

ANNUAL REPORT 2018 - 2019



Experience It!

Year in Review



The 2018-2019 year was a very exciting and productive year for Aztec Recreation, highlighted with robust program participation and numerous student successes. Significant accomplishments included:



- Beginning the design and pre-construction work for the large scale expansion and renovation of the Aztec Recreation Center. The ARC, which opened in 1997, will be expanded from 78,000 sq/ft to 138,000 sq/ft to provide a modern campus venue that will meet the recreation, fitness and wellness needs of current and future SDSU students. A series of focus groups were held throughout the year to gather student input to assist the project team with the final design of the facility. The project is scheduled to break ground in Fall 2019 and be completed in Fall 2021.
- The ENS 700 field enhancement project. The project, which broke ground in May 2019, included converting 1.9 acres of grass to synthetic turf, adding LED sports lighting and enhancing the surrounding landscaping. The project was completed August 23, 2019 and provides additional recreation space for students as field space on campus is limited and in high demand.
- Women's Club Soccer won the Open Cup National Championships on February 23, 2019. SDSU defeated the University of Southern California 3-1 to earn the championship. Four SDSU players were named to the all-tournament team including senior goalkeeper Rubi Mena, sophomore midfielder Summer Slough, junior defender Makenna Rubenstein and sophomore midfielder Gabrielle Root. Sophomore forward Ellen Smolarski was named Most Valuable Player of the tournament.
- 11 Sport Club programs qualifying for their respective National Championship tournaments.
- Mission Bay Aquatic Center witnessing record participation at the Watersports Camp with 2,919 campers.
- Over 830,000 annual visits to Aztec Recreation Facilities with the annual member survey showing a 95% member satisfaction rate.

The success of the past year could not have occurred without the dedication and teamwork of our student and professional staff. On behalf of every Aztec Recreation employee, I would like to say thank you to our members, colleagues and guests for your support and patronage throughout the year. Your participation and input help drive our innovation and commitment to delivering high quality programs, services and facilities. We look forward to continuing to inspire active, healthy living for SDSU students and the campus community in 2019-2020.

In Health,

Mark Zakrzewski
Director, Aztec Recreation

Recreation & Wellness Commission



Fellow Students,

The Associated Students Recreation and Wellness Commission is the student voice for fitness, wellness and recreation resources at SDSU. Serving these past two years as both the commissioner and the commissioners representative has been an honor and privilege. During the past two years, the recreation and wellness commission helped spearhead a referendum to expand and renovate the Aztec Recreation Center and collaborated to renovate the ENS field. It's extremely rewarding to see these projects develop!

It's been a pleasure to work with the many campus professionals promoting health and overall wellness via the Live Well Aztecs brand. Our commission partnered in a wide variety of programs as part of this highly productive team of collaborators who bring students together with insightful learning about the dimensions of wellness that lead to student well-being and success.

Although I am sad that my time on the Rec and Wellness Commission has come to an end, I am embracing a new leadership role where I will continue to support student needs. I look forward to the future of recreation, fitness and wellness on our campus.

George Scott

A.S. Vice President of University Affairs, 2019-2020
A.S. Recreation and Wellness Commissioner, 2018-2019

Student Employment



Aztec Recreation is committed to student development

and prides itself on fostering an environment where students gain valuable experience and transferable 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. Some positions such as lifeguards and fitness instructors require additional certifications for employment.

400+
STUDENT
EMPLOYEES

// *I've made some of my best friends working for Aztec Recreation. We all have similar values, and that makes it great to be with one another whether we are in the workplace, studying together, going out for food or just hanging out. They make me a better me.* **//**

— Savannah S, Aztec Aquaplex Lifeguard

Highlights

- Member Services Representatives, Tasha Irianto and Matthew Morisky, and Aquaplex Lifeguard, Marissa Wyan, were all recipients of A.S. Scholarship awards
- New Lead Development Workshop and Training Series was created to help student leaders identify their leadership skills, styles and values and to help them better connect their current work experience with both academic coursework and future career goals
- Student Staff participated in numerous development opportunities including:
 - NIRSA Regional Football and Basketball Tournaments
 - Southern California Intramural Officials Association (SCIOA) trainings
 - IDEA Health and Fitness Association World Convention
 - Single Pitch Instructor Climbing Certification
 - Barre Above Instructor Certification
 - Spinning Instructor Certification
 - USA Weightlifting Advanced Sports Performance Coach Certification

Student Development

Assessment of Aztec Recreation Part-Time Staff Found:

93% indicated that their employment positively influenced their SDSU experience

91% indicated that their employment enabled them to make new friends

87% indicated that their employment helped them develop the ability to work effectively with individuals with a variety of backgrounds, experiences and cultures

83% indicated that their job increased their involvement on campus

81% indicated that their employment contributed to student success

Learning Outcome Domains

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

Membership



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.

