ANNUAL REPORT 2019-2020
OUR MISSION

We connect, educate, and inspire people to lifelong activity and well-being.

OUR VISION

We aspire to be leaders in student development and collegiate recreation through programming, services, and facilities that reflect the highest industry standards.

Active Body. Active Mind.
2019-20 was the first year of a three year strategic plan developed over the summer of 2019. The new strategic plan included a new mission statement and four main initiatives. Each of these initiatives had specific action items that were assigned to various staff to accomplish over the three years.

**STRATEGIC PLAN**

- **STUDENT PREPAREDNESS**
  - Facilitate an environment for our student employees for the attainment and demonstration of career readiness skills.

- **COLLABORATION**
  - Leverage the strength of campus recreation to cultivate and support the A&M-Commerce community.

- **ENGAGEMENT**
  - Engage students, faculty, and staff with campus recreation through programs, services, and facilities.

- **WELL-BEING**
  - Transform the health and sustainability of our students and contribute to the well-being of the A&M-Commerce community.
CAMPUS RECREATION BY THE NUMBERS
4,339 Students Engaged

Students Participation

IN ALL CAMPUS REC PROGRAMS, SERVICES, AND FACILITIES

- 53% of students who have in-person classes in Commerce
- 88% of on-campus residents
- 59% of international students
Program Participation Overview

**Intramural Sports**
- **Total Participants**: 787

**Club Sports**
- **Total Participants**: 126

**Aquatics**
- **Total Participants**: 13
- *Open four months*

**Department Events**
- **Total Participants**: 840

**Outdoor Adventure**
- **Total Participants**: 843

**Fitness and Well-being**
- **Total Participants**: 794
Facility Visits

- MRC: 86,400
- Climbing Wall: 3,670
- MAC: 2,466
- Tennis Courts: 1,918
- Sand Vball Courts: 1,369
- TAMUC Trail: 1,294
- Challenge Course: 465
NOTES

⇒ Hired a new Coordinator of Facility Operations and Aquatics in June 2020

⇒ Renovated the pool pump house with all new equipment

⇒ Pool was closed from November 2019 - July 2020

48 Swim Lessons
CLUB SPORTS

HIGHLIGHTS

→ Most of the clubs have spring seasons and due to COVID-19 they were not able to compete.

→ Club Fishing continues to grow in recruiting, fundraising, and number of tournaments

→ Club of the Year - Fishing

→ Officer of the Year - Will Vega

1,225 participations

$15,000 Fundraised

80 hours Community Service

7 Club Sports 7 Home Games 18 Away Games/Tournaments
**Archery Tag**
- 30-40 participants

**Around the World in Holidays**
- Movie and activities on the MAC
- Approx. 50 participants

**Resolution Roar – spring Lion’s Leap event**
- Approx. 200 attendees

**Active Lion Day**
- Celebrated all things Recreation and Well-Being
- Various events scheduled throughout the day by all Campus Rec program areas
- Approx. 50-75 participants

**Highlights**

Highest Recfest attendance ever with over 800 attendees

Collaborated with CAB, Student Involvement, the Club, and Intercultural Engagement and Leadership
Fitness and Well-being

HIGHLIGHTS

➡ Invested in Wellbeats to provide virtual, in-person on-demand group fitness content.

➡ During Covid-19, implemented virtual group fitness classes.

➡ Added six new class formats to the group fitness schedule.

2,818 Group Fitness participations
657 Special Event participations
116 Small Group Training Participations

232 Group Fitness Classes
126 Personal Training Sessions
21 Small Group Training Classes
Intramural Sports

Highlights

- Increased the number of Unified Basketball games.
- 7.4% forfeit rate
- Collaborated with Athletics to offer championship games in premiere locations.

Decided that next academic year we will be offering Intramural Sports with no registration cost.

