

Board of Visitors Meeting
February 3, 2011

STUDENT AFFAIRS COMMITTEE

RECREATIONAL SPORTS at W&M

Promoting a Life in Balance



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

OUR MISSION

Programs Offered



- ◉ Sport Clubs
- ◉ Intramurals
- ◉ Fitness & Wellness
- ◉ Outdoor Programs
- ◉ Aquatics
- ◉ Informal Recreation

Rec Sports by the Numbers . . .

- ◉ 109 operating hours per week (of 168)
- ◉ 80 percent of students participating
- ◉ 1200 people per day in busy seasons
- ◉ 52 hours a week – pool in use
- ◉ 481 Intramural teams in 7 major sports
- ◉ 1374 Intramural games played
- ◉ 602 games played on outdoor fields
- ◉ 140 student officials
- ◉ 47 sport clubs – more than any other VA school!
- ◉ 441 registered club sport events in 2009-10
- ◉ 1365 Club Sport participants

. . . the scope of our programs

- ◎ 45 group fitness classes a week
- ◎ 1008 Fitwell passes sold to students, faculty, & staff
- ◎ 85 personal training clients
- ◎ 26 group fitness instructors
- ◎ 23 personal trainers
- ◎ 25 outdoor trips sponsored last year
- ◎ 200+ student staff members
- ◎ 35-40 Trained Student Supervisors
- ◎ 84 pieces of cardio equipment
- ◎ 58 pieces of weight equipment
- ◎ 200 people certified in CPR/First Aid
- ◎ 1 climbing wall!



Sources of Pride and Inspiration

Program Area Highlights

Intramurals

- ◉ Teaching Students Life Skills
- ◉ Family Weekend Golf Tournament
- ◉ 1st Annual Bee and Goody 5K



115 Participants

J. Goodenow Tyler III Recreational Sports Endowment



A Generous Gift from Bee McLeod '83 and Goody Tyler

- Purchasing the 1st and only environmentally friendly treadmill on the market
- You run and the treadmill will, too!



Sport Clubs

- Club Athletes as Ambassadors for W&M
- Competing & Achieving at the Highest Levels
- New “Sport Club Management Series”
- Community Engagement and Service
- Experience in Fundraising
- Extensive Alumni Outreach



Women's Rugby



Sailing Club



W&M Rowing



Fencing Club

Fitness and Wellness

- ◎ Body Pump
- ◎ Box
- ◎ Cardio Dance
- ◎ On the Ball
- ◎ Pilates Sculpt
- ◎ Spinning
- ◎ Body Step
- ◎ Boot Camp
- ◎ Kickboxing
- ◎ Pilates
- ◎ Power Yoga
- ◎ Step
- ◎ Yoga
- ◎ Vinyasa Yoga
- ◎ Yogilates



Teaching: Life in Balance

- ◉ Nutrition and College Dining
- ◉ The Basics of Exercise
- ◉ Healthy Habits 101
- ◉ Myth Busting 101
- ◉ Incentive Programs
- ◉ Posted Running Routes
- ◉ Wellness Workshops
- ◉ Stress Management & Massage
- ◉ Classes just for Faculty/Staff



Outdoor Recreation



- Overnight Caving
- Climbing Day Trips
- Moonlight Paddle
- Climb and Cave Weekends
- Sea Kayaking Overnight
- Day Hikes
- Kayak Touring
- Backpacking Overnight
- Surfing and Stand-Up Paddle
- Family Weekend Canoeing on Lake Matoaka

Aquatics



Synchronized Swimming
Placed 8th in Nationals

- 23 Student Employees
- Trained Lifeguards
- Swimming and Safety Instructors
- Aquatic Supervisors



Informal Recreation



Lasting Relationships



Meeting the Recreational Needs of our Community

Challenges for the Future

Securing Adequate Playing Fields

- 4 rec fields on campus
- 1 is turf (shared with Athletics)
- 3 are grass
- 2 of those have lights



Major Issues

- No activities before 4 pm
- Effects of Rain
- Sheer Number of Teams



