

Athletics, Recreation & Physical Education

The foundation for a good overall program is sound instruction designed to meet the needs of all students. Potsdam students are required to take physical education skill and activity courses. The strength of the total program lies in the instructional aspects which encompass a wide variety of



activities allowing students to explore their potential, limitations, abilities, and interests, and introduces students to activities which may be pursued throughout life.

The second level provides activities, opportunities, supervision and coaching for those students with exceptional physical abilities. Potsdam's Athletic Department provides 19 varsity teams. This level requires more rigid discipline and conditioning and provides the greatest challenges and competition.

The third level provides recreational and intramural activities (See Intramural Sports Program). Potsdam has a very active intramural program. The program provides team, dual, individual and coeducational activities for all those who care to participate. It is organized and supervised, but informal. Intramurals provide the participants an opportunity to use the skills and knowledge obtained in the instructional program to have fun, fellowship, release energy, tension and maintain a degree of physical fitness.

Intercollegiate Athletic Program

The athletic program at SUNY-Potsdam offers 19 varsity sports (9 for men, 10 for women). The funding for equipment, uniforms, officials and transportation, lodging and meals for away contests is provided by the Student Athletic Fee. SUNY-Potsdam has membership in the State University of New York Athletic Conference, Eastern College Athletic Conference and National Collegiate Athletic Association Division III. Division III regulations prohibit financial aid to athletes beyond actual need which is administered through the Financial Aid office.

Intramural/Recreation Program

The Intramural/Recreation Program is committed to offering safe quality programs, facilities, and services to the college community. The program provides the entire student body with opportunities to participate in a variety of activities. Objectives of the offered programs are as follows: to promote participation in activities; social interaction; physical fitness; sportsmanship; skill development; personality

and character development; healthy lifestyle choices; and quality use of leisure time. New activities can be offered with sufficient student interest and approval of the Intramural/Recreation office.

Activities Offered: Flag Football, Co-Rec. Soccer, Men's B-Ball, Women's B-Ball, Racquetball, Volleyball, Co-Rec. Broomball, Dodge Ball, Indoor Soccer, Indoor Frisbee, Indoor Triathlon, 5K Walk/Runs, Canoe Swamp, Co-Rec Softball, Men's Volleyball, Women's Volleyball, Co-Rec Volleyball and Special Events.

Maxcy Hall

For the individual, there are more than 50 acres of outdoor athletic fields, including basketball courts, tennis courts, a track and Maxcy Hall; together, they make up Potsdam's athletic facility. Maxcy Hall itself houses three full-sized gyms, an ice rink, and Olympic size swimming pool, and a field house containing an indoor track. Also inside Maxcy Hall are class rooms, racquetball and squash courts, free exercise rooms, a dance studio, fitness center, and a therapy/training room. Students and staff can use these facilities on their own; Maxcy is open fourteen hours a day and each area is supervised by a student worker.

There are one, two and three mile trails that weave throughout the campus to give the runner the benefit of both jogging and exercise.

In the Exercise/Fitness room, one can find the latest in exercise equipment for strengthening and conditioning the body. Exercise bikes, rowing machines, free weights, and universal gyms are examples of the kinds of equipment used. Blood-pressure, flexibility, strength, CV efficiency step tests and body composition tests that determine weight are also available at the Fitness Center.

The popular highlights of the Fitness Center include the aerobic workout classes. There are aerobic classes meeting at various times during the day to accommodate almost everyone's schedule.

The Fitness Center is located in Maxcy Hall on the third floor.

When college is in session, the hours for the Exercise/Fitness room are:

Monday - Thurs..... 6:45 a.m.—10 p.m.

Friday 6:45 a.m.—9 p.m.

Saturday & Sunday 12 p.m. - 6 p.m.

To use any facility in Maxcy Hall, including the Exercise/Fitness room, you must have a current college I.D card.

Campus Life—Student Activities

Greek Life

www.potsdam.edu/studentlife/greeklife

315-267-2013

208 Barrington Student Union

Fraternalities and sororities are values based organizations. The recognized Greek chapters at SUNY Potsdam share the common values of Friendship, Scholarship, Community Service, and Leadership. Members of recognized houses work hard to uphold their values and meet the expectations of the College and the Community. They take pride in being Greek because they commit themselves to these higher standards.

Students join Greek Life by engaging in the rush/new member process. Rush is the time period that students use to become better acquainted with the fraternities or sororities in order to determine which one is the best fit for them. Although any student can rush, a student must meet certain requirements to join:

- Be in good academic standing with a minimum 2.0 cumulative and previous semester GPA; (some organizations have higher standards)
- Have completed a minimum of 12 college credit hours, post high school graduation;
- Receive a bid, or an offer, from a fraternity or sorority.

