

# IMPACT REPORT



2022 -2023



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# A MESSAGE FROM THE DIRECTOR

## **GREETINGS, TIGER NATION!**

Our MizzouRec team is honored to continue our mission of enhancing the recreation experience of the university community.

In the past year, we served more than 21,500 unique users through our programs, facilities, and other services, including 1,049 nonstudent members. We employed more than 300 students and awarded \$25,500 in scholarships to student employees.

This impact report outlines the ways in which we deliver on the promise to provide as many paths as possible for students to enjoy recreational activities that better their physical well-being. You'll also learn about the many ways we strive to support the overall well-being of our campus community.

As you will read, we have also made great strides in developing and maintaining an inclusive environment in which all patrons and staff feel welcome. These continuing efforts include improvements to the look, feel, and function of our various facility spaces. We also are intentional about offering programs and services that cater to the diverse needs and interests of our patrons.

I invite you to explore the numerous ways that members of our campus community may become part of intentionally designing our paths of growth. Whether it's through our member

advisory committee, student employee board, our general engagement with student organizations on campus, there a multitude of avenues by which we encourage input from those we serve. We hope that you yourself will become a part of this collective voice that pushes us forward and makes us stronger.

Among, some of the most exciting MizzouRec changes have been the exciting new array of high-impact service offerings that are now available to you. This past year saw us launch the new Esports space and Mizzou Gaming Lounge, while also returning as a host in the NIRSA Championship Series, with our Zou Jam Regional Basketball Championship Tournament. These are just a couple of the newer MizzouRec opportunities that students can expect to continue to enjoy. The upcoming addition of our outdoor fitness space, along with audio/visual upgrades throughout our indoor facility, will provide our students with opportunities to enjoy recreation amenities that are as wonderful as any in the country!



A handwritten signature in black ink, reading "S. Byrd".

**Stephen Byrd**  
DIRECTOR, MIZZOUREC

# OUR **MISSION**

MIZZOUREC PROVIDES AND ENHANCES RECREATIONAL EXPERIENCES FOR THE UNIVERSITY COMMUNITY THROUGH ITS PROGRAMS, FACILITIES AND SERVICES.

# OUR **VISION**

TO ENRICH THE LIVES OF EVERYONE IN OUR UNIVERSITY COMMUNITY AND BE A NATIONAL LEADER IN WELLNESS AND RECREATION PRACTICES.

# OUR **VALUES**

MIZZOUREC EMBODIES SERVICE, ACCOUNTABILITY AND GROWTH AS OUR CORE OPERATIONAL VALUES.



# STRATEGIC PLAN

## Goals

- GOAL 1** Promote health and well-being for patrons of the university community.
- GOAL 2** Operate with an efficiency that contributes to both unit and institutional sustainability.
- GOAL 3** Develop and maintain an inclusive environment for patrons and staff.
- GOAL 4** Intentionally design and offer growth opportunities for students.
- GOAL 5** Cultivate a working culture that produces tangible articles of excellence that enhance the experience of both students and staff.

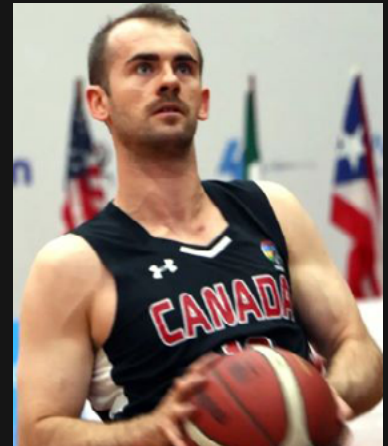
# Making an **IMPACT**

## Mizzou Wheelchair Basketball

The 2022-2023 season ended 14-14 and a 7th-place finish at Nationals. Our student-athletes challenged themselves both academically and athletically, on and off the court.

Among accomplishments this season, freshman Daniel Clements was selected on this season's Intercollegiate Division National Wheelchair Basketball Association (NWBA) All-Rookie Team. Additionally, junior Koda Inman-Ahlstrom and sophomore Lee Melymick were both selected as 2022-2023 Intercollegiate Division NWBA Academic All-Americans.

