



QUEEN'S  
UNIVERSITY  
BELFAST

QUEEN'S  
SPORT



# MAKE MORE OF YOU



OVER 55  
SPORTS  
CLUBS OVER  
100 ACTIVITIES

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# WELCOME TO QUEEN'S SPORT

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Whether you are interested in keeping active, trying a new sport, being part of a team or representing Queen's we want you to join our game 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 at any level.

Sport plays an important role in supporting your physical, mental and social wellbeing and we fully support the University's [Integrated Healthy Campus Framework](#) (All in for Mental Health) campaigns.

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



# DID YOU KNOW?



Queen's Rower Hugh Moore set a new Irish half marathon indoor record in 2020

# 52

We have 52 Active Student Sports Clubs



Queen's Ladies Hockey are unbeaten Ulster Premier League Champions

# GB

52% of GB Students at the University are Queen's Sport members



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



Queen's Soccer Team had a historic win over Linfield in the Irish Cup

# 1st

1st University in Britain to reopen it's Sporting facilities after lockdown

## ACTIVE CAMPUS

**Make more of you** through our Active Campus Programme this year. It's a fun way to try something new while meeting new people at the same time. We support a range of social, recreational, club sport and physical activity opportunities to ensure high levels of participation.

Our goal is not only to increase participation to improve physical health but mental and emotional wellbeing as well. So, if you need a break from studying come join us at one of our sessions across campus. Become an integral 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 GAA to Ultimate Frisbee we have lots of activities for you to try out. So, come along and **make more of you** as you acquire the Queen's experience!

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

@qubactivecampus

#QUBeActive



## ACTIVE LIFESTYLE

The benefits of being active go far beyond the physical. In fact, doing even a small amount of exercise each day has the ability to transform your emotional wellness and overall wellbeing.

We offer Campus Run (Wednesday at the PEC at 1.15pm) and Couch 2 5K (beginning October). Runners who complete our 8 week programme will get free entry into our Queen's 5K Race.

We also provide advice to students on healthy eating and eating on a budget, working closely with QUB Nutrition Society.

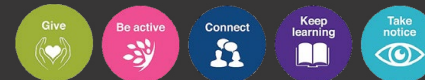
We will be working alongside relevant Queen's Schools and colleagues across the University such as Student Wellbeing, Residential Life and the Student's Union to make sure we offer something for everyone. In partnership with Student Wellbeing we will be hosting a variety of virtual exercise classes from HIIT, Yoga to Zumba (on Wednesdays).



[CLICK HERE for more information on the Queen's Park Run](#)

Participation for all levels of fitness can be achieved through recreational gym activity, group exercise classes, organised team sports and Couch 2 5K – **Make More of You** by taking part!

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



To get more information on wellbeing check out the Student Wellbeing website:

[CLICK HERE to find out more about our Student Wellbeing Service](#)





## **ACTIVE FITNESS**

At Queen's Sport our Activity Programme is one of the best programmes around, as we offer something for everyone!

Our Programme is filled with classes and courses that suit all abilities! We have a devoted team of fitness professionals who deliver the best fitness and take your sport and fitness aspirations seriously.

We intend to make more of you by providing a large variety of group fitness sessions from kPopX Fitness and Bums and Tums to Circuits. For those who might need an extra push, we offer 1 to 1 or small group personal training services too.

If you don't find that the gym is for you, we have our Fitness 2 U programme in which we bring our experienced instructors to you. Opportunities to take part in classes across campus will transform the way you exercise and help you take the first step in moving more through group sessions right at your doorstep.

[CLICK HERE TO VIEW THE CLASS PROGRAMME](#)

**MAKE MORE OF YOU**

## 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.



## PERFORMANCE SPORT (EAP) AND ACADEMIES

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Queen's University Belfast has a proud and unique tradition of producing some of Ireland's most elite sports people and leaders in business 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 academics Rugby, GAA, Soccer, Rowing and Hockey – with over 35 teams and 600 students competing each year.

We also have a Sport Bursary programme to provide support for non-academy athletes who are developing in their chosen sport.

### Offering extra support from:

- Coaches
- Sports Psychology
- Conditioning staff
- Performance analysis unit
- Sports medicine doctor
- Physiotherapists
- Careers
- Alumni

[Visit the Performance Sport website to find out more.](#)







**JOIN NOW**

**MEMBERSHIP  
FROM JUST £16.50**

## ONLINE CONTENT

During Lockdown Queen's Sport have adapted and have increased its digital presence across all Social Medias.

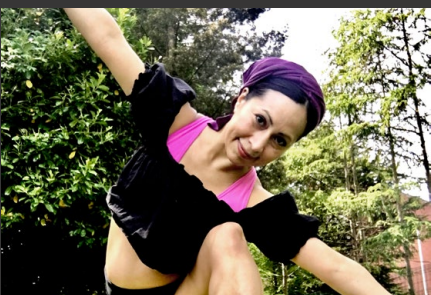
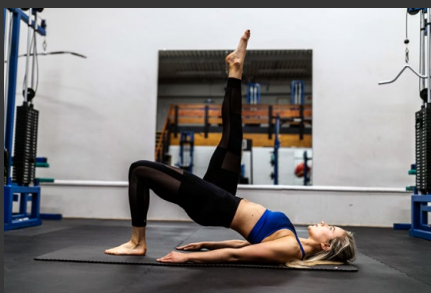
Looking to perfect your basic exercise technique? Our experienced fitness instructors have created a variety of videos demonstrating how to perfect your technique in exercises such as the Squat and the push up on our Queen's Sport YouTube Channel. We also have a Club Corner on our YouTube Channel where you can gain an insight into our Active Clubs and the lives of student athletes.

Can't make it to the gym in person, don't worry we currently have 5 Zoom classes running a week ranging from HIIT to Pilates led by our Fitness Instructors.

In Partnership with Student wellbeing we will be hosting virtual exercise classes on Wednesdays as part of the Be Active initiative. Each week will be a different exercise class for you to tap in and try something new.

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

[CLICK HERE to visit the Queen's Sport website](#)



## EVENTS

**Make More of You** by being part of Team Queen's. There are various events throughout the year from club varsities to our annual Deep RiverRock Queen's 5K Road Race to participate in.

- Queens's 5K March 2021
- Boat Race June 2021
- Blue's Awards June 2021

Join Our Game!

# VOLUNTEERING IN SPORT

Queen's Sport can help you find several rewarding ways to get more involved with your student community as well as engaging in volunteering opportunities.

These include:

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

Volunteering with Queen's Sport can go towards your Degree Plus which is an opportunity for Queen's students to get involved and gain accreditation for completing extra-curricular work related learning alongside their degree. Building valuable experience and practice in articulating your own development and achievement.

**For more information email  
sportdevelopment@qub.ac.uk**



# CONTACT US

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FIND YOUR GAME  
FROM £16.50/MTH