

2023



# Student Sport Guide



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

Trinity Sport  
www.tcd.ie/sport



# 01

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## The need-to-know of Trinity Sport

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### Welcome to Trinity Sport

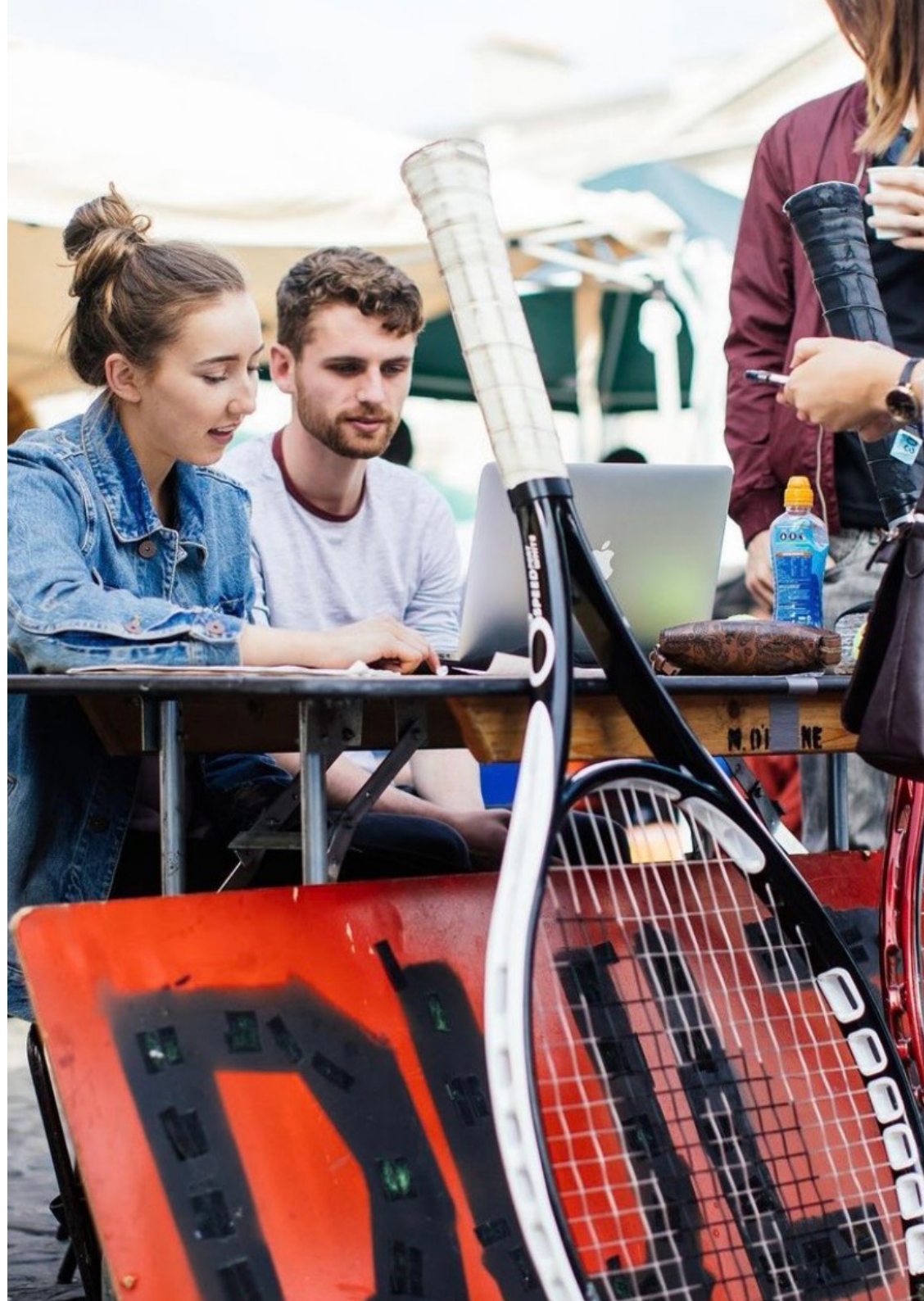
Trinity Sport's vision is to have sport of the Trinity experience and our mission is to inspire, engage and connect people through sport in a suitable, inclusive, and supportive environment.

