

# The Impact of Campus Recreation and the Sport Club Program at The College of William & Mary

An Initiative of the Student Affairs Committee of the Board of Visitors

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**WILLIAM & MARY**

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## Project Scope

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In early Fall 2015, shortly after our respective appointments as Chair and Vice Chair of the Committee on Student Affairs, we began to meet regularly with various student constituency groups. This was part of our initiative to make the Committee more visibly accessible to the students we serve and to provide a forum for open dialogue between students and members of the Board of Visitors.

One of the first groups with whom we met included sport club presidents and participants. During a 90-minute town hall on October 27, 2015, this gathering of more than 50 students left both of us clear that they shared a passion for their sport, a commitment to including their chosen sport as an integral part of a balanced life and a pledge of fealty to their teammates. These students came to William & Mary for its stellar academic reputation but joined a sport club simply for the love of the game. That was the good news.

The not-so-good news was the frequently expressed concern about the state of available practice facilities, including poor lighting, sub-optimal air quality and dangerous turf conditions. There were a variety of assorted other concerns, but the one nearly universally expressed was about funding. As a result of that conversation and others that preceded it, we decided to undertake a thorough analysis of the Sport Club Program. Our goal was (and still is) to effect a positive change on an aspect of William & Mary life in which over 1,200 students directly participate, in which countless others enjoy as fans and to which others are denied participation because they can't pay the freight.

This six-month project began with several goals in mind:

1. Bring the Sport Club Program to the attention of the Board of Visitors.
2. Give students the opportunity to be partners in this project.
3. Provide data-driven suggestions on how to grow club memberships, encourage student leadership opportunities, engage with alumni on a regular basis, supplement University allocations through independent fundraising initiatives, and be involved in the Williamsburg community as ambassadors of the University.
4. Identify a means to increase financial support for clubs with significant budget challenges that are also model programs for the University.
5. Continue the project in 2016-17 with the implementation of non-funding recommendations and a push for incremental funding for club stipends.

As a follow-up to our October town hall, Jodi Fisler, Director of Student Affairs Planning and Assessment for the University's Office of Student Affairs (now Associate for

Assessment Policy and Analysis at the State Council of Higher Education for Virginia), prepared a survey based on a detailed set of questions that we suggested would help us determine the challenges our sport clubs face. Each club president received the survey in November 2015 and completed it by February 2016. We are pleased that we had a 100 percent response rate.

The next phase of our information gathering process included meeting one-on-one with club presidents to fill in any blanks from the survey and discuss the information to include in this report. Meetings began in January 2016 and concluded in March. Again, we had a 100 percent participation rate among the 45 clubs.

We first want to thank the students – nearly 100 of them – who have helped at every stage of this project from providing consequential budget data to anecdotal information and testimonials. We also sought input early on from Student Assembly President Yohance Whitaker '16 who has our deepest gratitude.

From the outset, we have enjoyed the encouragement and support of Ginger Ambler, Vice President for Student Affairs, and Sam Jones, Senior Vice President for Finance and Administration. Both have both provided their time, input, valuable information and historical data. We have been fortunate to have them as such capable guides through the complex and tangled budget processes and nuances of the allocation of the mandatory non-academic fees.

The President's Office has played an important role, particularly regarding process. We want to thank Michael J. Fox, Assistant to the President and Secretary to the Board of Visitors, and President Taylor Reveley, who has been a stalwart supporter of the Sport Club Program since he took office.

Linda Knight, Director of Campus Recreation, and Megan Wagner, Assistant Director for the Sport Club Program, partnered with us from the start as we embarked on a fact-finding mission involving hours of discussions, data mining, and contact with students to ensure this report's accuracy.

We are pleased to issue following report, *The Impact of Campus Recreation and the Sport Club Program at The College of William & Mary*, for the Board's review and consideration of our recommendations.

Respectfully submitted,  
Lisa Roday, Chair  
Will Payne, Vice Chair  
Student Affairs Committee of the Board of Visitors of the College of William & Mary  
April 2016

## **Campus Recreation**

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In order to best understand the Sport Club program, it's important to understand where the program fits under the Campus Recreation umbrella.

The Department of Campus Recreation provides quality recreational opportunities to all members of the William & Mary community to enhance and foster a lifelong appreciation for health, wellness, and recreation.

### ***Value Statement***

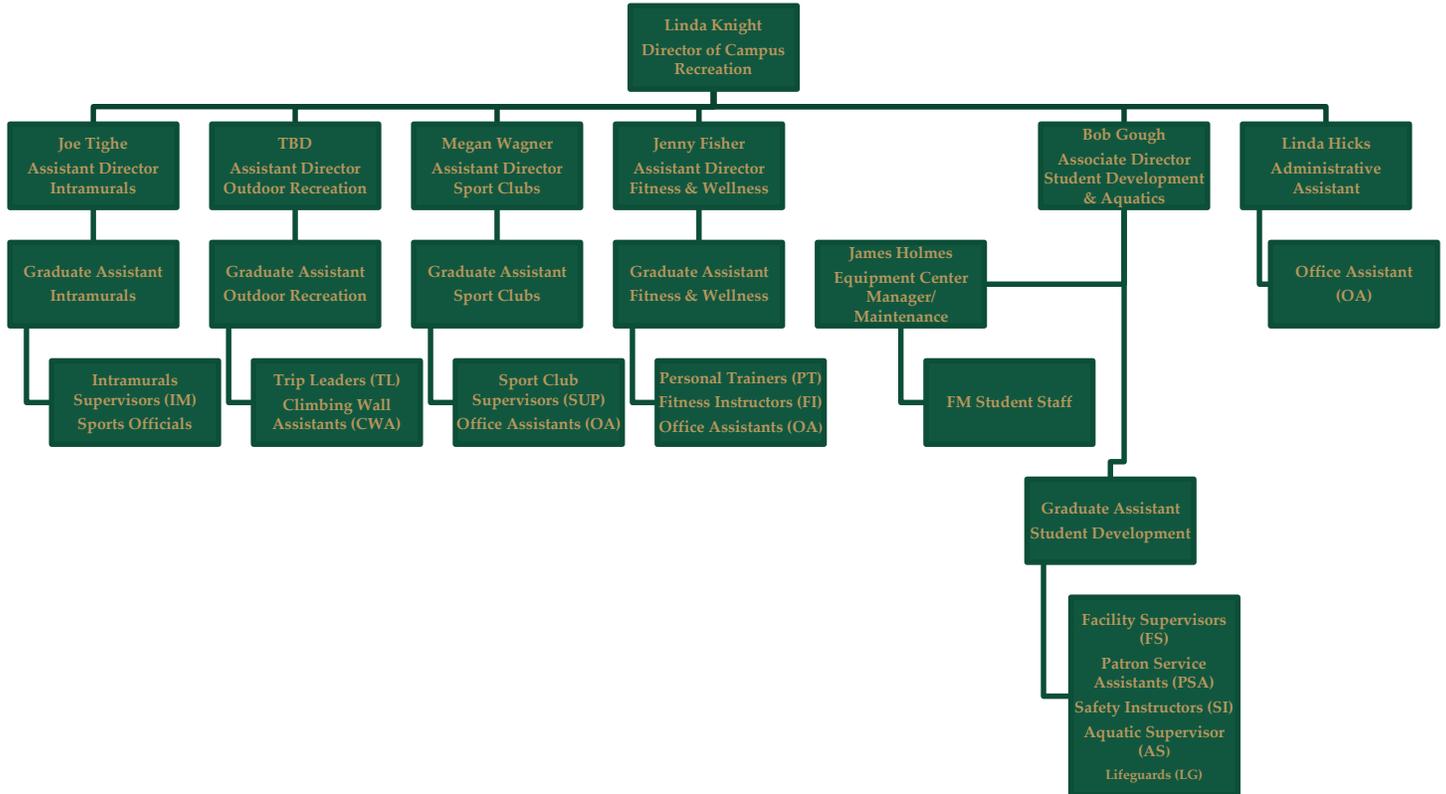
Campus Recreation has a commitment to achieving excellence through:

- Honesty in our relationships with others
- Integrity when making choices
- Passion for the work we do
- Positive Attitudes when faced with tough challenges
- Humor to keep it fun
- Trust in each other
- Respect for those who pass through our doors
- Teamwork because we cannot do it alone

### ***Diversity Statement***

Campus Recreation, as a department within the Division of Student Affairs, strives to ensure a safe, affirming, and nurturing environment for William & Mary students and staff. Inherent in this mission is a belief that a strong community is built upon, and enriched by, both commonalities and differences. Division members recognize and celebrate the fact that William & Mary students, staff, and faculty are diverse; varying in age, physical abilities and cognitive talents, socioeconomic status, political viewpoints, religious/spiritual and/or philosophical beliefs, and sexual, gender, and racial/ethnic identities. Campus Recreation actively demonstrates its commitment to the success of all community members through its programs, policies, and services. It fosters a welcoming environment based upon open and considerate dialogue, mutual understanding, and respect for individual differences.

## Organization Chart



### Professional Staff

#### Campus Recreation

- Mackenzie Lopes Brady, Assistant Director – Outdoor Recreation
- Kristin Brenkus, Graduate Assistant – Facilities
- Scott Daisley, Graduate Assistant – Intramural Sports
- Jenny Fisher, Assistant Director – Fitness and Wellness
- Charlie Foster, Graduate Assistant – Sport Clubs
- Bob Gough, Associate Director – Facilities and Aquatics
- Linda Hicks, Administrative Assistant
- James Holmes, Assistant Director – Facilities & Equipment
- Linda Knight, Director
- Meghan Lechner, Graduate Assistant – Outdoor Recreation
- Parth Patel, Graduate Assistant – Fitness & Wellness
- Joe Tighe, Assistant Director – Intramurals
- Megan Wagner, Assistant Director – Sport Clubs

### Student Employment

Students are the lifeblood of the Campus Recreation operation. Over 200 students are employed each year in a number of roles, including:

<b>Role</b>	<b># of Students</b>
Patron service assistants	30
Personal trainers	16
Group fitness instructors	38
Climbing wall assistants	20
TAP trip leaders	18
CPR/first aid instructors	2
Intramural supervisors	17
Intramural officials	60
Sport club supervisors	12
Lifeguards	15
<b>Total</b>	<b>228</b>

*By the Numbers*

**A typical year in Campus Recreation:**

<b>Student Recreation Center</b>	
Total facility entries	600,000
Facility open hours (per week)	106
Equipment check-outs	18,417
Campus Recreation vehicle miles driven	100,889
<b>Tribe Adventure Program</b>	
Outdoor trips	46
Outdoor trip participants	716
Incoming freshmen on Pathways trips	99
Climbing wall open hours	1,200
Bee & Goody 5K participants	431
<b>Intramural Sports</b>	
Intramural participants	7,243
Unique Intramural participants	3,126
Intramural teams	530
Intramural games scheduled	1,354
<b>Sport Club Program</b>	
Active sport clubs	45
Unique sport club participants	1,783
Active sport club participants	1,228
Sport club home events	88
Miles traveled to 181 away events	58,792
<b>Fitness &amp; Wellness</b>	
Personal training clients	95

Personal training sessions	1,232
Group fitness classes (per week)	64
Fitwell passes purchased	1,292
Massage clients	334

## Budget

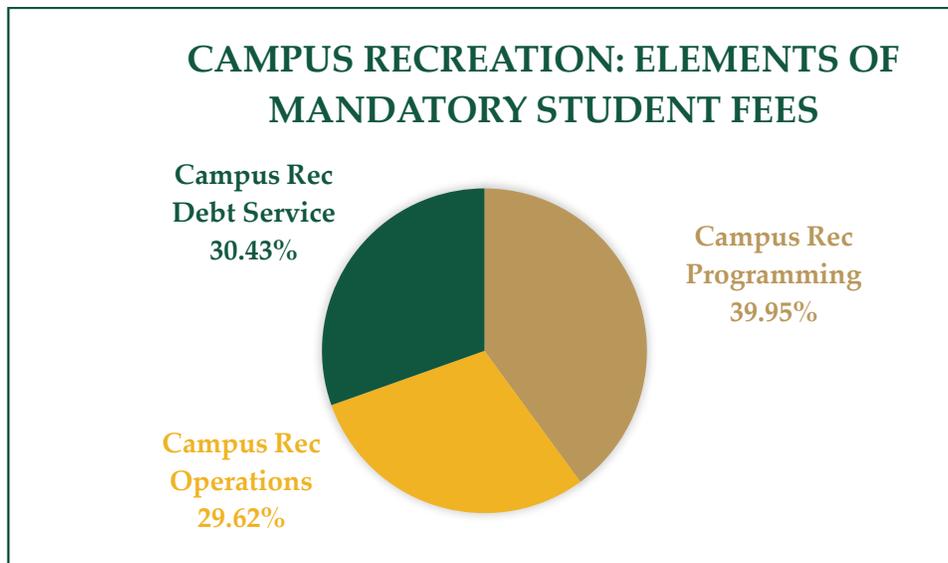
Campus Recreation, including its professional staff and related employment benefits, is overwhelmingly funded by student fee assessments as approved by the Board of Visitors. Every student is required to pay a General Fee of \$4,162 and a Facility Fee of \$1,096, a combined *annual* mandatory charge of \$5,258 per William & Mary student.

While parsing out the destination of those dollars within the budget can be a somewhat dizzying task, the breakdown includes \$256 per student from the General Fee that is allocated to the overall Campus Recreation budget and \$112 per student from the Facility Fee that is allocated to the debt service on the Student Recreation Center.

The funds derived from the General Fee are used as follows:

- \$147 is allocated to programming, staff salaries, student wages, and employment benefits
- \$109 is allocated to operations, funding utilities, field/floor/pool maintenance, supplies, and housekeeper salaries/benefits.

The following chart illustrates the percentage allocation of student fees among the three major elements of the overall Campus Recreation budget:



Here is the full budget for Campus Recreation in its entirety.

<b>Actual 2015-16 Campus Recreation Budget (see page 11 for bracketed reference notes)</b>		
Expenses - Restricted		
	Salaries/student wages/employment benefits [1]	\$1,015,760.00
	Sport Club "Magill Appropriation" [2]	\$70,000.00
	Facility debt service [3]	\$828,800.00
	<b>Total</b>	<b>\$1,914,560.00</b>
Expenses - Unrestricted		
	Programming [4]	\$191,883.00
	Sport club stipend [5]	\$12,557.00
	Operations [6]	\$806,600.00
	<b>Total</b>	<b>\$1,011,040.00</b>
<i>Expenses</i>	<i>Total</i>	<b>\$2,925,600.00</b>
Revenue - Student Fees		
	Student fees – programming & salaries	\$1,087,800.00
	Student fees – operations	\$806,600.00
	Student fees – facility debt service	\$828,800.00
	<b>Total</b>	<b>\$2,723,200.00</b>
Revenue – Pass Through		
	Sport Club "Magill Appropriation"	\$70,000.00
	<b>Total</b>	<b>\$70,000.00</b>
Revenue - Generated [7]		
	Intramural entries	\$19,500.00
	Membership/guest fees	\$28,400.00

	Fitness fees	\$55,000.00
	Conference fees/facility rentals	\$17,600.00
	Sponsorship revenue	\$3,000.00
	Outdoor rentals	\$4,500.00
	Equipment sales/rentals	\$4,400.00
	Total	\$132,400.00
<i>Revenue</i>	<i>Total</i>	<i>\$2,925,600.00</i>

[1] Covers staff salaries, student wages, and employment benefits excluding housekeeping staff, i.e. 80.16% of the total budgeted expenses

[2] This is a pass-through amount from the General Fund established during Susan Magill’s tenure as Rector and is dedicated to Sport Clubs to be spent as their budgets require

[3] This is a pass-through amount for debt service on the Student Recreation Center, for which a separate “facilities fee” is charged to every student.

[4] This includes office supplies, awards, travel (vans/gas/maintenance), and equipment.

[5] This is the actual amount that was given to Sport Clubs as a stipend to be spent as their budgets required

[6] This includes utilities, field/floor/pool maintenance, supplies, and housekeeper salaries/benefits. A separate “facilities fee” is charged to every student.

[7] The General Fee and Facility Fee are not the only sources of revenue for the Campus Recreation budget; it generates the additional funds listed here which come from a variety of sources

## Facilities

William & Mary Campus Recreation offers a variety of facilities to students, faculty, and staff. Please note that several facilities are scheduled for Intramural and Sport Club programs (open to all students, faculty, and staff), and may not always be available for open recreational use. Some facilities may be available for use only to Intramural participants or Sport Club members.

### Student Recreation Center (Compton and Brooks Streets)

Alan B. Miller Gymnasium, 3 courts

Multi-activity court

Cardio areas with machines

Weight machines

Free weight room

1 Multi-purpose studio

1 Group fitness studio

Climbing wall

3 racquetball courts

1 squash court  
25 yard, 8-lane pool  
Sauna  
Locker rooms  
Equipment checkout center  
Fitness assessment/massage room  
Conference room  
Multi-purpose classroom  
Campus Recreation administration offices

**Intramural Fields (Campus Drive)**

1 Multi-purpose field, can accommodate 2 flag football fields/ 1 rugby pitch/ 1 soccer field  
2 softball backstops

**Fraternity Field (Campus Drive)**

**Busch Field Complex (shared with Athletic Department)**

Busch grass (natural grass)  
Busch turf (synthetic)

**William & Mary Hall (Campus Drive and Brooks Street)**

FitWell studio  
Fencing room

**Barksdale Field (Jamestown Road)**

**Fitness Trail (Compton and Brooks Streets)**

**Other**

Various other outdoor basketball/volleyball areas located throughout campus.

**Student Recreation Center**

***Membership***

Current full-time students, faculty and staff member at the College of William & Mary have valid membership to the Student Recreation Center (Rec Center). Part-time students, graduate students, family members, college affiliates and community members may purchase a membership. If you do not have a W&M issued ID card, Campus Recreation will issue a "Privilege" card for access to the Rec Center.

Undergraduate and graduate students that have not paid student fees are required to purchase a membership to utilize the Rec Center. The membership rates are based on the current student fee assessment as approved by the Board of Visitors.

Guests of members are permitted for a fee.

### ***Equipment Rentals***

Equipment is available for checkout during business hours, including basketballs, footballs, Frisbees, and racquets. The W&M community may rent outdoor gear for camping, canoeing, and kayaking as well lawn game equipment for bocce ball, cornhole, croquet, and horseshoes. Individuals may also rent sport packages for flag football, softball, and volleyball.

