

CASE STUDY STOCKTON TOWN FC

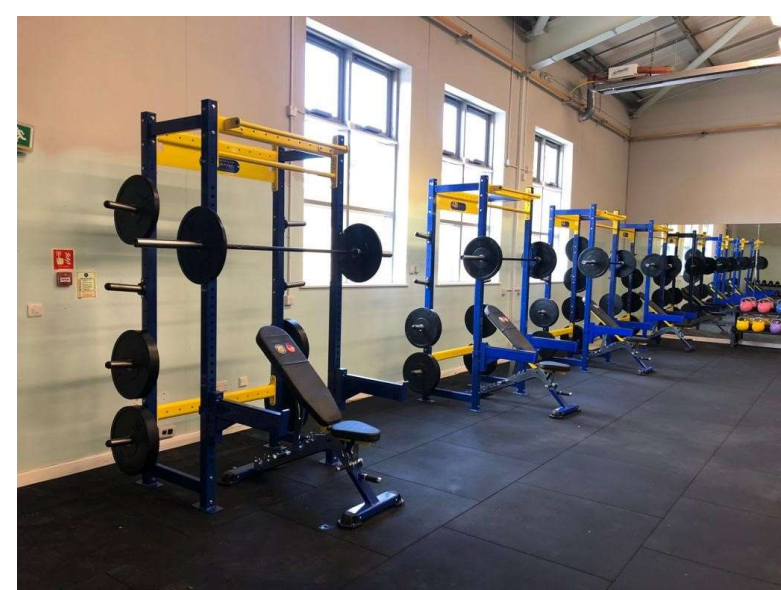


“

Our project to build a gym which works on a multitude of levels was not an easy one, requiring it to work for a college, a football club and general public use. Working with Perform Better was a seamless partnership with them guiding us through the process and offering expertise in what may work best for our very unique needs. From our original meetings through to completion of the project Perform Better have been flexible at each step of the way and consistently met our changing needs throughout. Our final outcome ticks every box we were looking for and over delivered on our already lofty expectations. Given the professional style gym we now own whilst being in a grassroots football setting, we would recommend Perform Better to any level of client looking to start their project.

”

LIAM COX
STOCKTON TOWN FC DIRECTOR OF FOOTBALL &
STOCKTON SIXTH FORM COLLEGE HEAD OF
FOOTBALL



EQUIPMENT

- Standard Half Racks x4
- Olympic Bars and Discs
- Dumbbell Set
- Leg Extension
- Leg Curl
- Leg Press
- Multi Press
- Lat Pulldown
- Dual Adjustable Pulley
- Treadmill x2
- Concept Rower x2
- Ski Erg x 2
- Assault Bike x2
- Wattbike x 2

In 2022 Stockton Town Football Club and Stockton 6th Form College identified a space within the campus that was underutilised as a drama studio which they felt would be an ideal space for a gym.

The Club applied for a grant from the Football Foundation and in mid-2023 they were notified the application had been successful. Perform Better were appointed as the supplier for the project and worked with the Club to finalise the equipment specification and design.