

RECREATION & WELLNESS

2024-25 SNAPSHOT

71
TOTAL PARTICIPANTS

5
ADAPTIVE SPORTS

- **325** unique students utilized the Injury Care Clinic, with **998** total visits

E-SPORTS



- **2,836** drop-in participations and **1,844** competitive participation
- Finished **4th** overall at the GLIAC tournament of ESports
- In Fall '24, **82%** of ESports participants agreed that they have a greater sense of belonging by participating in the ESports program

CLUB SPORTS



3
NATIONAL CHAMPIONS

5
NATIONAL RUNNERS UP

25
NATIONAL CHAMPIONSHIP APPEARANCES



- **954** Club athletes and **35** Club sport teams
- **95.2%** of Club sport athletes report a greater sense of belonging as a result of participating in Club sports
- Inaugural year for dues assistance program resulting in 11 students getting dues support!

FITNESS



- **230** personal training sessions
- **12,443** participations (or total attendance)
- **232** individuals certified for CPR/AED and First Aid
- **90%** of Fitness participants report a greater sense of belonging from participating in RecWell programming

IM SPORTS

- **2,134** unique students participated in IM sports, with **5,594** total participations
- **90%** of IM participants reported a greater sense of belonging from participation in IM sports with RecWell
- **93%** of participants say that IM sports have positively impacted their physical health, **93%** competitive of participants say that IM sports have positively impacted their mental health

OUTDOOR ADVENTURES/CLIMBING

- **8,477** overall participations with OA and Climbing Center.
- **134** self-service bike uses
- **83%** of OA participants reported a greater sense of belonging as a result of participation in OA programs.



SPIRIT PROGRAMS



6
NATIONAL CHAMPIONSHIPS



- **650** participants in the Laker Cheer Classic (highest number of participants to date!)
- Laker Cheer Clinic had **70** participants (largest clinic to date!)
- **350** unique Esport participants with **4,680** check-ins to the LEC