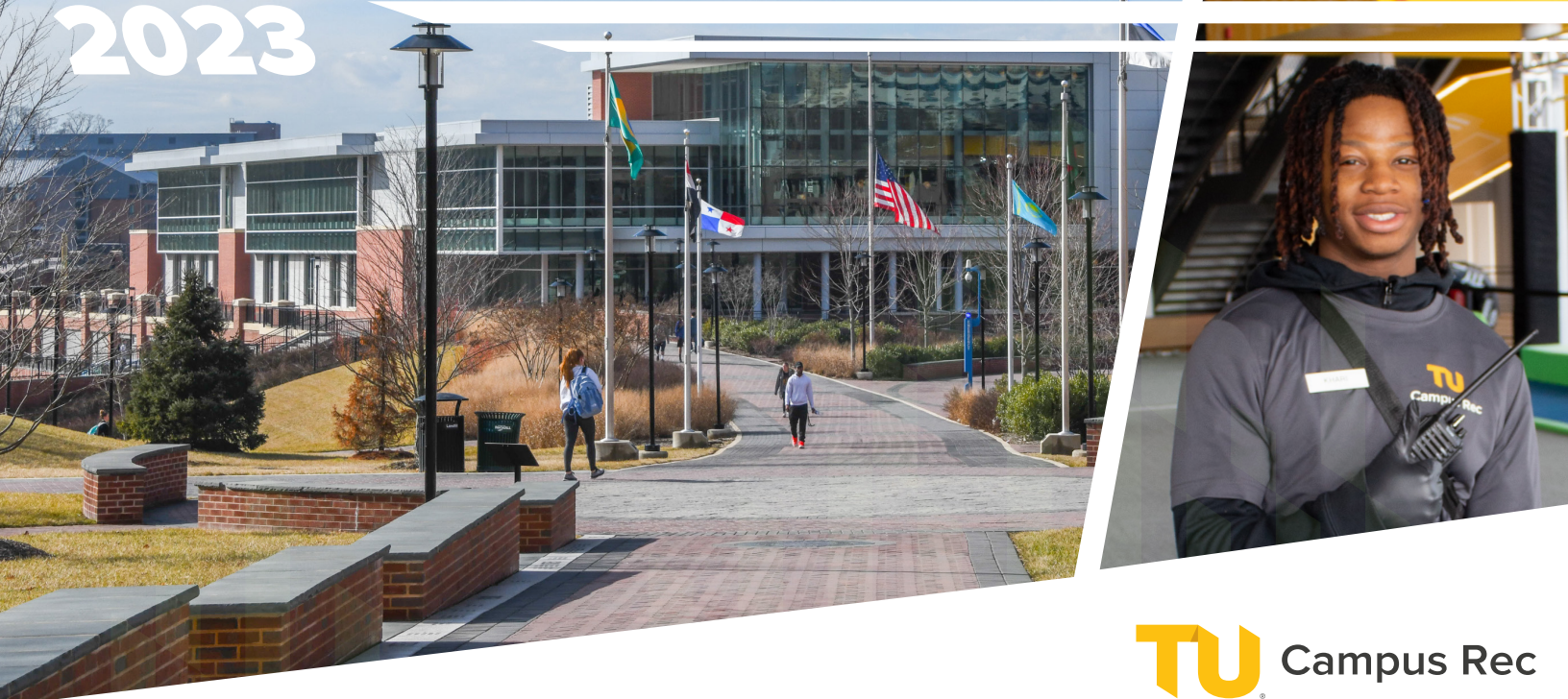




# CREATING OPPORTUNITIES

2023



As a contributing member of the **Division of Student Affairs**, Campus Recreation aligns with the Division’s strategic priorities by focusing primarily on collaborative health and well-being initiatives, building community, supporting students’ sense of belonging, and enhancing leadership development programs.



With a **vision** to enhance student success and pursue lifelong well-being, Campus Recreation takes pride in every effort of our **mission** *to create opportunities that foster engagement and well-being for the TU community through diverse programs, services, facilities and employment.*

Our **core values** drive every effort. They show up in the hiring and training of our student employees, the collaborations and partnerships we create, our traditional and innovative programs and services and the day-to-day operations of our state-of-the-art recreation facility.

