Standing in the Joe Crowley Student Union at the heart of the University of Nevada, Reno campus, Nevada Gov. Brian Sandoval ’86 (international affairs) recalls when the mid-campus area—now a hub of activity—was a simple dirt slope.

On that sunny September morning, Sandoval was on-hand to announce the latest addition to the University’s student-centered mid-campus area: the four-story, 100,000-plus square-foot E. L. Wiegand Fitness Center, backed by an $8 million lead gift from the E. L. Wiegand Foundation. In December, E. L. Wiegand board member Mario J. Gabelli and the Gabelli Foundation made a gift of $1.5 million to the project. These gifts will allow for a marked improvement of the fitness facilities Sandoval remembers from his time at Nevada.

“If you wanted to work out then, there were eight universal machines behind the swimming pool in about a 100-square foot area,” Sandoval says. “It was hot and it was stinky.”

The E. L. Wiegand Fitness Center will be constructed in the parking lot north of the Brian Whalen Parking Complex and will border North Virginia Street, completing a vision for the University that nurtures a student’s mind (the Mathewson-IGT Knowledge Center), spirit (the Joe Crowley Student Union) and body.

“Learning and development extend beyond the classroom, and the total campus experience significantly contributes to the journey of students toward their future careers and lives as citizens,” says University President Marc Johnson. “The E. L. Wiegand Fitness Center...
is going to ensure that our campus more fully integrates the wellness of our students into their daily lives.”

The E. L. Wiegand Fitness Center is envisioned as offering multiple fitness areas for weightlifting, training and a multitude of other fitness classes and activities, plus an indoor, 200-meter, 1/8th mile running track. Three full-court gymnasiums will be utilized for basketball and other indoor-court sports. It is estimated to open in early 2017 and will be available to students as well as faculty and staff.

“In keeping with Mr. Wiegand’s strong belief that self-preparedness leads to exciting innovation, we are proud to make this grant to the University,” says E. L. Wiegand Foundation Chairman Skip Avansino. “The E. L. Wiegand Fitness Center completes the build-out of the new center of campus and we are delighted to play a part in helping University students meet their futures with strength and determination.”

The E. L. Wiegand Fitness Center will nearly triple the space dedicated to fitness and recreation at the University, doing much to alleviate the overcrowding at the Lombardi Recreation Center. About 350 people are turned away each week from drop-in and recreation classes that are at full capacity.

Opened in 1974 to serve a student enrollment of around 4,000—compared to today’s enrollment of nearly 19,000 and growing—Lombardi Recreation was designed to primarily support physical education programs rather than training, fitness and wellness. Once the E. L. Wiegand Fitness Center opens, Lombardi
Recreation will continue to support academic programming and intramural programming, plus serve as the training site for the women’s swimming and diving team. Early plans call for its gymnasiums to be renovated and repurposed to provide expanded training space for other Wolf Pack Athletics programs, such as basketball or volleyball.

“With the Mathewson-IGT Knowledge Center, the Joe Crowley Student Union and now the E. L. Wiegand Fitness Center, the final piece in the mind/body platform will be in place enabling our students to emerge in the competitive, multi-dimensional world both disciplined and strong,” says Kristen Avansino, president of the E. L. Wiegand Foundation.

A focus on student health and fitness

The role and impact of fitness and wellness resources on college campuses has become a sustained, national trend, not just a passing fad. “There is a tremendous amount of research and data that connects student fitness levels to improved cognitive function, academic performance, social networks and engagement on campus, plus a decrease in stress and anxiety,” says Jim Fitzsimmons ’91 (recreation), ’97M.S. (physical education), ’12Ed.D. (educational leadership), the University’s director of campus recreation and wellness and the Lombardi Recreation Center.

According to Fitzsimmons, who completed his education doctoral thesis on the role of student recreation centers in the recruitment and retention of undergraduate students, surveys have shown that as many as 30 percent of students based their selection of a college or university on the fitness and wellness resources available. As many as 75 percent of students state that recreation and fitness facilities contributed to their decision to remain at an institution and successfully persist through graduation.

Fitzsimmons, who began working part-time at the University in 1992, has witnessed the explosive growth of interest in fitness among Nevada students, along with the humble
The beginnings of Lombardi Recreation.

Fitzsimmons thumbs through a stack of photographs from the early 90s, showing students working out in a makeshift gym filled with used equipment from a local hospital and dumbbells he found at garage sales.

They built the gym and the students came—paying $25 each per semester for the facility, which was open two hours in the morning, during the lunch hour, and a few hours in the evening. In 1992, they sold 200 memberships to Lombardi Recreation, much to the surprise of Fitzsimmons and Steve Pomi ’80 (special education), ’94M.S. (physical education), the University’s former director of campus recreation and wellness.