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, Trinity Sport has a wide variety of sporting opportunities to enhance your college experience.

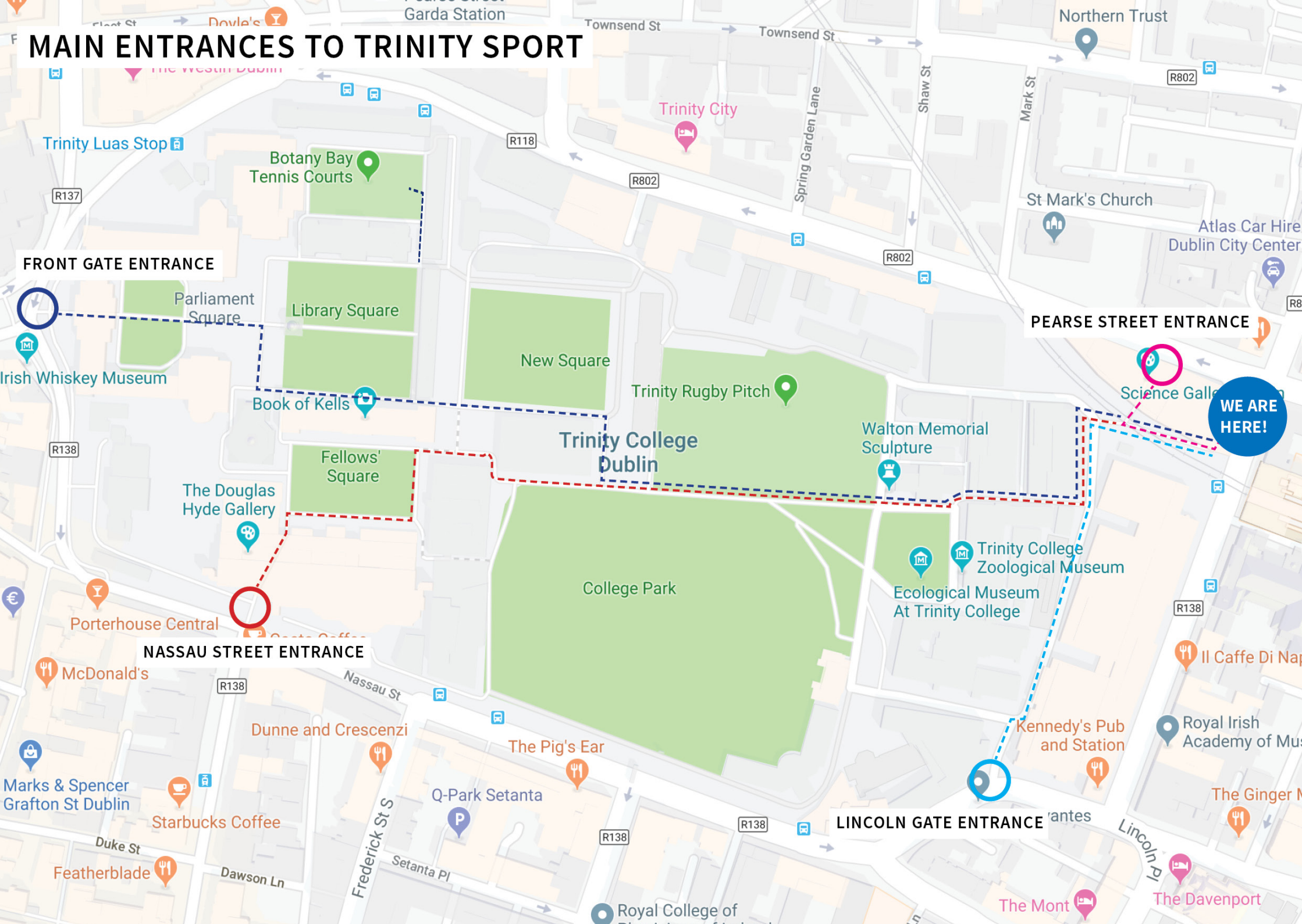
#### **Michelle Tanner**

Director of Sport and Physical Activity





# MAIN ENTRANCES TO TRINITY SPORT



**FRONT GATE ENTRANCE**

**PEARSE STREET ENTRANCE**

**NASSAU STREET ENTRANCE**

**LINCOLN GATE ENTRANCE**

**WE ARE HERE!**



## All the contacts you'll need!

### Michelle Tanner

Director of Sport and  
Physical Activity  
01 896 2243

### Matthew Dossett

Deputy Director of Sport  
and Physical Activity  
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matthew.dossett@tcd.ie

