



SACRAMENTO  
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**The WELL Advisory Group Meeting**  
October 25, 2017  
The WELL, 2nd Floor, Shoreline Room

**Minutes**

- 1. The meeting was called to order at 7:32 a.m. by Kindra Begley**  
**Present:** Kindra Begley, Kyle Wakeland, Mark McGushin, Harrison Anderson, Makenzie DeLaughder, Nneka Omekam, Jamie Hoffman, Elena Larson, Trinity Jackson, Brittani Gustinell  
**Also present:** Kate Smith, Bill Olmsted, Jessica Swart, Jill Farrell, Tori Butler, and Guests  
**Andrew Reddish and Paul Polis**  
**Absent:** Mark Anthony Sohl
- 2. Public Comment: None**
- 3. Consent Calendar:**
  - A. Approval of Advisory Group Minutes for September 20, 2017**  
**[Consensus for approval of minutes as written: Passed]**
- 4. Old Business**
  - A. Expansion update: Olmsted & Smith**
    - Smith provides an update on the progress of the WELL expansion project. She notes that last year's Advisory Group members saw the plans, which were used in the Request for Qualifications (RFQ) process in which the top eight design-build teams were solicited. From there, the top four teams were selected for the Request for Proposal (RFP) process. The winning team of the RFP will be selected on November 16. Smith then provides an overview of the plans which include a much needed locker room expansion, expansion of the free weight area since Peak Adventures is moving back to the Union, and a new addition, which will be built on the other side of the gym box and will include locker room space & group fitness studios. Smith then explains that Student Health and Counseling Services (SHCS) is also expanding, but their portion of the project is financially separate. The Union WELL Inc. student fee goes towards the expansion of the campus recreation side of the WELL and SHCS is funding their own part of the project, but the projects are being combined into one in order to take advantage of cost savings. Smith provides an overview of the SHCS project, which includes renovating urgent care in addition to expanding athletic training, Peer Health Education and classroom space. Smith adds that she is hoping to have the winning design-build team attend an Advisory Group meeting or hold a focus group to hear thoughts and opinions on design elements.
    - Olmsted states that the University Union expansion project now has an

estimated completion date of fall 2018 due to delays in getting started. He then mentions the many sub-projects are coming up in the Union such as the fire sprinkler project that will start in January and will include an entire new fire alarm, intercom system, and LED lighting in hallways. There are also some mandated restroom improvements, in order to meet new code. Olmsted then discusses the Union Ballroom AV project and the building waterproofing project that is starting in a few weeks. Olmsted passes out a flyer for the Union Expansion Topping Out ceremony and beam signing. He explains that a twenty-foot long steel beam will be available to sign on Friday, October 27, and then at the topping out on Monday, the beam will be put in place. Lastly, Olmsted states that the expansion project website is being updated to let people know what is happening and will include a four week look-ahead. Social media will also be used for alerts and updates to prepare campus for any impacts.

- Larson asks about budget and how it has been impacted by unexpected work. Olmsted acknowledges that the budget has been impacted and explains that further expansions in building had been planned for, but those projects have been pushed out and that money has been reallocated. As far as reserves, the corporation is doing well. The impact has been made up with creative scheduling and moving projects.

## 5. New Business:

### A. Veteran Membership Discount: Swart [MSP as amended: Larson, Anderson]

- Swart refers to the discount proposal included in the handout and explains that there were many WELL membership changes in the spring, including implementing a discount for active military and veterans. A question came up regarding whether the discount is extended to family members, which is not an uncommon practice for other business including fitness facilities. The proposal puts forth different options for extending the offer.
  - Members review each option proposed and discussion ensues as to whether the discount should be extended to any sponsored member, or if the discount should only be extended to a spouse or dependent. Swart explains that the veteran must qualify for a membership, including a sponsored member, and then proceeds to explain the current sponsored member policy. Smith notes that members are only allowed one sponsored member, per policy. Therefore, if a student is living with both parents, only one parent could be a sponsored member. Swart clarifies that the current sponsored member policy does not name a relationship.
  - **Option as amended:** discount to include eligibility of immediate family members. Also applies to immediate family members of current WELL members in cases of faculty, staff and alumni.

