

SPORT OPPORTUNITIES AT ASU@LAKE HAVASU

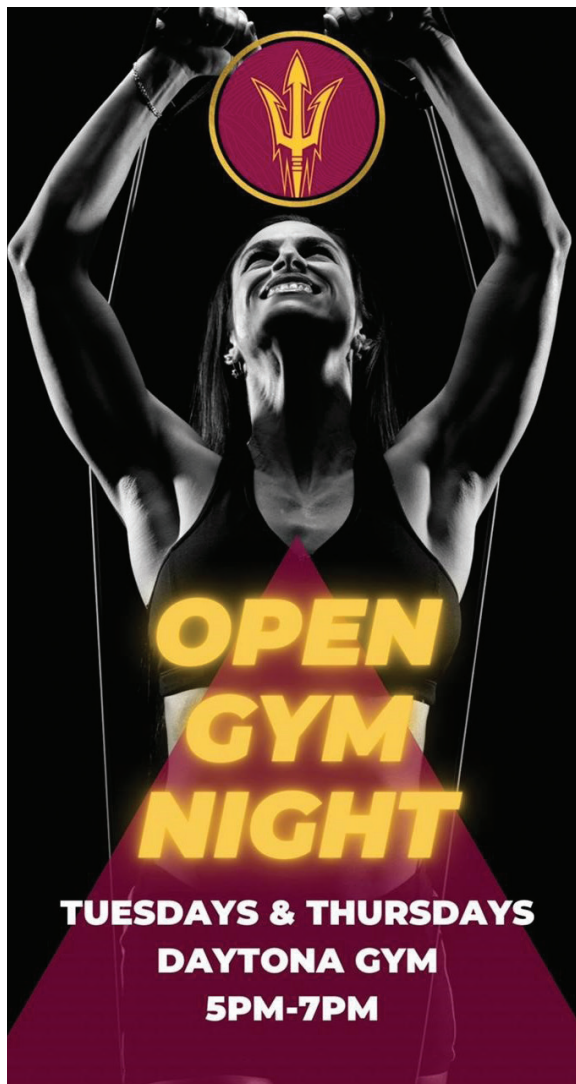
Sports are extremely vital in people's lives. Physical activity helps to stretch muscles and boost your health after a long day. It is also important when you are a college student, trying to relax after a day filled with working and studying.

ASU@Lake Havasu offers great opportunities for its students to stay active. During Open Gym Nights (every Tuesday and Thursday from 5 - 7 pm) in the Daytona Gym, students can choose to either play basketball or volleyball. Usually, there are 15-20 students, and they split into teams to play.

Those team games also help students get to know each other better. They can chat and laugh during games together. Having the same goal, which is to win the game, facilitates their relationships further. Students become extremely engaged in the game and forget about their daily routines and assignments. International students get to know local students more, and all of them become one team.

ASU@Lake Havasu also has its personal gym, which is free to all students and staff. Our gym has various training equipment for all muscles. Friendly student workers who work there are always ready to help and ensure everyone's safety. The gym also has a yoga room where Sun Devils can stretch and relax at the end of the day. In addition to the students, professors also visit in-between classes.

Moreover, ASU@Lake Havasu offers students free use of its two soccer fields and baseball field. Soccer is more popular among international students. As there are a lot of international students in Lake Havasu City, soccer fields are used often. It is always nice to play your favorite game on the weekend, especially with the great climate here in Arizona.



Students in ASU@Lake Havasu love the opportunities provided by their college and always try to get the best out of them. Keeping their bodies in shape and enjoying sports are as important to them as their studies.