

Wellness and Recreation Services Advisory Committee  
January 25, 2010, meeting

Present: Andrew Miller, Alexa Hach, Leila Rod-Welch, Susan Dobie, Chris Denison, Jamie Yowler, Ryan Jay, Matt Conrad, Tim Klatt, Kathy Green, and guest Joan Thompson

1. Presentation: Joan Thompson, WRS Health Educator and Victim Services Advocate, presented information related to her role in providing services to students with eating and/or exercise disorders. Joan explained the process used when students are called to our attention out of concern and then the coordinated services we provide with Clinic and Counseling staff to best meet the needs of the student. Forms are available at the Welcome Desk in the WRC and Health Beat for students to complete if they have concerns about someone they see or know. Another option is for concerned students to directly contact Joan Thompson or any WRS professional staff member to discuss a concern.

2. Old Business: Tim Klatt reviewed ideas received over the last couple of months related to WRS:

- Equipment (like jump ropes, resista-balls, gloves, belts, heart rate monitors and strength equipment for the Free Weight Room)
- Resources (like web resources, exercise logs, training manuals)
- Support for Achieving Goals (like incentive programs, training partners)

At our February meeting, Kristy Leen, WRS Personal Fitness Coordinator, will join us to discuss the annual list of equipment purchases we've prepared and the topics above with the committee. Committee members are encouraged to provide ideas/input via email prior to the meeting or bring ideas/questions to the meeting.

3. New Business:

- Men's swim locker room has water that collects. Chris will ask custodians if a squeegee can be provided for staff and patrons to use as needed to steer water to the drains.
- Some WRC benches are becoming loose. Leila will email Chris more details about exact locations of these benches.
- The WRS request to have gym lighting replaced with new energy efficient lighting was approved, through stimulus funds.
- The WRC/Health Beat usage is at record levels!

4. Intramural Sports Office Renovation: In response to a request by our VP for Student Affairs to bring the external look of the office in line with other offices and doorways along that hallway, WRS will be using reserve funds to renovate the external and internal areas, which have not been improved since construction in the mid-70's. The project will cost between \$15,000-\$20,000. Considering over 3,000 students participate in Intramural Sports annually, this is a highly used office and renovation is long overdue.

Next WRS Advisory Committee meeting: **Monday, February 22, 4-5 p.m., WRS conference room, 177**. Agenda items will include discussion of topic #2 above and presentation/discussion of draft FY11 WRS budget and Mandatory Recreation Fee proposal for FY12.