



OLD DOMINION
UNIVERSITY



Recreation & Wellness 2016-2017

impact report

Courage Miller Partners Challenge Course

Where life overflows with **Movement**

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Recreation & Wellness is an energetic, dynamic campus entity. This past year we paved a path in campus recreation through outreach to members, collaboration with campus partners, as well as a number of programs: an international outdoor adventure trip to Costa Rica, class-act accredited summer camps, a Military Wellness Program for student veterans, and deserved recognition for our award-winning professional staff.

In the summer of 2016, we transitioned to Fusion, a new customer relationship management system to better accommodate membership accounts, point of sale features, and online program registration.

This new change brought about a multi-faceted initiative to reshape our current staffing model and implement new policies and procedures; to better serve our students and members.

In spring 2017, we celebrated the opening of the Courage Miller Partners Challenge Course facility. The development of this 13-element low ropes course would not have been possible without an outstanding partnership and donation from the Courage Miller Partners LLC. Facilitated by the Outdoor Adventure Program, the course features a diverse selection of team-building elements, rubberized surfaces, enhanced lighting, and beautiful landscaping designed to accommodate all ODU affiliated groups and organizations as well as the community.

As we reflect on 2016-2017, I invite you to read about our many accomplishments. We look forward to creating more in the year ahead!

live well, learn well,

Bridget Nemeth, Director of Recreation & Wellness

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.



mission

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



vision

live well, learn well

With the main focus of Old Dominion University being the academic success of students, the Department of Recreation & Wellness recognizes the connection between recreation participation and academic success. “Live Well, Learn Well,” embodies both the perspectives of healthy living and life-long learning. Recreation activity can provide stress relief, allow for social interaction, and help activate positive neural functions. The benefits of recreation activities are limitless and our facilities, programs and services are geared toward helping students to not only be their healthiest selves, but to also be the most successful versions of themselves.



Strategic Plan 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' experience of operations, services, and programs.



By the numbers

19 Challenge Course programs since the facility opened in April 2017

611 Total number of participants since the facility opened in April 2017

Unit Spotlight: Outdoor Adventure Program

Making an Impact: Courage Miller Partners Challenge Course

In an effort to develop a facility that supports more dynamic and inclusive programs, we partnered with Courage Miller Partners LLC, a financial investment firm in Norfolk, to build the challenge course.

The Challenge Course program is designed to help meet the unique goals of groups/organizations by utilizing challenge course elements to create a custom sequence of mental and physical challenges. These challenges inspire teamwork, problem solving, communication and trust for participants.

The 13-element low ropes course encompasses a variety of intensive activity stations which are designed to enhance confidence; trust and personal growth through dynamic challenge opportunities; team-building skills; and cohesiveness among participants. Some of the features include a tilting platform, a climbing wall, a human spider web, and multi-use area.

On April 13, 2017, the department celebrated the official opening of the course with a ribbon cutting ceremony.





Making an Impact: OAP Scholarship Program

The Outdoor Adventure Program (OAP) provided scholarship opportunities for ODU student organizations to engage in outdoor experiences. Scholarship recipients were able to participate in a one-day or weekend adventure trip at no cost.

Trip experiences included: canoeing on the Roanoke River and rock climbing in the Shenandoah Mountains. All trips were led by trained OAP staff members.

In preparation for their experience, participants completed a mandatory trip training session. The session provided a brief overview of OAP's trip philosophy as well as covered trip related content such as relative skill requirements and packing specifications.

By continuing to expand such programs, OAP hopes to provide an environment for life-long learning through once-in-a-lifetime experiences.

Unit Spotlight: Outdoor Adventure Program

By the numbers

69 Scholarship Program Recipients

\$7,000 Spent on OAP Scholarships





Beyond Rec: Southeastern Cooperative Education Program

Recreation & Wellness developed a partnership with the Southeastern Cooperative Education Program (SECEP) where student interns with disabilities gained valuable work experiences at the Student Recreation Center (SRC). The interns shared duties and responsibilities that mirrored the department's Facility Tech position.

The partnership provided development opportunities for both SECEP interns and SRC staff. SRC staff further developed their abilities in inclusive communication and teamwork while SECEP interns acquired transferable workplace skills. The internship lasted from December to June. Upon completion, the interns gave a presentation detailing their experience and highlighting their favorite moments while working in the SRC.





