

Athletic & Recreational Services

Athletics

Approximately 70% of all boarding students at E&H participate in some form of athletics at one of three levels of competition: varsity sports, club sports, and intramurals. Varsity sports involve official intercollegiate competition in a regular schedule. Visit GoWasps.com for information about varsity athletics. Club sports are sponsored by the Student Government and offer intercollegiate competition on a limited and informal basis. Intramurals are devoted to competition within the Emory & Henry campus, providing recreational competition for students, faculty and staff.

Varsity Sports

The College holds membership in the National Collegiate Athletic Association (Division III). E&H offers no athletic scholarships and is a member of the Old Dominion Athletic Conference (ODAC), providing competition to compete against other schools of similar size and with similar policies in athletics. Varsity teams are fielded for men in football, soccer, baseball, basketball, tennis, swimming, golf, wrestling, track & field, cross-country and equestrian; women compete in basketball, cross country, volleyball, softball, tennis, soccer, track & field, golf, wrestling, swimming and equestrian.

Cheerleading

E&H offers competitive cheer and sideline cheer as a non-NCAA sport. Cheerleading is under the Affinity Group on campus. The team cheers at all home Volleyball, Football and Men's and Women's Basketball games during the school year. In addition to this, they compete at various competitions throughout the year. Tryouts are held in April each year. All students with a Cheerleading background who love to Compete are welcome to try-out. Previous experience in Cheerleading of any kind (sideline or all-star) is preferred. Coach Sara Hansen.

Intramurals

A comprehensive program of intramurals is offered for the physical well-being and enjoyment of students, faculty, and staff. The intramural program is under the supervision of the Office of Campus Recreation. Students are encouraged to support and become involved in intramurals as participants, officials, and spectators. Intramurals uses a web-based program for registration and scheduling purposes, so all students, faculty, and staff can form their own teams and create rosters on imleagues.com/EHC. All events and deadline dates for each sport are listed on the IMLeagues.com/EHC site. A handbook for Intramurals is available on the site as well as in the Intramural Office.

There is a wide range of events planned for each semester. The events range from one day tournaments (tennis, ping pong, billiards) to season events (basketball, volleyball, flag football). A schedule of events and deadline dates can be found online or contact the Intramural Office for more information. The Intramural Office also has work study jobs available for students that are interested in working in a fun environment. Contact Brett Sample, the Director of Intramurals, for work-study positions.

Club Sports

Club sports vary from year to year, according to student interest and the availability of funding through the student activities fee. New clubs may be formed via the procedures outlined in this handbook. Club sports organizations must clear the use of College facilities with the Director of Campus Recreation.

Fred Selfe Athletic Stadium

Named in memory of Fred Selfe, the stadium opened in Fall 2008. The field is open only to events hosted or approved by Emory & Henry College. Contact Trey McCall, Assistant Director of Athletics, for scheduling information. Pick-up games, pets, unauthorized vehicles, bicycles, and food and beverages are not allowed on the field.

Brooks Field House

Located at the east end of the stadium, Brooks Field House is home to the football locker room, football coaches' offices, a satellite sports medicine facility, classroom space and the Alumni and President's lounges. Contact Trey McCall, Assistant Director of Athletics, for information on facility use.

King Center

The King Center serves as the focal point for campus sports and recreational activities. The building houses a playing court, which can accommodate basketball, volleyball, badminton, and other activities, racquetball courts, classrooms, a weight room, locker and shower facilities, a dance room, offices for physical education instructors, and the Porterfield Lounge.

The center is available for intramural sports, informal recreation, and varsity competition. Priorities for use have been established in the following order: classroom instruction, varsity competition, varsity practice sessions, intramural competition, and informal recreation. For information on the use of the King Center, contact Trey McCall, Assistant Director of Athletics.

Swimming Pool

The King Center houses a junior Olympic pool which is used for instruction, varsity competition, and recreation. The Aquatics Coordinator supervises the swimming pool and is responsible for the lifeguards. The pool is open to students, faculty, staff, and members of their immediate families, accompanied guests, and persons holding membership.

Rules concerning the pool are available from the athletic office. Hours for recreational swimming are posted on the announcement board in the gym near the pool door. The pool may be closed during the hours of any special activities taking place in the King Center. Community residents may purchase pool passes from the athletic department. For further information on pool scheduling, contact Cody Skinner, the Head Swim Coach/Aquatics Coordinator.

