

2022

# MOVING FORWARD

*toward another year on campus!*



TOWSON UNIVERSITY

Campus Recreation

# CORE VALUES CORE VALUES CORE VALUES

**FUN** - We strive to create an enjoyable environment that encourages participation and social engagement of our participants and employees.

**EDUCATION** - We aim to deliver traditional and innovative experiential learning opportunities for our participants and employees.

**CIVILITY** - We believe in treating ourselves with respect and encourage those with whom we engage to treat one another and the spaces we utilize with respect, despite our differences or responsibilities.

**INCLUSION** - We appreciate the diversity of our participants and staff and believe in providing an accessible, welcoming environment that supports everyone's right to participate.

**COMMUNITY** - We believe in fostering an environment centered on teamwork, belonging, and healthy relationships.

**SAFETY** - We are proactive in providing training and education to all in order to offer a trustworthy and safe environment.

**LEADERSHIP** - We strive to offer staff and participants practical learning opportunities to increase their ability to positively influence others, problem solve and think critically.



## VALUES

Everything we do in Campus Recreation, from our programming decisions to the way we operate day-to-day, is driven by our core values.

## MISSION

Create opportunities that foster engagement and well-being for the TU community through diverse programs, services, facilities and employment.

## VISION

Enhance student success and the pursuit of lifelong well-being.

**Grady Sheffield**



Director

**Katie White**



Associate Director,  
Programming &  
Assessment

**Derek Long**



Associate Director,  
Business Operations

**Morgan Munoz**



Associate Director,  
Facility Operations

**Latonya Ford**



Administrative Associate



**Nathan Lawless**  
Assistant Director,  
Competitive Sports



**Gabrielle Guynan**  
Assistant Director,  
Fitness



**Andrew Lyburn**  
Assistant Director,  
Outdoor Adventures  
& Student  
Development



**Asim Iqbal**  
IT Manager



**Dave Stewart**  
Assistant Director,  
Membership &  
Guest Services



**TiErra Johnson**  
Coordinator,  
Student Personnel



**Tyler Weigandt**  
Assistant Director,  
Marketing  
Strategy &  
Engagement



**Max Stutman**  
Assistant Director,  
Facilities  
Management



**W. Patrick Carter**  
Assistant Director,  
Aquatics & Safety

**Professional Staff**



**Jacob Novick**  
Graduate Assistant,  
Sport Clubs

Sport Clubs Supervisors  
Sport Clubs



**Lindsay Nance**  
Athletic Trainer



**Julie Johnson**  
Coordinator,  
Intramural Sports



**Colin Peacock**  
Graduate Assistant,  
Intramural Sports

Intramural Sports Staff



**Taylor McClelland**  
Graduate Assistant,  
Fitness

Fitness Staff  
Personal Trainers



**Sandra Jones**  
Coordinator,  
Fitness Programs

Group Fitness Instructors



**Zoe Huff**  
Graduate Assistant,  
Outdoor Adventures

Outdoor Trip Leaders  
Challenge Course Staff



**Grace Andrews-Becker**  
Coordinator,  
Outdoor Adventure Center

Outdoor Adventure Center Staff



**Brittany Wagner**  
Graduate Assistant,  
Membership &  
Guest Services

Equipment Room  
Attendants

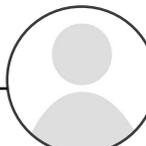
Guest Services Staff

Student Personnel Staff



**Erin Rodney**  
Graduate Assistant,  
Marketing &  
Communications

Marketing Staff



**Vacant**  
Coordinator,  
Facilities & Events

Facility Assistants

Facility Managers



**Erin Welsh**  
Graduate Assistant,  
Facilities



**Natalie Corson**  
Graduate Assistant,  
Aquatics

Safety Instructors

Lifeguards

## Student Well-Being

Campus Recreation serves as much **more** than a gym. It is a place to **play**, a place to **work**, a way to **connect**, a means to **explore** and a place to **recover**.

Take a deeper look at Campus Rec, and throughout the year, you will find: outdoor mindfulness and meditative walks in the Glen Arboretum with Nature Rx, weekend outdoor gear rental, semester bike rental, stand-up paddleboarding, kayaking clinics and weekend trips.



Yoga and meditation classes for stress relief, study and relaxation lounges, mental health and sports performance huddles with our sport clubs and the Counseling Center.

Cornhole, badminton, pickleball, table tennis, traditional sports at all levels, student-led facility and programming operations.



Teambuilding and communication activities on the Glen Challenge Course, safety classes and education in CPR/AED, lifeguarding, concussions and mental health first aid.

Conflict management, leadership, implicit bias, and bystander intervention trainings, Special Olympics swim meets, water safety clinics and Unified Sport leagues.

