University of Utah
Campus Recreation Services
A Division of Student Affairs

ANNUAL REPORT
July 1, 2009-June 30, 2010

Enrichment    Engagement    Development    Happiness
Please find attached the Campus Recreation Services (CRS) 2009-10 Annual Report. Campus Recreation Services provides sport, leisure, adventure, fitness, recreation, leadership, and community building opportunities for the University of Utah. The enclosed document reports achievements, data, challenges, and highlights from the past year. Selected items of note, and fun facts, include:

- Participated in the NASPA Consortium survey, developed by the National Intramural and Recreation Sports Association, which provided valuable feedback from students regarding our current programs and services.
- Completed outline of strategic plan. Plan will be finalized by mid-fall.
- Provided funding for the McCarthey Family Track and Field, which will be a shared use facility with Athletics.
- Updated branding and theming for all marketing materials.
- Ninety percent of the unique 15,525 users of the Field House were students.
- CRS facilities were open 12,080 hours to serve the University Community. That’s an average of 33 hours per day!
- CRS provided 36,250 hours of student employment.
- If you rented all the boating equipment from ORP, you could take 400 friends with you.
- There were 368 soccer goals scored in Intramural Sports last year.
- The Field House has over 17,000 pounds of weight for those who like to pump iron.
- If you rented all of the ski and snowboard equipment from ORP, you could bring 275 friends along.
- Last year, there were 536 touchdowns scored in Intramural Sports.
**MISSION STATEMENT AND GOALS**

Campus Recreation Services is dedicated to educational enrichment, encouragement of active participation, development of the complete individual, and the discovery of lifelong happiness.

**Quality Service**
Campus Recreation Services is committed to providing quality programs, facilities, and services.

**Student Focused**
Campus Recreation Services is dedicated to meeting the needs of students.

**Knowledgeable staff/Professional development**
Campus Recreation Services provides professional development, leadership, and a knowledgeable staff through continuous quality training.

**Safe environment**
Provide a safe, accommodating, and secure environment for the University community.

**Increased visibility**
Be creative in meeting the needs of participants, building a positive image, and increase university community awareness.

**Diversity**
Meet the needs of the University’s diverse campus community.

**FACILITIES AND PROGRAMS**

**Field House**
Primary facility for Campus Recreation Services (CRS). Contains free weight center, cardio center, circuit and cable weights, dance studio, 2 tennis courts, 1 basketball/soccer court, 7 racquetball courts, 2 squash courts, cycling studio, personal training studio, indoor running track, lounge, and imac stations. Most heavily used program/facility within department.

**HPER Complex and Natatorium**
Shared use facility with College of Health and Athletics. Contains courts for basketball, volleyball, and badminton, 3 swimming pools, and 3 racquetball courts. Limited hours of availability.

**Disc Golf Course**
Eighteen-hole course located on remaining land of the former golf course, between Mario Capecchi and Wasatch Drive.

**Outdoor Recreation**
Arguably the premier outdoor program in the nation. Services include equipment rental for all seasons and outdoor activities, Cooperative Adventure Trips, resource center, and special events and programs.

**Intramural Sports**
Provides students, staff, and faculty the opportunity to compete on teams or as individuals against other members of the campus community. Sports are offered year-round at the HPER Complex, Field House, outdoor fields, and Outdoor Program.

**Fitness Program**
Non-credit fitness classes offered at the Field House, Heritage center and University Student Apartments. Classes are both fitness and instructional based.
Personal Training allows participants to work individually with a certified personal trainer to develop a program geared towards needs and interests.

**Sport Clubs**
A program that provides students the opportunity to compete on teams against other university sport clubs. A wide range of clubs are available for both female and male participants. Selected clubs compete at the national level.

