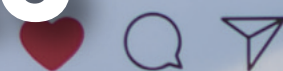


**RECREATION
& WELLNESS**

Instagram



gvsurecwell



**2025-2026
ANNUAL REPORT**

15 likes
gvsurecwell #GVRecWell

WHO WE ARE / STUDENT RECOGNITION

Mission

To empower and support students in pursuing their overall well-being by providing impactful experiences that build community, develop life skills, foster discovery of passions, and encourage fun.

Vision

The GVSU community will be involved, active, and well.

Core Values

Well-being
Impactful Experience
Inclusion
Innovation
Community

Inclusion Statement

Recreation & Wellness is dedicated to creating an inclusive, welcoming space where all students can access equitable and engaging programs in fitness, wellness, recreation, and social connection. We celebrate diversity in identities, ideas, and experiences, and adhere to university policies that protect against discrimination based on age, race, religion, national origin, ability, gender identity or expression, sexual orientation, political affiliation, military status, and more. Everyone has the right to access our spaces and programs, including gender-inclusive facilities such as restrooms and locker rooms. We are committed to ensuring that all participants feel safe, supported, and empowered to be active and well.

Employment Opportunities

Student employees play a valuable role by mentoring fellow students, delivering events and services, and inspiring participation. In turn, they have the ability to grow in areas such as leadership, communication, and problem-solving.

- | | | |
|-------------------------------|---------------------------------------|----------------------------------|
| • Broadcast Studio Staff | • Event Staff | • Front Office Assistants |
| • Climbing Center Staff | • Fitness Specialists | • Outdoor Adventure Trip Leaders |
| • Club Sports Game Operations | • Graphic Designers | • Injury Care Specialists |
| • Esports Staff | • Group Fitness Instructors | • Intramural Sports Supervisors |
| • Personal Trainers | • Marketing & Social Media Assistants | • Intramural Sports Officials |
| • LEC Staff | | |

Program Employees of the Year

- CLUB SPORTS: Ella Haik
- ESPORTS: Ryn Trueworthy
- FITNESS: Madison Stabile
- INTRAMURAL SPORTS: Tessa White
- MARKETING: Kierstin Jordan
- OFFICE ASSISTANT: Delacia Harrison
- OUTDOOR ADVENTURES: Olivia Heft
- DIRECTORS AWARD: Jorden Allen

 **Recreation Leadership Scholarship**
2025-26 RECIPIENT

Vivian Cruz

CLUB SPORTS

Bridging the gap between varsity athletics (NCAA) and intramural sports, student-athletes join competitive club teams that compete regionally and nationally against other institutions.

8 STUDENT STAFF

35 CLUB TEAMS

1,033 UNIQUE PARTICIPANTS

13,000+ PARTICIPANTS & SPECTATORS TO CAMPUS

The Stats Speak

- 90% reported participation in club sports impacted their decision to stay at GVSU next year.
- 96% of participants indicate a greater sense of belonging.
- 92.4% reported a very good to excellent experience.
- 94% indicate that club sports has impacted their overall wellness.

Advancing Student Success, Belonging, & Leadership Development

Club Sports engaged more than 1,000 student-athletes across 35+ teams, creating high-impact experiences that directly support student belonging, wellness, leadership development, and retention. The program also expanded experiential learning opportunities through E-board leadership training, first-year engagement initiatives, financial literacy workshops, and student employment and internship opportunities connected to sports management, marketing, and operations.

Elevating Institutional Pride, Engagement, & Visability

Club Sports contributed significantly to campus engagement and institutional visibility through competitive success and large-scale programming. This year included five national championships and 24 national championship appearances. The program competed in 16 different states, participated in 243 away competitions, and hosted 98 home events helping strengthen school pride and campus vibrancy.

Expanding Access & Reducing Barriers

The program continued prioritizing access, inclusion, and affordability by addressing financial barriers and expanding support opportunities for students. The program raised more than \$22,000 during Day of Giving, increased donor and sponsorship partnerships, and provided dues assistance support to 12 students.

