learn
As youngsters our days were uncomplicated. We didn’t worry about fitness, exercise or living a healthy lifestyle. Happiness came from running to the neighbor’s house, jumping a puddle and throwing a ball around.

When did the joy turn into a chore? When did play lose its playfulness?

Given our obligations to family, friends, school, jobs and the general clutter of life, it would make sense that we seek more opportunities to live with the carefree abandon of youth. Today marks the moment we simplify our existence for the sake of our health, personal growth and sanity.

Wake up to the thrill of controlling your own universe. If you want to take a walk then make time for a walk. Go for a workout, ride a bike or just do a little stretching. Enjoy the muscle pain in your legs. Submit to a subtle grin as sweat drips down your forehead.

This is your time to be you. This is your space to fill as you wish, so fill it with the good stuff. Allow your spirit to recapture the positive emotions of living well, learning well and being well.

Go out and play.
What’s inside

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Change creates challenge. It assaults the past while stirring our creativity, our imagination and our passion. It raises questions regarding the legacy and history of those who have forged the very foundation of our being. Yet we move forward. It is with respect for the past that we continue to evolve and position ourselves for the future. The challenge of change is to be embraced. It is a journey which tingles our toes, invigorates the senses and increases the flow. Change is exercise for the spirit.

The Department of Recreational Sports sees possibilities in movement, and movement is change. We enthusiastically approach our work on behalf of Oregon State University. Our responsibilities to the students, faculty and staff include attention to the conditions which shape our focus.

We actively participate in the decision making process for:
- A major campus initiative for Health & Wellness.
- A partnership with “INTO” which will increase the number of international students attending OSU.
- The reorganization of the Division of Student Affairs.

As a department we pledge to learn, train and prepare ourselves for the conditions ahead. We will offer an environment of mutual collaboration. Our facilities, programs and services will serve as “laboratories” for self-discovery. Inspiration will be found in the classroom; in self directed activities; in student-led club programs; in competitive sporting events; and in the experiential model of outdoor adventures and the Challenge Course.

Throughout the scope of activities, staff members serve as mentors, coaches, teammates and friends. They are given every opportunity for genuine growth and development. The backbone and core of the Department is made up of over 325 student employees who manage facilities, lead programs and deliver services. Students are the lifeblood of our body of work. More than 84% of our participants are students. They pump the organization with energy and drive the need for change.

I am extremely proud of our accomplishments over the past year. In the following Annual Report we will share a few highlights and our plans for the future. You will also meet several student employees and their stories of success.

The path to a healthy mind, body and spirit is there for everyone to enjoy. Recreational Sports has impacted the lives of many in our community. You are a part of our success, and we thank you for your guidance, input, support and participation.

Thomas Kirch
Director, Recreational Sports
Department of Recreational Sports: Our Legacy

Oregon State University has a rich history in the field of higher education. Its campus of tree lined streets and impressive brick architecture is the classic picture of traditional college life.

OSU is also well known for its legacy in the field of Intramural and Recreational Sports. Organized in 1916, OSU has the third oldest Intramural Sports Program in the country. The legendary Ralph Coleman, namesake to OSU Baseball’s Goss Stadium at Coleman Field, was appointed the first Intramural Sports Director in 1919 and served in that capacity for over 25 years. The program became a department of the College of Health & Physical Education in 1928 through the direction of Dean Clair Langton. Dean Langton came to Corvallis from the staff of the University of Michigan where he was instrumental in the emergence and the development of the oldest (1913) Intramural Sports Program in the country. The construction of the Men’s Gym, now Langton Hall, provided students a home base where physical activities could flourish.

Recreational Sports programs prospered in the 1920’s and 30’s. Returning WWI veterans provided the impetus for a more fit and active workforce. This was followed by Depression era work programs such as the Civilian Conservation Corps (CCC) and the Works Progress Administration (WPA) which required great physical demands of its employees. It was during this period when many recreation facilities were constructed at Oregon State; the Women’s Building (1927), Intramural Sports Fields [1930], and the Washington Street Tennis Courts (1936). Along with McAlester Fieldhouse (1911), intramural and recreational sports programs have helped shape the look of campus and the student body.

