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South East
Technological
University

GET INVOLVED SPORTS CLUBS



SPORTS CLUBS

CONTENTS

Welcome	3
Meet the Team	4
Sports Clubs	6
Student Stories	10
Sports Clubs Achievements 2024-2025	12
Student Sport Ireland Award Winners 2024-2025	14
Sports Clubs Award Winners 2024-2025	16
Sporting Venues	18
Contact Info	22



WELCOME

Welcome to SETU's Sports Clubs programme. At SETU, sport is an integral part of our culture. The role of sport at SETU is to create an inclusive environment that promotes participation in sport and physical activity and helps to support students and the wider community in pursuit of their health and wellbeing, competitive and performance sports goals, and ambitions.

From developing existing skills to trying something completely new, joining a club at SETU is one of the best decisions you will make during your time at university. In addition, being involved in Sports Clubs and Societies will enhance your social life and help you make lifelong friends. Try exciting new activities or compete in the top sporting intercollegiate competitions and create memories to treasure for life.

SETU prides itself on its provision of fun physical activity and competitive sports opportunities. There is a huge diversity of activity among the many sports clubs, which include Gaelic Games, Soccer, Rugby, Basketball, Athletics, Badminton, Archery, Volleyball, Boxing and many more.

Informal activities such as Pilates, Yoga, Zumba and Hip Hop Dance are just as popular as the more traditional team and individual clubs and provide opportunities for friendship and social interaction. Aside from the health benefits of engaging in exercise, there is the added advantage of learning new skills from professional coaches along with special camaraderie, atmosphere and enjoyment - part and parcel of the sports club programme at SETU!



MEET THE TEAM

Sports Clubs Contact Details

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SPORTS CLUBS

The importance of sport and physical activity is deeply rooted in our university's short history. We believe sport and physical activity have the ability to empower people through health and wellbeing, whilst teaching instrumental life skills of communication, teamwork, respect, ambition and discipline. Professional coaches are on hand to help develop new skills for both our competitive and recreational clubs. Our sports clubs listing shows the diversity of interests across our multi campus university. Some sports clubs operate on all campuses, others are campus specific.

Students may only join sports clubs affiliated with the campus where they are enrolled. If one of our existing clubs or societies doesn't currently run on your campus, please get in touch with our team who will be happy to help you set one up.

Have an idea for a brand-new club? We're always excited to support students in bringing fresh, vibrant clubs to life at SETU.

Airsoft

Experience the thrill of tactical gameplay and team strategy with the Airsoft Club. Whether you're a seasoned player or a curious beginner, join us for adrenaline-filled matches and a strong sense of camaraderie, played in our sports halls.

Archery

The Archery Club attracts large numbers. Each September, a beginner's course introduces new participants to target shooting with a bow and arrow. Equipment is provided and an instruction will be given by a professional coach. More experienced archers have the opportunity to compete at intercollege level. Come and join in with a fun engaging club which is open to students of all levels of experience.

Athletics

Whether you're new to the track or already competing, the Athletics Club welcomes all abilities and ambitions. With supportive coaching, inclusive training sessions, and chances to represent the university, it's the perfect place to grow your skills and reach new goals.

Badminton

Badminton is one of the most popular indoor sports clubs on offer at SETU. The club hosts its own fun recreation leagues, while also competing in the Student Sport Ireland competition. The club's success is attributed

to the excellent coaching available each week. Participants of all skill levels, whether you're a beginner or an experienced player are encouraged to get involved in a fun and engaging sport. A great place to meet new friends and get active at the same time.

Boxing

Looking to get fit, meet new people, or just try something new and exciting? The Boxing Club is open to boxers of all levels, whether you've been boxing for years or just want to try out a new sport. Sparring takes place on a weekly basis, but you won't box unless you want to! All you will need is water and a towel.

Brazilian Jiu Jitsu

Learn the art of leverage, technique, and control with the Brazilian Jiu Jitsu Club. Whether you're a total beginner or looking to compete, our friendly and experienced coaches create a safe, supportive environment to build skill, fitness, and confidence on the mats.

Camogie

Join one of Ireland's fastest and most exciting sports with the Camogie Club—open to all skill levels. Whether you're inter-county or returning to the pitch, we offer great coaching, competitive matches, and a strong sense of team spirit.

Chess

Challenge your mind and sharpen your strategy with the Chess Club, welcoming players of all experience levels. Whether you're a casual player or a tournament competitor, join us for friendly games, and competitive matches throughout the year.

Cricket

Whether you're new to the game or a seasoned player, the Cricket Club offers a welcoming team environment to develop your skills. Join us for regular practice, friendly matches, and the chance to compete in university leagues and tournaments.

Dance Sport (Carlow Campus)

Step onto the dance floor and have fun with the Dance Sport Club, perfect for all levels who love ballroom and Latin styles. Enjoy relaxed social sessions, group practice, and plenty of chances to meet new friends while dancing your heart out.

Equestrian

Whether you're a beginner or an experienced rider, the Equestrian Club offers lessons and competitions to connect you with horses and fellow enthusiasts. Enjoy a supportive community where you can improve your skills and share your passion for horseback riding.

E-sports (Waterford Campus)

Join the fast-growing world of competitive gaming with the Esports Club, open to players of all levels and game genres. Whether you're into casual play, team-based tournaments, or just connecting with fellow gamers, there's a place for you here.

Field Hockey

The SETU Field Hockey Club welcomes players of all abilities. Join us for fun training sessions, exciting matches, and a friendly community that values teamwork both on and off the pitch.

Golf

Whether you're new to the game or a seasoned player, the Golf Club offers a relaxed and social way to enjoy golf. Join us for lessons at the driving range, and the chance to represent SETU at some fantastic courses with a welcoming community.

