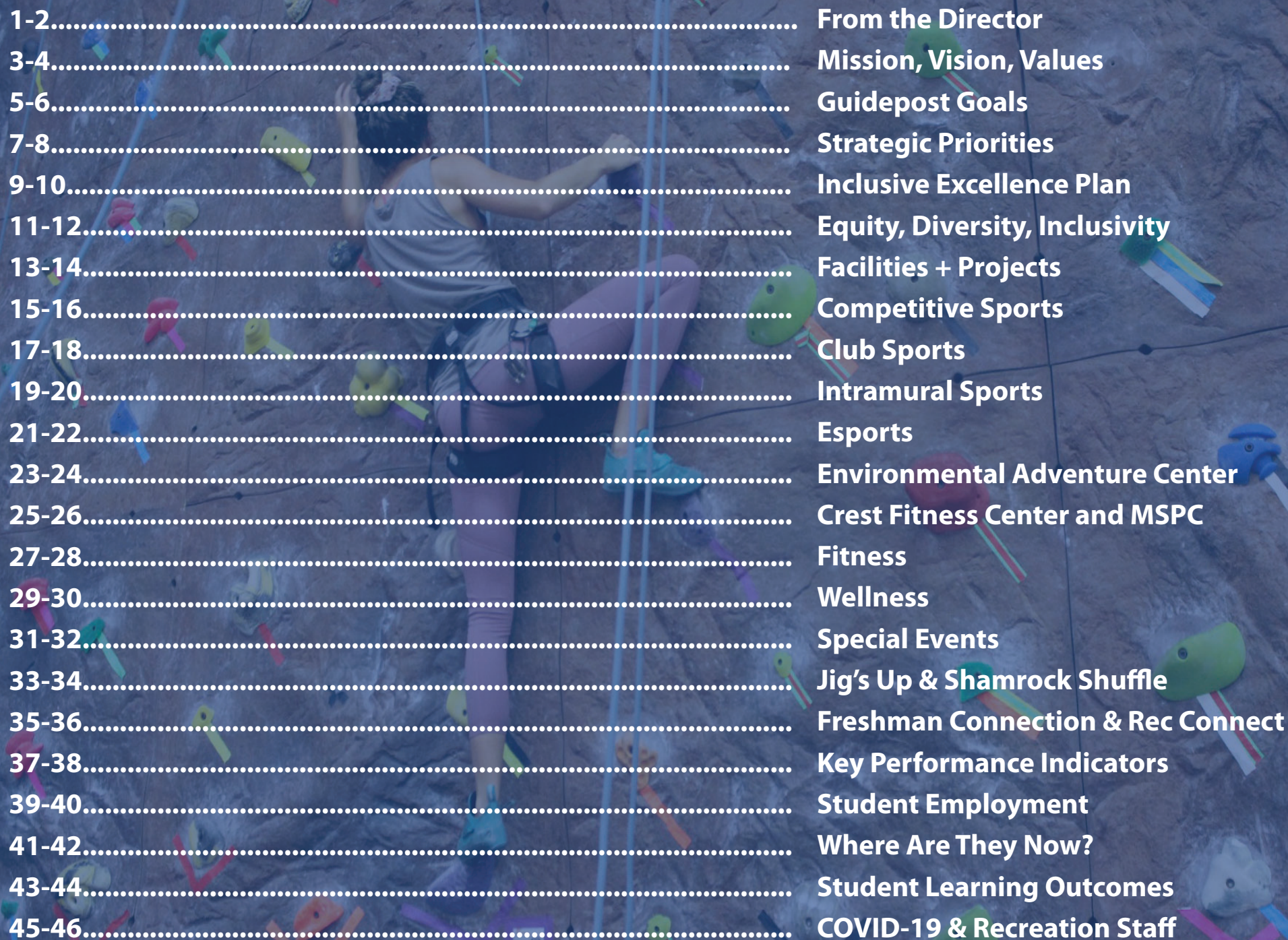


ANNUAL REPORT 2019-2020



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From the Director

Looking back at 2019-2020, I am amazed at the accomplishments of our department and how our staff embraces unexpected change with vigor and determination. Whether it is a change in leadership and priorities or a global pandemic – our staff is quick to respond with innovation and energy to push forward with our goals of student engagement and enrichment. I am proud of our department and the difference we make every day in the lives of our students. As I reflect, I think about the ways we have grown and evolved our programs to meet the needs of our students:

- *With the hiring of our new Competitive Sports Coordinator, Garrett Larson, we saw our Intramurals and Club Sport programs infused with new energy, new ideas, and new opportunities for students. Intramurals saw the introduction of new sports, new twists on old sports, and dozens of single-day tournaments. The Club Sport program grew from 27 clubs to 29 with the addition of the “Eau Climbers” and “Esports”.*
- *The Strength and Conditioning program, brand new in 2018-19, grew with the hiring of Tyler Leonhard as Assistant Strength and Performance Coach and the addition of nine student apprentices. The apprenticeship program has proven to be a tremendous partnership with the Kinesiology department and a huge win for students.*
- *We once again provided professional development training for all of our student employees in the areas of customer service, suicide prevention, and active shooter response along with promoting attendance at campus programs that embrace equity, diversity, and inclusiveness.*

We place equal importance on our facilities, and a lot of time and thoughtful planning have gone into the development of a long-term plan for sport facilities on campus and with community partners. Our department has been working on the Recreation/Athletics Facility Master Plan for the past few years and were on phase 3 of 4 when COVID-19 postponed several projects. We continue to push hard to maintain, upgrade, and expand our current facility space to support our programs and students:





