Houston Community College
Rec Sports and Student Life

Troy Jefferson
Program Director
Recreational Sports and
Student Activities

Who are we?

Program founded on June 1, 2010 with 197 student participants. One year later program had grown to 611 student participants. Department consist of 5 full time recreational sports specialist. Schools that have provided interns: University of Houston, Rice University, Texas Southern University, and the University of Texas at Austin.
What do we offer?

**Sports:** Basketball, Soccer, Tennis, Golf, Dance, Baseball, Cycling, Flag Football, Softball, Volleyball, Table Tennis, Team Handball

**Fitness:** Boot Camp, Boxing Fitness, Full Body Exercise, Insanity Live, Pilates, Yoga, Zumba, Virtual Trainers

**Education:** Lunch & Learns, Skills Clinics, Nutrition

All programs are free to Houston Community College Students

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Who do we compete against?

We compete in various club sports leagues with teams from: Lone Star College, University of Houston, UH Downtown, Texas Southern, Sam Houston, St. Thomas, Rice, Lamar University, Lee College, Texas A&M, SMU, Texas State, North Texas, TCU, SFA, Tulane University.

We also compete against National Junior College Athletic Association (NJCAA) teams, varsity teams from four year schools in Texas and from around the country.
Where do we play?

Our home games are played as near to the college campus as possible. Road games are most often played on the campus of our opponent. Local YMCA’s, City Parks, and County Parks have also served as playing venues.

What are district teams, and how are teams formed?

All-star teams assembled from a general tryout of all club teams in a particular sport. Tryouts are managed by the head coaches of the club teams, and they determine the roster. Teams are entered in regional, state, and national tournaments. District teams are also assembled when no single college has enough student interest to build a particular team, but several colleges have limited student interest in doing so. Currently we field district teams in the following sports: Volleyball, Baseball, Team Handball, Cheerleading. Student interest alone is the determining factor in establishing a team. Students in good academic standing, and enrolled in at least 6 semester credit hours are eligible for league play.
Are we Successful?

HCC teams have won 53 Championship Titles since the student activities fee was enacted in the fall of 2006.

Contact Recreational Sports

Central College       718-7790  
Coleman College      718-2558  
Northeast College    718-5324  
Northwest College    718-7832  
Southeast College    718-6092  
Southwest College    718-7872
The Components of Student Life

Student Organizations
The right to assembly
Four members to start, and one full time employee to serve as advisor

Student Activities
Can be extracurricular or co-curricular
Must be extracurricular if funded by the student activities fee
Student involvement in the conception, planning, or implementation

Student Government (SGA)
All students are members
Four levels of SGA: local, district, state, national
SGA selects students who manage the student activities fee

District Committees
Student Fee Advisory Committee
Planning and Event Committees

Service Learning and Volunteerism

Contact Student Life

Central College 718-6402
Coleman College 718-7438
Northeast College 718-8373
Northwest College 718-5702
Southeast College 718-7005
Southwest College 718-7782
Questions

Troy Jefferson

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