

October 2009

University of South Dakota-Campus Recreation

Coyote Tracks



October Schedule Changes

Oct. 2- Vermillion HS Football 7pm

Dome : 6am - 5pm

Weight Room: 6am-2pm; 5pm-9pm

Pool: 11am-1:00pm lap

Oct. 3- USD Swim Meet 1pm

Dome and Wt. Room: 10am- 9pm

Pool: 6:30pm- 8:30pm Open

Oct. 8- Katie Couric 7pm

Dome and Wt. Room: 6am-3pm

Pool 6am-7:45am lap; 11am-1pm lap

Oct. 10- D-Days

Dome: Closed

Oct. 12- Native American Day

Dome and Wt Room: 12pm- 11pm

Pool: 12pm- 1pm lap; 8:30pm-10:30pm open

Oct. 17- Quad State Band 9am/Swim Meet 1pm

Dome and Wt. Room: 4pm- 9pm

Pool: CLOSED

Oct. 31- USD Swim Meet 6pm

Dome and Wt. Room: 10am- 9pm

Pool: 1:30pm-5:30pm

Dakota Dome Track Laps Per Mile

Lane 1= 8.05 Laps
Lane 2= 7.89 Laps
Lane 3= 7.50 Laps
Lane 4= 7.23 Laps
Lane 5= 6.99 Laps
Lane 6= 6.76 Laps
Lane 7= 6.55 Laps
Lane 8= 6.35 Laps

*If walking the perimeter of the Dakota Dome artificial surface, 4.42 laps= 1 mile.

Fun Fit Bits

7 suggestion to Help Manage Stress

- 1) Limit alcohol consumption, do not smoke and stick to a healthy diet.
- 2) Do not take on more than you can handle, and do not be afraid to politely say "no," no matter who's asking.
- 3) Exercise is a great stress reliever and helps you feel better.
- 4) Practice relaxation techniques dailey
- 5) Get organized and take control ove your life. Do what you can, and recognize what you can not control
- 6) Try to identify and minimize things that cause stress.
- 7) Be realistic in what you can accomplish, and accept that you do not have to do everything. Remind yourself of what you do well

Coyote Athletics

Football

- Sat. Oct. 10 vs. UC-David— Dakota Dome 2 pm

Women's Volleyball

- Tue. Oct. 13 vs. Morningside College- Dakota Dome 7pm
- Thurs. Oct. 15 vs. University of North Dakota- Dakota Dome 7pm
- Tues. Oct. 20 vs. Dorbt- Dakota Dome 7pm
- Fri. Oct. 23 vs. Chicago State—Dakota Dome 7pm
- Sun. Oct. 25 vs. New Jersey Institute of Technology—Dakota Dome 12pm
- Thur. Oct. 29 vs. Chicago State—7 pm