



UNIVERSITY OF WISCONSIN  
 **EAU CLAIRE**  
RECREATION AND SPORT OPERATIONS  
*2021-2022 ANNUAL REPORT*



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# STAFF

## PROGRAMS & ADMINISTRATION



Andy Jepsen

Sheryl Poirier

Al Wiberg

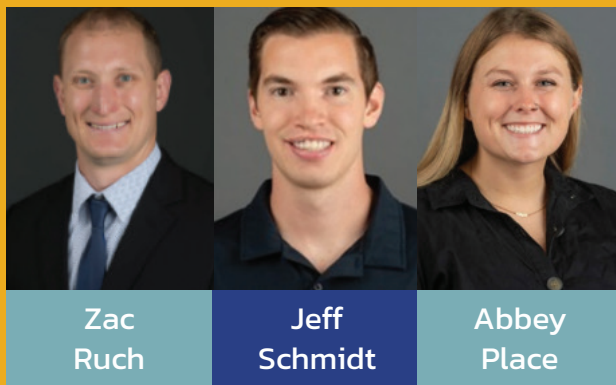
Shari Breed

Garrett Larson

Neil Ostlund

Brittany Wold

## STRENGTH & SPORT PERFORMANCE



Zac Ruch

Jeff Schmidt

Abbey Place

## ATHLETICS & RECREATION



Tammy Brunschmid

Zach Hill

Austin Dickinson

Mike McHugh

Cade Stackpool

## STAY CONNECTED



Competitive Sports App  
"Blugold IM's"



Recreation App  
"UWEC Recreation"



Instagram  
@uwec\_recreation



Twitter  
@UwecRecreation



Facebook  
UW-Eau Claire  
Recreation



# FROM THE DIRECTOR

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Although it may seem impossible, our department had another banner year. In this report I want to focus on our successes and growth as we navigated out of the pandemic which had sidelined many of our efforts over the past two years. Looking back, I am pleased to report that our staff remains strong, our programs are building back up, and the coming years will bring exciting facility developments to our campus and the community.

## FACILITIES

To start, the multi-year vision has come to reality with the completion of the Recreation and Athletics Master Plan. This collaborative effort will guide us as we move forward in the development of campus facilities that will best meet the needs of our Recreation, Athletic, and Kinesiology programs. This plan will lead and guide our facility developments for the next 20–30 years.

On April 25, we participated in the long-awaited groundbreaking for the County Materials Complex. This new facility is the result of collaborations with the University, Mayo Health System, and the City of Eau Claire. It will change the traditional definition of recreation and fitness. In addition, select athletic programs will transition to a larger, newer space that will also serve as a new venue for graduation and will provide many concert opportunities. Students will be able to recreate, workout, and participate in events and programs along the beautiful Chippewa River. This student supported facility will provide many new opportunities for our Blugolds and the Chippewa Valley community.

McPhee/Olson had many small projects take place that continue to allow this shared use facility to function effectively and efficiently for all constituents. To accommodate the increase in athletic sports and athletes, two racquetball courts were renovated into a Strength and Performance studio, which provided the additional space and equipment needed to meet the increasing needs of all athletes.

The Hilltop Recreation Center proved to be a COVID-19 hub once again this year and provided the campus and the community a safe and adequate space for testing.



In addition to indoor facility development, our outdoor fields at Bollinger and at Simpson Fields continued to see upgrades in order to provide top notch facilities for our students.

## PROGRAMS

We have lots to celebrate within our programs. This year we have really seen the value of our Strength and Sport Performance program. Zac Ruch, Head Coach, along with Jeff Schmidt and Abbey Place, Assistant Coaches, focused on strengthening our athletes which led to several National Championships. This program, which started in 2018, has had a tremendous impact on our Blugold Athletes.

Our Club Sport program saw great success as well! Men's and Women's Volleyball both won the 2022 NCVF Division II National Championships in their respective leagues down in Phoenix, AZ. The Cheer and Stunt team took 1st in their division at the Global Cheer and Dance Nationals in Franklin, TN. Our Men's Lacrosse team won the GLLL Championship, and Women's Rugby took 2nd place overall at Nationals! Although the pandemic made it difficult to practice and compete, teams pushed through and brought home the gold! The Club Sport program involves over 800 students, and I am always impressed with what these student run/staff supported organizations can accomplish. We celebrate their determination and success!

The Jig's Up Blugold Ice Fishing Contest, in its 9th year, took place again on a Saturday in February with below zero conditions. We held the event completely outside on the ice and regardless of the conditions, again increased participation. This continues to be our largest fundraiser and just this year we were able to endow the profits and in doing so, guarantee financial support that will sustain our Recreation and Athletic programs over the next many years.

We also brought back the Shamrock Shuffle after several years of not being able to hold the 5K. Over 400 came out to participate on again, a subzero Saturday morning in March. It was great to see the enthusiasm for the return of this event and our staff has come to accept that Wisconsin weather will continue to challenge us, but we can handle Mother Nature!

As I look ahead, I am excited to report on the growing esports program and an expansion of that physical space. An additional lab will open in the fall, allowing for both recreational and competitive play. A virtual Archery Range will also open in the fall, it is being installed and will become available for students starting in September. We also revamped and expanded our Freshman Connection program to accommodate over 400 incoming students with the goal of recruitment and the priority of retention.

It is great to look ahead and be excited about life after a pandemic, although that may not be over yet, we are well equipped to handle whatever the future holds. As always, students are at the forefront of everything we do and the decisions we make, as outline in this report.

So, I invite you to "Come as you are and EXPERIENCE RECREATION" with us!

**ANDY JEPSEN**  
DIRECTOR OF RECREATION  
AND SPORT OPERATIONS





# 2021-2022 DEPARTMENT GOALS

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## 1. Work toward completion of the following components of the Recreation and Athletics Facilities Master Plan:

- *Finalize the Recreation and Athletics Facilities Master Plan with Kahler Slater – Completed Summer of 2022*
- *Engage in the RFP process for the Sonnentag Complex.*
- *Simpson Field: Bleacher Project – Phase 2*
- *Towers Field: turf and light – Need to Fundraise and help push to get the Steam Line project completed*
- *Hilltop: Esports lab expansion completion*
- *McPhee: Racquetball Court expansion for Strength and Performance*
- *Outdoor basketball courts – install behind Governor’s and Crest subject to UW Facilities timeline*

## 2. Update our Strategic Plan and Inclusive Excellence Plan.

## 3. Develop a Student Employment program for the Campus (Blugold EDGE) and work to improve and streamline the assessment and evaluation process for all student employees.

## 4. Increase student pay for all workers within Recreation and Sport Operations.

## 5. Recruit strong student leaders from the various program areas of Recreation to engage in planning and decision-making as members of the Recreation Advisory Committee.

## 6. Create and develop new partnerships in support of our Inclusive Excellence plan and document our progress. Consider the cultural months within our programming efforts.

