

California State University San Bernardino  
Recreation & Wellness

# MARCH NEWSLETTER



Standing (L to R): Sean Su, Drew Allensworth, Salvador Avila, Gustavo Vargas. Seated (L to R): Dr. Lynn Nester, Olivia Ruiz (Chair), Chad Reyes (Vice Chair), Ashley Spencer, Dr. Jason Ng. Not pictured: Darnell Hutch.



## RECREATION AND WELLNESS COMMITTEE

Dear Faculty, Staff, and Students,  
My name is Olivia Ruiz and I am the Chair of the Recreation and Wellness Committee for the Santos Manuel Student Union Board of Directors. I am a senior and I will be graduating in the spring with my BA in Human Development: Child Development. I have been serving on the Recreation and Wellness Committee and it has been an honor for the past year and a half.

The meeting on February 9th, 2018 consisted of a ten minute workshop on furthering our Robert's Rules of Order knowledge. The committee reviewed and approved the Open Gym floor refurbishment and Fitness Floor equipment proposal, both will be submitted to the Board of Directors for approval. The committee was introduced to the Sport Club Manual update and will continue further discussion and approval next meeting. The next committee meeting will take place on March 9th, 2018 at 12:30 p.m.



# WHAT'S THE LATEST?

## ADVENTURE PROGRAM

### Adventure Trips

7 trips took place in January

- o 57 participants
- o 84 participation days
- o 14 leadership opportunities

7 trips planned for January including

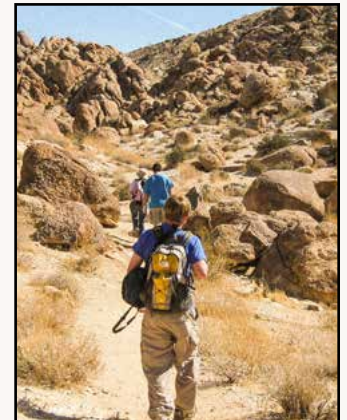
- o Yosemite Winter Exploration
- o Snow Valley Snowboarding
- o Joshua Tree Hike
- o Mojave Camping
- o Black Canyon Kayaking
- o Mt Snowboarding
- o Joshua Tree Camping



### Climbing Wall

The Mile High Challenge began January 22, 2018. Members are challenged to climb a mile before the quarter ends. Our first **Dark Climb** Event took place January

31. Partners had to assist each other as one climber climbed the wall with a blindfold on. Our first **Valenclimb** event was on February 14, 2018 from 6pm – 9pm at the wall. Partners are connected with paper handcuffs and needed to climb the wall without breaking the paper.



## AQUATICS / OUTREACH

### Training/ Development

Two Lifeguard Training Classes will be offered March 23-25 and May 18-20

### Campus Garden

- o 33 pounds of produce was harvested on 1-22
- o 22.8 pounds were donated to the Obershaw DEN
- o 34 hours of volunteer service were contributed by: 13 students, 2 faculty, 2 staff

### CSUSB Greenhouse

Seedlings are doing well and will be ready to plant after the first frost. Grant Award from Baker Creek Heirloom Seeds. A grant of 200 seed packets was awarded to the Campus Garden. This comes with a maximum value of \$1,200 and is the highest level of grant by Baker Creek. This will meet the majority of the garden's needs over the next two years.



# FITNESS & WELLNESS

Executed Weekend Personal Training Preparation and initial theoretical and practical exam (20 contact hours) with 6 students; 5 out of 6 passed and the average grades are higher than students who took the course last quarter.

Group Exercise weekly participation up this quarter from about 225 last quarter to 310 per week.

The Exercise is Medicine- on campus leadership team met and established a baseline for future meetings to progress the program on campus. Assistant Director Vilayat Del Rossi officially added by ACSM as part of the campus leadership team.

Executed Cross-training for Backpacking class to Outdoor Trip Leaders, which was led by Wellness Supervisor Chiwon and assisted by Vilayat. There were 4 trip leaders in attendance. It was well received. future.

# INTRAMURAL SPORTS

## Independent League

### Basketball

Currently there are 12 teams in the league. Water and Big B's (both 2-0) look like the teams to beat as playoffs approach.

### Volleyball

Currently there are 8 teams in the league. Smack That Ace and Hit It Quit It (both 2-0) look like they will be meeting in the championship for the second straight quarter.

### Soccer

Currently there are 13 teams in the league. A-Team (team made up of athletic coaches) and FC Python (both 3-0) will meet in the season finally to determine the number 1 seed for the playoffs.



## Flag Football

Currently there are 8 teams in the league. Sig Ep (3-0) and IE Finest (2-0) are the favorites so far, but this will be the toughest league to pick a winner. Teams are very evenly matched.

## Fraternity League

Basketball- Currently there are 4 teams in the league. Sigma Phi Epsilon (2-0) is currently on a 12 game winning streak and no one has come close to defeating them.



## Sorority League

Volleyball - Currently there are 4 teams in the league. Season begins February 9th in the arena

# MAINTENANCE

- o All outlets have been repaired on the fitness floor
- o Select interior walls have been repainted
- o All high surfaces have been dusted and cleaned for the quarter

# OPERATIONS AND DEVELOPMENT

Completed the 1st Red Alert Drill of the Winter Quarter. These drills cover a variety of serious/life threatening medical emergencies to help train and develop Recreation & Wellness Student assistants in Emergency Action Plan procedures.

# SPECIAL EVENTS/ MARKETING

## Marketing

### Snow Day (Jan.18th) - recap

- o Cumulative vendors fee brought in \$1,250.
- o Event was successful with over 1,400 student participants
- o Collaborated with multiple campus partners: Career Center, Department of Kinesiology, Graduate Studies, Undergraduate Studies, ASI, Alumni, SMSU Program Board, Athletics, Obershaw Den, Delta Chi Recruitment, NSCS National Society of Collegiate Scholars, Housing and Residential Life, Dining Services, ETA Sigma Gamma, Thrive Health Promotions, Office of Student Engagement
- o Participated in PDC Snow Day (Jan. 30) 10am -3:30pm
- o Games and giveaways provided; 228 students participated



# SPORT CLUBS

## General News

Presidents will be reviewing the revised manual at their next meeting.

Coyote FC (Women's Soccer)  
Will kick off their winter/spring season on Feb. 11th

Men's Soccer  
Will kick off their winter/spring season on Feb. 17th



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