



TRIVENTURE

INDIANAPOLIS OCTOBER 14-16, 2015



EVENT PROGRAM

KEYNOTE SPEAKER

Jessica Matthews

Jessica Matthews is an Assistant Professor of Health and Exercise Science at Miramar College and an associate kinesiology faculty member at MiraCosta College in San Diego. An innovative college professor and seasoned yoga educator focused on wellness and mindful living, Jessica has been making an impact in the field of health and fitness for the last 15 years.



She has developed and implemented comprehensive 200- and 500-hour yoga teacher training programs at the college level and serves as a senior advisor for health and fitness education for the American Council on Exercise (ACE). She's a contributing editor for SHAPE Magazine—developing and delivering educational content in the form of articles, videos, textbooks, online courses, and workshops—and a featured health and fitness expert and guest host on OWNTV's web-based series #OWNSHOW. She also regularly contributes to numerous publications and media outlets, including CNN, Yoga Journal, Health Magazine, NPR, and The Washington Post.

FEATURED SPEAKER

Shawn P. DeRosa

Attorney Shawn DeRosa is a nationally-recognized expert in aquatic safety.



He is currently the Director of Aquatics and Safety Officer for Campus Recreation at The Pennsylvania State University. Before joining Penn State, Shawn worked as the Aquatics Coordinator for the entire Massachusetts State Park system, overseeing aquatic programming at 66 different aquatic facilities with over 500 lifeguards.

Through his consulting company, DeRosa Aquatic Consulting, Shawn offers educational programs and services that combine his legal background with his experience managing diverse aquatic facilities.

#Triventure

LAST UPDATED SEPTEMBER 29, 2015

SUNDAY, OCTOBER 11

PRECONFERENCE

Lifeguard Instructor Training Workshop (Day 1) • 2037



-  8:00am – 5:00pm
-  Butler University
-  Dana Dickerson, UCLA; and Bethany Bower, Georgetown University

The purpose of the workshop is to train instructor candidates in how to teach the following courses and/or modules: American Red Cross Lifeguarding, Lifeguarding Blended Learning, Shallow Water Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen, and Bloodborne Pathogens Training. Participants are required to participate in all three days of the workshop, October 11 through October 13.

MONDAY, OCTOBER 12



TRIVENTURE

Registration

-  7:30am – 8:30am
-  Registration Table

PRECONFERENCE




Lifeguard Instructor Training Workshop (Day 2) • 2046

-  8:00am – 5:00pm
-  Butler University

The purpose of the workshop is to train instructor candidates in how to teach the following courses and/or modules: American Red Cross Lifeguarding, Lifeguarding Blended Learning, Shallow Water Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen, and Bloodborne Pathogens Training. Participants are required to participate in all three days of the workshop, October 11 through October 13.

PRECONFERENCE

Aquatic Facility Operator (AFO) Certification (Day 1) • 2048

-  8:00am – 5:00pm
-  Grand Central Station AB
-  Bob Bradley, AFOIT

The AFO certification program is an advanced educational training course that trains and certifies your staff in all aspects of facility operation including facility management, water testing and treatment, disinfection, design considerations, facility trouble shooting, hot tub and spa operation, and much more. A morning and afternoon snack will be offered, but lunch will be on your own.

TUESDAY OCTOBER 13

TRIVENTURE

Registration

- 🕒 7:30am – 1:00pm
- 📍 Registration Table

PRECONFERENCE

🔹 Lifeguard Instructor Training Workshop (Day 3) • 2047

- 🕒 8:00am – 5:00pm
- 📍 Butler University

The purpose of the workshop is to train instructor candidates in how to teach the following courses and/or modules: American Red Cross Lifeguarding, Lifeguarding Blended Learning, Shallow Water Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen, and Bloodborne Pathogens Training. Participants are required to participate in all three days of the workshop, October 11 through October 13.

PRECONFERENCE

🔹 Aquatic Facility Operator (AFO) Certification (Day 2) • 2000

- 🕒 8:00am – 5:00pm
- 📍 Grand Central Station AB
- 👤 Bob Bradley, AFOIT

The AFO certification program is an advanced educational training course that trains and certifies your staff in all aspects of facility operation including facility management, water testing and treatment, disinfection, design considerations, facility trouble shooting, hot tub and spa operation, and much more. A morning and afternoon snack will be offered, but lunch will be on your own.

PRECONFERENCE

📦 Preconference Facility Tours

- 🕒 Noon – 8:30pm
- 📍 Offsite - Depart from Crowne Plaza

Attendees will tour Indiana University, Indiana State University, and the Rose-Hulman Institute of Technology. Dinner is included, but lunch will not be provided so please eat before or bring a lunch for the bus ride.

PRECONFERENCE

⚙️ Foundations of Health Coaching • 2049

- 🎓 0.4 NIRSA CEUs; 0.4 ACE CECs
- 🕒 1:00pm – 5:00pm
- 📍 Grand Central Station CD
- 👤 Jessica Matthews, Integrative Wellness Education & Consulting

The Foundations of Health Coaching includes a health coach overview, coaching behavior change (awareness, choice, and execution), coaching scenario demonstrations, coaching skill development, and much more!



WEDNESDAY, OCTOBER 14

TRIVENTURE

Registration

- 🕒 7:30am – 9:00am
- 📍 Registration Table

TRIVENTURE

Reinventing Your Reality: The Power of Perspective • 1714

- 🕒 9:15am – 10:30am
- 📍 Illinois Street Ballroom
- 👤 Jessica Matthews, Integrative Wellness Education & Consulting

Jessica Matthews shares a heartfelt and compelling narrative on how perspective is the key to unlocking your greatest potential. From overcoming adversity to pursuing happiness, this keynote address provides a practical guide to cultivating a fulfilling life rooted in passion, purpose and newfound appreciation.



FITNESS & WELLNESS INSTITUTE

Programming

⚙️ All About The 8's: Incorporating a Wellness Model with Eight Dimensions into a Collegiate Campus Recreation and Wellness Department • 1587

- 🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CEUs
- 🕒 10:45am – 11:45am
- 📍 Grand Central Station CD
- 👤 Georgia Childs, East Carolina University; and Lydia Hitchcock, East Carolina University

Traditionally, wellness programs that are associated with recreation facilities are not just focused on physical health, but also mental health and even social well-being. East Carolina University's Campus Recreation and Wellness facility is all about the eight dimensions of wellness model. In this session, learn how to develop a wellness model that will help any program area enhance students holistically.

