Board of Trustees Annual Report

Recreational Life – 2010-2011

Fitness Center

* We have contracted out with Flex Fitness (located at 4th and Frankford) for use of their facility while our recreation center is still under construction. We began offering this opportunity to all students, faculty and staff at no cost to them in October 2010. Limitations include required drive to facility. Since we opened up the offer, we have had 408 students, faculty and staff ‘sign up’ at Flex Fitness. We will end the contract with Flex Fitness at the end of the academic year.
* We offer Zumba in the Katie Rogers parlor two times per week during the academic year.
* We have relocated 5 pieces of old cardio equipment. Two of the pieces, a treadmill and a stationary bike have been moved to Johnson Hall, to accompany their current weight set. Three pieces, an elliptical, a stationary bike and a stair climber have been moved to Katie Rogers Hall where they have a room set up for those students who wish to not drive or who do not have a means of transportation to Flex Fitness.
* With the new facility underway, additional group fitness classes as well as wellness education classes will be incorporated. Some of the group fitness classes to be added in the fall 2011 include Pilates, Step Aerobics, Group Strength, Spinning and Boot Camp. Some of the wellness education classes to be added are Diabetes Awareness and Get Real Weight Management.
* We have selected our cardio equipment for the fitness center when it reopens. We have selected 22 pieces of cardio equipment; six treadmills with Nike + iPod for the Gym, 15” build in LCD TV’s, and virtual active which allows you to work out all over the world, and personal fans; two recumbent bikes; two upright bikes; four ascent trainers; four elliptical machines with Nike + iPod for the Gym, 15” build in LCD TV’s, and virtual active which allows you to work out all over the world, and personal fans; two stair steppers; one indoor cycle with Tomahawk MyRide Personal Cycling Trainer; one UBE (upper body ergomoter) Jonny G Krankcycle.
* We have selected our strength equipment for the fitness center when it reopens. We have selected 15 pieces of Cybex selectorized equipment for our circuit, a five stack multigym with cable cross and various rubberized free weights and seven corresponding plate loaded machines, various benches, racks, and bars.

Intramurals

* The Intramural program offers a variety of team and individual sports. The team activities for this year include: flag football, softball, kickball, 8 v 8 outdoor soccer, volleyball and basketball. The individual activities for this year include: singles and doubles ping pong and pool.
* The student participation for this year was Men - 205 and Women – 140. There was a large increase in numbers this year. This is a 22% increase for both men and women participants! The increase may be due to higher enrollment and/or additional team and individual sports. Many of the students participate in each sport.
* Intramurals is offered to social clubs on campus as well as independent groups. Depending on the sport we have anywhere from 5-10 women’s teams and 8-15 men’s teams. Faculty and Staff members are also encouraged to participate in intramurals and typically play on teams that they are a sponsor of or formulate their own team with other faculty and staff.
* T-shirts are awarded to winners of each intramural sport, with the design changing with each sport. The students are very competitive about the t-shirts and enjoy getting them. The overall point winner also receives a t-shirt.
* Work has begun on restoration of the intramural softball field south of the field house. Once completed, by fall 2011, we can offer a variety of outdoor activities, such as kickball, softball, two 8 v 8 soccer games at one time, dodge ball and ultimate Frisbee.
* The main field has been over used this past academic year and will be temporarily closed from spring break to August, so that it can be repaired with grass, fertilizer, etc.
* Challenges continue without the availability of lights, we can only play until there is enough light to be safe. We are limited as to number of games because of this. We no longer have connections at LCHS for use of their facilities for championship games. Student Senate has donated funds for the lighting of the main intramural field, but we seem to have hit a few hiccups with the light poles themselves.
* We have put out four student satisfaction surveys over the Fall 2010 and Spring 2011 to determine if we are meeting student needs. We questioned students on variety of sport offerings, times of games, reasoning for their participation, and the overall effectiveness and organization of intramurals. The responses that we have received have been overwhelmingly positive. The most positive point being organized for subtends. We will continuously survey students to ensure that we are meeting their needs and we will use the responses to continuously improve and grow the intramural program.
* We have had one focus group this spring with 17 participants, ranging from intramural directors, team captains and referees, from both club and independent students. The students were asked about their overall experience with intramurals, what they would like to see in the future and offered suggestions about how we could better serve our population. Out of the focus group we learned that they have enjoyed playing the variety of sports that we have offered. They like the consistency in our programming and our organization. They are excited about the future of intramurals when the recreation center opens.
* The students appreciate that we have gone viral, using facebook and the website for non-traditional means of communication. We currently post forms, flyers, photos, videos, schedules and rules on the LCU Intramural website and on our facebook site. This has made the process of finding what the students need much easier.

Special Events

* We helped the medical clinic with their Health Fair by providing healthier video game options, such as wii fit and wii cardio boxing.
* In November we offered the Turkey Trot 1 Mile Family Fun Run and 5K race, the Saturday before Thanksgiving. We expected 50 runners, with a nominal fee of $10 or $20, depending on time of registration and offered discounts for those brining cans of food to be donated to the food bank. We had 61 runners pre-register before the race day. We had an additional 47 runners register on race day, for a total of 108 runners. The first place winners in each 5K and 1 mile age group won a frozen turkey, each child who completed the 1 mile race also received a prize and we raffled various other items that had been donated by area businesses. Over all this event was a success and was larger than other races in the past, we will continue to put this on, as long as we continue to break even. All registration fees that were collected covered the cost of t-shirts and some prizes.
* We have begun working in conjunction with Human Resources on a new employee wellness program to be part of the benefit package. This play will assist those who sign up with tracking their workouts. Based on the type, intensity and duration of their workout, the employee will receive points. Once the employee hits a specific point level they will receive an incentive. This program will be ongoing through the academic year, with ten different incentive levels. This program is set to kick off in the Fall 2011.