

**CAMPUS RECREATION ANNUAL REPORT**  
**Executive Summary**  
**FY08**

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**Dr. Judy Muenchow**  
**Executive Director**  
**June 30, 2008**

Campus Recreation is an auxiliary operation within the Division of Student Affairs that provides wellness and healthy lifestyle oriented programs, events and services to approximately 70% of Colorado State University students via 7 program areas: Student Recreation Center, Fitness, Intramural Sports, Sport Clubs, Outdoor Adventure, Challenge Ropes Course and Non-Credit Instruction. Three support areas, Business Office, Custodial Services and Maintenance, support program area functions that provide seamless customer service to CSU students, employees and their families.

Four major initiatives/accomplishments mark the 2007-08 year for Campus Recreation:

Integral to the delivery of Campus Recreation programs/services and the daily operation of the Student Recreation Center is student employment. With a seven-day, 17.5 hours/day operation of recreation indoor and outdoor facilities and student programming, student employment averages 300+ during the academic year. Campus Recreation strives to hire a diverse student staff and provide student development opportunities via progressive level job responsibilities and all-staff development training. In addition to department-wide development opportunities, the seven program and three support areas provide job-related trainings, seminars, workshops or certifications to focus on job performance and customer service throughout the year. The annual Campus Recreation Student Employee Recognition event celebrates outstanding student achievements, culminating in four overall department student awards: Customer Service Award, Quality Job Service Award, Charitable/Volunteer Service Award and Impact/Innovation Award. Employment diversity by program area is tracked and reviewed to determine effectiveness of hiring procedures, which are adjusted to recruit and hire a variety of experienced and diverse students.

During 2007-08, the reorganization within the Division of Student Affairs and retirement of a senior administrator in Campus Recreation provided an opportunity to restructure the department upper level administration. Changes included conversion of two Senior Associate Director positions to Director and permanent assignment of the Executive Director, resulting in revised department responsibilities among the three positions. The outcome of these changes empowers senior level management and decision-making by the Director positions and enables the Executive Director to increase administrative contributions at the Division level.

Of major importance to Campus Recreation full-time staff is continued service and volunteer opportunities within Campus Recreation, Division of Student Affairs, CSU or the local community. Staff are encouraged and supported to achieve academic degrees, advanced trainings, professional certifications and participate/volunteer for activities or events. Department staff are proud of the consistently high level contributions made by both career and support staff internal and external to Campus Recreation department.

The hallmark of the 2007-08 year was the approval of the \$32M Student Recreation Center expansion and renovation project by the student government, Associated Students of Colorado State (ASCSU), CSU administration and Board of Governors. Due to rising tuition and fees, the Student Recreation Center project generated protracted reviews and controversial discussions by the Student Fee Review Board and ASCSU. Simultaneously, CSU administration was identifying and reviewing system-wide bonded projects with an unsteady bond market. A tumultuous year witnessed changing economic indicators and student support for the project that required multiple assessments of student funding opinion and peer institution comparison data to justify to both students and administration the project need and cost. The continued dialogue and data-driven rationale resulted in approval of the Student Recreation Center project at all levels at the conclusion of Spring 2008, which was accomplished in large part due to unwavering support for the project from the Vice President of Student Affairs.

The mission of Campus Recreation staff is to deliver a myriad of traditional and alternative program offerings, events and service to CSU students and community. Highlights of those efforts include:

