



CLUB

MAGAZINE

2023/24



WELCOME



Dia dhaoibh agus fáilte chuig UCC! My name is Nessa Wheeler and I am this year's Clubs' Executive President. I would like to begin by welcoming you all to UCC and particularly UCC Sport. Whether you are a seasoned athlete or excited to begin your journey in sport, I can guarantee you that UCC has a sport for you with 48 clubs to choose from!

Here at UCC, we try to ensure that sport is deeper than what happens on a pitch, hall or the results from competitions. While our successes at local, national and international level are important to us - the social, mental and physical aspects of sport in UCC play just as much of an important role. Our clubs host events throughout the year aimed at people with all levels of experience and I can attest to the fact that getting out and involved is a great way to unwind from college stress as well as allowing you to meet new, interesting people.

Personally, I have been heavily involved with the Athletics club. I knew before I ever got my place on my course in UCC that I wanted to join, having enjoyed it throughout school. I can say, hand on heart, that I have made so many friends through this sport and it made my first year of college all the more enjoyable. I've met people from all over the country and abroad and together a supportive and fun community has been created. I can assure you that no matter the club or sport the same sentiment will be found.

This coming year I hope to get the largest involvement in sport yet with spectators at matches and competitions allowing for support to go further than clubs themselves but into the greater student population. To begin we will have TWO Club days one on the 20th of September in the Hub and a Clubs and

Societies day in Western Gateway Building on the 26th of September. Make sure to call in and meet the people behind the running of each club, have a chat and sign up!

Most of our clubs are student run, meaning students just like you get involved in the day to day administration and coaching of their respective clubs. This is a fantastic opportunity to develop new skills such as leadership, you can even earn awards through helping out with club committees!

We have space for everyone within UCC Sport. From exhilarating field sports like Hurling, Rugby or Hockey, to watersports such as Surf or Canoe, indoor clubs such as Fencing and Gymnastics and everything in between.

Sport presents a fantastic opportunity to escape from academics for a little while. All registered UCC students can access the Mardyke Arena for free, whether or not you join a club with us. The arena has some of the best indoor sport amenities in the county, indoor climbing wall, an indoor sports hall, twenty-five metre swimming pool and a variety of indoor gym facilities. The outdoor facilities at the Mardyke Sports Grounds include fully floodlit: rugby & soccer pitch, GAA pitch, water based synthetic pitch, & 400m running track. In addition to these fantastic facilities, we have 52 acres of playing fields at our other sports ground in Curraheen, affectionately known as "The Farm."

Once again, I would like to wish you all the best of luck for the 2023/24 year both in UCC sport and beyond. If you want to contact me you can do so on president@uccclubs.ie. I look forward to seeing you donning the skull and crossbones soon!



I would like to welcome you to UCC and to UCC Sport In particular, a warm céad míle fáilte to new students. Sport and Physical activity is very dynamic in UCC and is powerful way to connect and meet new lifelong friends.

There is a club and place for everyone who wish to be active or play sport. We encourage you to join our clubs and FindYourTeam and we will be launching our new membership systems in time for the new term. We have world class facilities at the Mardyke, and I encourage you all to activate your membership of the facilities there Mardyke Arena.

We work very closely with the student leadership and with the very hardworking and dedicated Clubs Executive team led Nessa Wheeler, Clubs President. I wish them every success and thank them for making UCC Sport so successful and vibrant. The extraordinary range of opportunities we provide to participate in over 50 sports is down to the dedication and hard work of the student club leaders, coaches and a network of volunteers supported by the team in UCC Sport.

I would like to acknowledge the many successes and achievements of our clubs, teams and athletes as they continue to perform at highest levels in many different sports wearing the famous Skull and Crossbones gear and also for their country, province and country. Our core purpose is to make easy and enjoyable

for you to be active and involved. If you have any inquiries please contact us through our email address, social media make a booking to talk to our team at any time. We have a great team of people in our department working to support you and your clubs and ensure you can reach your full potential.

For more details, please go to: www.sport.ucc.ie. If you wish to contact us our email is: sport@ucc.ie. Please connect with us on all our UCC Sport social media channels.

I wish you well and hopefully it will be a positive, enjoyable and memorable experience.

Best wishes

Morgan Buckley
Head of Sport and Physical Activity

**PRIDE ON OUR CHEST.
BELIEF IN OUR HEART.
SPORT IN OUR BONES.**

CLUBS



Archery
archery@uccclubs.ie

Athletics
athletics@uccclubs.ie

Aussie Rules
aussierules@uccclubs.ie

Badminton
badminton@uccclubs.ie

Basketball
basketball@uccclubs.ie

Boxing
boxing@uccclubs.ie

Camogie
uccgaa@uccclubs.ie

Canoe
canoe@uccclubs.ie

Chess
chess@uccclubs.ie

Cricket
cricket@uccclubs.ie

Cycling
cycling@uccclubs.ie

Dance
dance@uccclubs.ie

Equestrian
equestrian@uccclubs.ie

Fencing
fencing@uccclubs.ie

Futsal
futsal@uccclubs.ie

Gaelic Football
uccgaa@uccclubs.ie

Golf
golf@uccclubs.ie

Handball
handball@uccclubs.ie

Hurling
uccgaa@uccclubs.ie

Inline Hockey
inlinehockey@uccclubs.ie

Judo
judo@uccclubs.ie

Karate
karate@uccclubs.ie

Kickboxing
kickboxing@uccclubs.ie

Kung Fu
kungfu@uccclubs.ie

Ladies Gaelic Football
uccgaa@uccclubs.ie

Ladies Hockey
ladieshockey@uccclubs.ie

Men's Hockey
hockey@uccclubs.ie

Men's Soccer
soccer@uccclubs.ie

Mountaineering
mountaineering@uccclubs.ie

Olympic Handball
olympichandball@uccclubs.ie

Olympic Weightlifting
olympicweightlifting@uccclubs.ie

Orienteering
orienteering@uccclubs.ie

Powerlifting
powerlifting@uccclubs.ie

Rover Scouts
rovers@uccclubs.ie

Rowing
rowing@uccclubs.ie

Rugby
rugby@uccclubs.ie

Sailing
sailing@uccclubs.ie

Snowsports
snowsports@uccclubs.ie

Squash
squash@uccclubs.ie

SubAqua
subaqua@uccclubs.ie

Surf
surf@uccclubs.ie

Swimming & Waterpolo
swimmingandwaterpolo@uccclubs.ie

Table Tennis
tabletennis@uccclubs.ie

Taekwon-Do
taekwondo@uccclubs.ie

Tennis
tennis@uccclubs.ie

Trampoline and Tumbling
trampoline@uccclubs.ie

Ultimate Frisbee
ultimatefrisbee@uccclubs.ie

Volleyball
volleyball@uccclubs.ie

Women's Soccer
ladiessoccer@uccclubs.ie



For more information on getting involved with a club, simply tap the club email address to contact a club representative.

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Sports Operative
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087 913 2071
mardykesport@ucc.ie

The Farm Sports Grounds
curaheensport@ucc.ie
087 913 2084





Archery

How to get involved:

archery@uccclubs.ie

@ [uccarchery](#)

f [UccArcheryclub](#)

Discover the Thrills of Archery at UCC Archery Club! Are you a student seeking a new adventure? Look no further than UCC Archery Club, where students of all levels are welcome. Whether you're a complete beginner or an experienced archer, our dedicated coaches are here to guide and support you on your archery journey. At UCC Archery Club, we believe in fostering a friendly and inclusive atmosphere, where making new friends is as

important as hitting the bullseye. Join us for our weekly beginner's training sessions every Tuesday evening at the Mardyke Arena. No prior experience is necessary, and all the necessary equipment will be provided. Throughout the year, we organize exciting in-house competitions around Halloween, Christmas, Valentine's Day, and Easter, that allow you to track your progress and boost your confidence. Our lively social events such as movie nights give the members a chance to mingle and form lasting friendships. For those aiming to take their archery skills to new heights, we extend an invitation to participate in our 6-week long beginner's course. Led by our certified coaches, this course grants you access to our intermediate and advanced sessions and opens doors to competing in archery events across the country. UCC Archery Club is not only about honing your skills but also about showcasing your talents on the competitive stage. We proudly compete against other prestigious third-level institutions in thrilling competitions organized by the Irish Student Archery Association. We have consistently secured league medals in various categories and have become a formidable presence in the Barebow divisions. With our permanent training range, our intermediate and advanced squads are well-equipped to propel the club's ongoing progress and achieve even greater success on the shooting line. If you're yearning for a fresh and captivating experience in a fun and relaxed environment, don't hesitate to reach out to UCC Archery Club. Unleash your inner archer and embark on an unforgettable journey with us! Follow us on our social media channels for updates and training times: Instagram: [uccarchery](#) Facebook: [UCC Archery](#)



UCC Archery has moved to a permanent range designed for advanced squad training.



