

# USD Campus Recreation News



## USD Toreros and Recreation: The Inspiration of Two Yoginis

I have been working at USD in Campus Recreation for just over 8 years now. I firmly believe in the positive impact that recreation and fitness can have on a person, especially the young college-aged population. Recreation has a way of providing an outlet, a safe space where people can gain confidence, grow, and even learn about themselves. I have always wondered if our programs make a lasting impression on the student participants. Simona Capisani, class of 2007 took a yoga class at USD during her second-year with Recreation instructor Ms. Marguerite Baca and fell in love with the class and the discipline. Being an athlete since middle school, Simona found out how yoga can help with cross-training and with certain injuries and took some classes on and off in high school. She deepened her practice after taking a chance by signing up for both CorePower off campus and Marguerite's yoga class on campus. In late August, I was given the amazing opportunity to sit down with Simona and Marguerite, who still keep in contact with each other.

"I was hesitant at first [to try the class] because even though I perceived the Rec class at USD as a nice and safe environment, I was never keen on gyms or exercising out in public places beyond what I did as an athlete on a team. In Marguerite's yoga class however, I had the opportunity to receive the benefits of a supportive and caring teacher who I could count on regularly to provide this structured and supportive space. Seeing how a teacher could have such an impact, I was always remotely curious (even if I was not very conscious of this) about how one could share yoga on the level of an instructor", said Simona.

"I started to appreciate how yoga helped me to understand and appreciate an acceptance of my momentary physical and mental states. How it facilitated the opportunity to break down time into increments of breath to movement – something that I realized could be done off the mat." When I asked Simona about what she liked most about yoga, she said, "I constantly find myself being reminded to appreciate what you can learn through humility (both physical and psychological) ... and appreciate what I learn from pose to pose or class to class about my capacities in those moments".

After she graduated USD, Simona became a certified yoga teacher via CorePower Yoga. She went on to make the connection on how her yoga practice helped her realize her dream of becoming a higher ed teacher. She is currently teaching part time and seeking her PhD in Philosophy. *Continued on page 2*



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"I have a passion for and commitment to teaching and education and have decided to pursue a college-level teaching career in philosophy because I am grateful for an opportunity to contribute to the empowerment of my students. I want to guide them to cultivate an awareness of their beliefs, assumptions, and common conceptions and to work to understand and refine their reasons behind their actions. When I teach philosophy, I find that it often opens students' minds to think critically and to be more aware of the complexity of their internal mental life, as well as the social, ethical, emotional, and even political relationships in the world around them (similar to what yoga can do). Many have shared with me that even a brief encounter with philosophy, and with my encouragement to question and interrogate closely held convictions, has helped them to become more autonomous and more present in their actions, choices, relations, and beliefs. I believe that all people have this capacity, though many have limited opportunities given the contexts or conditions they may find themselves in. For this reason, I am committed to developing teaching methods- both for the philosophy class room as well as in the yoga studio- that are inclusive to the diversity of students in my classroom. I hope to offer students the opportunity to create various possibilities to playfully and confidently explore and inquire both the physical and mental in a supported and safe environment and to leave feeling emboldened and more self-aware so that they can live authentically and be more fully with others and with themselves."

While Simona was speaking during our brief reunion, I could just see the "proud mama bear" look that Marguerite had on her face! Marguerite has been teaching at USD since 2000 and has made a lasting impact on too many to count Toreros! Practicing yoga since the age of 13 years old, Marguerite has a mature and deep understanding of the evolution of the practice that is called yoga and how it can transform both individuals and communities.



When I asked Marguerite about how and why she got started with yoga at such an impressive young age she stated, "after immediately launching into a dedicated practice, I was so pleased with the bio-chemical changes in my body, the tone, the psychological poise, increased flow of prana/vitality, increased trust of my instincts and intuition, that I wholeheartedly continued in depth research on what exactly is it about these practices that give me these profound health benefits. I identified particular poses, particular ways of breathing for particular results, developing not only mastery of my bio-chemistry, but also my nervous system."

