



OLLSCOIL NA
GAILLIMHE
UNIVERSITY
OF GALWAY

Spórt

Sport at the University of Galway



University
ofGalway.ie

Unit / Team



OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY

Ellen Kelly

Des Ryan

Tanja Schafer

Feargal O'Callaghan

Alumni

Students

Volunteers

Relevant Departments /
Colleges / Schools

Students Union



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UNIVERSITY OF GALWAY

Courtney McGuire & Conor Lyall
Student ambassadors

Rowing Coach

Part Time Coaches

Development Officers

Antoine Mobian

Steve
Eamon
Mick

Dean of Students Unit
Student Services
Student Success

Kingfisher



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Spórt

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



OLLSCOIL NA GAILLIMHÉ
UNIVERSITY OF GALWAY



A Culture of Respect
Equality and Diversity
Health and Wellbeing

People
Teaching and Research
Impact and Reputation



Respect

Excellence

Our values

Sustainability

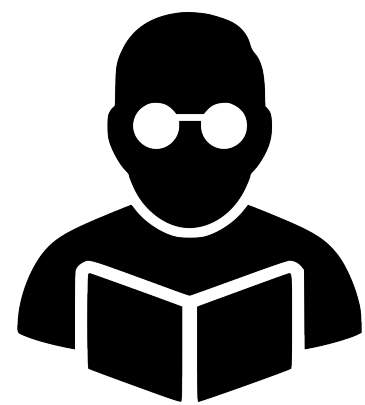
Openness



Living positive change on campus
Leading positive change beyond our university

Access and Inclusion
Collaboration and Partnerships





Undergrad.



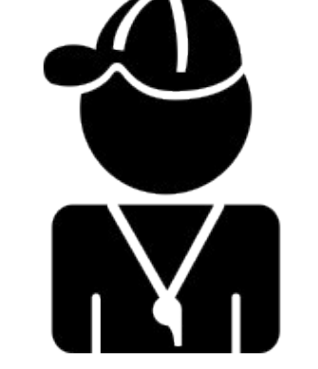
Postgrad.



Alumni.



Staff



Volunteers



Ollscoil na Gaillimhe
UNIVERSITY OF GALWAY

Active - Competition



Elite



Talent



Active - Recreation

Not Active





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SPORT FOR ALL - PHYSICAL WELLBEING



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Sports Clubs at University of Galway

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SNAP SHOT



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42

Number of Sports
On offer

3858

Club Events on
Campus 24/25

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



OLLSCOIL NA GAILLIMHÉ
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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



HURLING



MENS GAA



WOMENS SOCCER



ULTIMATE FRISBEE

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



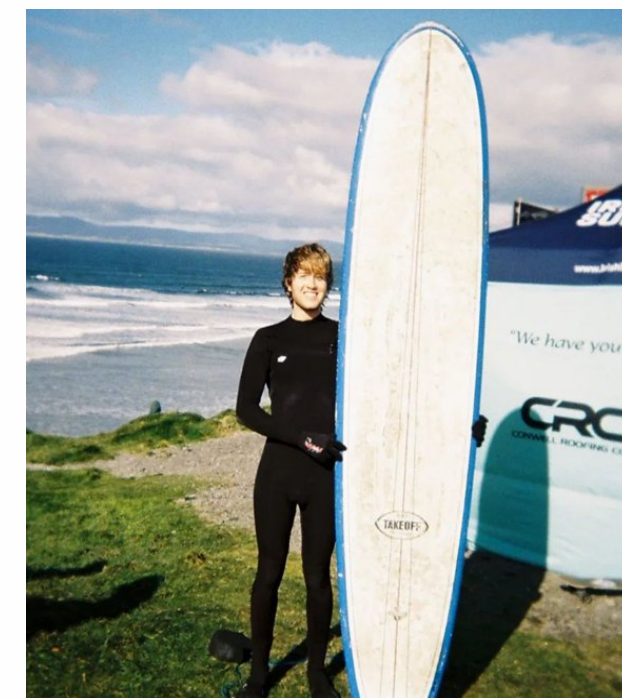
**SWIMMING &
WATERPOLO**



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



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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.





