



# USD Campus Recreation News

## BELLY DANCING WORKSHOP!

Let your inner spirit shine in this special one-night workshop!

**Why:** This class will not only be a great workout, but it will also teach you about body awareness through isolated movement, and help improve concentration through continuous, coordinated rhythmic motion.

**When:** Tuesday, 3/25 from 8-9pm

- Register by: 3/24
- \$8 per person
- No previous dance experience is needed to take this class



Register at: [www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation)

### THE MORE YOU KNOW:

Here are 5 secret ways exercise can help college students:

- ✓ Feel less anxious about upcoming tests
- ✓ Help prepare and study for finals
- ✓ Replenish brain cells
- ✓ Boosts Immune System
- ✓ Helps clear up facial acne

These are just the tip of the iceberg on how exercise can help you as a student! Exercise has many other benefits so check out the complete article can be found at:

<http://www.campuscircle.com/revie w.cfm?r=16979>

So come on and join us and find what **MOVES** you!

### Inside this issue

Intramurals & USD	Pg. 2
Sport Club Happenings	Pg. 3-5
Wellness Corner: Meet the trainer, Patron of the Month & Spring into Fitness	Pg. 6-8
Pump it Up! Women & Weights	Pg. 10
Fall 2014 Recreation Schedule	Pg. 11
All Star Employees	Pg. 12
Extended Calendar	Pg. 13

## Intramural @ USD

### Road to the Championship

Intramural Men's 5x5 Basketball tipped off with an intense match-up of the past two league champions: "Stroakin' Threes" Spring 2013 Champions vs. "Taylor Gang" Spring 2012 Champions. This game was sure to be an instant classic. "Taylor Gang" got off to a hot start with help from Alex Peyser's three-point shooting and took a double digit lead early in the game. "Stroakin' Threes" fought back to get in the game but couldn't overcome the early deficit. "Taylor Gang" got the W at 61 to 47.



### Three-peat???

Two time Co-Rec Soccer champions, "Team Purple", is at it again. They are off to a 3-0 start, thanks to the leadership of team captain, Shane Fontaine. The team is on a mission to defend their title and then compete in the first annual San Diego Extramural Championship series against the champions from Intramural Leagues at SDSU, UCSD, and Cal State San Marcos. First they have to get through a tough league here at USD because "The Snipes" and "Dirty Deed" are gunning to take the title away from them.

### Grad/Law Intramural Softball

Coed Grad/Law IM Softball was off to a flying start in February with 18 teams battling for the coveted USD Championship Trophy and t-shirts. Returning champions, "The North Koreans," are undefeated thus far, but have faced stiff competition including a brand new spring team, "The Dirty Briefs." The North Koreans needed a last inning walk-off hit to secure the victory against the new addition to league in week one. Last season's runners up, "Low Expectations," have crushed their opening two opponents, "Sandlawt" and "Intentional Battery" en route to the league's highest run differential thus far of +27. This spring semester marks the final season for many of our participants as they plan on graduating in May. We have already seen a triple play, a 325-foot homerun and a 1-inch single. With a new team in the mix and the late-game drama at historically high levels, this season looks to be one of the most unpredictable yet. Grad/Law Softball plays Thursday nights from 7-11pm down at Manchester Field, come check out the excitement for your self!



## Sport Club Happenings

### Dance Company

University of San Diego's Dance Company, a completely student-run organization, is absolutely killing it this semester! Our first major performance was in Kappa Delta's Shamrock-n-Roll on Thursday February 27th. Shamrock, an event that raises money for the organizations *Prevent Child Abuse America* and *Promises2Kids*, is a competition that consists of groups not only dancing but lip-syncing as well. Dance Co competed against sororities and fraternities to a Beyonce/Destiny's Child mix and ended up winning 1st place in the competition! The turnout was great and we received rave reviews! That isn't the only thing that is happening with Dance Co this semester. After Spring Break we will be performing at USD's *Relay for Life* on the Valley Field, which is taking place on March 21st and 22nd. Finally, we 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 such as jazz, contemporary, hip hop, ballet, and so much more!

If you have any questions or comments, please contact the President of USD Dance Company Kim Woodbury at [kjwoodbury@sandiego.edu](mailto:kjwoodbury@sandiego.edu) ☺

- By Kim Woodbury



### Club Ultimate Frisbee

This semester we were able to recruit some more people through the Alcalá Bazaar and have been working on getting everyone up to speed on offensive and defensive plays. We diligently prepared for our first tournament of the season at San Jose State, March 15th and 16th, where we played against the likes of Cal Poly Pomona, Chico, Sonoma, Cal, Stanford, Sacramento state, University of the Pacific, and SJSU. In the near future we look forward to competing in Sectionals held in Claremont, a tournament at UC Irvine, and we will be holding a scrimmage against UCSD on campus, so make sure to come check us out! Also, Like us on our Facebook, [Facebook.com/usdultimate](https://www.facebook.com/usdultimate), to keep updated on the team. Interested in joining the team? Let us know by sending us a message on Facebook! All skill levels welcome!

