The Trent Excalibur Women’s Lacrosse team captured their second consecutive OUA Championship in 2021 – their third championship title in the last five seasons.
COMPETE AS ONE
CHEER AS ONE
WIN AS ONE

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 #1Excalibur 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 the Excalibur 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 #1Excalibur team.

Discover what it’s like to be part of the #1Excalibur family
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**

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**MANY ATHLETES. ONE TEAM.**

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.

**STUDENT-ATHLETE TRAINING**

**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.

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**CURLING**

Men’s | Women’s

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.

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**LACROSSE**

Women’s | Men’s

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. Justin Chiu Stadium is home to a powerful lacrosse program with the Excalibur women’s lacrosse team that has had outstanding championship results in nine seasons, bringing home the OUA Championship Gold Medal in 2021, 2019 and 2016, and the Bronze Medal in 2018. Our men’s team has trained and developed a number of alumni who have been drafted to the National Lacrosse League. Trent University also boasts state-of-the-art lacrosse facilities at the Justin Chiu Stadium, including the newly updated artificial grass playing field, track, and stadium scoreboard. We also showcase our leadership in lacrosse at provincial, national and international events, such as hosting the 2022 Baggataway Cup (the second time hosting this tournament – first in 2012), the 2018 OUA Women’s Lacrosse Championship, and the 2019 World U19 Women’s Lacrosse Championships.

**CHAMPIONSHIP HIGHLIGHTS**

› Women’s OUA Champions, 2021, 2019, 2016
› Women’s OUA Bronze Medalists, 2018
› Two OUA First-Team All Stars
› OUA Coach of the Year recipient
› Men’s Baggataway Cup Finalist 2019, 2017
› Six CUFLA All-Canadians
› Two CUFLA All-Stars

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**RUGBY**

Men’s | Women’s

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 also 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 athletes and spectators.

**2021/22 TEAM HIGHLIGHTS**

› Three OUA Russell Division All Stars, Women
› Three OUA East First-Team All Stars, Men
“I have had achievements in both academics and as an athlete because I have learned the strategies that help me to be successful at both. My coaches and professors over my time at Trent have been exceptionally understanding and supportive in my goals both on the water and in school.”

Trent Excalibur rower GRACE VANDENBROEK is one of Canada’s leading rowing athletes. She captured the women’s U23 single sculls title at the 2021 Rowing Canada National Rowing Championship Regatta, and holds the title of 2021 OUA Rowing Athlete of the Year. Grace also competes on the world stage, recently taking home silver in the U23 women’s double sculls at the 2022 World Rowing Championships in Varese, Italy.

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.

2021/22 SEASON HIGHLIGHTS

› OUA Championships: Gold, Women’s Lightweight Single Sculls; Bronze, Women’s Pair; Bronze, Men’s Pair
› Canadian University Rowing Championships: Bronze, Women’s Single Scull

Meet our Team
Canada Olympians

Soccer

Often referenced as the international language, soccer – or ‘the beautiful game’ – has the power to bring people together. Trent has a long history of soccer, which ensures 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.

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.

2021/22 SEASON HIGHLIGHTS

› OUA Playoffs qualification
› OUA Award of Merit recipient
› One OUA 2nd Team All Star
› One OUA All-Rookies Team

Volleyball

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.

Meet our Team
Canada Olympians

2021/22 SEASON HIGHLIGHTS

› OUA Playoffs qualification
› OUA Award of Merit recipient
› One OUA 2nd Team All Star
› One OUA All-Rookies Team
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, 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

Women Leaders in Sport

With the success of the Excalibur women student-athletes over the years, Trent is providing continued development of skills and experience for our women coaches in a professional and high-performance environment. Over the past two years, Trent has supported the development of coaches, with Sammy Nadeau, women’s rugby assistant coach, and Rebecca van Staalduinen, women’s volleyball assistant coach, participating in the U Sports Female Apprentice Coach Program.

