

# USD Campus Recreation News



## USD Relay for Life

The annual USD Relay for Life event kicked off on Friday, April 8<sup>th</sup> after months of fundraising and preparing. The well-known event raises money for cancer research and prevention while honoring those who have been affected by the disease. At USD, Relay for Life takes place on the Valley Field where participants walk around the track and take part in events put on by campus groups.

One of this year's events was a yoga class taught by Campus Rec instructor, Joline Mann. Her class took place on Friday at 6pm and was very well received by Relay participants. Joline guided her students through a yoga flow set to relaxing John Mayor songs. The class was calming and meditative, which the students seemed to appreciate.

After the class, Joline commented on the joyful energy that the students brought to the experience. She even had some middle school students participate in the yoga class. She was impressed by the interest the students took in her class and in learning yoga in general.

Members of many USD community groups, including Greek life, clubs and departments, attended and participated in Relay for Life this year. This event is a great way for the USD community to come together in support of a cause and to participate in events with one another. Hopefully Relay for Life will be a continuing tradition here at USD.

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

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## Intramurals @ USD

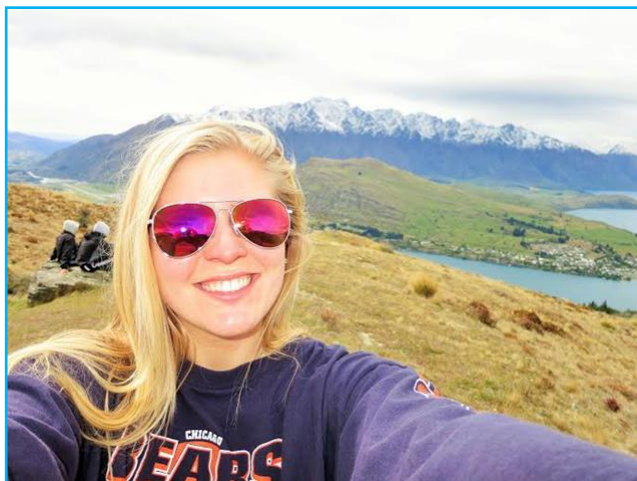
### Woodstock's Intramural Male Athlete of the Month: Cooper Griffin

USD's Campus Rec male athlete of the month award for April belongs to Cooper Griffin! Cooper, also known as "Coop" by his teammates and friends, is a freshman who plays on a Men's League Basketball team. He captains his team, SR1, and demonstrates his leadership on the court. Coop averages double-figures in points for the season, and has several steals each game. As his team's point guard, he has instructed and guided his team to a 5-0 season record, with a high seed in the playoffs. As a freshman, Coop has helped illustrate how to be a good team player, and how to respect those around him on the court. Coop's team has made it to the semi-finals for the Men's Basketball A League, so good luck to him and to his team! Keep up the hard work, and congratulations on being male athlete of the month!

Intramurals: Brought to you  
by Woodstock's Pizza!



### Woodstock's Intramural Female Athlete of the Month: Jaime Lemcke



Pictured Above: Jaime Lemcke

Congratulations to Jaime Lemcke for being April's Female Intramural Athlete of the Month! Jaime is a senior here at USD, majoring in Business Administration. However, she wants to switch gears after college and pursue a master's degree in Nutrition and Dietetics. Jaime began playing volleyball at age 14, and wanted to continue playing the sport she loved when she came to college. She has been playing intramural volleyball since her first semester of college, and has been on the same team every semester since then! Although she only knew two of the team members when she started, Jaime now considers all seven of them some of her closest friends. When she's not winning intramural volleyball games, Jaime enjoys participating in anything active, like snowboarding, playing beach volleyball, and hiking. During her semester abroad in New Zealand, she even hiked the Tongariro Crossing, which is the real-life location of Mount Doom from The Lord of the Rings! Jaime likes to live a happy, healthy lifestyle, and USD intramurals have been a big part of achieving that throughout her college experience. Thank you for your time and commitment to intramurals Jaime, and congratulations on being the Female Intramural Athlete of the Month!

