

Student Sports Guide 2025 / 2026



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Trinity Sport
— www.tcd.ie/sport —



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1. Welcome to Trinity Sport

Trinity Sport's vision is to have sport at the heart of the Trinity experience and our mission is to inspire, engage and connect people through sport in a suitable, inclusive and welcoming environment.

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.

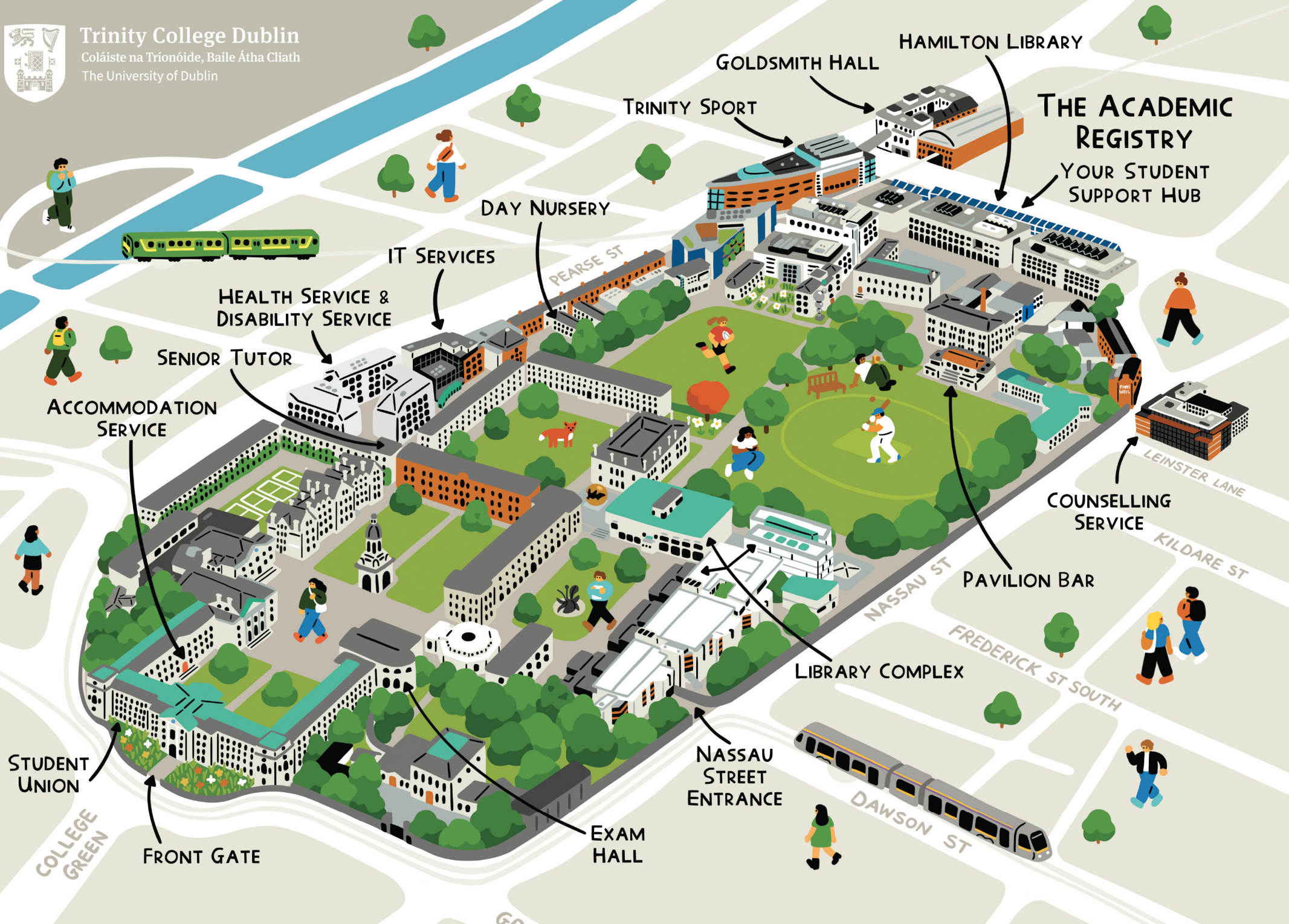
Whether students want to perform at a high level, be part of a team, learn a new sport or simply improve fitness and health, Trinity Sport has a wide variety of sporting and physical activity opportunities to enhance your college experience.

