

# CRW Advisory Council

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January 13, 2023





# Happy Friday!

- Introductions
  - Swot Analysis
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# Alan Nielson

Sr. Assistant Director of  
Facilities & Operations





# *Facilities &* **OPERATIONS**



# COORDINATOR OF MEMBER SERVICES - TEMP

*Hamza Ziglar*

Hamza started working for CRW as an RSA in April 2019. He is working on his Master's degree in Sociology and graduating in the spring. Recreation Service Attendants report to him. Hamza is an avid runner and excited about the next step in his journey.



# GRADUATE ASSISTANT COMMUNICATIONS & PROMO

*Lizzy Theysohn*

Lizzy graduated in December 2022 with a Business Marketing and Interior Design degree. She studied abroad for a semester in Europe and traveled through Italy, Germany, and Spain. She is a “people person” and excited to take on a larger leadership role with CRW.



## VACANT POSITIONS

### ASSISTANT DIRECTOR OF FACILITIES & OPERATIONS

This position will primarily oversee events, reservations, and aquatics.

MARCH 1

### COORDINATOR OF AQUATICS & RISK MANAGEMENT

This position will primarily oversee lifeguards, aquatic instructors, and aquatic programming.

MARCH 1



# Upcoming PROJECTS

Small and medium projects for FY23.

**INDOOR POOL TILE/LIGHTS**

**PARTIALLY COMPLETED**

**ESRC B-BALL COURT LIGHTS**

**PROJECT COMPLETED**

**B-BALL FLOOR REFINSHES**

**PROJECT COMPLETED**





# Upcoming EVENTS

MLK Day Hours

Jan 16

Beast of the East - PGSA

Jan 21-22

CRW All-Staff Training


Jan 22

NIRSA Rec Sports & Fit. Day

Feb 22

Pirate's Aboard

Mar 25



**POLAR BEAR**  
TWENTY-SEVENTH ANNUAL  
**PLUNGE**  
2023

**POLAR BEAR PLUNGE - JANUARY 19 @ 6:30PM**



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Questions?

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# Renita Harley

Associate Director of  
Administration & Finance





## Planning for FY 24

### Activity Fees

- Projected Activity Fee for FY 23- based on  $19,041.17 \times 271 =$   
\$5,160,157.07
- Projected Activity Fee for FY 24- based on  $18,500.00 \times 271 =$   
\$5,013,500.00
- Difference of activity fee projections for FY 23/24 =  
\$146,657.07
- Projected Activity Fee for FY 24 based on  $18,500 \times 291 =$   
\$5,383,500
- Activity Fee difference between 18,500 projected at  
 $\$271/\$291 = 370,000$
- Activity Fee difference between FY23 and FY 24 Projected =  
**\$223,342.93**
- Projected Salary and Benefits for FY24 =  $\$52,690^*$  increase
- Projected new money from FY 24 Activity Fee less S+B =  
\$170,652.93

FY 24  
Budget Planning  
Cont.

- Graduate Assistant Reductions\* = \$32,743.88
- Adventure GA = \$16,371.94
- Aquatics GA = \$16,371.94
- ***GA reductions include Tuition, Stipend, Travel, memberships, etc.– Estimate***
- Outside Support
- One time support revenue from Student Media = 148,000\*
- ***To be used for Deferred Maintenance Projects only***
- New Money: Anticipated additional revenue for Programs:
- Facilities:  $16,371.94 + 148,000^* + 85,362.46 = \underline{\$249,734.40}$
- Sports and Programs:  $16,371.94 + 42,663.23 = \underline{\$59,035.17}$
- Fitness and Well-being: = \$42,663.23

# Audit Updates

A photograph of a person's hand pointing at a document on a desk. The desk is cluttered with various papers, including a color chart, a calendar, and several sticky notes in yellow, pink, and green. The background is slightly blurred, showing a desk lamp and other office equipment.

CRW response to Draft  
Management Letter :

- PPG review : March 17th
- PPG Edits ,updates, revisions  
: May 31st
- Revision Implementation of  
PPGs: - August 1st



## Staffing Updates

Current Vacancies to be refilled are :

- 001543 -Sr. Assistant Director of Facilities
- 002621- Coordinator of Aquatics and Risk Management
- 921580/921552- Budget and Resource Coordinators
- 002442- Coordinator of Athletic Training

*Note : Down 2 GA positions for FY 24*



Questions?



# Dr. Greg Corack

Associate Director of  
Leadership & Programs



# Adventure Leadership

- Course Inspection Complete
  - Minor maintenance needs
- New Climbing Wall Hours
  - 3PM-8PM Mon-Fri
- Spring Break Trip
  - Red River Gorge
- Flatlander's Fling February 25



