



CAMPUS & COMMUNITY  
RECREATION

# Report to the Community 2018-2020

MY MOVE. MY MOMENT... MY EXPERIENCE



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## OUR VISION

Inspiring and empowering exceptional life experiences through recreation, sport and wellness.

## OUR MISSION

Facilitate and deliver leading-edge programs, events, services and facilities for our communities.

## OUR GOAL

15,000 unique students & 50,000 unique community members will MOVE in our facilities, programs, events and services in 2021-22.

## OUR VALUES



### Leadership

Each employee has the responsibility to lead and makes daily decisions to live our values and demonstrate leadership through their daily actions.



### Collaboration

All employees make valuable contributions to the success of Campus & Community Recreation. To strengthen our collective impact, we share our passion, knowledge and time with other members of our community.



### Kaizen

Each employee seeks opportunities for continuous improvement in all aspects of work and self. To improve our current practices, we use all resources available to us.



### Civility

Each employee has the responsibility to communicate and act in a respectful, non-judgmental manner. To facilitate relationships and common understanding among diverse, people we seek to create an environment that is considerate and respectful.



### Inclusiveness

Each employee treats our various community members with grace and honor. To foster an open community, we are welcoming to all.



## OUR PROGRAMS & SERVICES

Campus & Community Recreation has a wide variety of recreation programs available to students, staff and the Edmonton community.

Whether you're looking for a fun dance, spin, yoga, Pilates, martial arts, curling or group fitness class, or to develop and refine your sport, climbing, swimming or first aid and CPR skills, we have something for you!

- » Drop-in Programming
- » Group Fitness
- » Personal Training & Nutrition Services
- » Climbing
- » Facility Bookings & Equipment Rentals
- » Wellness programs and Leisure & Craft Nights
- » Curling
- » Club Sports & Intramural Sports
- » Youth Programs & Camps
- » Aquatics
- » Dance & Martial Arts
- » Tennis
- » Special Events & Conferences
- » Virtual Recreation Programming & Online Games
- » And much more!

# ACADEMIC SUCCESS

“Campus recreation participation strengthens student engagement and results in positive academic outcomes”\*



Farshid Mirzaalian



\*Mayers, R. F., Wilson, A. W., & Potwarka, L. R. (2017). Moderating Effects of Campus Recreation Participation in the Relationship between Grade Point Average and First-Year Student Engagement: An Exploratory Study. *Recreational Sports Journal*, 41(2), 101-110.

## Farshid Mirzaalian: Learning Opportunities

As an international student from Esfahan, Iran, pursuing a PhD in tourism marketing in the Faculty of Kinesiology, Sport, and Recreation (KSR), Farshid Mirzaalian attributes his academic success to his involvement as a former student-employee (Recreation Facilitator) and research assistant in Campus & Community Recreation (CCR).

Farshid's participation in CCR programming (International Student Engagement, Intramural Sports Refereeing, Club Sports, Customer Service, Physical Activity and Wellness Series (PAWS), and Outdoor Recreation) not only contributed to his PhD research, but also helped him navigate language constraints and familiarize himself with the cultural and social settings of Edmonton and Canada.

“CCR has provided opportunities to apply what I learned throughout the course of my PhD studies in a real world setting. Being a CCR research assistant enabled me to achieve my

academic goals to a greater extent — through experiential learning.”

Completing his graduate internship as Program and Research Facilitator in the KSR International Summer School (2018), Farshid facilitated meaningful recreational, educational programs to visiting students from the Beijing Sport University. Because of relationships that Farshid had cultivated within CCR he was able to plan a range of activities which were described by the students as the highlight of their visit.

Through teaching, motivating and encouraging other students Farshid learned how to create a balance between his demanding PhD studies and his mental health — as well as the importance of teamwork.

“CCR is a place where students can foster their skills and apply to their future jobs. All students should take advantage of CCR's great employment opportunities”.

# DIVERSITY & INCLUSION

“Recreation participation provides an opportunity for students to **develop relationships with individuals from different cultures**”\*



Cheryl Gutu

\*Elkins, D.J., Forrester, S.A., & Noël-Elkins, A. V. (2011). The Contribution of Campus Recreational Sports Participation to Perceived Sense of Campus Community. *Recreational Sports Journal*, 35(1), 24-34.

