

Issue 7

Volume 12

Year 2017



Commit to Fit with USDFIT



FREE Finals week fitness Classes



Summer with USD REC

CAMPUS RECREATION Newsletter, May 2017

EXTRAMURAL VOLLEYBALL SETS A NEW TONE AT USD

Another exciting San Diego Championship Series intramural tournament has come and gone. On Tuesday April 25, two teams from each USD, SDSU, UCSD, and CSUSM met in the USD Sports Center to face off in a Co-Rec volleyball tournament.

Winning teams from each of the respective schools came together to play for the title of San Diego's best.

After all of the tournament play, the semi-finals featured two USD teams, one from SDSU, and one from UCSD. Both matches were exciting

with four strong teams but in the end, SDSU and UCSD advanced to the title game.

Towards the end of the match, SDSU just couldn't keep up with the strength of the UCSD champions. "UC Slam Diego" from UCSD dominated the final game in straight sets and brought the trophy home for the Tritons. This was just the first of the San Diego Championship Series. Keep an eye out for both basketball and soccer tournaments coming up next!

- By Jack Minnick, IM Supervisor



Pictured above: Extramural Volleyball Champs: UC Slam Diego

Free finals week pool party:

Join us on Tuesday 5/16 from 12-2pm at the pool for free root beer floats, snacks, music and a place to sunbathe or play water basketball before finals start.





INTRAMURALS @ USD



This month's intramural game special belongs to the Men's A League Basketball championship!

The men's 5x5 game, which took place in the Jenny Craig Pavilion, was between "Mitch's Jordans" and "The Big Fundamentals." Both teams were equipped with players with plenty of intramural playoff experience, and it was bound to be a good contest. After a very slow start between both teams, players finally settled down

and got in their grooves. The game was a back-and-forth competition, with neither team leading by more than 10 points. The game remained close all the way until the final minutes, but *Mitch's Jordans* came away with the win.

Both teams fought hard to win the infamous Intramural Championship T-Shirt and a coupon to a free Woodstock's Pizza. Thank you to the officiating crew that handled the players, and of course to

the two teams, who got the chance to play in the JCP for the IM Champ Shirts! Congrats again to *Mitch's Jordans*!

- By Matthew McIver,
Intramural Supervisor

INTRAMURAL GAME OF THE WEEK



Pictured Above: Spring 2017 5x5 Men's Basketball Champs, *Mitch's Jordans*

Dodgeball Tournament

Don't miss out on our last Intramural tournament this semester! Dodge, Dip, Duck, Dive and Dodge your way into fun on Tuesday May 9th from 7-11pm at the Sports Center. FREE for Intramural members or \$20 per person for non-intramural members. [Register on-line](#) before 5/5 or contact [Jeff Cirillo](#) for more info!






COMMIT TO FIT

Committing to fit tends to generate ideas of how to improve our physical bodies. However, nurturing a healthy spirit is, at least, of equal importance as a healthy spirit motivates the body, and is crucial to maintaining physical fitness.

While participation in a faith tradition is one method of spirituality, there are many different expressions. Spiritual practice may be hiking, swimming, singing, baking, etc. More important than the activity itself, is the joy and peace of mind it brings you, and the “profound connective quality” of the time.

Try to take time to do at least one thing to nurture your spirit every day. Feed a hobby or a passion, spend quality time with family or friends, or take some time to simply be still. You may be surprised by the positive impact, not only on your spirit, but your mind and body as well.

FRUITS AND VEGGIES TO THE RESCUE!

	Benefits	How to Eat It
	<ul style="list-style-type: none"> -high in vitamin C -high in antioxidants -increases brain function 	Delicious by themselves, in salads, smoothies, or even pancakes.
	<ul style="list-style-type: none"> -excellent source of vitamin K -good source of fiber 	Roasting, grilling, and adding them to stirfrys will ensure they keep their nutritional value.
	<ul style="list-style-type: none"> -improves digestion -protects against skin damage 	Papayas work well in salads, smoothies, and salsas.

Control What You Can And Ignore The Rest

“A secret to happiness is letting everything be what it is instead of what you think it should be.”
-Unknown

Morning and Evening Rituals are Essential

“The secret of your success is found in your daily routine.” - John C. Maxwell

Events Don't Upset You. Beliefs Do.

“Neither bad nor good exist, thinking makes it so” - Shakespeare

Tis the Season

Committing to a healthy diet can be tough. There will always be something that sounds more enticing than a bowl of fruits or vegetables. But, with spring officially in bloom, it's a perfect time to recommit to eating healthier by choosing locally grown fruits and vegetables. Here are some fruit and veggie favorites that come into season in April!

