

ACTIVITIES & RECREATION CENTER





recreation users, 2017–18 academic year

student employees open hours per week full-time administrative staff



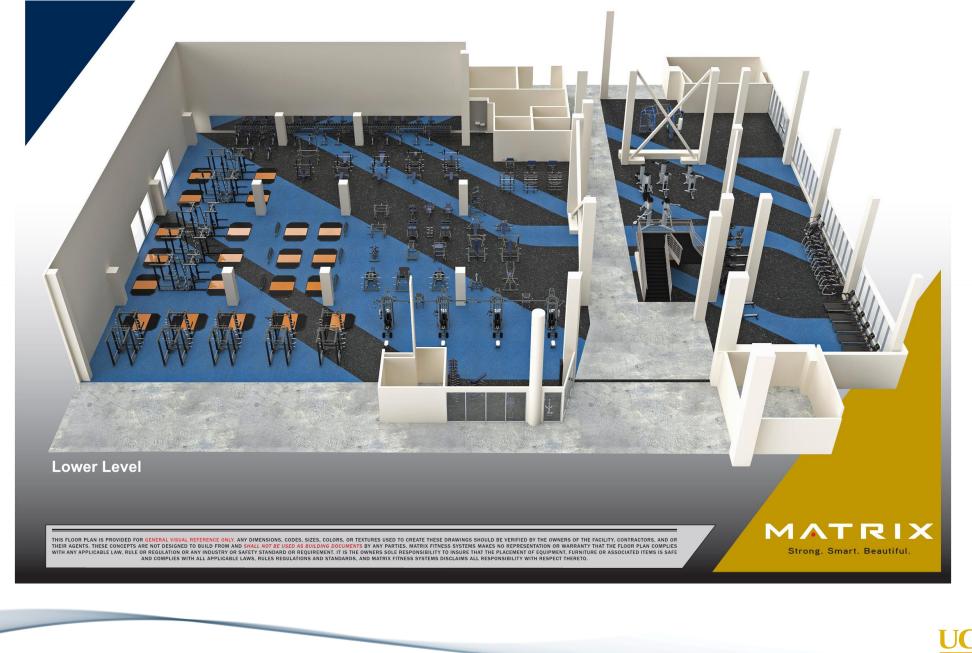






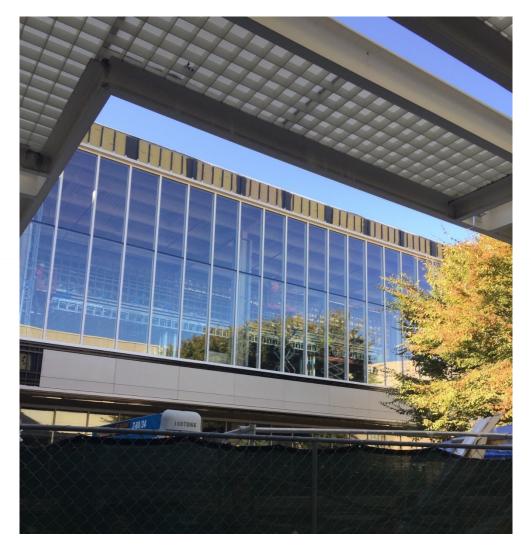








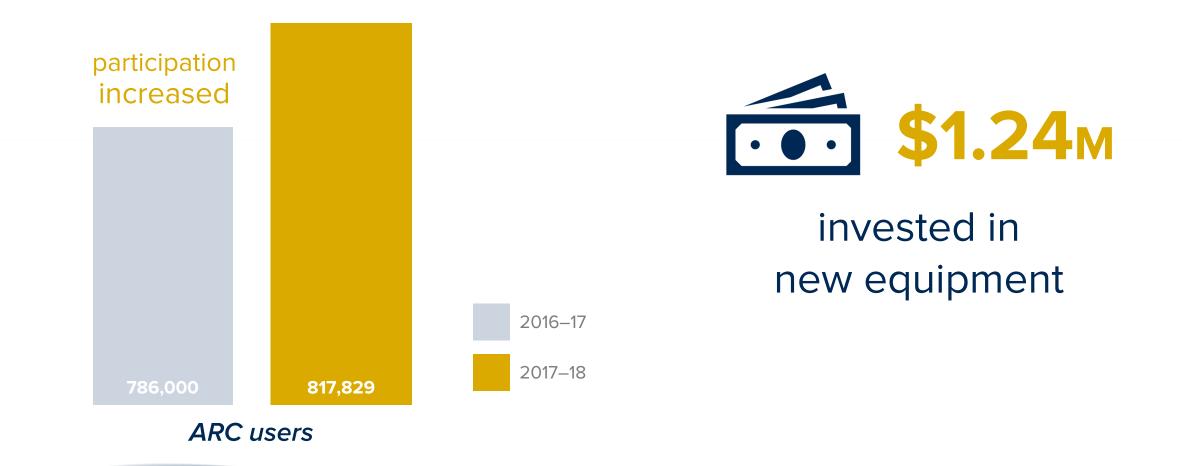








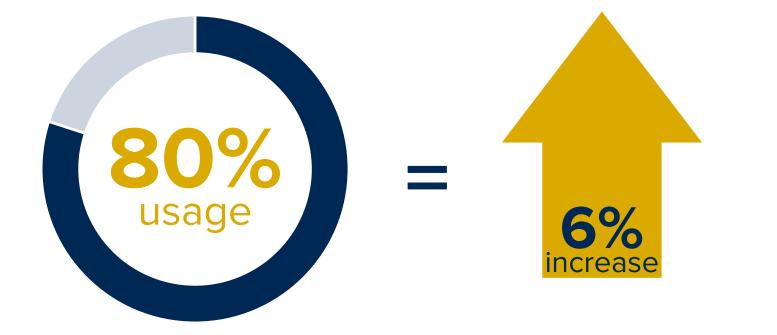
Facility Overhaul





UCDHS Fitness Center

regular meetings with the Medical Wellness Committee led to improved overall operation in 2017-18





as part of their mechanical engineering senior project, four students partnered with Informal Recreation to create an automated towel dispensing system

Farmaan Aziz Mechanical Engineering group participant

⁶⁶We learned how to connect with our client on both a personal and professional level to give shape to the ideas that they envisioned.⁹⁹



EQUESTRIAN CENTER



10,660	94	35	3.5
center	open hours	student	full-time
users	per week	employees	administrative staff









Veteran Students, Horses Partner in Care at UC Davis

By Julia Ann Easley on January 8, 2018 in Student Life

'It's a peace'

One of about 200 veterans enrolled at UC Davis, J. Alota is studying for a master's degree in health informatics after 22 years and five deployments with the Air Force left him unable to meet the strenuous physical demands of his former nursing career.

He also copes with PTSD and a traumatic brain injury, he said, and enjoyed brushing and talking to the horses in the fall trial.

"It feels like there is nothing else going on in the world but me and the horse." he said. "It's a peace."

Hooves for Heroes is akin to the equestrian facility's long-established Guardian Angels program that trains campus and community volunteers to spend time with horses.





