Dodge, Dip, Duck, Dive and . . . DODGE!

Gym games night was a blast for all of the participants and turned into a very competitive match of Prison Dodgeball. This is a faster paced version of the game where players are never out, but just in a “prison” behind the opposite team. They can still catch and throw dodgeballs to get themselves back in and also get opposite team members out. All of the teams loved this form of the game and how quickly the momentum of the game can change. Campus Rec provided free PowerAde, Clif Bars, and a pizza dinner for all teams who participated. This was a great way to enjoy a form of Dodgeball that we normally don’t offer in our Intramural program. It was a fight to the finish, but in the end only team SLO-Trey avoided “prison” and took home the grand prize of two free movie tickets to any AMC theater for each team member.

FITNESS TIP OF THE MONTH

Turn off the lights!

One factor that influences progress towards health and fitness goals, perhaps more than any other, is sleep quality. If an individual is not getting quality sleep, he or she could be experiencing a disruption of optimal hormonal processes that are supportive of getting lean and building muscle. Instead, chronic stress may build up and promote fat storage. If you are not getting quality sleep and aren’t sure why, take a close look at how much light exposure you have in your room before you go to sleep. Research has shown that exposure to light before sleep can disrupt the onset of melatonin secretion, a crucial hormone for proper circadian rhythms. In addition, exposure to light during sleep can suppress melatonin by as much as 50%. Sleep masks can help reduce exposure to your eyes, but the exposure of light to even your skin can disrupt your internal clock. Try covering any and all light sources in your room including computer lights, digital clocks on appliances, and even covering your window with an extra dark sheet. Can you see your hand in front of your face as you are trying to fall asleep? If not, your room is sufficiently dark and you are on the right track!
INTRAMURALS

MEN'S FLAG FOOTBALL GAME OF THE SEASON!

Two juggernauts battled it out October 24th on the gridiron of Manchester Field. “Team Swag” (who took second place in last year’s 7 on 7 Flag Football league in the Fall) vs. “The Master Debaters” (who won last year’s 4 on 4 Flag Football in the Spring). Each team has a championship caliber defense and a high powered offense, so it was interesting to see which aspect of the game would prevail. The defense was stellar on both ends, while offenses were struggling to move the ball. In the end, a couple of key touchdowns for “Team Swag” were enough to get the W over “The Master Debaters” with a final score of 12-0. These two are destined for a rematch for the Monday night championship game and the winner gets the right to face the champion from Wednesday night.

Above: The offense of “The Master Debaters” call out hot routes, as the defense of “Team Swag” matches their calls with changes in the coverage. Photo by Caroline Frommeyer.

Left: Quarterback Max Fritz of “Team Swag” drops back for a pass. Photo by Caroline Frommeyer.
With a rematch of the dominating “Nunchuck Wild” and their rival “US the D,” the dodgeball championship did not disappoint. These two teams have battled it out for the past two seasons, with “Nunchuck Wild” defeating “US the D” in last year’s championship as well as earlier this regular season. Led by captain Natalie Tran, and backed by the canons of Mark Barnett and Teddy Simonson, “US the D” showed no fear of the defending champions. Captain Alexandra Bitsimis and “Nunchuck Wild” had no answer for the determination of “US the D.” Congratulations “US the D” on claiming this year’s Dodgeball championship and avenging last year’s defeat.

Above: “US the D” gets geared up to battle it out with “Nunchuck Wild.”
Another great season of Inner-Tube Water Polo is in the books. “Team Quan” and “Team Beta” faced off in the Sports Center Pool to battle it out for the championship. This best of 3 series was hard fought to the last buzzer. Captain Ian Rodgers of “Team Beta” was able to put together a strategy that could not be matched by the defense of “Team Quan.” “Team Beta” was able to sweep the series and bring home the bragging rights and the title of CHAMPIONS! Congratulations to “Team Beta” for earning the rights to call themselves Inner-Tube Water Polo Champions!!

Above: Captain Katie Quan of “Team Quan” defends the attack of “Team Beta.”

Left: Inner-Tube Water Polo Champions “Team Beta.”
SPORT CLUB HAPPENINGS

SPORT CLUBS MEMBERS PROVE TO BE MORE THAN ATHLETES

Here at USD, we pride ourselves on excellence in all areas of learning be it from the academic side to general human development. It is no secret the benefits of physical activity for the mind, body and soul. Our Sports Clubs offer such a unique opportunity to not only move our bodies but also learn to compete and put our passions into motion! Our athletes have seen the benefits. However, they run into several obstacles as they go along playing their favorite sports. It’s the balance between school work, athletics, social life and beyond that seem the most challenging.