Athletics

How to get involved:

athletics@uccclubs.ie

f [UCC Athletics Club](#)

@ [@uccathleticsclub](#)

@ [@uccathletics](#)

UCC Athletics is back for another year of training and racing in 2023/24! Club coaches Donie and John will put students through their paces on the Mardyke track every Tuesday and Thursday at 6pm, with weekend long runs and club socials on offer too. UCC Athletics is a club that caters for all students regardless of ability or experience with athletics, so students shouldn't be deterred from coming along to training. Long distance sessions with

Coach Donie Walsh of Olympics fame usually consists of interval training between 400m and 1 mile, tempo runs or the infamous (and often dreaded) hill sprints. Regardless of if you're a 15 minute 5km runner, or have never ran for more than 15 minutes, there will always be a group for you to slot in with. Sprinters will be in the very safe hands of John Sheehan who will fine tune athletes through the winter for a summer of racing. Club Captains for 23/24 Orla Coffey and Donnchadh Mac Aodha have big plans for the year ahead, so make sure to keep an eye on our Instagram ([@uccathletics](#)) and your email inbox to keep up to date with everything going on. Just like other years, the club will be travelling to all IUAA Intervarsity events to compete against other universities from across Ireland. The first of these will be the Road Relays in November, which will be open to all athletes registered with the club. After Christmas is jam-packed with indoor championships, cross country, and outdoor championships just before the semester finishes in May. These are all great opportunities to represent your university and get to know other students competing. The 23/24 committee (pending any fights and the addition of a first year rep) is made up of Donnchadh Mac Aodha, Orla Coffey, Ben Leen Smith, Adam Neary, John Spelman, Ben O' Connor, Emma Murray, Holly Carroll and Aoibhin Flatley, who are all only dying to get stuck into all things athletics and make this year as successful as 22/23. Whether you're a track star or don't know how many lanes are on a track, we can't wait to see ye all at training on Tuesdays and Thursdays at 6pm!

4 Gold 1 Silver 6 Bronze

TRACK AND FIELD INTERVARSITIES 2023



Aussie Rules

How to get involved:

aussierules@uccclubs.ie

 @uccaussierules
 uccaussierules

UCC Australian Football Club (UCC Aussie Rules) was founded in 2012. Starting from a few players just having a kick about, it has expanded rapidly since, with both the men's and women's teams playing across a variety of national and international competitions.

The Bombers are the men's team and have been the most successful club in the relatively brief history

of Aussie Rules Intersvarsities. The Crusaders are the women's section and since their formation in late 2016 they too have dominated the field.

What is Aussie Rules? The easiest description is that it's a cross between Gaelic Football and Rugby. With tackling, high-fielding and running, the game is fast and physical. With no goalkeepers, the ball is almost constantly in play. We take in lots of new players every year, so we teach the game from a beginner level at our weekly training sessions. Training has retained the original atmosphere of craic and fun that the club was created with! Running laps is nowhere to be seen here, the focus is on the skills of the game. After refining their skills at training, members regularly meet outside training hours for a kick about. The club encourages its members to play the game at the highest level. Numerous members have received a call up to the Irish National Teams, the Warriors and the Banshees, and represented their country across the globe. Notably there was a strong contingent in the inaugural International Varsity match against England.

The club enters teams in a variety of domestic and international tournaments. The Fitzpatrick Cup is the largest and most prestigious competition with the UCC men's team being the current champions. It is through the trainings, competitions and nights out that friendships are forged and the strong team bond is created. We have a great committee for 2023/24, who are all only dying to get stuck into all things Aussie Rules and make this year as fun as possible.



Badminton

How to get involved:

badminton@uccclubs.ie

 uccbadmintonclub
 UCC Badminton

UCC Badminton Club pride ourselves in being a welcoming, friendly and all-inclusive club suitable for members of all levels. We are one of UCC's largest clubs and players from our competitive teams take part in various Cork leagues and cups throughout the year and some players even take part in Munster and national competitions, which we are very proud of.

There are four scheduled training times for the club which take place in the playing halls of the Mardyke Arena at the following times throughout the year:

Mondays from 6.00-8.00pm: beginner's training
 Tuesdays from 8.30-10.30pm: recreational games/matches
 Wednesdays from 8.30-10.30pm: team training/matches
 Saturdays from 12-2pm: recreational games/matches

Since we have a range of playing times for players of every level, you can choose what you want to get out

of the club. You have the option to play in the fun and relaxed environment of the beginners and recreational training, or maybe you would like something more challenging such as trying out for one of UCC Badminton Club's competitive teams! Badminton is a sport that can be played at any time of the year, so it is a great hobby to pick up if you are on the off season of other sports. It is a sport that has many advantages-it is a great way to improve your fitness levels, it is an effective way of socialising, it has numerous health benefits such as muscle strength, endurance, mobility, coordination, and mental wellbeing, and it's a great way to have fun!

Our players have been very successful this year. We have had multiple players competing in Cork leagues. We had teams competing in 14 different leagues and cups throughout the year and even won 4 of them. We have players who competed in and some players who won County, Munster, and National competitions.




Every year we host a charity tournament which is a great opportunity for all players to get involved with the committee and have some fun. This year we had approximately 30 entries and raised 344 euro for the CUH Children's charity. We also take part in Intersvarsity's where some of our players get the opportunity to compete against other University teams which is a great way to meet new people.

Joining a club at university is not just about the act of playing the sport, it's also about who you meet and the memories you make. UCC Badminton Club is a place where everyone is welcome. We organise various socials and events throughout the year so that our members can get to know each other and make some lifelong friends. All the equipment needed will be provided for you, so what is stopping you from joining?



Basketball

How to get involved:

basketball@uccclubs.ie |
  [@uccbasketballclub](https://www.facebook.com/uccbasketballclub)
 [@basketballUCC](https://www.instagram.com/basketballUCC) |
  [@uccbasketballclub](https://www.twitter.com/uccbasketballclub)

We are a mixed basketball club that caters to students of all playing abilities. We have two senior varsity teams for both Men and Women. They participate in league games throughout the year and train once a week. There is also an intervarsity tournament held at the end of the season where we get to show off our skills.

For 1st years interested in playing basketball, we have a freshers boys team and a freshers girls team. They will compete in a 2 day tournament during the year, usually hosted by another college. This is always good craic so we would encourage anyone who is interested to try out. Teams train once a week leading up to the event and it is a great opportunity to make new friends and immerse yourself in all things basketball.

Trials for both freshers and varsity teams will be hosted at the start of the year so keep an eye out for updates on our Instagram @basketballUCC.

Last but not least, we have recreational basketball. This is ideal for someone who is looking for something casual, trying to stay fit, and wants to have a bit of fun. It is open to anyone and everyone who is interested!



Aside from basketball, we host a number of events throughout the year such as charity fundraisers and our pub quiz night. In addition we dabble in the art of Tik Tok content creation so drop us a follow @uccbasketball to ensure you don't miss out on the next time we go viral.

We look forward to seeing you all over the course of the year and don't hesitate to DM us or send us an email if you have any questions.



Boxing

How to get involved:

boxing@uccclubs.ie |
  UCC Boxing
 UCC Boxing

Looking to get fit, meet new people, or just try something new and exciting? UCC Boxing Club is open to boxers of all levels, whether you've been boxing for years or just want to try out a new sport.

We start training with a rigorous cardio session and move onto boxing drills. Sparring takes place nightly, but you won't box unless you want to! We provide gloves and head gear, just bring along a towel, a water bottle and a gum shield if you intend on sparring. Every year the club competes in Novice Intersvarsity Championships which take place in November and the National Intersvarsity Championships in March. Our coaches Ken Anthony and Eoin Buckley have a wealth of experience in boxing and have coached many of our members to huge success in the Irish Intersvarsities.

Our club provides a safe environment for students of UCC to learn and train the sweet science, whether your aim is to fight and compete for our team or simply for fitness and to learn about the sport. We have a great committee this year who can't wait to see new faces at training and have our best year yet.





Canoe

How to get involved:

canoe@uccclubs.ie

[f @ucccanoecub](#)

[t @ucccanoecub](#)

[@ucccanoecub](#)

A big hello from all of us in UCC Canoe Club, where we believe that there is no better way to spend your Friday afternoons than on the lovely River Lee! UCC Canoe Club is one of the many jewels in the crown of UCC Sport. Our club caters to paddlers of all levels, from expert kayakers to complete beginners who have never even sat in a boat before. This club is a wonderful way to try out something new, and meet people who are eager to spread their love for our awesome sport. Our disciplines include freestyle, canoe polo, long distance, and white water, all of which we love equally! We hold weekly sessions on the River Lee and in the Mardyke Pool. We welcome new members throughout the year, so pop along to a Friday River Session to try your hand at kayaking and meet our lovely members. However, it's not all about competitions! With many long-standing traditions, events, and trips away, there's never a dull moment in the Canoe Club. Firstly, we have our annual JACKS trip to Lahinch in Semester 1. We've been raring to go for this trip for a few years now (thank you covid...not), so you know it's going to be a trip to remember this time round! Many of us will admit that we never intended to get hooked on the club, but here we are down the line, totally sucked in. Our many social events help to welcome new members and mix the new with the old, forming many lifelong friendships in the club. So why not give it a go? Just jog on down to the Mardyke Sheds at 2.15pm on Fridays, say hello, and join in! Keep an eye on our socials, @ucccanoecub on Instagram, Facebook, and TikTok, to keep up to date with all the goings on. If you have any questions, please don't hesitate to send us a message. See you on the river!