Core Competencies: Programming

Learning Objectives:

1. Describe the eight dimensions of wellness model and its various components.
2. Identify specific programs within East Carolina University's Campus Recreation and Wellness Department that have integrated the eight dimensions of wellness model.
3. Formulate at least one way that the eight dimensions of wellness model can be incorporated into campus life at your university.

RECREATION FACILITIES INSTITUTE

Facility Construction & Design

How to Best Address the Needs and Requirements of Your Facility in the Planning Stages · 1582

0.1 NIRSA CEUs
 10:45am – 11:45am
 Illinois Street Ballroom
 Jim Stalford, Mondo;
 James Braam, HOK; and Stephen Hayes, Aacer Flooring



Public facilities have state bidding requirements, which can be rather tricky to navigate. In this session, learn how the bidding process works and how to identify and ensure the best products and services for your facility, prior to project bidding.

Core Competencies: Facility Management, Planning & Design; Legal Liability & Risk Management; Research & Evaluation; Business Management

Learning Objectives:

1. Identify some key ways to best work with your architect and general contractor during the construction design phase.
2. Gain an understanding of product specifications, how to specify a product with your architect, and learn the differences between a sole-source specification and an open-ended specification.
3. Identify alternative purchasing options that enable the end-user to speed up the bid and selection process.

RECREATION FACILITIES INSTITUTE

Facility Construction & Design

Experiences that Inspire Exercisers · 1553

0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
 10:45am – 11:45am
 Pennsylvania Station
 Deborah McConnell, Life Fitness; Amy Lanham, University of Nebraska-Lincoln; and Tim Moran, Life Fitness

Investigate ways in which facility environments can be designed to enhance exerciser confidence, enjoyment, and interaction that will lead to increased retention rates.

Core Competencies: Facility Management, Planning & Design; Programming

Learning Objectives:

1. Identify the various exercise groups that visit your facility, discover their wants and needs, and understand the ways in which the various exercise groups require different experiences from one another.
2. List the considerations for each exerciser type in relation to their wants and needs from the facility.
3. Learn, and discuss, the various ways that these experiences could lead to an enhanced exerciser experience, as well as an improved retention rate.

AQUATIC INSTITUTE

Other Aquatic Related Topics; Built Communities, Facility Programming, Facility Management & Operations, and Facility Construction & Design

Truly Inclusive Facility · 1503

0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
 10:45am – 11:45am
 Victoria Station AB
 Justin Caron, Aquatic Design Group

This session will address the growing presence of individuals with physical disabilities, mental disabilities, and various special interest groups in America that are focusing on becoming more physically active. This session will help staff understand how to design facilities and organize programming considerations to create a more attractive, comforting, and accommodating environment for these and all participants.

Core Competencies: Facility Management, Planning & Design; Human Resource Management; Programming

Learning Objectives:

1. Recognize the importance of providing adequate aquatic facilities to support programming geared towards serving patrons belonging to special interest groups.
2. Learn how specific design elements can affect the types of programming a facility can offer to disabled patrons and patrons belonging to special interest groups.

AQUATIC INSTITUTE

Other Aquatic Related Topics; Pool Operations

The Heart of the Pool · 1598

0.1 NIRSA CEUs
 10:45am – 11:45am
 Victoria Station CD
 Frances Caron, University of California-Riverside

Pool maintenance operations could be considered the heart of any pool. Preparing for the unexpected can be challenging, and at times impossible, due to the complexity of aquatic facilities. In this session, explore various pool-operational issues, and a number of ways to be prepared for when the unexpected occurs.

Core Competencies: Facility Management, Planning & Design

Learning Objectives:

1. Learn how operational awareness is critical in determining an appropriate response to maintenance emergencies and/or issues.
2. Discover how to create and implement a detailed pool maintenance plan.
3. Understand the importance of assessing maintenance emergencies and other issues to prepare for the future.

TRIVENTURE

Lunch

🕒 11:45am – 1:00pm
📍 Grand Central Station AB



Boxed lunches are provided for all conference attendees today and will be served after the conclusion of morning sessions. Come grab a lunch and network with friends, or take a lunch to go before you embark on a facility tour!

RECREATION FACILITIES INSTITUTE

 Half-Day Facility Tours (Day 1)

🕒 Noon – 6:00pm
📍 Offsite - Depart from Crowne Plaza



Buses depart from the host hotel promptly at noon.

Attendees will tour Purdue University, Butler University, and Indiana University-Purdue University Indianapolis. A box lunch will be provided prior to boarding the buses.

FITNESS & WELLNESS INSTITUTE

Programming

 **When Mind Meets Body:
An Integrated Approach to Building
a Well-Balanced Student in the 21st
Century** · 1574

🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
🕒 1:00pm – 2:00pm
📍 Grand Central Station CD
👤 Steven Trotter, Virginia Tech; and Shelly Rasnick, Virginia Tech

The 21st-century college student faces more challenges than ever before they are faced with stresses that can often result in detrimental coping behaviors in their lives. Fitness staff cannot prevent this single-handedly; however, they can help considerably. In this session, come learn about the integrated health-coaching approach that Virginia Tech has taken in efforts to build healthier students that are at-risk for or are already suffering from depression, anxiety, eating disorders, or other hazardous behaviors.

Core Competencies: Programming; Philosophy & Theory; Legal Liability & Risk Management; Research & Evaluation

Learning Objectives:

1. Identify at least three benefits to using a multi-disciplinary approach to wellness programming.
2. Describe at least two risks of working with at-risk individuals.
3. Articulate at least three goals to improve the wellness programming at your university.

FITNESS & WELLNESS INSTITUTE

Programming

 **Dealing with the Darker Side of
Fitness** · 1502

🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
🕒 1:00pm – 2:00pm
📍 Victoria Station AB
👤 Melanee Wood, University of Houston

Campus Recreation is uniquely poised to address a variety of negative health behaviors, marketing tactics, and divisive stereotypes that are often exploited in other sectors of the fitness industry. Learn what to watch out for and how to address it in order to help students develop positive attitudes about exercise and healthy relationships with their bodies.

Core Competencies: Programming; Personal & Professional Qualities; Human Resource Management

Learning Objectives:

1. Critically examine the environment that is shaped through dialogue, marketing, programming, and facility layout.
2. Modify existing practices to enhance self-worth and health-promotion, while minimizing potential negative impacts to psychological health.
3. Identify campus resources for student-referral and student-staff training.

FITNESS & WELLNESS INSTITUTE

Programming

 **Exam to Experienced: Methods
to Prepare Newly-Certified Personal
Trainers** · 1589

🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
🕒 2:15pm – 3:15pm
📍 Grand Central Station CD
👤 Christin Everson, Seattle University

Aspiring personal trainers work hard to study and pass the certification exams, so when they do, they can't wait to immediately start training clients. But are they really ready? In this session, participants will learn various methods for ensuring the quality of knowledge and skills for new personal trainers, as they begin working with clients.

