



FOR APPROVAL

PUBLIC

OPEN SESSION

TO: University Affairs Board

SPONSOR: Professor Sandy Welsh, Vice-Provost, Students

CONTACT INFO: Phone: 416-978-3870 / Email: vp.students@utoronto.ca

PRESENTER: Beth Ali, Executive Director, Athletics & Physical Activity

CONTACT INFO: Phone: 416-978-7379 / Email: sportandrec.director@utoronto.ca

DATE: February 22, 2023 for March 1, 2023

AGENDA ITEM: 6 (c)

ITEM IDENTIFICATION:

Operating Plans & Fees: Faculty of Kinesiology and Physical Education: Sport and Rec

JURISDICTIONAL INFORMATION:

The University Affairs Board is responsible for policy concerning student services and for overseeing their operations. Changes to the level of service offered, fees charged for the services, and categories of users require the Board’s approval. Section 5.1.2 of the *Terms of Reference* provides that the annual approval of the Faculty of Kinesiology and Physical Education: Sport and Rec operating plan is the responsibility of the Board. The Board receives annually from its assessors reports on matters within its areas of responsibility, including statements of current issues, opportunities, and problems, along with recommendations for changes in policies, plans, or priorities that would address such issues.

Pursuant to the terms of the *Memorandum of Agreement between The University of Toronto, The Students' Administrative Council, The Graduate Students' Union and The Association of Part-time Undergraduate Students for a Long-Term Protocol on the Increase or Introduction of Compulsory Non-tuition Related Fees*, approved by Governing Council on October 24, 1996, the Council on Student Services (or the relevant body within a division of the University) reviews in detail the annual operating plans, including budgets and proposed compulsory non-academic incidental fees, and offers its advice to the University Affairs Board on these plans.

GOVERNANCE PATH:

1. University Affairs Board [For Approval] (March 1, 2023)

PREVIOUS ACTION TAKEN:

The operating plans for the Faculty of Kinesiology and Physical Education: Sport and Rec for the current fiscal year were approved by the University Affairs Board on March 3, 2022.

HIGHLIGHTS:

The 2023-24 operating plans for the Faculty of Kinesiology and Physical Education: Sport and Rec have been approved by the Council on Athletics and Recreation.

The current fees for the Faculty of Kinesiology and Physical Education: Sport and Rec are as follows:

St. George campus: \$200.77 per session (\$40.15 for part-time students)

UTM and UTSC: \$23.29 per session (\$4.66 for part-time students)

See separate memorandum concerning consideration of the proposed plans by the Council on Student Services (COSS).

The experience of this past year and plans for the coming year are summarized in the attached material from Beth Ali, Executive Director, Athletics & Physical Activity.

FINANCIAL AND/OR PLANNING IMPLICATIONS:

The Faculty draws University operating budget support of \$275,753.

RECOMMENDATION:

Be it Resolved,

THAT the 2022-23 operating plans and budget for the U of T Sport and Rec Programs, Services and Facilities at the Faculty of Kinesiology and Physical Education, as presented in the documentation from Beth Ali, Executive Director, Athletics & Physical Activity, be approved;

THAT the sessional fee for a full-time student on the St. George campus be increased to \$212.03 (\$42.41 for a part-time student), which represents a year-over-year increase of \$11.26 (\$2.26 for a part-time student) or 5.61% (resulting from a permanent increase of 3.2% and three-year, temporary increase of 2.41% on the eligible portion); and

THAT the sessional fee for a full-time student at UTM or UTSC be increased to \$24.60 (\$4.92 for a part-time student), which represents a year-over-year increase of \$1.31 (\$0.26 for a part-time student) or 5.61% (resulting from a permanent increase of 3.2% and three-year, temporary increase of 2.41% on the eligible portion).

DOCUMENTATION PROVIDED:

Faculty of Kinesiology and Physical Education: Sport and Rec Presentation to the Council on Student Services

Find Your Fit: Sport & Rec Year in Review

20
21
—
20
22



FIND YOUR FIT

SPORT & REC YEAR IN REVIEW

LETTER OF WELCOME

Sport & Recreation resides within the Faculty of Kinesiology & Physical Education and offers sport, recreation and physical activity programs, services and facilities to the entire University of Toronto community.

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A FRESH START

Welcome to the University of Toronto Sport & Rec Year in Review. This report showcases highlights of the 2021–22 year’s programming for students, as well as our efforts to provide inclusive sport and physical activity programs for the U of T community.

The global pandemic reinforced the importance of resilience, creativity, teamwork and resolve. These values – also nurtured in sport – are what helped us navigate a difficult period for our division and for the university. With in-person activities fully restored on campus, we are grateful for the lessons learned and excited for the new experiences ahead!

Within Sport & Rec, we are steadfast in our commitment to enrich the student experience by providing superb programs, facilities and services in sport, recreation and physical activity. Our programs offer outstanding opportunities for students to enhance their physical and mental wellness – important contributors to academic success – and to develop the skills and competencies needed to thrive in their post-university environments. Most importantly, they are a valuable way for students to find a sense of belonging and build community.

Students are our primary stakeholders, and it is our goal to provide every opportunity possible for students to engage, connect and grow. Whether it’s creating roles for students in the governance process, hiring students to lead and support our programs, funding grants for student-led initiatives or delivering innovative programming, we recognize students as our top priority in everything we do.

We hope you enjoy the stories and highlights shared in this report. They reflect our commitment to delivering exceptional programs to students, guided by the values of equity and inclusivity. As we evolve our programs to best serve the needs of our diverse student body, we look forward to continuing our collaboration with the outstanding students who make U of T the incredible community that it is.

Gretchen Kerr
DEAN Faculty of Kinesiology & Physical Education

Beth Ali
EXECUTIVE DIRECTOR Athletics and Physical Activity



EQUITY, DIVERSITY, INCLUSION & BELONGING

Sport & Rec is committed to providing an inclusive, welcoming and safe environment for everyone. We understand the value of student diversity and recognize individual differences in the creation of opportunities within our programs and services. We acknowledge that disparities in opportunities within education, sport, and recreation are rooted in historical and contemporary injustices related to race, ethnicity, national origin, sex, gender identity, religion, socio-economic status, ability and age. Through a continuous strategic effort, we work to create meaningful opportunities and experiences for equity-deserving communities.

LAND ACKNOWLEDGEMENT & COMMITMENT STATEMENT

We wish to acknowledge this land on which the University of Toronto operates. For thousands of years, it has been the traditional land of the Huron-Wendat, the Seneca and the Mississaugas of the Credit River. Today, this meeting place is still the home to many Indigenous people from across Turtle Island, and we are grateful to have the opportunity to work on this land.

As part of an institution complicit in contributing to colonial processes, we are committed to reconciliation by building relationships with Indigenous communities in order to learn about the diversity of Indigenous Nations, create Indigenous spaces and enact anti-colonial practices.

Undergraduate and graduate students from across all campuses make up our highly engaged Equity, Diversity, Inclusion and Belonging (EDIB) team. This 12-person team plans and implements student-led initiatives that promote equity, diversity, inclusivity and holistic health.

EQUITY IDEAS FUND

The EDIB team administers the Equity Ideas Fund, approving and distributing up to \$5,000 per year to student groups and clubs that can each apply for up to \$500 in funding. Initiatives must align with the program's strategic objectives regarding equity, diversity, inclusion and belonging. In 2021–22, the team provided funds and support for **two events**: the Cross Border Network's Cherry Blossom Adventure and the Filipino Students' Association's Arnis workshop. Arnis is the national martial art of the Philippines.

EQUITY & DIVERSITY CONFERENCE

The virtual Equity & Diversity Conference included four workshops and engaged

67 participants. Discussions about race and gender inequalities in sport featured members of the BIPOC Varsity Association along with Darren Lowe, U of T's former Varsity Blues men's hockey coach and retired Canadian professional hockey player; and Nadia Popov, former Canadian women's rugby player.

There were also discussions about decolonizing wellness with the Well Being Collective @ Hart House and an interactive session on adaptive sport led by Inclusive Communities Canada. At each workshop, participants had the opportunity to ask questions and learn from experts who dedicate themselves to improving equity and accessibility.

INDIGENOUS HISTORY OF LACROSSE WORKSHOP

The EDIB team partnered with the Haudenosaunee Lacrosse Program to host an interactive workshop in celebration of National Indigenous History Month and National Indigenous Peoples Day, teaching students about the Haudenosaunee story of stick and ball games and having students try out the games.

This workshop engaged **25 students** including Varsity Blues lacrosse team members as well as some who had no previous connection to lacrosse or other stick and ball games.

"I LEARNED THAT GAMES CAN AND SHOULD BE ADAPTED TO INCLUDE ALL MEMBERS OF A COMMUNITY, NOT JUST THE ATHLETES."

LACROSSE WORKSHOP PARTICIPANT

67 PARTICIPANTS

TRANS-POSITIVE SWIM

The 2021–22 year showed steady and growing participation in the trans-positive swim – inclusive swim times for trans, non-binary, gender nonconforming and two-spirit students – with **310 visits.**

310 SWIM VISITS

PLAY THE GAME

Occurring once per semester, this program series offers students exposure to adaptive and inclusive games like bocchia ball. In its inaugural year, the program engaged **18 students.**

MOVE WITH CULTURE SERIES

The EDIB team and Hart House co-hosted Nichole Leveck for her annual pow wow hip hop workshop, where **13 student participants** experienced Indigenous-focused physical activity and learned about pow wow hip hop artists and dance.

LET'S HIKE T.O.

In collaboration with Health & Wellness and the Centre for International Experience, the EDIB team partnered with Let's Hike T.O. to offer monthly hikes. Let's Hike T.O. is a hiking community open to everyone, with a special focus on engaging people of colour, newcomers and young adults (20–40 years of age). In its first **eight hikes**, the program engaged a total of **73 participants.**



ANNUAL PROGRESS PRIDE FLAG RAISING

In partnership with the Sexual & Gender Diversity Office, the Progress Pride flag was raised at Varsity Stadium for Pride Month. More than **100 students, staff and faculty** attended the ceremony that was held at the start of June 2022.

