

Welcome to Mary Wash!



SCHEDULE OVERVIEW

Monday, October 14 (UMW University Center)

8:30-10:30 A.M.: Pre-Workshop Activities

10:30-12:30 P.M.: Check-In/Registration Open

12:15-1 P.M.: Opening Session

1:15-2 P.M.: Educational Sessions I

2:15-3 P.M.: Educational Sessions II

3:15-4 P.M.: Educational Sessions III

5:45 P.M.: Trolleys begin to depart from Hyatt Place for the social (sign up for a trolley time at check-in/registration)

6:00-8:45 P.M.: VRSA Dinner & Social @ Strangeways Brewing

Tuesday, October 15 (UMW Hurley Convergence Center)

6:00-8:00 A.M.: Optional Workout at UMW Fitness Center

8:00-8:45 A.M.: Breakfast in HCC Atrium

9:00-9:45 A.M.: VRSA Business Meeting

10:00-10:45 A.M.: Educational Sessions IV

11:00-11:45 A.M.: Roundtable Discussions

12:00 P.M.: Boxed Lunches served to-go!

DETAILED SCHEDULE: MONDAY, OCT. 14

1:15-2:00 p.m. Educational Sessions I

Helping Our Students "Be Well": The Power of Campus Recreation in Moving Students' Well-being & Wellness in a Positive DiREction

Chandler Ballroom 104A

Becky Eacho (Virginia Tech)

Well-being and wellness are hot topics right now in the world of NIRSA, student affairs and higher education. There are on-going discussions around campus on how we can program and provide for our student population opportunities and resources that help them thrive in their holistic well-being. Campus recreation departments play a bigger role than we think in impacting the students' holistic well-being over their four years in a positive way. The following breakout session will help professionals, GAs, and students alike to identify current facilitators and barriers in campus rec that impact the student's holistic well-being, as well as, brainstorm solutions and strategies to move campus rec's well-being initiatives in a positive diREction for our students.

Strategic Leadership for Sustainable Change

Chandler Ballroom 104B

Melissa Jones (University of Mary Washington)

Facilitating lasting change on a college campus can be a daunting undertaking. Navigating the political landscape on campus while building and maintaining your own professional capital can make advocating for change risky, especially for emerging leaders. This session will cover how to identify changes worth making on your campus and discuss strategies on how to building allies around the change you are seeking to lead.

Winning the alumni game: the principles and strategy to running a successful alumni program

Colonnade Room 315

Neill Frazier (Alma Mater)

The founder of Alma Mater, an online company that helps student organizations communicate and fundraise with their alumni, will discuss the connection between sport club members and their alumni. We will discuss the 3 main points of how to approach engaging with alumni and building an alumni program, talk about key alumni core beliefs, and offer tangible examples of how to execute all of this.

A New DiREction: Getting Your Second Job

Maple Room 406D

Michael Potter (Virginia Commonwealth University)

We all reach that point when it's time to begin looking for a new job. That moment is different for everyone as their motivation in that search can vary. Some are seeking a new job for personal/family reasons, others are ready for a new challenge, and some may be seeking greener pastures; whatever the reason, it is a similar process. We will learn and discuss the process of searching for a new job and give tips and tricks to make your transition successful!

DETAILED SCHEDULE: MONDAY, OCT. 14

2:15-3:00 p.m. Educational Sessions II

Ethical Decision Making in Campus Recreation

Chandler Ballroom 104C

Ben Carr & Julie Wallace Carr (James Madison University)

The news is filled with stories about our lawyers, doctors, politicians, sports figures, college administrators, etc. who have made inexplicably poor ethical decisions. There is a cry from all sectors for more ethical leadership in our organizations, so educating professionals on ethics and ethical decision making is even more critical in this day and age. This presentation is designed to introduce participants to the basics of ethics, to suggest why good people make bad ethical decisions and provide advice to help guide participants in making positive future ethical decisions. Participants will reflect on personal values and how those values influence ethical leadership and decision-making. Participants will also be challenged to utilize the information from the session to ethically resolve at least one hypothetical situation.

Financial Fitness: A Budget Workout for Staff to Maximize Fiscal Efficiency

Chandler Ballroom 104A

David Gaskins & Steve Kuchera (George Mason University)

Successful financial management within any organization requires a team approach involving understanding and participation by a large number of people. Learn how one recreational sports department has implemented an inclusive process for education, active engagement, philosophical alignment, and problem-solving to maximize fiscal efficiency and stretch their money for increased advancement and benefit.

There's Nothing Special About You: Re-framing Risk Management and Excellence In The Age Of Participation Trophies

Chandler Ballroom 104B

Karl Schmidt (Virginia Commonwealth University)

This dynamic presentation will re-frame how we perceive the relationship between risk management and excellence in recreation. Stemming from an outdoor recreation context, this presentation's use of case studies, group discussions, and rich imagery aims to engage professionals from all aspects of recreational programming. But, be warned, the first step in rethinking risk and excellence is acknowledging that there's nothing special about you...

