

USD Campus Recreation News



The Practice of Mindful Happiness

USD Campus Recreation is currently offering a class titled, “The Practice of Mindful Happiness” this Fall semester and will be offering it again in Spring 2015. It is a new class that is unique to USD and is one of many classes that Campus Recreation offers to support students in mind, body, spirit and overall well-being. The class, guided by the mindful yogi Sara Shermis, is a semester long journey through topics that help to form a sense of self with inner and outward peace. The class uses techniques including yoga, meditation, and relaxation in order to achieve an inner blissfulness. Furthermore, the class encompasses nutrition, relaxation by massage, meditation, and self-reflection exercises which studies have shown to benefit one’s overall happiness. This class was designed to help you find a happier and healthier you as well as possibly a new perspective on life itself.

Two current students of the class were interviewed in order to explain what they were learning and how it has helped them in their lives. The first student interviewed was Sam Eller, who is a current sophomore at USD. He signed up for the class because he met the teacher and was automatically really excited about the course. He was hoping to minor in something similar, but the fact that USD is offering a course like this blows his mind. He states that he has learned a lot. However, he says that a majority of the topics covered in class are things that you typically already know, but it reinforces them into your daily life, bringing more awareness to yourself. He also says that he has learned that emotion isn’t a manifestation, it is a part of yourself and it is a really intense experience to have those emotions brought to light, and a lot of people struggle to find that happiness. He would encourage that others take the class so that they could expand. He goes on to say, “more people should take this class so that they can find that mindfulness and that would create a happier group of people”. He hopes that the class will expand and more people will be interested in it.

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Brittany Becker is a current senior and signed up for the class because she heard about the class from a friend who took it through another organization. She signed up for it as quickly as she could! Her favorite part of the class is the fact that it exists. She describes it as “a set time every week in which you can set everything aside, let time stop, and be reflective on things that you aren’t usually reflecting on”. She goes on to say, “you don’t have to learn how to live your life well, but rather, how to tap into your life”. When asked what ‘Mindful Happiness’ means to her, she stated, “mindful happiness doesn’t mean achieving something. Instead, you’re embodying something and recognizing within yourself that you can find peace and joy in everyday life if you let yourself embrace things like gratitude, self-appreciation, and noticing the love that is all around you.”



*“To be happy,
you must be
your own
sunshine”*

– C. E. Jerningham

The class instructor, Sara, explains, “happiness is the by-product of living a mindful life. An expanded awareness helps you live a happier life from within. It’s not a spiritual/religious class, but rather what leads to living a better life. When you are aware of your words, thoughts and actions, it leads to living a more mindful and happy life”. Campus Recreation is delighted to offer a course like this that helps to expand a person’s life and contributes to their well-being and hopes that more students become involved in order to make the entire campus a place enveloped with ‘*Mindful Happiness.*’

- By Victoria Koch and Julio Campos Morales



Interested in taking this class and choosing happiness? The spring class is Mondays, 8-8:55pm. To sign up for it as credit (0.5 units), register using your portal with **CRN 4541**.

To register as non-credit, sign up on the [Campus Recreation](#) website (starting 1/2/15).

Pictured above: Mindful Happiness class students Sam Eller and Britney Beck. Don’t they look happy?!

Woodstock's Intramural Official of the Month- November

Matt McIver is the USD Intramural official of the month. As our four sport utility man, he can do just about any job we need him to. Basketball, soccer, softball, and football are the four sports that McIver works through on a weekly basis. He is a man who is passionate about sports, so work isn't too boring for him. Working so close to the action, McIver considers himself lucky to have one of the coolest jobs on campus. Not only does he get to see some good games, McIver gets to meet a lot of cool people during the process. "Working as a ref has been a great way for me to get to know more students and a good opportunity for the whole USD community to come together in sport," McIver says. When not officiating games, McIver also participates in the soccer and basketball leagues on campus. His 5x5 co-rec basketball team won the intramural championship last semester, and he is looking for more championship t-shirts to add to the closet in the future. Congratulations to Matt McIver and his accomplishment on earning the title *Woodstock's Official of the Month!*

- By Aidan Breaux, IM Team Leader



Intramurals: Brought to you
by Woodstock's Pizza!

