



### Sport Clubs:

Tryouts, practice times and more! Pg. 2



### Intramural Sports:

Join a league (or a few!)

Pg. 3



### Group Ex:

Early Bird Pricing through 9/19

Pg. 7

Issue 1

Volume 12

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# Campus Rec NEWSLETTER

## PRIORITIZE YOUR HEALTH

***MAKE A COMMITMENT TO YOUR HEALTH ALL SEMESTER LONG!***

Whether you are an employee or a student, your planner is probably pretty full of reminders for meetings, class times or project due dates. With so many commitments heading into the semester, it may be easy to skip out on your workout routine, despite the proven benefits of exercise on health and stress-level.

It may be time to add one more thing to your planner, despite how full it may seem. Studies have shown that scheduling your workout as you would, say, a meeting, is one of the best ways to stay on track with your fitness goals even when you have a lot on your plate.

Working out has been shown to not only improve fitness level, but also increase focus in work or school and to reduce stress.

This semester, plan for your health and wellness and sign up for a Recreation Class. With over 60 classes offered per semester, there is something for everyone, whether you are looking for a high-intensity bootcamp, a calming yoga class or something in between.

Rec Classes also offer a unique opportunity where you are truly able to progress and build knowledge throughout the semester with the help of our experienced instructors.

All classes can be taken as credit (0.5 units) or non-credit. Register on your campus portal for credit or on the Campus Recreation website for noncredit by Monday, September 12 on the Campus Recreation Website.



**Follow Campus Rec  
on Social Media**





# USD CLUB BASEBALL: A STORY OF PERSEVERANCE & DEDICATION

**USD CLUB BASEBALL PERSEVERED THROUGH DIFFICULTIES TO ACHIEVE THEIR GOAL AS A TEAM**

After two seasons ending just shy of the World Series, the USD Club Baseball team set its sights on making it to the tournament in 2016. Unfortunately, the season started out with a few set backs, but the team was still

*By becoming friends...they started to trust each other*

determined to meet its goal. Through traveling together, practicing and just hanging out together at school, the team came together and started to really play for each other. By becoming friends off the field, they started to trust each other on the field and were able to take advantage of the talent they had on the team and use it to work towards their ultimate goal.

Once the Club Baseball team found out that

they had received the at-large bid to Regionals, it was really time to get to work. The teammates put in a solid 2 weeks of effort to practice as much as possible and once we got to the Regionals, it was all about shocking the world and

having an absolute blast doing it. The team showed up on the field and didn't stop hitting until they won the District 8 Regional and were on the way to the World Series out in Pittsburg, Kansas. The momentum continued in Kansas, with the team ending 2-2 in the World Series and coming in 4th in the nation. Overall, the season was a huge accomplishment and a testament to hard work paying off. It is a season

that no one on the team will ever forget.

Although the team lost 2 critical seniors from last year, they are determined to make it back to the World Series in 2017!

**IT IS A SEASON THAT NO ONE ON  
THE TEAM WILL EVER FORGET**

**Want to Join a  
Team?**

*Sport Club tryout  
dates!*



**Do you want to be on a  
competitive team, travel  
to other schools and make  
life-long friends?**

**Try out for a Sport Club  
this semester!**





# FALL INTRAMURALS @ USD

Are you looking for a way to stay active, compete and be social this semester? Then Intramural Sports are for you! Intramurals help students stay active during the school year and games provide a fantastic break from studies and class, as well as a way to meet new people or reconnect with old friends. Additionally, playing intramurals at USD is the most cost effective way to play in an organized sports league in San Diego – only \$20 per semester for as many sports as you can fit in your schedule.

Whether you are an all-star athlete trying to stay active, a beginner

**Intramurals  
help students  
stay active  
during the  
school year**



stepping onto the field for the first time, or somewhere in between, there is a spot for you on an Intramural team. Register as a team or join any of the sports as a free agent. Don't want to commit to a semester-long league? We also host single day tournaments throughout the semester. Registration deadlines, game times and location vary according to sport, so be sure to check the [schedule](#).

For more information on all of our leagues and tournaments, please visit our [website](#), follow us on [Instagram](#) and [Facebook](#), or contact Intramural Coordinator, [Brian Servetnick](#). Can't wait to see you on the field!

**"It provides you with opportunities to have study breaks in a super fun and productive way." - Rachel Diaz**

**"Great opportunity to continue playing sports in a laid back environment." - Nicole Jamshidi**

**Student Quotes**

# Exploring San Diego

With the fall season just around the corner, now is a great time to savor the last moments of actual summer (even though San Diego is 70 degrees year-round)! Although known for its amazing beaches, among San Diego's best kept secrets are the running and hiking trails. Running and a hiking are fun ways to switch up your typical workout and you can go alone or with your friends. Here are some of the best trails in San Diego!

