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# Koret Health and Recreation Center

External Review Self Study Template  
(Updated 9/29/2015)



# MISSION

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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.

# HISTORY

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## **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

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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

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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

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- ❖ **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**

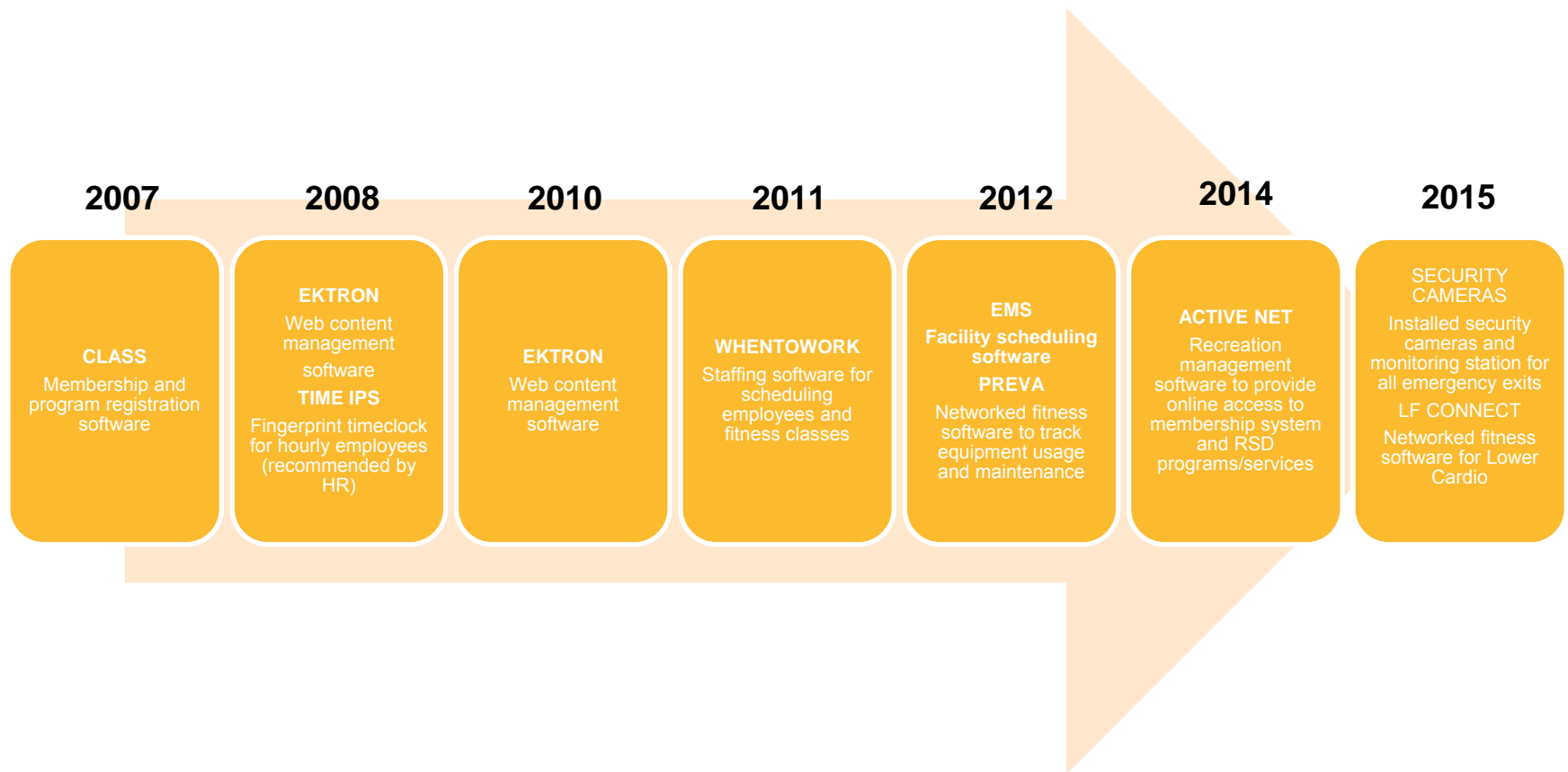
- ❖ **Fitness Assessment Room**

- ❖ **Deli**

- ❖ **Billiards Table**

# RECENT UPGRADES (Software)

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## RECENT UPGRADES (Facilities)

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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

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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.

# CURRICULUM MAP



# QUALITY ASSURANCE

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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

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## USF Students

Significant discounts to private sessions (personal training, swim lessons, massage, body comps), trips and locker service

Access to restricted programs (Welcome Weekends, Outdoor Adventures, IMs, Sport Clubs).

