



RECREATION & WELLNESS

IMPACT REPORT

LETTER FROM THE DIRECTOR

I am pleased to present the Impact Report for the Department of Recreation & Wellness for FY23. It is with great pride and enthusiasm that I share with you our department's accomplishments and progress from this year.

We are thrilled to report increased participation across our programs and facilities. We continued to offer a wide range of programs catering to various groups and interests. Our commitment to inclusivity and diversity was demonstrated through programs such as Women in Sports Day, Love Your Body Week and Visual Impairment Yoga.

Supporting ODU students' well-being is a responsibility that we are passionate about. The Health Promotion unit launched peer support groups and other educational programs and workshops to support students with their mental health. The Fitness & Wellness unit created Monarchs in Motion, a self-care program designed to get students to connect with others and discuss stress management and other topics with a licensed counselor.

We expanded our outreach efforts by offering services like swim lessons to the community. These services allowed us to reach our neighboring communities and promote a safer and healthier lifestyle for all.

In closing, I want to express my gratitude to our dedicated staff, partners, and the community for their unwavering support. Together, we have made great strides in advancing the mission of ODU and the Department of Recreation & Wellness. As we look to the future, we are excited about the possibilities and opportunities that lie ahead.

Coulson Thomas
Director, Recreation & Wellness



OUR MISSION

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.



OUR VISION

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



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.

LIFE AFTER REC

Kim Nguyen is currently a successful Travel Cytotechnologist working at Johns Hopkins Hospital in Baltimore, Maryland, but she got her start at Old Dominion University (ODU) with Recreation & Wellness.

Kim first connected with Recreation & Wellness by attending yoga classes her freshman year, which helped her maintain peace while she pursued a bachelor's degree in Health Sciences. Kim began working with Recreation & Wellness as a Membership Services Specialist in 2013 and was later promoted to Facility Manager in which she served until 2017. In her senior year, Kim won the overall ODU Student Employee of the Year.

"I had a sense of relationship with my peers, professional staff, and patrons," Kim says, citing the sense of community within Recreation & Wellness as a major factor in her investment in the department. **"It was a great time to bond with everyone."**

In addition to her current position, Kim is also an adjunct instructor in ODU's Cytotechnology Program and a member of the Cytotechnology Advisory Council. Kim attributes her current skills in networking, leadership, and healthy living to the connections and experiences she had with Recreation & Wellness. In the future, Kim hopes to hold leadership positions in these programs, spreading awareness about the importance of cytotechnology.



Kim Nguyen

**Adjunct Instructional Faculty for
Medical Diagnostic & Translational
Sciences at Old Dominion University**

FACILITIES & MEMBERSHIP

Student Recreation Center Serves as Host Site for New Organizations

In addition to hosting Recreation & Wellness activities, the Student Recreation Center became the host site for many new organizations, including field hockey teams, color guard teams, and the Virginia Power Soccer Association (VPSA). In April 2023, the Power Soccer tournament was hosted on the basketball courts and served multiple teams from across the country.

Affiliate Memberships Grow

The membership team continued to connect with local organizations to create affiliate partnerships. Members of affiliated organizations receive discounted memberships to the Student Recreation Center and may collaborate with Recreation & Wellness on incentive programs and promotional opportunities.

