

JUL 2024

RECREATION NEWS

Official Newsletter of UB Recreation

REC Student Staff Spotlight Series JYOTHINKRISHNA JYOTHSNA BAVIN

In the energetic world of UB Recreation, one name resonates brightly among staff and patrons alike: Jyothinkrishna Jyothsna Bavin, affectionately known as "Prince." Since hopping on board in summer 2021, Prince has been a game-changer, blending dedication with innovation to elevate both student engagement and operational excellence.

Prince's adventure into UB Recreation kicked off totally by chance at the [Bulls Team Shop](#). He bumped into a fellow student employee, and their chat changed everything. "I had a great conversation with Lizzie, who mentioned a job opening," Prince recalls. Little did he know, this initial interaction would lead to a transformative experience spanning various roles within Recreation.



Jyothinkrishna Jyothsna Bavin

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REC Student Staff Spotlight Series (cont.)

From Sales to Strategic Leadership

Over time, Prince's role expanded significantly under the mentorship of Jenny Kern, Assistant Director for Marketing, Media, Retail, and Programs. Recognizing his background in social media, Jenny and Prince collaborated to enhance UB Recreation's online presence. From conducting photoshoots to curating content, Prince played a pivotal role in building a robust social media platform that engages the university community.

Promotions soon followed, with Prince assuming responsibilities as Inventory Manager, Assistant Supervisor, and Student Staff Manager. His current role involves overseeing scheduling, staff management, and spearheading special projects—all while ensuring seamless customer experiences and operational efficiency.

Personal and Professional Growth

Reflecting on his tenure, Prince highlights the profound impact UB Recreation has had on his development. "It's equipped me with essential skills in time management, organization, and troubleshooting," he notes. Beyond technical skills, Prince credits the department for fostering a sense of community during his college journey, particularly as an international student far from home. "Recreation has become my family away from home," he adds warmly.

Beyond the Role: Powerlifting and Personal Resilience

Outside his professional endeavors, Prince finds solace and strength in powerlifting, a hobby he describes as a "slow burn" that fuels resilience and gratitude. This passion underscores his commitment to personal growth and well-being—a testament to his holistic approach to life and work.

Looking Ahead

As Prince continues to excel within UB Recreation, his aspirations extend towards healthcare, where he plans to apply his honed people skills and commitment to patient care. His experiences have shaped a profound belief in the power of empathy and effective communication—a foundation he values deeply.

Advice to Future Bulls

For students considering involvement with UB Recreation, Prince offers learned advice: "Take full advantage of all resources available. The opportunities for growth are immense, both personally and professionally." His journey exemplifies the transformative impact of seizing opportunities and embracing community—a lesson he embodies every day at UB.

In essence, Jyothikrishna Jyothsna Bavin, or "Prince," stands as an icon of dedication and growth within UB Recreation. Through his journey from sales associate to a key managerial role, Prince has not only contributed significantly to the department's success but has also enriched his own collegiate experience, leaving an inspiring legacy for future student staff to follow.



“ — One of Prince’s favorite quotes...

“THERE IS NO REASON TO BE ALIVE IF YOU CAN’T DO DEADLIFT.”

- Jon Paul Sigmundson

INDEPENDENCE DAY



BUFFALO
RECREATION

CLOSED
7/4/2024



Alumni Arena Racquetball Court



Racquetball Court Renovations Coming Soon!

From July 1, 2024, through July 29, 2024, the Racquetball Courts in Alumni Arena will be temporarily closed for renovations. We understand this might be inconvenient, but we're thrilled about the enhancements that will elevate your playing experience. During this period, Open REC: Racquetball and Squash will be available on South Campus at Clark Hall, ensuring you can keep up with your game without missing a beat.

This short period of renovation is a fantastic opportunity for us to invest in the future of our recreational facilities. We're committed to providing the best possible environment for our students, staff, and faculty to stay fit and enjoy their favorite sports.

Fun Fact: Did you know racquetball was invented in 1950 by Joe Sobek, who wanted to create a fast-paced game with easy-to-learn rules? It's a sport enjoyed by millions today for its exciting gameplay and health benefits.

