

California State University San Bernardino
Recreation & Wellness

MAY NEWSLETTER



ADMINISTRATION/ MEMBERSHIP

March 1 - March 31, 2018

- 3,568 unique users entered the SRWC. Of this number, 3,183 users were active CSUSB students.
- 17,410 total number of uses of the SRWC, of which 14,385 were students.
- Added at total of 31 new memberships
- 2 affiliate memberships
- 14 alumni/alumni credit memberships
- 10 President's Promotion - Staff
- 5 President's Promotion - Faculty
- Currently have 135 individuals utilizing the Faculty/Staff benefit program. Included in this amount are the following; 88 State staff, 3 UEC Staff & 44 faculty.
- Recreation & Wellness Director, Dr. Lynn Nester lead two presentations at the NIRSA: The Leaders in Collegiate Recreation National Conference in Denver, CO. One was a solo presentation on First-Year Student Transition & Integration and the Role of Campus Recreation. The 2nd was a co-presentation with the NIRSA Assembly's Health & Wellbeing working group on Health & Wellbeing: Emerging Trends and Integration into Campus Recreation.

WHAT'S THE LATEST?

ADVENTURE PROGRAM

Adventure Trips

11 trips took place in 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

With the 8 trips there were:

- 9 participants
- 417 participation days
- 82 leadership days opportunities

10 trips planned for March

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



Sample of participant trip evaluations for March 2018

- Participation Enhanced Confidence - 88% agree or strongly agree
- Opinions were valued on trip - 96% agree or strongly agree
- Trip Activities - 98% good or excellent
- Trip Organization - 96% excellent

Select trip leaders and participant comments for March 2018

- The leaders helped out a lot with making this experience easier.
- Working with fellow students and being able to get to know them.

- Both Saxxie and Ala performed exceptionally well, even in times of high stress and coming into an agreement for a Plan B in certain situations.

- Spring Trips registration has begun.
- Spring 2018 Adventure Leadership Program began April 20, 2018. This program trains students, faculty and staff to become Adventure Leaders.

- Planning continues for the Adventure Welcome Experience (AWE) pilot program that will be held over the summer. Information about the program is online on the Recreation & Wellness Adventure web page.

LEADERSHIP CHALLENGE CENTER (LCC)

- 5 programs were conducted in the month of March.
- 6 programs were scheduled for April 2018.
- CSUSB Faculty Staff Appreciation Event has been re-scheduled for April 14. Faculty and Staff are invited to attend a free 4 hour program from 9am - 1pm. Registration is online at lcc.csusb.edu
- Educators Appreciation Event will take place April 7. Educators are invited to attend a free 4 hour program from 9am - 1pm. Registration is online at lcc.csusb.edu
- Over spring break there were 2 student assistants who attended the Challenge Works training to become Association for Challenge Course Technologies Level 2 certified



in Scott's Valley.

CLIMBING WALL

- Planning has begun for Cosmic RecWell which took place May 4 from 9pm - 12pm. This event featured black light climbing on the climbing wall, along with other fun activities.
- Spring events include crate stacking, women who rock, slacklining, rappelling, and belay-a-mile challenge.

AQUATICS/ OUTREACH

- The Aquatics Supervisor taught a Basic Life Support Class for Student Health Center
- A Water Safety Instructor course will be held May 11-13
- A Lifeguard Training Course will be held May 18-20
- Both courses are open to CSUSB students as well as the general public.

FITNESS & WELLNESS

- Collaborative Events that were executed:
 - Yoga & Yogurt during finals week in collaboration with ASI
 - Finals Week Stress Busting Group Exercise classes - 9 classes were held and there were 87 participations
 - Participated in the Big Bear High School Health Fair with RecWell Outreach
 - PAWS (Pet Away Worries & Stress) and Yoga with Thrive (Health Promotion)
- Group Exercise participation went up from Fall 2017 quarter during the winter quarter 2018 - 2,393/Fall17 to 2,712/Winter18.
- Personal Training: hired 3 new trainers. Redeemed 221 personal training sessions for the winter quarter.
- Completed Personal Training Preparation Course with Learning Team #2 - several participants are sitting for the national exam in April.



Pool Update: According to Facilities Management the pool pump replacement will be completed and the pool will reopen on May 14



Campus Garden

- Volunteer Planting-April 2, 4, 5, 3-5pm. Volunteers planted small plants
- Garden Party (in partnership with DHRE, ASI, Facilities and Resident Assistants). April 19th - Various events including: Succulent planting demonstration, educational events, vegetable planting, trash audit, prizes & giveaways.

