The Opening Tip!

Welcome back! This is the first update since last semester and much has happened over the past months. Thanks to those of you who asked where we have been and it's good to get out this latest edition. Administrative changes in the university, staff changes, events, and accomplishments have highlighted the last few months. Foremost among the news affecting Campus Recreation & Wellness is the appointment of a new Vice-Provost for Student Affairs. This individual directly oversees all areas of Student Affairs including Campus Recreation & Wellness. Kemal Atkins started on February 1 and will be making his visits to each of the offices and departments for which he is now responsible. We have also served as hosts for highly successful events such as Midnight Madness, Polar Bear Plunge, Gladiators, the Flatlander's Fling Climbing Competition, and a recent meeting of the North Carolina Outdoor Recreation/Adventure Program Coordinators. All-American officials, obtaining a new grant, and personal news from some of the staff are all included in this period's update. - DG

Staff News

Another baby recently joined the CRW family as Alan Nielson, Coordinator for Facilities & Aquatics, and his wife celebrated the birth of Bradyn Charles Nielson on Thursday, October 18. He was 7 lbs. 9 oz. and 20 1/2 inches long. In addition, Mark Parker, Coordinator of Intramural Sports, and Nikki Lankford, former Facility Manager and Intramural Sports Site Manager & Official, were married on October 6 in Greenville. Nikki is now attending Graduate School at ECU. With some structural changes in the Adventure area, the Coordinator of Adventure Programs was eliminated and a new position of "Leadership & Team Training Specialist" was created. This position is an Assistant Director level and deals specifically with a variety of leadership-oriented programming consisting largely of administering the Challenge Course. After working in the position on a temporary basis for the Fall 2007 semester, Eric Gardner has been hired permanently in that role. Our intent is to dedicate a specific individual to handle this programming while pursuing groups from the university, local community, and corporate clients as well. A new promotional video has been completed and significant progress has been made already in elevating the program. Tom Burkiewicz continues as the Assistant Director for Adventure and is concentrated more specifically in trips, climbing wall, workshop, rental center, and adventure special events.
Events Highlight Fall 2007 Calendar

A variety of events populated the Fall 2007 calendar to keep life busy in the SRC. Once again, the department hosted one of the venues for the annual "Midnight Madness" event with the DJ dance being held on the front two courts on the SRC. This event is an annual tradition held on Halloween night and is designed to provide a non-alcoholic alternative to the downtown scene. Through the efforts of our staff this area was transformed into a nightclub-type atmosphere and about 2,000 people came through the doors. In addition to the dance several other components such as the Costume Contest, Wax Hands, and novelties were held in the building. Meanwhile a host of other entertainment options were conducted in the Mendenhall Student Center. With the anticipated possibility on Mendenhall being closed next year for renovations it is possible that the entire event will be moved over to the SRC for October 2008. A survey was distributed to Midnight Madness participants and yielded highly positive results regarding affect on alcohol use, enjoyment of the activity, and its effect on integration into part of campus life.

The 11th Annual Adapted Sports Day was held on Saturday, November 17, 2007 from 9:30 am – 3:30 pm at the SRC. This unique event was a collaborative effort of the East Carolina University Department of Campus Recreation & Wellness Adapted Recreation program, The L.T. Walker International Human Performance Center’s Adapted Sports program, Pitt County Community Schools & Recreation, and the local community’s Support Team for Active Recreation (STAR). Approximately 120 participants, volunteers, and family members were introduced to a wide variety of adapted sports such as rock wall climbing, wheelchair volleyball, slalom course, bowling and billiards, tai chi, hand cycling, racquetball, wheelchair basketball, wheelchair tennis, shuffleboard, table tennis, quad rugby, and bocce’.

The theme was "Serving Up A Winner" and the keynote speaker this year was Harriet Enzor, a nationally and internationally accomplished wheelchair tennis player who has captured the championship of the U.S. Open International Tennis Tournament for wheelchair athletes. She was ranked as high as #1 nationally in singles and doubles and #12 internationally. Past speakers have included Paralympic swimmer and runner Rudy Garcia-Tolson, wheelchair marathoner and basketball player Jean Driscoll, Paralympic swimmer Trischa Zorn, power hockey player Shawn Hessee, sprinter Brian Frasure, climber Mark Wellman, hand cyclist William Brady, golfer Bob Ronne, swimmer and road racer Ron Curll, the “Charlotte Crash” Quad Rugby team, and the “Port City Wheelers” Wheelchair Basketball team.

