

F A S T E R



H I G H E R



S T R O N G E R



VICTORY STARTS  
HERE!

GLORIA  
SPORTS ARENA

Gloria Sports Arena is a modern sports complex with indoor, outdoor and aquatic sports facilities.

Built on 105.000 m<sup>2</sup> (10.5 hectares), it is the largest sports arena in Turkey and has international-standard sports training facilities with cutting-edge equipment for over 50 disciplines.

Gloria Sports Arena, situated in Belek-Antalya-Turkey, is 30 minutes away from Antalya International Airport and is connected with Gloria Hotels & Resorts (Gloria Golf Resort, Gloria Verde Resort and Gloria Serenity Resort) which are in only 5 km distance (Free shuttle available).

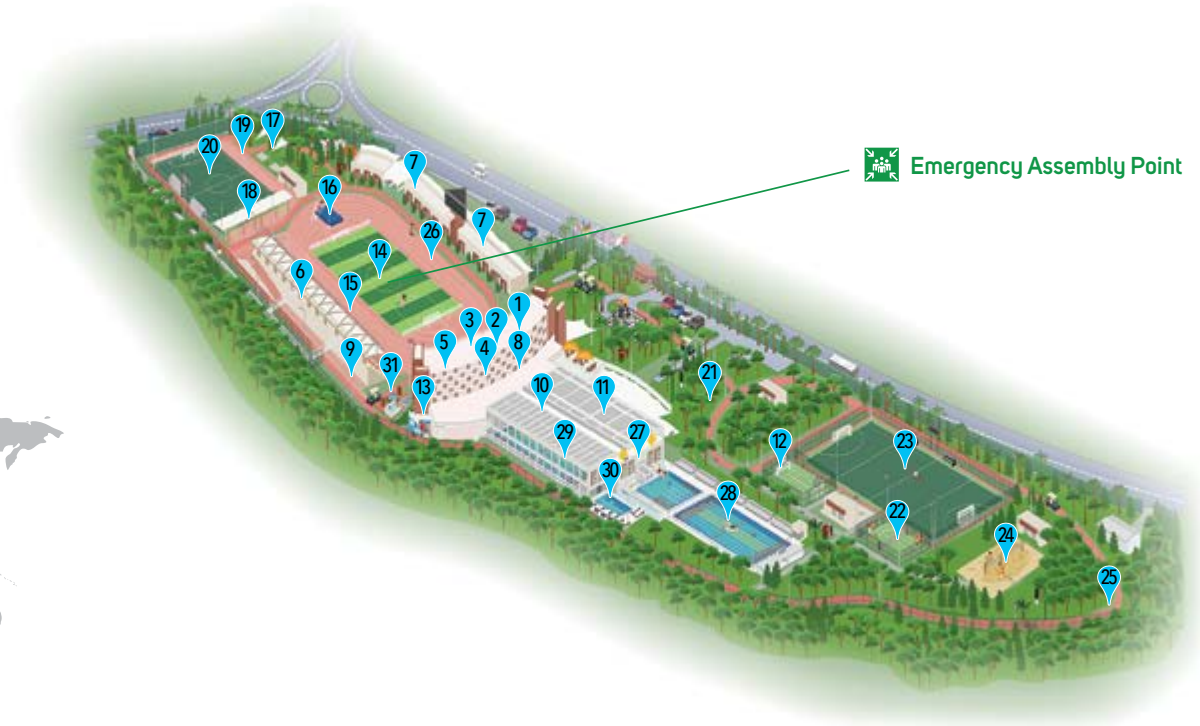
**GSA offers professional services for individual athletes, teams and groups, such as:**

- > National Teams, Clubs
- > Sports Groups
- > Professional, Amateur & Recreational Athletes
- > All Season Training Camps & Summer Schools
- > Tournaments
- > Events, Congresses, Conventions and Conferences

# DESTINATION & MAP



<p><b>ALGERIA</b> Algiers 4 hours</p> <p><b>AUSTRIA</b> Vienna 2 hours 47 minutes Graz 2 hours 45 minutes</p> <p><b>AZERBAIJAN</b> Baku 2 hours 46 minutes</p> <p><b>BAHRAIN</b> Manama 3 hours 41 minutes</p> <p><b>BELARUS</b> Minsk 3 hours 2 minutes</p> <p><b>CROATIA</b> Zagreb 2 hours 4 minutes (flights to Istanbul)</p> <p><b>CZECH REPUBLIC</b> Prague 3 hours 6 minutes</p>	<p><b>DENMARK</b> Copenhagen 3 hours 6 minutes Aarhus 3 hours 18 minutes</p> <p><b>ESTONIA</b> Tallinn 3 hours 53 minutes</p> <p><b>FINLAND</b> Helsinki 3 hours 44 minutes</p> <p><b>FRANCE</b> Paris 3 hours 36 minutes Marseille 5 hours 50 minutes</p> <p><b>GERMANY</b> Berlin 3 hours 26 minutes Hamburg 3 hours 10 minutes</p> <p><b>IRAN</b> Tehran 2 hours 55 minutes</p> <p><b>IRAQ</b> Baghdad 2 hours 18 minutes</p>	<p><b>KAZAKHSTAN</b> Astana 5 hours 15 minutes Almaty 5 hours 45 minutes</p> <p><b>KUWAIT</b> Kuwait 3 hours</p> <p><b>LATVIA</b> Riga 3 hours 32 minutes</p> <p><b>LITHUANIA</b> Vilnius 2 hours 53 minutes</p> <p><b>MOROCCO</b> Rabat 4 hours 36 minutes</p> <p><b>NORWAY</b> Oslo 3 hours 42 minutes Bergen 4 hours</p> <p><b>OMAN</b> Muscat 4 hours 43 minutes</p>	<p><b>QATAR</b> Doha 3 hours 54 minutes</p> <p><b>RUSSIA</b> Moscow 3 hours 23 minutes Saint Petersburg 3 hours 55 minutes</p> <p><b>SAUDI ARABIA</b> Riyad 3 hours 29 minutes</p> <p><b>SERBIA</b> Belgrade 1 hour 50 minutes</p> <p><b>SLOVAKIA</b> Bratislava 2 hours 10 minutes</p> <p><b>SLOVENIA</b> Ljubljana 2 hours 13 minutes (flights to Istanbul)</p> <p><b>SWEDEN</b> Stockholm 3 hours 30 minutes Göteborg 3 hours 24 minutes</p>	<p><b>SWITZERLAND</b> Bern 2 hours 36 minutes Zurich 3 hours 5 minutes Geneva 3 hours 10 minutes</p> <p><b>TUNISIA</b> Tunis 2 hours 47 minutes (flight to Antalya)</p> <p><b>UKRAINE</b> Kiev 2 hours 30 minutes Kharkiv 2 hours 32 minutes</p> <p><b>UNITED ARAB EMIRATES</b> Abu Dhabi 4 hours 18 minutes Dubai 3 hours 48 minutes (flights to Istanbul)</p> <p><b>UNITED KINGDOM</b> London 4 hours 10 minutes Manchester 4 hours 30 minutes</p>
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## Outlets & Facilities

1. Meeting, Press, Seminar Rooms
  2. Guest Relations
  3. Lobby Bar
  4. Hotel Rooms
  5. Elly's Main Restaurant
  6. Stadium Tribunes
  7. Shops
- ## Indoor Sports
8. Main Gym
  9. Indoor Running Track
  10. Indoor Cycling, Multipurpose Studios
  11. Sports Hall

