The Ambush
PACIFIC REC
SPRING 2013 INVOLVEMENT GUIDE
Earn Your Stripes
Welcome to Pacific Rec

Pacific Recreation is committed to providing high quality and innovative programs and services designed to foster the development of whole-person wellness. We are dedicated to student development and meeting the needs of the diverse Pacific community.

Our Goal: Maximum Participation!

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EMPLOYMENT

Pacific Rec is looking for dynamic, committed and outgoing students seeking employment.

PREPARE FOR PROFESSIONAL SUCCESS
JOIN THE TEAM

Recruitment Sessions
DeRosa University Center
6pm-7pm

Applicants must attend one general Team Pacific Recruitment session for consideration:

- Tuesday, January 8th, DC 211
- Wednesday, January 9th, DC 211
- Tuesday, January 15th, DC 211
- Wednesday, January 16th, DC 211
- Tuesday, January 22nd, DC 211
- Wednesday, January 23rd, DC 211
- Tuesday, January 29th, DC 215
- Wednesday, January 30th, DC 215
- Tuesday, February 5th, DC 215
- Wednesday, February 13th, DC 215
- Tuesday, February 19th, DC 215
- Wednesday, February 27th, DC 215
- Tuesday, March 12th, DC 215
- Wednesday, March 20th, DC 215
- Tuesday, March 26th, DC 215
- Wednesday, April 3rd, DC 215
- Tuesday, April 9th, DC 215
- Wednesday, April 17th, DC 215
- Tuesday, April 23rd, DC 215

TEAM PACIFIC CONTACT INFO

Contact: Jaime Brunelle
Email: teampacificstaff@gmail.com
PACIFIC WELLNESS (PacWell)

University of the Pacific is committed to the whole person wellness of our Pacific family. PacWell encompasses the 8 dimensions of wellness, all of which are interconnected. These dimensions are emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual. Wellness is an active process through which people become aware of and make choices for overall wholeness, happiness, and well-being.

Look for these logos around campus as they identify where each dimension is represented at Pacific.

WELLNESS AT PACIFIC REC

Baun Fitness Center

TigerX Classes

RecSports

Sport Clubs

Tiger Escapes

Team Pacific Employment

EMOTIONAL ENVIROMENTAL FINANCIAL INTELLECTUAL OCCUPATIONAL PHYSICAL SOCIAL SPIRITUAL
WELLNESS Coach!

January 2nd - April 30th

Achieve New Year’s goals with a Virtual Wellness Coach!

SIGN UP via email to pacwell@pacific.edu or in-person at Baun Fitness Center!

→ Motivational emails ←
→ Tips & Resources ←

SCAN to follow NutriCat on Facebook!
REc FACILITIES

BAUN FITNESS CENTER
Mon.—Thurs.: 6:00 a.m. — 12:00 a.m.
Fri.: 6:00 a.m. — 9:00 p.m.
Sat.: 9:00 a.m. — 7:00 p.m.
Sun.: 12:00 p.m. — 10:00 p.m.

JANSSen LAGORIO GYM
Sun.—Thurs.: 6:30 p.m. — 12:00 a.m.
Fri.—Sat.: 6:30 p.m. — 9:00 p.m.
(Open Basketball, Open Volleyball, RecSports Competitions)

MAIN GYM
Tues./Thurs./Fri.: 12:00 p.m. — 2:00 p.m.
Sun.—Thurs.: 6:30 p.m. — 12:00 a.m.
Fri.: 6:30 p.m. — 9:00 p.m.
(Open Basketball, Open Badminton, RecSports Competitions)

HAL NELSON TENNIS COURTS
Mon./Wed./Fri.: 6:00 p.m. — 9:00 p.m.
(Operated by Pacific Athletics)

CHRIS KJELDSEN POOL COMPLEX
Mon.—Fri.: 7:45 a.m. — 9:00 a.m., 10:00 a.m. — 1:00 p.m., 6:00 p.m. — 8:00 p.m.
Sat.—Sun.: 11:00 a.m. — 3:00 p.m.
(Operated by Pacific Athletics)

