



The Academy currently operates out of the Alan Higgs Sports Centre site in Coventry. Although there was some use of the member's gym, the club did not have a dedicated gym space on site. When an unused studio spin room was made available, the team at the academy approached Perform Better to assist with the design and specification of the facility.

When producing our end-of-season department reviews it was clear that a dedicated performance space was a necessity, and this was a view shared by the wider academy departments. To continue producing players capable of excelling within our first team we have to create strong efficient movers who are robust enough to meet the demands placed on them as they progress through our pathways. The addition of the facility is there to aid this both for our schoolboys and professional phase players.

Perform Better were asked to consult on the project because of their extensive experience within professional football and track record of providing turnkey solutions in a high-performance environment.



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**WHEN INITIALLY CONTACTING PERFORM BETTER THE PROCESS FOLLOWED FROM INITIAL CONSULTATION BY SAM RIGHT THROUGH TO INSTALLATION AND AFTER WERE OUTSTANDING. OUR NEEDS HAVE BEEN EXCEEDED AND WE WOULD DEFINITELY WORK WITH THEM AGAIN ON FUTURE PROJECTS.**

**Ryan Penny - Head of Academy Sport Science & Medical.**

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## CASE STUDY COVENTRY CITY ACADEMY

### EQUIPMENT

Wall Mounted Half Rack

Disc Storage

Adjustable Benches

PB Branded Dumbbells

Foam Plyometric Boxes

Excentric kBox 4

Excentric kPulley2

Club Branded Upholstery