“Run when you can, walk if you have to, crawl if you must, but never give up.”

MAINTAINING A HEALTHY LIFESTYLE as a College Student

UPCOMING EVENTS

ALUMNI SERIES: WHERE ARE THEY NOW?

Join us as we celebrate our Club Sports Graduating Seniors and our program’s history!

10:30am-11am PDT:
- Club Baseball
- Club Women’s Rugby
- Club Brazilian Jiu-Jitsu
- Club Muay Thai

11am PDT:
- Club Cricket
- Club Soccer
- Club Women’s Soccer
- Club Mountain Biking
- Club Rock Climbing

10:30am-11am PDT:
- Club Boxing
- Club Yoga
- Club Dance
- Club Rock Climbing
- Club Mountain Biking

Saturday, May 1st, 2021

Toast to the Graduates! Zoom room open for all Club Sports. Come join us as we celebrate our graduating seniors and all they’ve accomplished throughout their time at USF. Let’s honor their incredible journeys together.

Register Here

DM @usfcaclubsports on Instagram for the Zoom link.

Follow them all!

For this week’s Spring Challenge, #10 is: send us a picture of your favorite local restaurant or cafe. Hint: there will be an opportunity to win a prize! Keep sending in your submissions and be sure to check back next week for the next challenge.

MAINTAINING A HEALTHY LIFESTYLE as a College Student

As a college student, maintaining a healthy lifestyle can be difficult. You may find yourself juggling multiple responsibilities and trying to manage your time effectively. You may also face challenges such as financial constraints or limited access to healthy food options. However, taking care of your physical and mental health is essential for your overall well-being.

Join Club Karate every Thursday during Spring Sessions. On Wednesday, April 21st at 10am PDT, Club Karate: Live Session will be hosting a favorite highlight from club sports. After USF, I really missed karate! Club Karate gave me life-long friends and a great mentor. I look forward to the day I can do this art again. After USF, I really missed karate! Club Karate gave me life-long friends and a great mentor. I look forward to the day I can do this art again.

During my time at USF, Club Karate gave me a fun way to workout. It helped me relieve stress and reconnect with my friends. Overtime, karate transformed into more than a workout; I began to learn about karate philosophy. The body, mind, and spirit—the whole person—is developed simultaneously. I grew more into more than a workout; I began to learn about karate philosophy. The body, mind, and spirit—the whole person—is developed simultaneously.

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Please allow time during your live sessions to complete the feedback form. The Elections are the Club's responsibility, but if any Clubs need assistance please let us know. The Elections need to be elected. Elections are the Club's responsibility, but if any Clubs need assistance please let us know.