

USD Campus Recreation News



Women's Lacrosse Tournament

by Jenna Morris

On the first weekend of November, University of San Diego Women's Club Lacrosse hosted a tournament of four college club teams (SDSU, USD, UCLA & ASU) as well as two post-collegiate clubs (SDC and OC) on Manchester Field. This competitive tournament was especially meaningful for the Toreros as they cope with the loss of their coach, Greer Goebels, who passed away in October. The Lady Toreros played for their passionate coach and honored her amazing legacy at USD. All around the field, there were banners and posters remembering her. These posters featured Coach Greer's favorite quote, "It's a good day to be a great day." They definitely made these two days of lacrosse "a great day."

USD Women's Lacrosse beat a tough ASU team in an early afternoon match on Saturday, November 7th. This tournament was what they call "Fall Ball" practice before the season starts this coming spring. Captain Juliana Lyons spoke about her Division I Club team and her upcoming competition in the Western Women's Lacrosse League in Spring 2016. Juliana, an east coast native, became captain because of her seniority and experience playing all four year for this club team. Juliana notes that the University of Arizona and Santa Clara University are the toughest competition in their league because they "come out with strong, bigger teams, and a larger number of substitutions every year." Although these teams may have more players, the Lady Toreros "are small but mighty."

The tournament was a success and the weather could not be more perfect with clear skies in November. It will be remembered as a "good day to be a great day" for all the women's lacrosse teams.



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Intramurals @ USD

Woodstock's Intramural Soccer MVP: Louis Benson

By Aimee Slavensky

Congratulations to Louis Benson for being this November's Male Athlete of the Month! Louis is a super senior in his last semester majoring in Mechanical Engineering. He is being recognized as Male Athlete of the Month due to his radiant smile and endless optimism. Louis and his team "Mary Jane Lyons" like to spice up intramural soccer by wearing tie dyed t-shirts as their official jerseys. When he's not crushing the competition on the field or studying for his seemingly endless exams, Louis enjoys playing kendama and watching movies where the geeky guy gets the girl. If he could have one superpower, it would be to clone himself so that there could be double the awesomeness that is Louis Benson. Good job Louis, keep being the great person that you are!



Pictured Above: Louis Benson playing soccer

Woodstock's Intramural MVP: Carissa Gray

By Jaz Tinsley

She shoots...and she scores! No doubt Carissa Gray, the Intramural Female Athlete of the Month, has heard that phrase time and time again. From Basketball to tennis to inner-tube water polo (yes it is a thing), Carissa not only plays, but excels in them all. Since her freshman year, when she signed up to play as a free agent in 3x3 basketball and got placed on team of almost all grad students, Carissa has shown that she is a force to be reckoned with on the court. However, her passion for playing didn't start there.



Pictured Above: Carissa Gray

Carissa was also a star on her high school basketball team, and was offered the chance to play at the collegiate level. As much as she loved basketball, she knew the sunny skies and beautiful beaches of the west coast was where she belonged. Luckily Carissa found the best of both worlds in USD intramurals. Over the last three years, she has been on many teams playing many sports and has made some amazing friends from it, all the while, also participating in Outdoor Adventure, attending Flood church and being a member of the business fraternity, on top of the school work we are all too familiar with. However, Intramural Basketball remains her favorite as it drives her competitive nature and has allowed her to share her love and passion for the sport with other like-minded teammates. There's nothing like the people you meet and friends you make in intramurals, not to mention, as Carissa says, "it's a great excuse to forget about school for an hour or so every night and just have fun." You can bet almost any night of the week, there's sports, there's friends, there's Carissa. You know when she's playing, she's does it for the love of the sport, she's does it to win, and of course, she does it for the coveted intramural champ t-shirt.



**Intramurals: Brought to you
by Woodstock's Pizza!**

Intramurals @ USD

Woodstock's Intramural STAFF MVP: Collin Trotter

By Jace Carlson



The USD Campus Rec official of the month for November is Collin Trotter! This is his first semester working for Campus Rec and his extensive sports background has helped him to excel as a soccer and football official. Collin is a senior from Elk Grove, California and is majoring in political science. He is also involved as the Secretary of Beta Theta Pi, Historian of Mortar Board, contributor to the USD Vista, and works in Student Accounts. Collin brings a positive energy and attitude to every game that he works to ensure that every participant has a good experience with intramurals. Great job Collin!