- *The MSPC was upgraded with new flooring and equipment that maximizes the functionality of the space for strength and conditioning of athletes and all students.*
- *Simpson Field received new turf in spring of 2020, the first phase of a significant project that will include lighting, bleachers and other upgrades to better serve our Varsity, Club Sport, and Intramural athletes.*
- *A brand-new Esports lab was constructed in Hilltop Center in response to the fast-growing community of gamers on campus.*
- *Many other upgrades and continual cleaning and maintenance of the sport facilities in McPhee/Olson, Hilltop, Crest, and our outdoor fields took place throughout the year.*


Every year presents its own set of unique challenges. 2019-20 was no different, and our department adapted and responded to changes in leadership, priorities, and plans. The biggest gamechanger for everyone was the shutdown of our campus in response to the global pandemic. That resulted in the postponement of the spring referendum and groundbreaking for the Sonnentag Centre and the cancellation of all Recreation programs - but not for long! Within just a few days we had virtual group exercise classes up and running, virtual Competitive Sport and Esport competitions, virtual strength and conditioning programs for individual athletes and teams, and student employees participating in online trainings and instruction.

Yes, 2019-20 was a year to remember. We celebrated successes, and growth within the department. We came together as a staff, stronger than ever. Above all, students were and will always be at the forefront of what we do.

They are involved in decision making and they lead in guiding our department in responding to change – they are what motivates us – they are our lifeblood.

I welcome you to dive into the specifics of all we do in the pages ahead and invite you to get involved in all we have to offer. Come as you are and EXPERIENCE RECREATION!

Andy Jepsen, Director - Recreation and Sport Operations

A silhouette of a person climbing a rock face is visible on the left side of the page. The background is a blue-tinted image of a desert landscape with mountains and bare trees. At the top, there are three horizontal bars in light blue, orange, and red. At the bottom, there are two horizontal bars in yellow and orange.

Recreation and Sport Operations provides a variety of programs and services to meet the needs and interests of the University community. Specific programs include: Group Exercise, Fitness, Adventure Trips, Archery, Climbing Programs, Open Recreation, Massage Therapy, Intramurals, Club Sports, Esports, Special Events, Wellness Education, Billiards, and an Internship Program.

MISSION, VISION, VALUES



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, and Inclusiveness

Equity, Diversity, and Inclusiveness

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

Chancellor's Guidepost Goals

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





Recreation Guidepost Goals

Our Guidepost Goals are the driving force behind our plans for UW-Eau Claire's future:

96%

of Recreation Student employees feel that working for Recreation has been a High Impact Experience.

94%

of Recreation student participants retain to their second year, university average is 82.3%

61%

of Recreation student participants graduate within four years, university average is 44.9%

10%

of Recreation student participants identify as students of color, the university average is 11.1%

Strategic Priorities

Goal: Professional Development

- Encourage and support professional staff attendance at relevant conferences and/or trainings that benefit both the individual and the department.
- Support student development by providing regular performance evaluations, guidelines in goal setting, leadership opportunities, and scholarships for conferences and trainings.

Accomplishments:

- Staff and students attended WIRSA, Marketing and Social Media Conference, Boot Camp 101, Barre Connect Certification.
- Student employees received performance evaluations including the Blugolds GROW discussion, set personal, and educational SMART Goals, participated in leadership opportunities and received financial support for professional development.

Goal: Student Engagement/Connection

- Encourage student involvement in the Student Recreation Advisory Committee.
- Promote student involvement in department-wide programming and training opportunities.
- Create and develop Recreation programming that is inclusive of all.

Accomplishments:

- 19 students from various program areas make up the Recreation Advisory Committee and meet every 3-4 weeks at 7am to provide feedback and leadership in decision making.
- Mandatory trainings this year included ALICE, Campus Connect, and Blugold Service Excellence.
- All Recreation programs and services are focused on inclusion; intentional programming includes Freshman Connection, RecConnect, and co-sponsorship of CIE, OMA, and GSRC programs.

Goal: Equity, Diversity, & Inclusiveness

- Ensure that the Recreation EDI statement is prominent in all marketing materials and evident in our personal conduct and treatment of all people.
- Work to strengthen Recreation connections and collaborations with Office of Multicultural Affairs, Center for International Education, Gender and Sexuality Office, and the Office for Students with Disabilities.
- Prioritize and promote EDI in hiring and training for professional and student staff.

Accomplishments:

- EDI statement is prominently displayed and marketed.
- Collaborative programming is a priority in all areas.
- The OMA/Recreation Intern always promotes open positions. The Competitive Sports program set up in OMA to market employment opportunities.

Goal: Facility Enhancement and Collaboration

- Work with Facilities Management on a maintenance and custodial plan that optimizes cleanliness and safety in our facilities.
- Continue development of a comprehensive long-term Master Plan for Recreation/Athletic facilities.
- Cultivate solid, mutually beneficial relationships with Housing and Residence Life, Centers, Kinesiology, Athletics, and the Community for effective collaboration on shared-use facilities.

Accomplishments:

- Ongoing, transparent communication and collaboration ensures clean, safe, inclusive facilities with plans for continuous development and improvement to best serve our users. Close collaboration with Facilities has ensured all facilities are safe and clean, with quick response to issues as they arise.
- Developed a comprehensive Recreation/Athletics Facility Master Plan to ensure long-term planning. The Plan was on Phase 3 of 4 and is now postponed due to COVID-19.
- Partnerships are strong as ever; meetings continue to take place with clear and open communication.

Goal: Fiscal Responsibility

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

Accomplishments:

- Monetary responsibility continues, there has been no increase in the Intramural request and budget proposals remain close to previous years.
- We have established monthly meetings with all constituents to ensure positive relationships and fiscal responsibility.
- We continue to engage students in the budget process from start to finish to ensure transparency of all student dollars.

