SOMETHING FOR EVERY BODY
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!
DEPARTMENT STAFF

MICHAEL RENO
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 reservations
• Manages department budgets

DEMETRIUS ISAAC
Assistant Director of Intramural and Sports Clubs
disaac@wcupa.edu | (610) 436-2133
• Coordinates all intramural sports leagues and tournaments
• Responsible for the administration of the sports club program
• Fills all Recreation Equipment Rental Requests

KAYLA WALDEN
Assistant Director of Outdoor Adventure Education
kwalden@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.

ASHLEY OOSTVEEN
Assistant Director of Fitness and Marketing
aoostveen@wcupa.edu | (610) 436-2563
• Oversee all fitness programs and activities
• Develop departmental marketing and promotional materials
• Organize departmental special events

KRISTA LINK
Administrative Assistant
klink@wcupa.edu | (610) 436-2131
• New employment and payroll
• Professional staff support
• Compile, prepare and maintain records for the department

BROOKE MILLEVOI
Graduate Assistant Sport Clubs
BM932360@wcupa.edu

BRANDON TEEL
Graduate Assistant Intramural Sports
BT864896@wcupa.edu

ZACHARY KLINKE
Graduate Assistant Outdoor Adventure Pursuits and Climbing Wall
ZK1006670@wcupa.edu

JESSICA SAWAGED
Graduate Assistant Fitness Programs
JS940440@wcupa.edu

ISAIAH LESTER
Graduate Assistant Facilities
IL836780@wcupa.edu

MADISON SISZ
Graduate Assistant Marketing & Special Events
MS951040@wcupa.edu

DEVANTE FOX
Graduate Assistant Business Operations & Student Success
DF899788@wcupa.edu
SERVICES

To reserve any space in the Student Recreation Center, please visit our website at https://www.wcupa.edu/_services/CampusRec/

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

GENERAL POLICIES

- Valid WCU ID required
- All use equipment at their own risk
- Appropriate attire is required at all times
- Equipment should be wiped down with ERC wipes before and after use
- WCU has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others

- 69,000 square foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 45 pieces of name brand cardiovascular equipment
- Over 115 pieces of strength equipment including the Life Fitness Synergy 360
- 1/10 mile jogging track
- Men’s and women’s locker rooms with over 75 lockers (member must provide OWN lock)
- State-of-the-art 34 ft. climbing wall
- Student development suite
- Administrative office suite with conference room
- 3 group exercise studios
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 1 outdoor basketball court
- 1 outdoor sand volleyball court

STUDENT RECREATION CENTER

Monday – Thursday: 6:00 AM - 11:30 PM
Friday: 6:00 AM - 10:00 PM
Saturday: 9:00 AM - 6:00 PM
Sunday: 11:00 AM - 11:30 PM

CLIMBING WALL

Monday – Thursday: 3:00 PM - 8:00 PM

REC SWIM

View WCU Campus Rec Home Page

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

**The Ball Is In Your Court**
If you’re a West Chester University enrolled student you are already a member. Just show up, present your Ram ID and come get your fitness groove on!

- Not a student? Don’t worry, as long as you are one of the following you can join, too.
  - WCU faculty, staff, adjunct faculty or lecturer
  - A current member of the West Chester University Alumni Association
  - An employee of a university affiliate

**Membership Has Its Benefits**
- Access to over 35 weekly, high-quality Group Fitness classes
- Opportunity to learn, practice and climb our 34 ft. climbing wall
- Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services
- Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, and outdoor equipment

**Rates**

- **Annual membership** *(365 days from date of purchase)* $330
- **6-months membership** $180
- **1-month/30 day membership** $35
- **1-day membership** *(good all day)* $7

*All memberships must be made on-line at:
https://www.wcupa.edu/_services/campusRec/forms/membership/
Credit card or payroll deduction (annual membership only) only*
**GROUP FITNESS** classes range from Strength & Power to Zumba and everything in between! The classes are available for all West Chester University students, faculty, and staff. 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!

**CLASS DESCRIPTIONS**

**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:** 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!

**BODYPUMP™:** Using light to moderate free weights and a barbell with lots of repetition, LES MILLS BODYPUMP™ gives you a total body workout. Feel the burn with scientifically proven moves and techniques, highly trained instructors and great music — helping you achieve much more than on your own! You’ll leave the workout feeling challenged and motivated, ready to come back for more.

**GRIT™:** LES MILLS GRIT™ is 30-minutes of high-intensity interval training (HIIT), developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you to push your body into your max effort training zone — and that’s where the results happen.

