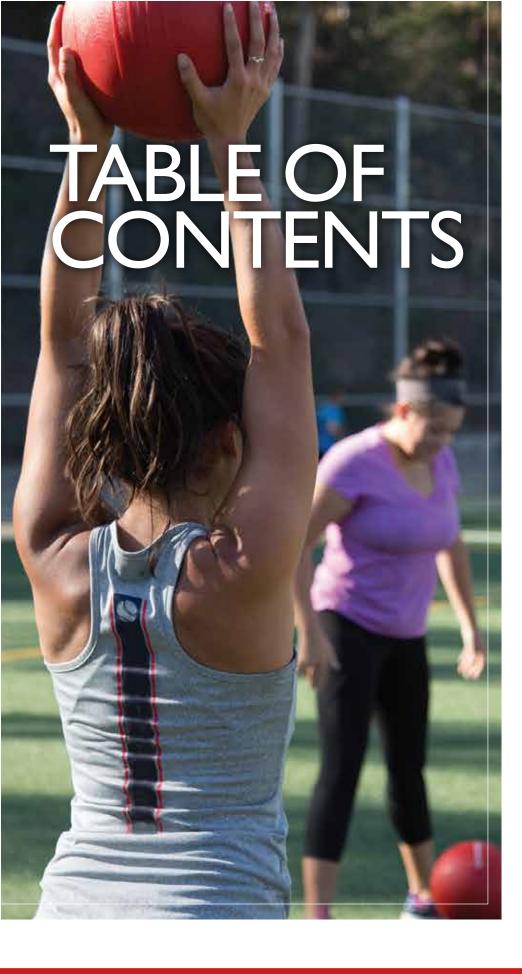
2017-18

ANNUAL REPORT







YEAR IN REVIEW

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Dear Friends,

2017-18 was a very exciting and rewarding year for Aztec Recreation. The past twelve months were marked with numerous student successes, robust program participation, multiple national championships for the Collegiate Sport Club Program and the successful passage of the Transform the ARC referendum! Highlights included:

- Average monthly membership for the academic year remained at record levels with 17,240 members, up from 17,174 members last year.
- The men's water polo club defeated the University of Texas 7-4 to capture the 2017 National Collegiate Club Championship. Senior, Josh Heller, was named tournament MVP.
- The men's volleyball club successfully defended their 2017 national championship title by defeating Cal Poly San Luis Obispo 25-19, 25-22 to win the 2018 NCVF Division I National Collegiate Volleyball Championship.
 Outside hitter Andrew Freiha was named tournament MVP.
- Intramural Sports official Jackson Good earned a bid to officiate at the NIRSA National Basketball
 Championship tournament at The Ohio State University in April due to his outstanding performance at the
 NIRSA West Regional Basketball tournament. This marked the second year in a row that Jackson was selected
 for this honor.
- Aztec Adventures Climbing Lead, Bradley Mills, was honored with the McCarron Exemplary Service Scholarship.
- Aztec Recreation co-hosted the three day NIRSA Region VI Conference in Mission Bay for over 300 recreation professionals from western region universities in November 2017.
- The Mission Bay Aquatic Center (MBAC) successfully completed a large scale lobby renovation.
- \bullet The MBAC Watersports camp witnessed record participation with 2,730 campers.
- On March 6 & 7, SDSU students voted to approve a large scale expansion and renovation of the Aztec Recreation
 Center (ARC) and recreation field space. The ARC will be expanded from 78,000 sq./ft. to approximately
 148,000 sq./ft. Construction is scheduled to begin in summer of 2019 with completion slated for fall of 2021.
 With the approval of the referendum, all SDSU students will have access to Aztec Recreation facilities and the opt-in membership model for students will be eliminated in Fall of 2021.

The future is very bright as planning for the ARC expansion commences. That said, the successes of the past year could not have occurred without the dedication and teamwork of the Recreation and Wellness Commission, A.S. student leaders, and the Aztec Recreation part-time, student and full-time professional staff. On behalf of every Aztec Recreation employee, I would like to thank our members, guests and colleagues for a wonderful year. Your support and patronage is very much valued and appreciated. We look forward to continuing to support and inspire active, healthy living for the SDSU community in the year ahead.

Mark Zakrzewski

Director, Aztec Recreation





FELLOW STUDENTS,

The Associated Students' Recreation & Wellness Commission works to ensure the student voice is heard regarding any issues or ideas to improve fitness, health, and wellness on campus. We also assist with the oversight of Aztec Recreation programs and facilities.