BFC ROCK TOWER
Mon.—Thurs.: 4pm-8pm
Fri.: 3pm-6pm
Sat.: 12pm-2pm

All hours are subject to change.
Please see updated facilities schedules for current hours.
BAUN STUDENT FITNESS CENTER

SPRING 2013 HOURS OF OPERATION
(January 2nd - May 4th)
Monday–Thursday: 6:00 a.m. – 12:00 a.m.
Friday: 6:00 a.m. – 9:00 p.m.
Saturday: 9:00 a.m. – 7:00 p.m.
Sunday: 12:00 p.m. – 10:00 p.m.

SCHEDULED FACILITY CLOSURES AND REVISED HOURS
• December 22nd – January 1st: Closed
• January 2nd – 5th (Winter Break):
  Monday – Friday: 7:00 a.m. - 9:00 a.m.;
  12:00 p.m. – 2:00 p.m.; 4:00 p.m. – 7:00 p.m.
  Saturday: 9:00 a.m. – 3:00 p.m.
• January 21st (MLK Jr. Day): 3:00 p.m. – 10:00 p.m.
• February 18th (Presidents’ Day): 3:00 p.m. – 10:00 p.m.
• March 4th – 9th (Spring Break):
  Monday – Friday: 7:00 a.m. – 9:00 a.m.;
  12:00 p.m. – 2:00 p.m.; 4:00 p.m. – 7:00 p.m.
  Saturday: 9:00 a.m. – 3:00 p.m.
• April 29th – May 3rd (Finals Week):
  Monday – Thursday: 6:00 a.m. – 9:00 p.m.
  Friday: 6:00 a.m. – 9:00 p.m.

SPRING 2013 MEMBERSHIP INFORMATION
Full-Time Students:
No additional fees are required for full-time undergraduate students (12+ units) or full-time graduate students (9+ units) in either the fall or spring semesters.

Non-Enrolled Summer Students:
$50/Summer OR $20/Summer Session

Co-Op Students, Student Teachers, Students on Rotation, Part-Time Students, Student Spouses, and Physical Therapy Students:
$200/Annual • $85/Semester • $25/Month*

Faculty, Staff, Partners, Spouses:
$200/Annual • $85/Semester • $25/Month*

Alumni and Spouses:
$110/Annual • $12.50/Month*

Emeriti and Spouses:
$110/Annual • $12.50/Month*

Affiliates and Spouses (Requires Director Approval):
$300/Annual • $30/Month*

Osher (OLLI) (Must show OLLI ID and current semester sticker):
$85/Semester • $25/Month*

Limited Entry Puch Cards (Valid for 2 months from issue date):
$20/10 entries - card will be punched upon every entry

Payroll deductions available for ANNUAL PASSES ONLY
Dependents are not eligible for memberships

A Pacific ID or valid membership card will be needed to gain entry into the fitness facility at all times.

* New member monthly memberships must purchase at least 2 months

BFC LOCKER PRICES
FULL SIZE
Annual: $120
Semester: $60
Monthly: $20

HALF SIZE
Annual: $60
Semester: $30
Monthly: $10

BFC LOCKER PRICES
FULL SIZE
Annual: $120
Semester: $60
Monthly: $20

HALF SIZE
Annual: $60
Semester: $30
Monthly: $10

BFC LOCKER PRICES
FULL SIZE
Annual: $120
Semester: $60
Monthly: $20

HALF SIZE
Annual: $60
Semester: $30
Monthly: $10
PERSONAL TRAINERS

- Customized workout plans to meet your goals!
- Nationally trained or certified trainers
- Each unique session is based on YOUR body type and ability!