A computer called DeepThought became the first computer to beat an international grandmaster in November 1988, Long Beach, California.



UCC Canoe Club are the Irish Kayaking Intersarsity Champions for the 3rd year in a row.



Chess

How to get involved:

chess@uccclubs.ie

[@ucc.chess](#)

[f UCC Chess](#)

UCC Chess Club is a relaxed club environment that helps train skills such as concentration, patience, hand eye coordination, reaction times and other skills useful for any degree program and life ventures. We like to involve everyone in committee activities and it is a good experience to learn how committees work with senior officers who will aid and teach necessary skills in an inclusive, risk free environment. We attend several tournaments in a year and provide funding for the annual Mulcahy cup in Cork City, as a result we get free and discounted entries for anyone in the club. Tournaments are not mandatory, nor is prior knowledge of the sport, we welcome all who wish to attend and will help teach anyone who wishes to learn. We meet weekly in the Western Gateway Building however we do not expect that everyone will be able to attend every week and we are not strict on attendance. If you wish to play a game every now and then then feel free to attend, as UCC students the club is as much yours as it is anyone else's. Club membership is completely free. We often host our own events within the university which are completely free to attend as well. Our e-mail is chess@uccsport.ie if you have any inquiries. With respect to tournaments our members have competed in events across the country such as the Bunratty Chess Festival. Chess is a rewarding sport and well worth any time invested in it. We hope to see lots of new faces for the 2023/24 academic year.



Cricket

How to get involved:

cricket@uccclubs.ie

 @ucc_cricketclub
 UCC Cricket Club

Formed in 1978/79, the UCC Cricket Club has grown into a prominent cricket club both in Munster and within the Irish University Cricket Association (IUCA). We are regulars in the Munster Division 1 league (45 overs) and T20s and in 2022 we got the prestigious opportunity to play Premier Division which is the highest level of cricket in Munster. We also compete in the indoor (Belfast) and outdoor inter-varsity IUCA championships. We also have our own Indoor T-10 league that we look forward to expanding this year! With students, employees and alumni located within and beyond Ireland, we pride ourselves as a truly international community, based in Cork. We train 6-8pm Mondays and Wednesdays indoors, from September to March. From April to September we train outdoors, 10-4 on the weekends and Wednesdays 6-9pm.

UCC Cricket Club

EST.D
1978



Cycling

How to get involved:

cycling@uccclubs.ie

 @ucccycling
 @ucccycling

A big hello from the Cycling club!! We are a newly reformed club in the University which was reactivated last year in 2022 by a group of enthusiastic, cycling mad students who wanted to get the club back up and running again after a couple years of no active cycling club present in UCC.

So, we are back again this year and are welcoming students and staff members of all interests and levels of cycling experience to join our club and get involved in this amazing sport.

The club has gone from strength to strength in a short period of time with over 40 members at present. The club organises a weekly group training spin every weekend, meeting at Victoria Mills Centra in the morning, before setting off around the roads of Cork. This year we plan to have two groups for our weekend cycle- a leisure/ beginner group and a more experienced/ racing cyclists group. Members of the club must know the basic rules of the road and have a road bike in good, safe working condition before attending group spins.

The club will be participating in the road cycling inter- varsity competition which takes place in 2024 and other competitive and leisure events around Ireland, so there will always be something to train for !

On the non-competitive side of things, our club organises social events throughout the year along with weekend trips away to stunning cycling friendly locations around Ireland.

To find our fixtures, training times and club announcements head to the cycling club on the UCC sport website and check out our social media pages on Instagram and Twitter to keep up to date with our latest events and news @ucccycling.

If you do have any questions, please contact us.



Dance

How to get involved:

Dance@uccclubs.ie

uccdance

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

[UCC Dance](https://www.facebook.com/UCCDance)

[@UCCDance](https://www.tiktok.com/@UCCDance)

UCC Dance Club provides the best college dance experience for all its members. Our club prides itself with being one which is open to all levels of dancers whether you are just looking to try something new, make friends, shake off a long day at college or if you want to improve your dance technique and dance competitively at a high standard in one of our teams. We offer open and advanced classes in Irish Dance, Jazz, Contemporary, Ballet and Hip-hop. Auditions will be held at the start of each semester to join the advanced teams while open classes are available to all throughout the year and cater for all levels. Within UCC, our club performs at various events run by other clubs and societies as entertainment. Every year we do our best to give what we can to charity and our annual event 'So UCC thinks it can Dance' is one in which different clubs and societies work with a number of our teachers to perform a dance in front of a panel of Judges! We also hold an end-of-year showcase where all our members get to show off what they have done throughout the year. Our core event of the year is Inter-varsities. This is a competition between numerous Universities and Institutes around the country. All colleges involved come together once a year and compete against each other and show off their talent and hard work. It will be taking place in 'The Helix' in Dublin for the 23/24 academic year and we can't wait! Last year UCC had the opportunity to host a very successful Inter-varsity in the Cork Opera House which wouldn't have been possible without all the contribution from all our committee and members. We took 1st place in the Jazz, Contemporary and Mixed Piece category along with one of our dancers Elena Behan winning the outstanding performer award in the Jazz category. The club supports all levels of dance from beginners to experience and encourages all those interested to get involved! It's a great way to meet new people, learn something new and add to your college experience! Make sure to follow our Instagram and TikTok 'uccdance' for all our timetables for classes and info on events we will be holding!



Dance held the intervarsities this year and won club event of the year.



Equestrian is the only sport where men and women compete together.



Equestrian

How to get involved:

equestrian@uccclubs.ie

[uccquestrian](https://www.instagram.com/uccquestrian)

[UCC Equestrian Club](https://www.facebook.com/UCC Equestrian Club)

UCC Equestrian club is a club dedicated to all things equestrian - from competing in inter varsity competitions of show jumping, dressage and Tetrathlon, to learning polocrosse or gathering for relaxed lessons, UCC Equestrian Club has so much to offer equestrians of all abilities. In semester one we compete in Tetrathlon. This includes running, swimming, shooting and show jumping. This year it was extremely successful and gave freshers and newcomers a great opportunity to get to know each other. We organise weekly group trainings in preparation for the event. In semester two we will compete in Intersvarsity's where you can compete in dressage, show jumping, or prix caprilli with training at Hopp Island. This year we came 3rd in dressage and 1st in prix caprilli! We hope to carry on with these great achievements in 2023/24 with freshers joining us. We also have an excellent polocrosse rep and have had teams successfully compete in polocrosse competitions over the past few years. No prior experience of polocrosse is required to take part in these trainings and it's always good fun to try something new! It is also extremely important for us within UCC Equestrian club to go out and have fun, making new friends doing various activities such as social nights and trips. It is such a great experience being a part of this club- everyone gets along so well, and we love to meet new faces and grow our club even more. So, if you are interested meeting like-minded people or competing, be sure to join UCC Equestrian Club.



Fencing

How to get involved:

fencing@uccclubs.ie

@uccfencingclub
 UCC Fencing Club

Have you ever had an opportunity to truly channel your inner knight in shining armour? To hold a sword in your hand as Arthur held Excalibur. Have you ever been curious to test out if the pen is truly mightier than the sword? Well here in UCC fencing we don't think it's "pointless" in keeping the ancient art of swordsmanship alive and prospering, which is why we call on you padawans, young and old to come to the dark side and join us! UCC fencing is one of Ireland's strongest fencing clubs and one of the few places in Cork that opens the door of opportunity to not only be introduced to the sport but to also gain a fully comprehensive understanding of the sport. Each

individual's fencing style and strengths may be nurtured by highly experienced fencing coaches, many of whom currently hold high national rankings. We take pride in our club's competitive success and each and every member's ability and talents, that being beginners taking their first steps or our more advanced members. However, while medals and rankings are a motivator and feed the sportsmanlike competition in this sport, they are not the central core value of this club. UCC fencing is a strong community of not just teammates and athletes, but rather friends, and our greatest pride lies in being a welcoming, diverse, friendly, inclusive and craic-filled club. Members may be as competitive or non-competitive as they wish and may simply come to learn the sport and enjoy the social aspect of the club. There is also no cost or charge for joining as all gear required is provided by us. But what is fencing? Fencing is a combat sport featuring sword fighting where the objective is to score points on your opponent using an electronic scoring system and referee. There are three disciplines in modern fencing; foil, épée and sabre, each one using a different type of blade and employing its own rules, ensuring that there is a style to suit everyone. Members will have plenty of opportunity to attempt each weapon in both training and the many competitions organised throughout the academic year, three of which are proudly hosted by UCC including our very popular novice competition, Schull. UCC Fencing also partakes annually in the Irish Fencing intersvarsities which historically we have performed very well in. UCC Fencing Club provides a great opportunity to join college life and to meet new and interesting people across all departments in UCC. We strive to be friendly and welcoming to all incoming members and we cannot wait for you to be a part of it! We will have multiple training sessions weekly, including a beginners-only session on Mondays. We look forward to meeting you during clubs' day or at our training sessions and the very best of luck as you embark on your exciting journey here in UCC. En garde! Prêts? Allez!



