Members Present: Joshua Pittell (Chair), Christianne Biggane, Dylan Conn, Kason Green, Andrew Harris, Eric Hedberg, Parker Hoffman, Annabelle Juin, Grayson Pylant, Brenden Collins (Alt), Brandon Roberts (Alt), Carly Roesser (Alt), Ms. Sheri Austin, Mr. John Bevis, Dr. Thomas Conlon, Ms. Jackie Matthews, Dr. Scott Greenberg, Mr. Brook Mercier, Dr. Walter O'Dell, Mr. David Bowles.

Other Attendees: Emmanuel Akogyeram, David Bloch, Jon Broska, Catherine Cramp, Marty Dempsey, Leah Dupuie, Pamela Hightower, David Stopka, Gary Zetrouer

Call to Order
Joshua Pittell called the first meeting to order.

Chairman's Report
Joshua Pittell welcomed the new board. He asked the board members and staff to make introductions. He noted that Grayson Pylant will be serving as the Vice-Chair this year. He sees great things happening for both the short and long term goals of this board.

Director's Report
David Bowles congratulated Joshua Pittell for serving as chair this year. David thanked the board members for taking part in the tour of our facilities on Sunday. David discussed the items in the notebook they were given. He asked them to please participate in all the meetings this year as their vote is extremely important. He explained to the three student alternates how important their attendance is and how they will vote should a board member be absent. He explained our mission statement, the charter for the board, and the board policy manual. We were approved for a 3.3% increase for the FY 15/16 year. We had $100,000 added to the FY 14-15 budget to accomplish a list of items the students requested. We have had a great start to the year with Rec Sports training sessions in all areas. The annual “Recstravaganza” had over 3000+ participants. We are taking part in the campus “Walk Safe” program. We are keeping the fields lights on at night and offering to walk participants to their cars. UF Gator Well will begin reporting to David Bowles at some time during the next year but will remain separate from Recreational Sports. We will be working with an architect to design a recreational center on Norman Field which has the backing of Student Affairs. Pam Hightower reported on the renovations to the Student Recreation and Fitness Center. We spent half-million dollars on the four bathrooms and made an ADA bathroom on the first floor. We took two racquet courts and developed more group fitness space along with storage. We saw an increase of 1000+ participants the first three weeks of the semester.

David Stopka (Facility Operations):

On campus:
Maintenance laser graded and sodded Maguire Field. They constructed a 30’ x 16’ pit filled with rubber chips for boot camp. It also includes monkey bars and pull up bars. They laser graded and added new clay and improved the warning tracks on two softball fields. They replaced light bulbs at all the outdoor facilities. During the break weeks we resealed the wood floors in the SRFC. A major cleaning project took place in the SWRC during the break weeks before the fall opening.

Lake Wauburg Facility Information:
A tree fell on Pavilion #1 at South Shore so reconstruction is in process. We purchased new environmentally friendly dock sealant and repaired the dock. We have a contract for road work at North park to seal and stripe the roadway. New entrance signs were installed. We reorganized the Lake Wauburg student/OPS staff with new titles and responsibilities. Their staff uniforms were also updated.
Lake Wauburg Programming Information:
We added eight new kayaks and three stand up paddle boards to the fleet. We helped YMCA- Camp McConnell by providing a canoe experience to campers on Lake Wauburg during the summer because their lake was weed infested. A small fee to cover costs was assessed. Paddle Board Yoga was a successful collaboration with small group training. We are in the process of trading the ski boat.

Summer Special Event:
Climbing Wall Challenge & Climb the Flat Irons had a total of 179 unique users with 48 finishers. This event had three opportunities to earn a prize. For the Summer “A” Challenge and the Summer “B” Challenge all participants who completed six climbs had their names put into a drawing for a prize package. The Summer “C” Challenge required completion of a total of 22 climbs to climb the height of the 3rd Flat Iron of Boulder, CO.

Challenge Courses week prior to the beginning of the semester:
We completed seven Challenge Courses in four days. There were three Low Only with 77 participants. We completed four Low and High Courses for a total of 226 participants. The largest group had 69 participants. We had a total of 303 participants.

September 27th & 28th is the Gator Open Climb. Due to the overwhelming demand last spring, we will have students sign up through Gator Connect for September 27th which is the high course dynamics and zip line. This will allow students to maximize their visit at the lake and not have to wait in a long line.

RecSports held three Heart saver, First Aid, CPR/AED classes so far this semester and certified 54 students. More classes are scheduled through November. We also provided two Heart saver Adult CPR/AED classes to the Division of Enrollment Management.

Last Sunday, September 14th, three of our student employees completed their BLS Healthcare Provider Instructor course and will begin teaching our classes.

Aquatics is adding a Lifeguarding and Lifeguarding Review class to the October calendar. Look for them to be on RSConrect very soon.

Catherine Cramp (Programs):

FITNESS:

Strength & Conditioning:
New Functional space is up and running at SRFC, complete with: dumbbells, kettlebells, ViPRS, medicine balls, slam wall, stretching mat, TRXs, monkey bars, pull up bars, resistance bands, plyo boxes, battle ropes, stability balls, and foam roller. Over the summer we installed two Espinners at SRFC as well as 50-80 lb. dumbbells. Bootcamp has moved to online registration. Bootcamp is now utilizing the 3,000 sq ft rubber chip field complete with monkey bars, pull up bars and TRXs.

