



**SURREY**  
**SPORTS PARK**  
University of Surrey



**THE HOME OF SPORT IN SURREY**

## WELCOME

Surrey Sports Park opened in April 2010. Built by the University of Surrey, this £36m elite training venue is already a sporting hub in the South East of Britain. Its location, being close to London and both major airports gives it an advantage over many other training venues.

Surrey Sports Park has facilitated many training camps in rugby, football, swimming, basketball and netball as well as hosting many national and international events, most notably the IRB Women's Rugby World Cup 2010, and the Rathbones Women's Lacrosse World Cup 2017.

On site accommodation, experienced professionals and state of the art facilities make Surrey Sports Park the choice of champions.





## SPORTS ACCOMMODATED AT SURREY SPORTS PARK

Surrey Sports Park are not only keen to look after teams and athletes from all sports and disciplines during peak training times, but also to develop an ongoing relationship to support teams in all other training and preparation all year round.

### FACILITIES ARE AVAILABLE FOR TRAINING FOR THE FOLLOWING SPORTS:

- All Martial Arts Disciplines
- Archery
- Badminton
- Basketball
- Boccia
- Boxing
- Fencing
- Football
- Goalball
- Gymnastics
- Hockey
- Judo
- Netball
- Rugby 7s
- Squash
- Swimming
- Synchronised Swimming
- Table Tennis
- Tennis
- Triathlon
- Volleyball
- Waterpolo
- Weightlifting
- Wheelchair Basketball
- Wheelchair Fencing
- Wheelchair Rugby
- Wheelchair Tennis
- Wrestling

There are relationships in place with various organisations that can accommodate athletes in almost any sport.

# FACILITIES



## INDOOR SWIMMING POOL

- Size: 50m x 20m
- 8 x 2.5m wide lanes
- Traversable boom enabling the pool to become 2 x 25m sections, or 30m long for water polo
- Moveable floor enabling the depth of the water to change. Whilst the pool is 2m deep throughout, it can change at the touch of a button and rise to any depth up to deck level.
- Daktronics timing system and wall mounted 4m x 2m video screen
- OSB12 starting platforms with athletic start and relay break detection
- UV water treatment system
- Wet side changing village, dedicated to pool users

## HEALTH AND FITNESS CENTRE

- Size: 700sq m
- 120 Stations, including the latest CV equipment with integrated TV and entertainment systems, fixed resistance machines and free weights
- Zoned areas tailored to members with different requirements
- World class, Olympic standard equipment to cater for our elite athletes
- 9 Olympic lifting platforms

## 3 MULTI-PURPOSE SPORTS HALLS

- Size: 34m x 18m (Halls A and B set as Performance Arena 34m x 36m)
- Individually available as 3 separate halls, ideal as training facilities or multi-sport use
- Electronic retractable bleacher seating for 820 people, with additional seating available
- Fully sprung wooden floor
- Suitable for basketball, badminton, netball, volleyball, martial arts, archery, fencing, table tennis and trampolining (list not exhaustive)
- All equipment complies with National Governing Body standards
- Floor anchors for gymnastic equipment

## 2 LARGE MULTI-PURPOSE EXERCISE STUDIOS

- Size: 15m x 12m (individual)
- Size: 15m x 24m (retractable wall open)
- Fully sprung wooden floor
- Mirrored walls with drapes
- Suitable for dance, group fitness, martial arts or a team meeting space.
- Suitable for mass catering.

## 1 SMALL MULTI-PURPOSE STUDIO

- Fully sprung wooden floor.
- Ideal for dance and well-being sessions such as pilates, yoga and tai chi.

## SPINNING STUDIO

- Contains 25 Spinning bikes
- Suitable for junior fitness classes and interactive dance platform sessions

## 6 GLASS-BACKED SQUASH COURTS

- 2 show courts with electronic, retractable seating for 132 spectators and Daktronics scoring system
- 4 further courts with permanent raised bench seating

## CLIMBING CENTRE

- 12m overhanging competition wall
- Resin-featured lead wall suitable for lessons, social climbers or children's parties
- Abseiling ledge
- Extensive bouldering wall, incorporating a bouldering cave suitable for advanced climbers

## CHANGING FACILITIES

- Dedicated changing options for each facility, including – Wet-side, Fitness Change, Gym-Swim and Sport Specific
- Sauna and Steam facilities

## THE TREATMENT ROOM

- Offering sports massage, sports therapy, osteopathy and physiotherapy.

