Department of Recreational Sports

2008-2009 Annual Report
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“To live for some future goal is shallow. It’s the sides of the mountain that sustain life, not the top.”
- Robert M. Pirsig
Sustainability is quickly becoming a widespread issue of global concern. Words like “green,” earth-friendly,” and “sustainable” are more common all the time. Though the words may be trendy, the concepts behind them are foundational. Oregon State, the Department of Recreational Sports, and thousands of students are mindful of this issue and the need to make it better.

As is the case with any call to action, Recreational Sports has had to consider its role in the ever growing discussion. How do we answer the call, enter the mind-set, and how do we do it in the context of our mission and responsibilities? We find the answer in who we serve. The Student. It is clear that we must reduce our carbon footprint to the best of our ability as we consider sustainability. It is also true that while the planet is foundational in our existence, our actions and our approach are foundational to creating an environment of sustainability. Because of this, we reflect on our energy use and focus on providing programming to sustain the individuals who have the opportunity to sustain the environment.

Recreational Sports is devoted to both environmental and human sustainability. We hope to demonstrate this commitment through the stories we tell and the tasks we take on. Look for:

- Environmentally sound practices
- Student employees who serve the wellness of others
- Projects designed to support and sustain the individual
- Plans to move forward in ways that allow us to sustain our high level of service to students

Each day demands our renewed dedication to sustainability. We challenge you to be aware of your life and your planet. You control your health and your happiness. Work up a sweat, smile, and sustain yourself and the planet by living a life of good deeds.
When I consider the rock-solid foundations of Recreational Sports, three areas define who we are and what we do: leadership, learning, and wellness. I hope we exhibit these attributes each and every day. This is our focus and students will determine our success in these areas just as we help them achieve personal success.

There was a time when our purpose was little more than opening up the gym and rolling out a few balls. This simple approach to recreation still has its place, but our work now is more in tune with the lives of our students. They demand more of us because so much is expected of them. We are building relationships which provide opportunities for growth and development. We encourage their success by offering programs and services they have requested. Students are the lifeblood of our department. They sustain us and we work to sustain them. We teach them, train them, employ them, and mentor them. In return we gain individuals of exceptional character better prepared for the future.

The diversity of OSU students is a constant reminder of our place in this world. We do not live in isolation. Our existence is dependent on nurturing relationships within the University and community we call home. We share in the cultural differences of our global environment and create opportunities to interact, enlighten, and educate. Recreational Sports is the neighborhood playground of our community. Everyone is invited to come out and play.

This is our chance to tell you the stories that shaped our year. You will learn something of the individuals who have influenced lives and contributed to our accomplishments. We take seriously our role in creating an atmosphere of leadership, learning, and wellness for Oregon State University. And there will always be a special place in our heart for those who are perfectly happy to have us roll out a ball in the gym.

Thank you all for your support, contributions, and participation.

Thomas Kirch
Director, Recreational Sports
Mission Statement
Supporting Student Success
We strengthen the University by providing quality recreational and educational opportunities that foster healthy living.

Vision Statement
With passion, innovation, and a steadfast commitment to excellence, the Department of Recreational Sports is a centerpiece of 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.

Guiding Principles
We make a positive difference.
We are committed to providing recreational and educational experiences to the University community that supports 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 & 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, and vision. Student involvement in decision-making is vital to our responsiveness and shared vision for the future.

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.

A college education should equip one to entertain three things: a friend, an idea and oneself.

- Thomas Ehrlich
Nick Christensen

Nick Christensen is uncomfortable with recognition. Yet, he consistently finds himself in the middle of activity. His colleagues describe him as a “people person,” who serves and sustains others in the many things he does.

In Nick’s four years at RecSports, he has served in multiple capacities: a Safety Instructor, an official for Sport Clubs, President of the Student Ambassador Committee, Co-chair of the Board of Recreational Sports and as his supervisor describes, “mentor to most of the safety staff.” Each step brings a fresh set of skills and more relationships built. “I have a different skill set now than when I started,” Nick comments. “But,” he redirects the conversation, “Relationships are most important.”

Nick’s most cherished memories at Dixon are all founded in a sense of camaraderie with colleagues. He laughs about a damaged sprinkler head, an accidental hole in the wall, and a missing golf cart; then he comments, “When someone has a need, someone else is willing to help.”

As Co-chair of the Board of Recreational Sports, Nick valued the networking opportunity of meetings as much as the agenda itself. He happily shared decision-making responsibility with University administrators and student government leaders while appreciating each as a fellow human being with a different personality.

Regardless of where he serves, be it a community, an initiative, or an ideal, Nick enjoys being a part of something bigger. Many have heard Nick say, “Go big or go home,” which speaks to the enthusiasm with which he plans, his connectivity to others, and his philosophy of personal contribution. Led by the same attitude of service that he recognizes and respects in many colleagues, Nick has chosen to serve his country in the US Army. Nick Christensen has chosen to “Go Big.”
Our carbon footprint. It is debated, considered, and thrown about as some sort of trendy “theme of the day”. Whatever the correct definition may be, by calculating greenhouse gases and emissions, Recreational Sports understands its footprint is a big one. We take responsibility for our impact on the environment, and, thanks to student leadership, we addressed energy saving projects this past year with the following initiatives.

