

WSSU offers 'Ultimate' exercise with Frisbee class



Photo by Jarrett Dawkins

Students practice catching and throwing during warm-up in frisbee class.



JARRETT DAWKINS
REPORTER

You were always told not to throw things in class, but now it's okay to break the rules.

An Aerobics class featuring a Frisbee is offering students at Winston-Salem State a new way to get in shape.

Ultimate Frisbee

known as Ultimate is a limited contact sport like basketball, and baseball. The object of the game is to score points by passing the disc to a player in the opposing end zone, similar to football. Players may not run while holding the disc, there are usually seven players on each team.

The idea for a Frisbee class came from Dr. Jesse Pittsley, who is the coordinator of the Exercise Science Program on campus. He said he wanted to find a way for students to have fun and stay in shape, without having to run on concrete or hardwood floors. Pittsley teaches the class with Dr. John Gulley, a fellow faculty member who is also an Ultimate player.

Pittsley and the chair of the Human Performance and Sports Sciences Department listed the class under another name, "PED 1110 Aerobics." When it was time for students to enroll

for the semester, Aerobics was actually Frisbee or Ultimate. Word traveled fast of a new unique fitness class.

Since fall semester the class has doubled in size and is slowly progressing.

It is required for students to have their own disc costing approximately \$10.

"I really like the class," said Korey Kiger an Exercise Science major from Winston-Salem.

"It's a great workout, and a lot of running but it's also very fun."

In the beginning of class students perform warm-ups and quick drills to loosen the muscles in preparation for sport specific drills and exercises.

"I really think the class is fun, but sometimes I get very hot and sweaty when we practice in the gym," said Kristen Johnson, a freshman business management major from Raleigh.

Students learn different techniques in class such as improving their catching and throwing skills. Students are graded on how well they throw the Frisbees. Forehand and backhand are two throwing techniques that are taught to enhance the Ultimate experience.

There are many schools that offer Ultimate as a sport; they participate in local and national tournaments. Ultimate has grown to more than 27,000 members and volunteers across the nation.

Basketball coaches sideline shoes, go barefeet for needy cause

LaTasha Miles
SPORTS EDITOR

Women's head basketball coach Dee Stokes and men's head basketball coach Bobby Collins participated in "The Barefoot for Barefeet" Coaches Initiative Jan. 25 at Lawrence Joel Veterans Memorial Coliseum against NC A&T.

Winston-Salem State partnered with Samaritan's Feet, a national non-profit organization, to raise awareness and generate traffic to their fundraising efforts. The event raised money to purchase shoes for impoverished children via text messages.

Fans who attended the games texted the word "shoes" to 85944 and a donation of \$5 was billed to their next month's statement.

The text resulted in a pair of shoes for a child who suffers from foot-borne diseases and infections due to a lack of shoes.

More than 1,000 other coaches throughout the country contributed to the cause by going barefoot to create funds to purchase 1 million pairs of shoes for children through Samaritan's Feet.

"We are extremely pleased that both Coach Stokes and Coach Collins have embraced our call to shed their shoes and coach a game in their bare feet," said Manny Ohonme, Samaritan's Feet Founder.

"Both [Collins and Stokes] have agreed to use their platform as head coaches to provide a voice for those children worldwide who have never owned a pair of shoes."

COACH'S 'GAME BALL'

COACH'S GAME BALL RETURNING SOON...

WSSU HAITI RELIEF DRIVE

A major need at this moment, as stated by the American Red Cross, is monetary donations and medical supplies. To assist in these collection efforts, SGA is excited to announce its next project.

January 25 - February 25th

Donate \$1.00 or any type of medical supply and receive a ticket for a chance to win a

32" Insignia 720p HDTV

All donations will be given to the relief efforts for Haiti

Tickets will be disbursed in the SGA Office, Thompson Center 106, during regular business hours

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