WELCOME TO TRINITY SPORT

Trinity Sport continues to strive towards sporting excellence, our vision is to provide the best possible university sporting experience for all Trinity students.

Sport is not just beneficial to the individuals at the very top of their game. Alongside the obvious health and fitness benefits, students that participate in sport tend to be more engaged academically and socially. Sport assists the transition from school to university, develops leadership ability, and forms strong friendships.

Whether students want to perform at a high level, be part of a team, learn a new sport or simply improve fitness, Trinity Sport has a wide variety of sporting opportunities to enhance your college experience.

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Head of Sport and Recreation, Trinity College Dublin
All the contacts you’ll need!

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Come visit us

See opening hours here

*All activities cease 30 minutes before closing.
All facilities are closed on Bank Holidays. During summer opening times slightly vary.
The need-to-know of our Sports Clubs

SPORTS CLUBS

Trinity has 50 sports clubs from, ranging from team sports, adventure sports, water sports to martial arts, there is something for everyone. Getting involved in a sports club is an ideal way to keep fit, learn a new skill, and build new friendships. An average of 10,000 students join one or more sports clubs each year.

Joining a Trinity Sport club also gives you an opportunity to represent Trinity and compete at a high level against other universities. Despite trainings being cut short and competitions cancelled there were no shortage of standout sporting moments throughout the ’19 / ’20 season for Trinity’s sport clubs. Dublin University Fencing Club were crowned intervarsity champions for the thirteenth year in a row in a streak stretching back to 2008. Trinity Meteors won the division one basketball championship and earned promotion to the Super League. Dublin University Harriers and Athletic Club maintained a clean sweep of cross-country colours titles while the ladies team claimed top spot at the cross-country intervarsity’s. Trinity Camogie team claimed the Fr. Meaghair Cup with a win over UCD while DUAFC brought home the Farquhar Cup at College Park. These successes are reflective of the huge strides being made in the development of sport clubs over the past number of years. The Trinity Sports Awards take place in May and are open to all the university’s sports clubs. The purpose is to acknowledge the extraordinary commitment made by the sporting community here in Trinity.

Check out the Trinity Sport Orientation Hub for more information on Trinity’s sports clubs!
How to join a sports club

1. **Sign in online**
   Visit [Trinity Sport Online](#) and sign in with your membership credentials.

2. **Sign up**
   Click ‘sign up for membership’.

3. **Pick a club**
   Choose which club or clubs you wish to join – there’s no limit! (you will need to repeat process to join another club)

4. **Sign up to club**
   Click ‘Student sport club signup’

5. **Confirmation**
   You will then be sent a confirmation of your club membership

6. **Payment**
   Pay the fee for each club via the online payment process

There's something for everyone!

- AFC - Ladies (soccer)
- AFC - Men (soccer)
- Aikido
- American Football
- Archery
- Badminton
- Basketball
- Barbell
- Boat Club
- Boat Club Ladies
- Boxing
- Camogie
- Climbing
- Cricket - Ladies
- Cricket - Men
- Croquet
- Cycling
- Equestrian
- Fencing
- Gaelic Football - Men
- Gaelic Football - Women
- Golf - Men
- Golf - Women
- Handball
- Harriers & Athletics
- Hockey - Men
- Hockey - Women
- Hurling
- Judo
- Karate
- Kayak
- Lawn Tennis
- Netball
- Orienteering
- Rifle
- Rugby - Men
- Rugby - Women
- Sailing
- Snowsports
- Squash
- Sub Aqua
- Surfing & Bodyboarding
- Swimming and Water Polo
- Table Tennis
- Taekwondo
- Trampoline
- Ultimate Frisbee
- Triathlon
- Volleyball
- Windsurfing & Wakeboarding

For more information on sport clubs:
[ducac@tcd.ie](mailto:ducac@tcd.ie); or visit [www.tcd.ie/sport/student-sport](http://www.tcd.ie/sport/student-sport)
Trinity Sport currently has 63 scholars from a variety of sports including rugby, basketball, hockey, GAA and cricket. The scholarship programme supports talented athletes in excelling in their sport and academic course. Among those on the high-performance pathway are four Ireland U20 and Leinster rugby players including Ryan Baird and Jack Dunne, tighthead prop and Leinster rugby player Linda Djougang, Ulster and Ireland International Kathryn Dane, Ireland U21 and U23 hockey player Erica Markey and Ireland senior basketball vice-captain Edel Thornton.

Erica Markey – Irish U-21 Hockey Player and Sport Scholarship student 2019 / 2020

“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”
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 €1500. 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.

