

YEAR PLAN

Athletics & Wellness Director

Andriana Hountalas

McMaster Science Society

2024-2025

(submitted August 31st 2024)

MCMASTER
SCIENCE
SOCIETY





2024-2025 Year Plan

Letter from the Position

The purpose of the Athletics and Wellness committee is to provide students with the resources and opportunities they need to enjoy their time at McMaster in a healthy way. We promote wellness and healthy physical activity with events throughout the school year and provide important information/resources to students. We hold several events throughout the school year, varying from large scale sports tournaments to nature walks off campus. We also focus on emphasizing the importance of mental health by posting wellness topics bi-weekly and offering resources to those who need them.

Previously, the Athletics and Wellness committee has started initiatives like Wellness Wednesdays that I will continue during the 2024-2025 school year. There have also been events such as yoga classes, sports tournaments and off campus events that I hope to incorporate this year and put my own spin on. I wish to also introduce the MSS walk club to include more students and foster a strong community at McMaster. I plan to increase our focus on mental health as a whole and further highlight the intersection of mental health and athletics rather than having the 2 separately represented in events.

Finally, I hope to increase student engagement by offering inclusive events that all students feel comfortable taking part in and sending feedback forms after each event, to ensure that the voice of the student body is being heard. I hope to host creative, inclusive, and innovative events that many students will attend and enjoy.

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TIMELINE

Month	Objective/Project/Event/Goals
June	N/A



July	<p>Things to complete:</p> <ul style="list-style-type: none"> - Submit Comms Request for Hiring - Create Application Form
August	<p>Events/Projects: N/A</p> <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Review applications for subcommittee/interviews 2. Hire team 3. Inquire about Puppy Yoga 4. Submit EOHSS forms/comms request for september event (walk club)
September	<p>Events/Projects:</p> <ol style="list-style-type: none"> 1. First walk club meet <ul style="list-style-type: none"> a. Intro post promoting walk club and upcoming events <p>Things to complete:</p> <ol style="list-style-type: none"> 1. First committee meeting (brainstorm, train/delegate tasks) 2. Logistics for walk club <ul style="list-style-type: none"> a. Promotion/EOHSS 3. Start planning puppy yoga 4. Wellness Wednesday schedule
October	<p>Events/Projects:</p> <ol style="list-style-type: none"> 1. Walk Club (monthly-ish) 2. Wellness Wednesdays <p>Things to Complete:</p> <ol style="list-style-type: none"> 1. Submit EOHSS/comms request for puppy yoga 2. Submit EOHSS/comms request/room booking/rentals for fall tournament
November	<p>Events/Projects:</p> <ol style="list-style-type: none"> 1. Tournament (Volleyball/dodgeball) – Mid November 2. Walk club 3. Wellness Wednesdays <p>Things to Complete:</p> <ol style="list-style-type: none"> 1. Finalize puppy yoga 2. Prizes for tournament/feedback form



December	<p>Events/Projects:</p> <ol style="list-style-type: none"> 1. Puppy Yoga – Early December <ol style="list-style-type: none"> a. event recap post/reel 2. Wellness Wednesday 3. Pre-Exam mental health check-in via instagram <p>Things to Complete:</p> <ol style="list-style-type: none"> 1. comms requests
January	<p>Events/Projects:</p> <ol style="list-style-type: none"> 1. Resume Walk club 2. Wellness Wednesdays <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Submit EOHSS/comms request/room booking/rentals for winter tournament 2. Submit EOHSS/comms request/room booking/rentals for Spin class/Yoga
February	<p>Events/Projects:</p> <ol style="list-style-type: none"> 1. Walk club 2. Spin Class (~end of month) 3. Wellness Wednesdays <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Finalize Tournament details
March	<p>Events/Projects:</p> <ol style="list-style-type: none"> 1. Winter Tournament (sport TBD) 2. Walk club 3. Wellness Wednesdays <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Comms request/mental health support reel 2. Prizes/feedback form
April	<p>Events/Projects:</p> <ol style="list-style-type: none"> 1. Walk Club 2. Wellness Wednesdays <p>Things to Complete:</p> <ol style="list-style-type: none"> 1. Post for pre-exam check in/meditation guide



	2. wrap up
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OBJECTIVES:

Objective 1	
Description/ Current State	<p>Contribute to positive mental/physical health of Science community/increase engagement</p> <ul style="list-style-type: none"> - There seems to be a lack of community in the science faculty - Students struggle with stress/mental health and taking part in fun activities - We need events and initiatives that appeal to a diverse range of students
Goal	<ul style="list-style-type: none"> - Help students take breaks, care for themselves, and engage in healthy activity - Science students struggle to get involved in extracurriculars/events for "fun"; so make events more appealing and welcoming - Foster strong community through mental health promotion and events - Utilize feedback forms
Long Term Implications	Create a strong and supportive Mac Sci community
Partners	VP Student Affairs (Ava Colangelo), Student Wellness Centre

Objective 2	
Description/ Current State	<p>Introduce the McMaster Walk club</p> <ul style="list-style-type: none"> - Science can benefit from having a recurring, year-long event that brings people together and encourages a healthy lifestyle - This is an initiative I plan to continue beyond the 2024-25 school year - I hope to bring more attention to mental health and well-being through this as well



