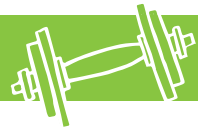




2022-2023

ANNUAL REPORT



FITNESS

Through a variety of programs and services, participants can foster healthy lifestyles, improve their fitness, and manage stress in a positive way.

Event Outreach

Fitness programming executed **3** large events for over **370** participants including Lubbers Stadium Sunset Yoga, Zumba Monster Mash, & Queerapoolooza in collaboration with campus partners. These included Milton E. Ford LGBT Resource Center, Campus Activities Board, & Alcohol & Other Drugs Services.

Service Requested

27 requested classes for over **400** participants were facilitated. These groups included GVSU Children's Enrichment Center, the Office of Multicultural Affairs, Athletics, the Thompson Scholars, the Career Navigator Battle Creek Regional Outreach Center, NSSLHA, the Office of Student Life, Housing & Residence life, & Miracle Network Dance Marathon.

11,000
GROUP FITNESS
PARTICIPATIONS



1,018
GROUP FITNESS
UNIQUE PASS HOLDERS

320
ADULT SWIM LESSON
PARTICIPATIONS

275
UFIT
APPOINTMENTS

1,334
GROUP FITNESS
CLASSES



375
PERSONAL
TRAINING SESSIONS



149
UNIQUE UFIT
CLIENTS

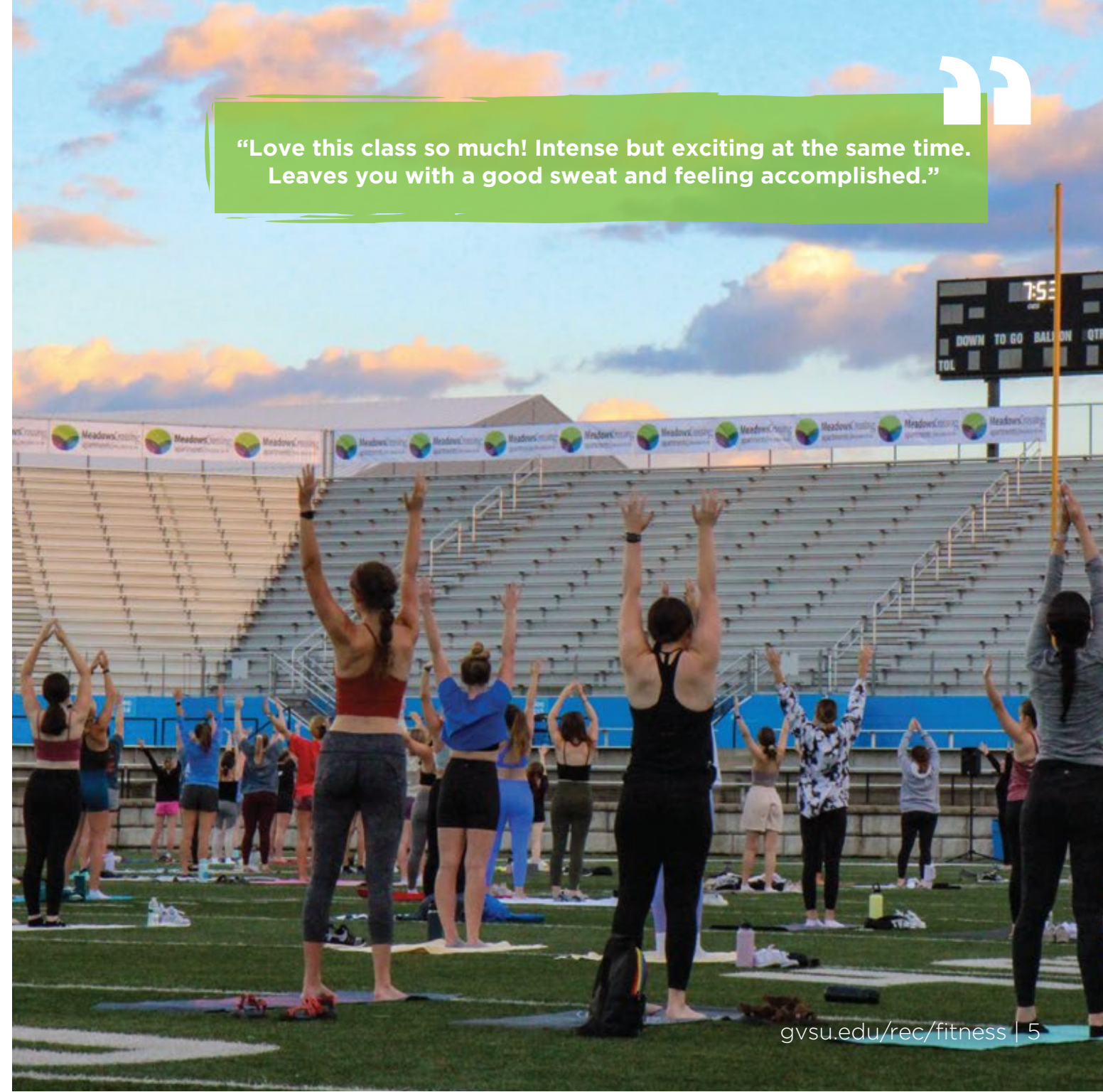
31
UNIQUE PERSONAL
TRAINING CLIENTS

Student Development

Fitness provided impactful student development experiences, including **11** Exercise Science internships, **8** Group Fitness Instructor mentorships, & **11** professional fitness certifications & credentials.



"Love this class so much! Intense but exciting at the same time. Leaves you with a good sweat and feeling accomplished."





WELLNESS

We empower students to make positive changes and healthy decisions that improve their well-being. Our wellness services provide tools, strategies, and opportunities to support a healthy campus environment.

WIT

The Wellness Information Team (WIT) Peer Educators brought wellness to campus! The WIT Cart shared information & resources with **3,278** students in **49** shifts. WIT facilitated presentations on nutrition, sexual health & general wellness with over **280** participants at **20** events.

Sex Ed Week

396 people participated in our second annual Sex Ed Week, which was double the number from the inaugural event.

WIT Presentations