Out with the Old, in with the New

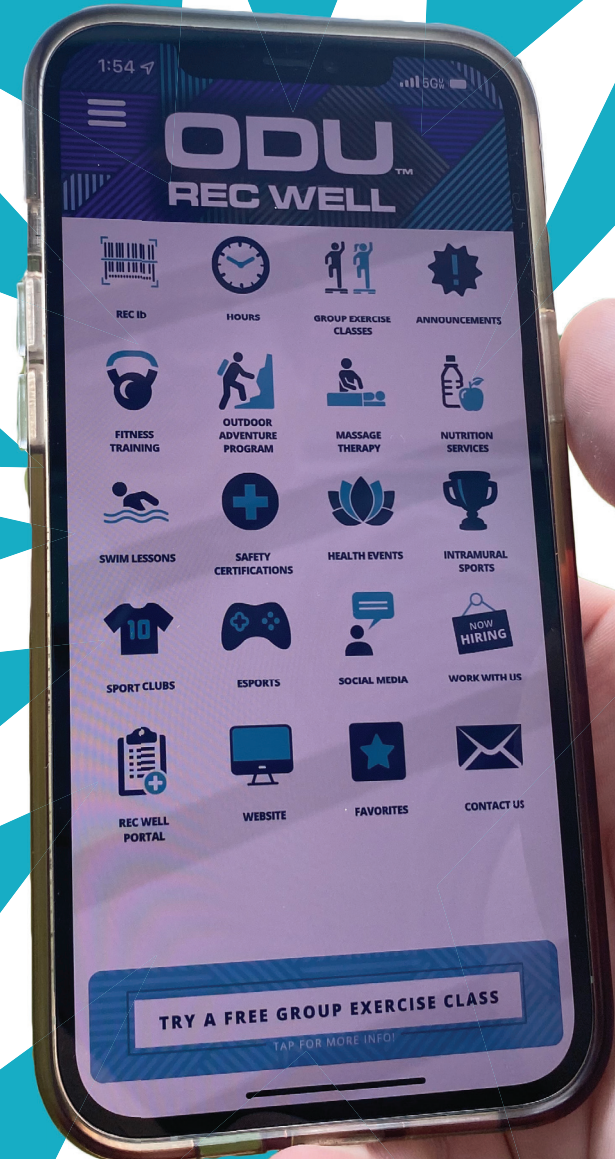
To improve the user experience and enhance access security, the hand scanners were replaced with barcode scanners at the Student Recreation Center and University Fitness Center access points. The new scanners allow for ease of entry for ODU Rec Well App users.



ODU REC WELL APP

Introducing: The ODU Rec Well App!

The ODU Rec Well mobile app was created using FusionGO, an add-on product that works with the Innosoft Fusion CRM software in use by Recreation & Wellness. Launched in August 2022, this mobile app allows members to access Recreation & Wellness facilities with a unique barcode linked to their member profile, receive push notifications, sign up for programs, view schedules, see advertising within the app, and more. As of June 2023, the app has over 10,000 downloads.



FITNESS & WELLNESS

Monarchs in Motion

This new program was created in partnership with the Office of Counseling Services. For five weeks, students met as a group once a week to participate in different physical activities and discuss psychoeducational topics with a professional counselor. As a result, participants experienced new activities as well as learned ways to manage stress, boost self-esteem, and improve body image.

Flexible Options for Fitness Preparation Courses

To better serve our students and future instructors, the Fitness & Wellness unit implemented self-paced virtual learning courses through Canvas. These asynchronous training opportunities allowed students to make progress on the material when it fit their schedule. After completing the online modules, participants sign up to take a proctored exam in hopes of becoming certified to teach or train at ODU.



HEALTH PROMOTION

New Well-Being Programs

In addition to the tried-and-true wellness events, Health Promotion introduced new programs to cover topics such as the benefits of eating a plant-based diet, mental health, stress management, and sleep hygiene.



New Peer Support Programs

After much research, collaboration, and preparation, peer support groups and the peer mental health ally role were created in partnership with the Office of Counseling Services.



ESPORTS

Varsity Successes

Varsity Esport teams reached their highest competition and developmental level yet. The Valorant team won their championship and the Rocket League team traveled to Arlington, Texas in May 2023 as part of the Collegiate Esports Coaches Convention.

Livestream Fundraiser

In November 2022, ODU Esports raised money for the Extra Life Charity through a 24-hour live stream. The funds raised support Children's Miracle Network Hospitals like Childrens Hospital of the King's Daughters (CHKD) in Norfolk.

Leveling Up Fitness in Esports

Esport players were given the opportunity to participate in weekly, private group exercise classes. Many players had limited prior exposure to physical activities. This partnership with the Fitness & Wellness team allowed varsity players to bond and receive the benefits of regular movement.



ESPORTS AWARDS

Outstanding Facilities Award

The Monarch Esports Arena was awarded the NIRSA Outstanding Facilities Award in March 2023 at the NIRSA Annual Conference in Pittsburgh, Pennsylvania.