### ***Family Recreation***

Campus Recreation offers family programming for William & Mary community members every Saturday and Sunday during the academic semester from 10:00 a.m. to noon. Children under 18 years of age must be accompanied by guardians at all times while in the Rec Center. Participation is subject to completion of an informed consent form and Campus Recreation staff discretion. Activities include climbing, swimming, and use of other Rec Center equipment and facilities.

### ***Facility Reservations***

Current full-time students, faculty and staff member may reserve facilities under the Campus Recreation umbrella as well as others around campus.

## **Fitness & Wellness**

Campus Recreation offers a variety of fitness and wellness programs designed to enhance the William & Mary community's pursuits of a healthier lifestyle. These programs include group fitness classes, personal training, fitness certification opportunities, training courses, massage therapy, semester incentive programs, workshops, an annual health fair, and other special events.

### ***Personal Training***

Campus Recreation holds interviews for Personal Trainers once or twice a year, depending on the need for Personal Trainers. Individuals are not required to have a national fitness certification in order to be hired as a Personal Trainer. However, once hired, Personal Trainers-in-Training must obtain a national Personal Trainer Certification within 6 months of the date they begin working for Campus Recreation. Students must also go through the Campus Recreation in-house Personal Training Instructional Course, which is held during the spring semester.

W&M Trainers are nationally certified and provide education, motivation and guidance to help all clients achieve their goals. Get a personalized exercise program that reflects your individualized fitness level and experience and includes fitness assessments, goal setting, proper workout techniques and health education.

### ***Group Fitness***

Members of William & Mary community can participate in a wide variety of dynamic fitness classes at the Rec Center. Classes are designed for beginner, intermediate, and advanced exercisers. Offerings include: yoga, Zumba, Pilates, barre, step, spinning, body pump, body combat, cardio dance, boot camp, and many others.

Participants must have a Fitwell Pass order to participate in group fitness classes. An unlimited number of classes may be attended within the specified time frame.

Campus Recreation conducts Group Fitness Instructor hiring every fall and spring. Individuals are not required to have a national fitness certification in order to be hired as Group Fitness Instructors at the Student Recreation Center. However, once hired, Instructors must obtain a national Group Fitness Instructor Certification within 6 months of the date they start work with Campus Rec. The Campus Rec in-house Group Fitness Instructor Training Course prepares students to take the American Council on Exercise Group Fitness Instructor Exam to become nationally certified Group Fitness Instructors. Students that have not taken the Group Fitness Instructor Training Course when they are hired will be required to take it while on staff.

Once hired, Instructors will be considered "Fitness Instructors-In-Training" and will team-teach classes with returning Instructors until they are ready to teach classes on their own.

### ***Massage Therapy***

Campus Recreation offers therapeutic massage provided by professionally trained, nationally certified, and Virginia licensed massage therapists who are committed to advancing their knowledge through continued education. Massage services at the Rec Center are provided primarily for students and faculty/staff.

Techniques include Swedish, deep tissue, hot stone, and aromatherapy massages. In addition, massage therapists conduct private instruction to groups on massage theory & techniques to relieve tension. They also perform chair massages on site for offices, residence halls, health fairs, or other group functions.

### ***Small Group Training***

Certified instructors or trainers lead participants in this multi-class program designed to meet specialized fitness goals or interests. Small group training classes are not drop-in

and must be registered for in advance. Like group fitness, patrons work out with a group of people with similar interests and have the motivation and guidance of an instructor. The group and the instructor provide support and accountability. However, in small group training the number of people is limited to 10 to allow for more attention from the instructor. While group fitness classes are a drop-in format, small group training series are each 8 classes long and the same group meets for a full month. This format allows participants of similar experience levels to progress at a consistent pace and for the instructor to more appropriately challenge them based on their goals.

Group training classes include:

- 10k and Beyond Running Clinic – Designed for any runner, beginner or experienced, who is looking to improve their speed and mileage in training for a longer road race
- Backpacking – Incorporates weight training, plyometric, resistances training, and cardio to give a full body workout designed to improve ability and confidence when hiking
- Boxing – Teaches basic techniques and skills needed to challenge and excite participants
- High Intensity Interval Training (H.I.I.T.) – Promises dynamic workouts alternating between short, intense bursts of activity matched with short recovery periods
- Hip Hop Mash-up – Get a great workout while learning hip hop moves and combos
- Tai Chi – The ancient Chinese internal martial art is used to manage stress and anxiety and flow towards peace
- The Big 3-Weight Training – Designed for beginners and intermediates that want to ensure that they're lifting correctly
- Total Resistance eXercise (TRX) – A suspension trainer that incorporates balance and core strength into every move from squats to elevated planks
- Zero to 5k – Designed to train even the most beginner runners/walkers for a 5k

### ***Patron Wellness Incentive Program***

Members of the William & Mary community can start the academic year off right by stepping up physical activity and mental attitude with this free program. Participants use pedometers to log weekly steps as they “Walk it Out” and embrace walking as a great and easy way to incorporate physical activity into their daily routine.

The objectives of this “STEP” program are aimed at encouraging participants to move more and find a healthy outlet for stress relief:

- Socialize – Physical activity should be fun and enjoyable. Through weekly Mindful Walks, participants will be able to meet people and make new friends who are on the same fitness journey as them.

- Teach – One of the goals is to educate the William & Mary community more about the health benefits of walking.
- Explore – Walking around campus and beyond will help participants discover another side of William & Mary that they may not have known before.
- Progress – Not only does this program encourage participants to engage in more physical activity, but it also encourages them to engage in self-monitoring practices that can help in other aspects of daily life.

Prizes are given throughout the duration of the incentive program. Every registered participant who reaches up to 150,000 steps receives a pair of sunglasses. Additional prizes are given to the participants who log even more steps and reach subsequent tiers.

Over the course of the six-week incentive program, the incentive program coordinator leads a weekly Mindful Walk.

### ***Wellness Passport Incentive Program***

As a follow-up to its fall counterpart, this free program gives participants the opportunity to enhance their spring semester by exploring the eight different dimensions of health and wellness: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual. Over the course of five weeks, events range from free yoga classes at the Rec Center to William & Mary's annual Earth Week in April. The objective of this program is to encourage participants to spend some time in multiple areas of wellness in order to enhance their quality of life.

## **Tribe Adventure Program**

In keeping with the mission and values of Campus Recreation, the Tribe Adventure Program (TAP) strives to provide members of the William & Mary community with safe, fun and educational programming that encourages the responsible and sustainable use of the environment. Additionally, TAP endeavors to provide personal and leadership development opportunities for its student employees.

Nearly 50 TAP trips are offered each year for over 700 participants and include: biking, hiking, camping, caving, rock climbing, paddling, kayaking, canoe battleship, skydiving, dune gliding, skiing, and snowboarding.

TAP also features an on-campus climbing wall open over 1,200 hours that has over 6,000 uses each year.

### ***William & Mary Pathways***

William & Mary Pathways is a pre-orientation program designed to provide incoming students with a unique opportunity to become integrated into the William & Mary

community through individualized outdoor experiences. Regardless of previous experience, participants choose from a variety of outdoor activities in which to take part. Students develop and use outdoor living skills while interacting with fellow incoming students and learning firsthand about life at William & Mary. Trip Leaders are all current William & Mary students who have each gone through a rigorous training program. All are certified in Wilderness First Aid. Nearly 100 incoming freshmen participate each August in Pathways trips designed after TAP offerings.

### ***Wilderness First Aid (WFA)***

The Wilderness First Aid (WFA) course helps prepare participants for the unexpected. This fast paced, hands-on training is designed to meet the needs of trip leaders, camp staff, outdoor enthusiasts and individuals working in remote locations. It introduces participants to caring for people who become ill or injured far from definitive medical care. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients challenge participants to integrate their learning. At the end of the course, participants have the knowledge, skills and ability to make sound decisions in emergency situations. Taught by seasoned instructors in a two or two-and-a-half-day format, most WFA courses are held on a weekend. Learning takes place both in the classroom and in outdoor settings regardless of weather conditions. Participants come prepared for wet, muddy, cold or hot environments.

## **Intramural Sports**

The Intramural Sports program (IM) provides the William & Mary community structured, competitive leagues and tournaments in a variety of sports and activities throughout the school year.

In 2015, 3,312 unique students and faculty/staff competed as part of 530 men's, women's, co-rec, and fraternity teams in 1,354 games. As many participants compete in multiple teams, the total number of student and faculty/staff sign-ups was 7,243. Current IM offerings for the fall and spring semesters include: 5x5 basketball, 3-point shooting, flag football, team handball, freshman hall dodgeball, floor hockey, indoor soccer, outdoor soccer, softball, volleyball, weight lifting, rock climbing/bouldering, tennis, singles, and tennis doubles.

## **Sport Club Program**

The William & Mary Sport Club Program provides an opportunity to live a balanced life academically, athletically and socially. The program complements the University's intercollegiate athletic programs, intramural sport activities and Department of Kinesiology course offerings.

The Sport Club Office is located in the Student Rec Center and serves as the primary entity coordinating the day-to-day operation and management of the program and its clubs. The Office is run by a member of University staff, assisted by a graduate assistant. The Office promulgates the Sport Club Program Manual, determines funding, and, together with the Sport Club Leadership Board, regulates conference of tier status.

Although Sport Clubs receive administrative support and advice from Campus Recreation, they are independent student organizations that are student-initiated and student-led. Club officers lead and organize practices, meetings, competitions and events. The clubs may practice on or off campus and many clubs compete against other colleges and universities on the local, regional, and national levels.

### ***Objectives***

1. To make opportunities available to members of the William & Mary community for instruction and participation in a wide range of recreational programs that can develop sound lifelong leisure values and skills.
2. To provide an avenue for camaraderie in the campus community through common interests and to develop a feeling of belonging among individuals in the shared pursuit of recreation.
3. To secure use of facilities, funding, and equipment as available for learning and practicing the skills of the club members.
4. To develop leadership by providing opportunities for participants to organize, administer, and problem solve issues related to club operations.

### ***Relationship to the University***

As recognized student organizations, Sport Clubs are eligible to utilize campus facilities, equipment, funding and expertise. Clubs are not agents of, nor do they represent the College of William & Mary. Sport Clubs are member organizations that, like the many recognized student organizations on campus, are distinct entities from the University.

### ***Participants***

During the 2015-16 academic year, Campus Recreation had 45 active Sport Clubs with 1,228 active participants<sup>1</sup>. Outdoors and Sailing tied at 80 participants each as the most popular clubs. There were 905 women and 878 men who participated in Sport Clubs. Breakdown by classification is as follows: 602 freshmen, 426 sophomores, 341 juniors, 296 seniors, 86 graduate students, and 22 faculty/staff.

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<sup>1</sup> For the purposes of the BOV-initiated survey and for accurate club budgeting, Campus Recreation uses the figure of 1,228 active participants in 45 clubs, however 1,783 unique participants have been identified as having participated in a Sport Club at some point during the school year.

## *Clubs<sup>2</sup>*

Badminton	Ballroom Dance	Baseball
Men's Basketball	Women's Basketball	Brazilian Jiu-Jitsu
Cycling	Equestrian	Fencing
Field Hockey	Golf	Gymnastics
Ice Hockey	Men's Lacrosse	Women's Lacrosse
Martial Arts	Outdoors	Quidditch
Racquetball	Rock Climbing	Rowing
Men's Rugby	Women's Rugby	Running
Sail & Paddle – VIMS	Sailing	Shotokan Karate
Men's Soccer	Women's Soccer – Gold	Women's Soccer – Green
Softball	Swim	Synchronized Swimming
Table Tennis	Tae Kwon Do	Tennis
Triathlon	Men's Ultimate Frisbee	Women's Ultimate Frisbee
Men's Volleyball	Women's Volleyball – Gold	Women's Volleyball – Green
Women's Volleyball – White	Water Polo	Wrestling

### *Sport Club Leadership Board*

With the addition of a new professional staff member, Assistant Director – Sport Clubs, the Sport Club Leadership Board was created in 2015 and is comprised of 12 students selected from all clubs. Board members serve either a 2-year or 1-year term based on their desire. Any club participant may apply, but only one person will be selected from each club. The SCL Board was established in order to enhance cooperation, create leadership opportunities, promote sportsmanship, and establish a sense of community among the 45 Sport Clubs. The mission of the SCL Board is to provide avenues for clubs to learn from each other, to act as a liaison between the clubs and Campus Recreation staff, and to promote the Sport Club Program throughout the University.

### *No Cutting Policy*

The philosophy of the Sport Club Program is to allow participation by any member of the William & Mary community. As a result, clubs do not have cuts. However, clubs do vary in their competition levels. Some clubs may have both a traveling competitive team and a non-competing recreational team. Clubs often differentiate the two as “Green” and “Gold” or “A” and “B” teams. When clubs have more individuals vying for positions than are available for competition, then some club members may be designated to one team or another, depending upon skill level and prior experience with the activity.

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<sup>2</sup> A full description of each Sport Club and a testimonial from an officer of each is provided in Appendix A.

### ***Active Status and Conduct***

Active clubs enjoy all the benefits, privileges and responsibility detailed in the manual. Sport Clubs achieve “Active” status after having submitted a Student Organization Update form with the Student Activities Office, gaining membership with the Sport Club Program, attending all required meetings and submitting an electronic copy of their constitution. “Active” club status may be revoked at the discretion of the Sport Club Office. Clubs with “inactive” status will have previously allocated funds unavailable for use and will not be allowed to request travel, host on-campus events, or practice until “active” status is regained. A club can regain “active” status by satisfying requirements imposed by Campus Recreation. Individual situations will be addressed on a case-by-case basis. Sport Clubs are responsible for the behavior and conduct of their membership. Conduct that violates the policies and procedures outlined in the Sport Club manual, Student Handbook or Student Code of Conduct could jeopardize a club’s affiliation with the Sport Club Program. Clubs in good standing may be eligible for funding, facility and equipment reservation through Campus Recreation. Clubs not in good standing may not be eligible to utilize Campus Recreation resources.

### ***Tier System***

In order to better administer the diverse and growing Sport Club Program, a tier system was implemented at the beginning of the 2015-2016 academic year. Each club is placed on a tier level, as decided by the SCL Board, Assistant Director and Graduate Assistant for the Sport Club Program, and remains at that level for the entire year. However, due to conditions of probation, loss of leadership, and/or loss of student interest in a club, a club may be moved to another tier at any time.

Clubs in all tiers must:

- Have 2 safety officers at all home and away events, including practices.
- Be a Registered Student Organization on campus.
- Follow Campus Recreation and Sport Club guidelines and submit all appropriate paperwork on time.
- Attend all mandatory Sport Club meetings during the year.

Tier 1 Clubs can request up to \$15,000 of University funding in their budget proposal.

No amount is guaranteed. Tier 1 Clubs must meet following minimum standards:

- Eligible to compete for a national championship at the club sports level
- Maintain a strong alumni base, with at least 1 alumni gathering per semester and an online newsletter, preferably sent out to alumni at least twice/year
- Table in Sadler Center, Rec Center, or other places on campus at least 3 times/semester (does not include the Fall or Spring Student Organizations & Activities Fair or tabling at Admitted Students Day)
- Participate in at least 2 Fundraising Initiatives. This includes Zable Clean ups, Plumeri clean ups, shuttling opportunities, or other opportunities emailed out from Campus Recreation. Additionally, as long as proper fundraising

- documentation is provided, fundraisers off campus may be included
- Charge club dues
- 30% of club's active roster attend "Hazing Prevention" seminar given by Assistant Director and Graduate Assistant of Sport Clubs
- 30% of club's active roster participate in "Sport Club Spirit" affiliated programming: including Bee & Goody 5K, Sport Club sponsored Tribe events
- Maintain an active and appropriate presence on at least 1 social media of the club's choice (Facebook, Twitter, Instagram)
- Participate in at least one community service event a year. Paperwork must be on file with Sport Club Office before completion, and at least 50% of club's active roster must attend for it to be considered community service.

Tier 2 Clubs can request up to \$5,000 of University funding in their budget proposal. No amount is guaranteed. Tier 2 Clubs must meet the following minimum standards:

- Must be a member of a national and/or regional sport association
- Must be building an alumni base through collecting emails, working with development and Campus Recreation to gain more alumni support
- Tabling in Sadler Center, Rec Center, or other places on campus is preferred, but not required.
- Participate in at least 1 fundraising event during the year. This includes Zable Clean ups, Plumeri clean ups, shuttling opportunities, or other opportunities emailed out from Campus Recreation. Additionally, as long as proper fundraising documentation is provided, fundraisers off campus may be included
- Club dues are low in cost, but still mandatory
- All officers must attend the "Hazing Prevention" seminar given by Assistant Director and Graduate Assistant of Sport Clubs
- 10% of active roster must attend 1 "Sport Club Spirit" affiliated event
- Active presence on social media of the club's choice (Facebook, Twitter, Instagram).

Tier 3 Clubs can request up to \$2,500 of University funding in their budget proposal. No amount is guaranteed.

Tier 3 Clubs must meet the following minimum standards:

- Have at least 2 organized and scheduled contests throughout the year
- One officer must attend the "Hazing Prevention" seminar given by Assistant Director and Graduate Assistant of Sport Clubs
- Are encouraged to attend "sport club spirit" events
- Are encouraged to continue fundraising efforts.

