

California State University San Bernardino  
Recreation & Wellness

# APRIL NEWSLETTER



## ADMINISTRATION/ MEMBERSHIP

### February 1 - February 28, 2018

- 4,290 unique users entered the SRWC. Of this number, 3,856 users were active CSUSB students about 90%.
- 24,421 total number of uses of the SRWC, of which 20,947 were students about 86%.
- Added at total of 57 new memberships
  - 4 affiliate memberships
  - 8 alumni/alumni credit memberships
  - 1 Retiree's Association memberships
  - 33 President's Promotion - Staff
  - 11 President's Promotion - Faculty
- Currently, have 288 individuals utilizing the Faculty/Staff benefit program. Included in this amount are the following; 206 State staff, 4 UEC Staff & 78 faculty.





# WHAT'S THE LATEST?

## ADVENTURE PROGRAM

### Adventure Trips

**8 trips took place in February**

- Yosemite Winter Exploration
- Snow Valley Snowboarding
- Joshua Tree Hike
- Mojave Camping
- Black Canyon Kayaking
- Mt High Snowboarding
- Mojave Camp and Explore
- Black Canyon Kayak Leader Training

**With the 8 trips there were:**

- 44 participants
- 86 participation days
- 22 leadership opportunities

**11 trips planned for March**

- Death Valley Camping
- Whale Watching
- 9 Things to do in LA
- Yosemite Winter Exploration
- Black Canyon Kayaking
- Deep Creek Hike
- Upper Newport Bay Kayak
- Black Canyon Kayak Spring Break
- Catalina Island Service Trip
- Zion Camping Spring Break
- TRACKS New Orleans



### Sample of participant trip evaluations for February 2017

- Participation Enhanced Confidence - 85% agree or strongly agree
- Opinions were valued on trip - 97% agree or strongly agree
- Trip Activities - 97% good or excellent
- Trip Organization - 97% excellent

### Select trip leaders and participant comments for February 2017

- The leaders helped out a lot with making this experience easier.
- It was more than just one kind of activity, it covered lots

of different outdoors activities (kayaking, hiking, swimming in hot springs, and backpacker cooking)

### Adventure Program Updates

- University Enterprises Corporation and the Officer of Student Engagement have generously providing funding to support the Summer pilot outdoor orientation program called the Adventure Welcome Experience (AWE). AWE is an optional 4 day wilderness experience for incoming first year and transfer students in the summer before they start at CSUSB.
- Winter 2018 Adventure Leadership Program is almost complete. This program trains students, faculty and staff to

become Adventure Leaders.

- Adventure Mentoring Program (AMP) has begun. 6 current leaders were paired with leaders in training to mentor.
- 19 participants have been selected for the TRACKS Spring Break trip to New Orleans and we held the second pre-trip meeting where they participated in a 4 hours of community service and the Leadership Challenge Center.
- The first Community Bike Ride with Adventure took place on February 14. The ride is free, including bikes, to all and will traveled 3 miles around campus.

## LEADERSHIP CHALLENGE CENTER (LCC)

- 2 programs conducted in the month of February.
- 10 programs scheduled for March 2018.
- CSUSB Faculty Staff Appreciation Event was scheduled for March 17. Faculty and Staff were invited to attend a free program.
- Educators Appreciation Event has been scheduled for April 7. Educators are invited to attend a free 4 hour program from 9am - 1pm. Register online at [lcc.csusb.edu](http://lcc.csusb.edu)
- 2 student assistants attended the West Region Association for Experiential Education

Conference in San Francisco February 23-25.

- 2 student assistants attended an ACCT Level 2 certification training near Santa Cruz, CA over Spring Break.

## CLIMBING WALL

- The Mile High Challenge began January 22, 2018. Members were challenged to climb a mile before the quarter ended.

## AQUATICS/ OUTREACH

- A Water Safety Instructor (WSI) course will be offered May 11-13; a Lifeguard certification course will be offered May 18-20. The courses are open to the CSUSB community as well as the general public. Individuals can register for the courses at the SRWC.
- February 27 - March 15 Adapted Swim Program A kick off meeting was held for the Adapted Swim Program. This joint program with Department of Special Education, Rehabilitation & Counseling, Department of Kinesiology and Recreation and Wellness will train volunteer swim instructors(CSUSB students), provide lessons to participants with special needs
- Program Dates April - early June 2018

## FITNESS & WELLNESS

- Completed "Wellness Wednesdays", which was a collaborative project with Rec & Wellness, Thrive, OCE and ASI.
- Provided presentation and activities for "Key To Your Heart Event"
- March events, included PAWS with Yoga and Yoga & Yogurt.
- Provided Finals week group exercise classes for the first time. 15 classes on the schedule
- Group exercise averaged 330-350 participants a week, which is up significantly from last quarter (weekly avg. 225-250).
- Provided training to EOP for "Developing optimal Well-Being" and also provided a specialty Yoga class for EOP.
- Held 2nd "Wellness Collaborative" meeting. Researching campus wellness initiatives, campus branding possibilities and syncing programming calendars to offer more collaboration.



