

USD Campus Recreation News

USD Employee *Working It Out*

When faced with a busy schedule, cutting fitness out of our daily routine due to lack of time can feel like a natural consequence. USD employee, Joanne Logan, is an inspiring model of a dedicated professional finding ways to fit fitness into a full schedule. Even with a full day as a devoted One Stop Counselor who's healing from an injury, Joanne manages to overcome challenges and make fitness a priority in her life. Her dedication to an active lifestyle made achieving a healthy balance possible. Joanne is happy to share her story to help other USD employees find a way to "work it out"! Story continued on page 7.

THE MORE YOU KNOW:

Here are some of the top stress reduction tips for college students:

- ✓ "Attitude is everything" - how you react to events can make all the difference
- ✓ Practice healthy eating habits to fuel your brain and body
- ✓ Get some physical activity (~30-mins, 4x per week)
- ✓ SLEEP! Get at least 7 hours of sleep per night and try not to pull all-nighters
- ✓ Remember to breathe! Inhale Exhale ... Aaaahh!!!

These are just some of the tips specifically targeting college students. Check out the complete article at:

www.uhs.uga.edu/stress/wellnesslifestyle.html

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

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Pictured above: USD Employee Joanne Logan sitting atop of "Potato Chip Rock" at the summit of Mt. Woodson, San Diego. Check out the rest of her story on page 7.

USD Takes the Overall Trophy in the Extramural Games!

Last week completed the first annual San Diego Intramural Championship Series held between Cal State San Marcos, SDSU, UCSD, and USD. It was a fun-filled week as SDSU hosted the Co-Rec and Men's Soccer Tournaments, USD hosted the Volleyball Tournament, and UCSD capped off the week by hosting the Basketball Tournament.

Teams from USD went a combined 4-5 in the three sports and brought home two championships to the program. USD's Co-Rec and Men's Soccer teams swept through the competition to stake claim to the two soccer championships. *"Green Street Hooligans"* and *"Team Purple"*, both captained by Shane Fontaine, went undefeated (4-0), beating CSSM, SDSU, and two teams from UCSD. These two championships helped USD win the overall games, winning 4 championships of 9 tournaments (Co-Rec Soccer, Men's Soccer, Co-Rec Softball, and Beach Volleyball), UCSD finished second of three (Indoor Volleyball, Men's Basketball, and Women's Basketball), and SDSU claimed 2 championships (Men's Flag Football and Co-Rec Basketball).

We look forward to the fall tournaments, starting with Beach Volleyball in October, and finishing with Flag Football and Softball in December.

Congratulations to all teams that participated in the tournament and on their respective Championship series!!



Pictured above: *"Green Street Hooligans"* and *"Team Purple"* celebrating their SDCS Championships!

For other pictures of USD's Intramural Champions please refer to our Campus Recreation [Facebook](#) page!

<https://www.facebook.com/usd.campusrecreation>

Intramural Spring Semester Recap

Soccer

The spring semester was as competitive as ever, with many teams repeating as champions and some new teams coming into leagues to challenge the reigning champions. In Co-Rec Soccer *"Team Purple"* took home their third consecutive championship and *"Green Street Hooligans"* won their fourth Intramural Championship. In the Men's B Division *"DFL"* won their first title, as well as the *"Flying Squirrels"* in the Co-Rec Soccer B Division.



Volleyball & Softball

The dynasty of *"Notorious DIG"* won a fourth Intramural Volleyball Championship and *"Bravest Warriors"* won the Volleyball B Division Championship. Both softball leagues saw new champions with *"Big Lake Owls"* winning the Men's league and *"The Swingers"* winning the Co-Rec league.

Football

"Theta and Phi Kap" dethroned the reigning Co-Rec Flag Football championships to win their first title.



Basketball

The 5x5 Basketball league saw some tough competition with three teams returning that have previously won the championship. However, *"Ruling of the Court"* beat out all teams on their way to the championship and the opportunity to represent USD in the SDCS. *"Warriors"* also won the chance to play in the SDCS by going undefeated in Co-Rec Basketball and winning their first championship. *"Balls and the Boys"* took home the Men's B Division.

Next year is sure to be an exciting one! Many of the championship teams are graduating and some of the new champions are teams full of freshman. Start your recruiting and training for your chance to become an Intramural Champion and earn your chance to be the best Intramural team in San Diego by competing in the San Diego Championship Series!

