

Campus Recreation Advisory Council
Meeting Minutes
Campus Recreation Center, Conf. Room 230C
Tuesday, February 26th, 2019; 4:45 p.m.

Secretary Schendt called the membership roll.

Present: Jack Arens, Bella Breck, Kelcey Buck, Marydith Donnelly, Irvin Ramirez-Benavides, Nikolina Sabo, Taylor Schendt, Carolyn Thayer, Tom Weissling, Vanessa Whitmore, and Kyra Willats.

Absent: Josh DeMers (excused), Olivia Epstein (excused), Joe Stara, and Brogan Vahle (excused).

Amy Lanham, council advisor, and Stan Campbell, Director of Campus Recreation, were also present

President Ramirez called the meeting to order at 4:53 p.m.

- I. Review and Approval of February 5th Meeting Minutes
Taylor Schendt moved and Kelcey Buck seconded a motion to approve the minutes as distributed. Hearing no objection, President Ramirez accepted the meeting minutes.
- II. Open Forum and Announcements
 - A. CREC Cardiovascular Equipment Replacement
CRAC members will be meeting with the committee for Equipment Replacement on Thursday, Feb. 28th at 3:30 p.m. These CRAC members include Brogan Vahle, Irvin Ramirez, Taylor Schendt, and Vanessa Whitmore.
 - B. NIRSA Annual Conference Update (Marydith & Nikki)
Marydith Donnelly and Nikki Sabo attended the NIRSA conference in Boston, MA last week. Marydith said she enjoyed sessions over topics including: learning communities at Ohio State (for leadership, not so much for recreation); E-Sports, noting that it seemed very expensive for equipment, coaches, trainers, etc. and that prize money goes to student accounts; HIIT talking about using inclusive language and the cultural appropriation of classes like GLO Yoga; wellness centers on campus including essential oils, coloring, mindfulness, and nap areas. Nikki attended most of the same educational sessions, noting that it was very interesting to see the different offerings at different schools. Both students had the opportunity to network and Nikki even had an interview. Marydith brought up some possible new equipment, body composition improvements and a shake bar.
 - C. Big Ten Recreational Sports Association Conference, May 15-17 at Northwestern University
Stan Campbell stated that the Big Ten Recreational Sports Association Conference will happen at Northwestern University May 15-17th, this is after our commencement. There is funding for one representative from CRAC to attend. This conference is for Big Ten schools only. Fourteen schools are invited and sessions are tailored to Big Ten operations. There is a smaller vendor showcase.

A really in-depth look at the host institution is offered. Jack Arens expressed interest in attending.

- D. Monday, June 10th, Campus Recreation Alumni & Friends Golf Scramble
The Alumni and Friends Golf Scramble is to be held at Quarry Oaks golf course between Lincoln and Omaha. The course overlooks the Platte River. CRAC members are encouraged to golf or help Amy Lanham and be an ambassador for Campus Recreation. There is to be a meal and silent auction after golfing concludes.

