The Halloween Spooktacular Event was a Real Scary Sight!

On Halloween night (10/31) Campus Recreation, along with Torero Programming Board (TPB) and Residential Life, hosted a Halloween Spooktacular extravaganza! The night started off with a 2 mile costume fun run where members of Residential Life handed out goodies along the pathway. Some people really got into it and dressed to impress! After the brisk run, students enjoyed walking through a Haunted House, set up on the east tennis courts by a professional company. The “scare-ers” were actually members of the TPB and they had no problem scaring fellow Toreros as they made their way through the awesome house. The house had special lighting effects, fake bodies, dark corners, and suspense at every turn. Screaming could be heard all the way from the Missions Crossroads! After the haunted house, students made their way to the pool deck where a carnival full of festivities, free food, games and a DJ awaited. A photo booth was even set up with Halloween style props. Students enjoyed the atmosphere and hung out for a few hours as they listened to music and enjoyed the hot and fresh pizza. We hope to make this a tradition so if you did not make it this year, keep a look out for this event next October!

Above: students enjoyed the Center for Health and Wellness Promotion’s Alcohol Awareness challenge (left) and posed for a photo op (right) at the photo booth during the Halloween Spooktacular on 10/31 at the Sports Center.
GETTING READY FOR CO-REC SOCCER PLAYOFFS

As the fall season of Co-Rec soccer comes to an end, playoffs are coming up and teams are starting to get serious. Eight teams are advancing from each league and ultimately the winner from the Tuesday night league will play the Thursday winner. A surprise contestant in the playoffs is the team “Field Fairies,” led by captain Colleen Grant. They started 0-2 in the season but came back to win three straight games to secure a spot. Player Nick Silveiria says, “We finally found our form at the end of the games. It's the pink shirts!” Best of luck to all the teams competing! Come support your fellow students at the Valley Field, 7-11 p.m.!

- By Sarah Cady

More Co-Rec FUN!

The “Snipes” took on the “Poncho Vias” in the Thursday night Co-Rec league, offering up an intense game. The “Snipes” didn’t hold back—they took three shots within the first four minutes of the game. Taylor Avery was the star player, scoring three of the “Snipes’” goals. The “Poncho Vias” didn’t just sit back and let themselves be scored on, though. Despite the rain that started coming down around halftime, the players continued to fight through the slippery conditions until the very last minute, responding with excellent passing, some incredible shots, and a couple of goals. In the end, the “Snipes” maintained their undefeated record with a 6-2 win.

“Soccer is our life,” Mark Sheptick tells Campus Recreation, his team nodding in assent. They have high hopes for playoffs, expecting to make it to at least the semi-finals.

- By Aidan Breaux & Ariel Cabrera
MEN’S SOCCER HEATS UP

Men's soccer team “The Monsters” have been on a record setting winning season this Fall semester. They have easily won every match they have played, handling the competition with ease. In the five games they played during the regular season, they had a positive goal aggregate of 36 goals, averaging more than 7 per game! Captain Faisal Alharbi is an animated character both on and off the field. He takes command of his team, with lead striker "Ali" at the head of the attack. Faisal confidently states that his team will not only be undefeated this season, but will also be able to defeat any competitors in the Spring semester as well. The numbers don't lie, so the team should give a great showing of themselves next season, especially if they are able to keep their main players on the team. Undoubtedly their biggest challenge will be this Monday, when they play their semifinal match against the rightfully feared “UTA's,” captained by the talented Alvaro Nemi. While Alvaro and Faisal are good friends off the field, there will be no love lost between the two as they battle for a spot in the final game, presumably against the number one team and defending champions the “Green Street Hooligans.” - By Kyle Creasy

3X3 BASKETBALL BACK IN ACTION

As the fall semester begins to unfold and students are anxiously counting down the days until Thanksgiving break, it’s that time of year again... The time to buckle down for finals!? No! It’s intramural basketball playoff time! Thus far the 3x3 intramural playoff season has been a great success, with a record number of participants. Many teams have looked strong early on, and the playoffs will prove which teams have the most heart and will. I sat down with Aj Agrawal, a member of the team “Da Bulls,” and asked him a couple of questions about what it takes to be successful in IM 3x3 Basketball.

