

# 2013-2014 Annual Report





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**PROJECT OF:**

OU Fitness and Recreation

*Cover: The front desk staff of OU Fitness and Recreation*





Students participate in a PiYo™ class at the Huston Huffman Fitness Center.

## FROM THE DIRECTOR

It's all about *service*.

Through campus partnerships and community activities, service to students drives the health and wellness initiatives of Fitness and Recreation. Service to students elevates the department's programs and services to new heights in which unprecedented numbers in intramural sports, special events, and lifesaving skills classes were recorded for 2013-14. From programming efforts with the Sam Noble Museum, Leadership and Volunteerism, OU Tennis Club, Risk Management, and OUPD to the first place victory in the annual Student Affairs Canned Food Drive Sculpture contest for the Regional Food Bank of Oklahoma, this year's annual report epitomizes Fitness and Recreation's commitment to being a leader in health and wellness and capturing the passion and hard work of Fitness and Recreation staff to provide the best student experience possible.

*Amy M. Davenport, Ph.D.*

# 4,988

hours of opportunity  
for fitness and  
recreation at the  
Huston Huffman  
Fitness Center



Ayanna Rashidi performing poses in Restorative Yoga at the Huston Huffman Fitness Center.

## MISSION AND GOALS

# 3,135

FIT classes provided at the Huston Huffman Fitness Center and Murray Case Sells Swim Complex

Fitness and Recreation provides fitness and recreational opportunities for members of the OU community. Facilities are comprised of the Huston Huffman Fitness Center, the Murray Case Sells Swim Complex, the Recreation Fields, and the Tennis Courts. Fitness and Recreation provides diverse programs, services, and educational opportunities to enhance the lifelong health and wellness of the university community. This mission is guided by three goals: provide opportunities and support to promote a healthy university community, benefit the university community through health education, and develop university relations through health and wellness activities.

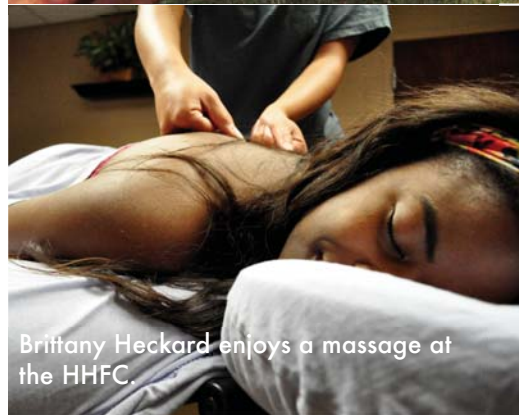




Flag football—one of the most popular Intramural sports.



The annual HealthySooners 5K Fun Run is popular with OU students, faculty, and staff.



Brittany Heckard enjoys a massage at the HHFC.



Student lifeguard Kealey Oliver

## What Do We Do?



VIDEO: A 30-second montage showcasing Fitness and Recreation.





Student lifeguard Alex Wilson surveys the outdoor pool.

## FAR COMMUNITY IMPACT

**290,115+**

number of minutes of  
swim instruction

**66,000**

hours of student  
employment logged

**Education Impact** – By providing lifesaving classes through the American Red Cross and American Heart Association to the Norman community, the community benefits from a safer environment through trained lifeguards, first responders, and water safety instructors. The Summer Bridge and BP Summer Engineering camps utilize the Huston Huffman Fitness Center, Murray Case Sells Swim Complex, and the Recreation Fields multiple times per week to incorporate exercise and healthy choices into their academic pursuits. The Intramural summer staff is engaged with each group to facilitate games and activities per session during the week.

**Service Impact** – Each January, the University welcomes the Special Olympics Oklahoma Winter Games at the S.J. Sarkeys Complex, Huston Huffman Fitness Center. Additionally, over 900 children and adults participate in the American Red Cross Learn to Swim program through the Murray Case Sells Swim Complex every summer. Each summer, Fitness and Recreation host many diverse camps and sports tournaments. The use of the Huston Huffman Fitness Center, Murray Case Sells Swim Complex, and

the Recreation Fields by these organizations showcases the OU campus and its resources to over 15,000 potential students.

