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MISSION
The Department of Recreation and Wellness enhances the lives of its members by providing quality recreational and educational programs in an environment that promotes healthy lifestyles, academic productivity and personal growth.

VISION
To offer students the special attention of a small college with a comprehensive recreation and wellness program that exceeds institutions of its size and is comparable to universities much larger in size. This can be accomplished by being creative with facilities and resources and by working collaboratively with other departments and partnering with the community to offer comprehensive programs and services with highly qualified and experienced staff.
Highlights and Achievements

- After reviewing existing recruiting, hiring, and training methods we put into effect changes for each task. This included changing hiring timelines, the housing of all training documents, and implementing a new software for testing after trainings.

- We revitalized the student recognition program and as a result we received many more employee nominations. Also, we created the Student Recognition Board to show off all our employees by work area, giving everyone the ability to place a name with a face.

Opportunities

With the new hiring timelines it’s been challenging to get everyone to follow the guidelines and the requirements in a timely manner. This ensures that the student employees understand the importance of following protocol and that this a “real job”.

Moving Forward

We plan to enrich our training program possibly to include professional development topics that are important to learn for the work environment.

Fast Facts

219 TEAM MEMBERS
(17 full-time, 85 part-time, 102 students & 15 volunteers)

Represent 17 States & Washington DC and 3 Countries
(Puerto Rico, Greece & Croatia)

154 Total Years of Service

- Brianna Cicconi
Member Services Attendant

"Working as a Weinstein Center T.E.A.M. member for the past 4 years has skilled me on how to professionally communicate with a diverse and inclusive population in the Richmond community. While I do work with students, faculty, and community members, I am confident that I can take these abilities into my future career endeavors."
Highlights and Achievements

• Fall 2017 we implemented some new print materials and improved our outreach to the International Education department to provide international students a better orientation to the Weinstein Center programs and services. Member Services worked on transitioning locker management into Fusion which will be implemented summer 2018. We compiled and updated many policy and procedures documents into a more structured Member Services SOP that is posted on BOX and will be used as a training tool moving forward.

Opportunities

Membership management continues to be our biggest challenge, specifically paid guests. The number of guests continues to rise, impacting the availability of facilities and equipment especially in the gymnasium. We are conducting research of other Universities and will likely change our guest policy to include a sponsorship requirement, a limited number of guests, and specific language about spectators.

Moving Forward

2018-2019 likely will include implementation of a new guest policy as well as modified procedures for purchasing and renewing paid memberships. Enabling the on-line option for membership renewals, restricting hours for membership sales and improving processes for family memberships will be considered in attempt to improve the accuracy and efficiency of paid membership sales and renewals.

Fast Facts

8,012 Distinct Patrons
3,503 Students
927 Faculty/Staff

2,011 Paid Members
281,528 Total Entries

Busiest Hours
Mondays 5-6pm
Average 189

Busiest Day
Mondays
Average 1,578

-Brittany Gillespie
Facility Supervisor

“Working as a supervisor at the Weinstein Center has helped me learn how to effectively lead a team of diverse student employees. I will definitely use in my future career. I’ve made so many great relationships with students that genuinely care about the gym and making it run smoothly to meet our members’ goals. Whether I’m here for a work out or for a shift it’s always a great experience.”
Highlights and Achievements

- Partnership with VCU on ropes course, outdoor trips, Graduate Assistant and Capital Cup.
- Overhaul of the upstairs free weight area with all new equipment and layout.

Challenges

- We are having issues managing community groups using the IM fields when student groups have the fields reserved for organized activity.
- We are evaluating our independent trainer policy to ensure that anyone receiving personal or sport specific training in WCRW is getting that training through a WCRW staff member.

Moving Forward

We are looking forward to getting what is essentially brand new tennis courts on the Richmond College side of campus that can be used for tennis, pickle ball and basketball during summer 2018. We are looking forward to getting new carpet at the Intramural Fields during summer 2018.

“*The Weinstein Center is a wonderful place to become more active, meet friends and learn more about health and fitness. Regardless of your ability or knowledge, you will be motivated to become a stronger, healthier version of yourself.*”

-Joshua Anderson
Marketing Assistant
Highlights and Achievements

• In the fall semester, we held our first FITsteria program which included four different themed group exercise classes and had over 90 participants - 70 of them were unique participants.

