



# CLUB TRAINING FACILITIES

**#WEAREHULL**

# A LIVING LEGACY

The University of Hull has a rich sporting tradition embedded deep within our culture mirroring those sporting values that have been at the heart of the city for over a century.

A £15 million investment in University facilities has seen the beginning of a Sports Transformation Project which is focused on the delivery of sporting excellence. The project will give a state of the art platform for success for both student and community clubs throughout Hull and the surrounding areas.





# WORLD CLASS FACILITIES

Our facilities include:

- Newly resurfaced football 3G, 60m x 40m 3G and sand based hockey surface
- A newly built RFU/FA approved dual usage rugby and football 3G surface\*
- Brand new sports changing pavilion with eight changing rooms, referee changing and treatment rooms, lecture/meeting space and catering capabilities.\*\*

Work is due to begin in Spring 2017 on a brand new 12-court sports hall with capacity to host 700 spectators, 120-station fitness suite and a separate performance based strength and conditioning suite.

The development of facilities associated with the project will not only aid growth at club level but also help to facilitate individual player development.

\*Completion date circa spring 2017 \*\* Completion date circa summer 2017

# IMPROVE YOUR GAME

The gym at the University of Hull provides an option to train, play, relax and develop in one location, giving your club a true professional identity.

Supporting individual team members' goals can work to drive team performance and deliver an inclusive offering and improved experience for players, family members and spectators.





# INTEGRATED SUPPORT

The University of Hull Sports Department & Fitness Centre have a wealth of knowledge and experience to enhance every facet of your club.

Group personal training sessions, training programmes and bespoke conditioning classes can massively impact game day performance, as well as improve weekly and pre-season preparations.

This, supported with scope to deliver group nutritional advice to players and their families can help to deliver a positive club message and impact the lives of individuals and families for years to come.

In addition, our students support numerous local community clubs every year via course placements, offering additional physiotherapy, game analysis and coaching.

# PASSION AND PRIDE

The University of Hull have a commitment to strive for excellence in a professional environment and establish ourselves at the forefront of the sporting landscape both locally and nationally.

A combination of state-of-the-art facilities, optional access to knowledge from exercise professionals and delivery of a fantastic experience for players, coaches and families provides clubs with the necessary tools to meet their objectives and succeed both on and off the field.

We aspire to give student and community clubs, as well as sport within the city, the opportunity to grow, develop and expand alongside The University of Hull for years to come.





“ We are proud to have the University of Hull working in partnership with Hull City Ladies FC. The power of sport opens up so many doors, not only from a sporting point of view, but in building self-confidence, respect, discipline, meeting new friends and so many more important life skills. With the University investing £15 million into its sports facilities, they will be able to continue to provide first class facilities that are open to students, sports clubs and the wider community. This is an exciting time for sports at the University and we are delighted that we will directly benefit from the investments made, which will in turn hopefully attract more female footballers to join the University.

We are looking forward to continuing our partnership with the University of Hull and are really excited about utilising the new facility for our training sessions and home matches. The staff are always extremely helpful in catering for our needs and we are very thankful for their support. ”

Rachel Gay  
*Hull City Ladies Manager*

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