DEPARTMENT OF RECREATION SPORTS
BOARD OF DIRECTORS

Minutes of the Meeting
January 15, 2014

Members Present: Carlos Gordian (Chair), Cody Benkelman, Tyler Davidson, Elliot Grasso, Andrew Harris, Eric Hedberg, Victoria Levy, Leah Miller, Grayson Pylant, Joshua Pittell, Chris Hallowell (Alt), Justin Runac (Alt), Ms. Sheri Austin, Mr. John Bevis, Dr. Thomas Conlon, Dr. Russell Froman, Ms. Jackie Matthews, Dr. Walter O’Dell, Mr. David Bowles

Other Attendees: David Bloch, Darcie Burde, Karley Counts, Catherine Cramp, Marty Dempsey, Pamela Hightower, Diane James, David Stopka, Gary Zetrouer

Call to Order
Carlos Gordian called the meeting to order.

Minutes of Last Meeting
The minutes of the November 13, 2013 meeting were approved.

Chairman’s Report
Carlos Gordian stated the ZumbaFest event raised $544 for the Children’s Miracle Network. He announced the RTS Bus shuttle will begin transportation to Lake Wauburg starting Saturday, January 18th (Saturdays only).

Director’s Report
David Bowles stated what terrific work the staff did getting the buildings ready over the holiday break for the January 2nd opening. Participation counts showed an increase of 1,000 at SWRC and 500 at SRFC over last year at the same time. David showed a PowerPoint of the Team Challenge Course that opened at Lake Wauburg South Park. On January 4th the first official student group went through. He invited the board to the Grand Opening Ceremony (rope cutting ceremony) at 2:00 PM on February 21st. We received funds to build the course but it will be up to Rec Sports to generate the funds to run the course. The Gator Hour at the Alpine Tower will be renamed to include the Team Challenge Course and will be run on a Saturday and Sunday. Pam Hightower and Craig Decker gave a presentation on the proposed changes to SRFC. They are working with an architect and will then work with the Facilities Planning Committee. RecSports sponsorship of the Midnight Fun Run is making a difference in students’ lives by using the approximately $10,000.00 raised last year towards the CHANGES program.

David Stopka (Facility Operations): The following items were completed in December at the SWRC: Cardio equipment was moved and the MONDO floors were scrubbed and sealed. Infinity floors in the cardio and PT studio were scrubbed twice. The track was scrubbed. The Weight Room floor was scrubbed twice. All MONDO in the halls were scrubbed and sealed. Terrazzo floors were stripped, scrubbed and waxed. All the wood floors were buffed and resealed. Carpets in the offices were cleaned. Windows were cleaned inside and outside. Front pavers were power washed. Restrooms and locker rooms were cleaned. All the weight and cardio equipment were cleaned. We replaced pads on equipment as needed. All group fitness equipment was cleaned. All the lockers were cleaned. The racquetball court walls were cleaned. The painted walls throughout the building were touched up. The following items were completed in December at the SRFC: The carpets in the halls were replaced with MONDO rubber flooring. The racquetball court walls were cleaned. The wood floors were cleaned. All the weight and cardio equipment were cleaned. Restrooms were cleaned. The turnstiles were removed and replaced for the installation of the rubber flooring. All the lockers were cleaned. The walls in the hallways were painted. New lockers were installed in the weight room area. The following items were completed in December in Outdoor Facilities: The basketball courts at BORC were resurfaced. The fence around the hockey rink was replaced. The trees around and in BORC were trimmed. Lights on all the outdoor facilities were replaced. Nesting preventers were placed on the light poles at the fields and courts. All the activity fields were aerated. We trimmed the trees around the activity fields. We installed monkey bars for boot camp at Maguire field.
Catherine Cramp (Programs): Recreational Sports Fitness is currently offering our 10% Off Promotion on any two services purchased at the Training Center which ends on Saturday, January 18th.

