



SACRAMENTO
STATE

California State University, Sacramento
The WELL
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The WELL Advisory Group Meeting
February 8, 2023

MINUTES

1. The meeting was called to order at 7:32 a.m.
 - A. Present: Lokesh Neeru Konda, Gloria Coss, Marina De La Cruz Ramirez, Wayne Linklater, Monique Curayag, Ruby Morales, Lara Falkenstein, and Elena Larson
 - B. Also Present: Kate Smith, Jessica Swart, Tori Butler, and Erica Wood

2. Welcome & Introductions
 - A. New members are announced, and everyone introduces themselves.

3. Public Comment: None

4. Consent Calendar:
 - A. Approval of Advisory Group Minutes for December 7, 2022
[Consensus for approval of minutes as written: Passed]

5. Old Business
 - A. Sac State Intramural Field Project: Olmsted
 - Smith provides an update on the intramural (IM) field project in Olmsted's absence, including an overview of the plan to update the outdoor grass fields adjacent to Yosemite hall. The campus is partnering with many users, including kinesiology, ROTC, IM, SOAL, Peak Adventures, and RPTA, to update the space with artificial and natural turf, lighting, fencing, more walkways, possibly storage, and restrooms. Facilities sent out an RFQ (request for qualifications), and the top four submissions received an RFP (request for proposal). Pre-proposal meetings with the scoring committee will occur this month, with final presentations due in March, hoping to have a contractor by the end of the semester.
 - B. WELL Garden Update: Smith
 - Smith states that the WELL garden is in the final stages and hopes it will be fully open by the April meeting. Benches had a supply chain issue but should arrive and be installed in March. Campus is working on lighting, and a contractor is working on drainage. Fencing will be removed soon, and the space will be open for campus. The Recreational Therapy department is proceeding with horticulture therapy and will work to start the program.

6. New Business:
 - A. The WELL 23-24 Building Hours Proposal: Swart (**MSP: Larson, Morales**)
 - Swart presents the 23-24 building hours proposal, including a comparison of the hours for 22-23 and the hours proposed for 23-24, and highlights changes. This past year, the WELL was closed an additional week during winter break to allow additional maintenance projects

to be done during the break, which won't occur again this December. Veterans day and Cesar Chavez day fall on weekends, which the campus will observe on a weekday, resulting in adjusted hours. The proposal includes 223 days of traditional semester hours, 92 days of adjusted hours during the summer, and additional adjusted hours due to holidays and breaks on 51 days. The WELL will be open additional days and hours in the upcoming year, mostly due to how holidays fall and not closing extra days like this year, for a total of 5128.5 hours open.

B. The WELL 23-34 Member Rate Proposal: Swart (MSP: Coss, Linklater)

- Swart discusses the WELL membership rates proposal, which applies to non-student memberships in the 2023-24 fiscal year. She explains that a comparison was done with local fitness and recreation competition, fellow CSU schools, and higher education institutions to stay current with rates, offerings, membership structure, etc. This year, additional services and amenities gained with expansion were also considered. Changes include an approximate 6% increase to membership rates, eliminating unpopular membership types, expanding guest passes, and extending discounts to first responders. A \$1 increase is proposed for the alumni recent grad rate, and a \$2 rate increase to the affiliate (faculty and staff), alumni, sponsored members, associated campus programs, and the student summer incentive rate. The removal of express membership types is proposed due to low participation. Swart notes that current members can keep their membership type and existing rate until they cancel their membership.
 - Larson asks what an *alumni recent grad* is. Swart explains it's an alum who graduated within 5 years.
 - Larson ask who are *sponsored members*. Swart says anyone over age 18, including a partner, parent, friend, sibling, workout or partner who shares an address with a qualified member.
 - Curayag asks if a membership for part-time students who don't pay the WELL fee has been considered. Smith notes that students who do not pay fees, such as international and CCE students, fall under the *associated campus programs membership*. Swart adds that the category accounts for programs where individuals are on campus in a learning capacity but not Sac State students.
- Smith notes that the rates being reviewed comprise of around 1,000 members, adding that 95% of the WELL's membership base are students.
- Swart states there is no change for prepaid alumni memberships. She explains that students who were paying fees from 2006-2010, before the WELL opened, had a designated fee implemented for membership since they paid student fees before the facility opened. One addition is a \$35 7-day continuous guest pass in addition to the currently offered a day pass (\$10 per day) or a weekender pass (Friday-Sunday for \$15) for guests of members or someone eligible for membership who wants to try it out. The proposal also extends the discount for veterans and active military to first responders (EMT, paramedic, fire, and police) who are eligible for membership.
 - Coss asks if students are allowed to bring multiple guests. Swart says that members can have one guest per visit.

C. The WELL Group Programming/Staffing Rates: Wood (MSP: Linklater, Coss)

- Wood presents the group programming staffing rates, designed for groups who want exclusive programming for their program to cover the cost of staffing and administrative cost. Minimum wage increased again on January 1 and after reevaluating rates, the proposal is to remain at current rates through 2023.

7. Reports and Comments

A. Executive Director: Olmsted

- Not present.

B. Director: Smith

- Smith shares excitement over the gym box opening last week after being closed due to a flooring project that was estimated 6-7 weeks, and took 7-8 weeks. During the project, pickleball lines were added to the courts, which will be offered for indoor informal rec once equipment is procured. Get Rec'd dodgeball tournament is tomorrow. Group fitness is offering the most classes ever, at over 75 per week. Adaptive Sports Sampler, hosted by Rec Therapy in collaboration with the City of Sacramento Access Leisure, who service individuals with physical and intellectual disabilities. Registration is open for the Sac State 5k fun run on April 27 and is currently at 393 participants, which is 94% of last years total. The event also needs about 100 volunteers. The Homeless World Cup is coming to Sac State July 8-15, hosted by Sac Street Soccer, a non-profit that works with local community through sport to help find housing, care, rehabilitation, etc. This is the 19th year for the international event but the first time hosted in the US. Over 500 athletes from 50 countries will compete at the free event to celebrate and bring awareness to the issues occurring.
- Training is being offered tomorrow 11:30am-1pm in the Union Green and Gold room, to provide an overview of budget process in preparation for the budget presentation in April, lunch will be provided. Farrell adds that the first thirty minutes has the most content, which is intended to help members understand the presentation and long-range plan.

C. Assistant Director

- Swart announces that a lot of traditional programs and events are coming back. Group Fit Club incentive program, yoga night at the Union in collaboration with UNIQUE, two sessions of self-defense, and a new dance jam. Climbing is hosting the Mile-High Climb tournament going on now in February, and is hosting a crate stacking competition, bouldering comp, Gym to Crag, and continues to offer family climb. Swart passed out the IM spring schedule for spring. RT is offering Semester Prep Workshops. Lap swim is being offered at the pool. Also passed out was the sticker of the month for February, celebrating black history month. Swart shares the background of the sticker as provided by the student in graphic design who works the project all year. Swart notes that the QR code will take you to stories shared by staff and students. Next month will be women's herstory month.

D. Advisory Group members

- Falkenstein announces SHCS is hosting an Out of the Darkness walk for suicide prevention on April 6 and is looking for speakers who have experienced loss of suicide or experienced thoughts of suicide, as well as volunteers. Sac State hosts one of the largest walks in the nation, with over 1000 participants, and is the only CSU who has hosted a walk in the past. CSU Stanislaus is hosting for their first time this year. The event will include speakers from campus, president Nelsen, resource fair, ceremony, and a walk through campus.

8. The meeting was adjourned at 8:24am

Respectfully Submitted:


Authorized Signature

3/1/23
Date