

USD Campus Recreation News



THE TORERO WELL-BEING ZONE

USD Campus Rec is excited to announce the launch of our new wellness initiative: The *Torero Well-Being Zone*. The *TWBZ* is a concept that puts you at the center of overall happiness and wellness. Transcending a physical space, the *TWBZ* is a state of mind, a way of living, and an opportunity for our community members to holistically explore and discover themselves in mind, body and spirit.

Get in the Zone:

❖ Wellness Baseline Questionnaire:

- ❖ New this year, Campus Recreation created a Wellness Baseline Questionnaire specifically designed to let you know where you are within the realms of fitness, nutrition, stress, and overall health. After you complete the survey, your score will appear on your personal portal with a link to a document that describes what your score means. You can then use that data to set goals and learn about the wellness and health opportunities that Campus Recreation and other Wellness areas on campus have to offer. Then, take the test again next year to see your progress!

❖ **Log in to your portal to take the Well-Being test today!**

❖ Fitness Testing:

- ❖ Also new this year is the addition of our state-of-the-art Fitness Testing equipment. A nationally certified USD personal trainer will guide you through a series of tests that focus on blood pressure, BMI, cardio vascular endurance level, strength, flexibility, body fat percentage, and overall wellness. The test takes about 30-mins and after it is completed, the system will give you a print out on your personal wellness score in every category. The personal trainer will then guide you through the results and review your goals and things you can do to achieve your desired results.

- ❖ Each test is \$15
- ❖ To register or to get more information on this test, please visit the Zone online:
- ❖ sandiego.edu/campusrecreation/fitness-wellness/index.php

Follow Us:

- [Facebook](#)
- [Pinterest](#)
- [Twitter](#)
- [YouTube](#)



Inside this issue

Intramurals @ USD	Pg. 2-4
Wellness Corner: Personal Training, patron of the month	Pg. 5-6
USD Health Survey	Pg. 7
Spring 2015 Rec Classes & Wellness Workshops	Pg. 8
Ugly Sweater 5k Run @ USD and Shoe drive	Pg. 9-10
All Star Employees	Pg. 11
Extended Calendar	Pg. 12



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

Woodstock's Intramural Game of the Week: 3x3 Basketball

The game of the week was between "Practice?!" Vs. "Beta Ballers" co-ed 3x3 basketball teams. The chemistry was there with the teams, and you could tell that they have been playing together for a while. Everyone was passing, moving the ball, setting screens for each other, and communicating defensive positioning all over the court. They played a series of 3 games with a 1 to 1 split going into the final game. Both teams were giving that extra effort, fighting through fatigue to get a win for their team. It was a dog fight all the way through until Jeff, for team *Practice?!*, scored the game winning two-point shot. Even though *Beta Ballers* lost, they showed great sportsmanship in defeat by shaking the victor's hands. Hopefully these two teams get to play each other in the playoffs; it was fun watching them play!



Intramurals: Brought to you by
Woodstock's Pizza!



Pictured Above: "Practice Squad" Aly Murakami, Jeanelle Schneider, Thomas Marino (Captain), Jeff DeFelice, and Tanner Britton.

Woodstock's Intramural Athlete of the Month

Congratulations to Alex Joyce for being our **Woodstock's Intramural Athlete of the Month** for October. Alex is a senior at USD and is a member of the co-rec softball team "*Balls Deep*." Alex is being recognized as Athlete of the Month for his outstanding offensive contribution to his team in the month of October. In his game on October 20th against the "*Disco Ninjas*", Alex contributed a 4-4 effort with 8 RBIs including a grand slam in the 3rd inning. On hitting his grand slam, Alex said, "As a lifelong Cubs fan, I strive to be better than them. I got the right pitch in the right situation." In doing so he broke the game open and helped to lead his team to a 19-1 victory. As a whole, in the month of October, Alex is batting 6 for 7 and has been absolutely killing the ball when he is at the plate.

