

## California State University San Bernardino Recreation & Wellness

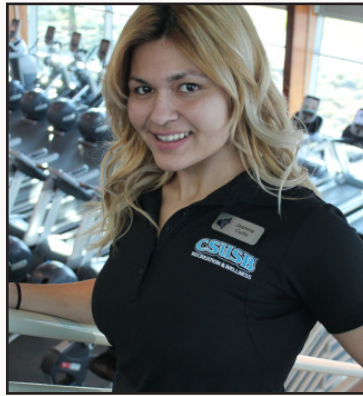
# JUNE NEWSLETTER

### OUTSTANDING STUDENT EMPLOYEES

The following Recreation & Wellness Student Assistants were nominated for the CSUSB Outstanding Student Employee of the Year Award. Congratulations to these hard-working students for their nominations!



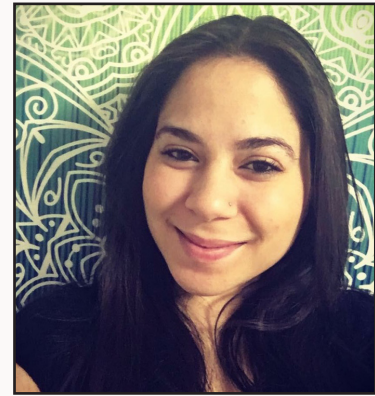
Ross McGuigan,  
Membership Supervisor



Jasmine Curtis, Fitness  
& Wellness Supervisor



Malika O'Brien, Fitness  
Floor Supervisor



Jennifer LeDuff,  
Operations Manager

### ADMINISTRATION/MEMBERSHIP



#### April 1 – April 30, 2018

- 4,618 unique users entered the SRWC. Of this number, 4,230 users were active CSUSB students.
- 25,893 total number of uses of the SRWC, of which 22,568 were students.
- Added at total of 262 new memberships
  - 14 affiliate memberships
  - 32 alumni/alumni credit memberships
  - 1 retiree's association
  - 144 President's Promotion – Staff
  - 4 President's Promotion – UEC Staff
  - 67 President's Promotion – Faculty
- Currently have 239 individuals utilizing the Faculty/Staff benefit program. Included in this amount are the following; 159 State staff, 5 UEC Staff & 75 faculty.



# WHAT'S THE LATEST?

## ADVENTURE PROGRAM

Registration for Spring Trips was strong, and the Adventure program is on track to set a new Adventure Trips participation record for 2017/18!

### 9 trips took place in March

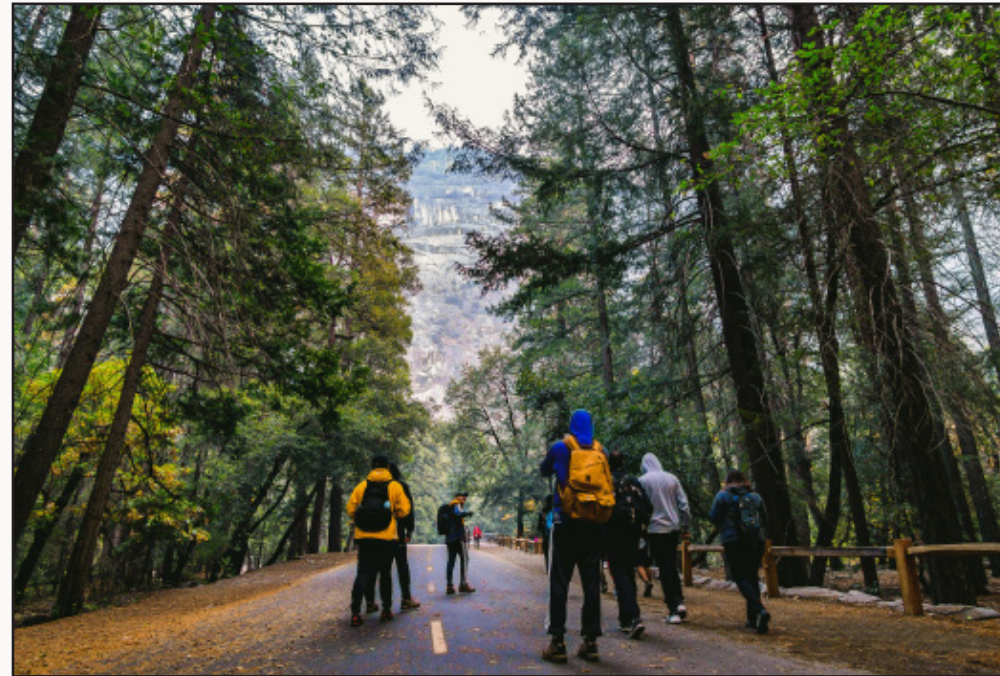
- San Jacinto Backpack
- Santa Rosa Plateau Hike
- Santa Barbara Kayak and Camp
- La Jolla Snorkel and Hike
- Kings River Camp and Whitewater Raft
- Santa Monica Bike and Clean Up
- Palm Springs Village Fest
- Yosemite Waterfalls Camp and Explore
- So Cal Surf

