

CAMPUS RECREATION ANNUAL REPORT
Executive Summary
FY09

Dr. Judy Muenchow
Executive Director
June 30, 2009

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 6 program areas: Student Recreation Center, Fitness, Intramural Sports, Sport Clubs, Outdoor Adventure and Challenge Ropes Course. Four support areas, Service Center, Business Office, Custodial Services and Maintenance, supplement the program area functions and provide seamless customer service to CSU students, employees and their families.

Three major initiatives were addressed during FY09:

- **DSA Strategic Plan - Quality Student Affairs Staffing:** A major focus for Campus Recreation staff during FY09 was the identification and articulation of department values and subsequent re-evaluation of the existing department vision and mission statements. The values identification process not only served as a catalyst to redefine the department vision and mission statements, but also provided a venue for new and seasoned professionals to interact and collaborate. The outcome of this exercise was two-fold: (1) the Campus Recreation Vision, Mission and Value statements were developed jointly with an action plan for imprinting on student staff as well as aligning department goals with Division of Student Affairs goals; and (2) the Campus Recreation staff experienced growth personally and professionally, resulting in a more cohesive unit with a better understanding of individuals as well as appreciation for all department programs/services offered to the University and local communities.
- **DSA Strategic Plan - Quality Student Affairs Staffing:** Two upper level Administrative Professional positions, Associate Director, were evaluated and reclassified to the Director level. The hiring of the Director of Operations brought a much-needed external perspective to department initiatives, policies, procedures and operations that acted as a catalyst for change. Dave Frock was hired in July 2008 to replace a 20+ year employee in one of the new Director level positions and the existing Associate Director of Programs, Loretta Capra, was promoted to Director at that time. The impetus for these actions was to realign leadership responsibilities in relation to position duties and direct reports in order to create efficiencies and improve effectiveness of department decision-making and staff supervision/development. This new leadership model instilled a revitalized team-oriented focus that resulted in monthly department staff communication meetings becoming more interactive and increased staff involvement between program areas and in department wide initiatives. The personnel change also provided support for the Executive Director in managing daily department operations and leadership, permitting time for Division of Student Affairs initiatives and Student Affairs in Higher Education Program teaching/advising responsibilities. Adjustments to and collaboration between the positions continues during FY10 to address facility and programmatic changes in preparation of opening the expanded/renovated Student Recreation Center in August 2010.
- **DSA Strategic Plan - Quality Venues:** The hallmark activity during FY09 for Campus Recreation staff was working through the process of finalizing the \$32M Student Recreation Center facility renovation/addition design. Following the bond approval in June 2008, department staff worked with CSU Facilities Management, Saunders construction firm and Hastings & Chivetta architecture firm designers and project managers on the details of facility design, infrastructure, landscaping and FF&E. Efforts culminated in April 2009 with the ground breaking ceremony that initiated demolition and construction in the existing facility. Staff was consulted throughout the process to both ensure details were checked, mistakes identified and as construction bids returned favorably, reinstating prioritized items to the project. A concerted team effort produced results that will benefit CSU students, faculty and staff well into the future. The work continues in 2009-10, as the first phase is to be complete and some renovated areas re-opened for use during Fall Semester 2009. In early Spring Semester 2010 phase II, which involves both renovated and some new construction areas, is scheduled to open with the final phase completed for a grand opening when Fall Semester 2010 commences.

FY09 Campus Recreation Program Innovations

Campus Recreation staff deliver a myriad of traditional and alternative program offerings, events and services to CSU students, faculty, staff and the local community. Each year staff strives to enhance services and activities with new programmatic initiatives/ innovations or to improve/augment the student employee experience:

Fitness Program

Fitness staff designed and added a 10K running class and a weight room circuit orientation class in response to participant needs identified through surveys.

Technology innovations in the Fitness Program included installing a remote control iPod dock in the Cycling Studio and redesigning the annual CSU Mind, Body, Spirit Fair web page to include an online workshop and vendor registration and database tracking.

Fitness Program increased student employment opportunities by adding a Student Coordinator leadership position to the Personal Training program and revamping the interview process for applicants in all program areas that improved employee selection and subsequently the quality of instruction for Fitness Program participants.

Outdoor Adventure Program

Added a free Wednesday night clinic series that teaches participants a variety of outdoor skills.

Coordinated and presented the CSU "Everest Champion" event featuring Jamie Clarke. Kathryn Damby, a member of the CSU Outdoor Program's 2008 Women's Mexico Volcano Expedition, was selected as a finalist for an Everest 2010 summit team.