Two athletes (Colin Higgins and Lee Melymick, pictured right) have continued to represent Team Canada in international competitions.



## Mizzou Gaming Lounge

The Mizzou Gaming Lounge opened in October 2022. This new facility, located in Center Hall, has 19 PC gaming systems, study space, lounge areas and more. Gaming is free for MizzouRec members, and non-members can access the space at a low hourly rate.

As of May 16, 2023, the space has been used by 2,266 gamers, and several events have been hosted there, including a Border Clash against KU, the Gamer Gauntlet, three intramural tournaments and three watch parties. In February 2023, we held an official grand opening of the space with the Columbia Chamber of Commerce in attendance.



# Setting the Standard with Club Sports

**MIZZOU CLUB HOCKEY EARNED THEIR FIRST EVER** bid to the American Collegiate Hockey Association National Championships in Boston. They finished the season ranked #8 in Division 3.

## OTHER HIGHLIGHTS

**RACQUETBALL** - Women finished in 1st place and Men finished in 3rd place with the team overall finishing in 3rd at the National Intercollegiate Championships.

**MEN'S ULTIMATE** - 3rd place in the Huck Finn Tournament

**TAE KWON DO** - 11 medals and 7 honorable mentions at the Moberly Tournament

**WOMEN'S VOLLEYBALL** - Our teams placed 5th, 8th and 9th at the National Collegiate Volleyball Federation (NCVF) Nationals. Team finished ranked #13 in Division IIIA.

**MEN'S VOLLEYBALL** - Entered the National Club Volleyball Tournament as a #1 seed and made it to the Sweet 16. Team finished the spring season with a record of 30-2.

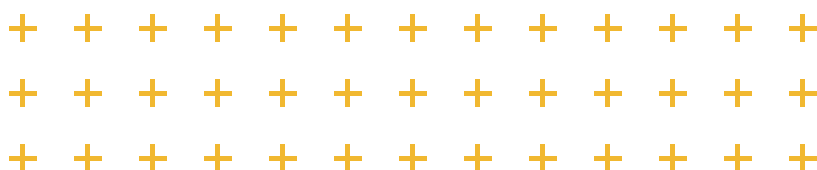
**SHOTGUN** - 1st place in Men's Sporting Clays, Men's Skeet and Women's Overall at Miner Classic.

**BASS FISHING** - Cale McCandless and Mitchel Post finished 1st out of 224 teams at the Abu Garcia College Fishing Series at Lake Guntersville, Alabama.

**QUIDDITCH** - Went 3-1 at the US Quadball Cup, finished the season ranked #7 in US Quadball collegiate rankings.

**MEN'S SOCCER** - Made it to the quarterfinals at the NIRSA National Championship Tournament.

**WOMEN'S SOCCER** - Went 3-1 at NIRSA National Championship Tournament, finished season ranked #8 in the nation.





# GOAL 1

**Promote health and well-being for members of the university community**

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## **ATHLETIC TRAINING**

This year MizzouRec introduced our first internal athletic trainer, Katherine Reeves.

Since arriving on campus this year, Reeves has assisted 1,067 athletes to assess and prevent injuries. Of those assisted, she has addressed 36 injuries. Fourteen of those injured were able to return to play the same day after athletic training intervention, with the other 22 needing additional care.

All MizzouRec members can access our in-house athletic training services to evaluate and treat athletic injuries and get stretching techniques and professional referrals, if needed.



## **FITNESS AND WELLNESS**

Our fitness and wellness team continued their partnership with the MU Counseling Center and Wellness Resource Center, offering initiatives such as the weeklong Self-Compassion Project, three Well-Being Wednesdays, MSA's Wellness Week in April, MSA's Mental Health Awareness Week in December, involvement at the Love Your Body Fair, and partnering with the RSVP Center to offer a trauma-informed yoga class.

