



**ST.**  
**GÉORGE'S**  
**PARK**

ELITE TRAINING CAMPS





**"ST. GEORGE'S PARK HAS BEEN  
REVOLUTIONARY FOR US. IT GIVES US  
A TRAINING GROUND. IT MEANS WE  
CAN SHARE IDEAS ACROSS THE MALE  
AND FEMALE GAME, ACROSS THE  
DEVELOPMENT TEAMS AND SENIOR  
TEAMS AND ACROSS COACH EDUCATION."**

DAN ASHWORTH  
FA Technical Director



# WELCOME TO THE **HOME OF** **ENGLAND**

NATIONAL TEAMS

Home to England's 28 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 (both indoor and outdoor), a state-of-the-art performance centre, a four star Hilton hotel as well as an outdoor team building facility.

SINCE OPENING IN 2012 WE HAVE WELCOMED OVER  
2,000 TEAM VISITS INCLUDING:



# ST. GEORGE'S PARK IS UNBELIEVABLE

IVAN RAKITIC

FC Barcelona, player



## TRAINING PITCHES AND SPORTS FACILITIES

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

- ▶ 13 outdoor pitches including:
  - {+} A Wembley replica pitch
  - {+} Five flood-lit pitches
  - {+} Five with undersoil heating
  - {+} Six hybrid pitches (artificial and grass stitched)
  - {+} Four natural grass pitches
  - {+} Three artificial pitches
- ▶ Indoor 3G pitch (FIFA 2 star standard)
- ▶ Indoor futsal sports hall
- ▶ Dedicated goalkeeper training area
- ▶ 20 degree angled, 30m fitness hill
- ▶ Seven changing rooms

# 13

OUTDOOR PITCHES





# SPORTS SCIENCE AND **PERFORMANCE**

Sports science and performance is integral to St. George's Park. The National Football Centre has been designed for elite athletes and incorporates 25,000 square feet of 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 CENTRE FACILITIES

- [+] Strength and conditioning gym
- [+] Physiotherapy area
- [+] Rehabilitation gym
- [+] Human Performance Lab
- [+] Hydrotherapy suite

***"IT HAS BEEN NO  
COINCIDENCE THAT THE RISE  
OF THE CLUB HAS BEEN AT  
THE SAME TIME AS GOING TO  
ST. GEORGE'S PARK - IT HAS  
BEEN A MAJOR REASON WHY  
THE CLUB'S DONE SO WELL."***

**NIGEL CLOUGH**  
Burton Albion Manager



## STRENGTH AND CONDITIONING GYM

- [+] Four Olympic lifting platforms
- [+] Squad spin bike area
- [+] Large free weights and plate loaded areas
- [+] Latest Technogym equipment
- [+] Inspiring view overlooking the Wembley replica pitch

## REHABILITATION GYM

- [+] Fantastic space, designed to inspire players/patients to get back to full fitness
- [+] Sprung floor/wooden floor
- [+] Yoga/Pilates area
- [+] Reaction section with Batak Board, Quick Boards and Fit Light

**"ST. GEORGE'S PARK  
IS A GREAT FACILITY.  
EVERYTHING WE  
NEED IS ON SITE  
AND IT HAS THE  
EXPERTISE HERE  
THAT WE NEEDED"**

**MARK HUGHES**  
Stoke City Manager

# STRENGTH

## + CONDITIONING GYM





## HYDROTHERAPY SUITE

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- [+] Variable depth pool including an adjustable floor that is ideal for younger squads
- [+] Aqua jogging suits and belts
- [+] Hot and cold contrast pools
- [+] Underwater Treadmill

## PHYSIOTHERAPY

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- [+] Five private rooms with open plan area that can be sectioned off



***“WHEN YOU’VE GOT A  
UNIQUE AND SPECIAL  
SETTING LIKE THIS -  
THE TEAM RESPONDS  
IN A POSITIVE WAY”***

**MAL MENINGA**  
Australia Rugby League Head Coach

# HYDROTHERAPY SUITE



# HUMAN PERFORMANCE LAB

## HUMAN PERFORMANCE LAB

- [+] A state-of-art performance facility used for testing and analysis
- [+] Equipment for assessments including: OBLA, VO<sup>2</sup> max, Force Plate Analysis, Functional Movement Screening, Blood profiling, Body composition and Isokinetic testing
- [+] Altitude and Heat Chamber - up to 5000m and 40°C
- [+] Anti-Gravity Treadmill - ideal for rehabilitation

***"IT'S BEEN A REALLY GOOD EXPERIENCE COMING DOWN TO ST. GEORGE'S PARK AND BEING PUT THROUGH MY PACES. BOXING IS ALL ABOUT PERFORMANCE AND THE FINEST DETAILS CAN MAKE A BIG DIFFERENCE, SO THE TESTS I'VE DONE TODAY WILL BE INFLUENTIAL."***

**JAMES DE GALE**

Super-Middleweight boxer & Olympic Gold Medalist



# 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 28 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







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 teams. It is only 90 minutes by train from London with the choice of two local stations at Lichfield and Derby.

Perfect for pre-season friendlies or as a training base ahead of away fixtures, the National Football Centre is within an hour and a half of 20 Football League and Premier League clubs.

There is also an on-site coach park with easy pick up/drop off points close to the facilities.

## IN THE REGION

- {+} The National Forest
- {+} Alton Towers theme park
- {+} Drayton Manor theme park
- {+} The National Brewery Centre
- {+} Nottingham Castle
- {+} The Peak District
- {+} Uttoxeter Racecourse
- {+} Nottinghamshire County Cricket Club (Trent Bridge)
- {+} Branston Golf Club

## NEARBY FOOTBALL CLUBS

 ASTON VILLA	 NOTTINGHAM FOREST
 BIRMINGHAM CITY	 NOTTS COUNTY
 BURTON ALBION	 STOKE CITY
 COVENTRY CITY	 WALSALL
 DERBY COUNTY	 WEST BROMWICH ALBION
 LEICESTER CITY	 WOLVERHAMPTON WANDERERS



# PREPARATION

IS EVERYTHING







For more information or to discuss  
your requirements please contact:

**01283 576200**

**SGPENQUIRIES@THEFA.COM**



**FOR ALL**

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

**WWW.THEFA.COM/SGP**