

AZTEC RECREATION 2022-23 ANNUAL REPORT



YEAR IN REVIEW



The 2022-2023 year was very exciting and productive for Aztec Recreation highlighted by facility expansion, record participation, numerous student successes, as well as industry awards and recognition. Significant accomplishments included:

- The completion of Aztec Recreation Center expansion and renovation project. The final phase of the 134,000 sq/ft facility, which included 40,000 sq/ft of renovated space and the construction of an additional basketball gym, opened to members in August.
- Record facility visits with 7,000+ daily turnstile across all campus recreation facilities, including 6,000+ daily visits at the Aztec Recreation Center. Prior to the expansion project, the daily average was 3,300 visits.
- A record number of SDSU students at 23,461 utilized the ARC this year. The highest annual total prior to the Aztec Recreation Center expansion project was 14,650 students.
- The Aztec Recreation Center achieved LEED Platinum Certification for new construction, the highest rating possible for sustainable design and construction. The facility is an all-electric building (no direct use of fossil fuels) and is a wonderful example of the future of construction.
- The Aztec Recreation Center received the Outstanding Facility Award from NIRSA, the leading professional association for the collegiate recreation industry. The award recognizes excellence in innovative designs of new, renovated and/or expanded collegiate recreation and wellness facilities.
- The Mission Bay Aquatic Center received the Outstanding Wakeboard School of the Year award from the Water Sports Industry Association.
- A record number of climbing wall visits at 21,273.
- A record number of sport club student athletes at 896.
- Nine sport clubs qualified for their national championship tournaments. Dance earned 2nd place at the UDA Nationals, Men's Volleyball and Women's Lacrosse both placed 5th at their respective nationals.
- In February 2023, Aubrey Jumper became the first Adapted Athletics student-athlete named to Team USA as a member of the track and field program.

On behalf of every Aztec Recreation employee, I would like to say thank you to our members, colleagues and campus partners for your support and patronage throughout the year. We are truly grateful as your participation and feedback helps drive our innovation and commitment to delivering high quality programs, services and facilities. We wish you all the best with your health and wellness pursuits and look forward to continuing to inspire active, healthy living for SDSU students and the campus community in 2023-2024 and beyond.

In Health,

Mark Zakrzewski

Associate Executive Director

RECREATION AND WELLNESS COMMISSION



As the Recreation and Wellness Commissioner of the 2022-2023 academic year, I am very proud of this commission's importance and impact on students and Aztec Recreation. The Recreation and Wellness Commission is the bridge between staff and students. More recently, it has become a bridge for minority communities to share their voice in regards to physical and mental health. This academic year was the first year that welcomed Adapted Athletics to sit as an official representative of the commission, and it was lovely sharing ideas, successes, and events through this collaboration. In addition, when creating the ARC activation campaign in our meetings, demographics of ethnic and cultural groups were highly considered, and successful outcomes were created. This push for inclusivity is only creating a safer and more welcoming space for students to share their wellness needs. Another incredible moment was seeing the group-fitness class schedule expand and encapsulate a variety of classes. For example, seeing the addition of hot yoga, pilates, and meditation, by listening to the students during meetings, is exemplary of how Aztec Recreation serves students. In general, with the opening of the expanded and renovated ARC, and its many more accomplishments, this year was exciting for the Recreation and Wellness Commission and I am only excited for what's more to come!

Lauren Samidi

Recreation and Wellness Commissioner 2022-2023

STUDENT EMPLOYMENT

"Working at the ARC has given me a new perspective and experience in the field of engineering and mechanical systems. I have had the opportunity to attend training, which has given me new skills and knowledge that I am able to take with me wherever I end up."

Christian J.

Building Services Assistant
Freshman
Mechanical Engineering

"Working at Aztec Recreation has provided me with more than just a job. When I needed it the most, it added a sense of structure to my life allowing me to enhance my overall well-being. All while being surrounded by a supportive community that values growth and ambition. On behalf of the Member Services department, we will continue to strive to uphold these values to better serve, not only our community, but ourselves as well."

Jazmin J.

Member Services Lead
Junior
Industrial-Organizational
Psychology

400+
STUDENT
EMPLOYEES



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. Some staff even attain a U.S. Coast Guard license as part of their recreation employment.

