

CAMPUS RECREATION ANNUAL REPORT
Executive Summary
FY10

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Executive Director
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Campus Recreation is an auxiliary operation within the Division of Student Affairs that provides wellness and healthy lifestyle oriented programs, events, and services to Colorado State University students and employees via six program areas: Student Recreation Center, Fitness, Intramural Sports, Sport Clubs, Outdoor Programs, and Challenge Ropes Course. Five support areas, Service Center, Business Office, Marketing/Publicity, Custodial Services and Maintenance supplement the program area functions and provide seamless customer service to CSU students, employees, and their families.

During FY10, two issues dominated department staff work and environment, while student achievements received local and national attention:

Campus Recreation Department Strategic Goal – Quality staffing:

Preparation for the completion of the expanded/renovated Student Recreation Center and the retirement of 3 long-term staff presented the opportunity to reorganize upper level administrator position responsibilities to improve managerial effectiveness. Four leadership positions, 2 Director and 2 Associate Director, were revised to clarify role responsibilities, including realignment of staff reporting lines in relation to position duties to facilitate decision-making, ameliorate staff supervision/development and improve communication throughout the organization. This process involved providing all staff a voice about department leadership, communication and decision-making with the goal of creating a concerted team effort to strengthen our commitment to implement department values - integrity, community and development.

DSA Strategic Goal – Create quality venues and related services that support learning:

Construction on the Student Recreation Center \$32M expansion/renovation project and preparation for opening of Phase I by mid-Spring semester dominated Campus Recreation staff energy and time. The construction required relocating activity areas within the facility and to other campus locations in order to continue delivery of programs and services to students. While all services and programs were maintained during construction, some were modified due to physical limitations that challenged participants and staff. Phase I was completed by mid-spring semester, with staff and equipment relocated to new spaces to open for users following spring break. The student reception of the new activity areas such as the climbing wall/bouldering area, fitness studios and the renovated locker rooms was overwhelmingly positive. As department staff adjusted to the new spaces, processes/procedures and operations of the new facility were being created and implemented seamlessly for users. As construction continues on Phase II of the facility, new software technology, media, indoor and outdoor activity areas are being integrated into the final stages of the project that will open for student use at the beginning of fall semester 2010.

DSA Strategic Goal – Create distinctive undergraduate experiences:

The Campus Recreation Sport Club Program had three clubs and individual student members achieve the highest level in their sport area, which garnered national recognition for CSU during FY10:

- Men's Baseball Club won the 2010 National Collegiate Baseball Association Champions
 - Thomas Johnson was named World Series MVP
- Women's Lacrosse Club won the 2010 US Women's Division Lacrosse Intercollegiate Associates National Champions.
 - Midfielder Katie Nepil was named the tournament Outstanding Midfielder
 - Annette Greenberg was named the tournament Outstanding Goalie
 - Katie Nepil and Lindsey Hudek were named 1st team All-Americans
- Campus Recreation Sport Club program staff facilitated the Logging Sports Club student members to secure the bid and complete subsequent arrangements to host the Association of Western Foresters regional championship competition, a televised event on ESPN sponsored by STIHL, at the CSU Foothills Campus location.

Division of Student Affairs Strategic Plan / Goals

DSA Strategic Goal:

- **Assure excellence in academic programs**
 - **Access and success**
 - **Learning outcomes**
 - **Assessment systems**
- ✓ Campus Recreation collaboration with Health Exercise Science department provided academic credit for the Personal Fitness Training and Fitness Instructor Training classes.
- ✓ Campus Recreation Outdoor leadership instruction that provides academic credit via the Warner College of Natural Resources College course offerings, NRRT350 and NRRT351, continue to be offered due to in high demand. Campus Recreation provides professional release time for the Assistant Director of Outdoor Programs. Rodney Ley, to instruct these courses.
- ✓ Campus Recreation Outdoor Program instructors contributed leadership time to the Warner College of Natural Resources College Council for development of hiking and climbing programs for students in the college.
- ✓ The Campus Recreation Injury Care Program hosted four practicum students from the department of Health and Exercise Science.
- ✓ The Campus Recreation Challenge Ropes Course staff conducted assessments of 108 programs, obtaining 323 responses. On a five point scale, the average rating of the overall experience by groups facilitated on the ropes course was 4.8.
- ✓ The Campus Recreation Intramural Sport Programs conducted a matrix style evaluation within each sport season, providing peer evaluations for every employee from providing a 360 degree view of individuals from a team and organizational perspective that assisted supervisors to provide feedback and improve performance.
- ✓ The Student Recreation Center professional and student staff jointly developed an employee assessment model and tools to evaluate student staff job performance for implementation in 2010-11 academic year.

