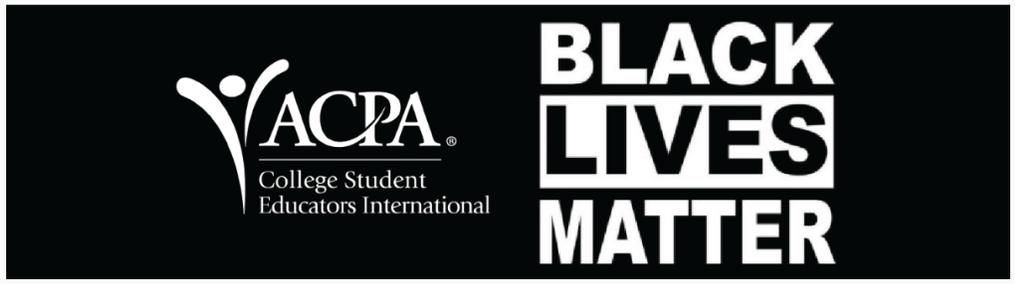
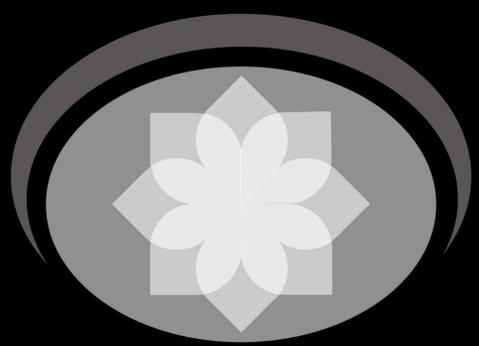


THE RAWC MINUTE

ACPA's Commission for Recreation, Athletics, and Wellness newsletter



Featured:

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WE STAND IN SOLIDARITY

RAWC ECHOES ACPA: "BLACK COLLEAGUES, FRIENDS, AND FAMILIES: YOU MATTER. YOU MATTER TO US. AND WE ARE WITH YOU."

This quarterly newsletter comes at a very difficult time, but we are sending it because we want to support our members and our colleagues who need all of us to care about them and their work more than ever. If you haven't yet seen ACPA's growing list of resources related to the Black Lives Matter movement, please [click here](#).

Message from the Chair

JAMES G. ARCHIBALD (HE/HIM/HIS)

Greetings! Recognizing that the COVID-19 pandemic has changed our lives in various ways, the Commission for Recreation, Athletics, and Wellness remains committed to supporting your educational needs, providing professional development, and implementing new practices and applications. It was great seeing many of you at the Annual Convention in Nashville, TN this year. Whether we connected with you via the Self-Care Fair, CelebrACPA, the Open Commission Meeting, our Commission Social, or one of our sponsored programs or co-sponsored programs we are glad we had the opportunity to meet and reconnect with you again. As we prepare for next year's convention, please reach out to one of the directorate members if you are interested in getting involved in one of the many programs offered by the commission.

While we are preparing for next year's convention, we are also offering professional development opportunities throughout the year. We have started our **RAWC White Paper Series** (www.myacpa.org/rawc/resources) and we encourage our members to consider this outlet to share their work. Additionally, we have several **webinars** in the works so be on the lookout for those soon. As always, you are welcome to share your programming ideas with us and become involved with these opportunities.

For those who may not know, ACPA is a part of the **Interassociation Health and Well-Being in Higher Education Initiative**. The interassociation is composed of several international and national higher education associations focused on health and well-being in higher education. Our commission represented ACPA in this initiative. We worked on a collective definition of well-being. We define well-being as "an optimal and dynamic state that allows people to achieve their full potential." Our focus is on two interdependent types of wellbeing: 1) individual and 2) community. Individual well-being is defined by three interrelated components – subjective well-being, objective well-being, and civic well-being. Community well-being is defined by the systems and norms of an environment that contribute to an equitable infrastructure of opportunities, access, resources, conditions, and other socio-ecological supports that make it possible for all individuals to achieve their full potential. We were excited to be involved in this collaboration and we look forward to working on more initiatives and tasks.

