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Roos House Grows with Athletics — Eric Cook

SUNY Canton’s extraordinary growth has been accompanied by a new residence hall, the new Convocation, Athletic and Recreation Center, and now the Roos are making the hop forward to join the NCAA, the premier college athletic association in the country. But what does it take to compete at the NCAA Division III level?

Athletic Director Randy Sieminski stated, “As we increase the level of competition, it is imperative that we increase the competitive level of our own student-athletes.”

Seeing a flood of navy blue and Vegas gold in the fitness facility is a good indication that these student-athletes are taking Sieminski’s words to heart.

The batting cages, basketball courts and ice arena have been full of activity on a daily basis. You can find the women’s basketball team warming up on our spin bikes, baseball and softball utilizing our indoor batting cages, men’s ice hockey running circuits on our Olympic platforms and state of the art free weight section, and that’s just to name a few!

The Roos House is in full swing with fall and winter sports already underway. As the athletic programs continue to grow and prosper, so will the Roos House!

To stay current on all the events happening inside the Roos House be sure to visit us online at: www.canton.edu/rooshouse.

Roos House to Host Volleyball Championships

In the coming days and weeks, the Roos House will be hosting a pair of championship tournaments bringing in teams from all over the region and country. Beginning on Friday, November 2nd, the Roos House welcomes the United States Collegiate Athletic Association (USCAA) Volleyball National Championships. The following week, the Roos House will then welcome the Section X High School Volleyball playoffs.

As a host institution, the Roos women’s volleyball team earns an automatic bid to the USCAA National Tournament. The Roos finished the regular season undefeated at home, posting a perfect 12-0 record and a 24-2 overall record.

The women’s volleyball team has also reeled off 17 straight wins heading into the tournament.

Pool play begins on Friday, November 2nd, in the Roos House and Dana Hall. The first elimination rounds will begin on Saturday, November 3rd, followed by the semi-final rounds and championship game.

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I recently spoke with SUNY Canton Criminal Investigations major, Stephen Marra about his impressive physical transformation and weight loss over the past several years at the college. Stephen entered his first year of college at 250 lbs. and through a desire and dedication to train himself into shape, has lost a cumulative total of 120 lbs. to date. I found Stephen’s story to be profoundly inspirational and also indicative of the relationship many individuals have with fitness and health today. In my profession I am often approached by men and women who want to make a change but lack either the: motivation, support and/or confidence to see the goal to its entirety or in some cases the goal at all. Stephen’s journey touches on all three of the aforementioned adjectives and will show “Yes you can make a change for the better”.

**Bryan:** Stephen, tell me a little about yourself. Where are you from, how old are you and how did you find yourself at SUNY Canton?

**Stephen:** I’m 21 years old and from Syracuse, NY. I found myself at SUNY Canton because I loved the campus and the school was the one that offered the major I really was interested in, Criminal Investigations. I love to run and workout and I’m always listening to some kind of music. Chances are if you see me around campus, you’ll see me with headphones in.

**Bryan:** When you first arrived at SUNY Canton what was your physical condition like?

**Stephen:** When I got here in the Fall of 2009, I was in pretty poor physical condition. I was about 250 pounds and hadn’t done anything physical in I don’t remember how long. In fact, I tried to avoid anything like that at all costs, even in high school gym class. I would do as little as possible then head to the nearest vending machine. I never wanted to work out, eat right or anything like that. I was just very content to sit and watch TV all day long. Eventually, I hit bottom and knew I had to change. I just was not happy.

**Bryan:** What motivated you to start coming to the Roos House Fitness Center?

**Stephen:** The Roos House at the time was under construction, so when I first started working out it was in the old fitness center on campus. But once the Roos House was completed, the decision was easy to keep coming. The Roos House was much bigger and offered so many more options that I liked rather than the older fitness center.

**Bryan:** Please describe what those first few weeks were like trying to get the motivation and courage to make it to the gym each day to achieve your goals? Were there moments of weakness or doubt during your journey?

**Stephen:** Those first few weeks were terrible. I still remember my very first workout and how much of a nightmare that was. I wasn’t really motivated yet and I just didn’t want to be there. I’ll admit to being very insecure at the time about going to a big college gym filled with people already in shape because I was the exact opposite. Feeling so out of place didn’t help. But I knew I had to get over that fear to get to where I wanted to be. I luckily had a friend who would workout with me in the very beginning and who pushed me to keep going so that helped me tremendously.