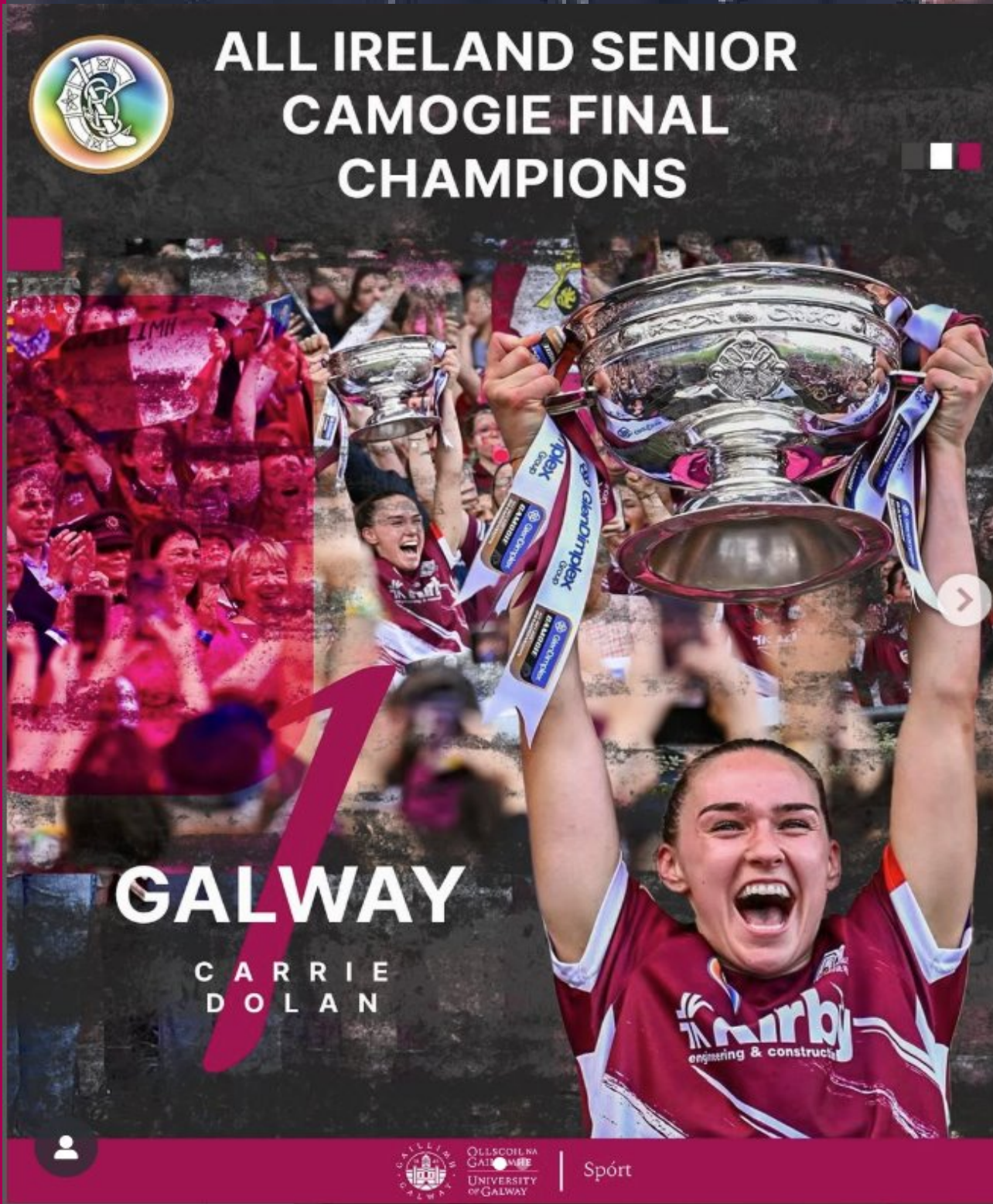
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History Secured at FIBA
U20 Men's Youth
EuroBasket

