

# REC SPORTS - STUDENT ATHLETES COMMUNITY. LEADERSHIP. GRIT.



## A Case for Collegiate Recreation

Engagement in wholesome competition, adventure, and regimen enhances the academic experience and grows competence and confidence for the workplace and the world.

*Your* gift is an investment in *our* future!



# COMMUNITY



Recreational Sports extends a welcoming environment for a diverse population. We regularly assess our campus community to identify and address the interests of emerging populations. Adaptive sport, gender-inclusive restrooms, women-only swim forums, and a tenacious recruitment of people of color to outdoor adventure – all are collaborative efforts with the students who define us.

20,825

unique students engaged in OSU's Recreational Sports facilities and programs in 2016-17. That is:

68%

of the entire student body.

50000+

entries into recreation facilities, every day.

*Working together to create a welcoming environment through interpersonal interactions that respect and affirm inherent dignity, value, and uniqueness of all individuals and communities.*

- OSU's 2011 principles for equity, inclusion, and diversity



# LEADERSHIP

125

**intramural sports officials** enforce rules and manage conflict on the courts and fields.

55

**fitness instructors** complement their course of study with practical classroom or personal training experience; some also earning nationally accredited certifications.

81%

of **sport club officers** report skill growth in communication, decision-making, collaboration, resource management, and leadership, as a result of their Rec Sports assignment.

779

recorded hours of oversight by **student emergency responders** at sporting events, including response to 1,240 injuries, and 54 calls for 911 assistance in 2016-17.

“Knowing that my actions have real consequences causes me to be much more deliberate about how I go about them. This decision making process often includes taking into consideration how the decision affects diverse populations.”

- Sydney Iverson, Student Employee, Adventure Leadership Institute



“Whether it was the responsibility, caring for the group, or simply having a supportive team and outlet, being a [Sport Club] officer drove home that there is always something bigger than you. At your worst, your group still needs the leadership and can continue to be really great. The club, in all its parts, pulled me through a few bouts of severe disappointment. In short, learning how vital it is to be a part of something has been profound for me.”

- Quincy Gill, OSU Triathlon Club President 2016-17



# GRIT



**Jason Murakami**, about working as a lifeguard at Recreational Sports:

“It was a great experience for me to come here and get an actual job... It’s just really made me realize that I need to try harder for everything I do.”

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**Olivia Cameron**, about the impact of an epic adventure leadership trip in a coastal storm:

“I would not be [at OSU] if I had not found the Adventure Leadership Institute last year. I was really, really struggling... and I was not sure that I wanted to stay.”

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**Staci Partridge**, about completing her first Iron Man competition as President of the OSU Tri Club after being inactive in high school, then competing:

“Without club, I would have never done something like that.”

“Other than talent and opportunity, what makes some people more successful than others?”

*One important determinant of success is self-control—the capacity to regulate attention, emotion, and behavior in the presence of temptation. A second important determinant of success is grit—the tenacious pursuit of a dominant superordinate goal despite setbacks.*

- Angela Duckworth, Self Control & Grit

**Fall 2016** marked a century of collegiate recreation at Oregon State University. As the third oldest intramural program in the nation, we proudly documented a 100-year legacy of sport, leadership, and wellness.

It started in 1916 when Dr. A.D. Brown formalized the Intramural Athletic Program as part of the Division of Health and Physical Education. Additional programming took shape in that Division, as well as Student Life and Athletics, before coming together under a common, campus recreation title and roof.

The 1971 acquisition of McAlexander Fieldhouse for campus recreation was quickly followed by the original construction of Dixon Recreation Center in 1974. A growing student population prompted facility expansions in 1992 and 2004.

Student Legacy Park opened in 2011 with a name that recognizes the vision and support of the student body, which made all construction possible.

Our history demonstrates a long-standing student investment and engagement in a healthy campus - a practical demonstration of one of the University's three signature areas of academic distinction - improving Human Health and Wellness.

Many caring people, strategic choices, and visionary investments built the programming, services, and facilities that support the healthy campus we know today. We invite you to join the movement, in celebration of those students and other leaders who made it possible.