HIGHLIGHTS

- 2022-2023 A.S. Scholarships recipients included Aquaplex lifeguards Gigi Fischer and Mariella Jacinto and MBAC waterski/wakeboard instructors Daniel Black and Anthony Yolles
- The Student Advisory and Leadership Team (SALT) formed with student staff representatives from each department hosting an end of year student staff celebration and reestablishing employee of the month recognition

MEMBERSHIP

Membership

includes access to a wide range of programs and facilities that inspire active, healthy living. The recently expanded and renovated Aztec Recreation Center includes an indoor running track, weight and cardio equipment, climbing and bouldering walls, five fitness studios, wellness space, expanded functional and Olympic fitness spaces, six multi-use indoor gymnasium courts, and social and study spaces. Membership includes access to additional campus facilities and programs, including the Aquaplex pools and tennis courts, ARC Express, indoor climbing, fitness classes and intramural sports.

HIGHLIGHTS

- ARC renovation area with Olympic lifting and six multi-use indoor courts opened on August 18, 2022
- 23,461 (66%) of enrolled students activated their AR memberships in 2022-2023
- 90% of members agree their Aztec Recreation membership helps them reduce stress



MEMBERSHIP	2022-23
SDSU Enrolled Students	35,491
ALI	590
Continuing Students	14
Global Campus	39
Affiliates	66
Faculty/Staff	241
Alumni	457
Community	204
Total	37,102

FACILITY ENTRIES	2021-22	2022-23
ARC	493,349	913,418
ARC Express	58,503	63,255
Aquaplex	51,789	61,302
Total	603,641	1,037,975

7,026
ENTRIES HIGHEST DAILY
CHECK-IN 2022-23

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 club teams.

HIGHLIGHTS

- 1,458 hours of instructional aquatic programs
- 1,956 hours of athletic practices
- 345 hours of athletic competitions
- 134 hours of student org activities

AQUAPLEX PARTICIPATION	2021-22	2022-23
Open Recreation Swim	22,329	27,248
Adult Swim Lessons	27	90
Youth Swim Lessons	552	980
Open Recreation Tennis	204	635

INTRAMURAL SPORTS



Aztec Recreation Intramural Sports provide 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 and encourages players of all experience levels to participate.

"I met my best friend through Intramural Sports! My freshman year was filled with COVID restrictions, so I did not get the chance to meet many people and I was looking to get involved in any way possible. Through a social media post I learned that I could create an intramural team, so I started a soccer team and invited a small group of friends from my dorm floor. Since we could have up to 15 players, the original team members began to ask if I could add other friends who I didn't know at the time. Of course, I said "yes!" and that's how I met Tyson. We bonded over our enjoyment of soccer through weekly games and now Tyson is my best friend. Fast-forward a year and a half later, and we still play in as many intramural leagues as possible. Creating my intramural soccer team last year not only kept me active, but has been a key part of connecting with others at SDSU and has been a highlight in my college experience."



Tyson H. and Michael S.

Michael S.

17,707 IM PARTICIPANT
GAME CHECK-INS

HIGHLIGHTS

- Intramural Sports 2022-2023 programming was the first full year of both indoor and outdoor activity since 2018-2019
- Highest overall participation since 2016-2017
- Back to full staffing with 65 student officials and supervisors
- 88% of participants agree that Intramural Sports contributes positively to their overall well-being

INTRAMURAL SPORTS	2021-22	2022-23
Sports	13	13
Teams	336	636
Games Played	594	1,244
Participants	3,494	6,736
Unique Participants	2,509	6,336

SPORT CLUBS



The Aztec Recreation Sport Club Program includes 22 diverse and highly competitive teams that represent SDSU in intercollegiate competitions at regional, state and national levels. The Sport Club program provides students with opportunities for collegiate competition, leadership development, social connections and community involvement.

"As a transfer student, I was eager to get involved on campus and discovered the Waterski & Wakesports Club Team. Being a part of the team for the past two years has helped me establish meaningful connections and gain invaluable experiences that extend beyond Waterskiing & Wakesports. Regardless of the sport one chooses, it will truly enhance your college experience. On and off the water, I have acquired invaluable skills that will help me throughout my lifetime and keep me forever thankful for the experience I had here."