CADS SKI DAY

In partnership with Canadian Adaptive Snowsports (CADS), the EDIB team held its first-ever adaptive ski day for individuals with physical, cognitive or visual impairments or autism spectrum disorder. Together, we welcomed **10 individuals** (selected from more than **90 applicants**) for a day of skiing at Blue Mountain.

LAUNCH TO LEADERSHIP

The EDIB and Physical Activity teams are working together to relaunch the Launch to Leadership program, a reimbursement program that helps U of T students gain health and fitness certifications for employment within the sport and recreation field. Those who face systemic barriers are given priority.

CHANGE STARTS WITH US

To share a message of activism and support among varsity athletes, the BIPOC Varsity Association launched "Change Starts With Us." This t-shirt campaign highlights organizations that are making meaningful changes on behalf of various equity-deserving groups.



76
MOVEMENT
BREAKS

“I GOT TO MEET PEOPLE WHO WERE LIKE ME – STILL SEEKING OUT A NEW BALANCE BETWEEN EXERCISE AND ACADEMIC WORK.”

YI EN WANG
2nd year, Sociology and Urban Studies
SHE MOVES conference participant



4 THEMED
SKATE
NIGHTS

44
STUDENTS COMPLETED THE
MoveU.HappyU PROGRAM

MoveU is a tri-campus initiative. It is dedicated to improving the mental and physical health of students through physical activity and peer-to-peer engagement with the overarching goal of ensuring that all students feel welcome in our spaces and programs.

MOVEMENT BREAKS

Movement breaks are three- to five-minute sessions delivered virtually or in-person that encourage students to take a break from prolonged sitting. In 2021–22, the MoveU Crew delivered **76 movement breaks**, engaging more than **5,000 students** across **12+ departments**. These included pre-recorded movement breaks, which instructors added into their courses on Quercus, along with announcements to remind students to take breaks as they worked through online coursework. Students who participated in movement breaks reported feeling better able to focus and better primed for academic success.

MoveU.HappyU

MoveU.HappyU is a unique, complimentary, six-week program that offers behaviour-change coaching and exercise training to students for mental health support. Preference is given to students who are not meeting physical activity guidelines (for example, individuals who are engaged in fewer than 150 minutes of higher-intensity exercise per week). Funded by the International Student Experience Fund, the program uses targeted promotions to recruit international student participants. In 2021–22, **106 students applied** for the program, **54 were accepted** and **44 completed the program**. About one-third of the participants identified as international students. Over the three years MoveU.HappyU has now run, 183 students have completed the program.

SHE MOVES

In celebration of International Women’s Day, the MoveU Crew held their annual She Moves: A Conference in Motion. Women-identifying participants cycled through a series of five physical activity classes, followed by a healthy dinner and a panel of conference speakers. This year’s speakers were Yvette Raspo, a boxer, ring announcer and motivational speaker; and Gabbi Estrada, an advocate for girls and women in sport and program director of Fast and Female. The event attracted **110 participants**.

MOBILE MoveU

In partnership with Hart House, the MoveU Crew provided fitness instructors who travelled to student spaces across the university to run drop-in fitness classes on request. Each faculty or college was offered up to four sessions. In 2021–22, the program offered **36 classes** with participation by **340 students**.

ORIENTATIONS & EVENTS

In September 2021, the MoveU Crew participated in four in-



54
ACCEPTED TO
MoveU.HappyU

person and nine virtual orientation events in partnership with eight colleges and faculties. Through these events, we connected with a total of **554 students**.

MoveU SKATE SERIES

Although COVID-19 restrictions limited the capacity at these very popular skates, the MoveU Crew was able to host **four themed skate nights** this year. Two of these skates were in partnership with KINections, an initiative of the KPE registrar’s office. The skate nights engaged a total of **226 participants** from faculties and colleges around campus.

MoveU ACTION GRANTS

Funded through the International Student Experience Fund (ISEF), the MoveU Action Grant program allows international students to apply for a micro-grant of up to \$500 to put towards a physical activity initiative. The program aims to help international students improve their student experience through physical activity while providing the MoveU team with insights into the types of programs that international students would like to see.

In 2021–22, in its third and final year, the MoveU Action Grant program received **25 applications** for student projects, and **14 received funding**. All together, these student projects engaged **334 student participants**.

334
PARTICIPANTS

“PARTICIPATING HAS ALLOWED ME TO TAKE A MENTAL BREAK FROM A BUSY SCHOOL YEAR.”

ADELAIDE ALLAKHVERDIYEVA

4th year, BBA Management and Marketing Co-op

DROP-IN PROGRAMMING

Drop-in programs are an important gateway into physical activity. For many U of T students, drop-in programs are the first experience they have with the physical activity programs offered on campus. To ensure ample opportunity for participation, our team is committed to increasing opportunities to access expert-led programs that are offered at no extra cost to students.

In the fall term, students were welcomed back into our spaces to participate in drop-in programming. Drop-in activities required students to register in advance in order to manage capacity limits. In 2021–22, **38,526 students registered** to participate in drop-in activities in Sport & Rec spaces. Participants re-engaged in their favourite sports and activities such as table tennis, basketball, volleyball, badminton, ice-skating, stick 'n puck, hockey, figure skating, soccer and field sports. An additional **32,391 swimmers** took advantage of lane swims and open rec swimming.

2021–22 PROGRAM PARTICIPATION:

TERM	PARTICIPANTS	
	Drop-in Sports	Lane Swims
Fall 2021	14,164	13,577
Winter 2022	21,480	11,610
Spring–Summer 2022	2,882	7,204
Total	38,526	32,391

REGISTERED SPORT PROGRAMS

Registered sport programming allows students to learn new sports and improve their skills, and in 2021–22, registered sport programs returned with gusto. The most popular programs included fencing, gymnastics, squash, badminton and tennis.

TERM	OFFERINGS	PARTICIPANTS
Fall 2021	26	216
Winter 2022	24	192
Spring–Summer 2022	22	179
Total	72	587



32,391
SWIMMERS TOOK ADVANTAGE OF LANE SWIMS AND OPEN REC SWIMMING



“DIVING AND GYMNASTICS CLASSES HAVE DEFINITELY MADE ME STRONGER AND MORE EXCITED FOR MOVEMENT. I LOVE HAVING SOMETHING TO LOOK FORWARD TO EACH WEEK.”

MADELEINE GERRIE 2nd year, MSc

38,526
STUDENTS REGISTERED TO PARTICIPATE IN DROP-IN ACTIVITIES IN SPORT & REC SPACES

FITNESS & PERFORMANCE



5,290

GROUP FITNESS / REGISTERED DROP-IN PARTICIPANTS



“I’D RECOMMEND [YOGA] FOR ALL STUDENTS SEEKING A PEACEFUL ACTIVITY THAT IS BENEFICIAL FOR BOTH THE MIND AND BODY.”

ISAIAH FLORES Yoga Participant



“BARRE WAS ABSOLUTELY AMAZING! I LOVED THAT THE THREE DIFFERENT TEACHERS HAD DIFFERENT STYLES SO IT DOESN’T FEEL LIKE THE SAME CLASS.”

LIAH YARED Barre Participant

5,936

VIRTUAL FITNESS STUDIO PARTICIPANTS

GROUP FITNESS / REGISTERED DROP-IN PARTICIPANTS	
Fall 2021	3,337
Winter 2022	1,134
Spring–Summer 2022	819
Total	5,290

VIRTUAL FITNESS STUDIO PARTICIPANTS	
Fall 2021	2,505
Winter 2022	3,095
Spring–Summer 2022	336
Total	5,936

“THE INSTRUCTOR WAS ENERGETIC AND KNOWLEDGEABLE, CONSIDERATE AND PASSIONATE ABOUT KEEPING FIT.”

BOXING PARTICIPANT



The experts on the Fitness & Performance (F&P) team lead health, fitness and individualized performance-enhancing physical activities and exercise opportunities. These programs provide members of the U of T community with the knowledge they need to be healthy, physically literate and active for life.

Despite the ongoing barriers presented by the global pandemic, our commitment to providing students and the community with opportunities to enhance their physical and mental wellness was stronger than ever. The team offered online adaptations in addition to in-person programs, which were modified to comply with public health and safety requirements to best serve the diverse needs of our student body and the greater U of T community.

FALL 2021

F&P was excited to welcome students back to in-person training in September 2021, with registered programming ensuring a safe environment. Before reopening, there was a major renovation of the equipment in the Athletic Centre F&P spaces, including the Strength and Conditioning Centre (SCC), Field House Perimeter and the brand-new Weightlifting Zone. The work was a result of extensive stakeholder consultation and created a 50 per cent increase in functional capacity for drop-in F&P training.

During the fall term, drop-in programming opportunities were maximized while adapting to changing public health guidelines for exercise spaces. Personal training and several group training programs resumed during the fall and continued into the winter term, offering participants enhanced coaching to build their confidence and competence. These programs allowed for the restart of the “paid experiential learning program” for student coaching staff. This is one of the strongest integrations between programming, academics and research in KPE.

WOMEN-ONLY BOXING

In 2021–22, funding from the Women’s Athletic Association (WAA) made it possible to add women-only boxing to the existing women-only drop-in and group training programs. The program quickly reached full capacity. Based on its success, it has been added as an ongoing women-only program. A co-ed program has also been added.

INTRAMURALS, CLUBS & TRI-CAMPUS SPORTS

U of T has one of the largest intramural programs in Canada, and leagues play a fundamental role in our students' university experience. The intramural program offers a wide range of sports and activities at varying levels of play to meet the diverse interests of the student population. These programs benefit students' physical and mental health and build a sense of community and belonging. Full team sports returned in 2021–22 with 11,913 participants and many opportunities for students to stay active and engaged in sport.

FALL 2021 — SUMMER 2022
INTRAMURALS PARTICIPATION

84

LEAGUES

703

TEAMS

1,589

GAMES

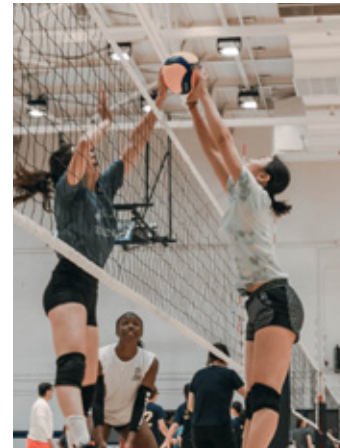
11,913

PARTICIPANTS



FALL 2021

The fall term included the return of favourites such as basketball, soccer, volleyball and dodgeball. A shift towards more inclusive programming increased accessibility, and most leagues were converted to open registration. Leagues returned in full force, allowing more than **5,500 students** to play in more than **70 leagues**, with more than **300 teams** registered.



