

# THE MIRROR

Week of September 3, 2024 | First Day of Class Issue

Independent student newspaper

fairfieldmirror.com



Photo Courtesy of Owen Bonaventura

New Student Leaders (NSL) welcome first-year students to campus; their outfit features the customary Fairfield red, but also includes red and white pom-poms. NSLs teach a class to first-year students and are a resource they believe that every first-year should utilize when encountering college transition difficulties.

## New Student Leaders' Advice on a Successful Transition to College

BY MAX LIMRIC  
Editor-in-Chief

For first-year students, New Student Leaders (NSL) can be the backbone of their college transition by offering a friendly face around campus or being a confidant—someone first-years can trust with their college transition difficulties.

Now, while Connecticut colleges and colleges across the U.S. feel the effects of a decline in enrollment, Fairfield welcomes its largest, most academically competitive incoming class for what seems like the umpteenth year in a row.

With the increased first-year population, NSLs needed to enlarge their numbers and adapt their class sizes to keep up with increasing enrollment. NSL Development Intern Cole Fabry '26 estimates that the number of NSLs is around 70, with only about 15 being male.

"It's different this year, there are more NSLs and we have more FYE sections with bigger class sizes." Even with a record-breaking number of first-years, Fabry believes in the NSL's ability to successfully welcome first-year students to campus: "We have a great empathetic group that's ready to go. They're nervous, but they know more than they think they know."

Even though NSLs will be with their groups all of fall welcome and throughout the semester in class, they're getting a head start and sharing their

advice through The Mirror to help ease students' transition to life at college. Their advice includes tips for students to get out of their comfort zone, make friends at college, coexist with roommates and combat homesickness.

NSL Development Intern Angeline Miraglia '25 encourages first-year students to "take that first step and organize plans with friends or new acquaintances who could become friends. Start a conversation with the person next to you in class because that could lead to lunch," she states.

When looking for new friends, Senior NSL Angelo Corsini '27 points students toward Fairfield programming and the Life@Fairfield website. "Take advantage of all the events the University has planned for you," Corsini suggests. "Go to the activity fair and join as many clubs as you are interested in, if even only slightly interested in. You'll find your people at those club meetings."

When it comes to roommates, Miraglia knows not everyone will be best friends with theirs and she reminds first-years to "advocate for yourself, know that your feelings are valid and stay true to yourself when setting boundaries with roommates."

Even though first-year students will see their NSL every week in a class they co-teach with a Fairfield University faculty member, many first-years may still be hesitant to converse or reach out for help.

For students hesitant to engage

with their leader, NSLs offer guidance to overcome the stigma of asking for help. Fabry acknowledges that it may be difficult to initiate that conversation, but "for anyone hesitant or on the fence, just look around you. It may seem everyone has it all figured out, but you only see the outer level and we all understand and have gone through the experience."

Fabry also believes that reaching out for help can be even harder for male students and stresses the importance of the NSL program's guiding pillars: "A big part of this program is instilling a mindset of inclusivity so everyone feels at home here. In general, we hope to move the university culture to a place where more people feel safe and comfortable. No matter who they are, they can express themselves, whatever they are feeling."

Additionally, Senior NSL Abby Evans '26 knows that many first-years will have the instinctive urge to compare their college experience to others, however, she reminds students to "take it step by step: don't compare your transition process with anyone else's, yours will be unique."

To wrap up the advice for the newly arrived first-years, NSL Alyssa Weinberg '26 offers concise words of wisdom: "Go to class and have an open mind. The best part is the people and the atmosphere."

Managing Editor Kathleen Morris is an NSL and did not read, edit or have any part in the creation of this article before publication.

## Five Things Every First-Year Should Do

BY SAMANTHA RUSSELL  
Executive Editor

This past weekend, Fairfield University welcomed its newest group of students in the Class of 2028. In the midst of a foreign and sometimes uncomfortable transition, incoming Stags are now faced with a multitude of decisions: what interests to pursue, who to sit with at the Tully and even which foods to eat at the Tully—because there are certainly several to choose from. To make these decisions just a little bit easier, The Mirror has suggested five "must-dos" for first-year Stags to complete during their first week on campus.

### 1. Get Contacts

One of the most important things a first-year can do during their first week at school is to retrieve peer contacts—and as many as possible, at that. Some of these contacts will sit in a phone, unused, for one's entire four years at Fairfield. But, others will come in handy for class notes, study groups and after-class hangouts.