<b>FUN</b> 	<b>EDUCATION</b> 	<b>CIVILITY</b> 	<b>INCLUSION</b> 	<b>COMMUNITY</b> 	<b>SAFETY</b> 	<b>LEADERSHIP</b> 
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The positive effects of recreation participation reinforce the value that Campus Recreation provides to the student experience, and national research indicates such. The **NIRSA Research & Assessment Committee** has aimed to describe the full scope of these effects.

Campus Rec participants are more likely to report **higher GPAs**

Campus Rec employees learn how to **plan, organize and prioritize their work**

Campus Rec provides opportunities for students to develop **diverse relationships**

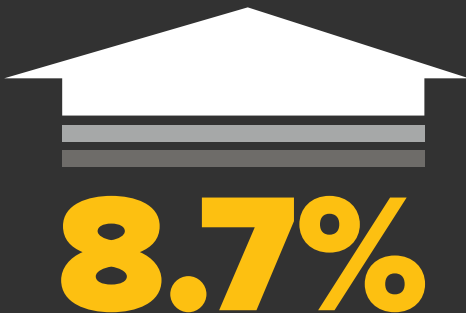
Participation and employment at Campus Rec **increases retention**

Campus Rec participation enhances student's **sense of belonging**

Campus Rec participants report higher levels of **physical health and quality of life**



Our impact reaches past the students utilizing our facility. We provide membership services and engagement opportunities to the entire TU community. We work to build the affinity of our participants which often leads to philanthropic action for the entire community.



There was an **8.7% increase in retention** in faculty/staff members who utilized Campus Recreation facilities three times per month, as compared to faculty/staff members who utilized Campus Recreation facilities less than once per month.

The annual Sport Clubs Food & Toiletry drive collected 2,582 items for the Towson Food Pantry. This donation accounted for **16.3% of the items distributed by FoodShare** this year.



**16.3%**



Membership to Campus Recreation creates more engaged alumni. **22% of Campus Recreation alumni members** have donated to TU at some point since fall 2016 and spring 2023.