- Of 377 student employees working for Campus Recreation during 2007-08, 47% were female, 53% male, and 17% were classified as minority or underrepresented students.
- Campus Recreation collaborated with Health & Exercise Science and Journalism and Technical Communication departments to provide 6 undergraduate practicum experiences and 1 leadership internship. In addition, 30 Health & Exercise Science majors were assisted with planning, preparation and delivery of the 2008 Mind-Body Fair.
- The Student Development fund awarded 11 individual employees a total of \$2,622 to attend opportunities ranging from certification exams, conference registration to training programs. An additional \$1,063 from the David Karspeck fund was provided to 10 students associated specifically with aquatic certification and/or skill training to provide aquatic instruction to peers or raise safety awareness of lifeguards.
- To expand services to student organizations, address student cultural requests for space and meet religious requirements, the Student Rec Center and Fitness Program staffs partnered to offer "Water Fitness Just for Women" option to students supervised by female student staff members.
- The Challenge Ropes Course staff expanded the partnership with the SuAnne Big Crow Center in Pine Ridge South Dakota, benefiting over 1,000 Lakota youth in the poorest county in America by providing equipment, training for teachers and youth leaders. CSU students participated on two trips to the reservation to perform maintenance on playgrounds erected previously and work on the Bison Reintroduction Project in partnership with the President's Leadership Program.
- The Non-Credit Instruction programming not only enhances skills, but also raises awareness through classes such ethnic dance and disability accessible martial arts; and partners with other agencies such as CSUPD to offer "On Guard", a Women's Personal Safety course for students and community members to heighten awareness about safety issues at CSU and in Fort Collins.
- Approximately 200 students from six state and regional universities, UNC, Air Force, CU, Colorado A&M, Wyoming and CSU, participated in an extramural competition held on the CSU Intramural fields and Moby Complex competing on 26 teams in 6 different sports for a day of extramural competition.
- The Student Recreation Center averages 3,500-4,000 users daily during the academic year with a record 518,359 visits overall, with 53% male and 47% female users.
- The Fitness programming recorded 17,789 users in Group Fitness, Mind- Body, and Indoor Cycling classes and Personal Training sessions. User numbers reflect an increase in student participation in all areas ranging from 17% to 50% from the previous year.
- The Intramural Sports Program offered 39 sport activities/events at various on and off-campus locations for a total of 9,848 CSU student participants, 63% male and 45% female, introducing the computerized Wii Bowling as an alternative form of competitive sport.
- Outdoor Adventure programming ranges from offering traditional outdoor activities such as hiking, rock climbing and snowshoeing to film festivals, the Reel Rock Film Tour and Banff Film Festival, that provides 1,056 outdoor enthusiasts an alternative activity or an international climbing trip to Nepal for 7 participants.
- The Sports Club Program produced two national championships for CSU: Men's National College Baseball Association National Champions and Women's Division I-A Lacrosse Association National champions.

**Campus Recreation  
FY08 Annual Report**

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**FY08 Campus Recreation Program Initiatives / Highlights**

**Informal Recreation:**

*The Student Recreation Center averages provides exercise space and equipment for an average of 3,500-4,000 users daily and recorded 518,359 visits overall in 2007-08 with 53% users male and 47% users female.*

**Program Innovation:** Student Recreation Center hours of operation were expanded to include Sunday open recreation times during Summer Session in response to user input.

Collaborated with Athletics to share facilities in Moby Complex, South College Gym, the Student Recreation Center and the synthetic Athletic turf field to provide additional recreation programming and athletic practice space.

Partnered with community sport groups such as Northern Colorado Girls Basketball League, Vortex Masters Swim Club, City of Fort Collins Recreation Department, Junior Athletic Association basketball, Relay for Life, Buckeroos, and Stars community softball clubs to utilize Campus Recreation indoor and outdoor space for service delivery to local youth and adult sport programs and provide employment opportunities for CSU students.

In response to student requests, indoor soccer times for an international student groups were provided, and drop-in recreation racquetball times at Moby complex were increased.

**Fitness Program:**

*The Fitness Program offered 36 hours of Group Fitness classes, 25 hours Mind Body classes, and 16 hours of Indoor Cycling classes weekly for a total of 77 exercise hours used by an average of 17,800 students per semester.*

**Program Innovation:** Expanded yoga class offerings, introduced "Couples Boot Camp and Couples Training program, increased Mind Body and Group Fitness Summer class offerings, offered boxing skill training option as part of the Personal Training program, introduced new exercise equipment with technological innovations in cardio area and new balance related equipment for increased core training options.

The 5<sup>th</sup> annual "Thriller" dance class had approximately 300 students, largely from residence halls, for an evening of dance instruction, costume exhibition as a healthy social alternative for students.

Collaborated with Hartshorn Health and University Counseling Center to develop "Weight for Me", a joint weight loss program for students.

Collaborated with Housing on Eating Disorder Awareness campaign in the Student Recreation Center - "Be Comfortable in Your Jeans".

Contributed information to University Counseling Center POD cast for Eating Disorders.

Jointly offered the Mind Body fair with Hartshorn Health and University Counseling Center for the first time, resulting in an integrated web site, on-line registration and enhanced marketing efforts that and resulted in increased fair participation.

**Non-Credit Instruction Program:**

*The Non-Credit Instruction Program offers 25 sections of classes each semester in 4 different campus locations daily for approximately 600 CSU students and Fort Collins community members, with 56% female and 44% male participants.*

**Program Innovation:** Utilized Student Voice to electronically evaluate instructors and classes. Additional course offerings in 2007-08 included martial arts and advanced guitar classes in response to user survey. Improved customer service with revised web-based scheduling program for the Massage Therapy program. Marketed programming opportunities electronically to CSU students via RamFYI.

Diversity support included providing space and equipment for multi-cultural groups such as African Student Association, Swing Dance Society, Africans United, the Men's Project and Native American Student Services Wellness Program.