## TEAM ROOMS

- To assess performances, team discussions, management discussions
- Medical testing
- Full catering

## BAR AND SOCIAL AREAS

- Outdoor terrace overlooking the grass and artificial pitches
- Europe's first Starbucks in a Sports Park, featuring 120 indoor seats and outdoor seating - overlooking artificial and grass pitches

## OUTDOOR FACILITIES

- 3 Artificial turf pitches, including two 3G rubber crumb pitches
- 8 grass football/rugby pitches
- 8 floodlit tennis courts

## ACCOMMODATION

- Access to an ample number of en-suite rooms
- Unlimited broadband and telephone access
- Laundrette on-site

## SECURITY

- The latest CCTV equipment monitors Surrey Sports Park with over 50 cameras centrally managed.
- First class relationships have been developed with Surrey Police to assist visiting teams with their security planning.



## ACCOMMODATION

### ON SITE CAMPUS ACCOMMODATION

- The Surrey Sports Park is serviced by a large number of University of Surrey modern accommodation rooms on site (not available all year around)
- The rooms are single, en suite with internet connection
- They are in clusters of 5-8 around a shared kitchen area

### SUPPORT SERVICES

- Laundry services
- Translation and interpreter services
- Transport and Logistics support
- On site security
- Full on site medical and hospital services
- Free car and coach parking

### PARTNER HOTEL ACCOMMODATION

The Holiday Inn Guildford is a four star hotel located just a short walk from the Surrey Sports Park via a connecting footpath. The hotel has 168 fresh, light and airy bedrooms, 15 state of the art business suites and a Spirit Health Club. Holiday Inn is part of the InterContinental Hotels Group.

Guildford also has a wide range of alternative accommodation to suit all requirements and budgets all within 10 minutes drive from Surrey Sports Park. Please contact us for more information.



## PERFORMANCE SERVICES

### SURREY HUMAN PERFORMANCE INSTITUTE

At our on-site Surrey Human Performance Institute, our practitioners work daily with athletes and coaches as part of their elite performance programmes. We work in multi-disciplinary teams to provide a holistic service that supports coaches and performance directors in helping to improve and monitor the training, preparation and performance of their athletes.

What we do enables athletes to optimise training and practice; assists athletes to achieve peak performance at major tournaments and events, enables athletes and coaches to prevent, reduce and manage injuries; helps athletes and coaches to manage pressure and stress; and deploys performance enhancing technology, insight and analysis to enable athletes to develop strategies to support them for competition.

#### PERFORMANCE TESTING:

- Maximal oxygen uptake – sport specific
- Threshold testing (Lactate & Ventilatory)
  - Sport Specific
- Submaximal testing – sport specific
- Hydration analysis
- Nutrition analysis and consultation
- Body composition
- Training load monitoring and evaluation,
- Field testing – sport specific
- Isokinetic dynamometry for strength testing
  - performance focused
- Recovery strategies – ice/contrast bathing/  
biofeedback/questionnaires etc.

#### SPORTS MEDICINE

Healthcare professionals on hand to provide:

- History
- Examination
- Diagnosis
- Referral

#### TESTING:

- X-Ray's/MRI diagnostics
- Blood testing and full county pathology services including bespoke profiles
- Exercise induced asthma screening and management
- Cardiac testing ECG/Echocardiograms
- Physiotherapy services
- Access and referral to private consultants across numerous disciplines.



## HOSTING ELITE SPORTS EVENTS & PROFESSIONAL TEAMS

### RFU WORLD CUP 2010

- Surrey Sports Park hosted the 2010 Women's Rugby World Cup.
- 12 teams from around the world spent 3 weeks living, training and performing at Surrey Sports Park
- All match and training pitches, accommodation, catering, physiotherapy and team rooms were supplied and maintained by Surrey Sports Park.

### GUILDFORD CITY SWIMMING CLUB

- Guildford City Swimming Club is based at Surrey Sports Park
- GCSC were the South East Regional National Swimming League Champions for 4 straight years from 2005-2008
- Surrey Sports Park employs 2 ASA Level 4 coaches, plus 13 professionally qualified ASACoaches & Teachers, including its own in-house chartered physiotherapist and nutritionist.

### ENGLAND SQUASH AND RACKETBALL

- Surrey Sports Park is the London and South East centre for Squash and Racketball
- It was the venue for the England County Finals.

### SURREY STORM NETBALL

- Surrey Sports Park operates a Super League Netball team in England Netball's top level competition
- All training sessions and matches take place at Surrey Sports Park
- Athletes have full access to the fitness suite and work with the catering team to develop nutritionally balanced diets.