## 7. Work with strength and conditioning performance coach and assistant strength and conditioning performance coach on development of the positions and collaborate with Kinesiology and Athletics in developing a new athletic training internship program.

## 8. Encourage and support staff and students in professional development opportunities.

## 9. Finalize all COVID-19 processes and prepare for future pandemics!

## 10. Hire a Graduate Assistant for Competitive Sports and Facility Operations.

## 11. Increase revenue generation within programs and facility offerings.

## 12. Support staff involvement in campus committee work post pandemic.



# MISSION, VISION, VALUES

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## OUR MISSION

We provide comprehensive student-centered recreational experiences that support wellness and enhance academic learning.

## OUR VISION

Recreation and Sport Operations is a leader in the advancement of recreation and sport; we educate, inspire, engage, and equip students to be active, healthy and well in a global society.

## OUR VALUES

Student enrichment,  
Wellness, Collaboration,  
Stewardship, Sustainability,  
Leadership, Inclusiveness

## EQUITY, DIVERSITY, AND INCLUSIVITY

We respect and appreciate all people. We value individual differences that make us unique and the similarities that bring us together. Come as you are and EXPERIENCE RECREATION!

## INDIVIDUALS WITH DISABILITIES

If a disability related accommodation is needed to participate in any of our programs, please contact the Recreation Office at (715) 836-3377.





# LEARNING OUTCOMES

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## STUDENT EMPLOYEES

### RESPECT FOR DIVERSITY

Students will develop an understanding and respect for diversity.

### PERSONAL WELLNESS

Students will learn to balance work, school, and personal affairs while maintaining a healthy lifestyle.

### CRITICAL THINKING

Students will have opportunities to problem solve, make difficult decisions, and think critically about issues that arise.

### ACADEMIC INTEGRATION

Students will make meaningful connections between what they are learning in the classroom and how it relates to their employment with Recreation and their professional career after Graduation.



## Participants

### CONNECTION

Students who participate in Recreation programs will experience connection with university staff, fellow students, and the UWEC campus.

### INCLUSION

Students who participate in Recreation programs will feel welcomed, supported, and safe.

### WELLNESS

Students who participate in Recreation programs will experience the positive impact of health and wellness in their lives.



# CHANCELLOR'S GUIDEPOST GOALS

## Assessment

**100%** of students participating in at least one high-impact learning experience

**90%** of first-year students retained to their second year

**50%** of students graduating within four years

**20%** enrollment of students of color, and elimination of the opportunity gap

**90%** of Recreation student employees feel that working for Recreation has been a High Impact Experience.

*This meaning their employment provided time devoted to purposeful tasks, helped them build substantive relationships, provided rich and frequent feedback, gave opportunities to apply and test what they learned, and time to reflect on the person they are becoming.*

**86.2%** of Fall 2020 freshman recreation student participants, retained to fall 2021; university average is **78.3%**.

**56.1%** of Recreation employees and **51.6%** of Recreation participants graduate within four years; university averages is **43.8%**.

Recreation student employees graduate in an average of **4.08 years** and Recreation student participants in an average of **4.21 years**; university average is **4.31 years**.

**11%** of Recreation student employees and **11%** of Recreation student participants identify as students of color; university average is **11%**.



# STRATEGIC PRIORITIES & GOAL ACHIEVEMENTS

## PRIORITY: STUDENT ENGAGEMENT / CONNECTION

### Value: Student Enrichment

Encourage student leadership in decision making and the administration of the Recreation department.

Promote student involvement in department-wide programming and training.

Develop engaging programs that recruit, retain, and support student success.

Create and develop intentional Recreation programming that is inclusive of all students.

### 2021-2022 Achievements

19 student employees make up the Student Recreation Advisory, 3 students present the Intramural and Recreation Budgets to Student Senate.

Students were essential in the successful running of The Jig's Up, Shamrock Shuffle, Winter Carnival, and Springfest.

Student training included ALICE Active Shooter, Diversity 101, Eating Disorder Identification and Referral, All Staff Training, Tier 1 EDI

Inclusive programs included the Culture Fest Shuttle, Adaptive Climb, Queer Climb, and Yoga for OMA

## PRIORITY: PROFESSIONAL DEVELOPMENT

### Value: Wellness & Leadership

Encourage and support professional staff attendance at relevant conferences and/or trainings that benefit both the individual and the department.

Collaborate and contribute to the Employee Wellness and Student Wellness Committees, offering inclusive programs that support health and wellness on campus.

Support student development by providing regular performance evaluations, guidance in goal setting, training and leadership opportunities, and scholarships for conferences and workshops.

### 2021-2022 Achievements

Staff attended Growth Mindset for Leaders, EDI Trainings, WIRSA, NIRSA Conference, REXPO, Proper Pronouns, Mental Health and Athletes, Wilderness First Responder, Mental Health First Aid, Northern WI Basketball Officiating Camp, and the Regional National Strength and Conditioning Association.

Students who attend the All-Staff Training in the fall set a SMART Goal, they receive a performance evaluation at the end the year where that goal is revisited, **\$1,775.92** was spent on advanced training and conferences.



## **PRIORITY: EQUITY, DIVERSITY, & INCLUSIVENESS**

### **Value: Inclusiveness**

Support and encourage participation in on-campus opportunities for mentoring.

Promote employment opportunities in a manner that will attract diverse applicants.

Host diversity training + professional development throughout the year for student employees and professional staff.

Ensure programming, facility improvements, and new developments are inclusive and welcoming.

### **2021-2022 Achievements**

*EDI statement is on all Marketing and posted in every building.*

*Intentional and collaborative programming continues to be a consideration in all planning.*

*Professional development includes Proper Pronouns, Diversity 101, and Tier 1 Training required for all 1st year students*

## **PRIORITY: FISCAL RESPONSIBILITY**

### **Value: Stewardship**

Manage department funds with integrity and wisdom, planning for and prioritizing immediate and long-term needs, and avoiding unnecessary expenditures.

Provide complete budget transparency to the Administration, Student Senate Finance Commission, and all students.

Involve students in the budget development process and in the presentation of the budget to the Student Finance Commission.

## **PRIORITY: FACILITIES MANAGEMENT / COLLABORATION**

### **Value: Sustainability & Collaboration**

Collaborate with Facilities Management on a maintenance and custodial plan that optimizes cleanliness and safety in all Recreation facilities.

Finalize the comprehensive long-term Master Plan for Recreation and Athletics.

Cultivate solid, mutually beneficial relationships with Housing and Residence Life, Centers, Kinesiology, Athletics, and the Community for effective collaboration on shared-use facilities.