More Intramural information: <http://www.sandiego.edu/campusrecreation/intramurals/>

Grad/Law Intramural Spring Semester Recap

USD's Law/Grad Softball league came to an exciting finish with the "2014 Nostalgia Fun Team" taking the title. Timely hitting including a late inning 3-run homerun secured the victory for the *Fun Team*. Finishing the regular season with a lackluster 3-5 record, the *Fun Team* went on a Cinderella run dethroning former champions along the way while playing with only 8 players, congrats to them! There were 16 teams comprised of Graduate and Law Students competing in playoffs for championship glory each Thursday night. Congrats to the champions who also will graduate in May!



Clarification from last semester: On behalf of the staff at Recreation and the team members from "The North Koreans" last semester, we wanted to clarify the meaning behind their name selection. Several members of the team have participated in raising awareness regarding the human rights atrocities in North Korea and the team name was not intended to be offensive in any way. Both the members of the team and the staff at Recreation wanted to clarify and apologize for any concerns about insensitivity that the team name selection may have raised. Thank you.

The Wellness Corner

Thrive Through Finals Week!



Finals got you Frazzled? Revitalize with Exercise!



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

	Wednesday 5/14	Thursday 5/15	Friday 5/16	Saturday 5/17	Sunday 5/18	Monday 5/19	Tuesday 5/20	Wednesday 5/21
8-8:55am	Rise & Shine Boot Camp	Indoor Cycling *SC109				Abs & Toning		
9-9:55am			Zumba				Meditation Yoga	
12:15-1:10pm			Power Yoga					Abs & Toning
12:30-1:25pm	Yoga Sculpt	Abs & Toning		Yoga Fusion			Power Yoga	
1-1:55pm					Power Yoga			
5:15- 5:55pm		Pilates Mat						
6:00- 6:55pm						Zumba	Zumba	
7:00- 7:55pm	Zumba					Yoga Fusion		
8:00- 8:55pm		Restorative Yoga Flow						



- Program open to all University community members. Please bring a valid USD ID card for admittance.
- All classes located in the Mission Fitness Center Exercise Room (Café level) unless otherwise specified (**SC= Sports Center**).
 - All classes are first come, first served so please arrive early as space is limited.
- A limited supply of yoga mats are available for check out with ID card at the Mission Fitness Center front desk (level 2).

Revitalize with FREE Exercise! From Wednesday, May 14 through Wednesday, May 21, Campus Recreation is opening up group exercise classes to the entire campus community! Pump yourself up in a Boot Camp, dance yourself happy in Zumba or simply savor a study break relaxing with one of our yoga classes. All classes are first come, first served as space is limited. [Schedule.](#)

The Wellness Corner

Jump-start your summer with USD Personal Training!

A photograph of two runners from behind, running on a sandy beach. The runner on the left is wearing a black tank top and black shorts, while the runner on the right is wearing a red tank top and black shorts. Both are wearing athletic shoes. The background is a bright, sunny beach scene with a clear blue sky.

USD FIT
For a Healthy Mind, Body & Soul

Summer Awaits!
Meet your summer fitness goals with one of our
Personal Trainers.

JUNE SPECIAL: 8 Personal Training sessions for \$199.
http://www.sandiego.edu/mfc/personal_training/

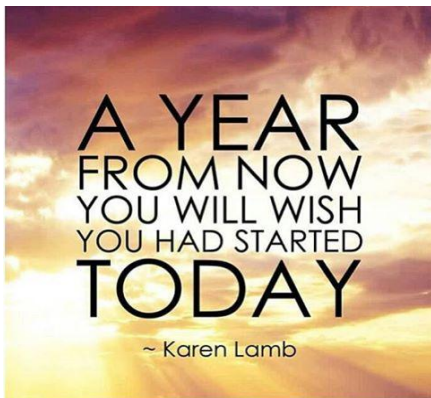
With a busy academic year coming to an end, now's a perfect time to look forward to finally catching up with those fitness plans you've been waiting to embrace! Achieve your goals with the help of one of our nationally certified, professional personal trainers from the convenience of campus. They're the experts in inspiring healthy lifestyles.

For the entire month of June, USD FIT is offering a package of eight 50-minute sessions for just \$199!

[Register today.](#)

For more information about USD's Personal Training program visit us online at

http://www.sandiego.edu/mfc/personal_training/.



If you'll be in San Diego for the summer, check out our [USD FIT Summer Group Exercise program](#) with early bird special pricing on a full 12 week summer semester membership. The schedule includes seven weekly classes and six inspired instructors ready to help you meet your summer fitness goals.

Early bird pricing available through Sunday, June 8th.

