

University of Nebraska

Campus Recreation

Responses to Comments and Suggestions

SEPTEMBER 2007

1. You need more abdominal machines. You have only one! And you should purchase a machine (abdominal) with a bar that would go across the chest and with an adjustable seat.

Thanks for your suggestion; we will consider it when purchasing new equipment. In the meantime, please consider using the stability balls, BOSU balance trainer, stretching mat area or adjustable ab bench for core work. If you're unfamiliar with any of the above mentioned equipment, please ask the Strength Training & Conditioning Room staff.

2. A skull crusher bar for tricep workouts!

Thanks for your suggestion; we will consider it when purchasing new equipment.

3. You need more elliptical machines. Too many people wait too long, especially in evenings or late morning.

Thanks for your comment. We would love to add more ellipticals but current space restraints limit the number of machines we can have in the room.

4. Please put the 30-minute limit back on the machines. Someone was on one machine for over 45 minutes.

The 30-minute limit is in effect for all cardio machines. If you notice someone is on a machine for more than 30-minutes, please let the Strength Training and Conditioning Room staff know.

5. Can you please get some good bars in the Strength Training and Conditioning Room, preferably Eleiko.

Thanks for your suggestion. We will consider it when purchasing new equipment.

6. Summer passes should be sold according to how long a person wants to use the Rec. It is kind of unfair if someone starts going to the Rec two weeks before summer ends and still pay for the five week session.

Thank you for the suggestion. We will take it under consideration next summer.

7. Please find a good place for table tennis. Each time there is volleyball, tables are taken in and out. Also, it is very hot in the area where the tables are usually located.

Thank you for your comment. During volleyball games, the table tennis tables are located on Court one (1). We will work with our maintenance staff to better control the temperature of that area.

8. Please find a room with air conditioning for table tennis. It is very hot. Also, only one net is working. The other two are hanging loose.

Please see number seven (7). We have notified the maintenance staff about the nets.

9. Please replace the UV lamp at the front desk so that we can get a hand stamp when going out jogging. Thanks.

Thank you for your comment. We are working on replacing the lamp.

10. It is very inconvenient to have the back door closed on volleyball game days.

We are sorry for the inconvenience, but during volleyball games the only entrance to the Rec Center is 14th Street.

11. Get rid of mtv-U.

We have recently entered into a contractual agreement with mtv-U to supply eight (8) LCD TVs in the Strength Training and Conditioning at no cost to UNL. Our agreement obligates us to tune 5 of the TVs to mtv-U, with freedom to select channels for the other three (3) sets. It is our intention to place the volume at a level whereby the music on mtv-U is easily heard, yet at level that would also permit those using headphones to hear their own music or listen to the FM transmission on the three (3) TV sets not set to mtv-U.

The decision to enter into the mtv-U contract was approved by the Campus Recreation Advisory Council. This is a group of twelve (12) students and three (3) faculty/staff members. The contract proposal received unanimous approval and met with considerable enthusiasm from the members. Thank you for your comment.

12. Why are there televisions in the Strength Training and Conditioning Room.

Please see number 11.

13. The new TVs and mtv-U rock. Great call.

Thanks.

14. Turn off mtv-U on Sundays over the noon hour. SEXIST/RACIST TRASH.
“CLOTHES OFF” from video “As cruel as school children.

Please see number 11.

15. The TVs are nice but the poor audio and constant Butterfinger and Visa commercials make me wish the old music was back!

Please see number 11.

16. The new mtv-U TVs? Awesome. If there is one thing we need more of, it is advertising. As an added bonus it is LOUD. So loud I cannot hear my own music, but that’s ok when we have got such quality music as MTV.

Please see number 11.

17. New Strength Training and Conditioning Room improvements with TVs are good. BUT!! I cannot hear any music. I would like to work out to music. Thank you.

Please see number 11.

18. I DO NOT like mtv-U in the Strength Training and Weight Room. I thought it was a good idea but the type of music and constant advertising does not make me want to work out. I am wondering why they are playing music videos like Death Cab for Cutie (Soul Meets Body) or Coldplay (In My Place). It would not be so bad, but I cannot even hear my iPod over the loud mtv-U stereo. I think the system should be turned down or off. I would almost prefer no music in the weight room over the annoying interviews, commercials, and music video of mtv-U.

Please see number 11.

19. Again, I come in to work out and the music is too loud. I asked the attendant to turn it down and he agreed, but never turned it down. This is getting old.

Please see number 11.

20. The audio and video noise from mtv-U is a distraction to my workout. I am disappointed with the student advisory board and UNL administration for selling out classroom space

to a slick advertising company. I understand they flashed \$5000.00 to sponsor the GET REC'd days but the students now have to put up with the results.

Please see number 11.

- 21.** I do not think that the table tennis tables are in proper order and hope that it is fixed at the earliest. Tables are not cleaned and they have sticky substance on it. I would appreciate it if you guys can fix it.

Thank you for the request to clean the ping-pong tables. The custodial staff will be checking them on a daily basis.

- 22.** The Injury Prevention and Care office should allow access to people who want to check out a stability disc after hours. Or, it should be possible to check out stability disc at Husker Red's. The hours are not very convenient for students going to class and working and then working out in the evenings. I hope you allow members to check out a stability disc at Husker Red's. I, and others, could rehab strained ankles and improve balance.

Thank you for the comment. We will be making stability discs available for check out at Husker Red's.