Me- “Why has your team been able to be successful early on?”
Aj- “What it takes to be successful in 3x3 basketball is the right balance of size, speed, and high basketball IQ. Our team is successful because we have a dominant inside presence, reliable knockdown shooters, and a point guard (myself) who can effectively dictate the speed of the game and make smart basketball decisions. We also have big men who can shoot, which helps to spread the floor and create open shots.”

Me- “What will it take to be crowned 3x3 IM basketball champions and be forever remembered in the USD IM history book?”
Aj- “The team who will win will not only have to be effective offensively, but must also display great team defensive skills. This may be cliche, but defense wins championships.”

With many teams contending for the title, this year’s playoffs look like they’ll be ones to remember long after the conclusion of the season. For more info, please visit www.sandiego.edu/campusrecreation. - By Justin Brown-Pinizzotto

Volleyball Rocks the Gym

On Thursday, November 11th, intramural volleyball got heated as teams came out fired up and ready to play. This night marked the last night of league games, so everyone was working hard to earn their team a spot in the play-offs. “Team Awesomeness” and the “Free Ballers” started out the night and they came out firing. However, “Team Awesomeness” proved to have an edge, led by captain Jaime Lemcke and big hitters Alex and Jordan Vaughn. They took the first match in two games, winning 25-17 and 25-13. Another shout out goes to the game between the “Setsy Six” and “Victorious Secret.” Team Captain of the “Setsy Six,” Alex Richwood came out ready to play, leading the team with 8 kills and a victory. The “Setsy Six” took the match in a well fought two games, winning 25-19 and 25-18. When asked what the team did to prepare for the night, Alex responded, “We just knew we had to really come out and play our hardest this week with playoffs coming up. We have a good team and plan on taking it all the way to finals!” With competitive spirits rising, these should be some exciting play-offs indeed. Some other tight competitors in the running for total victory are “The Wombats,” led by Captain Evan Westerberg, and “Team Nederend” led by captain Danielle Nederend and big hitter Ben Reisman. “The Wombats” have led an undefeated league season, and “Team Nederend” is following close behind with only one loss. Everyone is very excited for play-offs and can’t wait to compete for the honor of being this semesters intramural volleyball champions. Come out and support all our teams as we enter playoffs! These will be matches you simply cannot miss! - By Terry Elliot
WHAT’S NOT TO LOVE ABOUT USD SPORT CLUBS?!?

Mad props to our Surf and Equestrian Club Teams!!

Surf boasted 1st place in short board with Keenan Lineback and 1st place in longboard with Zach Hines!!

The Equestrian team finished 2nd in Ponoma and have a very good chance at qualifying for Nationals!

Did you know we host HOME GAMES on campus? Here are some results from the semester:

Women’s Club Lacrosse v. SDSU – loss, 7-5
Men’s Club Soccer v. SDSU – tie, 2-2
Men’s Club Soccer v. UCLA – loss, 3-1
Men’s Club Soccer v. USC – loss 3-0
Men’s Club Soccer v. ASU – loss 1-0
Men’s Club Soccer v. Fresno State – win 4-0
Men’s Club Soccer v. Cal Poly – tie, 1-1
Women’s Club Soccer v. CSU Long Beach – tie, 2-2
Women’s Club Soccer v. UCI – tie, 1-1
Men’s Club Rugby v. Point Loma – loss, 5 tries-2 tries
Men’s Club Rugby v. Alumni – win, A LOT of tries to 1 try (if that)
Men’s Club Lacrosse v. Alumni – win, 17-14

As you can see, we could use more tallies in the “win column” and YOU can help make this happen!
Come on out for the remaining home contests and support your Torero Sports Clubs! If you feel like showing extra team spirit, head on out to one of their away games!

Fall Sports Club Schedule (blue indicates home contest)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat Nov. 17</td>
<td>W Lacrosse</td>
<td>UCLA</td>
</tr>
<tr>
<td>S/S Nov. 17/18</td>
<td>Ulf Frisbee</td>
<td>Cal State Fullerton</td>
</tr>
<tr>
<td>S/S Nov. 17/18</td>
<td>W Volleyball</td>
<td>Aztec Invitational</td>
</tr>
<tr>
<td>Sat Nov. 18</td>
<td>Surf</td>
<td>NSSA</td>
</tr>
<tr>
<td>S/S Dec 1/2</td>
<td>W Volleyball</td>
<td>UCI Tournament</td>
</tr>
<tr>
<td>S/S Dec 1/2</td>
<td>Equestrian</td>
<td>Hunter Seat</td>
</tr>
<tr>
<td>Sat Dec. 9</td>
<td>Surf</td>
<td>NSSA</td>
</tr>
<tr>
<td>Sat Dec. 15</td>
<td>M Rugby</td>
<td>St. Mary’s</td>
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New clubs are getting after it here at USD. On the next page are great pictures of our new Quidditch Club leaders and their brand new, build by hand, goals plus your official new USD Cheer Club Team!
SPORT CLUB MONTHLY PHOTO GALLERY
USD FITNESS FRENZY

