

NSAC ATHLETICS
Varsity/Club Activity "Starts" in September



Team		Date	Time	Location
Soccer	Women	Sept. 1	2 pm	NSAC Field
	Men	Sept. 1	4 pm	NSAC Field
Rugby	Women	Sept. 6	5 pm	Farnham Rd. Field (Saints Rugby Complex)
Woodsmen	Both	Sept. 13	6 pm	Athletic Centre Classroom
Golf	Both	Sept. 7	6 pm	Athletic Centre Classroom
Volleyball	Women	Sept. 8	8 pm	Classroom/Gym
Basketball	Women	Sept. 9	7 pm	Classroom/Gym
	Men	Sept. 9	6 pm	Classroom/Gym
Equestrian	Both	Sept. 13	7 pm	Classroom
Cross-Country Running	Both	Sept. 8	7 pm	Classroom
Water Polo Club	Both	Sept. 9	9-10:15 pm	Scotia Pool (meet 8:30 at horseshoe if you need a ride).

*Check nsac.ca/athletics for ongoing updates.

If you wish to play two varsity sports (in different seasons of the same year) such as (rugby or soccer) and (basketball or volleyball), you are encouraged to do so. Please check with the Athletic Department on policy in this regard. In sports that have league schedules overlapping (ie volleyball and basketball or soccer and rugby) an athlete must choose between the two. All varsity athletes are required to pay a \$100 participation fee. An Athlete's Pack" is included for all Varsity Athletes. Soccer Athletes (1st years and returning) please note early start. Basketball Athletes (1st years and returning) please note that you will be required to have a valid passport, as pre-season activity includes a Tournament in Maine, USA.

Check Out These Special Events and Recreational Activities!

Rec Nights

- Basketball
- Volleyball
- Badminton

Intramurals and House Challenges Include:

- Indoor Soccer
- Dodge ball
- Table tennis

Other Activities

- Scotia Pool
- Frisbee
- Ski Wentworth
- Bowling
- Hockey
- Yoga
- Squash/Racquetball
- Many More!

NEW >>>ZUMBA SESSIONS!
 (these sessions start in September)



Alumni Games

Saturday Oct 16 Alumni are invited to return to campus to compete by age group. Information will be circulated..

Homecoming 5K Run

Saturday, October 16, 10:00 am
 Run Nova Scotia members, students, alumni and staff are encouraged to run in the 5K race which begins and ends at the Athletic Centre. A registration fee of \$22 covers the cost of the run, awards, refreshments and a t-shirt.

Festive Craft Market

Nov. 13-14
 Over 70 exhibitors which include pottery, glass, natural wreaths, jewelry, decorating painting, leather, fabric, wood, art, foods and much, much more!

Rick Russell Memorial Woodsmen Competition

Saturday, February 12, 2011

Check out the NSAC Athletics Website for ongoing updates and information . nsac.ca/athletics
 For more info : athletics@nsac.ca