

Student Sports Guide 2026 / 2027



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

Trinity Sport
— www.tcd.ie/sport —



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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 welcoming 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.

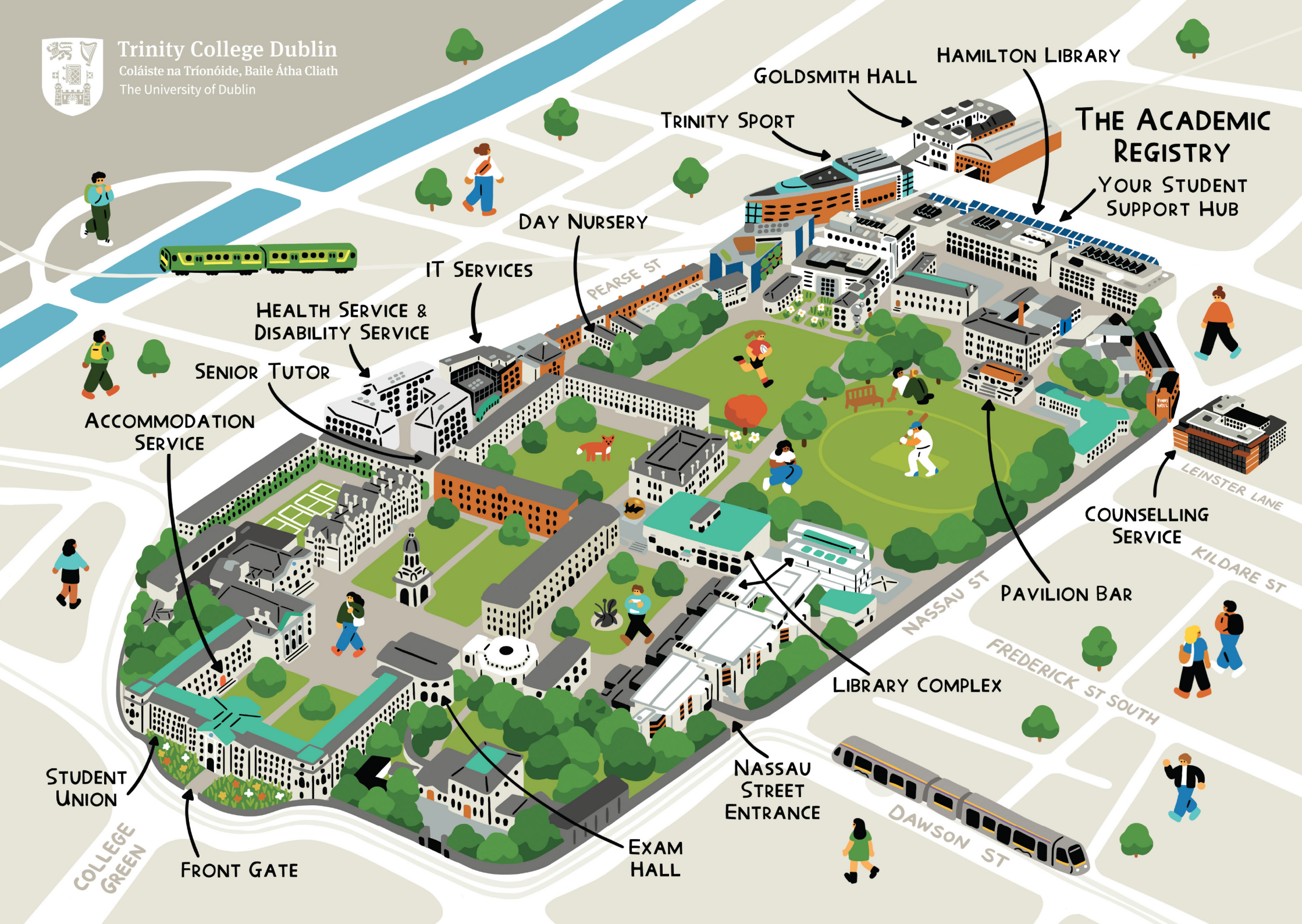
Michelle Tanner, Director of Sport and Physical Activity, Trinity College Dublin





