

# 2024-2025 ANNUAL REPORT



# WHO WE ARE / STUDENT RECOGNITION

## Mission

To empower and support students in pursuing their overall well-being by providing impactful experiences that build community, develop life skills, foster discovery of passions, and encourage fun.

## Vision

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

## Core Values

- WELL-BEING
- IMPACTFUL EXPERIENCES
- INCLUSION
- INNOVATION
- COMMUNITY

## Inclusion Statement

Recreation & Wellness is dedicated to creating an inclusive, welcoming space where all students can access equitable and engaging programs in fitness, wellness, recreation, and social connection. We celebrate diversity in identities, ideas, and experiences, and adhere to university policies that protect against discrimination based on age, race, religion, national origin, ability, gender identity or expression, sexual orientation, political affiliation, military status, and more. Everyone has the right to access our spaces and programs, including gender-inclusive facilities such as restrooms and locker rooms. We are committed to ensuring that all participants feel safe, supported, and empowered to be active and well.

## Employment Opportunities

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

- Adaptive Sports Supervisors
- Broadcast Staff
- Center Staff
- Clinic Assistants
- Climbing Center Staff
- Club Sports Game & Operations Staff
- Esports Staff
- Event Staff
- Fitness Specialists
- Graphic Designers
- Group Fitness Instructors
- Esports Staff
- Marketing & Social Media Assistants
- Office Assistants
- Outdoor Adventure Leaders
- Injury Care Specialists
- Intramural Sports Staff
- Officials / Supervisors
- Personal Trainers
- Producer / Manager
- Swim Instructors

## Program Employees of the Year

Recognizes outstanding work of individual students in each program area:

### WELLNESS:

- CLUB SPORTS: Bri Parlett
- ESPORTS: Holden Leffman & Evan Dean
- FITNESS: Ava Hughes
- INTRAMURAL SPORTS: Jillian Rubis
- MARKETING: Madison Alcala
- OFFICE ASSISTANT: Aimee Bossler
- OUTDOOR ADVENTURES: Walker Fairbanks





# FITNESS

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

**9** DIFFERENT  
STUDENT POSITIONS

**17** INTERNSHIPS,  
FIELDWORK, &  
MENTEES

**38** STUDENT  
EMPLOYEES

**1,860** UNIQUE FITNESS  
PARTICIPANTS

**12,443** GROUP FITNESS  
PARTICIPATIONS

## Strong Stats, Stronger Community

- **90%** of participants indicated they have a greater sense of belonging.
- **95%** of participants are satisfied with the fitness program or service they participated in.
- **96%** of participants reported that fitness has positively impacted their overall wellness.

## Fitness Takes on Midwest Fit Fest

Six student-staff, one graduate assistant, and two professional staff attended the Midwest Fit Fest Conference at Ohio State University, focusing on professional development in collegiate fitness and wellness.

## Feeling the Energy

We facilitated three major events—Lubbers Sunset Yoga, Zumba Monster Mash, and Queerapoolooza—engaging over 415 participants. We also launched the innovative Technogym Group Cycle Program.



*Your programs have helped me become more confident and stronger, both mentally and physically!”*



# WELLNESS



*Wellness coaching was the reminder I needed that my personal wellbeing is a priority in my life."*

Recreation & Wellness values well-being. We promote health, support personal development, and advance a culture of well-being.

## SPIRITUAL

Discovering a sense of purpose and meaning derived from your personal values and beliefs.

- Supporting student well-being through programming & services
- RecWell Values: Well-being, Innovation, Impactful Experiences, Community, & Inclusion.

## OCCUPATIONAL

Exploring opportunities and contributing to society while achieving balance and personal satisfaction.

- RecWell employs approximately 120 students and supports the NACE competency areas.
- It offers experiential learning through co-curricular connections, including placements for internships, fieldwork, practicums, and career-related experiences, as well as mentorship opportunities.

## SOCIAL

Cultivating supportive relationships and a sense of community through genuine connection and belonging.

- RecWell provides opportunities for individuals to connect with others through IM Sports, Club Sports, Group Fitness, the Climbing Center, and much more.
- RecWell also hosts a variety of annual events, including the Fund Run, Lubbers Stadium Yoga, Laker Kickoff, Monster Mash, and others.

