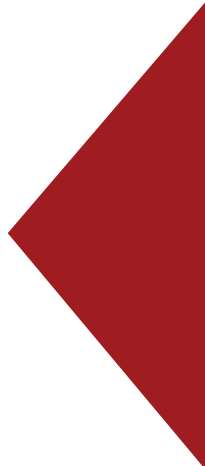




**ST.**  
**GEORGE'S**  
**PARK**



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**“AS THE HOME OF ALL 28 ENGLAND TEAMS, ST. GEORGE’S PARK ALLOWS US TO JOIN UP THE PLAYER PATHWAY AND SHARE BEST PRACTICE FROM ACROSS THE GAME TO HELP COACHES AND PLAYERS PROSPER.”**

GARETH SOUTHGATE  
England Manager

WELCOME TO THE  
**HOME OF ENGLAND**  
NATIONAL TEAMS



Home to England's 28 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, state-of-the-art sport science and performance facilities, a four star Hilton hotel as well as an outdoor team building facility complex.

SINCE OPENING IN 2012 WE HAVE WELCOMED OVER 2,000 TEAM VISITS INCLUDING:



# ST. GEORGE'S PARK IS UNBELIEVABLE

IVAN RAKITIC  
FC Barcelona, player



## OUTDOOR TRAINING PITCHES

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

- ▶ 13 outdoor pitches including:
  - [+] The Sir Bobby Charlton Wembley replica pitch
  - [+] Five flood-lit pitches
  - [+] Five pitches with undersoil heating
  - [+] Four natural grass pitches
  - [+] Three artificial pitches
  - [+] Six hybrid pitches (artificial and grass stitched)
  - [+] A dedicated blind pitch
- ▶ 20-degree-angled, 30m fitness hill
- ▶ Dedicated goalkeeper training area
- ▶ Continental Warm Up pitch

**013**  
OUTDOOR PITCHES



## INDOOR SPORTS FACILITIES

- ▶ The Sir Alf Ramsey indoor 3G pitch:
  - {+} FIFA Quality Pro certified pitch
  - {+} Includes 200-person viewing gallery
- ▶ Futsal arena
- ▶ Nine changing rooms
- ▶ Three-lane 60m sprint track





SPORTS SCIENCE AND

# PERFORMANCE

Physical preparation and sport science is integral to St. George's Park. The National Football Centre has been designed for elite athletes incorporating world-leading technology and outstanding apparatus, providing the ultimate training and rehabilitation hub for teams.

The National Football Centre is accredited with the FIFA F-MARC (FIFA Medical and Research Centre) and all of the performance facilities are available to hire.

## PERFORMANCE FACILITIES

-----

- [+] Strength and conditioning gym
- [+] Human Performance Lab and Rehabilitation Centre
- [+] Hydrotherapy Suite
- [+] Sprint lanes (60m)
- [+] Consultation rooms



**“YOU WALK IN  
AND FEEL  
PERFORMANCE”**

**ROD ELLINGWORTH**  
Team Sky Performance Manager



## CARDIOVASCULAR FITNESS AREA

- [+] 12 Watt bikes connected to a large video wall for instant feedback on heart rate, force production and leg balance
- [+] 2 Woodway curve treadmills
- [+] 2 concept rowers
- [+] 2 ski ergs
- [+] Upper body ergometer

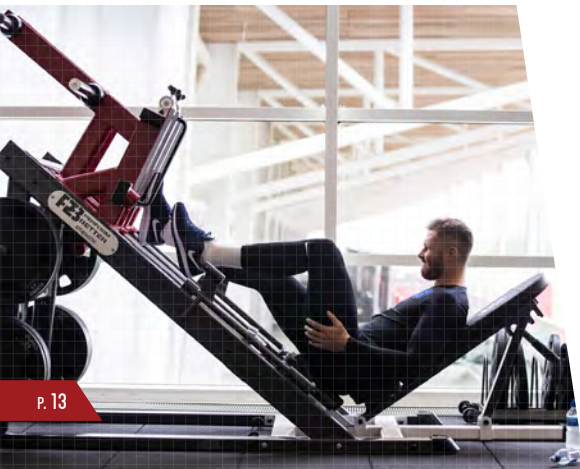




## STRENGTH EQUIPMENT

-----

- {+} 6 olympic lifting racks with integrated video monitoring software and an incorporated Smith machine attachment
- {+} Performance software for measuring bar velocity
- {+} Free weights area with dumbbells up to 70kg
- {+} 5-plate-loaded machines including 2 bilateral leg presses, leg extension, leg curl and calf raise
- {+} 1 selectorised lat pulldown machine







