



**CRW ADVISORY  
COUNCIL MEETING**



**JANUARY 26, 2024**

# AGENDA



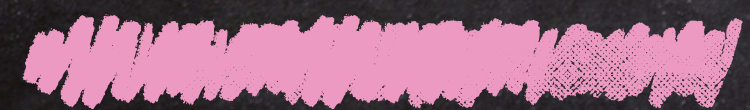
## UPDATES

- Business Administration
- Facilities & Operations
- Leadership & Programs
- Well-Being & Fitness

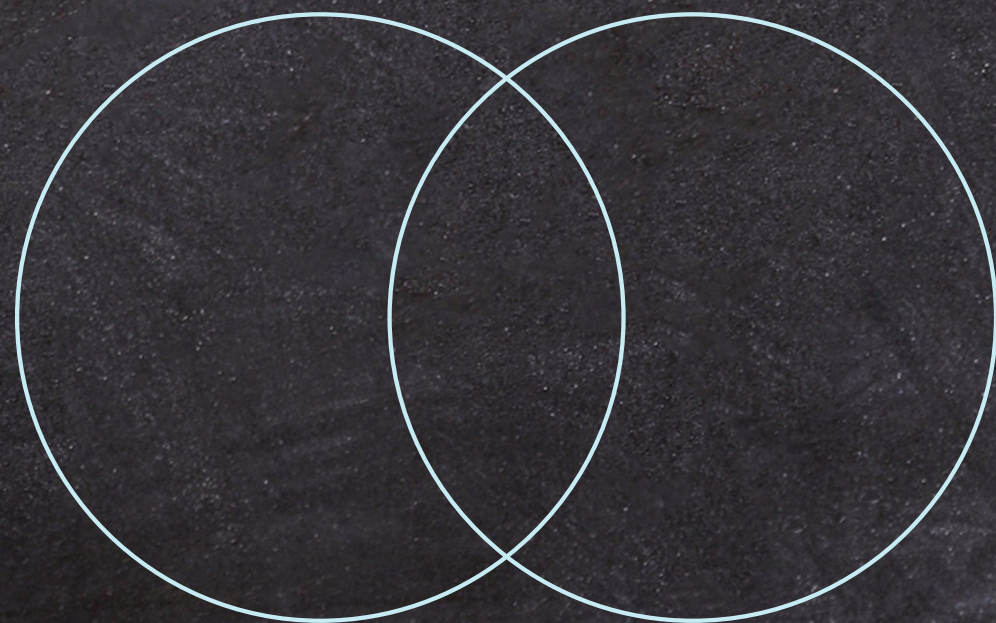
## UPCOMING MEETING DATES



**BUSINESS  
ADMINISTRATION**



# FISCAL YEAR END-OF-YEAR (FY24 EOY) PROJECTIONS



WE HAVE PRESENTED THE FOLLOWING  
REVENUE PROJECTIONS TOTALING  
\$6,134,014 :

