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



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



A Generous Gift from Bee McLeod '83 and Goody Tyler



### 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

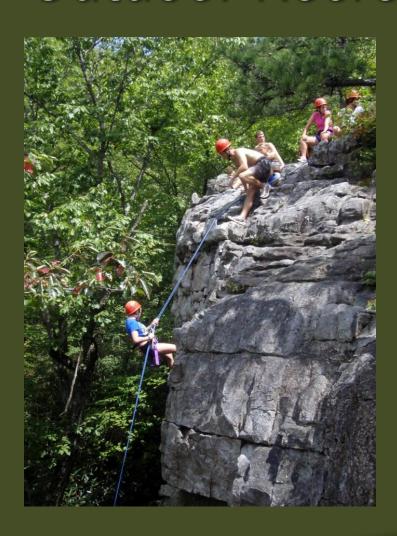
- Nutrition and College Dining
- The Basics of Exercise
- Healthy Habits 101
- Myth Busting 101
- Incentive Programs
- Posted Running Routes
- Wellness Workshops
- Stress Management & Massage
- Classes just for Faculty/Staff







#### 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





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