Futsal

How to get involved:

futsal@uccclubs.ie

UCC Futsal
 @uccfutsal

UCC Futsal club is a small club which was created five years ago. This year will be our seventh year together and during our short reign our club has enjoyed some success while competing against the best futsal universities in Ireland. During the college year there are two main competitions in which we strive to compete in (Regionals and Nationals). Our club is guaranteed to play in at least one competition with this being the Regionals. In order for our club to reach Nationals, which is the biggest futsal competition of the year, we must win Regionals in order to progress to Nationals. Our aim for the upcoming year remains the same for our ever growing club. As we look to rebuild our team in what we hope will be our most successful year as a club, we are excited for what lies ahead. Each training consists of high paced workouts in which we try our very best to prepare each individual for tournament level. We set our standards very high and our club requires commitment from every individual. Whilst we are serious in our preparation for tournaments and glory, our club is also a club in which you are guaranteed to have fun.

Our committee members are easy going, friendly and just normal students like yourselves so if you are looking for somewhere to go for 2 hours to clear your head, play ball, have a laugh and have a good time, UCC Futsal is the club for you regardless of what level you are at. Everybody is welcome at our club and we would be pleased to have you come play and train with us. We also have a number of exciting events this year in which we cannot wait to share with you guys throughout the year including the possibility of going on a trip outside of Ireland to play some futsal matches. All is to be discussed and confirmed within the coming months, so we hope to see as many of you as possible in September to become part of what we believe is going to be a very successful year for us!



GAA

How to get involved:

gaa@uccclubs.ie | [@ucc_gaa](https://twitter.com/ucc_gaa)



This year mens gaelic football team won the Sigerson Cup marking the 24th time UCC have lifted the sigerson cup in the College's History.

Senior Camogie qualified for the All Ireland League Final.

UCC GAA is the university Gaelic Games Club. The club caters for male and female players which compete in Inter Varsity competitions as well as the Cork County Senior Championships. The Fitzgibbon Cup for senior hurling has been won 42 times while the Sigerson Cup for Gaelic Football has been won 23 times with us winning this year for UCC!! UCC has won the Ashbourne Cup for camogie 32 times with our senior ladies' football team twice being O'Connor Cup champions.

We field teams at senior, intermediate, junior and fresher levels, however we do not field teams at beginner level as some knowledge of playing is required. Trainings and games are played at the famous Mardyke GAA pitch.

Follow our twitter page at UCC_GAA for information on activities.



Golf

How to get involved:

golf@uccclubs.ie | [@uccgolfclub](https://twitter.com/uccgolfclub)
[UCC Golf Club](https://facebook.com/uccgolfclub)

UCC Golf Club caters for all levels of golfers ranging from beginners to Irish Internationals and our aim is to get as many people playing golf as we can! Whether you're new to the game or are looking to take your game to the next level UCC Golf offers a great range of activities that help you improve and meet new friends.

We compete at national level in Intervarsity and student championships in both matchplay and Strokeplay. These events take place at some of Ireland's best courses which give you a chance to test all facets of your game. In recent years we have had great success in these events highlighted

We also organise the annual Winter League matchplay series which is played against our neighbours CIT at various golf clubs around Cork. This is a great event that gives golfers a chance to play competitively throughout the winter months while also meeting new people from around Cork.

We also run internal competitions and social events for golfers without registered playing handicaps, such as the Internal stableford competition and our 9-hole social tournament.

There were great prizes available and great fun was had by all. Come see us at Clubs Day during fresher's week and sign up for an action-packed year with our great club! We cater for all levels and If you have any interest in golf at all come and get involved in all these great events where you can meet fellow college golfers!



Handball

How to get involved:

handball@uccclubs.ie

 ucc_gaa

 uccgaahandball

Handball is perhaps one of the lesser known sports within the GAA and yet is arguably the most skilful. Handball can be played as singles or doubles, and is played on a court similar to squash called an “alley”. Here in UCC Handball Club, we welcome both complete beginners and seasoned players. With a strong cohort of talented players, it is a great opportunity for beginners to get involved and to benefit from the coaching and expertise of current UCC players who play at top intervarsity, inter-county and provincial levels.

A select number of players have played at a highly competitive level overseas in the USA and have great insights into the game which they are more than happy to share with players starting off. Opportunities with the club include being eligible to play at three different Intersvarsities during the academic year whilst also getting the chance to learn a new sport and partake in the many social outings the club organises during the year.

UCC Handball believes it is never too late to start a new sport, so come along and give it a try! The unique thing about handball is that there is always someone at your level and all players get to play at least three games at the big tournaments across the year.

For more info on getting involved or for info on training, follow us on social media or email us at the address below.



Handball is an international club ran by internationals with 17 different nationalities represented last season.



The UCC Inline hockey has a mixed team.



Inline Hockey

How to get involved:

inlinehockey@uccclubs.ie

 UCC Inline Hockey

 @uccinlinehockey

Having been set up in the 1990s, the UCC Inline Hockey club offers students a unique sporting experience. Inline Hockey is very similar to ice hockey but played on roller-skates. Here at UCC Inline Hockey we teach beginners to skate, advance those looking to improve and try to challenge our more experienced players. At training we do simple drills to improve skating, stickhandling and shooting as well as play matches amongst ourselves. We provide all the necessary gear at training, but if you have your own you would like to use you are welcome to bring it along. Inline hockey is a well rounded sport and whether you like fast paced and intense play, or prefer a slower and more methodical game, inline hockey has it all. Being able to roller-skate is of course a great benefit, but don't worry if you can't! Our experienced members are happy to help all new club members learn the ropes of the game and skating. Our club is very welcoming with a relaxed atmosphere and our main focus is on ensuring all of our members have fun at our weekly training sessions and our social events. While our club is mostly recreational, given enough skilled players and demand, we can enter our team “UCC Skulls” in the Irish Senior League, where we play against teams all over Ireland. We also try to organise an event each year, ranging from an In-Club tournament to a trip away to play a friendly match against another team (we've gone to Galway, London and Longford in the past!). Along with all this there are annual organised trips to the ice rink at Christmas and lots of other fun socials and events. We currently train once a week, at Colaiste Christ Ri, Capwell Rd, Turners Cross. For directions and more information about our club check out our instagram page @uccinlinehockey. Feel free to contact the club with any questions you may have by email at inlinehockey@uccclubs.ie or send us a message over on our instagram. We look forward to skating with you soon!



How to get involved:

judo@uccclubs.ie | [@uccjudo](https://www.instagram.com/uccjudo)

Judo, translating to “gentle way”, is one of the most popular forms of martial arts in the world. It’s one of the biggest Olympic sports in terms of competitors and there are millions of judokas (person who plays Judo) worldwide. UCC Judo club provides a welcoming and encouraging atmosphere to safely learn and practice Judo, under the guidance of 4th Dan Black belt and sports Ireland level 2 coach, David Holmes.

For those who do not know what judo is, it is quite unlike the martial arts that you would generally think of; there is no kicking or punching, rather throwing

and grappling. The main objective of judo is to use your opponent’s weight against them to throw them on their backs – maximum effect with minimum effort. There’s both standing fighting and groundwork fighting, both of which are great ways of defending oneself.

Judo is a fantastic sport in many ways; to get fit and maintain fitness; to learn how to fight and defend yourself; to help you feel more confident; but most of all it’s loads of fun. We cater for all levels of judo, from absolute beginner, to highly advanced. There is never any pressure to participate in events or competitions, if someone wishes to play just for fun, then that is just as great! However, if you wish to throw yourself in and get to as many competitions as possible, we pride ourselves in creating opportunities for judoka of all levels of ability to be able to compete and learn the rules of competition.

We regularly travel to competitions in Dublin, Galway and Derry and compete at the Inter-varsities (between all University Judo Clubs) for Judo every year. Most of the competitions we travel to have separate competitions for beginners and for advanced judoka, which is a great way to meet new people and begin a competitive journey.

Our club holds a great reputation throughout the judo community in Ireland and internationally, thanks to some of our Erasmus students that we have had the pleasure of getting to know after they joined our club during their year in Ireland. If you would like to read about their experiences here, you can find them on our website under Erasmus Testimonies. We highly encourage people to join a club or society when they first arrive in college as it is the best way of getting to know people. Therefore, we run regular self- defence classes and collaborations with other Societies. We train every Monday (8.30) and Wednesday (9.00) in the Mardyke Hall 1. If you would like to throw yourself into something new – judo is the club for you!



How to get involved:

karate@uccclubs.ie | [@ucc_karate](https://www.instagram.com/ucc_karate)

Karate Club is one of UCC’s martial arts clubs. Here, we practice Shotokan karate under a skilled sensei. Our club is a lot more relaxed than a traditional dojo, and we’re sure to have fun as well as train to move up in our karate gradings (where we get our next coloured belt). We aim to have gradings every year. We also have a beginners’ class every year to go through the basic moves, and hopefully to get them their first belts!

