Recreation and Wellness Committee Meeting Minutes for March 9th, 2012

I. Call to Order: Chair Davis calls meeting to order at 11:00am.

II. Roll Call
Members Present: Tenaya Davis, Camille Gonzalez, Katherine Read, John Fuentes, Jessica Ousley, Mark Weisbecker
Absent Members: Krista Smith, Kyle Lewis, Christopher Prado
Guests: Ashley Anand

III. Action Item - Approval of the Agenda
Motion: (Weisbecker) to approve the agenda.
Motion Carries.

IV. Action Item - Approval of the February 24th, 2012 Minutes
Motion: (Gonzalez) to approve the February 24th, 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 – New committee member
Introduce Jessica Ousley and have time for round table introductions.
Chair Davis yields the floor to Jessica Ousley to introduce herself.
Ousley states that she is twenty years old and her major is Kinesiology with an option in physical education and athletic training. I love recreation and wellness because I love to be outside, being active, and I like influencing others to be active.
Chair Davis yields the floor to the committee who will introduce themselves to Ousley.

VII. Discussion Item – Future RAW Events
Discussion of Picnic Days and RAW incentives/prizes.
Chair Davis states that she met with Jennifer Miranda to discuss ways in which we can work with the wellness side of the RAW to get incentives.
A topic we discussed was "Picnic Days". The idea is to get everyone out on the lawn to have lunch and engage in outdoor activities and fun games. It's a lunch time activity that will bring a campus vibe and create a community in our main area of the campus. Chair Davis brings the topic to a discussion within the committee to express and ideas or opinions.

- Ousley states that Jennifer Miranda had brought up the idea to her and the skate club to possibly collaborate it with picnic days. If we combine all of our money together, we can plan good events.
- Gonzalez states that Jennifer Miranda had mentioned it to her as well. The event is going to be similar to recess.
- Weisbecker asks how this event will be publicized it, and how will be get people to attend. Chair Davis states in terms of advertising, it would be in-hand advertising, but we're going to try to make it eco-friendly aspect as well. I think that word-of-mouth is a huge aspect of advertising. People are more willing to do things with their friends than by themselves. If each person in the ASI committees and Board communicates this; I think it can be really effective. Everyone has their own area on campus in which they can target. That's how we would really get the word-of-mouth. In addition, we can get a few big advertisements such a banner that states what is going on. It can be a one-time event in the spring, but hopefully it can be an annual event, or a consistent weekly routine.
- Weisbecker states he likes the idea of it being a routine event. This might be a way to get more people out to Live at Noon and outdoors. Chair Davis suggests a possibility of pairing with Live at Noon to make it a collaborative event.
- Gonzalez suggests the idea of inputting the amount of students on campus around that time. Tuesday and Thursday are more populated days. Chair Davis states we can look at what day of the week is the best time or we can take this into marketing research to make a small survey to collect as much data as we can.
- Chair Davis moves the discussion onto the next subject of the RAW incentives/prizes and yields the floor to the committee to discuss any suggestions or ideas.
- Gonzalez suggests having a small food scale as a prize. Chairs Davis states that food scales are used to weigh food and they are relatively inexpensive. Maybe we can buy them in a bulk or possibly get a discount. A food scale is a great idea that we will look into. Pedometers area also a great idea. People like to track their steps and distances. Ousley suggests a mountain bike.
- Chair Davis states we can look at a small scale prize that can be issued to many students. The committee suggests headphones, wristbands or sweatbands, watches, and a weigh scale. Gonzalez suggests small gift cards, but the only downfall is that Jamba Juice does not accept anything of that sort. They only offer certain items on the menu that they have.
- Ashley Anand states that the reason why Jamba Juice dos accept gift cards is because they are managed by Aramark and since they are smaller, they offer limited things.
Chair Davis recommends that the committee think of small-scale items that are easy to purchase or items bulk. If only one person receives a prize it’s more discouraging, whereas if more people achieve a prize it’s much more motivating. 16:40

