CALL TO ORDER

Douglas Kurtz, Chair, called the meeting to order at 1:34 p.m.

ROLL CALL

Members Present: Barillas, Duncan, Grino, Kurtz, Naeem, Nikopour, Thai, Torres

Members Absent: Hesgard, (Thai-m/Duncan-s) reported that Hesgard was unable to attend meeting due to University business. There

Officers Present: Allen, Evans, Fehrn, Martin, Tapper

Officers Absent:

*Indicates that the member was in attendance prior to the start of Unfinished Business, but left before the scheduled ending of the meeting. [According to the by-laws, a member of the committee who does not remain until the scheduled ending for the meeting (3:00 p.m.) is considered not to be in attendance.]

**Indicates that the member was in attendance for a portion of the meeting, but not in attendance prior to the announcement of Unfinished Business. [According to the by-laws, a member of the committee who is not in attendance prior to the announcement of Unfinished Business is considered not to be in attendance.]

APPROVAL OF AGENDA

The agenda was approved as presented. (Thai-m/Duncan-s)

APPROVAL OF MINUTES

None.

PUBLIC SPEAKERS

None.

TIME CERTAIN

Sarah Hamamoto, Student Recreation Center, Fitness Coordinator.

Hamamoto provided information regarding the drop in fitness and F45 classes.

Hamamoto highlighted on the following:

- Classes are meant for all types of fitness levels.
- Drop in fitness classes are reaching over 100 people a day.
- F45 stands for Functional Training and the 45 is the duration of the training.
- Hamamoto clarified that the F45 total participants was lower due to being launched in mid-September.
- The results showcase the ability to impact over 10,000 participants.
- The SRC holds special events and looking to expand them.
- The goal is to implement mobile classes.
- Collaboration with Titan Shops for student discounts.

Kurtz yielded to Evans.
Evans, are you seeing the same students attend the classes?

Hamamoto stated that there are consistent students, but there are always new students trying the classes.

Kurtz yielded to Borjas.

Borjas, has there been students wanting more classes?

Hamamoto, yes. With the addition of F45 there has been an increase in fitness classes offered. 50 classes are offered per week. The students demand is being met.

Refer to the attached presentation for additional information.

REPORTS

a. Chair

Kurtz reported the following:

1) Reminded the committee that the end of the semester is approaching.

2) Kurtz informed the committee that ACUI conference would be November 15-17, 2018.

4) The committee would be assessing the TSU programs & services.

5) Titan Bowl & Billiards would be presenting to the committee about their programs and services during the December 5, 2018 committee meeting.

6) The TSU ticket sales would be assessed as well.

b. Director, Titan Recreation

Tapper reported the following:

1) Tapper thanked the committee for allowing Titan Recreation to present about drop in fitness, F45 classes and Titan Outdoor Program.

c. Programming Liaison/Trustee, TSCBOT

Barillas reported the following:

1) Barillas informed the committee of their last successful tabling event for the Fall 2018 semester. Barillas stated there was approximately 200 surveys completed. Eating healthy on a college budget, mental health and stress management awareness, self-defense and yoga & smoothies were the top four areas of interest. Barillas stated that each topic had 90-100 interested students.

2) Tabling events were successful in the fall. They would continue to collaborate with other student leaders to table during the spring 2019 semester.

Kurtz yielded to Keya Allen, Associate Executive Director.

Allen, will the findings be submitted to programming?
Barillas clarified that the survey results would be submitted so they can be informed of the highly requested classes.

NEW BUSINESS

a. Action: Titan Outdoor Program offered by Titan Recreation

**OC 17/18 001 (M) Duncan (S)** Naeem moved to consider approving the Titan Outdoor Program offered by Titan Recreation.

Kurtz yielded to Tapper to elaborate on the Titan Outdoor Program.

Tapper stated that the goal would be to engage students in active outdoor educational activities by providing a variety of well-managed outdoor experiences. A goal would be to keep the classes at a low cost. The three experiences offered through Titan Outdoor Program are:

1. Hang outs
2. Clinics
3. Expeditions

Tapper stated that there would be a small participation fee depending on the clinic. Activities are educational; students are learning at every expedition. Tapper clarified that Rockwall and Outdoor Program would have two separate budgets.

