

NoCRSA 2025 Program Guide

Thursday, May 29, 2025

Location: BLUE ZONE Concourse 3rd of Loudermilk Center—Kenan Football Stadium

8:00- 9:30AM

Mindfulness Hike—meet in the BLUE ZONE Lobby

8:30- 9:30AM

Registration/check-in/tour sign up
Coffee and continental breakfast

9:30- 10:30AM

Opening Welcome/Team Building: Coffee and continental breakfast Blue Zone/Kenan Football Stadium
Jason Halsey, Director Campus Recreation, UNC Chapel Hill
Dr. Amy Johnson, VC Student Affairs, UNC Chapel Hill

Team Building: Daniel Linares, Carolina Adventures Coordinator, UNC Chapel Hill

TOURS

10:30- 11:30

TOUR—IPF (Indoor Practice Facility)/HOOKER FIELD

11:30- 12:30PM

TOUR—UNC Basketball Museum

1:30- 2:45PM

TOUR-- Outdoor Education Center

3:00- 3:45PM

TOUR—Kenan Football Center

10:40- 11:30AM

Director/Leadership Roundtable: RHRC multipurpose room
Jason Halsey, Director of Campus Recreation, UNC Chapel Hill

Adaptive Climbing: RHRC climbing wall

This session will provide a chance to learn more about adaptive climbing systems that can be implemented to increase accessibility through your climbing program. We will be demonstrating various adaptive climbing equipment including harnesses and rope systems. Participants will have a chance to try the equipment, practice setups and discuss techniques for working with adaptive climbers.

LIGHTNING TALKS

10:40- 11:00AM

Fostering Connections and Wellbeing: Blue Zone AREA A

Gena Caskey, Coordinator of Facilities Operations, UNC Charlotte
Meaningful ways to help teams feel more connected and supported at work—through better communication, small team traditions, and a focus on well-being.

Terrible T's- inclusive communication with patrons: Blue Zone AREA B

Tori Lord, Assistant Director of Fitness Programs, UNC Charlotte
Taking all three styles of learning (auditory, kinesthetic, and visual) and understanding how to effectively communicate with patrons so that they receive the best customer service experience

in your facilities.

11:05- 11:30AM

Every Body Belongs: Blue Zone AREA A

Adrianna Del Amo, Assistant Director of Fitness and Aquatics, UNC Wilmington

Designing recreation programs that build belonging across identities and abilities. Grounded in campus-wide equity work and inclusive community leadership, it offers practical tools to create programs where everyone feels seen, valued, and connected.

New to leading a team and not sure where to start? Blue Zone AREA B

Dana Lopez: Sr. Associate Director, Programs, Wake Forest University

*Don't sweat it—we've got your back! Whether you're managing your first full-time staff member or stepping up to lead a work team, this **Management 101** session will give you the tools to lead with confidence. We'll break things down so you can hit the ground running—and maybe even enjoy the ride!*

11:40- 12:00PM

Finding the Balance: managing your money, managing your life: Blue Zone AREA A

Dr. Gilbert Rogers, Director, Carolina Financial Well-being Center, UNC Chapel Hill

Discover proven strategies and resources to support students' financial well-being. This session will highlight practical ways to embed financial education into your everyday engagement with students.

Leveraging Internal Leadership Interviews as Professional Development: Blue Zone AREA B

Catherine O'Kane, Assistant Director Aquatics, NCSU

Gain insight on ways to leverage internal leadership interviews as professional development opportunities. Whether you are a professional staff member or student, learn how to facilitate constructive feedback on a candidate's interview skills and application documents (resume & cover letter), and highlight their transferable skills to make a strong impression on employers.

12:05- 12:30AM

Generating Buy-In & Creating Structure within your Student Staff: Blue Zone AREA A

Anthony Carson, Assistant Director, Brand Experience & Community Relations, Wake Forest University

Building a great student team is as challenging as it is important. We'll share tips & tricks for building a student staff that is purposed, strategically aligned, and even enjoys coming to work!

Trends in Women IM participation: Blue Zone AREA B

Sami Wollert, Sport Program Coordinator, UNC Chapel Hill

12:30- 2:00PM

Lunch/Business Meeting/t-shirt & sticker exchange

2:00- 2:45PM

Building Trust and Communication Through the Johari Lens: Blue Zone AREA A

Cara Lucia, Associate Professor of Sport Management, Elon University

Great teams don't happen by accident— they're built through openness, trust, and intentional communication. In this interactive session, we'll explore the Johari Window model as a powerful framework for enhancing self-awareness and improving team dynamics.

Navigating Turbulent Times: Blue Zone AREA B

Jordan Hale, Assistant Dean of the Undergraduate Business Program, UNC Chapel Hill

An engaging conversation on leading through uncertainty, including insights on navigating both anticipated and unexpected challenges with resilience, adaptability, and clarity.

Fitness/Wellness Roundtable: RHRC multipurpose room

Natalie Jones, Director of Fitness & Wellness, Duke University

Facilities/Membership Roundtable: RHRC courts

Lauren Bontrager, Facility Operations Coordinator, UNC Chapel Hill

Aquatic Tour and Roundtable: Kessing Outdoor Pool

Catherine O’Kane, Assistant Director, Aquatics, NCSU

3:00- 3:45pm

What the WELL is Happening Here?: Blue Zone AREA A

Steven Trotter, Director of Well-Being & Fitness, ECU; Lindsay Brookey, Assistant Director, Fitness, NCSU

Explore how approaching your work through a well-being lens can influence individuals, programs, policies, and the built environment in campus recreation. The session begins with a glimpse into how understanding holistic well-being can inform decision-making and enhance outcomes, followed by four fast-paced roundtable discussions that utilize a Pause–Reflect–Proceed–Evaluate approach.

Career Champions: Blue Zone AREA B

Chiquita Griffin, Director of Career Education, UNC Chapel Hill

Justin Golding, Assistant Director of Career Education, UNC Chapel Hill

This session will cover some of the in-demand skills that employers are looking for in new graduates. This presentation will introduce the work of the University Career Center while also teaching supervisors how they can help students reflect on their unique strengths and student experiences.

Marketing Roundtable: RHRC multipurpose room

Josh Tucker, Assistant Director Communications and External Relations, UNC Chapel Hill

Sport Programs Roundtable: RHRC courts

Josh Brooks, Sport Programs Coordinator, UNC Chapel Hill; Sami Wollert, Sport Program Coordinator, UNC Chapel Hill

3:45- 4:00pm

Closing Remarks/refreshments/group photo

Location: BLUE ZONE CONCOURSE

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ECORE
Athletic



MATRIX



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