



USD Campus Recreation News



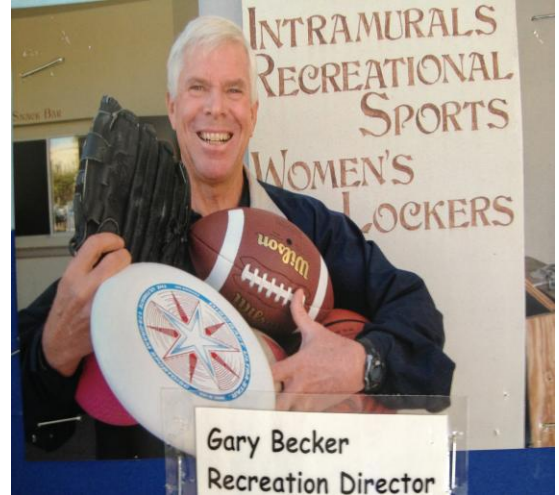
35 Years in the Making

IN 1978 there was no email, facebook, twitter, smart phones, iPads or even laptops. It was a time when everyone was more than a text message away. This was also the year an inspired and strong-willed young man began his journey at USD as the Women’s Swim Coach. He later transitioned to the Intramural and Recreation Director and Club Water Polo Coach. His position evolved into our current Campus Recreation Director. This year we celebrate Gary Becker’s 35 years of service at the University of San Diego. As USD’s Campus Recreation Director, Gary now oversees Education Recreation (EDRC) classes, Intramurals, Sports and Recreation Clubs and University Fitness. He was recently recognized for his many contributions to the University. Among Gary’s best attributes is his youthful spirit. He’s as interested in fitness trends and what drives today’s Campus Recreation as any new professional just embracing our dynamic field. He’s continually striving to respond to the needs of “this generation” which has changed more times than we imagine he’d care to recount.

Gary also models health and wellness through his lunch break swims to invigorate full work days. There’s a distinctive comfort when your boss is pulling on his socks after changing back into work attire following some lunchtime laps to get ready for a meeting.

He also inspires many with his ongoing involvement and accomplishments in water polo competitions. In the workplace Gary genuinely cares about helping his team grow. He highlights our strengths and interests and encourages us to develop in ways best fitting our natural inclinations. He challenges us to be independent, while always being accessible when we need him. He continuously invites us to think outside the box about generational trends, encouraging us to meet the needs of our current student population in unique and dynamic ways. Gary also takes time to mentor our up-and-coming part time professionals and genuinely wants them to grow, even when that means moving beyond USD to a full time job and having to re-train someone to start the process all over again.

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When asked about Gary, Barbara, the Fitness Programs Manager said, "Gary values family, which I most appreciated when I had to take maternity leave. I felt truly blessed to have his expressed support to take time for my new baby and felt assured I'd be welcomed back as soon as I was ready."

Furthermore, the Recreation Programs Manager, Serena Gandara, said "I remember when I told Gary I was getting married and doing a destination wedding, he was so supportive in accommodating my time off, checking in with me to ensure I was not "stressing" out too much, and that I had everything I needed to be successful during my time off, which was greatly appreciated."

Gary's wife, Sandy, is kind, sweet and simply delightful. They have two grown children, Sarah and Matt. Matt is an USD alum and surfer who recently enjoyed traveling "down under" with a visit from Dad. Gary's daughter, Sarah, was just married. Her dedicated dad carried out all the chairs and tables for the special day and diligently returned every item to a special storage shed he built in his yard just to hold all of the wedding supplies!

When asked about his achievement, Gary said, "I realize that in today's world not many people stay in one place very long. I have been fortunate to work at a place that cares about its employees and whose guiding principles truly attempt to make our world a better place. Over the years I just hope that my small contribution to USD's goals and vision has also helped to make a difference in our students and others lives. I have always believed that a career should be more than just bringing home a paycheck. It should have meaning and bring passion into our lives and the lives of others around us."

