

A photograph of a gym setting with several people on treadmills. In the foreground, a woman with long brown hair in a ponytail, wearing a purple t-shirt and a purple face mask with 'WCU' on it, is running. Behind her, another woman in a grey t-shirt and a green face mask is also running. Further back, a third person in a black tank top and a blue face mask is visible. The background is a bright, modern gym with large windows.

SOMETHING FOR EVERY BODY

WEST CHESTER UNIVERSITY | CAMPUS RECREATION | 2022-2023



**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

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

DEMETRIUS ISAAC

Assistant Director of Intramural and Sports Clubs

disaac@wcupa.edu | (610) 436-2133

- Coordinates all intramural sports leagues and tournaments
- Responsible for the administration of the sports club program
- Fills all Recreation Equipment Rental Requests

TBD

Assistant Director of Outdoor Adventure Education

(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.

TBD

Assistant Director of Fitness and Marketing

(610) 436-2563

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

KRISTA LINK

Administrative Assistant

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

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

MEGHAN MCMULLEN

Graduate Assistant Sport Clubs

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

BRANDON TEEL

Graduate Assistant Intramural Sports

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

ZACHARY KLINKE

Graduate Assistant Outdoor Adventure Pursuits and Climbing Wall

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

TBD

Graduate Assistant Fitness Programs

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

TBD

Graduate Assistant Facilities

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

REBECCA WOODS

Graduate Assistant Marketing & Special Events

RW886093@wcupa.edu | 610-436-2064

FACILITIES



- 69,000 square foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 45 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-foot tall climbing wall
- Student development suite
- Administrative office suite with conference room
- 3 group exercise studios
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 1 outdoor basketball court
- 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.

GENERAL POLICIES

- Valid WCU ID required
- All use equipment at their own risk
- Appropriate attire is required at all times
- Equipment should be wiped down with ERC wipes before and after use
- WCU has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others

WCU FACILITY SCHEDULE

2022-2023

STUDENT RECREATION CENTER

Monday – Thursday:	6:00 AM - 11:30 PM
Friday:	6:00 AM - 10:00 PM
Saturday:	9:00 AM - 6:00 PM
Sunday:	11:00 AM - 11:30 PM

CLIMBING WALL

Monday – Thursday:	3:00 PM - 8:00 PM
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REG SWIM

[View WCU Campus Rec Home Page](#)

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

MEMBERSHIP

The Ball Is In Your Court

If you're a West Chester University enrolled student you are already a member. Just show up, present your Ram ID and come get your fitness groove on!

- Not a student? Don't worry, as long as you are one of the following you can join, too.
- WCU faculty, staff, adjunct faculty or lecturer
- A current member of the West Chester University Alumni Association
- An employee of a university affiliate

Membership Has Its Benefits

- Access to over 35 weekly, high-quality Group Fitness classes
- Opportunity to learn, practice and climb our 34 ft. tall climbing wall
- Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services including Small Group Training (GRIT)
- Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, boxing gloves, resistance straps, and outdoor equipment

RATES

Annual membership (365 days from date of purchase)	\$330
6-months membership	\$180
1-month/30 day membership	\$35
1-day membership (good all day)	\$7

All memberships must be made on-line at:

<https://www.wcupa.edu/services/campusRec/forms/membership>

Credit card or payroll deduction (annual membership only) only



GROUP FITNESS classes range from Strength & Power to Zumba and everything in between! The classes are available for all West Chester University students, faculty, and staff. 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?!

Strength & Power: 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!

Intense 30: 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.



FITNESS



PLEASE VISIT

IG: @wcugrouppfitness or website:

https://www.wcupa.edu/_services/CampusRec/groupFitness.aspx

FOR UPDATES TO THE 2022-2023 SCHEDULE.

FITNESS

INTRAMURAL SPORTS

“It’s not whether you get
knocked down,

it’s whether you **get up.”**

– Vince Lombardi



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.

LEAGUE OFFERINGS

LEAGUES	REGISTRATION	START DATES
Flag Football	8/22 - 9/7	9/12
Indoor Soccer	8/29 - 9/14	9/20
Dodgeball	8/29 - 9/14	9/19
5on5 Basketball	10/24 - 11/16	11/28
Volleyball	11/28 - 1/23	1/30
Softball	2/20 - 3/8	3/21
Outdoor Soccer	2/20 - 3/8	3/22

Please visit website https://www.wcupa.edu/_services/CampusRec/intramurals.aspx for updates to the 2022-2023 schedule. To register, visit imleagues.com/wcupa

For more information or to inquire about future events, contact Demetrius Isaac (disaac@wcupa.edu) or follow us on Instagram [@wcucampusrec](https://www.instagram.com/wcucampusrec)

SPORT CLUBS

The Sport Clubs program consists of competitive, instructional, and recreational clubs that are unique in 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.