## Cheryl Gutu: New Experiences

When Faculty of Engineering Alumni Cheryl Gutu joined the Campus & Community Recreation (CCR) student-employee ranks from 2017-2020 as a Recreation Facilitator with Instructional Recreation (Dance, Martial Arts, Sport Skills), she embraced the opportunity to join a unique university community outside of her own faculty, where equity and diversity are fundamental to inclusive excellence in learning, teaching, research, service, and community engagement.

CCR provides employment opportunities open to students from all university faculties and advocates for the delivery of recreation programs and services accessible to participants from all backgrounds regardless of age, gender, physical ability or ethnicity. Cheryl's support of these values inspired her to join the CCR team.

Her most rewarding part of working at CCR was meeting and learning about such a culturally diverse group of people who were involved and interested in different aspects of university life than she was.

“It was a great opportunity to expand my social circle, diversify my hobbies, and learn from groups of people with different perspectives. Their passion for health and fitness encouraged me to take better care of myself physically — something I have become much more mindful of now.”

Building connections and sharing new experiences inspired Cheryl to get out of her comfort zone and try new things — helping her develop practical life and work skills. Recalling a memorable experience being a mascot for the 59th Annual Turkey Trot, Cheryl offers some advice to those curious about meeting new people, and exploring different challenges:

“Just try it — the things you think you might not be good at are the things that make the best memories and prepare you for the next stage in your life.”

# COMMUNITY ENGAGEMENT

The role of Campus & Community Recreation (CCR) is to support our communities (students, staff, and community members) to explore and enhance their physical, mental, emotional and spiritual wellbeing through physical and social activity. We believe in the power of recreational activities to support these needs.

CCR operates and maintains a variety of sport and recreation facilities that serve both the campus community and the broader Edmonton community. The unique facilities located on the University of Alberta (U of A) campuses are world-class in their nature and play a significant role in the event hosting capabilities of the U of A and the City of Edmonton.

Through a selection of testimonials from our student and community facility user groups we are able to examine how CCR facilities impact their events and recreational activities, and understand why our users continue to recommend U of A spaces over other surrounding Edmonton area facilities.



Above: East Indian Folk Festival's Garba Event.



## East Indian Folk Festival

- » **Event:** Garba – a cultural event common in the East Indian homeland that allows participants to connect physically and spiritually through music and dance.
- » **Facility:** 'Butterdome' Pavilion, U of A North Campus

*"The U of A 'Butterdome' Pavilion is the best facility to host our event in Alberta. A similar space cannot be found. Cost of the facility and seating arrangements is a big factor in the decision to host at the University compared to other spaces.*

*Event coordination between CCR's event management team and our bookings staff is excellent. The Pavilion has great accessibility, generous parking space, and ample seating options. The ability to serve our cultural food within the space is unbeatable. We feel lucky to be able to use the facility and will be back again!"*

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*"The U of A 'Butterdome' Pavilion is the best facility to host our event in Alberta..."*

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# COMMUNITY ENGAGEMENT

## Edmonton Track and Field Council

- » **Event:** Training and Practices
- » **Facility:** Foote Field (Indoor Track, Sandpit, Turf), U of A South Campus

*“Foote Field is a lifesaver for our Edmonton Track and Field community. It provides a high-quality, safe, training environment which helps prevent injuries. The expansive space allows participants to maintain their health, move their bodies and practice horizontal jumps with ease. Foote Field also hosts the only other indoor sandpit available in the city (besides the ‘Butterdome’ Pavilion).*”

*The track rental rate is affordable, the washrooms are accessible, and the responsive communication from the Bookings and Events Team is excellent!*

*During the COVID-19 pandemic, the Foote team has done their absolute best to support and adapt to government health and safety restrictions while still serving their user groups effectively — which has been really appreciated. We are grateful to have a training space that allows our participants an outlet outside of their homes, provides a break from screen time and re-ignites their focus, motivation and mental clarity. For us, Track and Field is more than a sport — it’s a sense of community and purpose.”*

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*“Track and Field is more than a sport — it’s a sense of community and purpose...”*

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## Edmonton Table Tennis Club

- » **Event:** Edmonton Open (Est. 1935)
- » **Facility:** Saville Community Sports Centre (SCSC), U of A South Campus

*“The University of Alberta is a respected and trusted brand that guarantees quality. No other facility in Edmonton meets the technical requirements for hosting the level of our events in terms of size, lighting, flooring, equipment storage, security, and accessibility. The free parking at SCSC is particularly significant to our participants, many of whom are on limited incomes.*”

*The facility is clean, well maintained, and the staff are routinely helpful and courteous. Members who have played around the world remark that SCSC is best for our sport.*

