



TRENT ATHLETICS & RECREATION

FACILITIES
and
SITE DEVELOPMENT
MASTER PLAN

Submitted to
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Trent University

by
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in association with Edviron Services

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1.0 Background

In March 2004, Basterfield & Associates was commissioned by Trent Athletics & Recreation to develop a long-term Master Plan for Athletics & Recreation at Trent University. The work in preparing the Master plan followed from two years of planning by Trent Athletics, in identifying needs and future direction for the Athletics & Recreation programme. Nine meetings were hosted by Trent Athletics, including four with Trent students, as well as the Athletic Advisory Committee, staff and faculty, current community clients/user groups, and the community at large. From these sessions, over one thousand ideas were generated, and synthesized into a basic direction for a workable long-range plan for sport and recreation at Trent.

The direction for design included:

- work within the existing University Master Plan
- be sensitive to the existing nature areas
- plan 4 playing fields including 2 on the east bank to service students in Otonabee and Gzowski Colleges, (with a potential community partner that required 2 fields); and 2 fields on the west bank including the re-development of the existing field into a high quality, multi-sport stadium for intensive daily use
- plan a designated area for outdoor recreation with access to the waterways and nature areas
- plan for an expansion of the athletic complex to include an expanded fitness facility, a rock climbing facility, a new more accessible entrance, expanded offices at the entrance, rental space for complimentary tenants including a sports medicine clinic, a food & beverage facility and multi-purpose classroom space
- plan for a field house or indoor multi-use sports field that could be used for large gatherings of people
- plan associated roadways, footpaths and bikeways improving the access and parking for buses and cars and people of all abilities
- improve the aesthetics of the campus taking into consideration all potential changes including the potential ring road, Rotary trail bridge, and possible realignment of the Nassau Mills Road bridge

The resulting Athletics Master Plan began by identifying and respecting nature areas, and working in buildable zones with good proximity to the Athletics Centre and student residences. The Athletics & Recreation Master Plan has incorporated the major objectives of Trent Athletics & Recreation, has considered the recommendations of the approved 2001 Baird Sampson Neuert Master Plan, incorporated future proposed changes to the campus including roads, bridges, and trails, while suggesting opportunities for campus site and

landscape improvements. High quality, appropriate facilities are envisioned, while strengthening Trent's mission to focus on the 'centrality of the individual student', and preserve and enhance an outstanding natural campus landscape.

The potential of this planning exercise to affect the campus in many ways is dramatic. Any university campus is a collection of buildings, parking, roads, walkways, open space, natural areas, landforms and in Trent's case, the river. The built items on the land inevitably increase in density over time. One of the few areas of Trent University's campus that has not experienced this infill or expansion is the Athletics & Recreation Department. Sports fields are much more demanding of space than other facilities, and to find suitable areas for additional fields in an existing campus is a challenge, which carries with it many 'ripple effects'. The final placement of facilities in this Master Plan for Athletics and Recreation is the result of a thorough design process of weighing the impacts of various alternatives, and determining the best fit and balance of the repercussions of design decisions. The process has also revealed some great opportunities to improve the identifiable landscape that creates a sense of place. University campuses are inherently both an intellectual place and a physical place with powerful ability to affect human experience. The design for place making is best achieved through a proactive process, which in this case has revealed opportunities to meet the needs of Trent Athletics & Recreation, and also to:

- improve vehicular circulation
- improve, or in some cases create pedestrian connections
- strengthen one of Trent University's most important attributes – its magnificent site on the Otonabee River
- help facilitate positions with the City of Peterborough's consideration of road alignments, bridge reconstruction and trail realignment/canal crossing

It is interesting to note that the Carnegie Foundation in the United States studied college-bound students and found that sixty percent of students named the visual environment as the most important factor in selecting a college. Also, MacLean's Magazine's University Edition (several years ago) commented that prospective students visiting a university campus make their decision on likelihood of attending within the first twenty minutes of their visit. These findings relate to the task of designing additional facilities for Trent Athletics & Recreation, because there are space-demanding features to provide in limited physical space, and an existing high quality landscape which must be preserved and enhanced. The end result of any effort of expansion must be to improve upon existing conditions and to continue to attract students to Trent University.

2.0 philosophy of trent athletics

Please refer to Appendix 1: Trent Athletics & Recreation: Possible Opportunity for Future Direction, by Bill Byrick. The notes in this Appendix demonstrate the broad intent and scope of possibility for the future of Trent Athletics & Recreation, and provide an important framework from which the Athletics & Recreation Master Plan is built.

