

A photograph of two young women sitting on a rock climbing wall. The woman on the left is wearing a purple t-shirt with "WCU LACROSSE" printed on it and is smiling. The woman on the right is wearing a black t-shirt with "HIGH CLIMB" and blue leggings, also smiling. They are surrounded by various colorful climbing holds (pink, blue, green, yellow, purple, red) and ropes. The background is a textured rock wall.

Something for EveryBody

WEST CHESTER UNIVERSITY | CAMPUS RECREATION | FALL 2021



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](mailto: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](mailto: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](mailto:disaac@wcupa.edu) | (610) 436-2133

- 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](mailto: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.

**ERIN MAURNO**, *Assistant Director of Fitness and Marketing*

[emaurno@wcupa.edu](mailto:emaurno@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](mailto: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](mailto:sportclubs@wcupa.edu) | (610) 436-2355

**BRANDON TEEL**, *Graduate Assistant Intramural Sports*  
[intramurals@wcupa.edu](mailto:intramurals@wcupa.edu) | (610) 436-2064

**MARK DAVIE**, *Graduate Assistant*

*Outdoor Adventure Pursuits and Climbing Wall*  
[outdoorpursuits@wcupa.edu](mailto:outdoorpursuits@wcupa.edu) | (610) 436-2349

**NATALIA DONOHUE**, *Graduate Assistant Fitness Programs*  
[srcfitness@wcupa.edu](mailto:srcfitness@wcupa.edu) | (610) 436-2062

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

**KYLE PILUSO**, *Graduate Assistant*  
*Marketing & Special Events*

[KP869021@wcupa.edu](mailto:KP869021@wcupa.edu) | 610-436-2064

# ➤ 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
- 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
- 1 outdoor basketball court
- 1 outdoor sand volleyball court



## ➤ FACILITIES SERVICES

*To reserve any space in the Student Recreation Center, please email your request to: [srcrequests@wcupa.edu](mailto: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
- All use equipment at their own risk
- Appropriate attire is required. Entire facility dress code is on our web site
- 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

## WCU FACILITY SCHEDULE Fall 2021 Semester

### STUDENT RECREATION CENTER

Monday – Thursday:	6:00 AM - 11:30 AM
Friday:	6:00 AM - 10:00 PM
Saturday:	10:00 AM - 8:00 PM
Sunday:	11:00 AM - 11:30 PM

### CLIMBING WALL

Monday – Thursday:	3:00 PM - 9:00 PM
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### REC SWIM

[View WCU Campus Rec Home Page](#)

*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!

## COVID-19 POLICIES & PROCEDURES FAQ'S

The Student Recreation Center continues to review updated guidance provided by the governor of Pennsylvania, the CDC, PA Departments of Health and Education, and information from the Chester County Department of Health. At the same time, we remain flexible should public health needs shift in the Commonwealth of Pennsylvania.

### ➤ *Will the Recreation Center be open in Fall 2021?*

The Student Recreation Center will extend their hours of operation beginning on Monday, August 30th.

### ➤ *What hours will the Recreation Center be open?*

The Student Recreation Center will be open Monday-Thursday 6:00am-11:30pm, Friday 6:00am-10:00pm, Saturday 10:00am-8:00pm and Sundays 11:00am-11:30pm.

### ➤ *Will the climbing wall be open?*

The Climbing Wall will open Monday-Thursday from 3:00pm-9:00pm beginning on Monday, August 30th.

### ➤ *What precautions has the Student Recreation Center taken regarding COVID-19?*

All equipment has been spread out according to CDC Guidelines. Treadmills are spaced out 6 feet apart and will be facing the windows. All other cardio equipment (ellipticals, bikes & arc trainers) will be spread 3 feet apart. All selectorized and strength equipment has been spread out 6 feet. 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 a mask that covers the nose and mouth within spaces where 3 feet of physical distancing is not possible regardless of vaccination status. For those who are fully vaccinated, mask wearing is no longer required when 3 feet of social distancing is possible.

*\*Fully vaccinated means it has been two (2) weeks after receiving the second dose of a Pfizer or Moderna vaccine or two (2) weeks after a single dose of the J&J vaccine.*

### ➤ *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.

### ➤ *Will the indoor basketball courts be open for Open Rec?*

The indoor basketball courts will be open for OPEN REC use.

### ➤ *Will there be intramurals during the Fall 2021 semester?*

Yes, intramurals will be conducted both in-person and virtually during the Fall 2021 semester. Patrons should visit IMLeagues for more information regarding registration, start dates and cost.

### ➤ *Will there be sport clubs during the Fall 2021 semester?*

Yes, sport clubs will practice and compete during the Fall 2021 semester.

### ➤ *Will any areas of the Rec Center be closed?*

One racquetball court will be offline for fall 2021 semester.

