

Something for EveryBody

WEST CHESTER UNIVERSITY | CAMPUS RECREATION | SPRING 2021



Something for EveryBody

AT WEST CHESTER UNIVERSITY, **CAMPUS RECREATION** IS THE PRIMARY DESTINATION FOR THE **GOLDEN RAM** CAMPUS COMMUNITY TO ENGAGE IN RECREATION, SOCIAL, AND WELLNESS-ORIENTATED PROGRAMS AND SERVICES. **BLENDING** COMPONENTS OF FITNESS AND WELL-BEING WITH THE CO-CURRICULAR EDUCATIONAL EXPERIENCE. IT IS OUR MISSION TO ASSIST EACH PERSON IN EXCEEDING ACADEMIC GOALS WHILE ESTABLISHING HEALTHY LIFETIME BEHAVIORS. **WHILE** AT WCU, WE ENCOURAGE YOU TO TREAT YOURSELF AND ALLOW YOUR MIND, BODY, AND SOUL TO ENGAGE IN SOME DAILY **PLAY** TIME; YOU'VE EARNED IT!

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DEPARTMENT STAFF

MICHAEL RENO, *Senior Director of Campus Recreation*
mreno@wcupa.edu | (610) 436-6928

- Responsible for creation, prioritization and administration of operational and capital budget
- Responsible for coordination of indoor and outdoor facility enhancement and construction projects
- Provide leadership and support to all department full-time professional staff

DAN COMAS, *Associate Director for Facilities and Business Operations*

dcomas@wcupa.edu | (610) 436-2277

- Manages all areas of the facility and student staff
- Responsible for the scheduling and coordination of facility rentals
- Manage department budgets

TBA, *Assistant Director of Intramural and Sports Clubs*

- Coordinates all intramural sports leagues and tournaments
- Administrator of IMleagues.com
- Fills all Recreation Equipment Rental Requests

STEVEN SASSAMAN, *Associate Director for Experiential & Adventure Education*

ssassaman@wcupa.edu | (610) 436-2100

- Manage the operations of the Climbing wall including staff training, maintenance, and development of educational programs
- Coordinate the training and development of our student Trip Guides who conduct outdoor excursions throughout the semester
- Assist campus community with providing experiential leadership development programs.

TBA, *Assistant Director of Fitness and Marketing*

- Oversee all fitness programs and activities
- Develop departmental marketing and promotional materials
- Organize departmental special events

KRISTA LINK, *Secretary of Campus Recreation*

klink@wcupa.edu | (610) 436-2131

- New employment and payroll
- Professional staff support
- Compile, prepare and maintain records for the department

EMMY BEBEE, *Graduate Assistant Sport Clubs*

sportclubs@wcupa.edu | (610) 436-2355

TBA, *Graduate Assistant Intramural Sports*

intramurals@wcupa.edu | (610) 436-2064

MARK DAVIE, *Graduate Assistant*

Outdoor Adventure Pursuits and Climbing Wall

outdoorpursuits@wcupa.edu | (610) 436-2349

JAMES HAUSER, *Graduate Assistant Fitness Programs*

srcfitness@wcupa.edu | (610) 436-2062

JIMMY STINSMAN, *Graduate Assistant Facilities*

srcfacility@wcupa.edu | (610) 436-2063

KYLE PILUSO, *Graduate Assistant*

Marketing & Special Events

KP869021@wcupa.edu | 610-436-2064

➤ FACILITIES

- 69,000 square foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 65 pieces of name brand cardiovascular equipment
- Over 115 pieces of strength equipment including the Life Fitness Synergy 360
- 1/10 mile jogging track
- Men's and women's locker rooms with over 75 lockers (member must provide OWN lock)
- State-of-the-art 34-feet tall climbing wall
- Nutrition and Fitness Educational Suite
- Administrative office suite with conference room
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 2 outdoor basketball courts
- 1 outdoor sand volleyball court



➤ FACILITIES SERVICES

To reserve any space in the Student Recreation Center, please email your request to: srcrequests@wcupa.edu

OUR KNOWLEDGEABLE STAFF RECOMMENDS AND SUPPORTS LIFESTYLE CHANGES THROUGH EVALUATION, EDUCATION AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.