### **2021-2022 Achievements**

*A new non-slip coating was added to the pool deck and timing clocks were installed on Simpson Field.*

*Collaboration with Facilities, Recreation, and Athletics on the purchase of Bobcat Toolcat to remove snow from Turf and use at Bollinger*

*The County Materials Complex broke ground in spring of 2022 with the plan of opening Fall 2024.*

*The Recreation and Athletics Master Plan will be completed this summer.*

*New UWEC Banners were added to the light posts along University Drive by McPhee/Olson.*

*Consistent and transparent communication takes place throughout the year with all facility user groups.*

### **2021-2022 Achievements**

*Intramural Sports and Recreation Department Budgets were prepared and presented by students and approved by Student Senate.*

*All 31 Club Sports are supported in the planning and presentation of their annual budget*

*Holding workshops for all 31 Club Sport on Budget planning and forecasting.*

*Created a student employment payroll committee to re-evaluate the student pay rates and wage classification scale.*



# INCLUSIVE EXCELLENCE PLAN



## MENTORING

**Support and encourage participation in non-campus opportunities for mentoring.**

**Professional staff served as Mentors for:**

*Service-Learning students*

*A new Financial Assistant from China*

*13 student apprentices were mentored in the Strength and performance Program including one English Immersion student from Japan.*

## EMPLOYMENT

**Promote employment opportunities in a manner that will attract diverse applicants.**

**10.58%** *students of color work for Recreation, the campus average is 10.91%*

*Supervisors intentionally promote all open positions through OMA.*



## FACILITY IMPROVEMENTS

**Ensure facility improvements and new developments are inclusive and welcoming.**

*Meeting with students from Student Senate to discuss accessibility of all Recreation Facilities.*

*The 4" step up into Hilltop will be removed in summer 2022.*



## TRAINING + PROFESSIONAL DEVELOPMENT

**Host diversity training + professional development throughout the year for student employees and professional staff.**

*Training for Recreation students included Safe Space Training, EDI Tier 1, and Diversity 101. Staff attended Proper Pronouns, and The Bias Inside Us.*





# EQUITY, DIVERSITY, INCLUSIVITY

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As a staff and a department, we commit to and are intentional about inclusive programs, facilities, and employment. Our EDI statement is prominently displayed and guides us in all we do. We regularly contribute to and support inclusive programs and events.

## EDI TIER 2 COMPLETIONS

**Emma Street**

## EDI TIER 3 COMPLETIONS

**Garrett Larson**

*Project: Inclusive Intramurals*

**Neil Ostlund + Sheryl Poirier**

*Project: International Fall Festival Shuttle*

**Emma Street**

*Project: Queer Climb*

Student employees who have not completed the freshman year required EDI Tier 1 training, must complete it as part of their employment with Recreation.





# SPORT OPERATIONS

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## McPhee Physical Education Center

Home to Athletics, Kinesiology and Recreation featuring three regulation sized hardwood courts, a 6-lane, 25-yard swimming pool, a 30-foot climbing wall, wrestling room, two multi-use rooms for special interest groups and a fitness centers. The Ade Olson addition features three additional multi-use courts used for indoor athletic practices, class instruction and various intramural and club sports. The addition also includes a 6-lane 200-meter track, 4 racquetball courts, an athletic training room, a lecture hall and several administrative offices for Athletics and Kinesiology.

## Outdoor Facilities (Simpson, Bollinger, Courts)

Just south of the university's upper campus is the 40-acre Bollinger Field Complex consisting of 7 fields: four softball fields, three soccer fields and a rugby field. It is utilized by the university and the community.



## Hilltop Recreation Center

Hilltop Center houses the Recreation Office, Environmental Adventure Center, Bouldering Wall, Billiards Center, Esports Lab, and Archery Range.

## Crest Wellness Center

Located in Crest Wellness Center, the Crest Fitness Center features a contemporary atmosphere, scenic view overlooking campus, large free weight and cardio rooms, locker and shower facilities and a massage room. Hardware includes Matrix selectorized equipment, extensive free weights and benches, cable machines, treadmills, ellipticals, stationary bikes, stepmill, row machine and a multi-use rig unit.



## McPhee User Count Totals

McPhee 210 Gyms

**12,551**

Wrestling Room

**2,912**

Indoor Track

**4,548**

Lecture Hall 162

**2,315**

105 Dance Studio

**2,530**

Swimming Pool

**3,974**

Olson Gym

**10,065**

Open Rec  
Equipment  
Checkout Totals

**5,126**





# COMPETITIVE SPORTS PROGRAM

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CLUB SPORTS



ESPORTS



INTRAMURAL SPORTS



A Club Sport is a recognized University student organization that has been formed by individuals motivated by a common interest and desire to participate in their favorite activity. Club Sports are designed to provide the UWEC student community the opportunity to practice, participate, and perform on and off campus in 31 competitive and recreational sports.

The club sports program empowers students to engage in leadership pursuits and focuses on student development, promoting social fellowship, and enhancing skills. Through guidance, leadership, and mentoring our staff aims to create opportunities for students to succeed both during their time at UWEC and within their professional lives.



Total Clubs  
**31**

Total Club  
Athletes  
**850**

Club Sport  
GPA  
**3.23**  
2020-21 = 3.21

## CLUB SPORTS

### 2021-2022

*Baseball*  
*Blugold Nordic*  
*Bowling*  
*Cheer & Stunt Team*  
*Dance Team*  
*Disc Golf*  
*Eau Claire Dodgeball*  
*Eau Climbers*  
*Equestrian*  
*Esports*  
*Figure Skating*  
*Hwa Rang Do/Tae Soo Do*  
*Men's Hockey*  
*Men's Lacrosse*  
*Men's Rugby*  
*Men's Soccer*  
*Men's Ultimate Frisbee*  
*Men's Volleyball*  
*Mixed Martial Arts*  
*Powerlifting*  
*Table Tennis*  
*Tennis*  
*Triathlon*  
*Two to Tango*  
*Waterski and Wakeboard*  
*Women's Hockey*  
*Women's Lacrosse*  
*Women's Rugby*  
*Women's Soccer*  
*Women's Ultimate Frisbee*  
*Women's Volleyball*





# CLUB SPORTS

## GROWTH & DEVELOPMENT

### NOTEWORTHY ACHIEVEMENTS

#### **M/W Club Volleyball:**

2022 NCVF D2 National Champions (Phoenix, AZ)

#### **Cheer and Stunt:**

Global Cheer and Dance Nationals – Division Champion (Franklin, TN); 1st Place WOW Factor Competition (Minneapolis, MN)

#### **Men's Lacrosse:**

GLLL Regional Champions (Madison, WI)

#### **Women's Rugby:**

2nd place overall at nationals. 2022 Collegiate Rugby Championships. Women's Division I. New Orleans, LA

#### **Dance Team:**

6th Place DIII at UDA Nationals (Orlando, FL); 1st DIII Hip-Hop + 3rd DIII Jazz at the Spirit of American Competition (Minneapolis, MN)

#### **M/W Ultimate Frisbee:**

USAU Sectional Qualifiers

#### **Powerlifting:**

Hosted the USA Powerlifting Wisconsin State Meet in December 2021

#### **Eau Climbers:**

WICS Competition Champions – Patrick Galarza (UW-Stout Comp) + Eden Thompson (UW-Oshkosh Comp)