**BODYCOMBAT:** Step into a LES MILLS BODYCOMBAT workout and you’ll punch and kick your way to fitness, burning up to 570 calories** along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You’ll release stress, have a blast and feel like a champ.

**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.

**Kickboxing:** Take this class for a fun cardio workout to learn some self defense along with working your core, flexibility, and strength. Along with technique oriented drilling of which will help you learn the ins and outs of kickboxing.

**Full Body Strength:** Using timed intervals and a variety of weights and bodyweight movements, you are sure to be sweating by the end of this class. This class provides a total body workout that will leave you stronger each time you attend.

**Zumba:** Ditch your traditional workout and come join the party! Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system. No dance experience required!

**Ab Blast:** This class is perfect for when you are in a rush and want to get a workout in. This class is focused on strengthening your abdominal muscles by performing various exercises that work the core and its surrounding muscles. The class uses bodyweight and weighted movements to give the core a good burn. This easy to follow along class is great for learning exercises and perfecting form.
PLEASE VISIT
IG: @wcugroupfitness or website:
https://www.wcupa.edu/_services/CampusRec/groupFitness.aspx
FOR UPDATES TO THE 2023-2024 SCHEDULE.
The Sport Clubs program consists of competitive, instructional, and recreational clubs that are unique in 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.
<table>
<thead>
<tr>
<th>SPORT CLUB</th>
<th>PRESIDENT</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Sean Hopkins</td>
<td><a href="mailto:SH928344@wcupa.edu">SH928344@wcupa.edu</a></td>
</tr>
<tr>
<td>Bowling</td>
<td>Mason Kaplan</td>
<td><a href="mailto:MK975683@wcupa.edu">MK975683@wcupa.edu</a></td>
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<tr>
<td>Climbing</td>
<td>Grady Leonard</td>
<td><a href="mailto:GL923265@wcupa.edu">GL923265@wcupa.edu</a></td>
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<tr>
<td>Crossfit</td>
<td>Kaleigh Ferko</td>
<td><a href="mailto:KF974497@wcupa.edu">KF974497@wcupa.edu</a></td>
</tr>
<tr>
<td>Dance Team</td>
<td>Holly McMenamin</td>
<td><a href="mailto:HM954997@wcupa.edu">HM954997@wcupa.edu</a></td>
</tr>
<tr>
<td>Equestrian</td>
<td>Suzanna Angstadt</td>
<td><a href="mailto:SA940481@wcupa.edu">SA940481@wcupa.edu</a></td>
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<tr>
<td>Fencing</td>
<td>James Knight</td>
<td><a href="mailto:JK987313@wcupa.edu">JK987313@wcupa.edu</a></td>
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<tr>
<td>Field Hockey</td>
<td>Skylar Alcaro</td>
<td><a href="mailto:SA952998@wcupa.edu">SA952998@wcupa.edu</a></td>
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<tr>
<td>Judo</td>
<td>Angelo Perez</td>
<td><a href="mailto:AP996105@wcupa.edu">AP996105@wcupa.edu</a></td>
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<tr>
<td>Kickboxing</td>
<td>Joshua Hitt</td>
<td><a href="mailto:JH977954@wcupa.edu">JH977954@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's D1 Ice Hockey</td>
<td>Jospeh DeMatteo</td>
<td><a href="mailto:JD953712@wcupa.edu">JD953712@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's D2 Ice Hockey</td>
<td>Ethan Haas</td>
<td><a href="mailto:EH973788@wcupa.edu">EH973788@wcupa.edu</a></td>
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<tr>
<td>Men's Lacrosse</td>
<td>Blaise Botley</td>
<td><a href="mailto:BB951287@wcupa.edu">BB951287@wcupa.edu</a></td>
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<tr>
<td>Men's Rugby</td>
<td>Quincy Allem</td>
<td><a href="mailto:QA982446@wcupa.edu">QA982446@wcupa.edu</a></td>
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<tr>
<td>Men's Soccer</td>
<td>Brett McMenamin</td>
<td><a href="mailto:BM976855@wcupa.edu">BM976855@wcupa.edu</a></td>
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<tr>
<td>Men's Ultimate</td>
<td>Ryan Cornelius</td>
<td><a href="mailto:RC968437@wcupa.edu">RC968437@wcupa.edu</a></td>
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<tr>
<td>Men's Volleyball</td>
<td>Jackson Stahl</td>
<td><a href="mailto:JS976446@wcupa.edu">JS976446@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's Water Polo</td>
<td>Owen Young</td>
<td><a href="mailto:OY948048@wcupa.edu">OY948048@wcupa.edu</a></td>
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<tr>
<td>Paintball</td>
<td>Francis Ford</td>
<td><a href="mailto:FF959082@wcupa.edu">FF959082@wcupa.edu</a></td>
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<tr>
<td>Sport Club Council</td>
<td>Kelly McCrossen</td>
<td><a href="mailto:KM954944@wcupa.edu">KM954944@wcupa.edu</a></td>
</tr>
<tr>
<td>Swimming</td>
<td>Julia Barrett</td>
<td><a href="mailto:JB983695@wcupa.edu">JB983695@wcupa.edu</a></td>
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<tr>
<td>Women's Ice Hockey</td>
<td>Claudia Mongeau</td>
<td><a href="mailto:CM996001@wcupa.edu">CM996001@wcupa.edu</a></td>
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<tr>
<td>Women's Lacrosse</td>
<td>Karly Fanelli</td>
<td><a href="mailto:KF970944@wcupa.edu">KF970944@wcupa.edu</a></td>
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<tr>
<td>Women's Soccer</td>
<td>Olivia Liaouras</td>
<td><a href="mailto:OL952055@wcupa.edu">OL952055@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Ultimate</td>
<td>Emma Hamilton</td>
<td><a href="mailto:EH974656@wcupa.edu">EH974656@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Volleyball</td>
<td>Olivia Nickerson</td>
<td><a href="mailto:ON955212@wcupa.edu">ON955212@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Water Polo</td>
<td>Hanna Christie</td>
<td><a href="mailto:HC953484@wcupa.edu">HC953484@wcupa.edu</a></td>
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<tr>
<td>Wrestling</td>
<td>Belen Bridges</td>
<td><a href="mailto:BB973182@wcupa.edu">BB973182@wcupa.edu</a></td>
</tr>
</tbody>
</table>
“Winners never quit, and quitters never win.”
— Vince Lombardi
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.

