



Members of the USC triathlon team, of all skill levels and over 100 strong, live the multi-sport life of swimming, biking and running.

Counselor News

Game on! *At USC, recreational sports offer fitness, fun, camaraderie, and once-in-a-lifetime opportunities for all.*

USC is proud to be recognized as one of the nation's great athletic powerhouses. Our men's and women's teams compete in 21 NCAA sports, and Trojan athletes have collected 116 national titles. If USC were a country, we would rank 16th for all-time Olympic medal count. But athletics at USC reach far beyond a corps of elite players. The university's Department of Recreational Sports operates year-round, providing an unparalleled array of recreation, health and fitness programs. More than two-thirds of our students take part in some form, and along the way find new passions, establish healthy habits, challenge themselves to new levels of accomplishment and simply have a great time playing with friends.

In addition to a full complement of health and fitness workshops and classes, two basic types of organized recreation programs are offered. Intramural sports are largely funded by the university: Students can sign up as individuals or groups, and participate in dozens of seasonal leagues, tournaments and special events. The university also provides the infrastructure for one of the most robust club sports programs anywhere. These programs, operated and funded entirely by students, set up teams, hire coaches, and organize travel and competitions with colleges around the country. For students who played on high school teams, it offers a chance to pursue their passions at a high, but less intense, level than is required for varsity competition. For others, it opens up options to broaden their athletic horizons. "When high school students picture college life, one thing they may not realize is that it's a unique opportunity to discover and take up an entirely new sport," states Gabriel Valenzuela, director of Recreational Sports and Programs. "Where else can they have access to coaches, equipment and teammates who make it possible to row a dragonboat, play cricket or roller hockey or participate in a triathlon? And there is no better way to balance the stress of school than the feeling a student gets coming out of a great practice or game, energized and excited, with higher ability to concentrate and focus."

Beyond the benefits of exercise, other opportunities abound. Managing club teams hones leadership and management skills. The department is also one of the largest student employers on campus, with jobs ranging from facilities management to personal trainer. And USC's commitment to

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Quarterly Updates for College Counselors *Summer 2012*

Citius, altius, fortius: Trojan athletes prepare for the Summer Olympics!

Trojan athletes will head to London this summer, to once again capture the ultimate prizes in amateur sport. USC has sent more athletes to the Olympics than any other university and has won 122 gold, 76 silver and 60 bronze medals. We wish them luck. Faster, higher, stronger!

It's also been a record-breaking year for USC Admission and Financial Aid:

This year, with more than 46,000 applicants vying for 2,650 spots, USC received the most undergraduate applications of any private university in the nation.

We're also proud of our financial aid program. With \$235 million in merit and need-based aid awarded to our undergraduates, it's the most given by any U.S. university and has allowed our students to weather tough economic times.

Congratulations to the graduating classes of 2012 – yours and ours!

And thanks for all the terrific students you have sent our way. We couldn't do it without you!

The best seats in town are free!

One of the great perks of being a USC student is enjoying FREE admission to most sporting events, including those of our 21 NCAA and championship teams. Tickets to USC Football games can be purchased in advance, at a student discount.

CELEBRATING 100 YEARS AS
TROJANS

SINCE 1912

It was in February of 1912 that our athletic director asked *LA Times* sports editor Owen Bird to come up with a nickname that would express the fighting spirit of USC's sports teams, who were often pitted against bigger and better-equipped schools. Bird obliged with an article in which he referred to the USC track team as the "Trojans"—and a proud tradition was born.

**Scholarships for
physically challenged athletes**

The Swim With Mike Foundation, part of the USC athletic department, offers opportunities to high school seniors that we believe are unique in higher education. It started 30 years ago, when All-American swimmer and USC student Mike Nyeholt suffered a devastating injury. His former roommate organized a fundraising swim event to help pay his expenses. Its success inspired a year-round series of swim competitions and events that raise funds to provide scholarships to 50 high school athletes who have sustained life-changing injuries. These scholarships are often what make college possible for students whose families are faced with tremendous medical expenses. In true sporting spirit, the grants can be used to pay tuition at any university: Current recipients attend not only USC but Stanford, Berkeley, Columbia, Georgetown, the University of Pennsylvania and others.

■ To learn more about the scholarship or to download an application, visit swimwithmike.org or contact Ron Orr at (213) 740-4161.

The values learned on the playing field – how to set goals, endure, take criticism and risks, become team players, use our beliefs, stay healthy and deal with stress – prepare us for life.

**DONNA DE VARONA,
US Olympic Gold Medalist**



Recreational opportunities for students

Trojan team embraces the magic of quidditch

Creativity, community, competition: Those are the goals of the International Quidditch Association, the nonprofit organization formed in 2010 to promote this fast-growing and increasingly popular club sport.

