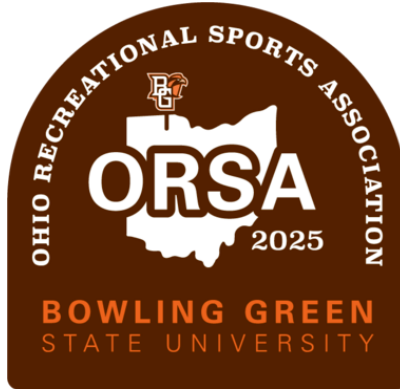




Welcome To The 51st ORSA State Workshop

We are thrilled to welcome you to Bowling Green State University for this historic gathering of dedicated professionals committed to advancing collegiate recreation and student development.

Over the next few days, we'll engage in thoughtful dialogue, explore innovative practices, and celebrate the impactful work being done across our state. This workshop is not only an opportunity to learn and grow but also a chance to connect with colleagues who share your passion and vision.

We encourage you to make the most of the sessions, panels, and networking events. Your ideas, experiences, and energy are what drive progress and make our campus communities stronger. Thank you for being here, and welcome to BGSU!

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WE NEED YOUR FEEDBACK!

Your comments and suggestions us fine-tune the conference experience and make next year even better. Thank you for taking a few minutes to share your thoughts.

[Submit Thursday's session feedback](#)

[Submit Friday's session feedback](#)

[Submit overall conference feedback](#)

Campus wifi: BGSU-Guest

Jump to:

[Conference Schedule](#)

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[Pre-Conference and Registration Information](#)

[Social, Auction, Raffle Information](#)

[Hotel + Parking Information](#)

[Maps](#)

Special Thanks To Our Sponsors!







Health and Fitness
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ORSA Workshop 2025 Schedule

Wednesday, October 22, 2025

Start	End	Event	Location
3:00 PM	5:00 PM	Pickleball Tournament	Student Rec Center (SRC)
5:00 PM	9:00 PM	Facility Tours and Open Climb	SRC
5:00 PM	6:00 PM	Weaver Family Golf Facility Tours	Perry Field House
7:00 PM	10:00 PM	Social	Becketts Barrell Room

Thursday, October 23, 2025

Start	End	Event	Location
5:30 AM	8:00 AM	Morning Workouts	SRC
7:45 AM	9:30 AM	Registration Check-In	Bowen-Thompson Student Union (BTSU), 228
8:00 AM	9:30 AM	Breakfast	BTSU 228
8:30 AM	9:30 AM	New Member Welcome	BTSU 207
9:30 AM	10:00 AM	Opening General Session	BTSU 228
10:10 AM	10:55 AM	Educational Session 1	BTSU 201,207,308
11:05 AM	11:50 AM	Educational Session 2	BTSU 201,207,308
10:00 AM	12:00 PM	Leadership Cohort	BTSU 208
12:00 PM	12:45 PM	ORSA Business Meeting/Elections	BTSU 228

12:45 PM	1:30 PM	Lunch	BTSU 228
1:30 PM	2:00 PM	Region III Update	BTSU 228
2:00 PM	3:00 PM	Vendor Expo & Snack	BTSU Lobby
3:15 PM	4:30 PM	Educational Session 3	SRC
4:30 PM	6:30 PM	Break	
4:30 PM	5:30 PM	Weaver Family Golf Facility Tours	Perry Field House
6:15 & 7:00 PM	10:00 & 10:30 PM	Shuttles	Hotels
6:30 PM	10:30 PM	ORSA Dinner/Auction	Nazareth Hall

Friday, October 24, 2025

Start	End	Event	Location
5:30 AM	8:30 AM	Morning Workouts	SRC
8:00 AM	9:30 AM	Breakfast	BTSU 228
8:30 AM	9:30 AM	ORSA Committee Meetings	BTSU 228
9:30 AM	10:15 AM	Educational Session 5 / Directors	BTSU 207, 308, 310, 316
10:25 AM	11:10 AM	Educational Session 6 / Directors	BTSU 207, 308, 310, 316
10:15 AM	11:15 AM	Leadership Cohort	BTSU 208
11:20 AM	12:05 PM	Educational Session 7	BTSU 207, 308, 316
12:15 PM	1:00 PM	Lunch/Closing Session	BTSU 228
1:00 PM	2:00 PM	Weaver Family Golf Facility Tours	Perry Field House

Presentation Information

THURSDAY EDUCATIONAL SESSION 1

Bowen-Thompson Student Union (BTSU)

10:10 - 10:55 AM

It's Time for R&R: Fostering Roommate Wellness Through Rec and Res Life

Carmel Cerimele | Youngtown State University

BTSU Room 308

Looking for fresh ways to engage students, boost wellness, and build stronger campus partnerships? This session explores how Campus Recreation and Housing can team up to support roommate wellness, an often-overlooked factor in student success and retention.

