

VICTORY STARTS
HERE!



O U T D O O R S P O R T S
OUTDOOR SPORTS

The 35 000 m² outdoor facilities include a stadium for 1700 spectators and various sports fields.

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OUTDOOR SPORTS FIELD HOCKEY



One artificial turf hockey pitch in FIH standards.
(Polytan Megaturf Coolplus / used in London 2012 and Rio de Janeiro 2016 Olympic games)



Venue of the FIH World
League Round 1 Tournament /
September 2016



Training Center for the Olympic
Bronze Medalists in RIO 2016
– the German National Hockey
Teams Men & Women

Training Areas

- 91.40 x 55 m synthetic turf hockey field with Polytan megaturf coolplus
- 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

Field Hockey Specific Tests and Training Opportunities

- Aerobic capacity (Lactate & VO₂max 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 group

Belek Mah. Turizm Cad. No: 4B/1 Serik - Antalya - TURKEY
T. +90 242 710 50 00 (Pbx) • F. +90 242 710 50 10
gsasales@gloria.com.tr | gloriasportsarena.com.tr