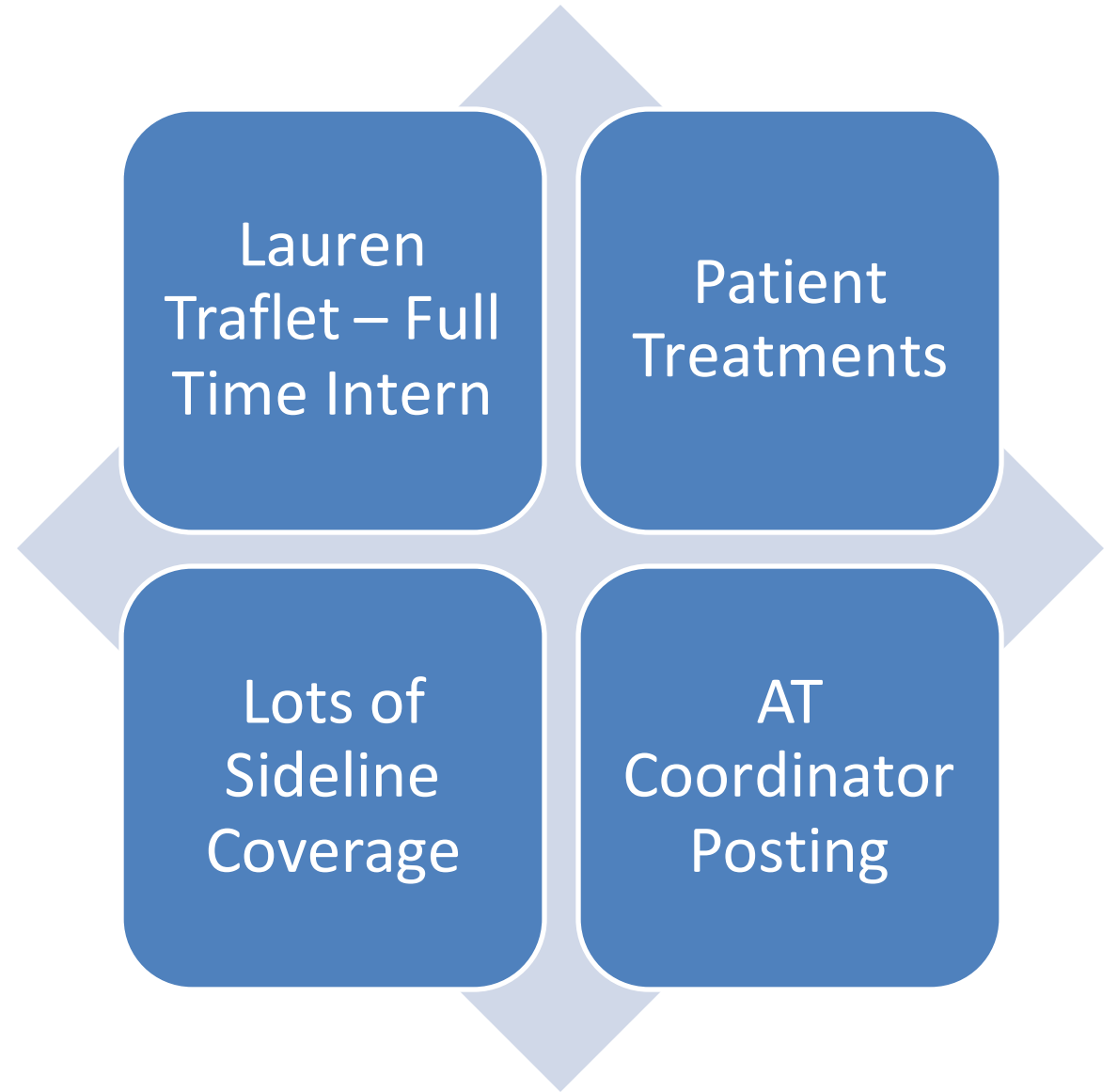
# Sport Programs

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- Intramural Basketball – 68 Teams Registered – Starts 1/30
- Trivia Success
- Changes to IM Schedule this Spring
- Club Sports Home Tournaments:
  - Ultimate – Feb. 11
  - M. Rugby – Feb. 18
  - W. Rugby – Feb. 25
  - M. Volleyball – Mar. 18



# Athletic Training



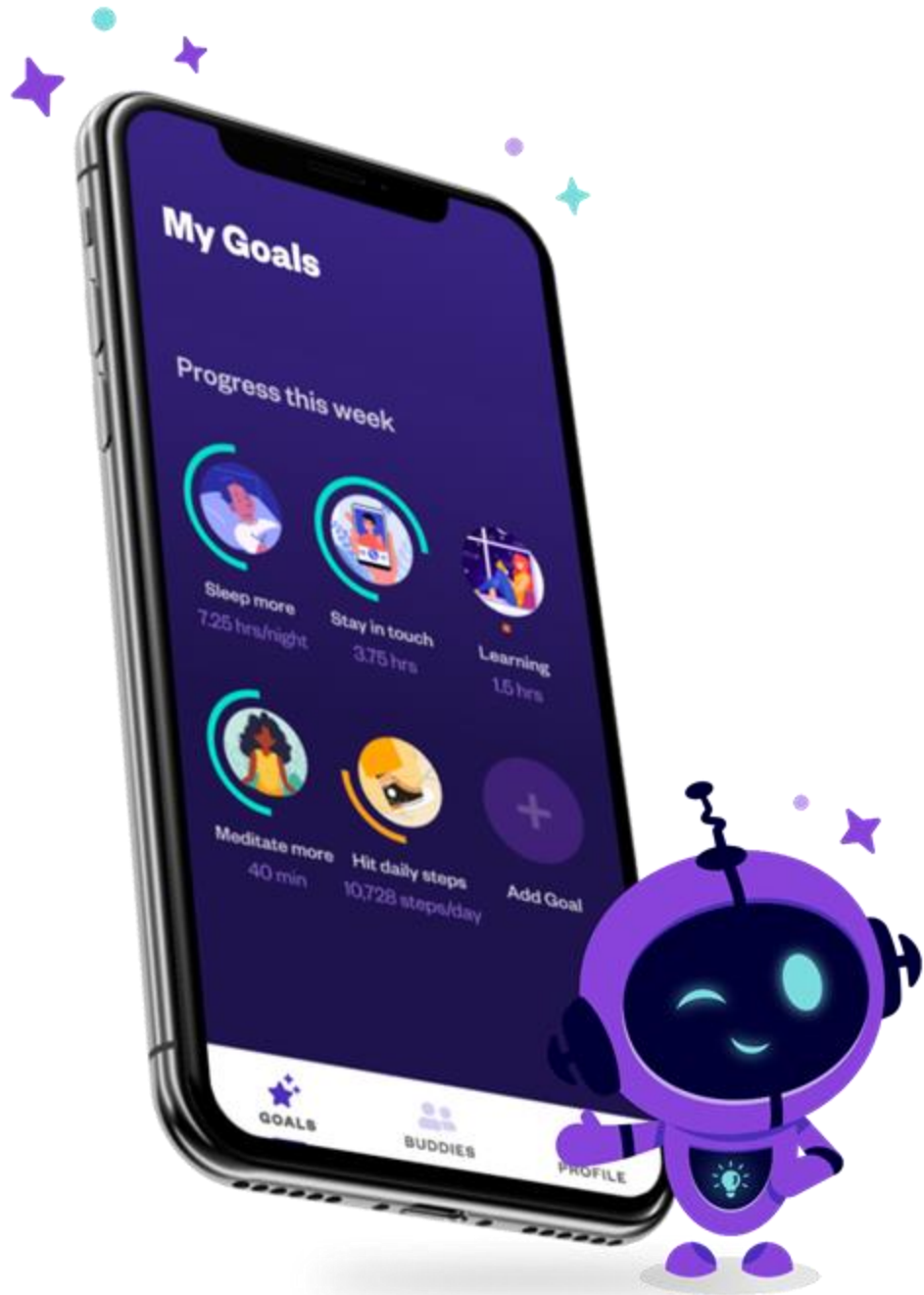


Questions?

# Steven Trotter

Director of  
Well-Being





+



# MEMBER FEEDBACK

How likely are you to recommend BetterYou to a friend or colleague?

10

Great to hear you're a fan! What do you love about BetterYou?

It keeps me motivated to stay active

10

Great to hear you're a fan! What do you love about BetterYou?

I love the way it inspires me to exercise more by giving me incentives.

10

Great to hear you're a fan! What do you love about BetterYou?

it helps me keep in check and i get monetary rewards!

How likely are you to recommend BetterYou to a friend or colleague?

10

Great to hear you're a fan! What do you love about BetterYou?

