

USD Campus Recreation News



Relay for Life

Another great year for **Relay for Life**! This year, Campus Recreation employees formed a team and walked to help end the fight against cancer. It was great to see the whole community, not just USD but volunteers outside of campus work together to raise money for cancer patients and research. This year Relay for Life took place on April 10th at 4:00pm- 10:00 AM April 11th. The event changed slightly from last year including new exciting events and also cutting 6 hours off the entire event. The big events this year that everyone seemed to continue talking about was Bubble Soccer (picture displayed bottom right) as well as the Hypnotist show, which sparked a lot of laughter in the crowd. The Luminaria Ceremony was very moving. USD students battling cancer shared their stories with the crowd touching everyone’s hearts. After the ceremony, the audience were all given a glow stick. The presenter then asked everyone to light their glow stick for those who either had cancer or have been affected by cancer through loved ones. At the end, almost everyone lit there glow stick. Everyone then took a moment to remember them and walked a lap around the field for those lost or have been affected by cancer. Relay for Life was an event never to forget. It was not just for fundraising, but for Hope that the battle of cancer will soon be over. If you missed it this year, then be sure to join us next year. Check out the [Relay website](#) and [Facebook page](#) for more information.

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We randomly give out awesome prizes to our followers so join us today!

Inside this issue

Intramurals @ USD	Pg. 2-4
Sport Club Update: Tennis	Pg. 5
USD FIT: Patron/Class of the Month, Trainer Tip	Pg. 6-7
Recreation Photography Class: Behind the Lens	Pg. 8
Outdoor Adventures Trip Recap	Pg. 9
Athletic Trainer Tip of the Month & LIFE Week QPR	Pg. 10
All Star Employees	Pg. 11-12
Extended Calendar	Pg. 13



Intramurals @ USD

Woodstock's Intramural Basketball MVP

This month in the **Men's B Basketball** Intramural League, Jack Bonacci of the "Texas Western Miners" was named Most Valuable Player. Starting in all 5 games of the regular season, Jack caught the attention of many with his outstanding plays, leading his team into playoffs while averaging 16.2 PPG, 3.8 RPG and 5.6 APG. Throughout this season, Jack has showcased his ability to get to the rack, along with a spectacular shooting performance from both mid-range spots and behind the arc. With his speed and court awareness, Jack was able to execute plays in transition, along with consistently finishing on fast breaks. Jack showed great work ethic during the season, along with maintaining good sportsmanship, and stayed competitive and positive when the score was close. Congratulations to Jack Bonacci once again for earning the Men's B Basketball league MVP award!

- By Stephen Makely – Competitive Sports Student Supervisor



Pictured Above: MVP Jack Bonacci

Congratulations to Stephen Ferraro who is the captain for his basketball team "Yao Know What I Ming" for being this season's **Men's A Basketball M.V.P.** Stephen is a senior here at USD and is studying for a degree in Neurobiology and has been a constant participant in the intramural basketball program throughout his time here at USD. During the regular season, Stephen scored 64 points, 36 rebounds, and 9 assist over a span of 4 games. He ranks in the top 8 in each of these three statistics. His team is currently in the playoff hunt as they work to win the championship this season. As a participant in the USD intramural program, Stephen has always been a positive influence to all the players around him, regardless of whether they are his teammate or his competition. Thank you for your continual contribution Stephen!

- By Jordan Cox – Competitive Sports Student Supervisor



Woodstock's Intramural Volleyball MVP



This semester's **Intramural Volleyball MVP** is Forest Lieberman, an outside hitter and libero on "BBB." Forest is a sophomore double majoring in Business Administration and Finance, while also working on a minor in Spanish. He began playing volleyball as a freshman in high school because it seemed more fun than playing off-season basketball, and he now plays on the USD Men's Club Volleyball team in addition to intramurals. Besides volleyball, Forest plays basketball and hopes to start rock climbing soon. On campus, he is involved as the Communications Coordinator at the United Front Multicultural Center, and he is also a member the fraternity Beta Theta Pi. Forest enjoys intramural sports because they allow people to exercise their competitive spirits in a healthy way, while reminding them that sports should never be taken too seriously. "They are games, after all," Forest mentioned. Forest is a team-focused player on "BBB" and is always sure to encourage his teammates. He is truly deserving of the volleyball league MVP honor! Congrats Forest!