Michelle Tanner, Director of Sport and Physical Activity, Trinity College Dublin.





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2. All the contacts you'll need!

Michelle Tanner

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Physical Activity
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Student Sport Pathway
Manager
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Participation and
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Trinity Sport Union

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Sports Services &
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Donnchadha Carroll

Alumni and Sport
Outreach Officer
dcarrol4@tcd.ie

John Little

Sport Facilities and
Operations Manager
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Duty Managers

Sorcha Stapleton - staplets@tcd.ie

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Jesus Perez - jperez@tcd.ie

Orla O' Brien - orobrien@tcd.ie

Niamh Digby Bratton

Club Operations &
Development Manager
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Business Development
Manager
01 896 3581
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Iva Oreskovic

Bookings Officer
01 896 1803
oreskovi@tcd.ie

John Harman

Sport Performance Officer
harmanj@tcd.ie

**Trinity Sport
Reception**

01 896 1812
sport@tcd.ie

3. Sport Clubs

Trinity has 47 active sports clubs. Ranging from team sports and adventure sports to water sports and martial arts, there is something for everyone. An average of 6,000 students joins one or more sports clubs each year.

Getting involved in a sports club is an ideal way to keep fit, learn a new skill, and build new friendships. Joining a sports club also provides you with opportunities to represent Trinity on varsity, domestic and international circuits.

Joining a Trinity Sport club can also provide an opportunity to represent Trinity and compete at a high level against other universities.

The Trinity Sports Awards take place annually 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.

University Pinks are also announced at the Trinity Sport Awards, awarded to student athletes who have shown outstanding individual merit in their chosen sport. Pinks are the highest sporting achievement that Trinity can bestow upon its students with over 1,250 students having received the prestigious accolade since its inception in 1927.

Check out the [Trinity Sport Information Hub](#) for more information on Trinity's sports clubs!





The need-to-know of Trinity Sport

4. How to join a Sport Club

Step 1: Visit Clubs' webpage [HERE](#)

Step 2: Simply scroll down the page and click on the sport club you want to join.

Step 3: Simply scroll down the page and click on Join Us Here

Step 4: Use your college email and the same password to access the platform. Sign up for as many sports clubs as you like—there's no limit!

You're done!

There's something for everyone!

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

For more information on sports clubs:

email trinitysportunion@tcd.ie

or visit www.tcd.ie/sport/student-sport





The need-to-know of Trinity Sport

5. Women in Sport

Trinity Sport is proud to celebrate the remarkable progress achieved through our 'Women in Sport' campaign. Since its launch in February 2024, the campaign has made significant strides in increasing female participation, enhancing leadership opportunities, and improving the visibility of women in sport across the university.

The campaign reaffirms Trinity's commitment to cultivating a more inclusive, empowering and diverse sporting environment where women's achievements are recognised, participation is encouraged, and leadership is nurtured.

In July 2025, our 'Women in Sport' campaign was honoured on the global stage by winning the 2025 Fédération Internationale du Sport Universitaire (FISU) Gender Equality Project Award. This prestigious international accolade recognises exceptional initiatives that drive gender equality and build more inclusive sporting environments in universities worldwide. The award was announced at the FISU General Assembly in Düsseldorf, Germany.

Niamh Digby Bratton accepting the award from Rosaura Mendez Gamboa, Member of FISU Executive Committee and Chairwoman of the Gender Equality Committee and FISU President Leonz Eder.

The campaign has successfully completed [one full annual cycle](#), building on the successes of the first year including Trinity 'Women in Sport' week introduced in 2024 and has made significant strides around the four core pillars of Leadership & Governance, Active Participation, Coaching & Officiating, and Visibility and Media Coverage with key achievements being:

Leadership & Governance:

The Trinity Sport Union Executive now has 52% female representation across its 21 members, ensuring that women have a strong voice in decision-making and governance within university sport. This represents an increase from 38% before the project commenced.

