

UCC SPORT



**UCC
SPORT**
PRIDE BELIEF PASSION

PERFORMANCE PROGRAMME

24.25

**PRIDE
BELIEF
PASSION**

UCC Sport Performance.ie

UCC SPORT PERFORMANCE PROGRAMME



PURPOSE

The purpose of UCC Sport performance programme is to support UCC athletes develop and perform to their full potential. Our priority is to ensure a focus on student athlete welfare and that sport in UCC is an enjoyable and positive experience.

The performance programme is aimed at our sports scholarship students our leading teams and athletes performing at top level sport in UCC and at regional, national and international levels.

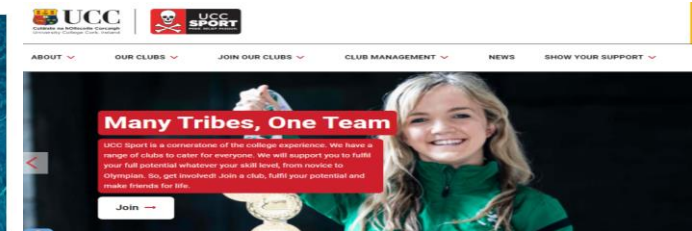
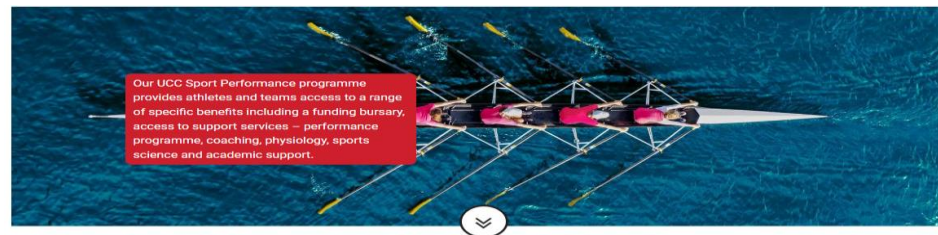
We have an incredible range of athletes who are committed to performing in sport and academically. They are supported by our dedicated team of Sports Development Officers, coaches and professional staff.

Our performance programme is based around 4 key pillars:

1. Performance management + support
2. Sports programme
3. Strength & Conditioning (S&C), Sport Physiology and Sports Medicine Support
4. Academic and Life skills Support.

VISION AND GOALS

VISON	GOALS	OUTCOMES
Supporting UCC students reach and develop their full potential in performance sport, with a focus on their welfare and wellbeing.	<ol style="list-style-type: none"> 1. UCC students enjoying, developing and performing in their sport. 2. UCC students completing their academic programmes. 3. UCC teams and individuals competing and achieving success in 3rd level and national competitions. 4. UCC student athletes achieving highest representative honours. 	<ul style="list-style-type: none"> • UCC Player athlete welfare support and satisfaction. • Results in performance competitions. • UCC Performance Athletes on top level squads (3rd level – county – HP international and 3rd level. • Performance Athletes progressing through academic programmes. • Delivery of quality services and support.



UCC SPORT PERFORMANCE PROGRAMME



PERFORMANCE MANAGEMENT + SUPPORT

- Plan, manage and deliver our performance strategy, sports scholarship, academic to UCC athletes and teams.
- Support UCC Sport performance teams and individuals, develop prepare and perform to their full potential.
- Track, assess and promote results and achievements in our performance sports, teams, and athletes.
- Management and co-ordination of sports medicine, sports physiology, and physio services.
- Develop and work with external agencies, sports, and partners.

SPORTS PROGRAMME

- Implementation of core sport competition and training programmes for GAA Senior Teams: Camogie, Gaelic, Hurling + LGFA; Women's Hockey 1st team, Rowing senior squad, Men's Rugby 1st team and U20; Soccer men and women 1st teams.
- Individual sport scholarship athletes training and competition support.
- Participation in competitions and events.
- Support for attending representative training and international competitions.
- Working with Student Sport Ireland, NGBs for World Student Games, World Championships and performance programmes

STRENGTH + CONDITIONING (S+C); SPORTS PHYSIOLOGY + MEDICINE

- Design and delivery of a top class strength and conditioning programme at the elite squad gym in partnership with the S+C team in the Mardyke Arena.
- Access to UCC sports physiology programme for consultation services, appropriate physiology testing, design of relevant prehab and rehab services at the UCC Sport HPL in the Mardyke Arena.
- Working with UCC Sports Medicine team to deliver excellent medical, diagnostic, cardiac testing, concussion management, care and advice.
- Rehabilitation services with UPMC clinic and other physiotherapy services and clinicians.