Throughout my own time at Fairfield, my friend group has changed drastically. Nonetheless, several of my first friends were those I communicated with over Snapchat. One of those friends I am roommates with today. During my first semester French class, I connected with a girl who studied for multiple exams with me; I also found girls to attend parties with, and others to meet mutual friends from. Getting a phone number or Instagram handle can also help in staying connected with classmates you do not normally see outside of class. At such an academically strong institution, maintaining networks of classmates and individuals is key for future success.

### 2. Visit the Activities Fair and Join Multiple Clubs

I did not join any clubs for

the first semester of my first year, and that is truly an opportunity I missed out on to meet new people and try new things. I visited the Activities Fair with my friends and actually put my name down for many groups; yet, I believed I did not have the time to devote myself to anything besides school work.

Realistically, there is plenty of time to do things you love on campus while also succeeding academically. College is about finding yourself and figuring out the things you want to devote yourself to. Plus, joining clubs is an excellent way to make new friends. Going to the Activities Fair may seem lame or even not worth it, but even just seeing what is available can make a difference. To gain new experiences and memories, you really have to take that leap of faith. And, trust me, everyone else is just as nervous as you are.

### 3. Explore Downtown Fairfield

I remember one of the first things my first-year roommate and I did was try the delicious frozen yogurt at 16 Handles on Post Road. Shortly after, three of my friends and I walked to the beach for a daunting night out. Within my first week, I had also shopped at Apricot Lane, tried my first Playa Bowl and discovered the wonders of Colony Pizza.

Downtown Fairfield has such an amazing arrangement of shops and boutiques, restaurants, sweet treats and, of course, beach activities. I believe it makes half of a Stag's college experience because it certainly has mine. While managing a college workload, on-campus jobs and personal care, it is important to get out with friends, too, and create an exciting time. Village Bagels offers top-notch breakfast and lunch sandwiches. Chip City with gigantic and decadent cookies and Marshalls with all the best fashion. It is still

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Photo Courtesy of FairfieldU X

The Activities Fair occurs on the first Friday of the academic year. There, students can get acquainted with over 100 clubs, with many clubs geared toward academic, cultural, athletic or social justice themes.

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**WATCH THE FULL VIDEO INTERVIEW @FAIRFIELDMIRROR ON INSTAGRAM**

# Class of 2028 Move-In Day!



“We’re welcoming students and families to our campus today, directing a little bit of traffic and saying hello.... I got myself a nice cheeseburger.”

-William Johnson,  
Dean of Students

“This is going to be nuts... We’re about to have a hugely emotional moment. As soon as the camera is off, waterworks will come right out here.”

-The Iglesias Family



“It’s not as hot as the last two years, so there’s a nice breeze. We get shade every now and again. So, everything is working out well for today.”

-Lucas Pettway,  
Stags Hospitality Chef

“I’ve been up since 6 a.m. It’s been pretty hectic, but fun. A lot of parents are stressed and high anxiety, but it will all get done”

-Lanyon Henwood ‘25,  
Regis Hall Resident Assistant





Compiled by Kathleen Morris  
Information contributed by the Department of Public Safety

Coming soon!  
Check out The Mirror's next issue to be informed on campus crime.



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# Tips to Maintaining a Healthy Lifestyle During the College Transition

BY JACQUELINE RIGAZIO  
Copy Editor

The start of a new school year also marks the start of many big life changes for incoming college first-years. From living away from home for the first time, making new friends, having a roommate and adjusting to life on campus, college first-years face many new challenges as the fall semester rolls around. Among these countless obstacles, one that often goes undiscussed is managing a healthy diet while at school. Shifting from home-cooked meals to a dining hall meal plan is no joke, and it poses a struggle for many new college students. When everything in life is changing, it is easy to lose sight of how important your diet is. Opting for the quick and easy (and often fried) food choices becomes routine, and goals of a healthy lifestyle seem to fade away.

While many first-years struggle with a balanced diet and adjusting to campus life, Fairfield provides many ways to eat healthy and stay active. At the Tully, thirteen different food stations provide a variety of options to keep your plate balanced, including gluten-free, allergen-free and vegan stations. A go-to station for healthy eating is the salad bar. Whether it makes up your whole meal or goes on the side of something else, the salad bar has many different toppings for you to customize your salad exactly how you like it. This is a delicious and easy way to include vegetables in your diet.

Out of all three meals, I think breakfast is the most overlooked by college students. I have been guilty (many times) of either skipping breakfast or grabbing an unhealthy pastry from Dunkin before my morning classes. While undeniably yummy and easy, opting for sugary treats is a terrible start to your day, as they don't properly fuel your body for classes and walking around campus. This will only leave you feeling sluggish and unmotivated.