COST:
1 Session = $25
5 Sessions = $110
10 Sessions = $200
20 Sessions = $360

FITNESS 101 ORIENTATIONS

- FREE orientation of Baun Fitness equipment and programs
- Learn proper techniques for cardio, resistance and weight equipment
- Sign up at BFC Rec Desk

TIGER TRAINING

TRIATHLON TRAINING CLUB
Train for various triathlons in Northern California

- FREE Training Program (does not include race registration)
- Motivational coaches, tips, and emails
- Get training packet designed to your specific level
- Meet similar active-minded students, staff, and faculty

Program registration is open February 1st - February 15th

8-WEEK TRAINING PROGRAM (FEBRUARY 19-APRIL 11)
The training program will meet Tuesdays @ 6am and Thursdays @ 5:30pm
- **Sprint Distance:** 750m swim/12.4mi bike/3.1mi run
- **Olympic Distance:** 1500m swim/24.8mi bike/6.2mi run
TIGER X CLASSES

Tiger X classes are **FREE** for BFC members!

**SCHEDULE (JAN. 7 - MAR. 2)**

**NO CLASSES:** Jan. 21 (Martin Luther King Jr. Day) • Feb. 18 (Presidents’ Day)

Note: Schedule is tentative. Visit Pacific Recreation website on www.pacific.edu for any changes.

*For class descriptions, please visit Baun Fitness Center page on Pacific Recreation website.*

**Rotating Group X Intro Classes:**
Jan 8: Intro to Piloxing • Jan 15: Intro to Turbokick • Jan 22: Intro to U-Jam • Jan 29: Intro to Cycle • Feb 5: Intro to U-Jam
Feb 12: Intro to Piloxing • Feb 19: Intro to Zumba • Feb 26: Intro to Powersculpt

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 a.m. - 7:30 a.m.</td>
<td>Core Cycle—RR</td>
<td>Sunrise Cycle—RR</td>
<td>Fit &amp; Functional—WR</td>
<td>Fit &amp; Functional—WR</td>
<td>Cycle Fit—RR</td>
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<tr>
<td>8:00 a.m. - 9:00 a.m.</td>
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<tr>
<td>11:00 a.m. - 11:45 a.m.</td>
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<td>Indoor Cycle—RR</td>
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<tr>
<td>12:05 p.m. - 12:50 p.m.</td>
<td>Power Sculpt—WR</td>
<td>Yoga—WR</td>
<td>Yoga—WR</td>
<td>Piloxing—WR</td>
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<tr>
<td>1:05 p.m. - 1:50 p.m.</td>
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<td></td>
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<td>Pi-Yo—WR</td>
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<tr>
<td>4:00 p.m. - 5:00 p.m.</td>
<td>Intro to Yoga—WR (4:30-5:00 p.m.)</td>
<td>Cub X—WR (4:30-5:00 p.m.)</td>
<td>Piloxing—WR</td>
<td>Zumba—WR</td>
<td>Cardio Boot Camp—WR</td>
<td></td>
</tr>
<tr>
<td>5:15 p.m. - 6:15 p.m.</td>
<td>Yoga—WR (5:05-6:05 p.m.)</td>
<td>U-Jam—WR</td>
<td>Yoga—WR (5:05-6:20 p.m.)</td>
<td>Turbo Kick—WR</td>
<td>Yoga—WR (5:05-6:30 p.m.)</td>
<td></td>
</tr>
<tr>
<td>5:30 p.m. - 6:15 p.m.</td>
<td>Indoor Cycle—RR</td>
<td>Indoor Cycle—RR</td>
<td>Indoor Cycle—RR</td>
<td>Indoor Cycle—RR</td>
<td>Indoor Cycle—RR</td>
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</tr>
<tr>
<td>6:30 p.m. - 7:30 p.m.</td>
<td>Zumba—WR</td>
<td>Turbo Kick—WR</td>
<td>Zumba—WR</td>
<td>Piloxing—WR</td>
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<tr>
<td>7:00 p.m. - 7:45 p.m.</td>
<td>Awesome Abs—RR</td>
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<tr>
<td>7:45 p.m. - 8:45 p.m.</td>
<td>Hip Hop Hustle—WR</td>
<td>Insanity—WR</td>
<td>Yoga—WR</td>
<td>U-Jam—WR</td>
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<tr>
<td>9:00 p.m. - 10:00 p.m.</td>
<td>Beginning Social Dance—WR</td>
<td></td>
<td></td>
<td>Black Light Cycle—RR (9:00-9:45 p.m.)</td>
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</tbody>
</table>