6,650 participations

29 Intramural Sports Offered
73 Games Played
463 Teams
Ou do or A dv e

OUTDOOR ADVENTURE

HIGHLIGHTS

- Offered 5 new programs and trips including Moonlight Kayaking, Bouldering Trip, Fly Fishing Trip, Bentonville Mountain Biking Trip, and Big Bend Trip.
- Offered 9 more programs than the previous year.
- People utilized the trail over 4 times more than last year.
- Changed routes on the climbing wall so that the holds on a route are the same color.

87 attendees on 11 outdoor trips
618 participations in 24 clinics and events

CHALLENGE COURSE

487 Visits
7 Student Groups
8 Non-TAMUC Groups
MARKETING

HIGHLIGHTS

FIRST YEAR WITH A GRADUATE ASSISTANT OF MARKETING

WEBSITE REDESIGN TO DEBUT IN SPRING 2021

INCREASED SOCIAL MEDIA FOLLOWERS BY 587

DEVELOPING A CAMPUS REC BRAND

SOCIAL MEDIA

1,655 posts and stories

41,834 total engagements

572,373 total impressions

EFFORTS

11 Campaigns

216 productions

7 tabling events with 365 contacts
DEPARTMENT HIGHLIGHTS
In March of 2019, TAMUC converted all classes to an online format in response to the Covid-19 pandemic. This pandemic also caused the closure of all recreation facilities and spaces and the cancelation of all programs. In response to the pandemic, we formed three committees to prepare and address the following areas to reopen/restart in a safe manner: Programming, Operations, and Risk Management. These committees were made up of professional staff and graduate assistants.

**Programming**

Offered Virtual programming: intramural eSports, live and pre-recorded group fitness classes utilizing the Recreation Movement platform, an online physical activity challenge, and various social media education and information.

**Operations**

The MRC reopened on June 15. Restrictions and changes included spacing equipment 6 feet apart, increased cleaning, space maximum capacities, wearing of a mask, and restricting contact sports and rental equipment.

Switched to using individual disinfectant wipes to wipe down equipment instead of shared spray bottles and towels.

**Risk Management**

Revamped the risk management protocol to include measures that increased safeguards for our staff.

Staff were trained in ARC Professional Responder for CPR/AED to use bag valve masks.

Additional PPE was also secured including face shields, gowns, glasses, etc. Changes to the emergency action plan were also implemented to reduce large groups that may happen during shelter in place situations.
Created a career readiness skills training plan for student employees, including an updated marketable skills survey.

Review of the fitness floor to improve the accessibility and inclusivity of the space for students with disabilities.

Highlighted weekly Intramural Sports participants on social media.

Encouraged more frequent engagement by creating campus-wide fitness challenges and holding events outside of the MRC.

Provided healthy food options at all Campus Recreation events and meetings. Started offering semester bike rental to students.

In progress: 8  Not done: 3

Actions items that were in-progress and not done were shifted to 2020-21.
Facility Enhancements

Covered Pavilion

In the winter of 2019, construction began next to the outdoor pool where two sand volleyball courts were located. The previous academic year, four sand volleyball courts were built at the Cain Sports Complex. Due to issues with sand clogging up the pool filters, it was determined to remove these two sand courts from the pool area. In place of one volleyball court, construction began on a 40’x60’ covered pavilion. The pavilion would have brick columns, picnic tables, gas grill, fan, and lights. In place of the second volleyball court, grass sod and sprinklers were installed. Construction continued through the rest of the academic year, with an estimated cost of $230,000.

Pool Pump House Renovation

In February of 2020, a renovation project began to replace the pumps, filters, chemical feeding systems, and heaters for the pool and spa. These machines were original to the pool built in 2003 and were not working properly. These renovations also allow us to automatically adjust chemicals instead of making manual changes. Renovations were completed in the summer of 2020, but due to COVID-19, the pool did not reopen at this time. Total cost for the project was $225,000.
Collaborations

HIGHLIGHTS

→ Hosted HHP activity classes in the pool and MRC, assisted with Exercise is Medicine day, subbed in some HHP classes, co-facilitated outdoor HHP classes.

→ Provided Fraternity and Sorority Life IMPACT Conference facilitators, philanthropic fitness events, and Fit2You.

