

CRW Advisory Council

April 25, 2023





Hamza Ziglar

COORDINATOR OF
MEMBER SERVICES

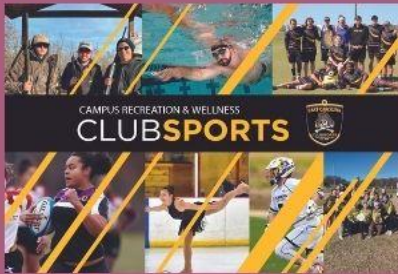
Facilities & Communications



Communications & Promotions in the past month...



- 2 Instagram Feed Posts
- 12 Instagram Reels/TikToks
 - Pirates Aboard video: 10.2k views and 391 likes!
- Graphic Design
 - 10 new marketing requests
 - 25 projects have been worked on
 - 10 projects have been completed
 - 50+ deliverables have been created
 - 2 big events: Collegiate Recovery Community Week & #YouMatterECU Resource Fair



ESRC HVAC/Flooring Project

Bids were opened last week. We had four bids and each were under budget. A contract is currently being executed and will be finalized in the upcoming weeks. More information will be shared as it comes available.



Exam Hours

Eakin Student Recreation Center (ESRC)

April 26 - 27	Wed - Thu	5:30 am - 8:00 pm
April 28	Fri	5:30 am - 6:00 pm
April 29	Sat	11:00 am - 6:00 pm
April 30	Sun	1:00 pm - 6:00 pm
May 1 - 4	Mon - Thu	5:30 am - 8:00 pm
May 5	Fri	5:30 am - 6:00 pm
May 6	Sat	11:00 am - 6:00 pm
May 7	Sun	1:00 pm - 6:00 pm
May 8 - 11	Mon - Thu	8:00 am - 8:00 pm
May 12	Fri	8:00 am - 6:00 pm
May 13	Sat	11:00 am - 6:00 pm
May 14	Sun	1:00 pm - 6:00 pm

Adventure Center/Climbing Wall

April 26	Wed	CLOSED
April 27 - 28	Thu - Fri	3:00 pm - 8:00 pm
April 29 - May 14		CLOSED

Well-Being Hub at MCSC

April 26	Wed	11:00 am - 2:00 pm
		4:00 pm - 6:30 pm
April 27 - May 14		CLOSED

ESRC Indoor Pool

April 26 - 27	Wed - Thu	5:30 am - 9:00 am
		11:00 am - 2:00 pm
		4:00 pm - 7:00 pm
April 28	Fri	5:30 am - 9:00 am
		11:00 am - 2:00 pm
April 29	Sat	11:00 am - 5:00 pm
April 30	Sun	1:00 pm - 5:00 pm
May 1 - 4	Mon - Thu	5:30 am - 9:00 am
		11:00 am - 2:00 pm
		4:00 pm - 7:00 pm
May 5	Fri	5:30 am - 9:00 am
		11:00 am - 2:00 pm
May 6	Sat	11:00 am - 5:00 pm
May 7	Sun	1:00 pm - 5:00 pm
May 8 - 11	Mon - Thu	11:00 am - 2:00 pm
		4:00 pm - 7:00 pm
May 12	Fri	11:00 am - 2:00 pm
May 13	Sat	11:00 am - 5:00 pm
May 14	Sun	1:00 pm - 5:00 pm

Blount Recreation Complex

April 26 - May 14	8:30 am - DUSK
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North Recreational Complex (NRC)

April 26 - May 14	8:30 am - DUSK
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Health Sciences Campus Recreation Center (HSC)