**Economic Impact** – Each summer, athletic-based summer camps utilizing local hotels generate an approximate \$1.4M economic impact on the Norman community. Fitness and Recreation hosts a number of events that bring people from around the state and the country. This has an impact on the economy of Norman via hotel nights, eateries, and shopping. It is estimated that one two-day basketball event held in the Huston Huffman Fitness Center will have a \$250,000 economic impact on Norman.

# \$250,000

the economic impact  
on Norman with one  
two-day basketball  
event at the  
Huston Huffman  
Fitness Center



Kappa Alpha Theta poses for a group shot after winning the Women's Intramural Regular Season Basketball Championship.



For the Wear Your Ballin' Tee social media contest, students won Kevin Durant drawstring bags, which included Frisbees, t-shirts, jump ropes, and gift certificates.



## DIGITAL COMMUNITY IMPACT

Social media continued to play an integral role in expanding Fitness and Recreation's programming and outreach efforts. With the Ballin' Healthy Habits Challenge, the department conducted several contests through its Facebook and Twitter accounts to promote health and wellness events co-programmed with the Sam Noble Museum and OU Tennis Club leading to motivational speaker Kevin Carroll's "The Art of Sport + Play" exhibit opening. More than ever, the OU community's growing interest in Fitness and Recreation's programming paired with a service-oriented social media strategy demonstrated the rapid digital ascension in over the last three years.

