

# USD Campus Recreation News



## One Love Ultimate Frisbee Tournament

For those looking for a more unconventional sport to participate in, ultimate frisbee might just be the answer. The game, which originated in the United States in the 1960s, takes elements from other team sports including soccer, football, and in this case beach volleyball. However, instead of a ball, players pass a frisbee. Additionally, the sport employees no referees, preferring to rely on the players' sportsmanship and respect of one another to enforce the rules.

This past month, on April 16-17, the USD Ultimate team participated in the One Love One Beach tournament. The two-day competition took place at Mariner's Point on Mission Beach. This annual tournament is hosted by the Diego Ultimate Disc Experience as a fundraiser for the Leukemia and Lymphoma Society. This year, they were able to raise \$3,000 in donations.

USD's team entered under the name USD Flat Tax Ballers for the tournament, and were excited to play on the sandy beach instead of the usual turf. They played wholeheartedly, slinging the frisbee from one end of the field to the other, despite the interference from the sea breeze. The camaraderie and spirit exuded from members on and off the field, and despite their loss, the USD Flat Tax Ballers treated each other like winners.

Ultimate Frisbee is definitely a sport for those who value teamwork and creativity in an athletic environment. The absence of referees requires and fosters a laid back and friendly atmosphere often known as the "Spirit of the Game."

The USD club team plays in tournaments year round, and welcomes support from fans and friends.



Pictured Above: Flat Tax Ballers at the One Love One Beach Tournament

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

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Pictured Above: USD's Club Ultimate Frisbee

# Woodstock's Intramural Champions Spring 2016

## Men's Flag Football Champions



Pictured Above: Team "TD My Pants"



Intramurals: Brought to you  
by Woodstock's Pizza!

## Co-Rec Flag Football Champs



Pictured Above: Team "Multiple Scores"

## Co-Rec Basketball Champs



Pictured Above: Team "4 Girls"

## Co-Rec Soccer Champions



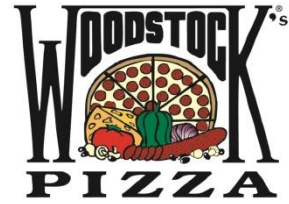
Pictured Above: Team "Kicks Out"

## Woodstock's Intramural Champions

### Co-Rec Softball Champs



Pictured Above: Team "Wizards of Azkaban"



Intramurals: Brought to you  
by Woodstock's Pizza!

### Men's A League Basketball Champions



Pictured Above: Team "Team Looney"

### Men's B League Basketball Champs



Pictured Above: Team "Kappa Kappa Gamma"

### Co-Rec Volleyball Champions



Pictured Above: Team "Serving Cervezas"

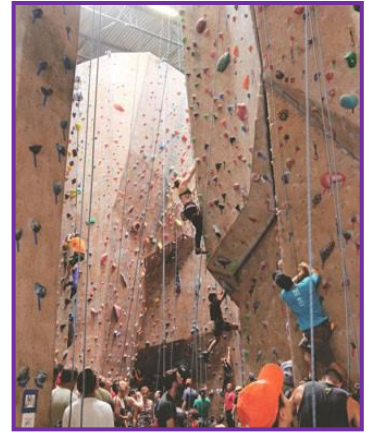
## Sport Club Updates

### Climbing Club

Just the sight of the 60 foot high rock walls at Mesa Rim's climbing facility is enough to make most people nervous. These heights don't seem to worry the members of the USD Climbing Club, though.

The club, led by captain Chris Szczur, made it to the Collegiate Regionals this semester. The tournament took place at Mesa Rim Climbing gym on April 22nd and 23rd. Climbers competed in bouldering, speed and sport rounds. After a competitive weekend, USD's team ended up with a solid finish in 16<sup>th</sup> place out of 42 teams.

Chris answered a few questions about climbing and the USD team.



#### *How long have you been involved in climbing?*

I started climbing when I was a senior in high school, and instantly fell in love with it. I heard about the club here my first week of school and got involved right away. I was always looking forward to Monday and Wednesday nights when we would meet up and I could get a ride to the gym to practice with the team.