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 for scholarship should be made separate to academic applications. This application should be submitted online at https://www.tcd.ie/Sport/performance/scholarships/. Enquiries should be made to performance@tcd.ie
SOCIAL SPORT AND PARTICIPATION

For those who like their sport to be a little more fun, there is a full programme of social sports and leagues on campus for students including 3 v 3 basketball, 5-a-side soccer, soccer league, social running, touch rugby and ‘learn to play’ programmes. The participation side of Trinity Sport activities include the Swim for a Mile training programme and event, the Reindeer Run and Campus 5K.

Coaching and Volunteering opportunities

We offer a wide range of student leadership, coaching and volunteering opportunities to enable students to develop their skills and enhance the sporting experience for others. Coaching bursaries are available to students to gain qualifications in a range of sports.

For further information contact our Sports Participation Officer Deirdre.mullen@tcd.ie or visit https://www.tcd.ie/Sport/social/

DATES FOR YOUR DIARY

October: Scholarship awards
December: Reindeer Run
March: Rowing colours
March: Campus 5K
April: Trinity Regatta
April: Trinity Rugby Colours
May: Sports awards
The need-to-know of our facilities

INDOOR, OUTDOOR, ON CAMPUS, OFF CAMPUS - WE HAVE IT ALL!

On campus, the central hub is the Sport Centre, which is located at Westland Row end of college. All levels are catered for with more than 50 classes and fitness courses on offer per week. Over 10,000 students activate their access to the Sports Centre facilities on an annual basis.

How to Book Sports Facilities
Students can book pitches and halls for a private match or training. For once off bookings call reception on 01 896 1812. For block bookings call 01 896 1303.

Open to all
Trinity Sport’s mission is to provide a first-class sporting, participation, performance, administration and leadership experience for students, staff, graduates and partners; creating the most engaged communities internally and externally.

Classes & courses
- Completely new timetable from September 2020
- Special student rates.
- Class passes available
- Book through the App: Trinity Sport
The need-to-know of our student membership

Be part of the Healthy Trinity Community where we move well and move for our health! A little bit of exercise everyday can have enormous health benefits to you and your academic success. We have something for everyone.

Almost all students will have paid the annual Sports Development Charge when registering at the start of the year included in their fees, this will entitle you to access to the sports facilities. Please note that students of financial hardship are exempt from this charge. Some visiting students, however, may not have paid the Sports Development Charge and who may still want access to the sports facilities can join online or at reception. The rates for visiting students are; Half year €75, full year €140. Please contact sport@tcd.ie for more information.

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**ADD-ONS**

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<th>CLIMBING WALL</th>
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<th>CLASSES &amp; FITNESS COURSES</th>
<th>START FROM €2.50</th>
<th>CLASS PASS</th>
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*Steam room and Sauna also available. For more info please contact sport@tcd.ie
**Students: How to activate your student card online for Sports Centre access 2020/21**

**Step 1:** Please visit the Join At Home webpage to register.

**Step 2:** Select 'yes' to the email address and password question followed by selecting 'Forgot my password'.

**Step 3:** When prompted enter your email address (associated with Trinity Sport) and CAPTCHA then click 'request password'.

*If you are unsure which email is associated with Trinity Sport please contact us at sport@tcd.ie or call 01896 1812.*

**Step 4:** You should receive an email, including your personal Member ID and a link to change (set) your password for the first time, click on this link.

**Step 5:** Enter your Member ID followed by your password selecting 'Save'.

*Your password must be at least 8 characters long and within those first 8 characters you need to include at least one Upper case and one Lower case character, one special character and one number.*

**Step 6:** Please visit the Join At Home webpage.

**Step 7:** Select 'yes' to the email address and password question, entering your associated email address, password and capcha.

**Step 8:** Select 'Activate Tcd Student Card' from the options offered and click next.

**Step 9:** Select 'Student Annual 20/21' and click next and next in the following page too.

**Step 10:** Please review and modify your personal data as required before selecting next.

**Step 11:** Review summary page before selecting 'PAY AND FINISH'.

You have now activated your student card for Sport Centre access until **31/08/2021**, provided your student card is valid.
Athleisure is the winning trend for 2020. A key concept was to have a stylish range of sportswear that could be styled with any particular item of clothing. It can be worn in the gym, at college, at the weekends on a run or chillin at home. Trinity Sportswear is about dual wear, it isn’t just for fitness.

#TrinitySportswear

Want to be part of the team? Show it!
Visit our merchandise shop: www.tcd.ie/sport
STAY IN TOUCH

More information on everything here is available on our website www.tcd.ie/sport

If you have a query you can contact us at sport@tcd.ie / 01 896 1812.

Trinity College Dublin Sport
@tcdsports
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