Recreation & Wellness Committee Meeting Minutes for February 10th, 2012

I. Call to order: VP Davis calls meeting to order at 11:07am.

*indicates members present at the start of the meeting.

II. Roll call

<table>
<thead>
<tr>
<th>Members Present</th>
<th>Absent Members</th>
<th>Guests</th>
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<tbody>
<tr>
<td>Tenaya Davis</td>
<td>Krista Smith</td>
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<tr>
<td>Mark Weisbecker</td>
<td>Kyle Lewis</td>
<td>Christopher Prado</td>
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<td>Camille Gonzalez</td>
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<td>Katherine Read</td>
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<td>John Fuentes</td>
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III. Action Item- Approval of the Agenda

Motion: (Weisbecker) to approve the agenda.
Motion Carries.

IV. Action Item- Approval of the January 30th, 2012 Minutes

Motion: (Weisbecker) to approve the January 30th, 2012 Minutes.
Amendment I: To change Christopher Prado to Krista Smith under item VIII.
Amendment II: To change shot to short and take the “s” away from terms in item IX.
Amendment III: To correct the spelling of Reed to Read.
Motion Carries as Amended.
Motion: (Read) to approve the January 30th, 2012 Minutes.
Motion Carries.

V. Public Comment

Public Comment is intended as a time for any member of the public to address the board on any issues affecting ASI and/or the California State University, East Bay.

NEW BUSINESS

VI. Information Item – Peer Mentors Project

The committee will discuss upcoming events and plans for the peer mentors and RAW interactions.

Chair Davis states that she met with Valerie Smith who is the head of the peer mentors, and I met with Chase who is the representative. We discussed finalizing details. The Peer Mentors Project was originally supposed to happen in the winter quarter. We were going to give the freshman in the GS class’s information, and present our Power Point presentation. They would then sign up for a raffle in the peer mentors office; then they would go to the RAW for the activities and the raffle. The planning for this did not work out.

"Students working for Students!"
well because there was a lack of communication between their rep and the meeting times. Therefore, we decided to re-evaluate it and set it for the spring quarter because now that we are getting into midterms and finals; students are going to be busy and stressed out. We haven’t set a date yet, but it will take place in the beginning of spring quarter around the third or fourth week. There is a schedule as to what will take place. The peer mentors will go to the GS classes and show the students the power point about the RAW and inform them about the event that we are putting on. Students will then get an information card about what the event is and go to the peer mentors office to sign in, which is how they will get a raffle ticket. We are going to provide free classes and sections. There is going to be a limited number for each thing. Once that week of signing up is done, the list of students will be taken to the RAW. When the students go to the RAW they will have to sign in next to their name to prove that they’ve been to the event. Then, at the end of that week; we are going to raffle the tickets of people who showed up. There is going to be prizes from the RAW, prizes from around campus and off, and the peer mentors will provide prizes as well. That is the plan. Ultimately, we want to increase the enrollment from the freshman; that’s our number one goal. I will update you guys with details because we are going to have to start working on that by our next meeting.

VII. Information item—Creating Policies
Talk about what we want to look into as a committee.
Chair Davis states that we have talked with Krista last time. What kind of policies do you think we’d want to look into making for the RAW?
- Read brings up the topic of Membership fees.
- Chair Davis states that we can look into that. I’m curious as to where we want to go in terms of creating policies. Ultimately, it’s up to us to decide what we want to work on.
- Read suggests the committee talk about the rates, such as to how much it will cost for a person to come in, or the rate for teachers
- Fuentes states that he does not have a policy, but I do want to talk about equipment. I recently went to another gym, and I realize that we do lack having some equipment that can be useful to the students. I want to see if it’s in our budget to add equipment. I’m not sure what the equipment is called, but its equipment that holds you, and lets you works out your back.
- Chair Davis states that she is sure that the RAW has one. I remember that I used it.
- Gonzales states that there is one and she had seen someone using it as well.
- Chair Davis states that we will look into that.
- Read mentions class prices. She states that there are many people who love to be in the classes, but they are a little too expensive.
- Gonzales states that the classes are cheaper from what they were last quarter.

"Students working for Students!"
They were $70.00 for the whole quarter, and now they are $35.00 for the six week session.

- **Read** states that that is understandable, but maybe we can make a package deal or something of that sort.

- **Weisbecker** states his opinion about the class prices. What I've seen is that, when you work at the RAW center, there are two areas that you work in. There are people who do weights, and there are people who want to do classes. I feel like we are completely supporting the people who want to do weights. We spend hundreds and thousands of dollars, maybe, on equipment. We have two people working a shift, and we are paying those people to be there at all times. For the people who want to do classes; we don't support them as much, and we're asking them to pay an extra fee on top of that. The rationale that I got was that we have to pay the instructors, and they cost $30.00 per hour. When you factor in the weight room area, there's two people every day being paid $10.00 an hour which actually makes it more expensive to support the weights section than it is for supporting the classes. I feel like we are not supporting them equally. Also, on top of that, we don't have as many females as we do men. I feel like classes will be taken more by women, and they are more likely to go in and take aerobics classes, yoga classes, and other classes. That would be one way to also increase the numbers.