- Racquetball/Squash Courts. Modified 176 original light fixtures to operate with efficient T-8 ballasts and impact resistant translucent lens. Estimated payback at 5 to 6 years.

- The ReRev Kinetic Energy Project connected 22 elliptical machines to the power grid, allowing students to produce energy as they expend it.

- Stevens Natatorium System overhaul allowed for more accurate control of humidity, temperature, and space conditions. Facility performance capabilities better tuned to meet usage demands, while reducing energy consumption. Estimated payback at just over 3 years.

- The Recreational Sports Sustainability Committee was formed to identify and support additional projects. The group is closely aligned with ASOSU Student Sustainability efforts.
“If you think education is expensive, try ignorance.”
- Derek Bok
Ashley Hinchman doesn’t need words to influence those around her. Her actions encourage others to follow a path of personal integrity. She believes that good things come to those who hold high moral principles.

Ashley’s voice is heard at Dixon Recreation Center. She helped establish the constitution for the Student Ambassador Committee (SAC), now in its third year. SAC is a volunteer group that leads community service, professional development, and social events for the 300+ student employees of Recreational Sports. Ashley’s involvement and the work of SAC allows student employees to sustain relationships during the busyness of the school year. She is motivated by the shared social energy found in such group projects and is particularly proud of their work to establish Employability Sessions which help students write resumes, cover letters, and prepare for interviews. “I’ve learned conflict management and improved my tact and diplomacy,” she reports. Last year, SAC raked people’s yards, baked cookies for local public safety professionals, and participated in the MS Walk and American Cancer Society’s Relay for Life.

A lifeguard since age 15, Ashley was welcomed to the Dixon aquatics staff as a freshman. She quickly moved through the ranks and, now in her fifth year, serves as Aquatics Supervisor. Between Recreational Sports and a part-time job at the public library, Ashley works a forty hour week plus carries a full class schedule. Her capacity to work does not prohibit her capacity to have fun. She recounts great laughs with her Dixon mates as they jumped a fence for an after-hours game of Fugitive, toilet papered a supervisor’s office, and danced at a Farewell to Seniors ceremony.

Ashley’s career plans were also altered by Recreational Sports. One visit to Dixon’s athletic trainer for a dislocated knee cap, and her ambitions were directed and solidified to become a personal trainer. She is currently majoring in Exercise and Sport Science.
my story
Our successes this year are many as we addressed the changing environment, the economic downturn, the new focus of the institution’s strategic plan, and the shifting needs and wants of students while positioning ourselves for the unknown future.

**Building Projects**
The hallmark of the year was passage of a $10.7 million capital construction student referendum. Approved by a near 70% affirmative vote, funding will provide for the development of the Outdoor Recreational Sports Complex and McAlexander Fieldhouse Renovation. These projects will substantially increase our capacity to meet student/community needs in competitive sports, Adventure Leadership Institute, special events, and informal recreation. Completion is anticipated in the fall of 2010.

This student-led initiative was successful because of the exhaustive and thorough approach in seeking clarity of student need and aligning that with the desired benefits related to cost. Stakeholder interviews, intercept interviews, and focus groups were conducted with students, faculty, and staff to gain qualitative information regarding the current state of existing facilities and preferences for new projects. Information obtained from these meetings was incorporated into an electronic survey administered to all enrolled students to determine overall campus interest and support for the projects.

Based on the results of the student survey and interviews, it was recommended we move forward with the Outdoor Recreation Complex and McAlexander Fieldhouse Renovation. Despite the current economic conditions, there appeared to be broad support for the two initiatives.

**Outdoor Recreational Sports Complex**
- The Intramural Sports Field has been used for student related physical activity for over 80 years. The OSU Intramural Sports Program is the third oldest in the country, originating in 1916, and records show student activity usage beginning in the 1930s. The site has been shared over time with Physical Education, Intercollegiate Athletics, Intramurals,
Recreational Sports, and many others. It remains a hub of physical activity at OSU.

- The concept of converting the Intramural Sports Field from natural grass to synthetic has been in discussion for over 10 years. Advancements in synthetic turf in-fill technology, such as campus installations at Reser Stadium, Goss Stadium, and the Indoor Practice Facility, have developed a product ideal for the heavy use we anticipate.

McAlexander Fieldhouse Renovation
- Operated by Recreational Sports for use by students, faculty, staff and the Corvallis community, the Fieldhouse was built in 1912 as the Armory and parade hall for the Army’s officer corps.

