



## Residential Training Camps at St. George's Park

This £105m easily accessible facility, set in 330-acres of Staffordshire countryside, is the new home for England's 24 national teams. With 11 outdoor pitches, a full-size indoor 3G pitch, a suite of rehabilitation and sports science areas, an indoor Futsal sports hall and two on-site hotels, St. George's Park will provide world-class facilities for all England teams and a host of other clubs and individual players.

St. George's Park has already welcomed over 50 teams from the Premier League and Football League as well as national and international teams.

### Training Pitches:

- 12 full size football pitches and a goalkeeping practice and training area
- Five with floodlighting and under soil heating
- Five natural grass pitches
- Four grass/fibre stitch pitches
- Indoor 3G pitch – full size 105m x 68m Desso I-DNA fibre pitch built to the FIFA 2 star standard

**Sports Facilities:** Indoor hall, running track, training hill, sports pavilions

**Sports Medicine Centre:** Perform at St. George's Park is a world-class sports medicine, rehabilitation and human performance facility.

Included amongst the centre's cutting-edge facilities and services are: anti-gravity treadmill, altitude centre, underwater treadmill and hydrotherapy suite, strength and conditioning gym, biomechanical assessments and applied GPS and heart-rate monitors.

Bespoke player packages are available as well as other services



## Example itinerary\*:

### DAY 1

- Arrive at St. George's Park
- Tour of the football facilities
- Lunch
- 90 minutes training session
- Use of a team meeting room
- Dinner
- Overnight stay

### DAY 2

- Breakfast
- 90 minutes training session
- Lunch
- Three hours: spin bike, strength & conditioning and hydrotherapy sessions
- Use of a team meeting room
- Dinner
- Overnight stay

### DAY 3

- Breakfast
- 90 minutes training session
- Lunch
- Three hours: strength & conditioning, altitude chamber spin bike and hydrotherapy sessions
- Free time
- Dinner
- Overnight stay

### DAY 4

- Breakfast
- Match play
- Lunch
- Three hours: yoga, pilates and hydrotherapy recovery sessions
- Free time
- Dinner
- Overnight stay

### DAY 5

- Breakfast
- Three hours: field testing including sprints, t-tests, yo-yo tests and lab testing
- Use of a team meeting room
- Depart

\*Please note this is an example itinerary only and bespoke packages for any length of time can be provided.

Perform day rates are available and give squads access to the following facilities: strength and conditioning gym, rehabilitation gym, human performance lab, hydrotherapy suite, 60m sprint lanes and physiotherapy rooms

## Accommodation

With two on-site hotels to choose from our innovative concept will provide options to suit any budget. Choose between our Hampton by Hilton hotel which offers a relaxed casual experience for a more budget conscious guest, or the stylish and elegant Hilton Hotel which offers a more luxurious experience for the whole team. Adaptable catering options can be provided to support a travelling team with unprecedented levels of comfort and service.

## Optional Extras:

Refreshments can be provided throughout the day along with team meeting rooms.

There are plenty of off-site attractions in the surrounding area to build into your itinerary. More details can be provided on request.



For more information or to discuss your individual requirements please call

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