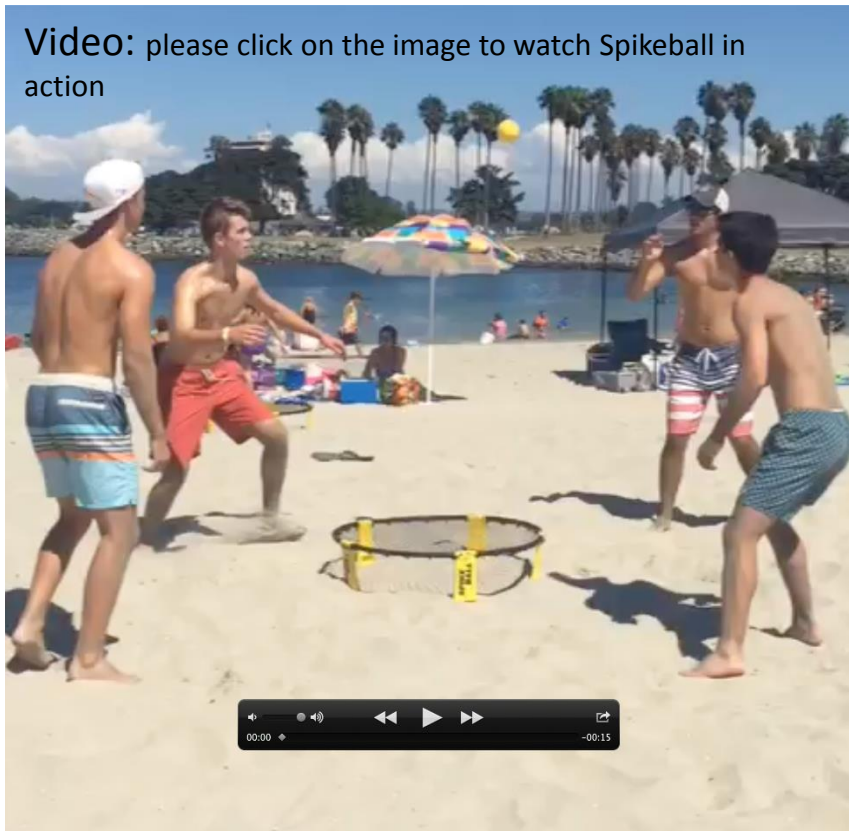
Just being around Marguerite one can tell that she exudes joy, peace, fun and generosity. She really practices what she preaches! "It's such a pleasure to witness the diminishing of anxieties, the increase in health of students as they follow the practices, and the scientific and spiritual principles. Those who appreciate these principles, can know and trust that they are equipped to not only thoroughly enjoy their life, but also to face life's challenges with confidence". Simona is a perfect example of this.

Marguerite likes to remind us that, "maintaining health on every level engenders an inner atmosphere conducive to keen inner listening to the signals, the physical sensations that are always leading to homeostasis, the bodies natural desire to be balanced, and on a deeper level, supernatural intuition. Kaivalya, the Sanskrit word for liberation, is the ultimate result for me; free to be authentic, honest and true to myself." Seeing and listening to these two magical women, I got inspired myself to take a deeper look at my own practice and habits. I feel privileged to work for a place that values growth in many forms and I encourage anyone hesitant about recreation classes to try a class or two. You just might be surprised at what you will find in yourself and how far it might take you.

- By Serena Gandara, Ast. Director of Rec Programs  
[Recreation Class Information](#)

## Intramural Special Event: Spikeball Tournament & Dodgeball Tournament

Video: please click on the image to watch Spikeball in action



Calling all Spikeball fanatics!

Campus Rec is hosting a special one-day only tournament this fall!

New to this awesome phenomenon?! No problem! New-bees are always welcome!



## Get Your Spikeball & Dodgeball on!

Don't *DODGE* all the fun this fall! Join us for a one-night only dodgeball tournament where winner takes all! Bring your five D's of dodgeball and get ready to have fun!

Event details coming Soon! Check out our website for more information!





## Rec Class Challenge!

### What **MOVES** You?

My name is Savannah Linares and I work at the Sports Center. My coworker Jenna Morris and I were lucky enough to drop in and workout with the Wednesday Abs & Toning class instructed by Sam! This class is a challenging workout and, although the class focuses on core work, I definitely felt the burn through my whole body. The class was filled with many reps of push ups, planks, leg lifts, and some arm work with the dumbbells. After our intense workout we were able to chat with Caitlin Hart (*pictured below top right*) about her experience with the class. She said she took this class because she is aiming to develop a really strong core. I asked Caitlin what the hardest part of the class was and she said, "it's either when Sam makes us do lunges around the entire pool or when we use the TRX station!" She also said she plans on taking this class next semester as well and would recommend this class to anyone because it's such a good workout and it is one of the more difficult recreation classes! Good luck with the rest of your workouts, Caitlin! There are rec classes for everyone and all fitness levels. Find the one that moves you! [Rec Class Schedule](#)



## University Fitness (USD FIT)



### Find Your Greatness

Welcome back Toreros! We're excited to see new and returning shining faces at the Mission Fitness Center. This semester we are encouraging you to *find your greatness*! Make time in your day to do something to fuel your mind, body & spirit. USD FIT offers a variety of classes inspiring you to tap into your greatness. Our team is here to help you embrace your strengths and weaknesses (a.k.a. growth opportunities), and journey with you towards reaching your fitness goals!



### USD FIT Personal Training

If you're working on finding your greatness and would like one-on-one assistance, our personal trainers can help. Rob, Parker and Pam have been working with USD's community to help individuals reach their full potential. Training sessions are offered in packages designed to support a healthy lifestyle.