- Activity Fee Projections: \$5,625,000
- SGR: \$509,014

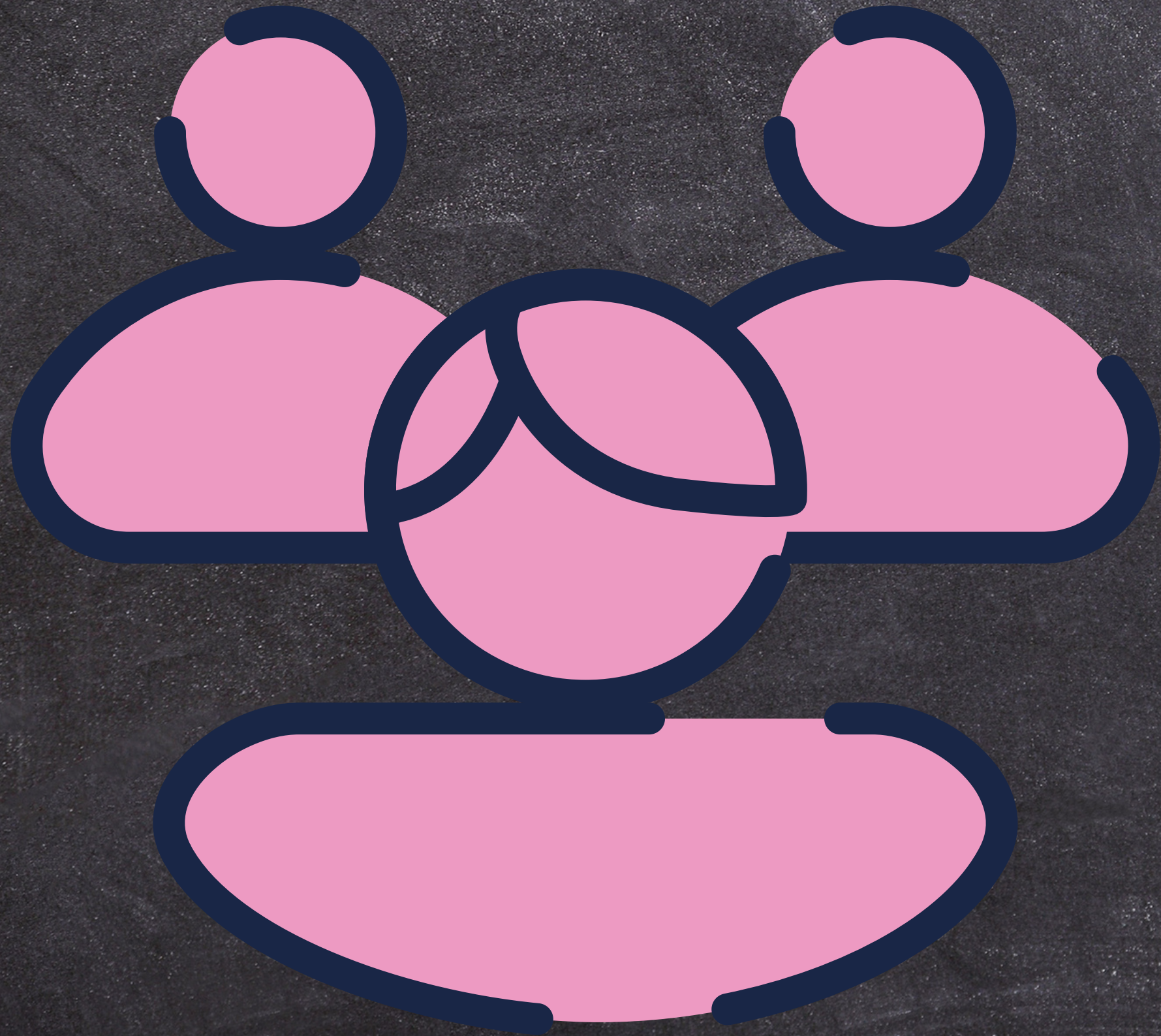
PROJECTED END-OF-YEAR EXPENSES AMOUNT TO \$5,961,923.

## OVERALL SUMMARY:

REVENUE PROJECTIONS: \$6,134,014.00

EXPENSE PROJECTIONS: \$5,961,923.00

CASH PROFIT: **\$172,091.00\*** ESTIMATE



# STUDENT EMPLOYEES

- 331 active student employees
- Smartsheet Requests: 288
- Average Completion: 3.11 days
- The most Common Request type: New Hires and Adding HCODES



# PROGRAM AREA STUDENT PAYROLL AS OF 12/23

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460102	CRW MAIN	\$8,536.25
460103	FACILITIES	\$158,363.50
460104	AQUATICS	\$58,774.75
460105	INTRAMURALS	\$35,056.00
460106	MARKETING	\$38,025.00
460107	ADVENTURE	\$27,382.50
460108	FITNESS	\$81,112.75
460109	CHALLENGE	\$8,889.75
460111	CLUB SPORTS	\$6,648.75
460112	NRC	\$23,362.75
460113	WELLNESS	\$35,420.00



