

Student Sport Guide

2024 / 2025



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

Trinity Sport
www.tcd.ie/sport

01

The need-to-know of Trinity Sport

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.

Michelle Tanner

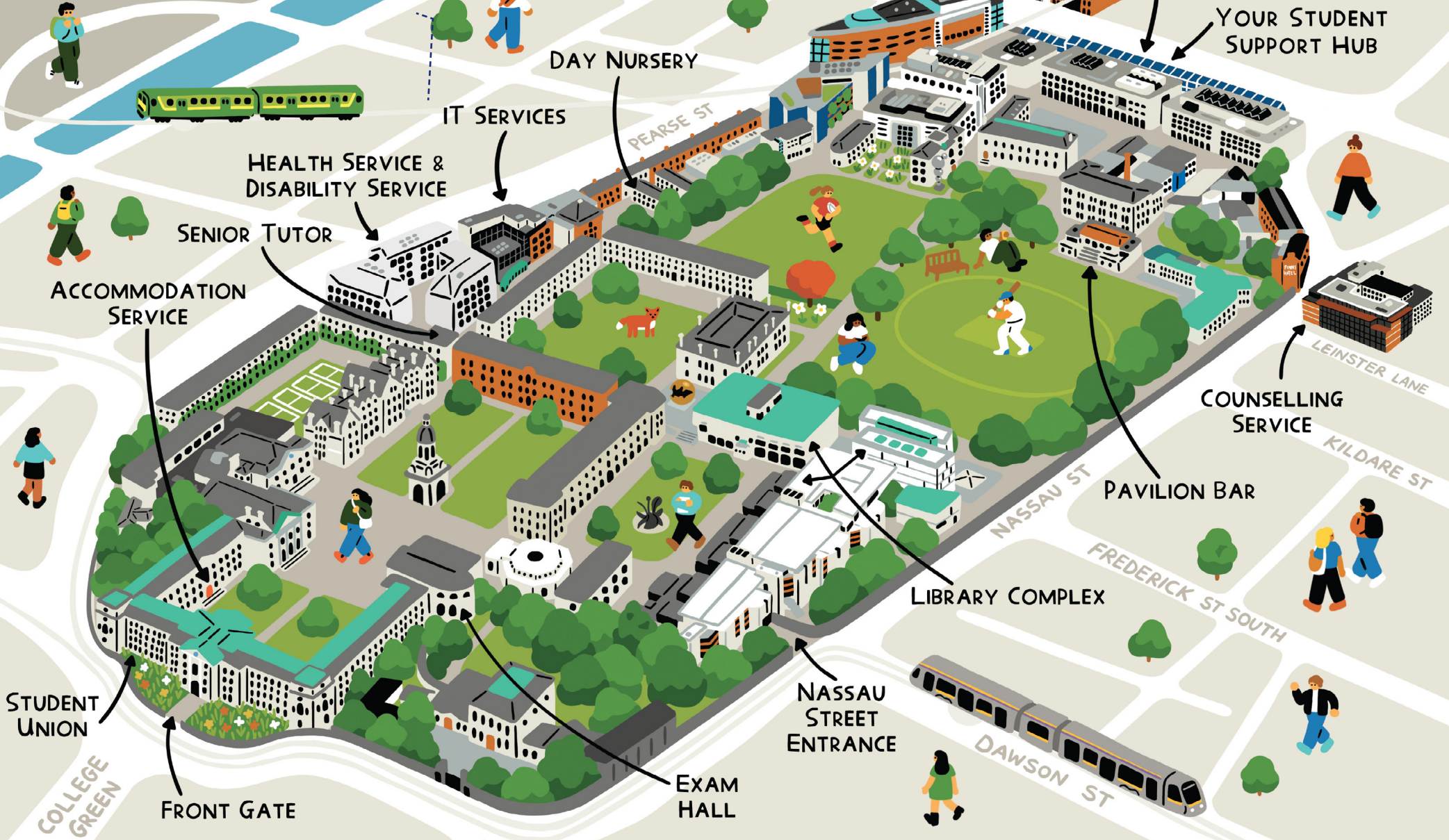
Director of Sport and Physical Activity, Trinity College Dublin





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

[Open Interactive Map HERE](#)



TRINITY SPORT

GOLDSMITH HALL

HAMILTON LIBRARY

THE ACADEMIC
 REGISTRY
 YOUR STUDENT
 SUPPORT HUB

DAY NURSERY

IT SERVICES

HEALTH SERVICE &
 DISABILITY SERVICE

SENIOR TUTOR

ACCOMMODATION
 SERVICE

COUNSELLING
 SERVICE

PAVILION BAR

LIBRARY COMPLEX

NASSAU
 STREET
 ENTRANCE

EXAM
 HALL

STUDENT
 UNION

FRONT GATE

COLLEGE
 GREEN

LEINSTER LANE

KILDARE ST

FREDERICK ST SOUTH

DAWSON ST

GP

All the contacts you'll need!