The Importance of Healthcare Professionals/Athletic Trainers in Recreational Sports

Colonnade Room 315

Ashley Shepherd (Virginia Commonwealth University), Wendy Sheppard & Alyssa Bauer (University of Richmond), Francesca Harvey & Marshall Mozena (Old Dominion University)

Increases in the number of Recreational Sports offerings means more opportunities for injuries to occur. Athletic Trainers play many roles but can be vital to Rec Sports success in expansion for a growing industry. We will shed light on what Athletic Trainers can do as professionals, injury trends noted over the past few years with various sports, accidents reported, as well as offer information of what Athletic Trainers are currently doing for Recreational Sports. All of the presenters have been working with Rec Sports and can offer knowledge to this important area to help everyone involved.

TWO MORE 2:15 P.M. SESSIONS ON THE NEXT PAGE

DETAILED SCHEDULE: MONDAY, OCT. 14

2:15-3:00 p.m. Educational Sessions II (Continued)

Extreme Ownership: How to Lead Your Campus Recreation Team to Success

Magnolia Room 406A

Alina Cioletti (Longwood University)

No matter what level of experience we have or program area we work in, leadership matters! Based off of the book "Extreme Ownership" by Jocko Willink and Leif Babin, this presentation will give participants simple, yet challenging tasks to take their leadership to the next level. Whatever their leadership style, participants will be given instructions on how to fulfill their ultimate purposes: lead and win.

The NIRSA Assembly

Capital Room 314

Bob Gough (College of William & Mary)

Experience what it is like to be an Assembly member serving in the forward thinking cog. NIRSA Assembly Members from Virginia will facilitate a town-hall/round table engagement of members in thought. Current Assembly topics will be shared and then participants will process what it could look like as well as the impact for the recreation field and NIRSA.

3:15-4:00 p.m. Educational Sessions III

DISC: "Who Am I?"

Chandler Ballroom 104C

Aaron Combs (James Madison University)

This DISC "Who Am I?" workshop is all about YOU. This facilitation will allow participants to explore who they truly are by taking an in-depth look at their specific personality traits. The session will identify the strengths and blind spots of each personality and allow participants to understand their tendencies within each of their communities. Facilitation will include an interactive activity that will allow participants to understand their personality type, active participation through self-reflection, case studies, and group discussion with like personality traits.

Birdcages and Houses: Tools for Understanding Students in Higher Education

Chandler Ballroom 104A

Josh Bensink (James Madison University)

Understanding students and peers is crucial to higher education programming, especially through the lens of equity, diversity, and inclusion. But can we do it all? This session will use a theory-based approach, in conjunction with the NIRSA Equity, Diveristy, and Inclusion (EDI) framework, to support campus recreation professionals in understanding how our identities, and those of our students, can shape higher education programming. Participants will identify, learn, and share best practices to help shape their professional practice, programs, facilities and services.

DETAILED SCHEDULE: MONDAY, OCT. 14

3:15-4:00 p.m. Educational Sessions III (Continued)

Linking Facility Attributes to the Participant Experience: Using Means-End Analysis As A Programming Metric

Chandler Ballroom 104B

Karl Schmidt (Virginia Commonwealth University)

Stemming from marketing research, means-end theory and its associated methodology has broad implications for use in collegiate recreation. Measuring how our facility's attributes feed into higher value for the participants that use them can be difficult to capture and present in a rich, descriptive, and visually-appealing manner. This pragmatic workshop will give participants creative and effective means to evaluate their facilities and programs in the coming year.

There Are Plenty of BLUEFISH in the Sea

Magnolia Room 406A

Alex Bergner & Brandon Ravenel (University of Mary Washington)

In this session presenters will describe what a Graduate Assistantship is, resources and options for those interested in the position, different packages offered, and answer some FAQ's /Q&A's. There are many Bluefish in the Sea, but this session will help you board the Graduate assistantSHIP! If you found yourself thinking, "What is a GA?" or "Ah yes, I might want to be a GA!" then this presentation is for you!

Working Hard or Hardly Working: Building Legacy Opportunities for Your Student Employees

Maple Room 406D

Trumaine Becoat-Wade, Kavon Lawson & Aubrey Kelly (Radford University)

Most Campus Recreation student employees are hard workers, but there is a small percentage of employees who are "hardly working". Learn how Radford University implemented a scholarship program to help their student employees pay for school as well as give them incentives to work harder. We will discuss how Radford's Intramural Scholarship Fund has motivated student employees to work harder in their jobs and in the classroom. We will discuss how to: create a scholarship fund for student employees, raise funds for the scholarship, and select a candidate for the scholarship.

VRSA Dinner & Social

6:00-8:45 p.m.

Strangeways Brewing Fredericksburg

350 Lansdowne Road, Fredericksburg, VA 22401

Social sponsored by Matrix Fitness | Dessert sponsored by Precor



The social will feature an indoor and outdoor gathering area with heaters on the patio, board games, lawn games, music, and an arcade inside. There will be a variety of food options provided and alcoholic beverages will be available for purchase for those 21 years or older with valid ID.

