
Recreational Sports & Fitness 2017 - 2018 Annual Report



Table of Contents:

Executive Summary	page 3
RSF Program Overviews	pages 4-13
1. Operations	page 4
2. Club Sports	page 5
3. Intramural Sports	page 6
4. Group Exercise	page 7
5. Health/Safety Instruction	page 8
6. Personal Fitness Services	page 9
7. Climbing Wall	page 10
8. Massage Services	page 11
9. Outdoor Recreation Programs	page 12
10. Aquatics	page 13
11. Bobcat Summer Youth Camp	page 14
12. Activity Classes for Credit	page 15
RSF Highlights, Goals, Challenges, Conclusion	pages 16-17

Executive Summary

Who we are: Recreational Sports & Fitness (RSF)

- We serve as the central location for students, faculty, alumni, and staff to enhance well-being and to promote healthier lifestyle choices.
- We provide recreational, fitness and outdoor activities for the MSU community.
- We create value through excellence in programming and management of recreation, sports and fitness resources.
- We build programs that are designed to release stress, increase productivity, foster personal growth, and promote healthy social interactions.
- We promote inclusion, wellness activities and healthy lifestyle options through increased engagement opportunities for student, faculty, staff, and other patrons.

RSF Mission:

ASMSU Recreational Sports and Fitness encourages personal development, enhances academic productivity, and enriches wellness for students, faculty and staff.

RSF By the Numbers, FY 18:

- 11 full-time staff
- 218 student staff
- 79 part-time instructors, massage therapists and personal trainers
- 2 Graduate Teaching Assistants

RSF Revenue

- \$618,000 generated from student fees to RSF programs, equipment and services
- \$468,000 generated from facility memberships and lockers
- \$316,000 generated from program/service sales

- **\$1,402,000 Total RSF Revenue**

ORP Revenue

- \$216,000 generated from student fees to RSF programs, equipment and services
- \$165,000 generated from rental services, trips and clinics

- **\$381,000 Total ORP Revenue**

RSF Expenses

- \$378,000 student payroll
- \$606,000 Non-student staff payroll/benefits
- \$335,000 equipment and operations
- \$82,000 MSU Internal Assessment

- **\$1,401,000 Total RSF expenses**

ORP Expenses

- \$90,000 student payroll
- \$126,000 Non-student staff payroll/benefits
- \$143,000 equipment and operations
- \$21,000 MSU Internal Assessment

- **\$380,000 Total ORP expenses**

RSF Program Overviews

1.) Operations

Description: (Supervisors: Spencer Sorensen and Kelsie Straub) Manages equipment and facility maintenance. Project conception/completion. Manages Information Technology program and facility/fields scheduling. Supervises Equipment Room and front desk to include 30+ student staff, 1 intern, 1 Graduate Assistant.

Year Highlights:

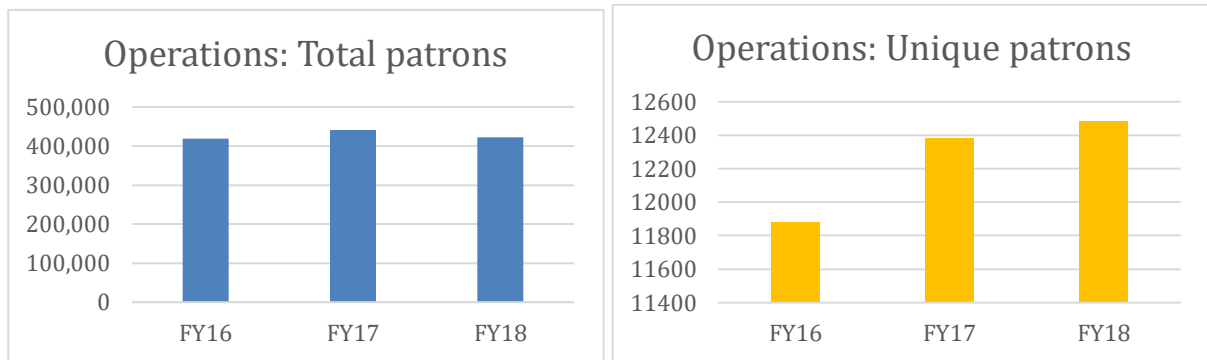
- Busiest day of the week (in general): Tuesdays with 85,924 patrons throughout the year.
- Busiest time of day: 4pm-5pm with 36,457 patrons throughout the year during that hour. This averages to a daily number of 100 patrons entering the facility during that busy hour.
- First year of membership and locker sales online.
- First GA for operations and membership services hired and starting August 1, 2018.

