

**FISCAL YEAR  
2016-2017**




# **CAMPUS RECREATION ANNUAL REPORT**




**Recreation and Wellness Center**

UNIVERSITY OF COLORADO **COLORADO SPRINGS**



*All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work.*



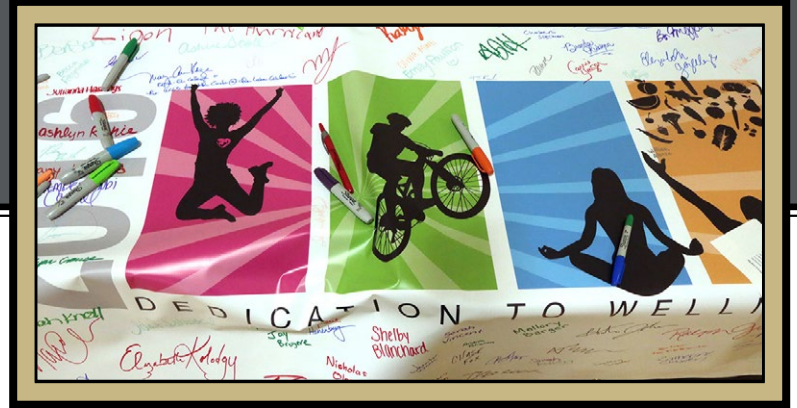
- Calvin Coolidge

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# LETTER FROM THE DIRECTOR



Dear University of Colorado Colorado Springs Community,

On behalf of the staff of Campus Recreation, I am excited to introduce the fiscal year 2016-2017 Campus Recreation Annual Report, a first for our department. In assembling these accomplishments and contributions, we aim to convey the sizable positive impact of our services for the University of Colorado Colorado Springs community. We hope you will see beyond tallies of programming, to the variety of activity, depth of engagement, and voices of transformational change of the students and community who participate.

Fiscal Year 2016-2017 was a monumental year for Campus Recreation and the University of Colorado Colorado Springs. We experienced our first full year of operations in our 49,261 square foot expansion of our Student Recreation Center that added a variety of additional indoor activity and wellness space! We ushered in a new era of wellness, equipping our students with the opportunity to address their health and wellness wants and needs with an innovative partnership that co-located recreation services, student health services, mental health services, and nutrition all under one roof. Being centrally located between our two major residential housing villages, Summit and Alpine, Campus Recreation is a social and physical activity hub for the campus community that now provides an array of mind, body, and spiritual wellness.

As a major venue for cross-cultural social interaction, we help students thrive by providing opportunities for personal and interpersonal growth. Through our programs, students foster relationships, refine communication skills, discover teamwork, and use self-discipline. Experiential education and leadership opportunities through Campus Recreation complement the educational mission of the university, and help all involved in growing and developing transferable skill-sets. Serving as a unit within the Administration and Finance Division, Campus Recreation is a critical partner and collaborator with university units both inside and outside of the division.

With this Annual Report, I invite you to become familiar with the contributions Campus Recreation makes to create a healthier community that can bring well-being to the entire university.

Sincerely,

A handwritten signature in black ink that reads "Skyler Rorabaugh". The signature is written in a cursive, flowing style.

**Skyler Rorabaugh**  
*Director of Campus Recreation*

# MISSION, VISION, AND CORE VALUES

## MISSION STATEMENT

Campus Recreation provides UCCS students and the campus community with diverse and innovative programs, outstanding facilities, and quality educational experiences that support the development of a healthy mind, body, and spirit.



## VISION STATEMENT

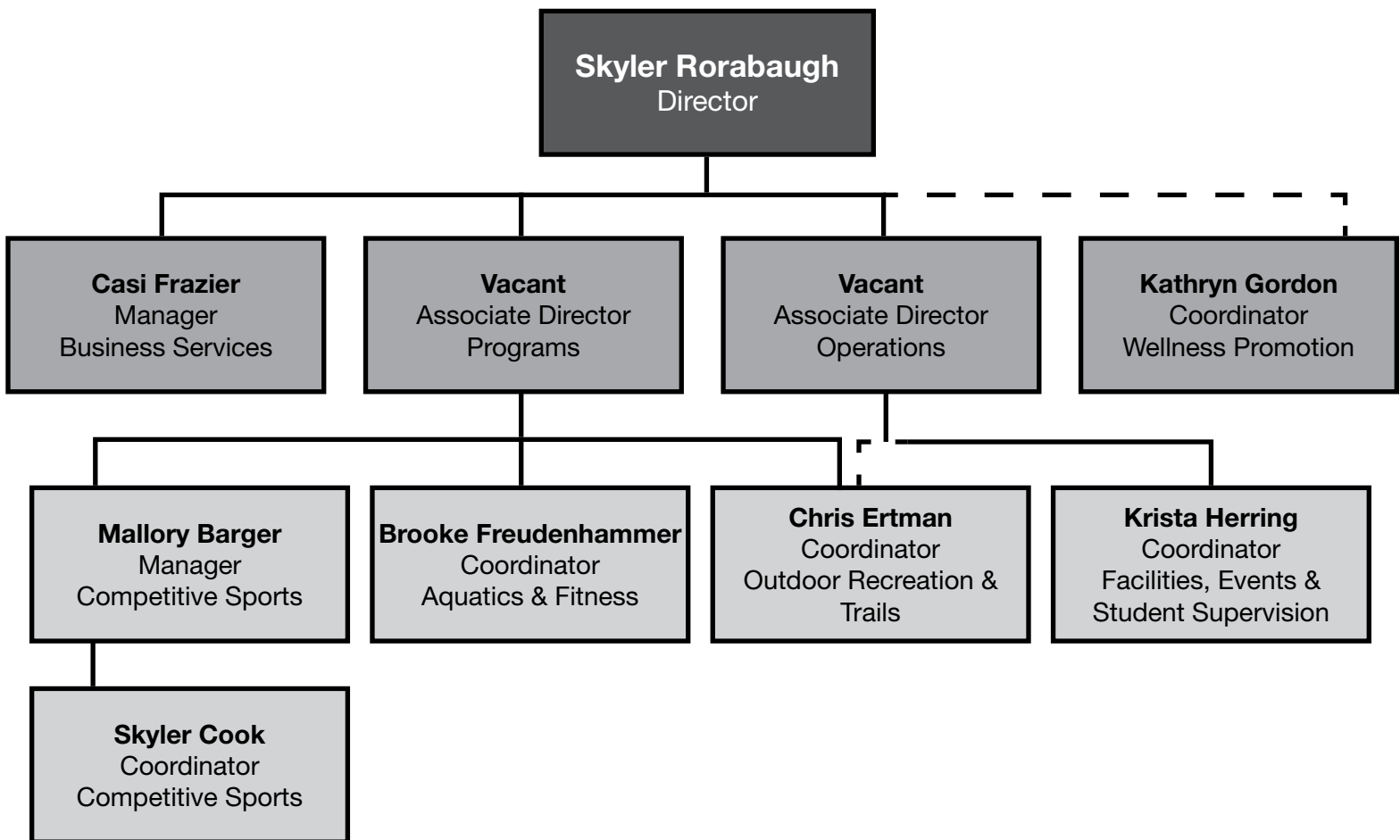
Promoting optimal wellness through recreational and educational experiences that enhance the health and well-being of our campus community.