Trinity College Dublin

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HAMILTON LIBRARY

GOLDSMITH HALL

TRINITY SPORT

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

FRONT GATE

STUDENT
UNION

COLLEGE
GREEN

LEINSTER LANE

KILDARE ST

NASSAU ST

FREDERICK ST SOUTH

DAWSON ST

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Trinity Sport Union Committee

Chairperson – Katie Lynch

Vice Chairperson – Aisling Mulligan

Honorary Secretary – Carmel Maher

Junior Treasurer – Sam Ledoux

Sen. Hon. Treasurer - Marcus Boggan

Chair of Pavilion Bar Committee – Prof. Cyril Smyth

Club Representatives

- Edward Collins (DU Hockey)
- Oisín Hughes (DU Sailing)
- Molly Mostow (DU Ladies Boat)
- Tom Leahy (DU Boat)
- Tatiana Najera (DU Swim & Water polo)
- Aoife Nixon (DUFC Women's)
- Beatrice Wharton-Hood (DU Ladies Hockey)
- Anna Whelan (DU Ladies Crickey & DU Ladies Boat)

Advisory Board

- | | |
|--------------------------|---|
| • Professor Anil Kokaram | • Ian Beatty-Orr |
| • Robert Otway-Norwood | • Iain Nash |
| • Sharon Campbell | • Lisa Biermann (Postgraduate Representative) |

Ex Officio Members

- Michelle Tanner (Director of Sport & Physical Activity, Trinity Sport)
- Niamh Digby Bratton (Club Operations & Development Manager, Trinity Sport)

Trinity Sport Clubs

Trinity has 45+ active 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.

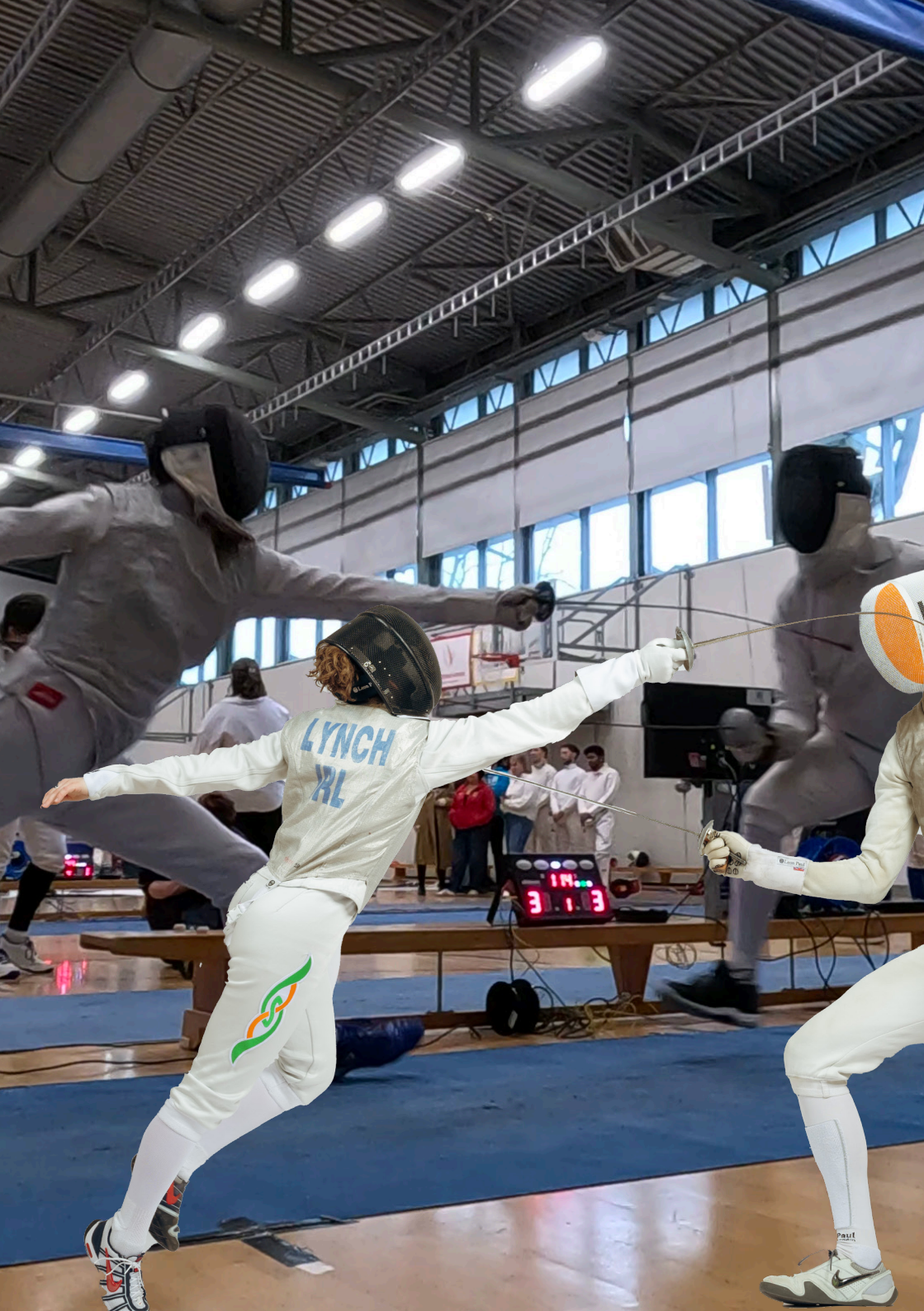
Getting involved in a sports club is an ideal way to keep fit, learn a new skill, and build new friendships. For students who have previously played sport and would like to compete at a high standard, many of our clubs provide access to performance environments. Joining a sports club also provides you with opportunities to represent Trinity on varsity, domestic and international circuits. For lots of our clubs you will find a level that suits you, whether that's beginner all the way to those competing at national or international standards.

