



UCD Sport  
Spórt UCD



# UCD SPORTS GUIDE

2023-24





**Get Involved. Join a club.**

**18-21 Sept | 10am - 5pm**

# **SPORTS EXPO 2023**

**Hall B | Sports Centre**

**+ VIRTUAL  
SPORTS EXPO**

**From 01 September | 10am  
Sign up at [www.ucd.ie/sport](http://www.ucd.ie/sport)**



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"I had never heard of Ultimate Frisbee before coming to UCD. Little did I know the impact joining this club would have on my life. Being part of this club has opened so many doors for me and has exceeded my expectations of college life. It has helped me grow in confidence and take on more opportunities such as co-captain of the women's team.

I've met so many different people and have made some lifelong friends through this club. Joining UCD Ultimate Frisbee was the best decision I made at university by far."

**Ava Bracken**

UCD Ultimate Frisbee and  
final year Politics, International  
Relations and Social Justice

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“I never played Rugby before I joined the UCD women’s team and it was honestly one of the best decisions I could have ever made. For any first year thinking of joining - just go for it! You’ll make some of the best friends you’ve ever made; from different courses, from all over Ireland and from all over the world. A whole new world! ”

Rachel Whitten  
UCD Women’s Rugby



# SOMETHING FOR EVERYONE

UCD sports clubs are at the centre of student sport at the University. Although competition is a feature of many of the sports at UCD, getting involved in a sports club is also an ideal way to keep fit, learn a new skill, meet people with similar interests, as well as provide a welcome break from academic life. You can get involved in UCD clubs as a player, coach and/or administrator.

With nearly 50 sports clubs to choose from, ranging from team sports, adventure

sports, water sports to martial arts, there is something for everyone! UCD sports clubs offer a wide range of sporting activity and remain at the centre of campus life in UCD.

This year you will be able to join most clubs online and in person. Some clubs are also holding trials (prior registration required). Full contact details of all the clubs including email addresses, websites and social media pages are provided on the following pages and on the UCD Sport website. ([www.ucd.ie/sport](http://www.ucd.ie/sport)).

## UCD MOBILE

A full range of sports news at your fingertips.

Go to Google Play or the App store and search for UCD Mobile.



For all the latest news and club information visit

w: [www.ucd.ie/sport](http://www.ucd.ie/sport) f: [ucdsport](https://www.facebook.com/ucdsport)  
t: [ucdsportsclubs](https://twitter.com/ucdsportsclubs) @: [ucdsport](https://www.instagram.com/ucdsport)

**UCD Sports Office**

t: 01 716 2183 e: [sport@ucd.ie](mailto:sport@ucd.ie)

# UCD ATHLETIC UNION COUNCIL

Established in 1909/10 the Athletic Union Council (AUC), is the governing body for UCD sports clubs, functioning as a funding, regulatory, arbitration and Colours awarding body. It consists of two representatives from all clubs, one graduate and one student, who elect the AUC Officers and 11 other members of the Executive Committee.

The AUC's mission is to "Act as a representative and support body in assisting UCD clubs to ensure the highest quality sporting opportunities for all students to engage in sport and physical activity at the level to which they aspire, while enabling them to achieve their full potential".

The main functions of the AUC are:

- Promote and develop club sport within UCD.
- Allocate finance received annually from the University to UCD clubs.
- Provide a support function to clubs committees, in terms of management training, advice on organisational matters, event management, sponsorship, finance, safety etc.
- Manage and organise promotional / recruitment activities and events for UCD clubs e.g. publications, website, Sports Expo, Refreshers Day, Sports Awards etc.
- Provide a point of contact for all interested parties.
- Award Colours according to specified standards laid down.
- Ensure an arbitration and disciplinary service is available to all UCD clubs when required.
- Act as a lobby group on behalf of clubs to maximise available resources.

In addition, the AUC acts as a regulatory body ensuring that all clubs operate in accordance with the policies and procedures of the AUC, the University, National Governing Bodies of sport and the statutory agencies. Full details of the AUC's policies and procedures are provided in the AUC's Club Operations Manual which is available from the UCD Sport website. The AUC's Strategic Plan is also available from [www.ucd.ie/sport](http://www.ucd.ie/sport).

All clubs affiliated to the AUC have public liability cover. The AUC also has in place personal accident cover for sports club members engaged in sporting activities with their UCD clubs (excluding Rugby Club & Women's Rugby Club members). Club members should be aware that this policy is designed to provide a basic limited cover for medical expenses in the event that they are injured whilst engaged in sporting activities with their UCD club and an excess applies.

Students are strongly advised to consult the terms and conditions of the cover to ensure that it is adequate for their needs. Details of the insurance cover and claim forms are available from the Executive Secretary.

*UCD Rugby players should note that they are covered under a separate personal accident policy arranged by the UCD Rugby and Women's Rugby Clubs.*

**For further info on clubs or establishing a new club:**

**T:** 01 716 2208  
**e:** [suzanne.bailey@ucd.ie](mailto:suzanne.bailey@ucd.ie)  
**w:** [www.ucd.ie/sport/clubs](http://www.ucd.ie/sport/clubs)

## STUDENT SPORT IRELAND



The AUC is affiliated to Student Sport Ireland (SSI). As the governing body for third level sport in Ireland, SSI's vision is to work in partnership to enhance student health and well-being through increasing participation in sport and physical activity. It's mission is to promote and develop sport and physical activity in third level colleges in Ireland. Some UCD sports clubs compete in SSI leagues, cups and tournaments. Talented UCD sportsmen and women can also be selected to represent Ireland in the World University Championships, World University Games and the European University Championships. SSI also recognises outstanding sports leaders and event management. Indeed in 2017/18 the UCD Canoe Club won the Student Sport Ireland Event of the Year for their hosting of the Kayaking Intervarsity. While UCD Boat Club captain Shauna Fitzsimons was the recipient of the SSI Leadership Award in 2021/22.

For information visit: [www.studentsport.ie](http://www.studentsport.ie)



## UCD SPORTS AWARDS

The UCD Sports Awards ceremony is usually held at the end of the second trimester to recognise the sportsmen and women who bring honour and prestige to the University by their achievements on the sporting fields and arenas of Ireland and abroad. Teams or individuals winning nationally recognised titles or intervarsity trophies are honoured at the function, as well as students who receive national or representative honours. Each year approximately four hundred students are honoured at the Sports Awards Ceremony, which is organised by the AUC. Details of award winners: [www.ucd.ie/sport](http://www.ucd.ie/sport)

# SPORTS SCHOLARSHIPS, AD ASTRA ELITE SPORTS SCHOLARSHIPS & GRADUATE SPORTS SCHOLARSHIPS

The pursuit of excellence is integral to sport at UCD. In sport, support for talented sportsmen and women in UCD is delivered at three levels, the long established Sports Scholarship programme, the Ad Astra Elite Sports Scholarship programme and the Graduate Sports Scholarship programme. All three programmes are for students who wish to compete and succeed at the highest sporting levels while simultaneously attaining a degree at UCD.

The Sports Scholarship programme and the Ad Astra Elite Sports Scholarship programme are for students who wish to compete and succeed at the highest sporting levels while simultaneously attaining a degree at UCD, while the Graduate Sports Scholarship programme aims to support those who are furthering their education at postgraduate level.

## SPORTS SCHOLARSHIP

Since its introduction in 1979, the UCD sports scholarship programme has expanded and supported over 1,000 students across Athletics, Basketball, Camogie, Cycling, Ladies Gaelic Football, Men's Gaelic Football, Golf, Handball, Ladies Hockey, Men's Hockey, Hurling, Rowing, Men's Rugby, Men's Soccer, Women's Soccer, Swimming and Table Tennis.

Applicants for the UCD sports scholarship programme will be athletes who have the potential to compete at the highest national level and above.

The aim of the sports scholarship programme is to assist in the development of a sporting career by offering athletes the highest standards in coaching, training, nutrition, strength and conditioning advice, while also completing their chosen course of study.

The value of each sports scholarship is assessed on an individual basis. The recipient may use their budget to offset costs such as accommodation, books, fees, equipment, sports medicine and travel to national and international competitions.

