



## WORKSHOP SCHEDULE

7:00AM-9:00AM

**PRECOR PLANT AND SHOWROOM EXPERIENCE**  
**5704 Millstream Rd, Whitsett, NC 27377** (10 miles for campus)  
**Tours by Advantage Sport and Fitness**  
**Workouts By:**  
**John Meeks** Queenax Master Instructor  
**Kyle Anderson** Assistant Director for Fitness, UNCG

Visit the Precor Manufacturing Plant and Showcase. Take a tour, eat some breakfast and/or grab a workout on the newest equipment straight from the source.

Doors open at 7:00AM  
 Tours begin at 7:30AM, 8:00AM, 8:30AM  
 Workouts begin at 7:15AM and 8:00AM

**LEONARD J. KAPLAN CENTER FOR WELLNESS OPEN HOUSE**  
**University of North Carolina Greensboro**  
**1301 W. Gate City Blvd, Greensboro NC 27403**

The UNCG Leonard J. Kaplan Center for Wellness opens its doors early for early check-in, tours, open workouts and open rock climbing. Spend some extra time at the 2017 NIRSA Outstanding Sports Facility recipient.

Doors Open at 7:00 AM  
 Tours available

**9:00AM - 9:30AM**      WORKSHOP CHECK-IN

**9:30AM - 9:45AM**      OPENING SESSION

10:00AM - 11:00AM

**Climbing The Ladder: Mastering the Art of Career Advancement in Collegiate Recreation**  
**Larry Mellinger** Director of Campus Recreation, Elon University  
**Jenny Larson** Assistant Director of Competitive Sports, Elon University

Advancement as a collegiate recreation and higher education professional is an intentional process that begins well before that next big opportunity opens up. This presentation will provide tips, tricks, and strategies to position yourself for the next step in your career.

**Relationships Beyond Memberships & The Millennial Equation**  
**Carter Green** Les Mills US

Join Les Mills for a business insights seminar, where we'll discuss current key trends and drivers in the fitness industry while offering a variety of different strategies to turn these into opportunities for your facility. This is a unique opportunity to learn more about a range of important topics like engaging existing members, capturing the millennials and effective marketing strategies!

**Student to Professional: A Roadmap for Success**  
**Corrine Pruett** Graduate Assistant - Facilities and Special Events, University of North Carolina Greensboro  
**Eric Becker** Graduate Assistant - Aquatics, University of North Carolina Greensboro  
**Jonathan Hennessy** Coordinator Facility Operations, North Carolina State University

This presentation will cover the transition of one's path from an undergraduate position to a first year professional in the field of collegiate recreation and how to make the most of their experience as a graduate assistant. Topics will include but are not limited to mentorship, networking, professionalism and personal development.

10:00AM - 11:00AM (CONT.)

## Exploring Outdoor Recreation Experiences & Barriers to Participation with African American College Students

**Anthony Patterson** PhD Assistant Professor, NCCU  
**Catherine Dorwart** Assistant Professor, NCCU  
**Nicole Piscitelli** Campus Recreation Director, NCCU

**Cameron Smith**, Graduate Research Assistant, NCCU  
**Emily Gilarranz** Undergraduate Research Assistant, NCCU  
**Walter Munoz** Coordinator of Facilities and Aquatics, NCCU

Research has found that African Americans are participating in outdoor recreation (OR) at a lower rate than other ethnic groups in our country. Further, African Americans “perceive more barriers to outdoor recreation or are more constrained in some manner from participating in outdoor recreation.” At North Carolina Central University, the Department of Physical Education and Recreation is collaborating with Campus Recreation to explore OR with African American students. In this interactive session we will share the design of our ongoing study, early results, and preliminary findings.

11:15AM - 12:15PM

## Becoming a Better Leader Through Giving & Receiving Feedback

**Shawn Newton** Director of Intramural Sports, Duke University  
**Tori Hooker** Senior Assistant Director of Sport Programs, University of North Carolina at Chapel Hill  
**Travis Rawe** Coordinator of Competitive Sports, Wake Forest University

This presentation focuses on strategies behind effectively giving and receiving feedback at various management levels. We will discuss the concepts of positive vs. negative feedback, understanding personalities when giving feedback and how to give feedback at various management levels.

## Active Team Development: NOT the Human Knot

**Nathan McKinnis** Managing Director of Recreation Programs, Duke University  
**Erin Ruyle** Director of Marketing & Special Events, Duke University  
**James Sawyer** Coordinator of Marketing & Graphic Design, Duke University

Participants will explore strategies for building camaraderie and buy-in among the leadership and general membership of student organizations. We will create development plans using activities and processing tools that can be utilized for team bonding, building trust, and establishing effective communication.