This section is adapted from the notes of Mr. Bill Byrick, Athletic Director, Trent Athletics & Recreation:

The intent of improving and expanding Athletic facilities is to provide top quality service to Trent University students and build the community programming and partnership to offset increased costs of operating. In addition it is our objective to create excellence in the athletic operation, and thus create incentive for students to come to Trent University while creating a sense of ownership and pride in the local community.

If changes in facilities are not implemented, the Trent Athletics programme would grow marginally in Aquatics, and in Campus Recreation with the utilization of the waterways and the nature areas. However, the Trent Summer Sports Camp, main stream Campus Recreation Programme, and Varsity programme would either remain the same or reduce in size due to limited facilities and declining quality of the existing facilities. The Athletics Department is at a crossroads in some areas and needs to make a decision to continue in the volume of field sports, or not.

Expanded facilities would see growth in all areas of the programme. A new elementary school programme would be developed for May/June extending the use of the facilities, creating more student jobs, generating a modest profit, while contributing to health and wellness education of elementary school children. Concurrently, these facilities would allow growth in the Sport Camp, and provide a high caliber venue for our varsity athletes. New facilities would stimulate the rental revenues for both indoor and outdoor facilities, as well as stimulating community memberships. There would be more facilities to service students and improve the quality of the varsity programs. More year-round community use of Trent facilities would strengthen the relationship with community sport organizations and the community at large. A large, quality, sport field/stadium facility with artificial turf would boost the summer conference business, in attracting major tournaments and training camp use through the spring and summer months. This will help Trent Athletics' profile and its ability to fundraise, as well as recruit student athletes. In addition it will provide a much improved 'first impression' of Trent for visitors. This will be of great assistance in funding major capital repair projects required in the near

future. Addition of the quality facilities will also provide improved profile for the University. Concurrently, expansion of the existing Athletics Centre will enable Trent Athletics to service the continued expanded student population (7,000), while expanding service through select tenants including a sports medicine facility, and a food and beverage facility, administrative offices and expanded change rooms will allow the reallocation of existing space to be used more effectively and solve the existing fitness space challenges facing Sports Camp, storage of desks and chairs, as well as basic traffic flow challenges at the entrance of the building.

The intended outcome of the development project is to upgrade and expand the existing athletic facilities, to maximize the use of the available resources, focus Trent upon its strengths including the nature areas, waterways and student interest, while building the sport programme including Campus Recreation and Varsity. Once developed, the facilities will be used to generate revenue to offset ongoing operating costs, while engaging the local community, and providing top quality facilities for students.

Trent Athletics and Recreation will focus on the delivery of high quality customer service for all students, community members, participants, major contract partners and other departments with the University. Financial success is totally dependent upon the ability to satisfy users' needs. The principle user group is students, however, services to all user groups must be maintained in order to generate the required revenue to drive the entire Athletics operation. Return business is essential to success.

More outdoor (lit) playing fields will enable more students to participate in recreation and organized sport, allow for rotation of fields and the rest periods required for natural turf fields and ensure playing surfaces are both high-quality and safe, while involving more community use, which in turn will generate more revenue. Modest outdoor recreation facilities will open new opportunities for all clients/users to gain year-round access to the Trent nature areas and waterways.

It must also be stressed that the existing high level of maintenance and cleanliness in the Athletic Department's facilities that has been demanded over the last thirty years be continued.

- Priority 1: One small stadium with multi-use artificial turf field adjacent to the Athletics Centre, two natural turf multi-use fields on the east bank, and possibly a fourth natural turf soccer/lacrosse pitch on the west bank.

Given the need for the facilities, the potential to generate revenue from May to September with field rentals, the potential to strengthen

community partnerships, the potential to attract provincial, national and international competition, these fields are considered priorities as they could be established relatively quickly and begin the facility expansion phase with good revenue-generating potential.

- Priority 2: An outdoor recreation/education space and equipment. This would require the allocation of space, and a modest amount of equipment and expertise to implement programming (see Page 11).
- Priority 3: An addition to the Athletics Centre with expanded fitness and change room facilities, a new rock climbing feature, new accessible entrance, rentable interior space for revenue generation and expanded service to students. This addition could be developed in stages and also includes a multi-use exterior pavilion.
- Priority 4: Field House. If adequate partners and a viable business plan is developed to ensure operating costs could be generated through revenue, a Field House facility could be considered. Given the extensive expansion presently occurring in the community, it is recommended this option be delayed to determine the demand within the community. If the University requires such a space and is willing to help defer the capital and operating costs, this option could be moved forward in priority.

