



2021-2022

ANNUAL REPORT

WHO WE ARE

Recreation & Wellness provides the community with a wide variety of recreation, fitness, wellness, and social opportunities at all levels of ability, competition, and interest. Our department creates an environment that supports fun, diversity, teamwork, leadership, health, and well-being, where participants can get involved, be active, and live healthy.

Mission

Enhance and engage the GVSU community by providing inclusive and diverse opportunities that inspire participation, promote health and well-being, and encourage student development and success.

Vision

Be a leader who integrally contributes to student success through comprehensive and quality recreational programs and services that further well-being and community.

Core Values



Collaboration

Diversity & Inclusion

Healthy Lifestyle

Service

Student Learning & Development

Sustainability

Inclusion Statement

Recreation & Wellness is committed and welcoming to a culture of inclusion, in which we provide recreational programs and services that are accessible and equitable to the community. We strive to share a diverse array of ideas, opportunities, and experiences for all students.

Recreation & Wellness follows the university policy on discrimination and harassment, which protects from discrimination on the basis of age, color, disability, familial status, height, marital status, national origin, political affiliation, race, religion, sex/gender (including gender identity and expression), sexual orientation, veteran or active duty military status, or weight.

We also advocate for the inclusion of all individuals, including the right to access facilities, such as restrooms and locker rooms, and programming on the basis of asserted gender expression.

STUDENT RECOGNITION

Student employees play a valuable role in Recreation & Wellness by mentoring fellow students, delivering events, services, and inspiring participation. In turn, they have the ability to grow in ways such as leadership, communication, and problem solving.

DIRECTOR'S AWARD: EVA VANWYCK

Presented to the top student employee in the department

PROGRAM EMPLOYEES OF THE YEAR:

Recognizes the outstanding work of individual students in each program area

FITNESS: SHANNON FITZGIBBON

WELLNESS: BECK LUKINS

MARKETING: LAUREN WALSH

OUTDOOR ADVENTURES: MICHAEL STEFANOU

INTRAMURAL SPORTS: MATT STEWART

IM SPORTS OFFICIAL: AUDREY KLINK

ESPORTS: ISAAC BEASLEY

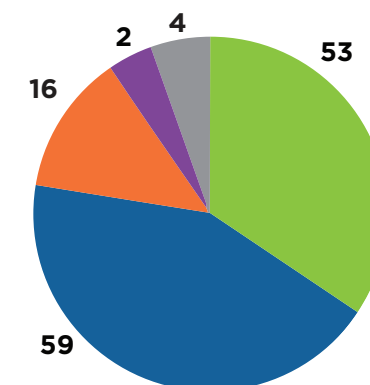
ADMINISTRATIVE: HANNAH CROSS

3.31

AVERAGE GPA
FOR RECWELL
STUDENTS



EVA VANWYCK



TOTAL STUDENT STAFF
BY PROGRAM AREA



“RECWELL HAS PROVIDED ME COUNTLESS UNIQUE OPPORTUNITIES, SKILLS, & RELATIONSHIPS. WORKING HERE HAS DEFINITELY IMPACTED MY COLLEGE EXPERIENCE POSITIVELY.”
- LAUREN WALSH

Employment Opportunities

Sports Supervisors • Climbing Center Staff • Outdoor Adventure Leaders • Injury Care Clinic Student Assistants • Intramural Sports Officials • Graphic Designers • Marketing Assistants • Office Assistants • Group Exercise Instructors • Event Staff • Fitness Specialists • Swim Instructors • Personal Trainers • Laker Esports Center Staff • Videographer



FITNESS

Through a variety of programs and services, participants can foster healthy lifestyles, improve their fitness, and manage stress in a positive way.

Downtown Fitness

Over the academic year, more than 50 Group Fitness classes were offered and some of those classes were added to GVSU's Downtown Campus.

Services Requested

Fitness received a total of 20 Service Requests from 18 different student groups that totaled nearly 400 students.