Academic support consisted of providing facility space for orchestra conducting class (MU302), assisting with Admissions tours and presentation for prospective students, providing information and arranging interviews about the Rec Center expansion / renovation to JT341 students and providing weight room equipment for MECH486A students to perform equipment test for a class project that placed 1<sup>st</sup> at conference in Reno, NV.

**Outdoor Adventure Program:**

*The Outdoor Adventure Program offers up to 18 outdoor activities each semester with over 500 participants in small groups, 2 academic credit classes with over 50 students registered and brings outdoor adventure films to large groups of 400-600 each semester.*

**Program Innovation:** Revised summer programming to focus on weekend activities in traditional outdoor pursuits based on user evaluations, partnered with Colorado 14ers with Fourteeners Initiatives Organization to establish an "adopt-a-peak program to enhance stewardship of Colorado Fourteeners, developed a relationship with HERA Ovarian Cancer Climb for Life with activities targeting females, charting cell phone zones to enhance emergency communications.

Academic Advancement in CASA used OAP services to increase student retention efforts.

OAP provided technical assistance and training to local youth oriented outdoor programs such as Educo-Colorado and the Environmental Learning Center "Kids" programs.

**Challenge Ropes Course:**

*The Challenge Course facilitated 9,326 participants, of which 3,221 or 36% were CSU students.*

**Program Innovation:** A unique partnership between community businesses, Wanderlust Rafting and the Environmental Learning Center was established to provide programs to external groups, served as opening site for SLiCE "Shades of Promise" program that develops leadership and cultural understanding, solicited \$800 in donations to support Resources for Adult Learners student scholarship fund and served as a site for Ram Connections groups focused on 1<sup>st</sup> year retention.

The Challenge Ropes Course provided 367 facilitated programs, of which 59% or 230 programs were for local Non-Profit or K-12 groups, 30% CSU groups and 11% corporate groups. Free programs are provided to both University and local groups throughout the year.

The Challenge Ropes Course staff are leaders in CSU's "Going Green" program with 12 student garden plots at the Challenge course site, reclamation efforts include wildflower gardens and planting over 20 varieties of vegetables in the course garden with 35 lbs. of potatoes harvested,

planting grasses that reduce herbicide applications, on-site composting of refuse, partnering with Sustainable Living Association and the Redirect Guide as sustainability leaders in Fort Collins area, purchasing organic cotton facilitator staff shirts and providing rotating environmental-friendly reading materials in the course port-o-potties.

**Intramural Sports Program:**

*The Intramural Sports Program offers 39 indoor or outdoor sport activities/events at various on and off-campus locations for a total of 9,848 students participating in individual or team activities, of which 63% are male and 37% female.*

**Program Innovation:** Utilized technology in programming by introducing Wii Bowling competition, modified league and tournament format in response to student input, added on-line services to increase efficiencies for staff and users,

Facilitated visits to CSU by Polaris Alternative Needs High School, partnered with City of Fort Collins Recreation Program and Junior Athletic Association to provide coaches and officials clinics, meetings and trainings and promote employment opportunities for CSU students.

**Sport Club Program:**

*The Sport Club Program supports 26 clubs with 885 students, 41% female and 59% male members. CSU Sport Club teams boast 19 national championships since 1995, with the most recent national champions represented by a male and female sport club team in 2007-08.*

**Program Innovation:** Developed a proposal to create and fund a Sports Coordinator – Injury Care position to bring stability to athletic training needs, facilitated a partnership with Loveland Youth Soccer for charity events and fundraising, collaborated with Greek Life Office to plan and implement educational hazing workshop, established an endowment for the Men’s Rugby Club and implemented a recognition process for Sport Club donors and cultivate future gifts.

Sport Club athletes carry a 2.95 GPA compared to the campus average of 2.83 and 30% are non-residents compared to 20% of the general student population. With 60% of Sport Club team members classified as Freshman or Sophomore, the Sport Club Program is a contributor to student retention and non-resident recruitment.

Relocation of the University baseball field resulted in a partnership with the City of Fort Collins Recreation Department with the renovation of an existing city ball field for the CSU Baseball Club. This project exemplifies the positive University/City relationship benefiting both entities.

**Men’s Baseball Club: 2008 National Collegiate Baseball Champions**

- Mid-America Regional Champions
- MCBA MVP: Brian Dilley

**Women’s Lacrosse: 2008 National Women’s Division-I Lacrosse Champions**

- Rocky Mountain Regional Champions
- WDIA National Player of the Year: Lindsay Brown
- WDIA Goalie of the Year: Brooke Lewis
- WDIA 1<sup>st</sup> Team All-American: Lisa Long, Lindsey Hudek

**Men’s Ice Hockey Team:**

- 2007-2008 ACHA DII Sport Club Team of the Year
- ACHA DII 1<sup>st</sup> Team All-American: Jordan Stover

**Cycling Team:**

- 2007-2008 USA Cycling Collegiate Team of the Year
- Selected to host the USA Cycling Collegiate Road Nationals in 2008 and 2009.

