First Annual Extramural Beach Volleyball Tournament goes to the Toreros!

This past weekend was the first annual Extramural Beach Volleyball Tournament against San Diego State University. The two day tournament, held at South Mission Beach Volleyball Courts, hosted 32 teams from USD and San Diego State. The combination of the perfect weather and tough competition made for an amazing event. USD teams combined to go 18-15 in pool play and have four teams advance to the playoff round. Unfortunately, two of the USD teams that made the playoff round could not participate in the playoffs, leaving only two USD teams in the bracket of 8. The two USD teams, “Passed Out” and “Sandy Balls” stormed through all the SDSU teams in the playoffs to meet each other in the championship game. Both teams made it to the championship without losing a set, so one of these teams were about to experience the heartbreak of defeat. “Passed Out” was the first to experience defeat when they lost the first set by only a few points to “Sandy Balls.” After the loss they stormed back to tie the match at a set a piece. The third set went back and forth until “Passed Out” prevailed in this blockbuster match-up, 2 sets to 1 to become the first champions of the annual event. Next year this event is looking to expand with more teams from each University and involvement of other universities in the San Diego area. Pictured top right: Ben Reisman of “Passed Out” going for the kill in the semi-finals against SDSU’s team “The SBS.” More pictures on page 2!
Pictured above: “Passed Out” vs. “Sandy Balls”.

Pictured above: Champions “Passed Out”: Spencer Lee, Ben Reisman, and Jay Muller; Missing Terry Elliott.
Grad/Law Softball is Hitting it Hard!

The Grad/Law Softball league is off to a great start. 4 weeks in the regular season there are 18 teams of graduate students jockeying for a playoff position. With many close games so far, teams continue to improve while vying for a favorable seed in the playoffs, which take place in November. The competition is at an all time high as many of the new participants are learning how serious the USD student body takes intramural softball! Graduate and Law Students alike look forward to Thursday nights as Intramural Softball is a fantastic way to balance out the riggers of graduate studies by letting loose with some good ole fashioned competition. Anyone interested in checking out the action as the season progresses can head on down to the Manchester Fields on Thursday Nights from 7:00 p.m. to 11:00 p.m. And if anyone is interested in assembling a team for the Spring Semester then simply contact Derek at usdlawsoftball@gmail.com. Free Agent Players are welcome to inquire to get set up with teams as well!

Pictured above: Teams gather in for a “good game” rally.  
Pictured right: Team "Sandlawt" captained by Luba Bartnitskaia.
Sport Club Happenings

Rugby
The first contest of the year for Men’s Rugby was a rookie scrimmage with cross-town rival SDSU. Without any practices under their belts, the men came out eager to play and matched SDSU’s aggression. It was an intense matchup, both teams battled hard, but ultimately SDSU was able to break away for a few scores and hold on for the victory. USD held its own in the first half, but multiple injuries in the second half forced it to play down a man and SDSU won the contest 20–0. The new members of the club showed enthusiasm, desire to win, and the club has high hopes for this season. Senior members of the team are traveling to San Luis Obispo for a “7s” tourney October 12, and the other half will be staying home to host the Alumni game at Manchester Field 9am that same day. MRUG is also traveling to San Francisco at the end of the month for another “7s” tourney.

Men’s Soccer
The weekend of September 20–22, men’s club soccer played in the Aztec Cup hosted by SDSU. After a rush to be eligible to compete in the cup, men’s soccer was able to compete in three matches without a single practice. They kicked off the tournament against Utah losing a close game 1-0, but came back the next day with full fury on our own home turf to defeat ASU 3-0 and Cal State Northridge 2-1. The chemistry on the team was evident and we at campus rec predict a successful season for the club. On September 28 MSOC crushed CSU San Marcos 5-1 with two spectacular goals from Fernando Quinones. Their next contest is at home on Friday Oct. 11 against SDSU, 8pm @ Manchester field.

Game day action shot pictured below.
Sport Club Happenings

Women’s Soccer

Women’s club soccer has also gotten underway. The team played last weekend at Loyola Marymount in LA. The women rallied but didn’t have a full roster available. WSOC ran low on energy in the second half and came up short losing 2-1. On October 4 the club went into SDSU and won 2-0 (team pic from SDSU below). Erin Schoch tallied both goals! The club is headed to UC Santa Barbara for a tournament October 11-13. Good luck ladies! Team pictured below.

Look for both men’s and women’s lacrosse clubs playing in their annual alumni matches this Saturday Oct. 12 at Manchester Field. The men have the field at 12:30pm and the women go on at 3:30 pm.
Club tennis, golf, and ultimate Frisbee along with men’s, women’s and beach volleyball will be in full tilt very soon. Come on out and support USD sport clubs! Go Toreros!
Meet our NEW Personal Trainer – Erin Hardiman

Competitive runner, equestrian, fitness guru, pizza enthusiast, and motivational coach: meet our newest USD Personal Trainer, Erin Hardiman.

A San Diego native, Erin has enjoyed active lifestyle since she was a child. She started by riding horses, which grew into competitive riding and teaching young equestrians. Riding instilled a fit and healthy lifestyle. While earning her sociology degree at San Diego State University, she discovered her passion for exercising and teaching. Combining the two through personal training, she then attended South Western College Fitness Specialist program.

Feeling good and healthy are the most important aspects of Erin’s life. She works out to relieve stress but most of all for happiness. Enjoying the outdoors, Erin stays active by competitively running half marathons, exercising in parks, and continuing her passion for horseback riding.

Erin loves “working with people, helping them reach goals, and introducing them to exercise”. If you see Erin outside of her training sessions, please introduce yourself and ask her how she could help you achieve your goals. She’ll motivate anyone willing to step up to the challenge.

