

# CORBAN CAMPUS *Recreation*



## 2013-2014 ANNUAL REPORT

*By Donny Zavala and Lauren Carter*

# TABLE OF CONTENTS

Letter from the Director	1
Overview of Services and Programming	2
Student Fitness Center	
Intramurals	
Outdoor Adventure	
Mission Statement	3
Goals and Objectives	3
Community	
Over-all Wellness	
Participation	
Social Media	
Department Values	4
Building Community	5-6
Success and Accomplishments	7
iWill Personal Training Program	7
Participation	8-10
Sportsmanship Rating System	11
Summary and Conclusion	12
A Note of Thanks	13

# CAMPUS RECREATION ANNUAL REPORT 2013-2014

## A Letter from the Director

Dear Corban Community,

Today, I invite you to thumb through the Campus Recreation Annual Report for the 2013-2014 school year. This report is intended to share with you program highlights, accomplishments, student involvement/participation, vision and philosophy of our department. Moreover, the report intends to share the inner-workings of the Campus Recreation Department and more importantly, how our department works to impact our students!

Staff and Faculty: We are eager to share how *YOU have* been a part of our success! Whether you work in Aramark, the Bookstore, Campus Care, Admissions, Financial Aid, Athletics, ADP, or any other position, give yourself a pat on the back! You have helped us in achieving our goals.

Students: You are our motivation and the reason we exist. It's for you we work tirelessly and continue to push our limits. We hope you have been captivated and impacted by our offerings. Our work is not completed unless we have made a one-on-one connection! We will go to all ends to make your student life better. We thank you in advance for your participation and eagerness to be involved. Thanks to the 75% of you that came out to partake from our services!

Finally, to my student staff, you are our engine! Without all of you, we would not be able to operate and function! Your energy and hard work is evident. I look forward to working with you all next fall! It's time to bring it up another notch!

In health,



Donny Zavala  
Director of Campus Recreation

# CAMPUS RECREATION ANNUAL REPORT 2013-2014

## Overview of Services and Programming

Campus Recreation involves an array of programs which work together to provide opportunities for different types of activity. These programs fall under Fitness, Intramurals, and Outdoor Adventure and informal recreation.

### Student Fitness Center

Our Facility was newly renovated during the summer of 2013 in order to improve the work out experience on campus. These renovations included cosmetic improvements such as new floors, paint, and mirrors as well as a rearrangement that uses the space more efficiently. Three small televisions and one large television were mounted and new fitness machines were brought in to further meet the needs of the fitness center users and to make it a more inviting atmosphere.



### Intramurals

This year we offered fifteen different intramural sport leagues and tournaments. As our most established program, intramurals continues to grow with our consistent sports such as basketball and volleyball tournaments, while introducing new events such as Flag Football, Golf, and a Rock, Paper, Scissors tournament.

### Outdoor Adventure

This is the newest addition to our program and has had a successful first year. We created this in an effort to reach a broader participant population through opportunities that are different from anything else we offer. Through Outdoor Adventure students have the chance to get off campus to do primarily outdoor activities in the community. Some of these events included Cosmic Tubing at Mt. Hood, Paintball, Ice-skating, and Hiking.





# CAMPUS RECREATION ANNUAL REPORT 2013-2014

**Mission Statement:** “It is our goal that the Corban Community will benefit from the Campus Recreation programs and activities we have to offer, including a variety of Intramural sports, Outdoor Adventure events, and Fitness Center opportunities. Our focus is to provide activities that will meet the diverse interests of students, staff and faculty. We seek to create unique opportunities for community building that will contribute to the holistic health and success of our participants. “

## Goals and Objectives

### Community

Our aim is that Campus Recreation be an extension of the University and an outlet for positive relationships and personal growth that will translate into the over-all campus environment. We desire to enhance relations between different age groups, majors, and places of residence through activity.



### Over-all Wellness

We firmly believe that participation in activity has the potential to enhance wellness physically, emotionally, relationally, and academically. Coinciding with our goals of participation are the goals to be a positive influence in each of these areas of the individual.

