



FOOTBALL



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 5 full size football pitches, separate 7 aside pitch, floodlit all weather outdoor 3G football training surface and an indoor 3G surface. We also have an 860m² fitness suite with performance area, fully equipped meeting rooms, on-site catering facilities and 60 accessible twin bedrooms.

Our offering to **football** has been utilised by a number of teams including selected SFA squads through to professional teams from Scotland and beyond.

“Our overall experience has been first class, we have been blown away by the standards from the whole facility.”

IAIN GREER
SOCCER SCHOOLS/RANGERS FOOTBALL CLUB

Designed with your sport in mind

- Grass pitches maintained to elite standard – 5 full size football pitches
- Indoor 3G surface – 64m x 44m
- Outdoor 3G football training surface with floodlighting – 100m x 60m (3m run off)
- 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





FOOTBALL



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

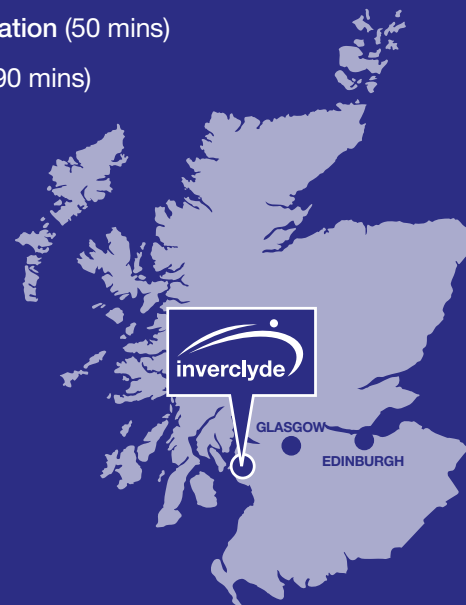
60 spacious twin bedrooms over 4 levels. All rooms are capable of accommodating two wheelchair users. All rooms feature:

- 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)



Visit us: Burnside Road, Largs, KA30 8RW
 Call us: 01475 674666
 Web: nationalcentreinverclyde.org.uk

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