

USD Campus Recreation News



What's Your Score?

USD Campus Recreation is excited to announce the launch of our state-of-the-art fitness testing & mapping program in our **Torero Well-Being Zone**. Via our brand new *MicroFit* system and equipment, we can now test and map community members in the areas of blood pressure, heart rate, BMI, body fat percentage, upper body strength, flexibility, and max oxygen output under cardiovascular pressure (VO2). The test also includes your overall wellness baseline assessment (questionnaire). This amazing test takes about 40-mins to complete with a trained fitness technician and every client will receive a print out or email explaining what their score is and what it means. Our technician can then review areas for improvement and what the resources are available right here on campus that can help improve the overall score. The manager of this program, Serena Gandara, explained, "this is quite an amazing opportunity for our community members to get a better sense of how they are doing in various wellness and fitness areas. What's really cool is that the test results will be stored and the client can then return a few months later or annually to see how they are improving!"

Check out the video (posted below) to see what exactly this amazing test includes. Visit our new [Well-Being Zone website](#) for more information or to register for your \$10 Fit Test.



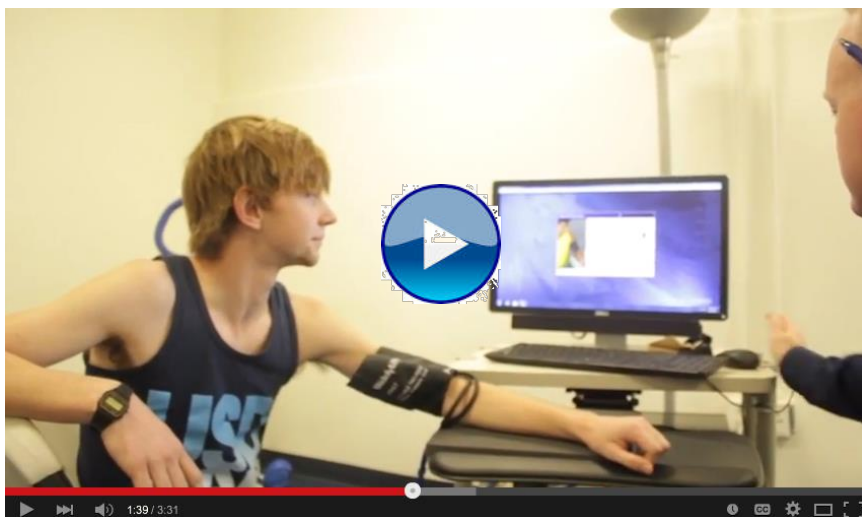
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We randomly give out awesome prizes to our followers so join us today!

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Intramurals @ USD

Woodstock's Intramural Athlete of the Month

Congratulations to Danielle "D.D." Latimore for being our **Woodstock's Intramural Athlete of the Month** for March. D.D. is a sophomore at USD majoring in Mathematics and competes in four different intramural leagues on top of being the Captain of the Women's Club Volleyball team. D.D. is being recognized as Athlete of the Month for her fierce defensive style of play for her co-rec basketball team the "*Badgers*", and her thirty yard catch and run to set up a touchdown for her co-rec football team "*No Punts Intended*." D.D. on her catch, "It felt pretty cool being able to keep up with the guys! It's definitely interesting playing with a co-rec team in the men's bracket, but our team is still having a lot of fun!" D.D. exemplifies what USD intramural sports is all about; her hard work, kind heart, and dedication to her teams is what makes playing intramurals worthwhile.

- By Billy Vasquez, Competitive Sports Supervisor



Intramurals: Brought to you
by Woodstock's Pizza!

Woodstock's Intramural Official of the Month



March's intramural official of the month is Bryce Tecson, a freshman from Corona, California, who is in his first semester as an intramural official. Even with this only being Bryce's first semester refereeing you wouldn't be able to tell because of how quick he has learned. His background in sports has helped him excel in officiating three different sports this semester: flag football, basketball, and soccer. Bryce has been a great addition to the intramural team as he has hit the ground running with his knowledge of each of these sports. He is passionate about his role as an official and it really shows, especially when he is always early for his shifts ready to help set up the fields for the night. Each night when he goes out on the field/court to officiate a game there is no concern about whether he can handle the game or not. He is also very active on campus here at USD. He is involved in Intersarsity as well as the Alpha Kappa Psi fraternity. He is always prepared for whatever may come his way. He brings a positive attitude and helps to make each night he is working a place that people really enjoy being. And that is what intramural sports is all about. Congratulations Bryce! You are a great addition to the intramural officiating team.