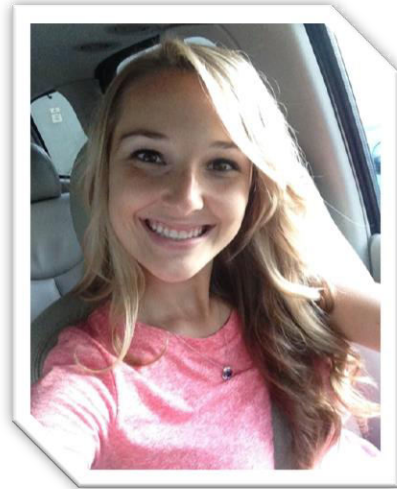
- By Angelina Folchi – Competitive Sports Student Supervisor

Intramurals @ USD

Woodstock's Intramural Co-Rec Soccer MVP

Petie (Morgan) Kuppenbender is this month's USD Campus Recreation's Intramural Co-Rec soccer Most Valuable Player. Not only does Petie play in the Co-Rec soccer leagues, she also officiates both the co-rec and men's leagues. She can't get enough of soccer and has been playing ever since she can remember. When asked about her unique name, Petie says that before she was born her parents asked her brother what they should name his sister. He said Petie, so the name stuck. Petie's favorite position is forward, however, she can work all over the field. Her commitment to fair play and her ability to keep her team together have earned her the title of Co-Rec Soccer MVP. As a sophomore, Petie is looking forward to working and playing more intramural soccer in her remaining years at USD. She believes that it is a great way to blow off some steam and hang out with friends.

- By Aidan Breaux – Competitive Sports Student Supervisor

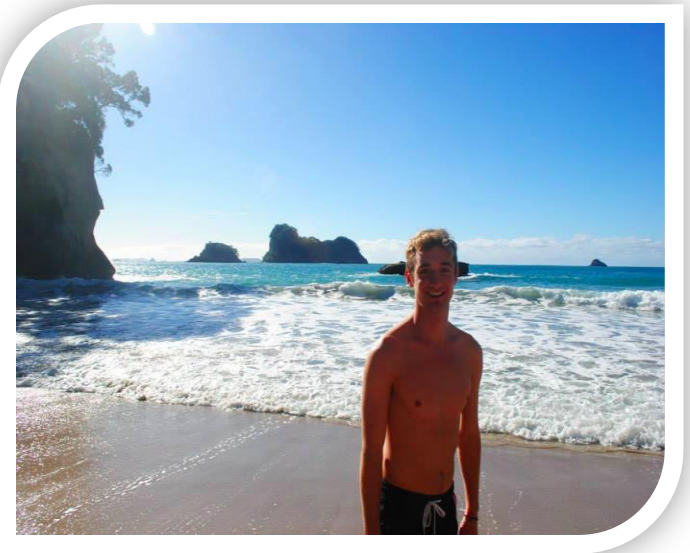


Intramurals: Brought to you
by Woodstock's Pizza!

