Welcome Back Toreros! Community Events Started out the Semester with a Bang!

To welcome students back into the spring semester term, Campus Recreation offered *Welcome Back* sports tournaments during the first two weeks of the semester. All of the events (table tennis, basketball, and volleyball) gave people a chance to play organized games in a setting that is not as competitive as clubs or intramurals. The table tennis tournaments on 2/6 and 2/13 brought some excellent players to the Sports Center. The matches were fought hard, and the two winners were both top-notch players. On Feb. 6th, Leon Knoll fought a two-hour battle to come out on top of the first table tennis tournament and take home a Nike hat. A week later, our second table tennis tournament on Feb. 13th proved to be another fight to the finish with Brandon Huang holding on to take the title and a Nike Shirt.

The basketball tournaments were grueling battles with team West Coast (Alex Lambeth, Jimmy Buell, and Thomas Kramer) taking the Feb. 7th 3x3 tournament and Phil Manto, Jordan Rowley, Kris Hagar and friends taking the Feb. 14th title.

Campus Recreation Community events are open to all students, staff and faculty and are a great way to socialize, have fun, and make connections. This semester, keep an eye out for our new programs *Rec Yo’ Self Thursdays, Recreation Fridays, and Pick-Up Sundays*. For program descriptions and for more information, please visit: [http://www.sandiego.edu/campusrecreation/](http://www.sandiego.edu/campusrecreation/).

Above: *Welcome Back* basketball night winners (2/7/12) Alex Lambeth, Jimmy Buell, and Thomas Kramer.

Left: *Welcome Back* basketball night winners (2/14/12) Phil Manto, Jordan Rowley, Kris Hagar, and friends.
RECREATION FRIDAYS KICK IT INTO HIGH GEAR!

On a warm and breezy Friday afternoon on February 17th, Campus Recreation headed down to South Mission to catch some sun and enjoy some 2x2, 4x4, and King of the Court volleyball games at the beach. We were lucky to have such a beautiful day and enjoyed some competitive and noncompetitive games that lasted until five o’clock in the evening.

Missed it? Don’t worry! We’ll have fun events every Friday afternoon starting at 2 p.m.! Come join us for volleyball, golf, or bocce ball and remember that all skill levels of each sport are welcome. For a full list of events, please visit: http://www.sandiego.edu/campusrecreation.

Pictures above: Toreros enjoy a warm Friday on February 17th with some beach volleyball. Recreation Fridays is a new program this semester, so be sure to check out the schedule and sign-up for upcoming events at: http://www.sandiego.edu/campusrecreation/about/community_activities.php.
INTRAMURAL UPDATE

Intramurals is off to a hot start in February with 5x5 basketball jump-starting the leagues. The 5x5 men’s league is looking as competitive as ever, with last semester’s 3x3 champions (“Prestige Worldwide”) as the early favorite to take home the 5x5 championship shirts. However, “Ponified Hustlas,” “Taylor Gang,” and “Vogue Evolution” are right on their toes to steal that championship away.

Co-rec and men’s soccer start the league rivalry on February 28th and 29th. Come check out your fellow Torero’s on Manchester Field Tuesday nights starting at 7 p.m. for the Co-rec league and Wednesday nights starting at 7 p.m. at Valley Field for the men’s league. Both leagues are stacked with excellent talent and it is sure to be an exciting spring semester!

Photos above and left: a recap of some of the great 2011 moments caught on camera. What will be the highlights of spring 2012?? Stay tuned to find out!
WHAT'S NOT TO LOVE ABOUT USD SPORT CLUBS?!

MEN'S RUGBY ON A ROLL

This spring brings action, action and more ACTION!! With men’s and women’s lacrosse, men’s and women’s volleyball, men’s rugby, baseball, and roller hockey, you are destined to be entertained! Our teams are killin’ it and if you haven’t seen them live… it’s time! Men’s Rugby ~ 3-1 overall

Read what RugbyMag.com had to say about our Toreros:
San Diego poured 50 points on Claremont Jan. 28, so the Toreros’ output of 63 points Saturday against USC didn’t come as a surprise. However, conceding 45 points to a Trojan team that averaged less than 13 in its first two games, did. “Yeah, it was sort of disappointing. We didn’t play to our potential today, bottom line, but it was a really short field, so it sort of made for a weird dynamic to the game,” USD coach Wilson said.