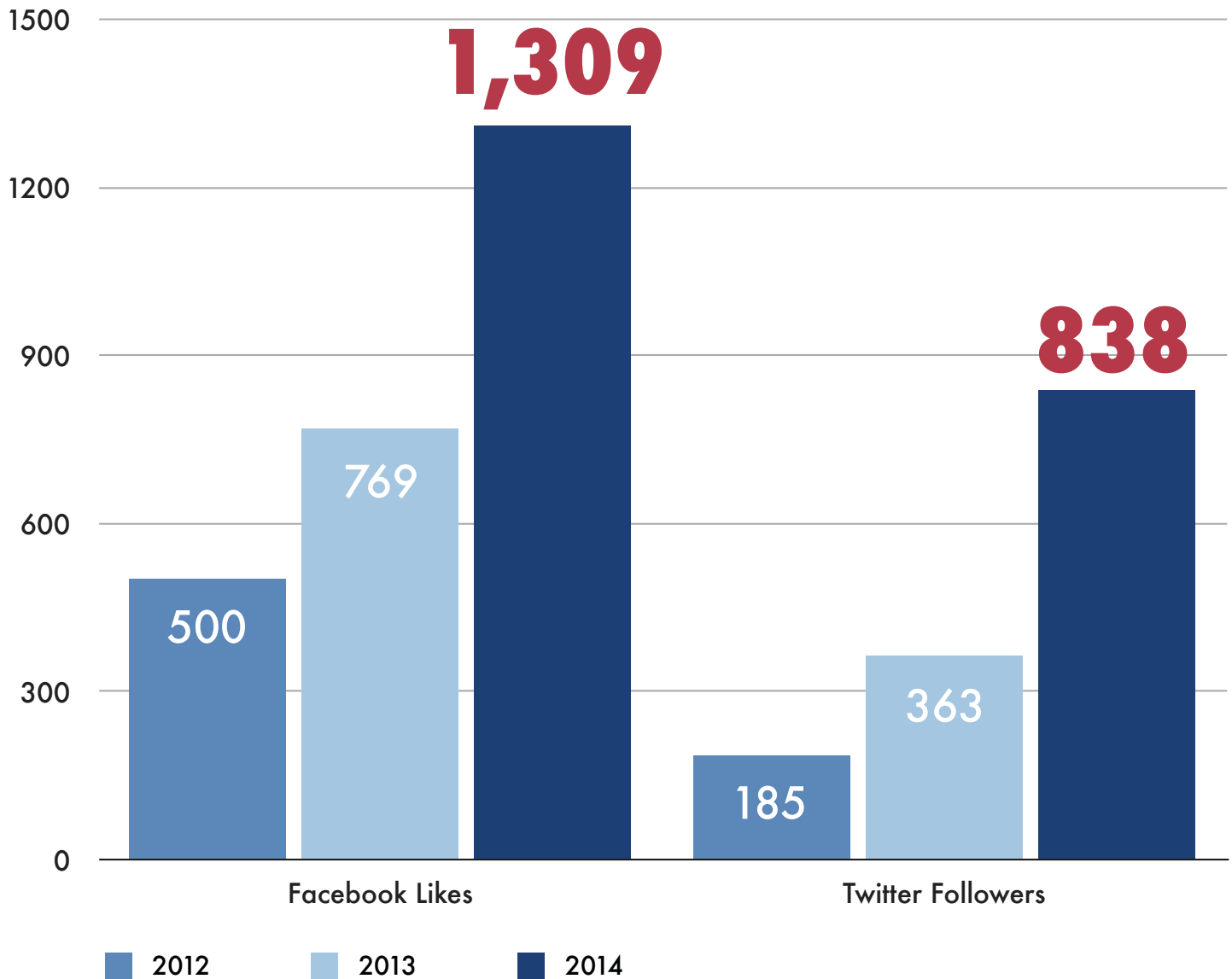
# THREE-YEAR TREND



**FACEBOOK:** /OUFITREC



**TWITTER:** @OUFITANDREC



**70%**

INCREASE IN FACEBOOK LIKES  
BETWEEN SEPT. 1, 2013–JUNE 1, 2014

**131%**

INCREASE IN TWITTER FOLLOWERS  
BETWEEN SEPT. 1, 2013–JUNE 1, 2014





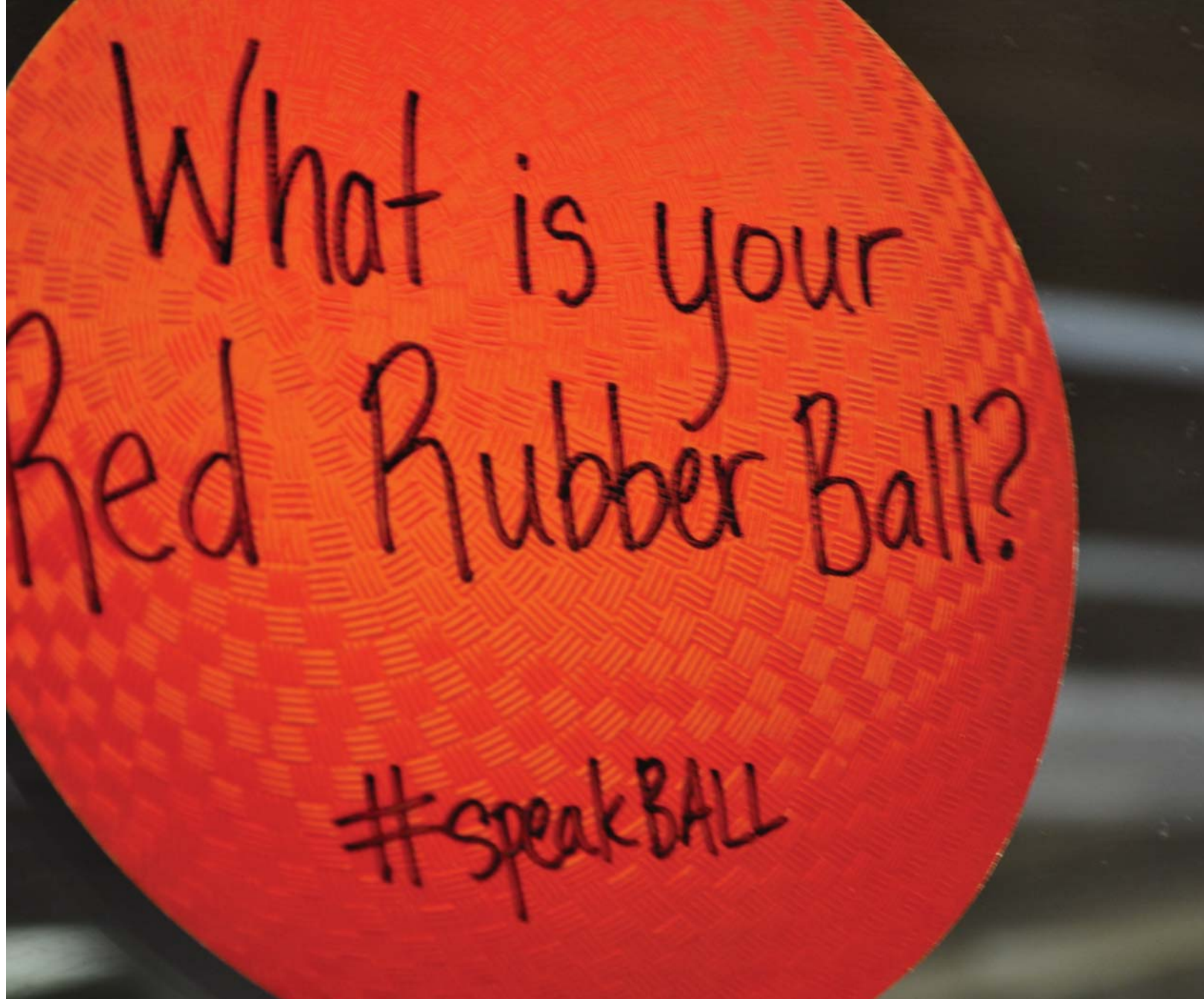
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# GOALS

