



COMPETITIVE SPORTS NEWSLETTER

By: Emma Herbrandson

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In this month's issue... we are turning up the heat and getting you ready for all the excitement coming your way with Intramural Sports. Summer may be in full swing, but we know you are already thinking ahead to the new semester. Whether you are looking to stay active, meet new friends, or just have some fun between classes, Intramurals is your chance to get in the game. From sand volleyball to pickleball to everything in between, there is something for everyone, no matter your skill level.

We are also putting the spotlight on one of the most intense, fast-paced, and community-driven sports out there: Rugby. If you have ever wanted to push yourself, be part of a tight-knit team, and experience the true meaning of teamwork, now is the perfect time to jump in. Both Women's Rugby and Men's Rugby are recruiting new players, and no experience is necessary. All you need is the right attitude and the willingness to give it your all. Ready to be part of something bigger? Let's make this your season.



Intramurals: Find Your Match on the Court... Not Just in the Villa

Can't wait to sign up for your favorite Intramural Sports? Ready to explore your perfect connection, on the court, that is? Grab your partner for a cheeky chat about pickleball strategies and volleyball team names, because summer doubles pickleball and sand volleyball are still heating things up. Sign up now on Fusion Play to get involved!



Intramural Update

We just wanted to pull you for a quick chat... Where's your head at when it comes to next semester's Intramurals? Because honestly, these sports are bringing more heat than Casa Amor. And don't worry, you don't have to put all your eggs in one basket. We've got six different events kicking off within the first month of school being back. Here's the game plan:

- August 1st: Registration opens for Welcome Week Pickleball Doubles happening August 29th, the first Friday of the semester.
- Also August 1st: Sign-ups open for our Sand Volleyball Tournament and Pickleball League, both serving up competition in early September.
- August 18th: Get ready... A new bombshell is entering the villa, Flag Football registration goes live!

Trust us, once you try Intramurals, you might just fall in love faster than Huda did for Jeremiah.

See you soon, Bearkats. It's going to be a proper sort!



Intramural Registration

Want to join in on Intramural Sports but not sure how to? Download Fusion Play and log in with your Sam Houston information. No need to create an account. You already have one register with you SHSU email. On Fusion Play you can find all of the upcoming sports and register a team or join one that's already made. You can even join as a free agent and get picked up by another team that's already made! No experience needed. Jump in and have fun!

Summer Intramurals

PICKLEBALL

- July 10
- July 24

Sand Volleyball

- July 17
- July 31



Don't just join Rugby, join a Community

Looking for a way to push yourself, build real connections, and be part of something that leaves a mark? Rugby at Sam Houston State University might be exactly what you're looking for — especially if you're ready to grow both on and off the field. SHSU Rugby has deep roots. The Women's Club, founded in 2006, and the Men's Club has been competing since 1973. The teams have been building a reputation for toughness, respect, and relentless teamwork.



But rugby isn't just about scoring tries or learning how to tackle. It's about building athletic skills, mental grit, and lifelong friendships in one of the most supportive, driven team environments on campus. If you're a woman looking to challenge yourself in ways most college experiences can't match, the SHSU Women's Rugby Club is your place. Whether you've played sports your whole life or you've never stepped on a field before, this club welcomes all skill levels.

Practices run every Monday and Wednesday from 6-8 PM on Rec Field 3, giving you the perfect balance between sharpening your athleticism and managing your academic load.

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The SHSU Men's Rugby Club has been fostering grit, sportsmanship, and community for over 50 years. With practices on Tuesdays and Thursdays from 6-8 PM, players build their fitness, strategy, and team culture in one of SHSU's longest-running club sports.

It's more than just games — it's the community, the competition, and the pride of representing Bearkat Rugby.

College can feel overwhelming or isolating at times. Rugby flips that script. You're not just joining a club — you're joining a family. The bonds you build at practice, in matches, and off the field stay with you long after the final whistle.



No prior rugby or sporting experience is required to become part of the team. Rugby at SHSU is for everyone willing to put in the work, show up, and support the team.

If you're ready to level up your athletic ability, your confidence, and your college experience, come to practice. The women's and men's teams are always looking for new players ready to bring energy, commitment, and heart to the field.



Sam Houston Campus Recreation offers students an opportunity to stay active, build community, and form lifelong friendships through the club sports program. Whether you're looking to develop your athletic skills, try something new, or engage in a competitive atmosphere, club sports have a place for you. With a welcoming and inclusive atmosphere on campus and over 20 club sports to choose from, there's something for everyone. Don't see a sport you're passionate about? You can always start a new one! Visit the Campus Recreation website for more information about current club sports and how to start your own.