At West Chester University, Campus Recreation is the primary destination for the Golden Ram campus community to engage in recreation, social, and wellness-orientated programs and services. Blending components of fitness and well-being with the co-curricular educational experience. It is our mission to assist each person in exceeding academic goals while establishing healthy lifetime behaviors.

While at WCU, we encourage you to treat yourself and allow your mind, body, and soul to engage in some daily PLAY time; you’ve earned it!

Will the Student Recreation Center be open in Fall 2020?
The Student Recreation Center will reopen Monday, August 24th until Friday, November 20th.

What hours will the Student Recreation Center be open?
The Student Recreation Center will be open Monday-Thursday 7am-8pm, Friday 7am-5pm, Sunday 11:30am-7pm. The Recreation Center will be closed on Saturday.

Will the Climbing Wall be open?
The Climbing Wall will be open Monday to Thursday 3:30pm-7:30pm.

What precautions has the Recreation Center taken regarding COVID-19?
All equipment has been spread out according to CDC Guidelines. Cardio equipment that did not require electricity (Ellipticals, Bikes & Arc Trainers) has been moved to the MAC Court and spread 8 feet apart. Treadmills are spaced 6 feet apart and will be facing the windows. Selectorized strength equipment has been spread out 8 feet apart on the first and second floor. Additional signage has been placed around the building to remind patrons to maintain physical distancing.

Are Face Coverings Required?
Patrons using the Student Recreation Center must properly wear face coverings and maintain six feet of distance from others. As long as physical distancing can be maintained at all times, patrons may lower their face covering only when the level of exertion makes wearing a face covering difficult.

What sanitizing protocols have been taken?
Additional ERC Wipes Stations have been placed throughout the building for patrons to use before/after they use equipment. Additional Purell Stations have also been installed for hand sanitizing.

How many people will be allowed to be in the Student Recreation Center at one time?
There will be 100 reservations open for patrons to reserve on our facility reservation system. Group exercise and climbing wall reservations will be under a separate tab on IMLeagues.

What is the Facility Reservation System?
Patrons must register for a timeslot on IMLeagues to use the facility. Reservations will be 75 minutes long. Patrons will be able to register for a timeslot 24 hours in advance and reservations will be filled on a first come, first serve basis.

Will the Basketball Courts be open for Open Rec?
Basketball Courts will NOT be open for OPEN REC but can be utilized for group exercise or other individual exercise. Courts have been sectioned off in 10 by 10 squares in order to provide proper distancing.

Will there be Intramurals during the Fall 2020 Semester?
Intramurals will be conducted virtually during the Fall 2020 Semester. This will be done through Esports (Madden, 2K, Rocket League and Fifa), Fantasy Football and NFL Pick Em’. Patrons should check IMLeagues for all information regarding registration, start dates and cost.

Will the Student Recreation Center still be conducting PIAA S.T.A.R.T Classes?
S.T.A.R.T Classes will still be held but will be done virtually. Classes will be held for students interested in becoming a certified basketball, football or soccer official. Registration for these classes will begin on 8/24 and will end on 9/14.

Will there be Sport Clubs during the Fall 2020 Semester?
No, all Sport Clubs have been cancelled for the Fall 2020 Semester. We are continuing to evaluate the situation and talk with university officials regarding when we will be able to resume.

Will any areas of the Rec Center be closed?
Locker rooms will only be available for restroom usage. Showers and lockers will be closed. Studio C and one Racquetball court will be offline for Fall semester.
DEPARTMENT STAFF

MICHAEL RENO, Senior Director of Campus Recreation
mreno@wcupa.edu  |  (610) 436-6928
• Responsibilities for creation, prioritization and administration of operational and capital budget
• Responsible for coordination of indoor and outdoor facility enhancement and construction projects
• Provide leadership and support to all department full-time professional staff

DAN COMAS, Associate Director for Facilities and Business Operations
dcomas@wcupa.edu, | (610) 436-2277
• Manages all areas of the facility and student staff
• Responsible for the scheduling and coordination of facility rentals
• Manage department budgets

TBA, Assistant Director of Intramural and Sports Clubs
• Coordinates all intramural sports leagues and tournaments
• Administrator of IMleagues.com
• Fills all Recreation Equipment Rental Requests

STEVEN SASSAMAN, Associate Director for Experiential & Adventure Education
ssassaman@wcupa.edu | (610) 436-2100
• Manage the operation of the Climbing wall including staff training, maintenance, and development of educational programs
• Coordinates the planning and development of our student trip guides who conduct outdoor excursions throughout the semester
• Assist campus community with providing experiential leadership development programs.

TBA, Assistant Director of Fitness and Marketing
• Oversees fitness programs and activities
• Develop departmental marketing and promotional materials
• Organize departmental special events.