### Participation

We began the 2013-2014 school year with a desire to reach 70% of the student body through participation in at least one area of Campus Recreation. Involvement of faculty and staff is something we highly value for the benefit of their health and the potential staff to student relationship opportunities created through their participation. For this reason, engaging staff and faculty was a secondary participation goal for our program.

### Social Media



In a world of technology savvy students, it is vital that we are in tune with our students' every move. This is why we have established a social media presence. Our Facebook page has over 500 followers. The Instagram account was established in 2014. We look forward to marketing via these platforms for the years to come.

"Campus Recreation is great for having fun, playing paintball, tubing, sports, and all other kinds of activities."  
-Student, Jake Rodriguez

## Department Values

### Wellness

We believe that involvement in activity not only contributes to one's physical wellbeing, but to the overall wellbeing of a person. The positive environment of all our programming is a top priority as we desire to encourage students towards physical wellness as well as social, emotional and academic success.

### Student Development

Each year an excellent group of students are hired to work as Campus Recreation staff. Their roles include facility supervision, Intramural supervision, and Outdoor Adventure supervision. As a Campus Recreation employee students learn valuable skills in facility management, leadership, and countless other areas. For many, a desire for employment in Campus Recreation stems from a personal interest or education path related to our program. For these students, and others, being involved with Campus Recreation offers great growth and experience that will benefit them in their future careers.

### Community

We believe that some of the best community is built through activity and healthy competition. This leads us to place high value on the environment we create as a staff. Students who participate are held to a high standard of conduct in order to maintain this environment and ensure a positive experience is created for everyone involved. We also believe that involvement of staff and faculty builds relationships with and sets a positive example for students.

### Students

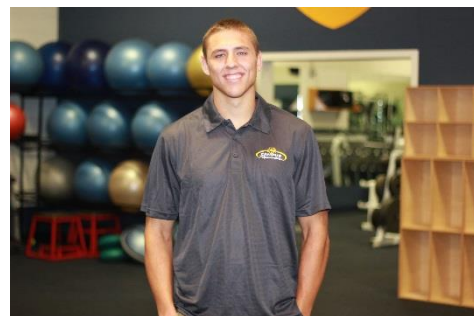
As a program we strive to serve as many students as possible. We believe that their involvement in any Campus Recreation activity will enhance their college experience. Because of this we take our customer service and relationships with students very seriously.

"Working for Campus Recreation has been one of my best job experiences to-date. I have loved the interaction I can have with other students in intramurals, and through sports and activities. I am always happy to be a representative for campus recreation."

-Eli Olson, student worker

### Professionalism and Excellence

Because of our strong desire to serve our campus to the best of our abilities, we have a high standard of professionalism. We are not satisfied with meeting being status quo, but are always striving to become better with each year and provide excellent programs. As a staff we seek to be constantly improving our customer service and progress towards our greatest potential.



# CAMPUS RECREATION ANNUAL REPORT 2013-2014

## Building Community

In order to offer the best services possible to the Corban community, we collaborate with various other programs on campus. These different groups contribute to Campus Recreation programs in a variety of ways, including meal provision, equipment sharing, and the co-planning of events which are mutually beneficial.

### ASB

We often collaborate with the ASB to provide space and equipment for school wide events. This creates opportunities for students to become familiar with the sports center in a non-threatening way and is an opportunity for us to use our resources to contribute to the events of other programs.



### Community Life Teams (CLT)

The leaders of community life teams create clubs that reflect their interest and a perceived interest or need of others on campus. Multiple CLT groups are sports clubs who use our facilities and provide an alternative option for physical activity in a specific area.

### Campus Safety

This past year we collaborated with Campus Safety to create a new Student safety initiative. Their presence and involvement in our “safety first” mentality helps us carry on with our day to day. Example: Assist in maintaining safe running routes and remind our students to don safety gear when running outdoors.

### Athletics

Because of our shared space, we have many opportunities to collaborate with the Athletic Department over the year. This includes working together to ensure opportunities for athletes and non-athletes to have access to our space and services as frequently as possible. This also includes the sharing of equipment and mutual laundering, cleaning, etc. in order to serve each other.