Intramural referee David Ricketts poses for OU Lead and Volunteer's Sports Ball Drive at the Huston Huffman Fitness Center.







## **BALLIN' HEALTHY HABITS CHALLENGE**

# 500

community members impacted through events, education, and outreach from the Ballin' Healthy Habits Challenge

Fitness and Recreation provided two new programs this past year to help the OU community reach their personal health and fitness goals. The Ballin' Healthy Habits Challenge focused on implementing healthy habits into individuals' daily lives and encouraged participants to meet a personal health or fitness goal. This program focused on topics such as: finding your passion to improve your health, improving your diet, encouraging play as an alternative to working out, and making healthy medical decision for life. The program had 107 registered participants, however over 500 community members were impacted through events, education, and outreach.





David Ricketts does his best Atlas impression at the HHFC.

Jen Reed (left), David Nelson (center), and Brandi Siem (right) help to promote The Ballin' Healthy Habits Challenge.



A Wear Your Ballin' Shirt contest winner



PHOTO: Ballin' tees would be the centerpiece for promoting health and wellness through social media contests, newsletter updates, and on-campus resources.





Victoria Ford performing the Easy Pose for a small foldout of yoga poses and breathing techniques.



## OM: FIND YOUR CALM

# 126

students, faculty, and staff participated in Om: Find Your Calm

Om: Find Your Calm brought an emphasis on the importance of mental well-being in accordance with physical health. This program highlighted yoga practices, relaxation, aromatherapy, stress relief, and breathing techniques to improve mental awareness. The program was provided free of charge to the OU community as a way to encourage and promote overall wellness. Over 95 percent of the participants surveyed reported an increased awareness of their mind and body relationship. At the conclusion of the program, there were over 126 students, faculty, and staff participants in the Om: Find Your Calm program.





McKenzie Lee in PiYo™ class.



Students perform leg raises in PiYo™.



A tai chi class



Ayanna Rashidi executes the Warrior Pose.

## The Importance of Mind-Body Wellness



VIDEO: Fitness and Recreation intern Carleton Yeagley talks about mind-body wellness.