### Rosie King

Business Development  
Manager  
01 896 3581  
rosie.king@tcd.ie

### Lisa Cafferky

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

### John Harman

Sport Performance Officer  
01 896  
harmanj@tcd.ie

### Eamon Cusack

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

### Gillian Neely

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

### Rike Held

Clubs Executive Officer  
trinitysportunion@tcd.ie  
01 8962268

### Iva Oreskovic

Bookings Officer  
01 896 1803  
oreskovi@tcd.ie

### Deirdre Mullen McGuinness

Sports Participation Officer  
01 896 4681  
deirdre.mullen@tcd.ie

### Naz Velic

Sport & Physical Activity  
Inclusion Officer  
VELICN@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

See opening hours [here](#)

*\*All activities cease 30 minutes before closing.  
All facilities are closed on Bank Holidays. During summer opening times slightly vary.*





# 02

## The need-to-know of our Sports Clubs

### Sports Clubs

Trinity has 49 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 6000-7000 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. 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

**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!*

## 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

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

Volleyball

Windsurfing & Wakeboarding

For more information on sport clubs:

email [trinitysportunion@tcd.ie](mailto:trinitysportunion@tcd.ie); or visit [www.tcd.ie/sport/student-sport](http://www.tcd.ie/sport/student-sport)

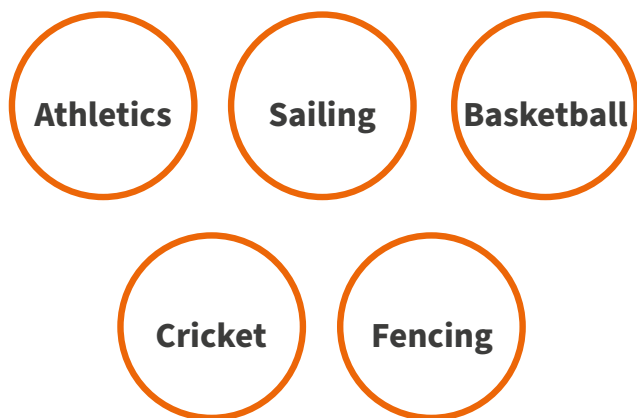




## FOCUS SPORTS



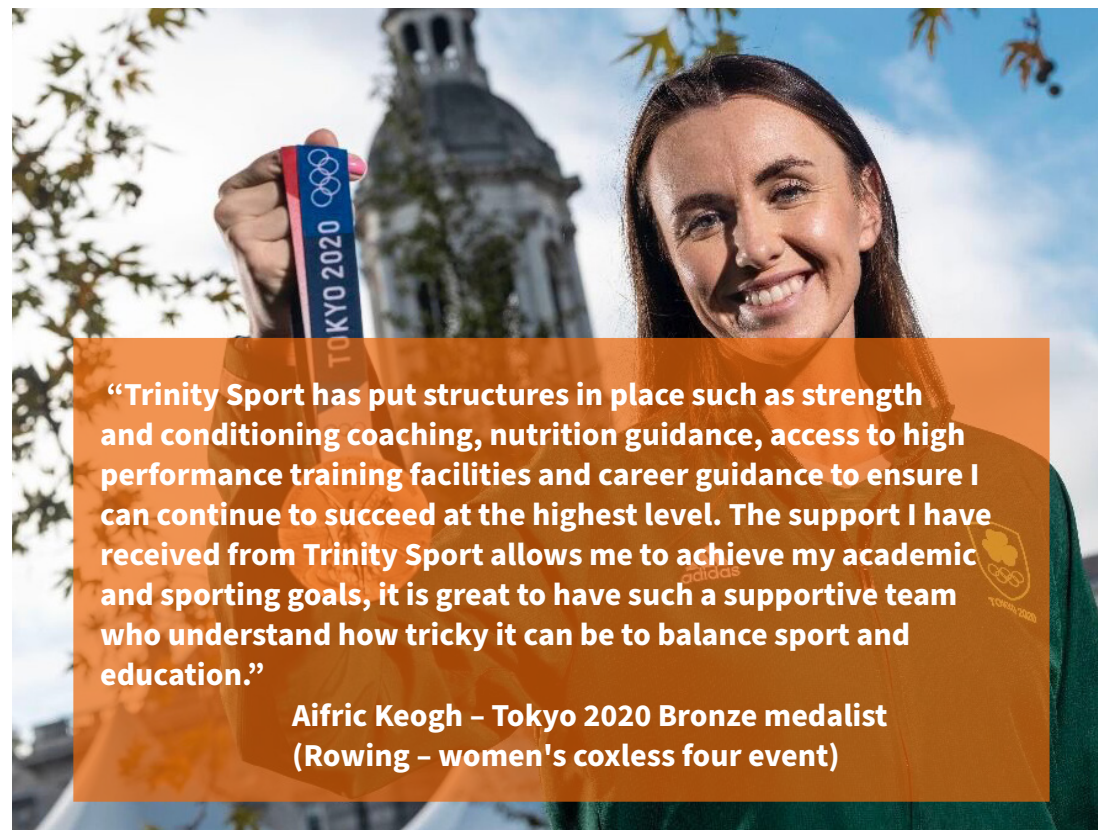
## OTHER HIGH PERFORMANCE PATHWAY SPORTS