“

Club sports has had a major impact on my life and student experience. Without club sports I would personally be lost. It's not just about meeting new teammates, but instead forming relationships that will last a lifetime.



ESPORTS

The Laker Esports Center (LEC) is located in the Kirkhof Center, and is open for drop-in gaming. There are 23 gaming stations available for use. Additionally, the program offers monthly community events, Intramural Esports, and competitive gaming through the Esports Club.

8 STUDENT STAFF

4,601 DROP INS

293 CLUB MEMBERS

Inclusivity for Everyone

The esports program facilitates many inclusive events and programs during the year. These events include women and marginalized genders game nights, all women teams, and the offering of all different types of games which attracts individuals from all walks of life.

And We're LIVE!

A new initiative the program undertook this year was posting content each day of the week! From the start of the fall season through the end of the winter season our production team posted a piece of content Monday through Friday! In addition to this undertaking, esports production also ran a second marathon stream for the Day of Giving! This year's marathon stream lasted 12 hours and included activities that members of the program could participate in to get in on the action!

Top 3 in the GLIAC!

GVSU Esports Club teams traveled to Ferris State University to compete in the GLIAC Tournament and placed 3rd overall.

“

Esports at GVSU is a place where I can really be myself. The Esports club allows me to spend time with friends and make new ones, while getting to spend time playing the games that I like to play. It is a way for me to get a nice change of scenery and expand social interaction, which can be difficult between work and class. I love the esports program because it has exposed me to things that I never thought I would get to do, like attending team LAN competitions, and broadcasting games so families and friends can watch their students showcase the skills that they work so hard to build. Esports is a home for all, and one of the best programs on campus.



FITNESS

Through a variety of programs and services, participants can foster healthy lifestyles, improve fitness, and manage stress in a positive way.

430 PERSONAL
TRAINING SESSIONS

17 INTERNSHIPS,
FIELDWORK, &
MENTEES

26 STUDENT
EMPLOYEES

1,695 UNIQUE FITNESS
PARTICIPANTS

13,030 ALL FITNESS
PARTICIPATIONS

Meeting Students Where They Are

The Fitness team connected with students across campus through 26 service requests throughout the 25-26 year. In addition to event collaborations, we brought group fitness and fitness topics to student groups & programs serving over 530 students.

Future Leaders in Fitness

Mentorship experiences included 5 student mentees for Personal Training and 12 Group Fitness mentees 13 mentees. Staff were supported through peer to peer learning and earning a professional national fitness certification.

Going for GOLD!

GVSU has been honored by the American College of Sports Medicine (ACSM) Exercise is Medicine® initiative for its efforts to create a culture of well-being on campus EIM-OC for the 6th straight year.

Fitness by the Numbers

- **97%** of participants indicated they have a greater sense of belonging.
- **100%** of participants reported that fitness has positively impacted their overall wellness.
- **99%** positive rating on Mindbody reviews.

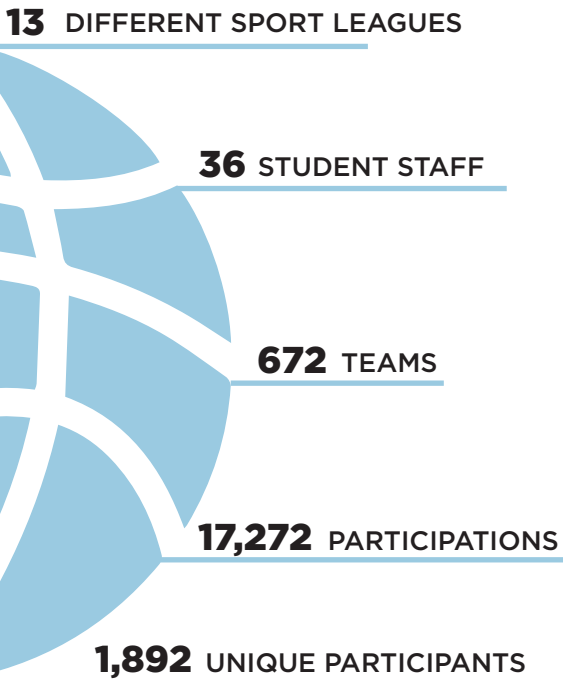
“

The staff were super positive and encouraging!! I could not have asked for better instructors!!



