

NSU DEPARTMENT OF ATHLETICS **UNIVERSITY CENTER ARENA** **“THE SHARK TANK”**



Nova Southeastern's newest construction project, the University Center, was completed in July of 2006. The revolutionary 300,000 square-foot, multi-use facility serves as a central hub for the NSU student community. The main arena, which seats 5,500, is the home for NSU's intercollegiate athletic program, and will host all of NSU's volleyball and men's and women's basketball home games. With one main game court, the arena also has two practice/game-ready courts on the upper level. The arena also has the state-of-the-art capabilities to host concerts, lectures, special events and more for NSU and the surrounding community.

The main arena features 5,500 seats, each with a seat back. The main court provides for over 1,200 permanent chair-back seats, while the upper level has over 4,000 seats. The upper level houses the world's largest automated telescopic seating system, which adds over 2,000 chair-back seats on either side when extended.



The main arena also features 66 cushioned club seats overlooking the court, just outside of the donor/booster room. Shark Club members and guest enjoy the comforts of a catered suite and a unique baseline view of the court.



NSU DEPARTMENT OF ATHLETICS **UNIVERSITY CENTER AMENITIES**

SPORT SPECIFIC LOCKER ROOMS

- ◆ Individual lockers
- ◆ Spacious shower and restroom facility
- ◆ Key-card access to locker rooms
- ◆ Pool-side access from locker rooms



TEAM LOUNGE

- ◆ Private meeting area for teams and student-athletes
- ◆ Quiet place to study or complete homework
- ◆ Great place to relax or hang-out before or after practice

