

YEAR PLAN

Athletics & Wellness Director

Abby Nulle

McMaster Science Society

2023-2024

(submitted September 8th, 2023)

**MCMASTER
SCIENCE
SOCIETY**





2023-2024 Year Plan

Letter from the Position

The purpose of the Athletics and Wellness committee is to create exciting events that engage students to promote their health and wellbeing in every aspect of their lives. We hold several events throughout the school year, varying from large scale sports tournaments to day trips 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 on during the 2023-2024 school year. There have also been events such as yoga classes, sports tournaments and off campus events that I hope to incorporate into my plan for this year. With my committee, I hope to continue these traditions while also initiating the Study, Move and Mindfulness Project, which I believe will encourage students to attend a wider range of events that we offer. I also hope to collaborate further with other executives and portfolios to create more well-rounded events as there can be so much overlap between our roles. Finally, I hope to increase student engagement by offering polls on social media and feedback forms after each event, to ensure that the voice of the student body is being heard. This will hopefully increase attendance and bring new ideas for events to verify that events interest most, if not all, students on campus.

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TIMELINE

| Month | Objective/Project/Event/Goals |
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| June | N/A |
| July | N/A |
| August | Events/Projects: N/A Things to complete: 1. Submit comms request for hiring |
| September | Events/Projects: |



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| | <p style="text-align: center;">-</p> <ul style="list-style-type: none"> - Wellness Wednesdays - Gym walkthrough (end of Sept, early Oct) <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Hire subcommittee 2. Have a team brainstorming session 3. Plan fall term events/ Wellness Wednesdays |
| October | <p>Events/Projects:</p> <ul style="list-style-type: none"> - Sports tournament (spike ball, soccer...) <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Send out sign up sheet 2. Have a team meeting |
| November | <p>Events/Projects: N/A</p> <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Continue with Wellness Wednesdays 2. Have meetings with other portfolios to organize the study sessions for Study, Move & Mindfulness |
| December | <p>Events/Projects:</p> <ul style="list-style-type: none"> - Study, Move & Mindfulness <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Have a team meeting about winter events 2. Submit comms requests |
| January | <p>Events/Projects: NA</p> <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Continue with Wellness Wednesdays 2. Review feedback from winter events |
| February | <p>Events/Projects:</p> <ul style="list-style-type: none"> - Sports tournament (dodgeball) <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Send out sign up sheet 2. Have a team meeting |
| March | <p>Events/Projects:</p> <ul style="list-style-type: none"> - Collaboration with arts (mural) <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Organize mural painting 2. Design route for walking |



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| April | <p>Events/Projects:</p> <ul style="list-style-type: none"> - Study, Move & Mindfulness <p>Things to complete:</p> <ol style="list-style-type: none"> 1. Review feedback from winter events 2. Sort prizes for giveaway winners 3. Wrap up position and meet with subcommittee |
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OBJECTIVES:

| Objective 1 | |
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| Description/ Current State | <p>Increase collaborative events between executives on the MSS</p> <ul style="list-style-type: none"> - There is a lot of overlap between portfolios and the events they wish to hold - Some events may only appeal to a specific group of people due to the activities offered by that portfolio |
| Goal | <ul style="list-style-type: none"> - To create well-rounded events that appeal to everyone, therefore increasing attendance - Ideas include mural with Arts and study sessions with the Academic portfolio - Use my connections and communication skills within the MSS to discuss collaborations/ gain ideas from other executives |
| Long Term Implications | <ul style="list-style-type: none"> - Create stronger bonds between portfolios |
| Partners | Working with VP Student Affairs (Ava Colangelo), Arts committee, Academic portfolio and any other executives of the MSS when asked |

| Objective 2 | |
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| Description/ Current State | <p>Introduce the "Study, Move & Mindfulness Project"</p> <ul style="list-style-type: none"> - There are low attendance rates for many events related to Athletics & Wellness |



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| | <ul style="list-style-type: none"> - By offering a reward for continued attendance, participation in events may increase - SMMP integrates athletics & wellness into everyday life, while also appealing to those who may not choose an athletics event otherwise |
| Goal | <ul style="list-style-type: none"> - Will increase attendance in athletics & wellness events - Will encourage healthy habits, especially during stressful times like exams - SMMP includes events such as study sessions, yoga classes and any other event connected with the athletics & wellness portfolio |
| Long Term Implications | <ul style="list-style-type: none"> - If this event is successful, initiative can continue annually - Furthers the integration of athletics & wellness in students' everyday lives |
| Partners | Working with VP Student Affairs (Ava Colangelo), Academic portfolio and any other executives of the MSS when asked |

