



OLD DOMINION UNIVERSITY  
 OUTDOOR ADVENTURE PROGRAM

ODU Recreation & Wellness  
**4 IN 4**  
 Recreation Challenge

**#MOVINGMONARCH**  
 ODU RECREATION AND WELLNESS

602  
**SRC**  
 TACHIKARA

RECREATION & WELLNESS

**2018-2019**

**IMPACT REPORT**

This year, we celebrated 10 years of the Student Recreation Center (SRC)! The construction of the SRC allowed the department to expand the variety of programs and services offered, allowing us to better meet the needs of the Old Dominion University community. Today, Recreation & Wellness continues to be committed to the success of all ODU students. We continued to focus on supporting the mission of Student Engagement and Enrollment Services by engaging our students in our dynamic programs on a daily basis.

This impact report provides examples of how Recreation & Wellness enriches the campus experience through wellness programs, collaborations and development opportunities for student employees. As you will read in the following pages, we made a strategic effort this year to highlight our services and make them easily accessible to our campus community. As a result, we saw increases in revenue and participation in memberships, massage therapy, swim lessons and more.

Lastly, this report highlights a number of achievements for the unit areas and recognizes the impact of ODU in the region. ODU Recreation & Wellness was proud to host the annual Virginia Recreational Sports Association (VRSA) workshop in October. This was the second time in three years that our friends from all over the Commonwealth visited our campus for this two-day workshop. We were eager to welcome more than 100 students and professionals to ODU's campus to share ideas about trends in recreation and higher education, as well as network with peers.

Recreation & Wellness is more than sports, fields and play. We pride ourselves on serving the campus by building supportive communities and doing our part to create environments where students can build social and healthy relationships. I hope you enjoy reading through this report and learning about our impact on campus.



**Coulson Thomas**  
Interim Director of Recreation & Wellness



# OUR MISSION

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



# OUR VISION

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

# STRATEGIC GOALS

1

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

2

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

3

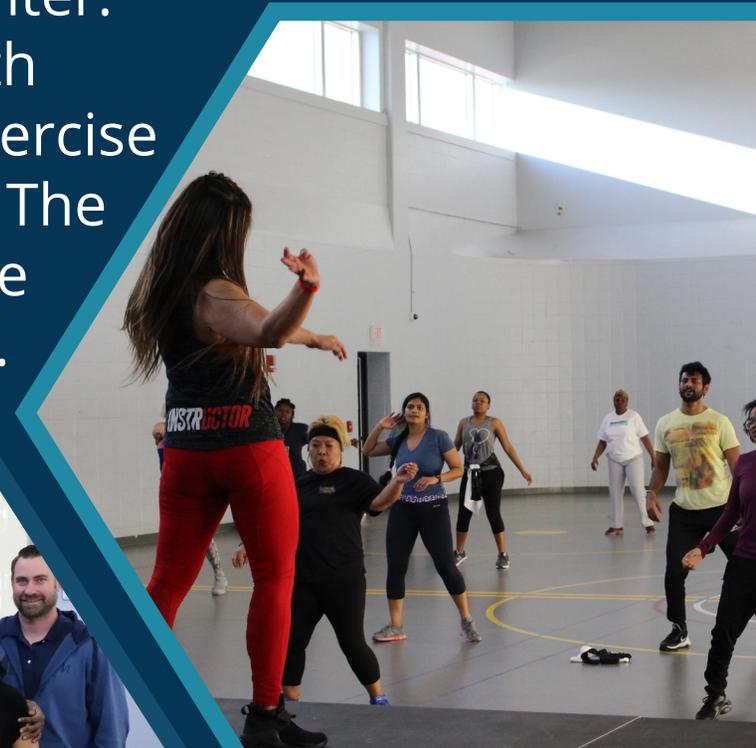
Establish a desirable environment dedicated to developing professional and personal growth within each employee, through a comprehensive learning continuum, from recruitment to departure.

4

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

# 10TH ANNIVERSARY of the SRC

In the spring semester, Recreation & Wellness held a week-long celebration in recognition of the 10th anniversary of the Student Recreation Center. Highlights of the week included a reception with more than 50 guests in attendance, a group exercise master class and commemorative giveaways. The department also updated decor pieces in the building to reflect new branding initiatives.



# AQUATICS

at the *J.C. SCRAP  
CHANDLER POOL*



49%

increase in revenue from swim lessons over the previous year.



6,059

participations in Aquatics programs.



164

unique participants certified in CPR and First Aid.



## *CROWNING MOMENT* at the SRC

Danielle Williams has always loved water, but she did not know how to swim. This year, the ODU alumna decided to face her fears and signed up to take private swim lessons with ODU Recreation & Wellness. Danielle took 12 lessons, and in that time, she was able to achieve her goals to tread water, swim basic strokes and feel comfortable in the water.

