



# Campus Recreation

UNIVERSITY OF COLORADO  
**COLORADO SPRINGS**



2017 - 2018  
ANNUAL  
REPORT

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# Our Story

A woman in a blue tank top and purple shorts is running on a treadmill in a modern gym. The gym has large windows in the background, and various exercise machines are visible in the foreground.

## Our Mission

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

## Our Vision

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

## Our Core Values

Build **Community** through Authentic Relationships  
Cultivate **Leadership** through Experiences  
Foster **Development** through Education  
Inspire **Well-Being** through Involvement  
Enrich **Diversity** through Engagement and Inclusion  
Achieve **Innovation** through Creativity



# Message from the Director

Dear University of Colorado Colorado Springs Community,

The Department of Campus Recreation had another outstanding fiscal year in 2017-2018, providing recreation, wellness, and development opportunities to the students, faculty, staff, alumni, and friends of the University of Colorado Colorado Springs.

Our focus this past year revolved around enhancing the sustainability of our operations and creating a more robust inclusive community within our programs and services. A variety of sustainable upgrades positively impacted our trails system including the establishment of a new partnership with our Outdoor Services staff to up cycle pruned tree branches and down trees to mitigate soil erosion and social trail use, installation of trail counters to quantify trail use and impact, and two of our professional staff members became Leave No Trace Master Educators. Our club sports program moved 90% of our participation paper forms to an online platform to reduce paper usage and increase program efficiency. Facility Operations purchased a new chemical-free floor scrubber machine, moved all student employee paper scheduling to an online software program, received a grant for the purchase of iPads to electronically track facility use numbers and reports, and upgraded

aquatics center overhead lighting to LED fixtures.

Our department augmented the diversity within our programs and services in a multitude of ways including special events such as our Unity Project and Body Project as well as the on-boarding of a new Peer Education program. Competitive Sports hosted an inclusive wheelchair basketball event in collaboration with local Paralympic athletes and coaches, as well as a “Learn to Play Cricket” event in partnership with the Chancellor’s Office, Global Engagement Office, NIRSA, the International Cricket Council, and local athletes from the Colorado Springs Cricket Club. Competitive Sports also ushered in an array of new club sports programs including figure skating, climbing, archery, basketball, ping pong, and barbell. Group Fitness elevated advertisement of our group fitness studios Assist2Hear system for individuals with hearing impairments, and offered a weekly Bollywood Dance class. Our Student Outdoor Learning Experience partnered with our MOSAIC office and the office of Veteran and Military Student Affairs on future program plans. The development of these new programs and services assisted us in serving populations that have under-utilized Campus Recreation programs, and provided an avenue for cross culture collaboration and relationships.

With more than 100 student employees, Campus Recreation is one of the largest employers of students at UCCS. Students are the heart of our department, and our student employees are given significant responsibilities and leadership opportunities. Whether students are Club Sport officers, leading a back-country backpacking trip, or instructing a first aid/CPR/AED class, they benefit from their experiences with Campus Recreation. We create experiences that supplement classroom education, develop leaders, and promote mind-body wellness.

With this Annual Report, I invite you to become acquainted with the contributions the Department of Campus Recreation makes in creating a healthier, happier community at the University of Colorado Colorado Springs. Better yet, I challenge you to learn more by participating in our many programs and services.