• This past year we have successfully merged the previous facility attendant and fitness specialist position into one position – fitness assistant. This has lessened the confusion of who’s responsible for certain areas and has helped with learning and enforcing policies.

• In the fall semester, we introduced Les Mills BodyPump into our group exercise program. This spring, we now have 8 Les Mills BodyPump classes per week.

Opportunities

Last May we had several student fitness instructors and student personal trainers graduate. This left us with two student personal trainers which made the availability of the student personal training program extremely limited. With the merge of the two previous positions into the fitness assistant position it has added several hours to the schedule. It has been a challenge the past year to hire enough fitness assistants to fill the schedule fully.

Moving Forward

Next year we are looking forward to doing new and exciting special events and hopefully collaborating with different departments to reach new and underrepresented participants. Additionally, we are looking to add more leadership opportunities within the fitness program to help with student development.

Fast Facts

- 14.5 Group Exercise Participants Per Class
- 1,808 Group Exercise Classes
- 2,193 Personal Training Sessions Sold

“Participating in UR Fit this year helped me ‘clear the hurdle’ of becoming familiar with the Weinstein Center and all that it has to offer. Establishing a fitness routine is much easier (and more enjoyable) when you’re comfortable at the gym!”

- Andrea Vest
  Staff
  Center for Civic Engagement
Highlights and Accomplishments

- The annual Corporate Run at the Innsbrook Office Park, bringing together over 200 faculty and staff for an evening of both physical and social wellness. This event continues to grow with participation numbers each year, and is many employees’ favorite events!
- For the 2018 calendar year, we launched on online incentive platform, MotivateMe! This platform allows all full-time employees the opportunity to earn up to $120 worth of gift cards for wellness-related behaviors.

Opportunities

We continue to strive to help employees reach their wellness goals. We want to develop programming that is reaching a diverse population, and non-traditional work schedules.

Moving Forward

We look forward to a successful first year of Motivate Me, the online incentive platform. This platform will encourage employees to visit their primary care physicians, specialist (as needed), wellness coaching, and campus-wide events, screenings, and programs that promote a healthy lifestyle.

“UR Well / UR Fitbit programs – gave me tools, support and inspiration I needed to make healthy changes in daily routine. I’ve lost over 25lbs, corrected blood pressure, blood sugar and cholesterol levels. I feel significantly better, more motivated and focused at my work and grateful to UR for providing such great programs to staff. I could not have come this far without help of WCRW staff and Karen Hensley, the Heilman Center Dietician.”

- Chris O’Neil
  Faculty
  Modlin Center for the Arts

Fast Facts

1600 Benefits Eligible Employees
403 Biometric Screening Participants
5,754 Employee & Student Wellness Outreach
Highlights and Achievements

- During the 2017-2018 academic year, we held the following:
  - 29 sections of the WELL 085 Alcohol Education Workshop for first-year students
  - 74 sections of WELL 090 Plus2 undergraduate courses, with topics such as sexual health, stress management, eating and working out, healthy relationships, and more.

- 89.7% of students surveyed in fall WELL 090 courses agreed that they “gained a better understanding of how their personal behaviors contribute to lifelong health and wellness.”

- 95% of students surveyed after the fall WELL 085 Alcohol Education Workshops stated that they are aware of resources on campus if they or someone they know has a problem with alcohol.

Opportunities

We are constantly striving to add variety to our required wellness class topics to ensure we cover all of the dimensions of wellness. Currently, the financial and spiritual dimensions of wellness have less representation than the others in that regard. The goal is to have equal representation across the board for all eight dimensions of wellness so that any student can pursue a class that they are truly interested in for their own personal well-being, rather than to simply fulfill the graduation requirement.

Moving Forward

We now offer wellness coaching specifically for our UR students! In these one-on-one sessions, students will meet with one of our certified Well coaches on campus to discuss their wellness-related goals in a safe, comfortable, and motivational environment.

Any interested students can contact Sarah Sheppard, Health Educator, at ssheppaa2@richmond.edu to get started.