7,763

GROUP FITNESS PARTICIPANTS (GE + SGT)

93

GROUP EXERCISE CLASSES

229

PERSONAL TRAINING SESSIONS

278

UFIT APPOINTMENTS

2,120

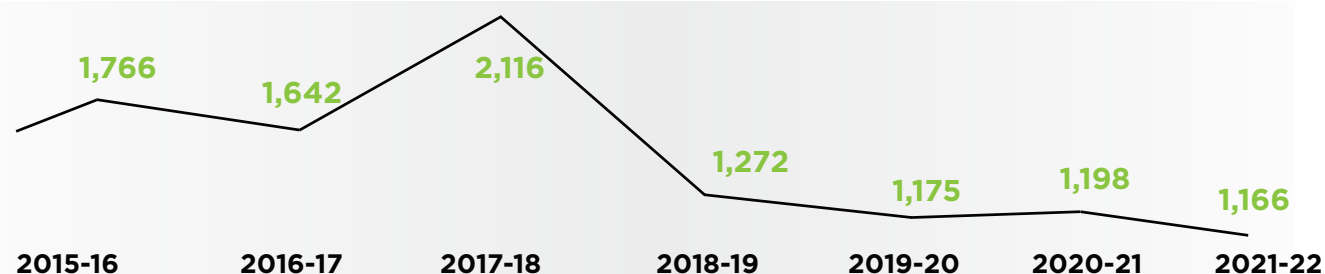
STUDENTS ATTENDED FREE FITNESS CLASSES

- + GROUP EXERCISE (GE)
- + PERSONAL TRAINING
- + SMALL GROUP TRAINING (SGT)
- + UFIT PLAN
- + ADULT SWIM PROGRAM

On-Demand

The fitness program started developing a new and exciting feature for the department, which is the new On-Demand videos provided on Mindbody for easy access to classes online at anytime!

GROUP EXERCISE PASSHOLDERS



“I love seeing the progress I make each week and seeing myself improve upon the skills I am learning.”



WELLNESS

We empower students to make positive changes and healthy decisions that improve their well-being. Our wellness services provide tools, strategies, and opportunities to support a healthy campus environment.

Sex Ed Week at GVSU

The inaugural Sex Ed Week at GVSU was student-led and provided fun, evidence-informed, affirming and inclusive info on a variety of topics, identities, and sexual activities to give students tools they need to make informed decisions for themselves. 181 participants attended 13 events throughout the week.

WIT

The Wellness Information Team (WIT) Peer Educators brought wellness to campus! The WIT Cart shared information and resources with 1,118 students in 45 shifts. WIT facilitated presentations on nutrition, sexual health and general wellness with over 1,100 participants at 52 events.

13

PEER
WELLNESS
EDUCATORS

167

STI SCREENINGS
AT 10 EVENTS

2,094

WELLNESS
PROGRAM
PARTICIPANTS

696

VIEWS ON 15 BLOG
POSTS FROM
SEX ED SERIES

8,705

SAFE SEX SUPPLIES
DISTRIBUTED IN
9 MONTHS

Wellness Coaching + Wellness Navigators

New Wellness services provide free coaching and consultation for students to help improve their well-being on an individual basis. Wellness Coaches are certified health coaches providing one-on-one coaching. Wellness Navigators are trained GVSU students to support their peers in reaching goals and finding resources.



8 DIMENSIONS OF WELLNESS
gvsu.edu/studentwellness



“Wellness is so important because it directly affects the everyday lives of students and it is not talked about enough. So, it’s great that RecWell talks about so many areas of wellness in their programs!”





INTRAMURAL SPORTS

Through a variety of sports and events offered in leagues, tournaments, or contests, participants of all skill levels can join co-rec, men's, women's, or open competition in an inclusive, fun, and recreational environment.