Core Competencies: Programming

Learning Objectives:

1. Discuss methods for ensuring the quality of a new personal trainer's knowledge and skills when working with clients.
2. Define five specific methods that ensure the quality of a trainer's knowledge and skills when working with clients.
3. Identify ways to create an environment of continued learning for personal training staff.

FITNESS & WELLNESS INSTITUTE

Research and Evaluation

🔧 Employee Wellness 101: Insights on Best Practices • 2028

- 🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
- 🕒 2:15pm – 3:15pm
- 📍 Victoria Station AB
- 👤 Ashley Varol, University of Cincinnati

Employee wellness and well-being are something many organizations, within higher education and in the corporate world, are leveraging as a recruitment/retention tool, as a means to manage climbing health care costs and to increase factors like productivity, happiness and presentation in the workplace. This session will review some of the best practices out there keeping in mind principles of motivation and behavior change, which is what it's all about.

Core Competencies: Philosophy & Theory; Programming; Human Resource Management; Business Management

Learning Objectives:

1. Understand what an employee wellness program may offer, and what a recreation professional can contribute.
2. Learn how using the platform of an employee wellness program requires understanding of motivational and behavior change principles.
3. Share ideas and recognize areas of need within their own setting.

FITNESS & WELLNESS INSTITUTE

Business Management

🔧 The Business & Implementation of Small Group Training • 2096

- 🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
- 🕒 3:30pm – 4:30pm
- 📍 Grand Central Station CD
- 👤 Steven Trotter, Virginia Tech; Krista Gwilliam, Virginia Tech; and Anna Taggart, Virginia Tech

Small Group Training and High Intensity Interval Training are both in the ACSM Top 10 Fitness Trends for 2015. Our consumers are becoming more 'savvy' and want the most bang for their buck in the shortest time possible. Explore the world of group training and how to implement it to get the most return on your investment.

Core Competencies: Programming; Business Management; Research & Evaluation

Learning Objectives:

1. Articulate at least three benefits to adding Small Group Training to program offerings.
2. Identify at least one program/format and business model that is appropriate for your university.
3. Identify your target audience and how you will market to them.

FITNESS & WELLNESS INSTITUTE

Programming; Staff Development

🔧 Train & Gain: Develop Your Fitness Team • 1566

- 🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
- 🕒 3:30pm – 4:30pm
- 📍 Victoria Station AB
- 👤 Scott Berkowitz, Sam Houston State University

This presentation will cover how to educate your staff about fitness related topics and give them opportunities to develop their professional skills and expand their fitness foundation. Sam Houston State University and the University of Texas at Austin have very similar training programs for their staff and continue to reap the benefits of this development training and ensure quality programming. No matter how large (University of Texas at Austin) or small (Sam Houston State University) your programming budget is...you can train your staff and gain more quality for your fitness programs!

Core Competencies: Programming; Business Management

Learning Objectives:

1. Identify at least 3 benefits of continuous development training for fitness staff.
2. Discover the ability to develop a training schedule within your budget for your fitness staff.
3. Identify at least 1 way to provide your staff with professional development and leadership opportunities to add to their resume before they graduate.

WORKOUT

🔧 Integrative Yoga Flow • 2007

- 🕒 4:45pm – 5:45pm
- 📍 Grand Central Station AB
- 👤 Jessica Matthews, Integrative Wellness Education & Consulting

Go with the flow through this innovative vinyasa yoga experience carefully sequenced to create a strong, soulful practice. This unique journey blends mindful progressions and regressions of postures with awareness-altering breathing and meditation techniques and a touch of yogic philosophy to nourish your body, open your mind and elevate your spirit.



TRIVENTURE

Welcome Social

- 🕒 6:00pm – 8:00pm
- 📍 Grand Hall & Grand Hall Alcoves




Calling all Triventure Attendees: immediately following the Facility Tours, please plan to join fellow peers and colleagues for food and beverage at the 2015 Triventure Welcome Social, presented by Matrix. This fantastic networking opportunity will be held in the Grand Hall from 6:00pm-8:00pm.

MATRIX
Strong • Smart • Beautiful

THURSDAY OCTOBER 15

WORKOUT

BODYPUMP™ · 2009





-  7:00am – 8:00am
-  Grand Central Station AB
-  Steven Trotter, Virginia Tech; and Katie Reid, Les Mills

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute 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 weights will inspire you to get the results you came for, and fast!

AQUATIC INSTITUTE

Facility Management & Operations

Impacting Your University Community through Software Application · 2068

-  0.1 NIRSA CEUs
-  8:30am – 9:30am
-  Grand Central Station AB
-  Katy Locke, The University of Tennessee; and Rich Bricker, The University of Tennessee

There are several types of software applications that help recreation centers operate day-to-day functions, such as facility and staff scheduling and communication with student staff. In this session, we will discuss some of the software applications that the University of Tennessee uses and the things we have learned. It will include When-to-work, Fusion, and group messaging.

Core Competencies: Facility Management, Planning & Design


Learning Objectives:

1. Identify the pros and cons of manual staff scheduling vs an online platform.
2. Become familiar with Fusion software, from purchasing to the first two years of use.
3. Understand a variety of ways to communicate with student employees.

RECREATION FACILITIES INSTITUTE

Facility Construction & Design

Designing Multipurpose Spaces to Maximize Recreation Programming and Revenue Generation · 1557

-  0.1 NIRSA CEUs
-  8:30am – 9:30am
-  Illinois Street Ballroom
-  Dennis Corrington, Texas A & M University-College Station; and Greg Houston, Marmon Mok Architecture

Learn how recreation center multipurpose rooms and outdoor spaces are designed, programmed and budgeted for traditional recreation activities and non-traditional, revenue-generating campus events and community outreach. By looking at a case study, discover how to make the most of indoor and outdoor multipurpose activity spaces.

Core Competencies: Facility Management, Planning & Design




Learning Objectives:

1. Identify options for non-traditional and revenue-generating activities, which can occur in existing or new multipurpose spaces.
2. Prepare a list of support facilities, accessories, equipment, furnishing and building systems which can be applied to new, or existing, spaces to make them multipurpose.
3. Develop an outline Pro Forma for evaluating the economic viability of scheduling revenue-generating events in your multipurpose activity spaces.