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Alumni and Sport Outreach Officer
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Sport Performance Officer
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Trinity Sport Reception

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Trinity Sport Union

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Duty Managers

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Orla O' Brien - orobrien@tcd.ie



02

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 joins one or more sports clubs each year.

Getting involved in a sport 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 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.

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



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 - Men |
| AFC - Men (soccer) | Hockey - Women |
| Aikido | 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 |
| Croquet | Sub Aqua |
| Cycling & Triathlon | Surfing & Bodyboarding |
| Equestrian | Swimming and Water Polo |
| Fencing | Table Tennis |
| Gaelic Football - Men | Taekwondo |
| Gaelic Football - Women | Trampoline |
| Golf - Men | Ultimate Frisbee |
| Golf - Women | Volleyball |
| Handball | Windsurfing & Wakeboarding |
| Harriers & Athletics | |

For more information on sports clubs:
email ducac@tcd.ie; or visit 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 and Leinster Rugby players – Ryan Baird & Joe McCarthy
- Ireland Senior Rugby Internationals - Kathryn Dane and Megan Collis
- Ireland U-20's Rugby International – Paddy McCarthy
- Ireland Senior Basketball player – Sarah Kenny
- Ireland Senior Cricket players – Rebecca Stokell, Leah Paul and Georgina Dempsey
- Irish Senior Volleyball players – Grace Maloney and Liam Corcoran



“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 understands how tricky it can be to balance sport and education.”

*Aifric Keogh – Paris 2024, Tokyo 2020 Bronze medalist
(Rowing – women's coxless four event) and Trinity Alumna*

03

The need-to-know of our social sport

Social Sport 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 leagues include 5 a side soccer, 3v3 basketball and tag rugby.

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 focus 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, Self-defence, learn to play Badminton, Social men's & women's GAA, learn to Box, learn to Jiu Jitsu, Social Cycle.

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, Marchathon and Trinity on the Move.

Offers

- Students that sign up to any program in semester 1 will receive a 25% discount on programs in semester 2.
- As part of our women in sport campaign, all female students that sign up to a women's social program will receive a free custom t-shirt.
- Majority of our social programs include a social evening at the final session with refreshments provided.

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 the participation and engagement officer.





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

Open to all

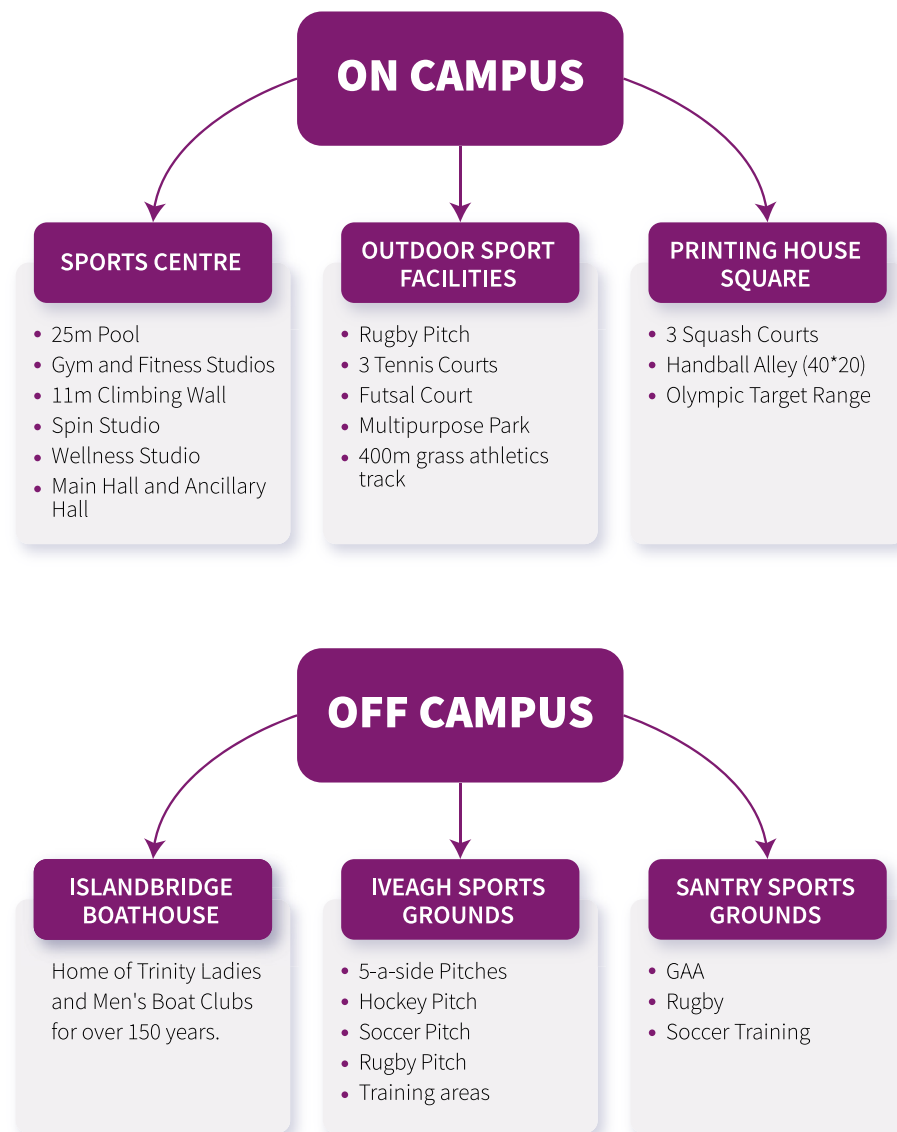
Trinity Sport's vision is to have sport at the heart of the Trinity experience and our mission is to inspire, engage and connect people through sport in a suitable, inclusive, and supportive environment. Trinity Sport facilities are open to all including students, staff, graduates, and public members!