- **Fuentes** asks if it is possible to maybe get volunteers to run the classes for times when the rooms aren't being used. A lot of times the rooms aren't being used, and if we had volunteers I'm sure that there would be many people from the community that would like to host a class or workshop. Also, I the lack of men going into those classes is because it's just something men aren't as interested in. Personally, I would like to see a class that relates to some type of boot camp fitness; something that would really work out the body. I think that is something we could look into.

- **Chair Davis** states that as of right now we are looking at rates and class price policies. Having the two policies such as having the rates and the class prices are two big policies that we can focus on. I don't want to get too many policies and focus too much time on each. I would rather focus on two and get those geared out. Therefore, we'll focus on class prices and rates, and I'll have to talk to Krista about that as well.

- **Chair Davis** states that she wants to go back to item VI of the Peer Mentors project. **Davis** addresses **Gonzales** about representing PAW, and clarifies that the PAW are the ones that provide massages in the Wellness Center. Chair **Davis** asks Gonzales if there is a way that the PAW can donate a few massages to the event. Is there any way that you can check into that to see if there is anything that PAW is willing to donate for the raffle because we're trying to represent the RAW as a whole, and that's definitely and entity within it.
VIII. Information Item – Create a hike event
Potentially look into hiking Mission Peak in Fremont, CA.
Chair Davis states that she and Weisbecker have talked to one another about this event.
She yields the floor to Weisbecker who will talk about this event.
- Weisbecker states that this event will possibly take place on March 3rd on a Saturday.
  It would be a mission peak hike. It would be coordination between the RAW center
  and the Outdoor club on campus. We will be publicizing the event and have people
  go there. Tenaya will be leading the hike to the top of Mission Peak. Hopefully it will
  help to build a little camaraderie and friendships, and probably build it around the
  RAW and the Outdoor club.
- Chair Davis states that Mission Peak is in Fremont, and it is about a fifteen to twenty
  minute drive. It’s an event that is outdoors, it’s recreational, and it’s good to get some
  exercise and fresh air.
- Read asks if there will be a bus to take people. Chair Davis states that people would
  have to get there on their own.
- Fuentes suggests that it would be nice to set up a carpool, or send the word out that
  carpool would be a good idea. I know that many students don’t have cars in the
  dorms.
- Weisbecker states that the only question of problem I see is insurance and liability.
- Chair Davis states that we have to think of a waiver that students would sign. We can
  have a driver sign a waiver, as the people who will be riding in the car.
- Weisbecker also states that if this event is publicized and sponsored through the
  RAW and off campus; it would be a little more complicated.

IX. Directors Report
Tenaya Davis- ASI Recreation and Wellness Director.
Chair Davis states that she will make this report an open discussion. The Peer Mentors
Project is something I’ve been working on for months now, and I’m finally happy to see all
hard work is paying off. We’re going to make this happen at the start of spring quarter. Right
now, I really want to amp the event for the freshman. Once the freshmen are grasped; hope-
fully they’ll keep interest as the years go on. This event is almost like a trial run, as bad as
that sounds. With many events, you don’t know how it’s going to turn out until you try it for
the first time. We’re taking it as a trial run to see how effective it will be and to see what
people liked or didn’t like, and what we should improve on. The goal is to have it in the Fall
of every year. Every freshman who comes in the Fall will know right off the bat what it is
and get their experience in the RAW. We want to see it as a trial; what’s effective, what we
need to improve on, and what didn’t work. In terms of policies, I think we should focus on
the rates and class.
Those are the two things that we should start working on as a committee, and maybe start building a policy with Krista in terms of what we want to do and what we’re able to do within our boundaries. Lastly, if the Mission Peak event is endorsed by the RAW or not, we are still trying to make that happen and get people excited about being healthy, being outside, and being active. Even if we don’t get it as a RAW sponsored event; it’s still going to happen. We just have to figure out how we are going to do that.

X. **Roundtable Remarks**

**Gonzalez:** I have statistics and numbers of the enrolled active students and the general amount of students using the RAW for this quarter and last quarter. It seems to me that the total number of students using the RAW has decreased about 800 people from fall to winter quarter. The active number of student body had decreased by 6%. Female check-in has increased by 2%. **Read** asks if there is a reason why it is decreasing. Chair **Davis** states that in her personal opinion it may be because of trends in the winter quarter due to weather, activity and motivation. I believe that could be a factor to why numbers have gone down. **Weisbecker:** the biggest reason would be because most people come in the fall and their really excited. They go check out the new things on campus. Then, they start to find where they are comfortable, and maybe less people have found that the RAW is not where they want to hang out. I did expect the numbers to be higher in the winter after New Year’s resolutions.

**Davis:** I read about it, and people typically have a two week span that they maintain motivation, and when that motivation drops it’s had to get back to being motivated.

**Gonzalez:** after the first week, if you don’t keep it up; you not going to stick with it. There is a drop in the fall quarter numbers, and that’s probably when students had tests or other things. It started to go downhill have Thanksgiving break.

**Davis:** suggests that the committee talk about how we could increase people going to the RAW and maybe we can promote that. To amp the Peer Mentors Project maybe we can add the “golden ticket”.