Everyone learns at their own pace in this club, and we encourage anyone who’s curious about the traditional martial arts to join, and develop their own interests within the club. Whether you’re interested in sparring and competitions, or you’d prefer to just focus on learning technique, there’s a place for everyone. We usually train twice a week. As well as all the training, we also like to have some socials throughout the year, so that we can get to know one another. Last year we entered two competitions, the Mixed Martial Arts competition in CIT and the Intervarsities in Dublin (DCU). We had medal winners in multiple categories in both competitions. The competitions consist of kata (movement and technique) and kumite (sparring). As well as this, many of our members received new belts through the year, which are officially registered with the Karate Federation.

UCC Karate club is the perfect club to relieve exam stress and to learn how to defend yourself, giving both mental and physical benefits. All students are welcome!



How to get involved:

kickboxing@uccclubs.ie | [@ucckickboxing](https://www.instagram.com/ucckickboxing)

and also learn useful self-defence techniques. Here at UCC Kickboxing Club, we believe that kickboxing is for everyone, regardless of experience. Our training sessions are open to everyone, from absolute beginners to seasoned fighters. An average training session starts with some cardio, usually running laps or sprints followed by circuit training. This helps us warm up and prepare to engage in drills which are designed to help develop your fighting skills and expand or improve upon different techniques and styles. To conclude our sessions, usually we use point-based sparring as this gives newcomers a chance to fully embrace what it means to be a member without an increased risk to injury. To finish our sessions, we always do another round of laps followed by some well-deserved stretching! Here you can learn new techniques, improve your fitness, and most importantly make new friends. We try our best to make sure that everyone feels welcome at our club and our social events outside of training and competitions are a great way to get to know the committee as well as meet fellow club members. We as a club are passionate about giving back to the wider community outside of UCC Clubs and Societies. The UCC Kickboxing Club has always been no stranger to raising money for charity events and this year we are finally returning with new powers! We are very excited to bring back the fun nights with our events and make some great new memories while raising money for those in need! So whether you want to learn how to fight, get active or simply take a break from college work, come to one of our training sessions and see for yourself the benefits of getting involved with UCC Kickboxing Club!

UCC Kickboxing Club is the largest martial arts club and the biggest indoor club in UCC. The club operates under the KBI (Kickboxing Ireland) and our members have gone on to represent the university at both national and international levels. At our training sessions you can get the opportunity to try continuous and point sparring

UCC Kickboxing is one of UCC's largest clubs.



How to get involved:

kungfu@uccclubs.ie | [@ucckungfu](https://www.instagram.com/ucckungfu)

and evasive, elusive hand movements. We take a holistic approach to training as we seek to improve ourselves not only physically, but as people. We also have a saying among ourselves that no two classes are the same, so we always keep our training diverse; TaiChi and QiGong, HIIT and calisthenics, and stretches and yoga are just some activities we do. We also train occasionally with nunchucks, and for more advanced people, swords. Like other martial arts we progress through our own syllabuses and hold gradings to progress members onto their next sash. We sometimes hold self defense classes which also function as fundraisers for good causes; here we learn skills such as handling knives and self-awareness. We also enjoy traveling to places around Munster, going for food and even exchanging and talking about books, which helps bring us together as a group. Over the past year, we went to Killarney and Killeagh, and visited Umi Falafel a few times. Beginners are always welcome during the academic year; we have all started from zero at one point and we enjoy seeing new faces, whether experienced athletes or just looking to try something new. Some members have experience with previous martial arts, others with other sports, and we also have people who began their fitness journey with us. We also hold summer trainings for existing club members, which are more relaxed and casual. UCC Kung Fu is also linked with other Fu Lung Chuan schools based in Cork with many old and familiar faces, so you can always find a home with our style - as Lao Tzus said, "The journey of a thousand miles begins with a single step". We have a lot of plans for the year, so why not join and be a part of them? Feel free to contact us if you have any questions!

Kung Fu movies are badass, so why not try Kung Fu? Our style, founded by our head instructor Mike O' Meara, draws inspiration from several martial arts; Golden Tiger Kung Fu and Fu Jow Pai to name a few. We have a five-animal style system; Crane, Monkey, Snake, Tiger and Dragon - a combination of the latter two being our essence which gives us our name (which may be mentioned in Ranger 22!) - Fu Lung Chuan, 虎龍拳, or "Tiger Dragon Fist"; Our style emphasises low stances, powerful strikes



Ladies Hockey

How to get involved:

ladieshockey@uccclubs.ie | @ucc_lhc

UCC Women's Hockey Club is a warm and welcoming club which caters for all abilities. We are one of the largest women's hockey club in Munster and each year we welcome enthusiastic freshers to the club. The club has 4 competitive teams which compete in Munster senior leagues. The teams take part in a variety of competitions throughout the hockey season which include the Munster Senior League and Cup competitions in each team's respective division, the Irish Junior and Irish Senior Cup and the EYHL 2 league. Each team trains twice a week on our state-of-the-art based pitch in the Mardyke. Recent seasons have marked significant progress across all divisions for our club with several teams competing for cup and league titles. We are immensely proud of our first team who were crowned 2022/2023 Munster Senior Cup Champions as well as qualifying for EY Playoffs. In recent years we've had several scholarship players who have been heavily involved in the Irish Women's Hockey pathway. 2022 saw first team player Caoimhe Perdue captain the Junior World Cup squad as well as make her Senior debut in the Summer World Cup. Lauren Cripps has also been named to the U21 team for the European Championships. We are incredibly proud of all of our Munster and Irish representatives here in UCC LHC.



The womens soccer club won the Lydon cup and were also futsal champs this year allowing them to represent UCC and Ireland at the EUSA championships.



Women's Soccer

How to get involved:

womenssoccer@uccclubs.ie
@ucc_womenssoccerclub

UCC Women's Soccer Club is student run club which is based on building new friendships as well as competing in the College and University Football League and the annual Intervarsities competitions.

We currently have two teams but as a club we are always on the lookout for new members no matter what your ability may be. In UCC Women's Soccer we have been lucky enough to experience some great games and tournaments over the last number of seasons. This year we achieved a huge success with a win in senior soccer at intervarsity level. With the women's premier team winning the Kelly Cup and representing UCC and Ireland at the EUSA championships this summer in futsal.

If you don't like the idea of muckiness and cold weather usually associated with outdoor sports, we can try to fix that, as each year we enter CUFL futsal competition which takes place in the dry and warm surroundings of a sports hall. So why not come down and see what this club is all about. You will get some high-quality coaching from our dedicated coaches. And along with making new friends you may even reel back the years with a few familiar faces.



Mens Hockey

How to get involved:

hockey@uccclubs.ie | @uccmhc

UCC Men's Hockey Club is a three-team club that caters to all levels and abilities, from elite athletes to social players. The club competes in Munster Divisions 1, 2, and 3, as well as nationally in the Irish Senior and Junior Cups and the Irish Hockey Trophy. UCC MHC was one of the clubs in the newly formed EY Hockey League Division 2 having qualified for Munster in the previous season. The flagship weekend in college hockey is the Annual Irish Inter-Varsity Cup, which takes place over the October Bank Holiday weekend. UCC MHC hosts most matches on weekends, with a break during the Christmas period. All training and home matches take place at the UCC Sports Grounds, a world-class facility that has hosted numerous international matches and competitions. It is one of only two water based pitches in Munster and is used by the Irish Senior Men and Women's teams in the lead up to major competitions as well as the Irish Underage Regional Squads. Off the field, we host a wide range of social events, with club nights out held frequently throughout the year. The annual Christmas Party and Hockey Ball are held in conjunction with the Ladies Hockey Club. We are constantly looking to recruit new players and pride ourselves in being extremely inclusive and welcoming to all. Currently we have a vast range of members of different nationalities, both young and old. We would encourage anyone interested to contact us at hockey@uccclubs.ie, or on any of our social media accounts. We will also be present at Clubs Day with a sign-up sheet and will be happy to answer any questions.



In Field hockey there are **ONLY** right-handed sticks.

Highest Peaks in Ireland



1. Carrauntoohil - Co Kerry - 1,038m
2. Cnoc na Péiste - Co Kerry - 988m
3. Mount Brandon - Co Kerry - 952m



Mountaineering

How to get involved:

mountaineering@uccclubs.ie | @uccmountaineering

UCC Mountaineering Club is the perfect club to join if you are looking for a new way to explore Ireland. Our club is extremely active, we head out hiking all around Ireland no matter the weather. Rain or shine you will find us somewhere on the hills every Sunday during the semester. We cater for all levels so everyone is welcome to join regardless of experience and fitness levels. The hikes get progressively more difficult throughout the semester.

If you prefer climbing, we also have a very active group of climbers in the club. Every Monday and Wednesday there are club sessions at the Mardyke Climbing Wall, all levels are welcome, even if you are a beginner, there are always experienced members ready to show you the ropes and welcome you into the club!

Throughout the year we go on several trips, including an overseas climbing and hiking trip to Wales over Easter. Mountain skills courses along with other courses are also provided for those who would like to become more involved on our hikes. Weekly socials give everyone a chance to mingle outside the hiking and climbing, and our bowling night and Christmas party are not to be missed!

If you want to see what we get up to throughout the year follow us on instagram: [uccmountaineering](https://www.instagram.com/uccmountaineering), or if you have any questions send us an email on mountaineering@uccclubs.ie or find us on Facebook.