WINTER 2022

With in-person activity restored, winter programming expanded, with a focus on a strong return to women's sports. Field hockey, lacrosse and ice hockey were reintroduced on the women's side, and inner tube water polo returned as a co-ed sport. There were more than **6,000 participants**, almost **400 teams** and more than **70 leagues**. Sport & Rec again participated in the Ontario Post-Secondary Esports League, and the intramural Esport team won the Overwatch championship.

MORE THAN
70
LEAGUES



SPRING–SUMMER 2022

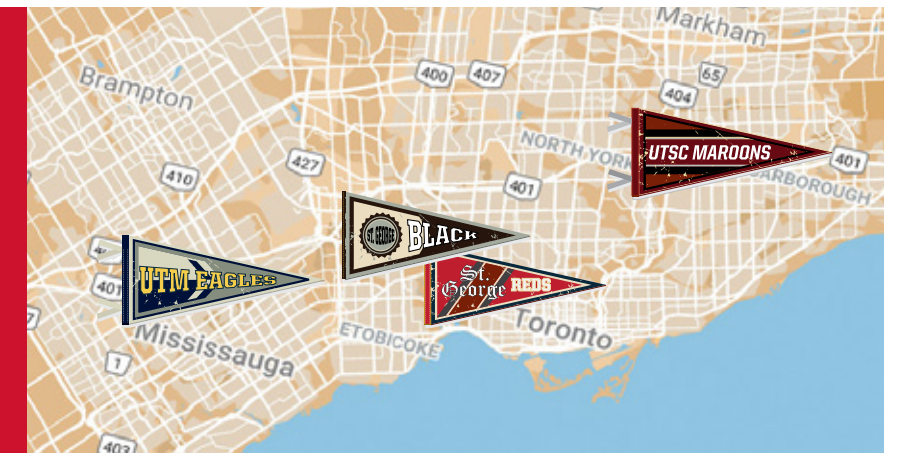
This summer saw the return of team summer sports. There were almost **30 teams** in soccer, ultimate Frisbee and volleyball with a total of **413 participants**.

TRI-CAMPUS SPORTS OFFERED MEN'S & WOMEN'S

BASKETBALL, SOCCER & VOLLEYBALL

TRI-CAMPUS LEAGUE

The Tri-Campus League is open to U of T students and represents the highest level of sport competition within the intramural program. Participants from across U of T's three campuses develop their sport skills with the help of coaches, scheduled practices and competitive play with officiated games. This year, all programs returned with the exception of men's ice hockey.



COMPETITIVE CLUBS

Club sports allow U of T students and community members to participate in a competitive club environment. In 2021–22, club sports programming engaged **648** U of T students, staff and faculty, alumni and community members across **10 clubs**, which range from recreational to competitive programming.

- Cheerleading Team
- Dance Team
- High Performance Fencing
- Karate Club
- Kendo Club
- Masters Swim Club
- Nordic Ski Team
- Pom Team
- Synchronized Swimming Club
- Triathlon Club

CLUB SPORTS
ENGAGED

648

PARTICIPANTS

VARSITY BLUES

THE VARSITY BLUES PROGRAM IS THE LARGEST INTERCOLLEGIATE PROGRAM IN CANADA



42

TEAMS

24

SPORTS

904

ATHLETES
391 WOMEN / 513 MEN

350

COACHES & SUPPORT STAFF

VARSITY BLUES ACADEMIC EXCELLENCE

In 2021–22, **302 student-athletes** in the Varsity Blues program attained academic excellence award standing by achieving a GPA greater than or equal to 3.5. This represents 33 per cent of the varsity athlete population. Among women student-athletes, 53 per cent achieved honours standing.

The intercollegiate program is proud of its 92 per cent graduation rate, which is due in part to the program's targeted orientation sessions for athletes and its dedicated Student-Athlete Services office.

163 WOMEN
139 MEN

302

ACHIEVED ACADEMIC EXCELLENCE



VARSITY STRENGTH & CONDITIONING

For intercollegiate athletes, returning to sport following extended breaks due to COVID-19 and managing ongoing disruptions to the season presented many challenges. The F&P team worked with the Sport Medicine team to ensure that student-athletes were healthy and physically prepared to represent the Varsity Blues.

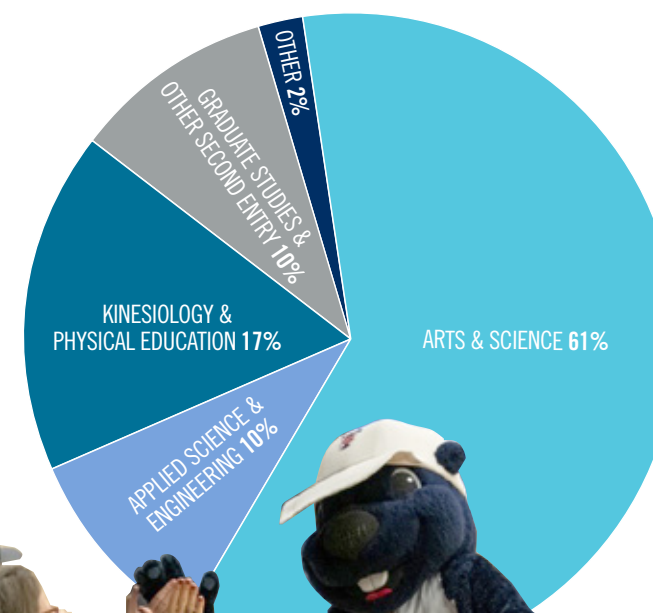
STUDENT-ATHLETE STORIES

During the 2021–22 academic year, the Varsity Blues continued its “Student-Athlete Stories” online series, which highlights Varsity Blues athletes and their academic pursuits. Each student who was featured achieved first-class honours with an AGPA of at least 3.5 in the previous academic year. These diverse and engaging stories inspired and entertained readers from across the university.

19 STORIES 11 WOMEN 8 MEN



STUDENT AFFILIATION



The Varsity Blues won
11
CHAMPIONSHIPS
in 2021-22

10
Ontario University
Athletics championships

1
U SPORTS
championship

JUMP THRU HOOPS

In a new partnership, the Varsity Blues supported a weekly Jump Thru Hoops (JTH) program. The JTH partners with the Native Canadian Centre of Toronto, 2-Spirited People of the 1st Nations and Kâpapâmahchakwêw – Wandering Spirit School (Toronto District School Board) to run basketball camps at the Goldring Centre for High Performance Sport for youth ages five and up. They also bring in partners from Stikeman Elliott to assist Indigenous youth in completing grant and university applications and to provide career mentoring.

MIDNIGHT BASKETBALL PROGRAM

Following the incorporation of the MLSE Foundation, we expanded our partnership with Toronto Community Housing. For the first time, the Midnight Basketball Program ran from April to August and included a pilot program for young women. In the women's program, players from the Varsity Blues women's basketball team set up and ran a basketball clinic, served as mentors and spoke about their life journeys with sport.

“Though our journey and work still continue, I wanted to take this time to thank you for the tremendous support you’ve provided to our tenants and staff alike. Our young people, staff and guests always felt welcome and could count on anyone at any given time to answer our questions and provide us with any assistance we needed. The future is definitely bright when we have amazing partners such as yourselves.”

FIONA GRIFFITH

Toronto Community Housing, Supervisor
Program Supports & Implementation
Programs and Partnership Office

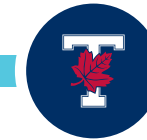


KYLIE MASSE



LUKAS MACNAUGHTON

The Sport & Rec team contributes significantly to the high performance sport system within Ontario and Canada through our High Performance Mandate. For U of T student-athletes, this includes access to enhanced strength and conditioning programs and coaches, training facilities, sport medicine and admissions and academic support within the university.



Varsity Blues athletes who have either signed, won medals, and/or competed at international competitions in 2021–22:

SIGNED WITH TORONTO FC

LUKAS MACNAUGHTON

1T7*, MASTER OF ARCHITECTURE

2022 OLYMPICS

PAUL POIRIER

2T0*, MASTER OF LINGUISTICS, FIGURE SKATING

JUSTINE TODD

0T6*, PSYCHOLOGY, OFFICIAL (WOMEN'S HOCKEY)

2022 COMMONWEALTH GAMES

KYLIE MASSE

2T1*, KINESIOLOGY, SWIMMING, ONE GOLD AND FOUR SILVER MEDALS

LUCIA STAFFORD

2T1*, CIVIL ENGINEERING, 1500M

MADDY KELLY

1T8*, ANTHROPOLOGY/ENGLISH, 800M

AMANDA WOODCROFT

1T7*, KPE CONCURRENT EDUCATION, FIELD HOCKEY

MACCABIAH GAMES

- ELI MOUYAL Psychology, Basketball
- RYAN RUDNICK Humanities, Basketball
- SHON SIEGELWACHS Social Sciences, Soccer
- ARTEM TESKER Arts & Science, Soccer
- KATIE MONAT Ecology & Evolutionary Biology, Softball
- ERIN SULLIVAN Kinesiology, Softball
- BEN SHORE Chemical Engineering, 10 km & 5000m

2022 JUNIOR WORLD CUP – FIELD HOCKEY

- REBECCA CARVALHO Human Biology/Nutritional Sciences
- MCKINLEY KENNEDY Life Sciences
- HARNOOR MALHI Human Biology
- SAM MCCRORY Kinesiology

2022 JUNIOR PAN AM GAMES – WATER POLO

- CAMERON HEXTER Political Science
- CAMILLO CORTES Economics

MEMBER OF TEAM CANADA AT 2022 WORLD CHAMPIONSHIPS

- JULIA MURMANN Arts & Science, Volleyball

2022 CANADIAN TRACK AND FIELD CHAMPIONSHIPS

- FEMI AKINDURO Kinesiology, Triple Jump, gold medal
- EMMETT BRAVAKIS Computer Engineering, 400m, bronze medal
- LUCIA STAFFORD 2T1*, Civil Engineering, 1500m, gold medal
- MADDY KELLY 1T8*, Anthropology/English, 800m

2022 FINA WORLD AQUATIC CHAMPIONSHIPS

- KYLIE MASSE 2T1*, Kinesiology, gold medal
silver medal, bronze medal

SIGNED WITH UTE BUDAPEST (HUNGARY)

- HAYLEY GOODWIN 2T2*, Kinesiology

SIGNED WITH ISTANBUL BBSK (TURKEY)

- ALINA DORMANN 2T0*, Health & Disease

SIGNED WITH FORT WAYNE KOMETS (ECHL)

- DAVID THOMSON 2T2*, Criminology & Sociolegal Studies/Psychology

GOVERNANCE

Sport & Rec plays an important role in providing students with opportunities to be a part of the governance process. By participating in committees, boards, reviews and councils, students can share their insights and experiences. Their involvement helps Sport & Rec evolve our programs and policies to better meet the needs of U of T's diverse student community, while students develop leadership skills that will serve them well post-university.