Cori VanDyke was the **Woodstock's Intramural Athlete of the Month** for September. Cori plays on the soccer team "*Sun's out Guns out*." She is also captain of the Women's Cross Country/Track Team. Every night when she comes out to soccer she has a positive attitude and a smile on her face. She is an exceptional player with speed and a great shot. She has great sportsmanship and is out to have a lot of fun. Cori is graduating this spring and hopes to head into the Peace Corps.



Cori VanDyke

Woodstock's Intramural Official of the Month- September



Woodstock's Intramural Official of the Month for September was Ethan Thomas, a sophomore from Renton, Washington, who is in his first semester as an intramural official. We have an almost completely new team of officials this semester for intramural soccer and Ethan has really stepped up to make the transition smooth. Ethan has been a great addition to the intramural team as he has hit the ground running with his knowledge of soccer. He is passionate about his role as a soccer official and it really shows, especially when he is always early for his shifts and ready to help set up the fields for the night. With his background growing up playing soccer, his knowledge of the game has never been at question. Each night when he goes out on the field to officiate a game there is no concern about whether or not he can handle the game. He is always prepared for whatever may come his way. He brings a positive attitude and helps to make each night he is out on the soccer fields into a fun environment. Congratulations Ethan! You are a great asset to the intramural team.

Woodstock's Intramural Official of the Month- October



William Lam was selected as **Woodstock's Intramural Official of the Month** for October. He was welcomed to the squad this semester as a soccer and volleyball referee. Despite his newness to intramural officiating, he succeeded early on due to his confidence and eagerness to learn the rules. He has displayed one of the quickest learning curves of any new referee and is always looking to improve. William does not back down from the more competitive games that can be wrought with hot tempers and tough calls. He has been an incredible asset to the official's staff. Great job Will!

Grad/Law Intramural Update

It has been an exciting year in Grad/Law IM Softball; the playoffs are approaching and the competition is getting heated! With only one undefeated team left, "*Lengthy Dictums*," it looks like the title is theirs to lose. The *Lengthy Dictums*, led by Captain Joe Gulino, have defeated many worthy opponents in order to secure the number one spot, including two previously top-ranked teams, "*Show me your Torts*," and "*Torts Illustrated: Swimsuit Edition*."

This season has been incredibly competitive. There are six 3L teams who have been together since their first year of law school, and they are all contending for the championship. Playoffs will certainly be worth coming out for! Come support your favorite Grad/Law softball team on Thursday nights, 7-11 PM on Manchester Field.



Pictured above are two 3L teams: "*Swingers*" led by Captain Brooke Finley and "*USD Sandlawt*" with captain Luba Bartniskaia. In this game, the *Swingers* defeated *USD Sandlawt* 9-6.



Siobhan Murillo and her team "*Prestige Worldwide*."

The Wellness Corner

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

We're halfway there! As we continue a successful academic year, don't forget that it is never too late to improve your health. USD FIT is offering a variety of programs and promotions to get your health on track. **USD FIT is here to help you embrace who you are, while helping you fulfill your personal & fitness goals for the future. USD FIT wants you to love yourself, in every way possible.**



When Daylight Savings comes to an end... ...savings on **GroupEx classes** begins!

Save 40% on unlimited access to all GroupEx classes for the rest of the semester!

www.sandiego.edu/campusrecreation/fitness_wellness/group_exercise.php

GroupEx:

For the remainder of the semester, GroupEx will be offering memberships at 40% of the original price. This means that you will get access to 13 convenient, exciting, and energizing classes each week, for just \$54 (or \$50 if you are an employee of the university). Visit us [here](#) for a closer look at our class schedule and instructions on how to register. Keep an eye out for future announcements regarding *free* classes offered during Finals Week and additional classes offered during Intersession!

