

USD Campus Recreation News



Spotlight On: USD Lifeguard Class

Living in San Diego, most of us spend a good amount of time in the water either in the ocean, the bay or in a pool. While aquatic activities promise hours of fun, they can also be dangerous.

To help promote safety both in and out of the water, USD offers an American Red Cross Lifeguarding course which provides entry-level students with the knowledge and skills to prevent, recognize and respond to aquatic emergencies as well as to administer care for breathing and cardiac emergencies, illnesses and injuries until emergency services arrive. Students who complete this course will receive an American Red Cross certificate for Lifeguarding, First Aid, CPR and AED, which is valid for 2 years.

Christie Crockett, the lead Lifeguarding instructor for USD, has been lifeguarding since 2010, when she obtained her certification through the Red Cross at University of Hawaii at Hilo. She lifeguarded through college before she completed her lifeguard instructor course and began teaching at USD.

“I’ve certified over 100 people,” she says, “and I enjoy instilling these lifelong skills to my students in each class.”

Jenna Morris, a 3rd year student who participated in the class in the past, gave it great reviews. “It was a lot of fun,” she said of the class that met over the course of two weekends.

Jenna explained that the students learned lifeguarding techniques and CPR by using dummies, watching videos and discussing proper techniques. One of the techniques they learned is how to save a person with a spinal injury from the water.

Jenna said that one of the biggest ideas she took away from the class was that the most important part of a lifeguard’s job is prevention. “We cannot save everyone,” she said, “but we can prevent people from harm both in and out of the pool.”

This year, the class will be held on April 16-17 and April 23-24. Sign up for Lifeguarding and check out all the other Recreation Classes on the [Campus Recreation website!](#)



Pictured Above: Lifeguard students practicing on a dummy

Follow Campus Rec:

- [Facebook](#)
- [Pinterest](#)
- [Twitter](#)
- [You Tube](#)

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

Inside this issue

Intramurals	Pg. 2
Sport Clubs	Pg. 3
Healthy Activities	Pg. 4
Fitness & Wellness	Pg. 5
USD Fit	Pg. 6-7
Outdoor Adventures	Pg. 8
CHWP Partner Story	Pg. 9
Extended Calendar	Pg. 10

Intramurals @ USD

Return of 5x5 Intramural Basketball

This season of 5x5 Basketball promises to be a good one. As both of the championship winning teams from last year have graduated, all of the teams will be competing not only for the championship title, but also for the ability to play in the Extramural Tournament against UCSD, SDSU and Cal State San Marcos. Both the Men's League and the Co-Rec League have spots open for the tournament and both leagues are proving to be highly competitive.

The early favorites for the Men's League include the runner-ups from last year, "Team Looney". Their first game was this past Wednesday when they dominated their opponent in a 30 point victory. "BMI Kings", "Free Ballin", and "Dimes Got Us Dancin" also had impressive victories and are strong contenders for the championship win.

The stand-out teams for this year's Co-Rec League are "Hoop Dreams" and "One Hoop." "Hoop Dreams" impressed everyone with a 30 point victory on Tuesday. Although "One Hoop" had a tough first week match-up, they pulled through and won as team captain, Matt McIver, sunk a three pointer at the buzzer.

Stay tuned to see who will represent USD in the Extramural Championships!

Return of Co-Rec Volleyball

As the Co-Rec Volleyball season begins, last semester's champions, "Practice Safe Sets", return to defend their title. However, the road to victory will not be an easy one - "Notorious DIG" returns for a shot at another championship, after winning three of the past four semesters. "We Get Your Tips Up" battled hard against "Notorious DIG" on Thursday but came short in the final game. They look to be a top contender and a threat to take over as the top volleyball team. With three strong teams vying for the title of champion, it is sure to be an exciting season!



Intramurals: Brought to you
by Woodstock's Pizza!



Pictured Above: Notorious DIG vs. We Get Your Tips Up

Missed the Intramural Deadline?

There is still time to join a team! Contact Brian Servetnick at bservetnick@sandiego.edu for more information on how to join a team!

Sport Club Happenings



Home Games

There are nineteen sport clubs here at USD and many of them have home games this semester. Come out and support your fellow Toreros at one of their matches. Below is the schedule of club Soccer, Rugby and Lacrosse home contests. The games are always free to attend and are sure to be a good time!