Tier 4 Clubs cannot request funds until they have moved to Tier 3. Tier 4 is a conditional tier and includes clubs for the following reasons:

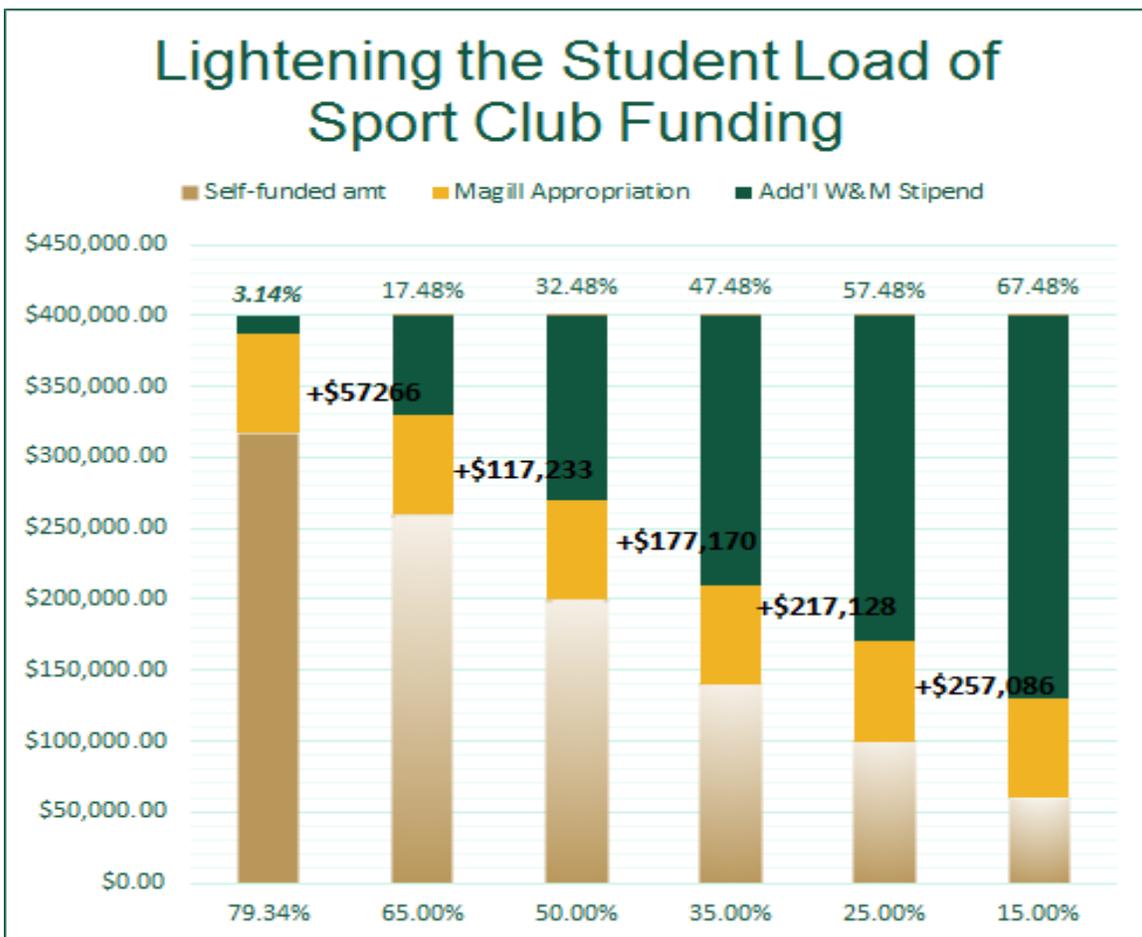
- Club is on probation for violation of Club Sports or University policy
- Loss of student interest in a club

- Loss of leadership
- Club is in its first year of existence.

### Funding

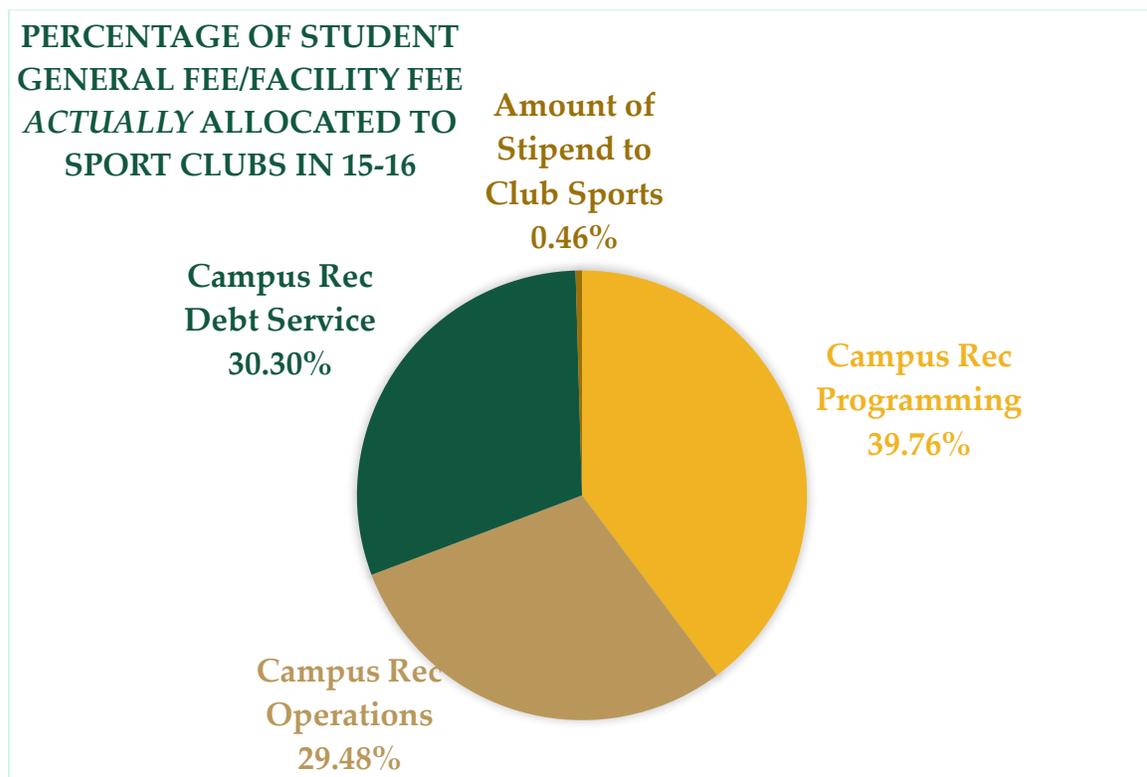
The total actual Sport Club budget for 2015-16 was **\$399,580.16**. Sport Clubs receive funding for that overall budget from two sources. University funding is provided through the Campus Recreation budget which supplied **\$12,557** this academic year allocable from the mandatory non-academic student fee paid by each William & Mary student. An additional **\$70,000** is transferred in annually from the University’s General Fund. This special appropriation was initiated nearly a decade ago under Rector Susan Magill. The sum of these two components (**\$82,557**) was dispensed directly among the 45 Sport Clubs last fall, an amount that covers only about one fifth of the total annual Sport Club budget.

This chart represents the relative share of the nearly \$400,000 Sport Club budget as between the students, the so-called Magill Appropriation, and the University. The first column shows the current allocation. The columns that follow demonstrate the impact of incremental increases in funding by the University.



The disproportionate burden placed on the students who participate in a Sport Club is even more pronounced when viewed in the context of the amount of mandatory student fees and the meager portion that trickles down to these students.

Multiplied across 7,400 students, the student fees allocable for all components under the Campus Recreation umbrella total \$2,723,200. Yet the direct stipend to benefit sport clubs is literally fractional; **0.461%**. Said another way, of the \$5,258 each William & Mary student pays for the General and Facility fees aggregating \$38,909,200.00 annually, less than a single penny goes directly to the Sport Club stipend.<sup>3</sup>



To be fair, every student, including the Sport Club students, benefits from the wide array of facilities, staff and programming made possible by Campus Recreation. However, when viewed through the lens of the actual dollars flowing down to the Sport Club participants, we can and we should do better.

<sup>3</sup>  $\$12,557 / \$38,909,200 = \$0.0003212$

Individual clubs received anywhere between \$0 and \$11,000 in stipends in 2015-16, with the average being \$1,834.60. Over 70% – 32 clubs in total – had stipends that were less than the average. The range of stipends is included in the following chart:

**Sport Club stipend range (2015-2016)**

	<b>Number</b>	<b>Percent</b>
\$0 - 499	8	18%
\$500 - 749	7	16%
\$750 - 999	9	20%
\$1,000 - 2,499	10	22%
\$2,500 - 4,999	7	16%
\$5,000 - 9,999	3	7%
\$10,000 - 11,000	1	2%

Club participants are responsible for generating the remaining revenue to cover expenses. Therefore, students must raise over \$300,000 – nearly 80% of the total Sport Club budget – on their own. To meet this challenge, clubs charge dues, hold fundraisers, seek alumni support, host tournaments, and organize work projects in the community. Dues account for nearly two-thirds of the revenue raised by students.

The following two charts show projected revenue, dues (included in projected revenue), expenses, and stipend figures by club as well as by participant for 2015-16:

**Figures per club (per year)**

	<b>Projected Revenue</b>	<b>Dues only</b>	<b>Expenses</b>	<b>Magill Appropriation plus W&amp;M Stipend</b>
Total	\$309,750.70	\$200,222.00	\$399,580.16	\$82,557.00
Lowest	\$0.00	\$0.00	\$135.00	\$0.00
Highest	\$89,500.00	\$60,000.00	\$104,897.00	\$11,000.00
Median	\$1,900.00	\$1,000.00	\$3,260.00	\$900.00
Average	\$6,883.35	\$4,449.38	\$8,879.56	\$1,834.60

**Figures per club participant (per year)**

	<b>Projected Revenue</b>	<b>Dues only</b>	<b>Expenses</b>	<b>Magill Appropriation plus W&amp;M Stipend</b>
Lowest	\$0.00	\$0.00	\$15.00	\$0.00
Highest	\$1,790.00	\$1,375.00	\$2,097.94	\$500.00
Median	\$78.42	\$50.00	\$121.67	\$55.56
Average	\$252.24	\$163.05	\$325.39	\$67.23

There is significant disparity among club budgets by virtue of the number of students involved and the cost to participate in each sport. While some clubs require significant

travel and have expensive facility usage fees, others operate in the Rec Center at minimal cost. In addition, equipment and uniforms are often an expense above and beyond what is reflected in the budget, ultimately placing an even greater financial burden on students already paying excessive dues.

While club participants fund on average 79.34% of the total Sport Club budget, it is important to note that 34 clubs – over three-fourths of all clubs – fund 50% or greater of their individual budgets and 18 clubs fund in excess of the overall average.

These numbers make participation in Sport Clubs beyond the reach of some W&M students.

**Range of percentages that Sport Club budgets are funded by participants (2015-2016)**

	Number	Percent
0 - 24%	6	13%
25 - 49%	5	11%
50 - 74%	15	33%
75 - 99%	13	29%
100%	6	13%

***Travel***

For the 2015-16 academic year, Sport Clubs played host to 88 home events and traveled to 181 away events. Between in-state and out-of-state travel, the 34 clubs traveled 58,792 miles. Rowing traveled the farthest with 6,534 miles throughout the academic year.

***Insurance***

William and Mary does not insure students who are injured during participation in extracurricular activities, such as Sport Club games and practices. As per University policy, all students must have adequate medical insurance coverage. Clubs are encouraged to purchase catastrophic coverage, if available, through their national/sanctioning organizations. If a prospective member does not have health insurance, they may not participate in a recognized Sport Club activity until they have obtained and are able to prove they have health insurance.

***Sport Club Supervisors***

The Sport Club Supervisor position was created to serve as an on-site resource for on-campus events as well as a liaison between clubs and Campus Recreation. For the 2015-16 academic year, there were 12 supervisors in the field who supervised 88 home events. These supervisors are trained in First Aid and adult/child CPR and also worked various office hours, assisting with paperwork and programming.

### *Safety Officers*

As part of the Campus Recreation Risk Management Plan, all clubs are required to have a minimum of two members designated as Safety Officers that are American Red Cross CPR and First Aid Certified (or equivalent). Clubs must have copies on file with the Sport Club Office before they can begin practice. Clubs may not engage in physical activity until Safety Officer Agreement forms have been signed and submitted and verification of certification has been made and copies are on file with Sport Club Office. Classes are offered through Campus Recreation every fall and spring semester and clubs can enroll up to six members per year at no cost. A minimal fee is charged after that limit has been met.

### *Leadership Development*

Each semester, the Campus Recreation hosts a series of workshops, often featuring guest speakers from various departments on campus, geared toward developing the leadership competencies of sport club officers and participants. The workshops focus on the various dimensions of wellness, including emotional, environmental, financial, intellectual, occupational, physical, social and spiritual. Campus Recreation emphasizes that students do not need to be a club officer in order to be a leader — that everyone is a leader to someone else.

## **Multi-Institutional Study of Leadership Survey**

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The Multi-Institutional Study of Leadership (MSL) was administered at William & Mary in Spring 2015. The results offer compelling evidence that campus recreation in general is a powerful vehicle for leadership development. Four thousand (4,000) undergraduates were selected randomly and invited to complete the survey. The response rate was 48% (n=1,927).

The MSL data measures the benefits, skill development, areas of growth, and resilience for the major areas under the Campus Recreation umbrella, including general participation in the department's offerings, group fitness, intramural sports, open recreation, outdoor programs (Tribe Adventure Program) and sport clubs. In this section, we will share highlights of the MSL survey. More fulsome results can be found in Appendix B.

### Participation in Campus Recreation Activities

	Never		Once		Sometimes		Many Times		Much of the Time	
	#	%	#	%	#	%	#	%	#	%
a) Instructor-led group fitness or exercise classes (ex. Yoga, Zumba)	999	52%	289	15%	306	16%	150	8%	108	6%
b) Intramural sports (ex. Intramural flag football, Ultimate Frisbee)	994	52%	249	13%	330	17%	188	10%	92	5%
c) Open recreation (ex. Pick-up basketball, weight lifting, treadmill)	400	21%	91	5%	521	27%	400	21%	441	23%
d) Outdoor adventure activities and/or trips	1,168	61%	279	15%	287	15%	82	4%	36	2%
e) Sport clubs (ex. Club Volleyball, Club Hockey)	1,208	63%	130	7%	139	7%	106	6%	269	14%

### Participation and Resilience

On average, students who participate in at least one of the above-mentioned Campus Recreation programs “many times” or “much of the time” score slightly higher than other students on the MSL’s Resilience scale. The difference is statistically significant (i.e., not likely to have happened by chance), but small. The average Resilience score for frequent Campus Rec participants was 3.90 (out of a maximum of 5) and 3.75 for other students.

As the more detailed survey results indicate, when each self-identified participant was queried more closely about the benefits derived from participation in his or her chosen campus recreational activity, several themes emerged.

The top three benefits identified by all respondents who participated in one of the five activities listed above at least “many” or “much of the time” were making new friends and social contacts, personal enjoyment and stress release.

The top three skills identified by respondents who participated in one of the five listed activities at least “many” or “much of the time” were effective communication, people skills and teamwork. Interestingly, for respondents who participated in intramurals and Sport Clubs, although the top three were the same, there was a measurable difference in the ranking—teamwork was overwhelmingly identified as the top skill acquired by participation in the activity.

The results of the MSL data were compelling for several reasons. First, the data underscored the importance of a continued commitment to Campus Recreation as a necessary component of the William & Mary experience. Second, the data showed a sufficient variant in results among students who participated in Sport Clubs to warrant a closer look at that sub-strata of student demographics.

## **Student Affairs Committee Meetings and Survey Data**

At the direction of the Board of Visitor’s Student Affairs Committee Chair and Vice Chair, Jodi Fisler, Director of Student Affairs Planning and Assessment for the University’s Office of Student Affairs (now Associate for Assessment Policy and Analysis at the State Council of Higher Education for Virginia), drafted a survey to help determine the challenges Sport Clubs face. Each club president received the survey in November 2015, and by February 2016, all 45 clubs had successfully completed it.

Upon completion of the survey, the Student Affairs Committee leadership met with all club presidents one-on-one to fill in any blanks and discuss what information would be included in this report. These meetings, in which 100% of club presidents participated, began in January 2016 and concluded in March. Much of the information gathered was consistent with topics discussed during the October 2015 town hall with Sport Club leaders.

The survey measured six key areas of concern: schedule and facilities, travel, coaching, alumni engagement, marketing and communication, and finances. The results are listed below and also include anecdotal and supplemental information based upon discussions with students over the last six months.

### **1. Schedule and Facilities**

**On average, how many hours per week do your members devote to the club?**

	<b>Number</b>	<b>Percent</b>
1-5 hours/week	16	36%
6-10 hours/week	20	44%
11-15 hours/week	8	18%

**Has your club lost members because the time commitment is too great?**

	<b>Number</b>	<b>Percent</b>
No, we have not lost any members in recent years because of the time commitment.	12	27%
Maybe. Members have left, but I don't know why.	4	9%
Yes, we have lost members occasionally (every couple of years) for this reason.	15	33%
Yes, we lose at least a few members every year for this reason.	14	31%

Explanation: Other than dues being too expensive, clubs have lost members primarily because travel to practices and games significantly increase the time commitment required to be an active participant.

**How often does your club practice?**

	<b>Number</b>	<b>Percent</b>
Less than once a month	1	2%
Once every 2-3 weeks	1	2%
1-2 days/week	17	38%
3-4 days/week	20	44%
5 or more times/week	6	13%

**How long are your practices (excluding travel time to your practice site)?**

	<b>Number</b>	<b>Percent</b>
An hour and a half or less	16	36%
2-3 hours	21	47%
Other	8	18%

**How satisfied are you with your practice facility?**

	<b>Number</b>	<b>Percent</b>
Very dissatisfied	1	2%
Dissatisfied	6	13%
Neutral	12	27%
Satisfied	15	33%
Very satisfied	10	22%

**Why are you dissatisfied?**

The following is a summary of conversations with Sport Club leaders and statements made in the survey:

- All field-based clubs – Daylight Saving Time presents a problem for all teams using non-turf fields. While Busch field has lights, Barksdale Field and the Intramural Field do not. All non-turf fields are often shut down due to rain and other weather conditions.
- Ballroom Dance – The condition and quality of practice space is varied on campus.
- Baseball – The team plays off campus at the Williamsburg Indoor Sports Complex or at a Williamsburg–James City County public school when it cannot plan on Busch field, which was not designed for baseball.
- Gymnastics – The biggest challenge is the availability and size of the training space in W&M Hall.
- Ice Hockey – Practices and home games are held late evening (games are no earlier than 10 p.m. on Friday and Saturday nights) at the closest rink, which is 30 minutes from campus.
- Men’s Lacrosse – The team does not have a regulation-size field and has to use temporary a chalk line. In addition, men’s lacrosse fields are different from women’s, including requiring a goal crease.
- Women’s Lacrosse – Crowding occurs when Intramurals are in season. Also, the lights have cut off in the middle of competition. As a result of the weather, the team has to move inside, but they can’t reserve indoor space and it’s limited (because Volleyball is using it).
- Rock Climbing – The climbing wall in the Rec Center appears to have been built for commercial purposes rather than with climbers in mind. As an art wall, it is visually appealing, mimicking natural rock, but for actual climbers it is insufficient.
- Men’s Soccer – The team uses Warhill Sports Complex for games when it can’t get the varsity practice field.
- Women’s Soccer (Gold) – The team plays games at Dillard. Busch shut down often because of rain, and the field size and quality is not suitable for play. When field days are cancelled, the team must train in the gym if space is available.
- Women’s Soccer (Green) – The team uses Warhill Sports Complex because Barksdale is blocked from construction.
- Softball – Home games are played off campus at Kiwanis Park.
- Men’s Ultimate Frisbee – Competition would significantly improve if the grass field at Busch were turfed.
- Swimming, Synchronized Swimming, and Water Polo – The Adair Gym air quality is inconsistent, and temperatures are often too hot or too cold

**Would your club practice more (either longer or more frequently) if additional practice space were available?**

	Number	Percent
No, additional space would not influence how much we practice.	7	16%
We might take advantage of the opportunity, but we're generally satisfied with how much we practice now.	26	58%
Yes, we'd really like more practice time.	11	24%

**How many times a year does your club compete?**

	Number	Percent
Never	4	9%
1-3 times/year	6	13%
4-6 times/year	10	22%
7-10 times/year	14	31%
10+ times/year	10	22%

**How long are your games/meets?**

	Number	Percent
An hour and half or less	4	9%
2-3 hours	7	16%
More than 3 hours	15	33%
Other (generally a day or weekend)	19	42%

**2. Travel**

**Do you travel for competition?**

	Number	Percent
Yes	41	91%
No	4	9%

Note: Clubs travel to colleges and universities all across Virginia to locations as far away as Arizona, Florida, Georgia, Ohio, New York, Maryland, North Carolina, Pennsylvania, South Carolina, Texas, and West Virginia.

