

Perform signs Michael Johnson Performance deal

Perform at St George's Park has today announced a partnership with Michael Johnson Performance, founded by four-time Olympic Champion and current 400m World Record holder Michael Johnson. The partnership will see a new range of performance training services become available to players and athletes of all abilities at St. George's Park, as well as bespoke residential camps designed especially for nurturing the talent of young people.

The partnership between [Perform](#), part of Spire Healthcare, and [Michael Johnson Performance](#) (MJP) brings together two teams of world-class performance coaches and sports and exercise scientists who work daily with elite athletes across the globe. It will be the first time that young people in Europe will have the chance to perform and train using MJP coaching techniques outside of an academy environment, providing the best testing and training equipment usually reserved for elite professional athletes. Perform at St. George's Park will also open its doors to sharing world-class performance testing, screening and sports science techniques to help young footballers and athletes to fulfil their sporting potential.

St. George's Park is The FA's National Football Centre – the training base for 24 England teams, the home of coaching education and a hub of activity for the local community. Over 800 elite coaches will be trained and qualified each year at St. George's Park, helping to develop and nurture future talent.

Commenting on the new partnership, Michael Johnson said: "St. George's Park is an immensely important initiative for English sport and the development of football and athletes far into the future. I've been tracking its progress since I visited in 2011 and been looking for ways to get involved.

"This new venture with Perform is the perfect opportunity and it's an ideal partnership because we share the same coaching philosophy on human performance development. Together, I am confident we can have a significant impact on the future of English sport."

Phil Horton, Director at Perform, part of Spire Healthcare, said: “It’s already been a fantastic year for Perform at St. George’s Park and this new partnership with Michael Johnson Performance will help us further extend our world-class offering. Through this partnership we will provide anybody, whether they are a first-time young athletes just getting started in a new sport, county-level players or an experienced professional striving to gain a competitive edge, the opportunity to experience world-class training programmes based on the proven success of both Perform and Michael Johnson Performance.”

David Sheepshanks, Chairman, St. George’s Park, commented: “This new arrangement between Michael Johnson and Perform at St. George’s Park heralds another first for the development of sporting talent in England. We have created a world-class training centre with facilities to match the best anywhere, and correspondingly the aim has always been to fill it with world-class exponents of high performance coaching, sports medicine and skill development. So we are very pleased to welcome Michael Johnson Performance to St. George’s Park as they stand at the top of their tree in the world with their specialist approach to developing athleticism, not only amongst aspiring young athletes but also working with football players and players from many other sports.”

Targeted at schools, aspiring footballers, athletes and any young person wanting to achieve their optimum performance, the Michael Johnson Performance and Perform training camps will be delivered on a year-long trial at Perform’s 25,000 square feet centre at St George’s Park. Schools will also have the option to host a one-day performance masterclass on their own site, thanks to the flexible training techniques used by both Perform and MJP experts.

Performance Specialist Brock Christopher of Michael Johnson Performance will be based at Perform at St. George’s Park to deliver the residential performance camps on site and masterclasses on school and club facilities. Brock has seven years experience in performance coaching and has worked with professional NFL and soccer players, as well as aspiring young athletes.

For more information on packages, please give Perform a call on 01283 76333.