

EXCALIBUR

TRENT UNIVERSITY ATHLETE DEVELOPMENT OPPORTUNITIES



Trent Excalibur
Women's Lacrosse
Team 2019 OUA
Champions
Excalibur Student-
Athletes
Leah Michel #72
Victoria Clark #8



**COMPETE AS ONE
CHEER AS ONE
WIN AS ONE**



TRENTVARSITY.CA



**TOGETHER
WE ARE
ONE
EXCALIBUR**

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.

#1
**UNDERGRADUATE
UNIVERSITY
IN ONTARIO***
NINE YEARS RUNNING

*Maclean's University Rankings, 2020



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

Student-athletes at Trent benefit from a university partnership with Canadian Sport Institute Ontario, which aims to provide enhanced training for Trent's lacrosse, rowing and rugby varsity student-athletes. This training includes support for rowing in the areas of sport science, strength and conditioning, and, for all three sports, the support includes sport nutrition, and sport psychology.



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.

TEAM 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.

TEAM HIGHLIGHTS

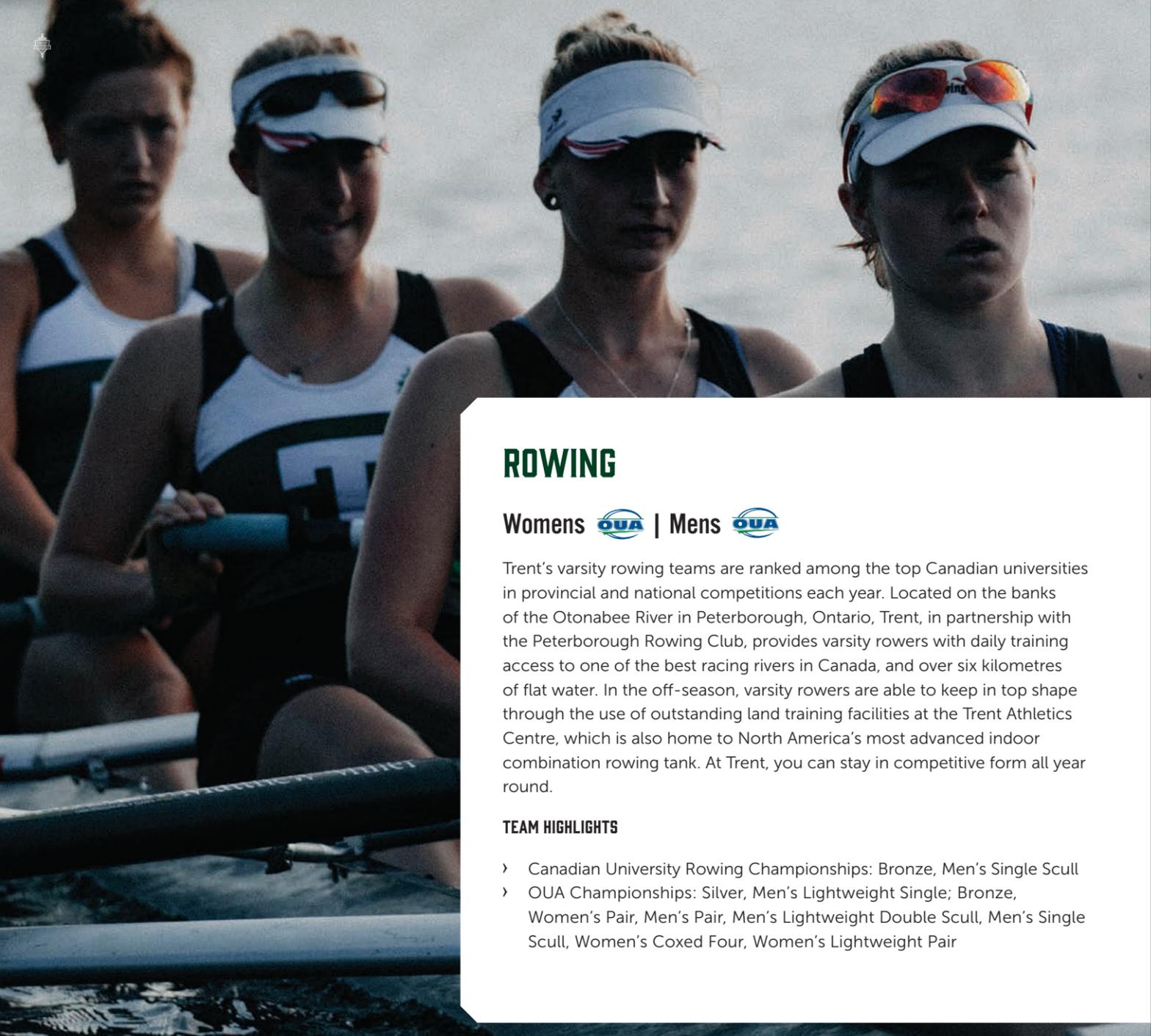
- › 5 OUA Russell Division All Stars, Women
- › OUA Russell Division Player of the Year, Women
- › OUA Russell Division Rookie of the Year, Women
- › OUA Russell Division Coach of the Year, Women
- › OUA Playoff Semi-Finalists, Men
- › 2 OUA First-Team All Stars, Men
- › 2 OUA Second-Team All Stars,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