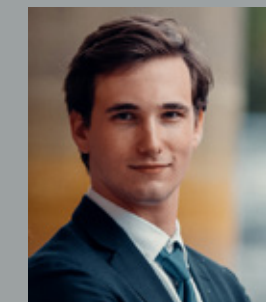


2021–22 VARSITY BOARD MEMBERS



“Having previously participated in sport and recreation on campus as a varsity athlete and in a variety of volunteer positions at Hart House, I was always deeply invested in the athletics experience at U of T at the ground level. I joined CAR for the opportunity to have a bigger positive impact and to gain a deeper understanding of the decision-making processes underlying the broader operations of athletics and recreation at U of T.

CAR afforded me all that and more. Being on the Council gave me a bird's-eye view of what goes into making sport and recreation programs run smoothly and the chance to contribute to important decisions affecting athletics programming across the university. The Council was filled with such talented and supportive people, making for an incredibly inspiring and welcoming environment. Serving as co-chair of CAR was profoundly fulfilling and certainly a highlight of my undergraduate experience.”



JOSH ALLEN
2021-22 CAR Co-Chair

COUNCIL OF ATHLETICS AND RECREATION

The Council of Athletics and Recreation (CAR) provides oversight of co-curricular programs offered through the Faculty on the St. George campus as well as university-wide programs, including intercollegiate sports, intramurals and the Tri-Campus League. CAR is responsible for overall athletics and recreation policy and annually reviews and approves the co-curricular budget.

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Varsity Board is made up of student representatives from each of the 42 varsity teams along with staff and a coach representative. It provides input into the operation of the intercollegiate program. The Board determines the winners within the annual awards program and represents student-athletes on CAR.

BIPOC VARSITY ASSOCIATION

The BIPOC Varsity Association (BVA) works to ensure equity, diversity and inclusion in the University of Toronto Varsity Blues program. The BVA is committed to building community for BIPOC student-athletes; increasing racial diversity within all aspects of the program; ensuring mandatory anti-racism training for student-athletes, coaches and staff; and establishing pathways for education and mentorship to enhance the experience of BIPOC student-athletes.

CO-CURRICULAR RECORD

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EMPLOYMENT

Anyone who has registered for a Sport & Rec class, played a game of intramurals or filled out a customer experience survey has likely met one of our student employees. Sport & Rec is the largest employer of students at U of T, providing opportunities to students from all faculties and colleges on all three campuses.

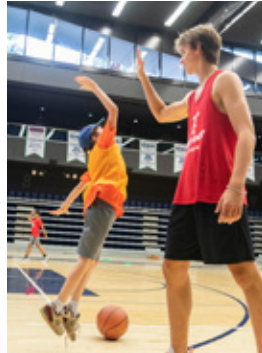
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1,016
STUDENTS HIRED

JUNIOR BLUES

Junior Blues programs provide year-round employment opportunities for U of T students. There were **13 different programs** offered in the 2021-22 season, including recreational and competitive track, gymnastics, basketball, badminton, skating and soccer. These programs engaged 2,257 participants and provided employment leadership opportunities for **97 staff**.



Through these programs, staff help children improve their competence and confidence in how they move. Scheduled primarily during off-peak hours, Junior Blues programs provide an important community service for children and youth while training and developing student leaders.

“I learned to be a better listener, problem solver [and to] better understand safety concerns and create fun programs for all. You can work to make money and enjoy your job at the same time.”

MIA WORKMAN
1st year, Master of Teaching



“I enjoy working with kids and playing sports. The kids/campers really look up to us, and providing them with a good experience is rewarding.”

WILL GRAHAM
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FACILITIES

The Faculty of Kinesiology & Physical Education and the Sport & Rec team operate a wide range of activity spaces for sport and recreation, including the Goldring Centre for High Performance Sport (Goldring Centre), Back Campus Fields, Varsity Centre and Arena, Athletic Centre, as well as the playing fields on Front Campus and Robert Street. Complimentary day lockers at the Goldring Centre and Athletic Centre make physical activity as convenient as possible.

These facilities welcome students, academic program and research participants, children and community members. They are home to a wide range of programs including intramurals, intercollegiate sports, drop-in sports and recreation and registered programs. Student and community groups frequently rent space in these facilities for special events.

DAVID L. MACINTOSH SPORT MEDICINE CLINIC Located at the Goldring Centre

The clinic provides sport medicine services to U of T students, student-athletes and community members. The team includes certified athletic therapists, sport and manual physiotherapists, sport massage therapists, sport physicians and orthopaedic surgeons. The MacIntosh Clinic is integral to supporting curricular and co-curricular programming. In 2021–22, the MacIntosh Clinic provided curricular clinical placements for **64 U of T students** and supported and facilitated research initiatives within KPE and U of T, resulting in seven peer-reviewed publications.

OPERATES 50 WEEKS PER YEAR,
2,700 HOURS PER YEAR

PERFORMED
18,766 CLIENT SERVICES
IN 2021–22

FEATURES:

- Preventative, diagnostic and therapeutic sport physician consultations and interventions
- Evidence-based rehabilitation including active exercise interventions, electrical muscle stimulation (EMS), laser, acupuncture, ultrasound and bracing
- Comprehensive concussion management and C3 Logix testing

ATHLETIC CENTRE

Home to the Varsity Blues sports teams, intramural leagues and sport and fitness opportunities, the Athletic Centre (AC) is the university's most-used sporting facility on campus. The AC provides students and the community with a world-class sporting facility in the heart of Toronto.

FEATURES:

- An indoor 200m track and four multi-purpose courts
- A large, modern strength and conditioning centre
- Free, convenient day lockers
- One 50m pool
- Two 25m pools
- One double-court gymnasium
- One single-court gymnasium
- One dedicated gymnastics gymnasium
- Nine squash courts (two dedicated to table tennis)
- One dance studio
- Cardio machines
- Weightlifting zone

VARSITY CENTRE AND VARSITY ARENA

Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre (VC) and Varsity Arena (VA) also host recreational and instructional classes, children's programs and high performance athlete training.

FEATURES:

- A 5,000-seat stadium
- A 400m eight-lane track
- An artificial turf field with a dome for winter use that provides additional space for intramurals, drop-in sport and a driving range
- A 4,000-seat arena



GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT

The Goldring Centre for High Performance Sport (GC) has increased the university's capacity to provide recreation, physical activity and sport for all students. Staff provide orientations and work to create a welcoming, positive environment. The Field House offers drop-in basketball and volleyball, as well as intercollegiate, Tri-Campus Development League and intramural programming.

FEATURES:

- A 2,000-seat, international-standard Field House for court sports
- A state-of-the-art strength and conditioning centre
- Sport science laboratories for teaching and research
- The David L. MacIntosh Sport Medicine Clinic

BACK CAMPUS FIELDS

The Back Campus Fields (BCF) are available for individuals and groups to use for physical activity and sport. The fields are comprised of two synthetic turf fields and provide state-of-the-art outdoor facilities on our downtown campus.

FEATURES:

- Two all-weather turf fields

RENTALS AND EQUIPMENT LENDING

We encourage students to get active by providing drop-in equipment rentals. This makes sport and recreation both affordable and convenient.

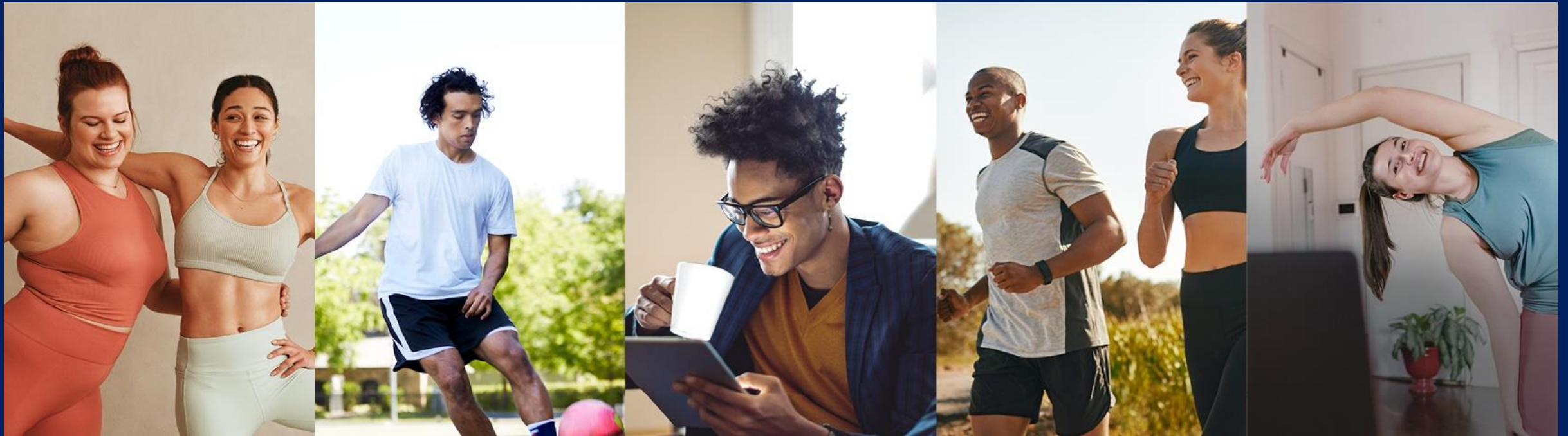


**FIND YOUR
FIT**

2023-24 SPORT & REC BUDGET PRESENTATION
TO THE COUNCIL OF STUDENT SERVICES JANUARY 10, 2023

SPORT AND REC: Our Purpose

Sport and Rec contributes to and promotes a healthy, active U of T campus through the provision of **outstanding opportunities in sport, recreation, physical activity and leadership** which engages the University of Toronto community, **improves the physical, mental, academic and social well-being of our students and fosters a sense of community, belonging and pride.**



SPORT AND REC: Our Priorities

- **Recognize** students as the most important stakeholder on campus.
- **Encourage** participation in U of T Sport & Rec as a strategy to:
 - ✓ advance academic success
 - ✓ enhance physical, mental and social wellbeing
 - ✓ build a sense of community
 - ✓ acquire skills for post-university success.
- **Enhance** the student experience through provision of outstanding programs, facilities and services in sport, recreation and physical activity.