Also factoring into the equation was a rash of injuries suffered by USD in the Claremont win. 7 Toreros left the game with injuries, and six were unavailable for the USC match. Reaching 2-0 in league play hasn’t come without a price for USD.

“We’ve had to move a lot of kids around into some positions that maybe aren’t their natural place on the field, so we’re adjusting,” said Wilson. “And along with that comes some lapses in our judgment. “They played the ball real fast, and they had some players we didn’t come up in front of and had some players that made us pay. Hats off to them. They played well.” Every team gets a bye week in the PMW, as much of the American rugby community fixates its attention on USA Sevens in Las Vegas.

Above: Photo legally borrowed from Facebook:
President Cobin Brown pullin’ the razzle dazzle on an unsuspecting opponent.
WOMEN’S VOLLEYBALL SPIKE UP THE GAME!

These ballers went to town on UCSD Wednesday, February 15th! The intensity, energy and determination coming from the Toreros was contagious! You couldn’t help but jump out of your seat every time they crushed a ball or stuff blocked UCSD’s front line (and back line for that matter). In game 3, Erika Nederend decided she wasn’t going to stay down and play defense, but rather jump to block the back row attacker. Typically this is a difficult play to pull off, but she did it with confidence and absolute domination at the net. In fact, USD’s main strength in that 3rd set was blocking. At a whopping 5 foot nothing, Suzette Rosenwald not only blocked UCSD’s left side, but she STUFF blocked her too! Alyssa Loaiza, Clare Kane, Ashley Mitchell and Katie Shea joined the block party as well. UCSD was completely beside themselves and unable to put a ball away. The Toreros walked away with an astounding 15-6 win in the 3rd on their home court.

This year’s team is very special and if you make a point to see them play, you’ll find out why.

*3-2 overall

REMAINING HOME CONTESTS

Wednesday, February 29 at 5:30p against CSUSM at the Sports Center Gym

Above: Photo courtesy of Coach Kenny's iPhone: Club Women’s Volleyball team is all smiles after the big win over UCSD at home!
Men’s Lacrosse, 1-2 overall
If you hear the word “lacrosse” and think “nah, I don’t want to watch,” then you clearly have not attended a USD lacrosse game or any lacrosse game for that matter. This sport is LEGIT! You will not find another club team on campus more fired up to bring the hurt like this group of classy gents... well, perhaps rugby?! At any rate, you HAVE to watch a lacrosse game at least once this semester. Consider it on your bucket list.
On a brisk Saturday evening earlier this month, USD welcomed UCLA to Manchester field. After a scoreless 3 quarters for USD and a 4 point lead for UCLA, one might think the game was over. And one might be wrong. Going into the 4th quarter, USD decided it was time to score and placed 4 goals on the board sending the game into overtime. In this case, the next team to score becomes the winner. Every fan was on edge and cheering like crazy for USD to come out on top. Before one could blink, out of nowhere comes Chris Lonergan with a ridiculous game winning goal! As he sprints in front of the crowd, his team chases him with sticks and gloves flying every which way. What a play, what a game, what a celebration! It may not have been the prettiest win, but in terms of excitement and entertainment, it was top notch. You simply must see for yourself.

UPCOMING HOME CONTESTS
Tuesday, March 13 at 5p against University of Minnesota at Manchester field
Saturday, March 17 at 6p against LMU at Manchester field

Baseball, 4-2 overall
Can you say SWEEEEEEDDDDDDDDD!!!?? Our baseball team can and did this month in a non-conference game over LMU. With scores like 14-0 and 5-0, it’s fair to say our pitchers are pretty good. President Josh Schroeder was pleased and stated it was a very good weekend and an excellent team effort all around. Newcomers contributed tremendously and the team is now fired up for their first upcoming conference match-up against the Sun Devils of ASU.
Fun fact: USD Club Baseball does not have a practice facility on or off campus. Think about that for a second. This team has to fight for any sort of space to play catch, get in some sort of creative batting practice, etc. Until our school expands with the new sports complex (see ya in 2022??), this team will continue to wow you by playing solid baseball without the luxury of an actual field. Much respect for these men.
WOMEN’S LACROSSE

Ok, we confess, their record is not “killin’ it” (2-5 overall), but you should know these women are absolutely incredible! In their first match of the season against #1 seed Chapman, they were down by only two goals at the half and playing extremely well. In their 2nd match of the season against USC, they were again neck and neck at the half. The potential to win games is very much present, however, somewhere after the half, USD seemed to lose that much needed momentum and ended up falling to their opponents. This is fixable though, and can be changed with a couple minor adjustments. As with any sport, quality repetitions are invaluable, but the key component that this team needs is YOU.