# CRW CURRENT EXPENSE SNAPSHOT

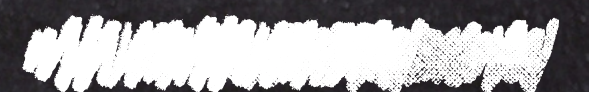
Overall Expense Budget: \$5,946,226

YTD Expenses: 3,937,907

Pro Staff Salaries & Benefits YTD :  
\$1,080,446

Temp & Student Employees YTD:  
\$506,504

YTD total expenses are at 66.23%



# CRW REVENUE SNAPSHOT

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- Projected Revenue : \$6,128,482
- YTD Collected Revenue :  
\$5,471,340
- Activity Fee Collection :  
\$5,089,558
- SGR: \$381,782
- YTD Revenue Collections at  
89.28%





# FACILITIES & OPERATIONS



# POLAR BEAR

- JUMPERS - 755
- UNIQUE ATTENDEES - 1584
- EXTRA T-SHIRTS - SEE LIZZY
- FEEDBACK



# COMMUNICATIONS & PROMOTIONS



# ADULT & PEDIATRIC FIRST AID/CPR/AED CLASS

- WEDNESDAY, JANUARY 31ST 1PM - 3:30PM
- TUESDAY, FEBRUARY 13TH 2PM - 4:30PM
- FRIDAY, MARCH 15TH 2PM - 4:30PM
- WEDNESDAY, MARCH 27TH 1PM - 3:30PM
- FRIDAY, APRIL 12TH 2PM - 4:30PM
- WEDNESDAY, APRIL 24TH 1PM - 3:30PM



Certification  
Courses



**FIRST AID**  
**CPR**  
**AED**

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/work place requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session.

The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed internet connection.  
Allow approximately 2 hours 30 minutes to complete the online portion.  
Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.



 **ECU** CAMPUS RECREATION  
AND WELLNESS

FOLLOW US: @ECU\_CRW  
ADA Accommodation: 252.737.0518 252.328.4387  
ada.coordinator@ecu.edu crw@ecu.edu

# LIFEGUARD CLASSES

- LIFEGUARD BLENDED LEARNING
  - FEBRUARY 16TH - 18TH
  - APRIL 5TH - 7TH
  - APRIL 12TH - 14TH
- LIFEGUARD REVIEW COURSE
  - MARCH 2ND-3RD
  - MARCH 16TH-17TH



## LIFEGUARDS!



### LIFEGUARD CERTIFICATION

This course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program is broken up into two portions, an online learning, and an in-person to practice the skills observed on the online learning.



**Prerequisites:** Be at least 15 years old on or before the last day of the course and pass the skills assessment.

### LIFEGUARD REVIEW

Update your skills and to renew your current Red Cross Lifeguarding certification valid for another 2 years. Current certification (or expired by 30 days) in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course.



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ADA Accommodation: 252-737-1018  
ada.coordinator@ecu.edu 252-328-6387  
crw.ecu.edu

# BATTLESHIP

• WEDNESDAY JANUARY 24TH 6PM-7:30PM

# BATTLESHIP

January 24<sup>th</sup>  
6:00PM-7:30PM  
ESRC Indoor Pool

REGISTER THROUGH  
IM LEAGUES!



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AND WELLNESS

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# KEY LOG CLINICS & COMPETITION

## CLINICS

- WEDNESDAY JANUARY 31ST 5PM-7PM
- WEDNESDAY FEBRUARY 28TH 5PM-7PM
- WEDNESDAY MARCH 27TH 5PM-7PM

## COMPETITION

- MARCH 13TH 5PM-7PM



The poster features the 'KEY LOG' logo in purple and blue at the top, with 'COMPETITION AND CLINICS' underneath. Below the logo is an illustration of a man and a woman in swimwear standing on a red and yellow key log. The bottom section is a blue box with two columns of text: 'Clinics' and 'Competition'.