April 26 - 27	Wed - Thu	5:00 am - 8:00 pm
April 28	Fri	5:00 am - 7:00 pm
April 29	Sat	12:00 pm - 4:00 pm
April 30	Sun	4:00 pm - 8:00 pm
May 1 - 4	Mon - Thu	5:00 am - 8:00 pm
May 5	Fri	5:00 am - 7:00 pm
May 6	Sat	12:00 pm - 4:00 pm
May 7	Sun	4:00 pm - 8:00 pm
May 8 - 12	Mon - Fri	5:00 am - 9:00 am
		11:00 am - 1:00 pm
		4:00 pm - 7:00 pm
May 13	Sat	12:00 pm - 4:00 pm
May 14	Sun	4:00 pm - 8:00 pm

Well-Being Hub at HSC

April 26	Wed	11:30 am - 1:30 pm
April 27 - May 14		CLOSED

North Recreational Complex Boathouse

April 26 - 27	Wed - Thu	CLOSED
April 28 - 30	Fri - Sun	4:00 pm - DUSK
May 1 - 4	Mon - Thu	CLOSED
May 5 - 7	Fri - Sun	4:00 pm - DUSK
May 8 - 11	Mon - Thu	CLOSED
May 12 - 14	Fri - Sat	4:00 pm - DUSK

Summer Hours

ESRC

Monday -Thursday: 5:30am - 8:00pm
Friday: 5:30am - 6:00pm
Saturday: 9:00am - 6:00pm
Sunday: 1:00pm - 8:00pm

Adventure/Climbing Wall

Monday -Thursday: 4:00pm - 8:00pm
Friday: 2:00pm - 6:00pm
Sat/Sun: CLOSED

HSC

Monday - Friday: 5:00am - 9:00am
11:00am - 1:00pm
4:00pm - 7:00pm
Saturday: 12:00pm - 4:00pm
Sunday: 4:00pm - 8:00pm

