



## sportscotland National Sports Training Centre Inverclyde is an ideal retreat for training, development and competitions.

The centre fully reopened in April 2017, it has benefited from a £12m investment and is the first UK residential sports centre of its kind – designed for inclusivity.

Our world-class facilities include grass pitches maintained to a high standard and capable of accommodating 2 full size rugby pitches, floodlit all weather outdoor 3G rugby training surface and an indoor 3G surface. We also have an 860m<sup>2</sup> fitness suite with performance area, fully equipped meeting rooms, on-site catering facilities and 60 accessible twin bedrooms.

Our offering to **rugby** has been utilised by a number of teams from the Scottish Rugby Union, Glasgow Warriors and also teams from across Europe. We cater for all rugby groups from juniors through to professional high performance teams.

*“It is an inspiring venue - we trained hard and made huge strides as a team both on and off the pitch.”*

SARAH MONAGHAN, PERFORMANCE PATHWAY MANAGER  
SCOTTISH RUGBY UNION

## Designed with your sport in mind

- Grass pitches maintained to elite standard – 2 full size rugby pitches
- World Rugby approved indoor 3G surface – 64m x 44m
- Outdoor 3G rugby training surface with floodlighting – 88m x 60m (plus 6m try zone and 3m dead ball zone)
- Performance area within fitness suite
- Treatment room
- Kit storage
- Hot and cold therapy baths
- Performance sport menus available
- Meeting rooms for team or coaching workshops
- Dedicated team changing area





## Our sports facilities

- Indoor sports hall
  - with tiered spectator seating
- Gymnastics hall
  - with sprung floor and foam pits
- Fitness suite incorporating a physical preparation area and 20m sprint track
- 3G indoor pitch
- 3G outdoor pitch
- Sand based tennis court surface
  - 4 floodlit courts
  - Alternative use as hockey training surface
- Grass pitches
- 2 studio spaces
  - Studio 1 multi-purpose can also accommodate a full sized dojo or wrestling mat
  - Studio 2 incorporating 16 spin bikes
- Golf training facility

## Other services

- Team building sessions
- Fitness sessions
- Launderette (on request)

## Accommodation

60 spacious twin bedrooms over 4 levels. All rooms are capable of accommodating two wheelchair users. All rooms feature:

- 7ft beds
- Wet rooms

## Location

We're located in Largs, North Ayrshire. Driving distance from:

- Largs train station (5 mins)
- Prestwick Airport (35 mins)
- Glasgow Airport (40 mins)
- Glasgow Central Station (50 mins)
- Edinburgh Airport (90 mins)