Based on the magical, high-flying game played in the Harry Potter books, real-world quidditch is best described as a combination of soccer, dodgeball and rugby. Players must "ride" a broom at all times while attempting to toss the quaffle (in this case, a volleyball) into a hoop. The golden snitch—a magical winged ball in the books—is a neutral player who protects a tennis ball stuffed into a sock at the back his or her shorts. According to the *IQA Rulebook*, the snitch is also usually something of a showman: Snitches can evade capture by ascending nearby trees, doing backflips, or performing other athletic feats.

Quidditch attracts both male and female players alike, who may be seasoned athletes or students simply looking for fun and exercise. And though the game is sometimes dismissed as a club for Harry Potter nerds, its devotees are quick to point out that many players have never read the books and that real-world quidditch is a full-contact sport. Players are routinely tackled and have endured everything from bruises to broken bones and concussions. (Players typically wear mouth guards and some universities require goggles to protect players from eye injuries.)

Quidditch began at Middlebury College in 2005. Since then, 300 quidditch teams have formed around the world, with more springing up every day. USC established its Liondragon team two years ago and has since become an official member of the IQA. This year, they won their first championship, besting 19 other teams—including UCLA in the final match—to claim the trophy.

Says team captain Nicté Sobrino: "I am incredibly honored to be a captain of this team, this family. We've worked very hard to get to where we are, and we're so proud to be able to say that we're now West Coast champions. There was no greater satisfaction than seeing our seeker, Kyle Sum, make the game-winning snitch grab against UCLA. It was a moment none of us will ever forget."

For USC, quidditch embodies and furthers the ideal traits of the Trojan Family itself: building community while forging leaders who think outside the box—and continue to Fight On!

- To see the USC quidditch team in action against UCLA, visit: youtu.be/etchn2roYKI
- Visit the USC Liondragon Facebook page at: www.facebook.com/pages/University-of-Southern-California-Quidditch-USC-Official/239856099383392

Game On! *continued from cover*

community outreach provides students with ongoing, rewarding opportunities to coach and mentor disadvantaged youth.

The department strives to enhance the mental, emotional and physical health of every student. As Valenzuela adds, "If we don't have it, let us know what it is, and let's start it!"

■ To learn more visit: sait.usc.edu/Recsports

Trojans tap the power of the sun

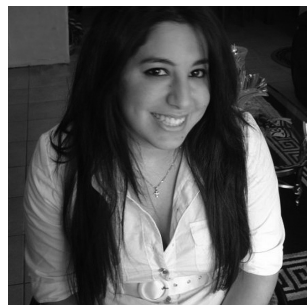
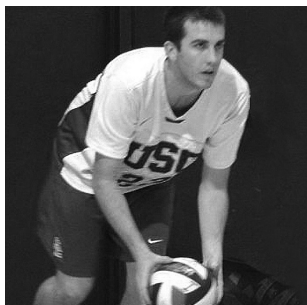
In Los Angeles, where the sun shines an average of 329 days a year, our students and faculty are developing innovative ways to incorporate that energy into our lives. Two exciting projects are now underway:

Solar Decathlon: An interdisciplinary team of USC students and faculty recently won a coveted spot in the Solar Decathlon: a prestigious, multi-year international competition sponsored by the U.S. Department of Energy. Only 20 teams from around the world are chosen. Each one is awarded \$100,000 to design and construct an aesthetically pleasing, affordable single-family home as a prototype for net-zero energy, solar-powered living. Our team brings together creative minds from our schools of architecture, engineering, communication, cinematic arts, education, and business – a truly winning combination!

Solar-smart buildings: USC Architecture professor Doris Kim Sung observed how people change their layers of clothing to adjust to sun and heat, and envisioned a future where buildings could similarly adapt to changes in environmental conditions. That led to a conceptual breakthrough: using a metal alloy called thermobimetal, a component in thermostats, as a building material. Her experiments have found that the metal, which has never before been used in architecture, can be embedded into wall panels so that they open and close in response to air temperatures. The result? Buildings that are heated and cooled automatically, using zero energy!

Commencement 2012 makes history

Commencement is always a special day but this year's graduation will offer something far beyond the usual. Degrees will be awarded to students who have waited 70 years for the moment. In 1942, students of Japanese descent at universities all along the Pacific Coast were forced to abandon their studies and relocate to internment camps. This May, those who attended USC will formally receive their diplomas at graduation. It truly marks a great occasion for the university as we honor those students who sacrificed so much. We are proud to welcome them to the Trojan Family.



TROJAN VOICES

WE ASKED THREE STUDENTS TO TELL US HOW THEY HAVE MADE ATHLETICS, RECREATION AND FITNESS PART OF THEIR COLLEGE LIFE.