Pictured Left: Collin Trotter

Intramural Spikeball Tournament

By Savannah Linares

Although it ended in some rain, our first Spikeball tournament of the semester was a blast! For anyone who doesn't know what spikeball is, it is played similar to volleyball but with a small round net and the ball is hit into the net rather than over. The tournament consisted of seven teams of two with the championship game being between team *Stars and Stripes* and *The Gucci Flip Flops*. *The Gucci Flip Flops*, Chason Bridges and Hector Herrada, took the win. Kyle Thompson and Cole Ristoff from team *Stars and Stripes* put up a close fight taking second place. Also congrats to *Team Ash*, Ash Matthesius and Chris Hermes, who came in third place in the tournament.

After the championship game, the first place team shared a few interesting facts. Their team name is from a song by the rap artist *Future*. Chason has been playing Spikeball since his first year and Hector just started playing this semester. Chason's favorite "Spikeball move" is either running and hitting it between the legs onto the net which he also called "the leap frog" or the diving move which he also jokingly referred to as "the hunting wolf."

For anyone who is interested in spikeball there is also a Spikeball club on campus led by our second place winners! Kyle Thompson is the president and Cole Ristoff is the vice president and you can sign up on Torero.orgs. Thank you to all the teams who participated and we look forward to the next tournament!



Intramurals: Brought to you
by Woodstock's Pizza!



Sport Club Happenings

Equestrian Club

USD Club Equestrian team competed in a show during the November 7th and 8th weekend under IHSA, the Intercollegiate Horse Show Association. The team co-hosted the event with the UCSD Equestrian team at at Show Park in Del Mar. The club competed against other schools from Southern California and Arizona such as USC, UCLA, Cal Poly Pomona, Chapman, Claremont, UCSD, UofA, and ASU. Participating riders competed in a series of equitation-based classes, both flat and over fences classes ranging from walk trot to open flat and novice fences to open fences.

Members Anna Whitfield, Caitlin Hart, Jessica Gooding, Amanda Schweitzer, and Charli Worth each came away with wins in their respective classes in this two-day show. Anna Whitfield won fourth in novice flat. Caitlin Hart won two firsts, a second and third, and high point rider in intermediate fences and novice flat. Jessica Gooding won fourth, two sixths, and Reserve in intermediate fences and intermediate flat. Amanda Schweitzer won two fourth, and a sixth in intermediate flat and open fences. Charli Worth won sixth in walk/trot. Overall, USD won a combined 12 class ribbons and high point rider ribbon.

The USD Club Equestrian team looks forward to its upcoming show hosted by Chapman, Claremont, and Cal State University Fullerton at Pepperglen Farms in Norco.



Pictured Above: Anna Whitfield
Pictured Left: USD Equestrian Team's ribbons



The Campus Rec Marketing Team Gives Back

By Lexi Carr



This holiday season, the Campus Rec Marketing Team decided to help give back through two community outreach events.

The first event was designed to help feed the homeless as well as build community within the Campus Rec staff. The marketing team set up a PB&J making station in the Sports Center Snack Bar and encouraged student staff members to come in during their shifts to make sandwiches. Over the course of two days, about 40 sandwiches were made and then donated to Father Joe's Villages, a local homeless outreach program.

The sandwich making event was suggested by Jenna Morris, a third year student, member of the Campus Rec Marketing team and RA in the Vistas. Jenna has successfully hosted this event for her residence halls in the past and was excited to bring it to Campus Rec.

"I have realized over the years that I have a lot of privilege and I wanted to use that for helping others who are less fortunate," she said, "Everyone needs help once in a while, so offering a helping hand is so important. I hope I can do more."

In addition to sandwich making, the marketing team has set up a shoe donation box outside of the Campus Rec office. All students and staff are encouraged to bring in their lightly used shoes. Take the opportunity to clean out your closet and give to someone in need. The shoe donation will be open from December 1 – December 18. After that, the shoes will be delivered to a local charity.



Holiday "Keep-in-mind-it-is-all-about-balance" Recipe

By Laura Tressel

This sweet Christmas treat has been a part of my winter celebrations since I was a kid. My mom would caramelize the walnuts we got from my Grandfather's farm with a cinnamon sugar glaze, and the whole batch wouldn't last more than a couple of days. I made my first batch away from home when I was a sophomore living in the Vistas, and I realized it's not as difficult as it looks! Candied walnuts are a sweet treat with a healthy protein component, and make a perfect study snack, salad topping, or holiday dessert.

