

# Health and Wellness Center Advisory Board

Minutes from Friday, February 3, 2012 meeting at  
4:00pm-5:00pm  
Health and Wellness Center – HWC Lobby

Introductions were conducted. Members in attendance: Danielle Kermode, Mitchell Newton, Rob Troyer, Heidi Guy and Rip Horsey; Members not in attendance: Meagan Franks, Rick Sedgwick and Melissa Ineck.

Danielle Kermode (student) – Business major, Senior, Athletic Department Track and Field team member  
Mitchell Newton (student) – English major, Freshman, RHA member and WUC Advisory Board member  
Meagan Franks (student) – English Literature major, Sophomore, Health and Wellness Center staff member  
Rob Troyer (F/S) - Office of International Student Academic Support, rock climber, member of the Health and Wellness Center, advisor to Club Sport Rock Climbing Club  
Heidi Guy (F/S) – Business Office, Administration Program Assistant, member of the Health and Wellness Center  
Rip Horsey, Health and Wellness Center Director (ex officio)  
Rick Sedgwick, Campus Recreation Director (ex officio)  
Melissa Ineck, Aquatics and Outdoor Coordinator (ex officio)

A discussion was held regarding the HWC Advisory Board president position. After a brief explanation regarding the requirements of holding the position the group nominated Danielle Kermode. A motion was brought to the board by Rob; a second from Heidi, approved by a vote of 3-0-1. Danielle Kermode accepted the position.

A meeting schedule was discussed for February 24th from 4-5pm and March 9th and 4-5pm. Rob will be unavailable for the March 9th meeting.

A review of the aquatics and fitness programs was discussed. Mitchell mentioned he had heard positive reviews of the fitness classes. Mitchell brought up the idea of advertising on KWOU.

A review of HWC membership rates of \$78 per term was discussed regarding if there would be a student increase through IFC then the other membership rates should follow. More discussion will occur after IFC final budget is approved. Danielle brought up the idea of day passes as incentives for members and quarter or monthly memberships. A list of topics was discussed regarding facility policies such as code of conduct and appropriate attire.

A review of Academic spinning, swimming and climbing classes was conducted. Academic classes are being held at non-busy times and are renting out space to compensate for the private use of an area and for cost associated with the classes. Cost associated with the classes include repairs to the spin bikes, two aquatic specialist, chemical and water, and climbing shoe wear, ropes, holds and a climbing specialist. Rob Troyer discussed the differences of the fall 2011 and winter 2012 academic climbing class. He has noticed more of his students this term utilizing the climbing wall during open times than last term.

Open forum - the climbing wall was discussed regarding availability of certification classes, change of staffing to accommodate more users and stream line of hours. Danielle mentioned the difficulty she encountered when the climbing wall first opened about the limitation of certification classes.

Last minute items – Mitchell mentioned he has discussed with other students the desire for tumbling equipment. Mitchell also mentioned that the HWC staff was doing a good job in meeting and greeting individuals coming into the HWC. Heidi stated the HWC staff was helpful when she had a question. Rob Troyer commented on the HWC staff was friendly.

A motion to adjourn was brought to the board by Mitchell; a second from Rob, approved by a vote of 3-0-1.

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## HWC Advisory Board

Danielle Kermode, student

Mitchell Newton, student

Meagan Franks, student

Rob Troyer, F/S

Heidi Guy, F/S

Rip Horsey, ex officio

Rick Sedgwick, ex officio

Melissa Ineck, ex-officio