**PROUD HISTORY**



# FACILITIES

Open 117 hours per week during the academic term, Recreational Sports counted nearly one million swipes of ID cards into our facilities last year. Collectively, Dixon Recreation Center, McAlexander Fieldhouse, Stevens Natatorium, Student Legacy Park, Peavy Sports Fields, and a high-ropes Challenge Course offer a wide variety of options for engagement, including:

## COMPREHENSIVE FITNESS CENTER

- Cardio
- Weights

## BIKE & SKI SHOP

## CHALLENGE COURSE

- High-ropes elements
- Low elements

## CLIMBING WALLS

## COURTS

- Badminton
- Basketball (indoor & outdoor)
- Pickle ball
- Racquetball
- Squash
- Table Tennis
- Tennis (indoor & outdoor)
- Volleyball (indoor & outdoor sand)

## FIELDS

- Grass
- Turf

## POOLS

- Lap pools
- Deep-water pool
- Hot tub
- Saunas

## TRACKS

- Indoor 0.1 mile
- Outdoor 0.33 mile

## INSTRUCTION/ MEETING SPACE

- Boardroom
- Classrooms
- Multi-purpose studios

Full-service locker rooms  
Gender-inclusive changing room  
& restrooms



# PROGRAMMING



Oregon State University recreation is proud to offer a variety of programming to serve the diverse interests of our campus community.

## Intramural Sports

The emphasis of our Intramural Sports program is on participation and fun. Our A and B leagues welcome new and seasoned athletes, as pre-identified teams or individual free agents.

- 17 league sports
- 32 tournaments and events

## Sport Clubs

Our student-run Sport Clubs offer recreational, social, and competitive opportunities for a variety of skill levels, with forty sport options, from Bass Fishing to Tae Kwon Do to Ultimate Disc.

## Fitness

Students can choose their level of structure and variety in our fitness programs. We offer 80+ classes per week, along with personal training options.

## Adventure Leadership Institute™

Our Adventure Leadership Institute™ is a theory-based program that uses a combination of outdoor and classroom experiences to develop leaders. As participants apply for each of three levels of certification, they are given greater responsibility and opportunity to mentor others – building capacity in the individual and the program at the same time.

## Extra

In addition to our regular educational and recreational programming, the Department of Recreational Sports brings the fun and adventure to campus wide events like Welcome Week, Family Weekends, Bring Your Child(ren) to Work Day, and Halloween with special tournaments, outings, and parties. Our RecNight kicks off Welcome Week with an average attendance of 2,800 students.

We believe that we offer something for every interest, and always engage the campus community in bringing new ideas to the table.



## MISSION

*Oregon State University's Department of Recreational Sports inspires healthy living by providing quality recreational and educational opportunities for the OSU community.*



# VALUE-ADDED EDUCATION



Existing research shows the following are all highly correlated with extracurricular involvement, specifically intramural and recreational sports\*:

- College satisfaction
- Recruitment and retention
- Positive personality characteristics
- Scholastic achievement

Students report the following benefits of participation in recreational sports, in priority order\*:

1. Improves emotional well-being
2. Reduces stress
3. Improves happiness
4. Improves self-confidence
5. Builds character
6. Makes students feel like part of the college community
7. Improves interaction with diverse sets of people
8. Is an important part of the learning experience
9. Aids in time management
10. Improves leadership skills

\*The Value of Recreational Sports in Higher Education: Impact on Student Enrollment, Success, and Buying Power. (2004). Champaign, IL: Human Kinetics.



# “A REAL JOB”



When I was a freshman at Oregon State University, Dixon Recreation Center quickly became my haven – my special place to retreat to and a sanctuary for me. Working out daily wasn't something that I had made a part of my life before college, and being able to do that through Recreational Sports helped me adjust to college life, establish healthy habits, and feel great.

Four years later, Dixon Recreation Center continued to be my haven. However, by then, I saw Recreational Sports for what it really was – a center for student empowerment. I spent two years working on the Outreach & Marketing team in the Department of Recreational Sports and my only regret upon reflecting on my experience is that I didn't apply earlier!

Surrounded by supportive staff that would eventually turn into lifelong friends, I took on responsibilities that I never would have imagined taking on as “just a student.” My teammates and I contributed to department decision making, created and implemented wellness and social media campaigns, hosted campus-wide events, and recruited and trained our own staff. As a supervisor, I was able to establish the pace and content of our work.

One of the greatest lessons I learned from working at Recreational Sports is that if you are passionate about something that needs to get done,

you are the best one to do the job! I saw every single member of my team find or create their own passion project. It wasn't assigned, required, or asked of them, but when you work in such a wonderful environment, it's almost impossible NOT to be inspired!

In my case, I was able to couple my passion for health equity with Recreational Sports by conducting research for an undergraduate thesis. With unrelenting support from colleagues and a lot of late nights, I finished that passion project of mine. I can proudly say that my thesis, “Ethnic Minority Students' Barriers and Facilitators to Engaging in Campus Recreation” is taking me to a national conference in March where I will share my passion with hundreds of other individuals in the field of health and physical education.