SPORT CLUB	PRESIDENT	EMAIL
Bowling	Colby Yonchiuk	CY934289@wcupa.edu
Climbing	Brigit Corej	BC924734@wcupa.edu
Dance Team	Holly McMenamin	HM954997@wcupa.edu
Equestrian	Laura Konizer	LK923494@wcupa.edu
Fencing	Joshua Taylor	JT913431@wcupa.edu
Field Hockey	Shawn Menden	SM928295@wcupa.edu
Judo	Marcelle Kenneth	MK963444@wcupa.edu
Kickboxing	Joshua Hitt	JH977954@wcupa.edu
Men's D1 Ice Hockey	Christopher Liscio	CL962350@wcupa.edu
Men's D2 Ice Hockey	Damien Fabrizio	DF933055@wcupa.edu
Men's Lacrosse	Vincent Riccardo	VR937882@wcupa.edu
Men's Rugby	Andrew Barber	AB930240@wcupa.edu

SPORT CLUB	PRESIDENT	EMAIL
Men's Soccer	Jason Blaine	JB946749@wcupa.edu
Men's Ultimate	James Dougherty	JD969718@wcupa.edu
Men's Volleyball	Jackson Stahl	JS976446@wcupa.edu
Men's Water Polo	Sean McGroary	SM926410@wcupa.edu
Paintball	Evan Schuler	ES950175@wcupa.edu
Swimming	Kaylin Moll	KM950098@wcupa.edu
Women's Ice Hockey	Samantha Ditz	SD970116@wcupa.edu
Women's Lacrosse	Lindsay Faul	LF925440@wcupa.edu
Women's Soccer	Meg Cochran	MC932994@wcupa.edu
Women's Ultimate	Olivia Gingrich	OG929835@wcupa.edu
Women's Volleyball	Lindsay Gal	LG954080@wcupa.edu
Women's Water Polo	Julia Wilcox	JW923459@wcupa.edu
Wrestling	Colby Judd	CJ954510@wcupa.edu

OUTDOOR ADVENTURE PURSUITS

The Outdoor Adventure Pursuits program strives to engage students in meaningful outdoor experiences utilizing a variety of outdoor activities and excursions. Students gain confidence in skills such as problem solving, leadership development, self-awareness, sustainable living, global citizenship, all ability levels welcome...beginner to advanced!

2022-2023 CLIMBING WALL HOURS

Monday – Thursday: 3:00 PM - 8:00 PM



O&P TRIPS 2022-2023

Adventures include: hiking, backpacking, paddle boarding, overnight camping, and more!

PLEASE VISIT

IG: [@wcupacampusrec](#) or website:

https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx

FOR UPDATES TO THE 2022-2023 SCHEDULE.





"Campus Recreation has given my peers and I ample amount of opportunity to grow and become leaders. Whether it's through student run programs, intramural sports, or facilities, there's always room to grow and be better and that's what I love about being a part of the Campus Rec! The Campus Recreation Center has so many fun and encouraging ways to include all students at West Chester, which is what brings everyone together! If I could describe the Campus Rec in one word, it would be FAMILY! The Campus Rec brings everyone together and brings the joy out of everyone, just like one large family. Being a part of the Campus Recreation Center has been one of the biggest honors and blessings I could ever ask for!"

— Danny Zhang,
Campus Recreation Club President



EMPLOYEE SPOTLIGHT



NAME: Shawn Menden

POSITION: Facility Team Leader

MAJOR: Biomedical Engineering

FAVORITE PART OF WORKING AT SRC:

My favorite part of working at the Rec is the people. No matter what day or time you come visit the Rec the workers are always so welcoming and make any shift fun. I look forward to my shifts at the rec because of my amazing co-workers, especially the ones I've made great friendships with.

CAREER GOAL:

After graduation I hope to work for a pharmaceutical company or in an information technology workspace working on new innovative projects.



BE FIT
WELL
RESTORED
-be amazing
WEST CHESTER UNIVERSITY
COLLEGE OF HEALTH SCIENCES



Ram-FIT

(RECREATION AND ACADEMIC MOTIVATION-FACULTY INCLUSIVE TRAINING)

RAM-FIT will offer a wide range of services to students and employees alike, including:

Strength and Conditioning for Rec Teams

Create strength and conditioning programs, including testing and monitoring, supervised by interns in the Exercise Science Department

Exercise is Medicine on Campus Day

Sports Management Minor and Exercise/Fitness Management tie-in: cross-train students/staff in sports management and exercise/fitness management as a path for personal trainers, corporate and commercial fitness aspiring students as well as the non-profit centers like YMCAs, and give some separation/identity to Strength & Conditioning coaches.

New Employee Fitness Appointment

As part of the new employee welcome package, employees will receive a complimentary fitness appraisal and program recommendations.

Rec and Sport Club Coaching Opportunities for Coaching Minors

All Collegians Exercising Simultaneously (ACES)

In conjunction with the nationally-celebrated All Children Exercising Simultaneously Day (first Wednesday in May), all WCU faculty, students, and staff will be called on the exercise at the same time, led by Rec staff, assisted by students in the Exercise Science Department.

Physical Education Games Night

PE majors could host traditional and non-traditional games and fitness challenges for students, staff, students vs staff, Rec vs Club, Club vs Club.

MARK YOUR CALENDAR!

September 2022

National Day of Encouragement – 9/12

Encourage a friend, classmate, or coworker to sign up for the health screens and fitness programs

Strength and conditioning program starts for interested club teams

October 2022

Halloween Costume Game Night

Group and individual fitness programs become available after Fall Break

November 2022

National Gratitude Month



STUDENT RECREATION CENTER



OPENING AUGUST 2012

10 YEAR

Construction on the Student Recreation Center began in the Fall of 2010. Lasting two years and costing approximately \$28.6 million, the SRC opened in August of 2012. This year, we celebrate 10 years of the new Student Recreation Center and the variety of features and services we are able to offer to students, faculty, and alumni.

Join us in celebrating with various events and giveaways featuring each department within the SRC during the week of August 29th, 2022.



ANNIVERSARY





(610) 436-1REC

www.wcupa.edu/campusrec/



@wcupacampusrec

@wcupacampusrecreation