

# TRINITY UNIVERSITY



*William F. Bell  
Athletic Center*

**USER GUIDE 2002-2003**

*Welcome to the Trinity University  
William H. Bell Athletic Center*

We hope you will enjoy your time in the William H. Bell Athletic Center. The \$15 million, 185,215-square foot facility was dedicated in 1992. It houses two performance gymnasiums, the natatorium, several racquetball and squash courts, an aerobic fitness center, weight room and a dance studio. In addition, the facility boasts spacious locker rooms and a state-of-the-art athletic training room. Listed in the following pages are building policies and information that we ask all users to become familiar with and follow. These policies have been developed to maintain the fine condition of the Bell Athletic Center and to assure your safety while participating. If you have any questions please visit the Department of Athletics (315 Bell Athletic Center) or call 210-999-8222 between 8:00 a.m. and 5:00 p.m., Monday – Friday.

# Table of Contents

<b>Features Of William H. Bell Athletic Center</b> .....	2
Recreational Level: .....	2
Webster Sports Forum .....	2
Racquetball and Squash Courts .....	2
Hixon Natatorium .....	2
Cardio Room .....	2
Spectator Level: .....	3
Administrative Offices .....	3
Herndon Room .....	3
Stieren Dance Studio .....	3
Intercollegiate Level: .....	3
Sams Gymnasium .....	3
Stumberg Fitness Center .....	3
<b>Membership Eligibility</b> .....	4
<b>Membership Fees</b> .....	4-5
<b>Guest Pass Policy</b> .....	5
<b>Identification Policy</b> .....	5
<b>Equipment and Locker Policies</b> .....	6
<b>Regulations</b> .....	6
<b>General Facility Use Policy</b> .....	6
<b>Activity Area Rules</b> .....	7
Cardio Room .....	7
Stumberg Fitness Center .....	7-8
Racquetball Courts .....	8
Hixon Natatorium .....	8
<b>Locker Room Policy</b> .....	9
<b>Bell Athletic Center Hours</b> .....	9
<b>Indoor Pool Hours</b> .....	9

## *Features Of William H. Bell Athletic Center*

### *Recreational Level:*

#### **Webster Sports Forum**

1. Multi-use facility of 16,385 square feet
2. Accommodates two basketball or three volleyball courts
3. Curtain can be lowered to separate the courts
4. Houses intercollegiate volleyball matches, along with several recreational activities

#### **Racquetball and Squash Courts**

1. Six racquetball and one squash court
2. All courts are two stories in height and are entered through a plexi-glass wall
3. Racquets may be checked out (racquet or balls maybe purchased at the control desk)

#### **Hixon Natatorium**

1. Eight-lane competition pool with moveable bulk head
2. Three-meter and one-meter diving boards
3. Steam room, sauna, and whirlpool
4. Spectator seating in upper level

#### **Cardio Room**

1. New LifeFitness cardio equipment was added in 2002
2. Treadmills, cross trainers, and stationary bikes are equipped with Cardio Theater, allowing users the ability to enjoy television entertainment while working out
3. Hammer Strength equipment was also added in 2002

## *Spectator Level:*

### **Administrative Offices**

1. Houses faculty and staff offices for the Department of Physical Education, Athletics, and Recreation Sports

### **Herndon Room**

1. A large reception and conference room housed near the main entrance of the facility
2. Reservations for this room should be made through the Assistant Athletic Director (Final Approval is granted by the President's office)

### **Stieren Dance Studio**

1. Dance studio features two mirrored walls and a cushioned parquet floor
2. Reservations for this room should be made through the Assistant Athletic Director

## *Intercollegiate Level:*

### **Sams Gymnasium**

1. Home of Trinity basketball and volleyball
2. Consists of 11,640 square feet
3. Seating for 1,800 spectators
4. State-of-the art sound system and electronic scoreboard

### **Stumberg Fitness Center**

1. 3,438 square foot strength and conditioning center
2. The workout facility includes state of the art Nautilus and Hammer Strength Equipment

## *Membership Eligibility*

1. Trustees, full-time faculty and staff members of Trinity University, and their families may use the facilities free of charge. A Trinity University identification card is required for the faculty or staff member and each family member. [Applications for ID cards are available in Human Resources] .
2. Students at Trinity University may use the facilities free of charge upon presentation of a valid student ID.
3. Families of married students may use the facilities upon payment of a fee for each family member (See Membership Fees).
4. Part-time faculty and staff at Trinity University and their families may use the facilities upon payment of a fee (See Next Section).
5. Guests of authorized users may use the indoor facilities (William H. Bell Center) on a daily fee basis. Guests MUST be accompanied by an authorized user.
6. The authorized user is fully responsible for their guest.
7. A guest cannot check out equipment from the control desk.
8. Members of groups with proper identification authorized by the University may use the outdoor facilities. Note: Children under 16 must be accompanied by an adult.

## *Membership Fees*

1. Each family member of a married student who wishes to use the facilities must have a Trinity University identification card and pay the following fees:
  - a. One Semester \$35.00 Spouse  
\$20.00 Child under 18
  - b. Full Year \$70.00 Spouse  
\$40.00 Child under 18

2. Part-time faculty and staff and each family member during the term of employment at Trinity University who wish to use the facilities must have Trinity University identification cards and pay the following fees:
  - a. One Semester \$35.00 Part-time faculty and staff  
\$35.00 Spouse  
\$20.00 Child under 18
  - b. Full Year \$70.00 Part-time faculty and staff  
\$70.00 Spouse  
\$40.00 Child under 18

### *Guest Pass Policy*

1. Guests of authorized users (as defined in the policies) may use the facilities within the William H. Bell Center (Limit 2 per day).
2. Guests **MUST** be accompanied by an authorized user, and sign in at the control desk. A liability waiver must be signed at this time.
3. The authorized user is fully responsible for his/her guest.
4. A guest **CANNOT** check equipment out from the control desk.