Congrats to
University of Galway
Students
Declan Gbinigie
&
Fortune Igbokwe



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FACILITIES



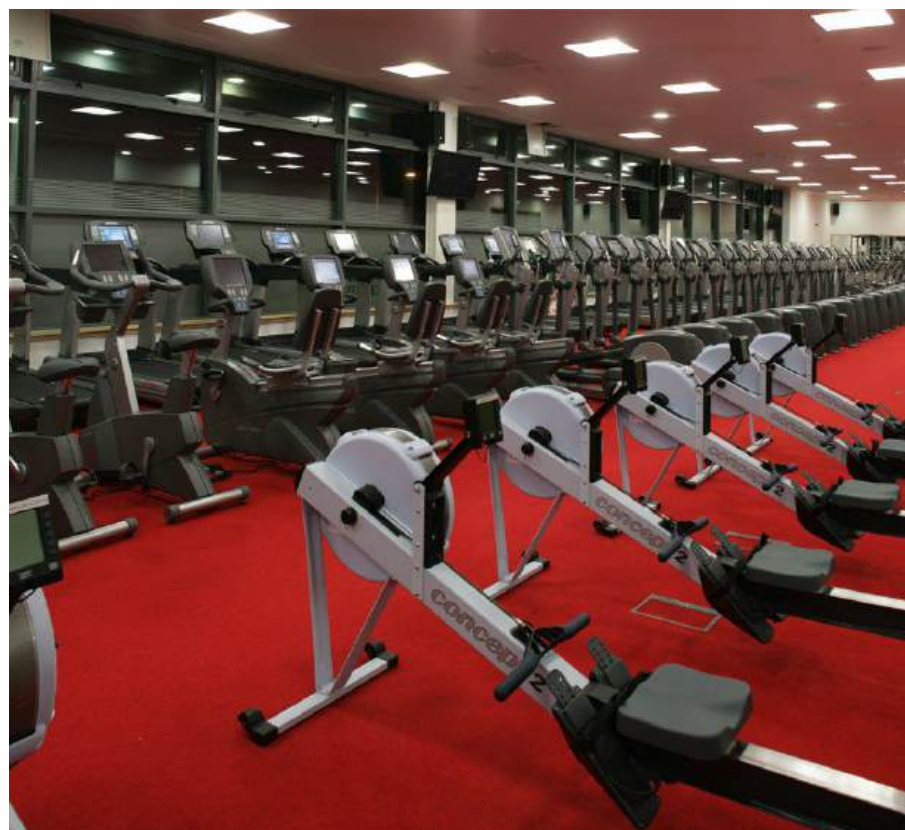
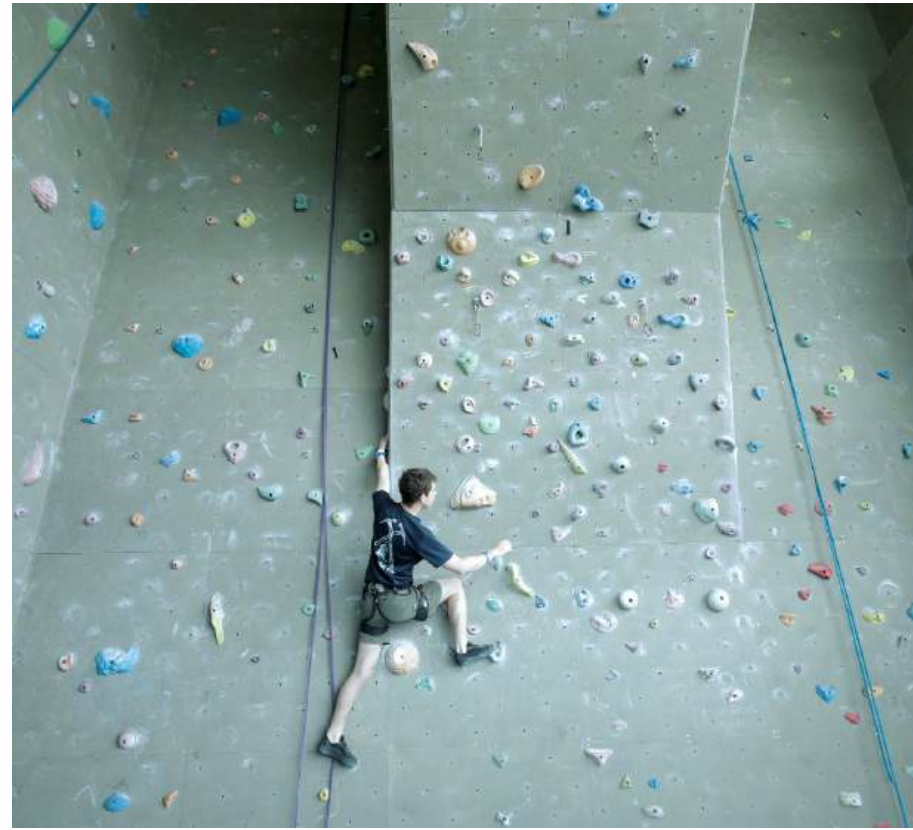
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COMMITTEE / VOLUNTEER DEVELOPMENT CPD PROGRAMME