## FULL PLATE LIVING

As a nutritional component in Fitness and Recreation's programming, participants in Full Plate Living learned how to implement healthier, yet practical food choices through eight-week classes and free information sessions during the academic year. Program facilitators conducted group activities with participants to provide encouragement and support throughout eight-week sessions. During the Spring 2014 semester, this program also held a special session for OU students to meet their specific needs.





OU Women's Tennis player  
Morgan Chumney shows a  
participant how to serve.

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# EXPERIENCES







OU Women's Tennis players Ann Pepper (left) and Mia Lancaster (right) conducted a tennis clinic in the family courts at the event.



## WHAT'S ALL THAT RACQUET?

# 57

graduate students brought their families to enjoy a night of tennis instruction, drills, and prizes

Fitness and Recreation, the University of Oklahoma Tennis Club, and the OU Graduate College teamed up for the first time ever to provide a family night for OU Graduate Students. What's All That Racquet? Tennis Night was a free evening of tennis education and practice where coaches and players from the OU Women's Tennis team provided instruction for OU students, faculty, staff, and their families. Family-friendly courts were provided that gave age-appropriate activities and instruction to both children and parents. All 57 participants that attended the evening program received a chance to win prizes throughout the evening.





Participants challenge OU Women's Tennis player Whitney Wofford in the Play-the-Pro session.



PHOTO: Graduate students bring their daughter for a fun night of tennis and a photo at the OU Tennis Club.





## GET OUTTA DODGE!BALL

Fitness and Recreation partnered with the Sam Noble Museum and hosted Get Outta Dodge!ball Tournament during the fall 2013 semester that included 107 participants from various departments, clubs, and student groups on the OU campus. This dodgeball tournament was a 6-on-6 event where students, faculty, and staff were encouraged to have a safe and healthy week-night activity that promoted the Kevin Carroll “Art of Sport + Play” exhibit at the Sam Noble Oklahoma Museum of Natural History. Winners of the event received tickets to the exhibit as well as Fit+Rec t-shirts and water bottles.





Students clamor for some dodgeball action.



PHOTO: Brittany Ribble tries to avoid being eliminated while looking for her next target at the Get Outta Dodge!ball Tournament.







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**SUSTAINABILITY**







Students, faculty, and staff join forces to lay the foundation of a prolific gardening season.



## HEALTHY SOONERS GARDEN

# 1,355+

pounds of produce were distributed from the  
Huston Huffman  
Fitness Center

Fitness and Recreation has continued the Healthy Sooners Garden program for the third year in a row incorporating over 100 participants throughout the year. Participants included students, faculty, and staff from all areas of the university community. Participants attended staff-led orientations where they learned gardening skills, along with the importance of teamwork, sustainability, and nutrition.

Over 1,355 pounds of produce were distributed from the Huston Huffman Fitness Center along with what the volunteer gardeners harvested for themselves, which is estimated to be an additional 300-500 pounds. Literally and figuratively, new seeds were





Ayanna Rashidi (left) and Kate Alexander (right)



planted as Fitness and Recreation continues to nurture on-campus relationships toward a common goal.



PHOTO: Zoey Davenport shows off her watering skills at the Healthy Sooners Garden.



Jun Jeon (left) and Tiffany Cheng (right) prepare the soil for planting.



Evelyn Taylor, 3, picks some cherry tomatoes and okra from the garden.



Cathy McLaughlin digging for weeds.



## GARDEN TALK

“Growing up on a farm back home, I was so excited to know we have a community garden on campus! This was such a great opportunity for me to build rapport with the students, faculty, and staff from other departments and really feel a part of the OU community.”

—Mallory Sapp, Health and Exercise Science major

“I really enjoyed working in the garden this year. I have recruited three new folks whom I think will do an excellent job for us next year. The garden certainly put out this year and I really enjoyed the squash, cukes, okra, and tomatoes. You and your staff do a fabulous job planning, planting, and maintaining. Thank you for making my first garden experience a pleasant one.”

