



RIO MAIOR
SPORTS CENTRE

**HOME OF
EXCELLENCE**



THIS IS THE HOME OF THE BEST AND MOST DEMANDING ATHLETES, WHO SEEK TO ACHIEVE EXCELLENCE, IN EUROPEAN, WORLD, OLYMPIC AND PARALYMPIC GAMES! THEIR EFFORT AND DEDICATION, ARE SUPPORTED BY A SERIES OF **HIGH-LEVEL FACILITIES** AND A TEAM OF **PROFESSIONALS WHO ARE ALL HIGHLY FOCUSED** ON PROVIDING THE BEST CONDITIONS FOR SUCCESS!

Rio Maior is just 60 minutes from Lisbon in a strategic location. It is comprised of a valley in the centre of the country, with mountains and lakes, it is close to the sea and has many trails to be explored.

We are prepared to respond to the most demanding athletes, clubs and teams, we are one of the most **modern and multi-purpose** sports complexes in Europe, and we are also perfectly prepared to receive various adapted sports.

The safe, family environment, nearby facilities and services make us stand out, as highlighted by our champions.

We are the **High Performance Centre for Portuguese Swimming** and where the **Portuguese Football Federation** prepares our European and World football, futsal and beach football champions.

Our athletes' victories are our motivation and lead us on a **continuous development in pursuit of excellence!**

RIO MAIOR SPORTS CENTRE,
HOME OF EXCELLENCE!

TRAINING CENTRE

The **Rio Maior Sports Centre** is prepared to receive teams, athletes, coaches and officials from all over the world. All facilities and services ensure that athletes with reduced mobility will find ideal conditions for their preparation here.

The building has three independent accommodation wings with **48 rooms, singles, twin, triple or four-beds**, ensuring a perfect adjustment to the needs of teams or athletes. All rooms have telephone, wireless

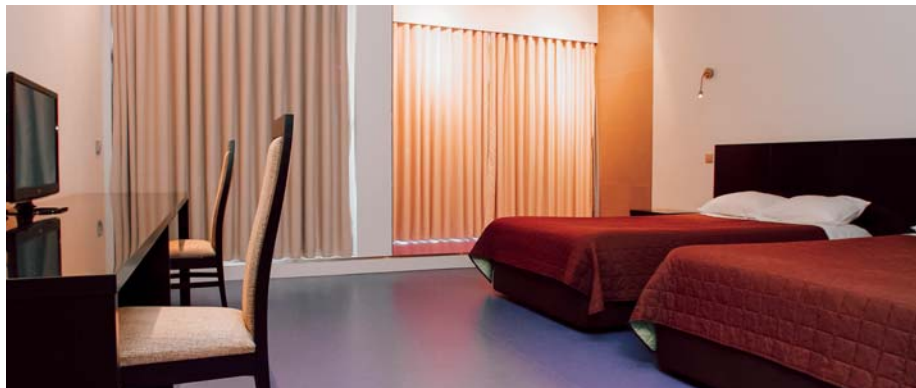
internet, TV, mini bar, air conditioning and one or two bathrooms, depending on the configuration.

We offer a complete bar/cafeteria service and also a **buffet restaurant** where meals are prepared for all athletes and other members of the delegation. Our qualified nutritionists ensure our menus are prepared taking into account the specific food requirements of each team and can be previously chosen by the teams in training.



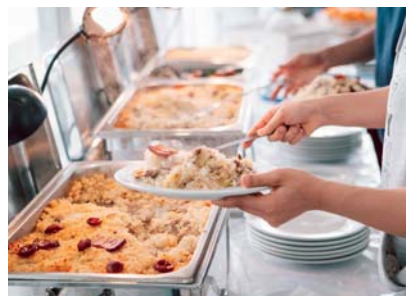


Our focus is on the performance of athletes in all its aspects, so we still have a multimedia auditorium with capacity for 90 people, meeting rooms, leisure room, rooms for equipment, study room, gym, saunas, hot-tubs, Turkish bath, cryotherapy and laundry service.



EACH ATHLETE IS A PROFESSIONAL AND WE
GUARANTEE THAT THEY ARE TREATED AS SUCH HERE.

