

CAMPUS REC

NEWSLETTER

March 2017 | Volume 12 | Issue 6



FIND OUT MORE ABOUT OUR
UPCOMING EVENTS AND
PROGRAMS.



SEE WHAT'S HAPPENING IN
INTRAMURALS OR SUPPORT
YOUR FELLOW TOREROS AT A
SPORTS CLUB GAME!



STAY FIT ALL SEMESTER WITH
GROUPEX, REC CLASSES AND
HEALTHY TIPS!

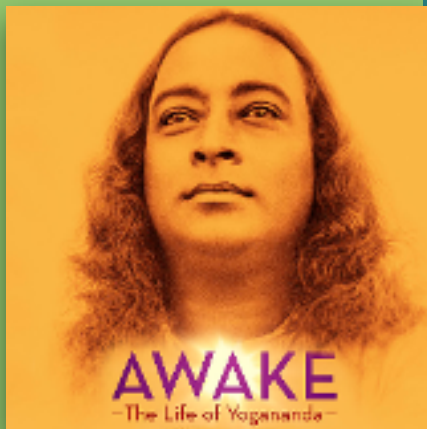


sandiego.edu/campusrecreation

619 260 4533

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AWAKE: THE LIFE OF YOGANANDA

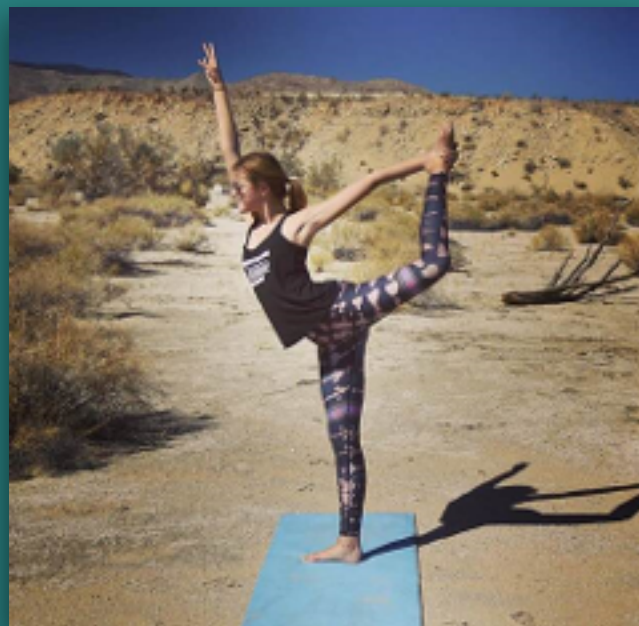


FILM SCREENING
TUESDAY, APRIL 19
6:30-9PM
SOLOMON HALL

"WITH HIS QUEST FOR ENLIGHTENMENT AND SHARING HIS STRUGGLES ALONG THE PATH, HINDU MYSTIC PARAMAHANSA YOGANANDA MADE ANCIENT TEACHINGS ACCESSIBLE TO A MODERN AUDIENCE."

COME FOR THE FILM AND STAY FOR A DISCUSSION WITH USD YOGA INSTRUCTOR, MARGUERITE BACA.

REFRESHMENTS WILL BE PROVIDED.



STAY FIT DURING SPRING BREAK



FIND WHAT MOVES YOU THIS SPRING BREAK

This Spring Break, focus on your health! San Diego offers many opportunities to stay fit and active. Whether you love the beach, want to explore the mountains or prefer to stay indoors while working out, there are plenty of ways to keep moving this Spring Break!

MISSION BAY AQUATIC CENTER

Enjoy the sunshine and the ocean breeze as you participate in a variety of water sports. Go for the day or sign up for one of the MBAC Rec Classes .

HIKING

Take advantage of the beautiful San Diego landscapes. Hike Torrey Pines for amazing ocean views or head inland to

Iron Mountain, Cowles Mountain or Mt. Woodson for more challenging terrain.

