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THE LONG WAIT FOR
YALE'S NEW POOL**

**WHY COMPREHENSIVE
FITNESS SCREENING
REALLY MATTERS**

**OLYMPIC QUALITY
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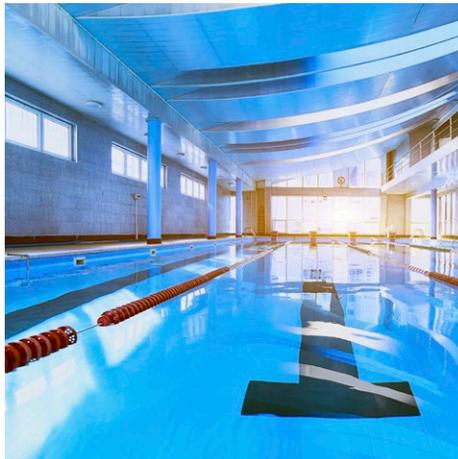


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FITNESS A GREEN PATHWAY: TO CONNECT, INSPIRE AND ENCOURAGE STUDENTS

by Ruben Mejia

The green movement continues to gain traction worldwide. Sustainability is becoming a central ethos, embraced across all sectors, higher education included. Millennials and Generation Z (Gen Z) are actively demonstrating that they have the will, knowledge, and capacity to promote lasting positive change for our environment; these generations take pride in knowing which brands, organizations, and even colleges and universities are actively seeking out alternative green solutions.



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OLYMPIC QUALITY POOL MAINTENANCE

Two temporary Olympic-size swimming pools were constructed at CHI Health Center in Omaha, Nebraska, exclusively to host the trials for the 2021 Summer Games in Tokyo. To comply with the needs of the competitors, the pools were operated using some of the most advanced water chemistry technologies available.

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WHY COMPREHENSIVE FITNESS SCREENING REALLY MATTERS

by Rob Rideout

Comprehensive fitness screening can improve population health, raise community fitness standards, and encourage sound wellness behaviors in order to empower individuals to set their own personal fitness and health goals.

EDITOR'S LETTER



Colleges and universities do more than teach in the classroom. As all of our readers know, these institutions offer a path to lifelong learning and exposure to life experiences that last long after the student graduates. In fact, many times our greatest memories are about the learning we did outside of the classroom.

The aquatics and fitness facilities provide examples of such learning opportunities. These facilities are some of the most used and enjoyed by the students, faculty, and staff members; these facilities also are used to help build the relationship of the college and the community. Many times, local residents and local schools are invited to use them so they can have their swim teams without the cost of building a pool.

The benefits of these recreational and fitness choices last long after graduation, offering a lifelong knowledge and appreciation of physical as well as mental health. Many of you have multiple aquatic and fitness facilities available to your students because you have seen the benefits they bring. In this special edition you will find features many of you have requested that will let you see both what is available for your campuses and what others are doing. We also give you a peek into some common challenges of updating existing facilities, along with steps that you can follow to navigate the road to improving that existing infrastructure.

Our mission has always been to give you facility information that you need to run your campuses daily; we also aim to listen to your expressed needs for practical applications features that help you in your mission of providing the best learning halls and campus environments. We appreciate the trust you have put in us over the last ten years, and we are looking forward to the next ten. Please continue to reach out to us and let us know if you want special information focused on any one area of your campuses.

Thank you again for sharing this time with us. We look forward to talking with you each month.

Ed Bauer

Publisher/Editor-in-Chief, PUPN MAG
Private University Products and News Magazine
ed@pupnmag.com

Ed Bauer
Publisher/Editor-in-Chief
ed@pupnmag.com

Lawrence Provenzano
Director of Client Development

Hilary Moreno
Creative Director

Lisa Gibbs, EdD
Cynthia Mwenja, PhD
Staff Writers

Ryan Chiao
Ruben Mejia
Rob Rideout
Contributing Writers

Cassidy Clevenger
Circulation
circulation@pupnmag.com

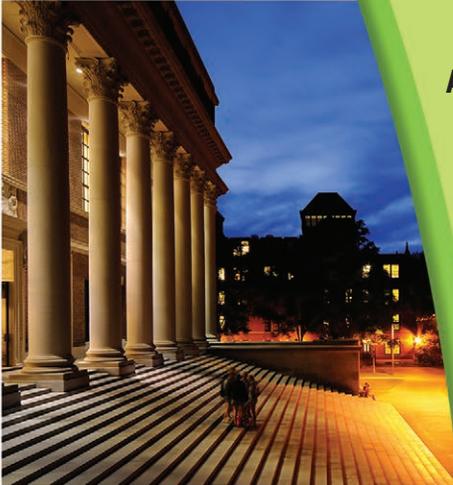


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FITNESS

A GREEN PATHWAY

TO CONNECT, INSPIRE
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STUDENTS

by Ruben Mejia



The green movement continues to gain traction worldwide. Sustainability is becoming a central ethos, embraced across all sectors, higher education included. Millennials and Generation Z (Gen Z) are actively demonstrating that they have the will, knowledge, and capacity to promote lasting positive change for our environment; these generations take pride in knowing which brands, organizations, and even colleges and universities are actively seeking out alternative green solutions.

Now that Gen Z is attending (or thinking of enrolling in) college, everything from program offerings to institutional priorities are evolving. Providing an exceptional student experience on every level is clearly essential. In the era of sustainability and green movements, higher education institutions are starting to "go green" to not only

help our planet, but to seize an opportunity to attract students by providing them with even more tools and support to live the green lifestyle they value.

In a 2019 *Princeton Review*, 64% of applicants surveyed (approximately 12,000) would factor in schools' environmental commitments when deciding where to attend. Looking beyond recycling programs and solar panels, colleges and universities should explore alternative green programs and initiatives. One area is through campus recreation centers—these large spaces provide an untapped opportunity for administrators to create a green fitness experience that can build a greater sense of community among the student body across campus.

Many colleges and universities are offering grants or other funding options for sustainable

solutions, thereby reducing—and sometimes eliminating—the cost burden for the recreation department. One alternative funding opportunity is coming from student government initiatives that support sustainable efforts throughout campuses. As energy costs continue to rise—and recent studies showing 47% of recreation facilities being accountable for annual building energy—installing self-powered cardio equipment can be a natural fit for a variety of initiatives college and university campuses want to undertake.

The energy savings help attract today's green-minded students to the fitness center. Traditional treadmills use about one kilowatt an hour on average, which is equivalent to a refrigerator running for five hours. However, innovative solution like the energy-generating ECO-POWER™ treadmills from SportsArt converts up to 74% of

