



HIGH PERFORMANCE SPORT

SCHOLARSHIPS & ATHLETE SUPPORT



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

Trinity Sport
www.tcd.ie/sport

Heritage, Tradition & Success at Ireland's No.1 University

A sporting journey over 430 years in the making



Trinity College Dublin is a world-renowned academic institution steeped in history, with a unique sporting calibre established over four centuries. Along with our strong heritage in academic teaching and research, Trinity has hosted a significant number of past Olympians, world and national champions, and is home to some of Ireland's top sporting teams and athletes.

Why Trinity?

1. Ranked No.1 University in Ireland (QS 2022; THE 2022)
2. Ranked 1st in Europe for producing entrepreneurs for a 6th year in a row (Pitchbook 2020-2021)
3. Ranked 1st in Ireland for employer reputation and alumni outcomes
4. Top 50 in 4 subject areas (QS 2021)
5. Ranked 8th most international university in the world (THE 2021)
6. Ranked joint - 101st in the world (QS 2022)



Performance Sport

Trinity prides itself on student experience and excellence in teaching. This also applies to the standard and delivery of our high-performance pathway, which, driven by the current strategy for sport has enabled us to establish a structure to support emerging athletic talent alongside academic success.

Built upon an unrivalled mix of university sporting heritage and history, Trinity is emerging as a leading destination for high performance athletes who wish to excel, on and off the field. Supported by renowned academics, experienced coaches, and specialist support staff, we provide athletes and teams with an environment that nurtures development and realises potential.



“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 Medallist
(Rowing – women’s coxless four event)**

Performance Sport Pathways

Trinity has a long and established affinity to sport and with it some of the worlds oldest sporting clubs. Together with the delivery of performance sport services, this heritage has enabled our tiered performance sports to be at the forefront of our resource planning, infrastructural and program development.

The tiered performance sports teams and scholarship athletes are all part of the performance pathway.

Performance sports:



Hockey



G.A.A.



Rowing



Rugby



Athletics



Basketball



Fencing



Cricket

Staff & Support Providers

Trinity has a wealth of sporting knowledge and expertise, all of which are placed around athletes in a specifically designed structure to suit individual needs. Our staff have international experience and reputation, including supporting athletes at World class and Olympic level.



Lisa Cafferky
Student Sport Pathway Manager

“We are delighted that you are considering coming to study and compete at Ireland’s number one University. As you can see from the services on offer, we are able to cater for athletes from talent development and junior representation status all the way up to world class elite level. None of this would be possible without the knowledge and skills of our coaches, medical consultants, development officers, and support staff. If you’ve any questions about support whilst studying in Trinity, please do not hesitate to get in touch”

	<p>Professor Cathal Moran, Consultant Orthopaedic Surgeon Consultant Orthopaedic Surgeon at Sports Surgery Clinic and the Professor and Chair of Orthopaedics and Sports Medicine at Trinity College Dublin. He specialises in Knee Surgery and Shoulder Surgery. His sub-specialty interest is in sports injuries, including ACL reconstruction, cartilage injury, meniscus surgery, rotator cuff repair and shoulder stabilisation surgery.</p>		<p>Neil Fleming, Exercise Physiologist Neil is the exercise physiologist in the Trinity Human Performance lab and delivers physiological support to elite athletes as part of an integrated support system for Trinity Sport.</p>
	<p>David Fitzgerald, High Performance Hockey Officer David is a high-quality addition to the sport of hockey at Trinity as he brings with him years of experience as both a player and coach. As a goalkeeper he was part of the Irish national teams that won a bronze medal at the European Championships in 2015, played at the Olympic Games in Rio 2016 and participated at the 2018 Hockey World Cup. During his international career he gained a total of 58 international caps.</p>		<p>John Harman, Sports Performance Officer MSc. in Strength and Conditioning, joined the team in 2020. John has experience working with talented athletes across a variety of sports and settings. Before joining Trinity, John held the role of Sport Performance Manager at Oxford Brookes University where he led on the OBU Talented Athlete Scholarship Scheme. John provides performance support to our Trinity Scholarship athletes and Performance teams.</p>
	<p>Shane Maughan, Basketball Development Officer Shane is a Development Officer with Basketball Ireland; his position is a partnership between Dublin City Council, Trinity College and Basketball Ireland. Shane oversees all basketball operations within Trinity College and developing the sport within Dublin’s North East Inner City. Creation and implementation of long-term strategic plans and strengthening the link between Trinity and the local community (NEIC), are key aspects.</p>		<p>Tony Smeeth, Director of Rugby IRFU Level 3, stage 5 IRB coach. Tony came to Trinity in 1998 following three years as a senior coach at Blackrock College RFC. Founded USA U19s program in 1992, coached on 8 tours to New Zealand/Australia. In 1998, he coached Irish Women’s XV in the Women’s Cup in Amsterdam. In 2010, he coached Leinster U19s to an inter-provincial championship.</p>
	<p>Colm Flynn, Fencing Development Officer Colm Flynn has been the Fencing Head Coach since 2012 with several successes in this role including winning the Irish Fencing Intervarsity Championships. Colm coaches foil, épée and sabre with coaching qualifications from both Fencing Ireland and the FIE. Colm has coached multiple title winners at youth and open events in Ireland and abroad across all weapons and has experience coaching fencers competing internationally in all weapons.</p>		<p>Ian Hirst, Strength and Conditioning Coach Ian is an experienced S&C Coach with a MSc in Strength and Conditioning from the highly rated St. Mary’s, Twickenham. Ian also holds a level 2 accreditation with the ASCA and a Stage 4 IRFU Coaching badge. Ian is a former professional rugby player with Leinster.</p>



