

# ATHLETICS

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To provide a comprehensive athletic experience that fosters growth, integrity, and excellence in our student-athletes, while enhancing their academic and personal development.

Delaware County Community College is a member of the Eastern Pennsylvania Athletic Conference in Region XIX of the National Junior College Athletic Association (NJCAA) and offers opportunities for full-time students to participate in athletic competition at the intercollegiate level. The College offers Men's Baseball, Basketball, Soccer, and Outdoor Track and Field; Women's Basketball, Cross Country, Outdoor Track and Field, and co-ed Golf. Intercollegiate Athletics provide diverse and meaningful opportunities to enhance the holistic development of the student.

## Intercollegiate Athletics

Intercollegiate Athletics programs:

- Engage students in leadership opportunities through sport that enhance their abilities to work with others, develop skills, and lead effectively in diverse capacities on campus and in the community.
- Challenge students to demonstrate respect, sportsmanship, and cultural competency within their teams and communities.
- Support students to strive for academic excellence through mentorship, collaboration and connection to campus and community resources.
- Sustain a positive culture of offering relevant programming that promotes the cultivation of a healthy lifestyle.

Students interested in participating in any sport should contact the coach (<https://dcccphantoms.com/information/directory/index>).

Visit DCCCPhantoms.com (<https://dcccphantoms.com/landing/index>) for news, schedules and rosters.

## Recreation and Intramural Sports

If you are a student who likes more informal sports, you may participate in a variety of recreational activities at all campus locations. Here is a list of activities we typically offer our students. For more information, visit DCCC Phantoms (<https://www.dcccphantoms.com/wellnessrecreation/intramuralsports>).

- Basketball (Outdoor)
- Volleyball (Outdoor)
- Ping Pong
- Corn Hole & Bean Bag Toss
- Soccer
- Tennis

## Wellness Program

The Wellness Program takes a holistic approach to health education by promoting, and providing wellness resources to faculty, staff and students in our campus community. By focusing on the 8 dimensions of wellness, we are able to provide diverse education, resources, and

programming to help our community achieve a healthier, and more sustainable lifestyle.

We encourage community to take advantage of our wellness education offerings, including health fairs, workshops, publications and online information. For more information, visit DCCC Phantoms (<https://www.dcccphantoms.com/wellnessrecreation/program>).