Through the #LiveWellAztecs brand, we reach out to students and support them with every opportunity and resource available following the 8 dimensions of wellness model. We've seen these resources greatly improve the lives of students here at SDSU, and we are committed to helping as many students as possible for years to come.

This past school year we are proud to say that the Recreation & Wellness team successfully campaigned for the renovation and expansion of our current Aztec Recreation Center. We are very excited to move forward with the project and will continue to advocate for students' need for high quality recreation facilities and programs.

Best,

Mary Staka

Recreation & Wellness Commissioner 2017-2018



attending San Diego State
University! With the passing of the
Transform the ARC referendum in
the Spring 2018 semester, we hope
to elevate the student recreation
experience to brand new heights.
Associated Students will reach out
to many communities throughout
our SDSU family to gather valuable
input as we move forward with this
project that will elevate our
students' overall SDSU
experience.

- Christopher A. Thomas

A.S. Recreation and Wellness Commissioner 2015-2017, A.S. Vice President of University Affairs 2017-2018



HIGHLIGHTS

- Aztec Adventures Climbing Lead, Bradley Mills, was awarded the Tom and Virginia McCarron Exemplary Service Endowed Scholarship for 2018 for demonstrating ideals of an A.S. employee and member of the SDSU community
- Intramural official, Jackson Good, earned the program's second invitation to officiate at the NIRSA National Basketball Championships in Ohio and he finished as one of the top 25 Intramural officials in the country

Student Staff participated in numerous development opportunities including:

- National Intramural Recreational Sports Association (NIRSA) Regional Conference
- NIRSA Regional Football and Basketball Tournaments
- NIRSA National Basketball Tournament
- Southern California Intramural Officials Association (SCIOA) trainings

400+ STUDENT EMPLOYEES

Aztec Recreation is committed to student development and fostering an environment where student employees gain valuable experience and transferrable skills while working toward a degree. Positions provide students with a significant amount of responsibility and opportunities to contribute to organizational success while serving program participants and the campus community. Staff are CPR/AED certified and receive training in a host of areas including customer service, conflict resolution, sexual harassment, and workplace safety in addition to position specific skills. Many positions such as lifeguards, trip leaders and fitness instructors require additional certifications for employment.

LEARNING OUTCOME DOMAINS

- Knowledge Acquisition
- Cognitive Complexity
- Intrapersonal Development
- Interpersonal Development
- Humanitarianism and Civic Engagement
- Professionalism and Leadership





My employment at Aztec Recreation, and the guidance I received from full-time staff as a whole, led me to realize my potential and passion I have for working in higher education. By being entrusted to take on multiple leadership roles, along with the investment and support I received from the staff, I have been successful in pursuing my career. Now I continue to give back and develop students the same way the Aztec Recreation staff did for me. **

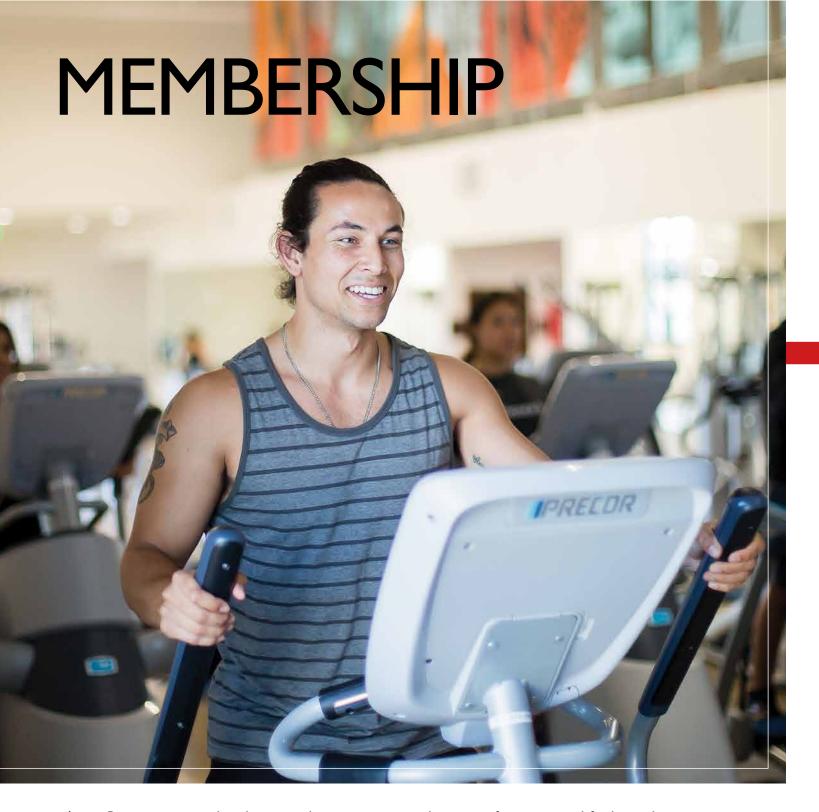
Hayase Yoshizumi, M.Ed, CPT
 Coordinator, Health Promotions &
 Engagement, University of Colorado
 Denver