Hillwalking

Explore breathtaking landscapes and make lasting memories with the Hillwalking Club. Open to all fitness levels, we organize regular hikes and weekend trips—perfect for anyone who loves nature, adventure, and good company.

Hurling

The SETU Hurling Club brings students together through one of Ireland's most iconic and fast-paced sports. Fielding teams in Fresher and Senior competitions. Whether you're an inter-county or club player you'll find competitive action, skill-building, and a strong sense of community both on and off the field.

International GAA

The SETU International GAA Club is a vibrant and inclusive community that introduces students from around the world to the excitement of Gaelic games. Whether you're curious to try Camogie, Hurling, Men's or Ladies Gaelic football for the first time or just want to meet new people, it's a great way to get active, have fun, and experience a unique part of Irish culture.

Irish Dance

The Irish Dance Club is the perfect place for beginners and experts alike. Step into the world of Irish dance in a fun, relaxed, and supportive setting. No experience needed—just bring your energy and enthusiasm.

Karate

The SETU Karate Club welcomes students of all skill levels to train in traditional martial arts, build confidence, and improve fitness in a supportive and disciplined environment. Join us to develop self-defence skills, compete, and be part of a focused, friendly community.

Karting

The SETU Karting Club is perfect for adrenaline lovers and motorsport enthusiasts of all levels. Whether you're racing for the first time or chasing podium finishes, join us for high-speed fun, friendly competition, and unforgettable track days throughout the year.

Kayaking

The Kayaking Club offers adventure and fun. Whether you're a complete beginner or an experienced paddler, join us for exciting sessions and a great community on and off the water.

Ladies Gaelic Football

The SETU Ladies Gaelic Football Club is a welcoming and competitive team that encourages players of all skill levels to get involved, stay active, and build lasting friendships. Whether you're an inter-county or club player you'll find competitive action, skill-building, and a strong sense of community both on and off the pitch.

SPORTS CLUBS

Men's Basketball

The Men's Basketball Teams compete in inter-varsity competitions, bringing together skilled players who are passionate about the game. With a strong emphasis on teamwork, development, and performance, it's the perfect place to push your game further and represent SETU on the court.

Men's Rugby

The SETU Men's Rugby Club is a competitive and spirited club that represents the university in college leagues, combining athletic performance with a strong sense of camaraderie. Whether you're an experienced player or looking to grow your skills, you'll find top-quality coaching, hard-hitting matches, and a tight-knit community on and off the pitch.

Men's Soccer

The SETU Men's Soccer Club offers the chance to compete and represent the university in CUFAI and CUFL colleges leagues and cups. Find your level as we have multiple teams from Premier to Division 2/3/4.

Men's Volleyball

The Men's Volleyball Club is a competitive and welcoming team that takes part in college leagues. Whether you're an experienced player or looking to develop your game, you'll find great coaching, strong teamwork, and a vibrant club atmosphere.

Mens Gaelic Football

The SETU Men's Gaelic Football Club is a proud and competitive team representing the university in Fresher and Senior championships. Experience the heritage of our National Games on both a recreational and competitive level.

Pilates

Pilates offers students a chance to improve flexibility, core strength, and mental wellbeing through guided, low-impact sessions. Open to all fitness levels, it's a relaxing and supportive space to unwind, build body awareness, and connect with others.

Pool

The Pool Club is a relaxed and friendly space for students to enjoy casual games, sharpen their skills, and take part in college competitions. Whether you're a seasoned

player or just looking to unwind and meet new people, everyone is welcome around the table.

Powerlifting

The SETU Powerlifting Club supports students in building strength, mastering technique, and reaching their personal bests in squat, bench, and deadlift. Open to all levels, from beginners to competitive lifters.

Recreational Soccer

SETU Recreational Soccer is all about enjoying the game in a fun, and social setting— no pressure, just good vibes and great football. Open to all skill levels, it's the perfect way to stay active, meet new people, and play for the love of the sport.

Recreational Futsal (Waterford Campus)

SETU Recreational Futsal is all about enjoying the game in a fun, and social setting— no pressure, just good vibes and great football. Open to all skill levels, and is played indoors all year round!

Skateboarding (Waterford Campus)

Skateboarding Club is the place to catch air, learn new tricks, and hang out with fellow skateboarders of all levels. Whether you're just starting out or shredding like a pro, join us for sessions, events, and a supportive crew that's all about good vibes and progression.

Surfing (Waterford Campus)

Surfing Club is all about getting out on the water, having fun, and improving your surfing no matter your level. Join us for trips, chill sessions, and a great crew who love catching waves and good times.

Swimming

The SETU Swimming Club is open to all levels, whether you're looking to improve your technique, stay fit, or just enjoy some time in the pool with friends. Join us for regular sessions and a supportive team vibe.

Table Tennis

The perfect spot to sharpen your skills, have some fun, and meet fellow players of all abilities. Whether you're playing for leisure or competition, join us for regular games, socials, and a great community atmosphere.

Tae Kwon Do

The Tae Kwon Do Club welcomes students of all levels to learn this dynamic martial art, build confidence, and improve fitness in a supportive environment. Whether you're a beginner or experienced, join us for training, sparring, and lots of fun.

Tennis

The SETU Tennis Club welcomes players of all abilities to enjoy the game, improve their skills. Whether you're a beginner or an experienced player, join us for training, matches, and a great community on and off the court.

Ultimate Frisbee

The Ultimate Frisbee Club is all about fast-paced fun, teamwork, and staying active—whether you're new to the sport or a seasoned player. Join us for training, friendly matches, and a welcoming community that's as much about the socials as the sport.

Women's Basketball

The Women's Basketball Teams compete in inter-varsity competitions, bringing together skilled players who are passionate about the game. With a strong emphasis on teamwork, development, and performance, it's the perfect place to push your game further and represent SETU on the court.

