

ATHLETICS

Contacts

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Our Mission

From its founding in 1891, Stanford University's leaders have believed that physical activity is valuable for its own sake and that vigorous exercise is complementary to the educational purposes of the university. Within this context for human development, it is the mission of Stanford Athletics to offer a wide range of high quality programs which will encourage and facilitate all participants to realize opportunities for championship athletic participation, physical fitness, health and well being.

Principles That Guide Us

We Will Teach

- By encouraging our student-athletes to capture all the joy, power and extraordinary personal growth that comes to those who compete and support athletic excellence.
- By hiring and retaining the best coaches and staff members available and arming them with the tools to achieve at the highest level.
- By fostering and nurturing a coaching, physical education and recreation staff that is committed to teaching with integrity and ambition and that performs in a manner which is consistent with the academic priorities of Stanford University.
- By recognizing the need to work as a team while valuing each individual's unique characteristics and abilities.
- By committing ourselves to the personal development and well being of our student-athletes and staff. Those who participate at all levels will learn the benefits of teamwork, discipline, goal setting, physical fitness, healthy lifestyles, character development, self confidence, sportsmanship, and an appreciation for lifelong learning.

We Will Lead

- By being the model of success, of universal opportunity, and of unwavering commitment to the ideal of the scholar-athlete.
- By operating with integrity as we follow the spirit and the letter of each rule. Integrity will be displayed in our policies, performances and programs.
- By continuing our long history of conference and national prominence through a commitment to cutting edge involvement in athletic issues.

We Will Win

- By maximizing our effort in every competition, on every team and in every setting where skill, determination and hard work combine to achieve singularly successful results.
- By having an uncompromising commitment to Conference and National championships and by providing each student-athlete with the tools necessary to be successful at the highest levels of both academic and athletic performance.
- By creating a commitment to a university-wide wellness culture that will allow Stanford students, faculty and staff to maximize their health and fitness opportunities throughout their lives.

We Will Serve

- By respecting, honoring and responding to the needs of our student-athletes, coaches, colleagues, advocates and members of our larger community.
- By encouraging innovation and creativity. We will harness technology to extend our reach and to interface with our various internal and external constituencies.
- Through fiscal responsibility in all elements of departmental operations.
- By advancing outreach as a fundamental component of the department, we will strive to enhance the overall mission of the University through competitive excellence, effective outreach and an on-going commitment to customer service.
- By utilizing the department resources and physical facilities to serve the campus community, our alumni and our supporters throughout the world.
- By valuing our heritage, and in doing so we commit ourselves to championship caliber athletic achievement and the on-going enhancement of the traditions of Stanford Athletics, including leadership, individual and team achievement and intense pride and loyalty.

Courses

Courses offered for intercollegiate and club sport athletes are listed under the subject code ATHLETIC (<https://explorecourses.stanford.edu/search/?view=catalog&academicYear=&page=0&q=ATHLETIC&filter-departmentcode=ATHLETIC=on&filter-coursestatus=Active=on>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse/>) web site. Courses are activity classes (ACT) and carry 1-2 units of credit for satisfactory completion of work. Although there is no limitation on the number of activity classes in which a student may enroll, no more than 8 units of these activity classes (and/or other University activity classes) may be applied toward undergraduate graduation requirements. See the "Credit (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms/#credittext>)" tab of the "Undergraduate Degrees (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms/>)" section of this bulletin for complete information. Course fees, as applicable, are posted to the student's University account.

Men's Intercollegiate Teams

Below are links to the website of each Men's Team with information about rosters, coaches, schedules, statistics, news, history, tickets, promotions, and additional information.

- Baseball (<http://www.gostanford.com/?path=bsb>)
- Basketball (<http://www.gostanford.com/?path=mbball>)
- Cross Country (<http://www.gostanford.com/?path=xc>)
- Fencing (<http://www.gostanford.com/?path=fenc>)
- Football (<http://www.gostanford.com/?path=football>)
- Golf (<http://www.gostanford.com/?path=mgolf>)
- Gymnastics (<http://www.gostanford.com/?path=mgym>)
- Rowing (<http://www.gostanford.com/?path=mrow>)
- Sailing (<http://www.gostanford.com/?path=sail>)
- Soccer (<http://www.gostanford.com/?path=msoc>)
- Swimming and Diving (<http://www.gostanford.com/?path=mswim>)

- Tennis (<http://www.gostanford.com/?path=mten>)
- Track and Field (<http://www.gostanford.com/?path=track>)
- Volleyball (<http://www.gostanford.com/?path=mvball>)
- Water Polo (<http://www.gostanford.com/?path=mwpolo>)
- Wrestling (<http://www.gostanford.com/?path=wrestling>)

Women's Intercollegiate Teams

Below are links to the website of each Women's Team with information about rosters, coaches, schedules, statistics, news, history, tickets, promotions, and additional information.

