TABLE OF CONTENTS

2 Executive Letter
3-4 Facilities
3-4 Technology
5-6 Club Sports
5-6 Student Personnel
5-6 Physical Education Classes
7-8 Recreational Classes
7-8 Stanford Martial Arts Program (SMAP)
7-8 Intramural Sports
9-10 Outdoor Education
9-10 Fitness Wellness

MISSION STATEMENT

The mission of the Physical Education, Recreation and Wellness Program at Stanford University is to improve the health and well-being of the entire campus community in order to Create a Healthier Stanford. The following programs provide opportunities for participation: Physical Education and Recreation Classes, Intramural Sports, Club Sports, Outdoor Education, Open Recreation and a myriad of wellness offerings connecting departments and individuals across the campus. These programs can produce positive attitudes and behaviors related to the intellectual, physical and spiritual aspects of living a healthy and productive life.

For Physical Education, Recreation, & Wellness information and general questions, please call the Arrillaga Center for Sports & Recreation front desk at (650) 724-9872 or visit our website at cardinalrec.stanford.edu
EXECUTIVE LETTER

The Physical Education, Recreation and Wellness programs experienced another year of exciting participation opportunities and growth in most areas. I have provided below a highlighted picture of this past year.

The Recreational Facility usage continued to grow this year in the Arrillaga Center for Sports and Recreation (ACSR), ACSR Fitness Center and Tresidder Fitness Center. The overall ACSR usage numbers increased to 373,462 (+10%), while the ACSR Fitness Center increased to 292,301 (+2.5%) and the Tresidder Fitness Center increased to 31,009 (+27.2%). Special facility projects this year included the new rest room on Sand Hill Fields and the opening of the new Arrillaga Practice Facility that was used for recreation in the evenings.

We had 5,783 (+9.8%) participants in the Physical Education Program involving 291 (+1.4%) different sections and there were 1,273 (+18.4%) participants in the Recreational Class Program. For consistency, all sport programs (except the 5 revenue sports) were required to teach 2 classes per year plus we hired back all five of our former benefited PE instructors on a part-time basis. Additionally, we added Tai Chi, Happiness, Overcoming Fear of Water and Cross Training Fitness Classes.

The Intramural Sports program had 1,079 (+49.8%) teams registered involved in 3,274 (+64%) games resulting in 6,901 (+28%) participants. The boost in these numbers were due to various programmatic changes including the addition of indoor soccer and wallyball leagues, as well as innertube waterpolo which was held in the Fall and Winter quarters.

There were 22 Club Sports this year and 11 ASSU Athletic Club teams, involving 1,415 (-1%) participants. Club Sport highlights this year included 10 Club Sport teams finishing in the top 10 in the country. The Sherry Posthumus Team of the Year was Triathalon and the Shirly Schoof Athletes of the Year were Rae Brownsberger of Cycling and Janae Grijalva of Women’s Rugby. Also, the Martial Arts Program had 723 (+30%) participants.

The Outdoor Education program had over 13,000 participants, 2,600 (+68%) active members and 260 (+16.6%) officers and instructors. The Climbing Wall had over 1,000 unique participants per quarter and Stanford Outdoor Gear (SOG) helped over 300+ people go on trips. Additionally, the SPOT program had 265 participants.

The Marketing Department produced over 50 pieces of marketing material and oversaw the departmental website, which received 233,462 visits and 725,599 page views over the course of the year. The BeWell program had the third year of successful operation. We will complete a separate final year-end report for the BeWell program, which runs during the calendar year, in March 2011.

The Fitness Programs continued to expand and grow in the ACSR, Tresidder and the new LKSC Fitness Center in the medical school. The equipment continued to be upgraded as we listen to the needs and wishes of the participants. We had 172 (+14.7%) patrons purchase personal training packages. Additionally, the cardio equipment was replaced in the ACSR.

The All Sports Camp experienced another successful summer of eight weeks of camp averaging nearly 100 participants per week aged 6-12. The discounted membership program at the Monterey Sports Center for the Hopkins Marine Station continued for the fourth year and included 65 faculty, staff and students.

In conclusion, it was a successful year for all aspects of the Physical Education, Recreation and Wellness programs. We look forward to the challenges of 2010-2011 as we continue to provide “something for everyone” while creating a healthier Stanford!

Best,

Eric L. Stein
Senior Associate Athletic Director
Physical Education, Recreation and Wellness
FACILITIES
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 rock 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 across the Stanford campus that are utilized for Intramural and Club Sports, Physical Education classes, as well as special events.

The 4-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.

Other facilities include the West Campus Tennis Courts, the Taube South Tennis Courts, the Taube Tennis Stadium, the Arrillaga Family Raquetball Center, the Red Barn Equestrian Center, Li Ka Shing Fitness Center, the Stanford Golf Course and Driving Range, 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 and HIP classes and Intramural Sports.

