

# SOMETHING FOR EVERY BODY



WEST CHESTER UNIVERSITY | CAMPUS RECREATION | 2023-2024

# SOMETHING FOR EVERY BODY

At West Chester University, Campus Recreation is the primary destination for the Golden Ram campus community to engage in recreation, social, and wellness-orientated programs and services. Blending components of fitness and well-being with the co-curricular educational experience, it is our mission to assist each person in exceeding academic goals while establishing healthy lifetime behaviors. While at WCU, we encourage you to treat yourself and allow your mind, body, and soul to engage in some daily *PLAY* time; you've earned it!



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## DEPARTMENT STAFF

### **MICHAEL RENO**

*Director of Campus Recreation*  
**[mreno@wcupa.edu](mailto:mreno@wcupa.edu) | (610) 436-6928**

- Responsible for creation, prioritization and administration of operational and capital budget
- Responsible for coordination of indoor and outdoor facility enhancement and construction projects
- Provide leadership and support to all department full-time professional staff

### **DAN COMAS**

*Associate Director for Facilities and Business Operations*  
**[dcomas@wcupa.edu](mailto:dcomas@wcupa.edu) | (610) 436-2277**

- Manages all areas of the facility and student staff
- Responsible for the scheduling and coordination of facility reservations
- Manages department budgets

### **DEMETRIUS ISAAC**

*Assistant Director of Intramural and Sports Clubs*  
**[disaac@wcupa.edu](mailto:disaac@wcupa.edu) | (610) 436-2133**

- Coordinates all intramural sports leagues and tournaments
- Responsible for the administration of the sports club program
- Fills all Recreation Equipment Rental Requests

### **KAYLA WALDEN**

*Assistant Director of Outdoor Adventure Education*  
**[kwalden@wcupa.edu](mailto:kwalden@wcupa.edu) | (610) 436-2100**

- Manage the operations of the Climbing wall including staff training, maintenance, and development of educational programs
- Coordinate the training and development of our student Trip Guides who conduct outdoor excursions throughout the semester
- Assist campus community with providing experiential leadership development programs.

### **ASHLEY OOSTVEEN**

*Assistant Director of Fitness and Marketing*  
**[aoostveen@wcupa.edu](mailto:aoostveen@wcupa.edu) | (610) 436-2563**

- Oversee all fitness programs and activities
- Develop departmental marketing and promotional materials
- Organize departmental special events

### **KRISTA LINK**

*Administrative Assistant*  
**[klink@wcupa.edu](mailto:klink@wcupa.edu) | (610) 436-2131**

- New employment and payroll
- Professional staff support
- Compile, prepare and maintain records for the department

### **BROOKE MILLEVOI**

*Graduate Assistant Sport Clubs*  
**[BM932360@wcupa.edu](mailto:BM932360@wcupa.edu)**

### **BRANDON TEEL**

*Graduate Assistant Intramural Sports*  
**[BT864896@wcupa.edu](mailto:BT864896@wcupa.edu)**

### **ZACHARY KLINKE**

*Graduate Assistant Outdoor Adventure Pursuits and Climbing Wall*  
**[ZK1006670@wcupa.edu](mailto:ZK1006670@wcupa.edu)**

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*Graduate Assistant Fitness Programs*  
**[JS940440@wcupa.edu](mailto:JS940440@wcupa.edu)**

### **ISAIAH LESTER**

*Graduate Assistant Facilities*  
**[IL836780@wcupa.edu](mailto:IL836780@wcupa.edu)**

### **MADISON SISZ**

*Graduate Assistant Marketing & Special Events*  
**[MS951040@wcupa.edu](mailto:MS951040@wcupa.edu)**

### **DEVANTE FOX**

*Graduate Assistant Business Operations & Student Success*  
**[DF899788@wcupa.edu](mailto:DF899788@wcupa.edu)**

# FACILITIES



## SERVICES

To reserve any space in the Student Recreation Center, please visit our website at [https://www.wcupa.edu/\\_services/CampusRec/](https://www.wcupa.edu/_services/CampusRec/)

