



SPORTS PERFORMANCE FACILITY

JERSEY, CHANNEL ISLANDS

POWERED BY



A male athlete with short brown hair is performing a squat in a gym. He is wearing a dark blue long-sleeved shirt with a white logo on the chest and dark blue shorts with a crest on the left leg. He is holding a large blue barbell with red and white accents. The barbell has "20kg" and "PRIZE" written on it. The gym background shows other equipment and people.

STRIVE

STRIVE IS A PURPOSE BUILT PERFORMANCE CENTRE DESIGNED TO PROVIDE ELITE LEVEL SPORTS SERVICES WITHIN A STATE OF THE ART FACILITY FOR TEAMS AND INDIVIDUAL ATHLETES.



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“The Strive Training facility is world class and Jersey is the perfect destination for elite sports teams.”

Everyone involved with the 2021 British & Irish Lions were hugely impressed by the facilities on offer at Strive and Jersey as a training base.”

WARREN GATLAND
HEAD COACH - BRITISH & IRISH LIONS





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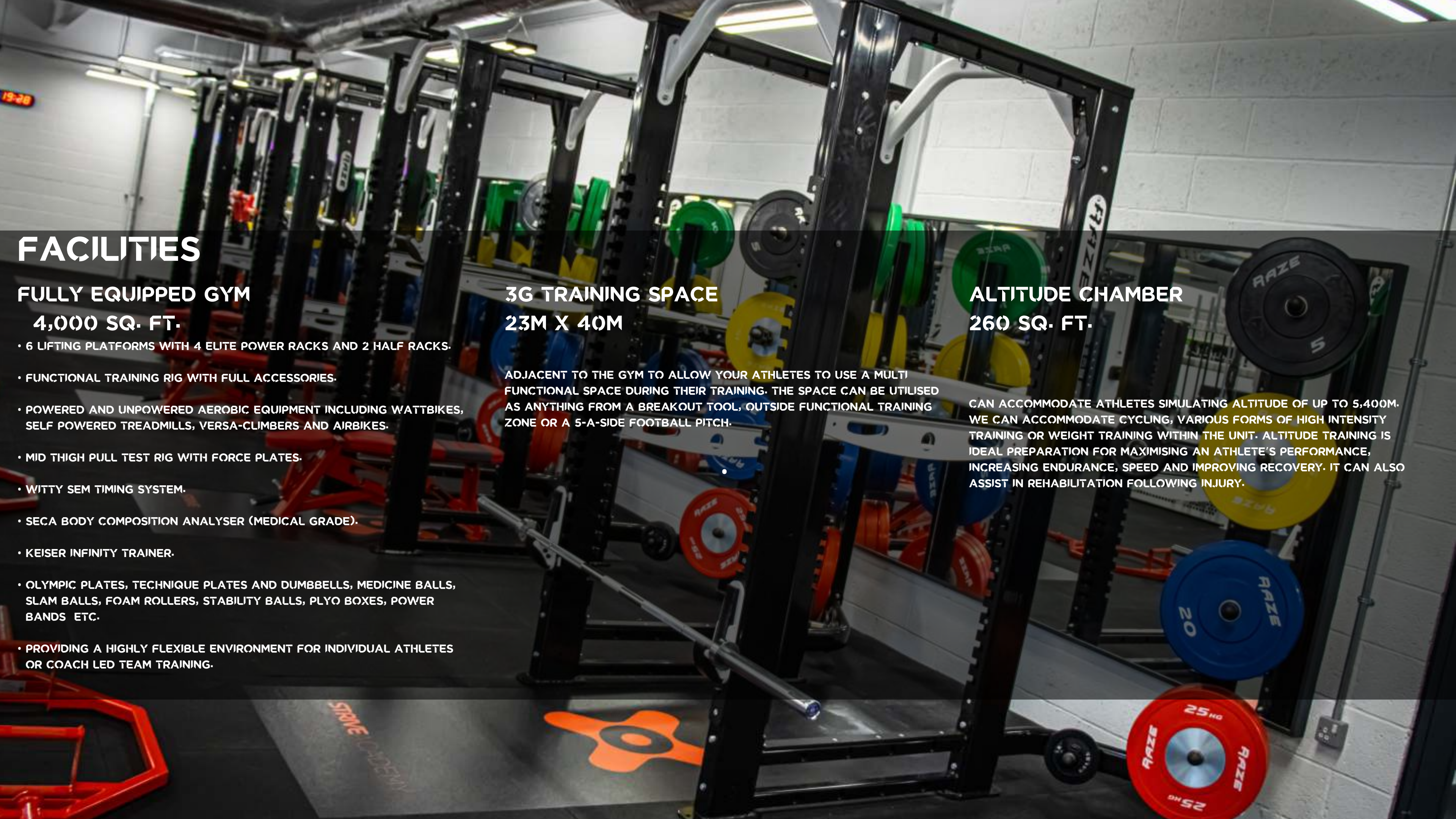
“Strive Jersey is an outstanding facility with a state-of-the-art training centre.