Dixon Recreation Center opened its doors in 1976 at a cost of $1.7 million and was financed entirely by student fees. At the time, Dixon was only the second facility of its kind west of the Mississippi dedicated to student recreation. The building is named for James V. & Jeanette B. Dixon, longtime faculty members at OSU and advocates of physical activity, recreation, and health. During his tenure, James was an outstanding athlete and coach at OSU and served as Director of Intramural Sports in the late 50’s and early 60’s. Jeanette was a highly respected leader in developing recreational programs for disabled children.

Over time, OSU Recreational Sports has been recognized nationally as an innovator in the growth and development of outdoors programs, safety & risk management, facility
operations, student development, health & wellness, and sustainability design & practices.

Lastly, the National Intramural Recreational Sports Association [NIRSA], the professional development organization for the field of recreational sports, has been associated with OSU since the 1970's. Housed for many years in Dixon Recreation Center, and still headquartered in Corvallis, NIRSA represents over 5,000 professionals, students and associated individuals dedicated to serving higher education through recreation, health, and wellness. Oregon State University has produced many professionals who have gone on to become leaders in the field of recreational sports and NIRSA.

The legacy of Recreational Sports has left a lasting impression on the students of Oregon State. For the better part of a century, young men and women on campus have rediscovered the joy of “going out to play.” Thanks to some of the great names in OSU history, the total concept of getting a little exercise has evolved to meet the needs of each new generation of students. The end result is incredible opportunities and facilities helping to develop outstanding individuals.
Department of Recreational Sports: Our Foundation

Mission Statement
Supporting Student Success
We strengthen the University by providing quality recreational and educational opportunities that foster healthy living.

Guiding Principles
We make a positive difference
We are committed to providing recreational and educational experiences to the University community that support a well-rounded education and healthy lifestyle. We create and foster a safe, fun and welcoming environment for individuals to participate and thrive.

We serve as educators
We encourage learning experiences through our programs, services and in collaboration with the campus community. Our student employment experience is integral to our success. We value and recognize that each individual can make a unique contribution to our efforts.

We believe each person has worth and dignity
We recognize, understand, and encourage celebration of the human differences that surround us and ask our users to participate in fostering this spirit. Expression
of bigotry, hatred, prejudices, or disrespect is inconsistent with the educational mission of the University and contradicts the values of healthy living and fair play.

**We serve as stewards of our resources**
We are committed to using our financial, human, and physical resources in a responsible manner in meeting current needs and addressing future growth. We value making decisions that are sustainable and consistent with our mission, guiding principles, vision and values. Student involvement in decision-making is vital to our responsiveness and shared vision for the future.

**Vision Statement**
With passion, innovation, and a steadfast commitment to excellence, the Department of Recreational Sports is a driving force for Oregon State University and student success. Our endeavor is to provide superior facilities, programs, and services that are essential to the strength and development of the community we serve. We encourage a responsive environment where our staff strives to be leaders in a growing and evolving field. The Department of Recreational Sports is dedicated to promoting lifelong recreational pursuits by providing dynamic experiences, which encourage healthy and creative learning.

**Our Values**
Our culture is one of teamwork, mutual respect, accountability and pursuit of a common vision. We encourage learning, strive for excellence, work collaboratively, and seek balance between our personal and professional lives. We celebrate our differences and successes and act with integrity. We are committed to shared responsibility in providing a welcoming, safe, and fun environment that is a centerpiece of campus life where social and physical interactions can flourish.
My Story: Garrett Loveall

The summer after his first year working with the Department of Recreational Sports, Garrett Loveall joined the staff for a rafting trip. While there are many opportunities for staff to bond, this particular trip was memorable for Loveall. As they traveled down the river, Loveall plotted to throw his coworker, Tara, out of the raft. After his first attempt failed, what started as a mischievous plan became fueled by sheer determination. Three more times he tried, and three more times he failed. Tara, however, had better luck. With one swift movement she snatched Loveall up by his lifejacket straps and chucked him overboard.

Reading between the lines, it is clear that while this story ends with Loveall wet and perhaps a bit chilly, he is really telling a story about a day filled with good memories of friends. Indeed, Loveall cites the friendships he’s developed through Recreational Sports as positive contributors to his overall sense of wellness.