[Register today](#)

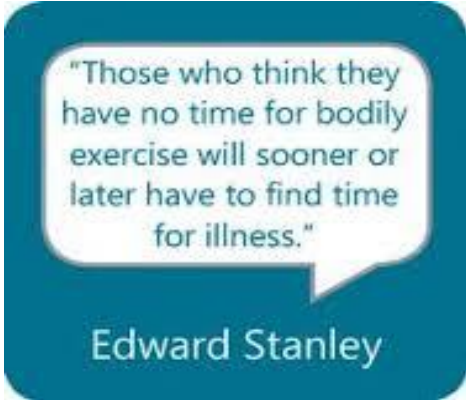
The Wellness Corner

USD Employee Working It Out

Story continued from page 1.

What are challenges to fitting fitness into your schedule, and how do you overcome these?

Lack of time is an obvious challenge, and the trick is just making the time I have work for me, no matter how little is available. I have an hour lunch break and, between changing and walking to the fitness center, there is about fifty minutes to work out. You have to reconcile however many minutes you have is better than nothing! It's easy to make excuses and say you don't have the time, but once you stop allowing yourself to say "no" to working out, you learn to manage your time and make it conducive to yourself. I have had a knee injury as well as a wrist tendon injury, but even with these challenges you can make it work. USD Group Ex. instructors have been so accommodating, modifying the workouts to fit my needs and really eliminating any excuse that keeps me from at least trying. There are always going to be limitations, but they are just a starting point rather than the end.



"Those who think they have no time for bodily exercise will sooner or later have to find time for illness."

Edward Stanley

Why is making fitness a priority to you?

I feel so much better after working out. It's not just about burning calories, but knowing you did the right thing. I always feel positive and energized afterwards, which makes it so important to keep those habits up.

What tips could you share with other USD employees?

I think anyone can benefit from taking whatever time they have to and make the most of it. If you're going to a USD FIT Group Exercise class during your lunch break, simply communicate your time restraints to the instructor, and arrive later or leave earlier to fit whatever time you can into your break schedule. You can find a friend to walk or hike with, as well. Having someone there for support always makes it so much easier!

What do you enjoy about the USD FIT Employee Group Exercise program?

I love working out with others, generally just getting to know all of the students and other employees. The classes are always so encouraging, and there is an uplifting camaraderie. Fitness is better together; it doesn't have to be a solo journey. Plus, it's easier to stay on track when you have a class to look forward to!

What is your favorite class?

Lexi's Boot Camp on Monday at 5:30 p.m. It pushes you right to where you think you can't go further, and then stops. I always feel great after I'm done!

How are you planning to stay fit this summer?

We are so fortunate to be in San Diego, where it is so beautiful in the evening for a nice walk to end the day. I'm also excited for the Summer Group Exercise program, which makes summer fitness easy!

Learn more about [USD FIT Summer Group Exercise program](#) online.

[Register](#) today. Early Bird Pricing through June 8th!

Righteous Recreation!

Don't Forget about Fall 2014 Recreation Classes. Registration is Now Open!

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



Check out our complete Fall 2014 Recreation Class Schedule online at:
http://www.sandiego.edu/campusrecreation/recreation_classes/class_schedule.php

Beat the Heat with USD Summer Swim Training



This summer try something different with the Summer Masters Swim program right here at USD! Classes are Monday – Thursday starting June 16th. Classes are guided by an experienced coach and can be tailored to meet individual needs in stroke refinement, endurance, and technique. Class is designed for intermediate to advanced swimmers.

June 16 – August 7, 2014
5:30 – 6:30 PM
\$70/ 8-week summer, \$40/month, or
\$15/week.

Registration Information:
www.sandiego.edu/campusrecreation/registration/



All Star Employees

Recreation Employee of the Month – March 2014

The Campus Recreation Employee of the Month for March 2014 is Victoria Koch! Victoria is a sophomore that has been working in Campus Recreation since she came to campus as a freshman. She started as a Operations Assistant for Facilities and after her freshman year transferred into an Operations Assistant role for Intramurals. No matter what position she takes on she excels and constantly has a smile to bring with it. One member of the Intramural staff had nothing but extraordinary things to say about Victoria. "She is an absolute delight to work with. The energy that she brings to the team is incredibly contagious and makes work exciting and fun each night," said one of her co-workers. In Victoria's spare time she enjoys spending time with her horses, as well as baking for her friends and even her co-workers. Campus Recreation is lucky to have Victoria on the team for another two years. Thank you for all of your contributions to the department!