KRISTA LINK, Secretary of Campus Recreation
klink@wcupa.edu  |  (610) 436-2331
• New employment and payroll
• Professional staff support
• Compile, prepare and maintain records for the department

GA for Sports Club, Graduate Assistant Sport Clubs
sportclubs@wcupa.edu  |  (610) 436-2355

TBA, Graduate Assistant Intramural Sports
intramurals@wcupa.edu  |  (610) 436-2064

MARK DAVIS, Graduate Assistant
• Outdoor Adventure Pursuits and Climbing Wall
• outdoortrips@wcupa.edu  |  (610) 436-2449

JAMES HAUSER, Graduate Assistant Fitness Programs
srcfitness@wcupa.edu  |  (610) 436-2062

JIMMY STINSMAN, Graduate Assistant Facilities
srcfacility@wcupa.edu  |  (610) 436-2063
FACILITIES SERVICES
To reserve any spot in the Student Recreation Center, please email your request to: srcrequests@wcupa.edu

OUR KNOWLEDGEABLE STAFF RECOMMENDS AND SUPPORTS LIFESTYLE CHANGES THROUGH EVALUATION, EDUCATION, AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.

NEW USER ORIENTATION
Learn proper form and how to use cardiovascular and strength machines on the fitness floor. Led by our experienced Recreation Attendants, the new user orientation offers hands-on participation and fitness resources to those wishing to learn how to safely use the equipment. Orientations are a drop-in process, so stop by the WCU Student Recreation Center second and third floor desks and let a Recreation Attendant assist you!

GENERAL POLICIES
- Reservations must be made to enter Student Recreation Center.
- Reservations are made in 75 minute blocks
- Valid WCU ID required
- Patrons must wear face coverings throughout facility
- Equipment should be wiped down with ERC wipes before and after use
- Use of equipment is at own risk
- Proper use of equipment is required

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FACILITIES
- 69,000 square foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 60 pieces of names brand cardiovascular equipment
- Over 151 pieces of strength equipment including three Life Fitness Spares 565
- 1/10 mile jogging track
- “Juiced-up” operated by Aramark serving delicious fruit smoothies and other healthy grab and go snacks perfect for the busy and health conscious student or professional!
- Men’s and women’s locker rooms with over 75 lockers (member must provide OWN lock)
- State-of-the-art 34 feet tall climbing wall
- Nutrition and Fitness Educational Suite
- Administrative office suite with conference room
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 2 outdoor basketball courts
- 1 outdoor sand volleyball court

NEED A SPOT? HAVING TROUBLE WITH YOUR LAST SET? ASK A RECREATION ATTENDANT TO HELP SPOT YOU!

WCU FACILITY SCHEDULE
Fall 2020 Semester

STUDENT RECREATION CENTER
Monday – Thursday: 7:00 AM - 8:00 PM
Friday: 7:00 AM - 5:00 PM
Saturday: CLOSED
Sunday: 11:30 AM - 7:00 PM

CLIMBING WALL
Monday – Thursday: 3:30 PM - 7:30 PM

REC SWIM
Not offered this semester

Please refer to the website for closures, holiday hours, changes to schedule.

4
To create an IMLeagues account:
2. Enter your information. You must use your school email address (@wcupa.edu). Click Submit. You will receive a confirmation email. Click the link in the email to log in and activate your account.
3. You should be automatically joined to “West Chester University”. If not, you can search schools by clicking the “Schools” link and select “West Chester University”.

To register for a gym visit:
1. Log into your IMLeagues account.
2. Click the Facilities Reservation tab in the purple banner under West Chester University.
3. Scroll down and click on the “classes” tab.
4. Find the reservation time you want to register for and click the green Sign Up button to the right. This will take you to the general gym visit information page. The green Sign Up button is visible if registration is open.
5. Read the liability release and click Accept at the bottom of the page. Click Sign Up. You have successfully joined the session.
6. You will receive a confirmation email from IMLeagues with info on the class for which you have registered.

FACILITY RESERVATION
In order to maintain proper physical distancing guidelines and adhere to CDC standards, all Rec Center Visits must be scheduled ahead of time using IM Leagues.
WHAT IS GROUP FITNESS?

Coming in September, Campus Recreation will be offering virtual fitness classes for our entire body that are available to attend on our campus Anywhere. The classes are available for all West Chester University students, and are designed to be fun, with minimal equipment required. Some of the classes include HIIT, Tabata Bootcamp, Yoga, Power Pilates, and more. Stay connected with the West Chester Fitness Community from the comfort of your own home!

Group fitness classes range from Les Mills BodyPUMP to Zumba and everything in between! All classes are taught by nationally certified instructors who are current WCU students, and members of the WCU community. We take tremendous pride in our group fitness classes and encourage all levels of experience to attend!