# FALL OPPORTUNITIES



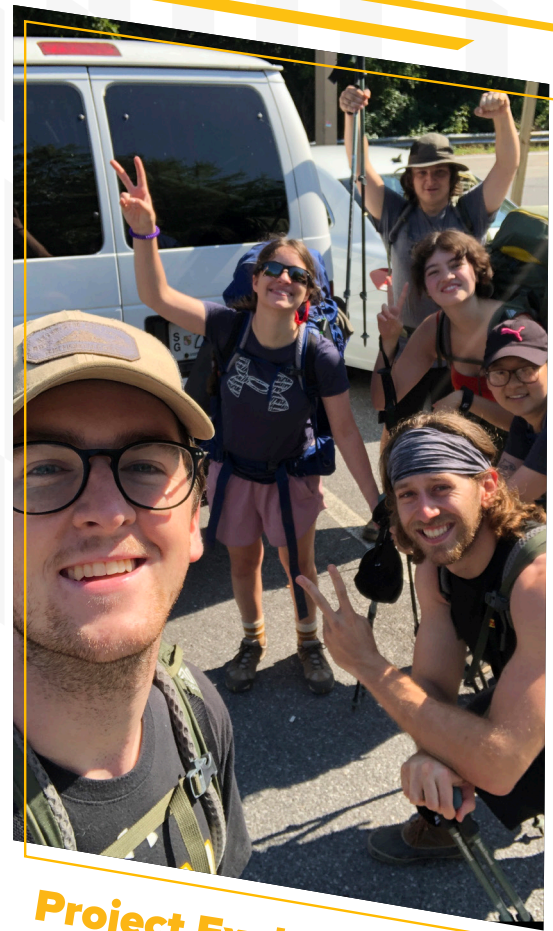
**Fall Chili Cookoff**



**Flag Football Championship**



**TU Later**



**Project Explore**

# FALL OPPORTUNITIES



**Boxing Bootcamp**



**Student Supervision +  
Development**



**Unified Sports Soccer**



**Intramural Sports  
Free Play Volleyball**

# SPRING OPPORTUNITIES



**Vinyasa Yoga**



**Intramural Sports  
Free Play Basketball**



**Climbing Wall**



**Stand-Up Paddleboarding  
Dodgeball**

# SPRING OPPORTUNITIES



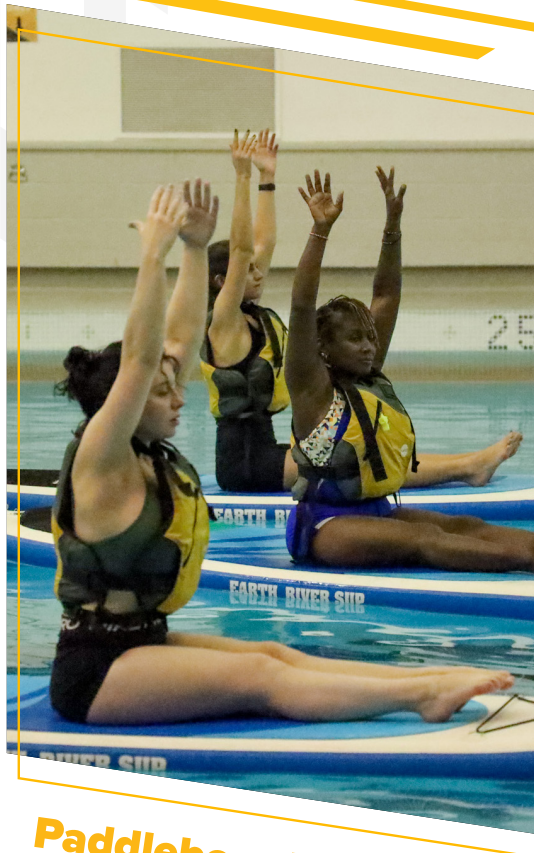
**Challenge Course**



**Pilates**



**Night of REC**



**Paddleboard Yoga**

**289,390**  
Visits to the facility

**415** Personal  
training sessions

**15,065**  
Group fitness class  
participations



**164** Events hosted in the facility

**1,738** Guest passes

**5,606** Community service hours

**208** Trained mental health first aiders

**18,750**  
Prospective  
student and family  
facility tours



**15** Varsity athletic events



**63** External events

**74,955** Equipment  
check-outs (basketballs,  
locks, badminton  
racquets, etc.)



**1,240** Sport club athletes  
participated in **358** on and  
off campus events



**8,116** Intramural  
sports participations



**1,721** Athletic training services  
provided to club athletes



**5,007** Outdoor  
Adventure participations

**10,365**  
Students

**52%** of the  
Student Body

**53** Alumni members

**349** Faculty/Staff members

**25** Household Members

**11,261** Swims at the pool



**298** Safety class (CPR,  
Lifeguarding) certifications issued



Our goal is to provide access to and encourage every member of campus to reap the benefits of movement and nature.



**Exercise is Medicine® On-Campus (EIM-OC)** promotes physical activity as a vital sign of health. EIM-OC means:

- assessing physical activity at every student health center visit,
- providing students with the tools necessary to strengthen healthy physical activity habits, and
- connecting university health care providers with university health fitness specialists to provide a referral system for exercise prescription

In its first year, the TU Health Center and Counseling Center referred 23 students to Campus Recreation for additional support with recent high blood pressure and diabetes diagnoses, adjunctive treatment for mental health concerns and eating disorders.

**Nature Rx®** is a partnership with the TU Alcohol, Tobacco & Other Drug Prevention Center and Outdoor Adventures, helps all members of the TU community connect with nature. Nature RX® encourages those who are tired, irritable and stressed out to give nature a try. Studies show that spending time in nature helps people experience lower levels of stress and anxiety. We help build these connections through programs such as regular mindfulness walks through the Glen Arboretum, and hosting nature-based hang-outs and yoga classes.