WIT facilitated presentations for Greek Life, Social Justice Centers, Student Academic Success Center, Disability Support Resources, Housing & Residence Life, & Academic departments.

11,326
SAFE SEX SUPPLIES
DISTRIBUTED IN
9 MONTHS

10
PEER WELLNESS
EDUCATORS

221
STI SCREENINGS

43
WELLNESS
EVENTS

Reset Room

The Reset Room launched at the GVSU Cook-DeVos Center for Health Sciences (CHS) downtown. The wellness space is utilized for studying & social connection - many students enjoyed the free tea! The Grand Opening included a "ribbon cutting," a tour of the new space, yoga, refreshments, & prizes.



8 DIMENSIONS
OF WELLNESS

17
WELLNESS COACHING
CLIENTS

487
STRESS, NUTRITION, &
SLEEP KITS DISTRIBUTED

750
WEAR ONE CONDOMS
DISTRIBUTED

“

Wellness coaching made me realize how important making goals is that aren't about school or work. When someone says, make a goal, my brain never went there. It gave me the courage to start putting myself first which was really cool!!!”





INTRAMURAL SPORTS

Through a variety of sports and events offered in leagues, tournaments, or contests, participants of all skill levels can join co-rec, men's, women's, or open competition in an inclusive, fun, and recreational environment.

Summer Sports

During the Spring and Summer semesters, two sand volleyball leagues were facilitated that included **16** teams each! This was the first year Intramural Sports has hosted leagues all year round.

Discounted Memberships

Intramural Sports continued their efforts to reduce participant costs by offering discounted memberships during the fall & winter semesters. In total, nearly \$15,000 was able to be discounted from student membership fees for those who utilized the promotion.

2,208
UNIQUE
PARTICIPANTS

634
TEAMS

16,489
PARTICIPATIONS

New Staff

A new Intramural Sports Coordinator was hired! Dakota Francoeur has been an excellent addition to the team. She has brought a great perspective to our sports programming.

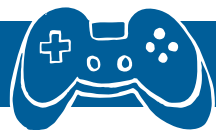
PARTICIPANTS BY SPORT

BASKETBALL	770
BOULDERING	37
CORNHOLE	92
ESPORTS	22
FLAG FOOTBALL	628
FRISBEE	46
INDOOR SOCCER	511
OUTDOOR SOCCER	485
SAND VOLLEYBALL	582
SOFTBALL	110
SPIKEBALL	61
VOLLEYBALL	1,094



"I really enjoyed participating in Intramural Sports at GVSU this semester! It is a fun way to be active, meet people, and continue a sport that you used to play in high school."





