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WELCOME

The Department of Athletics hopes you will enjoy your time in the William H. Bell Athletic Center. The 185,215 square-foot facility was dedicated in 1992. A recent renovation was completed in 2018 and added an 8,000-square-foot, two-story glass-enclosed fitness center, an "Olympic" strength training room, and upgraded locker rooms. The Bell Center houses two performance gymnasiums, a natatorium, racquetball and squash courts, an aerobic fitness center, a sports performance center, and a dance studio. All current Trinity students, faculty, and staff members are allowed access to these facilities.

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. All persons using the athletic and 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. The programming efforts of the department are in line with the university’s strategic plan in offering holistic wellness benefits and experiential learning outside of the classroom.

If you have any questions, please visit the Department of Athletics (315 Bell Athletic Center) or call 210-999-8222 between 9:00 a.m. and 5:00 p.m., Monday – Friday.
FEATURES OF WILLIAM H. BELL ATHLETIC CENTER

**Administrative Offices WBC 315** - Houses faculty and staff offices for the Sport Management & Lifetime Fitness Programs, Athletics, and Recreation Sports

**Herndon Room WBC 310** - A large reception and conference room in the Bell Center lobby. Reservations for this room should be made through the Associate Athletic Director.

**Stieren Dance Studio WBC 301** - Dance studio features two mirrored walls and a cushioned wood floor

**Fitness Center WBC 326** - 8,000 sq. ft. two story glass enclosed weight training and cardio facility is the focal point for recreation and wellness activities for all Trinity students, faculty, and staff. Equipment includes treadmills, cross trainers, stationary bikes, stair climbers, spin bikes as well as dumbbells, free weights, and selectorized weight equipment. Equipment brands include Life Fitness, Woodway, Cybex, and Hammer Strength. The Fitness Center is open the same hours as the Bell Center.

**Control Desk WBC 214A** - Located on the second floor in the lounge area. Anyone with a Trinity ID can check out equipment such as basketballs, volleyballs, racquetball equipment, tennis racquets, etc. Location of lost and found.

**Hixon Natatorium WBC 211** - Eight-lane competition pool with bulk head. Three-meter and one-meter diving boards; Spectator seating in upper level

**Racquetball and Squash Courts WBC 201-202** - One racquetball and one squash court. Racquetball equipment (racquets, balls, goggles, etc.) can be checked out at the control desk

**Webster Sports Forum WBC 210** - Multi-use facility of 16,385 sq.-ft. Accommodates two basketball or three volleyball courts; houses intercollegiate volleyball matches, basketball games, and several other recreational activities

**Calgaard Gymnasium WBC 115** - 11,640 sq.-ft. home of Trinity basketball and volleyball; Seats 1,100 spectators. Features two (2) Daktronics video scoreboards. Offices head coaches of basketball and volleyball.

**Stumberg Sports Performance Center WBC 207** - 5,661 sq.-ft. Sports Performance Center (SPC) is an Olympic strength training facility with state-of-the-art equipment, including fourteen (14) Sorinex weight rack stations. The SPC is the primary workout facility of Trinity's athletics teams. It is open to all Trinity students, faculty, and staff at specific times.
WHO CAN USE THE BELL CENTER?

The Bell Center serves as the core of Trinity University's athletic complex. It is available to all Trinity students, faculty, and staff with your Trinity ID.

**Guest Policy**

Guests of authorized users (TU faculty, students, and staff) may use the indoor facilities (William H. Bell Center). Authorized users may bring two (2) guests. Guests MUST be accompanied by an authorized user. The authorized user is fully responsible for their guest. A guest cannot check out equipment from the control desk. Members of groups with proper identification authorized by the University may use the outdoor facilities. Children under 16 must be accompanied by an adult at all times.

**Identification Policy**

Users of the Bell Athletic Center must use their Tiger Card ID to enter/use the facilities. 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 the Bell Athletic Center Staff and/or Trinity Police Department (TUPD) to show their identification card. Those not possessing the proper identification will be asked to leave.

**Equipment and Locker Policies**

**Equipment:** Persons using the Bell Athletic Center facilities may check out equipment from the control desk by presenting their Tiger Card ID. A student’s account will be charged the cost of replacement if equipment is damaged or not returned.

**Lockers:** Lockers are available on the second floor for students, faculty, and staff. Persons may choose an available locker. Notify the Athletics Office Manager [210-999-8222] of your locker number. Do not leave items in unlocked locker. Trinity University is **NOT** responsible for valuables left in lockers.