*The Table Tennis Club’s culture of inclusivity and camaraderie have attracted a number of U of A students, staff, and alumni to remain long time members. Our remarkably diverse group is open to everyone that wants to play — regardless of age, gender, physical ability, ethnicity, or income. The SCSC allows for recreation in the truest sense!”*

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*“...inclusivity and camaraderie have attracted a number of U of A students...”*

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# BY THE NUMBERS



**activityreg.ualberta.ca**  
REGISTRATION WEBSITE

Over **2 MILLION**  
unique visitors annually



**uab.ca/recreation**  
MAIN WEBSITE

Over **1 MILLION**  
unique visitors annually

**77,306 DROP-IN**  
**APPOINTMENTS**

...AND COUNTING...  
scheduled during the  
COVID-19 pandemic



@ualbertarec

**8910**  
**FOLLOWERS**

and counting across CCR's  
main social media channels



Over **750,000** square  
feet  
spanning 37 world-class  
sport and recreation  
facilities on two campuses

**Van Vliet Complex** – North Campus and **Saville  
Community Sports Centre** – South Campus



**FOOTE FIELD**

**32,000 kg** of air-supported  
fabric (aka 'The Dome') covers  
the field turf each winter



Host to **58** international  
& national championships  
**IN THE PAST 5 YEARS**

**OVER**  
**225**

**STUDENT EMPLOYMENT**  
**POSITIONS ANNUALLY,**  
representing every faculty  
on campus



**Student-led Recreation  
Advisory Committee (RAC)**  
allocates on **AVERAGE**

**\$340,000**  
**ANNUALLY**

in Campus Recreation  
Enhancement Funds (CREF)  
dedicated to the support of  
student recreation initiatives

**CLARE DRAKE ARENA**

Average of **2,620 HOURS**  
of ice time booked annually



**UNIVERSIADE 'BUTTERDOME' PAVILION**

**OVER 1000** track and field events hosted in the  
past 38 years (since built for the 1983 Universiade Games)





# BY THE NUMBERS

## AQUATICS



271,000 GALLONS OF WATER  
combined in two pools (East & West)

6 Olympic hopefuls  
and 6 Olympic athletes



training at our facility in preparation for Tokyo 2021



## FIRST AID AND CPR

Over 500 participants  
trained annually in First Aid and CPR



## CLIMBING

340 hours and counting  
of fully ONLINE post-secondary  
climbing courses & resources

11 MEMBERS of the  
Wilson Climbing Centre staff team are  
now **certified Climbing Gym Instructors**  
(levels 1, 2, and 3) through the Association  
of Canadian Mountain Guides

## CLUB SPORTS

24 student-led clubs in sports  
and activities with **over 2,100 students** involved in  
dedicated training in club governance and leadership

## INTRAMURAL SPORTS

Average of **8500** unique participants  
and **40,000** total participations each year in **18 Leagues**



300 cups of coffee/hot chocolate,  
150 S'mores, and 100 bowls of chilli  
consumed at **POND HOCKEY**  
tournaments annually

## HANSON FITNESS AND LIFESTYLE CENTRE



AVERAGE  
**220,780 km**  
per month traveled on  
cardio equipment

SERVES **30,000** undergraduate students,  
**10,000** graduate students, **10,000** faculty and  
staff and **500** community members annually

## VIRTUAL RECREATION PROGRAMMING

Over 3,500 INDIVIDUALS REGISTERED in  
**OVER 175 HOURS** of Virtual Fitness,  
Dance & Martial Arts classes online (in 2020)

## DANCE



MORE THAN  
**1,000**  
INDIVIDUALS  
learned new **dance**  
moves weekly

## REC SKATE



MORE THAN  
**100**  
ADULTS  
learn to **ice**  
**skate** annually

## MARTIAL ARTS



MORE THAN  
**1,400**  
INDIVIDUALS  
learned a new **martial**  
**arts** technique on a  
weekly basis



## CURLING

Average of  
**17,920 rocks**  
swept annually in curling  
league games

## TENNIS

Over **10,000**  
used tennis balls donated  
annually to schools and  
other community groups

# MENTAL WELLBEING

“Recreation programs that emphasize mindfulness and exercise can reduce perceived stress, anxiety, depression and negative mood\*”



Kayla Gulka

\*Fenton, L., White, C., Hamilton-Hinch, B., & Gilbert, R. (2018). The Impacts of Recreation Programs on the Mental Health of Postsecondary Students in North America: An Integrative Review. *Leisure Sciences*.

