Like many facilities, it is the small things that separate the adequate from the memorable. The Capital Center with its towers of conference room and administrative work areas, athletic department also has an office suite with a sports science laboratory, classrooms and ample space for activity classes. The athletic department also has an office suite with a comprehensive fitness center, and a 5,000-square-foot multipurpose forum, as well as a pair of hitting cages for baseball, softball and golf. Part of the forum also makes up the field perimeter for fitness and recreation endeavors.

The remaining 3,800 square feet of the fitness center is a room complete with weight training equipment from Hammer Strength.

The 2,100-seat arena is home to the women’s basketball and women’s basketball programs. The arena has a pair of hospitality suites, a pair of broadcast booths and a camera booth with approximately 1,750 chair-back stadium seats and the remaining bleacher seating. Football and men’s and women’s soccer play on a state-of-the-art artificial surface called FieldTurf in the 3,000-seat Bernlohr Stadium.

The Capital Center is a 126,000-square-foot athletics complex that includes a 2,100-seat arena, a 3,000-seat Bernlohr Stadium, a three-lane track around the field perimeter for fitness and recreation endeavors.

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Coach Dixie Jeffers

Dixie Jeffers has been a college basketball coach for over three decades. She has been a head coach and assistant coach at several institutions. Under Jeffers’ leadership, Capital University women’s basketball has become one of the nation’s best and most respected basketball programs. From 1985 to 1992, she served as an assistant coach at the University of Rio Grande before coming to Capital. Jeffers has a combined 593-173 career record.

Jeffers is a native of Lima, Ohio, and attended the University of Rio Grande where she played basketball. After graduating, Jeffers joined the University of Rio Grande coaching staff as a student assistant coach. In his current role, he works with Crusader guards while aiding with a variety of administrative tasks.

In her second decade as a college basketball coach, Jeffers and her teams have been a model of excellence and consistency on and off the court. One of the nation’s best and most respected basketball programs. From 1992-2000, no NCAA Division III women’s basketball team has had a higher winning percentage. Also during that span, Jeffers led Capital to the Final Eight in 1993, becoming the first Division III school to win back-to-back national championships. In 1998, Jeffers was named the OAC Coach of the Year, becoming the fifth coach in NCAA Division III history to reach 600 or more wins. Jeffers, who spent three seasons as the coach at the University of Rio Grande, has a combined 593-173 career record. In 1999, she was inducted into the Ohio Hoops Zone Hall of Fame.

The Dixie Jeffers File

Dixie Jeffers

Capital's All Americans

Capital's All Americans

Lindsey Reynolds

Assistant Coach

Capital 1999

Roanoke College 2006

Virginia Tech 2008

Lindsay Reynolds is entering her second season as head coach Dixie Jeffers. Reynolds was a four-year letter winner at Roanoke College, where she was named the GNCC Tournament MVP. Reynolds’ dedication helped the Mariner compile a combined 35-20 record during her two seasons with Virginia Tech. Reynolds was a member of the Atlantic 10 All-Rookie Team in 2006 with a B.S. in Health and Human Performance and Exercise and Sport Management. She also earned a Master’s Degree in Education, Health Promotion and Sport Performance from Virginia Tech in 2008. Reynolds currently resides in Groveport, Ohio.

Tradition of Championships

Capital has had a strong tradition of championships since the 2000-2001 season. During that span, the Crusaders have claimed five NCAA championships, including back-to-back conference regular season titles. The program has also earned a pair of NCAA Tournament bids and has won at least 20 games for seven straight seasons with Blake on the coaching staff.

A 1999 Capital graduate, Reynolds has been an assistant coach for eight seasons. As a student assistant coach, she worked with Crusader guards while working with a variety of administrative tasks. Blake is also a teacher in the Bloom-Carroll school district.

Sara Heitkamp

Assistant Coach

Capital 1999

Sara Heitkamp is entering her second season as an assistant coach at Capital. She has been a head coach and assistant coach at several institutions. Under Jeffers’ leadership, Capital University women’s basketball has become one of the nation’s best and most respected basketball programs. From 1992-2000, no NCAA Division III women’s basketball team has had a higher winning percentage. Also during that span, Jeffers led Capital to the Final Eight in 1993, becoming the first Division III school to win back-to-back national championships. In 1998, Jeffers was named the OAC Coach of the Year, becoming the fifth coach in NCAA Division III history to reach 600 or more wins. Jeffers, who spent three seasons as the coach at the University of Rio Grande, has a combined 593-173 career record. In 1999, she was inducted into the Ohio Hoops Zone Hall of Fame.

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