

SPORTS & RECREATION

UC SANTA BARBARA

UCSB has been rated as one of the fittest colleges in the nation. UCSB students love to be active!

INTERCOLLEGIATE ATHLETICS

Most intercollegiate athletes at UCSB have considerable experience with their sport in high school. However, “walk-ons” are possible in some sports, following interviews and tryouts with the coach. The Intercollegiate Athletics Building houses the Hall of Champions and is located on Ocean Road. www.ucsbgauchos.com

POINTS OF PRIDE

- 20 NCAA Division 1 teams in men’s and women’s sports
- UCSB athletes graduate at the second highest rate in the UC system
- UCSB’s mascot Gaucho Olé exemplifies fierce competitive spirit
- ESPN writer Scott French called UCSB “soccer heaven”

FAMOUS GAUCHO ALUMNI

- Jason Lezak, Olympic gold medalist for swimming
- Todd Rogers, Olympic gold medalist for volleyball
- Brian Shaw, head coach of the Denver Nuggets
- Skip Shumaker, second baseman for the Cincinnati Reds



RECREATION & FITNESS

A wide variety of activities help students develop new interests, make friends and maintain physical fitness. Recreation activities include campus sport clubs, intramural sports, outdoor adventure programs and educational classes. www.recreation.sa.ucsb.edu



RECREATION CENTER AMENITIES

- Climbing wall
- Exercise machines
- Olympic-sized pool
- Squash and racquetball courts
- Weight rooms

The Recreation Center and Aquatics Complex are located on the corner of Ocean and Mesa roads. Additional facilities include tennis courts, sand volleyball courts, lacrosse and softball fields, the baseball stadium and soccer stadium, Robertson Gym, Santa Barbara Harbor Sailing Facility and the Cachuma Lake Rowing Facility.

LEISURE REVIEW CLASSES

Leisure Review classes offer a wide variety of recreational experiences including yoga, fencing, music lessons, pottery classes, fabric arts and much more. Students can learn a new skill, continue practicing an old one or simply keep in shape. Classes are open to UCSB students, faculty, staff, alumni and community members.

www.recreation.sa.ucsb.edu/leisurereview

SPORT CLUBS & INTRAMURAL SPORTS

With multiple national championships, the UCSB Sport Club Program is one of the most successful in the nation. Club teams compete each year against many of the nation's top universities.

MEN'S, WOMEN'S & COED SPORT CLUBS		
Coed	Men's	Women's
Tennis	Baseball	Lacrosse
Wrestling	Lacrosse	Rowing
Bowling	Roller Hockey	Rugby
Sailing	Rowing	Soccer
Cycling	Rugby	Ultimate Frisbee
Fencing	Soccer	Volleyball
Ski and Snowboard	Ultimate Frisbee	
Field Hockey	Volleyball	
Surfing		
Triathlon		



UCSB Intramural Sports offers 16 intramural sports for all skill levels. Students who join intramural sport teams incorporate physical activity into their weekly routine and build new relationships. Many students have played sports at the high school or recreational level, and Intramural Sports allow students to stay active without the time commitments or skill requirements of a Division 1 or Sport Club athlete. Opportunities include softball, outdoor and indoor soccer, flag football, basketball, volleyball, tennis, racquetball, bowling, golf, table tennis, water polo, inner tube water polo, ultimate frisbee and badminton. www.gauchosplay.com

ADVENTURE PROGRAMS



The UCSB Recreation Department offers a wide variety of Adventure Programs each year including rock climbing, scuba classes and certification, ocean kayaking and first aid certification. Previous trips have included kayaking at Santa Cruz Island, backpacking in Yosemite, canoeing down the Colorado River and camping at Big Sur. No experience necessary, and students with experience can take advanced classes to improve their skills.

Adventure Programs are open to everyone. Students can also choose to join the Leadership Training Course, a five-month course that provides a foundation to become an outdoor guide. www.gauchosplay.com