USD Campus Recreation News

Did you get your Zumba on at the Zumbathon?

On a cool Tuesday evening, just over 30 participants danced the night away in the second ever Zumbathon. Led by the amazing instructor Erin Ayers, students enjoyed a mix of Latin, Salsa, Hip Hop and hip movements that even Shakira would be proud of. The night started at 7pm and the zumba-holics danced until 8:30pm. “The class was so much fun,” said one participant. “We should have this every month,” said yet another. Erin encourages her classes to just let loose and be energetic because once you do that, you won’t even realize that you are working out! If you missed this semester’s Zumbathon, don’t fret! Another one is already in the works for fall 2012!

Check out the VIDEO from the program at: http://streamer.sandiego.edu/Streamer/StreamPlayer.aspx?Id=59c175sEn6G&bPN=1
INTRAMURAL HIGHLIGHTS AND CHAMPIONSHIPS

GRAD/LAW BASKETBALL FINALS

With the jump ball going to “Litigation Trolls,” Orion Robinson started the game off with a sweet three point shot. After a turnover by “Dimes on Deck,” Orion hit another jump shot to jump start his team to a 5-0 lead. “Dimes on Deck” battled back with an aggressive attack to the basket. Back and forth leads between the two teams kept the game at a very high pace. With 9:07 left to go in the first half, “Litigation Trolls” were down by two, 16-14. John Weiss hit a vicious three point to put them ahead 17-16. After that three though “Dimes on Deck” took control and carried a lead into halftime. At half, Orion Robinson leads all with 13 points. Followed by John Weiss with nine points. “Dimes on Deck” scored quickly to start the second half. They kept the momentum going with a 4-0 run. With 16:01 left to go, Seth Bradley from “Litigation Trolls” hits a three point shot to bring his team within two points from being all tied up, making the score 33-31. “Dimes on Deck” showed a lot of heart leading up to 5:16 on the clock, where they held the lead until Seth Bradley from “Litigation Trolls” tied the game to make the game 39-39. This game had all the makings of an instant classic, the score 45-42 with “Dimes on Deck” leading, only 1 minute left, and two exhausted teams. “Litigation Trolls” managed to fight their way back and tie the game to force overtime. Both teams played hard in overtime, but “Dimes on Deck” was too much to handle and pulled out a close one 50-49, to be crowned this year’s 2012 “Intramural Grad/Law Basketball Champion!”

By Jeff Bush: Intramural Assistant

VOLLEYBALL FIGHTS TO THE BITTER END

There’s nothing quite like a volleyball game filled with spikes, kills, unexpected tips, sliding to keep the ball in play, and servers leaping in the air to give their serve a little extra power. Last Thursday, the teams “Triple Fire” and “Notorious DIG” played such a game. Despite the intensity of the game, everyone had fun, laughing along with everyone at their own mistakes, cheering from the sidelines, congratulating people on memorable moves, and making memories. You wouldn’t have expected these two teams to be battling it out to move on to the next playoff game with the amount of sportsmanship present. Even though Notorious DIG” ended up winning two games to none, “Triple Fire” gave them competition to the very end by keeping the scores close.

By Ariel Cabrera: Intramural Assistant
INTRAMURAL HIGHLIGHTS AND CHAMPIONSHIPS

MEN’S SOCCER PAYOFFS SEES AN UPSET IN FIRST ROUND

The number 6 seed “Tazmanian Devils” took on the number 11 seed “Los Novios de tu Hermana” last Tuesday night for what was to be an exciting match. The “Tazmanian Devils” were expected to hold a lead, given that they were ranked much higher and had many reputable players. “Los Novios” had a completely different idea though. They came out shooting, quickly scoring and taking a significant lead of 2 goals. At first the “Devils” were knocked off their stride, but quickly evened the match at 2 - 2. With neither team unable to take control of the game the half closed at a score of 4-4. Once the second half began though, “Los Novios” poured on the offense. Stealthy footwork, on-point passing, and a flurry of distance shots overwhelmed the “Tazmanian Devil” defense and goalkeeper to take a commanding 6-4 lead. With no response from the “Tazmanian Devil” offense, the result was a frustrated number 6 seed conceding a well deserved win to “Los Novios” the number 11 seed.