Outdoor Adventure Program staff represented the Division of Student Affairs at the Celebrate CSU @ the Capitol in April 2009 with a photo display featuring Thirty Years of International Mountaineering. Student and career staff were recognized on the floor of the Colorado House of Representative for their achievements and contributions to CSU.

Challenge Ropes Course

A relationship with Homeless Gear of Fort Collins was established to support the CSU Challenge Course outreach efforts with the Pine Ridge, SD Adventure Program to increase the amount of outdoor gear available to Native American children participating in the program.

New partnerships with Rolling Spoke Bike Tours, Cherokee Park Guest Ranch, and Poudre River Kayaks were established to provide joint outdoor experiences for tourist groups visiting Fort Collins.

Intramural Sports Program

Implemented a new method for team sport registration, "instant scheduling", that streamlined the process for students while simultaneously reducing staff workload.

Implemented "end of sport season" officials' recognition/appreciation events to enhance camaraderie and improve retention of student staff.

Sport Club Program

Men's Ice Hockey club hosted a "home" game at the Budweiser Event Center for the first time defeating CU 6-3 in front of a record 5,000 CSU fans; and hosted a "Policemen vs. Firemen" hockey game that benefited the Sam Spady Foundation.

Created a Twitter site to post sport club competition results that is linked to Facebook to also improve communications with sport club team members and fans.

Assisted the Men's Rugby club complete an endowment with the CSU Development Office.

**Division of Student Affairs Strategic Plan Goals
Campus Recreation Update**

A DIVERSE COMMUNITY

- Campus Recreation, one of the 3 largest on-campus student employers provided jobs for 357 student employees during 2008-09, 56% were female, 44% male, and 17% classified as minority or underrepresented students, an outcome of intentional hiring practices to maintain a diversified the student staff.
- OAP instructors John Wilcoxon and JT Metcalf spent Martin Luther King, Jr. Day volunteering to teach winter shelter and avalanche skills to students from Berea College, Kentucky. Berea College is a free public institution that accepts only students in the upper third academically and the lower third socio-economic base. The volunteer spirit shown by the OAP instructors reflects the motto of MLK Day: "Not a Day Off—A Day On".
- In spring and summer 2006, the Challenge Course began a formal relationship with the SuAnne Big Crow Center in Pine Ridge South Dakota. This project is aimed at benefiting Lakota youth in the poorest county in America. In May 2009 maintenance was performed at this site as well as at American Horse School, the site of a new adventure playground built in April 2007 by Campus Recreation in partnership with the SLiCE Office. Twelve CSU students traveled to the Reservation in spring 2009 in support of these programs. In total over the past four years, 60 CSU students have participated in trips to the Reservation. Additionally, Zach Krahn, a reservation teacher, completed a one month internship on the Challenge Course during June 2008.
- Challenge Course staff received training by the Women's Wilderness Institute to better understand and work with women and girls participating in programs on the ropes course.

ASSESSMENT

- In preparation for the new climbing tower and bouldering wall, a survey assessment conducted by SAHE student David Denny was used to assist with planning the new climbing wall features and possible programming styles for users of the new wall.
- Site visits to several local and regional climbing walls were conducted by Outdoor Adventure Program staff to assess and plan for the new climbing tower and bouldering wall additions to the Student Recreation Center scheduled to open in January 2010. As a result, a staff management plan and policy/procedures manual for the climbing wall are being developed for implementation.
- The Challenge Ropes Course staff conducts an assessment following each program on the course or at off-site locations. These qualitative assessments drive program reform and improve course offerings.
- Fitness staff participated in the development of an evaluation tool with Veterinary Teaching Hospital staff to assess outreach potential for programming at the VTH that resulted in development of an action plan for collaboration based on survey outcomes.
- Fitness staff toured regional recreation centers for fitness center design, layout, equipment and programming information to prepare for the opening of the renovated/expanded Student Recreation Center in 2010.
- Fitness utilized Student Voice to survey exercise/fitness class participants' satisfaction and identify where improvements to fitness classes can be implemented.
- Fitness student coordinators developed and implemented an evaluation tool for student employee feedback. The results were provided to the Fitness Program Coordinator to improve employee communication and performance.

- Sport Clubs developed an assessment for the University's PRISM tool, measuring sport club officers' satisfaction with the services of the Sport Club office and Injury Care program, sport club officer training, and resources available to club members.

