Board of Trustees Report:
Recreational Life 2011-2012

Date: 03/26/2012

From: Recreational Life, Rhodes Perrin Recreation Center

RE: Board of Trustees Report

**Lubbock Christian University** **Overview**:

**Recreational Life**

* Consists of the Ramona Perrin fitness center, group fitness, intramurals, rock wall and free play activities.
* Three professional staff; Director of Recreational Life (full time), Assistant Director of Recreational Life (full time), Recreational Life Staff (part time).This has been expanded with the facility reopening and the need due to offering additional programming for students and employees.
* In all program areas, Rec Life has employed 64 student workers this academic year. Staff are identifiable by their uniform shirt color. Customer Service staff wear blue, Fitness Center staff wear red, Rock Wall staff wear black and Intramural staff wear green.
* Rhodes Perrin Recreation Center reopened in August 2011. At reopening we offered basketball, volleyball and futsal courts.
* Facility access is controlled and tracked. Since opening the RPRC total access count is 19,679.
* The facility is open 101.5 hours/week, 17.5 hours/week day. Recently we have expanded our facility hours to accommodate the needs of our student body.
* Recreational Life and Technology services have developed a ‘membership’ database. Students who are current undergraduate that meet certain criteria are granted access to the facility. All employees are granted access to the facility. Students who do not meet the criteria can purchase a semester membership. Employees may purchase memberships for family members. We currently have seven Employee + Spouse/Child memberships.
* We offer guest passes. Guests must be accompanying a current ‘member’. We have sold 133 guest passes since opening in August 2011.
* We have put out one student and employee satisfaction survey in the fall to determine if we are meeting needs. We questioned students and employees on variety of factors, including facility offerings, sport offerings, times of games, reasoning for their participation, and the overall effectiveness and organization of the fitness center, rock wall, group fitness, free play and intramurals. The responses that we have received have been overwhelmingly positive. A follow up survey will be sent out in mid April 2012.

**Ramona Perrin Fitness Center**

* Reopened in November 2011.
* Employs 15 student workers in the RPFC, one lead staff. Lead staff position was created for student workers who show the ability to be responsible, additional duties are given to these individuals. Student workers are responsible for cleaning of RPFC and all equipment.
* Facility opened with 23 pieces of cardio equipment from Matrix Fitness. Cardio equipment includes treadmills, ascent trainers, ellipticals, stair climbers, recumbent and upright bikes, krankcycle and a spin bike with my ride. This equipment is leased and is the newest and most technologically advanced available on the commercial market.
* Purchased strength equipment from Cybex International. Cybex is one of the leading strength machine manufactures in the fitness industry. We purchased 15 selectorized weight machines, a smith squat rack, incline and flat bench presses, various other plated loaded machines and free weights. The equipment purchased is above the industry standard.
* Offer personal training to students and employees with two nationally certified personal trainers. Currently train five clients, and have completed 50 sessions. Personal training services have been utilized by students, employees and employee spouses.
* We have established a partnership with ACE (American Council on Exercise) and will begin offering personal training certification preparation classes. ACE is a national certification agency in the fitness industry.
* We offer strength orientations on the selectoriezed strength equipment with our personal trainers and lead staff members.
* We have served approximately 1500-1600 students per month in the fitness center since opening, with the exception of the small time frame that we were open in the fall. A majority of the usage is on the cardio equipment, then on the free weights and selectorized strength equipment. Informal counts are taken when possible by the student employee on duty every hour.
	+ November (10th – 30th) , 363 participants
	+ December (1st – 7th), 294 participants
	+ January, 1557 participants
	+ February, 1581 participants
	+ March, 1234 participants (closed for Spring Break)

**Group Fitness**

* The group fitness room is anticipated to be open in April 2012.
* Currently we employ two student work employees.
* We have a partnership with NETA (National Exercise Training Association) to train group fitness instructors. We offer a national group fitness certification.
* We offer Zumba in the Katie Rogers parlor once per week during the academic year. This class is offered to any female student and we have served approximately 450 participants this academic year. This class is lead by a certified Zumba instructor.
* In January 2012 we began offering Boot Camp classes on the futsal and basketball courts. We offer the class two times per week and have served 132 participants. This class is lead by a certified personal trainer and is assisted by two student workers working towards a group fitness certification.
* We are partnering with the ESS department to purchase ten group cycle bikes to offer classes, for credit academic classes and non credit open classes.
* Additional group fitness classes will begin upon completion of the group fitness room. Planned classes are boot camp, zumba, group cycle, step, pilates, and group strength.