➤ NEW USER ORIENTATION

Learn proper form and how to use cardiovascular and strength machines on the fitness floor. Led by our experienced Recreation Attendants, the new user orientation offers hands-on participation and fitness resources to those wishing to learn how to safely use the equipment. Orientations are a drop-in process, so stop by the WCU Student Recreation Center second and third floor desks and let a Recreation Attendant assist you!

➤ GENERAL POLICIES

- Reservation must be made to enter Student Recreation Center.
- Reservations are made in 75 minute blocks
- Valid WCU ID required
- Patrons must wear face coverings throughout facility
- Equipment should be wiped down with ERC wipes before and after use
- Use of equipment is at own risk
- Proper use of equipment is required

WCU FACILITY SCHEDULE Fall 2020 Semester

STUDENT RECREATION CENTER

Monday – Thursday:	7:00 AM - 8:00 PM
Friday:	7:00 AM - 6:30 PM
Saturday:	CLOSED
Sunday:	CLOSED

CLIMBING WALL

The Climbing Wall will open only by REQUEST from January 25th to March 22nd

REC SWIM

Not offered this semester

Please refer to the website for closures, holiday hours, changes to schedule.

NEED A SPOT?
 HAVING TROUBLE WITH YOUR LAST SET?
 ASK A RECREATION ATTENDANT TO HELP SPOT YOU!

FACILITY RESERVATION

In order to maintain proper physical distancing guidelines and adhere to CDC standards, All Rec Center Visits must be scheduled ahead of time using IM Leagues.

To create an IMLeagues account:

1. Go to <http://www.imleagues.com/wcupa> and click Create Account.
2. Enter your information. You must use your school email address (@wcupa.edu). Click Submit. You will receive a confirmation email. Click the link in the email to log in and activate your account.
3. You should be automatically joined to “West Chester University”. If not, you can search schools by clicking the “Schools” link and select “West Chester University”.

To register for a gym visit:

1. Log into your IMLeagues account.
2. Click the Facilities Reservation tab in the purple banner under West Chester University.
3. Scroll down and click on the “classes” tab.
4. Find the reservation time you want to register for and click the green Sign Up button to the right. This will take you to the general gym visit information page. The green Sign Up button is visible if registration is open.
5. Read the liability release and click Accept at the bottom of the page. Click Sign Up. You have successfully joined the session.
6. You will receive a confirmation email from IMLeagues with info on the class for which you have registered.

WHAT IS GROUP FITNESS?

Coming in February, Campus Recreation will be offering virtual Fitness classes for our student body that are unable to attend our in person offerings. The classes are available for all West Chester University students, and are designed to be done with minimal to no equipment. Some of the classes include HIIT, Tabata Bootcamp, Yoga, Power Pilates, Barre and more. Stay connected with the West Chester fitness Community from the comfort of your own home!!

Group Fitness classes range from Les Mills BodyPUMP to Zumba and everything in between! All classes are taught by nationally certified instructors who are current WCU students and members of the WCU community. We take tremendous pride in our group fitness classes and encourage all levels of experience to attend!

SMALL GROUP TRAINING

Small Group Training is a blend of group fitness and personal training. Each session will have their own personal “coach,” to inspire, focus of form, and safety in helping each participant reach their fitness goals! Every coach is certified for each specific mode of exercise, bringing a high-level of expertise and passion. Each small group training program varies. Please stay tuned for the most up to date information on our website.

FITNESS TERMS

Barre: A fun and empowering class set to today’s hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

Cycle & Tone: A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, jumps, and sprints to get your

heart rate soaring! Cycle & Tone provides 45 minutes of cycle training followed by 15 minutes of abs/core work.

