Recreation and Wellness Meeting Minutes for November 3rd, 2009

I. Call to Order: Chair Sandberg calls meeting to order at 6:25pm.

II. Roll Call
Members Present: Ylva Sandberg, Joe Tafoya, Nandini Premmanisakul, Varun Garg, Sanjib Guha, David Villalobos, Krista Smith (Ex-officio)
Absent Members: Sarah Kim (Ex-officio)
Guests: Stephanie Spearman

III. Consent Calendar
A. Approval of Agenda
   Motion: (Tafoya) to approve agenda.
   Motion Carries.
   Motion: (Tafoya) to strike out Bob Williams Special Presentation for 10 min.
   Motion Carries.

IV. Special Presentation: (None)

V. Public Discussion
Chair Sandberg opens the floor to committee for any discussions.
Chair Sandberg states that someone from the Peer Advocates of Wellness (PAW) will be representing the wellness aspect of Recreation and Wellness. PAW Representative is pending approval from the Board of Directors but should be approved by tomorrow evening.

VI. Action Calendar
A. New Business
   1. Recreation and Wellness Briefing
      Director Smith gives a brief overview of the Recreation and Wellness Department and what is offered.
• **Recreation**: is run by students with one professional staff. Students coordinate programs, officiating games, and help conduct fitness classes.

• **Fitness Classes**
  - Yoga, Pilates, Salsa, Step, Hip Hop, and Kickboxing
  - 15 classes a quarter
  - Students $3 a class
  - Faculty $5 a class
  - Held in University Union
  - Monday through Thursday

• **Intramural Sports**
  - Organized linked play that the recreation department coordinates.
  - Fall Quarter Sports
  - Basketball, Indoor Soccer, Table Tennis
  - Sports run Mon, Tue, Wed, and Thurs. beginning at 9pm to 12am in the gymnasium.

• **Special Events**
  - Conducted throughout the course of the academic year.
  - i.e. Tug-a-war held at Al Fresco
  - Healthy Bodies Healthy Minds during Welcome Week
  - Self care and Wellness Fair coming, by Student Health Services.

• **Tournaments**
  - $5 per Student
  - Texas Hold-um Tournament
  - Madden Video Game Tournament
  - Free T-shirt and Pizza for Participants
  - $100 dollar Prize
  - Every Monday Night hold the Game of the Week in the Game Room

**Director Smith** discusses the Recreation and Wellness Center.
Construction for Recreation and Wellness Center is scheduled to be completed by Fall 2010.
**Tafoya** asks if there is going to be parking for bikes available at the Center.
**Director Smith** states that there will be bike racks.

2. Meeting time

**Motion (Sanjib) to approve meeting time at 6pm Tuesday bi-monthly.**
**Motion Carries.**
3. Programs for Concord Campus
   Chair Sandberg states that a survey is going to be provided at the Concord Campus so that there is Student Programs available.
   Director Smith states that there will be very limited programming available on the Concord Campus due to the limited amount of space available on the campus.
   Villalobos states that there is a great amount of recreation area to hold activities.
   Director Smith states that the activities have to be structured and scheduled due to the limited amount of resources.
   Chair Sandberg states that there is not any money available to build a new facility that could provide hot food on the Concord Campus. Villalobos suggests a fundraiser event to help the Concord Campus try to get some type of food carts available.

4. Branding for new building
   Chair Sandberg states that there will be a survey available for students to vote on what they want the name of the building to be.
   Director Smith suggests the committee maybe come up with acronyms for the Recreation and Wellness Center.
   Chair Sandberg states that a list of names for the building will be approved at the next meeting. The students will then review a survey with the possible names that the committee has came up with for the building. Surveys are going to be available online.

5. Vice Chair Appointment
   Motion (Villalobos) to table the Vice Chair appointment to the next Recreation/Wellness Committee Meeting.
   Motion Carries.

6. Policy Briefing
   Chair Sandberg states that policies will be written by the Chair and Vice Chair.
   Putting forth policies about prizes, free fitness classes, and how to charge non-students.

"Students working for Students!"
Chair Sandberg opens the floor for any discussion. Tafoya asks if there will be memberships available for the outside community for the Rec/Wellness Center. Chair Sandberg states that there will not probably be memberships available to the community. Director Smith states that there will be an opportunity in an individual’s membership to create a sponsored member to attend the center.

VII. Closing Remarks
Chair Sandberg: states that she is really excited about the committee and will send out the committee code to the committee. All members of the committee are expected to attend all meetings and if a member can’t to please inform the Chair or Vice Chair via email. A minimum of five (5) committee members must be in attendance to meet quorum. Further states that all committee members are asked to be sure to check email on a daily basis and attend meetings on time.
Villalobos: excited to work with Recreation/Wellness Committee.
Spearman: excited to be involved with the Recreation/Wellness Committee.
Director Smith: encourages the committee to check out the recreation programs that are currently taking place. All about students creating programs for students.
Tafoya: really excited about the committee. The committee has a say on what is going on with the Rec/Wellness Center.

VIII. Adjournment
Motion (Sandberg) to adjourn the meeting at 7:50 pm.
Motion Carries.

Minutes Reviewed by:
Recreation/Wellness Committee Chair
Name: Ylva Sandberg

11/3/09 Minutes
Date
Minutes Approved On:
11/17/09
Date
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Recreation/Wellness Committee Chair
Name: Yiva Sandberg

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