



Recreation Board Meeting Minutes

March 7, 2017

5:30pm

Lobby Meeting Room

- I. Call to Order
 - a. 5:34 pm
- II. Roll Call
 - a. John Lurquin, Spencer Murphy, Molly Dignan, Patty McConnell, Gary Chadwick, Lee Silbert, Rafe Kossak, Scott Schubert, Allen Dehoff, Jesse Niebaum, Joseph Soto, Diba Mani, Catie Gibson, Nicole LaRocque, Dan Rummel, Gabe Ezcurra, Eric Laufer, Kelly Galloway, George Hoey, Adam Bunce, Nan Lu, Kirsten Musetti, Ryan Coval
- III. Changes/Approval of Agenda Items
 - a. Spencer Murphy: Motion to add "Catie's Facility Update" to New Business.
 - b. Jesse Niebaum: Second.
 - c. Allen Dehoff: Discussion.
 - d. Joseph Soto: Call to question?
 - e. Scott Schubert: Acclamation.
 - f. John Lurquin: Motion carries. Amendment approved.
 - g. Scott Schubert: Motion to approve the agenda for March 7, 2017.
 - h. Joseph Soto: Second.
 - i. Spencer Murphy: Discussion.
 - j. Allen Dehoff: Call to question?
 - k. Spencer Murphy: Acclamation.

- I. John Lurquin: Motion carries. The agenda is approved.
- IV. Reading & Approval of 2/21/2017 Minutes
 - a. Eric Laufer: Motion to approve the minutes from February 21, 2017.
 - b. Diba Mani: Second.
 - c. Spencer Murphy: Discussion.
 - d. Allen Dehoff: Call to question?
 - e. Scott Schubert: Acclamation.
 - f. John Lurquin: Motion passes. The minutes are approved.
- V. Public Forum (15 minutes)
 - a. None.
- VI. Old Business
 - a. None.
- VII. New Business
 - a. Strength and Cardio Master Plan: Catie Gibson
 - i. Catie Gibson: I'm here to give you an overview of the new strength and fitness spaces around the Rec Center and the "why" behind some of the decisions made by the task team to relocate strength and cardio spaces and how we will be moving things around to better achieve the goals. What are the goals? The main goals are we want to create more welcoming space for beginners or users intimidated by the weight room, maximize space utilization, reduce crowding, maintain safe workout environments, and create "neighborhoods" for different user demographics. Some challenges the group faced in discussion were different user abilities and equipment preference or workout style – like beginner, intermediate, and advanced or traditional free weight strength, circuit strength, functional training, blend of strength style, etc. – unique constraints of space like ceiling height or the mind body studio and crowding in free weight space. In order to understand the needs of our users, we identified users use of strength equipment and styles of

working out. We looked at equipment usage data, observed usage of space, student staff feedback, national trends and level of comfort in ability among different demographics of users. The solution was to create a beginner and intermediate strength space in multiple locations with a total 8,100 ft², create a larger functional training space, maintain two stretching spaces, and create a circuit training space. The repurpose area for the beginner and intermediate users is going to be named the “Annex.” It will have traditional free weight equipment like dumbbells, squat racks, and benches, but we will be limiting the maximum weight available. It will have Cybex ADA, cables, and plate loaded equipment. The hope is that we can run workshops out of this space and that it is a more comfortable and educational space.

- ii. John Lurquin: So this is inside the old rowing studio?
- iii. Catie Gibson: Yes, this is the repurposed space that used to be the Rowing Studio, Studio 4 and the old workshop space.
- iv. Eric Laufer: What are these workshops going to look like in terms of priority?
- v. Catie Gibson: We are still discussing the details of workshops and things like that, but I just wanted you guys to see that this is something that we wanted to do with the space, to make it more educational for users that aren’t as comfortable with the equipment or their lifting techniques. In our discussions about Level 3 weight area, we recognized that even 3500 ft² may feel too big for some people, so we wanted to give people a smaller and more intimate place to workout. This will be a small, traditional free weight space. We will be reorganizing this space and making it more balanced with racks and benches. To support this free weight area in the Rockwall Overlook we will relocate all the cardio equipment that is currently there and moving all the Selectorized and cable equipment to the Rockwall Overlook space.

- vi. Eric Laufer: What happens to old machines?
- vii. Patty McConnell: Like the Nautilus machines that are up there now?
- viii. Catie Gibson: The problem is we can't get parts for these machines anymore since they are so old. The demand for Selectorized isn't there so we are not adding any more Selectorized.
- ix. Kelly Galloway: So you will be getting rid of all cardio up there?
- x. Catie Gibson: We will be keeping the treadmills by the Rockwall, but the ellipticals will go into the Green Zone on level 2.
- xi. Spencer Murphy: So will we have the same amount of cardio equipment or less after all of this is done?
- xii. Catie Gibson: A little bit less. What we found with our equipment usage data was that a lot of the cardio equipment isn't getting used.
- xiii. Lee Silbert: What sits idle?
- xiv. Catie Gibson: A lot of Selectorized equipment sits idle. Most of the demand is in the free weight areas and the Stepmills. Moving the cardio from the Rockwall will allow level 3 to be more of a functional space with TRX bands, more kettle bells, more space for plyometric exercises, battle ropes, etc. For this type of functional workout you need lots of space and room.
- xv. Lee Silbert: Are we worried about any sound problems with the Mind Body Studio being right there?
- xvi. Catie Gibson: We are being very mindful about what we put in this space. This will need more fine-tuning after spring break. We want to meet people's needs but still be aware of the noise levels. The circuit that is in the weight room will be moved to the running track. We will keep the dumbbells by the track though. This space is meant to be less intimidating, create 30-minute circuit type workout or traditional circuit. So there will be free weights but also machines by the track. It will be a great way to get away from the crowds for a more intimate workout.