CHRISTOPHER CZAR



What inspired you to become an instructor?

Growing up, coaching felt like something I was destined to do. Teaching Yoga happens to be my first channel into doing that – really then, you could call me a Flow Coach.

What you do enjoy about the format(s) you teach?

Health, Wellness, Fitness, Figure – people will exercise for any one of these reasons - perhaps a combination of some, rarely all four. **Yoga has a special way of meeting all those needs – it can be healing – mentally clarifying** – an (organ)ic practice that provides the often neglected attention to your internal function – and it surely can be tailored to give you the figure you would like to see. It's so well rounded; and there is so much you can do with it! Once you get the fundamentals down, the opportunities are boundless. I love it!

How do you maintain your personal well-being?

Yoga, haha. Surprise, right? Check this out:
Kendrick Lamar, Phil Jackson, and Steve Jobs have at least one thing in common: they meditate. Yoga, really, intends to create union of the self - using our own body, and our own breath, to begin a dialogue with one another. This is the movement. The mind, which is usually chatty, distracted, and judgmental most of the day, is now quiet, and placed in the seat of the observer. This is the meditation.

Yoga is a means for meditative movement. Or in short – flow. To quote Harvard scientist and Author Dr. Ellen Langer: ***“the mindful state achieved through meditation will lead to spontaneous right action.”***

Imagine that. Doing the right thing. Spontaneously. Not for attention. Not for reward. Not out of fear of punishment. Just because it's the natural thing for you to do. Like it is for Kendrick to rap like an all-time great – Like it is for Phil Jackson to coach NBA championship teams – Like it is for Steve Jobs to have championed Apple Inc. - I maintain my personal well-being passionately, naturally, happily, through Yoga and meditation.

What tips do you have to help others improve their health in mind, body and spirit?

Find your flow. Do more Yoga. (is there an echo here...? lol)
To be clear: It's not that you must perform the Asanas (postures/exercises) more. The Asanas are a tool – and perhaps, your path requires a different tool to use. **Yoga, at its heart, is dedicating honest time with a meditative mind, to cultivate unity within oneself.** The OG Yogi's (some are likely cringing as they read that) didn't even have Asanas to perform. They were interested in discovering how one might sit painlessly, so their mind may sit quietly along with them, just so they may meditate. Now that you know what Yoga is, and now that you know it can be performed with movement – apply it to your natural path. Art, Photography, Music, Writing, Calculus – whatever it is that aligns you – do it. Cultivate unity. Encounter peace. Study your Self. Recognize power that is not your own will. Be honest with it. Continuously arrive in the present moment. And spontaneously, you will do right.

How will you commit to fit this semester?

You guessed it... More Yoga.

Chris' Schedule:

***GroupEx: Yoga Sculpt 4:15pm Tu | Vinyasa Yoga 5:30pm Tu**

***Credit: Yoga Fusion T/Th 1pm**

**More information about
Chris' classes and the
USDFIT GroupEx program:**

GroupEx

Employee GroupEx



PERSONAL TRAINER SPOTLIGHT

SAM DAVIS

How long have you been certified with NFPT?

I have been certified since 1995.

What is the biggest challenge for you as a personal trainer?

Keeping up with quality fitness changes. Not the ones that fade out quick as they came. Example Bosu was big but dropped off, Zumba was big until injuries started happening.

What is your biggest accomplishment in the fitness industry?

Being involved with the NFPT organization as an advisor. I enjoy representing the certification and having influence on the industry in that way.

What has been your most rewarding experience as a personal trainer?

Having impact with those in special needs or groups (Seniors, those suffering with Parkinsons Disease). Truly most trainers deal with weight loss clients or those wanting to put on muscle. Having the education, patience and gift to deal with special groups is where the reward comes. There are more cancer survivors, diabetics, Parkinsons diagnosed people.

Any advice for people thinking about a career in fitness?

If one is going to go into fitness, keep your education ongoing but be selective. Find what you are passionate about once you are certified and then become good at it. Often people are a Jack of all trades and Master of nothing. Being a good trainer means focusing your skills and do it well.

In addition, know how to take care yourself first. One can't help someone if they aren't healthy themselves. To me this includes mentally and emotionally. Good Motto: Actions speak louder than words.

