

# USD Campus Recreation News

## TRX Anyone? New Workshop Kicks Students into High Gear!

This past Tuesday on a spectacular sunny November afternoon, USD students participated in the TRX workshop. It was a 75-min intro class to our brand new TRX system that we have on the pool deck. Students laughed, smiled and sweated at the different challenges that literally worked over their entire body. Participant Savannah Linares said, "It was such a blast! It was not only fun, but also it was a body blast as well! The workout was intense and we worked every single muscle in a little over an hour"!

Check out the [VIDEO](#) from Tuesday's TRX workshop to see what the all the fuss is about surrounding TRX and body weight exercises!

Campus Rec offers several Boot Camp type classes that incorporate the TRX system, so be sure to check out the Spring 2014 Recreation class schedule to find a class that works with your schedule!

Spring 2014 Recreation class schedule:

[http://www.sandiego.edu/campusrecreation/recreation\\_classes/](http://www.sandiego.edu/campusrecreation/recreation_classes/)



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*"It is impossible to be negative while we are giving thanks" - Donald Curtis*

## Try the Tri!

**The Torero Tri Turkey Trot is back!**

# The Torero Turkey Trot

***Gobble, Gobble, Gobble USD! Let your inner athlete shine in this super fun mini-triathlon!***

### Event Details:

- Sunday 11/17, 11 AM
- \$15 registration fee
- Sports Center Pool Area
- 15-minute stationary bike ride, 250 yard pool swim (4.5 laps), and a ~3k mini-run
- Fresh turkeys awarded to each division winner
- Divisions: individual male, female, or co-ed relay
  - Must register by 11/14!
- Open to all community members & affiliates



To register or more info: [www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation)  
619-260-7751, [serenaboyd@sandiego.edu](mailto:serenaboyd@sandiego.edu)

Come on USD! Get off your couch and try the Torero Tri Turkey Trot! This super fun and super quick event will leave you feeling accomplished right before the Thanksgiving break! You can even burn off that extra piece of pumpkin pie before Thanksgiving even starts!

**For more information or to register:**

<http://www.sandiego.edu/campusrecreation>

619-260-7751

[campusrecreation@sandiego.edu](mailto:campusrecreation@sandiego.edu)

11/19  
11am

Bike+ Swim+  
Run = FUN!



## Intramural Update!

### Co-Rec Flag Football: Let the Rivalry Continue!

It was an exciting match up for the first game of the semi-finals for Co-Rec Flag Football on Tuesday, November 5, 2013; "X-MEPN" was up against "Red Rocket" for a championship position. "Deja va" was experienced sitting on the sidelines because these two teams faced each other last week in the last regular game of the season when "Red Rocket" beat "X-MEPN" by only 1 point, causing this week's intense rivalry. The game started off quick with "X-MEPN" scoring first, then "Red Rocket" returned with a long pass and unopposed 40-yard run to bring the score to 7-7. But "X-MEPN" didn't let that last long, when they returned with their own long pass and touchdown by Amanda Woolfson to bring the score to 14-7. By the end of the first half, "X-MEPN" definitely showed that they weren't going to lose easily again; the score 26-7. Coming off half time, "Red Rocket" managed to turn it around when they intercepted the ball at "X-MEPN's" 30 yard line after a 3 person fumble, made two great plays and Jacob Wheeler scored a touchdown. They fought back hard for the rest of the half but fell short losing the game, 39-28. "X-MEPN," who at the beginning of the season would joke about only making the playoffs if all their opponents forfeited, are now looking forward to the championship game next week, November 12th, on Manchester Field. – By Lexi Mena

