GVSU RECREATION & WELLNESS
STUDENT AFFAIRS

2022-2023

ANNUAL REPORT

WHO WE ARE

Recreation & Wellness provides the community with a wide variety of recreation, fitness, wellness, and social opportunities at all levels of ability, competition, and interest. Our department creates an environment that supports fun, diversity, teamwork, leadership, health, and well-being, where participants can get involved, be active, and live healthy.

Mission

To empower and support students to pursue their overall well-being by providing impactful experiences to build community, develop life skills, discover passions, and have fun.

Vision

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

Core Values

WELL-BEING
INNOVATION
COMMUNITY
IMPACTFUL EXPERIENCES
INCLUSION

Inclusion Statement

Recreation & Wellness is committed and welcoming to a culture of inclusion, in which we provide recreational programs and services that are accessible and equitable to the community. We strive to share a diverse array of ideas, opportunities, and experiences for all students.

Recreation & Wellness follows the university policy on discrimination and harassment, which protects from discrimination on the basis of age, color, disability, familial status, height, marital status, national origin, political affiliation, race, religion, sex/gender (including gender identity and expression), sexual orientation, veteran or active duty military status, or weight.

We also advocate for the inclusion of all individuals, including the right to access facilities, such as restrooms and locker rooms, and programming on the basis of asserted gender expression.

STUDENT RECOGNITION

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

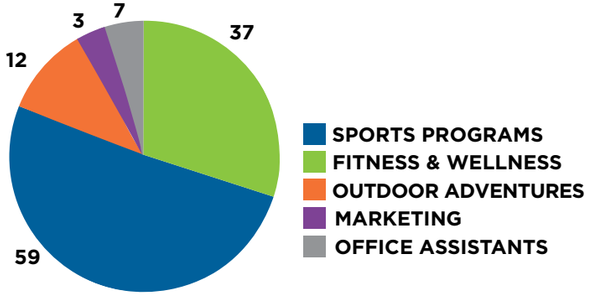
DIRECTOR'S AWARD: JOSIE KASMAUSKIS
Presented to the top RecWell student employee

JOSIE

PROGRAM EMPLOYEES OF THE YEAR:
Recognizes the outstanding work of individual students in each program area

ADMINISTRATIVE: QUINCEY TEACHOUT
CLUB SPORTS: TAYLOR TRUDEAU & KENDRA KRAMER
ESPORTS: DEREK JAKIELEK
FITNESS: RYLEE RICHARDS
INTRAMURAL SPORTS: CAM SCHUESSLER
OUTDOOR ADVENTURES: SARAH LAURENZ
WELLNESS: CLAIRE LATOURELL

3.2
AVERAGE GPA FOR RECWELL STUDENTS



TOTAL STUDENT STAFF BY PROGRAM AREA

Employment Opportunities

Sports Supervisors • Climbing Center Staff • Outdoor Adventure Leaders • Injury Care Clinic Student Assistants • Intramural Sports Officials • Graphic Designers • Marketing Assistants • Office Assistants • Group Exercise Instructors • Event Staff • Fitness Specialists • Swim Instructors • Personal Trainers • Laker Esports Center Staff • Videographer • WIT Peer Educators

Recreation Leadership Scholarship

2023-2024 RECIPIENT:
SARAH LAURENZ

FITNESS

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

Event Outreach

Fitness programming executed **3** large events for over **370** participants including Lubbers Stadium Sunset Yoga, Zumba Monster Mash, & Queerapoolooza in collaboration with campus partners. These included Milton E. Ford LGBT Resource Center, Campus Activities Board, & Alcohol & Other Drugs Services.

Service Requested

27 requested classes for over **400** participants were facilitated. These groups included GVSU Children's Enrichment Center, the Office of Multicultural Affairs, Athletics, the Thompson Scholars, the Career Navigator Battle Creek Regional Outreach Center, NSSLHA, the Office of Student Life, Housing & Residence life, & Miracle Network Dance Marathon.