CURLING

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.



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.

TEAM 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

TRAINING THE NEXT GENERATION OF OLYMPIC ROWERS

Thanks to Trent’s enduring history of excellence in the sport, the nation’s future Olympic rowers call Trent University home.

As only one of five universities in Canada to be named a Rowing Canada Aviron (RCA) NextGen Hub partner, we host a leading program in identifying and training high- performance rowers to compete for Canada at the highest levels of the sport.

Rowing is embedded into the sporting culture of Trent University. Athletes will benefit from Trent and Peterborough’s second- to-none rowing setting on the banks of the Otonabee River and the unparalleled training facilities at the Trent Athletic Centre, including our indoor rowing and paddling tank.

Carol Love, former Olympian and NextGen Hub lead coach

“It is an exciting opportunity for future Olympians to train here at one of Rowing Canada’s NextGen Hubs, while pursuing their academics at Trent. The partnership with the Peterborough Rowing Club and the outstanding facilities at Trent create an ideal training environment for our elite athletes”



“My first two years at Trent have been both exciting and rewarding. The support from Trent Athletics has been incredible in allowing me to perform at such a high level. Being part of the Excalibur rowing team has allowed me to further my development and success within the sport.”

Excalibur Varsity Rower, RCA NextGen Hub Athlete, Business student, Youth Olympian, National Rowing Champion