### Co-Rec Soccer Showdown

On October 15th, there was an intense intramural soccer game between the defending champion team "Purple Cobras" and the team "Can't Touch This." The "Purple Cobras," coming off a great season where they ended up as Intramural Soccer Champs, defeated "Can't Touch This" 3-0. Young phenom soccer player for the Cobras, Fernando Quinones, was the unanimous choice for MVP of the game. Quinones finished the game with one goal and one assist and helped seal the victory for the Cobras as they look to keep their momentum going from last season. The game was very energetic throughout as "Can't Touch This" showed great pride and perseverance by never giving up hope. As Can't Touch This gear up for a push for the playoffs, the "Purple Cobras" look to continue their dominance and try to get back to the Championship once again. We will see how both teams' seasons work out as they continue to work toward their goals for the year. – By Mark Senini



Pictured above: Fernando Quinones, team "Purple Cobras"



## Intramural Update!

### Men's Soccer Playoffs

On Monday, November 4, 2013, men's intramural soccer had two intense quarterfinal games. First, "Fiji" faced "Donkey Punch" in what was a hard fought, close game. "Donkey Punch" had many unlucky attempts on goal as the players hit the goal post at least 5 times. The score remained 0-0 for a good part of the game but you could see the determination to win in the amount of sweat and heavy panting coming from both teams. After 40 minutes of play, "Donkey Punch" came out the victors with a score of 5-3. The second game of the night was "Delt" versus "Debroken." "Delt" came out strong scoring the first goal, but "Debroken" fought back. They tied the game 3-3, coming off the second half but unfortunately their persistence didn't show in the score as they lost 5-3. Both "Donkey Punch" and "Delt" will advance onto the semi-finals, to be played next Monday on Valley Field. - By Lexi Mena

### Official of the Month

A lot of different things go into making an intramural league possible each night. It takes a combination of game supervisors and officials to bring the game alive to every participant, the player. When Josh Williams is standing on the sidelines of your game in his stripes, you know you'll be in for a good game. A lover of sports himself, he plays on the defensive line for University of San Diego's Football Team. He divides his time between wearing his jersey for his team and the hours in the studio working towards his engineering degree. During the weeknights, you can find him either in the Sports Center yelling quotes from the movie Dodge Ball to the players awaiting his whistle to start or on the field of Manchester maintaining order along testosterone-fueled men as they set out towards the grand prize of a championship t-shirt. His size might be intimidating at first but once you get to know him, you will find that he's a big teddy bear at heart. Make sure to say hi to him next time you see him around the Sports Center and be rest assured that if he's your official tonight, you're in for a fair and fun game. - By Lynna Tran



Pictured above: Joshua Williams,  
Intramural official



## Sport Club Happenings

### The 2013 Sport Club Fall Kickoff Awards!

The Sport Club Administration department has decided it's about time we honor some of the excellent student-club sport athletes that we work with on a daily basis. The first award goes to the club leader who was most organized and the first to reach 100% club member clearance. Her leadership is echoed by the excellent leadership core of the Women's Soccer Club.

#### ***Dana Dowse, Women's Soccer – 2013 Fall Kickoff Top Executive Award Winner***



Pictured above: Dana playing soccer with some friends in Makuleke, a rural village in South Africa.

**Carley & Nick:** Congrats Dana! Please tell us a little about yourself...

**Dana:** I am majoring in International Relations and Business Economics and I have been playing soccer for 15 years. While I have been at USD I have become very interested and involved in social justice issues and I hope to work along those lines in the future.

**Us:** What makes you so good at being awesome?

**Dana:** Getting the club organized was a lot of work. It required constantly checking the Google doc and checking in with players to make sure everyone was turning in their forms. I found that responding to emails quickly and stopping by the office a lot helped to stay on top of things. The team leadership has also been so helpful. I think we did a good job splitting up tasks to make it a little less overwhelming.

**Us:** What's the most important thing about being a great leader of your peers?

**Dana:** Constant communication between the club leadership, club sports office, our league, opponents and players to make sure everyone is on the same page.

