

*Centre d'Alt Rendiment (C.A.R.), Sant Cugat  
Olympic Training Center, Barcelona, SPAIN*



*"The Spanish Experience"*

*Presented by: Francesc de Puig  
and Josep I*

*International Forum on Elite Sport, Sydney, 27-28 September 1999*



# **AIM OF OUR CREATION**

**Created to provide athletes with all the facilities, human, technical and scientific resources to reach the highest sports levels**

**Integrate resources to provide integral training in a multisport and multidisciplinary environment**

**Equilibrate size and resources**

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# **BRIEF HISTORY OVERVIEW**

**Established in 1987, On the context of the Barcelona 92 Olympic Games**

**A Public Company supported by Catalan Government with an agreement with the Spanish Sports Council**

**Adapting an already built facility to minimize initial costs, and grow progressively with new sports.**



# **BRIEF HISTORY OVERVIEW**

**Special agreements with Education and Health Dept. of the Catalan Government**

**Hosting the Barcelona 92 Olympic Games as an official training venue**

**Agreement to support the Olympic Solidarity Program for athletes and coaches**

**International Research Projects**

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## **ON THE CONTEXT OF THE H.R.C IN SPAIN**

**3 Elite Sports Facilities were progressively built to attend the demanding modernization of the sports training**

- CAR, Sant Cugat, Barcelona 1987-92 (NE)**
- CAR, Sierra Nevada, Granada 1992-96(SW)2.2k**
- CAR, Madrid 1993-96(C)**

**Spec. CAR Sevilla (SW)R&C, Murcia(E)S**



# PRESENT ORGANITZATION, BUDGET AND STAFF



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# WORKFLOW INTEGRAL TRAINING

Process lider  
**COACH**

Athletes activity  
Integral training

Performance Life

Academic/Sports Fac./Health Care/Sport Sciences&Research  
Support Services

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# FACILITIES OVERVIEW

**Europe**  
**Spain**  
**Catalunya**  
**Barcelona**  
**Sant Cugat**



**170.000 Sq/m**

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# SPORTS

**TAEKWONDO**

**TENNIS**

**RYTHMIC GYMNASTICS**

**ROLLER HOCKEY**

**GYMNASTICS M & W**

**GOLF**

**FENCING**

**SWIMMING**

**WRESTLING**

**VOLLEYBALL**

**WEIGHTLIFTING**

**JUDO**

**TRACK & FIELD**

**WATERPOLO**

**ALL EVENTS**

**INDOOR / OUTDOOR**

**TABLE TENNIS**

**W. BASQUETBALL**

**SINCRONIZED SWIM.**



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# **PRESENT ORGANITZATION, BUDGET AND STAFF**

## **Budget**

**A\$ 11.000.000 Total Yearly Budget**

**30% from Catalan Government**

**25% from Spanish Sports Council**

**45% from own incomes, costumers services.**

## **Staff**

**55 own staff**

**22 high school teach.from Education Dept.**

**16 Medical Staff from Health Dept.**

**37 Coaches and P.F from Federations**

**35 General services subcontractors**

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# **OUR CLIENTS**

**155 Permanent Residents athletes**

**80 Permanent Non Resident athletes**

**30-70 Turnover stage athletes and coaches**

**Provided by**

**National and International Federations**

**I.O.C., N.O.C.'s, Clubs and Sports Associations**

**Private Companies and Institutions for General Services and Research Projects**

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# **A PUBLIC COMPANY TO SERVE**

