



2022-2023

# ANNUAL REPORT

Through a variety of programs and services, participants can foster **healthy lifestyles, improve 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.



## Go WIT it!

The Wellness Information Team (WIT) Peer Educators did what they do best- spreading wellness across campus! The WIT Cart shared information & resources with **2,905** students in **42** shifts. WIT also facilitated **52** events and presentations on nutrition, sexual health & general wellness with over **1,445** participants.

## NEW Wellness Wheel

Our well-being work is officially anchored in **equity** and **justice**, as depicted in our new wellness wheel. Equity refers to the guarantee of fair treatment, access, opportunity, and advancement for all. Social justice serves as the conceptual foundation for our commitment to diversity, equity, and inclusion. Each piece of the wheel represents 8 interconnected dimensions of an individual's wellness. Understanding that there are many factors impacting someone's holistic well-being is imperative for success.

## Violence Prevention

We supported violence prevention with a Stalking Awareness Month social media campaign and Sexual Assault Awareness Month Presentations and Programming.

## Safe is Sexy

In the fall semester, STI testing increased by 42% and had a 100% service satisfaction. There was also a 33% increase in safer sex supplies given out and 66% via mail (compared to fall 2022).





# 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**.

## Record Breaking

In the fall semester, there was a record of **51** teams for basketball. In the fall, there were **200** more freshman participates compared to fall 2022. For the winter semester, there were **124** more teams compared to winter 2023.

## “Swish”ing for More

**2** sessions of basketball and volleyball were offered during the winter semester for the first time. This was based on participant feedback of wanting more games for these specific sports. Kickball and futsal was also brought into the program rotation.