It is our belief here in Campus Rec that your support can actually help our women get over that halftime hump. Come out and show that Torero pride in the next home game on Saturday, April 14th at 3 p.m. on Manchester field. Let’s rally to beat ASU!!

KEEP ON ROLLIN’ CLUB ROLLER HOCKEY

Roller Hockey re-established themselves last semester focusing only on building their roster and practicing once per week. This month, the men were hungry to compete and they got their chance in the Western Collegiate Roller Hockey League tournament in Corona, CA. As a Division III team, the Toreros fared well considering they played against all Division II teams who practice more frequently and have been competing over the past couple years.

Our men walked away with a great win against CSU Northridge with a game winning goal by Jameson Johnson and a tie with UC-Davis. Leading scorers Jordan Rowley and Matt Maricic, tallied 7 and 6 goals respectively. Jordan currently sits 3rd and Matt 5th in the league standings for overall points even though both have played in 4 less games than all players (above and below both of them). Goalie and Club President Christopher King sits 3rd in overall saves. Very impressive for their first tournament in over 3 years.

At this time, our team does not have any more games on the spring schedule. Stay tuned for updates in the next newsletter.

Above: Photo courtesy of a random roller hockey fan: Goalie/President Christopher King deters the puck.
CLUB MEN’S VOLLEYBALL

Much like roller hockey, men’s club volleyball has made a comeback! A group of very determined students decided they were going to rally the troops and get the club going once again. The focus this year? Enjoy the game.

Technically, the guys are in season and are competing, but winning and losing is not their sole purpose for playing. They are building a much needed foundation to keep the program growing for years to come. The passion and excitement for the sport is back, baby!

This group of men has epitomized the term “team” with their cohesiveness on and off the court. Remember, here at USD, every club sport is student-lead. They have to do EVERYTHING from planning a strategic budget, travel/competition schedule, member recruitment/retention, etc. Even though each member on this team does not have a title of “president” or “treasurer,” they all play a very active role in making sure their program runs smoothly. They are truly an administrator’s dream team! Now, they are not just super cool organized guys. They can play too. And by play we mean take it to Spiketown! Current record is 1-3 overall.

CLUB TENNIS

University of San Diego’s Club Tennis Team won the silver draw of the USTA Tennis On Campus SoCal Championship Tournament this past Sunday. The team was founded in Fall 2011 by Harmonie Edelson, Kate Lobel, and Brittany Gignac. First semester was spent practicing and working on lineups, since the new team’s status was conditional and they couldn’t participate in formal play or travel. With the start of the Spring 2012 semester, the team had just enough time to squeeze in two practices before traveling to Claremont McKenna's campus to play in a tournament on February 11th and 12th. They played against teams such as UCLA, UCSD, Cal State Fullerton, Cal State Long Beach, and UC Irvine. Unfortunately, rainy weather required the tournament to be postponed until this past Sunday. USD’s Club Team was to play in the Silver Draw, with the opportunity to be an alternate for Nationals. With a developing team, it was a challenge to put together lineups that would be solid for both A and B teams, but collaboratively USD was able to put together two strong teams to play on Sunday. The A Team took the Silver Draw after beating UC Irvine Sunday evening, and in turn took the alternate spot for Nationals, which take place in North Carolina on April 12-14th.

- Article courtesy of Julie Christen

Left: The Club Tennis team group photo, Spring 2012.

For the most recent sports club schedule, go to:
http://www.sandiego.edu/campusrecreation/sports_clubs/game_schedules.php

USD SPORT CLUBS . . . GET IN THE GAME!
FITNESS FRENZY

REJUVENATE YOUR MIND IN USD FIT’S MARCH FREE CLASSES

The USD "Fitness Initiative Team" is a campus-wide effort to develop our university community in mind, body and soul. For one week of each month during the semester, we feature varied free *Fit and Active* classes to relieve stress, have fun, and get FIT without leaving campus.