STUDENT DEVELOPMENT

ASSESSMENT OF AZTEC RECREATION PART-TIME STAFF FOUND:

- 95% indicated that their employment helped them develop the ability to work effectively with individuals with a variety of backgrounds, experiences and cultures
- 93% indicated that their employment positively influenced their SDSU experience
- 91% indicated that their employment enabled them to make new friends
- 84% indicated that their job increased their engagement on campus
- 81% indicated that their employment contributed to student success

4



Aztec Recreation membership provides access to a wide range of services and facilities that inspire active, healthy living. Students, faculty, staff, alumni and community members who wish to participate may join with a monthly membership fee. Membership includes access to on-campus facilities and programs: Aztec Recreation Center, Aquaplex, ARC Express, Aztec Lanes Bowling, Tennis Courts and Racquetball as well as indoor Climbing Wall, Group Fitness classes, and Intramural Sport leagues.

The ARC has been a second home to me throughout my four years at SDSU. Through training with the friends I met there, I realized how empowering and enlightening it can be to feel like you can do anything.

- Jenna M., Student Member

PARTICIPANT EXPERIENCE

TOP REPORTED OUTCOMES OF AZTEC RECREATION MEMBERSHIP PARTICIPATION

- Contributed to overall well-being
- · Improved physical strength
- · Helped reduce stress

941,145 ANNUAL CHECK-INS



MEMBERSHIP ACADEMIC YEAR AVERAGE

	2015-16	2016-17	2017-18
MEMBERSHIP CATEG			
SDSU Students	7,646	7,437	7,464
Residential Students	4,962	5,151	5,487
American Language Inst.	1,428	976	774
Affiliate	291	291	290
Faculty/Staff	398	413	403
Alumni	1,993	1,978	1,969
Community	952	928	853
TOTAL	17,670	17,174	17,240





HIGHLIGHTS

- Hosted over 80 events, 50 days of sport related camps, and 30 days of athletic competitions, including the A3 Performance Swimming Championships
- Conducted over 200 group swim and tennis classes and more than 1,000 private instructional sessions

As a student, I love coming into the Aquaplex and taking a day to relax outside.

- Fania O., Student Member

143,353

OPEN RECREATION PARTICIPATION



PARTICIPATION

	2015-16	2016-17	2017-18
Open Recreation Swim	131,554	133,363	143,353
Adult Swim Lessons	484	541	564
Youth Swim Lessons	1,255	1,507	1,514
Tennis Lessons & Classes	116	146	149
Open Recreation Tennis	5,526	3,562	3,151

The Aztec Aquaplex features two, large outdoor pools, a 20-person spa and 12 adjacent tennis courts. The facility offers open recreation swimming, provides a variety of adult and youth aquatic programming and regularly hosts intramural leagues as well as sport club and intercollegiate athletic competitions. The Aquaplex is home to the SDSU Athletic Department's women's swimming & diving, women's water polo, as well as men's and women's tennis teams. Several Sport Club teams practice regularly at the Aquaplex including the triathlon club, tennis club, as well as the men's and women's water polo clubs teams.





Aztec Recreation Intramural Sports provides opportunities for members to compete in a variety of team and individual sports through league, tournament and special event formats. The program offers competitive and recreational divisions in many sports to encourage players of all experience levels to participate. There are also extramural opportunities to compete against other San Diego university teams in the San Diego Championship Series (SDCS) and against other collegiate teams at regional tournaments.

are for soccer. The games begin on time so you don't have to worry about running late. I can schedule things after my games knowing I will have time.