ACADEMIC AND LIFESKILLS

- Provision of academic flexibility and support to support student athletes achieve their academic goals.
- ASAS accreditation and recognition from Sport Ireland and SSI.
- Access to life skills services including planning, time management, counselling, nutrition and personal development support and workshops.

KEY INFORMATION + STUDENT ATHLETE SERVICES

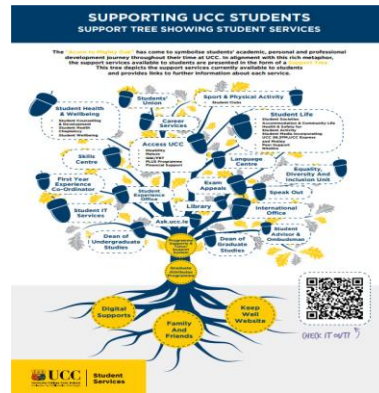


PERFORMANCE MANAGEMENT + SUPPORT

- UCC Sports Scholarship students to complete contracts and their Athlete Performance Plan [APP](#) by 30th September.
- UCC Sports Scholarship students to complete induction process for scholarship and teams; attend designated workshop and Lifestyle support services; complete concussion, physiological, cardiac testing, screening and other programmes as required.
- Further support and information – contact b.young@ucc.ie
- [UCC Sport Performance Programme](#)

SPORTS PROGRAMME

- UCC student athletes work with Club Team and club coaches for specific sports information and support.
- Athlete's can access a wide range of [UCC Services](#)
- [UCC Support Tree Services](#)



STRENGTH + CONDITIONING SPORTS PHYSIOLOGY + MEDICINE

- Coach and athletes plan S+ C programme process with Damien O Donoghue dodonoghue@ucc.ie.
- All designated squad members to complete TeamBuildr profile.
- Complete Cardiac Screening – contact UCC Medicine J.Dwyer@ucc.ie
- UCC Sport Scholarship students to consult with Trevor Woods on physiology needs and support at the UCC HPL t.woods@ucc.ie
- Report Sports Injuries: [Student Personal Injury Form](#)

ACADEMIC AND LIFESKILLS

- Athletes to complete [Academic Support Form](#) for access to academic support and exam flexibility (at least 2 weeks in advance of exam or assignment date).
- Contact UCC Sport c.odonovan@ucc.ie; for direct support and information asap if and when academic support issues.
- Sports Scholarship students to attend induction, workshops and life skills support services as required. These will be scheduled with you.

MEET THE TEAM



PERFORMANCE MANAGEMENT + SUPPORT

Morgan Buckley

Head of UCC Sport

Donnchadh McAodha

UCC Clubs Executive President

Betty Young

SEA UCC Sport

Peter Calnan

SEA UCC Sport

Michele Power

UCC Quercus Programme

Elaine O Mahoney

UCC Quercus Programme

SPORTS PROGRAMME

Sharon Hutchinson

UCC Hockey

John Grainger

UCC GAA

Jack Casey + Tomas O Leary

UCC Rugby

Greg Yelverton

UCC Soccer

**UCC Coaches and Volunteers in
UCC performance sports and
individual sports**

STRENGTH + CONDITIONING SPORTS PHYSIOLOGY + MEDICINE

Damien O Donoghue

Mardyke Arena S+C Staff

Trevor Woods

UCC Sport Physiologist

Dr Judy Dwyer

UCC Medical

Brid McEvoy

UCC Physiotherapist

Joe Normoyle

UPMC Physiotherapist

Staff and clinicians in each unit.

ACADEMIC AND LIFESKILLS

Christine O Donovan

Deputy Head of UCC Sport

Jeff Gomez

Mardyke Arena - Life skills Consultant

UCC SPORT PERFORMANCE PROGRAMME



UCC SPORT Bank of Ireland

UCC SPORTS SCHOLARSHIPS

Open to all incoming and current students
Closing date for applications is **April 14th!**



UCC
University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

Alumni and Development

CONNECTING YOU



OLYMPICS 2024
Vaires-sur-Marne Nautical Stadium, France

Poster featuring six athletes in green and black gear.



QUERCUS
Scholarship
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