

Sport at the University of Galway





Unit / Team

Ellen Kelly

Des Ryan

Tanja Schafer

Alumni

Students

Volunteers

Relevant Departments /
Colleges / Schools

Students Union



Steve
Eamon
Mick

Dean of Students Unit
Student Services
Student Success

Kingfisher

Feargal O'Callaghan

Courtney McGuire & Conor Lyall
Student ambassadors

Rowing Coach

Part Time Coaches

Development Officers

Antoine Mobian



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THE MOST PROGRESSIVE AND
CARING
UNIVERSITY SPORTS PROGRAMME
ON THE ISLAND OF IRELAND.



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A Culture of Respect
Equality and Diversity
Health and Wellbeing

Respect

Excellence

Our values

Sustainability

Openness



Living positive change on campus
Leading positive change beyond our university

People
Teaching and Research
Impact and Reputation



Access and Inclusion
Collaboration and Partnerships





Undergrad.



Postgrad.



Alumni.



Staff



Volunteers

Active - Competition



Elite



Talent



Not Active

Active - Recreation



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SPORT FOR ALL - PHYSICAL WELLBEING



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Sports Clubs at University of Galway

University of Galway.i e



SNAP SHOT



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Club Events by Location 24/25

3319 On Campus

533 Off-Campus

6 International

Types of Club Events 24/25

3180 Training

282 Competitive

25 Leadership

93 Social

49 Educational

1 Seminar

49 Intervarsity

159 Recreational

2 Health & Safety

9 Inter Collegiate



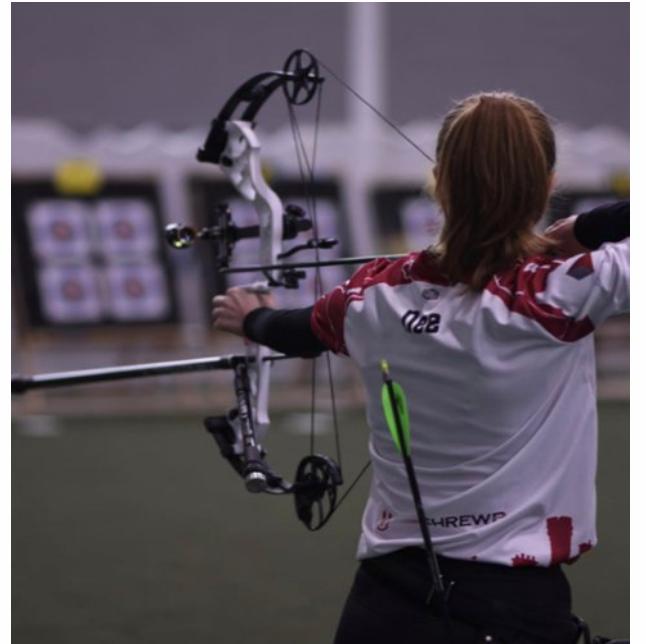
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- Indoor & Outdoor Sports
- Martial Arts
- Water Sports
- Extreme Sports



<https://sport.universityofgalway.ie/>

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ARCHERY

INDOOR (ON-CAMPUS)



PICKEBALL



BADMINTON



BASKETBALL



BOXING



CRICKET (INDOOR)



GAA HANDBALL



FENCING



TABLE TENNIS



POOL & SNOOKER



VOLLEYBALL



WEIGHTLIFTING

OUTDOOR SPORTS (ON-CAMPUS)



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ARCHERY (OUTDOOR)



ATHLETICS



CYCLING



HOCKEY (MEN & WOMEN)



RUGBY



LACROSSE



CAMOGIE



LGFA



MENS SOCCER



ULTIMATE FRISBEE



HURLING



MENS GAA



WOMENS SOCCER

INDOOR/OUTDOOR (OFF-CAMPUS)



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EQUESTRIAN



TENNIS



CRICKET (OUTDOOR)



SQUASH

WATER SPORTS (ON OR OFF-CAMPUS)



