Enhance your corporate experience
At St. George’s Park we recognise the importance of enhancing your delegates experience and making it a more memorable event.

We have put together a range of flexible packages that can easily be incorporated into your conference or event itinerary and are suitable for all participants and abilities.

This £105m facility, set in 330-acres of Staffordshire countryside, is the home for England’s 24 national teams. It is also the home of coaching and delivers all FA national coach education courses, including football coaching, safeguarding, medical and refereeing.

Sports science and performance is integral to St. George’s Park. Perform at St. George’s Park is a bespoke sports medicine, rehabilitation and human performance facility which combines cutting-edge technology with elite medical expertise.

St. George’s Park provides a unique setting for developing high performing teams and leaders. The Outdoor Leadership Centre, operated by Grahame Robb Associates delivers development programmes in the areas of leadership, management and team development.
High Flyers Team Experience

With a wide range of developmental high ropes activities, the Outdoor Leadership Centre can create an unforgettable and exhilarating experience for your team.

The centre helps people explore the boundaries of their comfort zone and achieve personal and team goals in a safe, pressure-free environment. Experiences can include the 40ft climbing tower, with two external walls and one internal wall, as well as our Powerfan and a range of activities on the linear high ropes course; all run by our highly-qualified instructors.

In addition to offering a memorable experience for all, the centre offers significant development opportunities for individuals and teams. From literally learning the ropes through coaching on safety and technique to fostering strong bonds of trust and communication, the high ropes activities will provide participants with new skills and confidence.

Prices start from £50+VAT per person. This experience is suitable for groups of 10+ and for all participants and abilities. To enquire about or book the high flyers team experience, please call 01283 575905 or email enquiries@gra.uk.com

Multi-Activity Team Challenge

The Outdoor Leadership Centre also offers a unique setting, perfect for a fun team building event which caters for people of all abilities.

We offer a diverse range of tasks from physically challenging to cerebral problem-solving which can be utilised individually or as part of a programme. Our facility has 15 permanent initiative tasks which are ideal for enhancing the performance of your team from strategic planning to simply breaking the ice and getting to know each other better. These tasks are great fun, but also excellent at highlighting both individual and team strengths as well as areas requiring further development.

Activities include our extensive low ropes challenge courses, archery, Steeplechase and Lava Flow as well as many other initiative tasks.

Prices start from £50+VAT per person. This experience is suitable for groups of 10+ and for all participants and abilities. To enquire about or book the multi-activity team challenge, please call 01283 575905 or email enquiries@gra.uk.com
Conference Energisers

Keeping energy and engagement levels high is critical to maximising the impact of your message.

We have a range of activities you can introduce during break-out sessions including Boomwhackers, Corporate Structures, Wake Up Challenge, Graffiti Wall and Golden Gate Bridge. These fun, interactive sessions will put team-effectiveness to the test with a great sense of achievement when the task is complete.

Kick off or close your event with a high-energy, participative session designed to fit your schedule. Our range of activities are suitable for groups of up to 250 people and last from 20 minutes to 3 hours depending on your requirement.

To enquire about or book our conference energisers which start from £600+VAT, please call 01283 575905 or email enquiries@gra.uk.com

Try a whole new team building experience in Perform’s cutting edge hydrotherapy suite.

Sessions last for one hour and are delivered in a style that will accommodate all fitness levels.

The Perform team will take you through a range of light workouts and challenges which mirror those undertaken by professional sports teams when they wind down after training or a game.

You will experience a range of activities including:

- Aqua jogging and pool workout session in the variable depth pool
- Team workout on the underwater treadmill
- Use of hot and cold contrast pools

**Price**

1 hour - £250 +VAT per group*

To enquire about or book a Perform Hydrotherapy experience, please contact the Perform team on 01283 576 333 or email stgeorgespark@spireperform.com

*We can accommodate a maximum group size of 25 people in the hydrotherapy suite.
Perform Challenge

A great team challenge in a fun, non-intimidating environment to find out what you’re really made of. Suitable for all fitness levels.

