The COCC department of Club Sports, Intramural Sports and Recreation has a tradition of supporting the college community of all ages and abilities in the opportunity to pursue an active and healthy lifestyle. By providing facilities, programs and activities, the Sports and Recreation department educates students in the areas of leadership, fitness skills, interpersonal skills and assists students in balancing the stress of studying, working and personal obligations.

For more information, please contact

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CLUB SPORTS OFFICE  Mazama 111
Participants in the Club Sports Programs must be enrolled in six to twelve credits depending on the sport. Intramural sports are open to all COCC and OSU students (one or more credits) and staff.

**FALL TERM**
- Basketball (Men's)
- Basketball (Women's)
- Bowling
- Cross Country Running
- Forest Sports
- Rodeo
- Rugby
- Running
- Soccer (Men's)
- Soccer (Women's)
- Indoor Soccer (Coed)
- Swimming
- Table Tennis
- Volleyball (Coed)
- Volleyball (Women's)

**WINTER TERM**
- Baseball
- Basketball (Men's)
- Basketball (Women's)
- Bowling
- Forest Sports
- Rugby
- Skiing
- Indoor Soccer (Men's)
- Indoor Soccer (Women's)
- Swimming
- Table Tennis
- Volleyball (Coed)
- Volleyball (Women's)

**SPRING TERM**
- Baseball
- Bowling
- Dodgeball
- Forest Sports
- Golf
- Jungle Run
- Rugby
- Running
- Soccer (Men's)
- Soccer (Women's)
- Storm the Stairs
- Swimming
- Table Tennis
- Triathlon
- Volleyball
- Volleyball (Women's)