



QUEEN'S RUGBY





CLUB HISTORY



Queen's University Rugby Football Club was founded in 1869, originally fielding Queen's College, Belfast and have won the Ulster Senior Cup a record 26 times.

In 1993 when the AIB League was expanded to four divisions with forty six senior clubs, five university clubs, including Queen's, joined the league. Queen's entered Division Four and have played in every division since then.

In 2000 they were relegated to the Ulster Senior League but returned to the AIB League two years later. The men's senior team will play in Division 1B of the Energia All-Ireland League for 23-24 after winning the 2A league in the 22-23 season. Their latest Ulster Senior Cup win was in 2022, this was for a record 24th time.

QUBRFC
Mens have achieved a lot in their 154 years history...

Ulster Senior League winners 17 times

22 British and Irish Lions, most of any club in Ireland

Senior Cup Winners Record 23 times

89 players have played for Queen's and represented their countries.

LADIES RUGBY

The women's game has grown significantly at Queen's in recent seasons are our women's firsts were unbeaten in league rugby in the 2020-21 Season and winning the Womens Junior Cup in 2022. In 22-23 they again won the Premiership and reached a consecutive Junior Cup Final. They have a very competitive 1stXV side and are one of the most vibrant ladies clubs in Ulster with numbers of new players rising each year who provide a brilliant student playing environment for our 2ndXV/Development sides.



KEY AIMS



1

To provide a group of talented student athlete leaders who set the standard on and off the field for QUBRFC

2

To provide a first class athlete development programme through Queens University's professional coaches, staff and world class facilities

3

To provide holistic support and to help manage, balance and combine your sporting and academic goals

**CHECK OUT
OUR WEBSITE**

SCAN



ME

FACILITIES

The Dub (Upper Malone)

Champions have been made, trophies won and accolades heaped onto thousands of students throughout Upper Malone's existence.

We have heavily invested in our outdoor facilities.



The new Arena Pitches and Clubhouse is the only facility in the UK and Ireland to showcase Rugby, Gaelic games, hockey and soccer all at one site, with an additional 16 floodlit grass and synthetic playing surfaces. Our Arena Pitch is one of the best Rugby platforms in Ireland backed up by two Grass pitches and 4G training surfaces.

The Physical Education Centre



The 'PEC' is the hub of Queen's Sport. The state-of-the-art fitness area includes:

Over 200 pieces of CV and resistance equipment

- A Training and weights area, six power cages and Olympic lifting platforms
- Four exercise and dance studios
- 25m swimming and diving pool
- Two multi-purpose sports halls
- Martial arts area
- Two climbing walls
- Eight squash courts
- Two handball courts
- Outdoor 3G grass pitches



PARTNERSHIPS



Queens University already supports players who are involved with Ulster squads at all levels, with this new agreement facilitating further co-operation on player development, academic progress, performance services, coaching, and planning across a range of other areas.

As part of the partnership, high-performing young players will be grouped together in a structured environment, which is more aligned to the professional game, and Head Coach of QUB, Derek Suffern, will work alongside Academy and Pathway staff throughout the season.

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We are delighted to enter into a formal partnership with Ulster Rugby to support the player development pathway at Queen's University. We have a proud history of supporting players towards the very top of their sport and are pleased to be in a position to help build structures with Ulster Rugby that can create an exciting future. Ulster Rugby is an iconic sporting brand and working together will add value to the student experience at Queen's, including academic and sporting opportunities. This is the latest in a number of national governing body partnerships we have entered into across a range of sports to enrich the sporting landscape at Queen's University

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**Queen's University Head of Sport and Physical Wellbeing
Karl Oakes**



Queens University is now a Centre of excellence base for the Ulster base Womens National Talent Squad. An Athletic Performance Coach and Pathway Talent Coach have been recruited and work out of the QUB Upper Malone site for Pitch and \Gym sessions with the identified players from across the province.

WNTS PURPOSE...

Establishing a sustainable talent identification network has been a key deliverable for the WNTS programme since its inception in early 2022, and the purpose of each Centre of Excellence will be to identify and attract local players between the ages of 16 and 23 and provide them with co-ordinated programmes across the areas of skills and strength and conditioning, aiding their development and creating a clear pathway to the green jersey.



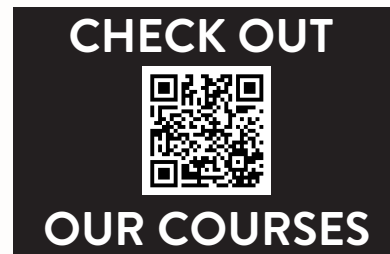


EDUCATION AT QUB



Choosing to study at Queen's could be one of the best decisions you make. We're a Russell Group university that prioritises academic excellence, meaning a relevant and valuable degree for you.

**We offer 200+
degree options across
all fields of study**



THE UNIVERSITY RUGBY EXPERIENCE



Toronto Arrows v QUB August 2022 (Canada Tour)

Making friends , lifelong memories whilst performing on the pitch and in the classroom ... This is what QUB Rugby brings to you as a student athlete.

The unique experience of third level rugby at one of Ireland's Oldest clubs is like no other.

Home matchdays, away days, Socials and Tours is all part of the Queens Rugby experience , playing with your peers and developing you as a rugby player but as also as a teammate, Student and individual.

Take the next Step with QUB Rugby!



RUGBY ACADEMY SUPPORT

Each full academy member will be supported in the following:

- High-Quality Coaching at all levels
- Personal, specific athletic development programmes throughout the season
- Potential Bursary rewards on completion of season to offset living costs
- Academic mentoring and flexibility with course requirements
- Lifestyle and time management mentoring
- Physiotherapy and sports medicine support on a needs analysis
- All-inclusive membership to all indoor and outdoor sports facilities at Queen's Sport
- Bespoke training and leisure clothing
- Bespoke, personal Sports nutrition advice and supplements where applicable
- Degree Plus accreditation (route A) upon full completion of Academy programme





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**QUEEN'S
UNIVERSITY
BELFAST**

**RUGBY
ACADEMY**

www.qubrugby.com