- xvii. Rafe Kossak: Have you worked with anyone so that you can possibly create some circuits for users to follow?
- xviii. Catie Gibson: We are still working with FitWell to talk about signage.
- xix. Allen Dehoff: Have you thought about a way for users to mark that they are still using a piece of equipment if they go, say, run around the track as a part of their circuit?
- xx. Catie Gibson: No, we haven't. People using a circuit can easily work in with someone or switch to a different machine. Circuit training is nice like that. But we also don't want to label this space as only a circuit space. Anyone can use the machines or the free weights in this space. So we will still be maintaining the stretching and core training area on the first floor and the third floor, but the area that will change really dramatically is our Main Weight Room on the first floor. We want to make it as efficient as possible so we are relocating a lot of the equipment to other spaces. We will be adding 19 power racks and creating dumbbell spaces. We will be increasing our usage capacity with the power racks. The weight room desk is getting relocated too. What we found is that stations will sit idle and then all the sudden all the squat racks are taken but there are a bunch of benches open so these new, 19 power racks will allow multiple users to safely work inside and outside of the rack simultaneously. Multiple people can work on one station at one time. The goal is ultimate flexibility of use for these spaces.
- xxi. Gabe Ezcurra: What exactly is a power rack?
- xxii. Catie Gibson: It's a combination station similar to the squat cages that we have now. We found in our Olympic data that only about 10% of the lifts happening on these platforms are actual overhead Olympic lifts so we will going to two platforms in the new Main Weight Room.
- xxiii. Allen Dehoff: How many of these power racks will have bumper plates?
- xxiv. Catie Gibson: All of them.

- xxv. Rafe Kossak: What about sight lines to mirrors?
- xxvi. Catie Gibson: Some racks will have sight lines to mirrors and others will not. We talked to a lot of other universities about this system and it is a trade-off. We are really trying to maximize how quickly people can get in and out, but also maintain safety.
- xxvii. Eric Laufer: How many people can use the power rack at one time?
- xxviii. Catie Gibson: Two.
- xxix. Eric Laufer: What does maximum usage for this new layout look like compared to the old layout?
- xxx. Catie Gibson: With the new layout we are expecting to see an increase of 20-30 people that could be working out.
- xxxi. Eric Laufer: Are you expecting a learning curve for understanding how the power racks work?
- xxxii. Catie Gibson: There might be. I will work with the weight room staff so they can educate the users, but we have three power racks already, so hopefully there won't be too large of a learning curve.
- xxxiii. Lee Silbert: So we are going from 3 to how many?
- xxxiv. Molly Dignan: 19
- xxxv. Catie Gibson: Yeah but will these new power racks, we will be combining the bench press stations with the squat stations.
- xxxvi. Rafe Kossak: So will there be free benches that you drag in to the rack?
- xxxvii. Catie Gibson: We are hopefully going to have benches upright in the middle of every rack that can be pulled down and out or put back up and out of the way. We will still have the old equipment for people that don't want to adjust to the new equipment; it will just be in the new Annex.
- xxxviii. Eric Laufer: Are you worried about people spending the whole time of their workout in one station? Like hogging that space for an entire hour.
- xxxix. Catie Gibson: The other schools we have talked to haven't seen this as a problem, but we will have to see. In between the power racks there will

be pull-up bars with TRX bands and/or a curl bar bench, so there will be more space for additional people to work out in this area as well. We are working with a company that is going to wrap the cement pillars in the weight room for customize storage to make the most of the space. These pillars will have dip bars, step-ups, power rows, etc., or be storage pillars. We are also thinking about neighborhoods. All the movement of equipment around the Rec is so that there are one or two general spaces for users to go to and get their full workout in, instead of having to move all throughout the Rec Center like before. We are thinking about neighborhoods and signage like Betty Beginner, Jock Jack, Functional Fran, Seasoned Sam, Cardio Cathy, Average Joe, Strength Sally, and so on. We have looked at doing some signage with these characters so that we can say, "You are interested in doing this for your workout? Try this space! Etc." What questions do y'all have? We will be making adjustments as needed.

