



*RECREATION & WELLNESS*  
*2019-2020*

# IMPACT REPORT

Every day, through our programs and services, we inspire our campus community to live a productive life focused on wellness. In the fall, our department grew when the Health Promotion unit joined Recreation & Wellness to further engage students through impactful wellness experiences and educational health programs.

Other wellness opportunities gained momentum when initial designs for the expansion of the Student Recreation Center were developed. The expansion will unite Recreation & Wellness, Counseling Services and Student Health Services under one roof and bring exciting opportunities to our campus.

As a department, we continue to invest in our facilities to improve the student experience. Upon the completion of the Student Recreation Center Field's construction, we saw a boost in participation of informal sports like soccer and touch football. This spring, renovations of the new 2,400 square foot Esports facility in the Webb Center began. The space will host varsity practices and competitions as well as support the Game Design Studies academic program. Collegiate Esports programs are growing in popularity and facilities for online gaming are becoming necessary to meet the demands of the gaming community.

Unfortunately, much of the progress this year will be overshadowed by the COVID-19 pandemic. The pandemic forced the nation to shut down to control the spread of the disease, negatively affecting our department as programs and services halted mid-spring. Nonetheless, Recreation & Wellness staff swiftly shifted to virtual programming and engaged the community through social media. Our team also worked hard to move equipment and increase cleaning procedures to prepare for the safe return of our patrons to the Student Recreation Center.

We are proud to serve our campus community to meet and adapt to their ever-changing wellness needs. I invite you to view our Impact Report and share in our accomplishments as we continue to enhance the experiences of our campus community.

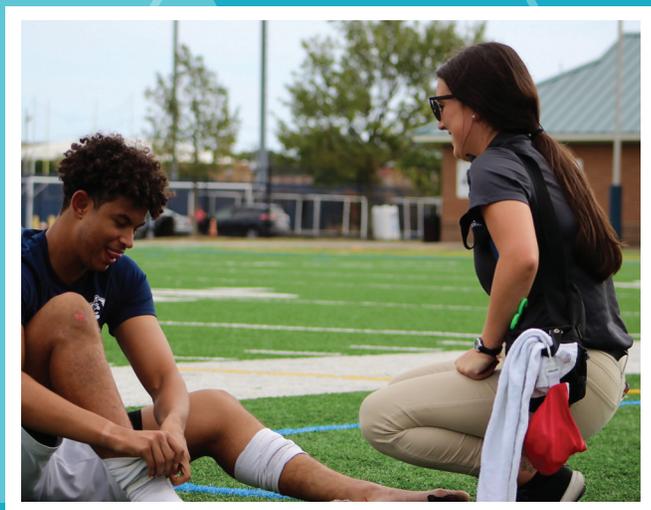


**Coulson Thomas**  
*Interim Director of Recreation & Wellness*



# MISSION

The Recreation & Wellness Department strives to provide programs, resources, and services that are accountable, well-structured, and ever expanding. While serving the greater community, our focus is student empowerment and development.



# VISION

Through quality programs and services, we provide the foundation for lifelong exploration and development of the mind, body and spirit.

# GOALS

## STRATEGIC GOALS

1

Global recognition as the comprehensive source for Live Well, Learn Well initiatives that result in meaningful impact.

2

Deliver quality experiences through intentional and inclusive relationships to engage current and future participants, student organizations, departments and the community.

3

Establish a desirable environment dedicated to developing professional and personal growth within each employee, through a comprehensive learning continuum, from recruitment to departure.

4

Maximize use and efficiency of human, financial and physical resources needed to enhance our participants' experiences of operations, services and programs.