# CAMPUS RECREATION ANNUAL REPORT 2013-2014

## Campus Recreation Advisory Board (CRAB)

A combination of students, staff, and faculty were invited to be a part of this board for specific perspectives which we believed they offered based on their level of involvement with our program. This board met monthly and discussed important topics regarding every area of our program and was encouraged to share opinions and ideas in order to continue improvement of Campus Recreation.



## Campus Care

For any maintenance and repairs in our facility we rely on Campus Care. They do an excellent job keeping our Fitness Center and its surroundings working well, looking great, and most importantly safe for our users.

## Marketing

We rely on the help of the marketing department at Corban University who helps us with all printing of event posters, informational brochures, and Campus Recreation calendars. With their help we are able to make information accessible to the campus in an effective and professional way.

The Fitness Center is my refuge, a happy place. I walk up the hill at lunch tired and sometimes troubled by the challenges of the day. After exercise, I return to the office with a new perspective and energy. I am very grateful to have the opportunity to use the facility

-Daren Millionis, Corban Staff

## Aramark Dining

As we began our Outdoor Adventure program with attempting one event a month, Aramark worked with us to provide excellent meals for each of these. Additionally, campus dining provides us with marketing space to reach additional students.

"I really love working in a facility that promotes so many options to be physically active, including working out, playing on a Corban sports team, intramurals, clubs, the personal training sessions, and just recreation. It's also great seeing so many people taking advantage of the new space and positive changes of the Sports Center, who may have never stepped foot in a gym. It's a great place, as it promotes healthy living, as well as a fun community for our campus in more positive lights than just one. I love seeing and interacting with so many different students, faculty and staff during my shifts who are improving their health as well as having a fun, positive time doing it."

-Teddi Reese. student worker



## Successes and Accomplishments iWill Personal Training Program

This past year we collaborated with Corban's Exercise Science Department and created a personal training program for students and staff looking for extra accountability and instruction.

Dr. Shannon Simmons and Bethany Dure, a Senior at Corban, led the program by creating individual exercise plans, assisting participants develop better nutritional habits, and leading them in their work outs twice a week.

As a Corban staff member, the iWill program has given me new motivation to stay healthy and active even during a busy academic semester. I know that I will use the fitness strategies and other information gained for years to come. I am already feeling the benefits!

-Jeff Benjamin, Corban Staff



The iWill program has offered me the accountability and encouragement I needed to make a healthy lifestyle change. I have gained much knowledge on fitness and nutrition and look forward to taking this with me in my life. Getting healthy is fun and this program has helped me take a giant step in this journey of changing my life for the better.

-Mikala Larez, Student



**19** Students and faculty/staff members participated in the iWill program.

# CAMPUS RECREATION ANNUAL REPORT 2013-2014

## Participation

The greatest source of participation is found in the **Student Fitness Center**. We believe this is partially due to the renovations completed at the beginning of the year which make the work out environment more inviting and enjoyable.

**Intramurals** is the second largest source of participation. This is our most long standing program and we saw the most participation in those leagues and tournaments which have been offered in previous years. We believe this is due to a following of consistent participants who look forward to specific events each year.

Lastly is **Outdoor Adventure**. This was our first year offering these off campus opportunities and we are pleased with the involvement from students as we developed new programs and sought to create opportunities they would enjoy and benefit from. We believe that this number will only grow as we are able to offer more elaborate opportunities and focus on those that received the highest interest and as we develop a following of students who particularly enjoy these activities.

