

AIT Sports Scholarship and Elite Sportsperson Entry Scheme's



AIT Sports Scholarships

AIT has operated a sports scholarship scheme since 1996 for students who have reached, or have the potential to reach, a very high standard of performance in their chosen sport.

Under the scheme, 99 scholarships were awarded for the 2016-2017 academic year. The Scholarship now operates on two levels. A Gold Scholarship includes a payment of €1,000, in addition to free use of our sports facilities, physical therapy, functional screening assessments, cookery demonstrations, academic support, nutritional advice and sports psychology. An Academy level scholarship does not include a cash payment but includes each of the supports listed above.

Each scholarship is awarded for a period of one year, but may be renewed for up to a maximum of four years. Students pursuing higher study after the four year threshold will be considered for additional years.

The first scholarship payment will be made in December to those fulfilling the conditions of award. The second payment comes after the recipients have completed and passed all their final examinations. Sports scholarship recipients must adhere to the institute's sports scholarship regulations, a copy of which may be obtained from the Sports Department.

The closing date for applications is Monday the 4th of September 2017. Further details of the scheme may be obtained from your local school/college or directly from the Sports Department on + 353 (0)90 6468222.

Visit www.aitsport.ie for further details and application forms

AIT Elite Sportsperson Entry Scheme

AIT has put in place for all its undergraduate degree courses an academic entrance scheme for elite sportspersons. A number of places will be reserved for outstanding candidates who have reached a very high standard of sporting achievement, through performance or coaching, and who are committed to further developing their sporting and academic careers.

Applicants must satisfy the minimum entry requirements for Level 7 and/or Level 8 degrees at the Institute. In addition, applicants must have reached a specified sports standard to be eligible for this very competitive scheme and selection of successful candidates will be based on a range of criteria, including sporting achievements.

The closing date for applications is Wednesday 31st May 2017. Further details of the Elite Entry Scheme directly from the admission officer on + 353 (0) 646 8130.

Visit www.aitsport.ie for further details and application forms

AIT's Elite Sporting Facilities on Campus

AIT has an extensive array of sporting facilities located on campus. The AIT International Arena comprises of an;

- IAAF-approved indoor 200m track
- 60m sprint track
- Long jump
- Pole vault
- Shot putt and high jump areas

The institute also utilises a demountable floor, which allows for a wide variety of other sports to be played on the infield area of the arena, such as futsal. The new AIT Gym opened in September 2015. The gym features the latest in state-of-the-art equipment and expert trainers, specifically a group exercise studio, indoor cycling studio and high performance training area.

The equipment for the recovery and rehabilitation facility utilises the very latest technology and is an enormous boost to the elite athlete infrastructure on campus. The various items of equipment will be utilised as follows:

- Cryopods are the latest techniques employed by athletes to enhance recovery after exercise. These units use liquid nitrogen to reduce body temperature.
- AlterG treadmills allow people recovering from lower limb injury to maintain aerobic fitness and offer a unique way to de-load the body using anti-gravity. Their main use is in rehabilitation, but they can also be used to improve sports performance.

AIT Outdoor Facilities

- Full-size sand-based GAA pitch (floodlit),
- Full size FIFA-approved 2-star international standard all-weather soccer pitch (floodlit),
- Sand-based multi-sport grass training field which can accommodate rugby, soccer and GAA training (floodlit),
- Eight-lane IAAF-approved outdoor athletics track also features a full-size international dimension soccer pitch in the infield area (floodlit),
- 2km cross country trail (floodlit).



Cryopods



IAAF-approved indoor 200m track



Vicky Harris

Kieran Martin

Jordan Conroy

AIT Scholarship Recipients