The Trinity Sport 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.

University Pinks are also announced at the Trinity Sport Awards, awarded to student athletes who have shown outstanding individual merit in their chosen sport. Pinks are the highest sporting achievement that Trinity can bestow upon its students with over 1,250 students having received the prestigious accolade since its inception in 1927.

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
American Football	Hurling
Archery	Judo
Badminton	Karate
Basketball	Kayak & Canoe
Barbell	Lawn Tennis
Boat Club - Men	Netball
Boat Club - Ladies	Orienteering
Boxing	Rifle
Camogie	Rugby - Men
Climbing	Rugby - Women
Cricket - Ladies	Sailing
Cricket - Men	Snowsports
Cycling & Triathlon	Squash
Equestrian	Sub-Aqua
Fencing	Surfing & Bodyboarding
Gaelic Football - Men	Swimming and Water Polo
Gaelic Football - Women	Table Tennis
Golf - Men	Taekwondo
Golf - Women	Trampoline
Handball	Ultimate Frisbee
Harriers & Athletics	Volleyball

For more information on sports clubs:

email trinitysportunion@tcd.ie

or visit www.tcd.ie/sport/student-sport



Social Activities 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 league includes 5 a side soccer and 3v3 Basketball.

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 focuses 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, Women's self-defence, learn to play Badminton, Social GAA, Tag Rugby and much more.



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, Marchaton and Trinity on the Move.





List of Social Activities

Sport Programs:

- Mixed Beginners' 3v3 Basketball
- Women's 3v3 Basketball
- Social Badminton
- Social Climbing
- Social Gaa Mixed
- Social Hockey Women
- Jiu Jitsu
- Self Defence
- Tag Rugby
- Social Volleyball
- Squash
- Cricket
- Table Tennis
- Tennis

Physical Activity:

- Run Club
- Mind Body Boost

Social Leagues:

- 5 Aside
- Men's 3v3 Basketball

List of Participation Events

- Campus Run Series
- UV Sports Day
- Walktober
- Marchaton
- Trinity on the Move

For more information on our social sport activities and programmes, visit:

www.tcd.ie/sport/social-sport--activities/



Student Development / Volunteering

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 our **Participation and Engagement Officer Naz Velic** at velicn@tcd.ie.



Trinity Sport Student Membership

Be part of the Healthy Trinity community and discover how staying active can support your health, wellbeing and academic success. Whether you want to train, compete, try something new or simply move more, there is something for everyone at Trinity Sport.

Most Trinity students pay the annual Sports Development Charge as part of their student fees when registering for the academic year. This provides access to Trinity Sport facilities. Students experiencing financial hardship may be exempt from this charge.

