



SACRAMENTO
STATE

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**The WELL Advisory Group
Meeting**
October 28, 2015
The WELL, 2nd Floor, Shoreline
Room Sacramento State

Minutes

1. Call to Order - 7:31 a.m. by Kate Smith

Members Present: Selenne Alatorre, Elena Larson, Mark McGushin, Ann C. Leber, Brittani Gustinell, Charles Parker, Zach Corbo, Trinity Jackson, Macey Palermo, and Adriana Bolds

Also Present: Leslie Davis, Jill Farrell, Darcey Hopkins, Bill Olmsted, Jessica Roesemann, and Kate Smith

2. Consent Calendar:

A. Approval of Advisory Group Minutes for March 4, 2015
(MSP: Bolds / Corbo)

3. Old Business

A. Old business: None

4. New Business:

A. Elect WELL Advisory Group Chair: Smith
Bolds nominated herself as she was the chair from last semester. All in favor.
(MSP: Corbo / Parker)

B. Intramural Policies: Reddish

- i. For a detailed outline of changes, see page 3.
- ii. Reddish has helped to develop a 20 page comprehensive Participant's Guide with the ins and outs of Intramural Policies, as well as non-sports specific rules and policies.
- iii. While Bolds appreciates that transgenders are included in his guide, she does not believe that "transgender" is an umbrella term and that calling it such is not sensitive enough. She also believes that we need to be clearer for adding and removing players by using sub headings. There was a discussion on whether or not we should be saying CSUS or Sac State, or if we can even use Sac State when it is a WELL program? Davis says to remove CSUS and Sac State, this was carried over from when we were Sac State Intramurals and all references should be removed from the manual. In regards to weather policies, the group asked that we define who can make such judgement calls. There was a brief discussion regarding scheduling conflicts and the need for a more defined and rigid

system.

iv. *(MSP: Corbo / Alatorre)*

C. Union WELL Expansion: Olmsted

- i. We have begun the process of expanding which has been in the works for 2 years, and now that the fee was approved in the fall, we are moving forward with Phase 1 of the project. We will be doing 3 phases of construction where we will focus on the Union in Phase 1, the WELL in Phase 2 and then return to the Union for Phase 3. The WELL Advisory Group will be more involved once we start the planning process for the WELL. We will start promoting the expansion process campus wide very soon but there are currently posters up. We will be very transparent and the expansion website will include everything and will be updated often.
- ii. In Phase 1 we will be adding on to the north side of the Union building by squaring off the building and building up. The 2nd floor will be getting the most love while the 3rd floor is still up in the air. Olmsted quickly went through diagrams outlining the project. We have begun searching for a project architect and contractor before the project will start in earnest. We will try to keep the building as functional as possible, it won't be pretty, but it WILL be functional.
- iii. Phase 2 at the WELL we will be building off the back of the gym box to build a second locker room for the men. We will combine the current men's and women's locker room to make one much larger women's locker room, and on the 2nd floor there will be studios and potential office space. On the Health Center side, we are looking at adding a massive 12,000 square feet because ever since coming to this building, they have rapidly grown and must meet the demand of the students, a wonderful problem to have! Counseling was not originally going to come with the Health Center, so to accommodate them, we took exam rooms off line and built counseling rooms. Peak will be moving back to the Union and we will take over that space to expand the fitness floor. For the Cabana locker room, we will be taking the old one down but building 2 new ones in each locker to allow for more privacy.
- iv. Union Phase II will feature the much needed second ballroom where Serna Plaza currently sits.
- v. Davis pointed out that Science II and Union north might be under construction at the same time. Science II will be going in parking lot 4 where the staff and faculty parking is. The housing project will be done by then which will aide in recovering parking spaces. There are new structures in the works and will be announced in time. All in all, the campus will be under construction for years to come to grow Sac State and accommodate our students and their needs. We will keep everyone up to date as the project progresses.