VIII. Discussion Item – Peer Mentors Project
The committee will discuss events and plans for the event.
Chair Davis states she has been working on this project in the fall and winter quarters, and it will be implemented in the spring. The finalized day for this event will take place on April 10th, 2012. This is gig to be a freshman day event. There will be free fitness classes, equipment orientations, and tours for just the freshman. I’m trying to motivate people to get into the RAW. Jennifer Miranda and I discussed the idea of having massage sessions or a seminar on massages that relieve stress. The Wii Fit will be available for students to use, and we’ll try to find other events and games to incorporate as well. We’re trying to incorporate all aspects of the RAW to get the freshmen to go there. There is going to be free prizes in terms of the raffle. When the freshmen sign up in the peer mentors office and sign into the RAW, their raffle ticket will be submitted into a bucket. Towards the end of the day, winners will be chosen. It will not be one prize and one winner; there will be multiple prizes. When there are more prizes, people have a better chance of winning something. That is where the project is right now, and I am working on the marketing piece. The plan is to hold the event from 11am to 4pm. I tried to keep a limited amount of time so we’re not stretching it for too long. I did not want to have an all-day event because that defeats the purpose of having it as a solitary event. I will email the committee with the details, and if anyone would like to spread the word to freshmen they can do so. Read suggests that the RA’s in the freshmen buildings could be a part of that. Chair Davis states that when the information is out, Read can forward that information to the RA’s in the freshmen buildings to promote the event. Ousley states that posters can be made as well. Chair Davis states that she is hoping to market the event within the first weeks of the spring quarter. We can plain in our next meeting on how we can implement that. It will be great if all of us are there to show our faces and interact with students as well as welcoming them at the door. Weisbecker ask what classes will be taught during the event. Chair Davis states that she is working with the fitness director to figure out what classes will be available in the time frame that we have planned. As long as there are people in the RAW, they will become exposed to what the RAW is and what it has to offer. Ashley Anand asks if there will be anything outside the RAW that will attract people to the building. Chair Davis states that there should be at least two people from our committee promoting the event. Ashley Anand suggests that there can be tables or activities outside the RAW that can attract people. Weisbecker states that when the RAW first opened there were tables and games set up outside the RAW. Gonzalez states Peer Advocates for Wellness had activities as well.
Chair Davis states that we can work on getting that staffed. Ousley suggests jump roping as a recreational activity. Weisbecker suggests a beanbag toss game. It’s a way to interact with people. Ousley suggests a spinning bike. It would attract people as it did on Recreation Day. Weisbecker suggests that there be music to give it a party atmosphere. Chair Davis states that this event can help promote the RAW and what it has to offer, but it’s a specific day for the freshmen. Read states that over time, we should figure out ways to attract people who don’t live on campus. There are people who commute who have never gone in the RAW and claim it’s a waste of money. Weisbecker states that he does not like the fact that the RAW has mainly been marked as being free; it’s not actually free. Chair Davis suggests marketing on the idea of taking advantage of fees. If you pay for it; take advantage of it. We can re-word it in a positive spin to make people feel an association with it. Weisbecker asks if there is a specific way to target the freshmen on the day of the event. Chair Davis states that the way it works is that there is a peer mentor for every GS class. Each peer mentor in the GS will have the in-hand materials as well as a PowerPoint presentation to address the freshmen in class. Therefore, we are reaching 98% of the freshmen in those classes. That is the primary way in which the freshmen will become informed. That’s how we are going to connect with the freshmen. Gonzalez states that the more they see and hear about it, the more they will become interested and come to the event. Chair Davis acknowledges the idea that was brought up earlier about putting up posters in the freshmen dorms to promote the event; it will be huge. Ashley Anand suggests that posters be put within the floors of each freshman building. Weisbecker suggests that it can be a competition to see which floor can get the most people to go or sign up for the event. Ousley states that she works in the dorms; therefore she can pass them onto the freshmen. Chair Davis asks what the prize would be if the competition between the floors happen. Gonzalez states that there should be floor parties since most freshmen attend those types of things. Chair Davis states that housing has funding; therefore we can see what kind of funding there can be for this type of competition. We have many great ideas. Chair Davis asks Ashley Anand if there will be sign-ups for intramural sports. There are not specific dates for when intramurals will be, but they can be promoted during the event. This quarter they are offering volleyball, basketball, and soccer. There will also be co-ed teams. Chair Davis states this event will be similar to the grand opening of the RAW. We can use this event as having two things in one; promoting the RAW and encouraging freshmen to get involved with using the RAW.

IX. Information Item – RAW Court Floors
Update on what happened to the RAW courts.
Chair Davis yield the floor to Ashley Anand to talk about the RAW court floors. Ashley Anand informs the committee about the recent flooding on Monday night.
There was a lot of water that spilled onto the court floors. Most of the damaged happened on the south court. There is a company that is doing a great job on trying to dry the floors. Krista will meet with the company to check on the progress of the floors.
Chair Davis states that a ball hit the sprinkler which sprayed the floors with water. Ashley Anand states that the sprinkler was on the south side of the court which is why most of the damage is on that side. Everything else is okay; the courts are just closed off.

X. Director's Report
Tenaya Davis - ASI Recreation and Wellness Director.
Chair Davis states that she paired up with the Outdoor Adventure Program and led a hike up Mission Peak. It was successful and everyone had a great time. The views were spectacular. We started the hike at 3:30pm, and on our way down the sun was beginning to set. It was great weather, great people, and a nice interaction. Besides myself, there was another Board member there, Cesar Lafarga. It was great to have two Board members out there to interact with one another. I thought it was a great event to meet new people. I mentioned this event in the internal affairs meeting, and many people want this event to happen again because they would like to come as well. We’re potentially looking at setting up another hike somewhere nearby. Read asks how many people attended and if there was an issue with carpooling liability. Chair Davis states that there were about fourteen people. There was no liability issue because this was a club event, not an ASI sponsored event. There were no liability forms that needed to be signed. I was happy to report that this event went well, and hopefully we’ll plain it as another spring event. I hope you guys have a good weekend. It’s nice and sunny outside, but don’t forget that the rain is coming.

XI. Closing Roundtable Remarks
Weisbecker: No remarks
Read: I’m good.
Gonzalez: I have two things. I was hoping to see if we can increase marketing of the fitness classes. I’ve talked with instructors who have said they do not see signs posted anywhere but the RAW. There can be more marketing in the more populated areas. Also, I want to see if PAW can get a discount on the fitness classes as well since they are a part of the RAW staff. The actual RAW staff has been receiving discount, but not the PAW.
Fuentes: Everything is good.
Ousley: I’m good.
Ashley Anand: I’m good.
Davis: Thank you all for coming. Since finals week is in two weeks, I’m proposing that we meet next Friday. That is a week from today. It’s required to get our second meeting in. We’re supposed to have two meetings a month.

"Students working for Students!"
We'll meet next Friday at 11:00am. We will discuss what we have reported back from Camille in terms of planning for the Peer Mentors event. Ashley, if you wouldn’t mind coming, I would love for you to come to our next meeting. Since you are working directly with the event, you can report back to us at the next meeting.

XII. Adjournment
Motion: () to adjourn meeting at 11:39pm.
Motion Carries.

Minutes Reviewed by:

Recreation & Wellness Committee Chair
Name: Tenaya Davis

[Signature]

Minutes Approved On:
3-16-12
Date