Everything, it motivates me more to push myself to meet all my goals





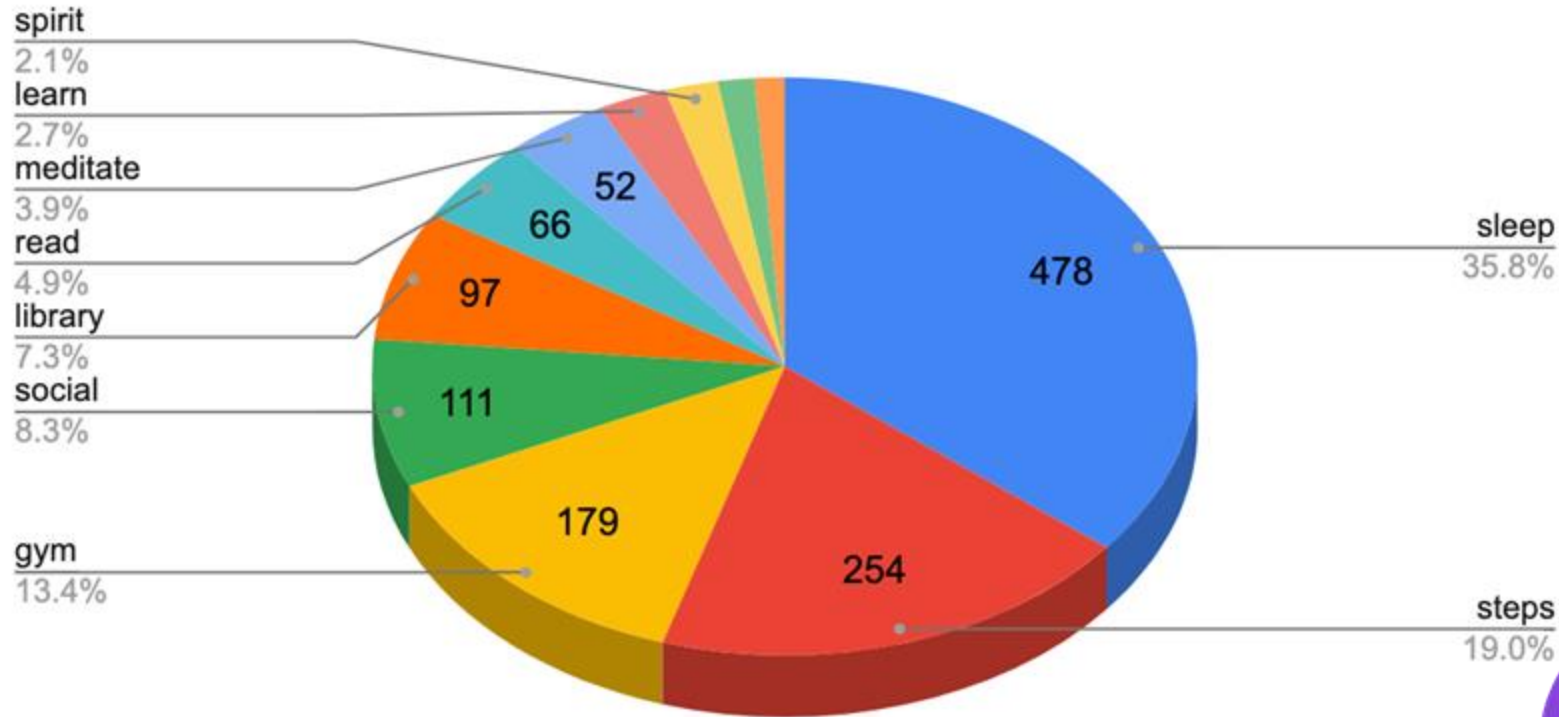


## IMPACT AT A GLANCE

1,317 ECU Members have signed up for BetterYou all-time  
121 new users since October 1

# GOAL HIGHLIGHTS

Goals set by ECU members = 1336!



1336 goals set by ECU members

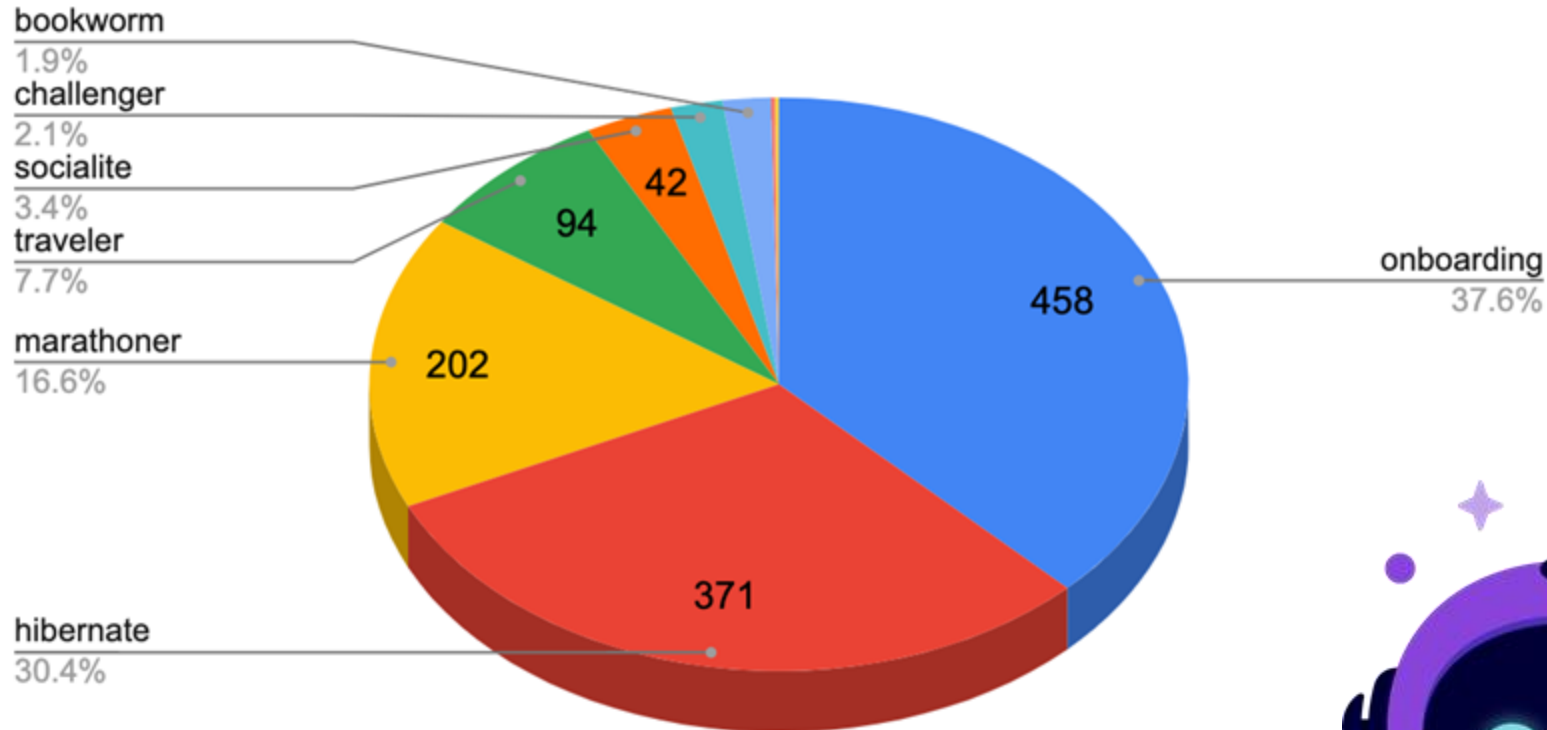
Top 4 wellness goals set:

- Sleep
- Steps
- Gym
- Social / talk time



# ACHIEVEMENTS INSIGHTS

Badges earned by ECU members = 1291!



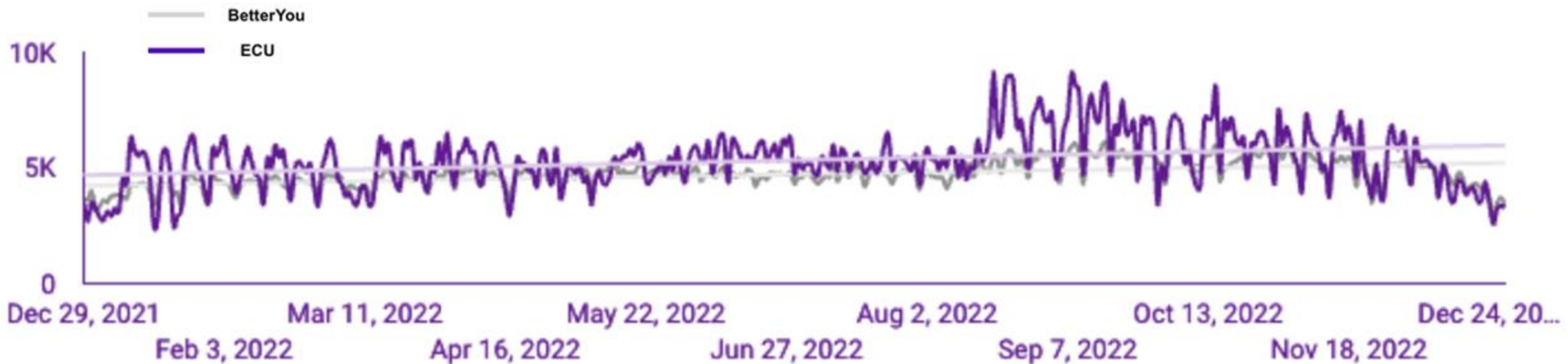
591 badges have been earned by ECU members!