Our **trauma-informed programming** applies the healing potential of movement, play, and weight-lifting for those who have experienced trauma. This programming is all about participant empowerment, building trust and community and using inclusive language that invites and encourages participants to reconnect with their physical bodies. While open to all, partnerships with the Military and Veterans Center, Counseling Center and Center for Student Diversity have led to impactful experiences for students. Our programs include:

**MindSTRONG**

**EmPOWERed**

**Black Bliss  
Yoga Flow**

**Love Yourself Yoga**

Campus Recreation's marketing team is a group of student employees gaining valuable work experience and delivering excellence through marketing and engagement.

Comprised of up to 16 students, positions range from marketing event assistants, graphic designers, social media assistants, a photographer and videographer, program manager and graduate assistant; the team functions as an in-house marketing agency.

Led by the Assistant Director of Marketing Strategy & Engagement, Tyler Weigandt, there are two main priorities for the marketing department.

One, to highlight the various programs and services of the department through marketing efforts and campaigns; and two, to partner with other campus departments to enhance the overall student experience. It is through both efforts that the marketing team tells Campus Rec's story and gathers valuable professional experience along the way.



**Alicia Anthony**  
Program Manager (Spring 2021-Present)

*"Working at Campus Rec has been one of the most impactful experiences throughout my college career."*

*"I started as a freshman and will leave as a senior, and it is because I have been able to find a sense of community among my peers and receive continuous support. I appreciate all the knowledge and skills I have learned so far, and I am confident that Campus Rec has set me up for success."*

*"Working at Campus Rec helped me figure out what I wanted to do post-graduation, and I am forever grateful for it."*

Each time a student employee shows up to work is not only an opportunity for the professional staff to provide a workplace focused on education and community, but also an opportunity for the student employee to demonstrate our value to the thousands of people walking through our doors each day.



**Lindsay Schwartz**  
Social Media Assistant  
(2022-2023)

We believe demonstration of our value and sharing our story matters, and it would not be possible without the work of the Campus Recreation marketing team.



