

**Division of Student Affairs  
CAMPUS RECREATION  
FY06 Annual Report**

**Commitment to Student Needs**

- With over 500,000 annual visits to the Student Recreation Center (SRC), the SRC expanded hours of operation to 111 hours per week and increased drop-in racquetball times at the Moby Complex to meet student demand.
- The Strength & Fitness Program offered over 38 hours of free weekly Group Fitness classes, 21 Mind Body classes weekly, and 15 weekly Indoor Cycling classes resulting in 29,470 participants.
- Non-Credit Instruction Program offers up to 30 sections of classes per semester in 4 different campus locations daily to approximately 600 CSU students and Fort Collins community members.
- The Intramural Sports Program offers over 40 different activities at two campus locations and various off-campus sites with approximately 9,000 student participants annually.
- The Club Sports Program has 28 club teams with approximately 1,000 CSU student members compete against other universities regionally and nationally.
- The Challenge Course provided programming to 9,642 participants, of which 2,893 are CSU students from Peak McNair Program, Cooperative Extension, Upward Bound, Apartment Life, APASS, KCSU, Sport Clubs, Student of Color Retreat, SLCE office, PLP program, Ingersoll Hall, Corbett Hall, Phi Mu Alpha, Pi Beta Phi, Delta Sigma Pi, Sigma Ki, Chi Omega..
- Outdoor Adventure Program offered 41 different activities to 1,103 student participants.
- Non-Credit Instruction Program collaborated with CSUPD to offer “On Guard”, a Women’s Personal Safety class for students and community members to heighten awareness about safety issues at CSU and in Ft Collins and expanded safety training through the Woman’s Safety Class with R.A.D. Women’s Self-Defense Class (R.A.D. = Rape Aggression Defense).
- Intramural Sports Program partnered with regional universities, such as University of Wyoming, University of Northern Colorado, Colorado State University - Pueblo, and the Air Force Academy to offer CSU students a day of competitive sports experiences.
- Strength & Fitness Program provided “Ask a Nutritionist Day” at the SRC to promote a total wellness approach to living to students.
- Contributions/collaborations within the Division of Student Affairs and the University community:
  - ✓ Campus Recreation provides indoor and outdoor facilities and equipment to recognized student organizations free of charge.
  - ✓ Challenge Course provided services for Day IV programming, an estimated value of \$3,200 and programming for 175 students during RAM Welcome and Homecoming Weekend.
  - ✓ Strength & Fitness provided programming for the International Holistic Fair, a healthy lifestyle and preventing eating disorders presentation at Pan-Hellenic Day of Dialog Program, partnered with Hartshorn Health to offer student a Physical Therapy plyometrics class and delivered a strength training component for Student Affairs Freshman Transition Seminars and provided yoga equipment and instruction for Hillel Student organization, “Love Your Body” program.
  - ✓ Massage Therapy program provided free chair massages at Ram Welcome, CSU Health Fair, Student Affairs Day and CSU Live Well Celebration.

**Commitment to Community**

- Campus Recreation student and full-time staff participated in Cans Around the Oval for the 11th consecutive year, raising over 5,000 pounds of canned food to benefit Food Bank of Larimer County.
- Unused and unclaimed clothing and sport/exercise equipment is donated to local charity organizations annually.
- Campus Recreation student staff organized “Adopt a Family” event for the 7th consecutive year collecting cash donations and “wish list gifts” to provide, dinner, gifts and gift certificates for a non-English speaking Fort Collins community family of seven.

