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Ollscoil
Teicneolaíochta
an Oirdheiscirt
South East
Technological
University

GET INVOLVED SPORTS CLUBS



SPORTS CLUBS

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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

Carlow Campus



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Wexford Campus



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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 (Carlow Campus)

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.

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.

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.

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.

SPORTS CLUBS

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!

Rowing Club (Carlow Campus)

Rowing at SETU is a great way to get active and challenge yourself, whether you're a complete beginner or have experience. The club currently focuses on indoor rowing, with opportunities to train, improve technique and take part in competitions if you wish. As the club continues to grow, there may also be opportunities to get out on the water.

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.

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 2025-2026

Dylan O'Keeffe – Rugby Sports Rehabilitation and Athletic Therapy



Why I Chose to Study at SETU

When I went to the open day, I instantly felt like I belonged there. To me I never liked the thought of going into a big lecture of 150+ students so when I found out how much smaller the classes were I thought it would have suited me to a tee. It was like a big secondary school which appealed to me and the ability to get so much hands on experience in practical classes was a big bonus for me.

Clubs and Societies Involved In

I was involved in the rugby club in the collage and personally it was the best decision I have ever made. Great crack made friends for life and won a few trophies along the way which was nice.

The Importance of this Club/Society on my University Journey

I really felt comfortable within the SETU team and I think it showed in how I was able to express myself on the pitch I've probably played some of my best rugby matches for Carlow as I just loved playing for them. You make such great friends whilst playing for the collage and me personally that is when I give that extra 10% is when you're with your mates.

How My Scholarship Helped Me Balance Sport and Study

It was a great help. It opens such great facilities that are available in SETU as well as a financial help that they provide takes a bit of the financial stress of collage off of you.

Views of SETU

Personally I couldn't recommend SETU more to anyone who's leaving school. It really has a great balance of being a really competitive collage in sporting competitions but also having the social aspect that collage brings. It gets the balance right. I'm sad time in SETU is finished as I'd happily do another 4 years.



Ellyanna Madden – Ladies Gaelic football Athletic Therapy & Sports Rehabilitation

Why I Chose to Study at SETU

I Chose to study at SETU college Carlow because I was so impressed with the facilities. It felt like a community environment from the first day, people were willing to help and give time to you, it was clear that it was a fantastic environment to develop in as a student and an athlete.

Clubs and Societies Involved In

I was involved in the ladies Gaelic football team. The clubs are extremely welcoming and delighted to see new faces come to train. It is a fantastic way to meet girls from different courses and integrate with different groups. You see familiar faces around the college then that you can say hi to or have a chat with it's a very community feeling.

The Importance of this Club/Society on my University Journey

The Ladies Gaelic team changed over the years. The people I met in first year who were older than me were incredible role models, one athlete is currently flying out to Australia for AFL and the girls took me under their wing and helped me to enjoy football. Talking to girls ahead of you in college for academic advice when you're struggling has helped me a lot. It structured the week for me and I got moving my body, have some fun. When we won the championship this year it was like winning with your best friends, your just so happy for everyone there it is peak girlhood, everyone wanting each other to do well in college work and on the field.

Views of SETU

I think the environment is there to make friends, to play sports, to excel in college. It offers solutions and opportunities for all the obstacles that student athletes can face. I think many people who come to college here really flourish and come into themselves in the best possible way.



Sophie Meagher – Soccer Bachelor of Business, 1st year

Why I Chose to Study at SETU

SETU was close to home which allowed me to continue playing soccer while being able to stay with my family which is what I wanted. I also liked the campus and the course that I wanted was available to me so everything was in my favour.

The Importance of this Club/Society on my University Journey

I think soccer keeps me sane, if I didn't have it I wouldn't know what I would do because I don't know any different from playing soccer my whole life. It helps me keep my mind off things as well, especially coming up to stressful times like exams etc, It can give me a break from the books and ease my mind a bit.

Scholarship if any and how this helped balance their playing career and academics - For societies looking at how they got involved and what they did throughout their time in the society

The scholarship allowed me to do what I love while continuing my studies in SETU. It kind of motivated me in a way to keep going as the rewards were there both on and off the pitch in terms of academics as well. We were very successful in the college this year which made my first year in college that little bit sweeter. I suppose the little breaks away from class to go play a match also helped me mentally!

Views of SETU

SETU is a very welcoming place with lots of different personalities so I feel like everyone is able to fit in in their own way without any judgement because there is a group for everyone. There are lots of different societies also which can help people adjust to college life while making new friends also.



