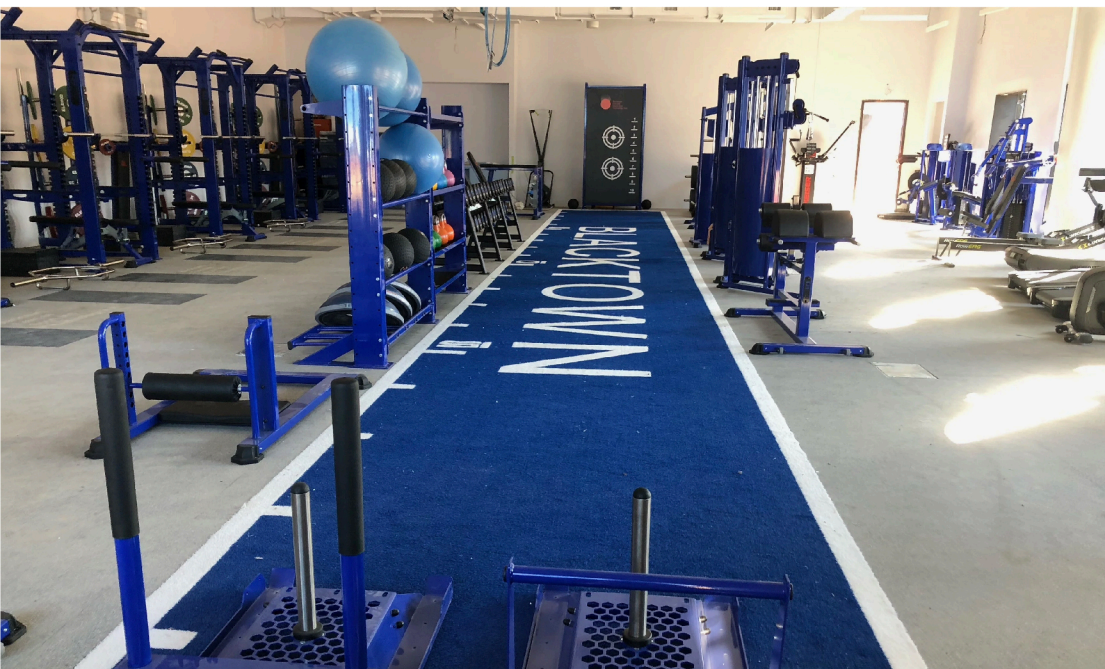




The Blacktown International SportsPark in Western Sydney was originally built for the Olympics in 2012 and included a number of sports pitches for AFL, soccer and baseball plus an athletics track. To complement these facilities Blacktown City Council committed to design and build the £60m world class International Centre of Training Excellence (ICTE) at the SportsPark- which will become Australia's most innovative and integrated sports, health, and education precinct. This 600,000 m2 will bring together allied health, sports medicine, rehabilitation services and training facilities for athletes to push the boundaries of health care, education and sporting performance.



The new facility features a striking, architecturally complex façade and a range of indoor and outdoor sports and training facilities, aquatics pools, sports medicine tenancies, dining and accommodation facilities.

Due to our extensive experience in designing and equipping similar world class facilities in the UK- Perform Better were selected to design and equip the Strength and Conditioning facility at ICTE. The PB design team worked closely with the ICTE Performance team and a number of stakeholders to come up with an equipment specification and layout to cater for the range of user groups who will be using the new facility.

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CASE STUDY

**BLACKTOWN
 INTERNATIONAL
 CENTRE OF
 TRAINING
 EXCELLENCE**

EQUIPMENT

- Elite Power Rack x 5
- Elite Power Rack with Smiths x 1
- Glute Ham Bench x 2
- Adjustable Bench x 8
- Hyperextension Bench
- Bespoke Storage Systems
- Bespoke Medicine Ball Wall
- Bi-Lateral Leg Press
- Dual Adjustable Pulley x 2
- Leg Extension
- Leg Curl
- Shoulder Press
- Chest Press
- Lat Pulldown/Low Row
- Seated Calf
- Branded Dumbbells
- Eleiko Olympic Discs and Bars
- Kettlebells
- Foam Plyo Boxes
- kBox Pro