Through a real-life case study of "Roommate Night at the Rec" you'll learn how one cross-departmental collaboration created meaningful connections, promoted mental and social wellness, and brought new faces into Rec spaces. Whether you're on a commuter campus or a residential-heavy one, discover practical strategies and scalable program ideas that make it easy to bridge the gap between Rec and Res Life.

Perfect for Rec professionals looking to expand their impact and reimagine what "R&R" can really mean.

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Enhancing the Personal Training Client Onboarding Process

Traci Smith | University of Cincinnati
BTSU Room 207

New client intake sessions often start with limited client information, as registration forms rarely provide the depth trainers need to tailor an effective first session. This session will introduce strategies such as client baseline surveys and biographical mapping to enhance the intake process. Participants will explore practical tools to gather meaningful client information, learn how to integrate these tools into their own practice, and discover ways to create stronger first impressions that boost client engagement and retention.

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Protecting Campus Health: Strategic Hygiene and Disinfection for Student Success

Lisa Barry | Vendor
BTSU Room 201

Explore how campus leaders—particularly within Athletics and Facilities—can proactively address germ transmission through strategic hand hygiene and surface disinfection practices. This session will present scientific evidence and practical guidance to help colleges and universities select the most effective products and implement optimal placement strategies. Attendees will gain insights into how these measures support student health, academic continuity, and athletic performance, while also enhancing operational efficiency across campus environments.

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THURSDAY EDUCATIONAL SESSION 2

Bowen-Thompson Student Union (BTSU)

11:05 - 11:50 PM

Sips of Wellness

John Brey | Vendor
BTSU Room 308

Creating a wellness/recovery space in your building can be daunting, but with these guidelines, ideas, and products, you can take an under-utilized room and turn it into a desired space for your students and staff.

Implementing Enjoyable Well-Being Activities for University Faculty and Staff

Jessica Kiss | Bowling Green State University
BTSU Room 207

This presentation will showcase the Bowling Green State University College of Education and Human Development's focus on well-being for faculty and staff. Attendees will learn about how the College chose well-being activities and the programming that is currently being offered. An interactive portion of this session will give attendees the opportunity to share their well-being activities so we all may take ideas back to our universities!

From Data to Action: Implementing and leveraging Sense of Belonging Surveys for Student Success

Jeff Kingery | Kent State
BTSU Room 201

This session will explore how to effectively implement sense of belonging surveys for both students and student employees, ensuring their voices are heard and valued. Participants will learn best practices in survey design, data analysis, and transforming feedback into actionable strategies that enhance engagement, retention, and the overall student experience.

THURSDAY EDUCATIONAL SESSION 3

Student Recreation Center

3:15 - 4:30 PM

Round Tables at the Rec

Student Recreation Center

****Please enter through the SRC front entrance, not the secondary entrance on the bottom level (east side of facility).**

Open discussion with colleges in various Recreation and Wellness categories:

- Aquatic Facilities and Programs - Cooper Pool Deck
- Facilities and Member Services - SRC Lounge
- Fitness Programming - Studio B (downstairs)
- Intramural Sports Programming - Meet in SRC Lobby
- Outdoor Programming - Climbing Wall
- Student Engagement and Incentives - SRC Classroom (downstairs)
- Wellness Programming - SRC conference room (downstairs in admin office)

BGSU staff will be available near the entrance to escort you to the appropriate location.

Please submit your feedback on Thursday's sessions [HERE!](#)

FRIDAY EDUCATIONAL SESSION 4

Bowen-Thompson Student Union (BTSU)

9:30 - 10:15 AM

Interview Dos and Don'ts

Katie Blodorn | Cleveland State

BTSU Room 207

In this session, you will be reminded of the 'Dos and Don'ts' of interview preparation, etiquette during an interview, and post-interview best practices: Topics include: planning and prep: employer research, position research, virtual interviews, and how to 'dress to impress.

Exercise Is Medicine on Campus-Going for the Gold!

Jessica Kiss | Bowling Green State University

BTSU Room 308

The Bowling Green State University Exercise is Medicine on Campus Program has been promoting participation in physical activity for the BGSU campus community since 2019. This presentation will review the creation of the BGSU Exercise is Medicine on Campus Program, funding opportunities, collaborating with campus partners, building community across disciplines, past, current, and future programming, student development, and how attendees may implement programs like this at their universities. Attend this presentation to find out why BGSU's Exercise is Medicine on Campus Program has been designated as a Gold Campus program for 6 years in a row!