Top Badges Earned:  
onboarding  
hibernation  
marathoner  
Traveler



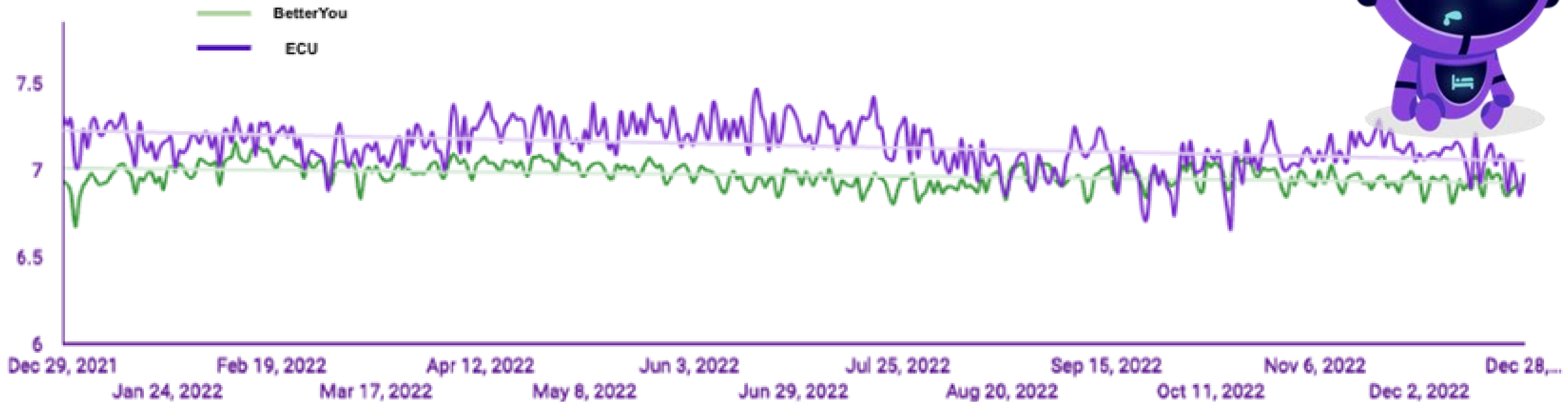
# FITNESS INSIGHTS FROM DEC 2021 - DEC 2022

BetterYou members are averaging 4,800 steps per day  
ECU Members are averaging 5,400 steps per day!



# SLEEP INSIGHTS FROM DEC 2021 - DEC 2022

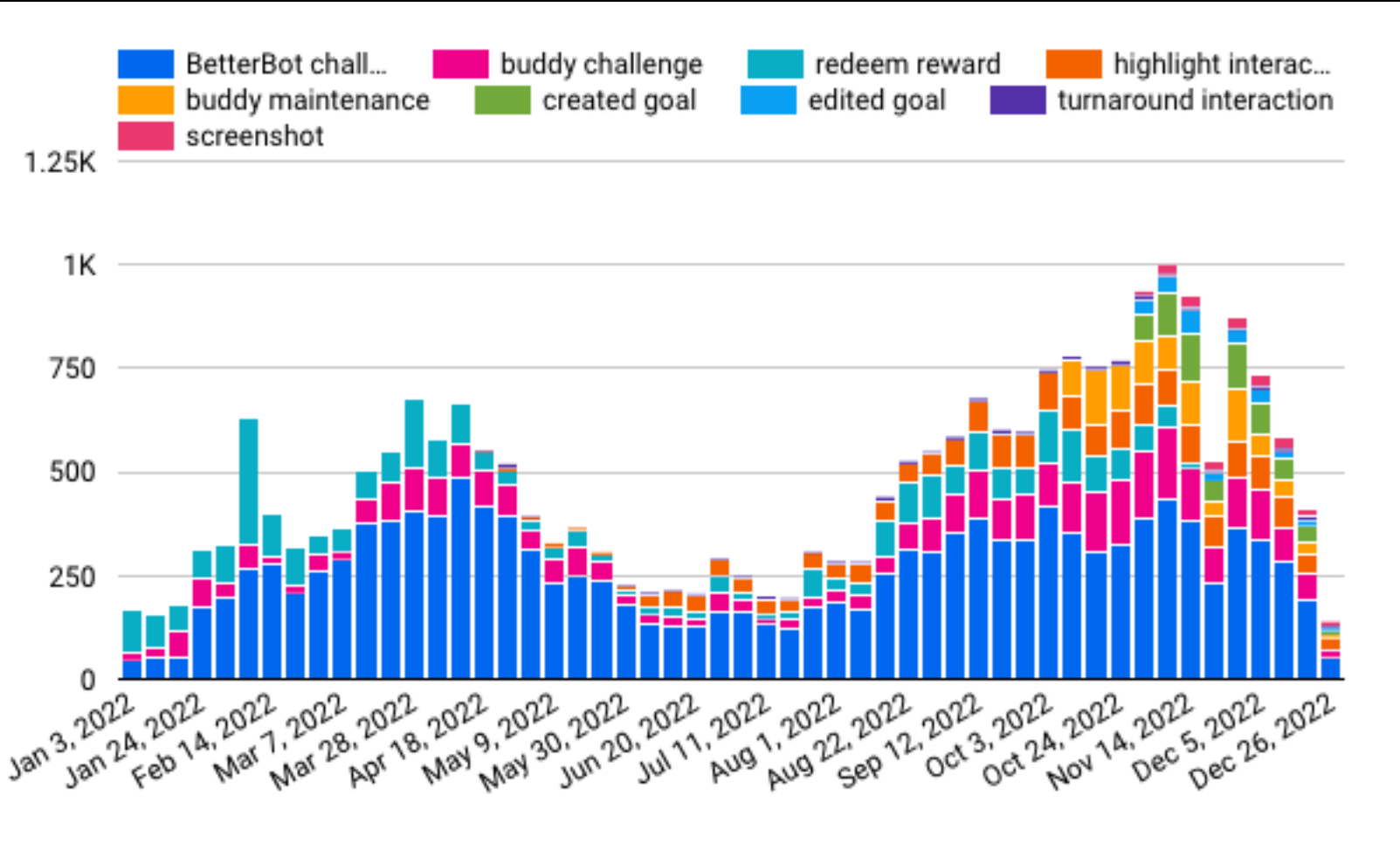
BetterYou members are averaging 7.0 hours of undisturbed sleep per night  
ECU Members are averaging **7.1 hours** of undisturbed sleep per night!