Esports Competition Council Appointment

Esports Coordinator Byron Hinson was elected to the National Association of Collegiate Esports (NACE) Competition Council. Through this appointment, Hinson provides supervision and input to NACE teams regarding competition structures, rulings, recommendations and policies.



AQUATICS

The Return of Swim Lessons

Private and group swim lessons made a strong comeback as a result of intentional efforts to train and hire swim instructors. Having a certified American Red Cross Water Safety Instructor Trainer on staff allowed for certification courses to be conveniently offered in the Student Recreation Center during critical hiring periods.

Making Waves with Safety Courses

The number of safety certification courses offered by the department grew as a result of having a Lifeguard Instructor Trainer on the team. These courses were offered to students, SRC members, and community members, resulting in a boost participation.



CPR/AED/First Aid
Certification Courses Offered



Lifeguard
Certification Courses Offered



Water Safety Instructor
Certification Courses Offered



Lifeguard instructor
Certification Courses Offered

OUTDOOR ADVENTURE PROGRAM



Record Participation

Climbing programs such as the semester-long Rock-A-Thon incentive program, Third Thursday Climbing Socials, and the Climb On Climbing Competition saw record participation this year.

Serving Students Through the Scholarship Trip Program

Three student organizations, including the Global Monarchs Club, Phi Sigma Rho, and the Health Psychology Club, participated in club focused trips with the Outdoor Adventure Program. These opportunities allow for teambuilding and connection among group participants at no cost to the student organization.



PARTNERSHIPS

Friends of ODU

Children's Hospital of the Kings Daughters
Eastern Virginia Medical School
Elizabeth River Trail Foundation
ExtraLife Charity
Governor's Council for Asian Americans
IP Configure
JMU Project ECHO Campus Suicide Prevention Center
Mate ROV
Nauticus Museum
Norfolk Christian Swimming
Norfolk Public Schools
Norfolk State University
REACH
So Field Hockey
Synchro Bells
Virginia Power Soccer Association
Warwick High School

On-Campus Partners

Admissions
Athletics
Department of Biological Sciences
Department of Human Movement Sciences
Department of Human Resources
Department of Marketing
Facilities Management & Construction
Housing & Residence Life
Military Connection Center
Office of Counseling Services
Office of Enrollment Management
Office of Finance
Office of Intercultural Relations
ROTC
Student Engagement & Enrollment Services
Student Engagement & Traditions
Student Health Services
Transportation & Parking Services
University Communications
Women's & Gender Equity Center

RECREATION & WELLNESS

PROFESSIONAL STAFF

Professional Staff

Bridget Weikel

Associate Vice President for Learning

Coulson Thomas

Director

Jean Holt

Associate Director, Programs & Wellness

Erica Sawyer

Financial Budget Manager

Connie Thomas

Office Manager

Bre Williams

Office Assistant

Ryan Jumper

Assistant Director, Facility & Event Operations

Lexi Ricciuti

Coordinator, Aquatics & Operations

Craig Stengel

Equipment Services Technician

Brittanie Naff

Assistant Director, Marketing & Memberships

Brittany Williams

Coordinator, Membership Services

Chantal Matthews

Assistant Director, Health Promotion

Steven Gunzelman

Health Educator

Tamia Copeland

Coordinator, Monarch Wellness

Tracy Conder

Dietician

Mike Willett

Assistant Director, Outdoor Adventure Program

Erik Edwards

Coordinator, Outdoor Adventure Program

Grant Deppen

Assistant Director, Sport Programs & Esports

Byron Hinson

Coordinator, Esports

SheAyre Gavin

Coordinator, Sport & Youth Program

Jo Reihner

Assistant Director, Fitness & Wellness

Chris Gutierrez

Coordinator, Fitness & Wellness

Graduate Assistants

Dylan Scott

Facilities

Rachel Lowery

Fitness & Wellness

Lesley Gore

Health Promotion

Nick Wilson

Outdoor Adventure Program

Nick Mundy

Intramurals

Josh Hardtman

Sport Clubs



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