STUDENT RECREATION CENTER QUARTER REPORT
WINTER 2011-12
JANUARY 9 – MARCH 23

PLEASE INDICATE TO WHAT LEVEL YOUR PROGRAM OR SERVICE AREA REACHED THE FOLLOWING BENCHMARKS

**Facilities**

- **Provide facility reservations to a minimum of 8 different student groups each quarter with an average usage of at least 8 hours.**
  1. African American Student Union (6 hours- Solario De Fortaleza)
  2. Runners Cheerleading and Spirit Club (38 hours-Solario De Fortaleza)
  3. Black Young Starz (50.5 hours-Sierra Studio & Solario De Fortaleza)
  4. CSUB Step Team (56 hours- Sierra Studio, &Solario De Fortaleza)
  5. M.E.ch.A.-Movimiento Estudiantil Chicano de Aztlán (2 hours- Gymnasium)
  6. Kappa Sigma Fraternity (6 hours-Blue Court & SRC Field)

- **Provide facility rental to non-student campus groups and off-campus groups to generate at least $9,000 annually.**
  1. Outreach Department (4 hours- Gymnasium)
  2. President’s Office (4 hours- Solario De Fortaleza)
  3. Center for Community Engagement & Career Education (1 hour- Rock & SRC Tour)
  4. Physical Education and Kinesiology (135 hours – Mojave Studio, Sierra Studio, & Sequoia Studio – Trade-Out Agreement)
  5. College Assistance Migrant Program (2 hours- Gymnasium)

  Total Revenue this winter quarter is $1,440.

- **Provide a safe environment as evidenced by less than 10 injuries per quarter with UPD response needed no more than once a quarter.**
  12 Injuries - UPD Responded 4 Times

- **Provide a welcoming environment as evidenced by less than 5 incidents per quarter with UPD response needed no more than once a quarter.**
  5 + 2 Field-Related Incidents = Total of 7

**Fitness & Wellness**

- **Offer a varied Group X Program with a minimum of 6 different classes quarterly and an average of 12 participants per class session.**
  12 different Group X Classes taught by the SRC staff - Average of 7 participants per class.

- **Partner with PEAK for additional group exercise classes that compliment the SRC class schedule.**
  Partnered with PEAK to offer 6 additional group exercise classes per week for participants.

- **Record at least 6,500 hours of usage on the cardiovascular equipment quarterly.**
  7,669 hours

- **Provide personal training and fitness advising to at least 100 different clients quarterly.**
  One of Personal Trainer was in New Mexico working on a research project - 87 participants.

- **Offer at least one wellness workshop per quarter with at least 30 attendees each.**
  The “Maximizing Workouts” Wellness Workshop was attended by 40 participants.

**Marketing/Outreach**

- **Average 4,500 visitors to the SRC web page.**
  NA

- **Attract over 1,200 Facebook “Likes” annually.**
• **Contribute to University Outreach efforts by providing SRC tours to at least 10 groups per quarter.**

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<th><strong>Member Services</strong></th>
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<td><strong>Average over 750 turnstile/headcounts per day Monday – Thursday and 200 per day Friday – Sunday.</strong></td>
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| Monday – Thursday = 811  
Friday – Sunday = 241 |
| **Provide service to a variety of campus constituents as evidenced by 4,000 or more distinct users each quarter.** |
| 3,500 Distinct Users |
| **Sell memberships to at least 100 different non-student members – with at least 15 Alumni Association memberships.** |
| Non-Student Members = 135  
Alumni Association Members = 8 |
| **Rent lockers to a minimum of 30 participants per quarter.** |
| 23 Women’s Lockers  
22 Men’s Lockers  
Total= 45 |

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<th><strong>Rock</strong></th>
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<td><strong>Program Rock activities to attract an average of 30 individuals per weekday.</strong></td>
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| Averaged 15 climbers per day  
Bouldering competition attracted - 25 climbers |

