

USD Campus Recreation News



Yoga in San Diego

Many years ago, Encinitas in North County San Diego was home to some of the first yoga studios in the United States. Master teachers travelled from India to lead classes here in San Diego and the practice grew in popularity. Yoga, like surfing, became integrated into the laidback, active Southern California culture. These days, it is hard to go anywhere in San Diego without seeing a yoga studio, people practicing in a park or some type of yoga hybrid (think acro-yoga, aerial yoga, paddleboard yoga, etc.).



Although most yoga today is vastly different from the traditional practice, it still draws from many of the same inspirations. Even in more athletic based yoga classes such as yoga sculpt (a yoga bootcamp complete with weights and cardio), there is an emphasis on the connection of breath and movement, as well as the connection of mind and body. This encourages participants to be mindful of their movements and helps to increase strength and decrease risk of injury.

In the past decade, yoga has increased in popularity with all types of people. More athletes are turning to yoga as an important part of their routine in order to reduce risk of injury or rehabilitate existing injuries. Yoga can aid in weight loss, stress relief and general well-being.

Luckily for us, San Diego is an excellent place to be if you're looking to get into yoga. Even better, USD offers vinyasa, hatha and yoga sculpt classes right here on campus! Check out a [GroupEx](#) yoga class or sign up for a non-credit [recreation class](#). Campus Recreation is offering 8 yoga classes in Fall 2016. Sign up for credit and get 0.5 units in a fun and healthy way. Check out the schedule on the [Campus Rec website!](#)

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- [You Tube](#)

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

Here's your yoga class cheat sheet!

Vinyasa Yoga: Breath to movement focus. Go through series' of postures called vinyasas multiple times. Builds strength, reduces stress and improves cardiovascular health among other benefits. **Try out an on-campus vinyasa class.**

Hatha Yoga: Slower paced class with a focus on holding postures.

Yoga Sculpt: Vinyasa yoga meets bootcamp. Well-known weightlifting moves and cardio sequences are added to make this a full-body workout. **Check it out on campus!**

Yoga Barre: Vinyasa yoga mixed with ballet barre moves. Tone your whole body and reduce stress. Studios in San Diego include The Bar Method, The Dailey Method, Studio Barre and Pure Barre.

Acro Yoga: Yoga with a partner! Take turns being the "base" or the "flyer".

Aerial Yoga: A challenging and fun class where yoga poses are practiced on "silks" (long pieces of fabric hanging from the ceiling).

Paddleboard Yoga: Yoga done on a paddleboard. Helps build core and stabilizer muscle strength. Try it at the Mission Bay Aquatic Center!

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Intramurals @ USD

Woodstock's Intramural Male Athlete of the Month: Nick Manessis

The USD Campus Rec male athlete of the month for March is Nick Manessis! This is his eighth semester participating in intramurals and he usually plays basketball, football, and softball. Nick is a senior from Pacifica, California and is pursuing a double major in Finance and Business Administration. He is also involved on campus as a member of Beta Theta Pi. He is a fan of the Golden State Warriors, San Francisco Giants, and San Francisco 49ers. Nick brings a positive energy and attitude to every game that he participates in; he is always respectful to the officials and other participants. Great job Nick!

By Competitive Sports Supervisor – Jace Carlson



Pictured Above: Nick Manessis

Woodstock's Intramural Female Athlete of the Month: Cali Moore



Pictured Above: Cali Moore

Congratulations to Cali Moore for being our **Woodstock's Intramural Athlete of the Month** for March. Cali is a junior at USD and plays intramural softball. Cali is being recognized as Athlete of the Month for her vital role in her teams 22-0 victory. Cali plays third base and went 3-3 with a triple that drove in 3 runs. Cali is from Bainbridge Island, Washington where she played softball and volleyball in high school. Cali is majoring in marketing at USD and hopes to one day to be head of marketing for the San Francisco Giants. When Cali is not killing it on the softball field she enjoys playing beach volleyball, walking dogs, hiking with friends, and her current favorite song is Dibs by Kelsea Ballerini. Thank you Cali for your hard work and participation in intramurals.

By: Competitive Sports Supervisor – Billy Vasquez

Intramurals: Brought to you
by Woodstock's Pizza!



Intramurals @ USD

Woodstock's Intramural Game of the Month



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

"Free Ballin'" and "BMI Kings," two men's intramural basketball teams, went head-to-head last week to determine which of the undefeated teams would continue the season without a loss.

