



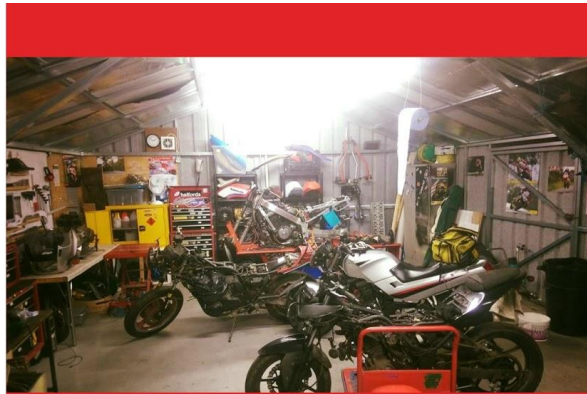
**Strategic Plan 2017–2020**

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Sport and Clubs are an integral part of life in University College Cork. Since its foundation in 1845, UCC has had a rich sporting history, with evidence of its rugby club dating back to a specially printed rule book in 1872. Since then, UCC have been successful at the highest levels in a variety of sports, and hope to grow and to continue to do so over the coming years.

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Nowadays, there is a huge range of both recreational and competitive sports for students to choose from. On the competitive side of things, the clubs are proudly identified in competition by the skull and crossbones emblem. Students also have the option to participate in a less competitive environment with many recreational clubs to choose from.



# INTRODUCTION

SPORT



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With over 5,000 students involved in sport in UCC, it is important to ensure adequate resources and facilities, as well as training and coaching, are provided to meet their needs. The UCC Clubs Executive Strategic Plan 2017-2020 was developed to identify and address the needs of the student body in a sporting context.



# UCC Clubs Executive Committee

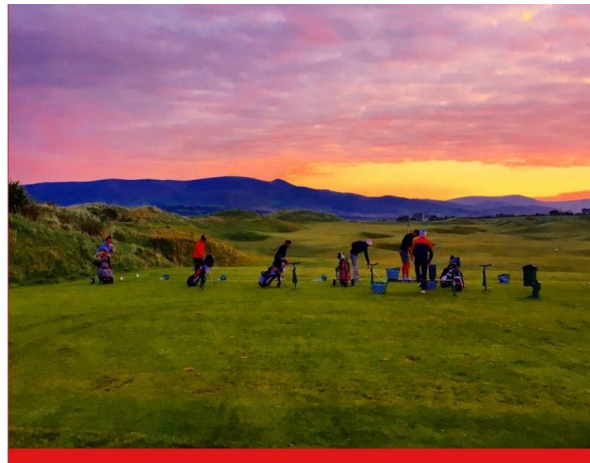
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## WHO WE ARE

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The UCC Clubs Executive is the Governing Body for clubs in University College Cork. It is comprised of students who support the Department of Sport and Physical Activity to work as part of UCC Sport.

The UCC Clubs Executive positions are elected at the Annual General Meeting every year. These are President, Vice-President, Secretary, Treasurer, Public Relations Officer, and five Ordinary Committee Members. Clubs Exec meetings held are also attended by the Director of Sport and Physical Activity, the Deputy Director, the Students Union Representative and Students Union Administrator.



## WHAT WE DO

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The UCC Clubs Executive works to support the clubs, provide them with assistance and training, and promotes physical activity and participation in clubs. As part of this, they allocate funding for clubs at the start of the year. Funding is based on a number of factors including membership, requirements of the club, and level of club activity.

In addition to allocating funding, the Clubs Exec provides training for committee members, as well as First Aid and Child Protection courses for club members throughout the year.

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The 2016/2017 year was the first year the President of the Clubs Executive became a paid sabbatical position. This allows the President to dedicate a greater amount of time to clubs and to attend meetings which would not otherwise be possible because of the constraints of academic studies.



# SPORT IN UCC

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There are 58 active clubs in UCC. From aikido to volleyball, chess to skydiving, and everything in between, UCC Sport caters for the needs of all students. UCC provides top range facilities for the students; the Mardyke Arena has three sports halls, two gyms, a 25m swimming pool, a health suite, an indoor running track, two squash courts, a rock-climbing wall, and several dance studios.

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Located outside the Arena is a full-sized floodlit soccer/rugby pitch and floodlit GAA pitch, a water-based synthetic pitch, and a 400m running track. Another 55 acres of pitches are located at "The Farm" (Curraheen Road Sports Grounds). The Human Performance Laboratory in the Mardyke Arena provides an analysis and advisory service not only to students and UCC Staff but also to local, regional, and elite professional athletes.

The UCC Clubs Executive is committed to promoting health in UCC among both students and staff. Physical activity is integral to the health of students and staff and UCC Clubs Executive plays a vital role in increasing the levels of physical activity and educating members of the college on its importance.