### March Participation

- 88 participants
- 128 participation days
- 18 leadership days opportunities

### 18 trips planned for May and June Including

- Morro Bay Camp and Kayak
- Yosemite Falls Backpack
- So Cal Surf
- Sequoia Camp and Explore
- Great Basin National Park
- San Francisco Urban Adventure
- Grand Canyon Camp and Explore



### Sample of participant trip evaluations for March 2017

- Participation Enhanced Confidence - 89% agree or strongly agree
- Opinions were valued on trip - 95% agree or strongly agree
- Trip Activities - 95% good or excellent
- Trip Organization - 93% excellent
- Spring 2018 Adventure Leadership Program (ALP) is underway with 8 students participating. The program trains students, faculty, and staff to become Adventure Leaders.
- The Adventure Welcome Experience (AWE), a new Outdoor Orientation Program for first-year and transfer students, website is live and

promotional materials and emails are being distributed.

- Applications for the 2018 AWE program are being accepted through 7/24/18 for transfer students and 8/21/18 for first-year students.
- The Adventure program recently hosted the Leave No Trace trainers for an outreach awareness workshop for students and trip leaders.

### THE 7 PRINCIPLES of Leave No Trace

1. Plan Ahead & Prepare
2. Travel & Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

## LEADERSHIP CHALLENGE CENTER (LCC)

- Several programs are booked for the spring and summer.
- Educators Appreciation Event took place April 7. There were 30 educators who participated and the program was well received by everyone.

## CLIMBING WALL

- Spring events include at the Wall include: crate stacking, women who rock, slacklining, rappelling, and belay-a-mile challenge.

## AQUATICS/ OUTREACH

- The pool pump has been replaced and the pool re-



opened Friday, May 18. Thank you to all aquatics users for your patience and understanding during the prolonged pool closure.

## Outreach

- A Campus Community Garden harvest for the Obershaw Den occurred early May, providing the Den with fresh, healthy produce. An interdepartmental meeting was held with DHRE, Facilities Services, Recreation & Wellness, and the City of San Bernardino-Municipal Water Department to explore partnerships with related to modeling water efficiency at the Community Garden.
- Coyote Cares - several Recreation & Wellness professional staff and student leaders volunteered at the 6th Annual Coyote Cares Day on April 21. Projects included tree planting (and learning about planting trees), area clean-

## SPECIAL EVENTS/ MARKETING

- The Marketing team has been and will continue to be busy tabling at university events such as, Grad Days, Transfer Orientations, and First-Year SOARs to promote RecWell programs.
- The annual spring splash event at the Aquatics Center - WAVES - was held May 31st and featured fun pool games, a DJ and dance floor, and free food!



## PALM DESERT CAMPUS - STUDENT FITNESS CENTER

- The CSUSB Palm Desert Campus Student Fitness Center exterior sign has been installed. This will allow students to easily identify the facility, and hopefully encourage new students to visit the center.



up, and Micah House garden projects.

- Recreation & Wellness staff volunteered alongside the GEAR-UP team in the trash clean-up efforts around Indian Springs High School.

