American University Club Sports Descriptions

The American University Club Sports program consists of 26 competitive, collegiate club teams. Each club is formed, developed, governed, and administered by the student membership of that particular club working in conjunction with the Club Sports Office.

American University Club Sports teams participate in a number of leagues and associations that operate under the direction of each respective sport’s national governing body. They compete against recognized intercollegiate club programs. Several of American University Club teams are regionally and/or nationally ranked.

**Basketball** – Club Basketball is a recent addition to the club sports at American University. Even in its first semester at American the team has already proven to be a strong competitor against local and regional teams such as Georgetown University and The George Washington University. The club competed on an intramural team during the spring 2012 season and took home the 2012 Intramural Championship title. Team practices are held twice a week with additional conditioning sessions led by qualified trainers. If you are interested in playing feel free to visit our website at [http://sites.google.com/site/americanclubbasketball/home](http://sites.google.com/site/americanclubbasketball/home) or e-mail us at americanclubbasketball@gmail.com.

**Baseball** – American University's Club Baseball team will be participating in its third full season in the spring of 2012. The team competes in the National Club Baseball Association's Division II, District III North with Georgetown, Howard, Maryland, Loyola – Maryland, and Mount St. Mary’s. Whether you were captain of your high school team or just want to throw the ball around, you are welcome to join the team. Practices and exhibition games start in the fall and the regular season begins in the spring. During March and April three games are played every weekend. Feel free to contact us if you have any questions at auclubbaseball@yahooogroups.com or visit our website at [http://freeteams.net/auclubbaseball](http://freeteams.net/auclubbaseball).

**Crew** – American University Rowing is a highly competitive organization with 20 active members. Although only a club team, American Rowing competes on a varsity level. However, individuals with no prior experience have the opportunity to learn and race at a novice level before rising to varsity-level competitions. Rowing is a demanding sport that requires extremely dedicated athletes. American offers a men’s and women’s program, both of which are coached by well-qualified and dedicated coaches. American Rowing races at various regattas throughout the school year including the Dad Vail Regatta, the largest collegiate regatta in the world. Visit our website [www.aucrew.org](http://www.aucrew.org) or e-mail us at americancrew@gmail.com.
Cricket – Cricket is one of the largest international sports having significant prevalence in Great Britain, Australia, New Zealand, Southern Africa, the Indian subcontinent, and the Caribbean. This baseball-like sport is fairly easy to learn, fast-paced, and fun. The game is played using tape-tennis balls. Games run through both the fall and spring semesters. Practices are held during the weekend and consist of non-scored sessions and friendly matches against various other schools in the region. American Cricket Club welcomes everybody who is willing to learn and play. Visit our website at http://sites.google.com/site/aucricketclub/home or e-mail us at aj5773a@student.american.edu for more information.

Cycling – The American University Cycling Team is focused on competitive road cycling. The team is open to riders of all abilities; members range from beginners to top-level national competitors. American competes in the Atlantic Coast Collegiate Cycling Conference (ACCCC), which includes all colleges in the District of Columbia, Maryland, North Carolina, Virginia, and West Virginia. ACCCC races offer ability-based categories, so all participants can race at a level they feel comfortable with. American prides itself on developing new riders and teaching how to maximize each member's potential. Competitively, American is a force to be reckoned with. The Team has repeatedly qualified for the Collegiate Cycling National Championships (CCNC), and has consistently been among the top 10 teams in the country. For more information visit our website at https://sites.google.com/site/americanuniveristycycling or e-mail us at cyclingau@gmail.com.

Equestrian – The Equestrian Team was founded in the fall of 2003. As a club sport, riders of all levels and disciplines are encouraged to join. The team competes in Zone 4, Region 1 of the Intercollegiate Horse Show Association (IHSA). Riders train under the direction of Jeff Becker at Astrid Dalley (Star) in Gaithersburg, Maryland. Team members ride on average once per week and show in approximately 6 to 8 horse shows per semester. All competitions are hunt seat (English). Despite the young age of the team, members have consistently qualified and competed in regional, zone, and national competitions. The team welcomes new members every semester. Visit our website at https://sites.google.com/aueqteam or e-mail us at aueqteam@gmail.com for more information.

Field Hockey – The American University Club Field Hockey Team was founded in the fall of 2007 and is a member of the National Field Hockey League (NFHL). The team is welcoming of all players from beginners to experience. American Field Hockey is passionate about the sport and works extremely hard to make the team a successful and known force on campus. To join, visit www.auclubfh.webs.com or e-mail us at auclubfh@yahoo.com.

