

# USD Campus Recreation News



## Family Weekend Golf Tournament

On Friday October 16, 30 USD students, alumni and their families participated in the USD Alumni Golf Tournament, one of many events in celebration of Homecoming Weekend. Despite the threat of rain, the participants showed up on the course at Riverwalk Golf Club ready to play.

After the group had some time to warm up and enjoy a boxed lunch, there was a shotgun start at 1. The participants played 9 holes in teams of 2-4.

Following about three hours on the course, everyone met back at the clubhouse to enjoy food, drinks and receive prizes. Scott and Paul Hering emerged as the winners of the tournament coming in at 6 under par. Daniel Nelson and Taylor Kress came in a close second at 5 under par. Daniel Nelson also won Longest Drive and Closest to the Pin.

Overall, the Alumni Golf Tournament was a success and Campus Rec looks forward to hosting the event again next year.

- By Lexi Carr, Recreation Coordinator

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



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Pictured Left: Second place winners Daniel Nelson and Taylor Kress.

Pictured Above: Competitors warming up.

## Intramurals @ USD

### Woodstock's Intramural Athlete of the Month

Congratulations to the September Intramural Athlete of the Month, Corey Dunbar! Corey is a local San Diegan that hails from the lovely neighborhood of Imperial Beach. As a freshman, Corey is not only one of the most enthusiastic players in the Co-Rec Volleyball league, but he is also a great outside hitter for the men's club team here at USD. It is quite amazing to think that this high energy and skilled player has only been playing competitive volleyball for two years. The sky's the limit with this kid. Furthermore, as an avid coffee drinker and a late morning sleeper, Corey is in no rush to find a Halloween costume. One can only speculate as to the genre of costume our esteemed male participant of the month will choose, but if I were to hedge my bet I would think it's probably something comical. He would also like to wish all of the intramural participants and USD students a Happy Halloween and to be safe out there.

- By Angelina Folchi – Competitive Sports Supervisor



Pictured Above: Corey Dunbar, September 2015 IM Athlete of the Month.



**Intramurals: Brought to you  
by Woodstock's Pizza!**

### Woodstock's Intramural Athlete of the Month



Pictured Above: Jenny Joyner, October 2015 IM Athlete of the Month.

"Wow, that girl has a cannon!" This phrase is often repeated from spectators who watch Jenny Joyner play flag football as she throws a 30 yard bomb downfield past the defenders, both male and female alike. Jenny Joyner plays co-rec football for the team *No Game This Week* and her impressive skills as a quarterback led to her achievement of the Intramural Participant of the Month award for October. Not only is she a capable quarterback, Joyner shuts down opposing receivers on the defensive side of the ball. She attributes her advanced skills in football to her family football games where she developed her skills to compete with her cousins. Above all, Jenny remains modest and credits her success to her great teammates.

Jenny is a freshman and resides from the Bay Area. She is involved in many clubs around campus, including Outdoor Adventures and the Marine Club. Jenny looks forward to playing intramurals for the foreseeable future, especially co-rec flag football which, to Jenny, is the "most fun sport" to play because of the competitive yet casual atmosphere. Congratulations Jenny and we look forward to watching you show off your "cannon" for the intramural seasons to come!

- By Bryce Tecson – Competitive Sports Supervisor

## Intramurals @ USD

### Woodstock's Intramural Official of the Month

The Woodstock's Pizza Official of the Month for the month of October is senior Ben Reisman. Ben, in his first year as a referee has shown veteran qualities such as being able to control any situation with calm and ease. Ben officiates soccer, football, and volleyball, it's safe to say he is a jack-of-all-trades. Ben is a mechanical engineer from Santa Barbara and is considering going to law school after he graduates from USD. Ben's hobbies include surfing, volleyball, and soccer with friends. When Ben needs some rest he enjoys eating mint chocolate chip ice cream while watching Game of Thrones. Thank you Ben for your dedication and hard work towards intramural sports.