**What kinds of expenses do you incur when you travel? (Select all that apply.)**

	Number	Percent
Competition fees	38	84%
Air transportation	4	9%
Bus/van transportation	21	47%
Gas	39	87%
Hotel stays	30	67%
Meals	26	58%

Other	5	11%
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**Does your club experience any challenges with regard to practice/game travel?**

	Number	Percent
Yes	23	51%
No	18	40%

Explanation: Clubs have expressed the following consistent travel concerns:

- Lengthy campus-wide reimbursement process puts students in the precarious position of waiting weeks for resolution
- Participants incur out-of-pocket expenses (i.e. meals) while traveling
- Need to increase the availability of vans
- Need to offer van safety training classes more frequently
- High cost of travel forces clubs to charge high dues

**3. Coaching**

**Does your team have a coach/coaches?**

	Number	Percent
Yes	18	40%
No	27	60%

**Would you like to have a coach?**

	Number	Percent
Yes	6	22%
Not sure	6	22%
No	15	56%

Explanation: For the teams that do not currently have coaches, 83% (n=5) do not have the funds to bring on a coach, and 50% (n=3) do not know where to find one.

**Does your club pay its coach(es)?**

	Number	Percent
Yes	6	33%
No	12	67%

**Does your club reimburse the coach(es) for expenses?**

	Number	Percent
Yes	8	44%
No	10	56%

**4. Alumni Engagement**

**Does your club maintain an alumni listserv?**

	Number	Percent
Yes	13	29%
No	31	69%

**How often does your club communicate or otherwise engage with club alumni?**

	Number	Percent
Never/Almost never	18	40%
Once a year	5	11%
Once or twice a semester	14	31%
Once a month	4	9%
Weekly or more	4	9%

**Please provide examples of how your club engages with its alumni.**

Clubs engage with alumni to varying degrees, including in some of the following ways:

- Partnering with alumni for Homecoming tailgates and other events
- Selling team apparel
- Maintaining an active web and social media presence
- Sending fundraising appeals and follow-up thank you letters
- Holding ad-hoc gatherings at games and tournaments
- Sending regular email updates
- Sending a semi-annual print or e-newsletter

**5. Marketing and Communication**

**Does your club maintain a website separate from W&M's?**

	Number	Percent
Yes	21	47%
No	24	53%

**Which social media outlets does your club use to communicate with its members, fans, the public, and alumni?**

	Number	Percent
Facebook	43	96%
Twitter	9	20%
Instagram	5	11%
Other	5	11%
We don't use social media	0	0%

**Please provide examples of how your club uses social media.**

Clubs use social media in some of the following ways:

- Sharing game results, photographs, player profiles, and team interviews on Facebook
- Fundraising
- Creating Facebook events for all games and tournaments
- Highlighting club member accomplishments

- Live tweeting games
- Communicating with club members about practice and game updates
- Advertising team apparel sales

**Does your club advertise itself to students and the community through means other than social media?**

	Number	Percent
Yes	32	71%
No	13	29%

**How do you promote your club to current and prospective students? (Select all that apply.)**

	Number	Percent
Activities Fair	43	96%
Day for Admitted Students	34	76%
Student Happenings	16	36%
Flyers	17	38%
Print brochures	8	18%
Other	9	20%

**How might W&M help promote your club to current and prospective students?**

Clubs would like the University to help them market to current and prospective students in the following ways:

- Educating clubs about existing marketing tools available to them
- Assisting clubs in designing promotional materials for display in the Rec Center and the Admissions Office
- Giving clubs the ability to poster/flyer in the Rec Center
- Incorporating sport club information in Orientation Aide and Resident Assistant training
- Making it easier for admitted students to find out what clubs exist on campus
- Encouraging the University to increase the marketing of the Sport Club Program and its clubs' many accomplishments

## 6. Finances

**To the best of your knowledge, how does your club's budget compare to the budgets of clubs in your league?**

	Number	Percent
Our budget is considerably larger.	2	4%
Our budget is about the same.	4	9%
Our budget is considerably smaller.	19	42%
I have no idea.	19	42%

**Has your club lost members because the dues are too high?**

	Number	Percent
Yes, we lose at least a few members every year for this reason.	6	13%
Yes, we have lost members occasionally (every couple of years) for this reason.	6	13%
Maybe. Members have left but I don't know why.	4	9%
No, we have not lost any members in recent years because of the cost of dues.	23	51%

**Does your club engage in fundraising (not including dues)?**

	Number	Percent
Yes	30	67%
No	14	31%

**Please provide examples of your club's fundraisers:**

Clubs supplement dues with smaller-dollar initiatives including:

- Participating in Zable Stadium and Plumeri Park cleanups
- Sending a variety of written and email fundraising appeals to alumni, including on One Tribe One Day
- Partnering with alumni for Homecoming tailgates or other events
- Operating Colonial Half Marathon water stops
- Running profit shares with local businesses
- Holding campus bake sales
- Hosting clinics and tournaments
- Selling apparel and other merchandise
- Starting GoFundMe campaign for parents, alumni, and friends
- Hosting ad-hoc alumni events before or after competitions
- Assisting children at the Colonial Williamsburg hockey rink
- Holding date and friend auctions
- Seeking sponsorships from local businesses
- Running summer camps
- Holding social events that also showcase clubs

**What club expenses are not included in the budget?**

Clubs have expressed concerns about the following financial commitments beyond dues:

- Participants of equipment-intensive clubs must provide their own equipment (i.e. baseball, ice hockey, lacrosse, and softball)
- The cost of practice and game uniforms as well as warm-ups and apparel are more often than not in addition to dues
- Participants are typically on their own for the costs of traveling (gas, hotels, and meals)
- Registration fees are paid at the time of competition for some clubs
- Game equipment purchases and repairs for team-oriented clubs are expensive and sometimes unexpected

### **What challenges does your club face with regard to funding?**

Clubs have consistently expressed the following specific funding concerns:

- Dues are too high
- Additional costs beyond dues (uniforms, equipment, and personal travel expenses) are too high
- Start-up costs for beginners is a barrier to participation in some clubs
- Travel is too expensive and often in addition to dues (hotels, vans, and meals)
- Campus reimbursement process is complicated and takes too long
- Campus Recreation funding pool is small which makes it very competitive to receive a stipend that will make a significant impact
- Small club size makes it hard for Campus Recreation to justify additional funding
- There is a limited safety net if actual expenses exceed budget projections
- Newer clubs won't be able to capitalize on a strong alumni base for years to come
- Insufficient staffing exacerbates many of these problems

## **Recommendations**

Based on the funding analysis and input from Sport Club leaders as outlined in this report, we offer 5 non-funding recommendations for Campus Recreation to consider for implementation and 4 funding recommendations requiring Board of Visitors approval.

### ***Board Recommendations***

The following recommendations are offered for Board endorsement. They are based on input from the BOV survey and follow-up meetings with club presidents, and they will help clubs meet the minimum requirements to be eligible to receive University funding. In addition, the recommendations foster “interdisciplinary” relationships among clubs and leverage the resources already existing on campus, including University Advancement, Alumni Association, Mason School of Business, and Admissions Office.

1. **Fundraising** – Hold a fundraising seminar with University Advancement to give clubs the tools they need to fundraise effectively. Use “One Tribe One Day” as a means for teams to engage with alumni and raise money at the same time. Advancement tracks student activities for alumni, and clubs can enhance that data by sharing their own records with the University. Advancement can develop an email fundraising program around “One Tribe One Day” in which separate club-specific emails are sent with personal messages from club leaders, including how to designate part of all of the donation to the club. The Ice Hockey club successfully used this approach in 2015 with 100 percent of the team donating coupled with a strong alumni contingent.

2. Budgeting – Hold a budgeting and planning seminar with the Mason School of Business and alumni volunteers to assist club leaders in preparing detailed and accurate plans which are due to Campus Recreation in February of each year. As a follow-up to the seminar, encourage undergraduate business school students to provide feedback to clubs on an individual basis.
3. Marketing – Hold a marketing seminar at the beginning of the school year with the help of the Mason School of Business and alumni volunteers. Club leaders expressed a desire to showcase their achievements and involvement in the community using the latest social media strategies. They want to expand their reach beyond campus to include the Williamsburg community and alumni. As a follow-up to this seminar, encourage undergraduate business school students to take on clubs as individual marketing projects. Finally, work with IT to create a more robust web presence for Sport Clubs that is hyperlinked to the W&M website.
4. Admissions – Help clubs interact with accepted students before they begin classes. Clubs struggling to reach sufficient membership numbers want to communicate with prospective students before they arrive on campus, including explaining the time commitment and what equipment is necessary. Ask Admissions to include an option as part of its data gathering process for accepted students to make a selection in a drop-box menu of clubs they are interested in joining. Student Affairs may wish to have a similar option for student activities. Design a Sport Club program brochure for prospective students visiting the Admissions office and encourage clubs to create their own piece that meets University design standards as well as the web presence identified in 3 above.
5. Apparel – Leverage participant numbers to identify University-friendly vendors for a variety of club apparel orders.

### ***Board Action***

The following recommendations will require Board approval and address three of the critical priorities identified throughout this project; access, facilities, personnel and funding.

1. Access – Dedicate a portion of the Board’s unrestricted private funds to assist students who would like to participate in a Sport Club but otherwise lack the means to do so. This fund will be part of a greater Student Affairs program assisting students participating in extracurricular activities that require personal investment. An initial screen would determine whether students qualify for need-based aid through the university’s Financial Aid Office. If they qualify, then

students would be able to apply through the Student Affairs Office for support from this fund.

2. Facilities – Replace the Busch grass field with artificial turf. The Board’s Administration, Buildings and Grounds Committee will need to recommend establishing this capital project within the University’s umbrella authority already given by the Commonwealth.
3. Personnel – Create a new position that would primarily fall within Student Affairs, but could provide support for Sport Clubs.
4. Funding – Ease the considerable financial burden on students by appropriating \$57,000 in supplemental funds for direct Sport Club support without increasing student fees. This amount will decrease the student share of funding the Sport Club program from its current level of 79.34 % to 65 %.

## Appendices:

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### A. Sport Club Descriptions and Testimonials

#### **Badminton**

The William & Mary Badminton Club balances a mix of members who come to play just for fun and competitive players who generally place or at least do very well in tournaments at William & Mary or elsewhere, such as in Virginia Beach or Richmond at VCU. The regular practice schedule is Monday and Thursday nights and Saturday afternoons for about two hours each day. The four courts are always filled during practices. A much larger number of students have expressed interest in joining the club, but the late night (9-11 p.m.) practice times dissuade many from attending regularly. Every year, the club hosts a members-only tournament as well as an open tournament in which schools such as VCU, Duke, and Adelphi University come to play. Both of these enable the newer members to learn firsthand about how competitive players and official games work.

“I’ve always loved playing badminton, albeit casually when I was back home. But having the chance to play with my college peers and bonding over badminton with my new-found friends has helped me immensely ease into the college lifestyle. And it’s no joke that playing sports at whatever level can bring people together – my closest friends at William & Mary are the ones I play badminton with among others, and I don’t regret signing up for a second.”

– Kaung Thiha

#### **Ballroom Dance**

The William & Mary Ballroom Club has about 40 active members that learn and practice American-style Smooth and Rhythm as well as International style Standard and Latin. There are three weekly practices from 9:10-11 p.m. on Mondays, Tuesdays, and Thursdays. Both team captains teach free beginner lessons every Sunday from 12-2 p.m. On Wednesdays, members of the club have dinner together in Lodge 1 and then have beginner and advanced lessons from 8-10 p.m. taught by a professional instructor, Alan Hedgpeth. The club typically has members attend three collegiate competitions throughout the year and hosts its own mock competition called TWAMP Comp that CNU often attends. The organization has a strong alumni base that attends a Homecoming Dance and Senior Formal. The club also hold a Fall Ball that benefits Big Brothers, Big Sisters and volunteers to put on Dancing with the Williamsburg Stars, which also benefits various charities.

“When I first came to William & Mary last semester, all the way from Texas, I didn’t know a single person here. I was excited, but I was also worried about making friends and finding my niche on campus. This campus seemed so full of great opportunities that

I felt lost and overwhelmed with all the choices that were available to me. I immediately sought out the same kinds of clubs and activities I participated in at my high school, but nothing felt right for me. A few weeks into the semester, I overheard a girl on my hall talking about a beginner ballroom lesson she had gone to. At this point I was thoroughly convinced that dancing was not my forte, but a small part of me really wanted to learn how to dance like the fancy people you see in movies, so I went to one lesson out of curiosity. Before I knew it, I was hooked on this world of ballroom dancing that I never really knew existed before. I've learned more in the past several months than I ever would have thought possible. I also discovered that I'm at least not as bad at dancing as I thought I was. Ballroom has provided me with a space to unwind after my classes, as well as a space to actually get in some decent physical activity, which is important for someone like me who is entirely lacking any athletic talent or motivation. More than that, though, the William & Mary Ballroom Club has become my home away from home. When I entered as a nervous new student with absolutely no experience, I was instantly and enthusiastically welcomed into a truly fantastic group of people, and I cannot wait to help welcome more new people in the years to come."

— Alex Wingate, President

### **Baseball**

William & Mary Club Baseball competes in the National Club Baseball Association (NCBA) – more specifically in the Division I Mid-Atlantic North Region – where it plays a conference series against Maryland, JMU, UVA, VT, and GWU. There are typically 20 plus games in the spring along with more exhibitions in the fall against teams from New York to South Carolina. The club consistently has 20 members that practice three times a week outside and once a week in an indoor facility. In past seasons, the team reached the DII World Series twice (2010 and 2014) and finished as National Runner-Up in 2014. Also, the club had won 4 straight regular season District III titles from 2011-2014. Since 2008 the club has not had a losing season. Over the years, the team has had several National Pitchers and Players of the Week, numerous Conference Pitchers and Players of the Week. In 2015, with the move to Division I, Sean Rutherford and Hunter McKinney became the first All-Conference Players in program history. For fundraising the club hosts a tournament in the fall with a grant from Sports Williamsburg as well as other ventures. Alumni involvement is strong as an annual alumni game is played during Homecoming weekend, where the alumni compete against current players. Alumni also donate regularly and come back to watch games whenever possible. The club has recently started a partnership with Williamsburg-JCC Schools attending fitness nights and field days to show kids how to be active and healthy.

"The Club Baseball team is my favorite part of this college and my experience here. We have been quite successful my years here, but that's not the main reason I enjoy playing. The guys I play with and practice with everyday have become my best friends, and hopefully friends for life. Between the road trips to South Carolina, or Kentucky for the World Series, or Tampa; the jokes in the hotels or dugouts; the excitement of winning;

and the bonding outside of the game of baseball some of my best memories are due to this team and the teammates. As a coach for the team, the opportunity is like nothing else. Over my two years as coach my leadership ability has grown enormously. Not only that, but I get to help my friends become better at a game we both love and lead us to a successful season.”

— Hunter McKinney, Player-Coach

### **Men’s Basketball**

The William & Mary Men’s Club Basketball team has 30 active members, practices for 1.5 hours twice a week, and plays an average of 3 tournaments with other nearby schools (or sometimes far away, Boston College came to JMU) a semester with 4 or 5 games at each tournament. The club has just recently been growing in size at a much faster pace, as 4 years ago there were only 5 or 10 active members. In addition, many members have also made some notable accomplishments outside of the club, including winning Mr. William & Mary, becoming the leading director of comedy Bootcamp, and winning one of the featured case competitions in the business school.

“This club has given me an outlet to do something I love, get to know other people with similar interests, and provided an outlet with which I can feel connected with people, which is underrated at times. Moreover, it gives other members the chance to be involved in something and take a leadership experience, or gain connections to pursue other interests further.”

— Stephen Muldoon, President

### **Women’s Basketball**

William & Mary Women’s Club Basketball consists of about 15-20 players who have played high school and/or AAU basketball and wish to continue to play at a competitive level. Founded in 2009, the team usually plays three tournaments in the fall and two tournaments in the spring, with each tournament consisting of about four games with the possibility for more with round-robin or pool-style brackets. It practices two times each week, sometimes three if necessary. In the past, the team has competed in the East Coast Regional Club Basketball Championships, bringing home the title in 2013 during the league’s final year. In 2016, the club was invited to participate in the Virginia Regional Sports Association (VRSA) tournament (a national qualifier) and put forth a strong showing by going undefeated through three games in initial bracket play before bowing out the next day during the single elimination round. The team participates in annual fundraisers like Plumeri Park baseball clean-ups and has recently made plans for a profit share through one of the local Williamsburg businesses. Players maintain a connection with alumni through the club’s Facebook group and always make sure to gather with them during Homecoming festivities.

“Like any other freshman coming into college, I was worried about finding my place here at William & Mary. I had played high school and AAU basketball growing up so I

decided to join the Club Basketball team because I couldn't imagine giving up the game I loved. From the moment that first practice started, I knew I was going to love being a part of this team. All the current players were so welcoming to the new members and made sure you felt like you belonged there. The various team dinners, tournaments, and social events made for great bonding experiences and I soon started to consider these girls not only my friends, but my family. At mixers with other teams, we are often given a hard time because we have so much fun amongst ourselves that we sometimes forget to socialize with the other team! Through Club Basketball, I had the privilege of becoming President of the Executive Board and later, joining the Sport Club Leadership Board through Campus Recreation. Each of these leadership opportunities has really helped me mature and become more socially outgoing through scheduling events with other club basketball teams, forming relationships with Campus Recreation administrators, as well as learning how to take charge at various team meetings/events. I can honestly say that my life here at William & Mary is greatly enhanced by my Club Basketball experiences."