838,878
ANNUAL
CHECK-INS

// *I absolutely love everything about Aztec Recreation and the staff, the gyms and fields. It's clean and friendly and my workouts are the highlight of my school week. I always feel I can concentrate best after a solid workout at the ARC or the ARC Express.* **//**

— Jeanine M, SDSU undergraduate student

Highlights

- The membership peak of 17,548 was in November 2018
- 95% of members reported overall satisfaction with membership
- Top reported motivation for participants were to:
 - Improve fitness
 - Feel better after a workout
 - Manage stress

Participant Experience

- 91%** indicated membership improved their physical strength
- 90%** indicated membership contributed to overall well-being
- 86%** indicated membership expanded their interest in staying fit and healthy
- 85%** indicated membership helped them reduce stress

Membership Academic Year Average

	2016-2017	2017-2018	2018-2019
MEMBERSHIP CATEGORY			
SDSU Students	7,437	7,464	6,895
Residential Students	5,151	5,487	5,853
American Language Institute	976	774	646
Affiliate	291	290	298
Faculty/Staff	413	403	414
Alumni	1,978	1,969	1,812
Community	928	853	761
TOTAL	17,174	17,240	16,679

Aztec Aquaplex



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.

139,781
OPEN RECREATION
PARTICIPATION

// *It’s hard to envision my time at SDSU without the Aquaplex. From work to play, the Aquaplex offered a way to relieve stress, maintain fitness, and even create lifelong friendships.* **//**

— Alyssa M, Aquaplex Staff

Highlights

- Hosted over 769 hours of special events and camps
- Facilitated 184 hours of athletic competitions and tournaments
- Supervised over 2,227 hours of aquatic practices
- Conducted over 1,894 hours of swimming and tennis instructional programming

// *Thank you for an amazing job in coordinating, communicating, and supporting my special event at the Aquaplex. All the staff were extremely helpful and courteous. As an SDSU Lifetime Alumnus, I felt proud and grateful for having access to such an incredible facility, and even more so for the excellent level of customer service.* **//**

— Tom H, SDSU Alumnus

Participation

	2016-2017	2017-2018	2018-2019
Open Recreation Swim	133,363	143,353	139,781
Adult Swim Lessons	541	564	498
Youth Swim Lessons	1,507	1,514	1,479
Tennis Lessons & Classes	146	149	128
Open Recreation Tennis	3,562	3,151	2,854

Intramural Sports



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.

6,128
**TOTAL
PARTICIPATION**

// *Competitive sports has been a great experience for me and my team. It was exciting to play in the regionals against other students from local universities and represent SDSU. Intramurals has allowed me to continue playing basketball at a high level.* **//**

— Garrett M, SDSU Regional Basketball Intramural Sports Team Captain

Highlights

- Basketball continues to be the most popular sport for the third consecutive year with 211 teams and 1,831 participants
- Aztec Recreation took 3 officials to SCIOA flag football and 7 officials to SCIOA basketball training events
- Aztec Recreation sent two officials to NIRSA Regional Flag Football Tournament and one official to the NIRSA Regional Basketball Tournament. All officials finished with semifinal game appearances
- For the second year in a row, Aztec Recreation took home the most San Diego Championship Series (SDCS) championships (4 of 10) besting CSU-San Marcos, UCSD, USD, and Point Loma Nazarene University in flag football, corec volleyball, beach volleyball, and men’s indoor soccer

Participant Experience

- 99% indicated that Intramural Sports is fun
- 93% indicated that Intramural Sports created friendships and increased social interaction
- 88% indicated that Intramural Sports improved their physical fitness
- 86% indicated that Intramural Sports reduced stress