- Partnered with American Red Cross, City of Fort Collins, and Thompson Valley School District to teach Lifeguard Instructor class to provide lifeguards for local aquatic venues.
- Provided use of the Student Recreation Center and auxiliary facilities to the Northern Colorado Girls Basketball League, Vortex Masters Swim Club, Premier Volleyball Club, Northern Colorado Girls Basketball League and City of Fort Collins, which promotes CSU to participants and provides employment opportunities for CSU students.
- Sport Club professional staff collaborated with the City of Fort Collins, Office of Women's Programs Studies, and Varsity Athletics to host the 1<sup>st</sup> Annual CSU National Girls & Women in Sport Day events for girls up to 18years from the surrounding local communities.
- Partnered with American Red Cross for a Hurricane Katrina fund raiser at the Student Recreation Center.
- Provide sport equipment to local community organization "Partners for Youth" for annual summer events.
- Partnerships with local businesses such High Plains Arts, Star Pal, and Rocky Mountain Ki-Aikido Society to offer diverse non-credit courses to university and local community participants.
- Partnered with local organizations, Colorado Bombers men's senior baseball league and the Fort Collins Foxes baseball league, to provide facilities and supervision for summer baseball leagues.
- Intramural Sports staff volunteer with the City of Fort Collins youth sports program, Junior Athletic Association and Colorado Special Olympics as officials, trainers, clinicians and coaches.
- Sport Club Ice Hockey team partnered with the City of Fort Collins EPIC Ice Arena to provide student internship experiences and alternative late night weekend events for students, staff/faculty and community.
- Outdoor Adventure Program offers popular programming, such as Wilderness First Aid courses and "Hike to the A", that brings campus and local community members together in a social environment.
- Outdoor Adventure Program sponsors a Service Learning project in conjunction with the Natural Resource Recreation and Tourism department linking school age children with college students on the Challenge Course.
- Challenge Course provided 267 programs for community groups including: Poudre Schools, Odell's Brewery, Hewlett Packard, Boys and Girls Scouts of America, Plymouth Church, Respite Care, Larimer County Corrections, Ft. Collins Police Department, Front Range Community College, University of Colorado, University of Wyoming, University of Northern Colorado, Intel Corporation, McKee Health Centers, Children's Hospital.
- Challenge Course offered three free community play days reaching over 200 people from the Fort Collins community area, free courses to support of Realities for Children and Centennial High School's Road Scholar programs and participation in the following community events: Homecoming Parade, Tour De Fat, and New West Fest.
- The CSU Challenge Course staff provided training to the following ropes courses in the area: Gates Camp Boys and Girls Club, Camp Timberline, EDUCO Colorado, and Bennett Elementary.

### **Assessment Activities**

- Student Voice was used by Non-Credit Instruction, Intramural Sports and Outdoor Adventure programs to evaluate programs, instructors, classes, and assess student interest and satisfaction. Results will be used to improve and enhance program services.
- The Challenge Course conducts an internal, qualitative assessment for each course offered that is used to for program reform and development.

### **Program Change and Innovation**

- Development of a Department Risk Management Plan and Policies following an external audit. Implementation of Risk Management plan will improve facilities, equipment and service delivery to program participants and SRC users.

- Intramural Sports developed three new alternative activities to attract student participants, billiards, Kickball and 5 vs. 5 Flag Football and collaborated with ASAP to hold a campus-wide Texas Hold-em Poker Tournament at Lory Student Center.
- Strength & Fitness developed and implemented new fitness programming in response to student interests: indoor cycling, triathlon training, rope burn, circuit de core, cycle endurance, yoga cycle, restorative yoga, men's yoga, low back and abdominal pain workshops.
- Non-Credit Instruction program will offer an additional section of "On Guard: Women's Personal Safety" in 2006-07 to accommodate student requests and response to assessment survey.

### **Technology to Support Programs**

- Student staff scheduling was improved by moving from a spreadsheet format to an internet based program. The change increased scheduling efficiency, decreasing professional staff time devoted to scheduling issues by 10 hrs/week, and improving work schedule effectiveness by eliminating redundancies and conflicts.
- Replaced hard copy with computer based format for overnight rentals, resulting in improved check-out and return efficiency and customer service.
- PDA access to student database was implemented for verification of participant eligibility electronically for outdoor Intramural Sport and Sport Club field activities.
- Web based technology was integrated with plasma screen for visual distribution of Campus Recreation program and service information in the entry lobby.
- An on-line scheduling system for the Massage Therapy Program was initiated.
- Non Credit Instruction Program initiated a web based class availability and schedule viewing to improve customer service.
- Integrated use of electronic Heart Rate Monitors to monitor participant's physical exertion while participating in fitness programs.