 Luis M., SDSU Student Sophomore and Intramural Sports Participant

HIGHLIGHTS

- Aztec Recreation hosted the SCIOA Basketball Clinic this year welcoming over 40 staff and student officials from seven different universities across Southern California
- Aztec Recreation sent three officials to NIRSA regional Intramural flag football and basketball tournaments with all of them finishing in the top half with both semifinal and championship game appearances
- For the first time on record, SDSU took home the most championships (5 of 10) in an academic year in the San Diego Championship Series besting CSU-San Marcos, UCSD and USD in open and corec basketball, flag football, corec volleyball and men's indoor soccer



5,749 TOTAL PARTICIPATION

PARTICIPANT EXPERIENCE

- 93% indicated that Intramural Sports created friendships and increased social interaction
- 87% indicated that Intramural Sports reduced stress
- 80% indicated that Intramural Sports improved their physical fitness

INTRAMURAL SPORTS

	2015-16	2016-17	2017-18
Sports	35	33	27
Teams	747	685	512
Games Played	1,471	1,205	1,086
Participants	7,978	7,725	5,749



The Aztec Recreation Sport Club Program includes 20 diverse and highly competitive teams with over 750 athletes. Teams represent SDSU in intercollegiate competitions at regional, state and national levels. The sports club program supports student managed teams by providing opportunities for collegiate competition, leadership development, social connections and community involvement.

SPORT CLUBS

	2015-16	2016-17	2017-18
Teams	19	20	20
Total Athletes	772	809	764

PARTICIPANT EXPERIENCE

- 84% indicated that participating on a sport club team contributed to their success as a student
- 85% indicated that participating on a sport club team contributed positively to their self-confidence
- 53% indicated that the opportunity to participate in sport clubs contributed to their decision to attend SDSU
- 77% indicated that participation with their sport club team contributed to their decision to stay at SDSU

764 STUDENT ATHLETES

HIGHLIGHTS

- Men's Volleyball won the NCVF National Championship for second year in a row
- Men' Water Polo won the program's first CWPA National Championship
- Dance placed 1st in both Hip-Hop and lazz at the USA Nationals
- Tennis placed 2nd in Silver Bracket at the UTA Nationals
- Fourteen of the 20 teams qualified for their respective National Championships
- Women's Lacrosse, Men's Water Polo, and Waterski were conference or divisional champions for their respective leagues

OUTSTANDING AWARD WINNERS

- Outstanding Scholar Athlete:
 Tim Jannisse Cycling
- Outstanding Athlete:
 Mark Kolding Triathlon
- Darcy Bingham Emerging Leader: Hannah Kranz - Ski & Snowboard
- Bob Bingham Team Leader: Austin Switzer - Rugby
- Bingham Sport Club Leader of the Year:
 Mithalee Thakkar Women's Ultimate
- Coach of the Year: Jesse Foss - Men's Lacrosse
- Team of the Year:
 Waterski & Wakeboard
- Sport Club of the Year: Dance

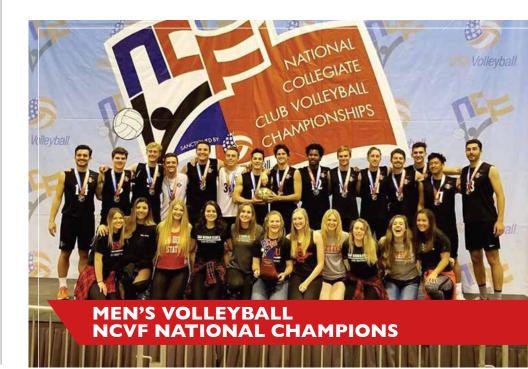
Being a sport club athlete and leader has been an amazing experience. I met some wonderful people and had the great opportunity to learn many skills that can be used off the field.

Katie Buote
 Women's Ultimate President



Being a part of the SDSU Dance Team as a sport club athlete has by far been the best experience for me at school so far. It has helped me grow as a student, leader, and athlete, and granted me with several skills that will benefit me not only now, but into my future as well. Being a sport club athlete at SDSU has enhanced my college experience in ways I never expected, and I am incredibly thankful.

Danielle Shapiro,
 Dance Team Member





Aztec Recreation Group Fitness classes are drop-in classes led by motivating instructors who engage members in fun, safe and effective fitness training. Group Fitness classes are included at no additional cost with an Aztec Recreation membership. Group Fitness formats include cardio, dance, mind/body, and strength based classes to provide group exercise opportunities in everything from Cycling and Cardio Dance to Yoga and Barre Blast.