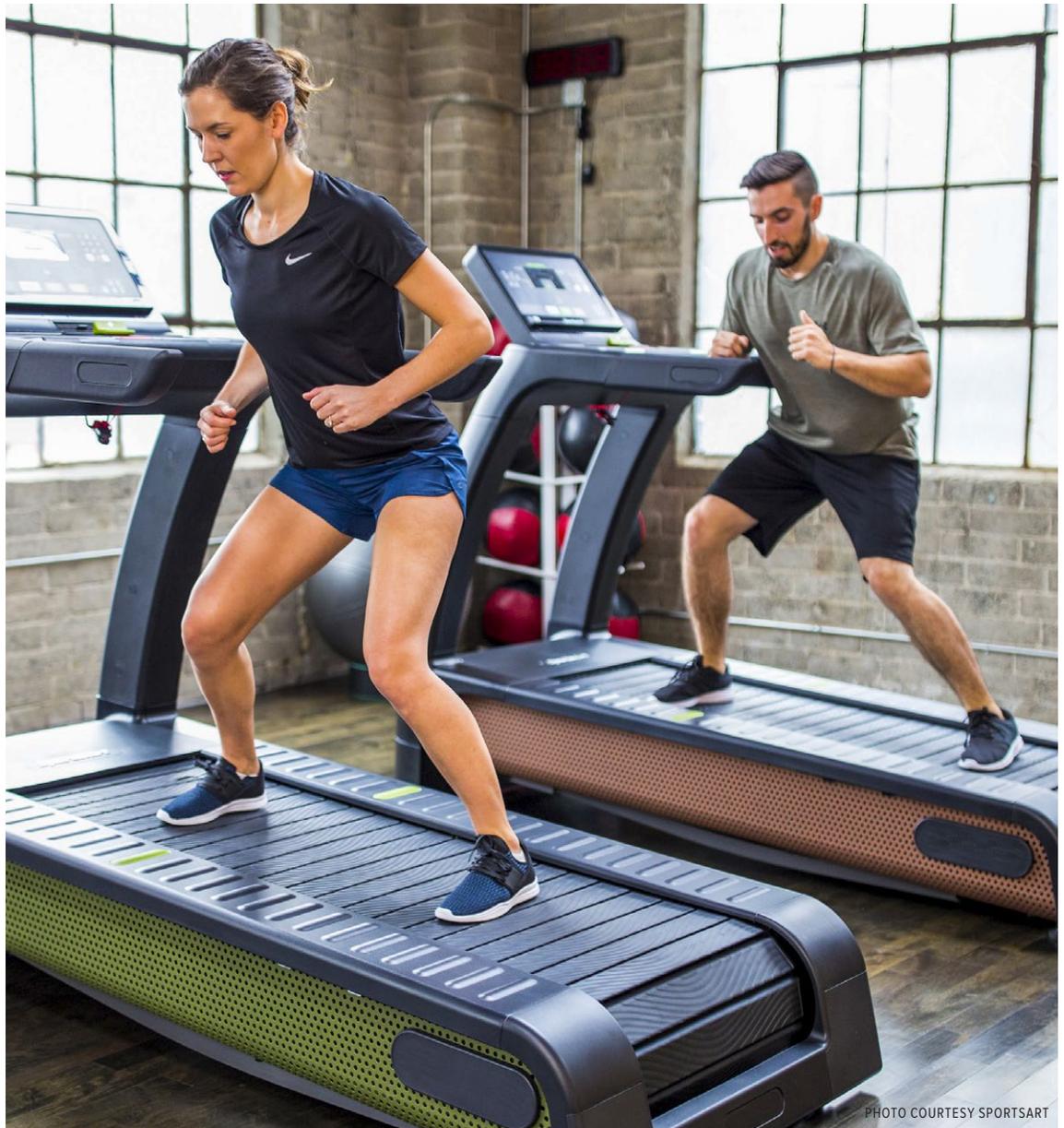


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human energy into usable electricity. As a result, one treadmill reduces the need to buy that one kilowatt from the electric company, while generating up to an additional 200 watt-hours. That means a single student on a single energy-generating cardio equipment can create a net positive 1.2 kilowatts of electricity per hour.

Maintaining a healthy lifestyle is important to students, both prior to their enrollment and after graduation. In fact, 68% of students report campus recreation facilities influence their decision of which college or university to attend. Participating in recreation activities and programs expands interest in staying fit and healthy. Campus Recreation Centers are so much more than just fitness facilities. They have evolved into places where students can connect and interact with friends in a safe and

positive environment. These facilities not only have an impact on various health and wellness outcomes for students but they provide a sense of community where students can workout, reduce stress, try new activities, relax, and have fun.

On-campus recreation centers are used by as many as 75% of students. By leveraging emerging technologies, higher education institutions can reshape how students foster positive, sustainable outcomes through their overall health and wellness on campus. Your recreation and wellness centers on campus can become another component of holistic development for students. Eco-friendly athletic and recreation centers give campuses the ability to demonstrate the direct impact of being environmentally conscious and instill a greater sense of pride on campus.

In a 2019 *Princeton Review*, 64% of applicants surveyed would factor in schools' environmental commitments when deciding where to attend. Looking beyond recycling programs and solar panels, colleges and universities should explore alternative green programs and initiatives.

Getting students into the fitness center is only the first step. Gen Z students are the first true "digital natives" to attend college, meaning that many of them are incredibly tech-savvy and expect schools to embrace technology. By integrating software ecosystems and mobile apps that work hand-in-hand with your fitness equipment, you can ensure that your students get the most from the campus recreation center.

Getting students into the fitness center is only the first step. Gen Z students are the first true "digital natives" to attend college, meaning that many of them are incredibly tech-savvy and expect schools to embrace technology. By integrating software ecosystems and mobile apps that work hand-in-hand with your fitness equipment, you can ensure that your students get the most from the campus recreation center. By offering exciting gamification opportunities, this versatile technology can help inspire and motivate students.

Behind the scenes, energy-saving and energy-generation help reduce costs and offset carbon footprint. But these digital integrations can bring that information forward and put it on display to leverage sustainability efforts and show students exactly how they're helping power the planet. Combined, these initiatives can provide students with a sense of ownership in helping give back. Participants can see what they are generating—in terms of energy savings—therefore helping the campus community and beyond. This realization is something that can transcend students' time on campus. Going

green is a process that the college, recreation center, and students can all take pride in. New developments and innovation in energy-generating cardio equipment and dedicated integrations and applications will give campus rec directors even more opportunities to engage students in fresh and meaningful ways. As sustainability continues to grow in importance, the evolution of technology has made it possible for students, facility, and staff to engage with greener solutions for a better tomorrow.



ABOUT THE AUTHOR: Ruben Mejia is the executive vice president for SportsArt Americas, previously holding the title of chief technology officer. In 2000, after four years of active deployment in the military, Mejia began working in the corporate IT and telecommunication fields for the U.S. Army, launching his career and interest in the technology industry as a whole. Prior to joining SportsArt, Mejia held executive roles within the technology and ecommerce spaces.

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A close-up, high-speed photograph of a swimmer in a pool. The swimmer is in the middle of a stroke, with their arms extended forward. A large splash of water is visible in the foreground, partially obscuring the swimmer's face. The water is a vibrant blue, and the background shows lane lines in the pool. The overall scene is dynamic and energetic.

FIGHTING FOR FASTER WATER

THE LONG WAIT FOR YALE'S NEW POOL

by Ryan Chiao

More than twenty years on, Yale's quest for a new pool remains fruitless. With the existing facility nearing its 90th birthday—despite millions already pledged by alumni—the University's plans to construct a new pool are still unclear.

Long gone are the glory days of the Robert J. H. Kiphuth Exhibition Pool. The space longingly referred to as the “Ex Pool” by alumni now more closely resembles a “Roman ruin” than the swimming mecca that it once was, said alumni interviewed by the *News*. The broken brown seats in the upper rows of the bleachers give off an aura of a program clinging onto past fortunes, rather than one looking ahead to the future.

But it has not always been this way. Upon its completion in 1932, the Exhibition Pool was the crown jewel of American swimming, drawing spectators and athletes from around the world to New Haven to marvel in the swimming prowess of the Blue and White.

Under then-head coach Robert Kiphuth, the Bulldogs raced ahead to a record of 201 straight undefeated dual-meets from 1945 to 1961, earning Kiphuth a reputation as the winningest coach in swimming history. A total of twenty-four Olympians have called the Exhibition Pool their home, winning a combined twenty-seven Olympic medals. In New Haven, records were broken, technique was developed, and Yale swimmers became some of the fastest in the world. The Exhibition Pool helped chart the course of modern swimming and diving. Eighty-nine years on, the program risks drowning in the rising tide of technological advancement.

“The Exhibition Pool does not compare to other Division I facilities in the Pac-12 or really in any other conference,” said Caitlin Tycz ’21, who spent two years racing at nationally ranked USC before transferring to Yale. “Without a doubt, the Exhibition Pool limits the recruiting capabilities of the team, the training of both the swimmers and divers, and our ability to host championship meets. On one hand, the history and tradition of the Exhibition Pool is irreplaceable and beautiful, but on the other, it inhibits the Yale swimming and diving team from reaching our potential both in the Ivy League and nationally.”

Through a Yale Athletics spokesperson, swimming and diving head coach Jim Henry declined to comment on the state of the pool today or his opinion on the potential advantages a new pool could bring to his Yale program and the wider New Haven community.

Murmurs about a new pool first emerged more than four decades ago. Excluded from hosting anything more than dual-meets due to changing regulations on competition pools, sentiment began to lean towards either the construction of a new pool or renovation of the existing facility. Despite the efforts of alumni

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— CAITLIN TYCZ, '21

from the swimming and diving community, however, little tangible progress has been made, and donations towards a new pool remain tens of millions of dollars away from the University’s most modest targets.

Last in the Ivy League

Yale’s competition pool is the oldest natatorium in the Ivy League. The second oldest is Cornell’s Teagle Pool, which was built in 1951—almost two decades after the Exhibition Pool.

The newest pool in the Ancient Eight, Brown’s Katherine Moran Coleman Aquatics Center, was completed in 2012 and has two moveable bulkheads which can separate the 56-meter pool into three different sections, providing the team with up to twenty-two lanes of space for practice when configured for short-course yards.

Yale’s Exhibition Pool, on the other hand, has only six 25-yard lanes. With more than forty swimmers, the team makes use of Payne Whitney Gymnasium’s third floor 50-meter pool for extra practice space. Without a separate diving well and only three diving boards, the team’s divers can only practice outside of their swimming teammates’ scheduled pool time,

which has previously forced divers to practice in the afternoons, according to current diver Christian DeVol ’21. The Exhibition Pool’s lack of a separate warm-up and warm-down pool also complicates swimmers’ plans during meets, with some choosing to forgo an elevator ride up to the third floor pool to warm-down out of fear of missing another event.