SOCCER

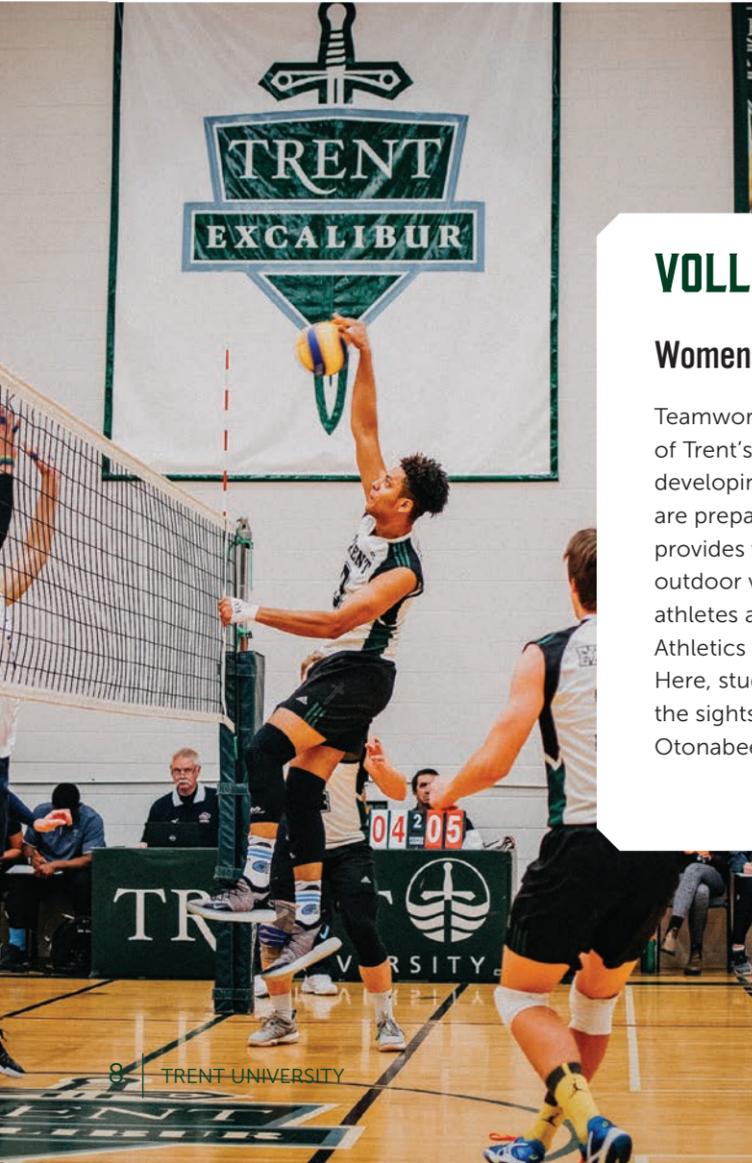
Mens   | Womens  

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.

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.



VOLLEYBALL

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.

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

Womens  | Mens 

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.

INTERESTED IN JOINING THE TRENT EXCALIBUR?

Visit Excalibur website trentvarsity.ca or contact our Excalibur Recruiter at varsityrecruiter@trentu.ca

TRAIN AS ONE

CAMPUS RECREATION

Want to join a team and compete outside of varsity? Trent has an award-winning campus recreation program with several leagues and one-day tournaments ranging from soccer, ESports, beach volleyball, volleyball, basketball and hockey to inner-tube waterpolo, ultimate frisbee and squash. These leagues are meant to be fun and encourage healthy, active participation. Whatever your interest or ability, you are welcome to play.

TRENTU.CA/ATHLETICS/STUDENTS/CAMPUS-RECREATION

FITNESS CLASSES & PERSONAL TRAINING

For those times you need a break from the treadmill or an extra dose of motivation, the Athletics Centre offers a wide variety of dynamic group fitness classes and personal training, scheduled every day of the week. Choose from classes like yoga, pilates, zumba, bootcamp, athletic training, and cardio crunch – you're bound to find your fit, and get fit along the way.

STUDYING AT TRENT DURHAM GTA?

Students who call our Trent University Durham GTA campus home are welcome 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, weight room and more.

**OPEN GYM TIMES NOW
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 new 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.



STUDY AT ONTARIO'S #1 UNDERGRADUATE UNIVERSITY

Trent offers an impressive range of academically rigorous programs across the arts and sciences, as well as professional and specialty programs, with all the benefits of high-quality research and exemplary teaching.

- Accounting (Spec.) **D&P**
- African Studies (Spec.)
- Ancient Greek & Roman Studies
- Anthropology **D&P**
- Applied Ethics (Option)
- Archaeology
- Arts, Honours **D&P**
- Bachelor of Arts & Science
- Biochemistry & Molecular Biology
- Biology
- Biomedical Science
- Business Administration **D&P**
- Business Communications (Spec.) **D NEW**
- Business & Arts **D&P**
- Business & Science **D&P**
- Canadian Studies
- Chemical Engineering: Trent/Swansea Dual Degree **NEW**
- Chemical Physics
- Chemistry
- Child & Youth Studies **D**
- Circumpolar Studies Diploma (Online)
- Circumpolar Studies (Option)
- Climate Change Science & Policy (Spec.) **NEW**
- Communications **D NEW**
- Communications (Option)
- Computer Science (Co-op)
- Computer Science & Physics
- Computing Systems **D&P**
- Conservation Biology (Co-op)
- Conservation Biology (Spec.)
- Creative Writing (Option) **D NEW**
- Criminology* **NEW D&P**
- Criminology and Socio-Legal Studies **D&P (Spec.)**
- Cultural Studies
- Culture & Theory (Spec.)
- Data Analytics (Spec.)
- Education (Bachelor of Education)
- Education (Option) **NEW**
- Ecological Restoration (Joint Trent-Fleming program)
- Economics
- Economics (Spec.)
- English for University: Trent-ESL
- English Literature **D&P**
- Entrepreneurship (Spec.) **D&P**
- Environmental Archaeology (Spec.) **NEW**
- Environmental Chemistry
- Environmental Geoscience
- Environmental & Resource Science/Studies
- Environmental Science/Studies (B.E.S.S.)
- Ethics (Spec.) **NEW**
- Ethics & Sustainability (Spec.)
- Film & Media (Spec.)
- Financial Analytics **NEW**
- Finance (Spec.)
- Forensic Biology