FITNESS CLASSES

Log in to Groupon for great local fitness deals. Try out a yoga class, gym, barre class or other workout at lower prices.

BIKE TRAILS

Grab your bike (or rent one - Stay Classy Bikes will even bring it to you!) and head out to one of San Diego's many bike trails. Ride the coast or challenge yourself on those inland hills.

Whatever you choose to do, use this week to rejuvenate your mind, body and soul and explore San Diego.

OFFICIAL OF THE MONTH

Presented by Woodstock's

KYLE RUTHERFORD

This month's official of the month is Kyle Rutherford! Though this is only Kyle's second semester refereeing, he has already shown his value with his knowledge of the various sports and his willingness to work multiple shifts. Kyle is also a participant in several intramural sports. He is a solid official with a great work ethic.

Kyle is a first year student from Seattle, and is undeclared but planning on pursuing a

business-related major. Kyle does not have much free time between his demanding academic and officiating schedule, but he does enjoy working out. His favorite sport to work is basketball because he finds it exciting, but he is also a competent soccer and volleyball official. Kyle sums up his favorite thing about officiating in two simple words: the power. The intramural program is lucky to have him for a few more years!



INTRAMURAL ATHLETE OF THE MONTH

This week's Co-Intramural Athletes of the Week are juniors Jack Sheffield and Andrew Stieb. Both play in the Men's Basketball A-League and both play with Team Looney. With Sheffield as captain Team Looney was able to secure a win in its first game of the Spring 2017 season. Team Looney has high expectations this year because they are former champions looking to recapture the magic.

Both Sheffield and Stieb had impressive week one performances. Team Looney took down Chef Curry by 10 points. Despite Stieb and Sheffield's long-range ability neither could find their three point shot anywhere. They had to adjust and find other ways to score. For Stieb he found his scoring on the free-throw line and for Sheffield he found it off of the dribble attacking the hoop.

Both played their usual lockdown defense and with only one substitute, the team had to play their hardest for almost the whole 40 minutes.

Team Looney hopes to continue their winning ways against Team Humble in week two.

WISHING YOU A SAFE SPRING BREAK



**SPRING BREAK
KICKOFF**
a RADD Event
by Campus Connections

TUESDAY 2/28 | Torero Hours
in front of the UC

Test your knowledge about safe
alcohol practices. The first 100
participants will receive a
FREE safe spring break kit!



**SPRING BREAK
YOGA**
hosted by
Campus Recreation

WEDNESDAY 3/1
12:00 - 12:50 pm

Missions Fitness Center

*Space is limited to 10
**Registration is required at
sandiego.edu/campusrecreation/registration



**QPR SUICIDE
PREVENTION
TRAINING**

WEDNESDAY 3/1
2:00 - 3:00 pm | UC 107

Cookies and coffee provided.

Learn the warning signs of
suicide at this 1-hour training.

* Register at
sandiego.edu/youareusd



**SPRING BREAK
CARDIO DANCE
FITNESS**
hosted by
Campus Recreation

THURSDAY 3/2
5:30 - 6:25 pm

Missions Fitness Center

*Space is limited to 10
**Registration is required at
sandiego.edu/campusrecreation/registration

For more tips on making your spring break safe, and future QPR dates,
visit www.sandiego.edu/youareusd.



**YOU
ARE
USD**
www.sandiego.edu/youareusd



IT'S TIME FOR MENTAL HEALTH CHECK-INS!



WEDS, MARCH 22 • 4-6PM @ UC FORUMS



SHOW YOURSELF SOME LOVE! PRESS PAUSE. CHECK-IN.

Stop by for a free 15-minute confidential
check-in with a wellness professional.

Free burritos and churros will be provided!



**YOU
ARE
USD**
www.sandiego.edu/youareusd



GET QPR TRAINED

LEARN THE WARNING SIGNS OF SUICIDE
AND HOW YOU CAN BE A RESOURCE FOR
SOMEONE WHO MIGHT BE STRUGGLING.