According to Carl Nylander, principal at aquatic design firm Counsilman-Hunsaker, an aquatic design firm that performed an audit of the old Brown facility in 2007 and helped to design Brown’s new aquatics center, modern pools benefit from updated technology such as perimeter gutter troughs to absorb waves generated by swimmers, more environmentally-sustainable filtration systems, deeper pool depths for diving and starting blocks, and different strategies for recirculating pool water.

For Brown men’s swimming and diving head coach Kevin Norman, who spent nine years as a recruiting coordinator and assistant coach for Yale, the Bears’ state-of-the-art facility is “advantageous for [his] athletes.”

“Being a newer and bigger facility, I have the ability to spread my athletes out and give them more space in practices,” Norman said. “That, combined with all of the natural light we get here and how well the facility is kept up, certainly plays a positive role in our daily workouts, both physically and mentally. From a performance perspective, our racing course is deep with wide lanes and flow-through bulkheads, which are all key contributors to fast swimming.” Yale’s comparably outdated facilities affect more than just the development of its swimmers, however. Potential recruits may favor other, more modern, facilities over the Exhibition Pool and turn their backs on the Blue and White.

According to Karl Ortegon, senior reporter at SwimSwam and former swimmer at Wesleyan University, “A bad pool is no fun.”

“For recruits, it’s definitely easier to dazzle them with a nice new facility,” Ortegon said. “If a pool is really bad, that could be a deciding factor if a swimmer is choosing between two or three schools that are very similar.”

While Ortegon believes that other factors, such as the program’s coaching staff and reputation, are more important in a swimmer’s college selection process, “A bad pool ruled out a couple of schools [for] myself.”

As NCAA and Ivy League championship specifications require pools to have at least eight 50-meter lanes, there are currently only three programs in the Ivy League—Harvard, Princeton and Brown—who are able to host championship meets. According to alumni and

current swimmers, if Yale were to build a new championship specification facility, it not only would be able to attract top talent from around the nation, but would also again be able to draw the fastest of the Ancient Eight to New Haven.

Benefits to New Haven

A new natatorium has the potential to not only change the fortunes of Yale swimmers and divers, but also those of the surrounding New Haven community.

According to the USA Swimming Foundation, ten people drown each day in the United States, while 64% of African American, 45% of Hispanic/Latino and 40% of Caucasian children have little to no swimming ability.

Twice a year, alumni and swimming and diving team members volunteer their time to teach local children aged 4 to 18 how to swim. The Diekmann/Green Swim New Haven program works with the Boys and Girls Club of New Haven, Saint Martin de Porres Academy, New Haven Age Group Track Club, and the University community to help children overcome their fear of water and teach them how to move safely through the water.

Though classes are hosted in the Exhibition Pool, the facility was not designed with introductory teaching in mind. The pool's depth varies from seven feet at its most



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shallow to twelve feet at its deepest, making it almost impossible for teachers and students to stand. According to Bebe Thompson '20, student leader of Swim New Haven from 2018 to 2020, new students often physically latch on to instructors when uncomfortable.

"This would be fine if the instructor could stand for support, but the instructors instead must tread water," Thompson said. "A more shallow pool would make an instructor's job easier, both physically and in terms of the comfort of the child they are teaching."

While the program was only offered biannually in previous years, the swimming and diving team, through the Swim New Haven program, plans to expand its offerings to weekly classes, according to swimming and diving association president Matt Meade '87. Though this change will allow the program to increase the number of students taught from its current number of approximately forty, it also presents the organizing team with new scheduling challenges to overcome.

"Between varsity athletics and recreational swimming, pool time and space is limited, and

community programs unfortunately do not currently take priority," Thompson said. "A new pool could facilitate an increased ability to offer swim and water safety lessons to the New Haven community."

A Lack of Direction

For more than two decades, swimming and diving alumni have pushed the University to replace the aging Exhibition Pool facilities for the Yale team and other users.

Formal fundraising for a new pool first began back in 1997, when a small group of swimming and diving alumni, led by former swimmer Thurston Twigg-Smith '42, gathered between \$5 million and \$6 million in pledges, of which \$2.2 million was actually donated. The initial flurry of donations and pledges quickly lost momentum, however, and it was not until an alumni steering committee—independent of the swimming and diving association—joined forces in 2010 to take up the pool project.

The committee, made up of former Yale swimmers Timothy Garton '64, Greg Lawler '69, Todd Kaplan '86, Lisa Rapuano '88 and

three-time Olympic gold medalist Steve Clark '65, focused on providing a vision and technical guidance to the University to encourage it to commit to the construction of a new 50-meter pool. The committee visited pools around the country, spoke to experts on natatorium design, and calculated construction cost estimates for different sites on Yale's campus. Detailed requirements for a first-class pool were drafted up. In 2013, the committee began discussions with Yale Facilities about the new natatorium.

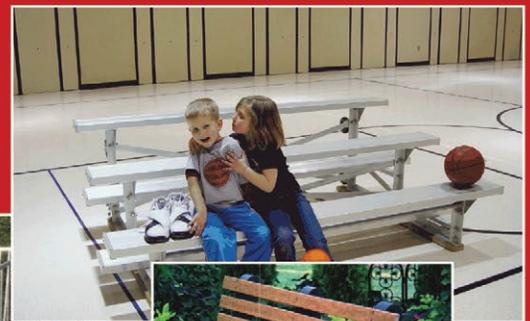
"We were totally agnostic, and intentionally so, about where Yale should build a new pool—we weren't capable of having an opinion on that," Lawler said. "So we just said, look, we're not telling you anything about [where you should build it]; we're just telling you here are the elements you need for a modern pool."

According to Lawler, at the time, the University discussed two different options: a renovation of the existing Exhibition Pool in Payne Whitney Gymnasium or a new facility located further away in the vicinity of Yale Bowl.

Early designs by Pelli Clarke Pelli architects, commissioned by the University in 2013 and

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recently obtained by the News, indicate that such a renovation would increase the size of the 25-yard, six lane pool to 50 meters and nine lanes. A separate diving well with 5-meter, 7.5-meter and 10-meter diving platforms would be constructed, and sections of the existing bleachers and pool would remain in place. This expansion would allow the facility to gain championship-level specification.

An article in the winter 2015 issue of *ELI* made available on the Yale Athletics website and a 2015 press release on the *Giving to Yale* website suggested that a renovation of the Exhibition Pool would likely cost \$47 million. According to members of the steering committee, a separate Yale Bowl facility would likely only cost less than half that sum—around \$20 million.

The committee looked to the \$19 million Greensboro Aquatic Center in North Carolina as an example that a new championship-specification three-pool facility could be built at a relatively low cost.

“Greensboro is not an architectural masterpiece, but it’s a great swimming facility,” Lawler

said. “We were as clear as we could be with the University: You can decide where to put a new facility, but if your decision is a first class pool and out by the Bowl, we will get you to \$20 million.”

According to a 2014 *News* article, following protests from the steering committee over the administration’s unresponsiveness, members of the committee, alongside their swimming and diving association counterparts, sat down with University President Peter Salovey in March 2014 to discuss the pool project. According to the same 2014 *News* article, during the meeting, Salovey expressed both the University’s commitment to the project and its desire to renovate Payne Whitney, rather than construct a separate facility near Yale Bowl.

“As I mentioned in our [March] discussion, it is clear that we all want a pool with fast water, a facility that allows us to host Ivy Championships again and that allows our coaches to recruit against our peers,” Salovey said in an April 17, 2014, letter to Lawler obtained by the *News*. “We also want to support the broader athletic needs of Yale, and building a new pool at Payne

Whitney is the best location for us to achieve these goals.”

Shortly after the March meeting, the pool renovation was added to the University’s list of approved capital projects, according to steering committee member Clark.

In the early 2000s, Brown University, prior to the construction of the Katherine Moran Coleman Aquatic Center, similarly considered a renovation of the old Smith Swim Center, rather than a total replacement.

“The Smith Swim Center was built in 1973 and was in fair condition given its age at the time of the assessment,” Nylander, principal at aquatic design firm Councilman-Hunsaker, said. “There were components that didn’t meet current code standards, such as the deep end floor slope, or NCAA regulations, such as the overhead lighting which was approximately 20% of the recommended levels. A major renovation would have required the aquatic center to be brought up to current regulatory requirements and necessitated nearly 90% removal of the old pool shell.”

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PHOTO BY RYAN CHIAO

The new Brown natatorium cost approximately \$27 million ten years ago—almost \$31 million when adjusted for inflation. Since the March 2014 meeting with Salovey, the stance on renovation versus reconstruction seems to have shifted.

According to swimming and diving association president Meade, the University's focus has moved away from a renovation of the Exhibition Pool towards the construction of a new natatorium in the vicinity of Ingalls Rink and the Yale Health Center. Meade said that the swimming and diving association has been scouting out the area as a potential location and that the association continues to meet regularly with the Yale administration about the plans. This plan would help to alleviate concerns of inadequate structural integrity in Payne Whitney for a renovation of the scale necessary, minimize disruptions to the season during construction, and keep the pool in walking distance from most of campus.