SMALL GROUP TRAINING

Small Group Training is a blend of group fitness and personal training. Each session will have their own personal touch, to inspire, focus on form, and safety in helping each participant reach their fitness goals! Each small group training program varies. Please stay tuned for the most up to date information on our website.

FITNESS TERMS

Burpee: A full body exercise that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, press, and curls. Great music, awesome instruction and your choice of weight inspire you to get the results you came for – and burn them up to 336 calories per class!

Grit: Les Mills GRT 30-minute classes rotate through a schedule of Carousel designed to burn fat and rapidly improve athletic capability by the use of high impact body weight exercises. Athletics. This workout offers a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power. Strength, build strength and tone lean muscle plus boost your metabolism with the use of plyometrics and handballs.

Yoga: This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and find focus. It is moderately paced so you will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.

FAVORITE PART OF WORKING AT SRC:

President of Campus Rec Club

College of Education and Social Work

Position:

Pamela Sola

My goal is to become a Special Education Teacher after I graduate this year and look forward to using the skills I have learned at the Rec to help my future clients.

I have had the opportunity to work inside of a Life Skills classroom. I also plan to be an Employment Specialist and Office Manager for a local non-profit organization after I graduate this year. Having worked in the Department of Special Education, I have found my closest friends inside of the Rec. The group of people I have had the opportunity to work with and constantly push me and believe in me to be my best self.

Employee Spotlight

Would you like to join our team? Check our website for job descriptions, information sessions and openings:

https://www.wcupa.edu/_services/CampusRec/employment.aspx

OPPORTUNITIES:

Recreation Attendant

Outdoor Adventure Pursuits staff

Personal Trainer

Group Fitness Instructor

Intramural Official

Climbing Wall Attendant

Fitness Terms

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Tabata Bootcamp: A 45-Minute total body HIIT (High Intensity Interval Training) workout designed to burn calories and boost your metabolism. Tabata Bootcamp's motto is "Quality, not quantity." The program offers effective workouts that maximize your results in minimal time…what could be better?!!

BODYPUMP™: The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, press, and curls. Great music, awesome instruction and your choice of weight inspire you to get the results you came for – and burn them up to 336 calories per class!

Cycle & Tone: A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, sprints, and spits to get your heart rate soaring! Cycle & Tone provides 45 minutes of cycle training followed by 15 minutes of abs core work.

HIIT: This high intensity interval training class gets your heart rate soaring! It focuses on short bursts of max effort combined with shorter rest periods to keep your heart rate elevated, allowing you to get the most out of your workout! Utilizing the Recreation Centers new functional fitness area, will incorporate the use of tire, battle ropes, and weight sleds.

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Here at West Chester University, our Campus Recreation Program has given me an exciting chance to build on my personal and professional goals, skills, and connections. Being part of a program that is not only built on engaging students to lead in the workplace everyday, but also grow together as a team, Campus REC has helped my peers and I develop workforce skills that will travel with us long after our time at West Chester University comes to an end. Campus REC has so many great student run programs and departments that there truly is something for everyone's passions, while also being extremely easy and encouraging to try something new. Since my time here began, I have made some of my greatest friends and made some of my best memories and it is all thanks to Campus Recreation.

– Sidhartha Dhir ’21

FALL 2020
August 24th – November 20th

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>HIIT-B w/Natty</td>
<td>Grit-B w/Hana</td>
<td>Cycle-A w/Natty</td>
<td>Tabata-B w/Bree</td>
<td>HIIT-B w/Natty</td>
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<tr>
<td>10am-11am</td>
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<td>10am-11am</td>
<td>8am-9am</td>
<td>10am-10:30am</td>
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<tr>
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<td>Yoga-B w/Caroline 10am-11am</td>
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<tr>
<td>Cycle-A w/Natty</td>
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<td>HIIT-B w/Tracy 1:15pm-2pm</td>
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<tr>
<td>10am-11am</td>
<td>10am-11am</td>
<td>1:15pm-2pm</td>
<td></td>
<td></td>
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<tr>
<td>Barre-B w/Kristin 11:15am-12:15pm</td>
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<td>Cycle-A w/Cierra 7pm-7:45pm</td>
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<tr>
<td>Yoga-B w/Caroline 6:30pm-7:30pm</td>
<td>Cycle-A w/Cierra 7pm-7:45pm</td>
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<td></td>
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</tr>
</tbody>
</table>

FITNESS
"Some people say I have ATTITUDE – maybe I do... but I think YOU HAVE TO.

You have to BELIEVE IN YOURSELF when no one else does – that makes you a WINNER right there."