Women's Rugby

The SETU Women's Rugby Club is a competitive and spirited club that represents the university in college leagues, combining

athletic performance with a strong sense of camaraderie. Whether you're an experienced player or looking to grow your skills, you'll find top-quality coaching, hard-hitting matches, and a tight-knit community on and off the pitch.

Women's Soccer

The SETU Womens Soccer Club offers players the chance to represent the university in colleges WSCAI league and cup competitions. Join our club and develop your skills. New players always welcome.

Women's Volleyball

The Women's Volleyball Club is a competitive and welcoming team that takes part in college leagues. Whether you're an experienced player or looking to develop your game, you'll find great coaching, strong teamwork, and a vibrant club atmosphere.

Yoga

Yoga offers students a peaceful space to unwind, improve flexibility, and boost wellbeing through guided yoga sessions suitable for all levels. Join us to relax, connect with others, and find balance amidst the busy student life.

Zumba

Join this club and Dance, sweat, and smile your way to fitness with fun routines.

Scan the QR code below for more information on SETU sports clubs.



Carlow and Wexford Campuses



Waterford Campus



STUDENT STORIES

Adam Nolan – Athletics Club Sports Rehabilitation and Athletic Therapy

Why I Chose to Study at SETU

As a Carlow native, it made sense for me to stay local and continue my education at SETU. The course options aligned perfectly with my academic and sporting ambitions, and the range of clubs and societies available made it an easy choice.



Clubs and Societies Involved In

I've been a member of the Athletics Club since I started at SETU.

The Importance of this Club/Society on my University Journey

The Athletics Club has played a major role in my time at university. I've always had a passion for athletics, so joining the club felt natural. It's given me the chance to meet people I might not have otherwise crossed paths with, and it's helped me stay active and focused. One of my proudest moments was being awarded Sports Person of the Year at the 2025 Student Recognition Awards, after successfully defending both of my Varsity titles. It meant a lot to be recognised and to see a sport like athletics represented. Being part of the club brought so much enjoyment and purpose to my university life, and it's something I'll always look back on fondly.

How My Scholarship Helped Me Balance Sport and Study

The scholarship has been a huge support in helping me manage both my studies and sport. Having access to physiotherapy, nutrition advice, and strength and conditioning has made a real difference. It allows me to train and compete at a high level without it negatively impacting my academic performance. It's taken a lot of pressure off and helped me stay on track in all areas.

Views of SETU

The community at SETU has shaped who I am today, both academically and socially. It's a welcoming and encouraging environment where growth is supported at every step. The lecturers are approachable and genuinely want to see students succeed. I've built strong friendships, gained confidence, and had the space to figure out my passions — all while making unforgettable memories.



Kevin Swayne – GAA Club Sports Coaching and Business Management

Why I Chose to Study at SETU

I chose SETU Carlow because of its strong reputation for sports-related courses and the opportunity to stay relatively close to home while still getting a well-rounded university experience. The balance between academics and extracurricular activities really stood out to me.

Clubs and Societies Involved In

I've been actively involved with the GAA Club throughout my time at SETU Carlow.

The Importance of this Club/Society on my University Journey

Being part of the GAA Club helped me find a balance between my studies and my sport. I developed not only as a player but also as a person, and I've made some brilliant friends along the way. Some of my best memories are from matches against old rivals — it brought great fun and a competitive edge to college life. The facilities here are top class and give players the space to improve and push themselves. The support from coaches has also been second to none — they're genuinely committed to helping you be your best. Being part of this club has definitely enhanced my time at SETU and made my university journey all the more memorable.

Views of SETU

SETU Carlow has a really enjoyable and lively atmosphere. You meet people from all over the country, which helps you build strong friendships and lasting connections. There's always something happening on campus — from social events and activities — which makes it easier to settle in and enjoy student life. It's a great environment for both personal and academic growth.



Kieran Lannen – Rugby Club Sport and Exercise Science

Why I Chose to Study at SETU

I attended the "Try Sport" days while I was still in school and really enjoyed the experience. Waterford was close to home and had everything I was looking for in a course and campus, so it felt like the right choice.

Clubs and Societies Involved In

I've been involved with the SETU Rugby team throughout my four years here.

The Importance of this Club/Society on my University Journey

The rugby club has grown massively during my time in college. In first year, we barely won a game, but in my final year we went 10 games unbeaten and won the first rugby trophy for the college in nine years. It was an incredible way to round off my college experience and a moment I'll never forget.

Rugby also gave me a personal comeback story. There was a period when I couldn't play, which was challenging, but I stayed involved by helping with the forwards and contributing to the strength and conditioning side, applying what I was learning in my degree. After some time, I was able to return to playing. Getting back on the field with my college teammates was an unbelievable feeling — one I'll always cherish.

This club gave me lifelong friends and unforgettable memories. It's been a pleasure to be part of it, and I truly hope it continues to grow from the foundation we've helped build.

Views of SETU

Since I started in first year when it was still WIT I've seen huge development. Achieving university status has really brought a new energy and pride to the campus. The facilities are top class, and the lecturers are always approachable and willing to help whenever needed.



