

Athletics

2025-2026

10 Mohawk College
varsity teams

160 varsity athletes

Mohawk College history

98 Ontario College Athletic
Association (OCAA)
Championship wins

247 OCAA medals

3 Canadian College Athletic
Association (CCAA)
Championship wins

11 CCAA medals
including 3 obtained in the
2024-25 season

44 CCAA All-Canadian
Award recipients
recognizing top athletes in
the country in their sport
during that season.

986 OCAA All-Academics
awarded to student-athletes who
achieve honours status in the
semester in which they compete as a
varsity athlete. In the 2025-26 season
45 Mountaineers made the list.

139 CCAA Academic All-Canadians
recognizing student-athletes who achieve an honours standing in academics
combined with an elite athletic achievement.



Mohawk College's athletics program is advancing the future of recreation and varsity sport in Ontario.

Lacrosse Sixes

In 2023, Mohawk Mountaineers launched the men's lacrosse sixes program—the first for an Ontario college. Without a formal league affiliation, the team competed against university and club teams until the Humber Hawks introduced a team in 2025. In 2026, with Fleming and Durham colleges bringing on teams, Mohawk will compete in the Ontario Colleges Athletic Association's (OCAA) new Lacrosse Sixes exhibition season this fall. To explore official varsity status the OCAA will evaluate the sport in a series of showcase events across the province.

Athletes in the Community

Giving back to the local community is an important part of the Mohawk Mountaineers student-athlete experience. Through volunteerism, student-athletes build leadership skills, inspire young athletes and strengthen connections across the Hamilton community.

Each year, the Mountaineers support local youth sport organizations, host community initiatives such as the Bernetta Scime Holiday Toy Drive, and volunteer with organizations including BGC Hamilton-Halton, the Eva Rothwell Centre, Mission Services of Hamilton and the Centre for Addiction and Mental Health.

Athletics and Recreation

Despite constraints within the sector, Mohawk College continues to prioritize access to fitness and wellness supports by providing opportunities to participate in a range of recreational activities. As part of their student fees, full-time students have access to the fitness centre and to the gymnasiums during designated open gym times at the David Braley Athletic and Recreation Centre (DBARC).

Intramurals offer organized, recreational competition among students and extramurals provide intercollegiate competition without the commitment of varsity athletics. The DBARC also offers group fitness classes and a variety of drop-in programs.