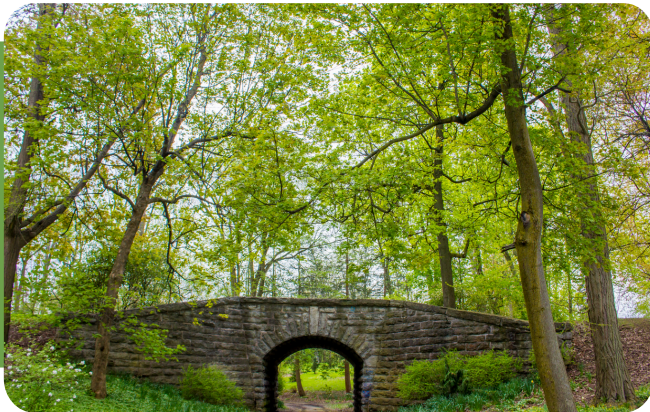
We sincerely apologize for any inconvenience this temporary closure may cause and appreciate your understanding and patience. Keep an eye on our website and social media channels for updates on the renovation progress and the grand reopening of the Racquetball Courts. We can't wait to unveil the new and improved courts to you all.



Read Full Article!



DISCOVER RECREATION GEMS IN WNY & UB RECREATION



Natural Parks & Urban Green Spaces

Western New York offers diverse recreational activities. Niagara Falls State Park has stunning views, hiking trails, and picnic areas. Letchworth State Park features dramatic gorges, waterfalls, and over 60 miles of trails. Buffalo's Olmsted Parks provide walking paths, sports facilities, and relaxing spots.

UB Recreation: Accessible & Inclusive

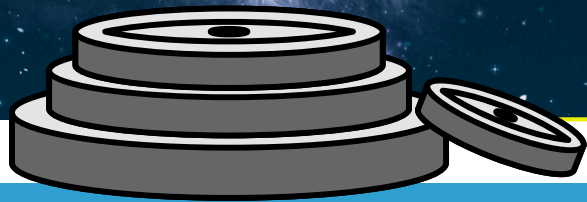
UB Recreation offers a variety of accessible activities perfect for students without a car. In July, enjoy "Open REC: Sports," focusing on fun and physical activity for all skill levels, included with your Recreation membership. Additionally, "Late-Nights in July" provides extended hours on select evenings, featuring fitness activities, the Bulls Team Shop, and open recreational sports.





LATE-NIGHTS IN JULY

Enhancing Recreational Experiences at UB Recreation



PROVIDING AN ENHANCED RECREATIONAL EXPERIENCE FOR OUR COMMUNITY

»»» THIS SUMMER

UB Recreation will keep its doors open until 10:45 PM on **July 8th, 11th, 15th, 18th, 22nd, 25th, and 29th**. These extended hours aren't just about fitness; they're about promoting mental and emotional wellness through physical activity—a practice known to reduce symptoms of anxiety and depression by 20-30%.

THE BENEFITS

Engaging in recreational activities positively impact physical, mental, & emotional well-being. Hit our **Fitness Center** for a stress-relieving workout or explore the **Bulls Team Shop** for the latest gear to show off your school pride! Recreation at UB is an integral part of your college experience.

UNPLUG & ENJOY SOCIAL INTERACTION THROUGH LIFE-SIZED GAMES & CASUAL CONVERSATIONS



PROVIDING FUN WAYS TO STAY ACTIVE & CONNECT WITH PEERS

»»» LET'S GO!

Over 60% of students who regularly participate in recreational activities report an improvement in their overall well-being. Join us & discover how UB Recreation can make a positive impact on your life.

READ MORE >>



National Picnic Month

WORDSEARCH

F V H P S K W L B F E N I W Q F P T Y D R X Q R C F V F O Q
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ANTS
 BARBECUE
 BADMINTON
 BASKET
 BLANKET
 BURGERS

CHIPS
 CHEESE
 COOLER
 CRACKERS
 FIREWORKS
 FRISBEE
 FRUIT

GRILL
 HOT DOGS
 ICE CREAM
 INDEPENDENCE DAY
 JULY FOURTH
 LEMONADE
 NAPKINS

NATURE
 OUTDOORS
 PARK
 PICNIC TABLE
 POPSICLES
 RELAXATION

SANDWICHES
 SHADE
 SUNSCREEN
 UTENSILS
 WATERMELON
 WINE