# ENGAGEMENT INSIGHTS

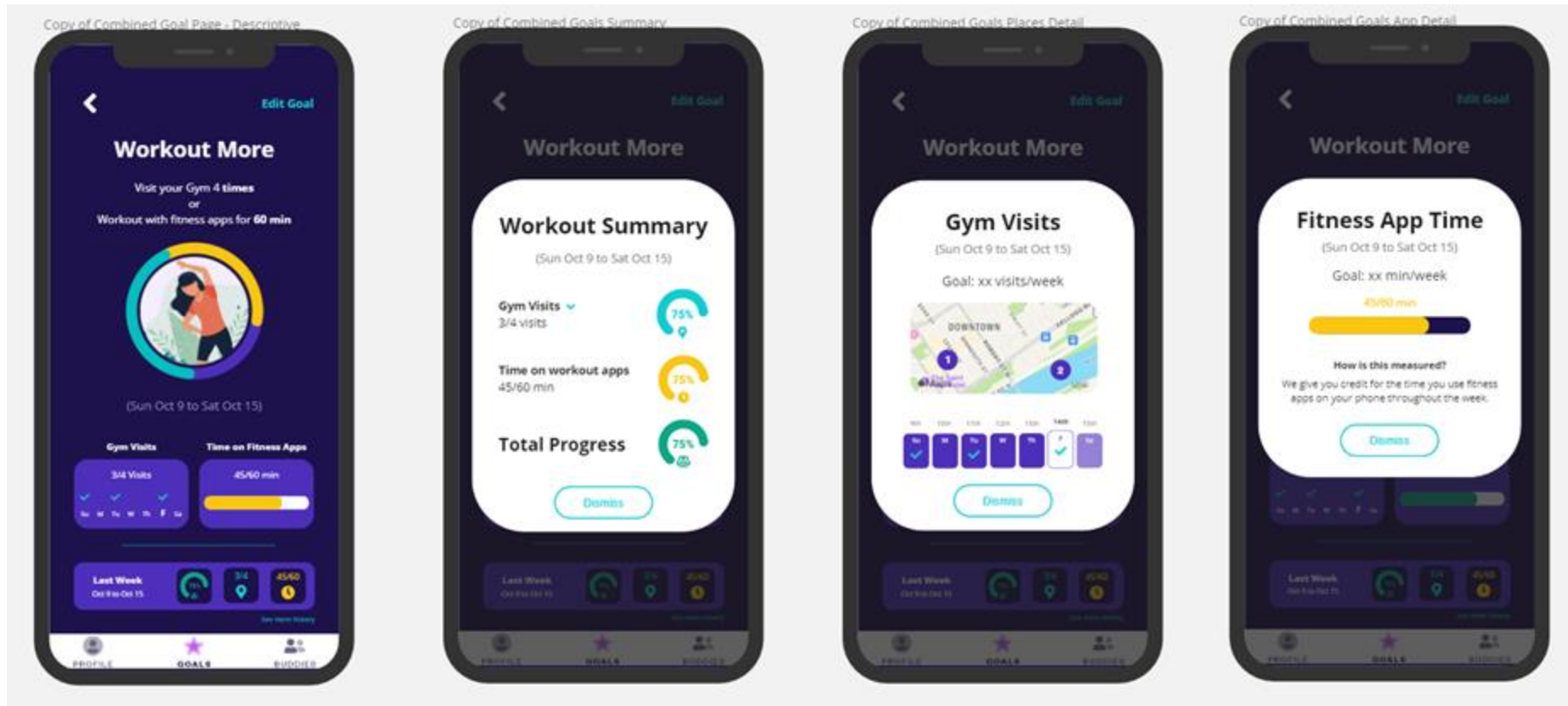
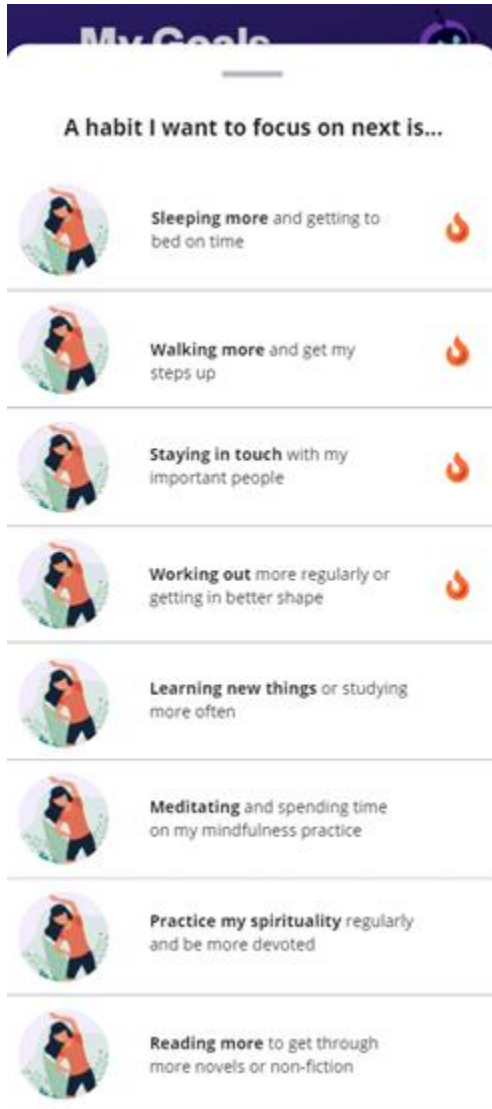
ECU members are engaging with the app by:

- Participating in challenges with a buddy & betterbot
- Redeeming rewards
- Weekly Highlights