Daniel P.

Senior, General Business

"Being a part of the SDSU Men's Club Volleyball team for the past four years has been an absolutely incredible experience. As president for the last three years, I can't even begin to express how fulfilling and rewarding it has been. I had the honor of leading this amazing team both on and off the court and through the exhilarating highs and challenging lows that come with being on a competitive sports team. Being the president of the SDSU Men's Club Volleyball team is an experience I will forever be grateful for, as it has shaped me into a better leader, friend, and overall person."

Joseph T.

Senior, Finance

896 SPORT CLUB ATHLETES

HIGHLIGHTS

- Dance Team placed 2nd at UDA Nationals for their hip-hop routine
- Women's Lacrosse finished 5th at the WCLA National Championships
- Men's Volleyball placed 5th at the NCVF National Championships
- Women's Water Polo hosted the CWPA Conference Championships at the SDSU Aquaplex and placed 10th at Nationals
- 17 clubs participated in post-season competition, including 9 teams that competed at National Championship tournaments
- Water Ski ranked #1 in the state of California for Collegiate Waterskiing and attended the NCWSA National Championships
- In their first year as an official sport club, Women's Rugby placed 1st in the Pacific Desert Rugby Conference for 7's, 2nd in the league for 15's and 8th at the National Championships for 7's
- All time record year for sport club participation

ADAPTED ATHLETICS



Adapted Athletics, founded in 2018 and included in Aztec Recreation in 2021, has grown as the first competitive, collegiate adaptive sports program on the west coast and is still the premiere destination of high-caliber training for individuals with physical disabilities. The program's focus is on developing student-athletes to become independent leaders in society and has also established a home for a select number of elite community members. Through collaboration with student organizations on campus and a focus on its CREED: Commitment, Respect, Excellence, Empowerment and Diversity, Adapted Athletics has catalyzed the movement toward inclusive excellence in the SDSU community.

"Adapted Athletics has definitely impacted me positively as a student-athlete. I've learned so much about how to have good time management. Being an athlete is like having a job. I know that if I'm able to do this while balancing school, I'm sure I can overcome any obstacle I face after graduation!"

Aubrey J.

Freshman, Television, Film and New Media
Track and Field Athlete

HIGHLIGHTS

Program Highlights

- A.J. Munoz-Bond named new Adapted Athletics Director
- Aubrey Jumper became the first Adapted Athletics athlete named to Team USA Track and Field in February 2023
- Donato Telesca, Italian Paralympian in para powerlifting, amazed the SDSU student body by breaking the European World Record at 465 lbs during the 2022 Lift-A-Thon
- Adapted Athletics first athlete, Michelle Cross, was accepted into master's program at SDSU in Rehabilitation Counseling
- Adapted Athletics hosted the Inaugural SDSU Wheelchair Tennis Invitational
- The Brad Rich Wheelchair Basketball Invitational was held at the Aztec Recreation Center
- Adapted Athletics collaborated with Aztec Adaptive Sports RSO, Aztec Adaptive Physical Therapy RSO, and four external adaptive community organizations to host an Adaptive Sports Field Day on campus

Wheelchair Tennis Highlights

- Team finished 3rd at Collegiate Wheelchair Tennis Nationals
- Ryotaro Sakaguchi US ranked #14
- Manny Gomez US ranked #3 and Mexico ranked #1

Track and Field Highlights

- Michelle Cross US ranked #1 in 200m and #2 in 100m in T37 classification
- Aubrey Jumper US ranked #2 in long jump in T37 classification
- Mike Assefa US ranked #4 in 100m T63 classification
- Anthony Pone US ranked #4 in seated shot put F57 classification
- Marco Borges World ranked #3 in seated shot put F57 classification