**OUR KNOWLEDGEABLE STAFF RECOMMENDS AND SUPPORTS LIFESTYLE CHANGES THROUGH EVALUATION, EDUCATION AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.**

## GENERAL POLICIES

- Valid WCU ID required
- All use equipment at their own risk
- Appropriate attire is required at all times
- Equipment should be wiped down with ERC wipes before and after use
- WCU has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others

- 69,000 square foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 45 pieces of name brand cardiovascular equipment
- Over 115 pieces of strength equipment including the Life Fitness Synergy 360
- 1/10 mile jogging track
- Men's and women's locker rooms with over 75 lockers (member must provide OWN lock)
- State-of-the-art 34 ft. climbing wall
- Student development suite
- Administrative office suite with conference room
- 3 group exercise studios
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 1 outdoor basketball court
- 1 outdoor sand volleyball court

# WCU FACILITY SCHEDULE

## 2023-2024

### STUDENT RECREATION CENTER

Monday – Thursday:	6:00 AM - 11:30 PM
Friday:	6:00 AM - 10:00 PM
Saturday:	9:00 AM - 6:00 PM
Sunday:	11:00 AM - 11:30 PM

### CLIMBING WALL

Monday – Thursday:	3:00 PM - 8:00 PM
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### REC SWIM

View WCU Campus Rec Home Page

- Please refer to the website for closures, holiday hours, changes to schedule.

# MEMBERSHIP

## The Ball Is In Your Court

If you're a West Chester University enrolled student you are already a member. Just show up, present your Ram ID and come get your fitness groove on!

- Not a student? Don't worry, as long as you are one of the following you can join, too.
- WCU faculty, staff, adjunct faculty or lecturer
- A current member of the West Chester University Alumni Association
- An employee of a university affiliate

## Membership Has Its Benefits

- Access to over 35 weekly, high-quality Group Fitness classes
- Opportunity to learn, practice and climb our 34 ft. climbing wall
- Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services
- Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, and outdoor equipment

## RATES

<b>Annual membership</b> (365 days from date of purchase) .....	<b>\$330</b>
<b>6-months membership</b> .....	<b>\$180</b>
<b>1-month/30 day membership</b> .....	<b>\$35</b>
<b>1-day membership</b> (good all day) .....	<b>\$7</b>

All memberships must be made on-line at:

[https://www.wcupa.edu/\\_services/campusRec/forms/membership/](https://www.wcupa.edu/_services/campusRec/forms/membership/)  
Credit card or payroll deduction (annual membership only) only



# FITNESS

**GROUP FITNESS** classes range from Strength & Power to Zumba and everything in between! The classes are available for all West Chester University students, faculty, and staff. All classes are taught by nationally certified instructors who are current WCU students and members of the WCU community. We take tremendous pride in our group fitness classes and encourage all levels of experience to attend!

## CLASS DESCRIPTIONS

**Barre:** A fun and empowering class set to today's hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

**Cycle:** A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, jumps, and sprints to get your heart rate soaring!

**BODYPUMP™:** Using light to moderate free weights and a barbell with lots of repetition, LES MILLS BODYPUMP™ gives you a total body workout. Feel the burn with scientifically proven moves and techniques, highly trained instructors and great music – helping you achieve much more than on

your own! You'll leave the workout feeling challenged and motivated, ready to come back for more.

**GRIT™:** LES MILLS GRIT™ is 30-minutes of high-intensity interval training (HIIT), developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you to push your body into your max effort training zone – and that's where the results happen.

**BODYCOMBAT:** Step into a LES MILLS BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to **570 calories\*\*** along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**Yoga:** This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and find focus. It is moderately paced so you will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.

**Kickboxing:** Take this class for a fun cardio workout to learn some self defense along with working your core, flexibility, and strength. Along with technique oriented

drilling of which will help you learn the ins and outs of kickboxing.

**Full Body Strength:** Using timed intervals and a variety of weights and bodyweight movements, you are sure to be sweating by the end of this class. This class provides a total body workout that will leave you stronger each time you attend.