TigerX saw 27,824 total check-ins to group fitness classes during the 22-23 academic year. These classes represent a critical positive impact on the physical, mental and emotional well-being of MizzouRec members. Additionally, TigerX saw a 68% retention rate in members, with a total of 2,943 repeat participants (users who participated two or more times).



## INTRAMURAL AND CLUB SPORTS

Through a diverse selection of Club and Intramural Sports for the university community to choose from, members can find their place in a sport that best suits them. Intramural Sports offers occasional weekend tournament to a consistent 4-6 week league. For those who want to commit more time to competition and join a close-knit group, there are 34 Club Sports to explore to see what meets their physical, social and mental goals.

## AQUATIC PROGRAMMING & SPACES

The Mizzou Aquatic Center offers a variety of spaces and programs to promote the health and well-being of the university community. From the competition deck to the Tiger Grotto leisure pool area, hot tubs, sauna and steam room, our spaces provide locations for physical fitness activity, rehabilitation, learning, relaxation and more. In addition to these spaces, programs include TigerSwim group and private lessons and Mizzou Aquatic Institute courses. These programs provide opportunities for the community to develop life skills for both themselves and their families.





# GOAL 2

Develop and maintain an inclusive environment for patrons and staff

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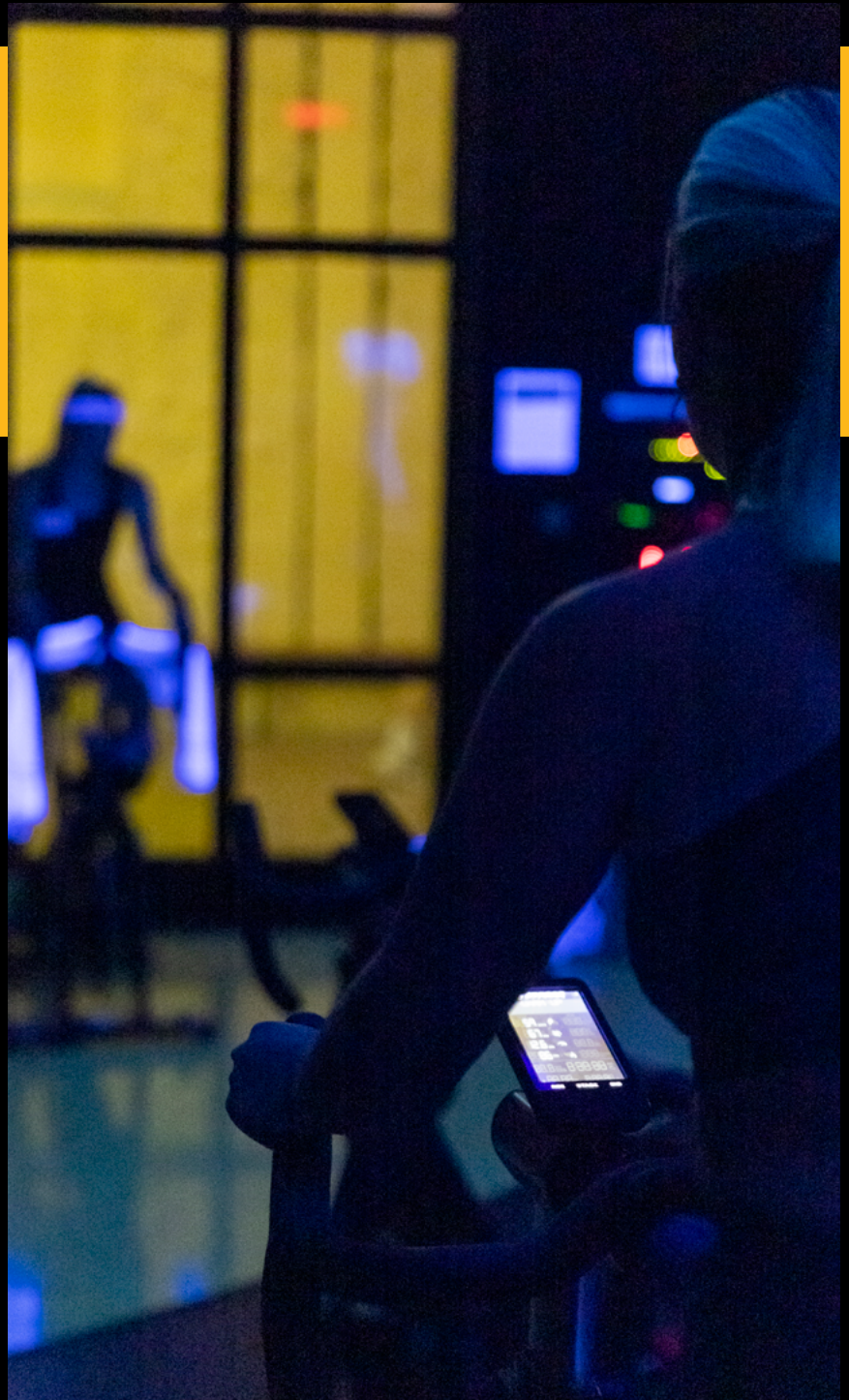
## PERSONAL TRAINING AND TIGERX CERTIFICATIONS