## Lake Miramar

4.9 miles EASY

*Follow the path around Lake Miramar, starting and ending at the parking lot off Scripps Lake Drive.*



## Pacific Crest Trail

4 miles INTERMEDIATE

*Start at the Penny Pines monument about 27 miles up Sunrise Highway and follow the Pacific Crest Trail to Garnet Peak through Laguna Recreation Area.*

## Torrey Pines Trail

2 miles DIFFICULT

*Start in the Torrey Pines State Natural Reserve lot on North Torrey Pines Road and walk the steep park road into the park. There you have multiple options for routes to trace, including the Guy Fleming Trail or the Razor Point Trail.*

## WORKOUT OF THE MONTH: SWIMMING

Dive into fitness this semester! Soak up the sun and get your workout in at the Sports Center Pool this semester. Our popular [Master's Swim](#) program is a great way to add swimming into your workout routine and get feedback from a professional coach. Classes are Monday/Wednesday from 6-7 and Tuesday/Thursday from 5-6 and start August 31 and run through December 12. [Sign up](#) for two or four days a week, credit or non-credit. See you at the pool!



**For More Trails  
Visit:  
[sandiegohikers.com](http://sandiegohikers.com)**





# GET OUTSIDE WITH OUTDOOR ADVENTURES

*SIGN UP FOR THE OUTDOOR NATION  
CAMPUS CHALLENGE AND BE ENTERED  
TO WIN PRIZES!*

Here in San Diego, we are lucky to live in one of the few places where you can travel to the beach, the desert and the mountains all in one day. With that versatility comes countless opportunities to participate in outdoor activities.

From surfing to hiking to beachside yoga, San Diegans can truly enjoy it all.

In addition to being in one of the most outdoor-accessible places, USD students also have Outdoor Adventures as a resource and guide for outdoor fun. USD Outdoor Adventures provides knowledge of the outdoors, opportunities for activities and a supportive and friendly group environment to USD students. USD community members

can go on day trips and over night trips, check out equipment and so much more with Outdoor Adventures.

*"[the challenge is] about school communities and student bodies joining together to see who can get the most people outside and active."*

This fall, USD is competing in the [Outdoor Nation Campus Challenge](#), an annual competition hosted by Outdoor Nation that encourages students to spend time outside in a fun and competitive way. In 2015 USD finished 5th out of 90 schools across the country. This year, Outdoor Adventures hopes to increase the participation in this challenge and, ultimately, get more people outdoors!

Register this week for a chance to win [REI](#) backpacks and water bottles. The Campus Challenge competition is open to all members of the USD community including alumni and friends around the

country.

The competition begins Sept. 4th and there are sweet prizes being awarded each week including packs from [Osprey Packs](#) and [The North Face](#), sandals from [Chacos](#), and more. You have to be in it to win it! Download the Outdoor Nation app from the App Store or Google Play and register today!

Looking for  
more OA?

Check out the  
Fall 2016 trips!



From hiking trips to moonlight canoing, Outdoor Adventures offers something for everyone!



# BEACH VOLLEYBALL TOURNAMENT

Missing those long summer days  
spent at the beach?

Join us on October 1 and 2 for our annual Beach Volleyball Tournament with SDSU, UCSD and CSUSM and spend the weekend on the sand, soaking up the sun with friends. All teams are guaranteed 3 matches on Saturday in hopes of qualifying for the playoffs on Sunday. The games are 4x4, but subs are allowed. [Sign up](#) for FREE either as a team or an individual. Register by 9/26!



## GET ON THE GRASS

It is well known that USD boasts one of the most beautiful campuses in the country and includes many outdoor areas perfect for

recreational use. Campus Rec is encouraging USD students and staff to Get on the Grass and utilize these spaces to build community and stay active. On September 13, from 12:30-2pm, join Campus Rec on the Immaculata Lawn for outdoor games, snacks and fun with friends.



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 Sept 22**  
**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](http://www.sandiego.edu/youareusd/suicide-prevention/qpr)

**YOU ARE USD**  
[www.usd.edu/youareusd](http://www.usd.edu/youareusd)

## Staying Healthy @ USD

On September 1, Campus Recreation joined forces with other USD wellness groups to present a Wellness Fair with the goal of educating community members on the wellness opportunities available to them. Students and staff were able to learn more about programs such as Intramural Sports, Sport Clubs, Recreation Classes and GroupEx as well as explore resources provided by CARE, CHWP and the Counseling Center.

**USD HEALTH  
RESOURCES**

*YOU ARE USD*

*CHWP*

*CAMPUS REC*





USD FIT

Patron Spotlight

Michelle Lewis

## University Fitness ~ Persist Until Success Happens

A new school year brings new classes, new friends, and new goals! Fall is a great time to push yourself to try something new. The first step is simply starting. "Action is the foundational key to all success." ~Pablo Picasso. Next prioritize and lastly plan how to

maintain your routine. USD FIT aims to inspire you to take action this fall and PUSH to live the life you want!