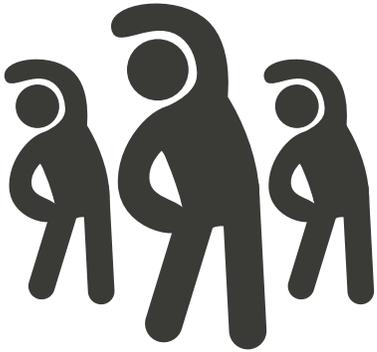


Baltimore Ramage, the regional rock-climbing competition, postural assessment and movement screenings by certified personal trainers.

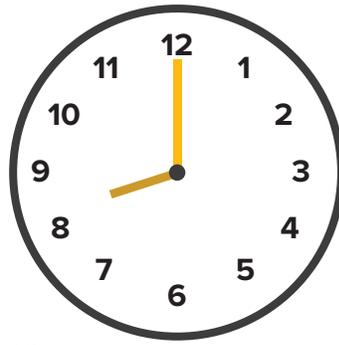


There is much to **explore** and **experience** at Campus Recreation!

**9,834**  
Group Fitness  
participants



**40**  
Group  
Fitness classes  
per week



**133**  
Personal  
training sessions  
provided

**4,935**  
Community service  
hours completed



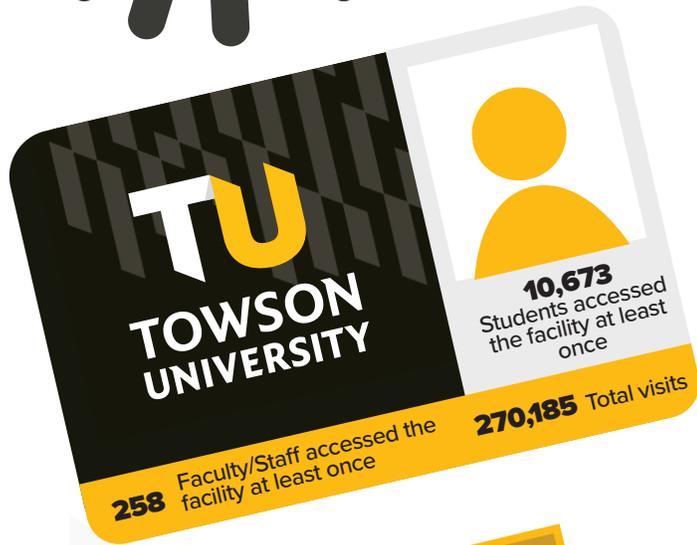
**3,500**  
Climbing wall  
participants

**14**  
Outdoor  
trips offered

**142**  
Outdoor trip  
participants

**567**  
Outdoor  
Challenge Course  
participants

**19**  
Outdoor  
mindfulness  
sessions



**258** Faculty/Staff accessed the facility at least once

**10,673**  
Students accessed the facility at least once

**270,185** Total visits



**1,912**  
Facebook  
likes

**1,669**  
Twitter  
followers

**1,954**  
Instagram  
followers

**153**  
Design  
requests  
completed

**7,264**  
Participations in  
Intramural Sports

**32**  
Sports Clubs

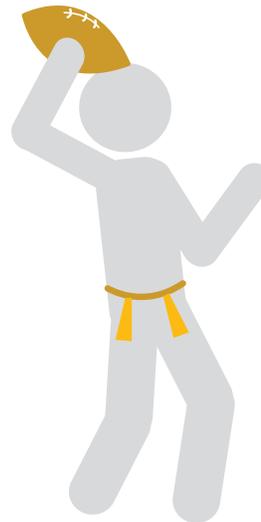
**1,403**  
Sport club  
athletes



**1,902**  
Athletic treatments  
and evaluations



**\$49,174**  
Fundraised by clubs



**274**  
Student  
employees

**8**  
Graduate  
assistants

**19**  
Professional  
staff



**265**  
Participants  
certified in  
Red Cross  
CPR/AED



# FALL SEMESTER



Multiple **National Fitness Certifications** were offered to the TU community as an accessible professional development opportunity and recruiting tool for student fitness instructors. The primary group fitness instructor, Barre, Zumba© and Spinning© certifications were all hosted at Campus Recreation.



On November 10, 2021, the Campus Recreation turnstiles turned over for the **1 millionth participant** since opening “Bigger Better Burdick” in January 2018. The small but exciting occurrence was marked with a balloon drop, air horns and a grand prize for the lucky 1 millionth student.



Outdoor Adventures hosted the annual **Chills and Thrills** event in the Glen Arboretum. This Halloween event provides alcohol-free programming featuring s’mores around the firepit and night-time activities on the challenge course.



