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 rentals
- Manage 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

TBD
Assistant Director of Outdoor Adventure Education
(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.

TBD
Assistant Director of Fitness and Marketing
(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

MEGHAN McMULLEN
Graduate Assistant Sport Clubs
sportclubs@wcupa.edu | (610) 436-2355

BRANDON TEEL
Graduate Assistant Intramural Sports
intramurals@wcupa.edu | (610) 436-2349

ZACHARY KLINKE
Graduate Assistant Outdoor Adventure Pursuits and Climbing Wall
outdoorpursuits@wcupa.edu | (610) 436-2100

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

TBD
Graduate Assistant Facilities
srcfacility@wcupa.edu | (610) 436-2063

REBECCA WOODS
Graduate Assistant Marketing & Special Events
RW886093@wcupa.edu | 610-436-2064

10 YEAR ANNIVERSARY 18
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.

General Policies

• Valid WCU ID required
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• Appropriate attire is required at all times
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Facility Schedule

2022-2023

WCU Facility Schedule

Student Recreation Center

<table>
<thead>
<tr>
<th>Days</th>
<th>Monday – Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6:00 AM - 11:30 PM</td>
<td>6:00 AM - 10:00 PM</td>
<td>9:00 AM - 6:00 PM</td>
<td>11:00 AM - 11:30 PM</td>
</tr>
</tbody>
</table>

Climbing Wall

<table>
<thead>
<tr>
<th>Days</th>
<th>Monday – Thursday</th>
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<td>3:00 PM - 8:00 PM</td>
<td></td>
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</table>

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. tall climbing wall
- Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services including Small Group Training (GRIT)
- Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, boxing gloves, resistance straps, 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!

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FITNESS

"Campus Recreation has given my peers and I ample amount of opportunity to grow and become leaders. Whether it's through student-run programs, intramural sports, or facilities, there's always room to grow and be better and that's what I love about being a part of the Campus Rec! The Campus Recreation Center has so many fun and encouraging ways to include all students at West Chester, which is what brings everyone together! If I could describe the Campus Rec in one word, it would be FAMILY! The Campus Rec brings everyone together and brings the joy out of everyone, just like one large family. Being a part of the Campus Recreation Center has been one of the biggest honors and blessings I could ever ask for!"

– Danny Zhang, Campus Recreation Club President

Please visit IG: @wcugroupfitness or website: https://www.wcupa.edu/_services/CampusRec/groupFitness.aspx for updates to the 2022-2023 schedule.
“It’s not whether you get knocked down, it’s whether you get up.”

– Vince Lombardi

Please visit IG: @wcupacampusrec or website: https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx for updates to the 2022-2023 schedule.
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>8/22 - 9/7</td>
<td>9/12</td>
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<tr>
<td>Indoor Soccer</td>
<td>8/29 - 9/14</td>
<td>9/20</td>
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<td>Dodgeball</td>
<td>8/29 - 9/14</td>
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<tr>
<td>5on5 Basketball</td>
<td>10/24 - 11/16</td>
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<tr>
<td>Volleyball</td>
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<tr>
<td>Softball</td>
<td>2/20 - 3/8</td>
<td>3/21</td>
</tr>
<tr>
<td>Outdoor Soccer</td>
<td>2/20 - 3/8</td>
<td>3/22</td>
</tr>
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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 2022-2023 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) or follow us on Instagram [@wcucampusrec](https://www.instagram.com/wcucampusrec).
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>
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<tbody>
<tr>
<td>Bowling</td>
<td>Colby Yonchiuk</td>
<td><a href="mailto:CY934289@wcupa.edu">CY934289@wcupa.edu</a></td>
</tr>
<tr>
<td>Climbing</td>
<td>Brigit Corej</td>
<td><a href="mailto:BC924734@wcupa.edu">BC924734@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>Laura Konizer</td>
<td><a href="mailto:LK923494@wcupa.edu">LK923494@wcupa.edu</a></td>
</tr>
<tr>
<td>Fencing</td>
<td>Joshua Taylor</td>
<td><a href="mailto:JT913431@wcupa.edu">JT913431@wcupa.edu</a></td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Shawn Menden</td>
<td><a href="mailto:SM928295@wcupa.edu">SM928295@wcupa.edu</a></td>
</tr>
<tr>
<td>Judo</td>
<td>Marcelle Kenneth</td>
<td><a href="mailto:MK963444@wcupa.edu">MK963444@wcupa.edu</a></td>
</tr>
<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>Christopher Liscio</td>
<td><a href="mailto:CL962350@wcupa.edu">CL962350@wcupa.edu</a></td>
</tr>
<tr>
<td>Men's D2 Ice Hockey</td>
<td>Damien Fabrizio</td>
<td><a href="mailto:DF933055@wcupa.edu">DF933055@wcupa.edu</a></td>
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<tr>
<td>Men's Lacrosse</td>
<td>Vincent Riccardo</td>
<td><a href="mailto:VR937882@wcupa.edu">VR937882@wcupa.edu</a></td>
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<tr>
<td>Men's Rugby</td>
<td>Andrew Barber</td>
<td><a href="mailto:AB930240@wcupa.edu">AB930240@wcupa.edu</a></td>
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<td>Men's Soccer</td>
<td>Jason Blaine</td>
<td><a href="mailto:JB946749@wcupa.edu">JB946749@wcupa.edu</a></td>
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<tr>
<td>Men's Ultimate</td>
<td>James Doughterty</td>
<td><a href="mailto:JD969718@wcupa.edu">JD969718@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>
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<tr>
<td>Men's Water Polo</td>
<td>Sean McGroary</td>
<td><a href="mailto:SM926410@wcupa.edu">SM926410@wcupa.edu</a></td>
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<tr>
<td>Paintball</td>
<td>Evan Schuler</td>
<td><a href="mailto:ES950175@wcupa.edu">ES950175@wcupa.edu</a></td>
</tr>
<tr>
<td>Swimming</td>
<td>Kaylin Moll</td>
<td><a href="mailto:KM950098@wcupa.edu">KM950098@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Ice Hockey</td>
<td>Samantha Ditz</td>
<td><a href="mailto:SD970116@wcupa.edu">SD970116@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Lacrosse</td>
<td>Lindsay Faul</td>
<td><a href="mailto:LF925440@wcupa.edu">LF925440@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Soccer</td>
<td>Meg Cochran</td>
<td><a href="mailto:MC932994@wcupa.edu">MC932994@wcupa.edu</a></td>
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<tr>
<td>Women's Ultimate</td>
<td>Olivia Gingrich</td>
<td><a href="mailto:OG929835@wcupa.edu">OG929835@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Volleyball</td>
<td>Lindsay Gal</td>
<td><a href="mailto:LG954080@wcupa.edu">LG954080@wcupa.edu</a></td>
</tr>
<tr>
<td>Women's Water Polo</td>
<td>Julia Wilcox</td>
<td><a href="mailto:JW923459@wcupa.edu">JW923459@wcupa.edu</a></td>
</tr>
<tr>
<td>Wrestling</td>
<td>Colby Judd</td>
<td><a href="mailto:CJ954510@wcupa.edu">CJ954510@wcupa.edu</a></td>
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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!