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KAYAK



ROWING



SWIMMING &
WATERPOLO



SAILING



SUB AQUA



SURF



WINDSURFING

MARTIAL ARTS



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JUDO



KARATE



MUAY THAI

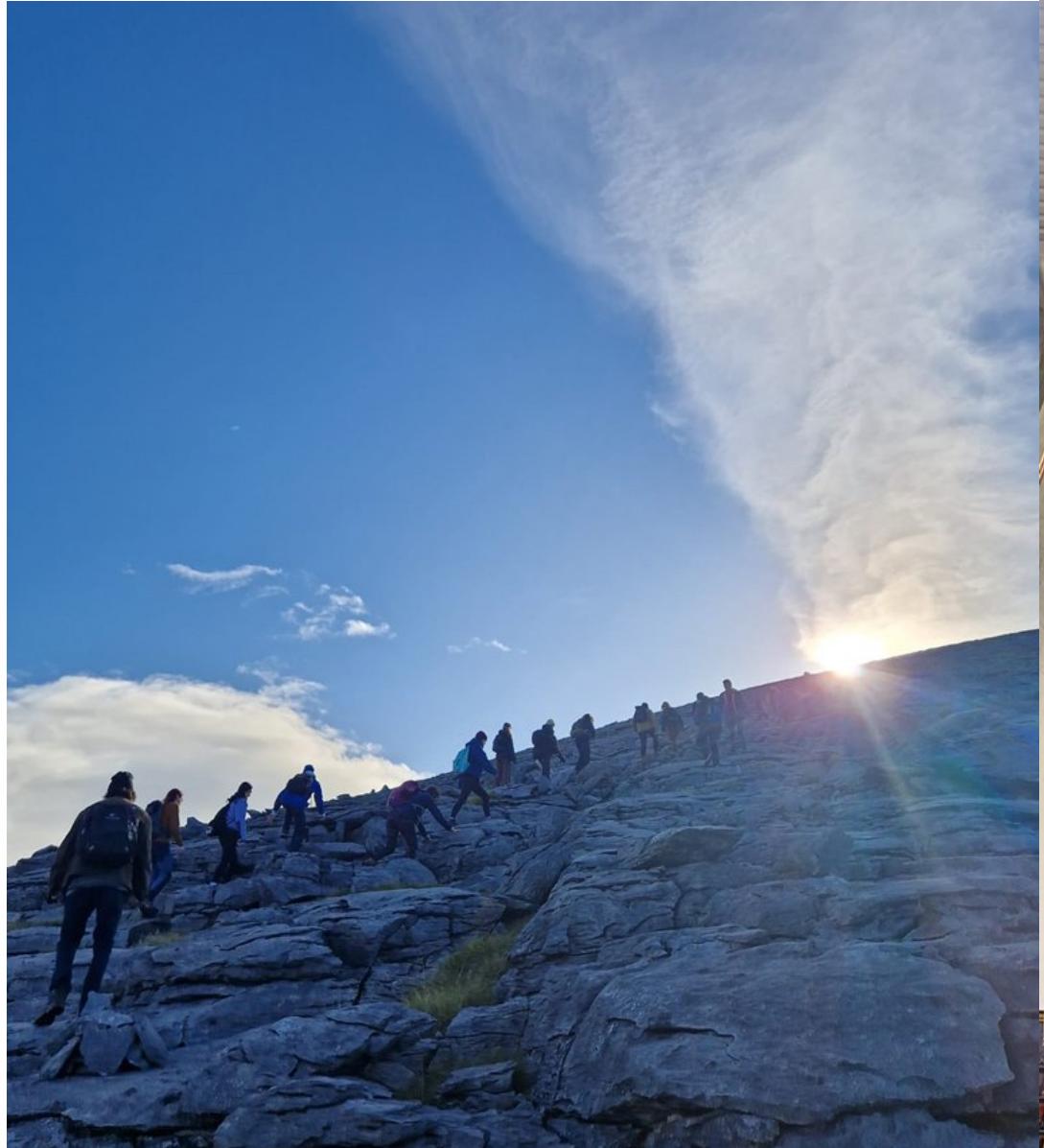


TAEKWONDO

EXTREME SPORTS



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MOUNTAINEERING (HIKING & CLIMBING)



KAYAK



VOLUNTEERING IN CLUBS



Crucial to the Success and Sustainability of University Sports Clubs.

Volunteering provides several key benefits:

- **Develop Lifelong Skills:** *Gain experience in teamwork, leadership, communication, resilience, and adaptability.*
- **Enhance Career Skills:** *Build essential skills such as time management, problem-solving, decision-making, budgeting, and event planning.*
- **Inclusive Participation:** *Get involved in a club even if you are unable to participate physically.*
- **Networking Opportunities:** *Connect with other university clubs and expand your professional network.*



Research has shown that physical activity has the following benefits

-

- Can help **reduce** the risk of **illness and injuries**.
- Can help **improve Psych-Social Wellbeing**.
- Can help improve Mood, Ability to Cope with Stress, **Self-esteem** Satisfaction with oneself and Body Image.
- Can Increase feelings of **Energy**.
- Can **Decrease Symptoms Associated with Depression**.
- Can have **Study Boosting Effects**.
- Can **Improve Memory** and Thinking Skills.
- Can **Enhance** Cognition, **Academic Results** and Classroom Behaviour.







