



Relax with Free
Finals GroupEx



Intersession
2017



Spring 2017 Rec
Classes

Issue 4

Volume 12

December 2016

Campus Recreation NEWSLETTER

CLEAR YOUR MIND

CAMPUS REC EMPLOYEES LEARN THE IMPORTANCE OF MINDFULNESS

Whether you are a student or an employee, there is no doubt that you have a lot on your mind. When you are balancing school or work (and often both) with household chores, obligations to friends and family and trying to stay healthy, it can seem like your to-do list is endless.

Each month, the Campus Recreation staff has a meeting to come together as a team and discuss topics ranging from career development to emergency response training. For the November 2016 meeting, the Campus Rec staff was treated to a mindfulness workshop led by Sonya Mohamed and Sebastian Slovin, USD grad students and the creators of Nature Unplugged, an organization dedicated to encouraging people to "unplug" from technology and experience nature in a mindful way.

In light of current events, this workshop seemed especially appropriate, as many staff and students were feeling particularly uncertain, confused and stressed.

Sonya and Sebastian led the staff through three different exercises - mindful breathing, mindful eating and a mindful walk. All three exercises focused on being present, being mindful and focusing on the task at hand.

The presentation also mentioned the negative impacts of stress on health as well as the positive affects of mindfulness on mood, relationships and performance.

As we head into finals and the holiday season, it is more important than ever to take time to be mindful and re-focus. Even just five minutes of your time can help clear your mind.

HERE ARE A FEW EASY WAYS TO PRACTICE MINDFULNESS:

- **Disconnect from technology:** Allow yourself to "unplug" and be present.
- **Avoid multi-tasking:** Focus on one task at a time. Although it may seem like multi- tasking would make things go faster, it is actually counter productive and makes it more difficult to focus.
- **Breathe:** Take a moment (even just one minute!) to close your eyes and take a few deep breaths. You will be surprised at how much more calm you feel.
- **Move Your Body:** Practice moving meditation by taking a yoga class or going for a walk or run on the beach or a trail. Focus on the muscles you are working, the pattern of your breath and your surroundings.



FITNESS CENTER HOURS

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



Intramurals

Brought to you by Woodstock's Pizza

BGB MAKES A COMEBACK TO WIN B-LEAGUE SOCCER CHAMPIONSHIP

Congratulations to BGB United on their B-league championship win. BGB faced off with Pumped Up Kicks in the finals. Both teams got off to a slow start as the air reached near freezing temperatures.

Pumped Up Kicks were the first to score and goals were exchanged throughout the whole game. Finally, Pumped Up Kicks was up by 2 with just minutes left in the second half.

BGB United rallied together while the ball was being put back into play and on the very next possession they

broke away down the sideline and curled a shot in to the far post to equalize the score.

With BGB United having all the momentum, they decided to keep the pressure on the seemingly defeated Pumped Up Kick. In the closing moments, Will Burns led his side to scoring the last goal leading his team to victory and leaving the final score at 6-5 BGB United.



THE SHARKS ATTACK

Congratulations to the San Diego Sharks on winning the A league championship for Co-Rec soccer. They faced off against the merciless Strikers FC in a game that kept the crowd on the edge of their seats throughout. The Sharks got up early and they got up fast having the unanswered lead for the entirety of the first half. However, towards the end of the half, their star striker was sidelined with an ankle injury.

The sharks managed to keep the lead until their top scorer was able to come back in after some resting and ice. With the Sharks not having their top personnel on the field, the Strikers managed to put a few balls in the back of the net to tighten up the score. For the rest of the match, goals were exchanged and the final score ended up being 6-5 San Diego Sharks.



It's the Season to Help Others



Give back this holiday season by donating new or lightly used shoes to those in need between 12/1 and 12/16.

Drop Off Locations:

Mission Fitness Center:

Level 2

Sports Center:

Recreation Office

3X3 TEAMS LEAVE IT ALL ON THE COURT

As the semester winds down, the three 3x3 Basketball leagues have come to a close. Three championship teams walked away with IM t-shirts and free pizza from Woodstock's Pizza. The Men's A league champion was Team Griffin, the Men's B league champion was the Three Amigos, and the Co-Rec champion was MK and the Boiz. All three championship games were close and well-played, and so a big congratulations goes to all the runner-ups as well. Thank you to everyone who played in the hard fought basketball season this semester, and we hope you look forward to 5x5 leagues beginning in the Spring semester. Once again, congratulations to our three winning teams! Remember you can always come to play, and leave a champion.



