

**Upcoming Special Events:** This week on **Thursday, Oct. 17 starting at 3:00 PM** we host a **Are You Career Ready!? Online Trivia Game**, **YOU MUST preregister for this event HERE to receive the Zoom link on Thursday Morning**. **The following week will start our Wellness Week of events, including, a 40K Steps Challenge, a Wellness BINGO Game, FREE Yoga Class, and FREE CRP & AED Training, plus much more all week!** These are collaborated special events with **CCPD & H&W!** Gift Card Prizes and PG Clue credited! Please view our **Special Events** web page for details and to start registering!

**Upcoming Sports Tournaments:** This week we are hosting our **6v6 Co-Ed Volleyball Tournament on Friday, October 18 starting at 4:00 PM in the Aux Gym (1R)**. **Pre-registration is preferred for ALL of our Fall 2024 Sports Tournaments, click HERE to view dates and to start registering yourself or a team**. This will make check-in smoother. (NOTE: ALL TEAM MEMBERS MUST be current CSI Students or Staff | ALL tournament winners will be awarded an IM & REC championship T-shirt, a gift card, and your name engraved on the IM & REC wall of champions).

**Open Rec Sports** Continues! This includes open gym times for Basketball, Volleyball, and Badminton! **Check out our IM & REC Monthly Calendar HERE for everything happening and offered in the Sports & REC Center (1R) for the month of OCTOBER! (Building 1R - HOME OF THE DOLPHINS!).**

**Lastly, IM & REC currently offers the following competing Sports Clubs: Cheerleading/Stunt, Women's Bowling, Women's Flag Football, Esports, and starting this semester competitively, will be a Dance Team!** For more information see the attached **Competing Sports Club Flyer** or email **salvatore.caruso@csi.cuny.edu**.

**Faculty/Staff** - If your department/office would like a poster for IM & REC to be placed in your area please reach out privately and I will be happy to visit your office and personally hand you a poster. Thank you for your support!

**Students** - Please reach out or visit me in the office, 1R-204C during the semester for additional information on ALL IM & REC Events!

**The most up-to-date information can always be found at [www.csidolphins.com](http://www.csidolphins.com) (Under the RECREATION TAB)**