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FACILITIES



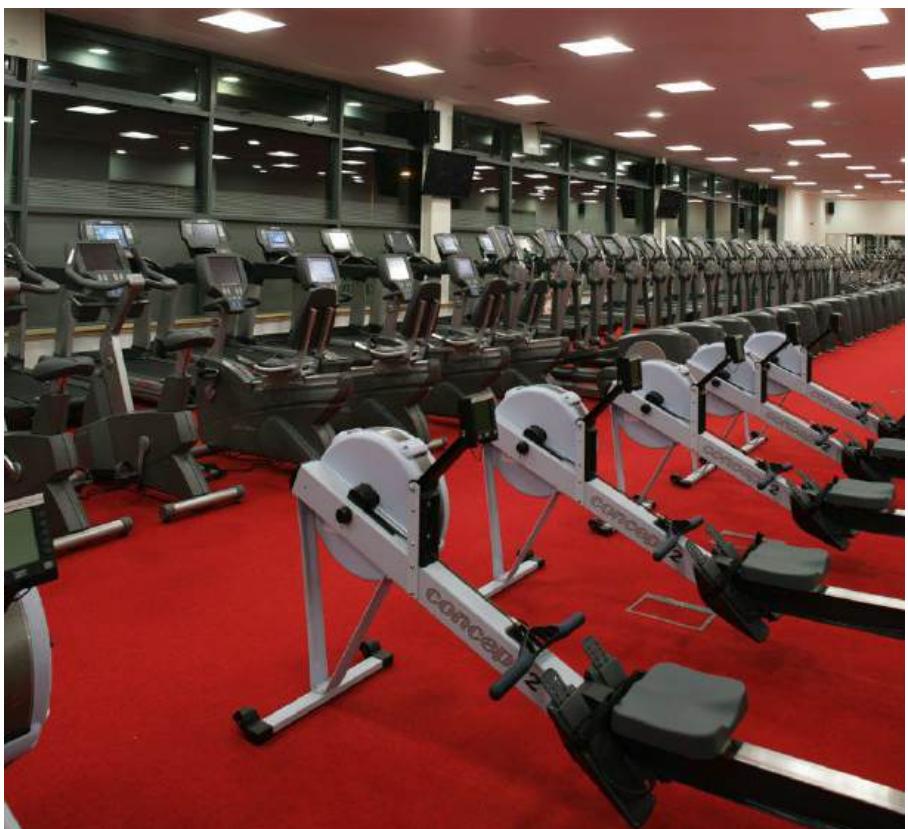
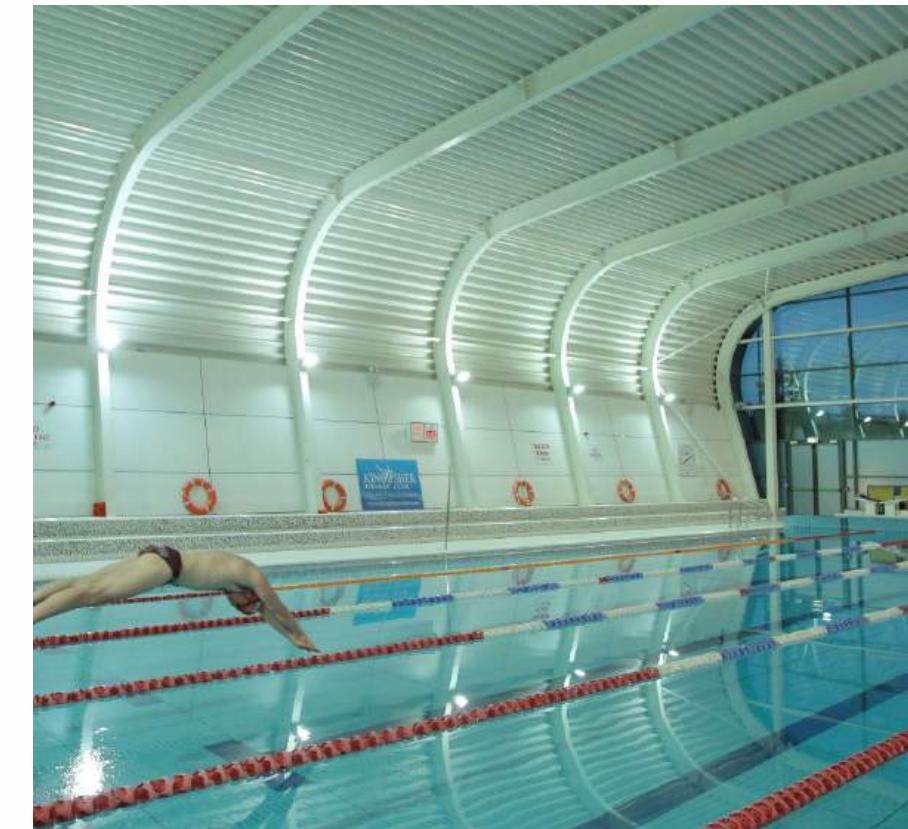
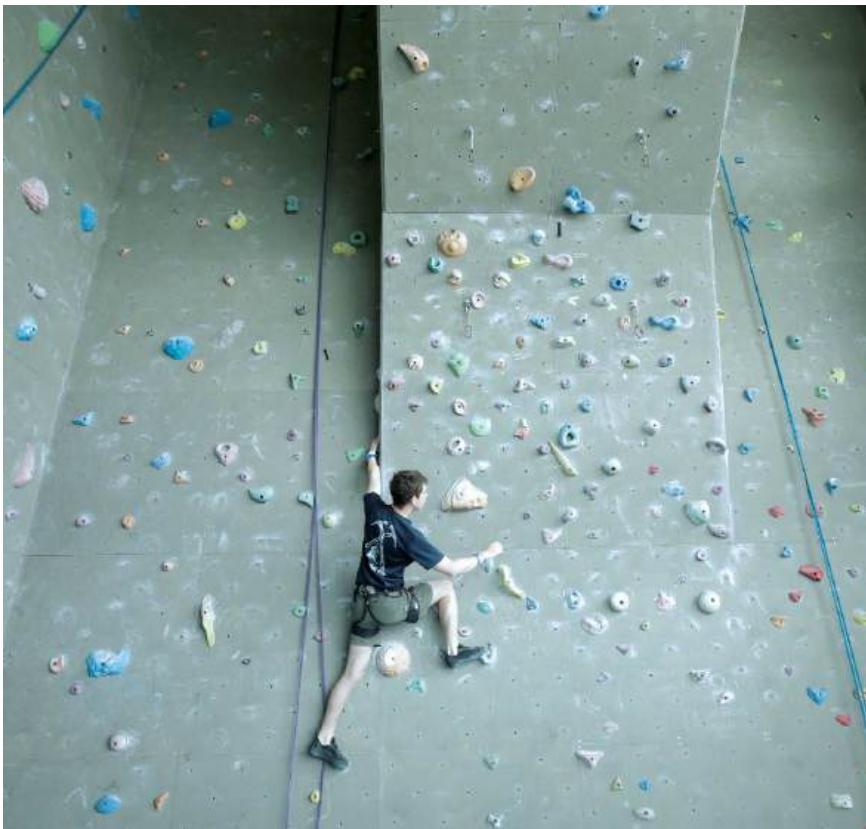
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COMMITTEE / VOLUNTEER DEVELOPMENT CPD PROGRAMME