In addition to the benefit of friendship, Loveall believes his work at Recreational Sports has been essential to his development as a leader and manager. In his positions with Operations, the Special Events Team, and as a Center Manager, he has had the opportunity to deliver quality customer service, motivate staff, and resolve conflicts. While Loveall learns about many of these concepts in his classes as a Construction Engineering Management major, he believes that his hands on experiences at Recreational Sports will benefit him far into the future.
Our Accomplishments

Addressing Change: The Good Stuff
Day in and day out we encounter situations which can change the direction of our journey. Throughout Recreational Sports we encourage awareness of opportunities to enhance our position as responsible stewards of our surroundings. During the past year we gave full attention to issues effecting current and future needs.

- Initiated an evaluation of the department’s infrastructure for business activities, facilities operations, and program support.
- Secured additional student fee funding for capital maintenance and facility care.
- Completed the second stage of a strategic plan for equipment acquisition, equipment replacement and building reserve funding.
- Gained eligibility status for Dixon Recreation Center as an OSU facility identified for state and federal energy savings incentive programs.

Healthy buildings and facilities mean little without the continued nurturing of those we serve.

- After extensive evaluation, the Fitness and Wellness Programs were redesigned to provide greater campus-wide focus. The Wellness Center at Dixon Recreation Center (restructure of the Health/Fitness Connection) was established with goals of developing a resource center. Programs were expanded, partnerships gained and outreach efforts increased.
- Through reallocation of existing resources, exciting new positions were created for a Wellness Coordinator, and an Exercise Specialist Coordinator.
- Successful collaborations were developed to present Campus Wellness Week to OSU.
- The Pac-10 Challenge was initiated as an incentive exercise program for the campus.

Fostering personal growth is vital to professional development and student success. We are constantly seeking leadership and learning opportunities.

- Introduced second phase of the Student Employment Experience Model (SEE). This incorporates the Core Concepts of job performance, evaluation & analysis, feedback, training, mentoring and development.
- Successfully implemented new sportsmanship training for all program officials and supervisors.
- Revised training programs to meet Sport Clubs officer leadership skill needs in event management & marketing, financial/budget management, conflict resolution, delegation, and club officer transition.
- Completed successful implementation of a Mentoring Program for administrative staff and students.
- Created the Student Ambassador Program for student service and development.
Provided supervision of clinical and program practicum/internships to 29 students in fitness, athletic training, experiential education, facility operations, marketing, intramurals/sport clubs, and recreational sports administration.

Enhanced and increased partnerships and outreach opportunities.

- Department faculty taught academic courses and supervised practicum/internships in College of Health & Human Sciences (EXSS, PAC), College of Education (CSSA), and College of Liberal Arts (ALS).
- Reestablished the Fraternity/Cooperative Intramural Council and created a Sorority/Cooperative Intramural Council to increase participation.
- Strengthened collaborative efforts with Intercollegiate Athletics, New Student Programs & Family Outreach, Admissions and College of Health & Human Sciences to open up support for major university activities and events.

Delivery of programs and services begins with an understanding of the product itself. This sometimes requires a close look at trends, surveys and data. We sought to improve participant and employee recognition of elements contributing to healthy living and then increase administrative capacity to employ tools for assessment.

Healthy Living
- The department chose the wellness wheel as a theoretical model to define “healthy living.” The Assessment Committee established a common vocabulary around “healthy living” and taught it to employees and participants.
- Data showed that 94% of staff are now using multiple components of wellness in their definition of healthy living. Nearly 55% of them also included the concept of a balanced approach in their definition.
- Data showed that more than 70% of participants recognized RecSports as contributing to multiple components of wellness.

Assessment Capacity
- The Assessment Committee established guidelines for planning, measuring, and reporting learning, and then delivered necessary training to administrative staff.
- Each program and service area employed established measurement tools to report findings and make recommendations.
• Identify consistent criteria for producing and measuring “quality recreational programs”.
• Refine current data collection techniques to provide a common set of factors to be utilized in reporting.
• Finalize with staff all facets of “fostering healthy living” in data based decision-making.
• Complete a Student Voice Survey relating to participation and satisfaction.
Addressing Challenges: The Stuff Ahead
Like the many participants in Recreational Sports we welcome the “rush” that accompanies a good challenge. We prepare ourselves for those circumstances which test our limits and push the boundaries.