What we most appreciate about Gary is that he is a genuinely good hearted individual with the best of intentions and a positive approach to life. When you picture Gary, he's smiling. Ultimately Gary wants all of us who are in involved with Campus Recreation to have fun while we live, learn and play, the Recreation way! Thank you for your service to our USD community Gary!

"When you discard arrogance, complexity, and a few other things that get in the way, sooner or later you will discover that simple, childlike, and mysterious secret known to some: Life is Fun."

*Here is a quick little video showcasing our little staff celebration for Gary:

<https://www.youtube.com/watch?v=WFKHoig3m54>



Gary!

Intramural Update!

Men's Soccer Championship Rematch Showdown

A showdown took place Monday, November 25 between the two men's soccer teams, "*The Monsters*" and the "*Green Street Hooligans*." These two teams faced off in the Championship game in the fall of last year with Green Street defeating *The Monsters* in an intense 1 goal game. However, during the Spring, *The Monsters* took the championship so they are the reigning champions. Both teams showed up ready for the rematch and that was especially obvious when the starting whistle blew and both sides exploded. Harry Abraham made the first goal of the game with an assist by Aaron May for the *Green Street Hooligans*, followed by a powerful goal by *The Monster's* Ali Ibrahim. With the game tied up, both teams pulled out all their stops and the *Hooligans* shined with their impressive defense, battling back *The Monster's* formidable kickers. The score going into half time was 3-1 with the *Hooligans* on top thanks to Brando Rotelli's spectacular crossing ability and being able to line up the ball easily for his teammates. *The Monsters* were not going down without a fight however, and this was evident when Felipe Toscano tied up the game in the first 10 minutes of the second half. Both teams play with excellent skill and accuracy, however the *Hooligans* pull ahead with their strong strikers, Shane Fontaine and Harry Abraham, as well as with their goalie, Blake Reed, blocking seemingly impossible balls. An honorable mention that the Intramural team would like to make is to Garrett Bradbury (*Hooligans*) for a show of admirable sportsmanship. After a *Monster's* player is injured on the field, Bradbury decidedly gave the ball to a teammate of the injured player on a throw-in, giving a good representation of what Intramurals stand for in healthy competition and coming out to have a good time. Congratulations *Green Street Hooligans*! And thanks to all of the Men's Soccer League for making this season fantastic! – By Amy Fitkin



Pictured above: "*Green Street Hooligans*" – Men's Intramural Soccer Champions.

Intramural Update!

Another Title for *Team Purple*

Defending Champion, "*Team Purple*" has once again demonstrated great triumphs, defeating team after team throughout the Co-Rec Soccer Intramural season. *Team Purple* faced "*Team Snuffalufagus*" at the Intramural Championship attempting to take another victory. *Team Snuffalufagus* came on to the field with countless possessions of the ball, skillful moves, and persistence giving them the chance for their first goal from Jonathon Liao within 3 minutes of the game. *Team Purple*, keeping control of the ball, diverting it from the opposing team, and searching for opportunity to make goals, gave them the advantage of a score of 2-1 after the first half from Patrick Foran. In the second half not letting their guard down *Team Purple* again demonstrated efforts of staying on the ball leading 6-1 within 13 minutes of the second half of the game; giving recognition for the goals to Garrett Bradbury, Kimi Fry, Coral Anderson, and Fernando Quiñones. In the last minute, Jonathon Liao (*Team Snuffalufagus*) shot a goal ending the game with 6-2. Returning champs, *Team Purple* earned individual champion shirts for their perfect performance as a team for Intramural soccer.

MVP: Patrick Foran demonstrated to be a great asset for his team making countless goals throughout the games.

Most Improved: Shane Fontaine demonstrated incredible stamina and proved to have the skills and techniques of a respectable soccer player.

Team Mom: MJ Marconi, who attended most of the games to support *Team Purple* throughout the season, demonstrated enthusiasm and energy throughout the nights on the sidelines of the game.

– By Julio Morales



Pictured above: "*Team Purple*" – Intramural Co-Rec Soccer A League Champions.

Grad/Law Softball Champions!