- Indoor recreation space on campus is in high demand, yet McAlexander Fieldhouse is underutilized due to its deteriorating condition. The proposed renovation will improve the amenities, usability, and safety of the facility.

Student Success
The department’s focus on student engagement and success has resulted in many experiences that have contributed to student growth and development in order to enhance their ability to be successful at Oregon State University.

- Operating for seven days, and 115 hours a week, the Department employs over 325 students each year. Recreational Sports strives to hire a diverse staff, trained to develop and progress in job responsibility.

- Nearly 1,000 new engineering students will engage in the redesigned FOOTSTEPS program. The program now integrates with academic units and will partner with the College of Engineering in its pilot to offer adventure trips and campus events

- Research tells us that engagement of freshmen students soon after arriving on campus is a critical factor in their retention. Both the Sport clubs and Intramural Sports programs have played an important role in students’ early experiences.

“Good work habits help develop an internal toughness and a self-confident attitude that will sustain you through every adversity and temporary discouragement.”

- Paul J. Fleyer
Freshmen represent the largest number of participants in the Sport clubs Program with 433 students.

- During the 2008-09 school year over 12,500 students participated in Sport Clubs and Intramural Sports in 38 clubs and over 35 intramural leagues and events, an increase of 16% for the year. Through student and staff initiative and leadership, we successfully implemented and delivered sport and recreation opportunities for OSU students and faculty.

- Our structured programs continue to meet the needs of students. They have self-identified the most important values in their participation and membership, with Recreational Sports as having a fun environment, leadership development, stress reduction, social interaction, and a sense of improved physical fitness topped the list. They have reported these are important factors to their success at Oregon State University.

- As a department, we provide facilities for community and group activities. We have experienced a significant increase in reservations [13%] and hours of use [15.0%]. Our facilities have provided many campus organizations a place to conduct their activities, build their social network, and explore opportunities to develop their group.

- The Racquetball Club repeated as National Champions and has won 3 out of the last 4. The team had 14 members named All-American, the IHSA Western Team placed 2nd in the National Championships, the Women’s Volleyball Club placed 3rd at the NIRSA National Championships, Justin Finn of the cycling Club finished 5th in Cross Country and 7th in Short Track at MTB Nationals, Russell Burke of the Sailing Club was named National Intercollegiate Sailing Association President, and Eric Rottman was named to the Collegiate Water Polo Association All-American Team.

Promoting Wellness
We recognize the value of health and wellness for students and accept responsibility for making it easier to bring that lifestyle into their busy schedules. In a 2008 survey, 83% of OSU students let us know their participation in Recreational Sports brought them greater awareness of wellness concepts and helped them to integrate them into their lives.

With over 220,000 square feet of indoor facility space and 20 acres of outdoor facility, students can readily find a facility that best suits their needs. Options include playing a pick-up game of basketball on the courts of Dixon Recreation Center, swimming laps in Stevens Natatorium, playing soccer on the Intramural Sports Fields, or getting a game of tennis in at the tennis pavilion. Each day at RecSports facilities, thousands of students enjoy the various opportunities that enable them to maintain a healthy lifestyle.

- Creation of the position of Wellness Coordinator. This individual develops
programming, collaborations, and outreach relating to wellness issues.

- Campus Wellness Week featured 57 programs and saw an unprecedented level of attendance. Cooperative planning with a myriad of partners extended our reach to a wider audience.

- Additional programs, with over 1,100 individuals engaged in services and education, touted the importance personal wellbeing: Pac 10 Fitness Challenge, University Day, Employee Benefits Fair, University Training Days, Healthy Habits Day, and Wellness Fair for the OSU Foundation

- We continue to provide well trained fitness floor staff to Dixon Recreation Center participants in support of their personal fitness goals.
Enhancing Leadership
We identify, target, develop, and promote learning opportunities to foster personal growth, professional development, and student success. Part-time employment, participation with Sport Clubs, and service on RecSports committees all contribute to knowledge and understanding of leadership.

- The Student Employment Experience is a focused training and development program for our student employees. The curriculum is created and delivered to all employees to enhance leadership skills through on the job applications.

- The Sport Clubs program trains club leaders/officers in topics such as event management, marketing, finance, conflict management, delegation, role development, and officer transition. In addition, coaches and instructors receive up to date orientations regarding program expectations, policies, and procedures.

- Red Cross Training Programs are developed and offered for certification of leaders and instructors.

Accomplishments and Successes
• The Fitness Program trained and coached over 25 student fitness specialists to perform one-on-one personal assessments, personal training, program prescriptions, and testing.

• The Fitness Program develops future leaders for the fitness industry. Group instructors inspire and encourage individuals from all backgrounds and skill levels to explore new possibilities.

• Leadership is provided to the University through our expertise in the areas of Injury Reporting, Safety instruction, and Risk Management.

Developing Student Learning Beyond the Classroom
Learning is not confined to the closed environment of a desk and a book. The brain comes alive when faced with the challenges of real life experiences.

