

Bisham Abbey National Sports Centre Facility Details

Judo Hall

- The judo hall provides two dojos in the new sports centre.
- The British Judo Academy is based at Bisham and their athletes are full time residents.
- The English Taekwondo team and local club also use the dojos.
- Champions such as Craig Fallon, the 2003 Silver World Medallist, live and train at Bisham.

Gym

- The gym covers two floors within the new sports centre.
- It can cater for up to 1500 members from the local community.
- It has 90 cardiovascular and weight training stations with plasma screens and cardio theatre.
- The gym is managed by Harpers, which is a Leisure Connection brand (Leisure Connection manages the day to day operations of Bisham Abbey on behalf of Sport England).

Offices

- The large open plan office area is available to sports' National Governing Bodies.
- Currently used by British Judo Academy and the British Judo Association, England Hockey Limited, World Class Hockey Limited and English Institute of Sport at a discounted rate.

Café Bar

- The café bar provides light snacks during the day.
- It includes a pool table with a large projector screen showing sports events.
- This area will be open to elite athletes and community members.

Squash Courts

- Bisham Abbey Squash Club use these two courts on the first floor of the new sports centre.
- The squash courts are glass fronted with a moveable dividing wall, which enables the space to be also used by gym members for an aerobics programme.

Athletes Chill out area

- This area is available to elite athletes, enabling access to the Internet, a quiet area to study or relax and recover from training.

Strength and Conditioning Hall

- The Strength and Conditioning Hall is for elite athletes only and is primarily used by athletes training with English Institute of Sport staff.
- The equipment in this area is state of the art and is specialised for elite athletes.
- Elite athletes from judo, hockey, shooting and rowing are the key users of this area.

Indoor Tennis Courts

- There are four indoor tennis courts in the new sports centre.
- Sport England funded this area and the Lawn Tennis Association who funded the resurfacing of the courts as it is one of their key training venues for junior squads.
- Users include the Lawn Tennis Association, Berkshire LTA, Buckinghamshire LTA, Bisham Abbey Tennis School and Bisham Abbey Tennis Club.

Outdoor Tennis Courts

- There are four acrylic courts which are floodlit for all year round play and three European clay courts, playable from March to October.
- The European clay is the same court surface that is used for the French Open.
- Users include the Lawn Tennis Association, Berkshire LTA, Buckinghamshire LTA, Bisham Abbey Tennis School and Bisham Abbey Tennis Club.

Hockey Pitch

- The new water based synthetic pitch is the best hockey facility in England.
- There are two separate training areas, which are D shaped for goal practice.
- The pitch is used by the national men's and women's hockey teams as well as by county teams, local clubs and schools.
- A single days heavy watering of the courts uses up to 90 cubic metres of water.

Football and Rugby Pitches

- There are two sand based football pitches and one rugby pitch.
- The England Football team have used the site for pre overseas matches and press conferences.
- The pitches are also used by other elite and community teams such as England's Under 21's Football team and Reading FC.
- The rugby pitch has recently been used as a regular training ground for the National Under 21 rugby union team.

Golf Course

- The nine hole golf course has been remodelled and is regularly used by elite athletes and members of Bisham's golf club which has 280 members.
- The golf course also provides flood compensation as it is built on one of Bisham's flood plains.

Performance Centre

- English Institute of Sport provides a full range of support services spanning sports science and sports medicine from this building.
- The services offered from this building include applied physiology, medical consultations and screening, nutritional advice, performance analysis, psychology and strength and conditioning coaching.
- ACE UK (Athletes Career and Education) programme provides supplementary career and education advice.

Bisham Abbey

- The earliest parts of Bisham Abbey date back to the 12th Century.
- The Abbey provides conference, catering and accommodation for athletes, community and corporate users.
- The Abbey is also used for functions and team activities.
- The Nutritional Steering Group oversees all catering, making sure athletes and all others users benefit from nutritionally balanced meals.
- Bisham can accommodate up to 94 athletes in single and twin rooms, some with disability access.