

# 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](http://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)*

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## Focus Sports & Performance Pathway

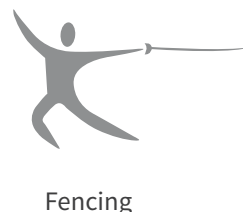
Trinity has a long and established affinity to sport, and with it some of the worlds oldest sporting clubs. Together with the delivery of performance sport services, this heritage has enabled four focus sports to be at the forefront of our resource planning, infrastructural and program development.

The focus sport teams and lead athletes are all part of the high performance pathway alongside other individual and team sports.

### Focus sports:



### Other high-performance pathway sports:



# 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.



*“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”*

**Lisa Cafferky**  
Student Sport Pathway Manager

	<p><b>Professor Cathal Moran, Consultant Orthopaedic Surgeon</b> 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><b>Neil Fleming, Exercise Physiologist</b> 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><b>David Fitzgerald, High Performance Hockey Officer</b> 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><b>Connor Laverty, GAA Development Officer</b> Former Down GAA player and captain. Captained Kilcoo to All Ireland Senior Football final in 2020, current coach of Monaghan GAA Senior Football team. As GAA Development Officer, Connor has supported the growth of GAA at Trinity and is responsible for implementing the GAA Development plan.</p>
	<p><b>Paul Thornton, Dublin University Boat Club Men’s Rowing Coach</b> Paul joined Trinity Sport in 2019 as Men’s Rowing Coach. He began his coaching career at NUI Galway before moving to College Cork in 2014 to take up the role as the Rowing Head Coach. During this time the university went through its most successful period. Paul has a wealth of experience in developing talented student athletes.</p>		<p><b>John Harman, Sports Performance Officer</b> 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><b>Colm Flynn, Fencing Development Officer</b> Colm Flynn has been the Fencing Head Coach since 2012 with several successes in this role including winning the Irish Fencing Intersvarsity 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><b>Tony Smeeth, Director of Rugby</b> IRFU Level 3, stage 5 IRB coach, came to Trinity in 1998 following three years as Senior Coach at Blackrock College RFC. Founded USA U19s program in 1992, coached on 8 tours to New Zealand/Australia. In 1998, coached Irish Women’s XV in the Women’s World Cup in Amsterdam. In 2010, coached Leinster U19s to an inter-provincial championship.</p>
	<p><b>Shane Maughan, Basketball Development Officer</b> 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><b>Ian Hirst, Strength and Conditioning Coach</b> Ian is an experienced S&amp;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>



Tokyo 2020 Olympians: Annalise Murphy, Aifric Keogh, Charley Nordin and Cillin Greene



Kathryn Dane Irish Senior Rugby

# 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 its 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 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.



A'Lexus Davis, Global Graduate Scholar



Ryan Baird Leinster & Irish Senior Rugby



Charley Nordin (middle), Tokyo 2020 Paralympics Silver Medallist - Rowing

## 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.

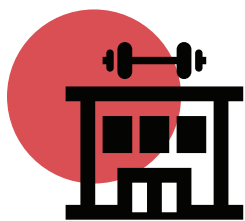
## Trevor West

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.



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](http://www.tcd.ie/Sport/scholarships)

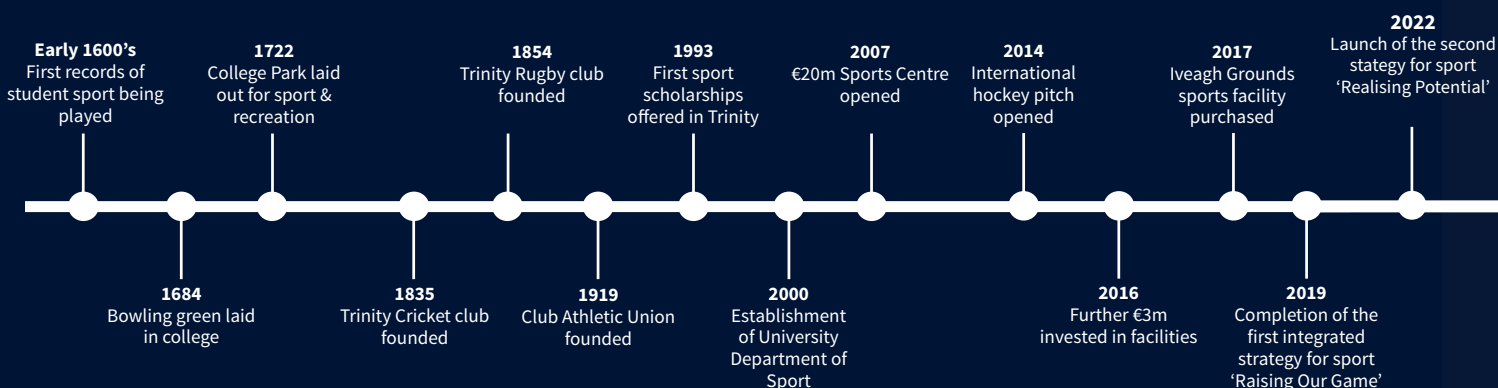
If you would like further information or would like to discuss the scholarship programme in more detail please contact [performancesport@tcd.ie](mailto:performancesport@tcd.ie)



# 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 medallist 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](mailto:performancesport@tcd.ie)



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