- Basketball (<http://www.gostanford.com/?path=wball>)
- Beach Volleyball (<http://www.gostanford.com/?path=bvball>)
- Cross Country (<http://www.gostanford.com/?path=xc>)
- Fencing (<http://www.gostanford.com/?path=fenc>)
- Field Hockey (<http://www.gostanford.com/?path=fhockey>)
- Golf (<http://www.gostanford.com/?path=wgolf>)
- Gymnastics (<http://www.gostanford.com/?path=wgym>)
- Lacrosse (<http://www.gostanford.com/?path=wlox>)
- Rowing (<http://www.gostanford.com/?path=wrow>)
- Lightweight Rowing (http://www.gostanford.com/?path=row_lt)
- Sailing (<http://www.gostanford.com/?path=sail>)
- Soccer (<http://www.gostanford.com/?path=wsoc>)
- Softball (<http://www.gostanford.com/?path=softball>)
- Squash (<http://www.gostanford.com/?path=wsquash>)
- Swimming and Diving (<http://www.gostanford.com/?path=swim>)
- Synchronized Swimming (<http://www.gostanford.com/?path=syncswim>)
- Tennis (<http://www.gostanford.com/?path=wten>)
- Track and Field (<http://www.gostanford.com/?path=track>)
- Volleyball (<http://www.gostanford.com/?path=wvball>)
- Water Polo (<http://www.gostanford.com/?path=wwpolo>)

Academic Services

Academic Advising (<https://undergrad.stanford.edu/>) provides academic advising, programming, and support for students as they shape their Stanford education. In guiding students to engage with faculty and in supporting students' personal and intellectual development, UAR encourages students to explore the full breadth and depth of their intellectual opportunities, to find their intellectual homes, and to discover a sense of belonging at Stanford. Academic advisers for student-athletes are housed in the Athletic Academic Resource Center (AARC) and are the primary undergraduate advising contact for varsity student-athletes. AARC advisers are full-time, professional staff within Undergraduate Advising and Research who partner closely with colleagues across

campus to provide a comprehensive network of support that promotes a student's academic success and furthers his or her intellectual goals.

Sports Performance

Stanford's Sports Medicine Program is dedicated to providing the best possible medical care for the student athlete's injuries and illnesses. The program is unique in its team approach to health care, as the Team Physicians (<http://ortho.stanford.edu/lacob/physicians.html>), Athletic Trainers (http://www.stanfordmedicine.com/?page_id=53), Physical Therapists (<http://www.stanfordmedicine.com/physical-therapy/>), and Sports Scientists (<http://ortho.stanford.edu/humanperformance/personnel.html>) all collaborate on the care provided to each athlete. The team physicians provide diagnosis, treatment, arrange for consultations, order lab tests, x-rays and MRIs, and make decisions on the participation status. Athletic trainers work under the supervision of our team physicians to provide prevention, evaluation, and treatment of athletic injuries. Physical therapists design specific programs for rehabilitation and communicate directly with the athletic trainer, physician, and sports performance coaches. Sport Scientists work with coaches and athletes to test and analyze athletes using state-of-the-art motion capture, biomechanics and physiology equipment.

Sports Psychology Services

The mission of Stanford Athletics Sport Psychology Services is to provide psychological services to Stanford University student-athletes that foster mental health and well-being, promote excellence in educational and athletic goals, and contribute to a safe, welcoming, and multiculturally aware athletic department and campus community.

Stanford Athletics has had an ongoing and collaborative relationship with the Department of Psychiatry and Behavioral Sciences to provide integrated behavioral health services to Stanford student-athletes, including a full-service sport psychology program.

- Dr. Kelli Moran-Miller (<http://www.gostanford.com/staff.aspx?staff=208>), Director of Sport Psychology for Stanford Athletics, is a licensed psychologist, a certified consultant with the Association of Applied Sport Psychology, and a member of the USOC registry. She uses a strengths-based, solution-focused, and student-centered approach to assist student-athletes in the achievement of personal, educational, and sport goals. Her office is in the Sports Medicine Center.
- Dr. Lisa Post, Director of Sports Medicine in Psychiatry, is a licensed psychologist who specializes in working with collegiate and professional athletes and coordinates referrals and care within the Department of Psychiatry and Behavioral Sciences. Her office is on campus at 401 Quarry.

