







City Of Corpus Christi


# MAYOR'S FITNESS COUNCIL




## BOARD DETAILS

 **OVERVIEW**

-  **SIZE** 9 Seats
-  **TERM LENGTH** 2 Years
-  **TERM LIMIT** 6 Years

The Mayor's Fitness Council advises the City Council, City Manager, Parks Department and Health District regarding promotion of healthy living, including but not limited to the following activities: Encourage, promote and enhance healthy living through organized sports, events, diet and everyday activity, all with a strong emphasis on using natural resources. In addition, to collaborate with community leaders in all sectors to develop and implement policy and environmental improvement strategies that will help combat chronic disease such as diabetes, cardio pulmonary disease, and cancer.

 **CONTACT**

-  Hope Herrera
-  (361) 826-3476
-  hopeh@cctexas.com

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### DETAILS

#### COMPOSITION

The committee shall consist of nine (9) members appointed by the Mayor with approval of the City Council. The committee shall consist of individuals representing the following categories: 1 - Health Care/Medical Professionals, 1 - Worksite Wellness, 1 - Disability Networks, 1 - Senior Initiatives, 1 - Youth Initiatives, 1 - Community Outreach and 3 - At Large members. Staggered terms are as follows: Five terms shall end in even numbered years: Health Care/Medical Professionals, Senior Initiatives, Youth Initiatives, Community Outreach and one (1) At Large member. Four terms shall end in odd numbered years: Worksite Wellness, Disability Networks, and two (2) At Large members. Thereafter, all terms shall be two (2) years. Ex-officio members will include Director of Parks and Recreation and the Director of the City County Public Health District.

#### CREATION / AUTHORITY

Ordinance No. 028525, 3/23/10; Ord. 028598, 5/11/10; Ord. 029780, 3/26/13.

#### MEETS

Second Thursday of every month, 12:00 p.m., City Hall, Staff Conference Room.

#### TERM DETAILS

Two-year staggered terms.

#### DEPARTMENT

Parks and Recreation Department

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**Mayor's Fitness Council Members**  
**July 14, 2015**

One (1) vacancy with term to 5-11-16 representing the following category: 1 - Senior Initiatives. *(Appointed by the Mayor with approval of the City Council.)*

Name	Board name	Status	District	Term	End date	Category	Position
David Keith	MAYOR'S FITNESS COUNCIL	Resigned	District 5	1	5/11/16	Senior Initiatives	Member
Rodney Brown	MAYOR'S FITNESS COUNCIL	Active	District 1	1	5/11/17	At Large	Member
Kimberly Cook	MAYOR'S FITNESS COUNCIL	Active	District 5	2	5/11/17	Disability Networks	Member
Dr. Misty Kesterson	MAYOR'S FITNESS COUNCIL	Active	District 4	1	5/11/17	Worksite Wellness	Member
Victor M Betancourt	MAYOR'S FITNESS COUNCIL	Active	District 1	1	5/11/17	At Large	Member
Angelina Garcia	MAYOR'S FITNESS COUNCIL	Active	District 1	Partial	5/11/16	Community Outreach	Member
Dr. Ana Maria Paez	MAYOR'S FITNESS COUNCIL	Active	District 1	1	5/11/16	Health/Medical Profession	Member
Dr. Roland Hernandez	MAYOR'S FITNESS COUNCIL	Active	District 5	1	5/11/16	Youth Initiatives	Member
Rick Hayley	MAYOR'S FITNESS COUNCIL	Active	Other / Non-Resident	3	5/11/16	At Large	Vice-Chair

**Mayor's Fitness Council Applicant  
July 14, 2015**

<b>Name</b>	<b>District</b>	<b>Employer</b>	<b>Work Address</b>	<b>City</b>	<b>St.</b>	<b>Work Phone</b>	<b>Category</b>
<b>Dr. Jacqueline Hamilton</b>	<b>District 4</b>	<b>YWCA</b>	<b>4601 Corona Drive</b>	<b>Corpus Christi</b>	<b>TX</b>	<b>(361) 857-5661</b>	<b>Senior Initiatives</b>

# City Of Corpus Christi

## Profile


Dr. Jacqueline Hamilton  
Prefix First Name Middle Initial Last Name Suffix

  
Email Address

## Which Boards would you like to apply for?

MAYOR'S FITNESS COUNCIL

  
Street Address

  
City

  
Suite or Apt

  
State

  
Postal Code

## District 4

What district do you live in?

