



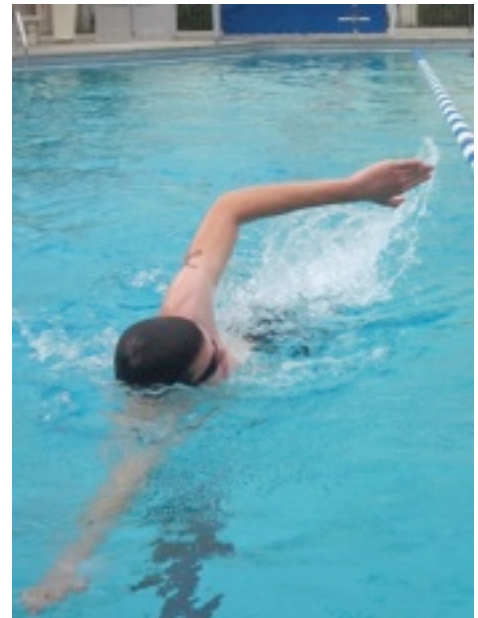
USD Campus Recreation News



THE TRI TURKEY TROT WAS A GOBBLE OF A GOOD TIME

On Saturday, November 19th, Campus Recreation hosted a mini triathlon style turkey trot that brought fitness fanatics as well as those just looking to have a good time. The event included a 15-minute spin class on the pool deck as the bike portion of the event, a 200 yard swim in the pool, and a 3.5K run through Tecelote Canyon. There were divisions for male and female undergraduate, graduate, faculty/staff, as well as relay teams that were all co-ed. The event was a blast and participants loved the triathlon

style race. Winners from each division took home a fresh turkey to enjoy with their friends and families for the Thanksgiving holiday. We will be continuing this events in the future so if you missed it this year, come out and join us next time! Congratulations to undergraduate winners Alyssa Aninag and Bryce Allen, co-ed relay winners Emily Davis, Timothy Debow, and Jonathan Garcia, and faculty/staff winners Leah Harris and Greg Zackowski. More photos of the event are posted on page 5.



Above: A tri-trotter takes his last lap in the pool.



Above: The tri-trotters getting into the “grueling” spin class to start the race.

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INTRAMURALS

TEAM "PANDA" DOES A 3-PEAT!

"Panda" takes home their third consecutive Intramural Softball Championship. After a tough regular season, "Panda" hit their stride under the pressure of the playoffs, winning three in a row. "Panda" faced the one seed, "Where My Pitches At," in the championship game. The game was a battle from the first pitch. Both

teams fought for the lead in the early innings but a couple of heavy hitters on "Panda" secured the lead with a back-to-back 5 run innings. "Panda" rejoiced at the pitchers mound after ending the game with a ground out to the shortstop. Congratulations "Panda" on another championship.



Above: Co-Rec Softball Champions "Panda": Tyler Anthony, Amanda Bagnall, Luke DallaRiva, Austin Green, Caitlyn Hunsdon, Mackenzie Maurer, Brandon McCreary, Ali Olsen, Josh Schroeder, Dani Sullivan, Kyle Utsurogi, Kyle Young, Lindsey Yuen, and Tierney Trujillo.

KNOCKING OFF THE CHAMPS!

Men's 3 v 3 teams "Old Caf Connection", defending champs, and "Prestige Worldwide" advanced through the playoff system to play in the championship game last Monday night. Both were top ranked teams going into the playoffs and exhibited exceptional overall game. The championship consisted of a best of three series to fifteen points a game, one point per basket inside the arc and two points for a "three pointer."

"Old Caf" started off strong in the first game taking a 5-0 lead. "Prestige" rallied back with a two pointer and two jump shots, making the game 5-4. "Old Caf" seemed to have the game in the bag after dominating Prestige inside and taking the lead 12-6; but then "Prestige" scored 8

straight points. Despite an "Old Caf" two pointer to tie the game, "Prestige" closed out with a 17-15 win.

The second game followed a similar path, but "Prestige" took an early 4-0 lead. After back-to-back twos by "Old Caf", both teams essentially scored tit for tat until the game was a 14-14 tie. "Old Caf" dropped two straight jumpers to win the second the game and force a final game.

In the final game "Prestige" took a quick 11-3 lead by hitting multiple twos. "Old Caf" closed the gap by hitting a couple of twos to make the score 11-7. In the end "Prestige" would make four straight points to win the game and take the Men's Fall 2011 3 v 3 title.



Above Brandon Moberg of "Prestige Worldwide" goes up strong for a rebound.

MORE CHAMPIONS GET THAT COVETED T-SHIRT!



Above: Men's 3v3 Basketball Champions "Prestige Worldwide": Brandon Moberg, Jonathan Garcia, Michael Marconi, Michael Marconi, Luke DallaRiva, and Nicholas Hennrikus.



Above: Co-Rec Volleyball Champions "Notorious D.I.G. Round 3": David Bittner, Lindsay Nason, Andrea Davis, Taryn Parsons, Jacqueline Burks, Michael Cannan, Lauren Hogan, Spencer Lee, Dylan Jacobson, and Allison Ledanbaum.