Woodstock's Intramural Athlete of the Month- November

In November, Morgan Mcdow was chosen as the *Woodstock's Intramural Athlete of the Month* for her stellar performances week after week on the volleyball court. As a junior, she has competed in intramural volleyball for the past 3 years and is currently in pursuit of another championship victory for her team, "Notorious D.I.G". In high school Morgan led her team to a state championship and was named All-State MVP. When Morgan isn't dedicating her time to volleyball, she is hard at work in the class room in pursuit of a degree in Mechanical Engineering with a minor in Math. Her favorite ice cream flavor is mint chocolate chip and she has an incredibly photogenic cat. Congrats on your award Morgan!!

-By Olivia Houser, Head Volleyball Official



Intramural Champs, Fall 2014



3x3 Co-Rec Basketball, "Beta Ballers"



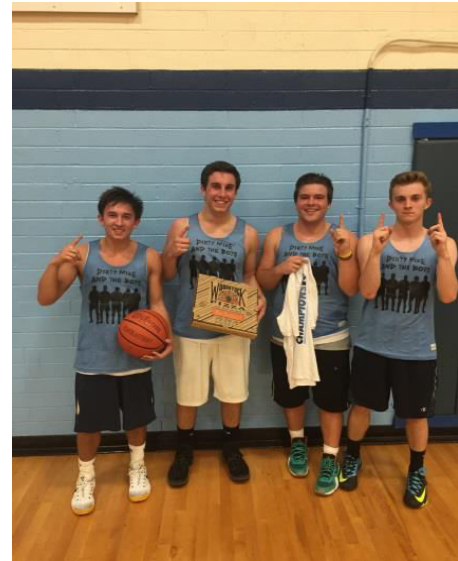
Co-Rec Softball, "Softballers"



Co-Rec Dodgeball, "Brewzers"



Men's Football, "Schmelly & Friends"



3x3 Men's Basketball, "Dirty Mike & the Boyz"



Co-Rec Volleyball, "Saltines"



Co-Rec Speed Soccer, "FUJI"

Sport Club Happenings

What a fantastic semester it has been for our Sport Clubs! As our fall season comes to an end we first want to say how proud we are of all the students who participated. Nearly 400 students shared in the awesomeness that is USD Sport Clubs! We had 145 men participate in our men's clubs, 42 women in women's clubs, and 197 participants compete in our 9 co-rec teams as well.

We want to give a special shout out to all students in the leadership; without you all our clubs would not function as smoothly and effectively as they do. This fall with such a great turnout of students, many of our clubs have accomplished great things. Men's Soccer finished off their tournament a few weeks ago taking home multiple wins, while Women's LAX did the same in their tournament last week. Dance Co. came in second place at the "Torero's Got Talent" talent show during the Homecoming tailgate and also greatly performed at halftime at the Women's Basketball game on December 1st in the JCP. Many of our other clubs, like Roller Hockey, Ultimate Frisbee, Men's LAX and Rugby also experienced much success not only at home, but away as well.



With so much success this fall, we look forward to the numerous accomplishments we expect in the spring!

If you are interested in joining a sport club come the Spring of 2015, check out our website for a full list of practice times and general manager contact information at

www.sandiego.edu/campusrecreation/sports-clubs/join.php

The Wellness Corner

University Fitness (USD FIT): Shape Your Life in Community

Although the semester is almost over, you still have a lifetime to improve your health. Seize the day by doing something to nourish your mind, body and soul. USD FIT offers a variety of programs throughout the year aimed at helping you **embrace who you are today**, while supporting your personal and fitness goals for a happy, healthy future.

Rethink Fitness In 2015

Intersession USD FIT GroupEx Registration Now Open!

Intersession 2015: Early Bird Pricing \$40					
Times	Monday	Tuesday	Wednesday	Thursday	Friday
12:15-1pm	Makeover Monday Tighten & Tone	USDFIT2Go	Healthy Humpday	Total Body Conditioning	TGYoga
5:15-6pm		Plates Mat			

For more information, please visit:
www.sandiego.edu/campusrecreation/fitness-wellness/intersession-class-schedule.php

Intersession GroupEx

Remember when we *played* rather than *worked-out*? USD FIT GroupEx brings the joy back to being active with a variety of fun fitness classes you can enjoy with others.