"The Exhibition Pool is like a sports car. That

1932 car, you can do as much as you want to, but it's not going to ever be a 2021 sports car," Meade said. "I think a new facility is in the best interest of the program."

That facility would likely cost at least \$50 million, according to Meade, putting it in the same range as the Exhibition Pool renovation and making it one of the most expensive natatoriums in the nation.

Administration and Delays

In February 2018, Vicky Chun became Yale's director of athletics, replacing Tom Beckett, who served in the role for more than twenty-four years. With a new director at the helm, some alumni began to feel more hopeful about the eventual completion of the project.

According to Meade, Chun "made it very clear from the day she started that building a new pool was her number one priority."

Director of Athletics Vicky Chun did not respond to questions from the *News* on where exactly the pool stands in her list of capital

priorities, whether a site had been selected, or whether a projected timeline exists for the project. She also did not provide an answer to whether the current Exhibition Pool is a liability or asset to the swimming and diving program.

"Capital projects and fundraising have been at the forefront of our goals for Yale Athletics," Chun wrote in an email to the *News*. "In less than three years, we have made tremendous progress on those fronts, including donor funding for new video boards, playing surfaces, locker rooms, and training venues. While we continue to create new spaces and facilities, we also continue to identify areas of need for our historic athletics program and develop sound strategies on how to address them, including a competition pool."

Former swimmer Todd Kaplan '86 pledged \$1 million to the pool project several years ago. Growing up in North Haven, he first swam at the Exhibition Pool at the age of eleven. Two years later, he began training there and continued to do so through college. Like many

other alumni, his pledge was motivated by a desire to expand water access and education to the New Haven community and to update the University's obsolete aquatic facility.

"I believe that the many people at Yale focused on this project have done a fine job—and I know that the athletic department and the development office are both working hard to bring this together," Kaplan wrote in an email to the *News*. "This effort is expensive and complex—there are many other needs at Yale—and I believe that everyone involved wants this project to become a reality soon." However, not everyone shares in Kaplan's appreciation of the University's handling of the pool project.

Three-time Olympic gold medalist Steve Clark '65 feels that the University's lack of communication and coordination with swimming alumni and its "insistence on gold plating cost estimates for every option—despite reasonably priced two and three pool aquatic facilities already constructed elsewhere in the country—has seriously

deterred potential donors. "As far as I know, there is no fixed plan. I don't know how you can raise money when there's no official plan and drawings to persuade people to put their money toward," Clark said.

Former swimmer and water polo player Ted Jones '64 has been "squarely behind the new pool and [has been] angry with the University for a decade or more on their foot-dragging." And for former swimmer Alex Righi '09, the pool development plans are being implemented "far too slowly."

"It's been frustrating to see Yale let actual development of a new pool flounder for so long and, despite its many billions in endowment, put much of the onus on the swimming team alumni and/or beneficent university donors to fund the multiple millions required for a new pool," Righi said. "My hope is that the athletic administration continues its efforts to finalize plans for a new competition pool and that the broader Yale university administration prioritizes funding the project, at least in significant part, and constructing it as

According to Kristin Krebs-Dick '93, former president of the swimming and diving association, the University is continuing to work with "Fast Water"—a subcommittee of the association currently consisting of herself, Kaplan, Rapuano, Melanie Ginter '78 and Casey Whalen '96—to work out the best solution for a new aquatic facility.

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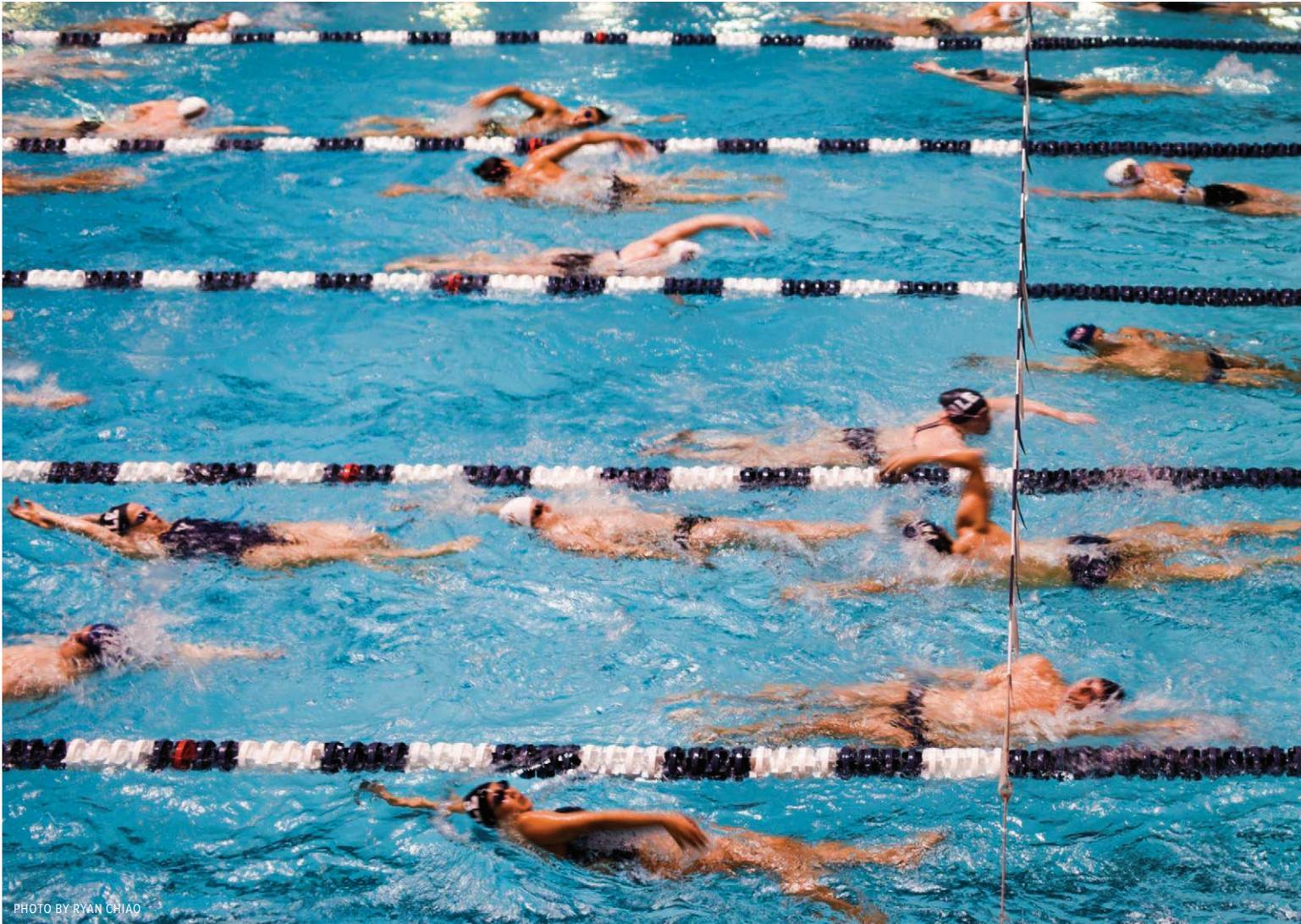
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soon as possible—I fear that anything less will be a major impediment to Yale’s ability to truly compete athletically with its peer institutions.”

Some alumni have also voiced concerns about the administration’s handling of early donations. In an Oct. 20, 2014, letter obtained by the *News*, a group of seven alumni who donated several million dollars in the late 1990s towards a new pool reached out in protest to University Vice President for Development Joan E. O’Neill over the University’s failure to invest pool donations into the endowment.

This group, which included the late former swimming and diving coach Phil Moriarty, suggested that the value of the donations in 1997 could have appreciated to nearly \$15 million. Instead, the development office told them that “they are worth their cash value when donated.”

“Several of us were explicitly promised by Yale at the time that our donations would be invested into the Yale endowment and grow until they were used for a new pool,” the seven alumni

wrote in the letter. “We have heard different explanations for this from your office, and frankly, none of them make any sense.”