AQUATIC INSTITUTE

Training and Development

Standard or Objective? · 1578

-  0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CEUs, 1.0 ACSM CEUs
-  8:30am – 9:30am
-  Victoria Station AB
-  Joey Halpin, Butler University

Recreation employees have to balance the concept of “teaching to the standards” and “testing to the objective” while training their employees for emergency response. Learn and discuss new science, techniques, and what aquatic professionals are training on across the country. Investigate which strategies could work for your facility and challenge previous notions of what training should look like.

Core Competencies: Legal Liability & Risk Management; Personal & Professional Qualities

Learning Objectives:

1. Articulate the differences between “teaching to the standard” and “testing to the objective.”
2. Understand the use of timing standards to improve effectiveness and efficiency in water rescues.
3. Learn various new training techniques that are occurring in the aquatics field.

RECREATION FACILITIES INSTITUTE

Facility Construction & Design

Our Sustainable Future: Best Practices for High Performance Facilities · 1520

- 🎓 0.1 NIRSA CEUs
- 🕒 8:30am – 9:30am
- 📍 Victoria Station CD
- 👤 Jack Patton, RDG Planning & Design; and Nathan Harris, RDG Planning & Design

Applying sustainable design principles to recreation and athletic facilities on campus will help save money, conserve resources, and improve occupant health and well-being. In this session, participants will learn best practices that demonstrate the process of evaluating high-performance design strategies, and walk through the high points of sustainable planning in four simple steps.

Core Competencies: Facility Management, Planning & Design; Programming

Learning Objectives:

1. Describe three steps necessary to ensure high-performance results on a future building project.

TRIVENTURE

Coffee Break

- 🕒 9:30am – 9:45am



Take a quick break between sessions to grab a cup of joe! Thanks to our sponsor Sasaki Associates, Inc.

FITNESS & WELLNESS INSTITUTE

Programming

FITNESS & WELLNESS INSTITUTE

Programming

Splash into My New Fitness Playground · 1570

- 🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
- 🕒 9:45am – 10:45am
- 📍 Grand Central Station CD
- 👤 Brianne Rowh, University of Maryland-College Park; and Christopher Whipple, RCRSP, University of Maryland-College Park

Collaborative, fusion programming are multi-dimensional programs that address a diverse array of participant interests and needs, and continues to trend within the campus recreation world. In this session, participants will explore the future of aquatic fitness programming, from SUP-Yo to bootcamp, to battleship, and beyond. Programming will be addressed through the lenses of marketing, logistics, staff training, and risk management. This session will also address other collaborative programming opportunities within campus recreation.

Core Competencies: Programming; Legal Liability & Risk Management; Personal & Professional Qualities

Learning Objectives:

1. Evaluate current collaborative aquatic-fitness programs being offered at your facility.
2. Identify one or two creative ideas for future program offerings at your institution.
3. Identify potential areas for partnership and collaboration within diverse programming areas of campus recreation.

Pickleball: The Fastest-Growing Sport in America · 1588

- 🕒 9:45am – 10:45am
- 📍 Grand Central Station AB
- 👤 Lori Sabatose, Clarion University of Pennsylvania


In this session, come learn about the fastest-growing sport in the nation. Discover what pickleball is, how it came to be, how to play it, and what equipment is needed to set it up as part of your facility. Come demo Gamma Premium pickleball paddles as you learn how to hit a basic forehand!


RECREATION FACILITIES INSTITUTE


Facility Management & Operations

The Three I's of a Student-Led Marketing Team: Importance, Influence, and Implementation • 1632

 0.1 NIRSA CEUs

 9:45am – 10:45am

 Illinois Street Ballroom

 Michelle Reeves, Texas Woman's University; Daniel Cantu, Texas Woman's University; and Haley McCrary, Texas Woman's University

Are you capitalizing on the creativity of your student staff? In this session, learn how to turn idle hands into a top-notch marketing program! This presentation will highlight the importance of building a student-led marketing team, influencing and engaging students on campus, as well as provide resources on how to get started with this student-led team approach.

Core Competencies: Business Management; Personal & Professional Qualities; Programming

Learning Objectives:


1. Understand how a student-led marketing team can improve student-staff involvement and provide positive leadership opportunities.
2. Learn how to utilize peer engagement and campus involvement to get the most out of a marketing program.
3. Identify the various elements needed to implement a student-led marketing program.


AQUATIC INSTITUTE

Training and Development; Risk Management

Hot Topics in Collegiate Aquatics • 2100

 0.1 NIRSA CEUs

 9:45am – 10:45am

 Victoria Station AB

 Shawn DeRosa, RCRSP, Penn State University



Colleges and Universities across the nation are often microcosms of the greater youth culture. In many cases, our academic institutions are leaders in areas of social justice and equity. At the same time, aging facilities can create challenges in balancing goals of inclusiveness against practical implications in operating recreational facilities. This session will explore ever changing attitudes and policies surrounding two hot topics: addressing the needs of the transgender student at our recreational venues as well as creating a safe environment for youth at our recreational facilities.

Core Competencies: Philosophy & Theory; Facility Management, Planning & Design; Human Resource Management; Legal Liability & Risk Management





Learning Objectives:

1. Identify actual and perceived challenges affecting transgendered student in fully utilizing campus recreational programs and services.
2. Discuss their institution's communication strategies for staff and customers surrounding transgender use of facilities.
3. Explain their institution's policies and procedures for youth programs sponsored by both the institution and outside groups.

RECREATION FACILITIES INSTITUTE

Facility Construction & Design

The Golden Triangle: Exploring the Roles of an Owner, Architect, and Contractor in Successful Recreation Design · 1631

-  0.1 NIRSA CEUs
-  9:45am – 10:45am
-  Victoria Station CD
-  Lindy Fenex, Ph.D., University of California-Riverside; Jenny Delgado, Cannon Design; and Brian DeMartino, C.W. Driver, Inc.

One of the keys to executing a new build, addition, or renovation of a recreation facility successfully is strong synergy between the owner, architect, and contractor (“the golden triangle”). When these three parties are in sync, everyone involved in the project benefits from a streamlined process and enhanced collaboration. Establishing strong synergy between these three parties begins with clearly defining roles; with this as a foundation, teams can then move forward and avoid confusion and conflict down the line. Come discover how “the golden triangle” can be successfully applied to the life of a facility construction or renovation project.

Core Competencies: Facility Management, Planning & Design; Programming





Learning Objectives:

1. Secure a stronger understanding of how to navigate through the design and construction process from the owners’, contractors’, and design team’s perspective.
2. Discover various strategies on how to keep a recreation center operational while expansion and renovations are in process.
3. Learn new ways that older recreation centers can be expanded, or renovated, to address new program demands and sustainability measures.