Connecting the Past with the Future

Mike Arnos | Miami University

BTSU Room 316

The history of your recreation department may hold the key to it's future. This session will discuss the Friends of Miami Recreation program that was started in 2023 as a way to connect with the past and forge partnerships for the future. Recommendations for alumni relations, fundraising, and history building will be shared to enhance future programming, staff development and department culture.

FRIDAY EDUCATIONAL SESSION 5

Bowen-Thompson Student Union (BTSU)

10:25 - 11:10 AM

Creating State of the Art Outdoor Fitness

Marianne Buck | Vendor

BTSU Room 207

For those looking to keep up with the demand and high traffic of strength and functional training, learn the leaders in outdoor fitness how to ensure you're maximizing your investment, from both a design and capabilities perspective.

Wagging Tails, Wellness Gains: Therapy Dogs in Collegiate Recreation

Ashley Hartman | Bowling Green State University

BTSU Room 308

Mental health and well-being are growing concerns on college campuses and require innovative solutions. Learn how the BGSU PAWS Team uses therapy dogs to promote positive mental health among students, faculty, and staff. The PAWS Team is a dedicated group of campus and community volunteers. They host events throughout the year and are also available by request. Housed within the Office of Health & Wellness, the program supports the BGSU community in all aspects of well-being.

Building Community within the Rec

Camille Shiffer | University of Dayton

BTSU Room 316

This presentation will highlight the ways group fitness instructors and recreation staff can create community both within their teams and with participants. We will share strategies we've used at the University of Dayton Campus Rec to strengthen collaboration across departments, build relationships amongst staff members, and foster participant engagement. From staff events and co-taught fitness classes to social media outreach and cross-program initiatives, attendees will gain ideas for creating a stronger sense of community in their own recreation programs.

FRIDAY EDUCATIONAL SESSION 6

Bowen-Thompson Student Union (BTSU)

11:20 AM - 12:05 PM

Kent State's Student RecWell Council: Our Success with Prioritizing Belonging, and How Your School Can Do It Too

Annie Perrotta | Kent State

BTSU Room 207

The Student RecWell Council is a committee of student employees dedicated to fostering a strong sense of belonging and community for the staff at Kent State Recreation and Wellness Services. This presentation introduces this initiative, and how we have empowered our student leaders to encourage their peers to join in the fun and find their family within campus recreation.

Free Adult Learn to Swim Lessons

Sarah Zeman | University of Cincinnati
BTSU Room 308

Discover how offering free adult learn-to-swim classes sparked meaningful change both in and out of the pool. This session highlights how the initiative not only improved participant's swim skills and water confidence, but also drove growth in paid class registration and expanded student engagement. Attendees will learn how reaching primarily non-building users fostered stronger connections, increased facility use, and created an accessible pathway to long-term participation in aquatics programming.

Getting Someplace on Purpose

Peter Titlebaum | University of Dayton
BTSU Room 316

It is not if, but when individuals should start the job search process, networking, and building our personal brands. Many struggles with the job search process, but there are opportunities to remove barriers and simplify the process. Today the average person will have approximately 12-14 positions over their 50-year working career.

This presentation focuses on how individuals can create and build their own personal executive board. Learning to ask for help is a strength and allows individuals to grow through professional development, so the process of asking people to join your personal executive board helps build stronger connections within your network. Most individuals know about 300-some people. This is a great starting place to build your board, but this session will help attendees narrow down their list and build their own personal executive board that can help guide them throughout their careers.

Seven job titles have been created that will help guide session attendees through the process of creating their volunteer personal executive board. This consists of the Mentor, Connector, Critic, Cheerleader, Expert, Mental Health/Spiritual Coach, and Peer. During the session, we will define each of these so attendees can identify someone in their network as well as cover their roles and responsibilities so each board member knows their role and can provide feedback to professionals as they navigate their careers.

Please submit your feedback on Friday's sessions [HERE](#)

Please submit your overall feedback on the conference [HERE](#)!

Socials and Auction

Pickleball Tournament

Wednesday, October 22 | 3:00 – 5:00 PM

Student Recreation Center, MAC Courts.

All sponsors and conference attendees are welcome!

Equipment donated by [ADA Sports](#)



Becketts Barrell Room

Wednesday, October 22 | 7:00 – 10:00 PM

163 S Main St, Bowling Green

(Google map pin to Beckett's PARKING)

Light appetizers will be provided.

Hosted by [Direct Fitness Solutions](#).



Nazareth Hall Dinner and Auction

Thursday, October 23 | 6:30 – 10:30 PM

[21211 W. River Rd. Grand Rapids](#)

BGSU shuttle service will depart hotel parking lots at 6:15 and 7:00 PM.