3.0 inventory & analysis

At the beginning of the information gathering phase of this project, existing conditions digital site mapping was procured, along with data that was available regarding existing utilities. Site observations were gathered on foot, with a detailed photographic inventory taken after snow-melt in March of this year.

With a good understanding of the needs/wish list for design prepared by Bill Byrick, the campus was analyzed for the suitability of biophysical areas to support the University's requirements. Nature areas were identified and mapped on our working base plan. The future Ring Road on the east side of the east bank facilities was also marked on the base plan. Buildable zones were then identified. The buildable zones required enough space for sports field development and ancillary facilities, and also required good proximity to the athletics centre and student residences. While the design does not disturb the nature areas, overlap of buildable zones and nature areas was considered acceptable in two locations because these (relatively small) portions of the nature areas would have been disturbed by future development already under consideration by the University : a) on the west bank west of the Child Care Building and Lady Eaton College, and b) on the east bank south of Pioneer Road. In the case of a) above, the buildable zone was identified as overlapping the Lady Eaton Drumlin Nature Area, because this area would have undergone development as a parking lot as a result of the recommendations of the Baird Sampson Neuert 2001 Master Plan, and the land is accepted by the University as being disturbed in future. In the Athletics & Recreation Master Plan, the equivalent area is developed as sports field and parking, and as such has a more sympathetic land use adjacent to the Child Care Building and Lady Eaton College, as well as providing additional parking and decreased impervious area (for improved storm water infiltration to the ground). In the case of b) above, the buildable zone was identified overlapping the Wildlife Sanctuary Nature Area, because this area will be disturbed by the construction of the Ring Road. However, in the actual placement of the sports field, existing overland drainage patterns have been respected and only the existing old field (adjacent to the existing baseball diamond) is disturbed; treed areas remain intact.

The City's consideration of a new Nassau Mills Road Bridge, and resultant adjustments to the West Bank Entrance were also mapped. Their potential to occur in future was taken into consideration, however, neither the new Nassau Mills Road Bridge, nor the Ring Road on the east bank actually affect the final design decisions and placement of athletics and recreation facilities. It was an objective of design to plan for the future of Athletics and Recreation regardless of potential road and/or bridge relocations.

Opportunities and constraints were then identified area by area, and overlaid on the base plan. Please see the following reduced version of the Inventory and Analysis Plan contained in this report. The opportunities and constraints in turn provided design direction to the final configuration of features of the plan.

4.0 features of the plan

Please see the following reduced version of the Athletics & Recreation Master Plan contained in this report.

Athletics Centre & Main sports Field

Main Stadium Field & Features

- existing track, wood barrier fence & tennis courts removed; existing field reconstructed & made larger; beach volleyball remains
- proposed new field has similar alignment to existing, potentially attract national & international events, soccer & rugby anticipated, lacrosse & football possible
- 70m x 105m, plus side & end zones, artificial turf: for intense use, low maintenance
- lighting provided
- 4-lane training track contains artificial turf, separates artificial turf from adjacent conditions, track allows maintenance vehicle access to lights
- bleachers for 1000 on east side, option for 1000 portable bleachers west side
- maintain existing green space adjacent to approach road; no parking or bleachers adjacent to existing road
- replace existing heavy wood fence with light transparent steel fence, controlled entry to special events possible

Addition to Athletics Centre

- new building entrance with covered drop off
- turning circle for drop-off, deliveries & emergency vehicles
- bus parking for 2 coaches adjacent to main entrance
- view from new entrance through ground floor field storage buildings, toward entrance gates to main field
- two permanent storage areas at field level are the lower level building mass supporting the second storey above, which is a possible food & beverage facility overlooking the field
- administration desk & offices at new accessible entrance (existing offices convert to fitness/cardio workout area)
- indoor rock climbing next to entrance desk, adjacent to existing gym wall
- tenant space for Sports Medicine Clinic, Physiotherapy Clinic, sports organizations, and food & beverage facility
- multi-purpose classroom for use by any University departments, as well as Athletics & Recreation
- wheelchair accessible ramp to pool level created through existing classroom
- existing transformer not affected
- additional changerooms adjacent to pool, or team change rooms for field use
- outdoor multipurpose covered area adjacent to south east corner
- second and third stories possible

- existing lower door remains for deliveries & exit
 - 10,800 sq. ft. lower/main level with 3,400 sq. ft. covered shelter
 - 16,800 sq. ft. second level
- Please note: the above possibilities are conceptual only. Building architectural design required beyond this stage.