SPORT CLUB HAPPENINGS

What a semester!! With a record number of clubs underway, USD had the busiest fall season yet!

Although many teams have set rosters, some are looking to grow and would love to hear from YOU. Here is a list of the Sports Clubs and Presidents you may contact to learn more about joining their team in the spring.

We wish you luck on your finals and hope you have a wonderful holiday break! Merry Christmas!!

Sports Club	President	Email
Baseball	Josh Schroeder	juniorbaseball323@cox.net ;
Climbing Club	Rosalie Bates	rbates@sandiego.edu ;
Dance Company	Stesha Moore-Pavich	stesham-12@sandiego.edu ;
Dive Club	Amanda Greenstein	agreenstein@sandiego.edu ;
Equestrian	Paige Gamble	paigegamble@yahoo.com ;
Lacrosse-Men	Ro Hundal	rohunhundal@yahoo.com ;
Lacrosse-Women	Brit Woletsky	bwoletsky@sandiego.edu ;
Rugby-Men	Cobin Brown	cbrown-12@sandiego.edu ;
Rugby-Women	Jessica Buckley	jbuckley-12@sandiego.edu ;
Ski/Snowboard	Amie Serrano	amieserrano@aol.com ;
Soccer-Men	Trenton Shore	tshore@sandiego.edu ;
Soccer-Women	Kittric Lovel	klovel-12@sandiego.edu ;
Surf	Luke O'Connor	lukeo@sandiego.edu ;
Ultimate Frisbee	Trevor Hall	tphall@sandiego.edu ;
Volleyball-Men	Jay Muller	jayMuller99@gmail.com ;
Volleyball-Women	Molly Sinclair	msinclair@sandiego.edu ;
Water Polo	JP Gross	jgross@sandiego.edu ;
Waterski	Ethan Olson	ethanol@sandiego.edu ;
Roller Hockey	Christopher King	christopherking@sandiego.edu ;
Officials	Lucas Bueno	lbueno-12@sandiego.edu ;
Tennis	Harmonie Edelson	harmonieced@sandiego.edu ;



TRI-TURKEYTROT PHOTOS



Above: Place winners in each race group (listed from left to right): Emily Davis, Greg Zackowski (and Emma Zackowski), Jonathan Garcia, Timothy Debow, Bryce Allen, Alyssa Aninag, and Leah Harris.



Above: Trotters take it to the canyon for a quick out and back trail run.



Above: All the tri-trotters in one group shot!



REVITALIZE WITH (FREE) EXERCISE!

Take a moment out of your busy day to de-compress and de-stress with FREE fitness classes! In an effort to help promote healthy habits over finals week, enjoy a fitness class or two from Campus Recreation! Enjoy free classes such as yoga, Pilaes, Kick Boxing, Zumba, stretching, and so much more!


Exercise has been proven to help reduce stress and improve mental clarity so why not try it?! Revitalize with exercise! All you need to do is show up and work out! Space is limited so please plan on arriving early to class.

The full schedule is posted at: <http://www.sandiego.edu/documents/campusrecreation/FINALSFREEscheduleFA11online.pdf>

UPCOMING EVENTS AND ACTIVITIES, SPRING 2012

Next semester, Campus Recreation will be hosting “Tournament Game Thursdays” every Thursday that will include games such as Dodgeball, Broomball, Kickball, Ultimate Frisbee, and Wiffleball. This will be open to all students and community members and will be a great opportunity for all of you IM participants to play games that we do not usually offer in the IM program. The “Tournament Game Thursdays” will take place from 7-11 p.m., beginning 2/7/12 and continue weekly through 4/24/12. The games will start in the gym the first three weeks then move to outdoor fields as the weather improves in the spring. The final tournament will be Inner-tube Water Polo and will take place in the Sports Center pool. Get ready to splay and have fun Thursday nights in the spring!

PEER EDUCATORS AND CAMPUS CONNECTIONS



**JOIN CAMPUS CONNECTIONS AND THE
PEER EDUCATION NATION!**

ENHANCE YOUR RESUME
PREPARE FOR A
PRE-HEALTH DEGREE
LEARN SOMETHING NEW
HELP YOUR FRIENDS

**BECOME A BACCHUS-CERTIFIED
PEER HEALTH EDUCATOR***

SATURDAY JAN. 28
9AM-5PM UC104

*PLEASE PRE-REGISTER BY EMAILING CHWP@SANDIEGO.EDU

CHWP

B The **BACCHUS** Network
Creating a Better Tomorrow

University of
San Diego

FINALS GOT YOU FRAZZLED? WE GOT YOUR BACK!

THERAPY DOGS TO THE RESCUE!



They're back baby! Therapy dogs to the rescue! Come on out on Tuesday the 13th and smooch a pooch, pet a pup, or love on a Pug! Certified therapy dogs will be available from 12-2 p.m. for anyone to play and cuddle up with. Some studies show that petting a dog can be therapeutic and help reduce nasty stress. Reduce your stress level and put a smile on your face at this ever so popular event. See you there!

