

MAKE MORE OF YOU

VANRATH™
UNRIVALLED RECRUITMENT



QUEEN'S
UNIVERSITY
BELFAST

ACTIVE
CAMPUS



STRIVE
FOR
SUCCESS

#QUBeWell



1.5m footfall p.a
across all sporting
sites

55

We have 55 Active
Student Sports Clubs



Deep Riverrock Queen's 5k
and 3k Race returned with
over 1,000 competitors



50% of International
Students at the University are
members of Queen's Sport

DID YOU KNOW?



Men's Rugby 1stXV win
the AIL 2A League - first
time in history



Student Wellbeing Mental
Health Referral - provides
interventions through
physical activity



Over 11,000 students involved
with Active Campus: Lifestyles,
Clubs and Fitness



Men's Hockey 1st XI won
the 2022/23 Premier
League

WELCOME TO QUEEN'S SPORT

Whether you are interested in trying a new sport, keeping active, being part of a team or representing Queen's we want to **Make More of You** at Queen's Sport.

At Queen's Sport, you will have access to world class sports participation programmes that will create a connection with other students and staff in an environment that you feel safe, supported and happy to exercise and enjoy sport and physical activity at any level.

Here at Queen's Sport, we understand the role of sport and physical activity in developing and maintaining physical, social and emotional wellbeing. We fully support the university's **#QUBeWell** campaign, as well as the Staff and Student Wellbeing Take 5 Initiative.

With access to sports facilities on campus, gym memberships to suit your budget and with over 50 students sport clubs to choose from, there is something for everyone. We are proud to promote our Active Campus and Adult Activity programmes that are open to all abilities giving a platform to **Make More of You** at Queen's Sport today.

Follow our social media accounts to keep up-to-date!



ACTIVE CAMPUS

Make More of You by joining our Active Campus Programme this year. Our Active Campus programme is a fun way to try something new while meeting a range of new people at the same time. We offer a range of social, recreational, club sport and physical activity opportunities to encourage high levels of participation.

Our goal is to increase participation but also to improve both our staff and student's physical, social and mental health through a variety of fun activities for everyone. So, if you need a break from studying come join us at one of our many sessions across campus.

Become an important member of our team inside a world class academic environment. With over 50 sports clubs, over 100 activity classes and participation programmes we cater for everyone's needs. From our academy sports such as Soccer and Rugby to Ultimate Frisbee we have lots of different activities for you to try out. So, come along and **Make More of You** today through our Active Campus Programme!

For further information on the programme we offer, please visit us through our social media channels.



[Queen's Active Campus | Facebook](#)



[Queen's Active Campus \(@qubactivecampus\)](#)



[QUB Active Campus \(@qubactivecampus\)](#)

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Make More of You through our VANRATH Active Lifestyle Programme this year

Our programme is a great way to try something new whilst meeting new people. We support a range of social, recreational and physical activity programmes to ensure you have the widest possible choice of fun-filled activities.

Our goal is not only to encourage participation to improve physical health, but to improve mental and emotional wellbeing as well.

Queen's Sport and our partners, VANRATH, are both committed to making sure that you have the best possible student experience whilst you are at Queen's.

We are both dedicated to helping you strive for success in your studies and in your future career. We are keen to help you make the most of all the sport and recreational opportunities that are on offer through the VANRATH Active Lifestyle Programme at Queen's.

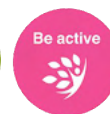
VANRATH™



Regardless of your sporting ability or level of fitness, the VANRATH Active Lifestyle Programme has something for you. From Couch 2 5k or the Queen's Deep River Rock 5k, to taster sessions with some of the 55 sports clubs, designed for beginners, we can guarantee that you will find something to interest you. If you've ever wanted to explore activities like dodgeball, tag rugby, yoga, or join in on the social aspect of netball, badminton, or football, our program warmly welcomes you to discover a variety of options to suit your interests.

The VANRATH Active Lifestyle programme is a key part of the overall Queen's Sport Active Campus which includes Active Clubs (our programme for Sports Clubs) and Active Fitness (our programme for gym members).

Being active is one small step towards improving your wellbeing, check out the other four!



Scan to find out more about our Student Wellbeing Service



Scan to find out more about Vanrath



ACTIVE FITNESS

At Queen's Sport, our Activity Programme stands out as one of the best, catering to a diverse range of interests and abilities.

