WHERE THE STUDENT BODY DEVELOPS.

OUR PROGRAMS

OUR IMPACT
UConn Recreation is committed to the growth and development of our student staff. We believe that results-driven work experiences, supported by professional training, provide a foundation for student advancement.

### 35 Student Staff Participated in Leadership Retreat

### 155 Student Employees Received Red Cross Certificates

- Red Cross Training: 155 CPR/AED, First-Aid and Lifeguard certifications
- 125 staff attended ODE Diversity Awareness Training
- 88 Staff attended Public Safety’s Active Threat Training
- 87 Staff attended ODE Harassment Prevention Training
- 30 BodyWise Staff earned national fitness certifications following completion of our in-house educational training
- Outdoor Staff participated in over 40 hours of specialized training including earning SOLO Wilderness First-Aid Certification
- 15 Intramural Staff became certified sport officials

BodyWise Instructors receive their fitness certifications
UConn Community,

UConn Recreation provides a unique environment that encourages holistic student development. Our programs and services challenge participants to achieve their goals, seek new experiences, have fun, and create a sense of community. As a campus partner committed to fostering healthy lifestyle choices through activity, UConn Recreation serves as the location "where the student body develops!"

In 2015-16, guided by the Department’s principles for programming and service initiatives, UConn Recreation reported another very successful year. Programs and services reflected more than 624,337 participations, including 18,492 unique participants. UConn Recreation members ran, swam, hiked, biked and stepped their way to healthier, more sustainable lives. To meet the needs and serve the interests of our diverse community, UConn Recreation continued to host a variety of innovative programs in each of our service areas including Fitness, Outdoor Adventure, BodyWise Group Exercise, Intramurals and Tournaments, Club Sports and Special Programs.

The University solidified its investment to student well-being in 2015 with a formal institutional commitment to construct a new Student Recreation Center. This new facility will serve as a transformational addition to the Storrs campus and will be an asset to the our community. With support from University stakeholders, UConn Recreation began the planning and design phase for the new facility in September 2015 to refine quantitative and qualitative objectives and goals for the new facility. To achieve the aggressive goal of opening in January 2019, the project team maintained an intense work schedule through 2015 – 16 to achieve project benchmarks and develop the conceptual design for the new facility. To date, the team has successfully finalized the program and schematic design and will now continue to work diligently to meet project goals as we look forward to the scheduled initiation of construction planned to begin in March, 2016.

The new Recreation Center will be located in the heart of campus along Hillside Road, replacing the existing Connecticut Commons residential facility. The 185,000 square foot facility will offer programs and services to meet the interests and needs of our entire community. Specific program components will include; fitness center, aquatics facility, 4 court gymnasium, multi-purpose activity court, a running track, group fitness training rooms, and an Outdoor Adventure Center with a comprehensive climbing facility. The new Recreation Center will offer unique opportunities for innovative programming but will also serve as a vibrant location to enrich students’ quality of life.

UConn Recreation enthusiastically embraces the challenges and opportunities the new recreation center will present for our department as we continue to strive to be a leader in collegiate recreation and a partner in the enhancement of student life.

**Cynthia Costanzo**  
Executive Director

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Teams compete in the 2015 UConn Adventure Race

Spring Weekend Bubble Soccer
SPECIAL PROGRAMS

Special Programs seeks to provide a wide range of events that highlight collaboration and promote tradition building. We are proud to partner with numerous campus departments to implement innovative and meaningful opportunities for students to grow individually while building our campus community.

11,712
TOTAL PARTICIPATIONS IN SPECIAL PROGRAMS

157
MILES RUN BY AVERAGE ROAD DOG

- Partnered with UConn Alumni and Student Alumni Association to develop a sustainable location site for the 2016 Oozeball tournament
- Road Dogs Training Team coached runners over 10 weeks to achieve their goals of completing the 2016 Middletown Half Marathon. Highest runner completion rate in the 3-year history of the program
- For the 10th consecutive year, hosted and managed logistics for the HuskyTHON Dance Marathon in the Hugh S. Greer Field House
- Supported UConn Spring Weekend by hosting anchor events on every day of festivities

2015 - 2016 Total Participation - 11,712

MISSION

UConn Recreation is committed to offering safe and quality programs, facilities, and services to the University of Connecticut community in order to foster personal growth and wellness. We promote healthy lifestyle choices in an environment that values, embraces, and enriches individual differences, in which customer satisfaction is the priority.

CORE PRINCIPLES

- Offer recreational activities and co-curricular opportunities that encourage a healthy lifestyle and promote personal well-being in a safe environment
- Foster experiential learning opportunities that encourage personal growth and challenge individuals to develop new skills
- Engage programming partnerships with the campus community to enhance the role of UConn Recreation as a distinct service provider
- Promote leadership development by providing expectation-based, 'real-life' work experiences through student employment and advanced work opportunities

THE FUTURE

UConn Recreation is excited to announce that development of the Connecticut Commons site is underway in preparation for the new Student Recreation Center!
UConn Outdoors provides instructional adventure experiences designed to introduce students to the wild world of outdoor recreation. We seek to remove barriers and open up participants to wilderness experiences that challenge them to move outside their comfort zone, connect them with the natural world and learn skills off the beaten path.

