Intramurals on the Rise!

All the intramural sports have gotten off to a fantastic start. Dodgeball has been the biggest hit so far, with the teams “Nunchuck Wild” and “San Miguel 1” off to a flying start. Teams show up in costumes and team colors, and it has been an extremely festive and exciting environment. Our Flag Football league is off and running with some great competition and exciting games. Teams have been playing hard in the basketball leagues as well as competing in 3x3 play. On Monday night, 10/5, there was a hard fought game between two top teams “Splash” and “NaughtyTime,” with NaughtyTime pulling out the victory. Speed Soccer just began on 10/17, and has more teams in our Men’s and CoRec leagues than ever before, so the competition should be pretty fierce. Come out to a game or two and support your fellow Toreros! Check out the Intramural schedule at: www.sandiego.edu/campusrecreation/intramurals.

Fitness & Wellness

- Wanna get your sweat on? Fit & Active is a great way to stay in shape while having fun! Try the group fitness classes and see just how fun working out can be! See www.sandiego.edu/campusrecreation/fitness for the Fit & Active schedule.
- Missions Fitness has personal training packages available with certified personal trainers to meet your specific needs! Buddy training now available. Call Missions x7488 to talk to a trainer or email USDpersonaltraining@gmail.com.
- Need to relax? Do you have sore muscles from sitting at your desk all day or working out? Campus Recreation has a certified massage therapist right here on campus. Appointments available Tu/Wed from 12-4pm. Call x7751 to make an appointment.

Fitness Tip of the Month

Mission’s Personal Trainer says: “Try to include protein from an animal source at each meal you eat. This can help repair damaged muscle tissue and help you feel full longer throughout the day”.

Did you know . . .

Did you know that USD FIT (Fitness Initiative Team) offers FREE fitness classes every month? USD FIT is here to help the USD community develop in mind, body and spirit. Each month we focus on a theme and offer free classes for one week out of the month. November is Spirit Month— FREE Yoga classes!

Check out the schedule at: www.sandiego.edu/campusrecreation/fitness

Happy Halloween USD!
This Month in University Fitness

We have gotten off to a great start in the new school year with the personal training program! We are excited about the new equipment we purchased over summer, and our feedback from students has been positive. Especially popular among the students have been the foam rollers and TRX suspension trainers. Since the introduction of this equipment began, we have been able to implement countless new variations to training sessions that challenge clients in new ways and make exercise even more enjoyable. In addition, the new Slideboard has allowed our clients to engage in stability training not previously available as well as perform lateral conditioning drills to stress the body in a different plane of motion. We also reduced the price of training packages from last year as sessions are now available for an average of $25 each. This change has also sparked new interest from students. We began posting weekly exercise videos on our facebook page (www.facebook.com/usdpersonaltraining). We hope that these videos give our campus community new ideas to vary their workouts and challenge themselves in new ways. Finally, campus recreation began a new incentive program to train at the facilities on campus by offering a free session with a personal trainer after 19 visits. Punch cards have been available at the front desks, and we are beginning to get our first wave of new participants in this incentive effort. We are excited about the strides our program has made so far this school year and hope they will continue! For more info on training, visit: www.sandiego.edu/mfc.

Club Sport Happenings

USD has 19 official Sport and Recreation clubs with this year turning out the largest club membership ever!

**Men’s Soccer** took a trip to northern California October 2 and 3 to play Stanford University and UC-Berkeley. After tying Stanford 0-0, the Toreros defeated Cal 3-2 with Abe Ichinoe scoring two goals in the final ten minutes.

**Women’s Soccer** defeated CSU-Long Beach on October 3 in a 2-1 victory. Annabel Naish and Melissa Han were USD’s two scorers, with Han’s goal coming in the last two minutes of the game.

**Men’s Rugby** hosted their Alumni on October 9 for an intense game full of hard-hitting defense and fun had by all. Senior Derek Biehle scored twice and Junior Hunter Orrantia scored on the very first try of his Rugby career.

**Upcoming Events:**

**October 23**—Men’s Soccer vs. UCLA at 4:00pm on Valley Field

**October 30**—Men’s Rugby vs. CSU-Fullerton at 2:00pm on Manchester Field

**November 6**—USD Dance Co. will be performing at halftime for the USD Football game vs. Morehead State-1:00pm in Torero Stadium.

**November 7**—Women’s Soccer vs. UC-San Diego at 11:00am on Manchester Field

Come out and watch a game or two while cheering on your fellow Toreros!
With three events under their belts and two more soon to come, it’s looking like a great Fall for Campus Recreation’s Community Events. It started off with Welcome Week activities, which included a tailgate for the first home football game, a trip down to Mission Beach for some Sun, Surf and Volley, and back to campus for a Pool Party to kickoff the semester.

The Tailgate Event for Football and Volleyball took place on Saturday, September 4th. The event was put on with the help of the Torero Programming Board and USD Athletics Marketing. There was a great turnout with over 400 people in attendance. The event was located on Manchester Field, where the first annual forming of the USD letters photo was taken. If you missed it this year, make sure to jump in for the photo-op next September.

Next on the roster, the Sun, Surf, and Volley Event took place on Sunday September 5th. There were a good deal of beach activities and sunshine. Campus Recreation also ran a beach volleyball tournament marathon that went strong for about 3 hours. This event had great attendance and was put on in association with the Torero Programming board and ELAC.