**Us:** Done anything interesting lately?

**Dana:** Well, I spent a few weeks traveling in South Africa this past summer...

**Congrats Dana!!!!**

## Sport Club Happenings

### ***Keenan Lineback, Surf Club – 2013 Fall Kickoff Top Sport Club Athlete Award Winner***



Pictured above: Keenan- 1st place at Blacks Beach Surf Contest 10/27/13

Miss Lineback is being honored for her victory at the Blacks Beach Surf contest in the north La Jolla area on October 26-27. Forrest Dein, the GM for USD Surf Club, had nothing but great things to say about Keenan.

**Nick:** So Keenan is a pretty good athlete, huh?

**Forrest:** She is sponsored by Billabong for surfing, has won many contests for us, and I believe she was athlete of the year last year. Oh, and she is a full D1 scholarship swimmer for USD.

**Nick:** Wow she is wicked good eh?

**Forrest:** Yea, other girls are scared to draw Keenan in their heats...

**Nick:** Is she better than you?

**Forrest:** Let's just say she surfs just as good as the guys on the team!

**Nick:** Right on! Congrats to Keenan!!

## The Sport Club Blitz!

By Carley Nagel and Nick Stromberg

### Club Golf

In its second year the club has almost doubled in size to roughly 20 people. So far, the Golf Club has played in two NCCGA tournaments finishing in 3rd and 4th place respectively. Brett Daly finished 8th overall at the Soboba Springs Invite in San Jacinto, CA on October 19-20. This is the first year the club has been eligible to travel and it is looking to make a name for itself on the NCCGA tour. Keep up the good work guys!

### Club Men's Lacrosse

The club played a contest against its alumni on October 12 during homecoming weekend and won by double digits. One of the alumni members was quoted as saying "We looked really old and slow out there." Recently the team played a tournament at SDSU on Nov. 3 and they went 2-1. They beat USC and SDSU but lost to UNLV because it was the third game in a row and the team was gassed. The club's primary season starts in the spring.

### Club Men's Rugby

The Rugby Club has definitely been on the move over the last month. Newcomers to the club played in the Alumni matchup at home on Manchester field on Oct. 12 while a group of savvy veterans traveled to San Luis Obispo for a Sevens Tourney.

The next big trip was another sevens tourney in San Francisco from Oct. 25-27. When asked how the club performed, GM Kevin Eaton said, "In SF we went 2-4, including wins against UCSB and Sacramento State. We lost twice to UCLA who was ranked #1 in the nation when we played them, and are currently #5 in the nation. We also lost to Santa Clara and #10 in the nation Cal Poly."

Finally, the team traveled to Las Vegas the following weekend and pounded UNLV 64-10. MRUG has traveled a lot and become very competitive by taking on some of the top powerhouse club Rugby teams in the country.

### Club Men's Soccer

The MSOC club has been on the move as well and playing at a high level. They recently beat St. Katherine 8-0 at home Oct. 25 and finished in 2<sup>nd</sup> place in their respective league. Unfortunately the team did not qualify for regionals, but they are very good. Please come and watch the next home game against SDSU at Valley Field Nov. 8, 7pm. Mark your calendars folks!



Pictured above: Men's LAX alumni game action (top) and cheer club from the same event (bottom).

## The Club Sports Blitz!

### The Running Club

There is a new club in town! If you are interested in joining contact Ashley Mendes – [amendes@sandiego.edu](mailto:amendes@sandiego.edu) or Roisin O'Brien – [roisinobrien@sandiego.edu](mailto:roisinobrien@sandiego.edu).

### Club Ultimate Frisbee

Ultimate Frisbee traveled to the OC during the last weekend of October to compete in the Irvine Fall Huckfest '13. The club faced difficult opponents including California Irvine, UCLA, Cal Poly San Luis Obispo, Redlands, and Occidental. Ultimate won against Redlands 9-8, but came up short over its next four matches. This was the first event of the year for the club and a great way to work out some early season kinks. Jordan Denecour also proved that it *IS* possible to break your nose playing ultimate Frisbee! Look for more events in the spring.