Another exciting season of Co-Rec Law/Grad intramural softball concluded on December 4 with the “North Koreans” captained by Nate Crowley narrowly defeating “Low Expectations” captained by Lori Chiu in the championship game. The 16-team playoffs started back in early November with the championship night scheduled for November 21st. But, a sudden mid-game torrential rainstorm caused the games to be suspended and they finished up the doubleheader for the title 2 weeks later. Early clutch hitting by the *North Koreans* put them up for good in an all-around well played final game. They will look to defend their title when our Spring Season commences on January 30th! Congrats to the *North Koreans* for a well-deserved championship!

More Intramural Champ Pictures!



“Beta” – Co-Rec Undergrad Softball Champions.



“North Koreans” – Grad/Law Softball Champions.



“Law and Order: TDU” – Three Time Intramural Co-Rec Flag Football Champions.



“Stunts” – Men’s Flag Football Champion.



“Channel 5 News Team” – Co-Rec Soccer B League Champions.



“Balls and Dolls” – Fall 2013 Intramural Dodgeball Champions.

Sport Club Happenings

The 2013 Sport Club Holiday Awards!

Top Executive Award

Before the semester ends, the Sports Club Administration is recognizing the top Sport Club executive and top athlete of the holiday season. Candidates for both awards are nominated and then selected by a panel of over 500 sport club members at USD.

The Holiday Season Top Executive was Jordan Denecour. Over the last four years he has helped build the club into a USA Ultimate sanctioned organization that competes multiple times per year.

Us: Hi Jordan, Congratulations on winning the best Executive award! So why Ultimate Frisbee?

Jordan: My brother played in college and encouraged me to play. I have come to love Ultimate above any other sport because I can play very competitively, but still maintain high levels of sportsmanship. The game is self-refereed even at the profession level (yes 2 pro leagues exist) and thus you must maintain integrity and sportsmanship in order to get respect. This has shaped me in that I have more respect for the sport, those who play it, and for myself as a player.

Us: Being a leader yourself, what qualities do you feel it takes to be a good leader?

Jordan: Dedication to your team, and dedication to the sport.

Us: Any advice for future sport club leaders?

Jordan: You have to be willing to dedicate a lot of time to your team. It isn't something you do for fun or because no one else will do it, you need to possess a strong desire to lead and manage. The more you are able to do these things, the better your team will be.

Us: What has helped you succeed the most at USD?

Jordan: Playing sports have definitely helped me in college. Being on a team allows you to make new friends, forces you to better manage your time, keeps you in shape, and gives you a chance to do something outside of schoolwork. I encourage everyone to play a sport, be on a club or play intramurals.

Us: Any plans after graduation?

Jordan: After graduation I plan on getting some sort of job, hopefully related to International Relations. I am also looking into going to grad school at some point. If that does not happen it looks like my parents are getting a new roommate.

Us: Lucky them! Enjoy the "winter" break.



Pictured above: Jordan Denecour (red), Top Holiday Season Sport Club Executive, 2013.

Sport Club Happenings

The 2013 Sport Club Holiday Awards!

Top Athlete Award

The Holiday Season Top Sport Club Athlete was Sean “Duke” Rooney, a freshman who recently joined Ultimate Frisbee and has quickly excelled at the sport. His teammates say “He’s an excellent representation of hard work and dedication.”

Us: Why the name Duke? Does it have something to do with the “Dukes of Hazard?”

Sean: I have no idea why they call me Duke. Everybody on the team gets a nickname.

Us: Do you plan on getting further involved in Ultimate Frisbee in the future, maybe as a leader?

Sean: I plan on continuing to play Ultimate throughout college.

Us: Who is your role model, how've they inspired or helped you get to where you are?

Sean: I don't really have a role model.

Us: What’s your greatest accomplishment ever? Is it that giant snowman?

Sean: My biggest accomplishment is going to college.

Us: Why are you so awesome at Ultimate Frisbee?

Sean: I am awesome at ultimate Frisbee because I work hard and go to practices.