DSA Strategic Goal:

- **Create distinctive undergraduate experiences**
 - **Active and experiential learning**
- ✓ Campus Recreation co-sponsor of the Mind Body Spirit Fair, a wellness focused event that shares information and learning about alternative wellness options to the CSU and Northern Colorado communities, for approximately 1600 participants, half of which were CSU students.
- ✓ The Campus Recreation Outdoor Program staff and student members of the Logging Sports club jointly prepared for the club's sponsorship of the 71st Association of Western Foresters (AWFC) Conclave by developing procedures for participants to safely rope belay for the high events during the competition.
- ✓ Will Karspeck, a student leader in Campus Recreation, represented CSU as a co-presenter at the Region V National Intramural Recreation Sports Conference in Boulder.
- ✓ Campus Recreation student employees developed community and leadership opportunities by creating the Service Committee, which coordinates student staff work on community projects such as Cans Around the Oval and Adopt-A-Family and Rec-Tivity committee for organizing staff activities that increase engagement outside of work hours.

- ✓ Campus Recreation partnered with the University of Northern Colorado Campus Recreation department to support seven students to attend the National Intramural Recreational Sport Association (NIRSA) Student Lead-On Conference held at the University of Minnesota campus.
- ✓ A marketing student employee planned and executed the Student Recreation Center groundbreaking ceremony and developed an electronic public relations outreach to the CSU community with a student blog of the facility expansion/renovation project and utilization of electric social media sites Facebook, Twitter, and YouTube on the department website.
- ✓ Utilizing support from the David Karspeck Memorial Fund, a team of 5 Campus Recreation student lifeguards competed in aquatic rescue skills at the Lifeguard Games held in Denver.
- ✓ The Fitness Program integrated student staff participation into cross-training opportunities, peer management and hiring techniques that provided job related experiential learning and resulted in a more effective and efficient hiring process.
- ✓ Intramural Sports Program implemented changes to its student employment model emphasizing conflict resolution, proactive management techniques, customer service and skill development; and instituted student led personnel committees that coordinated the hiring of new employees.
- ✓ The Injury Care Program initiated bi-weekly injury care training sessions that increased awareness and developed skill sets for student staff, resulting in improved the service levels for Sport Club participants.
- ✓ The Sport Club Program student governing board invited speakers to monthly meetings to learn about opportunities available to student organizations on campus and engage in developmental discussions with topics including “leading your peers”, “Utilizing the SLiCE Office” and “Fundraising for student organizations”.
- ✓ The Outdoor Program recruited and hired a new student climbing center staff who participated in educational site visits to neighboring universities climbing centers, private climbing wall operations and the manufacturing center of the Eldorado Climbing Company in Boulder to witness how climbing areas are designed, created, and installed. The student staff was instrumental in design of the climbing center’s program organization and management.
- ✓ The Outdoor Program courses that support student professional development with certification for job requirements, such as wilderness medicine and avalanche training, are fully enrolled and resulted in expansion of the number of sections offered to students to meet demand.
- ✓ The Challenge Course Program collaborates with the SLiCE office to provide alternative service learning and cross-cultural exchange for students with service learning trips to the Pine Ridge Reservation.
- ✓ The Student Recreation Center student staff planned and delivered four monthly peer in-services focused on training strategies, which addressed actual participant situations that occurred throughout the course of each month.
- ✓ The Challenge Course continued the development of new employees through, mentoring, and training eight new facilitators during 2009-2010. These included two candidates for Masters Degrees, one in-coming first year student, a SAHE practicum student, two in-coming graduate students, and an area high school intern. Additionally, four undergraduate students were involved with training in Challenge Course proficiencies.