- By Billy Vasquez – Competitive Sports Supervisor



Pictured Above: Ben Reisman, October 2015 Official of the Month



### Extramural Tournament gets a Little Sandy

This month we had a fantastic turnout at our Extramural Beach Volleyball Tournament with SDSU and CSUSM. The matches were close, the rallies were long, and these teams killed it (literally)! Shout out to our three USD teams , A&B, Victoria Secret and Sets on the Beach! Sets on the Beach made it to the semi-finals but unfortunately took a loss against SDSU's I Believe That We Will Win. I Believe That We Will Win faced team Twinning, another SDSU team in the finals. Twinning, a 3-person team, put up an intense fight taking the game to a third match. However, they could not beat champions I Believe That We Will Win. We look forward to continuing this extramural tradition, and next year we hope to see USD take the title!

- By Savannah Linares, Marketing Team Leader



[\\*Check out a video of the volleyball tournament!](#)

## Sport Club Happenings

As the Fall 2015 school year finishes, we are glad to say its been a great semester. With 20 active sports clubs, we have been busy, busy, busy keeping up with game contests and tournaments both on and away from campus! We are very proud of each and every one of our clubs and their respective leadership team! Since all of our sport clubs are 100% student run, it takes a lot of work to manage a successful sport club, maintain a balanced budget, organize practices and games and even handle all traveling costs and logistics. With an average GPA of 3.2, our students are not only putting in work on the field but are clearly succeeding academically as well. Being that many clubs begin their in the spring, many of the games hosted on campus were friendly contests. Some of these included Rugby and Men's and Women's Lax, who hosted multiple Alumni Contests during homecoming weekend. It was a great way to reconnect generations of Toreros in a friendly match. Rugby also brought home some major wins these past few weeks beating UCSD 73-10 and University of San Francisco 13-0! Men's and Women's club Soccer teams have also done well this season. If you are interested in participating in a Sports Club or starting your own, please visit our office or check out more information on our [Sport Club website!](#)



## Campus Rec Recipe of the Month

### Apple Cider Whole Wheat Muffins

The holidays are here! We have chosen a yummy and healthy recipe that will get you in the holiday spirit. These Apple Cider muffins are perfect for a fall pot luck or just to enjoy with your friends or family. It's baking time, so get your apron on and get started!

#### Apple Cider Whole Wheat Muffins Recipe

- 1 cup whole wheat flour
- 1 cup unbleached all purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 tbsp cinnamon
- 1 tsp cardamom
- grated fresh nutmeg - between 1/8 and 1/4 tsp if you want to measure
- 1/2 cup butter (one stick) at room temperature
- 3/4 cup brown sugar (divided)
- 1/2 cup granulated sugar
- 1 large egg
- 1 6 ounce container Chobani Apple Cinnamon Greek Yogurt (or 1 cup plain Greek yogurt)
- 1/4 cup apple cider
- 1 huge or 2 large apples peeled and chopped (about 1 1/2 - 2 cups)

Preheat oven to 375. Grease a 12 cup muffin tin (or line with paper, but I love browned edges on muffins).

Mix together the flours, baking powder, baking soda, salt, cinnamon, cardamom and nutmeg. In another bowl, cream the butter, granulated sugar and 1/4 cup brown sugar until fluffy. Add the egg and mix well. Add the Greek yogurt, but mix slowly. Add the apple cider and mix. Scrape down the sides, then add dry ingredients in batches, but don't over mix. Add apple chunks.

Scoop batter into muffin tin, they will be pretty full. Sprinkle the remaining brown sugar on top - next time I'm doing to do a streusel topping - recipe to follow!

Bake 25-30 minutes, but check after 25 - if a toothpick inserted in the center of a muffin comes out clean, they are done. Cool in the pan for 5 minutes, then move to a rack. Enjoy them warm! Or have some restraint and save some for the week, microwaving for ten seconds to recreate that fresh from the oven taste.

Pinterest: <http://jarosdesigns.blogspot.com/2012/10/apple-cider-muffins.html>

Follow us on [Pinterest](#) for other healthy recipes and helpful exercise tips!



*Pinterest*



## University Fitness (USD FIT)



### Find Your Greatness This Fall

We have officially reached the mid-semester mark at USD. As time continues to fly, our USD FIT team at the Mission Fitness Center aims to help you find your greatness and reach your fitness goals before the holiday season. This time of year can be extra stressful but, don't worry, we are here to help you de-stress at the gym. Whether you visit us to workout on your own, with one of our personal trainers, or with our enthusiastic GroupEx instructors, we enjoy seeing you in the facility. Our USD FIT team is here to help you embrace your strengths and keep you moving forward towards your goals



### USD FIT GroupEx Mid-Semester Half-off Special

If you're aspiring to greatness and enjoy working out alongside fellow Toreros, our GroupEx program is perfect for you! Access 18 weekly classes for the rest of the semester for one flat rate. Classes include Yoga, Pilates Mat, Spin & Sculpt, Zumba, Abs & Toning, and more! Find your greatness with a discounted \$45 Mid-Semester Membership (\$90 value).

