

A group of England football players in blue training kits are practicing on a green field. The player in the foreground has the number 8 on his back. The background shows other players and a goal under a cloudy sky.

THE FOOTBALL OFFER **ST. GEORGE'S PARK**



WELCOME



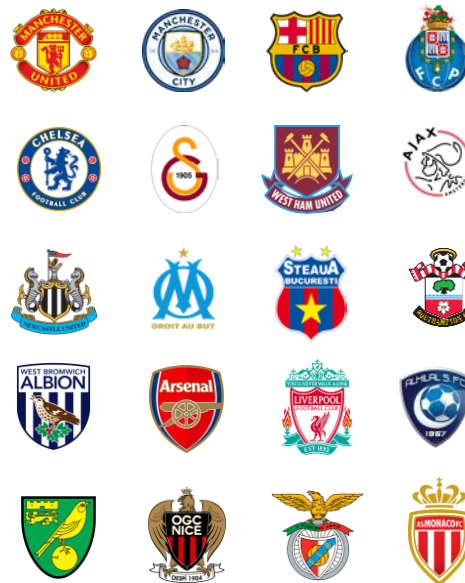
ST. GEORGE'S PARK VIDEO



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 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

***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](#)

PERFORMANCE CENTRE

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, benefitting 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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PRE-SEASON & TRAINING CAMPS



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
- Fixture programmes with local, national and international teams; ***"Fixture Finder"***
- Match Finder: Let the Account Management team take care of your fixture needs through the New Match Finder programme.

TRAINING PACKAGES



1. READY TO WIN PACKAGE

- Elite pitch hire (maximum of 2 x 2 hour session per day)
- Additional pitch time available at an extra cost
- Elite changing room hire for players
- Private space to store own equipment
- Access to live-stream cameras and analysis equipment
- Training equipment
- Kit laundered (maximum of 2 sets per day)
- Unlimited towels, ice and bottled water
- Half day 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

Additional Pitch or GK Area: **£650** per Day

£2,350

Inc VAT per day

TRAINING PACKAGES



2. READY TO COMPETE PACKAGE

- Elite pitch hire (maximum 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

£1,700

Inc VAT per day

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**MATCH DAY
PREPARATION**

STAY AND PREPARE



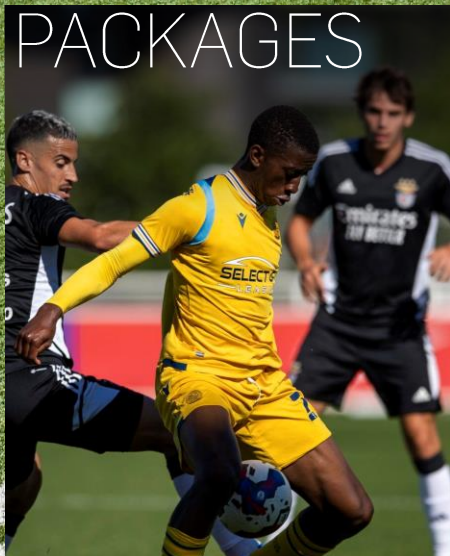
With a central location, a hotel designed for elite teams and a world class performance facility, St. George's Park offers a fantastic opportunity to prepare for your match day or a unique alternative to your training complex.

- Exclusive Elite Pitch Hire rates linked to your Hilton Hotel booking
- Flexible and bespoke packages available to suit the teams needs. Includes changing room and equipment
- Winter alternative programme: offering support if your training complex is unusable
- Recovery and Performance Centre 1x hour usage

starting from

£700

MATCH PACKAGES



Your own, onsite, pre season fixture to give your team the ultimate preparation against high calibre opposition. We will work with you to source fixtures with you and create a secure environment for either behind closed doors or spectator games.

1. STADIUM MATCH PACKAGE

- Elite pitch hire
- Elite changing room hire
- Match Officials changing room
- Use of medical facilities including doping room
- PA system and announcer
- Ambulance, technician and paramedic
- Access to cameras
- 4x stewards
- Events Manager and match day staff
- Team and coffee station

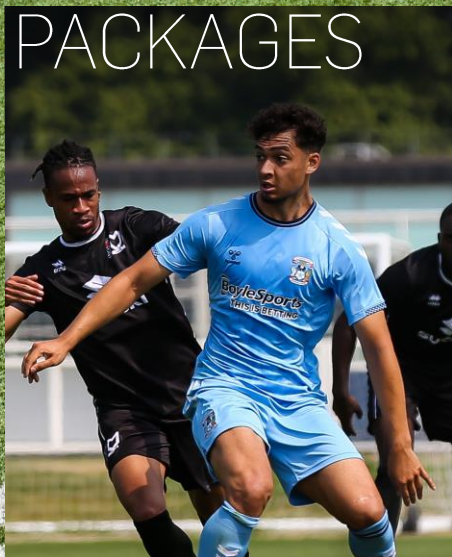
Additional extras

Match officials: price on request

£4,999

Inc VAT

MATCH PACKAGES



Your own, onsite, pre season fixture to give your team the ultimate preparation against high calibre opposition. We will work with you to source a fixture and create a secure environment for either behind closed doors or spectator games.