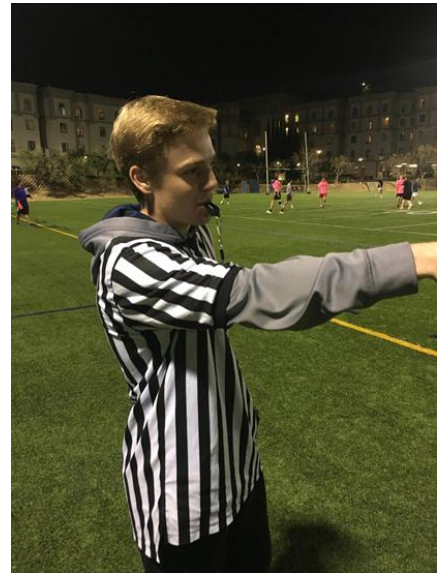
## Intramurals @ USD

### Woodstock's Intramural STAFF MVP: Tucker Middleton

Big, small, fast or slow, nothing is getting past April's Intramural Official of the Month, Tucker Middleton. Tucker is a freshman student new to intramural officiating but he doesn't let that stop him. In only his second season, Tucker's officiating skills are comparable even to the most experienced veteran referees on the squad, probably a result from his extensive knowledge of competitive sports. Tucker dedicates his time to the intramural team by refereeing men's and co-rec soccer, not to mention bringing laughter and excitement to the at times more serious atmosphere of the Manchester field during a game.

When Tucker is not making sure intramural games are played out safely, he spends his time participating in community service and studying with his fraternity pledge class in Beta Theta Pi. Tucker says that participating in intramurals is a great way to stay in shape and maintain the love of playing sports in college without the time commitment a D1 or club sport would require. Intramural sports have led Tucker to many new friends. His only wish is that people would stop yelling at him, stating "Be thankful that at least you have me as a ref, and not Bryce." See ya on the field Tucker, and keep up the good work!

By Jaz Tinsley - Competitive Sports Supervisor



Pictured Above: Tucker Middleton

### Woodstock's Intramural Game of the Month

Congratulations to Wizards of Azkaban for winning the April **Woodstock's Intramural Game of the Month** and the Intramural Softball Championship as a whole.

In the 1<sup>st</sup> inning, Daniel McManus hit a homerun into the right field tree line. The Wizards defense held strong for three innings only giving up one hit, but eventually allowed three runs to score.

The 4<sup>th</sup> inning saw a flurry of hits by Justin Priest, Shannon Trujilo, and Zack Holland as well as great defensive plays by Devon Palomino, who ate up any ground ball hit his way, and Daniel McManus, who had an amazing diving catch in left center.

In the 5<sup>th</sup> inning with runners on 1<sup>st</sup> and 2<sup>nd</sup> and two outs, Daniel Cooney stepped up to the plate and belted one into right center which allowed Lizzy Tardieu to score and seal the 10-3 victory.

Congratulations to the Wizards on an undefeated season, and winning their 2<sup>nd</sup> intramural championship.

By: Billy Vasquez Competitive Sports Supervisor



Intramurals: Brought to you by Woodstock's Pizza!



Pictured Above: Wizards of Azkaban

## Sport Club Happenings

### Running Club

USD Running Club is having a great season so far with increased membership and participation. They recently hired coach Chris Benassi, who previously coached Cross Country at Humboldt State. His coaching, expertise and devotion to helping the team achieve its goals have been a great addition to the program. After weeks of training, the team entered its first half marathon this semester. USD Running Club competed in the San Diego Half Marathon in March and had an unforgettable experience. Kelsey Carrera was the team's fastest male competitor with a time of 1:30:29. At 1:40:50, Regan Leach was the fastest female contestant from USD. Overall the Running Club placed 9 out of 22, which was a great accomplishment since it was the first half marathon race for many of the team members.

Additionally, Kelsey Carrera competed and excelled in the Carlsbad 5k, which is one of the most competitive races in San Diego.

The team is confident and excited about the rest of this season and their future as a club.



Pictured Above: USD Running Club

### Spotlight On: Club Golf

This year's USD Club Golf team has enjoyed a season of success. The team, led by captain Brett Daly, has made it into the playoffs. Their competitive season began in the Fall semester when they performed well in their first tournament. Throughout the season, the team competed in tournaments and also enjoyed more casual rounds of golf and practice sessions.