Sincerely,

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

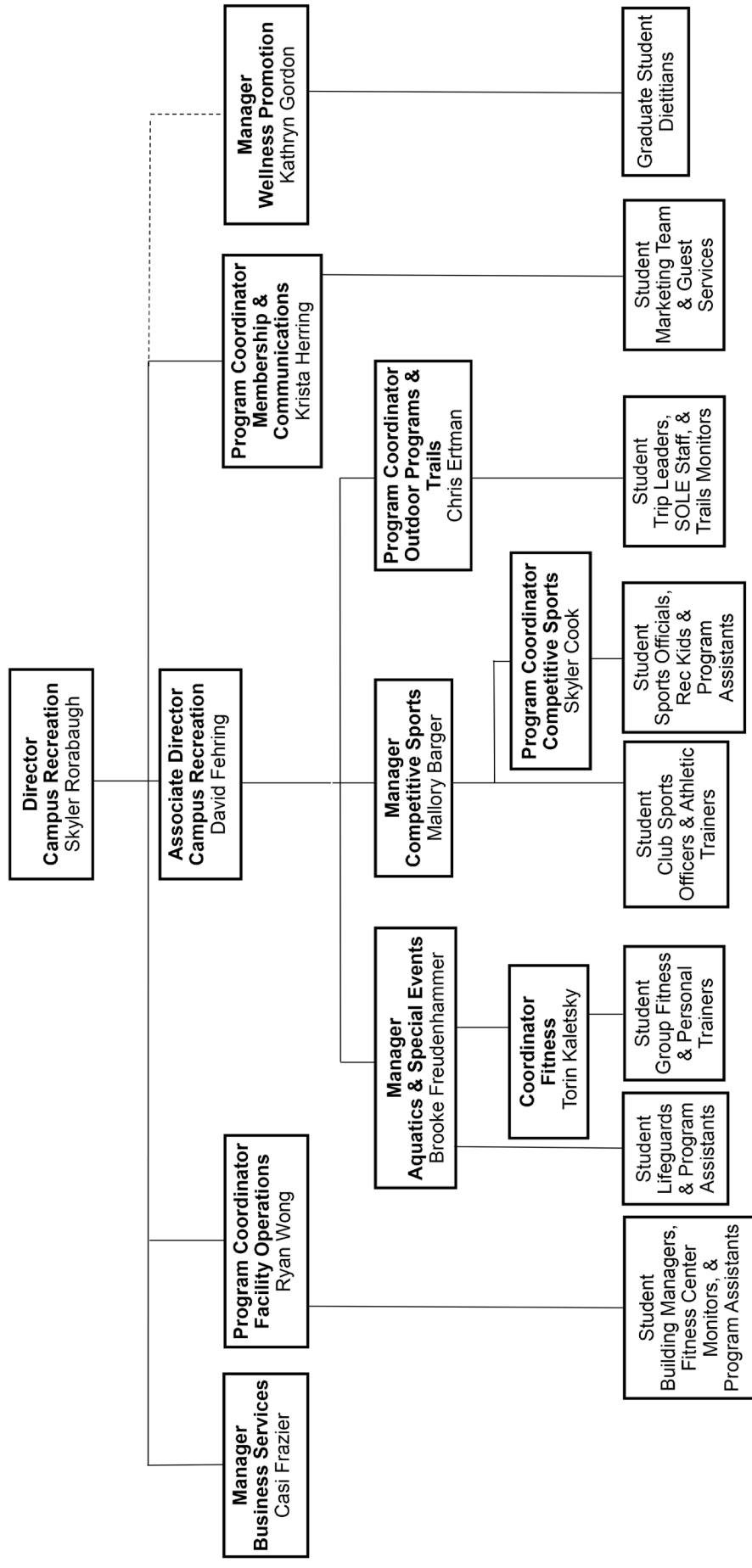




# Our Team



# Campus Recreation Organizational Structure





# Skyler Rorabaugh

## Director



### Continuing Education/Professional Development

- Administration and Finance ASSEStival - July 2017
- Wellness and Recreation Staff Retreat - July 2017
- Campus Recreation Staff Strategic Planning Retreat - July 2017
- Vice Chancellor of Student Success Retreat - August 2017
- Assit2Hear Training - August 2017
- FERPA Training - September 2017
- Fall Protection Training - October 2017
- Inter-cultural Awareness Workshop - November 2017
- Safezone Training 2.0 - November 2017
- SEEDS Grant Award Recipient - February 2018
- NIRSA 2018 National Conference Attendee: Denver, CO - March 2018
- PCI Compliance Training - March 2018
- Canvas Software Training - March 2018
- Diversity & Inclusion Summit - April 2018
- Fusion Software Training - May 2018
- GPS Faculty Development Retreat - May 2018
- eComm Training - May 2018
- Auxiliary Director's Retreat - June 2018
- Campus Rec Leadership Summit - June 2018
- Registered Collegiate Recreational Sports Professional
- Certified Park and Recreation Professional Certification
- UCCS Rising Professionals Member
- 2018 University of Colorado System Service Excellence Award Recipient

### Committees

- Auxiliary Student Success Division Assessment Committee Member
- Auxiliary Services Budget Analyst Search Committee Chair
- Campus Recreation Teambuilding and Celebration Committee Member
- Trails and Open Space Coalition Board Member
- Minors on Campus Taskforce Member
- Safety Management Committee Member
- NIRSA 2018 Host Committee Member - Service Project

### Student and Professional Staff Development

- Administration and Finance Division Student A-Team Professional Staff Leader
- Campus Recreation Advisory Board Ex-Officio Member
- Guest Presenter, College of Business, SPTM 4300 Class
- Campus Recreation Student Employee Enrichment Conference Presenter



## Casi Frazier

### Business Services Manager

#### Continuing Education/Professional Development

- Staff Enrichment Day
- Leadership Academy
- Veterans Training
- PCIDSS Credit Training
- UCCS Finance Group
- UCCS HR Group
- CUPA-HR Member

#### Committees

- Campus Rec Facilities Coordinator Hiring Committee
- Campus Rec Associate Director Hiring Committee
- Housing Coordinator Hiring Committee
- Housing Office Coordinator Hiring Committee
- Auxiliary Service Bookkeeper Hiring Committee
- Student Life Office Manager Hiring Committee
- Student Life Coordinator Hiring Committee

#### Student and Professional Staff Development

- Fall and Spring Employee Training
- Rec Center New Employee and Myleave Training

## Katie Gordon

### Wellness Promotion Manager

#### Continuing Education/Professional Development

- Campus Safety Summit June 2017
- NIRSA Annual Conference - March 2018
- Catharsis Sexual Assault Education Training Workshop - May 2018

#### Committees

- Coordinated Community Response Team
- Clyde's Cupboard Advisory Board
- Campus Programming Committee

#### Student and Professional Staff Development

- Fall and Spring Employee Training
- Hosted Body Project Facilitator Training - Feb 2018
- Mountain Lion Week Presenter - August 2017





# David Fehring

## Associate Director

### Continuing Education/Professional Development

- NIRSA Annual Conference - March 2017
- Veterans Training - September 2017
- SaVe Act Training - September 2017
- Jessica Lynn's Trans-gender Journey - October 2017
- Safe Zone Training - October 2017
- Leadership Academy - November 2017
- Preparing Staff Evaluation Training - February 2018
- Basic Student Employee Supervisor - February 2018
- NIRSA Annual Conference - March 2018

### Committees

- Campus Compliance Risk Assessment Sub-Group

### Student and Professional Staff Development

- Spring Employee Training
- Presented at Campus Rec LEADS
- Presented at the University of Wyoming Campus Recreation Staff on StrengthsQuest
- Served on BM Hiring Committee
- Served as A-Team Mentor



# Mallory Barger

## Competitive Sports Manager

### Continuing Education/Professional Development

- NIRSA Annual Conference

### Committees

- Campus Rec Facilities Coordinator Hiring Committee
- University Staff Pay and Benefits Committee and Staff Association Board Member
- Club and Organizations Recognition Committee
- Student Success Assessment Committee
- Student Training and Education Committee

### Student and Professional Staff Development

- Fall and Spring Employee Training
- NIRSA Annual Conference travel with students
- GPS Instructor
- Club Sport program officer training and officer development and advising



## Brooke Freudenhammer

### Program Coordinator - Aquatics & Special Events

#### Continuing Education/Professional Development

- Attended NIRSA National Conference 2018
- Planned 2018 Spring Enrichment Conference

#### Committees

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

#### Student and Professional Staff Development

- Held monthly in-services to review all lifeguarding skills and also incorporate team exercises to develop a positive team culture
- Reviewed applications and awarded NIRSA Conference registration student scholarships
- Coached students through planning and implementing a Group Fitness Expo
- Fall All-Staff Training; August 2018
- Fall Student Employee Evaluations
- 2018 Spring Employee Enrichment Conference
- January 2018 Spring Student Employee Evaluations
- Continually met with student staff to discuss how to make lifeguarding skills transferable to career jobs
- Developed new Accident & Incident Reports for Campus Recreation.

