Health Sciences Student Center to be First in State

It was a typical Friday afternoon, but for East Carolina University and fellow Pirates, it was a monumental day. On July 17th, the ECU Board of Trustees broke ground for the new Health Sciences Student Center. The building will be 75,000 square feet filled with dining options, student offices, and recreational space. It will be located between the East Carolina Heart Institute on Heart Drive and Laupus Library on the Health Science Drive. This facility is designed to engage all students on the Health Sciences Campus, get them more involved outside of classes, and provide individual study spaces as well as community space for student interaction.

One of the largest footprints in new student center is Campus Recreation and Wellness (CRW) with an estimated 28,000 square feet spanning both levels of the facility for recreation and wellness activities. The Student Center will feature one full size basketball court that can be easily converted into two courts, a large cardio deck, a free weight area, functional fitness equipment with customizable features, locker rooms, and two exercise studios. One of the studios will feature new technology called Fitness On Demand, a touch screen TV that allows users to select various video workout routines.

Janis Steele, the Associate Director of CRW Facilities, stated the new Student Center will house CRW staff to provide expertise and oversight for various programs and services offered. This facility will enable CRW to further develop ECU’s vision of becoming a national model for health and fitness.

This collaboration is going to be yet another milestone in ECU’s history. Through this incredible step to further the success of ECU, students are also excited about the new building. Mona Amin, a sophomore majoring in Biology states, “The new student center will allow for better integration. Students will be more aware of the resources that are available, and this will give them the opportunity to make the best of their college experience.”

This is a place where students can gather and enjoy the amenities to further support the growth and development of the Health Sciences Campus. With this new student center, ECU continues to grow with a focus on excellence to provide students, faculty and staff the opportunity to be engaged and feel connected to the Pirate Nation community.

The Health Sciences Student Center is scheduled to open in the spring of 2017. If you want to view the construction live or get more information on the new innovative facility, please go to: www.ecu.edu/cs-studentaffairs/studentcenters/Health_Sciences_Center.cfm

Projected Exterior

Munchie Monday

Every Monday in the Student Recreation Center, the Munchie Monday table is set-up with a cooking demonstration, yummy samples, and recipes of healthy snacks. The Wellness Center also offers a cost breakdown of the foods provided to encourage mindful spending when practicing financial and physical wellness.

Southwest Hummus

Ingredients:
- 1 (16 oz) can Garbanzo Beans, drained
- 1 clove garlic, minced
- Juice from lemon
- 1 Tablespoon olive oil
- teaspoon salt
- teaspoon cayenne pepper
- 1 Tablespoon roasted red pepper

Instructions:
Blend all ingredients in a food processor or blender until you get the correct consistency. Enjoy by dipping with vegetables or crackers/pretzels!

Social Media Corner

Connect with professional staff, alumni & coworkers!

Like our Facebook: ECU Campus Recreation and Wellness Employee Alumni Page

Follow our Instagram: @ecu_crw

CAMPUS RECREATION & WELLNESS
252.328.6387
www.ecu.edu/crw
Final Notes from Nance

A Fond and Healthy Farewell

Yes, the rumors are TRUE!!!!! After a great 42 plus year career in higher education, with over 34 of those years here at East Carolina University in Campus Recreation and Wellness, I am retiring December 1, 2015. It has been said that life can be compared to a train ride...you meet many people along your way as you travel. To some you just smile and say hello, others you talk with for a short while and go on your way; still others you get to know quite well and share fun times and fellowship. And then there are those who come into our lives and leave footprints on our heart...and our life is never the same! Thank you for joining me along this life’s journey and sharing so much fun and camaraderie over the years!

From Double Dare, Almost Anything Goes, and King and Queen of the Halls to Pirate Palooza, Mardi Gras, and Polar Bear Plunge, what a great ride it has been! Most of you know two of my greatest passions are excellence and wellness. I challenge you to continue your personal and professional journey, to find that passion that “makes your heart sing”, and then to excel at whatever you choose to do.

And along the way, make time for FUN and for YOU!! Our 8 Dimensions of Wellness say it all and there is no greater gift you can give yourself than the gift of good health. Thank you for the many friendships, the awesome and lasting memories, the continued leadership, and the personal support from all of you over these years. See you on the water.........

Nance

Upcoming Events

The 20th Annual Polar Bear Plunge will be held at the Student Recreation Center on Thursday, Jan. 21 at 7 p.m. ECU students, alumni, faculty and staff are welcome to take a plunge into the icy waters of the outdoor pool. “Papa Bear,” Stephen Gray, has been the jump leader at the CRW Polar Bear Plunge for all 20 years. He stated, “I feel like at the 20 year anniversary of the Polar Bear Plunge we need to do something big: like have an alumni jump, by inviting alumni to come back to ECU to take the jump.” We would like to make Papa Bear’s dreams come true, please join us for the alumni jump and celebrate our 20th year with us!

This event began in 1997 as a part of the Grand Opening Week for the Student Recreation Center. The first event started with only 35 participants and has had over 1,000 participants for the last three years.

Participants will receive a free T-Shirt and a certificate for jumping, a chance to take a picture with the bear, and sign the banner! Also, you can enter for a chance to win $10,000 by making a half court shot at a men or women’s basketball game by attending Polar Bear Plunge. Registration will begin at 6:00 p.m. Swimsuits are required, and participants should bring their own towel.

For further information please contact Campus Recreation & Wellness at 252-328-6387.

Student Staff Leadership Development Framework

The Student Staff Leadership Framework Committee was formed in November of 2012 when a few of the CRW professional staff members began discussing how we can effectively assess the growth in leadership within our student employees. At that time, 8-competencies were developed based on what we as a department felt would help develop in our student employees. From there, five units for formed which includes hiring, training, assessment, recognition and evaluation to implement these competencies in to the fabric of our department. The eight leadership competencies are as follows:

- Adaptability
- Communication
- Conflict Resolution
- Effective Reasoning
- Initiative
- Integrity
- Mentorship
- Self-Awareness

We would like to offer YOU the opportunity to share your story of how CRW impacted your time here at ECU as a student. We would love to hear how we has made a difference in your life and where you are today. If you would like to share, please email your personal experience to campusrec@ecu.edu. You could be featured in our next newsletter!