The experts at Perform will put you and your team through a series of assessment in the Human Performance Lab at St. George’s Park to test your physical performance and give you guidance on how you can make changes to improve your health and wellbeing.

Your experience will include:
- Tour of the state-of-the-art facilities
- Blood pressure check
- Body composition test
- Analysis of how your body moves and its efficiency
- Balance assessment
- Fitness assessment
- Test your reactions on the Batak Board
- Exercise and nutrition briefings

This package will include reports for each delegate plus expert feedback and tips from the Perform team.

Packages cost £150 per person*

To enquire about or book a Perform Challenge experience, please contact the Perform team on 01283 576 333 or email stgeorgespark@spireperform.com

*Based on a minimum of six people

Bupa Health Clinic

Bupa preventative health assessments are often included in your work employee benefits package and can now be facilitated here, on-site at St. George’s Park.

Bupa health assessments are carried out in a relaxed environment with friendly, helpful staff. Our expert health advisors can help spot potential health issues before they become problems, and also give you advice and reassurance to help you stay healthy.

The assessments include:
- a medical history and lifestyle questionnaire
- a physical examination
- a consultation with a doctor or health adviser
- the opportunity to ask questions and discuss concerns
- test results usually available on the day
- a personalised health report, usually available on the day
- an action plan with practical advice to help minimise health risks

We offer an extensive range of Bupa health assessments based on your needs:

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<thead>
<tr>
<th>Assessment</th>
<th>Duration</th>
<th>Age Range</th>
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</thead>
<tbody>
<tr>
<td>Advanced Health Assessment</td>
<td>150 min</td>
<td>Age 18 - 70</td>
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<tr>
<td>Complete Health Assessment</td>
<td>120 min</td>
<td>Age 18 - 70</td>
</tr>
<tr>
<td>Essential Health Assessment</td>
<td>60 min</td>
<td>Age 18 - 65</td>
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To book an appointment at our Bupa Health Centre at St. George’s Park, please call 0333 414 9604 or visit www.bupa.co.uk/health-assessments for more information.
Physiotherapy

Injured or need help with aches and pains? Accelerated rehabilitation is available to all at St. George’s Park through Perform’s on-site physiotherapy clinic.

Perform offer flexible appointments and access to treatment and facilities normally reserved for professional sports men and women.

What we treat:
- Back and neck pain
- Knee pain
- Shoulder pain
- Ankle pain
- Foot pain
- Postural abnormalities

- Sprains and strains
- Whiplash
- Soft tissue and tendon injuries
- Sports injuries
- Rehabilitation programmes
- Neurological conditions

Access treatment through your private medical insurance or self-fund
Physiotherapist - £80 per hour / England Team Physiotherapist - £120 per hour

To book a physiotherapy assessment, call us today on 01283 576 333 or email stgeorgespark@spireperform.com

Tour of St. George’s Park

The St. George’s Park tour provides the unique chance to go behind-the-scenes at The FA’s National Football Centre, home to all 24 England teams as they train ahead of international fixtures.

Throughout the guided tour visitors will see elite outdoor pitches including an exact replica of the Wembley pitch, as well as the indoor 3G pitch that has been built to a FIFA 2 star standard. Visitors will also see other areas of the National Football Centre including the indoor Futsal sports hall, elite changing room, autograph wall, areas within the hotel where the teams stay, plus much more*.

