

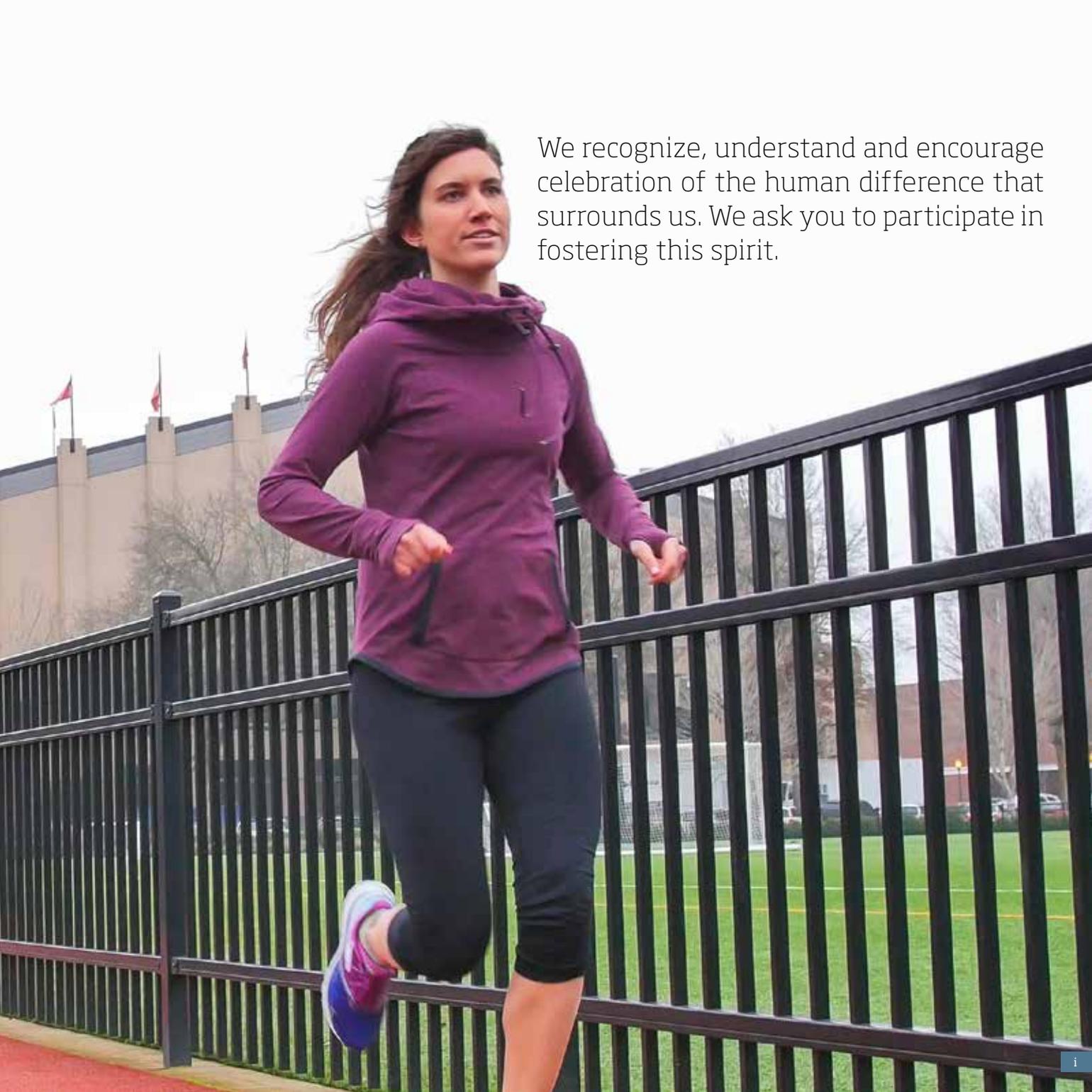


Department of Recreational Sports

# **ANNUAL REPORT**

2014-2015





We recognize, understand and encourage celebration of the human difference that surrounds us. We ask you to participate in fostering this spirit.



# COMMUNITY

We are Recreational Sports - We are Beaver Nation

# TABLE OF CONTENTS

|    |  |
|----|--|
| 04 | <b>Letter from the Director</b>        |
| 06 | <b>Student Employment</b>              |
| 08 | <b>Our Community</b>                   |
| 10 | <b>Adventure Leadership Institute™</b> |
| 12 | <b>Aquatics</b>                        |
| 13 | <b>Athletic Training</b>               |
| 14 | <b>Fitness Services</b>                |
| 16 | <b>Our Community</b>                   |
| 18 | <b>Intramural Sports</b>               |
| 20 | <b>Our Community</b>                   |
| 22 | <b>Facility Rentals</b>                |
| 23 | <b>Safety</b>                          |
| 24 | <b>Sport Clubs</b>                     |
| 26 | <b>Our Community</b>                   |
| 28 | <b>Sustainability</b>                  |
| 30 | <b>Our Community</b>                   |
| 32 | <b>Governance</b>                      |