Facility access includes open rec, fitness classes, towel service and free equipment orientations

## USF Full-Time Fac/Staff, Alumni Annual Members

Discounts to private sessions (personal training, swim lessons, massage, body comps) and locker service

Facility access includes open rec, fitness classes, towel service and free equipment orientations

## USF Part-Time Fac/Staff, Alumni Monthly Members Alumni Rec Pass

Access to fee-based private sessions (personal training, swim lessons, massage, body comps) and locker service

Facility access includes open rec, fitness classes, towel service and free equipment orientations



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# COMMUNITY MEMBERS

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## Senior citizens (55 years +) and Disabled patrons

Discounts to rec passes & drop-in, private sessions (personal training, swim lessons, massage, body comps) and locker service

Facility access includes open rec, fitness classes, towel service and free equipment orientations

## Neighborhood Community Members

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

Facility access includes open rec, fitness classes, towel service and free equipment orientations

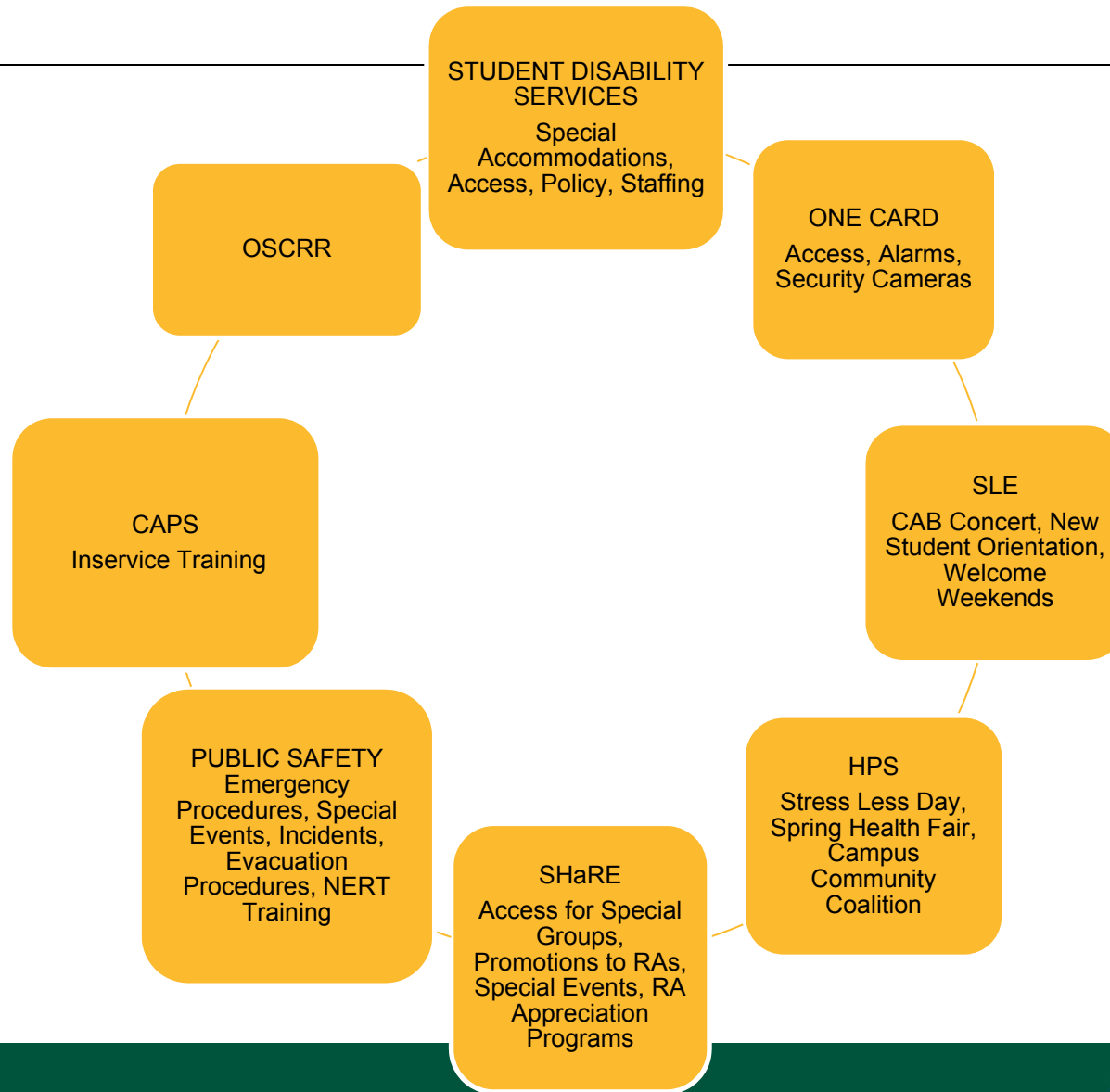
## Outside Community Members

Eligible to purchase annual memberships, time restricted rec passes, drop-in day use. Access to fee-based private sessions (personal training, swim lessons, massage, body comps) and locker service