Other benefits include access to the pool, fitness centre, team & high performance gyms, academic flexibility, expert coaching and technical support including strength and conditioning.

Applicants should apply to UCD through the CAO by 1st February 2024 as normal. Applicants should also submit a supplementary scholarship application to UCD Sport by the 29th March 2024.

Scholars will be selected through an initial short-listing process and then in some cases interview and/or trial. UCD Sport and the relevant club in UCD conduct the assessments. There are several important criteria that must be met, including an outstanding sporting ability, academic achievement and a willingness to train with and represent UCD in competition.

Please note that a sports scholarship can only be awarded where a student has applied for and gained a place on any UCD degree programme, through the usual academic entry route. Scholarship awards are subject to renewal on an annual basis.



**For application form and further information:**

**Address:** UCD Sport, Belfield, Dublin 4.

**t :** 01 716 2183

**e:** sport@ucd.ie

**w:** www.ucd.ie/sport/scholarships



## AD ASTRA ELITE SPORTS SCHOLARSHIP

The UCD Ad Astra Elite Sports Scholarship programme supports students who are already competing and succeeding at the highest sporting level.

### ELIGIBILITY

**Prospective students:** Please refer to the website for minimum standards of entry in relevant sports. Applications must be made online no later than January 31st 2024. In addition, students should complete their CAO forms as usual by February 1st 2024 for undergraduate admission. Graduate applicants should apply directly to UCD in the normal way.

**Current students:** Existing UCD students can also apply to the Ad Astra Elite Sports Scholarship programme by the closing date above.

### BENEFITS

- A €3,000 scholarship allowance which may be used to offset fees or accommodation, or used as a bursary.
- Ad Astra Elite Sports Scholars may avail of allocated on-campus accommodation, costs for which may be offset with the scholarship allowance.
- The support of a dedicated academic mentor.
- The support of Strength and Conditioning experts in the High Performance Gym.
- The provision of physiotherapy and medical assistance, physiological testing, nutritional and fitness monitoring and sports psychology.
- Access to the Ad Astra scholars room.

Flexible admission arrangements are offered to the Ad Astra Elite Sports Scholars, acknowledging that dedication to elite sport may potentially detract from academic achievement in the latter stages of schooling. As a result, conditional offers to successful applicants are given pending the achievement of subject and grade requirements. Unsuccessful applicants may elect to have their application automatically considered for a Sports Scholarship.

### For application form and further information:

**t:** 01 716 3291 **e:** [ucdadastraacademy@ucd.ie](mailto:ucdadastraacademy@ucd.ie)  
**w:** [www.ucd.ie/adastraacademy/elitesports](http://www.ucd.ie/adastraacademy/elitesports)

## GRADUATE SPORTS SCHOLARSHIP

The UCD Graduate Sports Scholarship is a unique collaboration between UCD Sport and Fitness, UCD Michael Smurfit Graduate Business School, UCD College of Science, UCD School of Agriculture & Food Science, UCD School of Education, UCD Sutherland School of Law and UCD College of Engineering & Architecture to allow students who are competing and succeeding at the highest sporting level – national and international – to simultaneously follow a post graduate programme at UCD. The focus of the programme is on a number of selected sports: GAA, Athletics, Rugby, Soccer, Hockey and Rowing although outstanding applicants from other sports may also be considered.

### ELIGIBILITY

- It is open to UCD students who have completed their undergraduate studies, as well as other Irish and non-Irish students who have completed their undergraduate studies in another Irish University/Third Level Institution. Students who have completed their Bachelor degree outside Ireland may also be considered.
- Applicants must have already applied for and secured a place on a UCD postgraduate programme in one of the aforementioned UCD Schools or Colleges.
- Graduate Sports Scholars will be selected through an interview process.

### BENEFITS

May include a 50% course fee reduction as well as many support benefits including access to: the UCD pool, fitness centre, the team & high performance gyms, expert coaching, strength and conditioning training programmes, nutritional advice, sports psychology, sports science medical support and academic mentoring support. New to 2023 is the Brian Mullins GAA/GPA Graduate Scholarship that has been developed in honour of Brian's contributions to Gaelic Games and UCD. One male and one female GPA member will be able to avail of the scholarship which will cover full fees for the student-athletes for 1 year.

### For application form and further information:

**t:** 01 716 2160 **e:** [sport@ucd.ie](mailto:sport@ucd.ie)  
**w:** [www.ucd.ie/sport/scholarships](http://www.ucd.ie/sport/scholarships)

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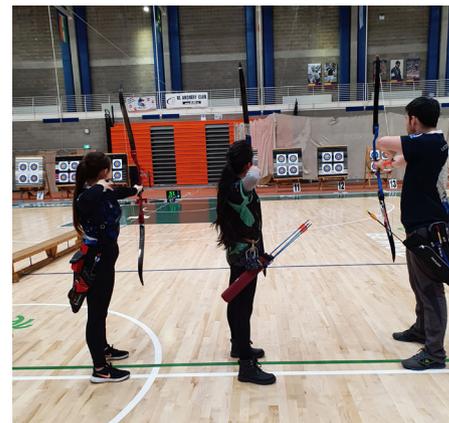
## AMERICAN FOOTBALL

The club offers students the chance to play competitive full contact football

All skill levels are welcome. The club currently competes in the premier divisions of the American Football Ireland (AFI) league for flag and kitted football. All equipment is provided. The first team recently won the Shamrock Bowl in 2022. Newcomers to the sport, as well as experienced players are welcome. Notably many club players and coaches are involved in the National team. You can join at any stage by attending a training session or contacting the club.

### American Football

**e:** [americanfootball@ucd.ie](mailto:americanfootball@ucd.ie)  
**f:** UCD American Football  
**t:** @ucdamericanfb  
**i:** @ucdamericanfootball



## ARCHERY

Whether you want to fill a trophy cabinet or just try something new

The facilities and training offered by the Archery Club are second to none. All equipment is supplied and senior members train beginners initially. Advanced coaching with an official Archery Ireland coach is offered to competitive archers. There is no grading in the sport (all are equal), which means you can jump in at any time of the year and enjoy the sport and the club's social activities. Whether you want to fill a trophy cabinet or just try something new, the Archery Club has a level to suit you.

### Archery

**e:** [archery@ucd.ie](mailto:archery@ucd.ie)  
**f:** UCD Archery (The UCD Polar Bears)  
**i:** @ucdarchery

## ATHLETICS

The Athletics Club has produced more Olympians and World Championship competitors than any other UCD sports club.

Past club members include Olympian, World Indoor champion Derval O'Rourke (100m hurdles), Irish Senior record holders David Matthews (800m) and Israel Olatunde (100m), along with Olympians Joanne Cuddihy (400m), James Nolan (800m & 1,500m), Ciara Everard (800m), Mark English (1,500m) and Ciara Mageean (1,500m).

Currently the club boasts a number of junior, under-23 and senior international representatives and provides training and competition for all abilities and levels of participation on campus on the new world class tartan track. Teams regularly compete in Track & Field, Road Relay, Mountain Running and Cross Country Intervarsities, as well as the annual Colours event with Trinity. Training is provided for jumps, throws, sprints and distance athletes.

The club also includes a large group of beginners and fun runners with circuit sessions and meet & train groups organised each week. Members are also able to avail of Athletics Ireland coaching courses. So whether it's a vibrant social scene, serious training or even just a way to keep fit during the year, check out the Athletics Club.

### Athletics

e: [athletics@ucd.ie](mailto:athletics@ucd.ie)

f: UCD Athletics Club

t: @UCDAC\_bears

i: @ucdathletics



## BADMINTON

Attracts a large number of members, ranging from complete novices to international competitors

The Badminton Club attracts a large number of members each year, ranging from complete novices to international competitors. The club has three training sessions per week, one session allocated to team training and two beginners/ social badminton sessions. The club enters several teams in the Dublin & District Leagues & Cups and has been quite successful in recent years. The club also competes in the Inter-Varsity Championships, ISBTs and a Colours Match against Trinity. The club hosts a number of social events for members, as well as club tournaments. All are welcome at UCD Badminton, newcomers and competitive players alike!