HIGHLIGHTS

- New formats were added this year, including CycleCore, Boxing Boot Camp, Candlelit Hatha Vinyasa Yoga, and Pound[®]
- Special Events this year were the 3rd annual Live Well Late Night Fitness Jam, a Valentine's Day Partner Yoga, and a Memorial Day Murph workout
- Many special group classes were held on campus for residence halls and campus groups including yoga, dance, and five campus
 Self Defense workshops led by Heidi Wilson, including one session at Campus Safety Day and another during Panhellenic Week
 which had over 140 participants
- In July 2017, eight instructors led eleven classes for Youth Rally, a group that helps adolescents living with disabilities build self-confidence and learn to live independently

GROUP FITNESS

2	015-16	2016-17	2017-18
Total Classes	2,090	2,348	2,106
Average Classes/Week	45	46	42
Participant Contacts	48,620	49,064	42,217

body and overall health taking the group fitness classes at the ARC within one semester than I saw a whole year of working out on my own. I absolutely love the Group Fitness classes!

- Aimee P., Group Fitness Participant

PARTICIPANT EXPERIENCE

- 91% indicated that Group Fitness contributes positively to their overall well-being
- 87% indicated that Group Fitness helps reduce stress
- 86% indicated that Group Fitness expanded their interest in staying fit and healthy
- 81% indicated that Group Fitness improved their self confidence



The Group Fitness instructors are amazing. I like that they allow and give alternative instructions for those who cannot do a higher intensity level. I like that they make me feel welcome every time I go in. It is a comfortable feeling that they know my face and have a big smile when welcoming students.

- Nancy F., Group Fitness Participant

42,2 7 GROUP FITNESS PARTICIPATION





Aztec Recreation offers instructional activity classes, which are focused on the progression of physical activity skills and practice. Academic credit activity classes are offered to students in Aztec Recreation facilities through the partnership with Exercise and Nutritional Sciences (ENS). The ENS credit classes provide opportunities for students to earn academic credit but are also available for those who choose to not take the class for credit.

experience. I made connections with people I would not normally meet on campus, learned how to become more confident in myself, as well as found a new way to work out and be physically active. Absolutely would do it again!

- Julia R., Hip Hop Student

2,316 STUDENTS ENROLLED

HIGHLIGHTS

- New classes added this year included Yoga for Athletic Performance and Group Fitness Instructor Training (GFIT)
- Beginning and Intermediate Judo students had the opportunity to practice with beginning judo students from la Escuela de Deportes Universidad Autonoma de Baja California

PARTICIPANT EXPERIENCE

- 98.5% indicated that they would continue to practice the skills taught in class upon completion of the course
- 95% indicated that their class contributed positively to their overall well-being
- 91% indicated that their class helped them reduce stress
- 91% indicated that their class helped them incorporate physical activity into their regular schedule

Was the only way to get fit but this class opened my mind in many ways. I used to be afraid of using weights in front of everyone else in the gym, but now thanks to this course I feel confident when working out and using weights. 99

Mariela E., Fitness Training for Women Student

INSTRUCTIONAL CLASSES

	2015-16	2016-17	2017-18
ports	904	795	683
itness	769	839	852
1artial Arts	299	277	269
Dance	273	243	256
Outdoor Skills	406	270	256
- Total	2,651	2,424	2,316





Aztec Recreation offers a wide range of free wellness programming to students, staff and faculty and is proud to partner in the Live Well Aztecs campus initiative. Live Well Aztecs is a partnership of campus resources with the goal of providing programs, services and outreach efforts that educate, support and inspire SDSU students, faculty and staff to lead healthy, balanced lives.

LIVE WELL LATE NITE

Four Live Well Late Night events provided wellness programming to students in collaboration with Live Well Aztecs and the A.S. Recreation and Wellness Commission:

- The third annual Fitness Jam at the Aztec Recreation Center included eleven unique specialty group exercise class formats and brought together over 250 SDSU students for the event
- The Aztec Recreation Center hosted the third annual 3 on 3 Basketball Jam which brought together over 75 of SDSU's recreational basketball players for a 4-hour event
- Aztec Lanes hosted the second annual Lights Out | Strike Out offering glow pin bowling and host of interactive games for over
 550 student participants
- Aztec Recreation staff officiated and supervised tournament activities for over 200 participants for the Spike Balls Not Drinks event hosted by SDSU Well-being & Health Promotion, SISSTER and FratMANers