We thoroughly enjoyed our time in Jersey, it has excellent facilities and the island is a great setting for a productive training camp.”

EDDIE JONES

HEAD COACH - ENGLAND RUGBY





FACILITIES

FULLY EQUIPPED GYM 4,000 SQ. FT.

- 6 LIFTING PLATFORMS WITH 4 ELITE POWER RACKS AND 2 HALF RACKS.
- FUNCTIONAL TRAINING RIG WITH FULL ACCESSORIES.
- POWERED AND UNPOWERED AEROBIC EQUIPMENT INCLUDING WATTBIKES, SELF POWERED TREADMILLS, VERSA-CLIMBERS AND AIRBIKES.
- MID THIGH PULL TEST RIG WITH FORCE PLATES.
- WITTY SEM TIMING SYSTEM.
- SECA BODY COMPOSITION ANALYSER (MEDICAL GRADE).
- KEISER INFINITY TRAINER.
- OLYMPIC PLATES, TECHNIQUE PLATES AND DUMBBELLS, MEDICINE BALLS, SLAM BALLS, FOAM ROLLERS, STABILITY BALLS, PLYO BOXES, POWER BANDS ETC.
- PROVIDING A HIGHLY FLEXIBLE ENVIRONMENT FOR INDIVIDUAL ATHLETES OR COACH LED TEAM TRAINING.

3G TRAINING SPACE 23M X 40M

ADJACENT TO THE GYM TO ALLOW YOUR ATHLETES TO USE A MULTI FUNCTIONAL SPACE DURING THEIR TRAINING. THE SPACE CAN BE UTILISED AS ANYTHING FROM A BREAKOUT TOOL, OUTSIDE FUNCTIONAL TRAINING ZONE OR A 5-A-SIDE FOOTBALL PITCH.

ALTITUDE CHAMBER 260 SQ. FT.

CAN ACCOMMODATE ATHLETES SIMULATING ALTITUDE OF UP TO 5,400M. WE CAN ACCOMMODATE CYCLING, VARIOUS FORMS OF HIGH INTENSITY TRAINING OR WEIGHT TRAINING WITHIN THE UNIT. ALTITUDE TRAINING IS IDEAL PREPARATION FOR MAXIMISING AN ATHLETE'S PERFORMANCE, INCREASING ENDURANCE, SPEED AND IMPROVING RECOVERY. IT CAN ALSO ASSIST IN REHABILITATION FOLLOWING INJURY.

FACILITIES

SWIMEX 600T HYDROTHERAPY POOL

THE MOST POWERFUL AQUATIC THERAPY MACHINE, THIS POOL IS POPULAR WITH PROFESSIONAL SPORTS TEAMS ALL OVER THE WORLD. THIS VERSATILE POOL FEATURES EIGHT DISTINCT EASY-TO-IDENTIFY COLOURED WORKOUT STATIONS INCLUDING ANGLED PLYO PADS. SIX TETHERING PORTS ALLOW PHYSICAL THERAPISTS THE ABILITY TO LOCK IN A PATIENT DURING NON-WEIGHT-BEARING PROTOCOLS. IT HAS AN INTEGRATED TREADMILL, CREATING THE IDEAL AQUATIC THERAPY ENVIRONMENT FOR PROGRESSIVE STRENGTH TRAINING AND REHABILITATION PROGRAMS.

MEDICAL SUITE

CONTAINING 2 PLINTHS AND SPACE FOR MORE ALLOWING YOUR MEDICAL STAFF TO TREAT INJURED PLAYERS WHILST THOSE FIT FOR TRAINING CAN DO SO IN THE SAME FACILITY.
A FULL RANGE OF SUPPORTING EQUIPMENT / RESOURCES AVAILABLE UPON REQUEST.

