



Northeastern University

Sports and Recreation

Whether you're a serious athlete who wants to compete on the intercollegiate level or someone who just wants to work up a sweat and have some fun, you'll find a lot at Northeastern to keep you on the move.

Intercollegiate athletics

Northeastern University fields nineteen varsity teams in National Collegiate Athletic Association (NCAA) Division I sports. Northeastern teams compete as part of the Colonial Athletic Association, with some exceptions. Our football team plays in the tough Atlantic 10 Conference, while the men's and women's hockey teams compete in Hockey East, the nation's premier league, and the crew team participate in the Eastern College Athletic Conference. The University's teams, nicknamed the Huskies, are some of the region's most successful competitors.

All intercollegiate teams welcome new members. To qualify, you must be in good academic standing and making acceptable progress toward the completion of a degree. Specific policies and guidelines relating to academic eligibility for athletics are distributed in writing to all student-athletes.

For a complete list of varsity intercollegiate sports, details about eligibility requirements, or to contact the coaches, please visit the Athletics Web site at www.gonu.com.

The Marino Recreation Center

The state-of-the-art Marino Recreation Center includes basketball, volleyball, and badminton courts; a suspended jogging track; aerobics and martial arts studios; a treadwall; selectorized weight machines; and a free weight room. Cardiovascular fitness equipment includes a variety of elliptical machines, stairmasters, treadmills, upright and recumbent bikes, rowing ergometers and Expresso computerized bikes.

The Cabot Physical Education Center

The recently renovated Cabot Physical Education Center features a swimming pool, racquetball courts, and an indoor track and cage. The track is used for running, recreational soccer, intramural soccer, flag football leagues and team practices.

The Badger & Rosen Squashbusters Center

The Badger & Rosen Squashbusters Center is the latest addition to the recreation facilities on campus. The fitness center contains eight squash courts, a multipurpose studio, selectorized weight machines and cardiovascular fitness equipment, including elliptical machines, stairmasters and treadmills.

Intramural Sports

Intramural Sports at Northeastern are organized recreational activities so that our entire student population has the opportunity to participate, regardless of athletic ability. Special events are offered throughout the year in addition to the traditional intramural sports leagues, including: basketball, broomball, flag football, hockey, soccer, softball, volleyball and wiffleball. Participation guidelines can be found online at www.campusrec.neu.edu.

Club Sports

If you are interested in a competitive sport, the Club Sports Program might be what you are looking for. We offer 42 Competitive Teams who compete locally, regionally and nationally. Our teams are successful at all levels, with two national championships won in 2009. A complete list of clubs is available online, visit www.campusrec.neu.edu.

Group Fitness

Participants are led through a variety of classes by a trained instructor. The classes are designed to improve fitness levels and focus on cardiovascular, muscular, and flexibility training or a combination of all three. Class descriptions and a monthly schedule of classes are posted online at www.campusrec.neu.edu.

Personal training

Our Personal Trainers can provide you with the education and instruction you will need to reach your health and fitness goals. You will meet one-on-one with a certified trainer who will design a personalized fitness plan for you to follow. We feel it is our responsibility to base our recommendations on sound scientific principles and provide you with a personalized program that is both safe and effective.

Department of Athletics

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617.373.2672
617.373.GONU (Huskies Hotline)
www.gonu.com 617.373.2885 (TTY)

Campus Recreation Office

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www.campusrec.neu.edu