



SACRAMENTO  
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California State University, Sacramento  
The WELL  
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## The WELL Advisory Group Meeting

November 5, 2014

WELL, 2nd Floor, Shoreline Room  
Sacramento State

### Minutes

1. **Call to Order, Chair:** 7:31 a.m. by Adriana Bolds  
Members Present: Sellenne Alatorre, Sam Arredondo, Adriana Bolds, Brittani Gastinell, Roxy Grillo, Elena Larson, Mark McGushin, and Kayla White  
Also Present: Jason Blessinger, Leslie Davis, Marc Falkenstein, Jill Farrell, Darcey Hopkins, Bill Olmsted and Kate Smith  
Absent: Michelle Moua and Connor Murray
2. **Consent Calendar:**
  - A. **Approval of Advisory Group Minutes for October 1, 2014**  
(MSP: *Grillo / McGushin*)
3. **Old Business:** None
4. **New Business:**
  - A. **Appoint Union WELL Inc. Board of Directors Representative**  
There was a brief discussion about what the position entails and when the Board meets. Sam Arredondo nominated himself, all in favor.
  - B. **Fitness Equipment Program Highlight: Blessinger**  
So far this year we brought in 15 new cardio pieces and while the machines look the same, they now include a touch screen and new software to make it very high-tech, it also has a mobile app. Blessinger showed a brief and cool video outlining these new high-tech features before taking to group out to view and demo the machines. On December 22<sup>nd</sup> we will be installing new equipment and exchanging out the older machines. There is one new feature on the treadmills which has a bigger screen, more complex software, and with a different media platform.
  - C. **Union WELL Inc. Expansion: Olmsted**  
The plan has stayed pretty constant for the Union Expansion but it wasn't until early last year that we looked at, and planned, for growth in the WELL. If we want to be able to grow later we need to start planning now. For this

presentation, Olmsted will not be going into the Union aspect right now because it is a far more difficult structure to plan around while the WELL was intended to expand. He then went into a PowerPoint presentation that outlined the proposed changes. In the back of the building off the gym box we will build a new men's locker room on the first floor and office/storage/studio space on the 2<sup>nd</sup> floor. On the Health Center side they like their current space they just want more so we will be building off the edge and off the back of building and will be done in phases. We will be combining the old men's locker room and the women's locker room to make it a larger women's locker room. In regards to PEAK, it would be tied into the Union expansion since we would have them move back. This then would allow us to take down the wall and expand the fitness floor and allow for more growth. Some possibilities for down the road would be an additional gym box off the back of the building. The fee increase is still targeted to be \$99 for phase 1, phase 2 may or may not include another fee as the students specified they rather step the fee so the incoming students can use what they paid for. In mid-December we will present more specifics on the alternative consultation and if it's a go we'll jump right into the programming phase. Davis reminded the group that if anyone has any questions, or if you hear of any, please direct them to her as she would love to answer any and all question regarding the expansion!

## **5. Reports and Comments**

### **A. Executive Director: Davis**

Since the expansions was covered by Olmsted she does not need to go further into that update and Kate will discuss personnel changes. As all of you know there was an EMS notification in regards to graffiti found a Union bathroom stall about a school shooting. Campus police believe that it was the work of a copycat of the high school graffiti messages being found around Sacramento. There was a large high school campus program here during that time and believe it could have been them. They are working on comparing the hand writing. We had many police on campus to protect Sac State students and they chose to communicate the message campus wide. It did turn out to be a hoax but it was handled incredibly well by both Union staff and the campus police.

### **B. Director: Smith**

Last week the WELL hosted the Halloween Hangout, partnered with RPTA and had an attendance of 40 students that climbed and won prizes. This coming week we are hosting the Level Up climbing competition and for the first time ever it will be open to the community! In regards to personnel changes we are still chugging away. We have hired our new IM Coordinator, Andrew Reddish who will be in attendance at the next WAG meeting to introduce himself. We are in the final stages of hiring for the Assistant Director of Fitness and we have begun interviews for the Assistant Director of Special Events and Informal Rec. Group fitness classes are still going strong. FYI the WELL is beginning to gear up for the holidays so please check the webpage for hour changes. The second annual Zumba Glow event will be held next Wednesday in the ballroom and you can reserve space as a group ahead of time.

**C. Assistant Director: Falkenstein**

Co-rec flag football was a huge success and it marked the first time in 4 years that we have a co-rec team! This year they were able to play at the Hornet stadium while the varsity team was having a banquet and cheered on the flag football teams from the balcony! A very special moment for the players involved. We have some officials going to Arizona for the NIRSA Flag Football game to officiate. Iced Out is the upcoming staff recognition event and we are collecting nominations now. We have completed the auto lock install on the backboards and had the curtain dividers fixed. The next leadership training series will be on budget as it was the most requested repeat topic and will be held on Friday at 1pm by Leslie Davis.

**D. Board Members: None**

**6. Information: None**

**7. Adjournment: 8:30am**

Respectfully submitted:

  
\_\_\_\_\_  
Authorized Signature

12/3/14  
\_\_\_\_\_  
Date