“I remember Steve and I couldn’t believe it,” Fitzsimmons says. “We couldn’t believe we sold 200 passes.”

From 1994 and on, Lombardi continued to grow through financial support from ASUN and membership fees. Today, the Lombardi Recreation Center is home to a 25-yard lap pool, dive tank, gymnasiurns, racquetball courts, indoor climbing wall, fitness classes and an expanded fitness center. Classes include yoga, Pilates, Zumba, kickboxing, indoor cycling, rowing, TRX suspension training and kayak roll sessions. The price has grown from $25 per semester in 1992 to $80 per semester in 2013—still a fraction of the cost of a commercial gym membership.

The Lombardi Recreation Center is also home to the first and largest university-affiliate CrossFit program. Fitzsimmons started doing CrossFit six years ago with several University students and has been competing for the last four years. He placed sixth at the 2012 Reebok CrossFit Games.

Currently, Lombardi runs five to six CrossFit classes a day for 20 to 30 participants and two to three coaches per class. To date, there have been more than 92,000 participants who have gone through the University programs. The classes vary in difficulty level based on the participant’s CrossFit experience. The classes promote that functional ability—what you can do with your body—is infinitely more important than how your body looks.

Lombardi is also a CrossFit certification site and hosts several certification opportunities throughout the year. Many of the attendees looking to become certified CrossFit coaches are University students and local community members.

“One of the best aspects of what we do is we employ about 15 students who are certified CrossFit coaches,” Fitzsimmons says. “They are exceptionally good at what they do and bring a knowledge base and energy to the program that is unparalleled.”

Former CrossFit students have extended the CrossFit program to define their careers. One former student, Jared Glover, owns a successful CrossFit gym, CrossFit 702. Two former students are now Navy SEALS.

“We teach self-discipline, perseverance, adherence to standard and never, ever quitting,” Fitzsimmons says. “People need to understand that as long as you never quit, you can never be defeated, and this is a truism for all aspects of life.”

“The E. L. Wiegand Fitness Center completes the build-out of the new center of campus and we are delighted to play a part in helping University students meet their futures with strength and determination.”

—E. L. Wiegand Foundation Chairman Skip Avansino
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Intramural sports at Nevada

Flag football, basketball, soccer, dodge ball, kickball, volleyball … Mike Brooks ’08 (health education), ’12M.S. (secondary education), says he played every sport offered by the University’s Intramural Sports Program.

Now a middle school science and P.E. teacher for Pershing County School District in Lovelock, Nev., Brooks says playing intramural sports helped him learn how to put together teams and personalities, a skill that helped him after graduation.

“Sports have always been a major part of my life,” says Brooks, who also coaches middle school basketball and wrestling and high school football and wrestling. “Intramurals was just a fun way to still compete. I just enjoyed meeting new people and becoming friends. I also liked how it was a student-based activity and not about making money.”

Sheena Harvey ’06 (interior design), member services coordinator for campus recreation and wellness, says intramural sports help provide a sense of place for students who have participated in sports their entire lives, and a way for all students to participate in athletics during college.

During the 2012-13 school year, 2,200 students participated in fall intramural sports, while 1,350 participated during the spring semester, which offers fewer sports.

E. L. Wiegand Foundation

E. L. Wiegand (1891-1980)

Born in Dover, Ohio, on Sept. 10, 1891, Edwin L. Wiegand became interested in electrical phenomena as a boy and studied all the uses of electricity that were then known. After considerable experimentation, he concluded that the use of electricity for heating afforded the most important growth potential for the future.

In 1915, he obtained his first patent on a metal-sheathed refractory insulated electric heating element (commonly known as the electric iron). Two years later, he answered the skepticism that heating with electricity was impractical by founding the Edwin L. Wiegand Company in Pittsburgh, Penn., and in a small room with one employee, manufactured the first successful resistance heating units.

Under the trade name “Chromalox,” Wiegand developed and manufactured heating elements for home appliances and industrial uses that are still the heart of every modern electric range, water heater and numerous other electric appliances. As a result of his pioneering genius and achievements, E. L. Wiegand was widely recognized throughout the electrical heating industry.

In 1968, Wiegand merged his company with Emerson Electric Company, of St. Louis, Mo., and served as a director of that company until January 1973. In 1971 Wiegand became a resident of Reno, and shortly thereafter, Miami Oil Producers, Inc. (an operator of oil and gas properties in the U.S. and Canada), made Reno its home base. Wiegand was an active participant in Miami’s development of oil and gas properties and served as honorary chairman of the Miami board until his death on April 29, 1980 at the age of 88.