## Outdoor Sports

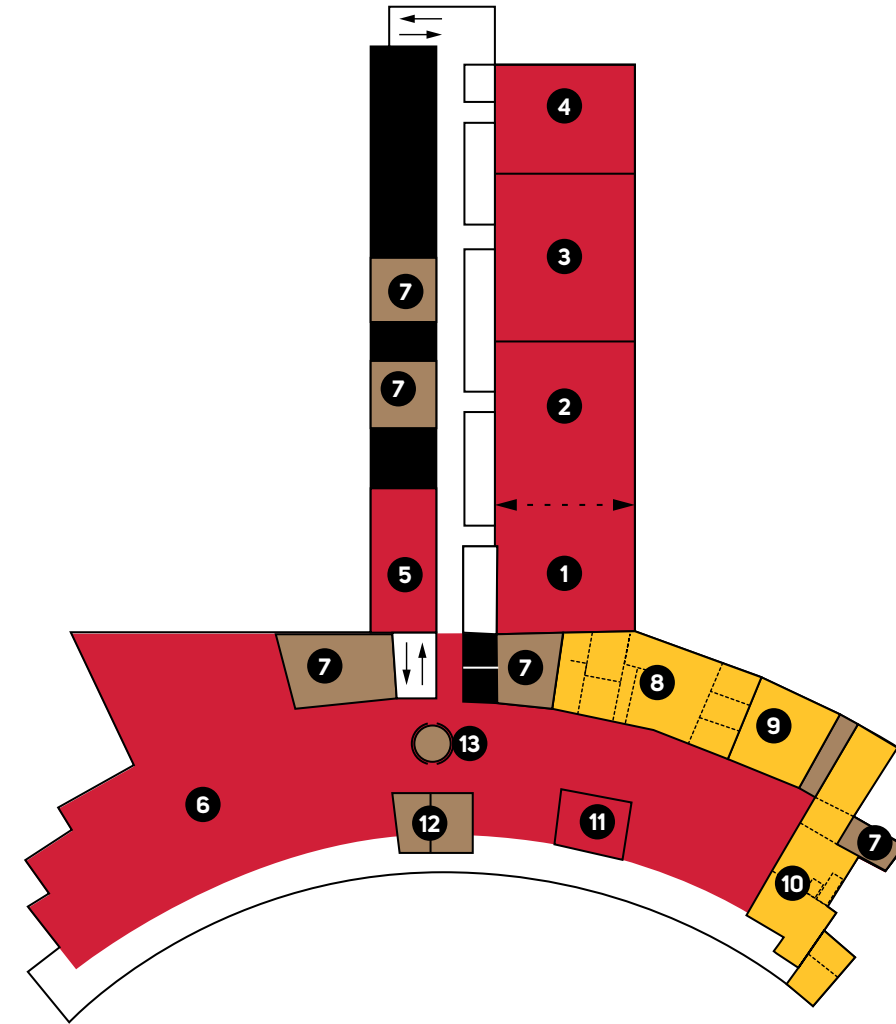
12. Multipurpose Playground
13. Climbing Wall
14. Stadium Field
15. Long Jump, Triple Jump Track
16. High Jump, Pole Vault Area
17. Shot Put Area
18. Track & Field Throwing Area
19. Warm-Up Area
20. Training Field
21. Multipurpose Green Area
22. Tennis Court
23. Hockey Field

## Aquatic Sports

24. Beach Volleyball
25. Natural Running Trail
26. Running Track
27. Short Course, Diving, Waterpolo Pool
28. Olympic Pool
29. Indoor Pool
30. Rehabilitation Pool
31. Cave Sauna, Kneipp Pool

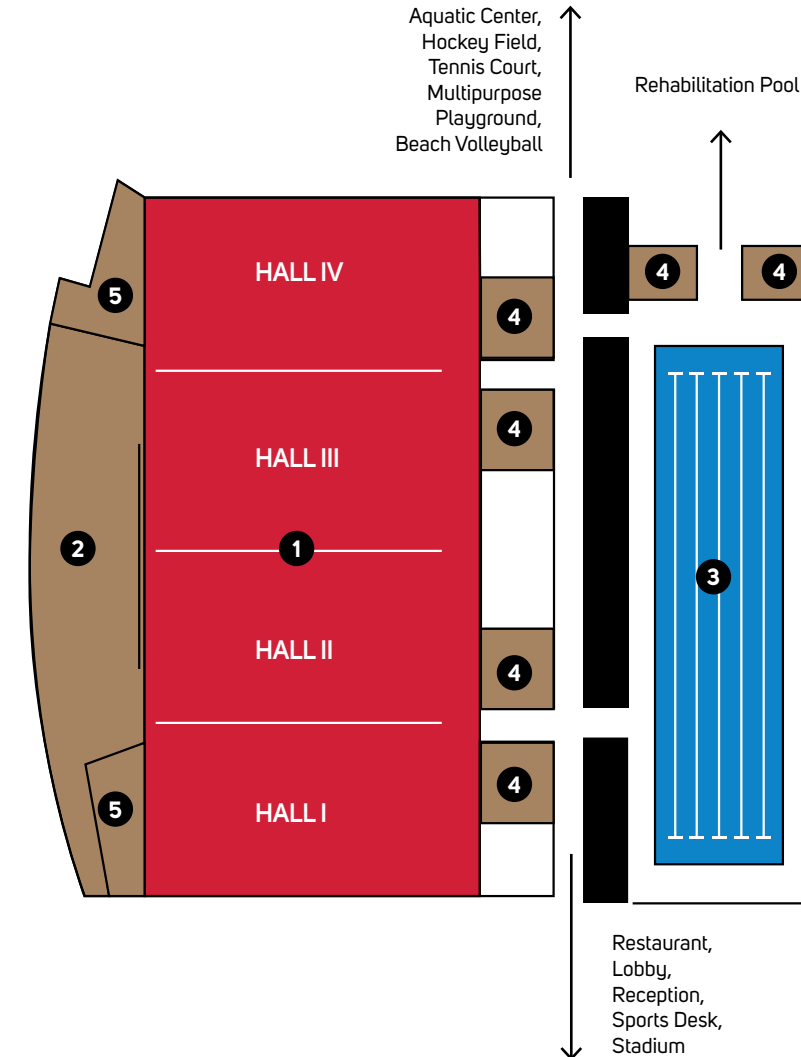
## 1st FLOOR

1. Studio I
2. Studio II
3. Combat Sports
4. Weightlifting Studio
5. Indoor Cycling Studio
6. Main Gym
7. Changing Rooms
8. Doctor's Room & Rehabilitation Center
9. Performance Lab
10. Icelab, Hydroworx, Sauna, Steam Bath & Resting Area
11. Speed Court
12. Elevator & Vita Bar
13. Sports Desk



## GROUND FLOOR

1. Sports Halls, I, II, III, IV
2. Foyer
3. Indoor Swimming Pool
4. Changing Room
5. Restrooms



Aquatic Center,  
Hockey Field,  
Tennis Court,  
Multipurpose  
Playground,  
Beach Volleyball

Rehabilitation Pool

Restaurant,  
Lobby,  
Reception,  
Sports Desk,  
Stadium





## Shining sun and fresh air on the Gloria Sports Arena.

The typical Mediterranean climate of the Antalya region stands out due to its warm summers and mild winters. While summer temperatures can rise to 36°C, winter is blessed with temperatures up to 20°C, thus making Antalya one of the few destinations in Turkey suitable for sports training throughout the year.

