

SAF Proposals for 2009-2010 Fiscal Year

Proposal 14 of 18

Program Title:

Recreational Sports and Wellness

Department:

Office of Student Life

Contact Person:

Sam Al-Khoury

Email:

salkhoury@uwb.edu

Phone Number:

2-3686

Executive Summary of Your Proposal, please provide a concise overview of the program, activity, or service for which you seek funding.

The Recreation and Wellness Program allows Student Life to complement an already broad array of programs at UWB. Recreational sports, fitness facilities, and wellness programs encourage healthy lifestyles and promote an enriching experience in our campus community. We propose continued funding for these aspects of our program at approximately the same level, as well as an increase in hours for staffing to supervise Student Life's student workers.

In 150 words or less, please describe the need for this program or service. Please include any data that might support your proposal (e.g., the number of students who have participated in your service or program in the past). If your program is currently funded by SAF, please indicate how you have used the money to help your organization meet its goals.

There are three fundamental areas to the Recreation and Wellness Program, besides salary and benefits. These include wellness programs, recreational sports, and the fitness center. The total amount requested for 2009-2010 in these three areas is approximately the same as in 2008-2009, although slightly redistributed. Though we plan to continue to increase the number of programs next year, we are continuing to build relationships with community partners who are generous in offering high quality, low cost programs. We have focused on bringing more programs to campus as opposed to doing events off campus to help showcase to students the liveliness of UW Bothell. A larger amount of money will be needed to fund the vastly increased number of sports teams (from 3 to 7+), but this will be offset by a lower request for Fitness Center operations.

How do you plan to assess the program or service?

Success in each area of the Recreation and Wellness Program will be assessed by the number of participants. We will continue to evaluate, via the online registration system, the total number of unique participants in each area, as well as the average number of activities each participant attends within the area. We hope that both figures will increase over the next year.

Additional assessment will consist of the evaluations of student participants. Quarterly roundtables with recreational sports captains as well as surveys of fitness center users and wellness program participants and instructors will help Student Life staff review successes and identify areas for improvement.

In 150 words or less, estimate how many currently enrolled students will likely benefit from your proposed service or program. Please estimate the number of other individuals (and indicate their affiliation) that might benefit from this service or program. Finally, please indicate other sources of financial support.

Approximately 340 UWB students (about 14% or 1 in 7) have become registered users of the Fitness Center since its opening on September 23, 2008. Participation in wellness programs in Fall 2008 was as high as it has ever been, with students participating 172 times in wellness classes (including people who showed up to weekly Yoga and Pilates classes). Participation in recreational sports programs showed similar highs. In Fall 2008, there were 3 sports teams with about 30 students playing, and in Winter 2009, we are on track for 7 sports teams with upwards of 60 students playing. These numbers are likely to continue to grow as word of mouth and other marketing increases student interest in our programs. Financial support for this program and its activities will continue to rely solely on SAF funding.

In 150 words or less, please describe the benefits that participants are likely to gain by attending or participating in this program or service.

There are three fundamental areas to the Recreation and Wellness Program, besides salary and benefits. These include wellness programs, recreational sports, and the fitness center. The total amount requested for 2009-2010 in these three areas is approximately the same as in 2008-2009, although slightly redistributed. Though we plan to continue to increase the number of programs next year, we are continuing to build relationships with community partners who are generous in offering high quality, low cost programs. We have focused on bringing more programs to campus as opposed to doing events off campus to help showcase to students the liveliness of UW Bothell. A larger amount of money will be needed to fund the vastly increased number of sports teams (from 3 to 7+), but this will be offset by a lower request for Fitness Center operations.

Salary/Wages

Program Coordinator (1.00 FTE) Salary: \$45,000

Benefits

*Benefits paid to regular employees working at least .50 FTE should be calculated at 32% of earnings. Benefits paid to hourly employees should be calculated at 11% of earnings.

Benefits: \$14,400 (32%)

Honoraria

Facilities Rentals/Set-Ups

Telecommunications

*Telephone equipment should be estimated at \$35 per handset, per month (this includes only one extension)

Security

Printing and Photocopying

Transportation

Meals and Lodging for Travel

Office Supplies

Food/Refreshments

Equipment Rental/Purchase

Other

Recreation League Fees: \$11,000 (~\$3,670 each quarter = enough for 7 teams to play Autumn, Winter, Spring)

Fitness Classes (on campus): \$6,500 (~\$2,170 each quarter = enough for 1 fitness class Mon-Thurs during Autumn, Winter, Spring)

Rec Outings: \$2,000

Wellness Programs: \$7,500 (\$2,500 each quarter = enough for 6 wellness programs each quarter)

Fitness/Wellness Equipment & Supplies: \$2,000

Maintenance of Fitness Room Equip: \$3,000

Fitness Center Contingency: \$5,000

Total Amount Requested

\$96,400