



USD Campus Recreation News



Have you found What MOVES You?

Starting a new year in college can be challenging, exhilarating, and overwhelming all at the same time. Whether you are starting your first year or starting your last year, you are faced with certain life-affirming obstacles and choices. Something that can help you weave through the stress that every day life brings is finding a place in recreation or fitness. Exercise is not just good for your heart or body. It has been proven to release endorphins that help reduce stress and can help you find focus. It is often in times of play or relaxation that we find who we are and who we want to become.

Here at Campus Recreation, we want you to find your place in our home. Whether you want to relax by the pool, run six plus miles on the treadmill, play intramural flag football, lift weights or focus on inner-peace and self-discovery in our yoga for meditation class, you are sure to find something that calls to you. We invite you to check out our many programming offerings and discover **“What Moves You.”**

Check out our Intro Video (linked below) to see who we are and what we strive to offer.

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Click the picture above to view the Campus Recreation “Who We Are” video!

Extramural Beach Volleyball Event

On the weekend of October 4th-5th, USD beach volleyball extramural participants tried to defend our title of best beach volleyball team in the San Diego area universities. The tournament was held at the South Mission Beach Volleyball Courts and had 28 teams representing USD, SDSU, and Cal-State San Marcos. Two teams from USD went through pool play 3-0 to compete in the playoffs but, unfortunately, both fell early to teams from SDSU. SDSU went on to have two teams compete in the finals and take home the second annual championship!



Pictured Above: SDSU's "Bionic Beavers"



Intramurals: Brought to you by
Woodstock's Pizza!

Intramural Game of the Week: Co-Rec Soccer

The game featured this week for Co-Recreational Intramural Soccer was between "Team Fuj" and "Suns Out Guns Out". Although it is early in the season, both teams are already fighting hard for good records to make them eligible for playoffs later in the season. Both teams started out with great offensive moves. Lenin scored the first goal for *Team Fuj* early on. *SOGO* countered with a goal. Lucas scored another goal for *SOGO*, off the crossbar in the upper right corner. Right after, another goal was scored for *SOGO* making it 3-1. Both of the goalies (Jose and Caroline) had some great saves. The half ended with *SOGO* up 4-1. Both teams came back fired up after half to make it 5-2. *SOGO* ran away with the game and ended up winning 9-3. They improved their record to 1-1 for the season and captain Lucas Parelus is looking for another win next week.
– By Sarah Cady – Intramural League Manager



The Wellness Corner

University Fitness (USD FIT): *Shaping Healthy & Happy Lives*

Now that you're tuning into the rhythm of your fall semester schedule, the timing is ideal to evaluate where your personal fitness plan best fits into your life. Start by embracing your individual strengths, and then build on your foundation. **USD FIT aims to meet you where you are, while helping you fulfill your personal health goals through a variety of fitness programs and services, all from the convenience of our campus!**

Personal Training

Identify and achieve your health and conditioning goals with the help of one of our nationally certified personal trainers. Our resident fitness experts motivate and educate our university community to achieve sustainable lifestyles of optimal health and fitness. In other words, they help you discover your healthiest and happiest self.

For more information and to register, visit our [USD FIT Personal Training webpage](http://www.sandiego.edu/mfc/personal_training).



GET MOTIVATED
GET HEALTHY
GET TRAINED

For more information and registration,
please visit
www.sandiego.edu/mfc/personal_training

USD REC
UNIVERSITY OF SAN DIEGO

USD FIT
For a Healthy Mind, Body & Soul

Running through Tecolote Tuesdays

Self-acceptance and community are keys to being happy and reducing stress; but a good run can also help 😊. Enjoy the best of all worlds, by believing in your ability to rise to the occasion and join your peers for a guided campus jog/run. Your endorphins will kick in as you soak in the natural beauty of our surrounding campus and explore different canyon trails while getting to know other USD community members. You'll leave with a natural high to elevate you through the rest of your Tecolote Tuesday. **Meet in front of Missions Café Tuesdays at 8:30am.** Runs are tailored to participants. Open to our campus community. All levels welcome.

The Wellness Corner

USD FIT Patron of the Month: Yun Ji Kim



Yun Ji Kim is our University Fitness September Patron of the Month. As a freshman, Yun Ji is already involved in several campus communities. She will soon begin a new role as a Recreation Operations Assistant at the Sports Center, and we are excited to welcome her into our USD REC Team. Yun loves to work out at the Mission Fitness Center because she loves the tight knit community and looks forward to seeing her friends working out beside her. Yun Ji Kim finds time to relax, rewind, and be herself at the gym. She is a perfect example of a patron who is shaping a happier and healthier life through her USD community and workouts!