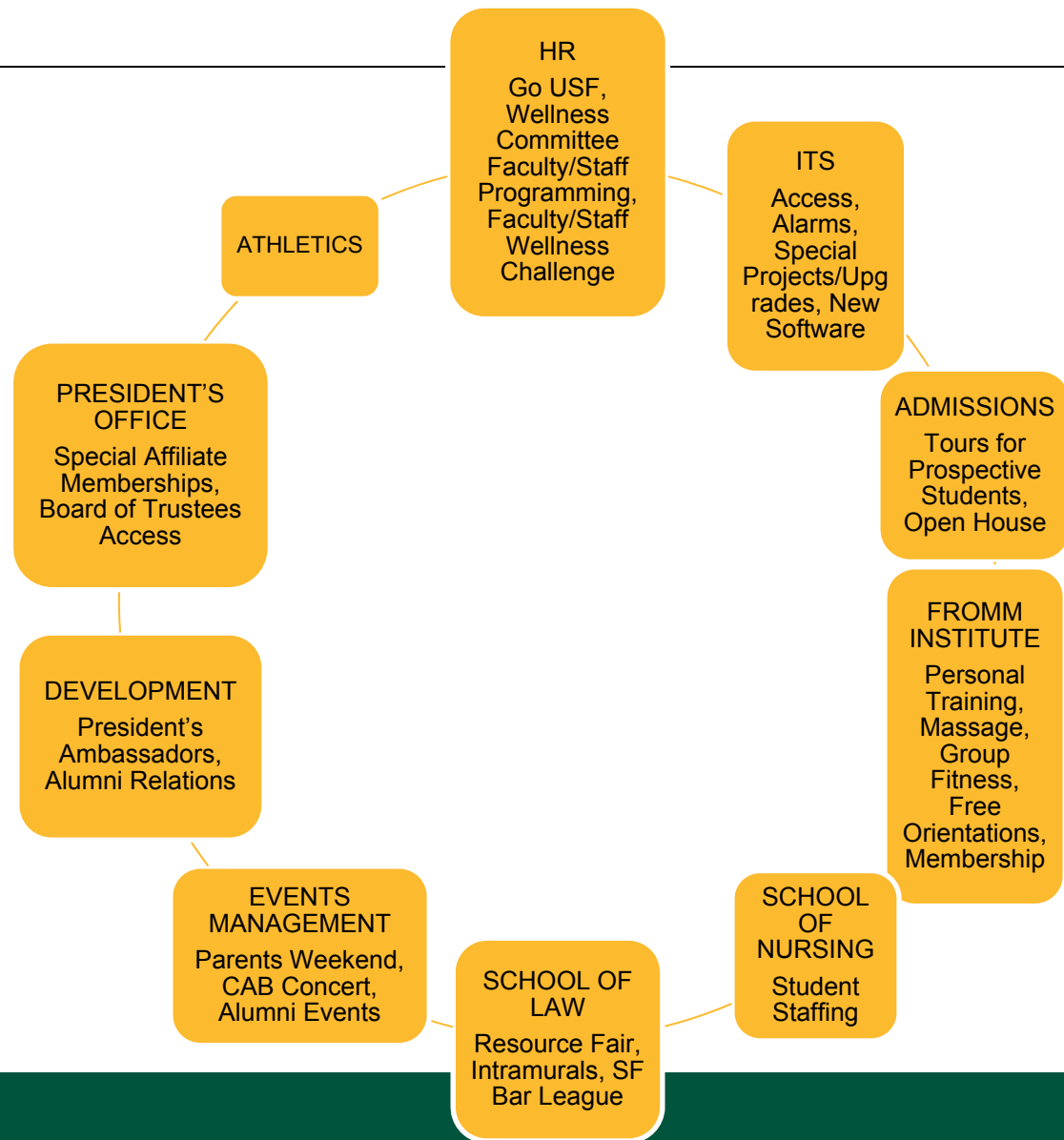
Facility access includes open rec, fitness classes, towel service and free equipment orientations



