



UCD Sport
Spórt UCD

2025/26

SPORTS GUIDE



**GET INVOLVED
JOIN A CLUB**

SPORTS EXPO 25

**15-18 SEPT 2025 | 10AM - 5PM
HALL B | SPORTS CENTRE**

 @ucdsport
 @ucdsportsclubs
 ucdsport

VIRTUAL SPORTS EXPO



Online at ucd.ie/sport





UCD Sport
Spórt UCD

SPORTS GUIDE 2025/26

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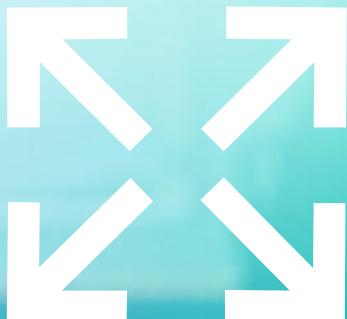
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SOMETHING FOR EVERYONE

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, and take a welcome break from academic life. You can get involved in UCD clubs as a player, coach and/or club administrator.





With over 45 sports clubs to choose from, ranging from team sports, adventure sports, water sports and 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.



FOR ALL THE LATEST NEWS AND CLUB INFORMATION VISIT
W: WWW.UCD.IE/SPORT
X: [UCDSPORTSCLUBS](https://UCDSPORTSCLUBS.XX)
I: [@UCDSPORT](https://UCDSPORT.I)

UCD SPORTS OFFICE
T: 01 716 2183
E: 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 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 the Rugby Club, Women's Rugby Club members and Soccer players playing in professional leagues). 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 Men's and Women's Rugby Clubs. UCD Soccer Club's professional players should contact the Soccer Executive, Diarmuid McNally for details of the personal accident policy applicable to them.

For further info on clubs or establishing a new club:



T: 01 716 2208
E: SUZANNE.BAILEY@UCD.IE
W: WWW.UCD.IE/SPORT

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 and 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/athleticunioncouncil

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. Its 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 2023/24 the UCD Sailing Club won the Student Sport Ireland Event of the Year for their hosting of the Sailing Intervarsities. UCD Boat Club captain Shauna Fitzsimons was the recipient of the SSI Leadership Award in 2021/22. From 2022 to 2025 UCD Ladies Boat Club's Ellie Scott served as the SSI Vice President, and chairperson of the SSI Student Commission.



For more information visit: www.studentsport.ie



SPORTS SCHOLARSHIPS

The pursuit of excellence is integral to sport at UCD. In sport, support for talented sportsmen and women is delivered through UCD's three main sports scholarship programmes: the long established UCD Sports Scholarship programme, the Ad Astra Academy 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 Academy 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.

1

UCD SPORT SCHOLARSHIP

Since its introduction in 1979, the UCD Sports Scholarship programme has expanded and supported over 1,000 students across Athletics, Basketball, Cycling, Gaelic Games, Golf, Ladies & Men's Hockey, Rowing, Men's & Women's Rugby, Men's & Women's Soccer, Swimming and Table Tennis. The aim of the UCD 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 UCD Sport Scholarship programme is independent of the Ad Astra Academy Elite Athlete Programme with the exception of the unsuccessful applications for Ad Astra being transferred to the UCD Sport Scholarship applications upon the consent of such applicants. This can be done by ticking a box on your Ad Astra application to allow the transfer if you are unsuccessful. Two separate applications will not be required in this case.

Eligibility

Applicants should apply to UCD through the CAO by 01 February 2026 as normal. Applicants should also submit a supplementary online scholarship application to UCD Sport via our website by 27 March 2026. Existing UCD students can also apply.

- Sports Scholarships are intended for persons of outstanding sporting ability, and are subject to renewal on an annual basis.
- The recipient must be prepared to commit him/herself to

involvement in the respective UCD sports club.

- Clubs that offer scholarships compete at a very high level and have to possess the necessary infrastructural components to facilitate a scholarship award.
- A satisfactory level of academic and sporting progress is essential, if the scholarship is to be renewed on an annual basis.
- 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.
- For a full breakdown of the award criteria visit our website.

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

Benefits

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 & mezzanine gyms, academic flexibility, reduced physiotherapy costs, expert coaching and technical support including strength and conditioning.

