We Will Win

We Will Lead

We Will Teach

Principles That Guide Us

We Will Serve

We Will Serve

Courses

Courses

Men's Intercollegiate Teams

Men's Intercollegiate Teams
Women's Intercollegiate Teams

Below are links to the website of each Women's Team with information about rosters, coaches, schedules, statistics, news, history, tickets, promotions, and additional information.

- Basketball (http://www.gostanford.com/?path=wbball)
- Beach Volleyball (http://www.gostanford.com/?path=bvball)
- Cross Country (http://www.gostanford.com/?path=xc)
- Fencing (http://www.gostanford.com/?path=fenc)
- Field Hockey (http://www.gostanford.com/?path=fhockey)
- Golf (http://www.gostanford.com/?path=wgolf)
- Gymnastics (http://www.gostanford.com/?path=wgym)
- Lacrosse (http://www.gostanford.com/?path=wlax)
- Rowing (http://www.gostanford.com/?path=wrow)
- Lightweight Rowing (http://www.gostanford.com/?path=row_lt)
- Sailing (http://www.gostanford.com/?path=sail)
- Soccer (http://www.gostanford.com/?path=wsoc)
- Softball (http://www.gostanford.com/?path=softball)
- Squash (http://www.gostanford.com/?path=wsquash)
- Swimming and Diving (http://www.gostanford.com/?path=wswim)
- Synchronized Swimming (http://www.gostanford.com/?path=syncswim)
- Tennis (http://www.gostanford.com/?path=wtens)
- Track and Field (http://www.gostanford.com/?path=track)
- Volleyball (http://www.gostanford.com/?path=wvball)
- Water Polo (http://www.gostanford.com/?path=wwpola)

Sports Performance

Stanford's Sports Medicine Program is dedicated to providing the best possible medical care for the student athlete's injuries and illnesses. The program is unique in its team approach to health care, as the Team Physicians (http://ortho.stanford.edu/Jacob/physicians.html), Athletic Trainers (http://www.stanfordsportsmedicine.com/?page_id=53), Physical Therapists (http://www.stanfordsportsmedicine.com/physical-therapy/), and Sports Scientists (http://ortho.stanford.edu/humanperformance/personnel.html) all collaborate on the care provided to each athlete. The team physicians provide diagnosis, treatment, arrange for consultations, order lab tests, x-rays and MRIs, and make decisions on the participation status. Athletic trainers work under the supervision of our team physicians to provide prevention, evaluation, and treatment of athletic injuries. Physical therapists design specific programs for rehabilitation and communicate directly with the athletic trainer, physician, and sports performance coaches. Sport Scientists work with coaches and athletes to test and analyze athletes using state-of-the-art motion capture, biomechanics and physiology equipment.

Sports Psychology Services

The mission of Stanford Athletics Sport Psychology Services is to provide psychological services to Stanford University student-athletes that foster mental health and well-being, promote excellence in educational and athletic goals, and contribute to a safe, welcoming, and multiculturally aware athletic department and campus community.

Stanford Athletics has had an ongoing and collaborative relationship with the Department of Psychiatry and Behavioral Sciences to provide integrated behavioral health services to Stanford student-athletes, including a full-service sport psychology program.

- Dr. Kelli Moran-Miller (http://www.gostanford.com/staff.aspx?staff=208), Director of Sport Psychology for Stanford Athletics, is a licensed psychologist, a certified consultant with the Association of Applied Sport Psychology, and a member of the USOC registry. She uses a strengths-based, solution-focused, and student-centered approach to assist student-athletes in the achievement of personal, educational, and sport goals. Her office is in the Sports Medicine Center.
- Dr. Lisa Post, Director of Sports Medicine in Psychiatry, is a licensed psychologist who specializes in working with collegiate and professional athletes and coordinates referrals and care within the Department of Psychiatry and Behavioral Sciences. Her office is on campus at 401 Quarry.

Services

Sport Psychology Services offers confidential personal counseling, performance psychology consulting, psychological rehabilitation from injury, career counseling, medication evaluation and management, and specialized care referrals. Team-centered workshops for varsity teams, crisis intervention, and consultation with coaches and athletic department staff also are available.

Individual sessions provide a unique opportunity to explore issues that may be preventing you from reaching your potential athletically, academically, or personally.