Facilities

Sports facilities on the main campus include Rugby and Cricket pitches, 400m athletics track (during summer) and the Sports Centre. The Sports Centre has two gym spaces, a 25m swimming pool, sports halls, a climbing wall and multi-functional training area. Trinity also boasts an off-site boathouse, an international standard Hockey pitch, a 19 acre sports facility near the airport, and a 16 acre site located to the west of the city.



High Performance Gym

The High Performance gym was designed with the athlete in mind. It has a large range of free weights and conditioning equipment that enables athletes to complete their individualised strength and conditioning programmes that have been designed by our expert staff. The High Performance gym is exclusively used by our sport scholars and high performance teams.

Sports Medicine

Trinity Sport provides world class medical support to all it's athletes. This includes insurance cover and access to medical professionals based here in the University. Athletes have rapid access to medical assessment and treatment in our orthopaedic and sports medicine suite within the sports centre. In addition, Trinity sport uses the latest monitoring systems and technology to ensure athletes are in their best condition throughout their season. We place great effort on avoiding and minimising any lost time through injury.



Support Facilities

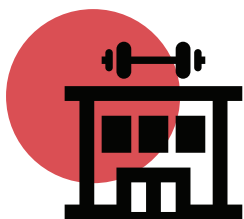
Alongside the onsite performance training facilities and injury support services, athletes are regularly scheduled to use our 25m swimming pool for rehabilitative of specialist recovery, along with steam and sauna facilities. Training and teaching rooms on site in the sports centre are also utilised to deliver regular athlete lifestyle support sessions, along with workshops and masterclasses in areas such as nutrition, media and time management.

Human Performance Laboratory

The Discipline of Anatomy's Human Performance Laboratory under the scientific and clinical leadership of Dr Neil Fleming, currently supports over a dozen research projects, at PhD, MSc and final year BSc levels in the areas of exercise science, exercise physiology and sports and exercise medicine. This facility is fully accredited and provides physiological testing and training support across a wide range of sports.



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.



Cillin Greene, Tokyo 2020 Olympian - Athletics

Eligibility, applications & enquiries

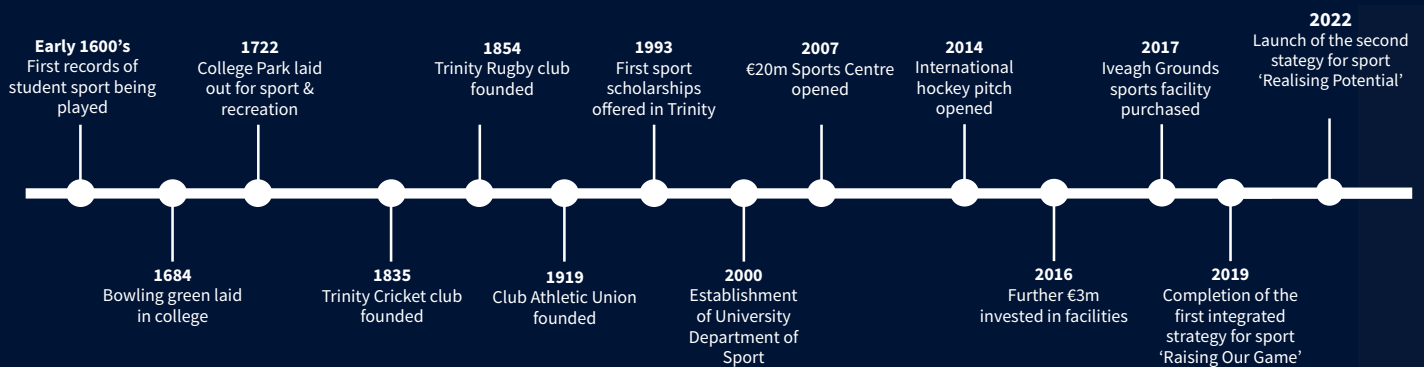
Full details on eligibility and the application process can be found on our website www.tcd.ie/Sport/scholarships

If you would like further information or would like to discuss the scholarship programme in more detail please contact performancesport@tcd.ie

Sporting History & Excellence

Trinity College has a strong sporting history and tradition going back over four centuries, stemmed from some of the oldest clubs in the world, to great successes and award winning programmes. Traditions evolving from amateur and volunteer structures in sport are now honoured and integrated into professional delivery and operations. The Trinity sporting offer is complemented by excellent indoor facilities and recent investment in the outdoor facilities which include a international standard hockey pitch, GAA pitch and new sports grounds purchase. The sports centre on the main campus is home to the Trinity Sport team and performance sport programme and staff, regularly achieving the national gold standard White Flag Award.