ANTALYA	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Average Temp. (°C)	9.6	9.9	12.2	15.8	20.3	25.3	28.3	27.8	24.3	19.5	14.2	10.8
Average Highest Temp. (°C)	15	15.3	17.9	21.4	25.9	31.3	34.4	34.3	31.3	26.9	20.8	16.3
Average Lowest Temp. (°C)	5.6	5.7	7.4	10.6	14.5	19	22.1	21.8	18.6	14.5	9.8	6.8
Average Insolation (Hour)	5.3	6.1	6.9	8	9.9	11.6	12	11.6	10	8.1	6.3	4.9
Average Rainy Days	12.4	10.4	9	7.3	5.4	2.9	1.5	1.5	2	5.6	7.8	11.5
Highest Temp. (°C)	22	23.4	28.2	33.2	37.6	44.8	45	43.3	41.2	37.7	33	25.4
Lowest Temp. (°C)	-2.0	-4.0	-1.6	1.4	6.7	11.1	14.8	15.3	10.6	4.9	0.8	-1.9
Average Sea Water Temp. (°C)	17	17	18	18	19	24	27	29	27	26	22	19





**OUTDOOR SPORTS**

**Olympic Sports**

- ARCHERY
- BEACH VOLLEYBALL
- CYCLING
  - › Mountain bike
  - › Road bike
- FIELD HOCKEY
- FOOTBALL
- GOLF
- RUGBY
- TENNIS
- TRACK & FIELD
  - › Running
    - » Sprint
    - » Middle distance
    - » Long distance
    - » Relay
    - » Hurdles
  - › Jumping
    - » Long jump
    - » Triple jump
    - » High jump
    - » Pole vault
  - › Throwing
    - » Shot put
    - » Discus
    - » Javelin
    - » Hammer
  - › Combined events
    - » Men's decathlon
    - » Women's heptathlon

• TRIATHLON

**Other Sports**

- CLIMBING
  - › Bouldering
  - › Sport climbing
- ULTIMATE FRISBEE
- SLACKLINING

**INDOOR SPORTS**

**Olympic Sports**

- BADMINTON
- BASKETBALL
- BOXING
- FENCING
- GYMNASTICS
- HANDBALL
- JUDO
- TABLE TENNIS
- TAEKWONDO
- VOLLEYBALL
- WEIGHTLIFTING
- WRESTLING

**Other Sports**

- POWERLIFTING
- DANCESPORT
- FUTSAL
- MARTIAL ARTS
  - › Aikido
  - › Jiu-jitsu
  - › Karate
  - › Kickboxing
  - › K1
  - › Muay Thai
  - › and others...
- GROUP CLASSES
  - › Indoor cycling
  - › Cross-training
  - › Suspension training

**AQUATIC SPORTS**

**Olympic Sports**

- DIVING
  - › 1m springboard
  - › 3m springboard
  - › 1m platform
  - › 3m platform
  - › 5m platform
  - › 7.5m platform
  - › 10m platform
- SWIMMING
- SYNCHRONIZED SWIMMING
- WATER POLO

**Other Sports**

- SCUBA DIVING (POOL)
- UNDERWATER HOCKEY
- UNDERWATER RUGBY

VICTORY STARTS  
HERE!



O U T D O O R S P O R T S  
**OUTDOOR SPORTS**

The 35 000 m<sup>2</sup> outdoor facilities include a stadium for 1700 spectators and various sports fields.





One artificial turf hockey pitch in FIH standards.  
(Polytan Megaturf Coolplus / used in London 2012 and Rio de Janeiro 2016 Olympic games)



Venue of the FIH World  
League Round 1 Tournament /  
September 2016



Training Center for the Olympic  
Bronze Medalists in RIO 2016  
– the German National Hockey  
Teams Men & Women

### Training Areas

- 91.40 x 55 m synthetic turf hockey field with Polytan megaturf coolplus
- 2000 m<sup>2</sup> main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for Mat and Group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

### Field Hockey Specific Tests and Training Opportunities

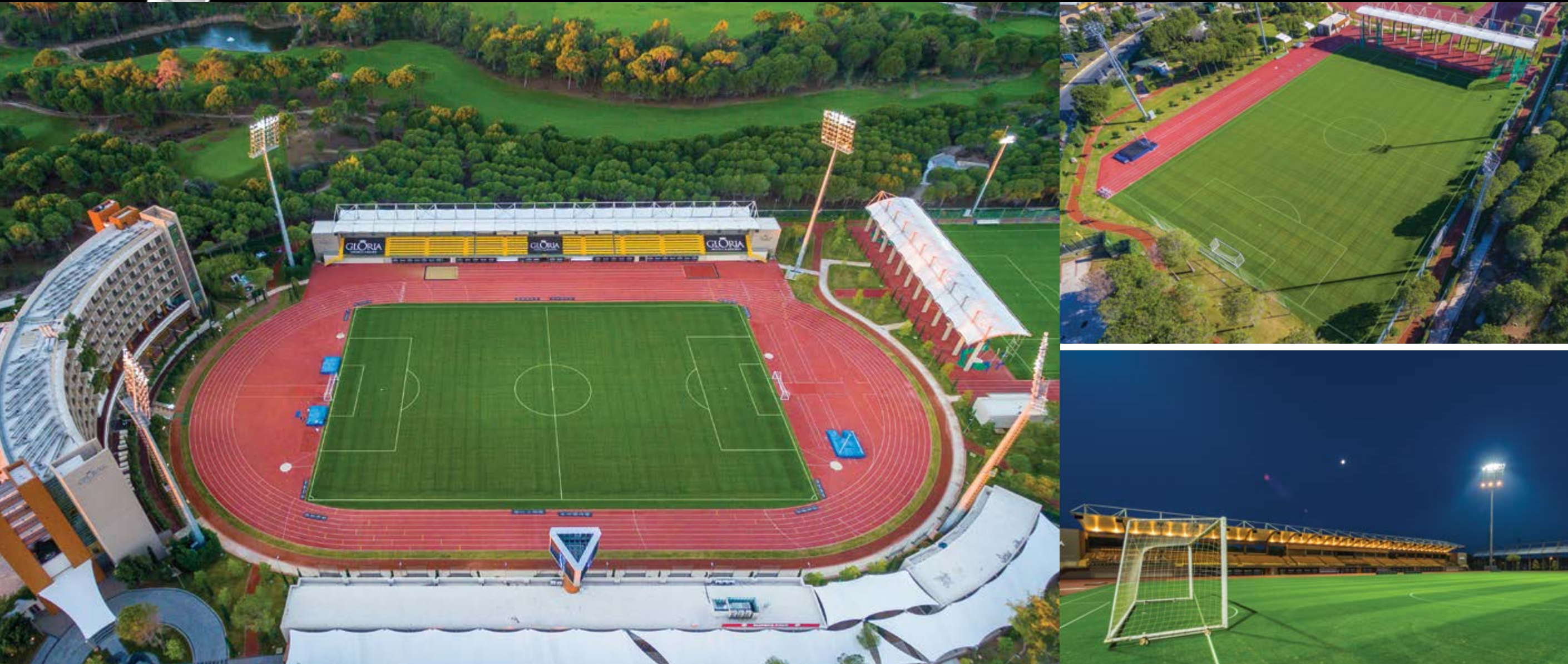
- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – HP Cosmos treadmills and QUARK CPET
- Isokinetic strength tests and training with ISOMED 2000
- 2D & 3D motion analyses with video analyses systems
- Agility tests and trainings with SPEEDCOURT
- Anaerobic power test with MONARK ergometer
- HYDROWORX for post injury training and conditioning
- Vertimax vertical jump and speed training device
- Body Composition with gold standard BODPOD
- Jump tests with OPTOJUMP
- 3D ground reaction force analysis with 2 KISTLER force plates
- Footscan test for foot pathologies
- Anthropometric tests
- Field Hockey specific test protocols for all age group





VICTORY STARTS  
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OUTDOOR SPORTS  
**FOOTBALL**



Two football fields: One stadium field with a spectator's capacity of 1.700 people and one training field. Two more football training fields are also available at the Gloria Football Center, 5 minutes away from Gloria Sports Arena with free shuttle service. Football fields are built according to FIFA standards.

