

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 supporting our clubs in the stands!

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



**MATIES
SPORT**

**WELCOME
OPEN DAY
2023**



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 32 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 AND BASKETBALL.

COMPETITIVE SPORT CODES ARE: CYCLING,

ESPORT, TENNIS, TABLE TENNIS, SQUASH, BADMINTON, GOLF, GYMNASTICS, ROWING, CANOEING, SAILING, WATER POLO, FENCING AND CHESS.

RECREATION AND ACTIVE LIFESTYLE SPORT CODES ARE: EQUESTRIAN CLUB, UNDERWATER SPORT, JUDO, TAEKWONDO, WALL CLIMBING, TUG OF WAR, VOLLEYBALL, SURFING, ULTIMATE (FRISBEE) AND CHEERLEADING.

THE MATIES PARASPORT CLUB ALSO OFFERS ATHLETICS, SWIMMING AND CYCLING 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.**



Only an elite few will be selected for a Varsity Cup, Varsity Sports or USSA teams, but that's no reason to stay at home. The spotlight falls as much on the fans as the players, with Maties Sport launching a drive to encourage fans to support their teams when they play at home.



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SPORT**

Benefit from:

The High Performance Sport Unit:
The focus falls mainly on three key areas: Sports medicine, performance enhancement and empowerment;
The Recreation and Active Lifestyle Unit (RALU):

Which promotes physical wellness for staff and students and creates an environment where non-conventional sport and activities are enjoyed and played;

The Centre for Sports Leadership:
The focus is expanding the academic footprint of sport at the university.



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#MAROONMACHINE

FOLLOW
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SOCIALS!

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Maties Sport presentation for ALL first-years

Day Friday 24 January

Time 14:00 -18:00

Venue Coetzenburg Sport Fields

