What will athletics look like this fall?

University of Guelph Graduate Student Orientation, Fall 2020

Transcript:

[music]

Hi, I'm Jennifer O'Neil. I'm the manager of Fit Rec and Client Services here at the Department of Athletics.

We're committed to providing a student experience that's fun and engaging. We hope to offer virtual programming such as e-sports and virtual fitness classes whether you're on campus or off-campus.

You can look forward to some of our fitness classes outdoors, for example, yoga on Johnson Green or participate in some of our walk-run challenges outdoors as well.

E-sports is a broad term that kind of explains all the things that we're doing with video games that are sport-related. So think NBA 2K, think NHL 20, think FIFA and it's a competition against peers in those matches virtually.

Part of our Gryphon app let's us do challenges. Part of that challenge on the app is a leaderboard so you'll be able to engage against other Gryphons and really build community.

We're committed to helping you stay healthy at home so we are going to provide virtual midday stretch breaks and we're looking at virtual skill development and leisure activities at home.

We have Gryphon Nation radio which is our newest podcast dedicated to the Gryphon community.

Overall, as restrictions are lifted, we're committed to providing more and more to our Gryphon community.

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[End of Transcript]