For more information about our Personal Training program, visit http://www.sandiego.edu/mfc/personal_training/.

“It's never too late to become what you might have been.”
-George Eliot
Healthy Happy Hour was Happenin’!

A golden hue washed over the Mission Valley Field, providing a magical pre-sunset highlight last Tuesday afternoon for our premier Healthy Happy Hour. The Mission Fitness Center paired with the Missions Café to put on this event, which was a great success!

Participants eased into their happy hour with Yoga on the grass to calm themselves after a long day of work and class. During this spiritually stabilizing practice participants were able to recharge mentally and physically. Then, they transitioned to Zumba relishing a half hour of dancing, laughing while getting a solid workout!

Following the classes, participants were treated to a beautiful spread of tasty and nourishing dining options provided by Missions Café. Courtney Walters, the culinary expert behind the operation and Missions Café unit leader, provided fruits, delicious salads, and other healthy options for the participants to refuel after their solid workouts. Attendees enjoyed the snacks with Eliza Vera, Campus Recreation’s songbird, soulfully singing a soothing soundtrack at the latter part of the event.

There’s talk of making Healthy Happy Hour a new semester tradition of sharing a positive, fun approach to celebrating healthy habits with our USD community! Many thanks to Courtney Walters, Eliza Vera, instructors Tere Aguirre and Omar Lomes as well as our operational support staff Luis Blea, Julie Curtis and Hannah Guggisberg for helping making this event possible!
Family Weekend Golf Tournament

Attention USD students, alumni, faculty, and staff!
This Friday, 10/11 is our annual USD Family and Homecoming Weekend Golf Tournament! This is a great way to get pumped up for our Homecoming Weekend and is also a great way to spend time with your families while they are here visiting. The tournament is at the Tecolote Canyon Golf Course and the first tee off time is at 1:00 pm. The cost is $35 per person including green fees, cart, and lunch! There will be prizes for the winners and you will be paired up with other USD community members so this is a great way to meet new people and fellow USD golf enthusiasts. You can register to play at the USD Campus Recreation website, http://www.sandiego.edu/campusrecreation/ and remember the deadline to register is 10/9. If you have any questions regarding how to register or any details about the event, please contact Alec Parks at alecparks@sandiego.edu or 619-260-4600 x 4988. Enjoy the Homecoming Weekend!
GET YOUR PINK ON USD!

INFLATABLE VOLLEYBALL TOURNAMENT

48” super fun inflatable volleyball!

Help raise awareness and support for breast cancer!

10/20, 1-4 pm
Teams of 6 $25 per team

“The human spirit is stronger than anything that can happen to it.” ~ C.C. Scott

For more information & to register please visit:
http://www.sandiego.edu/campusrecreation

Show your support in the fight against breast cancer in the super fun, one day event. Teams of 6 will play with a four foot inflatable volleyball in quick 15 to 20-min games. Free food for all participants. Team captains must register online by 10/18:
http://www.sandiego.edu/campusrecreation.
Student Employee Recognition

Campus Recreation Employee of the Month

The Campus Recreation student employee of the month for August is Eliza Vera. Eliza has worked with campus recreation since July and has already had an amazing impact on our team. She says her favorite part of working with Campus Recreation is working with such awesome people and getting to meet new people every time she’s at work. Eliza said, “It’s like having a little Campus Rec family.” Indeed she is family to all of the Campus Recreation staff. She is extremely helpful, giving, and has a great attitude. Her favorite hobbies are singing, songwriting, guitar playing, yoga, drawing, and reading. After her time here at USD she plans on traveling the world and playing music. It is important that all of our employees recognize their own achievements and are proud of what they do. When Eliza was asked what is her greatest achievement that she is most proud of she said, “I have a recorded EP on ITunes, and I continue to get my name and music out in the world by playing local gigs, and posting videos online.” Eliza is an outstanding model of an extraordinary employee, and co-worker. Thank you, Eliza, for all of your hard work and dedication to your work here at Campus Recreation, it is greatly appreciated.

Fitness Center Employee of the Month

Congratulations to the Mission Fitness Center Employee of the Summer, Mary Jo Dixon! Known for her genuinely passionate and kind attitude, Mary Jo began working at the MFC this summer, and quickly contributed to a wide variety of projects. She excelled in tasks ranging from the tedious organization of details to the creative and unstructured side of marketing. Whenever a problem arose, Mary Jo wanted to help and would persevere until finding a happy resolution. She is 100% reliable and a quiet, steady presence at the MFC. All of her behind the scenes work is very much appreciated, and we’re so lucky to have her on our team. Thank you for your hard work Mary Jo!

"Goodness is about character – integrity, honesty, kinds, generosity, moral courage, and the like. More than anything else, it is about how we treat other people."
### Calendar of Upcoming Recreation & Fitness Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Registration Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Weekend 2x2 Golf Tournament</td>
<td>10/11, 1-5pm</td>
<td>---</td>
</tr>
<tr>
<td>The Big Pink Volleyball Tournament</td>
<td>10/20, 1-4pm</td>
<td>10/18</td>
</tr>
<tr>
<td>TRX Boot Camp Workshop</td>
<td>11/5, 1-2:15pm</td>
<td>11/4</td>
</tr>
<tr>
<td>Yoga Inversion Workshop</td>
<td>12/8, 5-6:15pm</td>
<td>12/6</td>
</tr>
</tbody>
</table>

For more info: [www.sandiego.edu/campusrecreation](http://www.sandiego.edu/campusrecreation), 619-260-4533, [campusrecreation@sandiego.edu](mailto:campusrecreation@sandiego.edu)

---

**HAPPY HALLOWEEN**

---