## 2013-2014 School Year

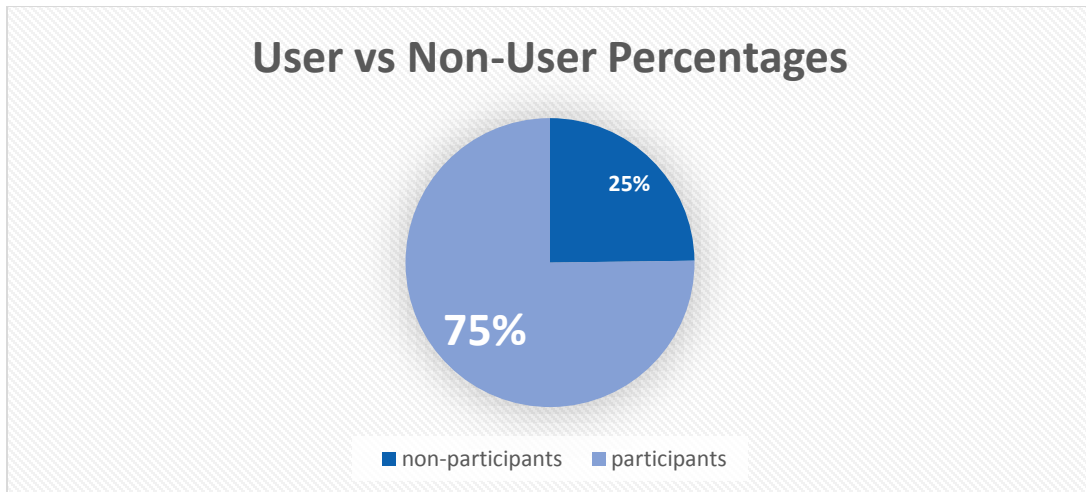
**Total Number of Campus Recreation Participants: 631** single 1x participants.

(Fitness Center: 443 single first time participants.)

(Intramurals: 350 single first time participants.)

(Outdoor Adventure: 104 single first time participants.)

*Overall Students tallied 7,457 interactions in Campus Recreation Activities.*

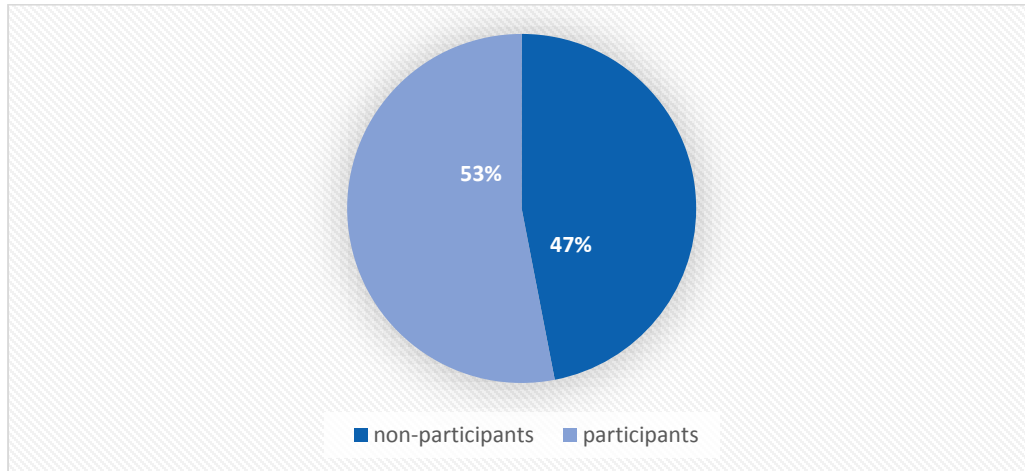


\*During the 2013-2014 academic school year **839** traditional undergraduate students attended Corban University. It is from this number that we found our percentages of participation in our programming.

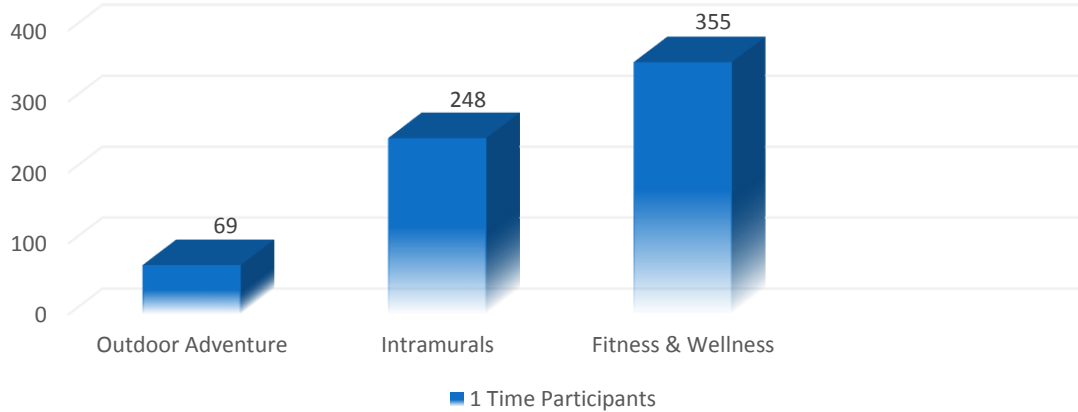
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## Fall Semester 2013