## CORE VALUES

- Integrity
- Excellence
- Adaptability
- Inclusiveness
- Sustainability
- Student Development



# OUR TEAM



## SKYLER RORABAUGH

### Director

#### **Continuing Education/Professional Development:**

Recreation and Wellness Professional Staff Retreat, Manitou, CO; July, 2016  
Building Inclusive and Multicultural Workplaces: From Concept to Action; August, 2016  
Campus Recreation Professional Staff Retreat, Boulder, CO; August, 2016  
Campus Safety Authority Training; August, 2016  
Search Committee Diversity Champion Training; September, 2016  
NIRSA CO/WY State Workshop, Boulder, CO; October, 2016  
Using Data Webinar; November, 2016  
Effective Student Learning Outcomes Training; December, 2016  
Administration & Finance Division Assessment Training; December, 2016  
LEED Facility Education Training; January, 2017  
SEEDS Grant Award Recipient; January, 2017  
NIRSA National Conference Attendee, National Harbor, Maryland; February, 2017  
1st Annual State of the Outdoors Attendee, Colorado Springs; March, 2017  
Mindfulness Workshop; April, 2017  
Closed POD Exercise Training; April, 2017  
Marketing/Branding Staff Retreat; May, 2017  
Colorado Springs Bike Summit; June, 2017  
Assessing Student Learning Through Student Employment; June, 2017  
Auxiliary Director's Retreat; June, 2017  
Registered Collegiate Recreational Sports Professional  
Certified Park and Recreation Professional Certification  
UCCS Rising Professionals Member

#### **Committees:**

Auxiliary Student Success Division Assessment Committee Member  
Auxiliary Budget Manager Search Committee Member  
Campus Recreation Teambuilding and Celebration Committee Member  
NIRSA Host Committee – Service Project Member  
Trails and Open Space Coalition Board Member

#### **Student/Staff Development:**

Administration and Finance Division Student A-Team Professional Staff Leader  
Student Government Association Campus Recreation Department Annual Review Presentation  
Recreation Advisory Board Ex-officio Member  
Recreation and Wellness Benefits Campus Presentations  
Guest Presenter, College of Business, SPTM 4300 Class  
CO/WY Counseling Conference, Recreation & Wellness Center Presentation Speaker  
Fall All-Staff Training; August, 2016  
Spring Employee Enrichment Conference; January, 2017



# OUR TEAM

## CASI FRAZIER

### Business Services Manager

#### **Professional Development:**

Recreation and Wellness Professional Staff Retreat, Manitou, CO; July, 2016  
Campus Recreation Professional Staff Retreat, Boulder, CO; August, 2016  
Campus Safety Authority Training; August, 2016  
Search committee Diversity Champion Training; September, 2016  
Attended finance and HR development meetings on a monthly basis

#### **Committees:**

Women's Leadership Committee Member  
Served as a member on several search committees at UCCS  
HCM Development and Testing Group Member  
Campus Shared Services Group Member

#### **Student/Staff Development:**

Fall All-Staff Training; August, 2016  
Spring Employee Enrichment Conference; January, 2017  
Provided Concur and Finance instructional meetings for Campus Recreation professional staff



## MALLORY BARGER

### Manager of Competitive Sports and Youth Programs

#### **Professional Development:**

Recreation and Wellness Professional Staff Retreat, Manitou, CO; July, 2016  
Staff Association Retreat; July, 2017  
Campus Recreation Professional Staff Retreat, Boulder, CO; August, 2016  
Campus Safety Authority Training; August, 2016  
Search committee Diversity Champion Training; September, 2016  
NIRSA CO/WY State Workshop, Boulder, CO; October, 2016  
UCCS Mindful Leadership Workshop; December, 2016  
Marketing/Branding Staff Retreat; May, 2017  
Club Sports Directors Annual Meeting; May, 2017

#### **Committees:**

Campus Recreation Training and Education Committee Chair  
Program Coordinator of Facilities Search Committee Member  
Staff Association, University Staff Pay and Benefits Committee Member  
Administration and Finance Annual Event Planning Committee Member  
Administration and Finance Assessment Committee Member  
Clubs and Organizations Recognition Committee Member

#### **Student/Staff Development:**

Fall All-Staff Training; August, 2016  
Spring Employee Enrichment Conference; January, 2017  
Provided Club Sports Officer Trainings/Meetings  
Supervised/Trained the Club Sports Student Program Assistant



## KRISTA HERRING

### Coordinator of Facilities, Events, and Student Supervision

#### Professional Development:

Recreation and Wellness Professional Staff Retreat, Manitou, CO; July, 2016  
Campus Recreation Professional Staff Retreat, Boulder, CO; August, 2016  
Campus Safety Authority Training; August, 2016  
Search Committee Diversity Champion Training; September, 2016  
Obtained Recertification for American Red Cross, CPR, AED, and First Aid; September, 2016  
NIRSA CO/WY State Workshop, Boulder, CO; October, 2016  
FLSA Human Resources Training; October, 2016  
ElevatED level 1 Fitness Instructor Certification; January, 2017  
UCCS Leadership Academy; February, 2017  
AAAI Fitness Conference, Colorado Springs, CO; March, 2017  
Barre Fitness Instructor Certification; March, 2017  
Aqua Fitness Instructor Certification; March, 2017  
Marketing/Branding Staff Retreat; May, 2017



#### Committees:

Campus Recreation Teambuilding and Celebration Committee Chair  
Campus Recreation Training and Education Committee Member  
Program Coordinator of Outdoors and Trails Search Committee – Search #1 Member  
Program Coordinator of Outdoors and Trails Search Committee – Search #2 Member  
Conference Services Marketing and Events Coordinator Search Committee Member  
Program Coordinator of Facilities Search Committee Diversity Champion  
Career Outreach Coordinator Search Committee Diversity Champion

#### Student/Staff Development:

Fall All-Staff Training; August, 2016  
Fall Student Employee Evaluations; December, 2016  
Provided SubItUp Training for Campus Recreation Professional and Student Staff; December, 2016  
Spring Employee Enrichment Conference; January, 2017  
Spring Student Employee Evaluations; April, 2017  
Sisterhood Development Chair Advisor for Phi Sigma Sigma, Iota Kappa Chapter at UCCS  
Finance Advisor for Phi Sigma Sigma, Epsilon Beta Chapter at Ferris State University  
Weekly Building Manager Meetings  
Monthly Operation Monitor Meetings  
Served as an A-Team Mentor  
Led the SubItUp Training for Campus Recreation Staff



# OUR TEAM

## SKYLER COOK

### Coordinator of Competitive Sports and Youth Programs

#### Continuing Education/Professional Development:

Recreation and Wellness Professional Staff Retreat, Manitou, CO; July, 2016  
Campus Recreation Professional Staff Retreat, Boulder, CO; August, 2016  
Campus Safety Authority Training; August, 2016  
Search Committee Diversity Champion Training; September, 2016  
NIRSA CO/WY State Workshop, Boulder, CO; October, 2016  
UCCS Leadership Academy; February, 2017  
NIRSA National Conference Attendee, National Harbor Maryland;  
February, 2017  
Marketing/Branding Staff Retreat; May, 2017