Report:

- *Participations:*
 - A unique participation is one person entering the facility one time for the year.
 - Total participation is every person entering the building and counts each time they entered the building.

Year	Total Patrons	Unique Patrons
FY16	419,086	11,881
FY17	442,018	12,384
FY18	422,716	12,428

**Numbers do not count visitors or dependents*



Goals for next year:

- Deliver extensive customer service training to all front-end student staff adding in cross training to multiple positions. Assess their retention of the training once per semester.
- Create and implement snow removal plan for new turf field.
- Design desk, plan, and start the transition of Member Services to the front of the building.

2.) Club Sports

Description: (Supervisor: Spencer Sorensen)

MSU Club Sports offers sub-varsity competitive and recreational sports to the MSU student body. In 2017-2018 we had 30 different clubs offering a variety of activities.

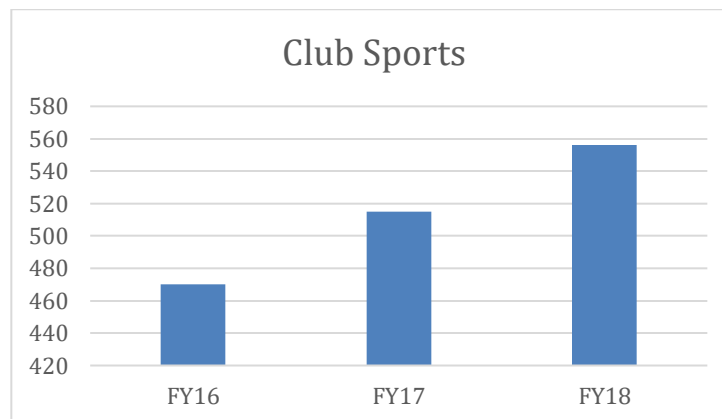
2017-2018 Club Sports: Alpine Skiing, Hockey*, Baseball, Badminton, Boxing, Curling, Nordic Skiing, Soccer*, Cycling, Figure Skating, Powerlifting, Intercollegiate Horse Show Association, Big Sky Timber Sports, Golf, Lacrosse*, Polo, Racquetball, Rugby*, Swim, Taekwondo, Triathlon, Ultimate Frisbee*, Volleyball, Water Polo, Wrestling. (*denotes both a Men's and Women's team)

Year Highlights:

- We grew 4 Clubs this year so that we now have 30 Club Sports!
- The Racquetball Club finished 4th in the Nation at their Collegiate National Tournament.
- Men's Rugby had a major accomplishment of qualifying for both (15s and 7s) National Men's Rugby tournaments this year.
- Men's Lacrosse won their division title and got their first ever national tournament win.
- The Tri Club, IHSA, and Cycling Clubs all also represented MSU at National club competitions.
- Women's Hockey was a brand-new club this year and they averaged 15 members a practice which is awesome for a brand-new female-based club.
- Women's Lacrosse hosted their first ever home games on campus this Spring.
- We were able to get all club handbooks, forms, and important documents online this year.

Report: *Participations: All individuals on all Club Sport rosters*

Year	Total Participations
FY16	470
FY17	515
FY18	556



Goals for next year:

- Deliver a well-executed Fall Club Officer training. Assess the training for comprehension.
- Roll out a mandatory concussion training protocol in the Fall and assess it in the Spring.
- Plan and Execute new Club Sports plan to move practices and club games onto new turf field.
- Move all Club Sports money operations to RSF so they become fully under our department.
- Strategically plan for a Club Officer resource space within the Fitness Center.

3.) Intramural Sports

Description: (Supervisor: Spencer Sorensen GTA: Samantha Garcia)

We provide Intramural Sports activities for the fierce competitor and the recreational player (individual and team activities). Our goal is to offer everyone’s favorite activity in the safest and least restrictive environment possible. We foster a friendly atmosphere focused on sportsmanship. We provide the supervisors, game officials and scorekeepers for all the nightly contests.

Intramurals we ran this year:

Team League Sports: Flag Football, Ultimate Frisbee, Softball, Basketball, Volleyball, Dodgeball, 3v3 Basketball and Floor Hockey.