—Cathy McLaughlin, Housing and Food Services

“Thanks to Amy, Malinda, Jimmy, and the staff for all your hard work! We had a great time and can't wait until next year! ”

—Dr. Nathan Boren, Health Services







## GOVERNOR FALLIN'S FALL FOOD DRIVE

# 1,307

items donated through  
Fitness and Recreation

Fitness and Recreation was involved in Governor Fallin's Fall Food Drive. In the spirit of competition and teamwork, Student Affairs once again conducted the Canned Food Drive Sculpture Contest. In a collective effort between staff and students, Fitness and Recreation produced a group dance routine that involved various pieces of exercise equipment and workout stations created with canned and non-perishable food items. The winning performance was a joyous display of *esprit de corps*.

This year overall 8,327 pounds of food were raised through the canned food drive and 1,307 items were donated through Fitness and Recreation.





## Fall Food Drive Dance



VIDEO: Fitness and Recreation was victorious in the annual Student Affairs Food Drive Sculpture Contest.





Fareedah Shayeb, Facility Supervisor, places another load of towels in the dryer.

## **SOCIAL RESPONSIBILITY**

Fitness and Recreation attended the social responsibility fair and encouraged the OU community to create sustainable changes in their lives to make a larger impact on the environment. Fitness and Recreation demonstrated the ways in which our facility modeled these changes on a daily basis, such as reusing worn workout towels for cleaning. Finally, Fitness and Recreation staff members spent Arbor Day planting 15 trees on the OU campus encouraged community service, leadership, and continued the legacy and time-honored tradition of this annual event at the University.

# ASK & EAT



A Question and Answer Session  
about Health and Fitness



October 18th  
8–10 p.m.

- Demo on healthy food preparation
- Prizes, Food, and Fun!
- Located at the FIR Apartment  
McCasland 1<sup>st</sup> Floor

## FIR PROGRAM

60+

students attended  
each session of  
the FIR program

Fitness and Recreation collaborated with the Housing and Food Services Faculty-In-Residence (FIR) program to bring an event to each housing center in both the fall and spring focusing on healthy eating and exercise tips for over 60 students at each session. These events showcased exercises first-year students could do in the comfort of their residence hall rooms and gave examples of healthy eating choices students could make while living on campus.





Brittany Heckard celebrates SGA's Week of Health using the elliptical machine at the Huston Huffman Fitness Center.

## **SGA WEEK OF HEALTH**

Fitness and Recreation partnered with OU Student Government Association (SGA) in the spring to help bring awareness to their Week of Health campaign. This program incorporated health-centered discussions, documentary screenings, a dodgeball tournament, fitness assessments, and fitness classes to underscore the importance of health and wellness in students' lives and the value to their academic success.





# LEADERSHIP







Intramural referee David Ricketts officiating an Intramural Basketball game.



## INTRAMURALS

**16,000+**

hours of student  
employment logged

Leadership development was also seen throughout the department's Intramural events. Fitness and Recreation's Intramural supervisors have an annual two-day training on sportsmanship, leadership, and intramural sports rules. These individuals also attended all two-day trainings throughout the year that were sport specific to each season. The supervisors also received bi-weekly observations and assessments throughout the year. Furthermore, Intramural officials attended a two-day training specific to the sport they will be involved with throughout the season. These trainings and continued education encouraged students to be active leaders on campus.



A student dazzles with his footwork in an Intramural Soccer match.



Women's Intramural Volleyball playoffs



OU law students in a flag football game



Ryan Henderson goes for eagle in the Intramural Golf Championship.



PHOTO: A student competing in an Intramural Horseshoes event.

550+

teams participated in Intramural Sports



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# SAFE, HEALTHY ENVIRONMENT









Officer Littlejohn conducts a Q-and-A session about bike safety.

## **I BRAKE FOR SAFETY**

Fitness and Recreation established I Brake For Safety, a program with OUPD officer Jay Littlejohn. In multiple sessions, members of the OU community received bicycle registration information, bike-riding practice, and safety information to encourage increased knowledge on the rules of the road for both motorists and cyclists.