### Badminton

e: [badminton@ucd.ie](mailto:badminton@ucd.ie)

f: UCD Badminton Club

i: @ucdbadmintonclub



## BASKETBALL (LADIES)

One of the most well-established women's clubs on campus

The Ladies Basketball Club is not only one of the most well-established women's clubs on campus, it is also one of the fastest growing clubs having expanded the number of teams it fields to include two Dublin League teams, Freshers and a Senior Intersvarsity team. This year it will again be entering the U20 National Cup.

In the last number of years the focus has been on both team and player development and as a result, the club has enjoyed success at all levels including the 2019 Intersvarsity title.

In 2020 the club introduced a new Social Basketball League which is held every Monday during term.

### Ladies Basketball

e: [ladiesbasketball@ucd.ie](mailto:ladiesbasketball@ucd.ie)

ig: [@ucdladiesbc](https://www.instagram.com/ucdladiesbc)



## BASKETBALL (MEN'S)

The club enjoyed winning the Irish Superleague title in 2018 for the first time in 40 years

The Men's Basketball Club fields two teams in the Dublin Leagues, a team in the National League, which plays in the top division of Irish Basketball, as well as a team in the U20 National Cup and intersvarsity competition. The club also runs social basketball weekly in UCD Sport. In 2018 the club enjoyed incredible success by winning the Irish Superleague Basketball title for the first time in 40 years. The amalgamation of the club with Marian to form UCD Marian for all national competitions is set to continue with training divided between UCD, Marian College and Oatlands College. Home National League matches will continue to be played in UCD Sport on Saturday nights.

### Men's Basketball

e: [ucdmarian@ucd.ie](mailto:ucdmarian@ucd.ie)

w: [www.ucdmarian.com](http://www.ucdmarian.com)

f: UCD Marian

tw: [@UCDMarian](https://twitter.com/UCDMarian)

ig: [@ucdmarianbball](https://www.instagram.com/ucdmarianbball)

## BOAT (LADIES/MEN'S)

The Ladies/Men's Boat Clubs are amongst the strongest and most vibrant rowing clubs in Ireland

University rowing is mainly in 8 and 4 man boats where the importance of teamwork is greatest. The Ladies and Men's Boat Clubs are amongst the strongest, most vibrant rowing clubs in Ireland. Both clubs place a great deal of emphasis on novices. Although the sport requires a high level of fitness and technical ability, beginners build their strength, stamina and technical proficiency very quickly under expert coaches. The development of rowers with previous experience is also important to the clubs. All rowers benefit from the first rate coaching, mentoring and access to superb facilities and equipment.

A wide programme of competitive activities is a feature of ladies and men's rowing including Heads of the River and all national regattas, as well as visits to overseas regattas and a warm weather training camp to Seville each January. Members have also successfully represented Ireland at European Championships, World Championships, World Cups and Olympic Games.

### Men's Boat

e: mensboat@ucd.ie

w: www.ucdbc.ie

f: ucdblclub

t: @UCDBC

i: @ucdbc

### Ladies Boat

e: ladiesboat@ucd.ie

f: UCD Ladies Boat Club

t: @UCDLBC

i: @ucdlbc



## BOXING

The club encourages students both big and small, male and female to participate

Boxing is Ireland's most successful Olympic sport. In UCD the Boxing Club actively encourages students, big and small, male and female to participate in the sport. New and experienced boxers are encouraged to participate in intervarsity competitions and other organised tournaments. Highlight of the year is the Colours fixture; a fierce battle against rivals Trinity.

Activities include bag punching, pad work, shadow boxing, as well as sparring. All training sessions take place on campus and sparring sessions are held under the watchful eye of expert instructors. The club provides all major equipment required.

### Boxing

e: boxingclub@ucd.ie



## CANOE

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River trips take place almost every weekend and the club organises weekend trips away

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One of the college's most vibrant, active and successful sports clubs, UCD Canoe Club's activities take in all kayak disciplines including freestyle, kayak-surfing, white-water, canoe polo, marathon and racing. The sport is open to all, with no previous experience necessary. The club provides all equipment with introductory training taking place in the on-campus pool two nights a week. Emphasis is placed on safe, fun river trips, where new members get instruction from some of the top instructors in the country. The club's busy schedule also includes river trips around Dublin, Meath and Wicklow any given weekend, as well as plenty of social nights and other unforgettable weekends away to destinations all around the country.

### Canoe

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**e:** [canoe@ucd.ie](mailto:canoe@ucd.ie)  
**w:** [www.ucdcanoecub.com](http://www.ucdcanoecub.com)  
**f:** UCD Canoe Club  
**i:** @ucdcanoecub



## CAVING & POTHOLING

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A sport for anyone wondering what exists underground

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Caving is a sport for anyone wondering what exists underground. It consists of exploration of huge caverns to small passageways via hiking or climbing, or along ropes for the vertical potholes. Training is every week at the climbing wall in UCD Sport, where all abilities are catered for. Regular trips are also made to various parts of Ireland and experienced qualified leaders supervise all activities. A great deal of emphasis is placed on safety procedures with tutorials and subsidised first aid courses held throughout the year. The club has an active social life with weekly gatherings and regular social events.

### Caving & Potholing

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**e:** [caving@ucd.ie](http://caving@ucd.ie)  
**w:** [sites.google.com/view/ucdcaving](https://sites.google.com/view/ucdcaving)  
**i:** @ucdcavingclub



## CRICKET

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Cricket is a fun and social team sport

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Cricket is a fun and social team sport. With a friendly yet competitive atmosphere, club members of all abilities are catered for from beginners through to international players. Whether you are interested in a social game or more serious competition, the club provides an environment in which all members can enjoy the sport. With the club training indoors and outdoors on campus throughout the year, members have a great opportunity to go along and improve their skills. All matches are played in local cricket grounds close to Belfield. The club competes in the Indoor and Outdoor Intersites, Colours and friendly fixtures throughout the season with both Men's and Ladies teams.

### Cricket

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**e:** [cricket@ucd.ie](mailto:cricket@ucd.ie)  
**i:** @ucdcricketclub



## CYCLING

The club is the most successful third level cycling team in Ireland

The Cycling Club caters to all interests and levels of experience in cycling. The club organises social and recreational rides, takes trips to off road facilities around Ireland, and competes at the highest level in road and off-road cycling. The most successful third level cycling team in Ireland, registering stage victories in a number of major 'Cycling Ireland' events as well as recording numerous victories at intervarsity level in mountain biking and road racing. Members of all abilities are welcome to join this club, which has built a strong reputation as being one of UCD's most active and friendly clubs placing major emphasis on guiding new members into the sport.

### Cycling

**e:** [cycling@ucd.ie](mailto:cycling@ucd.ie)  
**f:** UCD Cycling Club  
**t:** @UCD\_Cycling  
**i:** @ucdcycling



## EQUESTRIAN

Caters for almost every equestrian interest

The Equestrian Club caters for almost every equestrian interest from Dressage, Show jumping, Cross Country, Polo Crosse and even Tetrathlon. Horses are provided for all riders at every competition. Members compete at every national intervarsities event, and the club also enjoys a high level of representation every year at International Student riding competitions. All standards are encouraged to join the club with lessons being provided at some of Ireland's top equestrian centres. The club also ensures a fantastic social experience for all its members with events and trips being arranged throughout the year. Whatever your level, a fun and successful year is assured.

### Equestrian

**e:** [equestrian@ucd.ie](mailto:equestrian@ucd.ie)  
**i:** @ucdequestrian  
**d:** @ucdequestrian



## FENCING

The club is committed to making the sport accessible to as many people as possible

The Fencing Club is now entering its 70th year, making it one of the oldest sports clubs in the University. The club plans to host the 2023/24 Intersvarsities The sport itself allows much more individuality than most, as the three weapons, each with their own distinct and different style, allows you to choose the game that suits you best. The club is committed to making the sport accessible to as many people as possible, and provides coaching for all levels, with special focus on helping beginners to master the basics. Club members have the opportunity to attend many national and international competitions held throughout the year.