| Objective 3 | |
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| Description/ Current State | Encourage student engagement through polls & feedback forms <ul style="list-style-type: none"> - Students may not be aware of the events going on or see any events that appeal to them leading to lower attendance - Polls/feedback forms allow students to share their opinions - Wellness Wednesday posts have been successful in gaining student engagement, want to further that |
| Goal | <ul style="list-style-type: none"> - Continue our presence on social media with Wellness Wednesday posts - Gain a deeper understanding on what types of events students want to see - Promote inclusivity and student-driven events |
| Long Term Implications | <ul style="list-style-type: none"> - Apply feedback on events in the future to better attendance and event popularity |
| Partners | Working with VP Student Affairs (Ava Colangelo), Comms portfolio and any other executives of the MSS when asked |



EVENTS & PROJECTS

| Name of Event/Project: Wellness Wednesdays | |
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| DATE | (ongoing) |
| 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 | Giving Comms enough time to make graphics and posts |
| PARTNERS | n/a |
| PROJECTED OUTREACH | n/a |
| BUDGET | \$0 |

| Name of Event/Project: Gym Walkthrough | |
|--|---|
| DATE | end of September - early October |
| PURPOSE | To introduce students in a safe way to the McMaster gym and expose them to athletic clubs available on campus to get involved in |
| PROCEDURE | <ul style="list-style-type: none"> - Reach out to Pulse about getting staff available to run the tours - Reach out to athletics clubs about having members set up mini stations - EOHSS forms & comms requests |
| DIFFICULTIES | <ul style="list-style-type: none"> - Organizing a date with Pulse staff & athletics clubs that work/ wouldn't affect flow of traffic at the gym |
| PARTNERS | Pulse staff, various MSS ratified clubs |
| PROJECTED OUTREACH | 25-50 |
| BUDGET | \$0-50 (depending on instructor) |

| Name of Event/Project: Sports tournament (spike ball or soccer) | |
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| DATE | October (TBD) |



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| 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 - EOHSS and comms requests - Organize teams into rounds - Communicate with DBAC about getting refs for the event |
| DIFFICULTIES | Ensuring there is enough participation for multiple rounds |
| PARTNERS | DBAC staff |
| PROJECTED OUTREACH | 100 |
| BUDGET | Depends on spaces available + hiring refs from DBAC |

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| Name of Event/Project: Study Move & Mindfulness Project | |
| DATE | Ongoing + study events near exams (December & April) |
| PURPOSE | To increase student participation and further integrate physical and mental health in students' lives |
| PROCEDURE | <ul style="list-style-type: none"> - Reach out to VP Academic about study sessions - EOHSS forms & comms requests - Getting snacks & water for students |
| DIFFICULTIES | Keeping track of attendance and offering students attend different types of events to be entered |
| PARTNERS | Academic portfolio |
| PROJECTED OUTREACH | 50 (study sessions) + attendance from other events |
| BUDGET | \$100 (snacks & water) + budget from other events |

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| Name of Event/Project: Yoga class | |
| DATE | January (TBD) |
| PURPOSE | Provide students an alternate way to exercise while also calming the mind |
| PROCEDURE | <ul style="list-style-type: none"> - Reach out to DBAC or Modo Yoga about getting an instructor/ using the studio (if possible) - EOHSS forms and comms request |



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| | - Organizing a transport route (if applicable) |
| DIFFICULTIES | None |
| PARTNERS | Modo yoga or DBAC |
| PROJECTED OUTREACH | 20-30 |
| BUDGET | \$100 (depending on instructor) |

| Name of Event/Project: Sports tournament (dodgeball) | |
|--|--|
| DATE | February (TBD) |
| 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 - EOHSS and comms requests - Organize teams into rounds - Communicate with DBAC about getting refs for the event |
| DIFFICULTIES | Ensuring there is enough participation for multiple rounds |
| PARTNERS | DBAC staff |
| PROJECTED OUTREACH | 100 |
| BUDGET | Depends on spaces available + hiring refs from DBAC |

| Name of Event/Project: Collaboration with arts (Official Title TBD) | |
|---|---|
| DATE | end of March - early April |
| PURPOSE | To combine arts, athletics & mental health by encouraging students to take a break from studying to paint/write inspiring messages to other students and/or get their steps for the day by walking along the path |
| PROCEDURE | <ul style="list-style-type: none"> - Reaching out to Arts committee - Organizing a walking path - EOHSS forms & comms request |
| DIFFICULTIES | Choosing a walking path where mural won't be damaged and finding students wanting to write the messages etc |
| PARTNERS | Arts committee |

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| PROJECTED OUTREACH | 25-50 (for art) + students walking |
| BUDGET | \$100 (for supplies) |