In November the annual "Flatlander's Fling" climbing competition assembled students, community members, and individuals from other institutions in an assault on the 27 foot SRC indoor climbing wall. A variety of prizes were donated from local businesses and food was provided as well to support the activity. Competition was available in several divisions for both men and women.

Spring 2008 Semester Underway

The Spring 2008 semester is well underway and much is happening at CRW. Our doors have been opened to heavy traffic since the start of the new year and the 12th Polar Bear Plunge highlighted the early weeks of the semester. The Plunge witnessed a record 502 participants (breaking the old mark of 467) in 2006. Stephen Gray, Director of Parent Services, functioned in the role of "Papa Bear". If the 39-degree water was not enough, over 150 pounds of ice were dumped into the waters before participant's eyes. Equipped with glow necklaces and their courage, groups of students continued to make the trip into the freezing water for the next hour, receiving T-Shirts and a chance for a $250 gift card to Best Buy. Students dried themselves with towels provided or their newly acquired T-Shirts as they enjoyed food provided by Campus Living and Dining.
In February, CRW hosted the bi-annual meeting of the North Carolina Outdoor Recreation Program Coordinators at the SRC. This meeting assembled many of the administrators of outdoor recreation/adventure programs within the university setting to review and discuss a variety of important issues. Tom Burkiewicz, Assistant Director for Adventure, and Eric Gardner, Leadership & Team Training Specialist, were instrumental in making this happen. Attendees spent the morning touring the SRC and Challenge Course, talking about various relevant topics, and then enjoyed lunch in Todd Dining Hall before completing their sessions in the early afternoon.

Also in late-February, CRW put on the 2nd version of "Gladiators" - the ECU version of the popular TV program. ECU Gladiators matched skills with participants in the joust, powerball, tug-of-war, and "touchdown" as competitors attempted to qualify for the final "gauntlet" obstacle course in men's, women's, and co-rec divisions. A total of 32 teams of two competed in this year's event and it was very positively received by all involved. Gladiators consisted primarily of CRW student employees and several individuals from a local professional wrestling group headed by Vu Donie, a former ECU intramural participant and basketball official.
CRW Receives Grant Money

The Department of Campus Recreation and Wellness (CRW) has recently received $170,000 in grant monies that will allow a current program to continue and expand, while establishing a new, cooperative pilot program.

A $70,000, 30-month continuance grant from the NC Health and Wellness Trust Fund which will allow for expanding the Tobacco-Free College initiatives implemented in 2007. Karen Warren, Director of Campus Wellness, is co-principle investigator along with Dr. David White. Together they will assist ECU in creating more clean air zones on campus. They will be working closely with Health Education and Promotion to manage this grant initiative. Grant coordinator Ellen Hanley, will work part time with CRW staff member Georgia Childs in partnering these educational initiatives.

A $100,000 grant from the NC State Health Plan will provide for an innovative five-month (January – June 2008) program focusing on health assessments and active intervention plans for selected participants.

This pilot program is a collaborative effort through the ACT-WEL (Advisory Council Team for Wellness Education Leadership) group with extensive involvement of the Human Performance Lab who will conduct the physical assessments, and Campus Wellness which will administer the interventions.

The primary goal of the pilot program is to offer 250 NC State employees the opportunity to participate in the study with the intended outcome of increased physical activity and subsequent disease reduction. This is a very positive development for ACT-WEL as funds are now available to hire a part time consultant to work with employees for this pilot. Dr. Susan Vickery Mercer has been hired for this position. She has a PhD in Exercise Physiology.
and a Master’s Degree in Marriage and Family Counseling. She is a former faculty member of Health and Human Performance and will offer wonderful expertise in working with this grant.

The pilot program is designed to assess each participant’s status at the outset using a program that identifies and analyzes the individual’s key wellness numbers (body mass index; cholesterol; glucose; etc.). The initial assessment is then used to create a wellness prescription that includes fitness activities as well as nutritional and lifestyle counseling. While all participants will have access to a variety of health and activity intervention programs, individuals who use the campus recreation center will have the opportunity to participate in a unique 14 week program called Active Living, which is designed to create long term lifestyle changes.

