



SACRAMENTO
STATE

California State University, Sacramento
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The WELL Advisory Group Meeting
March 8, 2017
The WELL, 2nd Floor, Shoreline Room
Sacramento State

Minutes

1. The meeting was called to order at 7:35 a.m. by Chandler Bender

Members present: Chandler Bender, Mark McGushin, Kindra Begley, Kyle Wakeland, Brittani Gastinell, Trinity Jackson, Elena Larson. Also present: Kate Smith, Bill Olmsted, Jessica Swart, Jill Farrell, Barrett Ward, Tori Butler

Absent: Ann Leber, Becky Mejia, Karen Dhillon, Lindsay Vampola, Josh Allen

2. Consent Calendar:

- A. Approval of Advisory Group Minutes for February 8, 2017 [MSP: Gastinell, McGushin]

3. Old Business

- A. Membership Proposal Update: Smith

- Smith announces that the membership proposal was presented to the Board of Directors and was passed. She thanks the group for their feedback.

4. New Business:

- A. The WELL Strategic Plan: Smith [MSP: Begley, Larson]

- Smith apologizes for the technical difficulties and advises that Swart handed out a printed version of the strategic plan presentation that she intended to show the group. Smith starts by directing the group to slide one of the printed presentation, which lists the Sacramento State strategic goals, and states that our staff refers to the campus goals while preparing our strategic plan. Smith states that in years past, our strategic plan was lengthy; corporately we had corporate goals, and then each area came up with their own specific goals. Corporate goals were narrowed down to ten; Smith refers to slide two and reads each corporate goal then adds that, within the ten corporate goals, we chose three goals that The WELL will focus on for 2017-2018. The University Union and Facilities & Administration did the same. Smith reads WELL goals for 17-18 as listed on slide three and states that staff also came up with project lists that tie into the goals. Smith then reads performance measures also listed on slide three and notes that they were included this year to specify how we will measure if we met goals or not. Smith refers to page six of the agenda packet, reads the administration project list and then allows time for the group to read the project list by department prior to mentioning highlights for each. Swart discusses Member Services & Marketing as well as Operations & Aquatics project list highlights. Smith continues and reads the Climbing and Group Facilitation highlights, noting that the Climbing Wall Coordinator position is filled after being vacant for about 8 months. While reviewing Intramural Sports highlights, Smith notes that for goal #4 we still need to present the idea and get approval from Panhellenic council. Also, goal #7 still being confirmed but research is being done in the library and staff is reviewing old newspapers to determine when intramural sports started at Sacramento State. So far, research dates back to about 1952 but is still ongoing.

Questions/Comments:

- In reference to goal #2 for the Fitness department, Larson asks if members would have to purchase their own heart rate monitors. Smith advises that we would provide the heart rate monitors noting that we can't promise we will be able to provide them for every class. We currently have a set of thirty monitors, so we will provide them when we can.
- Larson requested clarification on goal #2 for the Intramural Sports department, regarding creating an emergency plan. Smith explains that we do have a campus evacuation plan, but we need to get more thorough for what to do when an outdoor event is occurring and we need to evacuate, including evacuating the fields.

5. Reports and Comments

A. Interim Executive Director: Olmsted

- Olmsted provides an expansion status update and states that the Union now has permanent temporary walls. Structural demolition is taking place starting on the Friday before spring break. He welcomes the group to attend if they are on campus.
- Olmsted moved to WELL this week.
- A campus note was distributed yesterday regarding graduation; announcing that, due to the venue, which is the new Golden 1 Center, and the amount of graduates, campus has significantly lowered the number of tickets per student to six. The university is setting up a forum for ticket exchange where students who have unused tickets can exchange for students who need more.
 - Questions / Comments:
 - Larson states that the number of tickets per student was increased to nine.
 - Bender adds that they also increased the amount of sessions to help increase the number of guests per session.
 - Smith notes that it is common for graduates to have tickets, and Sac State was very fortunate that they did not require tickets up until recently.
 - Gastinell adds that last fall when she graduated, no tickets were required.
 - Larson states that parking for the Golden 1 Center can be reserved online.
 - Olmsted states that the strategic plan is coming down to the final process and presenting to the Board of Directors next week.
 - Lastly, the janitorial RFP process is slowly winding down. We are currently in the Q&A period, which is closing on March 17. We will be awarding a vendor by April 14.

B. Director: Smith

- The WELL sent a full-time staff member, two officials and an intramural team to a basketball tournament this past weekend. The WELL provided the entry fee for the intramural team.
- Spring Fitness week is this week, group fitness classes are free all week.
- Boulderling Competition coming up on March 11.
- Yoga night in University Union on March 16, followed by Zumba Glow April 5.
- Smith adds that there is only one more WAG meeting this year on April 12, which will be held in the Terrace Suite since it will be combined with UUAG. Thank you luncheon is in May, and location is TBD.

C. Assistant Director: Swart

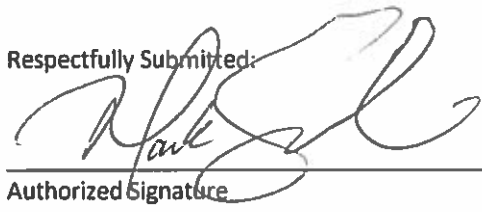
- Swart discusses 5k and states that she wanted to show a video that was created by one of our students, but was unable to due to technical difficulties. The video is available online and she urges the group to check it out. This year is a Mustache Edition theme and we have 423 participants so far.
- Weight Warriors is in full swing, and Swart is participating.
- Couch to 5k program offers training for 5k. We currently have twenty-two participants, which is an improvement compared to last year which had thirteen.
- Intramural softball coming up after spring break.
- Out of Darkness Walk on April 6 is a walk for suicide awareness hosted by Student Health & Counseling Services. Swart invites members of the group to join the Union WELL Inc. team and adds that there is no cost to participate and fundraising is not required.

D. Board members

- McGushin announces that the men's basketball team won last night and they are advancing to the next round, which is on Thursday night in Reno. The game will be streamed online by Big Sky TV.

6. The meeting was adjourned at 8:25a.m.

Respectfully Submitted:



A handwritten signature in black ink, appearing to be 'Naveed', written over a horizontal line.

Authorized Signature

9/20/2017

Date