Blount/NRC

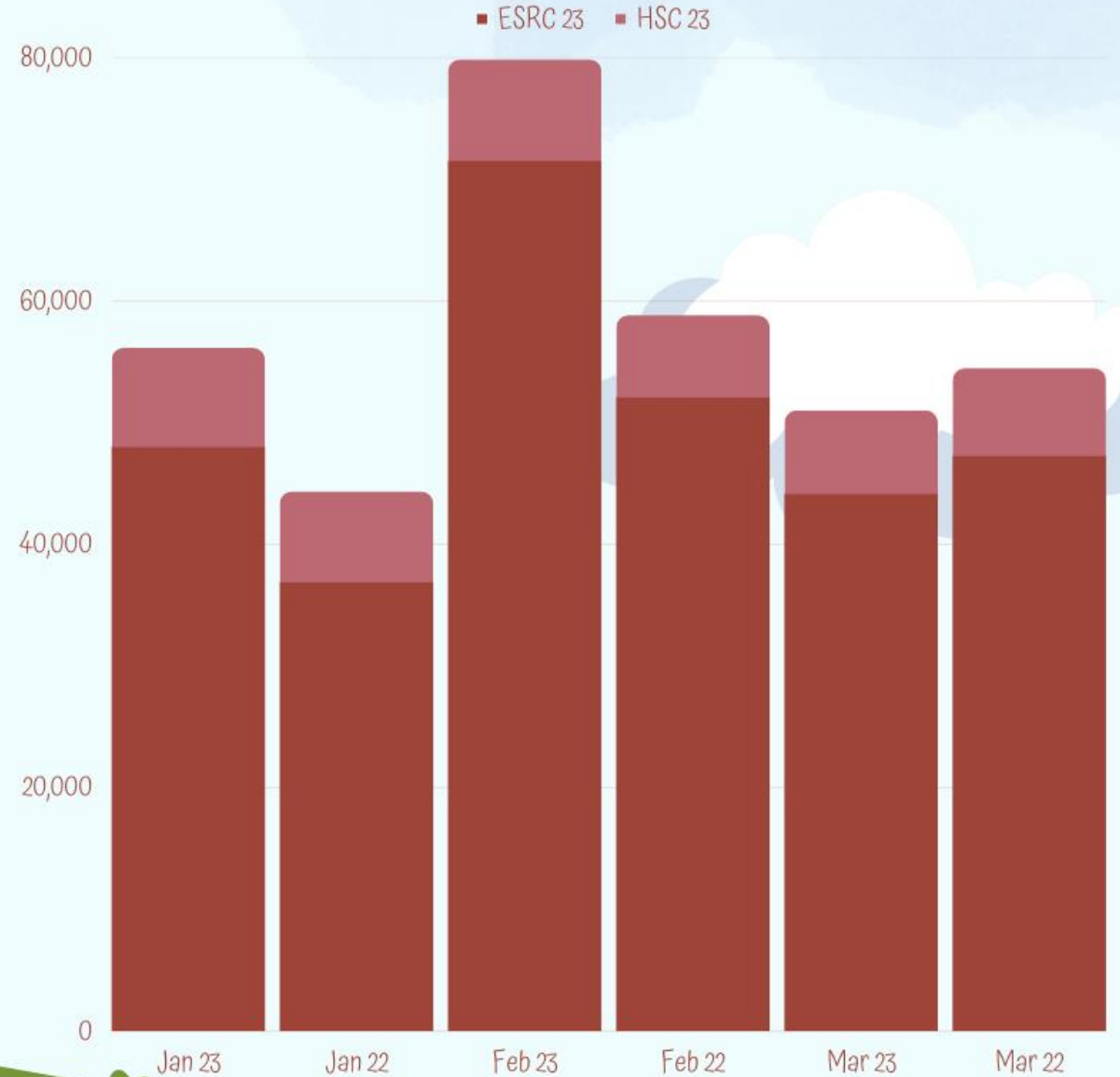
Sunday -Saturday: 8:30am - DUSK

Boat House

Friday - Sunday 8:30am - DUSK

Facility Access

Attendance is rising in our facilities. This chart shows the third quarter attendance for 2023 and 2022 at both ESRC and HSC.



Safety Courses

01

First Aid/CPR/AED

May 13th

May 30th

June 13th

June 29th

July 14th

July 27th

August 4th

August 12th



02

Lifeguard Classes

Full Class

May 9th-11th

May 26th-28th

June 9th-11th

Review class

August 8th-9th

Questions?





Renita Harley

ASSOCIATE DIRECTOR OF
ADMINISTRATION &
FINANCE

Our Team Is Complete!

We are happy to report, the last business team position has been filled. Demetrice A. Smalls has accepted the Budget & Resource Coordinator position. The search yielded a pool of 31 applicants, of which four were interviewed. Demetrice has over fourteen years of ECU experience as an administrative professional.

We look forward to welcoming DeDe as early as next week.



Student Hiring Summer Prep

01

Graduating Student Employees

02

Students returning to work in the fall

03

Summer Postings

04

Auto Term - Banner/Kronos

05

Onboarding / Off Boarding



Questions?





Steven Trotter

DIRECTOR OF WELL-BEING



BetterYou

1,397

Active
Users



1,096

New
Well-Being
Goals



542

Badges

BetterYou

5,700

Steps per
day



7

hours of
sleep per
night



43

min. of
talk time
per day

Since launching BetterYou

+23

sleep mins.
per night



+11

min. of
talk time
per day



+29.5
%

steps per
day



UNCSSO

Discontinuing funding for
Mental Health First Aid
effective July

\$350k Grant for Student
Resilience (opportunity)

Employee Well-Being Institute

Net Promoter Score: +100

"Talking about this class and implementing the strategies I learned into my life. Staying positive and forgiving my failures."

"I made a doctor's appointment to have labs done on why my weight won't move. Following through on the referrals made by my doctor."