Services

Sport Psychology Services offers confidential personal counseling, performance psychology consulting, psychological rehabilitation from injury, career counseling, medication evaluation and management, and specialized care referrals. Team-centered workshops for varsity teams, crisis intervention, and consultation with coaches and athletic department staff also are available.

Individual sessions provide a unique opportunity to explore issues that may be preventing you from reaching your potential athletically, academically, or personally.

Team-centered workshops are designed to address the unique goals of the participating team and to provide memorable active learning experiences to build team unity, reinforce team mission and vision, clarify team goals, roles, and responsibilities or teach mental skills.

The Jaquish & Kenninger Director of Athletics: Bernard Muir

Deputy Athletics Director: Patrick Dunkley

Deputy Director of Athletics: Ray Purpur

Executive Associate Athletics Director: Beth Goode

Executive Associate Athletics Director • External Relations: Tommy Gray

Executive Associate Athletics Director: Heather M. Owen

Executive Associate Athletics Director: Brian Talbott

Senior Associate Athletics Director • Facilities, Operations and Events: Jamie Breslin

Associate Athletics Director • Finance & Business Operations: Brian Favat

Associate Athletics Director • Compliance Services: Jacquelyn Kulgevich

Associate Athletics Director • Corporate Partnerships: Adam Requarth

Associate Athletics Director • Development: Adam Schneberger

Associate Athletics Director • Academic Services: Melissa Stringer

Courses

ATHLETIC 1. Thriving in Athletics: Health and Wellness Concepts. 2 Units.

Develops the understanding, self-awareness, confidence, and skills necessary for students to serve as a resource for their peers in the areas of building resilience, promoting wellbeing, and supporting emotional balance. Examines personal values, identity, signature strengths, self-care and stress management practices, signs and symptoms of common mental health concerns, and barriers for care-seeking in the student population. Develops skills for enhancing personal well-being, communication, connecting students with existing resources, and promoting a culture of support, health and wellness.

ATHLETIC 10. Varsity sport experience. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator.

ATHLETIC 11. Athletic Team Manager. 1 Unit.

For student managers of intercollegiate teams. Limit 1 credit per quarter with a maximum of 8 credits able to be applied towards graduation. Prerequisite: consent of respective varsity team head coach. May repeat for credit.

ATHLETIC 12. VARSITY - Baseball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 13. VARSITY - Basketball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 14. VARSITY - Basketball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 15. VARSITY - Cross Country. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 16. VARSITY - Cross Country. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 17. VARSITY - Track and Field. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 18. VARSITY - Track and Field. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 19. VARSITY - Fencing. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 20. VARSITY - Fencing. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 21. VARSITY - Field Hockey. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 22. VARSITY - Football. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 41. VARSITY - Synchronized Swimming. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 42. VARSITY - Tennis. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 43. VARSITY - Tennis. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 44. VARSITY - Volleyball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 45. VARSITY - Volleyball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 46. VARSITY - Beach Volleyball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 47. VARSITY - Water Polo. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 48. VARSITY - Water Polo. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 49. VARSITY - Wrestling. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 50. Olympic Training. 1-2 Unit.

Designed for students training for Olympic competition; conditioning; practice; competition preparation; weight training; and leadership skill development. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a verified candidate for an Olympic team with a specified training schedule calling for at least 30 hours (1 unit) or 60 hours (2 units) of training time in the 10 week quarter. Instructor approval required. May repeat for credit.

ATHLETIC 60. CLUB - Sport Experience. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. Teams who are eligible to receive credit, are required to have a coach and/or administrator to supervise their class. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 61. CLUB - Martial Arts Experience. 1 Unit.

This course is offered to Martial Arts athletes who participate on credit approved Martial Arts teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of martial arts administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 62. CLUB - Band. 1 Unit.

This course is offered to club members who participate on credit approved Club Sports teams. All members must complete 30 hours of participation during the quarter. To be eligible for credit, the club must practice 2x a week for a maximum total of 4 hours and participate in 1-3 events in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 63. CLUB - Climbing. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 64. CLUB - Equestrian. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 65. CLUB - Rugby. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation. Same as: Men

ATHLETIC 66. CLUB - Rugby. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

Same as: Women

ATHLETIC 67. CLUB - Squash. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

Same as: Men