Golf – American University Club Golf was founded in the fall of 2011 and has already grown into a healthy and vibrant club. The team competes in the National Collegiate Club Golf Association (NCCGA) – Capitol Division, against schools from around the Washington area. Every semester the team competes in both regional and national
tournaments and is open to anyone with prior golf experience and a drive to compete. The club is co-ed, and practices 1-2 times per week. If you are interested do not hesitate to contact us via e-mail at americanclubgolf@gmail.com or on our website at americanclubgolf.wordpress.com.

Gymnastics – The gymnastics team completed its first competitive season in spring 2005. The team is a part of the National Association of Intercollegiate Gymnastics Clubs (NAIGC), competing in both local meets and the NAIGC national competition each year. Male and female gymnasts of all backgrounds and abilities, from new beginners to experienced competitors, make this club a mix of competitive spirit and a relaxed atmosphere. Visit our website at www.eaglegymnastics.org or e-mail us at augymnastics@gmail.com.

Men’s Ice Hockey – Founded in 2006, the Men’s Ice Hockey Team has started out strong. Just this spring (2012) the men took home the championship title for their conference as well as the entire division of the Mason-Dixon league. The team is open to full time students with all skills levels and a passion for the sport. As a dedicated team at American, members play at a competitive level and work to build a strong relationship not only with the University but also with the surrounding community. To find out more visit our website at www.hometeamsonline.com/?AUHOCKEY or e-mail us at aumenshockey@gmail.com.

Women's Ice Hockey – American University is home to the only women's collegiate ice hockey team in the District. With practices on Wednesday and Thursday evenings, the Lady Eagles play their games from October to February. Each season the team has reached new heights, including the 2007 season where the team won American University its first women's hockey championship title. The team competes in the Delaware Valley Collegiate Hockey Conference (DVCHC) against other local university such as the United States Naval Academy, University of Virginia, University of Maryland, and Villanova University. Every year the team welcomes new players from a wide range of hockey backgrounds. This is a rare and fun opportunity to represent American and challenge yourself in one of the fastest games around. Visit our website at www.ladyeagleshockey.org or e-mail us at auteam@ladyeagleshockey.org for more information.

Men’s Lacrosse – Starting in the spring of 2009, American men’s lacrosse team joined the National College Lacrosse League’s (NCLL) Division 2, Capital League. While the teams in our division are mainly within the Greater Baltimore-Washington Metropolitan Area, the men’s lacrosse team plays schools throughout the Mid-Atlantic region. With talented players from around the country, American intends to be very competitive. Any guy looking to continue playing lacrosse or interested in learning the game is welcome to come out and play. For more information visit our website at http://aulacrosse.webs.com e-mail us aumenslacrosse@gmail.com.

Women’s Lacrosse – Founded in spring 2011, the club practices twice a week and games are held most weekends throughout the fall and spring semesters. The Team
competes against other clubs within the Greater Baltimore-Washington Metropolitan Area. The club is open to both undergraduate and graduate students with an array of skill levels. To find out more information visit our website at http://sites.google.com/site/auwclublax or e-mail us at auwclublax@gmail.com.

Men's Rugby – The American University Rugby Football Club (AURFC) is the oldest continuously-active club sport at American University. The team is wholeheartedly dedicated to the sport of rugby. As a member of USA Rugby, the Mid-Atlantic Rugby Football Union and the Potomac Rugby Union, AURFC strives both to introduce new players to the sport and to hone the skills of seasoned ruggers. Competing in Division II collegiate rugby, AURFC has two active Union 15 sides during both semesters and offers informal summer 7s as well. AURFC is as international as the sport of rugby itself and prides itself on lasting alumni connections. AURFC encourages you to visit the website at www.aurugby.com for the latest news, contact information, alumni postings and more. If you have any additional questions for comments send an e-mail us at aumrfc@gmail.com.

Women's Rugby – The American University Women's Rugby Football Club (AUWRFC) is both a fall and spring season sport offering practice 3 times a week with games held on Saturday afternoons. If you're interested, please come and check us out! Visit our website at www.auwrfc.com or e-mail us at auwomensrugbypresident@gmail.com

Sailing – The American University Sailing Team was founded in 2005 and is seen as an up and coming competitive team amongst college sailing organizations around the nation. Each year, the team continues to grow stronger as a distinguished sailing team in the Mid-Atlantic Intercollegiate Sailing Association (MAISA). The team travels the East Coast, ranging from New York down to South Carolina. Practice takes place using both Flying Junior (FJ’s) and International 420 Class Dinghy’s. Throughout the course of the year, however, the team also competes in several offshore regattas on J/105’s and the like. Practices are held on the Potomac River at the Washington Sailing Marina facilities in Alexandria, Virginia every Tuesday through Friday. The team practices with nationally ranked Georgetown University and newly initiated varsity team at The George Washington University. For additional information visit our website at www.ausailing.org or e-mail us at auclubsailing@gmail.com.