— Emily Lovekamp, President

### **Brazilian Jiu-Jitsu**

The William & Mary Brazilian Jiu-Jitsu Club aims to learn and practice jiu-jitsu in a safe and friendly environment. It practices three times a week in the basement of William & Mary Hall and has recently become active again with a current membership of 10 students.

"Being president of the Brazilian Jiu-Jitsu Club has impacted my college career in a number of ways: it has provided me with an effective outlet for stress relief, exposure to the school's risk management procedures and has taught me healthy lifestyles."

— Stefan Edemobi, President

### **Cycling**

The College of William & Mary Cycling team is more than just a sport club, it's an organization dedicated to promoting cycling for athleticism, recreation, and transportation in the Williamsburg area. When the riders aren't training or competing in one of the many multi-disciplinary cycling races in the Atlantic Collegiate Conference, they're out volunteering at events like the Colonial Gran Fondo or York County's "Wednesdays On Your Wheels" children's mountain bike series. The club also hosts monthly "Mechanical Mondays" events, partnering with the William & Mary Bike Alliance to provide students with free repairs and adjustments to promote safe cycling on campus. In addition to supporting local businesses through annual sponsorship deals and custom professional cycling jerseys, the Cycling Club also hosts two of its own race events for both collegiate and open riders. For over 10 years the Tidewater Mountain Classic and Tidewater Winter Classic Road Race have been staples of the local racing calendar, and this spring's road race drew more than 400 racers from across the Mid-Atlantic region – for perspective, that's an event with more than twice as many riders as

the Tour de France, planned and run entirely by college students. By empowering our members to make a real, positive difference in their cycling community, our club hopes to promote confidence and healthy lifestyle choices that will shift their future into an even bigger gear.

“As a first year student at William & Mary this past Fall, I was feeling a tad lost. I was overwhelmed with classes, couldn’t find time to join clubs, and was lacking a network of friends. I can say with the utmost of confidence that joining the cycling team has helped alleviate these issues, and it has been a positive influence on my entire college experience. The cycling club is a unique group, as we manage to retain the integrity of the club by training and competing at a high level. However, socialization and a welcoming culture are integral to the club itself. While there is an executive board that runs the logistics, all members are treated equally and are expected to contribute at meetings and events. This means that I have equal say in planning and organizing events as well the spending of our club money. As a result, I have quickly learned the basics of both cycling and the club itself. I now have a sense of belonging on campus as well as responsibilities outside of the classroom. I recently attended my first cycling race with other east coast schools, and I was amazed at the level of competition and the group brought together. A club like this is undoubtedly great for other students, so I hope it can continue to grow into a larger and more wholesome club.”

— Peter Hogan '19

“The Cycling Club at William & Mary is a special group of individuals. It has taught me what it feels like to fall in love with a new activity, something that too few people get to experience the older and closer to professional life they become. It has shown me how freeing it is to literally pedal away from the routine of your every day and to do it as hard as you can, grimacing in the shared love of the pain with some of your best friends. Also, being the Treasurer has given me the unique experience of learning to responsibly manage thousands of dollars in monthly transactions and has given me reason to rise to the challenge of being a decisive leader for this group. Cyclists have always been a unique breed of human. They’re speed demons, lovers of the outdoors, adrenaline junkies, great athletes, do-it-yourselfers, and more and I cannot say how much I’ve loved becoming one of them.”

— Will Hart '16, Treasurer

### **Equestrian**

The William and Mary Equestrian Club was founded in 1977 and has been competitive and active in the community ever since. There are currently about 40 active members who each practice once a week at Willow Pond Farm in Toano, VA under the instruction of coach Karen Greenwood, a William & Mary alumna, who owns and cares for 12 school horses. About 15 club members are chosen through a competitive tryout process at the beginning of each fall semester and practice an additional time each week, competing as part of the nation-wide Intercollegiate Horse Show Association on the

weekends. The team competes against eight other club and varsity equestrian programs in Zone IV, Region 4 of the IHSA and regularly sends riders to both regional and zone finals. When not riding, the club hosts bake sales, events for Girl Scouts, canned food drives, and is deeply involved in both the campus and Williamsburg community.

“Joining the Equestrian program was, without question, the best decision of my college career. I have become extraordinary friends with some of the most inspiring, diverse, and driven people through the team that I never would have met had it not been for the opportunity we are given to pursue something about which we are all so passionate. Our program is an integral part of the lives of those who are involved with it, and the engagement with the organization has enriched my own life beyond what I ever could have imagined. I began my freshman year as treasurer and over the years moved through VP and into the President position. Last year I was awarded Sport Club Officer of the Year, but despite how much I try to give back, what I can do will never surpass the personal growth, encouragement, and love that I have been given by them. It has been the honor of my life thus far to lead and serve such an extraordinary group, and it is an experience I am immeasurably the better for and will carry with me forever. For so many, taking some time away from campus at our farm is the best part of their week and I deeply believe that encouraging those steps away is critical to the overall mental and social health of our students. The horses, in many ways are therapy, but more than that, our organization has an implicit commitment to giving and sharing the best of ourselves with one another; to supporting and encouraging in the face of our shortcomings; to recognizing and fostering growth, uplifting each other, and most of all, providing a family of diverse membership and varied interest that thrives on sharing in something they love. The depth and impact of that kind of experience is not only challenging to articulate, it is impossible to put a price on.”

— Peden Gardner, President

### **Fencing**

William & Mary Fencing is the oldest sport club on campus, having previously been a varsity team since 1924. While no longer a varsity sport, the team continues to expand yearly and currently has 40 active fencers. Dedicated athletes are expected to attend three of the week’s five practices, which are held Monday through Friday from 3-6 p.m. The team competes against other sport clubs from the University of Virginia, James Madison University, Liberty University, Virginia Tech, and the University of Mary Washington at the state level, and colleges along the East Coast from as far as Florida and Massachusetts at the regional level. William & Mary Fencing is most noted for having won the Virginia Cup for eleven consecutive years, but it is also known for annually hosting the Hallowe’en Open and the Conomikes-Gutenberg Memorial Open. Alumni of the fencing team are still dedicated to the club, attending competitions and supporting the team’s fundraising efforts. William & Mary Fencing maintains a close relationship with the surrounding fencing community, and has even helped the Richmond Fencing Club build its addition.

“I have been involved with the fencing team since my first semester of my freshman year, having come to the club with no prior experience. Not only did the club mark my first participation in organized athletics, it gave me the opportunity to excel at something I had never tried before. Some of the best friends I have made at this college are people I met through fencing. It takes a special kind of friendship to allow someone to stab me on a regular basis. These friends have cheered my victories and shared my defeats and have helped me get in touch with a greater community eager to do the same. Without the team, I would not have a family away from home.”

— Roxana Fernandez, President

### **Field Hockey**

The William & Mary Club Field Hockey team has about 25 active players, and although it is technically coed, they are all women. The team practices twice a week when weather permits and has about 6 games in the spring and 8 in the fall. It plays teams from all over the mid-Atlantic, including: UNC, ECU, UMD, VCU, CNU, UofR, UMD, UD, American, and many others. The club maintains active contact with its most recent alums, and sometimes they even come to games.

“I joined the Club Field Hockey team my freshman year because my RA dragged me along to the interest meeting. I was the varsity captain in high school but I didn't know if I would be good enough to play club because one of my teammates didn't make the team at Tech. I was nervous. But I went out, and low and behold there are no tryouts. I instantly felt like I was part of the team. I had an outlet for social interaction as well as a place to play the sport I so loved in high school. I am so thankful for that. Field hockey is not a sport a lot of people play like soccer or tennis (the other two sports I grew up playing) so having an opportunity to play for a few more years in college has been a blessing. I am now the president of the team and have so enjoyed getting to lead in such an informal and fun environment.”

— Kharis Schrage, President

### **Golf**

William & Mary Club Golf maintains a roster of about thirty players per year practicing on weekends at Ford's Colony Country Club in Williamsburg. The team plays two tournaments a semester in the National Collegiate Club Golf Association's (NCCGA) Colonial Region, which consists of teams from around Virginia including Christopher Newport University, James Madison University, Old Dominion University, Roanoke College, University of Richmond, University of Virginia, Virginia Tech, among others. In recent semesters the club has also organized friendly matches outside of the tournaments with other teams in the Colonial Region. The team has been on campus for several years but was dormant until a recent revival beginning around 2012 and has maintained personal connections with recent alumni. With the rejuvenation of the program Club Golf looks to make big strides within Campus Recreation in the next few

years.

“I have been involved with the Club Golf team all three years I’ve been at William and Mary. My involvement with the Club has been both a rewarding and enriching experience. First of all, it provides an excellent avenue for me to pursue my passion for golf. The affordable membership at Ford’s Colony, one of the area’s premier private golf communities, allows me to develop my game and play with the other members of the Club whenever we are able. This setup has created friendships that have lasted off of the golf course. I have also enjoyed my experience due to the leadership opportunity that the Club has provided. As a relatively young club, we have grown tremendously over my three years, and seeing the growth firsthand gives me a sense of fulfillment that I have helped an organization to reach its potential.”

— Austin Smith, Vice President

### **Gymnastics**

William & Mary Club Gymnastics provides the opportunity to all students to learn and compete in a fun and welcoming environment. The 25 active members practice on Tuesdays and Thursdays from 9-10:45 p.m., and Sundays from 12-2 p.m. in William & Mary Hall. There is one meet in the fall and about two or three in the spring, along with Club Gymnastics Nationals. The team competes against schools across the nation. As for awards, many of the club’s gymnasts have placed within the top 10 at whatever meet they attend. The club raises funds with Plumeri Park cleanups in addition to profit shares and is projecting to make an alumni chair within our group in the near future.

“I have done gymnastics since moment I left the womb. Most people come out head first, I came out hands first doing a handstand. I was a transfer student, so making friends was tough. If it were not for Club Gymnastics, I would still be wallowing in self-pity and regret from the lack of inter-personal skills. We have engaged in fun activities as a group, such as movie nights that finally forced me to watch Stick It, which has now become my favorite movie. Through my dedication and hardship, I am have become the supreme leader of Club Gymnastics, aka the President. I am very glad this club exists since most schools have cut their gymnastics programs. Thank you for this opportunity and please extent this oppportunity to future Club members.”

— Ryan Antal, President

### **Ice Hockey**

The William & Mary Club Ice Hockey team is a Division III member of the American Collegiate Hockey Association (ACHA) and plays in the Atlantic Division of the Blue Ridge Hockey Conference (BRHC). Founded in 1987 and organized under the College’s Sport Club Program, the team competes with schools in the Mid-Atlantic region from Maryland to North Carolina and all across Virginia. The 20-game season spanning from September to March is funded primarily by the players and supplemented by the College and tax-deductible donations to the Royal Blueliner Society, the team’s 501(c)(3)

non-profit booster club and alumni organization. The Tribe's competitors in the BRHC Atlantic Division include: American University, Catholic University, University of Maryland, James Madison University, Northern Virginia Community College, Old Dominion University, Radford University, and Virginia Commonwealth University. Tribe Hockey student-athletes employ the same work ethic, dedication, and commitment in the classroom and on the ice. Following their BRHC league championship victory in 2011, the team has continued to build momentum in its competitive collegiate schedule.

"Being a part of a club has greatly enhanced my college experience. It has allowed me to meet people I otherwise would not have had the opportunity to meet. Not only that, but it has allowed me to take on significant leadership positions as well. These positions have forced me to grow as an individual. I have become more responsible, open-minded and flexible in my dealings with people. It has really allowed me to mature and become a better version of myself. Being a part of a club has been a very important part of my college experience. Without it, I would not be the person I am today."

— Conor Rooney '18, Assistant Captain

### **Men's Lacrosse**

The William & Mary Men's Club Lacrosse team at William & Mary is currently 30 members strong and plays a competitive schedule of local teams including CNU, ODU, UofR, and the now NCAA Division I team Hampton. The team typically plays 2-3 games during the fall offseason and has a more rigorous 6-7 game season in the spring. Members of the team range in experience from former NCAA DII athletes to first-time players, allowing for a competitive yet inclusive environment. Off the field, several members of the team serve as coaches for local youth lacrosse teams in addition to various smaller volunteer events like charity runs.

"I was one of those kids who emailed the club lacrosse president to express interest before even graduating high school. Arriving on campus my freshman year, I immediately felt a connection to the team and sought ways to become further involved. Peter Godshall, president at the time, took my overly-enthusiastic freshman self under his wing and showed me the ropes of running the team. I served as unofficial secretary that year (we were so unorganized we didn't have positions besides president) and earned a starting position on defense with Peter. It was clear to me that I would succeed Peter as president in a few years, and I was ecstatic for what my future with the team held. However, I also knew I still had a long way to go before I was ready to take on the responsibility of running the team.

"Peter passed away the second night of my sophomore year at William & Mary. I was devastated. He was my fraternity brother, teammate, friend, and mentor. The team was left leaderless. I did the best I could to run the team that fall, but I just didn't know what I was doing. Practices were poorly attended, roster numbers plummeted, and we lost

against teams we usually had no problem beating. But I kept working at it. That spring, we won our only game of the season. It was a small victory, but to me it meant the world. Practices slowly became better, and team organization dramatically improved.

“I saw the 2015-16 academic year as a fresh start for the team. Thanks to aggressive recruiting early in the fall, I was able to grow our roster to the biggest it’s been during my time at the College. I’ve continued to fine-tune our budget, intensify practices, and build a sense of community in the team. We elected our first real officers at the end of this fall season. Every one of them is a freshman. It has truly been a privilege teaching them how to motivate teammates, direct practices, manage team funds - essentially, how to lead. My experience with club lacrosse at William & Mary has reaffirmed to me the most fundamental aspect of leadership - that it is something passed down in a continuous progression. Leaders must eventually pass on their role to the next generation, and I can only hope to do the same.”

— Tyler Jutz '18, President

### **Women’s Lacrosse**

The Club Lacrosse team at William & Mary has existed since 2004 and is a part of the MAWLL Division II Eastern conference. The club practices on Tuesdays and Thursdays from 6-7:30 p.m. and has 37 members who play against teams such as ODU, Longwood, Richmond, George Mason, Virginia Tech, and VCU.

“As a transfer student, one of the most important things for me was being able to integrate myself into the college community. My previous institution was much smaller and more limited in the number of sport clubs that it offered (lacrosse was not one of them) and I felt like there was a gap in my college experience. One of the reasons I chose William & Mary was because of the Club Lacrosse team. I wanted to continue playing the sport I loved on a level that would allow me to compete, meet new people, and gain leadership experience, all while being able to explore other activities and keep up with my schoolwork.

“Being a part of Club Lacrosse and getting the opportunity to lead, as a co-president, has been a highlight of my time here. Sport clubs matter to students because they help foster and maintain a sense of community on the campus. I am constantly running into teammates in classes, the dining hall, Swem library, colonial Williamsburg, etc., which makes the college feel less like a school and more like a home.”

— Megan Jones, Co-President

### **Martial Arts**

The William & Mary Martial Arts Club allows students to pursue personal fitness and self-discipline while learning self-defense techniques. The club holds karate practice on Mondays and Wednesdays from 6-7:30 p.m. and aikido practice from 6-8:00 p.m. on Sundays. All practices are in the fencing room of William & Mary Hall. Additionally, the

club operates as a dojo under the DNBK, an international body centered in Japan that promotes several martial arts styles throughout the world. The club represents the longest running dojo in the U.S. segment of this organization. As a part of the DNBK, every spring, the club attends a large convention held in Norfolk called Kensho Kai, where martial artists from across the world come to train together and learn from the leader of the organization, Sensei Hamada. Alumni from the program occasionally attend these conventions as well. Classes on campus are taught by two volunteer black belts who have been certified by the DNBK, who teach basic hand and foot techniques as well as break falls and throwing techniques. In short, the Martial Arts Club represents a long-standing tradition in which students learn skills that have been passed down from generations of Japanese history.

“To me, the Martial Arts Club represents a continuation of my training from home. I trained in another style back home for a little over a decade before coming here. This club has allowed me to expand upon my training from back home as well as meet new people who are also interested in learning karate and aikido. Additionally, working as the club president has taught me valuable organizational management skills and helped me make friends with the other officers and students. We represent a small but close-knit group of dedicated students who care about the continuation and promotion of the club and what it represents to the student body.”  
— Ben McCartney

### **Outdoors**

Outdoors Club is a large, relatively informal club comprised of William & Mary students who love outdoor recreation. With over 1,200 listserv subscribers, the club includes a wide range of members, ranging from people who have only attended one trip during their four years to those who attend every trip they can. Trips tend to center around activities such as hiking, backpacking, canoeing, and biking, and are led by student trip leaders responsible for planning, organizing, and leading every trip. We only charge members per trip that they attend, and since the per person cost of most trips is \$5-10, Outdoors Club is an affordable way to have fun for virtually any college student. In addition, the club hosts one social event, such as a potluck dinner, at the end of every semester for those who have attended at least one trip.

“As its President and Trip Leader, Outdoors Club has allowed me to meet lots of great people and develop useful leadership skills. While I typically know at least a couple participants beforehand, each trip ends with me having made new friends with whom I’ve shared great outdoor recreation experiences. Additionally, my officer positions within the club have taught me the importance of planning and organization, both of which are critically important in outdoor activities that require proper preparation.”  
— Max Shipman, President

### **Quidditch**

Quidditch has been a part of the William & Mary for five years, but it wasn’t until this

past year that the team became a sport club. The club's 11 members are enough for a team but not huge by any standard. As a result, William & Mary Quidditch and Christopher Newport Quidditch decided to combine to form the Chesapeake Chimeras. This partnership allows students to compete in tournaments with a considerable bench of substitutes. William & Mary Quidditch practices Mondays and Tuesdays from 5-7:00 p.m., Fridays from 5:30-7:30 p.m., and has one practice in combination with CNU on Saturdays from 1-3:00 p.m. As the team is relatively new, there is a small alumni base, but it continues to grow. The club is developing an alumni listserv and plans on starting a newsletter updating both alumni and the community about the team's progress. The Chesapeake Chimeras team plans to become United States Quidditch (USQ) official this upcoming fall so it can compete in next year's national competition.

