



To me, “Come As You Are” conveys a greater sense of a non-judgmental community in which we value everyone’s individual talents, beliefs and ideas.

Cassidy Block, third-year Viticulture and Enology student

Desired Outcomes

- Goal is to welcome all students regardless of fitness level, skill level or body type
- Find a way to communicate that, though we are all **different** in one way or another, that does not diminish our importance or ability to participate
- Promote all types of wellness and fitness, including mental wellness and all programs (e.g. Band-Uh!, Equestrian and Crafts Center)
- Reach out to students who may have previously been intimidated to try new things or participate in recreation programs
- Design a message that resonates for all (especially the person who feels that this is for “everyone but me”) that we offer a safe place

Chancellor Responds to Provocative Fliers

'California Aggie' Runs His Op-Ed: 'Come As You Are'

By Chancellor Gary S. May on November 9, 2017 in [University News](#)

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Yes, it's OK to be white, or anything else at UC Davis. But, it's not OK to vandalize or intimidate. Like the signs at the ARC say: "Come as you are." Just come to learn and contribute constructively to the UC Davis community.

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ACTIVITIES & RECREATION CENTER



786,000

recreation users,
2016–17 academic year

165

student
employees

126

open hours
per week

3

full-time
administrative staff

Making a Difference in Students' Lives

I was about to be kicked out of school and in a terrible place with all other aspects of my life before I joined club softball. I had no friends and felt like nobody cared about me.

Honestly, joining this team saved me.

I finally had friends, study buddies, and people who cared about me. My grades and mental health improved because of my joining.

Mental Health & Healing

After participating in the first riding lesson this quarter, I realized how much I love working or just being with horses. Before this, I never considered myself as an animal lover. That does not mean I hated animals, but I did not have any special feelings towards them either. However,

I feel like I am a changed person after taking the first riding lesson. I have an indescribable love for horses. I feel like they can understand my emotions more than human. Fall quarter has not been an easy one for me, but I am grateful that every time I went for my riding lesson, my day was made better by the horses. I love talking to them and I believe I have my own little safe space with them around. That is why I really hope I can join the next riding lesson, not only to improve my riding skills, but also to provide me a healing space after a long and tiring week from school.

EQUESTRIAN CENTER



10,482

center users

35

student employees

3.5

full-time staff

Hooves for Heroes

- piloted October 30
- 12 participants

Guardian Angel

- 38 participants

Boarders

- 41 of 42 stalls occupied
- all 28 pasture spaces occupied



100% of participants in both the boarding and lesson programs agreed with the statement
I am less stressed after spending time at the Equestrian Center



nearly 1/2 of boarders and 2/3 of lesson participants agreed with the statement
I have been inspired to participate in other physical activities



100% of boarders and 85% of lesson participants agreed with the statement
riding helps me frame a generally positive outlook on life



Commitment to Accessibility

As an older, non-traditional transfer student, I rely on the financial aid gifted to me by the university to cover tuition. Unfortunately, the aid I receive is not enough to facilitate my participation in extracurricular group activities such as riding lessons. It would only be with the help of the Muriel B. Gill fee waiver that I could participate in such an amazing program.

As a wildlife major, I have always enjoyed outdoor activities and working with animals, be it large or small, domestic or wild. **Riding lessons seamlessly integrates outdoor, hands-on horse work with unique fitness routines and the opportunity to refocus my mind.** Over time I have learned that riding requires you to let go of any stresses or worries and focus 100% on the task at hand in order to positively interact with the horse.

In the long term I anticipate the skills I learn will be directly transferable to future jobs I may have working in the conservation field. Once I graduate, I plan to apply for jobs working with wild horses and burros on federal lands through the US Geological Survey. These jobs are highly competitive and oftentimes express a desire for horse riding experience.