SPORTS CLUBS ACHIEVEMENTS 2024-25

ATHLETICS

Indoor – 2 Gold Medals, 3 Silver Medals & 1 Bronze Medals

IUAA Indoor Championships 2025 – Gold, Women’s 60m Hurdles (Arabella Adekoya)

IUAA Indoor Championships 2025 - Gold, Men’s 60m Hurdles (Adam Nolan)

IUAA Indoor Championships 2025 - Silver, Women’s 60m (Lauren Ryan)

IUAA Indoor Championships 2025 - Silver, Women’s 1500m (Emily O Shea)

IUAA Indoor Championships 2025 - Silver, Men’s Combined Events (Taiwo Adereni)

IUAA Indoor Championships 2025 – Bronze, Women’s 1500m Race Walk (Meabh O’Connor)

Outdoor – 3 Gold Medals, 3 Silver Medals & 3 Bronze Medals

IUAA Outdoor Championships 2025 - Gold, Women’s 100m Hurdles (Arabella Adekoya)

IUAA Outdoor Championships 2025 - Gold, Men’s 110m Hurdles (Adam Nolan)

IUAA Outdoor Championships 2025 - Gold, Men’s Combined Events (Taiwo Adereni)

IUAA Outdoor Championships 2025 - Silver, Women’s Javelin (Ailbhe Gordon)

IUAA Outdoor Championships 2025 - Silver, Men’s Shot Putt (Sam Vines)

IUAA Outdoor Championships 2025 - Silver, Men’s 4 X 100m (Adam Nolan, Cillian Griffin, Dannan Long, Reuban McCarthy)

IUAA Outdoor Championships 2025 – Bronze, Women’s 1500m Race Walk (Meabh O’Connor)

IUAA Outdoor Championships 2025 – Bronze, Men’s Discus (Sam Vines)

IUAA Outdoor Championships 2025 – Bronze, Men’s Pole Vault (Taiwo Adereni)

BADMINTON

Student Sport Ireland Badminton Cup Quarter Finalists 2025

BASKETBALL

Basketball Ireland Colleges Womens B League Champions 2025

Basketball Ireland Colleges Women’s B Intersivity Champions 2025

Kate Hickey & Orla Dullaghan Intersivity All-star team

BOXING

5 Gold Medals, 5 Silver Medals, 7 Bronze Medals

GOLD

Caithlyn Kimber, Jack Murphy, Lucas Godkin, Niall Doherty, Padraig Corduff

SILVER

Emmanuel Atuns, Hewad Ahmad, Jordan Odunbaku, Michael Corr, Shea Ryan

BRONZE

Ben Purcell, Gerson da Silva, Jack Johnson, Jack O’Connor, Killian Farrell, Ross Hendy, Sam Browne

BRAZILIAN JIU JITSU

Dublin International Open - Gold & Silver - Kyran Fludgate

Grapple City Dublin Open - 2 X Gold - Kyran Fludgate

Leinster Autumn Open - Bronze - Kyran Fludgate

Spring Open Limerick - Bronze - Kyrollos Merhem

CAMOGIE

Electric Ireland CCAO Ashbourne Semi Finalist 2024

CCAO Division 2 League Finalists 2024

2025 Purcell Cup Semi-Finalists

E-SPORTS

Ireland Esports Collegiate Spring Series Rocket League Finalists 2025

Ireland E-Sports Collegiate Series 2025 – Rocket League Winter Champions

GOLF

SSI/Golf Ireland Intersivities Category B Champions

HANDBALL

ICHA 3rd Level Handball 40 X 20 Singles Intersivity Winner – 2025 (Kyle Jordan)

ICHA 3rd Level Handball Women’s Open 40X20 Singles Intersivity Winners 2025 (Mollie Dagg)

ICHA 3rd Level Handball Womens Open 60×30 Singles Intersivity Winner 2025 (Mollie Dagg)

HURLING

Ryan Cup Semi Finalists 2025

Freshers Hurling Division 2 League Champions

KARTING

Gold at DCU all female Karting competition (Ellen Donnelly)

KAYAKING

Kayaking Intervarsity 2025- Gold in the Men's Freestyle (Mark Kearney)

Kayaking Intervarsity 2025- Bronze in the Men's Whitewater (Mark Kearney)

Kayaking Intervarsity 2025- Bronze in the HP Men's Long Distance (Kevin McGrath)

Kayaking Intervarsity 2025- Best Female Paddler (Eve McCormack)

Freestyle Gold, Whitewater Timetrial at Intervarsity in Limerick Bronze (Mark Kearney)

LADIES FOOTBALL

Freshers LGFA 7-a-side Blitz Winners 2025

MEN'S GAELIC FOOTBALL

HEGAA Division 2 League Semi Finalists

Trench Cup Round 2

HEGAA Freshers Division 2 League Semi Finalists

HEGAA Freshers B Championship Finalist

POOL

Student Sport Ireland Pool League - Finalists

POWER LIFTING

Aaron Forde - Silver Medal - IPF University Nationals

Emma Jensen - Silver Medal - European University Championships (Deadlift)

Elle O'Neill - Silver Medal - IPF University Nationals

Eoin Buenaventura - Bronze Medal - IPF University Nationals

European University powerlifting championships Silver medal in the deadlift (Emma Jensen)

RUGBY

Student Sport Ireland Tier 2 League Champions 2024/25

SSI/IRFU Men's Division 1 League Winners

SSI/IRFU Brendan Johnston Cup Semi Finalist

Kay Bowen Women 7's tournament Champions

SSI/IRFU Tier 2 Cup Plate Finalist

SOCCER

CUFAI Eustace Cup Winners

CUFAI Challenge Cup Winners

CUFL Div 2 Semi Finalist

CUFL Div 3 League runner up

INTERNATIONAL REPRESENTATION

Callum Thompson, Dean Larkin, James Crawford, Jesse Dempsey and Thomas Considine selected on the Irish Colleges & Universities Men's Soccer Team 2025

Mary Phillips & Grace Fitzpatrick Ryan Ireland - UEFA WU19 European Championship Qualifiers

Kate Hickey - Senior Irish Women's Basketball Squad - named February winner of the Waterford Sports Awards, in associations with WLR and the Granville Hotel

Abbie Cullen - ICO World Kickboxing and Karate Championships 2 x Gold 1 x Silver

Amy Rushton selected on the Ireland University 7s women's squad competed in the World University Rugby Sevens Championship

Katie Corrigan - Irish Women's 6 Nations squad 2024 scoring 4 tries, Women's Senior 7s squad for the World Games

Adam Nolan - Selected to represent Ireland in 110m Hurdles for the European Athletics Championships 2025 & European Athletics U23 Championships 2025 in Bergen, Norway

Meabh O'Connor - top 10 spot in the World Race walking tour gold level U23 10km race in Slovakia

STUDENT SPORT IRELAND AWARD WINNERS 2024-25

Two South East Technological University (SETU) students have taken centre stage at the Student Sport Ireland (SSI) National Student Awards 2024–25, with Kate Hickey named Sports Person of the Year and Ellen Donnelly receiving the Leadership Award.