EXPERIENTIAL LEARNING AND OTHER CO-CURRICULAR OPPORTUNITIES

- Campus Recreation collaborated with the College of Business to provide a venue for an undergraduate independent study project at the Student Recreation Center focused on healthy vending options. The student learned the vending business from purchasing a machine and products to supplying and maintaining it throughout the 2008-09 academic year. The final report provided insight into student preferences and satisfaction for future healthy vending options that will be considered for implementation when the renovated/expanded facility opens in Fall 2010.
- Although all-female trips have been sponsored previously by the Outdoor Adventure Program, the Women's Mexico Volcano Expedition was the first international mountaineering expedition and one of the first all-female planned and led international mountaineering expedition from a college or university program nationally.
- Outdoor Adventure partners with Natural Recreation Resources and Tourism Department to offer leadership courses ((NRRT350 and NRRT351); and with the National Outdoor Leadership School (NOLS) to offer courses that enhance professional development (wilderness medicine/avalanche certifications).
- The Challenge Ropes Course student staff continues to promote CSU's "green" efforts by planting and nurturing garden plots on the Challenge Course site. CSU Upward Bound program and the Larimer County Youth Conservation Corp have been involved with the gardens since Spring 2009. Additionally, with CSU Green Team, organic gardens were created for student use. Reclamation efforts produce wildflower and vegetables, grasses that reduce herbicide applications, on-site composting of refuse and staff planted 10 lbs. of garlic into the gardens in Fall 2008 experimenting with a new crop.
- Sport Clubs partnered with the Department of Health and Exercise Science to offer practicum opportunities to undergraduate sports marketing majors.
- The Fitness program coordinated with the American Council on Exercise, Schwinn Cycling, and willPower and Grace to offer fitness certifications at Colorado State University to maintain a quality fitness staff and program offerings to CSU students, and to assist students find employment at fitness centers.

STUDENT ACCESS AND RETENTION

- The Student Recreation Center averages between 3,500-4,000 users daily and recorded 484,924 visits overall in 2008-09 with 53% users male and 47% users female. There were 16,894 individual student users in Fall 2008, an 8% increase from Fall 2007 and 17,202 individual student users in Spring 2009, a 7% increase over Spring 2008.
- The Challenge Course staff facilitated 12,600 participants on course programs, of which 7,350 or 58% were CSU students and 35 CSU faculty and staff. To kick off the 2008-09 academic year, Challenge Course staff organized and delivered RAM Play, a RamWelcome event that approximately 3,000 CSU first year students participated in during August 2008. The Challenge Ropes Course also serves as a site for Ram Connections groups focused on first-year student retention and provided free programs to over 30 CSU students involved in the DAY program.
- The Outdoor Adventure Program offers 21 outdoor activities each semester with over 500 participants on trips or learning outdoor skills and sponsors an outdoor adventure films series on campus that draws up to 800 participants annually.
- The Fitness Program offered 36 hours of Group Fitness classes, 25 hours of Mind Body classes, and 15 hours of Indoor Cycling classes weekly for a total of 76 exercise hours weekly with over 20,000 visits each

semester that reflects a 20% increase in student participation from the 2007-08 academic year. A feature of the program is the annual "Michael Jackson Thriller" dance event that saw over 300 students at the Rec Center in October 2008 to participate in an evening of dance and costume exhibition as a healthy social alternative for students. The event was highlighted in the CSU Collegian and an article in the November-December 2008 IDEA Fitness Journal entitled, "Making Connections: Students at Colorado State University have a chance to prepare early for a job in the fitness industry."

- The Intramural Sports Program offers 39 indoor or outdoor sport activities/events at various on and off-campus locations for a total of 9,747 students participating in individual or team activities, of which 57% are male and 43% female. Program demographics reveal that participants are evenly split between class levels indicating a continued interest in intramural sports throughout a student's collegiate experience.
- The Sport Club Program supports 27 clubs with 1200 students, 42% female and 58% male members. CSU Sport Club teams boast 20 national championships since 1995, and contributes to non-resident student recruitment and retention with a 29% of club members classified as non-resident Sophomores or above.

STUDENT HEALTH AND SAFETY

- The Assistant Director for Fitness chaired the joint committee with CSU Health Network staff that organized, coordinated and implemented the 5th Annual Mind, Body, Spirit Fair, a successful CSU/Fort Collins community event featuring a vendor fair, workshops and keynote speaker.
- The Fitness Program partnered with the CSU Health Network to focus on eating disorders with an intense week-long Eating Disorder Awareness campaign at the Student Recreation Center. Another collaboration with CSU Health Network staff involved streamlining the registration process and instruction design of the jointly sponsored "Weight for Me program" to encourage retention and success of participants.