**KEY LOG**  
COMPETITION AND CLINICS

**Clinics**  
Interested in learning how to use a key log? Register for one of our clinics below!  
Once you've mastered the key log, sign up to compete and show off your skills!  
Wednesday, Jan. 31st  
Wednesday, Feb. 28th  
Wednesday, March 27th

**Competition**  
Sign up on the ECU Rec App!  
March 13th, 2024  
5:00 - 7:00 p.m.  
ESRC

# SWIM THE COAST

- CURRENT LEADER IS JUST OVER 150 MILES
- THEY ARE SWIMMING THROUGH CORE BANKS BEACH

## SWIM **THE** COAST OF NORTH CAROLINA





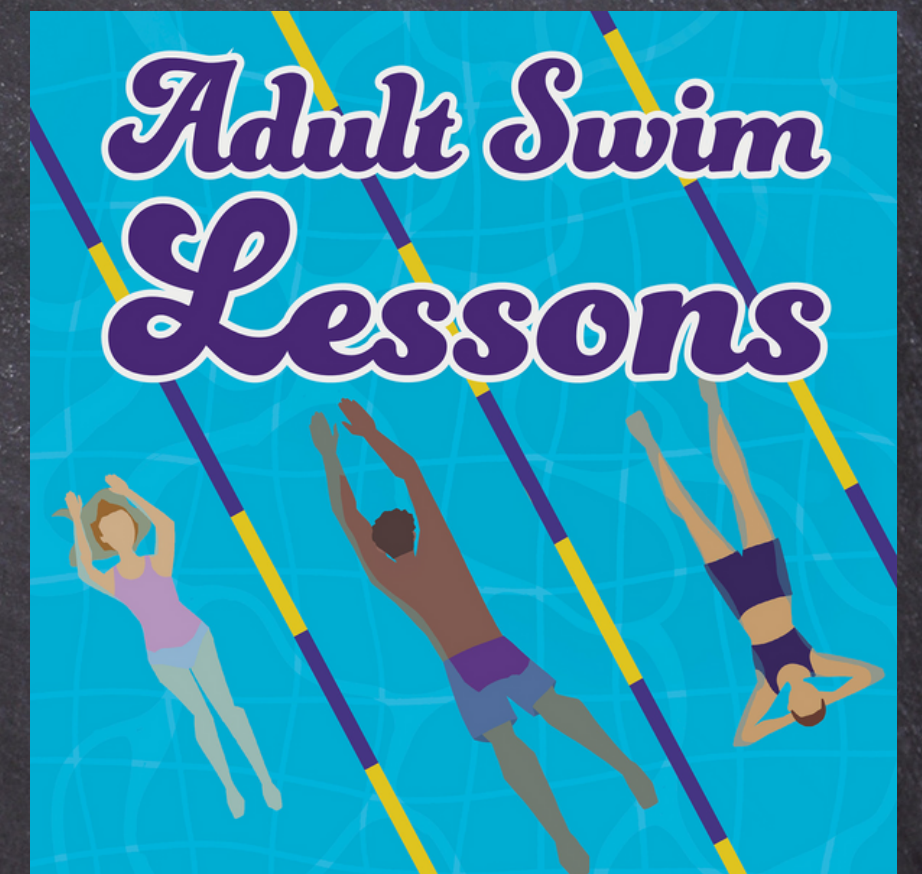
# ADULT GROUP SWIM LESSONS

## PREVIEW DAY

- FEBRUARY 1ST AND 8TH 6PM-7:30PM
- FREE 30 MINUTE LESSONS

## GROUP LESSONS (TUESDAY/THURSDAYS)

- 1ST SESSION FEB. 13TH-MARCH 14TH
- 2ND SESSION MARCH 19TH-APRIL 11TH



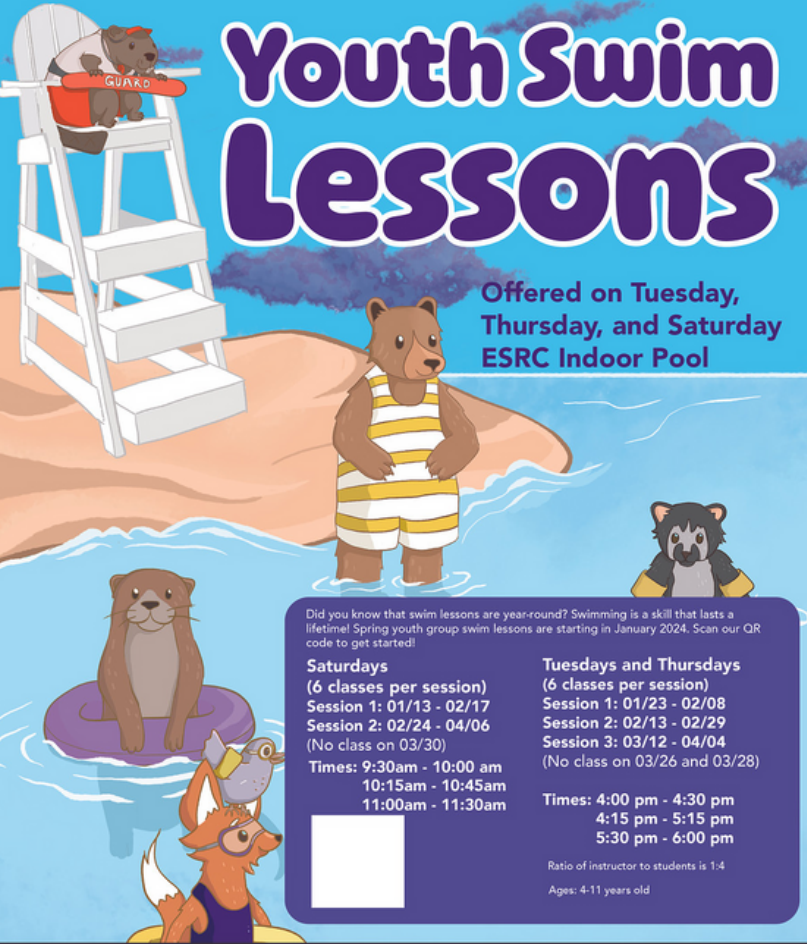
