Community Service
Susan McCabe, in the Athletics Office, is the contact for students who are interested in community service. Students are asked to meet with Susan to discuss the organization they will be working with and will be required to write about their experience and contributions to the project. **Note: Students must have already earned 3 PE credits and have completed their first year of school.** Please email Susan McCabe (smccabe1@haverford.edu) with inquiries and she will provide you with further information. Visit [Marilou Allen Office for Service and Community Collaboration](#), for Community Service opportunities.

Independent Fitness Center Workouts
**Pre-Requisite:** Intro to Fitness. Students are expected to exercise for at least three hours per week, using the equipment and space available to them in the Tellem Fitness Center. Workouts should include as many aspects of resistance, cardiovascular and flexibility training as possible in a progressive manner throughout the six weeks. A log will need to be kept of each exercise session. **Every Friday from 3:00-4:30pm** you must bring your log to the Fitness Center. At this time, Nicky Miranda will review your exercise routine, answer questions and provide feedback.

Independent Fitness will have two sessions:
Session 1: Contact Nicky Miranda, Fitness Center Director
Session 2: Contact TBA

Further details will be emailed to registered participants during the first week of class.

*Enrollment is limited to 25 students per session!*

Independent Swimming
Students are required to swim 3+ hours per week during the quarter and must email Susan McCabe (smccabe1@haverford.edu) [each Sunday](#) with a log listing the hours and dates you swam. If you get sick and cannot swim please email Susan McCabe. You will need to make up the hours you missed at your earliest convenience. Information regarding pool hours and other details can be found on Bryn Mawr College’s website under Athletics.

**Initial meeting with Susan McCabe (smccabe1@haverford.edu)**
Lobby of GIAC Building, Tuesday, September 3rd at 4:15 pm

Running, Training & Techniques
Self-paced running, walking, jogging for 2 miles a day/5 days a week.

**Initial meeting with Tom Donnelly (tdonnell@haverford.edu)**
Lobby of GIAC Building, Wednesday, September 4th at 4:15 pm

Last day to register for this class is Sunday, September 8th.

INSTRUCTIONAL

**Intro to Fitness (Mandatory to Fulfill PE Requirement)**
Classes will meet in Conference Room 203, on the second floor of the GIAC Building
Contact: Nicky Miranda, Fitness Center Director

CHOOSE “ONE” OF THE FOLLOWING CLASSES (A & B or C):

* Each Class enrollment is limited to 25 Students with a Minimum of 10 Students*

FIT – (A) **Monday** 5:15-6:00 pm and **Thursday** 6:15-7:00pm *(students must attend both days to receive credit)*
Instructor: Nicky Miranda

FIT – (B) **Monday** 6:15-7:00pm and **Thursday** 7:15-8:00pm *(students must attend both days to receive credit)*
Instructor: Nicky Miranda

FIT – (C) **Friday** only 11:30-1:00 pm
Instructor: Nicky Miranda
Butts and Guts
This medium to high intensity strength and cardio class will sculpt, shape, and strengthen your lower half in this targeted, high-impact workout. Classes will strengthen and tone all your core muscles, working on the back, butt and thighs in particular.
**Required equipment:** one 10lb weight.
**Contact:** Anhara Disko, adisko@haverford.edu

Mondays and Wednesdays 8:30-9:30pm and Tuesdays 7:00-8:00pm
**Students must attend all 3 days to receive credit.**
Class enrollment must have a minimum of 10 students!