- By Jordan Cox, Competitive Sports Supervisor

Intramurals @ USD

Woodstock's Intramural Basketball Game of the Month

The game of the month between "*Team Looney*" and "*Pippen Ain't Easy*" was one of the most interesting and exciting matchups of this intramural basketball season thus far. In the first half, there was great execution on and off the ball by both teams with few turnovers. Jack Sheffield and David de Carle racked up 4 and 7 boards respectively, while Aiden James and Kishan Patel hit their share of buckets from mid-range early on. Fighting through fatigue in the second half, *Team Looney* managed to pull away with the lead under a minute to go. As a result, *Team Looney* walked away with the 56-50 "W", led by Alex Bulkin with 15 points. Jamal Agnew led *Pippen Ain't Easy* with 13 points and 3 boards. Both teams showed great competitiveness while maintaining good sportsmanship, and we hope to see this matchup again in the playoffs!

– By Stephen Makely, Competitive Sports Supervisor



Pictured Above: "*Team Looney*" (Back) Jack Sheffield, Andrew Stieb, Alex Bulkin, Jake Gillan, Jawara Mills, Chandler Ramos (Front) Aidan James, Evan Carlson, Jonathan Messiha.

Woodstock's Intramural Volleyball Game of the Month

Co-rec volleyball teams "*Little Dinkers*" and "*Saltines*" each put up an impressive fight throughout their head-to-head match in March, earning themselves game of the month. From the very start of the game, both teams made it clear that they had previously played together, based on their constant communication and positive encouragement for one another. *Little Dinkers* excelled in their blocks against the *Saltines'* powerful hits, and after many great rallies between the two teams, *Little Dinkers* came away from the first game with a win. *Saltines* changed the tide in the second game; they pulled ahead in the beginning and never lost their lead, winning the game by nine points. The third game, played to 15, was the final battle of the war. The two teams brought everything they had to the table and showed their talents in many ways, including their strengths in passing the ball and returning serves. In the end, *Saltines* were named the victors of the match, winning the final game with a close score of 15-11. No matter the results, *Saltines* and *Little Dinkers* both showed the importance of fun and good sportsmanship in intramural sports by shaking hands and thanking each other for a great game.

- By Angelina Folchi, Competitive Sports Supervisor



University Fitness- Shaping Lives in our Community

USD FIT Patron of the Month

The Mission Fitness Center's Patron of the Month was Trent Saiget. Trent, a junior here at USD, is an Undergraduate Admissions intern, a tour guide, and a member of Beta Theta Pi. Trent believes in having a balanced mind, spirit, and body, and feels great when all three are aligned. He loves the sense of community he finds when he visits the Mission Fitness Center, and he adds to it even more with his friendly personality. Trent is always saying "hi" to patrons he sees regularly at the gym, creating a warm atmosphere. To stay active, Trent utilizes the classic treadmill cardio and weight lifting isolation techniques. Trent is motivated to come to the gym regularly because he wants to lead an active and heart-healthy lifestyle.



USD FIT Personal Training



Achieve your goals from the convenience of campus with the help of one of our nationally certified personal trainers. They are experts when it comes to reaching physical goals and embracing a fit lifestyle. Through April 10th, enjoy our special of 4 sessions for \$110.

For more information and to register, visit us online [here](http://www.sandiego.edu/mfc/personal-training).

Tecolote Tuesdays

Do you love running? Do you want to learn more about Tecolote Canyon Trails? Come join in on the fun every Tuesday at 8:30 a.m.! We meet in front of the Mission Café and head out to the canyon from there. All levels are welcome and no sign up is necessary. The weather these past two weeks has been amazing, and it is only going to get better.



Pictured above: Tecolote Canyon = Nature's Treadmill

University Fitness- Shaping Lives in our Community

Getting to Know USDFIT GroupEx Instructor, *Kaitlin Beuttenmuller*



How did you become involved with USD fitness programs?

I became involved with USD fitness programs when I was a freshman. In high school, I participated in sports and loved working out with others so I figured that this would be perfect for me.

What was your go-to GroupEx class when you were a student?

I had a few go-to GroupEx classes, so many great ones to choose from! I think my favorite classes were *BootCamp Blast* and the *Yoga* classes with Carey, who was also a USD student. I still train with that BootCamp instructor, Arturo (still making me do countless burpees), and Carey's classes inspired me to complete my teacher training.

What is the most rewarding part of your work at USD?

The most rewarding part of my work at USD is to actually see the students progress and get stronger week by week. I am always amazed and inspired by what they can accomplish and it is a good reminder that hard work truly does pay off. Plus, being back on campus feels like coming home :)

What is your favorite fitness/motivation quote?