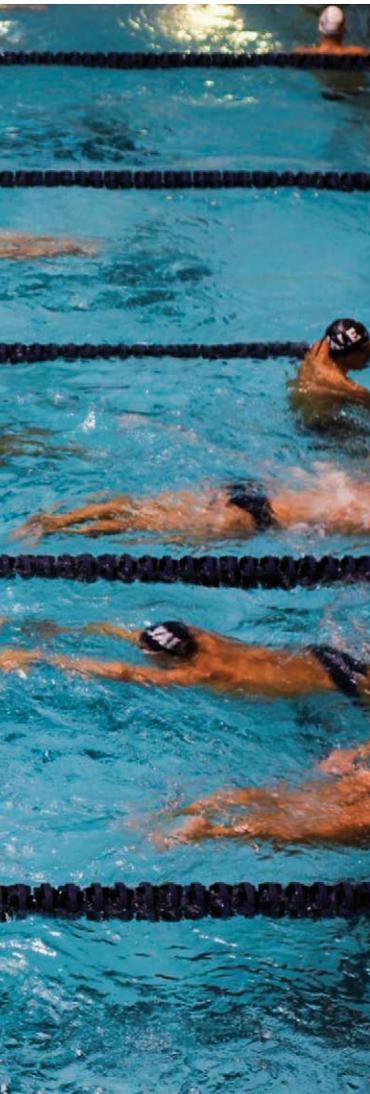
According to University spokesperson Karen Peart, gifts that are restricted by the donor to cover the cost of a new building or renovation projects are not put into the endowment, because the endowment is “invested for long-term returns and its value may go down over the short term.” Instead, they are placed in a special account known as a plant fund, with the expectation that the funds will be spent in a relatively short period of time.

Former Director of Athletics Tom Beckett told the *News* in 2017 that the money was held in a plant fund because it was “assumed [it would] be used in a timely manner,” despite the relatively slow pace of fundraising and the absence of a lead donor for the project.

According to the same *News* article published in 2017, Yale Athletics, along with the provost and vice president of finance, created a University

Fund Functioning as Endowment in 2013 with the funding obtained for the pool project. The spendable yield from that fund helped fund the swimming and diving program—a decision made without approval from donors.

“On occasion, a donor makes a gift to create a new endowed fund but includes the explicit instruction that the fund be de-capitalized and applied toward the cost of a specific capital project when that project moves forward,” Peart wrote in an email to the *News*. “In the meantime, the income from the endowment is restricted to a designated purpose. There are three such endowed funds with a current market value of about \$5 million that will be de-capitalized and spent on a new pool at the appropriate time. In the meantime, the income from these funds supports the swimming and diving programs. Without instructions from the donor, the University would not consider de-capitalizing other endowed funds to construct a new pool.”



Looking to the Future

Decades after money was first donated to replace the Exhibition Pool, and despite both verbal and written commitments supporting the project from members of the Yale administration, there is little tangible progress to show.

As of October 2015, \$9.1 million had been pledged towards the pool project, according to a November 2015 *News* article. Chun did not respond to requests for clarity on the total amount currently pledged and donated as of April 2021. The COVID-19 pandemic has not made reaching the \$50 million fundraising target any easier, with no new donors having been secured since last spring, according to Meade. Still, he has received emails and calls from interested parties and has, as per standard practice, passed along their information to Yale Athletics.

Despite years of alumni-led fundraising and seven years of official University guidance, the

project has also failed in its efforts to attract an eight-figure lead donor.

“I know it’s been a source of frustration; we have a very passionate group of alumni, who, you know, want to see this pool built more than anything, and I certainly understand their frustration and their desire to turn this program, turn this facility, into the best possible opportunity for Yale to succeed in the pool—in diving, swimming, and water polo,” Meade said.

According to Kristin Krebs-Dick ’93, former president of the swimming and diving association, the University is continuing to work with “Fast Water”—a subcommittee of the association currently consisting of herself, Kaplan, Rapuano, Melanie Ginter ’78 and Casey Whalen ’96—to work out the best solution for a new aquatic facility.

Still, it remains unclear how many more years the program, the University, and the greater New Haven community will wait

for a new pool. With every passing year, the Exhibition Pool only grows older, which is more expensive to maintain and increasingly outdated in the ever-changing landscape of competitive swimming and diving. “I’d like to see [a new Yale pool] in my lifetime, hopefully,” Meade said.



ABOUT THE AUTHOR: Ryan Chiao is a sophomore at Yale majoring in Global Affairs. He serves as a photo editor at the *Yale Daily News* and moonlights as a staff reporter for the sports desk. Contact him at ryan.chiao@yale.edu. This article was originally printed in the *Yale Daily News*.

Correction, Apr. 22: An earlier version of this story said that O’Neill did not respond to a request for comment. In fact, the News did not reach out to her for comment. the News regrets the error.

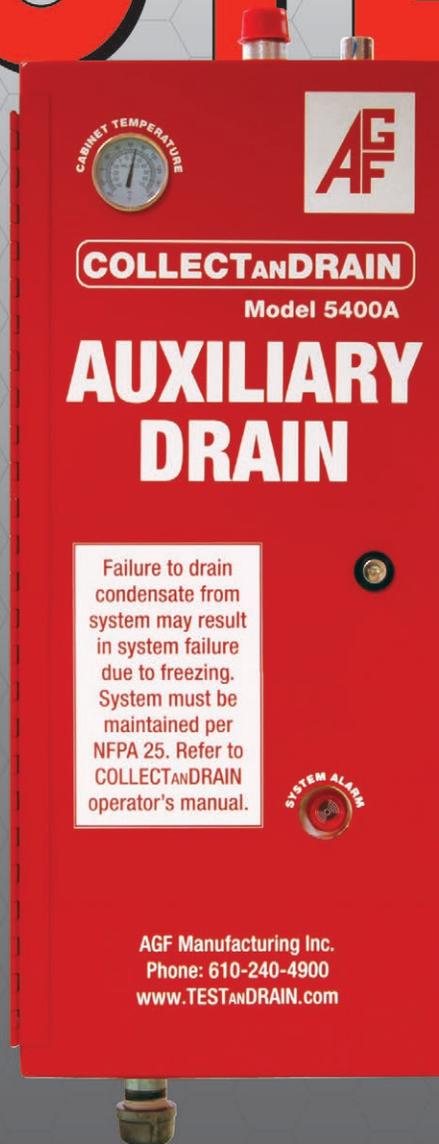
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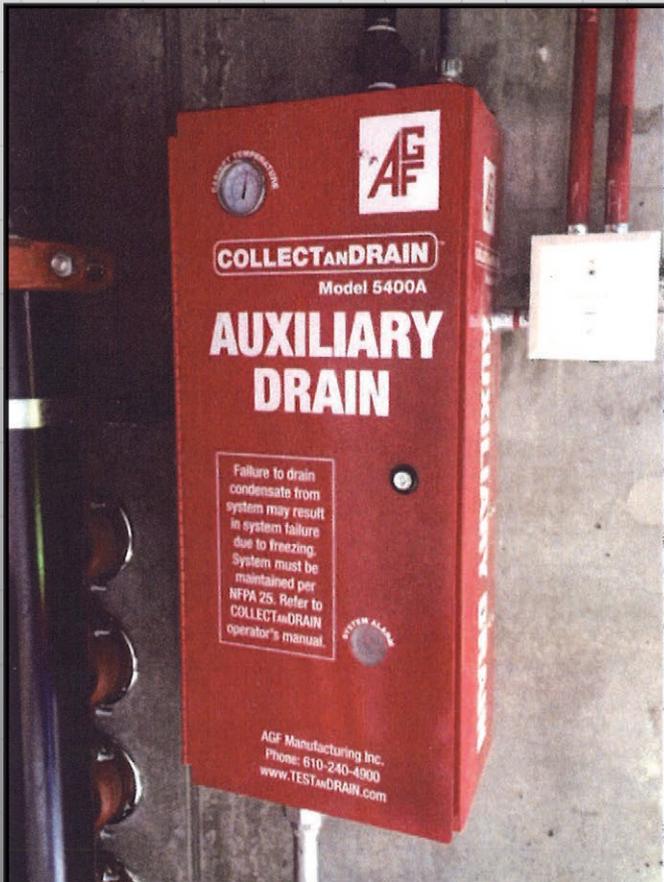
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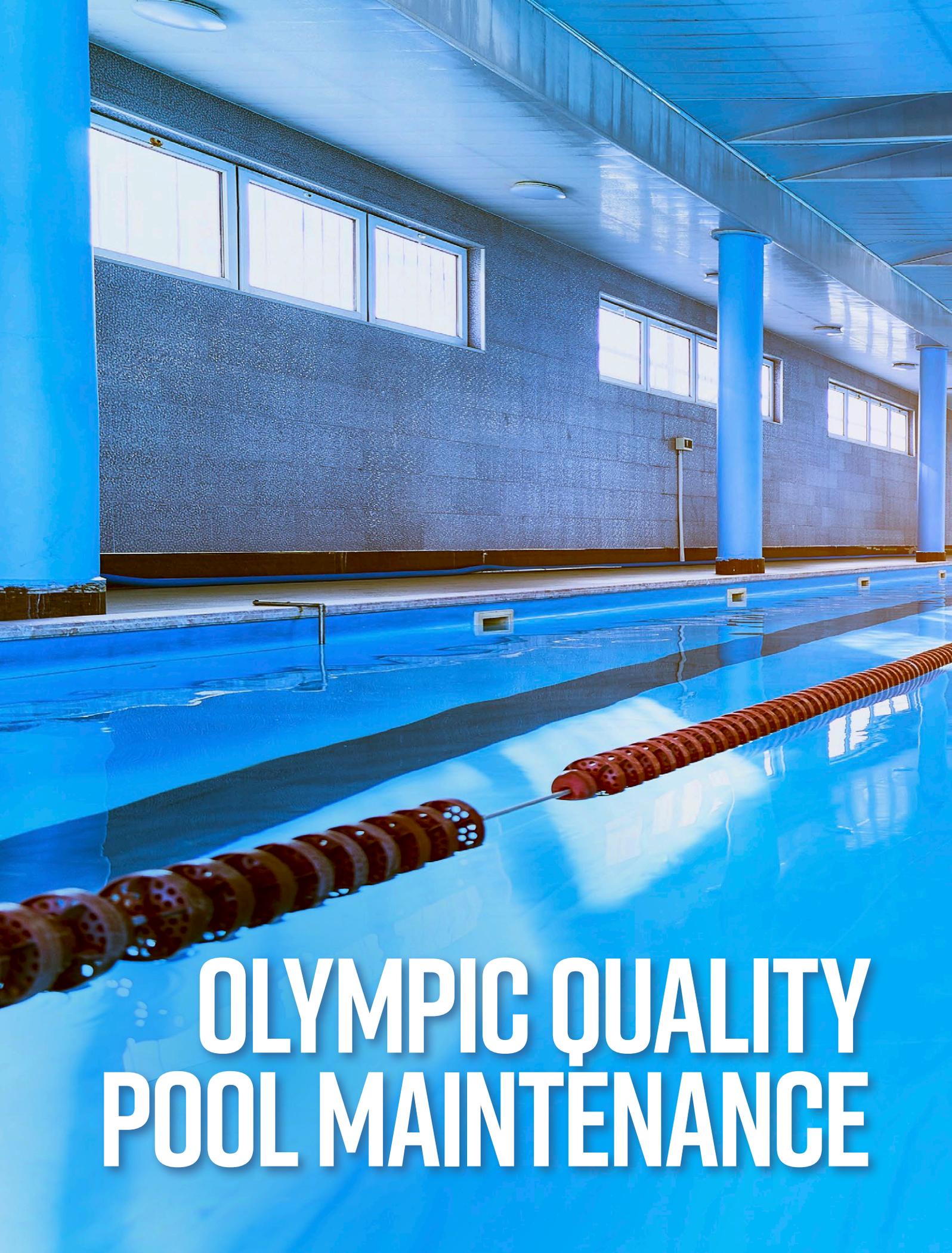
"Part of Utah States Maverik Stadium Renovation" *FPC Magazine*, Sept. 2016

