Trent Excalibur rower Grace VandenBroek has represented Team Canada at two World Junior Championships and three World U23 Championships.
COMPETE AS ONE
CHEER AS ONE
WIN AS ONE

Discover what it’s like to be part of the #1Excalibur team.

Competing on the water, the field, the court, or cheering from the stands – together we are One Excalibur. Trent University stands as a hub of high-performance sport, attracting elite athletes to join the Excalibur team and build on our legacy of athletic and academic success.

Sport, recreation, and wellness are at the heart of our University community. Our Peterborough campus is set in a 1,400-acre outdoor playground with over 30 kilometres of nature trails, access to the Otonabee River right at our doorstep, and a state-of-the-art Athletics Centre. Across these facilities, our student-athletes reach their best, and live up to the test of every race, game and practice.

Carrying a positive attitude and competitive spirit has led the #OneExcalibur team to success both on and off the field for more than 50 years. Trent’s student-athletes have excelled in varsity competition, while achieving outstanding academic success, and they credit the Trent Excalibur experience as a key to career success after graduation.

As a student-athlete at Trent, you belong to a family that shares the values of hard work and team work, recognizes individual dreams, and works together to achieve one goal. We invite you to explore more of Trent University’s athletics history, state-of-the-art facilities and resources, and picture yourself as part of the #OneExcalibur team.
MANY ATHLETES. ONE TEAM.

At Trent, you have the opportunity to represent the Excalibur at the highest level of competition in university sport, competing with the men’s and women’s varsity teams based at our Peterborough campus.

Together, proudly wearing the Excalibur green and white, Trent student-athletes compete as one for excellence in the following high performance sports:

- **Curling**
- **Lacrosse**
- **Rugby**
- **Rowing**
- **Volleyball**
- **Soccer**

ATHLETE TRAINING

Our student-athlete training programs focus on developing strength, power, speed, agility, conditioning, flexibility, injury prevention and management, recovery, and nutrition.

Each of our teams receive comprehensive support from our strength and conditioning staff, working together to implement the most effective year-round training program. Through the guidance of strength training staff, student-athletes develop discipline, perseverance, goal setting, teamwork, mental toughness and work ethic, instilling habits that support excellence on the field and lead to better and healthier lives long after graduation.

PARTNER IN PERFORMANCE

Trent Excalibur student-athletes benefit from a university partnership with Canadian Sport Institute Ontario, which aims to provide enhanced training for our varsity programs. We are building an enhanced training environment for Trent varsity student-athletes including support in the areas of sport psychology and sport nutrition.

CURLING

**Mens** | **Womens**

Uniting Canadians across the nation, curling is a sport that works both the mind and body. Emphasizing the importance of physical coordination, endurance, and balance, our varsity curlers are recognized for their honed mental toughness and team-building skills. The men’s and women’s teams compete each year in the Ontario University Athletics five-day championship, at which they have topped the podium as provincial champions. Through the season, the varsity teams play in a Wednesday night open league at the Peterborough Curling Club, one of the oldest constituted clubs in North America.

LACROSSE

**Womens** | **Mens**

One of Canada’s national sports, lacrosse is all about culture, excellence, dedication and pride. These traits ring true at Trent, where our lacrosse program has set its sights on upholding Peterborough’s reputation as the lacrosse capital of Canada and forging a new path on the Canadian university landscape. Host of the 2012 Baggataway Cup, the 2018 OUA Women’s Lacrosse Championship and the 2019 World Lacrosse U19 Lacrosse Championships, Trent has showcased to a global audience its state-of-the-art lacrosse facilities at the Justin Chiu Stadium, including the newly updated artificial grass playing field, track, and stadium seating. With a history of alumni drafted to the National Lacrosse League and the women’s team has had outstanding results in their first six seasons bringing home the OUA Championship Gold Medal in 2019 and 2016 and Bronze Medal in 2018.

**CHAMPIONSHIP HIGHLIGHTS**

› Women’s OUA Champions, 2019, 2016
› Women’s OUA Bronze Medalists, 2018
› Three OUA First-Team All Stars
› Two OUA Second-Team All Stars
› Men’s Baggataway Cup Finalist 2019, 2017
› Two CUFLA All-Canadians
› CUFLA Most Valuable Player
› CUFLA Most Valuable Defense

RUGBY

**Mens** | **Womens**

The traditions of Trent Rugby run deep, and are embraced and celebrated by the local and alumni communities. You will be taught strength, work ethic, respect, and leadership in addition to the specific education of technical skills for rugby, team play, and statistical analysis. We take the game seriously, but enjoy every step of the season. As host to back-to-back Canadian Interuniversity Sport National Women’s Rugby Championships in 2010 and 2011, Trent has been featured amongst facilities of the highest calibre for athletics and spectators.

