The mission of Campus Life is to provide activities, programs and facilities to help cultivate a positive outside-of-classroom environment that promotes student involvement, learning, and personal development. As such, responsibilities of the office include coordinating student activities, SUNY Potsdam Weekly or SPW (the student activities calendar), the leadership program, and providing services to all student clubs/organizations.

Campus Life Goals:
1. To promote engagement in student leadership activities and to provide on-going opportunities for students to explore and enhance their leadership styles/skills to better both the campus and larger community.
2. To promote student well-being through providing an on-going student activities program to help foster student connections with peers while creating a fun and dynamic campus atmosphere.
3. To ensure student life facilities are well maintained, equipped and staffed to support the out of classroom experience.

Director of Campus Life
The Director of Campus Life provides supervision for the office staff and programs and is directly responsible for student activities and the leadership program.

Director of Student Life Facilities
The Director of Student Life Facilities is responsible for the facility management of the Student Union, Knowles Conference Center, Dunn Theater and designated college grounds.

Assistant Director of Campus Life
The Assistant Director of Campus Life coordinates SUNY Potsdam Weekly (SPW), Greek Life and aspects of the leadership program.

Program Coordinator of Campus Life
The Program Coordinator of Campus Life provides assistance in the areas of student activities and leadership.
Campus Life—Student Activities

Athletics, Recreation & Physical Education

The foundation for a good overall program is sound instruction designed to meet the needs of all students. Potsdam students are required to take physical education skill and activity courses. The strength of the total program lies in the instructional aspects which encompass a wide variety of activities, allowing students to explore their potential, limitations, abilities, and interests, and introduces students to activities which may be pursued throughout life.

The second level provides recreational and intramural activities (See Intramural Sports Program). Potsdam has a very active intramural program. The program provides team, dual, individual and coeducational activities for all those who care to participate. It is organized and supervised, but informal. Intramurals provide the participants an opportunity to use the skills and knowledge obtained in the instructional program to have fun, fellowship, release energy, tension and maintain a degree of physical fitness.

The third level provides activities, opportunities, supervision and coaching for those students with exceptional physical abilities. Potsdam’s Athletic Department provides 17 varsity teams. This level requires more rigid discipline and conditioning and provides the greatest challenges and competition.

Intramural/Recreation Program

The Intramural/Recreation Program is committed to offering safe quality programs, facilities, and services to the college community. The program provides the entire student body with opportunities to participate in a variety of activities. Objectives of the offered programs are as follows: to promote participation in activities; social interaction; physical fitness; sportsmanship; skill development; personality and character development; healthy lifestyle choices; and quality use of leisure time. New activities can be offered with sufficient student interest and approval of the Intramural/Recreation office.

Activities Offered: Flag Football, Tennis, Co-Rec. Soccer, Men's B-Ball, Women's B-Ball, Racquetball, Volleyball, Floor Hockey, Co-Rec. Broomball, Dodge Ball, Indoor Soccer, Ultimate Frisbee.

Intercollegiate Athletic Program

The athletic program at SUNY-Potsdam offers 17 varsity sports (7 for men, 10 for women). The facilities and coaching are provided by the college. The funding for equipment, uniforms, officials and transportation, lodging and meals for away contests is provided by the Student Athletic Fee. SUNY-Potsdam has membership in the State University of New York Athletic Conference, Eastern College Athletic Conference and National Collegiate Athletic Association Division III. Division III regulations prohibit financial aid to athletes beyond actual need which is administered through the Financial Aid office. The athletic program offers entertainment, emotional involvement and pride in the institution.

Maxcy Hall

For the individual, there are more than 50 acres of outdoor athletic fields, including basketball courts, tennis courts, a track and Maxcy Hall; together, they make up Potsdam's athletic facility. Maxcy Hall itself houses three full-sized gyms, an ice rink, and Olympic size swimming pool, and a field house containing an indoor track. Also inside Maxcy Hall are class rooms, racquetball and squash courts, free exercise rooms, a dance studio, fitness center, and a therapy/training room. Students and staff can use these facilities on their own; Maxcy is open fourteen hours a day and each area is supervised by a student worker.

The Potsdam Exercise Program (PEP) began in 1982 for students, employees and their families to promote physical fitness in the SUNY-Potsdam community. PEP is staffed by students under the supervision of Operations Director Jay Green and is funded through PACES and SGA. PEP provides aerobic classes, and fitness testing.

There are one, two and three mile trails that weave throughout the campus to give the runner the benefit of both jogging and exercise.

In the Exercise/Fitness room, one can find the latest in exercise equipment for strengthening and conditioning the body. Exercise bikes, rowing machines, free weights, and universal gyms are examples of the kinds of equipment used. Blood-pressure, flexibility, strength, CV efficiency step tests and body composition tests that determine weight are also available to the PEP Center. The popular highlights of PEP include the aerobic workout classes. There are aerobic classes meeting at various times during the day to accommodate almost everyone’s schedule.

The PEP Center is located in Maxcy Hall on the third floor. When college is in session, the hours for the Exercise/Fitness room are:

- Monday - Thurs.............. 6:45 a.m.—10 p.m.
- Friday ................ 6:45 a.m.—9 p.m.
- Saturday & Sunday ........... 12 p.m. - 6 p.m.

To use any facility in Maxcy Hall, including the Exercise/Fitness room, you must have a current college I.D card.
Greek Life

Fraternities
Delta Kappa Theta (DK)
Phi Mu Alpha (PMA)

Co-ed
Alpha Psi Omega (APO)

While we encourage all students to take the time to get to know our recognized fraternities and sororities, we want to advise students and families that SUNY Potsdam has 4 banned organizations, which are Phi Chi Epsilon (Phi Chi), Psi Phi Delta (Psi Phi), and Sigma Pi (Sig Pi). These groups are banned organizations because they endangered the health and safety of students. Students who pledge, join, accept membership, affiliate in any way, or seek to perpetuate a banned organization are subject to judicial referral and potential suspension or expulsion.

In addition to these banned organizations, there are several organizations in the area that are unrecognized. These include, but are not limited to Alpha Delta Kappa (Alpha), Alpha Kappa Phi (Ago), Beta Tau (BT), Delta Tau Tau (DTT), DOD, Epsilon Omega (EO), Phi Kappa Sigma (Phi Kap) Psi Phi Epsilon, Tau Delta Kappa (TDK) and Theta Omega Phi (Prometheus). Because unrecognized organizations have no obligation to the College and its policies and procedures affiliation with these groups is discouraged.

Student Government Association

College is More Than Classes!
Student Government Association (SGA) provides a wide variety of activities, events, and services for the students of SUNY Potsdam throughout the entire school year. SGA has an up-to-date website that explains their organizations and the events or services they provide. You can check out all that SGA has to offer by visiting their website at www.potsdam.edu/studentlife/sga. If you have any questions, comments, or suggestions, please don't hesitate to call the SGA office at 267-2588. They will gladly talk with you about the activities on campus and help you get involved.

Student Opportunities

At the beginning of each semester, student groups set up in the lobby of the Student Union for the Organizational Fair. Groups inform students about their activities and sign up new members. Many of these groups are funded by your student activity fee. Students are needed to work on projects, serve on college committees and join in activities. You are eligible to participate in any student organization. New organizations may be recognized. Contact Student Government Association for the procedure. To view the current listing of student opportunities, visit www.potsdam.edu/studentlife/clubs.