Yam Jam

Staff Appreciation

Mon. April 17th	Tues. April 18th	Wed. April 19th	Thurs. April 20th	Fri. April 21st
<p>Mindful Coffee Break 10:00 - 10:30 a.m. HSC 236</p>  <p>Yoga 12:05 - 12:50 p.m. ESRC 239</p>	<p>Introduction to Pickleball* 11:00 a.m. - 1:00 p.m. ESRC Court 1/2</p> 	<p>Open Climbing Wall 11:00 a.m. - 1:00 p.m. ESRC Climbing Wall</p> 	<p>Herbalicious: Introduction to Culinary Herbs* 12:00 - 1:00 p.m. HSC Grand Room</p> 	<p>Mindful Coffee Break 10:00 - 10:30 a.m. ESRC 202</p>  <p>Yoga 12:05 - 12:50 p.m. HSC 236</p>



Collegiate Recovery Week



Coffee & a Walk @ HSC



Cash Cab



Coffee & a Walk @ Main Campus





FINALS

STUDY BREAKS

Study breaks offer a relaxing, enjoyable, stress-free release for students studying at the library during finals. Take a break for coffee, chocolate, coloring books, exam kits, and more!

WHEN:

- 4/25 | 11:30am-1:30pm
- 4/25 | 11:00am-2:00pm
- 4/26 | 11:00am-2:00pm
- 4/27 | 11:00am-2:00pm
- 4/27 | 3:30pm-5:00pm
- 4/27 | 4:00pm-6:00pm
- 4/28 | 7:00pm-9:00pm
- 5/1 | 3:30pm-5:00pm

WHERE:

- HSC Well-Being Hub
- Ledonia Wright Cultural Center
- LGBTQ+ Center
- Joyner Library
- Student Success Center
MCSC 282A
- Laupus Library
- Well-Being Hub at MCSC
- Student Success Center
MCSC 282A

HEALTH SCIENCE CAMPUS BIRTHDAY PARTY

Location
Health Science
Student Center

Date
April 26th

Time
11:30am - 6pm

FREE FOOD!

T-SHIRTS!

GAMES!



ECU

**CAMPUS RECREATION
AND WELLNESS**

FOLLOW US: **@ECU_CRW**

ADA Accommodation: 252-737-1018
ada-coordinator@ecu.edu

252.328.6387
www.crw.ecu.edu

Instructional



Group Fitness Instructor
Academy



Personal Training Course



FitExpo '24

February 16-18, 2024

 marks the spot.

**hey. must
be the
money**

CRC Grant Renewal

ABC Funding

Gambling Grant

Questions?





Dr. Greg Corack

ASSOCIATE DIRECTOR OF
LEADERSHIP &
PROGRAMS

Adventure

- It's Flooding Season
- Pilot Mountain Trip
- Boathouse Reopened this Weekend
- Zip Thursdays
- Friday Floats
- Team Training: 1,200 Participants and \$21,000+ in Revenue to Date



Athletic Training

3rd Quarter

- 210 Referred Appts.
- 110 Injuries and 240 Treatments

- Kinetic Physical Therapy Partnership
- Lauren and Pat obtained FT jobs!
- AT Coord. Posted



Sport Programs

- 12,789 IM Participations to Date
- Rugby Qualified for Nationals in DC
- Men's Soccer Hosting Regional Tournament this Weekend
- M/W Ultimate at Regionals
- Equestrian Rider Qualified for Nationals
- Baseball #6 in NCBA D1



Questions?





Willie Ehling

CAMPUS RECREATION &
WELLNESS
SENIOR DIRECTOR



FIRST MATE OF THE MONTH



RACHAEL JOHNSON
RSA II

Rachael always does a fantastic job on shift, going above and beyond during her shifts and always has a smile for anyone she comes into contact with. She is also always ready to help out anyone in need and fully prepared to step up to help out if she's needed. Rachael is a very professional and hardworking person who is always willing to help out around the facility. She is always an employee that will assist her peers with picking up shifts. Her work is always done thoroughly and she always exhibits outstanding communication skills.