- **Collaborate** with partners at Hart House, St. George Student Life, UTM Athletics and UTSC Athletics & Rec.
- **Be mindful** that U of T Sport & Rec is dependent on the student ancillary fee to fund the program.
- **Seek** out alternate funding sources that will reduce dependence on the student ancillary fee.
- **Ensure** that the values of equity, inclusivity, accessibility and diversity inform all programs, facility operations, services, policies and resources.

SPORT AND REC FIND YOUR FIT



SPORT & REC

EQUITY, DIVERSITY, INCLUSION & BELONGING

Sport & Rec is committed to providing an inclusive, welcoming and safe environment for everyone. We understand the value of student diversity and recognize individual differences in the creation of opportunities within our programs and services. We acknowledge that disparities in opportunities within education, sport, and recreation are rooted in historical and contemporary injustices related to race, ethnicity, national origin, sex, gender identity, religion, socio-economic status, ability and age. Through a continuous strategic effort, we work to create meaningful opportunities and experiences for equity-deserving communities.

LAND ACKNOWLEDGEMENT & COMMITMENT STATEMENT

We wish to acknowledge this land on which the University of Toronto operates. For thousands of years, it has been the traditional land of the Huron-Wendat, the Seneca and the Mississaugas of the Credit River. Today, this meeting place is still the home to many Indigenous people from across Turtle Island, and we are grateful to have the opportunity to work on this land.

As part of an institution complicit in contributing to colonial processes, we are committed to reconciliation by building relationships with Indigenous communities in order to learn about the diversity of Indigenous Nations, create Indigenous spaces and enact anti-colonial practices.



Undergraduate and graduate students from across all campuses make up our highly engaged Equity, Diversity, Inclusion and Belonging (EDIB) team. This 12-person team plans and implements student-led initiatives that promote equity, diversity, inclusivity and holistic health.

EQUITY IDEAS FUND

The EDIB team administers the Equity Ideas Fund, approving and distributing up to \$5,000 per year to student groups and clubs that can each apply for up to \$500 in funding. Initiatives must align with the program's strategic objectives regarding equity, diversity, inclusion and belonging. In 2021–22, the team provided funds and support for **two events**: the Cross Border Network's Cherry Blossom Adventure and the Filipino Students' Association's Arnis workshop. Arnis is the national martial art of the Philippines.

EQUITY & DIVERSITY CONFERENCE

The virtual Equity & Diversity Conference included four workshops and engaged **67 participants**. Discussions about race and gender inequalities in sport featured members of the BIPOC Varsity Association along with Darren Lowe, U of T's former Varsity Blues men's hockey coach and retired Canadian professional hockey player; and Nadia Popov, former Canadian women's rugby player.

There were also discussions about decolonizing wellness with the Well Being Collective @ Hart House and an interactive session on adaptive sport led by Inclusive Communities Canada. At each workshop, participants had the opportunity to ask questions and learn from experts who dedicate themselves to improving equity and accessibility.

INDIGENOUS HISTORY OF LACROSSE WORKSHOP

The EDIB team partnered with the Haudenosaunee Lacrosse Program to host an interactive workshop in celebration of National Indigenous History Month and National Indigenous Peoples Day, teaching students about the Haudenosaunee story of stick and ball games and having students try out the games.

This workshop engaged **25 students** including Varsity Blues lacrosse team members as well as some who had no previous connection to lacrosse or other stick and ball games.

"I LEARNED THAT GAMES CAN AND SHOULD BE ADAPTED TO INCLUDE ALL MEMBERS OF A COMMUNITY, NOT JUST THE ATHLETES."

LACROSSE WORKSHOP PARTICIPANT

67
PARTICIPANTS

TRANS-POSITIVE SWIM

The 2021–22 year showed steady and growing participation in the trans-positive swim – inclusive swim times for trans, non-binary, gender nonconforming and two-spirit students – with **310 visits**.

310
SWIM VISITS

PLAY THE GAME

Occurring once per semester, this program series offers students exposure to adaptive and inclusive games like boccia ball. In its inaugural year, the program engaged **18 students**.

MOVE WITH CULTURE SERIES

The EDIB team and Hart House co-hosted Nichole Leveck for her annual pow wow hip hop workshop, where **13 student participants** experienced Indigenous-focused physical activity and learned about pow wow hip hop artists and dance.

LET'S HIKE T.O.

In collaboration with Health & Wellness and the Centre for International Experience, the EDIB team partnered with Let's Hike T.O. to offer monthly hikes. Let's Hike T.O. is a hiking community open to everyone, with a special focus on engaging people of colour, newcomers and young adults (20–40 years of age). In its first **eight hikes**, the program engaged a total of **73 participants**.



ANNUAL PROGRESS PRIDE FLAG RAISING

In partnership with the Sexual & Gender Diversity Office, the Progress Pride flag was raised at Varsity Stadium for Pride Month. More than **100 students, staff and faculty** attended the ceremony that was held at the start of June 2022.

CADS SKI DAY

In partnership with Canadian Adaptive Snowsports (CADS), the EDIB team held its first-ever adaptive ski day for individuals with physical, cognitive or visual impairments or autism spectrum disorder. Together, we welcomed **10 individuals** (selected from more than **90 applicants**) for a day of skiing at Blue Mountain.

LAUNCH TO LEADERSHIP

The EDIB and Physical Activity teams are working together to relaunch the Launch to Leadership program, a reimbursement program that helps U of T students gain health and fitness certifications for employment within the sport and recreation field. Those who face systemic barriers are given priority.

CHANGE STARTS WITH US

To share a message of activism and support among varsity athletes, the BIPOC Varsity Association launched "Change Starts With Us." This t-shirt campaign highlights organizations that are making meaningful changes on behalf of various equity-deserving groups.

100
STUDENTS, STAFF & FACULTY
ATTENDED PRIDE FLAG
RAISING CEREMONY

76
MOVEMENT
BREAKS

“I GOT TO MEET PEOPLE WHO WERE LIKE ME – STILL SEEKING OUT A NEW BALANCE BETWEEN EXERCISE AND ACADEMIC WORK.”

YI EN WANG
2nd year, Sociology and Urban Studies
SHE MOVES conference participant



4 THEMED
SKATE
NIGHTS

44
STUDENTS COMPLETED THE
MoveU.HappyU PROGRAM

MoveU is a tri-campus initiative. It is dedicated to improving the mental and physical health of students through physical activity and peer-to-peer engagement with the overarching goal of ensuring that all students feel welcome in our spaces and programs.

MOVEMENT BREAKS

Movement breaks are three- to five-minute sessions delivered virtually or in-person that encourage students to take a break from prolonged sitting. In 2021–22, the MoveU Crew delivered **76 movement breaks**, engaging more than **5,000 students** across **12+ departments**. These included pre-recorded movement breaks, which instructors added into their courses on Quercus, along with announcements to remind students to take breaks as they worked through online coursework. Students who participated in movement breaks reported feeling better able to focus and better primed for academic success.

MoveU.HappyU

MoveU.HappyU is a unique, complimentary, six-week program that offers behaviour-change coaching and exercise training to students for mental health support. Preference is given to students who are not meeting physical activity guidelines (for example, individuals who are engaged in fewer than 150 minutes of higher-intensity exercise per week). Funded by the International Student Experience Fund, the program uses targeted promotions to recruit international student participants. In 2021–22, **106 students applied** for the program, **54 were accepted** and **44 completed the program**. About one-third of the participants identified as international students. Over the three years MoveU.HappyU has now run, 183 students have completed the program.

SHE MOVES

In celebration of International Women’s Day, the MoveU Crew held their annual She Moves: A Conference in Motion. Women-identifying participants cycled through a series of five physical activity classes, followed by a healthy dinner and a panel of conference speakers. This year’s speakers were Yvette Raspo, a boxer, ring announcer and motivational speaker; and Gabbi Estrada, an advocate for girls and women in sport and program director of Fast and Female. The event attracted **110 participants**.

MOBILE MoveU

In partnership with Hart House, the MoveU Crew provided fitness instructors who travelled to student spaces across the university to run drop-in fitness classes on request. Each faculty or college was offered up to four sessions. In 2021–22, the program offered **36 classes** with participation by **340 students**.

ORIENTATIONS & EVENTS

In September 2021, the MoveU Crew participated in four in-



54
ACCEPTED TO
MoveU.HappyU

person and nine virtual orientation events in partnership with eight colleges and faculties. Through these events, we connected with a total of **554 students**.

MoveU SKATE SERIES

Although COVID-19 restrictions limited the capacity at these very popular skates, the MoveU Crew was able to host **four themed skate nights** this year. Two of these skates were in partnership with KINections, an initiative of the KPE registrar’s office. The skate nights engaged a total of **226 participants** from faculties and colleges around campus.

MoveU ACTION GRANTS

Funded through the International Student Experience Fund (ISEF), the MoveU Action Grant program allows international students to apply for a micro-grant of up to \$500 to put towards a physical activity initiative. The program aims to help international students improve their student experience through physical activity while providing the MoveU team with insights into the types of programs that international students would like to see.

In 2021–22, in its third and final year, the MoveU Action Grant program received **25 applications** for student projects, and **14 received funding**. All together, these student projects engaged **334 student participants**.

