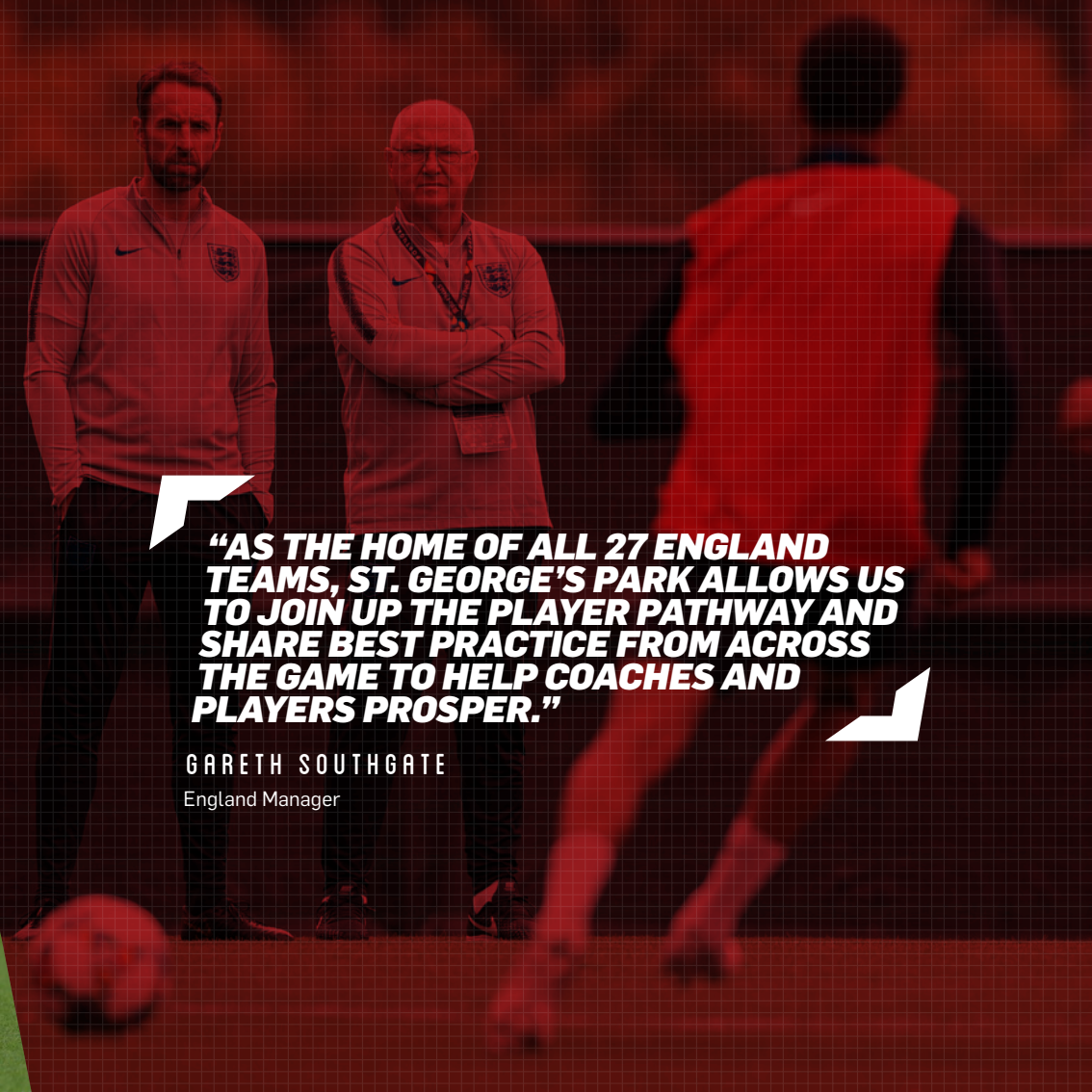




**ST.**  
**GÉORGE'S**  
**PARK**

ELITE TRAINING CAMPS



**"AS THE HOME OF ALL 27 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 27 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 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

***“EVERY TEAM WHO  
WANTS A GOOD  
PRE-SEASON SHOULD  
LOOK AT ST. GEORGE'S  
PARK BECAUSE YOU CAN  
FIND EVERYTHING YOU  
NEED HERE”***

