

DEPARTMENT OF ATHLETICS

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Intercollegiate Athletics

The University's athletics program was founded in the early 1960s but has become nationally renowned over the last two decades. The women's track and field team won six consecutive NCAA Division III National Championships in the late 1980s and now has a total of twelve. Since 1980, Christopher Newport University has produced over 625 Division III All Americans, more than 70 individual national champions and 12 NCAA team championships. These recipients have participated in football, men's and women's basketball, men's and women's soccer, softball, men's tennis, golf, baseball, cross country, volleyball, field hockey and track and field.

The men's and women's basketball teams have appeared in NCAA championship tournaments numerous times, as have the golf, men's and women's soccer, baseball, volleyball, football, field hockey, women's lacrosse and softball teams. In 2014, the CNU cheerleading squad also captured the program's first Cheer Ltd Open College National Championship. They would go on to capture the second national title in 2017. Men's basketball player Lamont Strothers became the seventh Division III player ever to appear in an NBA game when he played for the Portland Trail Blazers. CNU's first four-time All-American outside of track and field, women's basketball player Chelsie Schweers, concluded her career as the second all-time leading scorer and most prolific three-point shooter in NCAA Division III history. Sheila Trice, a 31-time All-American, is the most decorated female athlete in track & field history and would go on to be inducted into the sport's national Hall of Fame.

In addition to participating in NCAA championships, the University has hosted 18 NCAA Regional basketball games, the 2012 NCAA Baseball Regional Championship, the 2010, 2012 and 2015 NCAA Softball Regional Championship, three straight NCAA Volleyball Regionals from 2010-12 and again in 2014, six NCAA South Regional Cross Country Championship meets, as well as the 1983 and 1991 National Championship meets. In the fall of 2010, CNU played host to the NCAA Division III Field Hockey Championships. Additionally, CNU has hosted three NCAA playoff games in football, seventeen in men's soccer, eight in women's soccer, six in field hockey and three in women's lacrosse. In the fall of 2014, the University also played host to the NCAA Division III Women's Volleyball National Championship at the Freeman Center, allowing the Captains' volleyball team to compete for the championship on their home floor for the first time.

The University competes in 22 varsity sports plus cheerleading and the CNU Storm Dance Team. Those offered for men include: baseball, basketball, cross country, football, golf, indoor track and field, lacrosse, outdoor track and field, sailing, soccer, and tennis. Women compete in: basketball, cross country, golf, indoor track and field, outdoor track and field, sailing, soccer, softball, tennis, volleyball, field hockey and lacrosse. Since 2011, the CNU Storm Dance Team is also under the direction of the Athletics Department.

Christopher Newport University is a member of the Capital Athletic Conference which also includes: Frostburg State University, Marymount University, University of Mary Washington, Penn State Harrisburg, Salisbury University, Southern Virginia University, St. Mary's College of Maryland, Wesley College and York College of Pennsylvania.

Christopher Newport was a member of the USA South Athletic Conference from 1972-2012, and through 2014 as an affiliate member of the league for football. Starting in the 2015 season, CNU football became an affiliate member of the New Jersey Athletic Conference, one of the top Division III football conferences in the nation.

As a measure of the overall strength of CNU's athletics program, the University won the USA South/Dixie Conference President's Cup, symbolic of the top overall athletics program, for the last 16 years and 22 of 28 years to end its tenure in the league. Now a member of the Capital, CNU captured its first Richard C. Cook All-Sports Award in 2014, compiling 183.5 points to win the overall all-sports crown. In 2016-17, the Captains captured our third All-Sports Trophy in just our fourth year in the Capital Athletic Conference, while sweeping all three awards (All-Sports, Mens, and Women's), for the first time.

Mission Statement

As part of the University experience, the Department of Athletics contributes to learning, fosters the development of community and student persistence. The department promotes the development of student leadership, teamwork, health and well-being. student leadership, teamwork, health and well-being. Moreover, the department directly supports student recruitment and builds positive recognition of CNU. To accomplish its mission, the department offers a program of 22 varsity intercollegiate sports and a variety of intramural activities and recreational sports.

The Office of Recreational Services

The Office of Recreational Services (CNURec) was founded in the fall of 2005 and is comprised of the program areas of Intramural Sports, Sports Clubs and Outdoor Adventure & Recreation (OAR). Intramural Sports and Sport Clubs have grown tremendously over the years with over 1500 participants engaging in various activities on campus. OAR offers various outdoor recreational activities and adventure trips, and has gained great interest from the student body.

Some of the intramural sports offered include: badminton, basketball, dodge ball, flag football, kickball, soccer, softball and volleyball. In addition, CNURec provides special tournaments, such as 3v3 basketball, sand volleyball, table tennis and cornhole.

The Intramural program employs over 40 students each year as officials and supervisors. Through employment, students learn transferable skills that prepare them for future challenges. These positions of leadership also enhance the student's social experience on campus and solidify CNU at the forefront of student development in the field of collegiate athletics and recreation.

The Sport Club program on campus is home to over 30 clubs. These clubs can be either competitive or recreational in nature and are a great way to continue a sport you love or try out something new. The more competitive clubs will hold tryouts and practices in preparation of competing against other colleges and universities in the area. Some even move on to compete in regional and national tournaments. The more recreational clubs exist to allow students the opportunity to learn a sport or continue to develop skills they already possess. For more information about the specific clubs on campus, you can view their Compass pages via cnu.edu.

OAR provides adventure trips for students, faculty and staff as well as special events and workshops to enhance the CNU community's outdoor experiences. Through fun, physical, and mental challenges, OAR provides leadership and learning opportunities and furthers the interest and passion of outdoor recreation and environmental awareness.

Philosophy

Each of the program areas strives to fulfill the campus recreation needs of current CNU students, faculty and staff. Through engagement in the various activities and events sponsored by the Office of Recreational Services, it is hoped that participants will learn and begin to practice life-long health habits. In addition, through engagement in these activities, the Office of Recreational Services provides an opportunity for leadership and learning; opportunities to develop social contacts and lasting relationships; and opportunities for individual development through various recreational activities.

Participation in Intramural Sports

Participation in intramural sports is open to currently enrolled CNU students as well as faculty, and staff employed by the University (full-time and/or part-time only; volunteers not accepted). CNU alumni and spouses of CNU students, faculty or staff are not allowed to participate in intramural sports.

Participation in Sport Clubs

Sport clubs are open to all activity fee paying students. Faculty and staff may participate on a sport club during practices but not during competition. Previous experience is not a prerequisite for membership. Sport clubs may be competitive in nature or may be administered for their socio-recreational elements. Clubs must accommodate any interested parties and work to maintain a balance among the more proficient participant and the novice. Unlike varsity sports, sport clubs are run by students for students.