### Honors and Recognitions

- Nicole LaRocque was selected to be a member of the America Council on Exercise Group Fitness Instructor Committee, presented “Successful Fitness Staff Training” session at the National Intramural Recreational Sports Conference in April 2008, and presented a session on “Strength Training for Women” at the CSU Women at Noon speaker series.
- Aaron Harris serves as the Colorado-Wyoming State Director for NIRSA Region V, selected as a judge for the National Intramural Recreation Sports Association Communication Excellence Award Committee, served as Division of Student Affairs representative on CSU Administrative Professional Council, is member of the Campus of Character Committee and SOAR, Student Organization Award & Recognition, Committee.
- Marsha Smeltzer serves on the National Intramural Recreational Sports Championship Committee.
- Loretta Capra serves on the National Intramural-Recreational Sports Association Foundation Board and received the National Service Award for work and dedication as a faculty member for the National School of Recreational Sports Management and for service on the NIRSA Foundation Board.
- Campus Recreation resources and staff directly support the following Division and University initiatives:

RamWelcome  
Homecoming/Family Weekend  
PREVIEW  
Next Step  
Visit Days  
Cans Around the Oval  
Black History Month  
Colorado Combined Campaign  
SAHE Graduate Program  
Black Issues Forum Kaleidoscope Fair  
National Hispanic Institute Resource Fair  
Ambassador Training  
RamTracks Tour  
School is Cool  
Discovery Day  
CSU Connect  
Tobacco Task Force  
College Updates  
Student Affairs Day / University Health Fair  
Mind Body Fair  
President’s Leadership Program  
Housing & Dining Services Events/Activities such as Meet & Greet  
Campus of Character Committee  
Cinco-Cinco 5K Run/Walk  
DSA New Employee Orientation  
DSA Community/Student Fall Welcome  
DSA Professional Development Day  
DSA Assessment Research and Steering Committee  
DSA Image Committee  
CSU Administrative Professional Council and Subcommittees  
CSU New Employee Orientation  
CSU Benefits Employee Fair  
CSU Environmental Health & Risk Management

## Division of Student Affairs Strategic Plan - Campus Recreation Responses

### Teaching and Learning – Student Health and Safety

**Goal 7: Create opportunities for student involvement through services that support student health, safety, and general well being.**

Create and enhance wellness programs on campus.

**Status:** Campus Recreation has increased student participation in wellness programs/services primarily via the Fitness Program and joint collaborations with Hartshorn Health Services and University Counseling Center.

### Teaching and Learning – Quality Venues and Related Services that Support Learning

**Goal 15: Provide students and other members of the collegiate community with high quality co-curricular facilities and campus environments that support learning and student development, meet increased demand for quality service and access, and complement the goals of the university strategic plan.**

Develop program plan and secure approvals to renovate existing Student Recreation Center and add an addition to expand student programming and related services.

**Status:** In April 2008, the Student Recreation Center expansion/renovation project was approved by the Student Fee Review Board and subsequently via Associated Students of Colorado State University legislation. In March 2008, the CSU Board of Governors approved the bonding of \$32M for the project. In June 2008, the bonds were purchased and schematic design phase completed. Design Development phase is scheduled to commence during Summer 2008, with Construction Drawings completed by January 2009. Ground breaking is estimated to be March 1, 2009, with construction completed by Fall semester. 2010. Continued dialogue with ASCSU and the student population to provide updates during planning and construction will occur through the process. In addition to the Student Recreation Center project, the Tennis Court project will be completed within the same timeframe to provide the campus community with new tennis courts due to the new Indoor Practice Facility construction on the existing site.

**Goal 16: Enhance the overall effectiveness of the auxiliary enterprises in growing revenue, allocating resources and managing costs.**

Increase Campus Recreation revenues generated from employee memberships to the Student Recreation Center by creating a marketing strategy targeting faculty and staff.

**Assessment Metric:** Number of faculty and staff memberships

**Status:** Marketing strategies implemented at the beginning of 2007-08 produced slight increases in memberships to the Student Recreation Center: staff promoting memberships at new employee orientation sessions and Human Resource Benefit Fair, offering “Rec Center Open House” for employees to utilize the Student Recreation Center for a limited time at no cost; advertising memberships as a gift item, and offering free monthly memberships as give-aways to various campus units. While modest, the increase is encouraging and employees who purchase memberships indicated via survey it is a beneficial option. At the close of FY08, membership types are slightly over 250 for the year, with the trend indicating fewer short-term memberships in favor of annual memberships; thus, establishing a steady revenue base.