

ELITE SPORT AT

ST. GEORGE'S PARK



WELCOME



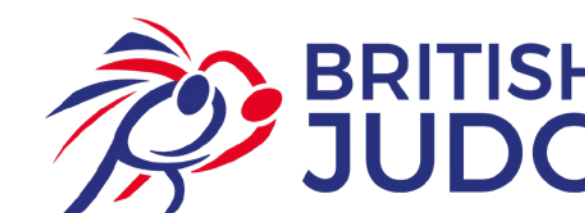


ABOUT US

Home to England's national football teams, St. George's Park provides a world-class training environment for any sport, 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), state-of-the-art 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 and over 15 different sports.



OUR FACILITIES



INDOOR FACILITIES

► THE SIR ALF RAMSEY INDOOR 3G PITCH

[+] FIFA Quality Pro certified pitch

[+] Includes 200-person viewing gallery and pitch side seats

► FUTSAL ARENA

► NINE CHANGING ROOMS

► THREE-LANE 60M SPRINT TRACK

TAKE A CLOSER LOOK AROUND OUR FACILITIES WITH OUR INTERACTIVE 360 TOUR [CLICK HERE](#)



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.

► STRENGTH AND CONDITIONING GYM

► HUMAN PERFORMANCE AND REHAB LAB

► BRAND NEW PHYSIO SUITE

► HYDROTHERAPY SUITE

► CRYOTHERAPY CHAMBER

**TAKE A CLOSER LOOK AROUND OUR
FACILITIES WITH OUR INTERACTIVE 360
TOUR [CLICK HERE](#)**





STRENGTH & CONDITIONING GYM

► CARDIOVASCULAR FITNESS AREA

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- {+} 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 ZONE

-
- {+} 6 Olympic lifting racks with integrated video monitoring software
- {+} Performance software for measuring Velocity
- {+} Free weights area with dumbbells up to 70kg
- {+} 5 plate loaded machines including: 2 bilateral leg presses
- {+} 1 selectorised lat pulldown machine



FUNCTIONAL AND TESTING EQUIPMENT

- {+} 12 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
- {+} 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



HUMAN PERFORMANCE AND RECOVERY CENTRE

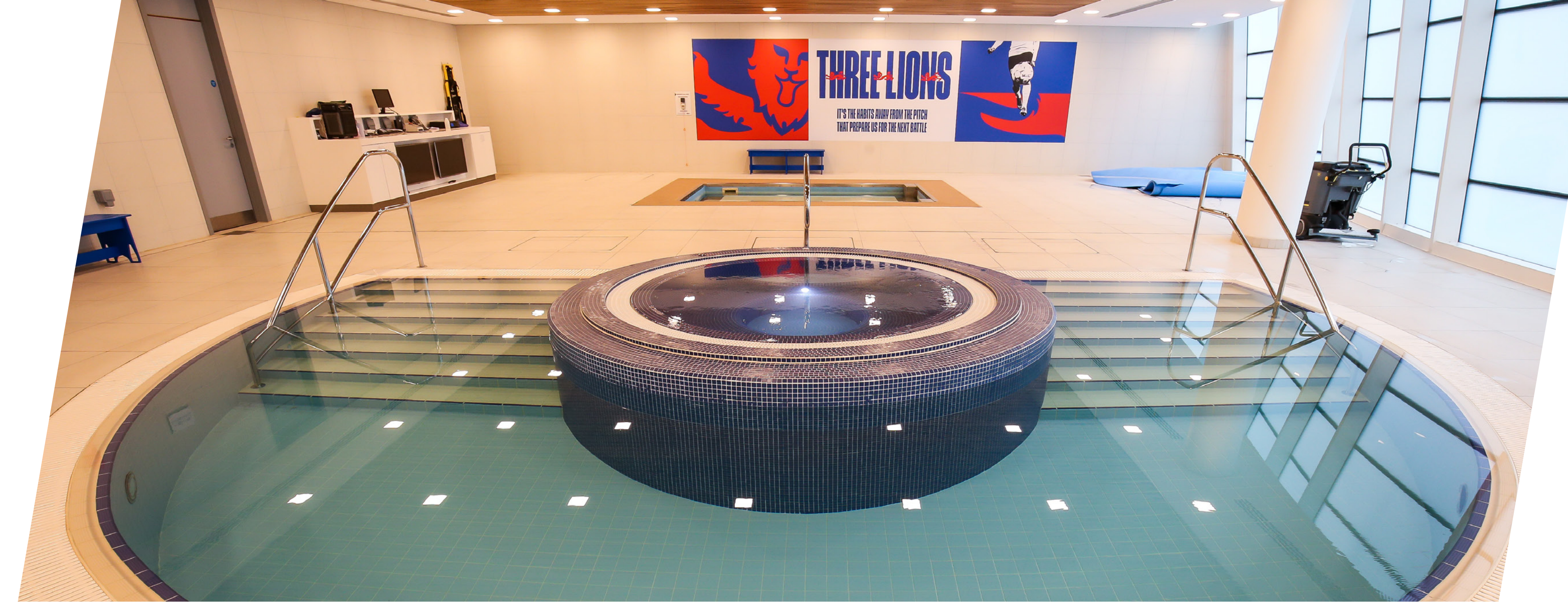
- {+} A state-of-the-art performance facility used for testing and analysis
- {+} Performance equipment including; force plate analysis, functional movement screening, body composition and isokinetic testing
- {+} Rehabilitation equipment including: pilates reformer, Anti Gravity Treadmill, a range of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



