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STATE

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The WELL Advisory Group Meeting
March 6, 2019

Minutes

1. The meeting was called to order at 7:35 a.m. by Jackson
 - A. Present: Trinity Jackson, Breyanna Hillyard, Ethan Shaw, Dominique Rosete, Mark McGushin, Christa Paul, Mark Sohl, Elena Larson,
 - B. Also present: Kate Smith, Tori Butler, Jill Farrell, Guest Tommy Inthisane,
 - C. Absent: Jessica Swart, Bill Olmsted, Jamie Hoffman

2. Public Comment: None.

3. Consent Calendar:
 - A. Approval of Advisory Group Minutes for February 6, 2019
[Consensus for approval of minutes as written: Passed]

4. Old Business
 - A. Expansion update: Olmsted & Smith
 - Smith begins with an update on the Union expansion, noting that Fire Marshal testing is scheduled for tomorrow morning; therefore, the Union is not opening until 11am. If all goes well, the Union should be approved for temporary occupancy.
 - Shaw asks if it is the fire alarm test. Smith says yes and adds that the alarm will be running for hours, which is why building is closing during that time.
 - Smith moves on to the WELL expansion project. She shares slides of the revised floor plans and discusses wins and losses with regard to the project changes recommended after the Fire Marshal review. For example, the plan no longer involves an additional stairwell near the existing fitness studios, but a stairwell does have to be added off the lobby. It will be an emergency exit only, exiting from the counseling waiting area to the exterior of the building. Smith shows the floor plan for the Welcome Center, which is a new space being created in the current space that ASI/SEO occupies and will house Intramurals, Marketing, and AIR staff. Another area the Fire Marshal said would have to be fire rated is the entire corridor outside of locker rooms, in between the MAC and Gym Box. Luckily, a compromise was agreed to, but it changed the "Locker Island" design. It was going to be an open area that will now be enclosed, but glass walls will be used so that it is still a very open and visible area. Another compromise involves cutting the loading dock in half so that the main hallway extends all the way to the back exterior of the building, with emergency exit doors only. The trash compactor will be moved outside to a cement pad that will be built near the new golf cart parking area.
 - Rosete asks if golf carts will be parked outside. Smith says yes but assures that the area it will be

covered to protect from elements, and will be secured.

- Smith moves on to show the "Retreat" area. She notes that a new code came up that nobody was aware of, which is that buildings are not allowed to have lockers in hallways. This means that plans could not include lockers in the "Retreat" if it was an open area as planned. Therefore, doors are being added so that it will be considered a *room*, but the doors will be glass. Smith states that a compromise was also reached regarding the second floor fitness studios requiring a second exit, and a stairwell is being added to the exterior of the building where both rooms can exit through in an emergency.
 - Rosete asks if the Equipment Desk is moving to the back of house. Smith states that the Equipment Desk is going to stay where it is. She is not sure what desk in back will be called, but it will be an additional desk with the ability to check out towels and possibly equipment.

B. Building Hours: Smith

- Smith announces an update on the building hours presentation from the previous meeting. Next year is a leap year, which was not figured in to the presentation. Therefore, the building hours are increasing by one day.

5. New Business:

A. WELL 19-20 Strategic Plan: Smith (MSP: Shaw, Paul)

- Smith provides overview on how the Strategic Plan is developed and notes that a lot of next year's Strategic Plan is carrying over from this year because a major focus was expansion, and expansion has not begun. Smith explains that part of the team's role is to determine what members/students want. She shares a slide comparing characteristics of Generation Y (Millennials) and Generation Z, and explains that Gen Z are the newer students on campus, so the team is strategizing on how to adjust to the changes. She goes over some ideas on how to connect with Gen Z including communicating with pictures instead of words, feeding their curiosity, discussing value, optimizing search results, and offering hyper-convenience.
- Smith then reviews departmental project lists and mentions highlights from each. Administration projects include implementing the construction phasing schedule for expansion, serve on Campus Wellness Steering Committee, and make the transition to a travel management software.
 - Sohl asks if any students serve on the Campus Wellness Steering Committee. Smith states that the ASI student president is on the committee, but she believes there are others.
 - Larson asks if financial wellness is included in the Campus Wellness Steering Committee. Smith says yes, noting that Julie Carrol is involved.
- Smith proceeds to mention AIR project highlights, which include pursuing therapeutic aquatic programs, and exploring an adaptive summer camp partnership. Staff Development and Assessment project highlights include surveying WELL alumni and administering the NIRSA/NASPA Consortium Recreation and Wellness Impact survey. Intramural Sports projects include facilitating remote online video game tournaments in an effort to appeal to Gen Z, facilitate adaptive sports training, and offer "Learn to Play" programs.
 - Paul asks if "Learn to Play" programming is going to be offered prior to the league sport starting. Smith states yes, adding that it would be offered before registration closes for the sport's league.
- Smith discusses Fitness project highlights including a collaboration with AIR and Student Health & Counseling Services to expand innovative wellness classes, and exploring options for offering a digital workout platform.
 - Sohl states that if videos are created internally then ads can be sold to community partners, and asks if potential ad revenues have been explored. Smith states that she is open to the idea but notes that there would be a concern about annoying people with ads.
- Smith moves on to review Member Services & Marketing project highlights that include planning for

membership-related issues during expansion, and collaborating with the Hornet Social group. Operations and Aquatics project highlights include restructuring staff training practices, evaluating the learn-to-swim program and develop standardized training program, and exploring a locker rental program. Special Events & Informal Recreation highlights include planning an expansion groundbreaking event, and evaluating Sober Grad Nights. Smith explains that Sober Grad Nights are hosted for high school graduates, which appears to be a declining need.

- Paul asks to confirm that Sober Grad Night is for high school graduates, not Sac state graduates. Smith confirms and explains that it is a lock-in style event with activities and entertainment, and participants stay awake whole time.
- Smith reviews Climbing and Group Facilitation project highlights, which include restructuring and improving techniques for route setting, evaluating the structure and offerings of climbing classes, collaborate with AIR to host Paradox Sports Adaptive Climbing training, and evaluate the WELL Build program and make changes to remain relevant.
 - Shaw is curious where data for comparison of generations was found. Smith states she created the comparison, and sourced a research avenue with national data, which pulled data from different sources.
 - Paul adds that Gen Z is very young and still forming, as some are just three years old.

6. Reports and Comments

A. Interim Executive Director: Olmsted

- Not present

B. Director: Smith

- Smith announces that the Sac State SK Fun Run is coming up, and volunteers are needed. Also, the WELL social media team did a great job of collecting data and found that the WELL is within the top 2 in collegiate recreation nationwide for followers on Instagram. Smith encourages everyone to follow the WELL on Instagram and explains that if it hits 10,000 followers the profile will be allowed to add a "swipe up" option. The WELL profile currently has 7,300 followers.

C. Assistant Director: Swart

- Not present

D. Advisory Group members

- Jackson asks when next meeting is scheduled for, and where it is being held. Smith states that the next meeting is April 10 at 7:30am, noting that it will be a Joint Advisory Group meeting with the Union Advisory Group for the budget presentation. It is currently scheduled to be held in Terrace Suite.

7. The meeting was adjourned at 8:35am

Respectfully Submitted:



Authorized Signature

10/16/19

Date