### Training Areas

- 105 x 65 m stadium field with a spectator's capacity of 1.700 people
- 100 x 65 m training field
- 2000 m<sup>2</sup> main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for Mat and Group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

### Soccer Specific Equipment

- Training goals, mini goals
- Free kick sets
- Training equipment (cones, slalom sets, hurdles, agility ladders, sprint sleds etc.)
- Vertimax vertical jump and speed training device

### Soccer Specific Tests and Training Opportunities

- Body Composition with gold standard BODPOD
- Isokinetic strength tests and training with ISOMED 2000
- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – HP Cosmos treadmills and QUARK CPET
- Anaerobic power test with MONARK ergometer
- Jump tests with OPTOJUMP system
- Motion analyses with 2D & 3D video analyses systems
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- 3D Posture and Spine analyses
- Footscan test for foot pathologies
- Gait Analysis with high speed cameras
- HYDROWORX for post injury training and conditioning
- Anthropometric tests
- Soccer specific test protocols for all age groups





IAAF approved athletic fields and equipment for all track & field events with competition timing system.

### Training Areas

- Track & Field areas are certified as Class 2 by IAAF
- 8-lane 400 meter oval track with an IAAF certified surface
- 4-lane 110 meter indoor running track with 10 meters split times measurement system
- 1,7 km natural running trail surrounding the premises
- 3 outdoor pits for long and triple jump
- 1 indoor pit for long and triple jump
- 2 hammer and discus cages
- 8 shot put areas
- 3 javelin throw runways
- 2 high jump and 2 pole vaulting mats
- 1,5 & 2,5 degrees incline running track
- 1,7 km outdoor natural running trail
- Stair climbing areas with various heights
- 2000m<sup>2</sup> main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls, etc.)
- Studios for Mat and Group training

### Track & Field Specific Equipment

- Javelin, discus, shot put and hammer sets
- 100 height & counterweight adjustable hurdles
- Speed sacs
- California speed sleds
- Training equipment (cones, slalom sets, hurdles, agility ladders, etc.)
- Vertimax vertical jump and speed training device
- Photo finish system with wind speed detection
- Portable time measurement system

### Track & Field Specific Tests and Training Opportunities

- 30 m sprint analysis with OPTOJUMP system to analyze various phases
- 2D & 3D Motion analyses for jumping and throwing techniques
- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – HP Cosmos treadmills and QUARK CPET
- Anaerobic power test with MONARK ergometer
- Isokinetic strength tests and training with ISOMED 2000
- 3D ground reaction force analysis with 2 KISTLER force plates
- Body Composition with gold standard BODPOD





VICTORY STARTS  
HERE!

# OTHER OUTDOOR SPORTS



## ARCHERY

One archery field with WA/FITA standard

## BEACH VOLLEYBALL

Two beach volleyball courts in FIVB standards.

## SPORT CLIMBING

One artificial climbing wall with three stages and bouldering area, for both amateur and professional climbers.

## GOLF

The biggest golf course in Turkey with 45 holes, including two 18-hole championship courses and a 9-hole academy course. Gloria Hotels & Resorts has the largest practice facilities in Europe.

## THE MULTIPURPOSE GREEN FIELD

Suitable for slackline, outdoor Pilates, yoga, cross training, and similar group activities and training sessions.

## TENNIS

One synthetic turf and one hard tennis court.





VICTORY STARTS  
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I N D O O R S P O R T S  
**INDOOR SPORTS**

GSA has 6800m<sup>2</sup> indoor sports facilities.  
Multipurpose sports hall with telescopic tribunes can be divided into four fields.  
The complex also has various multifunctional sports studios.





The 2270 m<sup>2</sup> multipurpose sports hall with telescopic tribunes can be divided into four separate fields. All equipment is approved by international federations and associations.

#### Training Areas

- 4 Neoshock parquet courts from Connors/ USA with FIBA approved Ceiling Hung Posts – GARED (USA)
- 1 Center Court with FIBA approved Portable Basketball System
- 2000m<sup>2</sup> main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for Mat and Group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

#### Basketball Specific Equipment

- Spalding and Molten training and match balls & Ball Carts
- Individual scoreboards for each court - BODET
- Vertimax vertical jump and speed training device

#### Basketball Specific Tests and Training Opportunities

- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) HP Cosmos treadmills and QUARK CPET
- Isokinetic strength tests and training with ISOMED 2000
- Anaerobic power test with MONARK ergometer
- Body Composition with gold standard BODPOD
- Jump tests with OPTOJUMP
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- 2D & 3D motion analyses with high speed video analyses systems
- Footscan test for foot pathologies
- HYDROWORX for post injury training and conditioning
- Anthropometric tests
- Basketball specific test protocols for all age groups





VICTORY STARTS  
HERE!

# INDOOR SPORTS VOLLEYBALL



The 2270 m<sup>2</sup> multipurpose sports hall with telescopic tribunes can be divided into four separate fields. All equipment is approved by international federations and associations.

### Training Areas

- 4 Parquet floor training courts
- 1 Taraflex center court
- 1 Taraflex training court
- 2 Beach Volleyball courts
- 2000 m<sup>2</sup> main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for mat and group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

### Volleyball Specific Equipment

- Volleyball net sets – Gared (USA volleyball approved)
- Mikasa MVA200 balls-official match ball
- Ball carts - Mikasa
- Block training apparatus
- Pass training basket
- Podiums for spike and block training
- Vertimax vertical jump and speed training device

### Volleyball Specific Tests and Training Opportunities

- Block touch, attack height and other jump tests with OPTOJUMP
- Arm swing velocity and motion analyses with 2D & 3D video analysis systems
- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – HP Cosmos treadmills and QUARK CPET Exercise Testing
- Body Composition with gold standard BODPOD
- Isokinetic strength tests and training with ISOMED 2000
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- HYDROWORX for post injury training and conditioning
- Anaerobic power test with MONARK ergometer
- Footscan test for foot pathologies
- Anthropometric tests
- Volleyball specific test protocols for all age groups



VICTORY STARTS  
HERE!

# INDOOR SPORTS OTHER INDOOR SPORTS



## SPORTS HALL

HANDBALL  
GYMNASTICS  
FUTSAL  
FENCING  
BADMINTON  
TABLE TENNIS

The 2270 m<sup>2</sup> multipurpose sports hall can be used for all indoor sports. The floor is covered with NeoShok floating sports system. Taraflex floor can be set for volleyball and handball training/competitions.