Student Staff Extramural Officiating

Two officials, along with our Intramural Sports Coordinator, attended the Regional Basketball tournament at UW- Madison. Cam, a freshman, worked a men's semi-final game. David, a senior, officiated the men's championship game and received an automatic bid to officiate at the National Tournament in Kansas. David attended and was able to learn from other talented officials.

Flag Football Champ Night

In the Fall, Intramural Sports hosted flag football championship games under the lights at Lubbers Stadium. It was an awesome opportunity for the staff and the participants. We hope to continue with this event in the future, as it was enjoyed by all.

2,658
UNIQUE
PARTICIPANTS

20,063
PARTICIPATIONS

868
TEAMS

2,082
GAMES PLAYED

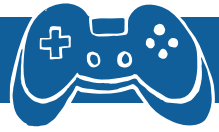
PARTICIPANTS BY SPORT

BASKETBALL	842
CORNHOLE	135
FLAG FOOTBALL	548
INDOOR SOCCER	1,215
SAND VOLLEYBALL	538
SOFTBALL	372
OUTDOOR SOCCER	573
VOLLEYBALL	255
4v4 FLAG FOOTBALL	341



"Intramurals are great! It's an awesome way to let go of some steam with friends and have good healthy competition doing sports you love to play."





ESPORTS

The Laker Esports Center (LEC) is located in Kirkhof Center, and is open daily for drop-in gaming. There are 23 gaming stations available for use. Additionally offering Esport Intramurals and the Esports Club.

GVPD Esports Classic

The LEC hosted the first GVPD Esports Classic, a collaboration between Esports, GVPD, and the student Esports Club. This event was open to GV students and featured custom shirts and pizza. 40 students registered and the event included a show match between randomly selected students and a mixed team of GVPD Officers, Coach Bilski, and the Esports Club Valorant Leader, Avery Meiste.

University Competition

RecWell collaborated with Western Michigan University to host a two-day competition with events at the LEC and at Western Michigan's Esports Arena. In a best of five competition of teams from five different games, GVSU prevailed to win 3-2 in the fifth game!