**Pool Maintenance - due to a major maintenance issue with the pool pump the pool is closed until May.**



## T.R.A.C.K.S.

- 22 participants and staff did a half day of volunteer service at San Bernardino City Mission on 2-17-18
- 2 pallets of apples (60 boxes) or 2400 lbs.
- 148 totes of food (granola bars, cereal, spaghetti, rice, crackers, and canned veggies) or 2664 lbs. of food
- 3 pallets of bags of hope (210 bags) or 1050 lbs. of food
- 324 frozen meals pack or 1062 lbs. of food
- 7734 lbs. of food to feed 1500 people, packed by 18 CSUSB students
- Each student packed food for around 84 people
- Each student packed around 430 lbs. of food
- Donations for their store were sorted, tagged and put out for display and purchase. Proceeds from these sales are used to purchase more food to distribute to needy populations.
- The second part of the day was spent on the Leadership

### Challenge Course

- Significant team building and encouragement took place. Students become familiar with their fellow trip participants. Students reported significant increase in their ability to work with a diverse team. Their insight was increased on how their team members dealt with stressful situations and allowed them to show their true colors
- Increased confidence in TRACKs NOLA group leaders increased confidence in their own ability to lead others, Increased confidence in their communication skills
- Ability to show vulnerability in a group setting

## INTRAMURAL SPORTS

### Independent League

#### Basketball

#6 Wolves (4-2) upset #1 Big B's (4-1) 68-49 and #4 Faithful Hoopers (4-1) upset #2 Water (3-2) 59-49 and will meet in the D1 Championship.

## OPERATIONS & DEVELOPMENT

- With the help of the SRWC and SMSU staff, the Fall 2018 Student Assistant Training Retreat has been scheduled for Thursday 9/13/18 from 8am-5pm
- Completed 2 Red Alert Drills to date in the quarter to train and evaluate student assistants in their response to a Student Recreation and Wellness Center emergency
- Student assistants responded well to emergencies and successfully demonstrated life saving skills
- CPR/AED and First Aid Certification courses will be offered for campus and campus community groups
- The annual NIRSA National Conference was held in Denver, CO in March. There were 3 professional staff and 3 student assistants from the Recreation & Wellness department were in attendance.



## Volleyball

#1 Hit It Quit It (5-0) and #2 Smack That Ace (4-1) are on a collision course to meet in the D1 Championship for the second straight quarter as we head into the playoffs.

## Soccer

#1 A-Team 5-0) and #2 Spartans FC (4-0) are on a collision course to meet in the D1 Championship as we head into the playoffs.

## Flag Football

#1 Sig Ep (5-0) will be looking for revenge should they and #2 Bring Dat Pass Here Boi (2-3) meet in the D1 Championship. Bring Dat Pass Here Boi defeated Sig Ep in the D1 Championship in Fall 17. Stay tune!

## Fraternity League

Basketball - #3 Kappa Sigma (3-2) upset #2 Sigma Nu (2-2) 34-32 in a thriller in the D1 Final Four and now gets a shot at #1 Sigma Phi Epsilon (5-0) and their 15 game winning streak, for the D1 Championship.

## Sorority League

Volleyball - Alpha Delta Phi (2-0) has been the best team so far and will head into the playoffs as the #1 seed.

## SPECIAL EVENTS/ MARKETING

- First year hosting **Tea Tuesday** at the Rec was successful -A total of 562 cups of tea were served in the month of February.



- Fruit Friday** recap - 235 SRWC members picked up fruit for a healthy post workout snack on 2 Fridays in February.
- Valentine's Emergency Date packs: Idea was received well from students and 200 Valentine's Emergency Date packs were handed out.
- Instagram Video with largest amount of views in February was Emergency Date Packs at 1,754 views.







(Left to Right) Kady Nubia, Graphic Design Professor Andrew Oakes, Bea Estanero

On Friday, March 9th, two members of our Marketing team received an award from the AAF American Advertising Awards Gala. Lead Designer, Kady Nubia received a Silver award for her Snow Day campaign. Bea Estanero received a Silver award for her illustration on Feminist Comedy Night. We are extremely proud of them and we look forward to seeing more of their great work and accomplishments.



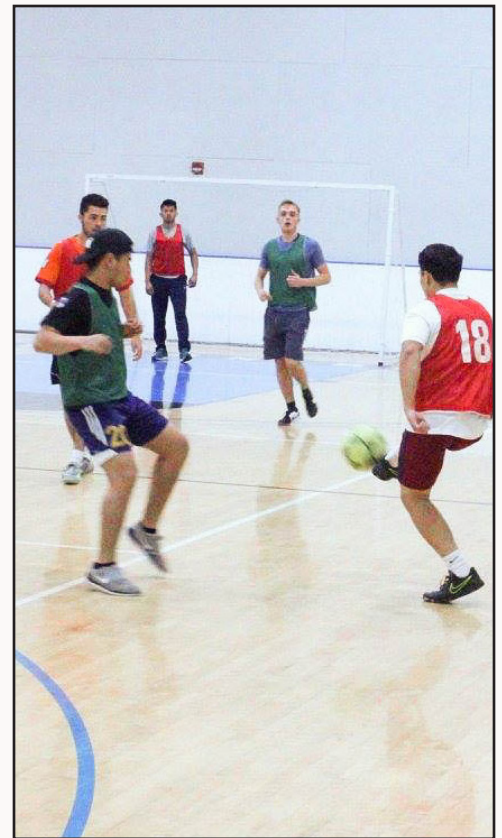
## SPORT CLUBS

### Coyote FC (Women's Soccer)

Currently in 6th place after dropping their first two game of the season, but will look to rebound this weekend as they travel to UCI.

### Men's Soccer

Currently in a four way tie for 5th place after dropping their first two games of the season, but will look to regroup as they travel this weekend to take on SDSU.



### Rec & Wellness Committee

Update From Olivia Ruiz, Chair:

The meeting on March 9th, 2018 consisted of a vote on the MTVU proposal. The agreement will be looked over and voted on at our next meeting. The committee was introduced to the first draft of the Sports Club Manuel and gave feedback. The next committee meeting will take place on April 20th at 12:30 p.m