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In UCC, engagement in sports clubs is seen than more than just a pastime; sport shapes the students and provides opportunities for them to become more rounded individuals. Students are also rewarded for their participation at an academic level; they can record the hours spent involved in a club and receive a UCC Works Award, which is recorded on their transcripts.

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Time in university provides an opportunity for students to try out new sports and develop their abilities. At no other time in their life will students have access to such great facilities or such a large number of clubs. At an elite level, access to excellent training and recovery facilities as well as support at an academic and sporting level, allows athletes perform at the highest level and make the most of their time in UCC.

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# CLUBS LIST as of 2016/2017 year

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Aikido  
Archery  
Athletics  
Aussie Rules  
Badminton  
Basketball  
Boxing  
Camogie  
Canoe  
Capoeira  
Chess  
Cricket  
Cycling  
Dance  
Darts  
Equestrian  
Fencing

Gaelic football (ladies/men)  
Golf  
Handball  
Hockey (ladies/men)  
Hurling  
Inline hockey  
Judo  
Ju-Jitsu  
Karate  
Kung Fu  
Lacrosse  
Motorcycle  
Mountaineering  
Olympic Weightlifting  
Orienteering  
Powerlifting  
Racquetball

Rovers  
Rowing  
Rugby (ladies/men)  
Sailing  
Skydiving  
Snowsports  
Soccer (ladies/men)  
Squash  
Subaqua  
Surf  
Swimming and Waterpolo  
Table Tennis  
Mountaineering  
Tae Kwon Do  
Tennis  
Trampoline  
Ultimate Frisbee  
Volleyball

# THE CURRENT ENVIRONMENT

With a recorded student population of over 18,000 students in 2013, which is an increase of 16% over the preceding 7 years, the needs of the students have changed and multiplied, especially as a result of the increase in international students. With this growth, it is important to review the role of the UCC Clubs Executive and how students can be better served.

In addition to the growth in student population, facilities available to students have changed. The planned completion of the Student Hub in 2018 will provide additional services for students. The relatively new renovation of the Mardyke Arena and the upcoming movement of the Farm in Curraheen due to the development of the Cork Science and Innovation Park also have an impact on the facilities available for the student population.

In recent times, the world's focus on health and wellness has grown. This is intimately linked to physical activity and sport. A healthy student population improves academic performance and success, which is undoubtedly an asset to the university.

As the first university campus to receive a Green Flag in recognition of its work in environmental sustainability and as Ireland's first recognised Health Promoting University, it is important UCC promotes active transport and physical activity. This is done in conjunction with the Clubs Exec, who strive not only to promote participation in sports, but also physical activity in everyday life.





## MISSION

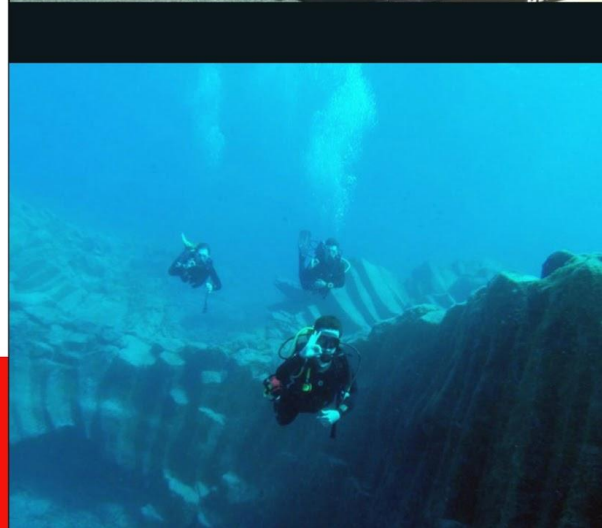
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The Mission of the UCC Clubs Executive is to increase levels of student participation in physical activity and sport, provide the support necessary to allow each student to reach their full potential, and promote the clubs activities and successes. The UCC Clubs Executive strives to enhance the student experience in UCC.

## FUNCTION

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The Function of the UCC Clubs Executive is to provide a range of sporting activities to the student population, to cater for participation at all levels, to allocate funding to clubs, to provide training and development opportunities to club and club committee members, to promote sporting activities and club events, and to monitor and act in an advisory role to clubs and interested students.



## MISSION, FUNCTION, VISION AND VALUES

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## VISION

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The Vision of the UCC Clubs Executive is to have a student body actively engaged in sport, with each student reaching their sporting potential. We also aspire to develop a lifelong engagement in physical activity and sport.





## VALUES

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The Values of the UCC Clubs Executive are participation, engagement, health, equality and inclusivity.