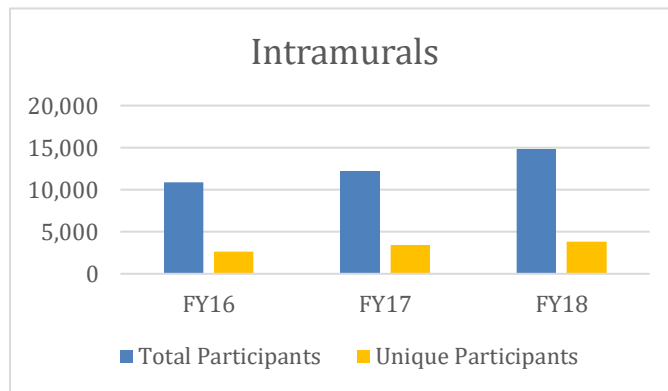
Tournaments/Individual Sports: Texas Hold’em Poker, Laser Tag, Cornhole, 3-Point Shooting Contest, Table Tennis, and Badminton.

Year Highlights:

- We had our first program GTA here this year. Having her here was great not only for the IM program but the department too.
- IMs have grown 43% over the last two-year period – including a great 10% growth this year!
- We rolled out a plan to better officiate and manage our soccer leagues. We received great feedback.
- We helped with the planning, execution, and events leading up to and during the MSU 125th Bobcat Birthday Bash Celebration’s Ice Rink. The ice rink was easily the biggest draw of the overall weekend.
- Two new IM events of note were: 3v3 Basketball this Spring and our Cornhole tournament in the Fall.
- Our Fall Table Tennis tournament had the highest numbers in its history!
- We moved our Dodgeball league to the late Spring spot and we had triple the number of teams.

Report: *Participations: One participant in a single league game, one-day event, or in a tournament. We collect participant data through our management program called IM Leagues and through our nightly event sign-up sheets.*

Year	Total Participations	Unique Participations
FY16	10,859	2,643
FY17	12,217	3,457
FY18	14,821	3,787



Goals for next year

- Hire a second GTA for 2018-2019 that can help with scheduling and training sports officials.
- Rise above 4,000 participants a year.
- Plan and Execute new IM plan to move leagues onto turf field and to new league times.

4.) Group Exercise

Description: (Supervisor Whitney Hinshaw) Group Exercise (GX) strives daily to cultivate a community that is empowering, energizing and engaging for all participants. GX aims to be a community pursuing lifelong wellness without limits. We offer a variety of classes, some of which include: Cycle, Zumba, Yoga, TRX, Barre and many more!

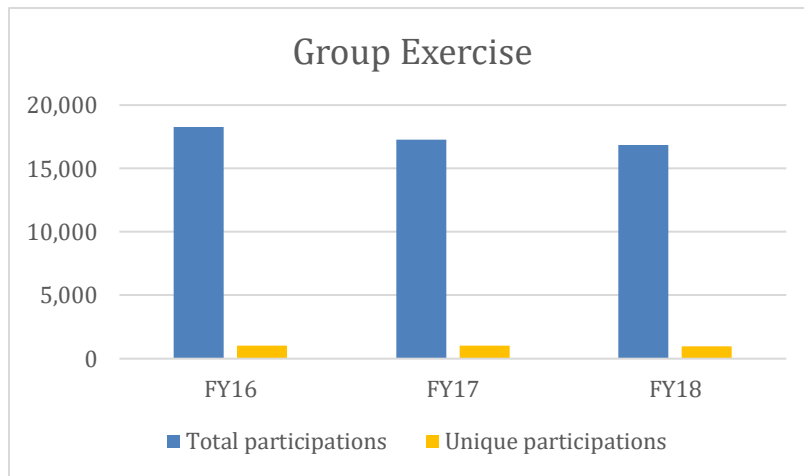
Year Highlights:

- GX Instructor Prep Internship: Seven students trained and hired to teach GX classes next year; five taught classes this year. Two of the students were pulled from GX classes as excellent participants.
- Successful implementation of first GX Special Program: GX-360.
- GX Program: the program’s first Graduate Assistant accepted and starts Fall 2018.
- GX Outreach: expanded in scope this year through successful Glow events and marketing strategies such as: GX ACTive (GX-ACT collaboration), Ballroom Glow, MSU Pink, ResLife (Freshman Fit), Athletics (Volleyball), Destress Fest (Office of Health Advancement).

Report:

Participations: GX pass sales for total participations and unique student users for all GX classes. Total participations reflect the academic year, excluding summer. And unique participations reflect the fiscal year and only count students and any participant that paid a registration fee (GX30). This years’ numbers were heavily impacted by an unprecedented number of GX class cancellations due to illness and other emergencies.

Year	Total Participations	Unique Participations (students only)
FY16	18,290	1,016
FY17	17,277	1,025
FY18	16,853	978



Goals for next year

- Creation of instructor and patron recognition programs.
- Continue establishment and impact of GX Outreach; expanding and solidifying collaborations with campus partners.
- Recreate and reintroduce a Women’s Boxing Conditioning and Empowerment Program.
- Continue the growth and development of GX Special Programs.