The E. L. Wiegand Foundation is proud of its long-standing partnership and association with the University of Nevada, Reno.

Kristen Avansino

- University of Nevada, Reno adjunct professor
- Guest choreographer
- University of Nevada, Reno professor of dance
- Trustee Emeritus, University of Nevada, Reno Foundation
- University Service Award

Skip Avansino

- 1965 University of Nevada, Reno graduate
- Assistant Professor, University of Nevada, Reno (1971-1974)
- Instructed in business law, real estate law and accounting
- 1992 recipient of Board of Regent’s Distinguished Nevadan Award

Kristen Avansino

- University of Nevada, Reno
- Adjunct professor
- Guest choreographer
- University of Nevada, Reno professor of dance
- Trustee Emeritus, University of Nevada, Reno Foundation
- University Service Award

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“Intramural sports are a really important part of student engagement,” Harvey says. “Everybody is welcome and everybody participates.”

Intramural sports have been on the University campus since the 1930s. In the fall, the program offers men’s, women’s, coed, Greek and residence hall teams for dodge ball, flag football, 5-on-5 basketball, volleyball and outdoor soccer. The spring semester brings softball and futsal (indoor soccer), along with dodge ball and 5-on-5 basketball.

The competition is fun and fierce, Harvey says, with students playing for bragging rights. But sportsmanship is paramount and teams are expected to follow policies and procedures and be respectful and accountable at all times.

“I’m big on sportsmanship,” says Harvey, who played intramural basketball as a Nevada student. “You’re going to lose sometimes and that’s OK.”

Club sports at the University also give students the opportunity to participate and compete in their favorite sports, including winter sports, cycling, rugby, lacrosse, Ultimate Frisbee, fencing, basketball, baseball, soccer, volleyball, track and field, paintball and aquatics.

Nevada Cycling Club President Sam Bolster says he chose Nevada because the University offered both the cycling club and his preferred major.

“I got involved in bike racing in high school, so continuing with cycling and racing in college was a natural choice,” Bolster says. “The cycling team gives me a chance to make new friends and have people to race, ride and travel with. Having a comfortable atmosphere where I can meet people with a shared interest is very important. I have met amazing friends and been to amazing places.

“I would have definitely missed out on a great college experience without the cycling team,” Bolster adds.

The University’s future Fieldhouse

With a campus situated in a part of the state that shivers and swelters through all four seasons, an indoor practice facility is a natural fit for Nevada. The University is currently the only “cold weather” Mountain West conference school without an indoor option for team practice. The proposed 120,000 to 150,000 square-foot Fieldhouse will support multiple uses including intramural programming and fitness programs for members, plus serve as an indoor practice facility for intercollegiate athletic programs and the University’s Marching Band.

In 2012, Sala Field and Wolf Pack Park hosted 655 student outdoor sports and fitness events, excluding athletic team practices. In the fall semester alone, intramural sports experienced 6,900 student participations. The Fieldhouse will greatly reduce the scheduling challenges for the current outdoor fields and give students more access to recreation, intramurals and club sports.

The Fieldhouse will be one of very few multi-use indoor facilities shared between athletics and campus fitness and recreation programs in the United States. The concept envisions day use of the facility for intercollegiate teams and evening hours for student recreation, intramurals and club sports. Weekends will see use by both intercollegiate teams and student activities.

It will include a full-length, synthetic-grass field for football (full scale), soccer (half scale), rugby and other field sports. The Fieldhouse will include a 307-meter (NCAA required distance for competition), six-lane track with potential for spectator seating along the 55-meter straightaway on one side of the facility. The Fieldhouse will also have sprint lanes for the jump competitions (high, long and triple-jumps), a lobby, multi-use locker rooms, storage and public restrooms.

The proposed Fieldhouse is projected to cost approximately $25 million, with a construction timeline to be determined. It will be supported by private gifts and potentially by a student fitness fee. Fundraising for the new facility is already underway. An advisory vote in October showed student support for the Fieldhouse and the E. L. Wiegand Fitness Center and the concept of student-fee support.

Usage of the facilities will also be available to graduate students, who did not approve the new student fee, through a separate membership fee structure yet to be determined.

“We voted for the wellness of students here on campus both now and in the future,” says Ziad Rashdan, ASUN president. “By voting yes, undergraduate students showed their support of the University’s mission to embrace a culture of fitness and student success, and leave a legacy for the future, as was done for us with facilities such as the Joe Crowley Student Union and the (Mathewson-IGT) Knowledge Center.”