Strength & Conditioning: We are gearing up for Strong Gator on February 22nd at McGuire Field. The Strong Gator competition is a test of pure strength, explosive strength, speed, conditioning and muscular endurance through six different events. Males and females are invited and encouraged to participate in this test to find out who is the Strongest Gator. Spectators are welcome to join us for this high intensity competition. Registration opens January 27th at 9:00 AM.

Personal Training: We hired 20 new personal trainers through our PTA Global Personal Training certification course. Our leadership staff will soon be utilizing the FUSION software to track all necessary data pertaining to the operation of the personal training program. This will result in improved operations efficiency and further improve our abilities to provide the utmost customer service to our patrons. We have developed a new program titled CHANGES which stands for Create Habits Adopt New Growth and Enhance Self. This program consists of referral based clinical exercise prescription as well as comprehensive healthy lifestyle education. All referrals come directly from Dr. Ann Grooms, the Primary Care lead physician at the UF Student Health Care Center. We have also formed a partnership with the UF Counseling & Wellness Center as well as GatorWell to further enhance the participants’ educational experiences.

Fitness Assessment Center (FAC): We just completed our Maintain or Gain program, which promoted maintaining healthy lifestyles and achieving new goals over the recent holiday break.

Group Fitness: The Group Fitness Instructor Training Course is underway. We have 41 students learning how to become Group Fitness instructors in this 10 week long course. ZumbaFest was a success. Thank you to Carlos Gordian for helping us put on a great event with approximately 200+ students participating and raising $544.37 with two special families sharing their stories of what the Children’s Miracle Network has done for them. Partner Yoga and Salsa will take place on Thursday, February 13th, 8:30-10:00 PM. Registrations opens 25 hours in advance. We added two new formats to the schedule: Cycle Circuits and Ballast Core. Cycle Circuits will provide variety to your normal cycle routine by combining resistance training with classic cycling. Ballast Core is a core class geared towards utilization of the ballast ball (stability ball with sand in it.) We will be hosting four fitness certifications in the upcoming months: YogaFit, Zumba, Zumba Toning and BOSU.

Small Group Training: We are conducting several Open Houses. This format allows our staff to demonstrate all of our SGT class modalities for patrons. Hours are available on our website under Small Group Training. As of Tuesday, January 14th our class sections have been filling fast with a number of spring sections either full or almost full. Registration ends on the first day of the SGT classes.

Gary Zetrouer (Resource & Project Management): No report at this time.

Committee Chair Reports

Assessment (Grayson Pylant): We reviewed the Annual Report information compiled by the Rec Sports staff. Pam Hightower provided the 11-12 and 12-13 annual report statistics for the committee to compare. Highlights that were noted by committee members: Sports Clubs participant numbers have decreased significantly by the way these numbers are collected so we discussed the process and the shift from a large percentage of freshman last year to a smaller percentage this year could have accounted for the decrease. Participation in group fitness increased, but unique participants had a slight decrease. Personal Training saw clients decrease, but Small group training participation increased. Justin Runac suggested the hours should be published on the website to give students an indication of the times the gym is most crowded. He agreed that since this information does not change significantly from week to week a static diagram of weeks and times would probably be sufficient. Pam Hightower will investigate the possibilities with the marketing team.

Budget (Victoria Levy): No report at this time.
Facilities Planning (Cody Benkelman): The committee met with Mr. Scott Fox at Transportation and Parking. The number of individuals using Bledsoe parking with the early opening have not shown a sufficient increase. They will meet again after the spring semester to make a future determination on early parking. Other lots were discussed but Mr. Fox did not want to consider any changes at this time.

Policy (Joshua Pittell): The committee met but we have no proposals at this time.

**Old Business**
None

**New Business**
None

**Discussion**
None

**Next Meeting**
The next meeting is scheduled for February 12th, 5:30 PM, SWRC Arena conference room

The meeting was adjourned at 6:32 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: ____________________________  
Carlos Gordian, Chair, Recreational Sports Board of Directors