Woodstock's Intramural Official of the Month, April 2015

April's Woodstock's intramural official of the month is Jaz Tinsley, a junior from Fort Worth, Texas. Jaz Tinsley has been an excellent addition to the Campus Rec officiating staff since his sophomore year in 2013, reffing soccer, volleyball and dodgeball. Jaz is a team member who consistently shows up to work on time, ready to go and with a smile on his face, bringing a positive energy that makes everyone's work experience more enjoyable. Jaz takes initiative to set up the courts and fields in preparation for a night full of games. He also sets an exceptional example to the incoming and freshman employees. His favorite part of his job is having the opportunity to work with the team that we have and to make new friends and on and off the field with a lot of the participants. Jaz himself is very active in USD life in that he plays on an intramural volleyball team and is a member of the Beta Theta Pi fraternity. In addition, Jaz is planning on moving up the chain of command and applying for a leadership position in Competitive Sports starting next year. We commend your dedication and ambition towards Campus Recreation, so congratulations Jaz and thanks for being awesome!

- By Amy Fitkin – Competitive Sports Student Supervisor



Grad/Law Intramurals

Grad/Law Softball - Coming to an End of Another Great Semester!

The spring semester of Grad/Law Intramural softball is wrapping up! We are down to 12 teams from 19 last semester, but the season has certainly not lacked competition! Arguably the most competitive teams in the league are the three remaining third year law teams. This is their last semester of IM softball. They have all played together for three years now, and they all want to emerge victorious. The two Fall Semester finalists, *Torts Illustrated* and *Spring Break '93*, lead the pack with near-perfect records, but don't ignore the *Swingers*. They played a tough regular season schedule and have had some impressive wins along the way.

We have many exciting events coming up. The semi-final match-ups and championship game are next Thursday, April 23rd from 8-11 PM on Manchester Field. We are also hosting a Grad/Law Home Run Derby on April 30th from 8-10 PM! All Grad/Law Intramural Participants are encouraged to participate. If interested, please email: nlrodriguez@sandiego.edu.



Pictured Above: *Prestige Worldwide*



Pictured Above: *Sandlawt*



Pictured Above: *Spring Break '93* after their victory over *Torts Illustrated: Swimsuit Edition* to win the Fall Championship!

The Club Corner

USD Club Tennis to Compete in 2015 USTA Tennis Tournament

WHITE PLAINS, N.Y., April 15, 2015 — The United States Tennis Association (USTA) announced the 48 co-ed intramural/club tennis teams representing 35 colleges and universities around the country that will compete at the sixth annual USTA Tennis On Campus Spring Invitational, taking place at the Reffkin Tennis Center in Tucson, Ariz., April 17-19. The winner and runner-up from the tournament will qualify for an automatic bid to compete for the national title at the 2016 USTA Tennis On Campus National Championship.

This event marks the sixth consecutive year that the USTA Tennis on Campus program has hosted a season-ending tournament. In the past, the event served as a travel experience for teams who did not attend the National Championships, held last week in Cary, N.C. This year, several schools who took part in Nationals will also be sending teams to the Spring Invitational.

The event is designed to give students a chance to compete against club teams from other colleges to maximize their playing experience, as well as provide an opportunity to claim an automatic bid into the Tennis on Campus National Championship. During the Spring Invitational, students will have an opportunity to socialize with other teams and network with club leaders from across the country on how to make their programs more successful in the future.

The USTA Tennis On Campus program features more than 35,000 college students competing nationwide in intramural and intercollegiate coed club play using the World TeamTennis format. Since its inception in 2000, Tennis On Campus has grown significantly and today is played on more than 600 college campuses across the country. The Tennis On Campus program gives college students the opportunity to build leadership skills, network in a coed sports environment and compete on a college team without the rigors of playing in a varsity program. With year-round match play, and regional and national championship competition, students maintain active and healthy lifestyles through their college years.

Congratulations to our club team and wish them luck as they play hard in this incredible program!

Check out the results, get photos and more information on the team's [Facebook Page](#).



University Fitness - Fitness is Better Together

Faces of USD FIT: Nicole Charnock

Nicole is a junior and active participant of USD FIT's GroupEx program.

How did you become involved with USD FIT programs?

I was looking at fun, new ways to change up my exercise routine and decided on USD FIT.

What was your go-to GroupEx class?