#### *What is your favorite part about the USD Climbing Team?*

My favorite part about the Climbing Club is how we have such a wide variety of people who join the team, all united by a passion for climbing. I have become good friends with people who I otherwise might not have crossed paths with over my time at USD. Also, just the support that everyone provides for each other. Everyone is always very excited for each other when someone finishes a climb they have been working on, whether its v1 or v10.

#### *What would you like the USD community to know about the climbing team?*

The climbing club is a community of active and friendly people who like to push their limits and have fun!

#### *What is the most memorable moment you have had with the team?*

One memorable moment was competing in regionals this year in Santa Ana, CA. Everyone had a really good time and was super stoked during the competition. We ended up placing second (although they had originally told us that we won, only to send us an email the next day letting us know there was a miscalculation). It was really cool to see the team come together and watch everyone supporting one another and pushing each other to climb harder.

## Women's Lacrosse Wins Big

Women's Club Lacrosse has just finished an excellent season. This year, the team had 11 new players and 9 returners, which was a great opportunity for them to capitalize on both the fresh talent and the leadership of the returning players to build the best team dynamic. The team had major wins against University of Arizona, Arizona State and SDSU - which led them to 1st place of the southern division of our league. In playoffs they beat UC Davis and went home in 5th place in the WWLL (Western Women's Lacrosse League).

This year three of their players--Sarah Zuccaro (senior), Constance Olmert (junior) and Megan McCullough (junior)--were nominated for the league's all-star team at the end of the season. Additionally, the team won the USD Student Organization Spirit Award.

Overall it was a very successful season and they are very proud of all the hard work and dedication everyone on the team put into making this season one of the best yet!



### Club Tennis

This year Club Tennis was able to compete at the USTA Tennis on Campus Spring invitational in Tucson, AZ. The team made it to the gold draw and received 16th place out of 48 teams.



Pictured Above: USD Club Baseball

### Club Men's Lacrosse

USD Men's Club Lacrosse beat Biola University 27-8 in a home turf playoff game on Saturday, April 23. The team went on to win 2nd in their division.



Pictured Above: USD Dance Co.

## USD Sport Clubs Spring 2016

Congratulations to all of our Sport Club team! Thanks for a great semester!



Pictured Above: USD Club Tennis

### Club Baseball

Club Baseball ended the regular season at 8-4 and received the at large wild card bid to compete in regionals, where they were able to win their division!



Pictured Above: USD Men's Lacrosse

### Dance Co.

On Tuesday, April 26, the USD Dance Company lit up Shiley Theater with its performances. The team performed a variety of dances including hip hop, ballet, contemporary, and tap styles.



Pictured Above: USD Sport Club celebration at Mesa Rim

## Lifesavers at USD

On the weekends of April 16 and April 23, the USD pool played host to Campus Rec’s annual Lifeguarding Class. The class, led by experienced lifeguard Christie Crockett, has been popular for both students and staff. After successful completion of the two weekend long class, the participants are Lifeguard, CPR, First Aid and AED certified for 2 years.

Campus Rec staff member Greg Zackowski participated in (and passed!) the 2016 Lifeguard Class.

“I wanted to take the class because I help supervise the lifeguards up here at the Sports Center during our summer swim programs,” he said, “While I have quite a few years of experience with this, I felt that my skills needed a refresh.”

Greg also added that, since he has been recovering from a broken leg and hasn’t been able to do much exercise, he welcomed the challenge of a new fitness goal.

“I wanted to see if I could get swim fit enough to not only swim, but to be able to assist others,” he explained.

Greg said that his favorite parts of the lifeguarding class were getting to know the other five participants as well as training with such a knowledgeable and positive instructor.

“My biggest takeaway was just being reminded that most accidents are preventable,” Greg concluded, “We all need to be aware and present to help ensure that our facilities are as safe, and consequently as fun as possible.”