#### Committees:

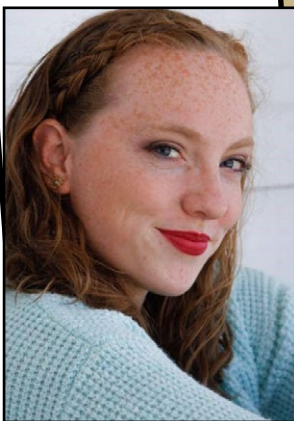
Campus Recreation Teambuilding and Celebration Committee Member  
Spirituality and Diversity Committee Member  
Greek Advisory Committee Member  
Program Coordinator of Outdoors and Trails Search Committee – Search #1 Member  
Program Coordinator of Outdoors and Trails Search Committee – Search #2 Member  
Wellness Center Nurse Practitioner Search Committee Member  
Campus Recreation Associate Director Search Committee Member

#### Student/Staff Development:

Fall All-Staff Training; August, 2016  
Presenter/Facilitator at the Spring Employee Enrichment Conference; January, 2017  
CHSAA Certified Basketball Official  
CHSAA Certified Football Official  
Provided RecKids Staff Training  
Competitive Sports Bi-Weekly meetings

## Personal Success Stories

**Kimmie Beach** - Club Sports PA, Youth Programs/Summer Camps Mentor, Operations Monitor



The two things I love most about working at Campus Recreation are my coworkers, both professional and student staff, and the members that walk through the doors every day. I really do work with some of the most amazing people and I have gotten to know my patrons on a personal level. I love hearing about how they're doing and what is going on in their lives. Working with Campus Recreation as a Program Assistant and as an Operations Monitor has really impacted me because I have continued to build relationships with my coworkers and patrons from my very first day. I love what I do, and I'm excited to learn more and gain more roles as a leader from my experiences at the UCCS Recreation and Wellness Center.

# OUR TEAM

## KATHRYN GORDON

### Manager of Wellness Promotions

#### Continuing Education/Professional Development:

Recreation and Wellness Professional Staff Retreat, Manitou, CO; July, 2016  
Campus Recreation Professional Staff Retreat, Boulder, CO; August, 2016  
Campus Safety Authority Training; August, 2016  
Search Committee Diversity Champion Training; September, 2016  
AAAI Fitness Conference, Colorado Springs, CO; March, 2017  
Mat Pilates I Instructor Certification; March, 2017  
Mat Pilates II Instructor Certification; March, 2017  
American College Health Association National Conference Attendee  
Presenter at Jana's Campaign Campus Safety Summit Conference  
UCCS Leadership Academy



#### Committees:

Rocky Mountain College Association Member at Large  
Staff Luncheon Planning Committee Member  
Programming Planning Committee Member  
Campus Recreation Aquatics and Fitness Search Committee Member  
THINK Committee member  
Coordinated Community Response Team Member  
Fitness Coordinator Search Committee Member  
Campus Recreation Training and Education Committee Member  
Body Image and Disordered Eating Committee Member  
Diversity and Spirituality Committee Member

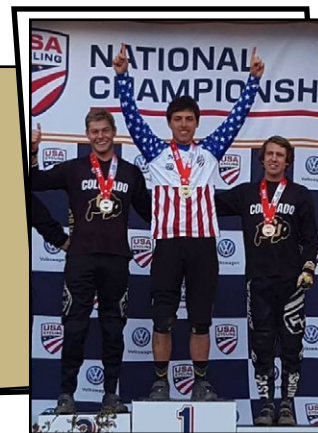
#### Student/Staff Development:

Fall All-Staff Training; August, 2016  
Spring Employee Enrichment Conference; January, 2017  
Peer Education Advisor  
Student Health Advisory Board Advisor  
Presenter at the Resident Advisor Training;  
Presenter at Mountain Lion Week;  
Presenter at the Event Services Student Staff Training

## Personal Success Stories

*Harrison Ory - S.O.L.E. Employee*

I would say I enjoy working at the rec center because it was a great introduction to the workplace for me. SOLE was the first place I was ever hired, and my boss' along the way have taken steps to ensure that I will be a valuable employee someday. I also enjoy SOLE, and the rec center because I work and deal with like-minded people, who enjoy exercising, whether indoors or out.



# OUR TEAM

## BROOKE FREUDENHAMMER

### Coordinator of Aquatics and Fitness

#### Continuing Education/Professional Development:

Campus Safety Authority Training; August, 2016  
Search Committee Diversity Champion Training; September, 2016  
NIRSA CO/WY State Workshop, Boulder, CO; October, 2016  
Admin and Finance Training; January, 2017  
AAAI Fitness Conference, Colorado Springs, CO; March, 2017  
Tabata Boot Camp Instructor Certification; March, 2017  
Aqua Fitness Instructor Certification; March, 2017  
Marketing/Branding Staff Retreat; May, 2017

#### Committees:

Campus Recreation Training and Education Committee Member  
Campus Recreation Risk Management Committee Chair  
Campus Recreation Teambuilding and Celebration Committee Member

#### Student/Staff Development:

Fall All-Staff Training; August, 2016  
Fall Student Employee Evaluations; December, 2016  
Spring Employee Enrichment Conference; January, 2017  
Spring Student Employee Evaluations; April, 2017  
Collaborated with student staff in developing Campus Recreation's Risk Management and Audit Program  
Facilitated Monthly Lifeguard In-Services  
Continually met with student staff to discuss how to make lifeguarding skills transferable to career jobs  
Assisted student staff in their preparation for Building Manager interviews



## CHRIS ERTMAN

### Program Coordinator of Outdoor Programs and Trails

*(started in March of 2017)*

#### Continuing Education/Professional Development:

Marketing/Branding Staff Retreat; May, 2017  
Leave No Trace Master Educator

#### Committees:

Bike Advisory Council Member  
Skin Cancer Awareness Committee Member  
Recreation Trails Committee Member

#### Student/Staff Development:

Provided training for Outdoors and Trails student staff members



# FACILITY AND PROGRAM STATISTICS



## Campus Recreation Facilities and Activity Areas Participation 2016-2017

	July	August	September	October	November	December	January	February	March	April	May	June
Total Recreation Center Visits	3,088	8,702	13,405	14,146	12,820	6,671	11,914	15,004	13,180	11,303	5,736	3,455
Total Alpine Field Visits	417	587	958	514	353					951	281	373
Total Visits	3,505	9,289	14,363	14,660	13,173	6,671	11,914	15,004	13,180	12,254	6,017	3,828
Regular Hours Days Open	30	30	29	31	26	21	28	28	31	29	30	30
Average Visits Per Day	117	300	495	473	470	303	411	536	425	390	201	128

Facility Tours	33
Rec Reservations	2128

## Personal Success Stories

### Melody Horbach - Student and Participant in Recreation Programs

I'm not exactly sure what success stories are accepted, but I can talk about finding my true passion with weightlifting when attending this university. I gained a lot of weight my first year of college, and was able to lose most of it at the rec center, along with other physical activities. I was also able to meet several people who had similar interests at the recreational center, which I believe helped me beyond my limits. These past few years have really honed the personal training career path for me, as I've realized I love helping people in ways that show them their physical ability is much stronger than their mental.



