

# USD Campus Recreation News



## USD Group Ex Offered for Free During Intersession By: Lexi Carr

Keeping up with New Year's health and fitness goals just got a little bit easier for USD employees and students on campus during intersession. For the first time, Intersession GroupEx was offered for free for all participants during the three week January term.



Pictured Above: Participants in Intersession GroupEx

Although GroupEx is always an excellent value, many in the USD community decided not to participate in the intersession classes in the past because they would be unable to attend all of them due to vacation or work obligations. In previous years, participation has been very low during January.

As many people focus their New Year's resolutions around fitness and health, January is an ideal time to begin or continue a regular workout routine. Working out consistently has been linked to better work and school performance, greater happiness and overall well-being.

Taking all of this into consideration, Barbara Zackowski, Assistant Director of Fitness Programs, invited Human Resources to partner with University Fitness to offer the modified January 4<sup>th</sup> – 22nd class schedule for free to USD community members.

Unsurprisingly, the participation in all GroupEx classes offered has increased. Classes are offered both at lunch time and in the evenings to best serve employees, who make up the majority of participants during January term. The free GroupEx has allowed employees to stay on track with their health and fitness goals this month. It has also allowed a chance for people who have never tried GroupEx to experience a class or two. Hopefully, the increased participation will continue into the Spring semester!

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

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## Intramurals @ USD

Congrats to all our Fall 2015 Intramural Champs!



Pictured Above: B League Co-Rec Soccer Champions



Pictured Above: Men's Flag Football Champions



Pictured Above:  
3x3 Basketball Champions



Pictured Above: Co-Rec Volleyball

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



Pictured Above: Men's Speed Soccer



Pictured Above: A League Co-Rec Soccer



## SPRING, 2016

Sport	Play Days/Time Frame	Registration Deadline
Men's/Women's 5x5 Basketball	Mon/Weds. 7-11pm	Thurs., Feb. 4
Co-Rec 5x5 Basketball	Tues. 7-11pm	Thurs., Feb. 4
Volleyball	Thurs. 7-11pm	Thurs., Feb. 4
Grad/Law Football	Sun. 6-10pm	Thurs., Feb. 4
Grad/Law Softball	Thurs. 7-11pm	Thurs., Feb. 4
Men's/Women's Speed Soccer	Mon./Tues. 7-11pm	Thurs., Feb. 11
Co-Rec Speed Soccer	Mon/Tues. 7-11pm	Thurs., Feb. 11
Spikeball	Thurs. 7-11pm	Thurs., Feb. 11
Softball	Weds. 7-11pm	Thurs., Feb. 18
Tennis	Weds. 7-11pm	Thurs., Feb. 18
Flag Football	Tues/Thurs. 7-11pm	Thurs., Feb. 25
Ultimate Frisbee	Sun. 1-5pm	Thurs., Feb. 25

**\$20 one-time semester fee per person for all leagues!**

**To register or for more information:**

**[www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation), 619.260.4275,  
[campusrecreation@sandiego.edu](mailto:campusrecreation@sandiego.edu)**

## Sport Club Happenings

### Sports Clubs, Spring 2016

Interested in upping your game? Members of USD Sports and Recreation clubs experience participating in a new or competitive activity. In doing so, Campus Recreation encourages their growth and development as both athletes and individuals by providing competitive experiences, opportunities for teamwork, and an opportunity to pursue a healthy interest.

All current clubs are reminded that there is a "mandatory" Sport Club leader meeting on Thursday, February 18<sup>th</sup> from 12:30-1:30 PM in Maher Hall #207. (Current Clubs are required to have leaders attend.)

Check out all of the Spring Club action at:

<http://www.sandiego.edu/campusrecreation/sports-clubs/>



Pictured Above: USD Men's Club Lacrosse

### Take a watersports class this spring at Mission Bay Aquatic Center

Did you know that you can take a watersports class this spring and get ½ unit of credit? Every semester the nearby Mission Bay Aquatic Center offers students the opportunity to participate in a watersports class through the EDRC department. You can choose from Wakeboarding, Stand Up Paddling, Surfing, Sailing, and Windsurfing. These classes are great for learning a new sport while having fun on the water. For more information visit [www.mbaquaticcenter.com/usd](http://www.mbaquaticcenter.com/usd)



## Health Tips for the New Year

By: Laura Tressel

Coming back to school after the food-filled, slow-paced holidays can be a difficult transition for us college students. We have to turn our mind back on full-force, and get our bodies back in good health so that we feel energetic and ready to conquer schoolwork. Here are a few tips and suggestions for making the transition back to school easier and healthier.

1. Go for a hike. Sure, it's still winter across the rest of the country, but here in San Diego we are blessed with almost constant sunshine and clear skies. There are many different parks and hiking trails throughout the county that offer a great way to get fit and enjoy some fresh air at the same time. Don't have a car? Take a trip into USD's own backyard, and explore the trails in Tecolote Canyon.



2. Make a weekly exercise plan. Whether you sign up for a recreation class or do workouts on your own, make sure you stick to a routine. On average, it only takes 21 days to form a habit. That's just three weeks! In no time, you will feel comfortable and happy working out regularly.

