



excellence

innovation

commitment

team



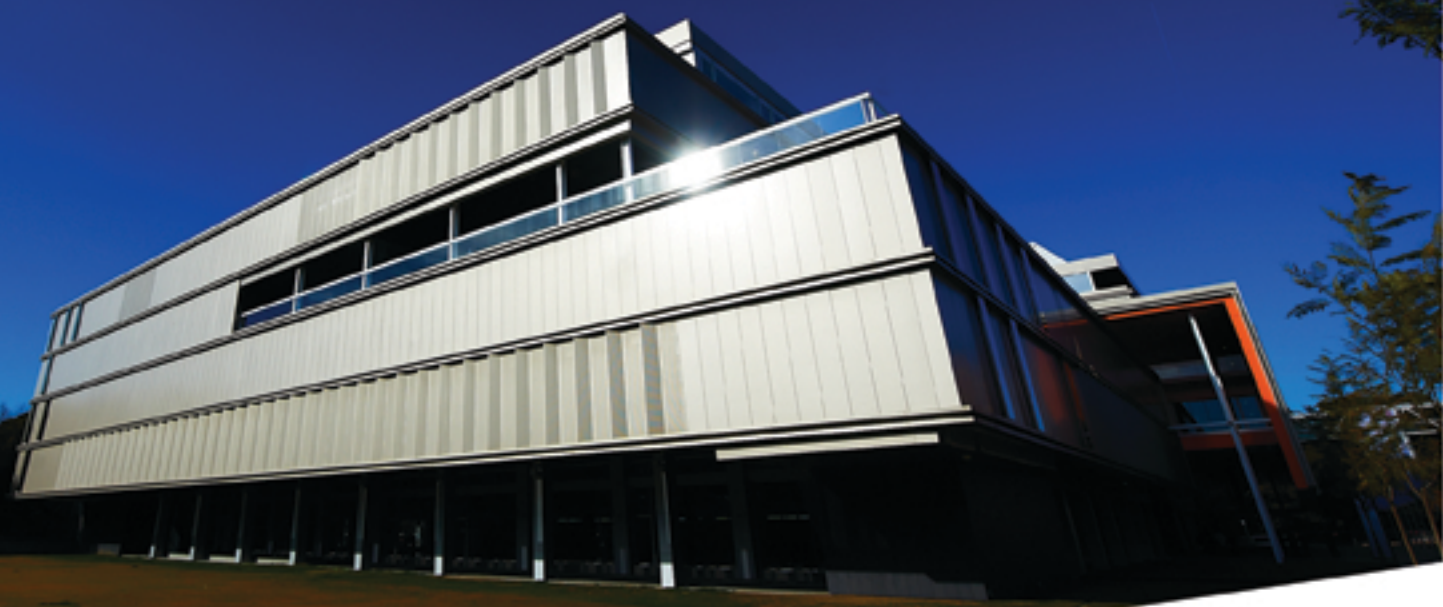
On the occasion of the Olympic Games in 1992, in the city of Barcelona, and with the initiative of D. Juan Antonio Samaranch, the Generalitat of Catalunya created the High Performance Sports Center in 1987.

The High Performance Center is an organisation, with 25 years of experience, which gives support to sport so that it can be competitive at an international level, optimizing resources of the highest technical and scientific quality. The aim is to provide the athletes with everything necessary for their complete training so that we can share the knowledge of their activities.

Our team works for the athletes who prepare their competitions in our facilities and its success is the motivation that encourages us to improve every day and offer our best to make their dreams come true.

CAR

excellence



The CAR sports centre covers an area of 148,000 m² where high level sport can be practised. In fact, it is considered to be one of the most important centres in Europe due to its facilities and infrastructure of the highest scientific technical quality for sport in general, and especially for high level sport. The swimming pools, athletics track, tennis courts, gymnasiums and many more, offer a wide range of facilities that includes all Olympic sports.



The incorporation of a new 25.000 m² sports building in the CAR opens a new vision in the concept of a high performance centre. Sports like swimming, diving, artistic gymnastics, taekwondo, wrestling, judo, table tennis and weightlifting can benefit from one of the best equipped buildings that exists, to practise sport at high level.





