



OLD DOMINION
UNIVERSITY
Recreation & Wellness



Recreation & Wellness 2017-2018

IMPACT REPORT



WELCOME TO THE STUDENT RECREATION CENTER



The 2017-2018 year was another success for the Recreation & Wellness department at Old Dominion University. We continued to provide excellent recreational programs and services to our students and campus community. We take pride in being one of the most-used student services within Student Engagement & Enrollment Services (SEES). This year we boasted more than 400,000 participations with more than 11,000 unique participants in our program areas. The demand for our services continues to grow as seen by increased numbers of memberships, as well as increased participation in aquatic and fitness programs.

Student success and well-being are our highest priority. In planning all of our programs, we are guided by the “Live Well, Learn Well” mentality. Our freshmen engagement programs, First Ascent, Freshmen Fit Team and the Freshmen Summer Institute, get students involved early and give them opportunities to get acquainted with campus, work on resiliency and make friends. Recreation and Wellness also focuses on professional development opportunities for our student employees by offering workshops to help them improve resume writing, interviewing and networking skills.

Recreation and Wellness continues to collaborate and support SEES initiatives, including Monarch Family Weekend, Homecoming and Student House Calls. The department also maintains strong partnerships with community organizations such as the Southeastern Cooperative Educational Programs and campus departments, including Leadership & Student Involvement.

I invite you to learn about all of our offerings and how we do our part to build community and healthier lifestyles at Old Dominion University.

Coulson Thomas, Interim Director of Recreation & Wellness



Through quality innovative programs and services, we provide the foundation for lifelong exploration and development of the mind, body and spirit.

Mission & Vision

The mission of the Recreation and Wellness Department is to provide programs, resources, and services that are accountable, well-structured, and ever expanding. While serving the greater community, our focus is student empowerment and development.

Strategic Goals

Goal 1: Global recognition as the comprehensive source for Live Well, Learn Well initiatives that result in meaningful impact.

Goal 2: Deliver quality experiences through intentional and inclusive relationships to engage current and future participants, student organizations, departments and the community.

Goal 3: Establish a desirable environment dedicated to developing professional and personal growth within each employee, through a comprehensive learning continuum, from recruitment to departure.

Goal 4: Maximize use and efficiency of human, financial and physical resources needed to enhance our participants' experiences of operations, services, and programs.





After spending her childhood playing sports, attending outdoor camps and developing a passion for exercise, Rowan Williams decided to apply for a job with Recreation and Wellness as a sophomore. She was hired as an official for intramural sports, and in two years, her hourly job has become the inspiration for the career she wants to pursue. About to enter her senior year as an information technology major, Rowan will be focusing her job search in the field of recreation.

"I started refereeing games, but I was soon promoted to be a manager," Rowan said. "At first, I didn't see myself as a leader, but when I was promoted and was able to see what others saw in me, it helped me grow as a professional overall."

In the summertime, when intramurals aren't active, Rowan works as a counselor for Big Blue Summer Camp. This position led to a highlight of her employment with Recreation and Wellness—attending the American Camp Association national conference in Orlando. Rowan has found Recreation and Wellness to be her place at ODU, just as others find their niche when they join a student organization. She is determined to make the most of her final year of employment by mentoring her fellow student employees to get them excited about recreation and to encourage them to push forward and achieve their goals.

MEET ROWAN

2017-2018

\$60,630 Revenue



Aquatics



By the Numbers

12.3% increase in revenue from 2016-2017.

1,466 unique participants in open swim.

83 unique participants in private swim lessons.

190 unique participants certified in CPR, First Aid and AED.

22 unique participants certified or re-certified as lifeguards.

Peyton Hall
Head Lifeguard

Although Peyton Hall didn't have much experience with swimming before starting at ODU, she has found her niche in aquatics. Not long after becoming a certified lifeguard, she was promoted to head guard. Peyton's promotion was the result of the department's goal to increase leadership presence on shifts by adding head lifeguard shifts on weekends and evenings. As a head guard, Peyton has taken on extra responsibilities, including risk management and personnel supervision. She says that one of the most important parts of her job is ensuring that all lifeguards uphold the standards of the American Red Cross for water safety.

"Becoming a head guard has helped me grow by giving me the opportunity to lead by example. I really value the connections I've made with my coworkers and supervisors, and I know that I will carry them with me beyond my time working in the Student Recreation Center."

Personal trainers provided free training for 24 active duty military students through a partnership with the Military Connection Center.