### Fencing

**e:** [fencing@ucd.ie](mailto:fencing@ucd.ie)  
**w:** [ucdfencing.wordpress.com](http://ucdfencing.wordpress.com)  
**f:** ucdfencing  
**i:** @ucdfencing  
**t:** ucdfencing #7053

## GAELIC GAMES

One of the most popular clubs for men and women with a rich tradition at Belfield, GAA continues to thrive by attracting players of all levels. With 5 sports; Men's & Ladies Football, Hurling, Camogie and Handball, UCD GAA proudly has a large number of members and a very active social scene! As well as fielding some of the most talented players in the country, the club places great emphasis on incoming students in terms of advancement of skills and above all enjoyment of the game.

### Gaelic Games

t: 01 716 2123

e: [gerard.brennan@ucd.ie](mailto:gerard.brennan@ucd.ie)

[josh.warde@ucd.ie](mailto:josh.warde@ucd.ie)

[handball@ucd.ie](mailto:handball@ucd.ie)

w: [www.ucd.ie/gaa](http://www.ucd.ie/gaa)

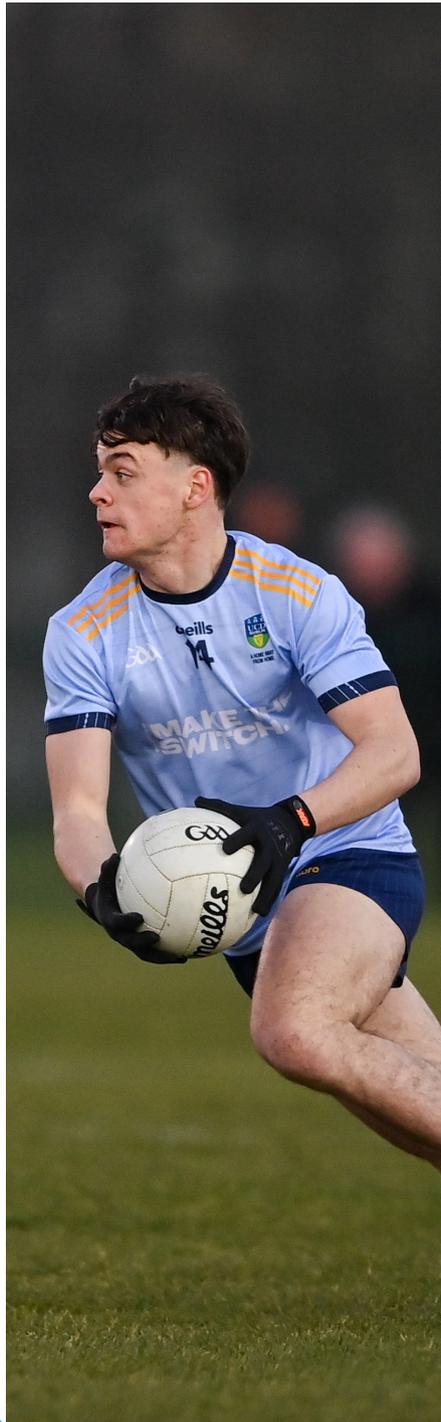
f: UCD GAA

t: @UCDGAA

i: @ucdgaa

## COACHING FOR INTERNATIONAL STUDENTS

UCD GAA offers international students the chance to take part in a number of gaelic games coaching sessions during the year. No experience necessary. Keep an eye on the clubs' social media pages to find details of these coaching sessions.



## CAMOGIE

The club's target for the year will be to regain the Ashbourne Cup

The Camogie Club fields three teams and welcomes newcomers. The emphasis is on 15-a-side intersarsity competition with the Ashbourne Cup and the All Ireland League the highlights. The Freshers Tournament is also an attractive event and the club's target for the year will be to regain the Ashbourne Cup, which the club last won in 2008. The club won the Purcell Cup in 2020. Training is held on a regular basis and the club boasts a great social and friendly atmosphere.



## GAELIC FOOTBALL (MEN'S & LADIES)

One of the most popular field games with a rich tradition at Belfield

The men's club currently fields seven teams in the Higher Education League and Championships. The Sigerson Cup is the highlight of the intervarsity year and produces magnificent football contests in the winter months for the senior team. The senior team also competes in the Higher Education League, which is now tied into Sigerson qualification, adding to the League's importance. Notably UCD last won the Sigerson Cup in 2018.

The Ladies Gaelic Football Club was set up in 1992, since then the club has gone from strength to strength now fielding four teams in both the Higher Education League and Third Level Championships. This UCD club has proven to be a dominant force in intervarsity competition with victories in the Harney Cup, the Lynch Shield, the O'Connor Cup as well as numerous League titles at all levels in recent years. The club caters for all levels of ability and also has a very active social scene.



## HANDBALL

Handball is like squash but without the racquets

The Handball Club is one of the longest established clubs in the University and competes both domestically and on the international stage. It is a fast traditional sport requiring high levels of fitness, played as singles or doubles in the handball alley and one-wall handball courts in UCD Sport. Handball is like squash but without the racquets.

The club competes in three disciplines i.e. 40X20, 60X30 and one-wall courts. The club has enjoyed much success in recent years, including an individual gold at the World Collegiate Handball Championships in America. Beginners are always welcome, with training Monday and Wednesday nights.



## HURLING

Great emphasis on advancement of skills and above all enjoyment of the game

The club places great emphasis on incoming students in terms of advancement of skills and above all enjoyment of the game. Teams are fielded at senior, intermediate and fresher levels in the Higher Education League and Championship. Prime target every year for the senior team is winning the prestigious Fitzgibbon Cup (the Universities Championship), which UCD has won on thirty-two occasions. Highlights of the fresher and intermediate year are the League and the Leinster Championship.



## GOLF

The club has produced a number of well-known international golfers

Both the men's and women's teams play out of student friendly golf courses in Dublin. Students taking advantage of the club membership enjoy the benefits of playing top championship courses at the many outings that are organised during the year. The club welcomes players of all standards. Coaching is usually organised from October in local driving ranges, with team practices also arranged in preparation for competitions.

Competitive activity for the club this season includes the Interschools, the annual Colours match, the Irish Colleges Golf Association League as well as the main senior open club cups.

### Golf

e: [golf@ucd.ie](mailto:golf@ucd.ie)

## HOCKEY (LADIES/MEN'S)

Hockey is an extremely popular field game at Belfield with all levels catered for in both clubs.

The Ladies Hockey Club are the current EYHL champions and have eight competitive teams as well as having launched social hockey in the 2021/22 season. The club is proud to have created a fantastic environment for students to enjoy their 'collidge' hockey while also maintaining a high standard of coaching including it's high performance programme which has benefited many past and current senior international players. The clubs competitive programme includes the Leinster League, Irish Senior and Junior Cups, Irish Hockey League, Leinster Cup, Interschools and Colours competitions. There are teams in various divisions of the Leinster League for players who are looking for a social way to keep fit while also competing. Anyone interested in joining should attend at pre-season which is the best opportunity to be seen by the coaches and to get a spot on a team. Pre-season begins mid-August and details are posted on the clubs social media platforms.

UCD Men's Hockey club fields three teams, each competing in an official Leinster League. Highlight of recent years was the first teams success in gaining promotion to the EYHL in 2022/23 and reaching the Irish Senior Cup final in 2020. The club teams train twice a week. As well as EYHL and Leinster League, the club also competes in many cup competitions such as the Irish Senior & Junior Cups, the Interschools and the annual Colours match.



All levels of ability are provided for, with beginners as welcome as full international players. Although the focus in the clubs is primarily hockey-orientated, emphasis is also placed on social activities.



#### Hockey (Ladies)

e: ladieshockey@ucd.ie  
f: UCD Ladies Hockey Club  
t: @UCDLadiesHockey  
i: @ucdladieshc

#### Hockey (Men's)

e: menshockey@ucd.ie  
f: UCD Mens Hockey Club  
t: @UCDMHC  
i: @ucdmenshockey



## JUDO

Judo, meaning “gentle way”, is a modern martial art, combat and Olympic sport created in Japan

Judo, meaning “gentle way”, is a modern martial art, combat and Olympic sport created in Japan. The objective is to either throw or take down an opponent to the ground, then subdue them with a pin, joint lock or choke.

