



GLORIA SPORTS ARENA

FIELD HOCKEY

GLORIA  
SPORTS ARENA  
ANTALYA · TURKEY



## field hockey

One synthetic grass hockey pitch with FIH standard.  
(Polytan Megaturf Coolplus / used in London Olympics 2012 and also official supplier in Rio de Janeiro Olympics 2016!)

### Training Areas

- 90 x 54m synthetic turf hockey field with Polytan megaturf coolplus
- 2000 m<sup>2</sup> 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

### Field Hockey Specific Tests and Training Opportunities

- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – HP Cosmos treadmills and QUARK CPET

- Isokinetic strength tests and training with ISOMED 2000
- 2D & 3D motion analyses with video analyses systems
- Agility tests and trainings with SPEEDCOURT
- Anaerobic power test with MONARK ergometer
- HYDROWORX for post injury training and conditioning
- Vertimax vertical jump and speed training device
- Body Composition with gold standard BODPOD
- Jump tests with OPTOJUMP
- 3D ground reaction force analysis with 2 KISTLER force plates
- Footscan test for foot pathologies
- Anthropometric tests
- Field Hockey specific test protocols for all age groups

### quick info

Gloria Sports Arena is a modern sports complex with indoor, outdoor and aquatic sports facilities. It is built on 105 000 m<sup>2</sup> (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

FIELD HOCKEY

GLÖRIA  
SPORTS ARENA  
ANTALYA · TURKEY



### Recovery Opportunities

- Whole body cryotherapy -110°C Icelab (3-chamber)– Zimmer MedicineSysteme
- 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 MedicineSysteme'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](http://www.gloriasportsarena.com.tr) | [www.facebook.com/GloriaSportsArena](https://www.facebook.com/GloriaSportsArena) | [www.twitter.com/Gloria\\_Sports](https://www.twitter.com/Gloria_Sports)