It was another exciting year for the Physical Education, Recreation and Wellness program in 2012-13! We continued to offer a wide variety of diversified activities throughout the year in all areas as we worked toward our overall program goals of “Providing Something for Everyone” and “Creating a Healthier Stanford”. The participation numbers in most areas continued to grow but especially notable this past year was a 12% increase in the number of Physical Education participants and a 35% increase in the number of participants in the Intramural Sports program.

We developed a new organizational structure for Stanford Recreation this year to streamline our operations and give professional growth opportunities to individuals within the organization. Senior Team members now include Jennifer Sexton, Fitness and Wellness, Chris Pelchat, Outdoor Education and Business Operations, Pam Mahlow, Sports and Physical Education, Tim Ghormley, Recreational Facilities, Steve DiPaolo, Marketing and Rebecca Carpenter, Aquatic Operations.

We launched our new website this past year with a new rebranded look that truly represented our multi-faceted identity. We connected with over 165,000 unique visitors throughout the year plus continued to develop our Facebook, Twitter, YouTube sites. Additionally, we transitioned to a new electronic check-in system at the ACSR plus a video board at the main entrance on which we share pertinent information.

I hope you will enjoy seeing the highlighted information from this past year in the Physical Education, Recreation and Wellness Programs. Yes, it was definitely a great year, and we especially look forward to next year when we will have our new recreation center on the west side of campus that will provide healthy exercise options to more people than ever before. BeWell!

All the Best,
Eric Stein

Leading the Stanford Experience

Eric L. Stein, Senior Associate Athletic Director, Physical Education, Recreation and Wellness.
Stanford DAPER oversees a multitude of Recreational facilities, the largest being the Arrillaga Center for Sports and Recreation (ACSR) which opened in October 2005 and offers weights, cardio, Recreation, PE and HIP classes, drop-in basketball, squash courts and indoor climbing.

The ACSR has been utilized for special events by many groups and departments, including but not limited to: the Cantor Arts Center, Special Olympics, Graduate School of Business Reunion, and the Black Student Services Awards. The Tresidder Fitness Center, on the west side of campus, offers weights and cardio for the Stanford community. DAPER also maintains 10 athletic fields utilized for Intramural and Club Sports, Physical Education classes, as well as special events.

The four-pool Olympic complex at the Avery Aquatic Center and the smaller Roble Pool on the west side of campus are used for Physical Education classes and Recreational swimming.

The Arrillaga Recreation Center at SLAC opened in Summer 2012 with an indoor multi-purpose court, a group fitness space, lobby and kitchen space, showers and lockers, a 4,500 square foot fitness center on the second floor, and outdoor space for volleyball, bocce, horseshoes, soccer and other field sports. The fitness center has weight machines, free weights, cardio and stretching area. The facility is an off campus home to BeWell@Stanford, our Employee Incentive Program that includes screening and advising.

The Fitness Center at the Li Ka Shing Center for Learning is the designated fitness facility for all students in the School of Medicine. This facility contains 16 cardio machines, 8 weight machines, 1 cable machine unit, 1 work out bench, 1 set of dumbbells and kettle bells, and a heavy boxing bag. The fitness center offers a variety of fitness classes; featuring TRX Suspension Training, kick boxing, strength classes, cardio and core circuit classes, and personal training. The fitness center also sponsors monthly and quarterly fitness challenges that engage the students in a variety of fitness activities.

Other facilities include the West Campus Tennis Courts, the Taube South Tennis Courts, the Taube Tennis Stadium, the Arrillaga Family Racquetball Center, the Red Barn Equestrian Center, the Stanford Golf Course and Driving Range, the Arrillaga Gymnasium, the Stanford Campus Recreation Association, Cobb Track and a variety of outdoor basketball and volleyball courts. Burnham Pavilion and the San Diego Sports Hall are used for recreational volleyball, badminton, table tennis, martial arts, as well as Physical Education, HIP classes and Intramural Sports.