• Program areas provided opportunities for course credit and internships to nearly 30 students in athletic training, experiential education, fitness, facility operations, marketing, competitive sports, and administration.

• The fitness staff is almost 100% exercise science majors. As employees in a diverse facility such as Dixon, students gain practical experience and a competitive edge in the job market.

• Recreational Sports continues to be one of the largest American Red Cross Authorized Providers in the state for quantity and diversity of classes offered. This year over 2,200 certifications were delivered to nearly 1,300 participants.

• The Fitness Program coordinated and instructed Group Fitness and Personal Training classes based on ACE curriculum and certification standards.

• The Intramural Sports Program successfully recruited, retained, and trained 130 student officials for team sports competition.

“Leadership is the wise use of power. Power is the capacity to translate intention into reality and sustain it.”

- Warren G. Bennis
Recreational Sports is the largest student employer on campus, and applicants are reportedly drawn by the “fun” work culture. Fatimah Alramadhan was drawn to the department to learn… about the work culture. As a freshman from Saudi Arabia, she arrived on campus eager to interact with people in a university environment and to learn more about workplace expectations in the United States. The diversity of student job opportunities and cultures at Recreational Sports provided the perfect setting to explore her new world.

Now in her third year at OSU, Fatimah is pleased that her parents encouraged her to study abroad. “Almost everything I have studied here, I also took in high school, but here I engage with the subject differently,” she says. Fatimah is studying pre-pharmacy, and confesses that she fell in love with the research side of medicine as a result of her hands-on experience with Organic Chemistry. Most of her study in Saudi Arabia was book-based and, while she learned a lot from reading, the opportunities for practical application in labs and real-life situations have solidified her understanding of the subject area.

Dixon Rec Center serves as one such lab for her — a study in workplace dos and don’ts. She recounts the time when she was late for work because of a transportation problem. She acted as was appropriate in Saudi Arabia, focusing entirely on finding an alternate way to get to work as soon as possible. Upon arriving late for her shift at Dixon, she discovered her supervisor’s expectation was to first make a phone call explaining the situation so her tardiness would not inconvenience fellow staff, and then get to work. Fatimah experienced, learned, and will not make the same mistake twice.

Fatimah constantly seeks avenues for personal growth and development. She is a founding member of the OSU Saudi Student Association. She participated in an internship with 20 other OSU students by helping doctors dispense medicine in Honduras. She made a presentation at OSU’s Saudi Arabia Night to enlighten and correct misconceptions about women in her country. The Saudi Embassy was so impressed with her effort they offered to pay expenses for similar presentations.

Her engagement at RecSports is approached with the same degree of passion. Fatimah has done a masterful job at the Recreation Services desk, a customer-service position which inspires feedback such as, “You are my favorite person at Dixon”, and “You always brighten my day”. Fatimah will “…keep working at Dixon as long as there are new things to learn.” Her fellow students and colleagues will benefit from her thirst for knowledge.
ReRev Kinetic Energy

Each day thousands of college students hit the cardio machines with focus and determination. Previously their energy was spent staying fit, reducing stress, or simply taking some time for themselves. Now that energy release serves an additional purpose — sustainability. Oregon State University has teamed with a private firm, ReRev.com, LLC, to harness the fruits of this student labor by literally capturing the energy from their workouts.

OSU has become one of the first universities in the country to tap the kinetic energy generated in daily workout routines and turn it into a form of renewable energy. Using a new technology developed by the St. Petersburg, Florida company, 22 elliptical exercise machines in Dixon Recreation Center have been retrofitted to collect and feed power back into the University grid. The ReRev technology features a system known as ReCardio which converts otherwise counter-productive heat energy from exercise machines to power.

This is the largest installation of its kind in the world and will produce an estimated 3,500 kilowatt hours of electricity per year, equivalent to the needs of a small home. Equally important, partners will continue to work to maximize both the real power potential of the system and the learning opportunities available to OSU.

The project, coordinated by OSU’s Sustainability Office and Recreational Sports Department, was supported by the ASOSU Sustainability Task Force, Student Incidental Fees Committee and the Energy Trust of Oregon. The project has received national attention from over 70 news media outlets and has placed Recreational Sports in a position to serve as a resource in support of other interested institutions.

“Capturing electricity from exercise machines represents a small, but potentially widely replicable source of energy,” said Jan Schaeffer, special projects manager, Energy Trust. “We’re happy to support OSU in demonstrating the capabilities of this technology.”

Equally important, the project has the power to bring sustainability and renewable energy awareness to students in a very practical form.

“This type of involved, hands on learning can be invaluable for students,” said Chad Pennington, ASOSU. “From now on, green power and the prospects for new technology will be associated with something that makes sense.”
One third of the electricity produced on earth is used to power electric light bulbs.
Central to our efforts in support of the University mission is our approach to outreach and engagement. We find great value in partnering for a common purpose, developing and delivering sustainable programs and services, leveraging resources, building relationships, and sharing success.