My favorite motivational quote is "There are no limits to what you can accomplish, except the limits you place on yourself." - Brian Tracy

Check out Kaitlin's USD FIT GroupEx *Yoga Sculpt* class Monday's at 9 a.m.

USD FIT GroupEx Mid Semester Membership Special

Fitness is better together, so grab a friend and get ready to sweat! Beginning March 17th, spring memberships will be offered at 50% savings. Increase motivation by working out with a buddy or, for even more support, a group. Embrace the season and spring into shape with this half-off offer!

Register online [here](#).

IT'S YOUR LUCKY DAY.

Half-off GroupEx
Only \$45!
Offer begins March 17th

because fitness is better together.

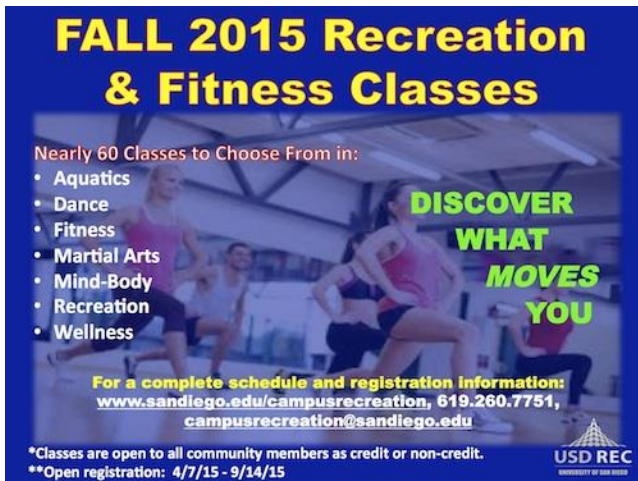
USD REC
UNIVERSITY OF SAN DIEGO

USD FIT

For more information and to register, please visit:
www.sandiego.edu/campusrecreation/fitness-wellness/group-exercise.php

Recreation Programs

The Fall 2015 Recreation Class Schedule is Now Posted!



FALL 2015 Recreation & Fitness Classes

Nearly 60 Classes to Choose From in:

- Aquatics
- Dance
- Fitness
- Martial Arts
- Mind-Body
- Recreation
- Wellness

DISCOVER WHAT MOVES YOU

For a complete schedule and registration information:
www.sandiego.edu/campusrecreation, 619.260.7751,
campusrecreation@sandiego.edu

*Classes are open to all community members as credit or non-credit.
 **Open registration: 4/7/15 - 9/14/15

USD REC
UNIVERSITY OF SAN DIEGO

Did you know that *studies show that college students who exercise tend to have higher GPAs compared to those who do not? The benefits of recreation and fitness seem to be endless! **Check out our Fall 2015 Recreation credit/non-credit class schedule** and plan to take a class (or two) this coming fall. Eve try something new such as photography, nutrition, beginning ballet or even SCUBA certification! Our classes are open to all students, staff/faculty and affiliates. Credit registration opens in April and Non-credit registration will open in August.

*Sources: <http://dx.doi.org/10.1080/07448480009596294> and [Perdu study](#)

Check out the complete 2 page class schedule at:

[http://www.sandiego.edu/campusrecreation/documents/Online listing revised FA15.pdf](http://www.sandiego.edu/campusrecreation/documents/Online%20listing%20revised%20FA15.pdf)

Cool Summer Job Opportunity- Become a Lifeguard!