## Kayla Gulka: Pursuing Passions in Mental Health

Mental health has always been a focus for Kayla Gulka, 2021 Graduate of the Faculty of Education, Elementary Program. Working as a student Recreation Facilitator at Campus & Community Recreation (CCR) for 3 years with the Wellness Program and Instructional Recreation helped her discover the important benefit recreation has on mental wellbeing. Kayla's work included planning lessons and facilitating: the Physical Activity for Wellness Series (PAWS) program for international students; Active-U field trip recreation experiences for elementary students; and Leisure and Crafts programming for the university community.

“Growing up, staying active and creating art was a way to relieve stress and I found it to be extremely therapeutic. Having the chance to be involved in CCR's Wellness programming completely aligned with my interests and passion to make a difference in mental health awareness. My involvement with CCR has

positively impacted my own mental health, giving me the confidence to be vulnerable about my own struggles.”

A rewarding part of Kayla's work was creating class environments that felt safe and comfortable, helping participants form connections with each other. Seeing friendships form and smiles on their faces as they left her classes made Kayla feel happy and fulfilled.

With the Active-U field trip program, Kayla taught local elementary school groups and coordinated with teachers to deliver engaging learning experiences in an alternative, physically active environment.

“Watching the students come off of the bus excited for the action-packed day planned for them was thrilling! As a future teacher, having this experience fueled my desire to continue teaching.”

# PHYSICAL HEALTH

“Health benefits of physical activity occur **regardless of age or ability** and **increase with greater levels of activity**”\*



Christine Park

\*U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.

## Christine Park: Staying Active with Virtual Recreation Classes

While working from home throughout the COVID-19 pandemic Christine Park, University of Alberta staff member at the China Institute, found a new way to stay physically active when in-person fitness classes were suspended due to government health and safety restrictions — with Campus & Community Recreation’s (CCR’s) Virtual Recreation Term Pass (live, online fitness, dance, and martial arts classes).

“Participating in CCR’s virtual workout classes has kept me physically healthy and mentally sane throughout the pandemic! Several classes are offered in the Virtual Term Pass and participating is simple — I just log-on with the class link on my laptop. These classes have helped increase my durability, flexibility, strength, and maintain a healthy body mass.”

Virtual classes are offered free for U of A students and at a reasonable cost for community members and staff.

Knowledgeable, certified instructors offer advice and modifications to accommodate all ages, abilities, and skill levels. Recordings of the classes are available for registrants on-demand in case live classes are missed.

“The weekly class schedules help me stay accountable. I love that the instructors always answer any questions by e-mail or on the chat after a class. I continue to recommend CCR virtual programs to my friends and family. Seeing them log on to participate with me creates a sense of community I missed from attending in-person fitness classes. Virtual classes are a great way for people to stay active and well safely from home.”

For more info and to register for the Virtual Recreation Term Pass visit [uab.ca/recreation](https://uab.ca/recreation)

# ANNUAL MAJOR EVENTS

## Running Room Indoor Games

» **Facility:** 'Butterdome' Pavilion, U of A North Campus (February-March)

Over the past 41 years the indoor Games have hosted over 206,000 athletes from grades 3 to 12 to the Universiade 'Butterdome' Pavilion to experience the thrill of competing against themselves and each other in the tradition of good sportsmanship.

**Fun Fact:** The Universiade pavilion has been the sole venue for this event from its inception as the Journal Indoor Games.

## National Training Centre for Canadian Senior Women's National Basketball Team

» **Facility:** Saville Community Sports Centre, U of A South Campus (2013-2019)

The Canadian Senior Women's National Basketball Team uses the Saville Community Sports Centre as their annual training home base preparing for all of their international competitions. As part of their international competitions some recent games hosted at the Saville Community Sports Centre include: The Edmonton Grads International Classic featuring Canada vs. Turkey in 2019, Canada vs. China in 2017, Canada vs. Brazil 2014 and FIBA Americas Women's Championship in 2015.

**Fun Fact:** Edmonton's own Michelle and Katherine Plouffe played 9 years and 8 years respectively with the national teams. Michelle played over 110 games and Katherine played 85 games with Team Canada.



Photo Credit: Running Room Games

## Athletics Alberta Age Class & Last Chance Indoor Track & Field Championships

» **Facility:** 'Butterdome' Pavilion, U of A North Campus (March & November)

As a historical venue partner the University Pavilion and its operators have supported the sport of Athletics allowing Athletics Alberta (Provincial Sporting Organization) to continue to grow our sport and provide the opportunity to compete and be active for life!