<table>
<thead>
<tr>
<th>Leagues</th>
<th>Registration</th>
<th>Start Dates</th>
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</thead>
<tbody>
<tr>
<td>Flag Football</td>
<td>8/21 - 9/6</td>
<td>9/11</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>8/21 - 9/13</td>
<td>9/19</td>
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<tr>
<td>5on5 Basketball</td>
<td>11/20 - 12/12</td>
<td>2/4</td>
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<tr>
<td>Volleyball</td>
<td>11/20 - 12/12</td>
<td>1/29</td>
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<tr>
<td>Softball</td>
<td>2/26 - 3/7</td>
<td>3/24</td>
</tr>
<tr>
<td>Outdoor Soccer</td>
<td>2/26 - 3/7</td>
<td>3/24</td>
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</table>

Please visit website [https://www.wcupa.edu/_services/CampusRec/intramurals.aspx](https://www.wcupa.edu/_services/CampusRec/intramurals.aspx) for updates to the 2023-2024 schedule. To register, visit [imleagues.com/wcupa](http://imleagues.com/wcupa)

For more information or to inquire about future events, contact Demetrius Isaac ([disaac@wcupa.edu](mailto:disaac@wcupa.edu)) or follow us on Instagram [@wcupacampusrec](https://www.instagram.com/wcupacampusrec)
The Outdoor Adventure Pursuits program strives to engage students in meaningful outdoor experiences utilizing a variety of outdoor activities and excursions. Students gain confidence in skills such as problem solving, leadership development, self-awareness, sustainable living, global citizenship, all ability levels welcome... beginner to advanced!

2023-2024 CLIMBING WALL HOURS

Monday – Thursday: 3:00 PM - 8:00 PM
Adventures include: hiking, backpacking, paddle boarding, overnight camping, and more!

OAP TRIPS 2023-2024

Please visit: IG: @wcupacampusrec or website: https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx for updates to the 2023-2024 schedule.
“Working at the Student Recreation Center has been such a great opportunity for me to grow and learn more about myself. It allows all staff members to experience leadership roles on different levels and encourages growth. Working at the Rec you will make some of the best friends you will ever have! All of the departments work together and have been interacting more than ever which has been amazing. It allows you to connect with so many different people and there is a sense of belonging every time you step into the building. I wouldn’t choose anywhere else to work! It really is one big family!”

– Alexia Williams, Campus Recreation Facilities Supervisor
NAME: Hank Stouffer

POSITION: Facilities and Sport Clubs Supervisor and Fitness Instructor

MAJOR: Actuarial Mathematics

FAVORITE PART OF WORKING AT SRC:
My favorite part of working at the Rec is the community feeling. I have been able to create countless friendships, both on and off shift, with people at the Rec Center. I feel a sense of community in the Rec Center because I am always seeing familiar faces and smiles.

CAREER GOAL:
After graduation, I hope to work for an insurance company helping with actuarial tasks.