Trinity College Dublin is a world-renowned academic institution steeped in history, with a unique sporting calibre established over four centuries. Along with our strong heritage in academic teaching and research, Trinity has hosted some of the oldest clubs in the world, to great successes and award winning programmes. Traditions evolving from amateur and volunteer structures in sport are now honoured and integrated into performances;

First records of student sport being played
1684 Bowling green laid in college
1722 College Park laid out for sport & scholarship

Irish Rugby Union and GAA player
1977 Firstblind man to race to the South Pole
2000 Lightweight double scull finalist in Rio 2016 Olympics,
2002 rowing medalist for Ireland and world championship rowing
2019 multiple world hockey pitch opened

Former Irish Rugby Union and Leinster player
41 international caps
95 Irish Rugby Union and Leinster player
2000 Light weight singles finalist in Rio 2016 Olympics,
2002 rowing medalist for Ireland and world championship rowing
2019 multiple world hockey pitch opened

Sinead Jennings, Jamie Heaslip, James Lindsay, Fynn, Natalya Coyle
Mark Pollock, Ronan Gormley, Nicole Owens

At Ireland’s No. 1 University, Trinity Sport has kept pace with the changing dynamics within which standard White Flag Award.

The Trinity Sport team and performance sport programme and staff, regularly achieving the national gold pitch, GAA pitch and new sports grounds purchase. The sports centre on the main campus is home to professional delivery and operations. The Trinity sporting offer is complemented by excellent indoor facilities; the Aviva Stadium and Croke Park are within 10 minutes from Trinity College, while the National Sports Campus is 25 minute drive.

Dublin is one of Ireland’s historic visitor sights with its cobbled squares, contemporary buildings, tranquil green spaces, and vibrant atmosphere. Dublin is a thriving capital city with Trinity College sitting right in the heart of the city centre, while the Trinity Sports Centre lies in the northeast end of the main campus.

Dublin is one of the most visited cities in the world in terms of tourism, and is often voted one of the best student cities in the world. Its relatively small scale means it is easy to get around, as well as being a major transport hub to the rest of Ireland and Europe. Dublin is home to many of Ireland’s biggest sporting performance athletes and teams.

The University of Dublin
Trinity College
DUBLIN
College Green
Dublin 2, Ireland
+353 1 896 1590

Why Trinity?
1. Ranked No.1 University in Ireland, and 108th globally (QS 2020)
2. Ranked 17th most International University in the world. (the 2020)
3. Ranked 1st in Ireland for employer reputation and Alumni outcomes (QS 2020)

The Bank of Ireland are proud partners of Trinity Sport

Performance Sport & Scholarship Information

Fly to Dublin from:
Dubai: 7 hr
New York: 7 hr
London: 1 hr
Madrid: 3 hr
Cork: 3 hr
Galway: 3 hr
Rosslare: 2 hr
Dublin: 2 hr
Islandbridge: 1 hr

Performance Sport scholarship

Why Trinity Sport?

3. Ranked 1st in Ireland for employer reputation and Alumni outcomes (QS 2020)

Why Trinity Sport?

3. Ranked 1st in Ireland for employer reputation and Alumni outcomes (QS 2020)
Heritage, Tradition & Success at Ireland’s No.1 University
A sporting journey over 427 years in the making
Trinity College Dublin is a world-renowned academic institution steeped in history, with a unique sporting calibre established over four centuries. Along with our strong heritage in academic teaching and research, Trinity has hosted a significant number of past Olympians, world and national champions, and is home to some of Ireland’s top sporting teams and athletes.

Why Trinity?

1. Ranked No.1 University in Ireland, and 108th globally (QS 2020)
2. Ranked 17th most International University in the world. (the 2020)
3. Ranked 1st in Ireland for employer reputation and Alumni outcomes (QS 2020)
4. Expert staff and support services that help student athletes to fulfil their potential
Performance Sport

Trinity prides itself on student experience and excellence in teaching. This also applies to the standard and delivery of our high-performance pathway, which, driven by the current strategy for sport has enabled us to establish a structure to support emerging athletic talent alongside academic success.

Built upon an unrivalled mix of university sporting heritage and history, Trinity is emerging as a leading destination for high performance athletes who wish to excel, on and off the field. Supported by renowned academics, experienced coaches, and specialist support staff, we provide athletes and teams with an environment that nurtures development and realises potential.

