

# TENNESSEE STATE WORKSHOP

## Schedule Overview

**THURSDAY,  
JANUARY 26**

2:00 pm-6:00 pm

Check-in | Basler Center for Physical Activity (CPA)

3:00 pm-5:00 pm

CPA/Campus Tours & Vendor Showcase

4:00 pm-6:00 pm

Outdoor Ice-Skating Social | University Commons

7:00 pm-9:00 pm

Social at Tiebreakers | Presented by Matrix

*1805 North Roan Street, Johnson City, TN 37601*

**FRIDAY,  
JANUARY 27**

6:00 am-7:15 am

Early Morning Workout & Group Fitness Classes | CPA

7:45 am

Check-in Opens | D.P. Culp Student Center 3rd Floor

7:45 am-8:45 am

Vendor Expo & Buffet Breakfast | Culp Ballroom

8:45 am-9:15 am

Opening Session | Culp Ballroom

9:15 am-12:30 pm

Educational Sessions

12:30 pm-1:30 pm

Lunch | Culp Marketplace

1:40 pm-2:30 pm

Educational Sessions

2:30 pm-3:00 pm

Career Connection | Culp 272

3:15 pm-4:30 pm

CPA Tours

Basler Center for Physical Activity (CPA) | 1244 Jack Vest Drive

D.P. Culp Student Center | 412 JL Seehorn Jr Road



**MATRIX**

**InnoSoft  
Fusion**

*LifeFitness*

**PLAE**

**NATURAL  
FOODS MARKET**  
... your healthy choice since 1981

**BASLER CENTER  
FOR PHYSICAL  
ACTIVITY**

**1244 Jack Vest Drive**

Home to the Department of Campus Recreation, the Basler Center for Physical Activity opened in April 2002. In December 2022-January 2023, the facility underwent over \$500,000 in renovations.

**D.P. CULP STUDENT  
CENTER**

**412 JL Seehorn Jr Road**

The D.P. Culp Student Center is proud to host the conference on Friday, January 27. This building underwent a \$45 million dollar renovation that was completed February 2020.

**PARKING**

When visiting the CPA, visitors may park in lots 38, 39, or 22.

When visiting the D.P. Culp Student Center, visitors may park in any lot highlighted on the included map. Keep in mind, parking may be limited when classes are in session so arrive early. A parking permit is included in this packet.

**TOURS**

Weather Permitting

Join ETSU staff for a tour of recreational & athletic facilities. On Thursday tours will include facilities such as the CPA, William B. Greene Football Stadium, and Challenge Course. Tours will depart the CPA at 3:30 pm & 4:30 pm. Not coming to town until Friday? Join us for a tour of the CPA on Friday starting at 3:15 pm.

**ICE-SKATING @  
UNIVERSITY  
COMMONS**

Weather Permitting

Join us at the Ice-Skating Rink at University Commons, located just outside of the D.P. Culp Student Center. Opened in December 2022, the synthetic Ice-Skating Rink is operated by Campus Recreation in partnership with University Administration.

**TIEBREAKERS  
SOCIAL**

**Presented by Matrix | 1805 North Roan Street**

Tiebreakers is a premier entertainment eatery destination that offers everything from arcade games, bowling, and axe throwing. Heavy hors d'oeuvres and non-alcoholic beverages will be provided.

**WORKING OUT @  
THE CPA**

Attendees are welcome to enjoy a workout at the CPA anytime Thursday, January 26-Friday, January 27. Just show your TIRSA name badge upon entry for access.

**EARLY MORNING  
GROUP FITNESS  
CLASSES**

We invite you to join us for the following group fitness classes on Friday, January 27

**Ride & Shine | 6:30-7:15 am | CPA Studio A (1st floor)**

**Good Morning Yoga | 6:30-7:15 am | CPA Studio B (2nd floor)**

**CAREER  
CONNECTION**

Looking for a job or have an open position? You don't want to miss this networking opportunity. Pre-registration for departments wishing to table is required. Email [albarado@etsu.edu](mailto:albarado@etsu.edu) for more info.

Roundtable Mixer  
Culp Ballroom (3rd Floor)

Director's Meeting  
Culp Ballroom (3rd Floor)

9:15-10:30 AM

Room 219

Inclusive Hiring in  
Campus Recreation

Sarah Bennett, ETSU

10:40-11:30 AM

The Student  
Employee Experience

Jon Janis &  
Ceceilia Tatro, UTK

11:40-12:30 PM

Employee Retention  
& On-boarding

Corbin Hedges, UTC

1:40-2:30 PM

# ED SESSION SCHEDULE

*Friday, January 27*

Room 303

Esports for the  
Non-Gamer

Cindy Strine, UTC

Personal Training:  
Programming Beyond  
Sessions

Tess Swastek & Caleb  
Paschall, MTSU

Integrating Exercise  
is Medicine &  
Campus Recreation

Dr. Brandi Eveland-Sayers,  
Haile Darby, Dr. Alison Davis,  
Kayla Norman, Lydia Grunstra,  
Hannah Burkhart

Is It Time to  
Renovate Your Pump  
Room?

Ray Wiley & Micah Reiss, MTSU  
Neil Sweeny, Commerical Aquatics  
Service & Support

Room 311

Room 311

Intramural Basketball  
Basics

Trey Potter & Dr. Sam  
Mayhew, ETSU

The Daytime  
Membership

Dr. Sean Basso, Katy  
Locke, & Eric Harell, UTK

You Only Get to Run a  
River Blind Once

Eric Payne, ETSU

Room 272

Room 272

Room 272

# ED SESSION DESCRIPTIONS

## **Inclusive Hiring in Campus Recreation | CULP 219 | *Sarah Bennett, ETSU***

The session will discuss opportunities for campus recreation to participate in inclusive hiring practices and impacts of building a diverse staff to include individuals with disabilities. Examples of employment experiences include intramurals, fitness, outdoor recreation, aquatics, and personal training. Participants will receive information and engage in discussion around forming connections and partnerships for hiring individuals with disabilities and strategies to support all team members.