SPORTS CLUBS ACHIEVEMENTS 2025-2026

ATHLETICS

IUAA Outdoor Championships 2026 –
Combines Events (Adidas Trophy)

IUAA Outdoor Championships 2026 – Jumps
Perpetual Challenge Trophy

IUAA Outdoor Championships 2026 – Gold –
Men's 110m Hurdles (Adam Nolan)

IUAA Outdoor Championships 2026 – Gold –
Women's 100m Hurdles (Arabella Adekoya)

IUAA Outdoor Championships 2026 – Gold –
Men's Combined Events (Shane McGrath)

IUAA Outdoor Championships 2026 – Gold –
Women's Javelin (Ailbhe Gordon)

IUAA Outdoor Championships 2026 – Gold –
Men's Discus (Corey Scanlon)

IUAA Outdoor Championships 2026 – Silver –
Men's Shot Putt (Sam Vines)

IUAA Outdoor Championships 2026 – Silver –
Men's Triple Jump (Isaac Akinjewe)

IUAA Outdoor Championships 2026 – Silver –
Men's Hammer Throw (Corey Scanlon)

IUAA Outdoor Championships 2026 – Silver –
Men's 200m (Dannan Long)

IUAA Outdoor Championships 2026 – Bronze –
Men's 110m Hurdles (Shane McGrath)

IUAA Outdoor Championships 2026 – Bronze –
Women's Combined Events (Michaela
Subrtova)

IUAA Outdoor Championships 2026 – Bronze –
Men's Shot Putt (Corey Scanlon)

IUAA Outdoor Championships 2026 – Bronze –
Men's Hammer Throw (Luke Ward)

IUAA Outdoor Championships 2026 – Bronze –
Women's 400m Hurdles (Cara Kelly)

IUAA Outdoor Championships 2026 – Bronze –
Men's Weight for Distance (Corey Scanlon)

IUAA Indoor Championships 2026 – Gold –
Men's 60m Hurdles (Adam Nolan)

The IUAA Indoor Championships 2026 – Silver –
1500m Women's Walk (Meabh O'Connor)

The IUAA Indoor Championships 2026 – Silver –
Men's High Jump (Sean Kavangh)

IUAA Indoor Championships 2026 – Silver –
Men's Combined Events (Shane McGrath)

IUAA Indoor Championships 2026 – Silver –
Men's Shot Putt (Cory Scanlon)

IUAA Indoor Championships 2026 – Silver –
Men's Pole Vault (Lee Prendergast)

IUAA Indoor Championships 2026 – Silver –
Men's 200m (Dannon Long)

IUAA Indoor Championships 2026 – Silver –
Men's Triple Jump (Isaac Akinjewe)

IUAA Indoor Championships 2026 – Silver –
Men's Weight for Distance (Corey Scanlon)

The IUAA Indoor Championships 2026 –
Bronze – Men's Walk (Patrick Kelly)

The IUAA Indoor Championships 2026 –
Bronze – Mens Long Jump (Taiwo Adereni)

The IUAA Indoor Championships 2026 –
Bronze – Combined Events (Taiwo Adereni)

IUAA Indoor Championships 2026 – Bronze –
Men's 60m Hurdles (Rueben McCarthy)

Athletics Ireland National U23 Championships
– Bronze 3,000m Walk (Meabh O'Connor)

ARCHERY

National Indoor Target Championships –
Bronze – Barebow Beginner (Karim Mbamba)

National Indoor Target Championships –
Bronze – Recurve U21 (Endijs Vecvagars)

BASKETBALL

NBCC Men's Basketball DIV 2 Winners

KKSE Men's Basketball Cup Winners

BOXING

IATBA National Boxing Championships 2026
– Gold – X4 – Shadrack Nkebinde, Emma
Keating, Sean Ccorcoran, Evan Dempsey

IATBA National Boxing Championships 2025 –
Silver – X3 – Ben Purcell, Jack O'Connor, Jack
Murphy

Intervarsity's Senior @60 kg – Gold – Grace
Conway

Intervarsity's Senior @86 kg – Gold – Pdraig
Corduff

Intervarsity's Senior @67 kg – Silver – Kai
Davis

Intervarsity's Intermediate @67 kg – Gold –
Hewad Ahmed

Intervarsity's Junior Novice @69 kg – Silver –
Mathew Finn

C/L/K County Championships Senior @60 kg
– Gold – Grace Conway

C/L/K County Championships Senior @67 kg
– Gold – Kai Davis

C/L/K County Championships senior @70 kg –
Gold – Killian Farrell

CAMOGIE

Haileigh Ahceson – Camogie Association
Volunteer of the Year Award

EQUESTRIAN

Munster Interprovincial Qualifiers – Individual
Prix Caprilli winner – Lola Fenton