“The support that I have received from Trinity Sport as a sports scholar has been fantastic. They really understand the importance of balancing your sporting and academic commitments and the support has enabled me to excel both on and off the field. The specialist support provided – strength and conditioning, physiology testing, nutrition and lifestyle support has played a pivotal part in my development as player, whilst the financial support has allowed me to focus more on my training”

Erica Markey – Irish U-21 Hockey Player.

Focus Sports & Performance Pathway

Trinity has a long and established affinity to sport, and with it some of the worlds oldest sporting clubs. Together with the delivery of performance sport services, this heritage has enabled four focus sports to be at the forefront of our resource planning, infrastructural and program development.

The focus sport teams and lead athletes are all part of the high performance pathway alongside other individual and team sports.

Focus sports:

Hockey  G.A.A.  Rowing  Rugby

Other high-performance pathway sports:

Athletics  Basketball  Fencing  Cricket
Staff

Trinity has a wealth of sporting knowledge and expertise, all of which are placed around athletes in a specifically designed structure to suit individual needs. Our staff have international experience and reputation, including supporting athletes at World class and Olympic level.

“We are delighted that you are considering coming to study and compete at Ireland’s number one University. As you can see from the services on offer, we are able to cater for athletes from talent development and junior representation status all the way up to world class elite level. None of this would be possible without the knowledge and skills of our coaches, medical consultants, development officers, and support staff. If you’ve any questions about support whilst studying in Trinity, please do not hesitate to get in touch.”

Lisa Caffery
Student Sport Pathway Manager

Professor Cathal Moran, Consultant Orthopaedic Surgeon
Consultant Orthopaedic Surgeon at Sports Surgery Clinic and the Professor and Chair of Orthopaedics and Sports Medicine at Trinity College Dublin. He specialises in Knee Surgery and Shoulder Surgery. His sub-specialty interest is in sports injuries, including ACL reconstruction, cartilage injury, meniscus surgery, rotator cuff repair and shoulder stabilisation surgery.

Neil Fleming, Exercise Physiologist
Neil is the exercise physiologist in the Trinity Human Performance lab and delivers physiological support to elite athletes as part of an integrated support system for Trinity Sport.

David Fitzgerald, High Performance Hockey Officer
David is a high-quality addition to the sport of hockey at Trinity as he brings with him years of experience as both a player and coach. As a goalkeeper he was part of the Irish national teams that won a bronze medal at the European Championships in 2015, played at the Olympic Games in Rio 2016 and participated at the 2018 Hockey World Cup. During his international career he gained a total of 58 international caps.

Connor Laverty, GAA Development Officer
Former Down GAA player and captain. Captained Kilcoo to All Ireland Senior Football final in 2020, current coach of Monaghan GAA Senior Football team. As GAA Development Officer, Connor has supported the growth of GAA at Trinity and is responsible for implementing the GAA Development plan.

Paul Thornton, Dublin University Boat Club Men’s Rowing Coach
Paul joined Trinity Sport in 2019 as Men’s Rowing Coach. He began his coaching career at NUI Galway before moving to College Cork in 2014 to take up the role as the Rowing Head Coach. During this time the university went through its most successful period. Paul has a wealth of experience in developing talented student athletes.

John Harman, High Performance Rowing Officer
Degree in Sport and Exercise Science, MSc in strength and Conditioning. Experience of working with talented athletes across a number of sports. Before joining Trinity, John held the role of Performance Manager at Oxford Brookes University, where he led on the Talented Athlete Scholarship team and worked closely with Oxford Brookes University Boat Club, one of the most successful University boat clubs in the world.

Colm Flynn, Fencing Development Officer
Colm Flynn has been the Fencing Head Coach since 2012 with several successes in this role including winning the Irish Fencing Intercounty Championships. Colm coaches foil, épée and sabre with coaching qualifications from both Fencing Ireland and the FIE. Colm has coached multiple title winners at youth and open events in Ireland and abroad across all weapons and has experience coaching fencers competing internationally in all weapons.