HIIT: This High Intensity Interval training class is perfect for when you are in a rush and want to get a workout in. It focuses on short bursts of max effort combined with shorter rest periods to keep your heart rate elevated, allowing you to get the most out of your workout. Utilizing the Recreation Centers new functional fitness area, will incorporate the use of tires, battle ropes, and weight sleds.

Tabata Bootcamp: A 45 Minute total body HIIT (High Intensity Interval Training) workout designed to burn more calories and boost your metabolism. Tabata Bootcamp’s motto is “Quality, not quantity”. The program offers effective workouts that maximize your results in minimal time . . . what could be better?!

BODYPUMP™: The original barbell class that strengthens your entire body. This workout challenges all your major

muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Burn up to 530 calories per class!

Grit: Les Mills GRIT 30-minute classes rotate through a schedule of Cardio-designed to burn fat and rapidly improve athletic capability by the use of high impact body weight exercises. Athletic - This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power. Strength- build strength and tone lean muscle plus boost your metabolism with the use of plates and barbells.

Yoga: This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and find focus. It is moderately paced so you will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.





SPRING 2021

Beginning January 25- May 14, 2021

Schedule Subject to Modification

Important Dates and Information

Spring Break March 15th-March 21: No Classes

All virtual classes will be offered on Zoom.
The link can be found on our social media page.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barre-2 w/Kristin 10:30-11:30am	Grit-2 w/Hana 9am-9:30am	BodyPump-2 w/Angie 7:45-8:45am	Grit-2 w/Hana 9:00-9:30am	Spin-1 w/Cierra 8:45am-9:30am
Pure Strength-2 w/Katelyn 11:30-12:15pm	HIIT-2 w/Natty 10-10:30am	Barre-2 w/Kristin 10:30am-11:30am		
Cycle & Core-1 w/Tracy 12:15-1:15pm	Barre-2 w/Christine 12pm-12:45pm	Cycle & Core-1 w/Tracy 12:15-1:15pm	Pure Strength-2 w/Katelyn 11:00-11:45am	Barre-2 w/Kristin 12:00-1:00pm
Grit-2 w/Andrea 4:15pm-5:00pm	Zumba-2 w/Julia 5:00-6:00pm	Grit-2 w/Andrea 4:15-5:00pm	Barre-2 w/Christine 4:00-4:45	Yoga-2 w/Upasna 1:00-2:00pm
Barrumba-2 w/Kristin&Julia 5:15-6:30pm	Barre-2 w/Kristin 6:00-7:00pm	Zumba-2 w/Julia 5:00-6:00pm	HIIT-2 w/Natty 5:00-5:30pm	
BodyPump-2 w/Angie 6:30pm-7:30pm			BodyPump-2 w/Angie 7:00-8:00pm	

Key: 1=Court 1, 2 = Court 2 STUDENT RECREATION CENTER



INTRAMURAL SPORTS

// Some people say I have **ATTITUDE** -
maybe I do...
but I think **YOU HAVE TO.**



You have to **BELIEVE IN YOURSELF**
when no one else does -
that makes you a **WINNER** right there. //

- Venus Williams

Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

WCU Virtual Offerings – 2021-2022 Academic Year

Event Offering	Registration Period	Play Begins	Cost
FIFA	1/25 – 2/3	2/8	FREE
NBA 2K	1/25 – 2/3	2/8	FREE

IN-PERSON Offering

Event Offering	Registration Period	Play Begins
Outdoor Soccer	2/15 – 3/8	3/29

ALL CLASSES START AT 6:15 PM

To register, visit imleagues.com/wcupa

For more information or to inquire about future events, contact dcomas@wcupa.edu or follow us on Twitter @WCUIntramurals

SPORT CLUBS

The Sport Clubs program consists of competitive, instructional, and recreational clubs in nature that are unique in the very fact that they are initiated, organized, managed, and funded by students. Through this format, participating students have the opportunity to acquire skills such as leadership, organization, management, and fiscal responsibility. Sport clubs compete on a regional and national level and offer an opportunity for students to continue their athletic careers after high school.

