

**CRW  
ADVISORY  
COUNCIL  
JANUARY  
14<sup>TH</sup>  
2022**



# WELCOME BACK- NEW FOLKS AND

- Career services
- Carol Woodruff- their services
- Joint efforts and what can be next?



**DANA LOPEZ,  
ASSOCIATE  
DIRECTOR OF  
FACILITIES &  
OPERATIONS**



DESCRIPTION	DAY OF WEEK	ESRC	HSC	INDOOR POOL
Normal Hours	Monday	5:30 AM - 11:30 PM	5:00 AM - 9:00 PM	5:30 AM – 9:00 PM
Normal Hours	Tuesday	5:30 AM - 11:30 PM	5:00 AM - 9:00 PM	5:30 AM – 9:00 PM
Normal Hours	Wednesday	5:30 AM - 11:30 PM	5:00 AM - 9:00 PM	5:30 AM – 9:00 PM
Normal Hours	Thursday	5:30 AM - 11:30 PM	5:00 AM - 9:00 PM	5:30 AM – 9:00 PM
Normal Hours	Friday	5:30 AM - 10:00 PM	5:00 AM - 8:00 PM	5:30 AM – 9:00 PM
Normal Hours	Saturday	8:00 AM - 10:00 PM	12:00 PM - 8:00 PM	8:00 AM – 9:00 PM
Normal Hours	Sunday	10:00 AM - 11:30 PM	12:00 PM - 8:00 PM	10:00 AM – 9:00 PM
MARTIN LUTHER KING, JR. DAY	Monday, 1/17	10:00 AM - 11:30 PM	10:00 AM – 9:00 PM	10:00 AM – 9:00 PM

# FACILITY HOURS – UNTIL SPRING BREAK

# PROJECT UPDATES



ESRC HVAC / FLOOR  
REPLACEMENT



ESRC BASKETBALL COURT  
LIGHTING PROJECT



ESRC INDOOR POOL  
DESIGN



# LIFEGUARD INSTRUCTOR COURSE

- Ashley Gorman
- Sydney Tadlock
- Maddie Walsh
- Justin Waters
  
- Instructed by: Adrianna Del Amo

# NIRSA 2022 CREATIVE EXCELLENCE AWARD

- COVID Social Media Campaign Category
- 1st Place – Spire Award for 2021 Polar Bear Plunge Social Media Campaign





**QUESTIONS/COMMENTS?**



**DR. GREG CORACK,  
ASSOCIATE  
DIRECTOR OF  
LEADERSHIP &  
PROGRAMS**



## Responsibilities:

- Club Sports - Now
- Van Reservations - Now
- Driver Checks - Soon
- Assist with Intramural Sports - Now



# Welcome Laura!

Coordinator of Sport Programs – Club Sports

# Sport Programs

- Intramural Basketball Registration Open
  - Play Starts 1/24
- Basketball Officials Training
- Table Tennis Registration
- Men's Basketball at Home 1/15-1/16
- Weightlifting Meet 1/29



# Adventure Leadership

- WFR Training Completed
- Wall Hours 3pm-9pm M-F
- Trips and Clinic Schedules
- Spring Break with Us!



# Athletic Training

- Covid Testing/Vaccines
- Mask Exemption for Home Competition
- Hiring a GA





**QUESTIONS/COMMENTS?**

**STEVEN TROTTER,  
ASSOCIATE  
DIRECTOR OF  
WELLNESS &  
FITNESS**



# BETTER YOU

Goals Set	ECU	OTHER EDUs
Social Well-Being	45%	34%
Steps	51%	58%
Sleep	89%	78%



# BETTERYOU - DECEMBER

Goals Met	ECU	OTHER EDUs
Social Well-Being	51 min/day	45 min/day
Sleep	7.6 hrs/night	6.7 hrs/night
Steps	3,240/day	3,650/day

# SINCE BETTERYOU'S LAUNCH, ECU STUDENTS

+31 minutes of sleep per night

+8 minutes of talk time per day

+21% more steps per day

# THINGS TO KNOW

- 22 BRAND NEW PT clients as of Wednesday
- Steven completed the Mental Health First Aid Instructor Training
- Broad conversation about Bystander Intervention and prevention programming
- Bi-weekly meetings about Recovery Programming
- Employee Well-Being Institute launches January 28
- ECU will be purchasing some small equipment and accessories from Vidant Wellness
- Finalizing updates to our equipment replacement plan



**QUESTIONS/COMMENTS?**

# WILLIE EHLLING, DIRECTOR OF CAMPUS RECREATION & WELLNESS



# CRW STAFF SEARCHES/ INTERVIEW OPPORTUNITIES

- Senior Assistant Director Sport Programs
- Assistant Director of Adventure/Team Training
- Assistant Director of Sport Programs
- Senior assistant Director Well-Being

**Nature Is Always Giving Us Examples  
on Why We Should Never Give Up.**



PreventDisease.com

# SUCCESS OR?



# SUCCESS - CELEBRATION

- NIRSA Creative Award- first place for Polar Bear marketing
- WFR certifications 9
- Mental First Aid Health Instructor Trained- Steven, JP and Renita
- Kennedy published in five papers
- LGI class- two more CRW staff certified
- NIRSA Flag football national tournament- Official Evan DeVitto
- Expanded facility hours until spring break....



# CRW TODAY NOT YESTERDAY





**QUESTIONS/COMMENTS?**