

Elite Sport at DIT



**DIT SPORT and
RECREATION**
>Activity for All



Elite Sport at DIT

- Enviably and proud track record of success
- Develop maximum sporting performance alongside academic excellence
- Balance demands of academic work with requirements of top-level sport
- Positive Impact on the future of Irish Sport



DIT Elite Athletes

- **Ellen Keane – Irish Paralympian Bronze Medallist**
- **Oliver Dingley– Irish Olympic Diver**
- **Patrick Bonner Maher– Tipperary Senior Hurler**
- **Dave Kearney – Irish International Rugby Player**
- **Cormac Comerford – Irish Alpine Skier**
- **Brian Howard – Dublin Senior Footballer**



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➤ Athlete Support Programme

Post entry mechanism for elite and high performance athletes

Athlete-led development programme – financial assistance (may include an offer of a fee waiver) and a network of athlete-led support services.

Does not include any special reductions in entry criteria or the offer of a place at DIT.

➤ Elite Athlete Academic Entry Scheme

Pre-entry mechanism for elite sportspeople – additional CAO points for entry to full-time undergraduate courses up to a maximum of 10% or 45 CAO points.

Limited number of places for those that have achieved a very high level of sporting performance.



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The Benefits of each 'package of support' is assessed on an individual basis and ranks support depending on:

- The Athlete's sporting achievements
- Potential to develop as an athlete
- Commitment to represent and promote the Institute in specific sport(s)

Ellen Keane competes in Swim Intervarsities 2018



Elite Sport @ DIT

Athlete-Led Support Services

Strength and Conditioning Coaching

Sports Nutrition

Life Skills Workshops

Sports Psychology Support

Physiotherapy

Academic Mentoring Programme



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Eligibility (Athlete Support Programme)

To be eligible for a place on the programme, applicants must fulfil the following criteria:

- Be offered a place on a full-time programme at the Institute. Apply through CAO in normal manner
- Be competing in a sport that is recognised by Sport Ireland
- Achieve a high level of sporting performance, demonstrate an ability to compete at Interprovincial, National or International
- Commit to represent the Institute in the appropriate competitive pathway

Elite Sport @ DIT

DIT High Performance Training Facilities

High Performance Strength & Conditioning Gyms

World Class Fitness Equipment

18m 4 Lane Swimming Pool

Training and Fitness Studios



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Elite Athlete Academic Entry Scheme

The closing date for receipt of applications for the 2018/19 is Tuesday 1st May 2018

Athlete Support Programme

The closing date for receipt of applications for the 2018/19 is Friday 1st June 2018

Online Application Forms at <http://www.dit.ie/sport/elitesport>

DIT Elite Sport Bulletin

