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CAR, the Olympic Training Center at Sant Cugat, next to Barcelona, was founded in 1987 by the Catalan Government to attend the preparation of the future olympic athletes. The nomination of Barcelona to host the 1992 Olympic Games, gave complete sens to the creation of the center, and allows to develop it with a clear target. Founded as a public company it's been supported by the Catalan Government and also by the Spanish Sports Council, with an agreement. It is the only one of it's kind in Spain. However, there are 3 High Performance Sports Centers in Spain: Madrid, Sierra Nevada (Granada) and Sant Cugat (Barcelona). CAR, Sant Cugat is designed to provide with an integral support for the athletes preparation. It's been organized by operating units covering a wide range of services: Academic, Sports, Health Care, Sports Sciences and Administration Units takes care of the daily needs of the permanent or stage athletes.

Federations use the center to host their national teams and the growing top athletes, on a full season period or stage on a range of a week or a month period. Athletes included on national programs can be resident or living at home in the surrounding area. They attend their studies at the official high school at the Center or University, within five minutes from it. High School programs are adapted to the training and competition plans.

CAR Sant Cugat, provide services to National and International Federations, Clubs and Sports Associations and becoming more and more an stop point for stage of many olympic teams of the world. All year weather conditions and integrated multidisciplinary facilities and services are some of the strong points of the center. CAR Sant Cugat, works also on applied Research and Development, agreements with Private Companies, National and International Universities lets the scientific team to be involved on multidisciplinary projects and produce additional incomes to the general services.