## Chris Ertman

### Program Coordinator - Outdoor Programs & Trails

#### Continuing Education/Professional Development

- Wilderness First Aid Responder - March 2017
- LNT Master Educator - September 2017
- Master Bike Mechanic - June 2018
- NIRSA Annual Conference

#### Committees

- Trails Advisory
- Bike Advisory
- PPORA

#### Student and Professional Staff Development

- Fall and Spring Employee Training
- NIRSA Annual Conference travel with student





# Skyler Cook

## Program Coordinator: Competitive Sports & Youth Programs

### Continuing Education/Professional Development

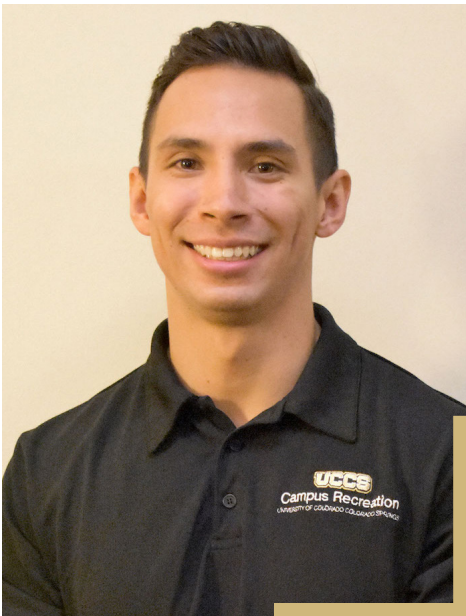
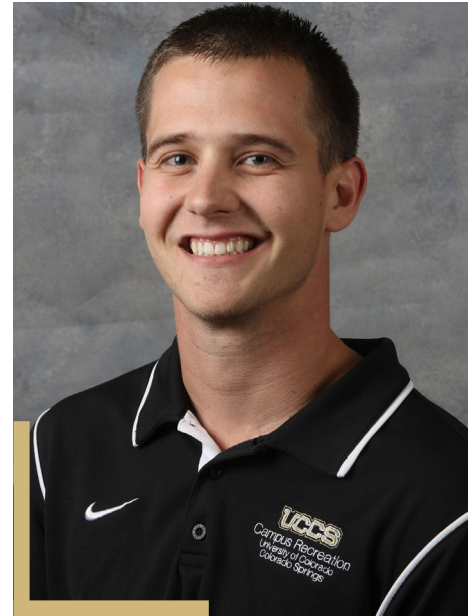
- NIRSA Annual Conference - March 2017
- High School Football Official - Fall 2017

### Committees

- Campus Rec AD Hiring Committee - Summer 2017
- GPS Course Planning Committee - Spring 2018
- Teambuilding Committee- Spring & Fall 2018

### Student and Professional Staff Development

- Fall Employee Enrichment Conference
- Spring Employee Enrichment Conference



# Ryan Wong

## Program Coordinator: Facilities Operations

### Continuing Education/Professional Development

- NIRSA Annual Conference

### Committees

- Teambuilding Committee
- Risk Management Committee
- Search Committee for Safety Specialist
- Search Committee for Front of House Manager (ENT Center)
- Search Committee for Medical Assistant (Lane Center)

### Student and Professional Staff Development

- Fall Employee Enrichment Conference
- Spring Enrichment Conference
- Campus Rec LEADS Program
- A-Team



# Krista Herring

## Program Coordinator: Membership & Communications

### Continuing Education/Professional Development

- Admin and Finance ASSESStival – July 2017
- Wellness and Recreation Staff Retreat – July 2017
- Mini Recreation Staff Strategic Planning Retreat – July 2017
- Campus Recreation Retreat – August 2017
- Digital Marketing Training Webinar – August 2017
- Fire System PA Training – August 2017
- Recreation and Wellness website training – September 2017
- WeatherSentry Online Training – September 2017
- Student Success Division Meeting – September 2017
- FERPA Training – September 2017
- Fall Protection Training – October 2017
- Concur Reporting and Student Employee Paperwork Training – October 2017
- Welcome, Generation Z! Seminar – October 2017
- Passion Motivation Marketing Webinar – November 2017
- Social Media Presence Webinar – November 2017
- Supervision 101 Training – November 2017
- Masterclass Marketing Webinar – November 2017
- Campus Recreation Retreat – Core Values and Goals – November 2017
- Student Success Strategic Plan Input Day – December 2017
- Behind Closed Doors Training – January 2018
- Preparation for Employee Evaluation Session – February 2018
- CU Financial Event Seminar – March 2018
- NIRSA 2018 National Conference Attendee – March 2018
- PCI Compliance Training – March 2018
- 2018 Staff Enrichment Day – March 2018
- 2018 Diversity and Inclusion Summit – April 2018
- Social Media Conference Attendee – May 2018
- Fusion Software Training – May 2018
- UCCS Student Affairs in Higher Education graduate program student
- LEAD 5700 Introduction to Research and Statistics – Summer 2017
- LEAD 5030 Vision, Values, and Leadership in Student Affairs in Higher Education – Fall 2017
- LEAD 5610 – Social and Cultural Foundations of Higher Education – Fall 2017
- LEAD 5260 – Counseling and Student Development Theories – Spring 2018
- LEAD 5280 – Legal and Ethical Issues in Higher Education – Spring 2018

### Committees



- Campus Recreation Coordinator of Facilities Search Committee Diversity Champion
- Career Center Career Coordinator Search Committee Diversity Champion
- Campus Recreation Teambuilding and Celebration Committee Chair
- UCCS Welcome Committee Member
- Wellness Administrative Assistant Search Committee Member
- Auxiliary Marketing Social Media and Content Specialist Search Committee Chair

### Student and Professional Staff Development

- Guest Services Attendant Training – July 2017
- CU Boulder Recreation Building Manager Tour and Meeting – August 2017
- Fall All-Staff Employee Training – August 2017
- Group Fitness Instructor Auditions – August 2017
- SubltUp Training for Campus Recreation Professional staff – August 2017
- Guest Services Attendant Training – August 2017
- CU Denver Recreation Professional Staff Tour and Meeting – October 2017
- Kx Demonstration and General Training for Campus Recreation Professional Staff – October 2017
- Fall Student Staff Appreciation – December 2017
- Fall Student Staff Evaluations – December 2017
- Spring Employee Enrichment Conference – January 2018
- Student Marketing Team Training – April 2018
- Spring Student Staff Evaluations – April 2018
- Adobe Cloud Training – June 2018
- Phi Sigma Sigma Iota Kappa Chapter Advisor
- Guest Services Attendant Monthly Meetings
- Student Marketing Team Monthly Meetings

## Torin Kaletsky

### Program Coordinator: Fitness

#### Continuing Education/Professional Development

- NIRSA 2018, Denver
- Presented Everybody Matters: Approaches to Motivate Higher Morale
- AAAI/ISMA Fitness Conference, Colorado Springs
- Obtained Small Group Fitness Trainer Certification
- UCCS Division of Student Success Professional Development Committee
- Planned 2018 Summer Symposium
- Safe Zone
- Attended SCW Mania



# Our Year in Review

## Campus Recreation Team

- We welcomed several new professional staff including a new Associate Director, David Fehring, Program Coordinator of Facility Operations, Ryan Wong, and a Coordinator of Fitness, Torin Kaletsky, onto our team in FY 2018