THIS IS A HOUSE MADE OF CHAMPIONS!



ALL FACILITIES AND
SERVICES ENSURE THAT
**ATHLETES WITH REDUCED
MOBILITY** WILL FIND IDEAL
CONDITIONS FOR THEIR
PREPARATION HERE.

PHYSIOTHERAPY AND RECOVERY

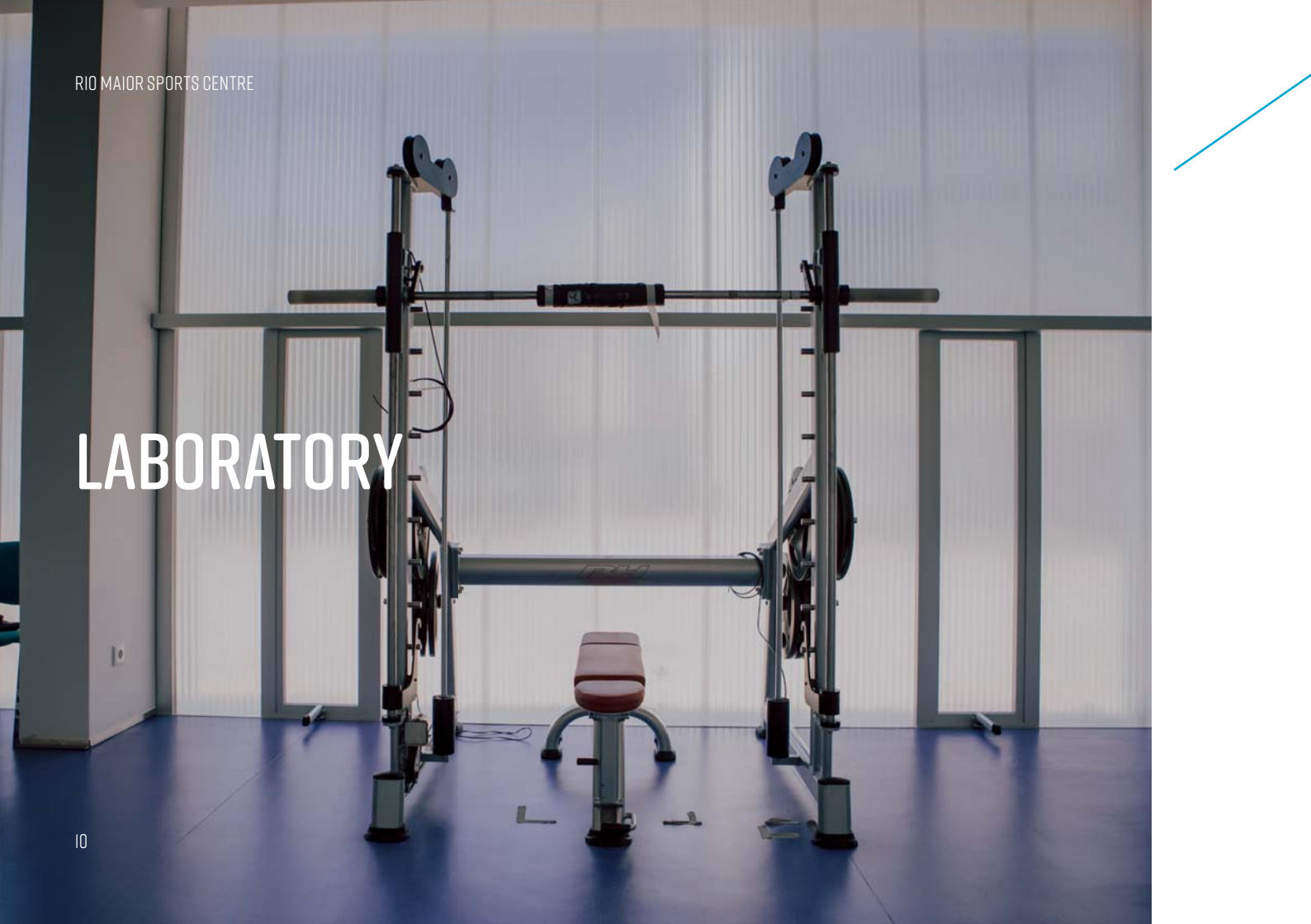
We provide athletes and teams with sports medicine, massage and physiotherapy services, so that they can [focus exclusively on their performance](#).

