



Sports

Introduction

Virginia Tech offers a variety of sports programs available to women. All are funded equally and offer a range of programs available for any student, whether they are a serious athlete or not. Getting involved in sports at Virginia Tech is a great opportunity for any student, male or female, to meet new people and stay active. This section will hopefully provide anyone interested with a brief overview of the different sports programs available at Virginia Tech and in the Blacksburg area.

Intramural Sports

The intramural sports program provides the opportunity for any Virginia Tech student to have the chance to play amongst their peers at a casual and less serious level. Each season of intramurals lasts three to six weeks. There are no tryouts, no travel, and no experience is required. There are a wide variety of intramural sports offered ranging from single-sex to co-ed teams. For more information about how to get involved in an intramural sport contact 231 6060 or visit www.recsports.vt.edu/intramurals.

“I loved playing intramural soccer on a co-ed team. I don’t have much time anymore to participate in sports because of school work so this was the perfect opportunity to play a competitive game but have fun at the same time.”

-Carrie Pollard, sophomore, intramural soccer

Club Sports

Playing on a club team at Virginia Tech provides students who are interested with a more time committed and intense level of play than intramural sports; however they do not have quite the level of playing or commitment of a varsity sport. Members of club sports at Virginia Tech play other colleges but it is not part of the NCAA. Instead, the games are supported by the department of recreational sports. Tryouts vary from team to team depending on the coach. Club officers determine practices and games and club players are not required to have a full year commitment. Most club teams practice three to five times per week with games on the weekends.

For more information go to the office located in 125 War Memorial Hall and speak to Alan Glick-Assistant Director for clubs or Chris Meister-Sports Club Graduate Assistant.



e-mail: womctr@vt.edu Phone: (540) 231-7806

“Being on the club ski team for Virginia Tech is great. It is very competitive and I have formed such a strong bond with the men and women on the team.”

-Kristi Erk, sophomore, snow skiing

Varsity Sports

Varsity sports at Virginia Tech are taken very seriously and are suitable for the most experienced and intense athletes. Many of the teams do allow tryouts before the season for walk-ons. Some scholarships are offered depending on the sport. As stated in their mission statement, the Virginia Tech Department of Athletics is committed to supporting equal opportunity for all student-athletes, administrators and staff, including women and minorities. For recruiting information visit

www.hokiesports.com/boosters/guidelines.html

“Playing on the varsity lacrosse team was a great experience for me. Balancing the away games and practices with school work was hard, but I wouldn’t take it back for anything.”

-Anna Melnicove, sophomore, varsity lacrosse

Parks and Recreation in Blacksburg

There are also many recreational activities around Blacksburg for anyone to enjoy. The Blacksburg Recreational Center is located at 615 Patrick Henry Drive and is perfect for anyone who wants to get involved with the community as well as enjoy the advantages of living in Blacksburg.

The Facilities available include:

- Program Information
- Outdoor Programs
- Aquatic Center
- Senior Center
- Nature Center
- Town Parks
- Hiking and Biking Trails
- Price House and Garden Park
- Golf Course

For more information call 961-1135

Local Gyms



e-mail: womctr@vt.edu Phone: (540) 231-7806

If McComas and War Memorial Gyms on campus do not satisfy one's fitness needs there are four gyms in Blacksburg that are accepting new members. These gyms are:

- **Opium Fitness** 106 B South Park Drive
- **The Weight Club** 801 University City Blvd.
- **The Weight Club CRC** 1715 Pratt Drive
- **New Town Fitness** 460 Turner Street

Both Weight Club Gyms have a variety of programs to offer including Yoga, Pilates, Spinning, Aerobics, and more. For more information on gyms in Blacksburg visit www.healthclubdirectory.com

Important Numbers and Websites for further information

- Athletic Departments: www.hokiesports.com
- Recreational Sports: www.recsports.vt.edu
- Intramural Sports: www.recsports.vt.edu/intramurals
- Facilities/Hours of operation: www.recsports.vt.edu/facilities/hours.html

Student Athlete Support Services

- **C.Helms**, Director 1-6165
- **L. Berg**, Associate Director 1-9986
- **C. Howlett**, Associate Director 1-2243
- **K. Ammons**, Assistant Director 1-2245
- **R. Edwards**, Assistant Director 1-9094
- **D. Scales**, Assistant Director 1-1415
- **T. Repass**, Secretary 1-6165