Within our Programme, you'll find a wide range of classes and courses designed to accommodate all abilities. We take great pride in our dedicated team of fitness professionals who are passionate about delivering exceptional experiences and taking your sporting and fitness goals to heart.

Our mission is to empower you to be your best self. To achieve this, we provide an extensive range of group fitness sessions, including Yoga, Circuits, and Power Blast. For those who seek personalized attention, we also offer one to one and small group personal training services.



**SCAN TO VIEW THE
CLASS PROGRAMME**

ACTIVE CLUBS

Trying a new sport or competing against other staff and students can be a great way to meet new people. Take part in friendly competition and develop your skills and understanding of new sports or reignite a passion for a sport you once enjoyed.

Some of our clubs compete in local leagues, student only Wednesday leagues and yearly intervarsity tournaments and competitions against other Universities and Colleges. We compete in both **Student Sport Ireland (SSI)** and **British University Colleges Sports (BUCS)** events and competitions.

We offer intramural events amongst other clubs as well as social leagues such as 5 a side football and our tag rugby league. We encourage all students to engage with our taster events so that you can try multiple sports such as Underwater Hockey or Trampolining, learn the FUNdamentals and meet lots of new people.

Make More of You by coming along to our club tasters throughout the year and feel part of #TeamQUB.



Our Students Union Clubs and Societies page has more information on how you can get involved.





STAFF WELLBEING

Queen's Sport is dedicated to cultivating a healthy campus atmosphere, that prioritizes the well-being of our staff through engaging physical activity initiatives. We provide a diverse range of opportunities for staff to participate in fitness activities and embrace a balanced lifestyle. Our Active Campus programmes are designed to inspire and empower our staff to make their physical health a central focus, ensuring they lead healthier, happier lives.

We firmly believe that by fostering the physical well-being of our staff, we contribute not only to their personal happiness but also to their professional success. A healthier, happier team is a more motivated, productive and fulfilled team.

We warmly invite you to embark on this journey with us, as we prioritise your well-being, and explore the many ways that Queen's Sport and Active Campus can support you in leading a healthier, more balanced life.



Scan the QR code
to see more info on
the Wellbeing at
Queen's

PERFORMANCE SPORT (EAP) AND ACADEMIES

Queen's University Belfast has a proud and unique tradition of producing some of Ireland's most elite sports people and exceptional graduates who are leaders in business and the community on the international stage.

The Elite Athlete Programme (EAP) provides exceptional students with a platform to achieve their sporting and academic goals. Currently there are five academies: Rugby, GAA, Soccer, Rowing and Hockey – with over 35 teams and 600 students competing each year.

Our Sport Bursary programme provides support for non-academy sport athletes who are competing at a national level, offering extra support from:

- Coaching
- Performance Skills
- Athletic Development
- Performance analysis
- Sports medicine
- Physiotherapy
- Sports Nutrition
- Careers advice
- Alumni engagement
- Financial support



Visit the Performance Sport website to find out more.





EVENTS

Elevate your journey by actively participating in our Club Varsities and attending our annual Queen's Sport Events.

Join us for our yearly celebrations that recognize both participation and outstanding achievements, including the Queen's 5k Race, the prestigious Blue's Awards, and the platform for showcasing Future Stars.

Unleash your full potential by competing alongside the QUB Team, showing support for your peers and colleagues, or actively participating in the planning and successful execution of these events.

For more information on these events check out our website.



VOLUNTEERING IN SPORT

Explore the rich array of opportunities Queen's Sport offers for deepening your involvement within the student community and engaging in rewarding volunteer experiences.

You can actively participate in delivering participation programs, organizing events, and serving as student guides, all of which offer valuable experiences for personal and community growth.

In addition to:

- Match Day Operations
- Committee Roles
- Fundraising
- Photography
- Social Media content
- Hospitality

Volunteering alongside Queen's Sport can contribute to your progress toward achieving the Future Ready Award.

This award is an exclusive opportunity for Queen's students to gain accreditation by participating in extracurricular, career-focused learning experiences alongside their academic studies.

By doing so, students not only gain valuable practical skills but also enhance their ability to articulate their personal growth and accomplishments.

**For more information email
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OVER 50 SPORTS CLUBS
OVER 100 ACTIVITIES