## FUNCTIONAL AND TESTING EQUIPMENT

- [+] 2 integrated force platforms connected to screens for instant feedback on jump height, force production and left and right leg balance
- [+] Bespoke Infinity rig measuring 6m x 8.5m with incorporated throwing wall, monkey bars, pull-up bars, anchor points for bungees and suspension trainers. Additionally: rig stores medicine balls, kettlebells, slam balls, and battle ropes

- [+] 3 Keiser functional trainers providing accurate measurement of power and force production. Runs off compressed air instead of a weight stack, for accurate force measurement. Two adjustable arms to complete just about any exercise required
- [+] Swift timing system for speed measurement and integrated jump mat technology for instant feedback




**“OUR TEAM OF TECHNICAL LEADS HANDPICKED THE VERY BEST EQUIPMENT AND DESIGNED A BESPOKE GYM FIT FOR THE NEEDS OF ELITE ENGLAND TEAMS.”**

**DAVE REDDIN**

FA Head of Team Strategy & Performance





# HUMAN PERFORMANCE LAB

## HUMAN PERFORMANCE LAB AND REHABILITATION CENTRE

----

- {+} A state-of-the-art performance facility used for testing and analysis
- {+} Performance equipment including: force plate analysis, functional movement screening, body composition and isokinetic testing
- {+} Rehabilitation equipment including: pilates reformer, Anti-Gravity Treadmill, a range of Keiser machines and medical treatment couches
- {+} Altitude and Heat Chamber to replicate environments up to 5000m and 40°C

***“EVERYTHING IS ABSOLUTELY  
PERFECT. IF YOU COULD GIVE IT A  
MARK OUT OF 10 IT WOULD BE 10.”***

**MARC OVERMARS**  
AFC Ajax Director of Football

## HYDROTHERAPY SUITE

- [+] Variable depth pool including an adjustable floor to allow a variety of conditioning and rehabilitation exercise sessions including deep water temperature of 32 degrees
- [+] Hot and cold contrast pools. Hot pool water temperature 36 degrees, cold water pool 10 degrees
- [+] Underwater Treadmill with a water temperature of 31 degrees

**“BIG THANKS TO THE ST. GEORGE’S PARK TEAM FOR HAVING ME. AMAZING FACILITY.”**

SIR ANDY MURRAY



# HYDROTHERAPY SUITE





## SPRINT LANES

Located alongside the indoor 3G pitch and behind the spectator seating area. This synthetic porous polymeric training track area is available for running based conditioning sessions, fitness testing and for warm-up and cool down purposes.

- {+} 60 metres
- {+} 3 lanes
- {+} Well lit indoor area
- {+} Ideal for pre-activation
- {+} 25 Keiser spin bikes



ENTRANCE TO SPRINT LANES

# 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 well as being a home from home for each of the 28 England teams, Hilton at St. George's Park is fully open to the general public and is the perfect destination hotel for short breaks and leisure stays.

Centrally located and easily accessible, the hotel is also an ideal venue for major conferences, meetings and events. The inspiring and versatile facilities are ideal for gatherings of all kinds and sizes, from intimate meetings to conferences for up to 500 people.

MEET, MOTIVATE AND  
CELEBRATE IN A SPECIAL  
SETTING IN PURSUIT OF BEST  
PRACTICE, INNOVATION AND  
PERFORMANCE EXCELLENCE.