## Administration

- Completed NIRSA Institutional Data Set assessment data input
- Finalized recreation management software research with the goal to on-board a new system in the summer of 2018
- Created and funded a student marketing team to support our marketing and communication efforts to our constituents
- Revised department core value statements
- Selected as Facility Tour Site for 2018 NIRSA National Conference Facility Tour
- Sponsored a total of eight student staff employees to attend the 2018 NIRSA National Conference in Denver, Colorado - first time in the department history to provide full sponsorship for student employees to attend







## Facility Enhancements

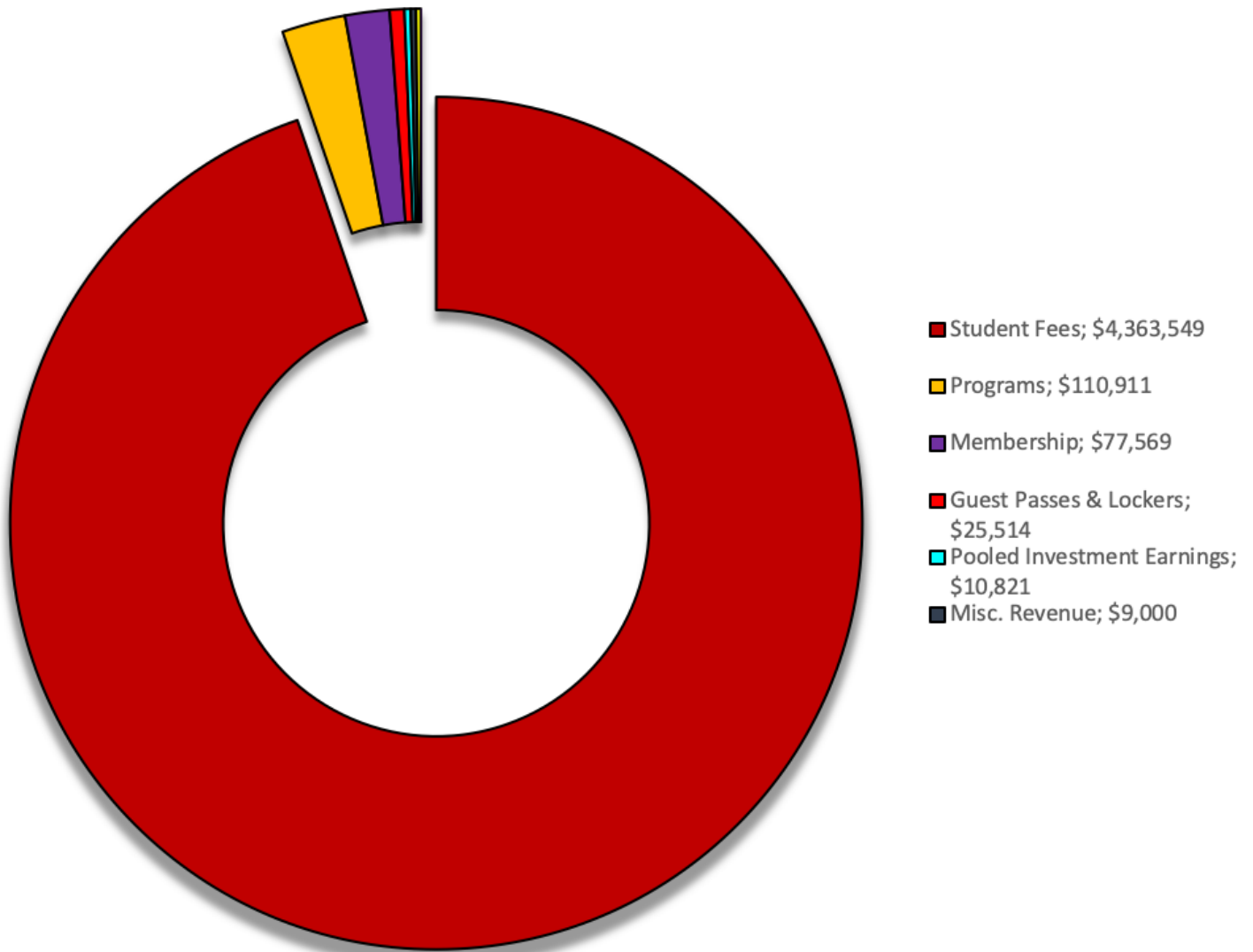
### Recreation Center

- Purchased new lane lines (school colors) for the aquatics center pool
- Installed “Go Mountain Lions” branding in the aquatics center
- Installed new gymnasium curtain divider between courts C and D
- Updated our fitness center selectorized equipment with brand-new Technogym equipment
- Updated our fitness center rowers and barbells
- Installed a new 27-foot tall climbing wall in the SOLE Center