The WCU Sports Club Council (SCC) was established in 1992 in order to have all clubs come together as a unified body and demonstrate their willingness to be recognized and registered in our WCU Student Government Association (SGA). It was designed with the sole purpose to promote mentoring, advisement, and student engagement. The Sport Clubs program at West Chester University strives to encourage participation, socialization, and competition of student organized sport clubs. Value added experiences enhance physical fitness and foster a spirit of competition.



Competition TEAMWORK

SPORT CLUB	PRESIDENT	EMAIL
Bowling	Sydney Fritz	SF892755@wcupa.edu
Climbing	Dominic Tabone	DT912284@wcupa.edu
Crossfit	Michael Salloum	MS887246@wcupa.edu
Dance	Ashley Hillis	AH887307@wcupa.edu
Equestrian	Megan Dempsey	MD895786@wcupa.edu
Fencing	Joshua Taylor	JT913431@wcupa.edu
Field Hockey	Emily Endres	EE885135@wcupa.edu
Fishing	Steven Brown	SB895251@wcupa.edu
Judo	Ryan Sattelle	RS904291@wcupa.edu
Kickboxing	Alyssa Harvey	AH893678@wcupa.edu
Men's Ice Hockey D1	Ryan Vogt	RV943023@wcupa.edu
Men's Ice Hockey D2	Hudson Mokrejs	HM910117@wcupa.edu
Men's Lacrosse	Garrett O'Neill	G0895435@wcupa.edu