- 300+ students employed annually
- Road Dogs members complete the Middletown Half-Marathon
- Participants compete in the 10th Annual UConn Adventure Race

<table>
<thead>
<tr>
<th>2015 - 2016 Total Participation - 15,394</th>
</tr>
</thead>
<tbody>
<tr>
<td>Climbing Center Participations</td>
</tr>
<tr>
<td>Adventure Center Participations</td>
</tr>
<tr>
<td>Outdoor Equipment Rentals</td>
</tr>
<tr>
<td>Climbing Center Orientations</td>
</tr>
<tr>
<td>Events and Demos</td>
</tr>
<tr>
<td>Outdoor Adventure Trips</td>
</tr>
</tbody>
</table>

- Launched UConn Recreation Cycle Share to expand bike programming and bike accessibility on campus
- Part of UConn team receiving Connecticut DEP’s Green Circle Sustainability Award
- Traveled 18,000+ miles for week long adventure programs including Grand Canyon, AZ; Oahu, HI and Moab, UT
- Offered over 80 unique wilderness experiences and programs to the UConn community
BODYWISE

BodyWise offers a comprehensive schedule of programming designed to improve physical fitness, promote personal well-being and motivate participants to reach their goals. Our student staff strive to provide the community with outstanding experiences and an environment that inspires them to achieve the perfect balance of mind and body.

1,670
PARTICIPATIONS IN PACK TRAINING

- Serviced 37,913 participants, most in BodyWise history
- Invested in the design and renovation of new fitness and cycling studios constructed within the Student Recreation Facility
- Offered all-time high of over 100 hours of group fitness programming per week
- Sold out all sessions of PACK small group exercise training and hosted second annual PACK Challenge competition

OUR IMPACT

25,459
STORRS ENROLLMENT

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”
- Plato

18,492
UNIQUE PARTICIPATIONS

624,337
TOTAL RECREATION PARTICIPATIONS 2015-2016

UConn Recreation Annual Report 2015-2016

UConn Recreation
2015 - 2016 Total Participation

- Group Fitness: 15,742
- Group Cycling: 15,420
- Mind/Body: 5,081
- PACK Training: 1,670

Total Participation 2015-2016: 624,337
**INTRAMURAL PROGRAMS**

Intramurals offers a wide variety of leagues and tournaments that compliment UConn’s diverse student population. Students can participate in multiple sports with their friends in both competitive and recreational settings, creating a positive mechanism for physical activity, social connection and the enjoyment of sport.

- **200+ Games Officiated in Connecticut Communities**
  - 200 hours of programming supplied per week
  - UConn Officials worked 200+ games within the greater Connecticut community
  - Officials honored with game assignments for UConn Athletics, including varsity volleyball matches and First Night Basketball

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**CLUB SPORTS**

UConn Club Sports provides athletic opportunities for students to enhance their collegiate experience, promote camaraderie and encourage leadership development. 43 student organized clubs represent UConn in a variety of competitive environments with facility access, financial support and advisement contributed by UConn Club Sports.

- **2,416 Club Sport Practices**
  - 2015 Fall D-1 National Champions - Women’s Rugby
  - Over 200 hours of community service performed by athletes
  - 300 athletes trained in CPR/First-Aid

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**2015 - 2016 Total Participation - 36,759**

<table>
<thead>
<tr>
<th>Sport</th>
<th>2015 - 2016 Total Participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flag Football</td>
<td>68</td>
</tr>
<tr>
<td>Co-Rec Soccer</td>
<td>1,504</td>
</tr>
<tr>
<td>Fall Basketball</td>
<td>668</td>
</tr>
<tr>
<td>Volleyball</td>
<td>398</td>
</tr>
<tr>
<td>Summer Softball</td>
<td>92</td>
</tr>
<tr>
<td>Co-Rec Basketball</td>
<td>1,751</td>
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<tr>
<td>Ice Hockey</td>
<td>1,504</td>
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<tr>
<td>Co-Rec Dodgeball</td>
<td>1,173</td>
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<tr>
<td>Co-Rec Water Polo</td>
<td>1,142</td>
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<tr>
<td>Beach Volleyball</td>
<td>2,560</td>
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<tr>
<td>Soccer</td>
<td>4,011</td>
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<tr>
<td>Spring Basketball</td>
<td>4,533</td>
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<tr>
<td>Co-Rec Volleyball</td>
<td>1,273</td>
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<tr>
<td>Co-Rec Flag Football</td>
<td>1,237</td>
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<tr>
<td>4×4 Flag Football</td>
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<tr>
<td>Co-Rec Water Polo</td>
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<td>Bubble Soccer</td>
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<tr>
<td>Extreme Dodgeball</td>
<td>433</td>
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<tr>
<td>Ultimate Frisbee</td>
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<tr>
<td>Co-Rec Softball</td>
<td>225</td>
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<tr>
<td>3-3 Basketball</td>
<td>169</td>
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<tr>
<td>Tennis Doubles</td>
<td>101</td>
</tr>
<tr>
<td>Total</td>
<td>5,740</td>
</tr>
</tbody>
</table>

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**2015 - 2016 Participants/Practices/Competitions - 3,885**

<table>
<thead>
<tr>
<th>Category</th>
<th>2015 - 2016 Participants/Practices/Competitions</th>
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</thead>
<tbody>
<tr>
<td>Total Practices</td>
<td>2,416</td>
</tr>
<tr>
<td>Unique Club Sports Participants</td>
<td>1,043</td>
</tr>
<tr>
<td>Total Competitions</td>
<td>426</td>
</tr>
</tbody>
</table>

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**Notes:**

- UConn Recreation Annual Report 2015-2016
- RECREATION.UCONN.EDU