



Hartlepool 6th Form College is part of the City of Sunderland College group and is renowned in the North East for its very strong Academy Sport programme with Academies in Men's and Women's Football, Men's and Women's Rugby, Netball and Basketball. The College has excellent Sports facilities including a Sport Science lab and Health and Fitness Suite.

In Spring 2022 the College made the decision to convert two classrooms into a Performance Strength and Conditioning facility for the squads from the Academy to use as part of their programme. After a detailed procurement process Perform Better were selected to equip the new S and C facility with equipment and flooring. Having worked closely with the Performance team from the College - a design was finalised for the equipment layout. Performance flooring was laid throughout the facility- in addition a Turf Track was laid in an outside training area adjacent to the room. A six station Rig was installed along with Olympic Bars and Discs, plus a range of Kettlebells, Dumbbells, Wall Balls and Slam Balls. A range of self-powered Treadmills, Rowers, Ski Ergs and Bikes were also installed resulting in an excellent facility for the students.



PB

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Hartlepool
SixthForm
College

H6

CASE STUDY

HARTLEPOOL 6TH FORM COLLEGE

EQUIPMENT

- 6 Station Rig
- Adjustable Benches
- Olympic Bars and Discs
- Kettlebells
- Powerbags
- Slam Balls
- Assault Treadmills x 3
- Assault Bikes x 3
- Ski Erg x 2
- Concept 2 Rower x 2
- Performance Flooring
- Turf Track