Day	Date	Sport	Team	Location	Time
Sun.	Feb. 21	W Soccer	Point Loma	Manchester	2:00pm
Sat.	Feb. 27	Rugby	Long Beach State	Manchester	5:00pm
Sun.	Feb. 28	W Lacrosse	Arizona State	Manchester	11:00am
Sat.	March 5	W Lacrosse	U of Arizona	Manchester	1:00pm
Sun.	March 6	M Soccer	Irvine	Valley	12:00pm
Mon.	March 7	M Lacrosse	SMU	Manchester	5:00pm
Tues.	March 8	Rugby	Notre Dame	Manchester	5:00pm
Sat.	March 12	W Soccer	CSU San Marcos	Manchester	3:30pm
Sat.	March 12	M Soccer	CSU San Marcos	Valley	12:00pm
Wed.	March 16	M Lacrosse	U of Minnesota	Manchester	5:00pm
Fri.	March 18	M Lacrosse	Utah Valley	Manchester	8:00pm
Sat.	March 19	M Soccer	SDSU	Valley	2:00pm
Sat.	March 19	Rugby	UC Irvine	Manchester	4:00pm
Sat.	March 19	W Soccer	SDSU	Valley	6:00pm

For more information on all of our Competitive Sport Clubs and a complete home and away schedule, go to:
<https://www.sandiego.edu/campusrecreation/sports-clubs/>

Healthy Date Ideas in San Diego

By: Lexi Carr



Valentine's Day is all about celebrating someone you love, whether that be a significant other, a friend or a family member. One of the best ways to connect with someone you love is by being active together. Although Valentine's Day has come and gone, there is no reason to stop enjoying the company of your loved ones. Here are some fun activities that you can do here in San Diego!

Hiking: There are so many [great hikes](#) around San Diego County. Overlook the ocean at Torrey Pines, visit a waterfall (it should be full after all the rain we've had) at Three Sisters' or take a picture on Potato Chip Rock. Wherever you choose to go, you are in for a good workout, gorgeous scenery and an adventure. Bonus: bring a picnic to enjoy at the top!

Rock Climbing: Again, San Diego offers many options for rock climbing, both indoor and outdoor. For indoor climbing, check out newly opened [Mesa Rim](#) in Mission Valley (you may even run into the USD Climbing Club) or [Solid Rock](#) in Old Town. If you're thinking outdoor climbing is more your thing, check out Mission Trails. There are many companies that offer guided climbs complete with instruction and gear.

Acro-Yoga: This yoga hybrid is rapidly growing in popularity, especially [here in San Diego](#). Think advanced yoga postures...all while you are being held up in the air by a partner! Whether you're a base or a flyer, this is a great workout and a bonding experience. Just make sure you bring someone you trust!

Ice Skating: It may not feel like winter here in San Diego, but you can still enjoy this cold weather activity. The [skating rink](#) at UTC mall in La Jolla is opened year-round and offers open skating for a low price. After you skate, enjoy a hot chocolate or coffee at the food court.

Bike Riding: Especially around the coast, [San Diego is very bike-friendly](#). Take advantage of this by enjoying a ride with an ocean view. If you don't have your own bike, there are plenty of rentals available, some even at low prices on Groupon. Ride up to Torrey Pines, hop the ferry to Coronado and ride along the Silver Strand or anywhere in between. Make sure you have plenty of water and snacks and make stops along the way. You'll definitely see more than you would riding in a car!



Pictured Above: Three Sisters' Waterfall



Pictured Above: Rock Climbing



Pictured Above: Potato Chip Rock at Mt. Woodson Trail

Healthy Recipe: No Bake Protein Balls

With the weather warming up, and summer fast approaching, now is the time that we start swearing off the bad foods of the holidays and look forwards to showing off our guns in the sun. One of the hardest parts about moving to a healthy diet is changing our snacking habits. These protein snacks are a great option for transitioning out of sugary cookies and candy, but still adding some sweetness to your daily diet. They are perfect for an afternoon pick-me-up or even a post workout protein boost.