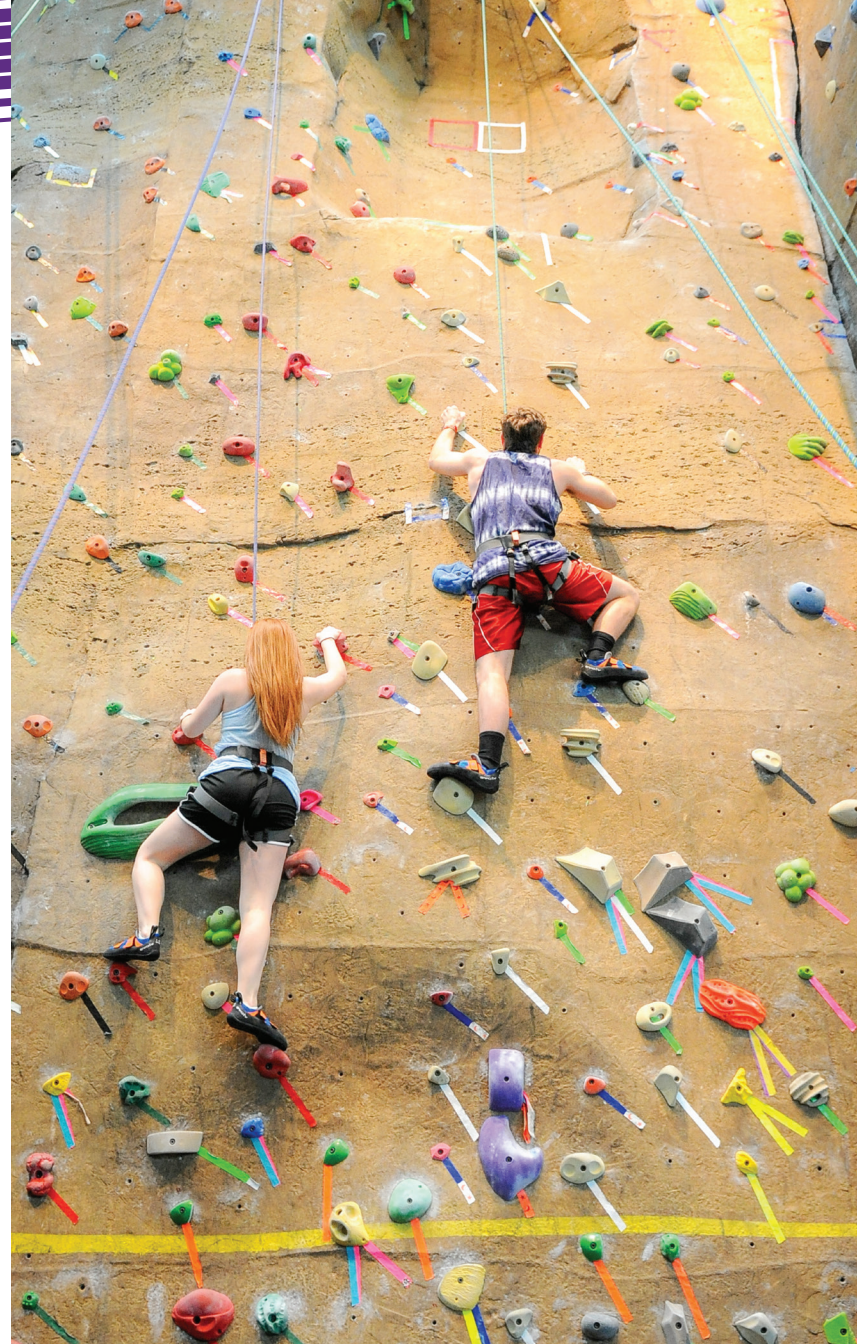
SPORT CLUB	PRESIDENT	EMAIL
Men's Soccer	Drake Pew	DP936404@wcupa.edu
Men's Ultimate Frisbee	Keith Wood	KW888195@wcupa.edu
Men's Volleyball	Bryce Galloway	BG868262@wcupa.edu
Men's Water Polo	Ryan Lordan	RL887212@wcupa.edu
Rugby	Nick D'Angelo	ND888388@wcupa.edu
Swim Club	Caroline Barrett	CB920116@wcupa.edu
Women's Ice Hockey	Cheyenne Carlo	CC897564@wcupa.edu
Women's Lacrosse	Danielle Purcell	DP904375@wcupa.edu
Women's Soccer	Madison Annan	MA891180@wcupa.edu
Women's Ultimate Frisbee	Hannah Marin	HM917528@wcupa.edu
Women's Volleyball	Gabriella Welsh	GW892246@wcupa.edu
Women's Water Polo	Karli LoRusso	KL904403@wcupa.edu
Wrestling	Thomas Bramwell	TB938918@wcupa.edu

OUTDOOR ADVENTURE PURSUITS

THINK YOU CAN CLIMB A MILE? EARN BRAGGING RIGHTS AND A SWEET TEE BY COMPLETING OUR MILE HIGH CHALLENGE. TALK TO A STAFF MEMBER FOR DETAILS.

CLIMBING WALL HOURS SPRING 2021

Request-only basis
from January 25th to March 22nd



OAP TRIPS SPRING 2021

Saturday, March 27

Beginner's hike – John Heinz Refuge

Join our guides for a local hike. This co-curricular transcript opportunity will cover the basics of hiking including navigation and self-care.

Saturday, April 3

Beginner's hike – Ridley Creek State Park

Join our guides for a local hike. This co-curricular transcript opportunity will cover the basics of hiking including navigation and self-care.

Saturday, April 1

Outdoor climbing – Chickie's Rock

Want to climb outside? We will be setting up top rope climbs at the Chickie's Rock climbing area on the Susquehanna. All equipment will be provided, and it is highly recommended that participants climb at the SRC wall in advance of the trip.

Saturday, April 17

Intermediate hike – French Creek State Park

Looking for a challenge? This hike will take participants over steeper terrain and will include higher mileage. Prior complete of an Introduction to Hiking trip is highly encouraged.