# TOTAL SWIPES

Total number of swipes

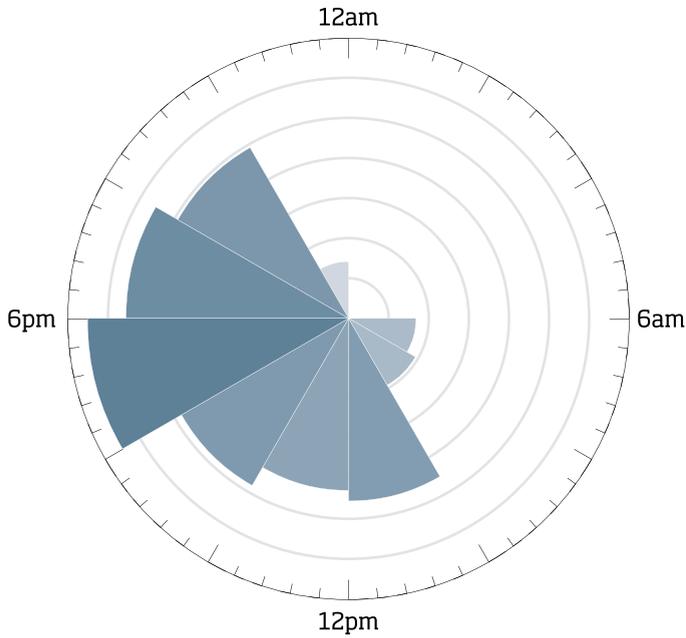
901,830

**Dixon Recreation Center**

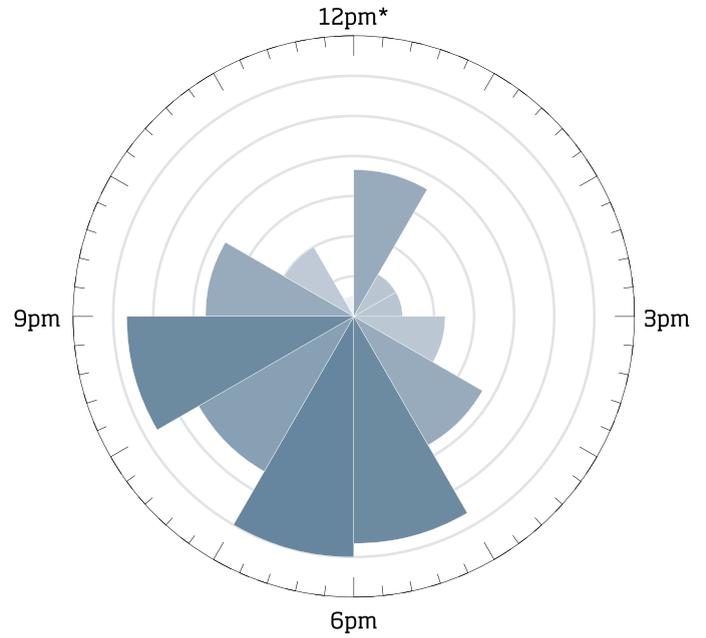
68,504

**McAlexander Fieldhouse**

The average number of swipes per (non-summer) weekday



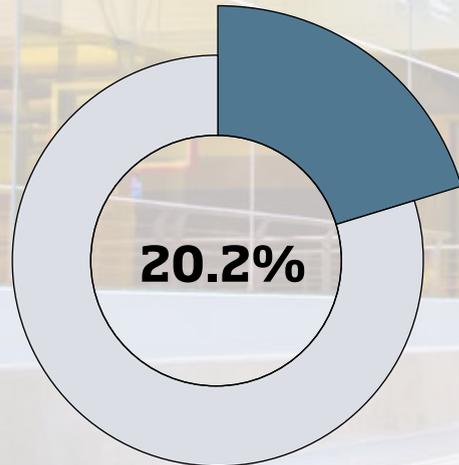
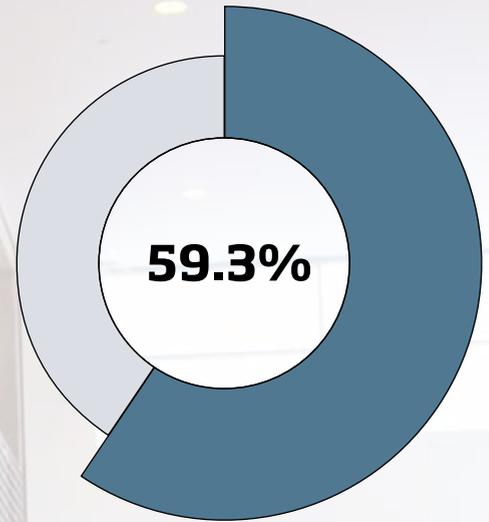
Dixon Recreation Center is open from 6am to 12am  
Each ring represents 100 students



\* McAlexander Fieldhouse is open from 12pm to 12am  
Each ring represents 6 students

# COMMUNITY USAGE

During Winter 2015, the total OSU Student enrollment was **27,746**. Of those, **16,452** swiped in to a Recreational Sports facility.



During Winter 2015, OSU employed **5,893** individuals. Of those, **1,193** swiped in to a Recreational Sports facility.

# LETTER FROM THE DIRECTOR

I am pleased to bring you our 2014-15 Annual Report. In assembling these accomplishments and contributions, we aim to convey the sizable positive impact of our services on the Oregon State University community. We hope you will see beyond tallies of programming, to the variety of activity, depth of engagement, and voices of transformational change of the students who participate.

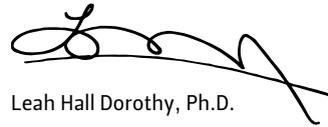
Being centrally located among the many campus residence halls, Recreational Sports is a social and physical activity hub for the community. Here, students with different courses of study, different political and religious beliefs, and different nationalities find common value in sport. Common affinity engenders meaningful exploration and self-discovery.