FITNESS & WELLNESS



16,285

users

64

student employees

20

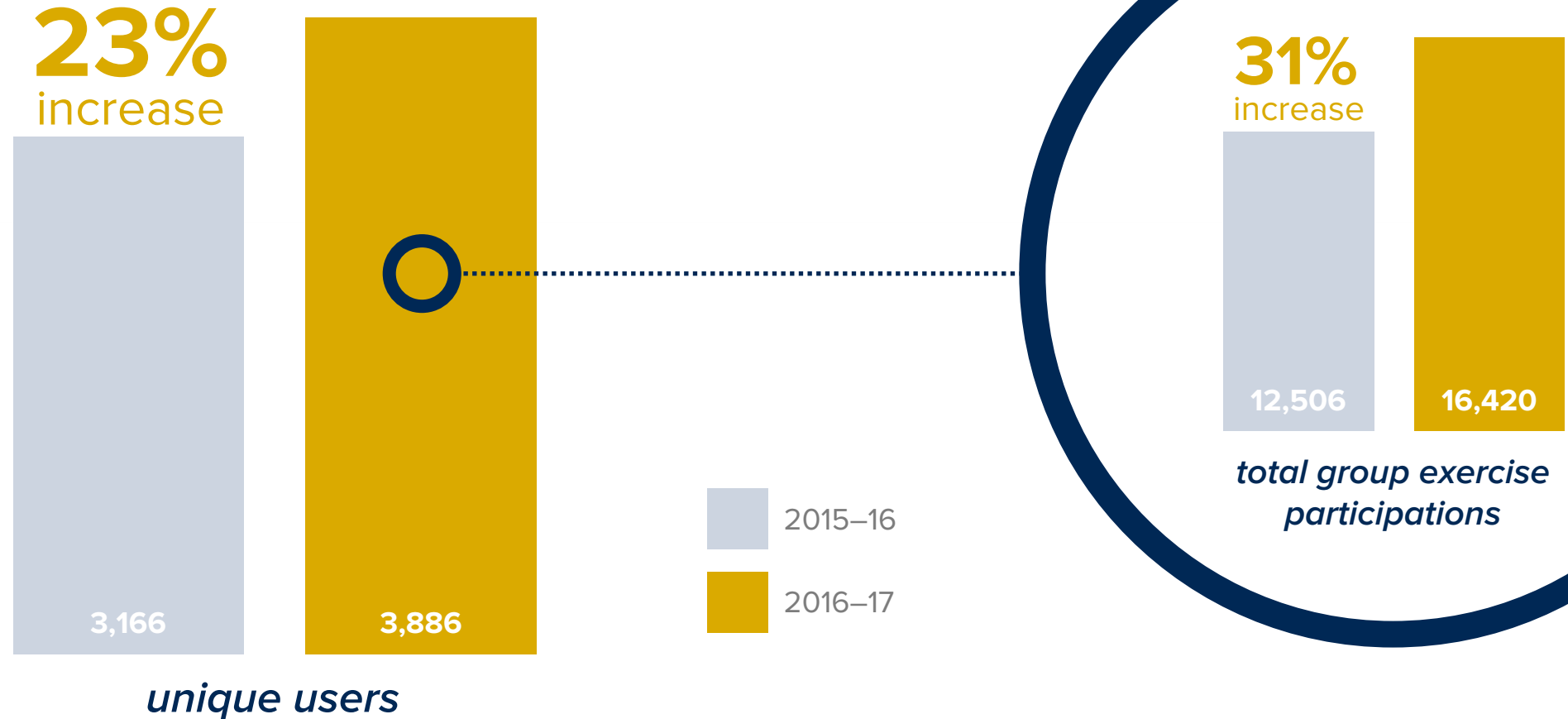
contract instructors

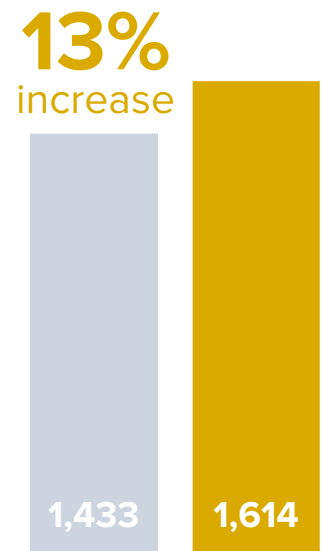
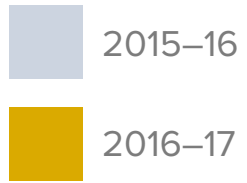
2

full-time staff

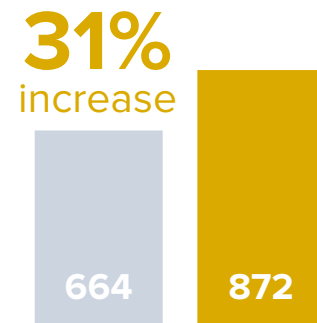
422 classes offered in 2016–17

includes Group Exercise, Instructional and Small Group Training





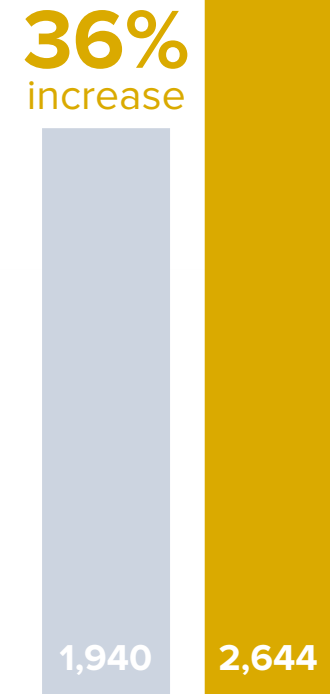
personal training sessions



small group training participations



mind/body participations



martial arts participations

INTRAMURAL SPORTS



53,501

participation hours

6,600

unique participants

286

student employees

1

full-time staff

What it means to be an intramural sports official*

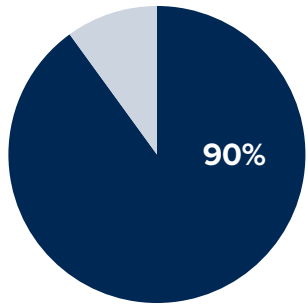
RYAN BUGSCH — SPORTS@THEAGGIE.ORG 2 DAYS AGO