5.) Health/Safety Instruction

Description: (Supervisor Whitney Hinshaw) Health/safety instruction provides American Red Cross trainings to students, campus entities, and the Bozeman community. These trainings include certification for: CPR/AED, First Aid, Lifeguard, Lifeguard Instructor, and CPR for the Professional Rescuer.

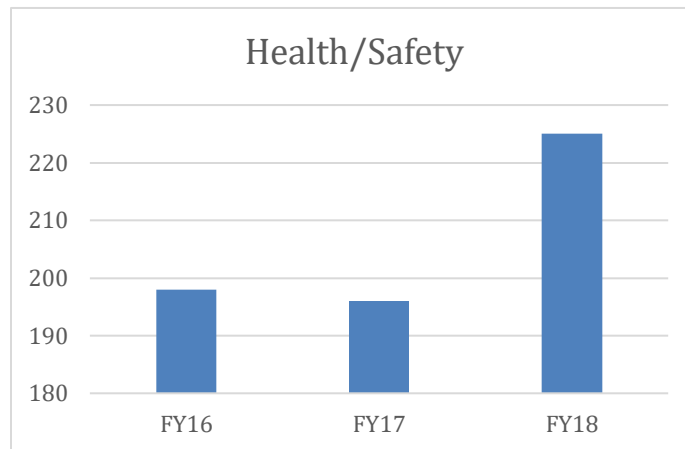
Year Highlights:

- Highest participation numbers to date.
- Implementation of an official Safety Team to include a Safety Assistant, Safety Admin and Safety Instructors.
- Successful attainment of an American Red Cross CPR/AED/First Aid Instructor Trainer (Whitney).

Report:

Participations: Total number of participants in our health/safety courses for the fiscal year.

Year	Total Participations
FY16	198
FY17	196
FY18	225



Goals for next year

- Hiring and training of student Safety Instructors.
- Expansion of program and development of Safety Team.
- Campus Outreach: Hands Only and Choking Initiative.
- Continue steady growth of revenue.

6.) Personal Fitness Services

Description: (Supervisor: Abbey Holm) Our Personal Fitness Services offers 1-on-1 personal training and training for small groups to a variety of patrons at Hosaeus Fitness Center. Whether one is looking for weight loss, improved fitness, or training for an endurance event, our personal trainers provide clients with a safe, educational exercise program that caters to the client’s goals. We also offer special programs that give progression-based instruction to small groups on specific skills or activities.

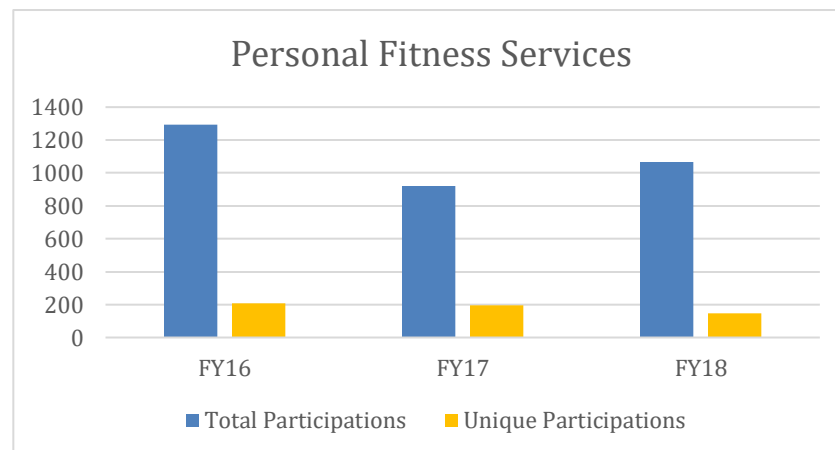
Year Highlights:

- We offered more unique training opportunities as part of our special programs to reach those niches, such as: Spartan Race Training, Powerlifting Techniques, Senior Fitness.
- We continue to strive to employ a variety of personal trainers with different specialties to meet the needs of our campus community.
- Moved to using an online software called Appointment’s Plus to make it easier for clients and trainers to schedule a session and buy sessions with a trainer.

Report:

- *Participations: a patron that participated in personal training session(s) or in a special program*

Year	Total Participations	Unique Participations
FY16	1295	209
FY17	921	194
FY18	1067	145



Goals for next year

- Increase participation in all of our personal fitness services.
- Change our buddy-up session offerings to be more efficient and better accommodate clientele.
- Collaborate with other campus partners to offer exercise/wellness opportunities to students in the dorms.
- Have our personal trainers use their skills/knowledge for more in-house trainings and around campus.

