



Sport at



**CORK
INSTITUTE OF
TECHNOLOGY**

INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ



Sport at CIT

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Sport is central to life at CIT, from the high performance athlete to the recreational gym user. The Institute has something to offer you, and its mission is clear; **“to retain and develop the place of sport and recreational activities as an integral part of the student experience by encouraging participation at all levels”**.

Sports clubs

CIT caters for more than 47 sports clubs ranging from martial arts to indoor sports to watersports to field sports, and even to the great outdoors! Students can sign up on Sports & Societies Day, which is held every September in the Nexus Hall in the Student Centre, and can meet existing members to see what the club has to offer. It's never too late to join a club so if you miss Sports & Societies Day call to the Sports Office for more information.

CIT sports clubs are supported by experienced coaches who are there to facilitate participation in a positive and fun environment. There are also fitness classes in aerobics, indoor cycling, and yoga, to name but a few in which you can improve your fitness or try something new.

The annual sports awards ceremony takes place at the end of the second semester. CIT awards individuals and teams who have excelled in their chosen sport, while bringing honour and prestige to the Institute. Also presented at the function is the fresher of the year, club of the year and graduate of the year award.



Club fact-file

- CIT Sailing Team has won the Student Yachting Nationals an outstanding four times since 2006.
- The team has reached podium position in three out of the four World Championships!
- CIT Sailing team was crowned World Champions in 2008 and came 3rd in 2011.



Sports bursaries

CIT allocates sports bursaries annually to students who display a high level of achievement, commitment, and dedication in their chosen sport. The bursary scheme is designed to help those students reach their full potential both in their chosen sport and in their academic careers.

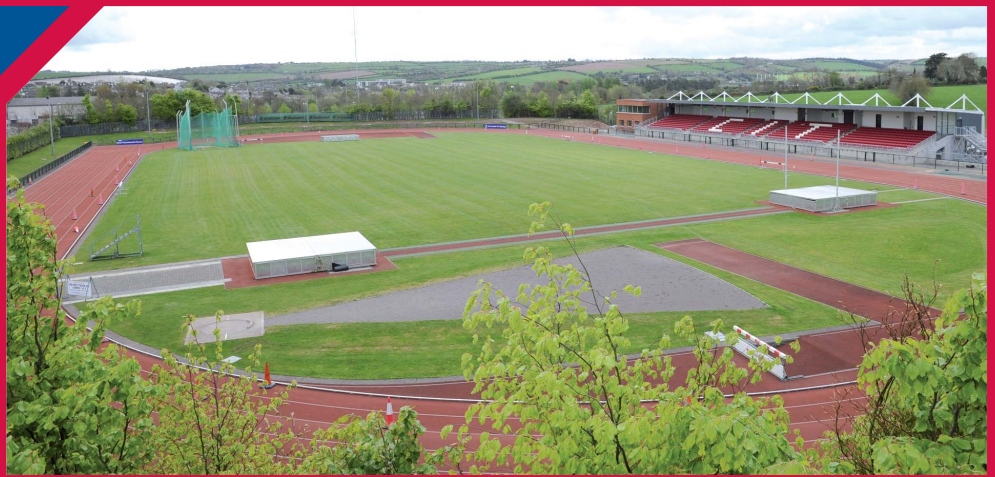
Bursaries are awarded across a wide range of sports, with a significant number reserved for first year students.

Applications are available from the CIT Sports Office from August. Completed applications are accepted until late September.



Recipient fact-file

Name: Lorcan Mc Loughlin
Sport: Hurling
Degree Course: Business Studies - Diploma in Recreation & Leisure
Achievements: Captained the CIT fresher hurling team to All-Ireland victory in 2009 and also the CIT Seniors who reached the Fitzgibbon Final in 2012. Member of the Cork Senior Hurling team who won the Munster Hurling Championship in 2011 and the National League Finalists 2012.



Athletics track & stadium

CIT athletic stadium has a seating capacity for over 1,080 spectators. This impressive athletic stadium complements the eight lane, international standard running track and infield area. The facility can cater for all disciplines such as pole vault, high jump, long jump, javelin, shot putt, discus and hammer.

The indoor warm-up area located underneath the stand includes a five lane sixty metres synthetic surface track and long-jump pit ideal for pre competition warm-up and winter training. The stadium also includes a meeting room and results room for media and event organisers.