**Team Tots**
In cooperation with Child Care, free child service was offered two evenings per week for students. Child Care provides facility and staff and CRS underwrites costs.
### FULL TIME STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amy Barefield</td>
<td>Aquatics Supervisor</td>
</tr>
<tr>
<td>Mary Bohlig</td>
<td>Director</td>
</tr>
<tr>
<td>Evelina Day</td>
<td>Administrative Assistant</td>
</tr>
<tr>
<td>Paula Ericson</td>
<td>Administrative Secretary/Program Assistant</td>
</tr>
<tr>
<td>Julian Gomez</td>
<td>Coordinator, Intramural Sports and Marketing</td>
</tr>
<tr>
<td>Jeanne Huelskamp</td>
<td>Field House Supervisor</td>
</tr>
<tr>
<td>Cheri Jenkins</td>
<td>Associate Director, Field House and Fitness Program</td>
</tr>
<tr>
<td>Rob Jones</td>
<td>Co-Coordinator, Outdoor Recreation Program</td>
</tr>
<tr>
<td>Susan Miller</td>
<td>Coordinator, HPER Complex and Sport Clubs</td>
</tr>
<tr>
<td>Brian Wilkinson</td>
<td>Co-Coordinator, Outdoor Recreation Program</td>
</tr>
</tbody>
</table>

### Professional Staff Highlights, Involvement, and Professional Development

**Cheri Jenkins**  
Student Affairs (SA) Professional Development Committee.  
Co-hosted the Marketing Roundtable.  
NIRSA National Conference, April 20-23, Anaheim, CA.

**Julian Gomez**  
NIRSA Utah/Idaho State meeting October 29-30. Co-hosted the Marketing Roundtable.  
NIRSA National Conference, April 20-23, Anaheim, CA.  
Poster presentation at the NIRSA National Conference: Team Tots –Encouraging Family Participation Through Cooperative Programming.  
NIRSA Utah State President  
SA Action Coalition  
AORE National Conference, November 5-8, Minneapolis, MN  
Hosted “Trip Leader Training and Development” Round Table at the AORE National Conference.  
AORE Board of Directors.  
Completed Community Emergency Response Team (CERT) training.

**Brian Wilkinson**  
Instructor for Parks, Recreation and Tourism (PRT).  
Athletic Business Management National Conference, December 2-6, Orlando, FL

**Rob Jones**  
Instructor for PRT.  
SA Action Coalition committee.  
Association of Outdoor Recreation Educators (AORE) AORE National Conference, November 5-8, Minneapolis, MN  
Hosted “Trip Leader Training and Development” Round Table at the AORE National Conference.  
AORE Board of Directors.  
Completed Community Emergency Response Team (CERT) training.

**Mary Bohlig**  
SLC Design Committee.  
Human Resources Grievance Committee.  
Health, Physical Education, and Recreation (HPER) Users Committee  
Aquatics Committee  
Adjunct faculty for Parks, Recreation, and Tourism.  
Facility tour at the University of Missouri

**Evelina Day**  
NIRSA National Conference, April 20-23, Anaheim, CA.

**Amy Barefield**  
NIRSA Utah/Idaho State meeting, October 29-30  
Chair, Aquatics Committee

**Susan Miller**  
SA Diversity Council  
HPER Users Committee  
NIRSA National Conference, April 20-23 Anaheim, CA.
Student Staff Education and Leadership Development

- Chavalah Washington. Field House. CRS Outstanding Student Employee
- Jessica Barlow. HPER Complex. CRS Outstanding Student Employee
- Greg Davis. ORP. NIRSA State Student Representative
- Aaron DeFriselles. ORP. Academic Internship
- The following is a list of workshops and number of students who obtained certification:
  - CPR & AED 40
  - CPR for the Professional Rescuer 20
  - Lifeguard Certification 6
  - Guest Service Training 26
  - On-line Orientation 31
- ORP conducted the following additional training opportunities for student staff, trip leaders, and Outdoor Adventure Floor students:
  - Ice Climbing Training 11 participants
  - AMGA Ski Guide Course 10 participants
  - Rafting training 5 participants
  - UMA Avalanche Training 80 participants