12

GAMES
OFFERED

12,000+

HOURS OF
GAME PLAY
IN ONE
SEMESTER

415

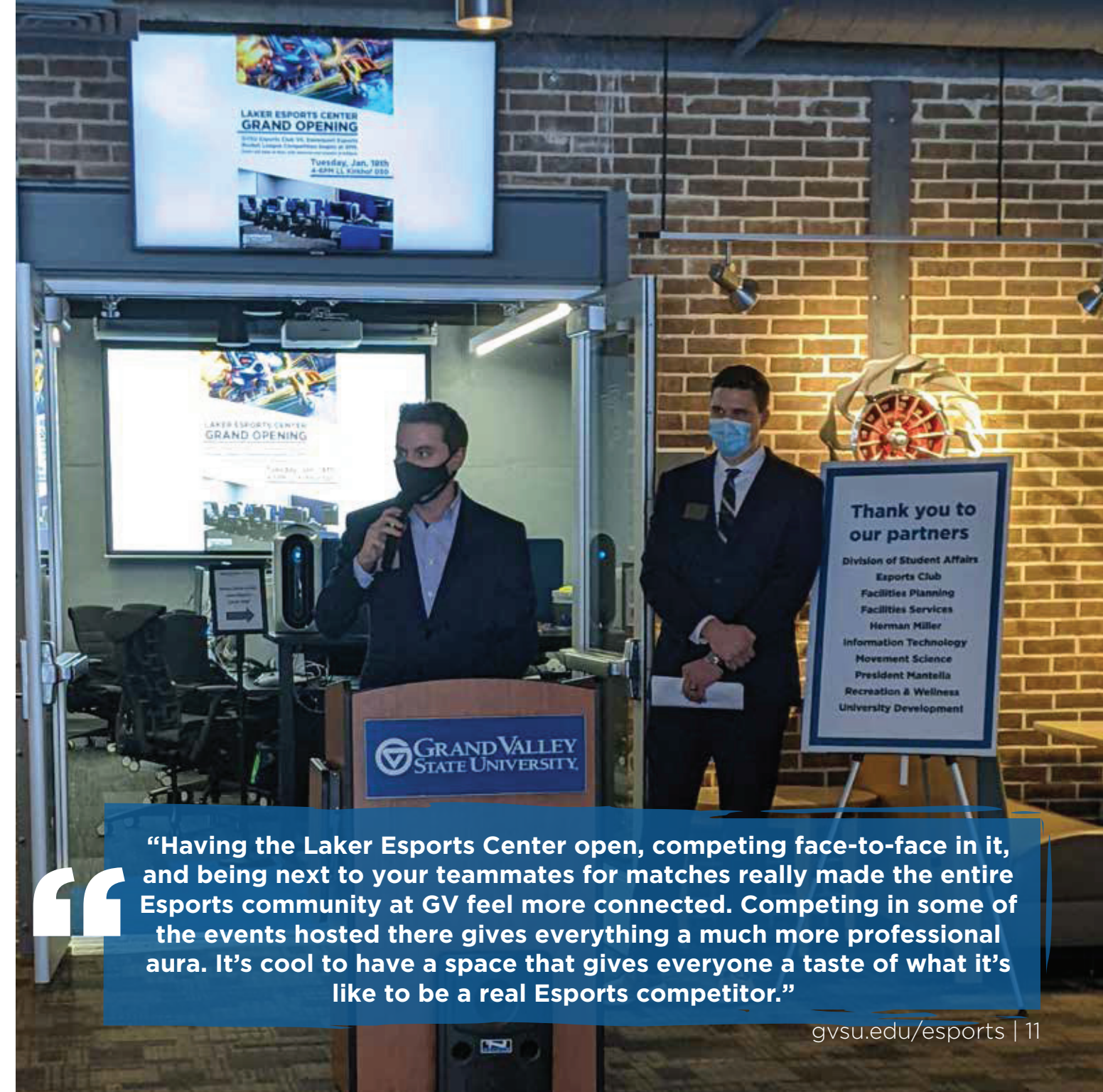
UNIQUE
PARTICIPANTS

Laker Esports Center Grand Opening

The Laker Esports Center had an official Grand Opening event on 01/18/2022. Included were remarks from President Philomena Mantella, Esports Coordinator Christopher Bilski, and the Acting Director of RecWell Mike Przydzial. After remarks, the GVSU Rocket League team played a match against Davenport University, earning the program's first win with a Game 7 overtime goal to win the series 4-3.

Movement Science Showcase

RecWell collaborated with the Movement Science Department to host a high school Rocket League tournament at the LEC. The event welcomed 13 teams and 75 people, with the Movement Science Department providing info about their programs and activities for students in between games. Byron Center won the final match against Rockford High School.



“

“Having the Laker Esports Center open, competing face-to-face in it, and being next to your teammates for matches really made the entire Esports community at GV feel more connected. Competing in some of the events hosted there gives everything a much more professional aura. It’s cool to have a space that gives everyone a taste of what it’s like to be a real Esports competitor.”

Bridging the gap between Varsity Athletics (NCAA) and Intramural Sports, student-athletes join recreational or highly competitive club teams that compete regionally and nationally against other institutions.

Going Viral

The Laker Dance Team went viral after posting their Nationals routine on TikTok and were even featured on the local news. The video gathered 2 million views with over 300,000 likes!