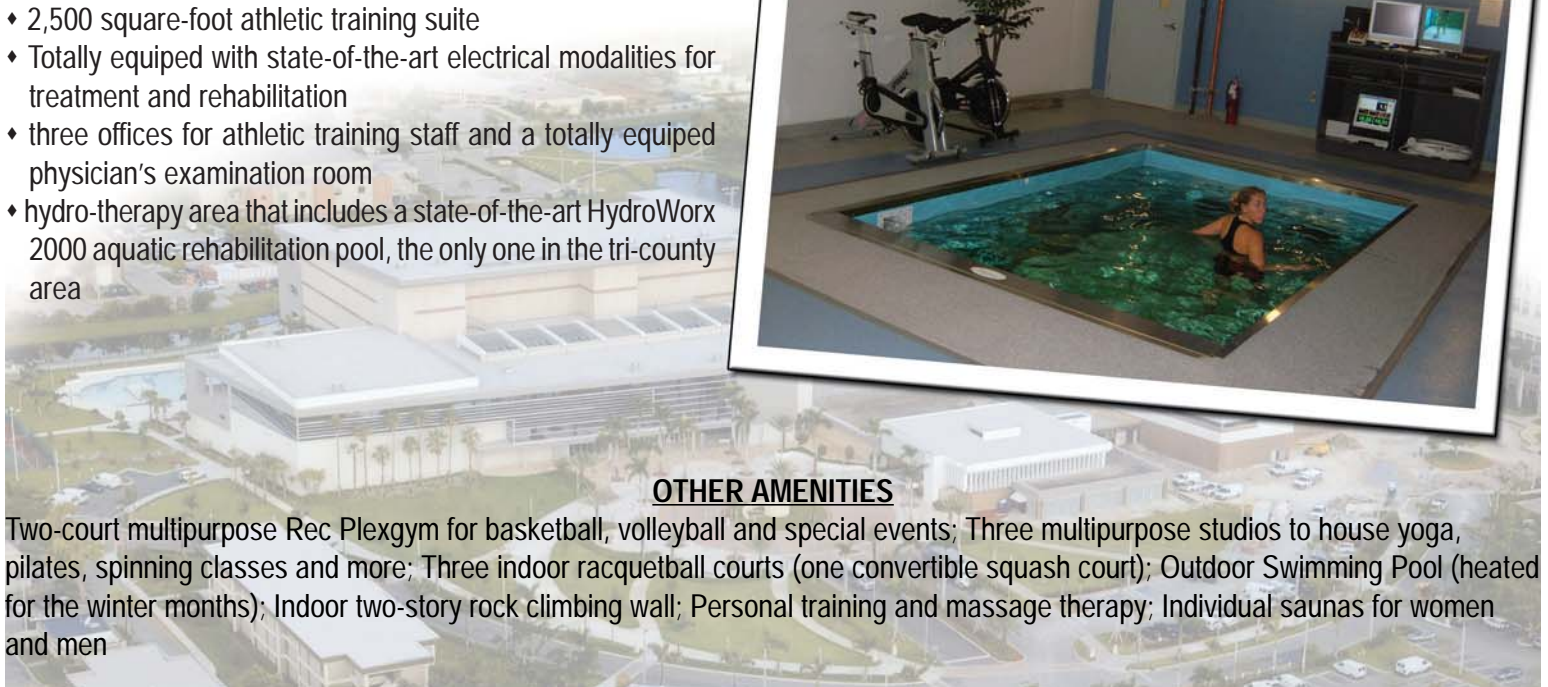
ATHLETIC TRAINING/HYDROWORX POOL

- ◆ 2,500 square-foot athletic training suite
- ◆ Totally equipped with state-of-the-art electrical modalities for treatment and rehabilitation
- ◆ three offices for athletic training staff and a totally equipped physician's examination room
- ◆ hydro-therapy area that includes a state-of-the-art HydroWorx 2000 aquatic rehabilitation pool, the only one in the tri-county area



OTHER AMENITIES

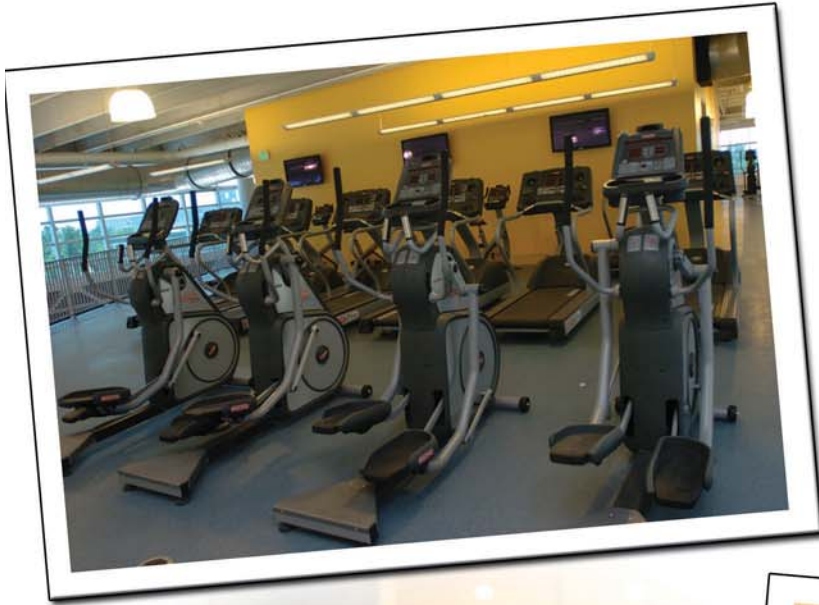
Two-court multipurpose Rec Plexgym for basketball, volleyball and special events; Three multipurpose studios to house yoga, pilates, spinning classes and more; Three indoor racquetball courts (one convertible squash court); Outdoor Swimming Pool (heated for the winter months); Indoor two-story rock climbing wall; Personal training and massage therapy; Individual saunas for women and men



NSU DEPARTMENT OF ATHLETICS

STRENGTH AND CONDITIONING

- ◆ 144,000 square-foot, three-story fitness and wellness area



CARDIO EQUIPMENT

- ◆ 98 pieces of Cardiovascular Equipment
- ◆ Cross Training machines
- ◆ Erg machines
- ◆ Treadmills
- ◆ Bikes
- ◆ Elliptical machines
- ◆ Upper body cycle

STRENGTH AND CONDITIONING EQUIPMENT

- ◆ 84 pieces of Strength Equipment
- ◆ StarTrac Instinct, Impact and Classic machines
- ◆ Free weights
- ◆ Multi Stations
- ◆ Benches and racks
- ◆ Four Human Sport Multi Directional Movement apparatus

STRENGTH AND CONDITIONING STAFF

Rene Pena, Head Strength and Conditioning Coach
Cameron Yearsley, Strength and Conditioning GA
Jennifer Daratany, Strength and Conditioning GA