USD FIT GroupEx

Fall is a perfect season to let go of what no longer serves you, and branch out to discover what helps your happy bloom! Exercising with the support of a group is motivating and energizing! USD FIT's GroupEx Program includes sixteen weekly classes and eight inspired instructors ready to help you reach your fitness goals in a fun and effective group format. [Membership info. and registration can be found here.](#)

Fall 2014 USD FIT GroupEx

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Boot Camp Colleen B. (8:00-8:55)	TRX Boot Camp Parker L. (8:00-8:45) *Outdoor Sports Center TRX Station			Indoor Cycling Colleen B. (10:15-11:10) *SC 109
Abs & Toning Colleen B. (12:15-1:10)		Zumba Rebecca N. (12:15-1:10)			
	Yoga Dani K. (12:30-1:25)		Yoga Dani K. (12:30-1:25)	Total Body Conditioning Parker L. (12:30-1:25)	
Yoga Sculpt Lexi C. (5:30-6:25)	Pilates Mat Rene' M. (5:15-5:55)	Sunset TRX Parker L. (5:15-6:00) *Outdoor Sports Center TRX Station Last class 10/29 due to Daylight Savings			
	Power Yoga Deborah M. (6:00-7:25)		Yoga Flow Sara S. (6:00-6:55)	\$90 Semester Membership Classes end Dec. 12 th <i>Schedule Subject to Change</i>	
		Zumba Rebecca N. (7:00-7:55)			
Boot Camp Colleen B.		Abs & Toning Colleen B.			

USD employees are also eligible for a discounted membership option, with select classes offered during lunch and right after work. For more information, including a schedule of free monthly classes and registration, visit our [USD FIT Employee GroupEx webpage.](#)

THE TORERO WELL-BEING ZONE

NEW Fitness Testing and Wellness Baseline

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, you will be emailed your Well-Being Score and can see your results. 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!
- ❖ **Take the test today and see how you do:**
 - ❖ <https://usd.tfaforms.net/217829>

❖ 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



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>

Beat the Heat with USD Masters Swim Training



Try something different this fall with the Masters Swim program right here at USD! Classes are offered Monday – Thursday from 6 – 7PM. Experienced guide this program tailoring to individual needs in stroke refinement, endurance, and technique. This program is designed for intermediate to advanced swimmers. We also offer this program in the Spring and summer!

- Now thru 12/12/14
- 6:00 – 7:00 PM
- \$25/month or \$15/week

[Online Registration Information](#)

Wellness Workshops Coming Your Way!

YOGA DETOX Workshop

Detoxify your mind, body and spirit in the very special one-night workshop designed to rinse and cleanse you from the inside out!



Class Information:

- ◇ Tuesday 10/14
- ◇ 7:30 – 8:30 PM
- ◇ Mission Fitness Center
- ◇ \$10 per person
- ◇ **Must register by 10/13** (space is limited)

YOGA DTEOX WORKSHOP

- 10/14
- 7:30 PM
- \$10 per person
- [Register online now](#)



Register by 10/13 online at:
sandiego.edu/campusrecreation



COUNTRY LINE DANCE WORKSHOP

- 11/4
- 7 PM
- \$10 per person
- [Register online now](#)



Country Line Dancing Workshop

Dust off your boots and enjoy some good ol' country fun in this energetic line dancing workshop! All levels welcome!



- 11/4, 7 – 8 PM
- SC 107A
- \$10 per person (must register by 11/3)

Are you ready to boot-scoot boogie?!
Register online by 11/3 at:
sandiego.edu/campusrecreation



Your Outdoor Adventures Await!

Featured Outdoor Adventures Trip: Black Canyon Canoe & Hot Springs



Natural Hot Springs? Fall Holiday. Need we say more?

If you like outdoor adventures, the Black Canyon, a section of the Colorado River below the Hoover Dam should be on your bucket list! Join us for a camping along the banks of the river during Fall holiday. For this trip we will load all of our gear into canoes and paddle 10 miles to our campsite. From there we will explore canyons and soak in amazing hot springs. In addition to enjoying a wild slice of paradise and we will see first hand the impacts of the drought impacting California.

[Learn more here.](#)

Film Screening: DamNation

This powerful film odyssey explores change in national attitude from pride in big dams to growing awareness that our own future is bound in the health of our rivers. DamNation's majestic cinematography moves through rivers and landscapes altered by dams, but also through a metamorphosis in values, from conquest of the natural world to knowing ourselves as part of nature.

- **October 14th**
- **6:00pm**
- **SOLES Warren Auditorium**
- **Free admission and light dinner provided**

[Watch the trailer now!](#)



Your Outdoor Adventures Await!