3. Eat healthy! This seems like an obvious statement, but even though we all know diet is key to staying in shape, it isn't always so easy to execute. A few things that you can do to really jumpstart your health diet are to eat a healthy breakfast, pack a homemade lunch, and try not to eat out. This way, you control what you eat by what you buy. Experts claim that maintaining good health is 80% diet and 20% exercise. Both are important, but running a few miles won't mean much if you indulge in an extra cheesy pizza and soda afterwards.



4. Drink a lot of water. Keep a water bottle with you wherever you go and don't stop sippin' until you go to sleep at night. Water helps keep everything moving, and gives you energy throughout the day. You can make it more tasty by adding fruit or other natural ingredients, which make it something to look forward to drinking.

5. Join an intramural team. This is a great way to be active and have fun with your friends. Whether you are competitive, or just looking to have a good time, you can sign up with a team and participate in a variety of different sports. For the competitive groups, there is even a chance to win the gold and title of "Intramural Champions!"

## University Fitness (USD FIT)

### USD FIT Story 1

#### University Fitness (USD FIT)



#### Turning Intentions into Actions

Do you ever find yourself daydreaming about something you really want? Maybe you've even thought about how you intend to attain it. The next step, however, is always the hardest. Because of this, USD FIT will be encouraging you to **turn your intentions into actions** this spring 2016. Whether it be health, fitness, academic, personal or professional, there's no better time than now to take definitive strides towards your goals. Make those daydreams your reality!

#### Instructor Spotlight – Deborah M.

Deborah M. teaches Power Yoga on Mondays from 5:30-6:25pm as part of Spring 2016 GroupEx. We asked Deborah about what inspires her practice and are happy to share her story.

*The moving body has always fascinated me and as a student; the disciplines of dance and adherence to a strict regimen of exercises have been instrumental in developing my lifestyle. Instructing came naturally to me as I continued my education/exploration of anatomical movement concepts in dance and other fitness disciplines. The prime consideration one must be willing to accept when making a decision to become more fit is the fact that exercise must be continued throughout life to sustain any benefits you gain from it.*

*My teaching emphasizes 2 exercise movements:*

*Western exercise approach - which focuses attention on muscle tone, strength and motion.*

*Eastern approach - focused on being centered, calm and whole with an emphasis on stretching and limberness.*

*I teach a rigorous 75 min. Vinyasa Yoga Style in a slightly heated room. From the beginner, to the practiced yoga student, the benefits of consistent practice are quickly realized in the body. Gaining a stronger physical center, coordinating breathe with all movement and calming the mind. USD Campus Recreation offers a wide variety of health choices encouraging positive lifestyle choices and I feel very fortunate to be a part of that change.*

*-Deborah M., USD FIT GroupEx instructor*



## University Fitness (USD FIT)

### Spring 2015 GroupEx

Deborah is one of our many inspiring instructors for USD FIT's GroupEx program which features up to 19 weekly fitness classes. Take advantage of the Early Bird Special through Feb. 15th to gain access to all these classes for only \$80 for the entire semester (\$90 after Feb. 15th).

Classes include Yoga Sculpt, Balance & Core, Beginning Hip Hop, Zumba, H.I.I.T & Core, Tip to Toe Yoga Flow, Spin & Sculpt and more!

USD employees are eligible for a reduced price program with limited class hours (M-F 12:30-7:25pm). Semester membership includes access to up to 10 weekly classes all semester for one flat rate of \$55 for the semester (\$60 after Feb. 15th).

Register and find more info on our [GroupEx webpage](#).





**SPRING 2016 GROUPEX**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Sculpt (9:00 – 9:55 a.m.) Kaitlin B.	H.I.I.T & Core (9:00 – 9:55 a.m.) Parker L.	Balance & Core (12:30 – 1:25 p.m.) Lexi C.	Balance & Core (12:30 – 1:25 p.m.) Lexi C.	Core Conditioning (9:00 – 9:55 a.m.) Parker L.	Tip to Toe Yoga Flow (12:30 – 1:40 p.m.) Robyn S.	Spin & Sculpt (10:15 – 11:10 a.m.) Sam D.
Balance & Core (12:30 – 1:25 p.m.) Lexi C.	Yoga (12:30 – 1:20 p.m.) Robyn S.	Beginning Hip Hop (4:00 – 4:55 p.m.) Crash K.	Beginning Hip Hop (4:00 – 4:55 p.m.) Crash K.	Yoga (12:30 – 1:20 p.m.) Robyn S.	\$80 Earlybird Special (\$90 value) Offer ends Feb. 15 <sup>th</sup>	Reset Yoga Flow (10:30 – 11:45 a.m.) Kelly L.
Power Yoga (5:30 – 6:55 p.m.) Deborah M.	Vinyasa Yoga (5:30 – 6:25 p.m.) Lexi C.	Abs & Toning (8:00 – 8:55 p.m.) Colleen B.	Yoga Sculpt (6:30 – 7:25 p.m.) Lexi C.	Yoga Flow (5:30 – 6:25 p.m.) Sara S.	All classes located in MFC 108 unless otherwise indicated (*)	
Tighten & Tone (8:00 – 8:55 p.m.) Colleen B.	Zumba (7:45 – 8:40 p.m.) Angelica L.				All classes are subject to change	

This spring, turn your intentions into ACTIONS.