# What will we see in 2023?

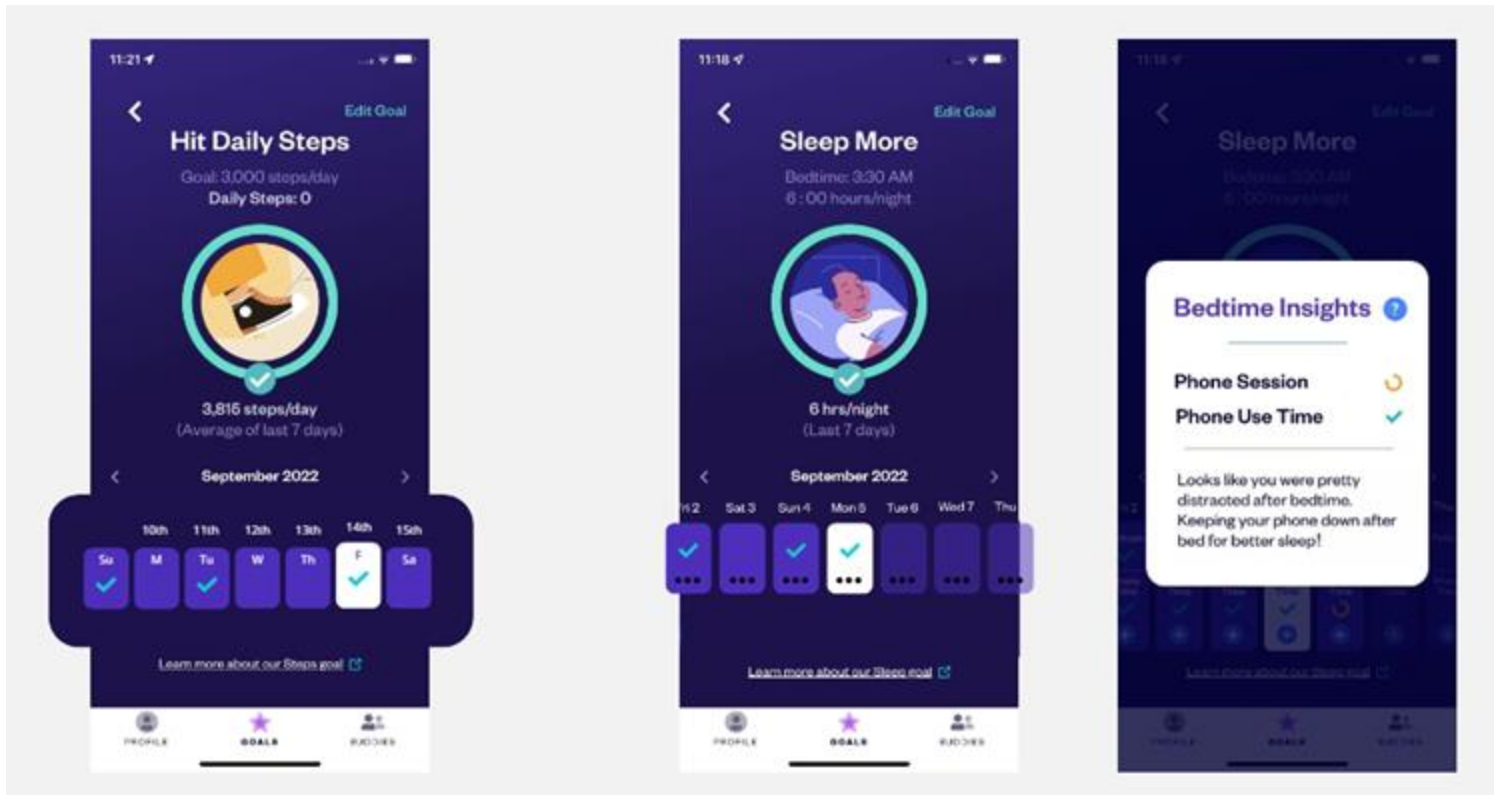
## Goal Changes



- App-usage and Location goals are combined
- We will be showing more context in a consolidated goal screen
- Scores will reset weekly
- We will show a quick at-a-glance card for last week's progress

# What will we see in 2023?

## Goal Changes

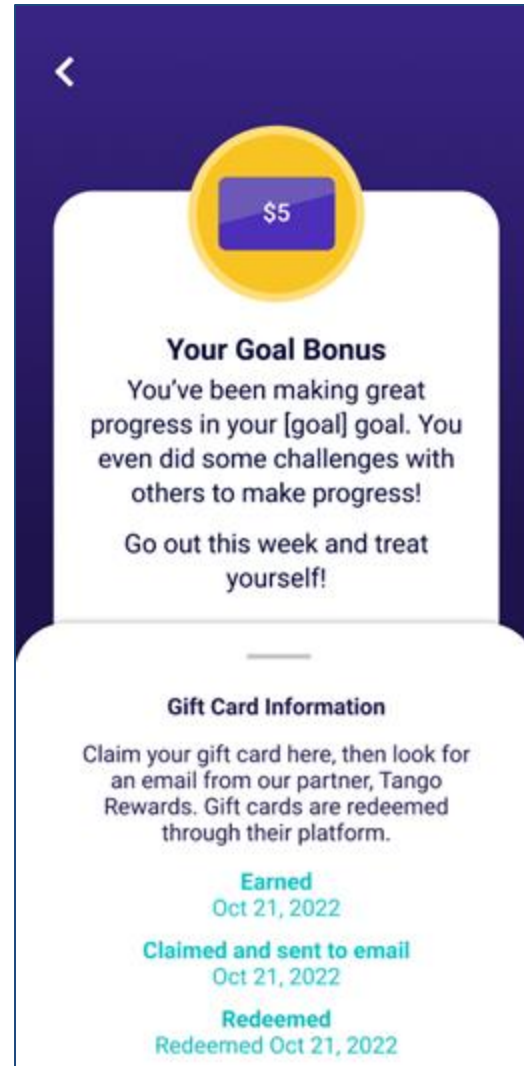
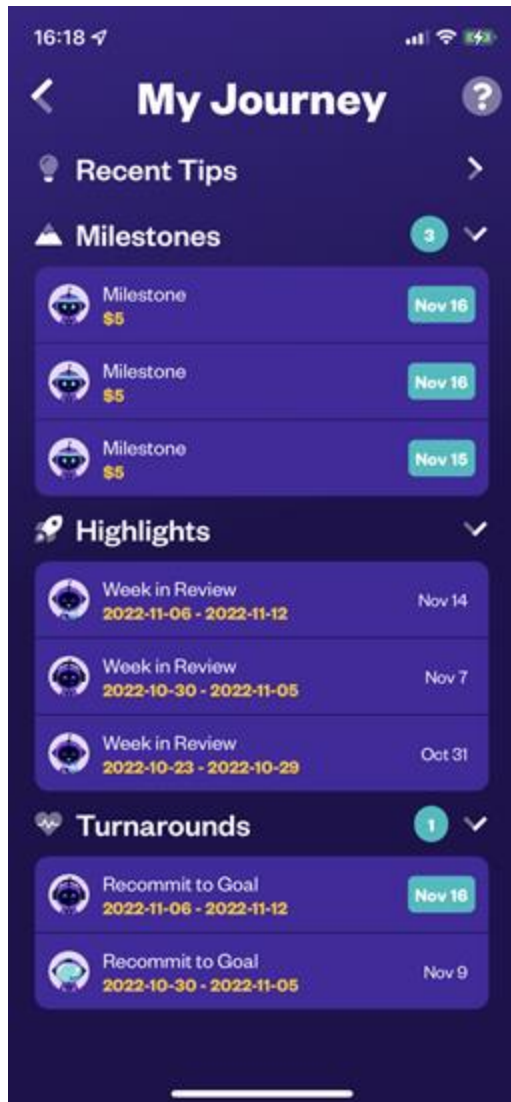


Sleep will be scored based on whether you stopped using your phone around bedtime AND whether you didn't pick it back up much throughout the night.



# What will we see in 2023?

## Rewards & Journey Center

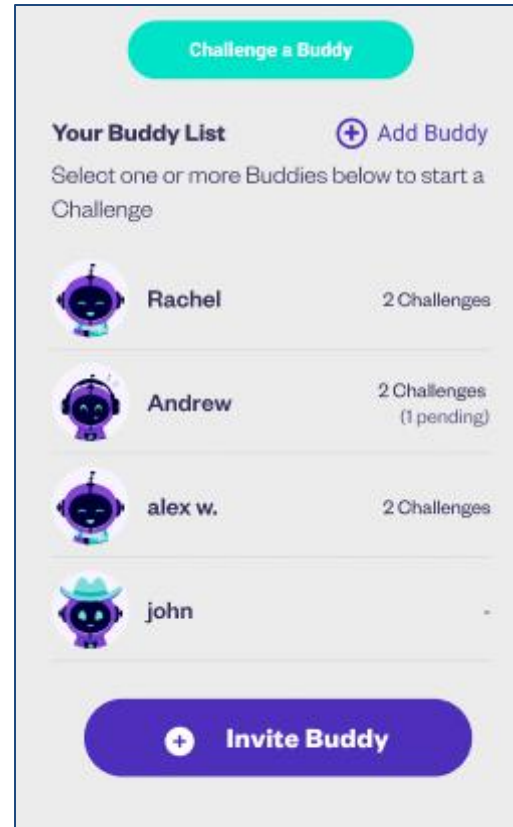
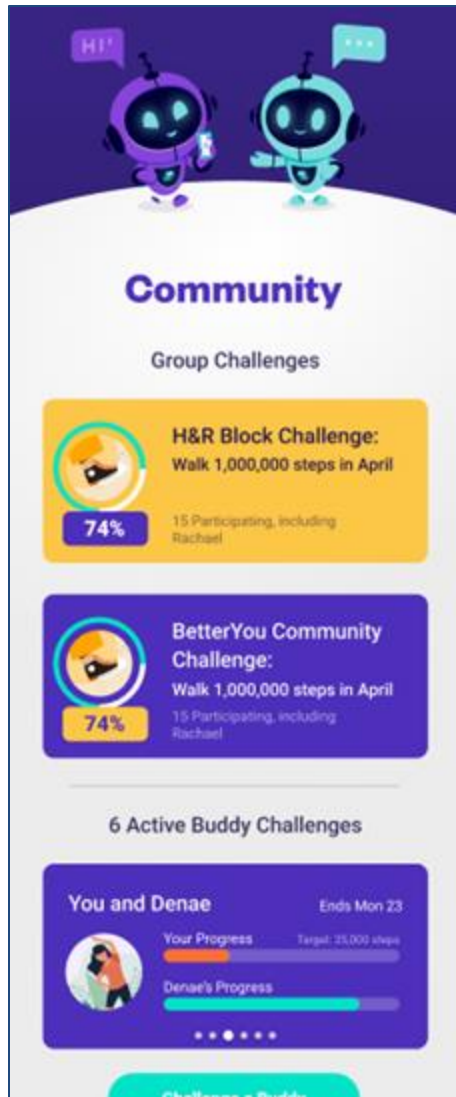