The restructuring of OSU Student Affairs allows us to:
• Fully develop and effectively implement the Health & Wellness initiative.
• Address the role that Recreational Sports will play in the other alignments of Leadership, Community and Diversity.
• Realign administrative support personnel (and position descriptions) to address priority areas within the department.

Facility, program and service needs allow us to:
• Identify and secure the balance of funding needed for the Intramural Synthetic Field Project.
• Complete conceptual design for an indoor Adventure Learning Center located in McAlexander Fieldhouse.

The rapid growth of the Experiential Education Program, Climbing Activity, and other Adventure Programming requires the need to expand existing facilities and develop an effective indoor space to allow for year-around programming.

• Identify additional space to accommodate the consistent and continual growth of fitness and strength conditioning activities.
• Further examine McAlexander Fieldhouse as a more usable multipurpose venue that would meet the needs of Recreational Sports, Military Science, Athletics, and student groups.
• Find creative ways to offer outdoor trip programs so they are affordable and relevant to student needs.

Protecting the investment of student resources, and maintaining facilities in proper condition allows us to:
• Find financial solutions for improvements to McAlexander Fieldhouse and the Tennis Courts. These facilities will develop safety and risk management concerns if left untreated.
• Provide sufficient operational funds to maintain all facilities for future generations of students.

The growing financial needs of the department will allow us to:
• Approach our marketing effort with fresh, innovative ideas.
• Identify other sources of revenue such as program sponsorship.
• Reallocate the budget to mitigate the shortfall without minimizing quality.
My Story: Kristen Kellenberger

Working with the Department of Recreational Sports has been a community building experience for Kristen Kellenberger. For three and a half years she has worked with the Outdoor Recreation Center (ORC) and with the Adventure Trip Program. Through these positions she’s built a network of people who are supportive of her endeavors both in life and in the classroom. In addition to support, Kellenberger has gained many new outdoor skills through cooperative instruction from coworkers. She has the opportunity to pass many of these skills along to a broader community through her work as a Footsteps leader. First year students in the Footsteps program begin the year by going on an outdoor excursion with a group of fellow students and with Kellenberger’s help learn both outdoor skills and to engage a new community. Kellenberger enjoys these opportunities to lead and pass along new skills, and she also enjoys some of the perks of the job. On trips she revels in the opportunity to use the great equipment the ORC has to offer and she admits that ORC staff meetings are a blast for the simple reason that the staff has become a community of friends.
The Games We Play: Our Facilities & Programs

“One way to get the most out of life is to look at it as an adventure.”
- William Feather

Adventure Education & Recreation
Adventure Programs support the OSU community through collaborative, experiential-based activities that promote healthy living, academic achievement and personal growth. A variety of outdoor related programs are offered each year to challenge and invigorate the soul. Participants are presented with a wide range of discovery options through structured trips, skill development, social and environmental learning and technical training.

“Adventurous experiences out-of-doors are perceived to kindle the enthusiasm of the young, to develop their concern for others, for their community and for the environment. Such experiences provide the means of self-discovery, self-expression and enjoyment which are at once both stimulating and fulfilling.”
- Lord Hunt

The Outdoor Recreation Center (ORC) provides opportunities for students, faculty and staff to explore the natural environment. Individuals can utilize ORC managed resources to plan outings or develop knowledge and skills related to outdoor pursuits, primarily those which are “human powered”. Resources include a map library, magazines, guide books, and updated river and mountain conditions. Ski, snowboard and bike workshops are available to enhance the outdoor experience.