By Kyle Creasy: Intramural Manager

CoRec Intramural Volleyball team “Blockbusters” took on the “Honey Badgers,” which is mainly comprised of club volleyball players, on Thursday, April 19th. The underdogs put on their brave faces and demonstrated high quality sportsmanship when they prepared for the big challenge ahead of them. From both teams there is plenty of cheering and laughing as they pass the ball back and forth. In the first ten minutes of the first game, the “Blockbusters” held their own, only falling back by 5 points. Will Dow had multiple hard-hitting spikes and Rose Guth executed impressive digs of the quick serves from the “Honey Badgers.” The first game ended with a respectable score of 25-12 with unfailing smiles and high-fives. The second game became a little more competitive and both teams stayed fairly even. By the end of fifteen minutes the score was 10-13 “Blockbusters.” Players from both sides were stepping up their game, a highlight being Kara Kirkpatrick blocking a spike from “Honey Badgers” player Zach Weinger. The second game came to an end with the “Honey Badgers” pulling ahead at 25-20. Sportsmanship is a value that needs to be recognized more fully because it really makes the difference between whether the game is going to be enjoyable.

By Amy Fitkin: Intramural Assistant
INTRAMURAL HIGHLIGHTS AND CHAMPIONSHIPS

CO REC SOFTBALL PLAYOFFS

It was a beautiful night for softball on Manchester field, so I decided to watch the “Fly-Ballers” take on the “Bottom of the 5ths.” Early on, Caroline Leinung made her presence known with a ripper to center-field earning herself an RBI and an early lead for the “Fly-Ballers.” This game was intense! After each inning, it seemed like there was a new team ahead. In all of this back-and-forth struggle, several players proved themselves to be athletically dexterous. Justin Koh of the “Bottom of the 5ths” showed speed on the base-path that rivaled the great Ozzy Smith. “The Fly-Ballers” certainly would have made ESPN’s Top Ten or Baseball Tonight’s Segment of Web Gems. Cory Smith made an amazing grab in center-field, and Adam Krebs turned a nice double play to save the day in the second inning. The best hit of the game also went to Cory Smith, who jacked a 3 run homer to tie the game up at 5-5. The “Bottom of the 5ths” did all they could to try to take the lead and even made great stops on defense to get out of innings. Both Nick Silvera and Ryan Shumen made skillful plays as a short stop and third basemen respectively. In the end, the “Bottom of the 5ths” effort wasn’t enough; it seemed like the “Fly-Ballers” came out with more intensity. Adam Krebs bought his team some insurance with a 2 run double, making the score 11-8 in the top of the 5th. Ironically, the “Bottom of the 5ths” were shut down in the Bottom of the 5th. The “Fly-Ballers” will move on to the semi-finals of the playoffs next week.

By Aidan Breaux: Intramural Assistant

MEN’S SOCCER KICKS IT INTO HIGH GEAR IN THE FINALS

On Wednesday April 18th the playoffs started for the Men's Intramural Soccer League. This is going to be one of the most competitive years yet as many of the teams are stepping up their games and showing lots of potential. In one of the first playoff games, “Real Legal” (seeded 10th) faced off against “SigEpic” (seeded 7th). Both teams were in good standing before the game and it looked like a pretty close match up. The game started off pretty even, “Real Legal” scoring first, “SigEpic” following, and the pattern continued. Both teams were playing very physical but in a clean competitive way. “SigEpic” was down at halftime by 2 goals but made a quick comeback. The score remained tied for almost the entire second half until “Real Legal” scored and it looked as if they were going to get the win. However, “SigEpic” was able to score in the last minute tying up the game and sending it into overtime. After 5 minutes of extended play, the score still remained tied (both “SigEpic” and “Real Legal” scored a goal in overtime). Now penalty kicks would determine the winner of the match. Whoever scored the best out of 5 penalty kicks per team would be the winner. “Real Legal” shot first and scored, “SigEpic” was next and scored as well. This continued until both teams had gone through 5 shooters and still were tied at 3-3 each. “Real Legal” shot next, and made it once again. “SigEpic” answered and scored. Finally, “Real Legal” missed their next shot, “SigEpic” made theirs and they were pronounced the winners. This game was very close and competitive. “SigEpic” advanced to the next round of playoffs where they faced “Make it Nasty”. “Make it Nasty” put an end to the playoff run by “SigEpic”. Come out and support Men's League teams on Wednesdays on Valley Field as they compete for the championship!

