

NC State University
NC State Wellness and Recreation Advisory Board

Meeting Minutes – Tuesday, February 12, 2019

Attendees:

Board Members in Attendance: Benji Martin, Beth Fath, Brandon Huber, Haley Stephenson, Katherine Mansfield, Maria Brown, Michael Bowen, Ryan Gallagher, Sarah Troxell, Zach Hale

Ex-Officio Member: Eric Hawkes, Executive Director, Wellness and Recreation

Others: Adam Sardinha, Marketing and Communications Specialist, Wellness and Recreation; Jenn Richard; Coordinator, Fitness, Wellness and Recreation; Jen Homan, Administrative Support Associate, Wellness and Recreation

Welcome & Introductions

Zach Hale was introduced as the new Interfraternity Council Representative. Zach currently serves on the Executive Board as their Vice President of Scholarship. He is a junior majoring in Agricultural Education.

Mary Yemma Barnhart was formerly introduced to the advisory board. Mary is the Associate Director, Wellness and Recreation (formerly Assistant Director, Training, Development and External Relations). She will join us at the next advisory board meeting in March to share details about Wellness and Recreation fundraising initiatives and efforts.

Carmichael Addition and Renovation Updates

Hawkes was happy to share that the Carmichael Addition and Renovation project is on schedule and on budget. He mentioned that after phase one of construction the project was \$1.4M over budget and after careful value engineering through phase two we are back on budget. There are several more subcontractor packages that will be opened February 19, 2019 which will complete the bidding process. He also shared how outstanding the contractor, Frank L. Blum Construction Company, has been with the overall management.

F45 Training at NC State

F45 is a global fitness brand designed to keep you motivated, engaged, and always reaching for that next level. For information on rates, registration, and schedule, please visit:

<https://wellrec.dasa.ncsu.edu/fitness/f45-training/>

Passes sold: 223

- Semester Passes: 216
- Monthly Passes: 7

Demographics:

- Students: 160 (72%)
- Members: 63 (28%)
- Female: 173 (77%)
- Male: 50 (23%) (This is 8% higher than group fitness or a 53% increase)

F45 average attendance vs group fitness:

- All: 2.5 classes/week vs. 0.7 classes/week
- Top 50%: 3.6 classes/week vs. 1.2 classes/week

- Top 25%: 4.4 classes/week vs. 1.7 classes/week
- Top 10%: 5.14 classes/week vs. 2.5 classes/week

The average attendance is interesting and there are some things we can do with this data once we have a full semester worth.

Advisory Board Comments:

Bowen mentioned that he attends Jawbreaker Boxing in downtown Raleigh. Hawkes asked him to share a quick overview of their services, workout area and environment. He mentioned how NC State may be missing a market and should explore if there is an opportunity here.

Troxell asked if it would be possible if students could pay a fee to access the BOD POD in the Murphy Center. It is currently only accessible to student athletes and it is not likely they will allow access to non-athletes, even for a fee. Hawkes and Fath will mention this request to their contacts within the Athletics Department.

Stephenson asked what was the rationale keeping the golf room off limits. Hawkes explained that this area must be supervised. As of today, there is no new funding to provide this access. However, Hawkes and the Wellness and Recreation team have been thinking of strategies to create program with supervision which may include a fee to cover operating cost and/or collaboration with the golf management program (interns). Hawkes indicated he would explore further.

Wellness and Recreation Presentations

Hawkes introduced two guests: Adam Sardinha, Marketing and Communications Specialist, Wellness and Recreation and Jenn Richard; Coordinator, Fitness, Wellness and Recreation.

Richard provided the Advisory Board with a presentation on the Importance of Health and Well-being and Sardinha presented an overview on the latest Marketing and Communication Strategies. Presentation slides can be viewed [HERE](#)

Advisory Board Feedback:

Mansfield complimented the marketing team by saying that they are the nicest employees.

Bowen requested a slide for him to use for his Mental Health Ambassadors presentation to help spread the word regarding Carmichael gym offerings.

Stephenson asked if we could have QR codes to access facilities maps. Sardinha responding by mentioning the security risks using QR codes and advises against utilizing them. He reiterated that there is a map on our website but it is on our radar to have some interactivity in the new building.

Troxell suggested an incentive program to come to the gym. Hawkes mentioned how this could be done more effectively through area specific initiatives.

Fath gave a shout-out to Stephenson regarding how she came to rescue to assist with the deep water on the floor issue.

Hawkes gave a shout-out to Sardinha for his recent [article](#) in Campus Rec Magazine highlighting our efforts advancing the importance of well-being and the effect it has on student success.

Wellness and Recreation HR Update

Hawkes provided an update on vacant positions. We are currently searching for a Coordinator, Fitness and an Assistant Director, Training, Development and External Relations. The Coordinator, Fitness position is closed and phone interviews will begin within the next week.

Other Updates

- Student Fees Town Hall hosted by the Student Government and the Division of Academic and Student Affairs was held last month. You can watch it [here](#) (Wellness and Recreation presentation begins around the 48:30 mark) and/or view just the slides [here](#).
- Upcoming renovations to occur in the near future in the men's locker room, the women's locker room will be renovated shortly after.
- [Wellness Fair](#), Feb 20th 11:00am-2:00pm
- Wellness Advisory Committee (students, faculty, staff) is about to unveil town halls and surveys to the university committee (Hawkes will send out information within the next 2 weeks)

Open Forum

None

Next Meeting: Tuesday, March 19, 2019 at 5:00pm in Rec Center - The Lakes, Room 1608