

Athletics and Campus 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 Athletic Center and the O'Pake Recreation Center, along with Finnesey Field and six fields on the Maguire Campus, 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 Joseph's University maintain a high profile as an NCAA Division I program. The University competes nationally as a member of the prestigious Atlantic 10 Conference and locally through the Philadelphia Big 5. The University's student-athletes take advantage of modern, well-equipped facilities, experienced coaching staffs, expert conditioning and medical support as well as the benefits of extensive academic support and publicity programs. A complete athletic training and medical staff, full-time academic advisors and the Athletic Communications Office combine and adapt their services to allow each student-athlete to receive personal attention. The University offers 20 varsity sports, with 10 for men and 10 for women.

CLUB SPORTS

The mission of the Saint Joseph's Club Sports Program is to provide students with a unique opportunity to develop leadership, organizational and fiscal management skills in a fun, safe, and supportive learning environment in which participants can build a sense of community. Voluntarily organized by students, club sports exist for the purpose of furthering a common interest in a physical activity through competition, instruction, participation, or performance. Students elect their own officers, draft their own constitution, request facility space, get approval for and make travel arrangements, schedule contests with other teams, develop contracts with officials and artists, fund raise and manage their budget.

Competition at the club level provides for the opportunity to challenge outside opponents in a competitive, but non-varsity setting. Sport club offerings include Baseball, Basketball, Brazilian Jiu Jitsu, Cycling, Field Hockey, Ice Hockey, Lacrosse, Roller Hockey, Rugby, Running, Ski/Snowboard, Soccer, Softball, Swimming, Tennis, Ultimate Frisbee, Water Polo, Women's Ice Hockey, and Volleyball.

INTRAMURALS

The intramural sports program consists of numerous leagues and activities throughout the academic year. Anyone 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.

Athletics/Recreation Complexes

Main Campus

The University's Athletic Center is the primary home of Saint Joseph's Varsity Athletics. The Athletic Center consists of the following:

- 120' by 120' two-court area, multi-purpose area for basketball, tennis, and volleyball
- 25 meter, 8-lane indoor pool with a 300 seat observation area
- 4 racquetball/handball courts
- Varsity weight room
- Locker rooms and saunas



Maguire Campus

The University's O'Pake Recreation Center on the Maguire Campus is a versatile center designed to accommodate exercise, recreation, and sports activities of all kinds. The Recreation Center consists of the following:

- Two wooden floor basketball gymnasiums with bleacher seating
- 5,000-square foot multi-purpose room
- 25 meter, 6-lane indoor pool with a 200 seat observation area
- Modern fitness center featuring the latest Life Fitness and Hammer Strength free weights, resistance equipment, treadmills, stationary bicycles, rowing machines, and elliptical machines
- Spacious locker rooms

In addition to the two Athletic / Recreation facilities: Finnesey Field has a 400-meter, 6-lane Balsam track and an artificial surface field (Tiger Turf) on the Philadelphia campus. Adjacent to Finnesey Field are four tennis courts. Additionally, there are playing fields and tennis courts on the Maguire Campus.

Men's Varsity Teams

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

Intramurals

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

Extramurals

(Philadelphia City 6)

Basketball
Flag Football
Softball
Volleyball

Instructional

Aerobics/Water Aerobics
Boot Camp
Cardio Kickboxing
Pilates
Yoga and/or Tai Chi
Hip-Hop Dance
Zumba
Latin Dance

Special Events

Atlantic 10 Shootout Weight Lifting Competition
Horse Basketball Wiffle Ball
Kickball

Women's Varsity Teams

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

Sport Clubs

Baseball
Brazilian Jiu Jitsu
Cycling
Men's and Women's Basketball
Men's and Women's Ice Hockey
Men's and Women's Lacrosse
Men's and Women's Rugby
Men's and Women's Soccer
Men's and Women's Volleyball
Roller Hockey
Running
Softball
Ski/Snowboard
Swimming
Tennis
Ultimate Frisbee
Water Polo
Women's Field Hockey