III. Committee Reports

- A. Business Operations & Human Resources – Brogan Vahle & Olivia Epstein
Since meeting in October, Business Operations and Human Resources has moved the FY2020 budget requests through CFA. Both the Operating Budget and the Repair and Improvement of Recreation Facilities Budget requests were approved unanimously by CFA. There are no immediate challenges facing Business Operations and Human Resources at this time. On Feb. 27th, ASUN will vote on the budget requests. After gaining the approval of ASUN, the budget moves to the Vice Chancellor for Student Affairs, the Chancellor, the President, and lastly the Board of Regents. No assistance from the council is currently needed; however, members are welcome to attend the Feb. 27th ASUN meeting at 6:30 p.m. in the Nebraska East Union.
- B. Development & External Relations – Bella Breck & Marydith Donnelly
Since meeting last semester, Development and External Relations has accomplished the Huskermania event (including a foam pit) and new sponsorships/partnerships including Gatorade, Source Eat Fit, and the Victoria Secret PINK bus. Currently, they are considering if potential sponsors/partners are a fit with the Campus Recreation mission. The dilemma stems from wanting to promote Campus Recreation's goals and mission, but taking sponsorships from companies that may not align perfectly with the mission. Another current challenge revolves around testing and FDA approval for certain supplements. In the next quarter, Development and External Relations is focused on the alumni & friends golf scramble, looking for additional sponsors, and working on the Army Reserves partnership. Several new sponsors/partners are being considered. The council can assist this committee by volunteering at the alumni golf scramble and reaching out/staying connected with former CRAC members in order to steward relationships and potential future donations.
- C. East Campus Recreation – Taylor Schendt
Since last fall, the FitBox and its equipment has arrived and been installed along with the FieldTurf at the outside recreation area. A first draft of policies and procedures regarding the FitBox is being submitted to the Risk Management Committee on February 28th. At RWC, interior shelving is being ordered and equipment for the box is being organized. This department is working on supervision and education of staff for this area. RWC receives great feedback from its patrons and is constantly working towards improving staff knowledge towards their roles. Current challenges facing East Campus Recreation revolve around the changes occurring in staffing. They are in the process of screening, interviewing, hiring, and training new staff for the summer and fall. It will be a challenge to replace Keith Wallace (graduate intern in strength and conditioning)

and Nikki Sabo (fitness supervisor/facility manager) as they near the end of their time with Campus Recreation. Another big challenge is the resignation of Amanda Robine, Interim Assistant Director for Wellness Services and Nutrition Education. RWC is still looking into how Scooter's can stay competitive when the Nebraska East Union and C.Y. Thompson Library open up their respective coffee shops. Goals for the next quarter include getting the FitBox up and running as well as promoting its existence. This dept. is working with Technology in order to make some interface and other improvements with RecTrac; they are looking to implement Connect2 software in the upcoming weeks and start to train staff on how to use it. RWC is constantly looking to improve staff motivation, education and work ethic. The council can help East Campus Recreation by reviewing the inclement weather policy.

- D. Executive Committee – Irvin Ramirez, Josh DeMers, & Taylor Schendt
The budget requests go to an ASUN vote on Wednesday, Feb. 27th. The executive committee is working on the end of the year social and encourages other CRAC members to share any possible ideas.
- E. Facilities Planning & Operations – Tom Weissling & Brogan Vahle
Since last meeting in October, the RWC FitBox and field turf has been installed. Bond reserve projects were approved at the December Board of Regents meeting. Contracts are currently being completed for the maintenance/shut down weeks in May. This area is currently focused on working to get the CREC cardiovascular equipment replaced, completing the program statement for the 21st and Vine recreation fields development, and discussions with Athletics of a potential joint opportunity for a Natatorium/Aquatic Center. There is still concern over Fleming Fields and the possibility for the multipurpose fields becoming a water retention basin. There has been a custodial supervisor resignation that they are working to replace as a Custodian II per assessment with other Student Affairs auxiliary units. This dept. is still looking into constructing a Fitness Court at the University Terrace area of City Campus. They are currently working to house summer conference groups. The council can help by advising on current equipment, commenting on the level of cleanliness and equipment maintenance in facilities, and sharing the interest of users.
- F. Group Fitness – Carolyn Thayer & Vanessa Whitmore
Group fitness has implemented two new small group formats and personal trainers are being cross-trained to teach Tread 30 and Power and Strength Boot Camp classes. A pre-registration program was implemented, but there has since been many technical difficulties and there are plans to remove it. Two new benefits have been added to the class pass for this semester: nutrition coaching with a dietetic intern and body composition testing. Group Fitness just wrapped up “Love EveryBody” week that included themed classes and social media as well as daily body positivity encouragement. This year, the week added Pumps and Bumps Heels Hip-Hop dance class and Partner Yoga, both of which were free to pass holders. Recently, there has been more requests for outreach classes and having regular classes at the Willa Cather Dining Center. Team-teaching component of the Group Fitness Instructor Course is being implemented which includes 4 weeks where students are mentored by a current instructor in order to hopefully give them hands-on experience and start building a following. The Commit to Be Fit challenge concluded where participants

received an O-band for participating in 8 classes within the four-week span. Around 100 patrons completed this challenge, which makes it the largest incentive program in the last four years. Two continuing education classes (Keiser Cycling and Barre Intensity) are being offered in order to help keep instructors certified. Group Fitness is working on reorganizing the fitness rooms, planning an all-campus workout in Memorial Stadium, and having conversations over offering a stand-up paddleboard yoga class.