**Zumba:** Ditch your traditional workout and come join the party! Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements,

which create a dynamic, exciting, and effective fitness system. No dance experience required!

**Ab Blast:** This class is perfect for when you are in a rush and want to get a workout in. This class is focused on strengthening your abdominal muscles by performing various exercises that work the core and its surrounding muscles. The class uses bodyweight and weighted movements to give the core a good burn. This easy to follow along class is great for learning exercises and perfecting form.





## PLEASE VISIT

IG: [@wcugroupfitness](https://www.instagram.com/wcugroupfitness) or website:

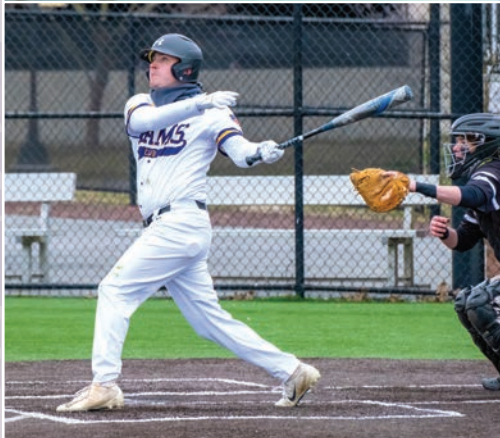
[https://www.wcupa.edu/\\_services/CampusRec/groupFitness.aspx](https://www.wcupa.edu/_services/CampusRec/groupFitness.aspx)

**FOR UPDATES TO THE 2023-2024 SCHEDULE.**

# SPORTS CLUBS

The Sport Clubs program consists of competitive, instructional, and recreational clubs that are unique in that they are initiated, organized, managed, and funded by students. Through this format, participating students have the opportunity to acquire skills such as leadership, organization, management, and fiscal responsibility. Sport clubs compete on a regional and national level and offer an opportunity for students to continue their athletic careers after high school.

The WCU Sports Club Council (SCC) was established in 1992 in order to have all clubs come together as a unified body and demonstrate their willingness to be recognized and registered in our WCU Student Government Association (SGA). It was designed with the sole purpose to promote mentoring, advisement, and student engagement. The Sport Clubs program at West Chester University strives to encourage participation, socialization, and competition of student organized sport clubs. Value added experiences enhance physical fitness and foster a spirit of competition.





SPORT CLUB	PRESIDENT	EMAIL
Baseball	Sean Hopkins	SH928344@wcupa.edu
Bowling	Mason Kaplan	MK975683@wcupa.edu
Climbing	Grady Leonard	GL923265@wcupa.edu
Crossfit	Kaleigh Ferko	KF974497@wcupa.edu
Dance Team	Holly McMenamin	HM954997@wcupa.edu
Equestrian	Suzanna Angstadt	SA940481@wcupa.edu
Fencing	James Knight	JK987313@wcupa.edu
Field Hockey	Skylar Alcaro	SA952998@wcupa.edu
Judo	Angelo Perez	AP996105@wcupa.edu
Kickboxing	Joshua Hitt	JH977954@wcupa.edu
Men's D1 Ice Hockey	Jospeh DeMatteo	JD953712@wcupa.edu
Men's D2 Ice Hockey	Ethan Haas	EH973788@wcupa.edu
Men's Lacrosse	Blaise Botley	BB951287@wcupa.edu
Men's Rugby	Quincy Allem	QA982446@wcupa.edu

SPORT CLUB	PRESIDENT	EMAIL
Men's Soccer	Brett McMenamin	BM976855@wcupa.edu
Men's Ultimate	Ryan Cornelius	RC968437@wcupa.edu
Men's Volleyball	Jackson Stahl	JS976446@wcupa.edu
Men's Water Polo	Owen Young	OY948048@wcupa.edu
Paintball	Francis Ford	FF959082@wcupa.edu
Sport Club Council	Kelly McCrossen	KM954944@wcupa.edu
Swimming	Julia Barrett	JB983695@wcupa.edu
Women's Ice Hockey	Claudia Mongeau	CM996001@wcupa.edu
Women's Lacrosse	Karly Fanelli	KF970944@wcupa.edu
Women's Soccer	Olivia Liacouras	OL952055@wcupa.edu
Women's Ultimate	Emma Hamilton	EH974656@wcupa.edu
Women's Volleyball	Olivia Nickerson	ON955212@wcupa.edu
Women's Water Polo	Hanna Christie	HC953484@wcupa.edu
Wrestling	Belen Bridges	BB973182@wcupa.edu