## SPORT CLUBS

The Coyote FC - Women's Soccer Club - lost 7-3 in a fun "friendly" match to the CSUSB women's' soccer team in April.

## Intramural Sports

### Independent League

#### Basketball

With 6x champion the Wolves not participating in the league this quarter, it has opened up the field for someone to step up and take control. So far #1 seed Section 8 (2-1) looks like the team to beat in the playoffs, followed by #2 Alpha Omega (2-1), #3 Sig Ep (3-1) and #4 Water (1-2).

#### Volleyball

It looks Hit It Quit It (4-0) and Sloppy Sets (4-0), formerly Smack That Ace, are headed on a collision course to meet in the D1 championship for the third straight quarter. Each team has won one championship. Hit It Quit It (Fall 2017) and Smack That Ace

(Winter 2018)

#### Soccer

With a close 2-1 victory over the Spurs (5-1) back on 4.18.18, SBB (6-0) looks to be the favorite to win the D1 championship as we get ready to start the playoffs.

#### Flag Football

Similar to volleyball two teams have separated themselves from the rest of the league. Bring Dat Pass Here Boi (2-1) and Sig Ep (2-1) are those two teams and they too are headed on a collision course to play for the D1 championship for the third straight quarter, only this time Bring Dat Pass Here Boi has won both previous championships (Fall 2017 & Winter 2018)

#### Softball

UPD (3-0) has been unstoppable so far this season as they have won all three of their games by a combined



## Graduation Initiative (GI) 2025

Dr. Nester, Director of Recreation & Wellness, presented a poster on the Adventure Welcome Experience: Impacting & Engaging New Students and contributed to the poster presentation titled Beyond a Can Drive: Commitments and Collaborative Efforts for Addressing Students' Food Insecurity at the Graduation Initiative (GI) 2025 Spring Conference on 5/10/18.

score of 46-7.

### Fraternity League

#### Soccer

#1 Delta Sigma Phi (5-0) defeated #4 Sigma Nu (3-3)

and #3 Sigma Phi Epsilon (4-2) upset #2 Kappa Sigma (3-2) in the D1 Final Four. The D1 championship concluded early May with #3 ranked Sigma Phi Epsilon upsetting #1 ranked Delta Sigma Phi by a score of 3-1.

### Sorority League

#### Soccer

The sorority soccer league was held throughout the month of May. The results will be posted in the next Newsletter.

## Recreation and Wellness Committee

The meeting on June 1st, 2018 consisted of a vote on the purchase of new Surf Boards for the Adventure Program. The proposal was looked over and approved. The last meeting included the election of the 2018-2019 Chair and Co-Chair. Please congratulate the new Chair Elizabeth Corella and Vice Chair Gustavo Vargas. I want to thank everyone for the opportunity to serve for the past two years as the Recreation and Wellness Committee Chair. It has been a pleasure getting to know all of the professional staff and committee members to accomplish our goals. I look forward to seeing what the committee accomplishes in the future.

-Olivia Ruiz, Chair



## Fitness & Wellness

- A new "Introduction to Physical Fitness" class was instituted to support the Exercise Is Medicine - On Campus initiative. The Fitness & Wellness staff conducted a training session with Student Health Center health care providers to expose them to the new class format, and to help with referral system for people who may benefit from the class.
- The FitWell team attended NSCA Southwest Regional Conference at Santa Monica College. Between the Kinesiology Department and FitWell programs, 14 students attended, 3 faculty/staff. There were 5 CSUSB poster presentations and Dr. Dabbs presented on behalf of the school, and CSUSB had the

highest participation of any local university.

- Personal Trainer Prep Course (Learning Team #3) started with 13 students enrolled and has had the highest grades thus far. Pre-registration for the summer course has begun. There is a 100% pass rate of students who have taken the PT Prep course students and have then taken the national PT exam!
- The new Group Exercise Preparation Course will launch this summer.
- FitWell has been hiring several trainers and has gone from 4 trainers at the beginning of the fall quarter to 12 current trainers, all of which are nationally certified.
- Weekly group exercise participation holding steady