### Usage Statistics

<table>
<thead>
<tr>
<th>Facility</th>
<th>2012 Usage</th>
<th>2011 Usage</th>
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<tbody>
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<td>Arrillaga Center for Sports &amp; Recreation (ACSR)</td>
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**FACILITIES**
Cardinal Aquatics rode a great wave of momentum in 2012-2013 that translated into subtle increases in areas ranging from recreational swimming to safety training courses. The two campus pools saw an average of over 400 swimmers a day for recreational swimming. The Stanford Masters Swimming program continued to grow as membership surpassed over 350 swimmers and hosted bi-monthly duathlons during the summer months, encouraging team participation and fostering community. The long-time favored intramural swim meet and inner-tube water polo tournament in spring quarter remained as two popular affairs that had students flocking to the pool.

The Cardinal Aquatics staff of lifeguards and front gate associates helped tremendously in providing a fun and safe atmosphere for the year. Of the 45 lifeguards and 15 front gate associates employed, 23 were Stanford students. Cardinal Aquatics offered multiple American Red Cross safety training courses throughout the year, in which 46 people were certified in CPR and 29 in both first aid and lifeguard training.
When it comes to top-of-the-line, fitness and wellness programming, our variety of services are vast. Our program provides fitness related services including personal training, fitness assessments, recreation classes and indoor cycling classes. A great highlight in the past year has been the great increase in our small group classes due to the intimacy and higher individualized attention from trainer to participant. In addition to group classes we started a 10 weeks to a fitter you program, that allows individuals to work with a trainer and develop their own skills related to their activity level. The trainer and participant meet 5 times throughout the ten weeks to update works and address any concerns. The excitement surrounding our fitness and wellness programming continues to build as new services are being discussed for the next academic year.
Precision, art and heritage embodies the essence of The Stanford Martial Arts Program (SMAP). SMAP, a DAPER/ASSU based umbrella organization, supports the various member martial arts groups on campus. Its main goals are to educate the Stanford community through outreach programming about the variety of martial arts instruction on campus, serve as a centralized communications network between the different groups and preserve the martial arts as a vital and distinctive component of Stanford life.

During 2012-13 SMAP managed 11 distinct member groups that included Aikido, Judo, Jujitsu, Shotokan Karate, Kenpo Karate, Taekwondo, Wushu, Muay Thai, Capoeira, Wing Chun and Eskrima. SMAP also supported two non-member martial arts clubs on campus: Stanford Grappling and the Stanford Kendo Club. SMAP also provided free self-defense classes on campus, performances for athletic and cultural events and educational workshops for the greater Stanford community.

The highlight of the 2012-13 year was the program’s first international trip to Japan. A group of 20 students and administrators were able to visit Keio University in Tokyo where the two programs developed a relationship and trained together in the arts of aikido, judo, kendo & karate. The group was also able to travel to Asakusa, Kamakura and Kyoto where they stayed in a traditional Zen temple and received further instruction on their martial arts and how to apply meditation to everyday life. The trip to Japan was a huge success and the program is hard at work in securing another international trip for the upcoming year.
Getting active, relieving stress, creating socially interactive environments and having fun are a few of the mandates we have for our department. We make sure that these elements are carried through all of our program areas including our Physical Education program.

This year-round Physical Education program is designed to provide undergraduate and graduate students, as well as faculty and staff, on a space-available basis, with opportunities to learn new skills and concepts through a variety of course offerings such as: fitness, aquatics, racquet sports, dance, team sports, golf, outdoor education, martial arts, wellness, horsemanship, and fencing. These courses are tailored to help participants learn and develop their physical fitness and motor skills, and harbor a positive attitude toward wellness and physical activity which will facilitate a lifelong healthy lifestyle.
The Intramural Sports program continues to get bigger and bigger with its increase of participants and signature events. Its year consisted of managing 1,436 teams involving 3,261 games scheduled with 9,302 participants and 944 tournament participants. Our increase was also reflected in the 30 one-day tournaments we’ve held compared to 17 in the 2011-12 academic year. We were able to partner with outside organizations, such as Graduate School of Business, Greek Life, Stanford Alumni Association and more, which in turn increased our reach throughout campus.