## FINANCIAL

Developing understanding, skills and behaviors to allocate money based on personal necessities and desires.

- Recreation Leadership Scholarship
- Recreation & Wellness Program Fund
- Student Employment opportunities, including for workstudy students.
- Accessible services and limiting student fees, free options in most programs.

**85% of participants report that Recreation & Wellness Programming has positively impacted their well-being.**



## PHYSICAL

Cultivating supportive relationships and community through genuine connection and belonging.

- All RecWell programming provides physical wellness opportunities that build healthy lifelong habits including: Club Sports, Esports, Fitness, Intramural Sports, Outdoor Adventures, & Spirit Programs.

## ENVIRONMENTAL

Sustaining safe, clean, and healthy environments where we live, work, and play.

- Outdoor Adventures empowers and inspires the GVSU community through climbing, outdoor workshops, gear rental, biking & creating community in the outdoors!
- Providing safe & inclusive environments through staff trainings, CPR/First Aid, and risk management such as safety policies.
- Creating positive recreational environments such as recreation facilities, bike friendly campus and ACSM Exercise Is Medicine gold campus!

## INTELLECTUAL

Fostering curiosity, seeking knowledge, and embracing lifelong learning.

- RecWell participants have a higher retention rate which supports academic success.
- Overall RecWell participants, overall have higher GPA's than non participants.
- Support for professional development including conferences certifications and training.

## EMOTIONAL

Accepting a wide range of emotions and effectively coping through challenges.

- RecWell offers free Wellness Coaching for students and supports ongoing campaigns such as Press Pause.
- Participants are more likely to report improved feelings of well-being.
- RecWell participants are more likely to report increased sense of belonging.

# INTRAMURAL SPORTS

It's all about the champ shirt! Intramural sports provide students an opportunity for fun and recreational competition. Leagues and events are open to all students, regardless of skill level, and are a great avenue to try new sports and connect with the GVSU community.

18 DIFFERENT SPORTS

40 STUDENT STAFF

779 TEAMS

18,912 PARTICIPATIONS

2,134 UNIQUE PARTICIPANTS

### High Scoring!

- **91%** of participants indicate they have a **greater sense of belonging**.
- **95%** of participants say that **intramural sports have impacted their overall wellness**.
- **96%** of participants say they **plan to play intramural sports in the future**.

### Kicking It Up A Notch

We offered a second indoor soccer session for the first time ever, which resulted in **549 participants!**

### Blow the Whistle!

Referees are trained to work multiple sports, improving their **communication, judgment, and conflict management skills**. Officiating your peers is one of the hardest (and most fun) student jobs on campus.

### Fresh Out The Gate

During Welcome Week, we offered **freshman-only** cornhole and spikeball tournaments, which had 14 teams registered during the first week!



*Intramural sports has always helped me meet new people and make new experiences, which in turn has helped me feel more included and a part of GVSU."*



### PARTICIPANTS BY SPORT

3v3 Basketball	5	Indoor Soccer	549
4v4 Flag Football	238	Kickball	125
Badminton	17	Outdoor Soccer	468
Basketball	1217	Pickleball	208
Bouldering	41	Sand Volleyball	335
Cornhole	52	Softball	435
Esports	20	Spikeball	45
Flag Football	391	Tennis	24
Futsal	226	Volleyball	1286



# ESPORTS

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

**4 STUDENT  
STAFF POSITIONS**

**9 STUDENT STAFF**

**2,836 DROP IN'S**

**4,680 PARTICIPANTS**

## **Michigan Association of Broadcasters**

Student broadcaster, Sam Drougal, won the Michigan Association of Broadcasters Award for the work done with the esports broadcasting.

## **NIRSA Innovative Programming Award**

Our Esports program takes pride in promoting diversity, equity, and inclusion. This year, our Game Changers initiative earned the NIRSA Innovative Program Award, with monthly programming highlights showcased during the opening.

## **Leveling Up with Partners**

Collaboarted with Student Accessibility Resources to facilitate an activity for LinksU. The Esports club was invited to the Miller-Knoll Invitational, as well as Confluence during GR Tech Week. We also partnered with the School of Communications to offer live streaming of competitions and a 24-hour live stream for Student Day of Giving!

