



USD Campus Recreation News

First Annual Extramural Championships

During the Fall semester of 2013 Intramural Champions from SDSU and Cal State San Marcos competed in the first annual San Diego Extramural Champions Games! The USD 7x7 Flag Football Champions *"The Stunts"* competed against two champions from SDSU and the champion from Cal State San Marcos, also the USD Co-Rec Undergrad Softball Champions *"Team Beta"* competed against the champion from SDSU. *"The Stunts"* played admirably against SDSU's *"Ragnar"* but fell short by a score of 6-0; it was a defensive battle throughout the game! *"Team Beta"* was also in a dog fight with SDSU's champions *"Does It Hurt"* but pulled off a victory with a walk off single in extra innings to win 9-8. These games were just a start to the series as this semester we have added UCSD to the mix to have four of the major universities in San Diego compete in the games. This Spring semester the universities will get together to have the 5x5 Basketball champions compete at UCSD, Speed Soccer champions compete at SDSU, and Volleyball champions compete here at USD. The games will be held during the first week of May! Good luck to all teams this semester and let's show the other universities what USD Intramurals is all about!!! More reports on page 2!

THE MORE YOU KNOW:

Research shows that Campus Recreation on a University campus:

- ✓ Has one of the highest student employee retention rates in regards to persistence
- ✓ Contributes to student overall success through fitness & wellness opportunities
- ✓ Helps students reduce stress through activity participation
- ✓ Supports a strong sense of belonging within the community

So come on and join us and find what **MOVES** you!

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Pictured above: USD's Hunter Warren preparing to take on the tough defense of SDSU's "Ragnar."

First Annual Extramural Championships



What a great night of football! Intramural champions from USD, CSU San Marcos and SDSU. Hosted at SDSU, there were four teams battling it out to see who the real Intramural champion in San Diego is. The title went to SDSU's "*Ragnar*." Congrats to all four teams on their respective titles and congrats to *Ragnar* for taking home the first SDCS Flag Football title.



USD took on SDSU in a cross-town matchup in Co-Rec Softball. This was our second SD Championship Series of the semester and ended in USD's "*Team Beta*" taking home the softball title with a 9-8 win. Congrats to USD's "*Team Beta*" and SDSU's "*Does It Hurt*" for making it to the championship game!

Sport Club Happenings



On Tuesday, February 4th, the Alcalá Bazaar was underway with many USD sport clubs representing and getting a lot of attention. If you were unable to attend this wonderful opportunity but are interesting in getting more information about the sport clubs offered here, feel free to contact the General Managers listed on the [club directory website](#). Also, come and support USD Sport Clubs at some of upcoming home contests (schedule on page 4)!

Sport Club Home Contest Schedule, Spring 2014

Date	Event		Location	Time
Feb. 16	W Soccer	TBA	Valley	1:00 PM
Feb. 22	M Lacrosse	Concordia	Manchester	8:30 AM
Feb. 22	M Rugby	CSULB	Manchester	15:30
Mar. 1	W Volleyball		Sports Center	8:00 AM
Mar. 4	M Lacrosse	LMU	Manchester	5:00 PM
Mar. 5	W Lacrosse	CPSLO	Manchester	5:00 PM
Mar. 9	W Soccer	TBA	TBA	1:00 PM
Mar. 13	M Lacrosse	Utah Valley	Manchester	6:00 PM
Mar. 16	M Lacrosse	Sonoma State	Manchester	2:00 PM
Mar. 21	M Lacrosse	Chico State	Manchester	7:00 PM
Mar. 23	M Lacrosse	Grand Canyon Del Mar Polo Grounds		12:00 PM
Mar. 28	M Lacrosse	ASU	Manchester	7:00 PM
Mar. 29	W Lacrosse	ASU	Manchester	1:00 PM
Mar. 30	W Lacrosse	U Arizona	Manchester	9:30AM
Mar. 30	M Lacrosse	Santa Clara	Manchester	11:30 AM
Apr. 4	M Lacrosse	Montana	Manchester	6:00 PM
Apr. 5	W Lacrosse	SDSU	Manchester	1:00 PM
Apr. 6	W Soccer	TBA	Valley	1:00 PM

**Support your fellow Toreros and come out and cheer
them on at one of our home contest games!
Go Toreros!!!**

The Wellness Corner

Slow and Steady Wins the Race

Tips & Tricks to Keep Your New Year's Resolutions on Track

As we find ourselves already moving into February, a month full of packed academic schedules and chocolate-covered temptations (arguably the best part of Valentine's Day), it can be easy to let those resolutions we set barely over a month ago slip quietly to the wayside. To combat the slippery-ness of the February slope (or more accurately, slump), we've compiled a list of our favorite ideas to stay motivated and excited about those New Year's Resolutions!