**HUMAN
PERFORMANCE
LAB**

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





PHYSIOTHERAPY SUITE

Our state-of-the-art Physiotherapy Suite includes:

- {+} 1 doctors consultation room
- {+} 1 group massage and strapping room
- {+} A large team fitness studio area with astro turf balcony. Equipped with Scott Pilates machines, massage therapy equipment amongst other latest technology to get your athletes back to physical peak quicker

CRYOTHERAPY RECOVERY

The Chamber is suitable for up to 6 players at one time, benefitting recovery, rehabilitation, sleep, and relaxation. Temperatures programmable down to -160 C.

The latest addition to our Performance Centre provides major benefits in 4 main areas:

- {+} Pain relief - the application of cryotherapy slows down the activity in the nervous system, creating a numbing sensation and dampening down the pain receptors.
- {+} Reduces inflammation - cryotherapy is known to have a positive effect on reducing inflammation, the cold temperature slowing down the body's metabolism at a cellular level, Enabling the body to heal faster
- {+} Reduces muscle damage - studies have shown that cryotherapy reduces the muscular damage caused by stressing the muscle fibres. Even a short-term exposure to cold air inside a cryotherapy chamber has been found to enhance muscle fibre repair, limiting the damage at a cellular level, and providing a degree of protection from damage in the near term
- {+} Sleep - many athletes have poor sleep habits due to being overly stimulated, particularly during periods of high training workload. The increased dopamine levels resulting from a cryotherapy treatment have been shown to increase the depth, duration, and quality of sleep that many athletes experience, with many effects on the body's recovery and the mental well-being of the athlete



TRAINING PITCHES

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OUTDOOR PITCHES

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

► 13 OUTDOOR PITCHES INCLUDING: -----

- {+} The Sir Bobby Charlton Wembley replica pitch
- {+} 5 flood-lit pitches
- {+} 5 pitches with undersoil heating
- {+} 4 natural grass pitches
- {+} 3 artificial pitches
- {+} 6 hybrid pitches (artificial and grass stitched)
- {+} A dedicated blind pitch

► 20 DEGREE ANGLED, 30M FITNESS HILL -----

► DEDICATED GOALKEEPER TRAINING AREA -----

► CONTINENTAL WARM UP PITCH -----

TAKE A CLOSER LOOK AROUND OUR FACILITIES WITH OUR INTERACTIVE 360 TOUR [CLICK HERE](#)

A group of rugby players in red training kits are shown in action on a grass field. One player in the foreground is holding a rugby ball, while others are in various poses around him. The background is slightly blurred, showing more players and a stadium setting.

TRAINING CAMPS

A group of soccer players in blue training kits are shown in action on a grass field. One player in the foreground is kicking a soccer ball, while others are in various poses around him. The background is slightly blurred, showing more players and a stadium setting.

► **PREPARATION IS EVERYTHING**

St. George's Park offers a unique and world leading elite training camp environment to prepare for your season in the best way possible.

► EXCLUSIVE ACCESS TO WORLD CLASS
TRAINING FACILITIES

► ONSITE 4-STAR HOTEL, WITH PRIVATE DINING
AND WINGS

► TWO UNIQUE TRAINING PACKAGES OFFERING
MAXIMUM FLEXIBILITY

TRAINING PACKAGES

► 1. ELITE PREPARATION PACKAGE

- {+} Elite pitch hire or Indoor Facility (maximum of 2 x 2 hour session per day)
- {+} Additional facility or pitch time available at an extra cost
- {+} Elite changing room hire for players
- {+} Private space to store own equipment
- {+} Dedicated Operations and Account Manager
- {+} Training equipment
- {+} Kit laundered (maximum of 2 sets per day)
- {+} Unlimited towels, ice and bottled water
- {+} Exclusive access to state of the art performance facilities including:
 - Strength and conditioning gym
 - Hydrotherapy suite
 - 60 Metre Running Track and Activation Area
 - Human Performance Lab

