



**ST.**  
**GEORGE'S**  
**PARK**

ELITE TRAINING CAMPS

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# INSPIRING EXCELLENCE





WELCOME TO THE

# HOME OF ENGLAND

NATIONAL TEAMS

Home to England's 24 national teams, St. George's Park provides a world-class training environment for any team or athlete striving for excellence.

Set in a single, secure location across 330 acres of Staffordshire countryside, the £105 million complex boasts a range of outstanding training pitches (both indoor and outdoor), a state-of-the-art performance centre, a four star Hilton hotel as well as an outdoor team building facility.

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WE HAVE ALREADY WELCOMED OVER 150 DOMESTIC AND INTERNATIONAL TEAMS INCLUDING:



# ST. GEORGE'S PARK IS UNBELIEVABLE

IVAN RAKITIC

FC Barcelona, player



## TRAINING PITCHES AND SPORTS FACILITIES

St. George's Park has a choice of world-class training facilities:

- ▶ 13 outdoor pitches including:
  - {+} Wembley replica pitch
  - {+} Five flood-lit pitches
  - {+} Five with undersoil heating
  - {+} Six hybrid pitches (artificial and grass stitched)
  - {+} Four natural grass pitches
  - {+} Three artificial pitches
- ▶ Indoor 3G full-sized pitch (FIFA 2 star standard)
- ▶ Indoor futsal sports hall
- ▶ Dedicated goalkeeper training area
- ▶ 20 degree angled, 30m fitness hill
- ▶ Seven changing rooms

**013**  
OUTDOOR PITCHES



Perform  
Part of Spire Healthcare

39

9.5

1.2

3.5

# SPORTS SCIENCE AND PERFORMANCE

Sports science and performance is integral to St. George's Park. The Perform centre has been designed for elite athletes and incorporates 25,000 square feet of world-leading technology and outstanding apparatus, providing the ultimate training and rehabilitation hub for teams.

All of Perform's facilities are available to hire. Also, you can take advantage of the inter-disciplinary Perform team of experts in rehabilitation and elite human performance including sports and exercise medics, specialist physiotherapists, sports scientists and strength and conditioning coaches.

The Perform centre is accredited with the FIFA F-MARC (FIFA Medical and Research Centre).

## SERVICES INCLUDE

- 
- {+} Sports Medicine consultation
- {+} Accelerated rehabilitation
- {+} Physiotherapy support
- {+} Sports Science support
- {+} Cardiac Screening
- {+} Pathology
- {+} Player Conditioning Programme
- {+} Facility hire



**"IT HAS BEEN NO COINCIDENCE THAT THE RISE OF THE CLUB HAS BEEN AT THE SAME TIME AS GOING TO ST. GEORGE'S PARK - IT HAS BEEN A MAJOR REASON WHY THE CLUB'S DONE SO WELL."**

**NIGEL CLOUGH**  
Burton Albion Manager





# STRENGTH

+ CONDITIONING GYM

## STRENGTH AND CONDITIONING GYM

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- {+} Four Olympic lifting platforms
- {+} Squad spin bike area
- {+} Large free weights and plate loaded areas
- {+} Latest Technogym equipment
- {+} Inspiring view overlooking the Wembley replica pitch

**“THE TEAM AT PERFORM ARE INCREDIBLE, HANDS DOWN THE BEST I HAVE EVER WORKED WITH.”**

**JODIE TAYLOR**  
England Women's Seniors Player

## HYDROTHERAPY SUITE

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- {+} Variable depth pool – adjustable floor that allows practitioners to choose the depth at which they wish to work. It's also ideal for younger squads
- {+} Aqua jogging suits and belts
- {+} Hot/cold contrast pools

{+} UNDERWATER TREADMILL  
**1 OF 7** IN THE UK



## REHABILITATION GYM

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- {+} Fantastic space, designed to inspire players/patients to get back to full fitness
- {+} Sprung floor/wooden floor
- {+} Yoga/Pilates area
- {+} Reaction section with Batak Board, Quick Boards and Fit Light



# HUMAN PERFORMANCE LAB

## HUMAN PERFORMANCE LAB

- [-] BASES (The British Association of Sport and Exercise Sciences) accredited facility used for testing and analysis
- [-] Assessments include: OBLA, VO<sup>2</sup> max, Force Plate Analysis, Functional Movement Screening, Blood profiling, Body composition and Isokinetic testing
- [-] Altitude and Heat Chamber - up to 5000m and 40°C
- [-] Anti-Gravity Treadmill - ideal for rehabilitation



## PHYSIOTHERAPY

- [-] Five private rooms with open plan area that can be sectioned off



**“ST. GEORGE’S PARK IS A GREAT FACILITY. EVERYTHING WE NEED IS ON SITE AND IT HAS THE EXPERTISE HERE THAT WE NEEDED, SO IT LENDS ITSELF TO A PROFESSIONAL OPERATION VERY WELL.”**

**MARK HUGHES**  
Stoke City Manager

# RETURN TO FITNESS



## PLAYER CONDITIONING PLAN (PCP)

The Player Conditioning Plan offers functional training sessions that provide suitable progress in: strength & conditioning, physiology, recovery, and nutrition & hydration. Each plan is tailored to meet the player's demands based on age, position, level of performance, and gender.