ESPORTS

The Laker Esports Center (LEC) is located in the Kirkhof Center, and is open daily for drop-in gaming. There are 23 gaming stations available for use. Additionally, the program offers Intramural Esports and competitive gaming through the Esports Club.

Stampede III

Esports hosted STAMPEDE III, the largest esports tournament ever, at GVSU on April 29th. Over **200** GVSU students & competitors from all over the Midwest attended the Smash Bros. Ultimate & Melee event on that Saturday, with 160 of the attendees competing in one of the two major events.

3,811

TOTAL GAMING
HOURS

2:48

AVERAGE GAMING
SESSION (HOURS:MIN)

183

LAKER ESPORTS
CENTER UNIQUE USERS

1,361

TOTAL GAMING
SESSIONS

GLIAC Championship

GVSU Rocket League, League of Legends & Super Smash Bros teams competed in the inaugural GLIAC Championship in February 2023 at Davenport University. Rocket League took down Michigan Tech in the Grand Finals & secured the GLIAC Rocket League Championship. GVSU placed 2nd overall for the event after solid showings from the Smash Bros. & League of Legends teams, beating out multiple varsity (scholarship) programs.

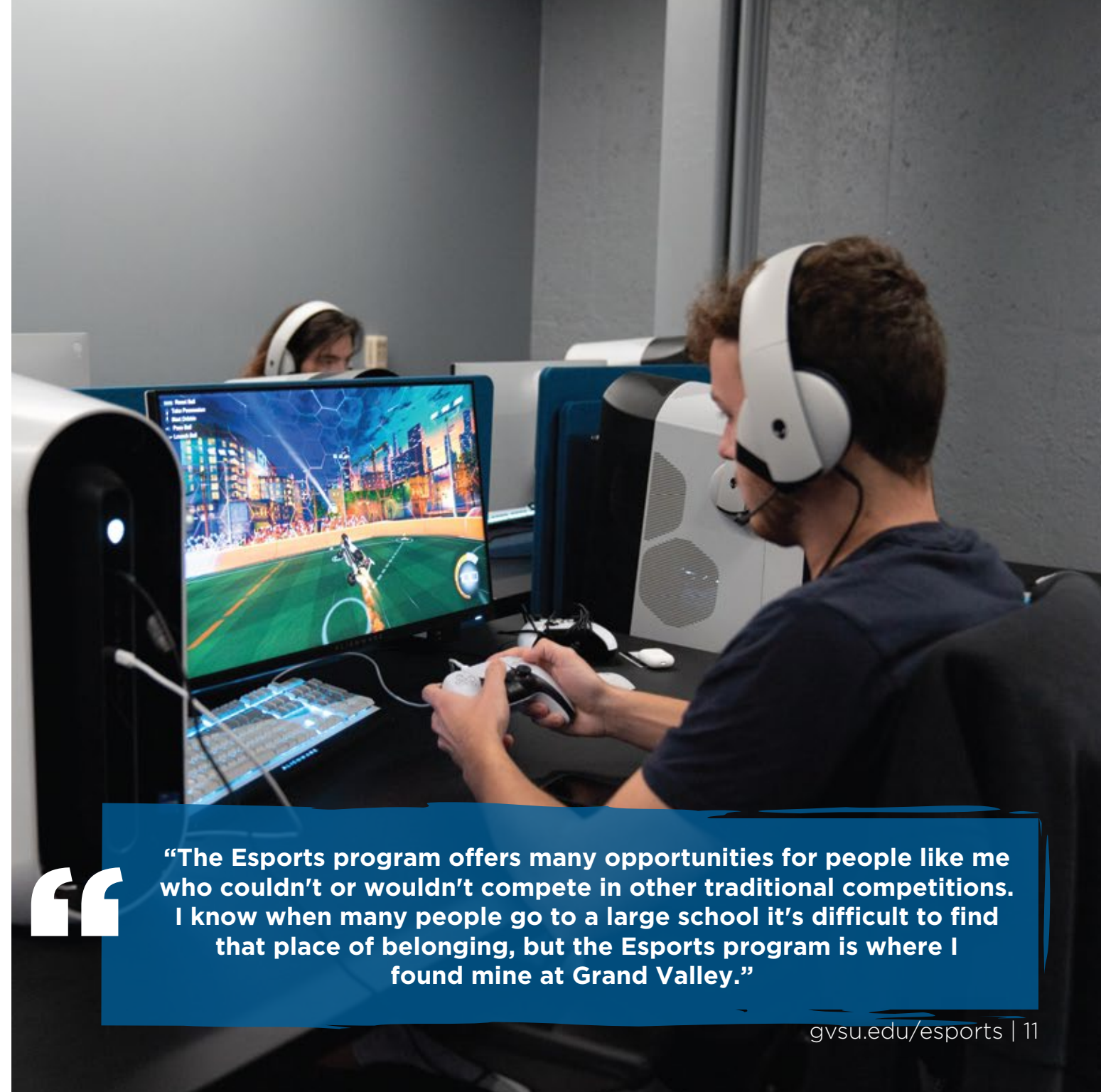
MOST POPULAR GAMES:

- Valorant
- Overwatch 2
- League of Legends



CCA East Champs

GVSU Rocket League won two out of the four CCA East Collegiate Rocket League tournaments in Fall 2022 against 100+ schools in North America.



“

“The Esports program offers many opportunities for people like me who couldn’t or wouldn’t compete in other traditional competitions. I know when many people go to a large school it’s difficult to find that place of belonging, but the Esports program is where I found mine at Grand Valley.”

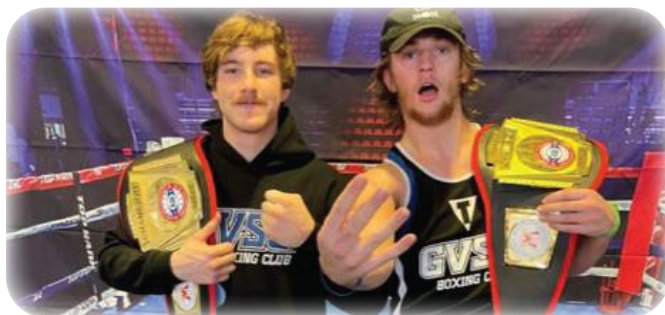
Bridging the gap between varsity athletics (NCAA) and intramural sports, student-athletes join competitive club teams that compete regionally and nationally against other institutions.

Home & Away Comps

GVSU Club Sports provides students the opportunity for intercollegiate competition, both on & off campus. During the 2022-23 academic year, Club Sports hosted a total of **88** home events that resulted in **32** colleges visiting campus & over **13,350** spectators. Our teams also traveled across Michigan & **16** different states for a total of **111** events, with the furthest trip to Puerto Rico.

CLUB SPORT NATIONAL CHAMPIONS:

- **Lucas Malloy** – Boxing
- **Bautista Ballesty** – Boxing
- **Laker Dance Team** – Jazz & Hip Hop