Outdoor Program

- The Banff Festival of Mountain Films and Radical Reels had over 6200 people in attendance. Both events are the largest in North America.
- Accepted to host the 2012 National AORE Conference. November of 2012 at Snowbird Resort.
- The ORP hosted a 12-day Ski Guides Instructor Course and a 3-day Single Pitch Instructors Course sponsored by the American Mountain Guides Association.
- Nearly 800 students participated in Cooperative Adventure Trips. Trips traveled far and wide, including Mount Baker climbing, Snake River rafting, Yellowstone camping and hiking, and sea kayaking at Lake Powell.
- Was recognized by City Weekly Best of Utah edition as the Best Place to Rent Outdoor Equipment.
- Purchased and began implementation of new point-of-sale system that will be better able to monitor available equipment, inventory, and user information.
- Assisted the Student Orientation in offering a "Wilderness Orientation" component. Eighty students participated in rock climbing, kayaking, and hiking as part of a two day event. The ORP also hosted a BBQ for over 250 Orientation students.
- Worked collaboratively again this year with the Bennion Center to sponsor an ASB trip to clean the San Juan River.
- In cooperation with HRE, rented busses to bring students to Brighton for night skiing.
- Record number of participants served through equipment rentals this year; an increase of 19% from the previous year.
- Continued working relationship with the University of Utah Hospital Spinal Cord Injury Rehabilitation center to develop the Therapeutic Recreational and Independent Lifestyles (TRAILS) program.
- Continue to work closely with the Outdoor Leadership Floor within Housing and Residential Education, including floor specific trips and 9 students enrolled in the PRT class co-instructed by Rob and Brian.
- Sold 2758 discounted ski tickets to local resorts.
- Sponsored five presentations, with a total audience of 7830.

Fitness Program

- Implemented the Fit Pass program, which allows participants to attend any fitness class offered for on flat rate.
- A total of 95 unique classes were offered last year.
- The Personal Training program saw huge increases this past year, with a total of 905 Personal Training sessions conducted. This is an increase of 22% from the previous year.
Sport Clubs

- First year of a collaboration agreement between CRS, Athletic Training and the College of Health, which resulted in an athletic trainer assigned exclusively to our Sport Club (SC) athletes. A very successful initiative which has laid the groundwork for expanded care and service.
- There were 24 active clubs this year.
- Men’s rugby again hosted a youth summer camp, which brought 40 youth players to campus.
- The Sport Club contingency fund allocated monies this year to W/M Racquetball, W Cycling, Men’s Ultimate, Marksmanship, Women’s Water Polo, and Men’s Water Polo for regional and national championships.
- Completed participant survey.
- 81 athletes competed in national tournaments.

MARKSMANSHIP
- Standard Pistol Team. 8th place finish at National Championships
- Air Pistol Team. 8th place finish at National Championships
- Free Pistol Team. 9th place finish at National Championships
- Brad Collins. 3rd place finish in Aggregate and 6th in Air Pistol at National Championships

WOMEN’S CYCLING
- Two athletes completed in the National Championships
- Stephanie Skoreyko finished 11th in the National Championships

WOMEN’S WATERPOLO
- Tenth place finish at the National Collegiate Club Championship Tournament
- Southwest Division Champions
- Emily Haws named on the all-tournament team
- Five players earned all-conference honors

MEN’S WATERPOLO
- Seventh place finish at the National Collegiate Club Championship Tournament
- Rocky Mountain Conference Champions
- Matt Clark earned all tournament honors at the National Championships

MEN’S RUGBY
- Seven’s Rugby National Champions. First ever national championship for Men’s Rugby. It was the first time collegiate rugby was shown live on a major national network
- Finished the season ranked 5th nationally
- Matt Wunderli, Thretton Palamo, and Don Pati named All-Americans.
- Don Pati, club member, was the youngest player in the world chosen to attend the International Rugby Academy in New Zealand. Also chosen as a member of the USA Under-20 National Team

RACQUETBALL
- Women’s team placed 12th at the National Tournament
- Women’s and Men’s combined teams placed 14th at the National Tournament

ULTIMATE FRISBEE
- Big Sky Collegiate Sectional Champions

Einar Nielsen Field House

- A total of 15,525 individual users utilized the Field House (FH). Of this, 90% were students, which is approximately half the student population at the University.
- First year of a three-year strategic plan to both replace and upgrade equipment, along with cosmetic upgrades.
  - Facility improvements included: new paint, carpet replacement, and furniture on the 1st and 2nd floors; restoration and posting of historical FH photos on the first level; new modular office furniture for the guest service work station; new flat screen television in the lounge area; new room signage throughout facility; resurface primary stairwell; placement of display case dedicated to the promote Intramural and Sport Clubs.
  - Equipment upgrades include replacement of the circuit weight set and 1/3 of all cardio equipment.
- The Field House continues as the busiest facility/program within the department.
- Began the plan and design of converting a squash court into an indoor cycling studio.
- The lack of a cooling system continues to present both safety and comfort issues for our guests.
Intramural Sports