Recent developments and successes place Trinity Sport on strong foundations. Student needs are changing and expectations are high. Trinity Sport has kept pace with the changing dynamics within which Trinity and third level education now operate, and this includes a significant growth in facilities and support structures around high performance teams and athletes.



Jamie Heaslip

2009 Irish Union and Leinster player, 95 International caps



Sinead Jennings

Lightweight double scull finalist in Rio 2016 Olympics, former World Champion in light weight singles



John Tanguay

Tokyo 2020 Paralympic Silver medalist US Rowing



Natalya Coyle

Participated in Tokyo 2020 Olympics



Linda Djougang

Current Irish Senior Rugby & Clermont Rugby Player



Mark Pollock

Bronze and silver medalist at the 2002 Commonwealth Rowing Championships. First blind man to race to the South Pole



Ronan Gormley

Irish Hockey player and Rio 2016 Olympian



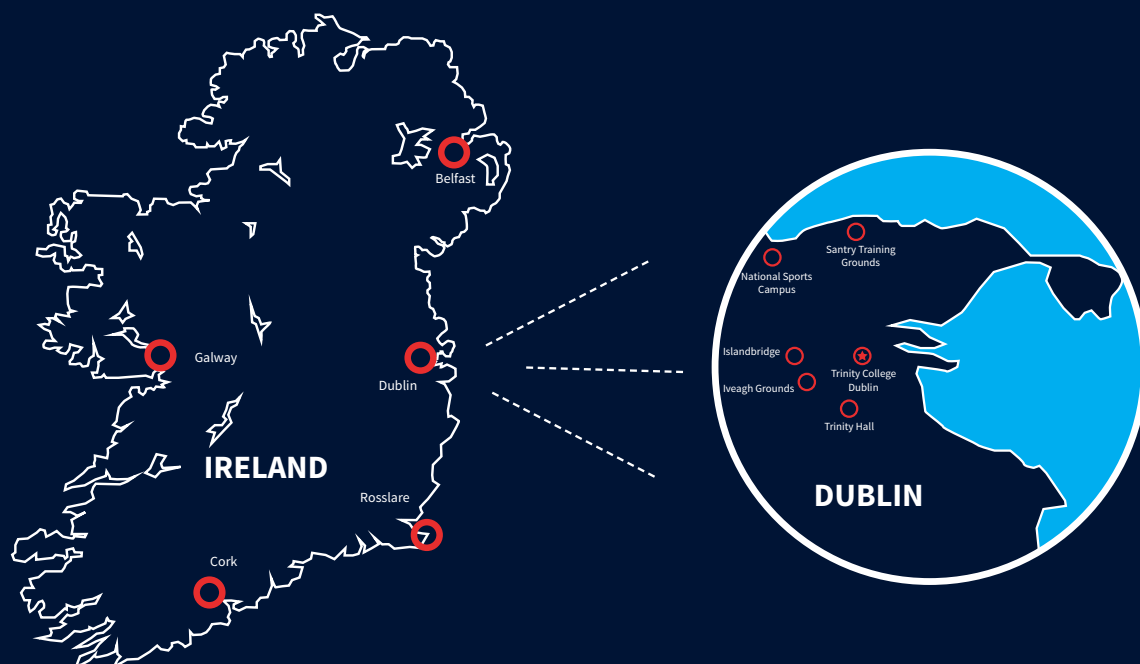
Nicole Owens

Dublin Ladies GAA player and Trinity Alumnus with 4 All Ireland Senior medals

Dublin City

Dublin is one of the most visited cities in the world in terms of tourism, and is often voted one of the best student cities in the world. Its relatively small scale means it is easy to get around, as well as being a major transport hub to the rest of Ireland and Europe. Dublin is home to many of Ireland's biggest sporting facilities; the Aviva Stadium and Croke Park are within 10 minutes from Trinity College, while the National Sports Campus is 25 minute drive.

Trinity College is one of Dublin's historic visitor sights with its cobbled squares, contemporary buildings, tranquil green spaces, and vibrant atmosphere. Dublin is a thriving capital city with Trinity College sitting right in the heart of the city centre, while the Trinity Sports Centre lies in the northeast end of the main campus.



Drive to Dublin from:

Cork: 3 hr
Galway: 3 hr
Belfast: 2 hr
Rosslare: 2 hr

Fly to Dublin from:

Madrid: 3 hr
London: 1 hr
New York: 7 hr
Dubai: 7 hr

Performance Sport & Scholarship Information

<https://www.tcd.ie/Sport/performance/> | performancesport@tcd.ie



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