Tony Smeeth, Director of Rugby
RFU Level 3, stage 5 IRB coach, came to Trinity in 1998 following three years as Senior Coach at Blackrock College RFC. Founded USA U19s program in 1992, coached on 8 tours to New Zealand/Australia. In 1998, coached Irish Women’s XV in the Women’s World Cup in Amsterdam. In 2010, coached Leinster U19s to an inter-provincial championship.
Facilities

Sports facilities on the main campus include Rugby and Cricket pitches, 400m athletics track (during summer) and the Sports Centre. The Sports Centre has two gym spaces, a 25m swimming pool, sports halls, a climbing wall and multi-functional training area. Trinity also boasts an off-site boathouse, an international standard Hockey pitch, a 19 acre sports facility near the airport, and a 16 acre site located to the west of the city.

High Performance Gym
The High Performance gym was designed with the athlete in mind. It has a large range of free weights and conditioning equipment that enables athletes to complete their individualised strength and conditioning programmes that have been designed by our expert staff. The High Performance gym is exclusively used by our sport scholars and high performance teams.

Sports Medicine
Trinity Sport provides world class medical support to all its athletes. This includes insurance cover and access to medical professionals based here in the University. Athletes have rapid access to medical assessment and treatment in our orthopaedic and sports medicine suite within the sports centre. In addition, Trinity sport uses the latest monitoring systems and technology to ensure athletes are in the best condition throughout their season. We place great effort on avoiding and minimising any lost time through injury.

Support Facilities
Alongside the onsite performance training facilities and injury support services, athletes are regularly scheduled to use our 25m swimming pool for rehabilitative of specialist recovery, along with steam and sauna facilities. Training and teaching rooms on site in the sports centre are also utilised to deliver regular athlete lifestyle support sessions, along with workshops and masterclasses in areas such as nutrition, media and time management.

Human Performance Laboratory
The Discipline of Anatomy’s Human Performance Laboratory under the scientific and clinical leadership of Dr Neil Fleming, currently supports over a dozen research projects, at PhD, MSc and final year BSc levels in the areas of exercise science, exercise physiology and sports and exercise medicine. This facility is fully accredited and provides physiological testing and training support across a wide range of sports.
The Trinity Sport Scholarships are in place to support talented student athletes in the pursuit of their sporting and academic goals. The programme enables students to balance their academic and sporting commitments through a structured network of support services and expertise. The value and benefits of each sports scholarship is assessed on an individual basis and will depend on the athlete’s achievements, potential and need requirements.

**Podium**
Valued up to €7,000 in support including a bursary of up to €3,000. Olympic level athletes, along with significant athletic calibre will be considered.

**Performance**
Valued up to €5,000 in support including a bursary valued between €750 and €1500. Athletes with Senior or underage international representation will be considered in this category.

**Club Academy**
This tier supports emerging talent with access to support services to help with their development. In some cases financial bursaries may be offered in this tier in partnership with Trinity Sport focus sports. Typically athletes will be identified by part of performance pathways in their chosen sport and identified as having significant potential in their sport.

**Global Graduate**
This scholarship is open to non-EU students who are looking to complete a post-graduate course at Trinity. Valued at up to €20,000 the benefits of this scholarship include academic fee reduction, access to accommodation, support services and financial bursary.

**Trevor West**
Awarded to exceptional athletes who have shown outstanding contribution to sport at Trinity and engagement with their relevant club. The scholarship provides support services and a bursary of €1,000.

**K.O. Lee Basketball scholarship**
In association with Trinity Meteors, this scholarship is in memory of K.O. Lee, Trinity alumnus and coach of the Meteors Ladies Basketball team in the 1970s. It supports talented student athletes who have the ability to have a positive impact on the Trinity Meteors Women’s Super league team. Scholarship provides support services and a bursary of €1,000.
Sports Scholarship Support & Benefits

**Strength & Conditioning**
Trinity has highly qualified Strength & Conditioning coaches who are on hand to supervise sessions and provide advice and technical coaching.

**Physio & Medical support**
Trinity College has a Qualified Physiotherapist available who specifically covers athletes in the University. Trinity Sport also operates a partnership with Santry Sports Clinic operated by Prof. Cathal Moran, that enables athletes to avail of medical services rapidly.

**Lifestyle Support**
Expertise is available to students regarding many aspects of student life. We provide support with academics and logistics, as well as providing career advice and guidance.