## STUDIO I & II

WRESTLING  
JUDO  
TAEKWONDO  
KARATE  
AIKIDO  
KENDO  
BALLET  
DANCESPORT  
PILATES  
YOGA

Studios I and II have a sliding curtain system so that each studio can be used separately. The parquet floor, ballet bar and mirror wall make the studios suitable for ballet, dancesport, Pilates and yoga. When separated, Studio can be fully covered with tatami or wrestling mats for martial arts or wrestling.

## COMBAT SPORTS STUDIO

BOXING  
CROSSTRAINING  
KICKBOXING  
MUAY THAI

The boxing studio has special flooring, including two boxing rings with sandbags, speedbags, standing sandbags, double end speed balls and speed balls, Vertimax trainer and Technogym OMNIA 8 Cross Training Tower.

## WEIGHTLIFTING STUDIO

WEIGHTLIFTING

Weightlifting studio is equipped with 5 ESP TotalPower full racks and 5 Technogym free standing platforms.

## INDOOR CYCLING STUDIO

INDOOR CYCLING

24 Technogym top-class indoor cycling bikes in a specially designed studio.



VICTORY STARTS  
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INDOOR SPORTS  
FITNESS



**TECHNOGYM®**

## STRENGTH    CARDIO

KINESIS CLASS & ONE  
OMNIA™ 8 & 3  
PURESTRENGTH  
SELECTION MED  
FULL & HALF RACKS  
ARKE™ KIT  
CABLE STATIONS  
FREE WEIGHTS

GROUP CYCLE™  
EXCITE®  
RUN - Treadmill  
SYNCHRO - Cross Training  
VARIO - Elliptical  
RECLINE - Bike  
TOP - Upper Body Cardio



VICTORY STARTS  
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INDOOR SPORTS  
FITNESS





VICTORY STARTS  
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INDOOR SPORTS  
FITNESS





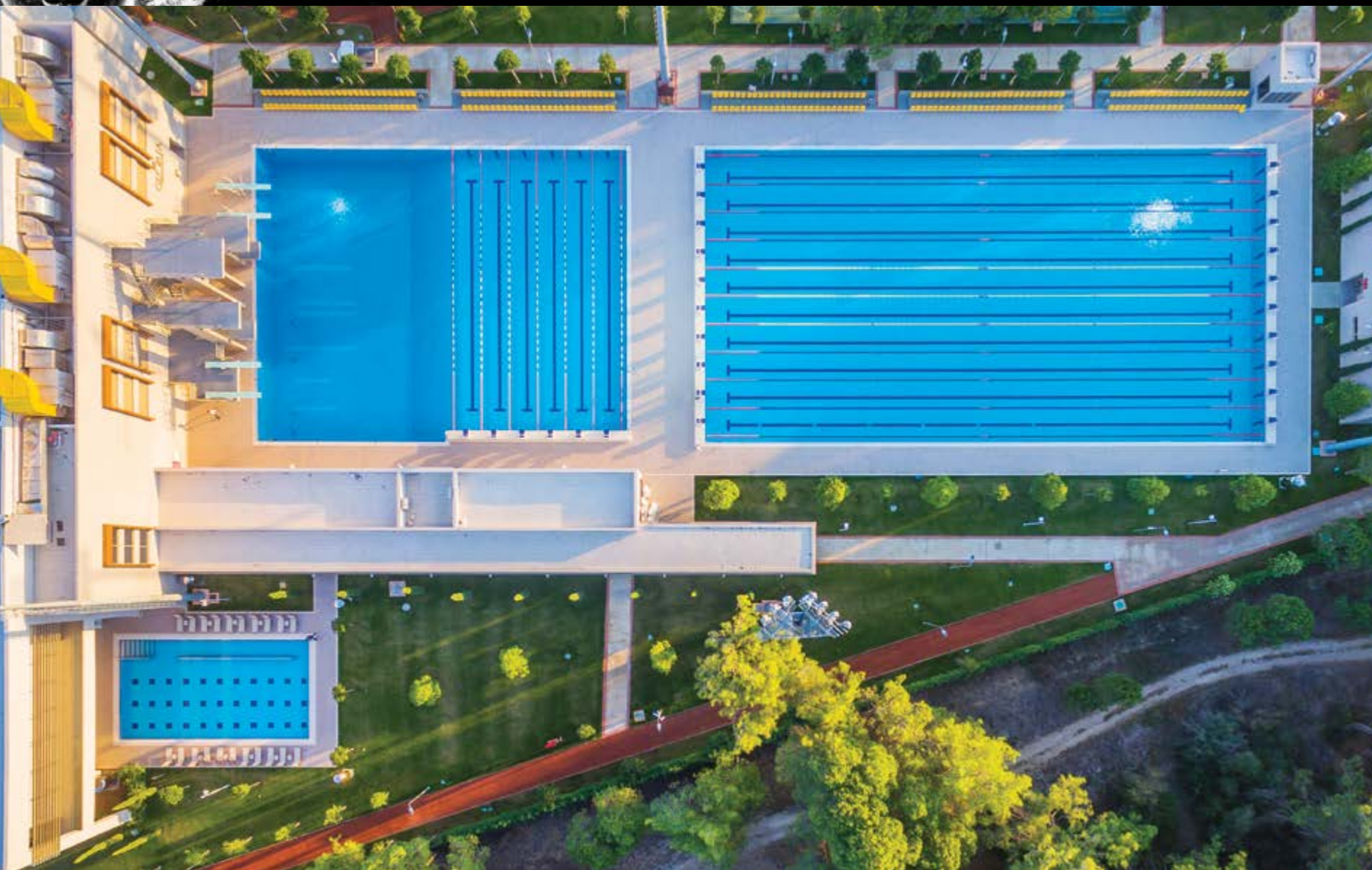
VICTORY STARTS  
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## AQUATIC SPORTS

GSA Aquatic Center offers 5800 m<sup>2</sup> Olympic water sports facilities in close proximity with the dryland training facilities.





Gloria Sports Arena Aquatic Center offers all Olympic water sports facilities adjacent to dryland training facilities. The 5800 m<sup>2</sup> aquatic facilities include 10-lane Olympic outdoor swimming pool, 5-lane 50 m indoor pool, 6-lane short-course (25m) outdoor swimming pool, Olympic diving pool, Olympic water polo pool, and rehabilitation pool. Gloria Sports Arena Aquatic Sports Center has a mobile Contemphas high speed video analysis system for all pools.

### Pools and Facilities

- 10 lane outdoor & 5 lane indoor 50m equipped with Swiss Timing System
- 6 lane outdoor 25m
- Water polo equipped with Swiss Timing System
- Diving 1, 3, 5, 7.5, 10m platforms & 2x1m, 2x3m spring boards
- Synchronized swimming
- Underwater hockey & rugby...
- 2000m<sup>2</sup> main gym with latest Technogym Cardio & Strength training devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, bosuball & pilates balls, etc.)
- Studios for mat and group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

### Swim-Specific Performance Tests

- High speed underwater video recording -Contemphas Video Analysis System
- Isokinetic & isometric measurement – Isomed 2000
- Body Composition with gold standard BODPOD
- Aerobic capacity (Lactate & VO<sub>2</sub>max tests) – QUARK CPET
- Posture & spine analysis – Contemphas Video Analysis System







VICTORY IS  
HERE



SPORTS MEDICINE &  
ATHLETIC PERFORMANCE CENTER

## SPORTS MEDICINE & ATHLETIC PERFORMANCE CENTER

Gloria Sports Arena provides all needs of athletes.  
Sports Medicine & Athletic Performance Center offers a wide range of medical,  
rehabilitation and sports performance enhancement services.  
...not only for athletes.  
...open both for hotel guests and other clients.