**Flag Football Officials Earn All-American Honors**

Intramural Flag Football Officials Charlie Kessel and Chris Riddle traveled to New Orleans to officiate the ACIS National Flag Football Championships from December 29-31, 2007 and turned in distinguishing performances. This is the nineteenth consecutive year in which ECU has had officials qualify for this prestigious tournament which assembles top intramural flag football officials from all over the nation to work some of the top teams in collegiate men's, women's, and co-rec and men's open competition. Officials are evaluated based upon their work over the three day period and assignments and recognition are determined through these evaluations. Charlie and Chris both worked championship contests and were chosen as being among the top 16 officials in the tournament which garnered them "All-American" honors. Charlie joins Russell Duvall as the only two-time All-American from ECU after being selecting for the same honor in 2006. Riddle achieved the honor in only his first trip to New Orleans and adds to a lengthy list of All-Americans from ECU. Currently, only two other schools (Ohio State and Georgia Southern) have had more individuals recognized in this fashion. Congratulations to Charlie and Chris!
North Recreation Complex Construction Almost Complete

The new North Recreational Complex is listed as 99.5% complete and the anticipated date for the university to accept the project is April 3, 2008. The turf fields will be accepted shortly thereafter and the target date for programming of the fields is currently June 1. Two full-time employees are being hired by the university to care for the site. It is expected that the facility will be fully operational by Fall 2008 and a number of programs are expected to be scheduled at that time including club sports and intramural sports. Students will be introduced to eight new sport turf field for competition and recreational play along with 6 acres of lakes that will be stocked for fishing. Interested individuals may follow the project on our web site at: http://www.ecu.edu/cs-studentlife/crw/facilities/north_complex/

The Pirate Grapevine

Complete with the latest information about happenings related to our alumni, the grapevine is your link to former colleagues. Please submit any Grapevine information directly to David Gaskins at gaskinsd@ecu.edu

- **Chris Amyette**, former Housekeeping Supervisor, Facility Manager, and Soccer Official, and his wife celebrated the birth of Logan Harris Amyette on Wednesday, October 17.
- **Jody Blackwell**, former Intramural Sports official, and his wife are now working together real estate with Keller Williams Preferred Realty and are very interested in helping any former Pirates with real estate needs in North Carolina.
- **Steve Bobbitt**, former Assistant Director for Adventure Programs, has left his job and is returning to James Madison University as the Associate Director for Programming with University Recreation.
- **Matt Clair**, former Facility Manager and Customer Services Attendant, is now attending graduate school in Recreation Administration at Texas State University in San Marcos, TX where he is also an Intramural Sports Graduate Assistant.
- **Susan Doggett**, former Club Sports Graduate Assistant, is now an Area Director for the North Carolina Special Olympics and will be based either in Charlotte or Greenville.
- **Travis Fisher**, former Intramural Site Manager and multi-sport official, and his wife celebrated the birth of a baby boy, Nicholas, on June 29th. He was 8 lbs. and 3 ounces at birth and was 24 inches long. Travis is also starting a new job as a District Manager for ADP's Total Source, where he will be selling an outsourced HR solution to medium size companies.
- **Jason Guinn**, former multi-sport Intramural Sports Official, is now working with the Harnett County (NC) Sheriff's department.
- **Jimmy Heritage**, former Intramural Sports multi-sport official, is now an Operations Assistant with ECU Athletics.
- **Michelle (Graham) Lee**, former Intramural Sports Site Manager, and her husband have moved to Dunn where they bought a new house. Michelle has also changed jobs and is now working in orthopaedics and sports medicine.
- **Chris Libert**, former Intramural Soccer Official, is now teaching Physical Education and coaching women's soccer at Cape Fear Community College in Wilmington, NC.
- **Jay Penuel**, former Facility Manager and Soccer Official, is living in Alexandria, VA and working for the Virginia State Courts as an Interpreter for the Deaf. He is also doing some freelance work in the Washington, DC area.
- **Todd Riddick**, former Intramural Sports Official, Site Manager, Camp Counselor and current Assistant Director for Intramural Sports, has been added to the South Atlantic
Conference staff (Division 2) as a football official for the 2008 season. He will also continue to work in the USA South and ODAC Conferences (Division 3) next season.

- **Leanne Teal**, former Intramural Sports Supervisor, and her fiancé Stephen, are planning a wedding for September 2008.
- **Roy Turner**, former Intramural Sports multi-sport official and supervisor, is now the Athletic Director at Ashley High School in Wilmington, NC.

That is all for this time. Keep the information coming for the next update.

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