

RECREATION



#RunWithUs





WELCOME

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Western  Student Experience



RECREATION STORY

Let's talk about how we got to where we are today.

Western  Student Experience

OUR HISTORY



2002

Intercollegiate Athletics and Campus Recreation become one area in May 2002. The area is renamed Sports and Recreation Services a few years later.

2009

Campus Recreation moves from the UCC to the newly built Western Student Recreation Centre.

2015

Sports and Recreation moved from Faculty of Health Sciences to Student Experience portfolio

RECREATION PURPOSE



- *The Sport & Recreation pillar collectively works to enrich student thriving through a focus on developing leadership and success in sport and recreation. With a commitment to diversity and inclusion we engage Mustangs in active-wellbeing and inspire spirit and tradition in order to strengthen the bonds of the Western community.*

SRS VISION



- *Our vision is for students to discover balance in their lives and pursue challenges without fear of failure, ultimately enhancing their ability to **thrive**.*



Sport and Recreation Pillar

Sport & Recreation

Sport

Recreation

Spirit & Connection



Recreation

Intramural Leagues & Tournaments

Recreational Clubs

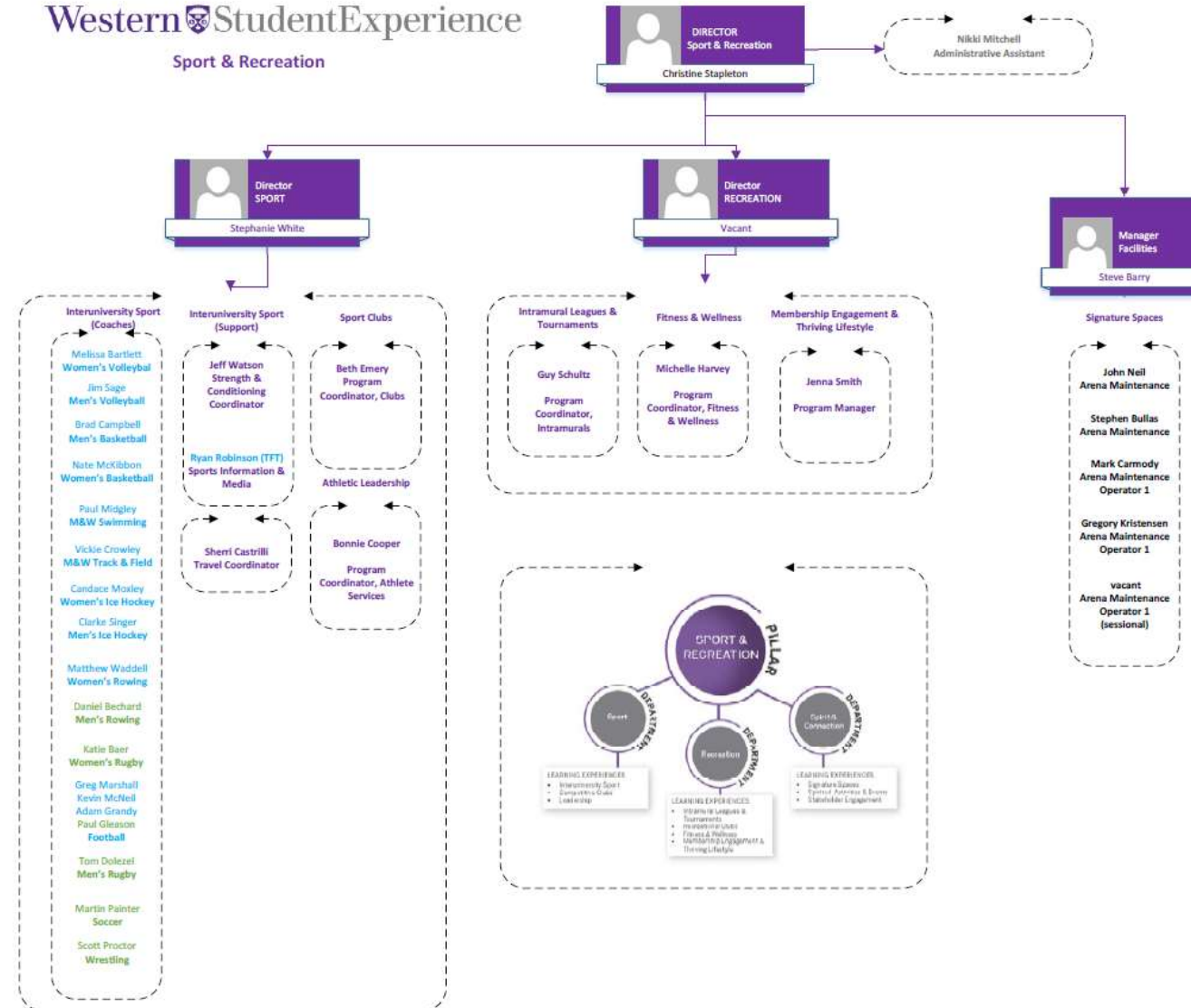
Fitness & Wellness

Membership Engagement & Thriving Lifestyle

ORGANIZATION



Western Student Experience Sport & Recreation





RECREATION JOURNEY

How do students make their way through our services?

