Koret Health and Recreation Center

External Review Self Study Template
(Updated 9/29/2015)
The mission of the Recreational Sports Department and Koret Health and Recreation Center is to provide desired recreational sports activities, programs, and services to USF students, faculty, staff, alumni, and limited neighborhood patrons. The department will offer these groups opportunities to enhance their knowledge, interest and behavior to promote healthy lifestyles.
1989 Board of Trustees approves the following use policy for Koret

- Primary use for formal and informal recreational sport activities
- Priority given to Recreational Sports Department (RSD) for open recreation, scheduled classes, intramurals and club sports.
- ESS classes given priority (Hagan Gym ONLY) for physical education classes scheduled Monday-Thursday (7am-7pm)
- Revenue-generating use that does not impact student use
- Other university departments (with the prior approval of the RSD)

Facilities are not to be considered for graduations, convocations, or any athletic department use, unless approved by RSD in advance.
KHRC Intended Purpose

With the approval of the board of trustees, Fr. Lo Schiavo’s decision to build the KHRC was intended to be used by students, staff, faculty, alumni, and community members at their leisure.
Facility Usage Priorities

- Open Recreation for USF Constituencies
- Scheduled USF Recreational Programs
- USF Intramural Sports
- USF Club Sports
- USF Physical Education Class (Hagan)
- Revenue generating use(s) that do not impact student use
- Athletics
Facility

❖ Olympic-Size Indoor Pool
❖ Weight Rooms (3,200 & 2,800 square feet)
  80 workout stations
❖ Swig Pavilion
  3 full-size basketball courts, 4 volleyball courts, 6 badminton & indoor soccer courts, TRX wall mounts
❖ Cardiovascular Alley/Mezzanine Level
  101 workout stations, large screen TV, sun deck (9 TRX anchors) & table tennis
❖ Hagan Gym
  Collegiate-size gym with basketball court, 2 volleyball courts, 5 badminton courts, locker rooms, & showers
❖ Racquetball Court
❖ Combatives Room
❖ Aerobics Room
❖ Air Rifle Range (computerized)
❖ Golf Room
❖ Dance Studio
❖ Boxing Room
❖ Massage Room
❖ Fitness Assessment Room
❖ Deli
❖ Billiards Table
RECENT UPGRADES (Software)

2007
CLASS
Membership and program registration software

2008
EKTRON
Web content management software
TIME IPS
Fingerprint timeclock for hourly employees (recommended by HR)

2010
EKTRON
Web content management software

2011
WHENTOWORK
Staffing software for scheduling employees and fitness classes

2012
EMS
Facility scheduling software
PREVA
Networked fitness software to track equipment usage and maintenance

2014
ACTIVE NET
Recreation management software to provide online access to membership system and RSD programs/services

2015
SECURITY CAMERAS
Installed security cameras and monitoring station for all emergency exits
LF CONNECT
Networked fitness software for Lower Cardio
RECENT UPGRADES (Facilities)

2007, Pool Renovation

2008, Basement Level Renovation (Storage space converted to Small Weight Room/Boxing Room/Assessment Room)

2011, Hagan Gym Renovation

2012, Pool Renovation (Repairs to problems from previous renovation)

2013, Large Weight Room (flooring/mirrors/paint)

2012-2014, Koret Foundation Grant (3 Year Project)

• Phase 1 = Upper CVA Renovation (2012)

• Phase 2 = WR Renovation, TRX on Sun Deck & Swig, Spin Bikes (2013)

• Phase 3 = Lower CVA Renovation (2015)
ADMINISTRATIVE/SERVICE UNIT GOALS

The primary goal of the Recreational Sports Department is to provide quality recreational experiences within the university environment, including the expansive opportunities existing in the immediate Bay Area, and direct this toward the individual's physical, cognitive and social spheres to enhance their educational experience. This goal will be accomplished by offering a wide variety of recreational activities, conducting educational workshops, and providing professional training and leadership skills for students. To maximize engagement and retention at the University of San Francisco, students will be encouraged to participate in departmental programs and services, identify community on campus, and form social bonds to support their experience on campus.
KORET NIGHT
Introduce incoming students to RSD programs and services

ACTIVE NET
Activate student accounts for online access and discounts

WELCOME WEEKENDS
Provide free trips during first 3 weeks of semester to help students identify and build community on campus

INVOlVEMENT FAIR
Highlight deadlines for IMs/Sport Clubs, promote RSD programs and services

SELF DEFENSE
Host free classes to help students develop safe behaviors on and off campus

RSD INSERVICE
Provide job training for Koret student staff including AED/CPR and IPP training

INTRAMURALS
Encourages fair play, participation, lifelong learning, and opportunity for all.