- By Jordan Denecour

## Sport Club Happenings

### Cheer Club

Club cheerleading is back again and starting to do big things! One of the primary goals as a club team is to compete against other cheerleading teams and/or clubs. We are proud to say that on March 30th we are going to compete at the Encore championships at the San Diego Convention Center. Eleven girls have chosen to compete as USD club cheer and have taken on many extra practices with our awesome coach, Deija. We are competing as an exhibition team, not looking to be ranked, but rather to gain experience performing on stage in front of hundreds of people. For many of our girls this will be reminiscent of high school cheer, but for some it will be their first time competing! In addition to this exciting event for us at the end of the month, we also will be continuing to promote school spirit at USD. We continue to attend many Sport Club contests and cheer our teams to victory. In addition to these games, we were honored to be asked to perform at USD's Relay for Life on March 22nd. We can't wait to pump up the walkers at Relay for Life while they participate in such a great cause! Cheers for now...

Love, USD Cheer

- By Ashley Genoese



### Club Women's Lacrosse

Women's club lacrosse is doing fantastic this season. We have won 5 games and lost 2, both of which were tough and close games.

Only hours after a game at our Santa Barbara tournament, our head coach, Melissa Kulpa, went into labor! Goalie Carly Matsumoto (captain) drove her back to San Diego and stayed with her until the delivery was complete. Her first baby, Brady, is perfect and we all love him! In the meantime, we have a new assistant coach, Greer Goebels, who has done a wonderful job thus far.

We are all currently in the process of hardcore fundraising, because the weekend after spring break the team will fly to San Francisco to play UC Berkeley and UC Davis!

- By Juliana Lyons

### Running Club

The USD running club is an organization intended to support fitness and exercise throughout the USD community, provide opportunities for socializing and mingling between members, and focus on competing in a safe, friendly environment. We would love to have you join in on the fun. If you have any questions or concerns please email our general manager, Roisin, at:

[roisinobrien@sandiego.edu](mailto:roisinobrien@sandiego.edu) or [amendes@sandiego.edu](mailto:amendes@sandiego.edu).

- By Ashley Mendez



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## Sport Club Happenings

### Baseball Club

The USD Club Baseball team has been off to a fantastic start this season. The team is coming off a 5 game win streak, and is ready for conference play to begin! After having a roster of just 10 players last spring, club baseball is strong and healthy increasing their numbers to a solid 21. There is a lot of talent on the team this year, and they are hoping to make it to playoffs in Cedar City, Utah and hopefully Paducah, Kentucky for the World Series. The first conference games will be on the road at Cal State Northridge on March 22-23. The Toreros will then be making their next home appearance at Francis Parker High School, Saturday March 29 and Sunday March 30 against Arizona State University. Come out to support your fellow Toreros as they advance down the road to Kentucky! Details about home contests and our team can be found here: [www.torerosbaseball.blogspot.com](http://www.torerosbaseball.blogspot.com). Also, follow our Twitter page: @USDClubBaseball!

- By Reid Wagner

### Club Men's Lacrosse

USD Men's Lacrosse has had a promising open to their 2014 season with a 4-2 overall record and 1-0 conference. In our road trip to the Bay Area, we had a narrow 12-11 loss against Rank No. 15 UC Berkeley and a commanding 20-6 victory over UC Davis. At home, we had an impressive 13-6 victory against Loyola Marymount University and a win against Utah Valley University. The team is looking forward to the rest of the season with many challenges ahead including a difficult schedule precluding conference games. The outcome will determine whether the team will make playoffs for the 2014 National Championship tournament in Orange, CA. With one current win in the conference, we need another win against upcoming opponents Grand Canyon University on Sunday, March 23rd, Arizona State University on Friday, March 28th or SDSU on Friday, April 18th. A win will secure out spot in the tournament! The teams' next game is on Friday March 21st at 8:00 pm against Chico State. We hope to see you out there cheering us on!

- By Brian Lynch



### Student Club Member Feature Story

Jordan Denecour is a senior here at University of San Diego. He didn't start playing Ultimate Frisbee until he came to USD his freshman year. He spent his freshman and sophomore year learning the game of Ultimate, only to take over as Captain and President his junior and senior year.