The first few minutes of the game began with multiple successful 3-point shots by "Free Ballin'," allowing them to quickly pull ahead of their opponents. "BMI Kings" also attempted some 3's, but they were more successful in working the ball inside and scoring underneath the basket. By halftime, "Free Ballin'" led by 19 points. "BMI Kings" refused to give up and picked up their pace throughout the game, but "Free Ballin'" strong rebounding skills and fastbreaks couldn't be surpassed.

In the second half of the game, "Free Ballin'" scored 6 more points than "BMI Kings" and pulled even further ahead. With a final score of 66-41, "BMI Kings" received their first loss of the season. Congrats to "Free Ballin'" on keeping their winning streak alive!



Pictured Above: "Free Ballin'"

By: Competitive Sports Supervisor – Angelina Folchi

Spring Intramural Update

The Intramural sports season is well under way here at USD and all of the leagues are proving to be competitive.

Campus Rec Marketing team member Alex Smith-Farina attended an Intramural Volleyball game last week and spoke with some of the participants about why they love Intramurals and their league in particular.

Matt (or "Maverick," as he is known in the league) enjoys Intramurals because it is "relaxed and fun," as well as a way to meet new friends and get some exercise. Additionally, he emphasized that playing an intramural sport is not hard to balance with school.

When asked what she would tell people who were nervous about joining a league, Katherine Villegas said, "IM Volleyball is such a great release from the everyday stresses of school. I love exercising with my friends!"

Even if you are not necessarily looking to play in a league, there are still other ways to be involved. Referee Alex Wilson said that getting to interact with people and learn how to deal with conflict are great parts of the job and that, "It's a blast, totally worth doing."

Overall, the experience has been positive for participants who enjoy being active and competitive alongside old and new friends.



Sport Club Happenings

Exciting Season for Women's Club Lacrosse

After this weekend, the USD Women's Club Lacrosse team is on a four game winning streak. More than halfway through the season, the team has an overall record of 6 wins and 3 losses. They have been challenged by strong teams such as Chico State, UC Berkely and Duke, but have been able to pull off wins.

Sarah Zuccaro, who is currently ranked 3rd in the division for points and goals, is a big contributor to the team's success. Additionally, Constance Olmert, Hannah Stoeber and Charlotte Cassidy have been top scorers this season. The team is comprised of a handful of returners and a lot of fresh faces. Every girl on the team brings a unique skill set, which has allowed Women's Lacrosse to be so successful this season. This is a team with a great combination of chemistry, heart and talent that will take them all the way to the playoffs!



Pictured: USD Women's Club Lacrosse



Work at the Beach This Summer!

Mission Bay Aquatic Center is currently recruiting for many student positions including watersport instructors, summer camp counselors, dockmasters, and office assistants. These positions provide a great opportunity to develop career skills and expand work experience while working in a professional, customer based, outdoor environment. For a list of available positions, complete job descriptions and applications visit www.mbaquaticcenter.com/jobs



USD Safety Check



Recently, USD launched its very own mobile app where students can access their portal, use a mobile ID card, view a map of where the tram is and much more. The newest feature on the app is the USD Safety Check. This feature allows app users to easily call Public Safety in case of an emergency, receive emergency updates, report any suspicious behavior anonymously and ask Public Safety for a ride home if they feel uncomfortable walking alone. The app also works when students are abroad and lets them update their location and add any side trips they take in case of emergency.



This exciting new technology is a great resource for USD students and staff to utilize and a great way to make our community safer. Download the USD Mobile App if you have not already and check out the Safety Check feature.

Rec Classes

Missed the chance to sign up for a Rec Class? Don't worry, you still have options! USD offers over 60 Recreation Classes per semester including yoga, fitness, cycling, martial arts, dance, tennis, hiking and more. Many of these classes are still open for sign ups. Use this opportunity to try a new activity or do something you already love!



Hiking

San Diego is home to many beautiful hiking trails, some of which USD's Hiking San Diego class will explore. The class begins April 2 and will be held every Saturday through May 7 from 9am-12pm. Sign up by March 30 for credit (bring late add form to Gary Becker) or [non-credit](#).

Lifeguarding

Another great option is the USD Lifeguarding Class. This useful and informative class will be held over two weekends from April 16-24. Students learn life saving skills and, upon passing the class, are certified to work as a lifeguard. Sign up by April 15 for credit (bring late add form to Gary Becker) or [non-credit](#).



Fall 2016

Plan ahead for Fall Rec Classes. Fall classes open on April 2 and the schedule will be posted soon. Don't miss out on a fun and healthy way to get 0.5 credits!