Beyond Rec: Breast Cancer Awareness Month

During October we recognized Breast Cancer Awareness month through a number of memorable events, promotions, and partnerships focused on honoring those who have survived or lost their life to cancer.

“Blue Goes PINK Week” at the SRC is an event that we host every year. Throughout the week we encouraged our patrons to commemorate their loved ones through a number of themed activities. Members who worked out in pink received a free pink #MovingMonarch t-shirt.

Our Fitness & Wellness unit area offered incentives and discounts throughout the month with a campaign dubbed “FITtober,” where we provided free fitness assessments and discounts to our Massage Therapy, Personal Training, and Small Group Training sessions.

An informational table was placed at the front of the Student Recreation Center (SRC) where handouts, ribbons, and bracelets were available to patrons. In addition, honor and memorial cards were available and posted throughout the building.

We also partnered with on-campus organizations such as the Women's Center and Health Promotions to host the Annual Breastival and Fun Walk. Our facility also serves as the flagship building for the annual Relay for Life event.



Goal 1

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

Nationally Recognized Summer Camp Program

ODU Big Blue Summer Camp was recognized by Tom Holland, Chief Executive Officer of the American Camp Association, for our commitment to the use of the Youth Outcomes Battery, a national assessment that derives the impact of camp on youth. In addition, the Big Blue Summer Camp successfully completed the American Camp Association's accreditation process, receiving a perfect rating on all evaluated components resulting in a five-year accreditation status.

Virginia Recreational Sports Association (VRSA) Student Award of Merit Recipient

Intramural Sports GA Bob Stevens was awarded the VRSA Student Award of Merit for 2016-2017 at the National Intramural-Recreational Sports Association (NIRSA) Annual Conference. Bob earned this award as a result of his combined efforts as an undergraduate student at Longwood University and his time at ODU; both of which he was heavily involved in NIRSA.

VA Governor's Award of Workplace Health

Honoring her ongoing commitment to Fitness & Wellness, Tamara Morgan, the Assistant Director of Fitness & Wellness was nominated for the 2017 Governor's Award for Workplace Health.



Goal 2

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

College of Health Sciences Partnership

In partnership with the College of Health Sciences, the SRC hosted an event offering pre-participation physicals to Sport Club members. Physicals were conducted by College of Health Sciences Staff, Athletic Trainers, and local orthopedic surgeons. Over 40 Sport Club members received physicals.

Employee Wellness Fair

The Employee Wellness Program, chaired by Tamara Morgan, Assistant Director of Fitness & Wellness partnered with Dr. Kim Baskettes' Wellness Programming and Administration Class, which targeted specific program needs and interests that support ODU employees. As a result of their collaborative efforts, the Work-site Wellness Committee and Quality of University Life Committee hosted an Employee Wellness Fair in the spring of 2017. Participants of the fair were able to receive biometric scans, fitness assessments, and other health related screenings.

Mighty Monarchs

The Intramural Sports Unit Area and the Student Recreation Center supported the Human Movement Sciences Department as they launched the Mighty Monarchs Adaptive Sports Program in January of 2017. The Mighty Monarchs Adapted Sports Program is a community-based adapted sports program for youth with physical disabilities and visual impairments. The purpose of this program is to empower them to be physically active members of their schools and communities.



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.

Graduate Assistant Campus Recreation Tours

In December, designated professional staff accompanied the department's Graduate Assistants on a tour of higher education institutions across the Commonwealth. The tour included William & Mary, Virginia Commonwealth University, University of Richmond, James Madison University, and the University of Virginia. The tour provided the graduate assistants an opportunity to gain a stronger working knowledge of the operational and philosophical aspects of campus recreation departments and institutions.

National Conference Student Presentations

In collaboration with the Parks, Recreation, and Tourism studies program, two Outdoor Adventure Program (OAP) student staff presented at the Association of Outdoor Education (AOE) national conference during its research symposium. Cienna Gabrielle presented a poster addressing the well-being and adjustment to college, *The Impact of First-Year Outdoor Orientation Program*. Abby Evans presented on the collaboration between secondary schools and universities for outdoor camps using the American Camp Association Youth Outcomes Battery.

OAP Apprenticeship Program

The spring 2017 Apprenticeship Trip Leader Class was one of the most successful classes in recent years. Eight new trip leaders developed their skills as wilderness leaders and group facilitators. The program was modeled after Trip Leader Training and included activities such as backpacking, rock climbing and canoeing. In addition to their trip leader development, participants garnered many transferable skills during the course of the program.