Instead, the Tully offers an amazing breakfast. My personal favorite is the avocado toast, which I always load up with tomatoes and eggs—seriously so delicious! The omelet station is also not to be missed. This is a great way to

get protein and vegetables in one meal, not to mention that they are one of the Tully's most popular dishes. I would also always add a yogurt cup with granola and blueberries to accompany my morning breakfasts. Choosing balanced meals like these for breakfast offers a healthy diet as well as amazing fuel for your day!

To coincide with diet, it is important to prioritize exercise. The RecPlex is a great resource for exercise and staying active. In addition to the weight room, cardio floor and fitness studios, the RecPlex offers over 40 group fitness classes a week. These fitness classes provide fun and effective ways to keep your body moving while at school. Some personal favorites of my friends and I include Zumba, Spin and Yoga. If you want a good burn, head over to the Butts and Guts class, which works exactly what it says. I first took this class as a college first-year and it gave me a solid sweat! There are classes every day of the week, and there truly is something for everyone. From 7 a.m. classes for the early birds to a midnight close time, the RecPlex is always buzzing with motivating ways to stay active.

It is very important to take care of our bodies, especially during a time when many things are changing, such as your first year of college. However, we also must remember that taking care of our bodies also means being kind to them! It's okay if you have off days and don't eat as well as anticipated, or if you miss a day in the gym. Some days, the best we can do is just walk to class—and that is okay! Just like life, caring for our bodies is all about balance. So don't be afraid to eat that Tully cookie (they truly are so delicious) but also show your body that you love it by getting in a good sweat at the RecPlex!

The first year of college can be overwhelming, and so can managing a healthy lifestyle. Despite these challenges, Fairfield University has all of the resources needed to keep your body (and mind!) happy and healthy during your college transition.

## THE MIRROR

Incorporated 1977

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## RecPlex Hours

<b>Monday - Friday</b>	<b>6 a.m. - 12 a.m.</b>
<b>Saturday - Sunday</b>	<b>9 a.m. - 9 p.m.</b>

## Tully Dining Commons Hours

### Breakfast

Mon - Fri 7:30AM - 12:00PM  
Sat - Sun 8:00AM - 11:00AM

### Brunch

Sat - Sun 11:00AM - 4:00PM

### Lunch

Mon - Fri 11:30AM - 4:00PM

### Dinner

Mon - Sun 4:00PM - 8:00PM

# Sophomores Reflect on Finding Confidence in a Daunting College Transition

BY CAITLIN SHEA  
Vine Editor

As the summer months come to an end, the hustle and bustle of fall rapidly breathes life back onto campus. With the swift changes that accompany the taxing yet exhilarating transition period of a student's first year, it is easy to feel overwhelmed and to find yourself unsure of what the future may bring.

As an incoming sophomore reflecting on my own first-year experience, I too felt anxious and intimidated, not only in leaving behind my family and the home I grew up in, but having to take big steps towards finding myself in an unfamiliar space.

One of the places where I found these emotions to be the most overwhelming was in the classroom. After the first week of classes, I discovered that the confidence I had in high school to actively participate in discussions had quickly dwindled away. If I am being honest, I even found myself feeling nervous to say my name during attendance. All of these strong emotions are completely normal and valid, but if I were to be presented with the opportunity to give my younger self some advice on that first week, I would say to push past the fear of giving the wrong answer, as not only will it help in the learning process, but it will also help to grow your confidence as a student.

While every person's experience is complex and different in their own way, there are often many similarities that can be discovered within the transition into college.

For sophomore Anna Minino, the aspect of putting yourself out there was the most daunting.

"I sometimes got in my head about meeting new people," Minino explains.

Minino drives home the point that the anxiety around meeting others can be extremely intimidating, but it is important to put yourself out there, as while it may not seem like it on the surface, many first-year students find themselves scared but excited to make new friends as they continue their journey.

Putting yourself out there can be a huge way to inspire personal growth. However, taking big steps can cause fears of failure to prevent you from experiencing some amazing things. While intimidating, Emily Lamoureux '27 thinks back on taking these steps fondly.

"I wish that I went out of my comfort zone more. I find that the times that I went out of my comfort zone were my best memories from my first year," Lamoureux reflects.

In some first-years' experiences, students were able to step out of their comfort zone and meet new people by hanging out in their residence hall lounges, which was an aspect of dorm living that Jenna Walsh '27 wishes she had taken advantage of sooner.

"I wish that I hung out in my building's lounge more often. It's a great way to make

connections with the people you are living with," Walsh shared.

In other cases, students found that stepping off campus to explore was a way to seek out new experiences. Jane Coppola '27 hopes that she can encourage others to take a trip into town.