It is exciting to announce that our athletes have learned to excel in this area, maintaining a 2.0 GPA or higher. Many of our athletes have even been recognized for their outstanding academic performance state and nationwide!

Case in point, Madeline Grose (a women’s lacrosse club team member): She managed to maintain a 3.7 GPA and was awarded the 2011 All-Academic certificate from US Lacrosse and the Women’s Collegiate Lacrosse Associates! We are very proud of her and asked her to share just how she balanced her overwhelming work load and playing schedule:

“Ever since freshmen year I have made sure to balance my extracurriculars and my academics. Both of these things are of great importance to me. In order to stay on top of not only my grades, but on top of lacrosse, I always make sure to stay organized and manage my time. At times it is tough to go to school all day, then practice, then to the library but I always remind myself that I am doing what makes me happy and it really is worth the commitment and time. Lacrosse has been a huge part of my life since I was young and I always make sure to balance it with my academics and other activities.”

Above: Women’s Club Lacrosse player and award recipient of the 2011 All-Academic Certificate, Madeline Grose.
SPORT CLUB HAPPENINGS

IN OTHER SPORT CLUB NEWS ...

November has already been a very busy month!! Water Polo, Men’s Rugby, Women’s Lacrosse, Equestrian, Baseball, Men’s Soccer, Women’s Soccer and Surf have all been competing nearly every weekend and will continue to do so throughout the month. Women’s Volleyball played at San Diego State to start their fall season. Men’s Volleyball will make their debut at University of California, Irvine and the Dance Company will perform at the last home Torero football game against Jacksonville! Mark your calendars for the following events!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Team</th>
<th>Opponent</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>S/S</td>
<td>Nov. 12/13</td>
<td>M Water Polo</td>
<td>Masters Tournament</td>
<td>Palm Spring</td>
<td>UCI</td>
</tr>
<tr>
<td>Sat</td>
<td>Nov. 12</td>
<td>M Rugby</td>
<td>City Championships</td>
<td>UCSD</td>
<td>3p</td>
</tr>
<tr>
<td>Sat</td>
<td>Nov. 12</td>
<td>W Lacrosse</td>
<td>UCLA</td>
<td>Manchester</td>
<td>3p</td>
</tr>
<tr>
<td>S/S</td>
<td>Nov. 12/13</td>
<td>Equestrian</td>
<td>UCSD Hunt Seat</td>
<td>Fallbrook</td>
<td>All Day</td>
</tr>
<tr>
<td>S/S</td>
<td>Nov. 12/13</td>
<td>W Volleyball</td>
<td>UCI Tournament</td>
<td>UCI</td>
<td>All Day</td>
</tr>
<tr>
<td>S/S</td>
<td>Nov. 12/13</td>
<td>M Baseball</td>
<td>UCSB</td>
<td>UCSB</td>
<td>All Day</td>
</tr>
<tr>
<td>Sun</td>
<td>Nov. 13</td>
<td>Surf Club</td>
<td>NSSA Comp.</td>
<td>Ponto</td>
<td>All Day</td>
</tr>
<tr>
<td>Sat</td>
<td>Nov. 19</td>
<td>W Lacrosse</td>
<td>SDSU or UCSD</td>
<td>Manchester</td>
<td>3p</td>
</tr>
<tr>
<td>Sat</td>
<td>Nov. 19</td>
<td>Dance Comp</td>
<td>Football Game</td>
<td>Stadium</td>
<td>Halftime</td>
</tr>
<tr>
<td>Sun</td>
<td>Nov. 20</td>
<td>M Volleyball</td>
<td>UCI Tournament</td>
<td>UCI</td>
<td>All Day</td>
</tr>
</tbody>
</table>

**Bold denotes a Home Contest**

Above: After a long 1st day at the SDSU Women’s Club Tournament, the Toreros take a moment to get the lactic out. Photo courtesy of Co-president of the Men’s Volleyball team, Jay Muller.
FITNESS FRENZY

REJUVENATE YOUR SOUL IN USD FIT'S DECEMBER FREE CLASSES

The USD "Fitness Initiative Team" is a campus-wide effort to develop our university community in mind, body and soul. The first week of each month during the semester features a free Fit and Active class to relieve stress, have fun, and get FIT without leaving campus. This December, Campus Recreation invites you to revitalize your soul from the stresses of projects through the following free classes:

- Friday, 12/2, 12-12:55 p.m., Pilates Pulse
- Tuesday, 12/6, 5:15-5:55 p.m., Pilates Mat
- Tuesday, 12/6, 8-8:55 p.m., Pilates Mat
- Thursday, 12/8, 6-6:55 p.m., Power Yoga

All classes are held in the Mission Cafe and Fitness Center’s Exercise Room (Cafe Level)

“Every (one) is the builder of a temple called (the) body.”
~Henry David Thoreau

USD PERSONAL TRAINING TESTIMONIAL: WHY TRAINING WORKS!