**PATRICK VIEIRA**  
OGC Nice 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

+ CONDITIONING GYM





## 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

**“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



# 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

***“I’VE NOT BEEN TO MANY  
FACILITIES AROUND THE WORLD  
AS GOOD AS ST. GEORGE’S PARK.”***

DAVID BECKHAM



## HYDROTHERAPY SUITE

- [+] Variable depth pool including an adjustable floor to allow a variety of conditioning and rehabilitation exercise sessions including deep water temperature 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



# 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



# ACCOMMODATION

## AT HILTON

Hilton at St. George's Park provides a range of accommodation options to suit travelling professional team's 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 27 England teams, Hilton at St. George's Park provides a private, central and secure location for pre-season training camps or as a training base for away fixtures.

There are 228 bedrooms on-site with ample car parking and free Wi-Fi. You can choose between our compact guest rooms which offer a relaxed casual experience or the stylish and elegant Hilton guest rooms which offer a more luxurious experience.

Adaptable catering options can be provided to support teams. Our team of highly trained chefs are experienced with working alongside your team's chef and nutrition team to plan team menus with unprecedented levels of comfort and service.

**"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**

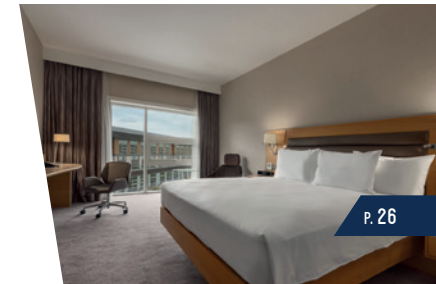
During his time as Monaco FC Head Coach





## TEAM AREAS AND DINING

- [+] Bespoke team packages including kit, medical and leisure rooms as well as private team dining, meeting and coaches' rooms
- [+] 4\* accommodation including 42 executive rooms and 11 suites
- [+] Secure and separate guestroom floors which can be hired exclusively
- [+] Guestrooms which can be easily converted to kit/medical rooms, amongst the players' rooms
- [+] Dedicated private team hub specifically designed to accommodate a team for dining and meetings
- [+] Highly trained kitchen team who are very happy to work alongside your chef and nutritional team to plan team menus





# TEAM BUILDING

## AT THE 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:

- {+} Laser combat
- {+} A 40ft climbing tower
- {+} Multi-activity high ropes course
- {+} An extensive range of low ropes activities
- {+} Powerfan freefall experience
- {+} Archery
- {+} Initiative exercises
- {+} Indoor team activities
- {+} Packages from 1 hour to 1 day








***"IT WAS IMPORTANT IN THE FIRST FEW DAYS TO BOND THE GROUP TOGETHER AND THE NEED TO FEEL CONNECTED TO HELP BUILD THAT TRUST ON THE PITCH. THE EXERCISES WERE A GREAT ADDITION TO OUR TRAINING"***

**STEVE MCNAMARA**

During his time as England Rugby League Head Coach





-  **ASTON VILLA**  
30 miles | 45 mins
-  **BIRMINGHAM CITY**  
32 miles | 50 mins
-  **BURTON ALBION**  
7 miles | 15 mins
-  **COVENTRY CITY**  
40 miles | 45 mins
-  **DERBY COUNTY**  
25 miles | 30 mins
-  **LEICESTER CITY**  
50 miles | 1 hour
-  **NOTTINGHAM FOREST**  
35 miles | 50 mins
-  **NOTTS COUNTY**  
35 miles | 50 mins
-  **STOKE CITY**  
25 miles | 30 mins
-  **WALSALL**  
35 miles | 45 mins
-  **WEST BROMWICH ALBION**  
30 miles | 50 mins
-  **WOLVERHAMPTON WANDERERS**  
30 miles | 50 mins

## NEARBY FOOTBALL CLUBS

## AND EUROPEAN FLIGHT TIMES



# PREPARATION

IS EVERYTHING







For more information or to discuss  
your requirements please contact:

**+44(0)1283 576200**

**SGPTRAININGCAMP@THEFA.COM**



ST. GEORGE'S PARK, NEWBOROUGH ROAD, NEEDWOOD, BURTON-UPON-TRENT, STAFFORDSHIRE, DE13 9PD  
[WWW.THEFA.COM/SGP](http://WWW.THEFA.COM/SGP)