– Venus Williams
Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

**P.I.A.A. S.T.A.R.T. Program**

Students of Today Are Referees of Tomorrow

<table>
<thead>
<tr>
<th>Sport</th>
<th>Registration Start</th>
<th>Registration End</th>
<th>Class Dates</th>
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<tbody>
<tr>
<td>Basketball</td>
<td>8/24/2020</td>
<td>9/14/2020</td>
<td>9/21, 9/28 &amp; 10/5</td>
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<tr>
<td>Baseball</td>
<td>8/24/2020</td>
<td>9/14/2020</td>
<td>9/22, 9/29 &amp; 10/6</td>
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<tr>
<td>Soccer</td>
<td>8/24/2020</td>
<td>9/14/2020</td>
<td>9/23, 9/30 &amp; 10/7</td>
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</tbody>
</table>

*ALL CLASSES START AT 6:15 PM*

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**WCU Virtual Offerings – 2020-2021 Academic Year**

<table>
<thead>
<tr>
<th>Event Offering</th>
<th>Registration Period</th>
<th>Date</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Madden</td>
<td>8/24/20 – 9/8/20</td>
<td>9/14/2020</td>
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<tr>
<td>FIFA</td>
<td>8/24/20 – 9/8/20</td>
<td>10/12/2020</td>
<td>FREE</td>
</tr>
<tr>
<td>NBA 2K</td>
<td>8/24/20 – 9/8/20</td>
<td>10/19/2020</td>
<td>FREE</td>
</tr>
<tr>
<td>Rocket League</td>
<td>8/24/20 – 9/8/20</td>
<td>9/14/2020</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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**CLIMBING WALL HOURS FALL 2020**

Monday - Thursday: 3:30 PM - 7:30 PM

**BOULDERING BASICS ($10)**

This two hour small group session will cover the basics of body movement, proper spotting and pad placement, and training techniques to become a stronger climber! This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

**CLIMBING FUNDAMENTALS (FREE)**

Get started off right with this two hour session focused on basic body movement, climbing equipment, and belaying technique. This is a small group session with one of trained Instructors offering lots of personal attention.

**ADVANCED CLIMBING TECHNIQUES ($10)**

Struggling to conquer that 5.10? This two hour session will focus on advanced climbing techniques such as crack climbing, flagging, and laybacks. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

**LEAD CLIMBING ($20)**

This two part class (4 total hours) will cover the fundamentals of lead climbing including lead climbing techniques, lead belaying, rope management, and equipment used. Must be WCU belay certified and demonstrate ability to climb a 5.9 proficiently to participate. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

**PRIVATE CLIMBING LESSON ($20)**

Looking for some personalized instruction? Hire one of our nationally accredited Climbing Wall Instructors to spend two hours of focused climbing assessment and skill development.

Think you can climb a mile? Earn bragging rights and a sweet tee by completing our Mile High Challenge. Talk to a staff member for details.

To register, visit imleagues.com/wcupa

For more information or to inquire about future events, contact dcomas@wcupa.edu or follow us on Twitter @WCUIntramurals
The Sport Clubs program consists of competitive, instructional, and recreational clubs in nature that are unique in the very fact that they are initiated, organized, managed, and funded by students. Through this format, participating students have the opportunity to acquire skills such as leadership, organization, management, and fiscal responsibility. Sport clubs compete on a regional and national level and offer an opportunity for students to continue their athletic careers after high school.