Brett has been playing golf as a hobby since he was only 8 years old, but says he began playing more seriously his freshman year of high school. His favorite part about the Golf Club at USD is the camaraderie and the interactions with his teammates.

As the team captain, Brett has learned that planning events is tougher than he could have imagined, but that it is rewarding.

"I have a great group of people," Brett said, adding that his teammates are, "understanding and work with me the best they can."

When asked what he would like the USD community to know about the Club Golf team, Brett said, "We are always looking for more people to join. The Golf Club is all about bringing people together who love the game."

## “But Do You Get Enough Protein?”

### *A guide to being a healthy vegetarian athlete*

By: Laura Tressel



Athletes, from beginners to professionals, push their bodies to the limit in order to achieve results. This means that they need to pay close attention to their diets to make sure they are getting the proper nutrients needed to replenish what is exuded during workouts. Different levels of activity require different meal plans, but there are common guidelines all active people should follow. These include making sure you are in taking proper amounts of protein, iron, and important vitamins, along with choosing fresh ingredients over processed, and avoiding junk food.

Plant based or Ovo-Lacto Vegetarian diets (no meat, but allows eggs and milk products) are often criticized for lacking the appropriate nutrients needed for a well-balanced athletic diet. However, there are successful athletes who support and encourage meatless living. Diets without meat require more attention to ingredients and supplements, but they are healthy and could give you just as much, if not more energy. Here are some basic foods and supplements to include in your diet if you are currently a vegan/vegetarian, or thinking about becoming one.

#### Proteins:

Tempeh - 41 grams of protein/1 cup  
 Seitan - 31 grams/3 ounces  
 Edamame - 26 grams/1 cup  
 Oats - 26 grams/1 cup  
 Lentils - 18 grams/1 cup  
 Black Beans - 15 grams/1 cup  
 Tofu - 11 grams/4 ounces  
 Peanut Butter - 8 grams/2 tablespoons  
 Eggs - 6 grams/egg  
 Almond Butter - 5 grams/2 tablespoons

#### Iron:

Sunflower Seeds - (1 cup), 7.4 milligrams of iron (41% DV)  
 Spinach - (1 cup), 6.4 milligrams of iron (36% DV)  
 Lima Beans - (1 cup, cooked), 4.5 milligrams of iron (25% DV)  
 Sun Dried Tomatoes - (1 cup), 4.9 milligrams of iron (27% DV)  
 Potatoes - (1 medium potato with skin), 3.2 milligrams of iron (18% DV)  
 Lentils - (1 cup, boiled), 6.6 milligrams of iron (37% DV)

#### Vitamin B-12:

Nutritional Yeast, fortified milks and cereals, supplements

Remember, whatever lifestyle you choose, you can make it work. Exercise and diet are both important to living healthy, and there are many different ways to supplement your diet in a way that is good for you and the environment.

## Campus Rec Presents: TRX Workshop & Suja

Join Campus Rec for a TRX Workshop followed by juice samples from Suja on Tuesday, April 19 from 7:30-9pm at the Sports Center. Instructor Sam will lead a 60 minute fun and challenging TRX class. After the class, Suja representative Allyssa will be handing out samples of the company's most popular flavors! [Sign up on the Campus Recreation website for only \\$5.](#)



### *A little more about TRX...*

Developed originally by a Navy SEAL, TRX is a portable, bodyweight exercise system that targets stability, core, flexibility and strength. The suspension training system can be used to do many exercises and to strengthen almost any muscle in the body. The best part about TRX is that it can be done almost anywhere whether you are at home, in a gym, at a park or in a hotel room.

### *...And Suja juice.*

Suja was founded in San Diego by four friends and entrepreneurs. The delicious juices are cold pressed and made from non-GMO fruits and vegetables. Suja is currently the nation's leading cold pressed, organic juice brand.



## Fall 2016 Rec Classes



Don't forget to sign up for a Rec Class for Fall 2016! There are over 60 classes offered in a variety of activities including yoga, dance, martial arts, tennis and watersports. All classes are offered for credit (*0.5 units*) or non-credit. Credit registration opened on [April 4](#) and non-credit registration opens on [August 8](#). Registration for both options closes on [September 12](#). To sign up for credit, register on your portal. For non-credit options, [head to the Campus Recreation website and register there](#). Don't miss out on a chance to try something new and stay active all semester long!