GROUP FITNESS



The Aztec Recreation Group Fitness program includes both in-person and virtual fitness classes led by motivating instructors who engage students in fun, safe and effective fitness training. Group Fitness classes are included with an Aztec Recreation membership by reservation at no additional cost. A robust schedule of Group Fitness formats includes cardio, 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 offered this year included Heated Yoga Sculpt, Sunrise Yoga, Meditation & Breathwork
- Yoga and Meditation classes were offered virtually and in person
- Instructor team was bolstered with new staff, including many students, and a variety of continuing education and professional development opportunities and trainings including Cycling, TRX, Pilates, adaptive instruction, and more
- 91% of participants agree that Group Fitness contributes positively to their overall well-being

"I love the Group Fitness classes at the ARC because after a busy day of school and work, it's nice to just show up to the gym without having to think about what I'm going to do for my workout. All the instructors are amazing, very knowledgeable, and motivate me to achieve my physical health goals. The variety of classes is really great with some of my favorites being hot yoga, barre, boxing fitness, and the Fitness Fridays (a lot of unique class offerings!)"

Cindy L.

Graduate Student, M.S. Industrial-Organizational Psychology

"My favorite part about taking Aztec Recreation Group Fitness classes is that they create a safe and welcoming environment for me to try new skills and make friends, all while taking care of my physical and mental health. In my academically focused lifestyle, fitness classes offer me a dynamic escape from studying and school work. They allow me to release any stress in a healthy way and encourage me to show up for myself."

Kailey T.

Senior, B.A. Sustainability Studies

GROUP FITNESS	2021-22	2022-23
Total Classes	1,571	1,829
Average Classes/Week	45	55
Class Format Offered	28	32
Participant Contacts	17,936	32,658

CREDIT CLASSES



Aztec Recreation offers fee-based instructional activity classes which are focused on the progression of physical activity skills and practice. Classes are offered to students for credit and non-credit in Aztec Recreation facilities through a partnership with Exercise and Nutritional Sciences (ENS).

"Taking Aztec Recreation's ENS Credit classes provided me with an in-depth understanding of activities that truly pique my interest, including Beginning Yoga and Fitness Training for Women. By participating in these classes, I not only developed a heightened level of confidence in these pursuits but also forged meaningful connections with like-minded individuals who share my passions."

Jazlyn D.

Junior, B.A. Journalism

"Everyone goes at their own pace, and it's a judgment free zone with everyone there to simply feel better. I also like that the teachers help foster this accepting environment, and I felt like this was very evident in my Beginning Yoga class I took this semester."

Levi T.

Senior, B.A. Communication

HIGHLIGHTS

- New class formats added this year include Mountain Biking and Boxing Fitness
- In Spring 2023, we welcomed back classes not offered during the pandemic, such as Judo, Tae Kwon Do, Self Defense Conditioning, Basketball, Volleyball and Restorative Yoga

ENROLLMENT	2021-22	2022-23
Sports	640	920
Fitness	350	433
Mind/Body	316	355
Martial Arts	144	417
Dance	130	153
Outdoor Skills	122	212
Total	1,702	2,490

93% CREDIT CLASS STUDENTS PLAN TO PRACTICE ACTIVITY AFTER CLASS ENDS

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. Aztec Recreation also provides facility reservations for student orgs, athletic teams and other groups in support of student wellness.

HIGHLIGHTS

- Aztec Recreation added a new semesterly ARC Fest event to engage students with fitness, sports, adaptive and climbing activities
- Three Live Well Late Night events provided wellness programming to students in collaboration with Live Well Aztecs and the A.S. Recreation and Wellness Commission: 3v3 Basketball, 3v3 Speed Soccer and Archery Tag
- Aztec Recreation continued to offer free virtual yoga and meditation classes for faculty, staff and students in collaboration with Live Well Aztecs
- Aztec Recreation hosted the first Aztec Nights Pump up the Gym event

SPECIAL EVENTS PARTICIPATION 2022-23

ARC Til Dark	672
ARC Fest	516
Aztec Nights Pump up the Gym	502
3v3 Basketball	46
3v3 Soccer	62
Archery Tag	62

EVENT RESERVATIONS 2022-23

ARC	216
Rec Field	20
ENS700 Field	169
Aquaplex	131
Total	536

AZTEC ADVENTURES



Aztec Adventures offers leadership development, education, and adventure experiences through climbing, outdoor activities, and team building. Top rope climbing and bouldering are available during open drop in climbing hours at the Aztec Recreation Center where free orientations, belay training and lead climbing training engage both new and experienced climbers. Throughout the year, various outdoor activity meet ups, clinics, events and credit classes are offered for students to build outdoor recreation skills. The team building program helps student organizations, SDSU faculty and staff, and non-affiliated groups with activities that highlight positive team dynamics, bonding and trust.