## Collaborations within the Division (Student Life)

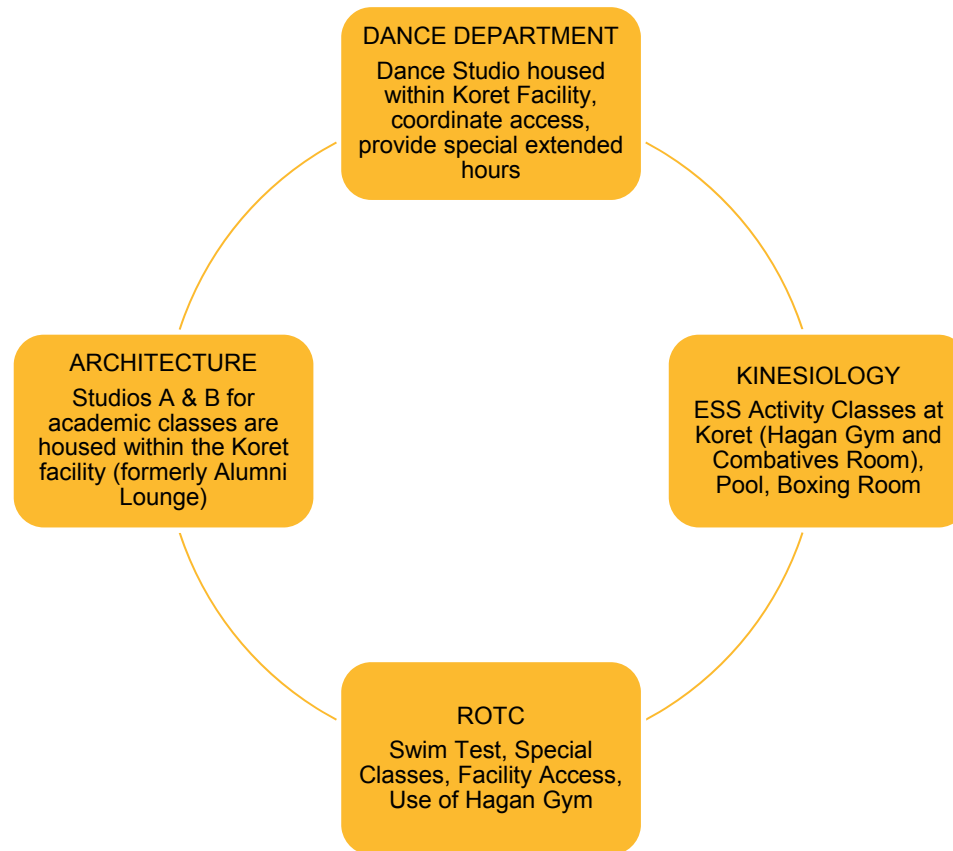


## Collaborations Across the USF Campus



## Collaborations within Koret facility (Other Departments)

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# Recreational Sports Department Employees

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Professional  
Staff

**Full-Time  
(7)**

Part-Time Staff

**Students  
(197)**

**Part-Time  
(47)**

## RECENT UPDATES (Staffing)

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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)

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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)

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Facility Reservations

Building Supervisors (14)

Front Desk Staff (28)

Check-In Desk Staff (44)

Collect and Store Waivers

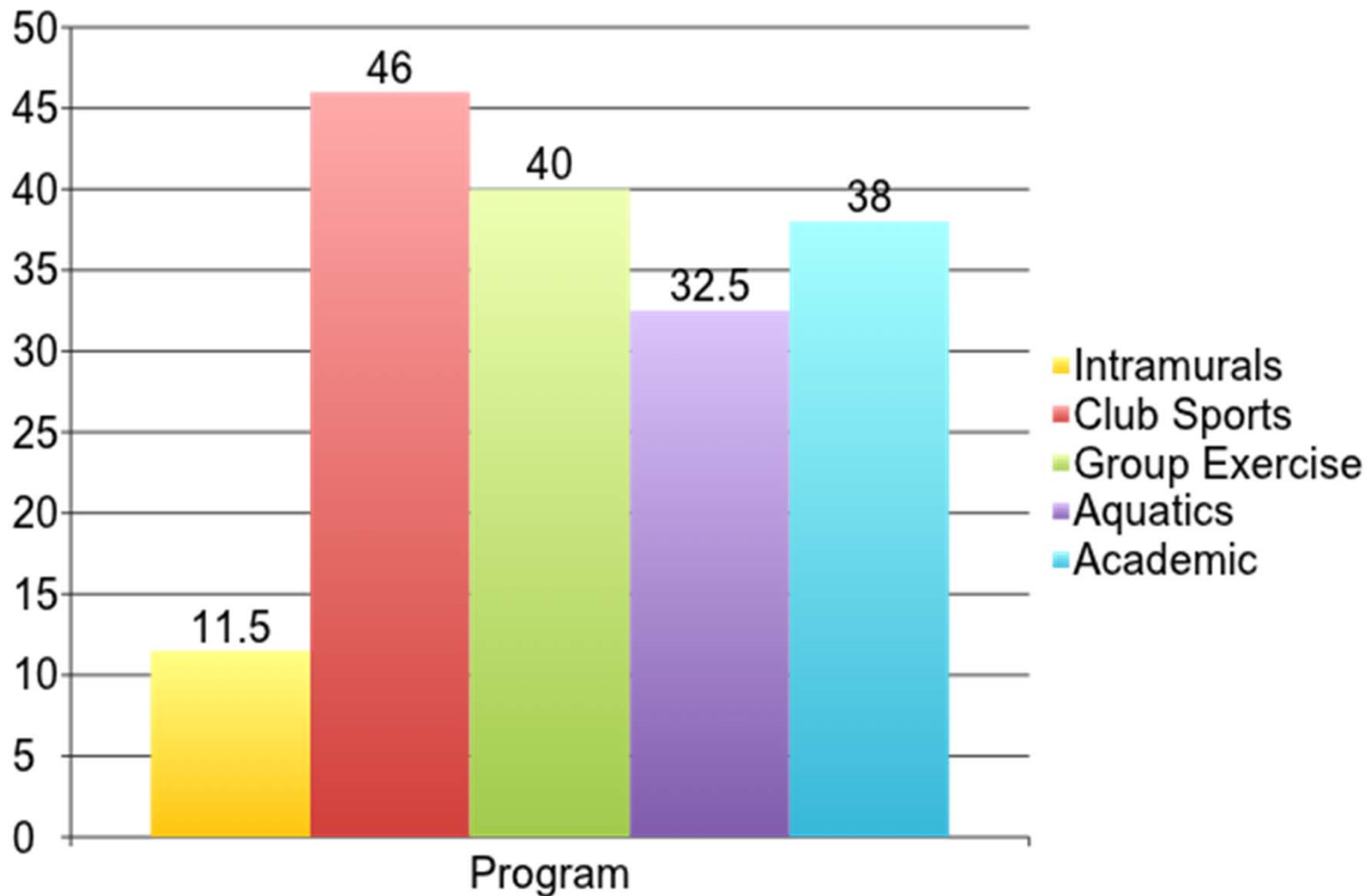
Facility Scheduling Administrator (EMS)

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)

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Group Exercise Instructors (33)

Group Exercise Classes (70/week)

Personal Trainers (7)