**Promoting Wellness**
- The Health & Wellness Alignment (Recreational Sports, Student Health Services, and Counseling and Psychological Services) has expanded to include meeting planning, marketing, and assessment. A facilities group will form in 2009-10 to address the desire for a centralized facility for programs and services.
- The department collaborated with the Community Service Center to coordinate OSU’s first “Healthy Habits Day.”
- The Health and Wellness Workgroup launched the Dam Healthy Choices program designed to identify healthier food choices on campus.
- Many of our instructional certification programs and resources have become available to community organizations and fitness facilities. This shared approach to the acquisition of information is strengthened by the diversity of participants.
- Recreational Sports plays a vital role in the campus and the Corvallis community, as evidenced by the over 14,000 facility reservations recorded last year. Campus departments and student organizations are welcome to reserve facility space for their events, big and small, and many opt to do so making special event planning the fastest growing area of the department.

**Enhancing Leadership**
Leadership development extends beyond the walls of Dixon and the borders of campus. Many groups throughout Oregon have had the opportunity to experience leadership development through the department’s Experiential Education program.
- Peer Mediators Training for the Lebanon School District promotes effective communication strategies and lessons in citizenship to area youth.
- Benton County Health Department & the Reconnecting Youth Grant/Curriculum Program support the development of life skills and positive choices for high school students.
- Community Services Consortium of Corvallis & Albany serves and assists youth agencies to develop self esteem and problem solving skills for at-risk youth.
- Programs which support and assist
development of student leadership skills were delivered to the Northwest Youth Corp/Confederated Tribes of Grand Ronde.

- Benton County Drug Court designed and delivered recovery programs for youth in the legal system.
- MU Leadership Center instituted an academic program offering, Putting the “I” in Team, which emphasizes identity development and team building.
- Leadership development was supported to over two dozen community organizations, high schools, colleges and universities.

**Develop Student Learning Beyond the Classroom**

- Our Safety and Outdoor programs partnered with National Outdoor Leadership School-Wilderness Medicine Institute, a leader in wilderness medicine education, to offer the Wilderness First Aid Programs at OSU. This will serve as a cornerstone of our Outdoor Adventure learning opportunities.
- The Indoor Climbing Center program area designed and conducted training in a new Climbing Wall Management Program as a potential national standard and best practice application.
- Experiential Education designed an agreement with the Corvallis School District to host a revised Outdoor School Experience Program serving up to 600 middle school students each year. This program will work in partnership with the Freshwater Trust to incorporate experiential education and challenge course activities emphasizing environmental sustainability.
- Challenge Course formal programming was provided to various colleges and universities to include OSU, WOU, PCC, U of O, Willamette University, Chemeketa Community College and LBCC.
- Experiential Education tailored specifically designed programs for organizations with unique needs: Bridge Program, English Language Institute, Jackson Street Youth Shelter, Bullies to Buddies programs for Philomath M.S, OSU Extension, and OSU Peace Jam Conference.
- Experiential Education partnered with the Work Experience Program with Corvallis School District. This program identifies students with learning, social or physical challenges and matches them with Recreational Sports work experiences appropriate for their abilities.
- Recreational Sports supported those strengthening the bonds of community and diversity for nearly 20 OSU student organizations.
Great training and remarkable teamwork meant a second chance at life for one of our Recreational Sports members this spring. Student employees Miles Dodge, Joey Jenkins, Ben Misley and Lindsay Taylor, all trained in life saving and sustaining safety protocols and certified in CPR and First Aid as a requirement of their employment at RecSports, responded quickly and efficiently to the life-threatening situation.

Lindsay Taylor was working at West Entry when a participant notified her that someone had fallen in the men’s locker room. Lindsay immediately radioed Miles who found a 50-year-old man, not breathing and unconscious. Miles radioed Lindsay with the man’s condition and asked her to call 911, which she did. Just as Lindsay was about to break social protocols and barge into the men’s locker room to bring Miles the First Aid kit, another employee, Ben Misley, came walking through the front door. Lindsay looked at Ben and barked, “First aid kit! Men’s locker room! Heart attack!”

In the locker room, Miles and Joey were preparing the AED for use. Ben cut the man’s shirt off and applied the AED pads to the man’s chest. The three worked together seamlessly to apply the life-saving techniques they had been taught. Meanwhile, outside the locker room, Lindsay did crowd control and directed the EMTs when they arrived.

Thankfully, the actions taken by these four employees resulted in the participant defying the odds and surviving his heart attack. It also led to an experience that these four will never forget and a special bond that they will always share. They learned some life lessons as well.

Lindsay said it made her realize just how quickly everything can change. It made her more conscious of the importance of a lifestyle that includes healthy habits, like a good diet and regular exercise. She immediately called up her dad and put him on a diet and exercise plan and is happy to report that he has already lost over 18 lbs!

