



Keene State Recreational Sports 2019-2020 – Club Sports Information – spring 2020

Brazilian Jiu-Jitsu Club

Established in 2008, Keene State College Brazilian Jiu-Jitsu is a non-discriminant, student run organization. Jiu Jitsu is a grappling sport, so no striking (punches, kicks, knees, elbows etc.) The focus is on position control and dominance, as well as choke holds and joint manipulation (making people tap out). No experience is required as most of the members are new to martial arts. The club meets once a week in the mat room in the gym. These sessions are taught by Peter Greene. He owns Flow Brazilian Jiu Jitsu. **To learn more about KSC Brazilian Jiu-Jitsu, visit us at facebook.com/KSCBJJ or contact club President, Nick Harms at nicholas.harms@ksc.keene.edu.**

KSC Dance Team

The Keene State College Dance Team is a nationally ranked hip-hop team. The team performs at athletic events on campus, mainly soccer and basketball games. The dance team also likes to bring school spirit to other activities and events throughout the year such as Relay for Life and local Keene community events. The team's biggest goal each year is to raise enough money to compete at the UDA National Competition in Disney World, where in January 2020, the team finished in 10th place after finishing in 13th place in 2019. **For more information about the KSC Dance Team, please contact the current president, Ariel Luria at ariel.luria@ksc.keene.edu.**

Environmental Outing Club

For more information about the Environmental Outing Club, please contact the co-presidents, Laura Valestro at Laura.Valestro@ksc.keene.edu or Lindsay Penn at Lindsay.penn@ksc.keene.edu.

Men's Ice Hockey Club

In 2019-20, the men's club hockey team received its first automatic qualifying bid for the ACHA Men's DII National Tournament; the fourth time in the last fifth years advancing to the national tournament. However, due to the Covid-19 virus pandemic, the national tournament was canceled. The men's club won the NECHA league championship by defeating Boston College, 7-0 in the semi-finals and Boston University, 8-3 in the finals. The men's club hockey team competes in the Northeast Hockey Association and as members of the American Collegiate Hockey Association. Membership in the club is open to all students, however tryouts for the team are held in late September each year. The Owls play in the Patriot East Division of NECHA, which also includes UVM, Providence College, UMass, and Holy Cross. The club also plays the University of New Hampshire, Boston University, Northeastern University, Bryant and RPI. For more information about Club Hockey, visit www.kschockey.com. **Contact Carlin Testa at Carlin.testa@ksc.keene.edu for more information about men's ice hockey.**

Women's Ice Hockey Club

The women's club hockey team played in the Presidential Division D2 league which involved a higher level of competition. The club typically practices twice a week with 1-2 games on the weekend. The women's hockey club will be looking for interested skaters for next year to help the club compete against other college club teams. **Contact the women's ice hockey club current president, Patrice Guerard, patrice.guerard@ksc.keene.edu for more information.**

Men's Rugby Club

Rugby may not be a common sport in the United States, but students learn quickly about this fast-paced game from a certified coach and experienced club players. No prior experience is necessary and in fact, many of the members have never played the game of rugby before arriving at Keene State. During the fall semester, club competes against opponents from a competitive NSCRO-South Champions Division including Eastern Connecticut State, Salem State, Babson College, Nichols College, and Tufts University. **Interested students can contact the club's current president, Alex Rushworth, alex.rushworth@ksc.keene.edu with any questions about the men's rugby club.**

Women's Rugby Club

The women's rugby club plays in the Rugby Northeast Conference. Rugby is a centuries old game, best described as a combination of soccer and football, but without the pads. A qualified coach and experienced players help instruct new members on the fundamentals of rugby and game strategy that will prepare to play this exciting sport. **Interested students can contact the club's current president, Kate Hubbard, kate.hubbard@ksc.keene.edu about the women's rugby club.**

Men's Club Soccer

The men's club soccer team is always looking to recruit new players for their club. Last fall the club played nine games against teams such as UMass-Amherst, Siena College, Union College, Amherst College and the University of Albany. The men's club soccer team offers students a competitive level of soccer that is organized to compete with numerous colleges in the New England region. The men's club participates in the Region I Men's Club Soccer league. **Interested students can contact, Logan Bonneau, the club soccer president at logan.bonneau@ksc.keene.edu for more information.**

Ski/Snowboarding Club

For more information about the Ski/Snowboarding Club, please contact the president, Gino Catruch at gino.catruch@ksc.keene.edu.

Ultimate Frisbee Club

The Ultimate Frisbee Club is a mixed gender team that plays competitively throughout New England. The club frequently travels to Rhode Island, Massachusetts and Maine. The club plays in intercollegiate tournaments during the fall and spring semester. The Ultimate club travels during spring break to participate in the largest collegiate tournament in Myrtle Beach, SC each year. **For more information contact the club president, Samantha Dost, Samantha.dost@ksc.keene.edu.**

Yoga Club

The Yoga club is opened to all skill levels from long term practitioners to first time yoga goers. The club meets weekly to flow for an hour in the aerobics studio. Yoga mats provided! **For more information about the Yoga Club, please contact the president, Emily Crafford, Emily.crafford@ksc.keene.edu.**