



Sports and

competition of all kinds are an integral part of life at Valpo. Committed to a student-athlete tradition and philosophy, Valpo fields eighteen Division I athletic teams. Almost 16% of the student body participates in those teams, providing lots of excitement for campus sports lovers. Other athletic opportunities include Cheerleading and the Crusaderettes Pom Pon Club. At Valpo, athletes are students first. While we have a high regard for athletics, academics are the primary reason Valpo students are here. Reflecting the University's commitment to the success of the student-athlete, Valpo provides weekly study halls and provides student-athletes with a wide range of support services. More than fifty percent of Valpo students are involved in intermural sports. A great way to keep in shape, intermurals offer camaraderie and competition with little pressure and plenty of exhilaration.

To pursue other fitness opportunities, head for the courts and playing fields scattered around campus or to the Athletics-Recreation Center (ARC). The ARC houses two weight rooms, an indoor track, racquetball, basketball, and tennis courts and a swimming pool. Equipment for camping, winter sports, and other activities is available for rental at the Union.

- [Department of Athletics & Crusader Sports](#)
- [Intramural Sports & Campus Recreation](#)
- [Union](#)