Inclusive Excellence Plan + Achievements

Mentoring

Recreation staff will support and encourage participation in on-campus opportunities for mentoring

Employment

Recreation staff will promote employment opportunities in a manner that will attract diverse applicants

Facility Improvements

Recreation staff will ensure facility improvements and new developments are inclusive and welcoming

Training + Professional Development

Recreation staff will host diversity training and professional development throughout the year for student employees and professional staff



Gaonang Lee performed at the Hmong New Year Celebration

Saba Seyoum performed at Harambee

Mentoring:

Neil Ostlund mentored two students through Blugold Beginnings
Sheryl Poirier mentored two students from China through the Center for International Education

11 staff participated in the Blugold Buddies program and reached out to 143 first-year students

Employment:

11.1% students of color work for Recreation, the campus percentage is 11.1%
Outreach efforts to OMA generated 6 new hires for the Intramural Program in the fall semester

Training + Professional Development:

The Recreation Department employs one OMA/Recreation Intern who serves as a liaison between students of color and the Recreation Department. The intern bridges gaps in communication, breaking down misperceptions, and keeping all departments informed of upcoming and ongoing programming and events that are educational and inclusive.

Facility Improvements:

Mission, Vision, Values, and EDI statements posted in every building
"Sino-American Presidents' Forum" used Table Tennis tables and worked with Table Tennis Club, 9/25

OMA/Recreation Internship:

Gaonang Lee – Fall Intern
Saba Seyoum – Spring Intern

Equity, Diversity, Inclusivity

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

Black History Month - Recreation sponsored \$300 in support of programming

“Stranger” - Hmong movie on February 22, Recreation paid for 10 tickets, \$15 each

FreaQweek - Recreation sponsored with Gender & Sexuality Resources Center - **1,350 attendees**

EDI Tier 2 Completion: Neil Ostlund and Sheryl Poirier

Workshops attended by staff:

- *Diversity Conversations on Campus*
- *Examining our Biases*
- *Identifying and Responding to the Mental Health Needs of UWEC Student*
- *The Hate U Give film + discussion*
- *The Student Experience Training Series: Southeast Asian/Hmong American*
- *Thirteenth Film and Discussion*
- *Trans 101 Workshop*
- *Veteran Students and Suicide Prevention*
- *What does America’s Infant Mortality Crisis Tell Us About Race and Poverty?*

Events attended by staff:

Coming OUT day – Oct 11

Pow Wow – Nov 9

Hmong New Year – Nov 9

OMA Fall Graduation Reception – Dec 20

Harambee – Feb 20



“

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

”



The Climb:

On Sunday, Aug. 4, UW-Eau Claire was the site of a fun new event designed to give students and other people with missing limbs or other mobility limitations an opportunity to take on the challenge of ascending the campus hill with success.

32 people attended, raised \$45 for Wiggle Your Toes.

Facilities + Projects

McPhee Physical Education Center

The McPhee Physical Education Center is home to Athletics, Kinesiology and Recreation. The facility features 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 one of UWEC's two 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 administrative offices for Athletics and Kinesiology.

Building Manager User Count Totals:

- Wrestling Room: 2,844
 - McPhee 210 Gyms: 25,707
 - Activity Room 101: 1,861
 - 105 Dance Studio: 4,012
 - Pool: 5,234
 - MSPC: 13,607
 - Olson Gym: 28,732
 - Racquetball Courts: 1,020
 - Room 162: 3,696
 - Indoor Track: 9,519
- The MSPC received a makeover with new flooring and equipment
 - A new video board was installed in the McPhee 210 gymnasium
 - The gymnastics room was converted to the new wrestling room
 - The old wrestling room was repainted and received new floor and wall mats
 - New policy signage was created and displayed in the open rec office, locker rooms and pool area
 - A new "Open Recreation" sign was added to the office
 - The main entrance display case was painted and converted for Club Sports



Simpson Field Upgrades





Simpson Field

This green space located behind McPhee showcases a new turf field with track and field areas along with access for the 25-sport module athletic program, Intramural and Club Sport teams, and the Blugold Marching Band.

- Simpson Field was upgraded significantly with the installation of artificial turf and lighting. This was the first phase of a project planned to include bleachers and other upgrades within the next few years.

Bollinger Fields

Just south of the university's upper campus is the 40-acre Bollinger Field Complex consisting of 10 fields: five softball fields, three multipurpose soccer fields, one rugby pitch and one baseball field.

- Baseball Field #6 was re-skinned.
- Softball Field #2 had a total re-construction, adding bleachers and dugouts, transforming it from a practice field into a competitive varsity facility.

Hilltop Recreation Center

Hilltop Center houses the Recreation Office, Environmental Adventure Center, Bouldering Wall, Billiard Center, Esports Lab, The Lookout, Hilltop Lounge and Archery Range.

- A new Esports lab was constructed in the Billiards area
- Updated sound system in stage area
- Created passive play and gathering spaces in The Lookout
- New tables were purchased for the Hilltop Lounge



Hilltop - Esports Lab

Competitive Sports

The Competitive Sports program encompasses Club Sports, Intramural Sports, and Esports. New Competitive Sport Coordinator, Garrett Larson, introduced new energy and innovative ideas in 2019-20 that significantly increased student participation, employment opportunities, and diversity in programming.

A fun and engaging video was produced by students Alexander Martin and Mikayla Schultz to promote competitive sports. This can be viewed on our Competitive Sports website.