# EMPLOYEE STATISTICS

## Student Employees

	Summer	Fall	Spring	Total
Aquatics	9	16	19	44
Business	1	1	1	3
Competitive Sports	1	23	25	49
Facility Operations	26	48	42	116
Fitness	10	16	15	41
Marketing	1	1	1	3
RecKids	8	6	6	20
SOLE	3	11	11	25
<b>Total</b>	<b>59</b>	<b>122</b>	<b>120</b>	<b>301</b>

## Personal Success Stories

### Ryan Dobbs

*Student Staff and Participant in Recreation Programs*

I had been going through a slump for some time prior to the Spring Break trip last year. Nothing seemed to really be working for me. It was just an unusually long “funk” that is pretty hard to describe for me. It had tones of depression with a kind of “impending doom” anxiety attached to it. It was terrible. I decided that I needed to do something in my life to change things around and thought, “ah screw it, I’ll try the SOLE Center’s SB trip out.” This turned out to be an incredible decision for me. It is hard to describe the healing power of nature to someone who has not experienced wilderness therapy but if I had to sum it up in one word it would be “Breathtaking.” Throughout the entire trip I had the chance to look back on my life and the events leading up to the funk that I was experiencing. Through this introspection amidst nature in all of its glory I found what I was looking for, serenity. The SB trip last year gave me a beautiful piece of serenity that I still carry with me to this day. Don’t get me wrong, there were a lot of laughs and a lot of jokes cracked, but it was the times I could close my eyes and reflect on my life that were the most profound/therapeutic for me. The 2016 SB trip helped me find a piece of myself I always knew I had but could never find, and because of that I am infinitely grateful to have had the opportunity to experience such an amazing trip with great people.



# FACILITY STATISTICS

## Equipment Check-Out

Rental Equipment 2016-2017	July	August	September	October	November	December	January	February	March	April	May *	June*	Totals
<b>Outdoor Equipment Rental Contracts**</b>	28	30	26	23	11	6	12	14	18	18	11	17	214
<b>Locker Rentals</b>	4	13	14	0	0	0	17	0	0	0	0	0	48

\*Began summer ours and closed 1 week. \*\*Program started Nov. 1, 2016

Facility Equipment Rental	
<b>Basketballs</b>	6134
<b>Ping Pong Paddles &amp; Ball</b>	719
<b>Volleyballs</b>	672
<b>Futsols</b>	173
<b>Daily locker rentals</b>	45,371
<b>Soccer Balls (Alpine)</b>	353
<b>Footballs (Alpine)</b>	43
<b>Baseball Equipment (Alpine)</b>	4
<b>Frisbees (Alpine)</b>	10
<b>Cones (Alpine)</b>	6
<b>Other (Alpine)</b>	42
<b>Total</b>	<b>53,527</b>

S.O.L.E. Center	
<b>Bike Rentals (days)</b>	225
<b>Ski/Board Wax Pass Sales</b>	19



## Personal Success Stories



*Kendra Moretti - Building Manager*

The most enjoyable aspect about working at Campus Rec is the community. Not only do I have the opportunity to meet people I wouldn't necessarily cling to in the workplace but also getting to socialize with the student body that comes in to use the Rec Center. It is a very social environment that allows for connections built in a gym setting! This employment position has impacted my life because I have been given the opportunity to move up in my positions and that has brought growth. I have grown professionally by being able to be in a supervisory role but also having the overwhelming support by the professional staff. I have been able to implement new programs and know that in this job mistakes are necessary to be able to grow individually and professionally.

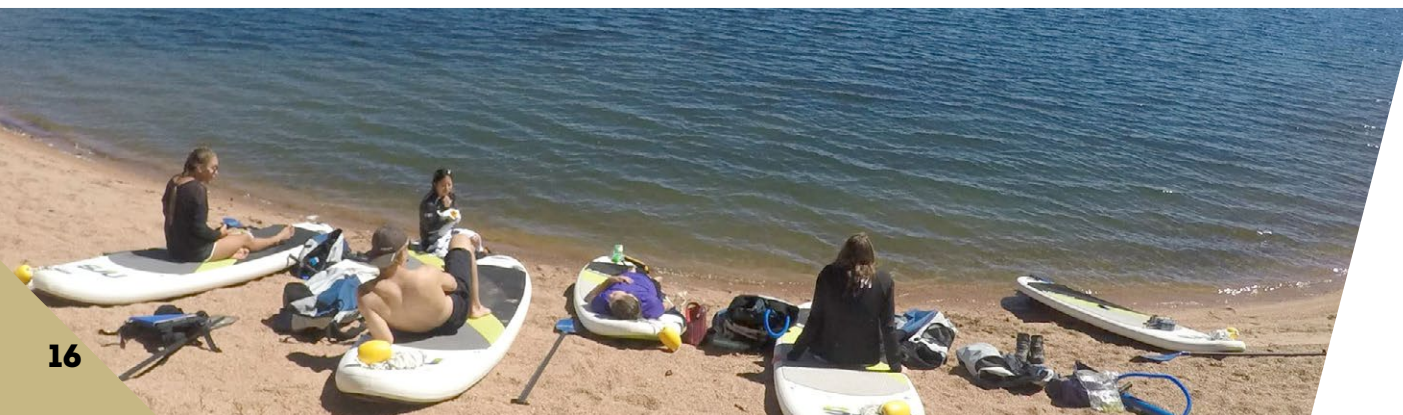
# PROGRAM STATISTICS

## Outdoors and Trails

	Totals
<b>Bouldering Wall Programs</b>	
# of Bouldering Wall Participation	218
Climbing Education Participants	7
<b>SOLE Programs</b>	
# of SOLE Trips	23
# of SOLE Clinics & Workshops	10
# of SOLE Special Events	8
<b>Outdoor Trips</b>	
Weekend Trip Participants	190
Break Trips	18
Educational Workshops/Clinics/Special Events	993
Total # of Participants	1201
<b>Trip Types</b>	
Day Trip Participation	126
Overnight Trip Participation	66
2-night Trips	9
3+ night Trips	9
<b>Ski Shop * Program started November 1, 2016</b>	
Ski Workshop Visits	166
<b>Trails</b>	
Volunteer Hours Worked	74.5
Volunteers	204
<b>Bike and Bike-Related Programs</b>	
Clinics and Events	8
Participants	180
Bike Workshop Visits	477
Freshman Bike Program Participants	35



Our Student Outdoor Learning Experience (SOLE) program seeks to provide the UCCS community with safe, educational, and fun outdoor recreation opportunities. Each semester SOLE offers a variety of outdoor adventure trips and educational clinics for all experiences and skill levels. The SOLE Center provides a bike shop, ski/board wax workshop, bouldering wall, outdoor equipment rental, and more.

