

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 join the
Maroon Machine by cheering
from the stands! Hit that like
button and follow us on
Instagram, TikTok, and
Facebook to become part of
the awesome Maties Sport
family!



FNB VARSITY CUP WOMEN
CHAMPIONS



**MATIES
SPORT**

OPEN DAY 2026



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 20+ SPORT CLUBS, MAKING IT EASY TO FIND A SPORT THAT SUITS YOUR NEEDS AND SKILLS LEVEL.

HIGH PERFORMANCE SPORT CODES ARE: ATHLETICS, CRICKET, FOOTBALL, HOCKEY, NETBALL, RUGBY 15S AND 7S, AQUATICS (SWIMMING & WATER POLO), BASKETBALL

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

RECREATION AND ACTIVE LIFESTYLE SPORT CODES ARE: EQUESTRIAN, UNDERWATER SPORT, WALL CLIMBING, ULTIMATE FRISBEE AND CHEERLEADING.

ADDITIONALLY, MATIES SPORT PROVIDES OPPORTUNITIES THROUGH OUR MAINSTREAM CLUBS FOR INDIVIDUALS 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.**



In 2023, Maties Sport launched **Campus Sport Bumper Nights** in order to be part of the solution for new sport offerings at our university's campus.

By introducing the Campus Sport bumper evenings, we aimed to create opportunity for students to take part in sport and to support different sporting codes all on one evening. Through this initiative we hoped to contribute to our student's wellbeing and to instil a love for an active lifestyle.

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.

Benefit from:

The High Performance Sport Unit:

The focus falls mainly on three key areas: Sports medicine, performance enhancement and student 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

Date: Saturday, 18 April 2026

Time: 08:00 - 15:00

Venue: SU's Stellenbosch and Tygerberg campuses

CONTACT DETAILS:

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VIEW OUR FACILITIES HERE:
[HTTPS://SPORT.SUN.AC.ZA/FACILITIES/](https://sport.sun.ac.za/facilities/)