INTRAMURAL SPORTS

It’s all about the champ shirt! Intramural sports provide students an opportunity for fun and recreational competition. Leagues and events are open to all students, regardless of skill level, and are a great avenue to try new sports and connect with the GVSU community.



Empowered Student Employment Opportunities

Intramural Sports staff gain real-world sports management experience - including critical thinking, conflict resolution, teamwork, communication and program management - that support their educational experience.

Program Staff Retention

The student staff retention just keeps getting better and better every year! We had all of our officials from the fall return to work in the winter semester. Six of those officials will be returning back to work as a new supervisor next year.

Eliminating Barriers

Intramural Sports offered over 24 FREE drop-in events for the year, resulting in 201 participants.

High Scoring!

- **93%** of participants indicate they have a **greater sense of belonging**.
- **96 %** of participants say that **intramural sports have impacted their overall wellness**.
- **86%** of participants say they **are satisfied with intramural sport staff**.



Looking back over my 4 years, I think the most enjoyable thing I did was play IM Basketball. I have met so many good people who are playing/watching/working.



PARTICIPANTS BY SPORT

4v4 Flag Football	360	Pickleball	210
Basketball	1071	Sand Volleyball	153
Bouldering	34	Softball	129
Flag Football	355	Tennis	14
Futsal	50	Volleyball	1109
Indoor Soccer	824		
Outdoor Soccer	398		

OUTDOOR ADVENTURES

We empower and inspire the GVSU community through adventure-based opportunities. Participants enjoy a variety of ways to get connected and explore the outdoors.

21 STUDENT STAFF

3,700 MILES TRAVELED

18 CLIMBING EVENTS

7,447 TOTAL PARTICIPATIONS

Adaptive Climbing Reaches New Heights

After hosting instructors from Paradox Sports for an educational workshop on adaptive climbing last year, the Climbing Center has acquired the necessary equipment to make climbing accessible to all. In its first year, the equipment has allowed new programming with Unified Sports and Recreation Therapy & Physics academic classes.

Trip Leadership Mentorship

Outdoor Adventures launched a new mentorship program for training aspiring trip leaders. The new program is free for qualified students and includes topics of technical skills, group dynamics, risk management, decision making & communication.

Gear Library Demand Increases

Usage of the outdoor gear library increased by **86%** compared to last year.



The Moab 2026 trip was truly one of the most satisfying trips and adventures to go on. Such a great location, and I was able to spend it with such amazing people. 10/10 would recommend!



SPIRIT

The Grand Valley State University Laker Spirit Programs build community and support the entire campus by spreading their passion for Laker Pride. The Cheer and Dance Teams train year-round to compete nationally, and proudly hold national championship titles in their respective divisions.



4 STUDENT STAFF

20X National Champions!

LDT won 2 National Championships and the Jazz Battle Cup at The College Classic National Championship this spring. The team also had the highest scoring routine of the entire event - across all divisions and styles.

Laker Spirit Across Campus

Spirit furthered their collaboration and connection to campus partners through supporting the Laker Spirit Sportsmanship Campaign, Mental Health Video & Field Photos, GVSU Laker Store Modeling, Football Alumni Kids Event, and Louie Photoshoots.

59 LOUIE APPEARANCES

69 SPIRIT ATHLETES

Little Lakers In The Making

Hosted the first ever Spirit Youth Clinic in collaboration with Athletics, which included a football halftime performance! We had **81 participants** and are aiming to make it an annual event!



"Can't wait to see what this program turns into after i'm gone becuase it's already so special year two of them being here"



EVENTS

This year, Recreation & Wellness hosted a dynamic lineup of internal and external events — creating meaningful touchpoints for students, staff, and the greater community to engage with campus wellness.