FIRST MATE OF THE MONTH



GARRETT MORPHY
ADVENTURE LEADERSHIP

Garrett is an excellent employee and has been a great addition to the Adventure Leadership team. Garrett brings years of climbing, boating, and high ropes experience to the table and is always willing to teach you new skills if prompted. Garrett has furthered his participation within ALP as becoming the Climbing Wall Manager.

FIRST MATE OF THE MONTH



ALLISON KLEIN
LIFEGUARD

Allison is one of those employees that always comes into work with a smile on her face and a good attitude about the day. When she is not helping fellow guards with picking up there shift she is teaching kids how to swim throughout the week. When she is asked to do something around the pool she always does it happily.

FIRST MATE OF THE MONTH

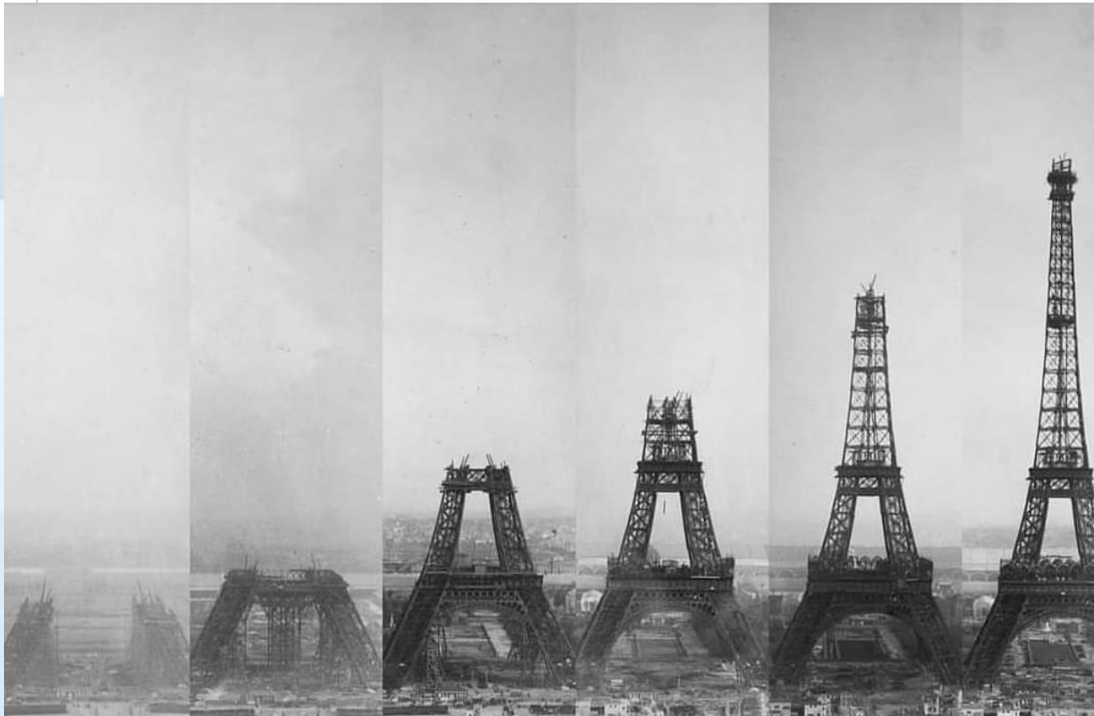


KAYON PLEASANTS
FACILITY MANAGER

Kadyn is always on time and often shows up even earlier. She loves this job so much and is always eager to work. You will often find her connecting with other staff members. She is always very nice to everyone she encounters!



Progress of The Eiffel Tower (28 January 1887-15 March 1889). More photos: <https://bit.ly/3g7y3ak>



PLANT THEM IN THE SPRING



BY SUMMER THEY'RE IN FULL BLOOM!



LIVE WELL

East Carolina University
CAMPUS RECREATION & WELLNESS



PLAY HARD LIVE WELL

East Carolina University
CAMPUS RECREATION & WELLNESS



Thank You!