Student Health Center

The University has also been taking care of students’ acute and preventative health care needs through the Student Health Center, which was established in 1902 and has been in continuous operation ever since. As an accredited outpatient facility, the center provides a wide range of health care services to meet the needs of the student population. All students enrolled in the University are eligible to receive services.

The main function of the Student Health Center is to provide medical treatment for acute and chronic illness or injury to students and health care maintenance. The mission of the Student Health Center is to provide high-quality medical care to the student

“There are so many factors in being healthy. You can't succeed in all the things you want to do if you don’t have your health.”

—Enid Jennings ’01, ’03M.P.H.
Campus Recreation and Wellness’s Intramural Sports Program offers students several fun and inexpensive sport activities. Fall sports include flag football, volleyball and outdoor soccer. The spring schedule includes indoor soccer and softball. Both seasons offer 5-on-5 basketball and dodge ball.

For more information about intramural sports, visit the membership service desk on the first floor of the Lombardi Recreation Building, or call (775) 784-1897, or visit www.imleagues.com/nevada.

During the 2012-13 school year, 2,200 students participated in fall intramural sports, while 1,350 participated during the spring semester, which offers fewer sports. TOP: Intramural men’s A league basketball playoffs. LEFT: Men’s intramural outdoor soccer. RIGHT: Nevada Cycling Club member Erica Greif races in the women’s A category.
community, promote healthy living, stimulate better health awareness and educate students and staff in therapeutic and preventive care. As part of an institution of higher learning, the Student Health Center participates in the educational process by increasing knowledge and supporting positive health behaviors to promote health and prevent disease.

Services at the Student Health Center include ambulatory health care, urgent walk-in care and health care maintenance. Perhaps most importantly, the center allows almost immediate care on a walk-in basis without requiring an appointment.

“We can often help avoid emergency room visits or at times hospitalizations by providing same-day visits and the ability to monitor patients in our observation room, says Cheryl Hug-English ’78 (biology), ’82M.D., ’85M.P.H., medical director of the Student Health Center.

The Student Health Center staff is comprised of physicians, nurses and other health care professionals who handle more than 23,000 patient visits per year.

“Students can be seen for office visits, get prescriptions filled, have their blood drawn and get X-rays done without having to leave campus,” Hug-English says. “It’s extremely helpful and convenient for them. In addition, the center participates in helping maintain and promote campus safety and is involved in numerous health education programs.”

In the earlier years of the University, the Student Health Center operated as an infirmary, with separate wings for men and women. By the mid-1970s, the inpatient hospital services were eliminated in favor of a more comprehensive outpatient clinic. The service was funded with student registration fees until the fall of 1985. For several years, students would pay a voluntary fee each semester to receive care at the Student Health Center. In the fall of 1995, ASUN Student Government and the Board of Regents passed a mandatory health fee for all students taking six or more credits per semester.

The Health Education and Promotion Program, or HEP, is a new campus program that focuses on primary prevention and provides services for students to improve their health and wellness. Services include health and wellness programs, health resources and outreach services, management of student health data, peer education, publications and trainings. All HEP services are offered free to all University students.

The program, now in its sixth year, is led by health educator Enid Jennings ’01 (health ecology), ’03M.P.H. (public health).

“There are so many factors in being healthy,” Jennings says. “You can’t succeed in all the things you want to do if you don’t have your health.”

Health educator Enid Jennings ’01 (health ecology), ’03M.P.H. (public health) instructs pre-nursing student Beronica Ramos, also a medical assistant at the Student Health Center, and community health science student Theodros Zemanuel.
Student Health Center medical director Cheryl Hug-English ’78 (biology), ’82 M.D., ’85 M.P.H. examines marketing student-patient Cristina Beltran.

Student Health Center Services

The Student Health Center at the University of Nevada, Reno is an accredited outpatient facility that provides a wide range of health care services to meet the needs of the student population. All students enrolled at the University are eligible to receive services at the Student Health Center. Learn more by visiting www.unr.edu/shc or call (775) 784-6598.

Types of Care Available:
- Primary care
- Women's health care
- Men's health care
- Sports medicine
- Nutrition
- Immunizations
- Pharmacy
- Laboratory
- Radiology
- Health education
- Psychiatry
- Dermatology

Services Included in the Student Health Fee [Free]:
- Unlimited office visits
- Some lab work
- Some immunizations
- Some minor surgical procedures
- Nutrition counseling
- Women’s health services
- Health education materials and presentations

Additional Services Available at Cost or Reduced Rates:
- Laboratory testing and x-ray
- Dermatology
- Orthopedic and sports medicine
- Some minor surgical procedures
- Breathing treatment
- Pap smears
- EKGs
- Counseling and psychiatric
- STD testing and treatment
- Pharmacy