

A group of people are practicing yoga on a rooftop at West Chester University. They are in a side angle pose, with one arm reaching up and the other down. The rooftop has a tiled floor and a glass railing. In the background, there are university buildings and a large white cylindrical structure. The sky is blue with white clouds.

Something for EveryBody

WEST CHESTER UNIVERSITY | CAMPUS RECREATION | FALL 2020



Something for EveryBody

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!

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

JIMMY STINSMAN, *Graduate Assistant Facilities*
srcfacility@wcupa.edu | (610) 436-2063

> 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



> FACILITIES SERVICES

To reserve any space 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

- 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

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
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REC SWIM

Not offered this semester

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

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



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 create an IMLeagues account:

1. Go to <http://www.imleagues.com/wcupa> and click Create 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.

WHAT IS GROUP FITNESS?

Coming in September, Campus Recreation will be offering virtual Fitness classes for our student body that are unable to attend our in person offerings. The classes are available for all West Chester University students, and are designed to be done with minimal to no equipment. Some of the classes include HIIT, Tabata Bootcamp, Yoga, Power Pilates, Barre 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 “coach,” to inspire, focus of form, and safety in helping each participant reach their fitness goals! Every coach is certified for each specific mode of exercise, bringing a high-level of expertise and passion. Each small group training program varies. Please stay tuned for the most up to date information on our website.

FITNESS TERMS

Barre: A fun and empowering class set to today's hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

Cycle & Tone: A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, jumps, and sprints 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 is perfect for when you are in a rush and want to get a workout in. 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 tires, battle ropes, and weight sleds.

Tabata Bootcamp: A 45 Minute total body HIIT (High Intensity Interval Training) workout designed to burn more 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, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for — and fast! Burn up to 530 calories per class!

Grit: Les Mills GRIT 30-minute classes rotate through a schedule of Cardio—designed to burn fat and rapidly improve athletic capability by the use of high impact body weight exercises. Athletic - This workout often uses 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 plates and barbells.

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.





FALL 2020

August 24th – November 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIIT-B w/Natty 10am-11am	Grit-B w/Hana 10:15am-11am	Cycle-A w/Natty 10am-11am	Tabata-B w/Bree 8am-9am	HIIT-B w/Natty 10am-10:30am
		Barre-B w/Kristin 11:15am-12:15pm	Yoga-B w/Caroline 10am-11am	
Barre-B w/Kristin 11:15am-12:15pm	Tabata-B w/Bree 12pm-1pm	HIIT-B w/Tracy 1:15pm-2pm		
Cycle-A w/Tracy 1:15pm-2pm	Barre-B w/Christine 3pm-3:45pm	Barre-B w/Kristin 5pm-6pm	Barre-B w/Christine 4:30pm-5:15pm	
Yoga-B w/Caroline 6:30pm-7:30pm	Cycle-A w/Cierra 7pm-7:45pm	Cycle-A w/Cierra 7pm-8pm	Cycle-A w/Cierra 7pm-7:45pm	



INTRAMURAL SPORTS

// 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.

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

P.I.A.A. S.T.A.R.T. Program <i>Students of Today Are Referees of Tomorrow</i>			
Sport	Registration Start	Registration End	Class Dates
Basketball	8/24/2020	9/14/2020	9/21, 9/28 & 10/5
Baseball	8/24/2020	9/14/2020	9/22, 9/29 & 10/6
Soccer	8/24/2020	9/14/2020	9/23, 9/30 & 10/7

ALL CLASSES START AT 6:15 PM

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

SPORT CLUBS

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.



SPORT CLUB	PRESIDENT	EMAIL
Bowling	Sydney Fritz	SF892755@wcupa.edu
Climbing	Dominic Tabone	DT912284@wcupa.edu
Crossfit	Michael Salloum	MS887246@wcupa.edu
Dance	Ashley Hillis	AH887307@wcupa.edu
Equestrian	Megan Dempsey	MD895786@wcupa.edu
Fencing	Joshua Taylor	JT913431@wcupa.edu
Field Hockey	Emily Endres	EE885135@wcupa.edu
Fishing	Steven Brown	SB895251@wcupa.edu
Judo	Ryan Sattelle	RS904291@wcupa.edu
Kickboxing	Alyssa Harvey	AH893678@wcupa.edu
Men's Ice Hockey D1	Ryan Vogt	RV943023@wcupa.edu
Men's Ice Hockey D2	Hudson Mokrejs	HM910117@wcupa.edu
Men's Lacrosse	Garrett O'Neill	G0895435@wcupa.edu

SPORT CLUB	PRESIDENT	EMAIL
Men's Soccer	Drake Pew	DP936404@wcupa.edu
Men's Ultimate Frisbee	Keith Wood	KW888195@wcupa.edu
Men's Volleyball	Bryce Galloway	BG868262@wcupa.edu
Men's Water Polo	Ryan Lordan	RL887212@wcupa.edu
Rugby	Nick D'Angelo	ND888388@wcupa.edu
Swim Club	Caroline Barrett	CB920116@wcupa.edu
Women's Ice Hockey	Cheyenne Carlo	CC897564@wcupa.edu
Women's Lacrosse	Danielle Purcell	DP904375@wcupa.edu
Women's Soccer	Madison Annan	MA891180@wcupa.edu
Women's Ultimate Frisbee	Hannah Marin	HM917528@wcupa.edu
Women's Volleyball	Gabriella Welsh	GW892246@wcupa.edu
Women's Water Polo	Karli LoRusso	KL904403@wcupa.edu
Wrestling	Thomas Bramwell	TB938918@wcupa.edu

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)

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.

OUTDOOR ADVENTURE PURSUITS

Mindfulness Hike (Beginner) August 27th – FREE

Meet our guides on South Campus for a 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.

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.





"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 closet 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 Ill 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 a personal trainer and continue to take what I have learned at the Rec to help my future clients.*

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

- ✓ Climbing Wall Attendant
- ✓ Intramural Official
- ✓ Group Fitness Instructor
- ✓ Personal Trainer
- ✓ Outdoor Adventure Pursuits staff
- ✓ Recreation Attendant
- ✓ Application is on Campus Recreation website under Employment.



Employee Spotlight





NIRSA
Leaders in
Collegiate
Recreation

INTRAMURALS

SPRING IM CHAMPIONS

5v5 Basketball

Co-Rec – Go Birds
FSL – Sig Ep
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



COVID-19 POLICIES & PROCEDURES FAQ'S

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?

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 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 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.



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



@wcupacampusrec
@wcupacampusrecreation
@wcupacampusrec