

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, Tik Tok and Instagram and become part of the bigger Maties Sport family.



**MATIES
SPORT**

**OPEN DAY
2024**



Maties Sport believes that sports play a pivotal role in student development, contributing significantly to their success, irrespective of whether they are high-performance athletes or individuals seeking to maintain an active and healthy lifestyle.

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.

THIS IS WHY MATIES SPORT PRIORITIZES INVESTING IN ITS HIGH-PERFORMANCE SPORTS PROGRAMS, AS WELL AS THEIR RECREATION AND ACTIVE LIFESTYLE INITIATIVES. THIS INCLUSIVE APPROACH AIMS TO PROVIDE ALL STUDENTS WITH THE MEANS TO EMBRACE A HEALTHIER AND MORE FULFILLING 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, WATER POLO, CRICKET AND BASKETBALL.

COMPETITIVE SPORT CODES ARE: CYCLING, ESPORT, TENNIS, TABLE TENNIS, SQUASH, BADMINTON, GOLF, GYMNASTICS, ROWING, CANOEING, SAILING, FENCING AND CHESS.

RECREATION AND ACTIVE LIFESTYLE SPORT CODES ARE: EQUESTRIAN, UNDERWATER SPORT, WALL CLIMBING, TUG OF WAR, VOLLEYBALL, 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;**
- **CAMPUS SPORT LEAGUES AND COMPETITIONS.**



Only the best make the cut for Varsity Cup, Varsity Sports, or USSA teams. But don't let that stop you from joining in on the fun! The fans are just as crucial as the players, which is why Maties Sport is urging everyone to rally behind their teams at home games. Get ready to light up the stadium with your cheers!

In 2023 we introduced a new sport offering which is called **Campus Sport Festival** where an array amount of teams participate on one bumper night. Join a team or show your support for your residence in your colours!

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.

**FOLLOW OUR
SOCIALS!**

@MATIESSPORT



#MAROONMACHINE

Stellenbosch University Open Day

Day: Saturday, 20 April

Time: 09:00 -17:00

Venue: Rooiplein / Neelsie

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VIEW OUR FACILITIES HERE:

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