→ Hosted various athletics practices when the fieldhouse was occupied.

→ Hosted some of our intramural championship nights in the fieldhouse

→ Provided halftime basketball show with mini-intramural sports contests.

→ Created a teambuilding program for 90 football players in connection with the challenge course.

→ Started hosting a pop-up food pantry in the MRC.

→ Regularly repost other department and university social media posts.

EVENTS
Family Weekend
Pride Run
Recfest
Lion’s Roar
Lion Movers
Lion’s Leap
Operation Blue and Gold
Find Your Pride

PARTNERS
CAB
RSC
IEL
Counseling Center
HHP
Fraternity and Sorority Life
Athletics
Lion Food Pantry
Commerce High School
Special Education
Administered by the Wake Forest University Wellbeing Collaborative in March 2019

774 students completed
20% response rate

Undergraduate, full-time, traditional aged students

39% of students did not try new activities during the academic year.

59% of students get at least 7 hours of sleep a night.

38% of students do not consider themselves good at making friends at school.

65% of students eat fruit or vegetables daily.

55% of students get at least 30 minutes of moderate physical activity 5 times a week.
55% of students know at least 1 F/S they can talk to when faced with stressful event.

57% of students have a F/S that they can talk to about things they find meaningful in life.

68% of students have heard a F/S talk about the benefits of being involved in activities at school.

74% of students have a F/S that they can talk to about their goals.

80% of students agree that there are F/S who help them feel like they belong at school.
STUDENT EMPLOYMENT/DEVELOPMENT
3 Lifeguard courses offered with 20 participants

1 Water Safety Instructor course with 5 participants

5 ACE Group Fitness certifications

4 ACE Personal Training certifications

1 Wilderness First Aid Course with 5 participants

33 CPR/AED/FA courses with 176 participants
SCHOLARSHIPS

Dr. James Stahl Scholarship
Emma Shasteen & Shelby Gerner - $1000 each

Charles Goodall Scholarship
Jacee Bucannan & Seth Benn - $250 each

Robin Sullivan Memorial Scholarship
Sarah Carpio - $383

SUPPORT

Four student employees awarded $1,089 to attend NIRSA Region 4 Conference

Four student employees awarded $3,611 to attend NIRSA Annual Conference (canceled due to COVID-19).

Fitness: Supported 10 student employees to get a fitness certification.

Fitness: Supported 17 student employees to attend TexFit 2020 Conference.

Intramural Sports: Supported two student employees to officiate in NIRSA regional extramural tournaments.

Alex Shillow was selected to officiate in the NIRSA National Basketball Tournament.
That staff receive adequate training to perform their job responsibilities.

Campus Recreation has given staff a sense of community.

Work experiences in Campus Recreation has contributed to Teamwork/collaboration and leadership skill development.

Career ready skill focus of 2019-2020

EMPLOYMENT

171
STUDENTS EMPLOYED

Fall 2019 GPA
133 STUDENTS

Spring 2020 GPA
127 STUDENTS

61%
RETENTION RATE

3.03
3.5

86%
STRONGLY AGREE
That staff receive adequate training to perform their job responsibilities

82%
STRONGLY AGREE
Campus Recreation has given staff a sense of community

91%
EXTREMELY WELL/WELL
Work experiences in Campus Recreation has contributed to Teamwork/collaboration and leadership skill development

Teamwork
HIGHEST IMPROVED SKILL
MEMBERSHIPS AND BUDGET
Expense totals were higher this year due to some capital projects/expenses being started and completed in FY20 with money rolled forward from FY19.
### Total Memberships

- **Faculty/Staff/Retiree:** 52
- **Affiliate Household:** 34
- **Alumni:** 33
- **Community:** 171

### Passes Sold

- **Day Pass:** 199
- **Week Pass:** 107
- **Month Pass:** 1,859

### Total Visits

- **Faculty/Staff/Retiree:** 352
- **Alumni:** 629
- **Affiliate Household:** 1,598
- **Community:** 3,230
Active Body. Active Mind.