Lastly, **please join me in welcoming Justin Sanchez and Emily Goupil to our Directorate Board!** Justin (he/him/his), from Valdosta State University, is our new Vice Chair of External Affairs and Emily (she/her/hers), from the University of New Hampshire, is our new Vice Chair of Membership and Outreach. More information about our Directorate Board can be found here: <https://www.myacpa.org/commission-recreation-and-athletics-directorate>.

On July 10, 2020, we will be having a **virtual commission meeting** to connect with the commission and provide updates and announcements on commission work. Please mark your calendars for this event so you can connect us. As stated before, the commission remains committed to supporting your educational needs, providing professional development, and implementing new practices and applications. Should you need our help or assistance during this time, please let us know. In the meantime, **stay safe and be well!**



"We define well-being as 'an optimal and dynamic state that allows people to achieve their full potential.'"

James

The Directorate Corner



Reflections from Emily Goupil (she/her/hers)

RAWC DIRECTORATE VICE CHAIR OF MEMBERSHIP AND OUTREACH

Well, another ACPA has come and gone and it's hard to believe that this ACPA marked my 7th Annual Convention. Without a doubt, this year's gathering in Nashville, TN, provided me with many takeaways that I have used both professionally and personally upon my return to New Hampshire. One highlight for me was the Self-Care Fair run by the Commission for Recreation, Athletics, and Wellness (RAWC).

During this event, participants were able to engage in different activities that focused on the many dimensions of wellness (physical, emotional, environmental, financial etc.). From playing Dance Dance Revolution to writing an appreciation for someone who has supported you in the field, each activity was intentional and aimed to have participants reflect on what they are or could be doing in each of the dimensions to improve their holistic health. I really appreciated being challenged to think about how I was taking care of myself and what resources I could utilize that I did not know existed.

As someone who was recently furloughed, I have been reflecting on these activities quite frequently. It has been a struggle to keep up motivation in all aspects of my life with so much uncertainty around me. With the help of some of the resources presented at the Self-Care Fair, I have been able to utilize the time I now have to practice more mindfulness and appreciation. I even discovered that kayaking is my favorite form of physical exercise! While each day presents new challenges, I have been thankful to spend a little more time focusing on bettering my health and I appreciate both RAWC and ACPA for creating a space for myself and others to explore this topic more in-depth.

If you are interested in any of the resources or activities that were a part of RAWC's Self-Care Fair, just reach out to RAWC@acpa.nche.edu and we'd be more than happy to send them along!

The Directorate Corner

Collaborating with Campus Recreation for Residence Hall Teams presented by James Archibald (he/him/his)

RAWC DIRECTORATE CHAIR



One of the goals of the RAWC is to understand the impact of participation in recreational sports on students and to value the unique issues and concerns of students in association with their specific context of experience (recreation or athletics) through the lens of student learning and development. At the 2020 ACPA Annual Convention, I presented my research collaborating with campus recreation for residence hall teams. Increasing student retention is a common goal among institutions in the United States. One strategy that can be used to improve engagement and retention is the utilization of campus recreation programming with residential housing programs.

During the presentation, I discussed the benefits of establishing residence hall intramural teams and investigating the correlation between intramural sports participation and student retention. Having a residence hall cup program is beneficial to students in many ways. Some of the benefits of participation include engagement, wellness, and campus pride. Residence halls have numerous programs for students to engage in; however, this is an opportunity for all residents to engage in all together at one time. Wellness and staying active is essential to students' overall wellbeing and health. Lastly, the residence hall cup program inspires students to rally and support their hall. This promotes campus pride and fosters a sense of tradition. A residence hall cup program is not only a good retention initiative but a good recruitment initiative as well. It appeals to students when they know they are becoming a part of a tradition in a residence hall. In the age of health and wellness, having residence hall cup competition is just one of many ways to promote student wellbeing.

