

Mission Statement/Goals For Campus Recreation

Princeton University seeks to provide its students, faculty and staff a full range of fitness and recreation programs. These programs can improve the quality of life on campus for the entire community; strengthen ties between and among undergraduates, graduate students, faculty and staff; provide opportunities for participation including; instructional sports, intramural sports, sport clubs, recreational fitness and wellness programs and informal recreation; help reduce stress experienced by those who live, work and study at Princeton; and improve the health and well-being of the campus community.

The University's strive for excellence underlies all of its actions, including its efforts to promote the health and well-being of its students, faculty and staff. Princeton University is a world-class institution with the highest standards. Its students, faculty and staff have high expectations of Princeton in terms of both academics and the quality of life.

Through the work of the Task Force on Health and Well-Being, the University sought to measure how well it was meeting the health, fitness and recreation needs of the campus community. Several important points emerged from that effort; these findings were supported by a subsequent review of the Campus Recreation Program.

- Members of the Princeton University community are active participants in fitness, exercise and the Campus Recreation Program.
- The breadth of offerings of the Campus Recreation Program meets and in some cases, exceeds the national standards.
- The current facilities and offerings are inadequate to meet the needs and demands of the campus community. The operational hours of Dillon Gym and Stephens Fitness Center are insufficient; space for formal (fitness classes) and informal (pick-up games) fitness and recreation activities is inadequate; and current facilities cannot respond to new trends in fitness and recreation.
- The Instructional Sports, Intramural Sports and Sport Club Programs are extremely popular, particularly among undergraduate students, but the support structure for these activities is inadequate and strains all available staff and financial resources.
- There is a strong interest in keeping Dillon Gym as the focus of the indoor sports and recreation programs on campus. The historic role of Dillon Gym in the campus community and its central location are important factors.

- There is an overwhelming need for additional outdoor recreation space, including formal recreation space for Intramural Sports and Sport Clubs and informal space for pick-up games and other activities.

- There is interest in operating small satellite fitness programs, but not in distributing fitness facilities across campus academic and residential neighborhoods.

The office of Campus Recreation, in cooperation with the office of Campus Life and the Department of Athletics, has identified the following goals for the program components:

I. Instructional Program Goals

- Provide a comprehensive schedule of classes based on the interests of the Princeton Community at a reasonable cost in a safe and friendly environment.
- Hire a staff of experts to teach the class offerings so that a quality product is offered.
- Produce enough income to cover all the expenses of the program, plus additional revenue that can be invested back into the program in such areas as publicity, equipment, etc. to operate the program successfully.
- Make registration for classes as easy as possible through on-line registration for all participants.

II. Intramural Sports Goals

- Provide opportunities for the Princeton Community to take part in competitive and non-competitive Recreational Sports and activities. These activities include a wide variety of team sports, individual sports, meets and special events.
- Provide comprehensive, quality programs and services to enhance sportsmanship, leadership and life-long skills.
- Encourage a healthy lifestyle while developing teamwork.
- Continuously offer cutting edge and diversified programming for students and faculty/staff.
- Develop alternative late-night programming in conjunction with the Alcohol Initiative.

III. Sport Clubs

- Offer Sport Clubs that are created in response to student interest and are run, for the most part, by students.
- Provide adequate and safe space for the Sport Clubs to hold their practices and competitions.
- Provide supplementary budget dollars for the Sport Clubs teams to purchase equipment, travel safely and compete in their respective programs at the local, regional and national levels.
- Develop a Leadership Program that helps the Sport Club officers to do a better job regarding the running of their team.

IV. Recreational Fitness and Wellness

- Offer an extensive array of programs, events and opportunities to improve the health, fitness and well-being of the university community.
- Offer a state of the art fitness and wellness facility in which the equipment is maintained, replaced and updated on a regular basis.
- Provide a variety of on-site activities at the Stephens Fitness Center as well as out-reach efforts that are conducted at job sites.

V. Informal Recreation

- Provide an attractive, clean and hazard free environment for all Campus Recreation participants that work out in Dillon Gym.
- Provide adequate outdoor space on campus for informal recreation opportunities to occur for the Princeton community.
- Enhance the facility experience of our patrons by providing excellent customer service.
- Provide support for varsity athletes as it pertains to practices and competitions involving coordination required with the Campus Recreation Program.

VI. Overall Campus Recreation Goals

- Improve the overall health and well-being of all members of the campus community.
- Respond to changes and trends in the fitness and recreation interests of the campus community in a timely manner.
- Provide accessible, affordable and convenient programs for the campus community.
- Complete a customer service satisfaction survey on a yearly basis to determine if we are meeting the needs of the participants.
- Strengthen the fabric of campus life by providing recreation and social opportunities on campus that will establish and reinforce a culture of healthy living.

To meet these goals and needs of the campus community, a comprehensive review of the recreation and fitness program and facility needs is currently underway.