**Sport Science**
Through the use of the Kitman Labs Athlete management system and the human performance lab we use data analytics to help improve performance, promote well-being and reduce the number of injuries.

**Sports Nutrition**
Nutritional support is offered to ensure athletes are fuelling correctly for their sport. A bespoke nutritional strategy is designed to ensure athletes are best place to meet their performance targets.

**Financial Bursary**
A financial bursary may be awarded to support with training and competition costs.

**Sport scholarship kit**

**Eligibility, applications & enquiries**
Full details on eligibility and the application process can be found on our website [www.tcd.ie/Sport/scholarships](http://www.tcd.ie/Sport/scholarships)

If you would like further information or would like to discuss the scholarship programme in more detail please contact [performancesport@tcd.ie](mailto:performancesport@tcd.ie)

---

**High Performance Gym**
The High Performance gym was designed with the athlete in mind, providing a dedicated space for athletes to focus on their training and performance. The gym is equipped with state-of-the-art fitness equipment and is staffed by experienced coaches.

**High Performance Gym**
Trinity prides itself on student support and assistance. The High Performance Gym is equipped with the latest fitness equipment and is staffed by experienced coaches to ensure athletes are in their best condition throughout their training and competition.

**Trinity prides itself on student support and assistance. The High Performance Gym is equipped with the latest fitness equipment and is staffed by experienced coaches to ensure athletes are in their best condition throughout their training and competition.**

**Support Facilities**
Rooms on site in the sports centre are also utilised to deliver training and teaching along with steam and sauna facilities. Training and teaching can be found on our website [www.tcd.ie](http://www.tcd.ie).

**Support Facilities**
The High Performance Gym was designed with the athlete in mind, providing a dedicated space for athletes to focus on their training and performance. The gym is equipped with state-of-the-art fitness equipment and is staffed by experienced coaches.

**SUPPORT**
The Bank of Ireland are proud partners of Trinity College Dublin, and have enabled the delivery of our high-performance pathway, which, driven by the current strategy for sport has enabled us to support staff and lead athletes are all part of the high performance pathway alongside other sport teams and lead athletes.

**SUPPORT**
Together with the delivery of performance sport services, this heritage has enabled four focus sports to be at the forefront of our performance sport services and financial bursary.

**SUPPORT**
Focus sports:
- Athletics
- Basketball
- Fencing
- Cricket

**SUPPORT**
Erica Markey – Irish U-21 Hockey Player.

**SUPPORT**
As GAA Development Officer, Conor has supported implementing the GAA Development plan.

**SUPPORT**
Consultant Orthopaedic Surgeon at Sports Surgery Clinic and the Professor and Chair of Orthopaedics is the exercise physiologist in the Trinity Human Performance lab we use data analytics to help improve performance, promote well-being and reduce the number of injuries.

**SUPPORT**
Lifestyle Support
Expertise is available to students regarding many aspects of student life. We provide support with academics and logistics, as well as providing career advice and guidance.

**SUPPORT**
Sport Science
Through the use of the Kitman Labs Athlete management system and the human performance lab we use data analytics to help improve performance, promote well-being and reduce the number of injuries.

**SUPPORT**
Sports Nutrition
Nutritional support is offered to ensure athletes are fuelling correctly for their sport. A bespoke nutritional strategy is designed to ensure athletes are best place to meet their performance targets.

**SUPPORT**
Financial Bursary
A financial bursary may be awarded to support with training and competition costs.

**SUPPORT**
Sport scholarship kit

**SUPPORT**
Eligibility, applications & enquiries
Full details on eligibility and the application process can be found on our website [www.tcd.ie/Sport/scholarships](http://www.tcd.ie/Sport/scholarships)

If you would like further information or would like to discuss the scholarship programme in more detail please contact [performancesport@tcd.ie](mailto:performancesport@tcd.ie)
Sporting History & Excellence

Trinity College has a strong sporting history and tradition going back over four centuries, stemmed from some of the oldest clubs in the world, to great successes and award winning programmes. Traditions evolving from amateur and volunteer structures in sport are now honoured and integrated into professional delivery and operations. The Trinity sporting offer is complemented by excellent indoor facilities and recent investment in the outdoor facilities which include a international standard hockey pitch, GAA pitch and new sports grounds purchase. The sports centre on the main campus is home to the Trinity Sport team and performance sport programme and staff, regularly achieving the national gold standard White Flag Award.