Us: Congrats! You make it sound so easy...See you next semester and enjoy the holidays!



Pictured above: Sean Rooney (and Frosty), Top Holiday Season Sport Club Athlete, 2013.

The Sport Club Blitz!

By Jessica Ruiz and Nick Stromberg

Club Women's Soccer

Our season is done but we had a friendly game against UC Irvine Saturday November 23rd. We won 2-0, with both goals scored by Erin Schoch. We will miss her dearly but wish her the best when she goes abroad next semester. We are accepting new players in the spring. If anyone is interested in trying out they should contact me at ddowse@sandiego.edu. Also, please like USD Women's Club Soccer on Facebook for more information and to stay updated on our events.
-Dana Dowse

Club Surf

On November 17th the USD surf team competed in the second NSSA collegiate surf competition of the season. The men's team had a strong first round, with five out of the six surfers advancing to round two. Unfortunately round two eliminated four out of the five surfers, only senior Richard Mattingly advanced to round three. Richard was barely edged out of round three with a tough heat due to incoming tide and lack of swell. The last event of the day was the Men's longboard competition. Alex Thompson Mendez ripped his way all the way to the final and ended up placing fourth overall. Alex had an amazing result in one of his last contests ever for USD as he will be graduating in May.

Next up for the USD surf team is our third NSSA contest in Ventura, California. This event on December 15th should be a strong contest for the team as some of our best surfers are returning from their semester abroad in New Zealand and Uruguay. We are well on our way to qualifying for the NSSA State and National Championship events. Thank you to everyone who has come out to support us. Stay tuned for a couple of big events we are planning for the spring semester. – Forrest Dein



Dance Company

University of San Diego's Dance Company is a completely student-run organization, which means we do our own choreography. We do jazz, hip hop, contemporary, ballet, modern, tap, and really whatever we want to come up with! This is the fifth year that Dance Co has been a Sports Club, and we have progressively been getting better and better every year. We usually recruit members every fall, and we currently are holding practices on Monday and Wednesday nights. In the past, we have performed at halftime of USD football games and at Relay for Life.

This semester, we received rave reviews for our performance at the Almost Famous Talent Show hosted by Gamma Phi Beta and Beta Theta Pi, which consisted of hip hop, contemporary, and jazz numbers. Next semester we aim to do bigger and better performances. We will be welcoming back our ladies that studied abroad in the fall and will be working hard towards our 3rd annual dance show at the end of the school year! This show will showcase all of our talent in all sorts of dance genres. Any questions or comments, please contact the President of USD Dance Company, Kim Woodbury at kjwoodbury@sandiego.edu.
– Kim Woodbury



Club Men's Rugby

USD Rugby came second in the San Diego city championships this November. USD lost to SDSU and beat UCSD 71-0. Freshman Eric Straka was named tournament MVP by organizers of the tournament. Rugby is getting ready for their spring semester and winter training camp. USD Rugby is always looking for new members. Any prospective players please contact Kevin Eaton at kevinceaton@sandiego.edu. Please "Like" USD Rugby on Facebook <https://www.facebook.com/UsdRugby>. – Kevin Eaton

The Wellness Corner

2014 Intersession USD Fit Group Exercise *Early Bird* Special thru Jan. 5!

Our popular Group Exercise program will run through Intersession (Jan. 6 – Jan. 24, 2014) with daily weekday classes in the Mission Fitness Center first floor classroom including *Makeover Monday Abs & Toning* and *Healthy Humpday Zumba*. The nominal \$30 program fee covers all three weeks, or register by Sun, Jan. 5 for the Early Bird discounted price of \$25!