By the numbers



4,421 unique participants in Fitness and Wellness programming

3,046 unique participants in Group Exercise

311 unique participants in nutritional programming

251 unique participants in CrossFit

113 massage therapy clients

101 unique participants attending Pop-Up Health Huts across campus

88 unique participants took part in a fitness assesment

46 unique participants completed the Freshman Fit Team Challenge, earning a Fitbit and a T-shirt for completing wellness activities that focused on the nine dimensions of Monarch Wellness.

Fitness and Wellness

Intramural Sports

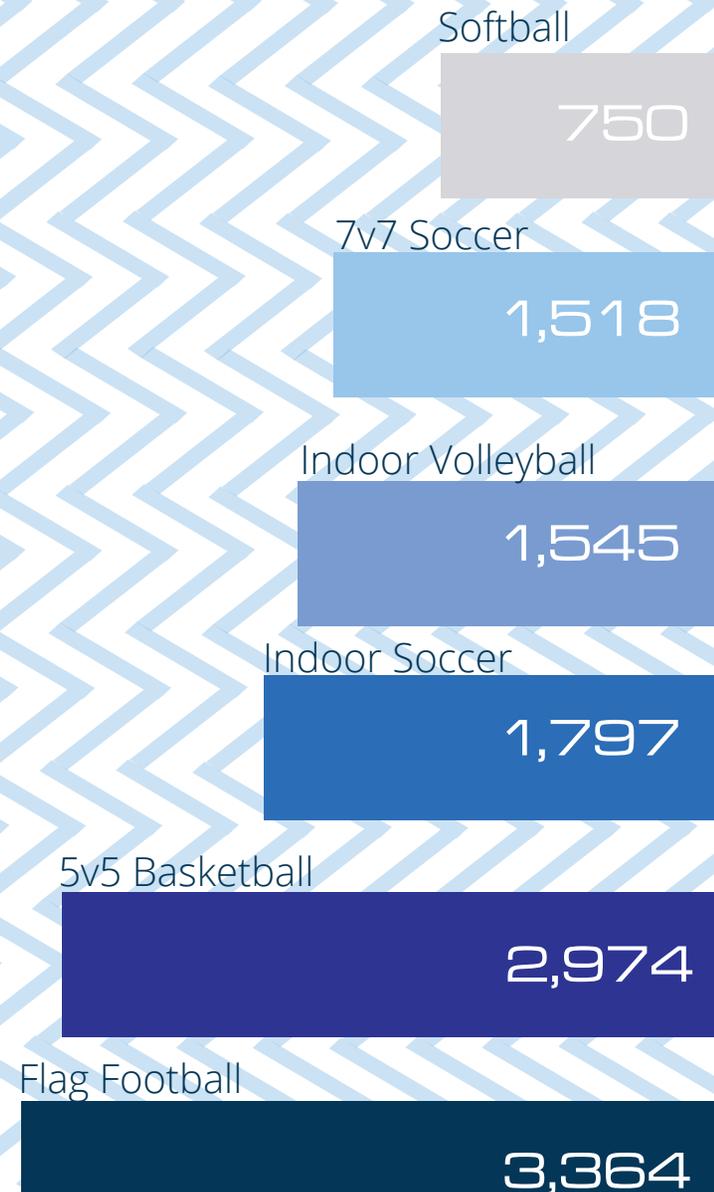
Highlights

In partnership with University Information Technology Services, a Blackboard learning page was created to enhance training for intramural sports officials. The new system became a substantial supplement to in-person training sessions and led to officials providing better service to participants.

A league for futsal, a variant of soccer played on a hard court, was launched in the spring. More than 100 unique participants played in the league.

Most Popular Sports

14,733 participations



For Rachel Connolly, sports have always been a passion, which is why she turned to the Recreation and Wellness department for a job as a freshman. She was hired in fall 2016 to work for Intramural Sports and has progressed through the ranks to a manager position.

"I've always surrounded myself with sports," Rachel said. "Intramural Sports provides me a job that I am passionate about, so I get to enjoy what I'm doing while I'm getting paid."

Working in Intramural Sports is about more than a paycheck, though. As she reflects on her experiences, she sees how she has grown as a leader. The management experience she gained from overseeing referees and student participants helped her secure a summer internship position, where she gained on-the-job experience and had meaningful networking opportunities.

"More than anything, my favorite part about working for Recreation and Wellness is all of the new people that I get to meet," Rachel said. "I know I've made lasting connections here."



MEET RACHEL

Adventure Abroad

"I encourage every student to travel internationally to see a different perspective from what they are used to at home."

Each year, the Outdoor Adventure Program offers a unique opportunity for students to travel abroad. In May 2017, six travelers left for an unforgettable trek in Peru. One of those travelers was Asiah Allen, a second year grad student.