11,000
GROUP FITNESS PARTICIPATIONS

1,018
GROUP FITNESS UNIQUE PASS HOLDERS

320
ADULT SWIM LESSON PARTICIPATIONS

275
UFIT APPOINTMENTS

1,334
GROUP FITNESS CLASSES

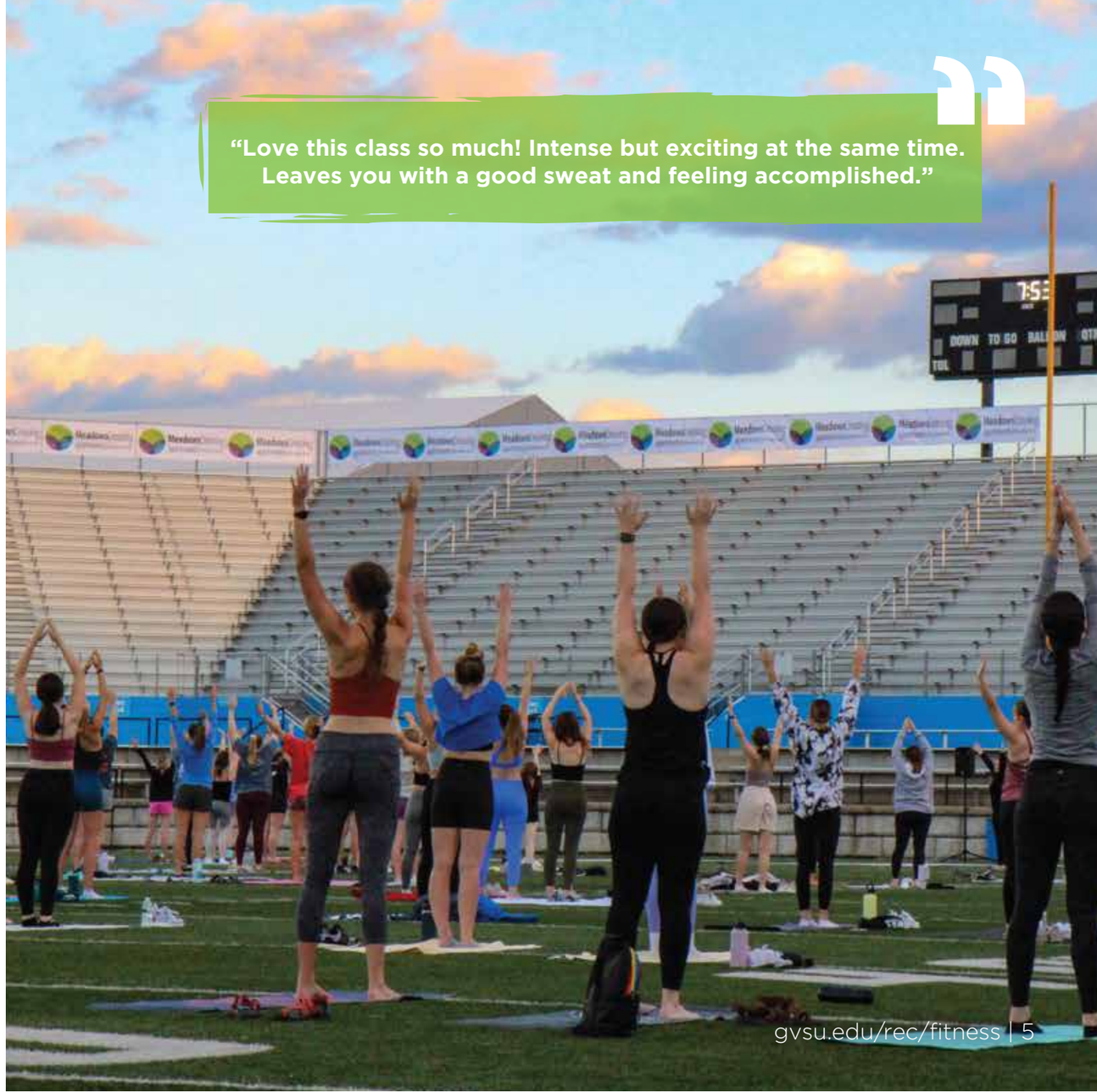
375
PERSONAL TRAINING SESSIONS

149
UNIQUE UFIT CLIENTS

31
UNIQUE PERSONAL TRAINING CLIENTS

Student Development

Fitness provided impactful student development experiences, including **11** Exercise Science internships, **8** Group Fitness Instructor mentorships, & **11** professional fitness certifications & credentials.



WELLNESS

We empower students to make positive changes and healthy decisions that improve their well-being. Our wellness services provide tools, strategies, and opportunities to support a healthy campus environment.

WIT

The Wellness Information Team (WIT) Peer Educators brought wellness to campus! The WIT Cart shared information & resources with **3,278** students in **49** shifts. WIT facilitated presentations on nutrition, sexual health & general wellness with over **280** participants at **20** events.

Sex Ed Week

Participants doubled with a total of **396** at Sex Ed Week 2023 events from first annual in 2022!

WIT Presentations

WIT facilitated presentations for Greek Life, Social Justice Centers, Student Academic Success Center, Disability Support Resources, Housing & Residence Life, & Academic departments.

11,326
SAFE SEX SUPPLIES DISTRIBUTED IN 9 MONTHS

10
PEER WELLNESS EDUCATORS

221