Last December, Jordan and his brother Caleb traveled to Mexico City to participate in an end of season tournament with Mexico's National Championship mixed team, Slash. Due to Jordan's incredible play, leadership, and fun persona, Slash extended an invitation to join their team in Lecco, Italy this August. In Lecco, he will compete in the World Ultimate Club Championship (WUCC) 2014 with the best Ultimate players in the world!

The World Ultimate Club Championship (WUCC) is one of the most competitive Ultimate Frisbee tournaments in the world that features over 150 teams across 5 divisions (Men's, Women's, Mixed, Men's Masters, and Women's Masters) from roughly 50 countries. In order for a team to qualify, they must compete in their Country's National Championships and finish as one of the top teams (in the US Men's Division, over 250 teams competed for 4 spots). Due to the size and competitive nature of the tournament, it's only hosted once every 4 years (similar to the Olympics).

- By Nicole Charnock

## The Wellness Corner

### Meet the Trainer!



With over fifteen years of diverse personal training experience, Pam Iuppa has been welcomed into the USD community with open arms. She discovered strength training from a doctor's suggestion to help her face a medical challenge. She went beyond defying odds with her own fitness and unfolded an inspired career helping others discover their inner athlete. Pam's vast specializations include: TRX training, core conditioning, adventure readiness, diabetes management, senior needs, stroke-post rehab, multiple sclerosis, cerebral palsy, traumatic brain injury and more! Pam is excited to continue her journey here at USD, appreciating the array of friendly faces and openness to suggestions. No matter what your level of experience, interests or individual goals, Pam is passionate about tailoring her sessions to fit your personal needs.

**What to expect when you train with me:** My passion is developing the athlete that resides in everyone. Together we can find the activities and routines that will match the goals of each person, helping them to enjoy the rewards of excellent health. I am committed to taking your goals and making a specific plan to reach them. By listening carefully to histories, wishes, past experiences, time constraints and injuries, we can develop a plan that WILL be successful. I like to talk about what clients want to do in real life, like hike a mountain or swim—anything in general that they would like to be able to do—and I help them to meet these goals in each session. I cater to you, tailoring the workout to fit the individual person. We will choose one rock at a time; one aspect to get familiar with, adding to it each time so it can be the most successful gym experience. It's all about the journey, so we will keep looking forward.

**Favorite exercise:** Offset lunge press—they challenge everything!

**Favorite quote:** “It always seems impossible until it is done.” ~Nelson Mandela

**For more information on our University Fitness (USD FIT) Personal Training program, visit our [USD Personal Training website](#).**

## The Wellness Corner



# Spring into Fitness Specials

### Personal Training Team



### Personal Training Special

Through March 28th, enjoy our **Spring 4-Pack Special** offering four individual personal training sessions for only \$99 - less than \$25/session!

For more info, visit the [USD Personal Training website](#).

Our nationally certified Personal Trainers design unique programs tailored to individual needs that efficiently maximize fitness success. Regardless of fitness level or experience, our trainers are eager to help their clients achieve their fitness goals and improve overall health and wellness.

## Half Off Group Exercise Special

Starting March 17, our popular Group Exercise semester memberships will be available at 50% off the original price.

[Employee Group Ex. Program](#) (now only \$27.50) includes [15 weekday and early evening \(starting as late as 6pm\) classes](#) for all USD employees.

[Total USD FIT Group Exercise Program](#) (now only \$42.50) is open to the entire USD community and offers additional classes in the later evening and weekends.

Membership provides access to a wide variety of fun classes on campus with expert instructors and motivated peers. *Spring* into a new season of fitness and prepare for a better summer ahead!

Let's be fit together.

## GROUP EXERCISE IS NOW HALF OFF!

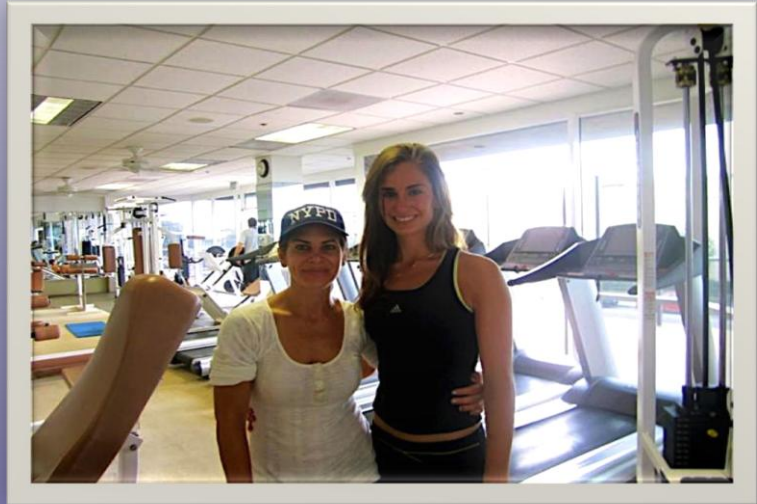


***“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”***

Start today. [Register online](#).