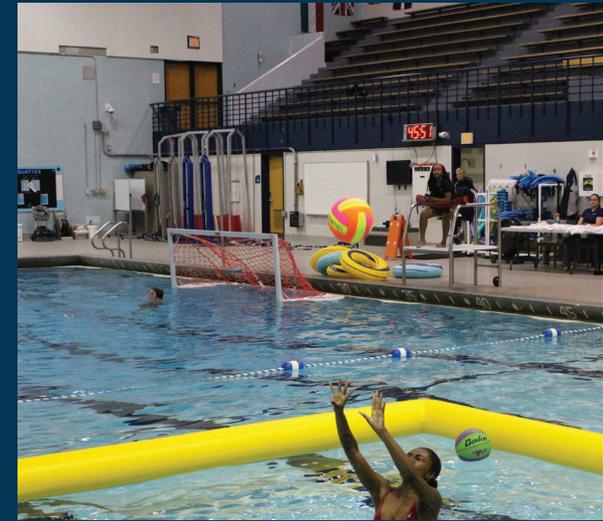
# AQUATICS

A partnership with the Swimming and Diving team and Facilities Management resulted in the repair of broken pool tiles with minimal impact on patrons.



# 3,441

**AQUATIC PROGRAM PARTICIPATIONS**



***NOTHIN' BUT NET***  
***AT THE JC SCRAP CHANDLER POOL***

Students visited the pool to take their pick of playing water polo, volleyball, and basketball. This event engaged students who don't normally use the pool and was made possible with the aid of a Programs All Weekend (PAW) grant. Participants enjoyed the fun, social atmosphere and requested the event happen again.

# FITNESS & WELLNESS

## VIRTUAL FITNESS LAUNCH

Virtual fitness classes, personal training, and the Strava Running and Biking Club were introduced as a way to engage students during the COVID-19 quarantine. Personal trainers adjusted their training techniques to accommodate clients training at home and fitness classes were offered through Zoom. @ODURecWell social media served as the main platform to share daily fitness, wellness, and nutrition education with the ODU community.

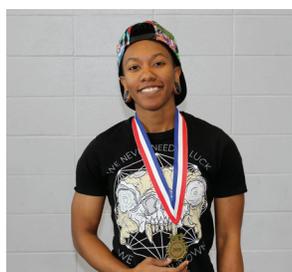


## 28 PARTICIPATIONS IN THE 2020 POWERLIFTING COMPETITION

Fitness & Wellness successfully hosted the first powerlifting competition since 2012 that featured the bench press and deadlift.



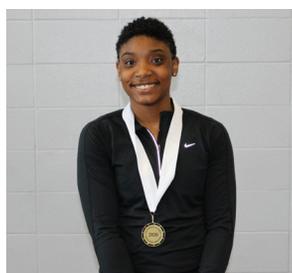
**Nikita Logan**  
*Best Male Overall*



**Taylor Barron**  
*Best Female Overall*



**Kevin Johnson**  
*Highest Male Bench Press*



**Michaela Worrel**  
*Highest Female Bench Press*



**Zachary York**  
*Highest Male Deadlift*



**Lysette Rivera-Cortes**  
*Highest Female Deadlift*

# HEALTH PROMOTION

In the fall, ODU Health Promotion merged with Recreation & Wellness. The merger provided collaborative opportunities for both units to enhance health and wellness programs for ODU students. This shift in organizational structure was made to provide a more collaborative approach to health and wellness programming at ODU. During the transition, Health Promotion continued to serve the student population through engaging programs such as the “Be Smart” series, nutrition events, and educational workshops.



**4,199** PARTICIPATIONS IN  
HEALTH PROMOTION EVENTS



Recreation &  
Wellness welcomes  
Health Promotion  
to the family!

# SUMMER CAMPS

ODU hosted the American Camp Association's Mid-Atlantic Camp Conference on January 14 -15, 2020 at the Webb Center with a Youth Mental Health First Aid Certification course held as a pre-conference session. The conference was attended by over 100 camp professionals from Virginia and West Virginia.

