# EXCALIBUR

TRENT UNIVERSITY HIGH PERFORMANCE VARSITY OPPORTUNITIES





## COMPETE AS ONE CHEER AS ONE WIN AS ONE





# TOGETHER WE ARE **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.





## 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

ROWING

LACROSSE

**VOLLEYBALL** 

### ATHLETE TRAINING

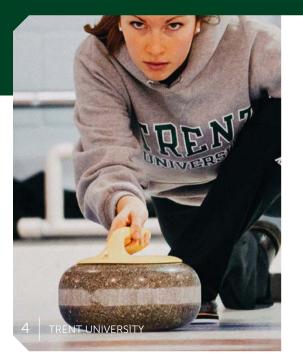
Our student-athlete training programs focus on developing strength, power, speed, agility, conditioning, flexibility, injury prevention and management, recovery, and nutrition.

Each of our teams receive comprehensive support from our strength and conditioning staff, working together to implement the most effective yearround 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**

RUGBY

SOCCER











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**





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









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





#### **ROWING**





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





EXCALIBUR





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.











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.



**Canada Olympians** 



## LEVEL UP

#### **Excalibur High Performance Development**

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, quiding 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

**TOGETHER WE ARE ONE EXCALIBUR** 

#### 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.



GOLF

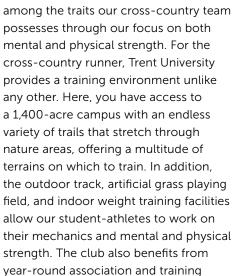
**COMPETITIVE CLUBS** 

#### **CROSS-COUNTRY** RUNNING

Grit, tenacity and determination are







opportunities with the Peterborough

Legion Track Club.

#### **FENCING**

#### 



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

University, we offer training and coaching

continue the legacy of fencing at Trent

in foil, epee and sabre. In addition

abilities, the Trent Fencing Club

October to March.

to offering a club for members of all

also functions as a competitive OUA

team, attending tournaments from







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





#### **HEALTHY MINDS. HEALTHY BODIES.**

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 GAMPUS 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
- > 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.

#### 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

Bachelor of Arts & Science/

Medical Sciences Dual Degree NEW

Biochemistry & Molecular Biology

Biology

Biomedical Science

**Business Administration D&P** 

Business Communications (Spec.) D NEW

Business & Arts D&P

Business & Science D&P

Business: Human Resources, Marketing & **Entrepreneurship Dual Postgraduate** 

Certificate D NEW

Canadian Studies

Chemical Engineering: Trent/Swansea Dual Degree

**Chemical Physics** 

Chemistry

Child & Youth Studies D Circumpolar Studies Diploma (Online)

Circumpolar Studies (Option)

Climate Change Science & Policy (Spec.) NEW

Climate Science & Policy\* 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

Criminology NEW D&P

Criminology and Socio-Legal Studies D&P (Spec.)

**Cultural Studies** 

Culture & Theory (Spec.)

Data Analytics (Spec.)

Data Science\* NEW

Digital Humanities (Option) NEW

Education (Bachelor of Education)

Education (Option) **Ecological Restoration** 

(Joint Trent-Fleming program)

Economics (Spec.)

**English for University: Trent-ESL** 

English Literature D&P

Entrepreneurship (Spec.) D&P

Environmental Archaeology (Spec.)

**Environmental Chemistry** 

**Environmental Geoscience** 

Environmental & Resource Science/Studies

Environmental Science/Studies (B.E.S.S.)

TRENT UNIVERSITY

Ethics & Sustainability (Spec.) Feminist Studies (Spec.) **NEW** 

Film & Media (Spec.)

Financial Science NEW Finance (Spec.)

Forensic Biology

Forensic Chemistry

**Forensic Science** 

Forensics & Arts

Forensics & Science

French & Francophone Studies

Gender & Social Justice D&F

Geographical Information Systems (Option)

Geography

Global Migration & Refugee Studies (Spec.) NEW

Global Power & Politics (Option)

Greek & Latin (Spec.)

Health & Human Behaviour\* NEW

Health & Medical Humanities (Option)

Health & Well-Being (Spec.) 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 Performance (Spec.) NEW

Indigenous Reconciliation & Resurgence (Option)

Indigenous Studies

Information Systems

Information Systems and E-Commerce (Spec.) D&P

Integrated Arts (Spec.)

**International Development Studies** 

International Development Studies (Option)

International Political Economy

Joint Majors D&P

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

Kinesiology

Languages (Option)

Law & Arts: Trent/Swansea Dual Degree D&P

#### Get moving on a career in Kinesiology

Gain hands-on experience — in the lab and out in the community - working with everyone from Olympic hopefuls to senior citizens. Trent's interactive, professional B.Sc.K in. degree, focuses on human performance and function across the life span. By the time you graduate, you'll develop the expertise necessary to pursue certification as a registered kinesiologist (R.Kin.).

Law & Business: Trent/Swansea Dual Degree D&P

Law & Policing (Spec.) Legal Studies (Option) D&P

Linguistics (Option)

Literary History (Spec.)

Literature & Narrative (Spec.)

Logistics & Supply Chain Management\* D NEW

Marketing (Option) D&P

Marketing & Consumer Culture (Spec.) D&P

Marketing & Entrepreneurship Postgraduate Certificate D&F

Mathematics

**Mathematical Economics** 

Mathematical Finance (Spec.)

**Mathematical Physics** 

Media Relations (Spec.) D NEW

Media Studies D&P

Medical Professional Stream

Mediterranean Archaeology (Spec.)

Mohawk Language (Spec.) **NEW** Niigaaniiwin - The Art of Leading (Spec.)

Nishnaabemowin (Spec.) NEW

Nursina

Online Programs D&P

Philosophy D&I

**Physics** Planning (Option)

Policing & Community Well-Being D

**Political Studies** 

Political Theory (Spec.) NEW

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.)

Sexuality Studies (Spec.) **NEW** 

Small-Scale Farming (Spec.) NEW

Science, Honours D&P

Social Work D&F Social Justice & Equity Studies (Spec.) D&P NEW

Sociology D&P Software Engineering (Spec.)

Statistics (Spec.)

Sustainable Agriculture & Food Systems

Theoretical Computer Science (Spec.) NEW

Teacher Education Stream D&F

Theatre Studies (Option)

Visual Arts (Option) Water Sciences

World Politics (Spec.) NEW

Indicates programs available in Durham GTA only. D&P Indicates programs available in Durham GTA and

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, email varsityrecruiter@trentu.ca

#### **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 ten years in a row? Our students are successful because they have an outstanding support system. Your team at Trent consists of:

- Academic Advisors
- > Peer Mentors

Academic Skills Instructors

- > The Counselling Centre > Health Services
- > Student Accessibility Services

TRENTVARSITY.CA | 15





## YOU COULD WIN FIRST-YEAR TIIITINN\*

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?

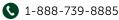
Fill out a recruitment form at

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!

#### STAY CONNECTED



705-243-3321 Text us!

TrentUniversity or TrentExcalibur

@TrentUniversity or @TrentExcalibur #1Exalibur #1EX

@ aTrentUniversity or aTrentExcalibur











**CHALLENGE THE WAY YOU THINK**