VICTORYSTARTS
HERE!

INDOOR SPORTS

GSA has 6800m² indoor sports facilities.
Multipurpose sports hall with telescopic tribunes can be divided into four fields.
The complex also has various multifunctional sports studios.

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 Parquet floor training courts
- 1 Taraflex center court
- 1 Taraflex training court
- 2 Beach Volleyball courts
- 2000 m² 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

Volleyball Specific Equipment

- Volleyball net sets – Gared (USA volleyball approved)
- Mikasa MVA200 balls-official match ball
- Ball carts - Mikasa
- Block training apparatus
- Pass training basket
- Podiums for spike and block training
- Vertimax vertical jump and speed training device

Volleyball Specific Tests and Training Opportunities

- Block touch, attack height and other jump tests with OPTOJUMP
- Arm swing velocity and motion analyses with 2D & 3D video analyses systems
- Aerobic capacity (Lactate & VO_2max tests) – HP Cosmos treadmills and QUARK CPET Exercise Testing
- Body Composition with gold standard BODPOD
- Isokinetic strength tests and training with ISOMED 2000
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- HYDROWORX for post injury training and conditioning
- Anaerobic power test with MONARK ergometer
- Footscan test for foot pathologies
- Anthropometric tests
- Volleyball specific test protocols for all age groups