## 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 are:

- Tokyo 2020 Olympic Bronze medallist (Rowing IRL), Aifric Keogh;
- Tokyo 2020 Paralympic Silver medallist (Rowing USA), Charley Nordin;
- Senior International mixed 4x400m relay Tokyo 2020 (IRL), Cilin Greene;
- Irish International and Ulster Rugby player, Kathryn Dane;
- Irish International and Leinster rugby player, Ryan Baird;
- Irish Senior Cricket players, Rebecca Stokell and Leah Paul.



**“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)**



# 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.



## Podium

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

## Performance

Athletes with Senior or underage 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 post-graduate course at Trinity. Benefits of this scholarship include academic fee reduction, access to accommodation, support services and financial bursary.

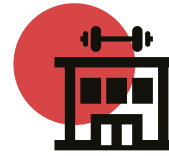
## Trevor West

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.

## 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 placed to meet their performance targets.



### Financial Bursary

A financial bursary may be awarded to support with training and competition costs.



## 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



# 03

## The need-to-know of our social sport

### 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/>





# 04

## 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 2021
- Special student rates.
- Class passes available
- Book through the App: Trinity Sport





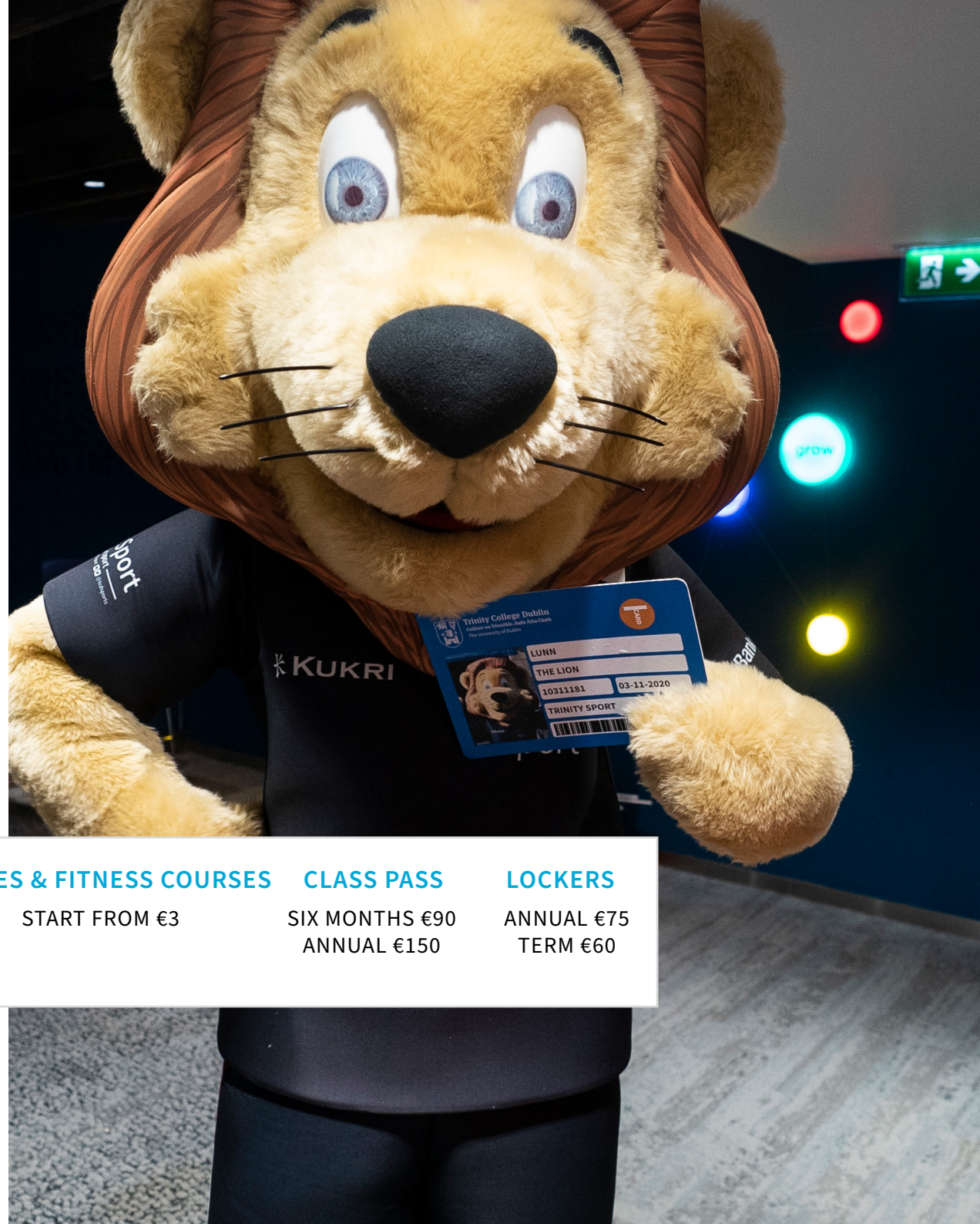
# 05

## 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](mailto:sport@tcd.ie) for more information.

Activate your student membership [HERE](#)