### *Identification Policy*

Users of the Bell Athletic Center must present proper identification when in the facility. Card holders are expected to be aware of and follow all guidelines. Failure to follow policies may result in loss of privileges. Users at any time may be asked by Bell Athletic Center Staff to show their identification card. Those not possessing the proper identification will be asked to leave.

## *Equipment and Locker Policies*

1. **Lockers:** Lockers will be available by the semester for students registered in Physical Education courses. Students may request a locker from the Athletic Equipment Manager [999-8221]. Each person must provide his/her own lock. Information will be posted on the final day for lock removal; locks remaining after the specified date will be removed by the Equipment Manager.
2. **Equipment:** Persons using the Bell Athletic Center facilities may check out equipment from the control desk by presenting an identification card. A student's account will be charged the cost of replacement if equipment is damaged or not returned.

## *Regulations*

All persons using the recreational facilities of Trinity University must abide by all rules and regulations set by the University and follow directions of the Director of Athletics. Violations will be handled according to established University policies.

## *General Facility Use Policy*

1. The Bell Athletic Center hours and information is available at the Control Desk or by calling 999-8222.
2. Smoking or smokeless tobacco is not allowed in the Complex.
3. Food and beverages are NOT permitted in any activity areas.
4. Athletic shoes must be worn in all activity areas. Users are encouraged to bring a second pair of shoes to use in the facilities.
5. Bicycles, cleats, and roller blades are not permitted in the building.
6. Specific rules are posted in activity areas.
7. The Athletic Department Services is not responsible for lost or stolen items.
8. Proper Trinity Identification or an issued guest pass should be readily available at all times. Bell Center Staff and Campus Safety reserve the right to ask all individuals without proper identification to leave the premises.

## *Activity Area Rules*

### **Sams Gym and Webster Sports Forum**

1. Clean athletic shoes must be worn on the gym floor. Black-soled shoes that mark the gym floor will NOT be allowed.
2. No spitting on the gym floor or the walls.
3. No hanging on basketball rims.
4. No softballs or baseballs allowed.
5. No food, drink, or gum allowed in gym.
6. Do not misuse the facility and/or equipment.

Note: Equipment may be checked out at the Control Desk.

### **Cardio Room**

1. Use of the Fitness Room is limited to individuals 16 years of age and older.
2. Proper workout attire and athletic shoes are required. (A second pair of shoes is highly recommended before using machines.
3. Do not misuse the equipment).
4. Do not stand on benches or machines.
5. All machines should be cleaned after each use.
6. All machines should be vacated between sets.
7. Water is the only food or drink allowed in the cardio and weight room.

### **Stumberg Fitness Center**

1. Proper training attire must be worn at all times. Sandals/thongs and jeans are prohibited.
2. Tobacco, food, beverages, glass bottles, and cans are not allowed in the weight room; plastic water bottles are acceptable.
3. You must have a spotter on all free weight exercises. This is the lifter's responsibility.
4. All free weights should be returned to the weight racks.
4. You must use collars on all free weight bars.
5. Move weights from the racks to the bar only. Never set plates on the floor or lean them against equipment or walls.

6. Do not rest/place plates, dumbbells, or free weight bars on the floor.
7. Always replace plates onto designated horn of self contained rack, or weight tree. Dumbbells should be returned to designated area after use.
8. Dumbbells are to be used in designated area only. Plates and free weight bars are not permitted in dumbbell area.
9. Do not drop dumbbells onto the flooring.
10. Do not drop the weight stacks on the selectorized machines.
11. Do not stand on benches or machines.
12. Keep feet off the walls.
13. Do not touch or lean on mirrors.
14. No spitting on floor or walls.
15. No chalk unless you have a container.
16. No bouncing, throwing, or kicking balls.
17. Horseplay will not be tolerated.
18. Follow appropriate weight room etiquette practices, demonstrating courtesy toward others in the room at all times.
19. Do not misuse the equipment.
20. Use of the weight room is limited to individuals 16 years of age or older.

### **Racquetball Courts**

1. Clean athletic shoes must be worn on racquetball courts. Absolutely no black-soled shoes that mark the floor will be allowed.
2. No spitting on racquetball court floor or walls.
3. Racquetball, handball, and wallyball are the only activities allowed on racquetball courts.
4. Eye guards are strongly recommended.

### **Hixon Natatorium**

1. The natatorium may be used only when lifeguards are on duty.
2. Patrons should shower before using the pool.
3. Proper conduct is expected to insure the safety of all.
4. Lifeguards are on duty to supervise conduct, prevent accidents, and respond to emergencies- your cooperation is mandatory.
5. Chewing gum, cigarettes, alcohol, and glass are all prohibited on the pool deck.
6. Use of diving boards and trampoline must be under supervision of a coach or lifeguard.

## *Locker Room Policy*

1. Locker may be issued at Equipment Room.
2. Do not leave items in unlocked locker.
3. Trinity University is not responsible for valuables left in locker.
4. Private locks left overnight will be removed.

## *Bell Athletic Center Hours*

The Bell Center will be open at the following times when class is in session. The Center will be closed on official university holidays. Please call 999-8222 with any questions.

Monday - Thursday	7 am - 11 pm
Friday	7 am - 9 pm
Saturday	10 am - 8 pm
Sunday	12 pm - 11 pm

## *Indoor Pool Hours*

When school is in session, the indoor pool hours are as follows:

Monday - Friday	11:15 am - 1 pm
Monday - Thursday	7:30 pm - 9 pm
Saturday	12 pm - 3 pm
Sunday	3 pm - 5 pm

**BELL**  
**ATHLETIC CENTER**