QUALITY STUDENT AFFAIRS STAFFING

- **See Executive Summary, Page 1, Bullets 1 & 2 for Career Staff information.**
- Campus Recreation utilized the R.E.A.L program, offered through SLICE Office, as a venue to provide student supervisory staff leadership and development training that culminated in verbal reports to Campus Recreation staff peers and career staff on how to apply the information to real work situations. This opportunity benefited Campus Recreation student leaders and contributed to the R.E.A.L. program success.
- The Campus Recreation Student Development fund awarded 7 individual employees a total of \$1,789 to attend opportunities ranging from certification exams, conference registration to training programs that will enhance their job positions and build their resume.
- The David Karspeck Memorial Fund provided \$814 to 3 students associated specifically with aquatic certification and/or skill training to provide aquatic instruction to raise safety awareness; and sent a contingent of CSU lifeguards to the Lifeguard Games in Denver, CO to compete in aquatic rescue skills.

QUALITY VENUES AND RELATED SERVICES THAT SUPPORT LEARNING

- **See Executive Summary, Page 1, Bullet 3 for Student Recreation Center renovation/expansion update.**
- Custodial Services conducted an internal audit of cleaning chemicals resulting in replacement of all high-use cleaning products with green seal certified products, creating a safer and friendlier environment for Student Recreation Center users.
- The Service Center researched paper types and costs that resulted in utilizing 100% recyclable products for department hardcopy marketing and advertising in keeping with the University's green initiatives.

- The Challenge Course completed a major renovation of the climbing tower, which features rock textured panels, new design elements, and an additional 4' of climbing height. As the only outside rock climbing wall in Northern Colorado, it is a unique and integral part of the Challenge Course programs offered to CSU students. In addition to this major project, the following improvements occurred at the Challenge Course:
 - wireless internet access
 - re-decking of all wood deck surfaces
 - design and bidding for a permanent shade
 - landscape improvements include the reclamation of four 25' Linden trees from the Student Recreation Center location identified for loss due to the construction project and dispersing 1,000 cubic yards of wood chips surrounding course elements.

PARTNERSHIPS

- Campus Recreation partnered with CSU Facilities Management to identify a new campus site, plan site refurbishment and relocate equipment for the Logging Sports Club outdoor practice/performance space in order to qualify as the site for the National Conclave in 2010. The club was awarded the honor of hosting the conclave as a result of this effort.
- Campus Recreation partnered with the City of Fort Collins Recreation Department to renovate an existing city baseball field for use as a home field for the Baseball Club.
- Campus Recreation Custodial Services partnered with Facilities Management to assist with responsibility for cleaning activity areas in Moby due to higher recreation due to the renovation/construction of the Student Recreation Center in 2009.
- Outdoor Adventure Program partnered with Academic Advancement to offer a rock climbing class for first generation freshman students. Feedback indicated the event assisted to create a sense of community within the student group.
- Outdoor Adventure Program partnered with Educo-Colorado, a local outdoor adventure group, to provide technical assistance and training at a retreat and provided follow-up assistance to the group with Wilderness First Responder training and recertification.
- Outdoor Adventure partnered with the CSU Alumni Association to extend opportunities for Alumni members to participate in "Hike to the A" events held each fall during RamWelcome and Family/Homecoming Weekend.
- The Challenge Ropes Course staff partnered with local community Non-Profit organizations, K-12 groups and higher education institutions to provide programs for: Poudre School District, Hewlett Packard, Boys and Girls Scouts of America, Respite Care, Larimer County Corrections, Ft. Collins Police Department, Front Range Community College, LAMBA Center, Intel Corporation, McKee Health Centers, Children's Hospital, Advanced Energy, University of Colorado, University of Wyoming, and University of Northern Colorado,
- Challenge Course staff served over 500 people during the summer of 2008 in a partnership with Wanderlust Rafting that features one-half day of rafting with one-half day of ropes course activities.
- Fitness staff partnered with on and off-campus groups to provide education/training: yoga class for Division of Student Affairs Development & Training Series program; fitness presentation to 3rd and 4th grades at Fort Collins Lab School; delivery of self-defense class for CSU Varsity Softball Team; cycling training classes for CSU Varsity Women's Water Polo team.
- Intramural Sports Program partners with six state and regional universities, UNC, Air Force, CU, Colorado A&M, Wyoming and CSU, to host an extramural competitive sport event that drew approximately 200 students competing on 26 teams in 6 different sports on the CSU fields in April 2009.