Please [CLICK HERE](#) for a map to verify your district assignment.

  
Primary Phone

  
Alternate Phone

YWCA  
Employer

Associate Director  
Job Title

4601 Corona Drive  
WorkAddress - Street Address and Suite Number

Corpus Christi  
WorkAddress - City

Texas  
WorkAddress - State

78411

WorkAddress - Zip Code

(361) 857-5661

Work Phone

Work E-mail address

Work Address

Preferred Mailing Address

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## Interests & Experiences

Do you currently serve on any other City board, commission or committee at this time? If so, please list:

Not currently.

## Education, Professional and/or Community Activity (Present)

Doctorate in Education, MS in Kinesiology. Professional involvement with NIRSA: Leaders in Collegiate Recreation, retiring from TAMUCC as Recreational Sports Director

## Registered Voter?

Yes  No

## Current resident of the city?

Yes  No

13

If yes, how many years?

[JHamiltonResume\\_4815.pdf](#)

Upload a Resume

## Demographics

Completion of this information is VOLUNTARY. The City will use this information for statistical purposes only, such as tracking the diversity of board and commission appointees. By providing this information, you will help us ensure that appointments represent a broad cross-section of the community.

Other

Ethnicity

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Female

Gender

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## Verification

### City Code Requirement

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As a board, commission, or committee member, you will be asked to adhere to: City Code of Ordinances, Section 2-65, states that all members of city boards and commissions, including ad hoc committees, appointed by the city, must be residents of the city. A move outside the city limits of the city by any member shall constitute automatic resignation from the particular board or commission on which such member served. City Code of Ordinances, Section 2-61, provides that absences from more than 25% of regularly scheduled meetings during a term year on the part of any board, commission or committee member shall result in an automatic termination. An absence shall be deemed unexcused unless excused by the board, commission or committee for good cause no later than its next meeting after the absence.

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I Agree

### Consent for Release of Information

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I understand that if any member of the public makes a request for information included in this application for appointment must be disclosed under the Public Information Act. I also understand that it may not be legally possible to maintain the confidentiality of such information, and I hereby release the City of Corpus Christi, and its agents, employees and officers, from any and all liability whatsoever if the information must be released pursuant to the Public Information Act.

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I Agree

### Oath

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I swear that all of the statements included in my application are true and correct.

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I Agree

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## Board-specific questions (if applicable)

Question applies to MAYOR'S FITNESS COUNCIL.

**Per city ordinance, the committee must include representatives from certain categories. Do you qualify for any of the following categories? \***

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- Worksite Wellness
- Senior Initiatives
- Youth Initiatives

# Jacqueline R. Hamilton

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## EDUCATION

Doctorate in Educational Leadership, Texas A&M University–Corpus Christi, Corpus Christi, Texas, 2009. Research Area: Employee Wellness

Master of Science, Kinesiology, University of Michigan, Ann Arbor, Michigan, 1987

Bachelor of Science, Psychology, University of Michigan, Ann Arbor, Michigan, 1985