### **Fund Raising Initiatives**

- Sport Clubs acquired Educational Funding Systems, an online software to increase team fundraising efforts. Donations increased 108% (from \$18,860 in FY 05 to \$39,160 in FY 06)

### **Commitment to Learning**

- 15 students received financial support in the amount of \$2,940 from the Campus Recreation Student Development Fund for work-related training, certification and/or continuing education opportunities.
- Campus Recreation serves as a certification site for the American Council on Exercise Certifications, which permits students to become certified exercise instructors for employment purposes at discount rates.
- Strength & Fitness professional staff developed and offered an in-depth, non-credit personal training/fitness instructor course for 52 CSU students, providing participants with required job skills.
- Strength & Fitness contracted with a professional fitness presenter to provide workshops for student staff to improve instructional skills and inspire innovation.
- The Outdoor Adventure Program collaborated with the Physics department to provide outdoor experiences for first-year students in an IU193 course.
- The Outdoor Adventure Program provides support to the academic courses RR350 and RR351 in the Warner College of Natural Resources.
- Student staff training is provided weekly and monthly by program areas to improve or enhance program service delivery; and twice per year mandatory all-staff training for 200+ students address topics such as diversity, customer service, sexual harassment, ethics, etc.

### **Commitment to Diversity**

- Diversity is a priority in the Campus Recreation student staff hiring process. Campus Recreation job advertisements are posted with student advocacy offices and advertised in advocacy offices newsletters to

recruit minority employees. Employment diversity by program area is tracked and reviewed to help determine effectiveness of hiring procedures: of 319 student employees, 49% were female, 51% male, and 15.5% classified as minority or underrepresented students.

- Campus Recreation supported Disability Awareness Days by hosting a presentation by Mark Zuppan, star of the movie Murderball, and providing facility space, equipment and student staff for a quadriplegic rugby match attended by approximately 300 participants and participated on Disability Awareness Days planning committee.
- Campus Recreation supported a Black History Month event with facility space, equipment and student supervisory staff at the Student Recreation Center.
- Campus Recreation provides swim instruction and supervision for females of Muslim Student Association to meet cultural needs.
- Challenge Course outreach to the Latino/Latina community of Northern Colorado lead to the development of ropes course paperwork in Spanish as well as English, and discussion with the Latino community to address unique programming needs and learning style.
- The Non-Credit Instruction program offers classes and workshops that provide skills and information about other cultures and ethnicities such as ethnic dance, disability accessible martial arts classes; and partners with campus/local businesses such as CSUPD, Rocky Mountain Ki-Aikido Society, High Plains Arts, Star Pal, and American Red Cross to offer courses that attract a diverse clientele.
- Informal Recreation program collaborated with Office of Conference Services to provide recreation and organized activities for Turners Syndrome Conference attendees, including yoga and swimming instruction.
- Collaboration with the International Non-Degree Training and Intensive English Offices to provide memberships to the SRC for international participants in the global outreach program.
- Collaborate with the Upward Bound Program to provide SRC memberships and present fitness education in Upward Bound's health presentation series.
- Staff trainings focused on needs of older patrons and raised awareness of potential differences between traditional college-age members and older non-traditional students and staff members.
- Accommodations were made for ethnic-based conferences such as the National Hispanic Institute and Ute Tribe.
- Campus Recreation Department diversity initiatives include:
  - ✓ Provided space for special events for multi-cultural student groups including: African Student Association, Chinese Student Association, Asian American Student Association, El Centro, Swing Dance Society and Japanese Student Association.
  - ✓ 203 student and professional staff attended Harassment Awareness training.
  - ✓ Consensual Relationship Procedure and Harassment Grievance Policy was developed and implemented.
  - ✓ Professional staff is trained as department Safe Zone contacts.
  - ✓ A "Partner Membership" for individuals in a committed relationship is offered to the SRC.
  - ✓ Informal Recreation offers an indoor soccer program and recreation badminton attracting international students.
  - ✓ Strength & Fitness program provides fitness training services for wheel-chair handicapped student.