In addition to the success of increased one-day tournaments, the Intramural Sports program introduced leagues that incorporated popular video games on the Xbox 360 console. Both Madden NFL & FIFA 2013 sparked a lot of excitement from students as both leagues were well received due to the games’ popularity and the effort to welcome gamers to our program. While speaking of firsts, we cannot forget to mention that last year was the first to have basketball officials for our intramural basketball league. The officials significantly contributed to a more structured and positive environment during league play that promoted sportsmanship.

This past year, we also held our 2nd annual Dish Race – a 3.3 mile run and walk opened to all members of the Stanford community. The event was a great success as it drew 241 participants. The outcome and positive response of the Dish Race has translated into the event becoming a new recreational tradition. As a result, the Intramural Sports program is dedicated to bringing back the Dish Race in the next academic year.
The success of Physical Education, Recreation and Wellness programs can be heavily attributed to the contribution of employed students ranging from fitness facility front desk employees to Intramural supervisors. There were 40 students employed as Fitness Center Supervisors (Arrillaga Center for Sports and Rec & Tresidder workout facilities), Front and Fitness Desk Supervisors and personal trainers. The Intramural office employed 47 students for the school year to help coordinate Intramural games, scheduling and logistics. The Marketing department employed one student photographer and one student videographer.

The climbing wall continued to be a huge attraction for students, staff and faculty, and had 30 student employees/instructors throughout the year. The Stanford Pre-Orientation Trip (SPOT) program employed 96 to help manage student excursions, while the Outdoor Center employed 23 students throughout the year, maintaining and distributing recreational resources. Stanford Outdoors (includes Adventure Program & Powderbound) had 36 student employees, whereas Stanford Wilderness Institute of Medicine had 12 student employees. The Avery Aquatic Center employed 20 Stanford student lifeguards and the Club Sports department had two student employees. The Stanford All-Sports Camp had four students employed during the summer as well. In total, we employed 306 students in the Physical Education, Recreation and Wellness Programs.
2,650 total participants

RECREATION CLASSES

We cannot encourage members of the Stanford community to ‘get their REC on’ without providing the very best selection of recreation classes. Provided by the Physical Education, Recreation & Wellness Program, these non-credit classes give participants the opportunity to push their bodies to new limits with qualified instruction in a safe and fun workout environment. Classes included Golf, Boot Camp, H2O Boot Camp, Ashtanga Yoga, Boxing, VIGRx, Indoor Cycling, TRX Suspension Training, Fit 2 Run and Rock Climbing Wall.

Descriptions of the classes can be found on CardinalRec.stanford.edu.

Participation by year: 2012 2,640 | 2011 1,747
This past year marketing has gone to great strides to educate members of the Stanford community about our great programs and services. In August 2012, our website underwent a new rebranded look that truly represents our multi-faceted identity. The rebranded website translated into the CardinalRec.stanford.edu website receiving 826,726 page views and 342,556 visits in 2012-13. The department continues to utilize the Facebook site (/cardinalrec), The Twitter site (@stanfordrec) and the YouTube site (@cardinalrec) to alert guests about programs and events, showcase custom videos and various promotions over the course of the year. Additionally, marketing has produced over 250 pieces of print marketing materials that further boosts the presence of our program areas.
The Club Sport teams continued to churn out successful victories and championships one after the other this past year. There were 24 council teams receiving funding through special fees and 7 ASSU athletic club teams. Competitive Climbing joined Club Sports as an ASSU athletic team and Men’s Soccer was voted in to the club sports council this year.

The club sports teams compete in intercollegiate competitions at the highest level and earned several collegiate top-ten finishes, including National Champions in Taekwondo, 2nd in Equestrian and 3rd in Women’s Rugby. In addition, many teams are also open to teaching beginners or having recreational participants.