# THE ULTIMATE EVENT EXPERIENCE

## THE SIR BOBBY ROBSON BALLROOM

- [+] Caters for up to 500 people (420 people banquet style)
- [+] Can be divided into four separate, fully equipped rooms
- [+] 5 large projection screens and in-built ceiling projectors
- [+] Ambient mood lighting and in-built PA system
- [+] Weight loaded floors
- [+] Width: 15m x Length: 31m
- [+] Ceiling height: 5.5m
- [+] Includes a dedicated foyer breakout area with its own private bar ideal for drinks receptions and buffets

AREA:

416m<sup>2</sup>

## THE FUTSAL ARENA

- [+] The Futsal Arena in the National Football Centre can be converted into a truly unique and exceptional venue for bespoke events.
- [+] Versatile blank canvas
- [+] Capacity: 800–1000 people
- [+] Width: 40m x Length: 60m
- [+] Ceiling height: 8.15m



AREA:  
**2,400 m<sup>2</sup>**

# CREATE **IMPACT**





## THE CENTRE CIRCLE COFFEE LOUNGE

- {+} Proudly serving Starbucks Coffee
- {+} Convenient lounge and meeting area



## LECTURE THEATRE

- {+} 90 seats with built-in pullout tables
- {+} State-of-the-art projection equipment
- {+} Ceiling-mounted 159" screen
- {+} Lectern and microphone

## MEETING ROOMS

- {+} 24 flexible meeting rooms
- {+} Also ideal for seminars
- {+} Accommodates 12–90 delegates
- {+} Include plasma screens, ideal for presentations
- {+} In-room call buttons for immediate assistance

## THE CROSSBAR AND LOUNGE

- {+} Enjoy drinks, a modern day afternoon tea or a gourmet coffee in this relaxed venue. The perfect place to join friends or colleagues for a light lunch
- {+} Menu includes local favourites alongside British classics
- {+} Open daily, 9.00am–1.00am

## RESTAURANT AND PRIVATE DINING

- {+} Modern yet stylish restaurant with spectacular views across the Staffordshire countryside
- {+} Caters for up to 130 diners in one sitting
- {+} Hot buffet service at lunch
- {+} À la carte menu served during the evening



# RELAX AND UNWIND



## HEALTH CLUB & SPA

- {+} Spa includes 17m swimming pool, bubble pool, foot spas, sauna, steam room as well as four treatment rooms
- {+} The gym includes latest Cardiovascular Technogym equipment, resistance machines and a free weights area
- {+} Health club open daily 6am-10pm

## GUEST ROOM

- {+} 228 contemporary, air-conditioned guest rooms including 11 suites
- {+} Spectacular views of either the surrounding countryside or St. George's Park courtyard
- {+} Complimentary parking
- {+} Free wi-fi
- {+} 42" TV with Sky





## OUTDOOR LEADERSHIP CENTRE

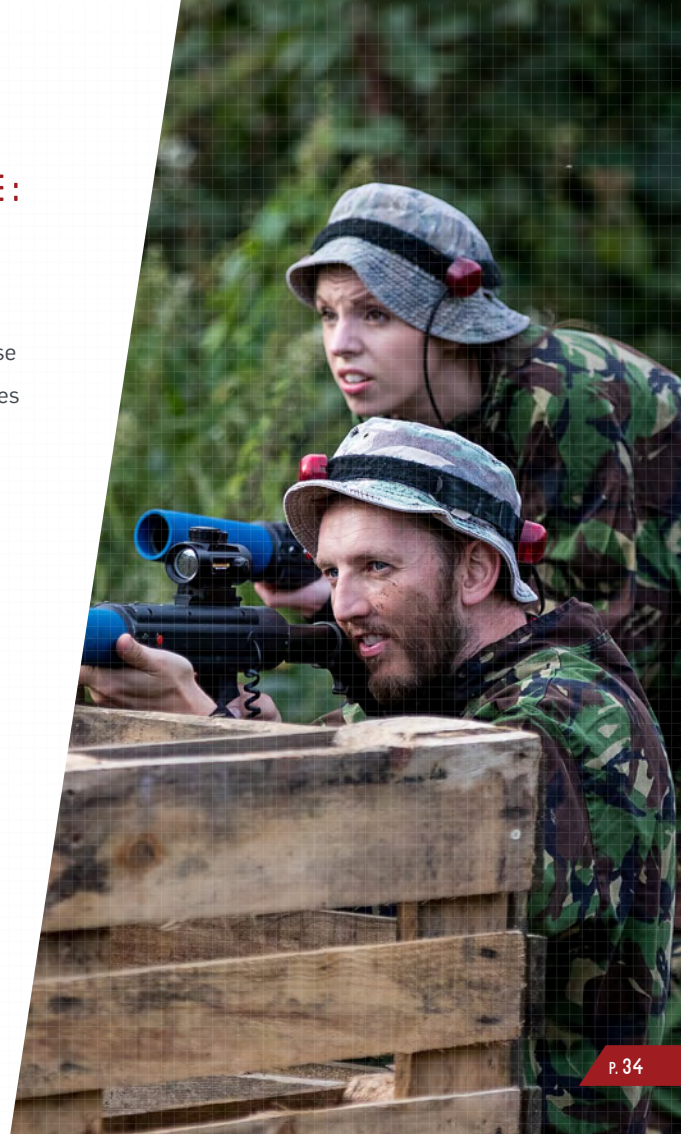
Bring leadership and team development theory to life at the Outdoor Leadership Centre, owned and operated by Grahame Robb Associates Ltd.