5. Reports and Comments

A. Executive Director: Davis

In addition to the expansion, Davis is working on policy reviews that the Budget and Finance Committee will then review before being posted online. January 1st marks the wage increase that we have been preparing for. However, there is talk of the city of Sacramento raising the minimum wage for 2020 and it is going to be very difficult on our organization. Davis is looking into this and will report more as facts become clear.

B. Associate Executive Director: Olmsted

None.

C. Director: Smith

The AD for Marc Falkenstien's old position is being posted, however the roll has

been changed slightly. Zumba Glow is next week on November 4th at 8:30pm, the theme is Thriller. Yoga Night is also coming up, it is a Unique free event taking place on November 19th in the ballroom. Hornet Hill is a new route designed to get as many bodies on the rock wall as possible and has been a great success so far. If you have a group who wants to climb, simply let Smith or Kenny Williams know. In fact, Smith challenges the WELL Advisory Group to climb Hornet Hill at the next meeting!

Reddish: Intramurals is transitioning from outdoor sports to indoor sports. Flag football is wrapping up and basketball is starting. Next Friday is the flag football championships down in Los Angeles, Reddish and a few students will be attending/officiating. He has made changes to the intramural free agents so that there will now be two ways to play. You can create a team with friends or if you are a free agent, these individuals will be brought together to make a team. The registration will be much more accommodating but most importantly, there will be free agent meeting where they will be assigned to a team and actually get to meet one another so they can start to bond and feel more confident prior to their first game. This year marked the first time for a summer intermural season and is building momentum for next year. Another first was having intramural softball, it did so well that we will be doing it again in the spring.

D. Assistant Director: Roesemann

We welcome Barrett Ward, our new Coordinator of Member and Marketing Services! Her office is behind the front desk so please stop by and welcome her if you get the chance. The big turnstiles debacle of ongoing issues and it not being inclusive is finally coming to an end. We will be getting new gates and new biometrics that are tried and true by other CSU's. During the installation starting on November 23rd, there will be a temporary entry with a mobile desk located around the side. The project will be completed a week before school starts.

Smith: with the turnstiles it is our roll to educate as many people as possible with signs and boots on the ground. We will continue letting people know that the entry and exit will be different. The front desk staff will do verbal reminders as well. There will be a large tent and signs to guide members to the new entrance. Another big piece is getting everyone to reenroll their hand for the biometrics. We don't have all the answers yet, but there will be a transition period for 2-3 months of people needing to be reenrolled.

E. Board members

None.

6. Information: None

7. Adjournment: 8:36am

Respectfully Submitted:

Kate Smith

Authorized Signer

12/9/15

Date



The WELL at Sacramento State

Intramural Sports Participant's Guide

Updated, 10/22/15

Eligibility

LEVELS OF PLAY

Our Intramural Sports activities are broken down into Men's, Open, Women's, Greek and Co-Rec leagues. Within each league there may be competitive and recreational divisions; players may only participate with one organization or team per league in any sport during the same season.

GENDER PARTICIPATION

Some Intramural leagues have specific gender requirements. For example, Women's leagues are only available to female participants. Our CoRec leagues carry specific gender requirements in which a certain number of males and females need to be on the playing surface at all times. For some specific sports, there are gender requirements as to the amount of involvement in each play. There are no gender restrictions or requirements for Open leagues.

Transgender participants should have equal opportunity to participate in our sports leagues and tournaments. "Transgender" is used as an umbrella term to describe any individual whose gender identity and/or expression does not match the person's assigned birth sex. People participating in any intramural sports activity may participate in accordance with their gender identity, should that be relevant, regardless of any medical treatment. All Intramural Sports participants are subject to Sacramento State University's non-discrimination policies. If complaints of discrimination or harassment arise, they will be referred to the Office of Student Conduct and/or the Intramural Sports office.

Captain's Responsibilities

TEAM ROSTERS

It is each team captain's responsibility to ensure that all team members are registered for the team on IMleagues.com. Players that are not registered on IMleagues.com must be registered prior to participating in a match. ~~A player may be added to a team's IMleague.com account prior to any game given there is an open roster spot.~~ Medical paperwork stating a person is no longer capable of physical activity is the only reason a person will be removed from a roster and is at the discretion of the Intramural Staff. Each team's roster will be frozen following their last regular season game. During playoffs, a participant must be listed on that team's master roster and have played at least one regular season game to be eligible for playoffs. Each sport may have additional limitations on rosters.