### **Campus and Community Leadership**

- Campus Recreation provides student leadership and development opportunities through positions on the Recreation Student Advisory Board, Sport Club Governing Board, Sport Club officer and advisor positions, and lead positions within department student employment that numbers over 300 student workers annually.
- Pine Ridge Project: Pine Ridge, South Dakota is located in the midst of the poorest county in America and home of the Oglala Lakota Nation. Sponsored by Campus Recreation Challenge Course, in conjunction with the Service Learning and Civic Engagement's President's Leadership Program, a partnership with the SuAnne Big Crow Boy's and Girl's was created to construct a low-element challenge course, train resident facilitators and plant trees. The CSU Challenge Course is working with a playground builder in California

and a ropes course builder in Indiana for future design and installations and the President's Leadership Program is slated to make the service learning trip to Pine Ridge part of the yearly curriculum.

- Campus Recreation student employees are recruited to participate on the ASCSU Student Fee Review Board.
- Student Recreation Center Hiring Committee, comprised of approximately 20 students, conducts over 150 interviews and recommends candidates to professional staff.
- Campus Recreation created and funded a Student Development Fund for Campus Recreation student and volunteer staff to request funding for a leadership opportunity.
- Collaborated with Food Science & Human Nutrition to provide facility space and equipment for PROGRAM ENERGY, an Education, Nutrition, Exercise and Recreation program for youth.
- Partnered with Health and Exercise Science Department to provide undergraduate practicum and graduate assistantships.
- Collaborated with Conflict Resolution and Student Conduct Services office and ASCSU Supreme Court on discipline hearing process for Sport Club program.
- Assisted ASAP with planning and event management for the Homecoming Fireworks event.
- Served as Student Affairs representative at the 2006 National Western Stock show.
- The CSU Challenge Course delivered 62 programs with the expressed goal of leadership development, provided facilities for two RAM Connections groups with the expressed goal of developing leadership, served as a learning laboratory for the President's Leadership Program in the Pine Ridge Project and provided facilitator training for 35 different individuals from the Northern Colorado area for implementation in their own programs.

### **Student Transition and Academic Support**

- A professional motivation speaker, Jep Enk, was contracted to present Customer Service Training to 200 student employees to prepare for current and future employment.
- Sexual Harassment Training for 200 student and professional staff was completed to raise awareness in work and social environments.
- Partnered with the Office of Admissions to improve Student Ambassador training.
- Campus Recreation staff participates in Visit Day programs year-round.
- Provided practicum experience for 3 Health and Exercise Science Promotion undergraduate students in the Strength & Fitness Program.
- Assisted HES practicum student in acquisition and guidance of internship opportunity with Colorado Physical Activity and Nutrition Program.
- Counseling and mentoring CSU student in recovery phase of eating disorder treatment in collaboration with University Counseling and Nutrition Services.
- Provided free class passes and massage coupons for graduate level stress management study conducted by Jen Thomas from University Counseling Services.
- Supported CSU graduate internship by providing access to the SRC for Turning Point Center for Youth & Family participants.
- First Tracks, an adventure-based orientation associated with PREVIEW, transitioned 27 first-year students to the university.
- CSU Challenge Course provided facilities and food for two RAM Connections groups, 14 transfer students as part of the RAM Transfer sessions, and 90 RAM Welcome students.
- CSU Challenge Course serves as another method of educational application for numerous academic classes, allowing for experiential applications of theoretical constructs.
- CSU Challenge Course offers free climbing times during mid-terms and finals to assist students with stress management.

### **Facilities Updates**

- Initiated and completed a CSU Program Plan for a 60,000gsf addition to the Student Recreation Center.
- Expanded cardio area to provide increased amount and new types of cardiovascular equipment in the SRC.
- Collaborated with Athletics to share facility space in Moby Complex and artificial turf field.
- CSU Challenge Course: refinished wood structures on course; constructed two new high elements; rebuilt a low-circuit of seven different elements to improve accessibility and safety built a shade structure for UV protection of participants and staff; reclamation of damaged sites with organic gardens, wildflower plantings, and on-site composting of refuse.