WR—Wood Room • RR—Rubber Room
WHAT IS RECSPORTS?
RecSports is a recreation program offering Pacific students the opportunity to participate in a wide variety of competitive and non-competitive leagues and tournaments. Events are available for men, women, and co-ed teams and are designed for all skill levels ranging from beginner to advanced levels.

FREE AGENTS
Need help finding a team? No worries!
Register online at imleagues.com/pacific/registration to get started.

REGISTER ONLINE AND CREATE OR JOIN TEAM AT: imleagues.com/pacific/registration

QUESTIONS? Call 209-946-7607 or stop by the Baun Fitness Center
### Season Three

<table>
<thead>
<tr>
<th>EVENT</th>
<th>LEAGUE</th>
<th>ENTRY</th>
<th>OPEN</th>
<th>CLOSE</th>
<th>DATES</th>
<th>DAYS/TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sv5 Basketball League</td>
<td>Men, Women, Co-Ed</td>
<td>$35</td>
<td>Jan. 7</td>
<td>Jan. 18</td>
<td>Jan. 28 – Feb. 28</td>
<td>M, T, R: 7 pm – 12 am</td>
</tr>
<tr>
<td>Arena Football League</td>
<td>Men, Women, Co-Ed</td>
<td>$35</td>
<td>Jan. 7</td>
<td>Jan. 18</td>
<td>Jan. 27 – Feb. 27</td>
<td>Su, W: 7 pm – 12 am</td>
</tr>
<tr>
<td>Dodgeball League</td>
<td>Men, Women, Co-Ed</td>
<td>$35</td>
<td>Jan. 7</td>
<td>Jan. 18</td>
<td>Jan. 27 – Feb. 27</td>
<td>Thurs., 7 pm – 12 am</td>
</tr>
<tr>
<td>Wally Ball Tournament</td>
<td>Open</td>
<td>$5</td>
<td>Jan. 7</td>
<td>Jan. 25</td>
<td>Jan. 29</td>
<td>Tues., 6 pm – 11 pm</td>
</tr>
<tr>
<td>Singles Shuffleboard Tourn.</td>
<td>Open</td>
<td>$1</td>
<td>Jan. 7</td>
<td>Feb. 1</td>
<td>Feb. 5</td>
<td>Tues., 6 pm – 10 pm</td>
</tr>
<tr>
<td>Indoor Soccer Tournament</td>
<td>Open</td>
<td>$5</td>
<td>Jan. 7</td>
<td>Feb. 5</td>
<td>Feb. 9</td>
<td>Sat., 11 am – 5 pm</td>
</tr>
<tr>
<td>Double Ping Pong Tournament</td>
<td>Open</td>
<td>$2</td>
<td>Jan. 7</td>
<td>Feb. 8</td>
<td>Feb. 12</td>
<td>Tues., 9 pm – 12 am</td>
</tr>
<tr>
<td>Floor Hockey Tournament</td>
<td>Open</td>
<td>$5</td>
<td>Jan. 7</td>
<td>Feb. 18</td>
<td>Feb. 21</td>
<td>Thurs., 7 pm – 12 am</td>
</tr>
<tr>
<td>NCAA March Madness</td>
<td>Open</td>
<td>FREE</td>
<td>Mar. 18</td>
<td>Mar. 20</td>
<td>Mar. 21 – Apr. 8</td>
<td></td>
</tr>
<tr>
<td>Captain’s Meetings</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jan. 23</td>
</tr>
<tr>
<td>Playoff Meeting</td>
<td></td>
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<td></td>
<td>Fri., 4 pm</td>
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</table>