- Forensic Chemistry
 - Forensic Science
 - Forensics & Arts
 - Forensics & Science
 - French & Francophone Studies
 - Gender & Social Justice **D&P**
 - Geographical Information Systems (Option)
 - Geography
 - Global Power & Politics (Option)
 - Greek & Latin (Spec.)
 - Health & Medical Humanities (Option) **NEW**
 - Health Sciences (Spec.)
 - Health Studies (Spec.)
 - History **D&P**
 - Human Resource Management (Spec.) **D&P**
 - Human Resource Management Postgraduate Certificate **D&P**
 - Indigenous Diploma Programs
 - Indigenous Bachelor of Education
 - Indigenous Environmental Science/Studies
 - Indigenous Reconciliation & Resurgence (Option)
 - Indigenous Studies
 - Information Systems
 - Information Systems & E-Commerce (Spec.) **D&P**
 - Integrated Arts (Spec.)
 - International Development Studies
 - International Development Studies (Option)
 - International Political Economy
 - Joint Majors
- Combine almost any two majors. Popular Joint Majors include, but are not limited to:
- Computer Science & Business
 - English Literature & Media Studies
 - Environmental & Resource Studies & Business
 - History & Psychology
 - Information Systems & Forensics
- Journalism & Creative Writing **D NEW**
 - Kinesiology **NEW**

Go beyond the standard in Trent's new Kinesiology B.Sc

Get hands-on experience — in the lab and out in the community — working with everyone from Olympic hopefuls to senior citizens. In Trent's new four-year Kinesiology degree, you will gain clinical and practical perspective through courses integrated with Trent's Nursing program, as well as classes in biomechanics, anatomy, physiology and more. By the time you graduate, you'll have the expertise necessary to become a registered professional with the College of Kinesiologists of Ontario and the Canadian Council of University Physical Education and Kinesiology Administrators.

- Languages (Option)
- Latin American Studies (Spec.)
- Law & Arts: Trent/Swansea Dual Degree **D&P**
- Law & Business: Trent/Swansea Dual Degree **D&P**
- Law & Policing (Spec.)
- Legal Studies (Option) **D&P**
- Linguistics (Option)
- Literary History (Spec.) **NEW**
- Literature & Narrative (Spec.)
- Logistics & Supply Chain Management* **NEW D**
- Marketing (Option) **D&P**
- Marketing & Consumer Culture (Spec.) **D&P**
- Marketing & Entrepreneurship
- Postgraduate Certificate **D&P**
- Mathematics
- Mathematical Economics
- Mathematical Finance (Spec.)
- Mathematical Physics
- Media Relations (Spec.) **D NEW**
- Media Studies **D&P**
- Medical Professional Stream
- Mediterranean Archaeology (Spec.)
- Niigaaniwin – The Art of Leading (Spec.)
- Nursing
- Online Programs **D&P**
- Philosophy **D&P**
- Physics
- Planning (Option) **NEW**
- Policing & Community Well-Being **D NEW**
- Political Studies
- Public Policy (Spec.)
- Pre-Law Pathways
- Pre-Med Pathways
- Medical School > Veterinary School
- Pre-Medical Studies (Option)
- Pre-Modern Studies (Option)
- Psychological Development (Spec.) **D&P**
- Psychology **D&P**
- Québec and Franco-Canadian Studies (Spec.)
- Science, Honours **D&P**
- Social Work **D&P**
- Social Justice & Equity Studies (Spec.) **NEW D&P**
- Sociology **D&P**
- Software Engineering (Spec.)
- Statistics (Spec.)
- Sustainable Agriculture & Food Systems
- Teacher Education Stream **D&P**
- Theatre Studies (Option)
- Theoretical Computer Science (Spec.) **NEW**
- Visual Arts (Option) **NEW**
- Water Sciences