Kurtz invited Michael Brown, Rockwall and Outdoor Adventure Coordinator to elaborate on the program.

Brown gave a brief introduction. Brown moved from Alabama after he was hired with ASI. He expressed his excitement towards California and the endless nearby location for expeditions. Brown has been in the outdoor experience for over 10 years. Brown stated that outdoor education and experience has a powerful impact on students’ health. The outdoor program is for every student interested.

Kurtz yielded to Naeem.

Naeem, is there any liability for the outdoor expeditions?

Tapper stated that the SRC has insurance that covers all activities. ASI has all the proper insurance from working out to intramural activities.

Kurtz yielded to Thai.

Thai, what is the timeline for the program to be into effect?

Tapper stated the goal would be to launch three hikes in spring 2019. Tapper clarified that the Rockwall budget would be used to fund the spring 2019 hiking trips. Hiring and staff training would be implemented during the summer after the 2019-2020 budget would be approved. The goal for Fall 2019 is to launch the Titan Outdoor Program. The long term goal is have 2 on campus events and 1 expedition a month.

Kurtz yielded to Borjas.

Borjas, this is a great exciting program! Are we looking at doing any possible collaboration?
Brown, looking at many collaboration. Looking at working with DSS to provide accessible trips for groups. Working towards an international women’s day at the SRC.

Tapper stated, the SRC is looking at collaborating with orientation outreach to provide a special event for the students.

Kurtz yielded to Duncan.

Duncan, is there a minimal number of attendance per expedition?

Tapper clarified that it would depend on the expedition.

Brown stated that trips would not take more than 15 students per expedition and 5-10 would be the minimal.

Kurtz yielded to Evans.

Evans, can you explain the equipment check out process?

Tapper explained that the equipment would be rented during the time it is not being used for expeditions. The cost is standard amongst all CSU’s. A timeline has not been implemented since the logistical aspect needs to be solidified.

Kurtz yielded to Nikopour.

Nikopour, would transportation be provided?

Tapper clarified that transportation will be provided. Brown stated that the students are only responsible for bring their bare necessities.

Kurtz yielded to Evans.

Evans, would your staff be required to go through a specific training?

Tapper stated that all student staff would be required to receive training by Brown.

Brown stated that the two required certifications are wilderness first aid & leave no trace certifications. Brown informed the committee that he is certified and would be able to provide the training. Brown’s goal is to take all the trip leaders on an expedition to receive training.

Kurtz yielded to Allen.

Allen, can you explain what students with disabilities can look forward to in the Outdoor Program?

Tapper, it is working with the DSS office to determine what events ASI can provide. This would require Brown and his team to research what events can be provide.

Kurtz yielded to Borjas.

Borjas, would the students be considered employees?
Tapper, yes they would be student employees of Titan Recreation. Tapper stated that he would be working with Human Resource to clarify all the position descriptions.

Borjas, how many trip leaders would you need?

Brown, 10-15 trip leaders to begin the program.

Kurtz yielded to Naeem.

Naeem, what would be the cost per expedition for the students?

Tapper, it depends on the expedition. It can vary from free to $500. The expeditions can be a hike, overnight camp to a weeklong expedition.

Brown clarified that a $500 expedition would be nine day expedition that would include food, shelter, campsite etc. The cost is very minimal.

Please refer to the power point presentation for additional information.

Kurtz moved into discussion.

The committee expressed their interest and excitement towards the Titan Outdoor Program.

Kurtz moved into roll call.

Motion passed 7-0-0

b. Discussion: TSU & SRC Fee Assessment

The discussion item was tabled due to absence of time.

c. Discussion: SRC Staff Training Day

Kurtz yield to Tapper.

Tapper explained that the SRC staff training would be before the beginning of the semester. The previous year January 18, 2019 was approved as the date for the SRC training but it conflicts with the ASI Professional Staff training. Tapper stated that if allowed the SRC training date would be changed to Thursday, January 17, 2018.

The committee agreed with the change.

Discussion ensued.

ROLL CALL
ANNOUNCEMENTS/MEMBERS’ PRIVILEGES

Kurta yielded to Borjas.

Borjas informed reconstruction of the quad. Borjas asked the committee to send him any questions and concerns

Kurtz encouraged the committee to sign up for roundtable.