Encouragement Packs

- 250 encouragement packs were assembled and given out to students during finals week by staff and faculty volunteers
- The packs included: pencil cases, pens, highlighters, snacks and encouraging notes
- Campus partners that contributed include: Undergraduate studies, Program Board, Academic Advising, Office of First Year Experience, SMSU, ASI, Office of Pre-College Programs, and Office of Community Engagement

How to Bike Safely

- This is a clinic on How to Bike

Safely .There will be demos and giveaways

- Partners include: Don's Bicycles, Inland Empire Bike Alliance, CSUSB Parking and Transportation Services, Student Health Center and OMNI-Trans

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

- Alternative Spring Break Trip New Orleans
- During the successful program students engaged in: Volunteer service, Cultural activities, Recreational activities, Presentations on topics ranging



OPERATIONS & DEVELOPMENT

- The Operations staff conducted a Red Alert Drill along with Membership Services to assess the readiness of student assistant staff in addressing an injured person who was non-responsive and not breathing
- Staff responded well and scored 84% overall on their evaluations.
- Planning is underway for Fall 2018 Student Assistant Training which will include a more structured focus on student development.

PALM DESERT CAMPUS STUDENT FITNESS CENTER (SFC)

- 2018 Winter quarter participation went up about 20% from 2017 (356 to 570 participants)
- Completion of Calorie Meltdown Program: 20 total participants; 41,530 calories burned
- The Piloted Personal Training Prep class is going well
- Eduroam Wi-Fi is now available in the SFC

from Water to Slavery
Team building and personal development

- TRACKS Spring Break trip to New Orleans was a great success. 17 students, 3 staff and 1 student leader experienced 1 week of volunteering, experiencing, and learning about New Orleans.

INTRAMURAL SPORTS

Congratulations to all our Winter 2018 Champions
Independent League Basketball - (D1) Wolves, (D2) Heat Check (12 teams)

Volleyball

(D1) Smack That Ace, (D2) Sig Ep & Friends (8 teams)

Soccer

(D1) FC-TN, (D2) Spurs (13 teams)



Flag Football

(D1) Bring Dat Pass Here Boi,
(D2) Water (8 teams)

Fraternity League

Basketball - (D1) Sigma Phi Epsilon (5 teams)

Dodgeball

(D1) Kappa Sigma (5 teams)

Sorority League

Volleyball - (D1) Kappa Delta (6 teams)

SPECIAL EVENTS/ MARKETING

- Collaboration meeting with Osher Adult Re-Entry Student Success Center for the Family Day Picnic on May 20th, Recreation & Wellness will help supply activities for the event
- March Madness viewing party recap:



-150 students attended event held on 3/15/18
-The location of the event was received well and will be looking to use location for a movie night in spring or fall quarter

•Yoga and Yogurt event was held on 3/20/18 - a total of 24 students participated

•First planning meeting for the Spring Waves event was held and the following details are confirmed

- Event date: 5/31/18
- Event time: 7pm - 10pm
- Type of food - BBQ
- Events activities: battleship, tug war w/DJ
- Collaboration with ASI, Housing and Program Board

FITNESS FLOOR STAFF

- Staffing update:
 - 2 Fitness Floor Staff have been promoted to the Operations Manager position
 - Interviewed and hired 6 additional Fitness Floor Staff.
- New hire staff in the Fitness Floor position provided input and discussion to supervisors through a series of meetings known as the 3 for 30 series.
- Meetings focus on improving communications, developing rapport, and learning from team members.
- Common responses student assistants communicated a sense of achievement in handling all of the responsibilities both in their work role and roles outside of work.
- Common responses the impact students felt toward their roles within their job were helping others and projecting positivity to members and co-workers.
- A pre and post assessment training survey has been made to assess the quality of the training process in the Fitness Floor program using Qualtrics and collected data will be used to improve future trainings

SPORT CLUBS

Manual Updates

The Sport Club manual is being updated to meet the standards outlined by the Office of Student Engagement as well as the CSU system; several individuals and groups are reviewing the manual and providing feedback.

Men's Soccer

Currently tied for 7th place at 0-4 in the winter/spring season

REC & WELLNESS COMMITTEE

Update from the Chair: Olivia Ruiz

The meeting on April 27th consisted of: A Health Promotion workshop given by Ashley Spencer (Peer Health Educator from the Student Health Center) on Empathy vs. Sympathy. The MTVU agreement was looked over and passed. The agreement will now be looked over by the Board of Directors. The committee conducted the second review/discussion of the Sports Club Manuel and it will be sent to the Policies and Procedures Committee. A review of the 2018-2019 budget was conducted. We also reviewed several proposals including membership prices,adventure rental



equipment, and purchasing new snowboard. The next meeting will be held on May 18th at 12:30 pm in the SMSU Board Room.