Tighten & Tone with CJ is my favorite class of the week!

What is your favorite workout, snack and indulgence?

My favorite workout is running outside. My favorite nourishing snack is watermelon and my favorite indulgence is Chick-fil-A.



What tip(s) do you have for other USD community members to encourage a healthy & happy lifestyle?

Staying motivated is key when it comes to eating right and staying fit. Set small goals to keep yourself going at it!

What you're favorite fitness/motivation quote?

"To give anything less than your best is to sacrifice the gift."
-Steve Prefontaine



USD FIT Patron of the Month: James Malone



USD FIT is happy to recognize first year student, James Malone, as our Patron of the Month. James's healthy lifestyle is driven by his desire to enjoy everything the outdoors has to offer without the worry of not being physically fit enough to complete whatever he involves himself with. To stay physically fit, he enjoys running, weight training and hiking. James's motivation to keep going to the gym is simply trying to get his body into the best shape possible to prevent future health problems. Thanks for inspiring us through your example, James!



University Fitness – Shaping Lives in our Community

USD FIT Personal Training Move of the Month: Squat Press



1. Hold a dumbbell vertically next to your chest with both hands cupping the ends of the dumbbell.
2. Squat aiming your elbows towards your knees, keeping your chest lifted, eyes straight ahead and weight in your heels.
3. Pause, return to the start position, then raise the Dumbbell overhead.
4. Repeat 8-15 times.

“This is one of my favorite moves, a great way to work a wide variety of muscle groups and get the heartbeat up in a hurry!” –USD FIT Trainer Pam Iuppa

USD FIT GroupEx: Deborah’s Power Yoga || Quotes From Class

What do you feel you have gotten out of this class?

Linnea- I get a sense of calm afterwards and it really helps you relax throughout the week.

Why would you recommend this class to others?

Jessica- I already recommended this class to at least five people! It’s such a good stress reliever and it really brings good energy to your week.

What’s your favorite part of the yoga class?

Jessica- Trying new, fun postures and things I didn’t even know existed before hand.



There is still time to register for GroupEx! Spring classes run through May 11th, 2015. For more information including [Class Schedule](#) and [Registration](#), visit our [USD FIT GroupEx webpage](#).

Recreation Programs – Behind the Lens

Did you know that Campus Recreation offers more than just pure fitness classes? We have a variety of classes to choose from in the non-fitness areas like SCUBA, Meditation, Mindful Happiness and so much more. One of the newer classes we offered this semester was **Intro to DSLR Photography**. We sat down with the instructor, Marc Malin, and his students to get an in-depth look at what this class entails.



What can students expect by taking your class?

Students can expect to start to have an understanding of what is involved in photography. They can expect to learn how to use settings and functions on the camera. They will look more critically at photos and have an expanded vision of them.

How long have you been doing photography?

I have been doing photography over 50 years. I started when I was 16 when I first built my dark room.

How long have you been teaching photography?

I have been teaching around 20 years on and off. I was a teaching assistant in school and then taught adults as well.

What inspires you about photography and/or teaching photography?

I was inspired when I became interested in film and understanding light and exposure in photography. And now with cell phones, there are more photos than ever. Many people don't have critical eye or history, therefore I want to inspire students to take things to the next level and turn ordinary into extraordinary.



We then sat down with two of his students, Sara Kim and Kristen Parris, and asked them about their experiences in the class.

What initially sparked your interest to take this class?

Sara: I was interested in this class because I got a camera for Christmas and I wanted to learn how to use it because I am planning to study abroad and I want to be able to take good quality photos.

What do you like best about this class?

Sara: I like that we share pictures with the class and get feedback from the class and the instructor for how we can improve or what we did well.

What do you like about photography?

Kristen: I like that photography is a good way to capture moments and good way to evoke emotion in the people who missed the moments that we captured.

Would you encourage fellow community members to take this class?

