



Sport Scholarships

High Performance? Better Believe IT!

Helping You Be the Best You Can Be

The IT Sligo Sports Scholarship scheme aims to assist talented student athletes reach their sporting potential.

We proactively encourage a healthy and balanced lifestyle among students through involvement in sport.

Through sports scholarships we recognise and reward excellence and enable those who have the ability and desire to be successful at the highest possible levels.

Under the scheme over 20 scholarships can be awarded annually. The Gold Scholarship award for the current year is €1,750.

Each scholarship may be renewed for up to a period of 4 years.



Benefits to the Athlete

As an IT Sligo Sports Scholar you will be required to represent IT Sligo in your sport as a priority and make a significant contribution to sport at the Institute. In return you will:

- Receive financial support to help you compete in your chosen sport.
- Have the opportunity to develop your skill and performance to the highest possible level.
- Have access to high calibre technical coaching and facilities.
- Receive free membership of the gym in the Knocknarea Arena.





Who is Eligible?

IT Sligo Sports Scholarships are aimed at those with outstanding sporting ability who wish to simultaneously pursue their chosen sport and enrol as a student.

If you are successful, you must enrol as a full-time student at IT Sligo.

You must meet the academic requirements for the programme to which you have applied. Our Sports Scholars are viewed as ambassadors for IT Sligo. As a Scholar, you must:

- Have a satisfactory attendance record for your programme of study.
- Submit a training and competition plan each year.
- Participate in all Institute competitions.
- Contribute to the promotion of IT Sligo through PR activity, publications, media events etc.
- Subscribe to anti-doping policies and undertake drug testing and undergo health screening and fitness testing as required
- Act as an ambassador for IT Sligo and ensure the good name of the Institute is not undermined through inappropriate behaviour or comments.
- Report any injury that will affect your ability to fulfill your sporting or academic commitments



Building a High Performance Culture on Campus

Our athletes are part of a high performance community of Sports Scholars that greatly enhances the profile of sport on campus.

At IT Sligo, we are committed to a professional and ethical sports scholarship programme that supports our scholar athletes.

We actively promote best practice and excellence in sport, with a particular emphasis on educating you on lifestyle management issues including education on the importance of drug free philosophy of sport.

Our Sports Scholars proactively contribute to the positive promotion of the Institute through PR activity, promotion with local schools and colleges and media activity.

High Performance? Better Believe IT!

A Decade of Success - 2001 to 2011

Men's Senior Football

Sigerson Cup - Won three times
Division One League - Won three times
Connaught FBD League

Women's Senior Football O'Connor Cup Winners

Women's Soccer

Premier League - Won four times
Intervarsity Cup - Won twice
Intervarsity Plate - Won once
South Western Regional League -
 Won twice
Indoor Intervarsity Cup and Plate -
 Won each once

Men's Soccer

Umbro Cup Winners 2009

Surf Team

**Crowned Irish University Student Surfing
 Champions 2011**

Handball

Men's Open Doubles Winners:
 United States Handball Collegiate,
 Springfield, Missouri
Men's "A" Team Winners; Irish 40 x 20
 and 60 x 30 Intervarsity
Men's "A" Singles Winner; Irish 60 x 30
 Intervarsity

Athletics Club

Individual
 ISSA/IUAA National Championships: 12
 Gold, 6 Silver & 5 Bronze medals

Teams

Cross-Country: 2 Men's National Titles
 and 1 Ladies National Title

Triathlon

Two Individual National Titles

Boxing

**Senior College Boxing Championship
 Title (Women's)**
**Senior College Boxing Championship
 Title (Men's)**

Swimming

Intervarsity Championships 2011
Swimming & Lifesaving (7 Gold, 6 Silver
 & 3 Bronze)

Basketball

**All Ireland Colleges, Division 2 Ladies
 Intervarsity** –The Harry Boland Shield
Inaugural Western Colleges Cup

Racquetball

National Championship Winner - twice

Cycling

National Cycling Championships - twice

For Further Information

If you are interested in combining high performance sport and study at IT Sligo, where the outdoor life is everything, then contact: Marian Hargadon, Student Support Services Officer, IT Sligo, Ash Lane, Sligo. Phone: **071 91 55204** E-mail: **studentsupportservices@itsligo.ie** or log onto **<http://itsligo.ie/study-at-it-sligo/itsligosportsscholarships>**.

IT Sligo

Ash Lane, Sligo, Ireland
T +353 (0) 71 91 55222
F +353 (0) 71 91 60475
E info@itsligo.ie

