Colgate Recreation prides itself on being a champion for wellness and a positive outlet for Colgate students. The Recreation Department offers a diverse set of student centered activities, programs and services that enhance physical and mental well-being, develop leadership skills and build life-long relationships with their peers.

2016-2017 was a noteworthy year for Colgate Recreation as clubs competed and performed exceptionally well. Several of the competitive club sport programs received regional titles and honors and we even had clubs compete on the national level in their respective sport. The department recognized 39 club sport programs and enrolled over 700 students.

Both our recreational and competitive clubs serve as a great social and physical outlet for students at Colgate. Students with like-minded interests come together to recreate, socialize and participate in positive extracurricular activities. Student leaders for each club invest a great deal of time and effort into the planning competition and events for their clubs, recruiting new members and creating a constructive social environment for club members.

Colgate Intramural Sport program continues to thrive on campus with over 800 unique student participants and over 500 matches on campus once again this year. This year’s offering included flag football, outdoor soccer, dodgeball, 4v4 flag football, basketball, volleyball, indoor soccer, softball and broomball.

Colgate’s fitness program continues to be sought out by students and employees on campus. Our weekly group exercise offerings have grown to over 24 classes a week, including weekend offerings. Our most popular classes continue to be Spinning and Yoga with an average class size of 16 people. Our state-of-the-art Trudy Fitness Center continues to be a hub for wellness and socializing with over 100K student check-ins over the academic year!
The **Baseball** team was able to play all but one of the teams in their NCBA Conference during the fall and spring season. With the bulk of the team returning in the fall including the pitchers, the club is looking forward to some close match ups next season.

** Curling Club members ** picked up new roles this season and often fielded two teams for the Bonspiels, providing good experience for the new members. The club competed in five bonspiels this year in the region.

**Equestrian** (English) Freshman Thea Chafee led the team to wins at the first show of the hunt seat season at Skidmore earning the Reserve High Point Team and High Point Title. Success continued throughout the season as riders continued to improve and win ribbons. Four riders qualified for Regionals and Thea advanced to Nationals, finishing 6th in Open Fences. Losing only 2 riders to graduation, the team is excited for next season.

With 9 riders in the fall the **Western Equestrian Team** finished at the top of each show, just falling short of the High Point honors. Katie Sommers ’19 earned Reserve Champion honors at Regionals in Open Reining. Most of the experienced riders will return in the fall so there a high hopes for Blue Ribbons in the 2017-2018 season.

** New York State Club Field Hockey Champions ** have a lot to celebrate this year. The team played well during league play with only one loss and 5 shutouts. They beat past champions Buffalo for the title at the November 4th tournament in Rochester.

The **Figure Skating Club ** enjoyed the first season in the new Class of ’65 Arena. The club continues to teach Learn-to-Skate lessons, which were followed by an Exhibition Skating Show each semester. The club has a majority of its members returning next year so they hope to compete in the 2017-2018 season in both synchro and individual skating competitions.

** Ice Hockey clubs ** remain popular at Colgate. The women’s Club was able to host 3 games in the New Arena, while the men hosted one during the Spring Semester. The women started their season strong the first weekend with a decisive 8-0 win over St. Bonaventure, followed by their first win over Syracuse in recent years. Both clubs hope to recruit more members for their squads this coming fall so that they are able to compete more often and a deep bench.

** Indoor Rock Climbing ** is one of Colgate’s newest competitive clubs but has already seen significant growth in just three years. The club consistently has 20-30 people at training session at the indoor rock wall and had several competitions during the spring semester in places like Connecticut, New York and New Jersey. The team brought 7 climbers to the Regional Climbing Competition in Clifton, NY, which was a great accomplishment for the program and a positive end to the season.
Colgate Men’s Rugby will join most of the Empire Conference teams in joining a new mega-conference in D1A, with potentially more than 20 teams in three geographies. The club will largely keep the same conference opponents, adding Albany and other closer teams. This new conference consists of successful club programs playing high-level rugby and seeks to maintain the game play standard while reducing travel times and offering other advantages to teams and players. The men’s roster had 70 active players this fall and started the season off beating Cornell 43-12 in front of a great crowd at Academy Field. The Claret Mug is staying in Hamilton for the 3rd year in a row!

Rugby Seven’s is in its 3rd year at Colgate providing players with new opportunities during the spring season. Players traveled to Las Vegas in early March for the annual USA Sevens Tournament (The largest 7’s tournament in North America). On April 9, the team hosted a tournament for other members of the Empire Conference at Andy Kerr Stadium. It was a full day of exciting rugby action with Colgate earning 3 of 4 wins for the day. Tied for 2nd throughout the series the men fell short of qualifying for the Nationals 7’s Tournament.