In addition to group fitness fan favorites, we're launching a new USDFit2Go initiative to share easy ways to implement fitness into your busy life. Read more about this new offering below. [A complete list of class descriptions](#) are also available online.

[Register](#) by January 12th for Early Bird pricing of only \$40. Classes run from January 5th to January 23 (except January 19th, due to the MLK holiday).

USDFIT2Go

Learn how to train where you are with what surrounds you. Meet our expert personal trainer, Pam, in the Mission Fitness Center first floor exercise room (CFC-108) before exploring campus spaces to incorporate exercise into a busy day. Get a full body workout by utilizing steps, benches, and poles in various spaces throughout campus with minimal personal equipment (e.g., resistance band and a mat). Walk away with simple and cost-effective ways to attain fitness goals from the convenience of campus any time you wish! January USDFit2Go classes are free for registered USD employees (with or without a GroupEx membership). Students with an Intersession GroupEx membership may also participate.

[Register](#) today.



Created by Expert Trainer, Pam Iuppa

FREE for USD Employees January 2015

When: Jan. 6, Jan. 13, and Jan. 20, 2015

Where: Meet at Mission Fitness Center Room CFC-108

What: A full body outdoor workout utilizing our surroundings

Register by Jan. 5th at:

www.sandiego.edu/campusrecreation/registration/programs.php

For more information, contact Pam at pamiuppa@gmail.com



The Wellness Corner

Garden Side Community Sunset Yoga Class



On Thursday, November 20th, USD FIT collaborated with Missions Café and the Green Farming Collective to offer a special opportunity to practice yoga and meditate with the spirit of gratitude. We were grateful to share a moment to reflect on all we are thankful for, and hope you will find similar moments in the holiday season ahead.

“Gratitude turns what we have into enough.”
What are you grateful for today?

Personal Training @ USD

In case you missed it, we featured our three personal trainers on our [USD FIT Facebook page](#) during November. Our next personal training special will be offered mid- January; look out for special announcements! In the meantime, catch up with some of their tips for health and fitness through our [Facebook](#), and learn more about our trainers [here](#).

“Fitness is a process. Break it down into 10-15 minute intervals. You don't need hours and hours to work out. Do 3 exercises over and over for ten minutes is good. Preparing a healthy meal can be your ten minutes too.”

– Pam Iuppa, USD FIT Personal Trainer



Tecolote Tuesdays



Although we only have a few Tuesdays left this semester, take advantage of this opportunity to relieve some stress and pump those endorphins to jump-start a beautiful day! Every Tuesday, we meet at 8:30 AM in front of Missions Café before heading off on a quick, refreshing run through the beautiful Tecolote Canyon. Runners of every level are welcome to enjoy the crisp weather and beautiful scenery with us, at no cost.

Finals Week De-Stress Programs

FINALS WEEK

Finals Feeding Frenzy
12.11.14
 Degheri Alumni Center; 5:30-7:30pm

Therapy Dogs
12.12.14
 Immaculata Lawn; 12-2pm

Free Fitness Classes
12.13.14 - 12.18.14
 Missions Fitness Center (cafe level)

STUDY SPACES. LIBRARY HOURS. STRESS TIPS. COMPUTER LAB SCHEDULE.
 FREE FITNESS CLASS SCHEDULE. DINING LOCATIONS & HOURS.

www.sandiego.edu/finals



Finals got you Frazzled?

Revitalize with Exercise!



Finals Week **FREE** De-stress Group Exercise Schedule

	Saturday 12/13	Sunday 12/14	Monday 12/15	Tuesday 12/16	Wednesday 12/17	Thursday 12/18
9-9:55am			Yoga Fusion		Yoga Fusion	
12:15-1:10pm	Spin & Sculpt <i>*SC 109</i>	Zumba	Yoga Sculpt		Abs & Toning	
12:30-1:25pm				Power Yoga		Restorative Yoga Flow
1:15-2:10pm	Zumba	Power Yoga				
5:15- 5:55pm			Indoor Cycling <i>*SC 109</i>	Pilates Mat		Pilates Mat
6:00- 6:55pm			Tone, Stretch & Relax		Tone, Stretch & Relax	Yoga Fusion
6:00-7:20pm				Yoga Fire		
7:00- 7:55pm						
8:00- 8:55pm			Yoga Fusion	Abs & Toning	Zumba	

Spring is Almost Here!

