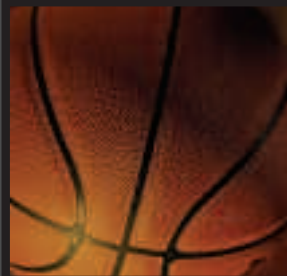
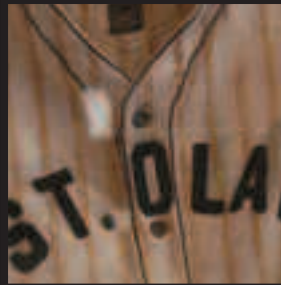


Get in the Game!



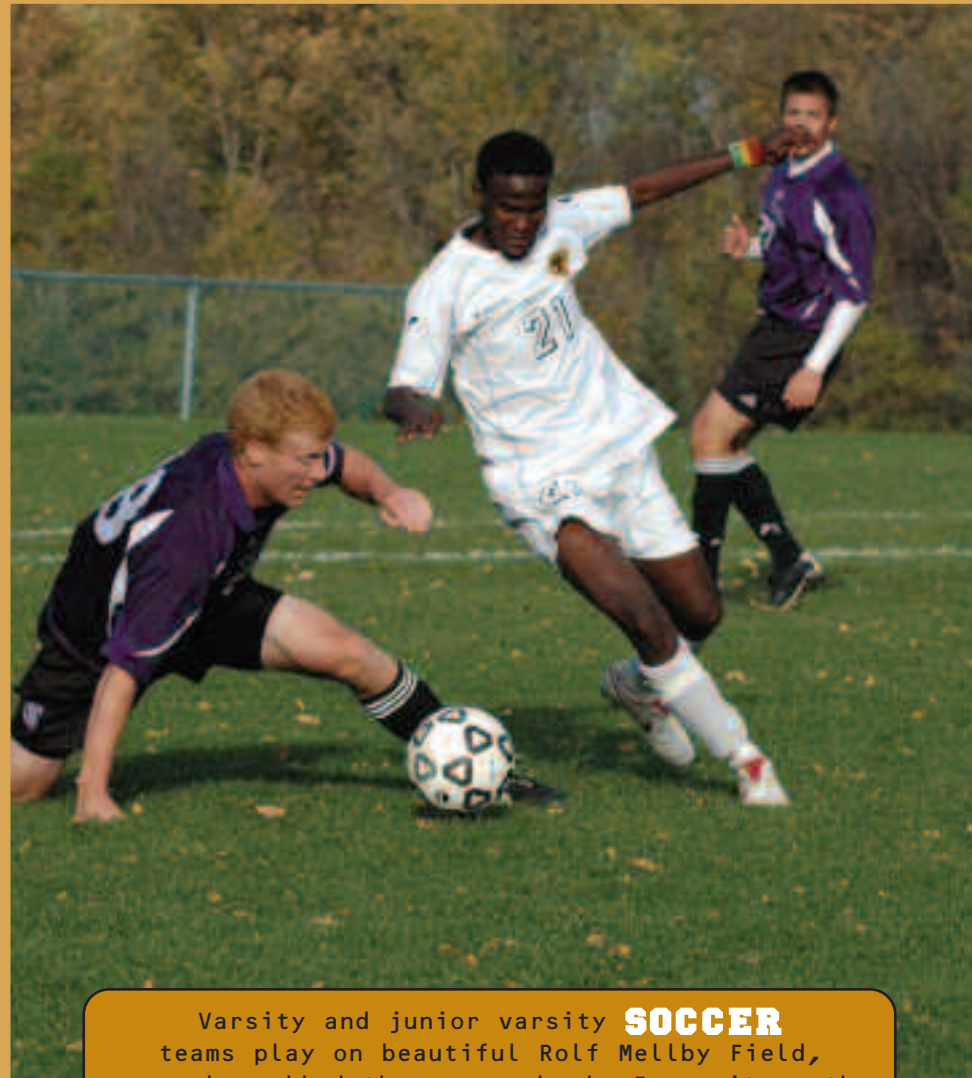
Athletics + Recreation
ST. OLAF COLLEGE



Men's
**SWIMMING
 AND DIVING**
 held 22
 consecutive MIAC
 championships from
 1977 to 1999 and
 prevailed again in
 2001. The women
 were conference
 champs in 2005 and
 2006, and held 12
 straight titles
 from 1987 to 1999.



Varsity Sports



Varsity and junior varsity **SOCCER** teams play on beautiful Rolf Mellby Field, commonly called the soccer bowl. Fans sit on the grassy slope flanked by acres of natural lands.

In the 2005-06 season, the **HOCKEY** Oles won the MIAC playoff championship and earned one of 10 spots in the NCAA tournament.



