

WREXHAM ACADEMY FC



EQUIPMENT

- PB Standard Half Racks x 2
- Lifting Platforms x 2
- Olympic Discs and Bars
- 45 degree Dual Leg Press
- Selectorised Leg Extension/Curl
- Glute Ham Bench
- Adjustable Benches x 2
- Keiser Functional Trainer
- Exxentric K Box
- Gymaware System
- Spirit Treadmill
- Concept Ski Erg
- Wattbike Pro
- Keiser M3 Bikes
- Assault Bike
- 30mm Performance Flooring
- Branded Turf track

Wrexham Association Football Club was formed in 1864 and is the oldest club in Wales and the third-oldest professional football team in the world.

The 2020 purchase of the club by Canadian actor Ryan Reynolds and American actor Rob McElhenney and the attendant publicity from the documentaries Welcome to Wrexham had a significant impact on the club's visibility, leading to its acquiring a new global fanbase with no precedent for a team who were then in the fifth division. The Club has been promoted four times in the past four seasons and are now in League 1 and have had a strong start to the 2024-25 season.

In July 2024 the Wrexham FC Academy was awarded EFL Category Three Academy status- this required the Club to improve the infrastructure of the Academy and a site was identified at Darland High School in Rossett and a new facility was built which includes changing rooms, offices, meeting rooms, a medical room, a gym and a new classroom plus five new pitches which will enable the development and education of young athletes from 9-18 both on and off the pitch.

Wrexham AFC chief executive Michael Williamson said: "The co-chairmen have outlined their ambition to create a sustainable football club, and the investment in the academy training facilities along with the Category Three achievement is certainly a key milestone towards that objective."

The Gym was seen as a key part of the physical development of the young players at the Club and Perform Better were selected to help to design and equip the facility working closely with the Performance team due to our expertise in equipping Performance Strength and Conditioning facilities. The 10m x 6m facility required a mix of Strength, Functional and Cardio equipment to cater for all age groups.