### INCLUDED

GYM



POOL\*



### ADD-ONS

CLIMBING WALL

€2 PER CLIMB

CLASSES & FITNESS COURSES

START FROM €3

CLASS PASS

SIX MONTHS €90  
ANNUAL €150

LOCKERS

ANNUAL €75  
TERM €60

## Visiting student fees

**Semester 2 cost:** €75 valid from 1/1/2023 - 31/5/2023







## NEW course starting 25th January 2023

The 'Learn to Lift' programme is designed in partnership with Grace McBryan to help you build a strong foundation for a lifelong healthy relationship with exercise and well being. Learn or improve strength building techniques such as deadlift, squats and push-ups in a small group setting (12 people max) and positive environment at Trinity Sport's high performance gym.

The six week programme will provide you with the confidence and knowledge to train individually in a gym environment while also building strength and aerobic fitness.

Learn to Lift starts 25th Jan 2023 and runs for 6 weeks, 2 evenings per week: Wednesdays 6pm-7pm & Thursdays 5.30pm-6.30pm in the High Performance Gym

Price: Members €100  
Non-members €120

We are now fully booked for our January course, but keep an eye on our social channels for details on the next course.

**LEARN  
↑ TO LIFT ↓**  
with Grace McBryan



**Monday, Wednesday & Thursday  
5:05pm - 6.05pm  
€60 a month  
Sign in at Trinity Sport reception**

\*Trinity students only

## STAY IN TOUCH

More information on everything here  
is available on our website  
**[www.tcd.ie/sport](http://www.tcd.ie/sport)**

If you have a query you can contact  
us at **[sport@tcd.ie](mailto:sport@tcd.ie)** / **01 896 1812**.

 Trinity College Dublin Sport

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