

Recreational Sports Advisory Board
Meeting Minutes
Sept 23, 2009

- In Attendance:
- Rec Sports Staff: Chris Wise, Ali Arner
- Board Members: Catherine Copeland, Lis Ellis, Nannette Jimenez, Kimberle Badinelli, Jenny Wagstaff, Jen MacDonald, Jonathan McCloud, Christopher Martinez, Kristina Hartman, Maddie Torres, Erin Myers, Nataleigh Gevas
- Distribution and Explanation of Materials
 - Ali Arner presented the Recreational Sports Mission Statement and 6 current Mission goals including: healthy behaviors, leadership development, sportsmanship, appreciating diversity, personal goal and career choices.
 - Chris Wise present the Department's 6-year strategic goals.
 - Ali Arner reviewed the RSAB Charter
 - Ali Arner described the Rec Sports Promotional Calendar
- As a review of past achievements of the RSAB, Ali Arner described some of the topics that have been focused on throughout the past 2 years the board has been operating. As "Old Business" the following topics were important to prior members in 2008-09 & 2007-08:
 - Presenting faculty and staff membership to McComas to the Commission on Student Affairs and Graduate Student Assembly – 2008-09
 - War Memorial Hall Conditions and Space Limitations – 2007-08, 2008-09
 - Intramural University Point System – 2007-08
 - Group Exercise Marketing Strategies – 2007-08
 - Intramural Captain's Meetings and Officials Trainings – 2007-08
 - Freshman Programming, getting involved with F6 – 2007-08
 - Women in the Weight Room, ways to encourage this – 2007-08
 - Education in the Weight Room – 2007-08
 - IM Summer Fee – 2007-08
 - IM Leagues and Playoff Divisions – 2007-08
- New Business:
 - In effort to brainstorm and prioritize the topics the board would like to focus on as "hot topics" or "recreational needs," the 21 game was used. Each member was able to propose 3 topics. By using this activity, we were able to rank the topics to prioritize.
 - **The high priority topics were:**
 - War Memorial – limited space, hot, over crowded, uncomfortable. Would like to see used better and marketed positively.
 - Explore outdoor opportunities – climbing, hiking, canoeing – explore potential partnership with Venture Out.
 - McComas Membership for staff and faculty

- Educating freshman and increasing their participation in rec activities from the beginning.
- **The medium priority topics were:**
- Increase education for women in the weight room and have “women only” area to encourage use.
- Develop educational strength training programs (example – different types of programs and goals with small groups of people, could lead to increase awareness of proper strength training technique and practices)
- Partner with HNFE to conduct research on the programs we offer – strength training, nutrition, group exercise, etc. See the FAN club.
- Have multiple levels of sports club teams so more people could participate since so many people try out but don’t make the teams or only a few ever actually play.
- Have “men only” and “women only” times in the weight room.
- Develop programs with beginner exercisers in mind – new to the gym, novice to exercise.
- Focus on nutrition and body image issues.
- Provide programs that focus on how exercise enhances mental and emotional well being.
- Realistic solutions to the over crowding of War and McComas Hall – programming during off-peak times.
- **The low priority topics were:**
- Residence Hall Weight Rooms that are not run by Rec Sports could be a great place for engagement and programs.
- 40+ exercise programs
- Increased marketing for group exercise and types of classes offered.
- Expanding club sports and intramural field space so more students could have teams play instead of the waiting lists.
- Marketing and visibility to the university
- Clarity on intention of Rec Sports to provide services for faculty and staff, who are the true decision makers? What are the barriers? Who are the helpers?
- Climbing Wall – more focus on outdoor recreation activities
- Healthy body image issues and eating disorders on campus.

- **Also new business: Erin Myers was elected as the new Chairperson for 2009-2010**

■ Closure:

- Next meeting: Oct 14, 2009 – 3:30pm
- All RSAB members who would like to provide information for the website please send a Picture and Bio (as well as your t-shirt size – not for the website).

■ Thank You!