*\*For more program information, please visit our [Personal Training webpage](#).*

### USD FIT Patron Spotlight

The Mission Fitness Center's Patron Spotlight is on USD junior, Chantilly Otto-Smith. Chantilly tries to lead an active lifestyle each and every day in the hopes to live a long and healthy life. She loves coming to the Mission Fitness Center because she truly enjoys the energetic atmosphere and friendly employees. Along with going to the gym, Chantilly stays active by going surfing and lifting weights. Part of her normal workout routine even includes studying or reviewing flashcards while on the treadmill. Chantilly's positive attitude and desire to stay active and healthy make her a perfect candidate for our USD FIT Patron Spotlight.





# University Fitness (USD FIT)

## Let's Talk Health

USD FIT recognizes health as so much more than just physical fitness. Good health requires taking care of your mind, body, and spirit to allow you to fully engage with every important moment in life. Putting all these things together gives you the best chance to get out there and FIND YOUR GREATNESS!

1



### Looking for a memory boost?

A recent study from scientists at the University of British Columbia says that heart-pumping, aerobic exercise has been shown to enlarge your hippocampus, the area of your brain involved with verbal learning and memory.



### Pump some (brain) iron

USD FIT's GroupEx program offers aerobic exercises ranging from Spin & Sculpt to our newest addition, Cardio Hip Hop! Register today to whip your mind into shape.

2



### Appreciate the power of your body

Exercise does so much for our bodies that we rarely stop to appreciate. From lowering our risk of heart disease, to allowing our immune systems to efficiently combat that pesky cold and even preventing some forms of cancer!

### Get out there, and get moving

The American Heart Association recommends a daily dose of 30 minutes of physical activity. Too busy? A 30 minute workout is only 2% of your day. Take a break from work, and your body will thank you!



### Fitness is better together

Get on your way to greatness with the help of one of USD FIT's three, nationally certified personal trainers. Together, you will come up with a plan to keep your body in the best condition to help you take on the world!

3



### Did you know?

25% of American adults suffer from anxiety or depression

### But wait, there's more...

According to the American Psychological Association, practicing yoga has shown to reduce stress and improve the symptoms of depression, ADHD, and sleep disorders.



### Get your happy on!

Check out USD FIT's GroupEx weekly schedule including eight, different styles of yoga classes, and sign up today to get on your way to a healthier, happier you!

Like what you see?



USD FIT



usd.fit



Check us out online!  
[www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation)

## Outdoor Adventures

OA is making the most of the perfect weather and warm water by adventuring with the first-year Living Learning Communities on Mission Bay. We've partnered with Intersections, Globalization, Faith and Reason, Change, Natural World, and Space, Place and Sound LLC's for a day of kayaks, stand up paddle boards, volleyball, Spikeball, and of course, tacos. OA has also hosted bonfires on the bay with the Sustainability LLC and Social Justice LLC. Thanks to the Sustainability LLC for teaching us so much about sharks!

**OA's Fall Trip Schedule is posted!** Have you always wanted to go on an OA trip? Want to do something different for a weekend? We're taking students to some pretty cool locations this semester. Don't miss out! Register on the OA website: <http://www.sandiego.edu/oa/>

### Outdoor Adventures Fall Schedule

Oct 9-10	Stargazing Overnight Camping
Oct 11	Hiking Cowles Mountain
Oct 22-25	Camping and Hiking Yosemite
Oct 22-25	Zion Backpacking
Oct 22-25	Black Canyon Canoe and Hot Springs
Nov 7	Hike Garnet Peak
Nov 24-29	Thanksgiving Backpacking Havasu
Nov 24-29	Thanksgiving Canoe and Hot Springs
Dec 4-5	Anza Borrego Desert Exploration
Dec 6	Horseback Riding
Dec 6	Roast and Roll

### Homecoming Family Weekend Events

Oct 17	Kayak La Jolla
Oct 17	Kayak & Stand Up Paddleboard
Oct 17	Moonlight Canoe





## The Power of QPR

Join us on Thursday, October 29 at 12:15pm in Serra Hall, Room 209 for an hour long QPR (Question, Persuade, Refer) Suicide Prevention Training session. You will learn how to spot early warning signs of suicide, how to begin a conversation with someone who may be struggling with depression, anxiety or substance abuse and how make a referral to the counseling center. Come learn what questions to ask (and what questions not to ask) to help a friend or loved one who might be thinking about suicide. Lunch will be provided.