STI SCREENINGS

43
WELLNESS EVENTS

8 DIMENSIONS OF WELLNESS

17
WELLNESS COACHING CLIENTS

487
STRESS, NUTRITION, & SLEEP KITS DISTRIBUTED

750
WEAR ONE CONDOMS DISTRIBUTED

Reset Room

The Reset Room launched at the GVSU Cook-DeVos Center for Health Sciences (CHS) downtown. The wellness space is utilized for studying & social connection - many students utilize the free tea! The Grand Opening included a "ribbon cutting," a tour of the new space, yoga, refreshments, & prizes.

"Wellness coaching made me realize how important making goals is that aren't about school or work. When someone says, make a goal, my brain never went there. It gave me the courage to start putting myself first which was really cool!!!"

INTRAMURAL SPORTS

Through a variety of sports and events offered in leagues, tournaments, or contests, participants of all skill levels can join co-rec, men's, women's, or open competition in an inclusive, fun, and recreational environment.

Summer Sports

During the Spring and Summer semesters, two sand volleyball leagues were facilitated that included 16 teams each! This was the first year Intramural Sports has hosted leagues all year round.

Discounted Memberships

Intramural Sports continued their efforts to reduce participant costs by offering discounted memberships during the fall & winter semesters. In total, nearly $15,000 was able to be discounted from student membership fees for those who utilized the promotion.