Student Sport Ireland (SSI) is the national governing body for third-level sport in Ireland, promoting student well-being through physical activity and sport, while also supporting elite athletes and student leadership. The annual awards recognise individuals who have made exceptional contributions to sport and student life across the country.

Kate Hickey named SSI Sports Person of the Year 2025

Kate Hickey, one of Ireland’s rising basketball stars, has been awarded the prestigious SSI Sports Person of the Year 2025 after a remarkable season with SETU Basketball Club and the Waterford Wildcats.

Kate led SETU Waterford to an unbeaten season, claiming both the League and Intervarsity titles. Her standout performance in the league final earned her MVP honours. At national level, she helped guide the Wildcats to their first Super League Regular Season title in over two decades, and was named Basketball Ireland’s Player of the Month for October 2024.

She also made her mark internationally, scoring a dramatic buzzer-beater in the EuroBasket Qualifiers for Ireland.

Reflecting on her success, Kate said: “I’m proud to represent SETU and grateful for all the support from my teammates and coaches. This award means a lot to me.”

Kate’s year has been packed with recognition, including Waterford Sports Star of the Month, SETU Sports Person of the Year, and Basketball Ireland Division 2 College Player of the Year.



Ellen Donnelly wins SSI Leadership Award 2025

Also celebrated at the awards was Ellen Donnelly, who received the SSI Leadership Award 2024–25 for her transformative work with the SETU Karting Club.

In her first year at SETU, Ellen helped rejuvenate the club expanding its membership, organising high-quality events, and fostering an inclusive culture that's driven new levels of participation. She played a pivotal role in launching the first-ever all-female karting race, hosted by DCU Karting Club, where she went on to take the chequered flag herself.

Her contribution to student life and sport at SETU also earned her the Karting Person of the Year award at the university's Sports and Societies Awards this April.

Reflecting on the award, Ellen stated "I'm truly honoured to receive this leadership award, especially in my first year at SETU. The Karting Club and the people in it have been such a huge part of making this year unforgettable, and I'm incredibly grateful to the Sports Office and staff for their support and belief in our small but passionate club. This recognition means so much to me."



SPORTS CLUBS AWARD WINNERS 2024-2025

The social highlight of the year for Sports Clubs is the Student Awards. This social event is held in spring each year to acknowledge students' commitment and achievement in Sports Clubs and Societies.





SPORTING VENUES

SETU offer the largest indoor and outdoor sporting infrastructure across all universities on the island of Ireland, totaling 200,000 square metres of sporting space across the Carlow and Waterford campuses.

South Sports Campus

SETU has invested in a €15 million, 31-acre South Sports Campus located on the Kilkenny Road, Carlow. This world-class outdoor training facility includes 6 full-size LED floodlit playing pitches, 1.6km looped walking trail, 400m athletics track and a pavilion building, including changing rooms, meeting rooms and ancillary space.

STATE-OF-THE-ART SPORTS PITCHES & SPRINT TRACK

The external grounds have been developed to include two full-size sand based flood lit Gaelic football and rugby pitches and a full-size flood lit 4G soccer pitch as well as all-weather 5 & 7 a side pitches and a 150m tartan sprint track. The grounds

developments also include a modern GAA 660 seated stand and 250 seated rugby stand to showcase the weekly matches. These facilities incorporate top class team changing rooms, showers, sauna, steam rooms and physiotherapy areas.





THE BARROW CENTRE

The Barrow Centre is the hub of all activity at SETU Carlow campus. The Barrow Centre sports facilities are part of an overall expansion of the student services area which includes health, accommodation, access, chaplaincy, counselling, careers and administration.

The sporting facilities located in the Barrow Centre include:

Health and Fitness Suite

The gym is operated by professional fitness instructors who can provide personalised fitness programmes. Student friendly membership rates are available. The state-of-the-art facilities are some of the best equipped centres for strength, conditioning and fitness and provide the ideal training ground for the elite athlete, college teams and the recreational user.

High Performance Strength and Conditioning Gym

A High Performance Training Centre is also available on the first floor of the Barrow Centre. This modern facility is the ideal training centre for elite athletes to maintain and improve their strength and power.

Exercise Studio

South East Technological University offers a wide range of fitness classes suitable for all levels. Whether you wish to build strength, boost energy or feel your best, our highly experienced instructors will help you achieve your goal. Add some variety to your fitness regime and experience the benefits. Some classes include zumba, yoga, pilates, hip hop and many more.

Other Facilities Include:

- Performance analysis laboratory
- Rehabilitation therapy clinic

All Sporting Facilities at SETU's Carlow campus MUST be booked in advance.

Bookings can be made on:

www.sportskey.com

Contact the Sports Office for 5 & 7 a-side.

All-Weather student discounts:

sport.cw@setu.ie or

(059) 91 75617

SPORTING VENUES

SETU Arena - West Campus, Waterford

The SETU Arena is the largest sports, conference, and events centre in the South East of Ireland. This multi-purpose facility caters for a wide range of activities, such as recreational gym users, high-performance sports athletes, multi-purpose sports, camps, entertainment events, and conferences. The facilities are state-of-the-art, and the service is truly exceptional. Through the promotion of SETU tournaments, camps, workshops, and conferences, our mission is to create a brand name that is synonymous with innovative ideas that promote a multitude of sports and sports-related activities.





