The anniversary was an opportunity to reflect on the benefits of sport, not just for the student athletes at the top of their game, but for all students transitioning from school to university and integrating into college life. Alongside the obvious health and fitness benefits, sport develops leadership and organisational skills and allows students to form strong friendships and networks; students who participate in sport tend to be more engaged academically and socially. The range and diversity of sporting opportunities available to Trinity students are a key part of campus life and integral to the Trinity student experience.

2019 marked a milestone in the history of sport in the university as we celebrated 100 years of organised sport with Dublin University Central Athletic Club (DUCAC).
Increasing participation amongst students continues to be a driving objective for Trinity Sport...
Trinity Sports Centre
The Sports Centre is the central hub of sporting activity on campus. There were 276,185 attendances at the Sports Centre from October 2018 to June 2019, 72% of users were students, a 2% increase in comparison to the same period in 2017/18. All levels are catered for, with more than 50 classes and programmes delivered each week.

The Sports Centre caters to a wide range of customers all year round and was bustling during the summer months as 1,680 children attended the Trinity Sport Braveheart multi-sport summer camps and 25 teenagers from the local community graduated from the Trinity Sport certified Junior Leader Programme.

Social sport and participation
Increasing participation amongst students continues to be a driving objective for Trinity Sport. Over 6,200 students joined a sports club in 2018/19 and 61% of sports club members continued to engage in active participation throughout the academic year.

There was a full programme of social sports and leagues on campus for students including 3 v 3 basketball, 5-a-side soccer, social running, touch rugby and learn to play gaelic, hockey and squash programmes. The participation side of Trinity Sport activities involved the national Swim for a Mile training programme and event, the Reindeer fun run, Campus 5K run and Healthy Trinity physical activity initiatives.

Sports club performances
Among the highlights for clubs this year, a few stand out: the men’s soccer team won the fresher’s Spillane Cup, while the men’s first team brought back the Duggan Cup. Both the men and women’s teams in the Rifle Club became national air rifle champions and 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 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 claiming 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. And 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 four years.

This year’s sports awards, open to all the university’s clubs, were hosted by sports presenter Máire Treasa Ni Cheallaigh and featured Trinity Sport brand ambassadors Mark Pollock and Sinead Lynch. This year saw the addition
of the 'Game Changer of the Year' award which was awarded to student Áine Tucker for her commitment to promoting and organising women’s sport. A total of 12 Pinks were awarded in eight different sports with six female and six male recipients.

Scholarships and high performance
Sixty-six Trinity Sport scholars from a variety of sports were unveiled at a ceremony in October 2018. The scholarship programme, supporting talented athletes, is delivered in association with Bank of Ireland. Among the 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 included strength and conditioning, physiology testing, and nutrition support. This has played a pivotal part in my development as player, whilst the financial support has allowed me to focus on my training”

ERICA MARKEY
IRISH U-21 HOCKEY PLAYER

Planning for future sporting excellence
Building on the success of the previous Strategy for Sport, Trinity Sport has propelled into a new phase of development to include facilities infrastructure including the redevelopment of the Iveagh Grounds, a new strategy which links to the Inspiring Generations theme as we engage with more of our sporting alumni, ambassadors, partners and sponsors. Having raised our game, it’s time now to play our best game.

→ Over 6,200 students joined a sports club in 2018/19 and 61% of sports club members continued to engage in active participation throughout the academic year.

LEFT – Trinity women’s rowing (DULBC) celebrate their victory at the 2019 Colours on the River Liffey

BELOW – Sports scholars Turlough Hughes (rowing), Anna Lee (fencing), Linda Djougang (rugby), Ronan Hanaphy (association football), Erica Markey (hockey) and Brian Magee (Gaelic football)