# YOUTH GROUP SWIM LESSONS

## GROUP LESSONS (TUESDAY/THURSDAYS)

- 2ND SESSION FEB. 13TH - FEB. 29TH
- 3RD SESSION MARCH 12TH - APRIL 4TH

## GROUP LESSONS (SATURDAY)

- 2ND FEB. 24TH - APRIL 6TH



### Youth Swim Lessons

Offered on Tuesday, Thursday, and Saturday  
ESRC Indoor Pool

Did you know that swim lessons are year-round? Swimming is a skill that lasts a lifetime! Spring youth group swim lessons are starting in January 2024. Scan our QR code to get started!

Saturdays (6 classes per session)	Tuesdays and Thursdays (6 classes per session)
Session 1: 01/13 - 02/17	Session 1: 01/23 - 02/08
Session 2: 02/24 - 04/06 (No class on 03/30)	Session 2: 02/13 - 02/29
	Session 3: 03/12 - 04/04 (No class on 03/26 and 03/28)
Times: 9:30am - 10:00 am 10:15am - 10:45am 11:00am - 11:30am	Times: 4:00 pm - 4:30 pm 4:15 pm - 5:15 pm 5:30 pm - 6:00 pm
	Ratio of instructor to students is 1:4 Ages: 4-11 years old

