



Office of Admissions  
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## Mary Baldwin College Athletics and Wellness

Compete on a team, take an aerobics class, learn to dance (ballet to ballroom and everything in between), practice yoga, go mountain biking ... athletics, fitness, and wellness are important at Mary Baldwin College — so much so that a personal wellness plan is one of the 10 key experiences that make up the Mary Baldwin College Advantage (see [www.mbc.edu/admission/spotlight/mbca.asp](http://www.mbc.edu/admission/spotlight/mbca.asp))

At Mary Baldwin, we truly subscribe to the ideal of the scholar athlete as one whose achievements encompass both athletic competition and academic excellence. Athletic competition incorporates discipline, teamwork, leadership development, and focus that serves academic pursuit as well.

- Mary Baldwin College is a member of the National Collegiate Athletic, Division III, and fields varsity teams in basketball, cross country, soccer, softball, tennis, and volleyball.
- Mary Baldwin College is in the USA South Athletic Conference.
- All students in the Residential College for Women at Mary Baldwin may also take advantage of club sports such as dance, fencing, horseback riding, field hockey, and swimming. Student interest also directs formation of intramural teams.
- Part of the 10 key experiences defined as the Mary Baldwin College Advantage is one focused on personalized wellness. Every student will develop a wellness plan that addresses physical fitness, awareness of good nutrition, and stress management techniques that can be incorporated into daily life and adapted for a lifetime of good health habits.
- Students at Mary Baldwin College have the opportunity to create an individualized fitness program that may include aerobics, walking, or dance. The Mabel Fetterman Held Fitness and Motor Performance Laboratory provides excellent assessment facilities so students can work with staff to set fitness goals and monitor progress.
- Students practice and play on facilities in and around the Physical Activities Center — known as PAC — including a track, tennis courts, and fields for softball, soccer, field hockey, and lacrosse. The 40,000 square foot PAC has a climbing wall, racquetball and basketball courts, treadmills, bikes, elliptical machines, and free weights and machines for muscle toning.

Find more information at: [www.mbc.edu/athletics](http://www.mbc.edu/athletics)

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*ready?*