Active Participation:

- Female membership in Trinity's sports clubs now stands at 55%, highlighting a thriving and engaged female sports community.
- Female participation in social sport programmes has surged by an impressive 71% in 2024, demonstrating a growing interest and commitment to inclusive sporting initiatives.
- Trinity Sport Centre proudly supports 8,000 female members.





Coaching & Officiating:

- The number of female activators delivering social sport activities has grown from 2 to 11 in 2024 - a 450% increase, empowering more women to take leadership roles in sport.
- Eight female students have successfully received accreditation through the Student Sport Ireland (SSI) Women's Student Coaching Academy.

Visibility & Media Coverage:

- Coverage of women's sport on the Trinity Sport website has increased by 12% in 2024, ensuring greater representation and recognition of female athletes.
- Trinity Sport social media channels have seen a 27% rise in women's sport content, bringing more awareness and engagement to female-led sporting achievements.

The 'Women in Sport' campaign reaffirms Trinity College Dublin's commitment to fostering a more inclusive, empowering, and diverse sports environment.

6. Scholarships

Trinity Sport has scholars from a variety of sports including basketball, rugby, hockey, rowing, GAA, and cricket. The scholarship programme supports talented athletes in excelling in their chosen sport and academic course. Scholarship recipients in 2024/2025 included:

- Ireland Senior International and Leinster Rugby player – Ryan Baird
- Ireland Senior Basketball player – Sarah Kenny
- Ireland Senior Cricket players – Matthew Humphries and Georgina Dempsey
- Irish Senior Volleyball players – Grace Maloney, Lara McNichols, Ailis Wynne and Samuel Harman
- Irish Senior Water Polo player – Aidan Mullaney
- Intercounty GAA players – Lee Pearson (Gaelic Football) and Aoife Nelligan (Camogie)





The need-to-know of our social activities

7. Social Activities and Participation

We have a full range of opportunities for those who like to take part in sport or physical activity in a more fun, social, and relaxed environment. You can take part in our social activities in the following ways:

Social Leagues

Social leagues allow students to take part in sport in either a semi competitive or non-competitive friendly structure with an emphasis on socialising and enjoying physical activity. Our social league includes 5 a side soccer and 3v3 Basketball.

Please note, social leagues are extremely popular, we recommend registering as soon as possible to avoid missing your place.

Sport & Physical Activity Courses

Social sport courses are structured programs that focuses on learning new skills with an emphasis on social interaction and enjoyment in a particular sport.

Examples include Swim for a mile, learn to play women's Hockey, learn to Climb, Women's self-defence, learn to play Badminton, Social GAA, Tag Rugby and much more.

We also have a variety of Physical activity programs that focus on enhancing your mental and physical wellbeing such as 'Mind, Body, Boost' and 'Get your 30'.

Events

The focus of our social events is to create an enjoyable and relaxed atmosphere where students, staff and community members can connect, engage in physical activity, and build relationships.

Our largest events include the campus run series (1k, 3k & 5k), UV Sports day, Wellness festivals, Walktober, Marchaton and Trinity on the Move.

Check out our full calendar of programs and sign up at <https://www.tcd.ie/sport/social-sport--activities/>

Student Activators

Student activators are volunteers that assist Trinity Sport with the delivery of social sports and physical activity in the university. Activators receive a bursary and custom sports kit as part of the program in addition to gaining valuable skills.