Ingredients

2 ½ cups walnuts (whole)
1 cup water
1 tsp. cinnamon
1 tsp. salt
1 ½ tsp. vanilla
foil
candy
thermometer

Process

Heat walnuts in oven at 375° for 7-10 minutes. Be careful not to burn.
Let walnuts cool while completing other steps.
In a saucepan, combine sugar, water, cinnamon, and salt. Cook over low heat with candy thermometer in the mixture.
Keep an eye on thermometer. When mixture reaches a soft ball (248°) remove from heat.
Add vanilla and nuts. Stir gently until mixture becomes creamy and coats all walnuts.
Pour and spread on foil sheet to cool.
When cool, break apart the walnuts and enjoy!



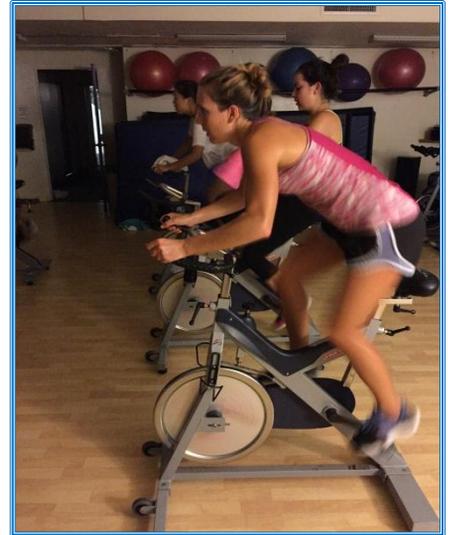
Get Fit with Recreation Classes

Rec Classes - Spring 2016

By Lexi Carr

Many people view exercise as just another thing to get done rather than something to look forward to. However, working out doesn't have to be a chore. There are so many different activities that can be categorized as exercise. Whether you go to the gym, run around your neighborhood or attend a group fitness class, the benefits are amazing. Exercising can also be a great way to connect with a friend or family member in a positive way.

Regular exercise is an essential component of a healthy lifestyle. While most people exercise primarily for weight loss, it has numerous additional benefits. Working out regularly can lead to better mood and lowers the risk of depression. Exercise also helps you sleep better and gives you more energy and focus, which, in turn, can lead to better grades and work performance. Other benefits include increased immunity to disease, improved memory and positive body image.



Pictured Above: Indoor Cycling Class

As this semester comes to an end, Campus Rec is excited for the return of our Free Week of Group-Ex classes. During finals week, come take advantage of a week of fun, relaxing and motivating fitness classes to destress and take care of your body. While you're there, consider signing up for Group Ex during intersession or Spring 2016 and visit the Mission Fitness Center for a workout.



Pictured Above: ZumbaClass

Additionally, check out the Spring 2016 [Rec Class schedule](#) for a list of nearly 60 classes offered to the USD community this coming spring. Classes range from yoga to bootcamp to dance and everything in between. Rec classes are offered throughout the week at various times to better fit everyone's busy schedules. Participants can choose to take a class as credit or non-credit. Rec classes are a great way to meet new friends, try something new and get all those great benefits of exercise!

New Class this Spring: Lawn Games & Activities Informal Rec Class

Get outside on the grass this spring and play Spikeball, Corn Hole, Bocce ball and more - all in a recreation class format! Class will be offered Tuesdays from 1-2pm and for credit (0.5, CRN: 4836) or non-credit.

University Fitness (USD FIT)



USD FIT Semester Sendoff

Although the semester is almost over, you still have a lifetime to *find your greatness*. Embrace the upcoming holiday season while remembering to take time 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.