DSA Strategic Goal:

- **Expose students to diversity cultures**
 - **Campus diversity**
- ✓ The Fitness area strategically began group activity classes focusing on cultural styles such as Zumba, a Latin-inspired dance fused with fitness movements. Expansion of such offerings will be continued in an effort to engage a broader audience and generate interest in cultural awareness within the campus community.

DSA Strategic Goal:

- **Integrate academic and co-curricular experiences**
 - **Learning communities**
 - **Student engagement**
 - **Student well-being**
- ✓ To provide a high level of safety and risk management within the Student Recreation Center facility, student staff is certified in CPR/AED and Blood Borne Pathogens with up to 7 employees working at any time throughout the building who act as first responders to participant injuries or sudden illness.
- ✓ The Intramural Sports Program requires CPR/AED certification for student coordinators, with at least one staff member working outdoors on the Intramural Fields to act as a first responder for participant injuries or sudden illness.
- ✓ Campus Recreation provides a wide range of part-time employment opportunities to over three hundred students annually. The professional staff committed to a focused student development progression, identifying incremental leadership opportunities in the planning and decision-making of program or service management and delivery to the campus community. These efforts resulted in relationship development between professional and student staff that supported learning opportunities applicable to career positions after college for students.
- ✓ The Fitness Program reported the highest student registration rate in the eight year history of the Personal Training Fitness Instructor Class, which prepares participants for national certification and career employment as personal trainers.
- ✓ Intramural Sports Program trained 71 student employees on topics including leadership, conflict resolution, customer service, employee expectations, emergency action procedures, sport specific rules, and officiating mechanics.
- ✓ Student leaders planned and delivered a 4-day comprehensive peer training for over 100 Student Recreation Center student employees. Training topics included; customer service, employee expectations, professionalism, emergency action procedures, scheduling, cleaning procedures, as well as various administrative duties.

DSA Strategic Goal:

- **Create quality venues and related services that support learning**
 - **Quality venues**
 - **Quality services**
- ✓ The opening of phase one of the Student Recreation Center expansion/renovation project in mid-spring semester 2010 provided students with a variety of new or renovated spaces, including 3 exercise studios, the cycling studio and the climbing center's bouldering wall and towers as focal points of interest. Student response was overwhelmingly positive and resulted in maximum use of all new spaces

- ✓ Campus Recreation collaborated with Division and University partners to investigate and purchase a new facility scheduling software package that will seamlessly streamline access to programs and services for participant while enhancing communications and improving customer service,
- ✓ Technology innovations in the Fitness Program included installing an instructor control center for audio/visual applications in the Cycling Studio an redesigning the CSU Mind, Body, Spirit Fair web page to improve navigation of the site.
- ✓ Campus Recreation hosted the CU-Boulder, University of Hawaii, University of Wyoming, Utah State University, and Texas State University providing information, data and experiential knowledge of recreation center planning/designing and staff development projects at their respective institution.
- ✓ Campus Recreation Information Technology staff coordinated the lightening detection system installation for the University, Thor-Guard, and developed a new web interface that allows remote access to lightening detecting information for University partners such as Athletics, who uses this information on their web site.

Division of Student Affairs Areas of Emphasis: Diversity

- ✓ Campus Recreation is one of the 3 largest on-campus student employers, providing jobs for 312 student employees during 2009-10, 49% female, 51% male, and 12% classified as minority or underrepresented students, an outcome of intentional hiring practices to maintain a diversified student staff.
- ✓ Two new sport clubs, Women's Ice Hockey and Synchronized Skating, were added to the Sport Club Program roster, increasing opportunities for women to participate in sport competition.
- ✓ The Intramural Program staff collaborated with United Men of Color to host a basketball program that established a template for future developmental programs and services between this group and several other diversity offices and organizations on campus.
- ✓ The Fitness program promoted spring 2010 hiring opportunities with Student Diversity Programs and Services offices to encourage minority and underrepresented applications to increase staff diversity, resulting in the highest level of diverse students accepting positions for the 2010-2011 Fitness staff.