#### **Esports:**

Valorant, Rocket League, and Overwatch Playoff Qualifiers

#### **Women's Soccer:**

Only D3 team to qualify for conference regionals

#### **Equestrian:**

Members of Hunt Seat Team qualified for regionals

#### **Men's Hockey:**

WCCHA 3rd Place Conference Tournament

- Hosted over **100** club games/tournaments
- Traveled to over **120** games/tournaments
- Hosted the first annual club sport all-officer training – **92** total attendees
- Hosted the first annual Club Sport Resurgence event during Welcome Week
- Completely updated club sport handbook
- Collaborated with the AIL Office to host **8** leadership workshops for Club Officers. Topics: Goal Setting, Team Dynamics, Failure + Leadership, Interpersonal Communication, Personal Strengths, Event Planning, Mentors and Mentoring, and Recognition – **220** total attendees
- Collaborated with the Student Athletic Training Association (SATA) to program **7** risk management workshops for safety officers. Topics included: Risk Management Strategies, Developing an EAP, How to Pack a First Aid Kit, Providing First Aid, Concussion Red Flags, Sudden Cardiac Arrest, and Acclimatization to Sport - **111** Total Attendees
- Staffed all high-impact home club events with medical coverage utilizing local EMTs or certified athletic trainers via the Go4Ellis platform
- Over **1,000** hours of community service
- Clubs fundraise over **\$50,000** a year
- Partnered with the strength and performance unit to offer a program for our M/W Volleyball Club in the Fall leading to National Championships!
- Conducted **3** virtual club budget workshop sessions
- Conducted **31** individual club budget presentations
- Fully utilized the revamped tier system for club progress tracking and budget allocations

# CLUB SPORT AWARDS



**Best Team Performance:**

*M/ W Volleyball*

**Safety Officer of the Year:**

*Grace Stimac, W Volleyball*

**Treasurer of the Year:**

*Michah Link, M Ultimate*

**Secretary of the Year:**

*Bella Cotroneo, W Hockey*

**Vice President of the Year:**

*Jake Casperson, Baseball*

**President of the Year:**

*Carter Morrisette, M Lacrosse*

**Best Recruitment:**

*Eau Climbers*

**Best Marketing:**

*Dance Team*

**Rising Club of the Year:**

*W Soccer*

**Highest GPA Award:**

*W Hockey (3.63)*

**Club of the Year:**

*W Rugby*





# ESPORTS

Club Team

**300+**  
Members

## Games Offered

**League of Legends**

**Overwatch**

**Rocket League**

**Fortnite**

**Super Smash Bros**

**Call of Duty**

**Rainbow Six Siege**

**Counterstrike: Global Offense**

**Apex Legends**

**Valorant – New**

The esports program is designed to promote both a competitive and recreational gaming experience through the cultivation of an inclusive campus gaming community. Our program currently boasts 10 high-end Alienware gaming stations and maintains the capacity to allow for continued esports expansion.

*Game offerings include the newly added Valorant, Call of Duty, Rainbow Six Siege, CS:GO, Apex Legends, League of Legends, Rocket League, Overwatch, Fortnite, and Super Smash Bros. Both a club team and general lab hours are offered. Through these multiple engagement outlets, the esports program strives to engage our diverse Blugold audience.*

Initiated esports lab and program expansion plan which includes the purchase of 10 new gaming stations, 10 gaming desks, 2 broadcasting computers, and a broadcasting desk. The lab expansion also includes the remodeling and retrofitting of the current Hilltop Lookout space to serve as the new home to Blugold Esports' competitive teams.

## Members of the National Esports Collegiate Conference

**League of Legends B** – First Round of Playoffs

**Valorant B Team** – 2nd Place

**Overwatch B Team** – 2nd Place

**Valorant A Team** – First round of Playoffs

**Valorant C Team** – 3rd Place

**Rocket League** – 3rd Place

**Overwatch A and B Teams** – First round of Playoffs

**Valorant B** – First round of Playoffs

**Valorant A and C** – 2nd

**Rocket League A and B** – First round of playoffs



The Intramural Sports program provides a diverse array of activities for students, faculty, and staff to stay active, create memories, and build friendships through engagement with the university community. All skills levels are welcome.

Intramural sports promote individual, and team play in league and tournament formats. Over 60 men's, women's co-rec, and open leagues are offered to students, faculty, and staff who wish to recreate in structured activities. Our staff will strive to further teamwork, respect, fun, and family. Come as you are and EXPERIENCE Intramurals!

Structured league play will be offered in a block format with two blocks per semester, four blocks per year. One-day tournaments and special events will be interspersed throughout each semester. The format, offerings, and season length will vary depending upon the activity.

## NEW ADDITIONS + HIGHLIGHTS

*Hosted two welcome week intramural tournaments*

*Established written Qualtrics evaluation procedure for officials*

*Collaborated with Eau Climbers, Dodgeball Club, and the Table Tennis Club for the intramural offerings of Rock Climbing (League), Dodgeball (Tournament), and Table Tennis (Tournament).*

*Created Canvas course specifically designated for official's training materials*

*Purchased updated sport equipment*

# INTRAMURAL SPORTS

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# INTRAMURAL SPORTS

**Largest participation total since  
2016-2017**

Total Teams – **1,073**

The first time having over 1,000 teams since the inception of IMLeagues in 2012-2013, an increase of 100 teams from last year.