Big Blue Summer Camp staff participated in approximately 40 hours of training that included sessions on Child Abuse/Mandatory Reporter, Behavior Management/Bully Prevention, Child Development, Orientation to Autism/ADD/ADHD, First Aid/CPR/AED, EMAT or MAT, Risk Management, Driver Training, Outcome Focused Programming, Effective Debriefing Techniques, and Rockwall Belay techniques.

The Big Blue Summer Camp successfully completed the American Camp Association Accreditation process.



## 2019 PARTICIPATION TOTALS

2,389

OVERALL PARTICIPANTS

194

CAMP REGISTRATIONS



# INTRAMURAL SPORTS



8,635

**TOTAL PARTICIPATIONS**



2,161

**FLAG FOOTBALL**



2,103

**BASKETBALL**



1,299

**INDOOR SOCCER**



1,136

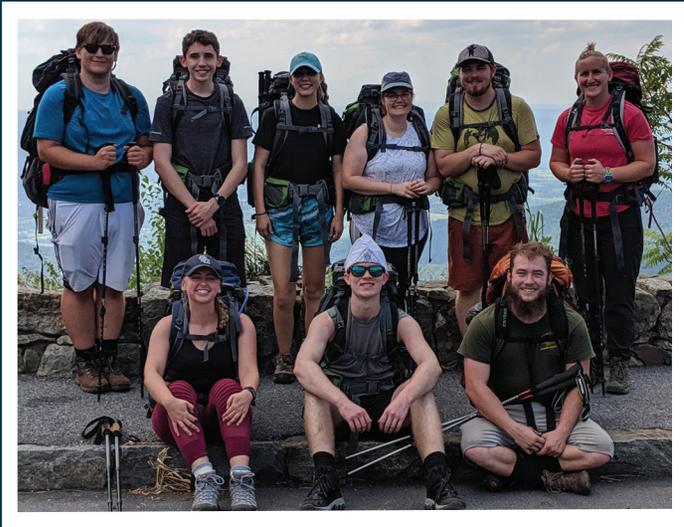
**INDOOR VOLLEYBALL**



## **INTRODUCING ESPORTS**

A partnership with the National Association of Collegiate Esports established a new way for ODU students to engage in competition. The renovated practice and competition space in the Webb Center is expected to open in April 2021.





# OUTDOOR ADVENTURE PROGRAM

## Dungy Leadership Institute

ODU hosted NASPA's Dungy Leadership Institute where ODU staff connected with colleagues from across the nation and provided a challenge course experience for the institute participants. Despite the rain, the group was engaged and had a wonderful time.

## Adaptive Climbing

Adaptive climbing was offered as a part of the Fitness & Wellness Adaptive Sports Expo. Systems were developed based on industry best practices to facilitate climbing for people of all abilities.

## MONARCH EXPERIENCE FIRST ASCENT

The annual summer Monarch Experience program, First Ascent, saw high participation. The program featured two surfing and biking trips to Ocracoke Island in North Carolina and one backpacking and rock climbing trip to Shenandoah National Park in Virginia.

Led by upperclassmen, this trip was much more than a weekend of recreation. Specific activities and discussions were facilitated to spur conversation about the collegiate experience. Research by the Parks, Recreation, and Tourism Studies department shows this program has an impact on easing student stress as they transition to a university setting.

## PARTICIPATION TOTALS

226

ADVENTURE TRIPS



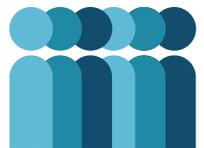
1,690

ROCK CLIMBING WALL



4,407

RENTAL CENTER RENTALS



# SPORT CLUBS

Sport Clubs saw increased participation numbers after intentionally recruiting at events like the Fall Rec Fest and the Involvement Fair, as well as staffing information tables in high-traffic buildings such as the Student Recreation Center and the Webb Center.