Participation

	2016-17	2017-18	2018-19
INTRAMURAL SPORTS			
Sports	33	27	28
Teams	685	512	545
Games Played	1,205	1,086	1,025
Total Participation	7,725	5,749	6,128

// *My experience with Intramural Sports has been awesome. I’ve enjoyed meeting new people and playing team sports. Through Intramurals, I’ve been able to have fun and make new friends!* **//**

— Elise S, Freshman SDSU Student

Sport Clubs



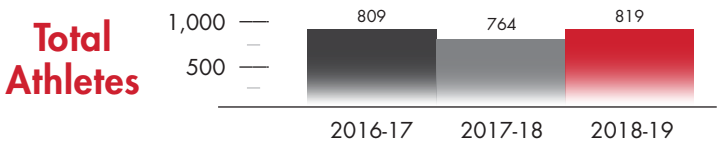
The Aztec Recreation Sport Club Program includes 20 diverse and highly competitive teams with over 800 athletes. Teams represent SDSU in intercollegiate competitions at regional, state and national levels. The sports club program supports student managed teams by providing opportunities for collegiate competition, leadership development, social connections and community involvement.

819
ATHLETES
20 TEAMS

“Being a leader and a participant in the sport club program at SDSU has been a formative experience for me. Through the team, I made some of my best friends. This year as the president of the team, I have gained invaluable experience on how to run an organization and practiced leadership skills that I will be able to take with me past college and will be valuable throughout my life.”
— William Hammonds, Men’s Soccer President

Highlights

- Eleven of the 20 teams qualified for their respective National Championships
- Women’s Soccer placed 1st at the NIRSA Soccer Nationals (Open Division), Dance placed 3rd at UDA Nationals (Hip-Hop), and Women’s Water Polo placed 3rd at the CWPA Nationals
- Waterski and Women’s Water Polo were conference and divisional champions for their respective leagues
- Outstanding team and individual award winners:
Outstanding Scholar Athlete: **Kristen Dunlay**, Women’s Ultimate
Outstanding Athlete: **Megan Caufield**, Waterski/Wakeboard
Darcy Bingham Emerging Leader: **Megan McElaney**, Dance
Bob Bingham Team Leader: **Daniella Talento**, Women’s Water Polo
Bingham Sport Club Leader of the Year: **Gregory Gerardo**, Tennis
Coach of the Year: **Dave Christensen**, Women’s Lacrosse
Team of the Year: **Men’s Volleyball**
Sport Club of the Year: **Ski/Snowboard**



Participant Experience

- 81% indicated that participating on a sports club team contributes to their success as a student
- 80% indicated that participating on a sports club team contributes to positively to their self-confidence
- 47% indicated the opportunity to participate in sport clubs contributed their decision to attend SDSU
- 72% indicated participation with their sport club team contributes to their decision to stay at SDSU

Top Outcomes

- 96% Improved strength
- 95% Social connections
- 92% Overall well-being
- 89% Improved athletic skills
- 86% Increased interest in staying fit and healthy

Group Fitness



Aztec Recreation Group Fitness classes are drop-in group classes that are led by motivating instructors who engage members in fun, safe and effective fitness training. Group Fitness classes are included with an Aztec Recreation membership at no additional cost. A robust schedule of Group Fitness formats includes 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.

42,211
GROUP FITNESS
PARTICIPATION

// *My instructor was patient and excellent at explaining the moves and adjustments for beginners to advanced forms. I am usually intimidated by group fitness classes but I felt motivated throughout the workout. I will be coming back!* **//**

— Winona G, Group Fitness Participant

Highlights

- Spring semester had a record high of nine undergraduate student instructors on staff due to the development of the Group Fitness Instructor Training credit class in 2016
- Special Events held this year included the 4th annual Live Well Late Night Fitness Jam, two different “Move Stretch Repeat” yoga classes at Love Library, Fitpalooza, and a 3rd annual Memorial Day Murph workout
- Numerous special group classes were held on campus for residence halls and campus groups including a yoga class for Aztec Medicine Association, boot camp for Healthy Eating and Fitness Day, and three campus Self Defense workshops led by Heidi Wilson including sessions for Campus Safety Day and College Panhellenic Week which had over 90 participants