The PCP is ideal for players:

- {+} Returning to full match fitness after long term injury
- {+} Those requiring supplementary training to improve fitness
- {+} Those looking to maintain fitness in preparation for a tournament

**“THE FACILITIES AT PERFORM ST. GEORGE’S PARK ARE UNBELIEVABLE, I RECEIVED FIRST-CLASS REHABILITATION AND FULLY ENJOYED THE WORK I’VE DONE HERE TO PREPARE ME FOR THE SEASON.”**

**SEAN ST LEDGER**

Colorado Rapids and Republic of Ireland

## SPORTS SCIENCE SUPPORT

Our BASES accredited Sports Science team offer bespoke, detailed performance testing packages for entire squads or individuals which can include:

- {+} Body Composition Assessment
- {+} Exercise Performance Test
- {+} Sweat Sodium Assessment
- {+} Functional Movement Screen
- {+} Biomarker and Pathology Assessment



## CARDIAC SCREENING & PATHOLOGY

The Cardiac Screening Programme helps minimise the risk of a player suffering from an undiagnosed heart condition:

- {+} Perform is The FA's preferred cardiac screening provider
- {+} Entire squads can be screened in one day
- {+} Follow up care provided through Spire Healthcare network if required

Our blood tests can help provide you with evidence of:

- {+} General well-being
- {+} Players over or under training
- {+} Players carrying undisclosed injuries
- {+} Players on inappropriate diet or nutrition
- {+} Players carrying undisclosed viruses affecting performance





# OUTDOOR LEADERSHIP CENTRE

With a wide range of activities aimed at developing high performing teams, the Outdoor Leadership Centre at St. George's Park offers you the chance to build on your work on the training ground in a unique setting. Sessions can include physical and technical challenges such as the high and low ropes courses or cerebral tasks which require a more tactical approach.

Whichever challenges you choose for your squad, the engaging and participative environment creates an excellent opportunity to focus on development needs and enhance teamwork, whilst having fun.

## TEAM BUILDING ACTIVITIES INCLUDE:

- {+} A 40ft climbing tower
- {+} Linear high ropes course
- {+} An extensive range of low ropes activities
- {+} Powerfan freefall experience
- {+} Archery
- {+} Initiative exercises
- {+} Indoor training



# HILTON

## AT ST. GEORGE'S PARK

Hilton at St. George's Park provides a range of accommodation options to suit guests' varying needs, backed by the unsurpassed commitment to hospitality for which Hilton Worldwide is globally renowned.

As home to the 24 England teams, Hilton at St. George's Park is fully equipped to deliver excellent service to elite teams on a daily basis, offering a spectrum of facilities and services tailored for team usage.

**“ALL OF THE FACILITIES AVAILABLE ARE FANTASTIC FOR SURE – EVERYTHING FROM THE PITCHES, TO THE GYMS AND THE WONDERFUL HOTEL ACCOMMODATION WE HAVE BEEN ABLE TO USE, PLUS THE KINDNESS AND AVAILABILITY OF THE WORKING PERSONNEL. IT'S A VERY IMPRESSIVE PLACE.”**

**CLAUDIO RANIERI**

During his time as Monaco FC Head Coach

### SERVICES INCLUDE:

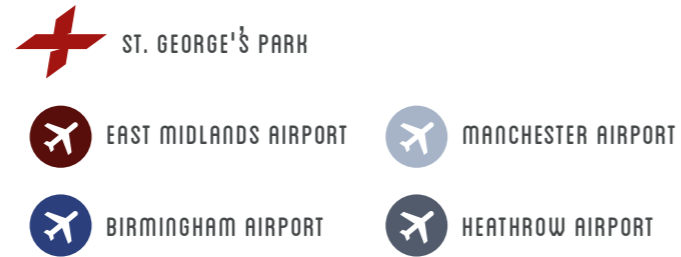
- {+} Team hub with private team dining and meeting rooms separate to the rest of the hotel and if necessary can be divided, catering for up to 4 teams at once
- {+} 4\* accommodation including 42 executive rooms and 11 suites
- {+} Secure and separate guest room floors
- {+} Private check in area
- {+} Health Club and Spa
- {+} Range of flexible conference and banqueting facilities including a 90 seater lecture theatre and the ballroom which caters for up to 500 people



# LOCATION










St. George's Park's central location at the heart of the midlands and close proximity to nearby airports makes it easily accessible.

Perfect for pre-season friendlies or as a training base ahead of away fixtures, the National Football Centre is within an hour and a half of 20 Football League and Premier League clubs.



## IN THE REGION

There are also plenty of things to do and attractions to visit off site to incorporate into your training camp schedule including:

-  The National Forest
-  Alton Towers theme park
-  Drayton Manor theme park
-  The National Brewery Centre
-  Nottingham Castle
-  The Peak District
-  Uttoxeter race course
-  Trent Bridge, home to Nottinghamshire County Cricket Club
-  The Belfry Hotel and Golf Resort

## NEARBY FOOTBALL CLUBS

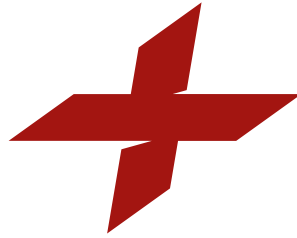




# PREPARATION

IS EVERYTHING





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For more information or to discuss your team's requirements please contact:

**01283 576200**

**SGPENQUIRIES@THEFA.COM**

