Outdoor Recreation

Outdoor recreation is one of the best ways to get the benefits of both nature and exercise and it is gratifying for everyone. We all know the many benefits of physical activity/exercise. But being in nature adds a sense of connectedness, meaning and purpose. Recent research has shown that outdoor recreation can be therapeutic in reducing stress and improving mood.

The Physical Recreation Department offers a variety of outdoor recreational clubs, A.K.A. - Sport Clubs for students, faculty, staff and Socorro community members. The mission of the sport club program is to offer opportunities for personal growth, social development, improved physical and mental health, and to develop lifetime leisure skills for a healthier lifestyle.

This issue will feature the NMT’s Sport Clubs. I encourage you to participate in one or more of the outdoor recreational activities we host here at New Mexico Tech.

Physical Recreation Department Sport Clubs

NMT Bike Club
The NMT Bike Club is all about riding, working on, and talking bikes. The members enjoy all types of riding, from commuting to downhill mountain biking. With (generally) mild winters, Socorro is an ideal location for year-round riding, and the several local off-road trails offer a fun and challenging way to explore the beautiful New Mexico landscape.

The NMT Bike Club meets every Wednesday from 4:00 p.m. to 6:00 p.m. at the Macey Center loading dock to offer bike repair and maintenance assistance. All students, faculty, and Socorro community members are encouraged to bring their bikes. Common replacement parts (tubes, cables, chains, etc.) are available in exchange for a small donation.

Weekly Socorro Single Track (mountain bike) group rides take place every Wednesday after the bike repair sessions. Beginner riders are welcome, and the group will move at a slow pace. These rides are a great way for the new rider to try mountain biking and meet other Socorro riders.

In addition to the weekly single track rides, NMT Bike Club members organize longer local rides or trips most weekend. This semester the club plans to travel to Taos, Angel Fire, Albuquerque, and Magdalena to sample mountain bike trails. ~ Nico Seamons, President
For the most up-to-date information on club meetings, rides, and trips, please join the club Facebook Group by browsing Socorro-mtb.org. Or, to request more information or join our mailing list, email NMTbikeclub@gmail.com.

NMT Cricket Club
Though cricket is mainly played in India, England and Australia, New Mexico Tech cricket club has managed to attract student players from the USA, Nepal, Sri Lanka, Ghana, and some other non-cricket playing countries. The club now has 30 members (20 active students, 7 new students, 1 staff and 2 Socorro community members.

The NMT Cricket Club meets every Friday from 5:00 p.m. to 7:00 p.m. The club practices bowling, batting, fielding and wicket keeping. A couple of 6-7 over games are also played. The club is working with the UNM cricket club team to schedule a few away games. The club plans on inviting the UNM club to play a game or two on our campus as well. ~ Varun Rao, President

NMT Caving Club
Facebook Group

NMT Climbing Club
Facebook Group
NMT Golf Club
The NMT Golf Club requires a $40.00 due to be paid each semester for STUDENTS ONLY. With this payment, golf club members enjoy access to the driving range and the golf course for the duration of the semester. The NMT Golf Club also ventures out once a semester to play a different course around the state. A trip will be planned for September or October of this semester. The overall goal for the club is to increase the accessibility to an expensive sport like golf to anyone on campus that is interested in playing.

“We enjoy golf because of the challenge it presents each and every day. Most sports are played on fields that are uniform. Golf on the other hand is different every day. This allows you to be put into many different situations on the same course and allow you to use your creativity. While golf can be challenging to play, the best thing golf offers is a way to spend multiple hours building and creating friendships while playing a sport that you love to hate.” ~ Will Benson, President

The NMT Golf Club is in the process of setting up a golf league that will run for multiple Fridays this coming semester as a trial to improve club involvement for future semesters.

For more information, you can email the NMT Golf Club at nmtgolfclub@gmail.com

NMT Rugby Club (Pygmies)
The NMT Pygmy Rugby Club has existed at NMT for over 40 years. “It is a team club that allows students to stay in shape, network with lots of people, and play the best and toughest sport in the world: rugby.” ~ Brian Arko, President. “With such a long history, the Pygmies are one of the largest sport clubs on campus. Rugby is often called the game played in heaven. For now, the NMT Pygmy Rugby team plays in various locations and types of gameplay throughout New Mexico, Arizona, Colorado, and even California.” ~ John Mark Stiles, VP

“Rugby is a sport about intensity, determination, and drive. Through the physical demand and commitment to improving oneself, sport club members form a lasting relationship on and off the pitch.” ~ John Mark

“Rugby is much better than simply running. You still get sunshine, and the ability to socialize. It takes a group of respectable students, and makes them care/strive to help each other so we may meet out common goal which is winning (in school and on the pitch).” ~ Brian Arko

Practices are from 4:30 p.m. to 6:30 p.m. Tuesday, Wednesday, and Friday. Extra morning conditioning sessions are 7:00 a.m. on Tuesday and Thursday. Matches are traditionally played on Saturdays but at times tournaments take place throughout the weekend.