**2019/20 Team Highlights**

› 5 OUA Russell Division All Stars, Women
› OUA Russell Division Player of the Year, Women
› OUA Russell Division Rookie of the Year, Women
› OUA Russell Division Coach of the Year, Women
› OUA Playoff Semi-Finalists, Men
› 2 OUA First-Team All Stars, Men
› 2 OUA Second-Team All Stars, Men

CURLING
ROWING

Womens | Mens

Trent’s varsity rowing teams are ranked among the top Canadian universities in provincial and national competitions each year. Located on the banks of the Otonabee River in Peterborough, Ontario, Trent, in partnership with the Peterborough Rowing Club, provides varsity rowers with daily training access to one of the best racing rivers in Canada, and over six kilometres of flat water. In the off-season, varsity rowers are able to keep in top shape through the use of outstanding land training facilities at the Trent Athletics Centre, which is also home to North America’s most advanced indoor combination rowing tank. At Trent, you can stay in competitive form all year round.

2019/20 SEASON HIGHLIGHTS

› Canadian University Rowing Championships: Bronze, Men’s Single Scull
› OUA Championships: Silver, Men’s Lightweight Single; Bronze, Women’s Pair, Men’s Pair, Men’s Lightweight Double Scull, Men’s Single Scull, Women’s Coxed Four, Women’s Lightweight Pair

"Competing with the Excalibur kept me motivated to keep training. The more racing I could do, the better. Being able to race against people who I rowed with internationally during the summer, and compete against them in the fall was always fun.”

Trent Excalibur rowing alum, Trevor Jones, two-time U23 World Rowing champion, rowed for Team Canada at the 2021 Tokyo Olympics.

Photo: Rowing Canada Aviron/Merijn Soeters

SOCCER

Womens | Mens

Often referenced as the international language, soccer – or ‘the beautiful game’ – has the power to bring people together. At Trent, significant investments have been made in the varsity soccer program to ensure that the University continues to attract exceptional student-athletes from around the world. With the Trent soccer program, our student-athletes stay in competitive shape all year round, with both men’s and women’s varsity teams competing in the outdoor OUA league and training during the winter months.

Soccer

Womens | Mens

Teamwork, composure, and perseverance – that’s what’s at the core of Trent’s volleyball team. The program is built on a philosophy of developing both physical and mental strength, and ensuring the players are prepared for a season which runs over six months. Trent University provides varsity volleyball players with daily access to indoor and outdoor volleyball training facilities. In the off-season, varsity student-athletes are able to keep in top shape through the use of our expanded Athletics Centre facilities, which include two beach volleyball courts. Here, student-athletes can train and work on their game while enjoying the sights of Trent’s stunning campus located on the banks of the Otonabee River.

Volleyball

Womens | Mens

Meet our Team
Canada Olympians
As a top athletics program, Trent Excalibur draws talent to represent the green and white in each of our six high performance varsity programs and three competitive student clubs. We invest in programs, services and facilities to support the development of our student-athletes, guiding them towards success in the classroom, on the field, on the court, on the water and on the ice.

“The commitment and technical expertise of our Trent Excalibur coaches is the key to our development plan and our varsity program success. The coaches truly become mentors that encourage our student-athletes to accomplish their dreams – both in academics and in sport. Their leadership is central to Trent’s reputation as a hub for high-performance sport.”

Deborah Bright-Brundle, director, Athletics and Recreation at Trent University

Trent’s successful varsity men’s lacrosse program is one of the many examples of how our Excalibur student-athletes can chart their high-performance pathway. Over just a few short years, nine Excalibur players, past and present, have competed with the National Lacrosse League (NLL), including 2020 draft selections, Curtis Conley (3rd round, 40th overall by the Colorado Mammoth) and Curtis Romanchych (4th round, 67th overall by the Toronto Rock).

“We try to provide the best lacrosse program that we can, be creative and put the best on-field product forward. We need good people involved and that’s what we focus on the most.”

Mark Farthing, varsity men’s lacrosse head coach

Trent University golfers compete in the OUA division. The players compete in a number of invitational tournaments which prepare the golfers to compete for the crown jewel of the OUA golf season, the OUA Championship held in October. Interested in joining the Trent Excalibur?