## Summer 2016 Youth Summer Programs

Did you know that Campus Rec offers youth programs over the summer? If you or someone you know is looking for a fun activity for their child, check out our Learn to Swim and Choose Your Own Adventure programs!

### Learn to Swim

- Four days a week for 2 weeks, 30 mins per lesson
- \$80 per child for group; \$70/\$120 for semi-private/private lessons
- 4 sessions

### Choose Your Own Adventure

- Five days a week for 2 weeks, 8am-12pm
- \*\$205-225 per 2 week adventure
  - Extra fee for early drop off/late pick up



## University Fitness (USD FIT)



### USD FIT Semester Sendoff

Although the semester is quickly coming to a close, we encourage you to continue turning your intentions into actions beyond this academic year. While the beautiful summer weather provides great opportunity to workout outside, if you're looking to beat the heat, we will be offering a variety of GroupEx classes. Remember, even the smallest of actions can lead you one step closer to meeting your goals.

## Summer 2016 GroupEx

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Balance &amp; Core</b> (12:30 – 1:25 p.m.) Pam I.	<b>Yoga</b> (12:30 – 1:25 p.m.) Robyn S.	<b>Balance &amp; Core</b> (12:30 – 1:25 p.m.) Pam I.	<b>Yoga</b> (12:30 – 1:25 p.m.) Robyn S.	<b>Yoga</b> (12:30 – 1:25 p.m.) Robyn S.
<b>Power Yoga</b> (5:30 – 6:55 p.m.) Deborah M.	<b>TBA</b> (5:30 – 6:25 p.m.)	<b>Total Body Workout</b> (5:30 – 6:25 p.m.) Monica T.	<b>Yoga Flow</b> (5:30 – 6:25 p.m.) Lisa P.	

**Free for all USD Employees**  
\*Membership fees for USD students can be found online

Location: Mission Café & Fitness Center (CFC 108) All classes are subject to change.

**USD REC** *Get in. Get fit. Get on with your life.*

### USD FIT Summer GroupEx



USD FIT aims to help our campus community, "Get in. Get fit. Get on with your life." Summer is a time of preparation and we want to prepare you to accomplish your fitness goals, whether that means expanding your workouts, eating healthier or even just resting more. Human Resources is partnering with Campus Rec to offer summer 2016 GroupEx for free to all USD employees. Students and guests will still have the option to join for a summer membership fee of \$50. For more information, please visit our [Summer GroupEx webpage](#).

## Mission Fitness Center Summer 2016 Hours

Monday – Friday: 11:30 a.m. – 7 p.m.  
Saturday: 10 a.m. – 2 p.m.  
Sunday: Closed

— MAKE THIS A —

# SUMMER WELL SPENT

## University Fitness (USD FIT)



### Instructor Spotlight: Robyn Smith



Campus Recreation instructor, Robyn Smith, (Pictured to left) will be teaching Yoga this summer on Tuesday's, Thursday's and Friday's.

### Exercise of the Month: Lunges



Lunges are a great and versatile exercise that you can do anywhere. With or without weights, lunges work your legs and core. There are many variations, such as back lunges, curtsy lunges and side lunges. For a basic back lunge, stand with your feet together, then step one foot back and create ninety degree angles with both of your legs, make sure your shoulders stay stacked over your hips and your front knee does not go past your ankle. Then step your feet back together and repeat on the opposite side.



The USD FIT team would like to acknowledge the marketing teams of the Sports Center and Mission Fitness Center for their monthly contributions to the newsletter! The monthly inspiration and tips for living a healthy lifestyle are a bright reminder of the importance of working together to build a healthy body, mind, and spirit during stressful times when our health is often the last thing on our minds. We could not make this newsletter without all of our fantastic team members, and we are so appreciative of all you do to make the marketing teams shine! Wishing you all good luck on upcoming midterms and finals, and an amazing and restful summer!