TECHNOLOGY
The Physical Education, Recreation and Wellness Programs are constantly developing new ideas for technology that can enhance and improve daily functions. We utilize CSI Software Systems, an online database system that is used for facility access tracking, locker rentals, electronic key cards as well as other Physical Education, Recreation and Wellness services.

Stanford Campus Recreation employs Facebook, YouTube and Twitter accounts (@stanfordrec) to provide patrons real time facility and programming updates, and connect with students, staff and faculty through social media.

The Cardinalrec.stanford.edu website continues to be an effective tool, receiving 233,462 visits and 725,599 page views over the course of the year. The BeWell.stanford.edu website also proved to be quite impactful, helping to increase the effectiveness of the BeWell @ Stanford program throughout the year.
### ACSR 2010 TOTALS

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2010</th>
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<tbody>
<tr>
<td>Recreation Center Users</td>
<td>369,820</td>
<td>373,462</td>
</tr>
<tr>
<td>Faculty / Staff (75,123)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Students (298,339)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female (154,490)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male (218,972)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other (10,134)</td>
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### FITNESS CENTER USAGE

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2010</th>
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</thead>
<tbody>
<tr>
<td>Fitness Center Users</td>
<td>26,723</td>
<td>31,009</td>
</tr>
<tr>
<td>ACSR</td>
<td>285,132</td>
<td>292,301</td>
</tr>
<tr>
<td>Tresidder</td>
<td>26,723</td>
<td>31,009</td>
</tr>
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</table>
CLUB SPORTS
There were 22 club sport teams receiving funding through special fees and 11 ASSU athletic club teams. The teams compete in intercollegiate competitions at the highest level, including several collegiate top five finishes. In addition, many teams are also open to teaching beginners or have recreational participants. Because many teams are members of intercollegiate league and/or national governing bodies, some team competitions are limited to students or undergraduates only, but all Stanford affiliates are welcome to join.

The Club Sports Award Winners for 2009-2010 were as follows:

STUDENT PERSONNEL
The Physical Education, Recreation and Wellness programs employed students ranging from fitness facility front desk employees to Intramural supervisors. There were 64 students employed as Fitness Center Supervisors (Arillaga Center for Sports and Rec & Tresidder workout facilities), Front and Fitness Desk Supervisors and personal trainers. The Intramural office employed 1 student director and 8 student supervisors for the school year to help coordinate Intramural games, scheduling and logistics. The climbing wall continued to be a huge attraction for students, staff and faculty, and had 25 student employees and 3 student managers working at the wall throughout the year. The Stanford Pre-Orientation Trip program employed 3 program coordinators, 2 leader-trainer coordinators, 3 assistants, 15 volunteer leader-trainers, 15 program volunteers and 66 Volunteer Leaders. The Avery Aquatic Center employed 30 Stanford student lifeguards. The Stanford All-Sports Camp has 22 students employed during the summer as well. In total, we employed 300 students in the Physical Education, Recreation and Wellness Programs.

PHYSICAL EDUCATION CLASSES
Physical Education classes are offered year round and give students an opportunity to participate in a variety of programs that are designed to provide a directed exercise program while developing proper sportsmanship. There was a large turnout for classes as we offered the most sections ever in the program’s history. Additionally, all Varsity athletic coaches of non-revenue sports teach PE classes throughout the course of the year. Overall, we had 5,783 students enrolled in Physical Education classes for the year.
CLUB SPORTS

1,415

Club sports participants 2009 - 1,435

Undergraduates (964 - 2010, 888 - 2009)

Graduates (276 - 2010, 308 - 2009)

Faculty/Staff (34 - 2010, 33 - 2009)

Alumni (5 - 2010, 57 - 2009)

Other (89 - 2010, 149 - 2009)

Male (883 - 2010, 924 - 2009)

Female (532 - 2010, 511 - 2009)

PHYSICAL EDUCATION CLASSES

5,783

Participants 2009 - 5,266

FALL 2009 - 1,718

WINTER 2009 - 1,360

SPRING 2009 - 1,713

SUMMER 2009 - 475
**RECREATION CLASSES**
Recreation Classes are non-credit classes provided by the Physical Education, Recreation & Wellness Program with the goal of providing participants with professional instruction in a safe and fun workout environment. Classes included Golf, Cycling, Rock Climbing, Boot Camp and Fit 2 Run. Descriptions of the classes can be found on SUwellness.stanford.edu.

**STANFORD MARTIAL ARTS (SMAP)**
The Stanford Martial Arts Program (SMAP) is an umbrella organization that supports the various member martial art groups on campus. The 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. SMAP had 723 members between the various groups. SMAP has 11 distinct martial art offerings covering a wide variety of technical, physical, and cultural skills and backgrounds. These consist of Judo, Kenpo, Wushu, Aikido, JKA, Jujitsu, Muay Thai, Eskrima, Capoeira, Taekwondo and Kung Fu. The SMAP Director is Tim Ghormley and he can be reached at tghormley@stanford.edu or (650) 482-9727. http://smap.stanford.edu

**INTRAMURAL SPORTS**
The Intramural Sports program continues to experience annual growth. We had another busy year with over 1,000 teams participated in roughly 3,200 games. Additionally, our one day tournaments and special events added approximately 100 teams and 80 games to those totals.