SERVING UP WINS



The Serving Cervezas are back to back intramural volleyball champions! Though they suffered a loss early in the season, they managed to bounce back in a big way, not dropping a single set in the rest of their matches. The team was missing a few players in this title match, but proved they have excellent depth and ability.

In both games of the championship, the Cervezas reached early and sustained leads, relying on a strong outside attack, consistent setting, and many aces from the service line! Congratulations to them!

Woodstock's Official
of the Month



The Woodstock's Official of the Month for November is none other than Alex "The Law" Deddeh for her superior work as a volleyball referee. Despite being a new intramural referee, Alex has displayed a decisive and authoritative presence on the volleyball court while maintaining a fun game environment. Alex's skills as a referee make it seem as if there are two of her overseeing the volleyball court.

Alex is a junior studying Communications at USD. Not only does she officiate intramural volleyball, but she is a part of the revered intramural volleyball team "Hits Out for Harambe" as the team's outside hitter. Her presence on campus extends past the intramural program, and into other organizations at USD. She is the VP of the Improv Club and the team manager for Men's Rugby. In her free time, she performs improv comedy and brings her sense of humor to the intramural staff. Thank you Alex for your hard work and dedication to the intramural program!

SPORT CLUB SPOTLIGHT: WOMEN'S CLUB LACROSSE

THESE LADY TOREROS ARE READY FOR ANOTHER SEASON OF SUCCESS

When senior captains Danielle Sileo, Constance Olmert, and Hannah Stoever were asked if they had grown close over the past four years of playing Club Lacrosse, they just looked at each other and laughed. They then explained that becoming close was inevitable, as they spend nearly every day together, both on and off the field. Danielle, Constance

So far, [the season] is looking promising.

and Hannah have played lacrosse together since their freshman year and, coincidentally, all three come from the East Coast.

They have been through a lot together, including several shifts in their coaching staff. With the team, they have traveled to San Francisco, Santa

Barbara, Arizona, Los Angeles and everywhere in between.

Women's Club Lacrosse has had a successful past few seasons making it to playoffs two years ago and winning their division last year. The ladies are hoping that this season is just as fruitful. So far, it is looking promising, according to the three captains.

Currently, the team is in the midst of the much more mellow fall season, but they are all looking forward to the spring. Although it will be bittersweet, these girls are excited to go all out for their final season.

Support Women's Club Lacrosse and other Sport Clubs by attending a game! Stay up to date on the schedule and support your fellow Toreros!

*It's the Season to
Have Fun*



Did you love playing sports in high school? Are you competitive? Do you thrive in a team environment?

If so, try out for a Sport Club team in 2017!

Visit the Sport Club website today for more information!



USD Graduate & Law Student

Wellness Connect Week

December 5th-9th 2016



Motivation Monday

12/5

Massage Therapy 11am-4:00pm
Enjoy a personal massage!
SLP 401 Grad Law Commons

Sunset Yoga 4-5:00pm
Yoga sunset session on the roof
SLP 5th Floor Rooftop



Nutrition Wednesday

12/7

Bagel Breakfast 9-10:00am
SLP 401 Grad Law Commons

Afternoon Snack Break 2-4:00pm
Stop by and grab a free snack!
SLP 401 Grad Law Commons

Sunset Yoga 4-5:00pm
Yoga sunset session on the roof
SLP 5th Floor Rooftop



Rejuvenation Tuesday

12/6

Mindfulness Meditation 12-1:00pm
Enjoy a restful lunch meditation!
SLP 401 Grad Law Commons

Sunset Yoga 4-5:00pm
Yoga sunset session on the roof
SLP 5th Floor Rooftop

Restoration Thursday

12/8

Massage Therapy 11am-4:00pm
Enjoy a personal massage!
SLP 401 Grad Law Commons

Sunset Yoga 4-5:00pm
Yoga sunset session on the roof
SLP 5th Floor Rooftop

Events Sponsored by



It's the Season to Give Back



#ToreroTuesday might have passed but there are so many more opportunities to give back to the USD community!

Check out the USD Change Funding site to choose which program you want to help out!

SPRING 2017 REC CLASSES

When school and work get more demanding, it can be easy to let your workouts fall by the wayside. However, it's so important for both your physical and mental health and wellbeing to stay connected with those fitness goals.

Make fitness a priority in 2017 and sign up for a USD Campus Recreation Rec Class. All of the over 60 classes offered can be taken as either credit (0.5) or non-credit.

Group fitness classes are a great way to stay active, meet new friends and learn something new. Class options include dance, yoga, martial arts, indoor cycling and more.

To sign up for credit, use your MySanDiego portal. For non-credit

registration, go to the USD Campus Recreation website. Sign up before February 2 and stay fit all semester!