Massage Therapists (2)

Equipment Maintenance Staff (3)

Fitness Desk Staff (3)

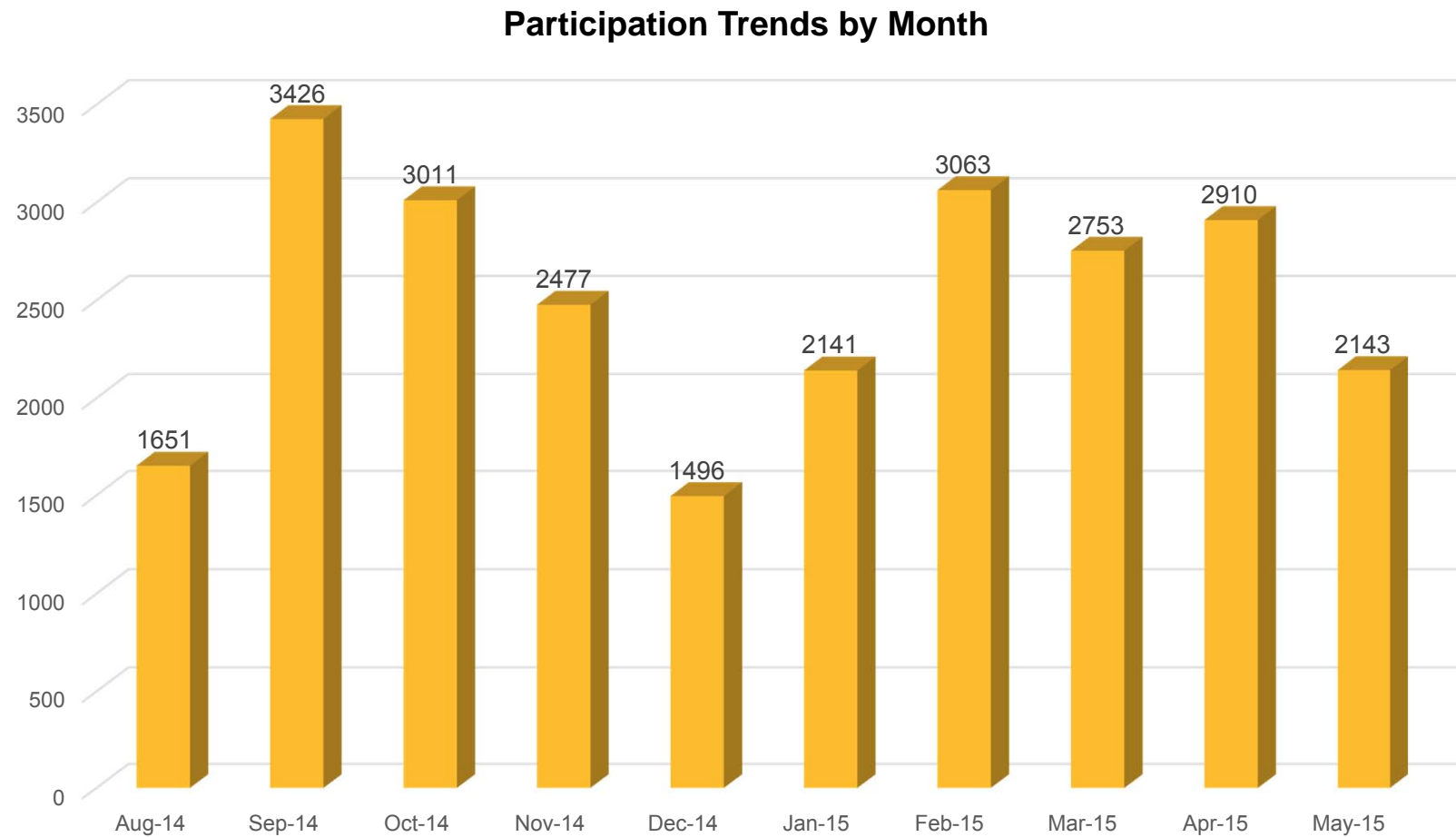
Fitness Equipment Purchase/Maintenance

Self Defense Program

Koret Foundation Grant Coordinator

USF 101 Curriculum Committee Rep

# Group Exercise Attendance (2014-2015)



# Fitness Programs & Services (2014-2015)

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## **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)**

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Active Net Administrator

Business Manager (Cash Collections)