**C.A.R. Sant Cugat, works hard everyday to serve to the permanent an stage athletes**

**Transferring sports knowhow to general public thru research and divulgation programs, it's also part of our work.**

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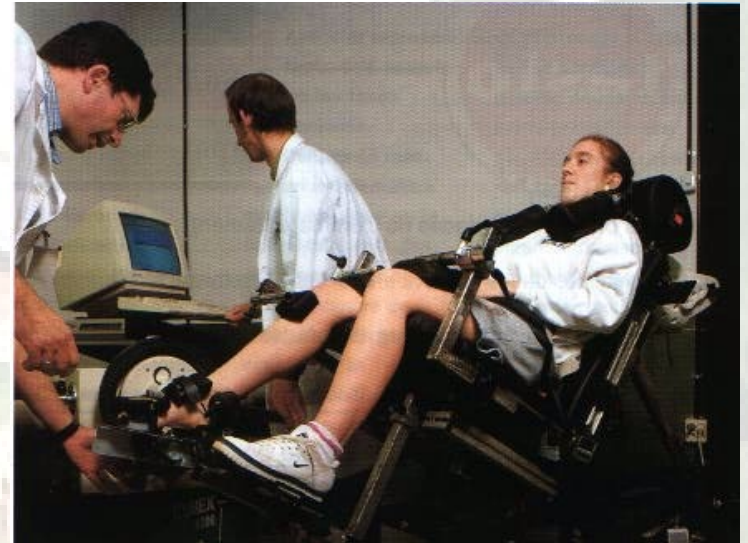


# **MOST RELEVANT RESEARCH PROJECTS**

## **MARES Project**

**Muscle Atrophy Research and Exercise System  
Supported by ESA & NASA**

**NTE and CAR develops  
together and ergometer for  
astronauts to be used in the  
International Space  
Laboratory ALPHA**



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# **MOST RELEVANT RESEARCH PROJECTS**

## **DANONE Project**

**Immunological effect of lactobacillus**

**supported by DANONE**

**Study compares immunological  
biochemistry parameters with exercise  
and the lactobacillus**



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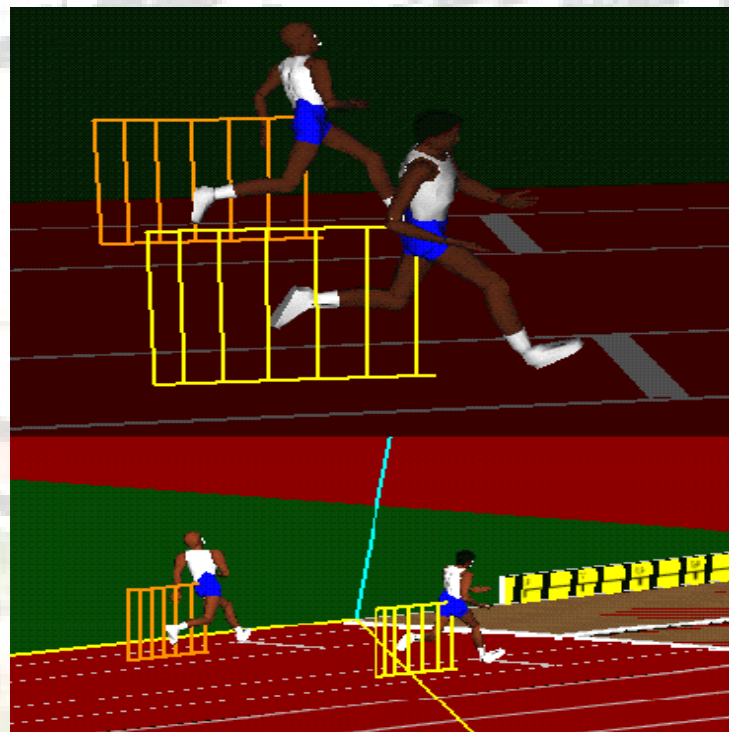
# **MOST RELEVANT RESEARCH PROJECTS**

## **DTL Project**

### **Long Jump Technology Development**

**Supported by I.O.C.  
and ONCE**

**New proposals for the  
touchdown zone**



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# **MOST RELEVANT RESEARCH PROJECTS**

**ABAT/GEST Project  
TV commentators support system**

**supported by C+ France in Atlanta96**

**Applied in 1992 and 1996**

**Barcelona and Atlanta**

**Olympic Games**



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**WELCOME**

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