These questions came from the NFPT website. For more information, please visit: <https://www.nfpt.com/nfpt-trainer-spotlight>

For all inquiries about USDFIT Personal Training or to schedule a session, please visit: <https://www.sandiego.edu/mfc/personal-training/>

USDFIT PATRON SPOTLIGHT

SHANE SOLOMON



What is your favorite way to stay active?

My favorite way to stay active is to dance to music in my room and just sweat it out and then hop in the shower. I sometimes wish there was a gym with a live DJ and dance floor so I could workout and party at the same time. I also stay active by walking around malls and shopping because trying on clothes really is a workout. **LOL**

What do you love about the Mission Fitness Center?

I enjoy the Mission Fitness Center because it's so close to my room in Missions A. It gives me the ability to walk to the gym in less than a minute. Better than having to drive all the way to 24 Hour Fitness.

Do you have any suggestions to inspire others to fitness?

My tip for those wanting to improve themselves with fitness is to look in the mirror and ask yourself, "Am I happy ...?" If your answer is no then do something to change it

"Be the change you wish to see in the world"



REVITALIZE WITH EXERCISE

Tues 5/16 & 5/23	Wed 5/17 & 5/24	Thurs 5/18	Fri 5/19	Sat 5/20	Sun 5/21	Mon 5/22
Quick Cardio Workout 8:30-9am *SC TRX (5/16 only)	Yoga 12-12:50pm	Quick Cardio Workout 8:30-9am *SC TRX	Restorative Yoga 12:20-1:15pm	Spin & Sculpt 10:15-11:10am * SC 109	Reset Yoga Flow 10:30-11:45am	Pilates Mat 1-1:55pm
Yoga Sculpt 4:15-5:10pm	Pilates Mat 1-1:55pm	Zumba 5:30-6:25pm				
Vinyasa Yoga 5:30-6:25pm	<p>Please join us for FREE GroupEx classes during finals week.</p> <p>Take a break from studying and come work out with us. A workout can help you calm your mind, lift your spirit and rejuvenate you for a more productive study session. We look forward to seeing you beginning May 16th!</p>					

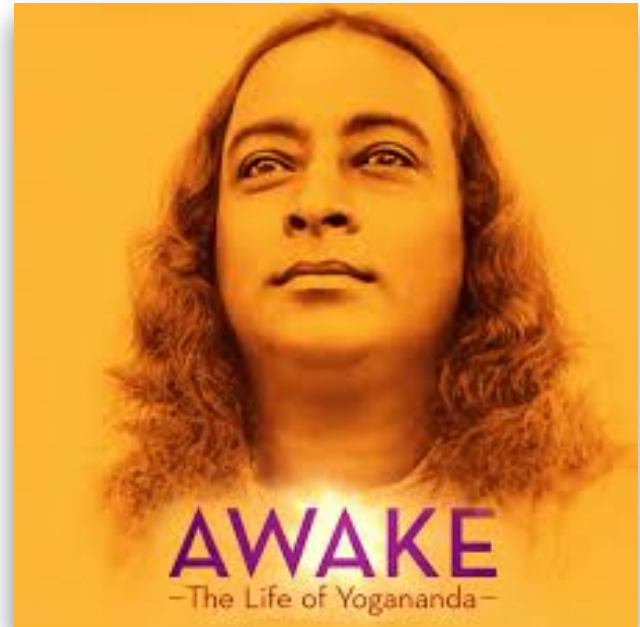
Classes are open to the entire campus community. Please bring your USD Torero ID card to check in. Classes are held at the Mission Fitness Center unless otherwise specified (**SC = Sports Center**).

AWAKE: THE LIFE OF YOGANANDA

In the midst of a tumultuous, chaotic time in the year, students had the option of taking some time off from the stress of the day and enjoy an evening watching **AWAKE: The Life of Yogananda**. The film, a documentary about the Hindu Swami bringing yoga and meditation to the west in the 1920's, was presented by Ms. Marguerite Baca, an instructor for Campus Recreation.

Ms. Baca reflected on the movie screening after class. She said, **"It's an exciting experience to see how mainstream the science of yoga and meditation are now, after Yogananda was discriminated against for sharing these practices."** As a teenager, she knew her peers would not be as accepting of practicing yoga as she was, and kept it her secret to avoid being bullied. Now, she fully embraces her spiritual passion. She went on to cheer, **"the vibration at USD is up there!"**

Others who attended the film screening would likely agree with Ms. Baca. Second year student Bella Frost remarked, **"the movie was very insightful and interesting."** She continued, **"I loved learning the history of Yogananda and how his movement has become so widespread."** Second year student Jewels Biro commented, **"the film made me completely rethink why I do yoga."** Jewels hopes to continue her re-inspired love for the practice of yoga by taking more classes at USD.