This March, Campus Recreation invites you to revitalize your mind from the stresses of life with the following classes:

- Monday, 3/13, Indoor Cycling, 5:15-5:55pm, SC 109
- Thursday, 3/16, Indoor Cycling, 8-8:55pm, SC 109
- Sunday, 3/19, Indoor Cycling, 4-4:55pm, SC 109

*Come and see just how revitalizing and mind strengthening indoor cycling can be!* 

TECOLOTE TUESDAYS ARE RUNNING YOUR WAY

Now is the time to spring into fitness! Outdoor Adventures invites you to “pump-up your kicks” for *Tecolote Tuesdays* at 9am at the Mission Café & Fitness Center ground level patio. Join this fun group in Tecolote Canyon for a casual run (all levels, even walkers, welcome).

No registration is necessary! Just show up and sign the liability waiver to participate.

For more information, please visit: [http://www.sandiego.edu/documents/campusrecreation/tecolote1.pdf](http://www.sandiego.edu/documents/campusrecreation/tecolote1.pdf)
FITNESS FRENZY
USD PERSONAL TRAINING CAN BE YOUR FITNESS BUDDY!

At the end of last semester, finals stress could be felt all around the USD community. However, senior Audrey Reed was able to escape the chaos after a few individualized personal training sessions with trainer Jack McCormick. It not only helped her to relax, but for hours after her workout, she still found that she was able to focus harder on her studies.

Audrey has been active with the personal training program for about six months. “I used to be the type of person who concentrated on cardio, cardio, cardio,” she admitted. Jack was able to help her realize that beyond cardio, muscle-building exercises boosted her metabolism and helped her to reach her fitness goals faster.

“Jack is great because he pushes you to work harder and compliments you when you’re doing a good job,” Audrey says. In fact, he has experience with athletes in the NHL, WNBA and NCAA. He not only believes in fitness training, but also incorporates sports and exercise psychology to enhance his clients’ minds as well. To sign up for a personal trainer or explore the different low-priced packages available, visit the Mission Fitness Center or http://www.sandiego.edu/mfc/personal_training/ today!

Testimonial from a recent USD Personal Training client:
"I have been weight training for three years (prior to personal training). The first two I had OK results but the last one was worthless; I didn't gain a single pound. Then I came to the US and started training in a totally different way ... achieving a weight gain of **20 pounds** (of muscle) in under 4 months. This would never have been possible without Jack McCormick’s help. He coached me during training sessions, helping me acquire good technique and posture. He also provided nutritional guidance and ensured I safely executed exercises. I must emphasize this last point: Jack is a really good person who genuinely cares about your well-being and that is something few trainers have a right to boast about.
If you want to see results you couldn’t be in better hands."

~USD Exchange Student from Spain

FIT MIND, BODY, and SOUL.
For more information on personal training or other fitness programs, please visit:
http://www.sandiego.edu/mfc.
FITNESS FRENZY

SPRING INTO ACTION AND GIVE YOUR MIND A BREAK

Tired of your workout routine? Then spring your body into action and give your mind a break over Spring Break with group exercise classes right here on campus! Enjoy one 55-min class a day to rejuvenate your mind and to help you reach your fitness goals.

USD FIT is offering one lunch time class per day Monday - Thursday of Spring Break including Power Yoga, Pilates, and Yoga Sculpt. All classes will be held in Mission Fitness Center’s Exercise room (Cafe level). Classes are $5 per day or $10 for the entire week (Fit & Active and Fit into Spring members do not have to pay the fee as it is included in the membership fee).

To register for Spring Break Group Exercise Classes with campus cash or credit card, please visit: http://www.sandiego.edu/campusrecreation/registration/programs.php.
To register with cash/check, stop by in person at Mission Fitness Center’s front desk.
FITNESS FRENZY

NEW BEACH VOLLEYBALL CLASS - STARTS MARCH 13

Beach Volleyball Class

*NEW this semester*

Looking for a fun, new recreation class?
Try Co Ed Beach Volleyball!

*Class starts 3/12
*M/W 3:30-5 p.m.
*South Mission Beach
*$55 for 8 weeks
*non-credit class

To register or for more info:
http://www.sandiego.edu/campusrecreation/registration
619-260-7751, serenaboys@sandiego.edu
SPOTLIGHT AWARDS

RECREATION EMPLOYEE OF THE MONTH

For the month of February, Campus Recreation would like to acknowledge Justin Brown-Pinizzotto as Employee of the Month. Justin began his career with Campus Recreation just last Fall as an incoming freshman and has already proven to be an outstanding employee. “Justin always has a smile, a willing and positive can-do attitude, and has a special way of connecting with his peers and other patrons using our facility,” said Justin’s supervisor. Justin is also a member of the Cross Country team and is currently an undeclared major, but leaning towards the pre-med route.