Division of Student Affairs Areas of Emphasis: Partnerships, Relationships, and Development

- ✓ The Sport Clubs staff partnered with the Fort Collins Convention and Visitors Bureau to organize tournaments for the Ultimate Frisbee and Logging Sports club, and jointly placed a bid to host the 2011 Baseball National Sport Club Championship Tournament in Fort Collins.
- ✓ Campus Recreation partnered with Facilities Management, Athletics to design and construct the new tennis court complex on time and within budget.
- ✓ Campus Recreation partnered with Athletics, Health and Exercise Science to share Moby gym/pool, South College gym/pool, and intramural fields to maintain a similar level of programs and service delivery to the students during the Student Recreation Center expansion/renovation construction.
- ✓ Campus Recreation Custodial Services partnered with Facilities Management to assist cleaning in the Moby complex activity areas due to higher recreation use by students during the Student Recreation Center renovation/construction.

- ✓ Campus Recreation marketing staff partnered with the Division of Student Affairs Marketing Department to plan the groundbreaking ceremony Student Recreation Center expansion/renovation construction project.
- ✓ Campus Recreation Service Center staff partnered with Orientation and Transition Programs to produce a portion of the Operations Student Leadership Retreat.
- ✓ Campus Recreation Outdoor Program sponsored the Fourth Annual Reel Rock Film Festival that was held in partnership with the Lory Student Center.
- ✓ Campus Recreation Outdoor Programs partnered with the CSU Alumni Association for members to participate in "Hike to the A" events held during RamWelcome and Family/Homecoming Weekend.
- ✓ Campus Recreation Fitness programs supported CSU Health Network's Nutrition Services, Nutrition Practicum Training by providing information, guidance and referrals on fitness to participants.
- ✓ Campus Recreation partnered with Conference Services to organize and deliver recreation events for Athletes-In-Action, National Hispanic Institute, Honor Band, Horsemanship Camp, various sports camps, Rocky Mountain Middle Schools, and STARS.
- ✓ Campus Recreation Information Technology staff partnered with CSU Health Network Information Technology staff to develop and deliver web development training sessions to Wellness Cluster staff.
- ✓ The Challenge Course continued its close relationship with the office for Orientation and Transition, hosting 6 first year mentoring program groups, serving as a site for peer mentor training, and conducting six weeks of programming for a group of 12 first year students.

Campus Recreation Highlights

Campus Recreation staff deliver a myriad of traditional and alternative program offerings, events and services to the CSU and local communities. Each year staff strives to enhance services and activities with new or revised programmatic initiatives/ innovations and strengthen student employee development and leadership opportunities.

- ✓ The Challenge Course facilitated 259 programs serving 7,193 participants in FY10:
 - Colorado State University Groups:
59 groups from the CSU community attended Challenge Course programs. These included, but were not limited to: School of Business, SLiCE office, the Environmental Learning Center, CASA, Back on Track Programs, McNair Scholars Program, Upward Bound, several Lab Groups, Housing, Orientation and Transitions, and Varsity Volleyball.
 - Local School Groups:
79 groups from local and regional schools such as Poudre and Ft. Collins High School, Haxtun High School, Weld County Schools, Highlands Ranch, and Loveland School Districts. Additionally, Eastern Wyoming Community College, the University of Wyoming, Denver University, Front Range Community College, and University of Northern Colorado all attended programs.
 - Community Groups:
121 groups from community organizations such as, Integeware, Lucile's Restaurant, Boys and Girl Scouts, Homeless Gear, friend and family groups Larimer and Boulder County Youth Conservation Corps, faith based organizations, Boys and Girl Scouts, Cherokee Park Guest Ranch, local health clubs, Raintree Animal Hospital, and Trees Water People.