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<th><strong>Sports</strong></th>
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<td><strong>Develop and implement an Intramural Sports annual calendar of activities to offer a varied program of at least one different team sport per quarter with a minimum of 8 teams.</strong></td>
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| Basketball- Open division- 6 teams with 61 participants  
Soccer Tournament- 9 teams with 93 participants  
Total = 15 Teams with 154 Participants |
| **Provide at least 3 informal sports per quarter with a minimum of 10 participants per sport.** |
| Basketball – Volleyball - Ultimate Frisbee - Participant counts were not taken |
| **Develop a Sports Club program based on the CSU-approved model with at least 4 active clubs.** |
| The sports club initiative is still in the development phase. This Spring K. Bland will work on a sport club presentation to give to student groups. |
| **Create two annual SRC Special Events attended by a minimum of 75 individuals to highlight the programs, services, and facilities while focusing on the “fun” aspect of recreation.** |
| No Winter Quarter Event - Spring Event is in the planning stage. |
| **Check-out at least 3,200 pieces of informal recreation equipment each quarter.** |
| 2,905 pieces of informal recreation equipment were checked out. |

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<th><strong>All</strong></th>
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<td><strong>How many of your student staff, including yourself, participated in volunteer opportunities and/or participated in this quarter’s University-sponsored philanthropic event?</strong></td>
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| FACILITIES - College Making it Happen, Campus cookout for Students for Quality Education (SQE), Donated toiletries to the Bakersfield Homeless Shelter.  
SPORTS – A. Hilario participated in the Valentines and Saint Patrick’s Day runs to raise awareness about being physically active. He also participated in a recycle mania event on campus.  
ROCK – A. Barnard did health screening and volunteered at the homeless shelter for children’s tutoring and at the kitchen.  
MEMBER SERVICES - 2 Students - Homeless Center & Field of Dreams |
| **What area-specific staff recognition events, socials, and traditions took place this quarter?** |
| FACILITIES - Bowling Night Quarterly staff social with Membership Services, staff gathered for a super bowl game party in February.  
SPORTS - The IM staff had a staff dinner at Tahoe Joe’s Restaurant. |
ROCK - The Rock Staff had a gathering at Rusty’s Pizza for a celebration of one of the employee’s birthday - Rock Staff took a camping and rock-climbing trip to Bishop, CA to improve skill to become better rock climbers and to grow a close and friendly relationship with each other.

- **What on-going in-service training for injury response, safety awareness, risk management, and emergency preparation was provided for your staff?**

**Facilities** - Continue to discuss the following safety topics during the weekly staff meetings: How to spot overtraining, Facility Supervisor manual training, electrical shock prevention, cleaning bodily fluid (vomit), Death at the Front Door (active shooter) Incident, /injury forms review

**Sports** - Safety topics in weekly meetings, Red Alert Committee reviewed first draft of Risk Management Manual

**Rock** - The staff reviewed safety precautions and the requirements for members to be able to start lead climbing, practiced belaying each other, taking falls and teaching the proper way of clipping in.

**Member Services** - Response to shock, response to fainting, Sexual Harassment, electrical Injury, concussions, dehydration, Ergonomics- Good Workstation Positions, rodents, snakes & insects, campus response to fire alarms.

- **What on-going staff training in professional communication, appreciating and valuing individuals, fair and equitable conduct, and appropriate interpersonal interactions was provided for your staff?**

**Facilities** - Professional development we discussed the following laws from *The 21 Irrefutable Laws of Leadership*: Explosive Growth, Connection, Addition.

**Sports** - IM officials train on communication during sports specific training.

**Member Services** - Participated in the word of the quarter exercise. This quarter the staff described their perception about “passion” and how it translates into their lives.

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### Please list any other pertinent statistics for your program or service area

**Facilities**
- # of Reported Thefts = 0
- # of Work Orders Submitted = 16  # Completed = 12  # Open = 4
- # of Participant Privileges Suspended = 2

**Fitness & Wellness**
- Group X Classes Conducted = 249
- # of Group X Class Cancellations = 12 (three cancellations were during finals week) This was almost a 60% improvement from Fall.
  Averaged 10 participants per class up until the week before finals and finals week, then averaged 2 to 3 participants per class.