Goal 4

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

Fusion Software

In January of 2017, the Fusion customer relationship management (CRM) system was fully integrated throughout the department. The software enabled the department to better host membership accounts, point of sale, equipment check-out, and program registration. In addition, features such as the online portal, robust reporting and accounting capabilities became accessible.

PA/Sound System

In June, a new and improved sound system was installed inside the Student Recreation Center. The site-wide speaker system provided the capability to deliver a diverse mix of music throughout the facility. The speaker system also allows for communication to members through a PA system. In addition to the facilities' overall sound system upgrade, the group exercise studios and the Outdoor Adventure Center received enhanced speakers and a user-friendly control interface.

Software Collaboration, EMS

In partnership with Leadership & Student Involvement, Recreation & Wellness spearheaded the research and implementation of the EMS scheduling platform. This software provides students, faculty/staff and space coordinators a method to easily submit and approve requests for campus space. This change has expedited communication with those involved in the reservation process and has improved the overall event planning experience for ODU students.

Sport Club Athletic Training Graduate Assistants

Through a partnership with the College of Health Sciences and the Dean of Students Office, the Sport Club unit area was able to secure two Athletic Training Graduate Assistants. The trainers provide service during club practices and games and are available for individual treatment during clinic hours.

2016-2017 By the numbers

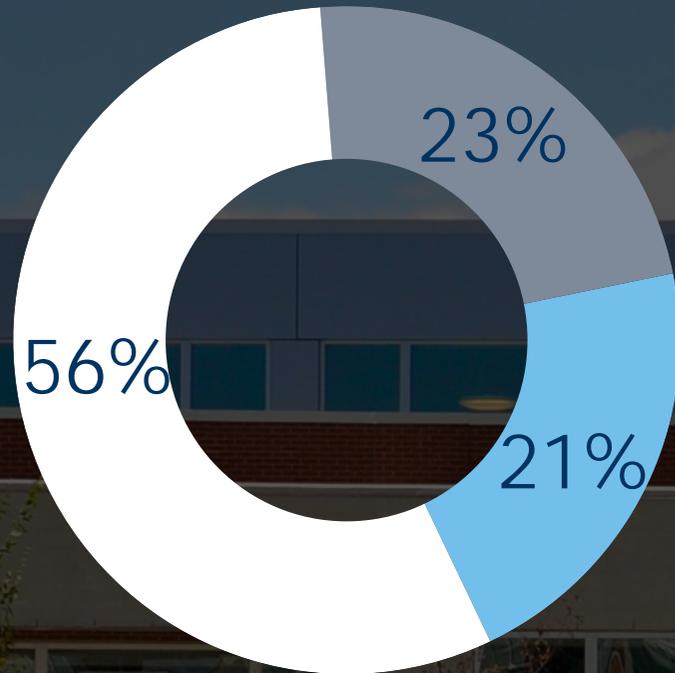
Memberships
1052

ODU Affiliates

- Faculty
- Staff
- Retirees/Emeriti
- University Friends
- ODU Alum

Non-ODU Affiliated

- Community
- EVMS
- Plus One Memberships



Self-Identified Participants



47%



53%

Average Semester Usage

Student Recreation Center: 408,706

University Fitness Center: 13,483

Unique Users: 13,119





27 Departmental Positions
Employing 287 Students

1,433



Bike Share Participations

6,418



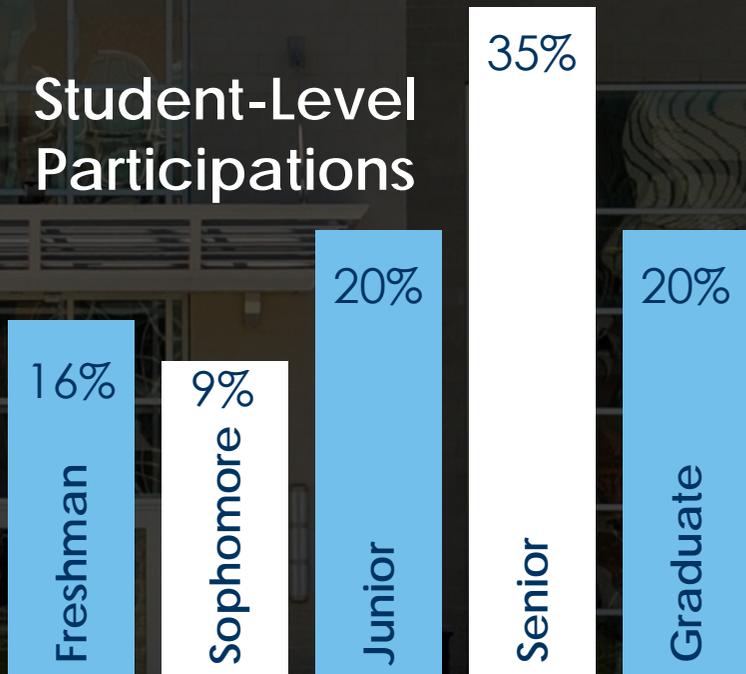
Sport Clubs Participations

11,890

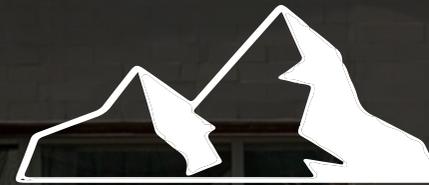


Fitness & Wellness Participations

Student-Level Participations



3,741



OAP Participations

15,020



Intramural Sports Participations

6,250



Hours of Facility Rentals/Reservations

University Employee Recognition



Kim Nguyen, Facility Manager

Student Employee of the Year