## NEW INTRAMURAL SPORTS

**Welcome Week Bag Toss Tournament**

**Welcome Week Spikeball Tournament**

**Sand Volleyball Tournament**

*(In collaboration with Men's Club Volleyball)*

**Trivia**

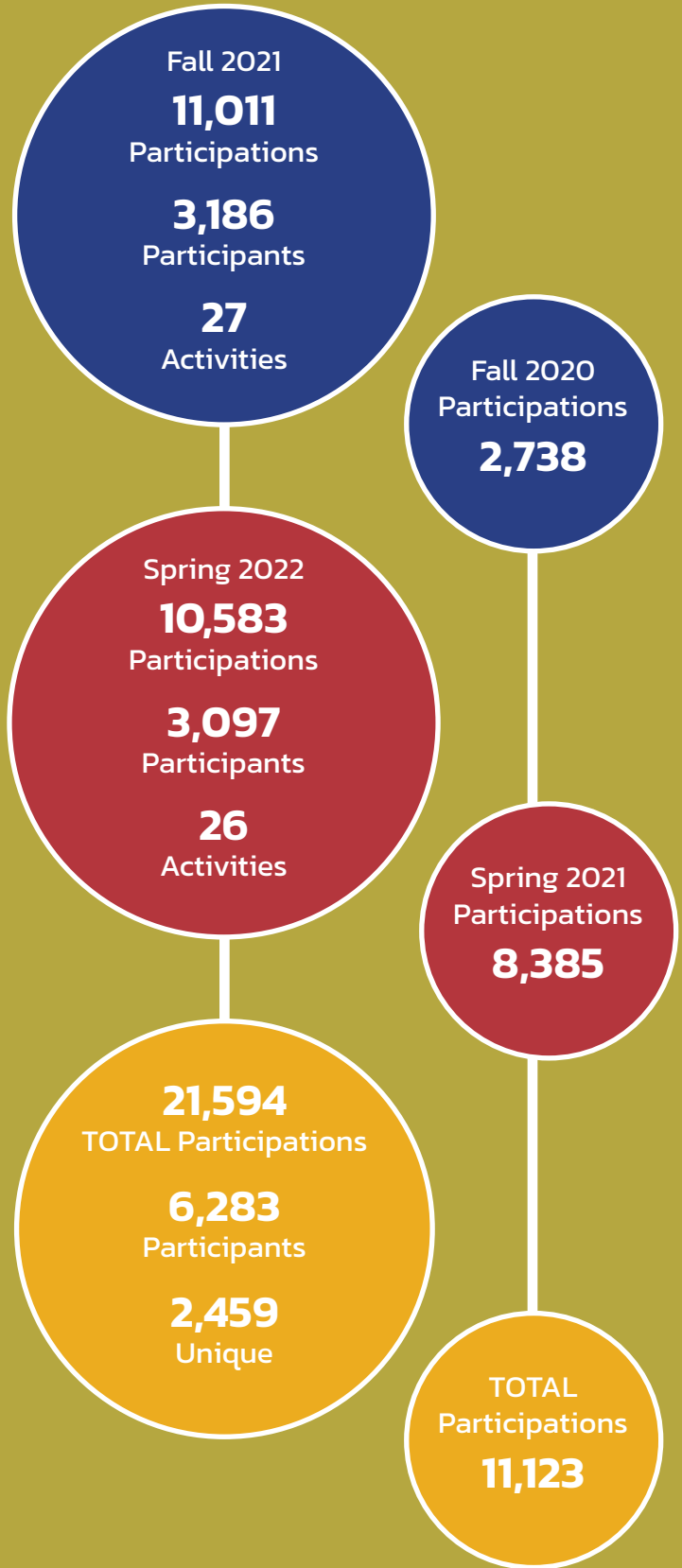
## 2022 WIRSA State

Basketball Tournament Host

*Tournament Director: Garrett Larson*

**15** Men's / **6** Women's Teams

**23** Officials from around the state  
*Tournament was a certified WIAA Approved  
Officials Clinic*





# ENVIRONMENTAL ADVENTURE CENTER

Adventure trips, archery range, bouldering wall, bike + longboard center, climbing wall, disc golf course, ropes course, and rentals.

**15** students became certified in Youth Mental Health First Aid

**6** students became certified in Wilderness First Responder Training.

**8** student are certified indoor climbing Wall instructors and became certified as outdoor Single Pitch Climbing Instructors through the Professional Climbers Instructor Association.

**19,199**  
Climbing +  
Bouldering Wall +  
Billiards  
Participations

**24**  
KINS 301

**32**  
GEOG 394

**12**  
Adaptive Climb

**40**  
PRIDE Event

**112**  
Summer Ropes  
Course Participants

**197**  
Climbing +  
Bouldering Wall  
Memberships  
*(Bouldering is Free for  
UWEC Students)*

**1,608**  
Equipment  
Rentals

## Adventure Trips

Trips + Trainings: **23**  
Participants: **204**



# FITNESS CENTERS

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**Crest Fitness Center** and the **McPhee Strength and Performance Center** are the two fitness centers on campus. They offer weight training, stationary bicycling, and the use of various aerobic-conditioning machines. A robust Strength and Performance program serves the needs of our Bugold and Club Sport Athletes.

## CREST FITNESS CENTER

Members

**1,848**

Usage

**39,279**

## MCPHEE STRENGTH AND PERFORMANCE CENTER

Members

**2,148**

Usage

**58,845**



Working for Recreation provided me with a fun job that complimented my lifestyle and personality. I have learned skills that will be used in my future, and I have gained experiences working with others in Recreation. I highly enjoy spending my time in McPhee, being an advocate for physical activity, health, and well-being of the students.



# STRENGTH & SPORT PERFORMANCE

## Student Apprenticeship Program

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**16**

Student  
Apprentices

---

**1,100+**

Hours of hands-on  
experience training  
collegiate athletes

---

**28**

Hours of  
professional  
development  
meetings

---

**15**

Hours of professional  
interview practice

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**4**

Apprentices  
accepting Professional  
or NCAA Division 1  
summer internships

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**1**

English immersion  
program apprentice  
from Japan



The UWEC Strength and Sport Performance Program employs students in exercise science or a related field as apprentices who help organize and implement training for NCAA Division II Athletic teams and Club Sports. This is a High Impact Experience for these students who often go on to graduate school or work as Strength and Conditioning coaches.

## RAQUETBALL COURT CONVERSION

Doubled the size of auxiliary training area to expand access to training facilities for all students.



# STRENGTH & SPORT PERFORMANCE

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The UWEC Strength and Sport Performance Program utilizes a scientifically supported, comprehensive approach to address the metabolic demands of each sport to maximize the development of athletes who are Durable, Adaptable, and Robust in their chosen sport.