“How’s challenges are not supposed to paralyze you, they’re supposed to help you discover who you are.”
- Bernice Johnson Reagon

The Experiential Education Program provides educational, recreational and developmental programs to the OSU campus and surrounding community. Each program is custom designed with an emphasis on leadership and community enrichment. The Challenge Course experience incorporates physical and mental tests to encourage collaboration, teamwork, mutual support and personal goal setting. The experiential education program (of which the Ropes/Challenge Course is one component) strives to serve the University mission by providing dynamic and engaging practical learning opportunities which develop intrapersonal skills and enhance social and cultural awareness. Our programs foster an appreciation for diversity and the well being of others.
Our Story:
Nita Phillips & Hayden Murphy

Dixon Recreation Center hires about 325 students every year. And one of the first connections they make is with Nita Phillips.

Hayden Murphy met Phillips shortly after beginning her job at Dixon during her sophomore year. “When anybody had questions like ‘where do I find this?’ or ‘what do I do about that,’ Nita had the answers,” she says.

Phillips and Murphy were later officially paired in a mentoring program between administrative and student staff at RecSports. Phillips says part of mentoring was simply exposing students to new experiences, both in their day-to-day work and on bigger issues like diversity and integrity.

For Phillips, mentoring has given back much more than what she’s put in. “It’s such an enriching process to be a part of these students’ lives,” she says.

“You learn so much from other people’s experiences — what they did and what worked.”

— Hayden Murphy
Good Words & Deeds

• In recognition of the department as a ‘learning laboratory’, a variety of skill development and training was utilized for Wilderness First Responder and Wilderness First Aid programs.

• One of the strengths of the Adventure Program is the relationship with others on campus. Among our most successful collaborations are the Student Orientation and Retention program (SOAR) in providing FootSteps trips and Odyssey class support, and the Kid Spirit Camp Program as part of the College of Health and Human Sciences.

• Outdoor Programs provided services to over 10,000 visitors, including the Snow Shuttle service [310], equipment rental [1,237], and Bike/Ski Shop [3,177].

• To complement learning experiences, we contributed to a variety of academic and student leadership programs. Some examples of these initiatives are the ongoing programming efforts with the College of Business, College of Education, Student Involvement, University Housing and Dining, Greek Life, OSU Women’s Volleyball and Swim teams, the College Assistance Migrant Program (CAMP), ROTC, Women in Engineering and internal Recreational Sports Groups.

• We have partnered with non-profit agencies who have successfully acquired grant monies to participate in challenge course programming. They have praised the educational and growth benefits of the experience. These groups include Benton County Health Department Reconnecting Youth program, Aloha High School Gang Prevention program, Portland Community College and Western Oregon University Upward Bound Programs, and the Survivors Youth Leadership program.

“For me, when I design buildings, I think of the overall composition, much as the parts of a body would fit together. On top of that, I think about how people will approach the building and experience that space.”

- Tadao Ando
Where We Play & How Things Work

Facilities & Operations
The Department of Recreational Sports is dependent on its facilities to compliment its programs and services. A substantial portion of financial and human resources are used to ensure safe and appropriate usage which will protect the financial investment made by students.

The Operations Team at the Department of Recreational Sports employs approximately 70 students in a variety of leadership and customer service positions. The Operations Team includes:

- Student Center Managers for the Department
- Operations Supervisors for Dixon Recreation Center
- Student Operations Staff for the Dixon Entry Desks
- Equipment Issue, Weight Room, and Building Services staff
- Facilities/Sport Clubs Coordinator
- Assistant Director for Facility Operations.

This unit is responsible for the day-to-day operations and supervision of participants and facilities including:

- Dixon Recreation Center
- Tennis Pavilion and Courts
- McAlester Fieldhouse
- Peavy/South Intramural Sports Fields

The scope of Operations Staff duties include:

- Facility entry, reservations and scheduling
- Equipment issue gear check out
- Laundry operations
- Locker rental program
- Informal recreation in all facilities
- Emergency assistance to Dixon, Steven’s Natatorium, DRS Fitness and outlying areas

The Operations Team focuses on providing positive customer service and fostering a welcoming, safe and inclusive environment in all Department of Recreational Sports facilities.

Good Words & Deeds

- The use of Dixon Recreation Center has become a very important resource for the university as well as the community. The building was used for a variety of events and activities including high school all-night graduation parties, major club volleyball tournaments, intercollegiate athletic camps and clinics, university marketing and promotional events, community group activities, and student programs.
- To address our commitment to student leadership skill development we created new student leadership
positions: Equipment Issue Supervisor to increase accountability and efficiencies, Special Events Supervisor to increased customer service and satisfaction for outside user groups, and Staff Leadership and Training Supervisor to integrate leadership skills for all operations staff members.