To reach out to the club, join the Facebook Group.
NMT Shooting Club

The NMT Shooting Club is open to everyone who may have an interest in shooting sports, from people who have never fired a rifle before in their life, to master shooters who compete at National Championships. Most of what the club does is focused on a weekly practice session in the gymnasium, Room 1, on Monday nights from 5:00 p.m. to 6:45 p.m. The first session will be Monday, September 14. During these sessions, there is the option of shooting either air rifles or air pistols. Air rifles are great for shooters of all levels, and are ideal for people new to the sport. About once a month, the club visits the Socorro Gun Club Range for a high power rifle school through the Civilian Marksmanship Program. The club also has a traveling competing team of NMT students and staff members that shoot smallbore matches throughout the year, with the main season being in the spring.

“Shooting sports can be a great stress reliever. Consistent, accurate shooting requires you to be as relaxed and clear-minded as possible, allowing you to forget about outside stressors.” Steven Mathe, Secretary

The NMT Shooting Club will be hosting a clinic for those interested in competitive shooting sports, specifically smallbore rifle the weekend of September 11-13. The best way to get more information about the club is to attend one of the weekly Monday night air rifle sessions.

NMT Street Hockey Club

A group of individuals with a passion for hockey started playing pick-up games 5 years ago in parking lots on campus. Two years ago, this group became an official NMT sport club. The club currently has 24 members, 8-10 of which participate regularly.

The NMT Street Hockey Club provides members the opportunity to learn the rules and fundamentals of traditional hockey through experience. The club practices/plays every Monday and Friday from 5:00 p.m. to 8:00 p.m. on the NMT tennis courts. This
usually involves 15-20 minutes of individual skating and shooting followed by 2-3 abbreviated NHL-style games (three 5-7 minute periods with regulation rules).

“The club welcomes participants from all ranges of athleticism and requires no prior experience. The goal of the club is simply to allow folks who are interested in the sport to experience a non-competitive environment that fosters teamwork and personal growth.” ~ Brad Sion, Vice President

For more up-to-date information on club news, please Join the club Hockey Facebook Group.

NMT Track & Field Club
Five years ago, the NMT Track & Field Club was created by a student who had a deep passion for track and field and cross-country running. He had a vision for a club that would provide students the opportunity to participate in many running and field events around the state of New Mexico.

“As track and field can be a team sport it is very much an individual sport as well, which allows the members to strive for their best alongside teammates. For some people, running is a stress reliever or can serve as personal time.” ~ Thalia Quinn, Team Spokesperson

The NMT Track & Field Club participates in local New Mexico events including indoor track meets and long distance running. Members of the club will participate in the Socorro Run For Your Life 5K Run on September 19 as well as the Socorro Striders and Riders Fall 5K series.

For additional information and club news, please join the club Facebook Group.

NMT Ultimate (Frisbee) Club
“The Ultimate Club seeks to help spread the growing sport, Ultimate Frisbee. Ultimate is more than just throwing a 175g piece of plastic around. Certainly that is a major part of ultimate, but it seeks to be a culmination of competitiveness, teamwork, and fun. The best part of ultimate is that no prior experience is necessary because the objective is to learn from each other and push each other to become better. By playing
against fellow members, players get the feel of where/how to cut depending on who has the disc; players build a chemistry that is useful come tournament time.” ~ Justin Fan, President

The NMT Ultimate Club practices Monday and Thursdays from 4:00 p.m. to 6:00 p.m. The club is planning on participating this November in a couple of tournaments in Albuquerque: Red Chile Fest and Albuturkey.

For the most up-to-date information on club news, join their club Facebook Group.

NMT Volleyball Club
“The NMT Volleyball Club is dedicated to growing the sport of volleyball at New Mexico Tech. Started by former NMT Associate Vice President for Academic Affairs, Scott Zeman, and currently comprised of approximately 15 members, the club takes people interested in learning and playing volleyball and puts them in the gym, teaching both the individual and team skills associated with the game, with an eye towards helping players improve all while having as much fun as possible.” ~ Robert Johnson, Club Officer. The majority of play occurs indoors, with practices on Tuesday and Thursday from 4:00 p.m. to 6:00 p.m. The club plays in the Lobo League, an adult league sponsored by the UNM Women’s volleyball team, once a month, as well as in tournaments all around New Mexico and Arizona. This semester the NMT Volleyball Club is hosting a “co-ed alumni tournament” on October 10 with teams already confirmed from Arizona, Texas, and California.

If you are interested in joining the NMT Volleyball Club, ask to join their closed Facebook Group.

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Hatha Yoga Instructor
ACE Personal Trainer and Health Coach
Precision Nutrition Level 1 Coach
Progressive Calisthenics Instructor
Eating Psychology Coach