excellence



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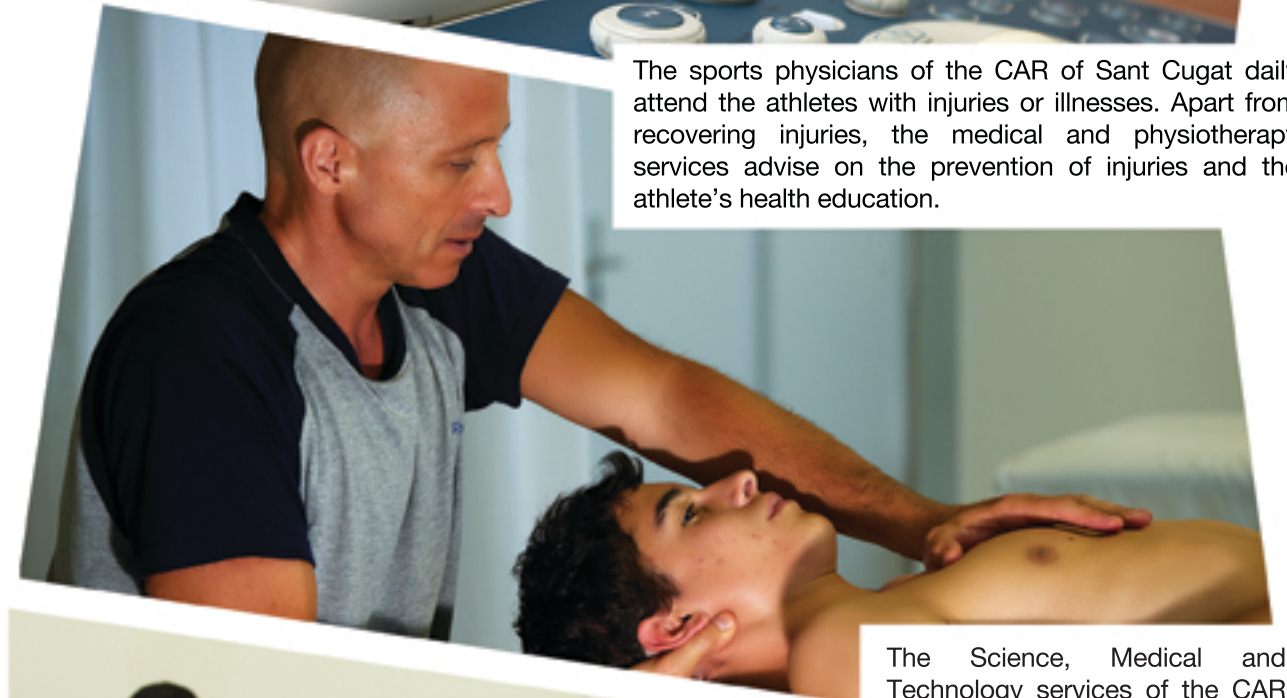
CAR innovation



In the CAR of Sant Cugat we are committed to technical innovation. It is especially important to give trainers and scientists the most up to date tools in order to facilitate work evaluation and training control. The new sports building is a definite move in the attainment of excellence. In this facility the trainers' experience, scientific knowledge and the latest technology converge in order to achieve success. We also consider it important to have an energetic, responsible and efficient management in tune with sporting spirit.



The sports physicians of the CAR of Sant Cugat daily attend the athletes with injuries or illnesses. Apart from recovering injuries, the medical and physiotherapy services advise on the prevention of injuries and the athlete's health education.



The Science, Medical and Technology services of the CAR improve our athletes' performance thanks to the joint work carried out by trainers with professionals in the different scientific areas. This collaboration is based on the precise combination of knowledge and experience to achieve the expected objectives.



CAR

commitment



The **CAR residence** is one of the neuralgic points of the centre. There are 325 available places where athletes can experience a pleasant stay with a mentor who guides them in both studies and personal enrichment for living together. Moreover, it's also a basic tool to help athletes coming from Spain and abroad, including training camps.



The Athletes' Care Service (**SAE**) was formed in 2004 and is a pioneer project in Spain. It takes care of the comprehensive training of the athletes and offers personalized and individual guidance in their academic training, job counselling and support when finishing their sports career. Therefore, we take all the necessary actions in order to set up and guarantee their comprehensive training.

It provides instrumental competence, both specific and transversal. Moreover, it offers guidance in a personal, academic and professional project, as well as facilitating the transition period until retirement, in the different fields of development.

We believe in comprehensive training which responds to the different needs in the sports career and athletes' development. For this reason, we work together with the high performance athlete, today and in the future.



The **CAR high school** achieves perfect harmony to combine sports training with secondary education, baccalaureate and professional sports training. For 25 years our commitment has been to create a comprehensive training for the athletes and therefore makes us the first high school with comprehensive training in a high performance centre in the world.

CAR

team



rehabilitation
high performance psychology
High School nutrition commitment
excellence accommodation
coaches phisiotherapy
planning CAR innovation
training facilities physiotherapy training
biomechanics physiology
Sport Medicine

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