External Events

Laker Kickoff

August 22, 2025

Campus Life Night

August 24, 2025

Lubber's Sunset Yoga

August 26, 2025 | 327 participants

Family Weekend FunD Run

October 4, 2025 | 158 participants

Monster Mash Zumba

October 29, 2025 | 91 participants

BYOB Bouldering Competition

November 9, 2025 | 46 participants

IM Basketball Champ Night

December 3, 2025

Campus View Courtyard Opening

January 22, 2026

Valentines Line Dance

February 10, 2026 | 31 participants

Internal Events

Fall Staff Appreciation Party

December 5, 2025 | 38 attendees

Staff Pickleball Tournament

March 22, 2026 | 9 participants

Winter Staff Appreciation Party

April 24, 2026 | 51 attendees



8 DIMENSIONS OF WELLNESS

Recreation & Wellness values well-being. We promote health, support personal development, and advance a culture of well-being.

SPIRITUAL

- Discovering a sense of purpose and meaning derived from your personal values and beliefs.
- Supporting student well-being through programming & services
 - RecWell Values: Well-being, Innovation, Impactful Experiences, Community, & Inclusion.

OCCUPATIONAL

- Exploring opportunities and contributing to society while achieving balance and personal satisfaction.
- RecWell employs approximately 120 students and supports the NACE competency areas.
 - It offers experiential learning through co-curricular connections, including placements for internships, fieldwork, practicums, and career-related experiences, as well as mentorship opportunities.

SOCIAL

- Cultivating supportive relationships and a sense of community through genuine connection and belonging.
- RecWell provides opportunities for individuals to connect with others through IM Sports, Club Sports, Group Fitness, the Climbing Center, and much more.
 - RecWell also hosts a variety of annual events, including the Fund Run, Lubbers Stadium Yoga, Laker Kickoff, Monster Mash, and others.

FINANCIAL

- Developing understanding, skills and behaviors to allocate money based on personal necessities and desires.
- Recreation Leadership Scholarship
 - Recreation & Wellness Program Fund
 - Student Employment opportunities, including for workstudy students.
 - Accessible services and limiting student fees, free options in most programs.



PHYSICAL

- Cultivating supportive relationships and community through genuine connection and belonging.
- All RecWell programming provides physical wellness opportunities that build healthy lifelong habits including: Club Sports, Esports, Fitness, Intramural Sports, Outdoor Adventures, & Spirit Programs.

ENVIRONMENTAL

- Sustaining safe, clean, and healthy environments where we live, work, and play.
- Outdoor Adventures empowers and inspires the GVSU community through climbing, outdoor workshops, gear rental, biking & creating community in the outdoors!
 - Providing safe & inclusive environments through staff trainings, CPR/First Aid, and risk management such as safety policies.
 - Creating positive recreational environments such as recreation facilities, bike friendly campus and ACSM Exercise Is Medicine gold campus!

INTELLECTUAL

- Fostering curiosity, seeking knowledge, and embracing lifelong learning.
- RecWell participants have a higher retention rate which supports academic success.
 - Overall RecWell participants, overall have higher GPA's than non participants.
 - Support for professional development including conferences certifications and training.

EMOTIONAL

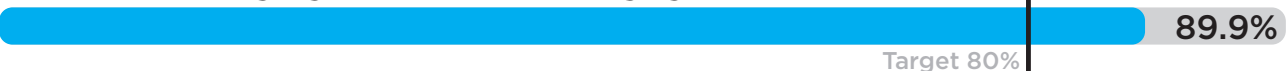
- Accepting a wide range of emotions and effectively coping through challenges.
- RecWell offers free Wellness Coaching for students and supports ongoing campaigns such as Press Pause.
 - Participants are more likely to report improved feelings of well-being.
 - RecWell participants are more likely to report increased sense of belonging.