**2,208**  
UNIQUE  
PARTICIPANTS

**634**  
TEAMS

**16,489**  
PARTICIPATIONS

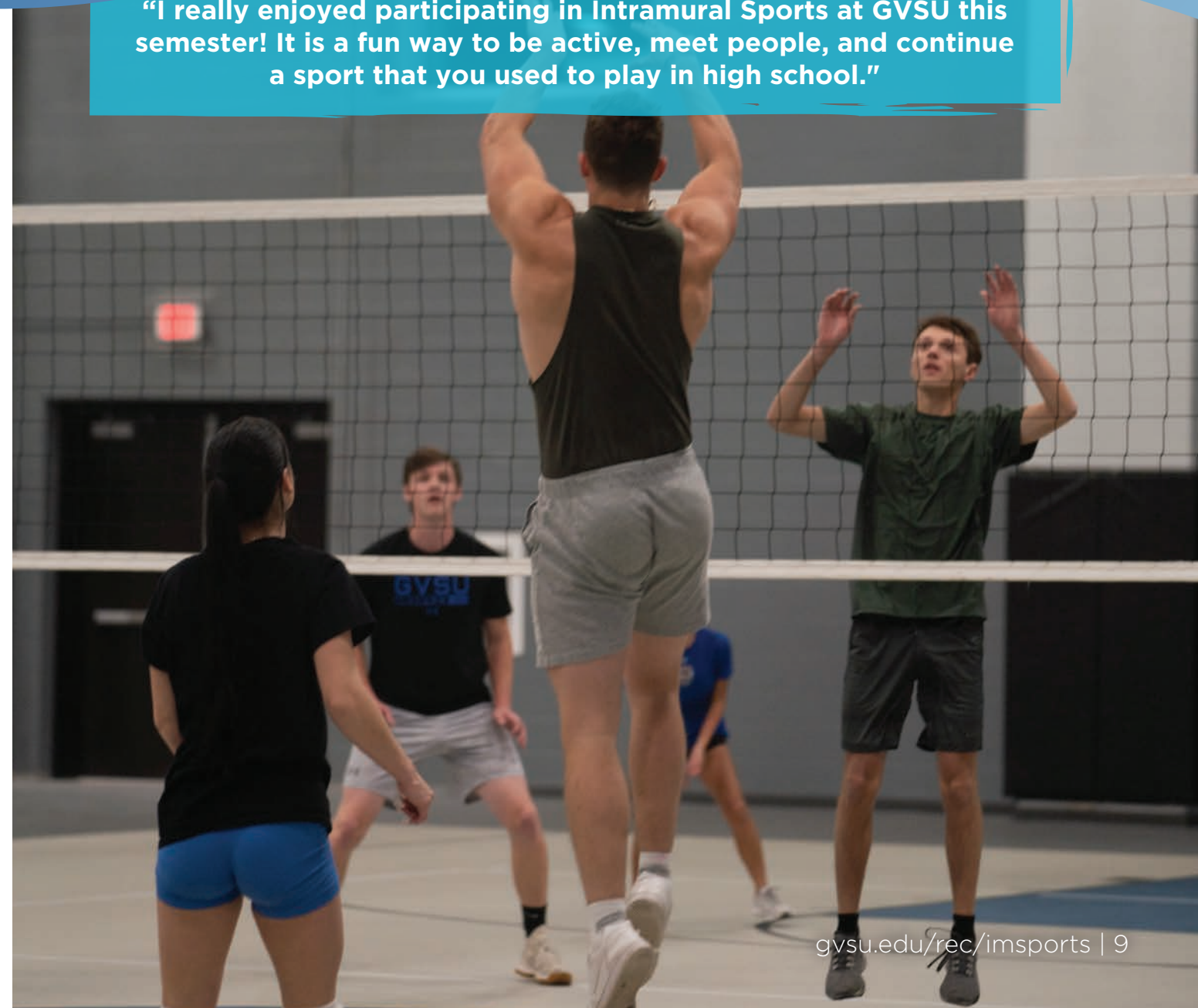
## Welcome Week

Intramural sports hosted **6** programs during the Fall 2023 Welcome Week for the first time, including our first softball tournament, “punt, pass, and kick,” and **2** Housing & Residence Life block parties.

## PARTICIPANTS BY SPORT

|                   |       |
|-------------------|-------|
| BADMINTON         | 19    |
| BASKETBALL        | 1,096 |
| BOULDERING        | 46    |
| CORNHOLE          | 68    |
| ESPORTS           | 17    |
| FLAG FOOTBALL     | 456   |
| 4v4 FLAG FOOTBALL | 186   |
| ULTIMATE FRISBEE  | 38    |
| FUTSAL            | 186   |
| INDOOR SOCCER     | 522   |
| KICKBALL          | 181   |
| OUTDOOR SOCCER    | 609   |
| PICKLEBALL        | 246   |
| SAND VOLLEYBALL   | 386   |
| SOFTBALL          | 212   |
| SPIKEBALL         | 62    |
| TENNIS            | 26    |
| VOLLEYBALL        | 1,403 |

**“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.”**



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.”**

# 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.

## 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



|                                      |                                                              |
|--------------------------------------|--------------------------------------------------------------|
| <b>38</b><br>CLUB TEAMS              | <b>3.19</b><br>AVG. GPA BY UNDERGRAD<br>CLUB SPORTS ATHLETES |
| <b>1,139</b><br>CLUB SPORTS ATHLETES | <b>88</b><br>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 Konyonenbelt- **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.”





# OUTDOORS 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

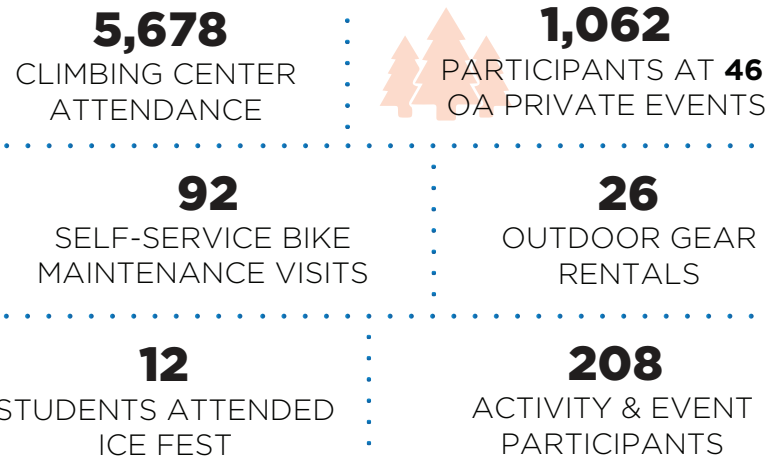
Bring Your Own Beta! This year's event had the largest bouldering competition attendance in the history for Outdoor Adventures. There were **79** registrations!

## 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.



“

“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!”**



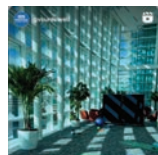


# MARKETING

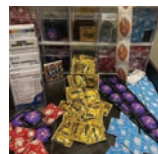
With a strategic focus on brand consistency, digital presence, and inclusive experiences, marketing efforts increase exposure and support the department in successfully promoting all programs, services, and events.