Classes & courses

- New timetable from September 2024
- Special student rates.
- Class passes available
- Book through the Trinity Sport app, [online booking](#), email sport@tcd.ie or call **01 896 1812**.

Come visit us

See opening hours [here](#)



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

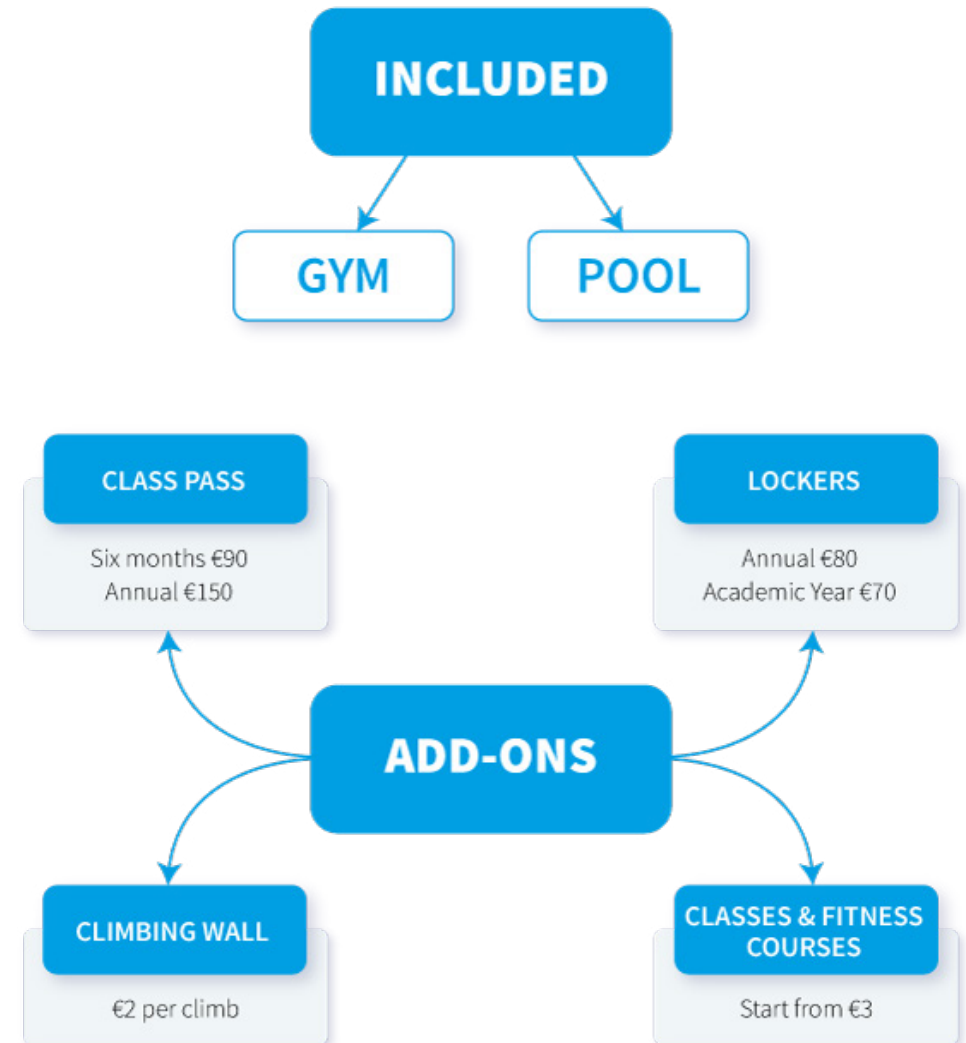
Activate your student membership [HERE](#)

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

For any questions, please contact **Hannah McGowan**, Memberships and Promotions Advisor, email hmcgowan@tcd.ie or call **01-8964111** or get in touch with reception, email sport@tcd.ie or call 01-896 1812.