Ingredients

- 1 cup old-fashioned oats
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 teaspoon vanilla extract (optional)

Directions

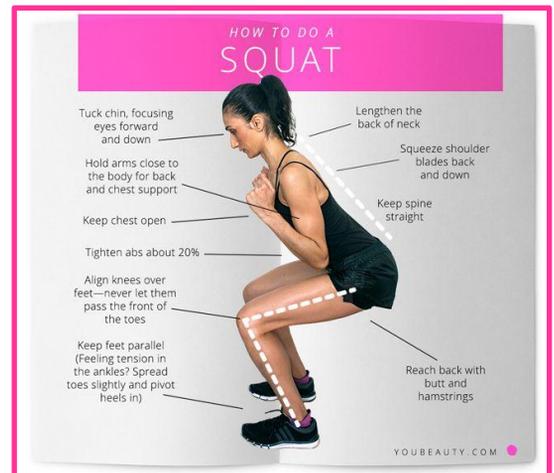
Combine all ingredients together in a mixing bowl until mixed thoroughly. Cover bowl and put in fridge to cool for 30 minutes.
 Once chilled, roll into 1 inch diameter balls (or whatever size you prefer).
 Store in an airtight container in the fridge for up to a week.
 Enjoy your new favorite healthy snack!



Exercise of the Month: Squats

3 Reasons To Do Squats

1. Easily tone your entire body with no equipment.
2. Torch calories without having to go to a gym.
3. Strengthen body and prevent injuries.



For more healthy recipes, workouts and tips, follow USD Campus Recreation on [Instagram](#), [Facebook](#) and [Twitter](#)!

University Fitness (USD FIT)



Take Time to Turn Intentions into Actions

This spring semester USD FIT’s priority is to help you to turn those goals you’ve always had in mind into accomplishments you can be proud of! There is no better time than the present to start working toward your fitness goals, and with the help of our semester-long GroupEx membership, it has never been more fun and rewarding! With nineteen different classes to choose from, at a flat rate of only \$90 for the full program option (\$60 for employees option with M-F classes 12:30-7:25pm), your membership offers you the flexibility to try one or try them all, all semester long. The sense of community you will feel as you work out alongside fellow Toreros is the perfect inspiration to achieve your individual goals. The professionally trained, talented, and friendly instructors make the classes so fun, you will hardly realize you’re exercising! [Register online](#) today, and get started turning your *intentions into actions* this Spring 2016.

[Spring 2016 GroupEx Schedule](#)



Personal Training

If you are looking for a more personalized workout that still manages to maintain flexibility with your schedule, check out USD FIT personal training. Our nationally certified [personal trainers](#) Rob, Sam, Parker, and Pam will help motivate and change the way you see personal training.

Pricing Comparisons

Sessions	USD	SDSU	24 Hour Fitness
6-Pack	\$280 (\$47 Per Session)	\$50 Per Session	\$86 Per Session
12-Pack	\$455 (\$38 Per Session)	\$50 Per Session	\$78 Per Session
24-Pack	\$720 (\$30 Per Session)	\$40 Per Session	\$65 Per Session

Register & find more info on our [Personal Training webpage](#).

University Fitness (USD FIT)



Instructor Spotlight – Lexi C.

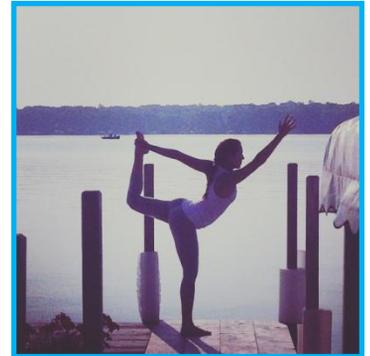
Lexi C. teaches Balance & Core on Monday and Wednesday from 12:30-1:25pm as well as Vinyasa Yoga from 5:30-6:25pm and Yoga Sculpt from 6:30-7:25pm on Tuesday. We asked Lexi what inspires her:

I began doing yoga when I was in high school, and the practice inspired me to adopt a healthier lifestyle. I continued to develop my practice in college by signing up for GroupEx at USD and trying classes at local studios. I loved yoga so much and wanted to be able to share it with others. I completed my teacher training at Bird Rock Yoga during my sophomore year of college and have enjoyed teaching ever since!

I love working out, doing yoga and just being active in general. I am motivated by how good I feel when I am active. For me, working out and being healthy is fun and natural.

GroupEx was an important part of my experience as a student at USD and I love that I am able to come back as an instructor and share my love of fitness with students.