Director

**Katie White**



Associate Director,  
Programs & Assessment

**Andrew Lyburn**



Associate Director,  
Business Operations

**Morgan Munoz**



Associate Director,  
Facility Operations

**Kim Definbaugh**



Administrative Associate



**Nathan Lawless**  
Assistant Director,  
Competitive Sports



**Gabrielle Guynan**  
Assistant Director,  
Fitness



**Grace Andrews-Becker**  
Assistant Director,  
Outdoor Adventures



**Asim Iqbal**  
IT Manager



**Dave Stewart**  
Assistant Director,  
Membership &  
Guest Services



**Aliyah Gibson**  
Assistant Director,  
Employee  
Experience



**Tyler Weigandt**  
Assistant Director,  
Marketing  
Strategy &  
Engagement



**Max Stutman**  
Assistant Director,  
Facilities  
Management



**Patrick Carter**  
Assistant Director,  
Aquatics & Safety

## Professional Staff



**Jacob Novick**  
Graduate Assistant,  
Sport Clubs

Sport Clubs Supervisors



**Tyler Maxwell**  
Athletic Trainer



**Lindsay Nance**  
Athletic Trainer



**Julie Johnson**  
Coordinator,  
Intramural Sports



**Alyssa McMullen**  
Graduate Assistant,  
Intramural Sports

Intramural Sports Staff



**Rachel Schneider**  
Graduate Assistant,  
Fitness

Fitness Staff

Personal Trainers



**Sandra Jones**  
Coordinator,  
Fitness Programs

Group Fitness Instructors



**Vacant**  
Graduate Assistant,  
Outdoor Adventures

Outdoor Trip Leaders

Challenge Course Staff



**Zoe Huff**  
Coordinator,  
Outdoor Programs

Outdoor Adventure Center Staff



**Shannon Colbert**  
Graduate Assistant,  
Membership &  
Guest Services

Equipment Room  
Attendees

Guest Services Staff

Student Personnel Staff



**Erin Rodney**  
Graduate Assistant,  
Marketing &  
Communications

Marketing Staff



**William Bobbitt**  
Coordinator,  
Facilities & Events

Facility Assistants



**Sydney Tristani**  
Graduate Assistant,  
Facilities

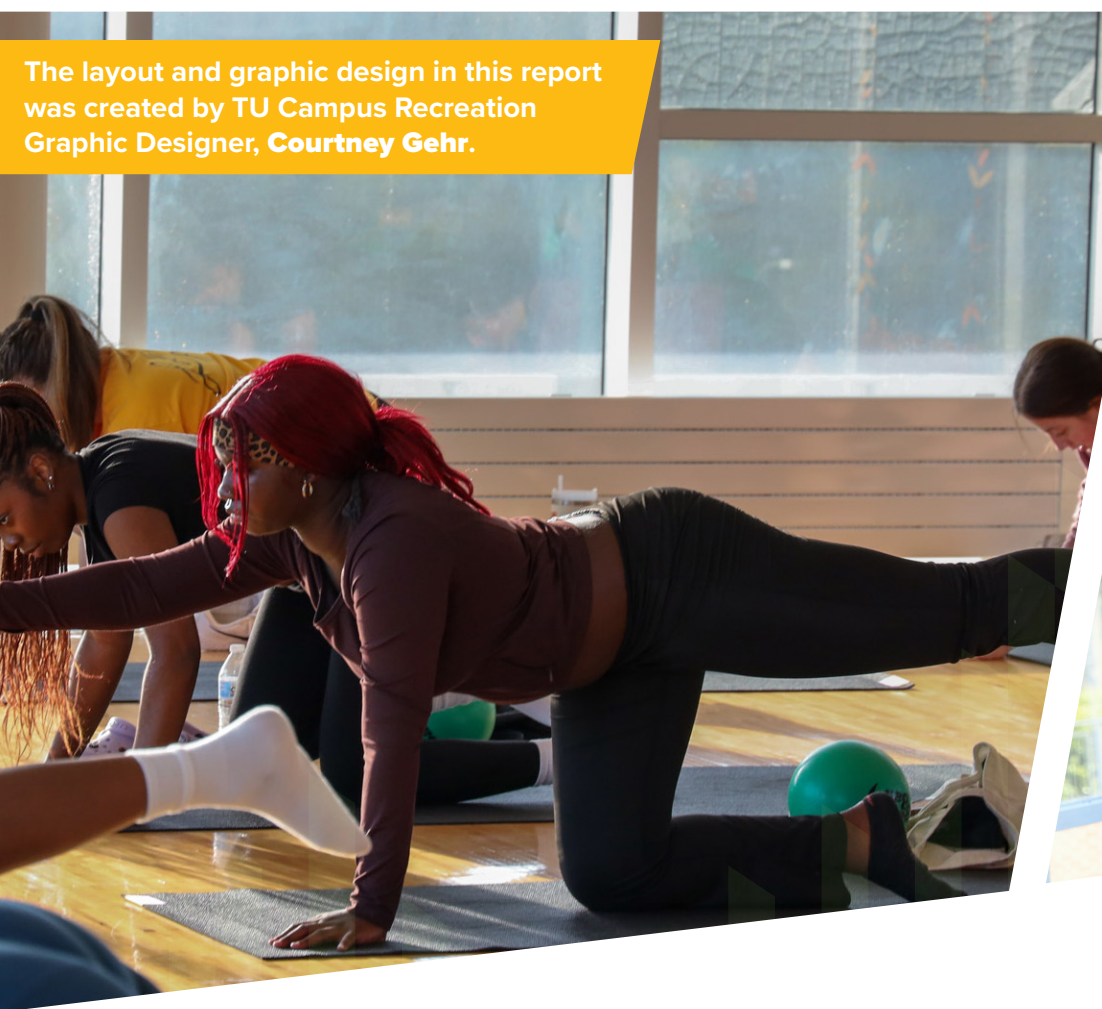
Facility Managers



**Kaila Moore**  
Graduate Assistant,  
Aquatics

Safety Instructors

Lifeguards



The layout and graphic design in this report was created by TU Campus Recreation Graphic Designer, **Courtney Gehr**.