Practice is a critical component in performance improvement and it is no different if you are developing leadership skills or building high-performance teams. The centre offers a range of team activities and tasks to challenge minds and muscles in a fun, engaging and highly participative learning environment.

The Outdoor Leadership Centre is the perfect place to host a memorable corporate team building event, conference energiser or people development programme. The centre is also accessible for elite sports teams and education groups seeking development or an away day.

### TEAM BUILDING ACTIVITIES INCLUDE:

- +
- +
- +
- +
- +
- +
- +
- +
- +
- +





# BEHIND- THE-SCENES TOURS

The St. George's Park tour lets you explore behind-the-scenes of The Football Association's National Football Centre. Taking you on the journey of an England player you will see the world class training facilities used by our 28 national teams ahead of international fixtures including:

- {+} Sir Bobby Charlton Wembley Replica pitch
- {+} Sir Alf Ramsey Indoor 3G
- {+} Futsal Arena
- {+} One of our elite changing rooms
- {+} The autograph wall signed by our most famous visitors
- {+} Strength & Conditioning Gym
- {+} Human Performance Lab
- {+} Hydrotherapy suite
- {+} The Hilton Hotel

St. George's Park is a working site therefore access to the above areas is subject to availability and unfortunately can not be guaranteed.

-----  
**£9.00** PER PERSON  
*(Gift vouchers are available on request)*



# FOOTBALL EXPERIENCE

IF YOU WANT FUN, FOOTBALL AND TOP-CLASS COACHING IN AN INSPIRATIONAL SETTING THEN LOOK NO FURTHER. LET OUR FA-LICENSED COACH PUT YOU AND YOUR TEAMMATES THROUGH YOUR PACES AT THE HOME OF ENGLAND NATIONAL TEAMS.

## INCLUDES

-----

- {+} A tour of the National Football Centre
- {+} Use of a changing room
- {+} Use of an indoor or outdoor 3G pitch for your session
- {+} A 90-minute fun-based football activity with an FA Licensed coach, designed to be fully bespoke for your team

## REQUIREMENTS

-----

- {+} Groups of 12+
- {+} Suitable for all ages and abilities
- {+} Most popular with grassroots clubs and schools

**£35.00** PER PERSON\*

## OPTIONAL EXTRAS\*

-----

- {+} A tour of the National Football Centre for spectators **£9.00** PER PERSON
- {+} A hydrotherapy and recovery session **£15.00** PER PERSON
- {+} Laser Combat at the Outdoor Leadership Centre
- {+} A selection of St. George's Park merchandise and souvenirs

\*Subject to availability. All prices are inc. of VAT.

## INCLUDES

- {+} A tour of the National Football Centre
- {+} Use of a changing room
- {+} Use of an indoor or outdoor 3G pitch for your session
- {+} A 1 hour FIFA 11+ Warm up and dynamic movement session on the running track. A complete warm-up programme that reduces injuries as well as teaching correct posture and good body control
- {+} A 90-minute fun-based football activity with an FA Licensed coach, designed to be fully bespoke for your team
- {+} A 1 hour hydrotherapy session taking you through the same routine as a professional sports team. After stability and recovery work in the vario pool, you will also experience the physiological benefits when using the hot and cold contrast pools