E-SPORTS

Ireland E-Sports Collegiate Series 2026 – CS2
Finalists

Ireland E-Sports Collegiate Series 2026 –
Rocket League Champions

GOLF

Student Sport Ireland Category A Golf Finalist
2026

Student Sport Ireland Category B Golf Finalist
2026

HANDBALL

ICHA 3rd Level Handball Men's Open 40X20
Doubles Intervarsity Runners Up 2026 – Kyle
Jordan & Cillian Lawrence

ICHA 3rd Level Handball Men's C Open 40X20
Singles Intervarsity Winners 2026 – Cillian
Lawrence

ICHA 3rd Level Handball Men's Open 40x20
Singles Intervarsity Winner 2026 – Kyle Jordan

ICHA 3rd Level Handball Men's Open 60X30
Doubles Intervarsity Winners 2026 – Kyle
Jordan & Cillian Lawrence

ICHA 3rd Level Handball Men's Open 60X30
Singles Intervarsity Winners 2026 – Kyle
Jordan

HURLING

Ryan Cup Semi Finalists 2026

Freshers Hurling Championship Division 2 –
Finalist

KARTING/MOTOR SPORT

SSI Karting League Round 3 Winner – Richard
Murphy

KARATE

Abbie Cullen ICO Kumite 18+ Open Weight
World Champion

Ruben Grigoryan Gold at the IAWA National
Championships

KAYAKING

Kayaking Intervarsity 2026 – Best Male Paddler
Nominee – Roland Ardill

Kayaking Intervarsity 2026 – Spirit Award
winner – Killian Collier

Kayaking Intervarsity 2025 – Eve McCormack

LADIES FOOTBALL

LGFA HEC Freshers 7's – Winners

LGFA HEC Division 4 – Winners

LGFA HEC Moynihan Cup – Winners

MEN'S GAELIC FOOTBALL

HEGAA Electric Ireland Division 2 – Finalist

HEGAA Junior Championship – Winners

Fresher Championship Division 2 – Finalists

RUGBY

Student Sport Ireland Tier 2 Cup Finalist
2025/26

Women's Kay Bowen Cup Rugby 7's – Winners

SSI/IRFU Men's Rugby – Brendan Jonson Cup
Winners

SOCCER

Irish Colleges and Universities Squad
Representation 2026 – Anthony Adenopo and
Jesse Dempsey

CUFAI Challenge Cup Champions 2026 – SETU
Waterford Campus Women's Soccer Team

CUFAI Challenge Cup Champions 2026 – SETU
Carlow Campus Men's Soccer Team

CUFL Premier League – Semi Finalist

CUFA Eustace Cup 2026 – Finalist

CUFL Division 1 – Finalist

Kelly Cup 2026 – Semi Finalist

CUFL Women's Premier Division – Finalist

VOLLEYBALL

SSI/Volleyball Ireland Men's Tier 2 Cup –
Winners

Men's Intervarsities Volleyball Ireland
Intervarsity Shield – Finalist

SSI/Volleyball Ireland Women's Tier 2 Cup –
Semi-finalists

OTHER

Adam Sweeney – Youngest Irish person to
Summit Everest

Margaret Creman – Mixed Double Sculls World
Champion

PERFORMANCE SPORT ATHLETES STORIES

Adam Nolan – Athletics

Elite hurdler Adam Nolan proves that you can combine academic success with competing at the highest level of sport. A student of Sports Rehabilitation and Athletic Therapy, Adam has claimed multiple national titles and represented Ireland on the international stage, all while competing for SETU at Intervarsity level. His studies have given him valuable insight into performance, recovery and injury prevention, helping him develop both as an athlete and as a future sports professional. Adam's journey shows how SETU supports students to excel in the classroom and on the track.



Adam Sweeney – Mountaineering

Business student Adam Sweeney made history as the youngest Irish person to reach the summit of Mount Everest. Preparing for one of the world's toughest physical and mental challenges required dedication, resilience and expert support. As a SETU Leadership Scholar, Adam benefited from access to high-performance facilities and specialist services that helped him prepare for his expedition while continuing his studies. His achievement is



a reminder that with ambition, determination and the right support, SETU students can accomplish extraordinary things.

Mags Cremen – Rowing

Olympian and World Champion rower Mags Cremen is an inspiring example of balancing elite sport with academic achievement. While studying for an MSc in Applied Sport and Exercise Psychology, Mags has continued to compete successfully on the world stage, adding a World Championship gold medal to her impressive sporting career. The flexibility and support available at SETU have allowed her to pursue both her sporting and educational goals, demonstrating that students can thrive in every aspect of university life.