"I came to William and Mary as a transfer from Mary Washington University and had played on the Quidditch team there as well. I joined as soon as I got to campus and was a little disappointed when I found that the club was not competitive. When I was elected President the following year for the 2015-16 season I immediately started making changes to turn William & Mary Quidditch into a sport club and get us on the road to World Cup. This has been a tremendous leadership experience for me, not only getting the team ready for competition but also organizing and hosting tournaments. The William & Mary team is small, so the players really get to know each other and learn a sport that is completely unlike any other sport. Being a part of this team, leading this team, has been a center point of my college career and I am so proud of how far the team has come. I hope to be able to come back as an alumnus and see the team make it to World Cup within the next few years."

— Will Park, President

### **Racquetball**

The William & Mary Racquetball Club right now is fairly small, with 4-5 regularly playing members and around 20 total members signed up. The club practice every Monday and Wednesday from 5-7 p.m. on the Rec Center courts and participate annually in 3-4 tournaments. Usually one of these tournaments is against fellow college-level players, while the others are tournaments open to the public. William & Mary usually sends 2-3 students to play in each tournament, and one of which is the state championship. Last year the club took first place in the state championship singles collegiate division. In addition, every year the club hosts its own tournament in Norfolk, which generates most of the revenue for the year and allows participants to be dues-free. The club is also sponsored by E-Force (a racquetball company), which helps players acquire cheap equipment. This year the club is planning to play in the national tournament in Colorado Springs. While the club has not done much proactive alumni outreach, many alumni play in the campus tournament (some at other tournaments) and donate to the club then.

"Before I was in the William and Mary Racquetball Club I had no idea how to play

racquetball. However, our resident coach, Professor Carl Moody, enthusiastically taught me the techniques and strategies of the game. Being a member of this club has definitely given me an outlet for my stress. No matter what else happens to me during a week, I know that at 5 p.m. on Mondays and Wednesdays I can go to the courts and have some fun and I always leave feeling better than when I started: the main focus on the club is on having fun rather than competition which contrasts to the academic side of my life. Due to the small size of the club, organizing is fairly easy and leadership positions are much more relaxed than in other clubs. Decisions are usually made as a group rather than by an executor, and as such, the club is run fairly democratically. The small size of the club also means that you get to know everyone very well. For me, this has allowed me to get to know not only the other members but also our coach (Carl) very well – probably even better than his students and he has been an invaluable resource to me both on and off the courts. Overall, racquetball club is an excellent way to have fun; while getting better and seeing your own progress is very rewarding (I have definitely improved since I started 2 years ago), the main focus is on making sure that everyone enjoys themselves.”

– Kan Tagami, President

### **Rock Climbing**

The William & Mary Rock Climbing Club is a group of around 30 students who climb at the gym and participate competitions, events, and practices inside and out. Club members holds bi-weekly practices, compete at local gyms, and tries to extend their love of the outdoors to others. The curriculum primarily includes technical climbing instruction as well safety training and outdoor equipment use.

“When I first joined the club I had just transferred from VCU, and joining the club gave me a sense of community as well as some of my best friendships. Additionally, it has given me the ability to focus on my health and focus, and has therefore reduced my stress and helped my mental stability. I also enjoy the sense of leadership the club has allowed me to achieve.”

– Bob Rank

### **Rowing**

The William & Mary Rowing Club consists of 47 dedicated athletes this semester split between varsity and novice men and women. It practices five days a week at the Tack Family Boathouse on the Chickahominy Riverfront Park and participates in many regattas over the course of the year, from local Virginia schools to the national level. The club runs a fundraising program called rent-a-rower in which Williamsburg residents can “rent” members to move boxes or rake leaves to raise money for the team. The club holds other fundraisers throughout the year, including Ergathons as well as “Dog Days,” when it brings dogs to campus. The club is proud of its strong relationship with its alumni who formed an association called the Friends of Williamsburg Rowing. The club have incredibly passionate athletes who dedicate so much time to this sport, which

makes an amazing atmosphere where everyone is welcome.

“I joined the club fall semester of my freshman year. This team is my biggest passion at this school. My team has become my family over the past year and a half and I wouldn’t want it to be any other way. I started my leadership journey as Director of the high school camp we run every summer and loved getting to plan and execute the 3-week camp. Then I was elected Recording Secretary fall semester of my sophomore year and then President for 2016. Freshman year was an incredibly hard year for my family and I really believe that this team was one of the only things that brought me back to campus in the spring. Everyone was so supportive of me and it made me truly realize how much this team meant to me and will continue to mean to me for my entire college career. I love this team and I know many of my fellow teammates feel the same way.”

— Katie Clements, President

### **Men’s Rugby**

Men’s Club Rugby at William & Mary is a member of the Division II Cardinal Conference, which includes James Madison, VMI, ODU, Longwood, University of Richmond, Radford, Duke, Mary Washington, and VCU. The team has been at William & Mary for 45 years, and won the Division III championship a few years ago before moving up to Division II. Last semester the team made it to the NSCRO (National Small College Rugby Organization) playoffs and anticipates returning next semester. The 42-member team practices twice weekly (Tuesdays and Thursdays from 5-7 p.m.), has games approximately every other Saturday, and is active in both the fall and the spring semesters, although the fall semester is the official season (the team play friendly matches during the spring). The club recently worked a water stop at the Colonial Half Marathon, participated in a Plumeri Park clean-up, helped time at the Swim Club meet, drove vans for Campus Recreation events, and hosted a coaching certification clinic for USA Rugby. The club also receives funding from the sponsors at Brickhouse Tavern. Alumni engagement is very high, as it hosts a Homecoming scrimmage between current players and alumni followed by a cookout. Alumni also frequently participate in social tournaments with the team.

“Being a member of Tribe Rugby has been a valuable experience for me. I joined freshman year, where I found both a physical outlet and a group of guys who would become my best friends at the College. As the current president (and former treasurer), rugby has given me a leadership opportunity that I could not have gotten elsewhere. Our team is unique in the conference in that it is still primarily student-run, as most other teams are ran by their head coaches due to the complexity and difficulty of running a large, competitive organization. In my time as president I have gained experience in budgeting and financing, scheduling, making impactful decisions affecting my teammates and the direction of the team, serving as the face of the team in interactions with the school and alumni, and, perhaps most meaningfully, I have had experience coordinating, directing, and working together with lower-ranked members

of the executive board and my teammates. I am confident that few other students at the College have had the type of life training that being a president of a sport club provides, and I know that my time serving the team will prove to be very beneficial to me in the future.”

– Christian Bean, President

### **Women’s Rugby**

The William & Mary Women’s Rugby Club is a member of the National Small College Rugby Organization and plays in the Region 2 Mid-Atlantic (South) in the Capital Rugby Union. In our conference, we have play Old Dominion University, Longwood University, Virginia Commonwealth University, George Mason University, George Washington University, Georgetown University and other colleges across the country via tournaments and playoffs. This past fall, the team was crowned Capital Geographic Union Champions and played fourth at the Mid-Atlantic Playoffs following an undefeated regular season. Last year, it placed third at the Mid-Atlantic Playoffs following another undefeated regular season and also placed third at the NSCRO National 7’s Tournament held in West Point, NY. William & Mary was invited back (in Charlottesville) to participate this spring. The current roster has 33 active club members, although this number fluctuates every semester with different schedules. The team practices three times a week (TWR from 4-6, 5-7 after daylight savings) and ask that players attend at least two practices a week. There are also have fitness practices scheduled throughout the week, and players are asked attend at least one. The team holds Executive Board meetings on Sundays to work out travel plans, fundraisers, and upcoming tournaments. In the fall the club held an alumni game with current DC Furies players and has hosted an annual Prom Dress tournament over the past four years, which usually raises money for a charitable cause; last year, the team donated to a fellow Tribe Rugby player’s father, who suffered from ALS.

“Playing rugby in college has by far been one of the best decisions I’ve made thus far. The sport itself allows you to meet all sorts of different people--this is one of the few sports on campus that recruit people of all body types and athletic abilities, knowing that everyone can contribute differently. I’ve won and lost big and small games alike (I have the bruises to show it) and have learned so much about being a good teammate, friend, and leader. I have grown and watched our team grow into incredible athletes, but have also seen players flourish in other areas of their life – science, music, and job opportunities, to name a few. This is by no means just our club, though. The club rugby community worldwide is small but mighty, and I know that wherever I go after college--whether that’s playing on a professional team and/or whatever career opportunities I encounter, there will be a rugby club just like William & Mary’s that will be just as welcoming and empowering.”

– Liz Linstrom, President

### **Running**

Every year the William & Mary Running Club welcomes dozens of new students of all paces who look for a running home, similar to the high school cross country/track teams. Practice is at 4:00 p.m. daily, and on any given day, a solid 5-8 runners will show up, though the club is known to accommodate 60+ participants. Running routes can be as short as 2-6 miles, but people are able/encouraged to add on distance. With the help of the Sport Club Office, members can travel to races all across Virginia and be reimbursed partially or fully. In this way, Running Club offers a starting block for those eager to race half/full marathons. The flexibility we allow (no mandatory meeting) remains important to busy students, but officers are committed to hosting practice every weekday.

“My favorite aspect of running club is that it fosters a diverse group of friends who make runs much more rewarding together than they would be alone, sometimes challenging me to go farther and faster. Knowing that I’ll be greeted with familiar faces with a common purpose keeps me coming back to each practice. Also, the club experience has broadened my exposure to different parts of Williamsburg and James County, revealing some of the most memorable sights on the Virginia Peninsula like the beaches of Jamestown.”

— Jessica Armstrong, President

### **Sail & Paddle (VIMS)**

The VIMS Sail and Paddle Club was established to enjoy being on the water at the campus of the School of Marine Science in Gloucester Point, about 25 minutes from William & Mary’s main campus. Club members include a network of students, faculty, staff, and alumni. Together, they maintain a fleet of watercraft to enjoy all sorts of water activities and help introduce people to recreational sailing, canoeing, kayaking, windsurfing and SUP (stand up paddling). The club meets weekly from April to October on the York River. It organizes one overnight camping trip annually for rafting, kayaking, or other related water sports.

“Sail & Paddle is an important aspect of the VIMS community by providing opportunities for graduate students to relax once a week on the beautiful York River despite a busy work schedule. The club also acts as an important link between graduate and undergraduate students by offering opportunities for water activities to WM undergraduate students during the academic year and Research Experience for Undergraduate (REU) students over the summer. As the Vice President of the club, S&P has allowed me to play an active role in VIMS student life as well as increase my organization and event planning skills.”

— Patricia Thibodeau, Vice President

### **Sailing**

Starting in 2003 with only a few members, the William & Mary Club Sailing team has grown to be one of the largest sport club on campus, with over 80 dues paying members. Sailors are required to attend practice at least once a week, and practices are held during

the season from Monday-Friday from 2:30-6:30 p.m. Many of the club's sailors compete in regattas on weekends against other colleges and universities in the Mid-Atlantic region, ranging from Virginia up to New York. The club hosts home regattas once a semester, generally doing very well in regattas. To fund the team and travel expenses, it recently created an endowment to invest donations from other fundraisers, including: the annual homecoming auction, a popular Boats and Burgers event, and an effective letter writing campaign. Of course, the club's alumni are always invited to events. The auction along with the weekly and semester updates keep ties strong between current students and generous alumni.

"Just like being a member of the Tribe, being a member of this team means being part of an inclusive family. Anyone can join the team – no matter their skill level. The inclusiveness of this team has allowed me to meet so many people I would not have met otherwise. As I rose through the ranks of the team's many leadership positions, eventually becoming president, I became more and more a part of the family the team has created. This team may have allowed me to take on leadership roles, and that's great and all, but I'm not sure why that's the prompt because, honestly, that is not why this team means so much to me. I started, like most on the team, with a small appointed officer position, but I decided to run for the executive board not because of the leadership opportunity, but because I cared about sailing, and the people on the team. This team not only has practice and regattas, but additionally a plethora of team bonding events. We go to sports games together, we bowl together, and we have weekly team dinners, all of which support our family dynamics. Those who join this team come for their love of sailing, or an interest in learning sailing, but stay for the friends they make and the overall team dynamic. Because we are all inclusive, it allows for more people to love sailing, for new relationships to form, and for our family to constantly grow."

— Emily Meehan, Commodore

### **Shotokan Karate**

William & Mary Shotokan Karate was founded in 1992 by two of the club's Sensei's students who wanted to keep training as they started classes at the University. Sensei Steve Pohle has over 40 years of Shotokan training under his belt, so to speak, and is on the board of the international governing body of which the club is a member. Today, the club has 10 active members from 7 kyu (orange belt) all the way up to 1 kyu (brown belt). Two current members are ranked high enough to have the opportunity to test for Shodan (first degree black belt) in the upcoming months. The club is part of the East Coast region of the International Shotokan Karate Federation, and its advanced members have the opportunity to compete in regionals. The club also participates in three collegiate camps and tournaments throughout the year. Last year, two members ranked in the regional women's brown belt sparring competition. The club offers three opportunities for rank advancement during the year, and two of its alums participate in judging these testing ceremonies.

“I’ve been a member of the Shotokan Karate Club since my freshman year, and I have been the club president since Spring 2015. I started as a white belt without any experience in Shotokan, and I’ll be able to begin testing for Shodan in May. Shotokan has kept me grounded during my time at William & Mary. Whether I’m stressed about midterms or I have hours of homework, training with the club gives me a good study break by calming my mind and being a great workout. Our club puts great emphasis on the fact that Shotokan is not a sport, but a martial art. Sure, we may punch and kick, but we also meditate and focus. And as president of the club, I’ve learned a lot about managing an organization and planning events. I have learned so much valuable experience from Shotokan, and I hope to keep training at a Shotokan dojo when I graduate in the spring.”

— Jennifer Vogl, President

### **Men’s Soccer**

The William & Mary Men’s Club Soccer team is split into an “A” team and a “B” team. The “B” team has no cuts and often comprises anywhere from 20 to 45 regularly attending team members. The “A” team consists of 20-30 players (27 this year) all of whom have made it through the three-day tryout process. The club schedules matches with other collegiate soccer teams from all over the Mid-Atlantic region, playing in a pre-scheduled league (NIRSA) in the fall season and then schedules games and tournaments in the spring. This schedule usually results in about 8 games per semester, with regional playoffs adding to that in the fall. The club practices three days per week and organizes many sport club fundraising events, including Zable Stadium and Plumeri Park cleanups. The club’s alumni base comes to campus once per year to play a friendly pick-up game during Homecoming weekend, and alumni can stay in touch with the club’s Facebook group and its shared GroupMe messages.

“My experience with Club Soccer has been one of the most rewarding aspects of my entire college experience. Honestly, prior to attending William and Mary, I had been quite discouraged by the character of my teammates playing at the varsity level in high school. The game I loved had become a source of anxiety and frustration for me, and I was worried that I would lose my connection to it forever. Thankfully, I tried out for the club soccer team here at William and Mary, and it was possibly the best decision I’ve ever made. The people on this team are the absolute ideal for teammates. They are caring, fun, and extremely considerate individuals, and I am very fortunate to have had the privilege to play with them. Becoming the club president has provided me with an opportunity to collaborate with college officials and other student leaders all over campus, and has impressed upon me the many facets of organization and compromise that are necessary to lead a group of talented individuals. This position has helped me improve upon my own skills in conflict mediation, communication, and simple humanity. I am very grateful for the opportunity that I have been given, and I would absolutely recommend this club to any prospective student.”

— William Sheahan, President

### **Women's Soccer – Gold**

The William & Mary Women's Club Soccer Gold team (the "B" team) holds tryouts every fall in conjunction with the Green team (the "A" team). The club currently has 23 students on its roster, holds three practices a week, schedules its own games and round robin tournaments with nearby colleges, including the University of Richmond, CNU, ODU, and Longwood in the fall and spring seasons. Throughout the year the club organizes several fundraisers, including clean-ups in Zable Stadium, Plumeri Park, and William & Mary Hall as well as working a water stop at the Colonial Half Marathon. To engage the community, several of the players coach youth soccer on weekends.

"Gold team isn't just a means to play soccer. We are an incredibly tight-knit group of girls who are friends on and off the field. We go to movies together, run half-marathons together, hold date parties, go to dinners, study for classes, and just go for walks in Colonial Williamsburg to catch up. We have a Big-Little system in place to make sure that every new player immediately feels included and has someone to turn to with any questions. Even after graduation, these ties stay strong. Personally, my Big is a recent alumna and I have been able to visit her in NYC multiple times, and she has even been helping me find a summer internship there. Gold team is also a great opportunity for players to gain leadership experience. We have two captains, a president, a vice president, a web master, and a social chair. I have just been reelected to my second term as president and this role and its responsibilities and challenges has been a major talking point in all of the internship interviews I have had, and has also helped the other members of the executive board similarly."

— Hannah Reach, President

### **Women's Soccer – Green**

The William & Mary Women's Club Soccer Green team is one of the two club soccer teams on campus. The Green team consists of about 20-25 committed players and practices three days a week for two hours with one of those days being a fitness practice. Throughout the fall the club travels to schools in Virginia, Maryland, and North Carolina to compete in league play against schools like Virginia Tech, ODU, JMU and many more. The club usually has one or two games a weekend in the fall, with a lighter schedule in the spring. The club holds fundraising events including its annual fall ball brawl soccer tournament to raise money. The players are members of a close-knit team and have a strong bond with alumnae who come to campus to meet all of the new girls. While the club is a large commitment, the players are excited to travel and play soccer at a competitive level.

"I decided to try out for the team as a first semester freshman way back when. I had played soccer all four years of high school and I wanted to have the same type of experience as I did with that team, here at William and Mary. I was so nervous to tryout

at first, but I am honestly so glad that I did. I couldn't imagine my life at William and Mary without this group of girls. They are some of my best friends and I look forward to the practices and games each week. I love that as a team we can be competitive and work hard at practice, but we don't forget to have fun with each other and goof off at the same time. Coming to college from a small private school I was looking for that same sense of camaraderie and acceptance. This team gave me that and so much more. Inside of the larger student body I found a group of people who I can trust, who understand me and who accept me for all that I am. And this year, I am so excited to be able to give back to all of them and take on a leadership role as president. I can't imagine how different college would be without this team and I love that I can play the sport that I love and that I have found a group of people who share the same passion as I do. I know that after I graduate I will come back and visit as often as possible, just as many alumnae before me have done, and I can't wait to experience my last two years at the college with this group of women by my side."

— Madison McCann, President

### **Softball**

The William & Mary Club Softball team has existed for about 15 years. It is a new member of the National Club Softball Association in the Mid-Atlantic – South conference, having joined in 2015. The group of 20 active players practices on Mondays and Wednesdays from 4-6 p.m. and on Fridays from 3-5 p.m. Each year, the club plays about 6 home games and 6 away games and participates in a tournament each spring. Fundraisers include a bake sale at the end of each semester, profit shares with nearby businesses, and cleaning up Zable Stadium and Plumeri Park. This past fall, the team volunteered at a community Home Run Derby held at Quarterpath Park. It stays in touch with alumni through Facebook and hosts an alumni game every fall semester during Homecoming Weekend.