## WHAT IS GROUP FITNESS?

Coming in February, 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.



FITNESS



## FALL 2021

Please visit IG: [@wcugroupphysics](https://www.instagram.com/wcugroupphysics) or website: [https://www.wcupa.edu/\\_services/CampusRec/groupFitness.aspx](https://www.wcupa.edu/_services/CampusRec/groupFitness.aspx) for updates to the 2021 Fall schedule.

FITNESS



# INTRAMURAL SPORTS

**“NEVER**

say **NEVER,**

because **LIMITS,** like **FEARS,**  
are often just **ILLUSIONS.”**

– Michael Jordan



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.

## LEAGUE OFFERINGS

Flag Football

Indoor Soccer

Dodgeball

## SPECIAL EVENT OFFERINGS

3x3 Basketball

NBA 2K Tournament

Fantasy Football

INTRAMURALS / SPORT CLUBS

Please visit website: [https://www.wcupa.edu/\\_services/CampusRec/intramurals.aspx](https://www.wcupa.edu/_services/CampusRec/intramurals.aspx) for updates to the 2021 Fall 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 Twitter [@WCUIntramurals](https://twitter.com/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.



# Competition TEAMWORK

SPORT CLUB	PRESIDENT	EMAIL
Bowling	Colby Yonchiuk	CY934289@wcupa.edu
Climbing	Dominic Tabone	DT912284@wcupa.edu
Crossfit	Giulia Zito	GZ928276@wcupa.edu
Dance Team	Julia Adams	JA924369@wcupa.edu
Equestrian	Jamie Esposito	JE917851@wcupa.edu
Fencing	Joshua Taylor	JT913431@wcupa.edu
Field Hockey	Kayley O'Leary	KO905302@wcupa.edu
Judo	Matthew P. Toole	MT943580@wcupa.edu
Kickboxing	Ian Pressley	IP952471@wcupa.edu
Men's D1 & D2 Ice Hockey	Ryan Vogt	RV943023@wcupa.edu
Men's Lacrosse	Kevin Storey	KS883655@wcupa.edu
Men's Rugby	Antonio Vallorani	AV909530@wcupa.edu

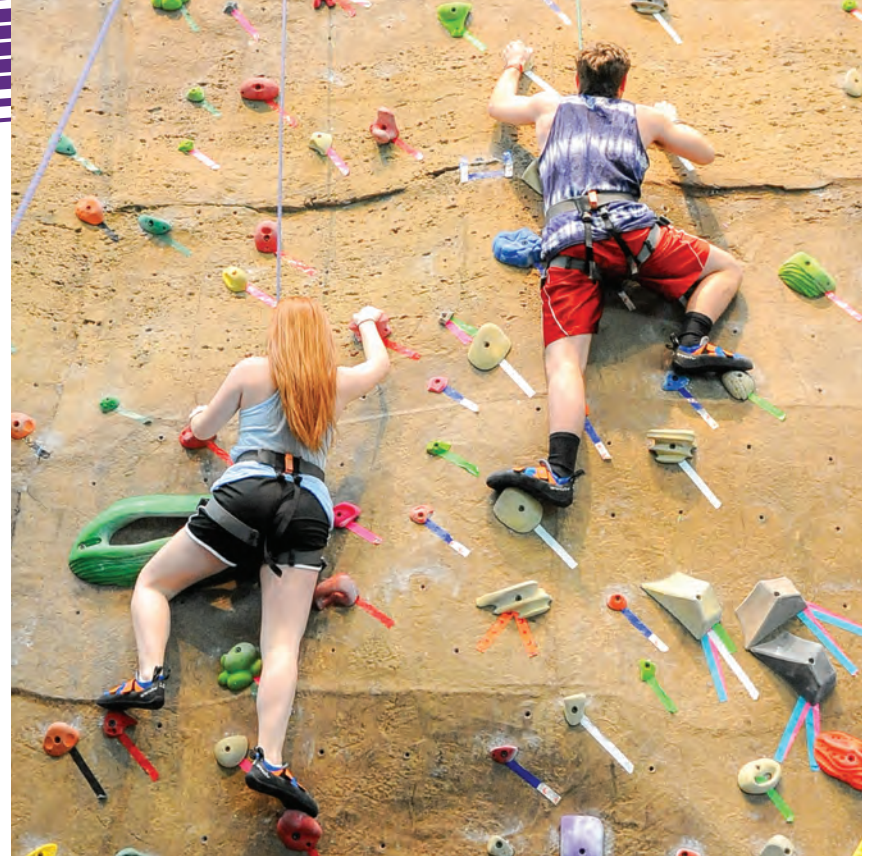
SPORT CLUB	PRESIDENT	EMAIL
Men's Soccer	Joshua Ramagano	JR908646@wcupa.edu
Men's Ultimate	Keith Wood	KW888195@wcupa.edu
Men's Volleyball	Nicholas Ripans	NR905171@wcupa.edu
Men's Water Polo	Tanner Caccavale	TC912430@wcupa.edu
Swim Club	Connor Lang	CL928211@wcupa.edu
Women's Ice Hockey	Clarinda McFadden	CM909882@wcupa.edu
Women's Lacrosse	Danielle Purcell	DP904375@wcupa.edu
Women's Soccer	Meg Cochran	MC932994@wcupa.edu
Women's Ultimate	Hannah Marin	HM917528@wcupa.edu
Women's Volleyball	Sara Robinson	SR913549@wcupa.edu
Women's Water Polo	Karli LoRusso	KL904403@wcupa.edu
Wrestling	Tommy Bramwell	TB938918@wcupa.edu