Patron of the Month: Jenna Matin

Patron of the Month: Jenna Matin

Jenna Matin, a freshman here at USD, was nominated as November's Patron of the Month at the Mission Fitness Center. Jenna is motivated to lead a healthy and active lifestyle each and every day. Eating right helps her feel better throughout the day and also keeps her mind and body functioning to its fullest potential. Along with going to the Mission Fitness Center every day, Jenna stays active by going hiking and wake boarding. Jenna says that she loves the Mission Fitness Center because of the kind employees, the music that plays throughout the gym and also because she can watch her favorite TV show whenever she works out. What keeps her motivated to come to the gym every day is how good she feels afterwards and how going to the gym is a fantastic way to start her day.



Find USD FIT on social media!

Keep updated with us on [Facebook](#) and Instagram (usd.fit) because this month, we will be featuring our three amazing personal trainers! Expect some healthy tips from them each week, in addition to special information about our programs to come after this semester ends!

The Wellness Corner

Revised Fitness Center Hours for Thanksgiving Break

Thanksgiving Hours	
Wednesday, Nov. 26	10 a.m. – 3 p.m.
Thursday – Saturday Nov. 27-29	Closed
Sunday, Nov. 30	11 a.m. – 11 p.m.

***Hours are subject to change**

Please be aware that the Mission Fitness Center has adjusted hours during the Thanksgiving holiday. Enjoy the time off and we can't wait to have you back!

Personal Training Special:

With midterm season coming to a close, what better way to celebrate than to improve your mind, body, and soul? USD FIT is offering a Personal Training Special that provides patrons with 8 personal training sessions with any one of our three incredibly talented and certified trainers. Your personal trainer will tailor these sessions to help you and motivate you to reach your fitness goals. This special will last the entire month of November, so start developing those healthy habits before the holiday season rolls around!

Personal Training Special



8-Pack For Only \$220 !

<http://www.sandiego.edu/mfc/personal-training/>






Tecolote Tuesdays:

Join us every Tuesday at 8:30 AM in front of the Missions Café to take a run through the beautiful Tecolote Canyon! Enjoy the crisp fall weather and burn some calories. Runners of every level are welcome (and it's FREE)!

The USD Health Survey is Here!

5 Reasons to take the USD Health Survey!

1. Your answers are the ones that matter!

Make your voice heard! The USD Health Survey helps USD administrators to know what YOU need. Advocate for your wellness needs by taking the survey!

2. Help make USD a healthier place!

Your 20 minutes can make a major impact on the future of wellness services at USD. By lending your time and voice, you will help to foster a healthier USD community.

3. It's quick, easy, and confidential!

You can take the survey while on a study break, while watching TV, between classes, before you go to bed, or instead of going on social media (let's be real, your health is WAY more important than 20 minutes on Facebook!)

4. College is just a few short years but your health is forever!

Taking care of yourself can be challenging at times during college. The health survey helps USD to create wellness services and programs that will assist with what is most impacting you now so you can be well and thrive beyond college!

5. You could be one of FIVE winners of \$100!

That's right! What would YOU do with \$100? So, what are you waiting for? Check for the survey in your email and take it!

Take the
USD Health Survey
 to Highlight Your Health!

GO! Check your USD email
 for the survey!

from Nov. 4th -
 until Thanksgiving

five chances to
Win \$100!

University
 of San Diego
 STUDENT WELLNESS

#usdhyh
 @bewellusd

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 plan a little fun into your spring schedule by taking a 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>

Wellness Workshops Coming Your Way!

MASSAGE FOR STRESS REDUCTION WORKSHOP

Need to relax and gain some inner-peace? Then join us on 12/3 to find out how you can cultivate a stress-free mind and relieve pain in your tired and sore muscles.



- 12/3
- 7-8:15pm
- \$10 per person (space is limited- must register by 12/2)

- 12/3
- 7 PM
- \$10 per person
- Must register by 12/2
- [Register online now](#)

Must register by 12/2 online at: sandiego.edu/campusrecreation



Get Your UGLY Sweater Run On!

The USD Medical Brigades Presents ...
The Ugly Sweater 5k Fun Run!

- Saturday, 11/22
- Sports Center / Tecolote Canyon
- 10am
- Registration fee: \$15

- Prizes for top placers & ugliest sweater
- Must register online by 11/20

*All proceeds go towards helping USD Medical Brigades provide healthcare to an underserved population in Panama in January 2015!