Ben has come to expect the unexpected and believes that, in this situation, he witnessed a miracle.

They all look at life differently now and recognize that life is short. You need to make the most of it while you can.

Miles Dodge, Ben Misley, Lindsay Taylor, & Joey Jenkins
Let me begin by saying this: When you leave here for your own career path, whenever that may be, you will be more prepared than any competitor in your given field. This is solely due to the world you will have left, and are now joining, here at the Department of Recreational Sports.

Allow me now to tell you a little bit about the world you have all just become a part of:

You have become part of a world of **communication**, where departments collaborate, where employees communicate, and communicate well. You’re now a part of a world where language of dignity and respect relays messages across offices and entry desks, into weight rooms and aquatics centers, a workplace where conflicts are resolved with passionate positivism and an affinity for seeing each other develop.

You have now joined a world of **accountability**, where Center Managers and Supervisors hold their staffs accountable, as well as each other, a world where administrators place trust and responsibility within the hands of you all, and hold you accountable for such faith, a world where mistakes are accounted for with construction and a helping hand, and a world where we as individuals hold ourselves to a higher standard.

The world you have joined is a world of **diversity and global learning**, where our influences stretch to the far reaches of the globe and touch every religious faith, where we use these differences to strengthen each other and harness the power of collaboration. You have joined a world with no ethnic, socioeconomic, or social barriers, one in which you’re valued regardless of where you come from. This world knows no bounds and you are what make that possible.

You’re all now an intricate piece to a world of **ethics and moral values**, a place where the right thing isn’t done for the sake of being right, but because that’s the nature of how we conduct ourselves, with conviction and resolve to perform at an optimal level. We are the most respected Department of Recreational Sports in the United States, and this statement is made with utmost sincerity. The reason being is that we hold ourselves and each other to
a standard of conduct that far exceeds the level of any job you will ever have.

Finally, you are now a part of a world of teamwork, a world where leaders are only successful if their team is successful, one in which leaders lead with their peers rather than above them, a world where leadership extends through the heart of a mentor into the soul of a mentee, developing skills that none of you will ever be taught in your given career field, which will place you on a pedestal far above that of any individual competing with you in whatever career path you choose to lead.

When you leave this place and join the monotony of career choices and job application letters, potential employers will see your resume, and hear your interview, and think, “Where in the hell did this person come from?” The answer to that question is easy, “I came from Dixon Rec.”

Welcome to the Department of Recreational Sports.

*Josh Makepeace, September 16, 2009*
*Student Center Manager*

*Education is what remains when one has forgotten everything he learned in school.*

- Albert Einstein
Graphic design is an integral part of the marketing program at Recreational Sports, and Christina Miller is a nationally celebrated student designer working within the program. This made for a wonderful synchronistic moment when Christina was named first-place winner of the 2009 Creative Excellence Award by the National Intramural-Recreational Sports Association for her design of the 2007-08 OSU RecSports Annual Report.

On an artistic path since grade school, Christina is now a senior in Liberal Arts. She received an AA degree at Mt. Hood Community College where she picked up a solid foundation in color, image, and layout. But it was Oregon State that brought home the underlying research and theories that will guide her professional decision making. She summarizes her education this way, “Mt. Hood taught me the how-tos of graphic design; Oregon State helped me understand why.” It is these tools that Christina will use to sustain her career in the future.

Christina’s friends describe her as a neat freak and perfectionist when it comes to her work. She admits that project assignments required of art students can take hours of attention to detail, but considers herself to be pretty laid back. Camping, hiking, and scrapbooking allow her to relax and recharge between project deadlines. Her personal philosophy of “having fun while getting things done” is in perfect alignment with the values at Recreational Sports.

What Christina most enjoys about Recreational Sports is working so closely with the customer. Understanding the personal interests of her audience helps her to fashion products that effectively speak to them. Seeing the direct impact of her work on her audience has deepened her desire to design quality products. “I like that Dixon is run by the students, for the students,” she says. “The immersion with my customers has helped me gain real world experience to apply after graduation.”
The Department of Recreational Sports recognizes assessment reporting as a fundamental element in advancing its mission and vision of the department.

We are committed to being strategic about assessment and using our findings to make informed decisions to promote healthy living and sustaining student success through wellness, leadership, and learning — thus increasing department contributions to the learning community of Oregon State University.

Three standing themes define the work of the department.
- Stewardship and Sustainability
- Leadership and Learning
- Healthy Community

Planned activity in these areas is well defined with supportive objectives and action steps amended on an annual basis. All department staff members have the opportunity to submit goals for consideration. The internal work plan serves primarily as a yearly to-do list for the organization.

Learning outcomes are founded in curricula. Recreational Sports has three primary areas of learning – programs, employment, and informal recreation. Rather than creating random learning outcomes, the department is working in concert with curriculum development in each of these areas. In particular, employee learning is directed by a department work group—the Student Employee Experience, program learning is defined by the varied classes, and trips offered, and informal recreation learning is intentionally affected by carefully crafted marketing messages.