Total Number of Campus Recreation 1x per program offered participants: 445



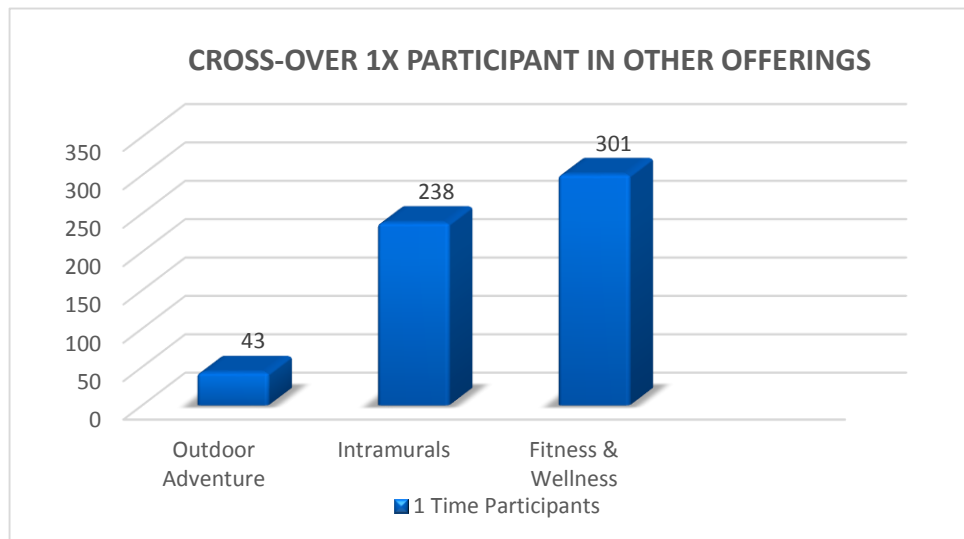
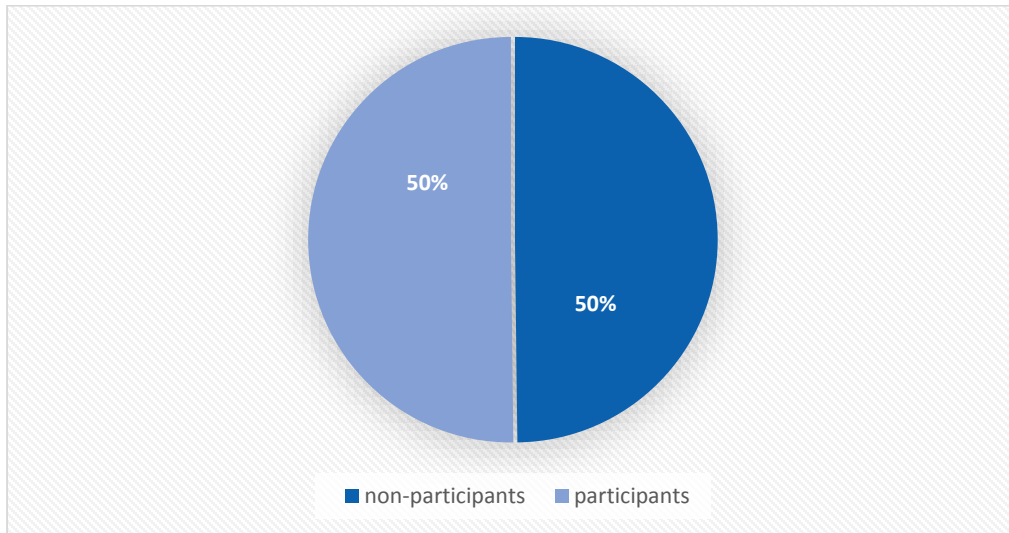
### CROSS-OVER 1X USE IN OTHER OFFERINGS