SELF-CARE IS KEY TO FINALS SUCCESS!

TAKE CARE OF YOU!

**SLEEP WEEK
DECEMBER 5-9**

Watch for sleep tips and goodies around campus all week!

**STRESS LESS STATIONS
DECEMBER 5-16**

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
DECEMBER 13**

12:00 - 2:00PM in front of the SLP
Take a paw 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

TAKE CARE OF YOURSELF DURING FINALS

MAKE YOUR HEALTH A PRIORITY

Don't let your health slip due to the stress of finals! helps brain function, memory and improves focus.

Although it may seem like you need to dedicate every hour to studying, it is just as important to focus on your mental and physical health as it is to hit the books. **Take time to unwind** and give yourself a break by enjoying healthy snacks or doing a craft.

Relax with a furry friend. Petting or playing with an animal is a great way to help minimize stress.

Make sure you get plenty of sleep leading up to finals. Studies have shown that getting enough sleep

QPR TRAINING

We have had another successful semester on campus raising awareness about mental health and suicide prevention with nearly 150 students, faculty and staff having completed QPR or Kognito training since August - way to go!

If you have not yet had an opportunity to attend a QPR Suicide Prevention Training, we have our final session for this semester coming up on Thursday, December 8th at 12:30PM in Serra Hall Room 209.

QPR (question, persuade refer) Suicide Prevention Training is a one-hour in-person session that covers warning signs of suicide, how

to ask someone if they are considering taking their own life and how to refer them to the resources they need for help.

You might also consider taking Kognito: At Risk, an online, interactive and self-guided suicide prevention program that allows you to learn about warning signs and resources at your own pace.

We encourage you to attend this final QPR training of the semester or take Kognito: At Risk, if you haven't had a chance to do so yet. Or maybe you are ready to re-certify in order to refresh your skills. Either way, register today!

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 WORKSHOPS

QPR • QUESTION, PERSUADE, REFER • TRAINING

LEARN THE WARNING SIGNS OF SUICIDE

HOW DO YOU RESPOND WHEN YOU NOTICE A FRIEND:

- GIVING AWAY POSSESSIONS?
- FEELING HOPELESS, DESPERATE, TRAPPED?
- TALKING ABOUT WANTING TO DIE OR SUICIDE?

Join us at an upcoming **QPR training Session** to better understand how to question, persuade, and refer someone to help!

Thursday, December 8
12:30-1:30 PM
Serra Hall Room 209

LIGHT LUNCH PROVIDED!

REGISTER FOR THE NEXT QPR TRAINING SESSION NOW AT:
www.sandiego.edu/youareusd/suicide-prevention/qpr

YOU ARE USD
www.sandiego.edu/youareusd

December is upon us and the end of the year is getting closer every day. You've pushed yourself all semester, and you've made great progress towards achieving your goals, but the work doesn't end here! It's now time to finish strong and go out with a bang as you look forward towards 2017. A new year always brings new goals and exciting changes to look forward to. But before you get all tied up in preparing for what's to come, now is a great time to look back on the previous year, enjoy one last adventure with your friends, and say cheers to another completed semester.

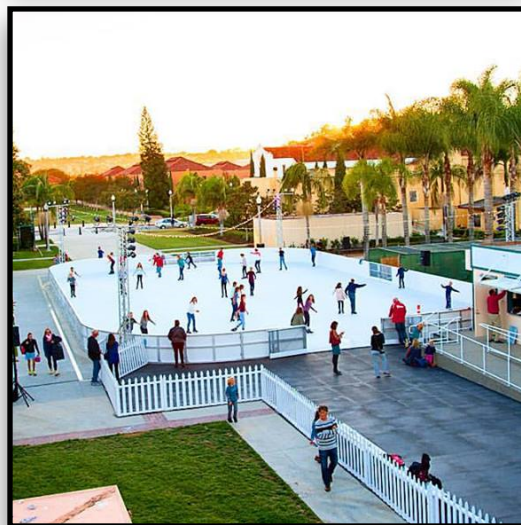
ICE SKATING IN SAN DIEGO

The stress of finals, shopping for friends and family, and the unseasonably warm San Diego weather can make it a challenge to get excited for the holidays. Even though December can be a hectic month, it's always a good idea to take some time to relax with a fun activity. Ice skating is a great way to take a break from the chaos and have one last outing with your friends before the semester ends. It's also the perfect opportunity to capture a great Instagram moment while getting a workout in!

What's better than combining summer with winter? Skating by the Sea in Coronado is the only beachside ice skating rink in San Diego. Part of the proceeds also goes to Make-A-Wish-San Diego. For ticket prices and hours, visit the Hotel Del Website.