**INTRAMURAL  
SPORTS**

*“Winners*

**never quit,**

*and*

*quitters*

**never win.”**

*– Vince Lombardi*

Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

# LEAGUE OFFERINGS

LEAGUES	REGISTRATION	START DATES
<b>Flag Football</b>	<b>8/21 - 9/6</b>	<b>9/11</b>
<b>Indoor Soccer</b>	<b>8/21 - 9/13</b>	<b>9/19</b>
<b>5on5 Basketball</b>	<b>11/20 - 12/12</b>	<b>2/4</b>
<b>Volleyball</b>	<b>11/20 - 12/12</b>	<b>1/29</b>
<b>Softball</b>	<b>2/26 - 3/7</b>	<b>3/24</b>
<b>Outdoor Soccer</b>	<b>2/26 - 3/7</b>	<b>3/24</b>

Please visit website [https://www.wcupa.edu/\\_services/CampusRec/intramurals.aspx](https://www.wcupa.edu/_services/CampusRec/intramurals.aspx) for updates to the 2023-2024 schedule. To register, visit [imleagues.com/wcupa](http://imleagues.com/wcupa)

For more information or to inquire about future events, contact Demetrius Isaac ([disaac@wcupa.edu](mailto:disaac@wcupa.edu)) or follow us on Instagram [@wcupacampusrec](https://www.instagram.com/wcupacampusrec)

# OUTDOOR ADVENTURE PURSUITS

The Outdoor Adventure Pursuits program strives to engage students in meaningful outdoor experiences utilizing a variety of outdoor activities and excursions. Students gain confidence in skills such as problem solving, leadership development, self-awareness, sustainable living, global citizenship, all ability levels welcome... beginner to advanced!

## 2023-2024 CLIMBING WALL HOURS

Monday – Thursday: 3:00 PM – 8:00 PM





**Adventures include:** hiking, backpacking, paddle boarding, overnight camping, *and more!*

## **OAP TRIPS 2023-2024**

**Please VISIT:** IG: [@wcupacampusrec](https://www.instagram.com/wcupacampusrec) or website:  
[https://www.wcupa.edu/\\_services/CampusRec/outdoorAdventure.aspx](https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx)  
**FOR UPDATES TO THE 2023-2024 SCHEDULE.**





*"Working at the Student Recreation Center has been such a great opportunity for me to grow and learn more about myself. It allows all staff members to experience leadership roles on different levels and encourages growth. Working at the Rec you will make some of the best friends you will ever have! All of the departments work together and have been interacting more than ever which has been amazing. It allows you to connect with so many different people and there is a sense of belonging every time you step into the building. I wouldn't choose anywhere else to work! It really is one big family!"*

— Alexia Williams,  
Campus Recreation Facilities Supervisor



# EMPLOYEE SPOTLIGHT

**NAME:** Hank Stouffer

**POSITION:** Facilities and Sport Clubs Supervisor and Fitness Instructor

**MAJOR:** Actuarial Mathematics

**FAVORITE PART OF WORKING AT SRC:**

*My favorite part of working at the Rec is the community feeling. I have been able to create countless friendships, both on and off shift, with people at the Rec Center. I feel a sense of community in the Rec Center because I am always seeing familiar faces and smiles.*

**CAREER GOAL:**

*After graduation, I hope to work for an insurance company helping with actuarial tasks.*





(610) 436-1REC

[www.wcupa.edu/campusrec/](http://www.wcupa.edu/campusrec/)



@wcupacampusrec

@wcucampusrecreation