Leading the way this semester is President Harris who stopped by

*"Action is the foundational key to all success."*

the USD REC Table at the Alcala'

Bazaar!

Follow in President

Harris' footsteps

and PUSH yourself to try something new this semester and remember.....

***"You miss 100% of the shots you DON'T take!"***



**President Harris at the Fall 2016 Alcala Bazaar**

## Fitness Facility Hours

Mission Fitness Center | McNamara Fitness Center



Michelle proves you can achieve your academic goals AND maintain an active lifestyle, all while being involved on campus. Michelle decided to take her fitness seriously when she realized that living an unhealthy lifestyle could ultimately lead to diseases she had witnessed relatives suffering from. She has chosen to live her life differently and tries to keep her fitness a priority. Michelle loves the Mission Fitness Center's friendly and kind atmosphere and says that's what keeps her coming back. When working out at the gym, Michelle likes to switch it up between the elliptical and the treadmill. Michelle's bubbly personality and enthusiasm in the gym makes her a perfect candidate for our USD FIT Patron Spotlight!



# PUSH yourself & your peers by joining a GroupEx



## Fall 2016 GroupEx

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pilates Mat</b> 12:30-1:25 p.m.	<b>TRX Total Workout</b> 9:00-9:55 a.m. *SC TRX Station	<b>Pilates Mat</b> 12:30-1:25 p.m.	<b>TRX Total Workout</b> 9:00-9:55 a.m. *SC TRX Station	<b>Restorative Yoga</b> 12:30-1:25 p.m.	<b>Spin &amp; Sculpt</b> 10:15-11:10 a.m. *SC 109	<b>Reset Yoga Flow</b> 10:15-11:45 a.m.
<b>Power Yoga Flow</b> 2:30-3:25 p.m.	<b>Yoga</b> 12:30-1:20 p.m.	<b>Power Yoga Flow</b> 2:30-3:25 p.m.	<b>Yoga</b> 12:30-1:20 p.m.	 <p><b>\$80 Early Bird Registration</b> Offer ends <b>Sept. 19th</b></p> <p><b>Location: Mission Cafe Fitness Center</b> 1st Fl Exercise Room (CFC 108) *unless otherwise indicated; SC=Sports Center</p>		
<b>Power Yoga</b> 5:30-6:55 p.m.	<b>Yoga</b> 4:15-5:10 p.m.	<b>Beginning Hip Hop</b> 6:45-7:40 p.m.	<b>Yoga Flow</b> 5:30-6:25 p.m.			
<b>Tighten &amp; Tone</b> 8:00-8:55 p.m.	<b>Vinyasa Yoga</b> 5:30-6:25 p.m.	<b>Abs &amp; Toning</b> 8:00-8:55 p.m.				
	<b>Yoga Sculpt</b> 6:30-7:25 p.m.			<p><b>Schedule subject to change</b> <b>For updated schedule, search "USD FIT GroupEx"</b></p>		
	<b>Zumba</b> 7:45-8:40 p.m.			<p><b>Time to PUSH</b> <b>Persist Until Success Happens</b></p>		

For more info and to register, please visit:  
[www.sandiego.edu/campusrecreation/fitness-wellness/group-exercise.php](http://www.sandiego.edu/campusrecreation/fitness-wellness/group-exercise.php)



University Fitness (USD FIT) GroupEx classes help inspire our campus community to be healthy in mind, body and spirit. Expert and inspiring instructors provide a wide range of fitness classes at varied times in convenient campus locations. Semester membership includes access to weekly classes within the selected program.

**Links to learn more:**  
[Students](#) | [Employees](#)

## Need an extra PUSH? Try one of our Personal Trainers!



### USD Fit Personal Training



Packages			Semester Specials	
6 Pack	\$280	\$47/session	\$130	4 Training Sessions
12 Pack	\$455	\$38/session	\$612	24 Training Sessions (15% Savings)
24 Pack	\$720	\$30/session		

**Offer Ends 9/19**

Our nationally certified Personal Trainers design unique programs tailored to individual needs that maximize fitness success efficiently.



For more information and to register, please visit: [www.sandiego.edu/mfc/personal-training/](http://www.sandiego.edu/mfc/personal-training/)

**Register & find more info on our  
Personal Training Webpage**

# UPCOMING EVENTS



## Fall 2016 Rec Classes Deadline September 12

[Sign up](#) for a Rec Class this semester and find what moves you!  
Classes can be taken as credit or non-credit.



## Get on the Grass September 13 12:30-2pm

Meet at the Immaculata Lawn for games, snacks and fun!



## Beach Volleyball Tournament October 1 & 2

Compete against teams from SDSU, UCSD & CSUSM! [Sign up](#)  
as a free agent or as a team by September 26!



## Family Weekend & Homecoming Golf Tournament October 7 1-4pm

Join us for a fun afternoon at Riverwalk Golf Course! \$50 per person includes round of golf, golf cart and lunch! [Sign up](#)

## Contact Campus Rec



or call

619 260 4533