Price
£9 per person including VAT

For more information including availability or to book please call 01283 576200 or email SGPReception@TheFA.com
Ultimate Football Experience

The Ultimate Football Experience includes:
• A dedicated FA Licensed Coach
• A 1 hour 45-minute fun-based football activity session with your dedicated coach, suitable for all ages and abilities and designed to be fully inclusive. Includes elements of The FA Future Game training sessions with technical, tactical, psychological and physical challenges
• Use of a 3G pitch for your session
• A session plan provided by your designated St. George’s Park coach*
• Accompanying Level 1-2 FA Licensed Coaches will be accredited 2 hours CPD

Optional extras**:
• A football facilities tour of St. George’s Park for the group
• A football facilities tour for spectators
• Guarantee a changing room***
• A selection of St. George’s Park merchandise and souvenirs

For more information or to discuss your individual requirements please call 01283 576200 or email sgpenquiries@thefa.com

* One per 12 participants
** Please note there is an additional cost for these items
*** Subject to availability
Prices start from £20 per person

Future Game Experience

The Future Game Experience includes:
• A football facilities tour of St. George’s Park
• The use of an elite changing room
• A 2 hour football activity session with a St. George’s Park FA Licensed Coach, suitable for all ages and abilities and designed to be fully inclusive. Includes elements of England training sessions with technical, tactical, psychological and physical challenges
• Use of a 3G pitch for your session
• A St. George’s Park skills ball*
• An FA Future Game coaches pack** containing:
  - The FA Future Game Grassroots
  - The FA Future Game memory stick containing coaching practices relevant to the age of your group

Optional extras**:
• A football facilities tour for spectators***
• A selection of St. George’s Park merchandise and souvenirs

For more information or to discuss your individual requirements please call 01283 576200 or email sgpenquiries@thefa.com

* One per 12 participants
** Please note there is an additional cost for these items
*** Subject to availability
Prices start from £20 per person
The Futsal Experience includes:
- A 1 hour 30-minute Futsal session with an FA Licensed Futsal Coach, tailored to meet the needs of your group
- Exclusive use of the St. George’s Park international standard Futsal court
- A session plan provided by your St. George’s Park coach*
- A 30-minute training match
- Accompanying Level 1-2 FA Licensed Coaches will be accredited 2 hours CPD

Optional extras**: 
- A football facilities tour of St. George’s Park for your group
- A football facilities tour for spectators**
- Guarantee yourself a changing room***
- A selection of St. George’s Park merchandise and souvenirs

For more information or to discuss your individual requirements please call 01283 576200 or email sgpenquiries@thefa.com

* One per 12 participants
** Please note there is an additional cost for these items
*** Subject to availability

Prices start from £20 per person

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The England Experience includes:
- Use of an elite changing room
- England strip, with your name and number on the shirt
- Tour of St. George’s Park
- Team photo for every player
- A 1 hour training session with your dedicated FA Licensed Coach
- 15-minute team talk or question and answer session
- 45-minute match on the 3G pitch
- Post-match soft drink and St. George’s Park goody bag per player

Optional extra:
- A football facilities tour for spectators

For more information or to discuss your individual requirements please call 01283 576200 or email sgpenquiries@thefa.com

* One per 12 participants
** Please note there is an additional cost for these items
*** Subject to availability

Prices start from £20 per person
Getting here
The central location and connectivity of St. George’s Park means it is easy to reach from wherever you are. Local rail stations are at Burton-Upon-Trent, Lichfield and Derby, while the M1, M6 and M42 motorways are nearby.

Address
St. George’s Park,
Newborough Road,
Needwood,
Burton-Upon-Trent,
Staffordshire,
DE13 9PD
# SGP Conference Gift Bags

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## Order process:

1. Please email SGPEnquiries@thefa.com with the details of your order as well as the date of your conference/event at St. George’s Park, the event name and the person’s name who made the booking.

2. Within **72 hours**, you will then be notified via a confirmation email provided the items are in stock.

3. Your order will then be available to collect on the day of your experience day at St. George’s Park.

4. Payment will be required upon collection of your order and must be made at the Hilton Hotel Reception via cash or card (visa debit/credit card).

*All orders subject to stock availability. If the items are not in stock you will then have the opportunity to cancel or change your order.*
For more information or to discuss your individual requirements please call

01283 576200
sgpenquiries@thefa.com