tennis	Tennis Centre
June 12 th	3:00-4:00pm	Modified 4v4 soccer	MclInnes Field
June 17 th	11:15-12:00	Squash	Delbrook L.Ctre
June 19 th	12:00-1:00pm	Pickle Ball	UBC, TBC
June 19 th	1:30-2:30pm	Table Tennis	UBC Rec Ctre
June 23 rd	11-1pm*	Modified 4v4 soccer	<i>Bowen Island FC*</i>
June 26 th	12:30-2:00pm	Tennis	Tennis Centre

July-September Schedule = Activity Reps set-up with their group

***SAFETY-FIRST & MODIFIED SENIORS' SPORTS.** If you are taking part in the activities of the Emeritus College Sports SIG, please recognize that you do so voluntarily for recreational purposes. It is your responsibility to ensure that you are in good health and are comfortable with the modified sport you are taking part in. You must wear any recommended safety equipment (e.g., shin guards, appropriate footwear, etc) as required and participate in a safe manner by obeying rules and regulations. Furthermore, to prevent injury, ensure that you conduct personal warm-up and cool-down strategies, prior to, and following participation in seniors' sport.