- Further developed the Student Mentor Program which couples student employees with professional staff for support and guidance.
- Created the Student Ambassador Program for students interested in recreational sports as a career path.
- Improved facilities and equipment maintenance in the areas of weight room expansion, Challenge Course improvements, Natatorium lighting upgrade, pool filter control systems, and building finishes.
- The department takes great pride in its sustainability focus and efforts to reduce energy consumption.
- Industrial Assessment Center Energy Audit: This study was funded by the Student Sustainability Initiative in 2007. The work started in spring 2007 and completed in summer 2008. The report indicated items and methods to reduce energy consumption.

- Campus Sustainability Audit: Campus Sustainability Office performed a general user and operational audit. The findings encouraged additional recycling efforts and use of sustainable products.
- Sustainability Funding $50K: The Campus Sustainability Office secured $50,000 for supplemental solar hot water system. These funds are currently available for construction costs. This project will be further reviewed later in the 2008/2009 year.
- Campus Community Emergency Response Team C-CERT – Campus Disaster Management and Environmental Health and Safety has been collaborating with Recreational Sports on developing RecSports as the training and management site for Community Emergency Response Teams. This recognizes RecSports experience in safety training.
My Story: Jenna Smith

The Department of Recreational Sports strives to provide learning experiences and developmental opportunities for its student employees, and also recognizes the wisdom that students often have to offer the department. This aspect of the department is one that Jenna Smith has enjoyed and has used to her advantage. Smith values her opportunities to collaborate with professional staff. In her positions in the department she often has the chance to provide feedback to her supervisors. She enjoys that her input matters and is taken into account in policy development.

As a part of the Recreational Sports Staff, Smith is encouraged to connect with professionals nationally as well. Recreational Sports is part of the National Intramural-Recreational Sports Association (NIRSA) which has a strong student membership. Smith has embraced this opportunity and has found it to be an excellent chance to interact and network with students and professionals in the field.

Smith’s connections within the department are not just about an exchange of information; she finds excellent support and an opportunity to learn about community development. The mentor program within Recreational Sports provides Smith with a mentor from the administrative staff. Smith is grateful for this source of advice and good conversation. The Student Ambassador Committee has given her the opportunity to develop connections with her fellow student staff members at group events. Finally, she has learned about group dynamics and the importance of hands on learning through her leadership at the challenge course. With all of these opportunities and connections Smith enjoys being an engaged and contributing member of the Recreational Sports community.
Fitness Programs and Services are an integral part of the Recreational Sports experience, providing group exercise options for thousands of students, faculty and staff each year. The fitness program excels at student training, with an instructor-training program recognized nationwide. In addition, fitness services include one-on-one education (personal training), oversight and orientation to the weight room, and comprehensive personalized evaluations.

The Health & Fitness Connection is a collaborative service of the Department of Recreational Sports, and Student Health Services which promotes a healthy lifestyle and personnel development. Located in Dixon Recreation Center, there is a diverse range of clinical and educational services to support positive health behaviors. These services include:

- Physical Therapy
- Athletic Training
- Fitness Assessment & Consultation
- Weight Training & Personal Training
- Health Promotion
- Sports Medicine
- Nutrition

This collaborative effort supports a holistic approach to health, considering the broad influences that contribute to individual and community well-being. This effort is a good example of how merging programs can produce a greater service than its individual parts.

**Good Words & Deeds**

- The Health & Fitness Connection is a nationally recognized ‘best practice’ model that is unique to higher education. There were nearly 1,500 direct patient visits this year through a variety of service providers.
- The most utilized facilities in Dixon Recreation Center are the cardio and weight training equipment areas. To meet the growing need, an additional 2,500 square feet of space has been captured to expand the number of workout stations to nearly 220.
- The fitness staff is nearly all Exercise Science majors and their participation in service and program delivery provides for invaluable practical experience which readies them for a career in fitness and wellness.
- Trained and mentored 15 fitness specialists to provide one-on-one attention to individuals throughout the year. These opportunities were a strong compliment to the academic preparation of Exercise Science majors.
“The concept of total wellness recognizes that our every thought, word and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.”