Western  Student Experience

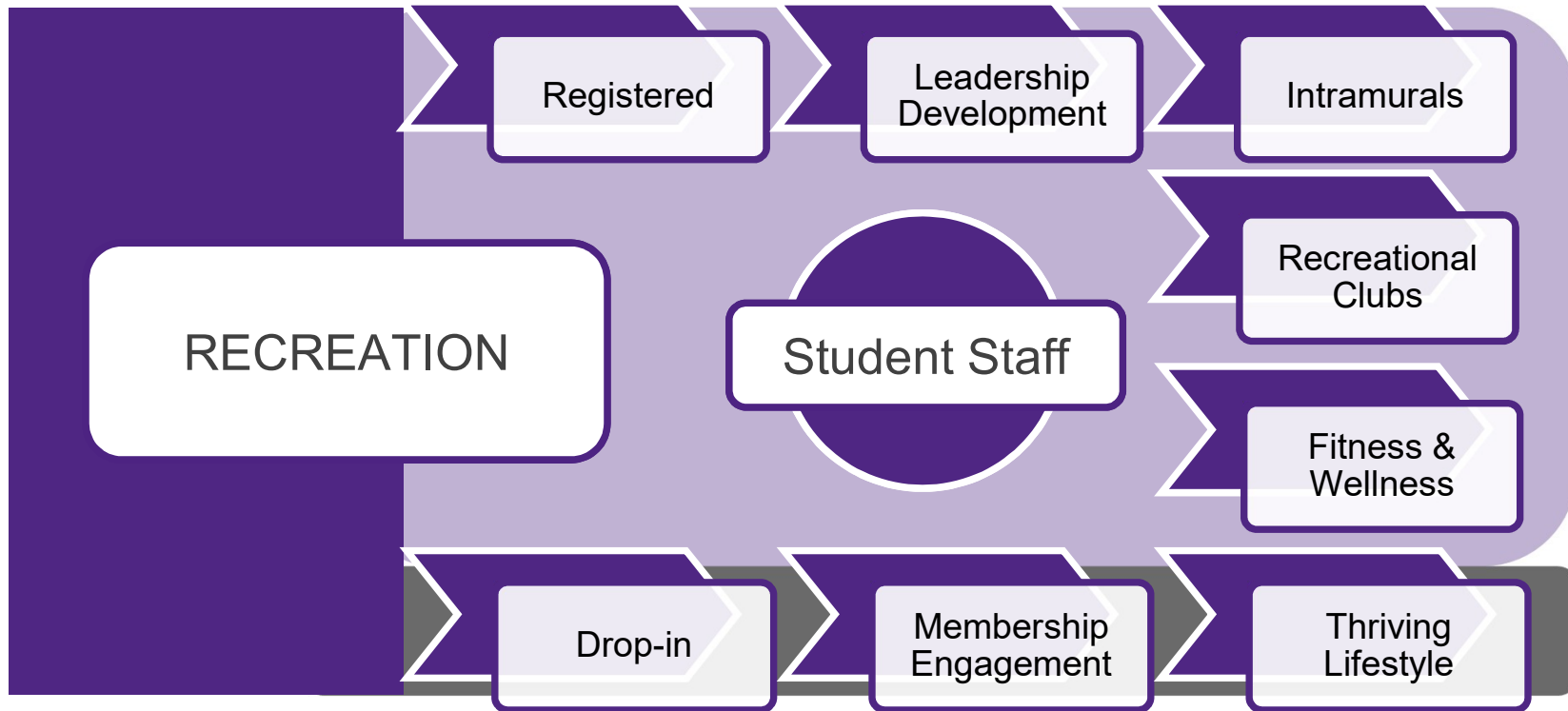
GOALS



2019 (fall)	Status	2019 - 20	Status
<ul style="list-style-type: none"> Ensure member satisfaction with WSRC staff and facilities 	ongoing	<ul style="list-style-type: none"> Identified that survey is ideal method to collect data; development is next step 	ongoing
<ul style="list-style-type: none"> Promotion of programs and services to Western and London Communities 	ongoing	<ul style="list-style-type: none"> Increased and adapted promotions to better reach students via different social media channels, innovative on-campus promotions Increased collaboration with partners on campus 	ongoing
<ul style="list-style-type: none"> Build student leaders who develop and learn skills from hands-on experiences, and create a sense of community between current and former student staff to develop mentorship, community and possible financial opportunities 	ongoing	<ul style="list-style-type: none"> Implemented strength-based goals for student leaders NIRSA development opportunity for students (Lead On) Enhanced and updated learned skills for intramural leads 	ongoing