Tennis Courts and Golf Course

Currently enrolled E&H students and their guests may use the Richardson Memorial Tennis Courts and the Lynch Links Golf Course on campus. These are also available to faculty, staff, and members of their immediate families. As with other recreational facilities, priorities for use are in the following order: classroom instruction, varsity competition, varsity practice sessions, intramural competition, and informal recreation. Please note that proper attire is expected when using these facilities.

Van Dyke Center

The Van Dyke Center is a multi-purpose facility which includes the main dining room and features private dining rooms, meeting rooms, and courtesy telephones. Areas available for meetings and special use during facility hours include two lounges and two dining rooms. The Van Dyke Center houses various offices, including food service, student activities, and intramural-recreational sports. The building is also the home of several pieces of the College's permanent art collection as well as the site of various visiting exhibits. For facility scheduling, contact Teresa Flanary in the Physical Plant, at 276-944-6242.

Martin-Brock Student Center

The Martin-Brock Student Center serves as the focal point for campus life and recreational activities. The building houses a playing court, which can accommodate basketball, volleyball, badminton, and other activities, an indoor track, shower facilities, the campus mailroom, the Hut dining option, a convenience store, a gaming lounge, and front desk recreational equipment checkout. The Martin-Brock Student Center also houses Student Government and the Campus Media Office (The Whitopper, The Sphinx, and The Ampersand).

The Emory & Henry Outdoor Program

Prof. Jim Harrison, Director; Alex Versen, Assistant Director

Emory & Henry is the College of connection, and connecting students to our very special place is a big part of the E&H experience: Student Life offers trips and programming that are free and available to all students.

Outdoor Recreation trips include:

- Pony Hikes in the Grayson Highlands: Explore our very own high country and see the ponies that roam free there.
- Whitewater Rafting is a fun way to experience the beautiful rivers of the Southeast.
- Virginia Creeper Bike Rides offer scenic tours through some of the finest scenery that Southwest Virginia has to offer. The Virginia Creeper is an old rail line turned bike trail, offering 33 miles of total trail (15 miles of easy downhill coasting).
- The indoor bouldering crag in the Outdoor Center is available to the entire E&H community at no charge.

Adventure Team: The Adventure Team is an exclusive, co-ed mentoring program for adventure sport athletes. Team members hike, whitewater paddle, and rock climb for E&H. The Adventure Team is very much like an E&H athletic team in that members establish goals, train, and represent E&H at competitions and other events. The Adventure Team season is the entire fall semester.

Semester-A-Trail: The Semester-A-Trail is a unique program that integrates academic courses into an attempt to thru-hike the entire Appalachian Trail (2000 miles) or a long section (500 miles). E&H is the only school in the United States to offer this type of program.

Contact Jim Harrison (harrisj@ehc.edu) or Alex Versen (aversen@ehc.edu) if you have any questions.

Disc Golf Course

The eighteen hole Emory & Henry Disc Golf Course was built in the summer of 2006 by a coalition of student, faculty, and staff volunteers, and the course continues to be a popular activity. A balance of forested and open holes, the play is technical and the walk an invigorating stroll through the Emory woods and hills surrounding campus. You will enjoy the beautiful views as much as you enjoy the sound of your disc slamming into the chains.

The course begins and ends at the Outdoor Program Building. Innova discs and other disc golf accessories may be purchased at the Emory Mercantile. The E&H course is registered with the Professional Disc Golf Association (PDGA).

Course Rules:

1. Danger! Call out before teeing off down blind fairways; walkers and runners frequent the course, particularly fairways 9 and 17.
2. Pack out garbage! This course is maintained by volunteers, and the beauty of the course depends upon your willingness to preserve it.
3. Keep your dogs leashed. Unleashed dogs lead to troublesome conflicts.
4. Do not alter the course in any way.
5. Anyone who alters the course or disregards the course rules may lose course privileges indefinitely.

Climbing Tower & Indoor Crag

The Emory & Henry Climbing Tower and Indoor Crag are awesome resources for on-campus climbing instruction, exercise, and stress relief. .

Hours of operation will be posted by email at the start of each semester. The Crag is typically open multiple nights through the week.

The Climbing Tower is an exciting part of the E&H experience, but the Tower does possess some innate risks.

Anyone who tampers with the tower or crag or attempts to climb the tower/crag beyond the hours of operation may lose tower and outdoor program privileges indefinitely and may be referred to the campus conduct system. Attempting to climb the tower or crag when it is not in operation, may result in serious injury or death.