

Advisory Board – October 18, 2019
Next Meeting: November 22, 2019 Location TBD

SUMMARY

Members Present:

- Willie Ehling
- Olivia Chase
- Elizabeth Morgan
- Holly Campbell
- Hannah Faber
- Natalie Broder
- Taylor Williams
- Josiah Simmons
- Alan Nielson
- Beth Bee
- Michelle Bone
- Michael Perry
- Emily Theys
- Andrew Pickett
- Dr. Beth Bee

Members Absent:

- Hannah Faber

Guest Speaker:

Well-Being - Steven Trotter – Associate Director of Wellness & Fitness

- Overview of staff
- Continuing Education
 - o All meetings have an education component to get credits and maintain their certifications
- Holistic Wellbeing focus
- Meet people where they are
 - o Put people first
 - “a person who is overweight” instead of an “overweight person”
 - o Video – <https://www.youtube.com/watch?v=iJvlx96Rhuk&feature=youtu.be>
 - o Physically meeting them out on campus
 - Engage with people
 - Introduce things they might not find elsewhere
 - Over 300 people (328) at main student library last week in 2 hours
 - o Moved massage chairs different locations over campus and in our lobby/first floor
- Fitness Training Model
 - o Understanding not everyone is training for the same thing – altered fitness programming to reflect that
- Ghost Walk
 - o Oct 30 7:00pm

- Meet at SRC
- Exercise and wellness & theatre
 - Theatre will tell haunted stories in character
- Glow Series
 - Glow Zumba Halloween Event Ballroom B at 7:30/8
- Questions/Suggestions
 - Bus stop on college hill for programming?
 - Christenbury off 10th street

Master Plan Update

- Kudos to fitness & wellness
 - Munchie Monday & therapeutic Thursday appreciated by students at health science campus
- What are other ways we can bring CRW to HSC?
- Test Kitchen – pros/cons
- Ideas for master plan
 - Indoor turf area
 - Lounge space for students
 - Coffee shop?
 - Study space?
 - Smoothie bar
 - Decide where you are regarding supplements in terms of your mission and values
 - Economically they can work
 - Sell what people want while they're here but not having it 17 hours a day
 - Used to have one run by Aramark but they did not give us the time and effort needed
 - Commercial clubs – smoothie bars are a part of the membership desk
 - Survey for feedback from students regarding the master plan
 - Sauna
 - Indoor turf complex
 - Group fitness classes outside
 - Update aquatics, new pump room and pool
 - Wi-Fi lounge
 - Test/demo kitchen
 - Active studying spaces
 - College hill proximity
 - Indoor soccer fields
 - Redesign the entrance
 - Nap pods
 - Bigger pool
 - Multi-purpose room
 - Full size indoor track
 - Multifunctional studios for acro-yoga, boxing, TRX

- Turf field facility
- Outdoor basketball and volleyball courts
- Revamp the Christenbury space for CRW purposes
- New pool
- Expand indoor pool outside for Olympic size
- New pool should have exercise swimming laps and another area for fun rec
- More location spaces for mothers for both students and staff, both within CRW and other spaces on campus
- More counselors for counseling center
- 24/7 number to text or call for crisis help that is an ECU staff
- Use Christenbury as a group fit location during the day for students who have breaks in classes
- F45 training
- Outdoor pool expansions to include lap lanes
- Rehab Christenbury
- Need broader feedback from faculty and staff
- Intramural and club to offer more specialized campus like soccer, baseball, etc.
- After school program partnering with COE and Rec
- Use the space at Christenbury
- Space for faculty and staff to use separate from students like wellness or relaxation area

1st quarter highlights

- Adventure program must more active and successful
- Expanding youth program and camp program this summer
- Raid the Rec Success – record 2,811
- Beach Fest After Dark – record 950 participants – 379 student guests
- AORE Campus Challenge – 139 students engage, almost doubling last year’s participation
- Leadership & Team Training success
- Budget
- Evaluation Tools

Meetings – dates and times

- Master Plan Meeting opportunities
- Tuesday November 19 1:00-1:45 Main Student Center room 253
- Monday November 18 student engagement opportunity: 4:30-6:30 Main Student Center Cube 2
- Tuesday November 18 5:30-6:30 or 6:30-7:30 Main Student Center room 253

Member input – questions and observations

- Areas to hear from
 - Athletic Training
 - Adventure