Goal	<ul style="list-style-type: none"> - Improve sense of community - Drop-in event that boosts morale - Can attract a diverse group that may be different from those at the tournaments
Long Term Implications	<ul style="list-style-type: none"> - If successful a continued event throughout the years - long term improvements for student health and well being
Partners	Working with VP Student Affairs (Ava Colangelo), other MSS Execs

Objective 3	
Description/ Current State	<p>Improve recurring events through feedback from students</p> <ul style="list-style-type: none"> - Not many feedback forms were released previously - We are not as aware about what student liked and did not like at events - It is difficult to make decisions regarding future events when we are unsure what has previously been a hit - This can also increase engagement and turnout for events - Feedback about social media and how accessible info regarding events is
Goal	<ul style="list-style-type: none"> - Release a feedback form after every event - Release a feedback form/survey regarding social media presence - Gain a better understanding of what students want/need
Long Term Implications	This can help improve events in the long run and make MSS more effective in aiding students.
Partners	VP Student Affairs (Ava Colangelo) and Comms portfolio

EVENTS & PROJECTS

Name of Event/Project: Walk Club	
DATE	Monthly (TBD ~ end of most months)
PURPOSE	To have a recurring event that students can attend in order to connect with nature, be mindful, make friends, and do physical activity.
PROCEDURE	<ul style="list-style-type: none"> - EOHSS



	<ul style="list-style-type: none"> - Comms Requests - Promotional/event recap photos + reels - Route Selection
DIFFICULTIES	<ul style="list-style-type: none"> - Maintaining the walk club even when other events are planned for the month - Promotion of a monthly event - Student engagement
PARTNERS	N/A
PROJECTED OUTREACH	10-30 per event
BUDGET	50\$ total – For water at each meet

Name of Event/Project: Wellness Wednsdays	
DATE	Bi-Weekly Posts
PURPOSE	Use our social media presence to promote wellness topics and familiarize students with how to improve/strengthen their mental and physical health.
PROCEDURE	<ul style="list-style-type: none"> - Comms request - Brainstorming topics bi-monthly with subcommittee
DIFFICULTIES	<ul style="list-style-type: none"> - Giving Comms enough time to make graphics and posts
PARTNERS	N/A
PROJECTED OUTREACH	N/A
BUDGET	0\$

Name of Event/Project: Puppy Yoga	
DATE	Early December (TBD)
PURPOSE	Great way for students to have fun, engage with MSS, and take care of mental/physical health.
PROCEDURE	<ul style="list-style-type: none"> - EOHSS - Book Class/company (pups and poses) - Comms Request - Book room/equipment rentals
DIFFICULTIES	<ul style="list-style-type: none"> - Puppies inside campus



	<ul style="list-style-type: none"> - Hiring the company - May need to charge students to help cover the cost
PARTNERS	- Puppy yoga westdale / pups and poses or other company
PROJECTED OUTREACH	- Around 25 students (depending on capacity of instructor)
BUDGET	- Depends on the yoga company hired (target: below \$300)

Name of Event/Project: Fall Sports Tournament	
DATE	Mid November
PURPOSE	To engage a large population of students and hold a multi-round sports tournament
PROCEDURE	<ul style="list-style-type: none"> - Post sign up sheets online/ promote event - EOHSS and comms requests - Organize teams into rounds - Communicate with DBAC about getting refs for the event
DIFFICULTIES	- Ensuring large turnout
PARTNERS	DBAC
PROJECTED OUTREACH	75-100
BUDGET	Depends on spaces available + hiring refs from DBAC

Name of Event/Project: Winter Sports Tournament	
DATE	March
PURPOSE	To engage a large population of students and hold a multi-round sports tournament
PROCEDURE	<ul style="list-style-type: none"> - Post sign up sheets online/ promote event - EOHSS and comms requests - Organize teams into rounds - Communicate with DBAC about getting refs for the event
DIFFICULTIES	- Ensuring large turnout
PARTNERS	DBAC
PROJECTED OUTREACH	75-100



BUDGET	Depends on spaces available + hiring refs from DBAC
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Name of Event/Project: Spin Class	
DATE	Feb 22nd 2025 (not confirmed)
PURPOSE	To promote wellness among students and familiarize students with different aspects of the Pulse
PROCEDURE	<ul style="list-style-type: none"> - EOHSS and comms requests - Post sign up sheets online/ promote event - Organize Instructor
DIFFICULTIES	<ul style="list-style-type: none"> - Finding instructor at a reasonable price - Ensuring a good turnout
PARTNERS	DBAC Staff
PROJECTED OUTREACH	30 – Depends on Pulse capacity
BUDGET	Depends on if instructor is volunteer/room rental

Name of Event/Project: Mental health/exam check-in posts	
DATE	Exam season winter & fall
PURPOSE	To remind students of self-care during stressful times and act as a support and resource to students
PROCEDURE	<ul style="list-style-type: none"> - Comms Request - Record content if necessary
DIFFICULTIES	<ul style="list-style-type: none"> - Timing of the post
PARTNERS	Comms Portfolio
PROJECTED OUTREACH	N/A
BUDGET	0\$