Pictured Above: USD Lifeguard Class

Pictured Below: USD Hiking class enjoying a view



## Hiking Class Explores San Diego One Peak at a Time



Pictured Above: USD Hiking Class

San Diego is known for some of the most beautiful beaches in the country. Less well known are the local hiking trails that offer a challenging workout and some amazing views. The hikes range in length and difficulty, which means there is something for every level of hiker to enjoy!

This semester, USD’s Hiking Class, led by instructor and avid hiker, Courtney Walters, is excited to explore just a few of the many trails in our county. The class will be hiking Cowles Mountain, Iron Mountain, Pyles Peak, North Fortuna, South Fortuna, Kwaay Paay and Mount Woodson.

Only two weeks into the class, the group has already tackled Iron Mountain, Cowles Mountain and Pyles Peak and are truly enjoying the time spent soaking up the sun and appreciating nature.

[Sign up for Hiking next semester](#) and see San Diego from a new perspective!

## University Fitness (USD FIT)



*Get in. Get Fit. Get on with your life.*

There is a beautiful natural craziness that comes with having a busy life. Schedules often become so full that even a quick workout seems unobtainable. The next step, however, is always the hardest; making your health a priority. USD FIT encourages you to prioritize yourself this summer, and **“Get in. Get Fit. Get on with your life”**. Whether your goals are health-focused, fitness driven, professionally motivated and/or supporting overall personal wellness, summer is a natural time to embrace what matters most. Together we can accomplish anything!

This summer it is even easier to **“Get in. Get Fit. Get on with your life!”** Campus Recreation is partnering with Human Resources to offer GroupEx for **free** to all USD employees. Students and guests will still have the option to join for a summer membership fee of \$50. For more information, please visit our [Summer GroupEx webpage](#). Summer GroupEx begins June 6!

### Summer 2016 Groupex

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Balance &amp; Core</b> (12:30 – 1:25 p.m.) Pam I.	<b>Yoga</b> (12:30 – 1:25 p.m.) Robyn S.	<b>Balance &amp; Core</b> (12:30 – 1:25 p.m.) Pam I.	<b>Yoga</b> (12:30 – 1:25 p.m.) Robyn S.	<b>Yoga</b> (12:30 – 1:25 p.m.) Robyn S.
<b>Power Yoga</b> (5:30 – 6:55 p.m.) Deborah M.	<b>Zumba</b> (5:30 – 6:25 p.m.) Angelica L.	<b>Total Body Workout</b> (5:30 – 6:25 p.m.) Monica T.	<b>Yoga Flow</b> (5:30 – 6:25 p.m.) Lisa P.	

**Free for all USD Employees**  
\*Membership fees for USD students can be found online

Location: Mission Café & Fitness Center (CFC 108) All classes are subject to change.

## USD Fit Patron of the Month: Joel Brodfuehrer

Joel highlights how living a passionate and determined life can take you as far as you want to go. Joel committed himself to fitness through his New Year's resolution. He has prioritized fitness this spring semester to continue to push himself towards excellence. Joel loves the Mission Fitness Center's encouraging environment. Outside of the gym, Joel stays active by playing basketball, football and soccer with his friends. Joel's positive attitude and determination towards fitness make him a perfect candidate for our USD FIT Patron Spotlight!



Pictured Above: Joel Brodfuehrer

## University Fitness (USD FIT)



### USD FIT Personal Training Spotlight: Sam Davis

As one of USD's amazing personal trainers, Sam's background and dedication to helping others distinguishes him as a fitness educator. Sam served in the navy for 20 years where fitness became a part of his daily routine. We asked him what motivates him:

*I am motivated by my want to help others improve and make long lasting lifestyle change. I also enjoy the challenge of pushing others to do more than they thought they could. Personally, I suffered 2 mini strokes 3 years ago which made change my lifestyle even more. Many think they are healthy and then something happens to make one reflect and change even more.*

*I also love being a part of great program that offers college students an outlet for stress and a chance to improve their fitness.*

*-Sam D. Personal Trainer*



Pictured Above: Sam D.