By Sarah Cady: Intramural Supervisor
“Taylor Gang”, a three-point oriented team, faced the “Game Blouses”, a versatile Grad-Law team in an Eastern Conference semifinal match. “Taylor Gang” took advantage of a slow start by the “Game Blouses” producing a double-digit lead within the first five minutes of the game by knocking down a series of three pointers. “Game Blouses” maintained a reasonable point disparity after warming up and with a few three pointers by Phil Simpler, they closed the gap within five half way into the first half. “Taylor Gang” extended their lead, ending the half 37-26 in their favor. Within five minutes of the second half “Taylor Gang” had extended the lead by over twenty points. After a strategic timeout with ten minutes left, “Game Blouses” managed to score a few baskets and close the lead, but in the end, “Taylor Gang’s” good passing, solid defense, and impressive shooting secured the victory. “Taylor Gang” will play “Ponified Hustlas” in the Eastern Conference Championship.

By Nate King: Intramural Assistant

Come support your fellow Torero’s during Intramural Championship week. Championship Games are scheduled to begin May 7th with the Men’s Air It Out Flag Football Championship on Valley Field starting at 10pm and the Co-Rec Softball Championship on Manchester Field at 9:45pm. On Tuesday May 8th will be the Co-Rec Soccer Championship on Manchester Field at 9:45pm and Wednesday May 9th at Valley Field at 9:45pm will be the Men’s Soccer Championship. Championship week will close out with the Co-Rec Volleyball Championship on Thursday May 10th starting at 8pm. The Men’s Basketball Championship is TBA and will be posted on the Campus Recreation Facebook page as soon as a night and time have been decided. Thank you for a fun and competitive year of Intramurals and we will see everyone in the Fall of 2012.

By Brian Servetnick: Intramural Coordinator
WHAT’S NOT TO LOVE ABOUT USD SPORT CLUBS?!!

For this coming fall semester, we have some exciting new sports clubs to look out for including Beach Volleyball Club, Golf Club, and Women’s Water Polo Club! Along with these new additions we also have our original twenty clubs which include Baseball, Rock Climbing, Dance Company, Dive, Equestrian, Jiu Jitsu, Men’s and Women’s Lacrosse, Officials, Roller Hockey, Men’s Rugby, Men’s and Women’s Soccer, Surf, Tennis, Ultimate Frisbee, Men’s and Women’s Volleyball, Men’s Water Polo and Waterski.

**Highlights**

**Dance Company and other finals**

Our Dance Company will have their Spring Showcase on Thursday, May 10, in Shiley Theater. The doors open at 6:30 pm and the show starts at 7:00 pm, so don’t miss it! The Equestrian Club will go to Nationals from May 2-6, in Kentucky. Also our Women’s Soccer Club is traveling to the UCLA Tournament on Friday, May 11. Good luck to all of our ladies!!

**Club Tennis**

Club Tennis 4th place finish at USTA’s National Tournament – the Tennis On Campus Spring Invitational. The Tennis Club was formed just last semester by a very ambitious and extremely organized leader, Club President Harmonie Edelson. We are very proud of the rapid success this club has had this academic year and look forward to next season. Please congratulate our Club Tennis Team for this amazing achievement!

A quote from the USTA’s Tennis On Campus Coordinator, Linda Milan: “The USD Tennis Club deserves to be recognized for their amazing achievement! Harmonie has assembled a fantastic team to lead the players to this success in their first season. This tournament proved they are match tough and ready to compete on a national basis.”

Thank you for supporting them and with your support they are becoming one of the more formidable teams in our program. We are very proud to have them represent the Southern California Section of the USTA! Congratulations to all – they should be very proud!