5,679  
**TOTAL PARTICIPATIONS**



959  
**UNIQUE PARTICIPANTS**



## SPOTLIGHT

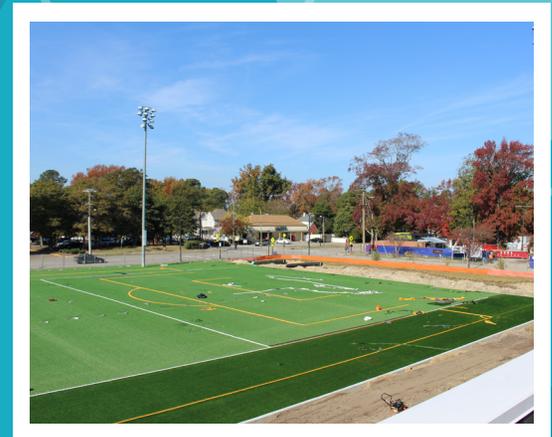
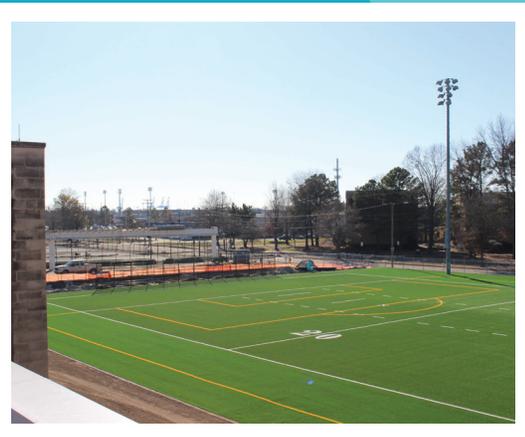
Two members of the Ice Hockey club were selected “Player of the Week” by the American Collegiate College Hockey League for the month of January.



**ICE HOCKEY CLUB**  
**“PLAYER OF THE WEEK”**

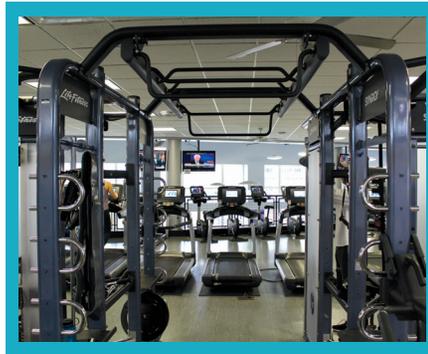
# SRC FIELD CONSTRUCTION

The new SRC artificial turf field opened on January 27, 2020 after much anticipation. As a result of opening this new space, student participation in informal recreation increased. Some of the most popular activities played included outdoor soccer, touch football and Spike Ball.



# FACILITIES & MEMBERSHIP

New fitness equipment was introduced to the Student Recreation Center to diversify options for patrons. In the fall, two Precor AMT units and two Espresso bikes were installed on the cardio floor. These machines offer users the ability to choose their entertainment on the machine console. In the spring, the Life Fitness Synrgy 360 was installed on the second level fitness floor. This total body machine features a punching bag, cables, a pull up bar, battle ropes, and more!



## MEMBERSHIP REVENUE

**\$191,749.69**

### MEMBERSHIP PERCENTAGES

<i>Faculty/Staff</i>	<b>48.32%</b>
<i>Alumni</i>	<b>21.05%</b>
<i>Faculty/Staff +1</i>	<b>13.1%</b>
<i>University Friends &amp; Partners</i>	<b>5.27%</b>
<i>Community</i>	<b>4.99%</b>
<i>Student +1</i>	<b>4.78%</b>
<i>Emeriti &amp; Retirees</i>	<b>2.48%</b>

### FACILITIES ENTRANCES

<i>Student Recreation Center</i>	<b>255,981</b>
<i>University Fitness Center</i>	<b>12,273</b>
<i>Guest Pass</i>	<b>6,068</b>

# PREPARING TO OPERATE IN A PANDEMIC

In January 2020, the COVID-19 pandemic began to spread across the country and in March 2020, the doors of all non-essential businesses in Virginia were forced to close, including the Student Recreation Center.