334
PARTICIPANTS

“PARTICIPATING HAS ALLOWED ME TO TAKE A MENTAL BREAK FROM A BUSY SCHOOL YEAR.”

ADELAIDE ALLAKHVERDIYEVA
4th year, BBA Management and Marketing Co-op

DROP-IN PROGRAMMING

Drop-in programs are an important gateway into physical activity. For many U of T students, drop-in programs are the first experience they have with the physical activity programs offered on campus. To ensure ample opportunity for participation, our team is committed to increasing opportunities to access expert-led programs that are offered at no extra cost to students.

In the fall term, students were welcomed back into our spaces to participate in drop-in programming. Drop-in activities required students to register in advance in order to manage capacity limits. In 2021–22, **38,526 students registered** to participate in drop-in activities in Sport & Rec spaces. Participants re-engaged in their favourite sports and activities such as table tennis, basketball, volleyball, badminton, ice-skating, stick 'n puck, hockey, figure skating, soccer and field sports. An additional **32,391 swimmers** took advantage of lane swims and open rec swimming.

2021–22 PROGRAM PARTICIPATION:

TERM	PARTICIPANTS	
	Drop-in Sports	Lane Swims
Fall 2021	14,164	13,577
Winter 2022	21,480	11,610
Spring–Summer 2022	2,882	7,204
Total	38,526	32,391

REGISTERED SPORT PROGRAMS

Registered sport programming allows students to learn new sports and improve their skills, and in 2021–22, registered sport programs returned with gusto. The most popular programs included fencing, gymnastics, squash, badminton and tennis.

TERM	OFFERINGS	PARTICIPANTS
Fall 2021	26	216
Winter 2022	24	192
Spring–Summer 2022	22	179
Total	72	587

32,391
SWIMMERS TOOK ADVANTAGE OF LANE SWIMS AND OPEN REC SWIMMING



“DIVING AND GYMNASTICS CLASSES HAVE DEFINITELY MADE ME STRONGER AND MORE EXCITED FOR MOVEMENT. I LOVE HAVING SOMETHING TO LOOK FORWARD TO EACH WEEK.”

MADELEINE GERRIE 2nd year, MSc

38,526
STUDENTS REGISTERED TO PARTICIPATE IN DROP-IN ACTIVITIES IN SPORT & REC SPACES



FITNESS & PERFORMANCE



5,290

GROUP FITNESS / REGISTERED DROP-IN PARTICIPANTS



"I'D RECOMMEND [YOGA] FOR ALL STUDENTS SEEKING A PEACEFUL ACTIVITY THAT IS BENEFICIAL FOR BOTH THE MIND AND BODY."

ISAIAH FLORES Yoga Participant



"BARRE WAS ABSOLUTELY AMAZING! I LOVED THAT THE THREE DIFFERENT TEACHERS HAD DIFFERENT STYLES SO IT DOESN'T FEEL LIKE THE SAME CLASS."

LIAH YARED Barre Participant

5,936

VIRTUAL FITNESS STUDIO PARTICIPANTS

"THE INSTRUCTOR WAS ENERGETIC AND KNOWLEDGEABLE, CONSIDERATE AND PASSIONATE ABOUT KEEPING FIT."

BOXING PARTICIPANT



The experts on the Fitness & Performance (F&P) team lead health, fitness and individualized performance-enhancing physical activities and exercise opportunities. These programs provide members of the U of T community with the knowledge they need to be healthy, physically literate and active for life.

Despite the ongoing barriers presented by the global pandemic, our commitment to providing students and the community with opportunities to enhance their physical and mental wellness was stronger than ever. The team offered online adaptations in addition to in-person programs, which were modified to comply with public health and safety requirements to best serve the diverse needs of our student body and the greater U of T community.

FALL 2021

F&P was excited to welcome students back to in-person training in September 2021, with registered programming ensuring a safe environment. Before reopening, there was a major renovation of the equipment in the Athletic Centre F&P spaces, including the Strength and Conditioning Centre (SCC), Field House Perimeter and the brand-new Weightlifting Zone. The work was a result of extensive stakeholder consultation and created a 50 per cent increase in functional capacity for drop-in F&P training.

During the fall term, drop-in programming opportunities were maximized while adapting to changing public health guidelines for exercise spaces. Personal training and several group training programs resumed during the fall and continued into the winter term, offering participants enhanced coaching to build their confidence and competence. These programs allowed for the restart of the "paid experiential learning program" for student coaching staff. This is one of the strongest integrations between programming, academics and research in KPE.

WOMEN-ONLY BOXING

In 2021-22, funding from the Women's Athletic Association (WAA) made it possible to add women-only boxing to the existing women-only drop-in and group training programs. The program quickly reached full capacity. Based on its success, it has been added as an ongoing women-only program. A co-ed program has also been added.

GROUP FITNESS / REGISTERED DROP-IN PARTICIPANTS

Fall 2021	3,337
Winter 2022	1,134
Spring-Summer 2022	819

Total 5,290

VIRTUAL FITNESS STUDIO PARTICIPANTS

Fall 2021	2,505
Winter 2022	3,095
Spring-Summer 2022	336

Total 5,936

INTRAMURALS, CLUBS & TRI-CAMPUS SPORTS

U of T has one of the largest intramural programs in Canada, and leagues play a fundamental role in our students' university experience. The intramural program offers a wide range of sports and activities at varying levels of play to meet the diverse interests of the student population. These programs benefit students' physical and mental health and build a sense of community and belonging. Full team sports returned in 2021-22 with 11,913 participants and many opportunities for students to stay active and engaged in sport.

FALL 2021 — SUMMER 2022
INTRAMURALS PARTICIPATION

84 LEAGUES **703** TEAMS
1,589 GAMES **11,913** PARTICIPANTS



FIND YOUR FIT | SPORT & REC YEAR IN REVIEW

FALL 2021

The fall term included the return of favourites such as basketball, soccer, volleyball and dodgeball. A shift towards more inclusive programming increased accessibility, and most leagues were converted to open registration. Leagues returned in full force, allowing more than **5,500 students** to play in more than **70 leagues**, with more than **300 teams** registered.



WINTER 2022

With in-person activity restored, winter programming expanded, with a focus on a strong return to women's sports. Field hockey, lacrosse and ice hockey were reintroduced on the women's side, and inner tube water polo returned as a co-ed sport. There were more than **6,000 participants**, almost **400 teams** and more than **70 leagues**. Sport & Rec again participated in the Ontario Post-Secondary Esports League, and the intramural Esport team won the Overwatch championship.

MORE THAN
70
LEAGUES



SPRING-SUMMER 2022

This summer saw the return of team summer sports. There were almost **30 teams** in soccer, ultimate Frisbee and volleyball with a total of **413 participants**.

TRI-CAMPUS SPORTS OFFERED MEN'S & WOMEN'S

BASKETBALL, SOCCER & VOLLEYBALL

TRI-CAMPUS LEAGUE

The Tri-Campus League is open to U of T students and represents the highest level of sport competition within the intramural program. Participants from across U of T's three campuses develop their sport skills with the help of coaches, scheduled practices and competitive play with officiated games. This year, all programs returned with the exception of men's ice hockey.



COMPETITIVE CLUBS

Club sports allow U of T students and community members to participate in a competitive club environment. In 2021-22, club sports programming engaged **648** U of T students, staff and faculty, alumni and community members across **10 clubs**, which range from recreational to competitive programming.

- Cheerleading Team
- Dance Team
- High Performance Fencing
- Karate Club
- Kendo Club
- Masters Swim Club
- Nordic Ski Team
- Pom Team
- Synchronized Swimming Club
- Triathlon Club

CLUB SPORTS
ENGAGED
648
PARTICIPANTS

GOVERNANCE

Sport & Rec plays an important role in providing students with opportunities to be a part of the governance process. By participating in committees, boards, reviews and councils, students can share their insights and experiences. Their involvement helps Sport & Rec evolve our programs and policies to better meet the needs of U of T's diverse student community, while students develop leadership skills that will serve them well post-university.



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FACILITIES

The Faculty of Kinesiology & Physical Education and the Sport & Rec team operate a wide range of activity spaces for sport and recreation, including the Goldring Centre for High Performance Sport (Goldring Centre), Back Campus Fields, Varsity Centre and Arena, Athletic Centre, as well as the playing fields on Front Campus and Robert Street. Complimentary day lockers at the Goldring Centre and Athletic Centre make physical activity as convenient as possible.

These facilities welcome students, academic program and research participants, children and community members. They are home to a wide range of programs including intramurals, intercollegiate sports, drop-in sports and recreation and registered programs. Student and community groups frequently rent space in these facilities for special events.

DAVID L. MACINTOSH SPORT MEDICINE CLINIC Located at the Goldring Centre

The clinic provides sport medicine services to U of T students, student-athletes and community members. The team includes certified athletic therapists, sport and manual physiotherapists, sport massage therapists, sport physicians and orthopaedic surgeons. The MacIntosh Clinic is integral to supporting curricular and co-curricular programming. In 2021–22, the MacIntosh Clinic provided curricular clinical placements for **64 U of T students** and supported and facilitated research initiatives within KPE and U of T, resulting in seven peer-reviewed publications.

OPERATES 50 WEEKS PER YEAR,
2,700 HOURS PER YEAR
PERFORMED
18,766 CLIENT SERVICES
IN 2021–22

FEATURES:

- Preventative, diagnostic and therapeutic sport physician consultations and interventions
- Evidence-based rehabilitation including active exercise interventions, electrical muscle stimulation (EMS), laser, acupuncture, ultrasound and bracing
- Comprehensive concussion management and C3 Logix testing

ATHLETIC CENTRE

Home to the Varsity Blues sports teams, intramural leagues and sport and fitness opportunities, the Athletic Centre (AC) is the university's most-used sporting facility on campus. The AC provides students and the community with a world-class sporting facility in the heart of Toronto.

FEATURES:

- An indoor 200m track and four multi-purpose courts
- A large, modern strength and conditioning centre
- Free, convenient day lockers
- One 50m pool
- Two 25m pools
- One double-court gymnasium
- One single-court gymnasium
- One dedicated gymnastics gymnasium
- Nine squash courts (two dedicated to table tennis)
- One dance studio
- Cardio machines
- Weightlifting zone

VARSITY CENTRE AND VARSITY ARENA

Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre (VC) and Varsity Arena (VA) also host recreational and instructional classes, children's programs and high performance athlete training.