Greek Organizations

Sororities

Alpha Kappa Phi (Ago)

Alpha Sigma Tau (AST)

Omega Delta Phi (Omega)

Phi Kappa Pi (Phi K)

Sigma Alpha Iota (SAI)

Sigma Gamma Phi (Arethusa)

Zeta Gamma Sigma (Zeta)

Student Government Association

College is More Than Classes!

Student Government Association (SGA) provides a wide variety of activities, events, and services for the students of SUNY Potsdam throughout the entire school year. SGA has an up-to-date website that explains their organizations and the events or services they provide. You can check out all that SGA has to offer

Student Opportunities

At the beginning of the fall semester, student groups set up in the lobby of the Student Union for the Organizational Fair. Groups inform students about their activities and sign up new members. Many of these groups are funded by your student activity fee. Students are needed to work on projects, serve on college

Fraternalities

Delta Kappa Theta (DK)

Phi Mu Alpha (PMA)

Co-ed

Alpha Psi Omega (APO)

While we encourage all students to take the time to get to know our recognized fraternities and sororities, we want to advise students and families that SUNY Potsdam has 4 banned organizations, which are Alpha Delta Kappa (Alpha Phi Chi Epsilon (Phi Chi), Psi Phi Delta (Psi Phi), and Sigma Pi (Sig Pi). These groups are banned organizations because they endangered the health and safety of students. Students who pledge, join, accept membership, affiliate in any way, or seek to perpetuate a banned organization are subject to judicial referral and potential suspension or expulsion.

In addition to these banned organizations, there are several organizations in the area that are unrecognized. These include, but are not limited to Beta Tau (BT), Delta Tau Tau (DTT), DOD, Epsilon Omega (EO), Lambda Sigma Upsilon (LSU), Phi Kappa Sigma (Phi Kap), Psi Phi Epsilon, Sigma Lambda Gamma (SLG), Tau Delta Kappa (TDK) and Theta Omega Phi (Prometheus). Because unrecognized organizations have no obligation to the College and its policies and procedures affiliation with these groups is discouraged.

by visiting their website at:

www.potsdam.edu/studentlife/sga

If you have any questions, comments, or suggestions, please don't hesitate to call the SGA office at 267-2588. They will gladly talk with you about the activities on campus and help you get involved.

committees and join in activities. You are eligible to participate in any student organization. New organizations may be recognized. [Contact Student Government Association](#) for the procedure. To view the current listing of student opportunities, visit www.potsdam.edu/studentlife/clubs.

- *Campus Mail Services*
- *Center for Diversity*
- *Computing & Technology Services*
- *The Counseling Center*
- *Library Services and Facilities*
- *PACES Dining Services*
- *Reachout*
- *Student Health Services*
- *Student Success Center*
- *Student Union*

Student Services

Campus Mail Services

SUNY Potsdam provides its students a centralized student mailroom, which is located on the first floor of the Barrington Student Union.

There are over 4,000 mailboxes for students and student organizations. All student mail, intra-campus, USPS and courier service packages, is received at this central location. Stamps and other related USPS products are available for purchase at the service window. The student mailroom is staffed six days per week with window

hours each day. Access to mailboxes is available seven days per week, which coincide with the Barrington Student Union hours.

All undergraduate students are assigned a campus mailing address, which remains with them for their time at SUNY Potsdam. Students are required to sign out a mailbox key when they arrive on campus and return it when they graduate or no longer attend SUNY Potsdam.

Any question or concerns please call 267-2730.

Center for Diversity

The Center for Diversity is comprised of Collegiate Science Technology Entry Program (CSTEP), North Country Science Technology Entry Program (NCSTEP), Office of Native American Affairs and Multicultural Affairs. The Center exists to assist all students, especially students of color and/or diverse backgrounds, in their educational and personal transition and development at SUNY Potsdam. It is the expressed goal to provide educational and social programs and services to help students meet their personal and professional goals.

In its continued effort to afford students empowering opportunities, the Center provides academic

and personal advising as well as referral to other campus services. The Center also coordinates diversity training sessions, skill development workshops and leadership opportunities to assist in the college-wide appreciation for multiculturalism and diversity. Please do not hesitate to stop by Sisson Hall or call us at 267-2184 for additional information regarding the division and its offices, programs and services.

Computing & Technology Services (CTS)

CTS provides SUNY Potsdam with support and leadership in all areas of information technology.

Our Helpdesk is located in Stillman Hall, Room 103. You are encouraged to contact CTS with any questions you may have by calling x4444, sending an email to helpdesk@potsdam.edu or feel free to stop by our office. For a complete listing of our services and for up-to-date information regarding our computer labs and projection classrooms, please visit our website at: <http://www.potsdam.edu/cts/>.