"My name is Kenesha Parish and I'm a senior here at the College. I wanted to take a moment to reflect on my time playing club softball. I knew that I still wanted to play softball during my college years. I joined softball straight after my first semester freshman year. This action of joining club softball, led me down an amazing journey. I made new friends and bonded over the same passion of the game. Not only was this club a vehicle for meeting some of my lifelong friends, but also personal growth in my leadership ability. I first started as a fundraising chair, but I wanted to help more. In my junior year I became the president. My term was a great year of growth in my capabilities and effecting change. Many of the skills I now have stem from club softball. I've seen the impact participating in a sport club has on many people. Transfer students struggle in finding friends, especially if they enter during the spring semester. Sport clubs provide a niche for them to meet new people and get involved on campus. Sport clubs play an important and cohesive role in this campus. When clubs are doing their best, we also see students doing their best. Club softball has made my college experience extremely enjoyable. I can't wait to help contribute to softball once I graduate."

— Kenesha Parish, Past President

### **Swim**

The William & Mary Swim Club is comprised of about 32 active members who come to at least an average of 2 practices per week, 1 meet, 4 socials, and 2 fundraisers per semester. While those are the minimum requirements, the club offers swimmers the opportunity to participate in 5 practices per week, 4 meets, 12 socials, and 5 fundraisers per semester. The meets usually consist of 6-10 east coast team but can range in size from the intrasquad team meet the club hosts to the 60+ team national championship meet hosted by Georgia Tech. Club members raise money for the team by participating in fundraisers advertised by Campus Recreation, including football and baseball stadium clean ups and selling basketball concessions, as well as hosting their own events, such as a friend auction each spring. Alumni have the opportunity to stay in touch via the club's Facebook page, by attending the annual homecoming tailgate, or by swimming in the club's annual homecoming swim meet. Last year the club won Campus Recreation's "Break Out Team of the Year Award" after growing the team by 40% and breaking its streak of annual budgetary deficits to having a net positive balance.

"When I ended my senior high school swim season, I had decided that my time in the water had come to end. I had given fifteen years to the sport and I thought it was time to try something new. As a freshman, orientation was overwhelming, especially the activities fair. By this time, while I had made some friends in my hall, I did not yet feel as if I found my niche within the William and Mary community. I roamed up and down all of the rows of countless organizations that I could get involved with, when I finally found the glass slipper of clubs that I had been missing: sWiM Club. Most would see two guys wearing t-shirts and swim caps as a little strange, but to me, walking up to that table the only thought I had was, "Finally, these are my people." As it turns out those two guys are now two of my best friends. In fact, most of my closest friends are on Swim Club with me. The bonds that I have created with the people on Swim Club are some of the greatest contributing factors to my overall happiness here at William and Mary. But Swim Club's benefits do not stop at just the extraordinary people that come along with it—through the Club I have been able to also find leadership roles that otherwise never would have been possible. While I do not have any official title this year as a freshman, the Club has allowed me to volunteer with coaching, help with fundraising activities and establish myself as a dedicated member of the Swim Club. In November I was the Student Leadership and Development "No Title Needed" Award Recipient for Swim Club and I majorly accredit that to the Club for allowing such great and plentiful opportunities for all of its members to feel special and important. While I originally planned on not joining a sport club at William and Mary, I am glad that two guys wearing swim caps at the activities fair caught my eye. When I have had a hard day, or just need a break, or just want to be around people or the thing that brings me the most happiness, I go to Swim Club. Being a part of not only a team, but a family, on campus

has ensured me that the next four years are going to go swimmingly!”

— Nadia Armentrout

“I joined club swim during the spring semester of my freshman year because I wanted to expand outside of my freshman hall and try something new. Having no swimming experience and limited knowledge about the strokes other than freestyle, I found swim practice to be a real challenge. I feel that starting from scratch with a new activity has allowed me to grow and learn so much. Additionally, the team has provided a very supportive environment with members that are always happy to teach me new techniques. Overall, Swim Club is comprised of passionate people that are committed to making the team an important part of people’s college experience. I enjoy practice, meets, team dinners, socials, psych buddy traditions, and all of the other things that make this organization so dynamic and involved. Like many sport clubs, I can say swim has helped me to stay active and healthy in college, especially with the motivation of a great group that works hard for the team and for love of the sport.”

— Amanda Tosi

### **Synchronized Swimming**

William & Mary’s Synchronized Swimming Club is one of the oldest sport clubs at the University, having been recognized in 1952 as a “varsity” team by the NCIAW, but the team existed before then as a club team. Today, the club is a nationally-recognized team that participates in USA Synchro Collegiate competitions with teams across the country. There are 7 full-time (and 2 part-time) swimmers on the team that practice 5 days a week for at least two hours each practice. The large alumni base is invited back to campus for the club’s annual fall show during Homecoming weekend. Every November, club members host a two-day clinic for synchronized swimmers ages 8-18 to help them improve their skills in anticipation of their upcoming competition season. The members also perform shows at the Windsormeade Senior Living center as part of their community outreach. The club holds practice throughout the academic year, but the competition season lasts from mid-November to late March. So far this year we have competed in two Invitational competitions, in which the team placed 3rd and 2nd, respectively, and one Regionals competition in which the team placed 3rd overall. The club competed in Nationals at the end of March.

“I have been doing synchronized swimming for nine years now, and this is my second year on the Tribe Synchro team. My role as Captain and President of the team this year has provided me with opportunities to achieve beyond what I previously thought I was capable of accomplishing. It has allowed me to find my place at this school as a leader in a sport I am passionate about. Synchronized swimming has been a key part of my life since I was 12 years old, but I have never been skilled enough to consider competing at a varsity level. At William & Mary, I have been able to continue swimming and lead in a sport that is important to me with a team that I am dedicated to succeeding with. My teammates have become my friends and my community at this school. Club Synchro has

offered me creative, social, and athletic outlets that I think are unique to and made possible by the Sport Club program, and for that I am thankful.”

– Charlotte Mitchell, President

### **Table Tennis**

The William & Mary Table Tennis Club has 38 total members, 10 of which are core members who compete competitively in the National Collegiate Table Tennis League. The club sends a team of 8 every year to compete in the NCTTL’s tournament. The club practices 2 days a week for 2 hours. It does not charge dues in order to attract more members. This year it placed second in the Carolina division beating NC State, UNC Charlotte, and UNC Chapel Hill, but losing to Duke. Unfortunately, the second-ranked team member couldn’t make it to the regional tournament, the team did not qualify for nationals. The team missed nationals by one point last year. However, it sent a member to the singles national tournament last year and one has qualified this year as well for the national singles tournament. As a new club with young executive members, the club has plans to increase its fundraising efforts in the future.

“As the club president, I value having a group of competitive people with whom I can improve myself in terms of table tennis and compete at a high level to represent our school in the collegiate league. However, I think the club is just as important because of the sense of camaraderie it creates and the experiences I've had. The bonds I have formed with people on the table tennis team define my identity within the school. The experiences I've had with sports club members, especially table tennis members but other club members as well, will be looked back on as some of the greatest moments of my time here at the College when I graduate. I've grown so much because of this club. I was lucky enough to be given the opportunity to be president as a sophomore. Thus far I've been able to learn how to effectively be a leader through the various responsibilities I've taken on. In the interactions I've had with the administration of the College and our league, coaching new members, being a role model for team members, organizing various events, but especially leading a group of people who expect me to be a leader for them, I have accrued the people skills, organizational skills, and leadership skills I will depend on after graduating.”

– Jay Quimby, President

### **Tennis**

The William & Mary Club Tennis team has 20-40 regular attendees to practices which occur three times a week. In addition to practices, players can also participate in socials, volunteer efforts, and travel to tournaments off campus. The team is always competitive on the regional and national fields, having qualified for nationals the last two years. The club has one of the largest listserv subscriptions for sport clubs.

“I've played tennis all through high school and am so happy that I've been able to continue to play the sport I love throughout college. In addition, I've met some of my

best friends from this team!”

— Jackie Ciotti

### **Triathlon**

Triathlon Club is a new addition to the Sport Club Program at William & Mary. While the club does not hold official practices, its 11 active team members practice the different aspects of the triathlon together weekly. They travel to attend one conference race in the fall and one in the spring as well as Collegiate Nationals in the Spring. The club holds an annual fall bake sale fundraiser and presented its first budget proposal to Campus Recreation this spring. The club is focused on building its membership and increasing its community involvement, alumni engagement and fundraising so that it can have a more active presence on campus.

“Being a part of triathlon club has given me the chance to make new friends and grow close to people that enjoy training for the same sports. Triathlon is an intense sport with diverse training, of which all the members have a passion for. It has been a great experience to share that passion with my fellow team members, as well as work on growing triathlon club so that more people have the opportunity to see what triathlon is all about. I love being on leadership because I have the opportunity to help build the foundation of the club and increase its presence on campus, funding, and member participation. Being on triathlon leadership has enabled me to spread my passion for triathlon to others by working to make Triathlon Club a bigger club. Being on triathlon leadership allows others the same opportunities: growing a small sports club that you are passionate about, and making it into the club that you want it to be. Aside from leadership, I thoroughly enjoy training for triathlons, practicing with teammates, and racing. Nothing is more fun than race day when you get to do a workout of your three favorite sports and hangout with your teammates. It is important to me that triathlon remains a club at William & Mary and that other students have the opportunity to join and learn about triathlons. Being a part of triathlon club has allowed me to place more importance on cross-training, as well as be aware of a whole other world of athletics that exist. It has exposed me to new, fun, exciting opportunities.”

— Bridget Thompson, Vice President

### **Men’s Ultimate Frisbee**

Men’s Ultimate at William & Mary consists of a 30-man “A” team, Darkhorse, and roughly a 40-man “B” team, Seahorse. The “A” team practices 3 times a week plus extra workouts and film sessions, and participates in 6 tournaments per semester.

Tournaments are all-weekend affairs in which the team plays eight games over two days, typically cramming 30 guys into 3 hotel rooms and driving personal vehicles to save money. Although the club technically could play DIII, it is DI (unlike many other sport clubs). As a result, the club typically plays big schools like Michigan, UNC, and Alabama at tournaments. Last year the club finished 7th at Regionals, 4 slots away from Nationals, which put it at a final ranking of 58th in the nation. The team has existed

since 1979, and reached a high point in '02-04, when it went to nationals three times on the back of a student named Ryan Farrell (he went on to be one of the best professional Ultimate players in the sport). The club spends close to \$15,000 a year, a lot of which comes out of the player's own pockets. The team also has a lot of fun with its fundraising endeavors; its best fundraisers are home tournaments. It hosts an intramural Frisbee tournament, sells discs and hats, networks with alumni, and has recorded (and sold) a Christmas album. *A Very Darkhorse Christmas* has made the team over \$1,000 already, earned rave reviews and positive twitter feedback, and is generally not to be missed. Contact [ps0@email.wm.edu](mailto:ps0@email.wm.edu) to reserve a copy. The team hosts an annual alumni game at Homecoming and sends out bi-monthly newsletters to the alumni listserv, which has resulted this year in about \$700 in donations. Club members also hosted a clinic for local high schoolers last semester and are evaluating hosting a high school tournament on campus this semester.

“Ultimate Frisbee at William and Mary is far and away the most positive experience I’ve had at college. I feel like I’ve been part of something big, representing myself, my team, and my school at the highest levels of competition. It’s only technically an exaggeration when I say that I’m a full time Ultimate player and part time student- I spend way more time every week on this club than I do on academics. I never regret a single second of it though, it’s incredibly rewarding. Ultimate has allowed me to succeed in a lot of roles. As an athlete, it’s pushed me to places I never thought I was capable of. As a teammate, I’ve created bonds I expect to last the rest of my life- it would be hard not to, spending 15+ hours a week on the field with the same guys, 6 tournaments a semester, and hanging out in our spare time to boot. As a teacher, I’ve had to find the best ways to explain a sport to people who have never played it when they show up to tryouts- imagine if the people showing up to basketball tryouts had never touched a regulation basketball before, and had only the vaguest idea about the whole “hoop” thing. As a leader, I’ve learned how to listen to people so that they’ll listen to you in return, how to manage 30 disparate personalities to minimize conflict, how to get a team to play at the highest level we can through my words and actions. I’ve played academic counselor, life coach, even tutor, to individuals on the team over my 2 ½ years as captain. I’ve learned how to put people in a place where they can succeed on the team, on and off the field. Ultimate is my life. I’ve talked about it at every job interview I’ve ever had, I’ve given thousands of hours to it, I’ve had incredibly high moments and incredibly low ones while playing. As a senior looking back, man has it been fun, I loved every minute. More than anything else, Ultimate has defined my time here at William and Mary.”

— Joshua Armitage, Captain

### **Women’s Ultimate Frisbee**

William & Mary’s Women’s Ultimate Frisbee has 40-50 players on two teams (“A” and “B”) differentiated by commitment level. It does not hold tryouts. The club practices 4 days a week and has about 4 weekend tournaments per semester. The teams play other schools in the area, and the “A” team is competitive in the Division I conference. The

club fundraises primarily by working concessions at football and basketball games several times a semester and by selling team Frisbees at tournaments. The team occasionally volunteers with school programs (Lafayette Kids in particular) to spread the love of Frisbee. Alumni are always coming back to watch tournaments, help out with practice, and play in the annual alumni Homecoming game.

“Being a member of the ultimate team has completely shaped my college experience thus far. It has given me an athletic outlet, and a competitive, serious team sport to take part in. It has also given me my best friends. As a sophomore, I was able to become president of the team, a position that has immensely tested and improved my leadership skills. Sophomores take most leadership positions on the team, so ultimate lends a unique opportunity to find leadership experience early on in college. In addition, we do not have a coach. The senior captains take on a huge leadership responsibility in planning practices and tournaments, teaching new players, honing skills of old players, and being players themselves. Ultimate has not only been a fun extracurricular for me, it has kept me healthy, given me a social outlet, and allowed for unparalleled leadership opportunities. I can’t say enough great things about the Sport Club program!”

— Margaret Duval, President

### **Men’s Volleyball**

The William & Mary Men’s Club Volleyball team has 15 players that practice three times a week for two hours each. The club participates in three or four tournaments each semester, including hosting at least one home tournament. Since 2014, the club have participated in the Eastern Collegiate Volleyball Association (ECVA), previously known as the Eastern Intercollegiate Volleyball Association (EIVA). As part of this league, the club attends two tournaments in the spring to play the other teams in the division, DII ECVA-South, including: Virginia Tech B, James Madison B, Christopher Newport, Liberty B, and Longwood. If successful in these tournaments, the team earns a bid to participate in the East Coast Championships. During the last 2 seasons participating in the ECVA, the club earned a bid to the East Coast Championships and played teams such as Penn State B, SUNY Brockport, and Pittsburg B. The club’s best finish was 3rd place on the East Coast, which included a victory against SUNY Brockport (was ranked #18 in the nation for DII). Unfortunately, the club could not receive a national ranking because it did not attend the national tournament, but the director of the National Collegiate Volleyball Federation stated the club most likely would have been ranked had it attended. The club has increased its fundraising efforts this year with a raffle, raising just over \$1,000.

“I’ve played volleyball since 9th grade and enjoyed a successful high school career where I participated on travel teams and led my high school team to our first state tournament semifinal. Our club volleyball team has presented me many great challenges and truly helped me grow as a leader. The athletes on our team have a variety of previous volleyball experience. Some players have played for many years while others

have never touched a volleyball before. This creates a competitive yet supportive atmosphere within the club. Every experienced player has the responsibility to help the newer players learn the game constructively. During my freshman year, I was elected Captain of the team which gave me the responsibility of designing and running practices. While at times it was frustrating to find the right balance of a practice to meet the needs of all levels of players, it gave me incredibly useful experience in meeting the needs of my team and understanding the different constraints and motivations of each player. Our club has come a long way from my freshman year where we maybe attended one tournament a semester to now where we finish among the top teams on the East Coast for our school size. Helping grow a team from a group of players with minimal experience into a formidable team is a truly rewarding experience that I never would have received without Men's Club Volleyball. I couldn't be prouder of my teammates and can't wait to see where this club goes in the future."

— Scott Nystrom, President

### **Women's Volleyball – Gold**

The William & Mary Women's Volleyball Gold team has 11 members and holds a traditional practice twice a week plus an additional built-in scrimmage day to play beach volleyball or against other club teams. During the semester, the club hosts one home tournament and travels to at least two others in the Virginia/North Carolina area. The club won a tournament it hosted on campus last year. The team is an incredibly diverse group of girls who share an interest in volleyball, but so much more. Many are in Panhellenic sororities on campus and are able to give back to the community through those philanthropic efforts. Additionally, the team has a Young Life leader, Campus Tour Guides, school community volunteers, a youth volleyball coach, and so much more. The players hosted a skills clinic for a local team of 14-year-old players earlier this semester.

"Playing volleyball has been a central focus of my life since high school. After my first tryout freshman year, I was hooked, playing for my school and club travel teams year round after that. Coming to college, I knew I wanted to play volleyball, not only because I enjoy the sport, but because I wanted to find my niche on campus. Lucky for me, after trying out for the Spandies my first semester, I made the team and found a group of supportive, sassy, and wonderful women who always have my back. Being a part of this team has given me the ability to travel around the state, learn from players with different backgrounds, and continue to enjoy the exercise, challenges, and general life skills that come along with being part of a team. This past semester, I was elected as our President as only a sophomore, giving me the opportunity to contribute back to the team that has already done so much for me in the past year and a half, and I can't wait to keep playing with these girls for the rest of my time as part of the Tribe!"

— Laura Anderson

### **Women's Volleyball – Green**

The William & Mary Women's Volleyball Green team has 17 members that practice twice a week for 2 hours a night and play three tournaments every semester (2 away events and one on campus). The club generally plays teams from other Virginia colleges and universities but has also encountered teams from PA, WV, MD & NC. The Green team used to play in a local adult league but made the transition to a traveling club four years ago. Every year the club hosts a dinner to recognize its graduating players. It stays in touch with alumni through the club's Facebook page. For fundraising, the club has participated in a Plumeri Park clean-up and is hosting a bake sale by the end of this semester. As for community involvement, two of the club's players have worked as assistant volleyball coaches at Walsingham Academy. The team hopes to hold a small camp or clinic one weekend in Adair Gym in the near future.