FEATURES:

- A 5,000-seat stadium
- A 400m eight-lane track
- An artificial turf field with a dome for winter use that provides additional space for intramurals, drop-in sport and a driving range
- A 4,000-seat arena



GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT

The Goldring Centre for High Performance Sport (GC) has increased the university's capacity to provide recreation, physical activity and sport for all students. Staff provide orientations and work to create a welcoming, positive environment. The Field House offers drop-in basketball and volleyball, as well as intercollegiate, Tri-Campus Development League and intramural programming.

FEATURES:

- A 2,000-seat, international-standard Field House for court sports
- A state-of-the-art strength and conditioning centre
- Sport science laboratories for teaching and research
- The David L. MacIntosh Sport Medicine Clinic

BACK CAMPUS FIELDS

The Back Campus Fields (BCF) are available for individuals and groups to use for physical activity and sport. The fields are comprised of two synthetic turf fields and provide state-of-the-art outdoor facilities on our downtown campus.

FEATURES:

- Two all-weather turf fields

RENTALS AND EQUIPMENT LENDING

We encourage students to get active by providing drop-in equipment rentals. This makes sport and recreation both affordable and convenient.

SPORT AND REC: By The Numbers

Student Participation

21,342 unique users
392,616 visits

Fitness and Performance

5,290 group fitness participants
5,396 virtual fitness studio participants

Tri-Campus League

350 participants,
24 teams, **54** games

MoveU

7,000+ participants

Student Employment

1,112 students hired
\$5 million + in earnings

Facilities

48 activity spaces
3 pools, **2** tracks, **1** arena,
9 courts, **4** fields,
2 studios, **2** strength & conditioning centres

Drop In Sports

32,391 aquatic participants
38,526 sport participants

Intercollegiate Program

904 student athletes
42 teams, **24** sports

Competitive Clubs

685 participants
10 clubs

Intramurals

11,913 participants
84 Leagues
703 Teams
1,589 Games

Sport Medicine Clinic

18,776 student visits
64 placements for U of T students

Questions



2023-24 SPORT AND REC: Proposed Budget

- The Council of Athletics and Recreation (CAR) Budget Committee is annually tasked with the responsibility of reviewing the Sport and Rec (KPE) budget as prepared by the staff. CAR is one of the oldest governance committees at the University and is comprised of students representing the three student governments and multiple student constituencies. Faculty and staff are also represented at CAR and the Council is supported by Sport and Rec staff.
- The preparation of the program, facilities, services plan and budget begins each May after a thorough review of the budget actuals of the previous year and the results of the program evaluations and surveys, and information gathered through focus groups and meetings.
- Compensation and occupancy costs are the primary cost drivers in the Sport & Rec budget.

2023-24 SPORT AND REC: Proposed Budget

- At the conclusion of the annual review process, staff start their planning process in alignment with Sport and Recs purpose and guiding principles. Once the plans are completed, the budget is prepared.
- The annual budget goes through a number of iterations and approvals at each step of the process and the final draft is confirmed by the end of October.
- Much of the annual budget consists of fixed costs, with compensation and occupancy being the primary cost drivers in the Sport & Rec budget.
- The draft budget is presented to the CAR Budget Committee for review and consideration throughout the month of November. The CAR budget committee is chaired by one or both of the student co-chairs of CAR and is composed of students from across the university and staff from all three campuses.

2023-24 SPORT AND REC: Proposed Budget



The CAR Budget Committee approved the draft 2023-24 Sport and Rec (KPE) budget unanimously November 30, 2022 and sent it to CAR for consideration and approval.



CAR unanimously approved the 2023-24 Sport and Rec (KPE) budget, as presented to Council, January 3, 2023.

2023-24 SPORT AND REC: Proposed Budget

CONSIDERATIONS

1. KPE Sport and Rec is presenting a balanced budget for 2023-24.
2. The calculations include 3.2% CPI (consumers price index), 4.5% increase in full time compensation and a 2% increase in part time compensation.
3. There is a 4.5% increase in budget expenses from 2022-23 to 2023-24. Inflation and compensation costs are the main contributors to the increase in expenses.

2023-24 SPORT AND REC: Proposed Budget

CONSIDERATIONS

4. Restricted Funds (non-operational budget) contribute an additional \$475,000 directly to student accounts in the form of athletic scholarships. These funds are generated through alumni donations & fundraising and can only be used for athletic scholarships.
5. Proposed 2023-24 student ancillary fee increase is 5.61%.