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# COOP PLAN

ECU READY

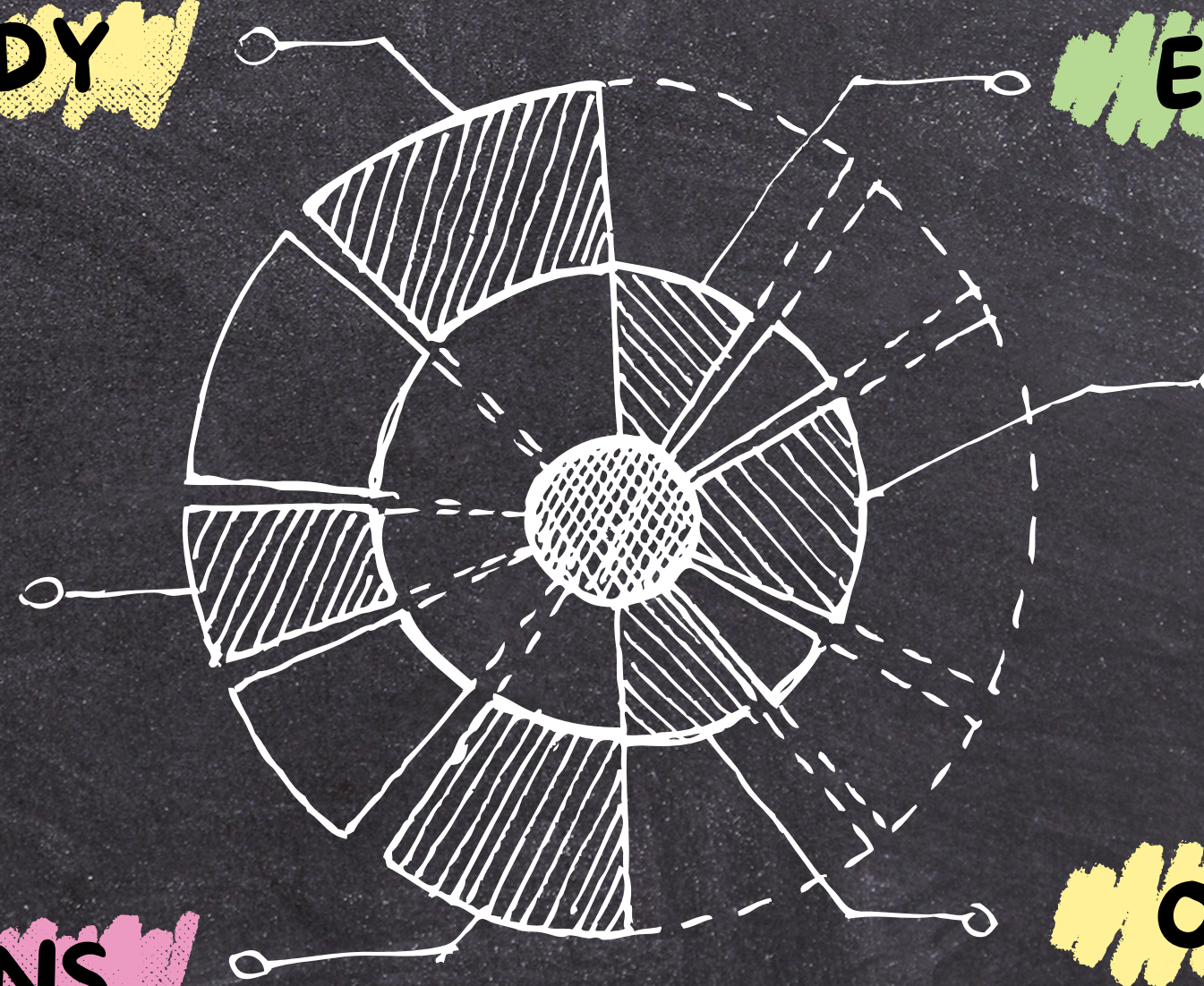
EXAMPLES

ANNUAL REVIEW

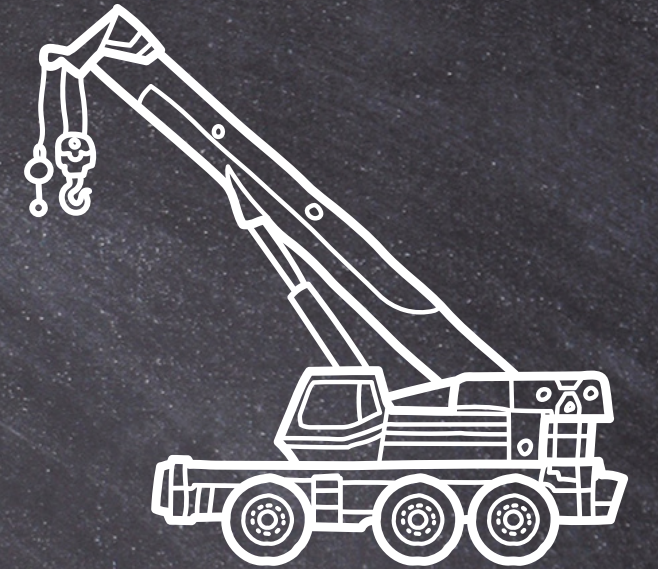
GOALS

OVERVIEW

CRITICAL FUNCTIONS



# PROJECT UPDATES



## CRW CAPITAL PROJECT UPDATES

### HVAC

There are two units being replaced. The lower unit has been placed and assembled. The upper unit is on the roof and being placed and assembled.