FITNESS & WELLNESS INSTITUTE

Facility Management, Planning, and Design

Finding the Fit in the Evolution of Fitness · 1576

-  0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
-  11:00am – Noon
-  Grand Central Station CD
-  Nicholas Drake, NC State University; and Casey Gilvin, University of Kentucky

With the ever-changing face of fitness, traditional facilities across the nation must identify ways to integrate mixed modal and non-conventional equipment into their footprint to stay current with the evolution of fitness training. Come learn how to assess what mixed modal and more traditional formats of training are right for your facility.

Core Competencies: Facility Management, Planning & Design; Programming; Legal Liability & Risk Management





Learning Objectives:

1. Understand the difference between mixed-modal and traditional formats of training, and their implications for fulfilling specific programming and facility needs.
2. Articulate how specific layout and design elements can lead to new programming opportunities.
3. Identify three potential risk-management threats when adding non-traditional fitness areas or equipment to facilities.

RECREATION FACILITIES INSTITUTE

Facility Management & Operations

How Not to Fix Your Exercise Equipment · 1634

 0.1 NIRSA CEUs
 11:00am – Noon
 Illinois Street Ballroom
 Barry Evans, Oregon State University

Exercise equipment repair can often become the focus of facilities operations; but, good preventative maintenance can help keep exercise equipment running at its full potential. This session will showcase a way to reduce repairs and downtime for equipment, while providing a platform for students to learn and excel. Come join the discussion and explore the ways in which a preventative maintenance program, run by a crew of 10 students, can average less than 24 hours of down time for equipment repairs. This session will focus on process development, budget implications, improved customer satisfaction, record-keeping and documentation, all with an emphasis on the dynamic student development of students involved in the program. We promote health and wellness within our college communities. Follow that up by making sure the resources are available for participants to succeed. Good preventative maintenance will help keep your exercise equipment running at its full potential. Join me in exploring a preventative maintenance program, run by a crew of 10 students, which averages less than 24 hours down time for equipment repairs. I will discuss the development process, budget implications, improved customer satisfaction, record keeping and documentation, with an emphasis on the dynamic student development involved with this program.

Core Competencies: Facility Management, Planning & Design; Human Resource Management; Programming; Legal Liability & Risk Management





Learning Objectives:

1. Identify the relationship between preventative maintenance and equipment repairs.
2. Relate the connection between participant satisfaction and properly functioning equipment.
3. Detail the three areas of student development outcomes fostered by this program.

AQUATIC INSTITUTE

Other Aquatic Related Topics; Programming/Revenue generation

Seeing Green? Financial Audit & Revenue Generation · 1556

 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs
 11:00am – Noon
 Victoria Station AB
 Matt Quigley, University of Maryland; and Carrie Tupper, RCRSP, University of Maryland-College Park

As the number of intercollegiate aquatic teams being cut rises, aquatic facilities need to be prepared to fill the pool time and generate revenue in new and different ways. The University of Maryland cut their intercollegiate aquatic teams (swim, dive and water polo) in June 2013. Join us as we walk you through the steps we took at Maryland to re-evaluate current programs, develop new programming, and solicit events to fill the pool and generate revenue.

Core Competencies: Programming; Facility Management, Planning & Design





Learning Objectives:

1. Learn to assess current facility programming through a program analysis.
2. Identify additional program offerings that are available.
3. Discover ways to determine appropriate programming for your facility.

AQUATIC INSTITUTE

Risk Management

Breath-Holding in Pools · 1606

 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
 11:00am – Noon
 Victoria Station CD
 Tec Clark, Nova Southeastern University

Breath-holding activities are conducted in aquatic facilities across the globe. These activities include low-risk, coached training sessions (such as swim lessons, swim team training, and skin diving). However, a competitive component of breath-holding that involves prolonged underwater submersion with an emphasis on underwater distance swimming and/or duration also exists. Often referred to as 'freediving,' these competitive areas of breath-holding in distance, depth, or time, involve a significant risk to both the participant and the aquatic facility. A must for any member of aquatics personnel, this session focuses on the statistics, medical research, growth, case histories, and risk management issues of underwater breath-holding in pools.

Core Competencies: Legal Liability & Risk Management

Learning Objectives:

1. Identify risks associated with underwater breath-holding activities.
2. Understand breath-holding physiology as it relates to underwater submersion and activity.
3. Discover proper risk-management recommendations and procedures for aquatics facilities, including facility rules, supervision requirements, prevention and first aid.

TRIVENTURE

Networking Luncheon & Expo

- 🕒 Noon – 2:00pm
- 📍 Grand Hall

Lunch is served! The 2015 NIRSA Triventure Expo and Networking Lunch, presented by Core Health & Fitness, will be held in the Grand Hall from 12:00-2:00pm. This opportunity is your chance to engage with vendors who will be available to answer questions about their product or service.



FITNESS & WELLNESS INSTITUTE

Research and Evaluation

🔧 Integrating a Health and Wellness Model into Fitness Programming · 2030

- 🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
- 🕒 2:15pm – 3:15pm
- 📍 Grand Central Station CD
- 🗣️ Tamsen Burke, University of Houston; and Lori Sabatose, Clarion University of Pennsylvania

As the industry of college campus recreation and health services continue to explore their overall connection to 'student success' in co-curricular programs and service to their communities, we have developed two models integrating fitness and wellness concepts into programs and service. In this presentation, we will explore the process taken by two different colleges (public and private) at various stages of development and implementation.

Core Competencies: Programming; Business Management; Research & Evaluation

Learning Objectives:

1. Learn how to start the process to integrate a health and wellness model within programs.
2. Discover how to develop and use research to support a plan of action, priorities and learning outcomes for programs and services for both short and long-term.
3. Learn how to evaluate program and service success through various methodologies.

RECREATION FACILITIES INSTITUTE

🏠 Facility Operations Roundtable · 2017

- 🕒 2:15pm – 3:15pm
- 📍 Illinois Street Ballroom
- 🗣️ Greg Haverlock, University of South Florida-St. Petersburg; Chris Cody, The University of Texas at Dallas; and Mitch Nettlesheim, Purdue University

Join us in sharing resources, ideas, and information regarding recreation facilities and facility operations on campus. If you have a question about your facility the group may have a great solution for your institution!

AQUATIC INSTITUTE

Risk Management; Training and Development

💧 Emergency Preparedness · 1561

- 🎓 0.1 NIRSA CEUs
- 🕒 2:15pm – 3:15pm
- 📍 Victoria Station AB
- 🗣️ Robert Holub, Centers LLC at University of Alabama in Birmingham; and Cindi Tscherne, CENTERS, LLC/University of Alabama At Birmingham

“Emergency Preparedness: Planning for the Unthinkable” is a tabletop exercise that will engage team members by using group problem-solving skills to enhance knowledge of plans that will allow participants to improve team members’ performances during actual emergencies. Exercises offered during the session will allow participants to test their current emergency plans, identify their strengths and weaknesses, and will help them determine the areas that need improvement. This interactive session will also demonstrate how to design, conduct, and evaluate this valuable training tool.