2,208
UNIQUE PARTICIPANTS

634
TEAMS

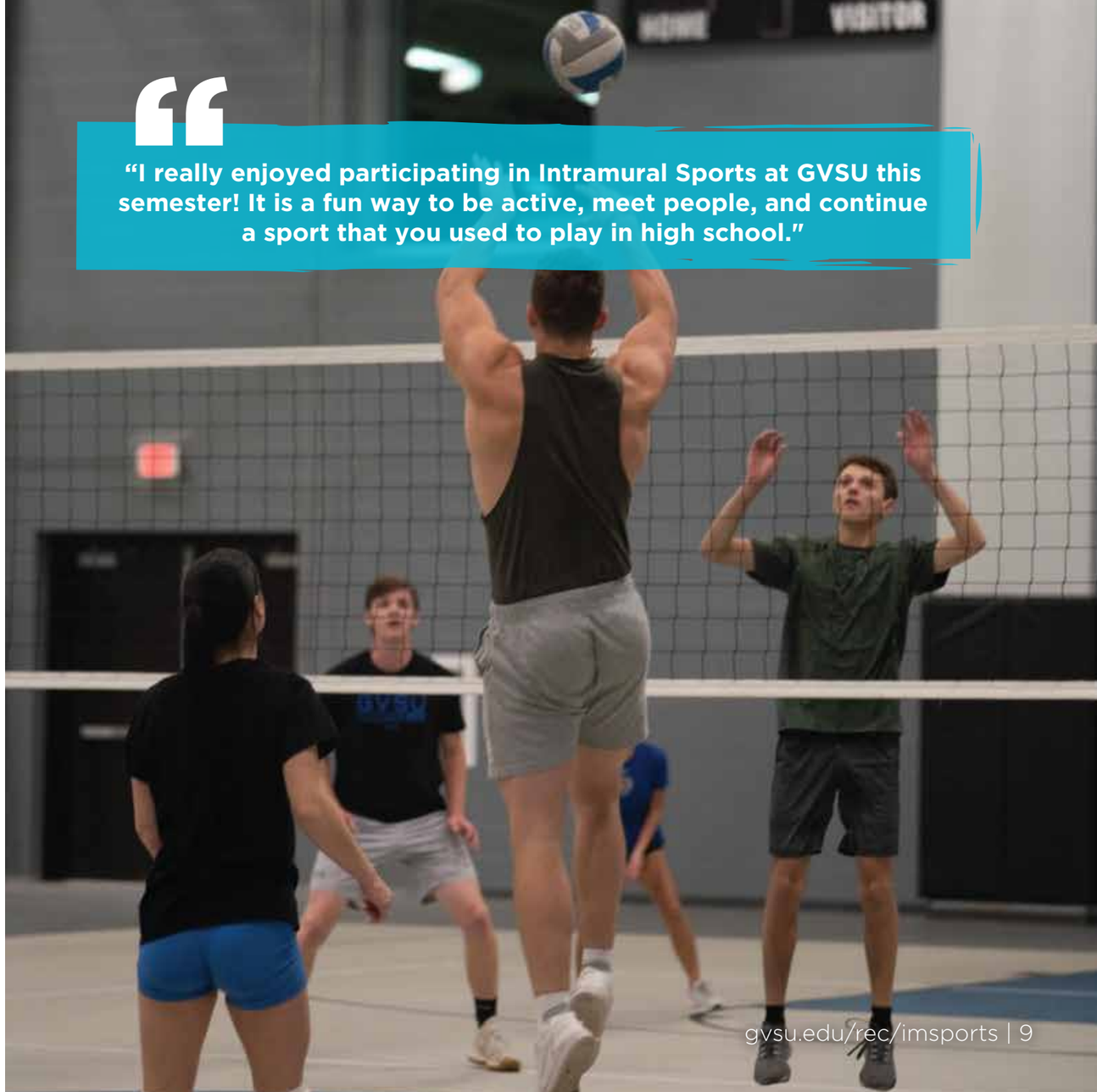
16,489
PARTICIPATIONS

New Staff

A new Intramural Sports Coordinator was hired! Dakota Francoeur has been an excellent addition to the team. She has brought a great perspective to our sports programming.

PARTICIPANTS BY SPORT

BASKETBALL	770
BOULDERING	37
CORNHOLE	92
ESPORTS	22
FLAG FOOTBALL	628
FRISBEE	46
INDOOR SOCCER	511
OUTDOOR SOCCER	485
SAND VOLLEYBALL	582
SOFTBALL	110
SPIKEBALL	61
VOLLEYBALL	1,094



"I really enjoyed participating in Intramural Sports at GVSU this semester! It is a fun way to be active, meet people, and continue a sport that you used to play in high school."

ESPORTS

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

Stampede III

Esports hosted STAMPEDE III: the largest esports tournament ever at GVSU on April 29th. Over **200** GVSU students & competitors from all over the Midwest attended the Smash Bros. Ultimate & Melee event on that Saturday, with 160 of the attendees competing in one of the two major events.