Olympic Handball

How to get involved:

olympichandball@ucc.ie

@ucc_olympic_handball_club

Olympic handball is a fast paced, modern tactical team sport. It is one of the most popular sports in Europe, with millions of active handball players, and it is continuing to grow in Ireland due to the arrival of continental players. It is played by two teams of seven players each (six field players and a goalkeeper) by passing the ball around using only your hands with the aim of throwing it into the other team's goal. UCC Olympic Handball Club (OHC) consists of a male team and a female team, both teams play the Irish Olympic Handball Association's Senior League. Moreover, teams also compete in the IOHA cup. The UCC OHC has members from all over the world and provides a great opportunity to meet new people, especially if you are new to Ireland. The club also regularly organises a variety of social events, which makes it easier to get to know everyone. We welcome people with all skill levels to join the club, from complete beginners to experienced player! Feel free to ask any questions through email or social media, or just come along to our training sessions at the Mardyke Arena.



Olympic Handball is an international club ran by internationals with 17 different nationalities represented last season.



SNATCH | CLEAN & JERK

Olympic Weightlifting involves competing in 2 movements.



Olympic Weightlifting

How to get involved:

olympicweightlifting@

uccclubs.ie

@uccweightlifting

The Olympic Weightlifting club provides the perfect addition of athleticism to your typical college routine. What better way to de-stress from academic work than to hurl your own body weight over your head, before hearing the satisfying boom of the weights hitting the platform? As a sport, Olympic Weightlifting involves competing in 2 movements - the Snatch, and the Clean Jerk. Both involve moving a loaded barbell from the floor to an overhead position, either as a single fluid movement (the Snatch) or 2 distinct movement phases (the Clean and Jerk). These are the primary focus in training, complemented by accessory/assistance moves and plenty of flexibility work... not to mention everyone's favourite, foam rolling. Even if you've never lifted before, don't worry - we can break down and teach you all the movements from scratch! There are many competitions that club members can compete in throughout the year, the biggest of which is the Inter-varsities. The club has had much success on the platform in previous years; in February 2020, UCC Olympic Weightlifting club took home 2 golds, 2 silvers and a bronze medal.

The Olympic Weightlifting Club won 7 golds, 3 silvers, and a bronze in 2019 at the Munster Open and Inter-varsities. They participate in less competitive events like the Lifting League, where UCC's team won first place. The club is known for its lighthearted atmosphere and encourages everyone to chat and share tips during training. They hope to return to social nights organized by their Ents Rep. This club is ideal for those looking to begin or progress their strength training journey, develop athleticism, and have the craic.



Orienteering

How to get involved:

orienteering@ucclubs.ie | @ [@uccorienteeringclub](https://www.instagram.com/uccorienteeringclub)

Orienteering is an exciting and challenging sport that involves running (or walking) and navigational skills. The aim is to navigate between marked points on a specially designed map using selected routes and natural or man-made features. The sport allows participants to explore new places in Ireland with varying terrain, such as sunny beaches, windy mountains, and scenic forests. Orienteering is suitable for all ages and fitness levels, and participants can choose to run, jog, or walk around an orienteering course. The club offers various courses for different fitness levels, and beginners are welcome to join. Competitive orienteering aims to get around a course as fast as possible, with courses designed to avoid paths as much as possible. The terrain can vary from runnable pine forests to heather-strewn moors and intricate boulder fields. UCC has a rich history of winning inter-varsity championships and events, including the Men's championship in the Fauna Forest in Wicklow. The club hosts events around UCC throughout the year, including an introductory urban event on campus and occasional travel to orienteering events around the country, including Munster championships, Inter-varsity championships, and local events. If you enjoy exploring new areas, looking at maps, or simply wanting to add variety to a run or walk, orienteering may be the sport for you.



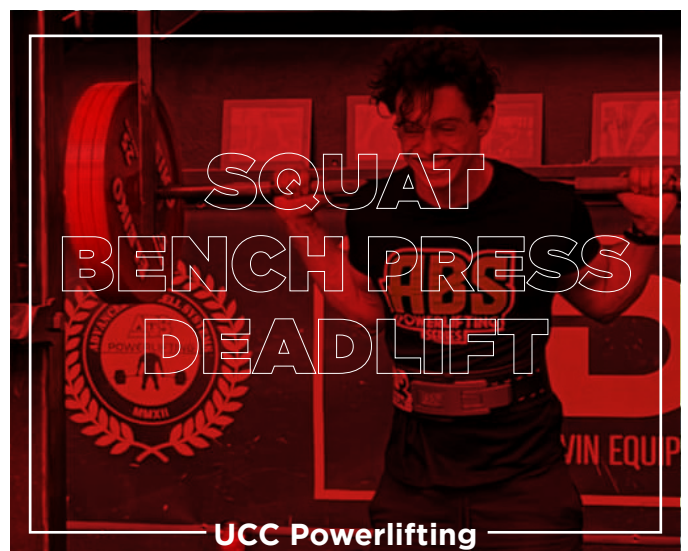
The first official orienteering championships were held in 1966, in Finland.



Powerlifting

How to get involved:

powerlifting@ucclubs.ie | @ [@uccpowerliftingclub](https://www.instagram.com/uccpowerliftingclub)



UCC Powerlifting

Ireland's top university powerlifting club. Powerlifting is a strength sport measured by the big three: squat, bench and deadlift. Our club is open to lifters of all levels, whether you want to compete on the world stage or simply want to try a fun and effective way to exercise. We are known for our great community, you'll find it hard NOT to make friends! Our focus is training, but we regularly organize social events for all our members. Come along and we will make you strong!



Rovers

How to get involved:

rovers@uccclubs.ie | @uccrovers



Rowing

How to get involved:

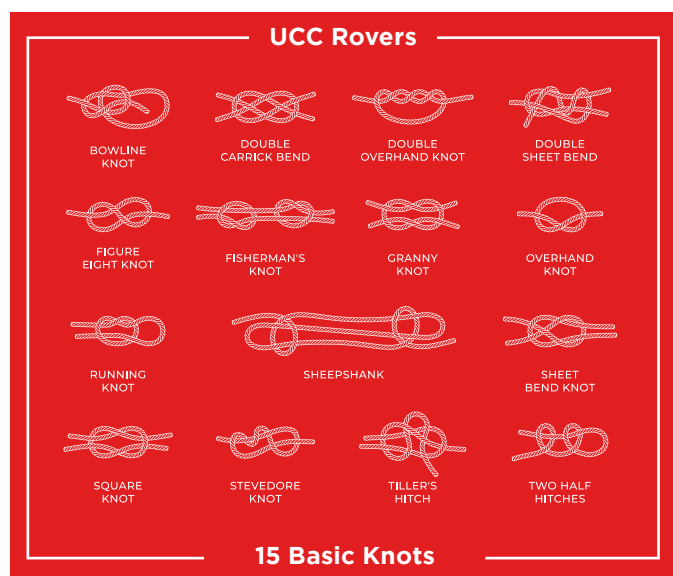
rowing@uccclubs.ie | @uccrowing

Rovers is the only club in UCC where you can have a campfire whilst you learn new outdoor skills. We are based on the upper section in scouts (18+) and we welcome everyone, regardless of any prior scouting experience.

We are a club suited for anyone who has a casual interest in the outdoors. There is also no need to worry about equipment as the club has plenty to use. Rovers is a great way to blow off some steam; we regularly meet up with other Rover clubs from around the country and practice our camp craft and survival skills.

With regular on and off campus activities, UCC Rovers will provide you with the opportunity to make the most of your college year. With an expanding national network of Rover clubs, the club now has even more opportunities to attend events with clubs in Ireland and the UK.

So if you see us around campus feel free to ask us any questions - we're the ones in the tents! So find us on social media, email us or come along to one of our events. @uccrovers on all platforms.



UCC Rowing Club is a rowing club located along the River Lee in Cork City, offering training sessions for both experienced and novice rowers. With a rich history and numerous Olympic and World Championship Medallists among its alumni, UCCRC is dedicated to fostering growth, teamwork, and unforgettable experiences for its members. The club has organized two training camps in Italy, allowing members to compete against top-tier amateur crews and gain valuable exposure to the rowing community.

The future of UCCRC is bright, with an influx of enthusiastic rowers this year, showcasing the club's reputation for fostering camaraderie, personal development, and ruthless competition. The club is committed to providing an inclusive and supportive environment for athletes of all backgrounds and abilities. During the winter, UCC offers access to a state-of-the-art club gym and erg room filled with Concept2 rowing machines. In the summer, UCC's fleet of boats, including Filippis, Empachers, Wintechs, and Kanghuas, caters to male, female, and adaptive athletes of all abilities. With top-notch facilities and expert coaching, UCCRC ensures that every member receives the guidance and resources necessary to achieve their full potential. Whether you're an aspiring Olympian or a novice, UCCRC will provide you with the training, opportunities, and support needed to achieve your rowing dreams.

As a community, we will embark on an extraordinary journey that will redefine your limits and create lifelong memories. Instagram : @uccrowing | Twitter : @uccrowing | Email : rowing@uccclubs.ie |



Rugby

How to get involved:

rugby@uccclubs.ie | @uccrfc



UCC Rugby is UCC's oldest sports club.