Cross Fit
There are two sessions offered:
**Session 1:** Tuesday and Thursday 6:30-7:30pm and Sunday 12:00-1:00pm
OR
**Session 2:** Tuesday and Thursday 7:30-8:30pm and Sunday 1:00-2:00pm
**Students must choose 1 session and attend all 3 days to receive credit.**

This course will focus on improving overall fitness through work on basic physical skills including endurance, strength, flexibility, power, speed and agility. No experience is necessary; the first portion of this class will serve as an introduction to body weight and weightlifting movements. Expect a great, high-intensity workout in every class.
Class enrollment is limited to 8 students each session. Fitness Center, 1st floor of the GIAC Building
**Contact:** Abi Mumme-Monheit (amummemonh@haverford.edu)

Fencing (Beginner)
Classes will be held on Tuesday and Thursday, 4:15 - 5:45pm
Fencing Room, 2nd Floor in the GIAC Building
**Contact:** Coach Chris Spencer (cspencer@haverford.edu)
**Enrollment is limited to 20 students and tennis shoes are required!**

Haverfarm
There are two sessions offered:
**Session 1:** Mondays and Wednesdays from 4:15-5:45pm
**Session 2:** Tuesdays and Thursdays from 4:15-5:45pm.
Students must choose one session and attend both days to receive credit. Students will learn farming techniques such as transplanting, weeding, harvesting, composting, etc. The Haverfarm is located near the facilities management building. This is a hands-on course. No farming experience necessary.
**Contact:** Madison Tillman mtillman@haverford.edu
**Enrollment is limited to 10 students for each session!**

Latin Dance Club
Classes will be held on Mondays and Thursdays 7:00-8:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
**Contact:** Karina Domenech ’20 (kdomenech@haverford.edu)
This class combines fitness, cardio, conditioning, balance, and flexibility to its agenda for the result of a full body workout. It is a mix of Latin and international rhythms and dances, and therefore, an all-inclusive activity. Finally, it provides accessible, healthy, and fun exercise to the Haverford community, making it a great way to bring everyone together!
**Class enrollment must have a minimum of 10 students!**

Martial Arts/Street Self Defense
Classes will be held on Monday, Wednesday and Friday from 5:30-6:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
**Contacts:** Dillon John (djohn@haverford.edu) and Chengpei Li (cli7@haverford.edu)
**Pilates/Core/Stretch**
A 90 minute class focusing on core muscles -- the complex of muscles that stabilize the spine -- for improved balance, posture, strength, and flexibility
Classes will be held on Tuesdays 5:30-7:00pm and Sundays from 5:00-6:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Anhara Disko, adisko@haverford.edu
Class enrollment must have a minimum of 10 students!

**Play-by-Play Broadcaster**
Students who are interested, must have a demonstrated knowledge and broadcasting skill with a particular sport during a trial run with the sports information director prior to approval. Interested and selected students will then assist with one sport for the fall athletic season (men’s soccer, women’s soccer, field hockey, volleyball). Students must attend all home events to fulfill position requirements. Limit of two students per sport. Students are expected to arrive 30 minutes prior to the scheduled start time for any final instructions. Students must commit to the whole sport’s season in order to receive 2 PE credits.
Contact: Justin Grube (jgrube@haverford.edu) Haverford College Sports Information Director

**Shotokan Karate**
Classes will be held on Mondays 4:15-7:00pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Kaden St Onge (kstonge@haverford.edu)
A traditional martial art from Okinawa. Students will increase coordination, concentration, flexibility, strength, stamina, and self-confidence. Training will include basic and combination techniques, forms, sparring, and self-defense. This course is designed for all experience levels.

**Squash (all levels to include beginner)**
Classes will be held on Tuesdays and Thursdays from 4:00-5:30 pm
Squash Courts, 1st Floor in the GIAC Building
Contact: Coach Niki Clement (eclement@haverford.edu)
**Equipment is not provided. Please bring a squash racquet, squash goggles and non-marking soled shoes**
There is a minimum of 8 students to hold the class.

**Women’s Self Defense Class**
Classes will be held on Tuesday evenings from 8:00pm-10:00pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
*The first class will be held in the Conference Room (Room 203 beside the Athletic Office).*
Contact: Brian Murray, Security Department (bmurray@haverford.edu)

**Yoga**
Classes will be held on Wednesday and Sunday evenings from 6:30 to 8:00 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Cindi Geesey (cynthiageesey@yahoo.com)
Kripalu yoga is a moderately paced class that focuses on strengthening the body by sustaining postures and developing mental focus through breathing practices.
Class enrollment must have a minimum of 10 students!