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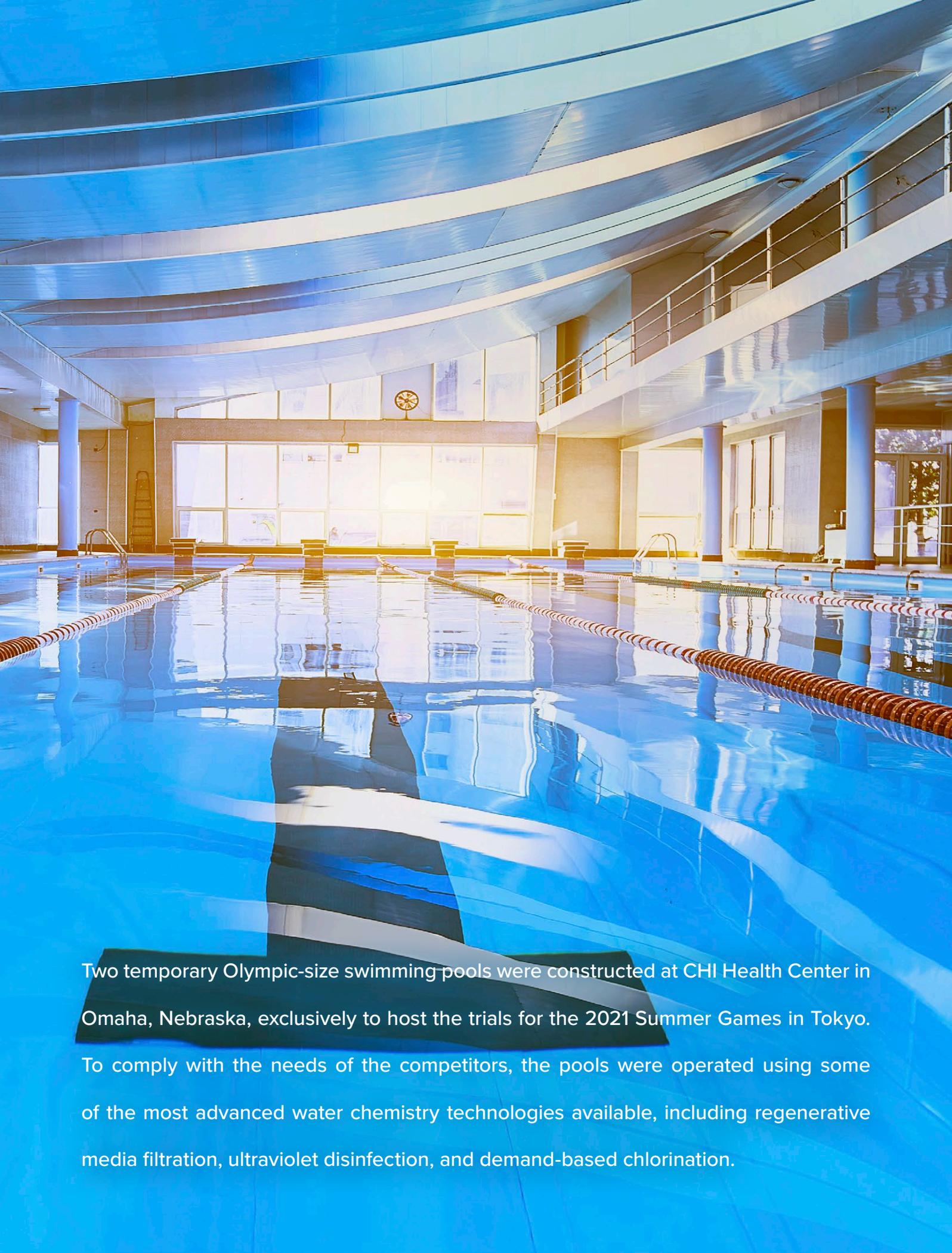
Utah State University, located in the Northern Utah Mountains, is known for its top-notch academics and research, and nationally recognized for its athletics. In August 2016, Utah State's Division 1 Aggies returned to their newly renovated and renamed football stadium for the start of the 2016 season.

While fans, students, staff, and public celebrate the premium enhancements and state-of-the-art upgrades, they will also appreciate the safety improvements most people never see or notice, but are critical to ensure the safety and protection of both lives and property.

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OLYMPIC QUALITY POOL MAINTENANCE



Two temporary Olympic-size swimming pools were constructed at CHI Health Center in Omaha, Nebraska, exclusively to host the trials for the 2021 Summer Games in Tokyo. To comply with the needs of the competitors, the pools were operated using some of the most advanced water chemistry technologies available, including regenerative media filtration, ultraviolet disinfection, and demand-based chlorination.



Both pools held approximately 900,000 gallons of water. The competition pool was a ten-lane, fifty-meter pool. The L-shaped warm-up pool featured an eight-lane, fifty-meter section and a six-lane, twenty-five-meter section. More than fourteen hundred athletes competed in the whole event, including more than eight hundred swimmers competing in Wave 1, held June 4-7. Approximately six hundred swimmers competed in Wave 2, held June 13-20.

Spear Corporation, Roachdale, Indiana, was responsible for all piping and mechanical systems related to the two pools; the company was additionally responsible for ensuring that pool water chemistry met the highest quality standards. The company selected Pulsar® Precision calcium hypochlorite feed systems to handle chlorination duties for maintaining optimum pool chlorination during the two Waves. Spear Corp has used this type of feeders for many previous high-profile competitive swim events, including the U.S. Swim Team trials for the Rio Summer Games in 2016.

Less Maintenance, Ease of Operation

This feeder design from Sigura uses special high capacity erosion (HCE) technology that works in conjunction with Pulsar® Plus

calcium hypochlorite briquettes to produce a fresh concentrated liquid chlorine solution on demand. The system chlorinates, treat organics, controls metals, boosts hardness, and provides shock treatments, all in one simple process. “In our experience with these high-profile events, Pulsar® feed systems have always required less scheduled maintenance than other feed systems, but this new Precision feeder required none during its month-long operation for the Tokyo trials,” says Brian Spear, President of Spear Corp.

