



Athletics

Intercollegiate Athletic Program

The Intercollegiate Athletic program is designed to provide opportunities for those students who wish to participate in certain sports activities and who desire to represent the College in competition with other collegiate institutions. The program is affiliated with the National Junior College Athletic Association Region III and the Mountain Valley Collegiate Conference. The Varsity-level sports are Men's and Women's Cross Country, Men's and Women's Soccer, Women's Volleyball, Men's and Women's Basketball, Men's and Women's Bowling, Men's and Women's Golf, Baseball, Softball and Men's Lacrosse with Womens Lacrosse coming in 2019-2020. The College operates in compliance with Title IX of the Education Amendments of 1972.

All prospective student-athletes must be enrolled full time during the season of their competition and meet minimum academic eligibility requirements with a 1.75 GPA their first semester and 2.0 each semester thereafter. Transfer student-athletes must meet the same requirements for their cumulative course work. Second season student-athletes must meet accumulation requirements with a minimum 2.0 GPA.

SUNY Adirondack is a member of Region III of the National Junior College Athletic Association. The region encompasses all of New York state north and west of Kingston and totals approximately 26 member two-year institutions, some of which represent national powers in such sports as soccer, basketball and bowling. The program is affiliated in a more local way with the Mountain Valley Collegiate Conference, which is an association of ten two-year colleges offering about twelve various sports programs to its men and women members. The Conference is one of the most competitive in the state.

Intramural Athletic Program

The Intramural Athletic program is organized to offer all students the opportunity to take part in sports or recreational physical activity as regularly as their interests and time permit. Activities in the program include: touch football, volleyball, basketball, badminton, and ultimate frisbee. All intramural activities are co-educational.

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