**Intramurals**

* Assistant Director of Recreational Life was hired in August 2012 to help focus and reenergize the intramural program. (The candidate specializes in intramurals.)
* We currently employ 23 student work staff employees and five lead staff. Games are played on Monday, Tuesday and Thursday evenings. Games begin as early at 5:00pm and end at 11:00pm.
* 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, ultimate Frisbee, dodge ball, futsal and basketball.
* The student participation for this year has increased more than expected. We have had 1,753 participants in all intramural activities; 1070 males and 683 female participants; with 203 teams and 465 games played. Additional level of play divisions and co-rec (men/women) team divisions were offered this year.
	+ Flag Football – 224 participants, 20 teams, 56 games
	+ Softball – 219, 14 teams, 58 games
	+ Futsal – 163, 20 teams, 19 games
	+ Ultimate Frisbee – 99, 14 teams, 13 games
	+ Dodgeball – 143, 33 teams, 32 games
	+ Basketball – 320, 31 teams, 116 games
	+ Outdoor Soccer – 125, 18 teams, 41 games
	+ Volleyball – 280, 35 teams, 95 games
	+ Kickball – 180, 18 teams, 35 games
* Intramurals is offered to social clubs on campus as well as independent groups.
* Intramural cup champions are awarded a t-shirt. Intramural cup champion points are totaled by final place in each sport, sportsmanship, forfeits, and participation.
* The intramural softball field, south of the RPRC, has been completed. Students have been appreciative of maintenance and their hard work to get that field in great shape.
* Lighting on the main intramural field will begin soon. The lighting project is funded by a donation from Student Senate and upon completion will light one and a half 80 yard x 60 yard fields. The lighting will allow us to play additionalintramural games during day light savings time.
* We have had one focus group this spring with 30 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 like the continued use of 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, in the SUB and in the RPRC. This has made the process of finding what the students need much easier.
* We are looking at a free web based application for intramurals. IMLeagues, is a program that will assist with scheduling games, rosters, marketing and organization of our intramural program.

**Special Events**

* Some special events, such as the 2011 Turkey Trot were put on hold due to the hiring of an Assistant Director of Recreational Life and the building opening.
* We partnered with the medical clinic and counseling center with their Health Fair by providing healthier video game options, mini boot camp class. The RPRC was the location for the 2011 Health Fair.
* We have began planning for the 2012 Turkey Trot and have been approached by Student Senate to assist with an additional 5K fun run. We are also considering a home coming weekend fun run.
* In April 2012 RecLife will host a rock wall competition. We are currently looking for sponsors for prizes. The event will consist of various divisions for a variety of climbing experiences and levels.

**Free Play**

* Currently employ 20 customer service desk student work staff, and two lead staff.
* The customer service staff are responsible for facility access and all equipment check out, the customer service desk must be attended during facility operation hours.
* When possible Customer Service staff take informal counts every hours. We serve 2500-3000 participants each month in unorganized activities (free play). The basketball and futsal courts receive a majority of the usage.
	+ November, 936 participants
	+ December (1st – 7th), 768 participants
	+ January, 2477 participants
	+ February, 2956 participants
	+ March, 2075 participants, (closed for Spring Break)
* We offer a variety of free play activities including, futsal, basketball, volleyball, ladder golf, washers, ping pong and chess. Upon final completion of the facility Rec Life will begin looking for additional back yard type activities of interest to our student.
* Various equipment has been purchased this academic year to accommodate the needs of our students and employees. This includes locker room benches, shower stools, bleachers for spectators, benches for futsal court participants/spectators, basketball backboards, volleyball nets, soccer goals, electronic score boards, balls, back-yard activities, and rock wall storage.

**Rock Wall**

* Currently employ five student work staff.
* Have developed a three tiered certification system for rock wall usage. We offer options for those not wanting to obtain a certification. Certifications are for safety purposes and require practical skills and written exam.
* In order to continuously offer program variety we have reset new climbing routs twice this academic year.
* Three auto-belays were installed in October 2011. Auto-belays will be moved as needed to provide variety.