Small Footprint, Convenient Loading

According to Spear, a big advantage to using the solid calcium hypochlorite briquettes is that they require just a fraction of the space that sodium hypochlorite—liquid bleach—would require. As he says, “With the numbers of spectators and athletes at a large, high-profile event like this one, we don’t want to have a lot of chemical storage on site. With the briquettes, we needed to store about half of a skid for the trials. We went through about fifty pounds a day, maybe a little less.” Spear also likes the Pulsar® Precision feeder’s new convenient loading feature that can provide an additional fifty pounds of briquette capacity. With this feature, a cone-bottomed,

The L-shaped warm-up pool featured an eight-lane, fifty-meter section and a six-lane, twenty-five-meter section.

More than fourteen hundred athletes competed in the whole event, with eight hundred swimmers in Wave 1 and six hundred swimmers in Wave 2.

hinged hopper lid attaches to a full Pulsar® Briquette pail. To load the unit, the operator simply flips the pail over onto the top of the hopper, minimizing labor as well as airborne dust. Once the hopper is full, another pail can be added on top and locked in place, thereby supplying additional capacity as needed. “That feature worked really nicely during the trials,” Spear reports. “Whenever the top bucket became empty, we simply replaced it with a new one—and those were really the only interactions we needed to have with those two units during that whole month.”

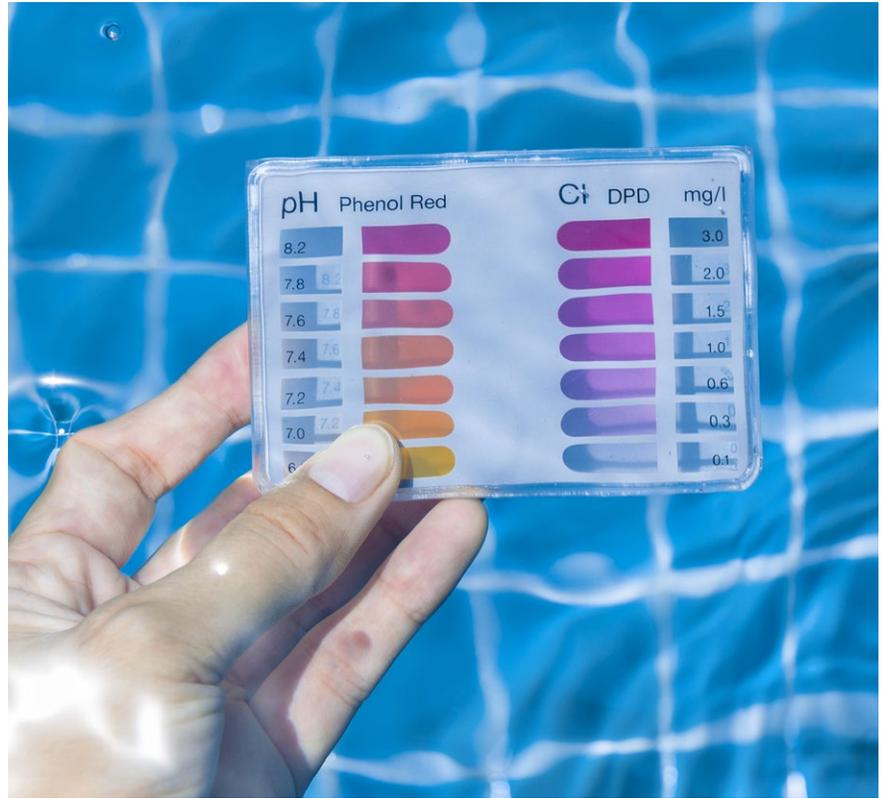
All Systems Go

The month of the trials was a quite busy time for Spear and his team. As he states, “We were closely monitoring water chemistry and taking care of the filtration systems and monitoring the pools’ heat systems. We also had to change out pump strainers and manually test the water of each pool three times a day.” He continues, “It was nice that we had to do essentially nothing with the Pulsar® feeders during this busy time. They required zero maintenance.”

In these highly competitive events, the continuous thrashing of the water and the perspiration of the athletes require continuous chlorination to maintain the appropriate chlorine residual at all times. Otherwise, chlorination issues can create problems that might take days to straighten out.

“I was very pleased with the performance of the Pulsar® systems,” Spear says. “As far as maintaining chlorine levels during the trials, the units kept up with demand just fine.”

ABOUT THE AUTHOR: Case-study from Pulsar Systems.
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WHY COMPREHENSIVE FITNESS SCREENING REALLY MATTERS

by Rob Rideout

As a graduate of a private liberal arts university, I am pleased to offer the following brief insights into related areas which I have dedicated my entire professional career to promoting, namely, improving population health, community fitness standards, and encouraging sound wellness behaviors. These areas of focus can empower individuals to set their own personal fitness and health goals so they too can realize realistic and reliable results through their dedicated efforts. In an information age where outcomes really do matter, a comprehensive fitness screening will help students to better understand what it means to be physically fit and motivate them to improve or maintain a much higher level of physical fitness and overall health.

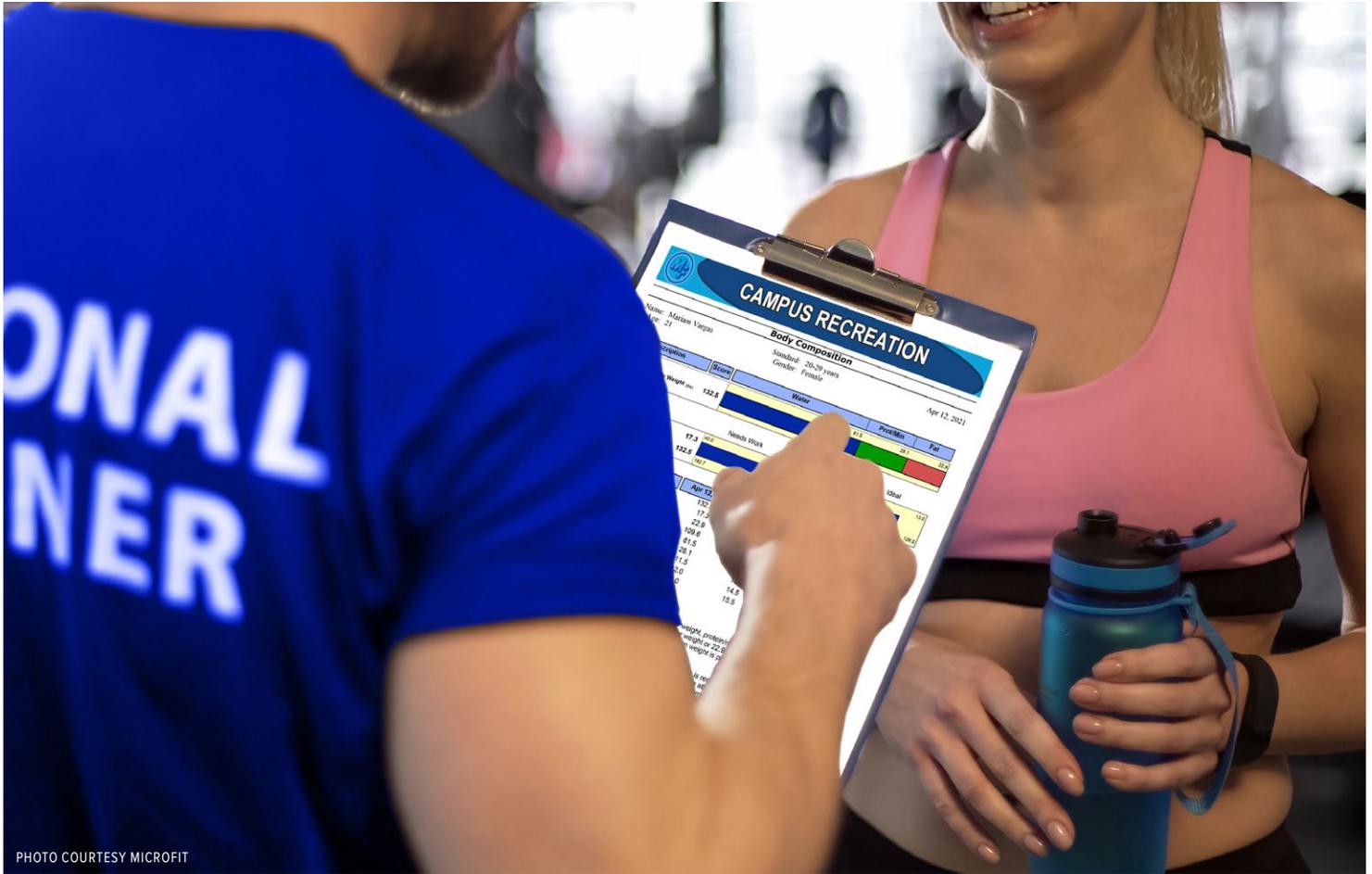


PHOTO COURTESY MICROFIT

Know Your Numbers

Most of us have seen those pharmaceutical commercials advising us to "know your numbers," which generally relates to our blood pressure, cholesterol, glucose, A1C, BMI, etc. Health Insurance companies and medical providers have also stressed this same message to the people they underwrite and serve in order to presumably save us all a lot of money.