When Asiah, a frequent visitor to the climbing wall at the Student Recreation Center, learned about the Peru trip, she knew she was up for the adventure because she loves traveling and trying new things. For Asiah, one of the most memorable parts of the trip was reaching the Ipsaycocha Pass on their journey to Machu Picchu.

Travel experiences through the Outdoor Adventure Program give students the opportunity to see the world, experience new cultures, test themselves physically and mentally and form lasting friendships as they overcome challenges together.

By the Numbers

214 unique participants went on trips.
601 unique participants climbed the rock wall.
549 unique participants completed the Courage Miller Challenge Course.
760 unique participants used the rental center.
207 unique participants used the Bicycle Learning Lab.

Outdoor Adventure Program





Dr. Jean Holt
Assistant Director
Sport Clubs and Summer Camps

Starting out with a degree in physical education in college, Dr. Jean Holt has been on a journey serving different college communities all along the east coast, including schools in Florida, North Carolina and eventually Virginia. Her passion has always been physical education, but her initiative to explore the recreational arena led to a strong appreciation for making a difference among student groups on campus.

Over the course of her career, Dr. Holt has earned many recognitions. This spring, she was recognized with the Annual Service Award from the NIRSA, the national organization for collegiate recreation professionals. The Annual Service Award is one of the highest recognitions given out by the NIRSA and is given to individuals who live up to the professional standards of the NIRSA and go above and beyond to serve their institution's community. Dr. Holt also received the Juliette Moore Distinguished Leadership Award for her efforts in building a diverse and inclusive culture in the NIRSA by fostering equality of opportunity, encouraging diverse perspectives and creating a welcoming and supporting climate.

Highlights

The Sport Club program collaborated with the University's dietician to offer workshops focused on nutrition for athletes to improve muscular strength and maintain energy. More than 40 student athletes attended and also took part in follow-up one-on-one sessions with the dietician.

The Men's Rugby club qualified for and participated in the USA Rugby Men's Sevens National Tournament in Denver.



The Tennis Club was recognized as the United States Tennis Association Mid-Atlantic Club of the Year from among 32 teams in the region. This is the first time that the ODU team has received this recognition.

Sport

Clubs



During the fall semester Recreation and Wellness replaced several pieces of cardio equipment. This rotation included machines new to the Student Recreation Center. The two Cybex Arc Trainers and two Octane Lateral Trainers add a wider variety of options for patrons. In addition, the new Life Fitness machines offer a personalized user experience by providing internet and app access on each console. This allows patrons to choose their entertainment.



As part of an initiative to improve storage practices, particularly in the Pro Shop, a high-density, mobile storage unit was installed, leading to a 300% increase in storage space. Working with SpaceSaver Storage Solutions, a system was designed and installed specifically to meet the storage needs of the department.