MARTIAL ARTS DOJO 3,000 SQ. FT

OUR DOJO HAS A FLOOR COVERED WITH TATAMI-STYLE MATS WITH HANGING PUNCH / KICK BAGS THAT CAN BE DEPLOYED OR STORED FOR EXTRA SPACE. THE ROOM HAS AN AREA FOR SHOE REMOVAL AND SITS ON A FIRST FLOOR WITH RESTROOM FACILITIES ADJACENT.

LECTURE THEATRE CLASSROOM 1,050 SQ. FT

SEATS 60 IN COMFORT WITH WI-FI, LARGE MULTIMEDIA SCREEN AND SOUND CAPABILITIES.
ROOM LAYOUTS TO SUIT.

ADDITIONAL SERVICES

- SPORTS MEDICINE
- PHYSIOTHERAPY
- SPORTS MASSAGE
- CHEFS
- FULL CATERING FOR TRAINING MEALS ONSITE

ACCOMMODATION

CHOOSE FROM CITY CENTRE HOTELS TO REMOTE RURAL & COASTAL RETREATS

THE STRIVE TEAM WILL HELP MAKE YOUR TRAINING STAY IN JERSEY AS COMFORTABLE AS POSSIBLE. OUR HOTEL RECOMMENDATIONS WILL OFFER YOU A VARIETY OF FACILITIES TO SUIT YOUR SPECIFIC REQUIREMENTS.

CONFERENCING



JERSEY IS THE PERFECT LOCATION TO HOST YOUR TEAM. WITH STATE-OF-THE-ART MEETING ROOMS THAT PROVIDE AN EXCELLENT VENUE FOR TEAM-BUILDING VENTURES. MOST CONFERENCE FACILITIES FEATURE FREE HIGH-SPEED WIRELESS INTERNET AND ACCESS TO BUSINESS CENTRES. OUR PARTNER HOTELS ARE CONVENIENTLY LOCATED, WITHIN EASY REACH OF TOWN, COUNTRY, COAST AND THE STRIVE SPORTS PERFORMANCE FACILITY.

RESTAURANTS



ENJOY A HUGE NUMBER OF DINING EXPERIENCES ALL AROUND THE ISLAND, FROM CONTEMPORARY TO THEMED, TERRACES, HARBOUR-SIDE OR A HISTORICAL VENUE, ALL OFTEN WITH A SEA VIEW.

ISLAND TRAINING

TAKE YOUR TRAINING SESSIONS BEYOND THE GYM TO THE COAST, BEACHES & DUNES OF JERSEY

FROM BRACING EARLY MORNING DIPS TO CATCHING THE LAST WAVE OF THE DAY AS THE SUN SINKS OVER THE EVENING SKY, THE JOYS OF ISLAND LIFE ARE ALL THERE WAITING TO BE DISCOVERED. JERSEY'S BEACHES ARE YOUR PLAYGROUND TO EXPLORE.

BEACH



IN THE SOUTH - SERENE, SLOPING BEACHES WITH SILKY SMOOTH SAND MAKE UP THE SOUTHERN SHORES. IN THE NORTH - WILD AND BEAUTIFUL SOARING CLIFFS TOWER OVER SHELTERED BAYS & WINDBLOWN SEASCAPES. IN THE EAST - LONG STRETCHES OF FINE GOLDEN SAND, PEBBLED COVES AND LUNAR LANDSCAPE AT LOW-TIDE. IN THE WEST - SWEEPING GOLDEN SHORES, CRASHING SURF AND GRASSY DUNES.

DUNES



LOCATED ON THE WEST COAST OF JERSEY, AND COVERING 1.15 KM², FROM THE MARRAM SEASIDE DUNE, BACK TOWARDS THE SCRUBBY WOODED VALLEYS AT LES QUENNEVAIS. THE SAND DUNES ARE A FAVOURITE AMONG ATHLETES. PROVIDING THE PERFECT NATURAL TERRAIN FOR HIGH INTENSITY TRAINING.

COAST



JERSEY'S COASTAL PATHS HAVE IT ALL. CHALLENGING ASCENTS, VARIED TERRAIN AND BREATHTAKING VIEWS ARE THE NORM ON THIS 110 KM PLAYGROUND. THERE'S ALWAYS THE PROMISE OF A DIP ONCE YOU ARE DONE.