Sailing

How to get involved:

sailing@uccclubs.ie | UCCSailing
 UCCSailing | sailingclub1

UCC Rugby was founded in 1872 and celebrated its 150th anniversary during the 2022-23 season.

The club runs:

A Senior Mens side in Division 1B of the All Ireland League (AIL);

An Under 20 Mens side that participates in the Conroy Cup, the Munster Donal Walsh Trophy league and the Fraser McMullen All Ireland U20 Championship;

A Junior 1 Mens side that participates in the Munster League;

A Junior 2 Mens side that participates in the Munster League and the Student Sport Ireland (SSI) league and cup; and

A Women's Rugby side that participates in the Student Sport Ireland (SSI) league and cup.

Training for all UCC Rugby teams takes place at The Farm on Curraheen Road on Tuesdays and Thursdays. Training for all teams starts in September - details are on the club website - www.uccrugby.ie. Also please follow us on twitter and Instagram - @uccrfc.

All AIL Senior Mens home games are played in the Mardyke. This is your team. Come out and support your friends and classmates. We look forward to seeing you there.

If you need to speak to someone in the club please contact UCC Rugby Development Officer - Jack Casey. Jack is available at j.casey@ucc.ie and +353 871223410.

EST.D
1972
 UCC SAILING CLUB

UCC Sailing Club was founded in 1972, and has been competing at the top Irish intervarsity level since then. The club welcomes members from complete beginners to the highest standard of intercollegiate racing. Based in Kinsale Yacht Club, the club currently trains and competes in six firefly racing dinghies. Training for club members takes place on Saturday and Sunday mornings, depending on weather, from September to March and the top teams compete at three regional events, as well as the Irish Intersivity Championships, the Irish Team Racing Nationals and a number of invitational events annually.

UCC Sailing is looking onwards and upwards and hoping to have an even more successful year next year. For more information on the club, training and competitions, follow us on social media, visit our website or email us at the address below.



Snowsports

How to get involved:

snowsports@ucc.ie | @snowsports_ucc

UCC Snowsports is a club for those of you out there feeling adventurous and would like to try your hand at skiing or snowboarding. We cater for all levels and no previous experience is needed. The locations where we train will have all the gear you need so you don't require any gear to sign up and have a go.

We will have monthly sessions in Kiltarnan Ski Club which will be great for beginners and anyone looking to brush up on their skills. For our more competitive and experienced members we will also be sending off a team to compete in intervarsities for our first time.

Along with all this we will also have we will have weekly wakeboarding sessions in Ballyhass to keep members active. This is a great way to practice freestyle. We will be continuing our tradition of having some of the best socials in UCC which is a great way to meet new friends. With multiple trips and events in the pipeline this year is sure to be a busy and exciting one.

Be sure to keep an eye out for our social media pages for more information and maybe some giveaways. Email us at snowsports@uccclubs.ie if you have any questions. We look forward to seeing everyone of ye at our events.



1955

UCC Soccer Club was founded by students of the college in 1955.



UCC SNOWSPORTS

MONTHLY SESSIONS

KILTARNAN SKI CLUB - WICKLOW



Soccer

How to get involved:

soccer@uccclubs.ie | @uccsoccer

UCC Soccer Club was founded by students of the college in 1955 and continues to go from strength to strength over 60 years later. We have five teams ranging across the spectrum of Munster Senior League and Cork AUL. We also compete in the FAI Colleges and University Leagues and IUFU tournaments across all levels which sees us travel across the country on a regular basis to compete with other colleges. Recent seasons have been very successful and positive for the club with all sides progressing.

Recent on-field successes include our combined Junior team winning the IUFU Duggan Cup and our AUL side gaining promotion to the Premier Division. Our Senior team maintained their Senior Premier Division status and regularly had Simon Falvey called up to Irish national squad at amateur level. Our Academicals and Fresher's also had fantastic campaigns in the FAI College's and Universities League reaching the Division Three and Division Four finals in Athlone.

Our home games take place at both The Farm and The Mardyke.

Every team trains twice a week, Tuesday and Thursday from 18:30-20:30 in The Farm. We will be running trials for new players in September/October 23.

Keep a look out on our social media platforms for updates. If you require any additional information contact our club email soccer@uccclubs.ie.

If you're interested in joining one of UCC's largest clubs and playing soccer just let us know, we would love to have you on board!



Squash

How to get involved:

squash@uccclubs.ie

@ucc_squash
UCC Squash Club

Hello there from all of us at UCC Squash! Here at the squash club, we pride ourselves in being an inclusive and close-knit group of people. Whatever your squash ability - whether you're a complete beginner or a seasoned veteran, there is a place for you in our club! From getting a great run around to hanging out with a few friends or even just learning a new skill, it is hard to find a reason not to take up squash! Even if you are just interested in getting some weekly exercise in, squash is sure to deliver. In fact, studies have shown that weekly squash playing can dramatically increase your aerobic capacity and cardiovascular fitness. All you need is a racket, a ball and (preferably) some sort of opponent!

This squash club is open to players of all levels and abilities, offering training sessions at the Mardyke Arena on Mondays and Wednesdays from 6:30 to 10:30. They also host mini tournaments and blitz nights, often followed by socials. They also organize trips to Killarney, Thurles, Belfast, and Galway for national competitions, as well as to Amsterdam and Munich to showcase local talent. If you're looking to try something new, get fit, and join a club that takes squash seriously, give them a try.

To find out more take a look at our social media channels: Facebook: UCC Squash Club,

Instagram: @ucc_squash or don't hesitate to contact us directly at squash@uccclubs.ie! Looking forward to seeing you on the courts!



534M

The open-sea diving depth record was achieved in 1988 by a team of Comex divers who performed pipeline connection exercises in the Mediterranean Sea.



Squash is played in 185 countries.



Sub Aqua

How to get involved:

SubAqua@uccclubs.ie

@ucc_sub_aqua

Here at UCC Subaqua, whether it's snorkelling or something deeper that piques your interest, we have you covered. We offer a wide range of diving options in Ireland, catering to both beginners and experienced divers. The club offers a safe and easy-to-learn experience, starting with lectures and pool sessions, followed by dives as you progress. With no expensive gear or prior experience required, UCCSAC provides a comprehensive training program for both complete beginners and experienced divers. Whether you're interested in snorkeling or deeper activities, UCC Subaqua is the perfect place to explore Ireland's underwater world and make new friends.

We are a branch of Diving Ireland which is an affiliate member of CMAS, the international umbrella organisation for recreational diver training organisations. Its qualifications are recognised internationally through CMAS, one of the world's oldest diving organisations. We are a continually active club with some fantastic trips away to be had to explore the coasts around Ireland. We dive regularly around Cork, and other diving locations around Ireland including, Kerry, Galway and Clare from our RIB. We are also very social and like to meet up regularly to chat about past, present and future diving. For more information, follow us on social media or send us an email.



Surf

How to get involved:

surf@uccclubs.ie | @uccsurfclub

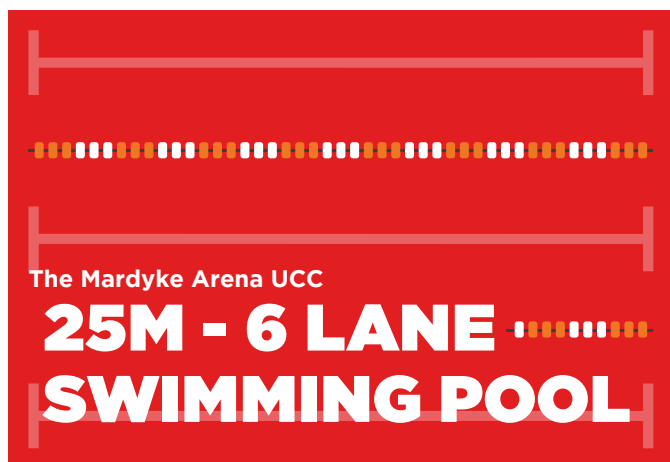
UCC Surf Club caters to all levels of surfers. We welcome complete beginners to competitive surfers. We organise weekly trainings on Garretstown beach (weather dependent) and often have intercounty weekend trips away. Our club is a very social club, where you'll meet some of the best people UCC has to offer. For competitive surfers, there's an intervarsity competition every year between surf clubs all across Ireland. We organise social nights, movie nights, and charity events like pub quizzes to give our surfers a chance to get to know each other better.

The club committee consists of ten people across all standards, and every year a first-year representative is chosen to join the committee at our AGM. This is a great opportunity for first years to put forward any ideas they may have and is a brilliant way to get more involved in extracurricular activities that contribute to the college experience. So, what are you waiting for? Take the plunge, get barrellled and join us in the ocean!

Take a look at our instagram (@uccsurfclub) to see some of the amazing events and people who organise the club. We hope to see you out in the waves!



UCC Surf often goes on training trips abroad as well as in Ireland.