Participation and engagement not only relates to the students involvement in training and competition but also their engagement in the club committees. Sport provides an opportunity for students to engage with university life in the form of club committees as well as their own communities.

Health promotion has become one of the most important aspects of sport and physical activity in today's society. By providing resources and facilities for students to engage in physical activity and educating students on the benefits of sport, the Clubs Exec aims to improve the health of students during their time spent in the university and across their lifespan.



Equality and inclusivity is something the Clubs Exec takes very seriously. With international students accounting for 12% of the student population, as well as students with disabilities, it is important students are welcomed to engage in clubs, regardless of their race, gender, religion or sexual orientation.

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# STRATEGIC GOALS

The strategic goals of the UCC Clubs Executive for 2017-2020 are to:

- increase participation in sport and particularly in club activities
- provide enhanced support services and additional training and development to the club committees
- support and improve the performance of student athletes



# PARTICIPATION

Sport is important to student life in UCC. Not only does it provide a much needed escape to a constant academic focus, it also provides an opportunity for students to develop leadership, teamwork and social skills. To increase levels of participation in sport and club activity, barriers to student involvement must be assessed, equality must be promoted and opportunities for students to become involved must be provided.

## Targets

1. Increase the levels of participation from 5,000 students to 6,000 students.
2. Develop an anti-bullying policy to promote inclusivity and involvement.
3. Increase opportunities for inter-clubs activities and the development of relationships between clubs.
4. Assess the potential barriers to student participation in sport with a view to reducing and removing them.
5. Increase the number of “tester” or trial sessions in clubs throughout the semester, rather than confining them to freshers’ and refreshers weeks.
6. Reduce the stigma of the clubs being exclusively available for elite athletes.
7. Look at the possibility of putting into action a UCC Clubs Summer Camp, similar to the UCC Societies Summer Camp, for second level students.
8. Develop a strategy for greater involvement of minority groups, e.g. mature students, international students, and students with disability.
9. Increase lines of communication between clubs and the Clubs Exec to promote the feeling of inclusion and involvement.

# SUPPORT SERVICES & PROFESSIONAL TRAINING AND DEVELOPMENT

Having adequately trained coaches as well as developing professional skills within the clubs is very important. Not only will benefit students training with the relevant club, but also the overall development of the club, and students as they engage in the workplace and in society as a whole. By increasing and continuing to provide opportunities for students to develop transferrable skills as well as coaching qualifications in their chosen sports, the students are encouraged to engage in their club and in society in a valuable way.

## Targets:

1. Improve the relationships and amount of contact between the Clubs Executive Committee and members of the various clubs' committees.
2. Assist clubs in their understanding and carrying out of their committees roles.
3. Continue to provide training for students undertaking committee positions in the role of captain, treasurer and public relations officer.
4. Provide training for the relevant club committee member in welfare, inclusion and anti-bullying policies.
5. Increase and continue to provide opportunities for students to undertake courses in First Aid and Child Protection.
6. Ensure all coaches are Garda vetted, in accordance with the guidelines laid out by the Irish Sports Council.
7. Continue to support students' engagement in coaching courses provided by the national governing bodies of their chosen sports.
8. Continue to reward students on their engagement in club activity with the UCC Works Awards.
9. Assess the possibility of introducing an academic credit scheme for the involvement of students in clubs.



# PERFORMANCE

Partnerships between UCC Sport and other sporting organisations, such as the recent partnership between UCC and Glanmire Ladies Basketball Club and the more long standing partnership between Blue Demons Basketball Club, show the value of state-of-the-art sporting facilities provided by the college. By exploiting these facilities, as well as supporting student athletes and recognising their successes, clubs in UCC have the opportunity to grow, develop and ultimately perform at a higher level, either on their own or in partnership with a local club. Ensuring clubs have the necessary funding to compete, as well as the best coaching available, allows students to reach and perform at their potential.

## Targets:

1. Continue to provide all clubs with an adequate level of funding to cater for their training and competition needs.
2. Develop sponsorship opportunities to increase funding available to clubs.
3. Continue to monitor the club coaches and assess their suitability.
4. Increase the use of the elite student athletes as promotional aids for UCC Sport.
5. Continue to recognise and celebrate the successes of the clubs and UCC students.
6. Provide additional training to club members on the benefits of nutrition, sleep and physical activity with targeted speakers delivering workshops on how this can improve performance.
7. Provide support to student athletes, particularly in times of stress such as competition and exams.

*The goals and targets outlined in the above strategic plan are those of the UCC Clubs Executive Committee 2016/2017 and do not necessarily reflect the goals of the Executive Committee of any other year. The goals and strategies may be subject to change on a yearly basis, depending on the aims and objectives of the prevailing committee.*