



HOPE PARK SPORTS

AT LIVERPOOL HOPE UNIVERSITY





Welcome

Hope Park Sports is a state-of-the-art facility designed to provide users with access to the latest training and sporting amenities. Situated at our Hope Park campus, the centre forms part of Liverpool Hope's Sports Science Avenue, sitting alongside the Health Sciences Building.

Our Sports Complex houses a number of facilities that provide excellent opportunities for leisure, fitness, study and research. As well as a full-sized sports hall (6 badminton court hall), squash courts, fitness suite, dance studio, Physiotherapy and Sports Rehabilitation Clinic (PSRC), and a strength and conditioning suite, we also have a number of outdoor facilities available for hire. These include an outdoor netball/tennis court, a 3G artificial sports pitch, an AstroTurf pitch, and a grass rugby pitch.

Our vision

Academic excellence remains at the forefront of the University's mission, and Hope Park Sports was created with research and teaching in mind. The facilities are designed to make learning a positive and dynamic experience.

Taking pride of place among the Sports Science Avenue is the University's Physiotherapy and Sport Rehabilitation Clinic. The clinic provides staff, students, and the public with a broad range of services, as well as a clinical teaching facility. Whether you would like to form a research partnership, hire a space, organise a tournament or host a sporting conference, our dedicated team will work with you to create a bespoke itinerary, which meets your requirements.



Sports Hall

Our Sports Hall is a fully flexible space that can be used for a variety of sports, including (but not limited to) badminton, netball, basketball, tennis, volleyball and 5-a-side football. The space can also be used for x2 cricket lanes, table tennis tournaments, or martial arts.

The bleacher seating can accommodate up to 1,000 spectators/conference guests. In addition, the mezzanine viewing gallery overlooks the main sports hall. The space can be used for additional spectators, as an exhibition space, or as a reception area for registration or refreshments.

If you are interested in hosting a tournament, training session or conference in the facility, please contact us to see how we could accommodate your individual needs.

- 6-court badminton sports hall
- Vinyl spring-loaded floor
- 1,100sqm
- Multi-sport markings
- 500 – 1,000 seat-capacity bleachers
- Electronic scoreboard
- Adaptable lighting





Dance/Exercise Studio

We have one dance/exercise studio, which is fully air-conditioned and ideal for multi-purpose use.

The studio has large windows that stretch the length of the room creating a beautifully light and airy space. Located on the first floor, the studio overlooks the greenery of our leafy suburban campus, offering a place of relaxation and reflection.

- First floor location
- Measuring 15.10sqm x 10sqm
- Floor-to-ceiling mirrors along one wall
- Full-length barre
- Adjustable sound and lighting systems
- Floor mats available
- Ideal for yoga, Pilates, HIIT, circuit training, total body workout, boxing bag work, group indoor cycle classes, dance, and a variety of exercise classes.





Fitness Suite

Our fully equipped Fitness Suite features a functional fitness area, a glass balcony view of the main sports hall below, and a full sound system with TV screens.

It also houses a range of Technogym equipment, including:

- Cross trainers
- Bikes
- Treadmills
- Steppers
- Rowers
- Ergometer
- Olympic rack
- Resistance machines
- Free weights



Strength and Conditioning Suite

Our professional-grade suite is ideal for amateur, semi-professional and professional clubs, teams and organisations. It is also a perfect space for individual athletes to support development and training.

Featuring:

- Olympic platform racks complete with bumper plates
- A cable crossover machine
- Kettlebells
- Cross-training equipment
- A sound system
- A fully mirrored wall
- Bikes
- Rowing machines
- Computer terminals for linked-in performance measurement

Our Hope Park Sports team is happy to devise individual training programmes on request.





The Physiotherapy and Sport Rehabilitation Clinic

The Liverpool Hope Physiotherapy and Sport Rehabilitation Clinic (PSRC) opened in 2019.

Offering services to: Prevent, assess, treat, rehabilitate and manage a range of injuries.

