

# Athletics and Physical Education

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## Intercollegiate Athletics

Carnegie Mellon emphasizes excellence in its intercollegiate athletic programs, as well as in its classrooms. The University strongly believes that academic and athletic excellence can successfully coexist. Intercollegiate athletics are important in student life and make a positive impact on the educational experience. Experience as a student athlete additionally provides benefits in professional and social endeavors following graduation.

Carnegie Mellon sports teams have competed intercollegiately since the early 1900s. In the past 15 years, the program has experienced extensive success. The Tartans have won 86 conference championships and competed in over 132 national championships since 1976. This success has been achieved while meeting all of the academic requirements of demanding programs and without athletic scholarships.

In 1986, Carnegie Mellon became a charter member of the University Athletic Association (UAA), a eight-team league of similar institutions with regard to academic and athletic programs. The UAA, a national association which geographically reaches as far north as Massachusetts, as far south as Atlanta and as far west as St. Louis and Chicago, sponsors intercollegiate competition in 23 sports including 12 for men and 11 for women. UAA members include Brandeis University, Case Western Reserve University, Carnegie Mellon University, Emory University, New York University, the University of Chicago, the University of Rochester and Washington University in St. Louis.

Carnegie Mellon, like the other seven UAA members, is a member of the National Collegiate Athletic Association (NCAA). Its intercollegiate teams compete on the Division III level, which prohibits athletic scholarships and operates under the true meaning of amateurism. Student-athletes who play at the varsity level are students first and athletes second. All students, both athletes and non-athletes, are treated equally with regard to admission and financial aid policies. Carnegie Mellon fully supports a policy of equity in resources and opportunities for women and men.

The university fields competitive teams in 19 sports. The Tartans compete in football, men's and women's golf, men's and women's soccer, men's and women's cross-country, men's and women's tennis, women's volleyball, men's and women's basketball, men's and women's swimming and diving, men's and women's indoor and outdoor track and field, and softball.

Carnegie Mellon's intercollegiate programs have consistently produced winners. The Tartans' football team has won 15 conference championships, had a string of 35 consecutive winning seasons from 1975-2009, and has appeared in the NCAA Division III Championship playoffs six times. The Tartans have also played in three straight ECAC Bowl games. In 1979, Carnegie Mellon was awarded the Lambert Trophy as the best small college team in the northeast. In 2017, senior running back Sam Bengler became the fourth Tartan named as a finalist for the William V. Campbell Trophy, an award that recognizes an individual as the absolute best scholar-athlete in the nation amongst all divisions.

The men's cross country team won its most recent conference championship in 2016 and has had a student-athlete or team compete at nationals for 17 straight seasons. In 2017, the women's cross country team made its fourth appearance at the national meet and first since 1998 when the Tartans placed fourth nationally.

The volleyball team recorded back-to-back trips to the NCAA Tournament in 2016 and 2017 and reached their highest AVCA national ranking in program history when they held the sixth spot for two weeks during the 2017 season. The women's soccer team made its sixth straight appearance in the NCAA tournament in 2017 and in 2012 advanced to the national quarterfinals. The men's soccer team has competed in the NCAA tournament four of the last six seasons.

The women's basketball team made post season play in two of the last three seasons. In 2015-16, the Tartans advanced to the Sweet 16 of the NCAA tournament for the first time in school history. The following season, 2016-17, senior Lisa Murphy was selected as the Jostens Trophy award winner. The award is a symbol of excellence for the Division III student-athlete; it is an honor given to the top women's basketball player for their excellence on the court, in the classroom and in the community.

A freshman computer science major on the men's tennis team won the NCAA National Singles Title in 2000 with a sophomore claiming the ITA National Small College Championship title in 2013. The women's tennis team also produced an ITA National Small College Champion when a sophomore won the singles title in 2006. Both men's and women's swimming and diving and track and field teams annually qualify a number of athletes for the national championships. Swimming has produced a combined nine national champions while the men's track and field team won the indoor and outdoor conference championships in 2017. In the spring of 2018, the women's golf team, competing in its fourth year of varsity competition, finished fifth at the NCAA Division III Championships.

Carnegie Mellon has accumulated 138 Academic All-America honors given out by the College Sports Information Directors of America (CoSIDA) since 1976. Eighty-eight have earned the honor since the 2004-05 season. The Tartans have also produced 12 NCAA Postgraduate Scholars since 2007-08, which is a scholarship that is awarded to student-athletes who excel academically and athletically and who are in their final year of intercollegiate athletics competition.

To provide excellence throughout the athletic programs, the department employs full-time coaches in all varsity sports. Intercollegiate competition begins with the first football and soccer games in early September and ends with the NCAA track and field, golf, tennis and softball championships in late May. Students with athletic skills in any of the above mentioned sports are welcome to become members of the team. Participation is open to all students.

## Recreation

In addition to providing for its more formal programs and teams, Carnegie Mellon's athletic facilities are available for use by individual students on an extensive seven-day per week schedule.

