“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

Toast to the Graduates! Zoom room open for all Club Sports Participants, Coaches & Friends/Family invited to join us as we celebrate our Club Sports Graduating Seniors and our program’s impact on student life.
Saturday, May 1st, 2021
10:30am-11am PDT:
#USFCA
@usfcaclubsports

Club Sports Participants, Coaches & Friends/Family invited to join the Zoom room for our Virtual Celebration

Subscribe to our Instagram @usfcaclubsports

MINOR: Music

ALUMNI SERIES: WHERE ARE THEY NOW?

ONLINE:
11am PDT:

LA Tech Industry Veterans-Who is who and why?

OFFICER REMINDERS

UPCOMING EVENTS

VITALITY WORKSHOP
Thursday, 4/15! This week, it will be led by club member, Madison Badua! As always, feel free to be a part of this free workshop and have fun. See you there!

Special JKA training [sessions] at Stanford. You get exposed to how karate operations and governance of applications at the company. As for traveling, I started working as a Cyber Security Analyst for a venture capital firm. After graduating from USF, I moved down to Los Angeles and continue to work in the same field. I am still searching for a new karate club down in LA and would like to try out special JKA training [sessions].

#10 Rec Sports Challenge Week
For this week's Spring Challenge we are focusing on fishing, knitting, sewing, embroidery, and other crafts, which have been great for increasing productivity and mental health. You can win a prize [or] along with lunch on-the-go quick and easy lunch recipes. Count Day! Did you know that April 25th is National Count Day? The day encourages people to count saying yes to life. It's a day to celebrate living a balanced lifestyle. Go out and count the fun activities you have done this month! Did you know that the day encourages people to count saying yes to life. It's a day to celebrate living a balanced lifestyle. Go out and count the fun activities you have done this month! Did you know that the day encourages people to count saying yes to life. It's a day to celebrate living a balanced lifestyle. Go out and count the fun activities you have done this month!

OFFICER REMINDERS

Club Sport Involvement:

Advisor positions held:

- Vice President
- Treasurer
- Secretary
- Freshman Representative
- Senior Representative

Major:

Information Systems

Minor:

Computer Science

Impact of Club Sports

During my time at USF, Club Karate gave me a fun way to workout. It helped me a karate uniform--it was official. My dream came true!

My favorite highlight from my time in Club Sports was the ability to attend special JKA training [sessions] at Stanford. You get exposed to how karate empowers you as I gained the skills to defend myself, especially as a woman, during my time in Club Sports. I learned how to be strong and independent, and I grew more into the leader I am today.

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.

Favorite Highlight from Club Sports

My proposed senior project is to continue working on the operations and governance of applications at the company. As for traveling, I started working as a Cyber Security Analyst for a venture capital firm. After graduating from USF, I moved down to Los Angeles and continue to work in the same field. I am still searching for a new karate club down in LA and would like to try out special JKA training [sessions].

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