## Outdoor Adventures



### Spring Break Moabness

Flipping through National Geographic and Backpacker Magazine might open your eyes to the wonders of Zion National Park or tempt you to become a wild adventurer. But the “Schwagoniers”, as the 9 USD explorers came to be known, proved that they are much more than armchair hikers.

They ascended the narrow trail to Angel’s Landing and hiked through Canyonlands to find a hidden, Native American kiva\*. They crawled out of their sleeping bags early to catch a rare penumbral lunar eclipse and epic sunrise through one of America’s most famous viewpoints, Mesa Arch. This group tackled feats such as scaling vertical walls and rappelling like Indiana Jones off of a series of cliffs - the final was a 95ft overhang!

Despite all of this, their week in Utah was not all adrenaline all the time. Relaxing moments included a soak in the hippie Mystic Hot Springs and many gourmet meals around the campfire outside Moab.

Overall, they would argue that a Spring Break in spent in Utah is better than a Spring Break spent in Cabo and it was certainly one to remember.

\*kiva: a Pueblo Indian ceremonial structure that is usually round and partly underground



Pictured Above: Leave No Trace Training

### LNT New Guide Training

*Should I throw my apple core on the ground? Should I build a campfire tonight? Should I pitch my tent on this fresh grass?*

New Guides in the Outdoor Adventures program could tell you the answers to all of these questions now that they’ve earned their “Leave No Trace” Trainer certification. “Leave No Trace” refers to a set of outdoor ethics promoting conservation in the outdoors. Students learned about the 7 principles of ‘LNT’, and applied them as they backpacked on the Pacific Crest Trail. Students also taught their own interactive lessons and enjoyed spending time with friends in the backcountry.

# Take Care of Yourself

Feeling stressed about finals? Pause the studying and take care of yourself with these stress relief programs offered by You Are USD

- Learn about the importance of sleep
  - Physical, mental, emotional well-being
- Participate in stress reducing activities
  - Stress balls, sleep masks and more!
- Make a furry friend!
  - Take a "paws" and pet a therapy dog

SELF CARE IS THE KEY TO FINALS SUCCESS

# TAKE CARE OF YOU!

**SLEEP WEEK MAY 2-6**  
Watch for sleep tips and goodies around campus all week!

**STRESS LESS STATIONS MAY 2-6**  
Copley library, Frank's Lounge, CHWP  
Stop by for a stress-relieving tips and items like play-doh, coloring pages, bubble wrap and more!

**THERAPY DOGS MAY 6**  
12:00 PM - 2:00 PM in front of the SLP  
Take a paws from the stress of finals with our sweet, furry friends!

YOU ARE USD [www.sandiego.edu/youareusd](http://www.sandiego.edu/youareusd)

For more information about sleep, managing stress, and finals week resources, visit: [www.sandiego.edu/youareusd](http://www.sandiego.edu/youareusd)

University of San Diego  
OFFICE OF HEALTH AND WELLNESS PROMOTION

# QPR SUICIDE PREVENTION TRAINING

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12:15-1:15 PM  
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YOU ARE USD [www.sandiego.edu/youareusd](http://www.sandiego.edu/youareusd)

University of San Diego  
STUDENT WELLNESS

# Take Care of Others

You can make a difference in the lives of others. Learn how to handle and address different situations.

## The Spotlight is On our All Star Employees!



### Campus Recreation Student of the Month: Corey Dunbar

The Campus Recreation employee of the month for March is Corey Dunbar! Those who have worked with him say he's a great employee who sheds positivity in the workplace through his humor, attitude, and out-going manner.

"I worked with Corey last semester, and he made every day more enjoyable," says co-worker Lauren Schweitzer, "My very first day he showed me around and his hilarious and warm personality made me feel so comfortable. We are all so lucky to know and work with someone like Corey."