THE RECREATION JOURNEY



DETAILED PROGRAMMING OVERVIEW



	2018 - 2019	2019 - 2020
Recreational Clubs	<ul style="list-style-type: none"> • 19 clubs; 1200+ students involved - Open to all, compete across Ontario • 60+ student leaders 	<ul style="list-style-type: none"> • 18 clubs; 1200+ students involved - Open to all, compete across Ontario • 60+ student leaders
Intramurals	<ul style="list-style-type: none"> • 20 sports; 1000+ teams - Open to all • 13000+ students involved • Internal competitions 	<ul style="list-style-type: none"> • 20 sports; 1000+ teams - Open to all • 12750+ students involved • New live and online esports (3 virtual esports tournaments)
Fitness & Wellness	<ul style="list-style-type: none"> • 50 classes offered per week; Over 3000 participants • 180 personal training packages sold • 1300 massages provided 	<ul style="list-style-type: none"> • 2700 group fitness participants • Women's Only studio hours • 180 personal training packages sold • New live online classes
Thriving Lifestyle	<ul style="list-style-type: none"> • Average of 2100+ scans per day • 350 sport drop-in daily • 200+ cardio machines; 8-lane, 50m pool; 6 gyms • 45 hours per week drop-in time in turf fields (Mustang & Alumni) 	<ul style="list-style-type: none"> • Average of 2100+ scans per day • 350 sport drop-in daily • 200+ cardio machines; 8-lane, 50m pool; 6 gyms • 45 hours per week drop-in time in turf fields (Mustang & Alumni)



THE BUDGET

Western  Student Experience

KEY TAKEAWAYS



2018 - 2019	Status	2019 - 2020	Status
Hiring new Recreation Leader	On hold	On hold due to uncertainty created by COVID	On Hold
Build capacity in recreation – Gender-based Violence	ongoing	Created safe space and outlet for women via Women’s Only studio hours.	Ongoing
Build capacity to increase our innovative programming	ongoing	Delivered new digital programming; introduced e-sport.	Ongoing



THE IMPACT

What difference is made by our work?

Western  Student Experience



Having a place to call home, where everyone feels comfortable, doesn't come around often –

Steph, Western Student and Student Staff Member, talking about the Western Student Recreation Centre (WSRC)

WHAT DIFFERENCE DO WE MAKE?



2018 - 2019 Intentions	Examples of services, programs or actions taken in 2019-20 to accomplish these goals:
<ul style="list-style-type: none"> • Provide Inclusive and Safe Spaces 	<ul style="list-style-type: none"> • Women's Only studio hours • Purchased aquatics chair lift for patrons in wheel chairs
<ul style="list-style-type: none"> • Active Living 	<ul style="list-style-type: none"> • Open during exams and most holidays to help students to stay active • Free Fitness classes during exams
<ul style="list-style-type: none"> • Positive Mental Health and Thriving Lifestyle 	<ul style="list-style-type: none"> • Created a Gratitude tree during the holidays to encourage visitors/students to practice being grateful • Launched Love Your Body campaign
<ul style="list-style-type: none"> • Build Student Leaders 	<ul style="list-style-type: none"> • Provide funding and opportunity for student leaders to attend NIRSA Lead On conference • Student supervisors assisting with hiring, training, and mentoring new student staff
<ul style="list-style-type: none"> • Create a Sense of Community 	<ul style="list-style-type: none"> • Delivered Special Olympics Unified program at WSRC • Social nights for student staff; foodbank drive; team blood drive; support pods for student staff to do mental health checks



As a mature student, I appreciate the opportunity for further professional development and skill building. This experience was so beneficial in helping me develop my communication skills and I've walked away with many helpful strategies to put into practice in my future career!