Consultations and treatment are provided in our new state-of-the-art-facilities within the Health Science and Sport buildings. The Clinic has five individual treatment spaces, plus a private Clinic (Therapy Room), available for hire all year round*, on a flexible basis.

Suitable for: Physiotherapists, Sports Therapists, Sports Masseurs, Sports Rehabilitators, Osteopaths, Chiropractors and Podiatrists.

Featuring: A treatment table, PC and WiFi, a rehabilitation area and equipment (mats, mirrors, steps, medicine balls, kettlebells, dumbbells, wall ladders, goniometers etc.), a waiting area, wheelchair access, and hand washing and toilet facilities.

The Physiotherapy and Sport Rehabilitation Clinic plays a crucial role in allowing Hope students the opportunity to expand on their clinical practice and ultimately go on to thrive in their careers. Practitioners booking a session within the Clinic can benefit from discounted hire fees, by taking the opportunity to allow a Hope student observe their session.

**(Please note there is a two-week shut down at Christmas, five days at Easter and reduced hours during the University's summer period. Last patient of the day to leave 30 minutes before closure of the building.)*



Squash Courts

At Hope Park Sports we have two full-sized squash courts.

- Glass-backed
- Featuring a viewing gallery
- Designed for appropriate footwear use only



Zest Café

Scheduled to open in September 2022 and located on the first floor, the café will serve a variety of food and drinks.

With a range of tables and chairs, and seating benches, the café is a great place to refuel or unwind after a workout.

The mezzanine viewing gallery overlooking the main sports hall can also be accessed through the café.





3G Artificial Sports Pitch

Our full-sized football pitch can be used for 11-a-side, 9-a-side and 7-a-side games.

- 100sqm x 60sqm, plus 3 metre run-offs
- Floodlit
- Spectator viewing
- Perimeter fenced
- Teams can request use of the external team changing rooms/showers/lockers etc.

Grass Pitch

One grass pitch, with full-sized rugby goals, marked out for Rugby Union during term time to accommodate BUCS fixtures.



AstroTurf Pitch

Suitable as a training space or competition space for hockey, football, and a variety of other outdoor activities and games. Our full-sized AstroTurf pitch can be used in conjunction with team changing rooms.

- 92sqm x 55sqm with recommended run-offs to the sides and ends of the pitch
- Floodlit
- Sand in-fill
- Perimeter fenced
- FIH Certificate of Field Performance
- Suitable for hockey or football
- Teams can request use of the external team changing rooms/showers/lockers etc.





Netball Courts

Two full-sized courts, also suitable for tennis.

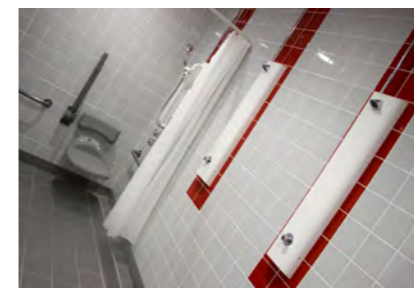
- Hardcore courts
- Can accommodate recreational matches, training or tournaments all-year round within daylight hours
- Perimeter fenced.

Netball court dimensions

- 30.5sqm x 15.25sqm
- Plus 3 metre run-offs

Tennis court dimensions

- 23.7sqm x 11sqm



Changing Facilities

Village changing rooms

Our main changing facilities are divided into male and female sections and both feature:

- A communal area
- Showers
- Toilets
- Individual changing cubicles
- Secure lockers.

Team changing rooms

Designed to provide easy access and private use for teams, the two changing rooms can be allocated male or female depending on client needs. They each feature:

- A communal area
- Showers
- Secure lockers
- Disabled/fully inclusive features.



Meeting Space

There is also a range of lecture theatres and one small boardroom housed within the building, which are available for hire. This makes Hope Park Sports the ideal setting for sport conferences, meetings, athlete consultations, performance analysis or seminars, and workshops that need to engage and stimulate delegates.