Allen congratulated all students that participated at the town hall. Allen encourage for another town hall during the spring semester.

Tapper clarified that there is no new dress code at the SRC. The information being displayed is to remind students of the dress code established when the SRC opened.

ADJOURNMENT

The meeting adjourned at 2:28 p.m.

___________________________________
Douglas Kurtz, Chair

___________________________________
Kristyne Robles, Recording Secretary
ANNOUNCEMENTS/MEMBERS’ PRIVILEGES

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Douglas Kurtz, Chair

Kristyrie Robles, Recording Secretary
DROP-IN FITNESS & F45

Sarah Hamamoto
Fitness Coordinator, SRC
November 14, 2018
What is Drop-in Fitness?

- **Goal:** To provide accessible, safe, and fun fitness classes for the promotion of physical activity and wellness
- Meant for ALL fitness levels
- Drop-in Fitness classes are “FREE” to SRC members
- 50 minutes throughout the day (6:30 AM - 7:20 PM)

 Classes: Titan Spin, Yoga, Zumba, Guts, Butts, & Thighs, Titan Barre
Fall 2018 DIF Statistics

TOTAL PARTICIPANTS: 4513

CLASS AVERAGE: 19 PEOPLE

DAILY IMPACT: Over 100 people/day
Fall 2018 F45 Statistics

TOTAL PARTICIPANTS: 2688*
*Data collected from 9/17/18 – 11/3/18

CLASS AVERAGE: 15 PEOPLE

DAILY IMPACT: 75 people/day
Fall 2018 Combined Statistics

Total Participants*

*Data represents 8/27 - 11/3
**Budget**

<table>
<thead>
<tr>
<th>FY18-19</th>
<th>Drop-in &amp; F45 programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wages</td>
<td>$40,000</td>
</tr>
<tr>
<td>Supplies</td>
<td>$3,400</td>
</tr>
<tr>
<td>Marketing</td>
<td>$1,500</td>
</tr>
</tbody>
</table>
Special Events

**SUNSET YOGA**

APRIL 12 | 6:30PM-7:30PM
SRC POOL DECK

Enjoy the calming nature of the outdoors while practicing yoga.

**TITAN RECREATION PRESENTS**

**glow ride**

Wear your bright gear and get ready to GLOW!

DEC 12 | 5:30PM-6:30PM
SRC SPIN STUDIO

CHECK IN 30 MIN PRIOR. SPACE IS LIMITED. FIRST COME FIRST SERVED.

**TITAN RECREATION PRESENTS**

**Candlelit Yoga**

Join us for yoga by candlelight for a relaxing, calming and rejuvenating experience.

Dec 10
Dec 13
6:30PM-7:30PM
SRC Dance Studio

Check in 30 minutes prior to class starting. Spots are limited to first come, first served. Mats are provided.
Future Directions

- Mobile Classes
- Special Events
  - Titan Tuesday
    - Collaboration with F45 & Titan Shops
Titan Outdoors Program

Goal:

Titan Outdoors Program will engage students in active outdoor oriented experiential education activities by providing a variety of well managed outdoor sports in various location throughout the west.

Program Varieties:

Hang outs:

“Hang outs” are going to be single day, on-campus, recreationally based opportunities to join Titan Outdoors and other adventurous students in an outdoor oriented activity. These activities may include slacklining, outdoor movie night, outdoor “camp” cooking, climbing competitions are the SRC Rockwall, etc. These events will be 3-6 hours, do not require transportation, and seek to develop a presence and community on-campus. They are leisure in design and in most cases are free to attend with no sign up and no obligation to stay the entire time.

Clinics:

These are educational based programs. The goal of them is to provide instruction in an outdoor based topic. These topics can be informal such as climbing safety, backcountry cooking, knot tying, or how to pack a backpack and can also be as formal as certifications such as Leave No Trace principles or Wilderness First Aid. These clinics can range from 2-16 hours. These clinics can cost participants nothing up to $50 pending on the clinic. All will be designed to be instructed on campus with no lodging or transportation required.