Recent developments and successes place Trinity Sport on strong foundations. Student needs are changing and expectations are high. Trinity Sport has kept pace with the changing dynamics within which Trinity and third level education now operate, and this includes a significant growth in facilities and support structures around high performance teams and athletes.

---

Early 1600's
First records of student sport being played

1684
Bowling green laid in college

1722
College Park laid out for sport & recreation

1835
Trinity Cricket club founded

1854
Trinity Rugby club founded

1893
First sport scholarships offered in Trinity

2000
Establishment of University Department of Sport

2007
€20m Sports Centre opened

2014
International hockey pitch opened

2017
Iveagh Grounds sports facility purchased

---

Jamie Heaslip
Former Irish Rugby Union and Leinster player, 95 International caps

Sinead Jennings
Lightweight double scull finalist in Rio 2016 Olympics, former World Champion in light weight singles

Ailis Egan
Irish Rugby Union and Leinster Rugby player, 41 International caps

Mark Pollock
Bronze and silver medalist at the 2003 Commonwealth Rowing Championships, First blind man to race to the South Pole

Ronan Gormley
Irish Hockey player and Rio 2016 Olympian

Natalya Coyle
Irish athlete, London 2012 and Rio 2016 Olympian in modern pentathlon

Nicole Owens
Dublin Ladies GAA player and Trinity Alumnus with 3 All Ireland Senior medals

---

Why Trinity?

1. High-achieving student body
2. Ranked 17th most International University in the world. (the 2020)
3. Ranked 1st in Ireland for employer reputation and Alumni outcomes (QS 2020)
4. Expert staff and support services that help student athletes to fulfil their potential

---

Drone view of the University campus.

Dublin City

Ireland

Trinity Hall

College Green

Dublin 2, Ireland

+353 1 896 1590

Transport

Dublin is home to many of Ireland’s biggest sporting student cities in the world. Its relatively small scale means it is easy to get around, as well as being a major transport hub to the rest of Ireland and Europe. Dublin is one of the most visited cities in the world in terms of tourism, and is often voted one of the best globally (QS 2020).

Fly to Dublin from:
- Dublin: 1 hr
- London: 1 hr
- New York: 7 hr

Drive to Dublin from:
- Cork: 3 hr
- Galway: 2 hr
- Rosslare: 2 hr
- Belfast: 7 hr

---

Performancesport@tcd.ie

Department of Sport

www.tcd.ie/Sport/performance

---

Further €3m invested in facilities

Completion of the first integrated strategy for sport ‘Raising Our Game’

---

A sporting journey over 427 years in the making

Heritage, Tradition & Success

The Bank of Ireland are proud partners of Trinity College Dublin, and have enabled sport to reach new heights attracting and supporting current and future performance athletes and teams.

---

Trinity Hall

College Green

Dublin 2, Ireland

+353 1 896 1590

Sports Campus is 25 minute drive.
Dublin City

Dublin is one of the most visited cities in the world in terms of tourism, and is often voted one of the best student cities in the world. Its relatively small scale means it is easy to get around, as well as being a major transport hub to the rest of Ireland and Europe. Dublin is home to many of Ireland’s biggest sporting facilities; the Aviva Stadium and Croke Park are within 10 minutes from Trinity College, while the National Sports Campus is 25 minute drive.

Trinity College is one of Dublin’s historic visitor sights with its cobbled squares, contemporary buildings, tranquil green spaces, and vibrant atmosphere. Dublin is a thriving capital city with Trinity College sitting right in the heart of the city centre, while the Trinity Sports Centre lies in the northeast end of the main campus.

Drive to Dublin from:
- Cork: 3 hr
- Galway: 3 hr
- Belfast: 2 hr
- Rosslare: 2 hr

Fly to Dublin from:
- Madrid: 3 hr
- London: 1 hr
- New York: 7 hr
- Dubai: 7 hr

Performance Sport & Scholarship Information
https://www.tcd.ie/Sport/performance/ | performancesport@tcd.ie

Trinity College Dublin
The University of Dublin
College Green
Dublin 2, Ireland
+353 1 896 1590

Trinity Sport
www.tcd.ie/sport