Parking (net increase of 187 spaces on west bank, over existing)

- large A/C lot (F) increases slightly from 91 to 95, moves closer to river
- pool A/C lot (E) increases slightly from 4 to 5
- small A/C lot (D) increases from 22 to 56, including 4 handicap spots
- Lady Eaton College lot (G) increases from 27 to 119
- new lot behind Daycare: 56; lot screened by existing trees, and barely visible from main entrance road

Pedestrian Paths

- relocated around new main stadium to respect existing movement patterns

West Bank 2nd Field

- excellent proximity to athletics center, main field and west bank student residences
- natural grass field, 70m x 105 m., not fenced
- soccer and lacrosse anticipated, football, rugby & field hockey possible
- maintain existing trees around child care facility, sports field is compatible use with child care facility
- pedestrian paths included respecting the need for strong pedestrian links throughout campus
- this area was designated entirely as parking in the Baird Sampson Neuert Master Plan; space is combination of sports field and parking in the Athletics & Recreation Master Plan

East Bank Fields, Ring Road & Softball Diamond

Field Locations & Relationship

- more room on east bank for fields, so more ideal north/south orientation possible
- fields sized for international rugby and soccer
- natural turf with drainage and irrigation; lighting possible in future
- maintain vegetation and surface drainage pattern between Lockington House & east field
- good proximity and connections to Gzowski and Otonabee Colleges
- good links to rowing facilities

Local Rugby Club at Lockington House

- potential partnership with local rugby club for development or operation of fields

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- local club seeking 2 fields plus clubhouse
 - consider using existing Lockington House as rugby clubhouse, where clubhouse is sole liability of rugby club
 - existing ball diamond relocated closer to residences for informal use by students

Parking (net increase of 131 spaces on east bank, over existing)

- Lockington House – 63
- Field House – 68; parking in this area has good proximity to rowing facility as well as playing fields

Ring Road Advantages

- better access to river edge for pedestrians and trail users
- removes dangerous vehicular traffic under existing bridge
- creates sports & recreation opportunities at the shore; rowing regattas, field-associated events

Pioneer Road

- maintain as a loop for freedom of movement for University & field activities; predominant traffic volume to use ring road
- existing road would be necessary access to fields from and east approach; discontinuing the connection that Pioneer Road provides would restrict freedom of traffic movement for large events, when the fields or rowing facilities are in use

Softball Diamond

- relocated closer to east bank residences to be available for convenient use by students at any time
- excellent proximity to east bank residences for unstructured play
- excellent proximity to river & trails

The Field House

- multi-purpose indoor field, for future consideration
- 30m x 70m shown, can expand in size in this location
- facility for year-round use
- good facility to support associated sporting events, such as regional & provincial tournaments, national training centers of excellence for rugby and soccer, rowing, and summer camps, as well as providing a major event venue for the university

The New Commoner – Outdoor Recreation, Education & Stewardship

- centre for recreation & education, health and fitness, expanding outdoor education programmes, water & land based, canoeing, kayaking, snowshoeing, environmental living, teach (for example): everything from wilderness survival to solar heating; very broad teaching possibilities
- site has the *necessary* proximity to nature areas and water
- easily accessible, but feels like a world away from core campus
- also good links/relationship to Rowing Club, Rotary Trail & other outdoor student areas
- multi-use classroom structure possible in future, adjacent to existing flat, open area for outdoor programme use, and adjacent to wooded area also, possible strawbale structure, possible design/build project by students
- secure, fenced area adjacent to canal for equipment storage, separated from trail by existing vegetation
- programmes can be implemented quickly at very low cost, with or without the existing building

The following by Dr. James Raffan of Edviron Services describes the potential of The New Commoner and the possibilities for the establishment of exciting programmes which compliment not only Athletics & Recreation, but also many other areas of study such as Geography, Environmental Studies, and the fledgling Teacher Education programme.