## Club Sport Success!

**MEN'S and WOMEN'S VOLLEYBALL**  
2022 NCVF D2 National Champions

## NCAA Athletic Success!

### **GOLF**

1 NCAA National Qualifier

### **GYMNASTICS**

1 NCGA National Qualifier

### **MEN'S ICE HOCKEY**

Conference Tournament Champions

### **MEN'S SWIM AND DIVE**

4 NCAA National Qualifiers

### **SOFTBALL**

NCAA Qualifier, Conference  
Tournament Champions

### **MEN'S AND WOMEN'S TRACK AND FIELD**

27 NCAA National Qualifiers  
Men's Indoor National Champions  
Men's Outdoor National Champions

### **WOMEN'S BASKETBALL**

NCAA Qualifier, Conference  
Tournament Champions

### **WOMEN'S ICE HOCKEY**

NCAA Tournament Qualifier

### **WOMEN'S SWIM AND DIVE**

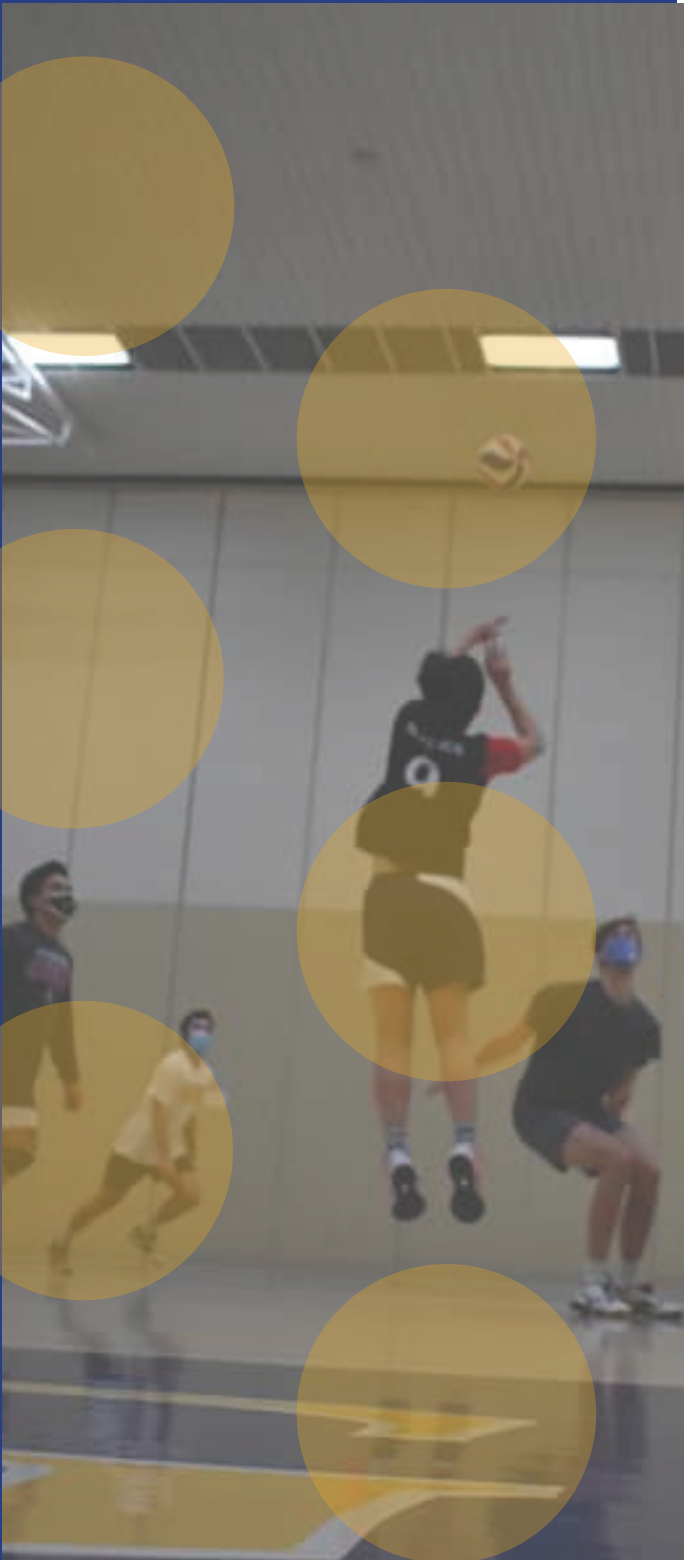
2 NCAA National Qualifiers

### **WOMEN'S VOLLEYBALL**

National Champions, Regional Champions,  
Conference Tournament Champions,  
Regular Season Conference Champions

### **WRESTLING**

5 NCAA National Qualifiers



# GROUP EXERCISE



I would not be the same person I am today without working for recreation. Working for recreation has taught me professionalism, improved my communication skills, and has provided a community of others who has the same passion for fitness.



Over **30** Group Exercise classes each week during the semester in multiple locations, these are free for all faculty, students, and staff.

## Instructor Trainings

- Strength and Cardio Mentorship (2 Students)
- Strength and Cardio inhouse workshop (3 Students)
- Yoga and Ayurveda Center School (1 student)
- Yoga Workshop (4 students)
- Zumba Mentorship (2 students)
- Cycling Mentorship (2 Students)

2021 -2022  
Participants  
**12,293**

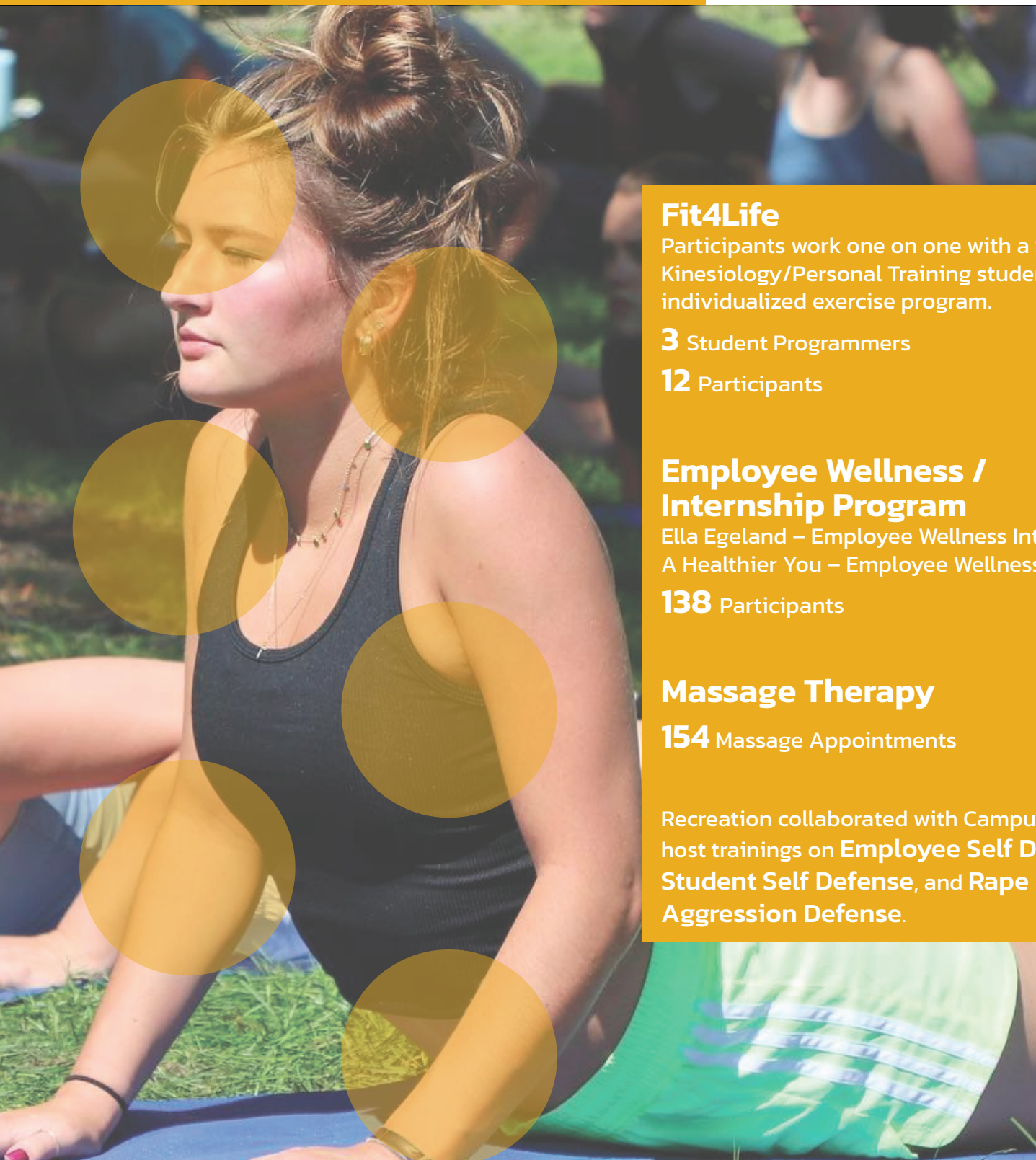
2020 -2021  
Participants  
**7,696**





# FITNESS & WELLNESS PROGRAMS

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## **Fit4Life**

Participants work one on one with a Senior Kinesiology/Personal Training student on an individualized exercise program.