“The Excalibur community has opened their arms up for me. I can’t wait to see what the future brings for this program because there is nothing but growth that this program has to offer for women in sport.”

Sammy Nadeau, varsity women’s rugby assistant 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 at the intercollegiate level in the OUA.

COMPETITIVE CLUBS

Cross-Country Running

Men’s | Women’s

Grit, tenacity, and determination are among the traits of our cross-country team, strengthened by 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

Men’s | Women’s

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

Men’s | Women’s

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

TO BE CONTINUED
Find Your Fit at Trent

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 crank. Every Trent student has a free consultation and orientation to the Trent Athletics Centre.

Campus Rec eSports

The eSports community is gaining momentum at Trent University. Working in partnership with Trent Athletics, the Campus Rec eSports leagues compete against the best at other universities. Trent Athletics’ Campus Rec eSports fields four teams: League of Legends, Rocket League, Valorant and Overwatch. These teams work in collaboration with the Trent University eSports club, an on-campus club which provides opportunities for all Trent students to participate in eSports beyond the teams.

Open Gym Times Available to Students for Free.

Drop-in to play basketball, badminton, or indoor soccer.

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.
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, video scoreboard 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.
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 athletic 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.

RENEWABLE ENTRANCE SCHOLARSHIPS

<table>
<thead>
<tr>
<th>Entering Average</th>
<th>Scholarship Distribution</th>
<th>Maximum Scholarship Potential</th>
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<tbody>
<tr>
<td>95%</td>
<td>$3,000 x 4 years $12,000</td>
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</tr>
<tr>
<td>90%-95%</td>
<td>$2,500 x 4 years $10,000</td>
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<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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ATHLETIC ENTRANCE BURSARIES

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

For a full list of all available scholarships, prizes, bursaries and awards visit: TRENTU.CA/SCHOLARSHIPS

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: MYCOMMUNITY.TRENTU.CA/ATHLETICDONATION

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

REWARDING EXCELLENCE

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.

STUDY AT ONTARIO’S #1 UNDERGRADUATE UNIVERSITY

Trent University’s #1 undergraduate university

Accounting (Spec.) NEW
African Studies (Spec.)
Ancient Greek & Roman Studies (Co-op Available)
Anthropology (Spec.)
Applied Ethics (Option)
Applied Indigenous Knowledge (Spec.) NEW
Archaeology (Spec.)
Arts, Honours (Spec.)
Bachelor of Arts & Science (Co-op Available)
Bachelor of Arts & Science: Medical Sciences Double Degree NEW
Biochemistry & Molecular Biology
Biomedical Science
Business Administration (Spec.) NEW
Business & Arts (Spec.)
Business & Science (Spec.)
Canadian Studies (Co-op Available)
Chemical Engineering: Trent/Swann Dual Degree
Chemical Physics
Chemistry
Child & Youth Studies D
Circumstantial Studies Diploma (Online)
Circumstellar Studies (Option)
Climate Change Science & Policy (Spec.) NEW
Climate Change Science & Policy (Polling)
Communications (Option)
Computer Science (Co-op Available in Peterborough)
Computer Science & Physics
Computing Systems D
Conservation Biology (Spec.)
Conservation Science (Spec.)
Creative Writing (Option)
D
Criminal (Spec.)