The boost in those numbers is due to various programmatic changes and additions. This autumn we added indoor soccer and wallyball leagues, which combined were responsible for the addition of over 300 games concerning roughly 100 teams. With 71 teams registering in its inaugural year indoor soccer made a grand entrance, becoming our second most widely participated indoor sport “overnight.”

In a continued effort to diversify the Intramural Sports portfolio, we added another one day tournament to our repertoire this autumn quarter, innertube water polo. The one day tournament was well received by the campus and due to its popularity and the excitement it generated, we offered an additional opportunity for participation in the spring.

Get your Intramural Sports ON!
RECREATION CLASSES

1,273 participants 2009 - 1,075

- Rock Climbing (426 - 2010, 351 - 2009)
- Golf (320 - 2010, 297 - 2009)
- Cycling (320 - 2010, 279 - 2009)
- Boot Camp (147 - 2010, 100 - 2009)
- Fit 2 Run (60 - 2010, 34 - 2009)

INTRAMURAL SPORTS

6,901 participants 2009 - 6,713

STANFORD MARTIAL ARTS

723 participants 2009 - 555

- Judo 35
- Kenpo 102
- Wushu 63
- Aikido 36
- JKA 51
- Jujitsu 62
- Muay Thai 118
- Eskrima 29
- Capoeira 53
- Taekwondo 147
- Kung Fu 27
OUTDOOR EDUCATION
The focus of Stanford Outdoor Education is on providing meaningful, educational experiences in the outdoors. Stanford Outdoor Education involves five major program areas: the Stanford Climbing Wall (SCW), Stanford Outdoor Gear (SOG), Stanford Wilderness Medicine (SWiM), Stanford Pre-Orientation Trips (SPOT), and 9 different student clubs that are collectively known as Stanford Outdoors (SO).

Throughout the 2009-2010 academic year, Stanford Outdoor Education employed more than 10 student coordinators/managers, 50 student instructors/employees, and hundreds of volunteers. At the Stanford Climbing Wall, there were over 10,200 participants for the year averaging roughly 1,000 unique participants per quarter. Additionally, route setters at the climbing wall set over 120 routes and over 200 boulder problems. Last year there was a significant increase in programs, classes, and outdoor trips. SOG had over 1000 sleeping bag rentals and served over 100 in outreach programs. By providing an easy and cost effective way for students to rent gear, we have helped 300+ people go on trips arranged by their dorms. Throughout the course of the year there have been over 200 snowshoe rentals and SOG has provided the means for people to try new sports through our new offering of wetsuits and surfboards. SOG attracted over 200 people to the first annual SOG SWAP as well. Overall, SOE had over 13,000 participants, 2,600 active members and 260 Officers and Instructors. Through Stanford Outdoor Education, students, faculty, and staff were able to find almost any outdoor pursuit that interested them, including hiking, backpacking, rock-climbing, mountaineering, kayaking, snow-sports, and windsurfing. All programs were overseen by Andy Fields, the Director of Outdoor Education, and Christa Nash-Webber, the Assistant Coordinator of Outdoor Education. With 2010-2011 already shaping up to be a bigger and more exciting year, Stanford Outdoor Education is on its way to becoming the best university outdoor program in the nation!

FITNESS AND WELLNESS
The Arrillaga Center for Sports and Recreation and Tresidder Fitness Centers allow for self-guided exercise using some of the 90 pieces of cardio equipment, 50 strength training machines and two complete sets of free weights. Additionally, a new plasma television was installed at the front desk allowing us to advertise programming and marketing avenues. Our fulltime staff, personal trainers and facility staff were able to provide personal training, fitness assessments and orientations in each location. Both of these facilities were the site for the 2009 BeWell Employee Incentive Program free fitness assessments and two free personal training sessions.

We employed 26 Fitness personnel, including 9 personal trainers and 17 Fitness Center staff. For our Fitness programming, we had 100 participants in the Recreational Pentathlon, 300 participants in the Cardinal Fitness Challenge, 1200 take part in the Workout of the Week (W.O.W.) and 100 participate in Strength and Fitness 101. Additionally, 172 people took part in the personal training program during the year.
OUTDOOR EDUCATION

13,452 participants 2009 - 3,734

- Alpine Club: 200
- Climbing Wall: 10,216
- Kayak: 200
- OEP: 47
- Outdoor Gear: 1,500
- Powderbound: 390
- Redwood: 120
- SOOP: 50
- SPOT: 265
- SPOT-Leader Training: 99
- Surfing: 84
- Wilderness Medicine: 370
- Windsurfing: 101

FITNESS AND WELLNESS

172 personal training packages 2009 - 150

- Male: 39
- Female: 91
- Buddy: 17
- Assessments: 25
- Bronze: 37
- Silver: 28
- Gold: 20
- Platinum: 22
- Cardinal: 21