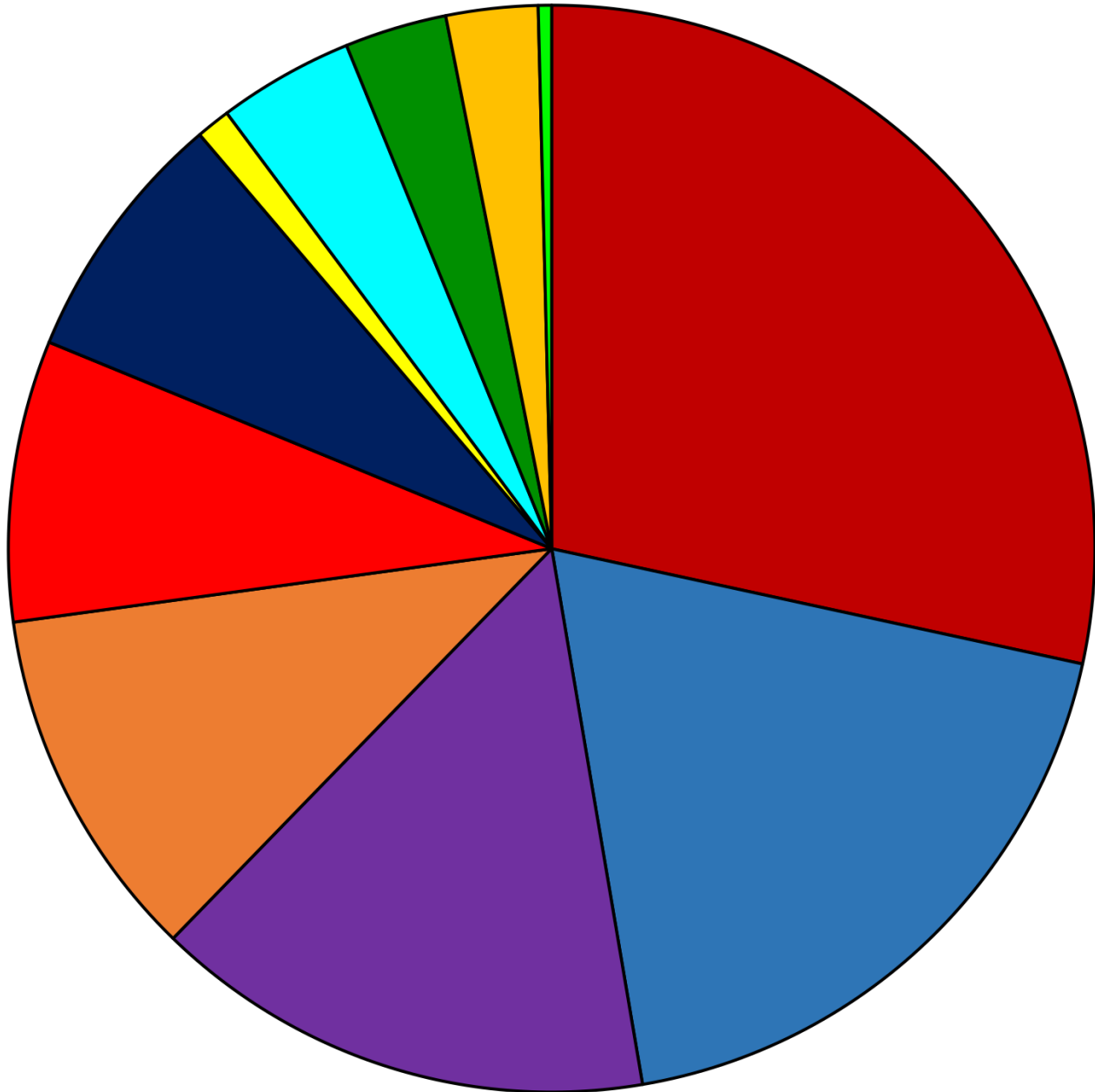
### Trails System

- Continued our progress regarding our recreational trails micro master plan by completing the final stage of Tava Trail (formally known as the Sherpa Trail) renovation
  - Constructed stair decking systems, risers, soil erosion mitigation work, addition of crusher fines, and restoration area fencing

# Budget Report - Revenue Source



# Budget Report - Expenditures







**S.O.L.E.**  
Student Outdoor Learning Experience

so





# Program Areas

SOLE  
Student Outdoor Learning Experience



# Facilities Operations



The Campus Recreation Facilities Operations Department provides a safe, inclusive environment for students, faculty/staff, alumni, and community members. University of Colorado Colorado Springs Campus Recreation, as part of UCCS Student Success, celebrates diversity.

We believe a healthy, active and engaged lifestyle is a right afforded to everyone. As such, we are dedicated to providing safe services, programs, and facilities that are welcoming to all individuals regardless of race, ethnicity, religion, spirituality, gender, gender identity/expression, age, sexual orientation, ability, socioeconomic status, or national origin.

Campus Recreation makes every effort to be accessible to all abilities.

We provide equipment and open recreation activities to UCCS Campus Rec members. We ensure preventative maintenance, safety, and cleanliness to create a properly functioning facility. The Facilities Operations Department also oversees guest services, building managers, and fitness center student employees.

## 2017-2018 Quick Facts

### **Open Recreation Equipment Rentals**

- 6,918

### **Daily Locker Rentals**

- 32,556

### **Guest Visits**

- 3,193

### **Total Facility Visits**

- 135,984



## Program Highlights

- Purchased new selectorized equipment and added several high demand items such as additional stair climbers, a reverse fly, and a prone leg curl.
- Hosted and toured Collegiate Recreation professionals from all across the US and Canada as part of the National Intramural and Recreational Association Annual Conference Facility Tour Workshop.

## This Year's Hurdles

- Due to an increase in facility usage, the department faced increased challenges in maintaining cleanliness, specifically due to a lack of staffing in the correct positions. Efforts are being made to improve cleanliness by strategically filling positions within the facility, such as custodians and fitness center monitors.

## Future Endeavors

- The Campus Recreation Facilities Operations Program intends to on-board a new Coordinator of Facility Operations within the next year.
- The department is evaluating the future installation of TRX equipment within our fitness studios to help provide a more diverse offering of group fitness classes.
- Installation of turnstyle gates at the main entrance to increase overall safety and security of facility operations.





# Aquatics

The background image shows an indoor aquatic facility. In the foreground, a pool lane is marked with blue and white striped lane lines. In the background, there is a blue slide structure, a diving board, and a pool with some people swimming. The ceiling is high with a complex metal truss system.

The Aquatics and Safety Program offers a variety of adult first aid, CPR, and AED, CPR for the professional rescuer, full lifeguard certification, and lifeguard recertification classes with American Red Cross certified instructors. The Aquatics Center is equipped with four 25-yard lap lanes, a vortex pool, drop slide, hydro-therapy jets, in-water seating, and a 20-person spa with the most amazing view of Pikes Peak and Garden of the Gods. The program serves UCCS students and members, along with the community.

## 2017-2018 Quick Facts

### **Open Rec Participation**

- 12,047 Pool Users

### **Swim Lesson Classes Instructed**

- 53

### **CPR/AED Classes Instructed**

- 11

### **Lifeguard Classes Instructed**

- 10



## Program Highlights

- This year, the program expanded the pool facility hours of operation. Mid-day breaks were eliminated and the pool is now open from 6am-9pm during the week.
- The Aquatics and Safety Program became the University resource for CPR classes, and hosted the most classes in program history.

## This Year's Hurdles

- It was challenging for the program to adjust to the influx of people registering for CPR classes, but additional classes and spots were offered to compensate.

## Future Endeavors

- The Campus Recreation Aquatics and Safety Program is looking forward to offering more CPR and Lifeguard classes, including classes during the week and on-line learning classes.



## Courtney Sherwood

Aquatics Program Assistant, Building Manager, Lifeguard, Swim Instructor, Lifeguard Specialist, and CPR Instructor

I started at Campus Recreation in May of 2014 as a lifeguard and swim instructor. While I just thought this would be another job for me, Campus Recreation offered me so much more than that, and ultimately changed my life. 2 years later, I got promoted to the Aquatics Program Assistant, and since then it has been non-stop development for me, personally and professionally. A year later, I had the opportunity for another leadership position as a Building Manager. Between these two positions, I have learned SO much, from how to be a leader for my peers and the importance that our facility plays

on campus. I've joined 2 different committees, gotten my Lifeguard Instructor certification, and attended 2 national conferences with Campus Rec's help in that past year. I have even added a minor of Student Affairs in Higher Education because I fell in love with my job, and want to pursue it as a career. What started as 'just another job' changed my life, and I am infinitely grateful!