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Volunteer



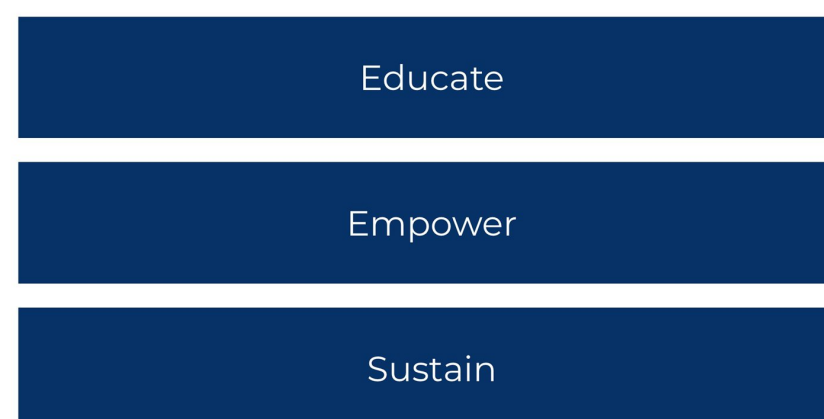
Student Community – (



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



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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

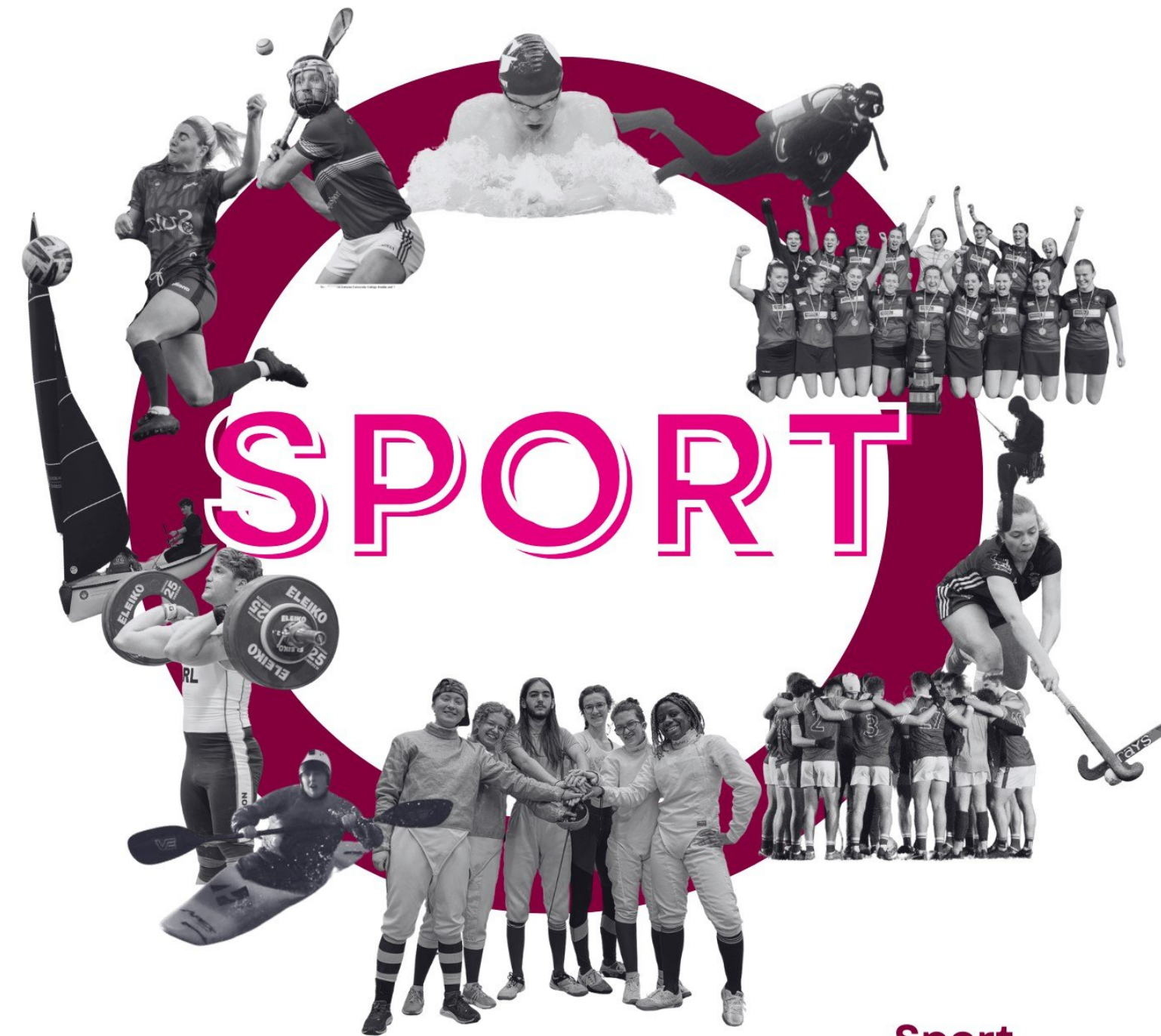
March 19th - Celebrating Wins and
Giving Back





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@University of Galway sport



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Sport
Website:





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Thanks

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