Membership Coordinator

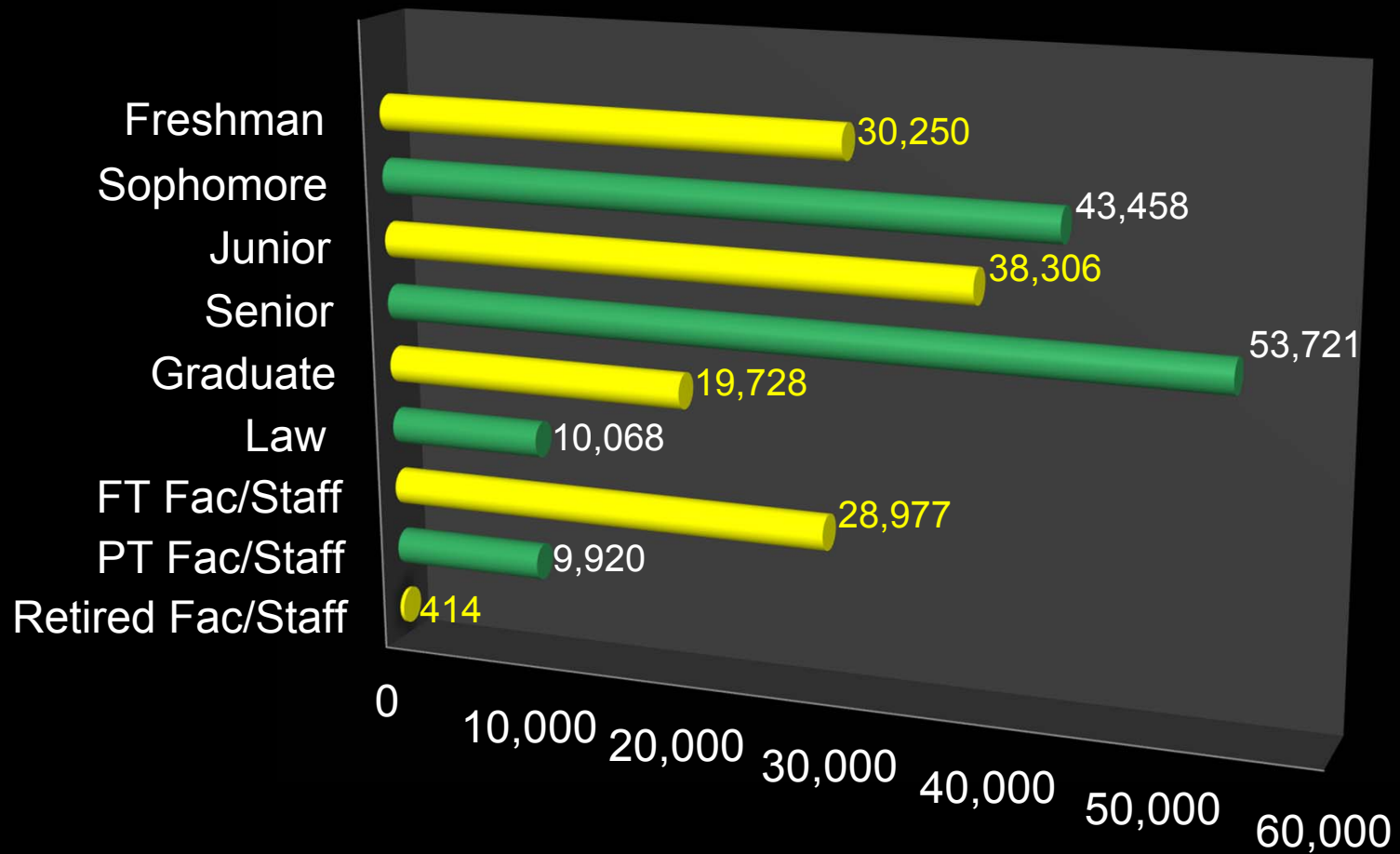
Access Manager (One Card)

Timeclock Administrator (Koret Time IPS)