Campus Recreation hosted their first ever departmental **student leader trainings** prior to the fall and spring terms. The leadership training focused on building connections among the 40 leaders in the department, teamwork and collaboration skills.



Four **sport clubs** came out of inactive status after a lull in leadership during the COVID-19 pandemic (wrestling, men’s basketball, gymnastics, men’s volleyball). Students stepped up to serve as club presidents, recruited members, and planned practices while balancing team practices and community service events. Sport clubs offer a significant sense of belonging and community!



The TU Foundation awarded Campus Recreation funding for the **Healthy Minds, Healthy Tigers grant**. This 1.5-year, \$25,000 grant provides mental health training and education to the TU community to broaden the safety net for all students experiencing mental health crises.



February's **Heart Health** month focused on engaging and educating participants on heart health topics, such as using exercise to improve heart function, heart themed group fitness classes, stress relief and the heart and heart healthy nutrition. Over 2,000 participants attended fitness classes during the themed month.



Intramural Sports partnered with the Hussman Center and Special Olympics Maryland to offer a one-day **Unified Sports** bocce event. It brought students and adults with autism in the community together to play and compete, while offering an opportunity to interact with a population that they may not otherwise interact with.



In partnership with the Health and Counseling Centers, the **Destress & Refresh** event encouraged healthy behaviors during finals week. The event featured essential oils, playdough, healthy trail mix, a snack station and coloring. Yoga, meditation, Zumba and stretch classes were offered in an outdoor setting to reap the calming benefits of fresh air and nature.



In its first time being considered, TU received a top ranking in the **Campus Pride Sports Index**, a national assessment tool used for improving safety and campus climate for people who identify as LGBTQ+ by making on-campus athletics more inclusive, welcoming and respectful of the LGBTQ+ community. Campus Rec scored high across the board, especially in campus safety and support and institutional commitment.

# SPRING SEMESTER



# LEADING THE WAY

## “From Intramural Sports to the NBA”

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In the spring semester, National Basketball Association (NBA) official, Suyash Mehta, joined the Intramural Sports department for a Zoom meeting. As the first Indian-American official in the NBA, he shared stories about how his experiences as an intramural sports official prepared him for his role today.

Mehta started officiating intramural basketball as a student at the University of Maryland, College Park. “He was just like us and related to us,” said Brandon O’Rourke, ‘25. Danielle Pearce, ‘22 said, “Listening to him talk about the way he handles critical situations, I think it compounded on what Nathan and Julie taught me about officiating. He changed how I train our next set of officials and supervisors to handle situations.”

After graduation, Mehta decided not to go to medical school, instead he attended an educational training camp with the NBA. After a few years officiating the NBA’s developmental league, he was hired full-time. He officiated his first game in December 2020.

While most intramural sports officials have no intention of officiating after college, it was a great opportunity for students to imagine what’s possible and to hear from someone who decided to turn a passion into a career path.

# SAFETY FIRST

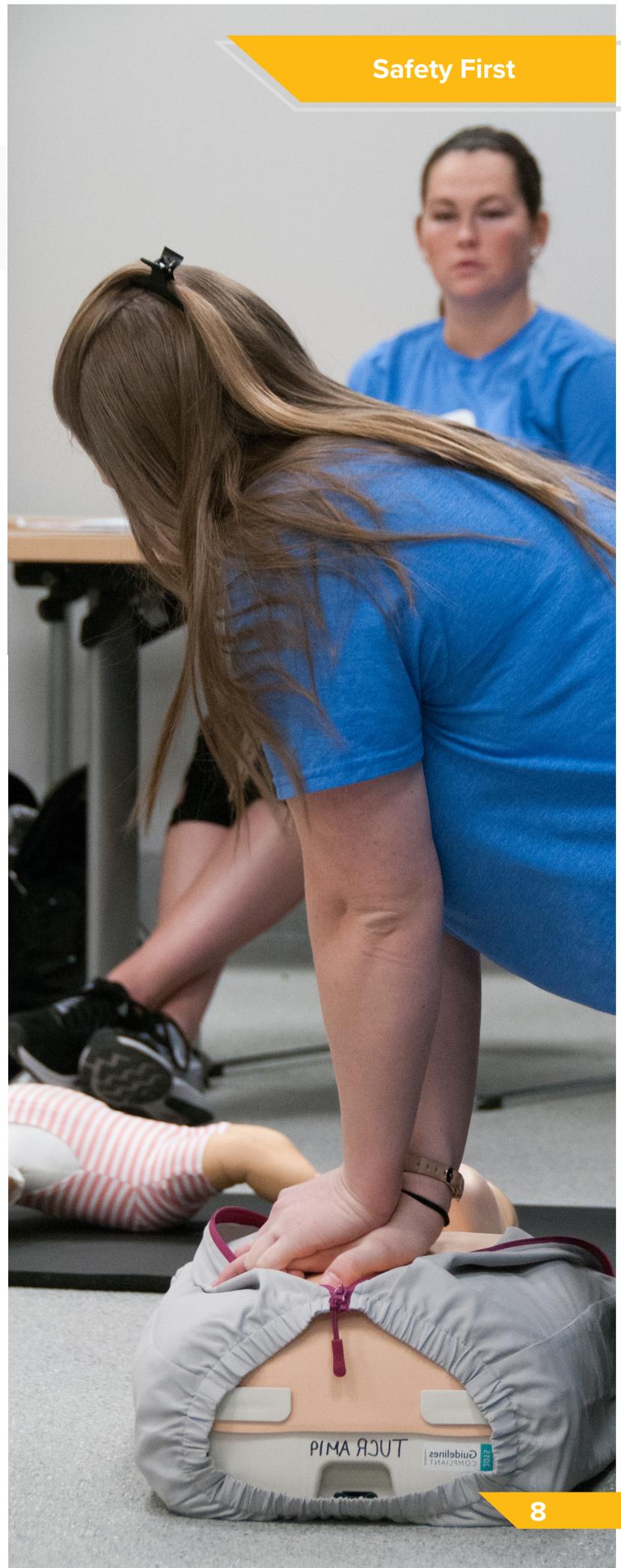
## A proactive approach to training and education”