2022-2023 CLIMBING WALL HOURS

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

**PLEASE VISIT**

IG: @wcupacampusrec or website:
https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx

FOR UPDATES TO THE 2022-2023 SCHEDULE.

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Employee Spotlight
NAME: Shawn Menden
POSITION: Facility Team Leader
MAJOR: Biomedical Engineering
FAVORITE PART OF WORKING AT SRC:
My favorite part of working at the Rec is the people. No matter what day or time you come visit the Rec the workers are always so welcoming and make any shift fun. I look forward to my shifts at the rec because of my amazing co-workers, especially the ones I’ve made great friendships with.
CAREER GOAL:
After graduation I hope to work for a pharmaceutical company or in an information technology workspace working on new innovative projects.
RAM-FIT will offer a wide range of services to students and employees alike, including:

**Strength and Conditioning for Rec Teams**
Create strength and conditioning programs, including testing and monitoring, supervised by interns in the Exercise Science Department.

**Exercise is Medicine on Campus Day**
Sports Management Minor and Exercise/Fitness Management tie-in: cross-train students/staff in sports management and exercise/fitness management as a path for personal trainers, corporate and commercial fitness aspiring students as well as the non-profit centers like YMCAs, and give some separation/identity to Strength & Conditioning coaches.

**New Employee Fitness Appointment**
As part of the new employee welcome package, employees will receive a complimentary fitness appraisal and program recommendations.

**Rec and Sport Club Coaching Opportunities for Coaching Minors**

**All Collegians Exercising Simultaneously (ACES)**
In conjunction with the nationally-celebrated All Children Exercising Simultaneously Day (first Wednesday in May), all WCU faculty, students, and staff will be called on the exercise at the same time, led by Rec staff, assisted by students in the Exercise Science Department.

**Physical Education Games Night**
PE majors could host traditional and non-traditional games and fitness challenges for students, staff, students vs staff, Rec vs Club, Club vs Club.
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.

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

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REC SWIM
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Mark Your Calendar!

September 2022
National Day of Encouragement – 9/12
Encourage a friend, classmate, or coworker to sign up for the health screens and fitness programs
Strength and conditioning program starts for interested club teams

October 2022
Halloween Costume Game Night
Group and individual fitness programs become available after Fall Break

November 2022
National Gratitude Month

October 2022
Halloween Costume Game Night
Group and individual fitness programs become available after Fall Break
Construction on the Student Recreation Center began in the Fall of 2010. Lasting two years and costing approximately $28.6 million, the SRC opened in August of 2012. This year, we celebrate 10 years of the new Student Recreation Center and the variety of features and services we are able to offer to students, faculty, and alumni.

Join us in celebrating with various events and giveaways featuring each department within the SRC during the week of August 29th, 2022.
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