

SH COMPETITIVE SPORTS NEWSLETTER

By: Emma Herbrandson



In this month's issue... Competitive Sports is wrapping up the Spring 2025 chapter this week. Intramural programming has concluded for the semester, and most club sports have finished their seasons. It's a bittersweet moment as we reflect on the semester and look ahead with excitement to what's next.



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First, a huge congratulations to all our graduating Bearkats — we know you'll go on to accomplish amazing things!

Competitive Sports won't be the same without you.

For those Kats returning next semester, keep an eye out for opportunities to get involved or continue your journey with our programs.

We'd also love to hear about your experience with Competitive Sports! Whether this was your first semester or you're a seasoned participant, we want to know how the program has impacted you. Head to page 2 to share your story and for a chance to be featured on an issue of The Competitive Sports Newsletter.

IN THIS ISSUE...



Need something to do this summer? Learn more about our up coming programming for Intramural sports.

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Find out what Club Sports has been up to and which teams are representing SHSU across the country at Nationals! Good luck Bearkats!

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May Intramural Supervisor of the Month

As he wraps up his final semester at Sam Houston State, Zach White is recognized not just for this month — but for years of steady leadership in the Intramural program.

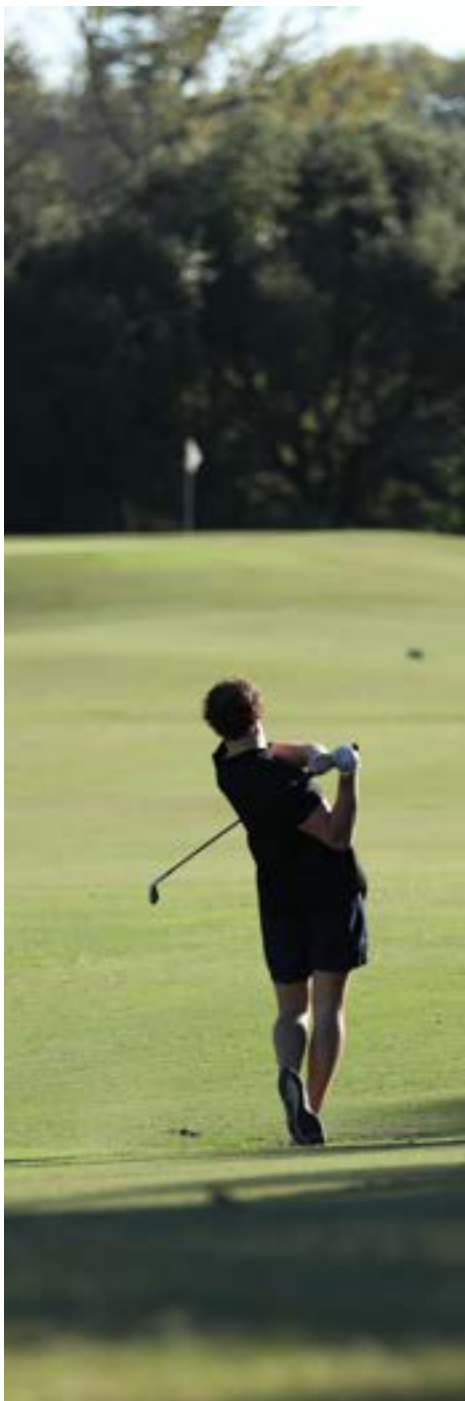
A veteran supervisor, Zach is known for mentoring new officials, guiding fellow supervisors, and always stepping up when needed. He's been a consistent presence and a quiet force behind the scenes.



“Zach has been a cornerstone of our program,” said Parker Callegari, Intramurals Graduate Assistant. “He leads with humility, teaches with patience, and brings consistency to everything he does.”

Zach's legacy will last well beyond his time here — a true example of what leadership looks like.

Intramural Updates...



May Intramural Official of the Month

Shane Rasefske has quickly made his mark in the Intramural program — not just with hustle on the field, but with the mindset of someone always looking to grow.

Recognized for his eagerness to learn and his ability to lead by example, Shane is the kind of official others notice. He's reliable, motivated, and never shies away from a challenge. Supervisor Donovan Semien added, “He carries himself like a leader and is confident in his ability to get things done efficiently.”