Rewards will be continuous and tied to goal completion and doing things that help work towards your goals, like:

- Challenges
- Viewing highlights/turnarounds
- Adding buddies
- Logging progress

# What will we see in 2023?

## Community Page & Challenges

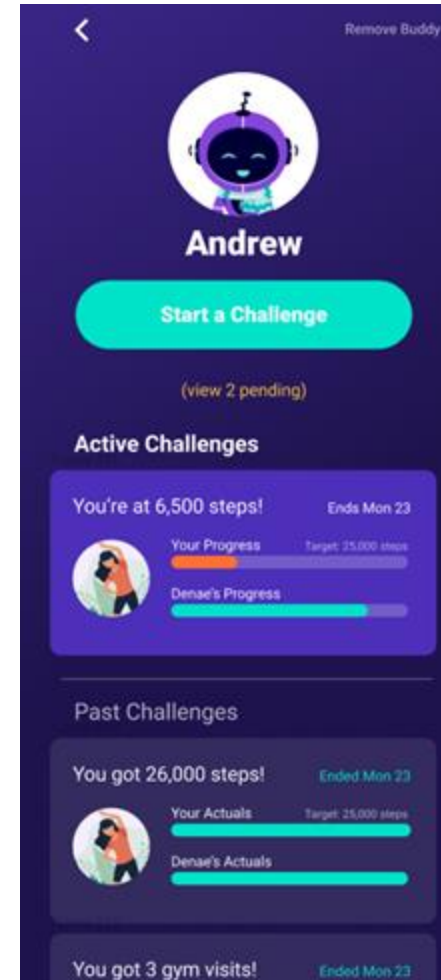
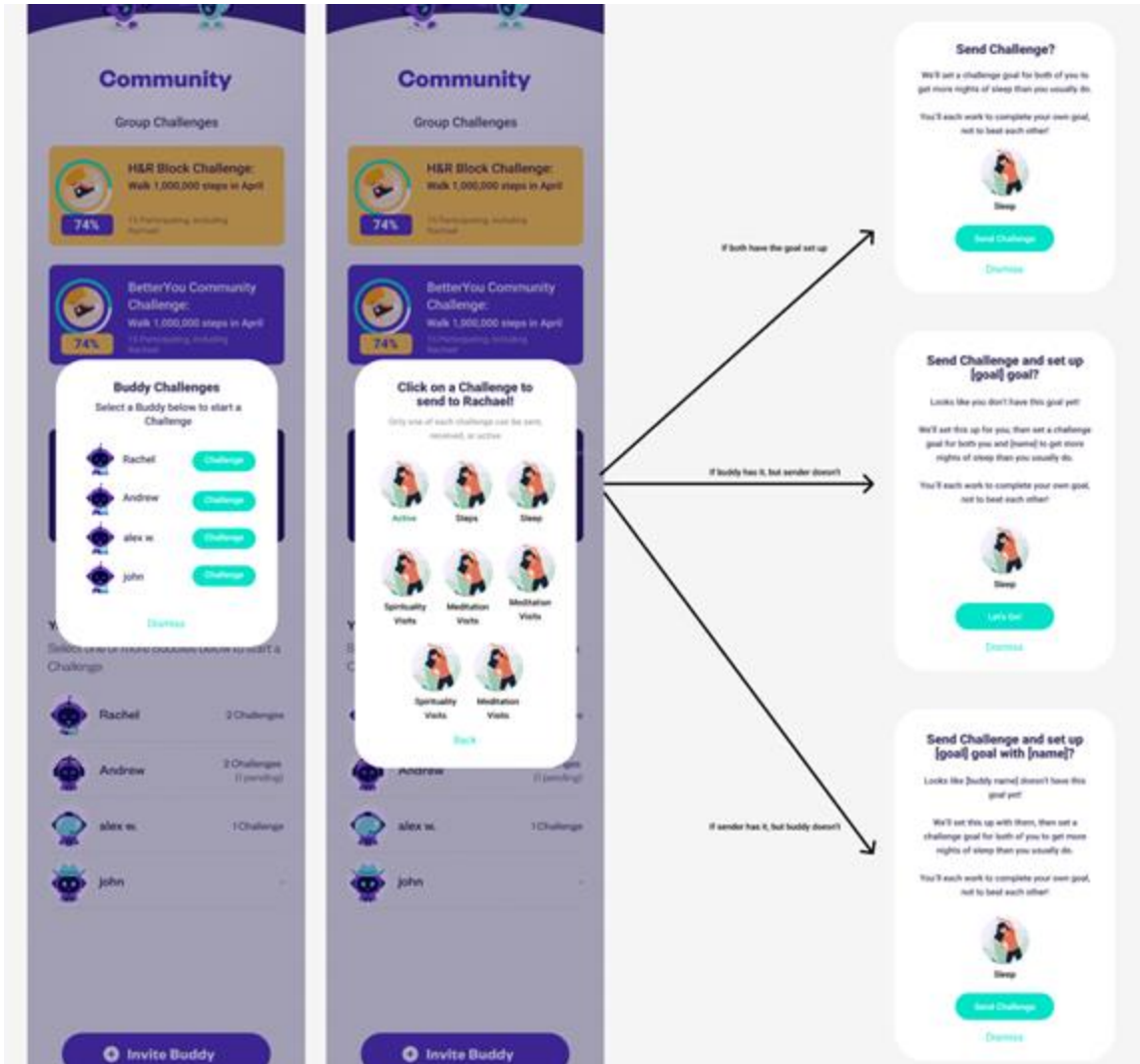


Buddies page will now be the Community Page in an effort to work towards more social functionality

We will be encouraging more buddy challenges, and adding UI for Org and Community Challenges

# What will we see in 2023?

## Buddy Challenges



Buddies will have the option to send challenges even if their buddy doesn't have that goal and vice versa


If a buddy rejects a challenge, the challenger will have the option to challenge BetterBot instead!

Every other BetterBot challenge will be a prompt to challenge a buddy, to encourage and highlight buddy challenges

# What will we see in 2023?

## Community and Org Challenges

### Community




Whenever a **group challenge**, is started by H&R Block or by BetterYou you'll find those here!

