

# Department of Campus Recreation ANNUAL REPORT

Strengthening the Pride

# 2019-2020

## MISSION

Campus Recreation provides inclusive recreational experiences that inspire student success and lifelong well-being.

## VISION

UH Campus Recreation aspires to create a culture of:

**Engagement**, by providing opportunities for involvement through the utilization of extraordinary facilities, programs, and services.

**Connection**, by uniting individuals through recreational activities and programs to foster a sense of belonging.

**Learning**, by creating experiential learning opportunities that meet the needs of the diverse UH community.

## VALUES

SERVICE - INTEGRITY - EMPOWERMENT FUN - SAFETY - INCLUSION

## PROGRAM AREAS

### AQUATICS

Registered Activity Participation: 83  
Safety Course Participation: 137

### FITNESS

Registered Participation: 1,020  
Group Fitness Participation: 12,831  
Personal Training Participation: 1,470

### SPORT CLUBS

Unique Participation: 885  
Total Participation: 8,790  
Number of Clubs: 23

### OUTDOOR ADVENTURE

Trips Participation: 90  
Climbing Wall Participation: 3,952  
Registered Participation: 4

### INTRAMURAL SPORTS

Total Participations: 11,242  
Number of Teams: 524  
Spectators: 5,060

### OPERATIONS

Unique Participants: 20,559  
Total Participation: 357,680  
Total Student Participation: 328,607  
Total Faculty & Staff Participation: 11,337  
Total Alumni Participation: 436  
CRWC Facility Tours Participation: 482  
CRWC Rental Attendance Total: 9,649

### MEMBER SERVICES

Memberships : 1,479

### VIRTUAL PROGRAMS

March 18 - August 31, 2020  
RecSports 1,397  
Fitness 37,152  
Total Participations 38,549

## DEPARTMENTAL POINTS OF PRIDE

Registered Dietitian

“Exercise is Medicine”

Employee Wellness

“Whole Student Initiative”

Campus Recreation Leadership Academy

USA Swimming Make A Splash Grant

Increase Student Employee NIRSA Involvement

#### VIRTUAL PROGRAMS:

Group Fitness	ACE Courses
Personal Training	NIRSA Rec Movement
eSports	“Return to Rec” learning
Virtual 5K & Step Challenges	Virtual Job Fair and New Hire Orientation

## EVENTS

The Cat’s Back

John Lucas Basketball Camp

Houston Rockets Power Dancer Auditions

Texas Open Tae Kwon Do Championships

Special Olympics Powerlifting

Western Athletic Conference Championships

Texas Association of Private and Parochial Schools Regional Meet

## PARTNERSHIPS

UH Athletics

Dean of Students

UH Student Life

Health & Human Performance

Health & Well-Being Portfolio

Harris County Houston Sports Authority

Human Resources

Campus Outreach

Bridge Bats Swim club

Incarnate Word High School

St. Thomas Episcopal School



## NAPSA CONSORTIUM - RECREATION AND WELLNESS BENCHMARK SURVEY

Metric	2016	2020	% change
Respect for others	68%	82.21%	14.60% *
Communication skills	53	65.31	11.88 *
Developing friendships	58	68.62	10.92 *
Time management	72	81.34	9.58 *
Sense of Belonging	66	70.95	5.01 *
Self Confidence	82	84.15	2.53
Overall well-being	91	93.34	2.13
Quality Sleep	73	74.47	1.27
Academic	69	70.47	0.99
Overall Health	92%	92.96	0.73

% change - by participating in CR programs, students indicate they have definitely or somewhat improved.  
\* indicates more than two standard deviations away from the norm



## AWARDS & RECOGNITION

### SPORT CLUBS

**Women’s Volleyball** 2<sup>nd</sup> Place UT-Dallas Tournament

**Men’s Ultimate Frisbee** tournament

**Men’s Soccer** advanced Premiere Division

**Water Polo** 3<sup>rd</sup> Place Texas Division of the Collegiate Water Polo Association League

**Jacob Doxey** 2020 MVP, Lone Star Lacrosse Alliance Division III

### CAMPUS RECREATION STAFF

#### Cody Rickards

DSAES Student Employee Award of Excellence

#### Norma Lara Cisneros, Administrative Assistant

DSAES Diversity & Inclusion Award

**Joseph Secrest**, Assistant Director, Leadership & Assessment, and DSAES Student Success Award

#### Courtney Rorex, Fitness Coordinator

DSAES Excellence in Programming Award

#### Andrew Jones, Assistant Director, Fitness

Sustainability Champion | UH Office of Sustainability

## SOCIAL MEDIA OUTREACH



4,675  
Increased 7%



3,817  
Increased 2%



5,180  
Increased 15%

UNIVERSITY of  
**HOUSTON**  
CAMPUS RECREATION