Sam also teaches our GroupEx Spin & Sculpt during the academic year. **Take advantage of the Personal Training Special going on now through June and workout with Sam this summer!**

### USD FIT Personal Training June Special



For more information about Personal Training, please visit our [USD FIT Personal Training webpage](#).

**Fitness Center Hours**

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





**Looking for a way to get in shape,  
while enjoying the summer weather?**

Celebrate Bike-to-Work Day on May 20th! This is the perfect opportunity to make time for a fun workout that not only helps the environment, but saves you money on gas as well.

Protect your heart and joint health by getting your cardio workout in on your commute to work. Biking is an all-levels and all-ages fitness activity. The low impact, heart-pumping nature of biking makes working out seem simple and fun!

Prefer working out alongside others? Encourage your friends and co workers to join you on your ride and make it a tradition! Not only will you get an amazing workout and see the town from a whole new perspective, but you have the opportunity to connect with friends and eliminate the hassle of finding a parking spot close to work. So get out there and join in the fun of Bike-to-Work Day!



## Paws for Relaxation: Destress with pets!

Feeling stressed about finals? Take a break and spend time with a furry friend! Research shows that being around animals helps to lower blood pressure, reduces the presence of the stress hormone, cortisol, and even improves immune function.

The American Heart Association published a study in 2013 saying that positive interaction with an animal can lead to lower physical reaction to stress, improved cholesterol levels, lower risk of heart disease and a higher rate of physical activity. Their research even found that pet owners are more likely to recover after a heart attack than non-pet owners.

Last Friday, USD brought in therapy dogs to help students combat stress in this busy time of year. Students were encouraged to spend time petting and playing with the dogs.



If you missed out on last Friday's event, don't worry! There are plenty of other opportunities to make a furry friend.

The San Diego Humane Society has a therapy pet program that travels to many locations throughout the county. They also welcome volunteers to play with and take care of shelter pets (giving back to the community is also a known stress-reducer, so bonus points for you!).

San Diego is also home to a Cat Café, where adoptable cats interact with café guests. Spending an afternoon downtown with a cup of coffee and a kitten is sure to get your mind off of finals. The café occasionally offers yoga with the cats if you're looking for a double dose of relaxation.

## More Helpful Tips for Less Stressing

This is a busy time of year for everyone, whether you are a student or an employee here at USD. Now more than ever, it is important to take some time to yourself to relax and unwind in order to put your best into school or work.

Here are some easy ways to destress in under 10 minutes!

- 1. Listen to your favorite tunes
- 2. Watch a funny YouTube video
- 3. Doodle or draw
- 4. Dance
- 5. Do 20 jumping jacks
- 6. Call a friend
- 7. Go outside
- 8. Read an inspirational quote
- 9. Stretch
- 10. Disconnect from tech



## Outdoor Adventures

### Staff Spotlight: Cameron Heyvaert

Check out what this Outdoor Adventurer is planning after he graduates this month! Cameron answered some questions about his future plans and why he loves OA.

#### What are you doing after finals?

Well, I'm a senior from Colorado. I'm majoring in Biology. I'm studying a lot right now. I'm planning on taking a year off from school. I'd like to travel and get more experience researching water quality issues and ecohydrology. Eventually, I'd like to go back to graduate school to pursue a masters degree.

#### Can you explain ecohydrology? Did you make up that word?

It's a real word. Ecohydrology is an interdisciplinary field that studies the interactions between water and ecosystems. Water is always flowing through the atmosphere, vegetation and even below the earth's surface. My area of research focuses on plant water use. I'm studying the impacts that the invasive Chrysanthemum has on native species in Tecolote Canyon. How does the water usage impact other plants and wildlife? There's not much research on this yet.

#### What do you like most about working at Outdoor Adventures?

That's easy. The people. Most of the time, It's relaxing for me. It's a change of pace from my schoolwork and research. OA fosters a great community and I love talking with people about to head out on adventures.