[Challenge a Buddy](#)

iPhone SE - 8

H&R Block set a group challenge!

### Walk 1,000,000 steps in April



74% of goal  
Challenge ends Apr 30

15 participating

Name	% change
1. Rachel	+57%
2. Andrew	+23%
3. alex w.	+20%
4. john	+18%
5. Faith	+18%

Community and group challenges will be highlighted in the Community Page to encourage participation and start creating a social/community feel

### Community

#### Group Challenges



**H&R Block Challenge:**  
Walk 1,000,000 steps in April


74% 15 Participating, including Rachael



**BetterYou Community Challenge:**  
Walk 1,000,000 steps in April

74% 15 Participating, including Rachael

You're at 6,500 steps! Ends Mon 23



Your Progress Target: 25,000 steps

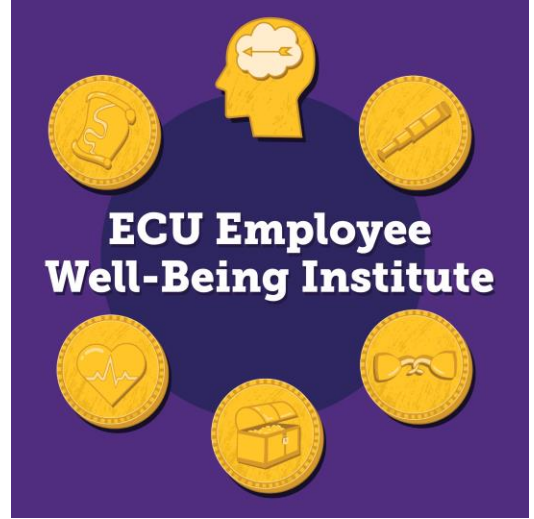


MARCH 8-10,  
2023





COLLEGIATE RECOVERY COMMUNITY



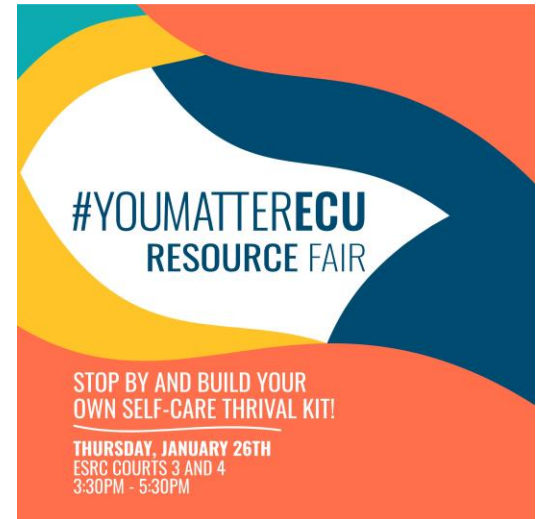
ECU Employee  
Well-Being Institute

**PIRATES WEAR RED FOR  
HEART HEALTH**



New Year Better You! Join us in a  
discussion about how to set creative  
and healthy goals in the new year.

January 24th, 2023  
6:30 p.m. - 8 p.m.  
ESRC Classroom 202



**#YOU MATTER ECU  
RESOURCE FAIR**

**STOP BY AND BUILD YOUR  
OWN SELF-CARE THRIVAL KIT!**

**THURSDAY, JANUARY 26TH**  
ESRC COURTS 3 AND 4  
3:30PM - 5:30PM



Questions?

# Willie Ehling

Campus Recreation &  
Wellness Sr. Director





**NEW YEARS RESOLUTION #1**



**BE EVEN MORE AWESOME  
THAN LAST YEAR**

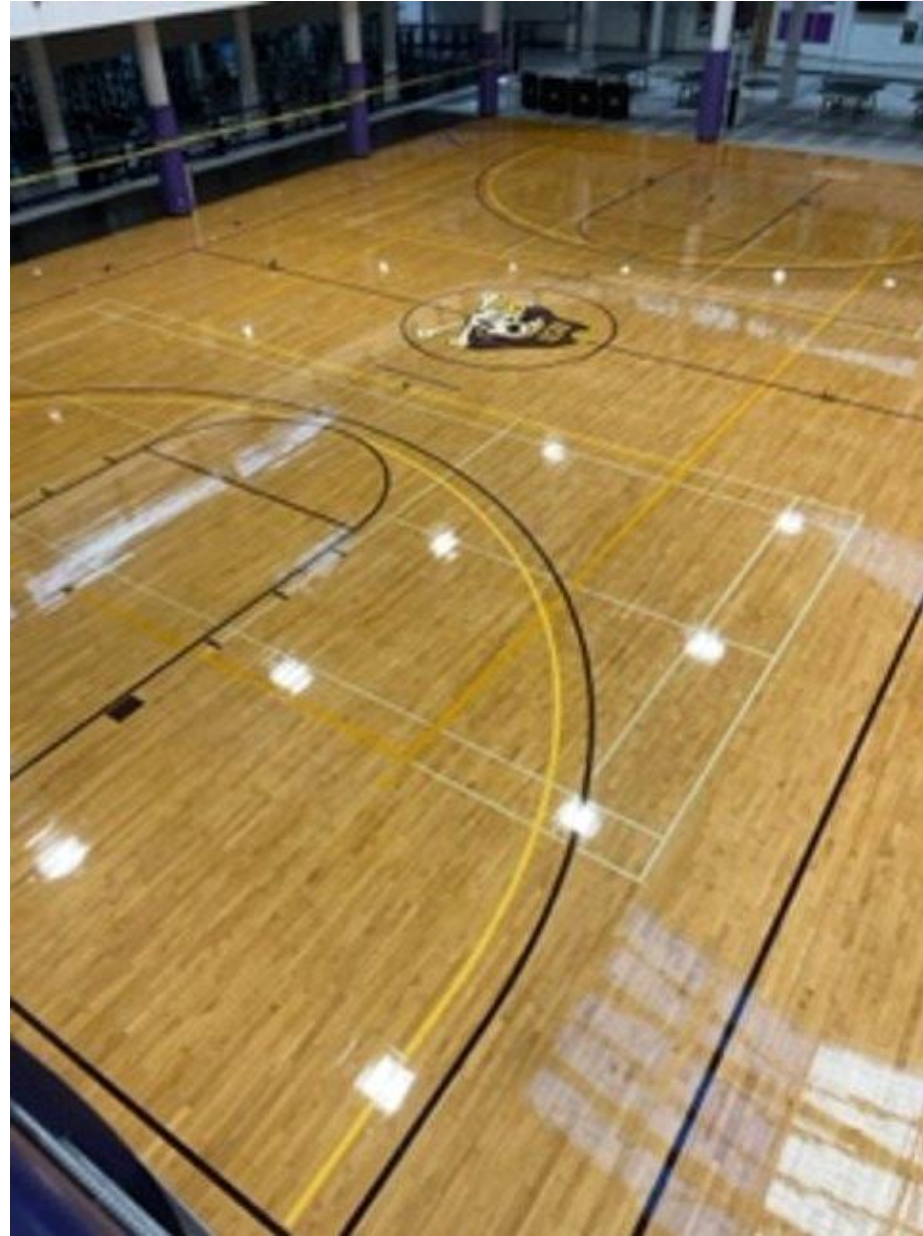
# Holiday Break





What's  
out  
there?

# Use of Time Away







# SWOT Analysis Time!

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**Next Meeting Reminder:**

Friday, February 17, 2023

9:00-10:30 AM - ESRC Classroom