Another great option a little closer to campus is Fantasy

on Ice located in Point Loma. Fantasy on Ice also partners with Rady's Children's Hospital-San Diego. For ticket prices and hours, visit the Fantasy on Ice website.



*It is the Season
to Reflect*

As the year comes to an end, now is a perfect time to look back and reflect on everything that has taken place. Research done by the Harvard Business School shows that the link between learning-by-thinking and greater performance is explained by self-efficacy. A personal evaluation of one's capabilities can help attain designated goals.

So, take a few minutes, and ask yourself these questions:

What is something I did this year that I will remember for the rest of my life?

"Creating memories is a priceless gift. Memories will last a lifetime; things only a short-period of time." -Alyce Edrich

What have I learned about myself this year?

"The better you know yourself, the better your relationship with the rest of the world." - Toni Collette

For what am I particularly grateful?

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for."- Epicurus

HEALTHY HOLIDAY DRINKS

*TREAT YOURSELF TO BETTER HEALTH THIS
HOLIDAY SEASON*

While it may not be freezing outside, winter drinks are good for more than just warming you up on a chilly night. They can also help digestion and boost immunity which is especially important in the midst of flu season! Here are a couple of great winter drink options recommended by Janet McKenzie, a naturopathic doctor at [Summit Natural Health Center](#):

Ginger Tea

Ingredients:

3 ounces thinly-sliced ginger root

1 cup water

Directions:

Boil and then strain. Add honey to taste.



Hot Apple Cider with Cinnamon

Ingredients:

1 cup cider and a cinnamon stick.

Directions:

Pour cider and add cinnamon stick.



*It's the Season
to Be Fit*

Don't forget about
fitness during finals!

Join us for selected FREE
GroupEx classes!

Check out the schedule
and plan to de-stress
during finals.

Free classes will be
offered between 12/13
and 12/19.

Space is limited, so
arrive early!

PATRON SPOTLIGHT: MADDY NELSON

The Mission Fitness Center's Patron Spotlight for the month of November is Maddy Nelson. Maddy is a junior and is a Resident Assistant for freshman students in the Mission A residence halls. Maddy's mom has been a big motivator in helping her keep up her exercise routine. Her mom taught her that the mind, body and soul all need to be taken care of in order to create

balance. She loves the way working out makes her feel, which helps her lead an active lifestyle. Maddy also loves seeing her friends at the MFC whenever she comes in to work out. Her favorite ways to stay active include outrigger canoeing along with regular TRX training. Maddy is always focused on the big picture of improving her health and wellbeing. Way to go Maddy!



INSTRUCTOR SPOTLIGHT: SAM DAVIS

*WE SAT DOWN FOR A Q&A WITH ONE OF USD'S
EXCELLENT FITNESS PROFESSIONALS*

What inspired you to be a personal trainer?

I became a trainer when I served in the Navy and was stationed in Florida. As a Hospital Corpsman I already helped save lives, but I wanted to help others with fitness. I was working out at gym and the head trainer asked me if I was interested in working at the club as a trainer since he knew I was in the Navy. I took the opportunity and been certified since 1995.

"Working smarter adds a sense of accomplishment, making working out more rewarding and easier to keep doing."



How do you maintain a healthy lifestyle?

I work out 6 days week focusing more on cardio than lifting weights. I used to be a bodybuilder and was fortunate enough to work with USMC bodybuilders and judge a few contests. I made the mistake of taking supplements which later lead to me suffering 2 mini strokes. I was blessed and fit enough not to lose my mobility on my right side. I would advise people to beware of supplements and taking short cuts to get bigger muscles fast.

How do you stay healthy during the holidays?

Most people hear the advice to eat in moderation over the holidays and watch their alcohol intake. I would add that people should be more always be aware of their sodium intake. The daily sodium intake should be 2,300 milligrams a day. Most people ingest 3,400 milligrams of sodium. Excess salt lurks in things like cured meats (bacon), processed meats, butter, cookies, sweet blend coffee, turkey that brine for flavor and certain cheeses. My suggestion is to eat more veggies and healthy fruits that contain potassium. An intake of 4,700 milligrams a day will balance sodium intake.

Intersession 2017 GroupEx

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates Mat 1:00-1:55pm	Yoga 12:30-1:25 pm	Pilates Mat 1:00-1:55pm	Yoga 12:30-1:25 pm	Restorative Yoga 12:30-1:25 pm
Zumba 5:30-6:25 pm	Vinyasa Yoga 5:30-6:25 pm	Total Body Workout 5:30-6:25 pm	Vinyasa Yoga 5:30-6:25 pm	

January 3rd- 23rd

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/inter-session-class-schedule.php

being well
@ USD

New Year, New Goals!

