

Campus Recreation Advisory Council
Meeting Minutes
Nebraska Union, Colonial Room
October 11, 2011; 4:45 PM

I. Call to Order and Roll Call

- Members Present: Jared Aden, Ashley Cleveland, Matt Haron, Dylan Knuth, LaRita Lang, Amanda Miller, Lia Morales, Jared Ostdiek, Roshan Pajnigar, Andrew Shaw, Emily Simpson, Jim Steadman, Neil Tabor, Scott Truckenbrod, Kristin Witte.
- Council Advisor Deb Johnson and Stan Campbell were also present.

II. Approval of Minutes

- Jim Steadman made a motion to edit the minutes to include the following:
 - IPC will not relocate to the Fleming Fields Annex Building when the Activities Building is closed for replacement/renovation
 - Jim Steadman moved and Kristin Witte seconded a motion to approve the minutes as revised. The motion was unanimously approved.

III. Open Forum and Announcements

A. Show Your Red – Recognition

- CRAC members who assisted with the Ohio State student leaders visit
 - Dylan Knuth, Kristin Witte, Jared Ostdiek, and Andrew Shaw
- Recognition will take place at next meeting on October 25th
- If CRAC members choose to recognize peers or faculty/staff they may do so on October 25th

B. Student Health 101

- Kimberly Barrett presented Student Health 101.
- It is a National Campaign
- The cost to get it branded is shared between several departments on campus
- On the 1st day of each month, a new issue of Student Health 101 is posted on the website
- Includes healthy recipes, exercise strategies, stress issues, and social issues
- Information is incorporated from each of the departments supporting Student Health 101
- Students have the opportunity to write articles and/or be on video that will be aired on the Student Health 101 website.
- Website is: <http://readsh101.com/unl.htm>
- Student use/feedback is very important—determines continuation of program
- If students answer questions on website, they earn a chance to win \$1,000

C. CCPE Meeting Outcome

- The Coordinating Commission for Post-Secondary Education (CCPE) has recommending authority for facility projects at post-secondary education institutions in Nebraska

- Unanimous approval was given for the proposed East Campus Recreation Center Project
- Near unanimous approval was voiced for the City Campus Recreation Center Remodeling Project
- The Commission did not approve the new Outdoor Adventures Center Project
 - Their recommendation moves on to the Nebraska Legislature
- UNL students and administrators hope to meet with the Executive Board of the Legislature to gain approval for all three projects

D. Outdoor Adventures Center Planning Update

- Planning hasn't stopped at this point.
- Meetings will take place next week on Oct. 18-20 with RDG Planning and Design. The meetings will be held in the Georgian A at the Nebraska Union

E. Celerion sponsorship

- Celerion is a reputable company that conducts medical research studies.
- Campus Recreation accepted a sponsorship agreement with Celerion
- Included a 30-day notice clause—Paid on a month to month basis; wanted to see how students feel about the new agreement before accepting a long-term agreement

IV. Committee Reports

A. Instructional Programming & Staff Development (Andrew & Roshan)

- (Andrew Shaw presented)
- Guidebook for Instructional classes
 - Corrections and deletions are made in the Spring
 - Always open to new suggestions
 - Want to make sure classes are easy to find (listed under Recreational Activities beginning on page 87 in the Spring Semester 2012 class schedule)
- Biggest revenue source: CPR classes for groups
- In-staff training: pro-active in renewing licensing for various Campus Rec staff members
 - Recognized in the National Intramural-Recreational Sports Association (NIRSA) for having high attendance for in-staff training events

B. Intramural and Extramural Sports (Jared O., Scott and Matt)

- (Jared Ostdiek presented)
- Regional Flag Football Tournament—Nov 19th and 20th
 - Teams from around the nation travel to UNL to compete
 - Winning team earns a stipend to the National Tournament
 - Referees that are chosen also receive bids to the national tournament
 - ACIS has committed to sponsor the event
 - The National Tournament will be held at the University of West Florida, Pensicola, FL
- The Sand Volleyball league and tournament just finished. Jared Ostdiek was a member of a championship team!
- Flag football will finish after Fall Break

C. Member Services (Jared A. and LaRita)

- (Jared Aden presented)
- Staff memberships to Campus Recreation
 - As of right now, must be renewed every year
 - Hoping to change it to being automatically renewed year to year
 - Considering offering different types of memberships to Campus Rec
 - The two new full-time employees at Member Services are helping to improve communication re. Campus Recreation programs, services and facilities

D. Outdoor Adventures (Neil and Emily)

- (Neil Tabor reported)
- There is a full trip to Arkansas for climbing during Fall Break
- A backpacking class is being conducted in October and November
- Compiling adventure trip ideas for Summer 2012
 - Big Horn National Park?
 - Bike Tour of Southern Colorado?
- Hosting Intramural Sports Climbing Competition on Thursday