2. MATCH PACKAGE

- Elite pitch hire
- Elite changing room hire
- Use of medical facilities including doping room
- Ambulance, technician and paramedic
- 2x stewards
- Events Manager and match day staff
- Team and coffee station
- Facility for 30 spectators max
- Bespoke extras from Stadium Match Package Available on request

Additional extras

Match officials: price on request

£3,000

Inc VAT per day

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HALF WAY ACADEMY PROGRAMME

ACADEMY GAMES PROGRAMME



Based in the heart of Midlands, with great links to the rest of the country, St. George's Park is a desired "middle point" location for clubs looking to complete their Premier League and EFL Academy games programmes without travelling across the country. Our 'Half Way' programme offers:

- Pitch hire (grass, artificial or indoor)
- Home team changing room
- Away team changing room
- Officials changing room
- Towels for home/away teams
- Ambulance and Technician (Match Only)
- Events manager

* Please note match officials are not included in the package and will be quoted separately.

* This match is suitable for a match with a maximum of 30 spectators. Additional costs may apply for accommodating spectators.

11v11 Match Package

from **£2200**
Inc VAT per day

Phase Games Programmes

from **£1,000** from **£1,400**
Inc VAT per day (Half day) Inc VAT per day (Full day)

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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 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 PACKAGES



1. 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

**room rates vary based on availability and demand*

prices from

£195

Single occupancy per night

prices from

£250

Double occupancy per night

ACCOMMODATION PACKAGES



1. PLATINUM

- Single occupancy bedrooms (minimum 60 rooms)
- Fully exclusive floor containing hotels largest bedrooms
- Breakfast, lunch and evening meal from our England Performance Menus
- Exclusive use of the Ballroom
- 1000m sq space of flexible space within self-contained wing of hotel for dining, meeting, leisure and workspace
- Private access to the hotel with a dedicated reception room
- Outdoor space and direct access for coach pick up and drop off
- Physio Room
- 2 towels per player
- 6 bottles of water (500ml) per player per day
- Unlimited Tea and Nespresso Coffee
- 20Kg of Ice per Day

Private menus are welcome and subjected to supplementary charges based on requested items. Additional meals not included (I.E. Snacks, supper) but available on request

**room rates vary based on availability and demand*

prices from

£260

per person per night

ACCOMMODATION PACKAGES



2. DIAMOND

- Single occupancy bedrooms (minimum 50 rooms)
- Fully exclusive accommodation floor with private landing and King size beds
- Breakfast, lunch and evening meal from our England Performance Menus
- Exclusive use of our Club England Hub including a private kitchen for the team chef (340m2 of usable space)
- Dining, leisure and technical team room all in one space
- Large unique meeting space included on floor below
- Physio Room
- 2 towels per player
- 6 bottles of water (500ml) per player per day
- Unlimited Tea and Nespresso Coffee
- 20Kg of Ice per Day

Private menus are welcome and subjected to supplementary charges based on requested items. Additional meals not included (I.E. Snacks, supper) but available on request

**room rates vary based on availability and demand*

prices from

£240

per person per night

ACCOMMODATION PACKAGES



3. GOLD

- Single occupancy bedrooms (no minimum rooms required)
- Same floor allocation for all bedrooms
- Breakfast, lunch and evening meal from our England Performance Menus
- Exclusive use of our Private dining room with countryside views and private balcony
- Executive drum room included for leisure and/or meeting space
- Extra meeting room included
- Physio Room
- 2 towels per player
- 6 bottles of water (500ml) per player per day
- Unlimited Tea and Nespresso Coffee
- 20Kg of Ice per Day

Private menus are welcome and subjected to supplementary charges based on requested items. Additional meals not included (I.E. Snacks, supper) but available on request

**room rates vary based on availability and demand*

prices from

£220

per person per night

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LOCATION

LOCATION

St. George's Park 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](#)

LOCATION



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CONTACT DETAILS AND USEFUL LINKS

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For more information or to discuss your requirements please contact:

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USEFUL LINKS



**3D SITE
MAP**



**VISITOR
GUIDE**



WEBSITE



**360° VENUE
TOUR**



**ELITE
TRAINING
CAMP
BROCHURE**



**FLOOR
PLANS**



**PRE-SEASON
FILM**



**PERFORMANCE
FACILITIES
BROCHURE**

LinkedIn

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THANK
YOU!



St. George's Park, Newborough Road, Needwood, Burton upon Trent, Staffordshire, DE13 9PD