The club is open to experienced athletes but also those looking to learn a new sport and get involved in this distinct style of martial art.

## JUDO

e: judo@ucd.ie  
i: @ucdjudoclub



## KARATE

Karate will help you develop character, courage, discipline and self-control

One of the longest running sports clubs in the University, the Karate Club keenly welcomes beginners as well as experienced practitioners. Karate will help you develop mental and physical strength, fitness and flexibility, in a fun and friendly atmosphere, guided by black belt instructors. As well as physical improvement, Karate will help you develop character, courage, discipline and self-control. Practicing traditional Shotokan Karate, the club participates in regular courses given by Japanese and international instructors. UCD Karate Club has enjoyed much success at the Intersvarsity Championships in recent years, claiming the overall title in 2022 and 2023.

### Karate

w: [www.ucdkarate.ie](http://www.ucdkarate.ie)  
e: [karate@ucd.ie](mailto:karate@ucd.ie)  
f: [ucdkarate](https://www.facebook.com/ucdkarate)  
t: [@UCDKarate](https://twitter.com/UCDKarate)  
i: [@ucdkarate](https://www.instagram.com/ucdkarate)



## LACROSSE

A team field sport originating with the Native American Indians

Using a long-handled stick with a mesh strung head, players pass a small, airborne rubber ball between their teammates with the aim of shooting the ball into their opponent's goal. The primary difference in the men's and women's game is the use of contact.

UCD Lacrosse is a vibrant club that aims to introduce students to the fun, intensity, athleticism and team spirit which lacrosse creates. Beginners events, regular trips, international tournaments, social events and game days make the club particularly inclusive. Outdoor training takes place twice a week, and the club provides all equipment for beginners. Club members have also represented Ireland at senior level in recent years.

### Lacrosse

e: [lacrosse@ucd.ie](mailto:lacrosse@ucd.ie)  
f: [UCD Lacrosse](https://www.facebook.com/UCDLacrosse)  
i: [@ucd\\_lacrosse](https://www.instagram.com/@ucd_lacrosse)

## MOUNTAINEERING

Weekly hikes and trips to some of the most beautiful parts of Ireland

If you love spending time outdoors then this is the club for you! The club offers a safe and fun introduction to the life-long pursuit of mountaineering. The club runs weekly hikes and regular trips to some of the most beautiful parts of Ireland, as well as climbing training sessions multiple times per week at the climbing wall in UCD Sport. As experience is gained, the club has the resources to support mountaineering in big ranges such as the Alps. The club takes part in several competitions throughout the year at intervarsity and national level in climbing and bouldering. There is also an active and inclusive social life attached to the club with numerous events organised, including movie nights, guest speakers, and an annual ball.

### Mountaineering

w: [www.ucdmountaineering.ie](http://www.ucdmountaineering.ie)  
e: [mountaineering@ucd.ie](mailto:mountaineering@ucd.ie)  
i: [@ucdmountaineering](https://www.instagram.com/ucdmountaineering)



## NINJUTSU

Traditional martial art with roots stretching back almost a thousand years

Ninjutsu is a traditional Japanese martial art with roots stretching back almost a thousand years. Classes are run in conjunction with Bujinkan Carroll Dojo with instructors who train in Japan. Classes commence with a comprehensive warm-up, which, over time enhances your fitness and agility. Strength is not a prime requirement, so this is an ideal form of self-defence for both men and women. Tuition includes punching, kicking, throws, grappling, an introduction to traditional weapons such as katana, hanbo and bo, together with defensive techniques against knives and batons. The club programme also includes lots of social activities as well as an escape and evasion survival course and external weekends seminars with grading.

### Ninjutsu

e: [ninjutsu@ucd.ie](mailto:ninjutsu@ucd.ie)



## OLYMPIC HANDBALL

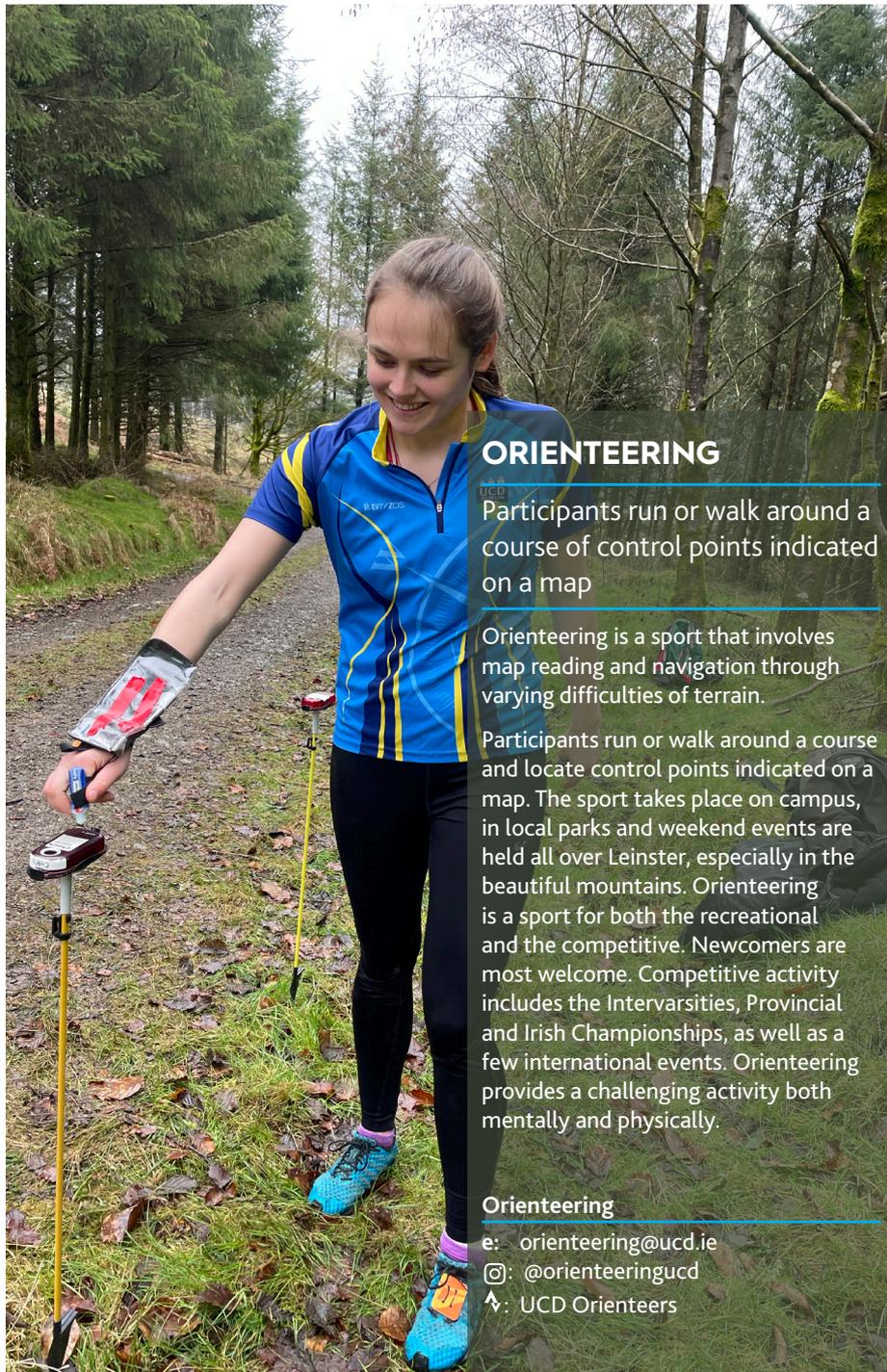
A large number of international students and is an excellent place to meet new people

Olympic Handball is a fast, tactical, physical and an inclusive team sport with 7 players on each team, playing on a 20 x 40 court. It is one of the most popular sports in mainland Europe and is growing in popularity in Ireland. The club boasts a large number of international students and is an excellent place to meet new people from all over the world. Players of all levels are welcome to join this competitive and very social club. The club fields both men's and women's teams in the National Leagues and varsity competitions. Expert coaching is provided to all. The club calendar also includes a number of trips to national and international tournaments, with players from the club regularly being selected on the Irish Under 19 and senior men's and women's teams.