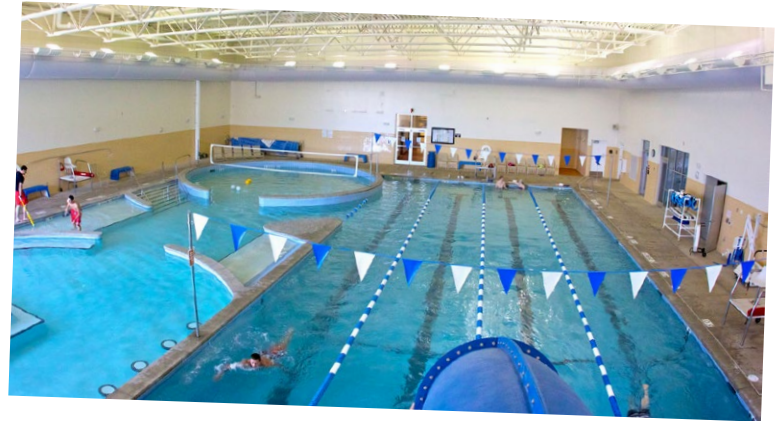


# PROGRAM STATISTICS

## Aquatics & Safety

Aquatics	July	August	September	October	November	December	January	February	March	April	May	June	Total
Open Swim Participants	814	668	1,544	1,103	714	429	575	1,132	971	1,065	665	638	9,650
Swim Lessons	12	9	10	4	4	6	3	5	3	15	12	13	96

Department Risk Management and Safety Training	
American Red Cross	
FA/CPR/AED Offerings	3
Total Number Certified	62
Lifeguard Certification In-house	7
Lifeguard Recertification In-house	1
Lifeguard In-services	31



## Personal Success Stories

*CJ Gates* - Intramural Sports Program Assistant

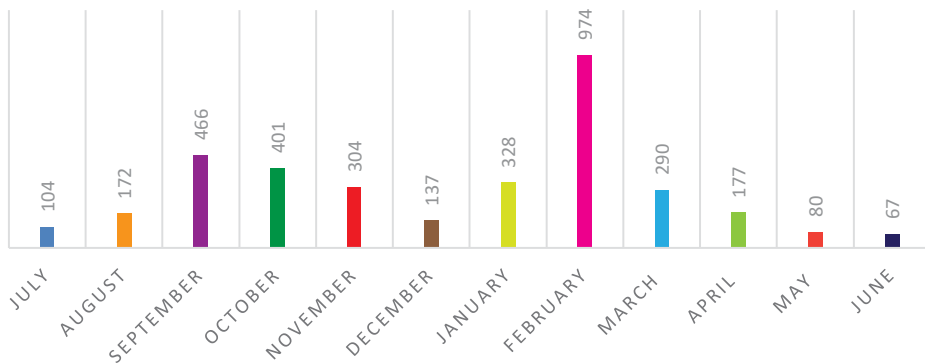
I would say that a couple of my favorite parts about being a recreation employee is coming to work and feeling welcome. The recreation staff has a big family feel to it. Everyone is very friendly and I have met some of my best friends through working at the rec center. Also, coming to work is great when the people you work for truly care for you and for your future. I know anyone would do anything for me at the drop of a hat. Lastly, being surround by sports every day makes this job fun for me. Sports is my passion and working in the club sports and intramural program lets me dive into my passion every day. I would not trade this job or the life long friends I have made at the rec center for anything!



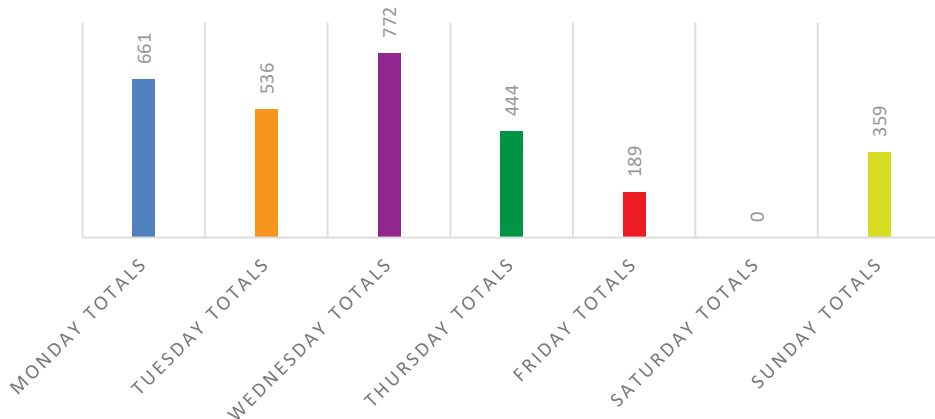
# PROGRAM STATISTICS

## Group Fitness

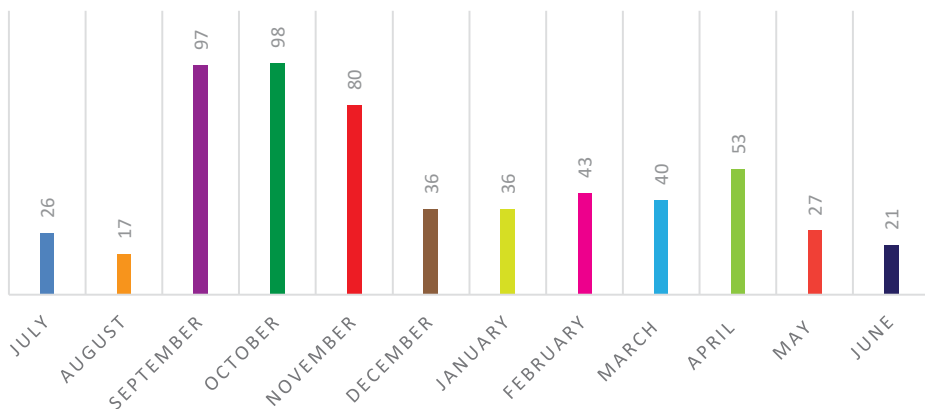
### GROUP FITNESS CLASS PARTICIPANTS



### TOTAL FY CLASS PARTICIPANTS



### TOTAL FY CLASSES

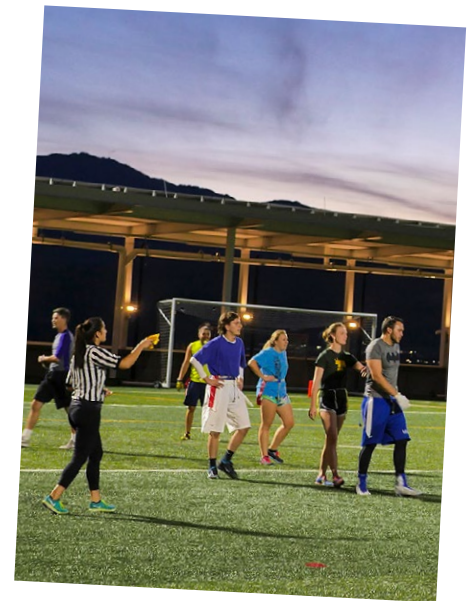


# PROGRAM STATISTICS

## Intramural Sports

	Fall 2016	Spring 2017	2016-2017 Total
<b>Total Teams</b>	283	203	<b>486</b>
<b>Total Games Played</b>	305	328	<b>633</b>
<b>Total One Day Tournament/Special Event Participants</b>	<b>524</b>	<b>331</b>	<b>855</b>
<b>Total Unique Participants</b>	816	681	<b>1,144</b>
<b>Total Participants</b>	4,168	4,434	<b>8,602</b>