Oregon State University is well known for its academic excellence in improving Human Health and Wellness. The opportunities offered by Recreational Sports help to ensure a practical excellence, as well. National health concerns for hypertension, diabetes, high cholesterol, stress, and heart disease emphasize the importance of physical activity and good nutrition. In this respect, we recognize the importance of play, and encourage engagement by offering a variety of programming for the diverse interests of our student population.

Whether students have a personal exercise regimen, play a team sport, lead a club, or intern in the delivery of wellness services; they are actively engaged in personal growth and development outside of the classroom. Professional skills, critical thinking, and character-development are a natural outcome of their experience. Additionally, research indicates that active engagement with campus life positively correlates to student retention and graduation rates.

With this Annual Report, I invite you to become familiar with the contributions the Department of Recreational Sports makes to create a healthier community that can bring well-being to the entire university.

Sincerely,



Leah Hall Dorothy, Ph.D.

Director, Department of Recreational Sports



# STUDENT EMPLOYMENT

*“My time as a leader at the Challenge Course and at the Recreation Services Desk is always going to be a point of comparison for me. When I come home from future shifts at the hospital I can only hope I can feel as accomplished as I did when I worked at Recreational Sports.”*

- Ryan Linstad, Registered Nurse

*“I already considered myself an organized person, but trying to juggle my teammates’ class schedules and keep up to date on their work projects was a whole new level of organization for me! Another part of my job was to encourage and support my team members in their projects and goals. I thoroughly enjoyed being able to watch my team members’ ideas turn into projects, and watch those projects come to life.”*

- Katie Louk, Middle School Counselor

*“As a student studying management I was blessed with an opportunity to have real management experience as a Center Manager at Recreational Sports, where I oversaw up to 5 people at a time and ensured the smooth operations of a facility that served 4,000+ people a day; not too shabby for a 20 year old.”*

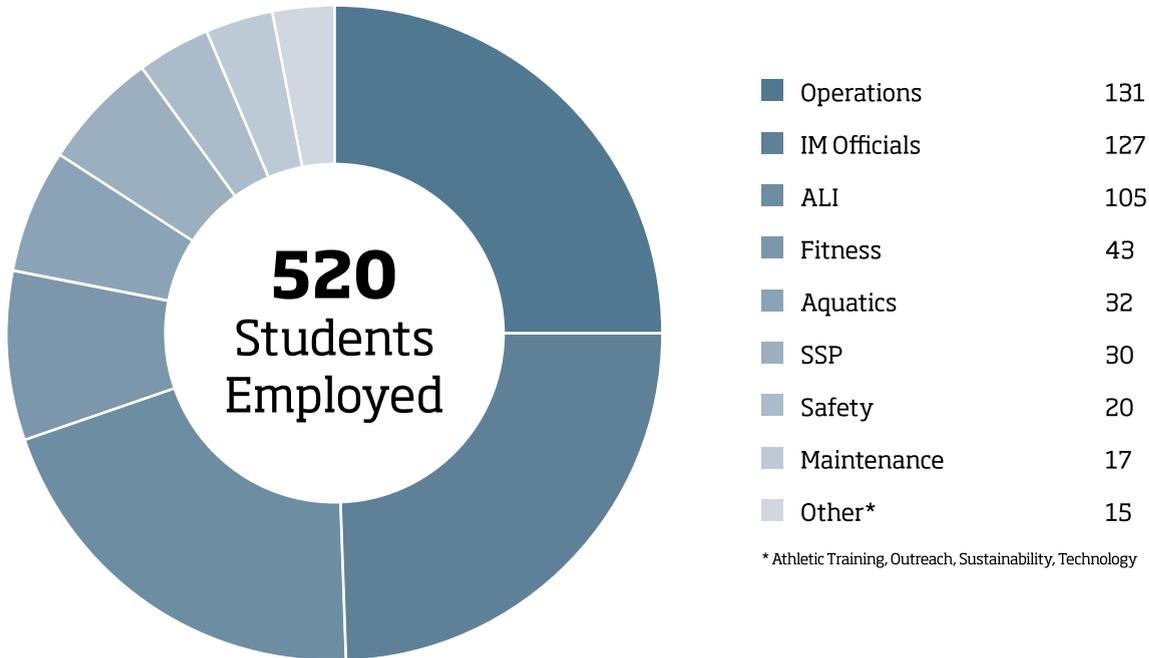
- Miles Dodge, Global Buyer

*“In many ways, ALI was one of the most challenging things I have done because it constantly pushed me beyond my comfort zone. That is why for most of the time I wanted out of the program. I still do not know why I stayed for as long as I did, probably because with each successful class or trip I felt I could do more. But, now that I am gone, I mourn the fact that ALI is probably one of the last places that will challenge me, push me, teach me or change me as much as it did.”*

- Andrew DelGreco, Program Naturalist

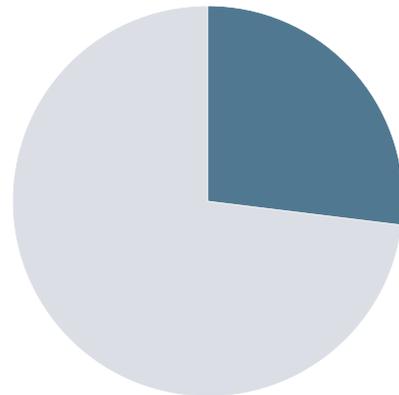
## *Alumni Voices*

## Recreational Sports is proud to employ OSU students



\* Athletic Training, Outreach, Sustainability, Technology

**27%** of total allocated incidental fees are spent on student employment



# OUR COMMUNITY: KEVIN HOPPER



I like to think I had a completely unique experience at Oregon State University. Turns out I am wrong. As an undergrad, I branched out and became an independent thinker, created new programming, and led student organizations. I even went as far as creating my own degree title.