[Register online](#) to start enjoying classes today! [Fall 2015 Schedule](#)

### USD FIT Patron Spotlight

The Mission Fitness Center's Patron Spotlight for this month is Laura Fleming. Laura emphasizes that a well-functioning body motivates her to lead a healthy lifestyle. After a workout, she always feels so energized and ready for the rest of her day. She loves coming to the MFC because it is so close to her dorm, so she never has an excuse not to go. Along with going to the gym, Laura stays active through plenty of outdoor activities including horseback riding, hiking and kayaking. Laura's positive attitude and desire to stay active and healthy make her a perfect candidate for this month's Patron Spotlight!



Pictured Above: Laura Fleming, October 2015 USD FIT patron of the month!



## University Fitness (USD FIT)



### Training Spotlight: Client Testimonial

*I highly recommend Pam Iuppa as a Personal Trainer. I've been training with her twice a week since February 2014 and had worked with several other trainers before I discovered Pam.*

*She's the total package; extremely knowledgeable, personally inspiring, genuinely compassionate, professional, organized and provides me everything I need to succeed in my workout regimen.*

*Tailoring each workout to address my specific needs, she challenges me with a variety of exercises that grow more difficult as we progress. Each session offers something new and exciting with a mix of techniques that focus on strength, mobility and posture. She has a positive, encouraging approach to fitness.*

*What impresses me most about Pam is her incredible knowledge base, her knack for keeping training sessions interesting, and her ability to push me hard enough to make continued progress without becoming overwhelmed. Her enthusiasm about wellness is contagious and I've benefited from each and every workout.*

*Pam has been an absolute blessing. She has made a significant and positive impact on my health and wellness. She is my Fitness Angel!*

- Margot Alfano  
Longtime client of USD FIT Personal Trainer Pam Iuppa



Pictured Above: Client Margot Alfano working out on the TRX with USD FIT trainer Pam Iuppa.

[More Info on USD FIT  
Personal Training &  
Registration](#)

USD Personal Training  
*Fall into greatness*

November Special: 8-pack  
\$245 (\$31 per session)

6-pack \$280 (\$47 per session)  
12-pack \$455 (\$38 per session)  
24-pack \$720 (\$30 per session)

# Fall Into Greatness

With USD FIT

Fall is an ideal season to take advantage of our amazing San Diego weather. As the days begin to cool, embrace your opportunity to get some fresh air while getting your workout in (and enjoying it!) with USD FIT's five suggestions for fall fitness.

**#1**

Fuel your body with fall harvest

**#2**

Take your run outside

**#3**

Try a new hike

**#4**

Enjoy the beach

**#5**

Explore Tecolote Canyon



## Outdoor Adventures



### A Yosemite Reflection from Tessa Opperman

Fall Break is one of the most exciting times for Outdoor Adventures because the three-day weekend provides an opportunity to travel a bit farther away from home to see some of the beautiful landscapes that the West has to offer. This year we travelled to Black Canyon of the Colorado River, Zion and Yosemite National Parks.

When they signed up, our Yosemite group was not fully aware of the mission they were about to embark upon. This group was sent on a mission to re-create a photo taken at Tunnel View on the first OA trip back in 1986. This black and white photo has been floating around the OA office for a long time, and with our 30<sup>th</sup> Anniversary coming up next year we decided to re-create the picture to the best of our ability to honor the beginning of OA. We used props including mustaches, suspenders, a camera and a sweater to draw more likeness from our current students to the past participants. Clearly this wasn't just any group photo – this was a photo that represented so much more – and as I stood behind the lens at looking at the old picture and instructing the nine others on how to position themselves, it really felt like we were making history.