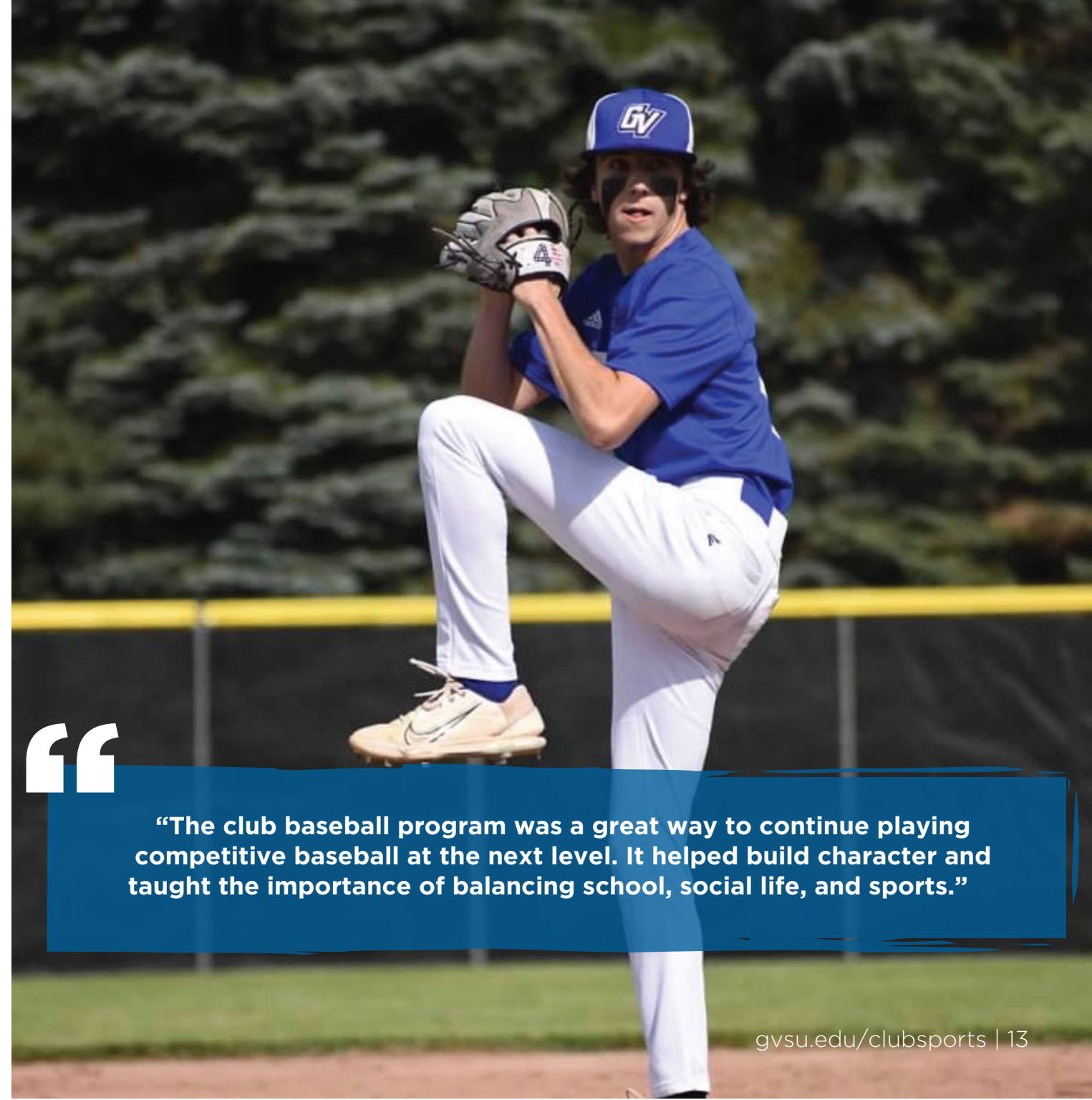
38 CLUB TEAMS	3.19 AVG. GPA BY UNDERGRAD CLUB SPORTS ATHLETES
1,139 CLUB SPORTS ATHLETES	88 HOME EVENTS

CLUB HIGHLIGHTS:

- **26** of **38** teams attended their national championships!
- **National Runner-Ups:**
 - **Women's Lacrosse**
 - **Rowing**- Men's Varsity 4+
 - Josh Kenny- **Wrestling** 174lb
 - Seth Konynenbelt- **Wrestling** 197lb
- **Men's D3 Hockey** – ACHA Final Four
- **Wrestling** – NCWA Conference Champs
- **Softball** – Conference & Regional Champs, World Series Qualifier!
- **Men's Lacrosse** – Elite 8
- **Women's Rugby** – 3rd at Nationals
- **Baseball** – Conference Champs
- **Cross Country & Track** – Set 6 new club records during indoor season

“

“The club baseball program was a great way to continue playing competitive baseball at the next level. It helped build character and taught the importance of balancing school, social life, and sports.”





OUTDOOR ADVENTURES

We empower and inspire the GVSU community through adventure-based opportunities. Participants enjoy a variety of ways to get connected and explore outdoors.

BYOB

Bring Your Own Beta! This year's event had the largest bouldering competition attendance in the history for Outdoor Adventures. There were **79** registrations!

Dolly Sods

Outdoor Adventures hosted a backpacking trip to the Dolly Sods Wilderness in West Virginia for Fall Break that sold out! **8** Students had a blast camping, hiking, and disconnecting from class for a bit!

Dropped Fees

Fees for the outdoor gear rentals were dropped for students and climbing fees for faculty and staff were dropped as well. This is with the intention to encourage more participation in these areas and to remove any barriers for individuals.

5,678
CLIMBING CENTER
ATTENDANCE



1,062
PARTICIPANTS AT **46**
OA PRIVATE EVENTS

92
SELF-SERVICE BIKE
MAINTENANCE VISITS

26
OUTDOOR GEAR
RENTALS

12
STUDENTS ATTENDED
ICE FEST

208
ACTIVITY & EVENT
PARTICIPANTS



“

“This was the first time I’ve ever done something like this, and I’m so glad this was my first experience. I met some amazing people, got to explore a gorgeous new place, and learned some new skills regarding sustainable camping.”





ADAPTIVE & INCLUSIVE

We believe it is imperative that every student feel welcomed and supported in Recreation & Wellness. We strive to offer all students opportunities to participate in sports, fitness, wellness, and outdoor adventures.