“

I came to UWEC not knowing a single soul. I was very introverted and did not generally talk to anyone new. Then, I joined Rugby- a contact sport of all things. I am now extremely extroverted and confident. I studied abroad in Stirling, Scotland and even played on two teams there. I plan on completing my Master's there as well. UWEC filled me with confidence.

”

-Michaella Burg, 2020 Mathematics-Statistics Graduate

Increased Growth & Development

- A new Competitive Sports Student Program Manager

Hired Competitive Sports student supervisors - total 18

- Increased responsibilities to include
 - Marketing
 - Club Sport Supervision
 - Official's Evaluations
- Standardized uniforms
- Recognition added for "Supervisor of the Block"

Hired Intramural Officials - total 51

- Recognition added for:
 - Official of the Week
 - Official of the Block
- Implemented "Official's Interest Meeting" to aid hiring
- Revamped training to include rules presentations, field clinics, and scrimmages
- Standardized uniforms

Student Professional Development

• WIRSA State Conference

-Josh Mueller, Mikayla Shultz, and KJ Carlson attended the WIRSA 2019 State Conference at UW-La Crosse

• WIRSA State Basketball

- Josh Mueller, Elijah O'Laughlin, Emily Mulberry, and Brooke Harris officiated at the 2020 WIRSA State Basketball Tournament at UW-River Falls

• NIRSA Annual Conference

- KJ Carlson was set to attend the NIRSA Annual Conference in Phoenix, Arizona before it was cancelled due to COVID.



Club Sports

Club Sports are student initiated and run with emphasis on student leadership and involvement. The program consists of 29 clubs and empowers students to engage in leadership pursuits and 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.

29

Unique Club Sports

757

Student Club Sport Members

1,000+

Individual Community Service Hours



The things I will never forget about my college career at UW- Eau Claire are the memories and friends that I have made through the Triathlon Club. From everyday practices, road tripping, Tempe and Tuscaloosa to compete at USA Triathlon Collegiate Nationals, I have loved every minute with this team!



- Implemented new tier system tied to funding
- Transitioned to Blugold Connect - new Student Organization software
- Added 2 new clubs in 2019-2020: Eau Climbers & Esports
- Held an all-officer training for the first time ever
- Conducted budget presentations online
- 25+ leadership trainings attended
- Completed weekly challenges and sport showcases as part of COVID response
- Trophy case display in McPhee to recognize achievements
- Partnered with Blugold Mile, \$1,000 to Club (did not happen due to COVID)

Club Sports Highlights:

- Cheer & Stunt: 1st place Xtreme Competition
- Dance Team: Spirit of America Competition - 1st Place Hip-Hop, 3rd Place Jazz
- Esports: Rocket League team won statewide invitational at NTC and qualified for nationals
- Men's Hockey: 21-8 overall, Conference Champions, 20 game winning streak!
- Men's Volleyball: 14-4 overall, Ranked 5th in Nations, National Champs through a virtual tournament
- Powerlifting: 1st place individual finish at the WI State Collegiate Meet, 15 individual National Qualifiers, held at Penn State
- Women's Rugby: Qualified for USA Rugby National Tournament

CLUB SPORTS 2020

Baseball
Bowling
Cheer & Stunt Team
Cross Country Skiing
Dance Team
Eau Claire Dodgeball
Esports
Eau Climbers
Equestrian
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
Power Lifting
Table Tennis
Triathlon Club
Two To Tango
Water Skiing and Wakeboard Team
Women's Hockey
Women's Lacrosse
Women's Rugby
Women's Soccer
Women's Ultimate Frisbee
Women's Volleyball

Intramural Sports

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. Structured league play consists of two blocks per semester, four blocks per year. One-day tournaments and special events are interspersed throughout each semester.

New Additions and Highlights

- League Playoffs
- Championship Trophies
- Single-Day & Pre-Season Tournaments
- Online Team Payments
- Updated Equipment
- Partnered with a College of Business Marketing Class to address intramural participation concerns

New Leagues

- 3v3 Basketball
- 4v4 Flag Football - Block 4
- 4v4 Volleyball
- Bowling
- Esports
- Nickel Softball - Block 4

New Single Day Tournaments

- Badminton
- Battle Ball
- Billiards
- College Bowl Pick'Em
- Futsal
- Key Log Rolling
- March Madness
- Racquetball
- Softball
- Table Tennis
- Three Point Shootout





Block 1	2018-19	2019-20	% Change
Teams	173	211	+18%
Participants	1,185	1,523	+22%
Participations	2,493	4,465	+64%

Block 2	2018-19	2019-20	% Change
Teams	193	249	+22%
Participants	1,445	1,632	+11%
Participations	4,106	6,756	+39%

Block 3	2018-19	2019-20	% Change
Teams	170	178	+4%
Participants	1,259	1,277	+1%
Participations	3,683	3,743	+2%

Block 4	2018-19	2019-20	% Change
Teams	170	Cancelled	N/A
Participants	1,419	Cancelled	N/A
Participations	3,221	Cancelled	N/A

Esports

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. Our “starting five” game titles include League of Legends, Rocket League, Overwatch, Fortnite, and Super Smash Bros.

- Received funding from Student Senate to purchase 10 Alienware Jumpstart packages through Dell that included hard drives, monitors, keyboards, mice, headsets, and chairs.
- Constructed a 675 sq ft. Esports lab in the Hilltop Recreation Center including the gaming stations, 10 gaming tables, two tv's, a PlayStation 4, and a Nintendo Switch.
- Gaming Room opened on February 17th to the general student body.
- Esports Club expanded to over 200 members
- Games offered include: League of Legends, Overwatch, Rocket League, Fortnite, Super Smash Bros





Leveling Up Esports on Campus:

“This is not just about gaming,” said Jeanne Weber, senior higher education strategist at Dell Technologies. Engaging students in esports can help them build critical thinking skills, encourage teamwork and innovation, and promote self-directed learning, she said.