Club Sports awards this year were as follows: Sherry Posthumus Team of the Year — Taekwondo; and the Shirley Schoof Athlete of the Year — Thomas Roos of Triathlon.

In addition, club sports teams contributed to the community by volunteering with Girl Scouts of the United States of America, Habitat for Humanity, Square Peg Foundation, Pat Tillman Foundation, Try for Others, as well as other local schools and organizations. A record number of athletes benefited from the part-time athletic trainer, who helped evaluate and rehab injured athletes.

TEAM HIGHLIGHTS: Cycling — Nationals Team Omnium 6th, Women’s TTT Nationals 3rd, Men’s TTT Nationals 4th, Equestrian — Reserve National Champion Team, Judo — Two Nationals individuals placed 1st, Men’s Lacrosse — Nationals 9th, Women’s Rugby — Nationals 3rd, Squash — Nationals 25th and #1 club team in nation, Taekwondo - broke Cal’s 32 year streak and won the Championship Division (black belts) at Collegiate Nationals, Tennis - Nationals 9th, Water Polo - Ranked #1 nationally in the Club Academic, Women’s Ultimate - Nationals 13th, Women’s Volleyball - Nationals 3rd Div 1AAA
Throughout the 2012-2013 academic year, Stanford Outdoor Education (SOE) served thousands of students and members of the Stanford community and provided employment and leadership opportunities for hundreds of student managers, staff, trip leaders, and volunteers. In total, SOE had over 9,200 unique individuals participating in a wide array of trips, courses, and other outdoor and educational opportunities. Stanford Outdoor Education continues to expand programs and strive toward its purpose of designing “outcome-based learning and recreation opportunities through the intentional use of risk, challenge, and experience”.

In September 2013, 382 total students participated in Stanford Pre-Orientation Trips (SPOT) including leaders, spending a total of over 1,910 days on wilderness backpacking trips and on sustainable farms throughout California. SOE trained 90 students to lead SPOT trips, through a combination of leadership workshops and field-based training. Training and leading for SPOT continues to be a powerful tool for developing student leaders.

Through the growth of the Stanford Leadership Institute, SOE is expanding leadership training offerings for students and the Stanford community. Under the guidance of Dr. Grant Lipman, MD, Stanford Wilderness Institute of Medicine (SWIM) provided training for hundreds of Stanford students and community members in emergency and wilderness medicine. In 2012-2013, SWIM certified 486 individuals in CPR and Wilderness First Aid.
The 2013 year also saw the publishing of the third edition of Stanford Wilderness Medicine’s Wilderness First Aid Protocols, a valuable companion resource for students who complete SWiM courses.

At the popular Stanford Climbing Wall, there were over 15,400 visits for the year and over 4,000 unique participants, and enrolled 750 individuals in rock climbing classes to increase their recreational and fitness knowledge. Additionally, climbing wall route setters set over 180 routes, over 250 boulder problems, and more than 80 students participated in the climbing wall’s seventh annual intercollegiate bouldering competition.

Stanford Outdoor Gear (SOG) served nearly 5,500 customers with high-quality outdoor equipment rentals in 2012-2013. By providing an easy and cost-effective way for the Stanford community to rent gear, SOG has helped students, faculty, and staff participate in unique outdoor adventures.

Powderbound catered to more than 400 members of the Stanford ski/snowboard community benefitted in significantly discounted season passes totaling over $75,000 in sales to Tahoe Snow Resorts. Four chartered bus trips gave an additional 200 Stanford skiers and snowboards a chance to package lift tickets, equipment rental, professional instruction and transportation at cost. More than 600 bookings were taken at the annual ski lease on the North Shore of Lake Tahoe, where all you-can-eat food and lodging were made available for only $40 per night. Film festivals, special events and a new website has allowed the number of active participants in the Powderbound program to surpass 1,200 members.