Recreation & Wellness Committee Meeting Minutes for February 24th, 2012

I. Call to Order: Chair Davis calls meeting to order at 11:03 am.

II. Roll Call

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

Motion: (Weisbecker) to approve the agenda.

Motion: (Weisbecker) to amend the agenda.

Amendment I: to add information to item VI for the Health Promotion Department and include the names Jennifer Miranda as Manager, Janice Frias as Health Coordinator, and Sophia Carillo as Health Educator.

Motion Carries as amended.

IV. Action Item- Approval of the February 10th, 2012 Minutes

Motion: (Fuentes) to approve the February 10th, 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- Health Promotion Department

Chair Davis yields the floor to the representatives of the Health Promotion Department. Jennifer Miranda introduces herself as the Manager of the Health and Wellness Services. Miranda states that she runs the wellness center at the RAW and is a part of the Initial

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Planning committee that created the building and did the needs assessment of the campus community when toured other facilities. We helped with the design and worked with the construction company. I have the history of the RAW as well as current operating practice of the wellness center now. Sophia Carillo introduces herself as one of the health educators in the student health center and she oversees the sexual health clinic and HIV testing. Janice Frias introduces herself as another health educator for the student health and counseling services. I currently work within the wellness center at the RAW. Miranda states we have the Peer Advocates for Wellness internship where our current students work in the wellness center and at the health promotion department at the health center. All of our students have partnered with AC’s of the RAW to come together to put different types of workshops and different initiatives to increase participation of the building. I read the meeting minutes from February 10th, and many of the ideas you guys have are the many ideas that we are currently working on. It would be ideal to have some type of collaboration or some discussion to make sure that work isn’t being duplicated. Each of us as a professional staff, including Kyle and Krista, are working with a small group and we are going to give you an idea of some of the things we have been working on and give you an update on those projects. I’m currently working with a group of students who are creating an incentive process. This process would encourage current users and new members of the RAW to utilize different areas within the facility. Our incentive process is similar to a system of awarding points and prizes as a feedback. What we’re looking at as a pilot would be allowing students to elect to enroll into this to see if students are interested in it. Based on their participation they would earn a certain amount of points with a maximum cap per day. They would be rewarded with health related prizes. We are interested in how students will appeal to this based on academic status, gender, and personal interest differences. We want to get feedback on students from the pilot phase before we’re ready to launch the entire program. It will begin in the spring quarter. One of the biggest pieces that you guys will be able to help us with is the potential marketing venues are and getting the information out as well as feedbacks and incentives that we will be offering. It’s important to have your committee’s feedback in this process. All of the groups will be presenting their ideas on Monday. These ideas came out of our student work groups from the fall quarter. They are formalizing these ideas this quarter and implementing them for next quarter. Students have the same mindsets. Some of the ideas you guys came up with; other students came up with as well. It shows that there is common interest among students for these types of programs. Chair Davis states that the committee can work with the health promotion department on creating a positive image to represent the meaning behind the events. Weisbecker asks how big the pilot program will be in terms of whom it will be open to. Jennifer Miranda states that they want to limit it to a certain amount of students; about forty to fifty students. Students will self-elect themselves to be a part of the pilot. Students would have to come in and register their name, net ID, email...
and phone number. Sign-ups will take place the first two weeks of the quarter. Sofia Carillo takes the floor to talk about her project. Carillo states that she has been working with students on the referral process. With the current CSI referral system in place, current student's users can refer friends and the system will tally refers that the student made. After five of six weeks of the quarter we would calculate which students have the most referrals, and at that point students will get a prize. Also at the end of the quarter, the cumulative amount of referrals will result in a bigger prize.

There is also a flyer in which we are trying to come up with that will have a slogan. Jennifer Miranda states that Twitter and Facebook will be used for social media to advertise the events. Janice Frias takes the floor to explain the project she has been working on. Frias states that she and Lewis have worked on creating the RAW website the summer before the RAW opened.