## **Game On**

Our Esports teams competed in the Annual GLIAC Tournament and finished 4th overall! Additionally, the teams competed in Great Lakes Esports Invitational and PANTHEON, a collegiate tournament, held at Michigan State University.



*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."*



# CLUB SPORTS

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

**8 STUDENT STAFF**

**35 CLUB TEAMS**

**104 HOME EVENTS**

**14,000+** PARTICIPANTS &  
SPECTATORS  
AT HOME EVENTS

## For the Students!

This year marked the successful launch of the revamped Club Sport Council, now featuring five paid student leadership positions, and the introduction of the first-ever Club Sport Athlete of the Month. We also held our inaugural New Athlete Orientation and Winter EBoard Training, expanded student philanthropy with increased Day of Giving participation, and provided dues assistance to 11 students through our new financial support program.

## Anniversaries & Achievements

This year, Club Men's Tennis qualified for nationals for the first time since before COVID. Club Rowing and Club Hockey celebrated their 60th and 50th anniversary seasons, respectively. Across all teams, we proudly had 3 national champions, 5 runner-up finishes, and 25 national championship appearances.

## The Stats Speak

- **88%** reported participation in club sports impacted their decision to stay at GVSU next year.
- **95.2%** of participants indicate a greater sense of belonging.
- **97%** reported a very good to excellent experience.
- **90%** indicate that club sports has impacted their overall wellness.



*My experience as a student has been profoundly impacted by joining the rowing team last winter."*





# OUTDOOR ADVENTURES

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

**13** STUDENT STAFF

**134** SELF SERVICE BIKE  
MAINTENANCE VISITS

**199** CLIMBING  
EVENTS

**8477** OVERALL  
PARTICIPANTS

## LakerDock Climbs to 300+

This year, the Climbing Center launched a public LakerDock group to connect with outdoor enthusiasts, gaining over 300 members.

## Another Big Year for Open Climb

Open Climb attendance exceeded 7,000 for the second consecutive year, well above the five-year average of 6,200.

## Climbing Beyond Limits

Adaptive Climbing initiatives created new opportunities for co-curricular collaboration with Recreation Therapy, Physics, and Mary Free Bed, expanding inclusive programming. The Climbing Center also partnered with CWGE, LGBTQ+ Services, and Student Health & Wellness to host a campus screening of the No Man's Land Film Tour, celebrating women and non-binary athletes in adventure sports.

“

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





# SPIRIT

The Grand Valley State University Laker Spirit Programs build community and support the entire campus by spreading their passion for Laker Pride. The Cheer and Dance Teams train year-round to compete nationally, and proudly hold national championship titles in their respective divisions.

**3 STUDENT  
STAFF**

**279 SPIRIT CLINIC  
PARTICIPANTS**  
(UNIQUE ACROSS ALL  
SPIRIT PROGRAM EVENTS)

**650+ SPECTATORS  
AT LAKER  
CHEER CLASSIC**

## **New Leadership, New Energy!**

This year, the Spirit Program welcomed an all-new coaching staff, including 3 proud GV alumni, and strengthened leadership by appointing student leaders across teams and incorporating their input into program decisions. We solidified our structure and operations, leading to major achievements—including National Championships in all DII categories at The College Classic and a Spirit Program Award. Additionally, we saw record-breaking engagement with over 650 attendees at the Laker Cheer Classic and the largest youth cheer clinic to date with 70+ participants.

## **Recruit. Represent. Rise.**

This year, student leaders traveled to numerous combines to promote the program, engage with prospective athletes, and gain insight into the current collegiate recruitment landscape. Team members also represented the program at major events, including Dance Team Union High School Nationals, the NCAA Women's Basketball Tournament in Pittsburgh, and College Classic Nationals, showcasing talent and building team visibility across cheer, dance, and mascot appearances.



*Louie embodies the Laker spirit and brings the community together by energizing fans and fostering school pride."*





# ADAPTIVE & INCLUSIVE

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

**2** STUDENT ADAPTIVE  
SPORT SUPERVISORS

**51** UNIQUE ADAPTIVE  
SPORTS PARTICIPANTS

**71** PARTICIPANTS  
AT 9 EVENTS

***Adaptive Sports won a  
NIRSA Innovative  
Programming Award!***

## **A Whole New LEAGUE!**

Traditionally, the sports offered have been free, drop-in style events. This past year, we debuted a 3v3 wheelchair basketball league that ran two sessions.