E. Sport Clubs, Youth Activities & Aquatics (Jared O. and Lia)

- (Lia Morales and Jared Ostdiek reported)
- Runners club held their first practice Monday
 - 20 members as of right now
- Men's soccer is attending NIRSA tournament in Phoenix
- Ski/Snowboard Club has been dissolved due to various behavioral issues
- Aquatics
 - Mabel Lee Pool will be closing in December (around finals week) to finish renovations and will reopen by the start of spring semester
 - Open Swim Night
 - Every Friday 7-9 @ Mabel Lee Pool
 - Approximately 30 people attended last one
 - All students are encouraged to attend!
- Youth Activities
 - Itty Bitty Sports
 - First session just finished with a good turnout

F. Wellness Services (Amanda and Ashley)

- (Ashley Cleveland reported)
- Check-up from the Neck Up was held on Wednesday, October 5th
 - Held at the rec center by Wellness Services and CAPS from UHC
 - Free stress/depression assessment
 - Assessed students stress levels and determined whether or not they are able to adequately cope with their stress
 - 61 people completed assessment and met with a counselor in the 2 hour time frame—Great turnout!
- Wellness Fair
 - Monday, October 17 from 7:30 a.m.-12:00 noon (City Campus Union)
 - Tuesday, October 18 from 7:30 a.m.-10:30 a.m. (East Campus Union)
 - Focus is on preventing stress

- Free chair massages, blood pressure readings, info about preventing/treating cancer and diabetes, balance assessment, weight management, skin safety, flu shots and much more---Be sure to check it out!
- UNL Pink Out and Walk for Breast Cancer
 - Friday, October 21
 - All UNL faculty, staff, and students are encouraged to wear pink in support of breast cancer awareness
 - Additionally, everyone is encouraged to take an extra 15 minute walk that day and make a donation to cause (suggested \$5)
 - Contact Kimberly Barrett if you have any questions about donating.
 - Sunday, October 23
 - Lincoln Walk takes place on this date
 - Anyone that donates on October 21st is invited to join UNL's Wellness Team for the walk. Team members will be able to be spotted because they will be holding red balloons.

V. Unfinished Business

A. Review of the Ohio State Student Leaders' Visit, Oct. 6-8

- Very successful visit: hosted 15 students and 3 administrators from The Ohio State University
- Ohio State thought UNL was the most hospitable campus they have visited.
- A big thank you goes out to all of the students and staff who assisted with their visit.
- Ohio State has issued an invitation for UNL students to come and tour their campus when UNL football plays at Ohio State in 2012
- Thursday, October 6th
 - Ohio State students toured the stadium, Champions Club, strength and conditioning room, Tom Osborne field and tunnel walk
 - Dinner was at Abel-Sandoz Dining Area—very impressed with facilities and food
 - Stopped by Homecoming Concert on East Campus
- On Friday students had lunch at the Campus Recreation Center, exchanged information about differences in student involvement between UNL and Ohio State with their respective counterparts, toured facilities, viewed the Homecoming house decorations, attended the Homecoming Parade, etc.
- All of the CRAC members who assisted had a great experience

B. Matt Haron's report on the NIRSA Region V Student Lead On Workshop and Conference

- Student Lead On Workshop was held at the University of Iowa in Iowa City
- Took place Wednesday, October 5
- Matt Haron, Vicki Highstret, and five graduate students attended
- Seminars were held regarding leadership, campus involvement and building resumes
- At the NIRSA Region V Conference various sessions were held for students and professionals to discuss facilities, programs and services

- Matt Haron reported that he had a great experience. He got to meet a lot of students from universities in our region and learned a lot about their recreation programs and facilities.
- Toured and had dinner at the U of I's Kinnick football stadium
- Toured the \$70 million Campus Recreation and Wellness Center which opened in August 2010, Fieldhouse recreation facility, Tennis Center, Recreation Building, etc.

VI. New Business

A. Emporia State and Kansas State tour w/ Union Board on Friday, October 28

- Union Board is travelling to Emporia State and Kansas State on Friday, October 28th
- They have invited CRAC members to join them for the day
- CRAC members need to let Stan know whether or not they want to attend by Wednesday, October 12th.
- Great opportunity to tour facilities and gain new ideas for the remodeling of the City Campus Rec Center and design for the new East Campus Rec Center
- Jared Ost diek, Matt Haron, Scott Truckenbrodd, Kristin Witte, Amanda Miller, and Stan Campbell are considering attending the trip.

B. The Big Event Operations Staff Application, due October 14

- Dylan Knuth distributed the Big Event Operations Staff applications to CRAC members
- Applications are due October 14th
- Great opportunity for campus involvement

VII. Motion to Adjourn

- Jared Ost diek made and Jared Aden seconded a motion to adjourn the meeting. The motion was unanimously approved.

Reminders:

- Campus Recreation Services and Function Presentations to the Committee for Fee Allocation (CFA), October 13, 6:30-8:00 p.m. in Campus Rec Suite 230
- Next CRAC meeting, October 25, 4:45-6:00 p.m., Campus Rec., Suite 55

Respectfully submitted by,

Amanda Miller
Secretary