GLOW-IN-THE DARK SPIN? OH YES WE DID!



On March 30th, Campus Recreation partnered with the sorority, Kappa Delta, for a private glow-in-the-dark spin class. We provided the women of Kappa Delta with glow sticks so they could be illuminated in the dark room during the fitness class. Sam Davis Jr. led the class and pushed the participants throughout the hour to achieve a successful workout. At the end of the event, the women were rewarded with free Muscle Milk drinks. Overall this event was a fun way to bond with community members in an active way. Campus Recreation hopes to provide more events like this in the future. **If you are interested in partnering with Campus Rec to host a private class such as Glow Spin, 80's yoga, Zumba Dance Party or anything else, please contact campusrecreation@sandiego.edu.**

Summer with Campus Recreation

Free Summer GroupEx



Summer 2017 GroupEx
July 5th - August 25th

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga 12:30-1:25 pm	Pilates Mat 12:30-1:25 pm	Yoga 12:30-1:25 pm	Pilates Mat 12:30-1:25 pm	Restorative Yoga 12:30-1:25 pm
Power Yoga 5:30-6:55 pm	Vinyasa Yoga 5:30-6:25 pm	Low Impact Body Sculpt 5:30-6:25 pm	Zumba 5:30-6:25 pm	

***FREE for the USD Community. Registration required.**

Location: Mission Café & Fitness Center 1st Fl Exercise Room (CFC 108)
Subject to change. View updated schedule and register @ www.sandiego.edu/campusrecreation/fitness-wellness/fit-summer.php



Summer is right around the corner. If you're going to be on campus join us for our **FREE Summer GroupEx classes!**

Youth and Adult Summer Programs



Summer is just a hop, skip and a jump away! Campus Recreation aims to put pep in your step, stride, and/or stroke with summer programs open to the entire family.

Youth Programs

Swim lessons (ages 3-16 years), *All Sports Day Camp* (ages 6-12 years) and options for fun-in-the-sun pool-side birthday parties. Registration is now open for youth summer programs. **Register for a "Session 1: June 19 - June 29" swim lesson by May 14 to receive our special **Early Bird discount!***

Adult Programs

USD FIT Personal Training features a June 2017 8-session package special (\$245), as well as ongoing package options outlined on our [Personal Training webpage](#)

Additional program options include **Masters Swim, day sports tournaments** and **informal fitness/recreation** at the Mission Fitness Center, McNamara Fitness Center or Sports Center.

All summer programs are open to USD affiliates, those with a *Facilities Use Pass*, as well as to the entire community!

- ❑ [Summer Website](#)
- ❑ [Summer Brochure](#)
- ❑ [Youth Swim Lesson Schedule](#)



*MFC
Mira
March, 2017*



Mira was the only first-year student to be selected to join our team this past fall. She goes above and beyond every day in maintaining the facility and interacting with patrons. Her bright and positive attitude radiates throughout the MFC. She manages a motivational white-board at the front desk, sharing wonderful and inspiring quotes for staff and patrons. Mira exhibits passion and enthusiasm for the job each and every day. She has been a wonderful addition to the Mission Fitness Center and we are so lucky to have the opportunity to have her as a part of the team!



*MFC
Jordan
April, 2017*

Jordan has been an integral part of the Facilities and Operations team at the MFC for the last three years. Her hard work and dedication to the job has made a significant impact on the camaraderie among her team members. She not only has an incredibly kind and caring demeanor, but is always willing to help out and constantly puts others before herself. Even with her hectic schedule and rigorous academic commitments, she finds the time to be a team player and a leader to her coworkers. She is consistently willing to do whatever is needed for the sake of the team. Jordan is someone who always makes things better with her involvement, and we have truly appreciated what a blessing she has been!

RECREATION EMPLOYEES OF THE MONTH

*SC
Joey
March,
2017*



We are thankful to have a stellar employee like Joey here at the Sports Center. This semester Joey has demonstrated flexibility with his work schedule without complaint and always shows up with a positive attitude. Along with displaying awesome customer service, Joey has been described as handling his opening and closing shifts "like a boss." Thanks Joey for putting in the extra effort to make sure the Sports Center is clean and ready to go!



*SC
Eduardo
April, 2017*

Congratulations Eduardo for earning Sports Center employee of the month in April, 2017! As a fairly new employee at the Sports Center, Eduardo has made a huge impact on our student staff and development team so far. He is responsible for revamping our Patron of the Month task with his own creative ideas, adding to the sense of community we build at the Sports Center. Additionally, he has helped tremendously by working the majority of the spring break shifts and being flexible with his schedule. Keep up the good work Eduardo!