![Above: The proud members of Club Tennis. From left to right: Luis Antonio Toscan, Lauren Combs, Julie Christen, Harmonie Edelson and Joshua Parker at Reffkin Tennis Center.](image)

![Above: Group photo time with members of Dance Company.](image)
COMMUNITY ACTIVITIES COMES TO AN END

Singles Golf 3/30/12 Lomas Santa Fe Golf Course
Friday, March 30th, we headed north to beautiful Solana Beach to play 18 holes at the Lomas Santa Fe golf course. It was a perfect day and we enjoyed a relaxing afternoon on the links to gear up for the weekend. Our big winner, taking home 15 Top Flite golf balls, was Andy Vesci. In second place, coming in just a few points behind, was JP Gross. He was the winner of the February golf tournament, and took home a Callaway golf hat. In general, these events are great opportunities to work on your golf game and meet fellow USD golfers. Don’t miss our final golf event of the year which will be a two person scramble format at the Mission Trails golf course on Friday, May 11!

Singles Tennis 4/12/12 Sports Center Tennis courts
One of the most anticipated Thursday night tournaments this semester was our singles tennis tournament, held 4/12/12. We had some snacks, drinks, and perfect weather to play under the lights on a warm April night. With heavy turnout from the men’s and women’s club teams, it was a hard fought battle. Coming out on top were Josh Parker and Kate Lobel, who both play on our club tennis teams. Kate selected two movie tickets and Josh chose a $30 gift card to Game Stop for their respective prizes. Be sure to keep an eye out for future Campus Recreation sports tournaments where we always have free food, drinks, and prizes!

3x3 Beach Volleyball 4/20/12
For our April beach day, we headed down to our favorite place on earth, the South Mission Beach volleyball courts. We brought bocce ball, bean bags, footballs, pizza, sandwiches, and of course, volleyballs. We definitely enjoyed an afternoon at the beach to unwind from a long week. Keaton Kovatch, Chris Vasquez, and Kyle Warren won our 3x3 volleyball tournament and our $75 gift card grand prize! What a way to start the weekend!

Missed out?! No worries! We still have one more golf tournament that is coming up on Friday 5/11. It will be a 2x2 Shotgun Scramble at Mission Trails Golf Park. Only $29 per person for a full round of golf with games, prizes and FUN!
FITNESS FRENZY

REVITALIZE WITH EXERCISE!

From 5/15 though 5/21, Campus Recreation invites you to take a breather and rejuvenate your mind with FREE fitness classes. Join us for a full week of free Yoga, Indoor Cycling, Pilates, Abs & Toning and more! Exercise can help clear your mind, which can open up space to cram for Bio Chem!

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<thead>
<tr>
<th>Time</th>
<th>Tuesday 5/15</th>
<th>Wednesday 5/16</th>
<th>Thursday 5/17</th>
<th>Friday 5/18</th>
<th>Saturday 5/19</th>
<th>Sunday 5/20</th>
<th>Monday 5/21</th>
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<tr>
<td>12 p.m.</td>
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<td>Power Yoga Jennie O.</td>
<td>Abs &amp; Toning Arturo F.</td>
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<td>12:30 p.m.</td>
<td>Power Yoga Deborah M.</td>
<td>Restorative Yoga Duke D.</td>
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<td>2 p.m.</td>
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<td>Restorative Yoga Duke D.</td>
<td>Restorative Yoga Duke D.</td>
<td>Power Yoga Marguerite B.</td>
<td>Yoga Sculpt Marguerite B.</td>
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<td>3 p.m.</td>
<td>Pilates Sculpt Allison S.</td>
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<td>4 p.m.</td>
<td>Ultimate Indoor Cycling SC 109 Sam D.</td>
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<td>Pilates Sculpt Allison S.</td>
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<td>6 p.m.</td>
<td>Power Yoga (6-7:20) Deborah M.</td>
<td>Abs &amp; Toning Arturo F.</td>
<td>Power Yoga (6-7:20) Deborah M.</td>
<td>Abs &amp; Toning Arturo F.</td>
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<td>7 p.m.</td>
<td>Ultimate Kickboxing &amp; Abs (7:30-8:25) Monica T.</td>
<td>Cardio BLAT Monica T.</td>
<td>Ultimate Kickboxing &amp; Abs (7:30-8:25) Monica T.</td>
<td>Power Yoga Jennie O.</td>
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Schedule is subject to change. For the most up-to-date schedule, visit [www.sandiego.edu/campusrecreation/fitness_wellness/fit_active.php](http://www.sandiego.edu/campusrecreation/fitness_wellness/fit_active.php).