Personal Training:
The CHANGES program had its opening and is progressing very well.

Fitness Assessment Center (FAC):
If you have not visited the FAC, we want to encourage you to get an assessment.

Group Fitness:
We are officially up and running with 165 group fitness classes per week. We have added new formats this semester: ViPR Move and ViPR sport, which include loaded movement training. We are offering classes in the SRFC AR4 and students are loving the new space. Held our first Annual Indoor Triathlon (20 minute Florida Pool, 20 Minutes on indoor
bikes, 20 minutes on treadmills) in July geared towards first year students (freshmen and transfer students) had 38 participants.

Fitness Group Services:
This new service is starting to become popular as we are offering approximately 3-4 service events per month.

General:
We are in the Skype interview process for a new position within Recreational Sports, Coordinator for Fitness Programs, working with Strength and Conditioning.

COMPETITIVE SPORTS:

Intramural Sports:
We would like to introduce you to Emmanuel Akogyeram, our new Coordinator for Competitive Sports. He comes to us from James Madison University, Virginia Tech and originally from Ghana. Our annual regional Swamp Bowl flag football tournament is taking place October 24-26 and we are looking for UF men’s, women’s and co-rec teams to bring the championships back home. Teams from all over the southeast descend on The Swamp to play some of the best flag football in the country. Mentor Monday is a new initiative being facilitated by Competitive Sports in an effort to build relationships between mentor/mentee pairs around campus. Pairs will come together to compete in five activities designed to bring the pairs together and highlight some of our intramural events. T-shirts and free food are being provided and the event is free! Space is limited, so if you are involved in any mentor/mentee programs on campus and would like to sign up, please see Jon Broska for more info.

Sport Clubs:
Our Sport Clubs Council held their first meeting of the year last week and will begin hearing presentation proposals for new clubs to enter our group of 44. Interested clubs will be given 30 minute blocks for presentation and Q&A. We have no minimum or maximum number of clubs that can be accepted, and would expect to have decisions out to those clubs that present by the middle of October. Some of the clubs that have expressed interest so far include archery, golf, Brazilian Ju-Jitsu, Gator Bassmasters and Quidditch.

Old Business
None

New Business
Joshua Pittell announced the selection for the sub-committees and the chairs for each sub-committee (see attached). He asked each chair and advisor to meet with their sub-committee members tonight to set a time and place for their first meeting.

Motion: Move to approve the Olympic Lifting Workshops with the required $15.00 registration charge, effective upon approval (see attached):

First: Andrew Harris
Second: Grayson Pylant

Passed by Majority

Discussion
None

Next Meeting
The next meeting is scheduled for October 15th, 5:30 PM, SWRC Arena conference room
The meeting was adjourned at 6:55 PM

As submitted by:  
Barbara McKnight, Office Mgr, Department of Recreational Sports

As approved by:  
David Bowles, Director, Department of Recreational Sports

As approved by:  
Joshua Pittell, Chair, Recreational Sports Board of Directors
DATE: September 15, 2014

TO: Joshua Pittell, Chair, Recreational Sports Board of Directors
    Leah Dupuie, Coordinator, Fitness Programs
    Darcie Burde, Assistant Recreational Sports Director, Fitness
    Catherine “Cat” Cramp, Associate Recreational Sports Director, Programs

FROM: Olympic Lifting Workshops

RE: Move to approve Olympic Lifting workshops, Beginner and Intermediate levels, six times per semester to educate patrons on proper technique for executing the clean, jerk and snatch lifts, utilizing USA-Weightlifting (USAW) techniques.

BACKGROUND/RATIONALE:
Use of the Olympic Lifting Platforms is exclusive to those who pass an Olympic Lifting Test-Out (safety procedure). Additionally, patrons who participate in premium services, such as Personal Training and Small Group Training (SGT), have the opportunity to utilize the Olympic Lifting Platforms under the direct supervision of a Recreational Sports Personal Trainer or SGT Coach who has successfully passed the Olympic Lifting Test-Out.

Recreational Sports Strength & Conditioning can enhance the Olympic Lifting Program by providing low cost, educational Olympic Lifting workshops. These workshops will allow novice RecSports participants to learn proper technique via the instruction of a USAW certified RecSports staff member.

Workshops would operate as follows:

- **Beginner Technique Workshop**
  - Twice per semester
  - Sundays 8:00 AM – 10:00 AM (prior to the opening of Southwest Recreation Center)
  - 1:10 ratio of USAW certified RecSports staff members to participants
  - 20 participant maximum per workshop
  - Online registration only
  - $15 registration charge
  - No refunds

- **Intermediate Technique Workshop**
  - 4 times per semester
  - Sundays 8:00 AM – 9:00 AM & 9:00 AM – 10:00 AM (prior to the opening of Southwest Recreation Center)
  - 1:5 ratio of USAW staff members to participants
  - 10 participant maximum per workshop
  - Online Registration only
  - $15 registration charge
  - No refunds

- Attendance at workshop(s) does not guarantee participants will pass Olympic Lifting Test-Out
**FISCAL INFORMATION:**
The cost of maintaining the USAW certified staff to implement and support the program will cost $1,630 annually. Expenses include the USAW certification, certification renewal, travel, fuel and lodging.

**RECOMMENDED MOTION:**
Move to approve the Olympic Lifting Workshops with the required $15 registration charge, effective upon approval.