**3** Student Programmers

**12** Participants

## **Employee Wellness / Internship Program**

Ella Egeland – Employee Wellness Intern

A Healthier You – Employee Wellness Challenge

**138** Participants

## **Massage Therapy**

**154** Massage Appointments

Recreation collaborated with Campus Police to host trainings on **Employee Self Defense, Student Self Defense, and Rape Aggression Defense.**

# SPECIAL EVENTS

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**Tour de Rec  
Hilltop Halloween**

**RecFest**

**Queer Climb**

**EAC Hangout**

**Nature Calls 5k**

**Wisconsin Indoor Climbing Camp**

**Winter Carnival**

**Crate Stacking**

**Springfest**

**Mall of America Bus Trip**

**Employee Wellness Fairs**





# JIG'S UP

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## Saturday, Feb. 12 9th Annual

UWEC Recreation, Blugold Athletics and the Lake Wissota Lion's along with title sponsors Scheels, Eau Claire Ford, and Airforce/Special Warfare come together to offer this winter event. Over \$80,000 in cash and prizes given out including a 2-year lease on a Ford F150 Truck and a Polaris Sportsman 450 4-wheeler, \$500 Scheels gift cards, and more. This event also included the Scheels Kids Klub fishing event.

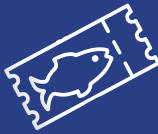


\$

**\$40,502**  
Total Profit



**\$28,136**  
Raffle Tickets Sold



**1,579**  
Fish Tickets Sold



**593**  
Fish Weighed



# SHAMROCK SHUFFLE

Appreciation and special recognition to retired staff John Baltes who made almost every Shamrock Shuffle. *John passed away April 12, 2022*

**412**  
PARTICIPANTS

349 participants  
17 walk ins

6 teams  
63 team members





# FRESHMAN CONNECTION



**61** students participated in the adjusted program which moved from overnight experiences to day trips.

The Freshman Connection Immersion Program is a 6-day educational experience designed to help incoming freshmen make a smooth transition to college life while developing their leadership potential. The program consists of workshops, group activities and adventure trips that focus on personal development, academics, goal setting, and social network development. Students gain self-awareness, create lasting friendships and develop a proactive approach to life as they prepare to begin their experience at UW-Eau Claire.

**98%** agreed the Freshman Connection helped them be more confident in their ability to be successful at UW-Eau Claire.

**94%** agreed the Freshman Connection provided challenges they had to overcome while working with others, which will help them be successful in their academic classes.

**90%** agreed the Freshman Connection Program introduced them to a broad perspective of equity, diversity, and inclusivity, leading them to be more accepting and appreciative of others different than them.

**94%** agreed the Freshman Connection Program helped them feel like they belong at UW-Eau Claire.

**96%** agreed the Freshman Connection Program helped them feel more connected to their peers.

**88%** agreed the Freshman Connection Program strengthened their excitement around and commitment to graduate from UW-Eau Claire.



I'm so glad I decided to do freshmen connection. I was a little on edge about it because I didn't want to do it by myself... not knowing anyone scared me! I did it and they split us up into groups. That's where I met some of the BEST people! If I could do this again I would!!



- Mary Thao

# RECONNECT

## TRANSFER STUDENT ORIENTATION

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RecConnect offers engaging, small group programs that enable transfer students to meet other students transferring to UWEC while learning to navigate, engage, and become successful on campus. RecConnect is a fun, interactive way to begin the process of creating your own Blugold experiences.

**88%** agreed that because of RecConnect, they felt more connected to the UW-Eau Claire campus

**88%** agreed RecConnect eased their transition to UWEC



My experience with this program was awesome! I got to connect with others which was awesome and something I would recommend to everyone transferring here!



- Gracie Balk, 2021 Participant



RecConnect was an engaging way to meet other transfer students by using fun interactive activities to take the pressure off of introductions and helping me find camaraderie among people who had to undergo a similar transition process.



- Erin Caner, 2021 Participant



# KEY PERFORMANCE INDICATORS

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Below are our Key Performance Indicators, these demonstrate we are meeting our mission of providing student-centered recreational experiences that support wellness and enhance academic learning. Blugold ID numbers pulled from Recreation employees and participants were sent to Institutional Research who provided the following data.

## GPA

University Average: **3.24**  
All Recreation Participants: **3.24**  
Climbing Programs: **3.19**  
Club Sport Athlete: **3.25**  
Esport Participant: **3.02**  
Fitness Center Member: **3.22**  
Group Ex Participant: **3.42**  
Intramural Participant: **3.25**  
Recreation Employee: **3.29**

## RETENTION TO 2ND YEAR

University Average: **78.3%**  
All Recreation Participants: **86.2%**  
Climbing Programs: **NA**  
Club Sport Athlete: **88.4%**  
Esport Participant: **NA**  
Fitness Center Member: **86.5%**  
Group Ex Participant: **89.2%**  
Intramural Participant: **88.5%**  
Recreation Employee: **86.7%**





## 4 - YEAR GRADUATION RATE

University Average: **4.31**  
 All Recreation Participants: **4.21**  
 Climbing Programs: **NA**  
 Club Sport Athlete: **4.08**  
 Esport Participant: **NA**  
 Fitness Center Member: **4.20**  
 Group Ex Participant: **4.21**  
 Intramural Participant: **4.25**  
 Recreation Employee: **4.1**

## PARTICIPATION NUMBERS

**TOTAL RECREATION**  
**PARTICIPANTS: 4,455**  
 Climbing Programs: **1,115**  
 Club Sport Athlete: **664**  
 Esport Participant: **184**  
 Fitness Center Member: **2,213**  
 Group Ex Participant: **902**  
 Intramural Participant: **2,294**  
 Recreation Employee: **208**

“ The recreation programs and events at UWEC played a major role in my decision to attend UWEC. I have found that there is a lot of opportunities to engage in these activities for a low cost or for free. They foster community and a healthy lifestyle. I am very glad UWEC provides these activities. ”

- Lillian Roubinek, Woodbury, MN

GPA is generally higher for Recreation Participants

Retention of Recreation Participants is well above the UWEC Average

Recreation Participants graduate in less time that the UWEC Average



# STUDENT EMPLOYMENT



**90%** of Recreation Student employees feel that working for Recreation has been a High Impact Experience. This meaning their employment provided time devoted to purposeful tasks, helped them build substantive relationships, provided rich and frequent feedback, gave opportunities to apply and test what they learned, and time to reflect on the person they are becoming.