Working at Recreational Sports wasn't just “a college job.” It was a real job; one that helped develop my skills and talents and a job that provided me with the unique skills and abilities sought after by employers. Thanks to my engagement with Recreational Sports, I now work as a nutrition educator at low-income schools in Portland. I am still spreading a message of wellness, and always seeking to empower my students, just as Recreational Sports does for everyone who walks through its doors.



**TRAM HOANG**  
Student Employee



# SPORTSMANSHIP



**KEET DAILEY**  
Student Athlete

Keet Dailey demonstrates the qualities of an exceptional athlete. He trains hard to compete as a triathlete and to better himself with each race. However, what sets him apart from the competition is his outstanding displays of sportsmanship.

In 2013, during his freshman year of college, Dailey joined the OSU Triathlon Club after having a general interest in the sport. "A triathlon is a race that has three disciplines to it where you swim, you bike, and you run, and in between each discipline, you transition," he said, "It's a nonstop race and you go until you finish." Since beginning the strenuous and competitive sport, Dailey has conquered many obstacles in the face of adversity.

During his first race at Wildflower in California, Dailey placed twelfth overall. Shortly after, he competed at the National Championships where he would place second in the country in his age group. After several wins and achievements, he later went on to qualify for the Triathlon World Championships in 2015, but not without a small setback: Dailey was hit by a car on his way home from class in which he broke his wrist. "When I first realized I qualified for Worlds," he said, "My energy level was just through the roof. I was so excited to do that because I'd never been on a world stage racing like that before and when I got the news that I had a broken wrist—I thought it was sprained—I was in complete denial that it was ac-

actually broken." His doctors didn't believe he would be able to compete at the Triathlon World Championships due to his accident, a heart-breaking moment for Dailey. "I was in an emotional mess," he said, "It felt like it was something that was stolen from me because it was something that was out of my control, that I couldn't handle, couldn't take control of." However, his fate changed. After two months, the doctors removed the cast on Dailey's wrist, enabling him to compete in Chicago at that year's World Championships. "Worlds is definitely something you cherish because not everybody gets the opportunity to race at Worlds so definitely having that opportunity to race there was very humbling to me and was awesome because I got to see professional athletes that were racing, other age groupers that were just like me who were trying to race as hard as they could," he said, "Racing against the best of the best was definitely a great moment in my triathlon career."

At the 2017 Collegiate Nationals on April 22, Dailey faced another career high moment during the Olympic-Distance National Championship triathlon. It was a hot and humid day in Tuscaloosa, Alabama, making an already challenging race that much more difficult. As Dailey began picking up his pace during the last quarter mile of the run portion of the event, he rounded the final corner to find Grant Schroeder, a competitor from UC Berkeley, who was clearly in distress from the

conditions. “My first instinct was ‘this guy needs help’ and it’s just my natural instinct to help people, getting him across the finish line was at that point in the race, my biggest goal. It didn’t matter about placing anymore or time; I just wanted to get him to the finish line.” Despite feeling exhaustion himself, he lifted Schroeder and continued moving toward the finish line.

Another competitor, Spencer Ralston of Saint Michael’s College, noticed the pair in distress and jumped in to help. “I was lucky Spencer came along and helped us out because we really needed help to get Grant to the finishing line,” Dailey said. “He really wasn’t able to run or walk so we were literally dragging him.” At this point Schroeder was unable to move his legs and was doing all he could to remain conscious. “It’s definitely one of those things that I’d never experienced in my entire life,” said Dailey, “People are always cheering at the finish line because it’s just a really exciting moment finishing off Collegiate Nationals and you’re racing against the best in the country, but never have I ever heard a crowd being as loud as they were.” In awe of the exceptional sportsmanship happening before their eyes, the crowd rallied the three competitors as they crossed the finish line. Schroeder then received medical attention to counter his severe exhaustion and 107 degree fever.

It was in this moment of sportsmanship that Dailey and his two competitors proved that there’s more to a sport than a simple win. “The three of us, none of us knew each other, but once we crossed the finish line, that seemed to be the highlight of the race,” said Dailey, “It’s definitely a humbling experience going through that kind of situation with Spencer and Grant.” At the end of the race, Dailey had no idea what the event would amount to and how it would impact those around him. “For me, it’s just a simple act of kindness. Being a good sport has always been something my dad taught me—being a good sport, being a good athlete, being a good teammate and a good team captain. It’s just something I always do. That was definitely a time that I helped an athlete out. I never really thought it was going to go big like this,” he said, “That’s not the point of it. Sportsmanship is bigger than that. It’s not just about a video going viral, or a photo—it’s really helping each other out and being a good sport.”