3,811
TOTAL GAMING HOURS

2:48
AVERAGE GAMING SESSION (HOURS:MINS)

183
LAKER ESPORTS CENTER UNIQUE USERS

1,361
TOTAL GAMING SESSIONS

GLIAC Championship

GVSU Rocket League, League of Legends & Super Smash Bros teams competed in the inaugural GLIAC Championship in February 2023 at Davenport University. Rocket League took down Michigan Tech in the Grand Finals & secured the GLIAC Rocket League Championship. GVSU placed 2nd overall for the event after solid showings from the Smash Bros. & League of Legends teams, beating out multiple Varsity (scholarship) programs.

MOST POPULAR GAMES:

- Valorant
- Overwatch 2
- League of Legends

CCA East Champs

GVSU Rocket League won two out of the four CCA East Collegiate Rocket League tournaments in Fall 2022 against 100+ schools in North America.

*Data is Winter Semester Only

"The Esports program offers many opportunities for people like me who couldn't or wouldn't compete in other traditional competitions. I know when many people go to a large school it's difficult to find that place of belonging, but the Esports program is where I found mine at Grand Valley."

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.

Home & Away Comps

GVSU Club Sports provides students the opportunity for intercollegiate competition, both on & off campus. During the 2022-23 academic year, Club Sports hosted a total of **88** home events that resulted in **32** colleges visiting campus & over **13,350** spectators. Our teams also traveled across Michigan & **16** different states for a total of **111** events, with the furthest trip to Puerto Rico.

38
CLUB TEAMS

3.19
AVG. GPA BY UNDERGRAD CLUB SPORTS ATHLETES

1,139
CLUB SPORTS ATHLETES

88
HOME EVENTS

CLUB SPORT NATIONAL CHAMPIONS:

- **Lucas Malloy** – Boxing
- **Bautista Ballesty** – Boxing
- **Laker Dance Team** – Jazz & Hip Hop

CLUB HIGHLIGHTS:

- **26** of **38** teams attended their national championships!
- **National Runner-Ups:**
  - **Women's Lacrosse**
  - **Rowing**- Men's Varsity 4+
  - Josh Kenny- **Wrestling** 174lb
  - Seth Konynenbelt- **Wrestling** 197lb
- **Men's D3 Hockey** – ACHA Final Four
- **Wrestling** – NCWA Conference Champs
- **Softball** – Conference & Regional Champs, World Series Qualifier!
- **Men's Lacrosse** – Elite 8
- **Women's Rugby** – 3rd at Nationals
- **Baseball** – Conference Champs
- **Cross Country & Track** – Set 6 new club records during indoor season

"The club baseball program was a great way to continue playing competitive baseball at the next level. It helped build character and taught the importance of balancing school, social life, and sports."

OUTDOOR ADVENTURES

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

BYOB

Bring Your Own Beta! This year's event had the largest bouldering competition attendance in the history for Outdoor Adventures. There were **79** registrations!

Dolly Sods

Outdoor Adventures hosted a backpacking trip to the Dolly Sods Wilderness in West Virginia for Fall Break that sold out! **8** Students had a blast camping, hiking, and disconnecting from class for a bit!

Dropped Fees

Fees for the outdoor gear rentals were dropped for students and climbing fees for faculty and staff were dropped as well. This is with the intention to encourage more participation in these areas and to drop any barriers for individuals.

5,678
CLIMBING CENTER ATTENDANCE

1,062
PARTICIPANTS AT **46** OA PRIVATE EVENTS

92
SELF-SERVICE BIKE MAINTENANCE VISITS

26
OUTDOOR GEAR RENTALS

12
STUDENTS ATTENDED ICE FEST

208
ACTIVITY & EVENT PARTICIPANTS

"This was the first time I've ever done something like this, and I'm so glad this was my first experience. I met some amazing people, got to explore a gorgeous new place, and learned some new skills regarding sustainable camping."

