



SACRAMENTO
STATE

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**The WELL Advisory Group Meeting
September 11, 2013
WELL, 2nd Floor, Shoreline Room**

Minutes

Present: Elena Larson, Mark McGushin, Brittani Gustinell, Hollie Lucchesi, John Ramos, Leslie Davis, Mirjana Gavric, Kate Costello, Jill Farrell and Darcey Hopkins
Guests: Marc Falkenstein
Absent: Kelly Cassidy, Robin Fisher, Rosalyn Klein, Allie Reyes, and Diljeet Virk.
Vacant: Student at Large

1. **Call to Order:** 7:05 am by Chair, John Ramos.

2. **Consent Calendar:**

A. **Approval of Advisory Group Minutes for September 11, 2013**
MSP: McGushin / Lucchesi

3. **Old Business:** None

4. **New Business:**

A. **Appoint Union WELL Inc. Board of Directors Representative**

The current Union WELL Inc. Board of Directors Representative is Rosalyn Klein. We will table this and, if need be, we'll come back to this at a later date.

B. **Nor Cal Collegiate Games: Costello**

There is a new partnership that Jason had been putting together for the S games, and since he was unable to make today's meeting Kate will be presenting on his behalf. They have decided to keep the same S games concept, but are going to expand upon it. There will be 3 different trials: speed (a timed obstacle and exercise trail), strength and stamina. The whole event takes place in one day on campus with awards being handed out for the 1st male and the 1st place female for only those who have completed all 3 events, and then the school with the overall highest combined score will win an award. The idea to expand our original concept came after Jason went to conferences and saw other schools version of S games.

He wanted to increase enrolment for the S games by making it more fun. We will now make it inclusive so you can sign up for one event, you don't have to do all of them if you don't wish. You also no longer have to be a Sac State student and we are opening it up to everyone who wishes to participate. So far UC Davis and Chico have committed and we will take turns between us 3 on who will host the S games. Berkley is also interested if we are successful this year. It will take place November 16th at 12pm.

- Lucchesi: How are you marketing for it because I haven't seen any signs?
- Ramos: I have seen some in the WELL's weight area, which is the best marketing to do.
- Costello: There are 11x14 posters in the cardio, weight, and performance center. You can also fine banners on campus and on social media.
- Davis: Let's send posters to ROTC and Yosemite to encourage last minutes teams.
- McGushin: Are there any restriction on athletes?
- Costello: No, we encourage them!

C. Sober Grad Nights

Marc presented on Todd Sebastian's behalf about the 2014 spring Sober Grad Night. Todd and his staff have worked very hard and have recruited 2 schools who have signed contracts and put down their deposit. We've cornered a niche that makes Sac State's Sober Grad Night essentially a one stop shop. We've partnered with entertainment companies to bring in activities we can't provide, most well will be open to allow for activities and on campus catering. The flier has a tentative schedule that Todd will be confirming over next few months before the schools come in January to begin their onsite visits to plan out the event. So far there will be inflatable games, volleyball, basketball, a dance club in the fitness studio and the campus police will be here for security. Each school needs to bring 30 volunteers to help run the event along with WELL staff members.

D. Level Up

Marc discussed the climbing competition that Kenny Williams and his staff came up with. They essentially wanted to create a Sac State competition for Sac Stat students who are WELL members. The collegiate climbing series is a boulder only competition while Level Up has 3 categories, beginner, intermediate and master. Kenny and marc are also exploring the advantages and disadvantages for an auto belay. True Blue keeps inquiring so they wanted to see it in action and talk to users. The auto belay would allow you to climb without a belay partner and in turn auto catches you safely. Kenny is also working on a campus board; it is a training board for climbers. The wood gets mounted at angle on a wall with rungs and holds which allows climbers to build strength in their fingers and forearms.

5. Reports and Comments

A. Executive Director: Davis

Leslie continues to work on the Union WELL Inc. Expansion Project. Her and her team is currently in the writing phase and is reviewing everything. The Board of Directors meeting is a week from today in which Leslie will be presenting the project and her findings. Please note, this is not a recommendation to the BOD, she

is just providing the facts for the BOD to make the recommendation as to whether we proceed or not.

B. Director: Gavric

- I. There is a new program that Brandon Johnson is involved in called soccer golf. Thus far Hagen Oaks is the only one who offers it so far so Brandon is looking at next semester implementing it to Sac State.
- II. Right now intramurals, flag football, volleyball, soccer and tennis are currently under swing.
- III. There are 5 new hires at the front desk.
- IV. The student committee for the golf cart float, while amazing, didn't win the Homecoming float competition.
- V. Dec 6th is the Iced Out II party where we have a recognition ceremony for the students. Last year was amazing and the committee hopes to top it this year!

C. Assistant Director: Costello

- I. The next big event is the following Friday. It is the Fall Fitness Friday where all the classes are free and highlights next semester's new events like Hot Hula and Insanity. The theme is super heroes and staff and trainers are asked to participate. FYI, the fitness passes are now half off.
- II. The Zumba Glow Party is expected to have a large turnout and is available to pass holders only.
- III. Sean Basso is still out on paternity leave so Kate has been working with students for the leadership training series.

D. Board members: None

6. Information: None

7. Adjournment: 7:37am by Chair John Ramos