Creating a safe environment is key to successful operation in Campus Recreation. Risk management includes a multitude of aspects, from equipment maintenance, to usage policies, to facility cleanliness. Given the inherent risk of injury during physical activity, we are proactive in providing thorough training to our employees.

Two hundred sixty-five student employees were trained in CPR Pro/AED and First Aid and for good reason. There were 208 injuries in the facility this year, averaging 1 per operational day. Most injuries were sprains and strains occurring between 5-10 p.m., requiring staff to be ready to provide care when the facility is at its busiest.

Emergency Action Plan (EAP) training focuses on critical thinking, communication, teamwork and leadership, which not only prepares students to take action, but also prepares them for their future careers. Students are trained to handle any standard emergency and promote participant safety on every shift.

Any employee may be asked to provide care, get first aid supplies, clear the area or meet and direct first responders in emergency situations. While all risk cannot be controlled, we can train our employees to identify and respond to emergencies to minimize it as much as possible. Aside from CPR and EAP training, practice drills and case studies are reviewed monthly to ensure safety stays a top priority.



# HELLO



**Patrick Carter**  
Assistant Director  
*Aquatics and Safety*



**Sandy Jones**  
Coordinator  
*Fitness Programs*



**Julie Johnson**  
Coordinator  
*Intramural Sports*



**Max Stutman**  
Assistant Director  
*Facilities Management*



**William Bobbitt**  
Coordinator  
*Facilities and Events*



**Gabrielle Guynan**  
Assistant Director  
*Fitness*



**Tyler Weigandt**  
Assistant Director  
*Marketing Strategy & Engagement*



**Asim Iqbal**  
Information  
Technology Manager

**New position!**

The IT Manager oversees all technology-related software utilized by the department along with hardware inventory management. Campus Recreation utilizes many technological resources to support the operations of the department.



**Nathan Lawless**  
Assistant Director  
*Competitive Sports*

**Congratulations on the promotion!**

Nathan advanced from his previous position from the Coordinator of Intramural Sports to Assistant Director of Competitive Sports.

# HELLO,

# Goodbye



**Eric Baron**  
**Assistant Director**  
*Fitness since 2015*

“On my last day, as I reflect on my five and a half plus years here, I can’t help to think about how grateful I am for all the experiences, connections and opportunities this position has allowed me to have. I am blessed to have been part of such an awesome project and great team. I am honored to be part of TU Campus Rec family.”



**Derek Long**  
**Associate Director**  
*Business Operations*  
*since 2015*

“I would like to express how humbled and grateful I am to have been part of Campus Rec over these last years. The energy and camaraderie at Campus Rec is typically not present in most organizations. I believe that’s because there is no place like Campus Rec anywhere else. You all are what makes this place so great. I appreciate the expertise and passion you all bring to your roles, and I will miss working with each of you. I feel lucky that I got to work at a place where I believed in the mission and the impact it had on our students.”

*This is not the end, it's a  
new beginning!*



The layout and graphic design in this report  
was created by TU Campus Recreation  
Graphic Designer, **Courtney Gehr.**

**TU** TOWSON UNIVERSITY | Campus Recreation