- Greg Anderson

- Cross trained all fitness staff to work in the three major areas of fitness; weight room, and individual and group instruction.
- Implemented the Unlimited Fit Pass for drop-in students. This resulted in nearly 12,000 visits [34.7% of the total] in group exercise classes.
- Developed the Safe Return Personal Training Program [SRPT] service delivery model to provide additional training services to those recovering from injury.
- Partnered with the Athletic Training academic program to teach HHS/EXSS Course. Supervised Athletic Training practicum students, and provided a clinical setting experience for a variety of students as Safe Return Personal Training [SRPT] practitioners.
- Placed several qualified Interns with Major League Baseball, and the highly respected Athletics’ and Core Performance Training Center.
- Taught two Fitness Instructor Training [FIT] Courses using the ACE curriculum for group exercise and personal trainers. ACE curriculum resulted in many of these students successfully passing their national exam.
My Story: Tara Vaughn

One day Tara Vaughn had finished her shift, but was covering for a fellow supervisor at the West Entry, when a call came over the radio reporting that a participant had fallen from a cardio machine and needed an ambulance. Vaughn directed another staff member to dial 911 while she hurried to the scene. There she found that the participant was on the floor and not breathing. Together Vaughn and other staff members worked effectively to provide care that helped save a life.

Vaughn knows she will carry this experience with her throughout her life and will remember it often, but the skills she has gained at Recreational Sports and the skills that helped her react appropriately in an emergency situation will benefit her every day. Through her experiences at Recreational Sports, Vaughn has been able to develop as a leader. She has learned the importance of professional development and career preparation. She has also developed an ability to interact with people in ways that create a healthy work environment and foster positive relationships. Vaughn thrives in this environment, enjoys the opportunity to better herself daily and has dubbed herself a life long learner.
Safety & Risk Management

“The first step in the risk management process is to acknowledge the reality of risk. Denial is a common tactic that substitutes deliberate ignorance for thoughtful planning.”

- Charles Tremper

The Recreational Sports Safety & Risk Management Program is recognized nationally for its innovative and progressive approach to health and safety. It has been designated as the Oregon State University provider for safety certification and training, and is known to exemplify the ‘best practices’ of risk management on the Corvallis campus. The range of safety programs and services supported by the department are a benefit to students and surrounding communities.

- Certification opportunities for department staff.
- An audit program designed to keep skill levels at their highest.
- First aid station and First aid kit checks.
- Sport Club Emergency Response provider at athletic events.
- Ongoing risk management education for program coordinators.

Good Words & Deeds

- We are the largest Red Cross Trainer and Provider in the Mid-Willamette Valley and issue over 2,600 certifications to 1,300 participants each year.
- Revised and implemented restructured Safety Programs for supervisory staff.
- To improve our assessment and analysis of injury patterns and their causes, we developed a searchable database of all documented department incidents.
- Safety instructors are OSU students who have gained their teaching credentials through the Safety Program. They gain valuable communication experience through group and individual presentations, as well as participation with emergency response teams.
- The Safety Program is a University leader in Injury Reporting, Safety instruction, AED programming and Risk Management.
Sport Clubs & Intramurals

The Sport Club and Intramural Sports Programs are campus leaders in providing unforgettable recreational experiences. These programs foster student wellness, involvement, leadership and the competitive spirit. All this occurs through student-led organizations, sport leagues, and events integrated into the philosophy of college life.

The Sport Club Program is a training ground for leadership, organizational development, skill advancement, and teaching. It is built on the key philosophy of student-driven involvement in the coordination and administration of the program. Students initiate and organize each club by establishing guidelines for:

- Leadership
- Structure
- Membership requirements
- Recruitment/promotion
- Budget
- Competition schedules
- Travel arrangements
- Coaches
- Fundraising events

The Intramural Sports Program provides opportunities for participants of all abilities with a variety of sports experiences (over 35 different activities) such as flag football, basketball, cross country and wrestling. Participants can choose from two different competitive levels based on skill. Men’s, women’s and co-recreational leagues are offered in most activities.