Monday	Tuesday	Wednesday	Thursday	Friday
Core & Balance Lexi C. (12:30-1:25pm)	Yoga Robyn S. (12:30-1:25pm)	Core & Balance Lexi C. (12:30-1:25pm)	Yoga Robyn S. (12:30-1:25pm)	TGI-Yoga Robyn S. (12:30-1:25pm)
Power Yoga Deborah M. (5:30-6:35pm)	Boot Camp Lexi C. (5:30-6:25 pm)	Zumba Angelica L. (5:30-6:25pm)	USD FIT INSPIRING A HEALTHY MIND, BODY & SPIRIT	

**Be more.
Do more.**

USD FIT in the New Year

Our USD FIT New Year’s motto is “Be More. Do More.” We encourage you to do more of whatever fuels your mind, body & spirit, whether that means expanding your workouts , eating more vegetables , or even just resting more . This intersession, the Community of Human Resources (CHR) is partnering with USD FIT to offer FREE Intersession GroupEx classes to employees, and students on campus at that time, to support being and doing more in 2016! For more info., please visit our [Intersession GroupEx webpage](#).

USD FIT Patron Spotlight – Lauren Kafka

Lauren highlights how living a healthy lifestyle creates positivity and happiness. She is motivated to lead a healthy lifestyle because she wants to be physically fit, and because she believes it helps her mental well-being. Lauren loves the Mission Fitness Center because it is a great resource to help her achieve her goal of living a healthy lifestyle. She also says that it provides a wonderful and convenient way for her to work out on a daily basis. Lauren’s favorite way to stay active is to attend GroupEx classes at the MFC because she gets to work out with other people, and she is even more motivated alongside her peers. Lauren’s positive attitude and desire to stay active and healthy make her a perfect candidate for this month’s Patron Spotlight!



Pictured Above: Lauren Kafka

University Fitness (USD FIT)

Training Spotlight – Rob Bauer



“My aim is to help individuals. It’s that simple.”

Rob Bauer joined our Personal Training team in 2012. Since then he has been putting his extensive experience to use by helping USD FIT’s personal training clients achieve their health and fitness goals. Rob is nationally certified as both a Personal Trainer and a Strength and Conditioning Specialist. He also boasts certifications in TRX Suspension Training, Weightlifting, Functional Movement Screening, and Crossfit Olympic lifting. Outside of USD FIT, Rob works with USD varsity athletics as a strength and conditioning coach. Needless to say, Rob knows fitness!

Client Q & A Testimonial

Q. Why did you choose personal training?

I wanted the flexibility. The feedback I get from Rob during a workout is awesome! Rob is attentive to my form and me.

Q. What do you value most about working with a personal trainer?

The one-on-one attention...the modification of my workouts to achieve my goals.

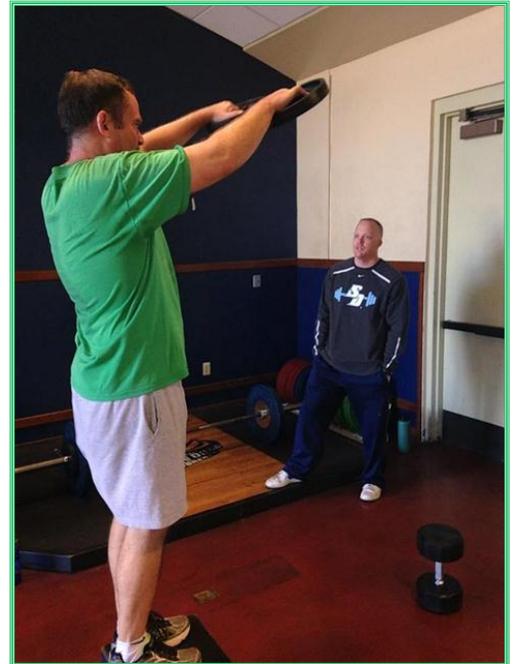
Q. What other aspects of your life have personal training experience influenced?

I am much stronger now than I was in my 20s. I have dropped some weight. And I don’t use as much caffeine to keep my energy up.

Q. What is your advice for people considering personal training?

To steal a tagline—just do it...and stick with it. It’s worth the money.