- Emily, WSRC student staff on attending the 2019 NIRSA Conference



CAMPUS RECREATION

CAMPUS RECREATION

Over 27,000 Unique Users

- 52% Female
- 48% Male

Average **2,100+** scans a day to the Western Student Recreation Centre

Sport Western

- Over **100** student job opportunities each year
- More than **7,900** participants in Sport Western programs

Intramurals

- Over **1,000** teams
- More than **13,000** participants
- **83%** of participants are Undergraduates
- **17%** of participants are Graduate students
- Over 200 employed students in various roles

Fitness Classes

- **160+** cardio machines
- **Women's Only** Studio Hours
- More than **2,700** group fitness participants

Recreational Clubs

- **19** Different clubs offered
- **1,200** Members
- **60+** Leadership opportunities

Over 26,750 Unique Student Users

- 52% Female
- 48% Male

Average **2,100+** scans a day to the Western Student Recreation Centre

Sport Western

- 100+ student experiential opportunities each year
- Over **10,850+** participants in Sport Western programs (Camps, Wild Western Days and School Day Games) *

Intramurals

- Over **1,100** teams
- More than **13,000** participants
- **83%** of participants are Undergraduates
- **17%** of participants are Graduate students
- New Live and Online eSports Tournaments
- 200+ experiential student opportunities

Fitness Classes

- **160+** cardio machines
- **Women's Only** Studio Hours
- New Live Online Classes introduced *
- 2700+ group fitness participants (2018-19 numbers)

Recreational Clubs

- **19** Different clubs offered
- **1,200** Members
- **60+** Leadership opportunities

* 2020 March Break Camps cancelled due to Covid-19; Live Fitness Classes moved online end of March 2020.

Experiential Learning

Hands on opportunities in:

- | | | | |
|--------------------|------------------|-------------|--------------|
| • Recreation | • Administration | • Marketing | • Fitness |
| • Athletic Therapy | • TV production | • Events | • Ticketing |
| • Communications | • Mentorship | • Coaching | • Leadership |

More than **400** student staff in SRS

SPIRIT & CONNECTION



200+ Live Events

70+

Members of the Mustangs Band

100+ Events produced by Mustangs TV

1937

Mustangs Band Established

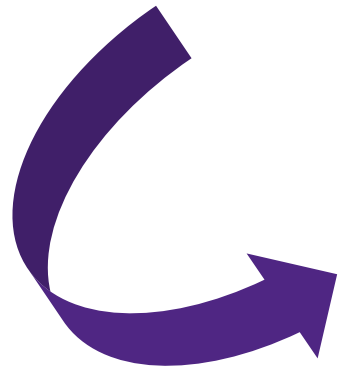
2018-19 RESULTS

2019-20 RESULTS



750,000+

Member visits to the WSRC in 2018-19



650,000+

Member visits to the WSRC in 2019-20

** Decrease in visits due to 6 weeks of closure in March/April



2018-2019	2019-2020
<ul style="list-style-type: none"> • 27,000+ unique visits (21,000 Undergrad; 4,100 Grad; 1,900 Other) to the Western Sport & Recreation Centre 	<ul style="list-style-type: none"> • 26,700+ unique visits (20,700 Undergrad; 4,200 Grad; 1,800 Other) to the Western Sport & Recreation Centre
<ul style="list-style-type: none"> • Over 13,000 participants in Intramurals 	<ul style="list-style-type: none"> • Over 12,750 participants in Intramurals
<ul style="list-style-type: none"> • Over 1,200 Recreational Club Members, 19 Different Clubs 	<ul style="list-style-type: none"> • Over 1,200 Recreational Club Members, 18 Different Clubs

ENGAGEMENT PATHWAYS



Students (UGRD, GRAD)

- The Recreation department primarily supports students either through drop-ins, registration in our programs, and experiential leadership opportunities.

Faculty, Staff, Community, Alumni

- A secondary group that Recreation supports is the Western and broader community. These members are independently paid memberships. Current students are free.



Thompson Arena

THOMPSON RECREATION & ATHLETIC CENTRE (TRAC) – OUR HISTORY



1975

Thompson Arena officially opens as a multi-functional facility for students and the greater London community

2000-2015

Several Capital upgrades:

- New ice pad installed (early 2000's)
- New Bleachers in 2010
- Roof replaced in 2014/15

2018-2019

- Indoor track resurfacing project completed in July
- Supports student thriving lifestyle where they can recreate and compete

2019-2020

- Upgraded HVAC system (Heating, ventilation, air conditioning)
- Installed new condenser unit

TRAC – PROGRAM OFFERING



Recreation

- Indoor track available for student drop in (>10 hrs/wk)
- Ice rink available for student drop in (>5 hrs/wk)
- Students receive significant discount for rink or track rental
- Hundreds of rec hockey games

Sport

- Facility is home to Mustangs M/W Hockey, Indoor Track Team, and Figure Skating Team
- NHL Size rink with 3,615 seat capacity
- 200 metre indoor track, re-surfaced in 2019



THANKS!

Any questions?

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APPENDICES

Takeaways to refer to.