Strategic Planning Summary

Empowered Educational Experience

SENSE OF BELONGING

Students indicating a greater sense of belonging



TECH & SOFTWARE SATISFACTION

Students satisfied with Recreation & Wellness tech & softwares



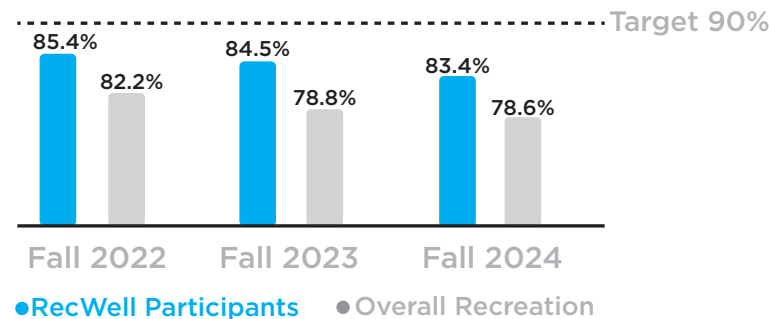
STAFF WORK EXPERIENCE

Staff indicating overall satisfaction with their work experience

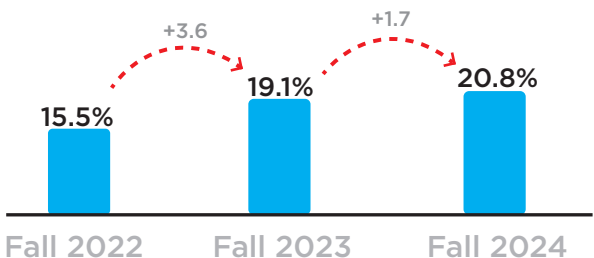


Lifetime of Learning

Fall-to-Fall Retention for FTIAC RecWell Participants



Increase RecWell BIPOC participation by 5% each year



IN PROGRESS

Develop a Marketing Strategy for RecWell

Marketing efforts span multiple platforms and program areas. Priority is on aligning messaging, outreach, and audience engagement into one unified strategic plan that reaches students, parents, and families with intent.

A Culture of Educational Equity

REDUCE FINANCIAL BARRIERS TO PARTICIPATION



Increase equitable access and reduce participation barriers across all RecWell programs

- Dues assistance & sponsorship support - Club Sports
- Free programming & equipment access - Intramural Sports
- Low/no-cost participation opportunities - Esports
- Affordable/free wellness, fitness & certification options - Fitness

ESTABLISH ANNUAL DEI PERFORMANCE GOALS



Establish annual DEI goals for all program areas with measurable reporting and staff accountability

- Implicit bias training & inclusive sport policies
- Adaptive recreation, Title IX education, & belonging initiatives
- Opportunity: formalize consistent interdepartmental benchmarks

DEPARTMENT REVIEW / COMPLETION OF CAS

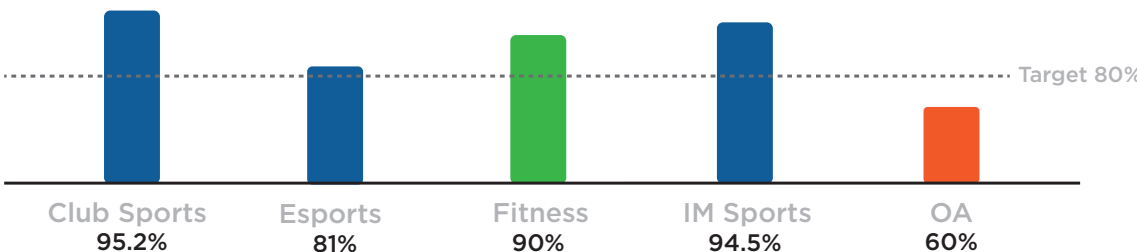


Results from an internal Council for the Advancement of Standards (CAS) self-study and external review

- Structured framework to evaluate experience and effectiveness
- Assesses program alignment with institutional priorities
- Findings will inform continuous improvements & future planning

Well-Being

80% of participants will report positive impact to their overall wellness





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