-Jim Bolender, longtime client of Personal Trainer, Rob Bauer



Pictured Above: Jim Bolender and Rob Bauer

Mission Fitness Center Hours - Finals 2015 and Intersession 2016

MFC FINALS HOURS	
Wednesday, Dec. 16 th	7 am – 10 pm
Thursday, Dec. 17 th	7 am – 10 pm
Friday, Dec. 18 th	7 am – 9 pm
Saturday, Dec. 19 th	9 am – 9 pm
Sunday, Dec. 20 th	9 am – 10 pm
Monday, Dec. 21 st	7 am – 10 pm
Tuesday, Dec. 22 nd	7 am – 3 pm
Closed Dec. 23 rd – Jan. 3 rd	
INTERSESSION HOURS	
Monday – Fridays (January 4 th – 23 rd)	11:30 am – 7:00 pm
Saturdays	10 am – 2 pm
Sundays	closed
Sunday Jan 24 th	11 am – 8 pm
Closed Jan 18 th for Martin Luther King Day	
Regular hours resume January 25 th	



Outdoor Adventures

OA Celebrates Thanksgiving

by Mark Cedar



Outdoor Adventures celebrated Thanksgiving in a memorable fashion with a camping trip to the Grand Canyon. For many students in the group, it was their first time away from family during the holiday. Havasu Canyon is one of the most beautiful tributaries among the 600 plus canyons that contribute to the Colorado River. It's waterfalls are revered and can often be found on top 10 lists identifying the most beautiful places on the planet. The turquoise water did not disappoint. It is truly amazing and photographs do not begin to capture the beauty experienced first-hand. While everyone was in awe of Havasu Canyon, this trip was not about the destination, it was about the Journey. The journey means something different to each person. For some, the journey was hiking over 30 miles and sharing life stories, hopes and goals during our time on the trail. For others, it was singing with new friends or even sitting and staring at the surroundings, just listening to the water fall. Without a doubt, everyone was impressed with our Thanksgiving Feast. While other campers were adding boiling water to "cook" their meals, our group prepared a menu that was something you would expect to find at the SLP or at home with modern kitchens, not something prepared on camp stoves. The turkey, stuffing and homemade cranberry sauce and apple cobbler were the favorites. The entire meal was unexpected, tasty and memorable. The entire group contributed to the preparation and just like at home, everyone ate too much, but, of course, still had room for pie. The highlight of the evening was before desert when everyone shared what they are thankful for. The group even experienced a little snow on our hike out of the canyon. This trip was a Thanksgiving to remember!



Pictured Above: OA trip participants in Havasu Falls

Campus Wellness Partners



QPR Suicide Prevention Training

If you haven't had a chance to join us for a Suicide Prevention Training yet, now is your chance! The final QPR (Question, Persuade, Refer) training session for fall semester is coming up on **Tuesday, December 8 at 12:15pm** in UC 128.

If you have ever been worried about someone you care about or wonder if a friend or loved one might be considering thoughts of suicide, this training is for you. You will learn how to spot early warning signs, how to begin a conversation with someone who may be struggling with depression, anxiety or substance abuse and also how make a referral to the counseling center.

Take some time to learn how you can be a resource for someone else, what questions to ask someone who might be thinking about about suicide.

[Register now](#) or visit [You Are USD](#) for more information.

QPR SUICIDE PREVENTION TRAINING
 Each year, suicide is the 2nd leading cause of death among 15-24 year olds. Let's make sure everyone in our community knows how much they matter.
LEARN THE WARNING SIGNS OF SUICIDE

Dec. 8
 12:15 PM
 UC 128

REGISTER NOW!
sandiego.edu/youareusd

University of San Diego
 STUDENT WELLNESS
YOU ARE USD

Sleep Week and Therapy Dogs

Take a PAWS from the stress of finals with

THERAPY DOGS!

MONDAY
DECEMBER 14, 2015
12:00pm - 2:00pm
In front of the UC!

Hot Chocolate will be served!

For more information about finals week resources and managing stress, visit www.sandiego.edu/youareusd

University of San Diego
 CENTER FOR HEALTH AND WELLNESS PROMOTION
YOU ARE USD
www.sandiego.edu/youareusd

ASSOCIATED STUDENTS
 UNIVERSITY OF SAN DIEGO

Self-care is especially important as finals approach. From December 7-11, the USD community is coming together to raise awareness of the importance of sleep with "Sleep Week"! Sleep is crucial to the physical, emotional, and mental well-being of our students and is key for finals success. During this countdown to finals, remember how important getting a good night's rest is. Resources to help manage sleep and stress (including stress balls and sleep masks) will be available in the Center for Health and Wellness Promotion (UC 161), Copley Library, Frank's Lounge, and various offices around campus.

Interacting with Therapy Dogs is also a great way to exercise self-care. Take a "paws" from the stress of finals to visit our furry friends and engage in conversations about stress management! There will be hot chocolate served as well.