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**Fitness Programming**

**Spinning**
- Mondays & Wednesdays
  - 5pm-6pm
- Tuesdays & Thursdays
  - 5pm-6pm

**Zumba**
(Dana Hall)
- Mondays & Thursdays
  - 4:15pm-5:15pm
- Tuesdays & Wednesdays
  - 6pm-7pm

**Kickboxing**
(Dana Hall)
- Tuesdays
  - 5pm-6pm

**Aerobics**
(Field House)
- Mondays & Wednesdays
  - 5pm-6pm

**Self Defense**
(Dana Hall)
- Mondays & Thursdays
  - 5:30pm-7pm

**Aqua Zumba**
(Roos House Pool)
- Fridays
  - 4:15pm-5pm
November Events

11/2 - 11/4
USCAA National Volleyball Championship

11/9: 6pm
Women's Hockey vs. Northeastern University

11/10: 2pm
Women's Hockey vs. Northeastern University

11/16 - 11/17
Kevin Fee Women's Basketball Tournament

11/28: 6pm
Men's Basketball vs. Utica College

11/30: 6pm
Women's Hockey vs. University of Vermont

Championships.... Continued from pg. 1

on Sunday, November 4th.

The Roos will kick-off the tournament Friday, November 2nd at 10am as they entertain the #1 seed, Daemen College (NY) at the Roos House. The Roos will continue play against the #5 seed Carlow University (PA) at 2:30pm on Friday.

The Roos head across the street to Dana Hall on Saturday, November 3rd, to finish pool play. They will first play UC Claremont at 10am and then Penn College at 2:30pm.

Rounding out the top 10 and pool B are: #2 Rochester College, #4 Florida College, #6 Penn State - Fayette, #8 Johnson & Wales (NC), and #10 New Hampshire Technical Institute (NHTI). Pool B teams will begin play on Friday at Dana Hall and finish on Saturday at the Roos House.

Day passes are available to the USCAA National Tournament for $5. The passes give individuals admittance to both Dana Hall and the Roos House.

For more information about the USCAA or the Volleyball National Tournament please visit www.theuscaa.com or visit the SUNY Canton athletic website at: www.rooathletics.com.

Yes You Can.... Continued from pg. 2

Bryan: In the future, do you have any fitness goals you would like to achieve? More specifically, do you wish to run a marathon, compete in a triathlon, enter a Tough Mudder race, complete a challenging hike, do a 100 mile bike ride...anything crazy on your schedule in the future with your new found fitness?

Stephen: One future goal is to run a marathon in a good time. I’ve run the half marathon distance on a few occasions but really want to challenge myself to run a full marathon. I just want to prove to myself that I can do it. As far as challenging hikes, long bike rides or anything like that, I’d absolutely do those if the opportunity came up. I love those kinds of challenges. General day to day goals are just to make every run and workout better in some way than the last one.

Bryan: For the individuals out there looking to make a change for the better like you did, what would you say are some key rules to follow in order to achieve your fitness and health goals?

Stephen: There are so many tips but some of the main ones for those who want to lose weight are not to get discouraged if you don’t see the scale going down fast enough (or not even at all) and to be consistent with workouts when times get tough. Schedule workouts for a specific time of day and do it. No excuses, no quitting, no putting it off. Eventually it just becomes a daily habit. Also think of what it will feel like to achieve the end goal. I know that helped me tremendously when I wanted to quit. I realized I wouldn’t get healthy or achieve what I wanted to by quitting. Another rule is to change the workouts up every now and then and try new things. It helps keep everything fresh that way and prevents the workouts from becoming monotonous. In my opinion at the end of the day, it comes down to how motivated you are. If you’re motivated and willing to put in the time and work, any goal is possible.

Pictured Above: SUNY Canton Student Stephen Marra.
Dear Readers,

It is my sincere pleasure to introduce you to the first installment of our monthly Roos House Newsletter. We have grown very fast in only our second year of operation and we are very excited for what the future holds at the Roos House. We have hosted many events in this building including all of our Varsity Athletic Contests as well as Graduations, Honors Convocations, Section X High School Athletics, the Wounded Warrior Ice Hockey Game, our first ever concert with Gym Class Heros and our first annual indoor Canton Automotive Regional Car Show!

We hope you will find this newsletter informative and at times inspirational. In this newsletter you will find articles from our Fitness Center staff, in particular from our Fitness Center Director Bryan Parker and Assistant Director Eric Cook to help you get into the best shape of your life. Their programming and instructional sessions are very informative and can really make an impact on your fitness goals!

We will keep you updated on what is happening in our building with our upcoming events for the month as our student—athletes take the field, court, ice and diamond. We will also inform you about key rentals and events such as Health Fairs or youth hockey tournaments.

If you ever need anything please feel free to contact myself or Michael Hodge, our new Assistant Director of the Roos House at hodgem@canton.edu or his office line at (315) 386-7022. Michael comes to us from Holy Cross College in South Bend, Indiana and has done a remarkable job with this Newsletter and I cannot thank him enough for putting this together for our students, faculty, staff and patrons.

And finally I would like to thank the Roos House staff for all of their hard work, dedication and taking pride in this building in particular Bryan Parker, Michael Hodge, Eric Cook, Jerry Sawyer, Brandi Bissonette, Gino Schiavone, Rick Flanagan, Dan Bovay and Matt Garman. I thank you all very much for everything you have done and will continue to do!

Thank you very much for reading and Go Roos!!

Sincerely,

John D. Vandevere