Fitness Center Employee of the Month – March 2014



The Mission Fitness Center Employee is proud to recognize Mary Jo Dixon as our March Employee of the Month! She began working with us last summer and quickly distinguished herself among our most valuable team members. Mary Jo always has a smile on her face. Her energy and passion for the MFC is contagious! She consistently volunteers to cover shifts and works during every break. Mary Jo is an essential member of our marketing team, and is able to perform any task thrown her way. She recently streamlined the process of distributing our marketing materials. Her efforts have contributed to blossoming programs this semester. Her team leader, Meredith Higa said "Whenever I ask her to do a project, she knocks it out within a matter of hours! I feel the team truly thrives when she is leading our distribution efforts." Mary Jo also oversees the Shine Award, recognizing the hard work of others and spreading light into the lives of many. Thank you Mary Jo!

"Enthusiasm is the greatest asset you can possess, for it can take you further than money, power or influence" - Dada Vaswani



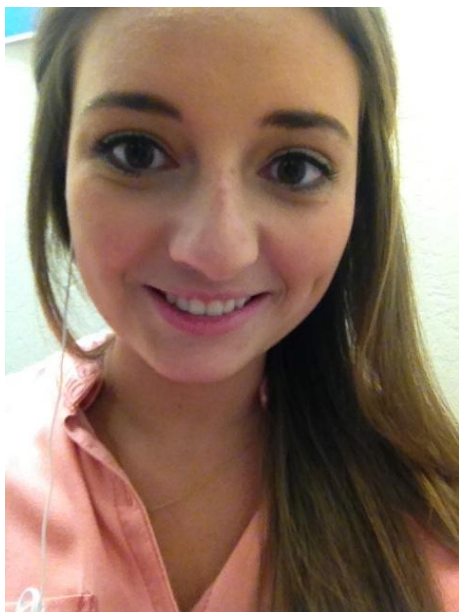
All Star Employees

Recreation Employee of the Month – April 2014

The Campus Recreation Employee of the Month for April is Sloane Booterbaugh. Sloane is a freshman from Coeur d'Alene, Idaho and started with Campus Recreation last September. She has already been a huge help in the department and always seems to have a positive attitude and a smile on her face. Sloane is an Operations Assistant in the business area of the department which keeps her busy making sure all of our program registrations are organized, processing deposits and payments, and helping with the financials for the department and sport club program. This was a big job to take on as a freshman and Sloane really showed what a reliable and hardworking individual she is. When asked about her favorite part of working for Campus Recreation Sloane was quick to reply that it is all about the people. She said, "Without a doubt I love all the people who work in Campus Recreation so it makes me excited to come to work and makes for a great work environment." Sloane certainly contributes to that positive work environment and we are lucky to have her on our team. Thank you for all of your hard work this year Sloane!



Fitness Center Employee of the Month – April 2014



The Mission Fitness Center is delighted to announce our final spring semester Employee of the Month is Aubrey Yandow! Aubrey began working at the MFC in the fall and quickly established herself as a valuable member of the Marketing Team. She has been extremely versatile and excels at tasks ranging from distribution to creating flyers. Aubrey's shining moment was when she shared her idea for a new initiative called "Patron of the Month". In only a few months she designed and implemented this premier program by herself! When asked about Aubrey, her coworker Mary Jo Dixon said "Aubrey is a star employee at the MFC! Her bubbly personality and amazing work ethic make her such a strong and positive presence, inspiring both patrons and fellow employees. By initiating fun new projects and always having a smile on her face, she has become such an integral part of our Marketing Team and staff as a whole!" Aubrey brings a positive energy to the MFC which brightens everyone's day. Furthermore, she is always willing to help out a coworker in need and has a reputation as a shift coverage angel! Thanks for all the work you do and light you share Aubrey!

"The world's greatest achievers have been those who have always stayed focused on their goals and have been consistent in their efforts." - Roopleen

Extended Calendar of Events

Event Name	Date/Time	Information
Finals Week Free Fitness Classes	5/14 – 5/21, Varied	Revitalize with FREE exercise! Check out the class schedule here !
Sports Center Closure	5/26 – 6/1 or 6/8	The Sports Center will be closing for one to two weeks for renovation and construction projects. Please check the online schedule for up-to-date and area specific information.
Summer Masters Swim Begins	6/16, 5:30pm	Dive in this summer into USD Masters Swim . Only \$70 for the 8-week program!
Summer Youth Programs Begin	6/16, varied	Have little ones? Then check out our summer youth classes and swim lessons program! www.sandiego.edu/campusrecreation/summer_swim.php

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



Find what *MOVES* you!



**Have a GREAT
Summer USD!!**