

Getting Your Foot in the Door in NIRSA
university of central florida • february 19-21, 2015



**EMERGING RECREATIONAL
SPORTS LEADERS CONFERENCE**

THURSDAY, FEBRUARY 19, 2015

7:00am-9:00am	Breakfast
7:30am-9:00am	Pre-Conference Registration
9:00am-12:00pm	High Ropes Course
9:00am-2:00pm	Learn To Surf
10:00am-12:00pm	Registration/Check-In
5:00pm-6:30pm	History of ERSL
7:00pm-9:00pm	Meet and Greet

FRIDAY, FEBRUARY 20, 2015

7:00am-9:30am	Breakfast
7:00am-8:00am	Early morning workout
8:30am-9:50am	Mock Interviews

SESSION I

10:00am-11:00am • Neptune Multipurpose Room 195

Developing a Career Path for NIRSA

Neptune Multipurpose Room 195

Dr. M. Glenn Hanley, Texas State University • Tony Daniels, Prairie View A & M University • Alexis Lawrence, The University of Texas At San Antonio • Paul Wilson, University of Oklahoma

Gain insight to the competencies, challenges, opportunities and preparation associated with progressing through a career path in Campus Recreation.

Fitness Attendants are not personal trainers: Careful what you tell patrons

Neptune Classroom 194

Payton Joyner • José Mendoza, Georgia State University

There is a fine line between what your Fitness Attendants can and cannot do to help the patrons. Learn how to help your Fitness Attendants recognize that line and avoid crossing it.

Just Do Me a Solid

Leisure Pool Green Room

Amanda Leonard and CJ Stancheski, University of Central Florida

No one likes to admit they're overwhelmed and may have too much on their plate, however it's our reality and sometimes you just need assistance. Come join us on an outdoor adventure to learn clear communication and assistance techniques.

SESSION II

11:10am-12:10am

Can I get some privacy please?: Where to Draw the Line on Social Media & personal relationships

RWC Multipurpose Room

Jessica L. Allen, Texas Southern University • Quishanna Swearengin, Texas Southern University

Recreation is now experiencing a rise to keep up with social media, but at what cost? This may begin to target your student staff to over step boundaries, even may create unwanted personal relationships between students, staff and management.

Networking 101 “Give me a Hug”

Neptune Classroom 194 • 0.1 CEU

Kevin Martin-University of California-Riverside

Networking is about making connections and building enduring, mutually beneficial relationships. Personal relationships enable you and your organization to stand out, rise above the list and really establish yourself in Recreation. The is a element that is being lost is some aspects of Recreational Sports.

My Staff is Better than Yours!: Hiring, Motivating and Managing a Great Staff

Neptune MPR 195 • 0.1 CEU

Manica Pierrette and Jim Wilkening, University of Central Florida

Why do I keep hiring the wrong person for the job? Why do I seem to always have employee issues? How come I can't seem to hire a diverse staff? How come I seem to be disciplining staff frequently? This engaging presentation will focus on assembling a more effectively managed and diverse recreation team. We will focus on several hiring pitfalls and offer techniques you will find helpful.

The More they Know the More they Grow! Preparing your student staff for success!

Nike Programming

Kacy Toberg, Christopher Toliver, D'Amber Walker, Georgia State University

Well trained and well prepared student staff is crucial to the success of your facilities operation. Learn how to develop a student hiring, training and evaluation plan that will help you get the most from your staff and help your staff get the most from their jobs.

12:15pm-12:25pm Instructions on take a student to lunch distributed

12:20pm-1:30pm Take a Student to Lunch

SESSION III

1:40pm-2:40pm

Graduate Assistant Panel

RWC Multipurpose Room • 0.1 CEU

Nick Deponte and Cayla McAvoy-University of Central Florida

Students have many questions when choosing a graduate assistant position. Learn from the experience of a panel of graduate assistants as they speak on their experiences and how they chose their positions.

