



GLORIA SPORTS ARENA BASKETBALL

GLORIA
SPORTS ARENA
ANTALYA · TURKEY



basketball

The 2270 m² multipurpose sports hall with telescopic tribunes can be divided into four separate fields. All equipment is approved by international federations and associations.

Training Areas

- 4 Neoshock parquet courts from Connors/USA, with FIBA approved Ceiling Hung Posts – GARED (USA)
- 1 Center Court with FIBA approved Portable Basketball System
- 2000m² main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for Mat and Group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

Basketball Specific Equipment

- Spalding and Molten training and match balls & Ball Carts

- Individual scoreboards for each court - BODET
- Vertimax vertical jump and speed training device

Basketball Specific Tests and Training Opportunities

- Aerobic capacity (Lactate & VO₂max tests) – HP Cosmos treadmills and QUARK CPET
- Isokinetic strength tests and training with ISOMED 2000
- Anaerobic power test with MONARK ergometer
- Body Composition with gold standard BODPOD
- Jump tests with OPTOJUMP
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- 2D & 3D motion analyses with high

quick info

Gloria Sports Arena is a modern sports complex with indoor, outdoor and aquatic sports facilities. It is built on 105 000 m² (10.5 hectare area) in Belek-Antalya-Turkey, where over 50 different sports disciplines and camps will be hosted. Facilities are equipped and built by using the most modern technological developments in sports.

Gloria Sports Arena is situated in Belek-Antalya-Turkey and is 30 minutes away from Antalya International Airport. Gloria Sports Arena is connected with Gloria Hotels & Resorts (Gloria Golf Resort, Gloria Verde Resort, Gloria Serenity Resort) in 5 km distance. (Free shuttle available)

Gloria Sports Arena offers professional service for individual athletes, teams and groups:

National Teams, Clubs, Sport Groups, Amateur Athletes, Professional Athletes, All Season Training Camps, Summer School Camps, Tournaments, Events, Congresses, Conventions and Conferences



GLORIA SPORTS ARENA BASKETBALL

GLORIA
SPORTS ARENA
ANTALYA · TURKEY



- speed video analyses systems
- Footscan test for foot pathologies
- HYDROWORX for post injury training and conditioning
- Anthropometric tests
- Basketball specific test protocols for all age groups

Recovery Opportunities

- Whole body cryotherapy -110°C Icelab (3-chamber)– Zimmer MedizinSysteme
- Hydroworx – Underwater Treadmill

- Steam Bath & Sauna, Cave Sauna
- Pre-Post Activity Massage

Medical Utilities

- Color Doppler Ultrasound for diagnosis of musculoskeletal system pathologies
- 3 therapy rooms fully equipped with Zimmer MedizinSysteme's newest line of all physical therapy products including high energy laser
- ISOMED 2000 Isokinetic system and Technobody Prokin for strength,

- proprioception and balance exercises
- Medically approved Technogym Selection Med series equipment
- Additional 3 manual physical therapy tables
- Platelet Rich Plasma and other specific injections



Belek mah. Turizm cad. Serik – Antalya
Tel :0 242 710 50 00 Fax: 0 242 710 50 10

www.gloriasportsarena.com.tr | www.facebook.com/GloriaSportsArena | www.twitter.com/Gloria_Sports