2016-17 was an exciting year for Colgate Women’s Rugby as clubs competed and performed well on the national stage in both the Fall 15’s and Spring 7’s tournaments. Led by a strong and dedicated senior class, the women were undefeated as they dominated their league opponents, tallying a total of 309 – 36. A new NYS Championship tournament was added to the schedule this year, which the team handily captured in a decisive win over Cortland for the NY State NSCRO title which allowed them to advance to the NSCRO National Tournament. On the national stage, the women fell in the championship match to Wayne State University. Four Colgate players earned All Championship Honors and Senior Ciara Pettinos was invited to play on the NSCRO Select Side in the USA 7’s Tournament in Las Vegas in the spring.

Coming off a great 15’s season, the women were geared up for their seven’s play this spring. The team started strong qualifying for Nationals after winning their first tournament. The team went on to play extremely well, going undefeated in all of their tournaments prior to nationals. The women were receiving national attention as they headed into the NSCRO 7’s National Championship Tournament and they lived up to their reputation as they took down two time reigning champion and Fall 15’s rival Wayne State University in the National Championship match!
The Sailing Club competed at local regattas this past fall. The seniors focused on getting the new members experience at each race. Despite having high winds at the Cornell race, the team finished constantly and gave the freshman a chance to skipper the boats. New members continued to improve at the Hobart and Cazenovia Opens, the club feels secure that the tradition of Sailing at Colgate will continue for years to come.

This year’s Alpine Ski Racing Club had a talented group of racers for both the men’s and women’s teams. Coaches Jim Longo and Todd Enders oversaw the programs again this year and prepared the teams well to have a great season. Both the men and women won their season opener, the Colgate Invitational at Toggenburg Mountain. The teams continued to race well with the men earning another 1st place win at the Labrador race. The women’s team raced well at Regionals and earned 3rd place honors behind rivals Cornell and Syracuse in the Giant Slalom and 4th in the Slalom. A tough tie breaker at Regionals saw the men’s team edged out of a trip to Nationals with a 3rd place finish. The team enjoyed a dinner at the home of Bristol Mountain managers and Colgate alums Steve and Meghan Fuller.

Colgate Club Soccer continues to attract large numbers of students. Both teams participate in regional leagues and compete in several games during the fall. Both programs have a lot of young members so they are looking forward to rebuilding and are excited about the future of their clubs.

Led by Senior and SGA President Matt Swain, the Men’s Squash Club worked hard to return to the CSA Hawthorn Cup this year. The team played several competitive teams leading up to the national tournament, which gave them the second seed in the 2017 Hawthorn Cup bracket. The Raiders advanced to the final with wins over Lafayette and Cal Berkley. The team fell to Northwestern in the championship match, who they had defeated in 2016. Most of Colgate’s top 10 players finished the season with winning records so they are excited for the future.

The Women’s Squash team played in several tournaments against some higher ranked teams to prepare for nationals this spring. The majority of the team are underclassmen but senior captains, Emily Dowling and Carolyn Kiernan, were the backbone of the program; organizing the team’s practices and competitions to prepare them for nationals. The team didn’t perform as well as they hoped at the CSA Nationals but with a young squad they are full of potential for the future.

The Men’s Ultimate Frisbee Team (Jabberwock) enjoyed the benefits of having a large dedicated squad this year, often fielding two teams for tournaments. The team competed in more tournaments and matches than ever before this season and had great success, qualifying for regional championship as a top ranked team. With a solid group of freshman and sophomores, they have high hopes for post-season play next year.

Under the guidance of Coach Cody Tipton ’07, the Women’s Ultimate Frisbee Team (The Vibe) played well throughout the year. Members enjoyed the Annual Spring Break Tournament and took advantage of the 8 games over 3 days to improve their team play. This was the first time in seven years that the club participated in the conference championships in the spring. With the full team returning in the fall they are looking to have a winning season.
The Volleyball Clubs continue to practice several times each week in Huntington Gym and draw a large crowd of students to their clubs. The men’s team hosted scrimmages on campus and traveled to Lehigh University for a tournament in March. The women hosted a tournament of eight schools and took 2nd place. They traveled to three other tournaments during the season and were most excited with their finish to the year – they earned 2nd place honors at the Siena Tournament in March.

Men’s Water Polo started out the season with a strong showing at the Cornell Tournament earning 2nd place overall. The tournament at West Point proved more challenging for the team but they pulled out a strong win against Syracuse after some early losses. The team suffered some close losses at the NYS Championships in Buffalo which gave them a 5th place finish in the region. Although the team was hoping for a better outcome for their last tournament, they were all happy with how they worked together as a team, particularly on the defensive end all season.

Women’s Water Polo started their season by hosting four other teams at Colgate for their February tournament. Having several new players who were still learning how to play, the focus of this tournament was to learn and work on playing as a team. The club improved upon their performance each game of the season and by the championship tournament at Columbia, the team was playing well and held their own throughout each match. CWPA NY Division First Team honors went to Jordan Tockstein ’20 and Jessica Cauley ’19 who was also named MVP.

WE THANK YOU FOR YOUR CONTINUED SUPPORT!