Return shuttles will depart Nazareth Hall at 10:00 and 10:30 PM.

Appetizers and drink service starts at 6:30 PM

Dinner starts at 7:30 PM



[Tshirt Raffle](#) - Buy your tickets for the T-shirt raffle on Friday

Hotel Information

Best Western Falcon Plaza

1450 E Wooster St

Located one block from BGSU Student Recreation Center.
ORSA group pricing ends OCTOBER 1



Fairfield Inn & Suites Bowling Green

1544 E Wooster St

Located two blocks from BGSU's Student Recreation Center.
ORSA group pricing ends September 27

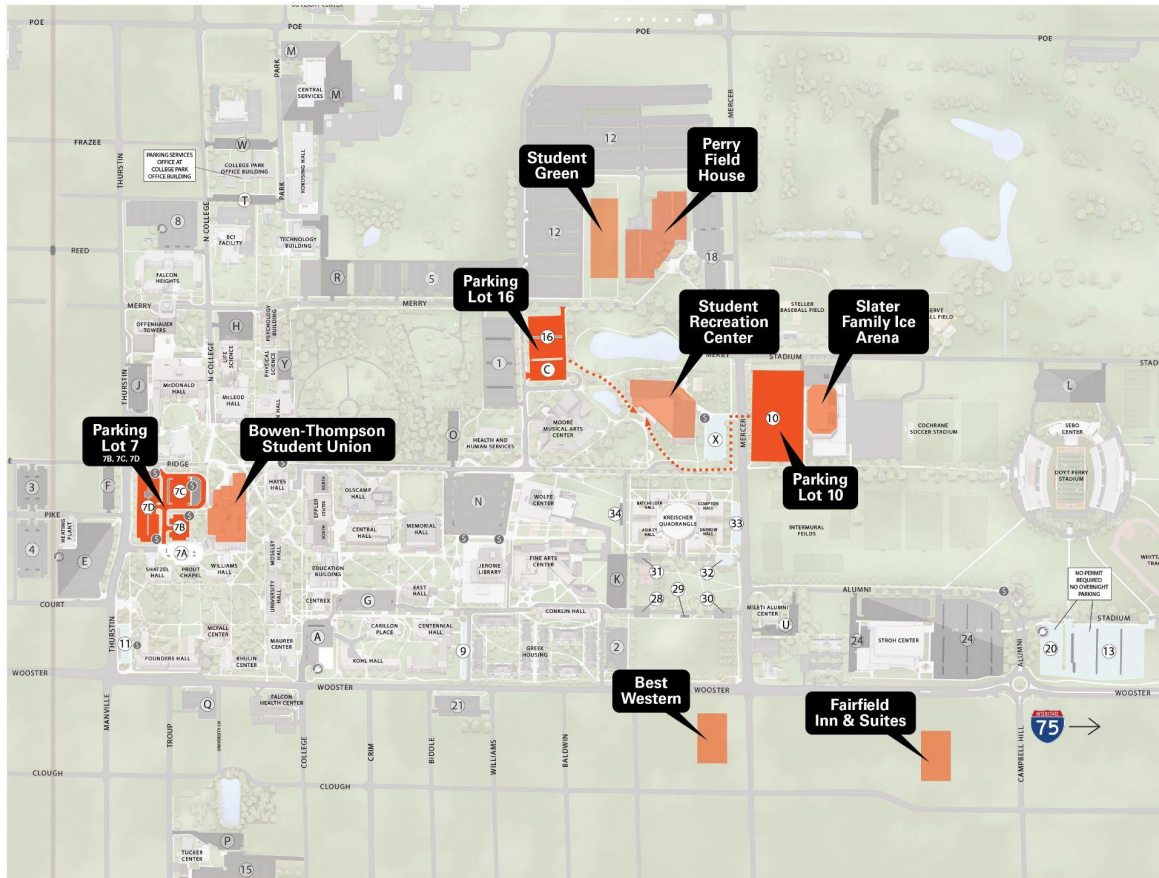


Parking Options on Campus

Conference attendees must purchase a parking permit for \$5/day. Vehicles with state or federal license plates will NOT need to purchase a permit.

[How to purchase your parking pass](#)

[Where to purchase your parking pass](#)



Google Maps Parking Pins:

Parking lots:

[Lot 7 – Near the Union](#)

[Lot 10 – Near the Rec](#)

[Lot 16 – Near the Rec](#)

[Lot 18 – Near the PFH](#)

On-Campus Buildings:

[Bowen-Thompson Student Union](#)
[Student Recreation Center](#)
[Perry Field House](#)

Socials and auction:

[Beckett's Barrel Room PARKING](#)
[Beckett's Barrel Room](#)
[Nazareth Hall](#)