- A total of 43 team and individual sports were offered, with 282 teams competing throughout the year.
- Participation increased by 34% in the fall semester and 22% in the spring semester.
- Electronic networking technologies, including Facebook, Kadoink, TeamPages, Twitter, and an RSS feed link, continue to grow in popularity and participation.
- Started weekly field inspections to better ensure safety of participants.
- Refined and continued on-line training modules to compliments on-site training for all staff. The result was a better trained and greater retention of student staff.

HPER Complex and Aquatics

- Implementation of a children’s swim lesson program and continued growth of the adult swim lesson program.
- Initiated Aquatic Sub-Committee to review and make changes, as appropriate, to policies and guidelines.
- Based on student feedback, scheduled indoor soccer weekly, which was very well received by participants and very well attended.
- Continue to work through conflicts with College of Health staff in this shared use facility.

Administration

- Initiated design phase for the Life Center (SLC).
- Updated Mission Statement and completed framework for our five-year Strategic Plan. Detailed goals and action items to be completed by December, 2010.
- Participated in the NASPA Consortium survey, developed by NIRSA, which provided valuable feedback from students regarding our current programs and services.
- Provided funding to assist with the completion of the McCarthey Family Track & Field Complex. This will be a shared use facility between Athletics and CRS. Action items to prepare for completion of this new facility have included signage, access, scheduling, reservation forms, liability waivers, utility and maintenance costs, safety, supervision, and operations.
- In order to further educate student leaders and SLC fundraising chairs, brought a group of individuals to tour the University of Missouri. Travelers included Chase and Gretha Peterson, Ren Rice, Jim MacFarlane, Taylor Clough, Rachael Rizzo, Barb Snyder and Erica Marken.
- Hosted staff from both Weber State University and Snow College for consultation and review of their programs, facilities, and operations.
- First full year of operation at the new Disc Golf Course. Response to date has been overwhelmingly positive and participation by both the campus and local community has been much higher than anticipated.
- Increased faculty/staff memberships to over 2250.
- As per new federal minimum wage guidelines, increased student staff salaries, which resulted in $440,000 paid back to students via CRS employment opportunities.
- Hosted the following campus community events: HRE Beach Party, Ski and Shred Red, ASUU Volleyball and ASUU Softball.
- Updated performance evaluations for full-time staff, which provides opportunity for self-analysis.
- Review and update of student staff manual.
- Completed a Risk Management Audit of all programs and services.
- After a three year absence, we offered the Come to Life (CTL) incentive program again this year. Participants were rewarded with a free t-shirt after 30 participations and a free hooded sweatshirt for 55 participations per semester. A total of 1715 t-shirts and 630 t-shirts and hooded sweatshirts were given out.
- Updated emergency packs within each facility.
- Received a donation to provide funding for the Women’s Lacrosse Club.
- Continued active participation in fund-raising efforts for the SLC.
- Completed University Audit for our department.
- Completed renovation of the former golf shop into storage areas for Intramural Sports and Sport Clubs.
- Conducted 1469 participant evaluations throughout all program areas.
- We provided 29,600 hours of student staff employment over the past year.
In its 4th year, Team Tots served 484 student families during the year, which is an increase of over 400%. Additionally, with the expansion of hours from fall to spring semesters, participation increased by 190%. This program offers free child care during the academic year to students and/or their significant when they are participating with CRS. Child Care provides the staff and we reimburse them for this expense.

Based on assessment results, which identified student lack of awareness of our program and facilities, we completed review and revision of departmental marketing plan.