7.) Climbing Wall

Description: (Supervisor: Ty Atwater) The MSU Climbing Program provides facilities, education and outreach to the students, staff, and greater MSU community.

Year Highlights:

- We merged the climbing program into the Outdoor Recreation Program.
- Maintained quality routes and facilities while the new climbing wall was being designed and implemented.
- Designed and began construction of the climbing facilities renovation.

Report:

Participations: We collected data twice this year, once in the fall as part of the racquet ball court use study and again in the spring. Operating under the assumption that these weeks were representative for the academic year (32 weeks) and that participation is roughly 10% of the regular academic during the summer and breaks we can calculate that there were ~11,000 uses over the last year. As the new wall comes online I would like to have folks swipe/key in, or in some other way sign in so we can start tracking not just total users but also unique users.

	# of Participations	# of Unique Participations
FY 2017-2018	11,000	NA

Goals for next year

- Open the new facility.
- Integrate the Climbing Staff with the ORP Staff.
- Build a Climbing Education Clinic Series for the MSU climbing Community.

8.) Massage

Description: (Supervisor: Jocelyn Larson) RSF Massage program services the MSU community to help injury reduction, stress relief and body maintenance. The team is comprised of 4 therapists and offers massage for over 70 hours a week.

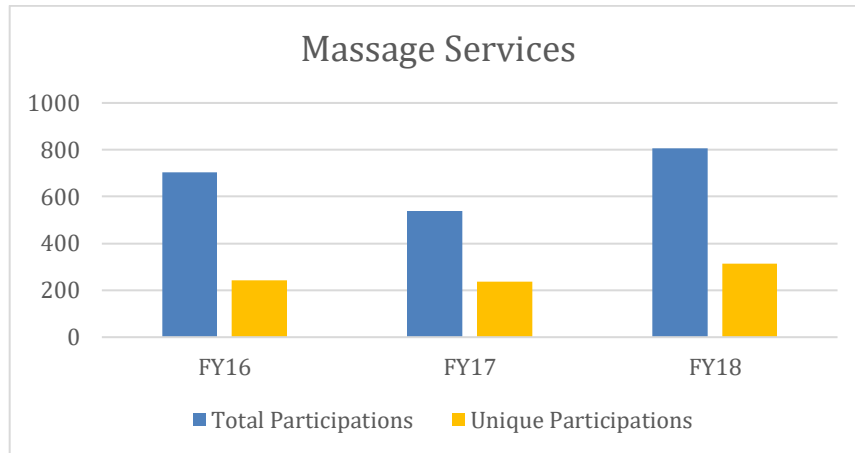
Year Highlights:

- Increased annual revenue by \$5000 from the previous year.
- Continuing education for all therapists, prenatal workshop and KT taping certified.
- Increased Massage Availability from 54 hours a week to 74 hours a week.

Report:

Participations: Number of individual massages sold throughout the year.

Year	Total Participations	Unique Participations
FY16	704	244
FY17	540	238
FY18	807	314



Goals for next year

- Increase business during massage special months that will be less frequent and follow the academic calendar.
- Hire one new therapist August 2018.
- Add a new service of workshops beginning with KT taping to help increase exposure to the program.
- Add a few couples massage dates for the year.
- Add a discounted massage for student employees.

9.) Outdoor Recreation

Description: (Supervisor: Ty Atwater) Outdoor Recreation Program (ORP) provides equipment rentals, outdoor-outings, classes & clinics and a bicycle/ski shop for the MSU Community.

Year Highlights:

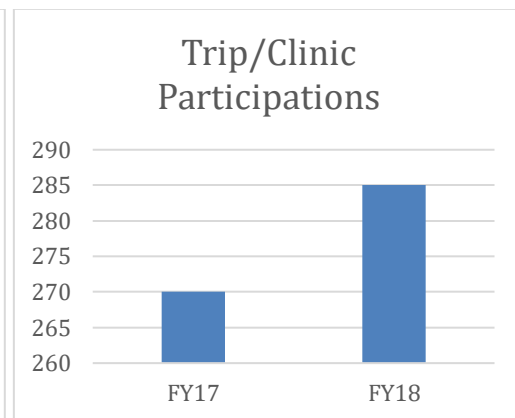
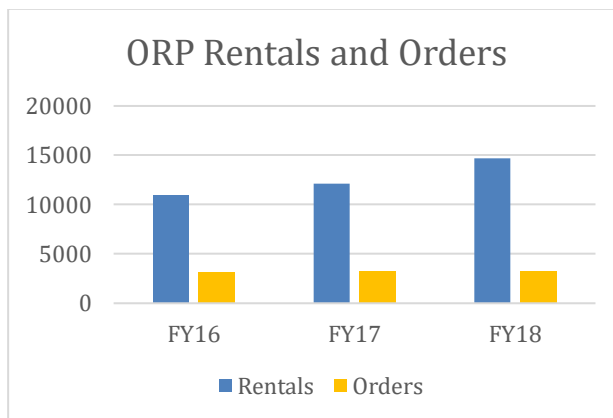
- Addition of 3 new summer sections of ACT courses, backpacking (x2) and Fly fishing.
- Hired Coordinator and 1st ever GTA for Outdoor Rec. Second GTA joining the team in FY19.
- Completed Avalanche Beacon Park on campus in partnership with MSU Snow Science program and Gallatin Avalanche Center.
- Completed pivot to new model of staff training/development including new strategic plan/core values
- Began to integrate the indoor climbing wall staff and program into the ORP.
- Build relationships across campus and supported a number of new programs/initiatives: 125th celebration, Groomed Cross Country Ski loop on IM fields, Snow and Avalanche Workshop.
- Implemented internal Avalanche courses through nation leading provider AIARE: Level 1 & 2.

Report:

Participations:

- 1) *Items Rented:* total number of rental items that were rented out over the course of the year.
- 2) *Orders:* Total number of rental packages that were issued throughout the year. A rental package can include multiple items in total.
- 3) *Trip Participation/non-credit clinic participation - a participation on a trip or in a course(clinic)*

Year	1) # Items Rented	2) # Orders	3) # Trips and Clinic
FY16	10,978	3,131	n/a
FY17	12,108	3,215	270
FY18	14,680	3,662	285



Goals for next year

- Successfully implement newly created ACT courses.
- Continue to develop Avalanche Education Program.
- Build off of strategic planning to create Cohort model of Student Leader Development.
- Deliver first Ever Wilderness Orientation Trips (FOOTsteps) for MSU incoming students.
- Continue to integrate Climbing Wall programming and staff into the greater Outdoor Rec Program.
- Welcome second GTA.
- Manage financial resources to continue to support sustainable programming.

10.) Aquatics

Description: (Supervisor: Spencer Sorensen GTA: Samantha Garcia)

With our 25-yard pool we provide lap/rec swim, Club Sports practice blocks, Group X programming blocks, partner with ROTC, encourage military testing with the Navy, provide reservations for the YMCA, surrounding elementary schools, and MSU groups. This year our Life Guard Instructors (LGIs) taught most of the Red Cross CPR/First Aid courses offered at the Fitness Center.

Year Highlights:

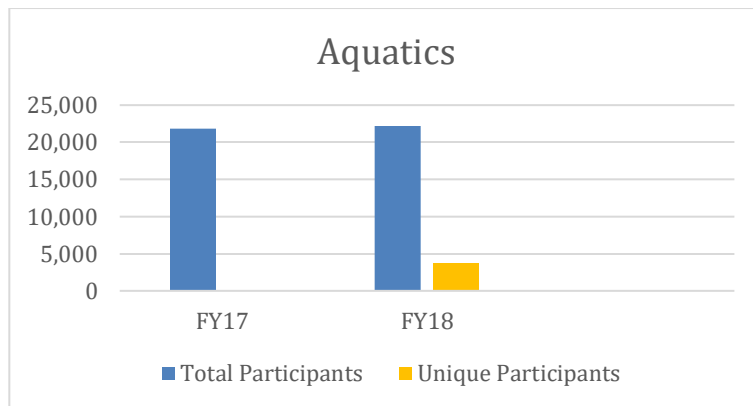
- We had 6 of our student staff members go through the LGI certification training.
- No pool rescues were required for the academic year.
- After having years and years of student staff morale and discipline issues with the Aquatics staff – this year was pleasantly light in those categories.
- We offered and ran 2 Red Cross Life Guard certification courses. We officially certified 25 lifeguards this year and 6 LGIs!

Report:

Participations: Number of swimmers utilizing the pool. Unique participants are specific groups or reservations using the pool

Year	Total Participations	Unique Participations
FY17*	21,823	
FY18*	22,168	3,712

*counts are from May of beginning year to May of next year



Goals for next year

- Plan and start swim lessons for youth
- Certify more Life Guards as LGIs
- Offer 2 Red Cross Life Guard certification courses a semester
- Certify our Life Guards to teach and expand High School courses and offerings
- Get the Life Guard student staff more involved in the building through cross training, student development, events, networking, etc.