## REQUIREMENTS

- {+} Groups of 12+
- {+} Suitable for anyone aged 12+

## OPTIONAL EXTRAS\*

- {+} A tour of the National Football Centre for spectators **£9.00 PER PERSON**
- {+} A hydrotherapy and recovery session **£15.00 PER PERSON**
- {+} Laser Combat at the Outdoor Leadership Centre
- {+} A selection of St. George's Park merchandise and souvenirs

**£62.00** PER PERSON\*



WHAT WOULD LIFE BE LIKE IF YOU PLAYED FOR ENGLAND?  
FOLLOW A TYPICAL DAY IN CAMP FROM TRAINING  
TO RECOVERY. THE ULTIMATE WAY TO EXPERIENCE  
ST. GEORGE'S PARK.



# EDUCATION IS THE HEARTBEAT OF ST. GEORGE'S PARK



Whether you are a young player representing one of England's 28 national teams, a future England manager studying coaching, or a referee, medic, sports scientist or talent identification expert accessing bespoke education – learning is the common thread through all of our work.

Every day our team of highly skilled tutors, educators, mentors and speakers strive to develop a vibrant learning culture, maximising the world-class facilities on site to create a dynamic and unique educational experience.

For candidates attending The FA's residential courses there is the opportunity to stay in the Hilton Hotel which includes:

- 90-seater lecture theatre or cinema
- Flexible seminar rooms for 6, 10 or 12 students
- Tuition rooms for 18/36 students
- Lecture rooms for 32/64 students





THE LEAGUE MANAGERS ASSOCIATION, BASED AT ST. GEORGE'S PARK, IS THE REPRESENTATIVE VOICE OF ALL MANAGERS FROM THE PREMIER LEAGUE, EFL AND FA WOMEN'S SUPER LEAGUE CLUBS, PAST AND PRESENT.

The **LMA** supports and assists managers and coaches in all areas of their professional lives and their personal and career development:

- {+} World-class guidance and advice on all legal and contractual matters
- {+} Access to comprehensive personal development and wellbeing programmes
- {+} Insightful technical guidance and advice

The **LMA Institute of Leadership and High Performance** provides high-quality learning and support services:

- {+} The LMA Diploma in Football Management
- {+} LMA High Performance Masterclasses, Conferences and Seminars
- {+} LMA Technical Performance Clinics
- {+} Leadership and Performance Q&As
- {+} Member Appearances



The **LMA** works in commercial partnership with over 45 brands and businesses, including Castrol, Carling and Nike and offers businesses unique activities:

- {+} Football Tournaments with LMA Ambassadors
- {+} Corporate Masterclasses
- {+} Leadership Q&As
- {+} Conferences
- {+} Private dining experiences with LMA Ambassadors
- {+} CPD seminars



# THANK YOU TO OUR PARTNERS





# LOCATION



St. George's Park's central location and its close proximity to two airports makes it easily accessible for both national and international visitors. It is only 90 minutes by train from London with the choice of two local stations at Lichfield and Derby.

## GETTING HERE

### BY AIR:

- [+] 40-minute drive to East Midlands Airport
- [+] 54-minute drive to Birmingham Airport
- [+] 1-hour 20-minute drive to Manchester Airport

### BY TRAIN:

- [+] 15-minute drive to Burton-Upon-Trent
- [+] 25-minute drive to Lichfield (direct route to London Euston Station)
- [+] 35-minute drive to Derby (direct route to London St. Pancras Station)
- [+] 40-minute drive to East Midlands Parkway

## IN THE REGION

- [+] The National Forest
- [+] Alton Towers theme park
- [+] Drayton Manor theme park
- [+] The National Brewery Centre
- [+] Nottingham Castle
- [+] The Peak District
- [+] Uttoxeter Racecourse
- [+] Nottinghamshire County Cricket Club (Trent Bridge)
- [+] Branston Golf Club

## NEARBY FOOTBALL CLUBS





INSPIRING  
**EXCELLENCE**



For more information or to discuss  
your requirements please contact:

**01283 576200**

**SGPENQUIRIES@THEFA.COM**



**FOR ALL**

ST. GEORGE'S PARR, NEWBOROUGH ROAD, NEEDWOOD, BURTON-UPON-TRENT, STAFFORDSHIRE, DE13 9PD

**WWW.THEFA.COM/SGP**