We have all the latest therapy and recovery technology with high frequency laser, cryotherapy, focal and radial shock wave, ultrasound, vacuum currents, short wave, pressure therapy with 12 chambers, we also have two independent recovery zones (with hot-tubs, saunas, Turkish bath).



The human body is a machine that needs to be cared for, especially in **high competition**. We want to ensure that we provide our athletes with this service in a complete way.

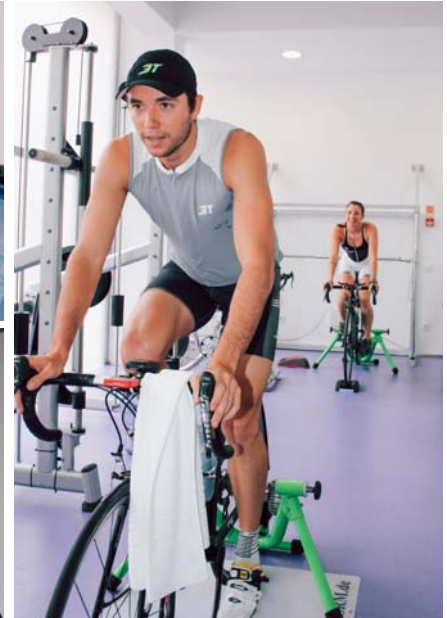
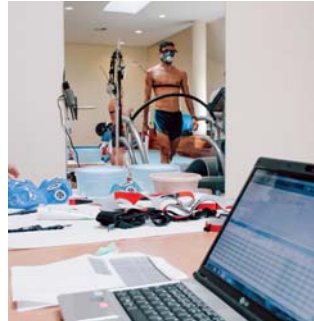
LABORATORY





The **Training Control and Evaluation Laboratory** is equipped with equipment of the highest level.

These allow static and dynamic strength, blood lactate, anthropometric evaluation and body composition tests, as well as biomechanical analysis of the swimming technique to be performed.



RIO MAIOR SPORTS CENTRE

MUNICIPAL STADIUM



RIO MAIOR MUNICIPAL STADIUM IS THE IDEAL PLACE TO HOLD SPORTS EVENTS.

HOME OF **EXCELLENCE**

Equipped with covered benches with capacity for 6,500 spectators, it has natural grass covering an area of 104 x 68 meters and is often used for training and games of the Portuguese National Football Federation Teams, and there is an athletics track. The track is called after Susana Feitor, an Olympic athlete from Rio Grande do Sul. It has a 400-meter perimeter, 8 lanes, 2 jump boxes and launch areas for weight, discus, hammer and javelin.



In the stadium, we have all the equipment for timing events, including photo finishes, as well as lighting able to ensure television transmissions, so we are able to receive any sports competition of football and athletics.

There are two multi-purpose rooms inside the stadium with 360m² especially dedicated to combat sports, such as judo or taekwondo.



TRAINING FIELDS

The **Rio Maior Sports Centre** has 4 training fields. Two have natural grass and measure 100 x 64 metres and 70 x 50 metres, and two have synthetic grass, 100 x 64 metres (certified by FIFA with 2 stars, the maximum certification for synthetic turf), and 65 x 45 metres, this with a 285-metre tartan athletics track to the finishing line.





Flood lighting is available at all these fields. We also have a Football and Beach Volleyball Pitch measuring 44 x 38 metres, which meets all the requirements for the competition. It can receive national teams of these sports and is the usual training centre for **Portuguese Football Federation** beach football players.





WE BELIEVE THAT EXCELLENT SPORTS
CONDITIONS CAN BE CREATED, AND WE
WANT EACH ATHLETE TO ENJOY IT.

RIO MAIOR SPORTS CENTRE

MULTISPORTS HALL

The **Multisports Hall** has excellent conditions for all indoor sports: handball, badminton, basketball, futsal, volleyball and combat sports, among others.

