

# EXCALIBUR

TRENT UNIVERSITY VARSITY PROGRAM & HIGH-PERFORMANCE TRAINING



**OVA GOLD**  
WOMEN'S DOUBLES  
ROWING, 2024/25

**OVA SILVER**  
MEN'S DOUBLES  
ROWING, 2024/25

**CUFLA BAGGATAWAY  
CUP CHAMPIONS**  
MEN'S LACROSSE, 2022/23

**OVA BRONZE**  
WOMEN'S FOUR  
ROWING, 2024/25

**OVA BRONZE**  
WOMEN'S LACROSSE,  
2023/24

2026





# DEFEND THE RIVER

CHARACTER  
COMPETE  
COMMUNITY

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:

ROWING

LACROSSE

RUGBY

CURLING

VOLLEYBALL

SOCCER

## ACHIEVEMENT HIGHLIGHTS

### OUA Gold

Women's Doubles Rowing, 2024/25

### OUA Silver

Men's Doubles Rowing, 2024/25

### OUA Bronze

Women's Four Rowing, 2024/25

### OUA Bronze

Women's Lacrosse, 2023/24

### OUA Gold

Women's Doubles Rowing, 2023/24

### OUA Women's Curling Coach of the Year

Joe Muldoon, 2022/23

### CUFLA Baggataway Cup Champions

Men's Lacrosse, 2022/23

### OUA Silver

Women's Lacrosse, 2022/23





## A CAMPUS BUILT FOR CHAMPIONS: HIGH PERFORMANCE FACILITIES

To support elite-level performance, our Athletics Centre is equipped with a number of features, including:

- 12,000 sq. ft. sport centre, including a cardio loft and a newly redesigned fitness centre with 8 flush-mount lifting platforms, 8 half racks, custom dumbbells and a wall ball target
- North America's most advanced indoor rowing tank
- Aquatics centre with a newly renovated 25m competitive pool and a SwimEx hydrotherapy pool
- 2 fitness studios
- Justin Chiu Stadium – artificial grass playing field, oval track, seating for 1,000 people, media box, video scoreboard and lighting
- Gymnasium with basketball, volleyball and badminton courts
- 28-foot-high indoor climbing rock wall
- 2 outdoor beach volleyball courts
- Health In Motion therapy clinic offering on-site physiotherapy, rehabilitation, and sports health services
- 3 squash courts, including 1 international competitive squash court

Excalibur athletes train with the best, getting dedicated support from a strength and conditioning coach, an on-site athletic therapist and wellness coordinator.

### WANT TO JOIN THE EXCALIBUR TEAM?

Fill out a recruitment form at [trentexcalibur.ca](http://trentexcalibur.ca) or contact us at [varsity@trentu.ca](mailto:varsity@trentu.ca)

It's never too early to start the recruitment process!

"I'm incredibly grateful for the unwavering support I've received from my coaches. They have challenged me to push beyond my limits, instilled resilience, and built my confidence, all while understanding the demands of balancing high-level training with a busy nursing program. Their belief in me has helped me grow not only as a student-athlete but also as a person. My nursing professors have been a steady source of encouragement, offering guidance, resources, and flexibility when I needed it most. Their dedication to my success has made a real difference in my ability to thrive both in the classroom and on the water. The combined support from my coaches and professors has shaped my Trent experience in the best possible way, and I'm proud to carry their lessons with me into my fourth year."

**Tess Friar**, Women's Varsity Rowing

## SUPPORTING YOUR SUCCESS, ON AND OFF THE FIELD

### Excalibur Green & White Athletic Financial Awards

Trent Athletics rewards student-athletes who excel in the classroom and in competition. The Excalibur Green & White Athletic Financial Awards support selected entering varsity student-athletes and selected returning varsity student-athletes with a minimum 80% average. Athletic Entrance Bursaries provide additional funding for those with financial need. Trent University also offers a range of in-course bursaries and awards that are available, including those exclusive to varsity student-athletes.

### Champion the Future of Excalibur Student-Athletes

At Trent, we view sports and recreation as a catalyst for students to challenge their limits, trust their instincts, and unlock their full potential. As parents and friends of our student-athletes, your support will help establish new endowments for Trent varsity sports, laying a strong foundation for our teams and inspiring future supporters for decades to come. This is a unique opportunity to champion the future of our student-athletes.

Become a Founder of an Excalibur team endowment by clicking the link below, or emailing Beth Pelow [bethpelow@trentu.ca](mailto:bethpelow@trentu.ca)

[MOMENTOUS.TRENTU.CA/ROWING](http://momentous.trentu.ca/rowing)

[MOMENTOUS.TRENTU.CA/EXCALIBURENDOWMENTS](http://momentous.trentu.ca/excaliburendowments)







## FIND YOUR FIT AT TRENT

There are many ways to get involved through sport, fitness, and wellness programs at Trent.

Trent offers several different leagues and activities for students, including campus clubs, recreational and e-sports leagues, and drop-in gym times for a number of different sports. 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](https://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. The Trent Athletics Centre offers a wide variety of dynamic group fitness classes, personal training, registered programs, as well as a range of online programs and workshops. Every Trent student is eligible for a free orientation to the Trent Athletics Centre and a consultation with one of our personal trainers.

## JOIN THE COMPETITIVE CLUB

In addition to varsity sports, the Trent Excalibur also offer opportunities to get involved in intercollegiate competition through Trent student clubs. Trent Excalibur student clubs can also apply for endorsement from the Department of Athletics & Recreation to compete at the intercollegiate level in the OUA.

Our competitive clubs include:

- Cross-Country
- Fencing
- Golf

## CONNECT WITH US

- ☎ 1-888-739-8885
- ☎ 1-833-279-5930
- 📷 @TrentExcalibur
- 📘 TrentExcalibur
- ✉ @TrentExcalibur #1Excalibur #1EX
- 📍 @Trent.University
- ▶ TrentUniversity

## FIND US

Directions and campus map for the Peterborough and Durham GTA campuses: [trentu.ca/howtofindus](https://trentu.ca/howtofindus)

## DISCOVER TRENT

Find your place at Trent. Visit campus for Open House or a campus tour to meet our community, explore our spaces, and experience what makes Trent a top undergraduate university in Canada. Tours run six days a week in Peterborough and at Trent Durham GTA.