Some visiting students may not have paid the Sports Development Charge as part of their registration. Visiting students who would like to access Trinity Sport facilities can purchase membership online or at the Trinity Sport Centre reception.

Visiting Student Membership Rates

- **Semester 1:** €76.50, valid from 1 September 2026 to 31 December 2026
- **Semester 2:** €76.50, valid from 1 January 2027 to 31 May 2027
- **Full Academic Year:** €143, valid from 1 September 2026 to 31 May 2027

For membership queries, email sport@tcd.ie or speak to a member of our reception team



How to activate your student membership for Trinity Sport Centre

The Trinity Sport app is now the home for facility access, bookings, memberships, classes, payments and account management.

Getting started

1. Download the Trinity Sport app.
2. Select **TCD Login**.
3. Sign in using your Trinity username and password.
4. Complete your profile setup:
 - Confirming your name and email address
 - Adding your phone number
 - Confirming your DOB
 - Accepting the Terms and Conditions
5. Go to **Shop > Memberships**.
6. Select your **€0.00 Student Membership**.
7. Add and confirm your membership.

Important: If you do not add your €0.00 Student Membership before making bookings, you will be charged the external rate.

What does the new app offer?

The new Trinity Sport app provides a simpler and more convenient way to manage your Trinity Sport experience.

With the app, you can:

- Access Trinity Sport facilities
- Book fitness classes, courts and pitches
- Manage your membership
- Book private lessons and courses
- Manage your personal profile
- Manage your bookings in one place

New Trinity Sport App



Download now

Apple Store



Play Store



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Fitness classes and Courses

Whatever your fitness level or experience, there is something for you at Trinity Sport. With more than 50 fitness classes and courses available each week on campus, there are plenty of ways to get active, try something new and make movement part of your student life.

Choose from popular classes including HIIT Cycle, BoxFit, Pilates, Yoga, Bootcamp and Core, or develop your skills through our range of swimming, climbing, tennis, fitness and wellness courses.

Get started:

- Explore our new fitness and wellness timetable from September 2026
- Take advantage of special student rates
- Book your classes through the **Trinity Sport App**

Fitness Classes Timetable

From Monday 31 August until Sunday 13 December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
7:15-8:00 Yogalates Wellness Studio	7:15-7:45 HIIT Cycle Spin Studio	7:15-8:00 Yogalates Wellness Studio	7:15-7:45 HIIT Cycle Spin Studio	7:15-7:45 Core & Stability Wellness Studio	10:05-10:50 Strength & Conditioning Ancillary Hall	10:15-10:45 HIIT Cycle Spin Studio
8:15-8:45 Strength & Core Fitness studio	8:05-8:40 Learn to Meditate Wellness Studio	8:15-8:45 Strength & Core Fitness studio	8:15-8:45 Stretch & Flex Wellness Studio	8:15-8:45 HIIT Cycle Spin Studio	11:15-12:00 Core Strength Wellness Studio	11:05-12:05 Yoga* Elizabeth Wellness Studio
11:15-11:45 Stretch & Flex Wellness Studio	10:15-10:45 HIIT Fitness studio	12:15-13:00 Yogalates Wellness Studio	12:15-12:45 Strength & Core Fitness studio	13:15-13:45 HIIT Cycle Spin Studio	12:05-13:05 Yoga* Clara Wellness Studio	12:05-13:05 Yoga* Elizabeth Wellness Studio
12:15-13:00 Yogalates Wellness Studio	12:15-13:00 Yogalates Wellness Studio	12:05-12:50 Studio Cycling Spin Studio	13:15-13:45 HIIT Cycle Spin Studio	13:05-13:55 Pilates* Lena Wellness Studio	13:15-13:45 HIIT Cycle Spin Studio	13:05-13:50 Bodyweight Burn Fitness studio
12:15-12:45 HIIT Kettlebells & Core Fitness Studio	13:05-13:50 Kettlebells & Core Fitness Studio	13:05-13:55 Box Fit Fitness studio	13:05-13:50 Strength & Conditioning Ancillary Hall	13:05-13:50 Bodyweight Burn Fitness studio		
13:05-13:50 Box Fit Fitness Studio	13:05-13:50 Strength & Conditioning Ancillary Hall	13:05-13:55 Core Strength Wellness Studio	17:15-17:45 HIIT Cycle Spin Studio	17:15-17:45 HIIT Fitness studio		
13:05-13:50 Studio Cycling Spin Studio	13:05-13:55 Pilates * Karita Wellness Studio	15:30-16:00 HIIT Fitness studio	18:15-18:45 HIIT Rip 60 & Kettlebells Fitness studio	18:15-18:45 HIIT Cycle Spin Studio		
15:05-15:40 Learn to Meditate Wellness Studio	16:15-17:00 Yogalates Wellness Studio	16:15-17:00 Box Fit Fitness Studio	19:15-19:45 Core & Stability Wellness Studio			
16:15-17:00 Yogalates Wellness Studio	17:15-17:45 Desk Fitness Wellness Studio	16:15-17:00 Yogalates Wellness Studio				
17:15-18:00 Pump N Bum Fitness Studio	18:05-18:50 Box Fit Fitness Studio	17:15-18:00 Pump N Bum Fitness Studio				
17:15-18:00 Studio Cycling Spin Studio	18:15-19:00 Studio Cycling Spin Studio	18:15-18:45 HIIT Cycle Spin Studio				
18:15-19:00 Kettlebells & Core Fitness Studio		18:15-19:00 Kettlebells & Core Fitness Studio				
		19:10-19:45 Learn to Meditate Wellness Studio				