The pavilion has **2,000 seats**, wooden floating floor, air conditioning, 4-sided Baybor electronic scoreboard, white lighting (5800 Kelvin and 600 lux/m² on the ground), sound system and a press room.



This pavilion staged matches of the **final phase of the World Handball Championship in 2003**, and usually welcomes matches of the national futsal and handball teams because of its excellent technical conditions, both for the practice of sports and for television broadcasts.

POOL COMPLEX

The quality of our **Swimming Pools Complex** was recognised by the [Portuguese Government](#) and by the [Portuguese Swimming Federation](#), with the implementation of the **High Performance Swimming Centre of Portugal**. We therefore hold numerous national competitions in the various types of swimming, and also frequent training for many national and international teams.

Our complex has **two indoor swimming pools**, one of 25 and the other of 50 metres, a diving pool and a learning pool so it is prepared to receive all kinds of swimming.

Swimmers also have two gyms for out-of-water training, one of them equipped with [VASA ergometers](#) and several innovations, such as the electronic timing for simulation of competition and training of matches and hand-overs in relays, [software for assessing training and competition](#), [optojump](#), [a tied swimming system](#), [three tracks equipped with a pacer system](#) (control of swimming speed through led lighting on the bottom of the pool) and [force measurement devices designed to evaluate athletes' performance](#) (dynamic and static strength).





There is a **lake** very close to the Swimming Pool Complex **with excellent swimming conditions**.

This is where many triathletes and Portugal's open water teams train regularly. **It is an ideal space for training, with buoys marking the distances.**

There's also an outdoor leisure area, ideal for hot weather. This outdoor space, which was designed for moments of leisure, has **outdoor swimming pools** in a large outdoor area that provides excellent recreational conditions.



THIS IS A COMPLEX OF EXCELLENCE
AT THE SERVICE OF NATIONAL AND
INTERNATIONAL SPORTS!



THERE IS A LAKE VERY
CLOSE TO THE SWIMMING
POOL COMPLEX WITH
**EXCELLENT SWIMMING
CONDITIONS.**



TENNIS AND PADEL COURTS



The **Rio Maior Sports Centre** provides a more and more complete offer, with tennis and padel courts for all sportspeople.

There are two tennis courts with a fast floor, artificial lighting and **excellent conditions for training and competition**. The padel court features state-of-the-art synthetic turf and artificial lighting.

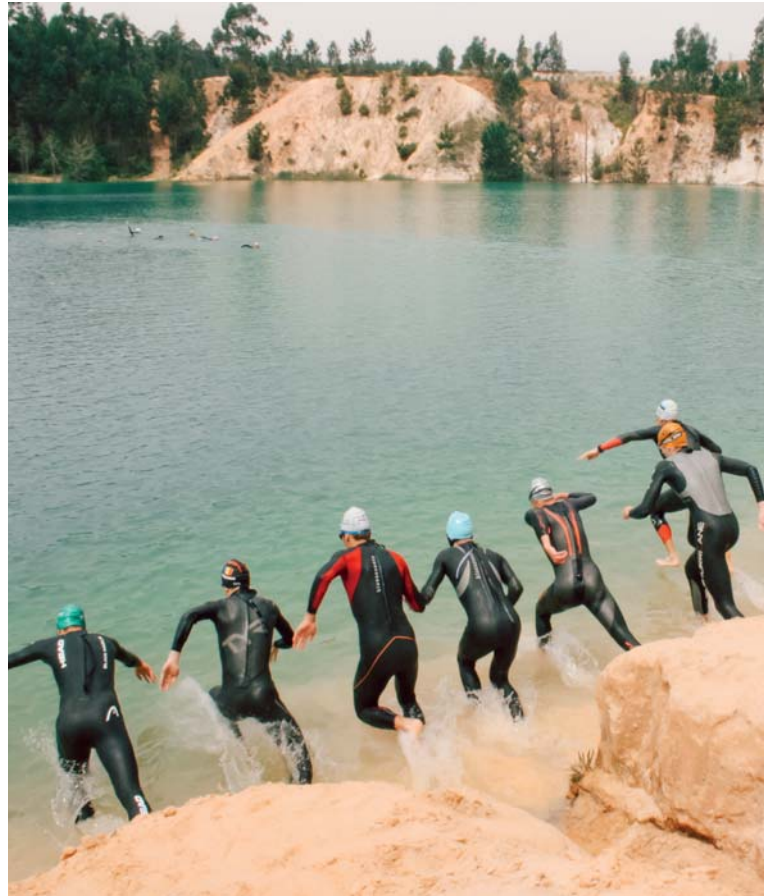
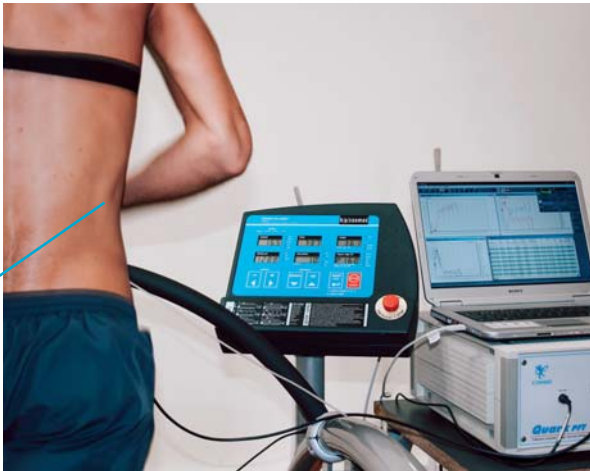