SLEEP- AS IMPORTANT AS NUTRITION/EXERCISE, ONLY SO MUCH EASIER!

We all know it is important, we all know that we should do it, but hey, things come up! During high stress times (such as finals week), we tend to lose out on much needed sleep. Adequate sleep can actually help reduce stress, improve circulation, and it has been shown to improve your memory! 23.5% of USD students reported that sleep difficulties have resulted in receiving a lower grade on a test!

In an effort to promote healthy sleep habits, various USD departments participated in "USD Pajama Day" where staff members wore their PJs to work and passed out sleep masks and sleep tip bookmarks to students. The event was a success and some people (see photo to right) got a little too much into it!

For more information on sleep, visit: http://www.sandiego.edu/wellness/resource_guides/sleep_management/



Above: Campus Rec employees take USD Pajama day a little too literally! Gotta get your Zzz's!



GET ADVENTUROUS AND EXPLORE YOUR WORLD, SPRING 2012!

Want to get a little adventurous in the Spring semester? Then check out the amazing opportunities from Outdoor Adventures!

Spring Break in Costa Rica

Join us on an epic journey to the world's ultimate eco-adventure destination: Costa Rica! Outdoor Adventures is offering an adventure trip of a lifetime. This 8-day and 7-night excursion will include some of the best activities and locations that Costa Rica has to offer: white water rafting, mountain biking, hiking, snorkeling and a visit to the Pacific Ocean.

Trip dates

March 3 - 10, 2012

Cost

Cost is \$1,850 plus airfare

\$500 deposit due upon registration

*Includes \$200 nonrefundable security deposit

Registration opens December 7th

For more information and to register visit our website www.sandiego.edu/oa/trips/costa_rica_spring_break/

Or stop by UC 136



Above: Last year's Costa Rica spring break trip.

Celebrate Instead of Hibernate!

Don't forget to bring your snow gear back with you after winter break and join us in February for an amazing full day ski/snowboard trip to Big Bear Mountain!

Stay tuned for trip details and visit our website at www.sandiego.edu/oa.



Above: Last year's Big Bear ski/snowboard trip group hangs out for a group photo.

SPRING 2012 RECREATION & FITNESS CLASSES ARE HERE!

Don't forget to find time to fit in fitness & recreation 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!

Fitness:

- Yoga/Pilates
- Core/Toning
- Aerobics/Kickboxing
- Weight Training & Fitness for Women

Recreation:

- Swimming
- Tennis (3 levels)
- Golf (3 levels)
- Rock Climbing
- San Diego Outdoors
- Backpacking
- Tennis

Martial Arts:

- Mixed Martial Arts
- Brazilian Jiu Jitsu
- Practical Martial Arts Workout
- Women's Self Defense

Dance:

- Ballroom
- Contemporary
- Jazz
- Ballet
- Hip Hop
- Salsa
- Belly Dance
- Hawaiian Dance
- Stretch for Dance
- Zumba Dance

Aquatic:

- Masters Swim Training
- Mission Bay Aquatic (Sailing, Surfing, Wakeboarding, Windsurfing, Sea Rowing)
- Flowboarding

Specialty:

- Massage Therapy Class
- Personal Training Cert. Prep Course
- Aquatic Specialist (Lifeguard and WSI cert.)

View the schedule for yourself at:

<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

The Campus Recreation Sports Center Employee of the Month for November is Kelly Shambaugh. Kelly is a senior at USD and has shown tremendous growth as an employee over the past year. “Kelly has such an infectious positive attitude that you can’t help but smile when you are around her even if you are having a bad day,” said Serena Boyd, her supervisor. When asked about her job, Kelly said, “I like interacting with the students. I hear funny stories enjoy seeing others have fun, and there is always something to learn from meeting new people.” If you see Kelly around the facility or campus, congratulate her on her well deserved award!



Above: Kelly Shambaugh, November Employee of the Month (Sports Center).



Above: Tori Anderson, Mission Fitness Employee of the Month.



FITNESS EMPLOYEE OF THE MONTH

The Mission Fitness Center Employee of the Month for December is Tori Anderson. Tori has shown great dedication to follow-through on any task assigned to her. Over the past month, she's helped organize all our MFC files, both online and hardcopy, and has been consistently proactive in her areas of responsibility. She has great poise, maturity and quiet determination. She has tremendous leadership potential and has already proven herself in her one semester working here.



EXTENDED CALENDAR OF EVENTS: USD RECREATION AND FITNESS

Date	Time	Event / Info
12/13	12 - 2 p.m.	Therapy Dogs in front of the UC
12/13 - 12/19	n/a	Finals Week De-Stress FREE Fitness Classes
12/20/11 - 1/2/12	n/a	Revised and limited Recreation & Fitness center hours of operation
1/3/12	n/a	First day of intersession hours for Fitness and Recreation facilities
1/15/12	n/a	Non-credit recreation class registration opens
1/26/12	n/a	Spring 2012 recreation classes commence

For more information on the listed events, please visit: <http://www.sandiego.edu/campusrecreation/>.



Have a wonderful and blessed Holiday break!