

Campus Recreation Advisory Council
Meeting Minutes
Campus Recreation Center, Suite 230, Conf. Rm. C
January 12, 2016; 4:30 PM

Roll was called by Secretary Glen Ready

Present: Jonathan Berger, Will Chan, Bryan Delgadillo, Amanda Dinneen, Todd Leutzinger, Rene Mayo-Rejai, Brook McCluskey, Glen Ready, Hanna Rogoz, Gabe Ryland, Jim Steadman, Ali Stradinger, Katelyn Tucker, and Tiffany Wieser

Absent: Maggie Haverland (excused), Stan Campbell (excused)

Also Present: Deb Johnson, advisor; Rod Chambers (Associate Director for Business Operations and Human Resources); Amy Lanham (Associate Director for Facilities Planning and Operations); and Kelsey Whittaker (Strength and Conditioning Coordinator)

President Jonathan Berger called the meeting I to order

I. Review and Approval of Previous Meeting Minutes

The Dec. 1st meeting minutes were not available, but will be submitted for approval at the Jan. 26th meeting.

II. Open Forum and Announcements Unfinished Business

A. GET REC'd & X Games Discussion (Gabe Ryland & Tiffany Wieser)

Gabe and Tiffany asked council members to sign up to work the t-shirt booth and to help supervise the games.

B. Outstanding Student Leader Award (Deb Johnson)

Congratulations to Ali Stradinger, Hanna Rogoz and Maggie Haverland for making it to the second round of this prestigious recognition. The council wishes them the very best going forward.

III. Unfinished Business

A. Budget Discussion and Vote (Rod Chambers & Deb Johnson)

1. Rod Chambers walked the council through the modified budgets with key pieces noted, including the Repair and Improvement of Recreation Facilities budget that is not requesting an increase. Page 23 includes the description of desired Operating Budget mandates and enhancements. Discussion followed.
2. Will Chan made and Gabe Ryland seconded a motion to approve the FY2017 Operating Budget request as presented, with a total UPFF request of \$7,526,683. The motion received unanimous approval.
3. Rod discussed the proposed new lighting for the Vine Street Fields and other projects that would be funded by the Repair and Improvement budget.
4. Hanna Rogoz moved and Amanda Dinneen seconded a motion to approve the Repair and Improvement of Recreation Facilities FY2017 budget request at its current amount of \$20.00/student/semester. The motion received unanimous approval.

IV. New Business

A. Personal Training Structure Proposals (Kelsey Whittaker)

Kelsey discussed creating a structure of packages that clients can purchase that would include training programs. There would both be a 6 week and 12 week program that would follow all certified guidelines. This would be funded through packages that clients would purchase. A question and answer period followed Kelsey's presentation.

Brook McCluskey moved and Gabe Ryland seconded a motion to approve the Exercise Programming Guidelines for Personal Training Compensation (attached). The motion received unanimous approval.

B. Atrium Tile Choices (Amy Lanham)

Amy provided the group three options that Campus Recreation is evaluating for new tile for the Campus Recreation Center atrium. Campus Recreation has a package deal with Shaw flooring. Amy will conduct a poll and present the council with the results. Amy is working with an interior designer to evaluate the space.

C. 2016-17 CRAC Member Selection (Deb)

Applications are not quite ready yet. The scheduling will have to be moved up for next year because ASUN is mandating that groups have to elect new officers by the second week in April and be in compliance for the summer months.

VIII. Motion to Adjourn

Ali Stradinger moved and Bryan Delgadillo seconded a motion to adjourn the meeting. The meeting was adjourned without dissent at 5:39 PM.

Respectfully submitted by,

Glen Ready
Secretary

Upcoming Meetings:

January 19 FY17 Budget Request Presentation to CFA, Nebraska Union (Exec Only)
January 21 FY17 CFA UPFF Allocation Recommendation, Nebraska Union (Exec Only)
January 21-22 GET REC'd X
January 26 CRAC Meeting, Campus Recreation Center, Suite 230, Conf. Rm. C
January 27 FY17 ASUN UPFF Allocation Recommendation, Nebraska East Union (Exec Only)

Exercise Programming Guidelines for Personal Training Compensation

UNL Personal Training

Six week program = 5.5 hours of pay for personal trainer (3 workouts/week, 18 minutes workout creation)

Twelve week program = 8 hours of pay for personal trainer (3 workouts/week, 13.5 minutes/workout creation)

DEFINE "PROGRAM"

* Weekly programs will include 3 sessions/week (if you do more than that, you will not be compensated for the extra work)

* Program must include FITTVP principle, and be realistic to the client's goals.

* Program should follow scientific guidelines set by either ACSM, NSCA, or other organizations with which you are certified.

TYPES OF PACKAGES

Five PT sessions + Six Week Exercise Program (three workouts/ week)

Ten PT sessions + Six Week Exercise Program (three workouts/week)

Five PT sessions + Twelve Week Exercise Program (three workouts/week)

Ten PT sessions + Twelve Week Exercise Program (three workouts/week)

Six Week Exercise Program

Twelve Week Exercise Program

TRAINING RATES/PACKAGE RATES: (based on \$12.50/hour pay)

Five PT sessions + 6 week exercise program = (\$110 + 5.5 hours of work for workouts (~ \$69 pay for personal trainer @ 12.50/hour) plus 40% profit on those 5.5 hours = ~\$97 for the prescribed workouts). Total cost for this package would be: \$210

Ten PT sessions + 6 week exercise program = (\$200 + 5.5 hours of work for workouts (~ \$69 pay for personal trainer @ 12.50/hour) plus 30% profit on those 5.5 hours = ~\$90 for the prescribed workouts). Total cost for this package would be: \$290

Five PT sessions + 12 week exercise program= (\$110 + 8 hours of work for workouts (~\$100 pay for personal trainer @ 12.50/hour) plus 30% profit on those 8 hours= ~\$130 for the prescribed workouts). Total cost for this package would be: \$240

Ten PT sessions + 12 week exercise program= (\$200 + 8 hours of work for workouts (~\$100 pay for personal trainer @ 12.50/hour) plus 30% profit on those 8 hours= ~\$130 for the prescribed workouts). Total cost for this package would be: \$330

*6 week exercise program =5.5 hours of work for workouts (~ \$69 pay for personal trainer @ 12.50/hour) plus 40% profit on those 5.5 hours = \$100

*12 week exercise program = 8 hours of work for workouts (~\$100 pay for personal trainer @ 12.50/hour) plus 40% profit on those 8 hours= \$140

*ONLY available to existing clients who have trained for a minimum of 5 sessions.

KEEPING TRACK OF PROGRAMS FOR VERIFICATION:

Trainer will have the option of either submitting an electronic copy of the program onto MindBody or turning in a paper copy to Kelsey Whittaker. **A copy (either electronic or paper) MUST be turned in for payment to be given.**