## The Wellness Corner

*"Strength does not come from physical capacity. It comes from an indomitable will."  
--Mahatma Gandhi*



# PATRON OF THE MONTH MISSION FITNESS CENTER

## Jennifer Newman

Jen is a Sophomore here at USD & when she isn't working out she spends her time doing an internship at a startup in downtown San Diego. Jen shared with the MFC Team some of her workout inspirations and motivations.

Q: What motivates you to lead a healthy lifestyle?

A: I am fortunate enough to have a loving and supporting family that additionally serves as a role model to live healthfully. My grandpa for example works out every day and has more muscle mass than most people I know.

Q: What do you love about the Mission Fitness Center?

A: I love the environment, the employees, the cleanliness and the effort put forth in encouraging students to use the facility.

Q: What is your favorite way to stay active?

A: I am a sports fanatic and a fan of the outdoors. Anything from throwing a football to a scenic hike makes my day.

Q: What motivates you to come to the gym?

A: A personal goal of mine is to be the best version of myself everyday; working out at the gym is how I physically achieve that. (I also have a huge appetite to keep up with!)



## Pump It Up: Women & Weightlifting

With the rising popularity of training programs like CrossFit and a collective, widespread interest in finding the most efficient and effective way to build a better body, the number of women integrating weightlifting into their regular exercise routine is growing exponentially. However, for some women, weightlifting still conjures images of frighteningly tan female bodybuilders and weight machines that closely resemble medieval torture devices. To combat these lingering fears, we've put together a list of just a few of the reasons why women should consider lifting.

### 1. Lean Out (Not Bulk Up)

Multiple studies have concluded that even a moderate weight training program (two to three sessions a week) over a six month period can have a truly significant impact on a woman's body; all of the women in these studies saw a gain in muscle strength of at least 20 percent (though some experienced up to a 50 percent increase in muscle strength), and most of these women also saw a decrease in their body fat percentage. Researchers also found that unlike men, women typically don't see dramatic gains in size from strength training, because compared to men, women have 10 to 30 times less of the hormones that cause muscles to "bulk up." Women do, however, develop muscle tone and definition.

### 2. Improve Athletic Performance

Obviously an increase in muscle strength is going to shine through in athletic performances, but the degree to which it does is astounding. Golfers can significantly increase their driving power. Cyclists are able to continue for longer periods of time with less fatigue. Skiers improve technique and reduce injury. Whatever sport you play, strength training has been shown to improve overall performance as well as decrease the risk of injury. A well-rounded weightlifting program should target all major muscle groups, which allows all of the muscles to develop in proportion to each other and is crucial for athletes whose sports primarily only utilize a few select muscle groups. A proportionate muscle composition means that there are fewer incidences of overdeveloped muscle groups compensating for weaker elements of the body, and thus a lower risk of injury to both muscles and joints.



Pictured Above: Women's weight training class, Spring 2014.

### 3. Strong Body, Strong Mind

A Harvard study found that 10 weeks of strength training reduced clinical depression symptoms more successfully than standard counseling. Women who strength train commonly report feeling more confident and capable as a result of their program, both of which are important factors in fighting depression. Exercise in general is excellent for balancing brain chemistry and improving low self-esteem, but weight training in particular is fantastic for a woman's psyche because of the sense of independence it imparts. One poll suggests that women who weight train feel far more capable of defending themselves, both verbally and physically, in a variety of scenarios in comparison to the women who do not weight train.

Still not convinced that weight training and women make a powerful pair? We suggest that you talk to one of the women in this semester's CREC Weight Training and Fitness class for their perspective.

- By Natalie Thompson

# The Poetry of Yoga Workshop

Let loose your inner yogi spirit with this one-night only spoken word yoga workshop.

Participants will enjoy a series of yoga Vinyasa flow mixed in with spoken word poetry about the connection between the mind, body & breath.

✧ **Tuesday, 4/29**

✧ **\$8 per person**

✧ **8-9:15pm, MFC 108**

✧ **Must register online  
by 4/28**



[www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation), 619-260-7751

Take advantage of this amazing one-night opportunity to explore your world both physically and via the spoken word! Only room or the first 15 registrants so register early!