SELF CARE CENTRAL

TAKE CARE OF YOU!

SELF-CARE IS KEY TO FINALS SUCCESS!

TAKE CARE OF YOU!

SLEEP WEEK
MAY 8-12

Watch for sleep tips and goodies around campus all week!

STRESS LESS STATIONS
MAY 8-12

Copley Library, Frank's Lounge, CHWP (UC 161)
Stop by for stress-relieving tips and items like tea, sleep masks, play-doh, coloring pages, bubble wrap and more!

THERAPY DOGS
MAY 12

12:00 - 2:00PM in front Plaza Menor
Take a paws from the stress of finals with our sweet, furry friends!

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

YOU ARE USD
www.sandiego.edu/youareusd

University of San Diego
CENTER FOR HEALTH AND WELLNESS PROMOTION

SLEEP TIPS

Consistency

Establish a schedule. Go to bed and get up at regular times everyday, even on weekends.

Duration

Get at least 7-8 hours of uninterrupted sleep every night.

Preparation

Do something relaxing before bed time. Take a hot shower, listen to soft music or do some relaxation exercises.

Exercise

Regular physical activity helps improve sleep, but not if done within a few hours of going to bed.

SPORT CLUBS

LET'S CELEBRATE!!

All current USD Sports Club members are invited to join the Campus Recreation Department in celebrating your success this season! Our end of the year fiesta will take place on **Thursday, May 4th from 12:30-2pm** on the Immaculata Lawn (adjacent to Aromas).

In addition to delicious homemade tacos (first come, first served), we will have a variety of drop in competitions. Woodstock pizza certificates to the winners! Any club with four persons in attendance can participate!

At 1:00pm, we will be giving some special club awards..."Club of the Year", "Best Comeback", "Most Inclusive", etc...

All Sport Club members are encouraged to join us for this casual afternoon of fun!



For more information about Sport Clubs, please visit the Campus Recreation [Sport Club site](#).

CALENDAR OF EVENTS

GRAD LIFE @ USD: EVENTS FOR OUR GRAD STUDENTS

Mighty Monday: May 1st

- * Massage Therapist Sessions from 10am-3pm, SLP 401 (by [pre-appointment](#) only)
- * Sunset Yoga @ 4pm-5pm, SLP Rooftop: Bring your Yoga mat or towel

Thrilling Tuesday: May 2nd

- * Bubble Wrap Party @ Noon-1pm, SLP 401: Don't Stress! Pop a bubble instead!
- * Body Scan Meditation @ 4pm-5pm, SLP 401: A Body Scan Meditation is a guided journey through your body as you learn to be more self-aware of sensations we might otherwise be ignoring in our body!

Wellness Wednesday: May 3rd

- * FINAL Bagel Breakfast of the Semester starting @ 9am, SLP 401 Snack Break from Noon-2pm (Co-Sponsored by Campus Rec)
- * Come meet the staff from Campus Rec where they will share resources and upcoming programs. There be a variety of healthy treats & give aways!

Thriving Thursday: May 4th

- * Massage Therapist Sessions from 10am-3pm, SLP 401 (by [pre-appointment](#) only)
- * Sunset Yoga @ 4pm-5pm, SLP Rooftop: Bring your Yoga mat or towel

EXTENDED CALENDAR



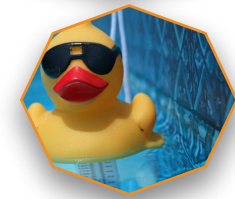
Revised finals week and summer hours: Please visit our [hours of operation](#) website to see the revised schedule for the Sports Center as well the Mission Fitness Center and the JCP McNamara Fitness Center. ***Please know the pool will be closed from 5/27 through 6/2 for needed repair work.**



Dodgeball Tournament: Join us on **Tuesday May 9th** in the Sports Center gym for a fun night of dodgeball. Free for Intramural members or \$20 per person for non-intramural members. [Register on-line](#) before 5/5 or contact [Jeff Cirillo](#) for more information!



Summer Programs for Youth and Adults: Summer starts on Monday 6/5 so get ready to make a splash! We offer a variety of programs for both kids and adults. Please visit our [Summer website](#) today for more information.



Free finals week pool party: Join us on **5/16 from 12-2pm** at the pool for free root beer floats, snacks, music and a place to sunbathe or play water basketball before finals start.