Check out all of the [Recreation Classes](#) on the Campus Recreation website!

Exercise of the Month: Push-ups

Pushups are a great way to tone your entire body. When done correctly, pushups work your chest, triceps, core and legs! There are also many pushup variations to add to your workouts.



[Learn proper push-up form](#)

University Fitness (USD FIT)



Take Time to Turn Intentions into Actions

We have officially reached the mid-semester mark at USD.

As the semester continues to progress, our USD FIT team aims to help you turn your semester intentions into actions. We acknowledge this time in the semester can become increasingly stressful. Let us help you de-stress at the Mission Fitness Center. Whether you visit us to work-out on your own, with friends, with one of our personal trainers, or with our passionate GroupEx instructors, we enjoy seeing you in the facility. Our USD FIT team is here to help you embrace your strengths, and turn your intentions into positive actions.



USD FIT GroupEx Mid-Semester Half-off Pricing:

Our USD FIT team would like to inspire you towards action alongside fellow Toreros through our GroupEx program! Access 19 weekly classes for the rest of the semester for one flat rate. Classes include Abs & Toning, Zumba, Yoga, Beginning Hip Hop, and more. Turn intentions into actions with a discounted \$45 Mid-Semester Student Membership (\$90 value) or a discounted \$30 Mid-Semester Employee Membership (\$60 value). [Register online](#) to start enjoying classes today! [Spring 2016 Schedule](#)

Membership	Regular Price	Mid-Semester Price
<i>Student</i>	\$90	\$45
<i>Employee</i>	\$60	\$30

University Fitness (USD FIT)



USD Fit Patron Spotlight: Aaron McCarthy

The Mission Fitness Center’s Patron Spotlight for this month is Aaron McCarthy. Aaron is motivated to live a healthy lifestyle and emphasizes a balance of sound mind and sound body in everything he does. He loves coming to the MFC because of its convenient location, and the essential equipment needed for an excellent workout. Aaron stays active through hiking and soccer but finds his best self through strength training. Aaron’s positive attitude and his commitment to excellence make him a perfect candidate for this month’s Patron Spotlight.

Pictured Right: Aaron McCarthy



USD FIT
Inspiring a Healthy Mind, Body & Spirit

Turn your intentions into **ACTIONS**

USD FIT Personal Training

Spring 2016 Pricing

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

Personal Training

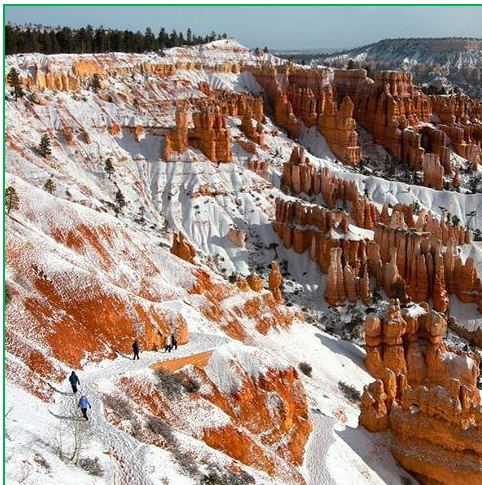
For a more personalized workout that still manages to maintain flexibility with your schedule, check our [personal training and registration page](#)

Outdoor Adventures



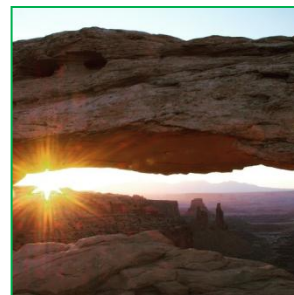
Welcome to **March mOAdness!** Our calendar is jam-packed this month, and we are stoked to see so many students adventuring outdoors!

OA is hosting a Tecolote Canyon Walks with **President Harris** on St. Patrick's Day! Make sure you set your alarm clock to experience this beautiful morning walk in the canyon and awesome conversations with the President himself. We'll meet on 3/17 at 7AM at the Outdoor Adventures Office and would love to see you there. The conversations are always wonderful and President Harris loves getting to know USD students. Wear green!



Looking toward the rest of the month, we are excited for our 9-day **March MOAB-ness Spring Break Road Trip Bonanza** in Utah! This multi-adventure road trip will experience some other-worldly locations around Utah. We'll recap this life-list trip next month.