Energy into Action: Let's stand together and put our energy into action to make a difference

Neptune Multipurpose Room 195 • 0.1 CEU

Emily Cortez-University Of Rhode Island

Energy into Action is a women empowerment support group program targeted towards diverse women at a college campus. Energy into Actions mission is to encourage diverse women to be more aware of their health and make positive lifestyle changes to help make an impact in the world. Energy into Action discusses a variety of topics that include: Body Image, Nutrition, Stress Management, Leadership, Time Management, and Fitness and Wellness. Learn about some of these topics and how to incorporate them into programming at your Fitness and Wellness Center.

Equity, Diversity, and Inclusion: The Power of Sport to Create Social Change

Neptune Classroom 194 • 0.1 CEU

Wendy Motch-UCLA

Equity, Diversity and Inclusion (EDI) is one of NIRSA's key strategic value areas. Learn about the EDI Commission, emerging trends, and best practices in using sport to create social change.

SESSION IV

2:50pm-3:50pm

How Can I Improve My Job Interview Skills?

RWC Multipurpose Room 195 • 0.1 CEU

Troy Vaughn, University of Southern Illinois-Carbondale

Professionals today are looking at students and young professionals and have huge expectations as they interview for jobs at their respective campuses. This presentation will examine some basic and yet complex ideas and philosophies that can be done to improve your interviewing skills 10-fold.

Starting A Legacy: Creating Self-Sustaining Programs

Neptune Classroom 194 • 0.1 CEU

Nigel Harris, University of Texas at San Antonio • Daniel Kifle, Nova Southeastern University

Recreational programs and events provide a variety of contributions and benefits to a department's mission and financial prosperity. In this session, attendees will learn what it takes to craft, implement, and evaluate innovative programs that add great value to the department's offering and the campus community.

YOU are a professional?!!

Nike Programming • 0.1 CEU

Jocelyn Hill and Shomari Kee-American University

No matter what working stage you should always think and act like a professional. Learn what it means to me a professional and make professionalism a practiced skill.

4:00pm-4:20pm T-Shirt Exchange

4:30pm-4:45pm 2nd Day Wrap Up and Instruction for Day 3
Thomas Deus-Program CommitteeSocial Information Distributed
Andrea Snead-Social Chair

5:00pm-9:00pm ERSL Luau

SATURDAY, FEBRUARY 21, 2015

7:00am-9:30am Breakfast

7:00am-8:00am Early morning workout

SESSION V

9:00am - 10:00am

The Dynamic Duo

RWC Multipurpose Room

Nigel Harris, University of Texas at San Antonio • Daniel Kifle, Nova Southeastern University

The professional and personal relationship between the full-time professional and the graduate assistant is complex, and if not established, nurtured and constructively challenged has the potential to jeopardize the success of your program. In this session, attendees will learn what it takes to build a healthy productive relationship between the professional and the graduate assistant that brings out the best in everyone.

Serving Students with Disabilities?

Neptune Multipurpose Room 195 • 0.1 CEU

Andrea Snead-University of Central Florida

In the presentation, participants will learn about terminology and best practices in the community of people with disabilities.

Professional development through a student organization

Neptune Classroom 194 • 0.1 CEU

Kristopher Alvarez and Maria Roman-Florida International University

A lot of students want more than just the usual routine of coming to work and going back home. They want to develop themselves as professionals and this is the perfect program to do it.

SESSION VI

10:10am - 11:10am

Small Group Training

RWC Multipurpose Room • 0.1 CEU

Katie Valley and Meghan Flanagan-University of Central Florida

Campus recreation programs have begun to adapt one of the newest fitness trends: Small Group Training. Less intimidating than a group exercise class and more affordable than an individual session with a trainer, it encompasses the benefits of both personal training and group exercise. However, while many of us simply tolerate the fitness trends until they move on, Small Group Training seems to want to stick around. Have we found the missing link to really improving the health of our generation? Who knows, but one thing is for sure: SGT is a wide open door into Campus Recreation.