The Mardyke Arena UCC

25M - 6 LANE
SWIMMING POOL



Swimming & Waterpolo

How to get involved:

swimmingandwaterpolo@uccclubs.ie

@uccswim

UCC Swimming and Waterpolo

UCC Swimming & Waterpolo, located in the Mardyke Arena, is at the heart of student life at UCC. They cater to high-level swimming students, offering a year-round weekend away for intervarsities and masters galas. Head Coach Diarmuid Herlihy, a former open water swimming record holder, is a key figure in the team's success.

Professor Tom Cross who is perhaps Cork's best known swimming coach with over 40 years of coaching experience. We are thrilled to be represented internationally by Sean O'Riordan. Sean, who is a para athlete, has represented Ireland at the European Para Championships and is currently in training with a goal of attending Tokyo 2021 to compete in the Paralympics.

UCC Water polo is a great avenue for those who wish to play water polo to a competitive level while maintaining a fun and relaxed atmosphere, although you'll have to be tough and willing to take the occasional kick to the gut! Water polo, like swimming, culminates in the inter-varsity competition hosted by another Irish University. All the necessary equipment is provided at our training sessions.

As swimming and waterpolo can be restrictive in terms of talking while training we endeavour to have a social evening monthly so everyone can catch up and get to know each-other outside of the pool.

UCC Swimming & Waterpolo is a great club to keep active while at the same time making friends and getting the most out of your time in UCC. If you have any queries please do not hesitate to contact us on Facebook (UCC Swimming & Waterpolo) or email us at swimmingandwaterpolo@uccclubs.ie



Table Tennis

How to get involved:

TableTennis@uccclubs.ie | @ucctabletennis

The UCC Table Tennis Club welcomes all interested UCC students regardless of ability or experience. We hold weekly training sessions in the Mardyke Arena where players have the opportunity to learn new techniques and gain wisdom from our excellent coach, hone their skills by playing against fellow members, or simply pick up a bat and have some craic. No matter what you wish to get out of these sessions, they are always a great place to meet new people and have a bit of fun.

We also hold a variety of social events and partake in competitions throughout the year, with the highlight being the InterVarsity Competition. Following on from our success in these games last year, we hope to return with a strong team again this year and reach an even higher level of achievement.

For regular updates on training times and events, make sure to follow us on social media or sign up as a member on the UCC Clubs and Societies Portal.



The longest table tennis rally lasted

8.75 HOURS

WITH A TOTAL OF

32,000 HITS

Peter Ives and his son Daniel from England didn't even stop for a bathroom break.



1984

UCC Tae kwon do Club was founded in 1984.



Taekwondo

How to get involved:

TaeKwonDo@uccclubs.ie | @ucctaekwondoclub

Taekwon-Do is from of self-defense and martial art hailing from Korea. UCC Taekwon-Do is open to all skill levels and styles with a primary focus on ITF style TKD. Classes for both beginners and advanced students are available for more details visit us on Instagram @ucctaekwondoclub.

UCC Taekwon-Do Club, founded in 1984, is a successful martial arts club on campus. It offers classes conducted by Grand Master Norman Creedon (9th dan black belt) and Master JB McCarthy (7th dan black belt). The club caters to both beginners and advanced belts, offering free sparring, traditional patterns, one step sparring, and self-defense. It offers separate classes for both beginners and advanced practitioners, catering to all TaekwonDo associations and styles. The club focuses on both traditional and practical elements, encouraging sparring early on to promote confidence in self-defense. Students learn basic joint locks, pressure points, and releases from grabs to react in real self-defense scenarios.

UCC Taekwon-Do Club has consistently performed at the highest level at the annual Irish Taekwon-Do Intersvarsity competition (including overall winners). In addition, there is the Open Martial Arts Intersvarsity which includes Karate, Kickboxing and other striking arts competing along Taekwon-Do. If you are interested in competition then there are plenty of local, national, and open martial arts competitions. Bring along a friend and try it out on Monday and/or Wednesday evenings! Just wear a track suit or shorts and t-shirt, all equipment is provided.



Tennis

How to get involved:

tennis@uccclubs.ie

@ ucc_tennis

@ucctennis

UCC tennis caters to beginners and advanced players.

Welcome to UCC Tennis. Whether you're a beginner looking to learn the fundamentals or an advanced player seeking to elevate your game to tournament level, we've got you covered.

Our club is committed to providing a welcoming and inclusive environment where everyone can enjoy the sport and improve their skills. For those new or returning, our Beginner, Intermediate, and Advanced Intermediate training sessions are held on Sunday evenings. These sessions take place in one-hour slots, from 7pm to 10:30pm respectively in Sundays Well Tennis Club. Regardless of your current level, these training sessions are designed to cater to your ability, helping you progress from the basics to intermediate skills.

We provide rackets should you need them. As a UCC student, you can avail of a discounted student membership Sundays Well Tennis Club. The membership allows you to practice outside of the regular training sessions, subject to certain conditions. Sundays Well is a 5 minute walk from Main Campus.

Throughout the year, we organize numerous events and competitions. From friendly matches to interclub tournaments, there's always something happening. It's a great opportunity to meet fellow tennis players, and improve your game in a welcoming atmosphere.

You'll also have the chance to represent the college as part of our Varsity squad. Each year, we compete in the annual national Intervarsity Tournament held in mid-February. We look forward to you joining us on court! Follow us on Instagram @ucc_tennis for more!

UCC Trampoline competes at Irish Intervarsities yearly as well as the Scottish open.



Trampoline & Tumbling

How to get involved:

trampoline@uccclubs.ie

@ucctrampoline

UCC Trampoline & Tumbling Club

Whether you have a background in trampolining and tumbling or have a trampoline in your garden that you use once every few months, or even have no experience with the sport but are looking for something new and fun to try out, UCC Trampoline and Tumbling Club is the club for you! Our members train and compete at all different levels and new members are always welcome. Our dedicated and friendly coaches will guide you through the different skills and techniques while other members cheer you on. There's a lot more to trampolining and tumbling than one would originally think. Starting with trampolining, we practice Olympic-style trampolining, which involves performing a combination of acrobatic skills in the air, such as jumps and somersaults, with different rotations and twists. Tumbling involves performing a series of skills on a sprung track with only the feet and hands making contact with the ground. Trampolining is growing in popularity across Ireland and the UK, with seven student clubs in the area. Members of UCC Trampoline and Tumbling Club have numerous opportunities to make friends with other clubs at competitions. The club attends at least four competitions a year, three in Ireland and one abroad, and these events are a highlight of the year. Members can showcase their routines and celebrate their progress and achievements, making memorable trips to the area. Trampoline and tumbling are great for general health and are exhilarating and fun. The club has experienced significant success in recent years, including winning a performance at ISTO last year and offering individual awards and medals to new members. Regular training times are posted on Instagram and Facebook, and members can follow their social media accounts to stay updated on training schedules.



Ultimate Frisbee

How to get involved:

UltimateFrisbess@uccclubs.ie

📧 @ucc.ultimate

📍 UCC Ultimate Frisbee

Ultimate Frisbee is a unique sport that combines elements of soccer, basketball, American Football, and hurling. It is played 7 a-side outdoors and 5 a-side indoors, with scoring zones at either end.

The Spirit of the Game is crucial for fair play and mutual respect. Since its founding, the club has grown into one of the largest student-run clubs in Ireland, competing in Men's, Women's, and Mixed divisions. The women's team has won their 7th Outdoor Intervarsities title in a row.

The club also competes at the intervarsity level, competing at national and international levels. Members join the Irish national teams, competing at European and World Championships in Germany, Italy, and Canada. his club isn't all work and no play.

A stand-out feature of the club is the openness and accepting nature of its members, especially to first-years and new members. Every week there are events organised for everyone to participate in. We pride ourselves on being a club where you are not only guaranteed to learn a new and exciting sport, but make new friends for life.

Follow us on social media to keep up with training times and events, and feel free to message the Facebook page or email us if you have any questions. Come join us - we guarantee that it will be the highlight of your time here in college!



Frisbee is a self-officiating game with no referees involved. There are observers who are officials that watch the game and intervene only when there erupts a dispute which the players cannot settle amongst themselves.

UCC Volleyball vintage team came 3rd in Munster champs.

Womens team won the 2023 volleyball intervarsities keeping the championship title.

The men's team made it to the semi finals.



Volleyball

How to get involved:

volleyball@uccclubs.ie

📧 @uccvb

📍 UCC Volleyball Club

Welcome everybody to the Volleyball Club!

We are a club that extends from beginners to advanced players. We train in the Mardyke three times a week in two different courts. Come around and join us! You will work on your critical thinking and social skills besides engaging in physical activities that allow you to become a great team member.

The volleyball club has three divisions: beginners, intermediated and advanced allowing anybody to join, independent of their experience. It is a place where you can make friends easily and from any part of the world. We host various social activities outside of practice hours so we can develop a good relationship outside of the court in order to become a family inside.

We engage in various tournaments inside and outside of Ireland, the past year both men and women's team won intervarsities and the men's won the 2020 Volleyball Ireland Championship.

If you would like to be part of a club that allows you to test your mental and physical strength, to nourish your team building skills through problem solving, proper communication and trust, but most importantly would like to be part of a family join the Volleyball Club.



RADIS
RAPHY