Along with cutting-edge equipment, a team of renowned experts on sports medicine, sports science, athletic performance and sports physiotherapy which is led by sports medicine specialist Prof. Dr. Ali Erdogan (MD) provides a focused and comprehensive service portfolio.

## SPORTS-MEDICAL EXAMINATION & CHECK-UP



The physical examination for musculoskeletal problems and general health screening by using various diagnostic tools. A preparticipation examination is also recommended regularly (yearly) for both professional and amateur athletes and includes:

- Comprehensive sports medical examination
- Consultation and evaluation of general health
- Evaluation of present performance status
- Evaluation of posture and musculoskeletal system

## ECG/STRESS ECG



The derivation of the electrical phenomena of the cardiac muscle (EKG) allows numerous records of the characteristics and health of the heart and is an integral part of a sports-medical examination.

## DIAGNOSTIC ULTRASONOGRAPHY



Modern color Doppler sonography is used for evaluation of the various structures of the musculoskeletal system. It can be used as an effective tool to monitor healing processes after injuries.

## SPARTANOVA



By means of numerous clinical and functional tests, all backed up with relevant scientific evidence, the musculoskeletal system can be evaluated and any significant risk assessed. Using these screening recommendations for an individual, a prevention strategy can be formulated and compiled.

## FUNCTIONAL MOVEMENT SCREEN



The compact test battery provides a well-established scoring system to reveal functional deficits and asymmetries. The results form the basis for the creation of a corrective exercise program.

## RESTING METABOLIC RATE



RMR, the rate of energy expenditure at rest, is measured by gas analysis through indirect calorimetry. Once, the RMR is known, the amount of calorie needed to keep a healthy weight and also how much extra calories needed for daily physical activities can be calculated.

## HEARTH RATE VARIABILITY ANALYSIS



HRV indicates the ability of the organism to change the frequency of cardiac rhythm during physical activity. Thus, the changes of the time lag between two heartbeats are measured. HRV-measurements are increasingly implemented in training science within the scope of performance diagnostics and load control.

## METABOLIC HOLTER ASSESSMENT



A series of arm/chestbands with different sensors and sophisticated software is used to assess and document daily physical activity levels and energy expenditure.

## SPIROMETRY



The functional capacity of the lung is an elementary aspect of successful sport activity. Spirometry is a medical test used to determine lung/breathing volume and air velocity for the assessment of pulmonary function.

## NUTRITION CONSULTATION



Athletic performance is only possible-if the organism receives the appropriate energy. SMAPC supports amateur and professional athletes by developing individual diet plans-based on health and physical activity goals.

## ANTHROPOMETRIC MEASUREMENTS



Branch-specific anthropometric characteristics of the athletes are measured and documented with precision.

## BOD-POD



Bod Pod® is considered as the practically Gold Standard for body composition assessment. It is the world's only Air Displacement Plethysmography system using whole body densitometric principles to measure body composition (body density, body fat and fat-free mass) in adults and children.

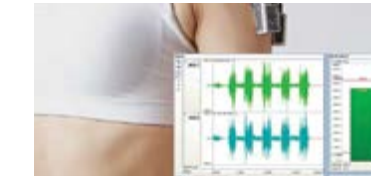
A large variety of important anthropometric, physiological, biomechanical, nutritional, talent-training and past injury-related parameters that are determining sports performance can be evaluated, monitored and improved.

## TANITA – BIOELECTRICAL IMPEDANCE



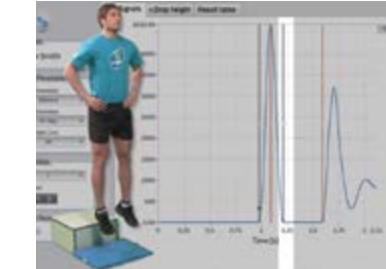
Bioelectrical Impedance Analysis (BIA) is a commonly used method for estimating body composition. Tanita has a patented way of measuring BIA that is faster, easier, less intrusive and includes a precision scale making this a simple one-step process.

## 16-CHANNEL WIRELESS EMG



Using surface electrodes the electrical phenomena on the skeletal muscles are measured and recorded within the scope of motion sequences. Such EMG-measurements allow documentation on the coordination of the muscles/muscle groups involved, their stress intensity and the fatigue status of the respective muscular system.

## GROUND REACTION FORCE MEASUREMENT



The reactive skills- (or the functionality of 'stretching-shortening cycle') patterns identify the relevant neuromuscular/ coordinative performance level. Jump tests and sophisticated technique analyses are executed with highly sensitive Kistler force plates.

## BALANCE – COORDINATION – PROPRIOCEPTION



Dynamic platform allows qualitative and quantitative evaluation of the ability of the musculoskeletal system of individual athletes to stabilize the mechanical axis on unstable ground/conditions. The results identify individual deficiencies.



## WINGATE ANAEROBIC CAPACITY TEST



The Wingate Test is a standard test method to determine anaerobic capacity, implemented as an ergometer test with short-time maximum load.

## LACTATE ANALYSIS



It determines the individual anaerobic threshold level (maximum effort levels under lactate-steady-state conditions) and the aerobic threshold level by measuring during and after-effort lactate values. The threshold levels allow the exact intensity of a target-oriented endurance training.

## OPTOJUMP – SPRINT & GAIT ANALYSIS SYSTEM



A 30-meter optical measurement system consisting of a transmitting and receiving bars detects any interruptions in communication between the bars and calculates their duration. This makes it possible to measure flight/contact times and all other important parameters during running or some other specific athletic movements.

## FITLIGHT



The Fitlights are used as targets for the athletes to deactivate as per training routine. Various tests can be captured for immediate feedback in relation to the athlete's performance.

## FOOTSCAN – GAIT ANALYSIS



Precise plantar pressure measurements allows a complete clinical gait analysis which reveals the risk of injury and running efficiency.

SMAPC offers a comprehensive range of sports medicine services emphasizing the prevention, treatment, physiotherapy and rehabilitation of sports-related injuries of elite, amateur and recreational athletes. SMAPC provides health services not only to athletes, but also to patients of all ages and physical activity levels who can benefit from unique combination of the services.

## CUSTOM MADE INSOLES



To correct foot disorders, custom-made insoles can be produced on CNC laser equipment by using the data of FootScan gait analysis.

## HILITERAPIA



For many overload, traumatic or degenerative pathologies, high intensity laser, Hilterapia® produces important therapeutic effects by triggering a series of biological signals that contribute to the tissue mending and regeneration processes; moreover, it activates lymphatic drainage and microcirculation.

## PRP (Platelet-Rich Plasma)



Platelet activation plays a key role in the process of wound and soft tissue healing. The use of platelet rich plasma (PRP), a portion of the patient's own blood having a platelet concentration above baseline, to promote healing of injured tendons, ligaments, muscles, and joints, can be applied to various musculoskeletal problems.

## MANUEL THERAPY



"More than a massage" - Osteopath, Chiropractor and Sports Physiotherapist professions assess, treat and rehabilitate musculoskeletal injuries using manual therapy.