Completed revision of branding and theming for departmental via the Marketing & Communications Department. This includes the general brochure, flyers, posters, program specific brochures, lawn signs, printed advertisements, and staff shirts.
Outdoor Recreation Program equipment rental and service survey results (N = 159)

- 57% were students at the University of Utah
- 44% of respondents were first time renters
- 56% rent 1-2 times per year
- 29% rent 3-5 times per year
- 82% rented winter equipment
- 93% rated the quality of equipment from excellent to very good
- 96% rated the affordability of equipment from excellent to very good
- 92% rated the availability of equipment from excellent to very good
- 97% rated the customer service “excellent”
- 95% responded that the ORP staff had excellent to very good to knowledge of the equipment and program
- 97% responded that the equipment met their expectations

Come to Life (CTL) survey results (N = 119)

Why did you participate in CTL
- Improve habits: 49%
- Track exercise: 20%
- Prize: 31%

Did your workouts increase as a result of participating in CTL
- Yes: 53%
- No: 29%

What impact did your participation have on you
- Improved exercise habits: 58%
- No impact: 14%
- Increase awareness of CRS: 14%

Do you feel your fitness level increased due to CTL participation
- Yes: 65%
- No: 19%

Do you have confidence in your ability to maintain your new exercise habits/fitness level without CTL
- Yes: 72%
- No: 8%

Intramural Sports participant survey results (N = 30)

The following questions were rated either extremely satisfied or satisfied:
- Promptness of activity: 79%
- Time of activity: 78%
- Quality of supervision: 72%
- Quality of officiating: 71%
- Organization: 63%
- Professionalism: 65%
- Overall experience: 69%

Consortium 2010: Campus Recreation Student Survey

With the assistance of the office of Assessment, Evaluation, and Research, our department participated in a nation-wide survey of selected universities, with Student Voice serving as the managing organization. This was an electronic survey that was sent to a random sample of students. A total of 601 students completed the survey. The survey gathered a large swath of information, ranging from demographics, current use patterns, satisfaction, quality of life, etc. Many of the comments indicated two main areas of concern for students: condition of current facilities and lack of awareness of CRS programs, services, and facilities.
Aquatic use survey results (N = 207)

Students: 149
Faculty/staff: 50
Other: 11

Do you currently use the HPER pools for lap swimming:
Yes: 80
No: 90

If no, please indicate reasons why (top three):
Don't swim: 34
Other: 32
Inconvenient location: 20

If yes, how many times/week (top three):
1-3: 57
0-1: 30
3-5: 19

Are the current pool hours adequate for your needs:
Yes: 112
No: 77

Which of the following programs would you likely participate in if offered (top three):
Scuba: 62
Aqua fitness: 46
Water polo classes: 45

Fitness program participant survey results (N = 307)

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor effectively explained skills</td>
<td>66%</td>
<td>30%</td>
<td>2%</td>
<td>0%</td>
<td>0%</td>
<td>2%</td>
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<tr>
<td>Instructor effectively demonstrated skills</td>
<td>60%</td>
<td>24%</td>
<td>4%</td>
<td>1%</td>
<td>0%</td>
<td>11%</td>
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<tr>
<td>Instructor gave helpful feedback</td>
<td>50%</td>
<td>26%</td>
<td>14%</td>
<td>4%</td>
<td>0.2%</td>
<td>6%</td>
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<tr>
<td>Instructor was enthusiastic</td>
<td>84%</td>
<td>17%</td>
<td>4%</td>
<td>0.7%</td>
<td>1%</td>
<td>1%</td>
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<td>Instructor demonstrated comprehensive knowledge</td>
<td>77%</td>
<td>19%</td>
<td>4%</td>
<td>0.8%</td>
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<tr>
<td>Instructor motivated me</td>
<td>68%</td>
<td>32%</td>
<td>0%</td>
<td>0%</td>
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<td>Instructor was interested in my performance</td>
<td>48%</td>
<td>26%</td>
<td>16%</td>
<td>6%</td>
<td>2%</td>
<td>2%</td>
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<tr>
<td>Instructor was prepared each day</td>
<td>70%</td>
<td>25%</td>
<td>5%</td>
<td>0%</td>
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<td>Instructor was patient when I had difficulty</td>
<td>51%</td>
<td>25%</td>
<td>12%</td>
<td>0%</td>
<td>0%</td>
<td>9%</td>
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<tr>
<td>Class started on time</td>
<td>66%</td>
<td>29%</td>
<td>3%</td>
<td>10%</td>
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<tr>
<td>Class progression was smooth</td>
<td>60%</td>
<td>31%</td>
<td>7%</td>
<td>1%</td>
<td>0%</td>
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<tr>
<td>Heart rate checks were routinely included</td>
<td>14%</td>
<td>12%</td>
<td>20%</td>
<td>14%</td>
<td>7%</td>
<td>33%</td>
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<tr>
<td>Music was appropriate</td>
<td>63%</td>
<td>28%</td>
<td>6%</td>
<td>2%</td>
<td>0%</td>
<td>1%</td>
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<tr>
<td>Proper warm up was practiced</td>
<td>58%</td>
<td>34%</td>
<td>4%</td>
<td>1%</td>
<td>0%</td>
<td>3%</td>
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<tr>
<td>Proper cool down was practiced</td>
<td>58%</td>
<td>35%</td>
<td>3%</td>
<td>0%</td>
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<td>4%</td>
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<tr>
<td>I enjoyed this activity</td>
<td>72%</td>
<td>21%</td>
<td>6%</td>
<td>1%</td>
<td>0%</td>
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<tr>
<td>Overall quality of this class</td>
<td>66%</td>
<td>25%</td>
<td>7%</td>
<td>2%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Would recommend this class to friend</td>
<td>96%</td>
<td>3%</td>
<td>1%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
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</tbody>
</table>