### Season Four

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<thead>
<tr>
<th>EVENT</th>
<th>LEAGUE</th>
<th>ENTRY</th>
<th>OPEN</th>
<th>CLOSE</th>
<th>DATES</th>
<th>DAYS/TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Soccer League</td>
<td>Men, Women, Co-Ed</td>
<td>$35</td>
<td>Feb. 25</td>
<td>Mar. 15</td>
<td>Mar. 24 – Apr. 21</td>
<td>Su, Th: 7 pm – 12 am W: 8 pm – 12 am</td>
</tr>
<tr>
<td>3v3 Basketball Tournament</td>
<td>Men, Women</td>
<td>$3</td>
<td>Feb. 25</td>
<td>Mar. 22</td>
<td>Mar. 27</td>
<td>Wed., 6 pm – 12 am</td>
</tr>
<tr>
<td>Doubles Badminton Tournament</td>
<td>Open</td>
<td>$2</td>
<td>Feb. 25</td>
<td>Mar. 30</td>
<td>Apr. 2</td>
<td>Tues., 7 pm – 12 am</td>
</tr>
<tr>
<td>Doubles Tennis Tournament</td>
<td>Open</td>
<td>$2</td>
<td>Feb. 25</td>
<td>Apr. 8</td>
<td>Apr. 10</td>
<td>Wed., 6 pm – 12 am</td>
</tr>
<tr>
<td>Ultimate Disc Tournament</td>
<td>Open</td>
<td>$5</td>
<td>Feb. 25</td>
<td>Apr. 12</td>
<td>Apr. 16</td>
<td>Tues., 6 pm – 12 am</td>
</tr>
<tr>
<td>Captain’s Meetings</td>
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<td></td>
<td>Apr. 19</td>
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<tr>
<td>Playoff Meetings</td>
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<td>Fri., 4 pm</td>
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</tbody>
</table>
Pacific has a wide variety of active sport clubs for student participation. Each club is student run, and the teams vary in level of structure and competitiveness. All current sport clubs are members of the Sports Club Council, which serves as the programs’ governing body. Don’t see the sport club you’re looking for? Contact Bryan Lenz blenz@pacific.edu for information on how to create a new club!

**Badminton** – The Badminton Club meets on Friday evenings and Saturday afternoons in Main Gym where it competes in intersquad recreational competition.

**Contact:** Rebecca Liu: r_liu6@u.pacific.edu (President)

**Climbing** – The Climbing Club meets weekly at the Baun Fitness Center where it tackles the climbing wall and schedules trips to exciting locales like Big Sur, Yosemite, and Mt. Diablo. The club’s fiercest adversary: gravity.

**Contact:** Evan Kristiansen: e_kristiansen@u.pacific.edu (President)

**Flag Football** – The Flag Football Club has maintained a strong following around campus and competes in RecSports leagues along with the annual NIRSA regional tournament at Arizona State University.

**Contact:** Christine Jacobsen: jacobsen1991@aol.com (President)

**Men’s Lacrosse** – Our lacrosse club is active year-round and competes against other universities in 0-2 of the Western Collegiate Lacrosse League. With nearly 20 committed team members, this year’s team has more depth than at any point in its previous 6 campaigns.

**Contact:** Michael Gillespie: Michael.Gillespie@twinriversusd.org (Coach)

**Men’s Soccer** – During the Fall Semester, the Men’s Soccer Club competed in the West Coast Soccer Association against the likes of UC-Davis, Chico St., UC-Berkley, and Nevada Reno.

**Contact:** Andrew Meyer: a_meyer1@u.pacific.edu (President)

**Rugby** – The Rugby program is back with a roar! The team has a young core of athletes who are taking the Northern California Rugby Union by storm. With many returners, the club is poised to build upon its .500 division record from last year.