OLE* SPIRIT



“The MIAC is one of the most competitive Division III conferences in the nation. We recruit two types of athletes: those with the tools to compete in the league immediately and those with the potential to develop into great college players. Both types of students have helped us win championships at St. Olaf.”

— Matt Moberg, MIAC Commissioner



St. Olaf has three wood-floor **BASKETBALL** courts, plus four with a Mondo surface, two with tartan flooring and two outdoor courts.



* Ole (pronounced OH-lee): a student or graduate of St. Olaf College.

STAY AND PLAY

SPRING FEVER

Spring at St. Olaf blooms with sunshine, flip-flops, music festivals, MIAC meets, intramural playoffs, flying Frisbees, bare legs and smiling faces everywhere.



Anchoring the east side of campus, the Ade Christensen Athletics Complex is home to Manitou Field, the college's track and field oval and Tom Porter Hall, providing first-class competition sites for track and football.

What do you do in T-shirt weather?

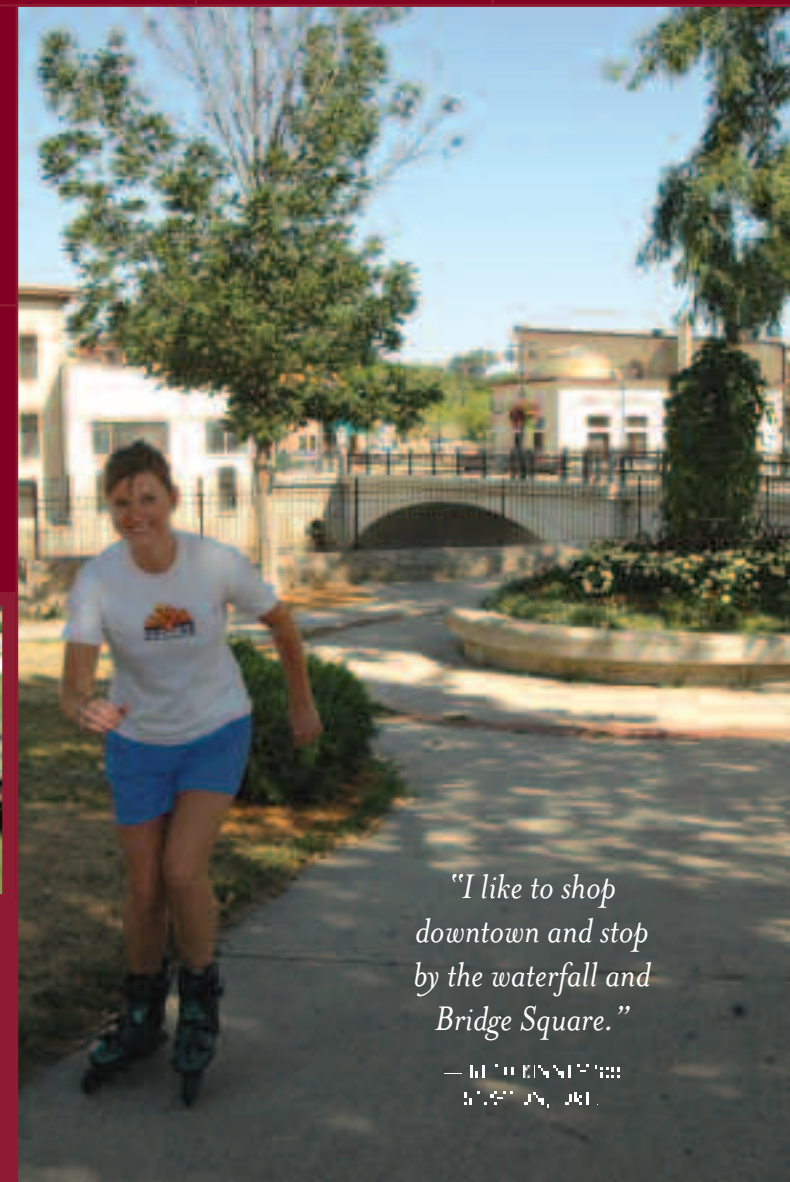
"I like to relax under the clear blue skies."

— DAN MICHOLICH
MADISON, WIS.



"I play beach volleyball and take runs through downtown Northfield."

— JENNIFER JACOBSON
NORTHFIELD, MINN.



"Rollerblade through Northfield and into Carleton College."

— BRITNEY KILGUS
LANSING, MINN.

"I like to have barbecues and play barefoot soccer with my friends."

— KYLE WOODWARD
MADISON, WIS.

"I like to shop downtown and stop by the waterfall and Bridge Square."

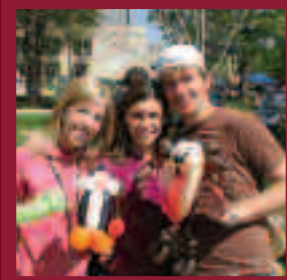
— JACOB KIMMEL
MADISON, WIS.