For application form and further information:



T: 01 716 2183
E: SPORT@UCD.IE
W: WWW.UCD.IE/SPORT



2

AD ASTRA ACADEMY ELITE SPORTS SCHOLARSHIP

The UCD Ad Astra Academy 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 are made online via the Academy's website and will open on 01 November 2025 and must be made no later than 31 January 2026. In addition, students should complete their CAO forms as usual by 01 February 2026 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 Academy Elite Sports Scholarship programme by the closing date above.

Benefits

- €3,000 scholarship allowance each year a scholar is in the Academy.
- Access to a high performance gym with expert training and coaching.
- Physiotherapy and medical assistance, nutritional and fitness monitoring, and sports psychology.
- Guaranteed on-campus accommodation, the cost of which may be offset by the scholarship allowance.
- The support of an academic mentor to help scholars excel in both academia and their chosen sport.
- Networking and team building events with all strands of the Academy.
- Access to the Ad Astra Scholars' Room.

Flexible admission arrangements are offered to the Ad Astra Academy 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 3105 E: ADASTRAACADEMY@UCD.IE
W: WWW.UCD.IE/ADASTRAACADEMY/ELITESPORTS

3

GRADUATE SPORT 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 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. In 2023, the Brian Mullins GAA/GPA Graduate Scholarship was introduced honouring 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:



E: SPORT@UCD.IE
W: WWW.UCD.IE/SPORT





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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 2024. 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.



E: AMERICANFOOTBALL@UCD.IE
 F: [UCD AMERICAN FOOTBALL](#)
 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.



E: ARCHERY@UCD.IE
 F: [UCD ARCHERY \(THE UCD POLAR BEARS\)](#)
 I: [@UCDARCHERY](#)



E: ATHLETICS@UCD.IE
F: UCD ATHLETICS CLUB
X: @UCDAC_BEARS
I: @UCDATHLETICS

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 (800m), Ciara Mageean (1,500m) and Sarah Healy (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.

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 many training sessions per week, one session allocated to team training and seven 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 Intervarsity 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!



E: BADMINTON@UCD.IE
I: @UCDBADMINTONCLUB

BASKETBALL (LADIES)

**The home of ladies basketball
on campus.**

The Ladies Basketball Club is one of the oldest and most well-established sports clubs on campus. Recent successes include winning the BI Colleges League Division 3 title and the DLBB Top 4 Division 4 title, both in 2023. Last season the club entered teams in the BI Colleges League in Division 1 and Division 2 and a club team in the DLBB Dublin League/Cup in Division 3. Teams also took part in the Intervarsity and Freshers tournaments. The club is constantly looking at opportunities to expand and hopes to grow the number of teams it has in the near future. The Ladies Basketball Club also runs a very popular weekly social basketball session open to players of all abilities. A great way to get fit and have fun!



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 intervarsity 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.



E: LADIESBASKETBALL@UCD.IE
I: [@UCDLADIESBC](https://www.instagram.com/ucdladiesbc)



E: UCDMARIAN@UCD.IE
W: WWW.UCDMARIAN.COM
F: [UCD MARIAN](#)
X: [@UCDMARIAN](https://www.instagram.com/@ucdmarian)
I: [@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.



CANOE

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

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.



E: CANOE@UCD.IE
F: UCDCC
I: @UCDCANOECLUB



MEN'S BOAT
 E: MENSBOAT@UCD.IE
 W: WWW.UCDCBC.IE
 F: [UCDBOATCLUB](#)
 X: [@UCDBC](#)
 I: [@UCDBC](#)

LADIES BOAT
 E: LADIESBOAT@UCD.IE
 F: [UCD LADIES BOAT CLUB](#)
 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. Highlights of the year include the IATBA Championships and 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. All you need is your own handwraps, towel and water. If you don't have hand wraps you can purchase a pair via the club website.



E: BOXINGCLUB@UCD.IE
 F: [UCD BOXING CLUB](#)
 I: [@UCDBOXINGCLUB](#)

CAVING & POTHOLING

A sport for anyone wondering what exists underground.

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.