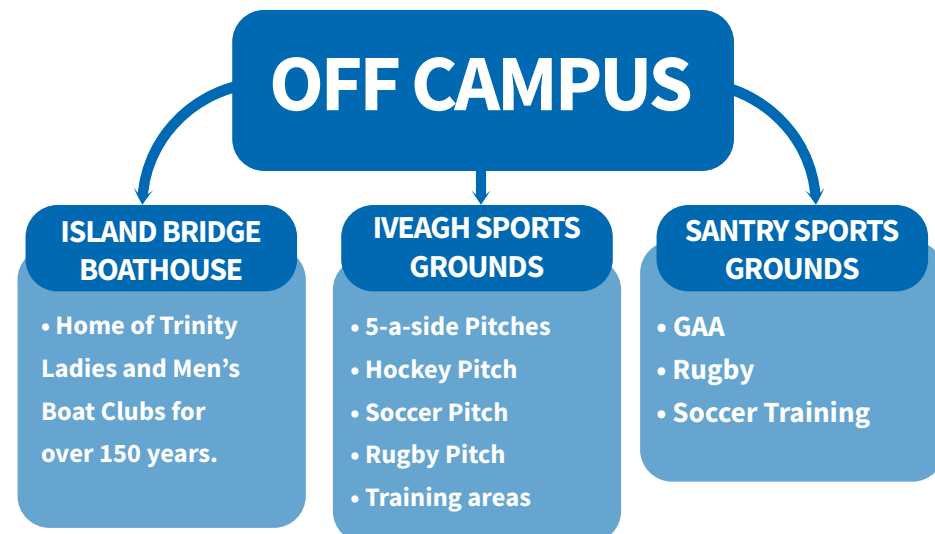
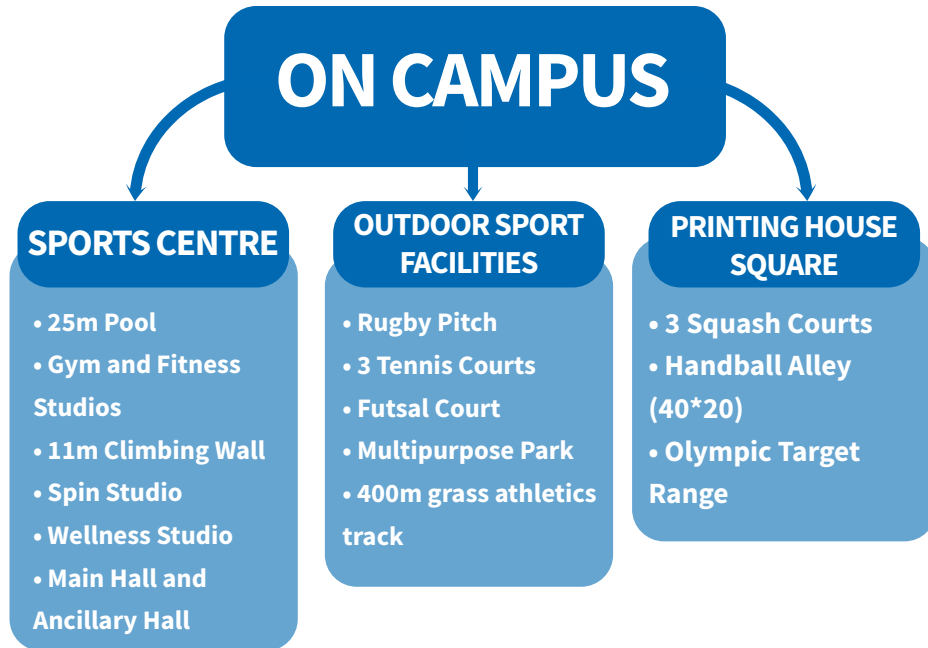
Sign up this academic year by getting in touch with our Participation and Engagement Officer Naz Velic at velicn@tcd.ie.





The need-to-know of our facilities

8. 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 Sport Facilities:

Students can book pitches, studios and halls for a private match, training or events. Book through the Trinity Sport app, online booking, in person, email sport@tcd.ie or call 01 896 1812.

Open to all:

Trinity Sport's vision is to have sport at the heart of the Trinity experience and our mission is to inspire, engage and connect people through sport in a suitable, inclusive, and supportive environment. Trinity Sport facilities are open to all including students, staff, graduates, and public members!

Classes & courses:

- New class timetable from September 2025
 - New HYROX classes added
 - New Learn to Lift courses added
 - New adult Learn to swim courses added
 - New learn to climb added
- Special student rates
- Class passes available for term time

Book through the [Trinity Sport app](#), [online booking](#), [email sport@tcd.ie](mailto:sport@tcd.ie) or call 01 896 1812.