CLUB SPORTS
Provides a competitive team structure, social opportunities on campus, and coaching to develop sport-specific skills

OUTDOOR ADVENTURES
Train trip leaders to coordinate off-campus day trips for students

LIFEGUARD TRAINING
Host courses to provide lifesaving skills and identify potential student staff for Aquatics programs.

EMPLOYMENT OUTREACH
Identify eligible students interested in working at Koret during intersession and/or next semester

STAFF ONBOARDING
Train new employees on software (Time IPS, Active Net, Whentowork, Banner, Etimesheets)

FREE PROGRAMS/SERVICES
Fitness classes (70/week), equipment orientations (by appointment), towel service

STRESS LESS DAY
Cosponsor event to help students focus on self-care in order to thrive on campus

OPEN REC
Provide free use of workout areas including weight rooms, pool, cardio areas, basketball courts, racquetball courts

PRIVATE SESSIONS
Provide discounted services including swim lessons, personal training, massage, body composition analysis

FREE
Programs (70/week), equipment orientations (by appointment), towel service

CURRICULUM MAP
The Koret Health and Recreation Center serves USF Students, Faculty, Staff, Alumni and outside community members. Community access takes the form of annual memberships, monthly memberships, rec passes, and drop-in day use. The department offers a multi-tier pricing system for most fee-based programs and services (personal training, massage, swim lessons, locker service, summer camp, swim team) in order to provide discounted programs and services to USF students, full-time faculty and staff members. The department also provides discounts to seniors (55 years +), disabled patrons, annual Koret members, and alumni.

The department distributes surveys for programs like Welcome Weekends, Outdoor Adventures, Self Defense, Fitness Classes, Swim Lessons, and IMs. The department does in-person outreach to staff and participants in the areas of Sport Clubs, Personal Training, Massage, and Racquetball.
# CAMPUS COMMUNITY

<table>
<thead>
<tr>
<th><strong>USF Students</strong></th>
<th><strong>USF Full-Time Fac/Staff, Alumni Annual Members</strong></th>
<th><strong>USF Part-Time Fac/Staff, Alumni Monthly Members Alumni Rec Pass</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Significant discounts to private sessions (personal training, swim lessons, massage, body comps), trips and locker service</td>
<td>Discounts to private sessions (personal training, swim lessons, massage, body comps) and locker service</td>
<td>Access to fee-based private sessions (personal training, swim lessons, massage, body comps) and locker service</td>
</tr>
<tr>
<td>Access to restricted programs (Welcome Weekends, Outdoor Adventures, IMs, Sport Clubs).</td>
<td>Facility access includes open rec, fitness classes, towel service and free equipment orientations</td>
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</tbody>
</table>
## COMMUNITY MEMBERS

<table>
<thead>
<tr>
<th>Senior citizens (55 years +) and Disabled patrons</th>
<th>Neighborhood Community Members</th>
<th>Outside Community Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discounts to rec passes &amp; drop-in, private sessions (personal training, swim lessons, massage, body comps) and locker service</td>
<td>Eligible to purchase annual memberships, unrestricted rec passes, time restricted rec passes, drop-in day use. Access to fee-based private sessions (personal training, swim lessons, massage, body comps) and locker service</td>
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</table>
Collaborations within the Division (Student Life)

STUDENT DISABILITY SERVICES
- Special Accommodations, Access, Policy, Staffing

ONE CARD
- Access, Alarms, Security Cameras

SLE
- CAB Concert, New Student Orientation, Welcome Weekends

HPS
- Stress Less Day, Spring Health Fair, Campus Community Coalition

SHaRE
- Access for Special Groups, Promotions to RAs, Special Events, RA Appreciation Programs