### Club Women's Soccer

Women's Soccer was busy last month. From October 11-13 the team was at UC Santa Barbara for a tourney and went 1-1-1. The club tied UCSLO, lost to Colorado and beat UC Davis. Next the club played CSUF on the 20<sup>th</sup> and CSU Northridge on the 26<sup>th</sup>. The ladies beat CSUF 2-1, but were shut out by Northridge 0-2. The player of the month for the club was Erin Schoch, who's not only a phenomenal goal scorer but an excellent travel coordinator! The next home game is Nov. 23 against UC Irvine at 4:30 pm, Valley Field. Be there!

### Club Tennis

The club has competed in two tournaments thus far, one in Lakewood (LA area) and one in San Luis Obispo. I do not have the results but what I can tell you is that Caroline Eversmann rocks out as membership coordinator!

### Club Women's Lacrosse

USD hosted a Women's Lacrosse tournament on October 19, 2013. Teams included USD, the Shooters, SDSU, and San Diego Club. There were five games in total and all clubs matched up well. Overall, USD went 1-2 losing to SDSU (8-11) and San Diego Club (14-6), but won a low scoring match against the Shooters (7-4). The USD WLAX club is a very young team and this was the first competition they faced together outside of an alumni matchup October 12. We look forward to seeing this young core of players excel this year and in years to come.

### Club Baseball

The club baseball team is sitting at 2-2. It was swept by St. Katherine's at Oceanside HS field on October 19, but bounced back to throttle LMU two times on November 2nd at Kearny HS in San Diego. Club GM Reid Wagner said Neil Bruner is the front runner for the early season team MVP.



## Recreation Class Feature of the Month- Yoga Sculpt

The Department of Campus Recreation at USD is constantly striving to involve the entire campus community in activities that promote a healthy lifestyle by providing a variety of options to stay active and fit. One of the most popular ways Campus Rec does this is through its numerous recreation classes. Offering everything from ballet to martial arts, and Pilates to surfing, Campus Rec makes sure that there is an option for everyone. Classes can be taken for-credit by undergraduate students, providing an easy way to get in a few more electives before graduation, but can also be taken not for-credit by anyone in the USD community.

One of the most popular recreation classes this semester is the Yoga Sculpt class instructed by Sabrina Garland. Think yoga can't provide a complete workout? Think again. Yoga Sculpt is 55-minutes of quickly paced action, and emphasizes muscular strength and flexibility. Upbeat music sets the mood for a class that is both a restorative experience and a challenge, and students utilize hand weights to up the intensity as Sabrina leads them through a series of movements that blends Vinyasa, Hatha, and Fusion yoga. When asked about her favorite aspect of instructing classes at USD, Sabrina said, "I love being able to develop relationships and see the progress a student makes over the course of the semester. I think Campus Rec classes are important because they make students conscious of their fitness and well-being. It's very rewarding when a student comes to class stressed-out and leaves feeling much more confident and at peace." The students in Sabrina's Yoga Sculpt class certainly seem to agree. Caroline Vincent, a freshman, is taking Yoga Sculpt for-credit. "I absolutely love it," she said about the class, "It's a great way to meet people you otherwise wouldn't, and it definitely helps with stress-relief...and keeping off the freshman fifteen. I will definitely take another class next semester."

Even if Yoga Sculpt doesn't sound like your ideal workout, there is no need to worry! Campus Rec is offering nearly 70 different classes for the Spring 2014 term and registration is open to students as soon as they are able to register for academic classes. For more information about next semester's class options, feel free to stop by the Sports Center or check out the recreation class schedule at

[http://www.sandiego.edu/campusrecreation/recreation\\_classes/](http://www.sandiego.edu/campusrecreation/recreation_classes/).

- By Natalie Thompson



## Tecolote Tuesdays are Running Your Way!

Take a Time Out  
Tuesdays @ 9am

# Tecolote Tuesdays

Meet outside  
Missions' Cafe



Join us for a fresh  
morning jog exploring  
Tecolote Canyon!  
All running levels welcome.