### B. Unified Sports Proposal: Polis [MSP: Anderson, Wakeland ]

- Polis provides an overview of the All-In Recreation (AIR) department, then refers to the Unified Sports program proposal in the handout and goes into detail on the proposal. NIRSA, the governing body of campus recreation, has aligned with Special Olympics to promote Unified Sports at a collegiate level, where participants with disabilities play sports alongside participants without disabilities. He adds that there are already many resources at Sacramento State to implement the program. Individuals with developmental disabilities attend transition classes on campus, offering life skills and job skills for students, and those students would make up half of the participants in the program. Polis is proposing a six-week basketball program

in the spring; 2 hours per week from 10am-12pm, which is a lower attendance time the facility, therefore less of a negative impact on members. Cost is estimated at \$478 including insurance, and \$216 personnel cost. Insurance was quoted at \$262, so there may be a slight change if approved and finalized. Volunteer coaches will coach teams to keep cost down. The transition program will have staff present to provide supervision since the program runs during their school day, which helps with staffing cost. Polis adds that there is a strong likelihood that the program will receive funding from Special Olympics NorCal. There are certain standards, which we meet, in order to be eligible to receive funding as co-sponsor. Polis explains that he does not know the funding amount and will not know until he submits the agreement. Worst-case scenario would be that the program does not receive funding from Special Olympics, in which case there is money in the AIR budget to fund the program. Polis then describes the benefits of the program, which include increased exposure to different sociocultural groups and civic engagement by using recreation to bridge the gap. For transition students with disabilities, there are physical benefits and students gain social skills. The main reason that the program is requiring approval is because although the transition students are eligible for WELL memberships, none are currently members, which requires approval to allow them to participate without being members. Transition students will sign waivers and wear a wristband, which limits their access in building.

- Begley asks if there is a plan to market the program to non-disabled students and suggests focusing on majors like psychology or child development. Polis states that he is looking into child-life, special education and RPTA departments but he will be reaching out to student organizations and departments.
- Swart asks how many total students are needed, aside from students from transition program. Polis answers that there is room for 24 participants without disabilities.
- Wakeland asks to confirm that AIR can absorb the cost of the program in case Special Olympic sponsorship does not come through. Polis confirms but notes that he has been in communication with Special Olympics and they are very excited about The WELL implementing the program at Sacramento State to the point where they have been working with him to get the program off the ground.
- Omekam asks if it is first-come first-serve for the 24 spots available. Polis confirms and states participants will sign up online and must commit to entire 6 weeks of the program.
- Hoffman asks if the plan is to set up the program as benchmark for future sports programming. Polis states that he is taking it semester-by-semester, but is hoping to offer soccer in the fall and basketball in spring.

## 6. Reports and Comments

### A. Interim Executive Director: Olmsted

- None

### B. Director: Smith

- Smith points out the green cups placed at each seat, which is the Intramural 65<sup>th</sup> anniversary commemorative cup, and announces that on October 31 at noon, the WELL is hosting a commemorative softball event since softball was the first intramural sports competition held on campus on Oct 31, 1952. VP of Student Affairs, Ed Mills, will throw the first pitch.

- Smith reminds the group that group fitness is now free and provides an update on MindBody, which is an app that provides detailed data on participation that was not available before. Last year, 1,513 members purchased a group fitness pass. In the first two months of the semester this year, 1,741 participants have taken a group fitness class.
- Smith gives credit to the WELL marketing team who did research on check-ins at entry gates to compare male vs. female participation, which resulted in twice as many male check-ins compared to female. In response, the marketing team has dedicated the month of October to "She's WELL" in an effort to increase female participation in WELL services. Throughout the month, videos have been posted on social media of WELL members and employees to encourage women to participate.
- Smith then mentions upcoming WELL events such as Zumba Glow on November 8, and the Level Up "Glow in the Dark Dinosaurs in Space" climbing event on October 26.

C. Assistant Director: Swart

- Swart announces upcoming events such as beep kickball and softball hosted by AIR at 4pm on the south greens, and Yoga Night which is in collaboration with Unique, and is a free event on November 16 in the Union Ballroom. Swart encourages members to sign up on MindBody to reserve space for Yoga Night and Zumba Glow. Lastly, today last day for the Causeway Classic Blood Drive in the Union.

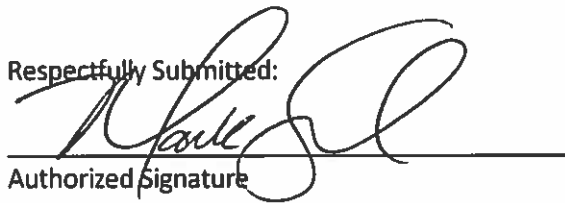
D. Advisory Group members

- Omekam announces that students can receive free fruit from the Nutrition Club in the library quad from 10a-1pm today.

7. The meeting was adjourned at 8:36am.

Respectfully Submitted:

Authorized Signature



2/7/2019

Date