CAPS
- Inservice Training

PUBLIC SAFETY
- Emergency Procedures, Special Events, Incidents, Evacuation Procedures, NERT Training

OSCRR

Collaborations within the Division (Student Life)
Collaborations Across the USF Campus

- **HR**
  - Go USF, Wellness Committee
  - Faculty/Staff Programming, Faculty/Staff Wellness Challenge

- **ITS**
  - Access, Alarms, Special Projects/Upgrades, New Software

- **ADMISSIONS**
  - Tours for Prospective Students, Open House

- **FROMM INSTITUTE**
  - Personal Training, Massage, Group Fitness, Free Orientations, Membership

- **PRESIDENT’S OFFICE**
  - Special Affiliate Memberships, Board of Trustees Access

- **DEVELOPMENT**
  - President’s Ambassadors, Alumni Relations

- **EVENTS MANAGEMENT**
  - Parents Weekend, CAB Concert, Alumni Events

- **SCHOOL OF NURSING**
  - Student Staffing

- **SCHOOL OF LAW**
  - Resource Fair, Intramurals, SF Bar League

- **ATHLETICS**
  - Collaborations Across the USF Campus
Collaborations within Koret facility (Other Departments)

- **DANCE DEPARTMENT**
  - Dance Studio housed within Koret Facility, coordinate access, provide special extended hours

- **ARCHITECTURE**
  - Studios A & B for academic classes are housed within the Koret facility (formerly Alumni Lounge)

- **KINESIOLOGY**
  - ESS Activity Classes at Koret (Hagan Gym and Combatives Room), Pool, Boxing Room

- **ROTC**
  - Swim Test, Special Classes, Facility Access, Use of Hagan Gym
Recreational Sports Department Employees

Professional Staff

Full-Time
(7)

Part-Time Staff

Students
(197)

Part-Time
(47)
RECENT UPDATES (Staffing)

2014, Created Community Recreation Coordinator Position

2009-2014, Filled Aquatics Director and Intramural & Sport Club Director openings

2013-2014, Transitioned part-time, temporary, non-student staff to HR Options per USF mandate

2014, Redefined part-time, non-student staff in Banner in order to preserve accrued paid sick time and non-temporary status

2013-2014, Complied with Affordable Care Act by managing staffing

2014, Provided new software training for all Koret staff (Active Net)
Job Responsibilities (Senior Director)

- Oversee Professional Staff (7)
- Oversee Annual Budget
- Determine Revenue & Expenditures
- Facilities Maintenance
- Assess Departmental Programs
- NERT Representative
- Public Safety Liaison
- Building Marshall Representative
- Campus Safety Committee Representative
Job Responsibilities (Associate Director)

Facility Reservations
Building Supervisors (14)
Front Desk Staff (28)
Check-In Desk Staff (44)
Collect and Store Waivers
Facility Scheduling Administrator (EMS)
Membership Software Administrator (Active Net)
Staffing Software Administrator (Whentowork)
Timeclock Software Administrator (TimeIPS)
Weekday Structured Programming (Average Week)

Scheduled Program Hours (2014-2015)
Job Responsibilities (Fitness & Wellness Director)

Group Exercise Instructors (33)
Group Exercise Classes (70/week)
Personal Trainers (7)
Massage Therapists (2)
Equipment Maintenance Staff (3)
Fitness Desk Staff (3)
Fitness Equipment Purchase/Maintenance
Self Defense Program
Koret Foundation Grant Coordinator
USF 101 Curriculum Committee Rep

Participation Trends by Month

- Aug-14: 1651
- Sep-14: 3426
- Oct-14: 3011
- Nov-14: 2477
- Dec-14: 1496
- Jan-15: 2141
- Feb-15: 3063
- Mar-15: 2753
- Apr-15: 2910
- May-15: 2143
Fitness Programs & Services
(2014-2015)

Personal Training Sessions
USF Students = 261, Faculty/Staff = 344, Other = 2,607 (Total = 3,261)

Massage Sessions
USF Students = 43, Faculty/Staff = 29, Other = 77 (Total = 149)