11.) Bobcat Summer Youth Camp

Description: (Supervisor: Spencer Sorensen GTA: Samantha Garcia)

Bobcat Summer Youth Camp is an 8-week summer day camp for children going into grades K - 6 and promotes active lifestyles, cooperation, skill development, and hopefully a lifelong love of recreating. The camp is run primarily out of the Hosaeus Fitness Center but utilizes all of campus as well as the greater Bozeman community.

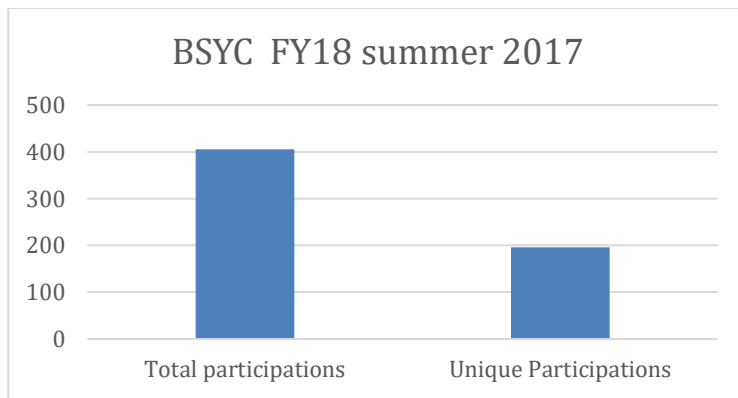
Year Highlights:

- Our inaugural year of Bobcat Summer Youth Camp was an overall huge success!
- The BSYC inaugural counselors set the bar extremely high. The majority of the parent feedback mentioned the best of the camp was the staff.
- The effort that the RSF marketing and registration staff put in to make this camp run was second to none. They were instrumental in making everything smooth and allowing our counselors to spend their energy on the campers.
- We averaged 51 campers per week (high week of 67 and low week of 36).
- Our two Camp Directors and 3 Camp Lead Counselors organized and created weekly camp curriculum that was well received weekly by the parents and campers.
- 90% of surveyed parents said they were overall ‘very satisfied’ with our camp.

Report:

Participations: One participant in a single week of summer camp

Year	Total Participations	Unique Participations
FY17-FY18 Summer 2017	405	196



Goals for next year

- Trim down our HFC facility use bill from Sports Facilities.
- Offer camper scholarships.
- Average 70-75 campers per week.

12.) Activity Classes for Credit (ACT)

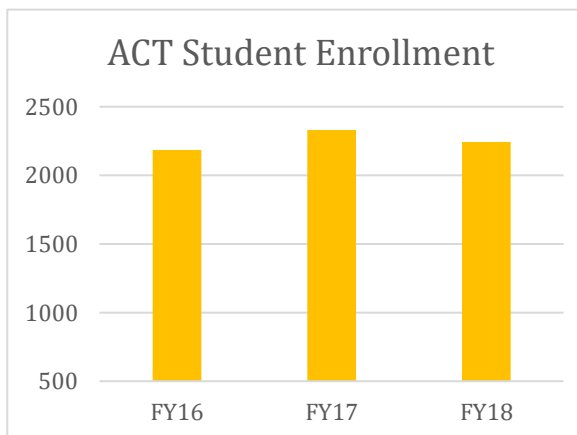
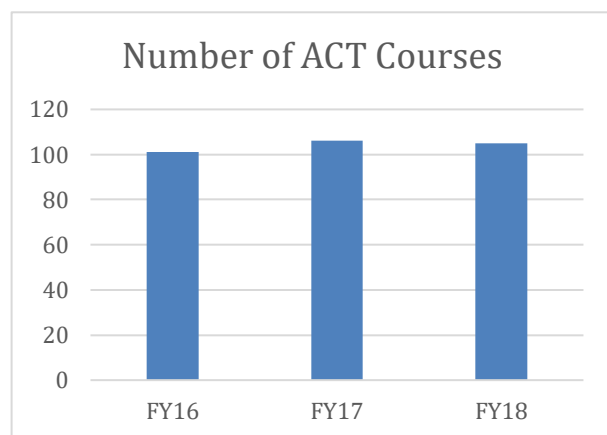
Description: In collaboration with Health & Human Development (HHD), we coordinate, run, and manage the 1-credit Activity Classes for Credit Program at MSU. Offering a wide variety of activities that students can enroll in. Just a few of the many offered are: Yoga, Basketball, Rock Climbing, Taekwondo, Weight Training.