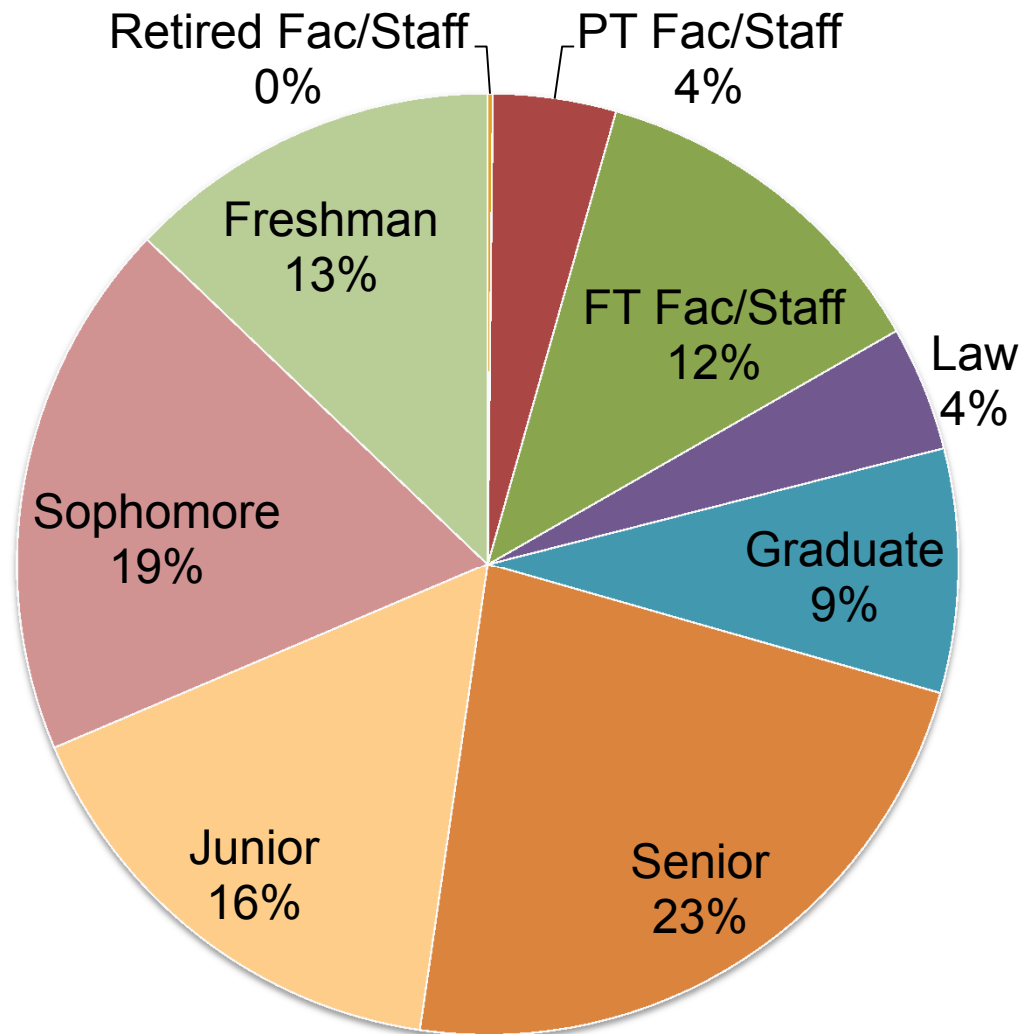
ITS Liaison

Web Administrator (Drupal)

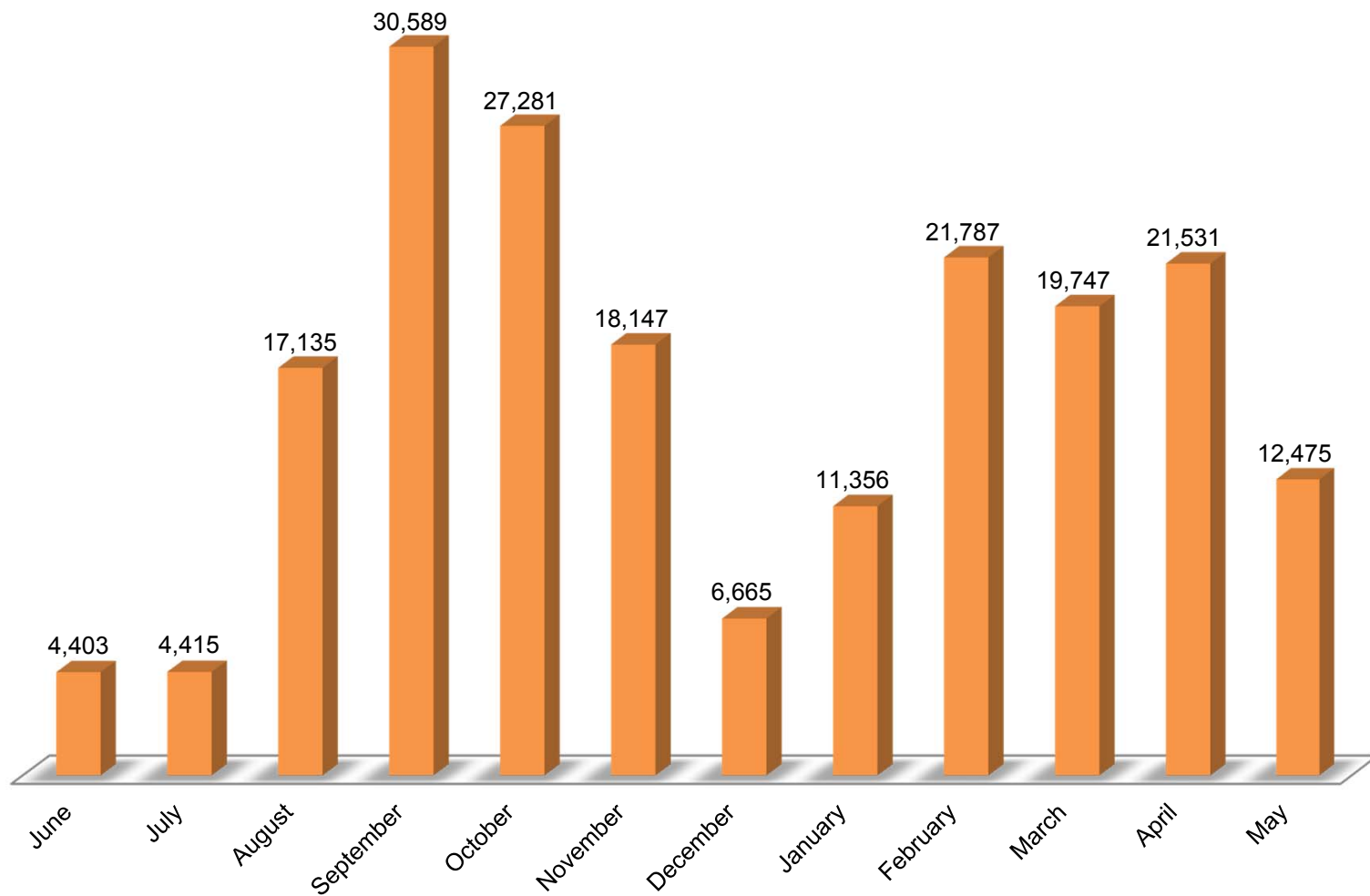
## Total Card Swipes (2014-2015)