E: CAVING@UCD.IE
 F: [UCD CAVING AND POTHOLING CLUB](#)
 I: [@UCDCAVINGCLUB](#)

CHINESE MARTIAL ARTS

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



E: SHAOLIN@UCD.IE
F: [UCD SHAOLIN PUBLIC PAGE](#)
I: [@UCDKUNGFU](#)



CRICKET

Cricket is a fun and social team sport.

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 Intervarsities, Colours and friendly fixtures throughout the season with both Men's and Ladies teams.



E: CRICKET@UCD.IE
I: [@UCDCRICKETCLUB](#)

CYCLING

The club is the most successful third level cycling club 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.



E: CYCLING@UCD.IE
F: [UCD CYCLING CLUB](#)
X: [@UCD_CYCLING](#)
I: [@UCDCYCLING](#)





EQUESTRIAN

Caters for almost every equestrian interest.



E: EQUESTRIAN@UCD.IE
I: @UCDEQUESTRIAN
TIKTOK: @UCDEQUESTRIAN

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.

FENCING

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

The UCD Fencing Club is one of the oldest sports clubs in the University. Fencing itself allows for more individuality than most sports as it consists of three different disciplines: Sabre, Épée and Foil. Each discipline has its own distinct style which allows you to choose the game that suits you best. UCD Fencing is committed to making fencing accessible to as many people as possible. The club provides all the equipment needed for fencing in order to encourage people to give the sport a go. The club welcomes everyone, from beginners to seasoned fencers and aims to provide 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. UCD Fencing plans to host three competitions at UCD this year along with development sessions and social events. We strive to create a fun welcoming environment where members can improve their fencing and make lifelong friends.





GAEILIC 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.



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 intervarsity 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.



- T:** 01 716 2123
- E:** GERARD.BRENNAN@UCD.IE
- JOSH.WARDE@UCD.IE
- HANDBALL@UCD.IE
- W:** WWW.UCD.IE/GAA
- F:** UCD GAA
- X:** @UCDGAA
- I:** @UCDGAA

GAEILIC 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 competes in the Harney Cup, the Lynch Shield, and the O'Connor Cup as well as league competitions. 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.

 **COACHING**
FOR INTERNATIONAL STUDENTS

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.

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.



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 Intervarsities, the annual Colours match, the Irish Colleges Golf Association League as well as the main senior open club cups.



E: GOLF@UCD.IE



HOCKEY (LADIES/MEN'S)

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



HOCKEY (LADIES)
E: LADIESHOCKEY@UCD.IE
F: UCD LADIES HOCKEY CLUB
X: @UCDLADIESHOCKEY
I: @UCDLADIESHC

HOCKEY (MEN'S)
E: MENSHOCKEY@UCD.IE
F: UCD MENS HOCKEY CLUB
X: @UCDMHC
I: @UCDMENSHOCKEY

JUDO

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

Jhe 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.



E: JUDO@UCD.IE
I: [@UCDJUDOCLOUD](https://www.instagram.com/@UCDJUDOCLOUD)



The Ladies Hockey Club has 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 ‘collide’ 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 club’s competitive programme includes the Leinster League, Irish Senior and Junior Cups, Irish Hockey League, Leinster Cup, Intervarsities 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. 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 Intervarsities 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.



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 Intervarsity Championships in recent years, claiming the overall title in 2022, 2023, 2024 and 2025.



E: KARATE@UCD.IE
F: [UCDKARATE](https://www.facebook.com/UCDKARATE)
I: [@UCDKARATE](https://www.instagram.com/@UCDKARATE)
TIKTOK: [@UCDKARATE](https://www.tiktok.com/@UCDKARATE)



E: MOUNTAINEERING@UCD.IE
I: @UCDMOUNTAINEERING

MOUNTAINEERING

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



OLYMPIC HANDBALL

This club has 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 many international students from countries all across the world such as Spain, France, Germany, and many more, and is an excellent place to meet new people. 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. The club calendar also includes several trips to national and international tournaments as well as numerous social events.



E: OLYMPICHANDBALL@UCD.IE
I: @UCD_OLYMPIC_HANDBALL

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.

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.



E: ORIENTEERING@UCD.IE
I: @ORIENTEERINGUCD

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.