## The Wellness Corner

### Group Ex now HALF OFF!

**Don't stop now.**

Enjoy a Group Exercise Special:  
**Now just \$45**  
An \$85 value

**You deserve it.**

USD FIT  
USD REC  
UNIVERSITY OF SAN DIEGO

Our [USD FIT Group Exercise fitness program](#) was designed to help our campus community maintain a well-balanced and healthy lifestyle. The schedule includes 20 weekly classes led by experienced instructors. All classes meet in the group exercise room on the first floor of the Mission Fitness Center, except *Indoor Cycling*, which is held in the Sports Center Room SC109.

Membership includes access to all the weekly classes throughout the semester and is now available for the reduced price of \$45 for the remainder of the semester!

We also offer select classes as part of our [Employee Group Exercise program](#), which is also featuring a special price of \$30 for the remainder of the semester.



### Personal Training Fall Special!

[USD FIT Personal Training](#) offers a chance to work with either of our two nationally certified personal trainers. Using their expertise, our trainers coach clients through unique, well-crafted workout routines designed to achieve specific fitness goals. In preparation for the holidays, we're offering a November 8-pack special for only \$199!

For more information, visit us online at:

[www.sandiego.edu/campusrecreation/fitness\\_wellness/](http://www.sandiego.edu/campusrecreation/fitness_wellness/)

USD FIT  
for a Healthier Mind, Body & Soul

Know your limitations,  
*And then defy them.*

USD REC  
UNIVERSITY OF SAN DIEGO

**November Personal Training Special**

8 Sessions for \$199

**11/1-11/30**

For more information and to register, please visit:  
<http://www.sandiego.edu/campusrecreation/registration/programs.php>

*"Though they only take a second to say, thank you leave a warm feeling behind that can last for hours" - Kent Allen Rees*

## Family Weekend Golf Tournament was a BLAST!

On Friday, October 11th, Campus Recreation hosted the annual Family Weekend Golf Tournament at Tecolote Canyon Golf Course. It was a beautiful day and all of the participants enjoyed some quality time with their friends and family members. As always this tournament was open to all skill levels, but the winning teams played some fantastic golf. In second place Jim and Jack Ryan shot a strong four under par and each took home a Titleist golf hat. Jack Ryan also won the long drive competition and a dozen Taylor Made golf balls. In first place with an amazing five under par were Barry and Taylor Kress each taking home a \$50 gift card to Worldwide Golf Shops. Barry Kress also won the closest to the pin competition on the first hole and was awarded one dozen Taylor Made golf balls. Keep an eye out for the spring Campus Recreation golf tournament and for all you golf fanatics on campus remember that we offer a golf club as part of the Campus Recreation sport club program.



Pictured above: First place winners Barry and Taylor Kress.

And the  
Winners  
are...



Pictured above: Second place winners Jim and Jack Ryan.



## A Dose of Gratitude: How Being Thankful Can Keep You Healthy

What if there was a solution to stress so simple that it involved nothing more than feeling thankful for the good things in your life? In fact, there is. That solution is called gratitude.

Studies have shown that people who regularly practice feeling thankful have a leg up when it comes to their health. Robert Emmons, a psychology professor at the University of California at Davis, has been a leading researcher in this growing field, termed “positive psychology.” His research has found that those who adopt an “attitude of gratitude” as a permanent state of mind experience many health benefits.

Emmons’ findings, along with those from other researchers such as Lisa Aspinwall, a psychology professor at the University of Utah, suggest that grateful people may be more likely to:

- take better care of themselves physically and mentally
- engage in more protective health behaviors and maintenance
- get more regular exercise
- eat a healthier diet
- have improved mental alertness
- schedule regular physical examinations with their doctor
- cope better with stress and daily challenges
- feel happier and more optimistic
- avoid problematic physical symptoms
- have stronger immune systems
- maintain a brighter view of the future



With that list of benefits, who *wouldn't* want to try it? To get started giving thanks, consider integrating some of the steps below into your daily life.