Classes are 55-minutes and held in the Mission Fitness Center Exercise Room (Café level) unless otherwise indicated (SC = Sports Center, near pool, room 109).

Please bring a personal mat to all Yoga classes- a limited supply is available for checkout at the front desk. Just show up, sign the release of liability form, and de-stress! Open to the entire campus community!
FITNESS FRENZY

FINALS GOT YOU FRAZZLED? THERAPY DOGS ARE TO THE RESCUE!

Looking for a little puppy love? Need a wet kiss on the nose? Then stop by the UC lawn area to pet a pup and get some one-on-one quality furry friend time.

Petting a k-9 companion can help reduce stress. How could you not smile while petting a pug??

Relax for a minute or two and join us on Tuesday 5/15 from 12-2 pm.

Sponsored by the Center for Health and Wellness Promotion.

GOT YOUR ZzzS?

Getting enough sleep can increase alertness, reduce stress, bolsters memory formation, and promotes overall health. Did you know that nearly 24% of USD students report that sleep difficulties resulted in a receiving a lower grade on a test/project? Students who pull all-nighters tend to have a lower GPA than students who make time for sleep. So grab a comfy pillow and hit the mattress for some well needed Zzzs! It just might lead to a higher test score!

This Thursday 5/10 is USD PJ day! In an effort to promote healthy sleep habits, certain offices and departments will dress up in their PJs and pass out sleep tips and information. So don’t forget to get your Zzzs!
This semester, I’ve spoken with many personal training clients and heard resounding positive reviews about our USD Head Personal Trainer, John "Jack" McCormick. I decided find out what exactly makes him so successful at what he does here at USD. For starters, he's …

- an USD alumnus, having earned his BA in Psychology
- also earned a MA in Kinesiology – Sports Psychology, from Fresno State
- integrated strength training coaching with his personal training experience, including work with collegiate and professional level athletes
- NSCA (National Strength and Conditioning Association) - Certified Strength and Conditioning Specialist
- an advanced (level II) Functional Moving Screen Specialist

However, it’s clear he's not only knowledgeable and experienced on the technical level.

I recently interviewed a USD employee, alumnus and long-standing client of Jack's, and was assured that although she was a bit apprehensive due to not having done personal weight training before, Jack made her feel very comfortable. “He makes even the smallest of accomplishments into victories of success!” she told us. “Jack is very talented and knowledgeable in his field and is very much a gentleman and compassionate person.”

Not only is that relationship factor one of his best qualities, it’s one of his favorite parts of being a personal trainer. He told me he loves “getting to form relationships with people and help them improve.” He enjoys “learning what people’s goals are and helping them to achieve them.”

The USD community is dually blessed to have a dedicated and brilliant trainer, as well as a beloved professional, like Jack to inspire fitness on campus.

Interested in learning more about USD's personal training program? Visit http://www.sandiego.edu/mfc/personal_training/

By Meredith Higa

Above: USD head personal trainer, Jack McCormick.
SIZZLIN’ SUMMER
ON-CAMPUS OVER SUMMER BREAK?
CAMPUS RECREATION HAS YOUR BACK!

Will you be here in San Diego or on-campus over the summer break? Then Campus Recreation has a few options for you to prevent summer boredom!

Fit into Summer
Fit into Summer is a group fitness program designed to fit in perfectly to the average work day. Enjoy lunch time classes and also after work classes such as Yoga, Pilates, Indoor Cycling, Abs & Toning and more! With 7 classes a week to choose from, you will have no problem keeping or getting into summer shape!

Summer Youth Swim and Specialty Classes
Have little ones between the ages 3 and 12? Then check out the wonderful swim and specialty classes that are right here on campus! This summer, we are offering a variety of swim classes including tot (3-4 years), beginner, advanced beginner, intermediate, swimmer, advanced swimmer and advanced skills. All classes are taught by certified instructors. We are also offering specialty classes including Self Defense and Martial Arts, Dance and Fitness for Fun, and Gymnastics. Specialty classes are open to children ages 4-10.
Campus Recreation also offers adult aquatic classes over the summer including masters swim and stroke technique.
For a complete list of classes, descriptions, and for more information, please visit:
http://www.sandiego.edu/campusrecreation/summer_swim.php
SPOTLIGHT AWARDS