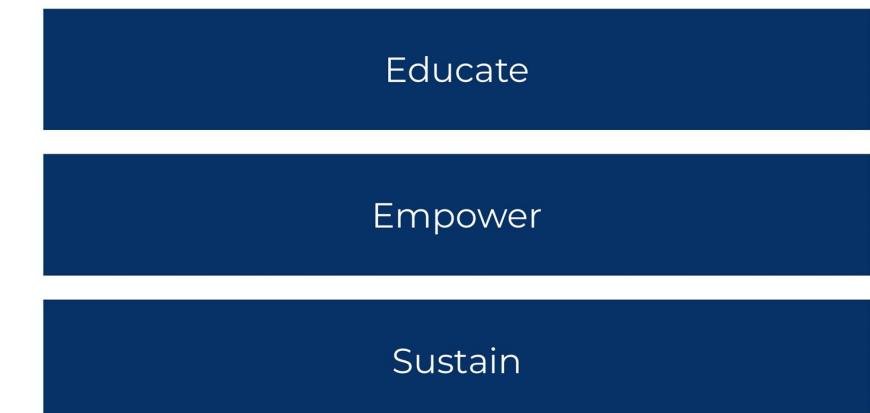
volunteer



Student Community - (etc)

Club Committee - (Chairperson, Secretary, Treasurer, Logistics, Coach, etc etc)

Plan -



Outcome - Social Capital for the University and wider community.
(Future Leaders)



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**VOLUNTEER
WITH
CLUBS
TODAY**





Club Captain Meeting

2024



Internal Committee/Volunteer CPD

October 9th - Unleashing Your
Leadership Potential

November 6th - Fundraising Like a
Pro

November 27th- Social Media
Magic

January 29th- Step Up and Shine

March 19th - Celebrating Wins and
Giving Back





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Sport

Website:



@unigalwaysport



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Thanks



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