# CAMPUS RECREATION ANNUAL REPORT 2013-2014

## Spring Semester 2014

Total Number of Campus Recreation 1x per program offered participants: 392





# CAMPUS RECREATION ANNUAL REPORT 2013-2014

## Method of Data Collection

In order to keep record of participation we implemented a sign in system at the entrance of our building and required all Fitness Center users to sign in before their work out. These names and numbers were entered manually into a computer each day along with rosters from all Intramural activities and registration forms for all Outdoor Adventures. Through use of an excel program we were able to keep track of names and frequency of use to determine our progress and the unreached population.

## Sportsmanship Rating System

This year we implemented a new sportsmanship rating system into our Intramural program. Within this system, the Intramural supervisor rates each team on a scale of 1-5 at the end of each game. The teams are rated on their respectfulness to the supervisor and referees, their positive attitudes in competition, and their conduct towards their teammates and competitors. If a team receives a low score, they are followed up with by our Campus Recreation staff and face the possibility of not having the opportunity to compete any further in the tournament or league.

We have received encouraging feedback about the result of this rating system and feel that it has furthered our goal of creating a positive and healthy environment in which students can grow social, emotionally, and spiritually.



I love intramurals because they allow me to play sports, be competitive, and have fun even though I'm not playing a sport on a collegiate team. Also, I like the variety of intramurals, as it allows myself and other people on campus an opportunity to try something new or participate in something that we might not normally participate in.

-Katrina Henning, Student

## Summary and Conclusion

This year has seen many changes and adjustments, successes and areas of growth. With the change in Campus Recreation structure we are able to meet the needs and desires of a greater population by offering a wider range of opportunities through our three facets of the program. Within these three areas, we continue to grow in participation percentage and came extremely close to meeting our tremendous goals. We are especially proud of the new additions and achievements accomplished this year. Based on the research we conducted, Campus Recreation plays a large part in the success and wellbeing of the Corban University Campus and its students. This is both humbling and challenging as we take our influence seriously and seek to be excellent in order to have an excellent influence. We feel that Campus Recreation is thriving more than ever and look forward to future progress and growth.

## Goals going forward

We hope that next year will be our best yet. There are a few key areas which we plan to give attention to in order to improve our program even more. One of these key areas is a continued focus on participation. Not only do we hope to achieve our overall participation goal of 70% next year, we hope to target commuters with creative ideas which cater to their unique needs and interests. This population group has a consistently lower participation rate than on campus students. We are hoping that by providing these specific opportunities, the commuter population rate will rise and consequently so will our overall rate.

We look forward to continuing the development of our newest program, Outdoor Adventure. A continuation of the most successful events of this year along with fresh ideas is the plan for building a participant following. This will require student input and accumulating new equipment. We have the opportunity to collaborate with the Outdoor program at Willamette University which leads multiple outdoor trips each weekend including rock climbing, camping, and kayaking. This opportunity to learn from other programs which are more experienced and established than we are is exciting and we intend to pour energy and resources into reaching the level of success in this program as surrounding schools.

Our new group of student workers is excited to get started and make a contribution to bettering our program. We are working to bring our customer service to the next level and inundate our program with passion which stems from the people which it is built on.



# CAMPUS RECREATION ANNUAL REPORT 2013-2014

## A Note of Thanks

Campus Recreation is grateful to have the support and collaboration of so many departments and individuals on campus. We acknowledge that our successes could not be achieved without each of them. Their assistance and involvement is appreciated and valued. We look forward to continuing collaboration with the Corban community and to developing new working relationships as we continue pursuing new opportunities and a reputation of excellence.

Thank you to Ben Moll and the Assessment Department for making these studies possible. And to the marketing Department for helping us with the printing and assembling of this report.

