

# ATHLETICS AND RECREATION

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The Athletics and Recreation office is an integral component of Worcester State University's efforts to provide a high-quality, affordable education and supportive environment that promotes the total development of the student. A 101,000 square foot Wellness Center provides our students robust intramural and recreational opportunities, while our student-athletes compete in some of the nicest indoor facilities in New England. Employment opportunities for students may also be available in the Wellness Center.

The Athletics and Recreation staff provides students with the opportunities to grow and learn through intercollegiate varsity athletics, intramurals, and wellness programs. Participation in these activities fosters physical, mental, leadership, and life skills development, while enhancing self-discipline and sportsmanship qualities.

Worcester State University is a Division III member of the National Collegiate Athletic Association (NCAA) and a proud member of the Massachusetts State Collegiate Athletic Conference (MASCAC). The Lancers also compete as affiliate members in select sports in the Little East Conference (LEC). The University sponsors the varsity sports of baseball, men's and women's basketball, men's and women's cross country, field hockey, football, men's and women's golf, men's and women's ice hockey, men's and women's soccer, softball, men's and women's indoor and outdoor track and field, women's volleyball, and women's lacrosse.

For those students interested in competing on a less formal level, Worcester State offers an intramural sports program in such sports as football, basketball, street hockey, dodgeball, softball, soccer and volleyball. Any student who wishes to participate in intramural sports, regardless of ability or past experience, is urged to do so.

The Wellness Center also offers additional opportunities such as use of the 9,000 square foot DeFeudis Fitness Center, three exercise rooms with daily group exercise classes as well as a golf simulator and several academic classrooms.

In all of its programs, the Athletics and Recreation office is cognizant of its responsibilities as an educational support component at Worcester State University.