Commit to your 2014 resolutions by registering today. For more information and to register please visit: http://www.sandiego.edu/campusrecreation/fitness_wellness/Intersession2013ClassSchedule.php




Get excited for the

INTERSESSION 2014

Group Exercise Schedule

Just \$30 for 3 weeks of daily classes

| | | | | |
|--|-------------------------------|--|--|-----------------------------|
| Monday 12:15 -1:10 | Tuesday 5:15-6:00 | Wednesday 12:15-1:10 | Thursday 12:15-1:10 | Friday 12:30-1:25 |
| Makeover Monday Abs & Toning Colleen B. | Pilates Mat Rene M. | Healthy Humpday Zumba Rebecca N | Total Body Challenge Parker L | TGIYoga Jolene M |



For more information and to register, visit us at http://www.sandiego.edu/campusrecreation/fitness_wellness/group_exercise.php

Healthy Holiday Habits

As the Fall 2013 semester comes to a close, the madness of finals week begins, and the students of USD focus on returning home for the holidays. With so much already on their minds, most college students aren't particularly focused on staying healthy and active over Winter Break, so we put together a few ideas that will help the USD community continue to feel merry and bright, even after too many helpings of favorite holiday treats.

It's a well-known fact that most college students do not get adequate sleep, and Winter Break is an ideal time to allow your sleep cycle to return to normal after maintaining a somewhat nocturnal schedule all semester long. It can be tempting to load up your schedule with visits to family and friends as soon as you return home, however, giving yourself a couple days to rest after the stress of finals and traveling will help out not only your immune system, but will ensure you have plenty of energy to spend over break. Laughter relieves stress and promotes healthy brain chemistry, both of which are great reasons to convince your family to catch the latest holiday comedy with you—or at least to re-watch *Elf* for the seven-hundredth time. Many students simply do not have time to read for pleasure or to keep up with their favorite television show in the midst of a busy semester, but these simple sources of joy are critical to the mental and emotional well-being of college students, so take the time to read that book that's been sitting on the shelf since September or see that movie everyone has been recommending, and know that relaxation time is essential to being happy and healthy. Headed home somewhere snowy? Take advantage of it! Skiing, snowboarding, and snowshoeing are all incredible workouts if you have the access to a ski resort, and being outside can help prevent Vitamin D deficiency, which admittedly, those headed home to warmer climates typically don't have to worry about. Just don't forget sunscreen—a sunburn is a sunburn whether you get it on the beach or on the slopes. Ice skating is a fun, traditional holiday activity that doubles as a great workout and can be a great way to spend time with family and friends. Still not feeling motivated to bundle up? Get a group together and head to the gym for a friendly pick-up basketball game to work off the egg nog! Even if you are returning home to blizzard like conditions, there are tons of options to stay active over Winter Break. Here is a helpful link to an article on why it is so important that college students stay active over the holiday break:

<http://www.aiuniv.edu/blog/september-2012/5-reasons-college-students-should-make-time-for-exercise>

- By Natalie Thompson

Tips for Staying Healthy:



During finals, you may experience high levels of anxiety, struggle with time-management, and consider compromising your physical health in an effort to ensure academic success. Good nutrition and proper sleep, combined with physical activity and stress management, will help you achieve at your fullest potential.

Below you will find a few tips to consider to support you during finals.

1 Eat healthy

When you wake up, eat something nutritious. Opt for a bowl of whole grain, high-fiber cereal, fresh fruit, and a hard-boiled egg. The better the meal, the better you'll feel thus helping your memory. Snack on carrots and celery instead of chocolate or chips. Healthy snacks will energize you and you will avoid a sugar crash.

2 Take time to breathe and relax

Take a moment and make sure you are breathing deeply. Oxygen flowing to your muscles will keep them from tensing. Relax with a quick stretch over your entire body (toes, arches, ankles, calves, quads, hamstrings, hips, pelvis, abs, chest, lower back, middle back, upper back, shoulders, triceps, biceps, forearms, wrists, fingers, neck, and scalp); this will take just two minutes and can really help you relax.

3 Exercise

You might think you don't have time for exercise-- think again! Exercise helps you focus, it gives you additional energy, and it releases endorphins to make you feel better.

4 Get plenty of rest

The night before a final, go to bed early! Staying up all night to cram is not helpful. Study an hour or so before bed, and then take some time to relax before you go to bed for the night. A good night's sleep will help you feel refreshed for your finals.

