

COLLEGE ATHLETICS

If you're a high school athlete, you might want to participate in sports at the college level. And you're in luck because there are so many different ways to get involved! You can take classes through the physical education department, compete with your classmates in intramurals, or play on a varsity team. For some students, the opportunity to participate in athletics is an important part of their college experience. Read on to find out what each of these means and what you need to do during the application process if you want to participate next year.

opportunity	what is it?	what do I need to do now?
Physical Education Classes	Colleges and universities all have physical education departments that offer skill building classes in a wide variety of sports. Some even require that every student takes 1 or 2 to graduate!	<ul style="list-style-type: none"> • Research graduation requirements for the colleges that interest you to find out if you will be required to take physical education classes. • Review course catalogs to discover the different types of classes you might be able to take.
Intramural Sports	Most colleges and universities offer opportunities to play against your classmates. There might be tournaments in which one residence hall competes against another, or you might be able to join a pick-up game.	<ul style="list-style-type: none"> • Visit individual college websites to read about the intramural options available at schools that interest you.
Club Sports	Colleges and universities sometimes field teams for sports that aren't available in the NCAA or the NAIA. They still compete against teams from other colleges, but sometimes there are fees to participate.	<ul style="list-style-type: none"> • Visit individual college websites to read about the options for club sports at the schools that interest you. • Send an email to the student contact for teams you might want to join to ask about costs for participating and how athletes can try out for the team.
Varsity Athletics	<p>Varsity teams are the principal athletic teams representing a college or university. They are organized into athletic conferences and play against the other teams in their conference.</p> <p>All 4-year US colleges and universities with competitive sports teams belong to one of two athletic associations: the National Collegiate Athletic Association (NCAA) or the National Association of Intercollegiate Athletics (NAIA). Community colleges in Oregon are governed by the Northwest Athletic Association of Community Colleges (NWAACC) and sometimes also the National Junior College Athletic Association (NJCAA).</p>	<ul style="list-style-type: none"> • Visit the athletics webpage for the colleges or universities that interest you. Determine if they offer the sport(s) that you play. Complete the interest survey, including as much information about your athletic accomplishments as you can. This will help coaches know if they would like to contact you. • Determine if the Oregon colleges that interest you are NCAA, NAIA, or NWAACC. • For NCAA schools: explore eligibilitycenter.org and learn about the differences between Divisions I, II, and III and make sure you meet minimum requirements for eligibility. If you do, register on the eligibility center. (Note: registering costs \$75) • For NAIA: explore playnaia.org and make sure you meet the minimum requirements for eligibility. If you do, register yourself.



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school	city	athletic association & conference
Blue Mountain Community College <i>Timberwolves</i>	Pendleton	NWAACC: Eastern Region
Chemeketa Community College <i>Storm</i>	Salem	NWAACC: Southern Region and NJCAA
Clackamas Community College <i>Cougars</i>	Oregon City	NWAACC: Southern Region
Concordia University <i>Cavaliers</i>	Portland	NAIA: Cascade Collegiate Conference
Corban University <i>Warriors</i>	Eugene	NAIA: Cascade Collegiate Conference
Eastern Oregon University <i>Mountaineers</i>	La Grande	NAIA: Cascade Collegiate Conference
George Fox University <i>Bruins</i>	Newberg	NCAA Div III: Northwest Conference
Lane Community College <i>Titans</i>	Eugene	NWAACC: Southern Region
Lewis & Clark College <i>Pioneers</i>	Portland	NCAA Div III: Northwest Conference
Linfield College <i>Wildcats</i>	McMinnville	NCAA Div III: Northwest Conference
Linn-Benton Community College <i>Roadrunners</i>	Albany	NWAACC: Southern Region
Mt. Hood Community College <i>Saints</i>	Gresham	NWAACC: Southern Region
Northwest Christian University <i>Beacons</i>	Eugene	NAIA: Cascade Collegiate Conference
Oregon Institute of Technology <i>Owls</i>	Klamath Falls	NAIA: Cascade Collegiate Conference
Oregon State University <i>Beavers</i>	Corvallis	NCAA Div I: Pac-12 Conference
Pacific University <i>Boxers</i>	Forest Grove	NCAA Div III: Northwest Conference
Portland Community College <i>Panthers</i>	Portland	NWAACC: Southern Region
Portland State University <i>Vikings</i>	Portland	NCAA Div I: Big Sky Conference
Southern Oregon University <i>Raiders</i>	Ashland	NAIA: Cascade Collegiate Conference
Southwestern Oregon Community College <i>Lakers</i>	Coos Bay	NWAACC: Southern Region and NJCAA
Treasure Valley Community College <i>Chukars</i>	Ontario	NWAACC: Eastern Region
Umpqua Community College <i>Riverhawks</i>	Winchester	NWAACC: Southern Region
University of Oregon <i>Ducks</i>	Eugene	NCAA Div I: Pac-12 Conference
University of Portland <i>Pilots</i>	Portland	NCAA Div I: West Coast Conference
Warner Pacific College <i>Knights</i>	Portland	NAIA: Cascade Collegiate Conference
Western Oregon University <i>Wolves</i>	Monmouth	NCAA Div II: Great Northwest Athletic Conference
Willamette University <i>Bearcats</i>	Salem	NCAA Div III: Northwest Conference

Learn more: oregongoestocollege.org/itsaplan



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