Sport Totals	Teams	Games	Participants
<b>League Sports (fall)</b>			
<b>7v7 Flag Football</b>	24	64	267
<b>7v7 Outdoor Soccer</b>	23	60	231
<b>3v3 Basketball</b>	28	68	126
<b>6v6 Volleyball</b>	36	90	271
<b>5v5 Floor Hockey</b>	9	23	85
<b>League Sports (spring)</b>			
<b>5v5 Basketball</b>	31	77	258
<b>4v4 Indoor Soccer</b>	20	48	171
<b>4v4 Flag Football</b>	28	72	199
<b>7v7 Ultimate Frisbee</b>	12	29	111
<b>4v4 Volleyball</b>	23	57	143
<b>9v9 Softball</b>	8	18	90



## Personal Success Stories

*Taylor Lindsey* - Staff Member



My attitude to personal fitness is encapsulated by a quote from Socrates; "It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable". The Gallogly Recreation and Wellness Center has been instrumental in helping me achieve and maintain my athletic potential. No matter whether I want to focus on strength training, endurance training, or any mix the Recreation Center has the equipment and space necessary to effectively push my body to new heights. As I reflect on who I was when I first entered college, I realized that over the many years I have spent attending the Recreation Center that it has helped me understand that as long as I dedicate myself to something and consistently push myself, I can achieve success. It has helped me gain self-confidence, health, and a beneficial and interesting hobby. You will always feel welcomed by the warm and personable staff, and the clean and well organized facility is a model for the campus. I have been going to the Recreation Center for over four years, and still do not see myself attending a different facility in the future.

# PROGRAM STATISTICS

## Intramural Sports (cont.)

Sport Totals	Teams	Participants
One Day Tournaments (fall)		
Dodgeball	26	200
Spikeball	5	10
Grass Volleyball	17	34
Cornhole	12	24
Tennis (Singles)	15	15
Kickball	5	40
Big Pink Volleyball	12	48
Table Tennis (Doubles)	15	30
8-Ball Billiards (Singles)	9	9
Badminton	12	24
Canoe Battleship	12	48
Wiffle Ball	6	24
Powerlifting Competition	18	18
One Day Tournaments (spring)		
Table Tennis (Singles)	18	18
Water Volleyball	20	10
3pt Shootout	22	22
Slam Dunk Competition	11	11
8-Ball Billiards (Doubles)	9	18
Bowling	8	32
Wheelchair Basketball	2	35
Innertube Water Polo	2	8
Crate Stacking	11	11
Dodgeball	12	65
Tennis (Doubles)	4	8
Disc Golf	5	5
Golf Scramble	2	4
Kick It	12	84
TOTAL		855
Faculty & Staff IMs		
7v7 Kickball	4	35
6v6 Volleyball	4	30
F/S Games	17	75
TOTAL PARTICIPANTS		140



# PROGRAM STATISTICS

## Club Sports

	Roster Totals (Mountain Lion Connect)	Club Competitions/ Events Home Totals	Club Competitions Away Totals
Baseball	148	16	32
Basketball-M	12	0	0
Cycling	105	0	8
Equestrian	71	0	0
Fencing	228	0	-
Ice Hockey	155	13	10
Inline Hockey	16	0	0
Lacrosse-M	88	0	0
Rugby-M	238	3	1
Rugby-W	98	5	2
Soccer-M	164	5	6
Soccer-W	181	9	6
Swimming	160	0	1
Table Tennis	-	0	-
Tennis	218	2	1
Volleyball-M	78	0	3
Volleyball-W	122	2	5
Wrestling - W	48	0	0
Wrestling - M	47	0	0
Totals	2,177	55	60



# PROGRAM STATISTICS

## RecKids Programs

	Annual Total
<b>Kid's Night Out Participation</b>	195
<b>Kid's Night Out Offerings</b>	14
<b>Birthday Party Participation</b>	64
<b>Number of Birthday Parties</b>	4

RecKids offers a variety of programs and services for children ages 5-12 years. Some of our offerings include Summer Camps, Kid's Night Outs, and Birthday Parties. We strive to facilitate the learning and social interaction of campus with a strong focus on education and lifelong wellness.



## Personal Success Stories

**Mariah Willey** - RecKids Program Assistant and Building Manager

After I graduate I hope to find a career in what I am doing now. I love how creative I am able to be when exploring ideas and activities for our RecKids program and how supportive that all of the Pro staff members are during my explorations. I also love how much responsibilities I have with our RecKids program, it feels awesome to know that I am such a big part of such a positive program. I enjoy being a Building Manager because it has helped me develop stronger leadership and communication skills. My positions as the RecKids Program Assistant and a Building Manager here at our Recreation and Wellness Center have also helped me tremendously with my organizational skills and time management skills. I feel that I am able to perform better in my classes because of my positions here at our Rec Center; Overall through my positions, I have developed much more self-confidence, feel much more involved in the campus community as a whole and have begun to discover who I am and who I want to be!

I love that we are able to have a program that allows kids to have a safe and welcoming environment to have a ton of fun in while being surrounded by knowledge and given connections and opportunities to excel really early in life. I have always had a passion to work with kids so the fact that I am able to not only work with them but work with them in this type of environment is something that I never saw myself actually receiving the chance to do!



# SPECIAL EVENTS



## **Rec Fest 2016 | Wednesday, August 24, 2016 | 6pm - 9pm**

**Participation: 482 students attended**

A festival of recreation with a variety of programs, classes and activities to participate in to help promote and advertise everything the Recreation and Wellness Center has to offer!

## **Indoor Triathlon 2016 | Saturday, November 5, 2016 | 9am - 12pm**

**Participation: 14 participants**

A 60-minute indoor triathlon, completed entirely in the student recreation center; welcoming students, faculty, staff and community members of all skill levels to participate! This event featured a 10-minute swim, 30-minute bike ride on a stationary bike, and a 20-minute walk, jog or run on our treadmills.

## **Powerlifting 2016 | Saturday, November 12, 2016 | 10am - 2 pm**

**Participation: 18 participants**

Participants competed in bench press, squat, and dead lift with their combined weight for each successful lift determining their final score. Men's and women's divisions were broken up by weight class.

## **Wellness Revolution 2017 | Wednesday, January 18, 2017 | 6pm - 8pm**

**Participants: 171 attendees**

The Recreation and Wellness Center hosted their first annual Wellness Revolution! This event was designed to encourage students to get their year started off on a positive note, with resources to help them achieve overall wellness. The two-hour event included opportunities to participate in intramurals, group fitness classes, swimming, art therapy, nutrition, bouldering wall, and more. Free food and an opportunity to win multiple prizes were quite a hit with the student body.



# SPECIAL EVENTS

## **Dive-In Movie 2017 | Monday, February 13, 2017 | 7pm - 10pm**

**Participation: 27 participants**

We showed a romantic comedy in the pool on a giant screen. This event encouraged students to come to the pool to hang out, bring a date, or just enjoy themselves while floating around in our pool/vortex, while hundreds of glow sticks lit up the pool.

## **Health Fair 2017 | Tuesday, March 21, 2017 | 11am - 2pm**

**Participation: 144 students, 112 faculty/staff**

The 2017 Health and Wellness Fair was an outreach event that engaged students, faculty, and staff members on a number of health related topics. Many of the resource tables are created and staffed by UCCS students studying health topics. Other resource tables are campus and community partners who have services available to improve the overall health of our campus. This free event provides health screenings and spreads awareness of disease prevention and positive health behaviors. We hosted 58 resource tables, including blood type testing and an impaired driving simulation course.