We are not ones to count down the days until graduation. We want to make every day count. There is still time to get outdoors and enjoy San Diego before summer is here. For a complete schedule of the remaining spring trips visit sandiego.edu/oa.



You Are USD Campus Partner

Safe Spring Break Week is coming up March 14 – 18th and we are working to raise awareness about strategies for taking care of each other and staying safe during the break. We will be focused on healthy and safe activities for time away from campus and will also highlight the importance of positive mental health. Given that 30% of those who suffer from major depression also struggle with an alcohol dependency and that alcohol use often is associated with Spring Break, this is an important conversation.

In an effort to increase awareness about mental health, reduce stigma and provide access to the resources available on campus, Student Wellness and Associated Students are hosting three great events that we hope you will encourage students to attend

SAFE SPRING BREAK

- Cash Cab - A RADD Event by Campus Connections**
 TUESDAY 3/15 | Torero Hours in front of the UC
 Test your knowledge about safe alcohol practices and win gift cards and prizes!
- Mental Health Check-in - Show yourself some love!**
 TUESDAY 3/15 | 4-6PM @ UC FORUMS
 FREE BURRITOS AND CHURROS!
 Stop by the UC Forums anytime between 4-6PM for a free and quick 15 minute, one-on-one, confidential check-in with a Wellness Professional. Free burritos & churros will be provided!
- QPR Suicide Prevention Training**
 THURSDAY 3/17 | 12:15-1:15PM in UC 128
 FREE LUNCH WILL BE PROVIDED
 Learn the warning signs of suicide at this 1-hour training, over lunch, on us! Register now at www.sandiego.edu/youareusd.

For more tips on making your spring break safe, mental health strategies, and future QPR dates, visit www.sandiego.edu/youareusd.





www.sandiego.edu/youareusd



SUICIDE PREVENTION TRAINING

QUESTION, PERSUADE, REFER.

THURSDAY 3/17 | 12:15 - 1:15 PM UC 128

Learn the warning signs of suicide at this 1-hour training, over lunch, on us! Register now at www.sandiego.edu/youareusd



FREE LUNCH!

FROM NOODLES & COMPANY!

REGISTER NOW!

WWW.SANDIEGO.EDU/YOUREUSD





Join Campus Connections for **Cash Cab** on **Tuesday, March 15 from 12 – 2pm** in front of the UC for tips to stay safe and have fun during Spring Break, while also enjoying activities and free goodie bags filled with sunscreen, water bottles, and chap-stick!

Also stop by **Tuesday from 4-6 pm** for a quick 15 minute **Mental Health Check-in** with a Wellness Professional to see how you are doing. We will be in the UC Forums with **free burritos**, churros and lots of great information on stress, sleep, anxiety, depression, alcohol-use, self-care and more!

We also invite you to join us on **Thursday, March 17 at 12:15pm** in UC 128 for an hour long **QPR (Question, Persuade, Refer) Suicide Prevention Training**. 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 to make a referral to the counseling center. Come learn what questions to ask to help a friend or loved one who might be thinking about suicide. **Lunch from Noodles & Company will be provided!** [Register now](http://www.sandiego.edu/youareusd) or visit [You are USD](http://www.sandiego.edu/youareusd) for more information!

For more information about any of our events, please visit www.sandiego.edu/youareusd.

The Spotlight is On our All Star Employees!



Outdoor Adventures Student Employee of the Month: Kelly Kennedy

Sophomore, Political Science Major, Visual Arts Minor; Assistant Guide, Transportation Guru and general office organizer.

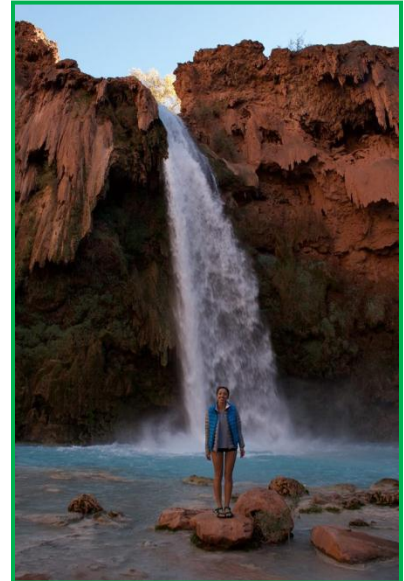
Favorite Outdoor Adventures Trip: Havasu Grand Canyon Backpacking, Thanksgiving 2015. I heard so much about this amazing trip and seeing the color of the waterfalls still seems surreal. This trip should be on everyone's bucket list. These are some of the most beautiful waterfalls on the planet and sharing the experience with other students over Thanksgiving is going to be something I'll never forget.