## PROFESSIONAL EXPERIENCE

**Director, Recreational Sports** - Texas A&M University-Corpus Christi (2002-2015, retired)

- Provide vision, leadership and strategic direction for comprehensive Recreational Sports Department
- Supervise, develop, and evaluate full time professional and support staff including planning and implementing organizational change for growth
- Oversight of student employment and development for approximately 200 students annually
- Enhance recreation and wellness programs to meet the evolving needs of the campus community including Intramural Sports, Club Sports, Outdoor Recreation, Fitness and Wellness, Informal Recreation, and Special Events
- Fiscal management including development, preparation, and monitoring of self-generated and student fee based operating budgets, and grant writing
- Facility development in collaboration with other university units, including referenda, design, construction, furnishing, and occupancy – Dugan Wellness Center 2009, Island Hall academic building 2010, and multipurpose sport fields
- Oversight of scheduling of facilities managed by Recreational Sports for use by the department, Intercollegiate Athletics, and the Department of Kinesiology
- Develop, implement, and monitor risk management strategies for the department including facility, equipment, and personnel components in coordination with university and Texas A&M System requirements
- Participate on departmental, divisional, and university committees and work teams including Student Engagement & Success Council, Intercollegiate Athletics Council, Wellness Committee, Momentum 2020 University Strategic Planning, Recreational Sports Committee, and Staff Council
- Lead employee wellness initiatives including a targeted employee wellness program for lifestyle change, implementation of a Chancellor’s Wellness Initiative grant, and chairing campus wellness committee



**Adjunct Instructor, College of Education** – Texas A&M University–Corpus Christi (2003-2015)

- Provide instruction for graduate education (Introduction to Research) and upper division undergraduate Kinesiology classes (Managing Leisure Services, Facility Design for Sports and Recreation, Creative Lifestyles for Wellness)
- Guide students to successful completion of learning outcomes for the assigned courses
- Certificate of Professional Development in Best Practices for Online Course Design

**Events Coordinator/Assistant Director** – Texas A&M University-Corpus Christi (2001-2002)

- Review and assign space requests from student groups, departments, and external groups for the University Center
- Consult with event planners to identify appropriate venues and set ups to ensure institutional needs are met while achieving revenue objectives
- Maintain space scheduling software system to ensure accuracy and timeliness of data.
- Conduct regular meetings with operations staff and food services management to ensure coordinated event management; involve Physical Plant, Campus Police, and other facility managers to meet customer expectations and effectively allocate institutional resources
- Manage Information Center services and supervise student staff in addressing walk-up customer service, data entry, and phone inquiries
- Produce invoices and collect/deposit fees for space use rent, setup, technical support, and labor
- Participate on departmental, divisional and university committees

**Membership Director** – North Shore Country Club, Portland, Texas (1993-1994)

- Oversee membership sales and services to golf, tennis, pool and social areas
- Plan events for members and guests including coordination with food & beverage department (weddings, banquets, birthday parties, golf tournaments)
- Process landowner dues collection
- Assist General Manager as needed, oversee front office staff

**Assistant Director** –The University of Texas at Austin, Division of Recreational Sports (1988-1993 and 1995-2001)

- Provide daily management of recreation facilities – 250,000 square feet of indoor space and 40 acres of outdoor space
- Hire, train, supervise and evaluate part time and full time staff
- Research, purchase, inventory, and distribute extensive equipment, supplies and services, including writing bid specification packages
- Develop and coordinate capital improvement projects with architects, vendors and contractors
- Manage income and expense budget for equipment, supplies, wages and memberships – approximately \$1 million in income and \$1 million in expenses annually
- Participate in planning, goal setting and future directions
- Administer Membership Services area, address member concerns and oversee office operations

- Monitor risk management strategies through inspection forms, maintenance routing, and policy signage
- Oversee retail operations for two recreation pro shops

## **CERTIFICATIONS**

American Council on Exercise – Certified Personal Trainer since 2000

American Council on Education – Certified Health Coach since 2015

NIRSA (National Intramural Recreational Sports Association): Leaders in Collegiate Recreation  
Certified Recreational Sports Specialist and Registered Collegiate Recreational Sports  
Professional