Core Competencies: Legal Liability & Risk Management

Learning Objectives:

1. Identify the purposes and characteristics of a tabletop exercise (TTX).
2. Describe the the steps in facilitating a TTX.
3. Learn how to foster communication and problem-solving skills with your staff.

AQUATIC INSTITUTE

Training and Development

💧 Dive into Training · 1599

- 🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
- 🕒 2:15pm – 3:15pm
- 📍 Victoria Station CD
- 🗣️ Frances Caron, University of California-Riverside

Effective training is essential for the success of any aquatics team. This interactive presentation will outline training methods and techniques for every budget, and illustrate ways to involve student staff in the training process.

Core Competencies: Human Resources Management; Legal Liability & Risk Management; Research & Evaluation




Learning Objectives:

1. Develop a sustainable training program that fosters student development.
2. Learn various training strategies for any budget.
3. Identify various training methods and techniques.

FITNESS & WELLNESS INSTITUTE

Personal and Professional Qualities

Wellness Roundtable • 1929





-  3:30pm – 4:30pm
-  Grand Central Station CD
-  Tamsen Burke, University of Houston; Shelly Rasnick, Virginia Tech; and Steven Trotter, Virginia Tech

Fitness, health and wellness students and staff practitioners dedicated to inspiring, educating and supporting wellness whether you are new to wellness, beginning or rejuvenating a wellness program stop by to share best practices, learn about and explore outcome-based wellness programs for your campuses.

RECREATION FACILITIES INSTITUTE

Facility Management & Operations

Facility Fumbles • 1594

-  0.1 NIRSA CEUs
-  3:30pm – 4:30pm
-  Illinois Street Ballroom
-  Kristin DeAngelo, RCRSP, University of Arkansas

Facility staff are increasingly expected to do more with less and to be prepared for every challenge; but in the effort to make facilities better, staff often get caught up in merely managing the day-to-day instead of planning and building towards the future. In this session, learn how to balance facility planning, equipment, and staff while maximizing efficiency in day-to-day operations.

Core Competencies: Facility Management, Planning & Design; Legal Liability & Risk Management





Learning Objectives:

1. Learn how to compose and implement a variety of documents to improve facility operations.
2. Identify areas where your facility is in need of improvement, and discover how to utilize student staff to implement change.
3. Develop risk management procedures for your facility to protect your university in case of legal action.

AQUATIC INSTITUTE

Training and Development

Learn & Lead: Log Rolling • 1571

-  0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
-  3:30pm – 5:30pm
-  Victoria Station AB
-  Abby Hoeschler, President, CEO, Key Log Rolling; Carole McNaughton-Commers, Key Log Rolling; and Emily Ward, CRSS, Indiana University-Bloomington

Log rolling is a fun and challenging activity for all ages. It is adaptable to indoor and outdoor aquatic settings for general recreation, competition, clubs, events and fitness benefits. Discover how easy it is to learn and share the unique sport of log rolling with an expert, world-champion log roller, and with experienced, log rolling education and recreation professionals. Through in-water instruction and demonstration, you will learn about the historical roots of the sport, best practices for safety and use, and implementation of a variety of programming models. With a majority of the session focused on practice and reflection, participants will acquire basic proficiency in log rolling, as well as an understanding of how to provide leadership to beginners in the activity. Please note that the only requirement for this session is swimming attire. Beginners are welcome and strongly encouraged to attend!

Core Competencies: Personal & Professional Qualities; Programming

Learning Objectives:

1. Articulate how to safely implement log rolling in aquatic settings.
2. Demonstrate the proper stance and techniques of beginning log rolling.
3. Identify best practices in program set up and instruction to successfully share the activity with others.

RECREATION FACILITIES INSTITUTE

Facility Management & Operations

Mastering Your Locker Rooms: Continuing to Improve Your Business Practices • 1595

🎓 0.1 NIRSA CEUs
🕒 3:30pm – 4:30pm
📍 Victoria Station CD
👤 Jaime Medina, University of Minnesota-Twin Cities

Come along for the ride and learn about the various locker room management improvements made over recent years. This session will focus on the expansion of the Recreation & Wellness Center at the University of Minnesota Twin Cities location, and how locker room management has become a major aspect of facility operations and the member experience.

Core Competencies: Facility Management, Planning & Design; Business Management

Learning Objectives:

1. Identify at least one key obstacle that challenges your facility's locker room operation.
2. Identify at least one way to maximize your facility's locker room operation.
3. Learn how to streamline your semester-end locker room clean-out process.

WORKOUT

Latin Dance & Kickbox Fusion Workout • 1526

🕒 4:45pm – 5:45pm
📍 Grand Central Station AB
👤 Shannen Miller, Texas A & M University-College Station

Fusion classes are a great way to pair two popular fitness formats into one dynamic and fun workout. Participants and trainers alike enjoy the versatility and creativity of fusion class designs they prove to be good ways to bring back tried-and-true formats, as well as introduce trending classes. In this session, experience a workout that fuses the easy to follow dance moves of Zumba with the athletic movements of kickboxing. No equipment necessary!

RECREATION FACILITIES INSTITUTE

Built Communities

Facility Panel Discussion • 1933

🕒 4:45pm – 5:45pm
📍 Illinois Street Ballroom

Join your colleagues and listen to representatives from this year's toured facilities providing you with more insight on positive outcomes and lessons learned from their latest facility builds and renovations; there will be time for Q & A.

FRIDAY
OCTOBER 16

WORKOUT

Outdoor Walk/Jog • 2019

🕒 6:45am – 7:15am
📍 Grand Central Station AB

Start your day with 30 minute fun run/walk in and around the White River State Park just a few blocks from the hotel. We'll meet in the hotel lobby at 6:40am, get some fresh air, and be back in time to get ready for the first session of the day! No run/walk in case of rain.

FITNESS & WELLNESS INSTITUTE

Programming

Taming the Trend Monster: Embracing Functional Fitness Programming • 1573

🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
🕒 8:00am – 9:00am
📍 Grand Central Station AB
👤 Nora Hudson, Iowa State University; and Kara Herbert, Iowa State University

Recently, there has been a surge in fitness program trends P90X, Insanity, and CrossFit programs have sprung up across North America. Students are often found exercising to videos or doing online workouts. So, how do we, as health and fitness professionals, get these students into fitness programs? This session will offer foundational, innovative program development information that draws from the personal experience of staff who participated in the opening a functional fitness zone at Iowa State University in Fall 2015. Come learn how to tame the trend monster!