# Fitness



The Campus Recreation Fitness Program is comprised of group fitness classes and personal training for students and Campus Recreation members.

The Group Fitness Program offers a variety of class formats to help the UCCS campus community achieve their personal health and fitness goals, and beginners are welcome in all classes. We provide a non-intimidating, group-based environment. We offer over 25 classes a week. Whether you have a taste for cardiovascular, dance, high intensity or mind and body, we have a class for you!

The Personal Training program provides participants with both the tools and education necessary to accomplish personal health and fitness goals in a non-intimidating, one-on-one atmosphere. Whether you just decided to start exercising, you're training for a sport-specific goal, or you're planning on participating in your first 5K or triathlon, our personal trainers can help you achieve your goal.

Campus Recreation group fitness instructors and personal trainers are certified through nationally recognized organizations and must go through an in-house audition before employment.



## 2017-2018 Quick Facts

### Personal Training Sessions

- 638

### Types of fitness classes offered

- Cardio
- Aqua
- Cycle
- Martial Arts
- Dance
- Mind/Body
- Strength

### Total Number of Fitness Classes Offered

- 779

### Number of Fitness Class Participants

- 4,145

## Program Highlights

- Fitness Program hired a full-time Program Coordinator for the first time.
- Establishment of a variety of fitness special events (Group Fitness Expo, Gloga, Yoga 101) that occurred throughout the year.
- Group Fitness was able to increase the number of different group fitness class formats.

## This Year's Hurdles

- A constant challenge is recruiting, hiring, and training group fitness instructors that can teach multiple formats, as well as have a large enough staff to provide a group fitness schedule.
- Limited participation in Group Fitness classes during the year due to lack of awareness, potential cost barriers, and inconsistent class schedule.

## Future Endeavors

- The program is looking to establish in-house training courses to educate, develop, and prepare the next generation of Campus Recreation fitness staff.
- This coming year, Group Fitness is introducing a Progressive Training Class for those interested in learning a new skill, accomplish a fitness goal and workout in a small group training format.





# Intramural Sports

The Campus Recreation Intramural Sports Program provides students, faculty and staff members with fun and entertaining sports and activities on both recreational and competitive levels. Eligible participants can participate in individual, partner or team sports. Individuals can showcase their competitive edge by participating in additional Intramural Sports Program offerings such as leagues, single day tournaments and special events.

All skill levels are welcome and no prior experience is necessary.

The mission of the Intramural Sports Program is to engage the university community in diverse sport and program opportunities that enrich the student learning experience through involvement, leadership, and physical activity in a safe and competitive environment.

## 2017-2018 Quick Facts

### **Total League Sports Offered**

- 13

### **Total Number of Participants**

- 2,317

### **Total League Sports Teams**

- 433

### **Total One Day Tournaments**

- 29

### **Total One Day Tournament Participation**

- 728



## Program Highlights

- Intramural Sports began a new partnership with Special Olympics Colorado in the form of Unified Sports. UCCS is dedicated to promoting social inclusion through shared sports training and competition experiences. Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding. We began this program with Unified Flag Football and implemented a successful four-week league.
- Implemented new sport pass option.

## This year's Hurdles

- The biggest hurdle for IM Sports would be the lack of open green space on our campus for outdoor sport leagues. We hosted our softball league off campus at Goose Gossage Sports Complex and students struggled to find transportation to the fields which resulted in a high number of forfeits for that sport. We also compete for field space on Alpine Field with Club Sports. We could offer more opportunities for students to get involved through rec sports if we had additional outdoor field space and/or open green space on campus.

## Future Endeavors

- The program is looking forward to offering new Unified Sports opportunities with Unified Basketball. Intramural Sports is also exploring how eSports can continue to grow on the UCCS campus by providing students with recreational opportunities to compete in electronic sports gaming.





# Outdoors

A person wearing a black and pink ski jacket, a helmet with goggles, and colorful geometric-patterned ski pants is performing a handstand in a snowy environment. They are smiling and have their arms raised in the air. The background shows a wooden structure and falling snow.

The Student Outdoor Learning Experience (SOLE) provides the university 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. Located in the Gallogly Recreation & Wellness Center, SOLE houses a free, full service bike shop, ski and snowboard waxing, a 27-foot climbing wall, and outdoor equipment rentals.

SOLE provides students and the UCCS Community a healthy alternative to typical gym and fitness routines. Outdoor activities are proven to provide stress relief, decrease anxiety, improve fitness and overall well-being. Within SOLE, the rock climbing wall provides additional physical benefits such as building muscle endurance, strength and flexibility. Rock climbing has also been proven to be beneficial to both the brain and mental health, and is known to reduce stress and have positive outcomes on mental health.





## 2017-2018 Quick Facts

### Number of Trips Offered

- 32

### Types of Trips Offered

- Backpacking
- Paddle-boarding
- Mountain Biking
- Rock Climbing
- Ski & Soak
- White Water Rafting

### SOLE Guest Visits

- 3,193

### Bike Clinics

- 10 Total clinics offered
- 33 total participants

### Ski Shop Visits

- 191

### Bike Workshop Visits

- 492

## Program Highlights

- During the 2017-2018 year, the Outdoor Program expanded and opened a new 27 foot rock climbing wall inside the SOLE Center.
- SOLE hosted the program's first international trip to Costa Rica.
- Film Festival - Wild and Scenic Film Festival. Outdoor adventure films with a focus on sustaining and preserving the environment. Approx. 60 viewers attended, 2 hours in duration, 12 short films.

## This Year's Hurdles

- The Outdoor Program continues to struggle with facility space. The program does not have room to expand offerings such as ski or snowboard rentals because storage space is not available to be utilized.

## Future Endeavors

- The program is looking to expand the SOLE Center, along with the Ski and Snowboard Rental program. They are working towards offering additional international trips and programming in the areas of wilderness medicine, snow safety, and rock climbing.



# Trails

The UCCS Trails System is comprised of over 13 miles of trails, 7 of which are designated and maintained by the SOLE Center, varying in difficulty.

The trails system provides healthy alternatives for individuals wanting to workout and explore outside of the traditional gym setting.

The UCCS Trails System provides outlets for stress and anxiety, healthy workout alternatives, mountain biking, trail running, photography, wildlife, hiking, and offers users the chance to experience nature without leaving campus.

## Quick Facts

### Volunteer Trail Days

- 2

### Volunteer Hours

- 38

### Tava Trail Usage

- 168,622

### Clovis Trail Usage

- 4,834

### Alpine Trail Usage

- 35,125



## Program Highlights

- This year, the Trails Program reinstated the Recreation Trails Advisory Committee.
- The program renovated the Tava Trail with a new decking system, trail hardening, and drainage applications to mitigate storm water run-off and trail degradation.
- Completed phase one of trail mapping.