The students were all thrilled to be a part of something so big for OA. They reflected on how our program has grown in the past 29 years and pondered about where the next 30 years would take each of them. They wondered what happened to each person and how their lives were impacted by this trip. One of our students remarked, “this is the most important picture I've ever been a part of” and wants to reach out to her ‘photo twin’ to hear about her experience at OA. All in all, it was a successful trip and a successful click.



Pictured above: Students pictured right recreate the same photo from a similar trip 29 years ago!

## November QPR Training

If you haven't had a chance to join us for a Suicide Prevention Training yet, now is your chance! The next session is coming up on **Tuesday, November 17 at 12:15pm** in UC 103. Stop by for this hour long QPR (Question, Persuade, Refer) Suicide Prevention Training.

If you have ever been worried about someone you care about or wonder if a friend or loved one might be considering thoughts of suicide, this training is for you. You will learn how to spot early warning signs, how to begin a conversation with someone who may be struggling with depression, anxiety or substance abuse and also how make a referral to the counseling center.

Take some time to learn how you can be a resource for someone else, what questions to ask someone who might be thinking about about suicide.

[Register now or visit You are USD for more information.](#)

## Spring 2016 Rec Classes Now Open for Registration!

**SPRING 2016 RECREATION CLASSES**  
**WHAT MOVES YOU?**

Nearly 60 classes to choose from:

- Aquatics
- Dance
- Fitness
- Marital Arts
- Mind-Body
- Recreation
- Wellness

**COLLEGE CREDIT & NON-CREDIT**  
College credit registration begins on 11/2!  
Non credit begins on 1/4!

For schedule & registration info please visit  
[www.usd.edu/recreation](http://www.usd.edu/recreation) or call (619)-260-7751

USD REC  
UNIVERSITY OF SAN DIEGO

Spring is almost here! Discover **What MOVES You** and register for a Recreation/Fitness class or two!

Check out our [#TorerrosInAction video](#) from our current Tu/Th night Indoor Cycling class!



For schedule and registration info, please visit our [Recreation Class website](#)

## Meet our New Recreation Staff!

### Meet Lexi Carr: Recreation Coordinator

**How long have you worked at USD:** I've been here on and off for the past five years. I've been in my current position for only about a month, but I have been teaching yoga and fitness at USD for the past three years.

**Resume:** I attended freshman year here at USD, then studied abroad in London at Richmond University and finished my college career at Point Loma Nazarene University with a degree in Fashion Merchandising. I currently hold certifications in Vinyasa Yoga, Yoga Sculpt, Yoga Barre and Indoor Cycling.

**Hobbies/sports:** I love being active! I enjoy yoga (both teaching and taking classes), going to the gym, hiking, paddle boarding, rock climbing and have a love/hate relationship with running.

**What do you like best about your job (so far):** There are so many things I like about my job - I love the people I work with, both pro staff and students, I am able to be creative with the marketing and social media aspect of my job, and I love that my job is fitness/wellness related.

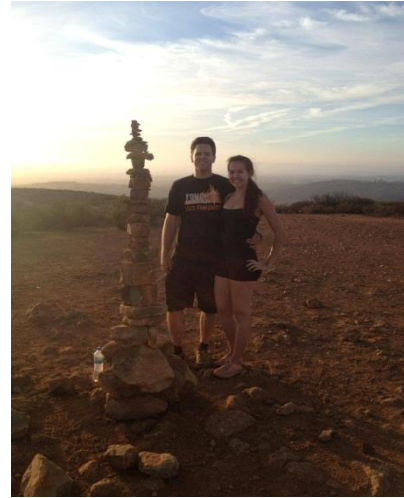
**Fun fact about yourself:** Cats are my favorite animal. I currently have two kitties named Shadow and Snickers.

**Favorite movie:** One of my favorite movie is *Forest Gump*. I also like *Meet the Millers*, *Big Hero Six*, *How to Train Your Dragon* and *The Aristocats*.

**Favorite place:** I don't think I could choose just one place! I loved visiting London, Amsterdam and traveling through Scotland and hope to go back one day as well as see more of Europe. I also like visiting anywhere in the South because it reminds me of my childhood in Alabama or anywhere with a lot of hiking or other outdoor activities.

**Goals:** Although I am still not exactly sure what my ultimate career goal is, I know that it will be in a fitness/wellness field. I want to be able to use my passion for fitness to positively impact other people. Additionally, I hope to be able to travel around the world and teach yoga in other countries.

