

## UMASS ATHLETICS

### The Commonwealth's Flagship Team

UMass competes at the NCAA Division I level, the highest tier of intercollegiate athletic competition. Our 21 men's and women's teams compete both regionally and nationally, with teams and individuals advancing to the NCAA Tournament regularly. The support of the student body is crucial in creating a top-notch game day atmosphere for our student-athletes and our fans.

Download the Militia Student Rewards app to get rewarded and earn prizes for attending UMass Athletic events.

Free entry to all home UMass Athletic events for UMass undergraduate students just by swiping your UCard.

**UMass Athletics • 1-866-UMASS-TIX • UMassAthletics.com • @UMassAthletics**

### MINUTEMEN & MINUTEWOMEN MEN (M) WOMEN (W)

- |                       |                  |                           |                               |
|-----------------------|------------------|---------------------------|-------------------------------|
| • BASEBALL (M)        | • FOOTBALL (M)   | • SOCCER (M/W)            | • INDOOR TRACK & FIELD (M/W)  |
| • BASKETBALL (M/W)    | • ICE HOCKEY (M) | • SOFTBALL (W)            | • OUTDOOR TRACK & FIELD (M/W) |
| • CROSS COUNTRY (M/W) | • LACROSSE (M/W) | • SWIMMING & DIVING (M/W) |                               |
| • FIELD HOCKEY (W)    | • ROWING (W)     | • TENNIS (W)              |                               |

For more information about varsity sports, contact the Department of Athletics • 413-545-2691 • [www.umassathletics.com](http://www.umassathletics.com)

### CLUB SPORTS

## CLUB SPORTS AND INTRAMURALS

You don't have to be a 6'9" power forward to suit up at UMass. Simply grab your sneaks. Or spikes. Or racquet. Or whatever it is you use to get your competitive juices flowing. UMass offers dozens of club sports and intramural activities—from an ultimate team that competed for the 2016 national championship to a casual coed kickball league.

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|---------------------------|---------------------|--------------------------|--------------------|
| • ALPINE SKI RACING (M/W) | • GOLF (M)          | • SOCCER (M/W)           | • VOLLEYBALL (M/W) |
| • BASEBALL (M)            | • ICE HOCKEY (M/W)  | • SOFTBALL (W)           | • WATER POLO (M)   |
| • CREW (M)                | • LACROSSE (M/W)    | • TABLE TENNIS (M/W)     | • WRESTLING (M/W)  |
| • CYCLING (M/W)           | • QUIDDITCH         | • TENNIS (M/W)           |                    |
| • FENCING (M/W)           | • ROLLER HOCKEY (M) | • TRIATHLON (M/W)        |                    |
| • FIELD HOCKEY (W)        | • RUGBY (M/W)       | • ULTIMATE FRISBEE (M/W) |                    |

### RECENT INTRAMURAL SPORTS

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|---------------------|------------------------|------------------|--------------------|
| • BADMINTON         | • FLAG FOOTBALL        | • SOCCER         | • TENNIS SINGLES   |
| • BASKETBALL        | • HOME RUN DERBY       | • SOFTBALL       | • ULTIMATE FRISBEE |
| • 3-ON-3 BASKETBALL | • KICKBALL             | • SPEEDBALL      | • VOLLEYBALL       |
| • DODGEBALL         | • RACQUETBALL          | • TABLE TENNIS   | • WALLYBALL        |
| • FIELD HOCKEY      | • RUN 'N' GUN FOOTBALL | • TENNIS DOUBLES | • WIFFLEBALL       |

For a complete list of Intramural Sports, including the growing list of tournaments, and to learn how to register and participate, visit us at [umass.edu/campusrec](http://umass.edu/campusrec). Also, check out UMass Campus Pulse at [umassamherst.campuslabs.com/engage](http://umassamherst.campuslabs.com/engage) to find campus groups for ballroom dancing, boxing, climbing, gymnastics, dance, disc golf, dressage, parkour, polo, sailing, synchronized skating, Western equestrian, and more!

## STUDENT RECREATION CENTER

UMass students flock to this state-of-the-art fitness center where more than 100 classes are offered in everything from aerobics to Zumba. Play pickup hoops in our multicourt hardwood gymnasium while runners circle above on the surrounding oval track. Get nutrition advice at our Wellness Center or sip a smoothie at the Courtside Café. Work out on cardio machines, platforms, or with literally tons and tons of free weights. The campus also offers pools, jogging and walking tracks, and tennis courts.