### Olympic Handball

e: [olympichandball@ucd.ie](mailto:olympichandball@ucd.ie)

ig: [@ucd\\_olympic\\_handball](https://www.instagram.com/ucd_olympic_handball)



## ORIENTEERING

Participants run or walk around a course of control points indicated on a map

Orienteering is a sport that involves map reading and navigation through varying difficulties of terrain.

Participants run or walk around a course and locate control points indicated on a map. The sport takes place on campus, in local parks and weekend events are held all over Leinster, especially in the beautiful mountains. Orienteering is a sport for both the recreational and the competitive. Newcomers are most welcome. Competitive activity includes the Intervarsities, Provincial and Irish Championships, as well as a few international events. Orienteering provides a challenging activity both mentally and physically.

### Orienteering

e: [orienteering@ucd.ie](mailto:orienteering@ucd.ie)

ig: [@orienteeringucd](https://www.instagram.com/orienteeringucd)

📍: UCD Orienteers

## RUGBY (MEN'S)

All levels of playing skills are catered for with the ultimate aim of improving standards throughout the club

The Rugby Club was founded in 1911 and fields six teams. The 1st XV play in Division 1A of the Energia All Ireland League. Other club teams play in the Leinster Metro Leagues including two Under 20 teams, J1, J2 and J4 teams. Mixed social tag rugby is also organised throughout the year. All levels of playing skills are catered for with the ultimate aim of improving playing standards throughout the club.

Whilst the demands of the game are ever great in terms of fitness, speed, strength and skill, this club is well equipped to meet all of these challenges.

The training / playing facilities includes a new all weather pitch, 3 grass rugby pitches (including the UCD Bowl), modern spacious changing rooms and a team gym.

The Clubhouse is the venue for match-day functions and for many social gatherings throughout the year.

### Rugby (Men's)

t: 01 716 2184

e: [ucdrfc@ucd.ie](mailto:ucdrfc@ucd.ie)/[info@ucdrugby.com](mailto:info@ucdrugby.com)

w: [www.ucdrugby.com](http://www.ucdrugby.com)

f: UCD Rugby Football Club

t: @UCDRugby

i: @ucdrugby



### UCD RUGBY ACADEMY

The UCD Rugby Academy is a feature of Irish Rugby. Under the guidance of Director of Rugby, Emmet MacMahon and fully endorsed by the IRFU, the Academy attracts some of Ireland's finest young players to Belfield. Most of these begin playing on the Under 20 team and enjoy the highest standards of management, coaching, fitness development, conditioning and scientific support. The Academy has produced many province-contracted players and Irish internationals including Brian O'Driscoll, Rob Kearney, Fergus McFadden, Sean O'Brien, Kevin McLaughlin, Josh Van der Flier, James Ryan, Andrew Porter, Dan Leavy, Hugo Keenan, Ross Byrne, and Garry Ringrose.



## RUGBY (WOMEN'S)

The club caters for every level of player

Women's Rugby in UCD caters for every level of player from complete beginners to those with prior experience. All are welcome to join. In fact, the majority of the club members have never played rugby before coming to UCD; so don't be afraid to have a go! The club will compete in Division 2 of the Leinster League for the first time in 23/24, and competes in both Colleges league and cup competitions with matches in two trimesters. The club also competes in the annual Colours match against rivals Trinity, which they retained in 2023. Training is usually Monday and Wednesday at 7pm with matches mid-week. The club also enjoys a lively social side with monthly socials and post match analysis in the Clubhouse.

### Rugby (Women's)

e: [womensrugby@ucd.ie](mailto:womensrugby@ucd.ie)  
w: [ucdrugby.com/teams/womens-rugby](http://ucdrugby.com/teams/womens-rugby)  
f: [UCDWomensRugbyClub](https://www.facebook.com/UCDWomensRugbyClub)  
t: [@UCDWomensRFC](https://twitter.com/UCDWomensRFC)  
i: [@ucdwomensrugby](https://www.instagram.com/ucdwomensrugby)



## SAILING

Sailing is a sport built around teamwork and as a result long lasting friendships are formed among participants

Sailing is a very diverse sport and the UCD club welcomes sailors of all levels from beginner to expert. Those new to the sport are taught by qualified instructors, while those experienced sailors train in UCD's own fleet of Firefly dinghies. The club is also a proud owner of a J80. Sailors have the opportunity to compete in University team racing events both around Ireland and abroad. Sailing is a sport built around teamwork and as a result long lasting friendships are formed among participants. UCD continues to be one of Ireland's top sailing Universities with strong performances both at home and abroad.

### Sailing

e: [sailing@ucd.ie](mailto:sailing@ucd.ie)  
i: [@ucdsailing](https://www.instagram.com/ucdsailing)



## SHAOLIN KUNG FU

Develop self defence skills and learn how to relax in stressful situations

The Shaolin Kung Fu Club teaches the Chinese martial arts of Wushu. The club teaches an entirely traditional syllabus with a team of internationally qualified instructors as well as the expert teaching skill of Professor Zhenjuan Liu, formerly of Beijing Sports University. Professor Liu teaches Longboxing, Baguazhang and Xingyiquan as well as a complete health regimen. In addition, a team of qualified instructors teach traditional Shaolin Kung Fu styles and associated disciplines. Students require no previous knowledge of martial arts, so whether you are interested in developing fundamental to advanced self-defence skills, learning how to relax in stressful situations or simply wish to gain greater control of your body, the club has something to offer you.

### Shaolin Kung Fu

e: [shaolin@ucd.ie](mailto:shaolin@ucd.ie)

f: [UCD Shaolin Public Page](#)

i: [@ucdkungfu](#)



## SNOWSPORTS

The club organises ski trips to the Alps and the UK

One of the biggest clubs in UCD, the Snowsports Club provides the opportunity for its members to participate in the sports of skiing and snowboarding. The club welcomes all abilities from beginners to the most hardcore enthusiasts. Whether you want to get big air in freestyle, high speed in racing or just learn to shred, the club encourages you all to join. The club trains twice a week on the dry ski slopes in Kiltarnan, including beginners' lessons, race training and freestyle sessions. The club also participates in competitions during the year including the Irish Interschools, Colours, British University Dry Slope Championships and the Leinster Snow League. In addition to their training and competitions, the club also organises the legendary UCD ski trips to the Alps.

### Snowsports

e: [snowsports@ucd.ie](mailto:snowsports@ucd.ie)

f: [UCD Snowsports Club](#)

i: [@ucdsnowsports](#)

## SOCCER (MEN'S & WOMEN'S)

UCD's biggest sports club with 90 teams playing soccer

The men's first team plays their SSE Airtricity League of Ireland Premier Division home games on Friday nights in the UCD Bowl. A scholarship programme is supplemented by a high degree of activity at intermediate and fresher levels and the Superleague, a sporting phenomenon at UCD. League involvement includes the National League, the Leinster Senior League, the Superleague and the Colleges and Universities League. The club also competes in the two Irish Universities Cup competitions, the Harding and Collingwood Cups.

The club has two female squads which cater for players of all abilities from beginners to international standard. The first squad competes in the WSCAI League Premier Division, the highest standard at collegiate level in Ireland and the Intervarsity Cup competition. The second squad competes in the WSCAI Leinster Regional League and Cup competitions. Both teams also compete in the annual WSCAI Futsal competition. As well as playing at the highest level of third level soccer in Ireland, the club wishes to introduce newcomers to the sport and aims to develop the skills of all its members with the help of expert coaches.