Dr. Petra Beckmann-Schulz first visited USD in the fall of 2009 as a visiting professor from Germany. She had always been active by taking fitness classes and exercising from home. The low price of USD’s training packages enticed her to try our training program and her overall experience was phenomenal. “Sometimes, I feel as if I have a new body,” said Dr. Beckmann-Schulz. “Also, mentally, I am straighter and better than I have been before.” Dr. Beckmann-Schulz was so impressed with the personal training program at USD that she utilized the program again during her second visit in October 2011. She trained with Jack McCormick at the Mission Fitness Center. “Petra had never done soft-tissue work as a warm-up technique, so we spent a good deal of time making sure she learned how to do this,” said McCormick. “We also found a proper progression level for her to be able to do push-ups with good technique. “ Jack tailored his training sessions to specifically fit her needs. “Jack is a perfect pro!” said Dr. Beckmann-Schulz. “During all those sessions, I learned that I can push my limits much further than I thought I could.” The training sessions made her stronger, tougher and healthier and she looks forward to implementing parts of the sessions into her personal exercise routine back in Germany.

For more information on personal training or other fitness programs, please visit: http://www.sandiego.edu/mfc.
UPCOMING EVENTS AND ACTIVITIES

BOWLING BONANZA COMING AT YA!
Hey all you bowlers! Campus Rec is hosting a Bowling Bonanza event **Thursday 12/8 from 9-11pm**! Transportation IS provided (USD Tram Services). So dust off those old bowling shoes and get ready to have some crazy bowling fun!
This event is only $5 per person and you MUST register by 12/6 at: [http://www.sandiego.edu/campusrecreation/registration/programs.php](http://www.sandiego.edu/campusrecreation/registration/programs.php). For more information, please call or e-mail Alec Parks at 619.260.4600 x 2061, alecparks@sandiego.edu.

YOU CAN DO IT!

Make the decision! Quit cold turkey this Thursday the 17th! You can do it and the Center for Health & Wellness Promotion can help! For more information on smoking cessation and/or other health programs, please contact CHPWP at 619.260.4618, meghanmccarthy@sandiego.edu.

DANCE YOUR WAY INTO THE HOLIDAY SEASON WITH THE “HOLIDAY HIP HOP DANCE CLASS”
Join us Wednesday, December 7th for an all-campus dance extravaganza! Get into the holiday spirit of things with this first ever Holiday Hip Hop Dance class. This one night specialty class is open to the entire campus community and is sure to put a smile on your face and get you in the spirit! No dance experience is needed to participate in the super fun class!
- **Wednesday 12/7**
- **7:30-8:30 p.m.**
- **Sports Center Main Gym Floor**
- $5 per person and you MUST register by 12/5 for this class at: [http://www.sandiego.edu/campusrecreation/registration/programs.php](http://www.sandiego.edu/campusrecreation/registration/programs.php). Call/e-mail 619.260.775/serenaboyd@sandiego.edu for more information.
GET ADVENTUROUS AND EXPLORE YOUR WORLD!

Join Outdoor Adventures for Mud Caving or Rock Climbing… Our last trips for Fall Semester!

**Mud Caving**
December 3, 7:30 am – 6:00 pm
It’s time to get dirty! Join Outdoor Adventures as we explore the expansive caves in Anza Borrego Desert State Park. These underground passages vary in size and offer a unique, memorable experience for everyone. Only a few hours from campus, it will feel a world away.
Cost is $35 – includes transportation, equipment and guides.

**Rock Climbing**
December 3, 8:00 am – 4:00 pm
Join us for a fun and rewarding rock climbing excursion to Mission Gorge. This trip is for every skill level. Our guides will encourage you to test yourself both mentally and physically, while teaching you to practice safe climbing techniques.
Cost is $30 – includes transportation, equipment and guides.

To register for either trip go to [www.sandiego.edu/oa/registration](http://www.sandiego.edu/oa/registration)
Or stop by UC room 136.

**Special Announcement**
Outdoor Adventures is pleased to provide a Thanksgiving adventure to Havasupai Canyon from November 22nd to November 27th. This trip is full but stay tuned for details about our next backpacking trip, coming Spring 2012. Visit our website at [www.sandiego.edu/oa](http://www.sandiego.edu/oa) for the most recent trip information.
SPRING 2012 RECREATION & FITNESS CLASSES ARE HERE!