MEET THE NEW TRAINER: ALLISON SMEKAL

Coming from an extensive dance background, Allison brought her expertise to USD in 2010 when she signed on to teach fitness classes for Campus Rec. Now, apart from the Pilates Mat classes she teaches both For-Credit and for Fit & Active, she will be offering her services as a personal trainer with a strong Pilates focus.

Allison describes her style as a sort of “Pilates fusion, enhancing the classical Pilates method with resistance training, isometrics and [her] own personal flare”—which has garnered great feedback from her students.

Originally from Huntington Beach, California, Allison relocated to San Diego with her longtime boyfriend after he enrolled in an Architecture program at NewSchool. But it was at Chapman University, in Orange, CA, during a required Pilates course she had to take for a dance minor, that Allison fell in love with Pilates.

“Pilates is so great because it is an individual experience for everyone who comes to class and ultimately to their mat. It’s something that students can take at their own pace, paying attention to their bodies and their specific needs. It both stimulates and strengthens the mind-body connection.”

She completed her BASI certification (Body Arts and Science International—a world renown program) with a dance component, and as of this fall has been instructing Pilates for three years. As well as teaching at USD, she currently teaches at Pure Barre, a dance studio in Hillcrest specializing in “intelligent exercise”: small, isometric movements, low on impact, but very big on results.

In addition to her dance and Pilates background, Allison incorporates other body-awareness elements into her training, increasing her program’s effectiveness. Having suffered both a broken elbow and a knee injury, she is familiar with the rehabilitation/restorative properties of Pilates and is able to bring this knowledge and compassion into her teaching. She understands limitations and modifications and how to address different physical needs. Through considerations such as these, her instructing capabilities are naturally enhanced.

Allison’s Favorites

• Food:
  True to her Italian roots, Allison can’t deny herself pizza! Preferably thin crust and it’s gotta have garlic! If she’s looking to be more health-conscious, she’ll turn to a tasty Greek yogurt complete with raspberries, agave syrup, and granola.

• Time of the day:
  Dusk/Sunset

• Wisdom/Inspiration:
  “Never be complacent in life; try to learn one extra thing to improve yourself everyday. Don’t limit yourself—we can always strive for more!”

• Quote:
  "Make the most of yourself, for that is all there is of you."
  -Ralph Waldo Emerson

There’s a lot more to the story…come TRAIN with Allison and benefit from all she has to offer!

NOW, FOR A LIMITED TIME ONLY, TRAIN WITH ALLISON:

$25 a session (as part of November 8-pack special)
FUNCTIONAL TRAINING AND WHY IT’S IMPORTANT

By USD Personal Trainer Rob Bauer, BA, NSCA, USAW

According to Wikipedia: functional training is a classification of exercise involving training the body for the activities performed in daily life.

When training, most individuals are not looking to get “big.” They are looking to get moving again and be better at life. To improve health and performance, it is wise to look more deeply into functional movements of the human body.

Think about how you move when you take the trash out, work in the garden, take in the groceries, help move items from a top shelf to the bottom shelf, and any yard work that you may do. Think about those activities and then apply them to the human body. This is where functional training comes into play.

Train your body using moves you incorporate on a daily basis. Basic moves like bench press, squats, and deadlifts are great for size gains. Once you have the desired size, teach your body how to use that size and strength in every day life.

Weight training is beneficial to help with bone strength and being able to make physical tasks easier to preform. If you want to maximize your body, incorporate both strength training and functional training as they go hand-in-hand.

FIT MIND, BODY, and SOUL.