Equipment Orientations
USF Students = 65, Faculty/Staff = 1, Other = 63 (Total = 129)

TRX Classes
USF Students = 262, Faculty/Staff = 492, Other = 1,272 (Total = 2,026)
Waitlist Total = 170

Body Composition Analysis Appointments
USF Students = 6, Faculty/Staff = 1, Other = 9 (Total = 16)

Self Defense Participants
USF Students = 29, Faculty/Staff = 1, Other* = 6 (Total = 36)
*This free program was only opened to non-USF participants if space was still available on the date of the first class meeting.
Job Responsibilities
(Business Manager/Membership Director)

Active Net Administrator
Business Manager (Cash Collections)
Membership Coordinator
Access Manager (One Card)
Timeclock Administrator (Koret Time IPS)
ITS Liaison
Web Administrator (Drupal)
Total Card Swipes (2014-2015)

- Freshman: 30,250
- Sophomore: 43,458
- Junior: 38,306
- Senior: 19,728
- Graduate: 53,721
- Law: 10,068
- FT Fac/Staff: 28,977
- PT Fac/Staff: 9,920
- Retired Fac/Staff: 414
Total Card Swipes (2014-2015)

- Retired Fac/Staff: 0%
- PT Fac/Staff: 4%
- FT Fac/Staff: 12%
- Law: 4%
- Graduate: 9%
- Senior: 23%
- Junior: 16%
- Sophomore: 19%
- Freshman: 13%
Student Usage by Month (2014-2015)

- June: 4,403
- July: 4,415
- August: 17,135
- September: 30,589
- October: 27,281
- November: 18,147
- December: 6,665
- January: 11,356
- February: 21,787
- March: 19,747
- April: 21,531
- May: 12,475
Faculty/Staff Usage by Month (2014-2015)
Job Responsibilities (Aquatics Director)

Lifeguards (49)
Swim Instructors (10)
Swim Coaches (7)
AED/CPR Instructors (2)
Lifeguard Trainers (2)
Masters & Koret Youth Swim Club Swim Teams
Private, Semi-Private & Parent Tot Swim Lessons
Wellness Committee Representative
Certified Pool Operator
Red Cross Administrator
AQUATICS PROGRAMS

Masters Swim Team Participants (203 active accounts)
Koret Youth Swim Club Swimmers (71 active accounts)
Little Seals Pre Swim Team (31 active accounts)
Lifeguard Courses (39 participants*)
*7 USF Students completed training and were hired to work at Koret
AED/CPR for RSD Staff (50 certificates issued)
Youth Swim Lessons (USF Student instructors provided 384 hours of swim instruction)
Private Swim Lessons (813*)
*454 lessons were taught by USF student instructors
Adult Swim Lesson Unique Participants USF Students = 3, Faculty/Staff = 3, Other = 26
(Total = 29)
Job Description (Head Master’s Swim Coach)

Master Swim Practices
KYSC Swim Practices
Masters Swim Meets
KYSC Swim Meet
Job Responsibilities
(Intramural & Club Sport Director)

Equipment Desk Staff (30)
Intramural Scorekeepers
Sport Club Coaches (17)

Intramurals
Sport Clubs (27)
Locker Rentals/Towel Service

Equipment Desk Equipment
Racquetball Court Reservations
Campus Community Coalition
International Education Week
USF Intramural Sports

CoRec
- Badminton
- Basketball
- Dodgeball
- Flag Football
- Indoor Kickball
- Indoor Soccer
- Outdoor Soccer
- Table Tennis
- Tennis
- Ultimate
- Frisbee
- Volleyball

Men’s
- Basketball
- Dodgeball
- Outdoor Soccer

Women’s
- Basketball
USF Sport Clubs

Sports Offered
Aikido*, Badminton, Boxing, Brazilian Jiu Jitsu, Capoeira*, Cycling, Dance Contemporary, Dance Hip Hop, Equestrian, Golf, Judo, Lacrosse (M), Muay Thai, Rifle, Rugby (M), Rugby (W), Sailing, Shotokan, Soccer (M), Soccer (W), Swim, Taekwondo, Tennis, Ultimate Frisbee, Volleyball (M), Volleyball (W), Water Polo

*Designates sports no longer offered by RSD due to lack of student interest.