We continue to take pride in our ability to attract and retain expert fitness and wellness staff through our recruitment, education and auditing process.

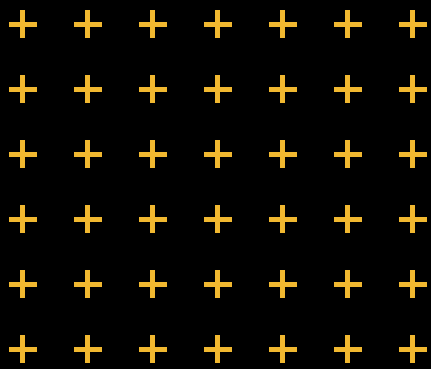
This year, TigerX enrolled 48 students through prep courses, with 28 applying for positions. Of those, 21 were hired — a 75% retention rate.

For the second year in a row, all personal training sessions and all TigerX classes operated at a 100% certification rate.

During the 22-23 academic year there was an 85% retention rate of personal trainers and a 92% retention rate of TigerX instructors. This highly selective process, from recruitment to retention, helps the fitness and wellness team continue to offer services at the levels our members have come to expect.







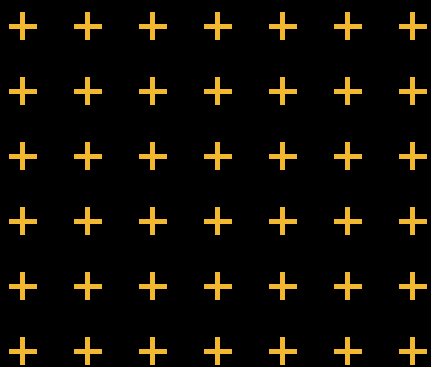
## CLUB SPORTS EDUCATION AND TRAINING

Mizzou club sports help fund a portion of individual clubs through a tiered allocation process. This process promotes participation, competition and meeting standards that minimize risk on the behalf of all stakeholders. Commitment to this process allows our clubs to take more ownership of their organization in ways that can be recognized and rewarded.

## MIZZOU AQUATIC CENTER

This year, we certified 150 course participants to continue meeting the safety needs of the community.

Through renting team pool space, hosting competitions and teaching TigerSwim lessons to approximately 1,200 participants, the Mizzou Aquatic Center generated more than \$440,000 this year for operational sustainability. This revenue generation maintains services and operation of the Mizzou Aquatic Center with reduced impact to the overall department and institution.



# GOAL 3

Operate with an efficiency that contributes to both unit and institutional sustainability

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## FACILITY UPDATES

This academic year, MizzouRec continued with Phase 4 of facility upgrades to improve the member experience. We completed upgrades to accessible pieces of cardio and weight equipment in the Jungle Gym, Jungle Annex and on the indoor track. This created opportunities for people who may have never utilized these spaces before. Other equipment was modified or purchased to provide a more inclusive experience for all users. MizzouRec also completed the installation of new HVAC/fan equipment in Stalcup's Garage and the Tiger Lair.