Join us at our upcoming training session to better
understand how to QUESTION, PERSUADE,
and REFER someone to
get the help they need.

TUES, MARCH 28TH
12:30-1:30PM
UC 128

Lunch will be provided!
REGISTER FOR:
[sandiego.edu/youareusd/
suicide-prevention](http://sandiego.edu/youareusd/suicide-prevention)

**YOU
ARE
USD**
www.sandiego.edu/youareusd



Introducing...

USD's Peer Educators

FOR HEALTHY RELATIONSHIPS
AND SEXUAL VIOLENCE
PREVENTION



Request a peer-led
presentation on
HEALTHY RELATIONSHIPS
or
BYSTANDER INTERVENTION
for your student organization
or group today!

Email chwp@sandiego.edu for more information and to request a presentation.



FLAG FOOTBALL

MEN & WOMEN 7X7 & CO-REC 6X6

GAME TIMES: TUE OR WED 7-11PM

**REGISTRATION DEADLINE: 2/23 AT
10AM**

**SIGN UP AS A TEAM
OR
AS AN INDIVIDUAL**



USD CAMPUS REC

INTRAMURALS

SANDIEGO.EDU/CAMPUSRECREATION

619 260 4275

CAMPUSRECREATION@SANDIEGO.EDU

INTRAMURAL TENNIS

MEN'S AND WOMEN'S SINGLES

**ONLY \$20 PER
SEMESTER!**

Registration Deadline:
2/23 at 10am
Wednesdays 7-11pm
Sports Center Courts



CAMPUS RECREATION

CAMPUSRECREATION@SANDIEGO.EDU

(619) 260-4275

CO-REC SOFTBALL

SPRING 2017



Undergrad

Registration Deadline:

2/23 at 10am

Game Times:

Mondays 7-11pm

PROTECT YOURSELF

USD FIT FREE SELF DEFENSE CLASS

MONDAYS 12-12:50PM

MISSION FITNESS CENTER 1ST FLOOR

OFFER ENDS MARCH 20

TECHNIQUES INCLUDE:

- CHOKE ESCAPES
- LEARNING TO FALL
- BEAR HUG ESCAPES
- HAIR PULL ESCAPES
- MOUNT ESCAPES
- AND MORE!

CHECK OUT OUR FREE APP FOR CLASS

[HTTP://DESIGNEDMOVEMENT.COM/SHE-DEFENSE/](http://designedmovement.com/she-defense/)



She-Defense

UNIVERSITY FITNESS COMMIT TO FIT



In our academic and athletic environments, we often hear about the significance of goal-setting. However it's easy to forget, or put our long term goals on hold in order to focus on the present. A simple way to motivate yourself to accomplish your goals, is by writing them down. This may seem arbitrary, but **research** shows those who wrote their goals were 50% more likely to complete them. Another meaningful yet often overlooked aspect of reaching goals is to have a focused, yet open and healthy mindset. Things don't always go as planned, but if you keep your mind at ease and focus on what's really important, you will be one step closer to success.

MEDITATION APPS



A way to stay focused and keep your mind at ease is through meditation. Meditation is an ancient practice that has existed for over 5,000 years. Some of the success of meditation can be attributed to the lasting benefits participants' experience. Research shows meditation can decrease pain, increase positive emotion, and reduce levels of anxiety. Meditation apps can offer insight for beginners and further the practice for those who may be more experienced. Featured below are some of our favorites!