**Fun Fact:** Events in 2019-20 were the largest indoor meets in the history of U of A Athletics. Competitors ranged in age from U6 to 90 years old.

## World Curling Tour Shootout

» **Facility:** Saville Community Sports Centre, U of A South Campus (September 2006-2019)

The Saville Community Sports Centre annually plays host to one of the first international curling events of the season. The event attracts several elite women's curling teams from around the world, with many of these teams hailing from the extremely competitive Canada-wide women's curling field.

**Fun Fact:** Each of the women's teams that have competed in the last four Winter Olympics have previously competed in the Shootout.

# SPORTS EVENTS

## RBC Training Ground

» **Facility:** Foote Field Artificial Turf, U of A South Campus (March-April 2018 and 2019)

The RBC Training Ground is a talent identification and athlete funding program designed to find young athletes with Olympic potential and provide them with the resources they need to achieve their podium dreams. The program hosts multiple events throughout Canada, with Foote Field being one of the largest training grounds in Western Canada.

**Fun Fact:** Past athletes who have participated in this event have been selected for Olympic funding (notably Kelsey Mitchell, former Pandas Soccer player and current world record holder in 200-metre sprint cycling).

## Canadian Open Judo Championships

» **Facility:** 'Butterdome' Pavilion & Ancillary Spaces, U of A North Campus (May 2019)

*"The venue was great, the lighting allowed for some phenomenal pictures, and the bleachers were close to the mats so the crowd could really see all the action! I've heard nothing but good comments from everyone during the weekend," — Kelly Thornton, President, Edmonton Organizing Committee*

**Fun Fact:** Judo is a world-famous combat sport that has been apart of the Olympics for over 50 years. 199 countries are represented in the International Judo Federation. Over 800 athletes competed in this event, increasing local and national exposure to this sport.

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*"...The venue was great...I've heard nothing but good comments from everyone..."*

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## CFL Grey Cup Team Practice Site

» **Facility:** Foote Field Dome & Ancillary Spaces, U of A South Campus (November 2018)

The Foote Field Dome served as a team practice site for the Ottawa Redblacks and Calgary Stampeders leading up to the 2018 Grey Cup hosted at Commonwealth Stadium in partnership with Explore Edmonton.

**Fun Fact:** Foote Field was the only facility in Edmonton that was able to provide a fully covered, indoor CFL-sized football field with goalposts — which was extremely well received as the weather was reaching double-digit negative temperatures.

## U17/U19 National Wrestling Championships

» **Facility:** 'Butterdome' Pavilion, U of A North Campus (April 2018)

As the largest wrestling tournament for 15 to 18 year old male and female wrestlers in Canada, this event attracts athletes from all provinces and territories and functions as trials for the national team.

**Fun Fact:** Athletes who competed at this tournament won 14 Pan America medals — 8 female and 6 male medals ranging from gold to bronze.

# BEYOND RECREATION

## Community Service Spaces

Campus & Community Recreation continually provides facilities for purposes beyond recreational activities to serve as community event or emergency relief spaces for the University of Alberta and surrounding community. In 2018-20 some of these spaces included:

### Butterdome Christmas & Spring Craft Sales

» **Facility:** 'Butterdome' Pavilion, U of A North Campus

Over 280 of Canada's most talented artists, artisans & designers gather to showcase and sell handmade items, attracting over 8,000 visitors per day.

### Remembrance Day Ceremony

» **Facility:** 'Butterdome' Pavilion, U of A North Campus

The U of A venue is among the largest indoor ceremony in Edmonton, where Albertans can pay their respects to those who have made the ultimate sacrifice for Canada.



Above: Remembrance Day Ceremony at U of A's 'Butterdome' Pavilion.



### Alberta Health Services (AHS) Secondary Assessment Site

» **Facility:** 'Butterdome' Pavilion, U of A North Campus

### Memorial Service, Remembering Victims of Ukraine International Airlines Flight 752

» **Facility:** Saville Community Sports Centre, U of A South Campus

### Memorial Service, Remembering Shooting Victims of ChristChurch New Zealand

» **Facility:** Saville Community Sports Centre, U of A South Campus

For more information about our facilities, memberships, programs and services, please visit [uab.ca/recreation](http://uab.ca/recreation)

Visit the Saville Community Sports Centre (South Campus) website at [savillecentre.ca](http://savillecentre.ca)