**GENERAL FACILITY USE POLICIES**

- Animals are not allowed in the building with the exception of those assisting individuals with disabilities
- Smoking/e-cigarettes/vaping or smokeless tobacco is not allowed in the Bell Center- Trinity is a tobacco-free campus
- Food is NOT permitted in any activity areas
- Athletic shoes must be worn in all activity areas. Bicycles, cleats, and roller blades are not permitted in the building
- Specific rules are posted in activity areas
- The Athletic Department is not responsible for lost or stolen items
- Proper Trinity Identification must be readily available at all times. Bell Center staff and members of the Trinity University Police Department reserve the right to ask all individuals without proper identification to leave the premises
BELL CENTER ACTIVITY SPECIFIC RULES

Calgaard Gym and Webster Sports Forum WBC 115, 210

• Clean athletic shoes must be worn on the gym floor. Black-soled shoes that mark up the gym floor will NOT be allowed.
• No spitting on the gym floor or the walls
• No hanging on basketball rims
• No softballs or baseballs allowed
• No food or gum allowed in the gym
• Do not misuse the facility and/or equipment
  Note: Equipment may be checked out at the Control Desk

Fitness Center WBC 326

• Proper school identification must be possessed at all times
• No use of room with be permitted without a proper form of school ID
• There is a 45- minute time limit on cardio machines while others are waiting
• Bags and other personal items must be stored in lockers and not left in activity areas. Trinity University is not responsible for any lost or stolen items
• Machines must be wiped down after use
• Cell phone use is discouraged as it is distracting to users
• Athletic closed toed shoes and shirts must be worn at all times
• Return all stretching mats, exercise balls, and dumbbells to proper location immediately after use
• Profanity, suggestive language, or improper behavior (including music) will not be tolerated
• Food, gum, tobacco, and drinks other than water or sports drinks are not permitted in cardio room

Stumberg Sports Performance Center WBC 127

• Proper school identification must be possessed at all times. No use of weight room will be permitted without a proper form of school ID
• Athletic closed toed shoes and shirts must be worn at all times
• Food, gum, tobacco, and drinks other than water or sports drinks are not permitted in SPC
• All members must re-rack weights in appropriate location. All bars should be stripped immediately after use. Dumbbells should be returned to the rack in proper order
• All equipment must remain in weight room
• No slamming or dropping of weights at any time
• Profanity, suggestive language, or improper behavior (including music) will not be tolerated.
• Spotters are highly recommended on all free weight racks
• Cell phone use is prohibited in the weight room at all times
• Personal items are to be stored in the proper storage vicinities. Trinity University is not responsible for any lost or stolen items. Lockers are available upon request
**Racquetball and Squash Courts WBC 201-202**

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

**Hixon Natatorium WBC 211**

- The natatorium may be used only when lifeguards are on duty (MINIMUM TWO)
- Patrons should shower before using the pool
- Proper conduct is expected to ensure the safety of all
- Lifeguards are on duty to supervise conduct, prevent accidents, and respond to emergencies; your cooperation is mandatory
- Chewing gum, tobacco, alcohol, and glass containers are all prohibited on the pool deck
- Use of diving boards and trampoline must be under supervision of a coach or lifeguard

**BELL ATHLETIC CENTER HOURS**

The Bell Center is closed on official university holidays. Please call 210-999-8222 with any questions.

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<tr>
<th>REGULAR HOURS</th>
<th>FALL/SPRING SEMESTERS</th>
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<tr>
<td>MONDAY - FRIDAY</td>
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<td>SATURDAY - SUNDAY</td>
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<th>SUMMER HOURS</th>
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<td>MONDAY - FRIDAY</td>
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<td>SATURDAY &amp; SUNDAY</td>
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OUTDOOR CLUB MEMBERSHIP INFORMATION

Trinity faculty, staff, their dependents, and students already have access to Trinity's outdoor athletic facilities. All others may purchase an Outdoor Club Membership. Membership includes access to all of Trinity's Athletic Outdoor Facilities (outdoor pool, tennis courts, track, and jogging trails). This membership does NOT include any access to the Bell Athletic Center. Memberships are good from June 1st through May 31st.

Prices are as follows:
- Alumni Single $100
- Alumni Family $150
- Non-Alumni Single $200
- Non-Alumni Family $300

To purchase membership you must see Stacey Lenderman, Athletics Office Manager, in the Bell Center, room 315. It is highly recommended to call before coming in (210-999-8237) to ensure somebody is there to assist you.

To get Alumni discount, your Trinity Alumni card is required.