Classification:
Freshman: 11
Sophomore: 6
Junior: 11
Senior: 14
Grad: 73
Alumni: 6
Staff: 66

Student living on campus:
Yes: 17
No: 83

Where do you live on campus:
Ft. Douglas: 10
Med Towers: 3
Univ. student apts: 19
Greek Housing: 0
Sport Clubs (SC) participant survey results highlights (N = 46)

The following questions were rated as either strongly agree or moderately agree:
- Participating SC has expanded interest in my health/Fitness 91%
- Sports Club contribute to my quality of life at the UU 98%
- SC offers something for everyone 86%
- My competition needs are met through SC 77%
- I enjoy participating in SC 97%
- Participating in SC has provided me with skills that I will use after college 96%
- I would recommend involvement in SC to others 98%

Top ranked responses “From Your participation in SC, which of the following do you feel you have increased or improved:”
- Athletic ability 95%
- Fitness 95%
- Physical strength 91
- Overall health 88%
- Balance/coordination 84%
- Group cooperation skills 84%
- Feeling of well being 81%
- Ability to develop friendships 81%
- Sense of belonging/association 81%
- Leadership skills 72%

When deciding to attend the U of U, how important were SC in your decision
- Extremely to very important 66%

Top response to how often do you participate with your club
- Three to four times per week 47%

How many hours do you spend working for pay each week (top response)
- 11-20 hours 38%

What is your anticipated GPA this semester (top response)
- 3.0-3.49 40%
# Participation

**Summer 2009, Fall 2009, Spring 2010**

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<thead>
<tr>
<th>Category</th>
<th>Participation</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HPER Complex</strong></td>
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<tr>
<td>Participations</td>
<td>57,474</td>
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<td>Staff Training</td>
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<td><strong>Total</strong></td>
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<td>57,591</td>
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<td><strong>Intramural Sports</strong></td>
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<tr>
<td>Participations</td>
<td>15,334</td>
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<tr>
<td>Training &amp; meetings</td>
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<td><strong>Total</strong></td>
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<td>15,594</td>
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<td><strong>Outdoor Recreation Program</strong></td>
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<td>Trips &amp; Training</td>
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<td>Meetings</td>
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<td>Presentations</td>
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<td>Staff training</td>
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<td>Equipment rental</td>
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<td><strong>Total</strong></td>
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<td><strong>Sport Clubs</strong></td>
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<tr>
<td>Participations</td>
<td>24,780</td>
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<tr>
<td><strong>Total</strong></td>
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<td>24,780</td>
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<tr>
<td><strong>Disc Golf Course</strong></td>
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<td>Participations</td>
<td>15,138</td>
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