Core Competencies: Programming; Facility Management, Planning & Design; Philosophy & Theory

Learning Objectives:

1. Learn three programming guidelines that tame the potential injury risks in emerging functional fitness trends.
2. Identify three key factors involved with space design, equipment selection, and program development that embrace functional fitness and ensure positive program impact on participants.
3. Describe three creative program designs with the eight functional movement patterns for health enhancement that increase the student-experience.

AQUATIC INSTITUTE

Model Aquatic Health Code (MAHC)

Water Quality 101: A Practical Approach to Sanitation, Oxidation and Water Balance • 2101

- 🎓 0.1 NIRSA CEUs
- 🕒 8:00am – 9:00am
- 📍 Grand Central Station CD
- 👤 Shawn DeRosa, RCRSP, Penn State University



Maintaining water quality that is healthy for swimmers and safe for pool equipment is a key goal of operating any aquatic venue. While the Model Aquatic Health Code offers recommendations for swimming pool operation and maintenance, some of these include wide ranges rather than more narrowly-defined ideal levels. In this session, you will learn the basics of sanitation, oxidation, ORP and water balance, while also familiarizing yourself with MAHC requirements and industry best practices. Knowledge of and proper documentation of your water treatment program will reduce liability, protect your swimmers, extend the life of your equipment and minimize disruptive downtime and expensive repairs.

Core Competencies: Facility Management, Planning & Design; Legal Liability & Risk Management; Business Management

Learning Objectives:

1. Identify chemicals used in pool sanitation and discuss the difference between accepted and ideal ranges.
2. Discuss importance of water balance (saturation index) in extending equipment life. Explain difference between oxidation and sanitation.
3. Discuss role of oxygen reduction potential in measuring chlorine's ability to oxidize.

RECREATION FACILITIES INSTITUTE

One Big, Happy Family: Strategies for Planning a Facility for Recreation, Health and Human Performance, Athletes, Special Events, and the Community • 2061

- 🎓 0.1 NIRSA CEUs
- 🕒 8:00am – 9:00am
- 📍 Victoria Station AB
- 👤 Erik Kocher, Hastings & Chivetta Architects, Inc. - Saint Louis, MO

In today's world, there is a tremendous amount of pressure in acquiring funding for capital projects on college and university campuses. Needs are plentiful, but available funding is scarce. This situation puts added pressure on projects that must meet the needs for increasingly distinct users. So, how can facilities staff plan for a successful multi-user facility? This presentation will explore the various strategies of planning a facility for recreation, health and human performance, athletes, special events, and the community.

Learning Objectives:

1. Understand the architectural planning process.
2. Learn several strategies for successfully sharing facilities.
3. Discover various "Do's" and "Don'ts" for facility sharing.

RECREATION FACILITIES INSTITUTE

Facility Construction & Design; Adaptive Reuse and/or Renovation

To Build, or Not to Build? • 1559

- 🎓 0.1 NIRSA CEUs
- 🕒 8:00am – 9:00am
- 📍 Victoria Station CD
- 👤 Christopher Sgarzi, Sasaki Associates, Inc.; and William Massey, Sasaki Associates, Inc.

When faced with the need to improve facilities, schools must decide on whether to renovate an existing facility, build a new facility, or pursue a combination of the two. This session outlines issues and impacts that facilities staff can experience in the process from the various financial implications, determining future growth, or other considerations of long-term planning whether you decide for targeted renovations, total facility transformation, new construction.

Core Competencies: Facility Management, Planning & Design; Programming; Philosophy & Theory; Research & Evaluation

Learning Objectives:

1. Understand when and why renovation can be a better choice than new construction.
2. Learn how to prioritize capital projects based on institutional mission and recreation goals given limited financial resources.
3. Discover the link between renovation and sustainability, and how building codes can affect these projects.

FITNESS & WELLNESS INSTITUTE

Programming

🔥 Marketing Opportunities Guaranteed to Boost Your Group Fitness Numbers • 1525

- 🎓 0.1 NIRSA CEUs, 0.1 AFAA CEUs, 0.1 ACE CECs
- 🕒 9:15am – 10:15am
- 📍 Grand Central Station AB
- 👤 DeAun Woosley, Texas A & M University-College Station; and Shannen Miller, Texas A & M University-College Station

As recreational sports facilities grow, group fitness participation becomes a crucial part of successful programming. Campus recreation departments that generate revenue from group fitness classes, as well as those who do not, are constantly searching for ways to increase participation numbers. In this session, discover over 15 solid promotional methods that will increase revenue, participation, and produce cutting-edge group fitness programming.

Core Competencies: Programming; Business Management

Learning Objectives:

1. Learn a variety of ways to help market for group fitness participation.
2. Discover how to take advantage of different resources within the department and university.
3. Use student feedback to increase participation numbers.

AQUATIC INSTITUTE

Model Aquatic Health Code (MAHC)

💧 Model Aquatic Health Code Roundtable • 1938

- 🕒 9:15am – 10:15am
- 📍 Grand Central Station CD
- 👤 Carrie Tupper, University of Maryland-College Park; and Shawn DeRosa, Penn State University

Join your colleagues in a discussion on how the Model Aquatic Health Code (MAHC) serves as a model for aquatic professionals; as well as local and state agencies in need of guidance in updating or implementing standards governing design, construction, operations, and maintenance of swimming pools and other treated recreation water venues. The discussion will also cover the challenges and misunderstandings of the MAHC.

AQUATIC INSTITUTE

Adult & Youth Programming

💧 RESPECT the Water • 1575

- 🎓 0.1 NIRSA CEUs, 1.0 AFAA CEUs, 0.1 ACE CECs, 1.0 ACSM CECs
- 🕒 9:15am – 10:15am
- 📍 Victoria Station AB
- 👤 Christopher Whipple, RCRSP, University of Maryland-College Park

Drowning continues to be one of the leading causes of accidental death, especially among children. The “RESPECT the Water” campaign seeks to promote awareness about the risks that are present around the water, and how people can be prepared for a safe and successful water outing. This session will serve as a training for aquatic professionals who wish to train others and further the Respect the Water campaign. It will also examine the free programming materials that are available through the Association of Aquatic Professionals.

Core Competencies: Philosophy & Theory; Legal Liability & Risk Management; Programming

Learning Objectives:

1. Understand the current national statistics associated with drowning and near-drowning.
2. Identify the principles of the Respect the Water campaign.
3. Master the material to comfortably share the drowning prevention information with your community.