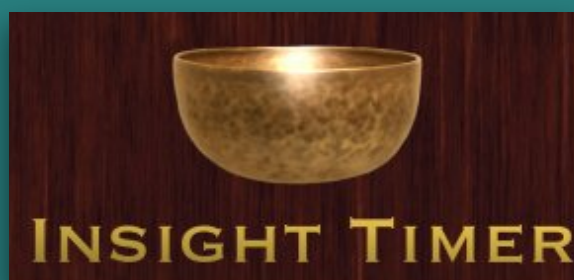
- 10 Day Free Trial
- Deep Breathing Exercises
- Easy to Navigate



- Free Guided Meditation
- Meditation
- timerMotivational Reward System



- User Friendly
- Nature Sounds
- SoundtrackGuided Meditations



- Rated top free meditation app
- Over 1,000,000 meditatorsOver 4,000 guided

MEET THE INSTRUCTOR: STEPHANIE ROSENBLATT

GROUPEX YOGA WEDNESDAYS @
12PM



WHAT INSPIRED YOU TO BECOME AN INSTRUCTOR?

I have had a strong personal yoga practice since 2005 and I have fallen in love with meditation and the benefits of a daily meditation practice. I studied many different styles of yoga and am constantly inspired to share my knowledge with others through teaching yoga classes. Yoga teacher training was a wonderful extension of my personal practice, and very special to me, because my husband and I decided to go to India for a month to do our teacher training together, with our favorite instructor, Kia Miller. Teaching comes very naturally for me, and something I have loved since I taught my first class to English language learners in 2002 in Prague, The Czech Republic. I have taught many subjects in many different countries since then, but I enjoy teaching yoga most of all.

WHAT DO YOU ENJOY ABOUT THE FORMAT(S) YOU TEACH?

I enjoy teaching a fusion of many different types of yoga; they all share the same important

quality of attention to alignment. Thanks to my training as an acupuncturist and my last 10 years working in the healing arts, I have an in-depth understanding of the human body. Focusing on alignment allows students to safely take their practice to new levels. I love teaching fun and challenging poses and working up to poses students might not think they can do.

HOW DO YOU MAINTAIN YOUR PERSONAL WELL-BEING?

I maintain my well being by having a personal daily practice, in yoga we call that a sadhana. My daily practice most often includes meditation, and I have been doing it daily for three and a half years. I find such a difference in my stress levels when I have daily meditation in my life. And...I'm not only interested in yoga, I love to cross train with high intensity interval training, kettle bell workouts and plyometrics.

WHAT TIPS DO YOU HAVE TO HELP OTHERS IMPROVE THEIR HEALTH IN MIND, BODY, AND SPIRIT?

A meditation practice can be simple; just 3-5 minutes will pack a powerful punch of goodness in your life. I change my practice based on the seasons of the year and what is going on in my life. If I'm feeling depleted I will do a nourishing practice, like a guided meditation while lying down. If I am feeling more energetic I might choose an asana (yoga pose) practice focused on building naval or abdominal strength for example. One of my favorite yoga teachers likes to say, the practice of yoga should be modified to meet you where you are at right now, it's ok to admit we might be tired some days and more energetic others.

HOW WILL YOU COMMIT TO FIT THIS SEMESTER?

I'm very excited to commit to being fit this semester as I just had my first baby and I am working my way back to my full strength and flexibility. Life after a baby is not always easy and not being able to do as I used to can be discouraging. My classes this semester will be very much about building strength and a strong practice as I personally work back to my full practice and abilities.

MORE INFORMATION ABOUT STEPHANIE'S CLASS AND THE USD FIT GROUPEX PROGRAM AVAILABLE ONLINE:

[GROUPEX](#) | [EMPLOYEE GROUPEX WEBPAGE](#)

PERSONAL TRAINER SPOTLIGHT: PAM IUPPA

CLIENT: MARGOT ALFANO, USD MOM AND VOLUNTEER; TRAINS WITH PAM TWICE A WEEK SINCE 2014

"Pam is the total package. She is incredibly knowledgeable, personally inspiring, professional, organized, and offers everything I need to succeed in my workout regimen. She challenges me with a variety of exercises that grow more difficult as we progress, and pushes me hard enough to make continued progress without becoming overwhelmed. She keeps each session exciting by using different techniques that

focus on strength, mobility and posture. Most importantly, Pam tailors each workout to my specific needs. She made special accommodations after I had surgery and made several adjustments after an injury. Her enthusiasm for wellness is contagious and I have benefited from each and every workout. She has definitely made a significant impact on my health and wellness. She is my Fitness Angel!"