After the presentation, students register their bikes at the event.



## I Brake for Safety Video



VIDEO: Clips were integrated into Officer Littlejohn's presentation to demonstrate bike safety tips, which featured Fitness and Recreation student employees Logan Hammons, David Nelson, and McKenzie Lee.



Connor McBride, student lifeguard, scans the scene to ensure members are safe at the pool.



## LIFESAVING SKILLS

# 36

new lifeguards and water safety instructors were certified through the American Red Cross program at the Murray Case Sells Swim Complex

Over the course of the 2013-2014 academic year, Fitness and Recreation offered training in CPR, AED, First Aid, and Basic Life Support from the American Heart Association (AHA) and American Red Cross (ARC) at the Huston Huffman Fitness Center and the Murray Case Sells Swim Complex. Courses were once again offered to members of the OU community, as well as to the general public.

In addition to continuing training of employees and staff in Fitness and Recreation, departments and colleges from both the Norman and Health Sciences Center campuses took part in training sessions. Over 60 AHA/ARC classes were taught to 382 stu-



Students performing CPR on an infant manikin.



Zoey Davenport and Sydney Burch leap into the pool.



Student lifeguard, Sam Simpson



dents between July 1, 2013 and June 30, 2014. Further, the Department of Risk Management designated Fitness and Recreation as the on-campus training facility for AHA/ARC classes. These classes helped members of the OU community achieve professional goals by teaching them this basic life saving skill.

### Key Points

- 100 percent pass rate for classes offered
- Number of participants increased from previous year by 7 percent

# 60+

American Heart Association and  
American Red Cross classes  
were conducted

Students demonstrate their CPR skills in class.







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## UNIVERSITY RELATIONS







Bill Jordan and his water aerobics class.

## BILL JORDAN HYDRO FIT INSTRUCTOR

### Did yOU Know

Graduated from OU in 1950

OU Football Season Ticket holder since 1950

Worked as Director of Internal Auditing, Director of Risk Management, Director of Financial Administrative Service of OUHSC, and Assistant VP of Administrative Affairs during his 37 years at OU

Retired from OU in December of 1987

Started teaching water aerobics at the Murray Case Sells Swim Complex in 1990

Member of the American Racing Pigeon Union since the 1950s and serves as one of 15 nationally certified judges for the organization since the 1980s

Married for 64 years with two children and two grandchildren

For 37 years, Bill Jordan served in various leadership roles at the University of Oklahoma before becoming a water aerobics instructor for OU Fitness and Recreation in 1990. At 89 years young and counting, his passion to lead a healthy, active lifestyle has been an inspiration to many at the Murray Case Sells Swim Complex and beyond. Over the years, Bill has developed a large, yet loyal following for his 10:30 a.m. water aerobics class during the week, which is not only a testament to his warm, friendly personality, but also his drive to ensure each individual gets the most out of every session.

Bill's regular presence at the pool was a staple of OU Fitness and Recreation's Hydro FIT program lineup that included Aqua Zumba®, Dance & Drill, Hydro HIIT, and Hydro Kickboxing this past year. Continuing to leave an indelible mark in the hearts and minds of his class participants and the pool staff, Bill's longevity has been nothing short of awe-inspiring.

Aside from teaching water aerobics, Bill enjoys spending time with his family, attending OU football games, and racing homing pigeons in his spare time.





## Bill Jordan on Water Aerobics at OU



VIDEO: Hydro FIT instructor Bill Jordan talks about his experiences at the University of Oklahoma and how he started teaching water aerobics for OU Fitness and Recreation.





Ayanna Rashidi practices her kicking technique in a kickboxing class.