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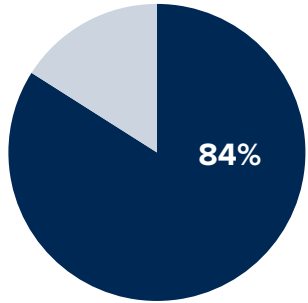
“I feel like you learn a lot of useful life skills. You deal with a lot of irate participants and you learn how to problem-solve as well as learning leadership skills and being able to grow in the department.” —Clara Hancock, intramural student manager

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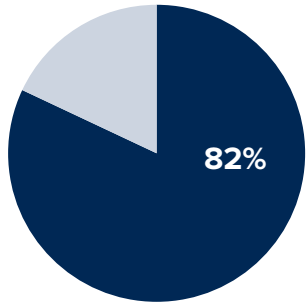
social impact



looked forward to participating with friends

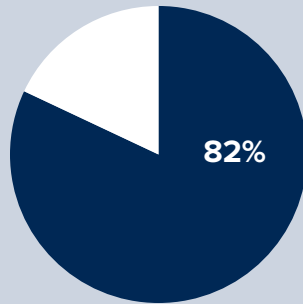


made new friends

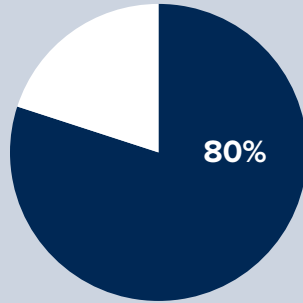


felt a sense of community with other participants

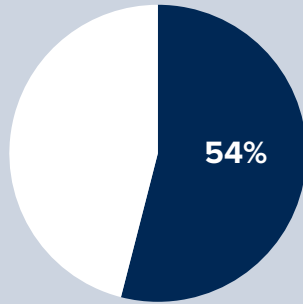
stress relief



felt participating reduced stress associated with academics and life

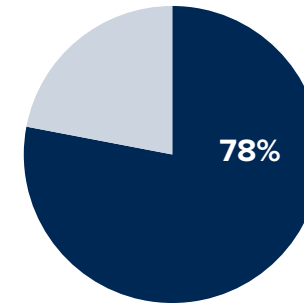


felt less stressed after participating

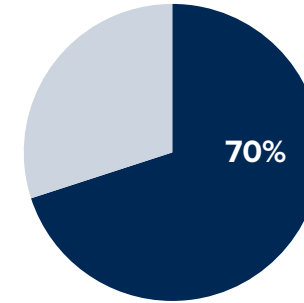


felt improved ability to balance academic and social responsibilities

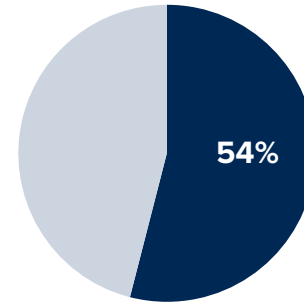
fitness



had more energy due to participation



felt inspired to participate in other physical activities



felt participation improved fitness

SPORT CLUBS



1,888

student athletes

60

student employees

38

clubs

1

full-time staff

“you don’t know how strong you can be until you’re pushed to the limit constantly” –Vicky Zhao



“taking advantage of the resources, facilities and leadership opportunities taught me invaluable lessons” –Victoria Henderson

“although this sport is made for individuals, it is the team that allows us to grow” –Amanda Flannery



“everything we do and produce is solely based on our passion for the sport and for each other” –Rebecca Graff

Sports Clubs gave me a competitive outlet that satisfied my drive more than intramurals. I am by no means an NCAA caliber athlete but I love to compete and work hard with like-minded teammates. The friends I made through club sports are my best friends in college. I couldn't imagine my college experience without them and I am truly grateful for the friendships we have made over the years.

If I hadn't joined volleyball my freshman year and found my niche on campus, I definitely would have transferred schools.

**Did Sport Clubs have a
positive impact on why you
chose to attend or continue
to attend UC Davis?**

It allowed me to meet more people, and improved my fitness and confidence in myself and in my body.

My team is my family, definitely the main reason I stayed in Davis.

***85% responded Agree or
Strongly Agree***

Gymnastics club kept me from transferring!

The only reason I applied to UC Davis was because of the Taekwondo club, so I would say yes.

Sports club has helped me form a group of friends whose influence has helped me in both the sport and academics.

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

838

student employees

\$2.4M

invested in
student payroll

\$985,095

invested from
FACE/LEAP

CPI Adjustment



=

\$40,157
in student wages

- Yearly minimum wage increases until 2021, reaching \$15 per hour
- Without these funds, we would have to scale back services to students in the form of available hours or programming based on not being able to afford the additional payroll
- Possible scenario: reducing the ARC closing hour from midnight to 10 p.m. and/or reducing weekend hours



COME AS YOU ARE



UCDAVIS
CAMPUS RECREATION