

# CASE STUDY LLANDRILLO COLLEGE



## EQUIPMENT

- 6 bay Performance Rig
- Performance Flooring
- Turf Track
- Adjustable Benches x5
- Concept 2 Ski Erg

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Llandrillo College play in the prestigious Welsh Rugby Union Under 18s league with the squad committing 15 hours per week to Rugby training. The College converted a squash court a few years ago into a Strength and Conditioning facility with two racks and platforms- as the Rugby programme grew more equipment was required to cater for the squad. In the Summer 2022 the College committed to replacing the old Racks with a new six Station Infinity Rig which allowed 6 players to lift at the same time. Perform Better were selected due to their relationship with WRU and having supplied a number of other Welsh Colleges with their equipment. In addition to the Rig PB also replaced all the Performance flooring and added a turf track down the length of the room.

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