The WCU Sports Club Council (SCC) was established in 1992 in order to have all clubs come together as a unified body and demonstrate their willingness to be recognized and registered in our WCU Student Government Association (SGA). It was designed with the sole purpose to promote mentoring, advisement, and student engagement. The Sport Clubs program at West Chester University strives to encourage participation, socialization, and competition of student-organized sport clubs. Value added experiences enhance physical fitness and foster a spirit of competition.
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<table>
<thead>
<tr>
<th>SPORT CLUB</th>
<th>PRESIDENT</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>Sydney Fitz</td>
<td><a href="mailto:SFH92755@wcupa.edu">SFH92755@wcupa.edu</a></td>
</tr>
<tr>
<td>Climbing</td>
<td>Dominice Tabone</td>
<td><a href="mailto:DFY92280@wcupa.edu">DFY92280@wcupa.edu</a></td>
</tr>
<tr>
<td>Crossfit</td>
<td>Michael Gudmann</td>
<td><a href="mailto:MGB87269@wcupa.edu">MGB87269@wcupa.edu</a></td>
</tr>
<tr>
<td>Dance</td>
<td>Ashley Wilks</td>
<td><a href="mailto:AHW93501@wcupa.edu">AHW93501@wcupa.edu</a></td>
</tr>
<tr>
<td>Equestrian</td>
<td>Megan Chenoyer</td>
<td><a href="mailto:MDH95789@wcupa.edu">MDH95789@wcupa.edu</a></td>
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<tr>
<td>Freestyle</td>
<td>Joshua Taylor</td>
<td><a href="mailto:JFY95475@wcupa.edu">JFY95475@wcupa.edu</a></td>
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<tr>
<td>Field Hockey</td>
<td>Emily Enders</td>
<td><a href="mailto:EEH95315@wcupa.edu">EEH95315@wcupa.edu</a></td>
</tr>
<tr>
<td>Fishing</td>
<td>Steven Brown</td>
<td><a href="mailto:SBH95251@wcupa.edu">SBH95251@wcupa.edu</a></td>
</tr>
<tr>
<td>Judo</td>
<td>Ryan Sathole</td>
<td><a href="mailto:RSY95329@wcupa.edu">RSY95329@wcupa.edu</a></td>
</tr>
<tr>
<td>Kickboxing</td>
<td>Alyssa Harvey</td>
<td><a href="mailto:AYH95678@wcupa.edu">AYH95678@wcupa.edu</a></td>
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<tr>
<td>Men's Ice Hockey D1</td>
<td>Ryan Vogt</td>
<td><a href="mailto:RYH94325@wcupa.edu">RYH94325@wcupa.edu</a></td>
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<tr>
<td>Men's Ice Hockey D2</td>
<td>Hudson Mokrejs</td>
<td><a href="mailto:HMH95131@wcupa.edu">HMH95131@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's Lacrosse</td>
<td>Garrett O'Vell</td>
<td><a href="mailto:GOR95435@wcupa.edu">GOR95435@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's Soccer</td>
<td>Drake Pew</td>
<td><a href="mailto:DPF95640@wcupa.edu">DPF95640@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's Ultimate Frisbee</td>
<td>Keith Wood</td>
<td><a href="mailto:KHV98915@wcupa.edu">KHV98915@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's Volleyball</td>
<td>Bryn Galloway</td>
<td><a href="mailto:BGD94262@wcupa.edu">BGD94262@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's Water Polo</td>
<td>Ryan Jordan</td>
<td><a href="mailto:RLJ97123@wcupa.edu">RLJ97123@wcupa.edu</a></td>
</tr>
<tr>
<td>Rugby</td>
<td>Nick D'Angelo</td>
<td><a href="mailto:RDN98838@wcupa.edu">RDN98838@wcupa.edu</a></td>
</tr>
<tr>
<td>Swim Club</td>
<td>Caroline Barnett</td>
<td><a href="mailto:CBC92116@wcupa.edu">CBC92116@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Ice Hockey</td>
<td>Cheyenne Carlo</td>
<td><a href="mailto:CCR97564@wcupa.edu">CCR97564@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Lacrosse</td>
<td>Danielle Purnell</td>
<td><a href="mailto:DPP94475@wcupa.edu">DPP94475@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Soccer</td>
<td>Madison Romans</td>
<td><a href="mailto:MMR97130@wcupa.edu">MMR97130@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Ultimate Frisbee</td>
<td>Hannah Means</td>
<td><a href="mailto:HMH97532@wcupa.edu">HMH97532@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Volleyball</td>
<td>Gabriella Welch</td>
<td><a href="mailto:GBH95246@wcupa.edu">GBH95246@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Water Polo</td>
<td>Karl LaRussa</td>
<td><a href="mailto:KLJ90433@wcupa.edu">KLJ90433@wcupa.edu</a></td>
</tr>
<tr>
<td>Wrestling</td>
<td>Thomas Bramwell</td>
<td><a href="mailto:TBJ98919@wcupa.edu">TBJ98919@wcupa.edu</a></td>
</tr>
</tbody>
</table>
OUTDOOR ADVENTURE PURSUITS

Think you can climb a mile? Earn bragging rights and a sweet tee by completing our Mile High Challenge. Talk to a staff member for details.

CLIMBING WALL HOURS FALL 2020

Monday - Thursday: 3:30 PM - 7:30 PM

Reservations for 30 minute windows must be made using IM Leagues (see page 5 for details).

CLIMBING PROGRAMS

BOULDERING BASICS ($10)
The two hour small group session will cover the basics of body movement, proper spotting and pad placement, and training techniques to become a stronger climber. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

CLIMBING FUNDAMENTALS (FREE)
Get started right with this two hour session focused on basic body movement, climbing equipment, and belaying technique. This is a small group session with one of trained Instructors offering lots of personal attention.

ADVANCED CLIMBING TECHNIQUES ($10)
Struggling to conquer that 5.10? This two hour session will focus on advanced climbing techniques such as crack climbing, flagging, and saplings. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

LEAD CLIMBING ($20)
This two part class (3 total hours) will cover the fundamentals of lead climbing including lead climbing techniques, lead belaying, rope management, and equipment. Must be WCU belay certified and demonstrate ability to climb a 5.9 proficiently to participate. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

PRIVATE CLIMBING LESSON ($20)
Looking for some personalized instruction? Hire one of our nationally accredited Climbing Wall Instructors to spend two hours of focused climbing assessment and skill development.

Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

WCU Virtual Offerings – 2020-2021 Academic Year

Event Offering | Registration Period | Date | Cost
--- | --- | --- | ---
Madden | 8/24/20 – 9/8/20 | 9/14/2020 | FREE
FIFA | 8/24/20 – 9/8/20 | 10/12/2020 | FREE
NBA 2K | 8/24/20 – 9/8/20 | 10/19/2020 | FREE
Rocket League | 8/24/20 – 9/8/20 | 9/14/2020 | FREE

To register, visit imleagues.com/wcupa
For more information or to inquire about future events, contact dcomas@wcupa.edu or follow us on Twitter @WCUIntramurals
Some people say I have ATTITUDE – maybe I do... but I think YOU HAVE TO.

Mindfulness Hike (Beginner) August 27th – FREE
Meet our guides on South Campus for an introduction to the practice of Shinrin Yoku (forest bathing) as a way to center yourself in the healing power of nature.

Introduction to Standup Paddleboarding (Intermediate) August 29th – $10
This co-curricular transcript opportunity will teach participants the fundamentals of paddleboarding, including maneuvering and basic rescue skills.

Introduction to Standup Paddleboarding (Intermediate) September 12th – $10
This co-curricular transcript opportunity will teach participants the fundamentals of paddleboarding, including maneuvering and basic rescue skills.

Introduction to Hiking (Beginner) September 19th – $5
Join our guides for a local hike. This co-curricular transcript opportunity will cover the basics of hiking including navigation and self-care.

Introduction to Hiking (Beginner) September 26th – $5
Join our guides for a local hike. This co-curricular transcript opportunity will cover the basics of hiking including navigation and self-care.

Outdoor Rock Climbing (Intermediate) October 10th – $5
Want to climb outside? We will be setting up top rope climbs at the local Ralph Stover climbing area. All equipment will be provided, and it is highly recommended that participants complete the free climbing fundamentals program prior to the trip.

Intermediate Hike (Intermediate) October 17th – $5
Looking for a challenge? This hike will take participants over steeper terrain and will include higher mileage. Prior complete of an Introduction to Hiking trip is highly encouraged.

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Outdoor Rock Climbing (Intermediate) October 24th – $5
Join our guides for a local hike. This co-curricular transcript opportunity will cover the basics of hiking including navigation and self-care.

Intermediate Hike (Intermediate) November 7th – $5
Looking for a challenge? This hike will take participants over steeper terrain and will include higher mileage. Prior complete of an Introduction to Hiking trip is highly encouraged.

Trip Ratings:
Beginner - Introductory trip with no previous experience required.
Easy to moderate physical activity.

Intermediate - Previous experience recommended, but not required.
Moderate physical activity.

Advanced - Previous experience with working knowledge required.
Moderate to strenuous physical activity.

Outdoors Rock Climbing (Intermediate) October 24th – $5
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Moderate physical activity.

Advanced - Previous experience with working knowledge required.
Moderate to strenuous physical activity.
“Here at West Chester University, our Campus Recreation Program has given me an exciting chance to build on my personal and professional goals, skills, and connections. Being part of a program that is not only built on engaging students to lead in the workplace everyday, but also grow together as a team, Campus REC has helped my peers and I develop workforce skills that will travel with us long after our time at West Chester University comes to an end. Campus REC has so many great student run programs and departments that there truly is something for everyone’s passions, while also being extremely easy and encouraging to try something new. Since my time here began, I have made some of my greatest friends and made some of my best memories and it is all thanks to Campus Recreation.”

– Sidhartha Dhir ’21
NAME: Pamela Sola  
POSITION: Team-Leader of Intramural Sports and President of Campus Rec Club  
COLLEGE: College of Education and Social Work  
FAVORITE PART OF WORKING AT SRC: My favorite part of working at SRC is all of the relationships I have created. I have found my closest friends inside of the Rec. The group of people I have had the opportunity to work with has helped me grow as a person in all aspects. Everyday I go to the rec knowing I have people there to brighten any possible mood I am in. Not only have I met my best friends, I have had lots of opportunities to network, develop interview skills, and interpersonal skills. I am so blessed to have the opportunity to work with such great people who are constantly pushing me and believing in me to be my best self.  
CAREER GOAL: My goal is to become a Special Education Teacher after I graduate this year and work inside of a Life Skills classroom. I also plan to be an Education Teacher after I graduate this year and continue to take what I have learned at the Rec to help my future clients.

Employee Spotlight

EMPLOYMENT OPPORTUNITIES:
Would you like to join our team? Check our website for job descriptions, information sessions and openings: [https://www.wcupa.edu/_services/CampusRec/employment.aspx](https://www.wcupa.edu/_services/CampusRec/employment.aspx)
- Climbing Wall Attendant
- Intramural Official
- Group Fitness Instructor
- Personal Trainer
- Outdoor Adventure Pursuits staff
- Recreation Attendant
- Application is on Campus Recreation website under Employment.
To create an IMLeagues account:
2. Enter your information. You must use your school email address (@wcupa.edu). Click Submit. You will receive a confirmation email. Click the link in the email to log in and activate your account.
3. You should be automatically joined to "West Chester University". If not, you can search schools by clicking the "Schools" link and select "West Chester University".