## Top Performing Instagram Posts

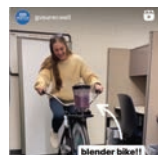
### Highest Reach/Views



Reset Room  
Reveal  
**4,469 Views**

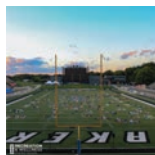


WIT Has  
Trojan  
**3,636 Reach**

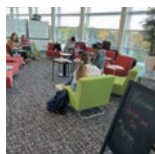


New Blender  
Bike  
**3,019 Views**

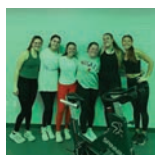
### Highest Likes



Lubbers Sunset  
Yoga Pictures  
**386 Likes**

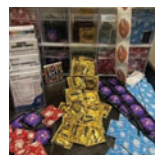


Paint & Sip  
**254 Likes**

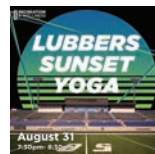


Fitness St.  
Patrick's Day  
**228 Likes**

### 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

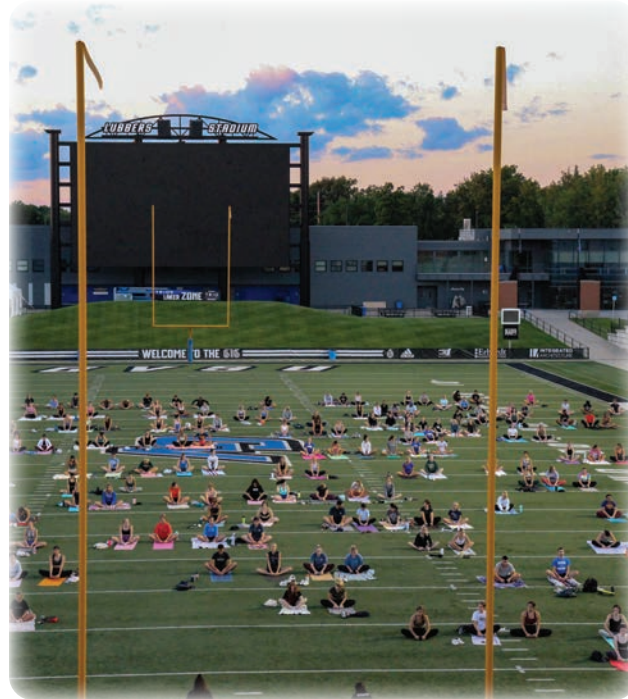
Over **175** participants were welcomed to campus to show their Laker Spirit at the annual Family Weekend 5K. This year's event featured multiple color-throw stations around our 3.1 mile course that were sponsored by various campus partners, including the Division of Student Affairs, Housing & Residence 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 & Conflict Resolution | Whale Radio                        |
| Department of Public Health       |                                                 | Writing Center                     |

## EXTERNAL

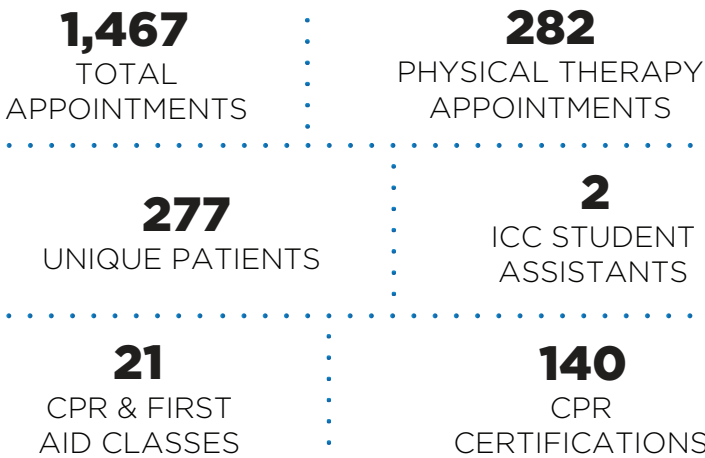
|                                    |                                 |                           |
|------------------------------------|---------------------------------|---------------------------|
| American Alpine Club               | Hulst Jepsen Physical Therapy   | Tea Time Café             |
| 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 Department | White Oak Farm            |
| Griff's Georgetown                 |                                 |                           |
| 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 | COMMUNITY | IMPACTFUL EXPERIENCES |
| INNOVATION | 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.**

## Employment Opportunities

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

## Program Employees of the Year

Recognizes outstanding work of individual students in each program area:

**CLUB SPORTS: Gavin Smith**

**ESPORTS: Andrew Franklin**

**FITNESS: Sarah Messing**

**INTRAMURAL SPORTS: Jack Schulz**

**MARKETING: Julianne Browning**

**OFFICE ASSISTANT: Gabriella Jungwirth**

**OUTDOOR ADVENTURES: Zoe Koch**

**WELLNESS: Rowan Armour**

## Director's Award

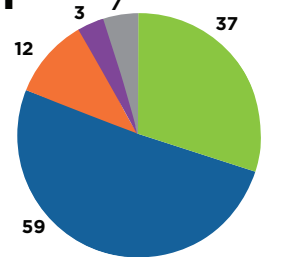
Presented to the top Recreation & Wellness student employee:

**Olivia Driscoll**



## Total Student Staff by Program Area

SPORTS PROGRAMS  
FITNESS & WELLNESS  
OUTDOOR ADVENTURES  
MARKETING  
OFFICE ASSISTANTS



**3.2** AVERAGE GPA FOR RECWELL STUDENTS

 **Recreation Leadership Scholarship**

**2024-25 RECIPIENT: Sarah Laurenz**