"It's always been a stereotype that black people can't swim," Danielle said. "For so long, I hid behind that because I was fearful of drowning. As I've gotten older, I realize that it's good to overcome fear, and it's best that I break that cycle."

Danielle's swim instructor, Emily Carella, is a Junior who has been in the aquatics environment her entire life. In fact, she's a member of the ODU Swim Team and a lifeguard with ODU Recreation & Wellness, in addition to her role as a swim instructor.

After her lessons with Emily, Danielle has conquered her fears and now has the skills and confidence to enjoy her next vacation on the water.

# FITNESS & WELLNESS

In an effort to make massage therapy and personal training more affordable for students, Recreation & Wellness introduced a pricing restructure for all packages. As a result, the department saw an increase in the number of participants and revenue.

 **130%** increase in massage therapy revenue over previous year.

 **18%** increase in personal training revenue over previous year.

 **11,452** participations in group exercise classes.



**INTERVAL RIDE**

Interval Ride was the most popular group exercise class with an average of 95 participations each week during fall and spring semesters.



# INTRAMURAL SPORTS

## MOST POPULAR SPORTS



FLAG FOOTBALL

3,154  
participations



BASKETBALL

2,829  
participations



SOCCER

2,787  
participations



VOLLEYBALL

1,713  
participations



 12,518 total participations  
in intramural sports.

Flag football championships were played in Foreman Field before the stadium was demolished to begin reconstruction and expansion. More than 350 fans attended the six championship games, with the largest turnout for the Greek finals.



# OUTDOOR ADVENTURE PROGRAM



**9,078**  
participations



**121** participants used the Courage Miller Partners Challenge Course.



**56%** increase in first-time trip participants since FY17-18.



**62%** increase in trip registrations since FY17-18.

## **CLIMB ON** *COMPETITION*

As part of the Eastern Edge Climbing Series, the 10th Annual Climb On Competition saw record participation, with students from six institutions in attendance.

# SPORTS CLUBS



572 sport club participants.



128 sport club participants used the Athletic Training Clinic.

## *Sports Club Spotlight*

Mikhala Dougher, a first-year graduate student for sport clubs, represented ODU Recreation & Wellness as a presenter at the NIRSA Collegiate Sport Club Institute in June in Anaheim, Ca. Mikhala's presentation, "Creating Sport Club Culture," focused on initiatives she led to help participants feel connected to the sport club program as a whole, rather than just their individual sports and teammates.

Mikhala's efforts included incentivizing attendance for players at other team sport events, providing communication platforms that resonate with student-age groups and encouraging officers from different clubs to work together to problem solve similar issues they were facing.

"I was pleased to have the opportunity to present what we are doing at ODU to the sport club community," Mikhala said. "I find that sport clubs at other schools often operate in silos. We have done our best at ODU to break down those silos and show officers the connections they have as leaders on campus."

ODU had the largest student representation at the Institute, with four undergraduate students attending with Mikhala.



# & FACILITIES MEMBERSHIP

The Student Recreation Center launched a new towel service in August 2018. Members can purchase a daily, semester or annual towel service, or it is included at no extra cost with a locker rental package. As a result, locker rental revenue increased 102% over the previous year, in addition to the revenue from towel service packages.

**TOTAL MEMBERSHIP REVENUE: \$278,663**

3.6% INCREASE FROM LAST YEAR

170% INCREASE IN FACILITY RENTAL REVENUE FROM THE 2017-2018 FISCAL YEAR.

## ***BY THE NUMBERS***

UNIVERSITY FRIENDS & PARTNERS 2%

EMERITI & RETIREES 2%

STUDENT + I 4%

FACULTY/STAFF + I 9%

COMMUNITY 14%

ALUMNI 19%

FACULTY/STAFF 50%

# Where are they now?



For many of the graduate students who work for Recreation & Wellness, their experience at ODU is a stepping stone to launch their career in campus recreation. Megan Mulligan ('17) is no exception to that.

Megan joined the Recreation & Wellness team as the Facility Operations Graduate Assistant in 2015 when she moved to Norfolk to pursue a master's degree at ODU. Originally from Wisconsin, Megan chose ODU because she was ready for a new adventure outside of the Midwest.

"My experiences at ODU greatly affected my professional journey and personal growth as a young professional," Megan said. "My graduate assistantship provided me with the firsthand opportunity to tap into learning critical thinking skills—something that I have learned to be absolutely necessary in my career today."

