

WELCOME OPEN DAY



**YOU,
YES YOU!**

Did you do sport at school?

**Are you considering
joining a sport club at
Stellenbosch University?**

Do it!

**We even offer an Esports
league. And if sport isn't
your thing, you can still be
part of the Maroon
Machine by becoming a
#MatiesMVF (most valued
fan).**

**Like and follow us on
Facebook, Twitter and
Instagram and become
part of the bigger Maties
Sport family.**

Maties Sport believes sport is a great contributor towards student success – regardless of whether you are a high-performance athlete or someone who just wants to be active and healthy.

Participation in sport teaches self-discipline and time management and offers crucial outlets for stress and tension. Both competitive and recreational sport provide students with opportunities to socialise, develop friendships and maintain a healthy and balanced lifestyle.

Maties Sport accepts co-responsibility for the optimal holistic development of student-athletes and the empowerment of high-performance athletes. That is why Maties Sport invests in its high-performance sport codes as well as its recreation and active lifestyle programme – offering ALL students the opportunity to engage in a healthier and happier lifestyle.

Maties Sport has 30 sport clubs, making it easy to find a sport that suits your needs and skills level.



High performance sport codes are: rugby, hockey, netball, football, athletics, swimming, cricket, basketball and tennis. Competitive sport codes are: cycling, table tennis, squash, badminton, golf, gymnastics, rowing, canoeing, sailing, water polo, surfing, judo, equestrian, volleyball, fencing and chess.

Recreation and active lifestyle sport codes are: equestrian club, underwater sport, volleyball, Ultimate (frisbee) and cheerleading. The Maties Parasport Club also offers athletics, swimming, cycling, wheelchair rugby and goal ball for people with disabilities.

You'll have the opportunity to participate in local as well as regional, national and even international competitions, such as:

- Varsity Cup, Varsity Sports, Intervarsity and USSA;**
- Regional and local leagues;**
- Residence leagues and competitions.**



CONNECT

with us



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Maties Sport



matiesport@sun.ac.za



021 808 4642

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