Event fact-file

- CIT has hosted the Cork City Sports since 2010.
- Over 30 countries from all over the world are represented each year.
- Jamie Costin set a new Irish record in 2010 for the 3,000m walk.
- Paul Hession thrilled the crowd in 2011 with a 2nd place finish, 100th of a second behind Luke Fagan (Great Britain) in the 100m sprint.





Sports stadium & pitches

The Institute caters for all major sporting codes, with eight grass playing pitches ideally located on the river bank. All pitches are contained within one area and are fully maintained by ground staff with easy access to dressing room facilities.

The stadium has seating capacity for 1,100 spectators overlooking the multi-sport grass pitch with a media room for sporting fixtures. The stadium also includes a fitness studio, and strength and conditioning gym.

There is a scenic walkway along the banks of the Curragheen River and around the grass playing pitches. Approximately 1.2 miles, this gravel surface is ideal for walking and jogging.

Event fact-file

- CIT men's soccer club feature strongly in campus life. The College's A team won the CFAI Umbro Plate and College's B team won the CFAI B Cup in 2012.
- The club also competes in the Munster Senior League, achieving promotion to the 1st division in 2012.



Astro turf & tennis court

The astro turf and tennis court are fully enclosed flood lit facilities available for students to book. The all-weather pitch is sand based and can be divided into four, five a side pitches or used as a full sized pitch.

The facility is used for soccer, hockey, and multisport games. It offers a fantastic outlet for students, staff and clubs.

The tennis court is located directly adjacent to the astro turf. It is home to CIT tennis club who run cardio sessions and lessons every week for club members. The tennis court can also be booked by students and staff directly from the sports office where racquets are provided on request.



Fact-file

- CIT men's hockey team won the Irish Universities Hockey Intervarsities in 2010 for the first time in CIT's history.
- The Mixed Hockey team has won the Mixed Intervarsities two years running!
- CIT's very own Clíodhna Sargent received her 100th International Cap with the Irish women's hockey team in December 2011



Sports hall & gym



The sports hall is equipped for all indoor sports and is used extensively throughout the academic year for basketball, indoor soccer, badminton, volleyball, table tennis, martial arts, and a range of other sports.



The gym is located upstairs in the sports hall and is free of charge for all full time students. The gym has a comprehensive free weights section, a wide range of weights machines and an extensive 30 piece cardiovascular section. Qualified gym instructors are available for one to one programming advice including goal setting and fitness assessment.



Sports hall fact-file

- CIT is a member of the Cork Sports Partnership and facilitates mass participation events such as the An Post Rebel Tour and the Sports Ability Day
- The Cork Sports Partnership aims to increase the number of people participating in sport, exercise and physical activity in Cork
- CIT is proud to host and support the Cork Sports Partnership

People to watch out for

Cork Institute of Technology has had many talented athletes pass through its doors. Here are two to keep an eye out for in the future...



Basketball Player: Rachael Vanderwal

Highest Achievement: Being selected for the Great Britain Senior Women's Basketball Team and representing Great Britain at the London 2012 Olympics.

Course: Business Studies (Certificate in Recreation & Leisure)

Currently: Canadian-born Rachael is a Physical Education teacher at North Presentation Secondary School.

Rachael's experience at CIT:

"My time at CIT was hugely enjoyable. I had just arrived in Ireland and I was struck immediately by the welcoming atmosphere at the Institute and it helped me settle in straight away. The support my lecturers gave me too was huge, and there was always great emphasis not only to do well academically, but to also work hard on your chosen sport, which for me was important. Obviously then the sports facilities were vital and thankfully they're top class!"



Gaelic Footballer: Paul Kerrigan

Highest Achievement: Cork Senior Footballer

Degree Course: Business Studies

Currently: Paul is currently completing a Higher Diploma in Business Studies. He plays club football with Nemo Rangers and plans to work in industry after finishing his studies.

Paul's experience at CIT:

"My time at CIT is something I will never forget. Playing football with CIT has been essential for my development as a player and has encouraged me to raise the standards that I now expect from myself. It is also a place where my teammates have become life-long friends. "During my time here, I was fortunate enough to see the institute transform into one of Ireland's premiere sporting complexes. The hard work and dedication of the individuals involved in sport in the college was finally rewarded by the building of state-of-the-art facilities. The high quality pitches, stadium and dressing rooms were just reward for the endeavour, commitment and excellence of the coaches and sports officers at the Institute."

CIT Sports facilities are available for hire outside CIT usage times.

For further details contact:

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