American Red Cross CPR/First Aid/AED

Mental Health First Aid Certified 2014

Food Handler Permit

## **MEMBERSHIPS AND COMMITTEES**

TAMU-CC Staff Council, 2005-2006 and 2008-2009, 2013-2015

NIRSA Education Task Force Chair 2013-2015

NIRSA Board of Directors, Annual Director 2012-2013, 2013-2014

NIRSA Annual Conference Program Co-Chair, 2013

NIRSA Education Content Review Work Team Co-chair, 2011-2013

NIRSA Assembly (Think Tank) Member, 2010-2011

NIRSA Research and Assessment Committee Member, 2010-2011, Chair, 2011-2013

NIRSA Wellness Committee Chair, 2006-2009

NIRSA Health and Wellness Knowledge Community Chair, 2007

TAMU-CC Doctoral Inspiration Group, student organization member, 2006 – 2009

NIRSA Exhibit Hall Committee 2004-2006

NIRSA Research Committee, 2002-2004

NIRSA Facilities Symposium, Coordinator/Host, October 2000

NIRSA Facilities Committee Chair, 1999/2000, 2000/2001

NIRSA Aquatics Committee Member, 1991-1993

NIRSA Health and Wellbeing Commission Member 2015

National Aquatics School Lifeguard Instructor/CPR Instructor (University of Texas), 1991-1992

NIRSA Life Member, member since 1987

TACUSPA (Texas Association of College and University Student Personnel Administrators)  
Member since 2009

NASPA (National Association of Student Personnel Administrators) Member since 2009

ACHA (American College Health Association) Member since 2013

## **PRESENTATIONS AND PUBLICATIONS (recent)**

Hamilton, J. (2013). Assessment in Campus Recreational Sports. In NIRSA, Campus Recreational Sports: Managing Employees, Programs, Facilities, and Services. Human Kinetics, 2013

Dissertation: Effects of an employee wellness program on physiological risk factors, job satisfaction, and monetary savings in a South Texas University, 2009  
Return on Investment for Wellness, NIRSA 2015  
You Can't Be a Leader without Followers, NIRSA 2015  
By the Numbers: How Changing Demographics Impact University Recreation, NIRSA 2015  
Sleep: Promoting Its Value in Wellness and Mental Performance, NIRSA, 2014  
Lifelong Learning: Taking Control of Your Professional Development, NIRSA, 2014  
Be Well So We Can All Excel (invited), Women's Leadership Institute, 2013  
Healthy Campus 2020, NIRSA, 2012  
Fusion Facilities (panelist), NIRSA, 2012  
TAMU-CC Employee Development Day – Be Well To Excel, 2014; Sleep, 2013; Play, 2012  
Research and Assessment, a How-To Workshop for Campus Recreation (coordinated presentation team), NIRSA, 2011  
Effects of an Employee Wellness Program on Physiological Risk Factors, Job Satisfaction, and Monetary Savings in a South Texas University (poster presentation), American Psychological Association, 2010  
Effective Measurement, NIRSA, 2010  
Designing Places to Play: Changing Trends in Student Life Buildings (co-presenter), Texas College and University Facilities, 2009  
The Wellness Wheel, Texas Association of Collegiate Registrars and Admissions Officers, 2008  
Wellness Committee Survey Results, NIRSA, 2007  
American College Health Association Healthy Campus 2020 Writing Team Member, 2008-2011  
External Reviewer, Campus Recreation, University of Texas at Arlington, March 2011  
Strategic Planning Consultant, Stanford Recreation, March 2015

### **AWARDS**

NIRSA National Service Award, 2001  
TAMU-CC Women's Center Board 2003-2005, Unsung Hero Award, 2005  
Awarded \$60,000 grant from Texas General Land Office Coastal Management Program, 2005

### **VOLUNTEER ACTIVITIES**

Texas General Land Office Beach Clean Up  
Texas A&M University-Corpus Christi Commencement volunteer  
NIRSA Foundation quilt-maker for scholarship auction  
Tutoring for graduate students in statistics  
Habitat for Humanity