HIGHLIGHTS

- Free meditation was offered for students, faculty and staff in collaboration with Counseling and Psychological Services
- 238 staff and faculty participants joined free weekly yoga classes offered at the Conrad Prebys Aztec Student Union
- In its third year, the bi-weekly Live Well Aztecs walking group recorded over 620 participants
- SDSU Dining and Well-being & Health Promotion
 launched the Live Well Aztecs approved health-conscious
 food labeling program where Aztec Markets and campus
 restaurants sold designated products with the Live Well
 Aztecs logo via product stickers, digital menu boards,
 entrée name cards and signage

1,094 LIVE WELL LATE NIGHT PARTICIPATION



*It is not an exaggeration to say that what I have learned through participating in the weekly Live Well Aztecs meditation class has profoundly changed my life for the better. **

- Jaime G., SDSU Staff & Meditation Participant





Aztec Adventures offers the SDSU community leadership development, education, and adventure experiences through the outings, climbing and team building programs. Outings offerings include weekend backpacking, hiking, rock climbing, and canoeing trips. Exercise and Nutritional Sciences (ENS) course offerings with an outings trip component include Adventure Leadership, Rock Climbing, Backpacking, Camping, Canoeing and Wilderness First Aid (WFA) certification. The climbing program includes orientations, drop-in climbing, and ENS rock climbing courses at the climbing wall located in the Aztec Recreation Center. Team Building provides workshops and challenge course programs to corporate groups, non-profits, teen & youth groups, high schools, middle schools, sport teams, camp programs, SDSU student organizations, SDSU academic departments, SDSU auxiliaries, and faculty-staff groups.

HIGHLIGHTS

- •The ARC Wall hosted an inaugural bouldering rock climbing competition with 24 competitors
- Aztec Adventures hosted a S'mores Night Social at Scripps Cottage inviting students to learn about the programs
- Aztec Adventures Outings Program travelled to Death Valley for the first time experiencing four days of camping & hiking in the desert
- Aztec Adventures Team Building hosted activities for the fourth annual SDSU Field Day celebration for over 300 participants and spectators, including 23 obstacle course teams and 21 build a boat challengers

THE ARC WALL
SET A RECORDBREAKING YEAR
WITH
6,716
CLIMBING VISITS

AZTEC ADVENTURES

	2015-16	2016-17	2017-18
OUTINGS & CLIMBI	ING		
ENS Classes	28	21	17
Trips	50	44	24
Trip Participants	568	521	278
Trip Contact Hours	25,346	23,760	16,080
Climbing Wall Visits	4,417	3,503	6,716
Climbing Orientations	611	719	658
TEAM CHALLENGE			
Groups	36	30	34
Participants	1,372	1,259	1,458
Contact Hours	8,232	7,554	8,748

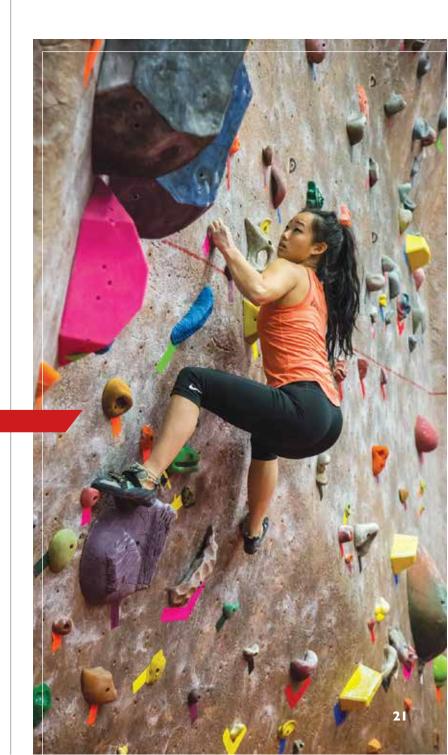
Yosemite, and I am so very glad that I went. I made many new friends and got to know everyone incredibly well. Where can you surround yourself with 20 strangers and in a short weekend turn them into 20 new friends?