To register for a gym visit:
1. Log into your IMLeagues account.
2. Click the Facilities Reservation tab in the purple banner under West Chester University.
3. Scroll down and click on the "classes" tab.
4. Find the reservation time you want to register for and click the green Sign Up button to the right. This will take you to the general gym visit information page. The green Sign Up button is visible if registration is open.
5. Read the liability release and click Accept at the bottom of the page. Click Sign Up. You have successfully joined the session.
6. You will receive a confirmation email from IMLeagues with info on the class for which you have registered.

FACILITY RESERVATION
In order to maintain proper physical distancing guidelines and adhere to CDC standards, All Rec Center Visits must be scheduled ahead of time using IM Leagues.
To reserve any space in the Student Recreation Center, please email your request to: srcrequests@wcupa.edu

**FACILITIES SERVICES**

**OUR KNOWLEDGEABLE STAFF RECOMMENDS AND SUPPORTS LIFESTYLE CHANGES THROUGH EVALUATION, EDUCATION AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.**

**NEW USER ORIENTATION**

Learn proper form and how to use cardiovascular and strength machines on the fitness floor. Led by our experienced Recreation Attendants, the new user orientation offers hands-on participation and fitness resources to those wishing to learn how to safely use the equipment. Orientations are a drop-in process, so stop by the WCU Student Recreation Center second and third floor desks and let a Recreation Attendant assist you!

**GENERAL POLICIES**

- Reservation must be made to enter Student Recreation Center.
- Reservations are made in 75 minute blocks
- Valid WCU ID required
- Patrons must wear face coverings throughout facility
- Equipment should be wiped down with ERC wipes before and after use
- Use of equipment is at own risk
- Proper use of equipment is required

**FACILITIES**

- 69,000 square foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 65 pieces of name brand cardiovascular equipment
- Over 115 pieces of strength equipment including the Life Fitness Synergy 360
- 1/10 mile jogging track
- “Juiced-up” operated by Aramark serving delicious fruit smoothies and other healthy grab and go snacks perfect for the busy and health conscious student or professional!
- Men’s and women’s locker rooms with over 75 lockers (member must provide OWN lock)
- State-of-the-art 34-feet tall climbing wall
- Nutrition and Fitness Educational Suite
- Administrative office suite with conference room
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 2 outdoor basketball courts
- 1 outdoor sand volleyball court

**NEED A SPOT? HAVING TROUBLE WITH YOUR LAST SET? ASK A RECREATION ATTENDANT TO HELP SPOT YOU!**

**WCU FACILITY SCHEDULE**

**Fall 2020 Semester**

**STUDENT RECREATION CENTER**

- Monday – Thursday: 7:00 AM - 8:00 PM
- Friday: 7:00 AM - 5:00 PM
- Saturday: CLOSED
- Sunday: 11:30 AM - 7:00 PM

**CLIMBING WALL**

- Monday – Thursday: 3:30 PM - 7:30 PM

**REC SWIM**

- Not offered this semester

Please refer to the website for closures, holiday hours, changes to schedule.
DEPARTMENT STAFF

MICHAEL RENO, Senior Director of Campus Recreation
mreno@wcupa.edu  |  (610) 436-6928
• Responsible for creation, prioritization and administration of operational and capital budget
• Responsible for coordination of indoor and outdoor facility enhancement and construction projects
DAN COMAS, Associate Director for Facilities and Business Operations
dcomas@wcupa.edu,  (610) 436-2277
• Manages all areas of the facility and student staff
• Responsible for the scheduling and coordination of facility rentals
TBA, Assistant Director of Intramural and Sports Clubs
• Coordinates all intramural sports leagues and tournaments
• Administrator of IMleagues.com
• Fills all Recreation Equipment Rental Requests
STEVEN SASSAMAN, Associate Director for Experiential & Adventure Education
ssassaman@wcupa.edu  |  (610) 436-2100
• Manage the operations of the Climbing wall including staff training, maintenance, and development of educational programs
• Coordinate the training and development of our student Trip Guides who conduct outdoor excursions throughout the semester
• Assist campus community with providing experiential leadership development programs.
TBA, Assistant Director of Fitness and Marketing
• Oversee all fitness programs and activities
• Develop departmental marketing and promotional materials
• Organize departmental special events
KRISTA LINK, Secretary of Campus Recreation
klink@wcupa.edu  |  (610) 436-2131
• New employment and payroll
• Professional staff support
• Compile, prepare and maintain records for the department
GA for Sports Club, Graduate Assistant Sport Clubs
sportclubs@wcupa.edu  |  (610) 436-2355
TBA, Graduate Assistant Intramural Sports
intramurals@wcupa.edu  |  (610) 436-2064
MARK DAVIE, Graduate Assistant Outdoor Adventure Pursuits and Climbing Wall
outdoorpursuits@wcupa.edu  |  (610) 436-2349
JAMES HAUSER, Graduate Assistant Fitness Programs
srcfitness@wcupa.edu  |  (610) 436-2062
JIMMY STINSMAN, Graduate Assistant Facilities
srcfacility@wcupa.edu  |  (610) 436-2063