LiveWell

formerly Fitness & Wellness





participations

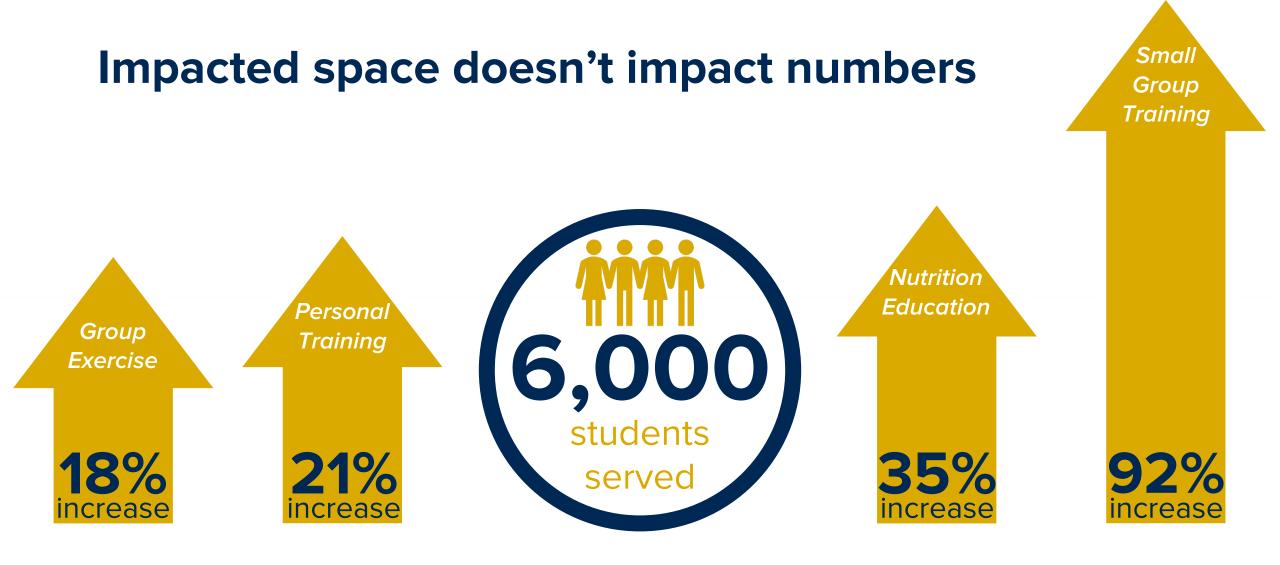
student employees

contract instructors

full-time staff











⁶⁶ I'm a vet student, so my schedule is very busy, and I find myself under a lot of stress. The group exercise classes here are my escape from those stressors.

Coming to class gives me a break from all my work, and I look forward to it every single time. I'm so grateful to have these classes scheduled; I don't know what I'd do without them.

-Jenna Winer, UC Davis Vet Student





REC SPORTS

formerly Intramural Sports





participations

new users

student employees

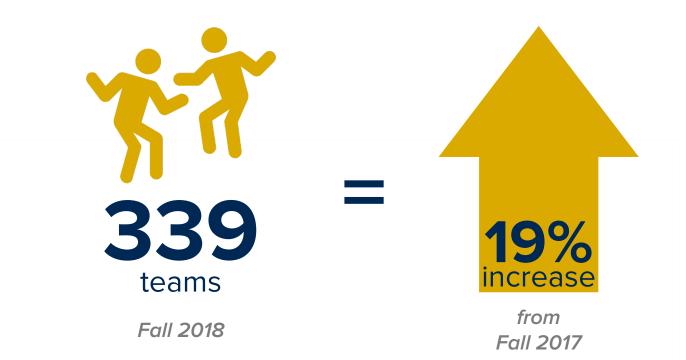
full-time staff





A New, Better Model

team fees have been replaced by one-time individual participation fees, encouraging students to play more and explore new sports





⁶⁶ We really value having our GSM students participate in IM sports, because it encourages them to be healthy, social and to meet new people. When ASM forms GSM teams (rather than allowing the students to form them themselves) we help our students bond with others who they might not otherwise interact with socially.

> -Emma O'Rourke-Powell President of the Associated Students of Management (ASM)



"I feel a sense of community with the other IM participants"



"I look forward to participating in IM sports or activities with my friends"



"IM sports and activities allow me a break from the rigors of my day"



Recent changes to Recreational Sports

Farah Sevareid, a second-year genetics and genomics major who serves as the Athletics Chair for her sorority, Kappa Kappa Gamma, explained why she views the addition of different leagues as a positive change.

"Often competitiveness from just wanting to win can cause players to act aggressively, so with the added awards and playoffs, players may become more eager and desperate to win," Sevareid said. "It was smart of UC Davis to add a recreational team without playoffs so beginners or [...] people who do not like competition can play peacefully."



SPORT CLUBS









Being a part of the Archery Club has made an enormous difference in my mental health. Three weeks before coming to UC Davis as a freshman, my dad passed away from pancreatic cancer. As you can imagine, my first quarter and even my first year as a student here was incredibly difficult; I was constantly caught somewhere between depression, and when I didn't feel sad, I was wreaked with guilt that I wasn't mourning his loss...

I knew when I enrolled that there was an archery club on campus, but since my dad was the one who had taught me to shoot my first bow, it was too soon for me to participate. I joined the archery club my sophomore year, and immediately felt welcomed. It was obvious that the team members genuinely cared about each other and were invested in each other's successes. It felt like a family, and after learning to deal with the loss of my dad largely on my own, it was exactly what I was looking for. I have now been a part of the club for two years, and the people I have connected with in that time are some of my closest friends; we often get together to study, get food, or play board games outside the club atmosphere. Without the love and support of the archery club, I know I would be a very different, and very likely a less happy, confident, and successful person.



RECREATION LEADERSHIP TEAM



Comprised of

1 Director

3 Associate Directors

Points of Pride

- Student and Staff Development
- Focus on Emotional, Physical & Mental Wellness
- Innovative and Entrepreneurial
- Positions on National Boards and Industry Leaders

students that participate in Campus Recreation programs and use our facilities are 288% more likely to enroll in

classes the following academic year



Student Wages







student employees

invested in student payroll

invested from FACE/LEAP