PATRON OF THE MONTH: RILEY DEAN



The Mission Fitness Center's Patron Spotlight for the month of March is Riley Dean. Riley is a freshman here at USD and has been a regular at the MFC since she started. Riley has played sports since she was young, including soccer, volleyball and track, and she also loves taking dance classes and going on hikes! For her, exercising regularly boosts her energy for the day. She loves the variety of workout equipment offered at the MFC, especially the cardio machines, and tries to switch up her routine every day. She also loves how friendly the staff is!

To encourage others to follow in her footsteps, Riley recommends including time at the gym as part of your daily schedule:

FOR ALL INQUIRIES ABOUT USD FIT PERSONAL TRAINING OR TO SCHEDULE A SESSION NOW, PLEASE VISIT

: [HTTPS://WWW.SANDIEGO.EDU/MFC/PERSONAL-TRAINING/](https://www.sandiego.edu/mfc/personal-training/)

OUTDOOR ADVENTURES

This past month OA has had a plethora of incredible adventures, and the best part is that they were all local! The much awaited San Diego Trip Fest gave many students a reason to be excited for the Spring Semester to begin.

San Diego Trip Fest is a newly founded tradition that OA started in the fall of 2016. During Trip Fest, guides take students on awesome local adventures. The goal of these weekend trips is to get more students excited about OA, the outdoors, and become more aware of the activities San Diego has to offer. This semester's trip fest included a hike up Iron Mountain, a canoe ride to Liberty Station Market, and a hike to Garnet Peak.

The Iron Mountain hike left at the early hour of 8am, but the early start was worth the amazing view and the cool weather. Iron Mountain trail is a moderately difficult hike that boasts beautiful scenery, and an awe-inspiring view from the top. The participants were very excited to discover such a stunning and worthwhile trail that rests so

close to USD's campus

The canoe trip, which was run for the first time this Trip Fest, allowed participants to experience a beautiful sunset, delicious food from the nearby Liberty Public Market, and a really unique and exciting experience.

The hike to Garnet Peak was fairly short and had spectacular views of both the Laguna Mountains and the desert below. This trail is known for its magnificent scenery, and is popular for its views that can stretch all the way to Mexico on a clear day. Many participants look forward to doing this hike again, and sharing this experience with their friends.

The San Diego Trip Fest weekend was a great way to get students to explore their own backyard and truly appreciate how many opportunities San Diegans have to get outdoors. Outdoor Adventures is thrilled with the turnout of participants and is excited for the rest of the semester!

EXPLORING THE BEAUTY OF SAN DIEGO



CALENDAR

MARCH 2017



February 28 - March 2

SAFE SPRING BREAK

CHECK OUT OUR SOLID LINEUP OF SAFE SPRING BREAK EVENTS! AND FOR MORE GREAT INSPIRATION AND TIPS FOR A SAFE SPRING BREAK, CHECK OUT THE LATEST BLOG ON YOU ARE USD TIPS FOR A SAFE SPRING BREAK!



March 3-12

SPRING BREAK 2017

CHECK OUT OUR SAFE SPRING BREAK SERIES AND HAVE A WONDERFUL WEEK OFF!



March 26 12-2pm

MARCH MADNESS

JOIN CAMPUS REC FOR A FUN MARCH MADNESS TOURNAMENT! SIGN UP WITH FRIENDS OR AS AN INDIVIDUAL



FOR MORE INFORMATION

SANDIEGO.EDU/CAMPUSRECREATION

CAMPUSRECREATION@SANDIEGO.EDU

619 260 4533

SPORTS CENTER - MISSION FITNESS CENTER - MCNAMARA FITNESS CENTER

www.sandiego.edu