**INTRAMURALS**

**Flag Football**
Games are held on Wednesdays and Fridays 4:00-5:30 pm @ Haverford College Apartments Green. Flag football is a recreational sport that is easy and fun to play. Regardless of experience, gender, or skill, anyone is welcome to join. The season consists of group games in which the entire club gets together, learns plays, runs drills, and scrimmages. Contacts: Matt Orefice (morefice@haverford.edu) and Tilemachos Matkaris (tmatkaris@haverford.edu)
Intramural Tennis
Practices and match play will take place mostly on the outdoor tennis courts (utilizing the Alumni Field House as needed and available).
The group welcomes all interested people who want to play, regardless of level.
The majority of practice time will be spent in hitting drills as well as singles and doubles competitions.
Tennis racquets and tennis balls will be provided.
Contact: Sarah Jesup (sjesup@haverford.edu)
Initial meeting will be in the Conference Room, second floor of the GIAC Building
Tuesday, September 3rd at 5:15 pm – practice times will be coordinated at this meeting

Intramural Volleyball
Practices and games take place in the GIAC’s Gooding Arena on Thursdays 6:30-8:00pm and Sundays 2:00-3:30pm. The group welcomes all interested people to join, and no prior experience is necessary. Practices begin with individual warm-ups, during which group leaders will teach beginning players basic skills such as serving, bumping, setting, and hitting. The majority of practice time is spent scrimmaging. The group will decide, as a whole, how to create teams and rotations as needed.
Contacts: Rebecca Chen (rkchen@haverford.edu) and Anita Zhu (amzhu@haverford.edu)

CLUB SPORTS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Benjamin Kwon (ykwon@haverford.edu), Marisa LaBarca (mlabarca@haverford.edu), Ruiming Li (rli2@haverford.edu) and Felix Qin (hquin@haverford.edu)

Crew (M/W)
Contact Email: (haverford.crew@gmail.com)
Male Captains: Jacob Epstein (jmepestein@haverford.edu) and Ian Davis (idavis@haverford.edu)
Female Captains: Pamela Gonzalez (pgonzalez1@haverford.edu) and Zoe Trosclair (ztrosclair@haverford.edu)

Golf (M/W)
Captains: Davis Chase (dhchase@haverford.edu)

Men’s Rugby
Captains: Caesar Meric (chowpanhie@haverford.edu), Dan Spar (dmsp@haverford.edu) and Steven Puac (spuac@haverford.edu)

Men’s Soccer
Captains: Ben Mass (bmass@haverford.edu)

Women’s Soccer
Captains: Rebecca Boden (rboden@haverford.edu) (abroad Fall ’19) and Claire Blood-Cheney (cchenee@haverford.edu)

Men’s Ultimate Frisbee
Captains: Moselle Burke (mnburke@haverford.edu), Ewan Lang (eslang@haverford.edu) and Paul Wynkoop (pwynkoop@haverford.edu)

Women’s Ultimate Frisbee
Captains: Lina Klose (lklase@haverford.edu)

CLUBS AT BRYN MAWR COLLEGE

**Haverford College students participating in Bryn Mawr Club Sports must register on Bionic for credit.**

Equestrian (M/W)
Haverford Captains: TBA
VARSITY INTERCOLLEGIATE FALL SPORTS

Women’s Soccer – Jamie Schneck
Men’s Soccer – Zach Ward
Field Hockey – Jackie Cox
Volleyball – Drew Hargrave
Women’s Cross Country – Fran Rizzo
Men’s Cross Country – Tom Donnelly

VARSITY INTERCOLLEGIATE SPRING NON-TRADITIONAL SPORTS

Softball – Kate Poppe
Baseball – Dave Beccaria
Women’s Tennis – Drew Cohn
Men’s Tennis – Brendan Kinkaid
Women’s Lacrosse – Katie Zichelli
Men’s Lacrosse – Nick Taylor
Co-Ed Cricket – Kamran Khan