### **Honors and Recognitions**

- Loretta Capra was served as a faculty member on the National Intramural Recreational Sport Association (NIRSA) School of Recreational Sports Management and appointed to chair the NIRSA Foundation Board.
- Aaron Harris serves as academic adviser for Phi Kappa Tau fraternity and was selected to serve on the NIRSA Intramural Sport Program Development Committee and Softball Rules Committee.
- Ray Aberle was invited to present at the Association for Challenge Course Technology and had articles published on-line with the Wilderness Education Association and in the Patagonia Clothing Catalogue.
- Lance Freeman and Lari Bangert participated presented at NIRSA National Conference on “Best Practices Risk Management panel” discussing Thor Guard Lightning Detection System and Using Student Staff to Facilitate All Emergencies in Your Rec Facility.
- Lari Bangert published an article, “Planning Framework for Developing a Departmental AED Plan” in the June 2006 “Risk Management For Campus Recreation” newsletter and serves on the American Red Cross Centennial Chapter Aquatic Committee.
- Russ Smith, Ki-Aikido instructor, completed 25 years of service with CSU Ki-Aikido.
- The Challenge Course was recognized nationally as an innovative program by the Association for Challenge Course Technology (ACCT) in January 2006.
- Intramural Sports program was selected to host a regional golf qualification round for the NIRSA National Collegiate Golf Alliance Championship.
- Sport Clubs:
  - Men’s Lacrosse won the Rocky Mountain Lacrosse Conference and crowned the 2006 USL-MDIA Division II National Champions by beating CU.
  - Baseball won the Mid-America regional tournament and their third consecutive national title at the 2006 NCBA World Series.
  - Cycling won the Rocky Mountain Collegiate Conference championship.
  - Logging took first in the Association of Western Forestry Clubs (AWFC) conclave.
  - Women’s LAX finished won the "Battle of the Rockies" against CU and took 1st place at the regional tournament to become Rocky Mountain Women's Lacrosse League Champions.
  - Women’s Horse Polo won regionals and captured 2nd at the National Intercollegiate Tournament with two National All-Stars: Olivia Stringer and Josie Vidic.
  - Logan Killam, Shotgun Sports club member received the All-American title for outstanding skill in clay target marksmanship and his qualities in character and leadership.
  - Ice Hockey ranked 3rd in the nation at the ACHA DII Championships with individual honors for:
    - All-American 1st Team: Jordan Stover
    - Western Region MVP: Jordan Stover
    - All-American 2nd Team: Tim Stiller
    - All-Region 3rd Team: Chris Hau

### **Issues and Challenges**

- Approval for the Student Recreation Addition Program Plan was delayed by University administration. If approval to proceed is not obtained in FY07, the opportunity to utilize the original bond roll-over in 2009 will be missed, resulting in a loss of student fee dollars and greater expense to CSU students in the future.

- Outdoor Adventure Program limitations due to lack of adequate space. The Lory Student Center Transit addition forced the relocation of the Outdoor Adventure Office to the Student Recreation Center in 2005. However, available space at SRC provides only 1 office space, eliminating the outdoor gear rental program and resource library. Compounding the resolution to this situation is the delay of Program Plan approval for the addition to the Student Recreation Center, which addresses the Outdoor Adventure space issues.
- Viability and continued Sport Club status of Horse Polo & Rodeo clubs: Horse Polo and Rodeo animal expenses and care expectations continue to increase. University mandated expectations are putting these clubs in financial jeopardy.

Action Plan:

1. Discuss financial issues and responsibilities related to rising costs and expectations with Equine Center administration, University Veterinarian, and club officers.
  2. Develop plan with Equine Center personnel, University Veterinarian and officers if club cannot meet expectations and or expenses.
  3. Communicate options for continued club existence with all parties and provide financial guidance.
- Risk Management and programmatic issues regarding lack of athletic training resources for the Sport Club Program. Difficulties with contracting part-time, local resources places program participants in a high risk environment.
  - Challenge Course long-term staffing and development of off-peak season programs must be addressed to bring stability, improve safety and promote fiscal growth and program management.

**Other Facts and Figures About Campus Recreation Programs**

- In partnership with Wanderlust Rafting, the CSU Challenge Course is the number two Google hit for “Corporate Teambuilding Denver”.
- Strength & Fitness program sponsored the 4th annual “Thriller” Halloween event, with over 380 student participants.