**Member Services**
- # of Distinct Users
  - 0 60+ Club
  - 0 Affiliates
  - 8 Alumni Association
  - 0 Alumni Sponsored
  - 258 Credited Student
  - 8 Faculty All-Access Pass
  - 0 Faculty Sponsored Member
  - 13 IELC Student
  - 2 IELC Sponsored Member
  - 2 Extended Education
  - 5 Early Bird
  - 23 Lunch Pass
  - 40 Happy Hour
  - 21 Staff All-Access Pass
  - 0 Staff Sponsored Member
  - 3091 Student
  - 29 Student Sponsored Member

Total: 3,500 Members used the SRC
- # of Student Sponsored Guests = 586  Member Sponsored Guests = 31
- # of Comments & Suggestions – Forms = 42  Web-based = 85
MEMBER SERVICES - CONTINUED

Breakdown of Re-Sale Items Sold

- 75 Locks Sold
- 357 Waters Sold
- 421 G2's Sold
- 96 Energy Bars Sold
- 57 Trail Mixes Sold
- 37 Granola Bars Sold
- 82 Fruit Snacks
- 31 Headphones
- 2 SRC T-Shirts

SPORTS
# of IM Sports/Informal Sports Female Participants = IM Sports - 27   Informal Sports – Participant Counts Not Taken

STUDENT STAFF
# of Student Staff with GPA's:
- Over 3.50 = 11
- 3.00 – 3.49 = 22
- 2.50 – 2.99 = 21
- 2.00 – 2.49 = 12
- Under 2.00 = 0

ROCK
The Rock averaged 6 female and 9 male climbers daily with 20 regular users.
No injuries in the winter quarter and two years without an injury at the Rock

PLEASE LIST ACCOMPLISHMENTS AND HIGHLIGHTS FOR THIS QUARTER RELATED TO PROGRAMS, SERVICES, STAFF, EQUIPMENT, FACILITIES, ETC.

MEMBER SERVICES
- Successfully trained our two newest staff members- K. Galanis and I. Meza.
- Veteran member services staff we able to train our new staff members.
- Member Services successfully continued to use Facebook as an additional means of communicating with each other.
- C. Frye and L. Goodsi have continued the membership software search and are now waiting for the CSUB IT department to review the software to check for compatibility between our campus and Innosoft.
- Staff Disciplinary Issues: 3
- Provided the facility supervisor staff area with additional cash register training so they are better equipped to watch the front desk.
- Updated Forms: Membership Form, Membership Renewal Form, Credited Student Form
- Removed the printer from the Member Services desk to reduce waste.
- C. Frye and L. Goodsi need to look into a way to restrict web access on the membership computer.
- We added a second computer monitor downstairs to enable the staff to view membership lists and numbers while running the software.

ROCK
- No injuries in the winter quarter and two years without an injury at the Rock

RESPONSES TO THE FOLLOWING QUESTIONS ARE ONLY INCLUDED IN THE ANNUAL REPORT

1. In what ways does your program or service area increase students' personal growth in the following areas: wellness, fitness, interpersonal skills, leadership, and personal identity?
2. How does your program or service area inform and educate students on any of the following factors: healthy living habits, wellness strategies, proper techniques, risk awareness, safety certification, knowledge of rules, skill acquisition, and applying theory to practice?
3. In what ways did your program or service area promote teamwork, sportsmanship, fair play, acceptable group behavior, personal responsibility, accountability, and professional etiquette to student staff and participants?
4. How did you seek input from your staff and participants in the development of policies and procedures?
5. In what ways did your program or service area maximize recycling efforts and focus on sustainability in all operating functions?

6. In what ways did your program or service area meet the needs of participants with a wide-range of physical ability and fitness interest?

7. How did your program or service area partner with other Student Affairs departments, academic units, or University Advancement on cooperative endeavors?

8. How did your program or service area use student feedback to discuss potential improvements and future directions?

9. How did you or your student staff members contribute to orientation sessions, facilitate SRC tours, and make presentations to educate potential and new students, and their parents, of SRC programs, services, and facilities?