I later discovered that these were the exact outcomes the Department of Recreational Sports, and specifically the Adventure Leadership Institute, work to instill in their students. Hands-on education, practical experience, and personal reflection, all pushed me to thrive as a student and helped me to construct my professional success.

The Adventure Leadership Institute offered training, where I became a Certified White Water Rescue Instructor, through the American Canoe Association. That training enabled me to teach students about preventing and solving white water situations that involve a high level of risk.

One day, I was instructing eight students to cross a river using some technical equipment that required a lot of teamwork and problem solving. The goal was simply to use safeties, swimming techniques, and ropes to get the whole team across the river while avoiding the rapid below. Things quickly started to go wrong; and each time they made a mistake they blamed their location and moved further down the river to try again.

With each mistake, they moved closer to the rapid, tempers rose, and the intensity of the situation grew. I only intervened (for their safety) when they found themselves trying to cross in the middle of a rapid as opposed to the slower water above.

In a reflective discussion, the group recounted their activity, and agreed they needed a better process for decision-making. Their resultant model is one that I continue to use and share with students, today – Stop. Analyze. Decide.

Now, as Health and Human Performance Assistant Director of Leadership Initiatives at Stanford University, I have the continuing pleasure of working in Adventure Education.

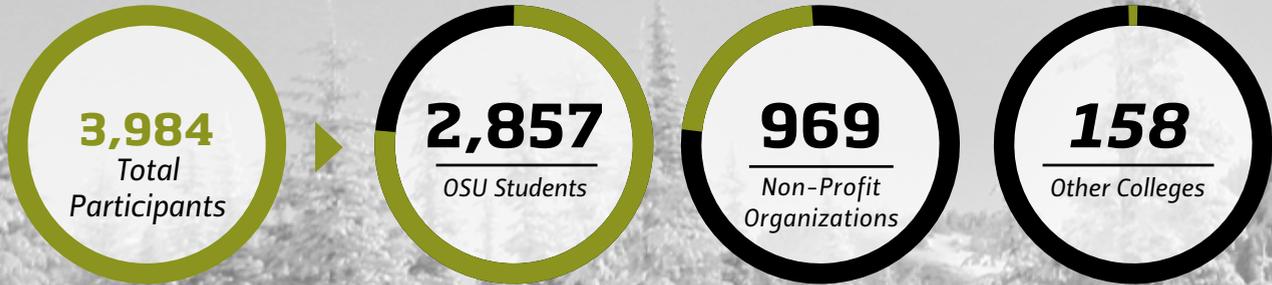
The students with whom I work are not always involved in outdoor adventure, but the lesson resonates. I have shared this lesson with students who are trying to conquer fears or master life-skills; and I have shared this lesson with national championship teams and athletes. As importantly, I continue to reflect on it, and learn, myself – a skill, a trait, an attitude instilled and supported by my time at Oregon State.

## Kevin Hopper

Bachelors of Science - Liberal Studies with an emphasis in Leadership Development  
Adventure Leadership Institute: Level 2 Certificate  
Health & Human Performance Asst Director of Leadership Initiatives  
Stanford University