"I wish I would have gone off campus and into town to try restaurants sooner, there are so many good ones and it's so fun to do with friends!" Coppola exclaims.

In my own experience, as well as the experiences of fellow Stags, taking the time to understand these feelings and challenge yourself to grow outside of your comfort zone is a vital part of the first-year experience. While each first-year experience will be different for every student, it is incredibly important to remember that confusing and overwhelming emotions are normal, and that you are not alone in your journey in making Fairfield University your new home.



Photo Courtesy of FairfieldU.loyolahall Instagram

Resident Assistants (RA) and Area Coordinators (AC) of the first-year dorm Loyola Hall pose stoically. As employees of Residence Life, students can lean on their building RAs and AC for help navigating dorm living and learn how to meet people on their floor.

## How to Make the Most of Your First Year at College

CONTINUED FROM PAGE 1

possible to explore the town without a car; the Stag Shuttle takes students to several stops, including Marshalls, Chipotle, Stop and Shop and the train station. Moreover, a trip to New York City never hurt anybody.

### 4. Attend Fairfield@Night Events

Fairfield@Night (F@N) is one of my favorite resources on campus because it provides nighttime activities that do not require leaving campus or spending unnecessary money. From roller skating to karaoke to bingo, F@N events always leave me smiling, laughing and surrounded by good friends.

The goal of F@N is to provide students with safe, substance-free options on campus. With such an honorable motive, the organization creates an outlet for new students to meet new people and merge different groups. It is a superb way to become closer to already made friends while keeping arms open for others. In addition, students can meet upperclassmen who may act as positive guides or mentors throughout their college career. Again, it may seem a little cringe to meet up in the Barone Campus Center for some board games, but it is also a known fact that, sometimes, cringe and cheesy can make the greatest fun.

### 5. Try New Things

This list item is a little vague, but that vagueness is simply because it can be applied to many campus aspects. Of course, "trying" new friends is a given. Get out there and meet as many Stags as you can; these contacts will come in handy eventually—either socially or academically.

Aside from friendships and connections, I feel it is important to try new things on campus. Fairfield's boundaries are quite expansive, despite only holding around 5,000 students. Test out a new route to Dolan School of Business—one that passes by Bellarmine Hill instead of the Tully—or a route to the Student Health Center, past the softball fields instead of across The Quad. Not only will this method help you notice new things on campus, but it will allow you to acclimate to your surroundings just a little bit better.

Because of the abundance of cuisine options at Fairfield, trying new foods is crucial as well. The Tully offers numerous different stations—main options, True Balance, a salad bar, Trattoria and Root, to name a few—and The Stag Diner offers salads, sandwiches, wraps and classic snacks. Moreover, amazing food surrounds the town of Fairfield, and finding these hidden gems makes a school year that much more exciting.

The first week of college is certainly nerve-racking, but it is not impossible to manage. After getting involved, expanding horizons and getting to know as many Stags as possible, success on campus is almost guaranteed.



Kathleen Morris/The Mirror

There is a multitude of ways for students to get involved in campus life; however, students can also explore life outside of campus by visiting restaurants downtown and nearby shops. The Stag Bus transports students downtown during the academic year.

# Opinion

## Don't Let The Tully Be An Untapped Resource

By **TRENT OUELLETTE**  
Opinion Editor

A new school year brings a new first-year class to the University. A class that, like the others before them, is faced with the proposition of how to get the most from their first year on campus. The cost of attendance for a first-year resident has exceeded \$80,000 and the urgency to make the most of college is as high as ever. One of the key aspects of a successful first year is navigating the meal plan and making daily dining decisions. Without access to a car and the compulsory nature of the first-year meal plan, students will spend countless hours within the University's dining systems. As a senior, and former first-year, I believe the single best thing a first-year can do to get the most from their meal plan is to take full advantage of the Tully.

A student's first year on campus is typically a hectic



Photo Courtesy of StagsHospitality Instagram

The Tully celebrated Christmas last year with a themed dining experience including hot chocolate. The dining hall regularly offers themed dining experiences on holidays and earned a reputation for the high quality of food and festivity.

time as you learn the ropes and adjust to college life. Whether it is true or not, it feels as if everything has legitimate stakes to it. The Tully, however, is a place without stakes. You do not have to worry about wasting a meal swipe because if your first plate does not strike your fancy, you can get up and try something else. At other dining locations, what you order is what you are stuck with. You are also restricted to a menu a fraction of the size of the Tully. This is especially true with the food trucks which, while delicious, will often have five or fewer options. The Tully, meanwhile, when fully operating, has upwards of 10 unique stations each with various food options. No other dining location boasts the same level of variety as the Tully.