The New Commoner - Reground, Re-establish, Renew

Rethinking the three Rs. The New Commoner is both a physical place on campus as well as a potentially far-reaching idea within this new Master Plan for Athletics at Trent University. It is an opportunity to create a unique facility dedicated to education, environmental stewardship and lifelong health, on lands that link the Symons Campus with the city and surrounding lands, with the Trent Nature Areas, as well as with the Otonabee River and the Trent Canal. This is a long term project that could potentially help reground Trent to its original ideals as a progressive liberal arts and science institution with strong social consciousness, and re-establish the university as a national leader in head-turning educational innovation. The core idea of The New Commoner initiative is a renewed ideal of the “commons,” meaning shared resource—in this case the resource would be ... the future. The logic of the “commons” is that each individual, each household, each community, has the right to take resources from the commons and to put wastes back. Scholars, like Garrett Hardin, have observed that the logic of the commons began to collapse with private ownership and the unequal accumulation of wealth.

The New Commoner would be a living laboratory dedicated to a return to the ideal of the commons, building skills, traits, and habits of mind in the citizens of tomorrow—building a diaspora of so called “new commoners.” The New Commoner would be situated on the site of the old Commoner pub and surrounding grounds, on the east side of the canal between the Rowing Club and the Ring Road. It would be a place where people from across the university and all of its neighbouring communities, near and far, could congregate to work collectively on active projects that would be distinguished by new and higher expectations for lifelong sustainable human activity, energy conservation, and integrated experiential learning dedicated to future individual, social, economic, and environmental health. Although it makes perfect sense that an initiative with health as its ultimate end would have its genesis in the Trent Athletics Department, how The New Commoner might ultimately be configured and managed could shift with time, perhaps one day into not-for-profit foundation within the university, managed by a board including students, faculty, staff, citizens and business representatives. But, like all projects within its purview, The New Commoner’s structure and composition would be perhaps the first exemplar of a collaborative initiative tied directly to its far-reaching goals and principles. Other projects to fall under The New Commoner’s aegis might include the following:

- *Development of skills and habits for healthy lifestyles activities like hiking in the nature areas, paddling on the canal—this could involve Trent staff and students in the fall and winter and community adults and children in the spring and summer;*
- *Community (student led) design and construction of infrastructure to support the above programs—this would be done with the latest and most up-to-date technologies and celebrated appropriately by all concerned, and might include trails, gardens, shelters, docks, bird nesting structures, habitat restoration etc.;*
- *Development and execution of a site plan for The New Commoner property as a curriculum-linked interdisciplinary initiative—this would involve students taking primary responsibility for the site, its development and ongoing care;*
- *Planning and execution of an annual gathering or conference to mark and celebrate the ideals of The New Commoner and attach it to the most current thinking related to its future orientation and essential principles—this too would best be done by Trent students in concert with local high school students, business leaders and community members;*
- *Shift of responsibility for design, management and future care of the Trent Nature Areas to a rotating (year by year) committee of students working under The New Commoner umbrella—this too could have an academic component for course credit;*

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- *Formation of a review and lobbying group within The New Commoner to work to select projects to ensure that regulations and statutes governing water and land use are appropriate and upheld;*
 - *Options may include: community renovation and retrofit of the old Commoner pub (by students and community members for students and community members) into a state of the art office, retreat, and conference center to support the goals and priorities of The New Commoner—this would be a totally energy efficient, self-sustaining (i.e. off the Ontario power grid and with its own biological waste water treatment facility) structure made of the most up-to-date recycled and reclaimed building materials;*
 - *Restoration and reclamation of some of the old fields surrounding the university back to a student-run sustainable and working farm. The key step at this early juncture in the planning process is to agree that The New Commoner is an idea whose time has come and to set aside these lands for future discussion, planning and action. In the short term, The New Commoner has the potential to broaden the mandate, services (and revenues) of the Athletics Department but in the longer term it represents real possibilities for bringing together the disparate and often disconnected departments of the university with members of surrounding communities on worthwhile projects in common cause for the health of people and the planet.*

New Nassau Mills Rd. Bridge & University Entrance

Existing Nassau Mills Road Bridge

- needs structural repair; solution being considered by the City of Peterborough at the time of the writing of this report, of building new bridge then removing existing bridge; new bridge to be located south of existing bridge
- new Nassau Mills Rd. Bridge creates opportunity for university entry 'zone' along Water St., which would improve and strengthen university presence to the community

Resulting Opportunities for New West Bank Entrance Features & Landscape Treatment

