

ELITE SPORT

ST. GEORGE'S PARK



**ST. GEORGE'S
PARK**

WELCOME



ST. GEORGE'S PARK VIDEO



Home to England's national football 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), 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.



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OUR
FACILITIES



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

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Outdoor pitches

***Take a closer look
around our
facilities with our
interactive 360 tour
[CLICK HERE](#)***

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
- Physio suite
- Hydrotherapy suite
- Cryotherapy chamber



Take a closer look around our facilities with our interactive 360 tour [CLICK HERE](#)



Cardiovascular Fitness Area

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

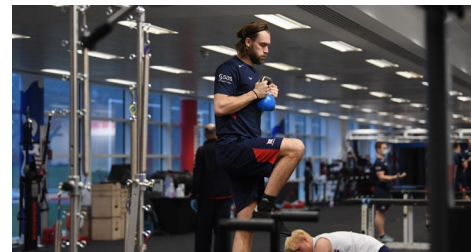
Strength Zone

- 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



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 CHAMBER

CRYOACTION



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

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.

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**TRAINING
CAMPS**

TRAINING PACKAGES



1. READY TO WIN PACKAGE

- Elite facility hire (maximum of 4-hour session per day)
- Additional facility time available at an extra cost
- Elite changing room hire for players
- Private space to store own equipment
- Training equipment
- Kit laundered (maximum of 1 sets per day)
- Towels, ice and bottled water
- 90-minute 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

Additional extras

Cryotherapy Suite: **£700** per use/ up to 5 athletes per time

Prices from

£1,600

Inc VAT per day

TRAINING PACKAGES



2. READY TO COMPETE PACKAGE

- Elite facility hire (maximum 2-hour session per day)
- Elite changing room hire for players and staff
- Private space to store own equipment
- Training equipment
- Assess towels, ice and bottled water
- 1 x 60-minute access in one of the following state of the art performance facilities:
 - Strength and conditioning gym
 - Hydrotherapy suite
 - 60 Metre Running Track and Activation Area

Prices from
£1,400

Inc VAT per day

ATHLETE REHAB



3. READY TO RETURN PACKAGE

- Elite rehab usage (gym/hydro) for 2 x sessions per day
- Elite changing room hire for player and staff
- Private space to store own equipment
- Training equipment
- Access towels, ice and bottled water
- Exclusive discounted hotel rates

Prices from

£500

Inc VAT per day

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ACCOMMODATION

AT Hilton

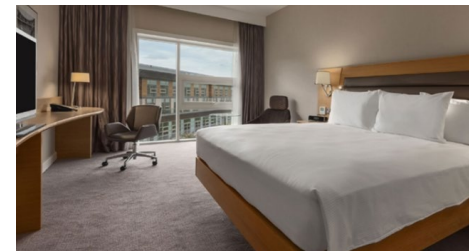
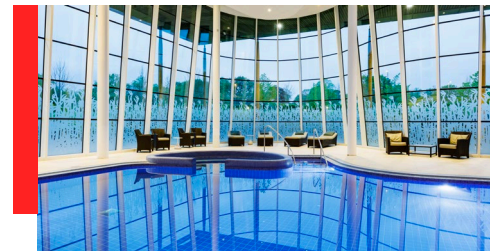


Hilton at St. George's Park provides a range of accommodation options to suit traveling professional team's varying needs, backed by the unsurpassed commitment to hospitality for which Hilton Worldwide is globally renowned.

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 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



ACCOMMODATION PACKAGE



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

Hotel extras

Extra Meeting Room: £240 per day

Snack Package: £16 per person

Menu Supplements: £45 per person

prices from

£180

Single occupancy per night

prices from

£259

Double occupancy per night

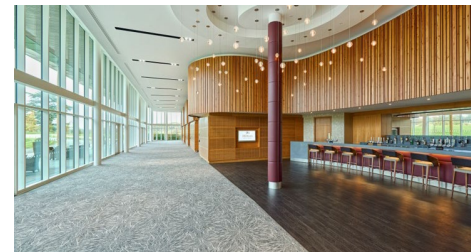
**room rates vary based on availability and demand*



St. George's Park also provides a unique and inspirational setting for your next conference, meeting or event.

Highlights:

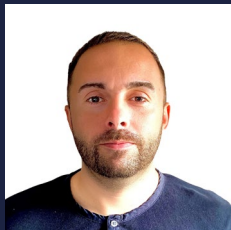
- Sir Bobby Robson Ballroom: 248 cabaret / 500 theatre
- Tiered lecture theatre for 90 delegates
- Club England: Four England themed meeting rooms which can be combined.
- In-built audiovisual equipment, ample complimentary parking and complimentary WiFi
- Corporate Outdoor Leadership Centre - high and low ropes, archery, initiative exercises and laser combat
- The National Football Centre's 2,400 sq. m. Sports Hall is a blank canvas for your next large conference or exhibition



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CONTACT DETAILS AND USEFUL LINKS

GET IN TOUCH



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For more information or to discuss your requirements please contact:

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THANK
YOU!



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