Student Resources

Health Center | www.sandiego.edu/healthcenter • **Counseling Center** | www.sandiego.edu/usdcc
Center for Health and Wellness Promotion | www.sandiego.edu/chwp
Relaxation Exercises | www.sandiego.edu/usdcc/relaxationexercises.php

Finals Got you Frazzled?! De-Stress Programs are Here to Help!

THERAPY DOGS

Take a paws
from the stress of
finals & get
some K-9
love!

They're
coming!

Friday
12.13.13
12-2pm
In front of the UC



Therapy dogs to the rescue!

Take a paws from the stress of finals and get some puppy love! Join the Center for Health and Wellness Promotion on Friday 12/13 from 12-2pm in front of the UC to pet a pup. Studies show that petting a pet can reduce levels of stress in the body and can release endorphins!

Don't forget about our **FREE finals week de-stress fitness classes!**

Check out the class schedule here:

<http://www.sandiego.edu/documents/campusrecreation/freefinalsweek.pdf>

All classes have limited space and are first come, first sweat!

Don't miss out and ***revitalize with exercise!***

Student Employee Recognition



Campus Recreation Employee of the Month

The Campus Recreation Employee of the Month for October is Kimberly Ruiz! Kimberly is a freshman from Garden Grove, California and has been working for Campus Recreation since the start of the year. She is an Operations Assistant for Scheduling and Staff Development and her favorite aspects of working for Campus Rec is greeting and saying goodbye to patrons, because she wants every member of the USD community to feel welcome at the Sports Center, and being in charge of the office Star Jar, because she enjoys letting others know how much Campus Rec values their hard work. When asked to comment on Kimberly's work ethic, her co-workers had nothing but positive things to say. One member of the Campus Rec staff said, "She's always willing to go above and beyond, and do so with a smile." When Kimberly, an Industrial Engineering major, has a rare moment of free time, she loves to swim. In terms of her plans for after graduation, Kimberly hopes to work for NASA as an industrial engineer. It is safe to say that in four short months, Kimberly has become an integral part of the Campus Rec family. Congratulations, Kimberly! Thank you so much for everything you do!



Fitness Center Employee of the Month

Congratulations to our Mission Fitness Center Employee of the Month, Courtney Ochi! As our Student Coordinator, Courtney helps oversee every staff member and their respective projects and goals. She has done an amazing job integrating our three separate staffing teams, and creating a cohesive work environment. Courtney is not only a fabulous leader who exudes confidence, but she also is very supportive. A Project Supervisor on Courtney's team, Greg Hopkins, said "*Courtney is willing to put her time into assisting the other employees at the MFC even though she has many other obligations. She wants to see her fellow employees succeed, and that is why she puts so much time into helping them.*" Courtney also extends her compassionate service to our USD community, with multifaceted efforts such as highlighting the "USD ILY" campaign at the MFC. Her supervisor, Barbara Zackowski notes "*Courtney leads our meetings with inspiration, poise, and grace. She has significantly increased the positive impact of those monthly gatherings. The significance of her contributions are immeasurable*". Thank you for helping all of us succeed Courtney!

Calendar of Upcoming Recreation & Fitness Events

| Event | Date/Time | Registration Deadline/Fee |
|--|-------------|--|
| Last Day of All Classes | 12/13 | ---- |
| Free Puppy Love! Therapy Dogs | 12/13 | Free, 12-2pm, UC |
| Free Finals Week De-Stress Fitness Classes | 12/14-12/20 | FREE |
| Revised Fitness and Recreation Center Hours for Finals Week and Intersession | 12/21-1/26 | See hours on our website |
| Group Ex Intersession Class Program | 1/6 – 1/24 | \$30 (\$5 off if you register by 1/5!) |
| Spring 2014 Recreation Classes Begin | 1/27/14 | Varied |
| Spring 2014 Group Ex Program Begins | 1/27/14 | \$55-\$85 |

To check out the finals week and intersession hours, please visit:

<http://www.sandiego.edu/campusrecreation/about/hours.php>

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