#### What's been your favorite trip?

I don't have a favorite trip, but I do have a favorite location. I love the Channel Islands. I went there my first year at USD on a guide training trip and returned my Junior and Senior year to guide Pre-Orientation Adventure trips as well. I love to kayak and the sea caves there are absolutely amazing. Locally, I'm also a kayak guide at La Jolla Kayak on weekends and I love paddling there, too.



Pictured Above: Cameron Heyvaert

## New Guide Training

Outdoor Adventures kicked off its Pre-Orientation season before the semester even ended. Twelve new guides headed to one of our Pre-O destinations and favorite camping spots the Laguna Mountains. They were greeted with foggy weather and threats of rain, but alas, it stayed dry for the annual Iron Chef cook off. Using the secret ingredient of instant mashed potatoes, groups of three were challenged to create a dairy free, gluten free, vegetarian culinary masterpiece. Despite the weather and lack of an actual kitchen, they all succeeded!.

As always, Big Laguna Meadow provides an amazing backdrop for training discussion topics around what it means to be an OA Pre-O Guide. The group capped off the trip with a hike up Garnet Peak for stunning views of the Anza Borrego desert 4,000 feet below.

Pictured Below: New Guide Training



Outdoor Adventures is already so stoked for our new guides and know that the class of 2020 is in great hands!



# Thank You Class of 2016!

**Tyler Banks:** Tyler started at the MFC last summer with a capacity to excel like none before him. His charismatic demeanor continually helps him effectively connect and communicate as a leader and his self-motivation propels him to efficiently complete individual tasks while still focusing on the bigger picture.



**Laura Tressel:** In her brief time at CREC, Laura has quickly garnered respect and admiration from her peers. Her hard work ethic and attention to detail will carry her very far in her professional career.



**Lucas Boyd:** Lucas started at the MFC as a freshman. With a rare balance of chill attitude and profound discipline, he has made great strides to organize and carry forward innovative ideas for our programs effectively and passionately.

**Shauna Park:** Shauna started at the MFC as a freshman and has developed into both an effective and respected leader. Her meticulous nature and ability to easily facilitate and communicate tasks has served as the basis for her continued success.

**Victoria Koch:** Over her four years with us, Victoria has developed into an incredible leader. Her charismatic presence and inspiring attitude is contagious.



**Lina Ibarra-Figueroa:** Lina started at the MFC this past fall. Her focused and productive work ethic and encouraging personality made a significant impact on those who worked with her.



**Savanah Linares:** Savanah has worked with CREC for the past four years and currently leads the SC Marketing Team. She possesses an amazing and caring personality and is a natural leader.



**Celine Castillo:** Celine has worked with the Sports Center Facility Operations Team over the three years. In addition to being an exemplary team manager, Celine understands that she is part of a bigger department.



**Laurel Gardner:** Laurel started working with us last spring, instantly elevating the shifts of those fortunate to work with her. Her sweet personality and joyful spirit is contagious and makes every day at the MFC better!



**Mary Jo Dixon:** Mary Jo started working at the MFC the summer before her sophomore year and since then her bright personality has never failed to positively impact those around her. Her friendly nature and willingness to help others never goes unnoticed and is an attribute we will greatly miss.

# Extended Calendar of Events

Event Name	Date/Time	Information
Fall 2016 Rec Classes	April 4 – September 12	Sign up for one of over 60 Rec Classes and stay fit all semester!
Summer GroupEx	June 6- August 26	Keep up with your fitness goals all summer! Enjoy 8 GroupEx classes per week at the Mission Fitness Center.
Campus Rec Summer Programs	June 20-August 11	Do you know a kid who is looking for something fun to do this summer? Campus Rec offers a Choose Your Own Adventure program as well as Summer Swim!



For more info: [www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation), 619-260-4533, [campusrecreation@sandiego.edu](mailto: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](https://www.youtube.com/watch?v=Q_iSn2tBCA8)