GVSU Unified Sports

Unified Sports returned this year! This program consists of GVSU students and local Special Olympic athletes playing sports together on the same team, promoting social inclusion, teamwork, and having fun! Unified Sports occurred on a weekly basis (Wednesday nights) for the 2022-2023 school year. This included a total of **25** practices, highlighting **4** different sports (soccer, flag football, floor hockey, and basketball).

Committee

Development of the first ever Adaptive & Inclusive Recreation & Wellness Committee, partnering with departments all throughout campus to better serve all of Grand Valley State University students.

12

SPORT WHEELCHAIRS NEWLY ACQUIRED

6

STUDENT ADVISORY
BOARD MEMBERS

37

STUDENT VOLUNTEERS
FOR UNIFIED SPORTS

11

RECWELL STUDENT STAFF PARTICIPANTS FOR
THE ADAPTIVE & INCLUSIVE STAFF TRAINING

Wheelchair Sport Event

This was a drop-in event open to individuals of all abilities. Participants included GVSU students, staff, and community members. A total of **33** participants played either wheelchair floor hockey or wheelchair basketball and learned unique adaptations, rules, and modifications to make sports an inclusive space for all.

“

“It was very fun! I met many new people and I will definitely come back!”



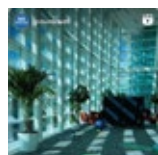


MARKETING

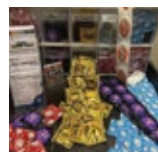
With a strategic focus on brand consistency, digital presence, and inclusive experiences, marketing efforts increase exposure and support the department in successfully promoting all programs, services, and events.

Top Performing Instagram Posts

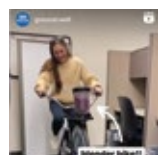
Highest Reach/Views



Reset Room
Reveal
4,469 Views

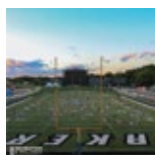


WIT Has
Trojan
3,636 Reach



New Blender
Bike
3,019 Views

Highest Likes



Lubbers Sunset
Yoga Pictures
386 Likes

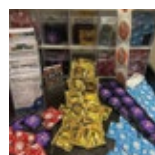


Paint & Sip
254 Likes



Fitness St.
Patrick's Day
228 Likes

Highest Shares



WIT Has
Trojan
171 Shares



Lubbers Sunset
Yoga
142 Shares



Monster Mash
87 Shares

583

NEW INSTAGRAM
FOLLOWERS

100+

TABLING & OUTREACH
EVENTS

88

NEW FACEBOOK
PAGE LIKES





EVENTS

With the goal of attracting and engaging new participants, Recreation & Wellness events provide fun ways for the campus community to get involved in healthy activities.

Family Weekend 5K Color Walk/Run

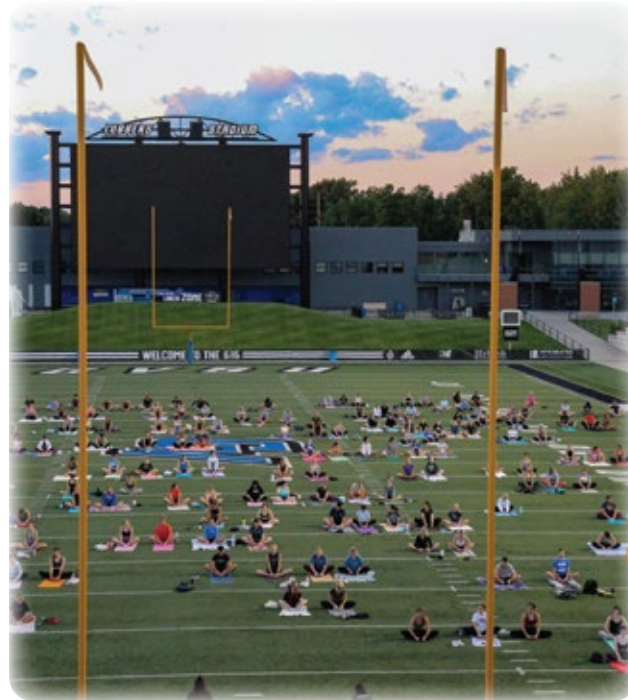
Over **175** participants were welcomed to campus to show their Laker Spirit at the annual Family Weekend 5K. This year's event featured multiple color-throw stations around our 3.1 mile course that were sponsored by various campus partners, including the Division of Student Affairs, Housing & Residence Life, the Lanthorn, and the University Counseling Center. Elliot Carey (18) placed first overall with a time of 17 minutes and 38 seconds.