\*Lexi will be helping to supervise the recreation marketing team, data entry projects, general facility operations and IT/Web projects.



Pictured Above: Lexi and her boyfriend, Joe, on a hike.

### Meet Emily Spagnolia: Facilities Coordinator

**How long have you worked at USD:** This is my 2nd month

**Resume:** I graduated from San Diego State University with my BS in Recreation and Tourism Management with an Emphasis in Recreation Systems Management. I also have my MS in Sport Business Management from Manhattanville College located in NY.

**Hobbies/sports:** I love reading and taking my dog Luna out on adventures. I have played almost every sport growing up. I currently try to stay active by playing softball, tennis, and basketball.

**What do you like best about your job (so far):** I love working with students. Growing up and working in recreation since I was 14, I always had great mentors to help me grow as a professional. I hope to be that for some of the students here.

**Fun fact about yourself:** I hope to visit all the baseball stadiums. I have been to 11 so far. My favorite souvenirs are the baseball ice cream hats.

**Favorite movie:** I was raised on Disney. So my favorite is Hercules. It's the one movie I brought to college with me!

**Favorite place:** I have been fortunate enough to be able to travel. So, I would love to go back to Italy. It was beautiful and the most amazing food!

**Goals:** My life goal is to own the Dodgers...but I'll settle for VP of Stadium Operations. :)

\*Emily will be supervising the recreation facilities staff and Sports Center facility. If you stop by the Recreation office, be sure to stop by and say hi and welcome Emily to our team!



Pictured Above: Emily Spagnolia with a Dodger Dog!

## The Spotlight is On our All Star Employees!



### Campus Recreation Student Employee of the Month

The Sports Center Employee of the Month for September (and also the Campus Rec Employee of the year 2014-15) was Amory Fratoni. Amory always elevates her work to a higher level, and perseveres to bring outstanding quality to everything she does. We asked her a few questions to get to know the motivation behind such a great leader.

**What inspires you to be such a hard worker?** My parents have always been a big inspiration to me. They have raised four girls, and put us all through college, and have always worked so hard in order for us to do what we wanted to do and have amazing lives so far. For years they would drive all around to get us all to our club soccer games. I don't know how they did it but they never missed our games. I work so hard because one day I will give back to them for all that they have done for me.

**What do you want to do after**

**graduation?** After I graduate in December, I plan on getting a job and staying in San Diego!

**If you had to describe yourself in one word, what would it be and why?**

Motivated. I'm always doing something. I have taken on 18 units for two semesters in a row and took two summer classes in order to graduate a semester early. I'm currently in the process of looking for a job after graduation. I'm getting involved in the church I attend. I'm working on getting a car to have out here. I just always keep striving for the next best thing that God has planned for me.

**What is your favorite way to relax and have fun?**

My favorite way to relax is honestly hanging out with my boyfriend on the weekends and catching up on our favorite shows like *Black-ish*, *Modern Family*, and *Sons of Anarchy*. We're both very busy people so we use this time to just relax and slow the world around us down for a minute.

**What are your three best qualities as a leader?**

Honesty, Intuition, and Confidence.



Pictured Above (far right): Amory Fratoni, September 2015 Recreation Employee of the Month.

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader" – John Quincy Adams*

## Extended Calendar of Events

Event Name	Date/Time	Information
Women's Lacrosse Tournament	Saturday 11/7 9am-6pm	Manchester Field, FREE admission!
Dodgeball Tournament	Tuesday 11/10 7-11pm	Sports Center Gym, \$20 per participant (free to current intramural participants). Must <a href="#">register</a> by 11/8.
Women's Club Soccer vs. CSUSB	Saturday 11/14 12:30-3pm	Manchester Field, FREE admission!
Spikeball Tournament	Sunday 11/15 2-6pm	Manchester Field, \$20 per participant (free to current intramural participants). Must <a href="#">register</a> by 11/14.
Thanksgiving Holiday	11/25 – 11/28	Facilities closed Wednesday – Saturday. <a href="#">Review our revised facility hours online.</a>

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



**Wishing you  
Blessings of  
Happiness, Health  
& Success on  
Thanksgiving &  
Always!**

*“Not what we say about our blessings, but how we use them,  
is the true measure of our Thanksgiving” – W.K Purkiser*