£1,600

INC VAT PER DAY

ADDITIONAL EXTRAS

- {+} Cryotherapy Suite: **£50** per use/ athlete
- {+} Additional Areas: **£400** per Day

► 2. TEAM PREPARATION PACKAGE

- {+} Elite pitch or indoor facility hire max of 1 x 2 hour session per day
- {+} Elite changing room hire for players and staff
- {+} Private space to store own equipment
- {+} Training equipment
- {+} Kit laundered (maximum of 1 sets per day)
- {+} Unlimited towels, ice and bottled water
- {+} 1 x 2 hour access to state of the art performance facilities including:
 - Strength and conditioning gym
 - Hydrotherapy suite
 - 60 Metre Running Track and Activation Area

£1,200

INC VAT PER DAY

A photograph of a hotel room with a large bed covered in a red duvet, a desk with a chair, and a window with a view of the city. The text 'ACCOMMODATION AT Hilton' is overlaid on the image.

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 our England national teams, Hilton at St. George's Park provides a private, central and secure location for preseason training camps or as a training base for away fixtures.

There are 228 bedrooms on-site with ample free 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.



TEAM AREAS & 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





► ACCOMMODATION PACKAGES

► ELITE TEAMS

- {+} Single or double room occupancy with breakfast, lunch and evening meal included
- {+} Complementary room upgrade for Head Coach
- {+} Complementary agent room (Bed and Breakfast)
- {+} Physio Room (converted room or meeting room)
- {+} Private Dining exclusive to the team for duration of the stay
- {+} Lounge area
- {+} Private meeting room
- {+} 2 additional towels per player (in physio room)
- {+} 6 bottles of water per player per day

PRICES FROM

£180

SINGLE OCCUPANCY PER NIGHT

PRICES FROM

£259

DOUBLE OCCUPANCY PER NIGHT

HOTEL EXTRAS

- {+} Extra Meeting Room: **£240** per day
- {+} Snack Package: **£16** per person
- {+} Menu Supplements: **£45** per person

*Room rates vary based on availability and demand

LOCATION



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

BY AIR:

- {+} 34 miles from Birmingham Airport
- {+} 29 miles from East Midlands Airport

BY COACH:

With links to the M1, M6, M6 Toll and M42, St. George's Park is easily accessible by road:

- {+} A38 – 10 minutes
- {+} M6 TOLL Junction 4 – 20 minutes
- {+} Derby – 30 minutes
- {+} Birmingham – 50 minutes
- {+} Nottingham – 50 minutes
- {+} London – 2 hours 40 minutes
- {+} Manchester – 1 hour 40 minutes

If you are using a SAT NAV, please use the postcode **DE13 9PD**

 **VISIT OUR MAPS & DIRECTIONS PAGE** 

CONTACT DETAILS



USEFUL LINKS



GET IN TOUCH



KEVIN SANDERS
ACCOUNT MANAGER AT SGP

{T} 44 (0)1283 576307

{M} +44 (0)7976 894730

{E} kevin.sanders@TheFA.com



AMANDA GREEN
ACCOUNT CO-ORDINATOR AT SGP

{T} +44 (0)1283 576218

{M} +44 (0)7812 731195

{E} amanda.green@TheFA.com

FOR MORE INFORMATION OR TO DISCUSS YOUR REQUIREMENTS PLEASE CONTACT:

01283 576200 • sgpenquiries@thefa.com

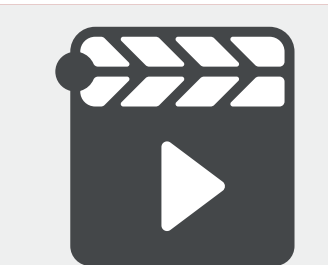
3D SITE MAP



360° VENUE
TOUR



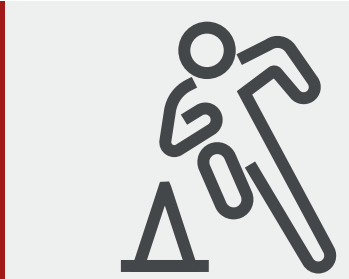
PRE-SEASON
FILMS



VISITOR GUIDE



ELITE TRAINING
CAMP BROCHURE



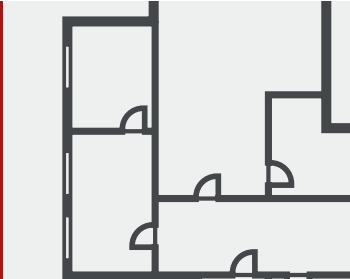
PERFORMANCE
FACILITIES
BROCHURE



WEBSITE



FLOOR PLANS



LINKEDIN



TEAM SKY VIDEO





**ST.
GEORGE'S
PARK**

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