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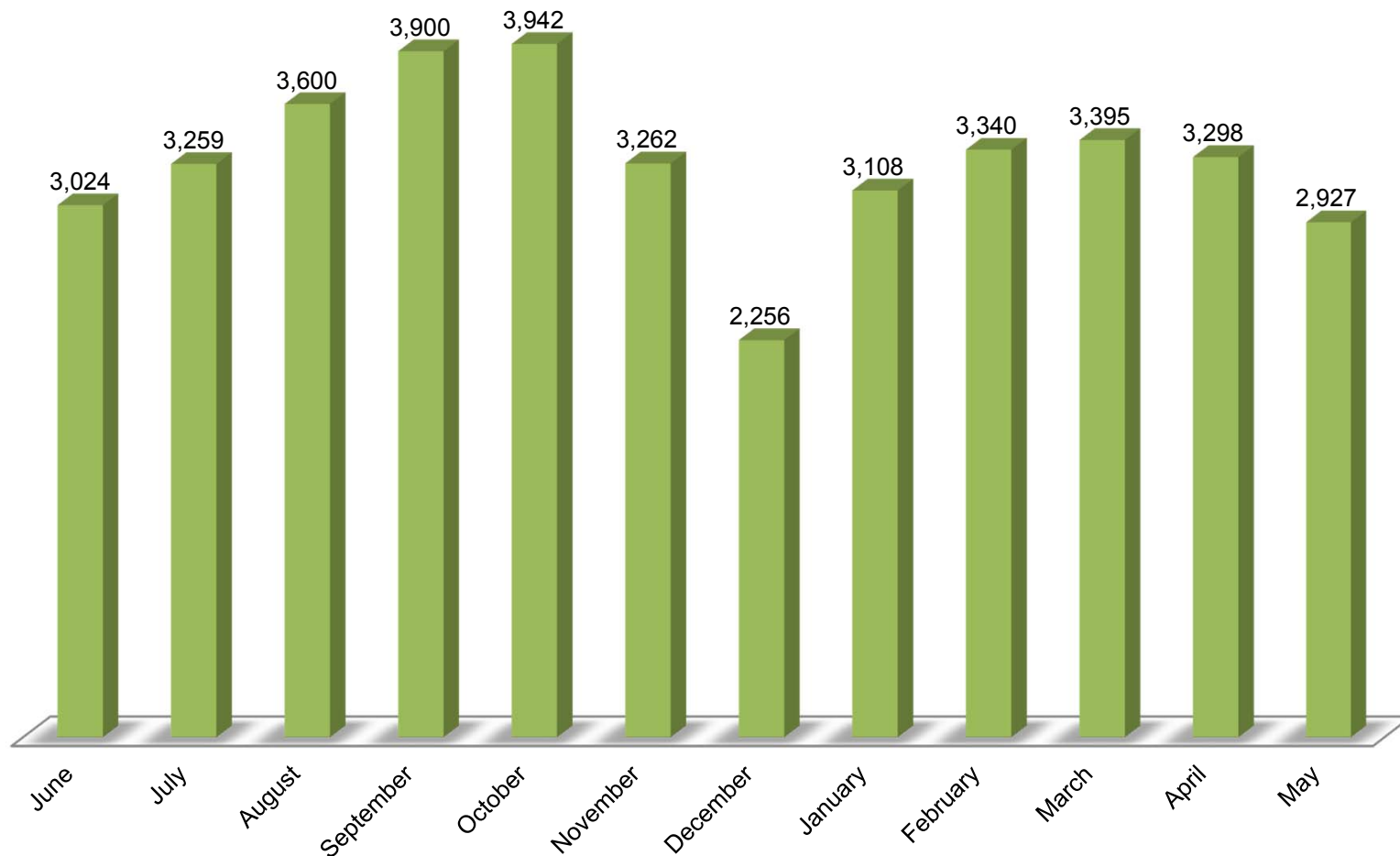


# Student Usage by Month (2014-2015)



## Faculty/Staff Usage by Month (2014-2015)

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## Job Responsibilities (Aquatics Director)

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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

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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)

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Master Swim Practices

KYSC Swim Practices

Masters Swim Meets

KYSC Swim Meet



## **Job Responsibilities (Intramural & Club Sport Director)**

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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

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## 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



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# USF Sport Clubs

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## 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.*

<b>Fall 2014</b>	<b>Total Students</b>	<b>Sports</b>	<b>Leagues</b>	<b>Male/Female</b>	<b>Age Range</b>
<b>Intramurals</b>	230	7	9	165/65	17-36 years
<b>Club Sports</b>	338	25	N/A	176/162	18-39 years
<b>Spring 2015</b>	<b>Total Students</b>	<b>Sports</b>	<b>Leagues</b>	<b>Male/Female</b>	<b>Age Range</b>
<b>Intramurals</b>	292	7	9	202/90	17-36 years
<b>Club Sports</b>	409	27	N/A	226/183	18-39 years

# USF Sport Clubs – Academic Success & Challenges

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## 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

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## 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

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## 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)**

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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



**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



**TOTAL**

**619 attendees**



## ASSESSMENT:

### Impact on Student Learning and Development

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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)?

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