



Shiplake College is an independent boarding and day school for boys aged 11 to 18 and girls aged 16 to 18, situated in 45 acres of beautiful Oxfordshire countryside near Henley-on-Thames.

Perform Better were selected to equip a new Strength & Conditioning facility in the refurbished boat house at the school in the summer 2020. After a number of delays in the building project due to Covid-19, the installation was completed just before the start of the autumn term.

Duratrain flooring was laid into the area with branded inset lifting platforms, four Performance Power Racks were also installed along with adjustable benches, glute ham benches, Olympic bars and discs, dumbbells, kettlebells and monster storage. The school has recently appointed a new Head of Athletic Development, Ed Bowden, and introduced a new Athletic Development Programme, "The programme will provide pupils with an extra level of motivation to their sport training. It will give them more purpose when they train which will then focus them when they are performing competitively."



# PB

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**SHIPLAKE COLLEGE**  
HENLEY-ON-THAMES

## CASE STUDY SHIPLAKE COLLEGE

### EQUIPMENT

- Performance Half Racks
- Adjustable Glute/Ham Benches
- Adjustable Flat to Incline Benches
- Standard Prone Row Benches
- Bi-lateral Incline Leg Press
- R2 Compact Dual Adjustable Pulley
- Monster Storage
- 7ft Hex Bars & 7ft Chrome Bars
- Rubber Bumper Discs
- Solid End Rubber Dumbbells
- Oak Inset Platforms
- Duratrain Flooring