ISLAND SERVICES

COASTAL ACTIVITIES

FOR A SMALL ISLAND, JERSEY HAS AN INCREDIBLE RANGE OF ACTIVITIES TO SUIT EVERY EXPLORER. VENTURE OUT AND DISCOVER THE SURROUNDING ISLANDS, CAVES AND WILDLIFE ALONG THE 45 MILES OF COAST.



COASTEERING



SPEND TIME JUMPING AND EXPLORING CAVES IN AN AMAZING LOCATION THAT IS RARELY USED BY OTHER PEOPLE. PROFESSIONAL INSTRUCTORS WILL GUIDE YOU ACROSS GULLIES, SWIM INTO CAVES, TUNNELS AND A VENUS POOL, AND FOR THOSE OF A DARING DISPOSITION, JUMP FROM HEIGHTS OF UP TO 10M.

SEA SAFARIS



RIB BOAT TRIPS AROUND JERSEY AND ITS SURROUNDING WATERS. DISCOVER THE INCREDIBLE OFFSHORE ISLANDS OF LES ECREHOUS AND LES MINQUIERS, GREAT FOR SPOTTING DOLPHINS, SEALS AND INCREDIBLE SCENERY. EXPLORE THE SPECTACULAR CAVES AND CLIFFS OF JERSEY. SUITABLE FOR ALL, WHETHER IT'S SCENERY, WILDLIFE OR AN ADRENALINE FIX, THERE IS A SEAFARI FOR YOU.

PADDLE BOARDING



IF YOU'VE NEVER TRIED THIS HUGELY POPULAR AND FAST GROWING SPORT BEFORE, GIVE IT A GO! WITH A BIG FITNESS BENEFIT, PADDLE BOARDING HAS PLENTY OF PEOPLE (INCLUDING OUR TOP SURFERS) LEARNING A WHOLE NEW WAY TO PLAY IN THE OCEAN.

ISLAND SERVICES

SEA ACTIVITIES

IF YOU'RE A SEASIDE ADVENTURER, THE OCEAN AWAITS! BRAVE THE WAVES IN ONE OF JERSEY'S FAMOUS SURF SPOTS, SWIM AND SPLASH IN THE SEA, EXPLORE OUR BEAUTIFUL BEACHES OR ENJOY ONE OF THE MANY WATER SPORTS ON OFFER.

SURFING



WHETHER YOU JUST SIMPLY WANT TO GIVE SURFING A GO FOR THE FIRST TIME, ARE IN THE EARLY STAGES OF YOUR SURFING CAREER OR WANT TO ADVANCE YOUR SKILLS, ST. OVEN'S BAY OFFERS EVERYTHING YOU NEED TO ENJOY, ENHANCE AND DEVELOP YOUR SURFING EXPERIENCE.

KAYAKING



RECONNECT WITH NATURE ON A SEA KAYAK TOUR. EXPLORE AN ISLAND SHAPED BY THE SEA WHERE SOME OF THE MOST ASTONISHING TIDES IN THE WORLD CIRCLE THE COAST. KAYAK WITH LOCAL GUIDES WHOSE KNOWLEDGE MAKE THIS MORE THAN JUST A PADDLE AROUND THE BAY.

SAILING



ENJOY THE THRILLS AND SPILLS OF HOBIE CAT SAILING. CRISS CROSS THE BAY OF ST. AUBINS. HOBIE CAT IS PERFECT FOR THE NOVICE, YET HAS ENOUGH POWER AND SPEED FOR EVEN THE MOST EXPERIENCED SAILOR. THE HOBIE CAT MAKES FOR AN ENJOYABLE DAY ON THE WATER FOR EVERYONE.

ISLAND SERVICES

LAND ACTIVITIES

TAKE ADVANTAGE OF THE ISLAND'S NETWORK OF LOCAL BUS ROUTES OR HIRE A CAR TO EXPLORE THE 119 SQUARE KILOMETRES OF NATURAL BEAUTY. IT'S NO SURPRISE THAT THE ISLAND FOSTERS AN ACTIVE CULTURE OF OUTDOOR SPORTS WITH WORLD-FAMOUS GOLF COURSES, DIVERSE LANDSCAPE AND ACTIVITIES.

GOLF



COAST TO COAST, JERSEY IS A GOLFER'S PARADISE. SAVOUR A LONG GAME ON ROLLING FAIRWAYS AND GREENS FLANKED BY SWEEPING BAYS AND WARM SUNSHINE. WALK IN THE FOOTSTEPS OF LEGENDS HARRY VARDON AND IAN WOOSNAM ON SOME OF THE BEST GOLF COURSES IN EUROPE.