## **Esports for the Non-Gamer | CULP 303 | *Cindy Strine, UTC***

Esports has exploded onto the college scene. Campus Recreation departments are often given oversight for this new program. For many staff, esports is "other duties as assigned". For many administrators, we are unfamiliar with the needs of the program area and do not even speak the language. This session is Esports 101. The basics. Explained in layman's terms, this session is built for everyone who needs a basic understanding of the newest program area that often is falling under the Campus Recreation umbrella or for those who are curious as to the esports landscape.

## **Is It Time to Renovate Your Pump Room? | CULP 311**

*Ray Wiley & Micah Reiss, MTSU with Neil Sweeney, Commercial Aquatics Service & Support*

Is it time to renovate your pump room? Learn about MTSU's pump room remodel and how you can save money and time by modernizing your pool equipment!

## **The Student Employee Experience | CULP 219 | *Jon Janis & Cecelia Tatro, UTK***

Come learn how the University of Tennessee–Knoxville RecSports Department incorporates NACE Competencies into our student employee experience. With 300 student employees and over 80 students in management positions, RecSports is engaging in strategies for our student staff to be career-ready and change the perception of the on-campus job experience. We will walk through our process of how we began utilizing NACE competencies from our recruitment and onboarding and our future plans of integration within our trainings and evaluation process. Attendees will learn about NACE Competencies and ways they can potentially incorporate it into their student employee experience.

## **Personal Training: Programming Beyond Sessions | CULP 303 | *Tess Swastek & Caleb Paschall, MTSU***

The session will discuss the opportunities to get Personal Trainers involved in more than just personal training sessions. Special events and programming throughout the semester can give recreation participants the chance to meet trainers, while diversifying trainer's resumes. Specialty clinics, powerlifting competitions, and population-specific small group training are a few of the additional programs led by MTSU Campus Rec Personal Trainers.

## **Intramural Basketball Basics | CULP 311 | *Trey Potter & Dr. Sam Mayhew, ETSU***

Intramural basketball season is here so don't miss out on this opportunity to refresh your knowledge of the game and share your insight on developing young officials! Join us in this session as we discuss the basics of Intramural basketball including common rule misinterpretations, skills for new officials, and developing student officials.

## **You Only Get to Run the River Blind Once | CULP 272 | *Eric Payne, ETSU***

American culture welcomes, promotes, and celebrates a comfortable, easy, safe, and an all-fun lifestyle. Difficulties, pain, physical and mental challenges, and real risk are considered antithesis to this. But are those elements essential to Outdoor Adventure Programming? Join us for a dive into this question and discuss how to maximize student growth through outdoor experiences.

## **Employee Retention & On-Boarding | CULP 219 | *Corbin Hedges, UTC***

Higher Education along with most business realms is struggling with employee retention. This session will discuss some ideas of what we can do to improve our employee retention with an emphasis on the value of a strong employee onboarding process.

## **Integrating Exercise is Medicine & Campus Recreation | CULP 303**

*Dr. Brandi Eveland-Sayers, Halie Darby, Dr. Alison Davis, Kayla Norman, Lydia Grunstra, Hannah Burkhart*

Exercise is Medicine On-Campus, an international initiative, calls upon universities and colleges to promote physical activity as a vital sign of health. The goal is to improve the overall health and fitness of the university community. As Campus Recreation offers programming and facilities that encourage these attributes, integrating EIM and Campus Recreation is paramount to the campus community. The purpose of this presentation is to discuss program goals, implementation, resources, and outcomes within these entities

## **The Daytime Membership | CULP 311 | *Dr. Sean Basso, Katy Locke, & Eric Harell, UTK***

What if there were a way to increase participation without impacting student use, increase revenues without impacting student's pockets, and increase the health & well-being of your campus community, all through the use of a technology you already possess? Come learn about how RecSports at the University of Tennessee, Knoxville collaborated with Human Resources to offer a Daytime Membership to faculty/staff as a benefit of their employment.

# East Tennessee State University

## Visitor Parking Permit

Host: CPA

Location: Faculty / Staff and Student Lots

Valid: 01/26/2023- 01/27/2023

Authorized by: ETSU Parking Services

132 Stout Drive - Johnson City, TN 37614 - (423) 439-5650 - PARKING@ETSU.EDU

### PROCEDURES

Visitor permit must be displayed date side up on the front driver's side dashboard of the vehicle.

Visitor permit is **NOT** to be used by ETSU Faculty, Staff, or Students.

Visitor permit does **NOT** allow you to park in:

- ◆ Time Restricted Spaces (unless you honor the time limit)
- ◆ Metered Lots (unless you pay and honor the time limit)
- ◆ Fire Lanes
- ◆ Yellow Zones
- ◆ Carpool Reserved Spaces
- ◆ Service Vehicle Reserved and Loading Zone Spaces
- ◆ Disability Spaces (unless state-issued hang tag, placard, or disability license plate is displayed)
- ◆ Clinic Reserved Spaces (unless visiting the clinics as a patient)
- ◆ BucSports Reserved Spaces
- ◆ Any Other Reserved Spaces Denoted by Signage
- ◆ Driveways, Sidewalks, or Other Locations that Block or Impede the Flow of Traffic

All other rules and regulations apply, including:

- ◆ Do not back in or pull through a space:
- ◆ Do not park facing the wrong direction on a two-way street

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