The holiday weekend came to a close on Monday with a Welcome Week Pool Party up at the Sports Center, complete with free food and games! There was water pong and plenty of Subway and snacks. Unfortunately, the reliable San Diego sun didn’t come out for this event but students came out anyway and made the best of the weather for a Sunday day o’ fun. A big thanks goes out to RHA and Campus Connections for their help, and to all those who came out despite the gloom.

Next to come, Campus Recreation has two great events planned for October. First up is the USD 2x2 Scramble Golf Tournament, which will take place during Family Weekend on Friday October 22, 2010 at Tecolote Golf Course. The shotgun start is at 2pm and the winning student team will receive an all expenses paid trip to Las Vegas for the National CGA Championships!! It is only $30 per USD student and $40 for non-students.

To tie-up October, Campus Recreation will help to plan the 2nd annual “Spooktacular” Halloween Dance on Friday, October 29th from 8pm-Midnight. Make sure to check it out and dress to scare!

Community Events Spike to an All-Time High @ USD!

Above: Sandy Sun, Surf, and Volley winners Tyler Anthony & Josh Schroeder claim their prizes after a sunny day of fun at Mission Beach.

Recreation Wellness Programs: Massage Therapy is here for you!

Feeling a little stressed? Relax and de-stress right here on campus with Anna-Karenina, the Campus Recreation massage therapist. Anna-Karenina comes to the United States by way of Australia and is a nationally certified masseuse, holistic health practitioner, and knows just how to get the knots out. Anna-Karenina has been a USD employee since 2007 and provides a blended massage to meet her clients needs to ease painful neck and shoulders, assist in recuperation from sports injuries, and relax stressed, tired bodies.

She understands the benefits of massage from her personal experience. She started running when she moved from Australia to Hawaii. Her interest in health and fitness grew as she added biking and swimming to her exercise regimen, and shifted into racing. She has crossed the United States, coast to coast, twice by bicycle, and once from Canada to Mexico. She raced up Haleakala Volcano twice, placing, and has competed in years of triathlons, marathons, running, swimming and bike events. Her passions are writing, art, yoga practice, organic gardening, Tango lessons, travel, animal care, and creating programs to bring wellness, relaxation and rejuvenation to her clients.

Campus Recreation offers 25-minute or 50-minute massages so come on up to the Sports Center to relax while Anna-Karenina works out your stress and relieves muscle pain! Special offer: purchase the “massage booklet” and get five 25-minute treatments for $100. Anna also does group events so if you have a large group, treat them each to a relaxing 10-minute chair massage for a special group rate!

Above: Campus Recreation’s very own massage therapist Anna-Karenina Kealoha.

USD Campus Recreation News
Recreation Employee Spotlight Award

If you play an intramural sport or participate in a sport club, you probably know Dylan Godshall. Dylan is a current USD sophomore from Los Angeles, CA, and has been working at Campus Recreation since the beginning of his freshman year. Dylan was recently promoted to student manager and has grown immensely in his leadership skills and as a league manager. Dylan helps run the leagues, organize the teams and equipment, and assists with managing a small staff of 5 other students. “I feel the programs (intramurals / clubs) have really taken off this year. Participation is growing, people are excited to be playing, and this year we have a great staff dedicated to making the games run smoothly. Most importantly, we’re here to let the students be active and have fun. I feel extremely lucky to have an active and enthusiastic supporting cast as well as leadership of my supervisors” says Dylan. If you see Dylan out on the field or in the Sports Center, don’t be afraid to say hi or ask a few questions, ’cause that’s what he’s here for!

Above: Recreation student manager, Dylan Godshall, receives the October Employee Spotlight Award.

Golf Tournament Sign Ups!

Ready for a relaxing and fun day of golf? Come join us for the Scramble 2x2 Shotgun Golf Tournament on Friday October 22nd at Tecolote Canyon Golf. Tee-off starts at 2 PM. With your entry fee, you get a bucket of balls, a golf cart, green fees covered, and food! Besides all the prizes the top 3 team will receive, the first place winners will get entrance to the CGA tournament this coming fall in Las Vegas! Sign-up deadline is Wed, 10/20! Hurry and get the special student rate of $30! Open to all staff, alumni and students, and their family/friends. Sign up at www.sandiego.edu/campusrecreation.

Wellness @ USD: Alcohol Awareness Week

The Center for Health and Wellness Promotion (CHWP) is available to the University community for wellness needs and activities. October 18-21 is National Collegiate Alcohol Awareness week. Join CHWP for Health Happy hour 3-4 PM in UC 161 for:
- 10/18: Drunk Driving “be bolder . . . Be the key holder” drunk driving discussions and t-shirt giveaway
- 10/19: “Designated Thinker” kick off
- 10/20: Pledge to be a “Designated Thinker”
- 10/21: Safety Tips and give-aways

All Health Happy Hours will include free refreshments and snacks. For more info, please visit: www.sandiego.edu/chwp.

Schedule of Upcoming Events @ USD Recreation
- 10/22: Family Weekend Golf Tournament, 2PM, Tecolote Canyon
- 10/29: All-campus Halloween Dance, 8PM-12AM, Sports Center
- 11/6: Tail Gate Football Game, TBA, JCP Plaza
- 11/8-11/14: USD FIT FREE Yoga classes– Spirit month
- 12/2: Twilight Bowling Bonanza, 9PM-12AM, Kearney Mesa Bowl
- Various Club Sport Home Games: See Club schedule on the Campus Recreation Website

Happy Halloween USD!
Reminder: All campus Halloween dance and costume party:
10/29, 8-pm-12am, SC Gym

Above: The Tee-Off at Last Spring’s Golf Tournament at RiverWalk Golf Course, March 2010.