Start off the new year strong with new fitness opportunities during Intersession!

USDFIT EMPLOYEE OF THE MONTH: SARAH BENNETT

The Mission Fitness Center Employee of the Month is Sarah Bennett. As a returning team member, Sarah upped her MFC game this semester by co-leading the Scheduling & Staff Development team as a Project Supervisor. Sarah has balanced her role at the MFC with her new RA position this year and still finds time for her academic responsibilities. She's distinguished herself through her work recognizing our staff's accomplishments and helping build community. A lot of her work

is done behind the scenes and we want to take this opportunity to acknowledge all she does. Our new employees have reached out to her for help during their shifts and she always does a wonderful job explaining how to respond to various situations. We all enjoy the that extra little flare she adds to the MFC through her bright personality and all-in mentality! Sarah proactively communicates and consistently gives her best to support the success of the Mission Fitness Center. We are so lucky to have her on our team!

Favorite Food: Jalepeno Chips
Favorite Exercise: Doing monthly tasks
Special Talent: I can do the splits!
Fun Fact: I went surfing once.



Sloane has been working at Campus Rec since her freshman year. She is currently a Project Supervisor on the Business Team. Sloane has shown great dedication to the Campus Rec team and always goes above and beyond in her work. Here are a few fun facts about Sloane!

CREC EMPLOYEE OF THE MONTH: SLOANE BOOTERBAUGH

What is your favorite part about working in CREC?

Being able to work with so many diverse and amazing student employees and supervisors!

- What are your plans after graduation?

Taking off a year before (hopefully) going to medical school-- so far I have applied to teach in Haiti for a year.

- What is your favorite holiday tradition?

Watching "It's A Wonderful Life" with my parents and brother on Christmas Eve

- Fun fact about you!

I went cow tipping when I was growing up in Idaho.



THANKSGIVING ADVENTURES IN THE BLACK CANYON

SENIOR ANGELA HESSENIUS REFLECTS UPON HER EXPERIENCE ON OUTDOOR ADVENTURES' THANKSGIVING TRIP TO THE COLORADO RIVER.

In my opinion, there's no better way to spend a holiday about gratitude than exploring one of our country's most beautiful and important rivers and soaking in hot springs with a group of unbelievably awesome people.

After departing from USD on Tuesday afternoon, we woke early Wednesday morning underneath the desert canyon walls and embarked on our seven-mile paddle upstream on the Colorado River to Arizona Hot Springs, which would serve as our home base for the next three nights.

On Thursday, we spent the morning hiking and exploring the canyon, practiced some restorative yoga on the banks of the river, and returned to our campsite to enjoy a full Thanksgiving feast along with each other's company.

After dinner, we had an outdoor movie night watching the first part of the documentary *Killing the Colorado*, to learn about San Diego county's water use and dependence on water from the Colorado River.

On Friday, we were back in our canoes paddling even further upstream to where we could get a glimpse of the Hoover Dam. On our way back to camp, we stopped at three more hot springs before returning for another night of delicious food and fun.

Saturday morning we ventured to one last hot spring and waterfall before paddling out and saying goodbye to the river. We had the

opportunity to go see the Hoover Dam up close before heading back to our new campsite on Lake Mead.

On Sunday morning, we made the most of our last day with an epic pancake breakfast and meditative reflections on the shores of Lake Mead.

I am so grateful for the family we formed over the course of the trip, the beautiful Colorado River that not only provided adventures for us on this trip but sustains life for millions of people, and the restorative healing effect that being part of an open, accepting community and spending time in nature provides.

*"I am so grateful for
the family we
formed over the
course of the trip"*





GRAD WELLNESS CONNECT: GRAD AND LAW STUDENTS JOIN CAMPUS REC IN THE GRAD/LAW COMMONS DECEMBER 6-8!



SPRING 2017 SCHEDULES: PLAN FOR FITNESS THIS SPRING AND SIGN UP FOR A REC CLASS FOR CREDIT OR NON-CREDIT.



FINALS GROUP EX: DE-STRESS AND UNWIND WITH FREE FINALS CLASSES. CHECK OUT THE CLASSES BEING OFFERED.



HAVE A SAFE AND FUN WINTER BREAK! WE WILL BE CLOSED DECEMBER 23- JANUARY 2. PLEASE CHECK THE WEBSITE FOR UPDATED HOURS DURING FINALS!

Follow us on Social Media!