Expeditions:

Expeditions are our most dynamic portion of the Titan Outdoors program. Expeditions are designed to be off-campus outdoor oriented activities that provide participants a diverse selection of recreational opportunities in a variety of locations. Examples can include water based opportunities such as SCUBA, snorkeling, paddling and surfing as well as land based options such as hiking, rock climbing, snow sports, and cycling. For extended multi-day trips, camping or backpacking will also be possibilities. Some may be 1 day ranging from a few hours to all day while others may be short 1 day, 2 day or 3 day overnight trips. Extended trips during spring break, winter break, or the summer may also happen ranging from 4-9 days.

Expeditions are fee based. The fee for each trip varies based on activity, distance traveled from campus, and length of trip. Small local day trips can range from $20-$40 while extended week long break trips may be more than $500 for participants. The fees charged to the participants will go into offsetting the price to run the trips and pay for things such as transportation, permitting fees, gear maintenance, and student trip leader wages.

Expeditions are both recreational and education by nature. On a given trip, educational lessons will be naturally presented through experiential education opportunities. While the appeal of a trip may be the activity, participants will learn from it.
**Staffing:**

Student trip leaders are the backbone of Titan Outdoors. Student leaders will gain valuable leadership skills as well as a number of certifications and technical trainings that will help develop their resume and provide transferable skills. They will assist with all trip responsibilities while leading participants as well as oversee the safety and welfare of participants. All student trip leaders will be required to attend trip leader training expeditions which will be led by the Titan Outdoors professional staff.

**Budget:**

Titan Outdoors has the ability to generate revenue from registration fees for trip, host clinics as well as rent out equipment when it is not being used by the Titan Outdoor program.

**Revenue:**

<table>
<thead>
<tr>
<th>Service</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Fees</td>
<td>$8,350</td>
</tr>
<tr>
<td>Clinics</td>
<td>$1,500</td>
</tr>
<tr>
<td>Rental Fees</td>
<td>$520</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$10,370</strong></td>
</tr>
</tbody>
</table>

Titan Outdoors would have a separate budget from the Rockwall budget. There would be some higher cost the initial years as all new equipment would need to be purchased.

**Initial Expenses:**

<table>
<thead>
<tr>
<th>Service</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supplies</td>
<td>$12,000</td>
</tr>
<tr>
<td>Stoves, sleeping bags, chairs, tents, rope, backpacks, tarps, dry bags, water gear</td>
<td></td>
</tr>
</tbody>
</table>

**Expenses:**

- Supplies $12,000
- Printing & Advertising $1,000
- Maintenance $1,000
- Student wages $40,000
- Contracts/fees/rentals $2,500
- Dues/Subscriptions $1,000
- Travel $20,000
- **Total Expenses** $77,500
Proposal to start the Titan Outdoors program offered by Titan Recreation

PRESENTED TO:  Titan Student Centers Board of Trustees

MEETING DATE:  November 28, 2018

PRESENTED BY:  Doug Kurtz, Vice Chair of Operations
                Aaron Tapper, Director of Titan Recreation

BACKGROUND
Titan Recreation does not have any outdoor adventure programming as part of its program offerings. Many recreation departments have now started outdoor adventure programs that consist of a variety of expeditions, clinics and hang outs. These programs also have an educational component as well.

PROPOSAL
To start the Titan Outdoors program offered by Titan Recreation

RATIONALE
Starting this program will provide another program opportunity for students to get involved with Titan Recreation. Being located in Southern California, there are many outdoor opportunities that are within close proximity that Titan Outdoors can expose students too.

IMPACT
The Titan Outdoors program will engage the students in active outdoor oriented experiential education activities by providing a variety of well managed outdoor sports in various location throughout the west. These variety of clinics, expeditions and hang outs are a different form of recreation that will attach more students to be involved in Titan Recreation. This program will provide student leadership opportunities as well as peer on peer leadership development.

BUDGET IMPACT
There will be no current budget year request for additional funding. The 3 hikes, roughly to be offered in spring 2019 will be accomplished within the current allocated budget.

Future budget impact is anticipated with an approximate cost of $77,500 to fund the program yearly and $12,000 in equipment purchases for the first 2 years. This funding will be requested during the upcoming budget process for the 2019-2020 year.

IMPLEMENTATION TIMELINE
Spring 2019:  Titan Outdoors will offer 3 local hikes
July 2019:    Titan Outdoors will start purchasing the equipment
Summer 2019:  Hire and train student staff
Fall 2019:    Titan Outdoors would offer on-campus programs and overnight expeditions