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, squash, and racquetball, as well as cardio and strength equipment. Skibo Gymnasium is an indoor facility for recreation basketball and badminton. Gesling Stadium provides outdoor 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 students, faculty and staff who have a valid Carnegie Mellon ID card. For hours, 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 40 courses is designed for all students, from the beginner to those students who have already developed some skill. Courses include weight training, personal fitness, racquetball, tennis, golf, weight training, karate, aerobic fitness, and yoga. The department offers a wide variety of diversity in our course offerings. Instruction is also provided in several team sports. Carnegie Mellon also provides courses for American Red Cross certification in the four levels of swimming and lifeguard training.

**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, learn 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, intramural sports 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 70 exercise classes per week ranging from yoga and pilates to zumba and indoor cycling.

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–


PATTYE 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–