# OUTDOOR ADVENTURE PURSUITS

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 AS IN PROBLEM SOLVING, LEADERSHIP DEVELOPMENT, SELF-AWARENESS, SUSTAINABLE LIVING, GLOBAL CITIZENSHIP, ALL ABILITY LEVELS WELCOME...BEGINNER TO ADVANCED!

## CLIMBING WALL HOURS FALL 2021

Monday – Thursday 3pm to 9pm



**Climbing Fundamentals (\$0)** - 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.

**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.

# OAP TRIPS FALL 2021

Please visit IG: @outdooradventurepursuits  
or website: [https://www.wcupa.edu/\\_services/CampusRec/outdoorAdventure.aspx](https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx)  
for updates to the 2021 Fall schedule.

**Adventures include:** hiking,  
backpacking, paddle boarding,  
and overnight camping.





*"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

# Employee Spotlight

**NAME:** *Tobi Odesina*

**POSITION:** *Facility Supervisor*

**COLLEGE:** *College of the Sciences and Mathematics*

**FAVORITE PART OF WORKING AT SRC:**  
*Getting to know all the great people.*

**CAREER GOAL:**  
*To become a software developer and further my knowledge in the technical field.*



## 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)
- Two complimentary guests per semester
- 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** ..... \$330  
*(365 days from date of purchase)*

**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*





**NIRSA**  
Leaders in  
Collegiate  
Recreation

## ADVENTURE EDUCATION

West Chester University is home to a top notch challenge course facility located on South Campus! Student organizations, campus departments, and community groups may book an array of experiences ranging from a one hour program to a full day experience. Please visit our website to submit a program request and one of our facilitators will be in touch to help design the perfect program for your group. Prices vary based on the program and we offer a sliding scale fee for student groups and non-profits.

Challenge course and team building: the Challenge Course, located on South Campus, provides an opportunity to customize your group's learning. Our facilitators lead and debrief activities to help your group build positive relationships and improve on skills including teamwork, communication,

planning, problem solving, decision-making, and leadership. Indoor programs are also available within Campus Recreation facilities, including the Climbing Wall, or at an on-campus location of the organization's choice. Through the years, the adventure education program has welcomed corporate groups, religious groups, school students, school administrators and teachers, day camps, Greek organizations, and athletic teams. Each has seen the value of hands-on learning done outdoors. The cost of adventure experiences varies based on several factors including size of the group, activities selection, affiliation with WCU and length of program. Please visit the Adventure Education page on the Campus Rec website or contact [OutdoorPursuits@wcupa.edu](mailto:OutdoorPursuits@wcupa.edu) to request an estimate for your group.

### ➤ **GROUND INITIATIVES:**

Ground initiatives take place on the ground but do not be fooled by their commonplace name, they are often quite challenging and can promote learning as much as low or high initiatives. Our adventure facilitators can employ a seemingly limitless number of activities depend on a group's needs and goals.

### ➤ **LOW ELEMENTS:**

These challenges do involve getting your feet off the ground and often employ permanent structures designed for challenge courses. Some sample activities include: spider's web, team wall, zig-zag, giant's finger, Mohawk walk, animal house, board room, wild wozy and several others.



## EMPLOYMENT OPPORTUNITIES

### WOULD YOU LIKE TO JOIN OUR TEAM?

Where to apply: <https://wcupa.joinhandshake.com/jobs>

Our company profile name is "West Chester University Campus Recreation Department". Job descriptions with contact persons/hiring managers, pay-rates and qualifications will be available on handshake.

- ✓ Climbing Wall Attendant
- ✓ Intramural Official
- ✓ Group Fitness Instructor
- ✓ Outdoor Adventure Pursuits staff
- ✓ Recreation Attendant





(610) 436-1REC  
[www.wcupa.edu/campusrec/](http://www.wcupa.edu/campusrec/)



@wcupacampusrec  
@wcupacampusrecreation  
@wcupacampusrec