



## Revised International Orientation

### Overview:

- International students will be picked up from the Shinerama BBQ and brought to the St Denis Centre
- Since the students will be coming from Shinerama BBQ no food will be provided. Only beverages
- Students will be placed in groups no bigger than 10 people and go through various stations
- All stations will last 10 minutes
- Enrique had thought possibly offering this event to more than just first year international students
- Students will go to various stations within the St Denis Centre and learn what programs are offered in that station. As well students will participate in some physical activity at the station
- The day will last from 3:00pm-5:00pm
- Students will be able to receive Lancer Loot for participating in the various activities
- The top team in terms of points will get V.I.P. seating at the September 18<sup>th</sup> home Lancer football game against the Western Mustangs

### Stations

**Station 1:** *St. Denis Policies, Background and East Desk Information*

**Location:** St. Denis East Lobby

**Advisor:** Dave Weston and Nate Friedman

**Description:** Students will get a chance to learn how to access the St Denis Centre with their student card. Learn of all the services at the east desk area. They will learn about proper attire to wear. They will learn about all programs offered and how to sign up for them. Team will earn Lancer Loot by answering questions about the St. Denis Centre at the end of the session

**Station 2:** *Table Tennis*

**Location:** Multi-Purpose Room

**Advisor:** Nick Rupert

**Description:** Students will have a chance to participate in table tennis action. Points will be given to participation.

**Station 3:** *Free Throw Competition*

**Location:** Wood Courts

**Advisor:** Leonie Kishek and Adam Powell

**Description:** 2 Teams will compete in a timed free throw competition. Team to make the most free throws will Receive Lancer Loot

**Station 4:** *Ultimate Frisbee*

**Location:** Mondo Courts

**Advisor:** Caitlyn Wollocombe

**Description:** 2 Teams will compete in a game of ultimate Frisbee on the mondo courts in the St Denis Centre. Winning teams will receive Lancer Loot

**Station 5:** *Keys to Forge Fitness*

**Location:** *The Forge*

**Advisor:** Nassib Eid

**Description:** Students will gain insight to all things fitness with personal Trainer Nassib Eid. Students will get to try out a circuit workout while gaining valuable fitness tips. Teams will receive Lancer Loot for participation

**Station 6:** *Cycle Fit Orientation*

**Location:** Forge Fitness Centre

**Advisor:** Krista Whitney Seguin

**Description:** Students will learn all about the cycling classes offered at the St Denis Centre. They will get to try and use a spin bike. Lancer loot will be given to those who participate.

**Station 7:** *Body Blast Bootcamp*

**Location:** Duddy Fitness Room

**Advisor:** Robyn Bertram

**Description:** Come in for a total body workout for a full athletic training class. Lancer Loot will be given for participation

**Station 8:** *West End Information Session*

**Location:** West End of the St Denis Centre

**Advisor:** Keegan Coutinho

**Description:** Students will learn about our aquatic programs. International swimming lessons will be explained and the ability to sign up for them. Students will get to go into the athletic therapy room. Lastly students will learn about North American culture in the change room.

**Station 9:** *Field Goal Competition*

**Location:** Alumni Field

**Advisor:** Jon Hunter and Chris D'Anghera

**Description:** Students will get the chance to compete in a traditional punt pass and kick competition. Students will punt as far as they can, pass as far as they can and kick a field goal.

Students will learn about Lancer Nation and Lancer Home games Team at the end with the best combined average from all 3 aspects will get Lancer Loot.

**Station 10:** *Cheerleaders and Football Meet and Greet*

**Location:** Lancer Football Lockerroom and West Drive

**Advisors:** Richelle Clark and Zack Nickels, Marc Jean

**Description:** Students will get the chance to witness inside the Lancer Football Lockerroom. They will also get to try on Lancer football gear. Students will get to have their picture taken with Lancer cheerleaders with an official University of Windsor backdrop.

**Station 11:** *Soccer Penalty Kick*

**Location:** Alumni Field

**Advisor:** Otto Ritosa and Peter Breuer

**Description:** Students will get a chance to try as many penalty kicks as possible on University of Lancer Goalie! Any goals scored will receive Lancer Loot

**Station 12:** *Beach Volleyball*

**Location:** Beach Volleyball Court

**Advisor:** Jeremy Brubacher

**Chaperones**

- Chaperones will be assigned to each group to make sure that they stay on schedule and make it to the various activities.

Chaperone List:

Khhitij Singha	Natalie Omondi
Bola Rahman	Ryan Guvenal
Tom Hicks	Fahad Ayub
Bola Rahman	Bryan Kravetz
Adam Lebow	Natalie Omondi
Alexandra Thomas	Todd Campbell
Aaron Drury	Tom Hicks
Osama Khurshid	
Smriti Jasra	<b>Photographers:</b>
Safia Abbadi	Wade Walker
Laura Cowper	Rozzalynn Belanger
Adeoluwa Adeyemi	Samantha Tan
Jazib Ahmed	