**It's a Balancing Act!
How to Instill Positive Time Management Practices**

Neptune Multipurpose Room 195 • 0.1 CEU

Sabrina Blackwood and Juan Larrea-Georgia State University

In a world where students are becoming more involved, active, and engaged in their experiences while at college, students are quickly realizing how much they want to do and how little time there is in the day to do it. Learn about tools to ensure you are managing your time efficiently and effectively while juggling the stresses of school, social life, personal life and work.

I Didn't Get the Job . . . Now What?

Neptune Classroom 194 • 0.1 CEU

Dr. Jean Holt-Old Dominion University

You found the PERFECT job, but you didn't get it. Now what. You can, and should, continue searching for jobs in Campus Recreation, but this session will introduce you to other viable employment avenues that will allow to remain in the recreation field.

11:20am-12:20pm Lunch

SESSION VII

12:30pm-1:30pm

**Empowering Our Student Leaders
through Work Engagement**

Neptune Multipurpose Room 195

Manica Pierrett, Kari Budnik, John Conley and Allison Hughes-University of Central Florida

This session will highlight opportunities and initiatives your department can implement to motivate your student staff and further develop them into campus leaders. Learn how to develop quality programming and events that will offer your students various experiences to fine-tune their leadership skills and help them become successful professional.

**Addressing Barriers of Outdoor Participation
among Underrepresented Populations**

RWC Multipurpose Room • 0.1 CEU

Jennifer Pecoraro-Georgia State University

Barriers inhibit underrepresented populations from participating in outdoor recreation programs. Learn how to identify possible barriers, address these barriers via marketing strategies, and increase the outdoor participation levels among minorities.

**The Five Levels of Leadership:
What's YOUR Leadership Game Plan?**

RWC Multipurpose Room • 0.1 CEU

Vicky Highstreet, University of Nebraska-Lincoln

You've been invited to the leadership table, now what!? True leadership isn't about position, so how do you make the most out of your position and move up through the leadership levels? Let's work on the steps to your plan.

SESSION VIII

1:40pm-2:40pm

Resume Development in Recreation. How Do I look on Paper?

Neptune Classroom 194 • 0.1 CEU

Troy Vaughn-University of Southern Illinois-Carbondale

We all understand the important qualities of a leader. In this presentation, we delve further into the actual application of these qualities and specific actions all leaders should implement. To do so, we will examine the practices of Abraham Lincoln.

Small Group Training-DanceFIT

RWC Multipurpose Room • 0.1 CEU

Meghan Flanagan-University of Central Florida

Small Group Training and group exercise dance classes are gaining popularity in universities. Therefore, combining them together offers a unique program providing a deeper level of dance background while still maintaining a fitness concept.

Should I Stay or Should I Go? Navigating Your Comfort Zone

Neptune Multipurpose Room 195 • 0.1 CEU

Gary Cahen and Alexandra Prano-University of Central Florida

Some people thrive on change and others are terrified by it. Most of us fall somewhere in between! Trying to determine the right time to move up or to move out into a new role can be intimidating for students, especially when trying to determine the best path to a career in campus recreation. Come learn from two presenters -- a new professional and a seasoned veteran -- who have had very different experiences in this interactive presentation.

2:50pm-3:00pm

Closing Remarks

Charles Anderson-ERSLC Co-Chair

IF YOU WOULD LIKE TO WORKOUT...

During the conference if you would like work out at the UCF Recreation and Wellness Center, just make sure you have your name badge. Below are the hours the center is open:

Recreation and Wellness Center Hours

Weds: 6:00am – Midnight**Thursday: 6:00am – Midnight****Friday: 6:00am – 10:00pm****Saturday: 9:00am – 9:00pm**

T-SHIRT EXCHANGE

ERSL Conference Attendees, please remember to bring Intramural Championship or other Recreational Sport t-shirts from your school to the T-shirt Exchange. The exchange will take place at 4:00pm on Friday. Students and Professionals will have the opportunity to meet and swap t-shirts with other colleges and universities. T-shirts can be dropped off during registration.

