



Recreation and Wellness Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS

UCCS Recreation Advisory Board Retreat

Minutes

October 27, 2017

8am-6pm

Colorado State University Student Recreation Center & Health and Medical Center

I. CALL TO ORDER

A. Roll Call

Present: Shelby Blanchard, Chris Ellis, Tamara Marshall, Merri Metcalfe, Taylor Lindsey, KC Craig, Cole Martin, Steve Jennings, Skyler Rorabaugh, Joey Vijayam, Kendra Moretti, David Fehring

II. Colorado State University Recreation Center Tour & Q&A

The board made it up to Colorado State University from UCCS at 10:30am. They were welcomed by the director of CSU Recreation (Cody Frye), and two associate directors; Tyson from Facilities and Rob from Programs. The board took a tour of the facility and the amenities they offer their student body. After a tour of the building, they sat down with the directors and had a question and answer session of going back and forth about the facilities. Skyler asked who serves on the CSU Advisory Board and Cody answered that is all student staff. The tour ended with the board thanking the directors for the opportunity and insight.

III. Colorado State University Health & Medical Center (Health Network) Tour

After a lunch at the Lory Student Center, RAB was provided a tour of the newly opened building. The goal of this tour was to see the integration of so many services within one building and also the meditation room where they showcase a relaxation pod. The RAB spent some time in this room to observe the different types of materials used to provide students, staff, and the community with a “release” from their stress. They have a sitting area, white board tables, blankets, inspirational quotes, coloring books, comfy furniture, room relaxation lighting/sounds, and a relaxation pod to serve different backgrounds and needs.

Shelby Blanchard, Board President

Danielle Morin, Secretary

Recorded by Kendra Moretti