“Wellness Education classes have enabled me to strengthen my preexisting passion for health and wellness, but they also have expanded my knowledge on and appreciation of the topic. I think that all students can benefit immensely from taking advantage of these courses—they may even start to develop more enthusiasm for wellness along the way!”

-Nora Greer
Health & Wellness Assistant

Fast Facts

- 99 Total Classes (69 WELL 090 & 30 WELL 085)
- 60 Instructors
- 908 Students Registered for Online WELL 085 (Alcohol Education & Prevention Program)
- 88% Stated they intended to make a change to their health behaviors as a result of taking WELLO90
Highlights and Achievements

- Opened the Center for Sexual Assault Prevention and Response in Fall 2017 which includes CAPS, Prevention and Education Coordinator, and Survivor Advocate.

- Launched ongoing Spiders CARE About Consent campaign

- Creation of prevent.richmond.edu website

Fast Facts

- 75+
  Sexual Misconduct Education & Prevention Outreach Events

- 100+
  Students Trained
  Spiders for Spiders Bystanders Intervention

- Spiders C.A.R.E.
  Consent Campaign launched Campus-Wide

August 15, 2018
- Launch date for 2nd year students graduation requirement

Challenges

Being the Center’s first year of existence, we faced some challenges with students knowing about the services we offer and accessing our Survivor Advocate. We anticipate that as the Center becomes more familiar, we will have students accessing our personnel and be involved in our initiatives in an even greater capacity.

Moving Forward

In this upcoming year, we’re looking forward to creating more content specific to the varying identities of students and employees on campus. We will continue our initiatives to incorporate consent, positive sexuality, healthy relationships, bystander intervention, and other prevention components into students’ daily lives and our campus culture.

-Anna Lowenthal
SMEP Assistant

“As an employee of the Weinstein Center for Recreation and Wellness, I have been able to grow as an individual through the skills we are taught as a TEAM member. Not only do I use these skills of working as a team, educating, holding myself and others accountable, and making an impact on a daily basis at the Weinstein Center, but I have been able to apply these skills to my everyday life and will continue to use them in the future.”
Highlights and Achievements

- Developed a new design for the IM Champ Shirts
- Increase in number of student officials
- Great attendance for IM Championship Nights.

Opportunities

We will attempt to schedule more games in the early afternoon. We will also implement ways to assist student staff deal with community users on IM Fields.

Moving Forward

Fast Facts

- Enhance officiating by possibly hiring certified officials for Soccer and Basketball A league games.
- Select themes for IM Championship Nights (NIRSA Day).
- Research ways to improve IM payments and registration procedures.

1,985 Distinct Participants
(1,504 men & 481 women)

12% Increase in Female Participation

259 Total Teams

- Jason Dinsmore
Intramural Assistant

“In my student experience working as an Intramural Assistant I benefit from flexibility, in terms of scheduling when I would like to work. If I have a tough school week ahead, regarding projects, or exams, I have the opportunity to work less if I choose to do so. I have a great relationship with my supervisor and he understands my desire to balance my life as a student with my life as an employee at the gym”
Highlights and Achievements

- During the 2017-2018 academic year, we welcomed two new Championship Clubs: Quidditch and Synchronized Swimming.

- The Men’s Squash Club won their division of Nationals this year!

- The Quidditch Sport Club qualified and participated in the Quidditch World Cup Tournament in Austin, Texas.

- The Ice Hockey Club won the ECCHA Atlantic Championship.

Opportunities

We had a leadership transition change in Sports Clubs, which became an exciting challenge with managing the needs of 30 clubs and over 700 participants. The development, growth and knowledge of this position will allow for more new and soaring heights for Sport Clubs. Due to a last minute forfeit, we were unable to hold a joint intramural/sport club event this past year that we had planned.

Moving Forward

We are excited about the 2018-2019 upcoming year!! We are planning another attempt at a joint intramural/sport club event. We are also looking forward to being able to focus on Sport Club/Intramural administration this year and help the programs be more satisfied with their departmental support.