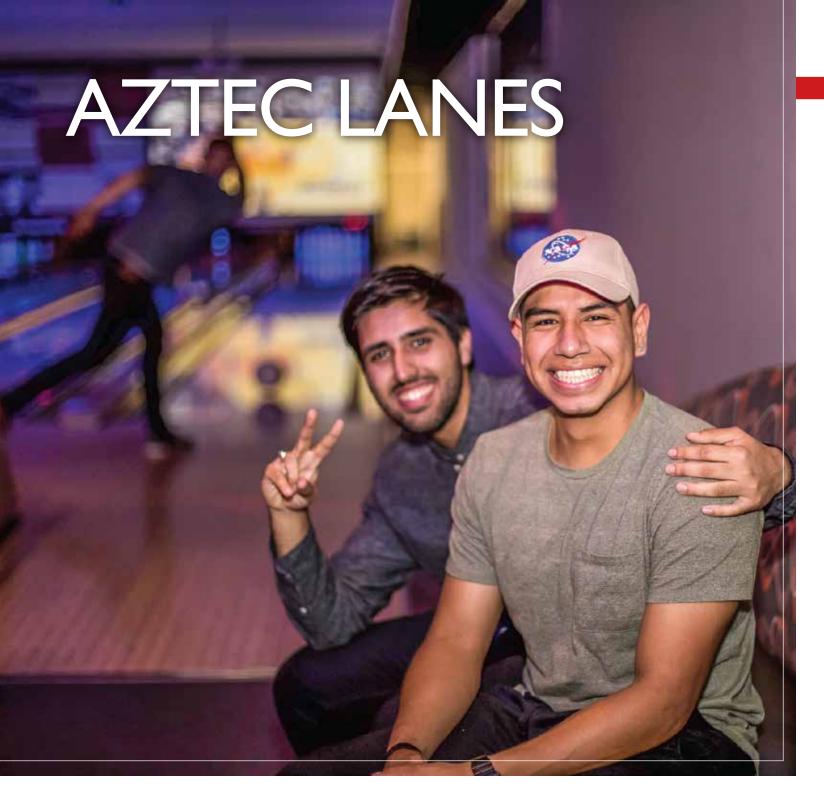
Regina C., Yosemite National Park
 Camping & Hiking Participant

**Best experience I've had so far while at SDSU! Really enjoyed being in the wilderness with such good, caring people. It felt really nice to get away and breathe in the fresh air!

 Melanie M., Wilderness First Aid Certification Course Participant our group! We still have our students talking about their experiences. Thank you for creating a wonderful program that focused on developing trust and confidence with our group. 39

- Chris M., Team Building Program Participant





Aztec Lanes is located on the first floor of the Conrad Prebys Aztec Student Union and provides students and members of the SDSU community with bowling, billiards, table tennis, TV and video gaming. Aztec Recreation membership includes free bowling as a member benefit. Aztec Lanes programming includes beginning and intermediate ENS bowling credit classes, Intramural leagues, and group events such as birthday parties, campus department activities, student group events and private venue reservations.

HIGHLIGHTS

- Aztec Lanes hosted group events with campus departments, SDSU Student organizations, as well as collaborated with Aztec Nights and the Aztec Student Union Board to host Unionfest Splash and Charmed to be at State
- Aztec Lanes hosted its second Lights Out | Strike
 Out Live Well Late Night event with 551 students
 in attendance compared to 500 during its first
 event
- Aztec Lanes Summer Kids Bowl Free participation grew from 2,267 participants in summer 2016 to 2,673 participants in summer 2017

33,589 GAMES BOWLED

The instructor helped me so much on not only improving my bowling skills but to teach my friends about lane courtesy and how to bowl better. Also, the instructor helped me love the sport even more and join a league.

 Alberto P. Jr., SDSU Senior and ENS Bowling class Participant

AZTEC LANES

		2015-16	2016-17	2017-18
ENS Bowling Participants		530	389	370
Bowling League		244	171	114
Games Bowled	Student	9,571	8,690	7,916
	SDSU Affiliate	3,163	4,909	5,120
	Community	10,248	17,200	20,553
	Total Games	22,982	30,799	33,589
Billiards	Total Hours	5,978	5,649	4,765
Table Tennis	Total Hours	2,097	2,065	1,536
Group Events	Quantity	186	159	140





The Mission Bay Aquatic Center (MBAC) is one of the world's largest instructional waterfront facilities and is located in beautiful Mission Bay Park, just a 15-minute drive from SDSU. With a diverse mix of watersports equipment and instruction under one roof, MBAC has the best that San Diego has to offer. Programming enables students, alumni and the SDSU community to experience wakeboarding, sailing, surfing, stand up paddling, waterskiing, rowing, kayaking, and windsurfing in a variety of formats from instructional classes for credit and non-credit to rentals, youth camps and special events. MBAC is known for a commitment to safety, quality, highly trained staff and sustainability having established LEED Platinum Existing Building certification in 2013.