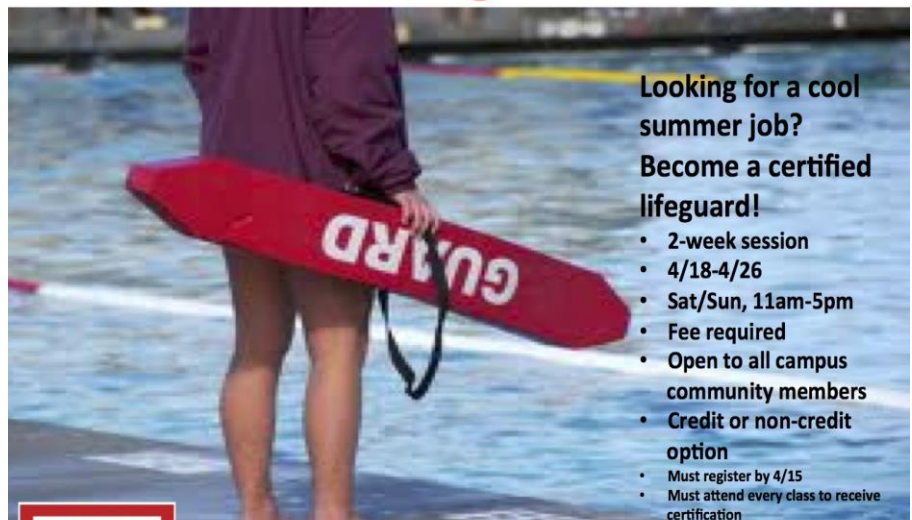
Lifeguard Certification Class @ USD

SPRING 2015

There's still time to register for our Spring Lifeguard Certification Course! We still have a few spaces left in our two weekend course right here on campus. The course will start 4/18 and end 4/26 and at the end, if you pass the test, you will receive your lifeguard certification! What a better way to spend your summer than working at a pool as a guard?!?! **Don't miss out! Register by 4/15.** Credit or non-credit options available.

[*Register as non-credit online today!](#)

*To register as credit (0.5), please contact:
serenaboyd@sandiego.edu



Looking for a cool summer job?
 Become a certified lifeguard!

- 2-week session
- 4/18-4/26
- Sat/Sun, 11am-5pm
- Fee required
- Open to all campus community members
- Credit or non-credit option
- Must register by 4/15
- Must attend every class to receive certification



www.sandiego.edu/campusrecreation

619.260.7751

campusrecreation@sandiego.edu



Outdoor Adventures

March Trip Recaps

Outdoor Adventures LOVES long weekends! We are fortunate to live in an amazing corner of the country with spectacular natural beauty! Once classes finished on Thursday, we traveled to two of our favorite locations: The Channel Islands National Park and the Chocolate Mountains section of the Colorado River. With perfect weather and adventurous groups, we made the most of our time in the wilderness.

Out on the ocean, we traveled by ferry (including whale watching) to Santa Cruz Island, where our group backpacked 18 miles across a remote section of the island. We were overwhelmed with the lush greenery of the island contrasting with deep blue ocean views in all directions. We enjoyed all of our Island Fox sightings along the way. Witnessing the recovery of the once endangered Island Fox first hand was really cool. These endemic creatures were once extinct and have made a significant recovery in the last 16 years – to the point they are being removed from the endangered species list. When asked what the favorite part of the trip was two students responded, *“Everything. But I loved how beautiful the hike was and how our group was so enthusiastic and flexible and willing to accept challenges. The food was awesome and the guides were knowledgeable and fun to be around. Sleeping at the remote campsite was amazing”* and, *“There is no way to pick. Every aspect of the trip was amazing.”*



Out in the desert, our group paddled canoes, kayaks and stand up paddle boards 30 miles down the Colorado River camping on the river's edge at night. During the day, we were able to float and hang out on sandbars as we made our way through a breathtakingly rugged landscape from one campsite to the next. The amazing food and conversations under the evening stars were highlights of this trip. One participant summed things up best... *“Thank you for an amazing trip, one of the best weekends I have had at USD!”*



There are more awesome trips happening this semester. Check out www.sandiego.edu/oa for a complete schedule.

Mental Health Awareness Week

MARCH 16-MARCH 20

MENTAL HEALTH AWARENESS WEEK 2015

JOIN US IN THE CONVERSATION TO #ENDTHESTIGMA ABOUT MENTAL HEALTH

Monday 3/16

JOIN THE CONVERSATION ON    **@BEWELLUSD**

Follow us @BeWellUSD this week to learn more about ending the stigma around mental health. We will be talking about anxiety, depression, alcohol, substance abuse and suicide prevention. You can help #EndTheStigma.

Tuesday 3/17 12-2PM

MAKE A PLEDGE TO CONNECT WITH YOUR COMMUNITY

Share some love! To learn more about mental health and how you can help end the stigma, stop by the #USDily table in front of the UC from 12-2PM and pledge to connect with someone in our community!

Wednesday 3/18 4-6PM

CHECK-IN ON YOUR MENTAL HEALTH! 

Join us for a quick 15 minute, free, confidential check-in with a Wellness Professional. Stop by the UC Forums from 4-6PM. Healthy snacks and wellness resources will be provided.

Thursday 3/19 12:15PM

GET TRAINED IN SUICIDE PREVENTION WITH QPR!

Learn the warning signs of suicide, how to ask someone who is struggling if they need help and how to refer them to the Counseling Center. Register online at www.sandiego.edu/youareusd.

Friday 3/20

CONTINUE THE CONVERSATION! 