“What I like most about working for Campus Rec is being able to provide a service to students who are interested in being fit. Fitness is a large part of my life and it is a privilege to be able to work for a part of campus that promotes a healthy lifestyle.” After college, Justin hopes to pursue dental school. If you see Justin around, please congratulate him on his award!

FITNESS EMPLOYEE OF THE MONTH

For the Mission Fitness Center, the employee of the month is Denise Rock! Denise’s leadership has redefined the way we identify our fitness programs and operate as a team. Her pointed feedback serves as a catalyst for efficiency and creativity. Denise’s explanation of the meaning behind USD FIT evolved understanding of our fitness programs and her creations raised the bar for our marketing communications. Denise’s honest, proactive, and forward-thinking communication inspires our team to continually progress. Her leadership is powerfully influential, driving our marketing team reach new levels of excellence. She challenges all of us to do and be our best. We’re truly grateful for her leadership and excited by the impact she has had, and will continue to have, on our team.
### EXTENDED CALENDAR OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event / Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/29/12</td>
<td>5 p.m.</td>
<td>Women’s club volleyball game Vs. CSUSM, SC Gym, FREE!</td>
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<tr>
<td>3/1/12</td>
<td>7 p.m.</td>
<td>Ultimate Frisbee games, Valley Field, FREE!</td>
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<tr>
<td>3/2 - 3/11</td>
<td>n/a</td>
<td>Spring Break- Recreation/Fitness Centers on limited hours. Please refer to the website to review the revised hours of operation.</td>
</tr>
<tr>
<td>3/5-3/8</td>
<td>varied</td>
<td>Spring Break lunch time group fitness classes (Yoga and Pilates)</td>
</tr>
<tr>
<td>3/13/12</td>
<td>5 p.m.</td>
<td>Men’s Club Lacrosse Vs. U Min, Manchester, FREE!</td>
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<tr>
<td>3/16/12</td>
<td>2 p.m.</td>
<td>Rec Fridays: Bocce Ball tournament, Immaculata Lawn, FREE!</td>
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<tr>
<td>3/17/12</td>
<td>6 p.m.</td>
<td>Club Men’s Lacrosse Vs. LMU, Manchester, FREE!</td>
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<tr>
<td>3/18/12</td>
<td>2 - 5 p.m.</td>
<td>Pick-up Sunday: Basketball/Volleyball SC Gym and Soccer Valley Field. FREE and officiated.</td>
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<tr>
<td>3/21/12</td>
<td>5 p.m.</td>
<td>Club Men’s Lacrosse Vs. Chico, Manchester, FREE!</td>
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<tr>
<td>3/22/12</td>
<td>7 p.m.</td>
<td>Rec Yo’Self Thursdays: OTL tournament, Valley Field, FREE!</td>
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<tr>
<td>3/23/12</td>
<td>2 p.m.</td>
<td>Recreation Fridays: Beach Volleyball day, South Mission Beach, FREE!</td>
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<tr>
<td>3/24/12</td>
<td>3 p.m.</td>
<td>Men’s Club Lacrosse Vs. Chapman, Manchester, FREE!</td>
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<tr>
<td>3/25/12</td>
<td>2 - 5 p.m.</td>
<td>Pick-up Sunday: Basketball/Volleyball SC Gym and Soccer Valley Field. FREE and officiated.</td>
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<tr>
<td>3/27/12</td>
<td>5 p.m.</td>
<td>Men’s Club Lacrosse Vs. Oregon St., Manchester, FREE!</td>
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<tr>
<td>3/29/12</td>
<td>7 p.m.</td>
<td>Rec Yo’Self Thursdays: Wiffelball Tournament, Valley Field, FREE!</td>
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<tr>
<td>3/30/12</td>
<td>2 p.m.</td>
<td>Singles Golf Tournament, Lomas Santa Fe Golf Course, $18</td>
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For more information on the listed events, please visit: [http://www.sandiego.edu/campusrecreation/](http://www.sandiego.edu/campusrecreation/).

*Have an amazing Spring Break Toreros!*