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

### Other Wellness events this semester include:

#### Mental Health Screenings:

- **Tuesday, October 22**
  - UC Forums
  - 4PM – 6PM
- **Tuesday, November 17**
  - Hahn University Center, Room 103
  - 12:15 PM
- **Tuesday, December 8**
  - Hahn University Center, Room 128
  - 12:15 PM

**QPR SUICIDE PREVENTION TRAINING**

*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.*

**LEARN THE WARNING SIGNS OF SUICIDE**

Oct. 29  
12:15 PM  
Serra 209

**REGISTER NOW!**  
sandiego.edu/  
youareusd

**LUNCH WILL BE PROVIDED**

ASSOCIATED STUDENTS

University of San Diego  
STUDENT WELLNESS

**YOU ARE USD**

## What's Your Score?

USD Campus Recreation is excited to announce the launch of our state-of-the-art fitness testing & mapping program in our **Torero Well-Being Zone**. Via our brand new *MicroFit* system and equipment, we can now test and map community members in the areas of blood pressure, heart rate, BMI, body fat percentage, upper body strength, flexibility, and max oxygen output under cardiovascular pressure (VO2). The test also includes your overall wellness baseline assessment (questionnaire). This amazing test takes about 45-mins to complete with a trained fitness technician and every client will receive a print out or email explaining what their score is and what it means. Our technician can then review areas for improvement and what the resources are available right here on campus that can help improve the overall score. The manager of this program, Serena Gandara, explained, "this is quite an amazing opportunity for our community members to get a better sense of how they are doing in various wellness and fitness areas. What's really cool is that the test results will be stored and the client can then return a few months later or annually to see how they are improving!"

**Check out the video to see what exactly this amazing test includes.**

Visit our new [Well-Being Zone website](#) for more information or to register for your \$15 Fit Test.





## The Spotlight is On our All Star Employees!



### Outdoor Adventures Student Employee of the Month

Sam Eller is this September's Outdoor Adventure Featured Employee. Sam is not only an exceptional Outdoor Adventure guide, he is involved in all realms of the USD and broader San Diego community. His work this summer with CASA's Micah Summer fellowship doing service work with people who were formerly homeless on a local farm showed a commitment to changemaking and transformation.

He is also on the Changemaker Taskforce and Student Committee, the Vice President of the Green Farming Collective on Campus, Co-Owner of *Juice On Tap* and a volunteer with the CSL Juvenile Hall program. He recently attended "A Place at the Table" with fellow Toreros, a social and sustainability innovation unconference to generate ideas for startups. Sam continues to inspire fellow students to move toward a more adventurous, sustainable lifestyle. An early highlight to Sam's year was the opportunity to welcome President Harris to USD with a kayak outing to La Jolla. Congrats Sam!!!



Pictured Above: Sam Eller, Outdoor Adventures Employee of the Month, September 2015.



### Mission Fitness Student Employee of the Month

Our Mission Fitness Center Employee of the Month was senior Laurel Gardner! This award comes to Laurel extremely well deserved, as she's contributed significantly to marketing USD FIT's various programs. Laurel began working at the MFC this past summer and quickly found her niche within our staff. Her passion for creating promotion materials has made her an extremely valuable asset to the marketing team. Our Marketing Team Leader praises Laurel for "putting her heart and soul into all of her work," as well as "creating the highest-quality material." New employees have also expressed their appreciation for her warm and welcoming attitude, as she makes an effort to be a helpful role model to younger staff. We greatly appreciate Laurel kicking off the semester with an amazing start, and can't wait to see her continue throughout the year!



Pictured Above: Laurel Gardner, Mission Fitness Employee of the Month, September 2015.

## Extended Calendar of Events

Event Name	Date/Time	Information
Family Weekend Golf Tournament	10/16, 1pm	\$50 per person gets you and your partner a bucket of balls, a golf cart, lunch and green fees! <a href="#">Golf Registration</a>
GroupEx Half Off Pricing	10/13-12/12	Get inspired by others who share the same goal: to be happy, healthy and enjoy a great workout! Get half off this amazing GroupEx program if you register now thru 12/12. <a href="#">GroupEx Schedule</a>   <a href="#">GroupEx Registration</a>
Spikeball Tournament & Dodgeball Tournament	TBA	Stay tuned and check out our <a href="#">Campus Recreation website</a> for updated information! <a href="#">Spikeball and/or Dodgeball Tournament Registration</a>
Monthly Masters Swim	On-going	Beat the San Diego fall heat and enjoy awesome <a href="#">Masters Swim</a> workouts with an experienced coach! Classes are Mon/Wed at 6pm and Tu/Th at 5pm. \$25 per month or \$10 per week. Program is open to all community members and non-affiliates.
Fitness Assessments	On-Going	Ever wonder what your fitness score is? Have one of our trained Fitness technicians to test your blood pressure, resting heart rate, BMI, body fat percentage, cardio vascular fitness level, flexibility, strength and so much more in one 45-min session. \$15 per person. <a href="#">Fit Test Video</a>   <a href="#">Fit Test Registration</a>

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)