Michael Kohl

Senior majoring in mechanical engineering

I was a competitive football, basketball and volleyball player in high school but didn't expect to play sports in college. Not only are the teams here filled with elite athletes, but as an engineering major, I couldn't imagine making such an incredible time commitment. That's when I discovered the world of club sports, which at USC consists of almost 60 different team sports – everything from archery to ultimate frisbee – that are all student-funded, student-operated, have a full coaching staff and compete against other colleges. It turned out to be not just a chance to keep in shape and play the game I love, but an opportunity to take on increasingly responsible leadership roles. As president of the Recreational Club Council I oversee the leaders of each club, and am getting amazing business experience, raising funds, managing budgets, even organizing community service. We have great relationships with the varsity teams: They donate used equipment and uniforms, and we have even sent them players. I'm graduating with a great job in aerospace, and I know one reason the firm hired me is that, during an internship there, I managed and ran a company-wide volleyball tournament, which got me noticed by the people at the top!

Jennifer Bou Lahoud

Sophomore majoring in biomedical engineering, minoring in psychology

My parents came here from Lebanon, and my dad started playing basketball with me when I was four. It turned into a passion that took me all the way to playing on my high school team. Then junior year, a sledding accident during winter vacation completely altered my life: I suffered a spinal cord injury and doctors told me I would never walk again. But when I went to physical therapy I saw people getting out of their wheelchairs, and my competitive instincts turned into an intense motivation to not only walk, but play again. I was also determined to graduate and continue my education. USC had always been my dream school but now seemed out of reach. Then I heard about the Swim With Mike scholarship for injured athletes. I applied, and when I got the call that I had been chosen, I knew my life was back on track. As I continue my physical therapy here, I really feel like an athlete. I work out every day, and love being a team member helping with the Swim With Mike events. I can walk short distances, and have found my life's work: to become a psychologist or researcher who inspires others to meet their challenges.

Matt Burton

Senior majoring in broadcast journalism/master's student in communication management

I always loved playing different sports, but didn't start water polo until later than most of the really serious players, so I had to learn how to work really hard to catch up. That work ethic has really helped me in college, where everyone is talented, and the best players are those who work the hardest. I chose to come here because the junior national team coach told me it was where I would become the best water polo player I could be. It's been completely true, and I never could have imagined how far my athletic career would take me. I've got four national championship rings, and am on track to earn a spot in the 2016 Olympics. But that's just part of the story. All the teams compete to earn the highest grades and do the most community service. I've also expanded my horizons and made lifelong friends from completely different majors. It really is a small-school feeling on a large campus; you see people you know all the time. There's every opportunity in the world here. Because I was injured one year, I'm coming back to play a fifth season in fall, and am already enrolled in a master's program. I love it. I've never been bored once!

Counselor News

Quarterly News for College Counselors
Summer 2012

A college isn't a trophy. It's a match.



The University of Southern California admits students of any race, color, national origin, ancestry, religion, gender, sexual orientation, age, physical disability or mental disability.

■ **USC ON TWITTER:** www.twitter.com/USCAdmission **FACEBOOK:** www.facebook.com/usc **YOUTUBE:** www.youtube.com/usc ■

Important Dates & Deadlines

June 14-July 25:

On-campus Freshman Orientation sessions

July 8-August 24:

High school summer programs

August 22:

Move-In Day

August 27:

Fall classes begin

How to find your admission counselor

Visit usc.edu/uga, click on **Contact Us**, and enter your high school's name in the **Find your Admission Counselor box**.

E-mail: scounsel@usc.edu

Phone: (213) 740-1111

Reflections from the dean

It seems like just yesterday I was writing about our pending adoption of the Common Application and plans to expand high school outreach; we have seen both of those projects through and are now done choosing USC's entering class of 2012! I feel confident in telling you that we have had our most productive and successful year yet. Last fall, we visited over 2,000 high schools (a 25 percent increase over the previous year) and this spring we've logged more than 30,000 staff hours reading applications. Our implementation of the Common Application has gone about as flawlessly as we could have hoped—I hope that you and your students agree! I'm sure it's no surprise to you that USC has remained as popular as ever. We received more than 46,000 freshman applications for 2,650 spaces in our fall 2012 freshman class. This year's extreme selectivity (19 percent, the lowest in our history) was bitter-sweet, since we had to turn away tens of thousands of very able students. But we are thrilled to be welcoming a class that from all indications will take us to new heights of diversity, academic excellence and accomplishments. I continue to marvel at the work of high school counselors around the country, especially in the face of the unprecedented challenges facing our economy and educational system. For our part, we are doing our best to make USC a place that does not just live up to, but exceeds expectations, as we continue to add new academic programs, expand our facilities and improve the quality of life for our students. It will soon be time to start thinking about the incoming class of fall 2013. But first, enjoy a well-deserved summer break, and if your travels bring you to Los Angeles, be sure to give us a call. Have a great summer!



Tim Brunold, *Dean of Admission*

USC's Codes **ACT Code: 0470** *Used for sending ACT scores*

CEEB Code: 4852 *Used for PROFILE® Application and SAT scores*

Federal School Code: 001328 *Used for FAFSA application*