Trip Recap

Outdoor Adventures is running trips every weekend! The Roast & Roll: Fair Trade Bike Ride set out to explore downtown San Diego. We made pit stops at the Little Italy Farmer’s Market, Ben & Jerry’s Ice Cream and Café Moto. Along the way we learned about coffee roasting and gained a greater awareness of fair trade business practices. It was a beautiful day for a group bike ride and we highly encourage you to seek out local adventures around USD.



Upcoming OA Trips

Date	Activity	Fee	Deadline
10/18	Moonlight Canoe	\$15-\$25	Waitlist
10/19	Cleveland National Forest Hike	\$8-\$20	10/15
10/23-26	Black Canyon Canoe & Hot Springs	\$275	10/14
10/23-26	Zion National Park Hiking	\$275	Limited Space
11/2	Horseback Riding & Julian Pie	\$70-\$80	Limited Space
11/8	Desert Yoga & Hot Springs	\$20-\$40	11/3
11/25-30	Thanksgiving Break: Havasu Falls Backpacking	\$400	Limited Space
11/25-30	Thanksgiving Break: Eastern Sierra Adventure	\$400	Limited Space

www.sandiego.edu/oa



All Star Employees

Recreation Employee of the Summer, 2014

Morgan White was our Recreation Employee of the SUMMER, which means she was an all-star for three entire months dealing with swim lessons and even teaching her own diving lessons! As a sophomore, Morgan is not only a great CREC employee, she is a part of USD's diving team and makes sure she dedicates time to each task she is given in every one of those areas. When asked why she likes working for CREC, she replied, "I love working for CREC because I get to interact with so many students that want to live a fit and healthy lifestyle. I also gained the ability to meet amazing coworkers and staff who all want to do their job to the best of their ability." Morgan's biggest motivation is success and she says that nothing beats accomplishing your goal or acing the test you have been working so hard for, which can definitely be seen in all of Morgan's actions when it comes to doing tasks around the Sports Center. Morgan's advice to all USD students about CREC is: "to really research all CREC has to offer! I don't think a lot of students know all the super cool classes, fun intramural games, and all the club sports USD CREC has." Morgan is clearly a Campus Recreation MVP, whose favorite quote is: "you miss 100% of the shots you don't take." The influence of Morgan's positive attitude and hard-working persona can be seen in anything she does! Congratulations Morgan on your award!



"Excellence is an ART won by training and habituation. We ARE what we repeatedly DO. Excellence then is not an act, but a HABIT." -Aristotle



Fitness Center Employee of the Summer, 2014

The Mission Fitness Center is delighted to recognize awesome Alix Naugler as our Employee of the Summer! Alix gracefully transitioned into a leadership position this summer as our Project Supervisor of Scheduling. She embraced her new role, even through a knee surgery! Alix used her recovery time to create our fall employee schedule, which involved coordinating 20 students to cover over 108 facility operational hours. Alix's organization, diligence, proactive communication and determination contributed to a solid start to our semester. We appreciate how Alix rises to any challenge with poise and positivity. When asked about Alix, her coworker Mary affirmed, "Alix has done an incredible job in her leadership role. With everyone having different availability, Alix created a schedule accommodating everyone's needs, which is super difficult to do with a large staff. She is constantly excelling and working with a contagious smile!" We thank Alix for everything she's contributed to make the Mission Fitness Center a more wonderful place for all of us!

Extended Calendar of Events

Event Name	Date/Time	Information
Alumni & Family Weekend Sport Club Games	10/11	Club Men's Rugby Vs. Alumni: 10am, Manchester Club Men's Lacrosse Vs. Alumni: 12pm, Manchester Clun Women's Lacrosse Vs. Alumni: 3pm, Manchester
Film Screening: <i>DamNation</i>	10/14, 6:00 PM	Join us for a screening of the film DamNation at SOLES auditorium. View the trailer online.
Yoga Detox Workshop	10/14, 7:30 PM	Enjoy a one hour yoga flow class that will focus on rinsing, twisting and cleansing you from the inside out! \$10 per person. Must register online by 10/13. Space is limited.
Sport Club Games	10/18	Clun Women's Lacrosse Game: 10am, Manchester Club Men's Rugby Game: 1pm, Manchester
Sport Club Games	10/19, 5:00 PM	Club Men's Lacrosse Scrimmage: Manchester
Fall Holiday: revised Sports Center & Fitness Center Hours	10/24 – 10/26	Please review the website to see the revised hours of operation for our facilities.
Sport Club Game	10/25, 11:00 AM	Club Women's Lacrosse Vs. SDSU: Manchester
Sport Club Game	10/26, 12:00 PM	Club Men's Soccer Vs. CSFU: Valley
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!

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