Lubbers Stadium Sunset Yoga

Lubbers Stadium Sunset Yoga was a hit this year as **200** students enjoyed a relaxing night on the field.

Monster Mash

100 GV students had some Halloween fun at our Monster Mash Zumba Dance Party hosted by fitness programming! Students dressed up, danced, and followed along a fun-filled Zumba class. Alcohol & Other Drugs (AOD) Services provided Mocktails and the WIT Cart and Campus Activity Board (CAB) provided treats!



COLLABORATIONS

Recreation & Wellness works with a variety of internal and external partners to provide exceptional programs, services, and events, cross-promote campus activities, build and enhance relationships, generate awareness about the benefits of recreation, and create a greater impact on the campus and local communities we serve.

INTERNAL

Admissions	Department of Public Safety	Office of Student Life
Alcohol & Other Drugs Services	Disability Support Resources	Office of Sustainability Practices
Alumni Relations	Event Services	Office of the President
Athletic & Recreation Facilities	Facilities Planning	Office of the Provost
Athletics	Facilities Services	Parking Services
Business and Finance	Family Health Center	Risk Management
Campus Activities Board	Housing & Residence Life	Sports Management Program
Campus Dining	Human Resources	Student Ombuds
Campus Health Center	Information Technology	Student Organizations
Career Center	Kirkhof College of Nursing	Student Senate
Center for Women & Gender Equity	Laker Store	Surplus Store
Children's Enrichment Center	LGBT Resource Center	University Counseling Center
Community Service Learning Center	Money Smart Lakers	University Development
Copy Center	Movement Science	University Libraries
Dean of Students Office	Office of Student Conduct	Whale Radio
Department of Public Health	& Conflict Resolution	Writing Center

EXTERNAL

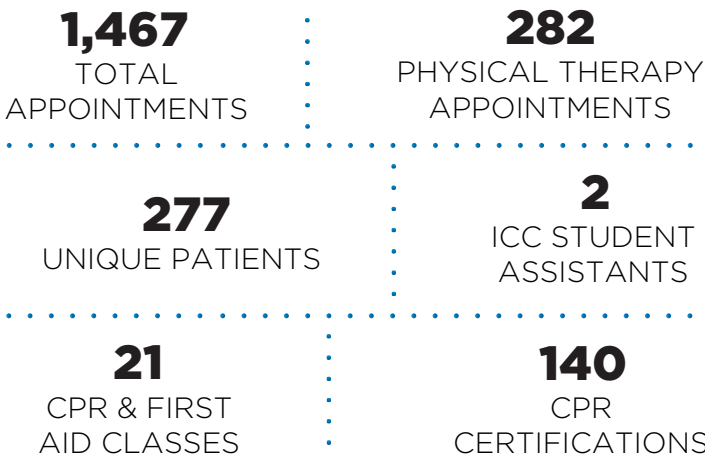
American Alpine Club	Hulst Jepsen Physical Therapy	Tea Time Café
Bill & Paul's Sporthaus	Kent County Health Department	Thomet Stables
Blue Cross Blue Shield of Michigan	Lake Michigan Credit Union	Trinity Health
Competitive Edge	Macatawa Yacht Club	Victory Apparel
Family Fare	Meadows Golf Course	Walker Ice & Fitness
Gift of Life Michigan	Merrell	Wanderheart Project
Grand Rapids Gymnastics	NovaCare	West MI Sports Commission
Grand Rapids Rifle & Pistol	Ottawa County Health	White Oak Farm
Griff's Georgetown	Department	
Hansen-Dyke Automotive	Prime NRG	
Higher Ground Climbing Center	Priority Health	
Holiday Coach	Special Olympics Michigan	
Hudsonville High School	Stitchtime	

SAFETY & TRAINING

Because we believe students learn best in a safe and fun environment, Recreation & Wellness provides opportunities to learn lifesaving skills. We also provide affordable and accessible athletic training support for injured participants.