D Indicates programs available in Durham GTA only.
D&P Indicates programs available in Durham GTA and Peterborough.
 All other programs available in Peterborough only.
 *pending approval

REWARDING EXCELLENCE



EXCALIBUR GREEN & WHITE SCHOLARSHIPS

Trent University has a proud history of both academic and athletic excellence in varsity sport. Excalibur Green & White scholarships are offered to entering student-athletes who have achieved an academic average of at least 80% and have been recruited for their athletes skills and abilities. Excalibur Green & White scholarship recipients join the proud tradition of the Excalibur varsity program.

ENTRANCE SCHOLARSHIP GUARANTEE

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

95%+	\$3,000 x 4 years	\$12,000
90%-95%	\$2,500 x 4 years	\$10,000
85%-90%	\$1,500 x 4 years	\$6,000
80%-85%	\$1,000 x 4 years	\$4,000

ATHLETIC ENTRANCE BURSARY

Athletic entrance bursaries are awarded to entering varsity athletes who demonstrate financial need, valued at a minimum of \$500.

IN-COURSE BURSARIES

Bursaries are awarded each term to students with demonstrated financial need. Students complete one application to be considered for all available bursaries and awards. Some athletic bursaries and awards include:

Bonnie M. Patterson Athletic Financial Award – a tribute to former president and vice-chancellor of Trent University and awarded to returning full-time undergraduate students participating in the varsity athletics program.

Dan Coholan Rowing Bursary – established by alumnus Dan Coholan '77 and awarded to one female and one male varsity rower.

DRAFT-AN-ATHLETE

Be a part of the team. Help support Excalibur athletes with our 'Draft an Athlete' program. By donating to the Excalibur, your contribution will make you a part of something bigger than yourself — you will become part of our Excalibur family.

Funds contributed to Trent Excalibur teams will support activities like specialty training camps, pre-season travel to exhibition games and other non-funded initiatives approved by the Athletics Department.

To learn more or to donate:

TRENTU.CA/ATHLETICS/SPONSORSHIP/EXCALIBUR-DRAFT-ATHLETE-PROGRAM

#1 FOR SCHOLARSHIPS

Rewarding academic excellence and making transformative educational experiences financially accessible for all students. It's what we believe in at Trent.

For a full list of all available scholarships, prizes, bursaries and awards visit:

TRENTU.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 eight 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



**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.**

VIRTUAL OPEN HOUSE

Join us online from the comfort of your own home to discover the advantages of studying at Trent University.

- Saturday, October 3, 2020
- Saturday, November 7, 2020
- Saturday, February 27, 2021

VISIT

TRENTU.CA/OPENHOUSE for updates on in-person Open House dates at our Peterborough & Durham GTA campuses.

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

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

CAN'T MAKE IT TO CAMPUS?

Take a virtual tour anytime **TRENTU.CA/VIRTUALTOUR** and explore our interactive maps at **TRENTU.CA/MAP**

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!

STAY CONNECTED

- 1-888-739-8885
- 705-243-3321 Text us!
- TrentUniversity or TrentExcalibur
- @TrentUniversity or @TrentExcalibur #TrentUBound #OneExcalibur
- @TrentUniversity or @TrentExcalibur

TRENTVARSITY.CA



Accessible versions of this document are available upon request at trentu.ca/accessible



CHALLENGE THE WAY YOU THINK