JOIN US. MAKE A DIFFERENCE.

We Stand with You. Enough is Enough. Black Lives Matter. Club Sports at the University of San Francisco is incredibly privileged in the fact that we get to work with a diverse student population, and we will continue to always promote inclusion, diversity and equality for all of our participants and coaches. We affirm that racism and discrimination will not be tolerated in our program. Over the next few weeks, the Koret Center will share social media platforms to post educational resources, petitions, ways to donate and links to organizations doing critical anti-racist work. To view our resources and Koret's full statement, please see their post from June 4th on the Koret Instagram page (@usfkoret).

We remain dedicated and committed to USF's Jesuit mission to nourish and teach, and encourage each and every one of you to listen, donate, sign petitions, participate in active and advocacy education and do your part to stop the current state of our nation's institutionalized racism. We all have work to do. Let's do it together!

Sports Quote of the Day

"You may never know what results come of your actions, but if you do nothing, there will be no results." - Mahatma Gandhi

Koret Center Closure Update

In an effort to support public health recommendations that are aimed at protecting our community from the spread of COVID-19 and to comply with the City of San Francisco's shelter-in-place order, the Koret Health and Recreation Center will remain temporarily closed through mid-August.

Club Sports Fall Update

At this time we do not know the reality of what the Fall Semester will look like for our program, however, we are committed and dedicated to having Club Sports available for our student population as a means to provide a safe space, an outlet from academics, leadership development, improved sense of community and most importantly, connection to the University of San Francisco. Our department is doing everything we can to ensure our students can return to activity safely.

Coaches Summer Working Group

This Summer we will be meeting with the Club Sports Coaches every other week to discuss the season ahead and what we will be working on. In each of the working groups, we will be discussing University updates, risk management, health & safety, new protocols & guidelines, social issues, remote opportunities, and more. These working groups will provide an opportunity for Coaches to share ideas, collaborate, and most importantly, think through ways in which we can help support each other's work. These working groups will be held every other week.

Workouts of the Week

**Rec Sports Summer Virtual Challenge**

Don't forget to participate in the Rec Sports Summer Virtual Challenge!

Koret Summer Group Fitness Classes

Check out all of Koret's Group Fitness Classes!

*NEW- Core & More and Total Body Conditioning! Email fitness@usfca.edu for the Zoom link!

Closing Remarks

Follow Club Sports (@usfcaclubsports) on Instagram to keep in touch with us! Tag us in your posts or share ideas for our next newsletter with the Rec Sports Manager (jyjavier@usfca.edu)! To stay up to date with University updates, please see the Executive Resource Page.

JOIN THE CONVERSATION

#USFCA

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DIRECTIONS

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If you wish to be removed from the Koret Health and Recreation Center mailing list, click here.

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