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### 2011-12 PRIORITY OBJECTIVES

#### Strategies, Timelines, and Benchmarks

**Dave Hart**

**Objective 1.2 Stimulate Intellectual Development**

**SRC Strategic Action** – Inform and educate students on healthy living habits, wellness strategies, proper techniques, risk awareness, safety certification, knowledge of rules, skill acquisition, and applying theory to practice in a fitness, sports, and wellness environment.

**Strategy**

- Develop and implement an ACE Personal Training Certification Course.

**Timeline**


**Benchmark**

- At least 6 students in each course session with a minimum of 4 passing the course each session.

**Progress**

- The ACE Personal Training Certification Course was established with four participants.

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**Kareem Bland, Collin Ellis**

**Objective 2.1 Create a Variety of Programs, Services, and Traditions That Connect Students and Community Members to Campus.**

**SRC Strategic Action** – Provide a comprehensive calendar of programs and services to meet participant needs.

**Strategy**

- Create two annual SRC Special Events to highlight the programs, services, and facilities of the SRC while focusing on the “fun” aspects of recreation.

**Timeline**

- Develop and implement one special event for the fall quarter and one for the spring quarter.

**Benchmark**

- Attendance by at least 75 individuals with a “positive” satisfaction rating by at least 80% of respondents on the post-event survey.

**Progress**

- 190 participants attended the Scary Rec Carnival in Fall with Spring Event in planning stage.

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**Kareem Bland, Collin Ellis**

**Objective 2.2 Increase Awareness of, Access to, and Quality of Services Provided by Student Affairs.**

**SRC Strategic Action** – Provide a safe environment by requiring all staff members be current in ARC or AHA CPR/AED/First Aid certification and providing on-going in-service training for injury response, safety awareness, risk management, and emergency preparation.

**Strategy**

- Develop a SRC “Red Alert” Team of student staff members.

**Timeline**

- Team in place Summer 2011, staff education plan reviewed & approved by Director in Summer 2011. In-service trainings take place each academic quarter of 2011-12.

**Benchmark**
• At least one mock emergency drill will be conducted during the academic term with a successful student staff response as determined by the Red Alert Team evaluators. Additional in-service trainings to include hands-on refresher courses, safety tips, risk awareness quizzes, etc.

Progress
• Red Alert Committee has edited the first draft of the Risk Management Manual. Due to time constraints of student staff, no mock emergency drills planned for this year.

Ashlea Wilson, Vincent Orfano
Please indicate progress on this strategy, timeline, and benchmark

Objective 2.4 Collaborate with campus and community stakeholders on programs and services.
SRC Strategic Action – Continue to explore every opportunity to partner with other Student Affairs departments, academic units, and University Advancement on cooperative endeavors.

Strategy
• Collaborate with University Police, Student Union, Housing, and others with student assistants who work after business hours to create a model for student assistants to become authorized building marshalls.

Timeline
• Develop training and implement by Spring 2012.

Benchmark
• At least five units on campus will participate in this training and create a model to easily train new student staff for this role year-to-year.

Progress
• Due to the unavailability of the UPD Chief, Housing Director, and Student Union Director, this project was postponed indefinitely.

Mark Harriman, Ashley Sizemore
Please indicate progress on this strategy, timeline, and benchmark

Objective 3.2 Educate the campus community about how participation in Student Affairs programs and services enhances academic success.
SRC Strategic Action – Use all methods of education, publicity, promotion, and marketing to inform the campus of the value of the SRC.

Strategy
• Share the value of exercise and co-curricular activities on academic performance.

Timeline
• Research scientific literature to support the benefits of exercise on academic success during the summer and include (in marketing language) on printed material, outreach presentations, advertisements, and social media.

Benchmark
• Include the research “facts” at least twice a quarter on social media, one advertisement a quarter, and ten outreach presentations annually.

Progress
• Included in the annual SRC brochure, once on social media, and at least one known outreach presentation during Fall. Once in Faculty/Staff Announcement Ad during Winter. Planned for six student club presentations in Spring.