Don’t forget to recreate and find time to fit in fitness into your busy schedule in Spring 2012. Campus Recreation offers a variety of courses that are sure to meet your fitness & recreation needs. Classes offered include yoga, Pilates, core conditioning classes, strength training classes, cardiovascular development classes, dance classes (ballroom, jazz, ballet, hip hop, salsa, belly dance, Hawaiian Dance), swimming, tennis, martial arts (MMA, Brazilian Jiu Jitsu, Karate Practical Arts Workout), SCUBA, Mission Bay Aquatic Classes . . . we could go on and on!

View the schedule for yourself at: [http://www.sandiego.edu/documents/campusrecreation/onlineedrcSP12listing.pdf](http://www.sandiego.edu/documents/campusrecreation/onlineedrcSP12listing.pdf)

Recreation offers all classes as for-credit (0.5 units) or as non-credit. For-credit classes are open to all undergraduate students of USD. Non-Credit classes are open to all USD students, staff, faculty, grad students, and affiliates. Non-credit registration will be available late January, 2012.

Make Spring 2012 YOUR best semester yet!

Find time to Fit in Fitness!
SPOTLIGHT AWARDS

RECREATION EMPLOYEE OF THE MONTH

Campus Recreation (Sports Center) would like to give a shout out to Jonathan Collins as the Employee of the Month for October! Jonathan is a freshman at USD but has a promising future with Campus Recreation as he has proven to stand out! He is kind, has a great sense of humor, a willingness to learn and do extra projects, and the other staff members here just love him! “While there are many reasons why I enjoy working for Campus Recreation, the thing that I enjoy the most . . . is how I’m able to interact with new people every shift. Life can sometimes be repetitive, from the things we do to the people we see, and my job allows me to break that cycle”! Congratulations to Jonathan!

Above: Recreation Student Employee of the Month, Jonathan Collins.

FITNESS EMPLOYEE OF THE MONTH

The Mission Fitness Center’s Employee of the month is Erin Bodnar! Erin projects a positive can-do attitude. She has exceptional customer service and greets everyone with her infectious smile. In fact, she can be seen smiling all day, every day. She is always cheerful and ready to take on whatever is asked of her. She is proactive in doing both her hourly tasks and any other specific tasks assigned to her. She never needs reminding because she is a self-starter. She has also been very flexible in terms of scheduling and has taken on various shift changes without complaint. It is a great joy to have Erin working with us at the Mission Fitness Center, and we are very grateful and proud to have her on our team.

Above: Fitness Student Employee of the Month, Erin Bodnar.
## EXTEND CALENDAR OF EVENTS:
### USD RECREATION AND FITNESS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event / Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, 11/19</td>
<td>11 a.m.</td>
<td>Tri Turkey Trot (Bike- Swim- Run)</td>
</tr>
<tr>
<td>11/22-11/27</td>
<td>n/a</td>
<td>Thanksgiving Holiday- Revised Recreation &amp; Fitness Center hours</td>
</tr>
<tr>
<td>Tuesday, 11/22</td>
<td>9 a.m.</td>
<td>Tecolote Canyon Run, meet at the Mission Fitness Center patio</td>
</tr>
<tr>
<td>Tuesday, 11/29</td>
<td>9 a.m.</td>
<td>Tecolote Canyon Run, meet at the Mission Fitness Center patio</td>
</tr>
<tr>
<td>Tuesday, 12/06</td>
<td>9 a.m.</td>
<td>Tecolote Canyon Run, meet at the Mission Fitness Center patio</td>
</tr>
<tr>
<td>Wed. 12/7</td>
<td>7:30-8:30 p.m.</td>
<td>Holiday Hip Hop Dance Class, SC Gym</td>
</tr>
<tr>
<td>Thursday 12/8</td>
<td>9-11 p.m.</td>
<td>Bowling Bonanza Night</td>
</tr>
<tr>
<td>Monday 12/12</td>
<td>n/a</td>
<td>Last day of all Recreation classes</td>
</tr>
<tr>
<td>12/13-12/21</td>
<td>n/a</td>
<td>Finals Week De-Stress FREE Fitness Classes</td>
</tr>
</tbody>
</table>

For more information on the listed events, please visit: [http://www.sandiego.edu/campusrecreation/](http://www.sandiego.edu/campusrecreation/).

**REMINDER**

IT’S SURVEY TIME!!!!

DON’T FORGET TO COMPLETE THE CAMPUS RECREATION FACILITIES SURVEY!
CHECK YOUR USD E-MAIL FOR THE LINK AND LET YOUR VOICE BE HEARD! YOU COULD ALSO WIN A $75 GIFT CARD TO THE TORERO STORE, JUST FOR TAKING THE TIME TO FILL IT OUT!

THANK YOU AND WE VALUE YOUR FEEDBACK!

Have a wonderful and blessed Thanksgiving Holiday!