## CHALLENGE COURSE PARTICIPATION



## CLIMBING CENTER PARTICIPATION



## ADVENTURE CLUB PARTICIPATION



## CREDIT HOURS EARNED IN ALI™ CLASSES

**40**

*Summer Credits*

**460**

*Fall Credits*

**442**

*Winter Credits*

**632**

*Spring Credits*

## ADVENTURE LEADERSHIP CERTIFICATES EARNED

**13**

*Level 1*

**3**

*Level 2*

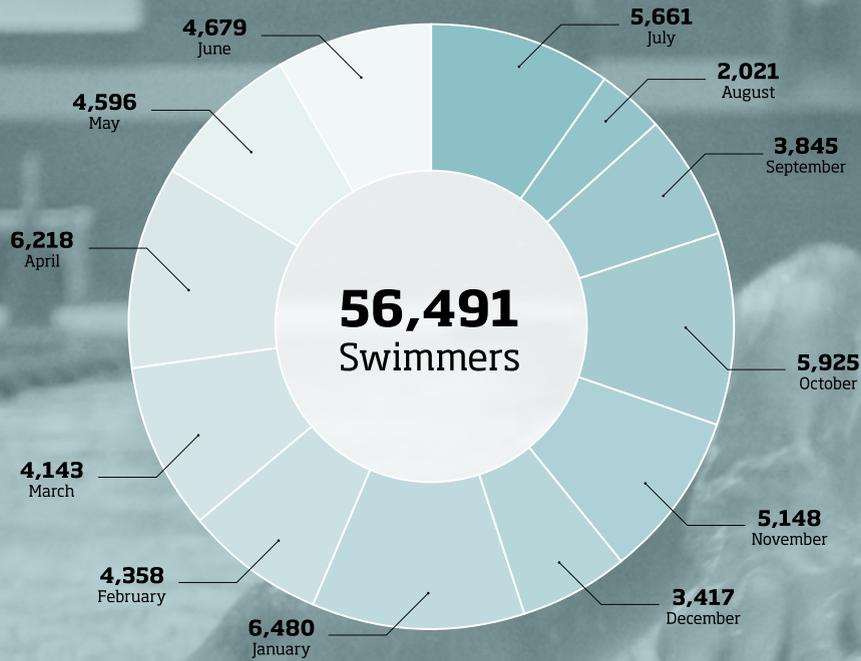
**1**

*Level 3*

## HIGHLIGHTED ACCOMPLISHMENTS

- Added new for-credit courses to broaden the appeal of the course catalog
- Designed a curriculum for the emerging Adventure Living Learning Center
- Delivered training on Emergency and Disaster/Incident Response Teams to build capacity at OSU
- Staff preparation to effectively and genuinely dialog with students from minority cultures about outdoor adventure interests

# AQUATICS



**Conducted feasibility research to address rust, filters, plaster, and UV system**

**Provided skilled lifeguards to all campus aquatic programs (e.g. ROTC, Athletics, Faculty/Staff Fitness)**

**Offered women's-only swim times for individuals whose faith precludes co-ed swimming**

# ATHLETIC TRAINING



## ATHLETIC TRAINING APPOINTMENTS

- Brief Screening: 467
- Email/ Telephone Advising: 483
- Regular (40-min): 1,257
- Kinetic Integration Exercise Professional (KIEP): 559

**Mentored an Athletic Training Fellow in professional practices**

**Mentored 12 Exercise Sport Science practicum students in KIEP practices**

**Served 524 unique patients**





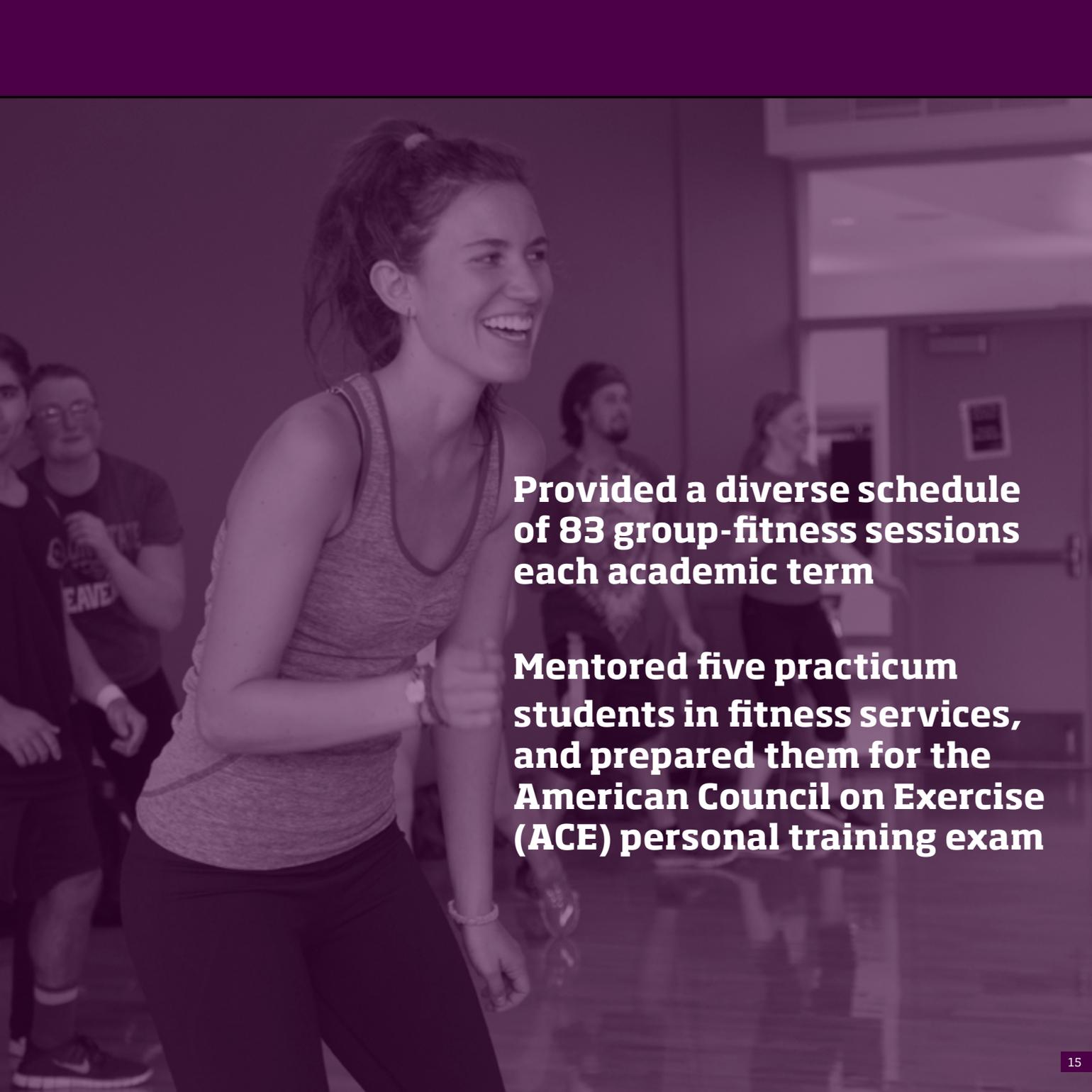
## FITPASSES PURCHASED DURATION

- Term Passes: 1,777
- 9-month Passes: 497
- Annual Passes: 180

## PERSONAL TRAINING SESSIONS BY TYPE

- Individual Get Started: 149
- Individual Add Sessions: 473
- Dam Fit: 130
- Small Group Sessions: 35