## Engage, Belong, Thrive... Measure? How a Wellbeing Assessment Can Inform Campus Recreation

**Laura Hix** Assistant Assessment Developer, Wake Forest University

Campus recreation contributes to the holistic well-being of students, particularly by fostering engagement and a sense of belonging. However, institutions often do not have adequate tools for assessing these effects and developing finely targeted programming. With an emphasis on wellbeing program development and evaluation, this interactive presentation highlights the need to understand and adequately measure wellbeing at multiple levels and across multiple dimensions. The Wake Forest University Wellbeing Assessment is introduced as a viable measurement tool, and results from a 2016 pilot of the measure are discussed. Attendees have the opportunity to apply this information by examining specific ways campus recreation offerings at their own school can provide students with the skills and resources they need in order to engage, belong, and thrive.

## Maximize your Fusion Tools

**Stephen Burey** InnoSoft Fusion

The workshop will focus on reports, extracting data, communication tools (scheduling email reminders from Fusion), evaluating new features included for waivers, sharing best practice ideas from peers and a Q&A time. Participants will increase their knowledge of the communication tools within Fusion and build a communication to schedule for use with their members. Communication task leverages a custom query tool to help you define a broad or narrow list of member records to contact.

## Adventure Fitness: Expanding the Scope of Physical Activity Programs

**Jessica Hall** Group Fitness Instructor, East Carolina University  
**Erin Tucci** Group Fitness Instructor, East Carolina University  
**Jennifer Jarosz** Group Fitness Instructor, East Carolina University

Fitness is a journey, embrace the adventure. Join us for a presentation about adventure fitness, a collaboration between fitness and outdoor program areas. Being outdoors promotes an appreciation for the environment along with added health benefits. Help broaden the opportunities for students to achieve their fitness goals while developing new skills and learning about other programs in campus recreation.

12:30PM - 2:00PM

NoCRSA LUNCH & KEYNOTE  
PRESENTED BY READY FITNESS

**READY FITNESS**  
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## Keynote: "Why Wellness Matters"

**Dr. Michael Perko** Professor, Department of Public Health Education, University of North Carolina Greensboro

In our busy day-to-day lives, it is easy to forget why we try to stay healthy in the first place. Is it to live longer? Delay disease? Or, just look better in jeans? Today's talk will act as a little nudge on why we need to be reminded of how important our own health journeys are, we'll explore 3 critical rules for better health, and we'll get some perspective from a very unlikely source, Christopher Walken! And by the way, today's talk will add 7.5 minutes to your life. Not bad.

2:15PM - 3:15PM

## Behavioral Interviewing and its Effect on Student Employee Retention

**Matt Shilling** Assistant Director of Open Recreation and Aquatics, University of North Carolina Charlotte

Getting to the core of how a prospective student employee is likely to behave is difficult. Using behavioral interviewing allows the practitioner to predict future performance based on past behaviors. This session will inform the interviewer of the benefits of behavioral interviewing, writing questions designed to draw the most information out of a candidate and analyzing answers to select the best candidates for your position.

## Leadership Cycle

**Shauna Hines ZM**, University of North Carolina Chapel Hill

**Reggie Hinton** Associate Director of Facilities and Operations, University of North Carolina Chapel Hill

This presentation is meant to teach students about leadership as a cycle and not a destination. The main goal is to have students take ownership in their skills in order to form an effective team and lasting legacy.

## How to Get the Most Out of Your Employees! An In-Depth Look at Employee Recognition Feedback Programs

**Andrew Rampe** Coordinator of Competitive Sports, University of North Carolina Wilmington

**Laura Shively** Graduate Assistant of Competitive Sports, University of North Carolina Wilmington

Are you looking to motivate your employees? Join us for an in-depth discussion on how you can motivate your employees to get the most out of them. We will discuss what works with colleges and universities across the nation, as well as how many successful businesses motivate their employees. We will discuss ways to properly evaluate your student staff, along with effective recognition programs already being utilized. Join us to see how you can embrace a happy and more motivated staff.

## Scents and Sensibilities: Essential Oils for Life Enhancement

**Jamie Stephens** Wellness Coordinator for Outreach and Peer Education, University of North Carolina at Greensboro

Millions of people across the US and the world are utilizing essential oils as part of a holistic approach to health and wellness. Aromatherapy has the potential to enhance the lives of students and staff alike. There is vast untapped potential for health promotion interventions through utilization of aromatherapy in higher education. Participants in this session will experience a variety of essential oils that support positivity, mindfulness, confidence, concentration, self-esteem, and happiness.

3:30PM-4:30PM

Department Round Tables and Directors Meetings