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# HEALTHY LIFESTYLE



**ELHUM OSKUI**  
Student Advocate

Oskui is passionate about breaking down stereotypes about women who wear hijab. She feels that many people don't understand that people who wear hijab are not oppressed, and that they have as much freedom as everybody else at the gym. Oskui has felt very welcomed whenever she comes to Recreational Sports Facilities. Although she is occasionally asked uninformed questions, she's never dealt with anything hateful. "Everyone's been really kind and they smile and they say hello," Oskui said.

As a strong advocate for living a healthy lifestyle, Oskui worries that some hijabi women would have concerns about coming to the gym, affecting their chance to exercise. "Definitely come here, get in shape, and take charge of your health," Oskui said. "University gyms are very welcoming, and college students are very kind."

In Middle Eastern cultures, gyms are often separated for men and women. So when women go to the gym they are usually around only other women, and not wearing hijab. However, gyms in the US aren't separate. This means that hijabi women who aren't as familiar with more western culture, don't normally wear hijab to the gym, would wear it to the gym here, which could be uncomfortable for some while also working out around men.

Keeping up with fitness is a very important thing to Oskui. She lifts weights and does cardio to maintain her health, both physical and mental. It's a way for her to relieve some stress and keep a balanced mood, which can be especially tough while raising a young child.

Being a mother, one of the services that Oskui takes advantage of is Our Little Village, the child care program available at Dixon. This program made it much easier for Oskui to balance being a mother, but also trying to keep up with her fitness. "I was really surprised they had [child care] when I came here," she said, because her past college offered no programs like it at the recreation center. "It's awesome that they have that."

She wants to show non-Muslim people that people who wear hijab are not oppressed, like she feels they are often portrayed in the media. She wants people to know that hijab is not a sign or symbol of oppression. She hopes to help give others the confidence to be able to come to the gym wearing hijab and feel comfortable doing so. "I really want to influence the world and tell them that we're allowed to work out and we're allowed to be in public."



# THE ULTIMATE GOAL

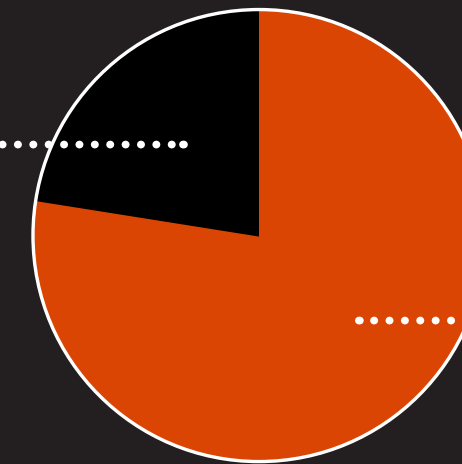
Help Rec Sports student athletes help themselves

Share the burden for leadership development and healthy communities

Relieve the growing fee burden on students

Rec Sports' Annual Budget  
**\$6,939,341**

**23%**  
Generated  
Income



**77%**  
**STUDENT**  
Fees



Rec Sports Fee Allocation (per term, per student)



**A GIFT OF...**

**MAKES A MEASURABLE IMPACT**

<b>\$800</b>	<b>To celebrate sportsmanship: Intramural Championship t-shirts for a season</b>
<b>\$5000</b>	<b>To enable engagement: A replacement raft for the Adventure Leadership Institute</b>
<b>\$10,000</b>	<b>To inspire grit: Travel expenses to nationals for a sport club</b>
<b>\$20,000</b>	<b>To improve community wellness: Free personal training for referred, high-risk students</b>
<b>\$2.7 Million</b>	<b>To grow inclusivity: Renovated locker rooms</b>
<b>\$15 Million</b>	<b>To meet nationally recommended standards: Expanded indoor recreation facilities</b>





# CAMPUS & COMMUNITY PROJECTIONS



- Growing need for healthy modeling, influence, and leadership on campus and in our communities

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- Increasing cost of infrastructure

- Minimum wage

- Assessments

- Capital maintenance

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- Growing burden on students and families through increasing student fees

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A man with dark hair and a beard, wearing a black tank top, is leaning forward with his arms extended, holding a thick rope. He is wearing a black wristband on his left wrist and a blue wristband on his right wrist. The background is a large, dimly lit indoor arena with many people sitting on the floor, some of whom are also participating in the exercise. The scene is captured in a cinematic style with soft lighting.

**EVERY GIFT  
MAKES A  
DIFFERENCE.**



**REC SPORTS - STUDENT ATHLETES**

**YOUR GIFT  
IS AN INVESTMENT  
IN THE FUTURE  
OF OUR ATHLETES  
AND OUR COMMUNITIES**