Submit a recruitment form or contact

VARSITYRECRUITER@TRENTU.CA

JOIN THE CLUB
In addition to varsity sports, the Trent Excalibur also offer opportunities to get involved in intercollegiate competition through Trent student clubs. These competitive clubs allow students to participate and compete as part of an Excalibur student club. Trent Excalibur student clubs can then apply for endorsement from the Department of Athletics & Recreation to compete the intercollegiate level in the OUA.

TOGETHER WE ARE ONE EXCALIBUR

COMPETITIVE CLUBS

CROSS-COUNTRY RUNNING

Mens | Womens

Grit, tenacity and determination are among the traits our cross-country team possesses through our focus on both mental and physical strength. For the cross-country runner, Trent University provides a training environment unlike any other. Here, you have access to a 1,400-acre campus with an endless variety of trails that stretch through nature areas, offering a multitude of terrains on which to train. In addition, the outdoor track, artificial grass playing field, and indoor weight training facilities allow our student-athletes to work on their mechanics and mental and physical strength. The club also benefits from year-round association and training opportunities with the Peterborough Legion Track Club.

FENCING

Mens | Womens

Lunging, forward recovery, and working on your balestra and in quartata – just a few of the foundations you can learn as a member of the Trent Fencing Club. To continue the legacy of fencing at Trent University, we offer training and coaching in foil, epee and sabre. In addition to offering a club for members of all abilities, the Trent Fencing Club also functions as a competitive OUA team, attending tournaments from October to March.

GOLF

Mens | Womens

Trent University golfers compete in the OUA division. The players compete in a number of invitational tournaments which prepare the golfers to compete for the crown jewel of the OUA golf season, the OUA Championship held in October.
Find your fit at Trent as you get involved through sport, fitness and wellness programs.

With our active sports clubs and innovative student engagement programs, Trent offers several different leagues and activities for students. Programs include drop-in gym times for badminton or basketball, league play in soccer, beach volleyball, volleyball, basketball, hockey, inner-tube water polo, ultimate Frisbee, as well as one- and two-day tournaments and our new eSports leagues. Whether you are looking to meet new people, stay active, enter some friendly competition or all of the above, the leagues at Trent welcome students of all levels of interest and skill.

trentu.ca/athletics/students/campus-recreation

Stay Active - Any Time, Any Way

Active living doesn’t start and stop at the gym. At Trent, you can get moving no matter where you are – by accessing a network of trails perfect for walking, biking and hiking, or tapping into virtual wellness resources. Trent’s state-of-the-art Athletics Centre offers a wide variety of dynamic group fitness classes and personal training, as well as a range of online programs and workshops including yoga, Pilates, Zumba, bootcamps, athletic training and cardio crunch. Every Trent student has a free consultation and orientation to the Trent Athletics Centre.

STUDYING AT TRENT DURHAM GTA?

Students who call our Trent University Durham Greater Toronto Area campus home are also able to try out for any of the Excalibur varsity teams in Peterborough. Trent Durham students also enjoy membership to all City of Oshawa recreation facilities including the Civic Recreational Complex right next door, with access to an indoor soccer stadium, pool, aerobics studio, squash, tennis, and weight room.

OPEN GYM TIMES AVAILABLE TO STUDENTS FOR FREE.

Drop-in to play basketball, badminton, or indoor soccer.
A CAMPUS DESIGNED FOR EXCELLENCE

STATE-OF-THE-ART FACILITIES
When it comes to sport, fitness and recreation, the Athletics Centre at Trent offers something no other community or university centre can – state-of-the-art indoor and outdoor facilities combined with access to the Otonabee River, diverse nature areas and kilometres of winding trails right at our doorstep. As a Trent student, you have access to it all.

FEATURES OF THE ATHLETICS CENTRE
› 12,000 sq. ft. cardio loft and weight room
› 28-foot-high indoor climbing rock wall
› North America’s most advanced indoor rowing tank
› Health In Motion therapy clinic offering on-site physiotherapy, rehabilitation, and sports health services
› Aquatics centre with a 25m competitive pool and a SwimEx hydrotherapy pool
› 2 fitness studios
› Justin Chiu Stadium – artificial grass playing field, oval track, and seating for 1,000 people, media box, score clock and lighting
› Gymnasium with basketball, volleyball and badminton courts
› 2 outdoor beach volleyball courts
› International competitive squash court

KINESIOLOGY LAB
As a Kinesiology student at Trent University, your education includes hands-on learning experiences to enhance the discovery and investigation of human movement. Trent’s brand new exercise physiology lab, established in partnership with Trent Athletics, features leading equipment to provide students with the ultimate learning environment for fostering skills and advancing the science of human movement. Here you will learn about exercise prescription, study the effects of aging, and examine firsthand how exercise can impact muscle, bone and cardiovascular health.