PHOTO RELEASE

Emerging Recreational Sports Leaders Conference will have photographers taking photographs during the Emerging Recreational Sports Leaders Conference and all its activities. All photographs taken during ERS LC 2015 may be published and used for the Emerging Recreational Sports Leaders Conference, NIRSA, and its agents to illustrate and promote the ERS LC experience.

JOB POSTING BOARD

Will you be hiring professional or Graduate Assistants this year? Please bring a job description and job posting to ERS LC and we will display it on our job board during the conference.

DIETARY RESTRICTIONS OR ADA

If have any dietary restrictions or ADA needs please contact Jackie McCarty at jammccarty@ucdavis.edu.

TAKE A STUDENT TO LUNCH

In hopes of increasing the networking skills of our students, we have come up with the idea of "Networking Bingo" for which we will need your cooperation. Each professional will answer five questions at the time of registration. The answers will be given to the students attending the conference, each student receiving a different set of answers. Their job is to take those answers and find the correct professional member. Our hope is that they meet and talk with as many of you as possible to find out information about you and to network while at the conference. Please try to remember your answers.

A COPY OF THE QUESTIONS ARE PROVIDED HERE:

- What is your current position and how long have you been in that role?
- What made you fall in love with Recreational Sports?
- Who has been a great mentor(s) to you throughout your professional career?
- Where and what year was your first National NIRSA conference?
- Where and what year was your first Emerging Recreational Sports Leaders Conference?

MOCK INTERVIEWS

Mock Interviews will be conducted on Friday morning from 8:30am-9:50am. The first educational session starts at 10:00am. This year the mock interview process will take on the form of "Speed Dating." This year's mock interviews will proceed as follows:

Before we begin the Mock Interview process everyone (both students and professionals) who are participating will gather in one specific location. At this time we will be sure that everyone is paired up, then we will go over the instructions on how everything will take place. After providing directions everyone will head to our designated Mock Interview area. Once everyone is seated the process will begin. The interviewer will have 10 minutes to ask questions in an interview format. Following the 5 minutes of interviewing there will be 5 minutes of follow-up about the résumé/interviewing techniques. After the 15 total minutes have been completed the interviewee will move on the next station and the interviewer will remain in place. We will provide about 1 minute of rotation time so everyone can get to their next interview on time. After the 1 minute break we will begin the process all over again until one hour has passed. We will then return to the room in which we started where there will be time for debriefing. Students will have a chance to ask the professionals for tips and thoughts. The debriefing process will continue for 20 minutes ending just before the first educational session. A timing device and bell/buzzer will be used to keep everyone on time. Warnings will be sent out 10 seconds prior to end of interviews.

SNACKS

Snacks will also be available throughout the conference in the Hospitality Room only accessible to conference attendees in the Recreation and Wellness Center.

PARKING

If attendees plan to drive to the UCF campus, they will need a parking pass. To secure your parking pass please contact Matt Dunigan at matthew.dunigan@ucf.edu, Coordinator, Intramural Sports at UCF.

DON'T FORGET!!!!

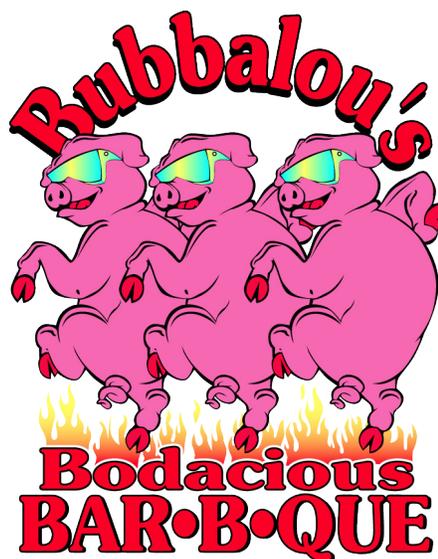


NIRSA 2015

Moving Our Values
Forward.

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THE EMERGING RECREATIONAL SPORTS LEADERS
CONFERENCE WOULD LIKE TO EXTEND SPECIAL
THANKS TO THE FOLLOWING SPONSORS:



 **NIRSA** SM Leaders in
Collegiate Recreation