<table>
<thead>
<tr>
<th></th>
<th>Fall 2014</th>
<th></th>
<th></th>
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<th></th>
<th>Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Students</td>
<td>Sports</td>
<td>Leagues</td>
<td>Male/Female</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intramurals</td>
<td>230</td>
<td>7</td>
<td>9</td>
<td>165/65</td>
<td>17-36 years</td>
<td></td>
</tr>
<tr>
<td>Club Sports</td>
<td>338</td>
<td>25</td>
<td>N/A</td>
<td>176/162</td>
<td>18-39 years</td>
<td></td>
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<tr>
<td>Spring 2015</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Intramurals</td>
<td>292</td>
<td>7</td>
<td>9</td>
<td>202/90</td>
<td>17-36 years</td>
<td></td>
</tr>
<tr>
<td>Club Sports</td>
<td>409</td>
<td>27</td>
<td>N/A</td>
<td>226/183</td>
<td>18-39 years</td>
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USF Sport Clubs – Academic Success & Challenges

Academic Awards

- Honor Roll, Dean’s List, University Scholars, Alumni Legacy Scholars, National Society of Collegiate Scholars
- Rhetoric Department’s Speaker’s Showcase Awardee
- SLE Excellence in Leadership & Service Award
- MSEM Merit Scholarship
- Financial Management Association National Honor Society

Academic Challenges

- Some Sport Club participants struggling with Aspergers Syndrome, Depression and Alcohol/Drug Addiction report improved academic performance thanks to team bonding and coaching support.
USF Sport Clubs – Competitive Successes & Challenges

**Boxing**
- 3 USIBA National Champions & 2 Runner Ups (2013)
- 5 Golden Glove Champions (2013)
- Represented USA against UK (2013)
- 4 current High School recruits

**Judo**
- 4 medalists at Capital Open Tournament (2013)
- Represented USA at international tournament in Belgium (2013)

**Rugby**
- 3 All-Americans (2013)
USF Sport Clubs – In the News

Wall Street Journal (April 11, 2013)

• 34 The number of women competing in the inaugural U.S. Intercollegiate Boxing Association championships starting Thursday at the University of San Francisco. In separate bouts, 45 men will compete. Source: USIBA [via @WSJSports].

New York Time (April 12, 2013)

• Championing Women, a New League for Club Boxing Enters the Ring.
Job Responsibilities
(Community Recreation Coordinator)

Cardio Alley & Weight Room Attendants (28)
Outdoor Adventure/Welcome Weekend Trip Leaders
Summer Kids Kamp Counselors (13)
Outdoor Adventure Trips
Welcome Weekend Trips
Social Media Coordinator
Parent Family Committee Representative
New Student Orientation Committee Representative
Cash Collections
Welcome Weekends

- 19 events (14 Fall/5 Spring)
- 317 USF students registered
- 281 USF students attended
- 68% attendance rate

Top 3 Events:
- SF Giants Game
- Great America/SF Zoo
- Off the Grid (Fort Mason)
Outdoor Adventure Trips

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**Fall 2014**
- Alcatraz
- Corn Maze
- Holiday Outlet Shopping
- Horseback Riding
- K1 Kart Racing
- Kayak the Golden Gate and Back
- Monterey Bay Aquarium
- Paintball
- Santa Cruz Boardwalk
- SF Giants vs Brewers
- Six Flags (Fright Fest)
- Whitewater Rafting

**Spring 2015**
- Alcatraz Night Tour
- Great America
- Paintball
- SF Giants Game
- Sharks Game
- Ski @ Alpine
- Ski @ Kirkwood
- Ski @ Northstar
- Ski @ Sierra
- Ski @ Squaw Valley
- Urban Hiker

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**TOTAL** 619 attendees
Research confirms that universities benefit from student participation in recreational sports programs by experiencing increased levels of student recruitment, engagement and retention, especially among minority students (Lindsey, Sessoms & Willis 2009, 33).
How does facility use compare to other places on campus (measured by card swipes)?