Kirsten: Yes, I would strongly recommend this class to others because it provides a great understanding of camera technology.

Get ready for fall 2015 classes and check out the complete two page class schedule at:
http://www.sandiego.edu/campusrecreation/documents/Online_listing_revised_FA15.pdf



Outdoor Adventures

March/April Trip Recaps

Utah Road Trip Adventure

OA road tripped with 12 participants into the wild and varied terrain of Southern Utah & Northern Arizona for Spring Break. We explored Grand Canyon and Zion National Parks, as well as explore deep into lesser-known canyons like Antelope Canyon and Buckskin Gulch, stopping to photograph stunning overlooks of the Colorado River along the way. Our highlights? Hiking two miles up the Zion Narrows in waist deep water, and playing a hilariously entertaining game of Murph around the campfire at Lake Mead.

Advanced Hiking on the Pacific Crest Trail

This student-led day trip explored the Pacific Crest Trail high up in the near by Laguna Mountains. Participants hiked a 10-mile stretch of the iconic trail, where the mountains overlook the Anza Borrego Desert 5000ft below. Students also took the opportunity to walk silently in reflection while on route to the summit of Garnet Peak, where they celebrated their hike, and unanimously wished they had more time to explore this rugged and beautiful landscape.

Roast and Roll Bike Tour

Leaving from USD's campus, students rode to the Hillcrest Farmers market (with free samples!), geared up with their reusable coffee mugs, water bottles and shopping bags in support of Earth Month. From there, they pedaled downtown for a visit to Café Virtuoso, where they were treated to cappuccinos made from Organic, Fair Trade beans. Lastly, the group cycled their way to Bird Rock Coffee in Little Italy, where they learned the difference between Fair Trade and Direct Trade, before heading home along the harbor.

Joshua Tree Yoga

USD yogi's adventured into Joshua Tree National Park for a night of stargazing followed by a day of desert yoga with instructors Maya and Steven. Between the Joshua Trees and monzogranite formations, they enjoyed an organic vegetarian breakfast and lunch, stretched to the sound of Maya's harp, engaged in mindful meditation, and de-stressed before heading home at sunset on Saturday.



Check out [Outdoor Adventures](#) for a complete schedule of upcoming activities, classes and trips!

Tami's Training Tips

The end of the semester is quickly upon us with papers and projects to finish. Don't forget to take care of yourself while you're making that mad dash to finish it all. While sitting at a desk for long periods of time, make sure to stop about every 50 minutes to stretch. Set your timer on your phones as a reminder. It takes about two minutes and you will feel rejuvenated and ready to tackle what comes next.

Two Minute Stretch Cycle:

There's no right or wrong way for this. It's whatever gets you moving and gets the stiffness out. *Make sure you have some room so you won't hit your neighbor or any furniture. Stand up from your chair and do a big reach over your head. At the same time make circles with your wrists. Make a couple big arm swings on the way down to loosen your shoulders. Don't forget to blink a few times if you've been staring at the computer screen.

For your legs, do some basic stretches to get the blood circulating. Don't forget to do some calf stretches and ankle circles. Think of it as being back in junior high PE with some toe touches and light heel-to-bum.

You can top all this off with a quick walk to the closest location to refill that water bottle. Hydration is key to making our brains work.

Happy bodies lead to better study habits. Let's finish off this Spring with a win.

- By Tami Vahalik, USD Campus Rec Athletic Trainer



[Video tutorial on 4-minute desk stretching/yoga](#)

L.I.F.E. Week QPR Training

Q: Question

P: Persuade

R: Refer

Learn how to start the conversation

- 4/21, 12:15pm
- UC 128
- [Register today](#)