### Focus Attention Outward

Your attitude plays a large role in determining whether you can feel grateful in spite of life’s challenges. According to Emmons, gratitude is defined by your attitude towards both the outside world and yourself. **Be Mindful of What You Have**

You may assume that those with more material possessions have more to be grateful for. However, research suggests otherwise. Edward Diener, a psychology professor at the University of Illinois, found that a high percentage of affluent people in Japan report low levels of life satisfaction, just as those living in poverty in India do. These findings suggest that it’s not how much you have, but how you feel about what you have that makes the difference.

### Keep a Gratitude Journal

Recording what you feel grateful for in a journal is a great way to give thanks on a regular basis. Emmons found that those who listed five things they felt grateful for in a weekly gratitude journal reported fewer health problems and greater optimism than those who didn’t

### Reframe Situations as Positive

It’s not actually a challenging situation that is upsetting. It’s how you perceive the situation. The next time you find yourself complaining about life’s hassles, see if you can mentally “flip the switch” to frame things differently.

Source: <http://www.healthline.com/health/depression/giving-thanks#2>

There is always, always  
something to be thankful for



## Student Employee Recognition

### Campus Recreation Employee of the Month

The Campus Recreation Employee of the Month for September is Amory Fratoni! Amory is a sophomore who has been working for Campus Recreation since the start of her freshman year. She is a Project Supervisor for Scheduling and Staff Development and can frequently be found in the Campus Rec office keeping track of the student staff's ever-changing schedules and helping out both patrons and other staff members however she can. When asked to comment on Amory's strengths and work ethic, Amory's supervisor, Angela Garbo, said, "Amory's greatest contribution to the Campus Rec team is her willingness to jump into a new situation and completely own it." Amory attributes her motivation to be a leader within the Campus Rec family to her parents, who have encouraged her to work for what she wants from a young age, and also to the satisfaction she feels when a goal is accomplished. Amory says the aspect she loves most about working for Campus Rec is the environment and the amazing people. When Amory has a rare moment of free time, she enjoys listening to music, going to the beach, and cooking Italian food. Congratulations, Amory! Thank you so much for everything you do!



### Fitness Center Employee of the Month

Congratulations to the Mission Fitness Center Employee of the Month, Victoria "Tori" Anderson! As our Scheduling and Staff Development Team Leader, Tori helped the MFC get off to a strong start this fall. Her poised, proactive and hardworking nature has ensured the success of our entire staff. She calmly responds to every scheduling change quickly and solves each conflict with a positive attitude. Her efforts allow everyone else to shine. To top it all off, she is incredibly nice and is always willing to assist other team members by covering their shifts, despite her busy schedule. You'd never know how much she manages because she'd be the last to tell you. Thank you for your dedication to the MFC! We are better because of you.

***"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom" – Marcel Proust***

## Calendar of Upcoming Recreation & Fitness Events

Event	Date/Time	Registration Deadline/Fee
Club Quidditch Tournament, Valley Field	12pm – 3pm	NA / FREE
Men/Women Club Soccer Tournament, Valley Field	5pm	NA / FREE
<a href="#">Torero Tri Turkey Trot</a> , Sports Center	11/17, 11am	11/15 / \$15
Women's Club Soccer Game, Valley Field	11/23	NA / FREE
Thanksgiving Holiday <a href="#">Hours</a>	11/23 – 12/1	----
<a href="#">Yoga Inversion Workshop</a> , Spots Center	12/8, 5-6:15pm	12/6 / \$8
Last day of all classes!	12/13	----
Free Finals Week De-Stress Fitness Classes	12/14-12/20	FREE

For more info: [www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation), 619-260-4533, [campusrecreation@sandiego.edu](mailto:campusrecreation@sandiego.edu)



*“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude”*

- Ralph Waldo Emerson