* Not included in our Class Pass



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Trinity Sport Facilities

Trinity Sport offers an extensive range of on campus and off campus sports facilities, giving you plenty of opportunities to train, play, compete and stay active throughout your time at Trinity.

At the heart of our facilities is the Trinity Sport Centre, located at the Westland Row end of the main campus. Each year, more than 10,000 students activate their access to the Sport Centre and make use of our facilities.

Open to All

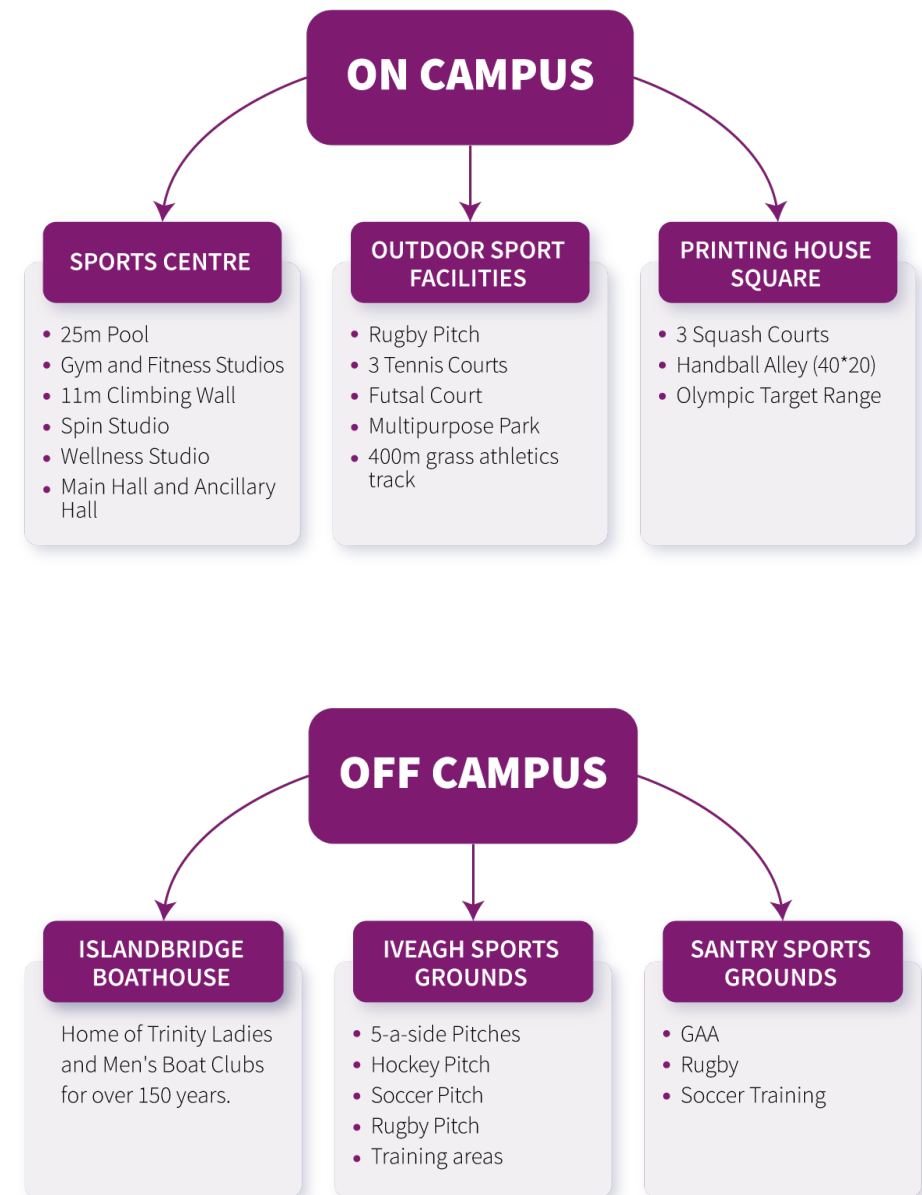
Our vision is to have sport at the heart of the Trinity experience. Whether you are completely new to sport and physical activity or an experienced athlete, our facilities provide an inclusive and supportive environment where everyone can get involved.