Take Kognito: At-Risk, the interactive, online suicide prevention training program so you can practice identifying and helping friends who may be struggling. Register online at sandiego.edu/youareusd/



ASSOCIATED STUDENTS
UNIVERSITY OF SAN DIEGO

YOU ARE USD

www.sandiego.edu/youareusd



University of San Diego
STUDENT WELLNESS

Take a moment to reconnect to the most important person of all ... YOU! This entire week from 3/16 – 3/20 is Mental Health Awareness Week. Check out some of the events offered by the Center for Health and Wellness Promotion (CHWP).

Visit the [CHWP website](#) for more info and for helpful de-stress tips.

And don't forget to enjoy a little ME time! Remember ... **YOU ARE USD!**

MARCH 16-MARCH 20

MENTAL HEALTH AWARENESS WEEK 2015

JOIN US IN THE CONVERSATION TO #ENDTHESTIGMA ABOUT MENTAL HEALTH

YOU CAN HELP #ENDTHESTIGMA

YOU ARE USD

SANDIEGO.EDU/YOUREUSD

#EndTheStigma



All Star Employees

Recreation Employee of the Month, February 2015

Meet our Employee of the Month for February, Victoria Koch! Victoria is an all star Junior who loves horse back riding, motorcycle riding, and extremely long Skype dates on the weekend. An interesting fact about Victoria is that she grew up on a farm raising her own animals including cows, pigs, chickens and more! She also began barrel racing when she was 8 years old and has been a country/cowgirl ever since!

When asked about Victoria, one of her supervisors said, "She always has a positive attitude and is willing to help out wherever is needed. She even takes time mentor new employees even though it is not officially part of her job duties. She is a joy to work with and always has a smile on her face."

Victoria commented about her job at Campus Rec, "I have gotten to meet and form relationships with so many people I would not have gotten the opportunity to otherwise. I also love the atmosphere at the facility, everyone is kind, cheerful and once you get to know them they have some pretty good jokes."

After she graduates next year, Victoria plans to take some time off in order to move to Oahu, Hawaii. There she plans to volunteer or intern in their healthcare system, specifically in genetic counseling. She eventually plans to further her education by getting a masters in Genetic Counseling on the mainland. Congratulations to Victoria on her award!



"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."



Fitness Center Employee of the Month, February 2015

The Mission Fitness Center (MFC) Employee of the Month for February is Shauna Park. Shauna, a junior, has been an integral part of the MFC's operations ever since she started. Shauna co-leads the Scheduling and Staff Development team, keeping all of the employees organized and motivated. Her strategy of leading by example has inspired every coworker to strive for the same hard work and dedication Shauna demonstrates every shift.

Even though she was abroad for the fall semester, Shauna transitioned into her leadership role seamlessly. This has her coworkers very impressed, one saying, "Coming back from abroad, Shauna has taken on a strong leadership role from the start by delegating to team members, learning some new skills, and refreshing on some old ones. Every shift she is focused and ready to work and she's so much fun to work with! Her diligent work ethic and compassionate personality are admirable!" Another trait her coworkers are grateful for is her warm-hearted attitude. Another MFC employee said, "She goes above and beyond in everything she does and is so kind!" We appreciate Shauna's hard work, and can't wait to see where her strong leadership takes the MFC!



Extended Calendar of Events

Event Name	Date/Time	Information
Club Men's Lacrosse Game	3/17, 5 p.m.	Club Men's Lacrosse Game Vs. Chico State, Manchester Field, FREE!
Club Rugby Game	3/21, 3 p.m.	Club Men's Rugby Game Vs. SBCC, Manchester Field, FREE!
Club Men's Lacrosse Game	3/21, 7 p.m.	Club Men's LAX Game Vs. U of Washington, Manchester Field, FREE!
Club Women's Lacrosse Game	3/22, 1 p.m.	Club Women's LAX Game Vs. Cal, Manchester Field, FREE!
Club Men's Lacrosse Game	3/22, 7 p.m.	Club Men's LAX Game Vs. Santa Clara, Manchester Field, FREE!
Club Men's Lacrosse Game	3/27, 7 p.m.	Club Men's LAX Game Vs. UC Davis, Manchester Field, FREE!
Spring Break- revised facility hours	3/28 – 4/6	Check out our revised holiday schedule online for all three facilities and plan accordingly- happy Spring Break!
USD Relay for Life	4/10-4/11	Join USD for a annual tradition to fight and beat cancer! Valley field.
Club Men's Lacrosse Game	4/11, 1 p.m.	Club Men's LAX Game Vs. ASU, Manchester Field, FREE!

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_iSn2BCA8



Happy Spring Break

USD REC: Find what *MOVES* you!