"Being a part of the Club Volleyball Team has been one of my best experiences at William & Mary by far. I have made so many amazing friendships with past and present players. I have also been given the opportunity to lead the team as president for what will soon be 3 years. We work hard and have fun. Our level of play has increased dramatically since we first transitioned to playing other college club teams 4 years ago. Everyone is always psyched to be at practice, despite being tired and ridden down with exams and papers. We all just love the game so much. And it gives us a break from all the other things we have on our plates and allows us to de-stress. We also get together off the court whether it's to bake cookies, go out to dinner, or watch a movie. My overall experience at W&M would not be nearly as great without having been on this team and I think many of my fellow teammates would say the same!"

— Jessica Lee, President

### **Women's Volleyball – White**

Since the William & Mary Women's Club Volleyball White team has grown substantially in recent years, it has divided into two individual teams: the Aces (9 players) and the Griffins (13 players). Both teams practice Tuesday and Wednesday nights from 9:15-10:45 p.m. in Adair Gym. Both teams also participate in the adult volleyball league at the Quarterpath Recreation Center. The Aces compete in the Women's BB division, while the Griffins compete in the slightly more competitive Women's A division. The club plays weekly games on Thursday nights against other teams in its division, which are comprised of adults and students in the Williamsburg area. Since the club's only real cost is the registration fee of \$175 to play in its adult league, players have not yet participated in fundraising activities but we are looking into it for the future. Instead, players are asked to pay \$50 in dues if they wish to play for the whole year and \$25 for one semester.

"Being a member of club volleyball means the chance to be a part of a team and form a special connection with people who are just as passionate about a sport as you are. It was affected my college experience in a great way. My teammates and I have become really good friends and it allows me to make that special connection that I had back

home with my old teammates here with my new teammates. Sport clubs matter so much to me because it gives me the chance to still be a part of a team family and play a sport I like so much without the pressure of being on one of the college sports team.”

— Jasmine Adams

### **Water Polo**

The William and Mary Water Polo Club is a co-ed group of about 25 members interested in learning and playing water polo. The team practices in the water four times a week and lifts once a week. This past year, the club has attended six tournaments both in and out of state and competed against teams from Virginia, Maryland, Washington D.C., North Carolina, Tennessee, and Ohio. Many of the club’s alumni find time to come back to practice every once in a while. As the club is still a relatively new team, kicking off its first true season in 2011, it has improved significantly since then, having never won a game in 2011 to winning a total 20 games during the 2014-2015 season. The club is always excited to welcome new members, even those with no prior experience.

“Joining Club Water Polo was one of the best decisions that I have made during my time at the College. My teammates have been incredibly patient and welcoming. They have taken the time to teach me how to play a very difficult sport and shown me a great deal of love along the way. I grew up doing swim team and I knew very little about water polo when I came to college. Now that I am nearing the end of my time in college, I can’t imagine my William and Mary experience without water polo.”

— Gabby Gelozin

### **Wrestling**

The Wrestling Club at William and Mary provides students the opportunity to participate in the sport of wrestling, regardless of prior experience. The team currently has seventeen students on its practice roster and generally has 6-10 members at practices, which are held twice per week throughout the year. The competition season runs from November to March. A had a total of 8 wrestlers competed this season. The club has a coach for the first time and is registered with the National Collegiate Wrestling Association, in the Mid-Atlantic Conference, regularly competing with the Apprentice School, James Madison University, East Carolina University, Longwood University, and Bridgewater College. The club recently traveled to Tennessee to compete in the NCWA Mid-Atlantic Conference Championship. Five wrestlers placed in the top eight, and two wrestlers earned spots at the NCWA National Championship tournament.

“For me, the Wrestling Club has provided the opportunity to continue participating in a sport I enjoyed during high school. I have had the opportunity to make new friends, and keep myself in shape. The sport club format allowed me to wrestle without interfering with my school work. As a leader I have worked with the Sports Club staff to provide a safe and enjoyable experience for my peers. I have also had the privilege of mentoring

my younger teammates, both in wrestling and in life. I will treasure my time on the team as one of the highlights of my time at William and Mary.”

– Jonathan Hashisaki, Vice President

## B: Multi-Institutional Study of Leadership Survey

The summarization found on the chart in the body of this report is more fully explained here:

### 1. Fitness & Wellness

13% of respondents (n=258) said they participate in instructor-led group fitness or exercise classes “many times” or “much of the time.”

**Important note:** For the questions below, the data do not tell us what students attribute to group fitness classes specifically; only that they derive these benefits and skills from their extra-curricular involvements (which could include more than group fitness). Since these students are frequent participants, however, it is reasonable to think that their experiences in group fitness influenced how they responded to these questions.

### Benefits of Participation

Students who said they participate frequently in group fitness classes (“many times” or “much of the time”) largely mirror the general student population in terms of the benefits they perceive from their out-of-class activities. Making new friends is the most common benefit, followed by personal enjoyment. Interestingly, acquiring better leadership skills is the third most common benefit cited by frequent participants in group fitness classes (58%). That benefit ranks fifth among the general student population.

**What are the most important benefits that you get from your out-of-class activities on campus? (Select all that apply.)**

	All respondents (n=1,927)	Frequent group fitness participants only (n=258)
New friends and social contacts	69%	75%
Personal enjoyment	68%	69%
Stress relief	49%	57%
Improved self-confidence	45%	50%
Better leadership skills	44%	58%
Creating positive change	38%	49%
Satisfaction in serving others	31%	40%
Clarifying my career interests	29%	38%

## Skill Development

Similarly, frequent group fitness participants largely mirror the general student population in terms of the skills or abilities they have learned through their extra-curricular activities. The exception here is that healthy living skills rank slightly higher on the list of skills/abilities for frequent group fitness patrons than it does among all respondents.

**What are the most important skills/abilities you have learned from your out-of-class activities on campus? (Select all that apply.)**

	All respondents (n=1,927)	Frequent group fitness participants only (n=258)
Effective communication	56%	65%
People skills (e.g., customer service, conflict resolution, listening)	54%	62%
Teamwork	50%	59%
Self-confidence	48%	53%
Ability to plan and implement programs and activities	40%	53%
Understanding of leadership and management styles	39%	49%
Authenticity, acting consistently with your values	33%	36%
Healthy living skills (e.g., time management, stress management, life balance, self-care)	33%	44%
Critical thinking, analytical skills	32%	35%
Citizenship, community building	28%	35%
Awareness of multicultural issues	24%	26%
Business or technical skills (e.g., organization, computer systems)	14%	10%

## Group Fitness and Resilience

There is a positive correlation between the amount of time students spend on group fitness activities and their scores on the MSL Resilience scale. Higher levels of participation correspond to higher scores on the scale. The correlation is statistically significant (meaning it is not likely to have happened by chance), but very weak in its magnitude (0.079).

### 2. Intramural Sports

15% of respondents (n=280) said they participated in intramural sports (IM) “many times” or “much of the time.”

**Important note:** For the questions below, the data do not tell us what students attribute specifically to their participation in intramurals; only that they derive these benefits and skills from their extra-curricular involvements (which could include more than intramurals). Since these students are frequent participants, however, it is reasonable to think that their experiences in intramurals influenced how they responded to these questions.

### Benefits of Participation

Students who said they participate frequently in intramurals (“many times” or “much of the time”) largely mirror the general student population in terms of the benefits they perceive from their out-of-class activities. Making new friends and personal enjoyment are the two most common benefits perceived by both groups (although the rank order is reversed, with personal enjoyment being the most common benefit cited by frequent IM participants).

**What are the most important benefits that you get from your out-of-class activities on campus? (Select all that apply.)**

	<b>All respondents (n=1,927)</b>	<b>Frequent IM participants only (n=280)</b>
New friends and social contacts	69%	77%
Personal enjoyment	68%	79%
Stress relief	49%	58%
Improved self-confidence	45%	53%
Better leadership skills	44%	54%
Creating positive change	38%	43%
Satisfaction in serving others	31%	34%
Clarifying my career interests	29%	30%

### Skill Development

Similarly, frequent IM participants largely mirror the general student population in terms of the skills or abilities they have learned through their extra-curricular activities. The exception here is that healthy living skills rank higher on the list of skills/abilities for frequent IM participants than it does among all respondents.

**What are the most important skills/abilities you have learned from your out-of-class activities on campus? (Select all that apply.)**

	<b>All respondents (n=1,927)</b>	<b>Frequent IM participants only (n=280)</b>
Effective communication	56%	65%
People skills (e.g., customer service, conflict resolution, listening)	54%	61%
Teamwork	50%	60%

Self-confidence	48%	53%
Ability to plan and implement programs and activities	40%	45%
Understanding of leadership and management styles	39%	48%
Authenticity, acting consistently with your values	33%	36%
Healthy living skills (e.g., time management, stress management, life balance, self-care)	33%	45%
Critical thinking, analytical skills	32%	40%
Citizenship, community building	28%	26%
Awareness of multicultural issues	24%	24%
Business or technical skills (e.g., organization, computer systems)	14%	19%

### Areas of Growth

About half of frequent IM and/or sport club participants believe their involvement in those activities has contributed meaningfully to their self-knowledge (52%) and their ability to work in groups (50%). More than one quarter (29%) report that their participation has increased their ability to capitalize on different perspectives. (We cannot generate separate information for IM and sport clubs because of how the question was asked.)

Area of growth	Intramurals/Sport clubs has contributed meaningfully	
	All respondents (n=1,927)	Frequent IM and/or sport club participants only (n=655)
Self-knowledge	18%	52%
Ability to work effectively in groups	17%	50%
Ability to capitalize on different perspectives	9%	29%

On the dimensions of self-knowledge and the ability to work effectively in groups (two essential components of leadership), intramurals and sport clubs (combined) emerged as the third-highest influence among students who had not experienced any formal leadership training. 21% of students with no formal leadership training cited Intramural/Sport clubs as having meaningfully increased their growth in those areas.

### Intramurals and Resilience

There is a positive correlation between the amount of time students spend on intramurals and their scores on the MSL Resilience scale. Higher levels of participation correspond to higher scores on the scale. The correlation is statistically significant (meaning it is not likely to have happened by chance), but very weak in its magnitude (0.118).

## 3. Open Recreation

44% of respondents (n=841) said they participate in open recreation “many times” or “much of the time.”

**Important note:** For the questions below, the data do not tell us what students attribute specifically to their participation in open recreation; only that they derive these benefits and skills from their extra-curricular involvements (which could include more than open recreation). Since these students are frequent participants, it is possible that their experiences in open recreation influenced how they responded to these questions. I advise caution in interpreting these results though. Many students may consider exercise (especially in the form of open recreation) as a habit or lifestyle choice, rather than an “out-of-class activity” like a club or organization.

### Benefits of Participation

Students who said they participate frequently in open recreation (“many times” or “much of the time”) largely mirror the general student population in terms of the benefits they perceive from their out-of-class activities. Making new friends is the most common benefit, followed by personal enjoyment.

**What are the most important benefits that you get from your out-of-class activities on campus? (Select all that apply.)**

	All respondents (n=1,927)	Frequent open recreation participants only (n=841)
New friends and social contacts	69%	75%
Personal enjoyment	68%	73%
Stress relief	49%	55%
Improved self-confidence	45%	51%
Better leadership skills	44%	50%
Creating positive change	38%	44%
Satisfaction in serving others	31%	32%
Clarifying my career interests	29%	31%

### Skill Development

Similarly, frequent open rec participants largely mirror the general student population in terms of the skills or abilities they have learned through their extra-curricular activities. The exception here is that self-confidence ranks much lower among the open rec participants (31%, 9<sup>th</sup> most common) compared to the total population of respondents (48%, 4<sup>th</sup> most common). Healthy living skills rank slightly higher on the list of skills/abilities for frequent open rec participants than it does among all respondents.

**What are the most important skills/abilities you have learned from your out-of-class activities on campus? (Select all that apply.)**

	All respondents (n=1,927)	Frequent open recreation participants only (n=841)
Effective communication	56%	61%
People skills (e.g., customer service, conflict resolution, listening)	54%	60%
Teamwork	50%	56%
Self-confidence	48%	31%
Ability to plan and implement programs and activities	40%	44%
Understanding of leadership and management styles	39%	45%
Authenticity, acting consistently with your values	33%	37%
Healthy living skills (e.g., time management, stress management, life balance, self-care)	33%	41%
Critical thinking, analytical skills	32%	35%
Citizenship, community building	28%	30%
Awareness of multicultural issues	24%	26%
Business or technical skills (e.g., organization, computer systems)	14%	16%

**Open Recreation and Resilience**

There is a positive correlation between the amount of time students spend on open recreation activities and their scores on the MSL Resilience scale. Higher levels of participation correspond to higher scores on the scale. The correlation is statistically significant (meaning it is not likely to have happened by chance), but very weak in its magnitude (0.117).

**4. Outdoor Programs**

6% of respondents (n=118) said they participate in outdoor adventure activities and/or trips “many times” or “much of the time.”

**Important note:** For the questions below, the data do not tell us what students attribute specifically to their participation in outdoor recreation; only that they derive these benefits and skills from their extra-curricular involvements (which could include more than outdoor programs). Since these students are frequent participants, however, it is reasonable to think that their experiences in outdoor activities/trips influenced how they responded to these questions.

**Benefits of Participation**

Students who said they participate frequently in outdoor recreation (“many times” or “much of the time”) largely mirror the general student population in terms of the

benefits they perceive from their out-of-class activities. Making new friends is the most common benefit, followed by personal enjoyment.

**What are the most important benefits that you get from your out-of-class activities on campus? (Select all that apply.)**

	All respondents (n=1,927)	Frequent outdoor recreation participants only (n=118)
New friends and social contacts	69%	70%
Personal enjoyment	68%	69%
Stress relief	49%	58%
Improved self-confidence	45%	53%
Better leadership skills	44%	50%
Creating positive change	38%	47%
Satisfaction in serving others	31%	36%
Clarifying my career interests	29%	31%

**Skill Development**

Frequent participants in outdoor rec programs differ somewhat from the general student population in terms of the skills/abilities they think they have acquired from their extra-curricular involvements. Self-confidence is the 2<sup>nd</sup> most common skill listed by the outdoor rec participants (55%), compared to the 4<sup>th</sup> most common among all respondents. Healthy living skills also rank higher among outdoor rec participants.

**What are the most important skills/abilities you have learned from your out-of-class activities on campus? (Select all that apply.)**

	All respondents (n=1,927)	Frequent outdoor recreation participants only (n=118)
Effective communication	56%	59%
People skills (e.g., customer service, conflict resolution, listening)	54%	52%
Teamwork	50%	48%
Self-confidence	48%	55%
Ability to plan and implement programs and activities	40%	50%
Understanding of leadership and management styles	39%	42%
Authenticity, acting consistently with your values	33%	38%
Healthy living skills (e.g., time management, stress management, life balance, self-care)	33%	44%
Critical thinking, analytical skills	32%	40%
Citizenship, community building	28%	36%
Awareness of multicultural issues	24%	25%
Business or technical skills (e.g., organization, computer systems)	14%	22%

## Outdoor Programs and Resilience

There is a positive correlation between the amount of time students spend on outdoor recreation programs and their scores on the MSL Resilience scale. Higher levels of participation correspond to higher scores on the scale. The correlation is statistically significant (meaning it is not likely to have happened by chance), but very weak in its magnitude (0.063).

### 5. Sport Clubs

19% of respondents (n=375) said they participated in sport clubs “many times” or “much of the time.”

**Important note:** For the questions below, the data do not tell us what students attribute specifically to their participation in sport clubs; only that they derive these benefits and skills from their extra-curricular involvements (which could include more than sport clubs). Since these students are frequent participants, however, it is reasonable to think that their experiences in sport clubs influenced how they responded to these questions.

### Benefits of Participation

Students who said they participate frequently in sport clubs (“many times” or “much of the time”) largely mirror the general student population in terms of the benefits they perceive from their out-of-class activities. Making new friends is the most common benefit, followed by personal enjoyment.

**What are the most important benefits that you get from your out-of-class activities on campus? (Select all that apply.)**

	All respondents (n=1,927)	Frequent sport club participants only (n=375)
New friends and social contacts	69%	78%
Personal enjoyment	68%	77%
Stress relief	49%	65%
Improved self-confidence	45%	53%
Better leadership skills	44%	47%
Creating positive change	38%	36%
Satisfaction in serving others	31%	29%
Clarifying my career interests	29%	25%

### Skill Development

Frequent sport club participants differ somewhat from the general student population in terms of the skills/abilities they think they have acquired from their extra-curricular involvements. Teamwork is the most common skill listed by the sport club members (62%), compared to the 3<sup>rd</sup> most common among all respondents. Healthy living skills also rank higher among sport club participants.

**What are the most important skills/abilities you have learned from your out-of-class activities on campus? (Select all that apply.)**

	All respondents (n=1,927)	Frequent sport club participants only (n=375)
Effective communication	56%	58%
People skills (e.g., customer service, conflict resolution, listening)	54%	59%
Teamwork	50%	62%
Self-confidence	48%	53%
Ability to plan and implement programs and activities	40%	46%
Understanding of leadership and management styles	39%	43%
Authenticity, acting consistently with your values	33%	33%
Healthy living skills (e.g., time management, stress management, life balance, self-care)	33%	47%
Critical thinking, analytical skills	32%	30%
Citizenship, community building	28%	22%
Awareness of multicultural issues	24%	23%
Business or technical skills (e.g., organization, computer systems)	14%	15%

**Areas of Growth**

About half of frequent IM and/or sport club participants believe their involvement in those activities has contributed meaningfully to their self-knowledge (52%) and their ability to work in groups (50%). More than one quarter (29%) report that their participation has increased their ability to capitalize on different perspectives. (We cannot generate separate information for IM and sport clubs because of how the question was asked.)

Area of growth	Intramurals/Sport clubs has contributed meaningfully	
	All respondents (n=1,927)	Frequent IM and/or sport club participants only (n=655)
Self-knowledge	18%	52%
Ability to work effectively in groups	17%	50%
Ability to capitalize on different perspectives	9%	29%

On the dimensions of self-knowledge and the ability to work effectively in groups (two essential components of leadership), intramurals and sport clubs (combined) emerged as the third-highest influence among students who had not experienced any formal leadership training. 21% of students with no formal leadership training cited Intramural/Sport clubs as having meaningfully increased their growth in those areas.

### **Sport Clubs and Resilience**

There is a positive correlation between the amount of time students spend on group fitness activities and their scores on the MSL Resilience scale. Higher levels of participation correspond to higher scores on the scale. The correlation is statistically significant (meaning it is not likely to have happened by chance), but very weak in its magnitude (0.092).