HIGHLIGHTS

- Climbing Wall participation grew almost five fold this academic year
- Introduced mountain biking ENS credit class
- Hosted climbing competitions and archery tag events
- Hosted 9/11 stair climb event in remembrance of the victims and first responders
- Initiated day trip offerings in hiking, biking and climbing
- Offered clinics in route setting, mountain biking, slacklining, disc golf, climbing outdoors, camping and backpacking

21,273 CLIMBING WALL
CHECK-INS

OUTDOOR PARTICIPATION	2022-23
Meet Ups	50
Clinics	80
Events	175
Total	305

CLIMBING	2022-23
Climbing Wall Visits	21,273
Unique Climbers	3,082
Belay Certified Climbers	586
Lead Certified Climbers	86

SUSTAINABILITY



Associated Students and Aztec Recreation are committed to sustainability through facilities, programs and operations. Each Aztec Recreation facility is LEED Certified, demonstrating excellence in environmental practices.

LEED CERTIFICATION

- The ARC received LEED Platinum Certification for New Construction (NC) in 2023 by demonstrating excellence in sustainable building design and construction practices with 90 points. According to the U.S. Green Building Council, only 3.7% of all LEED NC buildings in the world are certified at the platinum level of 80 points or more.
- The Aztec Recreation team is now pursuing LEED Platinum for Existing Buildings Operations and Maintenance (EBOM) at the ARC, which addresses the sustainability performance of the building once it is occupied. If this certification is achieved, this will be the second "Double LEED Platinum" building on campus after the Conrad Prebys Aztec Student Union.

WATER FILLING STATIONS SAVED
338,715 WATER BOTTLES
THIS YEAR

HIGHLIGHTS

- The ARC's solar panel system has generated 515.12 MWH of clean renewable energy from July 2022 to June 2023. This amount of green electricity is enough to power 48 homes' electricity use for one year. It is also enough energy to power an electric vehicle to drive a total of 1,467,601 miles.
- The fossil fuel-free ARC is powered by electricity from 250kW of rooftop solar, cleaned quarterly, and projects are underway to add an additional 425kW next year.
- 447,958 gallons used for landscape irrigation and toilet flushing from the ARC rainwater skid capture system this year.
- The Aztec Aquaplex replaced thirty-eight 32w Lamps with 9.9w LEDs saving 839 watts in addition to removing all ballast power factor losses.
- With waste reduction a high priority, the ARC completed a thorough waste audit of recycling and landfill streams to identify waste and contamination strategies.



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 and located just steps from the Pacific Ocean and miles of inland waterways, the center offers the most unique and diverse mix of water activities available anywhere. Students, alumni and the SDSU community utilize the center to access wakeboarding, sailing, surfing, stand up paddling, waterskiing, rowing, kayaking, and windsurfing in a variety of formats from instructional classes, rentals, youth programs and special events. MBAC is known for a commitment to safety, quality, highly trained staff and sustainability, having established Leadership in Energy and Environmental Design (LEED) Platinum Existing Building certification in 2013.

HIGHLIGHTS

- Hosted over 3,100 campers at The Watersports Camp, the highest participation in center's 50 year history
- Set a new sailing membership record with over 200 sailing members
- Increased participation in community classes by 24% due to expanded offerings
- 88% of SDSU class participants reported that their watersports class reduced stress
- 90% of ENS class participants reported that their watersports class contributed to their overall well-being

MBAC	2020-21	2021-22	2022-23
Events	493	2,837	2,850
Rentals	20,210	17,454	15,830
Camp	1,968	2,957	3,126
Rec Classes	656	1,157	1,616
ENS Classes	370	1,586	1,574
Private Lessons	1,193	1,254	1,263
TOTAL	24,890	27,245	26,259



Associated Students (A.S.) is a 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.