



GSC SPORTS CENTER – ANTALYA

VOLLEYBALL



Volleyball

The 2270 m2 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 m2 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 analyses systems
- Aerobic capacity (Lactate & VO2max 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



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Recovery Opportunities

- Whole body cryotherapy - 110°C Icelab (3-chamber)– Zimmer MedizineSysteme
- Hydroworx – Underwater Treadmill
- Steam Bath & Sauna, Cave Sauna
- Pre-Post Activity Massage

Medical Utilities

- Color Doppler Ultrasound for diagnosis of musculoskeletal system pathologies
- 3 therapy rooms fully equipped with Zimmer MedizineSysteme's newest line of all physical therapy products including high energy laser
- Isomed 2000 isokinetic system and Technobody Prokin for strength, proprioception and balance exercises
- Medically approved Technogym Selection Med series equipment
- Additional 3 manual physical therapy tables
- Platelet Rich Plasma and other specific injections



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