Saturday, April 24

Overnight backpacking – Ricketts Glen State Park (\$10)

Join us for waterfall views and a night off campus. This trip will introduce students to backpacking and self-care in a wilderness setting.

Saturday, May 1

Biking – Delaware Towpaths

An out-and-back day on the flat Delaware Canal Towpath. Bikes are provided.

Stand up paddleboarding – Marsh Creek State Park

Take a break from finals! This co-curricular transcript opportunity will teach participants the fundamentals of paddleboarding, including maneuvering and basic rescue skills. Join us:

- 5pm Monday, May 3
- 11am Saturday, May 8
- 3pm Saturday, May 8
- 5pm Thursday, May 13

All trips are \$5 unless otherwise noted. Transportation will NOT be provided out of caution for COVID-19.





"Here at West Chester University, our Campus Recreation Program has given me an exciting chance to build on my personal and professional goals, skills, and connections. Being part of a program that is not only built on engaging students to lead in the workplace everyday, but also grow together as a team, Campus REC has helped my peers and I develop workforce skills that will travel with us long after our time at West Chester University comes to an end. Campus REC has so many great student run programs and departments that there truly is something for everyone's passions, while also being extremely easy and encouraging to try something new. Since my time here began, I have made some of my greatest friends and made some of my best memories and it is all thanks to Campus Recreation."

– Sidhartha Dhir '21



NAME: *Tobi Odesina*

POSITION: *Facility Supervisor*

COLLEGE: *College of the Sciences and Mathematics*

FAVORITE PART OF WORKING AT SRC:
Getting to know all the great people.

CAREER GOAL:
To become a software developer and further my knowledge in the technical field.

EMPLOYMENT OPPORTUNITIES:

Would you like to join our team? Check our website for job descriptions, information sessions and openings: https://www.wcupa.edu/_services/CampusRec/employment.aspx

- ✓ Climbing Wall Attendant
- ✓ Intramural Official
- ✓ Group Fitness Instructor
- ✓ Personal Trainer
- ✓ Outdoor Adventure Pursuits staff
- ✓ Recreation Attendant
- ✓ Application is on Campus Recreation website under Employment.



Employee Spotlight



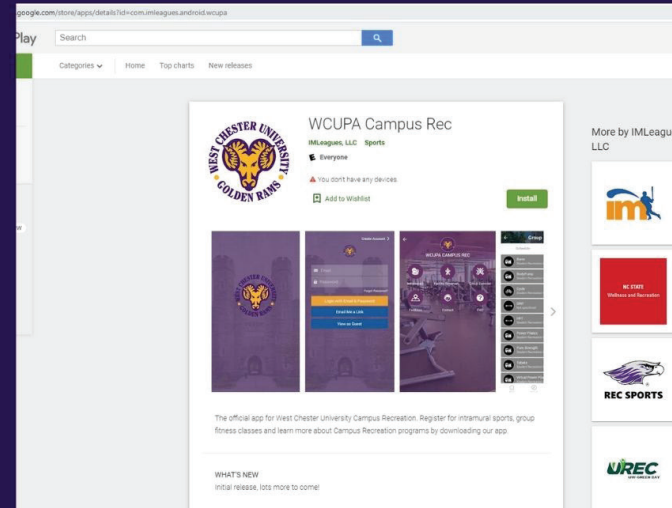
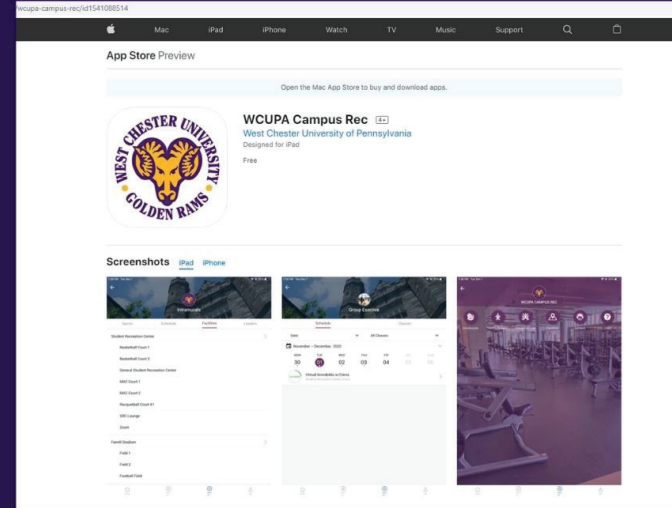