1. Take It Slow

Rome was not built in a day. However, it was built very, very well, which is precisely why so many of its ruins still stand—keep this in mind when you consider your New Year's Resolutions. Instead of trying to completely overhaul your entire lifestyle at once, focus on achieving a few small goals at a time and truly sticking to them. Forming a few consistent habits can have a dramatic impact on your progress to reaching a long-term goal.

2. Expect Setbacks (And Adjust Accordingly)

Even the best-laid plans are sure to have their obstacles. Whatever your resolution may be, it's important to recognize that some days are going to be harder than others when it comes to sticking to the plan. Do not beat yourself up over this—it is a fruitless act and its only outcome will be to raise your stress levels. Instead, do your very best to adjust accordingly to the situation you're in. For example, if Valentine's Day will wreak havoc on your vow to steer clear of refined sugar, make it a point to be active that day.

3. Prioritize And Re-examine

While it's important to allow for some setbacks, it's absolutely crucial to make your resolution a daily priority if you're expecting to see results. As we mentioned earlier, forming those consistent habits are imperative to achieving your goals. This requires actively reminding yourself *why* you set the resolutions you did. If you find yourself struggling to stick with your plan, it's essential to re-examine the motivation behind your goal. Who are you doing this for? Particularly in matters regarding health and lifestyle, it's important that our goals actually reflect what we want—not what someone else wants, be it a well-meaning friend or society as a whole.

No matter what your New Year's Resolutions are, we hope this offered a new perspective as to how they can be achieved! Welcome back, USD! Have a wonderful Spring Semester!

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The Wellness Corner





Group Exercise Spring 2014

[USD FIT Group Exercise](#) was designed to meet the fitness needs of our campus community. A wide variety of fitness classes, taught by expert instructors, are offered at wide-ranging times from the convenience of campus. **Full semester membership** includes access to all [20 weekly classes](#)! Take the classes that best suit your needs and go as often, or as little, as you wish. **USD Employees** are also eligible for our [USD FIT Employee Group Exercise](#) membership option offering [15 weekly classes](#) intended to fit around a traditional workweek schedule.

[Register today](#) to prioritize your health and fitness this semester.

"Fit is not a destination; It's a way of life."

Spring 2014 Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:55am		Boot Camp Colleen B.	Yoga Flow Lexi C.	Yoga Sculpt Lexi C.			
10:15-11:10am						Indoor Cycling Colleen B. (SC 109)	
12:15-1:10pm	Abs & Toning Colleen B.		Zumba Rebecca N.				
12:30-1:25pm		Power Yoga Fusion Wendy T.		Total Body Conditioning Kaitlin B.	Yoga Fusion Erin A.		
3:00-3:45pm							TRX Boot Camp Parker L. (SC TRX Station)
4:00-4:45pm			TRX Boot Camp Parker L. (SC TRX Station)				
5:15-5:55pm	Boot Camp Lexi C. (5:30-6:25)	Pilates Mat Rene' M.					Power Yoga Lexi C. (5:00-5:55)
6:00-7:25pm		Power Yoga Deborah M.		Yoga Fire Deborah M.	\$85 Semester Membership  		
7:00-7:55pm	Power Yoga Lexi C.		Zumba Rebecca N.				
8:05-9:00pm	Boot Camp Colleen B.		Abs & Toning Colleen B.				

Classes subject to change **Location: MFC 1st floor (unless otherwise indicated)**
Info & Registration:
www.sandiego.edu/campusrecreation/fitness_wellness/group_exercise.php

The Wellness Corner

Personal Training Update



It's never too late to start your New Year's Resolution!

USD Personal Training

6 sessions for \$149

Offer ends: Feb. 27th

For more information and to register, please visit:
http://www.sandiego.edu/mfc/personal_training/

Our nationally certified USD Personal Trainers design unique programs tailored to efficiently maximize individual fitness success. Through February 27th, take advantage of our “Never Too Late for New Year’s Resolutions” special, offering 6 individual personal training sessions for only \$149 (regularly \$249). Experience how a trainer helps you discover your best self one personalized session at a time!

Meet the Trainer



After wowing his Boot Camp classes as an expert instructor last year, Parker Lennon is expanding his role as a new USD FIT personal trainer specializing in fresh approaches to everything from strength and conditioning to triathlon training and weight management. That just scratches the surface of his extensive knowledge base. Parker “walks the talk” through his example and transforming lifestyles.

What to expect when you train with me: There is no one way to fitness. I believe in well-rounded training. I use a mixture of cardio, plyometric, and resistance training. I keep an open mind, and lots of variety. I have worked with clients of all ages and abilities, and would relish the opportunity to help you reach your goals! I am ACSM Certified with a Bachelors degree in Exercise Science from Ball State University. More importantly, I take my job seriously and get clients results.

Favorite exercise: TRX burpee, or superman push-up

Favorite quote: Go all out, or go home.

For more information on our personal training program, visit our [USD Personal Training website](#).