To properly add players to a team, the Captain must make that change prior to 2pm on the day of their game, or by 2pm the Friday prior to a weekend game. This will ensure that the player(s) are on the official printed roster which requires player signature at the game site.

Player's Responsibilities

UNIFORM POLICY

Matching colored team shirts will be required in all variations of basketball, soccer, football, volleyball, kickball, softball and certain tournaments. The sport of soccer requires each goalie to have a different color shirt than his/her teammates and opponents. Jerseys/shirts with one or two-digit numbers on the front or back are required ~~in both soccer and basketball~~ for basketball but optional for soccer. ~~Gray shirts/jerseys will not be allowed. Prior to game time, the Intramural Sports Supervisor, in conjunction with the game officials will determine if conflict exists regarding jersey colors. If a gray jersey is identified, that individual will need to find an alternative option that matches their team's color of either white or dark. They will not be allowed to play in a gray jersey.~~ Team captains will choose their team color at the pre-season Captain's meeting. Priority of choice will be determined by order of registration. If a team arrives for their game wearing a different color than denoted on the schedule, they will not be able to participate until they obtain the correct color.

Participant and Team Conduct

EJECTIONS

Any participant, coach or fan that is ejected from the CSUS Intramural Sports program is immediately ineligible from play and/or spectating further competition in all Intramural events until the Intramural Sports Coordinator reinstates him/her. Any person ejected from a game must leave the playing area, talk to the supervisor on duty and not cause any further disruptions to the game or approach any game officials for any reason.

Ejected players will be automatically suspended for a minimum of one game and will have a meeting with the Intramural Program Coordinator before being reinstated. Ejected players must submit a letter via email to the Intramural Sports Coordinator petitioning their reinstatement. The letter must describe the details of the incident that led to the ejection and why that individual should be reinstated.

It is the responsibility of the individual ejected to actively pursue reinstatement. If no attempt is made, that individual will remain suspended from that season and subsequent seasons. Suspensions are indefinite unless otherwise notified by the Coordinator.

Weather Policies

INCLEMENT WEATHER/CANCELLATIONS

All Intramural Sports contests will be played as scheduled. In the case of inclement weather, the Intramural Office will contact the team captains via email and/or phone notifying them if the game is postponed. If you do not receive a phone call from an Intramural Sports staff member, show up at the site and be prepared to play. If contests are not played due to bad weather or bad field conditions, Intramural Sports will not make up the first canceled game. Intramural Sports will try to make up any additional cancellations. Please keep in mind that make up matches will be based on how much available sunlight, good weather, and time left in the semester there is.

LIGHTNING POLICY

Play will stop if lightning is detected in the area. All participants must leave the playing area and seek shelter until the Supervisors deem the area safe to play. Games will resume 30 minutes after the last lightning strike has been detected.

League & Tournament Structure

PLAYOFF STRUCTURE

Teams winning their regular season division will automatically advance to the playoffs. Teams will be selected to advance to playoffs based on their regular season record. In addition to their record, teams also need to maintain at least a 3.0 sportsmanship average throughout the regular season to advance to playoffs. During playoffs, teams need to be aware that they may play on different days and different times than they played during the regular season. The Intramural Sports program will make a strong effort to schedule games that fall within the regular timeframe as the regular season, but nothing is guaranteed.

PLAYOFF SCHEDULING CONFLICTS

If a playoff team is scheduled to play a contest during a date and time different from their regular season timeslot, and more than 50% of that sport's max roster is unable to attend the contest due to a documentable, CSUS-related, schedule conflict, Intramural Sports will try to reschedule the contest to a more preferable time. The team must contact IM Sports with at least 24 hours' notice. If no alternate times are available, then the team is expected to attend the originally scheduled time.