The Cohon University Center has facilities for swimming, basketball, volleyball, badminton, cardio and strength equipment, squash, racquetball. Skibo Gymnasium is an area for recreation basketball and badminton. Gesling Stadium provides soccer, football and track facilities. Tennis courts, located between the University Center and Margaret Morrison, are lighted for night play. During the school year they are open for use by students, faculty and staff.

These facilities are available to any student, faculty or staff person with a valid Carnegie Mellon ID. For hours, please contact the Athletic Office at 412-268-1236, or visit our website (<http://athletics.cmu.edu/landing/index>).

## Physical Education

The Department of Physical Education provides an elective program with an emphasis on personal fitness and lifetime recreation, thus preparing students for physical activity after the college years. Most classes are offered on a mini-course system with each class running seven weeks in length.

This program of more than 30 courses is designed for all students, from the beginner to those students who have already developed some skill. Courses include personal fitness, racquetball, tennis, golf, weight training, karate, aerobic fitness, and yoga. Instruction is also provided in several team sports. Carnegie Mellon also provides courses for American Red Cross certification in the four levels of swimming (beginners, intermediate, swimmers, and life guarding), and First Aid and Cardiopulmonary Resuscitation (CPR).

## Intramural Sports

For those who seek another level of competition or just like to participate and have fun, the Intramural Program provides recreation and relaxation for all students, faculty and staff, regardless of the degree of their natural athletic skills. The university prides itself on an intramural program which annually involves 6,000 students. Men and women, both graduate and undergraduate, compete in more than 20 different activities. Major sports include flag football, soccer, volleyball, floor hockey, basketball, and softball. A few of our popular tournaments are ultimate frisbee, dodgeball, tennis, and badminton.

Through participation in this program, students are able to keep physically fit, put to good use various learned skills, and develop leadership, team play and sportsmanship. Intramural activities, like all sports endeavors, contribute to physical development, good health, and a sound state of mind, while providing keen competition and team spirit. In addition, intramurals

possess an inherent flexibility that allows for a limited commitment of time in light of academic priorities. The intramural program permits students from all departments to meet and socialize on an informal basis.

## Fitness and Wellness

The university is well aware that fitness is a vital contributor to an individual's well-being and productivity. For this reason the department is committed to providing the entire campus community with the opportunity and resources to keep fit for the new century.

The Fitness and Wellness program provides educational services, programs, workshops and seminars. Programs include cardio-respiratory fitness, muscular strength, blood pressure and stress reduction. Workshops include the topics of nutrition, weight control, stress management and lower back care and prevention. The Group X program provides over 30 exercise classes per week ranging from yoga and pilates to zumba and spinning.

## Faculty

SHANNON AGNEW, Assistant Women's Soccer Coach - Bachelor of Arts, University of Tampa; Carnegie Mellon, 2012-

GARY ALDRICH, Associate Head Track & Field Coach/Instructor - M.S., Slippery Rock University; Carnegie Mellon, 2006-

MICHAEL BELMONTE, Assistant Men/Women Tennis - History, Duquesne; Carnegie Mellon, 2010-

TERRY BODNAR, Assistant Football Coach/Instructor - M.S., Indiana University of PA; Carnegie Mellon, 1984-

BRANDON BOWMAN, Head Men's Soccer Coach - B.S., Centre College; Carnegie Mellon, 2017-

JOSH CENTOR, Assistant Director of Athletics - B.A., Brandeis University; Carnegie Mellon, 2008-

ALAN DEGENNARO, Strength and Conditioning Coach; Carnegie Mellon, 2011-

SARA GAUNTNER, Assistant Director of Athletics for Instructional Programs & Recreation & Aquatics Director/Instructor - M.S., Duquesne University; Carnegie Mellon, 2005-

ANDREW GIRARD, Head Men's and Women's Tennis Coach/Instructor - B.S., Michigan Tech University; Carnegie Mellon, 2003-

ALICIA GORMAN, Diving Coach, Director of Aquatics - B.S., University of Tennessee; Carnegie Mellon, 2017-

ANDREW HELMS, Assistant Football Coach - B.S., Carnegie Mellon University; Carnegie Mellon, 2017-

JACQUIE HULLAH, Head Women's Basketball Coach; Carnegie Mellon, 2011-

KIM KELLY, Head Women's Volleyball Coach/Instructor - MBA, Mt. St. Mary's University; Carnegie Mellon, 2005-

MATTHEW KINNEY, Head Swimming and Diving Coach/Instructor - M.S., Western Illinois; Carnegie Mellon, 2007-

RICHARD LACKNER, Head Football Coach/Instructor - B.A., Carnegie Mellon; Carnegie Mellon, 1979-

JEFF SIMMONS, Assistant Football Coach/Instructor - B.A., Geneva College; Carnegie Mellon, 2010-

PATTY STRAGAR, Operations Manager for Fitness and Aquatics/Instructor - B.S., Northwestern University; Carnegie Mellon, 2003-

YON STRUBLE, Head Men's Soccer Coach/Instructor - M.S., Georgia State; Carnegie Mellon, 2010-

TONY WINGEN, Head Men's Basketball Coach/Associate Athletic Director/Instructor - M.Ed., Springfield College; Carnegie Mellon, 1990-