



California State University, Sacramento
The WELL
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The WELL Advisory Group Meeting
March 1, 2023

MINUTES

1. The meeting was called to order at 7:35 a.m. by Curayag, Chair
 - A. Present: Marina De La Cruz Ramirez, Elena Larson, Monique Curayag, Esperanza Gonzalez, Gloria Coss, Lara Falkenstein, Lokesh Neeru Konda,
 - B. Also present: Kate Smith, Bill Olmsted, Tori Butler, Jessica Swart

2. Welcome & Introductions

3. Public Comment: None

4. Consent Calendar:
 - A. Approval of Advisory Group Minutes for February 8, 2023
[Consensus for approval of minutes as written: Passed]

5. Old Business
 - A. Sac State Intramural Field Project: Olmsted
 - Olmsted provides an update on the bidding process for the multi-use field renovation project on the north side of campus, which began with seven bidders and narrowed down to four. The committee held confidential meetings with bidders last week to answer any questions. One team had to withdraw due to an issue with their architect, which leaves three remaining. Now, teams will work on final presentations that the committee will review and score based on a rubric. Teams will then return to present their design on March 27, and the winner will be selected based on scores. Phase 1 involves the contract for the design portion, reviewing scope of work, crafting project, and verifying budget numbers. Phase 2 is breaking ground, of which timing and timeline are to be determined. Olmsted notes there is no good time to do this sort of project as the space is heavily utilized each semester, and camps use it during the summer, requiring creativity to determine how to relocate activities to allow the work to take place.
 - Curayag asks if bidding teams are presenting the timeline, or is that determined by the committee? Olmsted states that teams will present a proposed timeline, which is subject to change. The committee will choose a team based on design and qualifications. Once selected, a schedule is determined. Smith adds that a few scenarios have been discussed: giving up the entire space to get work done in a shorter period of time or working around the programming schedule and planning for a longer construction time, which is a complicated process.
 - Curayag asks of club sports have been advised of potential relocations. Olmsted says yes, adding that The WELL, Club Sports, kinesiology, ROTC, Peak Adventures, and anyone else

who uses the field for any purpose are considered stakeholders and have been part of the discussion since the feasibility study done in 2018.

6. New Business:

A. The WELL 23-24 Project List: Smith MSP: Linklater, Larson

- Smith provides an overview of the annual project list process, which begins with foundational goals that align with the university's mission and vision. She reviews campus imperatives, Union WELL Inc. (UWI) shared vision, The WELL's mission statement, UWI corporate values and foundational goals, and then presents 2023-24 project lists by department.
- Administration project highlights include collaborating on the north field project and various facility renovations and feasibility studies. Intramural (IM) Sports projects include hosting Community Building Nights in collaboration with UWI's Inclusion Committee and improving the quality of officiating by reviewing footage with officials to provide feedback. Recreational Therapy projects include establishing fees for external groups to rent space, equipment, and/or staff, and identifying software solutions for client scheduling, assessments, and documenting personal health information. Staff Development and Assessment highlights include developing a data tool to collect qualitative data and increase "storytelling" from students, establishing a partnership with the Career Center and collaborating on programs such as WELL Hiring Expo and Semester Prep Workshops. Fitness and Wellness projects include utilizing focus group data to evaluate group fitness offerings, researching the sustainability of the Performance Center, expanding the Exercise is Medicine referrals, and developing strategic goals with SHCS.
 - Linklater asks if long-term changes in the use of space and equipment have been noticed, adding that he read an article about a shift from cardio to strength and flexibility. Smith confirms, adding that there are 3-4 year shifts in trends of what's popular. For the fitness equipment repair and replacement budget, fitness evaluates participation count, warranty, the durability of the piece, and fitness trends; resulting in many shifts and equipment swaps over the years.
- Swart discusses project highlights for Member Experience, including addressing digital waiver needs of all programs and services, advancing the replacement of the current membership software solution, and launching a locker rental program. Marketing projects include supporting the development, implementation, and completion of a new website, working to promote the UWI diversity statement and related messaging within the building, and establishing a brand and building displays for The Retreat and Engagement Center (EC).
 - Linklater asks where The Retreat and EC are. Swart states that is the exact point and explains that The Retreat is an all-gender locker space in the back of the building with individual-use showers and restrooms, all of which are accessible, and smaller auxiliary men's and women's locker rooms. The EC is right off the lobby and houses member services, IM, marketing, and a mothers' lounge. The goal is to ensure promotion and access so that others are aware of the spaces.
- Swart mentions highlights for Operations and Aquatics, including collaborating with staff to further the Connect2 implementation, working with campus stakeholders to implement facility updates at the pool, and considering current success and opportunities with the swim lesson program.
- Smith discusses Special Events and Informal Recreation projects, such as increasing outreach to previous Terrace Suite customers to increase reservations and exploring options to create an informal recreation incentive program. Climbing & Group Facilitation projects include working with RT to offer specific adaptive climbing events, continuing to collaborate with Peak Adventures and updating the current MOU, and researching and developing a proposal to replace the free-standing boulder with wood paneling.
 - Larson struggles to imagine a wood panel boulder. Smith believes it's a more sustainable product versus the current natural rock look. Right now, many indoor gyms have very

geometric and linear-based climbing structures with panels that are wood and offer a very different experience. It would still be free-standing, getting more like a facelift.

- Linklater is impressed by the list, noting this sort of list would come from a group of employees that feel quite engaged. Smith agrees and is very fortunate that the staff is involved and engaged.
- Regarding the fitness & wellness focus group, Linklater suggests including everyone that's not a member, such as faculty or staff, for valuable input on why they aren't. Smith believes faculty and staff memberships are currently at the highest but agrees that she wants to hear from people who are not members.
- Linklater asks what presence The WELL has on other areas of campus for others who wouldn't normally participate. Swart states that campus administration does not want banners and signage that don't look like Sac State branding anymore, and A-frames can only be displayed on UWI property. So, it is hard to get messages out. Marketing also does tabling at the UU, in the library quad, and any campus event such as grad fest, orientation, admitted students weekend, etc., where one can learn about the WELL. Regarding faculty and staff, "lunch & learn" WELL membership info Zoom sessions will be offered to replace going out to departments and presenting at their meetings. The hope is to improve outreach efforts strategically.
- Larson suggests offering to participate in division meetings or even First Year Experience
- Falkenstein states that strategically marketing wellness opportunities is also part of the wellness strategic plan as SHCS sees the same of students not knowing it exists.

7. Reports and Comments

A. Executive Director: Olmsted

- None

B. Director: Smith

- None

C. Assistant Director

- Swart announces that the 80's themed Sac State 5K Fun Run is at 676 participants and notes that, last year at this time, there were 390. She encourages participating or volunteering, as more participants mean more volunteers are needed.

D. Advisory Group members

- Falkenstein announces that the Out of the Darkness Walk is April 6 and begins in front of the WELL. And April is Sexual Assault Awareness month.

8. The meeting was adjourned at 8:48am

Respectfully Submitted:



Authorized Signature

10/25/2023
Date