"Go disc golfing with friends on campus."

— JACOB KIMMEL
NORTHFIELD, MINN.

"I give in to it. Last week I went fishing."

— KYLE WOODWARD
MADISON, WIS.



"I go biking, and I throw the Frisbee around with my friend Katie."

— BRITNEY KILGUS
LANSING, MINN.

“Kickboxing is a fun way to get out your aggression. If I’m stressed I kickbox, and I feel 100 percent better. It helps me get my focus back.”

— KATHI TWENTON, (10. JWB, K1011),
CERTIFIED KICKBOXING INSTRUCTOR, UNO COLLEGE OF MEDICAL



“I want people to enjoy themselves while getting in shape. No two classes are ever the same. Every time people come to class they work on different body areas and try out different movements.”

— KATHI TWENTON, (10. JWB, K1011),
CERTIFIED KICKBOXING INSTRUCTOR, UNO COLLEGE OF MEDICAL

Learn more at
stolaf.edu/recreation

“Yoga teaches you to care for your body, especially when you’re surrounded by academic stress. I also teach the importance of accepting yourself, your body and others as they are today.”

— TASHA LEE, (10. JWB, K1011),
YOGA INSTRUCTOR,
UNO COLLEGE OF MEDICAL
AND WOMEN'S STUDIES
CENTER



**STAY-IN-SHAPE
CLASSES**

- Step aerobics
- Cardio and muscle strengthening
- Kickboxing
- Speed and conditioning
- Yoga

**PHYSICAL
EDUCATION
CLASSES** (partial list)

- | | |
|-----------------------|---------------------------|
| Archery | Fly fishing/
fly tying |
| Golf | Individual
fitness |
| Rock climbing | Jogging/running |
| In-line skating | Fitness walking |
| Basketball | Weight training |
| Volleyball | Racquet sports |
| Ultimate
Frisbee | Badminton |
| Swimming | Self-defense |
| Lifeguard
training | |
| Canoeing | |

**NORTHFIELD-AREA
FUN AND GAMES**

- | | |
|---|--|
| Cross-country
skiing | Cycling |
| Snowshoeing | In-line
skating |
| Sliding | Trekking
campus nature
trails |
| Campus golf
(played with
a tennis ball
you aim at
targets across
campus) | Fishing in the
Cannon River
and surround-
ing waterways |
| Disc golf | |

St. Olaf ranks third in the nation for best college food, according to *The Princeton Review*. But you don't need a survey to know that the college's training table is full of fresh, delicious options. Just ask the well-fed student-athletes:

HOW 'S THE FOOD?

"The quality of the food is often even better than what I would get at home. Don't tell my mom!"

— JESSICA LASKY '11 '12 (FLY FISHING)
Minneapolis, Minnesota



"The biggest challenge is not eating too much. Everything always looks so good it's hard not to load up your tray with food."

— KYLEIGH MULLIKEN '11 '12
Great Falls, Montana

"Most of the food comes from local sources that don't use hormones or chemicals. I know what I'm putting in my body is healthy."

— KYLE WILSON '07
Burnsville, Minnesota

"The food is great, and there is so much selection that it's easy to combine items and have a meal that isn't even on the menu."

— JILL WILSON '07
Lake Geneva, Wisconsin

"St. Olaf has a beautiful salad bar and tons of expertly prepared desserts. Post-workout dinners where your trays are piled high are a great bonding experience."

— KYLE WILSON '07
Flower Mound, Texas

CASTING CALL

Fly-fishing in Minnesota is a way to find a quiet kinship with nature — and a few brown, rainbow or brook trout. The limestone-bedded spring creeks within striking distance of St. Olaf are some of the country's best for fly-fishing, especially if you want to avoid the crowds stirred up by the burgeoning popularity of the sport west of the Mississippi River.

Jon Fibeger '99 (below, left), now a physical therapist in La Grange Park, Illinois, was president of one of the first fly-fishing clubs at St. Olaf. He also promoted watershed conservation in that role. He still loves the sport.

The fly-fishing tradition is carried on today by St. Olaf tennis coach Scott Nesbit. In his class each spring, Nesbit

teaches the dozen or so students to tie pheasant tails, woolly buggers, hare's ears, beetles, brassies and more to match each insect hatch and trick the fish into biting. On alternate class days they learn to cast on the campus lawns or in the nearby Cannon River (below, right).

Josh Hanske '08, a teaching assistant, has fly-fished since childhood. He loves fishing in southeastern Minnesota to "get out in beautiful places in nature."

The fly-fishing fathers of Brenna Greenfield '06 and Nathan Espiritu '06 introduced them to the sport. "When I was little my dad fished and I watched," says Greenfield.

She's looking forward to casting her line next to his from now on.



Missouri River in Montana

Cannon River in Northfield