

DEPARTMENT OF ATHLETICS

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Intercollegiate Athletics

The University's athletics program was founded in the early 1960s but has become nationally renowned over the last two decades. The women's track and field team won six consecutive NCAA Division III National Championships in the late 1980s and now has a total of twelve. Since 1980, Christopher Newport University has produced 580 Division III All Americans and more than 77 national champions. These recipients have participated in football, men's and women's basketball, men's and women's soccer, softball, men's tennis, golf, baseball, cross country, volleyball, field hockey and track and field. The men's and women's basketball teams have appeared in NCAA championship tournaments numerous times, as have the golf, men's and women's soccer, baseball, volleyball, football, field hockey, women's lacrosse and softball teams. Men's basketball player Lamont Strothers became the seventh Division III player ever to appear in an NBA game when he played for the Portland Trail Blazers.

In addition to participating in NCAA championships, the University has hosted 15 NCAA Regional basketball games, a 2010 NCAA Softball Regional Championship, the 2010 and 2011 NCAA Volleyball Regional, five NCAA South Regional Cross Country Championship meets, as well as the 1983 and 1991 National Championship meets. In the fall of 2010, CNU played host to the NCAA Division III Field Hockey Championships. Additionally, CNU has hosted three NCAA playoff games in football, thirteen in men's soccer, eight in women's soccer, three in field hockey and two in women's lacrosse.

The University competes in 22 varsity sports plus cheerleading. Those offered for men include: baseball, basketball, cross country, football, golf, indoor track and field, lacrosse, outdoor track and field, sailing, soccer, and tennis. Women compete in: basketball, cross country, indoor track and field, outdoor track and field, sailing, soccer, softball, tennis, volleyball, field hockey and lacrosse. Christopher Newport University is a member of the USA South Athletic Conference, formerly the Dixie Intercollegiate Athletic Conference (DIAC) which also includes: Averett University, Ferrum College, Greensboro College, Mary Baldwin College, Meredith College, Methodist University, North Carolina Wesleyan College, Peace College and Shenandoah University, as well as three single-sport institutions. The

USA South Athletic Conference is generally regarded as one of the strongest Division III conferences in the nation, and its champions have automatic qualification in numerous NCAA championship events. As a measure of the overall strength of CNU's athletics program, the University has won the USA South/Dixie Conference President's Cup, symbolic of the top overall athletics program, for the last 14 years and 20 of the past 26 years.

Philosophy

Christopher Newport University is a member of the National Collegiate Athletic Association (NCAA), participating in Division III and adhering to the philosophy of Division III, which states that no financial aid shall be awarded to student athletes on the basis of athletic ability. Financial aid is available to student athletes on the same basis as that offered to any other student at the University.

Participation

Prospective student athletes must enroll in at least 12 credit hours and be a degree seeking student to be considered eligible to participate in varsity sports and must meet all eligibility requirements of the NCAA. For further information about the University's athletics program or about a particular sport, contact the Department of Athletics.

The Office of Recreational Services

The Office of Recreational Services (CNURec) was founded in the fall of 2005 and is comprised of the program areas of Intramural Sports, Sports Clubs and Outdoor Adventure & Recreation (OAR). Intramural Sports and Sport Clubs have grown tremendously over the years with hundreds of participants engaging in various activities on campus. OAR offers various outdoor recreational activities and adventure trips, and has gained great interest from the student body.

Some of the intramural sports offered include: badminton, basketball, dodge ball, flag football, kickball, soccer, softball and volleyball. In addition, CNURec provides special tournaments for students to play in, such as billiards, sand volleyball, and cornhole.

The Intramural program employs dozens of students each year as officials and supervisors. Through employment, students learn transferable skills that prepare them for future

challenges. At the same time, these positions of leadership enhance the student's social experience on campus and solidify CNU at the forefront of student development in the field of collegiate athletics and recreation.

Currently, there are 27 (16 competitive and 11 recreational) sport clubs on campus. These include: crew, croquet, cycling, dressage, equestrian, field hockey, fishing, hiking, men's ice hockey, men's lacrosse, women's lacrosse, martial arts, quidditch, rock climbing, men's rugby, running, scuba diving, men's soccer, women's soccer, men's swimming, women's swimming, table tennis, men's tennis, women's tennis, triathlon, ultimate frisbee, and men's volleyball, women's volleyball. The competitive clubs aim to compete for CNU at the collegiate level against other sport clubs in the area. The recreational clubs are open to all skill levels and are more fun in nature; however, some may compete against local colleges and universities if desired.

OAR provides adventure trips for students, faculty and staff to attend, and there is now an OAR club for students to join. The Club allows them to assist with the planning and advertising for trips. Additionally, OAR provides activities such as: special events, workshops, and more. OAR aims to provide fun through physical and mental challenges; provide leadership and learning opportunities; and further the interest and passion of outdoor recreation and environmental awareness.

Philosophy

Each of the program areas strives to fulfill the campus recreation needs of current CNU students, faculty and staff. Through engagement in the various activities and events sponsored by the Office of Recreational Services, it is hoped that participants will learn and begin to practice life-long health habits. In addition, through engagement in these activities, the Office of Recreational Services provides an opportunity for leadership and learning; opportunities to develop social contacts and lasting relationships; and opportunities for individual development through various recreational activities.

Participation in Intramural Sports

Participation in intramural sports is open to currently enrolled CNU students. In addition, faculty, and staff employed by the University (full-time and/or part-time; volunteers not accepted), shall be eligible to participate in intramural sports. CNU alumni and spouses of CNU students, faculty or staff are not allowed to participate in intramural sports.

Participation in Sport Clubs

Sport clubs are open to all activity fee paying students. Faculty and staff may participate on a sport club during practices but not during competition. Previous experience is not a prerequisite for membership. Sport clubs may be competitive in nature or may be administered for their socio-recreational elements. They should encompass both qualities. They are open to all skill levels. Clubs must accommodate any interested parties and work to maintain a balance among the more proficient participant and the novice. Unlike varsity sports, sport clubs are run by students for students.