Students will often find the Tully well-occupied at most hours of the day. As a first-year trying to forge new friendships

and strengthen the ones they have already made, this should be a welcomed quality of the Tully. In my experience, nearly every time I went to the Tully, regardless of when in the day, I would find someone I knew. Due to the Tully's sit-down nature, people typically stick around for longer periods of time. Instead of getting something from the Stag and taking it back to your room, go to the Tully solo because you might see someone you know. If everyone chose this course of action, many would find themselves sitting with a friend or in a small group and meeting new people in no time.

On top of its social value, the Tully provides the best monetary value when using a meal swipe. With the 14-swipe meal plan's steep price and limited opportunities for first-years to visit the grocery store, first-years need to act deliberately when utilizing their meal swipes. The Tully provides the best value because it is all-you-can-eat. A normal meal at the Stag may be a sandwich, a bag of chips, and a bottled soda. However, at the Tully, a meal may be some chicken, pasta, a cup of fruit, a slice of pizza, a fountain drink, and a small dessert. There is nothing stopping a student from swiping in, eating breakfast, doing their homework for an hour or two, then eating an early lunch. All on a single meal swipe. The ceiling for food consumption is far higher when using a swipe at the Tully compared to any other dining location on campus. This is all without mentioning holidays or special events in which additional, and often more unique food is brought in at certain stations. While the school prohibits it, many students will take food out of the Tully to eat later. Even taking something small such as a cup of strawberries provides students with an additional snack they would not have had otherwise. If students try, they can squeeze lots of value out of a meal swipe at the Tully.

Fairfield's primary and only dining hall is a staple of the



Photo Courtesy of Fairfield.edu

The Tully welcomed first-year students to campus and over the first few days, New Student Leaders were their guides, sitting with them in the Tully and helping students understand its workings. Once classes start, first-years should continue to utilize the Tully.



Photo Courtesy of StagsHospitality Instagram

Students took advantage of the Tully over the summer while working with summer camps. The Tully is buffet style and the only dining hall on campus; first-year students should utilize it.

University's student experience, and for first-years, it can act as a reliable and worthwhile place to utilize a swipe and grow into the campus community. I am not telling first-years to only go to the Tully, as The Levee and Stag are often social hubs as well, but I am urging them to take advantage of it. The first year on campus can, and in many cases should be, filled with many uncertainties; however, dining does not need to be one of them.

### EDITORIAL BOARD

## What Makes Fairfield University Special?

By **MAX LIMRIC**  
Editor-in-Chief

Welp ... it's arrived. My senior year, that is. For our first-day-of-class issue—a brand new edition to the Mirror print schedule—I've been asked to reflect on my time at Fairfield and give first-years an idea of what makes this place so special.

So, what makes this place so special? I could act like I'm right out of the Fairfield Marketing Department and say the proximity to both the beach and New York City makes this university special (even though I've been to both places less than 15 times in total.) Or I could plug Fairfield's small class sizes, approachable professors and walkable campus (I mean, you can get from one end to the other in less than 20 minutes.) Wait, maybe it's the glass-paneled Dolan School of Business? Or the often sticky Townhouses? Ah, I know, it's the beach houses. Nope. Although they're unique to Fairfield, with quirky names like Fishbowl, that's still not what makes this school special.

It's the people who go here that add

depth and meaning to the university. Personally, I would be happy at any school; it didn't need to have a thriving beach scene or magnificent buildings like Bellarmine Hall. As long as I found that one other person who gets me, I know I'd be able to make the most out of my four years.

Of course, I'd rather sit in the Dolan School of Business for my English, Spanish and Education classes; but at the end of the day, the building doesn't matter, it's who's in the class with you.

Our school isn't special because seniors host pirate-themed Naut parties or spend long nights at the Grape; instead, happiness will come from the people there with you. Every school has its campus bar, ours is just the best because we get to go there with Fairfield University students.

As we enter a new academic year and my final one as an undergrad, I hope we reach out to each other more. I hope people are less afraid of saying "Hi" first, or just waving to that person who sits near you in one of your classes.

So in truth, even as I walk around campus, taking in the lush and pristine

landscaping, viewing the storybook buildings and frolicking in the apple orchard, more often than not, I'm scanning the people walking by, hoping to see someone I know.

As I look ahead to the end of my time at Fairfield, I know that in order to make your time here as special as it can be, you should do your best not to get hung up on what dorm you're living in or what party you're going to attend. Instead, focus on creating connections with everyone and anyone because that's what makes Fairfield special. Sure, the tiny campus compacts us together, making connections quicker and easier—but don't rely on that. Be the person to reach out first.