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

### USD FIT Personal Training

If you prefer taking action with one-on-one support, our personal trainers can help. Our nationally certified personal trainers Rob, Sam, Parker, Pam work with USD's community to help individuals reach their full potential. Training sessions take place on campus and are offered in packages designed to support a healthy lifestyle. Take advantage of our New Year's specials through Feb. 15th, with reduced pricing on all our personal training packages.

### New Year Special

Register & find more info on our [Personal Training webpage](#).

Package	Fee	Price per Session
6-Pack	\$183 (normally \$280)	\$30.50
12-Pack	\$386 (normally \$455)	\$32.17
24-Semester Pack*	\$612 (normally \$720)	\$25.50

### Fitness Center Hours

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

Come to the Spring 2016 Recreation Fair to find out more about Campus Rec!

# SPRING 2016 RECREATION FAIR

Tuesday, January 26, 2016  
11:30am – 2:30pm  
In front of the UC



## Learn More About:

- ❖ Campus Rec Facilities
- ❖ Group Exercise classes
- ❖ Personal Training on campus
- ❖ Rec Classes
- ❖ Intramural Sports
- ❖ Club Sports

## MFC Student of the Semester: Fall 2015

### Shauna Park



The Mission Fitness Center was very excited to name Shauna Park as our Fall 2015 Employee of the Semester. Shauna began working at the MFC right at the beginning of her freshman year, and three years later is now leading the entire staff, serving as the Student Coordinator of our facility. One fellow employee affirms, "Shauna is the foundation of the MFC. She is the pillar that holds up each and every value we hope to embody." Our staff greatly appreciates the thoughtfulness Shauna possesses when creating the work schedule, as she coordinates with each employee to meet their individual needs. Though Shauna is an accounting major and had to endure a busy schedule of recruitment events, she still made a point to be an engaged and present leader throughout the semester. Another employee comments, "She has been the glue to the MFC this semester, managing to stay involved even throughout her rigorous semester of interviews. She is a great leader and friend." We are looking forward to our final semester with this inspirational leader, and wish her the best of luck with her future at Ernst & Young! Congratulations Shauna!

Pictured Above: Shauna Park



## The Spotlight is On our All Star Employees!

Laura Tressel



### What do you like most about working at Campus Rec?

I love Campus Rec because I love the people. Coming into a new environment is always somewhat intimidating, but I felt welcomed immediately at the Sports Center by my coworkers, and being around such great leaders makes me want to be great too. It's always fun to talk with both my coworkers and the patrons - some of them have been coming here for years, and to me that is a great example of the warm and welcoming environment we strive to foster here.

### What are your plans after graduation?

Plans after graduation... wouldn't I love to know. As of now, I'm in the pre-planning process of applying for jobs. I would love to work in some sort of editing job, ideally in book publishing. However I will be happy to move through different career paths as the opportunities come. I want to move out of the country, at least for a little while, so that is something I'm working on achieving. San Diego is great, but there is so much more out there to experience!

### What do you like to do in your spare time?

I don't have much spare time between classes, work at the Sports Center, tutoring at the Writing Center, and working as an editor for the USD Vista, but when I do get a chance to sit down, I just want to relax. Netflix is a dear friend of mine, and some Saturday nights just involve a low-key thriller or sappy rom-com, a bowl of pasta, and cuddling with our apartment cat, Fred. Otherwise, I like to hike, read, try new restaurants, hangout with my friends, and when I get to, spend time with my boyfriend and family.

### What is your favorite animal and why?

My favorite animals are ducks. I don't exactly have a reason besides that I think I had a lot of duck themed things as a baby and it rubbed off on me. I just think they are so cute and fluffy, and I would love to spend a day at the park just feeding them and listening to them argue over the stale bread crumbs.

### Who inspires you and why?

I get inspiration from a lot of different outlets and people, but a large part comes from my boyfriend. We have a long-distance relationship, which is something that pushes me to work hard towards those moments when we get to be together. We are both very busy and driven people, and he's working full time while pursuing a career in civil law while I'm finishing up my last year of college and looking for post-grad work - we keep each other going through it all. He has a realistic personality that keeps me in check when I start to feel overwhelmed, and pushes me to work towards a bigger and brighter future.



Pictured Above: Laura Tressel

## Extended Calendar of Events

Event Name	Date/Time	Information
Second Semester Begins	Mon, 1/25	Have a great semester!
Registration Deadline For Recreation Classes	Tues, 2/2	Choose from over <a href="#">60 Recreation Classes!</a>
Spring Rec Fair	Tues, 1/26 11:30am- 2:30pm	Join Campus Rec in front of the UC to find out more information about all of our programs!
Spring Alcala Bazaar	Tues, 2/2 11:30am- 2:30pm	Find out more about getting involved on campus!



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)