Men’s Soccer – In the fall of 2011, the men’s soccer team was brought back to life. Practice and games begin in the fall season but continue straight through until the spring months. The team schedules games with teams within the District of Columbia, Maryland, and Virginia area. The team works hard to for a cohesive nature all while working to increase and promote individual and team skills. To find out more e-mail clubsoccerau@gmail.com.

Women's Soccer – American University Women's Club Soccer is a competitive team that plays during the fall season with team practices year round. The team travels up and down the East Coast, creating a free-spirited environment to play the game and meet new
friends. All are welcome and encouraged to participate on the team. In addition, the club also sets up several intramural teams during the spring season for pick-up games and to stay in shape. For more information, visit our website at http://sites.google.com/site/auwomensclubsoccer/ or e-mail us at auclubsoccer@gmail.com.

Softball – Softball is one of the newest additions to club sports at American University. The team competes throughout both the fall and spring semester, playing against other club teams in the Mid-Atlantic area. Practices are held 1-2 times per week while games are take place on Saturday and Sunday afternoons. If you enjoy the game, want an opportunity to get out and play, and have fun with the sport, send us an e-mail at ausoftball@gmail.com or visit our website https://sites.google.com/site/ausoftball/ for more information.

Tae Kwon Do – Founded in 2008, the team focuses on Gyeorugi, a type of sparring, however, traditional aspects are also incorporated into practice. Master Hosan Kim, the teams’ instructional advisor, has over 15 years of experience and has taught in the Korean military. The team trains twice a week during the academic year to prepare for sparring matches with local and national competitors. To join the team, discipline your mind and develop other skills visit our website at http://sites.google.com/site/autaekwondo. For additional information e-mail us at autaekwondo@gmail.com.

Tennis – American University Club Tennis was founded in 2008 and is heading into their fifth season. The competitive, co-ed team holds 4-5 singles and doubles practice each week. During the weekend, the club competes in matches against other universities in the Mid-Atlantic area. Members are expected to attend at least two practices per week. The matches are usually comprised of four to six singles matches and two to three doubles matches for each team. The tennis club plays in the fall and the spring. Anyone interested in joining is encouraged to e-mail the team at auclubtennis@gmail.com.

Men’s Ultimate Frisbee – The American University Men's Ultimate team, also known as Stall 11, is a competitive and fun loving group of men who work hard to become the best cohesive team possible. Ultimate Frisbee, particularly at the college level, is one of the fastest growing sports in America. The game itself is fast-paced, simple to learn, and tough to master, however, with a strong and supportive community, Ultimate draws in people from all different walks of life. It is physically demanding sport, but those interested are encouraged to give the game a try. The time commitment is not extensive, but team is very dedicated. Throughout the course of the year the team competes with other intercollegiate teams throughout the region. Visit our website at www.americanultimate.com or e-mail us at austall11@gmail.com for more information.

Women’s Ultimate Frisbee – The "Dirty Ladies" are proud to be part of the Club Sports teams of American University. Players of all ability levels are encouraged to join. The team has become a team-to-beat at the intercollegiate tournaments in which they play. The Dirty Ladies have competed in tournaments in from New Jersey all the way down to Georgia, making great memories and connections along the way. Practice is held 3 times
a week and the women attend roughly 4 tournaments a semester. Visit our website at www.dirtyladiesau.com or e-mail us at dirtyladiesau@hotmail.com to join in on the fun!

**Men’s Volleyball** – American Men’s Volleyball is a competitive indoor volleyball team that welcomes those with an interest in the sport. Members are required to attend meetings and practices, which are held 2-3 each week. It is encouraged of members to attend every tournament, if possible. No prior experience is necessary. For additional information visit our website at https://sites.google.com/site/aumensclubvolleyball/ or e-mail us aumensclubvolleyball@gmail.com.

**Women’s Volleyball** – The American Women's Volleyball Club, founded in the fall of 2007, is focused on developing volleyball skills and competing in organized games. The team welcomes players of all abilities; members range from beginners to experience athletes. The team works to maximize individuals' athletic abilities, teach the fundamentals of volleyball, and compete against other collegiate clubs in the area. For more information or to find out how to get involved send an e-mail to auclubvolleyball@gmail.com.

**Water Polo** – The American University Club Water Polo team is a group of dedicated men and women with swimming experience who enjoy the physical and mentally challenging aspects of the sport. The club is currently in their provisional stage but hope to separate into a men and woman's team in the near future. If interested in joining please e-mail auclubwaterpolo@gmail.com for more information.