NIRSA
Leaders in
Collegiate
Recreation

THE APP IS LIVE

IMLeagues is now available on the App Store & Google Play!

Be sure to download the app for quick and convenient access to make **MANDATORY** online reservations!



COVID-19 POLICIES & PROCEDURES FAQ'S

➤ ***Will the Student Recreation Center be open in Spring 2021?***

The Student Recreation Center will reopen Monday, January 25th until May 14th, 2021.

➤ ***What hours will the Student Recreation Center be Open?***

The Student Recreation Center will be open Monday-Thursday 7am-8pm, Friday 7am-6:30pm. The Recreation Center will be CLOSED on Saturday & Sunday.

➤ ***Will the Climbing Wall be Open?***

The Climbing Wall will open only by REQUEST from January 25th to March 22nd.

➤ ***What precautions has the Recreation Center taken regarding COVID-19?***

All equipment has been spread out according to CDC Guidelines. Cardio equipment that did not require electricity (Ellipticals, Bikes & Arc Trainers) has been moved to the MAC Court and spread 8 feet apart. Treadmills are spaced 6 feet apart and will be facing the windows. Selectorized strength equipment has been spread out 8 feet apart on the first and second floor. Additional Signage has been placed around the building to remind patrons to maintain physical distancing.

➤ ***Are Face Coverings Required?***

Patrons using the Student Recreation Center must properly wear face coverings and maintain six feet of distance from others at all times unless the student has a documented medical exemption.

➤ ***What sanitizing protocols have been taken?***

EIGHT Additional ERC Wipes Stations have been placed throughout the building for patrons to use before/after they use equipment. Additional Purell Stations have also been installed for hand sanitizing.

➤ ***How many people will be allowed to be in the Student Recreation Center at one time?***

There will be 100 reservations open for patrons to reserve on our facility reservation system. Group exercise and climbing wall reservations will be under a separate tab on IMLeagues.

➤ ***What is the Facility Reservation System?***

Patrons must register for a timeslot on IMLeagues to use the facility. Reservations will be 75 minutes long. Patrons will be able to register for a timeslot 24 hours in advance and reservations will be filled on a first come, first serve basis.

➤ ***Will the Basketball Courts be open for Open Rec?***

Basketball Courts will NOT be open for OPEN REC but can be utilized for group exercise or other individual exercise. Courts have been sectioned off in 10 by 10 squares in order to provide proper distancing.

➤ ***Will there be Intramurals during the Spring 2021 Semester?***

Intramurals will be conducted virtually during the Spring 2021 Semester. This will be done through Esports (Madden, 2K, Rocket League and Fifa), Fantasy Football and NFL Pick Em'. Patrons should check IMLeagues for all information regarding registration, start dates and cost.

➤ ***Will there be Sport Clubs during the Spring 2021 Semester?***

Sports Clubs are currently suspended with an ongoing reevaluation for the Spring 2021 semester..

➤ ***Will any areas of the Rec Center be closed?***

Locker rooms will only be available for restroom usage. Showers and lockers will be closed. Studio C and one Racquetball court will be offline for Spring semester.



(610) 436-1REC
www.wcupa.edu/campusrec/



@wcupacampusrec
@wcupampusrecreation
@wcupacampusrec