- xl. Patty McConnell: Will you talk about spring break? What is it going to look like for users? Where? When? How?
- xli. Catie Gibson: Basically the Main Weight Room won't be available all week. We will be moving a lot of the cardio equipment mid-week, so it will be a shuffle.
- xlii. Patty McConnell: The main staircase by the entrance will be closed the entire time so we will be diverting to the back staircases and having people enter the locker rooms from the East side. This was already in the newsletter and will be in the newsletter that is going out on March 15th to get the word out, get people excited and get pumped up, no pun intended. But the newsletters will also give people an idea of what the space is going to look like when they come back. The Directory across from Guest Services will be used as a way to show employees and guests where everything will be relocated.

xlili. John Lurquin: Thank you Catie!

b. Liaison update: Diba (Events & Facilities Ops)

i. John Lurquin: We will be hearing from Diba as she provides her liaison update from Events and Facility Operations.

ii. Diba Mani: I met with Marcus Worth from Events and Facilities Operations in February and we chatted a bit. Marcus has been working since November and he is responsible for the Facility Supervisors. The Facility Supervisors are students; there are 13 of them who pretty much take care of running everything in the Rec on a day-to-day basis. There is one on-call and present at the Rec at a time. Then there are the supervisors for the different areas of the Rec underneath them. I asked him about all the students at the front desk in Guest Services and it turns out that these staff are all doing something unique and different behind the desk. There is one person checking people in, one for the point of sale, one checking out equipment and then there is one extra person behind the desk at prime time to assist anyone that needs extra help or act as a cashier. He told me that they are now using this app called Connect2. It's a really cool app and allows us to go on the website and see the headcounts of different areas in the Rec so someone can see how busy a specific area is. Marcus said they are updating the training manual which is a big project that he is taking over right now, but he is also looking at risk management for the facility, heading the committee for risk management and overseeing the Athletic Trainer and training room.

iii. John Lurquin: Questions?

VIII. Chair's Report

a. John Lurquin: The budget was approved at Leg Council last week. We go back tomorrow night for the second and final reading. We are still moving forward with different marketing ideas to get the Rec Board promoted. We're working with Annie to update the comment and suggestion box forms and also creating a

Rec Board sign. The search for the Rec Center Director has a committee of half-students and half-staff since this is a student government cost center. The applications just closed. HR will do initial sweep of the applications. They will go through 130-150 applications and resumes, then the chairs will narrow it down to 50, then the committee will narrow it down to 10 candidates for video interviews and after spring break we should have 3-5 top candidates coming to campus for in-person interviews.

- b. Eric Laufer: Can you expand a bit more about what the Rec Board's position will look like with that process?
- c. John Lurquin: Sure. There will be a lot of opportunities to go to meetings and interviews as individual students and as a Rec Board.
- d. Gary Chadwick: It is usually two days of interviews for the candidates. There will be meals with the Chairs, Rec Center Staff, CUSG, etc. Lunches turn into interviews. There will be tours, lunches, breakfasts, dinners, meetings and interviews. They will meet with student government, Leg Council, staff, students, etc. I think Kambiz is going to ask for an unranked list of candidates from the Chairs.
- e. Nicole LaRocque: Correct. They want just strengths and weaknesses of each candidate, no ranking. We should be getting together questions that the Rec Board really wants to ask each candidate.
- f. Gary Chadwick: Right, so it's a really involved process.
- g. Nan Lu: This will be a great experience for you to see interviews at a high level. You can see the stress levels of the candidates, how they carry themselves, how they interact with interviewers and things like that. If you can take the time to attend as many of these sessions as possible it will be really beneficial, especially for the students to see how interviews like this work.

IX. Director's Report

- a. None.

X. Executive Team Reports

- a. Patty McConnell: Has anyone seen the new lounge area by the lower basketball courts?
- b. Molly Dignan: Yeah! There are Ping-Pong tables!
- c. Patty McConnell: This space is done and looks great! There have been lots of people playing already. We might pull out one table and replace it with Foosball. We just went live with participation numbers for the weight room. Same with Will Vill participation numbers. There is lots of hiring for new facility supervisors going on. There is a full-time open position for Events and Facility Operations Coordinator. We are hoping to have the position filled by June 1st. We charged the committee today and we have about 130 applications. HR will narrow it down to 36, the committee will be reviewing to narrow down to 10 applicants for Hireview and then from there there will be in-person interviews at the end of April.
- d. Dan Rummel: We are just wrapping up stuff from the project. We are hanging lights right now, flooring next week and then stainless steel wrapping will be going up too along the walls. This will be done before spring break and then over spring break we are engraving a sign above the front doors that says "Student Recreation Center," like the one above Dal Ward. We will be taking the bubble down first week of May.
- e. Diba Mani: When does the Buff Pool open?
- f. Dan Rummel: May 1st
- g. Nicole LaRocque: None.
- h. Nan Lu: None.

XI. CUSG Report

- a. None.

XII. Announcements

- a. Eric Laufer: Thank you to all the new people for showing up. Please let us know if there is anything we should add or if you have any comments or questions about the meeting!

XIII. Adjournment

- a. Eric Laufer: Motion to adjourn.
- b. Diba Mani: Second.
- c. Molly Dignan: Discussion.
- d. Allen Dehoff: Call to question?
- e. Scott Schubert: Acclamation.
- f. John Lurquin: Motion carries. Meeting adjourned. 6:54 pm.