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 per semester €76.50 and full academic year €143. Please contact sport@tcd.ie for more information.

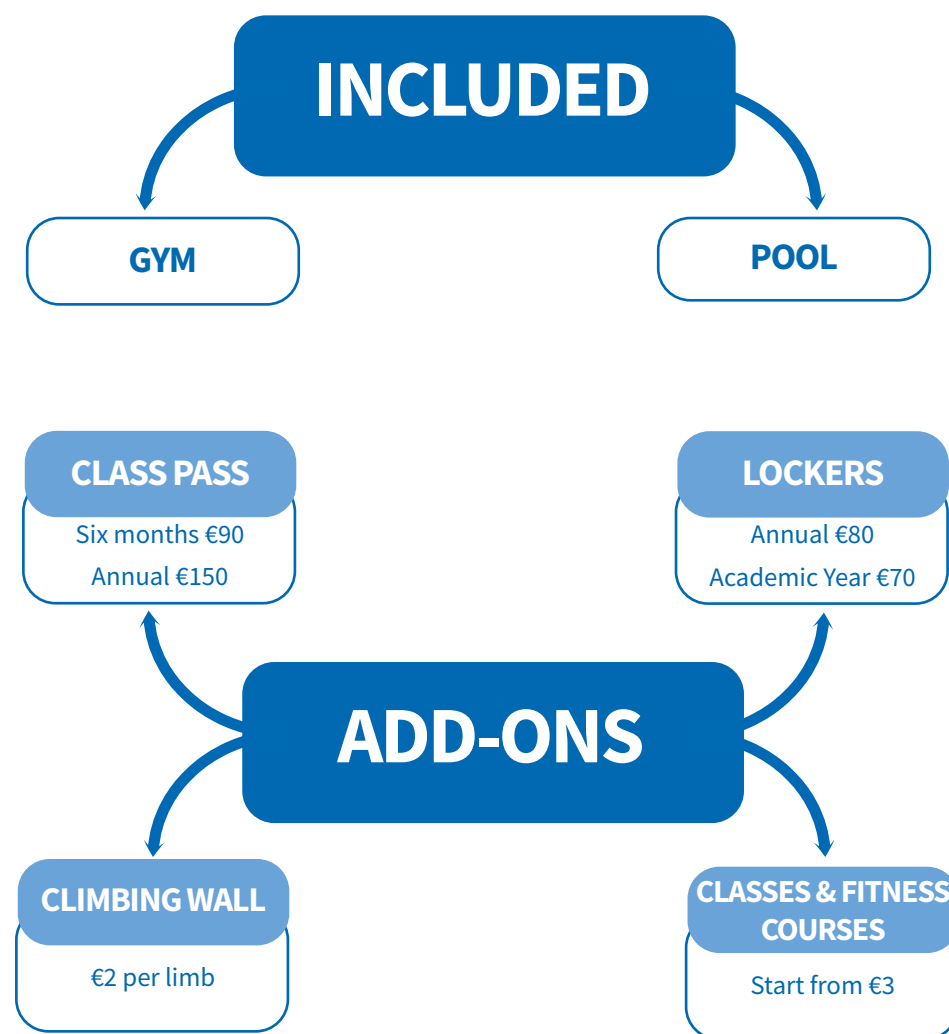
[Activate your student membership HERE](#)

The rates for visiting students are per semester €76.50 and full academic year €143.

For any questions, please email sport@tcd.ie, speak to our **reception team** or call **01 8961812**.

Please see the options you can avail of below:

- **Semester 1 cost : €76.50, valid from 1/8/2025 to 31/12/2025**
- **Semester 2 cost : €76.50, valid from 1/1/2026 to 31/5/2026**
- **Full Year cost : €143, valid from 1/8/2025 to 31/5/2026**



The need-to-know of Classes and Courses

9. Fitness Classes and Courses

All fitness levels are catered for at Trinity Sport Centre, with over 50 fitness classes and courses delivered each week on campus.

