



# SPORTS PROGRAM FALL 2024

ALL ACTIVITIES ARE ORGANIZED BY ASD STONE TOWER



HOW TO  
JOIN JCU  
ATHLETICS

# WEEKLY PROGRAM

## FITNESS CENTER

The Fitness Center is located in Vicolo della Penitenza, 26 - Gianicolo Residence.  
The access is free for all JCU Students, Faculty, and Staff.

JCU ID, ASD Membership, and "basic/gym" sport physical required to access.  
*Reservation* mandatory for the following **time slots** and **fitness classes**.

**9am • 10:30am • 12pm • 1:30pm • 3pm • 4:30pm • 6pm**

*Opening hours:* **Mon-Fri: 9 am - 8 pm; Sat-Sun: 2:30 pm - 8 pm**

## FITNESS CLASSES

**MONDAYS**

11:00 am

**YOGA**

📍 Secchia Terrace/ Fitness Center

**TUESDAYS**

4:30 pm

**KICKBOXING**

📍 Fitness Center

**THURSDAYS**

4:30 pm

**ABS & LEGS**

📍 Fitness Center

🗨️  
Join the  
group  
chat



TBD

**RUNNING Team  
JCU**

📍 Meeting Outside  
Gianicolo Residence

## MODERN DANCE COURSE

The modern dance course is designed for the study of technique and the creation of a **group choreography**. The dancers will train twice a week to collaboratively work on the choreography.

🕒 **TUESDAYS 8:15-9:15pm; THURSDAYS 6-7pm**

📍 **Fitness Center**



## PICK-UP GAMES



**MEN'S 5V5  
SOCCER  
TUESDAYS**

8-9 pm 🕒

📍 Trastevere Stadium, Via Vitellia, 50

**PICKLEBALL**



🕒 6:30-7:30pm **THURSDAYS**

📍 Kennedy Gym, Via Dandolo 104

***This Schedule is subject to change***

### ATHLETICS POLICY

Mandatory steps to join JCU Athletics

- **Subscription** to ASD Stone Tower
- Gym **Physical Examination**
- **Reservation** for activities and gym

### CONTACTS

📞 WhatsApp +39 3451771180

📍 Vicolo della Penitenza, 26 - ext 383

✉️ [athletics@johncabot.edu](mailto:athletics@johncabot.edu)

🔗 [linktr.ee/JCUgladiators](https://linktr.ee/JCUgladiators)

📷 @jcuagladiators

📘 [John Cabot University Athletics](https://JohnCabotUniversityAthletics)

🔗 [gladiators.johncabot.edu](https://gladiators.johncabot.edu)

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# VARSITY SPORT TEAMS

## TRYOUTS: Sep, 9-12 & 16-19

Tryouts are open to all students with a GPA above 2.0 who comply with JCU Standards JCU ID, ASD Membership, and "gym" sport physical required for tryouts. Mandatory steps: sign up for tryouts, **competitive physical** for the chosen ones.

[TRYOUTS SCHEDULE MAY DIFFER FROM WEEKLY PRACTICE SCHEDULE]

## TEAMS PRACTICE SCHEDULE

<b>NEW</b> Coed Padel	Cavalieri di Colombo	<b>M/W</b> 8-9:30pm
Men's Soccer	Trastevere Stadium	<b>M/W</b> 9-11pm
Women's 5on5 Soccer	Trastevere Stadium	<b>M/W</b> 8-9:30pm
Coed Volleyball	<b>T</b> Kennedy, <b>W</b> S. Paolo	<b>T</b> 8-9:30pm <b>W</b> 9-10:30pm
Coed Tennis	Tennis Team Pamphili	<b>T/Th</b> 9-10:30pm
Men's Basketball	San Paolo Ostiense	<b>M/W</b> 9-10:30pm
Women's 3v3 Basketball	San Paolo Ostiense	<b>M</b> 8:30-9:30pm
Cheerleading (basic physical required)	Kennedy Gym	<b>T</b> 6:30-8pm <b>Th</b> 7:30-9pm

## CHAMPIONSHIPS



**UNIVERSITIES OF ROME CHAMPIONSHIP - Rome:** End of October-April 2025



**WORLD INTER-UNIVERSITIES CHAMPIONSHIPS '24 Edition - Rome:** Nov, Thu 7-Sat 9

## SPECIAL EVENTS



**Gladiators Week:** September, 26-29

**Gladiators' Night:** September, Thursday 26



**TEAMS RETREAT - Sapri** September, Friday 27-Sunday 29



**Pep Rally & Maximus's Raffle:** October, Wednesday 30



**Varsity Dinner:** December, Thursday 5

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# OUTDOOR ACTIVITIES

All activities are free and open to JCU Students, Faculty, and Staff, unless specified otherwise.

JCU ID, ASD Membership, and "basic/gym" sport physical required.  
Reservation mandatory for all the activities.

## INTRAMURAL TOURNAMENTS

- BEACH VOLLEYBALL** Sep, Wed 4 ⌚ 6pm 📍 Tiberis, Lungotevere Dante, 1
- TABLE TENNIS** Sep, Mon 23 ⌚ 6pm 📍 Lemontree Courtyard, Guarini Campus
- PADEL FOR STAFF** Oct, Thu 17 ⌚ 6pm 📍 Centro Sportivo Cavalieri Pio XI, V. S. Maria Mediatrice 24

## RUNNING EVENTS

- Cardio Race:** October, Sunday 6 - charity run
- Mixed 4x100 Relay:** October, Saturday 5 (students only)
- JCU Fun Run:** October, Sunday 20 - community run
- JCU Halloween Run:** October, Sunday 27 - com. run

## JCU WEEKEND TRIPS

Trips tickets available on JCU trips and activities website.  
Only students are eligible for these activities.



- Sapri Experience** September, Friday 6-Sunday 8
- Sailing in Anzio** September, Saturday 14-Sunday 15
- Cinque Terre** October, Friday 11-Sunday 13
- Into the Wild** October, Friday 25-Saturday 26

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