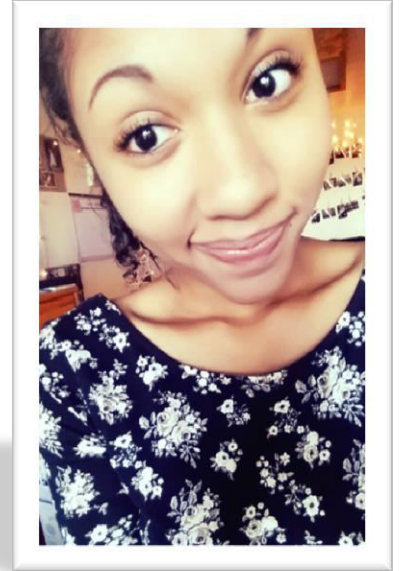
#YouAreUSD



All Star Employees

Recreation Employee of the Month, March 2015

Campus Recreation would like to recognize Melanie Brown as our March Employee of the Month! Melanie is a hard working a freshman Business Administrations Major, with a leadership and nonprofit management minor. After she graduates, she hopes to go on to receive a Masters of Science in Nursing in a accelerated program. Melanie was also recently recognized for her stellar guest service. A guest visiting our campus was lost and ran in to Melanie at the pool. She took the time to display the "Torero Way" and show him how to get to his destination (on the other side of campus) and did so in a very professional and nice manner. This guest was so impressed, that he took the time to write an email to the University to thank her! When asked about her job in the Sports Center, Melanie explained, "I like working at Campus Rec because it allows me to exercise my leadership skills, and I love the fact that there is always room for improvement in any situation, which really shapes my work ethic, how I approach situations, and especially how I treat the patrons." Melanie's great work ethic and dedication is inspired by her mom. "Growing up seeing her work so hard, makes me want to try my hardest and give back to her," said Melanie. If you see her smiling face on your way in to play basketball or swim laps, be sure to wish Melanie a well deserved congratulations.



Be a yardstick of quality. Some people aren't used to an environment where excellence is expected" – Steve Jobs



Recreation Employee of the Month, March 2015



Congratulations to our second Recreation Student of the Month (it was a tie for March) to Sloane Booterbaugh! Sloane is a second year student majoring in Behavioral Neuroscience. After she graduates, she wants to go to Med School. Sloane works in the Business department within Camus Rec (processing money in and out, managing registrations, finance paperwork, etc.). Her supervisor, Alec Parks, said "I enjoy working with Sloane because I can rely on her to get projects and tasks completed in a timely manner with great attention to detail and her positive attitude shows daily."

When we asked Sloane about why she likes to work for Campus Rec she stated, "I love working for Campus Rec! The best part about the job is all of the really great people who work here and make coming to work enjoyable. All of the people who work at Campus Rec are usually in such a good mood and are ready to push each other to be better." Way to go Sloane! Keep up the great work!!

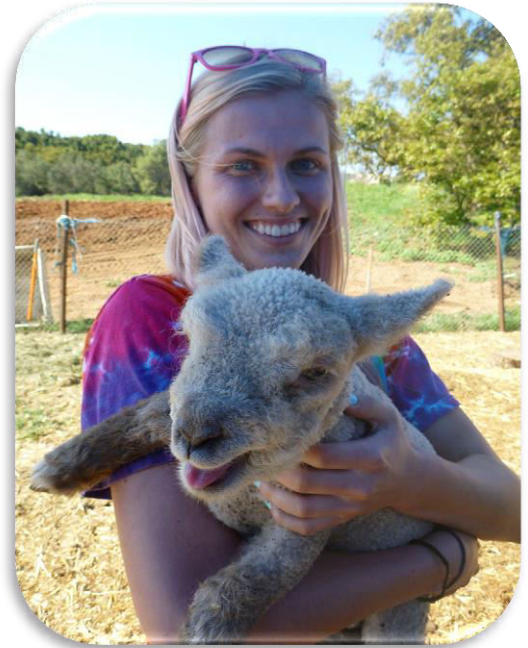


All Star Employees

Outdoor Adventure Employee of the Month, March 2015

The Outdoor Adventures Employee of the Month is Stephanie Halper. Steph, a junior from St. Louis, has been an integral part of OA for the past two years. She has served a both an Adventure Assistant and a Pre-Orientation Adventure Coordinator. She has the exciting task of herding cats- otherwise known as coordinating 35-40 student volunteers that will lead these trips.