Since then, we have been making sure that the site is updated and has everything it needs. This is the first time that we’ve had students review the website and give feedback on what they like and what to improve on. The students came up with a revision on how our home page is laid out so that it is easier to access and navigate through. The second portion that we are working on is the virtual tour and introduction into the RAW. We want to use the website as a way to boost the amount of participants in the RAW. The tour will give first time students and idea of what the RAW provides and what they can utilize. Lewis states that it is a virtual and frequently asked questions tour. Chair Davis asks if the tour will include and overview of the types of classes that the RAW provides as well as how to use the equipment. Janice Frias states that they did bring that up as far as incorporating that information about the fitness center orientation. We do have staff members that work there who will assist students with the fitness equipment as well as experienced students who have experience with the equipment. Chair Davis states that it is a great idea to have instructional videos on how to use things in the RAW which will help to influence and encourage students to come to and use the equipment properly without feeling discomfort. Lewis states that in our assistant coordinator meetings we are dedicating time to everyone. Each program has a different page on the website, and for each page there will be a video that gives you an overview of what that program is about, including the fitness center and fitness center orientation. Janice Frias states that since it takes quite some time to make a video, we are going to make a Power Point presentation until the video is created. Chair Davis asks if there will be an alternative way to communicate to the students instead of emailing about certain updates and information. Lewis states that we didn’t have specific promotional push for the website. When someone asks a question about anything RAW related we refer them to website. We’re trying to make the website more user friendly to make people feel comfortable to look on the website to get all the information that they need right away without having to call in and ask questions. Jennifer Miranda brings up another project that includes electronic communications.
The building is super green and we are trying to cut back on the amount of printing and paper production that we use to market and communicate to the campus and the students. We are working on an alternative concept to communicate. The committee has come up with a texting concept primarily because of the concern with emailing. Most students have cell phones with texting plans and students can elect to take part in that program. The conflict with this is that it does include a significant financial contribution from ASI to make this happen, so we’ll have to explore that a little further. The committee will present the concept of how it will work and the potential policies around it. Chair Davis brings up the idea of having kiosks that would provide information to students as they walk throughout campus. It’s something that would be cost-effective. Sophia Carillo states the last project is the process of surveys. Most surveys will be electronic so that there is no type of paper that has to be expended in terms of printing costs, and no one would have to count the data after surveys have been collected. It also saves the staff time. There will also be an incentive program for students to take surveys.

VII. Information Item– Peer Mentors Project
The committee will discuss upcoming events and plans for the peer mentors and RAW interactions.
Chair Davis states that the idea of this project is to use the second week of the quarter to offer free fitness classes to the freshmen. The first week, peer mentors will communicate to the freshmen GS classes about the event and where to sign up. Students will then go to the peer mentors office to sign in their name for one of the classes that they would like to take. Once they sign in, they’ll get a raffle ticket. They will attend the class that they signed up for, go sign in the RAW, and then we’ll be able to see which students have enrolled and attended the event. Students who attended will have their raffle tickets included in the raffle for a chance to win prizes. We're looking to have small gift certificates donated from companies in the community. The more prizes we have the more a student will want to participate. We're also having the RAW donate small prizes. This will occur the second week of spring quarter, but we still have to finalize a day. Director Smith asks why the students will have to sign in at the peer mentors office as well as the RAW. Chair Davis states that the peer mentors and the RAW can both get something out of the event by having the students sign in both places. Also, freshmen have a peer mentor, but many of them do not know where the peer mentors office is located; therefore this is a way for freshmen to get acquainted with where their peer mentor is located. Students will also get acquainted with RAW. There will be visibility to both areas. Director Smith states that it may be more effective to invert that process. The freshmen can go to the class, get a ticket at the RAW, and then they’ll turn in their ticket at the GS office. Chair Davis considers have nutritional workshops in addition to the fitness classes that will be offered.
VIII. **Information Item** – Competition, Towel Game and Outreach Ideas

Each committee member will report their ideas.

Chair **Davis** states at the last meeting she assigned each committee member to come up with outreach ideas to increase competition within the RAW. A towel game is an incentive in which we had talked about, as well as how to outreach to students. We will start discussion on competition first; then we’ll talk about the towel game and outreach.

- **Weisbecker** states that he wants to figure out ways to reach out to other groups on campus. The biggest groups on campus that are involved with completion are sororities and fraternities. I want to see if we can create some type of program where they can compete against each other in the RAW which we can record videos and take pictures that can be integrated with the social media. The biggest way for people to find out about the RAW is through friends. We can have competitive events outdoor that we can specifically market to the groups and create a big outreach.