Participant Experience

- 94%** indicated that group fitness contributed positively to their overall well-being
- 92%** indicated that group fitness helps reduced stress
- 91%** indicated that group fitness expanded their interest in staying fit and healthy
- 91%** indicated that Group Fitness classes expanded their interest in staying fit and healthy
- 86%** indicated Group Fitness classes improved their physical strength

Participation

	2016-17	2017-18	2018-19
Total Classes	2,348	2,106	2,060
Average Classes/Week	46	42	40
Participant Contacts	49,064	42,217	42,211

// *The Fitness Friday class was awesome! The most fun Friday night ever!* **//**

— Tim O, Group Fitness Participant

Instructional Classes



Aztec Recreation offers fee-based 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 a 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 take the class not-for-credit.

2,314
STUDENTS
ENROLLED

// *Participating in the yoga credit class really helped to bring me back to reality and re-focus on what's important. Having the time to reflect and meditate weekly has definitely improved my emotional well-being.* **//**

— Ashley H, Yoga for Athletic Performance Student

Highlights

- Due to high demand, classes added this year included additional sections for yoga for athletic performance and jiu jitsu
- Group Fitness Instructor Training (GFIT) included ten students across two semesters and resulted in three participants hired as Aztec Recreation Group Fitness instructors

Participant Experience

- 98%** indicated that their class helped them incorporate physical activity into their regular schedule
- 98%** indicated that they improved their skills associated with the class activity
- 93%** indicated that they would continue to practice the skills taught in the class upon completion of the course
- 93%** indicated that their class contributed positively to their overall well-being
- 87%** indicated that the class helped them reduce stress

Instructional Classes Participation

	2016-2017	2017-2018	2018-2019
Sports	795	683	781
Fitness	839	852	755
Martial Arts	277	269	328
Dance	243	256	217
Outdoor Skills	270	256	233
Total	2,424	2,316	2,314

Wellness



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. With input from the student Recreation and Wellness Commission, AOD Task Force and campus wellness collaborators, programming includes special events and weekly activities.

1,382
LIVE WELL
LATE NIGHT
PARTICIPATION

// *The Fitness Jam was an absolute blast. I had the most fun with the partner aerial yoga, and I loved the variety!*

— Andres M, SDSU Graduate Student



Highlights

132 staff and faculty participated in a weekly free 30-minute meditation lunch break

280 staff and faculty joined free weekly yoga classes offered at the Conrad Prebys Aztec Student Union

SDSU Dining and Well-being & Health Promotion expanded the Live Well Aztecs approved health-conscious food labeling program in Aztec Markets and select campus eateries

// *I had an amazing time playing in the 3-on-3 Basketball Jam. It brings out all the best players for one amazing night of competition. I look forward to it every year.*

— Jared M, SDSU Junior



Live Well Late Night

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 3-on-3 Basketball Jam had a record high 35 teams participate this year
- The fourth annual Fitness Jam at the Aztec Recreation Center included 12 unique specialty group exercise class formats and brought together over 300 SDSU students on a Thursday night
- Aztec Lanes hosted the third annual Lights Out Strike Out offering glow pin bowling and a host of interactive games for over 550 students
- Aztec Recreation staff officiated and supervised tournament activities for over 200 students at the Spike Balls Not Drinks event hosted by SDSU Well-being & Health Promotion, SISSTER and FratMANers

Aztec Adventures



Aztec Adventures offers the SDSU community leadership development, education, and adventure experiences through the outings, climbing, team building and outdoor credit course programs. Outings offerings include weekend backpacking, hiking, and rock climbing trips. Outdoor Credit Courses instruct outdoor recreation skill sets and pair the in class experience with a weekend trip component to provide practical application. The course offerings include Adventure Leadership, Rock Climbing, Backpacking, Camping, and Wilderness First Aid (WFA) certification. Additionally, Aztec Adventures facilitates the indoor rock-climbing wall located in the Aztec Recreation Center. Climbing Wall programs include orientations, drop-in climbing, and credit rock-climbing courses for our members. Team Building provides team building and challenge course programs to corporate groups, non-profits, teen & youth groups, high schools, middle schools, sport teams, camp programs, and SDSU campus communities.