Now, as the Coordinator of Aquatics at the University of Minnesota, Megan has found the most rewarding part of her career in campus recreation has been knowing that she can make a difference in the lives of the students that she interacts with.

"If you love serving and inspiring others to be their best self, higher education is for you!"

## Megan Mulligan

Coordinator of Aquatic Programs  
University of Minnesota | Recreation & Wellness

# HIKING IRELAND

In May, Shane Sykes was one of 10 participants who traveled to Ireland with the Outdoor Adventure Program. The group hiked the Dingle Peninsula, staying in rural towns each night. Highlights of the trip included strolling along the beach in Inch Strand, passing ancient forts dating back more than 2,500 years and stunning cliff-top views over the Blasket Islands.

“The trip to Ireland with the OAP was amazing, it connected me with some great people with whom I had some fantastic travel experiences with. It was a great way to see Ireland in a way that a lot of people do not get to experience.”



# VRSA

VIRGINIA  
RECREATIONAL  
SPORTS  
ASSOCIATION

In October, ODU Recreation and Wellness hosted the Virginia Recreational Sports Association State Workshop. More than 100 professionals and students attended from 16 institutions across the Commonwealth.



# CRUNCHING NUMBERS

*Taking a look at how we're doing in Recreation & Wellness*

## OUR PARTICIPANTS



## Survey Says

After participating in programs with Recreation & Wellness, students rated outcomes from their experiences as "Excellent" or "Good" in the following areas

IMPROVING THEIR PERSONAL DEVELOPMENT SKILLS 76%

BUILDING A HEALTHY LIFESTYLE 80%

DEVELOPING THEIR LEADERSHIP SKILLS 61%

IMPROVING THEIR RESILIENCY 76%

POSITIVELY AFFECTING THEIR SENSE OF BELONGING TO ODU 80%



Recreation & Wellness student employees obtained a higher average cumulative GPA (2.92) compared to their peers (2.82).



62% of undergraduate students participated in Recreation & Wellness programs.

# STUDENT DEVELOPMENT

Recreation & Wellness recognizes the value of investing in development opportunities for students. Every effort is made to encourage students to apply for these opportunities and to assist with funding for registration and travel.

## ASSOCIATION OF OUTDOOR RECREATION EDUCATION NATIONAL CONFERENCE

IN SNOWBIRD, UT  
PETER AHL  
CHANDLER BERRY  
KAYLA COOPER  
RACHEL RESH  
JAMES RICE  
EMMANUEL SMITH

## NATIONAL ATHLETIC TRAINERS' ASSOCIATION SYMPOSIUM

IN LAS VEGAS, NV  
FRANCESCA HARVEY  
MARSHALL MOZENA

## AMERICAN CAMP ASSOCIATION NATIONAL CONFERENCE

IN ORLANDO, FL  
ROWAN WILLIAMS

## SOUTHEAST FITNESS EXPO

IN WILMINGTON, NC  
ASHER AREY  
BLAKE BONNER  
OLIVIA GREER  
EMILY LAROCK  
HALIE MAASS  
ABBY ROSSITER

## VIRGINIA RECREATIONAL SPORTS ASSOCIATION ANNUAL WORKSHOP

IN NORFOLK, VA  
KAYLA COOPER  
COLLEEN DEWING  
MIKHALA DOUGHER  
LUKE FANITH-FROST  
JACOB FINCH  
CORY GREENSPAN  
OLIVIA GREER  
SIERRA GUTIERREZ  
FRANCESCA HARVEY  
GABRIELA JIMENEZ  
EMILY LAROCK  
MARSHALL MOZENA  
MANELL ROBINSON  
JOHN SEWE  
JAY SIERRA  
JASMINE TAYLOR  
TAYLOR THOMAS  
NOAH WARE  
KINSEY WEAVER  
ROWAN WILLIAMS

## NIRSA: LEADERS IN COLLEGIATE RECREATION ANNUAL CONFERENCE

IN BOSTON, MA  
CORY GREENSPAN  
SIERRA GUTIERREZ  
JACOB FINCH  
EMILY LAROCK  
KINSEY WEAVER  
ROWAN WILLIAMS

## NIRSA: LEADERS IN COLLEGIATE RECREATION REGION II CONFERENCE

IN BIRMINGHAM, AL  
CORY GREENSPAN  
KINSEY WEAVER

## NIRSA: LEADERS IN COLLEGIATE RECREATION SPORT CLUB INSTITUTE

IN ANAHEIM, CA  
MIKHALA DOUGHER  
MADELYNN GROUNDS  
CECILIA KELLY  
SHAWN WHITE

## NATIONAL CONSORTIUM FOR BUILDING HEALTHY ACADEMIC COMMUNITIES

IN COLUMBUS, OH  
OLIVIA GREER

# BREAKING GROUND

In early June, construction began on the Student Recreation Center field, converting the grass to artificial turf. The new, durable surface will allow members to access the field year-round, even after inclement weather. This expansion of the high-quality facilities offered by Recreation & Wellness will allow for increased program opportunities.