ADAPTIVE & INCLUSIVE

We believe it is imperative that every student feel welcomed and supported in Recreation & Wellness. We strive to offer all students opportunities to participate in sports, fitness, wellness, and outdoor adventures.

GVSU Unified Sports

Unified Sports returned this year! This program consists of GVSU students and local Special Olympic athletes playing sports together on the same team, promoting social inclusion, teamwork, and having fun! Unified Sports occurred on a weekly basis (Wednesday nights) for the 2022-2023 school year. This included a total of **25** practices, highlighting **4** different sports (soccer, flag football, floor hockey, and basketball).

12
SPORT WHEELCHAIRS NEWLY ACQUIRED

6
STUDENT ADVISORY BOARD MEMBERS

37
STUDENT VOLUNTEERS FOR UNIFIED SPORTS

11
RECWELL STUDENT STAFF PARTICIPANTS FOR THE ADAPTIVE & INCLUSIVE STAFF TRAINING

Committee

Development of the first ever Adaptive & Inclusive Recreation & Wellness Committee, partnering with departments all throughout campus to better serve all of Grand Valley State University students.

Wheelchair Sport Event

This was a drop-in event open to individuals of all abilities. Participants included GVSU students, staff, and community members. A total of **33** participants played either wheelchair floor hockey or wheelchair basketball and learned unique adaptations, rules, and modifcations to make sports an inclusive space for all.

"It was very fun! I met many new people and I will definitely come back!."

MARKETING

With a strategic focus on brand consistency, digital presence, and inclusive experiences, marketing efforts increase exposure and support the department in successfully promoting all programs, services, and events.

Top Preforming Instagram Posts

Highest Reach/Views

Reset Room Reveal
4,469 Views

WIT Has Trojan
3,636 Reach

New Blender Bike
3,019 Views

Highest Likes

Lubbers Sunset Yoga Pictures
386 Likes

Paint & Sip
254 Likes

Fitness St. Patrick's Day
228 Likes

Highest Shares

WIT Has Trojan
171 Shares

Lubbers Sunset Yoga
142 Shares

Monster Mash
87 Shares

583 NEW INSTAGRAM FOLLOWERS	**100+** TABLING & OUTREACH EVENTS	**88** NEW FACEBOOK PAGE LIKES

EVENTS

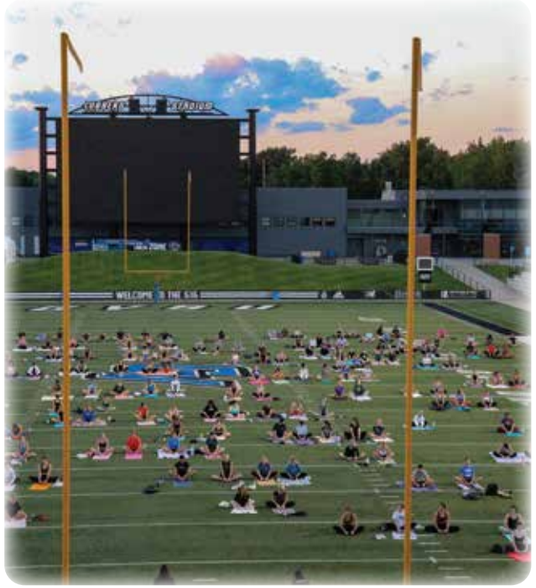
With the goal of attracting and engaging new participants, Recreation & Wellness events provide fun ways for the campus community to get involved in healthy activities.

Family Weekend 5K Color Walk/Run

Over **175** participants were welcomed to campus to show their Laker Spirit at the annual Family Weekend 5K. This year's event featured multiple color-throw stations around our 3.1 mile course that were sponsored by various campus partners including Division of Student Affairs, Housing & Residence Life, the Lanthorn, and the University Counseling Center. Elliot Carey (18) placed first overall with a time of 17 minutes and 38 seconds.

Lubbers Sunset Yoga

Lubbers Stadium Sunset Yoga was a hit this year as **200** students enjoyed a relaxing night on the field.



