



Scott Lawrence

JCR Sports



The body achieves what the mind believes!

Hey folks, my name is Scott Lawrence and I've always had sport as part of my life, I am a firm believer that sport not only keeps you healthy, can keep you motivated, be a place to make friends but it really is the body's best feel good booster. I'm from a small village in Co. Roscommon, studying Biological and Biomedical Sciences and running for the JCR sports officer 2024/2025. I have always been into sports of all kinds and it has given me hundreds of opportunities throughout my life. I'm an avid Muay Thai practitioner, hurler and swimmer but I'm also a raging tea addict so don't talk to me early in the morning unless the kettle is on.

Whats in store for 2024-2025

Self-Defense Classes

Combination of Taekwondo and Maui Tai

Swim Meets and Sea Dips

As a qualified lifeguard and swim instructor I will organise swim meets in Trinity Pool and to rejuvenate the senses, I will organise a few sea swims out in DunLaoghaire.

Firebalz

Ping pong and table tennis evenings

Body and Mind

Using a voting system we will choose Pilates, Yoga and Zumba

Culture Trade

Off field activity where we go to different games to share the experience of other sports.

Trinity Terra Trekkers

Theme based Rise and Rally walks and runs to accommodate all fitness types. The purpose is movement and fun. For example, ' Pjs to pavement' will start us off.

Trust me ...

Organise and running events: Community Games; school and local fundraisers

I'm involved with several sports societies around Trinity, for example the boxing and barbell society. I am also an Active GAA player; A Black Belt in Taekwondo; Qualified Lifeguard; Qualified First aider ; Qualified swimming instructor; Competitive swimmer; Team and management skills grew from work with a pharmaceutical company, Direct Medical.

