# **CAMPUS RECREATION**

Christopher Misiano, B.S., M.A.R., M.R.E., Ph.D. Vice President of Campus Recreation & Logistics

Bill Crawford, B.S., M.S., Ph.D.
Senior Director of Recreation Facilities

Sean Sealy, B.S., CSAEd, CSAEd-CR Senior Director of Recreation Facilities

The Division of Campus Recreation provides a variety of opportunities for residential and online students to help maintain a healthy lifestyle through modern indoor and outdoor recreation facilities as well as programs and services that provide environments for physical fitness, social interaction, and overall wellness.

Campus Recreation connects students to all that Liberty University has to offer beyond the classroom. Whether it is fitness and recreation, sporting tournaments and leagues, outdoor activities, wellness initiatives, or weekly entertainment events, Campus Recreation and Student Activities offer something for everyone. More information is available online at Campus Recreation and Student Activities.

### **LaHaye Recreation and Fitness Center**

Sean Sealy, B.S., CSAEd, CSAEd-CR Senior Director of Recreation Facilities

Michael Chambers, B.S., MEd Director of Fitness Facilities

LaHaye Recreation and Fitness Center offers students various cocurricular spaces that provide important physical and social outlets for the development of a well-rounded collegiate experience. This includes modern fitness equipment, seven basketball courts, nine volleyball courts, four racquetball courts, two indoor soccer fields, a rock wall, an aquatic center, an indoor track, six group exercise studios, and more. Students have the opportunity to participate in a variety of programs including over 40 group fitness classes per week, personal training, bouldering classes, fitness workshops and competitions.

# Montview Bowling Alley and Game Room

Sean Sealy, B.S., CSAEd, CSAEd-CR Senior Director of Recreation Facilities

Joshua Gomes, B.S., M.S.

Director of Montview Recreation

Montview Bowling Alley offers eight bowling lanes, two billiard tables, and an arcade. Liberty University students, faculty, staff and the general public can bowl by the game or by the hour. Montview Bowling Alley memberships are also available to the Liberty University community at a low cost.

The Montview Game Room, open for Liberty students, faculty, and staff is equipped with board games and several gaming consoles including two PS5™, two XBOX™ Series X, one Nintendo Switch, and one Nintendo Wii. Semi-regular gaming tournaments are held during the semester. Four billiard, three ping pong, one air hockey, and one foosball tables are available for use with the checked-out equipment as well.

### **David's Place**

Sean Sealy, B.S., CSAEd, CSAEd-CR Senior Director of Recreation Facilities

Michael Chambers, B.S., MEd Director of Fitness Facilities

David's Place is a 5,000 square foot fitness facility located on East Campus and is available for all Liberty University students, faculty and staff to enjoy! David's Place consists of a Cardio Floor, Cycle Studio, Multipurpose Room, and Functional Fitness room which is outfitted with

dumbbells, bikes and more.

# **Hydaway Outdoor Center**

Bill Crawford, B.S., M.S., Ph.D.
Senior Director of Recreation Facilities

Katy Clay, B.S.

Director of Outdoor Recreation

The Hydaway Outdoor Center features a lake with beach access for swimming, as well as outdoor equipment rentals. Students can check out items such as, canoes, kayaks, paddleboards, fishing gear, camping gear, and mountain bikes. Additionally, team building and leadership development courses can be scheduled for groups on the high and low ropes course. The facility has eight campsites and multi-purpose space for group meetings and events. Hydaway Outdoor Center hosts a wide range of outdoor events and trips such as white-water rafting, kayaking, horseback riding, fly fishing, hiking, and camping. They also host the very popular Liberty Mountain Trail Series, which is comprised of several trail races during the Fall and Spring semesters.

## **Liberty Mountain Gun Club**

Bill Crawford, B.S., M.S., Ph.D.
Senior Director of Recreation Facilities

Pat Meckley, B.S., M.S. Director of LMGC

Liberty Mountain Gun Club is a full-service shooting facility built for current Liberty University students, faculty, and staff. The facility is located just minutes from the main campus and offers several shooting opportunities for all skill levels. The facility is home to five Shotgun fields, a Rifle Range with target from 100 to 300 yards, a Pistol Range, and an Archery Range. The Shotgun Range sports American Trap, Skeet, and 5-Stand. The Liberty Mountain Gun Club is also home to two Liberty Club Sports Shooting Teams, the Club Sports Archery Team, and five different academic firearm classes offered through the Helms School of Government.

### **Liberty Mountain Trail System**

**Bill Crawford, B.S., M.S., Ph.D.**Senior Director of Recreation Facilities

Katy Clay, B.S.

Director of Outdoor Recreation

The Liberty Mountain Trail System consists of over 50 miles of single and double track trails and logging roads that span approximately 3,500 acres. The mountain rises to over 1,360 feet and offers something for all

difficulty levels, from a leisurely stroll to the Liberty University Monogram, to cross country and gravity-fed trails for both hiking and mountain biking.