Monster Mash

100 GV students had some Halloween fun at our Monster Mash Zumba Dance Party hosted by fitness programming! students dressed up, danced, and followed along a fun-filled Zumba class. Alcohol & Other Drugs (AOD) Services provided Mocktails and the WIT Cart and Campus Activity Board (CAB) provided treats!

COLLABORATIONS

Recreation & Wellness works with a variety of internal and external partners to provide exceptional program, services, and events, cross-promote campus activities, build and enhance relationships, generate awareness about the benefits of recreation, and create a greater impact on the campus and local communities we serve.

INTERNAL

Admissions
Alcohol & Other Drugs Services
Alumni Relations
Athletic & Recreation Facilities
Athletics
Business and Finance
Campus Activities Board
Campus Dining
Campus Health Center
Career Center
Center for Women & Gender Equity
Children's Enrichment Center
Community Service Learning Center
Copy Center
Dean of Students Office
Department of Public Health
Department of Public Safety
Disability Support Resources
Event Services
Facilities Planning
Facilities Services
Family Health Center
Housing & Residence Life
Human Resources
Information Technology
Kirkhof College of Nursing
Laker Store
LGBT Resource Center
Money Smart Lakers
Movement Science
Office of Student Conduct & Conflict Resolution
Office of Student Life
Office of Sustainability Practices
Office of the President
Office of the Provost
Parking Services
Risk Management
Sports Management Program
Student Ombuds
Student Organizations
Student Senate
Surplus Store
University Counseling Center
University Development
University Libraries
Whale Radio
Writing Center

EXTERNAL

American Alpine Club
Bill & Paul's Sporthaus
Blue Cross Blue Shield of Michigan
Competitive Edge
Family Fare
Gift of Life Michigan
Grand Rapids Gymnastics
Grand Rapids Rifle & Pistol
Griff's Georgetown
Hansen-Dyke Automotive
Higher Ground Climbing Center
Holiday Coach
Hudsonville High School
Hulst Jepsen Physical Therapy
Kent County Health Department
Lake Michigan Credit Union
Macatawa Yacht Club
Meadows Golf Course
Merrell
NovaCare
Ottawa County Health Department
Prime NRG
Priority Health
Special Olympics Michigan
Stitchtime
Tea Time Café
Thomet Stables
Trinity Health
Victory Apparel
Walker Ice & Fitness
Wanderheart Project
West MI Sports Commission
White Oak Farm

SAFETY & TRAINING

Because we believe students learn best in a safe and fun environment, Recreation & Wellness provides opportunities to learn lifesaving skills. We also provide affordable and accessible athletic training support for injured participants.

STAFF TRAINING/WORKSHOPS:

- CPR/AED & First Aid Certification
- Blood-borne Pathogens
- Risk Management policy & procedure training
- Emergency Action Planning
  - Active Shooter
  - Medical Emergencies
  - Weather related
  - Travel
- Concussion Training
- Conflict Management
- Wilderness First Responder

1,467 TOTAL APPOINTMENTS

282 PHYSICAL THERAPY APPOINTMENTS

277 UNIQUE PATIENTS

2 ICC STUDENT ASSISTANTS

21 CPR & FIRST AID CLASSES

140 CPR CERTIFICATIONS

Physical Therapy

Beginning in the Fall of 2022, Physical Therapy services were added to the Injury Care Clinic. Trinity Health Physical Therapist, Mark Sulavik Jr. PT, DPT, AT, ATC joined the Trinity Health, GVSU team! Mark is an Alum of GVSU's Athletic Training and Doctorate of Physical Therapy programs. Physical Therapy helps provide comprehensive injury care for our GVSU community.

GRAND VALLEY STATE UNIVERSITY

1 CAMPUS DRIVE
D-135 RECREATION CENTER
ALLENDALE, MI 49401

616-331-1732 | rec@gvsu.edu | @gvsurecwell | gvsu.edu/rec