A faculty/staff survey successfully drew 450+ respondents this year, providing information about use, satisfaction, importance, and motivation.

RecSports is leading a multi-departmental, collaborative assessment effort by identifying areas of common wellness interest and measurement.

Programs with classes and trips are
now using a common post-program evaluation form and entering data in a common spreadsheet format for analysis.

- Objectives were added to the Assessment Plan, this year, between goals and outcomes. These objectives help to set context by drawing parallels with other department planning efforts.

A hard working adult sweats up to 4 gallons per day. Most of the sweat evaporates before a person realizes it’s there.
'We are educators who develop and change students, using experience and the outdoors as our classroom.'

One of the most innovative and exciting accomplishments we experienced this year was the development of the Adventure Leadership Institute (ALI) at Oregon State University. We have constructed a learning model that incorporates the acquisition of knowledge and skills, builds a platform for practical application, and then completes the learning cycle with intentional and guided reflection.

The ALI utilizes contextual and experiential learning theories which serve as the foundation for program design and outcomes. Current research dictates that educational outcomes and developmental outcomes are equally essential and intertwined in the endeavors of higher education.
• The ALI program offers students the formal opportunity to develop activity and leadership skills in an experiential learning environment.

• It is a venue for student leaders to gain hands on experiences leading in the field and teaching in the classroom.

• The curriculum produces leaders with a well rounded outdoor education.

• The ALI has been designed with input from the Center for Leadership Development and collaboration with the College of Health & Human Sciences.

• Our existing Experiential Education and Adventure Learning Programs coupled with the Outdoor Center provide the infrastructure for a multi-level comprehensive curriculum.

• Our programs offer deliberate, purposeful, and directed experiences that enhance learning and contribute to the scholarly development of Oregon State University students.

• As a student works through the course offerings they will fulfill the requirements for various certificate levels. Progress through each level increases technical skill competency and leadership ability.

The Adventure Leadership Institute is at the forefront of innovative programming, integrating academic curriculum and student affairs. With the anticipated renovation of McAlexander Fieldhouse, ALI will gain a permanent home and greater identity.
Carl Hickerson fell in love with the outdoors long before arriving at OSU. Scoring a student job at the Outdoor Recreation Center (ORC) was like a dream answered because he was encouraged to “get out and use the toys.” The extensive list of rental equipment ORC offers to the community makes for an outdoor enthusiast’s playground.

After three years on the job, Carl is not only more passionate about outdoor recreation, but also a recognized leader in the program. He was initially employed as a Ski Technician, bringing an entrepreneurial spirit to the workplace. He and his co-workers began to reorganize and grow the ski shop, getting specific training to enhance their skills. They offered a Ski and Snowboard Wax and Tune Clinic and started checking out Ski Tune Kits which enabled other students to take care of their own equipment. Carl notes, “The smell of P-Tex (wax) still carries anticipation.”

Now a Recreational Sports Supervisor, Carl has emulated the style of his administrative supervisor and mentor. “I appreciate Sheila for her attitude. Her feedback is a great example of constructive criticism. If you have an idea, it will be considered and you will be encouraged to work with it and make a plan. It feels like there are no limits. Just figure it out and try it.” Carl’s own supervisory style is both relaxed and professional. He has learned that it is okay to make mistakes; the important thing is to keep learning.

One of Carl’s favorite reflections about RecSports comes from scouting a route with a colleague for an Intermediate Back Country Skiing class. They were required to define it with objectives and a trip plan before it could be added to the winter schedule. With typical enthusiasm they woke early, hiked out on the snow in the sun, skied down the mountain, and were back in time for a 2:00pm class. “That leaves a smile on your face for the rest of the day”, said Carl.

When increasing costs made tickets for Mt. Hood Meadows prohibitive, Carl made a cold-call to Timberline Ski Area. He was able to re-establish a weekly snow shuttle from campus and negotiated access to season passes. He made such a positive first impression on the folks at Timberline they offered him a summer job. A Business Major, Carl has drawn from his great experiences with Outdoor Recreation to consider Resort Management as a career. He describes himself as “on a path, but open to new ideas.”
Imaging the Possibilities - As the department responds to the changing environment, we find a variety of challenges and opportunities that we must address. This process strengthens us and gives us focus.

- The impact on planning for two capital projects will be substantial for Recreational Sports. We anticipate continued growth in campus enrollment will result in increased program participation. We will need to relocate activities and find space for displaced users during construction.

- The loss of a staff leadership position will require us to evaluate and redesign our organizational structure to accommodate related responsibilities while finding an effective means to meet the growing needs and expectations of the campus.

- Wellness at OSU, in Student Affairs, and in Recreational Sports continues to be a puzzle. How do you “do” wellness? What sort of wellness does OSU want to support and how? All of these are questions that need to be answered.