40

CLUB SPORT ORGANIZATIONS

3.18

AVERAGE GPA OF CLUB SPORT ATHLETES

105

HOME GAMES HOSTED

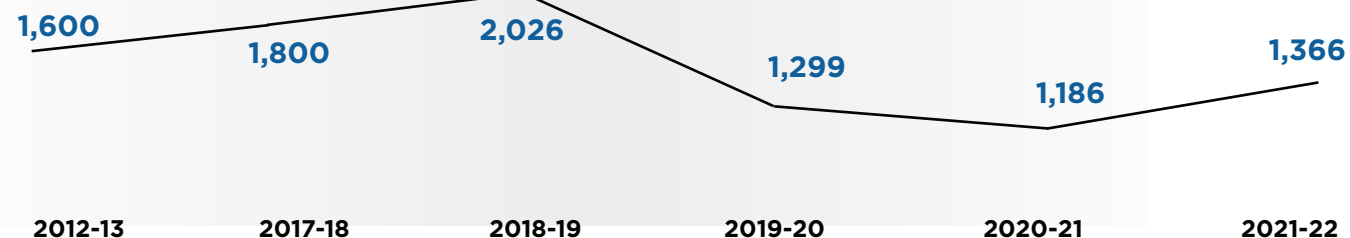
National Champs

Out of 19 total National Championship appearances across our program, three Club Sports earned National Champion honors in the 2021-22 season.

Positive Feedback

97% of student-athletes stated that participation in Club Sports increased development of lifelong transferable skills (teamwork, time management, communication, conflict resolution). 95% of athletes reported that participation positively impacts their connection to the GVSU community.*

TOTAL STUDENT-ATHLETES



“

“Being a part of Club Sports here at Grand Valley has been such a fun experience. I’ve made amazing friends and have had such a fun college experience so far being a part of my team. Club Sports gives athletes the opportunity to have a fun social life while also being a student-athlete, which is something that I really value. It is a great community to be a part of and I’m proud to be able to represent Grand Valley through the sport I love.”



OUTDOOR ADVENTURES

We empower and inspire the GVSU community through adventure-based opportunities. Participants enjoy a variety of ways to get connected and explore outdoors.

- + CLIMBING CENTER
- + OUTDOOR TRIPS
- + EDUCATIONAL WORKSHOPS

Bring Your Own Beta

BYOB is an annual boulder climbing competition at the GVSU Climbing Center. Registration is open to all, from first timers to seasoned climbers. This year, the registration exceeded its numbers from all past years. People were welcomed from all over the state to test their skill on 20 different routes. Our student staff plays a big role in facilitating the event. While it's a big task for them, it's a rewarding experience for all involved.

12

MILE HIGH CLUB COMPLETIONS

24

WILDERNESS FIRST RESPONDERS CERTIFIED

187

BELAY LESSONS

4,953

OPEN CLIMB PARTICIPANTS

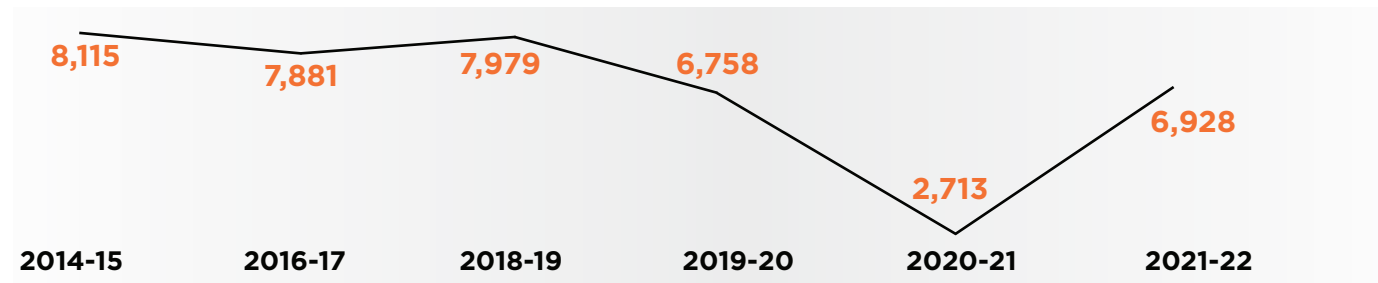
Spring Break Trip

Over spring break, the Outdoor Adventures program took a group of students to Horseshoe Canyon in Arkansas. The trip consisted of both climbing and hiking. The group was greeted with beautiful weather along with amazing views.