The SETU Arena facilities include:

- 6 sand-based grass pitches (GAA grass pitches and 3 full-sized grass soccer pitches)
- Floodlit training areas for warm-ups and running-based drills.
- Floodlit all-weather area (3G surface), which consists of a full-sized GAA pitch and 2 soccer pitches.
- 2000 sq m sports hall. The hall has 3 courts and can cater for: basketball (2 full-size courts and 2 half-courts for training), badminton, indoor soccer, futsal, volleyball, archery badminton, and table tennis.
- The SETU Arena boasts a high-end commercial gym. With over 2,000 members, our top-class gym includes over 100 pieces of cardio and resistance equipment.
- High-performance gym
- Video analysis room
- FHITT Zone
- 3 fitness studios for over 50 different instructor-led exercise classes per week
- 3 lecture rooms
- Team and official changing rooms
- 6 breakout rooms for meetings and conferences
- Restaurant and café facilities.

GET INVOLVED SPORTS CLUBS & SOCIETIES

Carlow
Carlow Campus
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[@SETUSport_Carlow](https://www.instagram.com/SETUSport_Carlow)

FACEBOOK: [@SETUWaterfordSports](https://www.facebook.com/SETUWaterfordSports)
[@SETUSocietiesWaterford](https://www.facebook.com/SETUSocietiesWaterford)

SETU Clubs & Societies Carlow

X: [@SETUSportsWD](https://twitter.com/SETUSportsWD)

[@SETUCarlowSport](https://twitter.com/SETUCarlowSport)



GET INVOLVED SOCIETIES

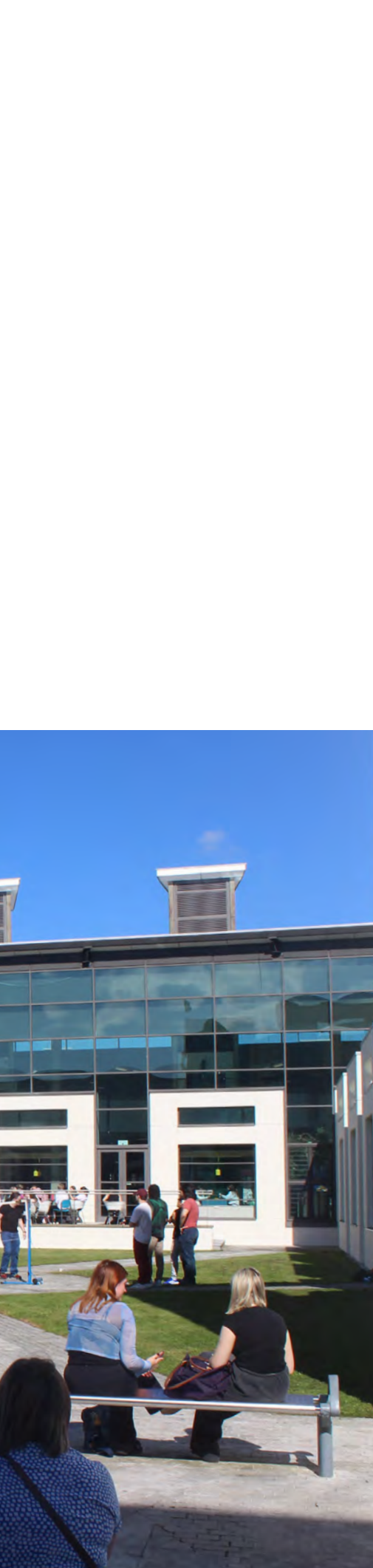


SOCIETIES

CONTENTS

Welcome	3
Meet the Team	4
Societies	6
Student Stories	10
Societies Award Winners 2024-25	12
Student Volunteer Awards 2024-25	13





WELCOME

Welcome to SETU's Societies programme. We provide a wide variety of societies and participation opportunities for over 18,000, part-time and full-time students.

Some of the greatest memories students have of their time in university are from getting involved in societies and attending society events. The diversity of SETU societies means that practically every taste is catered for. University is a time of learning so you shouldn't confine yourself to activities you are already familiar with. SETU societies are mainly run by students, for students and our key values are leadership, accountability, excellence and collaboration. We aim to encourage innovation, creativity and initiative in all our activities and we are committed to enhancing the student experience for all SETU students.

By signing up to a society you become an official society member. You will receive information directly for that particular society so you are the first to hear about upcoming events and outings. Education is more than academic studies.

A society is all about interacting and socialising with other students with similar interests, which in turn relieves the pressures of being buried beneath a pile of economics, chemistry or mechanics books!

Grab the opportunity to experience something new or pursue an interest you have always wanted to explore. It's easy to get involved and you can choose from a vast array of interests across social, cultural, civic, religious and political, artistic and performance, and lifestyle and wellbeing. Also, if you have an interest in an area not catered for currently, we will work with you to help you start up a new society. For more information on our sports clubs and societies please visit our website.

MEET THE TEAM



Societies Contact Details

Carlow & Wexford Campuses



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Waterford Campus



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SOCIETIES

Getting involved in societies at SETU is one of the best ways to make the most of your college experience. Societies bring together students with shared interests.

Students may only join societies affiliated with the campus where they are enrolled. If one of our existing societies doesn't currently run on your campus, please get in touch with our team who will be happy to help you get one set up.



Active Commuter

Promoting sustainable travel, this society brings together students who walk, cycle, or use public transport, encouraging a healthy and eco-friendly commute to campus.

Adventure (Waterford Campus)

For thrill-seekers and nature lovers, this society organises outdoor activities offering students a chance to explore and embrace the wild.

African and Caribbean

Celebrating the rich cultures of Africa and the Caribbean, this society fosters community, cultural expression, and connection through events, music, food, and discussion.

Agricultural

Connecting students with an interest in farming, food production, and rural life, this society hosts talks, trips, and networking events within the agri-food sector.