## This Year's Hurdles

- Obtaining campus approval to begin and finish projects, such as trail development, was a challenge because of the lack of a distinguished point person tasked with approving projects.

## Future Endeavors

- The program will be installing trail head kiosks, adding informative signs, and creating distinct trail markers.



## Kendra Moretti

UCCS Campus Recreation Alumni

Campus Recreation has served a big purpose in my life both personally and professionally. One of the biggest things Campus Rec gave me was a sense of direction in what I wanted to do in my career path and the legacy I wanted to leave. I was able to have a hands on experience while working at Campus Rec that has continued to play a vital role in my life. For example, I was able to use leadership strategies and styles I had learned in class and apply it to the way I was leading my peers and coworkers around me. I know for a fact if it weren't for Campus Rec at UCCS my path would have been a whole lot different and what was taught to me would not have played such a vital role. I can not be more grateful for the opportunities UCCS Campus Rec gave me.



A person wearing a white equestrian helmet, a dark blue jacket, and a white shirt is riding a brown horse. The horse is facing forward, and the rider is looking slightly to the side. The background is a bright, out-of-focus outdoor setting.

# Club Sports

The Campus Recreation Club Sports Program offers students with a passion for a particular sport the opportunity to learn more about the sport, develop additional skills while practicing or playing the sport, build character, and establish lasting friendships.

These student-run organizations emphasize leadership, education and service through the sports it offers. While all Club Sports are competitive by nature, they also stress skill development, teambuilding and socialization.

Club Sports are open to UCCS students of any skill level and offer the opportunity to compete with other colleges throughout the state, region and nation.

## 2017-2018 Quick Facts

### **Number of Club Sports Offered**

- 20

### **Number of Participants in Club Sports**

- 449

### **Number of Home Games**

- 43

### **Number of Away Games**

- 55



## Program Highlights

- The Club Sports Program added five new clubs: Men's Basketball, Women's Basketball, Equestrians, Figure Skating, and Football.
- UCCS Club Lacrosse held their inaugural season as a part of the Men's Collegiate Lacrosse Association (MCLA). The MCLA is the nationally recognized governing body for Men's Lacrosse and afforded our team the opportunity to play in the Rocky Mountain Lacrosse Conference.
- UCCS Club Tennis doubled their active participation this year with 35 members participating in competitive tennis through the Club. Club Tennis traveled to a record 4 away tournaments representing UCCS across the country. They also hosted a tournament in Colorado Springs drawing 4 schools from across the state.



## This Year's Hurdles

- The main challenges facing the Club Sports Program this year were lack of on campus facility space and an adequate funding model to support Club Sport activity. Many sports were not able to host any true on-campus activities due to lack of facilities and field space. Many of our field sports such as Football, Lacrosse, Soccer and Baseball found it difficult to secure adequate practice time to sustain their members. Along with facility limitations the Club Sports Program also continues to struggle in the current SGA funding model for student organizations. Club Sport activity is different from student organizations and the need and budgeting process is much more complex. The current SGA funding process does not take into consideration club accountability, budget projections, access to facilities or planning.

## Future Endeavors

- The Club Sports Program is very much looking forward to the growth of the existing Club Sports teams. With the momentum that clubs have built in the 2017-2018 year (55 away events attended and 43 home events hosted) the program looks forward to even more away competitions both in-state and nationally as well as more on-campus or in Colorado Springs hosted events. The Club Sports Program will also be submitting a formal proposal to SGA for a funding structure change. The funding structure change will provide need-based funding to Club Sports teams considering budget projections, access to facilities, club accountability and planning. Should this proposal be approved by SGA the Club Sports Program will thrive under the new team funding process.

# Wellness Promotion

A man with a beard and short dark hair, wearing a black polo shirt with white piping and a UCCS logo, is looking down at a blood pressure cuff on a person's arm. He has a stethoscope around his neck. The background is a solid orange color.

Wellness Promotion is the public health and outreach division of the Gallogly Recreation and Wellness Center. The program aims to foster a healthy environment to increase students' success and well-being. The program's educational focus promotes understanding of the factors that improve health both for individuals and communities, and supports those making health behavior changes.

Wellness Promotion is composed of professional staff and student employees. Together, they coordinate a number of inclusive and socially-aware cross-departmental events, such as workshops, presentations, and one-on-one conversations on a variety of topics, including: mental health, stress management, exercise and active living, body image, eating disorders, sleep, sexual health, nutrition, and fostering healthy relationships with yourself and others.

Nutrition services at the UCCS Wellness Center provide nutrition education and medical nutrition therapy for the student community at an affordable price. Registered dietitians provide reliable and evidence based nutrition information to guide and empower students in achieving a balanced, food first, healthy approach to eating, and a positive relationship with food. Students are able to access nutrition information in a variety of formats including individual sessions, workshops, educational visuals, and cooking demonstrations.



## Program Highlights

- The program hosted 20 first year experience academic classes in our facility and introduced them to all program areas in the Recreation and Wellness Center.
- In Spring of 2018, the program hosted a Health Fair that brought 50 on and off campus vendors to campus to promote healthy lifestyles to students, faculty, and staff.
- The program also offered cooking classes that frequently became full, resulting in additional offerings for individuals who were wait-listed

## This Year's Hurdles

- One of the biggest challenges Wellness Promotion faced was working with outdated data about our students. Wellness Promotion has not done a health behavior assessment since 2013, so much of the programming has been coordinated based off national trends and anecdotal evidence about issues on campus. In addition, Wellness Promotion is currently seeking alternative funding streams to fund nutritional outreach programs, such as cooking classes and food sampling.

## Future Endeavors

- Wellness Promotion is looking forward to collecting health behavior data in Spring 2019 by administering the National College Health Assessment version 2.0, and as a pilot campus for version 3.0. This will provide the program with meaningful data as we work to achieve campus-wide goals around wellbeing. In addition, Wellness Promotion will be under program review in 2019 to help identify gaps in services, programs, and policies.





# Rec Kids



The RecKids Program mission is to provide children in the community with an exciting, well-rounded recreation experience. RecKids programming is structured to emphasize child's development and education while promoting healthy lifestyles. We facilitate the learning and social interaction of children with a strong focus on education and lifelong wellness.

## Program goals:

- To help each child develop to their fullest potential, focusing on self-confidence and a positive self-image.
- To provide developmentally appropriate activities that promote life-long learning of recreational and sports skills.
- To deliver the program in a positive environment where the safety and security of each child is a top priority.