Fall Break Trip

Outdoor Adventures organized its first fall break trip for 17 students in Manistee National Forest.

CLIMBING CENTER ATTENDANCE



“

This was my first OA trip and I had a blast meeting new people and learning a new style of climbing. I would definitely recommend to everyone.”



ADAPTIVE & INCLUSIVE

We believe it is imperative that every student feel welcomed and supported in Recreation & Wellness. We strive to offer all students opportunities to participate in sports, fitness, wellness, and outdoor adventures.

Wheelchair Sporting Events

RecWell collaborated with Michigan State University Adaptive Sports and Recreation Club to host three wheelchair sporting events on campus where wheelchair basketball, hockey, and tennis were played. These events were socially inclusive opportunities for participants with or without disabilities to come together to learn, have fun, and play sports.

Cricket Demo

This was a collaboration with the Indian Student Association and Padnos International Center to host a cricket demonstration in the Kelly Family Sports Complex. This allowed students with little to no experience with cricket to learn from skilled peers. This event was a great opportunity to play an international sport in a safe and fun environment.

3

WHEELCHAIR
SPORTING EVENTS

52

TOTAL
PARTICIPANTS

14

STUDENT ADVISORY
BOARD MEMBERS

Student Advisory Board

A body of students who provide their thoughts and opinions about RecWell's programs and services. Its purpose is to involve students in the planning, organization and administration of RecWell programs to provide an opportunity for student voices to be heard. The Board helps drive the mission and vision of the department, and their perspectives help consider ways RecWell can better serve students.

Recreation & Wellness for Everybody

This Campaign was launched to demonstrate the importance of recreation for all and create a sense of belongingness within the Grand Valley community. RecWell highlights inclusive opportunities for students within wellness, fitness, outdoor adventures, and sports. Recreation & Wellness for Everybody also educated students on supportive programming at Grand Valley's Sexual Assault Awareness Month tabling event.





MARKETING

With a strategic focus on brand consistency, digital presence, and inclusive experiences, marketing efforts increase exposure and support the department in successfully promoting all programs, services, and events.

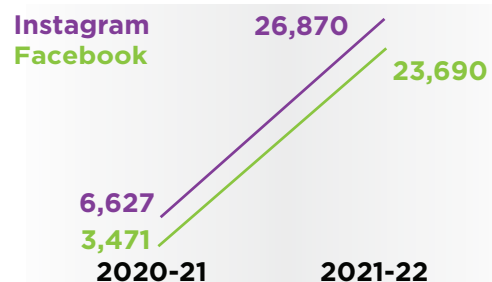
Student Representation

After going virtual, many students were eager to see faces of their fellow peer's again. With the shift to a more virtual world, the Marketing Team made a huge effort to feature students on Instagram as much as possible. This strategy lead to an increase in interaction between students and the RecWell social media platforms.

Growing Numbers

On Facebook, Twitter, and Instagram the combined online community is 8,500+. From August 1st, 2021 to July 31st, 2022, the Facebook page reach increased by 525.2% and Instagram reach increased by 272.2%.

FACEBOOK & INSTAGRAM REACH



Social Media Campaigns

MEET THE STAFF

As another way for students to connect even more with RecWell programming, "Meet The Staff" was launched by giving brief intros and fun facts about each of our professional staff.



ATTITUDE OF GRATITUDE

In November, "Attitude of Gratitude" was launched to encourage students to make small and mindful, yet mighty, acts of service or gratitude in their daily lives. three student staff members were featured on the social media sharing how they practice gratitude.



12 DAYS OF RECWELL

At the end of the semester and beginning of winter break, as students refreshed from classes, RecWell launched "12 Days of RecWell" to share tips, tricks, and stats about RecWell programming. There was a total of 59 shares of the posts throughout the 2 weeks.