Pictured Below: Kelly Kennedy

Favorite Outdoor Activity: Hiking & Paddleboarding. I am most comfortable on my paddle board and my little puppy Pepper is the best paddling companion I could ask for.

Favorite Outdoor Fun Fact: "The Channel Islands are home to the island fox, which only live on these islands and have no natural predators."

"Outdoor Adventures has helped me grow as a person and a leader throughout my college experience, from attending Pre-O as an incoming freshman, to guiding Pre-O, and now working in the office! I have enjoyed using my unique skills and talents to make OA a better place. It just so happens I love to organize and we have a lot of gear and stuff that needs organizing. Nothing makes me happier than donating stuff we don't have a use for anymore."



Mission Fitness Student Employee of the Month

The Mission Fitness Center is proud to recognize the always amazing Jordan Readyhough as our employee of the month. Jordan joined our team last year as a freshman, and quickly established herself as a star employee with her upbeat disposition and impressive leadership skills. This semester, Jordan began serving as the Team Leader for the Facilities & Operations team, efficiently executing necessary safety drills to assess staff-wide preparedness and training efficiency. Though several new hires have joined her team this semester, Jordan welcomes each addition with open arms and helps them in finding their own niche within our MFC family. One fellow employee affirms, "Jordan has been an amazing team leader. She has done so much work to integrate her team and bring all the new members together, all with a positive attitude!" We immensely appreciate all of Jordan's efforts to improve our team, and we are excited to see what the future has in store for this amazing individual! Congratulations, Jordan!

Pictured Above: Jordan Readyhough

The Spotlight is On our All Star Employees!



Campus Recreation Student Employee of the Month: Kimberly Ramirez

Kimberly Ramirez, known here by her CREC family as "Kimbo", consistently brings her positive energy to the Sports Center. She has gone above and beyond by taking on leadership roles and challenges such as conquering the Staff Schedule for the first time. Kimbo's work ethic and passion for the Rec family shows when she helps out a new employee or takes on a challenge without hesitation. Her spirit and contagious laughter resonates with all of her coworkers. Thank you for all your hard work Kimbo, we appreciate you!!

What is your favorite part about working with Campus Rec?

My favorite part about working with Campus Rec is coming in the office to get work done but also having a great laugh in between tasks when I engage in conversation with students and staff. Mornings without Greg's jokes would be very dull.

What is your favorite hobby/thing to do when you have free time?

Love, love, love dancing (anything really) and hiking.

If you could travel anywhere, where would you go?

I would go to Kentucky to visit my boyfriend.



Pictured Above: Kimberly Ramirez



Pictured Above: Alex Wilson

Intramural Official of the Month: Alex Wilson

The Intramural Official of the Month goes to Alex Wilson for his outstanding contributions to the intramural program. Alex is a referee for multiple sports, including soccer, softball, and volleyball. His versatility coupled with his work ethic allows him to work every day that intramural games are played. While Alex exhibits professionalism during the games, he maintains a personal relationship with many of the intramural participants, which reinforces the friendly yet competitive nature of intramural sports. His presence on the field is felt, especially because he is 6 feet 6 inches tall, so he is hard to miss.

Alex is a sophomore and he is from San Francisco, California. During his free time, Alex enjoys playing volleyball. He consistently plays beach volleyball and is currently on the USD Club Volleyball team. When he is not intimidating his volleyball opponents with his superior skills as a hitter, he is studying mechanical engineering. Alex personifies the friendly and competitive nature of intramural sports and the Intramural Sports staff thanks you for your hard work and dedication to officiating.

By: Competitive Sports Supervisor – Bryce Tecson

Extended Calendar of Events

Event Name	Date/Time	Information
Spring Break	March 19-28	Have a fun and safe Spring Break! Check the calendar for updated facility hours during Spring Break.
Fall 2016 Rec Classes	April 2-September 12	Plan ahead for Fall and sign up for a Rec Class ! Choose from over 60 classes offered for credit and non-credit.
USD Relay for Life	April 8-9	Join the Campus Rec team!
TRX Workshop & Suja Juice	April 19, 7:30-9pm	Learn some TRX moves and sample some of Suja Juice's delicious flavors!
Campus Rec & Suja	April 26, 12-2pm	Join Campus Rec and Suja Juice in front of the UC to learn more about Fall Rec Classes, Intramurals and Sport Clubs!



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