

Athletics, Intramurals, and Recreation Programs

All Saint Joseph's University students are encouraged to participate in intercollegiate, club and intramural activities as well as in the numerous recreational and fitness opportunities that are available. The Alumni Memorial Fieldhouse, the Student Sports/Recreation Center, and Finnesey Field provide indoor and outdoor locations for athletic and recreational events. These facilities are utilized to enhance the students' physical development under the supervision of Saint Joseph's staff.

INTERCOLLEGIATE SPORTS

Varsity intercollegiate athletics at Saint Josephs University maintains a high profile as an NCAA Division I program. The University competes throughout the region as a member of the prestigious Atlantic 10 Conference and the Philadelphia Big 5. The University's student-athletes take advantage of modern, well-equipped facilities, experienced coaching, expert conditioning and medical support as well as the benefits of extensive academic support and publicity programs. A complete athletic training and medical staff, a full-time academic advisor and the Office for Sports Media Relations combine and adapt their services to allow each student-athlete to receive personal attention. The University offers 20 varsity sports, 10 for men and 10 for women

CLUB SPORTS

Competition at the club level provides for the opportunity to challenge outside opponents in a competitive setting. Sports club offerings include ice hockey, rugby, field hockey, martial arts, volleyball, and roller hockey.

INTRAMURALS

The intramural sports program consists of approximately 30 activities conducted throughout the academic year. Those persons not affiliated with any organized group, but wishing to participate, should contact the Intramural office. University and individual champions will be determined in all tournaments conducted throughout the year as part of the Intramural Sports program. Awards are presented to all University and individual champions. University champions are invited to participate in the City Six Extramural Classic in flag football, basketball, volleyball and softball.

Student Sports/Recreation Center

The University's Student Sports/Recreation Complex is a versatile fitness center designed to accommodate exercise, recreation, and sports activities. The Sports/Recreation Complex consists of the Alumni Memorial Fieldhouse and the following:

- 240' by 120' four-court area, multi-purpose area for basketball, tennis, and volleyball
- 200-yard indoor, four-lane, practice running track
- 25 meter, 8-lane indoor pool with a 300 seat observation area
- 4 racquetball/handball courts
- Modern fitness center featuring free weights, Nautilus resistance equipment, Precor treadmills, Stairmasters, stationary bicycles, rowing machines, and elliptical machines
- Spacious locker rooms and saunas

In addition to the Sports Complex, there is Finnesey Field, with a 400-meter, 6-lane Balsam track and an All Pro artificial surface field. Adjacent to the field are four tennis courts. Finally, special recreational programs in Aquatics (Swimming, Life Saving, WSI, Scuba), CPR, and Basic First Aid are also available.

Men's Varsity Teams

Baseball
Basketball
Crew
Cross Country
Golf
Indoor Track
Lacrosse
Outdoor Track
Soccer
Tennis

Intramurals

Basketball
Dodgeball
Flag Football
Racquetball
Soccer
Softball
Tennis
Three on Three Basketball
Ultimate Frisbee
Volleyball

Extramurals**(Philadelphia City 6)**

Basketball
Flag Football
Men's, Women's and Co-Rec:
Softball
Volleyball

Instructional

Aerobics
Boot Camp
Golf
Pilates
Yoga and/or Tai Chi

Women's Varsity Teams

Basketball
Crew
Cross Country
Field Hockey
Indoor Track
Lacrosse
Outdoor Track
Soccer
Softball
Tennis

Sport Clubs

Capoeira
Cricket
Martial Arts
Men's and Women's Rugby
Men's Basketball
Men's Ice Hockey
Men's Lacrosse
Men's Roller Hockey
Men's Volleyball
Outdoor Adventure
Tennis
Ultimate Frisbee
Women's Field Hockey
Women's Soccer
Women's Volleyball

Outdoor Trips

Canoeing
Hiking
Kayaking
Mountain Biking
Rock Climbing
Skiing
Whitewater Rafting