STAFF TRAINING/WORKSHOPS:

- CPR/AED & First Aid Certification
- Blood-borne Pathogens
- Risk Management policy & procedure training
- Emergency Action Planning
 - Active Shooter
 - Medical Emergencies
 - Weather related
 - Travel
- Concussion Training
- Conflict Management
- Wilderness First Responder



Physical Therapy

Beginning in the Fall of 2022, Physical Therapy services were added to the Injury Care Clinic. Trinity Health Physical Therapist, Mark Sulavik Jr. PT, DPT, AT, ATC joined the Trinity Health, GVSU team! Mark is an alum of GVSU's Athletic Training and Doctorate of Physical Therapy programs. Physical Therapy helps provide comprehensive injury care for our GVSU community.





GRAND VALLEY
STATE UNIVERSITY

1 CAMPUS DRIVE
O-105 RECREATION CENTER BR.
ALLANDALE, MI 49401

WHO WE ARE

Recreation & Wellness provides the community with a wide variety of recreation, fitness, wellness, and social opportunities at all levels of ability, competition, and interest. Our department creates an environment that supports fun, diversity, teamwork, leadership, health, and well-being, where participants can get involved, be active, and live healthy.

Mission

To empower and support students to pursue their overall well-being by providing impactful experiences to build community, develop life skills, discover passions, and have fun.

Vision

The GVSU community will be involved, active, and well.

Core Values



WELL-BEING
INNOVATION
COMMUNITY

IMPACTFUL EXPERIENCES
INCLUSION

Inclusion Statement

Recreation & Wellness is committed to a culture of inclusion, in which we provide recreational programs and services that are accessible and equitable to the community. We strive to share a diverse array of ideas, opportunities, and experiences for all students.

Recreation & Wellness follows the university policy on discrimination and harassment, which protects from discrimination on the basis of age, color, disability, familial status, height, marital status, national origin, political affiliation, race, religion, sex/gender (including gender identity and expression), sexual orientation, veteran or active duty military status, or weight.

We also advocate for the inclusion of all individuals, including the right to access facilities, such as restrooms and locker rooms, and programming on the basis of asserted gender expression.

STUDENT RECOGNITION

Student employees play a valuable role in Recreation & Wellness by mentoring fellow students, delivering events, services, and inspiring participation. In turn, they have the ability to grow in ways such as leadership, communication, and problem solving.

DIRECTOR'S AWARD: **JOSIE KASMAUSKIS**

Presented to the top RecWell student employee



←
JOSIE

PROGRAM EMPLOYEES OF THE YEAR:

Recognizes the outstanding work of individual students in each program area

ADMINISTRATIVE: QUINCEY TEACHOUT

CLUB SPORTS: TAYLOR TRUDEAU & KENDRA KRAMER

ESPORTS: DEREK JAKIELEK

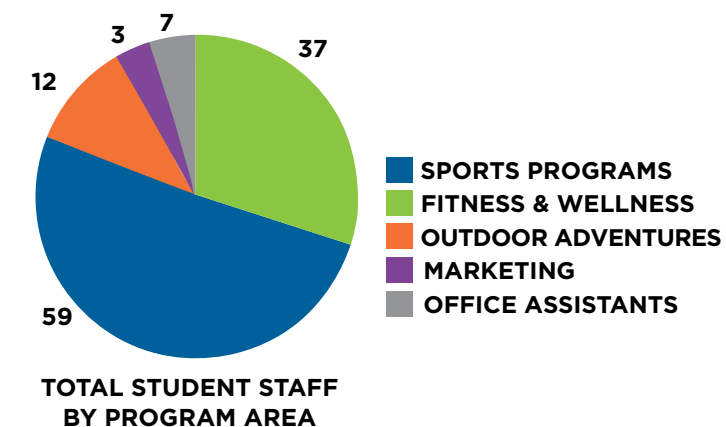
FITNESS: RYLEE RICHARDS

INTRAMURAL SPORTS: CAM SCHUESSLER

OUTDOOR ADVENTURES: SARAH LAURENZ

WELLNESS: CLAIRE LATOURELL

3.2
AVERAGE GPA
FOR RECWELL
STUDENTS



Employment Opportunities

Sports Supervisors • Climbing Center Staff • Outdoor Adventure Leaders • Injury Care Clinic Student Assistants • Intramural Sports Officials • Graphic Designers • Marketing Assistants • Office Assistants • Group Exercise Instructors • Event Staff • Fitness Specialists • Swim Instructors • Personal Trainers • Laker Esports Center Staff • Videographer • WIT Peer Educators

 **Recreation Leadership**
Scholarship

2023-2024 RECIPIENT:
SARAH LAURENZ