-Lexi C., USD FIT GroupEx instructor



Patron Spotlight - Jennifer Lucero

Jennifer highlights how living a healthy and passionate lifestyle creates positivity and happiness. Remembering that amazing feeling after finishing a workout keeps her motivated. Exercising has always been a part of her routine and tool to control the stress of studying. Jennifer loves the Mission Fitness Center because of the convenience in location to her dorm and the friendliness of the staff. Jennifer's favorite ways to stay active outside of the Mission Fitness Center include hiking, spinning, pilates, intramural volleyball and chasing her two dogs around. Jennifer's positive attitude and desire to stay active and healthy make her a perfect candidate for this month's Patron Spotlight!



Fitness Center Hours

[Mission Fitness Center](#) | [McNamara Fitness Center](#)

Outdoor Adventures



Guides were invited to participate in a Climbing and Anchor Building training to get ready for Outdoor Adventures' upcoming open enrollment climbing trips to Mission Gorge. The instructors took the classroom outdoors and started the day with a brief history of climbing, knots review, and an introduction to climbing lingo. The group found that it can be really intimidating to hang out with climbers when you aren't sure what they are talking about! OA guides were then challenged with learning how to teach helmet and harness fitting, belay communication and lowering techniques, and risk management at top rope sites. Training progressed and became more advanced throughout the day, allowing more experienced climbers to work with less experienced climbers out at the Santee boulders. Climbers reported back that the exposure to new concepts and advanced techniques, regardless of their climbing level, offered the most learning and motivation to keep climbing!



Pictured Above Left: Trail Ride
Above Right: Horsetail Falls
Below Left: Climbing in Mission Gorge
Below Right: Yosemite Valley



OA Student of the Month: Rosalie Plofchan

Congratulations to Rosalie Plofchan, Outdoor Adventures Student of the Month for February. Rosalie is a senior majoring in Environmental Studies. She hails from Omaha, Nebraska and in addition to serving the USD community as an Adventure Assistant, Rosalie, known as the Diva of Design, helps to create a warm, outdoorsy, inclusive environment at Outdoor Adventures. Rosalie was asked a few questions about her experience in OA.

What do you like most about working at Outdoor Adventures?

OA is like my canvas. All of the creative energy within me can find a place of belonging in OA, and I feel empowered. I also love helping people experience the outdoors.

What is your favorite hobby?

Stretching the limits of my powers, whether that be in knitting, yoga, mind-reading or telekinesis.

What is your proudest accomplishment while at USD?

The one thing I am most proud of is the mural that I coordinated for the OA office. The community came together to contribute and it is beautiful.

What has been your favorite Outdoor Adventures trip?

The January Guide Training trip that I went on Freshman year to the Channel Islands. I met some of my best friends on that trip and really felt like I belonged at USD. And, Greg Zackowski is the best backcountry barista, and I've met many backcountry baristas.

What is your favorite animal and why?

What first comes to mind is a Komodo Dragon. Their power and mystery is mesmerizing and inspiring. I wish I could see the world through their eyes. I'd love to see OA have a pet Komodo Dragon.



Pictured Above: Rosalie Plofchan

QPR Suicide Prevention Training

It's that time again! QPR Suicide Prevention Trainings for spring semester begin **Thursday, February 25 at 12:15pm**. Join us in UC 128 to learn how to spot early warning signs of suicide, 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.

If you have ever been worried about someone you care about or wonder if a friend or loved one is having a hard time and don't know how to check in with them, this training is for you. **Free lunch** will be provided for the first 20 participants to register!

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](http://sandiego.edu/youareusd) or visit [You are USD](http://sandiego.edu/youareusd) for more information.

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.

SUICIDE PREVENTION TRAINING

QUESTION, PERSUADE, REFER.

FEB. 25
12:15 PM
UC 128

REGISTER NOW!
sandiego.edu/youareusd

Lunch provided for up to 20 participants. Register now to save your spot!

YOU ARE USD
www.sandiego.edu/youareusd

University of San Diego
STUDENT WELLNESS

Extended Calendar of Events

Event Name	Date/Time	Information
Intramural Sign Ups	Sign ups end 2/25	Go to the USD Campus Recreation website to find out more information. Flag Football and Ultimate Frisbee are still open for registration!
STEP Yoga and Healthy Snacks	Friday, March 4	Join Campus Rec in the Valley for Yoga or in the Vistas for a healthy treat!
Campus Rec Workshops	TBA	Stay tuned for information about our March and April fitness workshops!
Outdoor Adventures Spring Trips	Spring 2016	Have an adventure, learn something new and meet new friends on one of OA's fun trips! Check out what is being offered this semester.
Spring Break 2016	March 19-28	Have a fun and safe Spring Break!



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