Transportation will be provided to and from the social, which is about a 10 minute drive from the hotel. Trolleys will be picking up VRSA guests at the Hyatt Place hotel at various times from 5:45pm-6:45pm. At the VRSA check-in/registration table, you will have the opportunity to sign up for a trolley pick-up time slot. If you did not do this at check-in, please email campusrec@umw.edu and we will take care of you! There is parking available at the venue if you choose to drive separately.

DETAILED SCHEDULE: TUESDAY, OCT. 15

9:00-9:45 a.m.

VRSA Business Meeting

Digital Auditorium Room 136

10:00-10:45 a.m. Educational Sessions IV

Implementing Inclusive Messaging Into Your Organization

Digital Auditorium Room 136

Amy Ross & Emma Kirwan (James Madison University)

Incorporating inclusive messaging into your organization can be as simple as switching out one word for another. This small, yet intentional, action is one of the many ways we are able to practice open-mindedness and sensitivity to individuals and groups within our community. Participants will learn how to adapt common messaging to encourage a more welcoming environment both within their facilities, among their staff, and in their campus community.

"Other Duties as Assigned..."

Room 210

Matt Levy, Lauryn Shirkey, Noah Stitt, and Sydney Palmer (Shenandoah University)

This presentation is shared from the small school perspective in regards to taking on multiple non-standard, "not in my job description" tasks. There is an expectation that one will wear multiple hats, for multiple different departments, for a multitude of different purposes. This is an important adaptation in order to adjust to the ever changing campus climate and to maximize efforts in enhancing the student experience.

How to Develop a Philosophy of Leadership Statement

Room 327

Karl Schmidt (Virginia Commonwealth University)

This presentation will begin with a welcome refresher on leadership styles, types, and theories. Building a personal philosophy of leadership statement helps recreational professionals be accountable, intentional, and consistent, and from this foundation we'll visit the three keys to a philosophy of leadership statement. From there each person will be guided through creating their own philosophy of leadership statement considering context and their personal values. Examples and feedback will be provided.

VRSA Extramural Sports: A history and a vision

Room 329

Daniel Gardner (College of William & Mary), Will Adams (Virginia Commonwealth University), Jon Corum (James Madison University)

This presentation will provide VRSA campus leadership (directors, associate directors) information about what the VRSA extramural working group is doing, where it's been, where it wants to go, and how VRSA leadership can get involved.

ONE MORE 10:00 A.M. SESSION ON THE NEXT PAGE

DETAILED SCHEDULE: TUESDAY, OCT. 15

10:00-10:45 a.m. Educational Sessions IV (Continued)

eSports, Fitness Trackers and Robots, Oh My - Understanding Technology to Future Proof Your Campus Recreation and Wellness Center

Room 407

Eric Einhorn and Mike Cornoni (CannonDesign)

As technology advances rapidly, with new products and software hitting the market each day, it's easy for campus recreation leaders to feel overwhelmed preparing their facilities for the future. Already, new technologies like eSports, virtual reality, biometrics and more influence how we design, program, staff and ultimately plan recreation centers to adapt to change. Integrated strategies can increase user engagement, provide instant feedback, save on operational expenses and ultimately "future proof" your facility for long-term success. This presentation will outline emerging technologies and strategies and offer a roadmap for successful, long-term integration.

11:00-11:45 a.m. Roundtable Discussions

Discuss current trends, issues, and topics specific to your area of work/interest with your VRSA colleagues. If your session is small, feel free to join another.

Facilities: Digital Auditorium Room 136

Sport Club: Room 111

Intramural Sports: Room 210

Business Operations: Room 307

Marketing: Room 310

Directors: Room 327

Aquatics: Room 328

Fitness & Wellness: Room 329

Outdoor Recreation: Room 407

12:00-12:45 p.m. Boxed Lunches Served To Go!

Lunch

Hurley Convergence Center Atrium

Don't forget to grab a boxed lunch on the way out!



FUN FACTS ABOUT MARY WASH

- Sammy D. Eagle is our mascot and our school colors are blue and gray!
- We are a public, co-ed, liberal arts Institution with ~4,400 undergrad students.
- Our campus rec team is comprised of 2 full-time professionals, 1 part-time business operations manager, and 2 part-time graduate assistants.
- In November we will begin searching for our next GA for Recreational Facility Operations who will get to hang out with us from 2020-2022!

THANK YOU TO OUR SPONSORS!

Platinum

MATRIX

Strong • Smart • Beautiful

Diamond

Aquavation®

The Cool Water Bottle People

Handcrafted
Durham & Rochester



Gold

PRECOR®

Silver

CANNONDESIGN



WIFI INFORMATION

Option 1: UMW_Guest

- In your wifi settings, select the UMW_Guest network
- Either connect using your Google or Facebook credentials or create a username and password

Option 2: Eduroam

(This option will only work if your university uses "eduroam")

- Visit cat.eduroam.org to install the eduroam configuration tool
- Click the blue button that says "Click here to download your eduroam installer"
- Select your home institution
- Click the blue button with your device name
- Click "Download" Follow the installation steps. You will have to enter the username and password you use at your institution.
- In your wifi settings, select the eduroam network
- Once installed and signed in, your device will connect automatically when on any eduroam campus.