Welcome to THE ROCK!

CAMPUS RECREATION
Karen Perry, Director
Your student’s top priority at THE ROCK is to get an education, graduate and become a ROCK Alum!
CHALLENGES FACED:

• Homesickness
• Health issues
• Roommate problems
• New academic challenges
• Expanded social opportunities
• Change in eating patterns
• Limited family involvement
• Personal decision-making
• Freshman 15!

However, involvement in Campus Recreation activities can assist in establishing a successful collegiate career!
The Value of Campus Recreation

Campus Recreation involvement assists in developing a successful college career as well as better preparing students for their career in the real world!

- 86% reported IMPROVED STRESS MANAGEMENT
- 83.2% reported IMPROVED SELF CONFIDENCE
- 75.4% reported IMPROVED CONCENTRATION
- 75.4% reported IMPROVED TIME MANAGEMENT
- 74%-79% Campus Rec facilities & programs INFLUENCED THEIR RETENTION
- 90% + indicated that Campus Recreation facilities and programs IMPROVED THEIR HEALTH AND WELLNESS LEVELS

- New students using the gym a minimum of 15 times /semester experienced a higher GPA than non-users (3.08 – 2.81)

- Out of class educational opportunities: More attractive perspective employee through skill development employers are seeking: Logic, effort, critical thinking, decision making, teamwork, communication, organizational and leadership skills.
Promotes Wellness

The state or condition of being in good physical and mental health and living a healthy lifestyle.

Wellness Dimensions

1. Physical: Fitness, activity, nutrition, sleep, proactive choices
2. Social: Community welfare, communication skills, interdependence, support systems
3. Emotional: Awareness, acceptance, hopeful, stress management, time management
4. Spiritual: Life’s purpose, truth & values
5. Intellectual: Lifelong learning, self-improvement, problem solving, creativity
7. Occupational: Work/leisure balance, develop career vision, meaningful and rewarding

"An active life makes you feel healthier physically, which is the first step to good academic performance," says UCLA sophomore (EAB Survey Response)
Campus Recreation is the Wellness Connection

Development of Wellness Through:

- Use of programs & facilities
- Experiential Learning & Development
- Leadership opportunities as practicums and interns, intramural sports captains, sport club officers and student employees working as intramural sports officials, lifeguards, exercise specialists and facility supervisors
Employment and Leadership Opportunities
PROGRAMES

Outdoor Adventures/Rock Wall

Fitness Center/Group Fitness

Aquatics / Safety Certifications

Intramurals / Club Sports

Informal Recreation
Rock ‘n Recreate!

Facilities

- Aebersold Student Recreation Center (The ARC)
- McFarland Rec Sports Complex (The MAC)
- Ski Lodge and Campground
- Disc Golf Course
Rock ‘n Recreate!

While your student will be in classes and engaged in other extra-curricular activities, encourage your student to utilize the services offered through campus recreation informal and organized sports and activities –

**Mandatory REC CENTER FEE is $110.00 per semester**

“USE IT or LOSE IT!”
Present SRU ID to access the ARC
ARC is open 7 days/week
104 hours each week!
Special Events
Bouldering Comp, Zumbathon, Special Olympics, Quad Rugby, HealthFest, In the Pink Walk, Mr&Ms SRU, Pickleball, Triathlon, and More!
And all along the way, we have **FUN!**
Campus Recreation Staff -
- 6 Professional Staff and Fiscal Tech
- 125-150 Student employees
- Seasonal Interns and Practicum Students

Opportunities for Student Employment
- Welcome Desk attendants
- Facility Supervisors
- Court/Field Supervisors
- Lifeguards
- Sports Officials
- Fitness Center Specialists
- Rock wall belayers
- Marketing and Social Media office staff
Contact Campus Recreation!!

Welcome Desk - 724-738-4800
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OR

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