Good Words & Deeds

- Expanded campus partnerships through the reestablished Fraternity/Cooperative Intramural Council.
- Developed the Sorority/Cooperative Intramural Council.
- Enhanced Sport Club leadership by offering updated training in event management & marketing, conflict management, delegation skills, office procedures, and club officer transitions.
- Increased Intramural participation by 9.4% (women) and 9.7% (teams).
- Increased overall Sport Club participation by 14%.
- Increased participant satisfaction (7.1%) by instituting a new sportsmanship conduct standard.
Sport Club Recognition:
- Racquetball Club: National Collegiate Champions
- Cycling Club: Northwest Divisional Champions
- Volleyball Club: 2nd Place at NIRSA Nationals
- Men’s Tennis Club: Club of the Year, Northwest Division
- Men’s Tennis Club: Noah Strycker, USTA Senior Leadership Award
- ISHA Western Team: 3rd Place at nationals
- Pistol Club: 1st Place, Willamette League and Sectional Champions

“Sport is where an entire life can be compressed into a few hours, where the emotions of a lifetime can be felt on an acre or two of ground, where a person can suffer and die and rise again. Sport is a theater where sinner can turn saint and a common man become an uncommon hero, where the past and the future can fuse with the present. Sport is singularly able to give us peak experiences where we feel completely one with the world and transcend all conflicts as we finally become our own potential.”

- George A. Sheehan
The Buck Stops Here

Board of Recreational Sports
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 regarding facility operations, the delivery of programs and services to the Oregon State University campus, recommendations for student funding requests, financial activity and long range strategic planning.

The Board is comprised of seven students appointed by student government, five faculty or staff members selected by the Vice president of Student Affairs (to include representatives from Intercollegiate Athletics, College of Health & Human Sciences, and Student Affairs along with two at large members) and an ex-officio member from the department of Recreational Sports.

Students
Nicholas Christensen
Miles Dodge
Nadine Honda
Ben Misley
Jake Mock
Hayden Murphy
Phong Thi Lan Nguyen
Rebecca Williams

Faculty
John Cheney
Alison Davis-White Eyes
Rod Harter
Steve Lawton
Helene Serewis

Ex-Officio
Tom Kirch

Natural Resources
Business Administration
Pre-Pharmacy
Speech Communications
Nutrition and Food Management
College of Education [graduate]

Intercollegiate Athletics
Intercultural Student Services
College of Health & Human Science
School of Business
Graduate School
Recreational Sports
My Story: John Flores

Through his four years of work with the Department of Recreational Sports, John Flores has learned a lot from his position in operations. His organization skills have improved as he has learned how to prioritize and schedule. These skills have transferred to his life outside work, which makes him more confident. After his first year, Flores became a supervisor. In this capacity he has developed his leadership skills through improved listening. By listening, Flores is better able to examine and solve problems, even with the pressure to make a quick decision. Beyond these skills, which are central to his positions, Flores takes the environment at Recreational Sports to heart. He remembers RecNight 2004 fondly as a time when students were enjoying activity, each other, and meeting new people. That event, and the activity that goes on every day in Dixon, inspired Flores to improve his own health. He has begun to be mindful of the food he eats and makes an effort to make sure that it benefits his body. As he learns about healthy living he let his knowledge benefit others by passing it along to other employees and participants. These skills, whether from the job or the positive environment, have given Flores the confidence to go on to the next step in life, which for him is graduate school at Multnomah Seminary.
Sport Clubs Committee

The Sport Clubs 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, evaluation and review of budget requests, allocation of individual club funds and allocation of funds 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 from 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 serve as ex-officio members to the committee.

**Students**
- Matt McKinney, Co-Chair
- Pamela Johnson, Co-Chair
- Dan Arnold
- Megan Jurasek
- Chris Brown
- Brandt Vance

**Faculty**
- Dale Weber
- Jason O Quin
- Rebecca Williams
- Animal Sciences
- Intercollegiate Athletics
- College of Education

“Stay committed to your decisions but stay flexible in your approach.”

- Tom Robbins