

Extramurals

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What is Extramural?

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:

<i>Sport</i>	<i>PRACTICE FACILITY</i>
Men's Basketball	Seneca @ York Campus
Mixed Volleyball	Seneca @ York Campus
Mixed Volleyball	King Campus
Men's Hockey	Pleasant View Arena
Women's Hockey	Pleasant View Arena
Women's Basketball	King Campus
Mixed Indoor Soccer	King Campus
Mixed Outdoor Soccer	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!