## **Climbing to Inclusivity!**

We hosted an Adaptive Climbing workshop with Paradox Sports to train staff in assisting people with physical disabilities. Additionally, we purchased Adaptive Climbing Gear!

## **Partnerships**

The Adaptive Sports team worked with Mary Free Bed to learn about Amputee Soccer and offer a free clinic. The improvements in equipment and training at the Climbing Center have allowed for co-curricular programming with the Recreational Therapy program, Physics, and Mary Free Bed.

## **Support & Retention**

It has been great to see the same students attending several events throughout the year. Various club sport teams, such as the Swim & Dive Club, have also attended multiple events and shared their experiences through their social channels.



*My whole team went to wheelchair basketball in October, it was super fun and unique."*





# EVENTS

Recreation & Wellness events bring our community together through movement, connection and fun. Programs are designed to inspire Lakers to embrace healthy lifestyles while building memories!

## Laker Kickoff ft. RecFest

Aug. 23, 2024

## Sunset Yoga

Aug. 28, 2024

## FunD Run

Sep. 21, 2024

## MIRSA State Workshop

Oct. 17-18, 2024

## Monster Mash Zumba

Oct. 28, 2024

## BYOB

Nov. 16, 2024

## NIRSA Region 3 Student Lead On

Jan. 30 - Feb. 1, 2025

## Day of Giving

March 20, 2025



# Collaborations / Safety & Training

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
- Alcohol & Other Drugs Services
- Alumni Relations
- Athletic & Recreation Facilities
- Athletics
- Business and Finance
- Campus Activities Board
- Campus Dining
- Campus Health Center
- Career Center
- Center for Women & Gender Equity
- Children's Enrichment Center
- Community Service Learning Center
- Copy Center
- Dean of Students Office
- Department of Public Health

Department of Public Safety  
Disability Support Resources  
Event Services  
Facilities Planning  
Facilities Services  
Family Health Center  
Housing & Residence Life  
Human Resources  
Information Technology  
Kirkhof College of Nursing  
Laker Store  
LGBT Resource Center  
Money Smart Lakers  
Movement Science  
Office of Student Conduct  
& Conflict Resolution

- Office of Student Life
- Office of Sustainability Practices
- Office of the President
- Office of the Provost
- Parking Services
- Risk Management
- Sports Management Program
- Student Ombuds
- Student Organizations
- Student Senate
- Surplus Store
- University Counseling Center
- University Development
- University Libraries
- Whale Radio
- Writing Center

## EXTERNAL

American Alpine Club  
Bill & Paul's Sporthaus  
Blue Cross Blue Shield of Michigan  
Competitive Edge  
Family Fare  
Gift of Life Michigan  
Grand Rapids Gymnastics  
Grand Rapids Rifle & Pistol  
Griff's Georgetown  
Hansen-Dyke Automotive  
Higher Ground Climbing Center  
Holiday Coach

Hulst Jepsen Physical Therapy  
Kent County Health Department  
Lake Michigan Credit Union  
Macatawa Yacht Club  
Meadows Golf Course  
Merrell  
NovaCare  
Ottawa County Health  
Department  
Prime NRG  
Priority Health  
Special Olympics Michigan

Tea Time Café  
Thomet Stables  
Trinity Health  
Victory Apparel  
Walker Ice & Fitness  
Wanderheart Project  
West MI Sports Commission  
White Oak Farm

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:

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

## PHYSICAL THERPAY:

The Injury Care Clinic offers both Athletic Training and Physical Therapy services provided by Trinity Health, for the GVSU community.

**998**  
TOTAL ICC  
APPOINTMENTS

.....

**3**  
ICC STUDENT  
ASSISTANTS.

**783**  
PHYSICAL THERAPY  
APPOINTMENTS

.....

**24**  
CPR & FIRST  
AID CLASSES

**325**  
UNIQUE PATIENTS

.....

**232**  
CPR  
CERTIFICATIONS





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