But there is another important reason college administrators are thinking about esports: student recruitment. “There’s going to be a lot more kids looking at esports as an important criterion for college,” said Todd Harris, president of esports production company Skillshot Media. There are already 15 states that recognize esports as a high school varsity sport, and that number will grow, he said.



This is not just about gaming. Engaging students in Esports can help them build critical thinking skills, encourage teamwork and innovation, and promote self-directed learning.

-Jean Weber, senior higher education strategist at Dell Technologies



There’s going to be a lot more kids looking at esports as an important criterion for college

-Todd Harris, Presenident of Esports production comapny Skillshot Media



Environmental Adventure Center

Located in Hilltop Center, the EAC includes Adventure Trips, Archery Range, Bouldering Wall, Bike + Longboard Center, Climbing Wall, Disc Golf Course, Ropes Course, and Rentals.

Programming or Initiatives:

- Wisconsin Indoor Climbing Series, **60** climbers from around the state participated
- Adaptive Climb Program at the climbing wall for the students associated with the Disability Services Office
- Supported and participated in “The Climb” supporting amputees from around the Chippewa Valley which took place on the campus hill
- Collaborated with the Admissions office and offered 6 sessions of programming on the bouldering wall for juniors in high school touring campus

30 Participants

KINS 301 Adventure Class / Learn to Climb

60 Participants

Chippewa Valley Nordic Club / Climbing event

80 Participants

Halloween Costume Climb & Dance Party





Adventure Trips:

60 Participants

Fall - 6 Trips

30 Participants

Spring - 3 Trips

Climbing + Bouldering Wall

Bouldering Wall is FREE for UWEC Students

93

University Memberships

110

Community Memberships

12,490

Total Participation



Ropes Course:

35

Total Groups

1,346

Total Participants

Crest Fitness Center

- Upgraded with new selectorized and Matrix fitness equipment

1,430

Crest Memberships

29,718

Crest Usage



McPhee Strength and Performance Center (MSPC)

- Upgraded with new flooring and equipment
- 4x the barbell workspace
- Increased flat benches
- Increased pullup stations
- More open floor space
- New resistance machine area
- 5x the Olympic lifting stations
- Increased cleaning requirements and staff during initial stages of COVID

2,259

MSPC Memberships

45,430

MSPC Usage



Strength and Conditioning Program

The Strength and Conditioning program expanded this year with the hiring of Assistant Strength and Performance Coach Tyler Leonhard

Kinesiology Department - 9 Student Apprentices:

- Hands-on experience training collegiate athletes: **1,047 hours**
- Professional development meetings: **37 hours**
- Professional interview practice: **9 hours**

Athletics Department - 700 Student Athletes:

- Individualized team training: **760 hours**
- Planning, organization and meetings for athletes and teams : **1000+ hours**
- Key physical performance indicators tracked and shared with athletes
- Key recovery measures tracked and shared with athletes
- Education, assessment, and improvement recommendations for athletes and coaches
- Transitioned to online programming and communication for all 700 student athletes due to COVID

Recreation Department - 28 MSPC Employees:

- Students employed in customer service and facility maintenance positions: **3,147 hours**
- Students employed in managerial positions: **556 hours**



“The most beneficial part of this experience for my development as a coach was learning, observing, and experiencing what it is truly like to be a coach.”



Fitness

Group Exercise

Around 50 Group Exercise classes take place each week during the semester in multiple locations, these are free for all faculty, students, and staff.

10,537

Fall Participants

3,874

Spring Participants

Anything Goes

Barre Fit

Boot Camp

Butts + Guts

Cycling

Dance Strength Fusion

Express Fit

HIIT

Hydrorobics

Kickboxing

Low Impact Cardio

Meditation Yoga

Paddleboard Yoga

Pilates Yoga Strength

Strength + Tone

Yoga

Yoga Sculpt

Zumba



Since I've been going to fitness classes I have made more friendships and gotten into better shape. Being apart of Group Exercise has definitely made a positive impact on my college experience.

-Mala, Freshman





Group Exercise Training Program in house workshops:
"Motivation, Energy, and Stage Presence"

- Hosted the following certification workshops:
Spinning: 3 students
Barre Connect: 3 students, 1LTE, Brittany Wold
101 Ways to Bootcamp: 3 students, LTE, Brittany Wold
- Implemented new "Boot Camp Yoga Fusion"
- Hosted Yoga Inservice with community instructor
- Hosted in house "Choreographed Classes" workshops

Fit4Life

Fit4Life is designed to benefit those looking to spruce up their existing exercise regimen as well as those looking to begin a program but don't know where to start. Participants meet individually or in groups of two with an exercise programmer to discuss goals.

17

Participating Clients

6

Programmers

Instructor Lindsey: Meditative Yoga



Wellness

The Recreation and Sport Operations Wellness Program is open to University Students, Faculty and Staff, as well as members of the community. The program typically hosts fee based fitness classes taught by certified, experienced fitness and wellness instructors.

114

*Total Participants
(Pilates + Power Plus)*

Occasionally, the program will host fitness certification workshops that are open to anyone interested. The Wellness Program is broken down by season and is composed of a Fall, Winter, Spring and Summer schedule.