RAWC is always excited to review programs related to research or best practices in recreation, athletics, and wellness.

UPCOMING EVENTS

#RAWCinACPA #ACPARAWCs



SUMMER 2020 HAPPENINGS

- **RAWC White Paper Series:** Please consider submitting content or ideas (by emailing us) for this research-based writing series. More information available at <https://www.myacpa.org/rawc/resources>.
- **ACPA2GO Virtual Webinar Series:** <https://www.myacpa.org/acpa2go> (\$10 registration fee / sometimes free offerings)



- **RAWC Open Commission Meeting:** On July 10, 2020 at 1pm EST, you are invited to connect with us virtually at this link: <https://us.bbcollab.com/guest/8da15134bc9e4d3b811329d3a6c92600>. Pop in to say hi and learn about our team and our 2020-2021 Professional Development opportunities!



WE HAVE DIRECTORATE BOARD VICE CHAIR POSITIONS AVAILABLE!

We are thrilled to welcome Justin and Emily, the newest members of our Directorate Board! Bios for our full team are available [here](#).

The RAWC Directorate Board consists of a variety of people who are interested in recreation, athletics, and wellness as well as dedicated to helping others in our field understand the unique needs of these functional areas for students, staff, and faculty. We are always looking for new members who are excited to spend time talking about recreation, athletics, and wellness, regardless of whether these areas of focus are your full-time job or just an aspect of higher education that you're trying to get involved in!

Interested in learning more (or applying)? Visit [this link](#) or email us (rawc@acpa.nche.edu).

COVID-19 STATEMENT & RESOURCES

THE IMPACT OF THE PANDEMIC ON ALL DIMENSIONS OF WELLNESS

RESOURCES COMPILED BY

MCKENZIE MCNAMARA, RAWC DIRECTORATE VICE CHAIR OF ADMINISTRATION

The ACPA Recreation, Athletics, and Wellness Commission acknowledges the impact that the COVID-19 pandemic has had, not only within the Higher Education community in the United States, but also across the world. COVID-19 has disproportionately impacted Black, Native American, and Latinx communities and brought awareness to the impact of disparities in health care. Reflecting on the Wellness Wheel we can see that COVID-19 has impacted every dimension of wellbeing: physical, emotional, social, intellectual, environmental, financial, spiritual, and occupational. At this time, we encourage members to reflect on their personal wellbeing and how COVID-19 has impacted them as an individual, the students that they work with, and the communities that they are in. Included below and [at this link](#) are additional resources and communications to utilize in the months to come.

Resources from the Centers for Disease Control and Prevention (CDC):

- General CDC COVID Webpage: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- CDC Guidance Documents: <https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html>

Communication Tools ([click here for links](#)):

What You Need to Know about COVID-19

- *Symptoms of the Coronavirus Disease 2019*
- *How to Protect Yourself and Others*
- *What to do if you are sick*
- *Share facts about COVID-19*

Protecting Yourself and Others

- *What you should know about COVID-19 to protect yourself and others*
- *Important Information about Cloth Face Coverings*
- *How to Protect Yourself and Others in Public Settings*
- *How to Safely Wear and Take Off a Cloth Face Covering*
- *Stop the Spread of Germs*