As I seek to create more friendships and meet even more people, I hope everyone can keep an open mind and see the humanity in all their fellow students. Especially given the volatility of this upcoming election season, I hope students will still be able to open their hearts and minds to everyone on campus, because it's not the grandiose buildings that make a university special, it's the people.



MaxLimric/TheMirror

Editor-in-Chief Max Limric '25 enjoys a night out at Geronimo, a Mexican and Southwestern inspired restaurant in Downtown Fairfield, less than 10 minutes from campus. Such a close distance to a safe, walkable and beautiful downtown makes Fairfield University special; but more importantly, it's the people he shared the chips and guac with that makes Fairfield University special.



# COFFEE BREAK



GAMES, PUZZLES AND MORE

Editor: Matthew Robles

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## MIRROR WORD SCRAMBLE

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## FAIRFIELD WORD SCRAMBLE

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- RFDFALIEI \_\_\_\_\_
- YTAFERFR \_\_\_\_\_
- LEO AYOHEMN AARNE \_\_\_\_\_
- AZAGNOG HLLA \_\_\_\_\_
- OTNRH SNENBO ORDA \_\_\_\_\_

- Canisius
- Jesuit
- replex
- Stag
- Loyola
- Egan

## Answer key

- Bellarmine hall
- Fairfield
- Rafferty
- Leo Mahoney Arena
- Gonzaga hall
- North benson Road

Sept 3	Sept 4	Sept 5	Sept 6	Sept 7	Sept 8	Sept 9
No games scheduled	Men's Soccer vs Stonehill College Fairfield, Conn. 7 p.m.	Volleyball vs Central Connecticut State Fairfield, Conn. 6 p.m.	Women's Tennis at Quinnipiac Invitational Hamden, Conn.  Field Hockey vs Holy Cross College Fairfield, Conn. 4 p.m.  Volleyball vs Boston College Fairfield, Conn. 6 p.m.	Women's Tennis at Quinnipiac Invitational Hamden, Conn.  Volleyball vs Binghamton University Fairfield, Conn. 1:30 p.m.  Women's Soccer vs Rider University Fairfield, Conn. 1:30 p.m.	Women's Tennis at Quinnipiac Invitational Hamden, Conn.  Field Hockey vs La Salle University Fairfield, Conn. 1 p.m.	Women's Golf at Sacred Heart University Fall Classic Milford, Conn. All Day

## A First-Years Guide to Getting Involved in Intramurals

By RYAN MARQUARDT  
Head Sports Editor

"Intramurals are the best way to get involved on campus. A little over 60% of undergraduates participate in intramural programming. It's all about making some of your best friends and memories that will last a lifetime," Ethan Godfrey, Program Coordinator of Competitive Sports describes. "It's also a great way to stay active and fit. I highly recommend trying at least one intramural sport!" he encourages students.

Fairfield offers over 25 different intramural activities, including full seasons, one-day or weekend tournaments. There are men's and women's leagues, and co-rec leagues. Through intramurals, students can better acclimate to college life and make new friends at school.

The fall season offers volleyball, soccer, flag football, 3v3 basketball and badminton, while also having a chance to participate in some one-off or weekend tournaments that could include dodgeball, basketball, pickleball, table

tennis, street hockey, flag football or eGaming. The full-season sports offer a few different leagues or divisions to play in that vary based on competitiveness, giving everyone an opportunity to play.

Senior Matt Reilly has been involved in intramurals throughout his four years at Fairfield and maintains that "Intramurals are a great way to meet new people and make some friends while staying active and competing."

"The best way for new students to get involved with intramurals is to create or join a team with roommates or others on their floor or in their building," Godfrey adds. "Be open to trying new sports, as well. The fun thing about intramurals is it doesn't require everyone to be competitive. Step out of your comfort zone and try something you've never had the opportunity to! Intramurals are made for everyone," he continues.

For the first-years either concerned about finding a team to play on or worried about trying to create a team, Godfrey offers, "If you cannot find a team, you can sign up as a free agent.

When players create teams, the captain has the option to acquire free agents. If I see that a team filled with first-year students is looking for free agents, I go through the free agent list and move first-year free agents onto that team. I communicate with the captain and free agents to ensure a smooth transition onto their team!" he states.