New this year: Student Self Defense class partnership with campus police

Couch to 5k

A free interactive training program designed to help beginning runners prepare for the Shamrock Shuffle 5k

20

Total Participants





Student Wellness

- Presented on Student Wellness in FYE academic courses
- Programmed October Mental Health Event
- December Stress Management program hosted in Davies
- Student Wellness Fair in conjunction with McPhee Fun Night
- Focusing on a "Sleep" initiative in Spring semester

Employee Wellness Intern

- Monthly newsletters, Wellness Walks, Fairs and Challenges
- New intern: Sam Ferch
- Employee Self Defense
- Free Fit4Life for Employees - wellness grant
- Employee Wellness Challenge
- 2 Biometric Screening Events

\$3,800

Wellness Grant

Massage Therapy

274

Chairs

214

Tables

Special Events

Tour de Rec/Run the Hill

Monday, September 2

Approximately 2000 students participated in tours, group exercise classes, log rolling, ropes course, bags tournament and ran the hill for a free EXPERIENCE RECREATION t-shirt!

McPhee Fun Night

Wednesday, September 18

A fun and active way to learn your way around McPhee and EXPERIENCE RECREATION!

MN Vikings Bus Trip

Sunday, September 22

Watch the Vikings do battle with the Oakland Raiders at the US Bank Stadium in downtown Minneapolis for Sunday Football action.





Hilltop Halloween Tuesday, October 29

Costume Zumba, Black/Orange/Neon Group Ex, Costume Bouldering, and Halloween Cookies!

Mall of America Saturday, December 7

Fun trip to experience the Mall of America! Home to 520 stores plus 50 restaurants and a variety of entertainment. Trip includes coupon book (9.95 value) and MOA bag.



Winter RecXperience Wednesday, February 12

A night of open recreation throughout McPhee, Hilltop, and Crest. Come see all that Recreation and Sport Operations has to offer! All programs will be represented, including an open house of the brand new Esports room!

Jig's Up

Saturday, February 8 at The View on Lake Wissota

UWEC Recreation, Blugold Athletics and the Lake Wissota Lion's along with title sponsors Scheels, Eau Claire Ford, Subway, and Airforce/Special Ops come together to offer this winter event. Over \$80,000 in cash and prizes given out including a 2-year lease on a 2020 Ford F150 Truck and a 2019 Polaris Sportsman 450 4-wheeler, \$500 Scheels gift cards, and more. This event also includes the Scheels Kids Klub fishing event and serves as a host for the high school WI Interscholastic Ice Fishing Association.

1,307

Fish Tickets Sold

820

Fish Weighed In

\$28,835

in Raffle Tickets Sold

\$47,545

Total Profit

Club Sport members sold \$14,490 in raffle tickets resulting in \$7245 to support their Clubs.





Shammrock Shuffle

This Annual 5k+ Fun Run/Walk, Little Leprechaun 1k for kids and the Littlest Leprechaun for toddlers is hosted and sponsored by UW-Eau Claire Recreation and Sport Operations; a great way to kick off the 5k season! The route starts on UW-Eau Claire's upper campus, goes down the infamous Garfield Avenue hill, over the scenic university footbridge and follows the river up the beautiful Chippewa Valley River trail. The race is a loop that begins and ends at the McPhee Physical Education Center.

The event was scheduled to take place on Saturday, March 14, unfortunately, it was cancelled due to COVID-19.

541

Registrants

9

Sponsors

Freshman Connection

Freshman Connection – August 25-30, 2019

The Freshman Connection Immersion Program is a 6-day, one-credit 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.

90

First year students

100%

of participants agreed that the Freshman Connection helped them feel more connected to the UW-Eau Claire Campus.

91%

of participants agreed that the Freshman Connection helped them feel more confident in their ability to be successful at UW-Eau Claire.



“Freshman Connection was an incredible time! It really helped me establish connections with other freshmen as well as upperclassmen. It helped me get to know the UWEC campus too and make it feel more like home. I wouldn’t want my freshman year to start any other way!”

-Brandon Kviz, Mt. Prospect, IL





Retention to 2nd year

87%

Freshman Connection

82%

Incoming Freshman

Retention to 3rd year

89%

Freshman Connection

78%

Incoming Freshman

Retention to 4th year

69%

Freshman Connection

63%

Incoming Freshman

Rec Connect

A retention program especially for transfer students – connecting them to their new campus, to Recreation opportunities, and to each other!

38

Attended with very positive feedback

Key Performance Indicators

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 all Recreation employees and participants (Club Sports, Group Exercise, Intramurals, Equipment Users, Fitness-Climbing-Archery Memberships, Group Exercise, Programs and Events) were sent to Institutional Research who provided the following data.

GPA

University Average: **3.23**

Recreation Employees: **3.46**

All Recreation Participants: **3.28**

Club Sport Athletes: **3.25**

Group Exercise Participants: **3.43**

Intramural Participants: **3.27**

Retention Freshman to Sophomore Year

University Average: **82%**

Recreation Employees: **92%**

All Recreation Participants: **91%**

Club Sport Athletes: **99%**

Group Exercise Participants: **94%**

Intramural Participants: **90%**

Participation Numbers

Recreation Employees: **130**

Memberships: **3,782**

Club Sport Athletes: **757**

Group Exercise Participants: **2,040**

Intramural Participants: **2,042**

Program Registrations: **437**

4-year Graduation Rate:

University Average: **45%**

Recreation Employees: **58%**

All Recreation Participants: **58%**

Club Sport Athletes: **N/A**

Group Exercise Participants: **63%**

Intramural Participants: **58%**



Student Employment

Students employed in Recreation were given three professional development mandatory trainings to complete over the year:

ALICE (Active Shooter):

University Police facilitated this training which covered what to do in the event of an Active Shooter situation. Workshop was offered as well in 2018-19. **62 attended**

Blugold Service Excellence:

This session introduced participants to the five UWEC Service Excellence Standards: Approachability, Respect, Responsiveness, Effectiveness, and overall Well-being. It was designed to enhance participants' knowledge and offer a safe place to practice customer service excellence the Blugold way. **140 attended**

Campus Connect:

Suicide prevention training. **125 attended**





High Impact Experience

96%

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 relationships, provided rich and frequent feedback, gave opportunities to apply and test what they learned, and time to reflect on the person that they are becoming

\$3,536

was spent on student leadership development to cover costs for student employees to attend: WIRSA State Conference, CSCS Exam, Bootcamp 101 certification, Yoga Instructor training, Barre Connect certification, and Spinning Instructor Certification

“

When I first started college as a freshman, I always had the idea in mind to lifeguard at the on-campus pool. This was mostly because I had been a lifeguard for several years, so it would be easy. I never would have guessed that I would become so involved and eventually change my career path to go into campus recreation. I am proud to work for a department on campus that encourages students from all walks of life to become a part of the recreation family!

- Morgyn F.

”

Where Are They Now?

90%

of Recreation student employees who set a SMART Goal have achieved it or are on their way to achieve it.



**Taylor Sharratt,
Group Ex**

Middle school teacher
Woodbury, MN



**Hannah Van
Steenburgh,
Group Ex**

Full Ride Medical School at the University of Wisconsin School of Medicine and Public Health in Madison



**Alyssa Kollross,
Group Ex**

Software Product Analyst for Sentry Insurance



**Lindsey Tess,
Group Ex**

Year off to travel then Chiropractor school or a Master's in Clinical Exercise Physiology



**Lexi Kreutzian,
Group Ex**

Grad school at Mankato for Speech Language Pathology



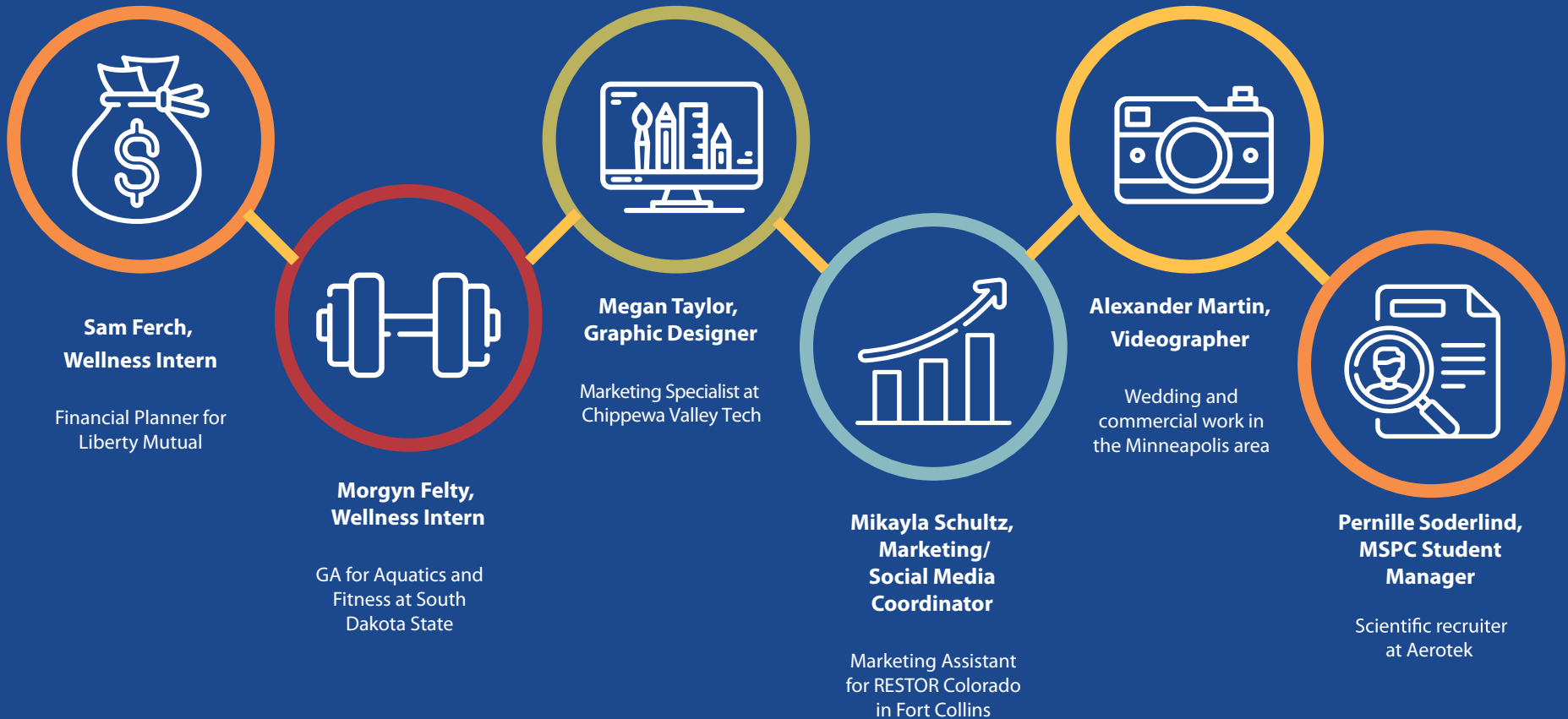
**Mary Cait
McManamon,
Group Ex**

Started a business called Spark Convos, LLC

Student Employee Graduates

98%

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.