## WHAT'S YOUR MOTIVATION? STORIES FROM FITNESS AND RECREATION

**This was a collection of personal experiences and stories from Fitness and Recreation shared by past and present students at the University of Oklahoma.**

"Fitness and Recreation has helped me reach my fitness goals by providing programs such as Shift Gears, Ballin' Healthy Habits Challenge, and Full Plate Living. These programs help to motivate me and everyone in the OU community....Fitness and Recreation also helps me to reach my academic goals by aiding in my knowledge to understand the human body and how it works. I am a Health and Exercise science major so Fitness and Recreation helps me to understand my field from a different side other than the classroom."

—Ayanna Rashidi, Health and Exercise Science/Pre-Occupational Therapy major

"One day at the Huff, I started talking to an older gentleman and he said to me, 'I'm eighty-five years old. The reason I look this good is because I still come to the gym regularly.' Sage advice I'd say."

—Logan Hammons, Construction Science major



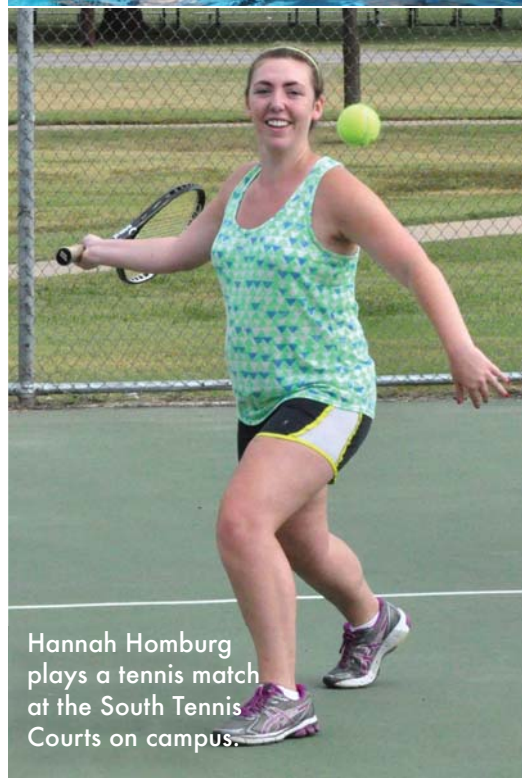
Bryan Muse performs shoulder shrugs in the free weight area of the HHFC.



Monica Barton, graduate student, teaches various group fitness classes.



Logan Hammohs enjoys a nice workout at an Aqua Zumba® class.



Hannah Homburg plays a tennis match at the South Tennis Courts on campus.

"Fitness and Recreation is so important for promoting a healthy campus. The staff provides a network of information and support that people can go to when they need help, motivation, or just some knowledge. This has built the awesome fitness community on-campus we enjoy today."

—Bryan Muse, OU alumnus, first-year Oklahoma City University law student

"I love being able to work out with other people because they motivate me to push me harder. So, I enjoy all group fitness classes. Dance fitness is also an activity that I enjoy because it gives me an excuse to dance in the middle of the day in public!"

—Monica Barton, Master of Exercise Physiology student

Students, faculty, and staff benefit from these programs because they're all different! So people can find something they really enjoy, which makes it easier to stick with. Physical fitness should be just as much about having fun as it is about being healthy.

—Hannah Homburg, Science Education major





Santa Claus reads a letter from Zoey Davenport, 7, at the OU Holiday Lighting.

PHOTO BY STEVE SISNEY,  
THE OKLAHOMAN

## OU HOLIDAY LIGHTING

In the spirit of celebrating diversity of faith and culture, members of the OU community gathered together in the annual tradition of the holiday lighting ceremony. Each and every year, the University of Oklahoma has organized this momentous occasion with speeches marking the season led by OU President David L. Boren and campus dignitaries preceding the lighting of the holiday tree and menorah. The festivities also included holiday music performed by the Singing Sooners and the OU Wind Symphony Brass as attendees enjoyed complimentary hot chocolate, hot apple cider, and cookies. As part of the evening, Zoey Davenport, daughter of Fitness and Recreation Director Amy Davenport, met with Santa Claus and his elves.