Student employees were given these professional development mandatory trainings to complete over the year:

- All Recreation Student Employee Training
- Eating Disorder Identification and Referral
- Diversity 101: Starting the Conversation
- Tier 1 EDI (if not complete already upon hire)
- PCI Compliance Training
- ALICE ( Active Shooter)
- Red Cross CPR/First Aid

**\$1,775.92**

was spent on student leadership development this year, less due to trainings being virtual and opportunities limited.



# STUDENT EMPLOYEE LEARNING OUTCOMES

Students who attend the Fall All Staff Training complete a Pre-survey and then these same students complete a Post-Survey in December to measure learning. Results are reviewed and areas of growth or decline are noted and guide our student development plans for the following year.

**98%** Strongly Agree, Agree, or Somewhat Agree that Students who work for Recreation will develop a sense of belonging within the Recreation Department and on campus, leading them to retain until graduation.

**86%** of students who set a SMART Goal, achieved it. (82 of 95)



## LEADERSHIP

Students who work for Recreation demonstrate leadership skills.

**98%** Strongly Agree, Agree, or Somewhat Agree

## ACADEMIC INTEGRATION

Students who work for Recreation will identify meaningful connections between what they are learning in the classroom and how it relates to their employment with Recreation and their professional career after graduation.

**89%** Strongly Agree, Agree, or Somewhat Agree

## CRITICAL THINKING

Students who work for Recreation will solve problems, make difficult decisions, and think critically about issues that arise at work.

**98%** Strongly Agree, Agree, or Somewhat Agree

## PERSONAL WELLNESS

Students who work for Recreation balance work, school, and personal affairs while maintaining a healthy lifestyle.

**97%** Strongly Agree, Agree, or Somewhat Agree

## RESPECT FOR DIVERSITY

Students who work for Recreation interact with others in ways that demonstrate a respect for diversity.

**99%** Strongly Agree, Agree, or Somewhat Agree

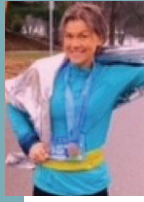


# RECREATION GRADUATES

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## Meg Bernu

*Group Exercise*  
Attending UW Stout's Clinical  
Mental Health Program



## Siusie Dawson

*McPhee Building Manager*  
Grad school at Georgia Southern University,  
Facilities Grad Assistant in Campus  
Recreation and Intramurals



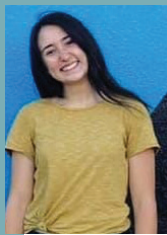
## Rachel Ekker

*Fit4Life*  
Grad school and a GA for Health and  
Exercise Science at Wake Forest University  
in Winston-Salem North Carolina



## Kelsey Georgeson

*Group Exercise*  
4th grade teacher at Sam Davey  
Elementary in Eau Claire, WI



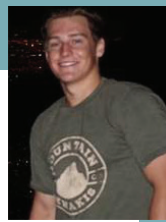
## Ally Hinkens

*McPhee Building Manager*  
Grad school at UWEC for Communication  
Science and Disorders and working as a  
Graduate Assistant



## Kayla Irlbeck

*Competitive Sports Supervisor  
+ Student Assistant*  
Grad Assistant for Competitive Sports  
at Utah State



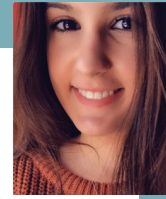
## Sam Jenson

*Crest Fitness Center*  
Doctor of Physical Therapy Program at  
Concordia University, St. Paul



## Toby Kinstler

*McPhee Building Manager*  
Retirement Actuary at AON Consulting in  
Columbus, OH



## Maura Kitto

*Crest Fitness Center*  
Grad school for Speech Pathology at  
Illinois State.



## Jonas Kohls

*IT/Web Developer*  
Software Developer at Menards  
Distribution Center on the Order  
Management Team



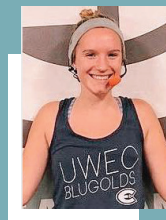
## Dani Malecha

*McPhee Building Manager*  
Grad school for physical therapy at UW-La Crosse



## Zach Menter

*IT/Web Developer*  
Software Developer at Epic  
Systems in Verona, Wisconsin



## Emma Panico

*Group Exercise*  
Cross-Categorical Special Education  
Teacher at Delong Middle School



## Katie Scherger

*EAC*  
Searching for ESL teaching job with  
aspirations or teaching abroad

**Garrett Larson, Neil Ostlund, Sheryl Poirier, and Emma Street** completed Tier 3 of the EDI professional development program.

**Garrett Larson** serves as the WIRSA Treasurer and as the Lead for the Competitive Sports Round Table Committee, he is also a WIAA certified Official in Basketball, Baseball, and Softball.

**Andy Jepsen** serves as secretary on the YMCA of the Chippewa Valley Executive Board.

**Brittany Wold** is an AFFA Certified Primary Group Exercise Instructor (13 years), she updated the Continuity of Operations Plan for 2022-23.

**Sheryl Poirier, and Al Wiberg** became certified in youth Mental Health First Aid.

**Neil Ostlund** is a certified Lifeguard and an American Red Cross CPR Instructor, this year he conducted over 20 CPR courses for student staff. He is also a certified WIAA Basketball Official.

**Zac Ruch** was recertified as a Registered Strength and Conditioning Coach with Distinction.

**Al Wiberg** is the President of the Board of Directors for the Professional Climbing Instructors Association (PCIA) and a PCIA Provider Trainer. He is also an American Red Cross CPR Instructor, and this Year conducted over 20 CPR courses for staff.

### OUR RESPONSE TO COVID-19



We continue to provide leadership and oversight in the Hilltop Center testing location for on-campus students and staff as well as community members. This will conclude on May 27, 2022.

Throughout the year our department offered safe programming, social distancing, and clean, sanitized facilities for all users.

# COMMUNITY OUTREACH & STAFF INVOLVEMENT

## PROGRAMS & COMMITTEES OUR STAFF ARE INVOLVED IN:

- Beacon House Holiday Giving and Family Adoption
- Bike and Pedestrian Committee
- Boys Badger State Committee
- Campus Eating Disorder Committee
- Chancellor's Wellbeing Committee
- Chronic Disease Prevention Action Team
- Community of Practice
- County Materials Complex Planning Committee
- COVID 19/Eau Claire County Health/UWEC Team
- COVID Event Exception Review Team
- Emerging Leader Selection Committee
- Family Weekend Committee
- GeekCon
- Growth Mindset for Leaders
- Madison Scouts Committee
- Retention through Student Employment
- Search and Screen for AIL Position
- Simpson Field Renovation Planning Committee
- Sport Facility Management Committee
- Student Excellence Awards Selection Committee
- Student Orientation Integration and Engagement
- Student Wellness Committee
- University Senate
- UWEC Campus Rapid Response Team
- UW-System surge testing committee
- Wisconsin Indoor Climbing Series Board of Directors
- YMCA Annual Campaign and Board of Directors





Designed by: Kate Schwenker