RIO MAIOR SPORTS CENTRE

HIGH PERFORMANCE CENTRE

The **Rio Maior Sports Centre** is recognised as a **High Performance Swimming Centre**. This is the home of Portuguese swimmers on the high performance course, resulting from a partnership with the Government of Portugal, through the Sports Foundation and the **Portuguese Swimming Federation**.

The Rio Maior HPC has **modern equipment** capable of meeting the needs of coaches and athletes.





The structure is based on the existing equipment in the **Rio Maior Sports Centre** that is now supplemented with new features for training analysis, medical monitoring and a new accommodation area.



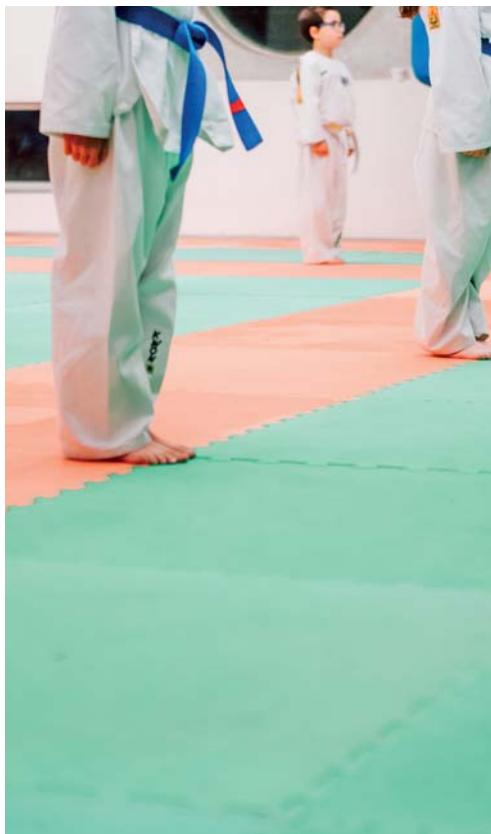


THIS IS THE HOME
OF PORTUGUESE SWIMMERS
ON THE HIGH PERFORMANCE COURSE

The structural project in Rio Maior for the present and future of Portuguese swimming. This is where the National Centre for Basic Preparation for High Performance Swimming was established for young Portuguese swimmers who train and study as boarders. They are accompanied by our **multidisciplinary team**, composed of a doctor, a physiotherapist, two masseurs, a psychologist and a nutritionist.



CERTIFICATIONS



MEMBER



TRAINING CENTRE



CERTIFIED CENTRE





The mark of
responsible forestry

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