

Intramurals

The Intramural Sports Program (IM's) offers leagues, tournaments, and single day events in a variety of sports and activities. All Saint Mary's College students are eligible to compete in all IM offerings. Play in the evenings with fellow Belles as you enjoy the ultimate study break. Plus, each session has a championship week where the winners earn championship t-shirts.

How to Register:

- Visit www.imleagues.com and click SIGN UP
- Complete steps to sign up using your @saintmarys.edu email address
- Login to your IMLeagues account
- Click the "Get Involved" button at the top right of your user homepage
- Click on the sport you wish to join
- Create a team, join an existing team, or join as a "free agent" to be placed on a team
- Have your captains attend the captain's meeting to receive an overview of IM policies and review the rules of the sport

*Captain's meetings take place at the end of registration.

For more information, contact Amy Long, Director of Intramurals at along@saintmarys.edu

Intramurals

Fall

September 9th -October 10th

Sand Volleyball & Tennis

Games played outside 5-7 pm

Registration due September 5th

Winter I

November 4th - December 5th

Basketball & Volleyball

Games played inside at Angela

Registration due October 31st

Winter II

January 21st -February 20th

Indoor Soccer & Dodgeball

Games played inside at Angela

Registration due January 16th

Spring

Events TBD—short tournament style
play

Intramurals and Club Sports 2019-2020



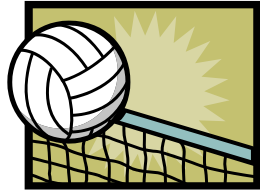
**Staying active has never been
more fun!**

Club Sports

Club Sports offer recreational opportunities through competition and instruction. Membership requirements vary with each sport. For more information, contact Amy Long, Director of Club Sports at along@saintmarys.edu.

Volleyball Club

The Volleybelles compete against other colleges and universities through



tournaments and other competitions in the Midwest. The season typically runs from October through April.

Tryouts are held in mid-September. Dues are required.

Western Equestrian Club

The western equestrian club competes in the Intercollegiate Horse Show Association. The team competes in two to three shows per semester through IHSA and is made up of members of all riding abilities, including those who have never ridden before. Dues are required.



Cheerleading Club

The cheerleading squad performs at home basketball games as well as other special events throughout the year. Tryouts are held in the fall. Dues are required.



Club Sports

Dance Club

The dance team performs at many home basketball games as well as other special events throughout the year. Tryouts are held in the fall. Dues are required.



SnowBelles Ski Club

The ski club provides an opportunity to spend quality time outdoors on the ski slopes with fellow Belles. It is a club designed for recreational skiing and snowboarding. Members will enjoy once a week ski sessions at Swiss Valley, a local ski resort in the area. Dues are required.



Sailing Club

The sailing club competes in the Midwest Collegiate Sailing Association. Practice is held on Notre Dame's St. Joseph's Lake and nearby Eagle Lake. Lessons are offered for first-time sailors and sailors of all skill levels are welcome. Dues are required.

Notre Dame Club Sports



Visit recsports.nd.edu/club-sports/ to learn more about club sport offerings at Notre Dame that may be open to Saint Mary's students. Saint Mary's students hold leadership positions in several ND club sports, including field hockey, figure skating, ice hockey, pom squad, swimming, and waterski clubs.

Health & Wellness

Through the Kristine Anderson Trustey Wellness Program, health and wellness programming designed to promote activities and education related to fostering a healthy lifestyle is offered throughout the year.



The program focuses on five pillars of wellness:

- * **Mind**
- * **Body**
- * **Spirit**
- * **Emotional**
- * **Financial**

Examples of health and wellness programming include:

- * Wellness sessions each semester
- * Student Health 101 e- newsletter
- * Annual Student Health Fair
- * Kristine Anderson Trustey Wellness Wall in Angela
- * Fitness Competitions (Belles for Fitness) and more!



Contact Katie Knisely at kknisely@saintmarys.edu for more information.