- Stryker-Ann Vosteen
  Sports Club Assistant

“Playing on a sports club has been an incredible experience. I came in as a little, lost freshman and was able to find an amazing core group of friends who have become my team, and family. I have had the opportunity to be a leader and travel all over the country for competitions. I’ve enjoyed every minute of my sports club experience.”
Fast Facts
- We welcomed a new Athletic Trainer to the Recreation and Wellness Sport Clubs Department!
- Great compliance with paperwork this year by sport club participants
- Continued collaboration with Student Health was a big success this year.
- Spoke about concussions at the American College Health Association Annual Meeting in Washington DC

14 Clubs Treated
1,163 Treatments Performed

Opportunities
Managing two full-time positions this 2017-2018 academic year was full of trials and tribulations with providing the proper upkeep to our sport club athletes this year. We are still working on improving communication techniques to the minor active sport clubs about our athletic training services.

77 Concussion Baseline Tests

Moving Forward
- This will be our first year for our new Athletic Trainer with UR Sport Clubs
- We are hoping to have a potential collaboration with Athletics
- We are continuing the collaboration with Student Health
- Promoting awareness to the Sport Club Athletes about the Athletic Training services they have available to them.
- Since the Athletic Trainer is CPR Instructor certified we would like to become the campus’s home base for CPR certifications.

- Daniel Simmons
  Men’s Rugby Club

“Having frequent access to a trainer as knowledgable and caring as Wendy Sheppard has been truly invaluable to my well-being as a player for the University of Richmond Men's Rugby Club. From more serious injuries such as a broken arm and sprained knee, to countless bumps and bruises, I cannot overstate the role Wendy played in nursing me back to health, preventing further injury, and providing critical advice at all hours of the day and night. I could not otherwise have financially afforded the treatment I received from Sports Medicine and I am certain that without it, the injuries I sustained as a club sport athlete would have been far more prolonged and my overall health would have suffered.”
Highlights and Achievements

- We have begun to collaborate with VCU, utilizing our high ropes course to facilitate more Team Building activities.
- We recently hired Lee Donlon, the new full-time TEAM member for the position of Manager, Adventure and Leadership.
- We have had lots of success and participation with our Custom Trips program. This includes over 130 people participating in 11 different Custom Trips. These trips ranged from a local river clean up, kayaking on the James River, to a leadership development trip with overnight camping in Shenandoah National Park.

Opportunities

The Outdoor Adventure and Recreation (OAR) Program operated with limited staff and programs during Spring 2018 as we transitioned the responsibilities in this area of Recreation and Wellness to a new staff member. During this time we still offered Equipment Rental and Team Building Programs. However, we did not offer any Outdoor Adventure Trips.

Moving Forward

We look forward to growing the OAR program by offering more weekly and custom trips. We are also excited to work towards a Student Trip Leader Development program. This program aims to provide students with the technical and group facilitation skills necessary to be competent leaders in and beyond the outdoor field.

Fast Facts

- 4,599 Challenge Course Participants
- 29 Outdoor Trips
- 725 Equipment Items Rented

- Jackson LeViness
Outdoor Adventure Attendant

“Being an Outdoor Adventure Assistant allows you to work and participate in OAR program and trips. It is amazing to see my peers of the Richmond community getting involved in OAR activities at such an inexpensive rate.”
Highlights and Achievements

The total operating budget has increased by 13% from fiscal year 2017 to fiscal year 2018. The total revenue budget has increased by .063% from fiscal year 2017 to fiscal year 2018.

Subsidized Programs and Services

- Sport Club Safe Modes of Transportation
- Sport Club Athletic Trainer
- Outdoor Trips
- Green Bike Program
- Fitness Special Events
- Wellness Programs
- Employee Wellness
- Fitness Equipment
- Capital Projects

Total Revenues $851,458
Total Expenses $1,665,614

Fast Facts

- 9 Revenue Subsidized Programs and Services
- $56,000 Sport Club Safe Modes of Transportation

"My role as the Project Specialist involves constant communication with directors, managers and coordinators. We discuss the creation and distribution of surveys, as well as using the feedback from the results to improve our programs. I learned that by communicating quickly and effectively, you can be respectful of others and build trusting relationships."
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