

RECREATION & WELLNESS

2025-2026 SNAPSHOT

RECWELL HIGHLIGHTS

- Over **550** participants across all our annual events!
- Increased sponsorships and funding to the **Recreation & Wellness Program Fund** to support student access to recreation.
- Gained over **1,000** followers on socials!

ESPORTS



- **4,601** drop-in participations in the LEC
- **293** Esports Club members
- Finished **3rd** overall at the GLIAC tournament of Esports
- **100%** of Esports participants agreed that they have a greater sense of belonging by participating in the RecWell programming



CLUB SPORTS



2

INDIVIDUAL
NATIONAL
CHAMPIONS

2

TEAM
NATIONAL
CHAMPIONS

2

NATIONAL
RUNNERS
UP

24

NATIONAL CHAMPIONSHIP
APPEARANCES

- **1,033** Club athletes and **34** Club sport teams
- **96%** of Club sport athletes report a greater sense of belonging as a result of participating in Club sports
- **12** students benefited from the dues assistance program!
- **98** home events, **243** away events



FITNESS & WELLNESS



- **456** personal training sessions
- **13,170** participations with 1,725 unique participants
- **625** event participations
- **97%** of Fitness participants report a greater sense of belonging from participating in RecWell programming



IM SPORTS

- **1,892** unique students participated in IM sports, with **4,968** total participations
- **92%** of IM participants reported a greater sense of belonging from participation in IM sports with RecWell
- **95%** of participants say that IM sports have positively impacted their overall wellness, **97%** expressed overall satisfaction with IM Sports experience



OUTDOOR ADVENTURES/ CLIMBING

- **7,447** overall participations with OA and Climbing Center.
- **24** Climbing groups, **809** participants
- **95** OA free gear loans, doubled from 24-25!
- **14** students traveled to Moab, UT for Spring Break '26



SPIRIT PROGRAMS



2

NATIONAL CHAMPIONSHIPS



- The Laker Dance team is now officially **20 time National Champs!!**
- **514** clinic participants throughout 2025-2026
- Louie the Laker had **59** scheduled appearances!
- **25** Laker Dance Team members
- **44** Laker Cheer team members