Three Recreation & Wellness student employees received recognition at the university's Student Employee of the Year banquet. Student award recipients were selected by a university committee based on their reliability, quality of work, initiative, positive attitude, professionalism, and uniqueness of contribution. Jacob Litzenberg, Intramurals Manager; Bridgette Labastida, Membership Services Specialist; and Kim Nguyen, Facility Manager were nominated. Kim Nguyen received the top honor of Campus Student Employee of the Year, marking the second year in a row that a Recreation & Wellness student received this prestigious award.

University Employee of the Month

Tamara Morgan, Assistant Director of Fitness & Wellness was honored as ODU's Employee of the Month for June. Tamara was recognized for her professional and ethical work values as well as her overall contribution to the ODU community. Her contributions included: developing opportunities for employees and students to engage in wellness programs, partnering with groups across campus to promote wellness, and collaborating on the creation of a university military wellness program.



Left: Bridget Nemeth, Director; Right: Tamara Morgan Assistant Director of Fitness & Wellness



Cameron Evon - Membership Service Specialist
Counselor, ODU Office of Undergraduate Admissions.

Zachary Twitchell - Graduate Assistant of Sport Clubs
Inside Sales Account Manager, Portland Trail Blazers

Bob Stevens - Graduate Assistant of Intramural Sports
Coordinator of Intramural Sports at Longwood University

Paulina Walker - Sport Clubs Manager
Office Associate for Rockbridge Area Department of Social Services

Ashley Purnell - Summer Camp Counselor
Masters in Education at ODU

Hope Allen - Summer Camp Counselor
Masters in Sports Management, Georgetown University

Rosa Palma - Summer Camp Counselor
Special Education Teacher, Hodges Manor Elementary

Andrea Craddock - Personal Trainer/Group-Ex Instructor
Recreation Specialist, Quantico Marine Corps Base

Kayla McNally - Fitness Specialist
Fitness Intern, YMCA

Recreation & Wellness: Employees on the Move



Administration

Bridget Nemeth - Director

Connie Thomas - Office Manager

Heather Blake - Office Assistant

Adriane Lott - Financial Budget Manager

Operations

Coulson Thomas - Associate Director

Craig Stengel - Equipment Technician

Megan Mulligan - Interim Coordinator, Aquatics & Informal Recreation

Nicole Merchant - Assistant Director, Facility & Event Operations

Ryan Jumper - Coordinator, Membership

Shevonne Morgan - Assistant Director, Marketing & Membership

Programs & Services

Grant Deppen - Assistant Director, Intramural/Extramural Sports

Jean Holt - Assistant Director, Sport Clubs & Summer Camps

Mike Willett - Assistant Director, Outdoor Adventure Programs

Tamara Morgan - Assistant Director, Fitness & Wellness

Tracy Conder - Dietitian

Professional Staff



2016-2017





live well, learn well





OLD DOMINION UNIVERSITY

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