T: 01 716 2184
 E: UCDRFC@UCD.IE
 INFO@UCDRUGBY.COM
 W: WWW.UCDRUGBY.COM
 X: @UCDRUGBY
 I: @UCDRUGBY

RUGBY

(WOMEN'S)



E: WOMENSRUGBY@UCD.IE
 F: UCDWOMENSRUGBYCLUB
 I: @UCDWOMENSRUGBY

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! There are 3 teams; one competing in Division 2 of the Leinster League and two in the Student Sport Ireland Colleges league and cup competitions. The club also competes in the annual Colours match against rivals Trinity, which they retained in 2025. 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.



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. 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.



E: SAILING@UCD.IE
I: [@UCDSAILING](https://www.instagram.com/@UCDSAILING)



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 Killernan, including beginners' lessons, race training and freestyle sessions. The club also participates in competitions during the year including the Intervarsities, 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 trip to the Alps.



E: SNOWSPORTS@UCD.IE
I: [@UCDSNOWSPORTS](https://www.instagram.com/@UCDSNOWSPORTS)



SOCER (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 First 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. The club also runs a women's 5-a-side league. 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.



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 First 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.



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.



E: SUBAQUA@UCD.IE
W: WWW.UCDSAC.IE
I: @UCDSUBAQUA
TIKTOK: @UCD_SUBAQUA

SURF

An exhilarating and challenging sport.



E: SURF@UCD.IE
F: UCDSURFCLUB
I: @UCD_SURFCLUB

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.





SWIMMING

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

One of the oldest UCD clubs, the Swimming Club provides for competitive level swimming at varsity, national and international level. The club's two squads enjoy 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 as well as competing in intervarsity events.

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.



E: SWIMPOLO@UCD.IE
I: @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.



E: TABLETENNIS@UCD.IE



TAEKWON-DO

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

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'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.



E: TKD@UCD.IE
I: [@UCDTAEKWONDO](https://www.instagram.com/ucdtaekwondo)



TENNIS

One of the most popular sports clubs on campus.

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.



TRAMPOLINE

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



E: TRAMPOLINE@UCD.IE
I: @UCDTRAMPOLINE
TIKTOK: @UCDTRAMPOLINE

Trampline 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.



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.



TRIATHLON

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

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 Intervarsity Championships. The club claims that if you're in search of fitness and looking for a rewarding challenge, Triathlon is for you.





VOLLEYBALL

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

S 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.



E: VOLLEYBALL@UCD.IE
I: @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.

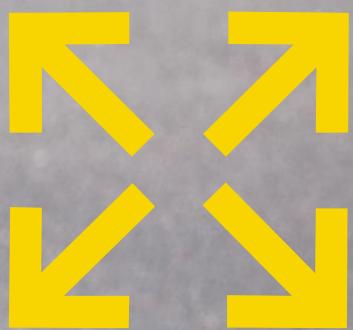
The club has weekly windsurfing sessions in Dublin bay by Seapoint, and regular trips around the country, such as to Achill Island, Galway and Kerry. Instruction is provided by qualified instructors from the club and professional instructors from outside the club. Instructors will help you at your level, 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.



E: WINDSURFING@UCD.IE
I: @UCDWINDSURFING
TIKTOK: @UCD.WINDSURFING



TRAINING AND DEVELOPMENT



The Athletic Union Council (AUC) is dedicated to empowering volunteer club members, providing them with the essential tools and knowledge to effectively manage their clubs. The AUC aims to achieve this through comprehensive training resources and development opportunities.

Each year, the AUC offers a diverse range of crucial training for all clubs. These valuable sessions include:

- 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 (online)
- PRO Training (online)
- Junior Treasurer Training (online)

The AUC recognises and actively supports the invaluable voluntary efforts of UCD students, staff, and graduates in its affiliated clubs. To further enhance their capabilities and support effective club operation, training subsidies are available. These funds are for training opportunities that improve members' skills and demonstrate a commitment to contributing to their club or the wider local community on a voluntary basis.

UCD also offers academic undergraduate elective modules that may be relevant to UCD club management, such as Community, Volunteering & Lead (SCI20030). For a comprehensive list of available modules, please use the search function on the UCD Course Catalogue.

For more details on the AUC's Training Provision policy, our comprehensive training calendar, and helpful resources, please visit our website (details below) or contact Paula Cashman.



T: 01 716 2122
E: PAULA.CASHMAN@UCD.IE
W: WWW.UCD.IE/SPORT





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