

TESTIMONIES

I got involved in intramurals as a freshman and it really helped me get to know other students in my residence hall. Intramurals are a lot of fun. You can try something you've never done before in a way that's laid back but still competitive.

-Lindsie Jung

"Intramural athletics at Valpo allows friends to compete with minimal time commitment and have fun in a sport you mutually enjoy. As a player and a fan, intramural athletics added to the diversity and joy I found at Valparaiso University."

- Jonathan Loose

It doesn't matter whether you were a varsity star, a fifth-string quarterback or didn't participate in a high school sport. Valpo's intramural program is the perfect way to remain involved and active, meet new people, and have fun!"

- Tony Paske

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