Register by 11/20 online at: www.sandiego.edu/campusrecreation

**Do it for the fun. Do it for the exercise. Do it for a great cause.
Do it for the UGLY sweater!**

Register at: www.sandiego.edu/campusrecreation

Community Outreach Opportunity

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 4th world country to people in need. Donation drop off bins will be 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.

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 4th world countries to people 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.



All Star Employees

Recreation Employee Month, September 2014

Amory Fratoni was Campus Recreation's employee of the month for the month of September! Amory is currently a Junior and is part of our Scheduling department at CREC. When asked what she liked the most about her job she replied with, "I like working in an environment that is welcoming and a fun place to be at. I love the environment and how I've met so many people because of this job." Amory has contributed to CREC immensely and the facility would definitely not be the same without her presence and hard working abilities. Her motivation is being the best possible version of herself because she doesn't want to let anyone down, which is why she is always working hard and staying focused. By working at CREC Amory has learned how to work as a team member and a leader, as well as time management, how to follow a set schedule, set goals to help others to succeed. "Freshman year I was shy and didn't go out of my way much to get to know the people I work with", Amory explained. "As a junior, I have stepped out of my comfort zone and have led staff meetings. I also make it a point to get to know everyone I work with. I never thought I would be a team leader, not to mention be comfortable talking in front of 30-40 people." When Amory was asked if she had an idol, she replied, "I don't have an idol. As long as I do everything I can to live my life to the fullest, I'll be happy. I look up to people who are successful in all different aspects of life such as with a career, a family, religion, and personal health." Amory is indeed someone the entire staff at CREC can look up to and ask for help, as well as a great employee who embodies the Campus Recreation goals and values!



"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand" – Vince Lombardi



Fitness Center Employee of the Month, September 2014



The Employee of the Month Award went to Aubrey Yandow for her amazing work as the Project Supervisor of the Marketing team. Aubrey's coworkers believed she deserved the award this month due to her "super positive attitude" and extra helpfulness getting new employees acclimated. Another one of her peers went on to say "She is a blast to work with and is very dedicated to the marketing work for the MFC! She is always willing to help out with shift covers and gives a bright and positive attitude to anything thrown her way!" Aubrey was also described as being "always full of joy, and morning shifts with her are the perfect way to start off a bright, productive day!" We greatly appreciate all the hard work Aubrey has put in at the MFC, and we are excited to see her take the Marketing team to new levels this year with her special spirit and ability!



Extended Calendar of Events

Event Name	Date/Time	Information
Spring 2015 Recreation Credit Class Registration Begins!	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!
Sport Club Game	11/8	Club Women's Soccer Vs. CSULB, 1pm, Valley Field (FREE)
Sport Club Game	11/8	Club Men's Rugby Clinic, 5-8pm, Manchester Field (FREE)
Sport Club Game	11/9	Club Men's Soccer Vs. SDSU A, 12:30pm, Valley Field (FREE)
Sport Club Game	11/9	Club Women's Lacrosse Vs. UCSD, 3:30pm, Manchester Field (FREE)
Sport Club Game	11/14	Club Women's Soccer Vs. Point Loma, 8:30pm, Valley Field (FREE)
Sport Club Game	11/15	Club Women's Lacrosse Tournament, 9am-6pm, Manchester Field (FREE)
Ugly Sweater 5k Fun Run	11/22	10am start time, prizes for top placers and ugliest sweater. \$15 entry fee. Must register online by 11/20.
Thanksgiving Break Revised Facility Hours	11/26-30	Visit our website for up-to-date hours of operation and facility information
Massage Workshop	12/3	Get ready to relax and de-stress in this one-night workshop. 7-8:15pm. \$10 per person. Must register online by 12/2.
Finals Week FREE De-Stress Fitness Classes	12/13-12/18	Finals got you frazzled?! Revitalize with exercise! The FREE schedule will be posted soon online.

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