BLOKARTING



IF YOU'RE LOOKING FOR AN EXCITING ADVENTURE ON A WINDY DAY IN JERSEY THEN HERE IT IS! THINK GO-KARTING MEETS SAILING, BUT ON THE SAND... PROPELLED BY THE WIND...! THE BLOKART IS EASY TO MASTER, HAND STEERED LIKE A BIKE, AND THERE'S ONLY ONE SAIL.

VALLEY ADVENTURES



WITH LOADS OF ADVENTUROUS ACTIVITIES TO CHOOSE FROM YOU CAN GUARANTEE AN EXPERIENCE TO REMEMBER! TEST YOUR MENTAL AGILITY AND PHYSICAL STRENGTH. TACKLE THE 26 OBSTACLES AT HEIGHTS OF 3M AND 8M, AND FINISH OFF WITH A 12M SIMULATED FREE FALL DROP!

ISLAND SERVICES

LAND ACTIVITIES

THERE'S ALWAYS PLENTY OF THINGS TO DO. NATURE LOVERS BECOME ISLAND EXPLORERS, DISCOVERING THE UNSPOILT BEAUTY OF JERSEY'S STUNNING LANDSCAPE.

CYCLING



THE ISLAND BOASTS 96 MILES OF SIGNPOSTED OFFICIAL CYCLE ROUTES AND 48 MILES OF 'GREEN LANES', WHICH ARE 15MPH COUNTRY ROADS WHERE CYCLISTS, HORSE RIDERS AND PEDESTRIANS HAVE PRIORITY. DESPITE THE ISLAND'S MAXIMUM ALTITUDE OF 450FT, JERSEY ISN'T SHORT ON HILLS. ATTEMPT A RIDE THAT TAKES IN THE NUMEROUS BAYS OF THE NORTH COAST AND YOU WILL BE SOON FEELING THE EFFECTS.

HIKING



JUST NINE MILES BY FIVE WITH A RANGE OF VARIED TERRAIN, IT'S EASY TO EXPLORE JERSEY ON FOOT. FROM COASTLINES CARPETED WITH GORSE AND WILDFLOWERS, TO PEACEFUL WOODED VALLETS, QUIET TREE-LINED LANES, RESERVOIR WALKS AND RUGGED BEACH TRAILS, WALKERS CAN DO EVERYTHING FROM DIPPING THEIR TOES INTO THIS STRANGE, WATERY 'MOONSCAPE' TO FOLLOWING THE SINUOUS COAST PATH ACROSS LOFTY HEADLANDS.

SWIMMING



WITH 45 MILES OF BEAUTIFUL COASTLINE THERE ARE PLENTY OF BEACHES AND BAYS TO SWIM FROM. HOME TO ONE OF THE MOST SUCCESSFUL OPEN WATER SWIMMING CLUBS IN THE WORLD, JERSEY HOSTS TWO LOCAL SWIMS WHICH ARE NOW BECOMING NATURAL PRECURSORS FOR MANY SWIMMERS CONTEMPLATING A FUTURE CHANNEL SWIM.



SPORTS FIXTURES

FOR A SMALL ISLAND WE ARE BIG ON SPORT. WITH OVER A HUNDRED ASSOCIATIONS FROM ARCHERY TO YACHTING, THERE ARE PLENTY OF OPPORTUNITIES TO ORGANISE LOCAL TOURNAMENTS AND MATCHES.

QUALITY COMPETITION

Football, Rugby, Hockey and Cricket playing surfaces are of top quality standard, with 3G and grass surfaces available. Indoor sports such as Netball, Badminton and Table Tennis have their own venues.

INTERNATIONAL ACCESS

JERSEY IS THE LARGEST OF THE CHANNEL ISLANDS, BETWEEN ENGLAND AND FRANCE AND IS CONVENIENTLY ACCESSIBLE BY AIR AND SEA. THE STRIVE FACILITY IS BASED ON THE WEST COAST OF THE ISLAND - JUST MINUTES FROM THE AIRPORT AND 15 MINUTES FROM ST HELIER HARBOUR.