### Soccer (Men's & Women's)

t: 01 716 2142 (Diarmuid McNally)

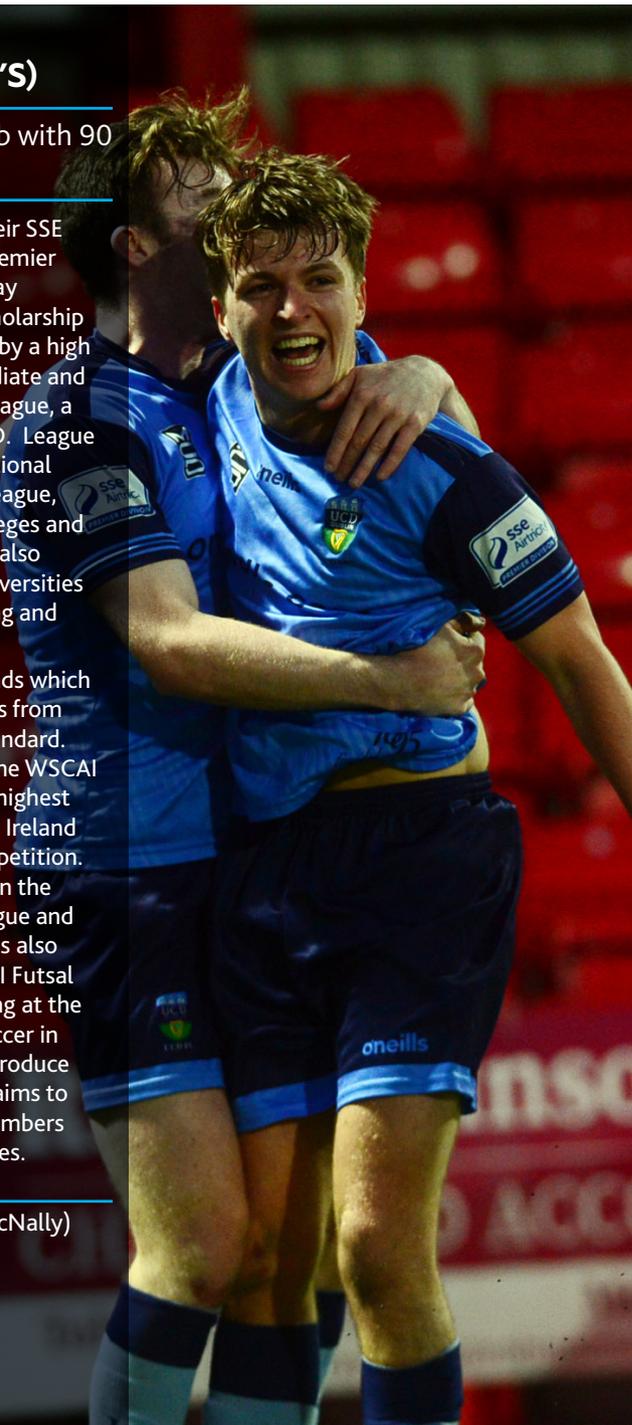
e: diarmuid.mcnally@ucd.ie  
womenssoccer@ucd.ie

w: www.ucdfc.ie

f: UCDAFC

🐦: @UCDAFC

📷: @ucdafc



## SUPERLEAGUE

Much of the publicity associated with UCD's progress as a powerhouse of Irish soccer refers to the University team competing in the SSE Airtricity League of Ireland Premier Division. But with the development of elite soccer players has been the growth of the ever popular and ever-expanding Superleague. Over sixty teams from across the University compete in the league, which promotes the bond between students in the same class and translates this affinity onto the playing pitch. The Superleague is recognised as an official and fully approved league by the FAI.

## MIXED 5-A-SIDE RECREATIONAL LEAGUE

A recent addition to the clubs programme is the Mixed 5-a-side Recreational League which runs for 6 weeks in the first 2 trimesters. All levels of ability are welcome with team registration opening at the end of September.





## SQUASH

A fast energetic sport that rewards quick-thinking and quick feet

Squash is a fast energetic racquet sport that rewards quick-thinking and quick feet. UCD has four courts located in UCD Sport. The club competes against Trinity in a Colours match during the first trimester and at the Intervarsities in the second. In addition, the club competes in the Leinster League throughout the year. The club aims to develop the ability of every level of player with a massive focus on beginners. The club provides racquets, balls and protective eyewear at training sessions. Newcomers to the sport are always welcome.

### Squash

e: [squash@ucd.ie](mailto:squash@ucd.ie)



## SUB AQUA

One of the largest dive-training clubs in the country

The Sub Aqua Club offers training in all aspects of diving. Although affiliated to CFT the club recognises qualifications from most dive training organisations. The sport is open to all, with no previous experience necessary.

The club provides all equipment needed and provides training for complete beginners up to CMAS 1\* (Open Water) standard. Training is offered through a series of lectures on dive theory with practical pool sessions every Tuesday night from September to February and qualifying dives in March. Members include a large number of qualified divers, and some of the most qualified instructors in Ireland, who lead the regular dives and weekends away! The club also offers underwater hockey on Friday nights in the on-campus pool.

### Sub Aqua

e: [subaqua@ucd.ie](mailto:subaqua@ucd.ie)

w: [www.ucdsac.ie](http://www.ucdsac.ie)

i: [@ucdsubaqua](https://www.instagram.com/ucdsubaqua)

d: [@ucd\\_subaqua](https://www.spotify.com/artist/ucd_subaqua)



## SURF

An exhilarating and challenging sport

Surfing is an exhilarating and challenging sport. Both beginners and the more experienced surfers are welcome to join the club, which offers lessons for all its members. The objective of the club is to get the members surfing as much as possible and it organises numerous trips to the west coast of Ireland as well as a trip abroad. The club also highlights the importance of water safety and offers its members the chance to complete the NBLQ Beach Lifeguarding course. The club also competes in the Intervarsity Championships and Colours. A weekly surf yoga class is held in UCD and is free for all members. The club claims that surfing is fun, challenging and a great way to meet new people.

### Surf

e: [surf@ucd.ie](mailto:surf@ucd.ie)

f: [UCDsurfclub](https://www.facebook.com/UCDsurfclub)

i: [@ucd\\_surfclub](https://www.instagram.com/ucd_surfclub)

## SWIMMING & WATERPOLO

The club is fortunate to enjoy access to the world class 50m pool on campus

One of the oldest UCD clubs, the Swimming & Waterpolo Club provides for competitive level swimming at varsity, national and international level. It also caters for students interested in developing and enhancing their current swimming and waterpolo skills with regular training for both sports.

The club enjoys tremendous success at national and international levels with club members winning senior national titles, recording numerous national records and qualifying for the World University Games and World Championships. The club is fortunate to enjoy access to the world class 50m pool on campus. Matched with the expertise of top quality coaches, including head coach Earl McCarthy (Olympian, Atlanta 1996), the club is becoming synonymous with swimming excellence.

The waterpolo section also continues to grow in strength with the highlight of the year being the Intervarsities.

Newcomers are welcome to get involved, with coaching provided for all.

### Swimming & Waterpolo

e: [swimpolo@ucd.ie](mailto:swimpolo@ucd.ie)

📷: [@ucdswimming](https://www.instagram.com/ucdswimming)



## TABLE TENNIS

The structure of the club was changed in recent years, with the re-introduction of a ladder and club tournaments

This UCD club enjoys a high reputation in Irish table tennis with many of the club members enjoying success in national and international competition. In intervarsity competition the men's team have been particularly dominant in the Wine Cup. The structure of the club was changed in recent years, with the re-introduction of a ladder and club tournaments to develop participation levels, while also maintaining the focus on competitive achievement at both varsity and national level. Players and beginners are welcome with coaching provided to all.

### Table Tennis

e: [tabletennis@ucd.ie](mailto:tabletennis@ucd.ie)

📷: [@ucdtabletennis](https://www.instagram.com/ucdtabletennis)



## TAEKWON-DO

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Promotes fitness, courage and self-respect as well as the ability to defend oneself

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A contact sport and martial art focusing on footwork strikes thrown from a mobile stance. Taekwon-Do combines self-defence techniques and oriental teachings. It involves both specific and general training in areas of fitness, flexibility and strength of body and mind. The club will host the 2023-24 Irish Taekwon-Do Intervarsities. The club's programme includes seminars and squad sessions with national and international instructors and competitions. Social events and trips away give a strong social dimension to this club. Beginners are welcome. The club also runs strength and conditioning sessions for advanced members and guest instructors/ masters seminars are also run throughout the year. Members from other federations are also welcome.