## **Bash the Bluffs 2017 | Saturday, April 22, 2017 | Race Start 8:30am**

**Participation: 100 runners/participants**

The event is hosted in memory of Dr. Ed Burke (1949-2002), renowned researcher, former professor of exercise science at UCCS, valued member of the University community, and a friend of many in the Campus Recreation Department. For the 2017 race year we collaborated with new and exciting partners Team Red, White and Blue (TRWB) and the Army ROTC. In remembrance of Dr. Burke and the many veterans of our community, we run together for a common cause.

## **Faculty and Staff Games 2017 | Friday, April 28, 2017 | 12pm - 2pm**

**Participation: 75 faculty/staff, 17 teams**

Collaborative event that brings together departments across campus to compete in friendly games that focus on teambuilding and strengthening department morale. The event also serves as a social opportunity for UCCS employees to get involved on campus, and interact with colleagues they may not get to work with regularly. A traveling trophy is provided to the winning team to display in their office year round.

## *Personal Success Stories*

*Lynthia Norton* - Staff Member and Long time Personal Training Client

Never having been an athlete (and I'm still not one), a big win for me has been the confidence to try things that I thought were beyond my reach – like doing weighted squats or deadlifts or even a Jacob's ladder. Personal training has positively affected both my physical and mental health. I have gained balance and strength. Of equal importance I have gained an enjoyment of working out, of pushing myself a little further and yes, sometimes the pleasure of knowing that I can outperform on certain equipment some of those "young" students.



# PROGRAM AND SURVEY ASSESSMENT

## Campus Recreation Staff Only:

- Fall 2016 All Staff Training Survey – August 2016
- Spring 2017 Employee Enrichment Conference Survey – January 2017



## Program Specific:

### FALL SEMESTER

#### August 2016

- Fall 2016 Rec Fest Survey - Special Events

#### September 2016

- Labor Day Backpacking Trip Survey - SOLE
- SUP Yoga Trip Survey - SOLE
- Winter Park Mountain Biking Trip Survey - SOLE
- Rock Climbing and Service Survey - SOLE

#### October 2016

- Quandry Peak Summit Trip Survey - SOLE
- Volunteer Training Day Survey - SOLE
- Nature Photography Survey - SOLE
- Intro to Rock Climbing Survey - SOLE
- Walktober Satisfaction Survey - Wellness Promotion

#### November 2016

- UCCS Indoor Triathlon Survey - Special Events
- Powerlifting Competition Survey Fall 2016 - Special Events

#### December 2016

- Group Fitness FitPass Holder Survey Fall 2016 - Group Fitness
- Ski and Soak Trip Survey - SOLE
- Ouray Ice Climbing Trip Survey - SOLE



# PROGRAM AND SURVEY ASSESSMENT

## SPRING SEMESTER

### January 2017

- Ski and Soak Trip Survey – SOLE

### February 2017

- Snowshoeing Mueller Trip Survey – SOLE
- Crested Butte Ski and Ride Trip Survey – SOLE

### March 2017

- Spring Break Rafting Trip Survey – SOLE
- Cooking Class Satisfaction Survey - Wellness Promotion
- Cooking Class Satisfaction Survey (2) - Wellness Promotion

### April 2017

- Rock the Garden Trip Survey – SOLE
- Cooking Class Satisfaction Survey - Wellness Promotion
- SUP Yoga Trip Survey – SOLE
- Health Fair Survey - Wellness Promotion

### May 2017

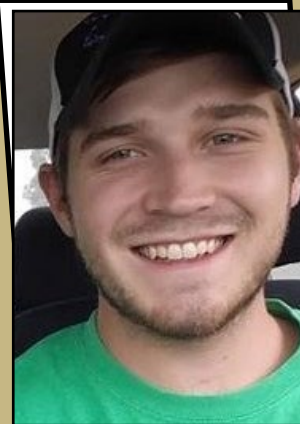
- Bash the Bluffs 5K Survey 2017 - Special Events
- Faculty and Staff Games Survey - Competitive Sports
- Spring 2017 Group Fitness Holder Survey - Group Fitness
- Spring 2017 Intramurals Survey - Competitive Sports
- Peer Education Survey - Wellness Promotion



## Personal Success Stories

*Ryan Lrouse - Building Manager*

What I enjoy most about working at Campus Recreation is the people involved. I have been given the opportunity to work with and for a variety of different types of personalities and people, which has made me go outside of my comfort zone to accommodate them. Campus Recreation is a job that has kept me on my toes and put me in situations where I have had to be quick on my feet to come up with an appropriate solution. I have gone from an entry level worker with very few skills, to a worker with many skills and a good amount of knowledge. The management role that I have been put in has given me the opportunity to evaluate my peers and even interview potential candidates for the OM position, BM position as well as some pro staff positions. Campus Recreation has developed me and opened my eyes to the job market and what types of things companies are looking for after graduation.



# HIGHLIGHTS AND ACCOMPLISHMENTS



## Campus Recreation Team

We welcomed several new professional staff including a new Coordinator of Aquatics and Fitness, Brooke Freudenhammer and a Coordinator of Outdoor Programs and Trails, Chris Ertman, onto our team in FY 17.

New committees were formed to address gaps within our service model. These committees included the teambuilding & celebration committee, risk management committee, student development committee, and the training and education committee.

## Administration

- Established a Memorandum of Understanding with UCCS Athletics regarding facility use
- Established a Memorandum of Understanding with UCCS Army ROTC regarding facility use
- Completed the National Intramural and Recreational Sports Association (NIRSA) Institutional Data Set assessment data input
- Contributed to HLC Accreditation Process in November, 2016
- Formalized Student Recreation Advisory Board to enhance student engagement and campus community impact of Campus Recreation programs, services, and facilities
- Performed department structure reorganization
- Continued recreation management software research with the goal to onboard a new system in fiscal year 2018



# HIGHLIGHTS & ACCOMPLISHMENTS

## Facilities

- Gallogly Recreation and Wellness Center
  - Experienced our first full year of operation after our recent expansion in February, 2016
  - Hosted facility renaming event to celebrate the Gallogly family on October 17, 2016
  - Installed a variety of new UCCS mountain lions branding throughout the facility
  - Upgraded all aquatics center pump room motors and performed system pipe repairs
  - Continued to work through remaining expansion construction items, facility punch list items, and warranty issues
  - Began planning and design for a new rock climbing wall to be constructed in the SOLE Center
  - Completed planning and design for “A Walk in Campus Recreation History” mural wall
- Trails System
  - Continued our progress regarding our recreational trails micro master plan with the renovation of the Tava Trail (formerly known as the Sherpa Trail)
    - ◆ Awarded a Green Action Fund grant to support this project
    - ◆ Installed our inaugural interpretive signage project along this trail with the cooperation of the Discovering Place – A UCCS Field Guide authors
  - Completed GIS mapping of the middle campus trails system region
  - Purchased a new Kubota utility vehicle to assist in providing maintenance on our trails system
  - Formalized two connector trails, adjoining existing trails to the new 540 parking lot
- Alpine Field
  - Installed 405 square feet of new sports venue safety wall padding