“Aztec Adventures did a great job of creating an exciting and energy packed team building experience for our EOP BEST Summer Bridge Students. From the consultation to ensure we had the right program in place to support our program goals to the execution of the activities by the Aztec Adventures Staff, the experience and the end results were exceptional.”

— Henry V, Associate Director of the Office of Educational Opportunity Programs and Ethnic Affairs

Highlights

- The ARC Wall hosted a bouldering rock climbing competition yielding 55 competitors in Spring 2019, more than doubling last year’s participation
- Provided the Office of Educational Opportunity Programs and Ethnic Affairs with a Team Building program serving 120 participants
- Aztec Adventures delivered Team Building at the fifth annual SDSU Field Day team building programs with 34 obstacle course teams and 18 build boat challenging teams. The program welcomed over 300 participants and spectators
- Aztec Adventures & MBAC hosted Paddle Film Fest for our first event collaboration

**7,710
CLIMBING
WALL
VISITS**

Participation

	2016-2017	2017-2018	2018-2019
OUTINGS & CLIMBING			
ENS Classes	21	17	20
Trips	44	24	22
Trip Participants	521	278	268
Climbing Wall Visits	3,503	6,716	7,710
Climbing Orientations	719	658	674
TEAM CHALLENGE			
Groups	30	34	38
Participants	1,259	1,458	1,633
Contact Hours	7,554	8,748	9,798

Mission Bay Aquatic Center



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.

// *I never really imagined that I would to be able to sail. It really changed my life. I was very nervous at the beginning, but the people at MBAC made it a memorable and joyous experience that I will remember for the rest of my life.* **//**

— Juan C, ENS Watersports Class Participant

15%
INCREASE
IN ENS WATERSPORTS
PARTICIPATION

Highlights

- Witnessed record participation at the Watersports Camp with 2,919 campers
- Modernized the sailing fleet with 10 new versatile RS Quests to enhance performance sailing training opportunities
- Awarded over \$35,000 in program fee waivers to underrepresented youth
- Conducted seven accessible watersports events providing access to waterskiing, kayaking, and sailing for over 575 persons with disabilities

Participant Experience

- 95%** of students indicated the instructors were enthusiastic and passionate about what they were teaching
- 93%** of students “liked” or “absolutely loved” their class
- 90%** indicated that participating contributed to their overall well-being
- 86%** indicated that taking a class at MBAC helped reduce stress
- 75%** indicated that participation improved their social connection to others
- 73%** indicated that participating contributed to their success as a student

Participation

	2016-17	2017-18	2018-19
Events	7,464	6,531	7,064
Rentals	9,365	9,555	9,806
Camp	2,670	2,730	2,919
Rec Classes	2,145	2,118	1,697
ENS Classes	1,787	1,596	1,856
Private Lessons	1,083	1,118	1,306
Total	24,514	23,648	24,648