- **Lewis** suggests that large groups can create teams. Each quarter can be directed towards a different group, and for the upcoming quarter we’re going to offer a free intermural sports sign-up for anyone that is going to participate in our Greek intermural league. That will only be Greeks competing against other Greeks.

- **Weisbecker** states that maybe there can be some sort of decathlon event, not just one specific intermural event. We can have a big decathlon where groups will compete in several events. Scores would then be tallied to figure out which organization would win.

- **Lewis** states that there is a Greek week in spring. We can collaborate with them during that week and help to promote it.

- **Weisbecker** states that maybe there can be two separate competitions. I don’t know if it should only be Greeks.

- **Fuentes** states that teams can also be formed by the people living in the dorms based on the building they live in. For completion, I like the tug-o-war part.

- **Read** mentions the idea using your bay card to keep track of the amount of miles, distance, or time, you have done by working out. Maybe we can have a big map near the front desk, and those who want to participate can mark a flag on that map to represent the distance they have competed against. Chair **Davis** mentions the conflict in which people can cheat the system. Director **Smith** states that the fitness center attendants can be incorporated in the program since the program will be based in the fitness center. They can help with keep track with the distances for people. Chair **Davis** states that we can work on this idea and discuss it more at the next meeting to think about more detail.

- **Gonzalez** states that there can be a tournament for a mini Olympics, but that idea was already discussed. Another idea I’ve had is a scavenger hunt or a mini great race.
• can take place in or within the RAW or around campus. There can be teams of two or four people. There can be different stations with information about the RAW and different destinations to go to.

• Weisbecker states that maybe we can even do something with geocaching. It would work if you have an iPhone with a GPS system which would allow you to go out and find certain things on campus. Chair Davis states that the only downfall with this is that it would be subjecting only to people iPhones. It wouldn’t be representative of our student body. Chair Davis yields the floor to Read who will speak about the towel game idea.

• Read states that the towel game is to primarily get people into the RAW center. Someone from the RAW would be stand next to the towel stand, and there will be a golden ticket in a towel. People will get a stamp for every towel they get. When someone gets a towel they will have a chance to get the golden ticket. A prize we were thinking of is a free ticket to bring a friend to the RAW. Chair Davis states that this is something that can reward someone for having a great workout. It’s like a customer appreciation to those who consistently use the RAW services. Weisbecker states that another idea for a prize is to have something physical such as a pedometer or something health related.

• Gonzalez states that she has participated in Club RAW and social mixers that helped with outreach.

IX. Information Item – Current Fee Structure
Overview of current fees for memberships.
Chair Davis states that as a committee we all showed interest in the fee structure and as a committee we will look into the fee structure and discuss information about it. We will look into how we can better utilize times in the RAW and the fee structures for staff and professors.

X. Director’s Report
Tenaya Davis- ASI Recreation and Wellness Director
Chairs Davis states that she believes she has stated everything possible in the meeting that she had to say. I hope everyone has a great weekend. I encourage all of you to get outside and enjoy the fresh air and maybe go for a jog.

XI. Roundtable Remarks
Weisbecker: it has been a good discussion today about some of the things and events. It’s good to hear that we’re actually having some of the same ideas. I also want to find out if it would be possible for us to get the minutes from this meeting earlier. It would be nice if we had them as soon or after the meeting so we can go over and remember all of the things we’ve talked about.
Jennifer Miranda: it was nice meeting you all.
Fuentes: I’m looking forward to the next meeting.
Lewis: it was very nice to meet you.
Gonzalez: informative and a lot of information.
Davis: I appreciate you guys coming and sharing your knowledge and your ideas and hopefully our information and ideas will help you and the different aspects that you guys are working on right now. If there is anything you guys need from us, please feel free to contact us. You guys are always welcome to our meetings. We would like to hear from you. We meet every other week. Our next meeting will be the Friday after next Friday at 11am. Jennifer Miranda states that we will be having our Jump Off event next Wednesday on the 29th. You guys can come and jump rope and extend the invitation to the Board to come and jump rope from 12pm-1pm. It will consist of jump roping and will just be for fun. The kinesiology club will come out and put on some kind of performance to music. We’ll have music, jump ropes, and hula hoops.

XII. Adjournment
Motion: () to adjourn meeting at 12:04pm.
Motion Carries.

Minutes Reviewed by:

Recreation & Wellness Committee Chair
Name: Tenaya Davis

Minutes Approved On:
03/09/12
Date

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