G. Injury Prevention and Care – Bella Breck

There has been an organizational structure change within IPC. There was professional staff turnover this past summer and many new student hires. There has been a lot of work put into familiarizing new staff with facilities and procedures. There has been a quick turnover with graduate assistants and an intern has been hired that will turn over again in April. Looking to hire a new grad. assistant. Physician Standing Orders are required for athletic trainers to practice and we are currently operating under old standards. We are working on updating this. We are also working with Nebraska Medicine to see about the possibility of adding e-stim, ultrasound, and cold tubs to our facility. Athletic Training Basics 10 week class started in January which provides potential employees. Freshman and junior AT students were certified in CPR for the Professional Rescuer and First Aid. Next week, IPC is teaching wound care at the Campus Red Cross meeting. In March, IPC will be teaching CPR to two community clients and also will be participating in a Spring Break activity at University Suites to educate about what IPC does and help build Spring Break kits. IPC has almost 100% placement of graduating seniors into professional schools or employment. Current challenges of IPC include the UNL athletic training curriculum changing from a bachelor's degree to a 5-year entry level master's degree program which is foreseen to decrease AT Basics numbers and potentially decrease staff recruitment. Equipment needing replacement includes: sling bags, blood pressure cuffs, stethoscopes, tuning forks, stools, lower table, and new uniforms. In the next quarter, IPC is continuing to onboard a new graduate assistant, working on hiring new staff, planning for the summer, and preparing for fall staff training.

H. Intramural & Extramural Sports – Kyra Willats & Nikki Sabo

IM Sports is currently providing leagues for over 250 basketball teams, the most popular intramural activity. They have expanded the inclusivity and diversity initiative to include Broomball. This includes facilitating a conversation between all players before games with a goal of leading to less ejections, better sportsmanship and better overall behavior during games. Three student officials attended the NIRSA National Flag Football Championships in Pensacola, Florida and were all named All-American for the tournament (out of 10 total All-American selections). Two student employees have secured graduate assistantships within Campus Recreation at Oklahoma State University and Georgia Southern University respectively. We have student officials traveling to NIRSA Regional Basketball Tournaments to represent our staff and university. Multiple student officials were selected by the NSAA to officiate post-season high school basketball games. Challenges facing this department include not having the full strength and presence of Greek Life and a decrease in freshmen participation numbers. In the next quarter, there will be a focus on female and co-rec leagues to increase female participation numbers and hosting our own NIRSA Regional

Basketball Tournament, March 15-17. CRAC can help by providing feedback over how we can better serve students on campus.

IV. Unfinished Business

A. Proposed Constitution Change brought forth by the Executive Committee

The proposed constitution change over the method for selecting members was re-presented to the council. There was a question for clarification on page 2, over "affiliate" terminology. Nikki Sabo moved and Kyra Willats seconded a motion to accept proposed language changes to the constitution. No further discussion was had. A roll call vote was taken by Secretary Schendt. The proposed constitution change passed unanimously. Proposed changes now move to ASUN.

B. Budget Requests Update

The ASUN vote is scheduled for 6:30 p.m. on Feb. 27th. The process this year was not very demanding and was very different than in years past. Both FY2020 budget requests were approved unanimously by the Committee for Fee Allocation.

E. New Business

No new business.

F. Motion to Adjourn

Vanessa Whitmore moved and Marydith Donnelly seconded a motion to adjourn the meeting. President Ramirez adjourned the meeting at 5:53 p.m.

Respectfully submitted by,

Taylor Schendt, Secretary

Upcoming Events:

February 27th, 6:30 p.m., Nebraska East Union, ASUN votes on the FY2020 Budget Requests
March 12th, Campus Recreation Center, Conf. Room 55C, Business Meeting