RECREATION FACILITIES INSTITUTE

Facility Management & Operations

🏠 Facility Management & Development Roundtable • 1941

- 🕒 9:15am – 10:15am
- 📍 Victoria Station CD
- 👤 Silvia Chan, CRSS, University of Connecticut; Tina Villard, Rice University; and Bill Crockett, University of Maryland (Baltimore), The Founding Campus

A great recreation center is more than just an outstanding facility. Join your fellow recreational sports professionals to discuss the development and management of your most important resource: people. Reflect on and share your challenges, tips and tools to managing an effective facilities team, from students to full-time staff.

Core Competencies: Facility Management, Planning & Design

FITNESS & WELLNESS INSTITUTE

Programming

 **Fitness Trends Roundtable** • 1934

🕒 10:30am – 11:30am

📍 Grand Central Station AB

👤 Tamsen Burke, University of Houston; and Steven Trotter, Virginia Tech

Calling all ideas, challenges, and questions! There are new gadgets, technology, products, and programs popping up in the fitness industry each day. This roundtable will provide attendees a chance to talk openly about these trends and chat with others that have researched and/or began programming these new trends.

AQUATIC INSTITUTE

Other Aquatic Related Topics

 **Aquatic Roundtable** • 1939

🕒 10:30am – 11:30am

📍 Grand Central Station CD

👤 Dana Dickerson, UCLA

This session offers an opportunity for colleagues to ask questions and discuss current topics around aquatic facilities and programming on college and university campuses.

RECREATION FACILITIES INSTITUTE

Facility Construction & Design

 **Time for a Tune Up: Is Your Once Shiny, New Recreation Facility Showing Signs of Its Age?** • 1569

🎓 0.1 NIRSA CEUs

🕒 10:30am – 11:30am

📍 Victoria Station AB

👤 Lindsey Peckinpugh, Sink Combs Dethlefs, P.C.

All building operators are faced with a growing list of program and space demands which must be accommodated within existing and aging facilities. As a result, many facilities are choosing to renovate under-utilized spaces into higher quality, multi-purpose spaces. Racquetball courts and rock climbing walls, which serve a very dedicated population, are losing favor to more flexible, inclusive spaces that can be programmed in creative ways. Astute operators are wary of the pitfalls of designing spaces that try to serve too many populations. They are also hungry for ways to update their facilities and realize operational benefits of improved energy performance, enhanced indoor air quality, and safer environments for their patrons. In this session participants will learn about the growing trends in renovation design and creative ideas for repurposing space. They will also learn various operational strategies for analyzing the cost-benefit of renovations and understanding how to get the most bang for their buck when undertaking a renovation.

Core Competencies: Facility Management, Planning & Design; Programming; Programming





Learning Objectives:

1. Identify the various problems plaguing an aging facility, whether space-related, equipment-related, program-related, or the various industry trends holding a facility back.
2. Identify industry trends and how they might successfully fit within a renovation's parameters. Learn how to identify and fulfill students' needs through facility renovations and planning.
3. Discover strategies to better plan for the future by making informed decisions and asking the right questions. Create goal outlines for a facility and discuss the various program and construction costs, and possible funding opportunities.

RECREATION FACILITIES INSTITUTE

Facility Management & Operations

The ABCs of Planning, Designing, and Constructing Your Campus Recreation Facility • 1572

-  0.1 NIRSA CEUs
-  10:30am – 11:30am
-  Victoria Station CD
-  Tony Daniels, CRSS, Prairie View A & M University; and Janet Jordan, Moody-Nolan, Inc.

Whether embarking on a first-time capital project small or large, new construction or renovation and expansion understanding the lingo and lessons learned by peers who have experienced the process is invaluable. Join Tony Daniels CRSS, Campus Recreation Director at Prairie View A&M University in Texas, as he presents and walks participants through a unique view of the various challenges and creative solutions that he's experienced over the life of a construction project. Think of this presentation as a basic 101 class that sets the foundation for the myriad of decisions that will need to be made throughout the design, construction, and management of a project, and you'll learn how to do it without losing your mind.



Core Competencies: Facility Management, Planning & Design; Business Management; Philosophy & Theory; Research & Evaluation

Learning Objectives:

1. Identify six key steps to the planning-through-construction process.
2. Gain the ability to identify the difference between examples of hard and soft costs associated with a construction project.
3. Understand the meaning of various construction acronyms, such as: AOR, ASI, BIM, CSI, CO, CM, EOR, RFI, and more.

TRIVENTURE



Lunch

-  11:30am – 1:00pm
-  Grand Hall & Grand Hall Alcoves

Boxed lunches are provided for all conference attendees today and will be served after the conclusion of morning sessions. Come grab a lunch and network with friends, or take a lunch to go before you embark on a facility tour!

RECREATION FACILITIES INSTITUTE

Half-Day Facility Tours (Day 2)

-  11:45am – 5:00pm
-  Offsite - Depart from Crowne Plaza

Buses depart from the host hotel promptly at 11:45am and attendees will tour Ball State University and Lucas Oil Stadium. A box lunch will be provided prior to loading the buses.

Thanks to our committees

AQUATIC INSTITUTE

- **Dana Dickerson**, Committee Chair, UCLA
- **Katy Locke**, The University of Tennessee
- **Bethany Bower**, Georgetown University
- **Shannon Posey**, Washington State University
- **Brittany Rejda**, NIRSA Headquarters

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- **Tasmen Burke**, Committee Chair, University of Houston
- **Steven Trotter**, Virginia Tech
- **Scott Berkowitz**, Sam Houston State University
- **Leanne Kulchawik**, Saint Ambrose University
- **Lori Sabatose**, Clarion University of Pennsylvania
- **Jessica Scibek**, Southern Connecticut State University
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- **Bill Crockett**, University of Maryland (Baltimore), The Founding Campus
- **Silvia Chan**, University of Connecticut
- **Chris Cody**, The University of Texas at Dallas
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- **Lashica Thomas**, Columbus State University
- **Tina Villard**, Rice University
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SPECIAL THANKS

The following NIRSA Associate Members contributed to the 2015 NIRSA Triventure.

- Mondo: Naming rights
- Precor: Mobile App
- Life Fitness: Keynote Speaker/ lanyards
- Les Mills: Boxed Lunch Wed 10/14
- Matrix: Welcome Social
- Sasaki Associates: Coffee Break
- Core Health & Fitness: Expo/Lunch/Social
- Moody Nolan: Tours Wed
- Hastings + Chivetta: Indiana State tour



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