Student Sport Guide
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 supportive 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.

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Director of Sport and Physical Activity,
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 49 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 join one or more sport 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 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 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!

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How to join a sports club

**Step one:** Find the club you’d like to join [here](#).

**Step two:** Simply scroll down the page and add the membership to your basket.

**Step three:** Create a Fixr account (this takes 30 seconds) and pay the membership fee.

*You’re done!*

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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 & Triathlon
- Equestrian
- Fencing
- Gaelic Football - Men
- Gaelic Football - Women
- Golf - Men
- Golf - Women
- Handball
- Harriers & Athletics
- Hockey - Men
- Hockey - Women
- Hurley
- Judo
- Karate
- Kayak & Canoe
- 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
- Volleyball
- Windsurfing & Wakeboarding

For more information on sport clubs: email trinitysportunion@tcd.ie; or visit [www.tcd.ie/sport/student-sport](http://www.tcd.ie/sport/student-sport)
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. Among the recipients on the high-performance pathway are:

- Ireland Senior International Hockey Player and World Cup silver medallist - Katie Mullan
- Ireland Senior International and Leinster rugby players – Ryan Baird and Joe McCarthy
- Ireland Senior International and Ulster rugby player - Kathryn Dane
- Irish Senior 7’s and 15’s player - Meabh Deely
- Irish Senior Cricket players – Rebecca Stokell and Leah Paul
- Irish Senior Basketball Internationals – Dayna Finn and Sarah Kenny
- Irish Senior Volleyball players - Lara McNichols and Grace Maloney

“Trinity Sport has put structures in place such as strength and conditioning coaching, nutrition guidance, access to high performance training facilities and career guidance to ensure I can continue to succeed at the highest level. The support I have received from Trinity Sport allows me to achieve my academic and sporting goals, it is great to have such a supportive team who understand how tricky it can be to balance sport and education.”

Aifric Keogh – Tokyo 2020 Bronze medalist (Rowing – women’s coxless four event) and Trinity Alumni
**Sport Scholarships**

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.

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**Podium**

Olympic level athletes, along with significant athletic calibre will be considered.

**Performance**

Athletes with Senior or under-age 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 postgraduate course at Trinity. 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.

**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. The scholarship provides support services.

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**Sport 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.

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**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)

*Support services offered may differ based on sport and year*
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/
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 and halls for a private match or training. Book through the Trinity Sport app, online booking, 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:
• Completely new timetable from September 2023
• Special student rates.
• Class passes available
• Book through the Trinity Sport app, online booking, email 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](#)

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**Visiting student fees**

- **Semester 1 cost:** €76.50 valid from 1/9/2023 - 31/12/2023
- **Semester 2 cost:** €76.50 valid from 1/1/2024 - 31/5/2024
- **Academic year cost:** €143 valid from 1/9/2023 - 31/5/2024
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 and wellness courses.

Click **HERE** for more information about classes and courses
Transform your fitness with our personalised training

Personal Training with Hugo Casarin

With 11 years of experience in the fitness industry and expertise in a wide variety of disciplines, Hugo Casarin is now offering personal training sessions at Trinity. Whether you're looking to get lean, gain muscle mass, improve your health, or prepare for a competition, he is ready to support and challenge you to achieve your personal goals.

What's included?

- Individualised programming with one-on-one sessions
- Personalised online performance tracking and programming via TeamBuildr
- Accountability inside and outside the gym
- Video demonstrations of programmed exercises
- Consistent communication and guidance from your professional coach
- Monthly check-ins and progress tracking
- Training that fits around your schedule in a friendly, inclusive environment

Member Prices

60 min session x 3 = €150
60 min session x 6 = €270
60 min session x 10 = €400

Non-member Prices

60 min session x 3 = €180
60 min session x 6 = €330
60 min session x 10 = €500

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

Trinity Sport
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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