

BEAVER TALES



November 2008

What's Happening in BSU Athletics?

October is traditionally a very busy month for collegiate sports. At Bemidji State, it signals that fall athletics are nearly over and the beginning of winter sports are just under way.

Bemidji State's fall teams found that youth was the theme this year. Volleyball struggled against a power house NSIC conference, but they weren't alone. The Beaver football team returned to

the Chet after graduation over 25 seniors a year ago. It was a bit of a struggle but as October closed, the football team may have found a rhythm to carry with them into the future.

The BSU soccer team got off to their best season yet, but failed to carry an undefeated record into their conference schedule. Unless they can win their last five games, their post season hopes may have



to wait another year.

Keep your ears open for the tentative post season schedules for all the Beaver fall sports team.

Good luck to all the BSU teams!

Beaver Tales' Featured Athletes



Our Beaver Tales Female Athlete of the Month is women's hockey junior forward Nicole Rawlings who wears #5 for the Beavers. She plays along side

her sister Monica. Rawlings is from Maplewood, MN and is majoring in community Health.



Our Beaver Tales Male Athlete of the Month is football player Michael Tiger Ellison. He is a corner back transfer from Columbus, Ohio

and wears the #23 for BSU. Ellison is majoring in Sport Management.



Rawlings gets ready to take one of her two shots against Northeastern on November 11, 2008. BSU tied both games, but won both shootouts.



Ellison with one of his favorite tackles in BSU's 41-27 win over Crookston, October 18, 2008

Rec Center Happenings

This month in the recreation center, broomball and indoor volleyball is still underway but registrations for the Tip-O 3 on 3 Basketball will be taking place from November 17-20. Basketball and hockey sign-ups are still to be determined. The outdoor program center is now in the recreation lobby so be sure to check them out for some fun new ways to stay active and be healthy!

This week the OPC will be hosting the Polar Bear Swim, Kayaking in the pool, and XC Ski Waxing clinic. Be sure to stop by and sign up for these offers!

Check out the back to see the Fitness classes Schedule!

**TRAINING
TIP OF THE
MONTH**

Using heat therapy is a great way to reduce long-term effects or injury for overworked muscles. If you have sore muscles and joints, use heat to help increase blood flow, relieve muscle spasms, and increase joint mobility.

Newsletter Staff:
Katherine Kate Merritt, Kelly KJ Schultz,
Michael Tiger Ellison, Nicole Lova Rawlings,
Alexandrea Lexy Parenteau