**Read:** suggests adding the golden ticket towel contest to the agenda for the next meeting.

**Gonzalez:** PAW wants to know if they can have co-sponsorship or support from the committee for the Leap Off event and possibly Rec and Fitness Day as well. Rec and fitness takes play on February 22nd, and Leap Off will take place on February 29th. How would you guys provide that support?

**Davis:** for the Leap off event Paw is already providing advertising. We can do more of mouth. If you talk in front of all your classes at least once; you’ll hit a few hundred people. For my business classes I can speak to at least 150 students in a day. You can communicate it to your friends, and put it on the PAW Facebook page. I can put it on the ASI page too. When you promote that, students will hear about it.

**Weisbecker:** I think it is a key to get people to come out and join the events. It’s important if you mention it in class because those are people you see every day.
A recommendation from someone they see or know of is better than a recommendation from a random person. On top of that, it would be really important for us to increase the RAW membership by using social media and to build this community. If you can get people to go to the RAW, play basketball, and then come back and put on their Facebook that they just had a great time or post pictures from the game; everyone who knows that person will see that. You can really start to build a group of friends around events in the RAW. Flyers are nice and they help, but I think what really matters getting information from someone you know. Another thing that would help is to reach out to groups that are already on campus like sororities and fraternities. Maybe we can look at some events that focus on clubs and organizations, and get them talking about events on Facebook, internet or in classes. It would encourage other people to come out and see what all the talk is about.

**Davis:** can you come up with ideas or come up with ways to help besides being vocal and promoting. Maybe we can go in and support by helping out with activities that PAW has.

**Gonzalez:** we can have people come out and help, and mainly it's participation.

**Fuentes:** I really like the ideas that are going around. I think we can make more completion based events or we can have more completion in the RAW.

**Read:** I mentioned it early, but we can add the towel game to the Peer Mentors Project.

**Weisbecker:** I want to try and see if we can somehow build this community around the RAW. I also liked how Johnny mentioned the competitions. In our society, completion really drives us. We can add competitions to the RAW and get people to come out to the games as well as come out to the RAW for people to experience it. They’ll be more likely to build a community around it and actually come to the Raw on their own when it’s not just with their friends for a game.

**Davis:** you can log how many times a person swipes their card within a week. Maybe we can have a week long, or a three daylong event to see who logs the most check-ins. We can try to think of ways to get the most of something.

**Weisbecker:** I would like to see if they can turn on the function where you can log or track your miles you did on a machine, or how many stairs you climbed on a stair stepper. It would be really great to see competitions. I now you can do competitions with the rowing machines. We can have something similar to the Nike Plus app.

**Fuentes:** the field next to the RAW center can be used for something because it's outside and people will see it more than the stuff going on inside. That would attract people.

**Davis:** there are so many clubs and organization on campus and if you reach the president of one club or org; they have a big access to communicating with others. They can spread the word to all of their fraternity brothers or sorority sisters. Maybe we can have an event that’s campus-wide. We can have a representative from each club or org, as well as have students sign up individually. We can maybe imply that it may be required for each club and org to have a participant, and we can make competitions for them to compete in. Maybe we can make it a completion between fraternities and sororities.
They are always trying to see who the best at something is. It’s an idea that we can brainstorm off of.

Weisbecker: that’s actually what I meant when we reach out to groups. These groups are already formed on campus and they already have this type of competition between them. You can feed off of that and develop a program that helps to build this community. It gets people out and active in the RAW.

Davis: every other Friday you will get the minutes and the agenda. Make sure that you look over the minutes prior to the meeting so that it’s easier for us to amend or make changes that need to be made. I hope that you guys can start brainstorming and maybe bring some notes for the next meeting. We are going to talk about our policies such as the rates and classes. We’re going to discuss those as information items. Also we are going to discuss adding the golden ticket towel completion and our hiking event.

Weisbecker: we still don’t have a listing of prices for current events.

Davis: I will get those from Krista and email those as soon as I have that information. I’m also going to email you the information that I got from Krista about the enrollment numbers that increased and decreased in case you guys want to see that. So just keep your heads up for things and try to brainstorm as much as you can. We need ideas for policies, increasing enrollment, and we need to think of ways we can make competition. I know that it’s easier to brainstorm as a group, but homework assignment for the next meeting is to come with three ideas for the towel competition, ways to increase competition, and outreach to clubs and organizations that are already on campus.

Fuentes: I just want to add something. As a committee, can we set up a booth and have students talk to us and let them know that we exist. Hopefully we can come up with a day that we can all meet in the RAW center and just set up a table.

Weisbecker: maybe not in the RAW center, but somewhere away from the RAW so that we’re not actually getting the people who are already coming in. We can get people who aren’t planning on coming into the RAW.

Read: we can also have a big suggestion box as well.

Davis: those are great ideas, and maybe students will perceive that their voices are being heard.

XI. Adjournment
Motion: () to adjourn meeting at 11:41am.
Motion carries.

RAW Committee Chair
Name: Tenaya Davis

Minutes Approved On:
02-24-12
Date