Team-centered workshops are designed to address the unique goals of the participating team and to provide memorable active learning experiences to build team unity, reinforce team mission and vision, clarify team goals, roles, and responsibilities or teach mental skills.
The Jaquish & Kenninger Director of Athletics: Bernard Muir
Deputy Athletics Director: Patrick Dunkley
Deputy Director of Athletics: Ray Purpur
Executive Associate Athletics Director: Beth Goode
Executive Associate Athletics Director • External Relations: Tommy Gray
Executive Associate Athletics Director: Heather M. Owen
Executive Associate Athletics Director: Brian Talbott
Senior Associate Athletics Director • Facilities, Operations and Events: Jamie Breslin
Associate Athletics Director • Finance & Business Operations: Brian Favat
Associate Athletics Director • Compliance Services: Jacquelyn Kulgevich
Associate Athletics Director • Corporate Partnerships: Adam Requarth
Associate Athletics Director • Development: Adam Schnberger
Associate Athletics Director • Academic Services: Melissa Stringer

Courses

ATHLETIC 1. Thriving in Athletics: Health and Wellness Concepts. 2 Units.
Develops the understanding, self-awareness, confidence, and skills necessary for students to serve as a resource for their peers in the areas of building resilience, promoting wellbeing, and supporting emotional balance. Examines personal values, identity, signature strengths, self-care and stress management practices, signs and symptoms of common mental health concerns, and barriers for care-seeking in the student population. Develops skills for enhancing personal well-being, communication, connecting students with existing resources, and promoting a culture of support, health and wellness.

ATHLETIC 10. Varsity sport experience. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator.

ATHLETIC 11. Athletic Team Manager. 1 Unit.
For student managers of intercollegiate teams. Limit 1 credit per quarter with a maximum of 8 credits able to be applied towards graduation. Prerequisite: consent of respective varsity team head coach. May repeat for credit.

ATHLETIC 12. VARSITY - Baseball. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 13. VARSITY - Basketball. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 14. VARSITY - Basketball. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 15. VARSITY - Cross Country. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 16. VARSITY - Cross Country. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 17. VARSITY - Track and Field. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 18. VARSITY - Track and Field. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 19. VARSITY - Fencing. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 20. VARSITY - Fencing. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 21. VARSITY - Field Hockey. 1-2 Unit.
Designed for the Varsity Athlete; conditioning, practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
ATHLETIC 23. VARSITY - Golf. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Men

ATHLETIC 24. VARSITY - Golf. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Women

ATHLETIC 25. VARSITY - Gymnastics. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Men

ATHLETIC 26. VARSITY - Gymnastics. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Women

ATHLETIC 27. VARSITY - Lacrosse. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Men

ATHLETIC 28. VARSITY - Rowing. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Men

ATHLETIC 29. VARSITY - Rowing. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Women

ATHLETIC 30. VARSITY - Lightweight Rowing. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 31. VARSITY - Sailing. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Men

ATHLETIC 32. VARSITY - Sailing. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport;Permission of appropriate sport administrator. May repeat for credit.
Same as: Women

ATHLETIC 33. VARSITY - Soccer. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Men

ATHLETIC 34. VARSITY - Soccer. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Women

ATHLETIC 35. VARSITY - Softball. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Women

ATHLETIC 36. VARSITY - Squash. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 37. VARSITY - Swimming. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Men

ATHLETIC 38. VARSITY - Swimming. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Women

ATHLETIC 39. VARSITY - Diving. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Men

ATHLETIC 40. VARSITY - Diving. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation.
Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.
Same as: Women
ATHLETIC 41. VARSITY - Synchronized Swimming. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 42. VARSITY - Tennis. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 43. VARSITY - Tennis. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 44. VARSITY - Volleyball. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 45. VARSITY - Volleyball. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 46. VARSITY - Beach Volleyball. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 47. VARSITY - Water Polo. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 48. VARSITY - Water Polo. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 49. VARSITY - Wrestling. 1-2 Unit.
Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 50. Olympic Training. 1-2 Unit.
Designed for students training for Olympic competition; conditioning; practice; competition preparation; weight training; and leadership skill development. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a verified candidate for an Olympic team with a specified training schedule calling for at least 30 hours (1 unit) or 60 hours (2 units) of training time in the 10 week quarter. Instructor approval required. May repeat for credit.

ATHLETIC 60. CLUB - Sport Experience. 1 Unit.
This course is offered to club sport athletes who participate on credit approved Club Sports teams. Teams who are eligible to receive credit, are required to have a coach and/or administrator to supervise their class. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 61. CLUB - Martial Arts Experience. 1 Unit.
This course is offered to Martial Arts athletes who participate on credit approved Martial Arts teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of martial arts administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 62. CLUB - Band. 1 Unit.
This course is offered to club members who participate on credit approved Club Sports teams. All members must complete 30 hours of participation during the quarter. To be eligible for credit, the club must practice 2x a week for a maximum total of 4 hours and participate in 1-3 events in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 63. CLUB - Climbing. 1 Unit.
His course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 64. CLUB - Equestrian. 1 Unit.
This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 65. CLUB - Rugby. 1 Unit.
This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.
ATHLETIC 66. CLUB - Rugby. 1 Unit.
This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.
Same as: Women

ATHLETIC 67. CLUB - Squash. 1 Unit.
This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.
Same as: Men