

## STUDENT LIFE

[Intramural Sports & Campus Recreation](#) How will you stay fit at Valpo? Meet other students in a fun environment? Compete in your favorite sports without committing to NCAA Division I athletics? Relieve stress in a healthy way? Valpo's popular and extensive recreational sports program has the answers!

[Student Organizations](#) Student organizations abound on the campus. They focus on a variety of activities including academic and professional interests, hobbies, recreational activities, cultural interests, activities connected with the Chapel, religious interests, politics, and service projects.

[VU Athletics](#) The official website of Crusaders' Division I athletics.

[Union Board](#) As one of Valparaiso University's largest student organizations, the Union Board provides films, lectures, concerts, outdoor recreation trips, coffeehouses, special events activities, diversity programs, trips to Chicago, and much, much more.

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