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

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.
<table>
<thead>
<tr>
<th>786,000</th>
<th>165</th>
<th>126</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>recreation users, 2016–17 academic year</td>
<td>student employees</td>
<td>open hours per week</td>
<td>full-time administrative staff</td>
</tr>
</tbody>
</table>
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.

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.

**Mental Health & Healing**
EQUESTRIAN CENTER
<table>
<thead>
<tr>
<th>10,482</th>
<th>35</th>
<th>3.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>center users</td>
<td>student employees</td>
<td>full-time staff</td>
</tr>
</tbody>
</table>
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.
<table>
<thead>
<tr>
<th>Count</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>16,285</td>
<td>users</td>
</tr>
<tr>
<td>64</td>
<td>student employees</td>
</tr>
<tr>
<td>20</td>
<td>contract instructors</td>
</tr>
<tr>
<td>2</td>
<td>full-time staff</td>
</tr>
</tbody>
</table>
422 classes offered in 2016–17
includes Group Exercise, Instructional and Small Group Training

23% increase

unique users

3,166
3,886

31% increase
total group exercise participations

12,506
16,420

universe users

2015–16
2016–17
<table>
<thead>
<tr>
<th>Category</th>
<th>2015–16</th>
<th>2016–17</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal training sessions</td>
<td>1,433</td>
<td>1,614</td>
<td>13%</td>
</tr>
<tr>
<td>Small group training participations</td>
<td>664</td>
<td>872</td>
<td>31%</td>
</tr>
<tr>
<td>Mind/body participations</td>
<td>2,002</td>
<td>3,139</td>
<td>57%</td>
</tr>
<tr>
<td>Martial arts participations</td>
<td>1,940</td>
<td>2,644</td>
<td>36%</td>
</tr>
</tbody>
</table>
INTRAMURAL SPORTS
<table>
<thead>
<tr>
<th>Participation Hours</th>
<th>Unique Participants</th>
<th>Student Employees</th>
<th>Full-Time Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>53,501</td>
<td>6,600</td>
<td>286</td>
<td>1</td>
</tr>
</tbody>
</table>
“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
social impact

- looked forward to participating with friends (90%)
- made new friends (84%)
- felt a sense of community with other participants (82%)

stress relief

- felt participating reduced stress associated with academics and life (82%)
- felt less stressed after participating (80%)
- felt improved ability to balance academic and social responsibilities (54%)

fitness

- had more energy due to participation (78%)
- felt inspired to participate in other physical activities (70%)
- felt participation improved fitness (54%)
<table>
<thead>
<tr>
<th></th>
<th>1,888</th>
<th>60</th>
<th>38</th>
<th>1</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>student athletes</td>
<td>student employees</td>
<td>clubs</td>
<td>full-time staff</td>
</tr>
</tbody>
</table>
“taking advantage of the resources, facilities and leadership opportunities taught me invaluable lessons” –Victoria Henderson

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

“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.

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

85% responded Agree or Strongly Agree

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

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

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

Gymnastics club kept me from transferring!

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

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

- 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

1 hour of operation = $40,157 in student wages