BY AIR

LESS THAN 1 HOUR AWAY FROM UK AIRPORTS

ABERDEEN 3 HRS
BELFAST 1 HR 20 MINS
BIRMINGHAM 1 HR 20 MINS
BOURNMOUTH 45 MINS
BRISTOL 1 HR
DUBLIN 1 HR 30 MINS
EAST MIDLANDS 1 HR 20 MINS
EDINBURGH 1 HR 35 MINS
EXETER 45 MINS
GLASGOW 1 HR 15 MINS
HUMBERSIDE 1 HR 10 MINS
HEATHROW 45 MIN
INVERNESS 5 HRS 50 MINS
LEEDS BRADFORD 1 HR 10 MINS
LIVERPOOL 1 HR 10 MINS
LONDON GATWICK 40 MINS
LUTON 1 HR
LONDON CITY 1 HR
MANCHESTER 1 HR 20 MINS
NEWCASTLE 1 HR 10 MINS
NORWICH 1 HR 10 MINS
SOUTHAMPTON 45 MINS

BY SEA

CONDOR FERRIES OPERATES A YEAR ROUND SERVICE FROM THE UK TO JERSEY.

POOLE 4 HRS
PORTSMOUTH 8 HRS
ST MALO 1 HR



3G PITCH



STRIVE ACADEMY



REFORMER PILATES



HYDROTHERAPY POOL



CRYOTHERAPY CHAMBER



JUNIOR TEAMS WELCOME




HIGH PERFORMANCE GYM



OUTDOOR FUNCTIONAL BOX

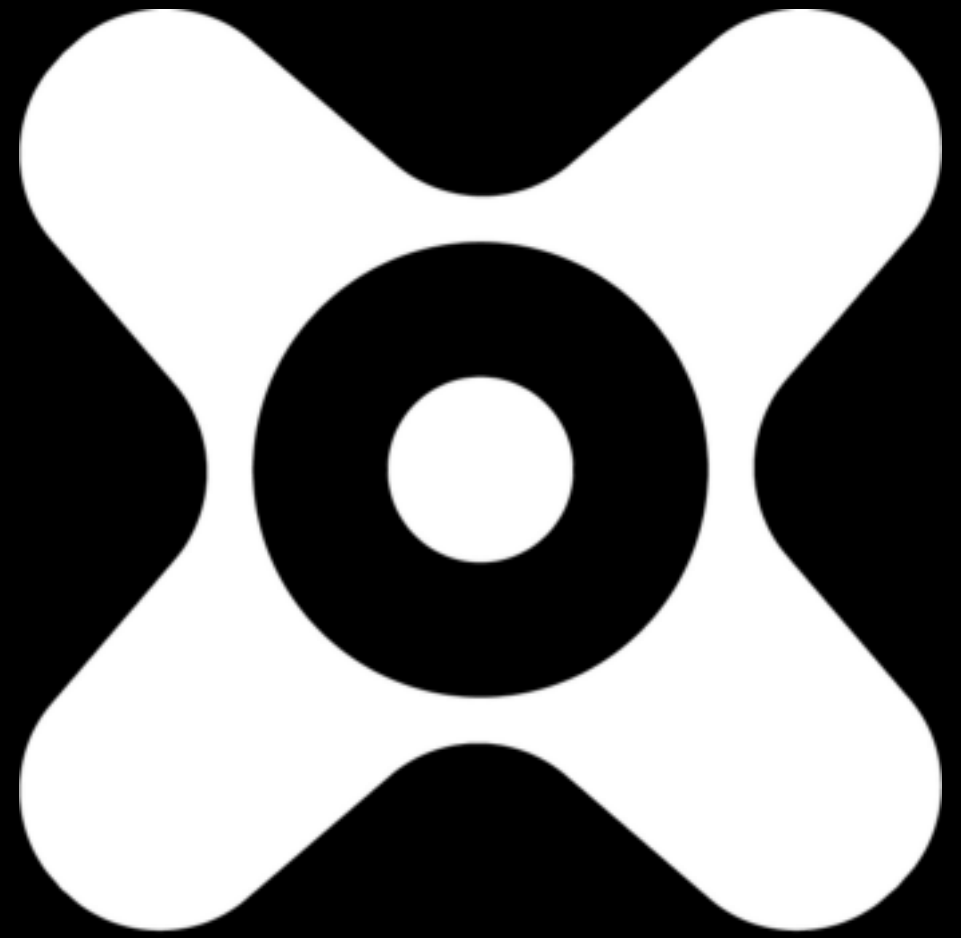


STRIVE ACADEMY

POWERED BY  Santander International

STRIVE - SETTING WORLD CLASS STANDARDS





STRIVE

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