We hope this newsletter finds you and your loved ones safe and doing well. We can't wait to get back to in-person programming, but until then we have an exciting Rec Sports Summer Virtual Challenge for you all! This is open to all USF Students, Faculty & Staff and Rec Sports participants. We look forward to all of the submissions and encourage you all to stay active, have fun and be engaged!

JUNE CHALLENGES

Week 1 (June 1st - June 7th)
We know that being a part of Rec Sports programming is an important part of your college experience so share your story! What's your favorite memory or advice for incoming students?!

Week 2 (June 8th - June 14th)
Participate in one of Koret’s Group Fitness Classes!

Week 3 (June 15th - June 21st)
Do 100 squats throughout the week!

Week 4 (June 22nd - June 28th)
Do 100 push ups throughout the week!

Submit on the Rec Sports Summer Virtual Challenge Google Form or tag the Koret Health & Recreation Center (@usfkoret) on Instagram to complete the challenges! For every challenge you complete, you will be entered into the grand prize raffle: Rec Sports Swag Bag! If you have any further questions please email the Rec Sports Manager (jyjavier@usfca.edu) and stay active!

Join the conversation #USFCA

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