Register here by 4/28: [www.sandiego.edu/campusrecreation/registration/programs.php](http://www.sandiego.edu/campusrecreation/registration/programs.php)

Fall 2014 Recreation & Fitness Schedule is Here!  
Come and find what *MOVES* you!

# FALL 2014 Recreation Classes

**\*Registration  
begins April 1<sup>st</sup>!**

Over 70 classes to choose from:

- Aquatics
- Martial Arts
- Recreation/Fitness
- Wellness
- Dance

Credit & non-credit options available

Credit registration opens 4/1

Non-credit registration opens 3/1

**Check out the schedule online!**

[www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation), 619-260-7751

Check out the complete fall 2014 class schedule and review registration information:

[www.sandiego.edu/campusrecreation/recreation\\_classes/class\\_schedule.php](http://www.sandiego.edu/campusrecreation/recreation_classes/class_schedule.php)  
[campusrecreation@sandiego.edu](mailto:campusrecreation@sandiego.edu), 619.260.7751



## Spot Light Awards

### Campus Recreation Employee of the Month

The Campus Recreation Employee of the Month for February is Carley Nagel! Carley is a senior from Rancho Cucamonga, CA and has been working for Campus Recreation since the start of her sophomore year. She is a Student Coordinator for Competitive Sports & Sports Clubs and her favorite part of working for Campus Rec is being around her co-workers. She says, "My team is the best! We all work so well together and it makes work very easy and fun." When asked to comment on Carley's work ethic, her co-workers had nothing but positive things to say. One member of the Campus Rec staff said, "She's so dedicated and always a positive driving force on the (CREC) team." When Carley, a Biology major, has a rare moment of free time, she loves to watch football and motocross, train for her upcoming half-marathon, and spend time with her friends. In terms of her plans for after graduation, Carley hopes to attend graduate school and eventually do research in genetics. In the two years she has been a part of the CREC family, Carley has become an invaluable employee, and to many, an invaluable friend! Congratulations, Carley! Thank you so much for everything you do!



### USD FIT Employee of the Month

Congratulations to our Mission Fitness Center February Employee of the Month, Wade Bennett! Wade is a Freshman who began working at the MFC during the fall. As a member of the Marketing team, he quickly learned about the many aspects involved in helping promote our University Fitness (USD FIT) programs. Not only is Wade extremely well rounded, but he is also so friendly. He is known among his coworkers for his great attitude and willingness to perform any task. He also created the first USD FIT Group Ex. video to help our campus community learn more about our classes from the perspective of participants. This project spanned over the Fall 2013 semester and featured many fitness classes and interviews with participants. Wade's Team Leader, Meredith Higa, said "The marketing team involves so many different tasks from distributing flyers and managing registrations to creating videos...Wade knows how to do essentially everything. He's really versatile and willing, and on top of that, he produces quality work and is so friendly, laid back, and easy to work with!" Thank you for contributing to our most successful semester to date, Wade!

*"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results." - Wade Boggs*

## Extended Calendar of Events

Event Name	Date/Time	Information
Club Men's Lacrosse Vs. Chico State	3/21, 8 PM	Support our boys in blue on Friday the 21st Vs. Chico State. Manchester Field. Free!
Club Tennis Vs. SDSU	3/22, 12 PM	Watch as our club tennis team serves up victory against SDSU. East Tennis Courts. Free!
Advanced Yoga Workshop	3/23, 6-7:20pm	Strike a pose in this athletic Vinyasa flow workshop that will focus on advanced poses and inversions! \$8 per person. Must register online by 3/20.
<a href="#">Belly Dance Workshop</a>	3/25, 8 PM	This workshop will explore your inner dancer as you groove and connect your body to your spirit! 8 per person. Must register online by 3/24.
Club Men's Lacrosse Vs. Santa Clara	3/30, 9:30 AM	Come out to support our club team on Sunday the 30th. Manchester Field. Free!
Club Women's Lacrosse Vs. Univ. of Arizona	3/30, 12:30 PM	Watch as our ladies shoot for a W versus University of Arizona on Sunday, March 30th. Manchester Field. Free!
<a href="#">Poetry of Yoga Workshop</a>	4/29, 8 PM	This workshop will provide participants with a yoga fusion class mixed with spoken word poetry about the mind-body connection. \$8 per person Must register online by 4/28.

For more info: [www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation), 619-260-4533, [campusrecreation@sandiego.edu](mailto:campusrecreation@sandiego.edu)



# Find what *MOVES* you!