Recent developments and successes place Trinity Sport on strong foundations. Student needs are met with a commitment to excellence, evident in the significant growth in facilities and resources. Trinity College has a strong sporting history and tradition going back over four centuries, with notable achievements such as its role in Irish rugby and cricket. 

A sporting journey over 427 years in the making, Trinity Sport has evolved from amateur and volunteer structures to a professional delivery and operations model. The Trinity sporting offer is complemented by excellent indoor facilities and recent investment in the outdoor facilities, which include an international standard hockey pitch, GAA pitch, and new sports grounds purchase. The sports centre on the main campus is home to these facilities and provides a space for high performance teams and athletes to fulfil their potential.

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 champions, and national champions, and is home to some of Ireland's top sporting teams and athletes.

Expert staff and support services that help student athletes to reach new heights attracting and supporting current and future talent. The Bank of Ireland are proud partners of Trinity College Dublin, and have enabled sport to reach new heights at Ireland's No.1 University.
Heritage, Tradition & Success at Ireland’s No.1 University

A sporting journey over 427 years in the making
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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”

Erin 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
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”

Ross Hamilton, Performance Sport Development Officer
Registered NSCA Strength and Conditioning specialist, Level 1 Coach with British Weightlifting, MA in Natural Science and MSc in Exercise Physiology. Strength and Conditioning lead overseeing recovery, sports performance and physical development. Competitively sailed in the World Cup Tour for five years and campaigned for London 2012 and Rio 2016 Olympics.

Laura McCague, Programme Manager & Chartered Physiotherapist
Experience working across public and private sports sectors. Has an active research role in Orthopaedics and Sports Medicine, while continuing to work with athletes and teams across the country. Currently manages the sports medicine pathway overseeing athlete injury prevention and rehabilitation support within Trinity Sport.

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, Conor has supported athletes as part of an integrated support system for Trinity Sport.

Richard Ruggieri, Chief Rowing Coach
Chief Coach since August 2017. In this short period, Richard has instilled a work ethic and culture which reinforces the importance of excellence. First year results included the Wylie Cup and Colours vs UCD Gannon Cup. He has led multiple programs at the collegiate and elite levels. Results included collegiate, national and international champions and coaching Olympians.

Tony Smooth, Director of Rugby
IRFU 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 1993, coached 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.

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 Intervarsity 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.

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.

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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 their 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.
Focus Sports & Performance Pathway

Trinity has a long and established affinity to sport, and with it some of the world’s oldest sporting clubs. Focus sport teams and lead athletes are all part of the high performance pathway alongside other individual and team sports.

Staff

Colm Flynn has been the Fencing Head Coach since 2011. Colm has coached multiple title winners at youth and national and international championships. His qualifications from both Fencing Ireland and the FIE include Fencing Ireland Level 3, stage 5 IRB coach, and has experience coaching fencers competing in open events in Ireland and abroad across all weapons. Colm coaches foil, épée and sabre with coaching based on technical coaching.

Neil is the exercise physiologist in the Trinity Human Performance Lab. Neil has a Bachelor’s Degree in Sport and Exercise Science, MSc in strength and conditioning, foundation in sports physiology, sports injuries, ACL reconstruction, cartilage injury, meniscus surgery, sub-specialty interest is in sports injuries, including rotator cuff repair and shoulder stabilisation surgery. Our staff have international experience and reputation, including supporting Olympians.

Trevor West

The Trevor West Scholarship is 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.

TIERS

Global Graduate

This scholarship is for international students who are completing a post-graduated 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.

Podium

Valued up to €9,000 in support including a bursary of up to €3,500. Carded or Olympic pathway 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 €1,500. Criteria will likely feature those up to Senior or U20, County, and/or International representation.

Club Academy

Valued up to €3,000 in support services with limited bursaries available up to €1,000. Those in this tier may be endorsed by High Performance Pathway coaches or National Governing Body as having significant potential in their sport. Typically athletes will be Junior International athletes or part of performance pathways in their chosen sport. Returning scholars must meet progression targets to be eligible.

Trevor West

The Trevor West Scholarship is 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.

Sport Scholarship

Applications will be assessed sport by sport, with athlete’s home national structure and international ranking factored into the final decision. Sports on the High Performance Pathway & Olympic sports will be given preference.

Applications for scholarship should be made to performancesport@tcd.ie.
SUPPORT

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

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.

Applications & Enquiries
Should you choose to study at Trinity you must first make an application for the course of your choice. Domestic and International students must apply through the Central Application Office (CAO) system. (www.cao.ie)

Non EU international students may apply directly through the Trinity College website. www.tcd.ie/study/international.

Course information and application enquiries, including postgraduate, should be made to academic registry. www.tcd.ie/study/contact

Applications for scholarship should be made separate to academic applications. This application should be submitted online at: www.tcd.ie/Sport/scholarships. Enquiries should be made to: 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.

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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

1919
- Club Athletic Union founded

1993
- First sport scholarships offered in Trinity

2000
- €20m Sports Centre opened

2007
- €13m invested in facilities

2014
- International hockey pitch opened

2017
- €3m invested in facilities

2019
- Completion of the first integrated strategy for sport ‘Raising Our Game’

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Jamie Heaslip
- Former Irish Rugby Union and Leinster player, 55 International caps

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

James Lindsay Fynn
- Multiple World Championship rowing medallist for Ireland and Great Britain

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

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

Mark Pollock
- Bronze and silver medalist at the 2002 Commonwealth Rowing Championships. First blind man to race to the South Pole

Ronan Gormley
- Irish Hockey player and Rio 2016 Olympian

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

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