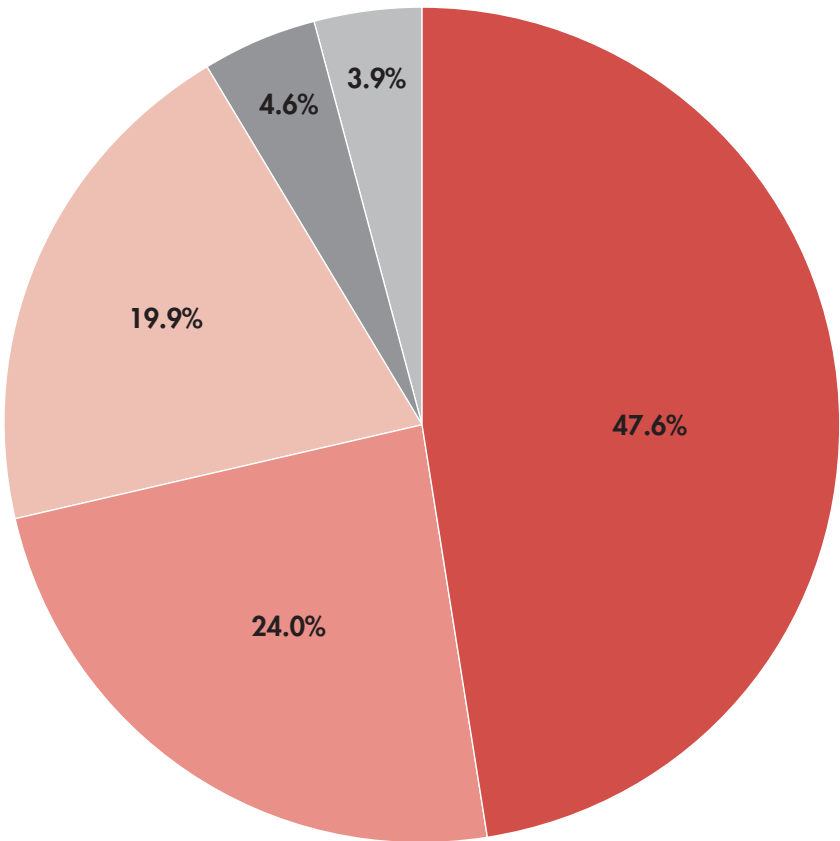
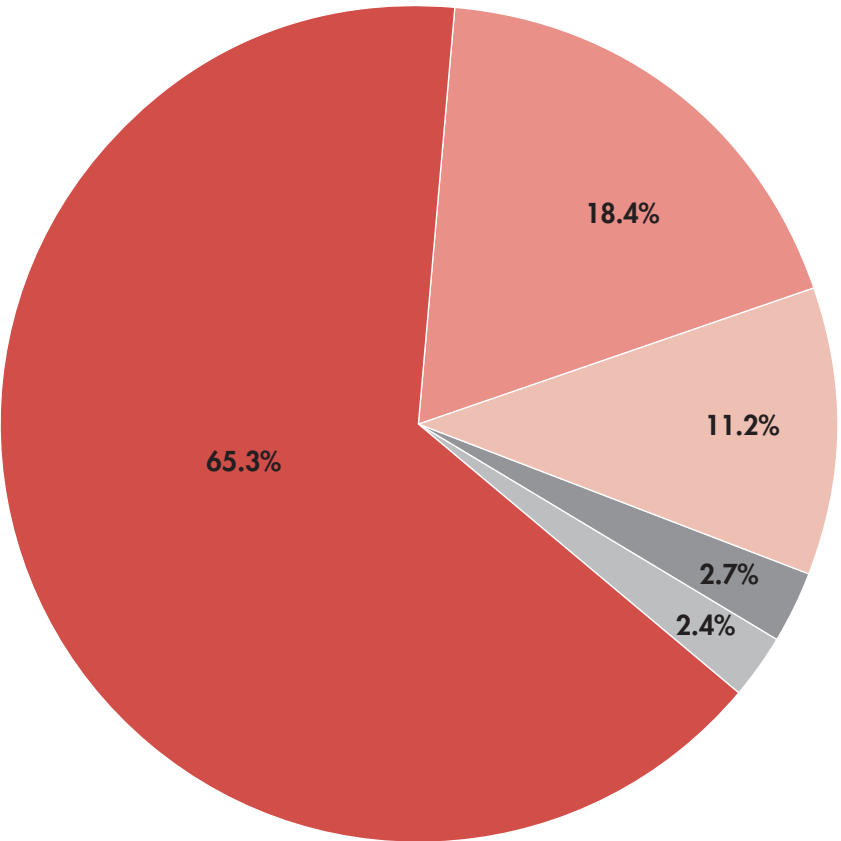
Financial Summary



REVENUE

Total: \$5,835,274

- Aztec Recreation Center & ARC Express
\$3,810,526 - 65.3%
- Intramurals and Sport Clubs
\$1,072,357 - 18.4%
- Aquaplex
\$656,156 - 11.2%
- Fitness, Wellness, & Instructional Classes
\$158,878 - 2.7%
- Aztec Adventures
\$137,357 - 2.4%



EXPENSE

Total: \$5,833,933

- Aztec Recreation Center & ARC Express
\$2,777,451 - 47.6%
- Intramurals and Sport Clubs
\$1,399,238 - 24.0%
- Aquaplex
\$1,159,707 - 19.9%
- Aztec Adventures
\$268,972 - 4.6%
- Fitness, Wellness, & Instructional Classes
\$228,565 - 3.9%



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.