- Intramural Sports Program partnered with ASAP to promote and coordinate a dodgeball tournament, consulted for United Men of Color to develop a fundraising event and provided resources to a Greek women's organization for a flag football fund raising tournament.
- Intramural Sports Program staff partners with the City of Fort Collins Youth Sports Program to conduct coaches and officials clinics to prepare participants for youth sport programs.
- Sports Club Program developed a partnership with Orthopedic Center of the Rockies to address health care treatment for club athletes.

Campus Recreation Honors and Recognitions

STUDENTS

- Sports Club Student Advisor, Leena Nguyen, received the 2009 Dr. Linda Ahuna-Hamil A/PASS Outstanding Student Award.
- Sports Club Teams:
 - Men's Baseball Club
 - 2009 National Collegiate Baseball Association Champions** (*National Champions 5 of last 6 years*)
 - 2009 National Collegiate Baseball Association Most Valuable Player: Robert Moller
 - 2009 First Team All American: Brian Dilley, Kyle Swets, Robert Moller,
 - Wrestling Club
 - 2009 National Champion 184 lb weight class: Steve Gerrard**
 - Volleyball Club
 - 2009 Mountain West Conference Club Champions.
 - Men's Ice Hockey Club:
 - 2009 American College Hockey Association DII West Regional Champions
 - Cycling Club
 - 2009 Rocky Mountain Division Collegiate Cycling Champions.
 - Hosted the 2009 USA Cycling Collegiate Road Nationals.
 - Women's Lacrosse Club:
 - Recognized as the 2009 Women's College Lacrosse Club of the Year by Sportswoman of Colorado.
 - 2009 Woman's Intercollegiate Associates National Award: Lindsay Hudek – Defender of the Year;
 - 2009 National First Team honors - Ashley Gaume, Katie Nepil, Lisa Long, Lindsay Hudek.
 - Logging Sports Club:
 - CSU Logging Club vied for and was awarded the Western Region Conclave in 2010.

Campus Recreation Honors and Recognitions

CAREER STAFF

- Two Campus Recreation professional staff, Lari Bangert and Elizabeth D'Aquila were recognized for 15 years of service to CSU at the annual all-campus employee event,
- Lari Bangert, Associate Director – Operations, received the CSU Administrative Professional Star Award in Spring 2009.
- As the Colorado-Wyoming National Intramural Recreational Sport Association (NIRSA) State Director, Aaron Harris coordinated the annual joint conference in Colorado Springs, CO. Aaron also served as a judge for the NIRSA Communication Excellence Award; and received the “Pat-on-the-Back” Award from CSU Cans Around The Oval organizing committee for recognition of length of service to the committee.
- Loretta Capra serves on the National Intramural-Recreational Sports Association Foundation Board and is Co-Chair for the Governance Nominations & Appointments Work Team.
- Rodney Ley was elected to a three-year term as Intermountain Director for the national Association of Outdoor Recreation and Education (AORE) Board of Directors.
- Campus Recreation staff contributed to Division and University initiatives and events again in 2008-09:

RamWelcome	Student Affairs Day / University Health Fair
Homecoming/Family Weekend	Mind Body Fair
PREVIEW	President's Leadership Program
Next Step	Housing & Dining Services Events/Activities
Visit Days	Campus of Character Committee
Cans Around the Oval	Cinco-Cinco 5K Run/Walk
R.E.A.L. Training	DSA New Employee Orientation
Black History Month	DSA Day on the Plaza
Colorado Combined Campaign	DSA Community/Student Fall Welcome
SAHE Graduate Program	DSA Professional Development Day
Black Issues Forum Kaleidoscope Fair	DSA Assessment Research & Steering Committee
National Hispanic Institute Resource Fair	DSA Image Committee
Ambassador Training	DSA Technology, Web and Marketing Committees
Admissions Counselor Training	CSU Admin Professional Council
RamTracks Tour	CSU New Employee Orientation
School is Cool	CSU Employee Benefits Fair
Discovery Day	CSU Environmental Health & Risk Management
CSU Connect	CSU Department of Natural Resources
Tobacco Task Force	Student Affairs in Higher Education Graduate Program