Ongoing projects that will be completed in the fall include the demolition of Truman's Pond and construction of a new outdoor fitness space, which will provide much needed space for our members year-round.

Throughout the facility, we are installing new audio-video equipment to enhance the experience of those using our fitness and meeting spaces.

## VENTURE OUT

Venture Out has conquered an academic year full of transitions and changes. In the spring of 2023, Venture Out and the Climbing Wall merged student staff to develop a cohesive thread of communication and programming. In March, Alpine Towers International conducted a program review of the operations at Venture Out, from safety inspections to course debriefs. Out of 106 criteria, Venture Out received 99 "Yes" ratings, a 93%.

Venture Out has also increased the student leadership team from two to five, developed a marketing strategy with External Relations, and added a training in June with the Association for Challenge Course Technology — some of the first steps toward building a bigger, better program!



# MU club hockey to compete for national championship

BY JONATHAN JAIN Mar 4, 2023

## PUBLIC ENGAGEMENT

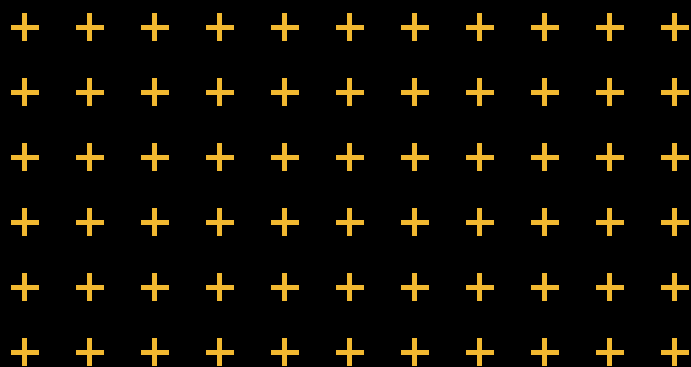
This year, MizzouRec created the public engagement department, consisting of Member and Guest Services, Outreach and External Relations. This group is tasked with creating a sustainable revenue foundation to support MizzouRec's mission and vision.

In the first year, External Relations brought in more than \$36,500 in monetary and in-kind support for MizzouRec, with plans to grow future fiscal years. These efforts also had indirect impacts on the revenue streams for Member and Guest Services, Sports and Competition, Venture Out and other MizzouRec departments. Through outreach efforts, MizzouRec connected with more than 2,000 people, including Columbia community members, Mizzou families, and members of the Mizzou community.

Nearly 200 stories about MizzouRec programs appeared in print, broadcast and online media.

### Here are some of the media highlights:

- 35 stories about Mizzou Club Hockey securing their first ever bid to nationals
- 21 stories about the opening of the Mizzou Gaming Lounge
- 15 stories about the Mizzou Wheelchair Basketball program