# PARTNERSHIPS

## *FRIENDS OF ODU*

COURAGE MILLER PARTNERS  
EASTERN VIRGINIA MEDICAL SCHOOL  
GIRL SCOUTS OF THE COLONIAL COAST

IPCONFIGURE, INC.  
RIVERQUEST

SPECIAL OLYMPICS VIRGINIA  
VCU OUTDOOR ADVENTURE PROGRAM  
SOUTHEASTERN COOPERATIVE  
EDUCATION PROGRAMS (SECEP)

## *ON-CAMPUS PARTNERS*

ADMISSIONS  
ALUMNI ASSOCIATION  
ARMY ROTC  
ATHLETICS  
BATTEN COLLEGE OF ENGINEERING &  
TECHNOLOGY  
CAREER DEVELOPMENT SERVICES  
COLLEGE OF HEALTH SCIENCES  
CONFERENCE SERVICES  
DESIGN & CONSTRUCTION

ENGLISH LEARNING CENTER  
FACILITIES MANAGEMENT  
HOMECOMING COMMITTEE  
HOUSING & RESIDENCE LIFE  
HUMAN MOVEMENT SCIENCES  
HUMAN RESOURCES  
INFORMATION TECHNOLOGY SERVICES  
LEADERSHIP & STUDENT INVOLVEMENT  
NAVY ROTC

ODU POLICE  
RESEARCH FOUNDATION  
STUDENT HEALTH SERVICES  
STUDENT TRANSITION & FAMILY  
PROGRAMS  
TRANSPORTATION & PARKING SERVICES  
TRIATHLON CAMP  
UNIVERSITY LICENSING  
WOMEN'S CENTER  
WOMEN'S SOCCER

### ***PARTNER HIGHLIGHT***

In April, the Outdoor Adventure Program and Membership teams hosted a kayaking event for the ODU Alumni Association. Twenty alumni and their family members attended. Recreation & Wellness also offers membership deals for new alumni after each semester and promotes these opportunities at events hosted by the Alumni Association.

# RECREATION & WELLNESS

## PROFESSIONAL STAFF

### BRIDGET WEIKEL

ASSOCIATE DEAN OF STUDENTS

### COULSON THOMAS

INTERIM DIRECTOR

### HEATHER BLAKE

OFFICE ASSISTANT

### TRACY CONDER

DIETICIAN

### GRANT DEPPEN

ASSISTANT DIRECTOR  
OF INTRAMURAL SPORTS

### ERIK EDWARDS

COORDINATOR OF OUTDOOR  
ADVENTURE PROGRAMS

### RYAN JUMPER

COORDINATOR OF  
MEMBERSHIP SERVICES

### ADRIANE LOTT

FINANCIAL BUDGET MANAGER

### JEAN MCCLELLAN-HOLT

ASSISTANT DIRECTOR OF  
SPORT CLUBS & SUMMER CAMPS

### KAITLIN LYNCH

ASSISTANT DIRECTOR OF  
MARKETING & MEMBERSHIP

### NICOLE MERCHANT

ASSISTANT DIRECTOR OF  
FACILITY & EVENT OPERATIONS

### TAMARA MORGAN

ASSISTANT DIRECTOR  
OF FITNESS & WELLNESS

### CRAIG STENDEL

EQUIPMENT SERVICES TECHNICIAN

### CONNIE THOMAS

OFFICE MANAGER

### MELISSA TURNAGE

COORDINATOR OF  
FITNESS & WELLNESS

### VICTORIA WEST

COORDINATOR OF AQUATICS

### MIKE WILLETT

ASSISTANT DIRECTOR OF OUTDOOR  
ADVENTURE PROGRAMS

## GRADUATE ASSISTANTS

### ELEANOR CROFFORD

OUTDOOR ADVENTURE PROGRAM

### CORY GREENSPAN

INTRAMURAL SPORTS

### FRANCESCA HARVEY

SPORT CLUBS - ATHLETIC TRAINING

### MARSHALL MOZENA

SPORT CLUBS - ATHLETIC TRAINING

### MIKHALA DOUGHER

SPORT CLUBS

### OLIVIA GREER

FITNESS & WELLNESS

### EMILY LAROCK

FITNESS & WELLNESS

### KINSEY WEAVER

FACILITIES



# OLD DOMINION UNIVERSITY

## Recreation & Wellness

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