- Qualified instructional staff for the new Adventure Leadership Institute is vital to the program’s success. Work assignments for current staff will remain in flux during the transition. The concern comes from OSU hiring freezes, restrictions in use of temporary positions, and the financial resources for operating the program.

- After experiencing a substantial increase in participation and activities this year, we anticipate a similar growth in programs and services in preparation for a historically high enrollment. We will be challenged to effectively address this influx of users and demand for our services and facilities.

- The “INTO” Program and enrollment of additional international students in nontraditional academic schedules will require us to consider alternate means of program and service delivery. We will be challenged to incorporate these needs into existing structure and systems.

- Developing an upgraded infrastructure to support program and system needs (i.e. on-line registration, on-line forms,
staff trainings, web-site enhancements, event management and advising, etc) is necessary to accommodate growth.

- We will find the resources necessary to shift our marketing focus. The transition to social networking and web development will reduce the wasteful reliance on print materials. This effort requires consistent evaluation of our methods and effectiveness.

- We will find balance with the events and marketing teams that support facility rentals and other all-campus activities. Additional facilities will increase possibilities for community and campus involvement.

- We will find great minds prepared to move the Department through all phases of the new capital projects. Disruptions to the campus community will be lessened by the anticipation of broader possibilities ahead.

- We will find exciting collaborations and partnerships equal to the services we deliver.

“Achieving sustainable development is perhaps one of the most difficult and one of the most pressing goals we face. It requires on the part of all of us commitment, action, partnerships and, sometimes, sacrifices of our traditional life patterns & personal interests”.

- Mostafa Tolba, Chairman, Commission on Sustainable Development
my story
When Business major, Margo Wyatt, transferred to Oregon State University in her senior year and landed a job working with Sports Clubs and Intramurals. She had no idea how much it would shape her future and will be the first to tell you that she is a very different person today.

Margo had always been an athlete, but never thought about the importance of sports in the lives of others. Her own experience as a transfer student helped her realize that involvement in sports clubs and intramurals is a tremendously effective way to help new or transfer students connect socially in a positive and healthy environment.

While working in Recreational Sports she developed skills which would eventually open doors and further her goals. She learned the value of great customer service, serving the needs of others and treating people with genuine concern and respect. Margo found learning opportunities with each new responsibility. She coordinated a Wrestling Tournament and Stadium Football program while learning the fine art of problem solving. Decision making skills were tested through her supervisory role with Sport Clubs and Intramurals. With each task her confidence grew, her understanding of management principles increased, and her willingness to learn was praised. She will apply this skills in future endeavors and they will certainly sustain her in her work.

With an open mind and a change of heart, Margo secured a Graduate Assistant position in Recreation Studies at Ohio University starting in fall ‘09. As a business major, this was far from the path she had envisioned but is happy to pursue a career in a field she enjoys. One she’d probably never have considered had it not been for her employment at Recreational Sports.
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:
- Makes recommendations regarding facility operations and delivery of programs and services
- Reviews operation and use policies
- Reviews development and implementation of new programs and services
- Makes recommendations for requests of student funding
- Monitors financial activity
- Participates in long range strategic planning

The Board is comprised of seven students appointed by student government, five faculty or staff selected by the Vice president of Student Affairs, (to include representatives from Intercollegiate Athletics, College of Health and 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
Dustin Ebel
Ben Misely
Hayden Murphy
Kimberly Nickerson
Andrew Taylor

Faculty
John Cheney
Alison Davis-White
Eyes
Rod Harter

Ex-Officio
Steve Lawton
Helene Serewis

Natural Resources
Business Administration
Forestry
Business Administration
Speech Communications
Political Science
Environmental Education
Intercollegiate Athletics
Intercultural Student Services
College of Health & Human Science
School of Business
Graduate School
Recreational Sports
Sport Clubs Committee
The Sport Clubs Committee is the primary governing body of the Sport Clubs Program and:
- Establishes and Reviews policies related to the operation of the program
- Evaluates and reviews budget requests
- Allocates club funds
- Allocates funds to clubs from the national travel fund account
- Evaluates and reviews requests for new club membership
- Responds to questions and issues concerning sport clubs
- Makes recommendations regarding club and individual member status when disciplinary or conduct issues arise

The Sport Club Committee consists of five student members (one from each sport club) elected by the Sport Club Association 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.

**Student**
- Matt McKinney  Co-Chair, Sport Clubs Program
- Pamela Johnson  Co-Chair, Triathlon Club
- Dan Arnold  Racquetball Club
- Megan Jurasek  Equestrian Drill Club
- Chris Brown  Sailing Club
- Brandt Vance  Lacrosse Club

**Faculty**
- Dale Weber  Animal Sciences
- Jason O. Quin  Intercollegiate Athletics

**Ex-officio**
- Dave Fehring  Recreational Sports

Having 100-200 belly laughs a day is the equivalent of a high impact workout, burning off up to 500 calories.