### FLOORING

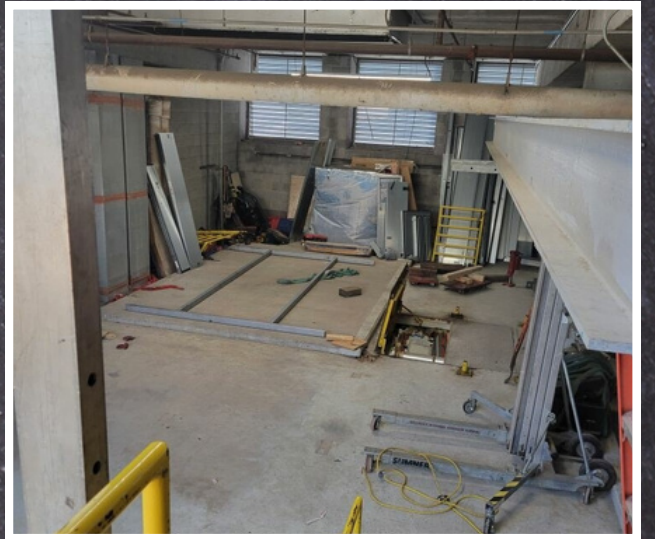
Work is currently scheduled to begin Monday, April 15th. We are still waiting on the striping plan so we can edit and confirm our needs.

### INDOOR POOL

This project has been designed and is scheduled for bid shortly. A pre-bid meeting is tentatively scheduled for mid-February. Work is tentatively scheduled to begin Monday, April 15th.



# PROJECT UPDATES






# LEADERSHIP & PROGRAMS



# ADVENTURE

- 
- DAY HIKE 1/24
  - AQUARIUM DAY TRIP - 1/27
  - CHALLENGE COURSE REPAIRS
  - SKI WEEKEND 2/10
  - FLATLANDER'S FLING - 2/24
  - SPRING BREAK TRIP TO GA



# SPORT PROGRAMS

- IM BASKETBALL - 110 TEAMS
- BATTLESHIP - 1/24
- WEIGHTLIFTING MEET
- W. LAX AT HOME 1/28
- M. LAX AND ICE HOCKEY -  
NEXT WEEKEND
- RES LIFE TRIVIA





# ATHLETIC TRAINING



- SPRING TRYOUTS
- EVENT COVERAGE
- JODIE TO NCATA
- MEG ON THE JOB HUNT





**WELL-BEING  
& FITNESS**



**ON NOW**



**#YOU MATTER ECU  
RESOURCE FAIR**

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

**WEDNESDAY, JANUARY 24TH**  
ESRC Courts 1 and 2  
12:00pm - 2:00pm



 **ECU**  
ADA Accommodation:  
202.777.2019  
ada.coord@ecu.edu **#YOU MATTER ECU**  
THERE IS HOPE. THERE IS HELP.

**AWARD  
WINNING**



**MARCH 2023**

# Pleasure Principle

**Empower Hour**

**Thursday, Feb. 1<sup>st</sup>**  
5:00 - 6:00 p.m., WGO Suite 108

**"Black Rainbow Love"**

**Monday, Feb. 5th**  
6:00 p.m., Blackbox Theatre

**Speed Friending** ★

**Tuesday, Feb. 6th**  
6:00 - 7:15 p.m., Ballroom A

**Black HIV/AIDS  
Awareness Day**

**Wednesday, Feb. 7th**  
11:00 a.m. - 2:00 p.m., LWCC

**Edu-Date Yourself  
Sex Trivia** ★

**Wednesday, Feb. 7th**  
6:00 - 8:00 p.m., Ballroom A

## February 2024

Pleasure Principle is a month-long adventure navigating the intricacies of healthy relationships and exploring sensational sexual health! Get ready to embark on a rollercoaster of discovery and delight.