**Provided a diverse schedule of 83 group-fitness sessions each academic term**

**Mentored five practicum students in fitness services, and prepared them for the American Council on Exercise (ACE) personal training exam**

# OUR COMMUNITY: VANESSA FULLER

I love the sense of community that I feel whenever I am on campus. All of the students and staff are always willing to have a conversation and get to know you. It is a welcoming environment and I love that I feel at home here.

It means the world to me to have the opportunity to continue gymnastics through Recreational Sports. I was a competitive gymnast for 15 years and the sport is really hard to quit. I'm thankful that I have the opportunity to do what I love in college. I also love that the club is a place where I've met so many amazing friends who also share a passion for the sport.

To be honest, I did not expect to win or even place at Nationals. I just went out there and did what I love to do. At the awards ceremony I was surprised and happy when my name was called. I am so proud to represent OSU RecSports and my team.

## Vanessa Fuller

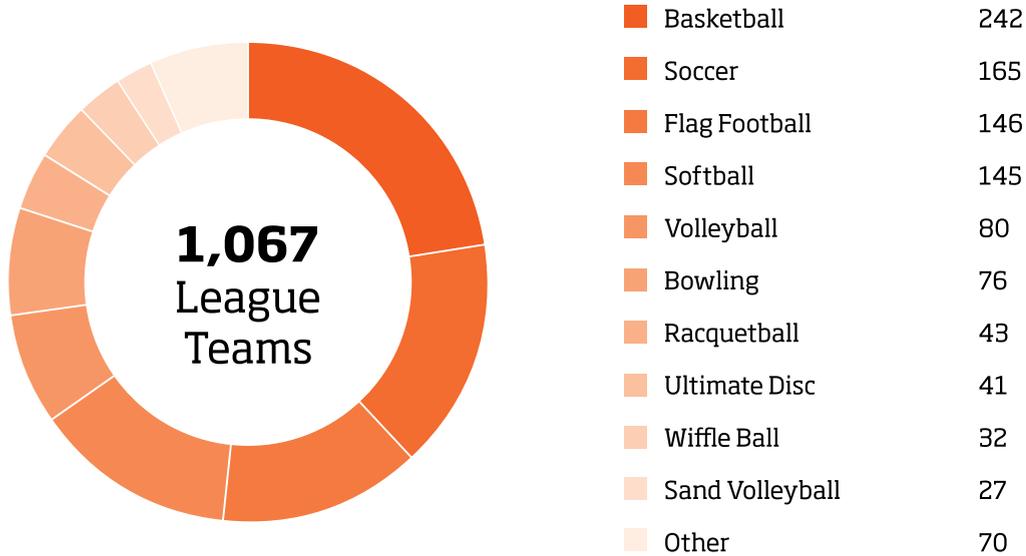
Human Development and Family Sciences, Junior  
Gymnastics Club





# INTRAMURAL SPORTS

## The number of teams by league



## Participation in tournaments and events





**Increased the number and variety of special events by 26%, and engaged 183 more students as a result**

**Offered a second adaptive activity, Goal Ball, designed for individuals who are visually impaired and offered to all**

**Trained 120 Intramural Sports Officials in decision-making, communication, conflict management, and professionalism**

**Delivered 34 hours of fall training to increase critical thinking and collaboration skills in student staff who oversee intramural activity**

# OUR COMMUNITY: JUSTIN ARCHIELD



Running is a chance for me to be with myself. It is a chance to be with my own thoughts, clear my head, and it is something I try to do every day.

My biggest motivation to use RecSports facilities is to be healthy and have a healthy body. Dixon Recreation Center is a great place to socialize, as well as a center to get your own personal workouts. Every time I go to Dixon I get energized.

Participating in IM Flag Football was really fun. I wasn't expecting to play, but once my friend signed me up, my competitive nature kicked in and we played liked a team to win the IM championship. If I had the chance I would do it all over again!