An Cumann Gaelach

A society for lovers of the Irish language and culture, promoting Gaeilge through social events, music, and conversation in a fun and welcoming environment.

Architectural Appreciation

Celebrating the art and impact of architecture, this society explores design, history, and innovation through talks, tours, and creative discussions.

Art

A creative space for all skill levels, the Art Society encourages self-expression through workshops, exhibitions, and collaborative projects across various artistic mediums.

Arts and Literature

Bringing together lovers of books, poetry, theatre, and the visual arts, this society hosts readings, discussions, and cultural outings to inspire and connect creative minds.

Audio Visual

For tech enthusiasts and storytellers, this society dives into film, photography, and multimedia production, offering hands-on experience with AV equipment and creative projects.

Brewing & Distilling

Exploring the science and craft behind brewing beer and distilling spirits, this society offers workshops, tastings, and insights into the world of craft beverages.

Business

Connecting future entrepreneurs and professionals, this society provides networking, skill-building workshops, and insights into the world of business and innovation.

Climate Action

Dedicated to raising awareness and driving positive environmental change, this society organises campaigns, workshops, and events focused on sustainability and climate justice.

Civil Liberties (Waterford Campus)

Championing human rights and freedoms, this society engages students in discussions, activism, and education around civil liberties and social justice issues.

Chinese

Celebrating Chinese culture, language, and traditions, this society offers cultural events, language practice, and social gatherings to connect students with an interest in China.

Choral

Bringing together voices from all backgrounds, this society welcomes singers to perform, rehearse, and enjoy the art of choral music in a supportive community.

Christian Union

A welcoming community for students to explore and deepen their Christian faith through fellowship, worship, and meaningful discussions.

Computer

Connecting tech enthusiasts and programmers, this society offers workshops, coding challenges, and talks to boost skills and explore the latest in computing.

Culinary Arts

Passionate about food? Join the Culinary Arts Society to cook, taste, and explore new flavours with fellow foodies. From fun workshops to foodie trips, we serve up skills, creativity, and plenty of tasty memories.

Cultural Shake Up

Celebrating diversity and inclusion, this society promotes cultural exchange and understanding through events, performances, and adventures.

Cumann na Gaeilge (Waterford Campus)

Cumann na Gaeilge is a vibrant space to celebrate the Irish language and culture. Whether you're fluent, just starting out, or simply curious, you'll find a friendly community to practise, enjoy conversation, and take part in fun cultural events that bring Gaeilge to life.

Dance (Waterford Campus)

A vibrant community for dancers of all styles and levels, offering classes, socials, and performances to express creativity through movement.

Debate

Sharpen your argument skills and engage in thought-provoking discussions through friendly competitions and workshops in a dynamic environment.

DJ

A hub for aspiring DJs to learn mixing, share music, and showcase their skills at events and parties across our campuses.

Enactus (Waterford Campus)

Empowering students to create positive social and environmental impact through entrepreneurial projects and community partnerships.



Engineering (Waterford Campus)

Connecting students across all engineering disciplines, this society offers workshops, networking, and hands-on projects to fuel innovation and collaboration.

E-Sport (Carlow Campus)

Bringing together competitive gamers, this society hosts tournaments, team play, and social events focused on popular video games and E-sports culture.

Eastern European

Celebrating the cultures, traditions, and languages of Eastern Europe through social events, cultural festivals, and community gatherings.

Everything Space

For space enthusiasts and curious minds, this society explores astronomy, space science, and the cosmos through talks, stargazing, and interactive events.

Film (Waterford Campus)

A community for cinephiles to watch, discuss, and create films, offering screenings, workshops, and opportunities to explore all things cinema.

Forestry (Waterford Campus)

Connecting students with a passion for forests and nature, this society promotes sustainable forestry practices.

Formula 1

Bringing together F1 fans to discuss races, analyze teams, and celebrate the excitement of motorsport through watch parties and events.

SOCIETIES

Google Developers

A community for coders and tech enthusiasts to learn, collaborate, and innovate using Google technologies through workshops, hackathons, and projects.

Guitar (Waterford Campus)

A gathering place for guitarists of all levels to jam, learn, and share their passion for playing across genres and styles.

Green Campus

Committed to making the university more sustainable, this society leads eco-friendly initiatives, awareness campaigns, and green projects on our campuses.

Hip Hop

Celebrating all elements of hip hop culture—from dance and music to art and expression—through dance sessions, performances, and community events.

Horticulture

For plant lovers and green thumbs, this society explores gardening, plant care, and sustainable growing through hands-on activities and educational events.

Innovation and Entrepreneurship

Fostering creativity and startup spirit, this society supports aspiring entrepreneurs with idea development, networking, and practical workshops.

International

Bringing together students from around the world, this society celebrates global cultures and builds community through social events, cultural exchanges, and support networks.

Irish Traditional Music (Waterford Campus)

Keeping Irish musical heritage alive, this society gathers musicians and enthusiasts to play, learn, and enjoy traditional Irish tunes in a lively, welcoming atmosphere.

Islamic

A supportive community for Muslim students, promoting faith, understanding, and unity through prayer, discussions, and cultural events open to all.

Law

Supporting aspiring legal professionals, this society hosts moots, guest speakers, and networking events to deepen knowledge and build connections within the legal field.

LGBTQ+

A safe, inclusive, and empowering space for LGBTQ+ students and allies, this society promotes equality, support, and celebration through events, advocacy, and community.

Malaysian (Waterford Campus)

Celebrating Malaysian culture and heritage, this society connects students through traditional food, festivals, and cultural events.

Mature Student

Providing support and community for mature students, this society offers social events, resources, and networking tailored to their unique university experience.

Music and Band

Bringing musicians together to rehearse, perform, and collaborate across genres, fostering a vibrant musical community on campus.

Neurodivergent

Creating an inclusive and supportive space for neurodivergent students to connect, share experiences, and raise awareness about neurodiversity.