**Partner Yoga** ★

**Monday, Feb. 12th**  
6:30 - 7:30 p.m., Blackbox Theatre

**Palentine's Day**

**Tuesday, Feb. 13th**  
10:00 a.m. - 5:00 p.m., WGO Suite 108

**Pleasure Without Pressure:  
Anonymous Sex Q&A** ★

**Tuesday, Feb. 13th**  
6:30 - 8:00 p.m., Ballroom A

**Love is Love: A Vision  
of Love for All**

**Wednesday, Feb. 14th**  
10:00 a.m. - 2:00 p.m., Peel  
LGBTQ Center

**Talk Money to Me**

**Monday, Feb. 19th**  
4:00 - 5:00 p.m., MCSC Room 253

**The Hot Ones: Spicy  
Wings & Spicy Questions** ★

**Thursday, Feb. 22nd**  
5:30 - 7:00 p.m.



**UNC**



**CAMPUS RECREATION**

FOLLOW US: **@ECU CRW**



**SAFE**  
**STOPPING**  
**ABUSE**

**EAST CAROLINA**

**SPEAKER:**

**CARL RADKE | SUMMER HOUSE**  
**MONDAY, FEBRUARY 26**  
**6 - 8 PM | BALLROOMS A - C**

**RESOURCE FAIR:**

**WEDNESDAY, FEBRUARY 28**  
**2 - 4 PM | MCSC LAWN**

# NASPA STRATEGIES





# MEET LAURA WITHERINGTON



UNIVERSITY  
OF KENTUCKY



C-PT  
C-GFI



DANCE, YOGA,  
BARRE,  
BODYPUMP

{ Assistant Director of Fitness }



# GROUP FITNESS STARTING STRONG

31% INCREASE IN ATTENDANCE FROM  
THIS TIME LAST YEAR





# LLAG

MONDAY AND WEDNESDAY  
6:00-7:00PM  
@ESRC IN 238

COACH SYDNEY & JEWLS

12 PEOPLE SIGNED UP & 19 PEOPLE ARE  
CURRENTLY ON THE WAITLIST

8 & 10 PARTICIPANTS AT PREVIEW DAYS



LIFT LIKE A  
GIRL



# KICKSTART YOUR HEART

FEBRUARY = AMERICAN HEART MONTH!!

TAKE ACTION TO PROTECT YOURSELF AGAINST HEART DISEASE. WE ENCOURAGE YOU TO PARTICIPATE IN CARDIOVASCULAR ACTIVITIES!

FEBRUARY 1, 2024 @ESRC

- STEP 5:30-6:15PM
- CYCLE 6:30-7:15PM
- CARDIO BLAST 6:30-7:15PM
- CARDIO DANCE 7:30-8:15PM

# KICKSTART YOUR HEART

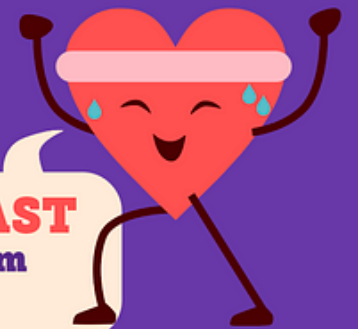
Kick off Heart Health Awareness Month with a party for your heart!  
Choose from a variety of our cardio classes to show your heart some love.



THURSDAY, FEBRUARY 1



**STEP**  
5:30pm-6:15pm  
ESRC 240



**CARDIO BLAST**  
6:30pm-7:15pm  
ESRC 240

**CARDIO DANCE**  
7:30pm-8:15pm  
ESRC 240



**CYCLE**  
6:30pm-7:15pm  
Cycle Studio



\*Registration Required for Cycle Classes. Preferred for all.



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# FITEXPO '24

FEBRUARY 16-18

## PRESENTATIONS

PROPOSALS = 115

ACCEPTED = 91

PRESENTERS = 106

## REGISTRATION

TOTAL = 465

STUDENTS = 380

EXPECTED TO INCREASE OVER THE NEXT WEEK  
PRIOR TO REGISTRATION PRICE INCREASING

## CONTINUED EDUCATION CREDITS

ACE, AFAA, NASM

CEC AMOUNT WILL BE DETERMINED OVER THE NEXT FEW DAYS

## FITEXPO SOCIAL

STILLIFE!!

SATURDAY, FEBRUARY 17

# UPCOMING MEETINGS



FEBRUARY 23



MARCH 22



APRIL 12

{ ESRC Classroom | 9:00am - 10:30am }





**ALAN**





**THANK YOU!**