Thank you, Shane, for all your hard work and dedication in helping make Intramurals the program it is today!

Hot Bearkat Summer

With the spring semester coming to an end, we're already missing our Bearkats! We'd miss you so much that we decided to keep the fun going with programming throughout the summer semester.

Come join us for some sunny volleyball games or show off your pickleball skills at the Campus Recreation Center's newly refurbished courts! We hope to see you this summer — let's keep the good times and competitive spirit alive!



Intramural Champions

This semester has been filled with the highs and lows of Intramural Sports for the SHSU student body. We've seen flawless victories and tough defeats for the Bearkats out on Holleman Field, the CRC basketball courts, the volleyball courts, and more. Between leagues, single-day events, and Sunday leagues, Intramurals has crowned over 70 teams as Intramural Champions over the past two semesters.

SHSU's Intramural Sports program continues to grow, giving students an outlet to compete, have fun, and build community. With more than 30 events hosted across the fall and spring semesters, there's been something for everyone. From classic sports like flag football, basketball, volleyball, and softball to fast-growing favorites like pickleball—which spanned multiple days—we saw increasing participation and plenty of standout moments.

Each event brought its own energy. Sunday leagues became a weekly highlight for many, offering competitive matchups and a chance to unwind before a new school week. Single-day tournaments delivered fast-paced excitement, where teams had to bring their best from the first whistle.

And in league play, we saw friendships formed, rivalries renewed, and champions made after hard-fought seasons. Each event brought its own energy. Sunday leagues became a weekly highlight for many, offering competitive matchups and a chance to unwind before a new school week. Single-day tournaments delivered fast-paced excitement, where teams had to bring their best from the first whistle.

These victories are more than scores and standings. They're part of the SHSU experience—bringing students together, encouraging healthy competition, and adding some fun into the routine of campus life. For first-year students trying something new or graduating seniors playing one last season, intramurals have left their mark.

As we wrap up the year, we congratulate all our champions and thank every student who showed up, gave their all, and made intramurals a memorable part of campus life. We're already looking forward to what's next—new games, new rivalries, and more champions ready to rise.

We Want To Hear From You!

Want to share how Competitive Sports has effected you? Whether it's been Intramural or Club Sports we want to know the impact they've had on you. Submit the QR code for a chance to have your story featured in the next Competitive Sports Newsletter!



Latest IM Champs

4v4 Flag Football:
Team Name
Team CG
Fiji

4v4 Sand Volleyball:
When Digs Fly
Comic Sands
Ordoñez Legacy



Chancellor Buford Breaks Records and Brings Home Gold at Collegiate Nationals

Chancellor Buford made history for Sam Houston State University at the 2024 USA Powerlifting Collegiate Nationals in Oklahoma City.

Competing in the Raw Men's 125kg class, Buford captured first place with a performance that raised the bar — literally and figuratively — on the national stage.

His standout moment came with a massive 772.7-pound deadlift, setting a new American record for his division and sealing his dominance in one of the most competitive weight classes at the meet.

Buford's showing was built on more than strength. It was the result of consistent training, sharp focus, and the ability to deliver when it counted most. From start to finish, he carried himself like a veteran, pacing his lifts and executing each attempt with precision.

For SHSU Powerlifting, Buford's victory marks a major milestone. His performance brings national recognition to the program and serves as a clear example of what hard work and discipline can achieve.

With a gold medal around his neck and his name in the record books, Chancellor Buford isn't just representing SHSU — he's redefining what's possible.



Club Sports Making It Big

This semester, multiple Club Sports teams from Campus Recreation earned the opportunity to compete at their respective National Championships. We're incredibly proud of each team and individual who represented Sam Houston State University with skill, spirit, and Bearkat pride on the national stage.

Congratulations to the teams who have already competed, and best of luck to those still preparing to take the field. This year, SHSU was represented at Nationals by Quadball, Women's Volleyball, Men's Volleyball, Powerlifting, Wrestling, and Men's Rugby.

Campus Recreation is proud to support these outstanding student-athletes as they showcase their hard work across the country.