## DRY NEEDLING



Sports Acupuncture & Trigger Point Dry Needling helps athletes of all ages achieve their best performance. It is one of the most effective hands-on tools for releasing chronic tension and restoring healthy, pain free mobility.

## TAPING TECHNIQUES



Taping, Kinesio Taping, Dynamic Taping, and McConnell Taping Technique and others to help pain management, swelling control, tissue healing, functional improvement and injury prevention.

## WIRELESS ELECTROSTIMULATION



Electrostimulation is an integral part of physiotherapy and pain management protocols, and also used in training programs to prevent injuries. By the help of wireless electrostimulation, muscular excitation occurs directly on the motor nerve using electrical pulses perfectly controlled to guarantee effectiveness, safety and comfort in use.

## VERTIMAX



Cutting-edge training tools helps to improve vertical jump, speed and explosive power and acceleration at virtually any position.

## MEDICALLY SAFE STRENGTH TRAINING



A specially designed and medically approved series of fitness equipment provides safer strength training during rehabilitation.



## CONTEMPLAS

...develops innovative solutions for the analysis of motion

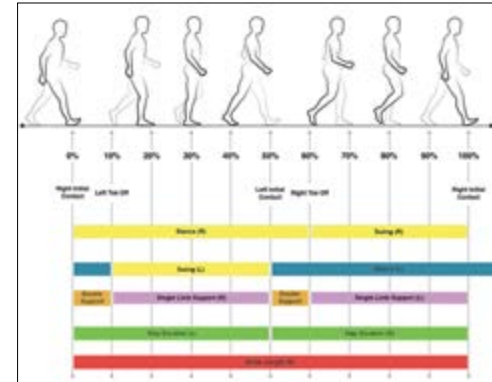
With Templo Motion Analysis Software, CONTEMPLAS provides individual solutions tailored to everyday problems and allows multi camera capture for 2-3 dimensional posture, gait, swimming and sport specific technical analysis.



### 2D-3D POSTURE ANALYSIS

...fast and easy analyses of human posture. It can be used in diagnosis and documentation for:

- Pre and postoperative analyses
- Recognition of posture deficits of children and young people
- Constitutional exploration of athletes
- Documentation of therapy progress in rehabilitation
- Preventive activities



### GAIT ANALYSIS

...used to assess, plan, and treat individuals with conditions affecting their ability to walk and run. It is also used in sports biomechanics to help athletes run more efficiently and to identify posture-related or movement-related problems in people with injuries.



### UNDERWATER VIDEO ANALYSIS

...complete solution for analyzing the biomechanics of swimming movements and performance relevant parameters divided in specific workflows:  
Start Analysis - Turn Analysis - Timing Analysis - Competition Analysis - Qualitative Motion & Technique Analysis.



### HIGH SPEED VIDEO ANALYSIS

TEMPLO Sport analysis involves the evaluation of specific sports related movements. Through the use of multiple synchronized capture perspectives and useful analysis tools, coaches and athletes alike are able to determine critical weaknesses in form and are thus able to enable the immediate correction of said weaknesses.

## ISOKINETIC TESTING & TRAINING – ISOMED 2000



Isokinetic test and training systems allow the exact evaluation of muscular power during static isometric contractions and dynamic movement patterns with constant motion speed and concentric and/or eccentric muscle activity. With single joint force measurement, the turning time moment of the synergic and antagonistic muscles is measured joint-specifically. With multiple joint force measurement of the extremities the force-time-curve of the synergic and/or antagonistic muscle chains can be determined.

## SPEEDCOURT – SPEED, AGILITY & COORDINATION TESTING & TRAINING



The SpeedCourt is a multifunctional training and measurement system for speed and agility, coordination, visual and cognitive perception and end stage rehabilitation. On a sports floor field of 50m<sup>2</sup>, 12 sensor fields are embedded, connected and steered by highly sophisticated software. Variations of fundamental, motion, explosiveness and reactive speed, acceleration and agility, power, and injury prevention can be created by the coach and be visualized on a large screen for the athlete.

## ICELAB -110 °C – WHOLE BODY CRYOTHERAPY



### RECOVER FASTER

- More effective than traditional ice therapy
- Speeds up recovery after hard training sessions

### INCREASE COLLAGEN PRODUCTION

- Helps you to look more younger by tightening the skin

### IMPROVE IMMUNE SYSTEM

- Decreases the occurrence rate of cold and other health problems

### REDUCE PAIN

- Reduces inflammation
- Lowers chronic pain

### DECREASE THE RISK OF INJURY

- Increases range of motion

### INCREASE METABOLIC RATE

- 3 Minutes WBC is effective as 1 hour exercise
- Burns approximately 500 calories in 1 session

### INCREASE ENDORPHIN LEVEL

- Feel more energetic
- Increases serotonin level and helps to overcome depression

### INCREASE TESTESTERONE LEVEL

- Increases libido



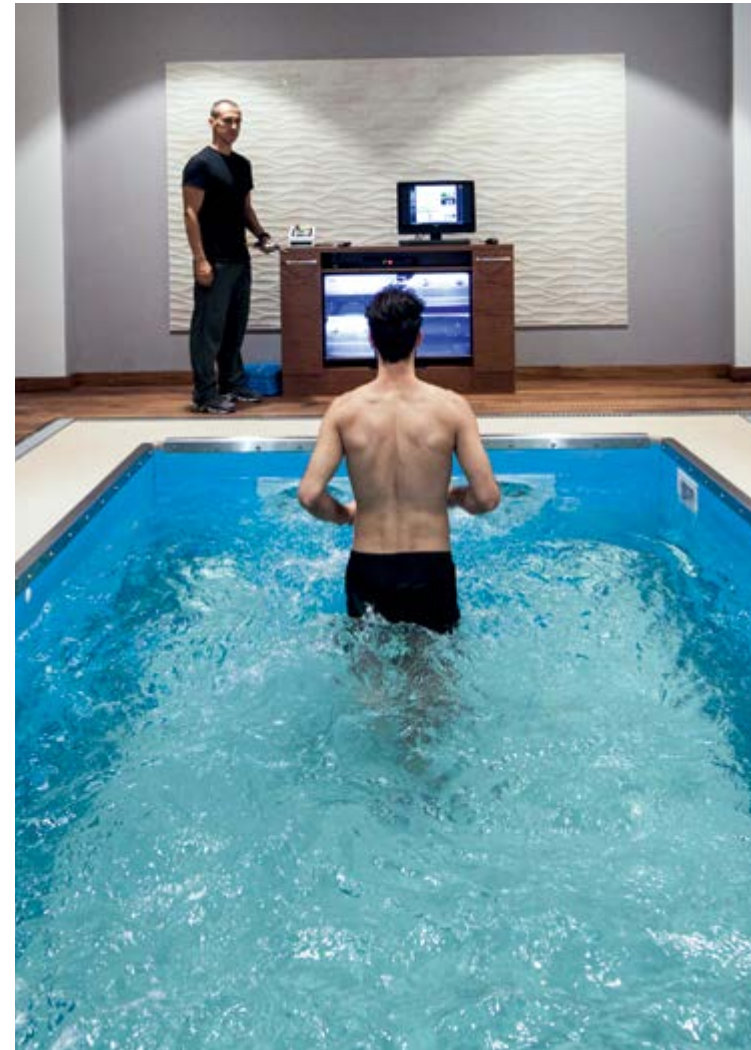
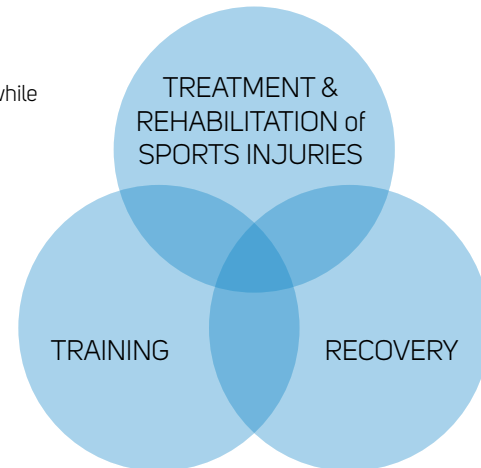
## UNDERWATER TREADMILL