Trinity Sport facilities are open to students, staff, graduates and public members.

Booking Sports Facilities

Planning a match, training session or activity with friends? Students can book selected pitches, studios and sports halls for training, matches and other sporting activities.

Book facilities through the Trinity Sport App.



Scholarships & Alumni

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. Scholarship recipients in 2025/2026 included:

- Ireland Senior Basketball player – Hazel Finn
- Ireland Senior Cricket player – Georgina Dempsey
- Irish Senior Volleyball players – Grace Maloney, Jan Commandant and Samuel Harman
- Ireland U20 Rugby players – Noah Byrne and Johnny O’Sullivan
- U23 World Sailing Championships Bronze Medalists Erin McIlwaine and Ellen Barbour





Equality, Diversity and Inclusion Programmes & Campaigns

Women In Sport

Trinity Sport is proud to celebrate the remarkable progress achieved through our 'Women in Sport' campaign. Since its launch in February 2024, the campaign has made significant strides in increasing female participation, enhancing leadership opportunities, and improving the visibility of women in sport across the university.

The campaign reaffirms Trinity's commitment to cultivating a more inclusive, empowering and diverse sporting environment where women's achievements are recognised, participation is encouraged, and leadership is nurtured.

Movember Campaign

Each Movember, Trinity proudly supports Movember, the leading global charity changing the face of men's health. Throughout the month, Trinity Sport hosts a variety of free events designed to bring the Trinity community - men and allies - together in support of these vital causes with donating to Movember strongly encouraged!

Each event encourages participants to get moving, connect with others and prioritise mental wellbeing. Trinity sport clubs are also very actively involved in Movember with many clubs organising events such as sea swims and coffee chats to raise awareness during the month.



Movember means to me a period of awareness raising and fundraising



Women talk and men terminate.

Pride Campaign

Trinity Sport celebrates Pride Month every year with a series of movement-based events that celebrate inclusion, visibility and solidarity. All events are trans inclusive and open to everyone, all identities, all bodies - LGBTQIA+ members, allies, Trinity students and staff, and members of the wider community. At Trinity Sport, we're committed to creating spaces where everyone can move freely, feel affirmed and be part of a supportive community. Every Pride Month event is designed to be accessible, non-competitive, welcome to all especially trans and non-binary people and led by facilitators who share this inclusive ethos.



Wheelchair Sports

At Trinity Sport, we're committed to creating accessible sporting opportunities where everyone can participate, feel included and have fun. We are delighted to offer 3v3 "Give-It a-Go" wheelchair basketball sessions as part of our social sport programme, creating a welcoming space for everyone to get active, try something new and meet others. Sessions are open to all Trinity students, regardless of previous experience or sporting ability. Whether you use a wheelchair regularly, are new to wheelchair basketball, or simply want to give it a go, everyone is welcome at wheelchair basketball. Sessions are social, inclusive and non-competitive, with no commitment necessary – just turn up, bring a friend or meet students from across the Trinity community, and enjoy being active together.



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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