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. The range and diversity of sporting opportunities available to Trinity students is a key part of campus life and represents an integral part of the student experience in college.

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 you 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.

Michelle Tanner
Head of Sport & Recreation
MAIN ENTRANCES TO TRINITY SPORT

PEARSE STREET ENTRANCE
LINCOLN GATE ENTRANCE
NASSAU STREET ENTRANCE
FRONT GATE ENTRANCE

WE ARE HERE!
All the contacts you’ll need!

Michelle Tanner  
Head of Sport & Recreation  
01 896 2243  
michelle.tanner@tcd.ie

Matthew Dossett  
Deputy Head of Sport & Recreation  
01 896 3636  
matthew.dossett@tcd.ie

Aidan Kavanagh  
Sports Clubs Manager (DUCAC)  
01896 1028  
aidan.kavanagh@tcd.ie

Lisa Cafferky  
Student Sport Pathway Manager  
01 896 1502  
lisa.cafferky@tcd.ie

Ross Hamilton  
Sports Performance Development Officer  
01 896 1590  
ross.hamilton@tcd.ie

Deirdre Mullen McGuinness  
Sports Participation Officer  
01896 4681  
deirdre.mullen@tcd.ie

Aiden Moroney  
Fitness Sales Advisor  
01 896 4111  
amoroney@tcd.ie

Gillian Neely  
Media & Communications Officer  
01 896 3061  
neelyg@tcd.ie

Rosie King  
Business Development Manager  
01896 3581  
rosie.king@tcd.ie

Eamon Cusack  
Sports Services & Experience Manager  
01 896 4116  
eamon.cusack@tcd.ie

Johanna Shaw  
Sports Programme Officer  
01 896 4823  
shawjo@tcd.ie

Iva Oreskovic  
Bookings  
01896 1803  
oreskovi@tcd.ie

Reception  
01 896 1812  
sport@tcd.ie

Duty Managers  
Sorcha Stapleton - staplets@tcd.ie  
Alan Campbell - Alan.Campbell@tcd.ie  
Jesus Perez - jperez@tcd.ie  
Orla O’ Brien - orobrien@tcd.ie

Come visit us

Monday – Friday 07.00 - 22.30  
Saturday & Sunday 09.00 - 18.00

*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, 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 6,000 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 local, national and university level. 2018 / 2019 was an exciting year for clubs with many highlights including the Men’s Soccer team who won the fresher’s Spillane Cup while the men’s first team brought back the Duggan Cup.
There were colours wins for Fencing, Trampoline, Harriers and Athletics Cross Country, Rifle and the boat men’s senior 8’s. Elsewhere the Hockey Ladies were winners of the National League Division one, while our fresher GAA Men’s footballers won the division 2 league and championship.
The Trinity Rugby men consolidated their position in Division 1A of the All-Ireland League (AIL) by reaching the semi-finals for the first time in its history and claimed the annual colours match against UCD. Upcoming talent was on display when the U20’s men’s team retained the All-Ireland Fraser McMullen Cup.
Intervarsity wins came from Trinity Rowing who were crowned the Irish University Rowing Champions, while Fencing retained an intervarsity win for a 12th consecutive year. These successes are reflective of the huge strides being made in the development of the sport clubs over the past 4 years.
The annual Trinity Sports Awards take place in May and are open to all the university’s sports clubs.
How to join a sports club

1. Find your club
Head to Front Square during Fresher’s week.

2. Try it out / Intro session
Most clubs will host taster sessions or trials in the early part of the season.

3. Contact the club directly
You can email the club directly for details of training times and new member sessions.

4. Alternatively, check out our Social Sports events
www.tcd.ie/Sport/social/staff-social-sport/

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; or visit tcd.ie/sport/student-sport
SCHOLARSHIPS

Trinity Sport currently has over 60 scholars from a variety of sports including rugby, basketball, hockey, sailing and rowing. The scholarship programme is delivered in association with Bank of Ireland and supports talented athletes in excelling in their sport and academic course. Last years recipients were four Irish U-20 and Leinster rugby players – Jack Kelly, Jack Dunne, Michael Silvester and Ryan Baird; Irish senior cricketer, Lorcan Tucker; Olympic 2020 sailing hopefuls Aisling Keller and Aoife Hopkins; Irish U-21 hockey player, Erica Markey and Irish rugby star, Linda Djougang.

"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 a player, whilst the financial support has allowed me to focus more on my training."

- Erica Markey, Sport Scholarship Student 2019/2020
Tiers

Podium
Champion (Level 1)
Valued up to €40,000 in support
Includes up to €4,000 athletic bursary
Includes part or fully funded fees on selected courses, accommodation, athletic training, support, and relevant living expenses. This is primarily available for postgraduate journeys, aimed at supporting international calibre student athletes in target sports.

Varsity (Level 2)
Valued up to €9,000 in support
Includes up to €3,500 bursary
Carded or Olympic pathway level athletes, along with significant athletic calibre will be considered. These will be assessed sport by sport, with athlete’s home national structure and international ranking factored into the final decision.

Performance
Valued up to €5,000 in support
Includes up to €1,500 in bursary
Criteria will likely feature those up to Senior or U20, County, and/or International representation. These will be assessed sport by sport, with athlete’s home national structure and international ranking factored into the final decision.

Development & Academy
Valued at up to €2,500 in support
Limited bursaries available up to €1,000
This is an athlete development tier. Those in this tier may be selected by focus sport coaches as individuals who are part of the focus sport development pathways. Athletes outside of focus sports may still apply and enter this tier at the discretion of Trinity Sport. They must demonstrate genuine potential in their sport as recognised by their National Governing Body. Typically athletes will have been part of junior development pathways in their chosen sport.

Support

Physical Development
Trinity has employed highly qualified Strength & Conditioning coaches who are on hand at all times 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.

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

Career Support
The coaches and support staff at Trinity Sport are experienced in providing athletes with support which may allow them to develop and follow any sporting career aspirations.

Applications for scholarship should be made separate to academic applications. This application should be submitted online at www.tcd.ie/sport/scholarships. Enquires 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, soccer league, social running, touch rugby, 5-a-side soccer 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

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
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
- Over 50 classes & fitness courses per week.
- Completely new timetable from September 2019
- New classes: GAL, adult Hip Hop, Row Fit, Foam Roller Recovery, Multifit and Heart Rate Cycle.
- Special student rates.
- Class passes available: Term 6 months €90 / Annual €150
- Book at reception: 01 896 1812 or sport@tcd.ie
The need-to-know of our student membership

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

Visit https://www.tcd.ie/healthytrinity/index.php for more info.

Student membership

<table>
<thead>
<tr>
<th>Included</th>
<th>GYM</th>
<th>POOL*</th>
<th>Add-ons</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

**CLIMBING WALL**
€2 PER CLIMB

**CLASSES & FITNESS COURSES**
START FROM €2.50

**CLASS PASS**
SIX MONTHS €90
ANNUAL €150

**C2F TRINITY CROSSFIT**
€120

**LOCKERS**
ANNUAL €75
TERM €60

How to activate your student membership card

**STEP 1**
Get your student card

**STEP 2**
Come to reception

**STEP 3**
Activate your student card

**STEP 4**
Enjoy your workout

*Steam room and Sauna also available.
For more info please contact sport@tcd.ie
Athleisure is the winning trend for 2019. 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.

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.