**Contact:** Kreg Nelson: knelson@pacific.edu (Coach)

**Swim** – The Swim Club has re-emerged with strong student leadership and is actively recruiting new members to transition into a more competitive team.

**Contact:** Ford Sheldon f_sheldon@u.pacific.edu (President)

**Tennis** – On M/W/F from 6:30-9:00pm, the Tennis Club can be found hitting balls at the Hal Nelson Tennis Courts.

**Contact:** Daniel Liu: dlu@u.pacific.edu (President)

**Women’s Soccer** – The Women’s Soccer Club is fresh off a successful fall campaign that saw the club win its highest amount of matches in over 5 years. This spring, the club will take its talent to the Manteca Indoor League.

**Contact:** Hillary Ma: h_ma1@u.pacific.edu (President)

**Men’s Volleyball** – The Men’s Volleyball Club is back and better than ever. The club won the first tournament of the year and is positioned to be strong contenders in the NCCVL this spring.

**Contact:** Byrne Belden: b_belden@u.pacific.edu (President)

**Women’s Volleyball** – The Women’s Volleyball Club was created in Fall ’09 and instantly became one of the most active sport clubs on campus. The club has hosted the NCCVL tournament each of the last two seasons and is an emerging club on the competitive circuit.

**Contact:** Randall Gee: rgee@pacific.edu (Coach)

For more information about Sport Clubs, please contact Advisor Bryan Lenz at blenz@pacific.edu or 209-946-2738.
TIGER ESCAPES

January 21 (MLK, Jr. Day)
Sierra at Tahoe
-Mon., Jan. 21 (no classes)
-9am-5pm (approx.)
-includes snowshoes & lunch
-$20 (student, staff, faculty)
-$30 (non-Pacific guest)
Register by Jan. 14

February 23
Alcatraz Night Tour/Cruise
San Francisco Bay
-Sat., February 23
-12pm-9pm
www.alcatrazcruises.com
-$30 (student, staff, faculty)
-$40 (non-Pacific guest)
Register by Feb. 10

March 23
Horseback Riding
Fair Oaks, CA
-Sat., March 23
-10:30am-4pm
www.shadowglenstables.com
-$30 (student, staff, faculty)
-$40 (non-Pacific guest)
Register by March 8

April 12
A’s Baseball Game
Oakland A’s vs Detroit Tigers
Oakland Coliseum
-Fri., April 12
-4:30pm-11:30pm
-$20 (student, staff, faculty)
-$30 (non-Pacific guest)
Register by April 7

*All Trips Include Transportation
**Limited Space Available—Trips May Sell Out!

Register for Trips @ www.pacific.edu search: “Campus Recreation”

Questions? Contact Bryan Lenz: blenz@pacific.edu or 209.946.2738
BACKYARD GAMES

Wind down your week by joining us on the DeRosa Center lawn for FREE casual competition

• Grass Volleyball  • Bag Toss
• Soccer  • Ladderball
• Badminton  • Bocce Ball
• Frisbee  • Football

Friday afternoons starting at 3:00 p.m.
NO REGISTRATION REQUIRED!
BFC BLACKOUT

Lights Out, Black Lights On!!! Come workout under this sleek lighting as all evening Tiger X Classes will be taught under black lights one Thursday every month!

Event Dates: 1/24, 2/21, 3/21, 4/18
4pm-10pm

Tiger Jamz

Rock out to the beats of a live DJ as DJ Marselus spins the latest hits in the BFC to inspire your workout!

Event Dates: 1/10, 2/7, 3/14, 4/4
Connect with:

Facebook  Like us on Facebook

Follow us  @PacificRec

Join us on  Pinterest

Follow us on  Instagram

Check in with  foursquare

OrgSync  Join our OrgSync group

Pacific Rec Hotline: 209-946-2811
Web: www.pacific.edu  •  Search: Campus Recreation