- main entrance to west bank from Water St., could be via a new bridge that straddles the existing low, wet area which drains the west side of the Lady Eaton Drumlin
- 'bridge' is a metaphor for link to higher learning that university offers; conversely university education is a link to opportunity in the world beyond the university
- bridge allows existing overland drainage to remain, to showcase current drainage strategies and storm water management that make use of native

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- vegetation and suitable grading techniques, rather than hard engineering and storm sewers exclusively; opportunity to exhibit native plants associated with wet environments & put exemplary natural science into practise; opportunities for environmental science students to study modern bio-engineering in a practical case-study
- main entrance bridge design could be reminiscent of Trent's Ron Thom architecture; stone & concrete grounded and rising out of the swale; use similar form and massing of Ron Thom's architecture for bridge abutments; lights, railings and overhead structure could be more modern, so bridge speaks to Trent's beginnings as well as its future
 - Nassau Mills Road bridge could be similarly detailed and the space in between has the opportunity to become the university entrance 'zone', which will strengthen the presence of Trent University from Water Street
 - larger green space results because of removal of existing bridge & road
 - maintain the green space for entrance zone; bury overhead utilities, establish streetscape for university zone, strengthen wetland swale
 - existing practice field can remain, without permanent goal posts or athletics equipment in view, to enhance unobstructed green space which is background to entrance zone landscape treatment, and the apron of the core campus
 - opportunity for expansion and parking changes at Blackburn Hall in future, as a result of road changes

Rotary Trail & The Point

- during inventory & analysis the preferred routes for Rotary Trail of both Trent University & City of Peterborough were reviewed
- hybrid solution is shown in the Master Plan - for discussion, and future consideration by both University and City
- existing weather station remains; maintenance access to dam not interrupted; future expansion to dam possible without changes to trail location or conflict of uses; old rail bed not regraded/removed
- new pedestrian path across river at north side of dam, as in Baird Sampson Neuert Master Plan; creates important pedestrian link between the west bank and the point area
- trail head & information kiosk possible, use by Trent and City
- if trail bridge over canal is as shown, trail & bridge should be elevated without earth berming, so movement is as free as possible under the bridge on both sides of the canal
- many recreation options exist for remaining open space, tennis shown for discussion and sense of scale
- multi-use options for Trent land on either side of the trail route, but views and access to water edge at the point should be maintained

5.0 Phasing

Phasing of construction of the elements proposed is directly related to the priorities set out in Section 2. Subject to funding, it is hoped that the main stadium field at the Athletics Centre can be constructed in 2005, ready for use in the fall of 2005.

The east bank fields would follow soon after the main stadium field, or be constructed concurrently with the main stadium field.

The west bank secondary field would be constructed (if deemed necessary at the time) following the construction of the east bank fields.

The programmes of The New Commoner can begin fairly quickly, as capital costs are relatively low for beginning the initiatives discussed. Implementing of programmes depends also on staffing and instructors, which would have yet to be factored into curriculum planning and delivery of programmes. Physical changes/requirements for The New Commoner have yet to be scheduled.

Addition and renovation to the Athletics Centre itself are next on the priority list, and would be phased in at some point in the future, after the construction of facilities or programmes described above.

Finally, the Field House would be designed and constructed. The design of this facility would be very dependent upon the nature of the multi-purpose possibilities/needs of the university and the community at the time of consideration of the design.

6.0 Summary

The Master Plan for Athletics and Recreation at Trent University is a dynamic proposal which provides state-of-the-art facilities responding to immediate needs, but is set in a framework which allows flexibility for fine-tuning design and programme decisions when the actual facilities are phased in. The plan is intended as a 'guiding' document. Location, relationship and configuration of proposed facilities, (including the ancillary facilities such as parking and pathways) have been designed to protect and enhance the natural character of Trent's unique landscape, and in turn, strengthen the experience of living and working on campus. The facilities provided and the programmes they support are centred around the individual student, to significantly broaden opportunities for the promotion of physical and emotional health, fitness, recreation, and

education. Unstructured recreation opportunities are as important as organized varsity or intramural sport, and the continuum between the two will receive equal commitment from Trent Athletics & Recreation. Health and wellness is as important as athletic achievement. Trent University has many unique opportunities to support both, with an effective 'outside the classroom' approach, and by making connections to the waterways and natural features of the Kawartha region which are literally just through the door.

End