### SURREY SCORCHERS

- Surrey Sports Park operates a British Basketball League team in the top level competition nationally.
- All training sessions and home games are held at Surrey Sports Park
- Players and coaches from the club link in with the University Basketball Club, running all training and coaching.

### GB BASKETBALL

- GB Women's basketball were based at Surrey Sports Park for their training camps and test matches in 2010 & 2011.

### HARLEQUINS

- Harlequins Rugby Union are located at Surrey Sports Park as their training venue
- They have access to the 120 station fitness suite, making use of the Olympic standard heavy weights area and strength and conditioning facilities, as well as their own dedicated outdoor facilities
- Harlequins will link into the University of Surrey Rugby club to develop players and improve pathways into elite sport.

### LACROSSE WORLD CUP 2017

- 24 teams worldwide
- Hosted & accommodated at SSP for 2 weeks
- All match/training pitches, accommodation, catering and meeting rooms were supplied & maintained by SSP.

### OTHER EVENTS

- Surrey Youth Games with Active Surrey
- Futsal Grand Finals Tournament with The FA
- GB Basketball Senior Women's test matches vs. Portugal
- GB Basketball Eurobasket Match vs. Ukraine
- National Waterpolo Championships
- England RFU training preparation for 2011 Six Nations
- Football League exit trials
- FA Women's U23 training camp
- Jordan Brand Classic basketball tour
- 14 Olympic Teams 2012
- Rugby World Cup 2015 training venue, hosting Ireland, Georgia, Italy, South Africa & Scotland.
- Training camp for Samoa Rugby

### TESTIMONIAL:

"When they built the facilities the objective was to host an international tournament and a high performance team. In terms of organising the event it has been amazing. I think they will host more events here. It is quite a unique venue. This set up with accommodation, sports activities and training venues in one place is unique in Europe."

**Phillipe Bourdarais,**  
*WRWC Tournament Manager, IRB*

### TESTIMONIAL:

"We have been training a week here but the facilities are amazing, which makes eating, sleeping and training in the same place so much easier."

**Stef Collins,**  
*Great Britain Women's Basketball Team*

### TESTIMONIAL:

"The facilities at Surrey Sports Park are undoubtedly the best of any Premiership club and signal a new beginning upon which we can build for the new season."

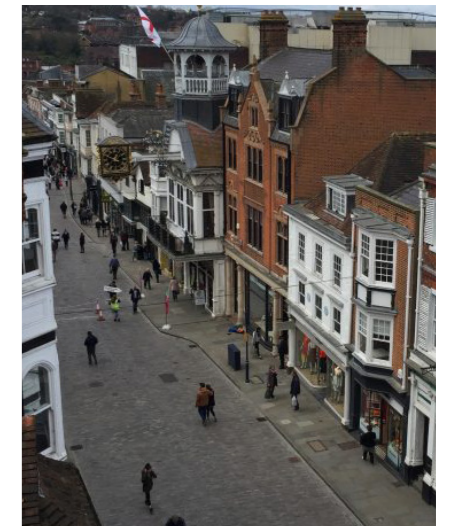
**Conor O'Shea,**  
*Director of Rugby, Harlequins*

## LOCATION

Surrey Sports Park is situated in the historic town of Guildford at the University of Surrey, just 40 minutes from London. Located only 25 miles from London Heathrow Airport and 40 miles from London Gatwick Airport, Surrey Sports Park is easily accessible for international guests and athletes from around the world.

Guildford is ideally situated only 10 miles from the M25, one of the UK's best connected motorway networks, linking the London and the South East with the rest of England, Wales and Scotland.

**ONLY 40  
MINUTES  
FROM LONDON**







## IN SUMMARY

### **IN SUMMARY, WHY CHOOSE SURREY SPORTS PARK AS YOUR VENUE?**

- Based in Guildford, Surrey just 40 minutes from London and easily accessible from all parts of the world.
- State-of-the-art, National Governing Body standard facilities.
- 50m, 8-lane, Olympic training standard swimming pool.
- Suitable for long/short course swimming training, waterpolo and synchronised swimming.
- 120 station health and fitness centre and private strength and conditioning studio.
- Excellent on-site accommodation, adjacent partner hotel accommodation and catering services.
- On-site performance services and medical testing facilities.
- A dedicated Team Liaison Officer throughout your stay.

### **FOR FURTHER INFORMATION PLEASE CONTACT:**

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