EVENTS

With the goal of attracting and engaging new participants, Recreation & Wellness events provide fun ways for the campus community to get involved in healthy activities.

Ghoulish Rave

What originally was a Zumba dance party at Lubber's Stadium, this event was moved indoors due to rain, but the fun did not stop there! GVSU students joined in on Halloween fun along with the Alcohol & Other Drugs (AOD) Services that provided Mocktails!

100

FAMILY 5K
PARTICIPANTS

400+

RECFEST
PARTICIPANTS

Returned to In-Person

RECFEST

This year, RecFest returned after a global pandemic to educate and encourage participation with RecWell programming. The event featured multiple yard games for students to play, and treats to enjoy after from Kona Ice and Campus Dining.

FAMILY 5K

After a virtual 5K last year, RecWell was excited to bring back an in-person Family Weekend 5K with a theme of "Laker Spirit!" Students and their families and friends brought the excitement and energy in true Laker fashion.



COLLABORATIONS

Recreation & Wellness works with a variety of internal and external partners to provide exceptional program, services, and events, cross-promote campus activities, build and enhance relationships, generate awareness about the benefits of recreation, and create a greater impact on the campus and local communities we serve.

INTERNAL

Admissions	Department of Public Safety	Office of Student Life
Alcohol & Other Drugs Services	Disability Support Resources	Office of Sustainability Practices
Alumni Relations	Event Services	Office of the President
Athletic & Recreation Facilities	Facilities Planning	Office of the Provost
Athletics	Facilities Services	Parking Services
Business and Finance	Family Health Center	Risk Management
Campus Activities Board	Housing & Residence Life	Sports Management Program
Campus Dining	Human Resources	Student Ombuds
Campus Health Center	Information Technology	Student Organizations
Career Center	Kirkhof College of Nursing	Student Senate
Center for Women & Gender Equity	Laker Store	Surplus Store
Children’s Enrichment Center	LGBT Resource Center	University Counseling Center
Community Service Learning Center	Money Smart Lakers	University Development
Copy Center	Movement Science	University Libraries
Dean of Students Office	Office of Student Conduct	Whale Radio
Department of Public Health	& Conflict Resolution	Writing Center

EXTERNAL

American Alpine Club	Hulst Jepsen Physical Therapy	Special Olympics Michigan
Bill & Paul’s Sporthaus	Kent County Health Department	Stitchtime
Blue Cross Blue Shield of Michigan	Lake Michigan Credit Union	Tea Time Café
Competitive Edge	Macatawa Yacht Club	Thomet Stables
Family Fare	Meadows Golf Course	Victory Apparel
Gift of Life Michigan	Merrell	Walker Ice & Fitness
Grand Rapids Gymnastics	University of Michican	Wanderheart Project
Grand Rapids Rifle & Pistol	Health-West	West MI Sports Commission
Griff’s Georgetown	NovaCare	White Oak Farm
Hansen-Dyke Automotive	Ottawa County Health	
Higher Ground Climbing Center	Department	
Holiday Coach	Prime NRG	
Hudsonville High School	Priority Health	

GIVING BACK

The purpose of the Recreation Leadership Scholarship is to recognize and reward student leaders who are involved in recreational activities, demonstrate a high degree of leadership, and dedication to University recreation.



2022-2023 RECIPIENTS:

ZOE SCHULTZ

Zoe is a junior honors student who is double majoring in psychology and criminal justice, along with a minor in Spanish. Following Zoe’s undergrad and graduate degrees, Zoe has the hopes to become a psychology professor one day.

JAMILYN SULLIVAN

Jamie is a fifth year student studying Elementary Education with a minor in Early Childhood Education. After graduating, Jamie has aspirations to stay local and become a lower elementary school teacher in the Grand Rapids area.



1 CAMPUS DRIVE
D-135 RECREATION CENTER
ALLENDALE, MI 49401

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