

# #REC

SOUTHEASTERN  
LOUISIANA UNIVERSITY

APRIL 22, 2020

# at home



photo featuring  
HANNAH PERRIER  
photographer  
EMILE STRETCHER

## Planning for the Future...

We've been closed nearly 6 weeks now. While we still don't have a definite timeline for when we can open our doors again, our focus as professional staff members has been shifting from 'how do we keep people active at home' to 'how do we reopen the facility in the safest possible manner?' In our meeting just this morning, the pro staff discussed what safety measures we need to implement to keep our staff and members safe, and what type of long-term changes to policy and protocols we'll need to make.

Expect that your position at The REC will look different than when you left it. You may be asked to wear masks or gloves for your protection. We may rearrange where staff are stationed, and how you perform your job may change. No matter what, just know that we'll all be learning this 'new normal' together.

In the more immediate future, we're looking at ways we can still support students during this summer semester, considering all classes will be online. We're exploring intramural programs, like our eSports leagues, which would mark the first time in recent history that we've offered summer intramural programs.

Lastly, we're still planning to hopefully hold our summer camp, so all the pro staff members are pitching in to help our new camp director, Bethany, make sure her first year running camp runs smoothly! We hope you get to meet this wonderful addition to our staff very soon!

### REC UPDATES

#### VIRTUAL 5K: MAY 1-4

Complete a 5K on your own terms for a chance to win prizes. Click the link above to register!

#### SPORTS MOVIE BRACKET

Submit your bracket via email to [recmarketing@selu.edu](mailto:recmarketing@selu.edu) and vote daily on Twitter/Instagram @slu\_rec for the best sports movie.

#### INTENT TO WORK SUMMER/FALL 2020

Be sure to let your pro staff supervisor know if you intend to work Summer or Fall 2020!

### CAMPUS UPDATES

#### STUDENT RECOGNITION WEEK: APRIL 27-30

Tune in every day next week on social media for the annual DSA student awards ceremonies. @drericssummers on Instagram and Twitter, and Southeastern Division for Student Affairs (DSA) on Facebook.

Hey everyone!

I hope that you and your family are doing well through these uncertain times. It's so weird when I think about how much I miss the normalcy of going to campus and entering The REC. Every morning I would wave to those of you working the morning shifts as I walked in with my multiple bags and change of clothes for after my workout.

Last week was spring break for all of you and even though you weren't able to travel much, I still hope you were able to set time aside to take a break. On the bright side you only have 3 more weeks until the semester is over! You can do this! As a suggestion, try to set a normal routine at home if you can, between waking up, exercise, go outside, study, lunch, do homework, go for a walk, then dinner. Always remember that you want to stay healthy both mentally and physically, especially with all of this extra time having to stay home.

# A message from Jason



Our REC social media has been providing some awesome ways to stay active and get rid of any stress you may be going through. We recently did our 1st virtual 5k this past weekend and will have another on May 1-4. Also, Zumba every Monday / Wednesday @5:30pm as well as other workouts that get posted are great ways to get up and provide your body with some more healthy energy. Each day you should get outside if you can for at least an hour to enjoy the fresh air and be active.

For me, I have been able to spend more time with my family doing puzzles and hanging out in the backyard. Most of you know that I enjoy running so I recently signed up for a virtual Disney running challenge. I get to earn a few different medals by completing several 5k runs. Reading has also been another hobby that I have picked back up. I have also started catching some shows on Netflix such as Royal Pains, The Office (I know I'm late to the party), and Imposters. Each of you are amazing people and this is not a normal semester but I believe in you! Don't forget that you have help if you need it, just reach out to me or any of the other professional staff members. We miss you and hope that you have a great rest of your week!

**if you'd like to contact Jason directly, email him at [jtemplet@selu.edu](mailto:jtemplet@selu.edu)**

## CONTROL THE THINGS YOU CAN CONTROL

The pro staff can't control when we'll be allowed to reopen, but we are focusing on our preparations so we're ready when the time comes. As this semester winds down, make sure you focus on the things you can control from where you are: staying focused on finishing your classes online, staying healthy and cognizant of social distancing guidelines, and keeping a positive attitude and focusing on gratitude. Finish this semester on top - you're amazing, and you've got this!