d

Cultural Studies (Co-op Available)
Culture & Theory (Spec.)
Data Analytics (Spec.)
Data Science NEW
Digital Humanities (Option) NEW
Education (Bachelor of Education)
Education (Option)
Ecological Restoration (Joint Trent-Queen's program)
Economics (Co-op Available)
Economics Spec.
English for University: Trent-ESL
English Literature (Co-op Available in Peterborough)
Entrepreneurship (Spec) D
Environmental Archaeology (Spec.)
Environmental Chemistry
Environmental Geoscience
Environmental Resource Studies/Environmental Studies
Environmental Science/Studies (B.E.S.S.)
Ethics (Spec.)
Ethics & Sustainability (Spec.)
Feminist Studies (Spec.) NEW
Film & Media (Spec.)
Financial Science NEW
Finance (Spec.) D
Forensic Biology
Forensic Chemistry
Forensic Science
Forensics & Arts
Forensics & Science
French & Francophone Studies (Co-op Available)
French Writing (Spec.) NEW
Gender & Social Justice (Co-op Available) D
Geographical Information Systems (Option)
Geography
Global Migration & Refugees Studies (Spec.)
Global Power & Politics (Option)
Greek & Latin (Spec.)
Health & Behaviour D NEW
Health & Medical Humanities (Option)
Health & Well-Being (Spec.) NEW
Health Sciences (Spec.)
History (Spec.)
History (Co-op Available in Peterborough)
Human Resource Management (Spec.)
Human Resource Management Postgraduate Certificate D
Indigenous Diploma Programs
Indigenous Environmental Science (B.Sc.) Studies (B.A.) Co-op Available
Indigenous Performance (Spec.)
Indigenous Recognition & Reconciliation (Option)
Indigenous Studies (Co-op Available)
Information Systems D
Information System & E-Commerce (Spec) D
Integrated Arts (Spec.)
International Development Studies (Co-op Available)
International Development Studies (Option)
International Political Economy
Joint Majors (Spec.)
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/Swann Dual Degree D
Law & Business: Trent/Swann Dual Degree D
Law & Nursing (Spec.)
Legal Studies (Option) D
Linguistics (Option)
Library History (Spec.) D
Literature & Narrative (Spec.)
Logistics & Supply Chain Management D
Marketing (Option) D
Marketing & Consumer Culture (Spec.)
Mathematics
Mathematical Economics
Mathematical Finance
Mathematical Physics
Media Relations (Spec.) NEW
Media Studies (Co-op Available)
Medical Professional Stream
Mediterranean Archaeology (Spec.)
Mehindru Language (Spec.)
Nigerian – The Art of Leading (Spec.)
Nishinabemowin NEW
Nursing
Online Programs D
Philosophy (Co-op Available in Peterborough)
Physics
Planning (Option)
Policy & Community Well-Being D
Political Studies (Co-op Available)
Political Theory (Spec.) NEW
Public Policy (Spec.)
Pre-Law Pathways
Pre-Med Pathways
Medical School – Veterinary School
Pre-Medical Studies (Option) D
Pre-Modern Studies (Option) Psychology Development (Spec) D
Psychology (Spec.)
Quebec and Franco-Canadian Studies (Spec.)
Rural and Social Justice (Spec.)
Science, Honours D
Sexuality Studies (Spec.)
Small-Group Studies (Spec.) NEW
Social Work D
Social Justice & Equity Studies (Spec.) D
Soil Science (Spec.)
Sociology (Co-op Available in Peterborough)
Software Engineering (Spec.)
Statistics (Spec.)
Sustainable Agriculture & Food Systems
Teacher Education Stream D
Theoretical Computer Science (Spec.) NEW
Visual Arts (Option)
Water Sciences
World Politics (Spec.) NEW

D indicates programs available in Durham GTA only.
D indicates programs available in Durham GTA and Peterborough.

All other programs available in Peterborough only.

Getting 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. kin. degree, focuses on human performances and function across the lifetime. By the time you graduate, you’ll develop the expertise necessary to pursue certification as a registered kinesiologist (R.Kin.).

14 TRENTOU.VARITY.CA 15
A picture is worth a thousand words, but experiencing Trent firsthand can make you speechless. Join us on campus and discover all that Trent University has to offer.

OPEN HOUSE
Join us on campus for in-person Open House and discover the advantages of studying at Trent University:

Peterborough: Friday, November 4, 2022
Durham GTA: Saturday, November 12, 2022

Visit trentu.ca/openhouse for information about the events and to register.

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