Yet, in spite of this seemingly sound advice, the fact remains that general health trends among college students have been in decline for decades. This statement is supported by two of our prominent collegiate customers who have, in fact, published longitudinal studies of their student's fitness levels and trends over twelve- and fifteen-year periods. No real surprises here because the overall health of Americans, in general, has also been in rapid decline. This data reveals a serious threat to our economic security as the percentage of medical costs in relation to GDP has risen precipitously over the same period of time.

Merely knowing these specific numbers really doesn't address the root problem. This approach to public health has fallen very short

of the mark. The strategy of "knowing your numbers" has really become more about disease management, expensive medical procedures, and the dissemination of sometimes dangerous prescription drugs to deal with the symptoms rather than the actual causes of these various disease states. The focus of healthcare often becomes far less about preventing disease in the first place.

On the other hand, if there were more qualified personal trainers, nutrition counselors, and effective community-based wellness programs, we might rarely need to be talking about "knowing your numbers" at all. While disease treatment is helpful, prevention of disease is an even better strategy.

Despite these problems, the good news is that we can still be part of the solution. Even now our medical communities are starting to take seriously the "Exercise is Medicine" initiative championed by the American College of Sports Medicine and supported by others such as the Medical Fitness Association, National Wellness Institute, and the Cooper Institute of Aerobic Research, to name a few. Interestingly enough, even third-party medical reimbursement is beginning to be contingent on the success of

medical doctors themselves, who are being required to achieve positive outcomes from their treatment programs; this approach is a huge step in the right direction. These less expensive and more effective treatment solutions are now being promoted under such names as Integrative Medicine or Lifestyle Medicine, as well as Alternative Medicine.

A key component of Alternative Medicine is regular exercise; thus, measuring outcomes is essential; doing so should be our focus and the basis of a comprehensive screening. Therefore, let's focus on the numbers that relate to a fit and healthy lifestyle. Let's discuss blood pressure and how proper exercise and sound nutrition can help to control weight and normalize blood pressure. Let's explain how accurate estimates of body composition are much more reliable than a generalized BMI measurement. Let's stress the importance of Max VO2 scores and aerobic capacity for improved endurance and a healthy metabolism. Let's demonstrate how strength training with the resulting muscle gains improve metabolically active tissue to burn calories. Finally, let's demonstrate how proper flexibility training can prevent many athletic and other nagging injuries to improve

overall mobility and performance in our daily lives. These are the most essential biometrics which should be included in a well-defined and comprehensive fitness screening format.

Fitness Assessment Basics

Quality fitness facilities have long recognized that comprehensive fitness screenings are an essential member service. Many student recreation centers which I have personally visited over the past several years are now embracing this approach, along with a more holistic understanding of their students' need to be physically fit and healthy, to enhance their total campus life experience.

This assessment starts with the way students are introduced to knowing more about their fitness level with a quality fitness screening. The language used in the screening is very important. Many students may not feel particularly comfortable with their current fitness level or body image, which can be a major hurdle for them to overcome, so avoiding the word *test*, as in fitness testing, is a good strategy. Students are very aware that

one can fail a test and this negative connotation can be easily overcome by using more neutral terms such as "assessment," "evaluation," or "fitness profile."

Next, the assessment should be comprehensive enough to provide students with a complete overview of their fitness status, including Blood Pressure, Resting Heart Rate, Height, Weight, Body Composition, Aerobic Fitness (estimated Max VO₂), Flexibility, and Strength measurements. The results should be expressed in a concise, easy to understand report with practical, science-based recommendations to improve or to maintain their current fitness level.

Fitness assessments should be conducted by a qualified individual. Fortunately, most colleges and universities have their own academic departments (Kinesiology, Exercise & Sports Sciences, etc.) that can train staff or even supply qualified student interns to help provide these services for both students and faculty. These individuals will also gain a practical hands-on experience to prepare them for future employment.

Quality fitness facilities have long recognized that comprehensive fitness screenings are an essential member service. Many student recreation centers are now embracing this approach, along with a more holistic understanding of their student's need to be physically fit and healthy, to enhance their total campus life experience.



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It is equally important for these academically trained and enthusiastic fitness advisors to simplify their explanations. Students really want to know how they compare to credible national standards as set forth by the A.C.S.M. Most students do not want a complicated physiology lesson or to feel shamed by an overly zealous fitness critic. A better strategy is to start out by discussing their strengths as indicated in their fitness profile report and then move into discussing one or two areas where the student can begin to make measurable improvements.

Obviously, positive and realistic goal setting is particularly important when reviewing the fitness profile report. From this process, an exercise program can be discussed which will fit into the student's schedule and help them achieve their short term goals. This action plan should also include an opportunity to reschedule a follow-up assessment within sixty to ninety days. By then, most students will likely see some progress, and this successful experience will help to keep them motivated, involved, and more inclined to promote the program to

their friends and acquaintances. Remember that those who are at greatest risk with conditions such as obesity, hypertension, or diabetes may require more consistent monitoring, while those who are already athletic and exercise regularly may not need similar attention. The goal here is to provide a sustainable graded exercise program, demonstrate measurable progress, and get those at highest risk to really begin to enjoy and benefit from their exercise routines.

On a final note, prior to COVID-19, college and university students often took a more casual attitude toward their general health and fitness. They didn't see an urgency to make the necessary lifestyle changes in their handling of stress, their eating habits, or their exercise routines. Many students are now much more aware that the people most at risk for any virus or disease are those who have co-morbidity issues such as obesity, hypertension, or diabetes. So the opportunity for physical-education-related classes, wellness programs, and campus recreation centers to promote a more effective wellness-messaging campaign should be

obvious. Therefore, a comprehensive fitness screening should be seriously considered to allow tracking of student progress toward their goals. Now that Gen Z is attending (or thinking of enrolling in) college, everything from program offerings to institutional priorities are evolving. Providing an exceptional student experience on every level is clearly essential. In the era of sustainability and green movements, higher education institutions are starting to "go green" to not only help our planet, but also to seize an opportunity to attract students by providing them with even more tools and support to live the green lifestyle they value.



ABOUT THE AUTHOR: Rob Rideout has been a successful high school teacher, winning wrestling coach, sports conditioning consultant to several professional teams, keynote motivational speaker, corporate wellness consultant, and Co-founder of MicroFit, Inc. in 1986.

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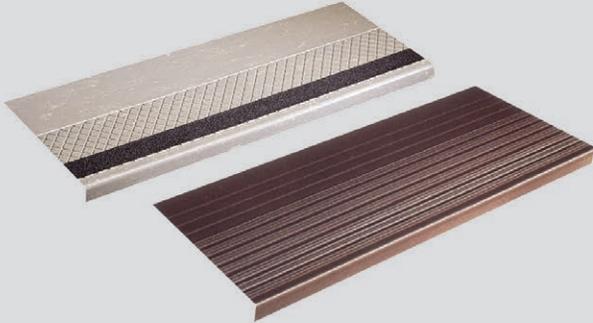
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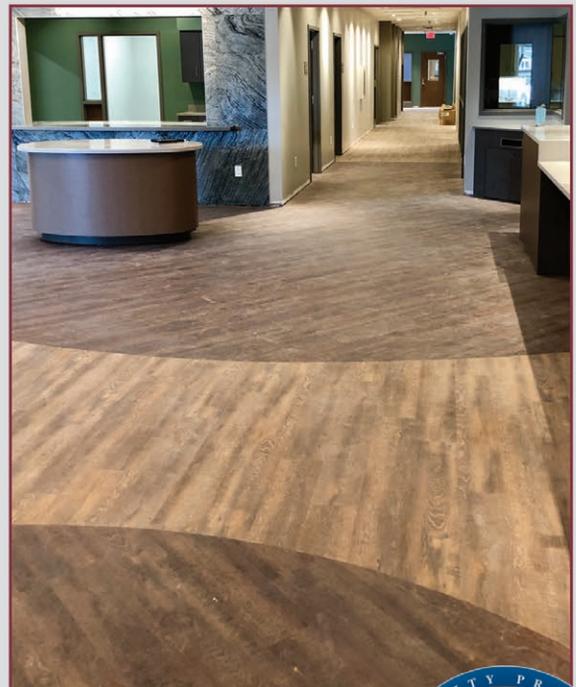
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