Adjustable water depth (hydraulic lifting floor)

Adjustable resistance (counterflow jets)

Regular biofeedback (permanent installed underwater cameras)

- Targeted reduction of joint stress realized by changing the water depth.
- Hydrostatic pressure on the corresponding biologic structures to reduce posttraumatic swelling effects.
- Special characteristics of the water resistance allow the training intensity of the exercises to be exactly regulated by the athlete/patient within actual pain free range (fast speed movements create high training resistance, slow movements create low training intensities).
- A peripheral pressure on the skin-/soft tissue structures, which has equivalent effects of a massage.
- Water resistance creates higher muscular training intensity on the skeletal muscles, while at the same time the joint stress during the exercises is significantly reduced and thus overuse phenomena is prevented.
- Caused by increased training intensities of all integrated muscle groups the training stimulus for the cardiovascular system is consequently increased and creates optimized training adaptations to the involved biological structures.



## PHYSIOTHERAPY EQUIPMENT

### Zimmer MedizinSysteme

With more than 40 years experience Zimmer MedizinSysteme is the distinguished supplier of system solutions in medical technics.

With 40 years in the market of technical medicine, Zimmer MedizinSysteme is one of the leading European manufacturers of physiotherapy equipment. GSA has three therapy rooms, equipped with the newest Zimmer therapy devices. Our experienced team of sports scientists, physiotherapists and trainers is led by our specialist for sports medicine. Our goal is to bring you back into sports or daily life as fast as possible and without any pain.

#### Cryo6

Contrary to other cooling methods such as contact cooling, cryogenic spray or ice packs, the Cryo6 cools the skin temperature much faster with less danger of acid burns. It holds a constant dosage during the whole treatment.



#### PhySys SD

Device for electrostimulation, ultrasonic therapy and combined therapy.



#### OptonPro

This highly effective laser gives off up to 7 watts of power on two wavelengths at the same time via an ergonomically shaped applicator thus providing a broad spectrum of therapies. The High Power Laser OptonPro is ideal for the treatment of: musculoskeletal diseases, tendinopathies, myofascial pain syndrome, painful trigger-points, neuralgia and skin disorders.



#### Soleo SonoStim

SonoStim has multifrequencyultrasonic buttons, enabling the simultaneous transmission of two frequencies.



#### Thermo TK

This provides deep heat via high frequency electro therapy. Thermo TK can be applied for all acute and chronic pain in the musculoskeletal area. The patient receives high frequency electricity which cannot be felt and which creates a soothing effect at a deep level.



#### enPuls Version 2.0

With the help of an accelerated projectile in the handpiece a mechanical shock wave is created and transmitted onto the human body via an applicator button, also stretching out to the tissue.





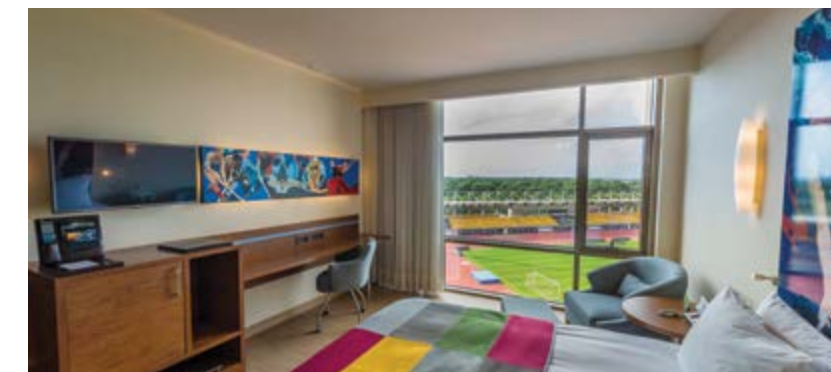
VICTORY STARTS  
HERE!

# ACCOMMODATION



Tailor-designed for the athletes comfort

Gloria Sports Arena offers 100 modern designed rooms with stadium view. The rooms are tailor-made for the needs of individual athletes and sport teams. There are 82 standard rooms (30 m<sup>2</sup>), 10 suite rooms (63 m<sup>2</sup>) and 8 disabled rooms (30 m<sup>2</sup>).







Tailor-made for the athletes nutritional needs...

Gloria Sports Arena features Elly's Restaurant with a terrace, a lobby & lounge and a sports bar all with direct view of the stadium. Guest will find a wide variety of international and regional specific dishes at Elly's Restaurant.







Gloria Hotels & Resorts also offers a wide range of exquisite accommodation with three luxurious and stylish 5-star resorts located at the beach: Gloria Golf Resort, Gloria Verde Resort and Gloria Serenity Resort.

### GLORIA GOLF RESORT

- Rooms: 471
- Bed Capacity: 1.220

#### Room Facilities

- WiFi access
- Direct dial telephone,
- Satellite TV, interactive system, Pay TV

- LCD TV
- Balcony or terrace
- Bath or shower
- Safe, mini-bar, hairdryer, key-card system

#### Restaurants & Bars

- 9 restaurants, 9 bars

### GLORIA VERDE RESORT

- Rooms: 272
- Bed Capacity: 638

#### Room Facilities

- WiFi access
- Direct dial telephone
- Remote control lighting

- Satellite TV, interactive system, Pay TV, LCD TV
- Balcony or terrace,
- Safe, mini-bar, hairdryer, key-card system
- Bath or shower

#### Restaurants & Bars

- 6 restaurants, 7 bars

### GLORIA SERENITY RESORT

- Rooms: 398
- Bed Capacity: 1.112

#### Room Facilities

- WiFi access
- Direct dial telephone
- Remote control lighting

- Satellite TV, interactive system, Pay TV, LCD TV
- Balcony or terrace
- Golf bag wardrobe
- Jacuzzi and separate shower
- Safe, mini-bar, hairdryer, key-card system, scale

#### Restaurants & Bars

- 8 restaurants, 6 bars



VICTORY STARTS  
HERE!

# CYCLING ROUTES



- 2300 km bike road
- 25 different routes
- 18.000 m total elevation gain
- 100 to 2300m max positive elevation (+750m average)
- 35 km to 170 km singular circuits
- Mixed circuits : up to 250 km/40 different routes
- 14 discovery bike paths
- 11 fast track bike roads



Download the  
**Gloria Sports Arena  
Cycling Routes**





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The logo for Gloria Sports Arena features the word "GLORIA" in a large, white, serif font with a crown icon above the letter "O". Below it, the words "SPORTS ARENA" are written in a smaller, white, sans-serif font.

GLORIA  
SPORTS ARENA

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