To Post in Entrances

- *Please read before entering*
- *Please Wear a Cloth Face Covering*

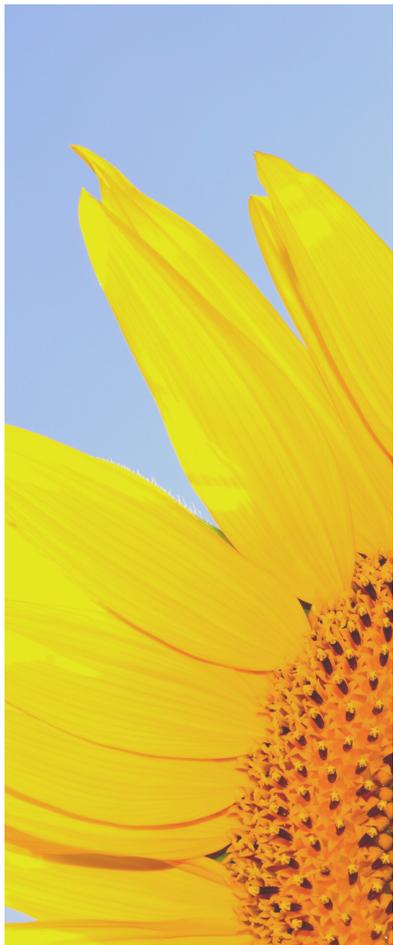
Additional Tools ([click here for links](#)):

Social Media Toolkit

- *Topics you should consider sharing with your students from the social media toolkits include social distancing, stop the spread, cloth face coverings, what to do if you are sick, testing information, tips for parents, takeout food, traveling by car, bus, or train, and pets & COVID.*

Videos

- *I had COVID-19 But No Symptoms. When Can I Be with Others?*
- *I Think or Know I had COVID-19, and I had Symptoms. When Can I Be with Others?*
- *How to Clean and Disinfect Your Home if Someone has COVID-19*
- *COVID-19 Stop the Spread of Germs*
- *COVID-19: Do Your Part to Slow the Spread*
- *10 Things You Can Do to Manage COVID at Home*



FUN & INTERESTING THINGS TO EXPLORE FROM HOME

WE HAVE COMPILED SOME LINKS FOR YOU

We know many of us have been "working from home" (WFH) for several months at this point...this reality comes with continuous, ever-evolving challenges. In an effort to keep things fun and/or interesting, consider exploring in creative ways this summer:

- LINK: [Virtual Culture and Escapes \(PDF\)](#)
- LINK: [Take a Virtual Visit to a National Park \(website\)](#)
- LINK: ["Decade Debacle Escape Room"](#) (an Escape Room created by our very own, Emily Goupil...and friends!)
- LINK: [NIRSA Virtual Roundtables for Campus Recreation](#)
- LINK: [NCAA Social Series: College Sports and Current Events](#)

HEALTH & WELLNESS RESOURCES

WE MUST TAKE CARE OF OURSELVES IN ORDER TO TAKE CARE OF OTHERS

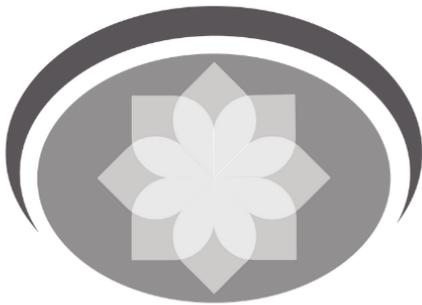
- LINK: [Morning Brew's Guide to Living Your Best WFH Life](#)
- LINK: [Clemson University Healthy Campus](#)
- LINK: [NCAA COVID 19 and Mental Health](#)
- LINK: [NCAA Resources, updates, information regarding COVID-19](#)
- LINK: [N4A: COVID-19 Resource Document](#)



ACPA RAWC



the Commission for Recreation, Athletics, and Wellness



www.myacpa.org/rawc



rawc@acpa.nche.edu



myacpacommunity.force.com/login



www.facebook.com/ACPACommissionforRecreationAthleticsandWellness/



[@ACPA_RAWC](https://twitter.com/ACPA_RAWC)



COME RAWC WITH US!

Our community provides ACPA members with opportunities for professional development about issues of importance in campus recreational sports, intercollegiate (varsity) athletics, and wellness in postsecondary education. In addition, acting within the ACPA governance structure and with ACPA International Office, RAWC assists in positioning ACPA to be an informed voice on campus recreation, athletics, and wellness issues as those issues intersect with student affairs and with the strategic objectives of ACPA as an association.