Lecture theatre (HPS 106)

Fixed-tiered seating lecture theatre located on the first floor.

- Capacity for 60 delegates
- Audio visual facility
- Measuring 67m²

Boardroom (HPS 107)

A bright and airy room located on the first floor.

- Boardroom configuration
- Capacity for 8 delegates
- Audio visual facility
- Measuring 20m²

Lecture theatre (HPS 108)

Fixed-tiered seating lecture theatre located on the first floor.

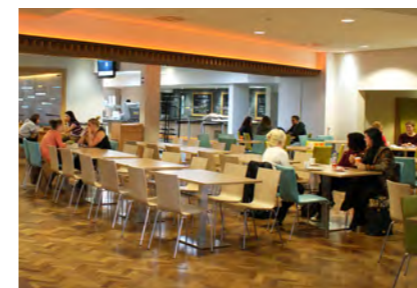
- Fixed tiered seating
- Capacity for 60 delegates
- Audio visual facility
- Measuring 67m²



Additional Extras

As well as sports facilities, we have onsite accommodation, catering packages and conferencing facilities available.

Our Conferencing and Events Team will be able to discuss options and rates.



Parking

On-campus parking is available next to Hope Park Sports at a cost of just £2 per vehicle, per day. The car park is fully lit and features CCTV.



Plas Caerdeon Outdoor Education Centre

Our Plas Caerdeon Outdoor Education Centre in North Wales delivers residential outdoor activity courses to a wide range of external groups. These groups include schools, youth groups of all ages, University students and staff.

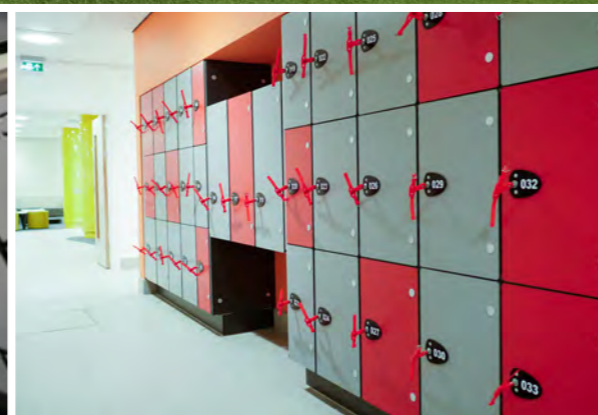
The outdoor activity centre, a member of the Association of Heads of Outdoor Education Centres, is set in 18 acres of private, secluded woodlands within the Snowdonia National Park, overlooking the Mawddach Estuary - often described as one of the most beautiful in Britain.

Rock climbing, kayaking, orienteering, and archery are just some of the exciting and challenging activities on offer at Plas Caerdeon Outdoor Education Centre.

Escaping your usual working environment can be a fantastic way to bring teams together, assess how individuals deal with challenges, and develop new skills and confidence. With an amazing setting, exhilarating activities and a wide range of facilities, Plas Caerdeon could be your best away day yet.

The Manor House can accommodate groups of up to 60 people, with a mixture of bedrooms sleeping from two to eight. Or if self-catering is more convenient, the converted stables and cottages can accommodate up to 20 guests.

To discover more about Plas Caerdeon, visit www.hope.ac.uk/caerdeon or call **01341 430276**.



Contact Us

A viewing of the facilities is highly recommended.

If you would like more information or to arrange a visit, please contact us:

Conferencing and Events Team:

T: 0151 291 2147 | E: conferences@hope.ac.uk

www.hope.ac.uk/conferences

Hope Park Sports Team:

T: 0151 291 2911 | E: hopeparksports@hope.ac.uk

www.hope.ac.uk/hopeparksports

Liverpool Hope Physiotherapy and Sports Rehabilitation Clinic (PSRC)

T: 0151 291 3061/3029 | E: theclinic@hope.ac.uk

www.hope.ac.uk/physiosportrehabclinic