Some of our most popular classes are HIIT Cycle, BoxFit, Pilates, Yoga, Bootcamp and Core, we also offer swimming, climbing, tennis, fitness and wellness courses.



Trinity Sport App

Download Now



Play Market:




App Store:



Fitness Classes Timetable

From Monday 1 September until Sunday 21 December 2025

MON	TUE	WED	THU	FRI	SAT	SUN
7:10-7:40 HIIT Cycle Spin Studio	7:10-7:40 HIIT Cycle Spin Studio	7:10-7:40 HIIT Cycle Spin Studio	7:10-7:40 HIIT Cycle Spin Studio	7:10-7:40 HIIT Cycle Spin Studio	9:30-10:30 Hyrox S&C* Ancillary Hall	10:30-11:00 HIIT Cycle Spin Studio
7:50-8:20 Strenght & Core Fitness studio	7:50-8:20 HIIT Kettlebells & Core Fitness Studio	7:05-8:20 Strength & Core Fitness studio	7:50-8:20 Strength & Core Fitness Studio	7:50-8:20 Strength & Core Fitness studio	10:30-11:00 HIIT Cycle Spin Studio	11:05-12:05 Yoga* Wellness studio
12:15-13:00 HIIT Kettlebells & Core Fitness Studio	12:15-13:00 Yogalates Wellness studio	12:15-13:00 Yogalates Wellness Studio	13:00-14:00 Hyrox S&C* Ancillary Hall	13:05-13:55 Pilates* Wellness Studio	12:05-13:05 Yoga* Wellness studio	11:15-11:45 Strength & Core Fitness Studio
12:15-13:00 Yogalates Wellness Studio	13:05-13:55 Studio Cycling Spin Studio	13:05-13:50 Studio Cycling Spin studio	13:15-13:45 HIIT Cycle* Spin Studio	13:05-13:50 Bodyweight Burn Fitness Studio	* Not included in our Class Pass	
13:05-13:50 Box Fit Fitness Studio	13:05-13:55 Pilates* Wellness Studio	13:05-13:50 Boxfit Fitness studio	17:30-18:30 Hyrox S&C* Ancillary Hall	13:15-13:45 HIIT Cycle Spin Studio		
13:05-13:50 Studio Cycling Spin Studio	13:15-13:45 Strenght & Core Fitness Studio	13:05-13:50 Core Strenght & Streching Wellness Studio	17:45-18:15 30" Core Strength Fitness Studio	18:15-18:45 HIIT Cycle Spin Studio		
16:15-17:00 Yogalates Wellness Studio	13:00-14:00 Hyrox S&C* Ancillary Hall	16:15-17:00 Yogalates Wellness Studio	18:15-18:45 HIIT Cycle Spin Studio			
17:15-18:00 Pump N Bum Fitness Studio	16:15-17:00 Yogalates Wellness Studio	17:15-18:00 Pump N Bum Fitness Studio				
18:15-18:45 HIIT Cycle Spin Studio	17:30-18:00 HIIT Rip60/ Kettlebells Fitness Studio	18:15-18:45 HIIT Cycle Spin Studio				
18:15-19:00 Kettlebells & Core Fitness Studio	17:30-18:30 Hyrox S&C* Ancillary Hall	18:15-19:00 Kettlebells & Core Fitness Studio				
	18:15-18:45 HIIT Cycle Spin Studio					
	18:15-19:00 Boxfit Fitness Studio					





RENT A LOCKER

Trinity Sport offers its members the option to hire lockers for a specified period of time.

Better Value

€80

Full Year

This plan ensures that the locker is reserved from September - August and covers the cost of locker maintenance and administration.

Book this locker at reception

€70

Academic Year

This plan ensures that the locker is reserved from September - May and covers the cost of locker maintenance and administration.

Book this locker at reception

Terms & conditions apply. Each member is limited to a maximum of one locker. Lockers are available on a first-come, first-served basis, and the availability of lockers may be limited. Payment is required to secure a locker rental. To address any questions, concerns, or requests related to locker rentals please email sport@tcd.ie or call 01 896 1812



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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 / 01 896 181



Trinity College Dublin Sport



@tcdsports



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