## Mizzou esports has a place to call home

FEBRUARY 8, 2023

→ Photos by the University of Missouri and Jodie Jackson Jr

CAMPUS

## Inside an 'amazing' experience for youth this week at Mizzou's wheelchair basketball camp



**Roger McKinney**  
Columbia Daily Tribune

Published 6:57 a.m. CT July 13, 2022

## THE MANEATER



### Ron Lykins' lasting impact on Mizzou Wheelchair Basketball

December 7, 2022

By Matt Guzman

Photo By Reesi Nesbitt

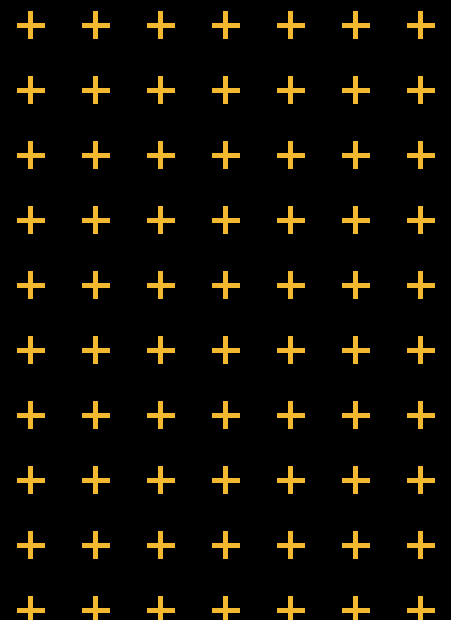
# GOAL 4

Intentionally design  
and offer growth  
opportunities  
for students

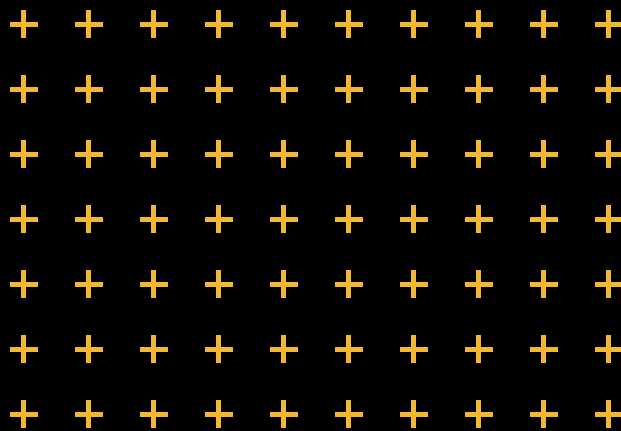


## STUDENT EMPLOYEE ADVISORY COMMITTEE

Members who serve on this committee are experienced student employees of MizzouRec. With the goal of enhancing the overall student experience, members collaborate with professional staff and student employees from all departments. This past year, the students who served on this committee were responsible for refreshing our appreciation program and spearheading the re-launch of our new student employee onboarding. Through this group's efforts, we are moving ever closer to the ideal culture for everyone working at MizzouRec.







## STUDENT DEVELOPMENT SERIES

The Student Development curriculum includes monthly leadership meetings where guest or in-house speakers present on pertinent subjects relating to NACE and NIRSA competencies as well as student development theory. These meetings are highly encouraged for all student employees who hold leadership positions within Team Mizzou and offered to any student employees who wish to attend. The series' purpose is to be meaningful, practical, engaging and transformative. Students who attend leave as better versions of themselves.

# GOAL 5

Cultivate a working culture that produces tangible articles of excellence that enhance the experience of both students and staff

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## EMPLOYEE RECOGNITION

### *Team Mizzou*

Our Team Mizzou student employee recognition program ensures stories of student success are shared within and outside MizzouRec. The appreciation program includes an Employee of the Month for each area, appreciation events throughout the year designed by our Student Employee Advisory Committee, and our awards ceremony, Spring Roar.

### *Spring Roar*

Held at the end of the academic year, Spring Roar allows our department to recognize our most outstanding Team Mizzou students. Those who have shown leadership, service, excellence and who have great promise are awarded in front of their peers. This event also allows our students to interact with other employees they might not normally see during regular work shifts. It is regularly hailed as the year's highlight.

### *Aquatic Competitions*

The Mizzou Aquatic Center hosted 17 competitions that attracted more than 6,470 athletes. Events included six NCAA swimming competitions, four NCAA diving competitions, two high school swim and dive invitationals and five USA Swimming competitions.

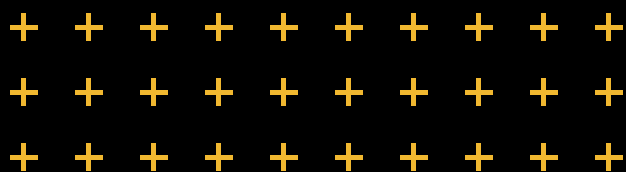






## MIZZOU WHEELCHAIR BASKETBALL CAMP

The Mizzou Wheelchair Basketball Camp focuses on individual fundamental skill development and strategies in team play. Players participate in skill-developing drills, controlled scrimmages and games that emphasize concepts taught by the staff. Score is not kept during drills, scrimmages or games. Campers are divided into three groups based on skill level and participate in 11 sessions.