## 2017-2018 Quick Facts

### **Kids Day Out**

- 2 Sessions

### **Camps Offered**

- 3 offered
- 35 total participants

### **Birthday Parties Hosted**

3 Birthday Parties

### **Kids Night Out**

- 17 Sessions



## Program Highlights

- Through the 2017-2018 year, the program successfully developed and implemented three summer camps. These included the Mountain Lion Summer Camp, the Outdoor Adventure Camp in partnership with SOLE, and the Aquatics Splish N Splash Swim Camp in partnership with the Aquatics and Safety Program.
- The new 27-foot rock climbing wall has been made available during ReckKids programming to give children a new experience in a safe environment.

## This Year's Hurdles

- The program's biggest challenge was on-boarding a new registration process and educating parents from the Colorado Springs community who have no affiliation with UCCS. This was also a big change for parents who are actively involved in ReckKids youth programming.



## Future Endeavors

- The program will be bringing new camp offerings that will include a Presidents Day Camp, Winter Break Camp, and Spring Break Camp to give children the opportunity to get involved and make friends during those days when school is out of session and parents need childcare.





# Special Events

Campus Recreation Special Events purpose is to provide events that support student success through recruitment, engagement, and building community. We offer a diverse offering of events to meet the needs and goals of the department and campus.

## 2017-2018 Quick Facts

### **Bash the Bluffs Participation**

- 152 Runners

### **USA Tri60 Participation**

- 47 Participants

### **Faculty/Staff Games Participation**

- 75 Faculty/staff participants
- 17 teams

### **RecFest Participation**

- 482 Student Participants

### **Powerlifting Participation**

- 18 Participants

### **Dive-In Movie Participation**

- 17 Participants







## Program Highlights

- Special Events continues to see increased participation from year to year. Bash the Bluffs 5k increased participation by 50%, and RecFest by 15%.
- The Campus Recreation Department was recognized and awarded with the “Most Valuable Partner on Campus” through Office of Student Life.
- Campus Recreation became the first university to partner with USA Triathlon in providing USATri60 indoor triathlon. We had 42 participants in our inaugural year.

## This Year’s Hurdles

- A challenge for Special Events is ensuring we are providing quality over quantity of events with continual requests to partner with on-campus events.

## Future Endeavors

- Special Events continues to identify ways to grow and increase campus engagement with current campus events that will become campus traditions.



## Kayla Harper

Rec Kids Monitor, Sports Supervisor, and Building Manager

Working at the Recreation Center has really pushed me to think about being a professional especially for life after college. I have learned to carry myself in a certain manner so that I am prepared for anything after my time here at UCCS. There have been so many valuable lessons learned that I can not only use in the professional world, but in my personal life as well. The staff actually care about our development outside of the work atmosphere and make it a point to check on us in case we are in need of help. Overall, working for the Recreation Center has made a huge impact to shaping the person I am today.



## Student Employment Development and Recognition

UCCS Campus Recreation diligently works to implement an inclusive, educational work experience that enriches students and provides opportunity for professional development. Through employment in different positions, leadership training, and guidance from professional staff members, student employees receive experiences that are difficult to come by in the traditional work place.

### 2017-2018 Quick Facts

#### **Total Student Employees**

- 106 student employees
- 146 department wide positions

#### **Total Facilities Student Employees**

- 33 student employees

#### **Total Aquatics Student Employees**

- 30 student employees

#### **Total Fitness Student Employees**

- 10 student employees

#### **Total Marketing Student Employees**

- 6 student employees

#### **Total Outdoor/Trails Student Employees**

- 18 student employees

#### **Total Intramural Sports Student Employees**

- 18

#### **Total Youth Programs Student Employees**

- 6 student employees

#### **Total Club Sports Student Employees**

- 1 student employee



## Student Appreciation Events

The Teambuilding and Appreciation Committee consists of professional staff and student staff who work together to plan events to celebrate student employees. The committee organizes appreciation gatherings, leadership trainings, and other events open to students employed by Campus Recreation.

- Gobble Gobble Gratitude Day
- Employee of the Month Program
- Holiday Appreciation Night
- End of Year Banquet

Next year the Teambuilding and Appreciation Committee will be planning pop up spirit days such as:

- Wear Pink to Support Breast Cancer Awareness Month
- Halloween Spirit days
- Jersey Days

## End of Year Spring Student Awards

Employee of the Year: Kendra Moretti

Rookie of the Year: Serena Rodriguez

Most Improved: Dolly Lostaunau

## Student Development and Trainings

- 8 Students were able to attend the NIRSA Annual Conference held in Denver, CO in spring of 2018.
- 13 students attended the Rec Leads session on Identifying and Implementing Your Strength.
- 10 students attended the Rec Leads session on Cross Cultural Communication.
- 8 students attended the Rec Leads session on Risk Management.
- 9 students attended the Rec Leads session on Financial Planning.
- 55 students attended Fall All Staff Training Day
- 100 students attended Spring All Staff Training Day







## Student Marketing Team

Campus Recreation's Student Marketing Team was created in March of 2018 with the hopes of promoting and advertising more services and program offerings to the UCCS Community. The Student Marketing Team added five additional student employment opportunities, with the collective team made up of six student positions reporting to the Program Coordinator of Membership and Communications.

### Student Marketing Team Positions:

- Website Interactive Designer
- Marketing Services Social Media Assistant
- Marketing Services Assistant
- Marketing Services Assistant with a Creative Emphasis
- Marketing Services Outreach Assistant
- Marketing Services Promotions Assistant

We are looking forward to see what the Student Marketing Team is able to do for Campus Recreation services and programs in the 2018-2019 year!



# Campus Recreation Advisory Board

## 2017-2018 Members

President: Shelby Blanchard

Vice President: Cole Martin

Board Secretary: Danielle Morin

SGA Appointee: Grant Nelson

SGA Appointee: Joey Vijayam

Student Member: Tamara Marshall

Student Member: Chris Ellis

Student Member: Braden Hull

Student Member: Merri Metcalfe

Faculty Member: Steve Jennings

Faculty Member: K.C. Craig

University Staff Member: Shonda Johnson

University Staff Member: Trent Claypool

University Staff Member: Vicki Schober

Board Clerk: Kendra Moretti

Staff Ex-Officio Member: Skyler Rorabaugh

Staff Ex-Officio Member: David Fehring

The purpose of the Campus Recreation Advisory Board is to enhance the role of the Campus Recreation Department as UCCS's campus recreation program, services, and facility authority.







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**UCCS** University of Colorado  
Colorado Springs

# CAMPUS REC