SPORTS CLUBS AWARD WINNERS 2025-2026

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 Techno Gym. With over 2,000 members, our top-class gym includes 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
- Amenities such as Lazer Tag, Footgolf, Archery, Archery Tag and an interactive Multiball Wall.

GET INVOLVED SPORTS CLUBS & SOCIETIES

Carlow
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 Kilkenny Road
 Carlow
 T: 059 917 5000
 F: 059 917 5005
 E: sport.cw@setu.ie

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**SE
TU**

Ollscoil
Teicneolaíochta
an Oirdheiscirt
South East
Technological
University

GET INVOLVED SOCIETIES



SOCIETIES

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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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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.

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.

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.

Climate Action

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

Computer

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

Computer Science (Waterford Campus)

Welcoming students who are passionate about technology, programming, and innovation. From organised workshops, coding events, talks, and social activities to help members develop practical skills, explore new technologies, and connect with like-minded students.

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.

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.

Mainframe Society (Waterford Campus)

Bringing together students interested in the world of enterprise computing, legacy systems, COBOL, z/OS, and large-scale data processing. Exploring how mainframes continue to power critical industries, while giving members opportunities to experiment with real-world technologies and develop skills.

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.

Muslim Student Association

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

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.

St. Vincent de Paul (Waterford Campus)

Young St Vincent de Paul is a student community focused on supporting people in need and making a positive difference in our local community. Through volunteering, fundraising, and outreach initiatives, we give students the opportunity to help others. Everyone is welcome to get involved, regardless of experience.

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?

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 2025-2026

Daniel Khijinski – Aerospace and Christian Union Bachelors of Business

Being part of multiple societies genuinely changed my university experience. For me, one of the biggest benefits was finding people with similar interests and having a real sense of belonging. University can feel like a completely new environment at first, so having somewhere to meet people, make friends and feel comfortable made a huge difference to my experience.



One of the things I valued most was meeting people from different backgrounds and with different experiences. I joined because of a shared interest, but I ended up meeting people who introduced me to new ideas, new interests and completely different perspectives. I also really liked that societies were open to everyone, so there was never any pressure to already be experienced or know exactly what you were doing.

Being involved gave me much more than just something to do outside of my studies. It helped me build confidence, develop new skills, discover new interests and, most importantly, make friendships and memories that I'll carry with me well beyond university. I'd encourage any student to try at least one society, even if you're unsure at first, because you never know who you might meet or how much it could add to your university experience.



Ronan Brennan – Science Society SETU Carlow and the Peer Mentor Programme

Biosciences with biopharmaceuticals

I chose to study in SETU Carlow as it was local to me and provided a range of impressive courses.

I founded the Science Society SETU Carlow to provide an inclusive space for students and staff interested in science. As founder, I have organised campus-wide events, including SETU's first multi-society event, a charity quiz supporting the Irish Kidney Association, and guest talks from postgraduate and industry professionals.

I also introduced university-branded lab coats by sourcing affordable suppliers and managing the initiative, which gained significant student and staff engagement. Nationally, I represented SETU Carlow through the Board of Irish College Societies and was runner-up for Best Small Society at the AIB Student Impact Awards.

I was part of the Peer Mentor Programme for three years, volunteering at open days, sporting events, CAO evenings, orientation and conferring ceremonies which developed my confidence, leadership and interpersonal skills.



Kerry Batan – Trad Society

Music, Year 2

I'm Waterford born and bred, and after spending a year in another university that just wasn't the right fit for me, I decided to move home and give the music degree in SETU a go and it's been one of the best decisions I've made to date.

Outside of college, I am the chairperson of the SETU Trad Society. The society has a long and successful history in the college, but after being inactive for a few years, I wanted to help bring it back to life. Irish Traditional Music is something I am hugely passionate about, so getting the society up and running again meant a lot to me.

One of the highlights every week is our Monday night session in Tully's — a chance for everyone to come together, share tunes, have the craic, and enjoy the social side of trad music. It has become such an important part of college life for so many of us, and I know everyone will really miss it once summer comes around.

Studying at South East Technological University has been a positive experience for me. After a year in another university that was not the right fit, coming home to Waterford and starting the Music degree at SETU helped me rediscover my passion for music and student life. Being able to revive and lead the SETU Trad Society has made the experience even more rewarding, giving students a place to come together, share tunes, and enjoy the social side of Irish traditional music. SETU has given me a real sense of community, belonging, confidence in what I want to do, and welcoming people around SETU, I was surprised by how nice everyone was when I first started here!



SOCIETIES AWARD WINNERS 2025-2026

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 2025-2026

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

GET INVOLVED IN SOCIETIES

Carlow

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