# By the

# NUMM

## AVERAGE USAGE

PER  
SEMESTER

**277,562**

**UP 15%** from previous high  
in spring 2018

PER  
WEEK

**19,872**

includes closures

**UP 21%** from previous year

## UNIQUE USERS

TOTAL

**21,548**

## NON-STUDENT MEMBERSHIPS

TOTAL

**1,049**

**UP 47%** from previous year

VISITING  
SCHOLARS

**16%**

Total: 163

MISSOURI ALUMNI  
ASSOCIATION

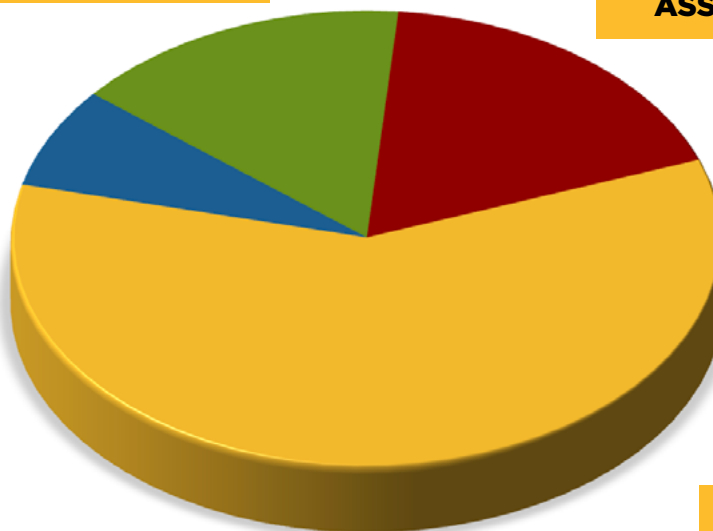
**18%**

Total: 189

HOUSEHOLD  
ADULTS

**7%**

Total: 75

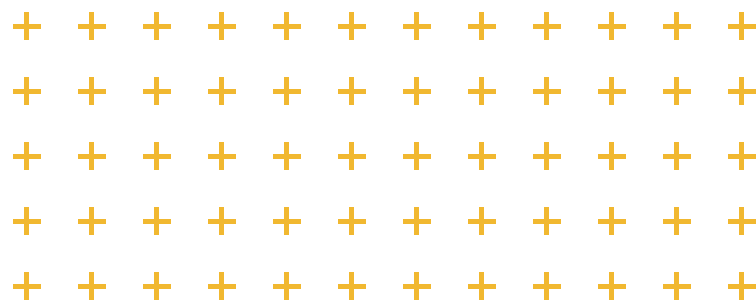


FACULTY,  
STAFF,  
RETIREEES

**59%**

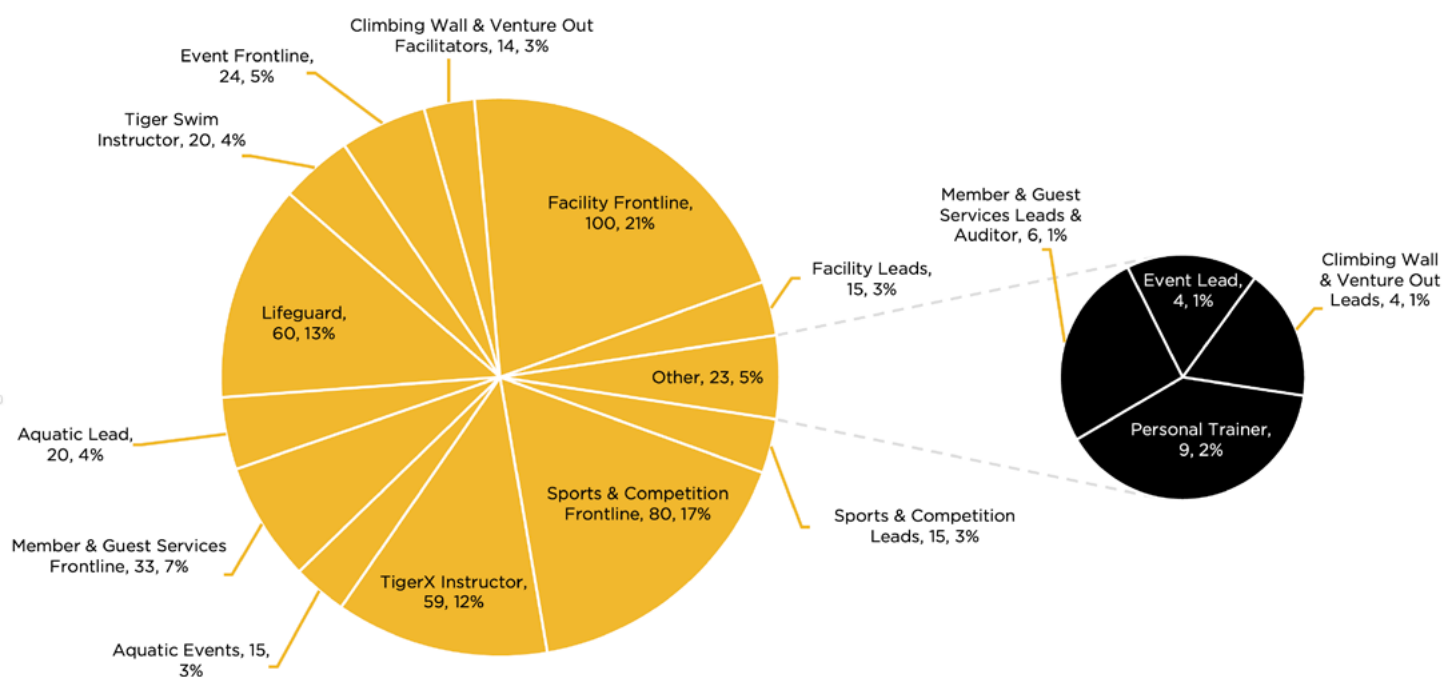
Total: 622

# BEERS



## STUDENT POSITIONS

MizzouRec is proud to be one of the top student employers on campus. Student employees impact every aspect of our services and facilities. We employ more than 300 students each year (both entry level and supervisory) and the opportunities range in scope and responsibility. Our team breakdown is as follows:



## PROGRAM PARTICIPANTS & PARTICIPATION

### INTRAMURAL SPORTS

- 27,595 participations
- 4,280 participants

### CLUB SPORTS

- 21,157 participations
- 1,135 participated at least once

### GAMING LOUNGE VISITS

- 2,266 visits

### PERSONAL TRAINING

- 65 unique clients
- 704 checkins
- 22 repeat users  
(purchased at least two Personal Training Packages)

### TIGERX GROUP FITNESS

- 4,342 unique participants
- 27,824 check-ins
- 40,813 registrations
- 2,943 repeat users

### PRIVATE TIGERX CLASSES

- 34 classes offered
- 850% increase from the 4 total private classes offered last year

61 VENTURE OUT COURSES FROM JULY 2022-MAY 2023

2 HAPPY HOUR AT THE TOWER EVENTS

112 BELAY CARDS ISSUED AT THE CLIMBING WALL



# Celebrating

# STUDENT SUCCESS



## ON AND OFF THE COURT

In just one year, first year student **Regan Shaffer** has gone from an avid high school athlete to a leading intramural basketball official. She was hired as an intramural official and, after only three months, had the opportunity to officiate a regional NIRSA flag football tournament in Oklahoma. In the spring semester, she began officiating intramural basketball and was recruited to host a regional tournament hosted by Mizzou. There she impressed the national tournament committee and was selected as one of only 51 students to officiate the national tournament in Maryland.





**SPRING ROAR SCHOLARS**

At the 2023 Spring Roar, MizzouRec awarded \$25,500 in scholarships to 17 Team Mizzou student employees. This long-standing tradition helps our student employees with tuition and textbooks.