The Spotlight is on Our All Star Employees!



Outdoor Adventures Student Employee of the Month: Adam Moreau

Adam Moreau has worked in the Outdoor Adventures office since arriving on campus three years ago and his specialty lies in his skill with bikes. In High School he started a cross-country mountain biking team with some friends and from there refined his skill in bike repair. After coming to USD Adam started the bike program with OA to help grow the bike culture here. We are appreciative of Adam's passion for expanding the bike culture on campus. His desire to educate others about bike maintenance is impressive and students are always thankful for his patience and assistance.

In addition to being involved in the OA office, Adam is one of the guides for the program and has led numerous backpacking trips both with OA and with friends. He spent the last semester studying in Auckland, New Zealand and backpacked all over the country in his free time.



Pictured Above: Adam Moreau

Adam is also very involved with the Club Ultimate Frisbee team. Although the majority of the games will fall in the spring semester, the team competes throughout the year at tournaments around Southern California. In addition to being involved out of the classroom, Adam spends a great deal of time studying as an Electrical Engineering major with minors in both Math and Physics. While not at the OA office, he works on two different research projects in the Engineering department throughout the year. Congratulations Adam for being our All Star Employee!



Pictured Above: Kayla Sharp

Mission Fitness Student Employee of the Month: Kayla Sharp

The Mission Fitness Center is proud to recognize the always-wonderful Kayla Sharp as our Employee of the Month! Kayla has been a vital part of the Scheduling and Staff Development Team since she joined our staff last spring. She quickly became a star employee as she remains unwavering in her reliability and proactive communication. Overseeing our sometimes chaotic shift coverage process can be daunting, but Kayla gracefully keeps everything in order without any complaints. She is always first to selflessly help out her fellow staff by covering shifts and asking for nothing in return. Other MFC employees truly appreciate her cheerful disposition, with one commenting, "Kayla can always joke and see the positive in everyone and everything. She really is such a team player!" Outside of work, Kayla demonstrates her compassion and kindheartedness through constant philanthropic efforts and helping to fundraise for non-profit organizations. Thank you Kayla for being such a valuable member of our team and spreading your light both within the MFC and throughout our community!

The Spotlight is On our All Star Employees!



Campus Recreation Student Employee of the Month: Jenna Morris

Congratulations to Jenna Morris, Campus Recreation Student of the Month for November! As a part of the Campus Rec Marketing team, Jenna brings her positive energy and drive to everything that she does. She is a hard worker and juggles being a student and an RA in the Vistas, all while having both an internship and a job at Campus Recreation. Jenna was asked a few questions about what motivates her in work, school and life in general.

- **What inspires/motivates you to work so hard?** My mom raised me to work hard at everything I do. I motivate myself to get things done and I try my hardest to do that while juggling different things.
- **What do you like most about working for Campus Rec?** I love the people I work with. The staff is so awesome and I feel like I am a part of this great big family. Also, the supervisors are a big part in making us a family.
- **What do you want to do after graduation?** I want to work in marketing in the Sports Industry for teams like the Golden State Warriors. I am also interested in social activism so we will see what my future will hold.
- **What is your favorite quote?** "Don't wait for things to happen, make them happen."
- **What is your favorite hobby?** I can't restrict my hobbies to one favorite! I love hiking, working out, surfing, rock climbing and water sports. I just love being adventurous.

If you see Jenna around the Vistas, campus or the Sports Center, please congratulate her on her well deserved award!

Pictured Below: Jenna Morris



Extended Calendar of Events

Event Name	Date/Time	Information
Campus Rec Shoe Drive	December 1-18, 2015	Bring any new or lightly used shoes to the Campus Rec office to donate to those in need!
<i>You Are USD</i> De-Stress Events	December 7-14, 2015	Check out the You Are USD website for information on Sleep Week, QPR Training, and Therapy Dogs <i>#YouAreUSD</i>
Finals FREE GroupEx Classes	December 15-21, 2015	See the schedule on the Campus Rec website .
Winter Break: Facilities Closed	December 23, 2015 - January 3, 2016	Have a great holiday! Facility Schedules
Interession Group Ex	January 4-22, 2016	Interession GroupEx is free for all employees! Plan for greatness in the New Year!

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