2,730 KIDS AT THE WATERSPORTS CAMP

MISSION BAY AQUATIC CENTER

	2015-16	2016-17	2017-18
Events	6,971	7,464	6,531
Rentals	9,686	9,365	9,555
Camp	2,636	2,670	2,730
Rec Classes	2,104	2,145	2,118
ENS Classes	1,855	1,787	1,596
Private Lessons	946	1,083	1,118
Total	24,198	24,514	23,648

HIGHLIGHTS

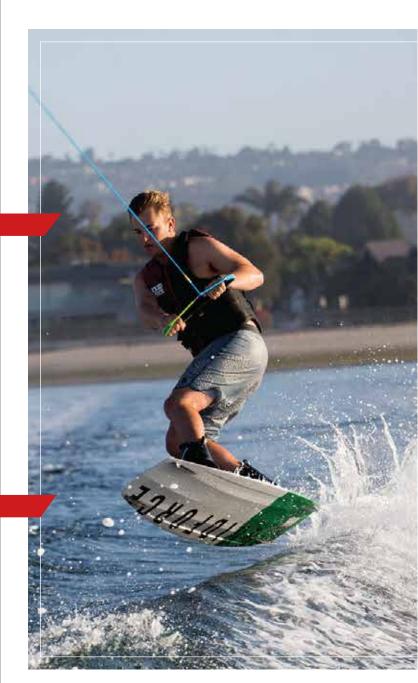
- Distributed over \$30,000 in camp scholarships to more than 135 underrepresented youth
- Facilitated inclusion for 40 kids with disabilities to participate in a week-long camp alongside their able bodied peers
- Designated as US Sailing's West Coast Center of Excellence for STEM Education
- Completed an MBAC office remodel to expand customer reception space to meet increasing demand
- Hosted a record 2,730 kids at The Watersports Camp

PARTICIPANT EXPERIENCE

- 95% indicated that participating contributed to their overall well-being
- 90% indicated that taking a class at MBAC helped reduce stress
- 87% indicated that participation improved their social connection to others
- 80% indicated that participating contributed to their success as a student

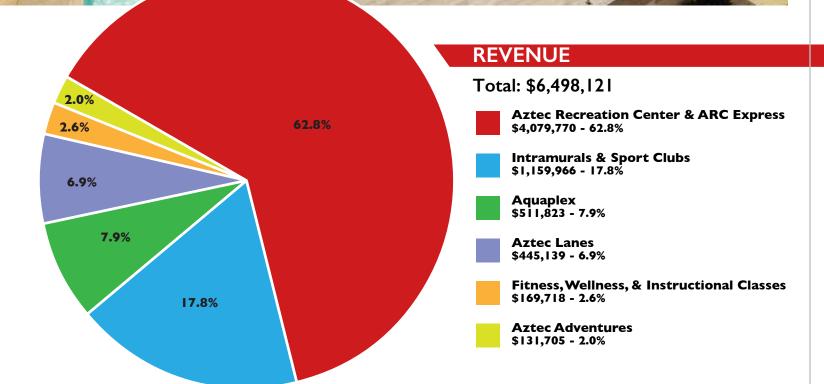
I have gained so much confidence socializing with so many different people while doing something far out of my comfort zone. The feeling of catching my first wave and being able to stand up was something I will never forget.

- Umer H., German International Student



24 25

FINANCIAL SUMMARY



EXPENSETotal: \$6,297,825

Aztec Recreation Center & ARC Express \$3,110,741 - 49.5%

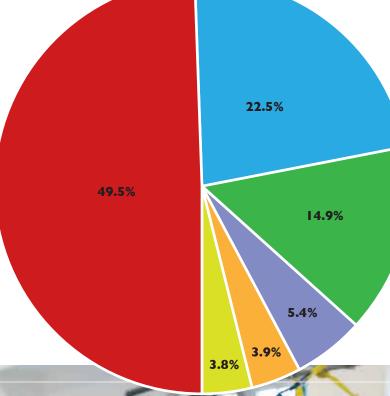
Intramurals & Sport Clubs \$1,414,652 - 22.5%

Aquaplex \$935,465 - 14.9%

Aztec Lanes \$338,242 - 5.4%

Fitness, Wellness, & Instructional Classes \$250,558 - 3.9%

Aztec Adventures \$248,167 - 3.8%









Associated Students (A.S.) is student-directed not-for-profit auxiliary organization of San Diego State University. The programs and facilities A.S. manages are enjoyed by students, faculty, staff and the SDSU community. A.S. aims to create, promote and fund social, recreational, cultural, and educational programs and facilities both on campus and in the community; advocate for student interests; provide leadership opportunities; and participate in shared governance.