## Justin Archield

Psychology, Senior

Intramural Softball, Basketball, Flag Football



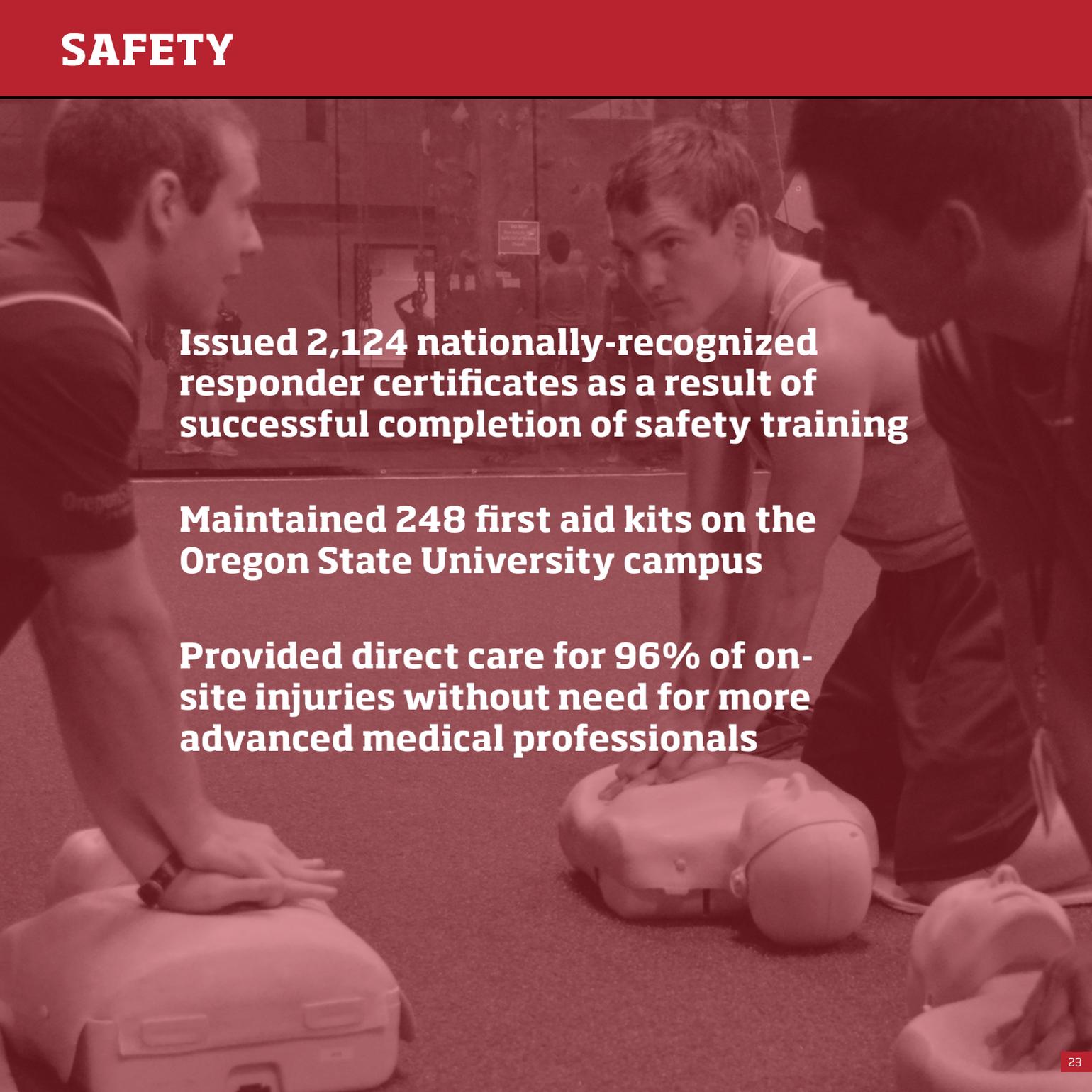
# FACILITY RENTALS

**Increased rental income by 8% from last year**

**73% of rental groups are repeat clientele**

**Increased equipment inventory and consequent service quality to rental groups**

# **SAFETY**



**Issued 2,124 nationally-recognized responder certificates as a result of successful completion of safety training**

**Maintained 248 first aid kits on the Oregon State University campus**

**Provided direct care for 96% of on-site injuries without need for more advanced medical professionals**

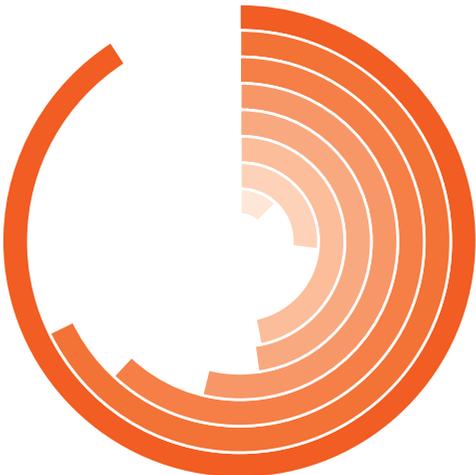
# SPORT CLUBS

Sport Clubs attract a variety of participants, including...



|               |     |
|---------------|-----|
| First Year    | 613 |
| Sophomore     | 323 |
| Junior        | 332 |
| Senior        | 302 |
| Graduate      | 110 |
| Staff/Faculty | 16  |
| Other         | 109 |

When asked why they joined a Sport Club, participants said...



|                    |     |
|--------------------|-----|
| Fun                | 91% |
| Physical Fitness   | 68% |
| Social Interaction | 62% |
| New Skill          | 54% |
| Stress Reduction   | 48% |
| Knowledge Gain     | 47% |
| Leadership         | 27% |
| Other              | 12% |

**Trained 193 Sport Club Officers  
in communication, collaboration,  
critical thinking, and self-awareness**

**Benchmarked risk assessment/  
classification with peer institutions**

**Offered 39 different sports,  
which engaged 1,805 students  
in regular practice and  
competition**

**Clubs raised a total of  
\$327,559 to supplement  
funding from student incidental fees**

**Coordinated a total of 553 Sport  
Club events - 291 home & 262 away**



# OUR COMMUNITY: ABDUL ALSULAIM



The OSU community is a very healthy community. What I wish for the future is to see more programs which bring our community together. People coming together is the only way to make a community healthy. Being united is the only way to learn from each other and have a safe place.