From April to June, Ryan Jumper, Interim Assistant Director for Facility Operations, Craig Stengel, Equipment Service Technician, and Eleanor Crofford, Membership Services Assistant, prepared to reopen the Student Recreation Center within the guidelines designated by the CDC and the Commonwealth of Virginia.

This trio worked tirelessly to develop new policies and procedures, communicate changes with members, and re-configure the facility layout to keep staff and members safe. As a result of their efforts, a new online reservation process was developed to pre-screen members for COVID-19 symptoms and track gym capacity, staff cleaning procedures were updated, the basketball courts and MAC gym were repurposed to space cardio and strength equipment at least 10 feet apart and more.

During this time, state guidelines were ever changing, budgets were uncertain, staff availability was unknown, and personal protective equipment was scarce.

When asked how it felt to be involved in this process, Ryan Jumper said, "Preparing to reopen was overwhelming at times. A lot of unknown variables existed, as no one had gone through this sort of process before. We tackled each step together as a team, and it was rewarding seeing all of our plans and effort come to fruition."

**While a lot of unknown lies ahead, one thing is for sure: the Recreation & Wellness team is prepared to operate in a pandemic.**



# CRUNCHING THE NUMBERS

**56%** of undergraduate students participated in Recreation & Wellness programs.

**36%** of Recreation & Wellness participants were First Generation College Students.

*In State* **90%**

*Out of State* **10%**

*Male* **52%**

*Female* **48%**

*Freshman* **37%**

*Sophomore* **24%**

*Junior* **19%**

*Senior* **19%**

*Unclassified* **1%**

88% of survey respondents rated the welcoming environment of the Recreation & Wellness department as "good" or "excellent."

88% of program participants rated their level of satisfaction with Recreation & Wellness programs and services as "good" or "excellent."

129

**STUDENT EMPLOYEES**

Recreation & Wellness student employees obtained a higher average cumulative GPA (3.06) compared to their peers (2.96). The average GPA of Recreation & Wellness student employees increased by 0.14 from 2018-2019.

# WHERE ARE THEY NOW?



**Sterling Smith**  
Program Coordinator, Master of Public Health Program  
Eastern Virginia Medical School

Sterling Smith is the Program Coordinator for Eastern Virginia Medical School's Master of Public Health Program, but his passion was ignited during his time as a student employee for ODU Recreation & Wellness.

From 2013 to 2017, you could find Sterling at the Student Recreation Center on any day of the week. When he wasn't working for Membership Services or Summer Camps, he was refining his badminton skills, trying new things, or building connections with members of the ODU community.

*"To this day, some of my best friends and mentors came from relationships that were created through ODU Recreation & Wellness,"* Sterling said.

Sterling attributes his personal growth and passion for working with students to his experience as a student employee:

*"I always felt supported while working with ODU Recreation & Wellness. Because of the support I received, I learned how to support and develop others."*

*"I will forever be grateful to [the professional staff] for believing in me, developing me, and making sure that I left ODU better than I came."*

Sterling plans to pursue his Masters in Public Administration and strives to become the president of a university one day.

***"I always felt supported while working with ODU Recreation & Wellness."***

# VIRGINIA RECREATIONAL SPORTS ASSOCIATION

Two members of the Fitness & Wellness team were elected to the VRSA executive board. Assistant Director of Fitness & Wellness, Mary Healey, is serving as the Virginia State Director from 2020-2022. The Fitness & Wellness Graduate Assistant, Madison Cutten, is serving as the Virginia State Student Leader from 2020-2021.