- ✓ Student participation in Intramural Sports leagues and special events/tournaments was 6,449 during the fall term, an increase of 26.4% from fall 2008. Unique participants, identified as students who participate in at least one league or special event/tournament, also increased to 4,270 or a 19.2% rise from fall 2008. In the spring semester student participation was 5,304, a 46.8% increase compared to spring 2009 with a 30.3% rise in unique participants. These increases are attributed to a higher number of teams participating in program activities and events and improved data collection by the Intramural Sports Program staff.
- ✓ “MYCSU” video featuring a Campus Recreation Fitness Program student employee was posted on the University and Campus Recreation websites to introduce current and potential CSU students to the new recreation facility areas that opened mid-spring semester.
- ✓ The Fitness Program introduced 30 minute personal training sessions to address student time restraints and provide a cost conscious option for students.
- ✓ Campus Recreation Outdoor Program conducted nine environmental protection and education outdoor programs as service projects for the “Colorado 14ers” initiative and “Mount Bierstadt Project”.
- ✓ The Campus Recreation Student Development fund awarded 15 student employees a total of \$2,841 to attend certification exams, conference registration or training programs that enhances job effectiveness and builds their resumes.
- ✓ The David Karspeck Memorial Fund provided \$400 for 16 students to attend trainings focused on safety and risk management of climbing wall and aquatics facilities that will improve job performance.
- ✓ Campus Recreation purchased and installed RamCash machines to provide alternative payment options for programs and services purchased by students, faculty and staff.

Campus Recreation Honors and Recognitions

Student Staff

- ✓ 6 Campus Recreation student staff were selected for CSU leadership programs:
 - Jessica Knewitz, Austin Ord, Jacqui Benger - President’s Leadership Program
 - Teagan Avis - Ram Welcome Leader
 - Trent Hankins and Kyle Flageolle - Peer Mentors
- ✓ The Bowling Club Team President, Kevin Bickel was named the SOAR Outstanding Sophomore Leader at the Student Organization Advisor Recognition Awards ceremony
- ✓ The Logging Sports Club was named the SOAR Outstanding Special Interest Programming Award at the Student Organization Advisor Recognition Awards ceremony.

Professional Staff

- ✓ Ray Aberle, Assistant Director for the Challenge Course, serves on the CSU Administrative Professional Council, is the Committee Chair for Professional Service and Outreach, and chaired the annual University Administrative Professional Luncheon/Recognition event.
- ✓ Marsha Smeltzer, Associate Director for Sport Programs, received the distinguished service award from the Colorado Women in Sports Fund Association (CWSFA).
- ✓ Two Campus Recreation staff, Ruthelma Parker – 20 years and Jennifer Daniel – 15 years were recognized for service to Colorado State University.

- ✓ Aaron Harris, Assistant Director for Sport Clubs published an article titled, "Club Sport National Tournament: Economic Impact of a Small Event on a Mid-Size Community" in the Recreational Sports Journal.
- ✓ Campus Recreation staff and/or resources contributed to Division/University initiatives or events:

RamWelcome
Homecoming/Family Weekend
Preview
Next Step
Visit Days
Cans Around the Oval
R.E.A.L. Training
Black History Month
Colorado Combined Campaign
Black Issues Forum Kaleidoscope Fair
National Hispanic Institute Resource Fair
Ambassador Training
Admissions Counselor Training
RamTracks Tour
School is Cool
Discovery Day
CSU Connect
Tobacco Task Force
Mind Body Spirit Fair
President's Leadership Program
Cinco-Cinco 5K Run/Walk
Administrative Professional Council
DSA Day / University Health Fair
DSA New Employee Orientation
DSA Community/Student Fall Welcome
DSA Staff Professional Development Opportunities
DSA Assessment Research & Steering Committee
DSA Image Committee
DSA Technology Committee
CSU Administrative Professional Council
CSU New Employee Orientation
CSU Employee Benefits Fair
CSU Environmental Health & Risk Management
CSU Department of Natural Resources
CSU Health & Exercise Science Department Physical Activity Program
CSU Parking Services Appeal Committee
Student Affairs in Higher Education Graduate Program