Please see the options you can avail of below:

Semester 1 cost : €76.50, valid from 1/8/2024 to 31/12/2024
Semester 2 cost : €76.50, valid from 1/1/2025 to 31/5/2025
Full Year cost : €143. valid from 1/8/2024 to 31/5/2025



06

The need-to-know of Classes and Courses

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 & WELLNESS CLASSES TIMETABLE

From Monday 2nd Sep until Sunday 15th Dec 2024

MONDAY

07:30 - 08:00	HIIT Cycle	Cycling Studio	Martin
08:10 - 08:40	Strength & Core	Fitness Studio	Martin
12:15 - 13:00	Kettlebells & Core	Fitness Studio	Mark
12:15 - 13:00	Yogalates	Wellness Studio	Belinda
13:05 - 13:50	Boxfit	Fitness Studio	Ryan
13:05 - 13:50	Studio Cycling	Cycling Studio	Emmet
16:15 - 17:00	Yogalates	Wellness Studio	Catriona
17:15 - 18:00	Pump N Burn	Fitness Studio	Catriona
17:30 - 18:00	HIIT Cycle	Cycling Studio	Fionn
18:15 - 19:00	Kettlebells & Core	Fitness Studio	Fionn

TUESDAY

07:30 - 08:00	HIIT Cycle	Cycling Studio	Emmet
08:10 - 08:40	HIIT Kettlebells & Core	Fitness Studio	Emmet
12:15 - 13:50	Yogalates	Wellness Studio	Catriona
13:05 - 13:50	Studio Cycling	Cycling Studio	Fionn
13:05 - 13:50	Pilates*	Wellness Studio	Karita
13:15 - 13:45	Strength & Core	Fitness Studio	Mark
16:15 - 17:00	Yogalates	Wellness Studio	Catriona
17:15 - 18:00	Rip60/Kettlebells	Fitness Studio	Martin
17:30 - 18:00	HIIT Cycle	Spin Studio	Belinda
18:15 - 19:00	Boxfit	Fitness Studio	Ryan

WEDNESDAY

07:30 - 08:00	HIIT Cycle	Cycling Studio	Catriona
08:10 - 08:40	Strength & Core	Fitness Studio	Fionn
12:15 - 13:00	Yogalates	Wellness Studio	Catriona
13:05 - 13:50	Boxfit	Fitness Studio	Fionn
13:05 - 13:50	Studio Cycling	Cycling Studio	Ryan
13:05 - 13:50	Core Strength & Stretch	Wellness Studio	Martin
16:15 - 17:00	Yogalates	Wellness Studio	Belinda
17:15 - 17:50	Pump N Burn	Fitness Studio	Belinda
18:00 - 18:30	HIIT Cycle	Cycling Studio	Emmet
18:15 - 19:00	Kettlebells & Core	Fitness Studio	Mark

THURSDAY

07:30 - 08:00	HIIT Cycle	Cycling Studio	Instructor
08:10 - 08:40	Strength & Core	Fitness Studio	Instructor
13:05 - 13:50	Body Weight Burn	Fitness Studio	Instructor
13:15 - 13:45	HIIT Cycle	Cycling Studio	Instructor
17:15 - 17:45	HIIT Cycle	Cycling Studio	Instructor
18:00 - 18:30	Core Strength	Fitness Studio	Instructor

FRIDAY

07:30 - 08:00	HIIT Cycle	Cycling Studio	Instructor
08:10 - 08:40	Strength & Core	Spin Studio	Instructor
13:05 - 13:50	Body Weight Burn	Fitness Studio	Instructor
13:05 - 13:55	Pilates*	Wellness Studio	Lena
13:15 - 13:45	HIIT Cycle	Spin Studio	Instructor
17:15 - 17:45	HIIT Cycle	Spin Studio	Instructor
18:05 - 18:50	Body Weight Burn	Fitness Studio	Instructor

SATURDAY

10:30 - 11:00	HIIT Cycle	Cycling Studio	Instructor
11:15 - 12:00	Body Weight Burn	Fitness Studio	Instructor

SUNDAY

10:30 - 11:00	HIIT Cycle	Cycling Studio	Instructor
11:15 - 12:00	Strength & Core	Fitness Studio	Instructor

* NOT INCLUDED IN OUR CLASS PASS

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

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.**



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