RecSports provides a lot of things for students related to stress relief. I enjoy the indoor and outdoor tracks, and you can find me sprinting outside late at night. I don't always see RecSports as a place for muscle or hobbies, but it's a place I can socialize and relieve stress.

## Abdulahman (Abdul) AlSulaim

Industrial Engineering, Junior

Running, Intramural Soccer



**Inventoried sustainable features of facilities**

**Launched awareness campaign on laundry volume**

**Completed garbage inventory to benchmark waste generation**



# OUR COMMUNITY: REBECCA OTT



I didn't grow up in a gym culture. I wasn't an athlete. The last time I was in a locker room was in the 4th grade. Just the concept of walking in the door, swiping your card, getting your towel and locker was intimidating to me. The personal shame of being in the locker room with these 19-year-old beauties was really difficult for me, and the insecurity of not knowing how to run the equipment or who you might run into while you're all sweaty – these were all things I had to overcome.

The *May Shape Up* program took away a lot of the intimidation factor, introduced me to just the format of class structures and got me used to the exercises and broke them down in a way that I could keep up with.

Mentally, it's more about being in a supportive environment that has been so beneficial, with people who are likeminded. I am so lucky to be surrounded by smart fitness people. There is so much support and so many opportunities. You give us this huge pallet of classes, you give us an amazing facility – it rarely closes, is never broken down – how could I not take advantage of this and how could I not give it my best and all that I've got?

Recreational Sports is a place where no one cares if you're gross or dirty. You can be as strong or as weak as you need to be. You can have a good day or a bad day. Don't be intimidated. Just keep going.

Recreational Sports is a place where you are there to grow and everyone is there to do the same in many different ways.

## Rebecca Ott

OSU Finance and Administration

Drop-in Cardio / Weights



# RECREATIONAL SPORTS ADVISORY BOARD

The Board of Recreational Sports is the primary governing body for all aspects of the student fee funded Department of Recreational Sports. The Board is responsible for making recommendations to department administration in the operations of facilities and the delivery of programs and services for the Oregon State University campus. This body reviews operation and use policy, reviews the development and implementation of new programs and services, makes recommendations for requests of student funding, monitors the financial activity, and participates in long term strategic planning.

Board Members are appointed through open application and recommendation processes. The Board consists of eight to eleven students serving one-year terms, five faculty or staff serving three-year terms, and up to two ex-officio members. The Board's guidance and council has been critical in the development of facilities and the implementation of new programs and services.

## STUDENTS

|                  |  |
|------------------|--|
| Hillary Fishler  | Ph.D. student in Environmental Sciences  |
| Gabe Hernandez   | Ed.M. in College Student Services Admin. |
| Katie Mannion    | Civil Engineering                        |
| Dustin Price     | Political Science                        |
| Victoria Redman  | Political Science                        |
| Jacob Roselli    | Finance; SIFC Liaison                    |
| Bryan Williamson | Political Science; ASOSU Vice President  |
| Taban Yolo       | Pre-Business                             |

## FACULTY

|                  |   |
|------------------|---|
| Kathy Brier      | Intercollegiate Athletics                 |
| Logan Denney     | UHDS Residential Education                |
| Karen Swanger    | College of Public Health & Human Sciences |
| Robert Thompson  | Ethnic Studies                            |
| Melissa Yamamoto | Student Leadership & Involvement          |

## EX OFFICIO

|                   |                     |
|-------------------|---------------------|
| Leah Hall Dorothy | Recreational Sports |
|-------------------|---------------------|

# SPORT CLUB COMMITTEE

The Sport Club committee is the primary governing body of the Sport Clubs Program. The Committee is responsible for establishing and reviewing policies related to the operation of the program, evaluating and reviewing budget requests, allocating individual club dollars, and allocating money to clubs from the national travel fund account. The Committee also is responsible for evaluating and reviewing requests for new club membership, responding to questions and issues concerning sport clubs, and making recommendations regarding club and individual member status when disciplinary or conduct issues arise.

The Sport Club Committee consists of five elected sport club student members elected by the Sport Club Association (which consists of one representative from each sport club), and three faculty or staff members appointed by the Vice Provost of Student Affairs. The Sport Club Coordinator and the Director of Recreational Sports will serve as ex-officio members to the committee.

## STUDENTS

|                   |                       |
|-------------------|-----------------------|
| Aike Burger       | Sailing Club          |
| Ashley Comerfield | Tae Kwon Do Club      |
| Donald Mathis     | Dodgeball Club        |
| Jacob Scheer      | Running Club          |
| Amber Yonamine    | Women's Ultimate Club |

## FACULTY

|                  |                        |
|------------------|------------------------|
| Ali Duerfeldt    | Recreational Sports    |
| Kameron Kadooka  | College of Engineering |
| Lindsay Niemeyer | College of Business    |





*We  
boost activity,  
relationships, and  
the things that  
keep people  
going.*



Department of Recreational Sports  
Oregon State University | Dixon Recreation Center  
Corvallis, OR 97331 | 541-737-3748

[recsports.oregonstate.edu](http://recsports.oregonstate.edu)

Design: Brendan Spencer

This publication will be made in accessible format  
upon request. Please call 541-737-7096.