### Taekwon-Do

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**e:** [tkd@ucd.ie](mailto:tkd@ucd.ie)  
**f:** [ucdtaekwondo](https://www.facebook.com/ucdtaekwondo)  
**i:** [@ucdtaekwondo](https://www.instagram.com/ucdtaekwondo)



## TARGET SHOOTING

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Provides all coaching and equipment necessary for those new to the sport

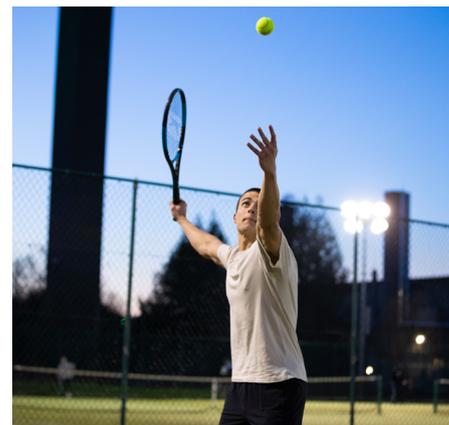
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The UCD Target Shooting Club offers students the opportunity to experience the Olympic sports of 10m Air Rifle and Air Pistol shooting. The club has a fully electronic 14 firing point, 10m shooting range, the largest and most advanced of its kind in the country. The club provides all the coaching and equipment necessary for those completely new to the sport, as well as experienced shooters.

### Target Shooting

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**e:** [targetshooting@ucd.ie](mailto:targetshooting@ucd.ie)



## TENNIS

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One of the most popular sports clubs on campus

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One of the most popular sports clubs on campus, the Tennis Club provides weekly training on-campus for both competitive and social players, with one of Ireland's top coaches. The club competes in the Intervarsities, in all Dublin Leagues and the annual Colours fixture against Trinity. If serious competition is not for you, the club also organises an internal ladder for members. Throughout the year members are also encouraged to partake in the club's very active social programme. Players of all levels are welcome.

### Tennis

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**e:** [tennis@ucd.ie](mailto:tennis@ucd.ie)  
**i:** [@ucdtennis](https://www.instagram.com/ucdtennis)



## TRAMPOLINE

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Dynamic, high energy, technical, spectacular and above all great fun

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Trampoline is dynamic, high-energy, technical, spectacular and great fun. Beginners are welcome and the club's experienced coaches can take you from first bounce to competition standard routines. The club has five fun and challenging training sessions a week and also attends multiple competitions in Ireland and abroad throughout the year. The active social side guarantees a memorable year, on and off the trampoline. Whether you want an adrenaline rush, to keep fit, or make friends, join the Trampoline Club and you're guaranteed a fun, action packed year.

### Trampoline

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e: [trampoline@ucd.ie](mailto:trampoline@ucd.ie)  
w: [www.ucdtrampoline.com](http://www.ucdtrampoline.com)  
i: [@ucdtrampoline](https://www.instagram.com/ucdtrampoline)  
t: [@ucdtrampoline](https://www.facebook.com/ucdtrampoline)



## TRIATHLON

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Triathlon is an exciting sport that all abilities can be a part of

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The newest club on campus aims to develop the skills of its members in the sport of Triathlon and provide the opportunity and support for members to achieve their personal goals in an enjoyable and safe environment. The club organises training sessions for its members in the sports of swimming, cycling and running. The club also enters Triathlon Ireland events and the Interservice Championships. The club claims that if you're in search of fitness and looking for a rewarding challenge, Triathlon is for you.

### Triathlon

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e: [triathlon@ucd.ie](mailto:triathlon@ucd.ie)  
i: [@ucd\\_triathlon](https://www.instagram.com/ucd_triathlon)



## ULTIMATE FRISBEE

Ultimate Frisbee is one of the fastest growing sports in Ireland

Ultimate Frisbee is a fast-paced competitive team sport with a vibrant social scene. Ultimate Frisbee is a non-contact field team sport played both indoors and outdoors. It is one of the fastest growing sports in Ireland with 30 established clubs and many Irish universities also fielding teams. While Frisbee is quite a competitive sport, a lot of emphasis is placed on the spirit of the game, fair mindedness and sportsmanship.

Everyone is welcome to join. Players range from complete beginners to international athletes, with many only taking up the sport in University. As a member you'll get to attend weekly training sessions, regular team socials and tournaments throughout the year.

### Ultimate Frisbee

**e:** [ultimate@ucd.ie](mailto:ultimate@ucd.ie)  
**i:** [@ucd\\_ultimate](https://www.instagram.com/ucd_ultimate)



## VOLLEYBALL

The second most played sport in the world, competitive yet great fun

UCD Volleyball Club is an enthusiastic and inclusive group that welcomes players of all experience levels to join. UCD competes at all levels and is always looking for more players. The club participates in both men's and women's competitions in the National League, showcasing their athletic prowess and dedication to the sport. Throughout the year, UCD's competitive program includes events such as the Student Sport Ireland League, Intervarsities, and the UCD Blitz. The team has also represented Ireland in the UK Student Cup on multiple occasions, highlighting their commitment to excellence. The club are hoping to have teams participating in the newly established Beach Volleyball Varsities, offering even more opportunities for players to engage in this dynamic and fast-growing sport in Ireland.

### Volleyball

**e:** [volleyball@ucd.ie](mailto:volleyball@ucd.ie)  
**f:** [UcdVolleyballClub](https://www.facebook.com/UcdVolleyballClub)  
**i:** [@ucdvolleyballclub](https://www.instagram.com/ucdvolleyballclub)



## WINDSURFING

All that is required is a sense of balance and the ability to swim

Windsurfing is an exciting sport that takes UCD Windsurfing all over Ireland - in the waters of the Atlantic, the Irish sea, and lakes. Open to all levels from complete beginners to experienced windsurfers, the club will provide all equipment including boards, sails, wetsuits, buoyancy aids and more.

The club has weekly windsurfing sessions in Dublin bay by Seapoint, and regular trips around the country, such as to Achill Island, Galway and Kerry. Instruction is provided by qualified instructors from the club and professional instructors from outside the club. Instructors will help you at your level, whether that's getting up on a board, or gybing and race techniques. The club also has a busy social calendar, with regular events, get-togethers, quizzes and more.

### Windsurfing

**e:** [windsurfing@ucd.ie](mailto:windsurfing@ucd.ie)  
**f:** [Windy Boarducd](https://www.facebook.com/WindyBoarducd)  
**i:** [@ucdwindsurfing](https://www.instagram.com/ucdwindsurfing)  
**d:** [@ucd.windsurfing](https://www.dj.com/ucd.windsurfing)



## TRAINING AND DEVELOPMENT

The AUC is committed to empowering volunteer club members in effectively managing their clubs through training resources and development opportunities.

The AUC offers annual training for all clubs, covering a wide range of relevant topics:

- Club Officer Training (online)
- Safety Session(online)
- Dignity and Respect Training (online)
- Emergency First Aid
- Safeguarding 1 (online)
- GDPR (online)
- Concussion (online)
- Suicide Awareness Training

The AUC supports and rewards the voluntary contributions of UCD students, staff, and graduates in affiliated clubs. Volunteer club members can apply for a training subsidy to support their club's effective operation. Funding is available for training opportunities that enhance members' skills and demonstrate a commitment to giving back to the club or the local community.

UCD also offers academic undergraduate elective modules that may be relevant to UCD club management, such as Community, Volunteering & Leadership (SCI20030). For a comprehensive list of available modules, please visit [www.ucd.ie/students/registration/electives](http://www.ucd.ie/students/registration/electives).

For further information, including the AUC's Training Provision policy, a training and development calendar and a resource section, please visit our website (details below) or contact Paula Cashman.

### Training & Development

**t:** 01 716 2122  
**e:** paula.cashman@ucd.ie  
**w:** [www.ucd.ie/sport](http://www.ucd.ie/sport)



Get involved. Be well. Have fun. Try something new...

There is a club for everyone in UCD.



EY Hockey League  
**Champions**



Check out the full range of UCD's sports clubs, their activities, how to join etc at [www.ucd.ie/sport](http://www.ucd.ie/sport)



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