Additionally, intramurals offer a great way to make some extra money by officiating games or keeping score. "We have a pretty extensive waitlist, since this is one of the most sought-after jobs on campus. I open applications in the middle of May and conduct interviews in late July to early August. For officials and scorekeepers, we have mandatory training sessions before each season (Fall, Winter and Spring)." Through the position, students will do on-court or on-field training, as well as be trained in classroom sessions that cover game rules, general knowledge, positioning of officials, common fouls, stats and more.

Godfrey concludes by inviting first-years "to join us for a scrimmage,

so that way they are learning how intramurals operate. During our scrimmage, we put our officials and scorekeepers out there for a quarter to half of the game to gain some experience before the start of the regular season. Once it comes time to the start of the season, I pair up our new hires with our veterans (someone who has at least one year of experience), for their first couple of shifts. This way, our veterans can help our new hires get adjusted!" he explains.

With intramurals, students have the opportunity to find fun in their weekly schedule. "I really like intramurals because it breaks up my weekly routine and it's something I can look forward to with my friends," states Jason Strelec '25.

Intramurals are a great way to get involved on campus, stay healthy and make new friends. Sign up is online at [IMleagues.com](http://IMleagues.com) and intramurals will have a table at the activities fair to learn more about their fall offerings.

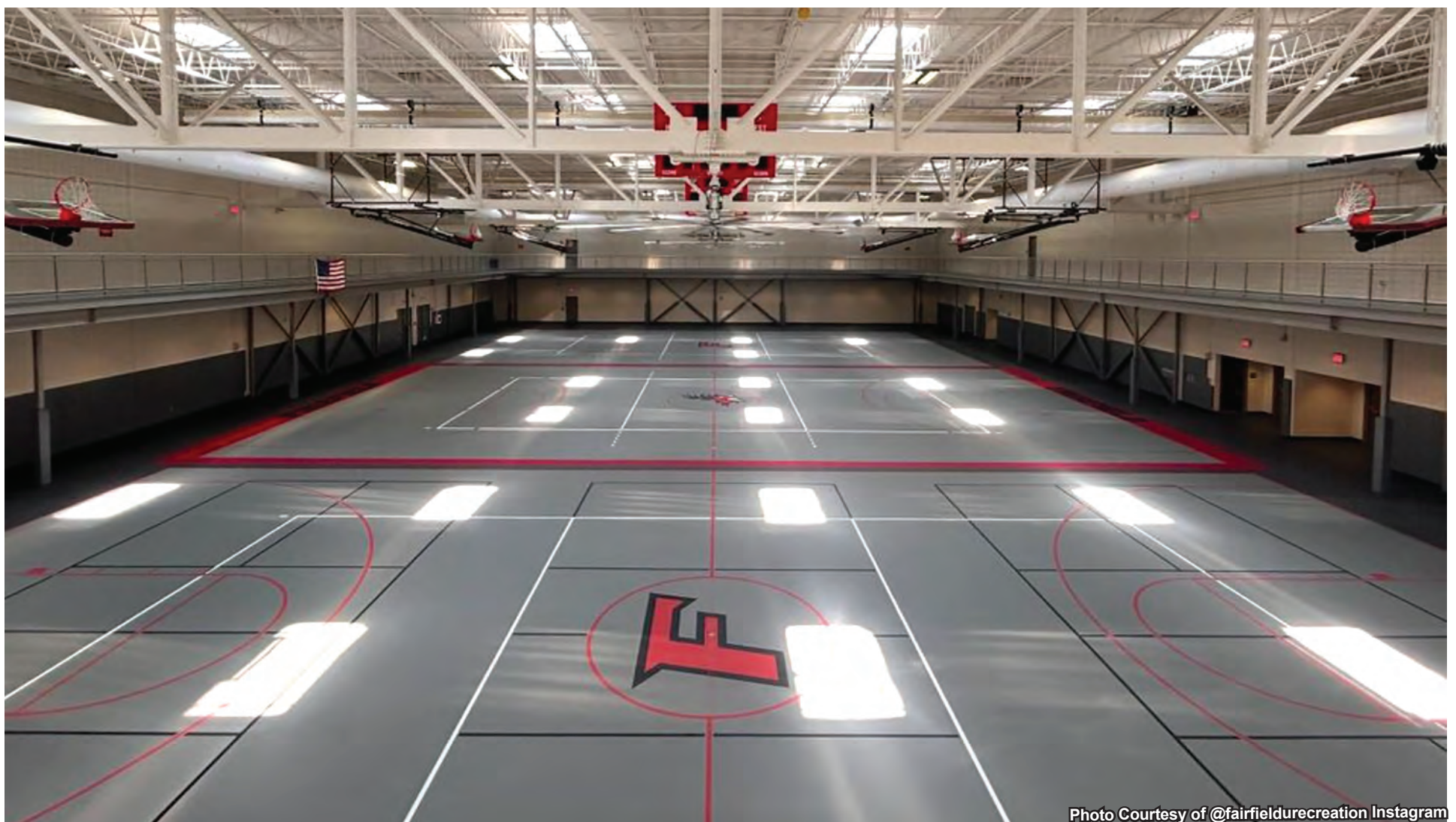


Photo Courtesy of @fairfieldurecreation Instagram

Over the summer the Leslie C. Quick RecPlex basketball courts got a makeover changing the looks of the courts for the 2024 school year where multiple intramural sports are played.