**Seventeen ODU Recreation & Wellness staff members attended the 2019 Virginia State Workshop at the University of Mary Washington. Graduate Assistants Francesca Harvey and Marshall Mozena presented on “The Importance of Healthcare Professionals/Athletic Trainers in Recreational Sports.”**



**Mary Healey**  
*VRSA Virginia State Director, 2020-2022*



**Madison Cutten**  
*VRSA Virginia State Student Leader, 2020-2021*

# PARTNERSHIPS

## FRIENDS OF ODU

City of Norfolk

Eastern Virginia Medical School

Elizabeth River Trail Foundation

K2 Diving

NASA - Global Learning & Observations to Benefit the Environment (GLOBE) Program

National Association of Collegiate Esports

Nauticus Foundation

African Student Association

Alumni Office

Athletics

Big Blue Summer Camp

Career Development Services

Caribbean Student Association

College of Education

College of Engineering

College of Health Sciences

Conference Services

Counseling Services

Dean's Office

Department of Communication Disorders & Special Education

Norfolk Department of Health

Norfolk Silver Dolphins Swim Team

ODAC Youth Swim Team

REACH

RiverQuest

Sababa Surf Camp

Southeastern Cooperative Education Programs

Special Olympics

Dining Services

English Learning Center

Facilities Management

Higher Education Centers

Homecoming Committee

Housing and Residence Life

Human Movement Sciences

Leadership and Student Involvement

Mechanical and Aerospace Engineering

Mighty Monarchs

Military Connection Center

Monarch Physical Therapy

Office of Educational Accessibility

Therapy Dogs International

TIDE Youth Swim Team

Tidewater Writing Project

Virginia Commonwealth University

Virginia Department of Health

Youth Triathlon Camp

Youth Venture Marketing

Parking Services

Police Department

Research Foundation

Resiliency Team

Risk Management

ROTC

Student Activities Council

Student Engagement & Enrollment Services

Student Health Services

Swim Club

Swimming & Diving

Triathlon Club

Women's Center

## ON-CAMPUS PARTNERS

# RECREATION & WELLNESS

## PROFESSIONAL STAFF

**Bridget Weikel**  
*Associate Dean of Students*

**Coulson Thomas**  
*Interim Director*

**Adriane Lott**  
*Financial Budget Manager*

**Connie Thomas**  
*Office Manager*

**Jesse Braxton**  
*Office Assistant*

**Nicole Merchant**  
*Assistant Director of Facility & Event Operations*

**Ryan Jumper**  
*Coordinator of Membership Services*

**Victoria West**  
*Coordinator of Aquatics*

**Meshon Davis**  
*Wellness Coordinator*

**Craig Stengel**  
*Equipment Service Technician*

**Mary Healey**  
*Assistant Director of Fitness & Wellness*

**Melissa Turnage**  
*Coordinator of Fitness & Wellness*

**Chantal Matthews**  
*Assistant Director of Health Promotion*

**Shanice Alexander**  
*Alcohol, Tobacco and Other Drugs Health Educator*

**Tracy Conder**  
*Dietician*

**Grant Deppen**  
*Assistant Director of Intramural Sports*

**Kaitlin Lynch**  
*Assistant Director of Marketing & Membership*

**Michael Willett**  
*Assistant Director of Outdoor Adventure Programs*

**Erik Edwards**  
*Coordinator of Outdoor Adventure Programs*

**Jean McClellan-Holt**  
*Assistant Director of Sport Clubs & Summer Camps*

## GRADUATE ASSISTANTS

**Logan Dzatko**  
*Facilities*

**Madison Cutten**  
*Fitness & Wellness*

**Halie Maass**  
*Group Exercise*

**Nia Cowart**  
*Health Promotion*

**Kameron Simms**  
*Intramural Sports*

**Eleanor Crofford**  
*Outdoor Adventure Programs*

**Patrick Wilson**  
*Outdoor Adventure Programs*

**Francesca Harvey**  
*Sport Clubs:  
Athletic Training*

**Marshall Mozena**  
*Sport Clubs:  
Athletic Training*

**Mikhala Dougher**  
*Sport Clubs*



# OLD DOMINION UNIVERSITY

## Recreation & Wellness

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@odurecwell