Nursing (Waterford Campus)

Supporting nursing students with educational workshops, networking, and opportunities to engage with healthcare professionals and peers.

Ógra Fianna Fáil Society (Waterford Campus)

The university branch of Fianna Fáil's youth wing, promoting political engagement, debate, and involvement in Irish politics among students.

Photography

A creative community for photographers of all levels to learn, share, and showcase their work through workshops, outings, and exhibitions.

Physics (Waterford Campus)

Bringing together students fascinated by the laws of nature, this society offers talks, experiments, and discussions to explore the wonders of physics.

Post Graduate

Supporting postgraduate students through networking, social events, and resources tailored to their academic and personal needs.

Psychology (Waterford Campus)

Exploring the science of the mind and behavior, this society hosts talks, discussions, and activities that deepen understanding of psychology in everyday life.

Sinn Féin (Waterford Campus)

Student group promoting the values and politics of Sinn Féin, encouraging political discussion, activism, and engagement on campus.

Social Care (Waterford Campus)

Supporting students interested in social care and community work, this society offers networking, workshops, and opportunities to engage with social issues.

Social Science (Waterford Campus)

Bringing together students interested in sociology, politics, and related fields to explore social issues through discussions, talks, and events.

Socialist Party

A platform for students interested in socialist ideas and activism, promoting political education.

Table Top Gaming

A fun-loving community for fans of board games, card games, and role-playing games, offering regular sessions and tournaments to connect and play.

Useless Gamers (Waterford Campus)

A fun-loving community for fans of board games, card games, and role-playing games, offering regular sessions and tournaments to connect and play on Waterford Campus?

Visual Arts (Waterford Campus)

A creative hub for artists working in painting, sculpture, and digital media, offering workshops, exhibitions, and collaborative projects to inspire expression. Open to all levels.

Young Fine Gael

The university branch of Fine Gael's youth wing, encouraging political engagement, debate, and involvement in Irish and European politics among students.

Scan the QR code below for more information on SETU Societies.



Carlow and Wexford Campuses



Waterford Campus



STUDENT STORIES

Rachel McGrath – Law Society Final Year, LLB

Why I Chose to Study at SETU

I chose SETU because it's close to home, and the smaller class sizes really appealed to me. You get to know everyone in your course, and it's easier to form meaningful connections with your peers and lecturers. There's a strong sense of community, and people are always willing to help you out.

Clubs and Societies Involved In

I helped re-establish the Law Society at SETU after it had been inactive for several years.

The Importance of this Club/Society on my University Journey

Reviving the Law Society was a highlight of my time at SETU. It became a space for law and business with law students to support one another, share experiences, and feel part of something. We hosted guest speakers who gave valuable insights into legal careers, organised a visit to the Criminal Courts of Justice in Dublin, and ran revision workshops tailored to law students. Socially, our pub quiz at Tully's and the Law Ball at the Dolmen were huge successes and brilliant ways to bring people together. Being part of the society improved my public speaking and made me more confident about my future as a barrister. It opened doors, expanded my network, and helped make my final year especially rewarding.

Views of SETU

The student experience at SETU is unlike any other. From my first year here, I've found the university — particularly the Students' Union — to be incredibly student-focused. There are always events on to bring people together, which adds to that close-knit atmosphere. It's a place where you're never afraid to ask questions, and lecturers are always happy to offer guidance. I'm really glad I chose to study my LLB here — I don't think I would have received the same level of support elsewhere. The social life is great too — places like Tully's and the Barracks always host events for SETU students, which made college life even more enjoyable!



Lakshmikanth Kailas – Photography Society Bachelor of Business (Hons) Year 3

Why I Chose to Study at SETU

I came to SETU as an International student seeking further opportunities and for a more exciting and challenging chapter in my life.

Clubs and Societies Involved In

I've been involved with the Photography Society at SETU for the past 2 years, joining in my first year and taking on the role of a treasurer, and moved into the role of Co-Chairperson during my second year.

The Importance of this Club/Society on my University Journey

Being part of the photography society really helped me throughout the last 2 years, as it was a medium for me to relax and de-stress, and rejuvenate during hectic times. It's helped me build a better network in the college, having met with so many other individuals and just having something in common to talk about, collaborate with, even with other societies and clubs as well.

Overall, it helps a student have something they know they can fall back onto, during busy periods of life in college, and also helps keep you grounded in a way.

Views of SETU

SETU has helped me grow as an individual, taught me how to balance studies and work and overall helping me prepare for my future.



James Cahill – Dance Society Psychology, Year 2

Why I Chose to Study at SETU

It was because of the Psychology course! I looked into other psychology courses as well but SETU stood out to me with the course!

Clubs and Societies Involved In

I am part of the Dance Society! Along with various others, but the Dance Society is what I'm mainly part of!

The Importance of this Club/Society on my University Journey

It's essential to have a past time with something to do other than studying and doing assignments all the time! I was a bit sad that there wasn't any type of Dance Society when I started out so I decided to try to start one up and I'm very delighted that it's running as it gives me something else to do during my time here!

Views of SETU

It's a very nice place! There is lots of kind and welcoming people around SETU, I was surprised by how nice everyone was when I first started here!



SOCIETIES AWARD WINNERS 2024-25

The social highlight of the year for societies is the Sports Clubs and Societies Awards. This social event is held in spring each year to acknowledge students' commitment and achievement in sports clubs and societies.



STUDENT VOLUNTEER AWARDS 2024-25

The SETU Student Volunteer Awards acknowledge and support the contribution that students at the University make to their communities, whether on campus and or within their own local community.

The main aims of the awards are:

- To develop active citizenship and to create joint projects with our volunteer communities.
- To create civic and leadership skills amongst students.

Find out more about volunteering at your student services office.



SOCIETIES

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[setu.ie](https://www.setu.ie)