SPRING IM CHAMPIONS

5v5 Basketball
Co-Rec – Go Birds
F5R – Sq Eq
High Comp – Pike
Low Comp – Neck Bandits
Women’s – Ballerz

4v4 Volleyball
Co-Rec – Tuna

FIFA
PS4 – Muni Hruday Kumar Kuntumalla
XBOX – Martin Meenan

Madden
PS4 – Nicolas Santamaria

NBA2K
PS4 – Conor McDermott
XBOX – Carter Klassman

Rocket League
Cross Platform – Ian Lewis & Jason Blum
At West Chester University, Campus Recreation is the primary destination for the Golden Ram campus community to engage in recreation, social, and wellness-orientated programs and services. Blending components of fitness and well-being with the co-curricular educational experience. It is our mission to assist each person in exceeding academic goals while establishing healthy lifetime behaviors.

While at WCU, we encourage you to treat yourself and allow your mind, body, and soul to engage in some daily PLAY time; you've earned it!

Will the Student Recreation Center be open in Fall 2020?
The Student Recreation Center will reopen Monday, August 24th until Friday, November 20th.

What hours will the Student Recreation Center be Open?
The Student Recreation Center will be open Monday-Thursday 7am-8pm, Friday 7am-5pm, Sunday 11:30am-7pm. The Recreation Center will be closed on Saturday.

Will the Climbing Wall be Open?
The Climbing Wall will be Open Monday to Thursday 3:30pm-7:30pm.

What precautions has the Recreation Center taken regarding COVID-19?
All equipment has been spaced out according to CDC Guidelines. Cardio equipment that did not require electricity (Ellipticals, Bikes & Arc Trainers) has been moved to the MAE Court and spread 6 feet apart and will be facing the windows. Selected strength equipment has been spaced out 8 feet apart on the first and second floor. Additional signage has been placed around the building to remind patrons to maintain physical distancing.

Are Face Coverings Required?
Patrons using the Student Recreation Center must properly wear face coverings and maintain six feet of distance from others. As long as physical distancing can be maintained at all times, patrons may lower their face covering only when the level of exertion makes wearing a face covering difficult.

What sanitizing protocols have been taken?
EIGHT Additional ERC Wipes Stations have been placed throughout the building for patrons to use before/after they use equipment. Additional Purell Stations have also been installed for hand sanitizing.

How many people will be allowed to be in the Student Recreation Center at one time?
There will be 100 reservations open for patrons to reserve on our facility reservation system. Group exercise and climbing wall reservations will be under a separate tab on IRLeaguer.

What is the Facility Reservation System?
Patrons must register for a timeslot on IRLeaguer to use the facility. Reservations will be 75 minutes long. Patrons will be able to register for a timeslot 24 hours in advance and reservations will be filled on a first come, first serve basis.

Will the Basketball Courts be open for Open Rec?
Basketball Courts will NOT be open for OPEN REC but can be utilized for group exercise or other individual exercise. Courts have been sectioned off in 10 by 10 squares in order to provide proper distancing.

Will there be intramurals during the Fall 2020 Semester?
Intramurals will be conducted virtually during the Fall 2020 Semester. This will be done through sports (Madden, 2K, Rocket League and FIFA, Fantasy Football and NFL Pick Em’). Patrons should check IRLeaguer for all information regarding registration, start dates and cost.

Will the Student Recreation Center still be conducting PIAA S.T.A.R.T. Classes?
S.T.A.R.T Classes will still be held but will be done virtually. Classes will be held for student interested in becoming a certified basketball, football or soccer official. Registration for these classes will begin on 8/24 and will end on 9/14.

Will there be Sport Clubs during the Fall 2020 Semester?
No, all Sport Clubs have been cancelled for the Fall 2020 Semester. We are continuing to evaluate the situation and talk with university officials regarding when we will be able to resume.

Will any areas of the Rec Center be closed?
 Locker rooms will only be available for restroom usage. Showers and lockers will be closed. Studio C and one Racquetball court will be offline for Fall semester.

COVID-19 POLICIES & PROCEDURES FAQ’S
Something for EveryBody

(610) 436-1REC
www.wcupa.edu/campusrec/
@wcupacampusrec
@wcucampusrecreation
@wcupacampusrec