

Hockey and other facilities at the "Los Bermejales" University Sports Centre University of Seville

Seville

Seville, which is located in the south of Spain, is one of the country's major cities. The best features of this city are its sunny weather, its cultural appeal and its tasty cuisine (Mediterranean diet). The climate of Seville is very pleasant and winters are very mild, with temperatures between 10 and 20 °C and very little rain.

How to get there:

- By plane. San Pablo International Airport
- By train: Connections with Madrid and Malaga by the AVE high-speed train
- By car:
 - Madrid-Seville: Motorway A4
 - Malaga-Seville: Motorway A92
 - Gibraltar-Seville: Motorway A7

Our location

The "Los Bermejales" University Sports Centre is located in the southern part of the city, in the Los Bermejales neighbourhood. You can get there from:

- Ronda de circunvalación SE-30, exit no. 9 Avda. de la Raza, towards Los Bermejales
- Avda. La Palmera, exit towards Avda. de Italia



Los Bermejales" University Sports Centre main entrance

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University of Seville

About the University of Seville:

The University of Seville was established in the 15th century. This public institution offers higher education courses and is dedicated to the development and communication of Science, Technology and Culture.

The University of Seville has a Sports Activities Service (SADUS) which gives the members of the University community the opportunity to do leisure and competitive activities in more than 40 sports. The SADUS incorporates facilities for all kinds of activities and a full team of qualified trainers and coaches.

Facilities at the "Los Bermejales" University Sports Centre:

The "Los Bermejales" University Sports Centre has an area of 64,000 m² approx. and includes the following facilities:



Model of the "Los Bermejales" University Sports Centre

□ **Artificial turf hockey pitch**

Characteristics:

- Playing area surrounded by a chain link mesh fence, with a run-off area of 3 m at the sidelines and 5 m at the backlines.
- A set of chairs for each team with a capacity for 10 players.
- A table for timekeeping and technical officials.
- Electronic score board.
- Seating for 2,500 spectators.
- 8 water cannons for irrigation.
- 4 lighting towers.
- Elastic rubber sub-base and asphalt base.
- Fully equipped changing areas, with individual lockers and showers with water temperature regulators.



❑ **Other facilities:**

Sports Medicine Unit: This unit is run by two doctors specialized in Sports Medicine and has the personnel and equipment necessary for sports injury treatment.

Meeting room: This air-conditioned room with capacity for 60 people is equipped with the necessary media (video projector, VHS player, DVD player, projection screen, WiFi, whiteboard, audio equipment...) for meetings, technical and tactical briefings, and so on.

Press conference room: Air-conditioned room with capacity for 30 people. It is equipped with WiFi.

Fitness room: Air-conditioned room of 150 m² equipped with 25 exercise stations and 5 cardiovascular machines for working out the major muscle groups.

Cardiovascular room: Air-conditioned room of 110 m² equipped with 6 treadmills, 4 ergometers, 7 elliptical machines, 8 bicycles, 2 horizontal bicycles and 5 steppers.

Circuit Express: Air-conditioned room of 72 m² equipped with 9 weight machines for working out the major muscle groups.

Multipurpose room: Air-conditioned room of 84 m² equipped with 22 bicycles for indoor cycling. It can also be used for pilates and Abs, Legs & Butt exercises.

Multifunctional rooms 1 and 2 : Air-conditioned rooms of 200 m² each, with wooden floors (room 1) and competition tatami mats (room 2), mirror walls and audio equipment.

Security: The sports centre has a 24 hour security guard service and CCTV surveillance cameras.



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1000 m Natural Circuit: This circuit is equipped with 5 exercise stations for working out the major muscle groups.

Football/rugby turf pitch: There are plans to replace the natural turf with artificial turf in 2009.

2 outdoor multisport courts of 40 x 20 m, one with artificial turf and the other with synthetic surface.

4 clay tennis courts

10 outdoor artificial turf padel courts, 2 of them with glass walls.

Two heated swimming-pools:

- Large pool: 16.67 x 25 m with 8 lanes and a depth of 1.30-1.60 m.
- Smaller pool: 16.67 x 8 m and a depth of 0.85-1.15 m.

Bar: Here you will find a place to socialise or relax in a cosy sporting atmosphere. The bar has an indoor area and an outdoor area, and reservations can be made for organized breakfasts, lunches and dinners.

Massage room: Fully equipped.



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