#### **Disc Golf Courses**

Two different courses exist on the Liberty University campus. The first is located on the mountain near Hydaway Outdoor Center in conjunction with the Liberty Trail System, and the second is located on East Campus. They serve as the home of the Liberty Club Sports Disc Golf Team. The 20-hole course located at the Hydaway Outdoor Center includes three tee pads for beginners and experts alike, while the 18-hole course located on East Campus offers two. Another addition to this lineup is a 9-hole tiki disc golf course located at the Hydaway Outdoor Center as well.

## **Liberty Mountain Equestrian Center**

Bill Crawford, B.S., M.S., Ph.D.

Senior Director of Recreation Facilities

Suzanne Flaig, B.A., M.Ed.

Director of LMEC

The Equestrian Center hosts riding lessons, trail riding opportunities, student boarders, and physical education elective classes for the Liberty University community. It is also home to Liberty's Hunt Seat and Western Equestrian Teams. The Equestrian Center has three main barns that hold 52 horse stalls, eight cross tie areas, and five indoor wash racks. The facility also has 20 outdoor stalls used for programming and events. Horses are provided with daily turnout in 20 pastures, each from five to ten hilly acres with automatic waterers and loafing sheds. There are miles of riding trails on the mountain, in addition to the two arenas. The 120' x 300' outdoor ring has lights and an automatic water cannon watering system. The 120' x 300' indoor ring is one of the largest in Virginia and is used for collegiate shows and other events, in addition to daily riding. Altogether, the Liberty Equestrian Center expands across a 380-acre property on Liberty Mountain, and 72,000 square feet of highquality riding surface.

# **Liberty Mountain Snowflex Centre**

Bill Crawford, B.S., M.S., Ph.D.

Senior Director of Recreation Facilities

Derek Quinn-Woods, B.S.

Director of Snowflex

Liberty Mountain Snowflex Centre, located off Candler's Mountain Road, specializes in year-round mountain activities open to Liberty University students, faculty, staff, and the general public. This includes a beginner slope, intermediate slope, advanced slope/terrain park, and two Neveplast tubing runs (350 ft. and 500 ft.). The 550-foot terrain run has three jumps with a quarter pipe at the bottom and a 550-foot ski slope with multiple rail features for all levels. The facility is also home to The Liberty Club Ski and Snowboarding team.

The Barrick-Falwell Lodge is an 8,000 square foot facility at the base of the ski runs. On the first floor, this building houses the ticket office and rental area. On the second floor are the event space and concession area with a full view of the ski slope and an amazing view of the campus and the Blue Ridge Mountains. The Snowflex Centre is a great venue for birthday parties, business meetings, gatherings, and events. It hosts multiple ski and snowboard summer camps along with fun activities all year long.

## **Intramural Sports**

Sean Sealy, B.S., CSAEd, CSAEd-CR Senior Director of Recreation Facilities

#### Ed Barnhouse, B.S.

Director of Intramural Sports

Intramural Sports are organized recreational sports leagues that allow students at Liberty Univeristy to participate in a variety of team and individual sports. Competition exists, but the real focus of intramural sports is health and exercise, social interaction, stress reduction, sportsmanship, and teamwork.

During the Fall and Spring semester, over 20 different sports in various leagues and tournaments are offered for wide participation on the part of both men and women.

#### **Indoor Leagues**

- · 4v4 Flag Football
- Basketball
- Bowling
- Broomball
- · Coed Volleyball
- Cornhole
- · Indoor Soccer
- Racquetball

#### **Outdoor Leagues**

- 7v7 Flag Football (Fall)
- · Coed Beach Volleyball
- · Disc Golf
- · Outdoor Soccer
- Softball
- · Spikeball
- Tennis
- · Ultimate Frisbee
- Pickleball

#### Tournaments

- 3-Point Shootout
- · Billiards
- · Dodgeball
- · Fantasy Football (Fall)
- Kickball
- · Table Tennis
- Wiffleball
- · Women's Flag Football
- · Women's Softball

#### **Liberty Mountain Intramural Complex**

This recreational facility consists of four distinct areas. A 220,000 square foot, multi-purpose turf area lined to accommodate to flag football, softball, soccer, and ultimate Frisbee. A recreational softball field made of natural grass sits next to the turf area and four additional fully-lit, sand volleyball courts to make a total of eight courts at Liberty University.

Next to the sand volleyball courts are six pickleball courts for Intramural pickleball.

### **Student Activities**

Cort Comfort, B.S.

Director of Student Activities

Student Activities is committed to the service of the students of Liberty University by providing a variety of culturally-relevant events and recreational activities throughout each semester, giving students a series of opportunities to interact with one another and enhance their overall college experience.

Student Activities presents an extensive variety of entertainment opportunities, usually free or at an exclusive Liberty University discounted price. Events include concerts featuring nationally acclaimed performers (such as Josiah Queen, Forest Frank, Abbie Gamboa and more), movie nights, game nights, open mic nights, student concerts, art expos, and more. Student Activities also provides large-scale campus traditions for the entire Liberty University Community, such as Homecoming, Block Party, Coffeehouse, and Christmas in Lights.