## Club Sports

- Clubs attended Rec Fest and Club Fair
- Women’s Volleyball hosted a home tournament
- Women’s Volleyball’s first team placed second overall at CSU Pueblo’s tournament
- Men’s Volleyball hosted Air Force for a scrimmage
- Cycling had members compete and place in the 2016 Cycling Mountain Bike National Championships – Harrison Ory, First Place, and Chase Nelson, Fifth Place
- Basketball Club created in October 2016
- Men’s Soccer attended Nationals in Alabama
- Club Sports held its first officer training
- Barbell Club created in January 2017
- Women’s Volleyball hosted a home tournament
- Men’s Volleyball traveled to Las Vegas for a nationwide tournament
- Club Sports held an officer transition training



# HIGHLIGHTS & ACCOMPLISHMENTS

## Intramurals

- Took one men's flag football team to the University of Nebraska for a NIRSA Regional Tournament
- Took two student basketball officials to the University of Nebraska for a NIRSA Regional Tournament
- Took one men's basketball team to the University of Nebraska for a NIRSA Regional Tournament
- Hosted a wheelchair basketball tournament with volunteer Paralympic athletes and coaches

## SOLE Center

- El Pomar Foundation Heritage Series Speaker - Kelsey Helgeson, student employee
- AIARE Level 1 professional certification - Kelsey Helgeson, student employee
- Colorado Outdoor Educator Symposium and National Experiential Education Conference Presenter - Kelsey Helgeson, student employee
- Colorado Outdoor Educator Symposium and National Experiential Education Conference Presenter - Stephanie Cantu, student employee
- International Trails Symposium Scholar - Stephanie Cantu, student employee

## Wellness Promotion

- Wellness Promotion hired a student assistant to help with outreach events
- Co-created with the Office of the Dean of Students, UCCS's first Peer Education Program focused on health behaviors, risk reduction, and prevention
- We began hosting monthly outreach events that promote all areas of health: mental health, physical health, and nutrition
- We received GAF grant funding to purchase fresh, local, and organic ingredients for bi-monthly cooking classes hosted by Wellness Center dietitians.
- We resurrected our Student Health Advisory Board and grew it to 22 members

## Facility Operations

- Created two Program Assistant student jobs
- Moved the supervision of Alpine staffing from Competitive Sports to Facility Operations
- Extended Alpine Field operational hours an additional 6 hours per week

## Aquatics

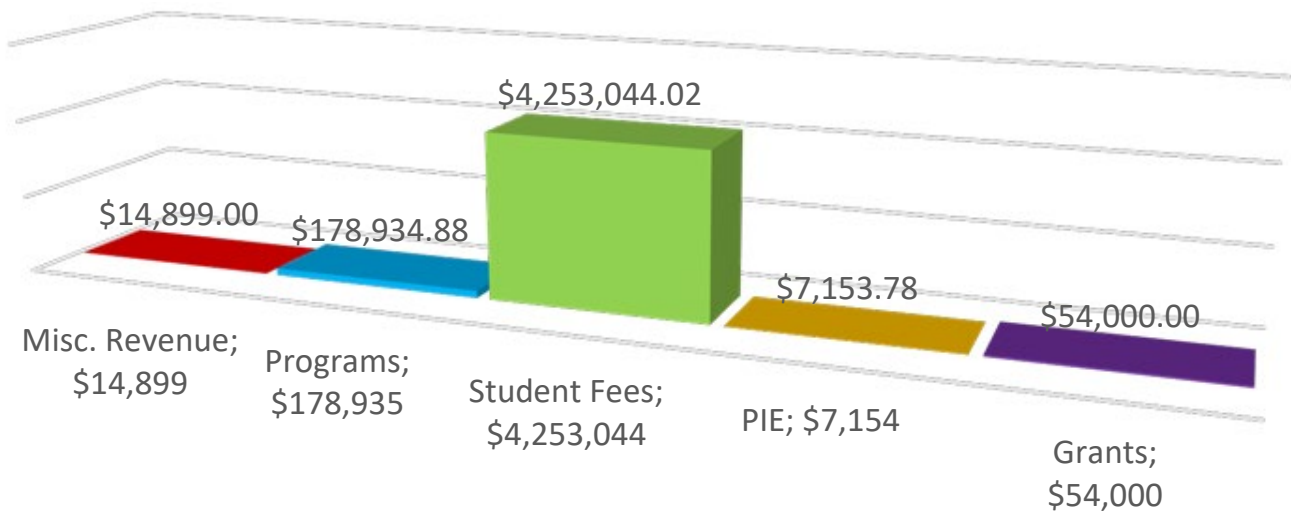
- Extended operational hours an additional 22.5 hours per week



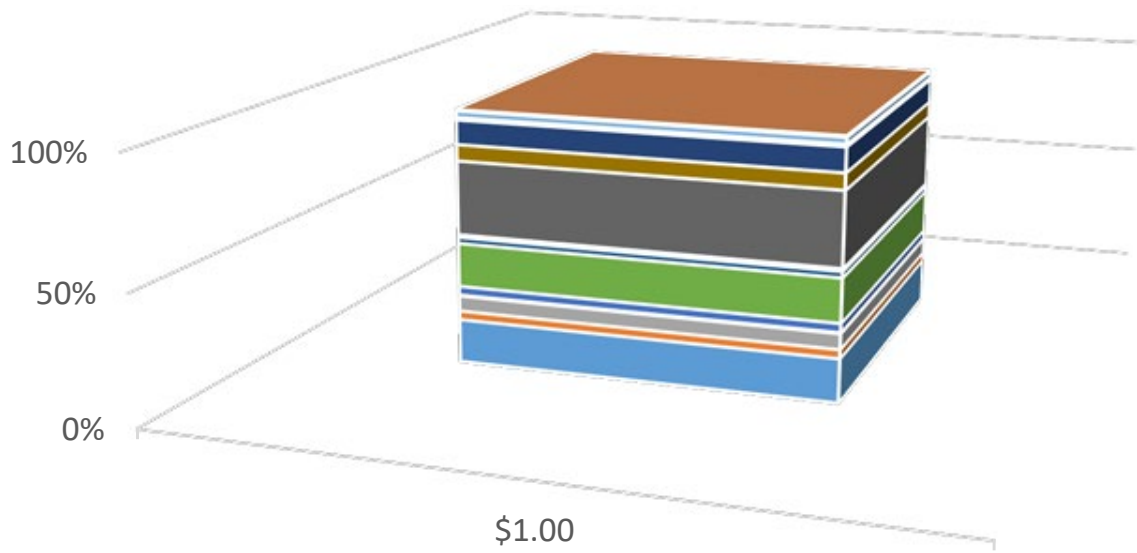
# BUDGET REPORT



## FY 17 Source of Funds



## FY 17 Expenditures



- Salaries & Wages; \$800,502
- Operating; \$284,942
- Utilities; \$164,758
- General Administrative Recharges; \$116,316
- Bond Debt - Rec Center Construction; \$1,361,435
- Campus Shared Services; \$446,317
- Trails Capital Construction; \$118,471
- Benefits; \$164,097
- Travel; \$18,517
- Reserves Year End Transfer; \$804,922
- Capital Equipment; \$48,753
- Bond Debt - Alpine Field Construction; \$300,000
- Construction Project Manager; \$45,150
- Repairs & Restoration; \$21,623



Recreation and Wellness Center

UNIVERSITY OF COLORADO **COLORADO SPRINGS**

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