YES! The **Spring 2015 Recreation credit/non-credit class schedule is now online.** Don't forget to review the schedule and put a little *spring* into your step schedule by taking a recreation class or two!

With nearly 70 classes to choose from, you are sure to find something that **MOVES YOU!**



Check out our complete **Spring 2015 Recreation Class Schedule** online at:
<http://www.sandiego.edu/campusrecreation/recreation-classes/class-schedule.php>

Community Outreach

DONATE YOUR OLD SHOES

This holiday season clean out your closet AND do something for a great cause!

ALL shoes donated (no matter what their condition) will be donated to underserved populations in need.

*We will take all shoes and sizes.



- Simply tie the laces or rubber band the pair together and drop in the bin at the Sports Center or Mission Fitness Center (rubber bands will be provided near each bin)

Hurry! Shoe drive will end on 12/12/14.

Do you have a closet full of old shoes you no longer wear? Then donate them this holiday season to a great cause! Every pair you donate will go to a developing population to people in need. Donation drop off bins are located at the Sports Center in front of the snack bar as well as at the 2nd floor check in desk at the Mission Fitness Center. Please rubber band or tie the pair together prior to dropping them in the bin. Don't let this opportunity *run* away from you! The drive will start 11/14 and end 12/12.



All Star Employees

Recreation Employee Month, November 2014

Congratulations to Brennan Day for being Campus Recreation's Employee of the Month! Brennan is a Senior majoring in Biology and has been working at CREC since the Spring Semester of his freshman year. He is part of our Facilities Operations team, and leads the Red Shirt drills that keep our staff aware of what is going on in and around the facility. Brennan wanted to work at CREC because he enjoys active environments and sports, so CREC was the best place to be to do both! When asked what motivates him to do his job and come to work, he replied, "my coworkers are always helping me stay motivated and they also make me want to come to work every day." Brennan shared some fun facts about himself as well! He would rather go visit an alien planet in another galaxy than go visit the ocean floor because the experience would be so unique from what anyone else has ever experienced. He does hope that he wouldn't be old when he returned to earth though. While Brennan currently dedicates himself to CREC and to his studies, he is also in the process of applying to medical schools. So if you see him around, wish him good luck! Again, congratulations to Brennan and we wish you well with your applications!



"I can't change the direction of the wind, but I can adjust my sails to always reach my destination"



Fitness Center Employee of the Month, November 2014



We are delighted to celebrate Meredith Higa as our Mission Fitness Center Employee of the Month. Meredith, now a senior, has been working at the MFC since her freshman year. Her contributions have grown each year and her dedication to the MFC is just one of many reasons Meredith was given this award by her peers.

Meredith leads the Marketing Team's efforts to promote USD FIT programs and the overall well-being of our patrons. Meredith is also known for her willingness to help her fellow coworkers by covering shifts, a very valuable trait for which her team is extremely grateful! To quote one of these thankful coworkers, "Meredith is helpful, deserving, and HARD WORKING!" We appreciate you, Meredith!

Extended Calendar of Events

Event Name	Date/Time	Information
Spring 2015 Recreation Credit Class Registration	11/3 (thru 2/6/15)	Rev up your Spring 2015 semester by signing up for a fitness class or two. We offer a variety of classes including Dance, Martial Arts, Fitness/Recreation, Aquatic, and Wellness! Check out the schedule online!
Finals Week FREE De-Stress Fitness Classes	12/13-12/18	Finals got you frazzled?! Revitalize with exercise! Check out the FREE schedule online today!
Revised Finals Week and Intersession Facility Hours	12/14/14 – 1/25/15	Check out the Campus Recreation facilities website to get up-to-date facility and hours of operation information.
GroupEx Intersession Fitness Classes	1/5-1/23	Will you be here over intersession? Then start your new year off with a healthy boost by joining GroupEx. Enjoy 6 classes per week including yoga, Zumba, toning and more! Check out the schedule online today!

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



Click the picture above to view the Campus Recreation “Who We Are” video! *Also posted at: https://www.youtube.com/watch?v=Q_iSn2tBCA8