The Wellness Corner

Advances Yoga Workshop Series

WARNING: Yoga has been known to cause health & happiness

Advanced Yoga Workshops



This amazing workshop series guided by Sara Shermis, is designed for yogis who already have a foundation in Power Flow/Vinyasa yoga. This class will guide you through an athletic flow mixed with inversions and advanced poses to dive you deeper into your practice.

- **Sundays:**
 - 2/16, 2/23, 3/2, 3/9, 3/23, 3/30, 4/6 & 4/13
 - 6-7:20pm, SC #109
 - \$8 per session
- Sign up for one night or all nights!**

Register online: www.sandiego.edu/campusrecreation, 619-260-7751

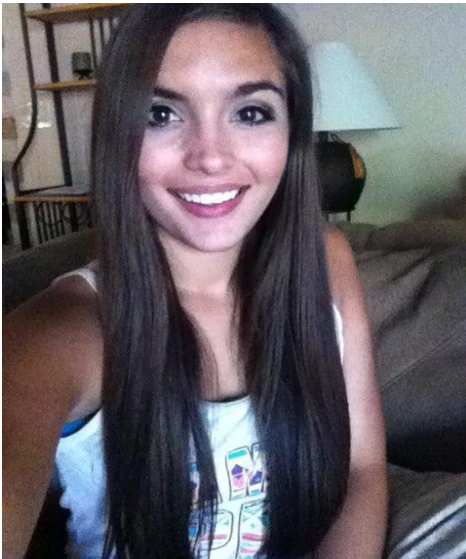
Register at: www.sandiego.edu/campusrecreation/registration/programs.php



Spot Light Awards

Campus Recreation Employee of the Month

The Campus Recreation Employee of the month for November 2013 is Sean Downey! Sean has been working for Campus Rec since the start of his sophomore year in the fall of 2012. He began as a Facilities Operations Assistant, but has since switched over to the Business Department, where he was recently promoted to the Project Supervisor. When asked about his job at Campus Rec, Sean said, "My favorite of part of working for Campus Recreation is working with my supervisor, Alec Parks, on the financials for our department and sports clubs teams. I enjoy learning from Alec's experience and beginning to understand how to apply things I have learned in this position into future careers. I (also) really enjoy working for Campus Recreation because my superiors, Alec Parks and Serena Gandara, genuinely care about my growth and future career endeavors. I have learned so much from them and many members of the department. Each person is so kindhearted that it makes being a part of Campus Recreation very gratifying." According to the rest of the Campus Rec staff, Sean wholeheartedly exemplifies everything Campus Rec strives to promote. Not only is he a financial force-of-nature, who is crucial in keeping the business office running smoothly, but he is also, according to one co-worker "literally never, ever in a bad mood." Thank you so much for everything you do, Sean! Congratulations!



USD FIT Employee of the Month

Fall semester ended on a high note when Shauna Park was awarded both our University Fitness (USD FIT) Employee of the Month (November) and MVP (Most Valuable Player) "for consistently volunteering to aid other staff members by covering their shifts and always affirming other students in their development." As a Project Supervisor for Scheduling & Staff Development, Shauna utilizes organizational and interpersonal skills to diligently supervise our student employee recognition programs and processes. Ironically, when she tallied her peer votes and realized she had won the Employee of the Month, she tried to reassign the award. Shauna generously gives her best to every task she takes on and has been a model of reliability and conscientiousness. From volunteering to help her teammates cover shifts, to trailblazing organization of our fitness program registrations, Shauna positively impacts all that surrounds her. Thank you Shauna for your admirable work ethic and always giving us your best.

"Success comes from knowing that you did your best to become the best that you are capable of becoming." ~John Wooden

Extended Calendar of Events

Event Name	Date/Time	Information
Club Men's Lacrosse Game Vs. Univ. of Arizona	Friday, 2/14, 7pm	Come out and cheer on your men's club lacrosse team as they take on U of Arizona. Manchester field. Free.
Advanced Yoga Workshop	Sunday 2/16, 6-7:20pm	Strike a pose in this athletic Vinyasa flow workshop that will focus on advanced poses and inversions! \$8 per person. Must register online.
Club Men's Lacrosse Game Vs. Concordia	Saturday, 2/22, 9:30am	Come out and cheer on your men's club lacrosse team as they take on Concordia. Manchester field. Free.
Club Men's Rugby Game Vs. CSULB	Saturday, 2/22, 3:30pm	Come out and cheer on your men's club rugby team as they take on CSULB. Manchester field. Free.
Advanced Yoga Workshop	Sunday 2/23, 6-7:20pm	Strike a pose in this athletic Vinyasa flow workshop that will focus on advanced poses and inversions! \$8 per person. Must register online.

For more info: www.sandiego.edu/campusrecreation, 619-260-4533, campusrecreation@sandiego.edu



Find what *MOVES* you!