Extramurals

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Try out information

Registration is mandatory prior all try outs

Registration form

EXTRAMURAL TRYOUTS

Team	Date & Time	Location
Mixed Soccer - Indoor	Sept 18 (5:30-7PM), Sept 25 (5:30-7PM)	King Gym
Mixed Soccer - Turf	Sept 8 (5:30-7PM), Sept 15 (5:30- 7PM)	Newnham Field
Women's Basketball	October 30 (7–8:30PM), Nov 6 (7-8:30PM)	King Cym
Men's Basketball	October 29 (7:30-9:00PM)	Seneca@York Gym
Men's Cricket	October 28 (7:00-8:30)	Seneca@York Gym
Women's Cricket	October 28 (6–7PM)	Seneca@York Gym
Mixed Volleyball - King	Will annonuce	King Cym
Mixed Volleyball - Seneca@York	Will announce	Seneca@York Gym
Men's Hockey	October 31 (4–5PM)	Pleasant View Arena 545 Van Horne Ave , Toronto
Women's Hockey	October 31 (3–4PM)	Pleasant View Arena 545 Van Horne Ave , Toronto

Extramural sport is a competitive recreational option for students to participate on organized teams which travel to play in a day long tournament against other college teams.

 $Team\ selection\ involves\ several\ tryouts\ and\ a\ commitment\ from\ players\ for\ 2-4\ tournaments\ per\ school\ year.$

Players are also expected to attend one practice per week at their designated campus facility.

Who can tryout?

Current full-time Seneca Polytechnic students are allowed to register and participate in tryouts and on the team if they are selected to play on a team.

Note: Player eligibility is checked prior to the official roster being selected

Which Extramural teams does Seneca currently offer?

For the 2025-2026 season:

Sport	PRACTICE FACILITY
Men's Basketball	Seneca @ York Campus
Mixed Volleyball - Seneca@York	Seneca @ York Campus
Mixed Volleyball - King	King Campus
Men's Hockey	Pleasant View Arena
Women's Hockey	Pleasant View Arena
Women's Basketball	King Campus
Mixed Soccer - Indoor	King Campus
Mixed Soccer - Turf	Newnham Campus
Men's Cricket	Seneca @ York Campus
Women's Cricket	Seneca @ York Campus

All Seneca students are eligible to try out for any team, regardless of your home campus.

For Mixed Volleyball, there are two campus options:

- York Campus Team Practices held at York
 King Campus Team Practices held at King

You get to choose the team that works best for your location and schedule.

Note: Campus names indicate where weekly practices are held — not who can try out.

All full time students are welcome to tryout!