Year Highlights:

- Successful roll-out of a pilot program for a few ACT instructors to administer a more robust academic component into their courses that heavily tie in the Health & Human Development well-being model and a very good learning opportunity for us). In addition to getting all instructors on to D2L (Desire 2 Learn) to use as a learning platform.
- For summer 2018 we are offering courses to align with the new 4x4 model for summer sessions. Giving students a way to take an ACT course without conflicting with their other courses.
- We introduced two new Outdoor Pursuit courses for summer 2018: Beginning Fly Fishing/Fly Tying and Introduction to Backpacking.

Report: *Courses: Total number courses and sections offered fall, spring, and summer semesters for a fiscal year. Student Enrollment: Total number of students enrolled in our ACT courses fall, spring, and summer semesters for a fiscal year (excludes Bowling, Billiards, Skiing/Snowboarding)*

Year	Number of courses	Student Enrollment
FY16	101	2,185
FY17	106	2,332
FY18	105	2,244



Goals for next year

- Work closely with HHD to try to offer our instructors better pay We will be incorporating online learning modules for blended learning and keeping consistent with HHD's well-being model.
- Increase the compensation for instructors since they are teaching in an academic realm and are asked to do more with tying in HHD models and academic objectives/assessments.
- Get approval for budget increase to be able to offer more ACT courses; specifically, to grow our outdoor pursuits course offering.

2017-2018 Recreational Sports and Fitness Highlights

- RSF has been engaged working with ASMSU and University Planning to plan the new Student Recreation Facilities Project (turf field and support building). The project had a ground-breaking ceremony in April 2018 and is scheduled to be completed Oct. 2018.
- Ty Atwater added FOOTsteps program (First-Year Outdoor Orientation Trips) and already fully filled up!
- The new climbing facility is under construction and planned to open by August, 2018 with twice as much climbing space and updated climbing surface, holds, flooring and fixtures.
- Community Service: Volunteer night at the community Fork & Spoon and had a team dinner
- In Cooperation with The Diversity and Awareness Office, RSF participated in Safe Zone I & II training.
- RSF welcomed its first ever Graduate Assistant. A total of 5 GA's are hired for fall 2018.
- 11 new security cameras were approved to be installed in the Hosaeus Fitness Center and are now operational. The cameras main objective is to deter theft and other criminal activity. (There has not been a reported theft in the MHFC since the cameras went up in Dec. 2017)
- Bobcat Youth Summer Camp had its inaugural start up summer 2017 and was widely successful. Registrations are almost double for our summer 2018.
- Roskie/Lambert Fields: We thank our partners in the Office of Sports Facilities in sharing their expertise as we have transferred the management of these fields to RSF.
- Re-Organization: Due to departmental growth, we have changed our organizational structure to provide better oversight, back-up, and communication which will help us coordinate our projects.

RSF Staff Accomplishments/Accolades

- Whitney Hinshaw is the current NIRSA State Director of Montana.
- Steve Erickson serves on NIRSA Bylaws and the Service Award Committees and presented at NW NIRSA.

2018-2019 Goals

- Activate our controlled access entry readers, to increase our security.
- Continue working with the turf field project and develop the planning phase in preparation for construction. Work with MSU facility managers and planners to develop this project.
- Conduct additional student engagement study on participants in RSF programs and services with correlations to retention, diversity and graduation rates.
- Continue to support staff members in RSF by collaborating with other external offices, departments, and campus groups. Especially our partners in Sports Facilities, Athletics, Office of Student Engagement, Res Life.
- Managing a changing professional staff in terms of job development and securing employees to stay at MSU.
- Develop a set of departmental "expectations" that will help all RSF employees especially with our onboarding process. (i.e. soft skills, customer service, professional development, campus collaboration)

Challenges

- Coordinate with multiple campus departments to plan and construct the turf field and support facilities.

- Coordinate additional Graduate Assistantships in Outdoor Rec, Fitness and IM/Clubs/Camps and Aquatics.

Conclusion

RSF continues to be a thriving, changing and dynamic work team. The team challenges each other to increase programming and to develop each other as professionals. There is no question that we will all be pulling together to plan, develop and construct the Student Recreation Facilities Project. We will be teaming up with our campus partners at a new level. We will continue to work with all of our campus partners and continue to build these relationships. We can't go it alone, we need the support and resources of the whole campus to build and create quality programs and services to our students, faculty and staff.