



ATHLETICS & RECREATION

VARSITY / CAMPUS RECREATION / FITNESS



GORIDGEBACKS.COM

ATHLETICS 101



AMAZING ATHLETIC FACILITIES

CAMPUS RECREATION AND WELLNESS CENTRE

Phone #: 905.721.3040

Website: www.campusrecreationcentre.com

CAMPUS ICE CENTRE

Phone #: 905.721.3230

Website: www.campusicecentre.com

CAMPUS FIELDHOUSE

Phone #: 905.721.2165

Hours of Operation available online

Athletics is a big part of student life on campus. Ontario Tech boasts many state-of-the-art facilities including the Campus Recreation and Wellness Centre. The facility is home to varsity athletics and has five gymnasiums totaling over 40,000 sq ft of playing area and can house over 3,000 spectators. Ontario Tech students use the Flex Centre for their strength and cardio training. The building also features two aerobics/dance studios, a full service athletic therapy clinic, training rooms and the campus health centre. Ontario Tech is also home to the Campus Ice Centre and Campus Fieldhouse. Vaso's Field, nestled in the heart of the campus, is home to the Ontario Tech soccer programs.

Our campus ranks #1 when it comes to facilities on campus to be ACTIVE!

CAMPUS RECREATION

Campus Recreation is proud to offer a variety of sport and recreation-based programming including intramurals, extramurals, sport clubs, tournaments and special events. Specific intramural leagues and drop-in sports offered throughout the academic year include: badminton, basketball, cricket, flag football, floorball hockey, ice hockey, indoor soccer, table tennis, ultimate frisbee and volleyball. Students are able to register as individual participants and have the option to submit a team list if they wish to play with a group of friends or peers. For students looking to participate in a higher level of sport, extramurals provide the opportunity to be a part of a competitive team, travel throughout Ontario to compete against other post-secondary institutions and to further develop sport-specific skills (please note: tryouts are involved). Extramural sports include: co-ed volleyball, men's and women's hockey and women's flag football. Campus Recreation encourages all students to get involved in our programming – it is a great way to make new friends, maintain a healthy and active lifestyle and to enhance your overall experience as a university student. Please visit the Campus Recreation website (www.campusrecreationcentre.com) or email campusrecreation@dc-uoit.ca for more information.

CAMPUS RECREATION

Fitness services on campus include:

- Group fitness classes
- Personal training
- Orientations
- Resistance training equipment
- Cardio machines
- Functional training area
- Workout buddies
- Fitness appraisals

RIDGEBACKS VARSITY CONTACTS

Men's Basketball

Greg Francis
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Curling

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Golf

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Rowing

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Women's Basketball

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Dance

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Men's Hockey

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Men's Soccer

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Badminton

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Women's Field Lacrosse

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Women's Hockey

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Women's Soccer

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