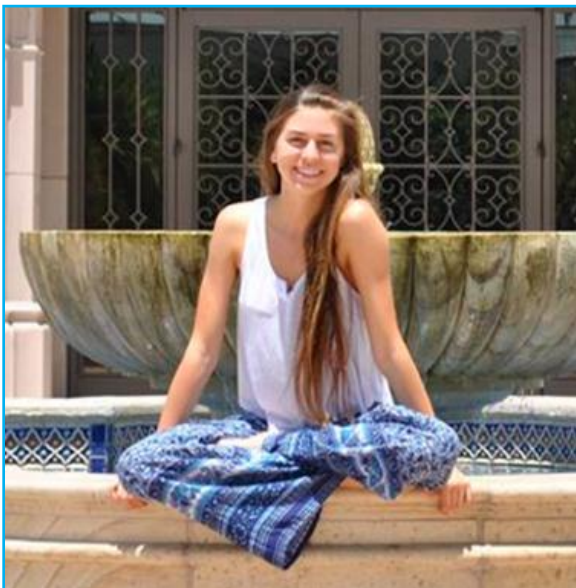
Corey always has a smile on his face and is beloved by patrons and CREC employees alike. Congrats Corey!



Pictured Above: Corey Dunbar

### Mission Fitness Student Employee of the Month: Alyssa Avery

The Mission Fitness Center Employee of the Month for March is Alyssa Avery. Since she began working with us this past summer, she has distinguished herself as a positive, motivated team member. She is always willing to help others as she demonstrates through her outstanding work helping train new employees. Alyssa brings a positive attitude to work every day. When she's involved, projects become easier to execute, changes become easier to implement and problems become easier to solve. *Like a circle, the pursuit of excellence has no end.* We celebrate Alyssa's unwavering commitment to outstanding personal performance.



Pictured Above: Alyssa Avery

## The Spotlight is On our All Star Employees!

### Outdoor Adventures Student of the Month: Jessie Longe



Jessie Longe will change your life if you let her. She is an incredible friend, staff member and OA Guide. Deep conversations, thoughtful questions and genuine concern for everyone are a few of her hallmark characteristics. Jessie loves horseback riding, backpacking, kayaking and canoeing. She also excels at laughing, appreciating life, and coordinating OA trips! We are fortunate to have her around the office during her final semester at USD.

#### Here's a little Q & A to get to know her better:

*I like working at OA because...*

It's my campus home! I've been an OA guide since my first-year and I am thrilled to finally be a member of the office staff in my last year at USD.

*Do you feel empowered in your workplace?*

Most certainly. I am expected to apply my 4 years of guiding experience as a trip coordinator to ensure fun, safe and memorable trips!

*What is your spirit animal?*

Golden retriever! Woof!

*Favorite Hot Bev:*

Black coffeeeeeee! I'm a pretty energetic person, so I don't think it's because of the caffeine.



*Favorite OA Trip:*

Backpacking the Sierra Nevada Mountains, for sure. I am drawn to the mountains and lakes and streams. Darn. I want to go backpacking now.

*What color are your insides?*

I imagine my soul gives off a warm, orange aura. Maybe that is why I am drawn to Bryce Canyon National Park (see photo).

# Extended Calendar of Events

Event Name	Date/Time	Information
Fall 2016 Rec Class Sign-ups	April 4 – September 12	Plan for Fall 2016 and sign up for a fun Rec Class!
TRX Workshop & Suja	April 19 7:30-9pm	<a href="#">Join Campus Rec and Suja Juice for this fun event!</a>
Campus Rec & Suja Tabling Event	April 26, 12:00-2:00	Join us in front of the UC for Suja, snacks and games!
Climbing Club Nationals	April 22-24	Support the USD Climbing Club as they compete in Nationals at Mesa Rim.
Men's Lacrosse Playoff Game	April 23, 3pm	Stop by Manchester Field to cheer on Men's Club Lacrosse in the playoffs!
Dance Co. Recital	April 26, 7pm	Watch Dance Co. perform in the Shiley Theater.
Bodyweight Exercise Workshop & Suja	May 3 7:30-9pm	<a href="#">Come for a fun and challenging body weight workout and stay to sample some Suja juices!</a>
STEP with Campus Rec	May 6 2:30-4pm	Join Campus Rec in the Valley for snacks or in the Vistas for Suja juice and yoga with Chelsea!



For more info: [www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation), 619-260-4533, [campusrecreation@sandiego.edu](mailto: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\\_iSn2tBCA8](https://www.youtube.com/watch?v=Q_iSn2tBCA8)