Student Learning Outcomes

Recreation staff reviewed, discussed, and revised our Student Employee Learning Outcomes in the summer of 2019. Updates were based on the NACE career competencies employers value most and were aligned with our Key Performance Indicators with consideration of the learning outcomes of Davies Center and Housing. The new learning outcomes were reviewed and approved by the Director of University Assessment.

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.



“

Recreation for me, has meant facing my fears of public speaking, stepping fully into a leadership role and being confident in the knowledge I am giving to other students. It has strengthened my sense of self awareness and made me a more well-rounded individual.”

”

Respect for Diversity

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

100%

of student employees Strongly Agree, Agree, or Somewhat Agree

Personal Wellness

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

95%

of student employees 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.

96%

of student employees 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.

90%

of student employees Strongly Agree, Agree, or Somewhat Agree

Leadership

Students who work for Recreation demonstrate leadership skills.

98%

of student employees Strongly Agree, Agree, or Somewhat Agree

Recreation Interns in the Field

2019 Karlie Stefonik, GA for Competitive, Sports at Western Kentucky University

2018 Mike Brosenne, Director of Intramurals & Recreation, Waldorf University

2018 Tucker Paschen, GA for Facilities Operations, U of Southern Mississippi

2017 Zoe Arnold, Member Services and Community Outreach Coordinator
at U of Oregon

2016 Garrett Larson, Competitive Sports Coordinator, UW-Eau Claire

2016 Dani Licht, Recreation Supervisor, Owatonna Parks and
Rec + HS Varsity Lacrosse Coach

2016 Brett Odegard, Outdoor Program Coordinator, U of Kentucky

2015 Nick Donahue, Assistant Director, UW-Superior

2015 Sam Rodenberg, Intramural Manager, U of Washington

2013 Katelyn Lutz, Sports Director, YMCA at Pabst Farms,
Oconomowoc, WI



COVID-19

In true Recreation and Sport Operations fashion, our response to the COVID-19 pandemic was swift and efficient, with student and staff safety as the Number 1 priority. As facilities began to close and staff moved to their home offices, programming moved to a virtual format. Participants stayed engaged with online fitness classes, competitive challenges, Esport gaming, and strength and conditioning programs. Our goal was to keep participants active and engaged with positive, healthy opportunities to help them adjust to the unknown changes as we, as a department, a campus, a state, and a country, came together to combat this pandemic.

During this time, staff and students were kept busy moving to online programming, virtual communication, and “safer at home” workstations. All but three professional staff accepted 4-week furloughs during May and June. This contributed to several thousands of dollars in savings to campus.

While “staying safer at home” students and staff had access to:

- Online Group Exercise classes posted daily M-F with 86 videos produced
- Saturday evening “live” Zumba classes
- “See 10, do 10” Instagram push up challenge
- 2-week “At Home Fitness Challenge” – 10 videos produced
- Facetime Group Ex Trainings and mentorships for instructors
- Virtual staff meetings and online trainings
- Weeklong social media wellness campaign hosted by Student Wellness
- Wellness Challenge, Newsletters and Employee Wellness Fair planned electronically
- Fit4Life held virtual training sessions with clients

Staff worked hard to:

- Refund all Fitness center membership and wellness class registrations
- Partner with SpringFest to help with virtual programming (Student Wellness)
- Refund 105 climbing wall and bouldering wall memberships
- Maintain contact with 530 athletes for strength and conditioning
- Participate in the WIRSA “Run with Rec” challenge
- Attend virtual NIRSA Webinars/Roundtables and Professional Development classes

Staff + Involvement

On Campus Involvement

- Alcohol Safety Team
- Wellness LLC
- Blugold Beginnings Mentor Program
- Blugold Buddies Mentor Program
- Blugold Welcome Committee
- Employee Wellness Committee
- Fostering Success Advisory Board
- Resident Hall Fitness Centers Development
- Facilities Auxiliary Assessment Team
- Family Weekend Committee
- HostFriend Program
- Simpson Field Committee
- Students with Disabilities Committee
- Student Wellness Committee
- University Assessment Committee
- University Senate
- Week of Welcome Programming

Community Involvement

- Chronic Disease Prevention: Healthy Communities Coalition
- Economic Recovery Task Force/Outdoor Recreation
- Level Up Gaming Summit at DePaul University
- NIRSA Virtual Roundtable Facilitator, Esports Part 1 + 2
- Official's Clinician, WIRSA State Basketball Tournament at UW-River Falls
- Served on the NIRSA/NACA Esports Task Force for a second consecutive year
- Sonnentag Centre Campaign Group
- WIRSA Executive Board
- WIRSA State Conference attendance by students and staff
- WIRSA 2019 State Conference Presentation "Breaking Fad: Esports and the Interpretation of our Future"
- WIAA Officiating Certifications: Basketball Officiating, Baseball Officiating, Softball Officiating
- YMCA Executive Board of Directors



Staff



Shari Breed
Financial Specialist



Tammy Brun Schmid
McPhee Office Manager



Matt Ebner
Event Assistant + Assistant
Football Coach



Zach Hill
Equipment + Laundry Room
Coordinator



Andy Jepsen
Director



Garrett Larson
Competitive Sports
Coordinator



Mike Mchugh
Event Assistant + Assistant
Football Coach



Neil Ostlund
Sports Operation Manager



Sheryl Poirier
Assistant Director



Zac Ruch
MSPC Coordinator + Head
Strength & Sports
Performance Coach



Jan Thorson
Recreation Office Manager



Matt Tomsho
MSPC Assistant Coordinator +
Assistant Football Coach



Al Wiberg
Assistant Director of
Operations



Brittany Wold
Fitness + Wellness
Coordinator



**RECREATION AND
SPORT OPERATIONS**

University of Wisconsin-Eau Claire