RECREATION EMPLOYEE OF THE MONTH- MARCH

Campus Recreation would like to take a moment to acknowledge Sarah Cady as the Recreation Employee of the Month for March. Sarah is a 1st year student who started her career with Campus Recreation a mere 8 months ago. Within a matter of days, Sarah proved to be a great asset to the Campus Rec family, especially in the Intramural department. She was recently promoted to Student Supervisor for Intramurals and she can be seen all over the fields helping to organize, plan, and run various leagues. She is a wonderful leader, inspires others to do great work, and helps keep the Intramural Coordinator organized. If you see Sarah around campus or on the fields, take a moment to congratulate her on her well-deserved award!

Above: Recreation student employee of the month for March 2012, Sarah Cady.

RECREATION EMPLOYEE OF THE MONTH- APRIL

For the month of April, Campus Recreation is pleased to acknowledge Eric Hollenberry as the employee of the month. Eric is in his 3rd year and is an English major. You might recognize Eric not only for his work and activity in his fraternity, but also for working with the communities program with Campus Recreation. Eric helps to promote and organize community events for the entire campus such as beach volleyball, golf, bocce ball tournaments and, recently, his newest endeavor in the first ever USD Amazing Race! Eric spearheaded the Amazing Race idea, which will take place this Friday from 3-5pm. He personally got nearly 70 people to sign up within a week and it is sure to be a great time and a tradition that we hope to carry out every year!

Above: Recreation student employee of the month for April 2012, Eric Hollenberry.
SPOTLIGHT AWARDS

FITNESS EMPLOYEE OF THE MONTH- APRIL

April’s Mission Fitness Center Employee of the Month is David Bittner. In the past month David tackled new and challenging responsibilities with inspiring creativity. Recently, David added the job of updating the MFC Facebook page. His compelling posts increased our page’s audience exponentially! In addition to Facebook, David has been a valuable asset to the Marketing Team. His incredibly fresh and innovative flyers are some of the best ever seen. David is dependable and an extremely hard worker. He has taken extra initiative the past several weeks and has contributed much creative energy to the Marketing Team, as well as to the MFC Team in general. We greatly appreciate all of his hard work and look forward to growing more with him during the upcoming semesters.

Above: Mission Fitness Employee of the month for April 2012, David Bittner.

Congratulation to all of the Campus Recreation and Fitness employee all-stars! Thank you for your hard work and dedication. Your healthy spirits help run our department more than you cold ever imagine!
EXTENDED RECREATION CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event / Info</th>
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<tbody>
<tr>
<td>5/4/12</td>
<td>3-5 p.m.</td>
<td>USD Amazing Race. Entries are closed but come watch the excitement (all over campus, ending at the Sports Center)</td>
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<tr>
<td>5/6/12</td>
<td>2-5 p.m.</td>
<td>Pick-up Sunday: Basketball/Volleyball SC Gym and Soccer Valley Field. FREE and officiated (LAST pick-up Sunday of the semester)</td>
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<tr>
<td>5/11/12</td>
<td>2-5 p.m.</td>
<td>2x2 Scramble Golf Tournament, Mission Trails Park, $29 per person</td>
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<tr>
<td>5/12/12</td>
<td>2-3:30 p.m.</td>
<td>Ultimate Spin Endurance Workshop: 90-mins of exhilarating spin fun to burn major calories and test your physical limits on the spinner bike. $5 per person. Must register by 5/9/12. The workshop will be followed by a brief free nutrition presentation and free snacks!</td>
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<tr>
<td>5/14/12</td>
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<td>Last day of all Recreation classes</td>
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<tr>
<td>5/15-5/21</td>
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<td>FREE finals week fitness classes. Check out the online schedule for more information.</td>
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<tr>
<td>6/18/12</td>
<td></td>
<td>Beginning of the youth summer swim lessons and specialty classes</td>
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<tr>
<td>6/18/12</td>
<td></td>
<td>Beginning of Fit into Summer</td>
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For more information on the listed events, please visit: [http://www.sandiego.edu/campusrecreation/](http://www.sandiego.edu/campusrecreation/).

Campus Recreation wishes you the best of luck over finals week and also a wonderful, safe, and healthy summer!