For more information on personal training or other fitness programs, please visit: http://www.sandiego.edu/mfc.
Are you ready to sweat it out USD? Then join us on Saturday 12/1 for some spinning fun! Try the one-day only Spin workshop and burn nearly 1000 calories. This is great for that post thanksgiving second (or third) piece of pumpkin pie!

For only $5, you get a 90-min spin class, refreshments, and snacks! Join in on the spinning fun and register today!

Registration deadline is 11/30.
Register at: www.sandiego.edu/campusrecreation
SPRING 2013 RECREATION & FITNESS CLASS SCHEDULE

It’s here! It’s finally here! The Spring 2013 Recreation class schedule is posted!

Studies show that getting 60-mins of moderate physical exercise at least 5 days a week can not only improve your level of fitness and reduce your risk for a plethora of diseases, but can also improve your brain power and mood! Now there really is no excuse! Find time to fit in fitness into your busy academic schedule for Spring 2013. Most classes can be taken as for-credit (0.5) or as non-credit.

Campus Recreation offers nearly 70 classes each semester including:

- **Recreation:**
  - Tennis, volleyball, swimming, and massage

- **Dance:**
  - Zumba, ballet, contemporary, ballroom, jazz, salsa, cardio dance & tone, and hip hop

- **Aquatic:**
  - SCUBA certification, masters swim training, and Mission Bay Aquatic Classes including surfing, sailing, stand up paddle boarding, and more

- **Fitness:**
  - Yoga/Pilates, abs & toning, butts & guts, indoor cycling, boot camp, personal training certification prep, and more

- **Martial Arts:**
  - MMA, Brazilian Jiu-Jitsu (level 1 and 2), and Taekwando

For a complete list of classes including days/times and registration process, please visit: [http://www.sandiego.edu/campusrecreation/recreation_classes/class_schedule.php](http://www.sandiego.edu/campusrecreation/recreation_classes/class_schedule.php)

The National College Health Assessment is here. Be sure to take the NCHA sometime by **November 21st**. This important survey helps us to capture information about your health so that we can improve the wellness of the entire USD community. PLUS, by taking the survey you will be entered to win CASH PRIZES! FIVE students will win $100 each just for taking this survey. Watch for an email with the survey in your USD e-mail inbox on November 1st! But hurry! **The survey will be erased on 11/21!** Don't miss out!
SPOTLIGHT AWARDS: OCTOBER

RECREATION EMPLOYEE OF THE MONTH

For the month of October, Campus Recreation would like to acknowledge Jacob Anderson as employee of the month. Jake recently began his career (Fall 2012) at Campus Recreation as an Intramural Assistant. Jake has such a positive attitude that it literally is contagious. We dare you to spend time with him and not smile. Just try not to! When asked why he likes working for Campus Recreation so much, Jake replied, “I love the staff here and all the participants of the intramurals that I get to work with ... Campus Rec and intramurals are one of the coolest parts of this school and I love working here.” You go Jake! If you see Jake around on the field, don’t be afraid to give him a high five.
## EXTENDED CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event / Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, 11/17</td>
<td>10 a.m.</td>
<td>Club Women’s Lacrosse Vs. UCLA, Manchester, FREE!</td>
</tr>
<tr>
<td>11/20-11/24</td>
<td>n/a</td>
<td>Thanksgiving Break- revised holiday hours for Sports Center and Fitness Centers. Check out the schedule online.</td>
</tr>
<tr>
<td>Wed, 11/21</td>
<td>n/a</td>
<td>Last chance to take the USD Health Survey. Take the survey for a chance to win $100!</td>
</tr>
<tr>
<td>Sat, 12/1</td>
<td>2 p.m.</td>
<td>Spin Endurance Workshop, $5, SC 107A: 90-min spin class designed to burn calories. Open to all levels. Must register by 11/30.</td>
</tr>
<tr>
<td>Fri, 12/14</td>
<td>n/a</td>
<td>Last day of all Recreation/Academic classes</td>
</tr>
<tr>
<td>12/15-12/20</td>
<td>n/a</td>
<td>FREE finals week fitness classes! Check out the online schedule for your chance to revitalize with exercise!</td>
</tr>
<tr>
<td>12/22-1/3</td>
<td>n/a</td>
<td>Fitness Centers and Sports Center closed for the holiday break</td>
</tr>
</tbody>
</table>

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

Have a safe and wonderful Thanksgiving filled with joy and bountiful food!