TRENT EAST BANK SPORTS FIELDS
Trent University built the Trent East Bank Sports Fields in partnership with the City of Peterborough, with support from the Peterborough Baseball Association (PBA), the Peterborough Recreational Baseball Association (PRBA), and the Jays Care Foundation.

THE FIELDS FEATURE:
A baseball diamond including grass infield, 325’ left and right outfields and 400’ centre field, players’ dugouts, pitchers’ bullpen, sports field lighting and outfield fencing.

A natural turf rectangular multi-sport field to accommodate rugby, field lacrosse and soccer, meeting the World Rugby, Fédération Internationale de Football Association (FIFA) and Federation of International Lacrosse requirements for field dimensions and includes sports field lighting.

GET OUTSIDE
Biking, hiking, kayaking, paddle boarding, skating — outdoor adventures around campus are limitless.
REWARDING EXCELLENCE

EXCALIBUR GREEN & WHITE SCHOLARSHIPS

Attention top scholars! Achieve an average of 80% or higher and you automatically receive an entrance scholarship — no application required! The best part of all? Trent’s national entrance scholarships are RENEWABLE each year. Maintain an 80% average and you’ll earn a scholarship for each year you’re at Trent. With a maximum scholarship potential of $12,000, things can really add up!

RENEWABLE ENTRANCE SCHOLARSHIPS

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<thead>
<tr>
<th>Entering Average Scholarship Distribution</th>
<th>Maximum Scholarship Potential</th>
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<tr>
<td>90%-95%</td>
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</tr>
<tr>
<td>85%-90%</td>
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<tr>
<td>80%-85%</td>
<td>$1,000 x 4 years $4,000</td>
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For a full list of all available scholarships, prizes, bursaries and awards visit:

TRENTOU.CA/SCHOLARSHIPS

SUPPORTING THE PURSUIT OF EDUCATION

We top the podium — and not just when it comes to athletics. Did you know that Trent has been ranked the #1 undergraduate university in Ontario for ten years in a row? Our students are successful because they have an outstanding support system. Your team at Trent consists of:

- Academic Advisors
- Academic Skills Instructors
- Peer Mentors
- The Counselling Centre
- Health Services
- Student Accessibility Services

ATHLETIC ENTRANCE BURLSE

Are you an athlete? Come and play! Trent offers nearly 20 varsity teams at a variety of competitive levels ranging from varsity to intramural. Whether you’re an Olympic hopeful or a student just looking to play, Trent has a team for you. For more information on how to join the Excalibur varsity program, email varsityrecruiter@trentu.ca.
You could WIN first-year tuition*
Enter our draw every time you visit Trent, virtually or in person
trentu.ca/wintuition
*conditions apply

A picture is worth a thousand words, but there’s nothing quite like experiencing Trent firsthand.
Join us on campus and discover all that Trent University has to offer.

OPEN HOUSE
Join us online from the comfort of your own home for a virtual Open House to discover the advantages of studying at Trent University.
Visit trentu.ca/openhouse for upcoming events and updates on in-person Open House dates at our Peterborough & Durham GTA campuses.
Learn more and register: trentu.ca/openhouse

TAKE A TOUR
Campus tours are a great way to see the university and generally last 1½ hours. Peterborough and Durham GTA campus tours are offered daily, six days a week!
Book yours today:
trentu.ca/tours

CAN’T MAKE IT TO CAMPUS?
Take a virtual tour anytime trentu.ca/virtualtour and explore our interactive maps at trentu.ca/map

REGISTER FOR AN EVENT
At our future student events, you can explore campus, learn about our athletic and academic programs, and see the Trent Excalibur in action.
trentu.ca/discover

CONTACT A TRENT VARSITY RECRUITER
Interested in joining the Excalibur family and one of our high performance varsity teams? Fill out a recruitment form at trentvarsity.ca or contact our Varsity Recruiter at varsityrecruiter@trentu.ca.
It’s never too early to start the recruitment process so contact us today!

Ready to start your #TrentUBound journey?
Connect with us today.

STAY CONNECTED
1-888-739-8885
705-243-3321  Text us!
TrentUniversity or TrentExcalibur
@TrentUniversity or @TrentExcalibur
#1Exalibur #1EX
@TrentUniversity or @TrentExcalibur
TRENTVARSITY.CA