Facilities

Membership

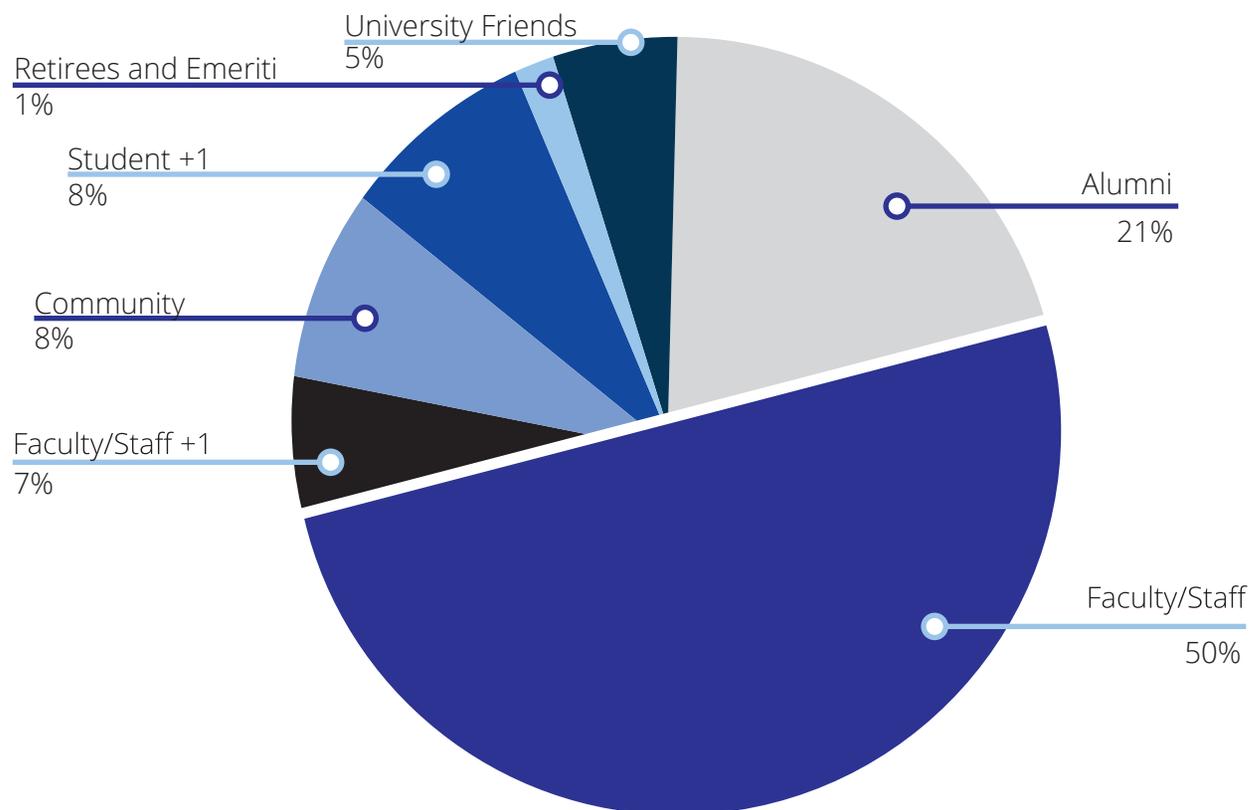
Highlights

1,112 Non-Student Members

17.8% growth from 2016-2017

14.3% Increase in revenue from locker rental sales

135 locker rentals sold



\$269,085 Highest annual membership revenue yet.

Participation by Numbers



54% Male 46% Female



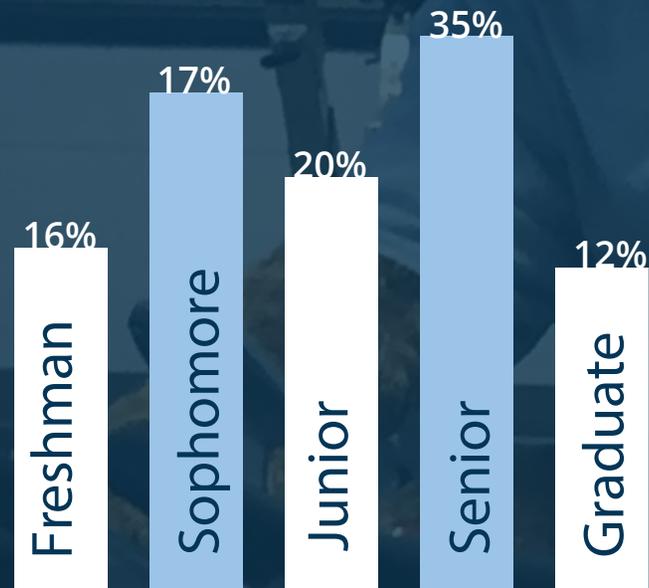
22% of Recreation and Wellness participants were first generation college students



382,698 entrances to the Student Recreation Center
17,642 entrances to the University Fitness Center

17% out of state

83% in state



75% full-time students



25% part-time students

Partnerships



First Come. First Serve.

Recreation & Wellness hosted Freshman Summer Institute for 31 students in July with a focus of staying active. During the three-day intensive leadership program, incoming freshmen got a jump-start to becoming acclimated to campus and connected to other students as well as Recreation and Wellness. A highlight of the session was completing the Courage Miller Partners Challenge Course at Whitehurst Beach.



Heather Blake
Office Assistant

Tracy Conder
Dietician

Grant Deppen
Assistant Director
Intramural Sports

Erik Edwards
Coordinator
Outdoor Adventure Program

Ryan Jumper
Coordinator
Membership Services

Adriane Lott
Financial Budget Manager

Jean McClellan-Holt
Assistant Director
Sport Clubs & Summer Camps

Nicole Merchant
Assistant Director
Facility & Event Operations

Shevonne Morgan
Assistant Director
Marketing & Membership

Tamara Morgan
Assistant Director
Fitness & Wellness

Megan Mulligan
Coordinator
Aquatics

Craig Stengel
Equipment Services Technician

Connie Thomas
Office Manager

Coulson Thomas
Interim Director
Recreation & Wellness

Melissa Turnage
Interim Coordinator
Fitness & Wellness

Bridget Weikel
Interim Associate Dean of Students

Mike Willett
Assistant Director
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