When asked what she likes about working at OA, Steph said, “the OA staff is like a family to me and the office is my home away from home. I love getting to help other students discover all that San Diego has to offer.” After USD, Steph plans to attend graduate school and eventually start her own equine therapy and counseling program. She said, “working at OA has allowed me to develop customer service skills, taught me to work as part of a team and allowed me to help people at a personal level.” When asked about Steph, one of her peers said, “Steph’s a really hard worker. Whether packing out trips, talking to prospective students or cleaning tents, she always gives 100%.” Steph can often be found dancing around the OA office. Her mediocre super hero power is line dancing to any song. Feel free to stop by OA when she is working to test her out and congratulate her on her award!



“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others” – Jack Welch

Fitness Center Employee of the Month, March 2015



Our Employee of the Month for March was junior Mary Jo Dixon. This award comes to Mary Jo very well deserved. Mary Jo is an incredibly versatile employee, proficient in all areas of operations at the Mission Fitness Center, making her the perfect role model for staff in all areas. Her coworkers admire her “sweet, bubbly, and genuine personality” above all else. Mary Jo is also known for helping her fellow MFC employees with shift covers and for always being willing to lend a helping hand with tasks. A fellow employee affirms, “Mary Jo is always willing to help out with anything at the MFC and cover shifts at every opportunity!” We thank Mary Jo for her various contributions, uplifting and caring personality, and unwavering reliability!

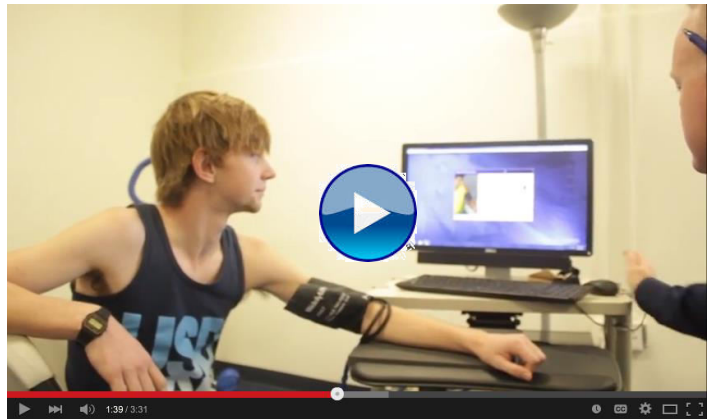
Extended Calendar of Events

Event Name	Date/Time	Information
Extramural Basketball Championship Game	4/25, 11:30am-5pm	Cheer on your fellow Toreros as we play intramural basketball Vs. SDSU and UCSD, SC Gym
Campus Rec Fitness Testing	Now – 5/20	Register for our brand new Fitness Test and see what exactly your wellness/fitness score is and what that means! Only \$10 per 50-min test (with a trained Fitness Technician).
FREE Finals Week De-Stress Fitness Classes	5/12-5/19	Revitalize with FREE Group Exercise classes! Relax with yoga, toning, Zumba and more! Visit us online to see the schedule . Space is limited.
Finals Week- revised facility hours	5/12-5/21	Check out our revised finals week schedule online for all three facilities and plan accordingly- happy studying!

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



Click the picture above to view the Campus Recreation **"Who We Are"** video!
 *Also posted at:
https://www.youtube.com/watch?v=Q_iSn2tBCA8



Click the picture above to view the Campus Recreation **"Fit Test"** video!
 *Also posted at:
<https://www.youtube.com/watch?v=6o0gYHKp-J0&feature=youtu.be>

**USD REC:
 Find What *MOVES* You!**