## Graduate Student Thomas Drillien Earns All-MAAC Preseason Team Spot

By MAX LIMRIC  
Editor-in-Chief

Entering his fifth year on the Fairfield Men's Soccer team, graduate student Thomas Drillien earned an All-MAAC Preseason distinction. With 15 goals scored over his time at Fairfield, Drillien is already among the top scorers of the program entering his final year.

Newly minted as a captain of the team, Drillien acknowledges the hurdles associated with the leadership role awarded to him by the new coaching staff: "With a lot of change comes work and progress, it's not always going to click right away, but I'm confident we are moving in the right direction."

Krystian Witkowski began his time as head coach of the team in January, and Drillien believes that "this new coach brings a new dynamic and level of professionalism, which I think everyone appreciates."

Although Drillien stands out on the team with an impressive scoring record and an All-MAAC Preseason distinction, he consistently points to his team as co-creators of his success. "The nature of soccer requires a collective effort and it's great to have such talented teammates who can put me in positions to be successful," he states.

Being a captain is not a role that exists solely on the soccer field; instead, being a captain also means welcoming transfer students, easing the transition for international students and bridging

the gap between a new coach and the players. For Drillien in his leadership position, he realizes that leading is a group effort and he understands that every player brings different strengths to the table. "We have a good leadership group as a whole and we all bring strengths to the table," he adds.

Even though Drillien has weathered four years on the team and is a captain, he knows he will be learning alongside his team this upcoming season: "It's a learning process for me in this position as well."

Men's soccer recently encountered tough losses and in order to bounce back, Drillien highlights the importance of focusing on the process rather than just the outcome. "By doing the little things right and focusing on the aspects of the game we can control, that will put us in the position to be successful in the long term," he contributes.

Given that Drillien's played on the team for four years, he's witnessed team dynamics shift when new players or coaches enter the fold. One aspect of the team culture he's noticed changing is social media's impact on the players. "With the increasing use of social media, people are more cognizant of how their online profile is curated. This adds an extra level of scrutiny for the modern student-athlete."

He also realizes that the need to "curate" themselves may be exacerbated by the expectations the student body places on student-athletes. An

example he offers is the all too distinguishable athlete backpack, which it seems that every athlete on campus totes. With such a distinguishable item,

Drillien knows that athletes are easily recognized and he states, "We need to be cognizant of our behavior." He acknowledges that athletic teams should work to be active and positive influences in the campus community.

During his undergrad at Fairfield, Drillien completed internships and was an officer for Beta Alpha Psi, the accounting honor society. Drillien firmly believes that "It's important to remember that there is more to life than just soccer, like with anything, things we're passionate about can be all-consuming. Taking a step back and appreciating different things helps provide a refreshing balance." Off the soccer field, or football pitch as they call it in his home country of New Zealand, Drillien enjoys reading and he's currently enjoying "Ego Is the Enemy" by Ryan Holiday.

One of the pillars of Fairfield athletics is the camaraderie shared between different sports teams. Recently a Fairfield Men's Soccer team Instagram post made the rounds on their account @fairfieldstagsmenssoccer, with the Fairfield Field Hockey team lip-syncing the audio and posting a parody of the video on @stagsfh, which garnered impressive traction on the platform. Not featured in that video is Drillien; however, in the Mirror's exclusive interview, he offered his away trip essential: a good book and a nap.

Graduate student Thomas Drillien ended his 2023 campaign with 10 total points which were made up of four goals and two assists. He led the team in scoring in conference play with eight of his points coming against MAAC opponents. He led the team with 32 shots with 15 of those being on net in the 2023 season.



Photo courtesy of @fairfieldstagsmenssoccer Instagram



Photo Contributed by The Sports Information Desk

The Stags women's volleyball team got their first win of the season on Saturday, August 31 over Southeastern Louisiana. The Stags won 3-1 to improve their season record to 1-2. Next they will open up their home play with a match against Central Connecticut followed by Boston College and Binghamton as the reigning MAAC champion Stags will look to repeat last years success.