2023-24 Sport and Rec Budget

FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION

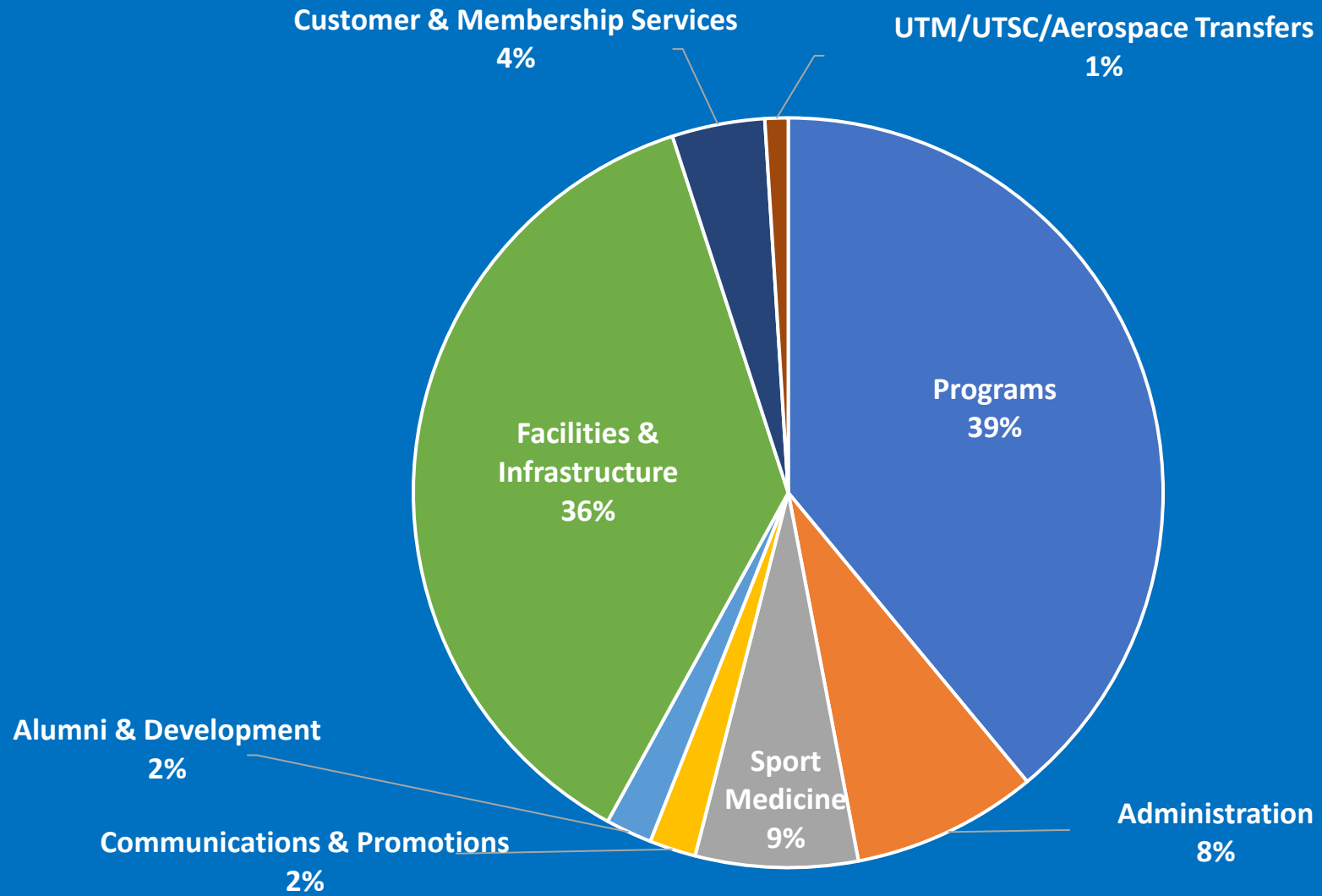
January 2, 2023

2023-2024 Co-Curricular Budget

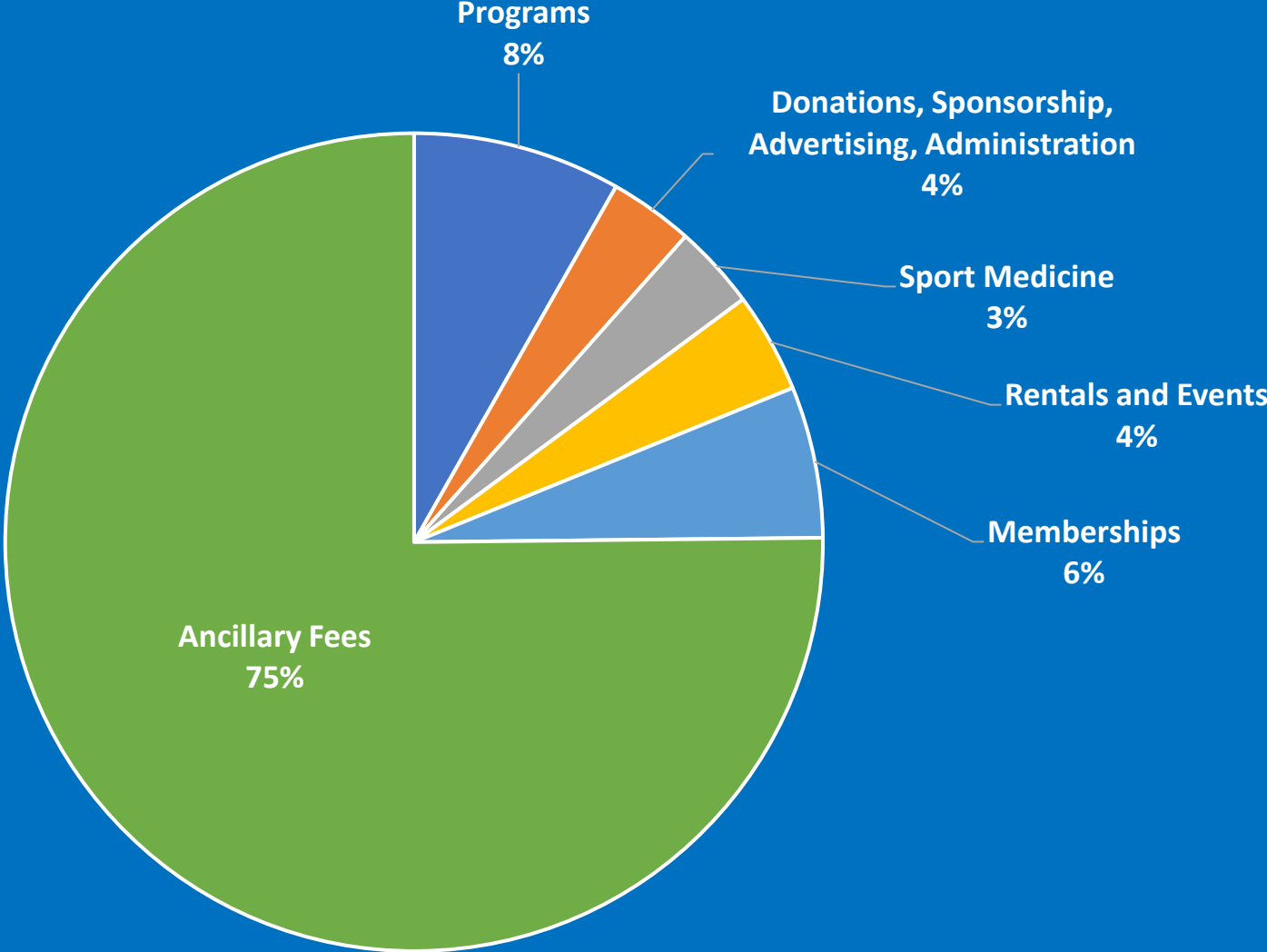
	A	B	A-B	C	D=C-A	E	F	G=F-E				
	2023 - 2024 Budget Plan - D R A F T					2022 - 2023 Budget Plan - Approved						
	Operating Expenses	Compensation *	Comp as a % Op Exp	Non Compensation Expenses	Income	Net Operating (expense) / Income	Operating Expenses	Compensation *	Comp as a % Op Exp	Non Compensation Expenses	Income	Net Operating (expense) / Income
Co-Curricular Operations												
Programs												
Children & Youth	1,678,993	1,431,893	85.3%	247,100	2,330,000	651,007	1,855,405	1,628,487	87.8%	226,918	2,577,000	721,595
Physical Activity & Equity	2,601,405	1,638,454	63.0%	962,951	496,900	(2,104,505)	2,544,467	1,683,096	66.1%	861,371	719,400	(1,825,067)
Athletics	4,962,058	2,832,959	57.1%	2,129,099	248,000	(4,714,058)	4,553,319	2,651,026	58.2%	1,902,293	249,000	(4,304,319)
Program Business	5,434,453	5,347,190	98.4%	87,263	0	(5,434,453)	5,114,204	4,667,029	91.3%	447,175	294,108	(4,820,096)
Sub-total - Programs	14,676,909	11,250,496	76.7%	3,426,413	3,074,900	(11,602,009)	14,067,395	10,629,638	75.6%	3,437,757	3,839,508	(10,227,887)
Services												
Administrative Services	2,900,712	2,471,800	85.2%	428,912	506,735	(2,393,977)	2,889,042	2,295,946	79.5%	593,096	367,751	(2,521,291)
Sports Medicine Clinic	3,461,448	2,769,015	80.0%	692,433	1,243,548	(2,217,900)	2,696,915	2,114,418	78.4%	582,498	1,286,611	(1,410,305)
Communications	814,045	635,191	78.0%	178,855	48,794	(765,251)	860,762	680,362	79.0%	180,400	45,314	(815,448)
Development and Alumni Affairs	585,148	504,466	86.2%	80,682	690,134	104,985	847,895	576,995	68.1%	270,900	351,705	(496,190)
Customer & Membership Services	1,410,988	1,382,939	98.0%	28,049	2,238,700	827,712	1,291,961	1,259,371	97.5%	32,590	2,257,750	965,789
Sub-total - Services	9,172,341	7,763,411	84.6%	1,408,931	4,727,911	(4,444,431)	8,586,575	6,927,091	80.7%	1,659,484	4,309,131	(4,277,444)
Facilities & Infrastructure												
Facilities - Athletic Centre	3,598,817	872,531	24.2%	2,726,286	111,202	(3,487,615)	3,672,038	1,109,568	30.2%	2,562,470	109,890	(3,562,148)
Facilities - Pools	1,708,687	1,049,205	61.4%	659,482	573,418	(1,135,269)	1,462,993	843,569	57.7%	619,424	529,445	(933,548)
Facilities - Varsity, Goldring & Fields	4,922,473	1,376,102	28.0%	3,546,371	734,561	(4,187,912)	4,678,195	1,587,111	33.9%	3,091,084	724,043	(3,954,152)
Facility Renewal	2,000,000			2,000,000	0	(2,000,000)	2,000,000			2,000,000	0	(2,000,000)
Information Technology	1,351,316	819,993	60.7%	531,323	63,000	(1,288,316)	1,359,348	709,767	52.2%	649,581	163,476	(1,195,872)
Sub-total - Facilities & Infrastructure	13,581,292	4,117,830	30.3%	9,463,462	1,482,181	(12,099,111)	13,172,574	4,250,015	32.3%	8,922,559	1,526,853	(11,645,720)
Total Co-Curricular Operations	37,430,542	23,131,737	61.8%	14,298,805	9,284,992	(28,145,550)	35,826,543	21,806,744	60.9%	14,019,799	9,675,492	(26,151,051)
Co-Curricular Funding												
Student Fees - St. George					27,061,173	27,061,173					25,121,086	25,121,086
Student Fees - UTM					811,184	811,184					781,000	781,000
Student Fees - UTSc					724,559	724,559					658,323	658,323
Student fee transfer to UTM	235,243			235,243		(235,243)	218,540			218,540		(218,540)
Student fee transfer to UTSc	210,122			210,122		(210,122)	184,818			184,818		(184,818)
Student fee transfer to UTIAS (Aerospace)	6,000			6,000		(6,000)	6,000			6,000		(6,000)
Total Funding	451,365			451,365	28,596,916	28,145,551	409,358			409,358	26,560,409	26,151,050
Net Co-Curricular Operations	37,881,908	23,131,737	61.1%	14,750,170	37,881,908	0	36,235,901	21,806,744	60.2%	14,429,157	36,235,901	(0)

* compensation includes full-time, part-time and appointed staff salaries and benefits where applicable

2023 – 2024 Budget Expenses



2023 – 2024 Budget Income



Faculty of Kinesiology and Physical Education
 2023-2024 Co-Curricular Budget
 Student Fee Calculation
 January 2, 2023

Long-Term Protocol on Student Fee Calculation		
Adjusted Fee Base		
Fee per Session (previous year)	\$	200.77
Less: Removal of temporary fee (three years previous)		0.00
Adjusted fee base	\$	200.77
CPI - Consumer Price Index		
CPI Index Percent	3.20%	6.42
\$ Amount of CPI based increase	\$	6.42
UTI - University of Toronto Index		
Appointed Salary Expenditure Base (previous year budget)	\$	12,754,420
Average merit/step increase/decrease for appointed staff	4.50%	573,949
Indexed salaries		13,328,369
Average Benefit Cost Rate	24.50%	3,265,450
Indexed appointed salary expenditure base	\$	16,593,819
Casual/PT Salary Expenditure Base (previous year budget)	\$	5,393,963
Average ATB Increase/Decrease for casual/part time staff	2.00%	107,879
Indexed salaries		5,501,842
Average Benefit Cost Rate	10.00%	550,184
Indexed Casual/PT Salary Expenditure Base	\$	6,052,026
Severance		40,000
Indexed Salary and Benefits Expenditure Costs	\$	22,685,846
Subtract the Amount of Net Revenue budget from Other Sources (previous year)	\$	(9,675,492)
Add the Non-Salary Expenditure Base (previous year, excluding previous year occupancy)		9,868,000
Add the estimated Occupancy costs		5,199,808
Subtract the ratio of non student use (joint, community memberships) to total fee revenue		(393,389)
Subtract the proportion attributed to UTM and UTSC (current year enrolment, previous year's fee)		(1,454,189)
Cost for UTI purposes	\$	26,230,583
Divide the difference by the projected weighted FTE enrolment - per term		63,788
UTI Indexed Fee - per term	\$	205.61
\$ Amount of UTI Based Increase (over adjusted fee)	\$	4.83
Combined Fee Increase		
Adjusted Fee	+ \$	200.77
CPI Based Fee increase	+	6.42
UTI Based Fee increase	+	4.83
Indexed Full Time Fee per Term	\$	212.03

Details of Fee Calculation under CPI and UTI

		STG Full Time	STG Part Time	UTM/UTSC Full Time	UTM/UTSC Part Time
A	Previous Year Fee (2022-23)	200.77	40.15	23.29	4.66
B	Less Removed Temp. fee (2020-21)	0.00	0.00	0.00	0.00
C	Adjusted Fee Base	200.77	40.15	23.29	4.66
D	Plus CPI	6.42	1.28	0.75	0.15
E	Plus UTI	<u>4.83</u>	<u>0.97</u>	<u>0.56</u>	<u>0.11</u>
F	Proposed 2023-24 Fee (C+D+E)	212.03	42.41	24.60	4.92
G	CPI per term/student	6.42	1.28	0.75	0.15
H	UTI per term/student	<u>4.83</u>	<u>0.97</u>	<u>0.56</u>	<u>0.11</u>
I	Total \$ increase per term/per student (G+H)	11.26	2.25	1.31	0.26
J	Total % increase	5.61%	5.61%	5.61%	5.61%

Questions

