

Intramurals, Recreation, and Wellness Executive Summary

Reporting Periods: Fall 2025 / Winter 2026 / Spring 2026

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General Overview

This Executive Summary provides an overview of all three activities for a period of Fall 2025 to Spring 2026. This first section focuses on all the activities combined including Intramural programs, Recreational events, and Wellness activities. This report provides the numbers, listing of programs, events, or activities. This report will also highlight event outcomes, and operational successes/challenges across our Intramural, Recreation, and Wellness platform.

1. Numbers

- Wellness Center total use: 361
- Cougarcade total use: 233
- Intramural Total Participation: 87
 - Soccer - 27
 - Basketball -20
 - Volleyball - 22
 - Kickball - 18
- Recreation Total Participation: 122
 - Golf Skills Challenge - 15
 - Obstacle Course Challenge - 29
 - Winter 5K Virtual (inclu.Online Students) -13
 - Pickleball Ladder participation - 11
 - Boston Virtual Marathon (inclu.Online Students) - 45
 - Dodgeball - 9
- Wellness Total Participation: 72
 - Yoga/Aerobics -10
 - Club Cross Country - 18
 - Racquet Club - 14
 - Weekly Wellness Challenges - 30
- Total Student Participation 2025-2026: **875 Students**

Summary

Lacey Timony (April 2025) and Zach Snyder (July 2025) led the initial development of the Intramurals, Recreation, and Wellness programming with a focus on building a sustainable, student-centered engagement model. The first phase centered on establishing a structured program management process, beginning with student interest surveys and comprehensive assessment of campus needs. This included evaluating existing equipment, completing a full inventory of materials, and researching official rules of play and codes of conduct to ensure consistency and fairness across all offerings.

A strong emphasis was also placed on branding, communication, and outreach. This included developing consistent marketing materials aligned with the college voice, creating fliers, contributing to student newsletters, and building a social media presence through Instagram to increase visibility and engagement. Programming decisions were guided by direct student feedback collected through surveys, allowing for more intentional and responsive event planning.

The program began with an operating budget of \$21,000 and currently has approximately \$15,417 remaining after strategic investments in equipment, supplies, and program infrastructure to support sustainable growth across Intramurals, Recreation, and Wellness initiatives.

The Intramural program experienced significant development during the reporting period, transitioning from early-stage programming into a structured model. Initial offerings included soccer, basketball, volleyball, and kickball, with participation driven through both team registration and individual placement. Early implementation focused on establishing operational standards, including registration processes, jersey distribution, and consistent game-day procedures.

As the program evolved, improvements were made based on direct observation and participant feedback. This included the introduction of numbered jerseys to improve game management, clearer forfeit policies to address attendance issues, and more structured communication methods for teams. These changes resulted in improved organization, increased accountability, and a more competitive and engaging experience for participants.

Overall, Intramurals served as a key driver of student engagement, offering accessible, recreational competition while building community across campus populations.

Recreation programming focused on expanding student engagement through both in-person and virtual offerings, with an emphasis on accessibility and variety. Events included the Golf Skills Challenge, Obstacle Course Challenge, Virtual Winter 5K, Pickleball Ladder, Virtual Road to Boston Marathon, and Dodgeball Tournament. Programming was intentionally designed to accommodate both commuter and online students, increasing overall participation and reach.

Several initiatives emphasized creativity and flexibility in programming delivery, including virtual participation platforms and self-paced fitness challenges. Partnerships with external organizations, such as Camp Fowler and the Perla Building expanded opportunities for student involvement beyond campus.

Recreation programming consistently demonstrated strong engagement in short-duration, accessible events scheduled around student availability, particularly immediately following class times. This insight has helped guide future scheduling and program development.

The Wellness program focused on promoting holistic student health through physical activity, mindfulness, and educational programming. Key offerings included Yoga/Aerobics sessions, Club Cross Country, Racquet Club, and Weekly Wellness Challenges. These programs provided both structured and self-directed opportunities for students to engage in wellness activities.

A significant component of the Wellness initiative was the development of strategic partnerships to enhance educational outreach. This included collaboration with local junior high students, as well as a partnership with Elizabeth Rivera and LVHN to deliver a virtual nutrition education session. These collaborations strengthened the educational impact of wellness programming and expanded access to health-related resources for students.

The Wellness program also emphasized consistent engagement through LCCC Student club development and ongoing partnerships (E.G. Student Club activities or as Fundraiser for Student Club), fostering a culture of sustained participation and peer connection.

Moving forward, the department will focus on strategic expansion, partnership development, and increased student engagement across all program areas.

Key goals include:

- Expansion of Flag Football through potential partnership with Bucks County Community College, with continued exploration of a regional student intramural league play (including Kutztown, Muhlenberg, etc.)
- Development of a 250K/250-mile Summer Ultra Challenge to expand endurance-based programming and increase year-round engagement (E.G. aligned with the United States 250 Celebration).
- Continued emphasis on hybrid participation models, promoting events to both in-person and online students
- Expansion of student club development and awareness, including increased support for emerging recreational and wellness-based organizations
- Strengthening community and vendor partnerships, including potential collaborations with Hope & Coffee and Smoothie King to introduce fresh, healthy food options in campus spaces
- Continued refinement of intramural operations, including improved training for student workers serving as officials and game-day staff.